

Infinityfoods Special Offers

Meridian

Peanut Butter Crunchy
Salted & No salt



Extra Free

55%

While stocks last.

La Bio Idea

Organic Wholewheat Pasta



Excludes Fetturine

30%
off

95p
rrp

La Bio Idea

Organic Tinned Beans
& Pulses



28.5%
off

69p
rrp

La Bio Idea

Organic Chopped & Peeled Tomatoes



27.5%
off

79p
rrp

Belvoir

Entire Range



25%
off

Provamel

Selected Soya Milks 1l



Price marked

99p

While stocks last.

Organic Red
(Unsweetened),
Orange (Unsweetened,
Calcium & Vits)
Blue (Apple Juice,
Calcium & Vits),
Organic Green
(Sweetened).

Please note all offers run for two months or while stocks last.

For a full listing, order codes, prices & sizes please see new products & offers section.

Essential Trading
Organic, Demeter Herb Teas



23%
off

99p
rrp

Infinity Foods
Organic Fire Roasted
Red Peppers



20%
off

Clipper
Selected Organic, Fairtrade
Infusions



20%
off

Percol
Organic Ground & Instant
Coffee



20%
off

Juice Brewery
Soft Brewed Fruit Drinks



20%
off

Simply Soap
Entire Range



20%
off

Why Not Give
These Fast Selling
Lines a Try £2 a Bar RRP.
100% Natural & Organic
Ingredients.
In New Compostable
Packaging.

Infinityfoods Catalogue

September / October 2009

Please note all offers run for two months or while stocks last.
For full listing, order codes, prices & sizes please see new products & offers section.

Infinityfoods Special Offers

Hampstead
Selected Organic, Fairtrade
Teas



20%
off

Hipp
Entire Range
(Excludes Baby Milk)



15%
off

James White
Organic Fruit Juices In Glass
750 ml



15%
off

Dragonfly
Selected Organic Herb Teas



15%
off

Oatly
Oat Drinks & Desserts



15%
off

Ecover
15l Bag-In-box Refills



15%
off

Please note all offers run for two months or while stocks last.
For a full listing, order codes, prices & sizes please see new products & offers section.

Infinityfoods New Products

Hale & Hearty Organic Gluten-Free Range



A Huge Range Of Stylishly Packed Gluten-Free Products See New Products Section For Full Details.

Rude Health Organic Museli's & Porridges



New The Stars of Ultimate Museli, No More Museli, Daily Oats Porridge, Fruity Date Porridge, and New Variety Top Banana Museli 6x550g.

Doves Farm Organic, Fairtrade Multipack Flapjacks



Butter Flapjacks - 12 x 5 x 40g,
Apple & Sultana Flapjack - 12 x 5 x 40g,
Rich Choc Crispy - 12 x 5 x 35g.

Splish Organic Extra Virgin Olive Oil 500ml Tetra Pack



An Organic Extra Virgin Olive Oil Of Incredible Quality, Packed In A Sustainable Tetra Pack Which Helps Preserve The Oil, Making It Fresher & Longer Lasting.

Geo Organics Organic Tinned Convenience Foods



Baked Beans Sweetened With Agave 6 x 400g,
Hearty Vegetable Hot Pot 6 x 400g,
Mildly Spiced Vegetable Stew 6 x 400g.

Chicza Organic Rainforest Chewing Gum



Harvested From The Chiczapote Tree In The Yucatan Peninsula, Mexico. Three Great Tasting Flavours.

For the full list of new products please see the new products & offers section.

Infinityfoods New Products

Maverick

Organic Dark Chocolate Bar
With Honeycomb



Montezuma's

Organic Chocolate Dipped Fruit



Lime Pickle -
Mango Dipped In White
Chilli & Lime Chocolate,
Hot Dates - Dates Dipped
In Dark Chilli Chocolate,
Dark Ginger - Crystallised
Ginger Dipped In
Dark Chocolate.

Tohi

Organic, Fairtrade Belgian
Chocolate



Great Tasting,
Gently Packaged Belgian
Chocolate Bars In Five
Varieties,
All Are Organic And
Fairtrade And Boast
FSC Approved
Packaging.

Plush

Fairtrade Chocolates



6 x 200g
Belgian Assortment,
Belgian Assortment
6 x 400g,
English Burn Truffles 12 x 80g,
Champagne Truffles 12 x 80g,
English Truffles 6 x 100g,
Belgian Caramel Truffles
12 x 80g.

Hampstead Tea

Organic, Fairtrade,
Demeter Teas In Tins



Nakd

Raw Fruit & Nut Bars



Cashew Cookie,
Cocoa Orange,
Ginger Bread,
Pecan Pie,
All 18 x 35g

For the full list of new products please see the new products & offers section.

Infinityfoods@ Christmas

Infinity Foods Organic Christmas Pudding

A superior pudding.
Vegan, gluten-free,
65% fruit, pine nuts,
cognac, sherry and
no added sugar.

Green & Black's Organic Christmas Products



Qi Herbal Health Organic, Fairtrade White Christmas Tea in Caddy



Festive Collection Organic Christmas Range



A huge range
of very popular
Christmas themed
products under the
umbrella of The Festive
Collection range.

Montezuma's Organic Christmas Range



Dark, milk
& white
chocolate snowmen,
and baubles.

Infinity Foods Organic Mincemeat (no added sugar)



Our ever popular
naturally spicy & sweet
(apple juice sweetened)
organic Mincemeat is
back in 400g, 3.2kg
& 10kg sizes.

For the full list of new products please see the new products & offers section.

Infinityfoods@ Christmas

Village Bakery Organic Christmas Products



Divine Fairtrade Christmas Products



Infinity Foods Organic Mixed Peel & Glace Cherries



Hambleton Herbs Organic Mulling Spices & Frankincense & Myrrh



Rochester Organic Mulled Berry Punch



Ouse Valley Foods Seasonal Conserves & Condiment's



A Vast range of
Of Stunning Condiments
& Chutneys Including
The Sure To Be Popular
Boxing Day Chutney.

new products

Organic Flours and Cereal Products

Hale & Hearty - Gluten Free

Scattered throughout the various sections of the catalogue we have a brand new range of gluten free products, hot off the press, from Hale & Hearty. With all products testing below 20ppm of gluten, and carrying the Crossed Grain Symbol, these are a blessing for coeliacs and those wishing to reduce the wheat and gluten in their diet. In this first instalment we have a Bread Mix containing rice, corn, and quinoa flours with sunflower, sesame, and linseed, and three cake mixes made with wholegrain GF flours. Keep an eye out in the catalogue (or go to the index!) for the rest of the range.

✱	Wholegrain Multi-Seed Bread Mix - GF	organic	8x375g	19.75	3.29	4 11 0 5
✱	Rich Chocolate Brownie Mix - GF	organic	8x400g	19.15	3.19	4 11 1 0
✱	Classic Chocolate Cake Mix - GF	organic	8x400g	19.75	3.29	4 11 1 5
✱	Classic Vanilla Sponge Mix - GF	organic	8x400g	15.55	2.59	4 11 2 0

Organic Breakfast Cereals

Hale & Hearty - Gluten Free

New from Hale & Hearty, clocking in at less than 20ppm of gluten and carrying the Coeliac UK Crossed Grain Symbol with the rest of the range, we have two organic breakfast cereals made with wholegrain quinoa, corn and rice. Both are in child-friendly packaging - "Which greedy cheeky monkey has the most Choco Jungle Pops?" they ask. And "how many Choco Jungle Pops can you fit on your spoon?". The answer to this is twenty, but it takes a very steady hand. I've only got a teaspoon on my desk, though, and to be honest I should be working.

✱	Choco Jungle Pops - GF	organic	7x275g	16.75	3.19	6 1 6 0 5
✱	Honey Bee Pops - GF	organic	7x275g	15.70	2.99	6 1 6 1 0

Rude Health - Mueslis

New from Rude Health we have the two best selling mueslis packed in kilo bags and offering a unit price saving of 10%. To emphasise the austerity of the bulk line you will find it packaged in a more minimal form - a brown paper bag with labels rather than the familiar cardboard outer. They may not stand out so much on the shelf, but I suppose they are reaching to the converted.

✱	No Nuts Muesli - large	organic	6x1kg	29.90	7.10	6 3 7 3 7
✱	The Ultimate Muesli - large	organic	6x1kg	43.70	10.40	6 3 7 4 2

Rude Health - Porridge

As well as the kilo sizes of two porridges (again offering a unit saving of 10%) we have a new line from Rude Health in the Top Banana Organic Porridge. Packed in the usual attractive cardboard box/bag hybrid it is described as "hot sticky banana and roasted hazelnuts with a hint of maple". With the normal no added salt or sugar/high in fibre/wholegrain box ticking going on this is very close to a no-brainer.

✱	Daily Oats Porridge - large	organic	6x1kg	22.05	5.25	6 3 7 5 2
✱	Fruity Date Porridge - large	organic	6x1kg	27.50	6.55	6 3 7 5 7
✱	Top Banana Porridge	organic	5x550g	13.95	3.99	6 3 7 6 2

Breakfast Cereals

Hale & Hearty - Gluten Free

New from Hale & Hearty we have Gluten Free Oats (apparently this is the most searched for phrase on the Coeliac UK website) . These are not organic, but they come from sources free from cross contamination in planting, harvesting, transporting, milling, and processing. ELISA tested below 10ppm of gluten these are ideal for introducing fibre to a gluten free diet, though caution and a gradual introduction are recommended on the packaging.

✱	Gluten Free Porridge Oats		8x325g	26.35	4.39	7 1 5 0 5
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Organic Pasta - Wholewheat & Gluten Free

Hale & Hearty - Gluten Free

New from Hale & Hearty, and carrying the Crossed Grain Symbol along with the rest of the range, we have a couple of organic buckwheat, corn and rice pastas slow dried using traditional Italian methods to preserve the nutritional qualities of the ingredients.

✱	Buckwheat, Corn & Rice Pasta Spirals	organic	8x250g	11.95	1.99	1 3 0 8 0 5
✱	Buckwheat, Corn & Rice Macaroni Pasta	organic	8x250g	11.95	1.99	1 3 0 8 1 0

Bread, Rice Cakes and Crackers

Hale & Hearty - Gluten Free

New from Hale & Hearty, clocking in at less than 20ppm gluten, carrying the Crossed Grain Symbol, and (you may think) perversely hidden in the Breads and Crackers section, we have Multi Purpose Whole Grain Breadcrumbs (w/m rice flour, corn flour, organic veg oil, rice flour, guar gum, yeast, sea salt, sodium bicarb, citric acid) and a Luxury Whole Grain Crumble Mix (wholemeal rice, corn, buckwheat and millet flours with raw cane sugar and veg oil, in the main) which is ready to sprinkle over the top of your choice of fruit and bake. Neither are certified organic though the crumble certainly has a majority of organic ingredients.

✱	Luxury Wholegrain Crumble Mix		8x375g	18.55	3.09	1 7 0 4 0 5
✱	Multi Purpose Gluten Free Breadcrumbs		8x250g	19.15	3.19	1 7 0 4 1 0

Karg

New from Dr Karg we have a version of their legendary crispbread topped with tomato flakes, Mozzarella & Emmental, and a blend of Provençal herbs.

✱	Tomato & Mozzarella Crispbread	organic	10x200g	18.70	2.49	1 7 3 2 8 5
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Biscuits and Cakes

Doves Farm - FairTrade multipacks

New from Doves Farm, in a logical extension of the range, we have multipacks of the best selling Fair Trade Flapjacks and snackbars. Packed in boxes of five they represent a saving of between 16% and 20% on the corresponding single bars.

✱	Multipack Butter Flapjacks	organic	12x5x40g	15.00	1.67	1 8 1 5 5 2
✱	Multipack Apple & Sultana Flapjacks	organic	12x5x40g	15.00	1.67	1 8 1 5 5 7
✱	Multipack Rich Choc & Crispy Rice Bars	organic	12x5x35g	17.00	1.89	1 8 1 5 9 6

The Organic Collection from Organico

I'm sure you don't want to know the tragic tale of how our supplier accidentally managed to delist the Galettes Fines (excellent seller) instead of the Traditional Galettes (poor seller). Do you? Rejoice in the rectification of the situation below.

✱	Galettes Fines	organic	12x125g	17.95	1.99	1 8 3 0 5 1
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Organic Cold Pressed Oils

Splish

Here's an interesting one - the first tetra packed olive oil we have seen which trumpets its ecocredentials whilst originating in Australia. How to square the circle? Well, the oil is sea freighted in bulk to Spain where it is packed in state-of-the-art facilities into tetrads designed and selected for their oxidation protection (better than glass) and zero light penetration. The oil is then marketed in Europe, and with the packaging amounting to only 4% of the total product weight the benefits at this distribution stage are enormous. On arrival at the consumer the packaging, made from renewable resources and recyclable, again scores on the envirometer. Would it be better if the oil originated in Europe? Well, yes, and I'm looking into it. With these transport savings you might be expecting to see some financial benefits as well, but the rp is 7.99 for half a litre. The reason? Splish are so focused on the suitability of the packaging for its purpose (keeping extra virgin olive oil fresh) that they have used an extraordinarily good oil - it's the kind of oil usually seen in an undersized, long necked bottle with a hand-made paper label attached with raffia. It is very good. Will the consumer take to it? Only time will tell, but I think we'll see more developments in this direction over the next couple of years. Shall I shut up now?

✱	Olive Oil Tetra - Extra Virgin	organic	10x500ml	59.90	7.99	2 0 1 9 0 5
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Nut, Sweet & Savoury Spreads

Carley's Organic Foods

Pushing the envelope as usual the Chuck Yeager of wholefoods - John Carley - has a few more Cornish delights for us this time: in this section, Raw Chocolate & Almond Spread cool milled from raw organic almonds and raw cocoa bean powder. What can I say? It's rich, raw, highly suited to spooning directly from the jar and, John, I'm running out of codes for Carley's spreads! How about branching out into, say, mustards, or spicy roasted nuts in a jar?

✱	Raw Chocolate & Almond Spread	organic	6x250g	23.25	5.35	2 5 0 2 2 9
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Fruit Spreads & Jams

Wilkin & Sons of Tiptree - Extra Jam

Due to poor sales Wilkins have delisted their range of reduced sugar jams and they've gone down a traditional route with this new range of normal sugar sweetened jams.

✱	Apricot Jam - Extra Jam	organic	6x340g	10.15	2.26	2 9 5 0 0 5
✱	Blackcurrant Jam - Extra Jam	organic	6x340g	10.15	2.26	2 9 5 0 1 0
✱	Orange Marmalade - Extra Jam	organic	6x340g	9.10	2.02	2 9 5 0 1 5
✱	Raspberry Jam - Extra Jam	organic	6x340g	10.15	2.26	2 9 5 0 2 0
✱	Strawberry Jam - Extra Jam	organic	6x340g	10.15	2.26	2 9 5 0 2 5

✱ new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

Sauces, Fruit and Vegetable Products

Carley's Organic Foods

New from Carley's of Cornwall we have two mustards, both of the sweet and gentle (rather than the 'remove back of head') variety. The Honey Grain is pretty self explanatory (cider vinegar, mustard seed, water, honey), the English is sweetened with agave syrup and is a turmeric yellow. For once, the boxes they tick are not figurative, but printed on the side of the jar: organic, gluten free, non GM, no added sugar, no added salt. The Honey Grain announces itself as raw as well.

✱	Cornish Honey Grain Mustard - Raw	organic	6x170g	7.60	1.69	390275
✱	English Mustard	organic	6x170g	7.60	1.69	390280

Convenience Foods

Geo Organics - cans

We all have our passions in life; some of us are birdwatchers, Airfix modellers, radio hams, gardeners, train spotters, stamp collectors, kite flyers, glass animal collectors, Fall fans. Mike from Geo Organics has a passion for canning. You should have seen his face light up when he got onto the topic. It made my heart glad. The upshot is that we have three new lines in the Geo range: Baked Beans in tomato sauce ("BITS" in the canner's lingo) sweetened with agave syrup, Hearty Thick Vegetable Hot Pot, and Mildly Spiced Thick Vegetable Stew. All tick some literal boxes on the labels (vegan, gluten free, non GM, low fat), all are organic, and the Baked Beans give a nod to Magritte in a trompe l'oeil label depicting a labelless can. Ceci n'est pas un can, as we say.

✱	Baked Beans sweetened with agave	organic	6x400g	5.35	1.19	444350
✱	Hearty Vegetable Hot Pot	organic	6x400g	7.15	1.59	444355
✱	Mildly Spiced Vegetable Stew	organic	6x400g	7.15	1.59	444360

Hale & Hearty - Gluten Free

Finally from Hale & Hearty we have an Organic Quick and Easy Falafel Mix, and an Organic 4 Grain Pancake Mix containing rice, tapioca, quinoa, buckwheat, chickpea, and teff flours along with baking powder, sea salt and milled golden flax seed. Along with the rest of the range both products are tested at less than 20ppm gluten and carry the Crossed Grain Symbol of Coeliac UK.

✱	5 Grain Pancake Mix	organic	8x360g	19.15	3.19	442305
✱	Quick & Easy Falafel Mix	organic	8x200g	12.55	2.09	442310

Japanese Products - Miscellaneous

Biona

New from Biona a Wasabi-style horseradish paste in a tube. Though wasabi is reputed to have efficacy against oral infections, I still think it's a mistake to mix this up with your toothpaste tube. Wasabi: kitchen. Toothpaste: bathroom. You've got to have a system.

✱	Wasabi-style horseradish paste - tubes	organic	8x50g	17.95	2.99	510405
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Organic Teas - Black, Green & White

Hampstead - Demeter/Organic FairTrade - loose tea in tins

New from Hampstead and carrying both the Fair Trade Mark and the Demeter symbol we have four loose teas in tins. They all share the fabulous livery of the boxed range (the 'smoking' leaves) but are a tad more special and permanent. Would it be dreadfully gauche to mention the term 'stocking-filler' at this point? Anyway, the teas are all from the Makaibari Estate in Darjeeling - the first biodynamic tea estate in the world - situated 3-4,000ft high up in the Himalayas. The estate is protected on all sides by virgin rainforest and is the home and livelihood for a community of 1,700 people (and a family of panthers). The teas are all self-explanatory with the exception of the Biochai which is 60% black tea with ginger, lemongrass, pepper, cardamom seeds, and cloves.

✱	Biochai Loose - in tins	Demeter	6x100g	13.45	2.99	580505
✱	Darjeeling Loose - in tins	Demeter	6x100g	13.45	2.99	580510
✱	Earl Grey Loose - in tins	Demeter	6x100g	13.45	2.99	580515
✱	English Breakfast Loose - in tins	Demeter	6x100g	13.45	2.99	580520

Herbal & Tonic Drinks

Hampstead - Demeter/Organic FairTrade - Iced Tea - Elopak

If I were dipping my toe into the chilly water that is the British iced tea market, I'm not sure I would be doing it at the start of autumn, but that is what Hampstead are doing and we love them so much that wherever they go, we follow. These are so new that the samples haven't arrived yet, so it should be quick to tell you what I know! Packed in tall and narrow elopaks (with a screw top) the livery complements the rest of the range (with 'smoking' ice cubes this time). If looks were all that mattered we would be home and dry. Ethically, they are biodynamic and Fair Trade Marked, they contain no artificial flavourings or colouring, and are sweetened with agave. As for taste ... watch this space ...

✱	Chai Orange Iced Tea	Demeter	8x500ml	9.55	1.59	641705
✱	Darjeeling Cherry Iced Tea	Demeter	8x500ml	9.55	1.59	641710
✱	Oolong Elderflower Iced Tea	Demeter	8x500ml	9.55	1.59	641715

Organic Juices & Cordials

Vitamont - in glass

New from Vitamont and in replacement of the discontinued Vitalia we have an Organic Red Grape Juice in glass. It is 33% bigger than the Vitalia but at the same price!

✱	Red Grape Juice	organic	6x1l	16.80 V	4.29	663522
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Savoury Snacks

Biona Artisan Potato Chips

New from Biona we have a couple of Artisanal Potato Chips, one of which is flavoured with Himalayan pink salt (!). Artisanal is a word much used in the Biona range and I can't say I'm altogether happy with it. Photorealism is anal, I grant, but surely Abstract Impressionism is the opposite?

✱	Potato Chips - Himalayan Pink Salt	organic	15x30g	7.75 V	0.79	750205
✱	Potato Chips - Salt & Vinegar	organic	15x30g	7.75 V	0.79	750210

Sweet Snacks

Chicza - Mayan Rainforest Chewing Gum

Hop onto their website - www.chicza.com - and you will find out more than you ever thought you could know about the various forms of latex and the history of gum. It's great! Harvested from the giant Chicozapote trees in the rainforests of Mexico's Yucatán peninsula by the 56 co-operatives comprising the Consorcio Chiclero, chicle is a unique form of latex (are you ready for this?) "because of its unparalleled mix of polyisoprenes that render a non-toxic, hydrophilic, non-vulcanisable substance." It is the original chewing gum as opposed to the petroleum-based muck that scars our pavements, and as well as being organic, it biodegrades. I suppose the last word should go to Mr Zimmerman, though: "Don't wanna be a bum/You better chew gum" (Subterranean Homesick Blues, 1965)

✱	Mint Chewing Gum	organic	10x30g	9.05 V	1.39	761905
✱	Spearmint Chewing Gum	organic	10x30g	9.05 V	1.39	761910
✱	Lime Chewing Gum	organic	10x30g	9.05 V	1.39	761915

Green and Black's Gift Range

New from Green & Black's we have a pillow pack of The Miniature Bar Collection (ideal for sleepovers [I'm really sorry about that, but I've been under a bit of stress recently]) and a replacement for the discontinued Mint Chocolate Leaves in the ... Squares.

✱	Miniatures (Pillow Pack 18's)	organic	6x270g	30.60 V	7.82	764053
✱	Mint Chocolate Squares	organic	6x120g	15.30 V	3.91	764055

Maverick

From the same stable as the Geo Organics and Organica ranges we have the Maverick Dark Chocolate with Honeycomb Crisps. Fair Trade Marked, and vegan, though not organic (the range, as it grows, will concentrate on these three areas, though with products which may not tick all three boxes at once) the bar is a rich treat made with 70% cocoa solids, and contains little starbursts of honeycomb rather than the chocolate coated honeycomb bar of certain related products. It is an altogether denser and more satisfying experience, to be sure.

✱	Dark Chocolate with Honeycomb - FT		20x35g	15.00 V	1.15	765725
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Montezuma's - Milk Chocolate (the dark side)

New from Monty's, along with the Xmas products to be found at the end of the catalogue, we have a couple of tweaks to the range. Below, a rich and creamy milk chocolate with butterscotch ...

✱	Dark Milk with Butterscotch	organic	12x100g	15.70 V	2.01	766259
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Montezuma's Milk Chocolate www.montezumas.co.uk

... a milk, chilli, and lime bar ...

✱	Milk with Chilli & Lime Bar	organic	12x100g	15.70 V	2.01	766263
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Montezuma's Chocolate & Fruit

... and a fabulous range of organic chocolate dipped, and chocolate coated fruits. May I personally recommend the Hot Dates: "succulent tunisian dates lavishly enrobed in dark chocolate and 'hot' icing sugar" with exactly the right amount of heat to widen eyes one, two, and three.

✱	Lime Pickle - mango in white chocolate	organic	10x130g	30.30 V	4.65	766342
✱	Hot Dates - dates in chilli & dark choc	organic	10x130g	30.30 V	4.65	766343
✱	Dark Ginger - ginger in dark chocolate	organic	10x130g	30.30 V	4.65	766344

Nakd Raw Fruit & Nut Bars - Vegan & Gluten Free					
New from our friends at Nakd we have a further simplification of this absurdly simple range. The new bars eschew the oats and apple juice of the rest of the range leaving us with just raw fruit, nuts, and spices cold-pressed together and presented in distinctive colourful packaging that jumps off the shelf. The ingredients lists are minimalist to say the least: Cashew Cookie - cashews, dates; Cocoa Orange - dates, cashews, raisins, cocoa, hint of natural flavour; Ginger Bread - dates, almonds, pecans, ginger, cloves, cinnamon; Pecan Pie - dates, pecans, almonds. Needless to say, they taste fantastic.					
✱	Cashew Cookie Raw Wholefood Bar - GF	18x35g	10.15	0.75	7 6 6 6 5 0
✱	Cocoa Orange Raw Wholefood Bar - GF	18x35g	10.15	0.75	7 6 6 6 5 2
✱	Ginger Bread Raw Wholefood Bar - GF	18x35g	10.15	0.75	7 6 6 6 5 3
✱	Pecan Pie Raw Wholefood Bar - GF	18x35g	10.15	0.75	7 6 6 6 5 5

Ombars - raw chocolate					
New from Ombar and ploughing on down the fast lane on the superfood raw chocolate highway we have the Yumberry Raw Chocolate Bar. Known in China as yang-mei, yumberries resemble the raspberry and have the sweet n'sourness of pomegranate and cranberry along with a bucket-load of antioxidants.					
✱	Yumberry Raw Chocolate	10x50g	13.90 V	2.13	7 6 5 7 8 0

Organico - The Organic Collection					
Back after a little absence from Organico (supply problems have now been sorted out, we hear) is the 30g bar of what we used to call in the Isle of Man: "nuggat". I try to say "noogoahh" these days, but sometimes I lapse.					
✱	Nougat de Montelimar	organic	24x30g	15.65 V	1.00 7 6 6 4 5 6

Tohi - Fair Trade Organic Belgian Chocolate Bars					
New from our Belgian friends at Tohi we have a range of Organic and Fair Trade chocolate bars which are whiter than white (though none of them are white - five types of 74% dark, and three milk). Fair Trade certified by Max Havelaar, organically certified by Certisys, packaging FSC approved and eschewing the foil which normally envelopes chocolate, and the company carbon neutral - what's not to like? (They are the first to admit that they are not altogether happy with the ink used, but they are working on it). The chocolate itself was rapturously received in the Infinity office, with all four flavoured dark bars getting special commendations. Quirkily packaged in pastel colours featuring the motif of the Tohi - a recently discovered South American bird - the bars stand out amongst the competing brands, especially when displayed on the free wooden stand available with the purchase of the full range (at a price saving) using the code 768245					
✱	Dark Chocolate 74%	organic	15x70g	23.35 V	2.39 7 6 8 2 0 5
✱	Dark Chocolate 74% - Salted Almond	organic	15x70g	23.35 V	2.39 7 6 8 2 1 0
✱	Dark Chocolate 74% - Earl Grey Tea	organic	15x70g	23.35 V	2.39 7 6 8 2 1 5
✱	Dark Chocolate 74% - Lemon & Ginger	organic	15x70g	23.35 V	2.39 7 6 8 2 2 0
✱	Dark Chocolate 74% - Hazel & Coffee	organic	15x70g	23.35 V	2.39 7 6 8 2 2 5
✱	Milk Chocolate	organic	15x70g	23.35 V	2.39 7 6 8 2 3 0
✱	Milk Chocolate - Cinnamon	organic	15x70g	23.35 V	2.39 7 6 8 2 3 5
✱	Milk Chocolate - Apple & Cinnamon	organic	15x70g	23.35 V	2.39 7 6 8 2 4 0
✱	One case of each (8) - with free display	organic	120x70g	178.95 V	2.29 7 6 8 2 4 5

Wallaby Bars					
Like a rubber ball they've come bouncing back to me ... after a very considerable absence caused by terrible supply problems the Wallaby Bars are back in a new livery for the noughties and declaring their credentials loud and clear: all bars are free from gluten, wheat, and cholesterol, artificial flavours, colours, preservatives, and GMOs. Though not organic they are cold pressed ensuring retention of nutritional benefits, and last time we listed them we could simply never get enough!					
✱	Macadamia & Fruit Bar	18x40g	11.95	0.89	7 6 8 8 2 0
✱	Macadamia & Nut Bar	18x40g	11.95	0.89	7 6 8 8 2 3
✱	Pure Fruit Bar	18x40g	11.95	0.89	7 6 8 8 2 5
✱	Yoghurt Macadamia & Ginger Bar	18x40g	11.95	0.89	7 6 8 8 2 8
✱	Yoghurt Fruit Bar	18x40g	11.95	0.89	7 6 8 8 3 0
✱	Cashew & Currant Bar	12x50g	9.45	1.05	7 6 8 8 3 2
✱	Macadamia & Ginger Bar	12x50g	9.45	1.05	7 6 8 8 3 3
✱	Cranberry Fruit & Nut Bar	12x50g	10.35	1.15	7 6 8 8 3 5

Kitchen & Household Goods					
If You Care					
New and on offer from If You Care at the prices below representing 15% off list we have two new sizes of the 100% unbleached heavy duty Baking Cups, pre-cut Baking Sheets, and non-toxic firefighters made from wood and veg oil. I won't give you the non-offer price - I happen to know that it will extend until 2010!					
☐	Baking Sheets - pre-cut	12x24sheets	14.95 V	2.19	8 2 0 7 2 7
☐	Mini Baking Cups	24x90cups	11.50 V	0.84	8 2 0 7 2 8
☐	Jumbo Baking Cups	24x24cups	13.85 V	1.01	8 2 0 7 3 3
☐	Firelighters - non toxic wood & veg oil	12x72	25.85 V	3.30	8 2 0 7 4 0

new product ☐ on offer					
▲ price rise ▼ fall					

Toiletries, Natural Remedies & Supplementary Foods

Dr. Bronner's Magic Soaps					
It's easy to look at the extraordinarily cramped and verbose packaging of Dr Bronner's soaps and to have doubts about the sanity of the perpetrator - let's face it, the great doctor was temporarily committed whilst promoting his views at the University of Chicago in 1947 according to Wiki - but a look at the website above shows an exemplary company which has just celebrated its 60th birthday and continues to pursue a radical and ethical path through the world. The olive oil in the soaps, for instance, is sourced from the same Palestinian Fair Trade and Organic sources as Zaytoun and to the tune of 150 tonnes per annum! We are adding to the range below with three soap bars, and an addition to the liquid soap listing with a new 'flavour': Citrus-Orange. Apart from anything else, there are those times when you forget to take a book into the bathroom ...					
✱	Almond Soap Bar	organic	12x140g	24.50 V	3.50 8 5 1 0 9 0
✱	Baby-Mild Soap Bar	organic	12x140g	24.50 V	3.50 8 5 1 0 9 2
✱	Citrus Soap Bar	organic	12x140g	24.50 V	3.50 8 5 1 0 9 5
✱	Citrus-Orange Liquid Soap (1/4 case)	organic	6x236ml	17.45 V	4.99 8 5 1 0 7 3
✱	Citrus-Orange Liquid Soap (1/2 case)	organic	6x472ml	26.20 V	7.49 8 5 1 0 7 4

Faith In Nature Refill					
In the spirit of Reuse Not Refuse we are listing the 5l refill sizes of the most popular Faith in Nature lines along with a pump for easy dispensing. The value to the environment is obvious, but the effect on the pocket requires a calculator. Savings pro rata vary from 16% on the shampoos and conditioners, through 15% on the foam bath, to 10% on the hand wash.					
✱	Bulk Hand Wash -Lavender & Geranium	5l	30.00 V	6.00	8 5 3 5 3 5
✱	Bulk Hand Wash - Aloe Vera & Tea Tree	5l	30.00 V	6.00	8 5 3 5 3 7
✱	Bulk Aloe Vera Shampoo	5l	24.50 V	4.90	8 5 3 5 4 0
✱	Bulk Jojoba Shampoo	5l	24.50 V	4.90	8 5 3 5 4 3
✱	Bulk Lavender & Geranium Shampoo	5l	24.50 V	4.90	8 5 3 5 4 5
✱	Bulk Aloe Vera Conditioner	5l	24.50 V	4.90	8 5 3 5 5 0
✱	Bulk Jojoba Conditioner	5l	24.50 V	4.90	8 5 3 5 5 3
✱	Bulk Lavender & Geranium Conditioner	5l	24.50 V	4.90	8 5 3 5 5 5
✱	Bulk Aloe Vera Shower Gel & Foam Bath	5l	26.50 V	5.30	8 5 3 5 6 0
✱	Bulk Lavender/Geranium Shower Gel/Foam Bath	5l	26.50 V	5.30	8 5 3 5 6 5
✱	5 litre pump for refilling	1x1	2.50 V		8 5 3 5 7 5

Pre-packed Herbs and Spices					
Krokos Kozanis					
New, and in the absence of all other organic saffrons, we have the Greek Saffron in Filaments from Krokos Kozanis.					
✱	Greek Red Saffron in filaments	organic	12x1g	42.75	4.75 9 9 2 4 0 5

Christmas Products					
Carley's Organic Foods					
New for the festive season from John Carley we have Organic Spicy Roasted Mixed Nuts. Impress your guests with these agave sweetened, pepper and paprika spiced, and Cornish sea salted almonds, cashews, brazils, hazels, macadamias and pine nuts in a jar.					
✱	Spicy Roasted Mixed Nuts - small	organic	6x90g	10.00 V	2.65 7 5 0 2 5 5
✱	Spicy Roasted Mixed Nuts - large	organic	6x160g	14.95 V	3.95 7 5 0 2 6 0

Cocoa Loco - Snowmen					
From Soil Association Organic Food Heroes of 2008 & local Sussex darlings Cocoa Loco we have a range of Xmas goodies ranging from the stocking fillers at 99p - 3.49 to the more substantial gifts at 8.99 (I should perhaps make it clear that you don't have to give them away - you can always eat them yourself). The milk chocolate is creamy as anything with 34% cocoa solids, the white rich with vanilla, and the dark has 73% cocoa solids. The 110g snowmen are not one giant, but a bag of little ones as illustrated in the colour section at the beginning of the catalogue.					
✱	Dark Chocolate Snowman Lollies	organic	24x15g	15.45 V	0.99 7 6 2 0 5 0
✱	Milk Chocolate Snowman Lollies	organic	24x15g	15.45 V	0.99 7 6 2 0 5 5
✱	White Chocolate Snowman Lollies	organic	24x15g	15.45 V	0.99 7 6 2 0 6 0
✱	Dark Chocolate Snowmen	organic	12x110g	27.30 V	3.49 7 6 2 0 6 5
✱	Milk & White Chocolate Snowmen	organic	12x110g	27.30 V	3.49 7 6 2 0 7 0

Cocoa Loco - 'Gingerbread' Characters						
<i>I feel I must point out that the Cocoa Loco 'Gingerbread' Characters are not made of gingerbread, or even flavoured with ginger - they are solid chocolate fellers. Strangely I did not feel the same compunction with the snowmen above, but in case you are wondering, they are not made with snow, either. The 110g size is a bag of little ones, the 60g a single colossus.</i>						
✱	Dark Chocolate 'Gingerbread' Character	organic	12x60g	15.55 V	1.99	7 6 2 0 8 0
✱	Milk Chocolate 'Gingerbread' Character	organic	12x60g	15.55 V	1.99	7 6 2 0 8 5
✱	White Chocolate 'Gingerbread' Character	organic	12x60g	15.55 V	1.99	7 6 2 0 9 0
✱	Little Dark Choc 'Gingerbread' Chaps	organic	12x110g	27.30 V	3.49	7 6 2 0 9 5
✱	Little Milk Choc 'Gingerbread' Chaps	organic	12x110g	27.30 V	3.49	7 6 2 1 0 0
✱	Little White Choc 'Gingerbread' Chaps	organic	12x110g	27.30 V	3.49	7 6 2 1 0 5

Cocoa Loco - 12 Days of Christmas Tablets						
<i>"Don't just sing it," they say, "eat it!". From Cocoa Loco this extraordinary artifact: the Twelve Days of Christmas depicted in relief on a bar of chocolate which is not far shy of a sheet of A4. And at 400g, substantially thicker. Available in dark, milk and white varieties, it is displayed beautifully in a shallow, open-fronted, cardboard tray with a ribbon round it. When I took the sample home the family did not complain at all (though, to be fair, the children didn't actually get to see it).</i>						
✱	12 Days of Christmas Dark Choc Tablet	organic	4x400g	23.45 V	8.99	7 6 2 1 2 5
✱	12 Days of Christmas Milk Choc Tablet	organic	4x400g	23.45 V	8.99	7 6 2 1 3 0
✱	12 Days of Christmas White Choc Tablet	organic	4x400g	23.45 V	8.99	7 6 2 1 3 5

Cocoa Loco - Mendiants						
<i>Finally in the Cocoa Loco Christmas celebration we have, in the three varieties, trays of Mendiants which are (as you know) a traditional French confection composed of a chocolate disk studded with nuts and dried fruits representing the four mendicant or monastic orders of the Dominicans, Augustinians, Franciscans, and Carmelites. I'm not sure how religiously authentic they are (Wiki says that each of the nuts and dried fruits used represent the colour of the monastic robes - raisins for the Dominicans, hazels for the Augustins, fig for the Franciscans, and almond for Carmelite, but adds rather sniffily that "recipes for this confection have veered away from the traditional combination ...") but they do make a lovely gift.</i>						
✱	Tray of Dark Chocolate Mendiants	organic	6x270g	35.20 V	8.99	7 6 2 1 5 0
✱	Tray of Milk Chocolate Mendiants	organic	6x270g	35.20 V	8.99	7 6 2 1 5 5
✱	Tray of White Chocolate Mendiants	organic	6x270g	35.20 V	8.99	7 6 2 1 6 0

Divine - FairTrade						
<i>Back from Divine we have the ever-popular Advent Calendar, joined this year with a vegan dark chocolate version which went very well in our shop last year, and the over-popular chocolate coins. Every year demand outstrips supply on the chocolate coin. Every year we buy more, sell more, can't get any more. Will it be different this year? I'm not holding my breath, so the advice (as on all Xmas lines) remains the same: try to order your considered requirements sooner rather than later as supply may become patchy in the run-in. (If you are reading this at the start of September, then make a note in your diary and get back to the beach. I don't mean order NOW!)</i>						
✱	Divine Dark Choc Advent Calendars		24x84g	58.70 V	3.75	7 6 3 5 5 3
✱	Divine Milk Choc Advent Calendars		24x84g	58.70 V	3.75	7 6 3 5 5 5
✱	Divine Milk Chocolate Coin -bag		20x80g	31.15 V	2.39	7 6 3 5 6 3

