

DRIED FRUIT	CEREALS
ANGELICA 50g	OATS – REGULAR ORGANIC 1kg
APPLE RINGS 125g	OATS – REGULAR ORGANIC 3kg
APRICOTS 250g	WHEAT FLAKES MALTED TOASTED
APRICOTS – UNSULPHURED 250g	GRAINS & RICE
BANANA CHIPS 250g	QUINOA 1kg
CHERRIES – RED GLACE 100g tub	QUINOA 250g
CHERRIES – RED GLACE 200g tub	BROTH MIX 500g
CHOPPED MIXED PEEL 200g tub	MILLET FLAKES 500g
CRANBERRIES 125g	MILLET SEED HULLED 500g
CURRENTS 375g	BUCKWHEAT FLAKES 500G
DATES PITTED SELECT 500g	BUCKWHEAT GRAIN 500g
FIGS 250g	BUCKWHEAT GRAIN - ROASTED 500g
FREEZE DRIED RASPBERRIES - 20G	BULGAR CRACKED WHEAT 500g
FREEZE DRIED STRAWBERRIES - 20G	PEARL BARLEY 500g
FRUIT SALAD (NO FIGS) 500g	COUS-COUS – WHITE 500g
GINGER – CRYSTALLISED 250g	COUS-COUS – WHOLEMEAL 500g
GOJI BERRIES 125g	RICE – ARBORIO 500g
GOLDEN SULTANAS 250g	RICE – BASMATI BROWN 500g
GREEN GLACE CHERRIES 200G	RICE – BASMATI WHITE 500g
MANGO STRIPS	RICE – BROWN LONG GRAIN 1kg
MIXED VINE FRUIT 500g	RICE – BROWN LONG GRAIN 500g
PINEAPPLE CUBES	RICE – BROWN SHORT GRAIN 3KG
PRUNES – PITTED 500g	RICE – BROWN SHORT GRAIN 500g
RAISINS – SEEDLESS THOMPSONS 500g	RICE – GROUND 500g
SOUR MORELLO CHERRIES	RICE – PUDDING 500g
SULTANAS 500g	RICE - RED 500G
NUTS	RICE – WHITE LONG GRAIN 500g
ALMONDS – BLANCHED 125g	RICE – WILD 125g
ALMONDS – FLAKED 125g	RICEFLAKES – BROWN 500g
ALMONDS – GROUND 125g	RYE FLAKES 500g
ALMONDS – GROUND 250g	SEMOLINA 500g
ALMONDS – WHOLE 125g	SUCHI RICE 500G
BRAZILS 125g	TAPIOCA 500g
CASHEWS – LARGE WHITE PIECES 125g	WHEAT FLAKES 500g
CHESTNUTS 125g	WHEAT GRAIN 500g
CHOPPED MIXED NUTS 125g	WHEATGERM 500g
COCONUT DESICCATED 250g	PULSES & BEANS
COCONUT FLAKED 250g	ADUKI BEANS 500g
HAZELNUTS 125g	BEAN MIX 500g
LUXURY MIXED NUTS 125g	BLACK TURTLE BEANS 500G
PEANUTS – BLANCHED 250g	BLACKEYE BEANS 500g
PEANUTS – REDSKIN 500g	BORLOTTI BEANS 500g
PECAN HALVES	BROWN LENTILS 500g
PINENUTS 40g	BUTTER BEANS 500g
PISTACHIOS – RAW KERNELS 125g	CANNELLINI BEANS 500G
WALNUT HALVES 100g	CHICK PEAS 500g
CEREALS	CHICK PEAS 3KG - ORGANIC
BRAN 500g	GREEN LENTILS 500g
GLUTEN FREE JUMBO OATS	GREEN SPLIT PEAS 500g
GLUTEN FREE JUMBO OATS - 25kg	HARICOT BEANS 500g
GLUTEN FREE MUESLI 500G	MARROWFAT PEAS 500g
GLUTEN FREE REGULAR OATS	MUNG BEANS 500g
GRANOLA FRUIT MUESLI 500g	PINTO BEANS 500G
MUESLI BASE 500g	PUY LENTILS 500g
MUESLI DE-LUX 500g	RED LENTILS 500g
NUT MUESLI 500g	YELLOW SPLIT PEAS 500g
OAT GROATS 500g	RED LENTILS 25KG
OATBRAN 500g	SEEDS
OATMEAL – FINE 500g	CHAI SEEDS 125G
OATMEAL - MEDIUM 500G	FOUR SEED MIX 125g
OATMEAL – PINHEAD 500g	LINSEED (BROWN) 250g
OATS – JUMBO 1kg	LINSEED (GOLDEN) 250G
OATS – JUMBO 3kg	POPPY SEED – BLUE 125g
OATS – JUMBO ORGANIC 1kg	PUMPKIN SEEDS 125g
OATS – JUMBO ORGANIC 3kg	SESAME SEEDS – NATURAL 125g
OATS – REGULAR 1kg	SUNFLOWER SEEDS 125g
OATS – REGULAR 3KG	

MISC	HERBS & SPICES
BEEF SUET	COLTSFOOT
KIBBLED ONION	CORRIANDER LEAF
MILK SKIM POWDER 250g	CORRIANDER SEEDS
MUSHROOMS – DRIED SLICED 20g	CRACKED BLACK PEPPER
NATURAL BREADCRUMBS 150g	CREAM OF TARTAR
SEA SALT COARSE 500g	CRUSHED CHILLI
SEA SALT FINE 500g	CUMIN SEEDS
SOYA PROTEIN – NATURAL CHUNKS 500g	CURRY LEAVES
SOYA PROTEIN – NATURAL MINCE 500g	DILL SEEDS