Golden Temple Ayurvedic Yogi Teas						
<i>Do you ever wake up at night wondering how you came to be listing a selection box of Ayurvedic teas vividly packaged in a box featuring a winking beturbanned Santa just about to become airborne in a reindeer-towed sleigh containing only Golden Temple teas? You will (! hope). It's always been a feature of our business that we merrily sell the cakes and puddings and chocolate and wine of the festive season, and then - equally cheerfully - stand at the forefront of the January detox. Well, this product goes one step further. It occupies both camps at exactly the same time! Genius. It looks great, is slightly bizarre, but I bought it so why shouldn't you? (And, by the way, it was a one-off purchase - I can't get any more so when it's gone, it's gone!)</i>						
✱	Yogi Tea Christmas Collection	organic	8x12x2bgs	20.95	3.49	5 7 2 0 3 3

Infinity Foods Mincemeat						
<i>Back for another year's service to the nation's Xmas requirements, the peerless Infinity Organic Mincemeat (if I say so myself). Gluten-free, vegan, and with no added sugar this blend of vine fruits, oranges, lemons and apple with sunflower oil and spices gains in richness what it avoids in over-sweetness. Its reputation is growing by the year and if you haven't tried it, you ought.</i>						
✱	Mincemeat - no added sugar	organic	6x400g	14.95	3.35	3 5 1 0 5
✱	Mincemeat - no added sugar	organic	3.2kg	18.35	5.73	3 5 1 1 0
✱	Mincemeat - no added sugar	organic	10kg	48.65	4.87	3 5 1 1 5

Infinity Foods Christmas Pudding						
<i>Again back in service to the festive populace - Infinity Organic Vegan Gluten-free Christmas Pudding (how many boxes would you like me to tick? No Added Sugar? - consider it done) with pine nuts and Cognac. The total fruit content is 65%. Contentment potential: 100%. Best eaten before a long afternoon snooze.</i>						
✱	Christmas Pudding - gluten-free	organic	4x454g	17.95	5.99	3 5 1 2 0

Kite						
<i>Harry Secombe, Young Marble Giants, Tom Jones, Richard Burton, Anthony Hopkins, Neil & Glynis Kinnock, Huw Edwards, Guto Hari, Griff Rhys Jones, Ruth Jones, Terry Jones, Ron Davies, Ann Davies, Windsor Davies, Ruth Madoc, Rob Bryden, Keith Allen, Max Boyce, Ivor the Engine, Idris the Dragon, Gelert the dog, Ryan and Ronnie, Nicky Wire, Lawrence of Arabia, Cliff Morgan, Organ Morgan, Mr Pugh (alone in the hissing laboratory of his wishes, agony dancing in his crucibles), JPR Williams, Gareth Edwards, Ryan Giggs, RS Thomas, Dylan Thomas and his grandfather Dai (in his best waistcoat), Mumbles, Sketty, Splott, Port Talbot, Tryfan, Y Lliwedd, Crib Goch, the Pen y Gwryd Hotel, the dark waters of Trawsfynydd lake and Nick's aunt's cottage, Shirley Bassey, Bonnie Tyler, Shakin' Stevens, Cerys from Catatonia, Goldie Lookin' Chain, Nerys Hughes, Nia Harrison, Aneurin Bevan, Saints Cadoc, David, Patrick, Richard Gwyn, and Illtud, Rowan Williams, Tommy Cooper, Barry John, John Toshack, Terry Yorath, Dave Edmunds and his Rockpile, Catherine Zeta Jones, Howard Marks, Siân Lloyd, Mary Hopkin, Charlotte Church, Lemmy, Budgie, Man, John from Pulse, The Force That Through The Green Fuse Drives The Flower, Kite Xmas Puddings. The glories of Wales.</i>						
✱	Vegan Christmas Plum Pudding		10x450g	37.50	4.99	3 5 4 0 5

Montezuma - solid chocolate in gift box						
<i>Back from Montezuma their range of Chocolate Snowmen - eight solid little chaps line up in each presentation box in a secular festive identity parade.</i>						
✱	Dark Chocolate Snowmen	organic	10x110g	25.75 V	3.95	7 6 6 2 1 3
✱	Milk Chocolate Snowmen	organic	10x110g	25.75 V	3.95	7 6 6 2 1 6
✱	White Chocolate Snowmen	organic	10x110g	25.75 V	3.95	7 6 6 2 1 9

Montezuma - hollow chocolate in gift box						
<i>Back from Montezuma the Dark, Milk, and White Chocolate Christmas Tree Baubles (5 to a box). Hang them on your tree - not on the side closest to the roaring log fire - and if they get knocked off there's no need for the dustpan and brush, no danger to tiny unshod feet, just hang them back if they bounce, snaffle them if they don't. Come twelfth night there's no need for tissue paper and a box in the loft - there will be none left.</i>						
✱	Dark Chocolate Christmas Baubles	organic	4x150g	17.60 V	6.75	7 6 6 2 2 7
✱	Milk Chocolate Christmas Baubles	organic	4x150g	17.60 V	6.75	7 6 6 2 2 8
✱	White Chocolate Christmas Baubles	organic	4x150g	17.60 V	6.75	7 6 6 2 3 2

Nutley Hall Beeswax Candles						
<i>Back from Nutley Hall, a residential centre for adults with learning difficulties, and a customer of ours this past quarter century, we welcome the return of the Christmas Candles - hand-made along with the rest of their range in their candle-making workshop.</i>						
✱	Christmas Candles 120mm x 14mm		1x12	4.40 V	6.75	8 9 1 0 1 0

The Organic Collection						
<i>Back from The Organic Collection and introducing the festive tastes of continental Europe we have a Panettone (available late September), two sizes of Stollen, and the wonderful chocolate covered spiced biscuit/cake hybrid that is the Lebkuchen. If you want a laugh, give us a ring and ask me to pronounce "lebkuchen", affecting what I fondly assume to be a Black Forest accent. It's one of my favourite bits of Christmas.</i>						
✱	Panettone	organic	8x750g	67.50	11.25	1 8 3 0 5 3
✱	Stollen - large	organic	6x750g	51.55	11.45	1 8 3 0 5 4
✱	Mini Stollen	organic	20x250g	81.75	5.45	1 8 3 0 5 7
✱	Lebkuchen	organic	20x150g	41.25	2.75	1 8 3 0 5 8

Ouse Valley Foods						
<i>You might be surprised to learn that I am a little lost for words facing the exquisite beauty that is the Ouse Valley range. Julian and her [sic] team have been customers for a few years now, based just over the downs at Plumpton Green, and they have been picking up awards left, right, and centre for their hand made delights. The two products below, made only of the named fruits, sugar and spices, are a pellucid delight - the sliced cranberries (for instance) suspended magically in a crystal clear jelly. Don't eat it - put it on the window sill and let the light pour through. It's like stepping into Sainte Chappelle on a sunny day.</i>						
✱	Cranberry Jelly		6x227g	16.85	3.75	2 9 2 0 5 0
✱	Spiced Apple & Calvados Jelly		6x227g	16.85	3.75	2 9 2 0 5 5

✱ new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

Ouse Valley Foods				
<i>I'll let you eat these two - Christmas morning breakfast, with wholemeal toast and a snowball.</i>				
✱	Orange, Honey & Ginger Curd	6x227g	17.75	3.95 292060
✱	St Clement's Marmalade with Whisky	6x340g	17.75	3.95 292065

Ouse Valley Foods				
<i>"Half of what I say is meaningless/But I say it just to reach you, Julian" May I merely point you in the direction of their website - www.ousevalleyfoods.co.uk - there are pictures and descriptions and some stunning testimonials ("Mum just tasted your Companion for Duck and Poultry and has gone into orbit") and you can buy their whole range direct as far as I know - I don't mind, I just want to see them out there. I think it's safe to say, though, that any Christmas display without one of these products is missing something. It is the part that used to be call: soul.</i>				
✱	Fig & Honey Conserve	6x227g	17.75	3.95 351725
✱	Apricot & Ginger Chutney with Almonds	6x340g	17.75	3.95 351730
✱	Boxing Day Chutney	6x340g	17.75	3.95 351735
✱	Red Onion & Fig Marmalade	6x340g	17.75	3.95 351740

Plush - Fair Trade				
<i>OK, let's get the glories of Belgium out of the way first (I know you want me to): Georges Simenon (though not Paul, who's from Brixton), Hergé & Tintin, the Smurfs, Pepin the Short, Plastic Bertrand, Jacques Brel, Adolphe Sax – inventor of the saxophone, Jacques Tits – mathematician, Thierry Boutsen, Eddy Merckx (The Cannibal), Emiel Puttemans, René Magritte, The Singing Nun, Arthus from Tohi. Right then, let's get on to the goods: Plush are primarily non-organic (with the exception of the Belgian Chocolate Caramels) but specialise in Fair Trade ingredients in thoughtful enviropackaging. All the products carry the Fair Trade Mark and the packaging is minimal and recyclable (and beautiful). Some of the lines are using cutting-edge Plantic trays made from non-GM corn starch which are fully compostable. And as for the chocolate: it combines the history, credentials and expertise of Belgian chocolate know-how with the quality, love and attention of artisanal English hand-made chocolate making to produce the ideal gift.</i>				
✱	Belgian Assortment - box	6x200g	42.85 V	10.95 766775
✱	Belgian Assortment - large box	6x400g	73.50 V	18.95 766780
✱	English Truffles Assortment - box	6x190g	58.10 V	14.95 766785
✱	English Champagne Truffles - bag	12x80g	38.75 V	4.95 766790
✱	English Rum Truffles - bag	12x80g	38.75 V	4.95 766795
✱	Belgian Chocolate Caramels - bag	organic 12x80g	38.75 V	4.95 766800

Qi Herbal Health				
<i>Back from Qi we have their seasonal organic classic White Christmas Tea Bags, though this year with a redesign. As always the product is organic white tea, prepared in the traditional way from fresh young leaves and buds rich in antioxidants, blended with an abundance of Christmassy ingredients - cinnamon, cloves, ginger, and orange - to produce Christmas in a cup. The square , silver, red and white caddy looks beautiful and would make a good stocking-filler (for adults!). As Lindsay said some years ago: Bing Crosby dreamed - Qi delivered.</i>				
✱	White Christmas Tea in Caddy	organic 4x20bgs	6.00	1.99 580391

Village Bakery				
<i>Back for Christmas and unchanged since last year we have the Village Bakery range of seasonal standards. I'm sure you are all very familiar with them so what can I say? The gluten free lines are produced in a dedicated GF facility and the dates of availability seem to have pushed a little closer to Christmas (which is no bad thing in my opinion). Available from 1st September are all the puddings and the 900g cake, the FT and GF cakes become available half way through September, followed swiftly by the mincemeat, brandy butter, and GF mince pies by the end of the month. The stollen and the Nuts About Christmas Cake become available half way through October, and finally the mince pies make their appearance in the last week of October along with our next catalogue!</i>				
✱	Brandy Butter	organic 12x125g	26.90	2.99 35680
✱	Mincemeat - vegan	organic 12x300g	28.35	3.15 35603
✱	Mince Pies	organic 6x360g	15.70	3.49 35607
✱	Nuts About Christmas Cake - uniced	organic 4x450g	19.35	6.45 35610
✱	6" Christmas Cake - uniced	organic 6x900g	38.20	8.49 35615
✱	Christmas Pudding	organic 8x200g	23.95	3.99 35625
✱	Christmas Pudding	organic 4x450g	19.35	6.45 35630
✱	Apricot & Brandy Christmas Pudding	organic 4x450g	21.00	6.99 35631
✱	Stollen marzipan fruit bread	organic 12x400g	44.90	4.99 35638

Village Bakery - Gluten-Free				
✱	Mince Pies - Gluten-Free	organic 8x4x60g	15.90	2.65 35608
✱	Gluten-Free Christmas Cake	organic 4x450g	21.00	6.99 35623
✱	Gluten-Free Christmas Pudding	organic 4x450g	21.00	6.99 35637
✱	Gluten-Free Christmas Pudding	organic 8x200g	23.95	3.99 35650

Village Bakery - "Better World" FairTrade Range				
✱	Christmas Pudding - Better World FT	organic 6x450g	32.65	7.25 35762
✱	Christmas Cake - Better World FT	organic 4x750g	29.25	9.75 35763

special offers

Please note that the prices listed below are the offer prices.

All offers run for two months, or while stocks last.

The non-offer prices will be printed in the November catalogue.

Organic Flours and Cereal Products

Doves Farm						
17% off list September and October						
☐	Strong Wholemeal Flour	organic	5x1.5kg	4.85	1.29	40540
☐	Strong White Flour - unbleached	organic	5x1.5kg	5.20	1.39	40560

Doves Farm						
20% off list September and October						
☐	Rye Flour	organic	5x1kg	4.45	1.19	51065

Doves Farm - baking requisites						
15% off list September and October						
☐	Baking Powder - gluten-free	organic	8x110g	7.40	1.23	41205
☐	Bicarbonate of Soda (organic approved/GF)		8x200g	7.40	1.23	41207
☐	Corn Flour - gluten-free	organic	8x110g	8.60	1.43	41210
☐	Vitamin C - for bread improvement		8x120g	22.95	3.83	41215
☐	Xanthan Gum - gluten-free binder	organic	8x110g	16.95	2.83	41217

Doves Farm - baking requisites - FairTrade						
15% off list September and October						
☐	Milk Chocolate Flakes - FairTrade	organic	8x80g	11.30	1.88	41220
☐	Plain Chocolate Drops - FairTrade	organic	8x130g	13.55	2.26	41225

Glebe Farm						
10% off list September and October						
☐	Gluten & Wheat-Free Bread Mix		6x1kg	15.55	3.45	170330

Flours, Cereal Products and Yeasts

Doves Farm						
15% off list September and October						
☐	Rice Flour (brown & white) - gluten-free		5x1kg	5.00	1.33	51037

Organic Breakfast Cereals

Familia						
15% off list September and October						
☐	Swiss Muesli - no added sugar	organic	12x340g	11.60	1.29	70705

Organic Pasta - Wholewheat & Gluten Free

Doves Farm						
20% off list September and October						
☐	Brown Rice Fusilli	organic	6x500g	8.95	1.99	130365
☐	Brown Rice Penne	organic	6x500g	8.95	1.99	130370
☐	Brown Rice Spaghetti	organic	12x500g	17.90	1.99	130375
☐	Maize and Rice Fusilli	organic	6x500g	8.95	1.99	130380
☐	Maize and Rice Penne	organic	6x500g	8.95	1.99	130385
☐	Maize and Rice Pipe Rigate	organic	6x500g	8.95	1.99	130390
☐	Maize and Rice Spaghetti	organic	12x500g	17.90	1.99	130395

La Bio-Idea - Wholewheat						
30% off list September and October						
☐	Wholewheat Linguine	organic	12x500g	8.55	0.95	131002
☐	Wholewheat Macaroni Gomitini	organic	12x500g	8.55	0.95	131005
☐	Wholewheat Macaroni Penne	organic	12x500g	8.55	0.95	131010
☐	Wholewheat Shells	organic	12x500g	8.55	0.95	131015
☐	Wholewheat Spaghetti	organic	12x500g	8.55	0.95	131020
☐	Wholewheat Spirelli	organic	12x500g	8.55	0.95	131025

✱ new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

Orgran - gluten-free					
15% off list September and October					
☐	Rice & Corn Fancy Curls	organic	9x250g	12.35	1.83 140565
☐	Rice & Corn Smooth Penne	organic	9x250g	12.35	1.83 140570
☐	Rice & Corn Slim Spirals	organic	9x250g	12.35	1.83 140575

Pasta - gluten-free, non-organic

Orgran - Gluten Free					
15% off list September and October					
☐	Buckwheat Spirals		9x250g	10.85	1.61 140510
☐	Corn and Spinach Rigati		9x250g	10.85	1.61 140515
☐	Corn and Vegetable Shells		9x250g	10.85	1.61 140530
☐	Essential Fibre - Penne		9x250g	15.20	2.25 140517
☐	Essential Fibre - Spirals		9x250g	15.20	2.25 140518
☐	Garlic & Parsley Rice Shells		9x250g	10.85	1.61 140519
☐	Multigrain Penne with Quinoa		9x250g	15.20	2.25 140520
☐	Multigrain Spirals with Amaranth		9x250g	15.20	2.25 140525
☐	Rice & Corn Lasagne Mini Sheets		5x200g	9.10	2.43 140532
☐	Rice & Millet Spirals		9x250g	10.85	1.61 140535
☐	Vegetable and Rice Penne		9x250g	10.85	1.61 140540
☐	Vegetable and Rice Spirals		9x250g	10.85	1.61 140545

Organic White Pasta

La Bio-Idea					
20% off list September and October					
☐	Lasagne Verde	organic	12x250g	12.90	1.43 131045
☐	White Lasagne (no pre-cooking)	organic	12x250g	12.90	1.43 131052

Bread, Rice Cakes and Crackers

Clearspring Puffed Rice Cakes					
12.5% off list September and October					
☐	Rice Cakes No Added Salt	organic	12x100g	6.20	0.69 170455
☐	Rice Cakes Salted	organic	12x100g	6.20	0.69 170460
☐	Rice Cakes Multigrain Salted	organic	12x100g	6.20	0.69 170465

Organic Cold Pressed Oils

Clearspring					
15% off list September and October					
☐	Sunflower Oil - for Frying	organic	6x500ml	11.45	2.54 200530

Nut, Sweet & Savoury Spreads

Meridian					
55% extra fill - 6x435g - while stocks last					
☐	Peanut Butter Crunchy (435g while stocks last!)		6x280g	7.15	1.59 251550
☐	Peanut Butter Crunchy No Salt (435g WSL!)		6x280g	7.15	1.59 251570

Cheese & Butter

Lye Cross					
20% off list September and October					
☐	Vintage Farmhouse Cheddar	organic	10x245g	17.95	2.39 997504

Olives, Pickles and Preserved Vegetables

Infinity Foods					
20% off list September and October					
☐	Fire Roasted Red Peppers	organic	12x453g	19.60	2.17 350350

Sauces, Fruit and Vegetable Products

Clearspring - 100% fruit					
15% off list September and October					
☐	Apple & Apricot Purée	organic	2x2x100g	9.55	1.06 390610
☐	Apple & Blueberry Purée	organic	2x2x100g	9.55	1.06 390615
☐	Apple & Pineapple Purée	organic	2x2x100g	9.55	1.06 390618
☐	Pear Purée	organic	2x2x100g	9.55	1.06 390630

La Bio Idea					
27.5% off list September and October					
☐	Tomatoes - peeled in tins	organic	12x400g	7.15	0.79 391680
☐	Tomatoes - chopped in tins	organic	12x400g	7.15	0.79 391685

Zest Foods - tomato based sauces					
10% off list September and October					
☐	Basil & Oregano Pasta Sauce		6x340g	8.60	1.91 395515
☐	Hot Mexican Chilli Sauce		6x340g	8.60	1.91 395510
☐	Pasta Sauce with Garlic & Mushroom		6x340g	8.60	1.91 395520
☐	Pasta Sauce with Peppers & Mushroom		6x340g	8.60	1.91 395525
☐	Hot & Spicy Pasta Sauce		6x340g	8.60	1.91 395527

Zest Foods - Pesto Vegan					
10% off list September and October					
☐	Vegan Pesto - lge		6x340g	15.95	3.54 395555
☐	Vegan Pesto - sml		6x163g	9.45	2.10 395560

Zest Foods - Pesto Vegetarian					
10% off list September and October					
☐	Vegetarian Pesto - lge		6x340g	15.95	3.54 395545
☐	Vegetarian Pesto - sml		6x163g	9.45	2.10 395550
☐	Coriander, Basil & Hazel Pesto-style Sauce		6x163g	9.45	2.10 395552

Convenience Foods

Biona - tinned beans					
15% off list September and October					
☐	Blackeye Beans in tins	organic	6x400g	3.75	0.83 390125
☐	Cannellini Beans in tins	organic	6x400g	3.40	0.76 390136
☐	Chickpeas in tins	organic	6x400g	3.40	0.76 390145
☐	Chilli Beans in tins	organic	6x420g	4.15	0.92 390149
☐	Mixed Beans in tins	organic	6x400g	3.40	0.76 390152

La Bio Idea - cans					
28.5% off list September and October					
☐	Black Beans	organic	6x400g	3.10	0.69 442660
☐	Borlotti Beans	organic	6x400g	3.10	0.69 442662
☐	Butter Beans	organic	6x400g	3.10	0.69 442665
☐	Cannellini Beans	organic	6x400g	3.10	0.69 442667
☐	Chickpeas	organic	6x400g	3.10	0.69 442670
☐	Brown Lentils	organic	6x400g	3.10	0.69 442672
☐	Mixed Beans	organic	6x400g	3.10	0.69 442675
☐	Red Kidney Beans	organic	6x400g	3.10	0.69 442677

Baby & Children's Food and Baby Products

Familia - from 6 months					
15% off list September and October					
☐	Swiss Muesli Baby Food no added sugar	organic	12x250g	15.20	1.69 471010
Hipp pots - from 4 months					
15% off list September and October					
☐	Apple & Banana Fruit Pots	organic	6x4x100g	7.45	1.66 471460
☐	Apple & Pear Fruit Pots	organic	6x4x100g	7.45	1.66 471465
☐	Apple/Strawberry/Blueberry Fruit Pots	organic	6x4x100g	7.45	1.66 471470
☐	Apple, Peach & Mango Fruit Pots	organic	6x4x100g	7.45	1.66 471475

Hipp jars - First Taste Savoury - from 4 months					
15% off list September and October					
☐	Carrot & Sweetcorn	organic	6x80g	2.05	0.46 471523

Hipp jars - First Taste Pure Fruits - from 4 months					
15% off list September and October					
☐	Apple Purée	organic	6x80g	2.05	0.46 471495
☐	Apple & Banana	organic	6x80g	2.05	0.46 471502

Hipp jars - First Taste Breakfasts - from 4 months					
15% off list September and October					
☐	Banana Yogurt Breakfast	organic	6x125g	3.40	0.76 471536
☐	Creamed Porridge Breakfast	organic	6x125g	3.40	0.76 471532
☐	Creamy Rice Breakfast	organic	6x125g	3.40	0.76 471533

Hipp jars - Savouries - from 4 months					
15% off list September and October					
☐	Tender Carrot & Potatoes	organic	6x125g	3.40	0.76 471525
☐	Cauliflower Cheese	organic	6x125g	3.40	0.76 471524
☐	Creamy Parsnip, Potato & Cauliflower	organic	6x125g	3.40	0.76 471527
☐	Vegetable & Lentil Bake	organic	6x125g	3.40	0.76 471528
☐	Mixed Vegetable Medley	organic	6x125g	3.40	0.76 471530
☐	Penne - Tomato & Courgette	organic	6x125g	3.40	0.76 471529
☐	Cheesy Spinach & Potato Bake	organic	6x125g	3.40	0.76 471535

Hipp jars - Desserts - from 4 months					
15% off list September and October					
☐	Apple & Blueberry Dessert	organic	6x125g	3.40	0.76 471505
☐	Apple & Pear Pudding	organic	6x125g	3.40	0.76 471510
☐	Banana Custard	organic	6x125g	3.40	0.76 471513
☐	Banana & Peach Dessert	organic	6x125g	3.40	0.76 471515
☐	Banana & Rice Pudding	organic	6x125g	3.40	0.76 471520
☐	Mango & Banana Melba	organic	6x125g	3.40	0.76 471607
☐	Red Fruit & Apple Compôte	organic	6x125g	3.40	0.76 471608
☐	Rice Pudding	organic	6x125g	3.40	0.76 471610
☐	William Christ Pears	organic	6x125g	3.40	0.76 471615

Hipp jars- from seven months					
15% off list September and October					
☐	Cheesy Pasta Bake	organic	6x190g	4.00	0.89 471735
☐	Creamy Vegetable Pasta	organic	6x190g	4.00	0.89 471720
☐	Rice Pudding with Apple & Pear	organic	6x190g	4.00	0.89 471731
☐	Rigatoni Napoli	organic	6x190g	4.00	0.89 471727
☐	Spaghetti, Tomato & Mozzarella	organic	6x190g	4.00	0.89 471732
☐	Tropical Fruit Salad	organic	6x190g	4.00	0.89 471734
☐	Vegetable Lasagne	organic	6x190g	4.00	0.89 471740

Hipp jars- from twelve months					
15% off list September and October					
☐	Rigatoni Napoli	organic	6x250g	5.15	1.14 471733
☐	Pasta - Tomato & Mozzarella	organic	6x250g	5.15	1.14 471728
☐	Creamy Rice Pud with Apple	organic	6x200g	5.15	1.14 471825

Hipp jars- from fifteen months					
15% off list September and October					
☐	Rigatoni Courgette & Mozzarella	organic	6x275g	5.55	1.23 471812
☐	Vegetable Lasagne	organic	6x275g	5.55	1.23 471813

Hipp Baby and Toddler Milk					
15% off list September and October					
☐	Follow-on Milk - 6 months	organic	4x900g	21.60	7.20 471904
☐	Powdered Growing-up Milk	organic	4x600g	14.95	4.99 471917
☐	Ready to Drink Growing-up Milk - 10m	organic	6x500ml	5.05	1.12 471922

Hipp dried foods - Gluten-free - from 4 months					
15% off list September and October					
☐	Apple, Orange & Banana - packet	organic	4x160g	6.90	2.30 471930
☐	Baby Rice - packet	organic	4x160g	6.90	2.30 471933
☐	Banana/Peach Breakfast - packet	organic	4x230g	6.90	2.30 471935
☐	Creamy Rice & Apple Breakfast - packet	organic	4x160g	6.90	2.30 471937

Hipp dried foods - from 6 months					
15% off list September and October					
☐	Banana Porridge - packet	organic	4x160g	6.90	2.30 471940
☐	Creamy Porridge - packet	organic	4x160g	6.90	2.30 471945

Hipp dried foods - from 12 months					
15% off list September and October					
☐	Ruskits (growing up biscuits)	organic	6x120g	5.30	1.18 471975

Hipp ready to drink juices - from 4 months - glass bottle					
15% off list September and October					
☐	Apple, Pineapple & Banana Juice	organic	6x500ml	6.50 V	1.66 472012
☐	Mineral Water - splash of Apple Juice	organic	6x200ml	3.25 V	0.83 472050
☐	Mineral Water - splash of Red Grape	organic	6x200ml	3.25 V	0.83 472055

Hipp Drink - from 4 months					
15% off list September and October					
☐	Fennel Drink Tea Bags (1.5g)	organic	5x18bg	6.65	1.77 472066

Miso, Soy Sauces etc					
Clearspring Japanese miso					
15% off list September and October					
☐	Red Miso Soup - instant		8x4x10g	14.25	2.38 480532
☐	White Miso Soup - instant		8x4x10g	14.25	2.38 480552

Clearspring Japanese sauces					
15% off list September and October					
☐	Shoyu Soya Sauce	organic	6x150ml	7.25	1.61 480510

Sea Vegetables					
Clearspring					
15% off list September and October					
☐	Dulse		5x50g	11.75	3.13 531011
☐	Sea Salad (dulse, sea lettuce, nori)		5x50g	10.50	2.80 531025

Organic Herb Teas					
Clipper Infusions - bags					
20% off list September and October					
☐	Chamomile Infusion	organic	6x20bgs	4.50	1.00 560405
☐	Peppermint Infusion	organic	6x20bgs	4.50	1.00 560407
☐	Dandelion Infusion	organic	6x20bgs	4.50	1.00 560410
☐	Fennel Infusion	organic	6x20bgs	4.50	1.00 560411
☐	Nettle Infusion	organic	6x20bgs	4.50	1.00 560413
☐	Nettle & Lemon Infusion	organic	6x20bgs	4.50	1.00 560415
☐	Nettle & Peppermint Infusion	organic	6x20bgs	4.50	1.00 560414
☐	Lemon & Ginger Infusion	organic	6x20bgs	6.10	1.36 560417
☐	Liquorice Infusion	organic	6x20bgs	6.10	1.36 560418
☐	Orange & Coconut Infusion	organic	6x20bgs	6.10	1.36 560420
☐	Raspberry Leaf Infusion	organic	6x20bgs	6.10	1.36 560423
☐	Wild Berry Infusion	organic	6x20bgs	6.10	1.36 560425

Dragonfly					
15% off list September and October					
☐	Camomile	organic	6x20bgs	5.70	1.27 560552
☐	Peppermint	organic	6x20bgs	5.70	1.27 560553
☐	Cape Malay Rooibos Chai Bags	organic	12x20bgs	12.90	1.43 560555
☐	Cape Rooibos Tea Bags	organic	12x20bgs	12.90	1.43 560560
☐	Mountain Honeybush Tea Bags	organic	12x20bgs	12.90	1.43 560565
☐	FairTrade Rooibos Tea Bags	organic	10x40bgs	12.70	1.69 560570

Essential					
23% off list September and October					
☐	Camomile Tea - FT	Demeter	6x20bgs	4.45	0.99 571905
☐	Camomile & Spearmint Tea - FT	Demeter	6x20bgs	4.45	0.99 571910
☐	Fennel Seed Tea	Demeter	6x20bgs	4.45	0.99 571915

✱ new product ☐ on offer
 ▲ price rise ▼ fall

☆ size/other change
 ◆ offer ended

☐	Hibiscus Tea - FT	Demeter	6x20bgs	4.45	0.99	571920
☐	Peppermint & Spearmint Tea - FT	Demeter	6x20bgs	4.45	0.99	571925
☐	Peppermint Tea - FT	Demeter	6x20bgs	4.45	0.99	571930

Golden Temple Tao Tea Range

15% off list September and October

☐	Tao Tea Ginseng	organic	8x15bgs	10.65	1.78	671960
☐	Tao Tea Jasmine (with Green Tea)	organic	8x15bgs	10.65	1.78	671965
☐	Tao Tea Lotus	organic	8x15bgs	10.65	1.78	671970
☐	Tao Tea Mandarin	organic	8x15bgs	10.65	1.78	671975
☐	Tao Tea Rose	organic	8x15bgs	10.65	1.78	671980

Hampstead - Demeter - FairTrade

20% off list September and October

☐	Royal Chamomile Infusion	Demeter	6x20bgs	6.80	1.51	560805
☐	Fennel Liquorice Infusion	Demeter	6x20bgs	6.80	1.51	560810
☐	Lemon Ginger Infusion	Demeter	6x20bgs	6.80	1.51	560815
☐	Lemon Valerian Infusion	Demeter	6x20bgs	6.80	1.51	560817
☐	Peppermint Infusion	Demeter	6x20bgs	6.80	1.51	560820
☐	Rosehip Hibiscus Infusion	Demeter	6x20bgs	6.80	1.51	560825

Organic Teas - Black, Green & White

Dragonfly

15% off list September and October

☐	Golden Himalaya Darjeeling Tea Bags	organic	6x20bgs	6.45	1.43	581015
☐	Classic Earl Grey Tea Bags	organic	6x20bgs	6.45	1.43	581020
☐	Traditional English Breakfast Tea Bags	organic	6x20bgs	6.45	1.43	581025
☐	Traditional Indian Chai Bags	organic	12x20bgs	12.90	1.43	580340
☐	Green Tea "Cup-in the Sleeve" Bags	organic	12x25bgs	12.90	1.43	580345
☐	Moroccan Mint Green Tea Bags	organic	12x20bgs	12.90	1.43	580346
☐	Moonlight Jasmine Green Tea Bags	organic	12x25bgs	12.90	1.43	580347
☐	Swirling Mist White Tea Bags	organic	12x25bgs	17.50	1.94	580350
☐	Pu'er Tea Bags	organic	12x25bgs	14.45	1.61	580349

Hampstead - Demeter/Organic FairTrade

20% off list September and October

☐	Green Tea Bags	Demeter	6x25bgs	6.80	1.51	580456
☐	Green Tea Bags with Ginger	Demeter	6x25bgs	6.80	1.51	580457
☐	Green Tea Bags with Jasmine	Demeter	6x25bgs	6.80	1.51	580452
☐	Green Tea Bags with Lime	Demeter	6x25bgs	6.80	1.51	580453
☐	Green Tea Bags with Mint	Demeter	6x25bgs	6.80	1.51	580458
☐	Green Tea Bags with Verveine	Demeter	6x25bgs	6.80	1.51	580461

Coffee

Percol - Fair Trade - R & G

20% off list September and October

☐	African Arabica R&G Coffee	organic	8x227g	16.35	2.73	601303
☐	Americano High Roast Ground Coffee	organic	8x227g	15.75	2.63	601305
☐	Italiano R&G Coffee (was Espresso)	organic	8x227g	15.75	2.63	601310
☐	Guatemala R&G Coffee	organic	8x227g	15.75	2.63	601312
☐	Latin American Arabica R&G Coffee	organic	8x227g	15.75	2.63	601315
☐	Rainforest Colombia R&G Coffee	organic	8x250g	15.75	2.63	601320

Percol - Freeze-Dried Instant

20% off list September and October

☐	Instant Colombian Rainforest Coffee	organic	6x100g	14.35	3.19	601327
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Rocket Fuel

20% off list September and October

☐	Rocket Fuel - coffee & guarana		6x100g	10.75	2.40	601329
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Union Hand-Roasted

16.7% off list September and October

☐	Organic Ethiopia - FT - R&G Coffee	organic	6x227g	11.20	2.49	601015
☐	Organic Mexico - FT - R&G Coffee	organic	6x227g	11.20	2.49	601020
☐	Organic Natural Spirit - FT - R&G Coffee	organic	6x227g	11.20	2.49	601025
☐	Organic Sumatra - R&G Coffee	organic	6x227g	11.20	2.49	601035
☐	Rwanda - FT - R&G Coffee		6x227g	11.20	2.49	601045

Organic Juices & Cordials

Belvoir Organic Cordials www.belvoircordials.co.uk

25% off list September and October

☐	Blackcurrant (50%) Cordial	organic	6x500ml	11.50 V	2.94	660555
☐	Blood Orange & Mandarin Cordial	organic	6x500ml	11.50 V	2.94	660559
☐	Blueberry Cordial	organic	6x500ml	11.50 V	2.94	660556
☐	Elderflower Cordial	organic	6x500ml	11.50 V	2.94	660560
☐	Ginger Cordial	organic	6x500ml	11.50 V	2.94	660565
☐	Pear & Apple Cordial	organic	6x500ml	11.50 V	2.94	660567

James White unfiltered juices

15% off list September and October

☐	Apple Juice	organic	12x750ml	16.90 V	2.16	664505
☐	Apple & Crushed Ginger Juice	organic	12x750ml	18.25 V	2.34	664507
☐	Carrot & Apple Juice	organic	12x750ml	16.90 V	2.16	664510
☐	Cherry & Apple Juice	organic	12x750ml	18.25 V	2.34	664513
☐	Cranberry & Apple Juice	organic	12x750ml	18.25 V	2.34	664515
☐	Pear Juice	organic	12x750ml	18.25 V	2.34	664518
☐	Pomegranate & Apple Juice	organic	12x750ml	18.25 V	2.34	664512
☐	Raspberry & Pear Juice	organic	12x750ml	18.25 V	2.34	664519

Carbonated Drinks

Belvoir Organic Pressés

25% off list September and October

☐	Blood Orange & Mandarin Pressé	organic	12x750ml	12.90 V	1.65	660570
☐	Blood Orange & Mandarin Pressé	organic	24x250ml	12.50 V	0.80	660572
☐	Elderflower Pressé	organic	12x750ml	12.90 V	1.65	660575
☐	Elderflower Pressé	organic	24x250ml	12.50 V	0.80	660577
☐	Ginger Beer	organic	12x750ml	12.20 V	1.56	660580
☐	Ginger Beer	organic	24x250ml	11.75 V	0.75	660582
☐	Lemonade Pressé	organic	12x750ml	12.20 V	1.56	660585
☐	Lemonade Pressé	organic	24x250ml	11.75 V	0.75	660587

Belvoir Pressés

25% off list September and October

☐	Cranberry Pressé		24x250ml	12.50 V	0.80	660550
☐	Pomegranate & Raspberry Pressé		24x250ml	12.50 V	0.80	660558

Fentimans Botanical Brews - Large

8% off list September and October

☐	Dandelion & Burdock - large		8x750ml	12.00 V	2.30	671820
☐	Rose Lemonade - large		8x750ml	12.00 V	2.30	671825
☐	Traditional Ginger Beer - large		8x750ml	12.00 V	2.30	671830

Juice Brewery

20% off list September and October

☐	Apple Hopper		12x275ml	7.80 V	0.99	691050
☐	Blackcurrant Hopper		12x275ml	7.80 V	0.99	691055
☐	Citrus Hopper		12x275ml	7.80 V	0.99	691060

Percola

20% off list September and October

☐	Percola - FairTrade Cola		12x500ml	7.25 V	0.93	691505
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Soya and Grain Drinks, Milk & Desserts

Oatly

15% off list September and October

☐	Oat Drink	organic	12x1l	12.35	1.37	725710
☐	Oat Drink Enriched (calcium & vitamins)		12x1l	12.35	1.37	725712
☐	Oatly (dairy-free alt. to) Cream	organic	18x250ml	11.00	0.81	725715

Provamel - soya drinks

99p price-marked while stocks last

☐	Provamel - unsweetened - Red - lge	organic	12x1l	8.90	0.99	724805
☐	Provamel - AJC + Ca + vits - Blue - lge		12x1l	8.90	0.99	724812
☐	Provamel Sweetened Green - lge	organic	12x1l	8.90	0.99	724815
☐	Provamel Orange - unsweetened Ca + vits		12x1l	8.90	0.99	724818

✳ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

Savoury Snacks

Tra'fo Organic Crisps & Snacks

15% off list September and October

☐	Salted Crisps	organic	15x40g	6.60 V	0.67	753310
☐	Paprika Crisps	organic	15x40g	6.60 V	0.67	753330
☐	Provencale Crisps	organic	15x40g	6.60 V	0.67	753332
☐	Salt & Vinegar Crisps	organic	15x40g	6.60 V	0.67	753334

Sweet Snacks

Organica - FairTrade -Vegan - gluten-free

16.6% off list September and October

☐	Raisin & Almond Chocolate Couverture Bar	organic	12x100g	15.60 V	1.99	766386
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Organic Seed & Bean Co. Chocolate Bars

20% off list September and October

☐	Dark 72% Chocolate Bar - FT	organic	12x60g	11.20 V	1.43	766452
☐	Lavender Dark 72% Chocolate Bar - FT	organic	12x60g	11.20 V	1.43	766454
☐	Lime Dark 72% Chocolate Bar	organic	12x60g	11.20 V	1.43	766457
☐	Mandarin & Ginger 72% Choc Bar - FT	organic	12x60g	11.20 V	1.43	766458
☐	Rose 72% Chocolate Bar - FT	organic	12x60g	11.20 V	1.43	766459
☐	Mint 72% Chocolate Bar - FT	organic	12x60g	11.20 V	1.43	766461

Panda Liquorice Bars

10% off list September and October

☐	Liquorice Bar		36x32g	9.30 V	0.40	766510
☐	Liquorice Bar - 4 pack		18x4x32g	17.05 V	1.45	766523
☐	Liquorice Bears		12x125g	7.90 V	1.01	766524
☐	Liquorice Cuts - in bag		12x240g	13.00 V	1.66	766525

Roskilly's Cornish Farm Produce

10% off list September and October

☐	Clotted Cream Fudge - box	organic	10x200g	21.80 V	3.86	767026
☐	Clotted Cream Fudge - bag	organic	20x100g	18.00 V	1.59	767025
☐	Chocolate Orange Clotted Cream Fudge	organic	20x100g	18.00 V	1.59	767027
☐	Stem Ginger Clotted Cream Fudge	organic	20x100g	18.00 V	1.59	767028
☐	Praline Clotted Cream Fudge	organic	20x100g	18.00 V	1.59	767029
☐	Mixed Case Fudge - 5 o.e.	organic	20x100g	18.00 V	1.59	767024

Kitchen & Household Goods

If You Care

15% off list September and October

☐	Baking Sheets - pre-cut		12x24sheets	14.95 V	2.19	820727
☐	Mini Baking Cups		24x90cups	11.50 V	0.84	820728
☐	Jumbo Baking Cups		24x24cups	13.85 V	1.01	820733
☐	Firelighters - non toxic wood & veg oil		12x72	25.85 V	3.30	820740

Michael's Luffas - natural washing up & scouring pad

10% off list September and October

☐	Luffa - single		6x1p	5.95 V	1.52	820810
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Household & Industrial Cleaning Products

Earth Friendly Products

10% off list September and October

☐	Laundry Liquid - Magnolia & Lily - 20 wash		6x590ml	15.85 V	4.05	831520
☐	Wave Dishwasher Gel		6x947ml	17.05 V	4.35	831532
☐	Floor Cleaner		6x500ml	13.75 V	3.51	831534
☐	Window Kleener with Lavender		6x500ml	12.00 V	3.07	831535
☐	Orange Mate Concentrate - multi-surface		6x500ml	12.30 V	3.14	831540
☐	Parsley-Plus All Surface Cleaner		6x500ml	11.65 V	2.98	831542
☐	Shower Kleener Spray		6x500ml	13.75 V	3.51	831543
☐	Stain & Odour Remover Spray		6x500ml	13.75 V	3.51	831544
☐	Unifresh Citrus Air Freshener Spray		6x120ml	16.40 V	4.19	831546
☐	Unifresh Lavender Air Freshener Spray		6x132ml	16.40 V	4.19	831547
☐	Unifresh Vanilla Air Freshener Spray		6x132ml	16.40 V	4.19	831548
☐	Furniture Polish with orange & olive oil		6x500ml	13.75 V	3.51	831545

Ecover New Bag-in-Box Refill Station

15% off list September and October

☐	All Purpose Cleaner		15l	17.10 V 1.14		832160
☐	Fabric Softener - Amongst the Flowers		15l	18.15 V 1.21		832165
☐	Wash Up Liquid - Lemon & Aloe Vera		15l	16.20 V 1.08		832170
☐	Wash Up Liquid - Chamomile & Marigold		15l	16.20 V 1.08		832175
☐	Laundry Liquid		15l	24.90 V 1.66		832180

Ecover Refill Station

15% off list September and October

☐	Toilet Cleaner Pine Fresh		25l	27.10 V 1.08		832217
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Ecover Drains

15% off list September and October

☐	DB-Stop - drain unblocker (single)		1l	2.40 V 2.40		832298
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Toiletries, Natural Remedies & Supplementary Foods

Lifestream

20% off list September and October

☐	Spirulina Tablets 500mg		1x100tabs	4.45 V	7.76	855505
☐	Spirulina Powder		1x100g	5.85 V	10.19	855520
☐	Wheat Grass Powder	organic	3x100g	15.45 V	8.98	855540

Postlethwaite's Tinctures

15% off list September and October

☐	Echinacea Tincture	organic	1x100ml	5.25 V	9.03	856060
☐	Echinacea Tincture Spray	organic	1x50ml	4.05 V	6.96	857883

Simply Soap

20% off list September and October

☐	Calendula & Lavender Soap		10x110g	11.00 V	1.94	858452
☐	Geranium & Rose Soap		10x110g	11.00 V	1.94	858457
☐	Peppermint & Oat Soap		10x110g	11.00 V	1.94	858460
☐	Poppy & Eucalyptus Bar Soap		10x110g	11.00 V	1.94	858461
☐	Rosemary & Lavender Soap		10x110g	11.00 V	1.94	858462
☐	Tea Tree & Calendula Soap		10x110g	11.00 V	1.94	858470
☐	Neroli & Orange Blossom Soap		10x110g	12.15 V	2.15	858472
☐	Sandalwood Soap		10x110g	12.15 V	2.15	858473

Tom's Deodorants

10% off list September and October

☐	Long-Lasting Calendula Roll-on		6x88.7ml	13.95 V	4.01	858503
☐	Long-Lasting Unscented Roll-on		6x88.7ml	13.95 V	4.01	858515

Urtekram - baby range

15% off list September and October

☐	No Perfume Baby Shampoo	organic	6x250ml	12.10 V	3.27	858605
☐	No Perfume Baby Bath	organic	6x250ml	12.10 V	3.27	858610
☐	No Perfume Baby Oil	organic	6x100ml	29.65 V	8.02	858615
☐	No Perfume Baby Lotion	organic	6x250ml	16.95 V	4.59	858620
☐	No Perfume Baby Zinc Balm	organic	6x75ml	18.60 V	5.01	858625

Urtekram - deodorants

15% off list September and October

☐	Crystal Deodorant - no perfume - roll-on	organic	6x50ml	13.30 V	3.64	858657
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Toothpaste, Brushes & Oral Hygiene

Tom's of Maine - Non-Fluoride

10% off list September and October

☐	Anti-Plaque Fennel Toothpaste		6x85ml	9.20 V	2.64	862010
☐	Spearmint Propolis&Myrrh Toothpaste		6x85ml	9.20 V	2.64	862015
☐	Apricot Whitening - Homeopathic		6x85ml	9.95 V	2.87	861990
☐	Spearmint Tartar Control & Whitening		6x85ml	9.95 V	2.87	862002
☐	Mouthwash - Spearmint		6x473ml	14.10 V	4.05	862017

Tom's of Maine Fluoride Added

10% off list September and October

☐	Children's Silly Strawberry - Fluoride		6x85ml	9.20 V	2.64	862025
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* new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

Re-Cycled Paper, Cotton & Plastic Products

Essential Trading

20% off list September and October

☐	Soft & Strong Toilet Tissue	10x4	11.70	V	1.79	910705
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changes

Cereal Grains

Bulk Organic Cereal Grains

▼	Brown Basmati - FairTrade - India	organic	25kg	42.00	1.68	10512
▼	Brown Basmati - FairTrade - India	organic	5kg	9.90	1.98	10513
▼	White Basmati - FairTrade - India	organic	25kg	52.90	2.12	10625
▼	White Basmati - FairTrade - India	organic	5kg	12.10	2.42	10627
▼	Quinoa Grain - FT - Ecuador	organic	25kg	75.00	3.00	10592
▼	Quinoa Grain - FT - Ecuador	organic	5kg	16.50	3.30	10593

Infinity - Pre-Packed Organic Cereal Grains

▼	Brown Basmati - FairTrade - India	organic	12x500g	13.60	1.51	1012
▼	Brown Basmati - FairTrade - India	organic	12x1kg	24.95	2.77	1013
▼	White Basmati - FairTrade - India	organic	12x500g	16.25	1.81	1165
▼	White Basmati - FairTrade - India	organic	12x1kg	29.20	3.24	1167
▼	Quinoa Grain - FT - Ecuador	organic	12x500g	21.50	2.39	1127

Organic Cereal Flakes

Bulk Organic Cereal Flakes

☆	Buckwheat Flakes - Holland	organic	15kg	33.00	2.20	20509
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Organic Flours and Cereal Products

Infinity & Various

▲	Polenta - gluten free	organic	25kg	40.00	1.60	41026
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Infinity - Pre-Packed Organic Flours

▲	Polenta - gluten free	organic	6x500g	7.55	1.68	3052
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Organico

▲	Polenta	organic	12x250g	15.20	1.69	42255
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Flours, Cereal Products and Yeasts

Orgran - Gluten-free

◆	Bread Mix - GF		8x450g	17.70	2.95	53085
◆	Chocolate Cake Mix - GF		8x375g	15.90	2.65	53090
◆	Chocolate Muffin Mix - GF		8x375g	15.90	2.65	53095
◆	Pizza & Pastry Mix - GF		8x375g	15.90	2.65	53100
◆	Plain Flour - GF		8x500g	15.90	2.65	53105
◆	S/Raising Flour - GF		8x500g	15.90	2.65	53110

Organic Breakfast Cereals

Big Oz - Gluten-Free

▼	Brown Rice Morning Puffs	organic	6x250g	9.60	2.13	60380
▼	Buckwheat Morning Puffs	organic	6x200g	9.60	2.13	60381
▼	Corn Morning Puffs	organic	6x250g	9.60	2.13	60382
▼	Gluten Free Morning Puff Blend	organic	6x250g	9.60	2.13	60383
▼	Millet Morning Puffs	organic	6x250g	9.60	2.13	60384

Big Oz - Gluten-Free - Sweetened

▼	Honey Maple Brown Rice Morning Puffs	organic	6x300g	10.40	2.31	60385
▼	Honey Maple Corn Morning Puffs	organic	6x250g	10.40	2.31	60386

Sharpham Park - Puffs

◆	Puffed Spelt	organic	6x200g	10.10	2.24	63870
◆	Spelt Honey Puffs	organic	6x200g	12.00	2.67	63875

Beans Peas and Pulses

Bulk Organic Beans Peas and Pulses

☆	French Type Lentils - Canada	organic	25kg	43.00	1.72	80570
☆	French Type Lentils - Canada	organic	5kg	10.10	2.02	80575
▼	Red Split Lentils - Turkey	organic	25kg	42.00	1.68	80590
▼	Red Split Lentils - Turkey	organic	5kg	9.90	1.98	80595

Infinity Pre-Packed Organic Beans , Peas & Pulses

☆	French Type Lentils - Canada	organic	12x500g	13.80	1.53	5085
▼	Red Split Lentils - Turkey	organic	12x500g	13.60	1.51	5105
▼	Red Split Lentils - Turkey	organic	12x1kg	24.95	2.77	5110

Nuts and Seeds

Bulk Organic Nuts and Seeds

▼	Brazil Nuts - FairTrade - Bolivia	organic	20kg	89.00	4.45	90522
▼	Brazil Nuts - FairTrade - Bolivia	organic	2.5kg	12.65	5.06	90523
▲	Hemp Seeds - Austria	organic	25kg	90.00	3.60	90542
▲	Hemp Seeds - Austria	organic	5kg	19.50	3.90	90543
▲	Pumpkin Seeds - China	organic	25kg	120.00	4.80	90564
▲	Pumpkin Seeds - China	organic	2kg	11.10	5.55	90570

Organic Nut, Seed & Fruit Based Mixes

▲	Omega Four Seed Mix	organic	3kg	9.00	3.00	90556
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Organico - Organic Collection

▲	French Chestnuts in Box	organic	12x200g	40.50	4.50	90837
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Infinity Pre-Packed Organic Nuts & Seeds

▼	Brazil Nuts - FairTrade - Bolivia	organic	12x125g	10.70	1.19	6031
▼	Brazil Nuts - FairTrade - Bolivia	organic	12x250g	17.35	1.93	6032
▼	Brazil Nuts - FairTrade - Bolivia	organic	6x500g	16.10	3.58	6033
▲	Hemp Seeds - Austria	organic	6x250g	8.15	1.81	6058
▲	Omega Four Seed Mix	organic	12x125g	8.50	0.94	6083
▲	Omega Four Seed Mix	organic	12x250g	12.95	1.44	6084
▲	Pumpkin Seeds - China	organic	12x125g	11.25	1.25	6100
▲	Pumpkin Seeds - China	organic	12x250g	18.45	2.05	6105
▲	Pumpkin Seeds - China	organic	6x500g	17.20	3.82	6110
▲	Three (was Raw) Seed Mix	organic	12x125g	9.45	1.05	6112
▲	Three (was Raw) Seed Mix	organic	12x250g	14.95	1.66	6113

Bulk Nuts and Seeds

▼	Flaked Almonds - Spain		10kg	51.90	5.19	91030
▼	Flaked Almonds - Spain		3kg	17.05	5.68	91035
▼	Ground Almonds - Spain		10kg	40.65	4.07	91040
▼	Ground Almonds - Spain		3kg	13.70	4.57	91045
▲	Pumpkin Seeds - AA grade		25kg	120.00	4.80	91200
▲	Pumpkin Seeds - AA grade		5kg	25.50	5.10	91205
▼	Sunflower Seeds - USA		22.68kg	30.00	1.32	91225
▼	Sunflower Seeds - USA		5kg	8.10	1.62	91230

Infinity Pre-Packed Nuts & Seeds

▲	Pumpkin Seeds - AA grade		12x125g	11.25	1.25	6880
▲	Pumpkin Seeds - AA grade		12x250g	18.45	2.05	6885
▲	Pumpkin Seeds - AA grade		12x500g	32.85	3.65	6890
▼	Sunflower Seeds - USA		12x250g	7.95	0.88	6915
▼	Sunflower Seeds - USA		12x500g	11.95	1.33	6920

Dried Fruit, Bottled Fruit

Bulk Organic Dried Fruit

▼	Cherries - Glacé - Italy	organic	10kg	116.95	11.70	100480
▼	Cranberries with Apple Juice - Canada	organic	11.34kg	135.00	11.90	100485
▼	Cranberries with Apple Juice - Canada	organic	2kg	25.30	12.65	100490

Infinity Pre-Packed Organic Dried Fruit

▼	Cranberries with Apple Juice - Canada	organic	12x125g	22.10	2.46	7017
▼	Cranberries with Apple Juice - Canada	organic	6x250g	21.60	4.80	7018

Bulk Dried Fruit

▼	Apricots Whole Yellow - SO2 - Turkey		12.5kg	31.50	2.52	101035
▼	Apricots Whole Yellow - SO2 - Turkey		5kg	14.10	2.82	101040
▼	Dates Chopped - some pips - Iran		10kg	12.60	1.26	101075
▼	Raisins Thompson's - USA		12.5kg	20.15	1.61	101235

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

Dried Fruit Prepacks					
▲	Bananas	48x250g	24.40	0.68	101505
Infinity Pre-Packed Dried Fruit					
▼	Apricots Whole Yellow - SO2 - Turkey	12x250g	11.85	1.32	7530
▼	Apricots Whole Yellow - SO2 - Turkey	12x500g	19.35	2.15	7535
▼	Apricots Whole Yellow - SO2 - Turkey	6x1kg	18.85	4.19	7540

Organic Pasta - Wholewheat & Gluten Free

Organico - Wholewheat					
◆	Wholewheat Spaghetti	organic	12x500g	12.50	1.39 131680
◆	Wholewheat Fusilli (spiral)	organic	12x500g	13.40	1.49 131685
◆	Wholewheat Penne (quill)	organic	12x500g	13.40	1.49 131690

Organic White Pasta

Organico					
◆	White Spaghetti	organic	12x500g	13.40	1.49 152505
◆	White Fusilli (spiral)	organic	12x500g	14.30	1.59 152520
◆	White Penne (quill)	organic	12x500g	14.30	1.59 152530

Bread, Rice Cakes and Crackers

Amisa - gluten-free crispbreads					
◆	Corn & Rice Crispbread	organic	12x150g	16.10	1.79 169855

Amisa - Hildegard - Crispbreads etc					
◆	Spelt Crispbread - Cheese & Pumpkin	organic	6x200g	13.00	2.89 169905
◆	Spelt Crispbread - Onion	organic	6x200g	11.20	2.49 169910
◆	Spelt Crispbread - Poppyseed	organic	6x200g	11.20	2.49 169915
◆	Spelt Crispbread - Sesame & Sunflower	organic	6x200g	11.20	2.49 169920
◆	Spelt Snack Sticks Poppy Seed & Spice	Demeter	6x150g	11.20	2.49 169937
◆	Spelt Snack Sticks Sesame/Black Cumin	Demeter	6x150g	11.20	2.49 169939
◆	Spelt Melba Toast	Demeter	6x200g	11.20	2.49 169940
◆	Kamut Garlic & Green Peppercom Crispbread	organic	6x200g	14.35	3.19 169947

Sharpham Park					
▲	Chilli & Chive Spelt Bites	organic	8x100g	13.50	2.25 175605
▲	Rosemary & Garlic Spelt Bites	organic	8x100g	13.50	2.25 175610
▲	Tomato & Onion Spelt Bites	organic	8x100g	13.50	2.25 175615

Biscuits and Cakes

Doves Farm Biscuits					
◆	Digestive Biscuits - Family pack	organic	20x400g	26.50	1.79 181516
◆	Digestive Biscuits	organic	12x200g	8.90	0.99 181515
◆	Fruity Oat Digestive	organic	12x200g	12.00	1.35 181517

Doves Farm - FairTrade					
☆	Butter Flapjacks	organic	16x40g	5.00	0.42 181550

Organ - gluten-free					
◆	Mini Outback Animals - Choc - Multi - GF		6x8x22g	15.50	3.45 182405
◆	Mini Outback Animals - Vanilla - Multi - GF		6x8x22g	15.50	3.45 182410
◆	Outback Animals - Choc - GF		8x175g	11.70	1.95 182415
◆	Outback Animals - Vanilla - GF		8x175g	11.70	1.95 182420

TerraSana - Waffles					
◆	Malt Syrup Waffles	organic	12x175g	16.60	1.84 183020
◆	Hazelnut Waffles	organic	12x175g	16.60	1.84 183025
◆	Honey Waffles	organic	12x175g	16.60	1.84 183030

The Organic Collection from Organico					
▲	Almond Cantuccini	organic	12x200g	35.55	3.95 183042
▲	Chocolate Cantuccini	organic	12x200g	35.55	3.95 183045
▲	Petit Beurre	organic	12x150g	17.95	1.99 183052

Walkers					
▲	Shortbread Fingers	organic	12x190g	23.80	2.64 183955
▲	Wheat & Oat Biscuits	organic	12x150g	17.85	1.98 183960

Organic Cold Pressed Oils

Clearspring					
◆	Tunisian Olive Oil - Extra Virgin	organic	6x500ml	22.45	4.99 200515
◆	Rapeseed Oil	organic	6x500ml	14.35	3.19 200511
◆	Safflower Oil	organic	6x500ml	17.95	3.99 200513

Cold Pressed Oils

Hellenic					
◆	Olive Oil Kalamata Extra Virgin		12x250ml	17.95	1.99 210505
◆	Olive Oil Kalamata Extra Virgin		12x500ml	29.30	3.26 210510
◆	Olive Oil Kalamata Extra Virgin		12x1l	50.00	5.56 210515

Nut, Sweet & Savoury Spreads

Carley's Organic Foods					
▲	Premium Mixed Seed Butter - raw	organic	6x250g	14.95	3.45 250243

Essential - FairTrade					
▼	Dark Chocolate Spread - Vegan	organic	6x400g	13.30	2.96 250605
▼	Duo Swirl Chocolate Spread	organic	6x400g	13.30	2.96 250610
▼	Hazelnut Chocolate Spread	organic	6x400g	13.90	3.09 250612

Fruit Spreads & Jams

Duchy Originals					
☆	Lemon Curd	organic	6x240g	13.45	2.99 290205

Honey and Sweeteners

Community Foods					
▼	Bulk Malt Extract	organic	25kg	64.55	2.58 311520

Rayner's Essentials - was "Martlet"					
▲	Black Treacle	organic	6x340g	5.80	1.29 314510
▲	Black Treacle - tub	organic	5kg	10.15	2.03 314512
▲	Golden Syrup - FairTrade	organic	6x340g	10.30	2.29 314515
▲	Golden Syrup - tub	organic	5kg	18.10	3.62 314527
▲	Malt Extract	organic	6x340g	8.95	1.99 314505

Wild Honey					
▲	Manuka Honey Active UMF 5+	organic	6x340g	42.55	9.46 313540

Sugar

Carlos Balino - Cuba					
▲	Granulated Cane Sugar	organic	25kg	31.50	1.26 321385
▲	Granulated Cane Sugar (Infinity label)	organic	5kg	7.80	1.56 321397

Cheese & Butter

Lye Cross					
◆	Mild Farmhouse Cheddar	organic	10x245g	19.25	2.57 997495
◆	Oak Smoked Mature Cheddar	organic	12x180g	18.25	2.03 997508

Olives, Pickles and Preserved Vegetables

Organico					
▲	Artichoke Hearts in sunflower oil	organic	6x250g	21.85	4.86 351680
▲	Kalamata Olives/Moroccan Marinade	organic	6x250g	17.35	3.86 351682
▲	Green Olives/Provençal Marinade	organic	6x250g	15.55	3.46 351685
▲	Green Pitted Halkidiki Olives	organic	6x250g	15.55	3.46 351686
▲	Pitted Kalamata Olives in brine	organic	6x250g	15.55	3.46 351688
▲	Lebanese Marinaded Green Pitted Olives	organic	6x250g	17.35	3.86 351689
▲	Capers in wine vinegar	organic	6x140g	12.40	2.76 351691
▲	Sundried Tomatoes/herbs & sunflower oil	organic	6x250g	20.05	4.46 351687

Suma					
▲	Sweetcorn - easy open can	organic	12x340g	9.60	1.07 352050

Vinegars									
Organico									
▲	Italian Balsamic Vinegar	organic	6x500ml	25.90	5.75	371550			
▲	Reserve Italian Balsamic Vinegar	organic	6x250ml	53.35	11.85	371555			
Sauces, Fruit and Vegetable Products									
Essential Trading - tubes									
◆	Tom Purée Tube Double Conc.	organic	12x150g	10.35	1.15	391230			
Geo Organics									
☆	Worcestershire Sauce	organic	6x142ml	9.85	2.19	391465			
☆	Sweet Chilli Sauce	organic	6x270g	7.90	1.76	391467			
Geo Organics - Taste of the East - Indian									
☆	Balti Curry Paste	organic	6x180g	9.85	2.19	391475			
☆	Korma Curry Paste	organic	6x180g	9.85	2.19	391485			
☆	Madras Curry Paste	organic	6x180g	9.85	2.19	391487			
☆	Tikka Masala Curry Paste	organic	6x180g	9.85	2.19	391490			
Geo Organics - Taste of the East - Thai									
☆	Green Thai Curry Paste	organic	6x180g	10.40	2.31	391492			
☆	Red Thai Curry Paste	organic	6x180g	10.40	2.31	391495			
☆	Yellow Thai Curry Paste	organic	6x180g	10.40	2.31	391497			
Mrs Mack's									
◆	Poppy Seed Dressing	organic	1x250ml	3.35	4.49	392270			
Organico - Demeter									
▲	Passata	demeter	12x510g	19.35	2.15	393075			
Suma									
◆	Tomato Purée in Tubes	organic	12x200g	12.15	1.35	392740			
Tarantella - easy-open cans									
◆	Cherry Tomatoes	organic	12x400g	9.80	1.09	393303			
◆	Peeled Plum Tomatoes	organic	12x400g	8.60	0.96	393310			
◆	Sliced Carrots	organic	12x400g	9.75	1.08	393317			
Convenience Foods									
Organico									
▲	Asparagus Risotto	organic	8x200g	14.70	2.45	443712			
▲	Porcini Risotto	organic	8x200g	14.70	2.45	443720			
Orgran - Gluten Free									
◆	Buckwheat Pancake Mix		8x375g	15.90	2.65	443750			
◆	Falafel Mix		8x200g	13.75	2.29	443755			
◆	Tinned Spaghetti		12x220g	12.15	1.35	443760			
Suma - fairly traded Beans in tins									
▲	Aduki Beans	organic	12x400g	8.90	0.99	445405			
Suma - legumes in tins									
◆	Butter Beans	organic	12x400g	7.65	0.85	445507			
◆	Cannellini Beans	organic	12x400g	7.65	0.85	445508			
◆	Chickpeas	organic	12x400g	7.65	0.85	445510			
◆	Red Kidney Beans	organic	12x400g	7.65	0.85	445505			
Tarantella - canned legumes in salted water									
◆	Chickpeas	organic	12x400g	8.15	0.91	445630			
◆	Garden Peas	organic	12x400g	6.80	0.76	445631			
◆	Ratatouille	organic	12x400g	11.60	1.29	445640			
Baby & Children's Food and Baby Products									
Babynat jars - from 4 months									
▲	Apple & Prune	organic	6x130g	6.25	1.39	471320			
▲	Blueberry & Apple	organic	6x130g	6.25	1.39	471330			
▲	Garden Vegetables	organic	6x130g	6.25	1.39	471345			
▲	Pear	organic	6x130g	6.25	1.39	471360			
▲	Provencale Vegetables	organic	6x130g	6.25	1.39	471370			
Organix Brands "Goodies" range - 12 months plus									
☆	Gingerbread Men	organic	6x135g	9.30	2.07	470909			
☆	Carrot Stix (now 24!)	organic	24x15g	2.10 V	0.13	470914			
☆	Cheese & Herb Corn Puffs (now 24!)	organic	24x15g	2.10 V	0.13	470920			
☆	Noughts & Crosses Saucy Tomato (now 24!)	organic	24x15g	2.10 V	0.13	470927			
☆	Spicy Stars (now 24!)	organic	24x15g	2.10 V	0.13	470941			
☆	Tom, Cheese & Herb Corn Puffs (now 24!)	organic	24x15g	2.10 V	0.13	470915			
Organix - No Junk - ideal for lunchboxes									
☆	The Organic Gingerbreads	organic	6x6x2pack	11.50	2.57	470895			
Organic Herb Teas									
Golden Temple Ayurvedic Yogi Teas									
☆	Ginkgo Tea	organic	8x15bgs	11.95	1.99	571880			
Hambleden Tea Bags									
▲	Chamomile Tea Bags	organic	6x20bgs	9.95	2.21	560505			
▲	Crimson Glory Tea	organic	6x20bgs	9.95	2.21	560550			
▲	Elderflower Tea	organic	6x20bgs	9.95	2.21	560510			
▲	Fennel Tea	organic	6x20bgs	9.95	2.21	560515			
▲	Hibiscus Tea	organic	6x20bgs	9.95	2.21	560520			
▲	Lemon Heaven Tea	organic	6x20bgs	9.95	2.21	560525			
▲	Lemon Verbena Tea Bags	organic	6x20bgs	9.95	2.21	560530			
▲	Limeflower Tea	organic	6x20bgs	9.95	2.21	560535			
▲	Nettle Tea	organic	6x20bgs	9.95	2.21	560538			
▲	Peppermint Tea Bags	organic	6x20bgs	9.95	2.21	560540			
▲	Rosehip Tea	organic	6x20bgs	9.95	2.21	560545			
▲	Spice Delight	organic	6x20bgs	9.95	2.21	560547			
Hambleden - bagged & tagged range									
▲	Chamomile & Peppermint Tea Bags	organic	6x20bgs	9.60	2.13	560605			
▲	Lemongrass & Ginger Tea Bags	organic	6x20bgs	9.60	2.13	560610			
▲	Rooibos Tea Bags	organic	6x20bgs	9.60	2.13	560615			
▲	Rooibos & Licorice Tea Bags	organic	6x20bgs	9.60	2.13	560620			
Hambleden loose herb infusions									
▲	Chamomile - loose	organic	6x55g	9.95	2.21	560705			
▲	Lemon Verbena - loose	organic	6x15g	9.95	2.21	560720			
▲	Peppermint - loose	organic	6x50g	9.95	2.21	560730			
▲	Raspberry Leaf - loose	organic	6x45g	9.95	2.21	560735			
Heath and Heather									
▲	Chamomile Tea	organic	12x20bgs	12.50	1.39	560905			
▲	Echinacea Tea	organic	12x20bgs	12.50	1.39	590907			
▲	Nettle Tea	organic	12x20bgs	12.50	1.39	590908			
▲	Peppermint Tea	organic	12x20bgs	12.50	1.39	590910			
Pukka Ayurvedics									
◆	Cleanse - nettle, fennel & aloe vera	organic	6x20bgs	9.40	2.09	561497			
◆	Detox - aniseed, fennel & licorice	organic	6x20bgs	9.40	2.09	561502			
Herbal Teas									
Birt & Tang									
◆	CyclePlus Tea Bags		6x20bgs	8.55	1.99	570405			
◆	Detox Tea Bags		4x20bgs	5.70	1.99	570410			
◆	Ginger Tea Bags		4x20bgs	5.70	1.99	570415			
◆	Ginkgo Tea Bags		6x20bgs	8.55	1.99	570417			
◆	Ginseng Tea Bags		6x20bgs	8.55	1.99	570420			
◆	Easynight Tea Bags		4x20bgs	5.70	1.99	570427			
Heath and Heather Teas - 50 bags									
▲	Camomile - 50's		6x50bgs	11.20	2.49	572490			
▲	Fennel - 50's		6x50bgs	11.20	2.49	572492			
▲	Nettle - 50's		6x50bgs	11.20	2.49	572493			
▼	Night Time - 50's		6x50bgs	11.20	2.49	572495			
▲	Peppermint - 50's		6x50bgs	11.20	2.49	572497			
Heath and Heather Teas - 20 bags									
▲	Camomile Tea Bags		12x20bgs	11.60	1.29	572505			
▲	Camomile & Spearmint Tea Bags		12x20bgs	11.60	1.29	572620			
▲	Fennel Tea Bags		12x20bgs	11.60	1.29	572525			
▲	Nettle Tea Bags		12x20bgs	11.60	1.29	572530			

✱ new product □ on offer
 ▲ price rise ▼ fall

☆ size/other change
 ◆ offer ended

▲	Peppermint Tea Bags	12x20bgs	11.60	1.29	572510
▲	Rosehip Tea Bags	12x20bgs	11.60	1.29	572520
☆	Wild Blackcurrant Tea Bags	12x20bgs	11.60	1.29	572580

Organic Teas - Black, Green & White

Birt & Tang - Chinese floral teas

◆	Green Tea Bags	organic	6x25bgs	8.55	1.99	500405
◆	Jasmine Green Tea Bags	organic	6x25bgs	8.55	1.99	500410
◆	Oolong Raspberry Tea Bags	organic	4x20bgs	5.70	1.99	500413
◆	White Peppermint Tea Bags	organic	4x20bgs	5.70	1.99	500420

Clipper FairTrade - Black Tea

◆	Breakfast 40 Tea Bags	organic	6x40bgs	9.40	2.09	580325
◆	Earl Grey Tea Bags	organic	6x50bgs	9.40	2.09	580315

Clipper - Black Tea

◆	Everyday Tea Bags	organic	6x80bgs	10.15	2.26	580326
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Equal Exchange Fairtrade

▲	FairTrade Blend Tea Bags	organic	3x160bgs	11.00	4.89	580351
▲	FairTrade Blend Tea Bags	organic	6x80bgs	11.65	2.59	580353
▲	Assam Banaspaty Tea Bags	organic	6x50bgs	11.20	2.49	580355
▲	Breakfast Tea Bags (was 50 bag)	organic	6x40bgs	11.20	2.49	580360
▲	Darjeeling Mineral Springs Tea Bags	organic	6x50bgs	11.20	2.49	580365
▲	Earl Grey Tea Bags	organic	6x50bgs	11.20	2.49	580370
▲	Green Tea Bags - from Darjeeling	organic	6x25bgs	6.70	1.49	580375
▲	Earl "Green" Tea Bags	organic	6x25bgs	8.05	1.79	580376
▲	Jasmine Green Tea Bags	organic	6x25bgs	8.05	1.79	580380
▲	Lemon Green Tea Bags	organic	6x25bgs	8.05	1.79	580382
▲	Masala Chai Tea Bags (was 25 bag)	organic	6x20bgs	8.05	1.79	580384
▲	Assam Banaspaty Tea Loose	organic	6x125g	11.20	2.49	580385
▲	Breakfast Tea Loose	organic	6x125g	11.20	2.49	580390
▲	Darjeeling Mineral Springs Tea Loose	organic	6x125g	11.20	2.49	580392
▲	Earl Grey Tea Loose	organic	6x125g	11.20	2.49	580394
▲	Green Darjeeling Tea Loose	organic	6x125g	11.20	2.49	580396

Hambleden - bagged & tagged

▲	Black Tea - '82 Blend	organic	6x20bgs	7.75	1.72	560551
▲	Black Tea with Lemon Verbena	organic	6x20bgs	8.70	1.93	560554
▲	Green Tea & Ginger Tea Bags	organic	6x20bgs	9.60	2.13	560556
▲	Green Tea & Jasmine Tea Bags	organic	6x20bgs	9.60	2.13	560557

Hambleden

▲	Green Tea - loose	organic	6x50g	9.95	2.21	560745
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Teas - Black, Green, White & Yellow

Birt & Tang - Chinese floral teas

◆	Pu'er Chamomile Tea Bags		4x20bgs	5.70	1.99	590505
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In Nature

◆	Oolong Nai Xiang		6x50g	21.35	4.75	590850
◆	Oolong Yie Guan Jin		6x50g	21.35	4.75	590855
◆	Oolong Dong Feng Mei Ren		6x50g	24.40	5.45	590860
◆	Green Long Jing		6x50g	21.20	4.75	590865
◆	White Bai Hao		6x50g	30.80	6.85	590870
◆	Puerh - 5 year old		6x75g	23.60	5.25	590875
◆	Jasmine Tea		6x50g	20.25	4.52	590880

Coffee Subs, Malt Drinks, Carob & Cocoa

Hambleden Herbs

▲	Carob Powder	organic	6x135g	11.95	2.66	313375
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Infinity Foods chocolate couverture

▲	55% Dark Couverture	organic	2.5kg	19.90	7.96	612050
▲	73% Very Dark Couverture	organic	2.5kg	22.05	8.82	612055
▲	Milk Couverture	organic	2.5kg	22.45	8.98	612060
▲	White Couverture	organic	2.5kg	22.90	9.16	612065

Infinity Foods FairTrade chocolate couverture

▲	FairTrade 73% Dark Couverture	organic	2.5kg	24.05	9.62	612105
▲	FairTrade Milk Couverture	organic	2.5kg	24.05	9.62	612107
▲	FairTrade White Couverture	organic	2.5kg	24.05	9.62	612110

Infinity Foods chocolate couverture

▲	Cooking Chocolate - 73% very dark	organic	6x300g	17.30	3.85	9093
▲	Cooking Chocolate - milk	organic	6x300g	17.30	3.85	9094
▲	Cooking Chocolate - white	organic	6x300g	17.30	3.85	9095

Montezuma - Omacatl drinking chocolate

☆	No.1 Blend - bag 54% cocoa dk choc	organic	6x300g	19.85	4.41	612570
☆	No.1 Blend - bulk bag	organic	1kg	8.15	8.15	612580
☆	No.2 Blend - bag 73% dk choc chilli	organic	6x300g	19.85	4.41	612585

Organic Juices & Cordials

Rock's Fruit Cordials

◆	Blackcurrant Cordial	organic	12x360ml	24.95 V	3.19	662703
◆	Cranberry Cordial	organic	12x360ml	24.95 V	3.19	662706
◆	Elderflower Cordial	organic	12x360ml	24.95 V	3.19	662705
◆	Spiced Fruit Punch Cordial	organic	12x360ml	24.95 V	3.19	662701
◆	Ginger Cordial	organic	12x360ml	24.95 V	3.19	662710
◆	Lemon Cordial	organic	12x360ml	24.95 V	3.19	662715
◆	Lime Cordial	organic	12x360ml	24.95 V	3.19	662717
◆	Summer Fruit Cordial	organic	12x360ml	24.95 V	3.19	662725

Rock's Herb Cordials

◆	Chamomile Cordial	organic	12x360ml	24.95 V	3.19	662775
◆	Dandelion & Burdock Cordial	organic	12x360ml	24.95 V	3.19	662780
◆	Echinacea & Orange Cordial	organic	12x360ml	24.95 V	3.19	662785
◆	Lavender Cordial	organic	12x360ml	24.95 V	3.19	662790

Vitalia - in glass

▲	Prune Juice - large	organic	6x750ml	18.20 V	4.65	663515
▲	Prune Juice - small	organic	15x200ml	17.60 V	1.80	663517

Vita Verde - FairTrade - single serve tetra

◆	Orange Juice	organic	8x330ml	6.75 V	1.29	663650
◆	Orange & Mango Juice	organic	8x330ml	7.25 V	1.39	663655
◆	Blend - mixed fruit	organic	8x330ml	7.05 V	1.35	663657

Fruit and Vegetable Juices

Fruit Passion FairTrade -Tetra

▲	Orange Juice - lge		12x1l	13.55 V	1.73	672010
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Ocean Spray - Tetra

▲	Cranberry Classic		12x1l	13.70 V	1.75	675200
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Carbonated Drinks

Free Natural Drinks Ltd. - bottles

◆	Free Apple & Nettle		12x250ml	8.35 V	1.07	691005
◆	Free Dandelion & Burdock		12x250ml	8.35 V	1.07	691008
◆	Free Ginger and Ginseng		12x250ml	8.35 V	1.07	691010
◆	Free Grapefruit & Ginseng		12x250ml	8.35 V	1.07	691015
◆	Free Hawthorn & Elderflower		12x250ml	8.35 V	1.07	691017
◆	Free Root Beer		12x250ml	8.35 V	1.07	691020
◆	Free Sasperilla		12x250ml	8.35 V	1.07	691025
◆	Lively Lemonade	organic	12x250ml	8.80 V	1.12	691030
◆	Kicking Kola	organic	12x250ml	8.80 V	1.12	691035