SOYA PROTEIN – SAVOURY CHUNKS 500g	DILL TIPS
SOYA PROTEIN – SAVOURY MINCE 500g	FAJITA SEASONING
SUNDRIED TOMATO HALVES 125g	FENNEL SEEDS
VEGETABLE SUET 250g	FENUGREEK GROUND
SUGAR	FENUGREEK SEEDS
DEMERARA SUGAR 500g	GARAM MASALA
FINE WHITE SUGAR 500g	GARLIC GRANULES
GOLDEN GRANULATED 500g	GARLIC SALT
ICING SUGAR 1kg	GREEN CARDAMONS
MARZIPAN – WHITE 500g	GREEN PEPPERCORNS
MARZIPAN – YELLOW 500g	GROUND BLACK PEPPER
MUSCOVADO DARK SUGAR 500g	GROUND CARDAMON
MUSCOVADO LIGHT SUGAR 500g	GROUND CINAMMON
SOFT LIGHT BROWN SUGAR 500g	GROUND CLOVES
SOFT RICH BROWN SUGAR 500g	GROUND CORRIANDER
SUGAR PASTE 500g	GROUND CUMIN
FLOUR	GROUND GINGER
CAROB POWDER 100G	GROUND MACE
BROWN RICE FLOUR 500g	GROUND NUTMEG
CHAPPATTI FLOUR 500g	GROUND WHITE PEPPER
CORNFLOUR 500g	HARISSA POWDER
GRAM FLOUR 500g	HERBS DE PROVENCE
MAIZE FLOUR - ORG 500G	HORSERADISH
MALT GRAIN FLOUR 1.5kg	HOT CURRY POWDER
POLENTA 500g	ITALIAN SEASONING
POLENTA QUICK COOK	JUNIPER BERRIES
POTATO FLOUR 500g	LAVENDAR FLOWERS
RICE FLOUR 500g	LIQUORICE ROOT
RYE FLOUR 500g	MACE BLADES
SOYA FLOUR 500g	MARJORAM
TIGERNUT FLOUR 500G	MILD CURRY POWDER
HERBS & SPICES	MINCED GARLIC
ALLSPICE	MINT
ALLSPICE BERRIES	MIXED HERBS
ARROWROOT	MIXED SPICE
ASAFOETIDA	MULLED WINE SPICE
BAKING POWDER	MUSTARD POWDER
BARBEQUE SPICE	ONION POWDER
BASIL	ONION SEEDS BLACK
BAY LEAVES	OREGANO
BICARBONATE OF SODA	ORGANIC GROUND CINNAMON
BLACK CARDAMONS	ORGANIC HEMP SEED
BLACK ONION SEEDS	PAPRIKA
BLACK PEPPERCORNS	PARSLEY
BOUQUET GARNI TEABAGS	PICKLING SPICE
BREWERS YEAST	PSYLLIUM HUSKS POWDER
BROWN MUSTARD SEEDS	RAS EL HANOUT
CAJUN SPICE	RED PEPPERCORNS
CARAWAY SEEDS	ROSEMARY
CAYENNE PEPPER	SAFFRON 1G
CELERY SEEDS	SAGE
CHILLI - WHOLE	SICHUAN PEPPER
CHILLI POWDER	SLIPPERY ELM
CHINA STAR ANNIS	SMOKED PAPRIKA
CHINESE 5 SPICE	SUMACH
CHIVES	SWEET PAPRIKA
CINAMMON STICKS	TANDOORI SPICE
CITRIC ACID	TARRAGON

HERBS & SPICES	SWEETS
THYME	KOLA CUBES 125G
TURMERIC	LIQUORICE & BLACK CURRANT
TURMERIC - ORGANIC	LIQUORICE COMFORTS
VANILLA PODS PACK 1	LIQUORICE WHEELS
WHITE PEPPERCORNS	MAGIC MIX
WHITE POPPY SEEDS	MENTHOL & EUCALYPTUS
WHOLE CLOVES	MIDGET GEMS
WHOLE NUTMEGS	MILK CHOC BEANS
YELLOW MUSTARD SEEDS	MILK CHOC MINI EGGS 120G
	MILK CHOC MINI EGGS 3KG
CHOC & CAROB COATED SWEETS	MINT IMPERIALS 125G
BELGIUM CHOC TURKISH DELIGHT	MINTOES
BRAZIL MIX 125G	OLD FASHIONED HUMBUGS 125G
CAROB BRAZILS	PEANUT BRITTLE 80G
CAROB GINGER	PEAR DROPS 125G
CAROB PEANUTS	PINEAPPLE CUBES 125G
CAROB RAISINS	PONTEFRACCT CAKES 100g
MILK CHOC CRANBERRIES	RASPBERRY GEMS
MILK CHOC HAZELNUTS	RHUBARB & CUSTARD
MILK CHOC HONEYCOMBE 150G	ROSEY APPLES
MILK CHOC ORANGE 125G	SHERBERT FRUITS
MILK CHOC PEANUTS 125G	SHERBERT LEMONS 125G
MILK CHOC RAISINS 125G	SHRIMPS 125G
MILK CHOCOLATE BISCUITS	SNOWIES
M/C SALTED CARAMEL FUDGE	SUGARED ALMONDS
PLAIN CHOC BRAZILS	SWEET PEANUTS
PLAIN CHOC COFFEE BEANS 60G	TEDDY BEARS
PLAIN CHOC GINGER 125G	THROAT & CHEST
PLAIN CHOCOLATE RAISINS	SAVOURY SNACKS
PLAIN CHOCOLATE CRANBERRIES	CASHEWS – R & S 80g
YOGHURT ALMONDS 125G	PEANUTS – DRY ROASTED 250g
YOGHURT APRICOTS	PEANUTS – HONEY ROASTED 150g
YOGHURT BANANA 125G	PEANUTS – R&S 250g