Organico Organic Collection

▲	Blueberry Sparkle - small	organic	12x375ml	21.50 V	2.75	183073
▲	Raspberry Fizz - small	organic	12x375ml	21.50 V	2.75	183074

Soya and Grain Drinks, Milk & Desserts

GranoVita - soya drinks & cream

◆	Soya alt. to milk	organic	12x500ml	7.10	0.79	722210
◆	Soya alternative to milk	organic	12x1l	13.40	1.49	722215

Probios - drinks

▲	Rice&Rice Drink	organic	12x1l	22.50	2.50	724455
▲	Rice&Rice Drink	organic	24x200ml	16.20	0.90	724457
▲	Rice&Rice + Calcium Drink	organic	12x1l	23.85	2.65	724460

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

Savoury Snacks									
Natco									
▼	Pappadums - Jeera (Cumin)		10x200g	6.15		0.82	752645		
▼	Pappadums - Plain		10x200g	6.15		0.82	752655		
Sweet Snacks									
Duchy Originals - boiled sweets									
▼	Barley Sugars	organic	12x125g	17.85 V		2.28	763415		
▼	Chocolate Limes	organic	12x125g	17.85 V		2.28	763417		
▼	Mint Humbugs	organic	12x125g	17.85 V		2.28	763420		
▼	Sherbet Lemons	organic	12x125g	17.85 V		2.28	763422		
Montezuma's Mini Bars									
◆	73% Very Dark Chocolate - mini	organic	26x30g	12.00 V		0.71	766005		
◆	Smooth Milk Chocolate - mini	organic	26x30g	12.00 V		0.71	766010		
◆	Peru 70% Dark Choc with Sea Salt - mini	organic	26x30g	12.00 V		0.71	766015		
◆	Dark Milk with Butterscotch - mini	organic	26x30g	12.00 V		0.71	766020		
◆	Dark Chocolate with Chilli - mini	organic	26x30g	12.00 V		0.71	766025		
Ombars - raw chocolate									
▲	Açaí Raw Chocolate		10x50g	13.90 V		2.13	765765		
▲	Cashew & Coconut Raw Chocolate	organic	10x50g	13.90 V		2.13	765770		
▲	Cranberry Raw Chocolate	organic	10x50g	13.90 V		2.13	765771		
▲	Goji Raw Chocolate		10x50g	13.90 V		2.13	765772		
Organica - FairTrade -Vegan - gluten-free									
☆	Chocolate - Dark	organic	12x75g	14.80 V		1.89	766390		
Organico - The Organic Collection									
▲	Chocolate-coated Honey Marzipan Bar	organic	18x50g	32.30 V		2.75	766450		
▲	Chocolate-coated Honey Marzipan Bar	organic	12x100g	37.15 V		4.75	766455		
▲	Turrón Jojona - soft	organic	6x200g	27.20 V		6.96	766460		
▲	Turrón Alicante - hard	organic	6x200g	27.20 V		6.96	766465		
Organic Seed & Bean Co.									
▼	Dark Choc Covered Crystallised Ginger	organic	20x60g	23.35 V		1.79	766418		
▼	Dark Choc Covered Coffee Beans	organic	20x50g	22.05 V		1.69	766420		
▼	Dark Choc Covered Pumpkin & Sunflower	organic	20x50g	16.85 V		1.29	766422		
▼	Pumpkin, Soya & Raisin - Dark Choc Coated	organic	20x50g	20.85 V		1.59	766430		
▼	Pumpkin, Soya & Raisin - Milk Choc Coated	organic	20x50g	18.25 V		1.39	766435		
▼	Pumpkin, Soya & Raisin - Yogurt Coated	organic	20x50g	16.85 V		1.29	766440		
Orgran - gluten-free									
◆	Fruit Filled Bars - Apricot - GF		20x50g	15.75		1.05	766466		
◆	Fruit Filled Bars - Blueberry - GF		20x50g	15.75		1.05	766468		
◆	Molasses Licorice - GF		12x200g	21.05 V		2.69	766470		
Probios - Rice&Rice									
▲	Hazel-Choc Finger Snack	organic	24x25g	15.30		0.85	766855		
Traidcraft - FairTrade									
☆	Apricot Cereal Geobar		24x32g	7.35 V		0.47	768585		
☆	Honey Cereal Nut Geobar		24x32g	7.35 V		0.47	768592		
☆	Mixed Berry Cereal Geobar		24x32g	7.35 V		0.47	768593		
☆	Chocolate Cereal Geobar		24x32g	7.35 V		0.47	768595		
Condiments, Salt & Miscellaneous Foods									
Nielsen-Massey									
▲	Vanilla Extract	organic	1l	23.00	23.00		795020		
▲	Vanilla Extract (half case)	organic	4x118ml	23.95		8.00	795025		
▲	Vanilla Extract	organic	12x60ml	40.35		4.50	795022		
▲	Vanilla Extract (half case)		4x118ml	21.15		7.04	795027		
▲	Vanilla Extract		12x60ml	33.00		3.66	795028		
Orgran - gluten-free									
◆	Gravy Mix - GF		8x200g	14.35		2.39	795055		
◆	No-Egg (egg replacer) - GF		8x200g	14.35		2.39	795060		
◆	Stuffing and Coating Mix - GF		8x120g	11.10		1.85	795065		
The Salt Company									
▲	Seasalt - Fine - Spain	certified	25kg	10.85 V	0.43		795105		
▲	Seasalt - Fine - Spain		5kg	3.65 V	0.73		795110		
▲	Seasalt - Coarse - Spain		25kg	10.85 V	0.43		791520		
▲	Seasalt - Coarse		5kg	3.65 V	0.73		791525		
Kitchen & Household Goods									
If You Care									
▲	Aluminium Foil - 100% recycled - 12mx30cm		12x1	19.75 V		2.83	820720		
▲	Heavy Duty Aluminium Foil - 100% recycled - 7mx40cm		12x1	25.25 V		3.62	820722		
▲	Parchment Paper - unbleached - 19.8mx33cm		12x1	24.55 V		3.53	820725		
▲	Large Baking Cups - unbleached		24x60p	17.65 V		1.27	820730		
Household & Industrial Cleaning Products									
Clear Spring - vegan									
▲	Dishwasher Gel		8x1l	22.45 V		4.30	831505		
▲	Dishwasher Gel		1x5l	11.50 V		17.63	831507		
▲	Laundry Liquid		8x1l	18.20 V		3.49	831510		
▲	Laundry Liquid		1x5l	9.50 V		14.57	831512		
▲	Concentrated Washing Up Liquid Vegan		8x1l	10.50 V		2.01	831515		
▲	Concentrated Washing Up Liquid Vegan		1x5l	6.00 V		9.20	831517		
Earth Friendly Products									
◆	Creamy Cleanser		6x500ml	12.95 V		3.31	831537		
◆	Toilet Cleaner		6x500ml	14.90 V		3.80	831538		
Ecover Washing up www.ecover.com									
◆	Dishwash Tablets		6x25x20g	20.15 V		5.15	832005		
◆	Dishwash Rinse Aid		12x500ml	26.25 V		3.35	832010		
◆	Wash Up Liquid - Chamomile & Marigold		12x500ml	10.10 V		1.29	832120		
◆	Wash Up Liquid - Chamomile & Marigold		12x1l	17.85 V		2.28	832115		
◆	Wash Up Liquid - Chamomile & Marigold		5l	6.80 V	1.36		832110		
◆	Wash Up Liquid - Lemon & Aloe Vera		12x500ml	10.10 V		1.29	832122		
◆	Wash Up Liquid - Lemon & Aloe Vera		12x1l	17.85 V		2.28	832123		
◆	Wash Up Liquid - Lemon & Aloe Vera		5l	6.80 V	1.36		832124		
◆	Wash Up Liquid - Grapefruit & Green Tea		12x500ml	10.90 V		1.42	832127		
◆	Wash Up Liquid - Grapefruit & Green Tea		12x1l	17.20 V		2.24	832128		
Ecover Vehicle Wash									
◆	Car Wash		5l	7.85 V	1.57		832299		
◆	Truck Wash		5l	10.15 V	2.03		832303		
Toiletries, Natural Remedies & Supplementary Foods									
Faith In Nature Soaps - www.faithproducts.com									
▲	Aloe Vera & Ylang Ylang Soap		6x100g	5.30 V		1.50	852985		
▲	Chocolate Soap		6x100g	5.30 V		1.50	852987		
▲	Hemp,Lemongrass & Green Tea Soap		6x100g	5.30 V		1.50	853035		
▲	Lavender Soap		6x100g	5.30 V		1.50	853020		
▲	Neem & Propolis Soap		6x100g	5.30 V		1.50	853022		
▲	Orange Soap		6x100g	5.30 V		1.50	853010		
▲	Rosemary Soap		6x100g	5.30 V		1.50	853015		
▲	Seaweed Soap		6x100g	5.30 V		1.50	853030		
▲	Tea Tree Soap		6x100g	5.30 V		1.50	852990		
Faith In Nature Bulk Soaps									
▲	Aloe Vera Soap		18x100g	13.15 V		1.25	853105		
▲	Chocolate Soap		18x100g	13.15 V		1.25	853107		
▲	Hemp,Lemongrass & Green Tea Soap		18x100g	13.15 V		1.25	853140		
▲	Lavender Soap		18x100g	13.15 V		1.25	853125		
▲	Neem & Propolis Soap		18x100g	13.15 V		1.25	853122		
▲	Orange Soap		18x100g	13.15 V		1.25	853115		
▲	Rosemary Soap		18x100g	13.15 V		1.25	853120		
▲	Seaweed Soap		18x100g	13.15 V		1.25	853135		
▲	Tea Tree Soap		18x100g	13.15 V		1.25	853110		
Faith In Nature - Wet Wipes									
▼	3in1 Wet Wipes		12x168g	20.05 V		2.74	853180		

Faith In Nature Hand Wash / Liquid Soap					
▲	Hand Wash -Lavender & Geranium	6x300ml	11.95 V	3.27	853185
▲	Hand Wash - Aloe Vera & Tea Tree	6x300ml	11.95 V	3.27	853195
▲	Hand Wash - Seaweed	6x300ml	11.95 V	3.27	853197

Faith In Nature Shampoos					
▲	Aloe Vera Shampoo	6x400ml	14.05 V	3.99	853520
▲	Chocolate Shampoo	6x400ml	16.25 V	4.65	853506
▲	Ginkgo Biloba Shampoo	6x400ml	16.25 V	4.65	853507
▲	Hemp & Meadowfoam Shampoo	6x400ml	16.25 V	4.65	853508
▲	Jojoba Shampoo	6x400ml	14.05 V	3.99	853510
▲	Lavender & Geranium Shampoo	6x400ml	14.05 V	3.99	853525
▲	Neem & Propolis Shampoo	6x400ml	16.25 V	4.65	853522
▲	Rosemary Shampoo	6x400ml	14.05 V	3.99	853515
▲	Seaweed Shampoo	6x400ml	14.05 V	3.99	853505
▲	Tea Tree Shampoo (2% Oil)	6x400ml	16.25 V	4.65	853530

Faith In Nature Conditioners					
▲	Aloe Vera Conditioner	6x400ml	14.05 V	3.99	854020
▲	Chocolate Conditioner	6x400ml	16.25 V	4.65	853985
▲	Ginkgo Biloba Conditioner	6x400ml	16.25 V	4.65	853990
▲	Hemp & Meadowfoam Conditioner	6x400ml	16.25 V	4.65	853995
▲	Jojoba Conditioner	6x400ml	14.05 V	3.99	854010
▲	Lavender & Geranium Conditioner	6x400ml	14.05 V	3.99	854002
▲	Neem & Propolis Conditioner	6x400ml	16.25 V	4.65	854012
▲	Rosemary Conditioner	6x400ml	14.05 V	3.99	854015
▲	Seaweed Conditioner	6x400ml	14.05 V	3.99	854005
▲	Tea Tree Conditioner(2% oil)	6x400ml	16.25 V	4.65	854025

Faith In Nature Shower Gel & Foam Bath					
▲	Aloe Vera Shower Gel & Foam Bath	6x400ml	15.00 V	4.25	854030
▲	Chocolate Shower Gel & Foam Bath	6x400ml	16.75 V	4.75	854032
▲	Lavender & Geranium Shower Gel & Foam Bath	6x400ml	15.00 V	4.25	854040
▲	Seaweed Shower Gel & Foam Bath	6x400ml	15.00 V	4.25	854050
▲	Tea Tree Shower Gel & Foam Bath	6x400ml	15.00 V	4.25	854055

Faith In Nature - Deodorant					
▼	Natural Stick Deodorant	6x100g	11.40 V	3.33	854066

Green Bay - health support					
◆	Honeysuckers - Plain - UMF 15+ Manuka	organic	12x24g	29.90 V	3.91 852644
◆	Honeysuckers - Echinacea & Propolis - UMF 15+	organic	12x24g	29.90 V	3.91 852645
◆	Honeysuckers - Blackcurrant - UMF 15+ Manuka		12x24g	29.90 V	3.91 852646

Olbas					
▲	Olbas Oil - sml		10x10ml	13.90 V	2.37 857555

Pukka - Ayurvedic Oils					
▲	Castor Oil	organic	6x250ml	21.30 V	6.46 857913
▲	Neem Oil	organic	6x200ml	37.85 V	10.69 857914

Pukka Rosewater					
▲	Rosewater - pump spray	organic	6x100ml	35.35 V	10.74 857903

Pukka - Ayurvedic Tinctures					
▲	Amla Fruit Tincture	organic	1x50ml	4.45 V	8.40 857905
▲	Ashwagandha Tincture	organic	1x50ml	4.45 V	8.40 857907
▲	Ginger Tincture	organic	1x50ml	4.45 V	8.40 857910
▲	Gotu Kola Tincture	organic	1x50ml	4.45 V	8.40 857912
▲	Neem Tincture	organic	1x50ml	4.45 V	8.40 857915
▲	Shatavari Tincture	organic	1x50ml	4.45 V	8.40 857917
▲	Trikatu Tincture	organic	1x50ml	4.45 V	8.40 857920
▲	Triphala Tincture	organic	1x50ml	4.45 V	8.40 857922
▲	Turmeric Tincture	organic	1x50ml	4.45 V	8.40 857925

Feminine Hygiene (NB 5% VAT) & Lube

Faith in Nature					
◆	Feminine Wipes		12x15wipes	18.20 V	2.49 900355
◆	Feminine Wash		6x200ml	14.05 V	3.99 900310

Re-Cycled Paper, Cotton & Plastic Products

Suma Refuse Sacks - min 50% post-consumer					
▲	Black Bin Liners - 50% recycled		1x200	22.95 V	35.19 912010

Alcoholic Drinks

Aspall					
◆	Suffolk Cyder Dry 7%	organic	12x500ml	21.30 V	2.72 980305

Black Isle Brewery - Vegan					
▲	Porter - bottle conditioned - 4.6% abv	organic	12x500ml	19.95 V	2.56 980105
▲	Red Kite Ale - 4.2% abv	organic	12x500ml	19.50 V	2.50 980110
▲	Yellowhammer Bitter - 4% abv	organic	12x500ml	19.50 V	2.50 980115

Hepworth Brewery - Vegan					
▲	Blonde - lager 5%abv - large	organic	12x660ml	22.15 V	2.83 980475
▲	Blonde - lager 5%abv - small	organic	24x330ml	22.75 V	1.45 980480
▲	Prospect Pale Ale - 4.5%abv	organic	12x500ml	17.30 V	2.23 980485

Vintage Roots - French Wine					
☆	Rosé - La Mancha	organic	6x750ml	29.30 V	7.49 983080

Pre-packed Herbs and Spices

Hambleden					
▲	Ground Allspice - Guatemala	organic	6x20g	8.40	1.99 990203
▲	Basil - S. Africa	organic	6x10g	7.15	1.69 990205
▲	Bay Leaf - Spain	organic	6x7g	7.15	1.69 990210
▲	Caraway Seed - Holland	organic	6x25g	7.15	1.69 990220
▲	Cardamom Pods - Guatemala	organic	6x15g	7.15	1.69 990225
▲	Ground Chilli - Malawi	organic	6x25g	7.15	1.69 990230
▲	China Cuisine Spice - several	organic	6x25g	7.15	1.69 990240
▲	Ground Cinnamon - Madagascar	organic	6x20g	7.15	1.69 990250
▲	Cinnamon Quills - Sri Lanka	organic	6x20g	7.15	1.69 990255
▲	Cloves - Sri Lanka	organic	6x20g	7.15	1.69 990260
▲	Ground Cloves - Sri Lanka	organic	6x25g	8.40	1.99 990265
▲	Coriander Leaf - Egypt	organic	6x10g	7.15	1.69 990270
▲	Coriander Seed - Spain	organic	6x20g	7.15	1.69 990275
▲	Ground Coriander - Spain	organic	6x20g	7.15	1.69 990280
▲	Cumin Seed - Turkey	organic	6x20g	7.15	1.69 990285
▲	Ground Cumin - Turkey	organic	6x20g	7.15	1.69 990290
▲	Dill Tops - Hungary	organic	6x15g	8.40	1.99 990300
▲	Fennel Seed - Egypt	organic	6x20g	7.15	1.69 990305
▲	Fenugreek Seed - Pakistan	organic	6x25g	7.15	1.69 990310
▲	Garam Masala - several	organic	6x25g	7.15	1.69 990315
▲	Ground Garlic - USA	organic	6x25g	7.15	1.69 990320
▲	Ground Ginger - Pakistan	organic	6x20g	7.15	1.69 990325
▲	Herbes de Provence - France	organic	6x12g	7.15	1.69 990330
▲	Hot Spice - several	organic	6x25g	7.15	1.69 990335
▲	Juniper Berry - Croatia	organic	6x15g	7.15	1.69 990340
▲	Lemon Grass - Malawi	organic	6x15g	7.15	1.69 990345
▲	Ground Mace - Sri Lanka	organic	6x25g	8.40	1.99 990355
▲	Marjoram - Egypt	organic	6x10g	7.15	1.69 990360
▲	Mint - Egypt	organic	6x12g	7.15	1.69 990365
▲	Mixed Herbs - several	organic	6x12g	7.15	1.69 990370
▲	Mixed Spice - several	organic	6x20g	7.15	1.69 990375
▲	Mustard Seed - Brown - Canada	organic	6x30g	7.15	1.69 990385
▲	Mustard Seed - Yellow - Holland	organic	6x30g	7.15	1.69 990390
▲	Ground Mustard - Yellow - Holland	organic	6x30g	7.15	1.69 990395
▲	Nutmeg - Whole - Sri Lanka	organic	6x20g	8.40	1.99 990400
▲	Ground Nutmeg - Sri Lanka	organic	6x25g	8.40	1.99 990405
▲	Oregano - Argentina	organic	6x12g	7.15	1.69 990410
▲	Ground Paprika - Hungary	organic	6x25g	8.40	1.99 990415
▲	Parsley - Hungary	organic	6x10g	7.15	1.69 990420
▲	Peppercorns - Black - India	organic	6x25g	7.15	1.69 990425
▲	Black Ground Pepper - India	organic	6x25g	7.15	1.69 990430
▲	Peppercorns - White - Sri Lanka	organic	6x25g	8.40	1.99 990435
▲	Rosemary - Spain	organic	6x20g	7.15	1.69 990445

▲ Sage - Croatia	organic	6x12g	7.15	1.69	990450
▲ Star Anise - Vietnam	organic	6x12g	7.15	1.69	990460
▲ Tarragon - Spain	organic	6x12g	7.15	1.69	990465
▲ Thyme - Spain	organic	6x15g	7.15	1.69	990470
▲ Ground Turmeric - Pakistan	organic	6x20g	7.15	1.69	990480

Bulk Herbs and Spices

Midland Herb & Spice (& others) - Culinary

▲ Saffron		12x1g	29.95	3.33	995845
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discontinued

● Cranberries - sliced with veg oil & sugar		1kg			101313
<i>(see 101057 2kg for substitute)</i>					
● Corn Fusilli	organic	12x250g	Mrs.Leeper's		131655
<i>(see 130380 Doves Corn & Rice for substitute)</i>					
● Corn Penne	organic	12x250g	Mrs.Leeper's		131657
<i>(see 130385 Doves Corn & Rice for substitute)</i>					
● Corn Spaghetti	organic	12x500g	Mrs.Leeper's		131660
<i>(see 130395 Doves Corn & Rice for substitute)</i>					
● Kids Pasta Wheels	organic	12x250g	Organico		152503
● Rye Crispbread	organic	12x200g	Finn Crisp		170265
<i>(see 170205 De Rit for substitute)</i>					
● Honey Bites	organic	12x40g	Kallo Foods		173115
● Wheat Crispbakes	organic	12x125g	Trimlyne		176605
● Melba Toasts	organic	14x100g	Trimlyne		176610
● Belgian Chocolate Waffles	organic	12x5x30g	Doves Farm		181530
● Traditional Galettes	organic	14x175g	Organic Collection		183060
<i>(see 183051 Galettes Fines for substitute)</i>					
● Vitam-R Mello (sweetened)		12x200g	Essential		251012
● Black Olive and Fig Tapas	organic	6x135g	Sierra Rica		252763
● Green Olive, Almond & Lemon Tapas	organic	6x135g	Sierra Rica		252764
● Onion Spread	organic	6x135g	Sierra Rica		252765
● White Bean & Capers Spread	organic	6x135g	Sierra Rica		252768
● Apple & Sea Buckthorn Berry Jam		6x300g	Mondo Berry		292105
● Aronia Berry & Apple Jam with Ginger		6x300g	Mondo Berry		292110
● Clementine Marmalade	organic	6x340g	Sierra Rica		292450
<i>(see 293357 Orange & Mandarin Thursday Cottage for substitute)</i>					
● Lemon Marmalade	organic	6x340g	Sierra Rica		292455
<i>(see 290745 Bionova for substitute)</i>					
● Seville Orange Marmalade	organic	6x340g	Sierra Rica		292460
<i>(see 293355 Thursday Cottage for substitute)</i>					
● Orange Marmalade	organic	6x340g	Sierra Rica		292465
<i>(see 293355 Thursday Cottage for substitute)</i>					
● Apricot Jam - reduced sugar	organic	6x340g	Wilkin & Sons		294055
<i>(see 295005 "Extra Jam" for substitute)</i>					
● Blackcurrant Jam - reduced sugar	organic	6x340g	Wilkin & Sons		294060
<i>(see 295010 "Extra Jam" for substitute)</i>					
● Orange Marmalade - reduced sugar	organic	6x340g	Wilkin & Sons		294065
<i>(see 295015 "Extra Jam" for substitute)</i>					
● Raspberry Jam - reduced sugar	organic	6x340g	Wilkin & Sons		294070
<i>(see 295020 "Extra Jam" for substitute)</i>					
● Strawberry Jam - reduced sugar	organic	6x340g	Wilkin & Sons		294075
<i>(see 295025 "Extra Jam" for substitute)</i>					
● Welsh Heather Honey		6x340g	Tropical Forest Produc		313920
<i>(see 313925 Welsh Summer for substitute)</i>					
● Piccalilli	organic	6x280g	Geo-Organics		350210
● Kerala (gourd) Pickle		6x280g	Aunty Jee		350450
● Mango Pickle		6x280g	Aunty Jee		350460
● Orange & Lemon Pickle		6x280g	Aunty Jee		350470
● Tomato & Aubergine Pickle		6x280g	Aunty Jee		350475
● Red Pesto		6x170g	Meridian		392117
<i>(see 392447 Sacla for substitute)</i>					
● Ketchup	organic	6x340g	Nomato		392505
● Whole Button Mushrooms	organic	12x400g	Tarantella		393605
● Ravioli with Pumpkin	organic	6x670g	Danival		441032
● Baked Beans	organic	6x250g	Nomato		442787
● Vegetarian Chilli	organic	6x250g	Nomato		442797
● Gazpacho Soup	organic	6x420ml	Sierra Rica		444752

● The Italian One Kids Sauce	organic	5x170g	Ella's Kitchen		470970
● The Indian One Kids Sauce	organic	5x170g	Ella's Kitchen		470975
● The American One Kids Sauce	organic	5x170g	Ella's Kitchen		470980
● Apple & Banana	organic	6x130g	Babynat		471307
<i>(see 471460 Hipp for substitute)</i>					
● Fruits & Cereal	organic	6x130g	Babynat		471310
● Potato & Leek	organic	6x130g	Babynat		471365
● Brown Rice Vinegar	organic	2.5l	Clearspring		510532
<i>(see 510530 6x500ml for substitute)</i>					
● Green Tea & Lemon Tea Bags	organic	6x20bgs	Hambleden		560558
<i>(see 580382 Equal Exchange for substitute)</i>					
● Hemp Tea Bags "Turkish"	organic	6x20bgs	Yorkshire Hemp		575060
● Hemp Tea Bags "Fruit"	organic	6x20bgs	Yorkshire Hemp		575065
● FairTrade Belgian Dark 73% Drinking Choc	organic	6x300g	Infinity Foods		612150
<i>(see 6112570 Monty's for substitute)</i>					
● Americas - Vitalising White	organic	6x750ml	World Domaine		643505
● Australis - Calming Red	organic	6x750ml	World Domaine		643510
● Oriental - Passionate Rosé	organic	6x750ml	World Domaine		643515
● Elderflower Cordial	organic	6x500ml	Duchy		661105
<i>(see 660560 Belvoir for substitute)</i>					
● Strawberry & Mint Cordial	organic	6x500ml	Duchy		661115
● Red Grape Juice	organic	6x1l	Vitalia		663520
<i>(see 663522 Vitamont for substitute)</i>					
● Fruit Boosted Cocktail	organic	24x200ml	Vitamont		663607
● Pineapple Juice	organic	24x200ml	Vitamont		663617
● Pink Grapefruit Juice	organic	24x200ml	Vitamont		663618
● Raspberry & Cranberry Smoothie		12x250ml	Stute		676055
● Elderflower Refresher	organic	6x750ml	Duchy Originals		690697
<i>(see 660575 Belvoir for substitute)</i>					
● Aquapax A3 Poster - foc		1p			702362
● Rice&Rice Dessert - Cocoa	organic	12x2x100l	Probios		724425
<i>(see 724920 Choc Soya Dessert for substitute)</i>					
● Rice&Rice Dessert - Vanilla	organic	12x2x100l	Probios		724430
<i>(see 724930 Vanilla Soya Dessert for substitute)</i>					
● Blue - Soya Drink with Ca + Vits (sweetened)		12x1l	Alpro		724525
<i>(see 724812 Blue Provamel for substitute)</i>					
● Salt and Black Pepper Crisps		24x40g	Jonathan		752317
● Horseradish & Sour Cream Crisps		24x40g	Jonathan		752335
● Parsnip, Beetroot & Sweet Potato Crisps		24x40g	Jonathan		752365
● Macadamia - dry roasted & salted	organic	5x250g	Out of Africa		752705
● Macadamia - dry roasted & salted	organic	15x50g	Out of Africa		752707
● Cheese & Onion Crisps	organic	15x30g	Tra'fo		753302
● Chilli Crisps	organic	15x30g	Tra'fo		753304
● After Dinner Mint Chocolate Leaves (d,m & organic	organic	6x150g	Green and Black		764059
<i>(see 764055 Mint Squares for substitute)</i>					
● Hemp & Banana Raw Chocolate Bar	organic	10x50g	Ombars		765775
● Flax Hemp 9 Bar	organic	30x50g	Wholebake		766215
<i>(see 766210 o/g 9 Bar for substitute)</i>					
● Boxed Dark Choc Covered Brazil Nuts	organic	6x150g	Org. Seed & Bean		766421
<i>(see 766417 Choc Brazil bags for substitute)</i>					
● FairTrade Selection Box (one of each bar)	organic	6x6x60g	Org. Seed & Bean		766463
● Coconut and Cherry Fudge	organic	20x100g	Roskilly's		767031
● Pumpkin Seed Oil	organic	1x250ml	Creative Nature		850987
<i>(see 200430 Biona for substitute)</i>					
● Ginkgo Biloba Soap		6x100g	Faith		852988
● Saw Palmetto	organic	1x50ml	Postlethwaite's		857897
● "Essential Family Herb Guide" - booklet		1x1	Postlethwaite's		857902
● Banana & Citron Soap		10x110g	Simply Soap		858450
● Anise Soap		10x110g	Simply Soap		858464
● Condoms - Stimulating Massage		6x12p	French Letter		900412
● Degradable Plastic Shopping Bag		1000x1bg	Degradabag		910635
● Pinotage 12.5%abv FairTrade	organic	6x750ml	Sonop		980294
● Chocolate Liqueur abv 20%	organic	6x500ml	Broughton		980307
● Coffee Liqueur abv 20%	organic	6x500ml	Broughton		980310
● Golden Promise 5% abv	organic	8x500ml	Caledonian		980355
● Oaked White Wine Off-Dry 11.5%abv	organic	6x750ml	Sedlescombe		980836
● Black Cherry Wine abv14.5%	organic	6x500ml	Sedlescombe		980842
● Saffron	organic	6x1g	Crazy Jack		991182

(see 992405 Krokos Kozanis for substitute)