YOGHURT DATES	PISTACHIOS – R&S 100g
YOGHURT HONEYCOMBE 125G	WASABI COATED PEANUTS 100g
YOGHURT PEANUTS 125G	BOMBAY MIX – HOT 340g
YOGHURT RAISINS 125G	BOMBAY MIX – MILD 340g
YOGHURT SUNFLOWER SEEDS	CHILLI CRACKERS 100g
SWEETS	ROASTED BROAD BEANS
ACID DROPS 125G	SWEET PEANUT CRACKERS
AMERICAN FRUIT GUMS	SESAME STICKS
ASSORTED TOFFEES	GARLIC STICKS
BARLEY SUGAR 125G	JAPANESE RICE CRACKERS
BLACK JACKS	CURRY CRACKERS
BON BONS - STRAWBERRY 125G	POPCORN 500g
BON BONS LEMON 125G	
BON BONS - TOFFEE 125G	
BON BONS BLUE RASPBERRY 125G	
BONBONS - APPLE 125G	
BROWN ANISEED BALLS 125g	
BUTTERMINTS 125G	
CHOCOLATE LIMES 125G	
CLOVE DROPS	
COCONUT MUSHROOMS 80G	
COLA BOTTLES 125G	
COLTSFOOT ROCK	
DOLLY MIX	
ECLAIRS	
FIZZY COLA BOTTLES 125G	
FLYING SAUCERS 25G	
FOAM BANANAS	
FRUIT PASTILLES	
FRUIT SALAD 125G	
GOBSTOPPERS 125G	
JELLY BABIES	
JELLY BEANS 125G	
KOFF CANDY TWIST 125G	

BAKING GOODS	BREAD & PASTRIES
AGAR AGAR	PRIMA - 2 PACK CHELSEA DANISH
AGAVE SYRUP	PRIMA - 2 PACK CHELSEA APPLE
ALISONS YEAST SACHETS	PRIMA - 2 PACK CHELSEA CUSTARD
ALISONS YEAST SACHETS - SINGLES	CEREALS & DESSERTS
AMAIZIN GLUTEN FREE RICE PAPER	DOVE'S CORNFLAKES
BILLINGTONS GOLDEN CASTER SUGAR	JUST WHOLEFOODS - LEMON JELLY CRYSTALS
BUCKWAD MAPLE SYRUP	JUST WHOLEFOODS - RASPBERRY JELLY CRYSTALS
CERTO - APPLE PECTIN	JUST WHOLEFOODS - STRAWBERRY JELLY CRYSTALS
COCONUT FLOUR	JUST WHOLEFOODS CUSTARD POWDER
COCONUT OIL	JUST WHOLEFOODS TROPICAL JELLY CRYSTALS
COCONUT SUGAR	KALLO - NATURAL P/RICE CEREAL
DOVES BAKING POWDER	MERINGUE NESTS
DOVES G.F BREAD BREAD FLOUR	NATURES PATH GRANOLA WITH BLUEBERRIES
DOVES G.F WHITE BREAD FLOUR	NATURES PATH GRANOLA WITH PUMPKIN SEEDS
DOVES G/F PLAIN FLOUR - WHITE	NATURES PATH ORGANIC MILLET RICE FLAKES
DOVES G/F SELF RAISING FLOUR - WHITE	RUDE HEALTH OAT PUFFS
DOVES G/FREE BUCKWHEAT FLOUR	TRIFLE SPONGE FINGERS
DOVES MALHOUSE FLOUR	CHILLED GOODS
DOVES PASTA FLOUR	BERGERIE GOATS CHEESE
DOVES PLAIN WHITE FLOUR	COYO NATURAL COCONUT YOGHURT
DOVES PLAIN WHOLEMEAL FLOUR	DRAGONFLY SMOKED TOFU
DOVES QUICK YEAST	IMPULSE TEMPEH
DOVES RYE FLOUR	LONGLEY FARM COTTAGE CHEESE 250G
DOVES STRONG WHITE FLOUR	SOJADE BLUEBERRY SOYA YOGHURT
DOVES STRONG WHOLEMEAL FLOUR	SOJADE CHERRY SOYA YOGHURT
DOVES VITAMIN C POWDER	SOJADE LEMON SOYA YOGHURT
DOVES W/M SELF RAISING FLOUR	SOJADE NATURAL SOYA YOGHURT
DOVES W/M SPELT FLOUR	SOJADE PEACH & ELDERFLOWER SOYA YOGHURT
DOVES WHITE SELF RAISING	SOJADE STRAWBERRY SOYA YOGHURT
DOVES WHITE SPELT FLOUR	SUMA SUNFLOWER SPREAD
DOVES XANTHIUM GUM	TAIFAN BASIL TOFU
FREEE BY DOVES FARM GLUTEN FREE WHITE BREAD FLOUR	TAIFAN CURRY & MANGO
FREEE BY DOVES GLUTEN FREE BROWN BREAD FLOUR	TAIFAN PLAIN TOFU
LANGDALE - ORANGE FLOWER WATER	TAIFAN SESAME TOFU
LANGDALE - RENNETT ESSENCE	TAIFAN SMOKED TOFU
LANGDALE - ROSEWATER	VIOLIFE CHEDDAR
LEAF GELATINE	VIOLIFE MOZARELLA
MANUKA HONEY UMF 5+	VIOLIFE ORIGINAL
MARIGOLD POMEGRANITE MOLASSES	VIOLIFE PARMESAN
MERIDIAN - BARLEY MALT EXTRACT	VIOLIFE SMOKED
MERIDIAN - MOLASSES	VIOLIFE VEGAN CHEESE SLICES
MERIDIAN - ORGANIC MOLASSES	WOODLANDS GOATS YOGHURT
MERIDIAN BLACKSTRAP MOLASSES	WOODLANDS SHEEPS YOGHURT
MERIDIAN DATE SYRUP	TRINK FULL CREAM MILK - 1LTR
RAYNERS - ORGANIC BLACK TREACLE	BOTTLED MILK - 1 PINT - SEMI SKIMMED
RED COLOUR	BOTTLED MILK - 1 PINT - GOLD TOP
STEVIA DROPS	BOTTLED MILK - 1 PINT - SILVER TOP
WESSEX MILL SIX SEED FLOUR	TREWITHEEN DAIRY - SEMI SKIMMED MILK
XYLITOL - PERFECT SWEET (SUGAR SUBSTITUTE)	TREWITHEEN DAIRY - SKIMMED MILK
1 KG JAM SUGAR	CHEESE - DAVISTOW CHEDDAR
CHOCOLATE BUTTONS - LOOSE - DARK, MILK & WHITE	CHEESE - CORNISH YARG
AMARETTI BISCUITS - LOOSE	CHEESE - CORNISH BLUE
BREAD & PASTRIES	CHEESE - FETA
BAKER TOM - LG & SM - LIGHT WHOLEMEAL	CHEESE - HALLOUMI
BAKER TOM - LG & SM - WHITE	CHEESE - WORTHY - SMALL & MEDIUM WHEELS
BAKER TOM - LG & SM - MULTISEED	YEO VALLEY YOGHURT - LARGE - PLAIN
BAKER TOM - LG & SM - SOURDOUGH	YEO VALLEY YOGHURT - LARGE - GREEN & HONEY
BAKER TOM - XL, LG & SM - MALHOUSE	YEO VALLEY YOGHURT - LARGE - BLUEBERRY
BAKER TOM - SM - 100% WHOLEMEAL	YEO VALLEY YOGHURT - LARGE - 0% PLAIN
BAKER TOM - SM - RYE	STAPLETON YOGHURT - LARGE - GREEK
BAKER TOM - SM - SPELT	STAPLETON YOGHURT - LARGE - PRUNE & DATE
BAKER TOM - PACK 6 ROLLS - LIGHT WHOLEMEAL	STAPLETON YOGHURT - LARGE - FIG & DATE
BAKER TOM - PACK 6 ROLLS - WHITE	TREWITHEEN SALTED BUTTER
BAKER TOM - CROISSANT	TREWITHEEN UNSALTED BUTTER
BAKER TOM - PAIN AU CHOC	RODDA BUTTER
PRIMA - LARGE GRANARY	RODDA DOUBLE CREAM - 142ML OR 284ML
PRIMA - SPELT	RODDA CLOTTED CREAM - 4OZ OR 8OZ

DAIRY FREE MILKS & PRODUCTS	JAMS, PRESERVES & SPREADS
BONSOY	GARLIC FARM REVENGE - HOT PLUM CHUTNEY
ECOMIL ALMOND MILK	GARLIC FARM RELISH - HOT TOMATO SALSA
GOOD HEMP MILK	HOGS BOTTOM BEETROOT & HORSERADISH
KOKO COCONUT MILK WITH CALCIUM	HOGS BOTTOM GOOSEBERRY & CORRIANDER
OATLEY BARISTA	HOGS BOTTOM JAIL AIL CHUTNEY
OATLEY CREAM	HOGS BOTTOM RED ONION
OATLEY CHOCOLATE DRINK	KRAKUS - CUCUMBERS IN DILL
OATLY DRINK - ORGANIC	KRAKUS - SAUERKRAUT
PLAIMIL CHOCOLATE SPREAD - PLAIN DARK	MERIDIAN - ALMOND BUTTER
PLAIMIL CHOCOLATE SPREAD- DAIRY FREE	MERIDIAN - CASHEW BUTTER
PLAIMIL MAYO GARLIC	MERIDIAN - HAZELNUT BUTTER
PLAIMIL MAYO PLAIN	MERIDIAN - PEANUT BUTTER – CRUNCHY 1KG
PLAIMIL MAYO TARRAGON & CHIVES	MERIDIAN - PEANUT BUTTER – CRUNCHY 280G
PROVAMEL - CARAMEL DESSERT	MERIDIAN - PEANUT BUTTER – SMOOTH 1KG
PROVAMEL - CHOCOLATE DESSERT	MERIDIAN - PEANUT BUTTER – SMOOTH 280G
PROVAMEL - DARK CHOCOLATE DESSERT	MERIDIAN BLOOD ORANGE
PROVAMEL - ORIGINAL (RED)	MERIDIAN BLUEBERRY
PROVAMEL - SOYA DREAM	MERIDIAN CHERRIES & BERRIES
PROVAMEL - VANILLA (YELLOW)	MERIDIAN COCOA & PEANUT BUTTER
RICE DREAM	MERIDIAN LOW SALT YEAST EXTRACT
RICE DREAM - CALCIUM ENRICHED	MERIDIAN SEVILLE ORANGE SPREAD
RUDE HEALTH ALMOND DRINK	MERIDIAN STRAWBERRY
RUDE HEALTH ALMOND MILK	MERIDIAN YEAST EXTRACT
RUDE HEALTH BROWN RICE DRINK	PATUM PEPERIUM - GENTLEMAN'S RELISH
FROZEN FOODS & DESSERTS	PICKED GARLIC CLOVES
BOOJA BOOJA D/F ICE CREAM CARAMEL PECAN PRALINE	ST DALFOUR - BLACK CHERRY
BOOJA BOOJA D/F ICE CREAM CHOCOLATE	ST DALFOUR - BLACK CURRANT
BOOJA BOOJA D/F ICE CREAM RASPBERRY RIPPLE	ST DALFOUR - RASPBERRY JAM
BOOJA BOOJA DAIRY FREE ICE CREAM VANILLA	ST DALFOUR - STRAWBERRY JAM
FRYS BEEF STYLE STRIPS	ST DALFOUR - THICK APRICOT