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Cereal Grains																
* <u>Bulk Organic Cereal Grains</u>																
	Amaranth Seed - Peru	organic	25kg	45.00	1.80		10475									
	Arborio Rice - white - Italy	organic	25kg	49.00	1.96		10490									
▼	Arborio Rice - white - Italy	organic	5kg	11.30	2.26		10495									
▼	Brown Basmati - FairTrade - India	organic	25kg	42.00	1.68		10512									
▼	Brown Basmati - FairTrade - India	organic	5kg	9.90	1.98		10513									
▼	White Basmati - FairTrade - India	organic	25kg	52.90	2.12		10625									
▼	White Basmati - FairTrade - India	organic	5kg	12.10	2.42		10627									
	Brown Jasmine Rice - FairTrade - Thailand	organic	25kg	40.00	1.60		10675									
	Brown Jasmine Rice - FairTrade - Thailand	organic	5kg	9.50	1.90		10680									
	White Jasmine Rice - FairTrade - Thailand	organic	25kg	45.00	1.80		10685									
	White Jasmine Rice - FairTrade - Thailand	organic	5kg	10.50	2.10		10690									
	Brown Rice Short Grain - Italy	organic	25kg	35.00	1.40		10505									
	Brown Rice Short Grain - Italy	organic	5kg	8.50	1.70		10510									
	Brown Rice Long Grain - Italy	organic	25kg	35.00	1.40		10515									
	Brown Rice Long Grain - Italy	organic	5kg	8.50	1.70		10520									
	Buckwheat Groats - Chinese	organic	25kg	35.00	1.40		10525									
	Buckwheat Groats - Chinese	organic	5kg	8.50	1.70		10530									
	Bulghur - France	organic	25kg	32.00	1.28		10535									
	Bulghur - France	organic	5kg	7.90	1.58		10540									
	Camargue Red Rice - France	organic	25kg	80.00	3.20		10542									
	Camargue Red Rice - France	organic	5kg	17.50	3.50		10543									
	White Cous Cous - France	organic	25kg	45.00	1.80		10541									
	White Cous Cous - France	organic	5kg	10.50	2.10		10544									
	Wholemeal Cous Cous - France	organic	25kg	45.00	1.80		10545									
	Wholemeal Cous Cous - France	organic	5kg	10.50	2.10		10550									
	Kasha - Roasted Buckwheat - China	organic	25kg	59.50	2.38		10562									
	Kasha - Roasted Buckwheat - China	organic	5kg	13.40	2.68		10563									
	Millet - USA	organic	22.68kg	26.50	1.17		10555									
	Millet - USA	organic	5kg	7.35	1.47		10560									
	Oat Groats	organic	25kg	20.75	0.83		10565									
	Oat Groats	organic	5kg	5.65	1.13		10570									
	Popping Corn - Hungary	organic	25kg	34.00	1.36		10575									
	Popping Corn - Hungary	organic	5kg	8.30	1.66		10580									
	Pot Barley - UK	organic	25kg	24.00	0.96		10585									
	Pot Barley - UK	organic	5kg	6.30	1.26		10590									
▼	Quinoa Grain - pre-washed - FairTrade - Ecuador	organic	25kg	75.00	3.00		10592									
▼	Quinoa Grain - pre-washed - FairTrade - Ecuador	organic	5kg	16.50	3.30		10593									
	Red Quinoa Grain - FairTrade - Bolivia	organic	25kg	69.00	2.76		10597									
	Red Quinoa Grain - FairTrade - Bolivia	organic	5kg	15.30	3.06		10598									
	Rye Grain - UK	organic	25kg	13.50	0.54		10595									
	Rye Grain - UK	organic	5kg	4.20	0.84		10600									
	Spelt Grain	organic	25kg	40.00	1.60		10602									
	Spelt Grain	organic	5kg	9.50	1.90		10603									
	Wheat Grain - UK	organic	25kg	13.50	0.54		10615									
	Wheat Grain - UK	organic	5kg	4.20	0.84		10620									
	Wild Rice - Canada/USA	organic	25kg	245.00	9.80		10645									
	Wild Rice - Canada/USA	organic	2.5kg	26.00	10.40		10650									
* <u>Aconbury Sprouts - Kit</u>																
	3x500g Organic Spelt Grain															
	3x1 litre compost - 3 seed trays															
	Full instructions															
	Wheatgrass Growing Kit		1x1p	7.80	V	11.96	10920									
* <u>Aconbury Sprouts - Grains</u>																
	Barley Grain - for sprouting	organic	1x5kg	5.00		6.66	10875									
	Spelt Grain - for sprouting	organic	1x5kg	8.55		11.43	10880									
	Wheat Grain - for sprouting	organic	1x5kg	5.00		6.66	10885									
* <u>BioFair - (Fair trade)</u>																
	Quinoa Grain - boxed	organic	6x500g	16.60		3.69	10980									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Biona</u>															
	Camargue Red Rice	organic	6x500g	14.35		3.19	10955									
	Risotto Rice - Brown	organic	6x500g	11.65		2.59	10965									
	Thai Jasmine Rice - Brown	organic	6x500g	12.10		2.69	10967									
	Thai Jasmine Rice - White	organic	6x500g	13.00		2.89	10968									
	White Pudding Rice	organic	6x500g	9.40		2.09	10970									
	Wild Rice Mix	organic	6x500g	16.15		3.59	10972									
	* <u>Clearspring</u>															
	Sushi Rice - white	organic	12x500g	17.90		1.99	10805									
	Sushi Rice - brown	organic	12x500g	22.40		2.49	10807									
	* <u>Lima</u>															
	Kamut Cous Cous	organic	6x500g	20.05		4.44	10703									
	Thai Rice	organic	6x500g	12.40		2.74	10705									
	Wild Rice Mix	organic	6x500g	17.80		3.95	10710									
	* <u>Sharpham Park</u>															
	Pearled Spelt - UK	organic	12x500g	26.20		2.91	10750									
	Spelt Grain - UK	organic	12x500g	16.95		1.88	10755									
	Sharpham Park Pearled Spelt Recipe Cards free of charge - please quote code:						10759									
	* <u>Infinity - Pre-Packed Organic Cereal Grains</u>															
	Amaranth Seed - Peru	organic	6x500g	7.60		1.69	1003									
	Arborio Rice - white - Italy	organic	6x500g	8.40		1.87	1001									
▼	Brown Basmati - FairTrade - India	organic	12x500g	13.60		1.51	1012									
▼	Brown Basmati - FairTrade - India	organic	12x1kg	24.95		2.77	1013									
▼	White Basmati - FairTrade - India	organic	12x500g	16.25		1.81	1165									
▼	White Basmati - FairTrade - India	organic	12x1kg	29.20		3.24	1167									
	Brown Jasmine Rice - FairTrade - Thailand	organic	6x500g	7.30		1.62	1190									
	Brown Jasmine Rice - FairTrade - Thailand	organic	6x1kg	12.85		2.86	1192									
	White Jasmine Rice - FairTrade - Thailand	organic	6x500g	7.90		1.76	1195									
	White Jasmine Rice - FairTrade - Thailand	organic	6x1kg	14.05		3.12	1197									
	Brown Rice Short Grain - Italy	organic	12x500g	11.90		1.32	1005									
	Brown Rice Short Grain - Italy	organic	12x1kg	21.55		2.39	1010									
	Brown Rice Short Grain - Italy	organic	6x2kg	21.05		4.68	1015									
	Brown Rice Long Grain - Italy	organic	12x500g	11.40		1.27	1020									
	Brown Rice Long Grain - Italy	organic	12x1kg	21.05		2.34	1025									
	Brown Rice Long Grain - Italy	organic	6x2kg	20.55		4.57	1030									
	Buckwheat Groats - Chinese	organic	6x500g	6.25		1.39	1035									
	Bulghur - France	organic	12x500g	10.70		1.19	1045									
	Camargue Red Rice - France	organic	6x500g	12.10		2.69	1050									
	White Cous Cous - France	organic	12x450g	13.25		1.47	1057									
	Wholemeal Cous Cous - France	organic	12x450g	13.25		1.47	1060									
	Kasha - Roast Buckwheat - China	organic	6x500g	9.65		2.14	1073									
	Millet - USA	organic	12x500g	10.55		1.17	1075									
	Oat Groats	organic	12x500g	8.50		0.94	1090									
	Popping Corn - Hungary	organic	12x500g	11.65		1.29	1105									
	Pot Barley - UK	organic	12x500g	9.25		1.03	1115									
▼	Quinoa Grain - pre-washed - FairTrade - Ecuador	organic	12x500g	21.50		2.39	1127									
	Red Quinoa Grain - FairTrade - Bolivia	organic	12x500g	20.10		2.23	1128									
	Rye Grain - UK	organic	6x500g	4.15		0.92	1130									
	Spelt Grain	organic	6x500g	7.30		1.62	1138									
	Wheat Grain - UK	organic	12x500g	6.75		0.75	1150									
	Wild Rice - Canada/USA	organic	6x250g	17.70		3.93	1180									
	* <u>Bulk Cereal Grains</u>															
	Brown Basmati Rice - Pakistan		25kg	39.90	1.60		11025									
	Brown Basmati Rice - Pakistan		5kg	9.50	1.90		11030									
	White Basmati Rice - Pakistan		25kg	39.90	1.60		11035									
	White Basmati Rice - Pakistan		5kg	9.50	1.90		11040									
	Cous Cous - France		25kg	26.50	1.06		11070									
	Cous Cous - France		5kg	6.80	1.36		11075									
	* <u>Zaytoun - www.zaytoun.org</u>															
	Palestinian Hand-rolled Cous Cous (maftoul)		12x250g	17.85		1.98	11105									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Organic Cereal Flakes																
* <u>Bulk Organic Cereal Flakes</u>																
★	Barley Flakes - UK	organic	25kg	24.00	0.96		20505									
	Barley Flakes - UK	organic	5kg	6.30	1.26		20510									
	Buckwheat Flakes - Holland	organic	15kg	33.00	2.20		20509									
	Millet Flakes - Holland	organic	15kg	29.00	1.93		20512									
	Millet Flakes - Holland	organic	5kg	11.15	2.23		20513									
	Jumbo Oatflakes	organic	25kg	20.75	0.83		20515									
	Jumbo Oatflakes	organic	5kg	5.65	1.13		20520									
	Rolled Oatflakes	organic	25kg	20.75	0.83		20525									
	Rolled Oatflakes	organic	5kg	5.65	1.13		20530									
	Quinoa Flakes - FairTrade - Bolivia	organic	15kg	59.00	3.93		20526									
	Quinoa Flakes - FairTrade - Bolivia	organic	5kg	21.15	4.23		20527									
	Rice Flakes	organic	15kg	28.50	1.90		20532									
	Rice Flakes	organic	5kg	11.00	2.20		20533									
Rye Flakes - UK	organic	25kg	24.00	0.96		20535										
Spelt Flakes - UK	organic	25kg	45.00	1.80		20522										
Wheat Flakes - UK	organic	25kg	24.00	0.96		20545										
* <u>Bauck Demeter</u>																
	Oatflakes Small	Demeter	6x500g	10.35		2.30	20555									
	Oatflakes Large	Demeter	6x500g	10.35		2.30	20560									
	Six Grain Flake Mix	Demeter	6x500g	10.35		2.30	20565									
	Spelt Flakes	Demeter	6x500g	10.35		2.30	20570									
* <u>Pertwood Organic Farm</u>																
	Porridge Oats - boxed	organic	6x650g	8.75		1.94	20590									
* <u>Infinity - Pre-Packed Organic Cereal Flakes</u>																
	Barley Flakes - UK	organic	6x500g	5.50		1.22	2005									
	Buckwheat Flakes - Holland	organic	6x500g	9.95		2.21	2010									
	Millet Flakes - Holland	organic	6x500g	9.05		2.01	2013									
	Jumbo Oatflakes	organic	12x500g	8.50		0.94	2015									
	Jumbo Oatflakes	organic	6x1kg	8.25		1.83	2020									
	Rolled Oatflakes	organic	12x500g	8.50		0.94	2030									
	Rolled Oatflakes	organic	6x1kg	8.25		1.83	2035									
	Spelt Flakes - UK	organic	6x500g	7.95		1.77	2037									
	Quinoa Flakes - FairTrade - Holland	organic	6x500g	15.05		3.34	2040									
	Rice Flakes	organic	6x500g	8.95		1.99	2043									
	Rye Flakes - UK	organic	6x500g	5.50		1.22	2045									
■ Organic Flours and Cereal Products																
* <u>Biona</u>																
	Polenta - gluten-free	organic	6x500g	8.50		1.89	40305									
* <u>Bacheldre Watermill - Stoneground - www.bacheldremill.co.uk</u>																
	Strong 100% Wholemeal Flour	organic	8x1.5kg	12.20		2.03	40335									
	Strong Unbleached White Flour	organic	8x1.5kg	15.00		2.50	40340									
	Strong Malted Blend Flour	organic	8x1.5kg	15.55		2.59	40345									
	Strong Malted Five Seed Flour	organic	8x1.5kg	21.00		3.50	40347									
	Plain Unbleached White Flour	organic	8x1.5kg	13.50		2.25	40355									
	Strong Spelt Flour - Wholemeal	organic	8x1.5kg	23.70		3.95	40365									
* <u>Doves Farm - www.dovesfarm.co.uk</u>																
On offer in our Bargain Basics section for September and October we have three top selling Doves organic flours in Strong Wholemeal, Strong White, and Rye. All concerned (yourselves excluded) have slashed margins to the bone in order to get the products on the shelf at really good prices. The actual price reductions are 17% (wholewheat & white) and 20% (rye), and with low margin products like these you are unlikely to see better!																
□	Strong Wholemeal Flour	organic	5x1.5kg	4.85		1.29	40540									
□	Strong White Flour - unbleached	organic	5x1.5kg	5.20		1.39	40560									
	Fine Plain Wholemeal	organic	5x1kg	3.95		1.05	40505									
	W'meal S/R Fine Stoneground	organic	5x1kg	3.95		1.05	40515									
	Plain White Flour	organic	5x1kg	4.20		1.12	40545									
	White Flour Self-Raising	organic	5x1kg	4.20		1.12	40565									
	Barleycorn Flour	organic	5x1kg	6.00		1.60	40573									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
□	Malthouse Flour	organic	5x1kg	6.00		1.60	40574									
	Pasta Flour - type "o"	organic	5x1kg	5.60		1.49	51070									
	Rye Flour	organic	5x1kg	4.45		1.19	51065									
	Spelt Flour - wholemeal	organic	5x1kg	8.50		2.27	40553									
	White Spelt Flour	organic	5x1kg	10.60		2.83	40554									
	Kamut Bread Flour - wholegrain	organic	5x1kg	11.00		2.93	40556									
* <u>Doves Farm - baking requisites</u>																
On offer for the duration of the catalogue at the prices below representing 15% off list - the complete range of Doves Farm baking requisites.																
□	Baking Powder - gluten-free	organic	8x110g	7.40		1.23	41205									
□	Bicarbonate of Soda (organic approved/gluten-free)		8x200g	7.40		1.23	41207									
□	Corn Flour - gluten-free	organic	8x110g	8.60		1.43	41210									
□	Vitamin C - for bread improvement		8x120g	22.95		3.83	41215									
□	Xanthan Gum - gluten-free binder	organic	8x110g	16.95		2.83	41217									
* <u>Doves Farm - baking requisites - FairTrade</u>																
□	Milk Chocolate Flakes - FairTrade	organic	8x80g	11.30		1.88	41220									
□	Plain Chocolate Drops - FairTrade	organic	8x130g	13.55		2.26	41225									
* <u>Doves Farm - sacks</u>																
	Fine Plain Wholemeal	organic	25kg	17.00	0.68		40510									
	Strong Wholemeal Flour	organic	25kg	17.20	0.69		40530									
	Strong Wholemeal Flour	organic	16kg	11.10	0.69		40535									
	Plain Unbleached White Flour	organic	25kg	18.50	0.74		40570									
	White Flour Self-Raising	organic	25kg	18.90	0.76		40572									
	BioBake Strong White	organic	25kg	19.70	0.79		40555									
	Strong White	organic	16kg	12.80	0.80		40558									
	Spelt Flour - wholemeal	organic	25kg	38.00	1.52		40550									
	White Spelt Flour	organic	25kg	45.00	1.80		40552									
	Malthouse Flour	organic	25kg	25.00	1.00		40575									
	Wheat Bran	organic	25kg	14.00	0.56		40520									
	Barley Flour	organic	25kg	17.50	0.70		41005									
	Brown Rice Flour - gluten free	organic	25kg	44.00	1.76		41010									
	Chickpea Flour - gluten free	organic	16kg	29.00	1.81		41016									
	Maize Flour (Corn Flour) - gluten-free	organic	25kg	20.50	0.82		40525									
* <u>Glebe Farm</u>																
On offer for September and October at the price below representing 10% off list - Glebe Farm Gluten and Wheat-Free Bread Mix																
	Crusty White Bread Mix	organic	6x1kg	12.75		2.83	170315									
	Wholemeal Bread Mix	organic	6x1kg	12.75		2.83	170317									
	Spelt & Rye Bread Mix (wheat-free)	organic	6x1kg	17.30		3.83	170327									
□	Gluten & Wheat-Free Bread Mix		6x1kg	15.55		3.45	170330									
* <u>Hale & Hearty - Gluten Free</u>																
www.halenhearty.co.uk																
Scattered throughout the various sections of the catalogue we have a brand new range of gluten free products, hot off the press, from Hale & Hearty. With all products testing below 20ppm of gluten, and carrying the Crossed Grain Symbol, these are a blessing for coeliacs and those wishing to reduce the wheat and gluten in their diet. In this first instalment we have a Bread Mix containing rice, corn, and quinoa flours with sunflower, sesame, and linseed, and three cake mixes made with wholegrain GF flours. Keep an eye out in the catalogue (or go to the index!) for the rest of the range.																
*	Wholegrain Multi-Seed Bread Mix - GF	organic	8x375g	19.75		3.29	41105									
*	Rich Chocolate Brownie Mix - GF	organic	8x400g	19.15		3.19	41110									
*	Classic Chocolate Cake Mix - GF	organic	8x400g	19.75		3.29	41115									
*	Classic Vanilla Sponge Mix - GF	organic	8x400g	15.55		2.59	41120									
* <u>Infinity & Various</u>																
	Buckwheat Flour - gluten free	organic	25kg	37.00	1.48		41015									
	Millet Flour - gluten free	organic	25kg	53.75	2.15		41025									
▲	Polenta - gluten free	organic	25kg	40.00	1.60		41026									
	Potato Flour - gluten free	organic	25kg	97.95	3.92		41027									
	Quinoa Flour - gluten free	organic	25kg	74.00	2.96		41028									
	Rye Flour	organic	32kg	32.50	1.02		41030									
	Semolina - coarse	organic	32kg	31.20	0.98		41035									
	Soya Flour - toasted - gluten free	organic	25kg	39.00	1.56		41045									
	Tapioca Flour - gluten free	organic	25kg	34.35	1.37		41050									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Infinity - Pre-Packed Organic Flours</u>															
	Barley Flour - UK	organic	6x500g	4.85		1.08	3005									
	Wheat Bran - UK	organic	12x250g	5.70		0.63	3010									
	Brown Rice Flour - gluten free	organic	6x500g	8.05		1.79	3015									
	Buckwheat Flour - gluten free	organic	6x500g	7.20		1.60	3020									
	Chickpea Flour - gluten free	organic	6x500g	8.20		1.82	3022									
	Corn Flour (aka maize flour) - gluten free	organic	6x500g	5.20		1.16	3025									
	Millet Flour - gluten free	organic	6x500g	9.20		2.04	3035									
	Oat Bran - UK	organic	6x500g	6.95		1.54	3038									
	Fine Oatmeal - UK	organic	6x500g	4.65		1.03	3040									
	Medium Oatmeal - UK	organic	6x500g	4.65		1.03	3045									
	Coarse Oatmeal - UK	organic	6x500g	4.65		1.03	3050									
▲	Polenta - gluten free	organic	6x500g	7.55		1.68	3052									
	Potato Flour - gluten free	organic	6x500g	14.45		3.21	3053									
	Quinoa Flour - gluten free	organic	6x500g	11.65		2.59	3054									
	Rye Flour - UK	organic	6x500g	5.80		1.29	3055									
	Semolina - coarse - UK	organic	6x500g	5.70		1.27	3065									
	Soya Flour - gluten free	organic	6x500g	7.45		1.66	3070									
	Spelt Flour - whole - UK	organic	6x500g	7.55		1.68	3075									
	Tapioca Flour - gluten free	organic	6x500g	6.85		1.52	3080									
	* <u>LFI Tollblend (was Vitablend) - www.lfiuk.com</u>															
	Baking Powder - gluten-free	organic	1x1kg	8.75		11.67	41475									
	* <u>Marriages</u>															
	Country Fayre Malted Brown Flour	organic	5x1.5kg	7.65		2.04	41477									
	Light Brown Plain Flour	organic	5x1.5kg	6.50		1.73	41478									
	Light Brown Self-Raising Flour	organic	5x1.5kg	6.50		1.73	41479									
	Plain White Flour	organic	5x1.5kg	6.50		1.73	41480									
	Self-Raising White Flour	organic	5x1.5kg	6.50		1.73	41485									
	Strong White Flour Marriages	organic	5x1.5kg	6.90		1.84	41490									
	Strong Wholemeal Flour Marriages	organic	5x1.5kg	6.90		1.84	41505									
	* <u>Mornflake</u>															
	Oat Bran	organic	12.5kg	17.65	1.41		42003									
	Oatmeal - Fine	organic	25kg	20.75	0.83		42010									
	Oatmeal - Fine	organic	5kg	5.65	1.13		42005									
	Oatmeal - Medium	organic	25kg	20.75	0.83		42020									
	Oatmeal - Medium	organic	5kg	5.65	1.13		42015									
	Oatmeal - Coarse (Pinhead)	organic	25kg	20.75	0.83		42030									
	Oatmeal - Coarse (Pinhead)	organic	5kg	5.65	1.13		42025									
	* <u>Organico</u>															
▲	Polenta	organic	12x250g	15.20		1.69	42255									
	* <u>Sharpham Park</u>															
	Wholegrain Spelt Flour - UK	organic	6x1kg	11.55		2.57	42305									
	Refined Spelt Flour - UK	organic	6x1kg	14.80		3.29	42310									
	Sharpham Park Spelt Flour Recipe Cards free of charge - please quote code:						42319									
	* <u>Sharpham Park - Bulk</u>															
	Wholegrain Spelt Flour - UK	organic	20kg	30.40	1.52		42325									
	Refined Spelt Flour - UK	organic	20kg	36.00	1.80		42330									
	* <u>Shipton Mill</u>															
	100% Wholewheat Flour	organic	5x2.5kg	12.35		3.29	42505									
	Strong Plain White Flour	organic	5x2.5kg	12.55		3.35	42510									
	Stoneground Wholemeal Flour	organic	10x1kg	10.15		1.35	42525									
	Traditional White Flour	organic	10x1kg	10.15		1.35	42535									
	3 Malts & Sunflower Brown Flour	organic	10x1kg	10.45		1.39	42545									
	* <u>Tiana - gluten-free</u>															
	Coconut Flour	organic	1x500g	4.20		5.60	42575									
	* <u>Yorkshire Hemp</u>															
	Hemp Flour	organic	6x500g	9.45		2.10	42595									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Flours, Cereal Products and Yeasts														
* <u>DCL - www.dclyeast.co.uk</u>														
Active Dried Yeast	1x500g	2.45		3.27	50510									
* <u>Doves Farm - www.dovesfarm.co.uk</u>														
On offer for September & October at the price below representing 15% off list we have Doves Farm Rice Flour.														
□ Rice Flour (brown & white) - gluten-free	5x1kg	5.00		1.33	51037									
Buckwheat Flour - bulk	25kg	27.90	1.12		51040									
Buckwheat Flour	5x1kg	6.30		1.68	51043									
Gram Flour - gluten-free	5x1kg	6.40		1.71	51047									
Gluten-Free Plain Flour (white)	5x1kg	8.00		2.13	51075									
Gluten-Free Self-Raising Flour (white)	5x1kg	8.00		2.13	51077									
Gluten-Free Brown Bread Flour	5x1kg	8.25		2.20	51080									
Gluten-Free White Bread Flour	5x1kg	8.25		2.20	51082									
Quick Dried Yeast	8x125g	6.50		1.08	51085									
* <u>Infinity - retail pack</u>														
Wheatgerm - UK	6x250g	4.45		0.99	3560									
* <u>Mornflake</u>														
Oat Bran	12x500g	11.55		1.28	53010									
* <u>Orgran - Gluten-free</u>														
◆ Bread Mix - GF	8x450g	17.70		2.95	53085									
◆ Chocolate Cake Mix - GF	8x375g	15.90		2.65	53090									
◆ Chocolate Muffin Mix - GF	8x375g	15.90		2.65	53095									
◆ Pizza & Pastry Mix - GF	8x375g	15.90		2.65	53100									
◆ Plain Flour - GF	8x500g	15.90		2.65	53105									
◆ S/Raising Flour - GF	8x500g	15.90		2.65	53110									
* <u>Rapunzel</u>														
Bioreal Active Dried Yeast - Natural	40x9g	23.70		0.79	42485									
■ Organic Breakfast Cereals														
* <u>Alara - Minimal Packaging Range</u>														
Active Muesli - gluten-free FairTrade	organic 5x400g	16.20		4.32	60102									
Date & Cacao Muesli	organic 5x750g	16.20		4.32	60107									
Fruit, Seed & Spice Muesli	organic 5x750g	13.85		3.69	60110									
Gluten-Free Muesli with Goji & Yacon	organic 5x650g	17.60		4.69	60113									
Goji & Yacon Muesli	organic 5x750g	18.50		4.93	60115									
Very Berry Muesli	organic 5x600g	16.20		4.32	60120									
* <u>Alara - boxed mueslis</u>														
Rich Muesli	organic 6x500g	8.40		1.87	60250									
Branberry Muesli	organic 6x300g	7.95		1.77	60255									
Tropical Muesli	organic 6x500g	9.20		2.04	60260									
Gluten-Free Puffed Muesli	organic 6x250g	8.05		1.79	60265									
Alara Muesli free pos leaflets - please quote code:					60270									
* <u>Alara OT - oat porridges mixes</u>														
OT - Chocolate	organic 8x500g	11.30		1.88	60280									
OT - Strawberry	organic 8x500g	12.50		2.08	60285									
OT - Vanilla	organic 8x500g	14.40		2.40	60287									
* <u>Amisa - Hildegard</u>														
Hildegard Spelt Crispy Muesli	organic 6x500g	17.95		3.99	60315									
Hildegard Spelt Crunchy	organic 12x375g	28.70		3.19	60320									
Hildegard Crispy Spelt Flakes	organic 6x250g	12.55		2.79	60325									
Hildegard Spelt Honey Poppies	organic 6x200g	10.30		2.29	60330									
Hildegard Spelt Pops - vegan	organic 6x200g	9.40		2.09	60335									
* <u>Bauk Demeter - Wheat-free</u>														
Muesli Farm Favourite	Demeter 8x425g	15.55		2.59	60365									
Muesli Fruit Dream	Demeter 8x425g	17.95		2.99	60370									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Big Oz - Gluten-Free</u>																
▼	Brown Rice Morning Puffs	organic	6x250g	9.60		2.13	60380									
▼	Buckwheat Morning Puffs	organic	6x200g	9.60		2.13	60381									
▼	Corn Morning Puffs	organic	6x250g	9.60		2.13	60382									
▼	Gluten Free Morning Puff Blend	organic	6x250g	9.60		2.13	60383									
▼	Millet Morning Puffs	organic	6x250g	9.60		2.13	60384									
* <u>Big Oz - Gluten-Free - Sweetened</u>																
▼	Honey Maple Brown Rice Morning Puffs	organic	6x300g	10.40		2.31	60385									
▼	Honey Maple Corn Morning Puffs	organic	6x250g	10.40		2.31	60386									
* <u>BioFair - (Fair trade)</u>																
	Andean Puffed Quinoa Muesli	organic	6x200g	12.10		2.69	60425									
	Quinoa Pops	organic	6x200g	11.65		2.59	60430									
* <u>Biona</u>																
	Honey & Hazel Crunch	organic	12x375g	31.40		3.49	60405									
	Wildberry Crisp	organic	12x375g	30.50		3.39	60412									
	Almond & Raspberry Crispy Muesli	organic	6x400g	20.20		4.49	60413									
	Amaranth Wild Berry Fruit Muesli	organic	6x500g	20.65		4.59	60415									
	Amaranth Fruit Muesli	organic	6x400g	17.05		3.79	60420									
	Amaranth Pops	organic	6x100g	7.60		1.69	60423									
	Forest Berry Fruit Muesli	organic	6x400g	17.95		3.99	63360									
	Gluten-Free Fruit Muesli	organic	6x500g	22.00		4.89	63357									
	Fruit Muesli	organic	6x500g	11.65		2.59	63355									
* <u>Community Foods</u>																
	Malted Wheat Flakes	organic	12.5kg	19.50	1.56		61005									
* <u>Doves Farm</u>																
	Whole Wheat Cereal Biscuits - Ethical Trade Mark	organic	10x24bisc	15.50		2.09	61505									
	Chocolate Stars - gluten-free	organic	8x375g	17.00		2.83	61508									
	Cornflakes	organic	8x375g	15.00		2.50	61510									
	Gluten-free Cereal Flakes	organic	8x375g	18.35		3.06	61515									
* <u>Familia</u>																
On offer for the duration of the catalogue at the price below representing 15% off list - Familia Swiss Muesli																
□	Swiss Muesli - no added sugar	organic	12x340g	11.60		1.29	70705									
* <u>Hale & Hearty - Gluten Free</u>																
www.halenhearty.co.uk																
New from Hale & Hearty, clocking in at less than 20ppm of gluten and carrying the Coeliac UK Crossed Grain Symbol with the rest of the range, we have two organic breakfast cereals made with wholegrain quinoa, corn and rice. Both are in child-friendly packaging - "Which greedy cheeky monkey has the most Choco Jungle Pops?" they ask. And "how many Choco Jungle Pops can you fit on your spoon?". The answer to this is twenty, but it takes a very steady hand. I've only got a teaspoon on my desk, though, and to be honest I should be working.																
*	Choco Jungle Pops - GF	organic	7x275g	16.75		3.19	61605									
*	Honey Bee Pops - GF	organic	7x275g	15.70		2.99	61610									
* <u>Infinity Foods - gluten-free</u>																
	Gluten-Free Muesli	organic	25kg	74.00	2.96		62015									
	Gluten-Free Muesli	organic	5kg	16.30	3.26		62020									
* <u>Infinity Foods - mueslis</u>																
	Goji Muesli	organic	25kg	71.50	2.86		62017									
	Super Muesli	organic	25kg	56.00	2.24		62025									
	Super Muesli	organic	5kg	12.70	2.54		62030									
	Deluxe Muesli	organic	25kg	49.50	1.98		62032									
	Deluxe Muesli	organic	5kg	11.40	2.28		62033									
	Muesli Base	organic	20kg	24.50	1.23		62035									
	Muesli Base	organic	5kg	7.65	1.53		62040									
* <u>Infinity Foods - FairTrade - puffed grains</u>																
	Puffed Quinoa - FairTrade	organic	10kg	45.00	4.50		62060									
	Puffed Quinoa - FairTrade	organic	1kg	6.00	6.00		62062									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Infinity - Pre-Packed Organic Breakfast Cereals</u>															
Gluten-Free Muesli	organic	12x500g	21.25		2.36	4030									
Gluten-Free Muesli	organic	6x1kg	20.95		4.66	4035									
Goji Muesli	organic	12x500g	20.65		2.29	4037									
Goji Muesli	organic	6x1kg	20.40		4.53	4038									
Super Muesli	organic	12x500g	16.55		1.84	4045									
Super Muesli	organic	6x1kg	16.30		3.62	4050									
Super Muesli	organic	6x1.5kg	23.50		5.22	4055									
Deluxe Muesli	organic	12x500g	15.00		1.67	4057									
Deluxe Muesli	organic	6x1kg	14.75		3.28	4060									
Deluxe Muesli	organic	6x1.5kg	21.20		4.71	4062									
Muesli Base	organic	12x500g	10.85		1.21	4065									
Muesli Base	organic	6x1kg	10.60		2.36	4070									
Malted Wheat Flakes	organic	12x250g	8.25		0.92	2065									
Quinoa Puffs - FairTrade	organic	6x250g	9.50		2.11	4085									
* <u>Kallo Foods</u>															
Puffed Rice Natural	organic	8x225g	14.95		2.49	62505									
Puffed Rice with Organic Honey	organic	8x275g	18.70		3.12	62510									
* <u>La Terra E Il Cielo</u>															
Puffed Spelt	organic	20x125g	32.75		2.18	62705									
* <u>Lima</u>															
Cornflakes - unsweetened	organic	12x375g	26.55		2.95	63015									
* <u>Lizi's - The Good Carb Food Co.</u>															
Organic Granola	organic	10x500g	37.40		4.99	63055									
* <u>Nature's Path</u>															
Crispy Rice	organic	12x284g	26.90		2.99	63203									
Heritage Flakes	organic	12x375g	26.90		2.99	63205									
Mesa Sunrise	organic	12x300g	26.90		2.99	63230									
Millet Rice Flakes	organic	12x375g	26.90		2.99	63235									
Oaty Bites - shredded	organic	12x350g	26.90		2.99	63247									
Optimum Power Cereal	organic	12x400g	34.65		3.85	63255									
* <u>Nature's Path Enviroidz</u>															
Gorilla Munch	organic	12x284g	26.91		2.99	63287									
Koala Crisp	organic	12x325g	26.91		2.99	63288									
* <u>Pertwood Farm</u>															
Muesli Delicious Fruit	organic	6x650g	15.45		3.43	63415									
Muesli Fruit & Seeds	organic	6x650g	14.95		3.32	63420									
Granola Sultanas & Nuts	organic	6x500g	15.45		3.43	63427									
* <u>Pertwood Farm - Barley Crisp Cereals</u>															
Barley Flakes	organic	6x300g	13.95		3.10	63440									
Maple Flakes (barley)	organic	6x300g	15.45		3.43	63445									
* <u>Rude Health - Toasted Flakes</u>															
Corn Flakes	organic	8x250g	11.95		1.99	63705									
Multi Flakes	organic	8x400g	19.30		3.22	63710									
Spelt Flakes	organic	8x300g	18.60		3.10	63715									
* <u>Rude Health - Mueslis</u>															
<i>New from Rude Health we have the two best selling mueslis packed in kilo bags and offering a unit price saving of 10%. To emphasise the austerity of the bulk line you will find it packaged in a more minimal form - a brown paper bag with labels rather than the familiar cardboard outer. They may not stand out so much on the shelf, but I suppose they are reaching to the converted.</i>															
Early Bird Muesli	organic	5x520g	13.60		3.89	63725									
No Flamin' Raisins Muesli	organic	5x520g	14.35		4.09	63730									
No Nuts Muesli	organic	5x520g	14.35		4.09	63735									
* No Nuts Muesli - large	organic	6x1kg	29.90		7.10	63737									
The Ultimate Muesli	organic	5x520g	20.95		5.99	63740									
* The Ultimate Muesli - large	organic	6x1kg	43.70		10.40	63742									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Rude Health - Porridge</u> As well as the kilo sizes of two porridges (again offering a unit saving of 10%) we have a new line from Rude Health in the Top Banana Organic Porridge. Packed in the usual attractive cardboard box/bag hybrid it is described as "hot sticky banana and roasted hazelnuts with a hint of maple". With the normal no added salt or sugar/high in fibre/wholegrain box ticking going on this is very close to a no-brainer.																
	Daily Oats Porridge	organic	5x550g	11.15		3.19	63750									
*	Daily Oats Porridge - large	organic	6x1kg	22.05		5.25	63752									
	Fruity Date Porridge	organic	5x550g	13.95		3.99	63755									
*	Fruity Date Porridge - large	organic	6x1kg	27.50		6.55	63757									
	Morning Glory Porridge	organic	5x550g	12.20		3.49	63760									
*	Top Banana Porridge	organic	5x550g	13.95		3.99	63762									
* <u>Rude Health - Puffs</u>																
	Oat Puffs	organic	8x200g	13.80		2.30	63770									
	Rice Puffs	organic	8x225g	14.50		2.42	63775									
* <u>Sharpham Park - Granolas</u>																
	Farmhouse Granola	organic	8x375g	21.70		3.62	63803									
	Luxury Granola	organic	8x375g	35.95		5.99	63805									
	West Country Granola	organic	8x375g	31.20		5.20	63810									
* <u>Sharpham Park - Mueslis</u>																
	Autumn Mix Muesli	organic	8x375g	30.90		5.15	63830									
	Estate Mix Muesli	organic	8x375g	22.15		3.69	63835									
	Fruit Mix Muesli	organic	8x375g	27.60		4.60	63840									
	Summer Mix Muesli	organic	8x375g	30.90		5.15	63845									
* <u>Sharpham Park - Puffs</u>																
◆	Puffed Spelt	organic	6x200g	10.10		2.24	63870									
◆	Spelt Honey Puffs	organic	6x200g	12.00		2.67	63875									
* <u>Urtekram</u>																
	Branflakes (wheat)	organic	8x375g	17.75		2.96	63605									
* <u>Whole Earth</u>																
	Cornflakes	organic	12x375g	17.90		1.99	63512									
	Cocoa Crunch	organic	6x375g	13.25		2.94	63513									
	Maple Frosted Flakes	organic	10x375g	22.45		2.99	63525									
	Red Fruit Crunch - granola	organic	6x450g	15.50		3.44	63545									
	Swiss Style Muesli	organic	12x750g	29.25		3.25	63515									
* <u>Yorkshire Hemp - www.yorkshirehemp.com</u>																
	Hemp Muesli - Fruit	organic	4x500g	13.95		4.65	63650									
	Hemp Muesli - Nut	organic	4x500g	13.95		4.65	63655									
■ Breakfast Cereals																
* <u>Alara - FairTrade - www.alara.co.uk</u>																
	Fair Trade Muesli		6x500g	8.35		1.86	70475									
	Alara FairTrade Muesli free pos leaflets - please quote code:						70477									
* <u>Community Foods</u>																
	Cranberry Crunch Muesli		12x500g	17.10		1.90	70510									
	De Luxe Muesli - 16 natural ingredients		25kg	46.55	1.86		70515									
* <u>Hale & Hearty - Gluten Free</u>																
	www.halenhearty.co.uk															
New from Hale & Hearty we have Gluten Free Oats (apparently this is the most searched for phrase on the Coeliac UK website) . These are not organic, but they come from sources free from cross contamination in planting, harvesting, transporting, milling, and processing. ELISA tested below 10ppm of gluten these are ideal for introducing fibre to a gluten free diet, though caution and a gradual introduction are recommended on the packaging.																
*	Gluten Free Porridge Oats		8x325g	26.35		4.39	71505									
* <u>Lizi's - The Good Carb Co.</u>																
	Original Granola - non-organic		10x500g	22.40		2.99	71605									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Mapletons</u>															
	Fru-Grains		12x320g	19.55		2.17	71705									
	* <u>Traidcraft Fair Trade</u>															
	Apricot & Cranberry Crunch		6x500g	10.00		2.22	72305									
	Tropical Cereal		6x500g	13.95		3.10	72310									
	Fruit & Nut Muesli		6x500g	10.50		2.33	72326									
	■ Beans Peas and Pulses															
	* <u>Bulk Organic Beans Peas and Pulses</u>															
	Aduki Beans - China	organic	25kg	35.00	1.40		80505									
	Aduki Beans - China	organic	5kg	8.50	1.70		80510									
	Black Turtle Beans - China	organic	25kg	31.00	1.24		80620									
	Black Turtle Beans - China	organic	5kg	7.70	1.54		80625									
	Brown Lentils - Turkey	organic	25kg	45.00	1.80		80517									
	Brown Lentils - Turkey	organic	5kg	10.50	2.10		80518									
	Butter Beans - China	organic	25kg	32.00	1.28		80519									
	Butter Beans - China	organic	5kg	7.90	1.58		80523									
	Cannellini Beans - China	organic	25kg	33.50	1.34		80521									
	Cannellini Beans - China	organic	5kg	8.20	1.64		80522									
	Chickpeas - Turkey	organic	25kg	29.00	1.16		80520									
	Chickpeas - Turkey	organic	5kg	7.30	1.46		80525									
	Green Lentils - Turkey	organic	25kg	37.50	1.50		80630									
	Green Lentils - Turkey	organic	5kg	9.00	1.80		80635									
	Green Split Peas - UK	organic	25kg	32.50	1.30		80530									
	Green Split Peas - UK	organic	5kg	8.00	1.60		80535									
	Haricot Beans - China	organic	25kg	26.50	1.06		80540									
	Haricot Beans - China	organic	5kg	6.80	1.36		80545									
	Mung Beans - China	organic	25kg	32.00	1.28		80550									
	Mung Beans - China	organic	5kg	7.90	1.58		80555									
	Pinto Beans - China	organic	25kg	28.50	1.14		80560									
	Pinto Beans - China	organic	5kg	7.20	1.44		80565									
☆	French Type Lentils - Canada	organic	25kg	43.00	1.72		80570									
☆	French Type Lentils - Canada	organic	5kg	10.10	2.02		80575									
	Red Kidney Beans - China	organic	25kg	36.00	1.44		80580									
	Red Kidney Beans - China	organic	5kg	8.70	1.74		80585									
▼	Red Split Lentils - Turkey	organic	25kg	42.00	1.68		80590									
▼	Red Split Lentils - Turkey	organic	5kg	9.90	1.98		80595									
	Soya Beans - China	organic	25kg	27.00	1.08		80600									
	Yellow Split Peas - UK	organic	25kg	34.00	1.36		80640									
	Yellow Split Peas - UK	organic	5kg	8.30	1.66		80645									
	* <u>Infinity Pre-Packed Organic Beans , Peas & Pulses</u>															
	Aduki Beans - China	organic	12x500g	11.90	1.32		5005									
	Black Turtle Beans - China	organic	12x500g	10.95	1.22		5020									
	Brown Lentils - Turkey	organic	12x500g	14.30	1.59		5022									
	Butter Beans - China	organic	12x500g	11.20	1.24		5027									
	Cannellini Beans - China	organic	12x500g	11.55	1.28		5023									
	Chickpeas - Turkey	organic	12x500g	10.45	1.16		5025									
	Green Lentils - Turkey	organic	12x500g	12.50	1.39		5035									
	Green Split Peas - UK	organic	12x500g	11.30	1.26		5045									
	Haricot Beans - China	organic	12x500g	9.85	1.09		5055									
	Mung Beans - China	organic	12x500g	11.20	1.24		5065									
	Pinto Beans - China	organic	12x500g	10.35	1.15		5075									
☆	French Type Lentils - Canada	organic	12x500g	13.80	1.53		5085									
	Red Kidney Beans - China	organic	12x500g	12.15	1.35		5095									
▼	Red Split Lentils - Turkey	organic	12x500g	13.60	1.51		5105									
▼	Red Split Lentils - Turkey	organic	12x1kg	24.95	2.77		5110									
	Soya Beans - China	organic	12x500g	9.95	1.11		5115									
	Yellow Split Peas - UK	organic	12x500g	11.65	1.29		5130									
	■ Nuts and Seeds															
	* <u>Bulk Organic Nuts and Seeds</u>															
	Alfalfa Seed - USA	organic	25kg	129.00	5.16		90505									
	Alfalfa Seed - USA	organic	2kg	11.85	5.93		90510									
	Almonds - Spain	organic	10kg	69.00	6.90		90515									
	Almonds - Spain	organic	2.5kg	18.75	7.50		90520									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Blanched Almonds - Spain	organic	10kg	78.00	7.80		90517									
	Blanched Almonds - Spain	organic	2.5kg	21.00	8.40		90518									
	Flaked Almonds - Spain	organic	10kg	76.00	7.60		90511									
	Flaked Almonds - Spain	organic	2.5kg	20.50	8.20		90512									
	Ground Almonds - Spain	organic	10kg	69.00	6.90		90513									
	Ground Almonds - Spain	organic	2.5kg	18.25	7.30		90514									
▼	Brazil Nuts - FairTrade - Bolivia	organic	20kg	89.00	4.45		90522									
▼	Brazil Nuts - FairTrade - Bolivia	organic	2.5kg	12.65	5.06		90523									
	Cashews Whole - Vietnam	organic	22.68kg	156.00	6.88		90524									
	Cashews Whole - Vietnam	organic	2.5kg	18.70	7.48		90526									
	Cashews Whole - FairTrade - Burkino Faso	organic	20kg	160.00	8.00		90531									
	Cashews Whole - FairTrade - Burkino Faso	organic	3kg	25.50	8.50		90536									
	Coconut Dessicated Medium - Sri Lanka	organic	25kg	39.00	1.56		90529									
	Coconut Dessicated Medium - Sri Lanka	organic	3kg	6.20	2.07		90530									
	Coconut Chips - Sri Lanka	organic	35kg	57.50	1.64		90532									
	Coconut Chips - Sri Lanka	organic	3kg	6.45	2.15		90533									
	Hazelnuts - Turkey	organic	25kg	175.00	7.00		90535									
	Hazelnuts - Turkey	organic	2.5kg	19.00	7.60		90540									
	Roast Whole Hazelnuts - Turkey	organic	25kg	209.25	V 8.37		90541									
	Roast Whole Hazelnuts - Turkey	organic	1kg	9.85	V 9.85		90544									
▲	Hemp Seeds - Austria	organic	25kg	90.00	3.60		90542									
▲	Hemp Seeds - Austria	organic	5kg	19.50	3.90		90543									
	Linseed Brown - USA	organic	25kg	52.50	2.10		90545									
	Linseed Brown - USA	organic	5kg	12.00	2.40		90550									
	Linseed Gold - USA	organic	25kg	52.50	2.10		90552									
	Linseed Gold - USA	organic	5kg	12.00	2.40		90553									
	Peanuts - China	organic	25kg	54.00	2.16		90555									
	Peanuts - China	organic	5kg	12.30	2.46		90560									
	Pecans - choice halves - USA	organic	10kg	110.00	11.00		90561									
	Pecans - choice halves - USA	organic	2kg	23.50	11.75		90563									
	Pine Kernels - China	organic	12.5kg	265.00	21.20		90562									
	Pine Kernels - China	organic	2kg	43.90	21.95		90565									
	Poppy Seed - Turkey	organic	25kg	135.00	5.40		90559									
▲	Pumpkin Seeds - China	organic	25kg	120.00	4.80		90564									
▲	Pumpkin Seeds - China	organic	2kg	11.10	5.55		90570									
	Sesame Seeds - dehulled - FairTrade - Nicaragua	organic	22.68kg	90.00	3.97		90575									
	Sesame Seeds - dehulled - FairTrade - Nicaragua	organic	5kg	21.35	4.27		90580									
	Sesame Seeds - whole - FairTrade - Nicaragua	organic	22.68kg	85.00	3.75		90582									
	Sesame Seeds - whole - FairTrade - Nicaragua	organic	5kg	20.25	4.05		90583									
	Sunflower Seed - kernels - China	organic	25kg	43.00	1.72		90585									
	Sunflower Seed - kernels - China	organic	5kg	10.10	2.02		90590									
	Walnuts Light Halves - India	organic	10kg	69.00	6.90		90591									
	Walnuts Light Halves - India	organic	3kg	22.20	7.40		90594									
	Walnuts Light Pieces - India	organic	10kg	55.00	5.50		90595									
	Walnuts Light Pieces - India	organic	3kg	18.00	6.00		90600									
	* <u>Organic Nut, Seed & Fruit Based Mixes</u>															
	Nut Mix - FairTrade	organic	2.5kg	18.75	7.50		90554									
▲	Omega Four Seed Mix	organic	3kg	9.00	3.00		90556									
	* <u>Aconbury Sprouts - seeds for sprouting</u>															
	Broccoli Seeds	organic	1x500g	7.50		10.00	90610									
	China Rose Radish Seeds	organic	1x500g	7.50		10.00	90615									
	Sango Radish Seeds	organic	1x500g	11.10		14.80	90620									
	* <u>Biona - exotic</u>															
	Creamed Coconut	organic	12x4x50g	9.80		1.09	90702									
	* <u>Biona</u>															
	Cracked Linseed Gold - Omega Extra	organic	6x500g	19.15		4.25	90705									
	Linseed Gold	organic	6x500g	13.00		2.89	90710									
	Hemp Seeds - whole	organic	8x250g	13.15		2.19	90715									
	Pistachio Nuts Roasted & Salted	organic	6x250g	22.45		4.99	90720									
	Poppy Seed	organic	6x250g	11.65		2.59	90725									
	Pumpkin Seeds - Styrian - Hungary	organic	6x250g	15.25		3.39	90727									
	Trail Mix	organic	6x200g	11.65		2.59	90730									
	* <u>Davert - Organic Sprouting Seeds</u>															
	Alfalfa Seed	organic	8x125g	13.75		2.29	90805									
	Cress Seed	organic	8x125g	13.75		2.29	90810									
	Mustard Seed	organic	8x125g	11.95		1.99	90812									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Radish Seed	organic	8x125g	17.95		2.99	90815									
	Sprouting Mix	organic	8x125g	11.95		1.99	90825									
	* <u>Equal Exchange - FairTrade</u>															
	Amazon Flame Whole Brazil Nuts - FairTrade	organic	12x250g	25.10		2.79	90827									
	Cashews - FairTrade	organic	12x250g	26.80		2.99	90830									
	* <u>Granovita - LinuSprout™ sprouted flax powder</u>															
	LinuSprout™	organic	6x250g	19.30		4.29	90622									
	LinuSprout™ with Blueberry	organic	6x250g	21.55		4.79	90627									
	LinuSprout™ with Cranberry	organic	6x250g	21.55		4.79	90632									
	Linusit Ground Flax Seed	organic	6x450g	23.80		5.29	90634									
	* <u>Granovita - NutraSprout</u>															
	Sprouted Broccoli Seed Powder	organic	6x100g	31.45		6.99	90655									
	* <u>Just Wholefoods</u>															
	Sprouting Mix	organic	6x250g	7.45		1.66	90835									
	* <u>L'Orto Biologico - seeds for sprouting</u>															
	Alfalfa Sprouting	organic	5x50g	7.85		2.09	90750									
	Basil Sprouting	organic	5x30g	7.85		2.09	90752									
	Broccoli Sprouting - packet	organic	5x30g	7.85		2.09	90755									
	Chard - Ruby (Beetroot) Sprout	organic	5x30g	7.85		2.09	90762									
	Fennel Sprouting	organic	5x30g	7.85		2.09	90770									
	Fenugreek Sprouting	organic	5x50g	7.85		2.09	90771									
	Rocket Sprouting	organic	5x30g	7.85		2.09	90785									
	Sunflower Sprouting	organic	5x50g	7.85		2.09	90790									
	* <u>Organico - Organic Collection</u>															
▲	French Chestnut Purée - unsweetened	organic	6x180g	11.25		2.50	90833									
	French Chestnuts in Box	organic	12x200g	40.50		4.50	90837									
	French Chestnut Spread (crème de marrons)	organic	6x180g	12.40		2.76	90840									
	* <u>Primeal Chestnut Products</u>															
	Chestnut Flour	organic	6x500g	31.45		6.99	90870									
	* <u>Profusion - Nature's Wisdom</u>															
	VitaFlax - Milled Golden Flaxseed	organic	6x500g	21.10		4.69	90885									
	* <u>YaoH</u>															
	Dehulled Hemp Seeds	organic	6x125g	13.30		2.95	90970									
	Dehulled Hemp Seeds	organic	6x250g	24.80		5.52	90972									
	Hemp Seed Protein Powder	organic	1x454g	10.45		13.95	90973									
	Hemp Seed Protein (95%) Isolate	organic	1x500g	17.95		23.95	90976									
	YaoH Food Point of Sale Pack - free of charge - please quote code:						766251									
	* <u>Yorkshire Hemp</u>															
	Shelled Hemp Seeds	organic	6x150g	17.95		3.99	90975									
	* <u>Infinity Pre-Packed Organic Nuts & Seeds</u>															
	Alfalfa Seeds - USA	organic	12x125g	11.75		1.31	6005									
	Alfalfa Seeds - USA	organic	6x250g	10.50		2.33	6010									
	Almonds - Spain	organic	12x125g	14.35		1.59	6015									
	Almonds - Spain	organic	12x250g	24.70		2.74	6020									
	Almonds - Spain	organic	6x500g	23.45		5.21	6025									
	Blanched Almonds - Spain	organic	12x125g	15.70		1.74	6017									
	Blanched Almonds - Spain	organic	12x250g	27.40		3.04	6018									
	Flaked Almonds - Spain	organic	12x125g	15.65		1.74	6011									
	Flaked Almonds - Spain	organic	12x250g	27.05		3.01	6012									
	Ground Almonds - Spain	organic	12x125g	14.60		1.62	6013									
	Ground Almonds - Spain	organic	12x250g	24.95		2.77	6014									
▼	Brazil Nuts - FairTrade - Bolivia	organic	12x125g	10.70		1.19	6031									
▼	Brazil Nuts - FairTrade - Bolivia	organic	12x250g	17.35		1.93	6032									
▼	Brazil Nuts - FairTrade - Bolivia	organic	6x500g	16.10		3.58	6033									
	Cashews Whole - Vietnam	organic	12x125g	14.30		1.59	6041									
	Cashews Whole - Vietnam	organic	12x250g	24.65		2.74	6042									
	Cashews Whole - Vietnam	organic	6x500g	23.40		5.20	6043									
	Cashews Whole - FairTrade - Burkino Faso	organic	12x125g	16.00		1.78	6034									
	Cashews Whole - FairTrade - Burkino Faso	organic	12x250g	28.00		3.11	6036									
	Cashews Whole - FairTrade - Burkino Faso	organic	6x500g	26.75		5.94	6038									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Cashews & Raisins	organic	12x125g	9.45		1.05	6044									
	Cashews & Raisins	organic	12x250g	15.35		1.71	6046									
	Coconut Dessicated Medium - Sri Lanka	organic	6x250g	5.10		1.13	6035									
	Coconut Dessicated Medium - Sri Lanka	organic	6x500g	7.45		1.66	6040									
	Coconut Chips - Sri Lanka	organic	6x250g	5.35		1.19	6037									
	Fruit & Nut Mix	organic	12x250g	19.35		2.15	6047									
	Goji Berry Hi Energy Trail Mix	organic	12x250g	21.55		2.39	6048									
	Goji Berry Hi Energy Trail Mix	organic	12x125g	13.05		1.45	6049									
	Hazelnuts - Turkey	organic	12x125g	14.50		1.61	6045									
	Hazelnuts - Turkey	organic	12x250g	25.00		2.78	6050									
	Hazelnuts - Turkey	organic	6x500g	23.75		5.28	6055									
	Roast Whole Hazelnuts - Turkey	organic	12x125g	16.55	V	2.11	6056									
▲	Hemp Seeds - Austria	organic	6x250g	8.15		1.81	6058									
	Linseed Brown - Argentina	organic	12x250g	10.30		1.14	6070									
	Linseed Brown - Argentina	organic	12x450g	15.35		1.71	6075									
	Linseed Gold - USA/Canada	organic	12x250g	10.30		1.14	6077									
	Linseed Gold - USA/Canada	organic	12x450g	15.35		1.71	6078									
	Luxury Cranberry Mix - Various	organic	12x250g	29.65		3.29	6079									
	Luxury Cranberry Mix - Various	organic	12x125g	16.35		1.82	6081									
	Nut Mix - FairTrade - Various	organic	6x250g	13.45		2.99	6080									
	Nut Mix - FairTrade - Various	organic	6x500g	24.70		5.49	6082									
▲	Omega Four Seed Mix	organic	12x125g	8.50		0.94	6083									
▲	Omega Four Seed Mix	organic	12x250g	12.95		1.44	6084									
	Peanuts - China	organic	12x250g	10.50		1.17	6085									
	Peanuts - China	organic	12x500g	16.95		1.88	6090									
	Pecans - choice halves - USA	organic	12x125g	20.50		2.28	6092									
	Pecans - choice halves - USA	organic	6x250g	19.25		4.28	6093									
	Pine Kernels - China	organic	12x125g	35.80		3.98	6095									
	Pine Kernels - China	organic	6x250g	34.55		7.68	6097									
	Poppy Seeds - Turkey	organic	12x125g	12.10		1.34	6098									
	Poppy Seeds - Turkey	organic	6x250g	10.85		2.41	6099									
▲	Pumpkin Seeds - China	organic	12x125g	11.25		1.25	6100									
▲	Pumpkin Seeds - China	organic	12x250g	18.45		2.05	6105									
▲	Pumpkin Seeds - China	organic	6x500g	17.20		3.82	6110									
▲	Three (was Raw) Seed Mix	organic	12x125g	9.45		1.05	6112									
▲	Three (was Raw) Seed Mix	organic	12x250g	14.95		1.66	6113									
	Sesame Seeds - dehulled - FairTrade - Nicaragua	organic	12x250g	15.90		1.77	6115									
	Sesame Seeds - dehulled - FairTrade - Nicaragua	organic	12x400g	23.05		2.56	6120									
	Sesame Seeds - whole - FairTrade - Nicaragua	organic	12x250g	15.25		1.69	6125									
	Sesame Seeds - whole - FairTrade - Nicaragua	organic	12x450g	24.25		2.69	6127									
	Sunflower Seed - kernels - China	organic	12x250g	8.95		0.99	6130									
	Sunflower Seed - kernels - China	organic	12x500g	14.50		1.61	6135									