FRYS BURGERS	ST DALFOUR - THICK CUT ORANGE JAM
FRYS CHICKEN BURGERS	TARTEX - CLASSIC PATE
FRYS CHICKEN STRIPS	TARTEX - GREEN OLIVE PATE
FRYS COUNTRY MUSHROOM PIE	TARTEX - HERB & GARLIC PATE
FRYS CRISPY PRAWNS	TARTEX - MUSHROOM PATE
FRYS PEPPER STEAK PIE	THURSDAY COTTAGE FINE CUT MARMALADE
FRYS POLONY	THURSDAY COTTAGE LEMON CURD
FRYS QUINOA & FALAFEL BURGERS	THURSDAYS COTTAGE CHUNKY MARMALADE
FRYS SAUSAGE ROLLS	THURSDAYS COTTAGE THREE FRUIT
FRYS SAUSAGES	WHOLE EARTH CRUNCHY PEANUT BUTTER
FRYS SOUTHERN STYLE NUGGETS	WHOLE EARTH SMOOTH P/NUT BUTTER
FRYS SOY & QUINOA ROAST	HOME-MADE JAMS - PLEASE ASK FOR FLAVOURS
FRYS SPICED BURGERS	HOME-MADE PICKLED ONIONS - PLAIN OR SPICY
FRYS VEGETARIAN MINCE	LOCAL HONEY - 1LB - RUNNY OR SET
GOODLIFE MUSHROOM & SPINACH KIEV	JUICES & WINES
GOODLIFE NUT BURGERS	BIONA CRANBERRY JUICE 100%
GOODLIFE SPICY BEAN BURGER	BIONA TART CHERRY JUICE NFC 1LTR
QUORN BACON SLICES	BIONA TART CHERRY JUICE NFC 200ML
QUORN MINCE	BOTTLEGREEN COX'S APPLE & PLUM
QUORN PIECES	BOTTLEGREEN ELDERFLOWER CORDIAL
QUORN VEGAN PIECES	BOTTLEGREEN LEMONGRASS & GINGER
ST JAMES FILO PASTRY	RABENHORST BEETROOT JUICE
TIVELLS FRANKFURTERS	RABENHORST PRUNE JUICE
VEGAN NUT ROAST	ROCHESTER DARK GINGER
WICKEN FEN FALAFEL	ROCKS LEMON SQUASH
PRIMA - FROZEN UNCOOKED MEDIUM - STEAK	ROCKS ORANGE SQUASH
PRIMA - FROZEN UNCOOKED MEDIUM - VEGGIE	STUTE PURE APPLE JUICE
PRIMA - FROZEN UNCOOKED MEDIUM - CHEESE & ONION	STUTE PURE ORANGE JUICE
PRIMA - FROZEN UNCOOKED MEDIUM - PEPPERED STEAK	WHOLE EARTH - COLA
PRIMA - FROZEN SHORTCRUST PASTRY	WHOLE EARTH - LEMONADE
PRIMA - FROZEN PUFF PASTRY	WHOLE EARTH - MOUNTAIN CRANBERRY
PRIMA - FROZEN UNCOOKED MEAT PATTIES	WHOLE EARTH - SPARKLING ELDERFLOWER
ROSKILLY 500ML CLOTTED CREAM VANILLA ICE CREAM	WHOLE EARTH - SPARKLING GINGER
ROSKILLY 500ML CHOCOLATE ICE CREAM	

JUICES & WINES	SAUCES & CONDIMENTS
LYME BAY COUNTRY WINES - BLACKBERRY	BLUE DRAGON - COCONUT MILK
LYME BAY COUNTRY WINES - BLACK BEER & RAISIN	BLUE DRAGON - CREAMED COCONUT
LYME BAY COUNTRY WINES - BLACKCURRANT	BLUE DRAGON - DARK SOY SAUCE
LYME BAY COUNTRY WINES - APRICOT	BLUE DRAGON - FIRM SILKEN TOFU
LYME BAY COUNTRY WINES - PEACH	BLUE DRAGON - LIGHT SOY SAUCE
LYME BAY COUNTRY WINES - STRAWBERRY	BLUE DRAGON - MIRIN (ALCOHOL FREE)
LYME BAY COUNTRY WINES - NETTLE	BLUE DRAGON - OYSTER SAUCE
LYME BAY COUNTRY WINES - ELDERFLOWER	BLUE DRAGON - RICE VINEGAR
LYME BAY COUNTRY WINES - EL/FLOWER & GOOSEBERRY	BLUE DRAGON - SESAME OIL
LYME BAY COUNTRY WINES - ELDERBERRY	BLUE DRAGON - SPRING ROLL WRAPPERS
LYME BAY COUNTRY WINES - RASPBERRY	BLUE DRAGON - SUCHI NORI
LYME BAY COUNTRY WINES - SUMMER BERRY	BLUE DRAGON - SWEET CHILLI DIPPING SAUCE
LYME BAY COUNTRY WINES - SLOE	BLUE DRAGON - THAI FISH SAUCE
LYME BAY COUNTRY WINES - PLUM	BLUE DRAGON - THAI GREEN CURRY PASTE
LYME BAY COUNTRY WINES - GINGER	BLUE DRAGON - THAI RED CURRY PASTE
LYME BAY COUNTRY WINES - CHERRY	BLUE DRAGON - WASABI PASTE
LYME BAY COUNTRY WINES - DAMSON	BORNIER - DIJON MUSTARD
LYME BAY MEAD - TRADITIONAL	BORNIER - WHOLEGRAIN MUSTARD
LYME BAY MEAD - RHUBARB	BTO GREEN CUISINE LIME LEAVES (KAFFIR)
LYME BAY MEAD - CHERRY	CLEARSPRING BROWN RICE MISO JAR
LYME BAY MEAD - GARDEN	CLEARSPRING INSTANT MISO SOUP
LYME BAY MEAD - GINGER	CLEARSPRING SWEET WHITE MISO
PASTA & NOODLES	COCOFINA COCONUT AMINOS
BIONA SPELT TAGLIATELLE	COOKS & CO - ANCHOVY FILLETS IN SUNFLOWER OIL
BLUE DRAGON - MEDIUM EGG NOODLES	COOKS & CO - DRIED PORCINI MUSHROOMS
BLUE DRAGON - WHOLEWHEAT NOODLES	COOKS & CO - DRIED SHITAKE MUSHROOMS
CAMPIONI LASAGNE	COOKS & CO - SUNDRIED TOMATO HALVES IN OIL
CAMPIONI MACARONI	CORNISH SEA GREENS
CAMPIONI SPINACH LASAGNE	CORNISH SEA SALT - CHILLI
CLEARSPRING SORBA NOODLES	CORNISH SEA SALT - FLAKES
DOVES G/F BROWN RICE FUSILLI	CORNISH SEA SALT - GARLIC
DOVES G/F BROWN RICE PENNE	CORNISH SEA SALT - LARGE
DOVES G/F PASTA	CORNISH SEA SALT - LEMON & THYME
DOVES G/F PENNE	CORNISH SEA SALT - MEDIUM
KING SOBA ORGANIC VERMICELLI NOODLES	CORNISH SEA SALT - SALT & PEPPER
MR ORGANIC TAGLITELLI	CORNISH SEA SALT - SMOKED
MR ORGANIC W/W TAGLIATELLI	CORNISH SEA SALT PEPPERY UMAMI SEASONING
MR ORGANIC WHITE SPAGHETTI	CORNISH SEAWEED FLAKES
MR ORGANIC WHOLEMEAL SPAGHETTI	CRESPO - CAPERS
ORGANICO BROWN FUSILLI	CRESPO - PITTED BLACK OLIVES
ORGANICO WHITE FUSILLI	CRESPO - PITTED GREEN OLIVES
ORGRAN - BUCKWHEAT SPIRAL PASTA	CRIMBLES SAGE & ONION STUFFING
ORGRAN INSTANT CORN LASAGNE	CYPRESSA ROASTED RED PEPPERS
SAUCES & CONDIMENTS	CYPRESSA STUFFED VINE LEAVES
ALFEZ APRICOT & CORRIANDER	DISCOVERY - GREEN JALAPENOS
ALFEZ COUS COUS	DISCOVERY - RED JALAPENOS
ALFEZ FALAFEL MIX	EPICURE - CHINESE STEM GINGER IN SYRUP
ALFEZ HARISSA	EPICURE - PICKLED WALNUTS
ALFEZ PRESERVED LEMONS	GEO WATKINS - ANCHOVY SAUCE
ALFEZ RAS EL HANOUT RUB	GEO WATKINS - MUSHROOM KETCHUP
ALFEZ ROSE HARISSA	GRANOSE - LINCOLNSHIRE SAUSAGE MIX
ALFEZ SPICED FALAFEL MIX	JOHN LUSTY FISH STOCK
ALFEZ SUMACH	JUST WHOLEFOODS BANGER MIX
ALFEZ TABOULEH	JUST WHOLEFOODS BURGER MIX
ALFEZ ZAATAR	KALLO - BEEF STOCK CUBES
BAXTERS APPLE SAUCE	KALLO - CHICKEN STOCK CUBES
BAXTERS CRANBERRY SAUCE	KALLO - GARLIC & HERB STOCK CUBES
BAXTERS HORSERADISH SAUCE	KALLO - MUSHROOM STOCK CUBES
BAXTERS MINT JELLY	KALLO - TOMATO & HERB STOCK CUBES
BAXTERS REDCURRANT JELLY	KALLO - VEGETABLE STOCK CUBES
BAXTERS TARTARE SAUCE	KALLO - YEAST FREE VEGETABLE
BIONA ARTICHOKE	KALLO FRENCH ONION STOCK CUBES
BIONA ORIGINAL PESTO	MALDON - SEA SALT
BIONA RED PESTO	MARIGOLD - BRAISED TOFU
BIONA WORCESTER SAUCE	MARIGOLD ENGEVITA
BLACK PEPPER POPPADOMS	MARIGOLD ENGEVITA WITH ADDED B12
BLUE DRAGON - COCONUT CREAM	MARIGOLD GRAVY

SAUCES & CONDIMENTS	SWEET & SAVOURY BISCUITS
MARIGOLD LOW SALT BOUILLON	LE PAIN QUINOA CRISPBREAD
MARIGOLD SWISS VEG BOUILLON	MATZO CRACKERS
MERIDIAN - SHOYU SAUCE	MRS CRIMBLES - DUTCH APPLE CAKE
MERIDIAN - TAMARI SAUCE	MRS CRIMBLES - LARGE CHOC MACAROONS
MERIDIAN GREEN PESTO FREE FROM	MRS CRIMBLES - STEM GINGER CAKE
MERIDIAN ORGANIC LIGHT TAHINI	NAIRNS - CHEESE OATCAKES
MERIDIAN SHOYU SAUCE	NAIRNS - DARK CHOC CHIP OAT BISCUIT
MERIDIAN TAMARI	NAIRNS - FRUIT & SPICE BISCUITS
MR ORGANIC CHILLI KETCHUP	NAIRNS - MIXED BERRY BISCUITS
MR ORGANIC TOMATO KETCHUP	NAIRNS - ORGANIC OATCAKES
NATEX LOW SALT	NAIRNS - STEM GINGER BISCUITS