	Sunflower Seed - kernels - China	organic	6x1kg	14.25		3.17	6140									
	Trail Mix	organic	12x125g	9.25		1.03	6142									
	Trail Mix	organic	12x250g	14.50		1.61	6143									
	Walnuts Light Halves - India	organic	12x125g	14.35		1.59	6160									
	Walnuts Light Halves - India	organic	12x250g	24.70		2.74	6165									
	Walnuts Light Pieces - India	organic	12x125g	12.25		1.36	6145									
	Walnuts Light Pieces - India	organic	12x250g	20.50		2.28	6150									
	Walnuts Light Pieces - India	organic	6x500g	19.25		4.28	6155									
* <u>Infinity Snack Size Organic Nuts & Seeds</u>																
	Cashews Whole - Snack Size	organic	12x100g	10.90		1.21	6210									
	Cashews & Raisins - Snack Size	organic	12x100g	8.85		0.98	6215									
	Fruit & Nut Mix - Snack Size	organic	12x100g	9.45		1.05	6220									
	Nut Mix - Snack Size	organic	12x100g	12.05		1.34	6225									
* <u>Bulk Nuts and Seeds</u>																
	Almonds - NP supreme - USA		22.68kg	105.00	4.63		91010									
▼	Almonds - NP supreme - USA		3kg	15.40	5.13		91015									
▼	Flaked Almonds - Spain		10kg	51.90	5.19		91030									
▼	Flaked Almonds - Spain		3kg	17.05	5.68		91035									
▼	Ground Almonds - Spain		10kg	40.65	4.07		91040									
▼	Ground Almonds - Spain		3kg	13.70	4.57		91045									
	Brazil Nuts - Bolivia		20kg	85.00	4.25		91050									
	Brazil Nuts - Bolivia		5kg	22.75	4.55		91055									
	Cashews - Large White Pieces		22.68kg	75.00	3.31		91070									
	Cashews - Large White Pieces		5kg	18.05	3.61		91075									
	Cashews Whole - India		22.68kg	118.00	5.20		91080									
	Cashews Whole - India		3kg	17.10	5.70		91085									
	Hazelnuts - Turkey		25kg	150.00	6.00		91130									
	Hazelnuts - Turkey		5kg	31.50	6.30		91135									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Macadamia Nuts - raw - South Africa	11.34kg	77.00	6.79		91147									
	Macadamia Nuts - raw - South Africa	1kg	8.30	8.30		91148									
	Peanuts - superior grade - China	25kg	40.00	1.60		91150									
	Pecan Halves - USA	13.6kg	95.00	6.99		91170									
	Pecan Halves - USA	2kg	15.50	7.75		91175									
	Pine Kernels - China	12.5kg	245.00	19.60		91180									
	Pine Kernels - China	2kg	40.70	20.35		91185									
	Pistachios Jumbo - roast & salt - Iran	10kg	78.00	7.80		91190									
	Pistachios Jumbo - roast & salt - Iran	2kg	17.10	8.55		91195									
	Raw Pistachio Kernels - USA	2.5kg	43.90	17.56		91196									
▲	Pumpkin Seeds - AA grade	25kg	120.00	4.80		91200									
▲	Pumpkin Seeds - AA grade	5kg	25.50	5.10		91205									
▼	Sunflower Seeds - USA	22.68kg	30.00	1.32		91225									
▼	Sunflower Seeds - USA	5kg	8.10	1.62		91230									
	Walnut Light Halves - China	12.5kg	69.00	5.52		91245									
	Walnut Light Halves - China	3kg	18.05	6.02		91250									
	Walnut Light Pieces - India	12.5kg	59.00	4.72		91255									
	Walnut Light Pieces - India	3kg	15.65	5.22		91260									
	* <u>Nut Mix - peanut, almond, walnut</u>														
	Chopped Mixed Nuts - UK	5kg	15.95	3.19		91267									
	* <u>KTC</u>														
	Creamed Coconut	12x200g	8.05		0.89	91505									
	* <u>Zaytoun - www.zaytoun.org</u>														
	Palestinian Almonds - Om Al-Fahem variety	12x150g	34.25		3.81	91575									
	* <u>Infinity Pre-Packed Nuts & Seeds</u>														
	Almonds - NP supreme - USA	12x125g	10.95		1.22	6515									
	Almonds - NP supreme - USA	12x250g	17.90		1.99	6520									
	Almonds - NP supreme - USA	12x500g	31.80		3.53	6525									
	Brazil Nuts - Bolivia	12x125g	10.40		1.16	6575									
	Brazil Nuts - Bolivia	12x250g	16.75		1.86	6580									
	Brazil Nuts - Bolivia	12x500g	29.50		3.28	6585									
	Cashews - Large White Pieces	12x125g	8.95		0.99	6615									
	Cashews - Large White Pieces	12x250g	13.95		1.55	6620									
	Cashews - Large White Pieces	12x500g	23.85		2.65	6625									
	Cashews Whole - India	12x125g	11.95		1.33	6635									
	Cashews Whole - India	12x250g	19.75		2.19	6640									
	Cashews Whole - India	6x500g	18.50		4.11	6643									
	Macadamia Nuts - raw - South Africa	12x125g	14.20		1.58	6828									
	Pecan Halves - USA	12x125g	14.50		1.61	6830									
	Pecan Halves - USA	12x250g	24.95		2.77	6835									
	Pecan Halves - USA	6x500g	23.75		5.28	6840									
	Pine Kernels - China	12x125g	33.40		3.71	6845									
	Pine Kernels - China	12x250g	62.80		6.98	6850									
	Pine Kernels - China	6x500g	61.55		13.68	6855									
	Pistachios Jumbo - roast & salt - Iran	12x125g	15.70		1.74	6860									
	Pistachios Jumbo - roast & salt - Iran	12x250g	27.40		3.04	6865									
	Pistachios Jumbo - roast & salt - Iran	6x500g	26.15		5.81	6870									
▲	Pumpkin Seeds - AA grade	12x125g	11.25		1.25	6880									
▲	Pumpkin Seeds - AA grade	12x250g	18.45		2.05	6885									
▲	Pumpkin Seeds - AA grade	12x500g	32.85		3.65	6890									
▼	Sunflower Seeds - USA	12x250g	7.95		0.88	6915									
▼	Sunflower Seeds - USA	12x500g	11.95		1.33	6920									
	Walnut Light Halves - China	12x125g	12.30		1.37	6960									
	Walnut Light Halves - China	12x250g	20.55		2.28	6965									
	Walnut Light Halves - China	12x500g	37.15		4.13	6970									
■ Dried Fruit, Bottled Fruit															
	* <u>Bulk Organic Dried Fruit</u>														
	Apple Rings - France	organic	5kg	69.95	13.99	100503									
	Apple Rings - France	organic	2kg	29.50	14.75	100505									
	Apricots Whole - Turkey	organic	12.5kg	42.50	3.40	100510									
	Apricots Whole - Turkey	organic	5kg	18.50	3.70	100515									
	Chopped Apricots - Turkey	organic	12.5kg	48.00	3.84	100517									
	Chopped Apricots - Turkey	organic	5kg	20.70	4.14	100518									
	Banana Chips - Philippines	organic	6.8kg	21.00	3.09	100521									
▼	Cherries - Glacé - Italy	organic	10kg	116.95	11.70	100480									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
▼	Cranberries with Apple Juice - Canada	organic	11.34kg	135.00	11.90		100485									
▼	Cranberries with Apple Juice - Canada	organic	2kg	25.30	12.65		100490									
	Currants - Greece	organic	12.5kg	49.50	3.96		100520									
	Currants - Greece	organic	5kg	21.30	4.26		100525									
	Dates - FairTrade - Tunisia	organic	5kg	20.50	4.10		100535									
	Dates Medjool - Bard Valley - California	organic	5kg	49.00	9.80		100536									
	Chopped Dates - some pips - Tunisia	organic	10kg	39.00	3.90		100537									
	Chopped Dates - some pips - Tunisia	organic	5kg	21.00	4.20		100538									
	Figs - Turkey	organic	10kg	52.00	5.20		100539									
	Figs - Turkey	organic	5kg	27.50	5.50		100540									
	Ginger Crystallised - China	organic	5kg	23.00	4.60		100552									
	Mango Cheeks - FairTrade - Burkina Faso	organic	10kg	82.00	8.20		100546									
	Mango Cheeks - FairTrade - Burkina Faso	organic	1kg	8.90	8.90		100551									
	Mango Strips - FairTrade - Burkina Faso	organic	10kg	82.00	8.20		100543									
	Mango Strips - FairTrade - Burkina Faso	organic	1kg	8.90	8.90		100544									
	Mixed Peel - Italy	organic	10kg	71.95	7.20		100549									
	Mixed Vine Fruit - UK	organic	10kg	23.00	2.30		100547									
	Mixed Vine Fruit - UK	organic	5kg	13.00	2.60		100548									
	Prunes - Pitted - Chile	organic	12.5kg	62.50	5.00		100555									
	Prunes - Pitted - Chile	organic	2.5kg	14.00	5.60		100557									
	Raisins - s/f oil dressed - Turkey	organic	12.5kg	29.50	2.36		100560									
	Raisins - s/f oil dressed - Turkey	organic	5kg	13.30	2.66		100565									
	Sultanas - s/f oil dressed - Turkey	organic	12.5kg	24.50	1.96		100570									
	Sultanas - s/f oil dressed - Turkey	organic	5kg	11.30	2.26		100575									
* <u>Biona Bottled Fruit</u>																
	Apricots Bottled - no stone	organic	6x670g	17.50		3.89	100725									
	Cherries Sour Bottled - no stone	organic	6x650g	17.50		3.89	100730									
	Cherries Sweet Bottled - no stone	organic	6x650g	17.50		3.89	100735									
	Apricot Halves Bottled	organic	6x350g	11.20		2.49	100702									
	Blueberries Bottled	organic	6x350g	15.70		3.49	100705									
	Cherries Sour Bottled - no stone nas	organic	6x350g	11.20		2.49	100707									
	Cherries Sweet Bottled - no stone nas	organic	6x350g	11.20		2.49	100710									
	Cranberries with Agave Syrup	organic	6x350g	14.80		3.29	100711									
	Peach Halves Bottled nas	organic	6x350g	11.20		2.49	100715									
* <u>Biona Dried Fruit</u>																
	Apricots Whole sun-dried Malatya	organic	6x250g	13.45		2.99	100742									
	Dried Cherries - Sour	organic	6x100g	14.35		3.19	100744									
	Dried Cranberries - no added sugar	organic	6x100g	17.50		3.89	100747									
	Dried Fruit Salad sun-dried	organic	6x250g	15.70		3.48	100745									
	Dried Mango Slices	organic	6x125g	13.45		2.99	100750									
	Dried Pineapple Rings	organic	6x125g	13.45		2.99	100755									
* <u>Crazy Jack - candied fruit</u>																
	Glacé Cherries - Candied	organic	6x100g	8.95		1.99	100770									
	Mixed Peel - Candied	organic	6x100g	8.05		1.79	100772									
* <u>Crazy Jack</u>																
	Blueberries with sugar & canola oil	organic	10x100g	33.70		4.49	100774									
	Cranberries with sugar & veg.oil	organic	10x100g	19.45		2.59	100775									
* <u>Crazy Jack - Ready-to-Eat</u>																
	Apricots - Ready-to-Eat	organic	6x250g	10.30		2.29	100776									
	Figs - Ready-to-Eat	organic	6x250g	13.45		2.99	100777									
	Prunes - Ready-to-Eat	organic	6x250g	12.10		2.69	100778									
* <u>Do-It - tinned bulk fruit</u>																
	Pineapple Chunks in juice - tinned - Sri Lanka	organic	3kg	14.30	4.77		100765									
* <u>La Bio Idea - candied with corn syrup</u>																
	Candied Orange Peel - Italy	organic	8x100g	10.15	1.69		35227									
	Candied Lemon Peel - Italy	organic	8x100g	10.15	1.69		35228									
* <u>TerraSana</u>																
	Pruneaux D'Agen - Pitted	organic	12x250g	40.20	4.47		100815									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Tropical Wholefoods - www.tropicalwholefoods.co.uk</u>														
	Sun-dried Mango - Fair Trade	organic 14x100g	19.75		1.88	102012									
	Tropical Wholefoods Sampler Box - free of charge - please quote code:														
	Above comprises 500g Mango, 500g Pineapple, 500g Banana Chips, postcards, shelf edgings, additional promotional material.														
	* <u>Tropical Wholefoods Snack Pack - see also non-organic below</u>														
	Dried Mango - snack pack - Fair Trade	organic 10x40g	7.35		0.98	102013									
	* <u>Infinity Pre-Packed Organic Dried Fruit</u>														
	Apple Rings - France	organic 12x125g	25.35		2.82	7005									
	Apple Rings - France	organic 6x250g	24.85		5.52	7007									
	Apricots Whole - Turkey	organic 12x250g	14.45		1.61	7010									
	Apricots Whole - Turkey	organic 12x500g	24.65		2.74	7015									
	Apricots Whole - Turkey	organic 6x1kg	24.15		5.37	7020									
	Chopped Apricots - Turkey	organic 12x250g	15.75		1.75	7022									
	Banana Chips - Philippines	organic 12x125g	8.95 V		1.14	7024									
	Glacé Cherries - Italy	organic 6x200g	13.50		3.00	7019									
▼	Cranberries with Apple Juice - Canada	organic 12x125g	22.10		2.46	7017									
▼	Cranberries with Apple Juice - Canada	organic 6x250g	21.60		4.80	7018									
	Currants - Greece	organic 12x250g	16.15		1.79	7025									
	Currants - Greece	organic 12x500g	28.00		3.11	7030									
	Dates - FairTrade - Tunisia	organic 12x250g	16.55		1.84	7035									
	Dates - FairTrade - Tunisia	organic 12x500g	28.85		3.21	7040									
	Dates - FairTrade - Tunisia	organic 6x1kg	28.35		6.30	7045									
	Chopped Dates - some pips - Tunisia	organic 12x250g	15.95		1.77	7047									
	Figs - Turkey	organic 12x250g	20.35		2.26	7050									
	Figs - Turkey	organic 12x500g	35.95		3.99	7055									
	Figs - Turkey	organic 6x1kg	35.45		7.88	7060									
	Fruit Salad	organic 6x500g	24.75		5.50	7065									
	Fruit Salad	organic 6x250g	13.30		2.96	7067									
	Ginger Crystallised - China	organic 12x125g	10.95 V		1.40	7077									
	Mango - FairTrade	organic 12x100g	14.25		1.59	7064									
	Mixed Peel - Italy	organic 6x200g	9.90		2.20	7061									
	Mixed Vine Fruit - UK	organic 12x250g	11.15		1.24	7062									
	Mixed Vine Fruit - UK	organic 12x500g	18.05		2.01	7063									
	Pitted Prunes - Chile	organic 12x250g	19.25		2.14	7080									
	Pitted Prunes - Chile	organic 12x500g	34.25		3.81	7085									
	Raisins - Turkey	organic 12x250g	11.35		1.26	7095									
	Raisins - Turkey	organic 12x500g	18.40		2.04	7100									
	Raisins - Turkey	organic 6x1kg	17.90		3.98	7105									
	Sultanas - Turkey	organic 12x250g	10.45		1.16	7110									
	Sultanas - Turkey	organic 12x500g	16.60		1.84	7115									
	Sultanas - Turkey	organic 6x1kg	16.10		3.58	7120									
	* <u>Bulk Dried Fruit</u>														
	Apricots No Soak 140/160 - SO2 - Turkey	10kg	45.60	4.56		101032									
	Apricots No Soak 140/160 - SO2 - Turkey	1kg	4.75	4.75		101033									
▼	Apricots Whole Yellow - SO2 - Turkey	12.5kg	31.50	2.52		101035									
▼	Apricots Whole Yellow - SO2 - Turkey	5kg	14.10	2.82		101040									
	Banana Chips - Philippines	6.8kg	12.45 V	1.83		101055									
	Cherries - Red - SO2 & sugar - Natural Anthocyanin	5kg	21.15	4.23		35235									
	Cranberries - apple sweetened - USA	11.34kg	79.00	6.97		101056									
	Cranberries - apple sweetened - USA	2kg	15.40	7.70		101057									
▼	Dates Chopped - some pips - Iran	10kg	12.60	1.26		101075									
	Select Dates - Iran	10kg	9.50	0.95		101092									
	Select Dates - Iran	5kg	5.75	1.15		101093									
	Baby Figs - Iran	8kg	60.00	7.50		101108									
	Ginger crystallised & caster sugar - China	5kg	14.50 V	2.90		101115									
	Goji Berries - China	9kg	85.00	9.44		101120									
	Goji Berries - China	1kg	10.95	10.95		101125									
	Papaya - SO2 - with sugar - Thailand	5kg	14.75	2.95		101140									
	Peaches - SO2 - South Africa	10kg	50.65	5.07		101145									
	Pineapple - SO2 - with sugar - Thailand	5kg	10.00	2.00		101170									
	Prunes Unsorbated 30/40 - France	12.5kg	42.00	3.36		101185									
	Prunes - Pitted - Argentina	10kg	24.50	2.45		101195									
	Prunes - Pitted - Argentina	5kg	13.75	2.75		101200									
	Prunes - No Soak 35%Moisture - France	12.5kg	39.15	3.13		101207									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Raisins - Jumbo Crimson	10kg	27.60	2.76		101217									
	Raisins - Jumbo Crimson	5kg	15.30	3.06		101227									
▼	Raisins Thompson's - USA	12.5kg	20.15	1.61		101235									
	Golden Sultanas 5 crown - Australia	14kg	39.85	2.85		101242									
	* <u>Dried Fruit Prepacks</u>														
▲	Bananas	48x250g	24.40		0.68	101505									
	* <u>Jasmine</u>														
	Fresh Dates	24x400g	32.45		1.80	101605									
	Mix Dried Fruit & Nuts	12x125g	16.50		1.83	101615									
	Mix Dried Fruit & Nuts	12x250g	27.55		3.06	101620									
	* <u>Tropical Wholefoods - www.tropicalwholefoods.co.uk</u>														
	Sun-dried Apricot - Fair Trade - with SO2	14x125g	12.95		1.23	102004									
	Sun-dried Banana Chips	14x150g	15.40		1.47	102006									
	Bogoya Bananas	14x125g	15.40		1.47	102008									
	Sun-dried Pineapple	14x100g	15.40		1.47	102009									
	Tropical Wholefood Recipe Booklet	20x1p	4.00		0.27	102025									
	Tropical Wholefoods Sampler Box - free of charge - please quote code:														
	Above comprises 500g Mango, 500g Pineapple, 500g Banana Chips, postcards, shelf edgings, additional promotional material.														
	* <u>Tropical Wholefoods Snack Packs - see also Organic section above</u>														
	Apricot Kernels - natural - FT	10x50g	7.35		0.97	102030									
	Chilli Roast Apricot Kernels - FT	10x50g	7.35		0.97	102035									
	Tamari Roast Apricot Kernels - FT	10x50g	7.35		0.97	102040									
	Chewy Banana Chips	10x50g	4.60		0.61	102045									
	* <u>Western Isles</u>														
	Cherries - Red - SO2 & sugar - Natural Anthocyanin	6x200g	8.45		1.88	35240									
	Mixed Peel - SO2 - with sugar - Italy	6x200g	5.20		1.16	35243									
	* <u>Zaytoun - www.zaytoun.org</u>														
	Palestinian Medjoul Dates	12x250g	32.95		3.66	102105									
	* <u>Infinity Pre-Packed Dried Fruit</u>														
▼	Apricots Whole Yellow - SO2 - Turkey	12x250g	11.85		1.32	7530									
▼	Apricots Whole Yellow - SO2 - Turkey	12x500g	19.35		2.15	7535									
▼	Apricots Whole Yellow - SO2 - Turkey	6x1kg	18.85		4.19	7540									
	Select Dates - Iran	12x250g	6.90		0.77	7612									
	Select Dates - Iran	12x500g	9.75		1.08	7613									
	Select Dates - Iran	6x1kg	9.25		2.06	7614									
	Baby Figs - Iran	6x250g	14.25		3.17	7639									
	Fruit Salad - SO2 - UK	12x250g	14.25		1.58	7640									
	Fruit Salad - SO2 - UK	12x500g	24.95		2.77	7645									
	Ginger crystallised & caster sugar - China	12x125g	7.95 V		1.02	7655									
	Ginger crystallised & caster sugar - China	12x250g	12.40 V		1.58	7656									
	Goji Berries - China	12x125g	17.95		1.99	7665									
	Goji Berries - China	6x250g	17.50		3.89	7670									
	Peaches - SO2 - South Africa	6x250g	10.60		2.36	7680									
	Prunes Unsorbated 30/40 - France	12x250g	14.35		1.59	7715									
	Prunes Unsorbated 30/40 - France	12x500g	24.40		2.71	7720									
	Prunes Pitted - Argentina	12x250g	11.60		1.29	7730									
	Prunes Pitted - Argentina	12x500g	18.95		2.11	7735									
	Raisins - Jumbo Crimson	12x250g	12.95		1.44	7762									
	Raisins - Jumbo Crimson	12x500g	20.95		2.35	7767									
	■ Organic Pasta - Wholewheat & Gluten Free														
	* <u>BioFair - Gluten free</u>														
	Bolivian Rice Fusilli	organic 6x250g	10.30		2.29	130445									
	Bolivian Rice Spaghetti	organic 12x250g	20.60		2.29	130447									
	Rice Quinoa Fusilli	organic 6x250g	10.75		2.39	130450									
	Rice Quinoa Spaghetti	organic 12x250g	21.50		2.39	130452									
	* <u>Biona - wholewheat, bronze extruded</u>														
	Fusilli - wholewheat	organic 12x500g	11.60		1.29	130320									
	Maccaroni - wholewheat	organic 12x500g	11.60		1.29	130322									
	Penne - wholewheat	organic 12x500g	11.60		1.29	130325									
	Spaghetti - wholewheat	organic 12x500g	11.60		1.29	130330									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Biona - gluten free</u>																
	Corn Tricolore Spirelli	organic	10x200g	21.70		2.89	130425									
	Corn Spaghetti (Nests)	organic	10x200g	21.70		2.89	130428									
	Corn Tagliolini	organic	10x200g	21.70		2.89	130430									
* <u>Biona - 100% Spelt</u>																
	Spelt Fusilli - wholemeal	organic	10x500g	19.45		2.59	130352									
	Spelt Lasagne - wholemeal	organic	12x250g	23.30		2.59	130358									
	Spelt Penne - wholemeal	organic	10x500g	19.45		2.59	130357									
	Spelt Spaghetti - wholemeal	organic	10x500g	19.45		2.59	130360									
	Wholegrain Spelt Spaghetti - small	organic	12x250g	14.30		1.59	130363									
* <u>Doves Farm</u>																
Adding to the Bargain Basics offering we have the Doves Farm Organic Gluten Free Pastas - already at the bottom end for price - dropped below £2 for a 500g bag through September & October. It's 20% off if you're interested!																
☐	Brown Rice Fusilli	organic	6x500g	8.95		1.99	130365									
☐	Brown Rice Penne	organic	6x500g	8.95		1.99	130370									
☐	Brown Rice Spaghetti	organic	12x500g	17.90		1.99	130375									
☐	Maize and Rice Fusilli	organic	6x500g	8.95		1.99	130380									
☐	Maize and Rice Penne	organic	6x500g	8.95		1.99	130385									
☐	Maize and Rice Pipe Rigate	organic	6x500g	8.95		1.99	130390									
☐	Maize and Rice Spaghetti	organic	12x500g	17.90		1.99	130395									
* <u>Eunature - Wholewheat</u>																
	Lasagne	organic	12x250g	12.50		1.39	130505									
* <u>Hale & Hearty - Gluten Free</u>																
www.halenhearty.co.uk																
New from Hale & Hearty, and carrying the Crossed Grain Symbol along with the rest of the range, we have a couple of organic buckwheat, corn and rice pastas - slow dried using traditional Italian methods to preserve the nutritional qualities of the ingredients.																
*	Buckwheat, Corn & Rice Pasta Spirals	organic	8x250g	11.95		1.99	130805									
*	Buckwheat, Corn & Rice Macaroni Pasta	organic	8x250g	11.95		1.99	130810									
* <u>La Bio-Idea - Wholewheat - www.organic.nl</u>																
On Bargain Basic offer with rps dropped from 1.35 to 95p (it's 30%!) - the La Bio Idea pastas marked ☐ below. Once again we've slashed margins (not yours!) to put basic products on the shelf at a good price.																
☐	Wholewheat Linguine	organic	12x500g	8.55		0.95	131002									
☐	Wholewheat Macaroni Gomitini	organic	12x500g	8.55		0.95	131005									
☐	Wholewheat Macaroni Penne	organic	12x500g	8.55		0.95	131010									
☐	Wholewheat Shells	organic	12x500g	8.55		0.95	131015									
☐	Wholewheat Spaghetti	organic	12x500g	8.55		0.95	131020									
☐	Wholewheat Spirelli	organic	12x500g	8.55		0.95	131025									
	W/w Fettucine (Tagliatelle)	organic	12x500g	15.20		1.69	131030									
* <u>La Terra E Il Cielo Speciality Pasta</u>																
	Buckwheat Fettuccine	organic	20x500g	38.25		2.55	131305									
	Spelt Spaghetti	organic	20x500g	41.85		2.79	131340									
	Wholewheat Fusilli (Spirals)	organic	12x500g	15.20		1.69	131317									
	Wholewheat Gnocchi (Shells)	organic	12x500g	15.20		1.69	131323									
	Wholewheat Linguine (Flat Spaghetti)	organic	20x500g	25.30		1.69	131350									
	Wholewheat Spaghetti & Nettles	organic	20x500g	32.25		2.15	131310									
* <u>Lima</u>																
	Kamut Penne	organic	6x500g	13.30		2.96	131505									
	Kamut Spaghetti	organic	6x500g	13.30		2.96	131510									
	Kamut Spirelli	organic	6x500g	13.30		2.96	131515									
	Kamut Tagliatelli	organic	6x500g	13.30		2.96	131520									
* <u>Organico - Wholewheat</u>																
◆	Wholewheat Spaghetti	organic	12x500g	12.50		1.39	131680									
	Wholewheat Farfalle (bow)	organic	12x500g	13.40		1.49	131682									
◆	Wholewheat Fusilli (spiral)	organic	12x500g	13.40		1.49	131685									
◆	Wholewheat Penne (quill)	organic	12x500g	13.40		1.49	131690									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Organico - Whole Spelt</u>																
	Spelt Fusilli	organic	6x250g	10.60		2.36	131695									
	Spelt Penne	organic	6x250g	10.60		2.36	131697									
* <u>Organico - Gluten-free</u>																
	Rice Pasta - Gemini	organic	10x250g	16.90		2.25	131715									
	Rice Pasta Fusilli	organic	10x250g	16.90		2.25	131717									
	Corn Pasta Penne	organic	10x250g	14.65		1.95	131720									
	Corn Pasta Rings	organic	10x250g	14.65		1.95	131722									
	Buckwheat Pasta Fusilli	organic	10x250g	16.90		2.25	131725									
	Buckwheat Pasta Maccheroni	organic	10x250g	16.90		2.25	131727									
* <u>Orgran - gluten-free</u>																
On offer (again, along with the rest of the pasta range) at the price below representing 15% off list - Orgran organic gluten free pastas.																
☐	Rice & Corn Fancy Curls	organic	9x250g	12.35		1.83	140565									
☐	Rice & Corn Smooth Penne	organic	9x250g	12.35		1.83	140570									
☐	Rice & Corn Slim Spirals	organic	9x250g	12.35		1.83	140575									
* <u>Quinoa Real</u>																
	W/W Spaghetti with Quinoa & Parsley	organic	12x500g	33.20		3.69	131705									
* <u>Rizopia - Gluten-free</u>																
	Brown Rice Elbows	organic	12x500g	35.60		3.95	132205									
	Brown Rice Fantasia	organic	12x500g	35.60		3.95	132207									
	Brown Rice Fettuccine	organic	12x500g	35.60		3.95	132210									
	Brown Rice Fusilli	organic	12x500g	35.60		3.95	132215									
	Brown Rice Lasagne	organic	12x375g	35.60		3.95	132217									
	Brown Rice Penne	organic	12x500g	35.60		3.95	132220									
	Brown Rice Spaghetti	organic	12x500g	35.60		3.95	132225									
■ Pasta - gluten-free, non-organic																
* <u>Orgran - Gluten Free</u>																
On offer (again, along with the organic pastas) at the prices below representing 15% off list - Orgran gluten free pastas.																
☐	Buckwheat Spirals		9x250g	10.85		1.61	140510									
☐	Corn and Spinach Rigati		9x250g	10.85		1.61	140515									
☐	Corn and Vegetable Shells		9x250g	10.85		1.61	140530									
☐	Essential Fibre - Penne		9x250g	15.20		2.25	140517									
☐	Essential Fibre - Spirals		9x250g	15.20		2.25	140518									
☐	Garlic & Parsley Rice Shells		9x250g	10.85		1.61	140519									
☐	Multigrain Penne with Quinoa		9x250g	15.20		2.25	140520									
☐	Multigrain Spirals with Amaranth		9x250g	15.20		2.25	140525									
☐	Rice & Corn Lasagne Mini Sheets		5x200g	9.10		2.43	140532									
☐	Rice & Millet Spirals		9x250g	10.85		1.61	140535									
☐	Vegetable and Rice Penne		9x250g	10.85		1.61	140540									
☐	Vegetable and Rice Spirals		9x250g	10.85		1.61	140545									
■ Organic White Pasta																
* <u>Biona - bronze extruded</u>																
	White Conchiglie	organic	12x500g	12.50		1.39	140105									
	White Farfalline	organic	12x500g	12.50		1.39	140110									
	White Fusilli	organic	12x500g	12.50		1.39	140115									
	White Fusilli Tricolore	organic	12x500g	14.30		1.59	140120									
	White Lasagne	organic	12x250g	14.30		1.59	140122									
	White Macaroni	organic	12x500g	12.50		1.39	140123									
	White Penne	organic	12x500g	12.50		1.39	140125									
	White Rigatoni	organic	12x500g	12.50		1.39	140127									
	White Spaghetti	organic	12x500g	12.50		1.39	140130									
* <u>Biona - Spelt</u>																
	White Spelt Spaghetti - straight	organic	10x500g	21.70		2.89	140165									
	White Spelt Fusilli	organic	10x500g	21.70		2.89	140170									
	White Spelt Penne	organic	10x500g	21.70		2.89	140175									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	White Spelt Tagliatelle - small	organic	12x250g	14.30		1.59	140177									
	White Spelt Fusilli Tricolore - small	organic	12x250g	15.20		1.69	140179									
	White Spelt Spinach Tagliatelli - small	organic	12x250g	15.20		1.69	140180									
	* <u>Biona - Spelt - Artisanal</u>															
	Artisanal White Spelt Farfalle	organic	10x500g	29.95		3.99	140190									
	Artisanal White Spelt Farfalle Tricolore	organic	10x500g	32.20		4.29	140195									
	Artisanal White Spelt Spaghetti - looped	organic	10x500g	29.20		3.89	140205									
	Artisanal White Spelt Tagliatelle - looped	organic	10x500g	29.20		3.89	140210									
	* <u>La Bio-Idea - www.organic.nl</u>															
	On offer at the prices below representing 20% off list - La Bio Idea Organic Lasagnes															
	White Macaroni Gomitini	organic	12x500g	12.50		1.39	150505									
	White Macaroni Penne	organic	12x500g	12.50		1.39	150510									
	White Farfalle (bows)	organic	12x250g	10.70		1.19	150512									
	White Spaghetti	organic	12x500g	12.50		1.39	150515									
	White Spirelli	organic	12x500g	12.50		1.39	150520									
☐	Lasagne Verde	organic	12x250g	12.90		1.43	131045									
☐	White Lasagne (no pre-cooking)	organic	12x250g	12.90		1.43	131052									
	* <u>La Bio-Idea Tricolore - www.organic.nl</u>															
	White Tricolore Shells	organic	12x500g	16.10		1.79	150524									
	White Tricolore Spaghetti	organic	12x500g	16.10		1.79	150523									
	White Tricolore Spirelli	organic	12x500g	16.10		1.79	150525									
	* <u>La Terra E Il Cielo Speciality Pasta</u>															
	White Alphabeti (Alphabet)	organic	12x500g	18.80		2.09	131290									
	White Cavatappi (Hollow Twist)	organic	12x500g	17.00		1.89	131301									
	White Conchiglioni (Large shells)	organic	6x500g	13.45		2.99	131303									
	White Fantasie (Spelt & Chilli)	organic	12x500g	23.85		2.65	131325									
	White Fusilli with Spinach	organic	12x500g	20.25		2.25	131318									
	White Linguine (Flat Spaghetti)	organic	20x500g	28.35		1.89	131312									
	White Lumaconi (Large snail shells)	organic	12x500g	26.90		2.99	131313									
	White Mediterranei (tric. spag.)	organic	12x500g	35.90		3.99	131347									
	White Pappardelle (Large Nests)	organic	6x500g	11.65		2.59	131327									
	White Penne with Basil	organic	12x500g	22.95		2.55	131328									
	White Pennoni (Large Penne)	organic	12x500g	27.80		3.09	131329									
	White Schioppi (Huge penne)	organic	12x500g	26.90		2.99	131314									
	White Spaghetti	organic	20x500g	28.35		1.89	131306									
	White Trenne Δ tubes	organic	12x500g	17.90		1.99	131343									
	White Tricolore Penne (Tom & Nettles)	organic	12x500g	23.85		2.65	131345									
	* <u>Organico</u>															
◆	White Spaghetti	organic	12x500g	13.40		1.49	152505									
	White Linguine	organic	12x500g	13.40		1.49	152525									
	White Amorosi (spiral tube)	organic	12x500g	14.30		1.59	152508									
	White Conchiglie (small shell)	organic	12x500g	14.30		1.59	152510									
	White Conchiglioni (large shell)	organic	12x500g	16.10		1.79	152512									
	White Farfalle (bow)	organic	12x500g	14.30		1.59	152515									
◆	White Fusilli (spiral)	organic	12x500g	14.30		1.59	152520									
	White Mezze Maniche (short fat tube)	organic	12x500g	16.10		1.79	152528									
◆	White Penne (quill)	organic	12x500g	14.30		1.59	152530									
	White Lasagne	organic	12x250g	15.20		1.69	152535									
	* <u>Yorkshire Hemp</u>															
	Semolina Hemp Spirals	organic	10x250g	21.50		2.87	152580									
	Spelt & Hemp Pasta Spirals	organic	10x250g	22.50		3.00	152595									
	■ Bread, Rice Cakes and Crackers															
	* <u>Amisa - gluten-free crispbreads</u>															
◆	Buckwheat Crispbread	organic	12x150g	16.10		1.79	169850									
	Corn & Rice Crispbread	organic	12x150g	16.10		1.79	169855									
	* <u>Amisa - Hildegard - Long-life Sourdough Bread</u>															
	Spelt Bread	organic	6x500g	10.75		2.39	169875									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Amisa - Hildegard - Crispbreads etc</u>																
◆	Spelt Crispbread - Cheese & Pumpkin Seed	organic	6x200g	13.00		2.89	169905									
◆	Spelt Crispbread - Onion	organic	6x200g	11.20		2.49	169910									
◆	Spelt Crispbread - Poppyseed	organic	6x200g	11.20		2.49	169915									
◆	Spelt Crispbread - Sesame & Sunflower Seed	organic	6x200g	11.20		2.49	169920									
	Mini Spelt Crispbread - Cheese & Pumpkin Seed	organic	6x150g	12.10		2.69	169925									
	Mini Spelt Crispbread - Poppyseed	organic	6x150g	10.75		2.39	169930									
	Italia Tomato & Herb Spelt Sticks	organic	6x200g	13.45		2.99	169935									
◆	Spelt Snack Sticks Poppy Seed & Spice	Demeter	6x150g	11.20		2.49	169937									
◆	Spelt Snack Sticks Sesame & Black Cumin	Demeter	6x150g	11.20		2.49	169939									
◆	Spelt Melba Toast	Demeter	6x200g	11.20		2.49	169940									
	Spelt Cheese & Chive Nibbles	Demeter	6x150g	13.00		2.89	169945									
◆	Kamut Garlic & Green Peppercorn Crispbread	organic	6x200g	14.35		3.19	169947									
	Grissini - Corn & Rice - gluten-free	organic	12x100g	15.20		1.69	169950									
* <u>Biona</u>																
	Spelt Pizza Bases - 2 pack	organic	10x300g	24.70		3.29	170107									
	Mini Wholewheat Pizza Bases - 4 pack	organic	10x300g	19.45		2.59	170108									
* <u>Biona - gluten free</u>																
	Corn Cakes - No Salt	organic	12x110g	10.70		1.19	170135									
	Ricecakes with salt	organic	12x100g	8.00		0.89	170140									
	Ricecakes no salt	organic	12x100g	8.00		0.89	170145									
	Ricecakes with amaranth	organic	12x100g	8.90		0.99	170150									
	Ricecakes with quinoa	organic	12x100g	8.90		0.99	170160									
* <u>BioFair - FairTrade</u>																
	Dark Chocolate Coated Rice Cakes	organic	18x50g	16.30	V	1.39	170212									
	Milk Choc Coated Mini Rice Cakes	organic	10x60g	13.00	V	1.99	170215									
* <u>Biona - Bio-fit long life pumpernickel style - wheat free</u>																
	Bio-fit Rye Bread	organic	6x500g	8.05		1.79	170162									
	Bio-fit Rye Amaranth & Quinoa Bread	organic	6x500g	8.95		1.99	170110									
	Bio-fit Rye & Hemp Seed Bread	organic	6x500g	9.40		2.09	170113									
	Bio-fit Rye Golden Linseed Bread	organic	6x500g	8.05		1.79	170165									
	Bio-fit Rye & Pumpkin Seed Bread	organic	6x500g	9.40		2.09	170167									
	Bio-fit Rye with Sunflower Bread	organic	6x500g	8.05		1.79	170168									
	Bio-fit Pumpernickel Bread	organic	6x500g	8.05		1.79	170170									
* <u>Biona - Bio-Diet, Gluten free Wholegrain</u>																
	Bread Crumbs - gluten free	organic	6x500g	17.95		3.99	169957									
	Corn & Lupin Bread	organic	6x250g	13.00		2.89	170169									
	Rice & Buckwheat Bread	organic	6x250g	13.00		2.89	170171									
	Rice Bread - large	organic	6x500g	16.15		3.59	170173									
	Rice & Sunflower Seed Bread	organic	6x500g	16.60		3.69	170174									
	Millet Bread	organic	6x250g	13.00		2.89	170172									
* <u>Biscru - Raw Organic Biscuits</u>																
	Beetroot & Carrot Raw Biscuits	organic	8x100g	19.50		3.25	170180									
	Black Olive & Onion Raw Biscuits	organic	8x100g	19.50		3.25	170182									
	Tomato & Paprika Raw Biscuits	organic	8x100g	19.50		3.25	170183									
	Apple & Date Raw Biscuits	organic	8x100g	19.50		3.25	170185									
	Fig & Lemon Raw Biscuits	organic	8x100g	19.50		3.25	170187									
* <u>Clearspring Puffed Rice Cakes</u>																
On Bargain Basic offer at the price below representing 12.5% off list we have Clearspring thin ricecakes on the shelf at 69p for September and October																
□	Rice Cakes No Added Salt	organic	12x100g	6.20		0.69	170455									
□	Rice Cakes Salted	organic	12x100g	6.20		0.69	170460									
□	Rice Cakes Multigrain Salted	organic	12x100g	6.20		0.69	170465									
* <u>Clearspring Japanese Rice Cakes</u>																
	Black Sesame Rice Cakes		12x150g	23.30		2.59	170505									
	Miso Rice Cakes		12x150g	23.30		2.59	170507									
	Teriyaki Rice Cakes		12x150g	23.30		2.59	170510									
	Sea Vegetable Rice Cakes		12x150g	23.30		2.59	170512									
	Tamari Garlic Rice Cakes		12x150g	23.30		2.59	170515									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>De Rit</u>														
Whole Rye Crispbread	organic 12x250g	13.70		1.52	170205									
Whole Rye Crispbread & Sesame	organic 12x250g	15.85		1.76	170210									
* <u>Duchy Originals</u>														
Oaten Biscuits for Cheese	organic 12x150g	22.70		2.52	170350									
Oaten Biscuits with Rosemary & Thyme	organic 12x150g	22.70		2.52	170355									
Cheddar Cheese Nibbles	organic 12x100g	22.70		2.52	170360									
Cheddar Cheese Nibbles with Rosemary & Thyme	organic 12x100g	22.70		2.52	170365									
Basil & Sunflower Crackers	organic 12x100g	17.05		1.89	170370									
Black Pepper Crackers	organic 12x100g	17.05		1.89	170375									
* <u>Hale & Hearty - Gluten Free</u>														
www.halenhearty.co.uk														
New from Hale & Hearty, clocking in at less than 20ppm gluten, carrying the Crossed Grain Symbol, and (you may think) perversely hidden in the Breads and Crackers section, we have Multi Purpose Whole Grain Breadcrumbs (w/m rice flour, corn flour, organic veg oil, rice flour, guar gum, yeast, sea salt, sodium bicarb, citric acid) and a Luxury Whole Grain Crumble Mix (wholemeal rice, corn, buckwheat and millet flours with raw cane sugar and veg oil, in the main) which is ready to sprinkle over the top of your choice of fruit and bake. Neither are certified organic though the crumble certainly has a majority of organic ingredients.														
* Luxury Wholegrain Crumble Mix	8x375g	18.55		3.09	170405									
* Multi Purpose Gluten Free Breadcrumbs	8x250g	19.15		3.19	170410									
* <u>Farretti - handmade spelt snacks</u>														
Spelt Biscuits Cep & Truffle	organic 6x100g	9.65		2.15	170240									
Spelt Biscuits Chilli & Chive	organic 6x100g	9.65		2.15	170245									
Spelt Biscuits Garlic & Rosemary	organic 6x100g	9.65		2.15	170250									
Spelt Biscuits Tomato & Onion	organic 6x100g	9.65		2.15	170255									
* <u>Glebe Farm has moved to the "Organic Flour" section</u>														
* <u>Kallo Foods - gluten-free - FairTrade</u>														
Fairtrade Unsalted Rice Cakes	organic 12x130g	12.50		1.39	173290									
* <u>Kallo Foods - gluten free - www.kallofoods.com</u>														
Corn Cakes - Original	organic 12x130g	14.30		1.59	173295									
Original Rice Cakes (No.1)	organic 12x130g	12.50		1.39	173005									
Unsalted Rice Cakes (No.2)	organic 12x130g	12.50		1.39	173010									
Sesame Rice Cakes	organic 6x130g	6.25		1.39	173030									
Unsalted Rice Cakes - Thin Slice	organic 12x130g	12.50		1.39	173040									
Savoury Rice Cakes	organic 12x110g	15.55 V		1.99	173065									
Dark Chocolate Rice Cake Thins	organic 16x90g	21.80 V		2.09	173085									
Milk Chocolate Rice Cake Thins	organic 16x90g	21.80 V		2.09	173086									
* <u>Kallo Foods Rice Cake Bites</u>														
Original Bites	organic 12x30g	5.30		0.59	173105									
Savoury Bites	organic 12x30g	5.40 V		0.69	173107									
Milk Chocolate Bites	organic 12x40g	8.55 V		1.09	173112									
* <u>Karg - www.dr-karg.de</u>														
New from Dr Karg we have a version of their legendary crispbread topped with tomato flakes, Mozzarella & Emmental, and a blend of Provençal herbs.														
Classic Wheat Crispbread	organic 10x200g	16.10		2.15	173255									
Emmental Cheese & Pumpkin Crispbread	organic 10x200g	17.85		2.39	173260									
Roast Onion Wheat Crispbread	organic 10x200g	17.10		2.29	173265									
Spelt Seeded Crispbread	organic 10x200g	18.70		2.49	173275									
Spelt & Emmental Cheese Crispbread	organic 10x200g	20.20		2.69	173280									
Spelt Muesli Crispbread	organic 10x200g	19.40		2.59	173283									
* Tomato & Mozzarella Crispbread	organic 10x200g	18.70		2.49	173285									
* <u>Karg - "Snack Bites"</u>														
Emmental Cheese & Pumpkin Snack Bite Crispbread	organic 9x150g	15.50		2.29	173287									
Spelt Seeded Snack Bite Crispbread	organic 9x150g	16.15		2.39	173294									
* <u>Karg - "To Go"</u>														
2-pack Classic Wheat Crispbread	organic 24x25g	10.60		0.59	173305									
2-pack Emmental Cheese & Pumpkin Crispbread	organic 24x25g	11.70		0.65	173310									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>La Bio-Idea</u>																
	Pizza Bases	organic	10x2	14.95		1.99	170305									
* <u>Le Pain des Fleurs</u>																
	Crunchy Buckwheat Toast	organic	12x150g	26.05		2.89	173405									
	Crunchy Chestnut Toast	organic	12x150g	29.90		3.32	173410									
	Crunchy Quinoa Toast - Fair Trade	organic	12x150g	28.90		3.22	173415									
* <u>Miller's Damsel - www.ashbournebiscuits.co.uk</u>																
	Spelt Wafer	organic	12x100g	16.80		1.88	174567									
	Three Seed Wafer	organic	12x100g	16.80		1.88	174570									
* <u>Mondovino</u>																
	Black Olive Crackers		12x125g	16.80		1.89	174605									
	Crème Fraîche & Spring Onion Crackers		12x125g	16.80		1.89	174610									
	Spicy Moroccan Crackers		12x125g	16.80		1.89	174615									
	Porcini Crackers		12x125g	20.50		2.29	174620									
* <u>Nairn's - www.simmers-nairns.com</u>																
	Oatcakes	organic	12x250g	11.60		1.29	174705									
	Herb & Pumpkin Seed Oatcakes	organic	12x200g	13.40		1.49	174710									
	Cheese Oatcakes		12x200g	13.40		1.49	174715									
* <u>Newbury Philips Bakery</u>																
	Plain Naan Bread	organic	12x2p	13.65		1.52	174802									
	Coriander & Garlic Naan Bread	organic	12x2p	13.65		1.52	174803									
	Large White Pitta Bread	organic	14x6p	13.45		1.28	174805									
	Sesame Small Pitta Bread	organic	14x8p	13.45		1.28	174810									
	Wholewheat Small Pitta Bread	organic	14x8p	13.45		1.28	174815									
* <u>Organico - breadsticks</u>																
	Classic Grissini	organic	8x120g	11.10		1.85	175305									
	Spelt Grissini	organic	8x120g	14.10		2.35	175310									
	Omega3 Wholewheat & Flaxseed Grissini	organic	8x120g	11.10		1.85	175315									
	Sesame Grissini	organic	8x120g	11.10		1.85	175320									
* <u>Orgran - gluten free</u>																
	All Purpose Crumb		8x300g	13.15		2.19	171995									
	Corn Crispbread		12x200g	21.50		2.39	172005									
* <u>Patersons Oatcakes www.paterson-arran.com</u>																
	Oatcakes Rough		12x300g	10.70		1.19	175510									
* <u>Schnitzer</u>																
	Spelt Grissini	organic	12x125g	19.70		2.19	176460									
	Spelt Crackers	organic	12x100g	17.90		1.99	176470									
	Spelt Crackers with Poppy Seeds	organic	12x100g	17.90		1.99	176475									
	Spelt Crackers with Sesame Seeds	organic	12x100g	17.90		1.99	176477									
* <u>Sharpham Park</u>																
▲	Chilli & Chive Spelt Bites	organic	8x100g	13.50		2.25	175605									
▲	Rosemary & Garlic Spelt Bites	organic	8x100g	13.50		2.25	175610									
▲	Tomato & Onion Spelt Bites	organic	8x100g	13.50		2.25	175615									
* <u>Sunnyvale - www.sunnyvaleorganic.com</u>																
	Fruit-T-Loaf	organic	8x300g	8.70		1.45	176503									
	Gluten-Free Mixed Grain Loaf	organic	8x400g	15.30		2.55	176505									
	Malt Loaf	organic	8x290g	7.80		1.30	176510									
	Rye Sourdough Loaf	organic	8x400g	8.10		1.35	176520									
	Sprouted Rye Bread	organic	8x400g	9.60		1.60	176480									
	Sprouted Spelt Bread	organic	8x400g	11.10		1.85	176482									
	Sprouted Spelt Raisin Bread	organic	8x400g	11.70		1.95	176485									
	Sprouted Wheat Date Bread	organic	8x400g	10.50		1.75	176525									
	Sprouted Wheat Raisin Bread	organic	8x400g	9.90		1.65	176530									
	Sprouted Wheat Bread	organic	8x400g	9.30		1.55	176535									
	Sprouted Wheat Hemp Bread	organic	8x400g	11.95		1.99	176555									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>TerraSana</u>															
Crackers Linseed & Rosemary	organic	12x160g	17.20		1.91	176575									
Crackers Onion & Oregano	organic	12x165g	17.20		1.91	176577									
Crackers Tomato	organic	12x175g	17.20		1.91	176580									
* <u>Village Bakery - www.village-bakery.com</u>															
Oatcakes	organic	12x250g	17.90		1.99	177005									
Savoury Seed Biscuits	organic	12x200g	17.90		1.99	177010									
■ Biscuits and Cakes															
* <u>Against The Grain - free from wheat, dairy & gluten</u>															
www.againstthegrainfoods.com															
Almond Cookies	organic	6x150g	12.35		2.74	180155									
Berry Delicious Cookies	organic	6x150g	13.50		2.99	180157									
Choc Chip & Hazel Cookies	organic	6x150g	12.85		2.86	180160									
Ginger Crunches	organic	6x150g	12.35		2.74	180165									
* <u>Against The Grain - 2-packs</u>															
Almond Cookies - 2 pack	organic	30x35g	16.10		0.72	180170									
Berry Delicious Cookies - 2 pack	organic	30x35g	17.80		0.79	180175									
Choc Chip & Hazel Cookies - 2 pack	organic	30x35g	16.80		0.75	180180									
Ginger Crunches - 2 pack	organic	30x35g	16.10		0.72	180185									
* <u>Amisa - Hildegard</u>															
Spelt Cantuccini - Almonds & Honey	organic	6x150g	13.00		2.89	180250									
Spelt Choc Chip Cookies	organic	6x150g	11.65		2.59	180255									
Spelt Fruit Hearts	organic	6x150g	11.65		2.59	180260									
Spelt Ginger Cookies	organic	6x150g	11.65		2.59	180265									
Spelt Marble Cookies (choc)	organic	6x150g	12.10		2.69	180270									
* <u>Billy's Farm - spelt based</u>															
Apple & Cranberry Spelt Cookies	organic	16x175g	27.15		2.26	180280									
Ginger & Walnut Spelt Cookies	organic	16x175g	27.15		2.26	180285									
* <u>Billy's Farm - wheat based</u>															
Almond Cookies	organic	16x200g	27.15		2.26	180305									
Cardamom Cookies	organic	16x200g	27.15		2.26	180315									
* <u>Biona gluten-free</u>															
Hazelnut Macaroons	organic	8x100g	23.95		3.99	180360									
* <u>Biona - cookies</u>															
Butter & Almond Shortbread Cookies	organic	6x240g	9.85		2.19	180430									
Canabiscuits - hemp & raisin	organic	6x240g	9.85		2.19	180403									
Chocolate Chip & Orange Cookies	organic	6x240g	9.85		2.19	180404									
Hazelnut Cookie	organic	6x240g	9.85		2.19	180405									
Muesli Cookie	organic	6x240g	9.85		2.19	180410									
Lemon & Coconut Cookies	organic	6x240g	9.85		2.19	180413									
Raisin & Coconut Cookie	organic	6x240g	9.85		2.19	180415									
Animal Fun Children's Cookies	organic	12x175g	15.20		1.69	180421									
Gingerbread Men	organic	12x125g	15.20		1.69	180423									
Blueberry-filled Cookies	organic	12x175g	16.10		1.79	180432									
Choco-Hazel filled Cookies	organic	12x175g	16.10		1.79	180433									
Raspberry-filled Cookies	organic	12x175g	16.10		1.79	180434									
* <u>Biona Honeycakes.</u>															
Honeycake	organic	6x320g	9.85		2.19	180460									
Honeycake with Ginger	organic	6x320g	10.30		2.29	180465									
Honeycake with Raisins	organic	6x320g	10.30		2.29	180475									
* <u>Biona Waffles - no added sugar</u>															
Apple & Pear Waffles	organic	12x175g	16.10		1.79	180435									
Apricot Waffles	organic	12x175g	16.10		1.79	180440									
Maple Syrup Waffles	organic	12x175g	17.00		1.89	180442									
* <u>De Rit</u>															
Sponge Fingers	organic	7x125g	10.20		1.94	181020									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Doves Farm Biscuits</u>																
◆	Digestive Biscuits - Family pack	organic	20x400g	26.50		1.79	181516									
◆	Digestive Biscuits	organic	12x200g	8.90		0.99	181515									
◆	Fruity Oat Digestive	organic	12x200g	12.00		1.35	181517									
* <u>Doves Farm - FairTrade</u>																
☆	Butter Flapjacks	organic	16x40g	5.00		0.42	181550									
	Apple & Sultana Flapjacks	organic	16x40g	5.00		0.42	181555									
	Low Fat Fruity Oat Bars	organic	16x40g	5.40 V		0.52	181585									
	Rich Choc & Crispy Rice Bars	organic	16x35g	5.40		0.45	181595									
	Tropical Bar	organic	16x40g	6.75 V		0.65	181597									
* <u>Doves Farm - FairTrade multipacks</u>																
New from Doves Farm, in a logical extension of the range, we have multipacks of the best selling Fair Trade Flapjacks and snackbars. Packed in boxes of five they represent a saving of between 16% and 20% on the corresponding single bars.																
✱	Multipack Butter Flapjacks	organic	12x5x40g	15.00		1.67	181552									
✱	Multipack Apple & Sultana Flapjacks	organic	12x5x40g	15.00		1.67	181557									
✱	Multipack Rich Choc & Crispy Rice Bars	organic	12x5x35g	17.00		1.89	181596									
* <u>Doves Farm - Gluten-Free FairTrade Cookies</u>																
	Hazelnut Cookie	organic	12x150g	14.00		1.56	181522									
	Lemon Zest Cookie	organic	12x150g	14.00		1.56	181525									
* <u>Duchy Originals</u>																
	Highland All Butter Shortbread	organic	12x150g	22.70		2.52	181605									
	Sicilian Lemon All Butter Shortbread	organic	12x150g	22.70		2.52	181610									
	Chocolate & Vanilla All Butter Shortbread	organic	12x150g	22.70		2.52	181615									
	Hazelnut & Cranberry Sweet Oaten Biscuit	organic	12x150g	22.70		2.52	181620									
	Stem Ginger Sweet Oaten Biscuit	organic	12x150g	22.70		2.52	181625									
	Heather Honey Sweet Oaten Biscuit	organic	12x150g	22.70		2.52	181630									
* <u>Duchy Originals - twinpacks</u>																
	Highland Shortbread - twinpacks	organic	48x25g	19.75		0.55	181645									
	Lemon Shortbread - twinpacks	organic	48x25g	22.20		0.62	181650									
	Sweet Oaten with Ginger - twinpacks	organic	48x25g	22.20		0.62	181655									
* <u>Duchy Originals - Chocolate Coated</u>																
	Stem Ginger Biscuits Coated in Dark Chocolate	organic	12x100g	23.60 V		3.02	181675									
	Orange Biscuits Coated in Dark Chocolate	organic	12x100g	23.60 V		3.02	181680									
	Sultana & Heather Honey Biscuits in Dark Chocolate	organic	12x125g	23.60 V		3.02	181685									
	Toffee Biscuits Dipped in Milk Chocolate	organic	12x125g	23.60 V		3.02	181690									
* <u>Ines Rosales www.inesrosales.com</u>																
	Tortas - Spanish wafers		10x180g	32.00		4.27	182320									
* <u>Island Bakery - www.islandbakery.co.uk</u>																
	Apple Crumbles	organic	12x150g	21.50		2.39	182347									
	Chocolate Gingers	organic	12x150g	22.80 V		2.91	182350									
	Chocolate Limes	organic	12x150g	22.80 V		2.91	182351									
	Lemon Melts	organic	12x150g	22.80 V		2.91	182352									
	Oat Crumbles	organic	12x150g	16.75		1.85	182355									
	Shortbread	organic	12x150g	16.75		1.85	182357									
* <u>Island Bakery - 2-packs</u>																
	Apple Crumbles - 2 pack	organic	30x35g	13.85		0.62	182370									
	Chocolate Gingers - 2 pack	organic	30x35g	14.10 V		0.73	182375									
	Chocolate Limes - 2 pack	organic	30x35g	14.10 V		0.73	182376									
	Lemon Melts - 2 pack	organic	30x35g	14.10 V		0.73	182377									
	Oat Crumbles - 2 pack	organic	30x35g	11.50		0.52	182380									
	Shortbread - 2 pack	organic	30x35g	11.50		0.52	182382									
* <u>Miller's Damsel - see "The Fine Cookie Co" below</u>																
* <u>Nairn's Oat Biscuits - wheat-free - www.nairns-oatcakes.com</u>																
	Fruit & Spice Oat Biscuits		10x200g	10.65		1.42	182395									
	Mixed Berries Oat Biscuits		10x200g	10.65		1.42	182387									
	Stem Ginger Oat Biscuits		10x200g	10.65		1.42	182390									