NATEX YEAST EXTRACT - NOT LOW SALT	NAIRNS - TRADITIONAL ROUGH OATCAKES
PATAK'S - AUBERGINE / BRINJAL PICKLE	NAIRNS COCONUT & CHIA OATCAKES
PATAK'S - BALTI CURRY PASTE	NAIRNS G/F CHEESE OAKCAKES
PATAK'S - BHUNA CURRY PASTE	NAIRNS G/F OAKCAKES
PATAK'S - BIRYANI CURRY PASTE	NAIRNS SUPERSEEDED OATCAKES
PATAK'S - CHILLI PICKLE	PAGEN - GOLDEN KRISPROLLS
PATAK'S - EXTRA HOT PASTE	PREWETTS CHOC DIGESTIVES
PATAK'S - GARAM MASALA PASTE	PREWETTS DOUBLE CHOC
PATAK'S - GARLIC PICKLE	PREWETTS JAMMY WHEELS
PATAK'S - JALFREZI PASTE	PREWETTS STEM GINGER & CHOCOLATE
PATAK'S - KORMA PASTE	SWEETS & SNACKS
PATAK'S - LIME EX HOT PICKLE	AMAIZIN NATURAL CORN CHIPS
PATAK'S - MADRAS PASTE	BLUE LABEL - SESAME SNAPS
PATAK'S - MANGO CHUTNEY	CYPRESSA - HALVA BARS
PATAK'S - MANGO MILD PICKLE	DIVINE 80% DARK CHOCOLATE
PATAK'S - ROGON JOSH PASTE	DIVINE AFTER DINNER GINGER SLIMS
PATAK'S - TANDOORI PASTE	DIVINE AFTER DINNER MINTS
PATAK'S - TIKKA MASALA PASTE	DIVINE CARAMEL - SMALL BAR
PATAK'S - TIKKA PASTE	DIVINE CUPPUCHINO - SMALL BAR
PATAK'S - VINDALOO PASTE	DIVINE ORANGE MILK - SMALL BAR
PATAK'S MILD LIME PICKLE	DIVINE SMOOTH DARK CARAMEL THINS
PLAIN POPPADOMS	EAT REAL HUMMUS CHIPS SEA SALT
SIMPLY DELICIOUS MAYONNAISE - ORGANIC	EAT REAL LENTIL CHIPS CHILLI & LEMON
SUMA ARRABBIATA SAUCE	EAT REAL QUINOA - TOMATO & GARLIC
SUMA BOLOGNESE SAUCE	Eat Real QUINOA CHILLI & LIME
SUMA NAPOLETANA SAUCE	EAT REAL QUINOA PUFFS - JALAPENO
SUMA PASSATA	EAT REAL QUINOA PUFFS - WHITE CHEDDAR
SUMA PEA SOUP	EAT REAL SALTED LENTIL
SUMA SPICY LENTIL SOUP	EAT REAL VEGGIE STRIPS
SUMA TOMATO PUREE	FOOD OF THE GODS RAW CHOCOLATE
SUNITA - LIGHT TAHINI - ORG	FREEDOM PINK & WHITE MINI MARSHMALLOWS
SUNITA - WHOLE TAHINI - ORG	FREEDOM WHITE MARSHMALLOWS
TABASCO - GREEN PEPPER SAUCE	KERNOW 70%
TABASCO - RED PEPPER SAUCE	KERNOW BAKEWELL TART
TAMARIND CONCENTRATE	KERNOW BANOFFEE
TIDMANS NATURAL ROCK SALT	KERNOW CHILLI AND LIME
VECON VEG STOCK	KERNOW COFFEE
GARLIC FARM VAMPIRE SLAYER SAUCE	KERNOW COOKIES & CREAM
GARLIC FARM VAMPIRE BOTHERER SAUCE	KERNOW CREAM TEA
SWEET & SAVOURY BISCUITS	KERNOW EATON MESS
BIONA PUMPERNICKLE BREAD	KERNOW GINGER
BIONA RYE BREAD	KERNOW HONEYCOMB
BIONA RYE WITH SPROUTED SEEDS	KERNOW LEMON MERINGUE
DOCTOR KARG - CHEESE & PUMPKIN CRISPBREAD	KERNOW MILK CHOCOLATE
DOVES DIGESTIVE BISCUITS	KERNOW MINT
DOVES GINGER OAT BISCUITS	KERNOW SALT CARAMEL
FINN CRISP - HARVEST SLIMS	KERNOW WHITE CHOCOLATE
KALLO - ORIGINAL GRISSINI BREADSTICKS	PANDA - LICORICE BAR PLAIN
KALLO - PARMESAN TORINESI BREADSTICKS	PANDA LICORICE CUTS
KALLO - RICE CAKES NO2 NAS	PEPPERSMITH S/FREE EX/STRONG MINTS
KALLO - RICE CAKES THIN NAS	PEPPERSMITH S/FREE PEPPERMINT GUM
KALLO - SAVOURY RICE CAKES	PEPPERSMITH S/FREE SPEARMINT GUM
KALLO CHOC RICE CAKES	SEED & BEAN 100% CHOCOLATE BAR
KALLO CORN CAKES	SUNITA - PISTACHIO HALVA
LE PAIN BUCKWHEAT CRISPBREAD	SUNITA - PLAIN HALVA
LE PAIN CHESTNUT CRISPBREAD	SUNITA DARK CHOC HALVA

TEAS & COFFEE & SUBSTITUTES	TINNED GOODS
BARLEYCUP COFFEE	SUMA CANALLENI BEANS
CLIPPER - ORGANIC INSTANT ARABICA COFFEE	SUMA CARROT & CORRIANDER SOUP
CLIPPER - ORGANIC INSTANT DECAF ARABICA COFFEE	SUMA CHICK PEAS
CLIPPER BREAKFAST TEA	SUMA CHOPPED TOMATOES
CLIPPER BREAKFAST TEA - LOOSE	SUMA KIDNEY BEANS
CLIPPER CHAI TEA	SUMA SWEETCORN
CLIPPER CHAMOMILE TEA	SUMA TOMATO & RED PEPPER SOUP
CLIPPER DANDELION TEA	SUMA TOMATO SOUP
CLIPPER DECAF GROUND COFFEE	SUMA WHOLE TOMATOES
CLIPPER DECAF TEABAGS	TUNA IN BRINE
CLIPPER DRINKING CHOCOLATE	WHOLE EARTH - BAKED BEANS – ORGANIC
CLIPPER EARL GREY TEA BAGS	VINEGAR & OILS
CLIPPER FENNEL TEA	ASPALLS - BALSAMIC VINEGAR
CLIPPER GREEN TEA	ASPALLS - CYDER VINEGAR
CLIPPER LEMON & GINGER	ASPALLS - RED WINE VINEGAR
CLIPPER LIQUORICE TEA	ASPALLS - WHITE WINE VINEGAR
CLIPPER NETTLE TEA	BIONA CIDER WITH MOTHER
CLIPPER ORGANIC 80BAGS	BIONA FLAXSEED OIL
CLIPPER PEPPERMINT TEA	CLEARSPRING RAPESEED OIL
CLIPPER RASPBERRY LEAF	COMMUNITY SUNFLOWER OIL
CLIPPER RISE & SHINE	COOKS & CO - GOOSE FAT
CLIPPER SLEEP EASY	HONEYGAR
CLIPPER SUPER COSY CHOCOLATE	SUNITA - OLIVE OIL – EXTRA VIRGIN - 250ML
CLIPPER WHITE TEA	SUNITA - OLIVE OIL – EXTRA VIRGIN - 500ML
CLIPPER WILD BERRY	WALNUT OIL
DRAGONFLY ROOIBOS EARL GREY	MISC
DRAGONFLY ROOIBOS VANILLA	JOSS STICKS JASMINE INCENSE
GREEN & BLACKS COCOA	JOSS STICKS LAVENDER INCENSE
PERCOL AMERICANO	JOSS STICKS PATCHOULI INCENSE
PREWETTS ROASTED CHICORY COFFEE	JOSS STICKS ROSE INCENSE
PUKKA 3 MINT TEA	LAVENDAR ESSENTIAL OIL
PUKKA CACAO MACA MAGIC LATTE	MILLED FLAXSEED
TICK TOCK - ROOIBOSCH ORGANIC TEA 40	FREE RANGE LARGE EGGS
TICK TOCK LOOSE LEAF ROOIBOS TEA	HOUSEHOLD
OWENS - GROUND & BEANS COFFEE - TUNKI	BIO D BATHROOM CLEANER
OWENS - GROUND & BEANS COFFEE - GARA	BIO D BATHROOM CLEANER REFILL
OWENS - GROUND & BEANS COFFEE - DECAF	BIO D DISHWASH RINSE AID
OWENS - GROUND & BEANS COFFEE - BANTHAM	BIO D DISHWASHER POWDER
OWENS - GROUND & BEANS COFFEE - BAYA	BIO D FABRIC CONDITIONER
OWENS - GROUND & BEANS COFFEE - DART	BIO D FLOOR CLEANER
MILES LOOSE TEAS - EVERYDAY	BIO D GARDEN & HOME CLEANER
MILES LOOSE TEAS - EARL GREY	BIO D HAND SOAP - GERANIUM
MILES LOOSE TEAS - GREEN	BIO D HAND SOAP - ROSEMARY & THYME
MILES LOOSE TEAS - BERRY BERRY	BIO D LAUNDRY BLEACH
CORNISH TEA - 80 BAGS	BIO D LAUNDRY LIQUID 1 LTR
TINNED GOODS	BIO D MULTI PURPOSE SPRAY
BIONA BLACK EYED BEANS	BIO D MULTI SURFACE CLEANER
BIONA BLACKBEANS	BIO D NON BIO POWDER
BIONA PINTO BEANS	BIO D TOILET CLEANER
BIONA PUY LENTILS	BIO D WASHING UP LIQUID 750ML
DEL FONTE APRICOTS IN JUICE	IF YOU CARE BAKING PARCHMENT
DEL FONTE FRUIT COCKTAIL IN JUICE	IF YOU CARE COFFEE FILTERS (NO 4)
DEL FONTE PEACH IN JUICE	IF YOU CARE FIRELIGHTERS
DEL FONTE PEARS IN JUICE	IF YOU CARE FOIL
DEL FONTE PINEAPPLE IN JUICE	IF YOU CARE JUMBO BAKING CUPS
EPICURE BLACK CHERRIES	IF YOU CARE KITCHEN BIN LINERS
EPICURE LYCHEE IN SYRUP	IF YOU CARE KITCHEN CADDY BAGS
HOO HING BAMBO SHOOTS	IF YOU CARE LARGE BAKING CUPS
HOO HING BEAN SPROUTS	IF YOU CARE NATURAL SPONGE CLOTHS
HOO HING WATER CHESTNUTS	IF YOU CARE SANDWICH BAGS
SUMA - GREEN LENTILS	METHOD WOOD POLISH
SUMA - HARICOT BEANS	WHO GIVES A CRAP - TOILET TISSUE
SUMA BAKED BEANS	WHO GIVES A CRAP - KITCHEN ROLL
SUMA BAKED BEANS - NO ADDED SUGAR	WHO GIVES A CRAP - TISSUES
SUMA BEAN MIX	
SUMA BORLOTTI BEANS	
SUMA BUTTERBEANS	