▲ price rise ▼ fall

✱ new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Orgran - gluten-free</u>																
◆	Mini Outback Animals - Choc - Multi - GF		6x8x22g	15.50		3.45	182405									
◆	Mini Outback Animals - Vanilla - Multi - GF		6x8x22g	15.50		3.45	182410									
◆	Outback Animals - Choc - GF		8x175g	11.70		1.95	182415									
◆	Outback Animals - Vanilla - GF		8x175g	11.70		1.95	182420									
* <u>Sunnyvale Cakes - www.sunnyvaleorganic.com</u>																
	Banana Cake	organic	8x300g	17.95		2.99	183501									
	Carrot Cake with Raisins	organic	8x400g	17.95		2.99	183502									
	Date & Pecan Cake	organic	8x400g	21.00		3.50	183510									
	Fig & Orange Cake	organic	8x400g	15.60		2.60	183515									
	Fruit Cake - original	organic	8x400g	15.60		2.60	183520									
	Rye & Raisin Cake	organic	8x400g	16.20		2.70	183526									
	Rye Stem Ginger Cake	organic	8x380g	17.70		2.95	183523									
	Stem Ginger Cake - original		8x380g	21.00		3.50	183525									
* <u>TerraSana - Waffles - www.terrasana.com</u>																
◆	Malt Syrup Waffles	organic	12x175g	16.60		1.84	183020									
◆	Hazelnut Waffles	organic	12x175g	16.60		1.84	183025									
◆	Honey Waffles	organic	12x175g	16.60		1.84	183030									
* <u>The Organic Collection from Organico</u>																
I'm sure you don't want to know the tragic tale of how our supplier accidentally managed to delist the Galettes Fines (excellent seller) instead of the Traditional Galettes (poor seller). Do you? Rejoice in the rectification of the situation below.																
▲	Almond Cantuccini	organic	12x200g	35.55		3.95	183042									
▲	Chocolate Cantuccini	organic	12x200g	35.55		3.95	183045									
✱	Galettes Fines	organic	12x125g	17.95		1.99	183051									
▲	Petit Beurre	organic	12x150g	17.95		1.99	183052									
* <u>The Fine Cookie Co (was "Miller's Damsel")</u>																
	Ginger Cookies	organic	12x200g	15.85		1.76	180205									
	Lemon Cookies	organic	12x200g	15.85		1.76	180210									
	Oat & Raisin Cookies	organic	12x200g	15.85		1.76	180215									
	Spelt Cookies	organic	12x200g	15.85		1.76	180220									
* <u>True Story - organic butter biscuits</u>																
	Coffee & Brazil Nut Biscuits	organic	12x150g	18.35		2.04	183605									
	Dark Chocolate & Chilli Biscuits	organic	12x150g	18.35		2.04	183610									
	Fig & Oat Biscuits	organic	12x150g	18.35		2.04	183615									
	Muesli Biscuits	organic	12x125g	18.35		2.04	183620									
	Spelt & Hazelnut Biscuits	organic	12x125g	18.35		2.04	183625									
	Stem Ginger & Sultana Biscuits	organic	12x150g	18.35		2.04	183630									
* <u>Two by Two - childrens butter biscuits</u>																
	Lemon Curd - George & Dragon	organic	12x100g	18.40		2.04	183670									
	Strawberry - Lion & Mouse	organic	12x100g	18.40		2.04	183675									
	Toffee - Hare & Tortoise	organic	12x100g	18.40		2.04	183677									
	Vanilla - Owl & Pusycat	organic	12x100g	18.40		2.04	183680									
	Twinpack Lemon Curd - George & Dragon	organic	48x25g	19.20		0.53	183685									
	Twinpack Vanilla - Owl & Pusycat	organic	48x25g	19.20		0.53	183690									
* <u>Village Bakery - www.village-bakery.com</u>																
	Four Fruit Bar - Individual	organic	20x45g	10.35		0.69	183730									
	Four Berry Bar	organic	6x170g	10.30		2.29	183733									
	Four Fruit Bar - Multi	organic	6x170g	10.30		2.29	183735									
	Four Nut Bar	organic	6x170g	10.30		2.29	183740									
	Four Seed Bar	organic	6x170g	10.30		2.29	183745									
* <u>Village Bakery - gluten-free</u>																
	Gluten-free Fruit, Nut & Seed Bar	organic	20x45g	10.35		0.69	183782									
	Gluten-free Fruit, Nut & Seed Bar	organic	8x125g	14.10		2.35	183787									
	Orange & Apricot Fruit Fingers	organic	8x125g	14.10		2.35	183788									
	Gluten-free Rich Fruit Cake Slice	organic	8x200g	15.90		2.65	183789									
	Gluten-free Ginger Biscuits	organic	6x150g	10.15		2.25	183790									
* <u>Walkers</u>																
▲	Shortbread Fingers	organic	12x190g	23.80		2.64	183955									
▲	Wheat & Oat Biscuits	organic	12x150g	17.85		1.98	183960									

▲ price rise ▼ fall

✱ new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Wholebake Organic Flapjacks</u>														
Mixed Case Flapjack	organic	20x100g	11.90	0.79	183925									
■ Organic Cold Pressed Oils														
* <u>Biona Oils - not heat extracted</u>														
Linseed Oil "Oxyguard"	organic	4x250ml	17.05	5.69	200415									
Hemp Seed Oil "Oxyguard"	organic	4x250ml	28.95	9.66	200420									
Virgin Coconut Oil - lge	organic	6x400g	31.00	6.89	200405									
Virgin Coconut Oil - sml	organic	6x200g	16.60	3.69	200410									
Frying Oil - sunflower	organic	6x500ml	14.35	3.18	200423									
Italian E.V. Olive Oil	organic	6x500ml	26.50	5.89	200425									
Italian E.V. Olive Oil	organic	6x1l	44.95	9.99	200427									
Pumpkin Seed Oil - unroasted	organic	6x250ml	28.30	6.29	200430									
Rapeseed Oil	organic	6x500ml	13.45	2.99	200432									
Safflower Oil	organic	6x500ml	14.35	3.19	200435									
Sunflower Oil	organic	6x500ml	13.45	2.99	200437									
* <u>Bio Planète</u>														
Olive Oil	organic	6x500ml	23.80	5.29	200467									
Peanut Oil	organic	6x500ml	39.50	8.78	200470									
Rapeseed Oil	organic	6x500ml	17.05	3.79	200471									
Safflower Oil	organic	6x500ml	19.75	4.39	200472									
Sesame Oil	organic	6x500ml	25.60	5.69	200475									
Sunflower Oil	organic	6x500ml	14.35	3.19	200477									
Point of Sale Leaflets - free of charge		5p			200485									
* <u>Clearspring - www.clearspring.co.uk</u>														
Clearspring have decided to target their resources carefully with offers on 10 products, across 5 sections, all at 15% off for September and October, and beginning with the 500ml Sunflower Frying Oil below.														
Hazelnut Oil	organic	8x250ml	47.95	7.99	200501									
Olive Oil - Extra Virgin - Italy	organic	8x250ml	19.15	3.19	200500									
Olive Oil - Extra Virgin - Italy	organic	6x500ml	22.45	4.99	200502									
Olive Oil - Extra Virgin - Italy	organic	6x1l	40.45	8.99	200503									
Olive Oil - Extra Virgin - Italy - black plastic	organic	1x3l	19.50	25.99	200506									
◆ Tunisian Olive Oil - Extra Virgin	organic	6x500ml	22.45	4.99	200515									
Tunisian Olive Oil - Extra Virgin	organic	6x1l	40.45	8.99	200516									
Olive & Flax Oil	organic	8x250ml	29.95	4.99	200508									
Omega Oil (4 oil blend)	organic	6x500ml	31.45	6.99	200507									
Pumpkin Seed Oil - Toasted - Styrian	organic	8x250ml	44.95	7.49	200512									
◆ Rapeseed Oil	organic	6x500ml	14.35	3.19	200511									
◆ Safflower Oil	organic	6x500ml	17.95	3.99	200513									
Sesame Oil	organic	6x500ml	22.45	4.99	200517									
Sesame Oil	organic	6x1l	41.80	9.29	200518									
Sesame Oil - Toasted	organic	8x250ml	21.55	3.59	200520									
Sesame Oil - Toasted	organic	6x500ml	26.05	5.79	200522									
Soybean Oil	organic	6x500ml	13.45	2.99	200535									
Sunflower Oil	organic	6x500ml	12.10	2.69	200525									
Sunflower Oil	organic	6x1l	21.10	4.69	200527									
□ Sunflower Oil - black plastic	organic	1x3l	9.75	12.99	200528									
Sunflower Oil - for Frying	organic	6x500ml	11.45	2.54	200530									
Sunflower Oil - for Frying	organic	6x1l	23.35	5.19	200532									
Sunflower Oil - for Frying - black plastic	organic	1x3l	10.80	14.39	200533									
Walnut Oil	organic	8x250ml	45.55	7.59	200537									
Clearspring Cold Pressed Oils leaflets - please quote code:					200540									
* <u>Coconoil - www.coconoil.com</u>														
Coconoil - virgin coconut oil	organic	1x460g	6.65	8.89	200605									
Coconoil leaflet foc - please quote code:					200610									
* <u>Equal Exchange - FairTrade</u>														
Amazon Flame Brazil Nut Oil	organic	6x250ml	16.15	3.59	200655									
* <u>Granovita</u>														
Flax Seed Oil	organic	6x260ml	24.85 V	6.35	200855									
Hemp Seed Oil	organic	6x260ml	26.95	6.00	200860									
Omega Blend Oil	organic	6x260ml	26.00 V	6.64	200865									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Infinity Foods</u>															
Avocado Oil	organic	6x250ml	30.00		6.67	201497									
Olive Oil - Extra Virgin - Greece	organic	6x500ml	22.50		4.99	201498									
* <u>Krak Des Chevaliers</u>															
Olive Oil - Extra Virgin- Syria	organic	6x750ml	38.25		8.50	200495									
* <u>La Bio-Idea</u>															
Olive Oil - Extra Virgin- Italy	organic	8x500ml	38.35		6.39	200505									
* <u>Meridian - www.meridianfoods.co.uk</u>															
Olive Oil - Extra Virgin - Spain	organic	6x500ml	22.45		4.99	201010									
Safflower Oil	organic	6x500ml	17.95		3.99	201020									
Sesame Oil	organic	6x500ml	22.45		4.99	201025									
Sesame Oil Toasted	organic	6x500ml	22.45		4.99	201028									
Sunflower Oil	organic	6x500ml	13.45		2.99	201030									
* <u>Omega Nutrition - www.omeganutrition.com</u>															
Essential Balance Oil	organic	1x355ml	8.40		11.19	855023									
Flax Seed Oil	organic	1x237ml	6.25		8.35	855025									
Flax Seed Oil	organic	1x355ml	8.30		11.09	855027									
Coconut Oil	organic	1x454g	7.65		10.19	855037									
* <u>Splish</u>															
www.splishorganic.com															
Here's an interesting one - the first tetra packed olive oil we have seen which trumpets its ecocredentials whilst originating in Australia. How to square the circle? Well, the oil is sea freighted in bulk to Spain where it is packed in state-of-the-art facilities into tetrads designed and selected for their oxidation protection (better than glass) and zero light penetration. The oil is then marketed in Europe, and with the packaging amounting to only 4% of the total product weight the benefits at this distribution stage are enormous. On arrival at the consumer the packaging, made from renewable resources and recyclable, again scores on the envirometer. Would it be better if the oil originated in Europe? Well, yes, and I'm looking into it. With these transport savings you might be expecting to see some financial benefits as well, but the rrp is 7.99 for half a litre. The reason? Splish are so focused on the suitability of the packaging for its purpose (keeping extra virgin olive oil fresh) that they have used an extraordinarily good oil - it's the kind of oil usually seen in an undersized, long necked bottle with a hand-made paper label attached with raffia. It is very good. Will the consumer take to it? Only time will tell, but I think we'll see more developments in this direction over the next couple of years. Shall I shut up now?															
* Olive Oil Tetra - Extra Virgin	organic	10x500ml	59.90		7.99	201905									
* <u>Sunita</u>															
Olive Oil Greek - Extra Virgin	organic	6x500ml	21.35		4.74	202010									
Olive Oil Greek - Extra Virgin	organic	6x1l	35.65		7.92	202015									
Olive Oil Greek - Extra Virgin - tin	organic	1x5l	26.45		35.27	202017									
Mediterranean E.V. Olive Oil	organic	6x1l	33.35		7.41	202025									
Mediterranean E.V. Olive Oil - plastic	organic	1x5l	25.00		33.33	202030									
* <u>Sun & Seed</u>															
Pumpkin Seed Oil	organic	6x250ml	35.95		7.99	202036									
Lightly Toasted Pumpkin Seed Oil	organic	6x250ml	35.95		7.99	202037									
Sunflower Seed Oil Seed Oil	organic	6x500ml	15.70		3.49	202038									
* <u>The Groovy Food Company - www.groovyfood.co.uk</u>															
Cool Oil - Omega 3,6 &9	organic	6x250ml	38.20		8.49	202040									
* <u>Tiana</u>															
Virgin Coconut Oil - lge	organic	1x500ml	10.45		13.95	202045									
Virgin Coconut Oil - sml	organic	1x250ml	5.60		7.49	202047									
Tiana Point of Sale Leaflet free of charge - please quote code:															
202049															
* <u>Yaoh</u>															
Hemp Seed Oil	organic	6x250ml	28.45		6.32	202050									
* <u>Yorkshire Hemp - www.yorkshirehemp.com</u>															
Hemp Seed Oil	organic	6x250ml	33.40		7.42	202065									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Zaytoun - www.zaytoun.org</u>														
For point of sale material and in-store tastings please phone 08453 454887														
Palestinian Olive Oil - Fair Trade	organic 12x250ml	37.90		4.21	202105									
Palestinian Olive Oil - Fair Trade	organic 12x500ml	70.70		7.86	202110									
Palestinian Olive Oil - Fair Trade	organic 12x750ml	95.55		10.62	202115									
Palestinian Olive Oil - Fair Trade	organic 5l	43.75	8.75		202120									
■ Cold Pressed Oils														
* <u>Braham & Murray - www.goodwebsite.co.uk</u>														
Good Oil - Mild & Light Hemp Oil	6x250ml	17.95		3.99	210465									
Good Oil - Original Hemp Oil	6x250ml	17.95		3.99	210470									
* <u>Hellenic</u>														
◆ Olive Oil Kalamata Extra Virgin	12x250ml	17.95		1.99	210505									
◆ Olive Oil Kalamata Extra Virgin	12x500ml	29.30		3.26	210510									
◆ Olive Oil Kalamata Extra Virgin	12x1l	50.00		5.56	210515									
Olive Oil Kalamata Extra Virgin - tin	1x3l	11.70		15.60	210520									
Olive Oil Kalamata Extra Virgin - tin	1x5l	18.45		24.60	210525									
* <u>Meridian</u>														
Grape Seed Oil	6x500ml	17.95		3.99	211015									
* <u>Sussex Gold</u>														
Rape Seed Oil - Extra Virgin	6x500ml	22.25		4.95	211025									
■ Refined Oils														
* <u>Community Foods</u>														
Sunflower Oil	15x1l	26.00		2.31	220535									
* <u>Abea</u>														
Olive Oil Pomace - tin	5l	13.45	2.69		220597									
■ Nut, Sweet & Savoury Spreads														
* <u>Biona - Carob Spreads</u>														
Carobio - carob hazel spread	organic 6x400g	14.35		3.19	250140									
* <u>Biona - Chocolate Spreads</u>														
Chocolate Spread - vegan	organic 6x350g	13.45		2.99	250150									
Milk Chocolate Hazelnut Spread	organic 6x350g	13.45		2.99	250155									
* <u>Biona - Nut Butters</u>														
Almond Butter - unblanched	organic 6x170g	19.30		4.29	250205									
White Almond Butter - unroasted	organic 6x170g	22.00		4.90	250207									
Cashew Butter	organic 6x170g	16.60		3.69	250210									
Hazel Butter	organic 6x170g	21.10		4.69	250215									
Mixed Nut Butter	organic 6x170g	13.45		2.99	250217									
Peanut Butter Sm. Unsalted - lge	organic 6x500g	17.50		3.89	250220									
Peanut Butter Smooth Unsalted - sml	organic 6x250g	9.85		2.19	250222									
Peanut Butter Cr. Salted - lge	organic 6x500g	17.50		3.89	250223									
Peanut Butter Crunchy Salted - sml	organic 6x250g	9.85		2.19	250225									
Tahini Brown with salt	organic 6x250g	9.85		2.19	250230									
Tahini White no salt - unroasted	organic 6x250g	13.00		2.89	250233									

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Carley's Organic Foods - www.carleys.co.uk</u>																
Pushing the envelope as usual the Chuck Yeager of wholefoods - John Carley - has a few more Cornish delights for us this time: in this section, Raw Chocolate & Almond Spread cool milled from raw organic almonds and raw cocoa bean powder. What can I say? It's rich, raw, highly suited to spooning directly from the jar and, John, I'm running out of codes for Carley's spreads! How about branching out into, say, mustards, or spicy roasted nuts in a jar?																
	Raw White Almond Butter - blanched	organic	6x170g	17.30	3.98		250234									
	Almond Butter - unblanched	organic	6x170g	16.30	3.75		250235									
	Whole Raw Almond Butter	organic	6x250g	23.25	5.35		250232									
	Apricot Kernel Butter - raw	organic	6x170g	15.00	3.45		250236									
	Brazil Nut Butter - raw	organic	6x170g	14.15	3.25		250238									
	Cashew Butter	organic	6x170g	14.35	3.30		250237									
*	Raw Chocolate & Almond Spread	organic	6x250g	23.25	5.35		250229									
	Hazelnut Butter	organic	6x170g	16.75	3.85		250240									
	Hempseed Butter - raw	organic	6x170g	21.55	4.95		250241									
	Hemp & Linseed Butter - raw	organic	6x170g	15.45	3.55		250239									
	Macadamia Nut Butter	organic	6x170g	21.55	4.95		250244									
	Mixed Nut Butter	organic	6x170g	15.20	3.49		250242									
▲	Premium Mixed Seed Butter - raw	organic	6x250g	14.95	3.45		250243									
	Barleygrass/Mixed Seed Butter - raw	organic	6x250g	15.85	3.65		250249									
	Peanut Butter	organic	6x250g	8.05	1.85		250246									
	Pecan Butter - raw	organic	6x170g	21.55	4.95		250245									
	Premium Pumpkinseed Butter - raw	organic	6x250g	16.30	3.75		250247									
	Rainforest Nut Butter - raw	organic	6x170g	16.95	3.89		250248									
	Sesame Butter	organic	6x250g	12.85	2.95		250250									
	Sunflowerseed Butter	organic	6x250g	9.75	2.25		250252									
	Tahini Light - raw	organic	6x250g	16.30	3.75		250253									
	Tahini Dark - raw	organic	6x250g	16.30	3.75		250254									
	Walnut Butter - raw	organic	6x170g	13.25	3.05		250255									
* <u>Carley's Organic Foods - Spreads</u>																
	Carrot & Almond Spread	organic	6x160g	8.50	1.95		250280									
	Red Onion & Hazel Spread	organic	6x160g	8.50	1.95		250285									
	Sweet Red Pepper Spread	organic	6x160g	8.50	1.95		250290									
* <u>Ché Toffee - www.chetoffee.com</u>																
	Dulce de Leche - milk toffee spread	organic	6x250g	10.45	2.49		250275									
* <u>Equal Exchange Spreads - FairTrade</u>																
	Organic Peanut Butter Crunchy - W/S - FT	organic	6x280g	11.20	2.49		250475									
	Organic Peanut Butter Crunchy - N/S - FT	organic	6x280g	11.20	2.49		250480									
	Organic Peanut Butter Smooth - W/S - FT	organic	6x280g	11.20	2.49		250485									
	Organic Peanut Butter Smooth - N/S - FT	organic	6x280g	11.20	2.49		250490									
	Peanut Butter Crunchy - W/S - FT		6x280g	9.85	2.19		250450									
	Peanut Butter Crunchy - N/S - FT		6x280g	9.85	2.19		250455									
	Peanut Butter Smooth - W/S - FT		6x280g	9.85	2.19		250460									
	Peanut Butter Smooth - N/S - FT		6x280g	9.85	2.19		250465									
	Cashew Butter - El Salvador	organic	6x170g	13.00	2.89		250510									
	Light Tahini - Nicaragua	organic	6x270g	11.60	2.57		250512									
	Natural Dark Tahini - Nicaragua	organic	6x270g	11.60	2.57		250515									
* <u>Essential - FairTrade</u>																
▼	Dark Chocolate Spread - Vegan	organic	6x400g	13.30	2.96		250605									
▼	Duo Swirl Chocolate Spread	organic	6x400g	13.30	2.96		250610									
▼	Hazelnut Chocolate Spread	organic	6x400g	13.90	3.09		250612									
* <u>Essential - Vitam-R</u>																
	Vitam-R (yeast extract low salt)		12x125g	26.90	2.99		251005									
	Vitam-R (yeast extract low salt)		12x250g	47.60	5.29		251010									
	Organic Vitam-R (yeast extract low salt)	organic	12x150g	56.65	6.29		251015									
* <u>Green & Blacks - www.greenandblacks.com</u>																
	Hazelnut Chocolate Spread	organic	6x400g	11.90	2.64		250575									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Meridian We swore we would never do it again, but ... Promotion from hell: non-organic Meridian Crunchy Peanut Butters (salt and no salt) will be 55% extra fill (435g) while stocks last. The Infinity code and price is the same as for 280g which is what will be sent out once the extra fill stock is depleted. Please remain calm and be happy whatever you get.														
Almond Butter (non o/g)		6x170g	10.30	2.29	251505									
Organic Almond Butter	organic	6x170g	13.45	2.99	251507									
Brazil Nut Butter		6x170g	10.30	2.29	251510									
Cashew Butter		6x170g	10.30	2.29	251515									
Cashew Butter	organic	6x170g	12.55	2.79	251517									
Hazel Butter		6x170g	10.30	2.29	251520									
Peanut Butter Crunchy No Salt - plastic	organic	6x1kg	26.95	5.99	251523									
Peanut Butter Crunchy No Salt	organic	6x280g	8.05	1.79	251525									
Peanut Butter Crunchy Salted	organic	6x280g	8.05	1.79	251527									
Peanut Butter Smooth No Salt	organic	6x280g	8.05	1.79	251530									
Peanut Butter Smooth Salted	organic	6x280g	8.05	1.79	251532									
Peanut Butter Crunchy - plastic		6x1kg	21.55	4.79	251545									
☐ Peanut Butter Crunchy (435g while stocks last!)		6x280g	7.15	1.59	251550									
☐ Peanut Butter Crunchy No Salt - plastic		6x1kg	21.55	4.79	251565									
☐ Peanut Butter Crunchy No Salt (435g while stocks last)		6x280g	7.15	1.59	251570									
Peanut Butter Smooth - plastic		6x1kg	21.55	4.79	251585									
Peanut Butter Smooth - glass		6x280g	7.15	1.59	251590									
Peanut Butter Smooth No Salt - plastic		6x1kg	21.55	4.79	251605									
Peanut Butter Smooth No Salt - glass		6x280g	7.15	1.59	251610									
Pumpkin Seed Butter	organic	6x170g	8.95	1.99	251615									
Tahini Light		6x270g	7.60	1.69	251620									
Tahini Light	organic	6x270g	11.20	2.49	251623									
Tahini Natural		6x270g	7.60	1.69	251625									
Tahini Natural	organic	6x270g	11.20	2.49	251628									
Yeast Extract		6x340g	17.95	3.99	251630									
Yeast Extract - no added salt		6x340g	17.95	3.99	251632									
Point of Sale Leaflet - free of charge					251633									
* Modern Health														
Natex Spread - Yeast Extract		12x250g	26.45	2.94	252010									
Natex Reduced Salt Spread		12x125g	18.10	2.01	252015									
Natex Reduced Salt Spread		12x250g	30.15	3.35	252020									
* Plamil - vegan - www.plamilfoods.co.uk														
Chocolate Spread - plain	organic	6x275g	9.80	2.18	252605									
Chocolate Spread - orange	organic	6x275g	9.80	2.18	252615									
* Rapunzel - stone milled														
Almond Butter	organic	6x250g	31.00	6.90	252705									
Tahini White - No Salt	organic	6x250g	17.05	3.79	252740									
* Suma - www.suma.co.uk														
Peanut Butter Crunchy salted	organic	6x340g	11.05	2.45	252805									
Peanut Butter Crunchy salted	organic	6x700g	19.75	4.39	252807									
Peanut Butter Crunchy no salt	organic	6x340g	11.05	2.45	252810									
Peanut Butter Crunchy no salt	organic	6x700g	19.75	4.39	252812									
Peanut Butter Smooth salted	organic	6x340g	11.05	2.45	252815									
Peanut Butter Smooth salted	organic	6x700g	19.75	4.39	252825									
Peanut Butter Smooth no salt	organic	6x340g	11.05	2.45	252827									
* Sunita - stoneground no-salt														
Tahini Brown		3kg	11.75	3.92	253005									
Tahini Brown		12x340g	16.75	1.86	253010									
Tahini Brown	organic	3kg	15.70	5.23	253017									
Tahini Brown	organic	6x340g	11.25	2.50	253018									
Tahini White	organic	3kg	15.70	5.23	253020									
Tahini White	organic	6x340g	11.25	2.50	253025									
Tahini White		3kg	11.75	3.92	253030									
Tahini White		12x340g	16.75	1.86	253035									
* Sun & Seed														
Pumpkin Seed Butter	organic	6x250g	17.75	3.94	251105									
Sunflower Seed Butter	organic	6x250g	13.45	2.99	251110									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>TerraSana</u>															
Peanut Butter Crunchy	organic	6x250g	10.15		2.26	253205									
Peanut Butter Crunchy	organic	6x500g	17.60		3.91	253210									
Tahini Brown	organic	6x250g	12.90		2.87	253215									
* <u>Whole Earth</u>															
Peanut Butter Crunchy	organic	6x227g	9.85		2.19	253515									
Peanut Butter Crunchy		6x340g	10.30		2.29	253525									
Peanut Butter Smooth	organic	6x227g	9.85		2.19	253535									
Peanut Butter Smooth		6x340g	10.30		2.29	253540									
Choc & Nut Spread	organic	6x227g	9.85		2.19	253545									
* <u>Yakso</u>															
Chickpea Spread	organic	6x225g	8.55		1.90	254005									
■ Vegetable Pâtés															
* <u>Biona - jars</u>															
Black Olive Pâté	organic	6x120g	12.10		2.69	390103									
* <u>Chalice Foods</u>															
Greek Kalamata Olive Pâté		6x165g	11.60		2.58	260505									
Provencale Green Tapenade		6x165g	10.85		2.41	260510									
* <u>Granovita Ready Spready Pâté</u>															
Herb Pâté in Tubes	organic	12x200g	21.50		2.39	260905									
Mushroom Pâté in Tubes	organic	12x200g	21.50		2.39	260910									
Original Pâté in Tubes	organic	12x200g	21.50		2.39	260915									
* <u>Granovita Tofu Pâté</u>															
Tomato Pâté in Tubes	organic	12x200g	21.50		2.39	261015									
Mexican Pâté in Tubes	organic	12x200g	21.50		2.39	261020									
* <u>Suma</u>															
Savoury Herb Pâté in Tubes	organic	12x200g	21.15		2.35	261512									
Mushroom Pâté in Tubes	organic	12x200g	21.15		2.35	261532									
* <u>Sunita - jars</u>															
Kalamata Olive Pâté	organic	6x140g	12.15		2.70	262095									
Artichoke Pâté	organic	6x130g	11.75		2.61	262055									
Green Olive & Almond Pâté	organic	6x130g	12.15		2.70	262065									
Sundried Tomato Pâté	organic	6x130g	14.25		3.17	262070									
Sundried Tomato Pâté		12x180g	26.40		2.93	262005									
Black Olive Pâté		12x180g	21.75		2.42	262010									
Green Olive & Garlic Pâté		12x180g	21.75		2.42	262020									
* <u>Tartex - in tubes</u>															
Classic Pâté	organic	12x200g	20.60		2.29	262105									
Chilli Pâté	organic	12x200g	20.60		2.29	262110									
Green Olive Pâté	organic	12x200g	20.60		2.29	262115									
Herb Pâté	organic	12x200g	20.60		2.29	262120									
Herb & Garlic Pâté	organic	12x200g	20.60		2.29	262125									
Mushroom Pâté	organic	12x200g	20.60		2.29	262130									
Roast Onion & Pink Peppercorn Pâté	organic	12x200g	20.60		2.29	262135									
■ Fruit Spreads & Jams															
* <u>Biona - no added cane or beet sugar</u>															
Pear & Apple Spread	organic	6x450g	15.25		3.39	292305									
* <u>Bionova - www.fzorganicfood.com</u>															
Apricot Jam	organic	6x310g	9.90		2.20	290705									
Blackberry Jam	organic	6x310g	9.90		2.20	290715									
Bilberry Jam	organic	6x310g	9.90		2.20	290720									
Cherry Jam	organic	6x310g	9.90		2.20	290725									
Raspberry Jam	organic	6x310g	9.90		2.20	290727									
Rosehip Jam	organic	6x310g	9.90		2.20	290730									
Strawberry Jam	organic	6x310g	9.90		2.20	290735									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Grapefruit Marmalade	organic	6x310g	10.35		2.30	290740									
	Lemon Marmalade	organic	6x310g	10.35		2.30	290745									
	Orange Marmalade - mild	organic	6x310g	10.35		2.30	290750									
	Orange Marmalade - English Style	organic	6x310g	10.35		2.30	290755									
	* <u>Carley's Organic - www.carleys.co.uk</u>															
	Seville Orange Marmalade	organic	6x340g	8.65		1.99	290855									
	Four Fruits Marmalade	organic	6x340g	8.65		1.99	290857									
	Seville Orange Marmalade with Ginger	organic	6x340g	8.65		1.99	290860									
	Seville Orange Marmalade with Kiwifruit	organic	6x340g	8.65		1.99	290861									
	Seville Orange Marmalade with Lime	organic	6x340g	8.65		1.99	290862									
	Seville Orange Marmalade with Rum	organic	6x340g	8.65		1.99	290863									
	* <u>Carley's Organic - Fruit Spreads - no added sugar</u>															
	Seville Orange Spread - nas	organic	6x300g	11.25		2.59	290870									
	* <u>Clearspring - French Fruit Spreads nas (55% Fruit)</u>															
	Apricot Spread	organic	6x290g	13.00		2.89	290805									
	Blueberry Spread	organic	6x290g	14.80		3.28	290810									
	Strawberry Spread	organic	6x290g	13.00		2.89	290830									
	* <u>Côteaux Nantais "Magic" range</u>															
	Magic Raspberry Jam	organic	6x325g	20.25		4.50	291120									
	* <u>Cuyen Extra Jam</u>															
	Blackberry Extra Jam	organic	6x280g	12.45		2.77	291305									
	Elderberry Extra Jam	organic	6x280g	12.45		2.77	291307									
	Mixed Patagonian Fruits Extra Jam	organic	6x280g	12.45		2.77	291310									
	Raspberry Extra Jam	organic	6x280g	12.45		2.77	291312									
	Rosehip Extra Jam	organic	6x280g	12.45		2.77	291315									
	Strawberry Extra Jam	organic	6x280g	12.45		2.77	291320									
	* <u>Cuyen Fruit Spread - No added sugar</u>															
	Mixed Patagonian Berries Spread - nas	organic	6x285g	15.55		3.46	291330									
	Raspberry Spread - nas	organic	6x285g	15.55		3.46	291335									
	Rosehip Spread - nas	organic	6x285g	15.55		3.46	291340									
	Strawberry Spread - nas	organic	6x285g	15.55		3.46	291345									
	* <u>Duchy Originals</u>															
☆	Lemon Curd	organic	6x240g	13.45		2.99	290205									
	Apricot Preserve	organic	6x265g	12.10		2.69	290210									
	Blackcurrant Preserve	organic	6x265g	12.10		2.69	290215									
	Damson Preserve	organic	6x265g	12.10		2.69	290220									
	Raspberry Preserve	organic	6x265g	13.45		2.99	290225									
	Seville Fine Cut Orange Marmalade	organic	6x265g	12.10		2.69	290230									
	Seville Thick Cut Orange Marmalade	organic	6x265g	12.10		2.69	290235									
	Sicilian Ruby Orange Marmalade	organic	6x265g	12.10		2.69	290240									
	Strawberry Preserve	organic	6x265g	12.10		2.69	290245									
	* <u>Meridian Fruit Spreads - www.meridianfoods.co.uk</u>															
	Apricot Spread		6x284g	8.95		1.99	291505									
	Blackcurrant Spread		6x284g	8.95		1.99	291520									
	Grapefruit Spread		6x284g	8.95		1.99	291533									
	Morello Cherry Spread		6x284g	8.95		1.99	291540									
	Pineapple & Ginger Spread		6x284g	8.95		1.99	291550									
	Raspberry Spread		6x284g	8.95		1.99	291555									
	Seville Orange Spread		6x284g	8.95		1.99	291560									
	Strawberry Spread		6x284g	8.95		1.99	291565									
	Wild Blueberry Spread		6x284g	8.95		1.99	291525									
	* <u>Meridian Organic Fruit Spreads</u>															
	Apricot Spread	organic	6x284g	10.30		2.29	292005									
	Blackcurrant Spread	organic	6x284g	10.30		2.29	292010									
	Blueberry Spread	organic	6x284g	10.30		2.29	292030									
	Cherry Spread	organic	6x284g	10.30		2.29	292015									
	Cherries & Berries Fruit Spread	organic	6x284g	10.30		2.29	292012									
	Raspberry Spread	organic	6x284g	10.30		2.29	292017									
	Seville Orange Spread	organic	6x284g	10.30		2.29	292020									
	Strawberry Spread	organic	6x284g	10.30		2.29	292025									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Pollen Organics</u>															
Ave Maria Seville Orange Marmalade	organic	6x300g	12.40		2.76	292405									
* <u>Suma Wholefoods</u>															
Pear & Apple Spread		12x300g	12.50		1.39	292505									
* <u>The Real Organic Food Co. - www.realorganic.co.uk</u>															
Apricot Conserve (70% fruit)	organic	6x320g	15.70		3.49	293250									
Blueberry Conserve	organic	6x320g	15.70		3.49	293255									
Raspberry Conserve	organic	6x320g	15.70		3.49	293260									
Seville Orange Marmalade	organic	6x300g	13.45		2.99	293262									
Strawberry & Blackberry Conserve	organic	6x320g	15.70		3.49	293265									
Summer Fruits Conserve	organic	6x320g	15.70		3.49	293270									
* <u>Thursday Cottage - www.thursday-cottage.com</u>															
Damson Jam	organic	6x340g	10.55		2.35	293350									
Lemon Curd	organic	6x310g	10.55		2.35	293352									
Marmalade - Orange - medium cut	organic	6x340g	9.65		2.15	293355									
Marmalade - Orange & Mandarin - fine cut	organic	6x340g	9.65		2.15	293357									
Plum Jam - Victoria	organic	6x340g	10.55		2.35	293358									
Quince Jam	organic	6x340g	11.00		2.45	293360									
Raspberry Jam	organic	6x340g	10.55		2.35	293362									
Strawberry Jam	organic	6x340g	10.55		2.35	293365									
* <u>Whole Earth - www.wholeearthfoods.com</u>															
Thick Cut Orange Spread	organic	6x250g	7.15		1.59	294011									
Thin Cut Orange Spread	organic	6x250g	7.15		1.59	294012									
* <u>Wilkin & Sons of Tiptree - Extra Jam</u>															
Due to poor sales Wilkins have delisted their range of reduced sugar jams and they've gone down a traditional route with this new range of normal sugar sweetened jams.															
* Apricot Jam - Extra Jam	organic	6x340g	10.15		2.26	295005									
* Blackcurrant Jam - Extra Jam	organic	6x340g	10.15		2.26	295010									
* Orange Marmalade - Extra Jam	organic	6x340g	9.10		2.02	295015									
* Raspberry Jam - Extra Jam	organic	6x340g	10.15		2.26	295020									
* Strawberry Jam - Extra Jam	organic	6x340g	10.15		2.26	295025									
■ Honey and Sweeteners															
Some Clear Honeys will start to set (crystallize) in the colder weather. This is a natural process and can be reversed by very gentle warming.															
* <u>Amisa</u>															
Fructose Syrup	organic	6x250ml	13.45		2.99	310105									
* <u>BioFair FairTrade Honey</u>															
FairTrade Maya Honey - Set	organic	6x340g	16.60		3.69	310305									
FairTrade Maya Honey - Clear	organic	6x340g	16.60		3.69	310310									
* <u>Biona Honey</u>															
Clover Set Honey	organic	6x340g	17.95		3.99	310355									
Limeflower Set Honey	organic	6x340g	16.60		3.69	310357									
Mountain Blossom Set Honey	organic	6x340g	13.45		2.99	310362									
Mountain Blossom Clear Honey	organic	6x340g	13.45		2.99	310365									
* <u>Biona Sweeteners</u>															
Agave Syrup	organic	6x250ml	14.35		3.19	310402									
Brown Rice Syrup	organic	6x330g	11.65		2.59	310410									
* <u>Clearspring Malt Syrups</u>															
Barley Malt	organic	6x330g	12.55		2.79	311002									
Rice Malt Syrup	organic	6x330g	13.45		2.99	311007									
Corn & Barley Malt	organic	6x330g	11.65		2.59	311010									
* <u>Community Foods</u>															
▼ Bulk Malt Extract	organic	25kg	64.55	2.58		311520									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Comvita</u>															
	Manuka Honey 5+		3x250g	16.45		7.31	312005									
	Manuka Honey 5+		3x500g	26.65		11.84	312010									
	* <u>Crazy Jack</u>															
	Golden Syrup	organic	6x340g	8.05		1.79	312130									
	* <u>Creative Nature</u>															
	Manuka Honey 15+	organic	6x340g	90.00		19.99	850986									
	* <u>De Rit</u>															
	Pollen Grains		6x120g	16.15		3.59	312150									
	Pollen Grains		6x225g	27.60		6.13	312155									
	* <u>Elysium</u>															
	Pollen Grains	organic	10x200g	47.05		6.28	312185									
	* <u>Equal Exchange FairTrade</u>															
	Clear Latin America Honey	organic	10x500g	30.70		4.09	313015									
	Set Latin America Honey	organic	10x500g	30.70		4.09	313020									
	Clear Orange Blossom Honey - Mexico	organic	10x500g	30.70		4.09	313035									
	Set Ulmo Blossom Honey - Chile		10x500g	30.70		4.09	313040									
	* <u>Essential</u>															
	Honey Clear	organic	3.18kg	18.25	5.74		313105									
	Honey Set	organic	3.18kg	18.45	5.80		313110									
	* <u>General Food Merchants</u>															
	Blossom Honey - clear	organic	3kg	17.45	5.82		313307									
	Pure Honey - clear	organic	10x340g	22.40		2.99	313301									
	Acacia Honey - clear	organic	10x340g	30.65		4.10	313302									
	Clover Honey - clear	organic	10x340g	26.55		3.54	313305									
	Clover Honey - set	organic	10x340g	26.55		3.54	313310									
	Turkish Pine Forest Honey - clear	organic	10x340g	26.85		3.59	313315									
	Honey & Royal Jelly - clear	organic	6x360g	19.75		4.39	313311									
	Manuka Honey AMF 10+	organic	3x340g	29.10		12.95	313317									
	* <u>Geo-Organics</u>															
	Dark Agave Dessert Syrup	organic	6x320g	13.80		3.07	314110									
	Light Agave Sweetening Syrup	organic	6x320g	13.80		3.07	314115									
	* <u>Kiwi Gold</u>															
	Manuka Honey - UMF 15+		12x250g	90.00		9.99	314305									
	Pohutukawa Honey - creamy		12x250g	40.00		4.45	314310									
	* <u>Martlet - see Rayner's below</u>															
	* <u>Meridian</u>															
	Blackstrap Molasses	organic	6x740g	8.50		1.89	315009									
	Blackstrap Molasses	organic	6x350g	4.45		0.99	315010									
	Blackstrap Molasses		6x740g	8.50		1.89	315013									
	Date Syrup		6x250g	8.95		1.99	315015									
	Organic Barley Malt Extract	organic	6x370g	12.55		2.79	315022									
	Malt Extract - non o/g		6x370g	8.50		1.89	315025									
	* <u>Rayner's Essentials - was "Martlet"</u>															
▲	Black Treacle	organic	6x340g	5.80		1.29	314510									
▲	Black Treacle - tub	organic	5kg	10.15	2.03		314512									
▲	Golden Syrup - FairTrade	organic	6x340g	10.30		2.29	314515									
▲	Golden Syrup - tub	organic	5kg	18.10	3.62		314527									
▲	Malt Extract	organic	6x340g	8.95		1.99	314505									
	* <u>Shady Farm</u>															
	Maple Syrup - glass	organic	12x250ml	60.75		6.75	316505									
	Maple Syrup - plastic	organic	1x1.89l	32.20		42.96	316510									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>TerraSana</u>															
Blueberry Syrup - glass	organic	6x250ml	18.35		4.08	316565									
Cranberry Syrup - glass	organic	6x250ml	18.35		4.08	316570									
Maple Syrup - in plastic jug	organic	1x1l	19.50		26.00	316580									
Maple Syrup - in plastic jug	organic	1x500ml	10.10		13.47	316582									
* <u>Tropical Forest - Gold Range</u>															
Dorset Bell Heather Honey		6x340g	17.60		3.91	313905									
English Borage Honey		6x340g	17.60		3.91	313910									
Severn Vale Honey		6x340g	17.60		3.91	313915									
Welsh Summer Honey		6x340g	17.60		3.91	313925									
* <u>Tropical Forest Products - FairTrade</u>															
Ethiopian - clear	organic	6x340g	14.50		3.22	314006									
Ethiopian - clear	organic	3.18kg	17.60	5.53		314007									
Ethiopian - set	organic	6x340g	14.50		3.22	314008									
* <u>Vermont</u>															
Maple Syrup - Canada No.1 - glass	organic	6x250ml	18.95		4.21	321105									
Maple Syrup - Canada No1 - tin	organic	4l	47.45	11.86		321120									
* <u>Whole Earth</u>															
Squeezy Fine Blossom Honey - clear	organic	12x350g	26.90		2.99	314052									
Maya Wildflower Honey - set	organic	6x270g	13.45		2.99	314055									
* <u>Wild Honey - www.honey.bio.waikato.ac.nz</u>															
▲ Manuka Honey Active UMF 5+	organic	6x340g	42.55		9.46	313540									
Manuka Honey Active UMF 10+	organic	6x340g	54.45		12.09	313545									
Manuka Honey Active UMF 15+	organic	6x340g	60.95		13.54	313550									
* <u>Yakso</u>															
Agave Syrup - bottle	organic	6x250ml	12.25		2.72	313605									
Agave Syrup - plastic	organic	1x5l	32.80		43.73	313610									
■ Sugar															
* <u>Billingtons - FairTrade</u>															
FairTrade Golden Granulated Sugar		10x500g	9.80		1.31	320485									
FairTrade Demerara Sugar		10x500g	9.85		1.31	320487									
* <u>Billingtons - www.billingtons.co.uk</u>															
Golden Granulated Sugar		10x1kg	15.60		2.08	320505									
Demerara Sugar		10x500g	8.95		1.19	320510									
Demerara Sugar		4x3kg	19.75		6.58	320512									
Demerara Sugar		25kg	35.95	1.44		320515									
Light Muscovado Sugar		10x500g	9.50		1.27	320520									
Light Muscovado Sugar		4x3kg	21.25		7.08	320522									
Light Muscovado Sugar		25kg	40.30	1.61		320523									
Dark Muscovado Sugar		10x500g	9.45		1.26	320525									
Dark Muscovado Sugar		4x3kg	21.05		7.02	320527									
Molasses Sugar		10x500g	9.45		1.26	320535									
Golden Caster Sugar		10x1kg	16.15		2.15	320540									
Golden Caster Sugar		25kg	39.35	1.57		320530									
* <u>Billingtons Organic</u>															
Organic Granulated	organic	10x500g	12.60		1.68	320715									
Organic Light Granulated	organic	25kg	47.85	1.91		320720									
Organic Caster Sugar	organic	10x500g	11.75		1.57	320725									
Organic Fine (Caster) Sugar	organic	25kg	39.45	1.58		320727									
Organic Demerara	organic	10x500g	12.70		1.69	320730									
Organic Demerara	organic	25kg	43.20	1.73		320735									
Icing Sugar	organic	4x3kg	29.10		9.70	320740									
* <u>Biona FairTrade</u>															
Rapadura! Cane Sugar	organic	6x500g	12.10		2.69	321310									
* <u>BioFair - fair trade</u>															
Raw Cane Sugar	organic	6x500g	9.85		2.19	321315									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* Carlos Balino - Cuba															
▲	Granulated Cane Sugar	organic	25kg	31.50	1.26		321385									
▲	Granulated Cane Sugar (Infinity label)	organic	5kg	7.80	1.56		321397									
	* Equal Exchange															
	Raw Cane Sugar	organic	10x500g	12.70		1.69	321405									
	Raw Cane Sugar Sticks	organic	1000p	13.50	0.01		321410									
	* Rapadura															
	Rapadura Cane Sugar	organic	25kg	42.75	1.71		321450									
	* TerraSana															
	Maple Sugar		12x100g	28.95		3.22	321505									
	* Traidcraft FairTrade - www.traidcraft.co.uk															
	Raw Cane Sugar		10x500g	8.10		1.08	321005									
	Demarara Sugar		10x500g	8.20		1.09	321010									
	Golden Caster Sugar		10x500g	8.30		1.11	321015									
	Dark Muscovado Sugar		10x500g	8.20		1.09	321020									
	* Vermont															
	Maple Sugar - granulated	organic	20x250g	106.50		7.10	321094									
	Maple Sugar - part case	organic	4x250g	21.60		7.20	321095									
	■ Cheese & Butter															
	* Biona															
	Butter - slightly salted	organic	10x250g	18.70		2.49	996955									
	Unsalted Butter	organic	10x250g	18.70		2.49	996960									
	* Bio-Verde															
	Montello Parmesan-style Cheese - blocks	organic	6x125g	17.95		3.99	996975									
	* Godminster Farm															
	Vintage Cheddar - waxed truckle	organic	1x400g	7.40		9.85	996985									
	* Futura															
	Danish Blue	organic	6x150g	14.00		3.11	997055									
	Cream Cheese - Plain	organic	6x150g	12.15		2.70	997065									
	* Lye Cross - Multi Award Winners at the World and British Cheese Awards 2008															
	On offer for September and October at the price below representing 20% off list (and a 60p drop in rrp!) - Lye Cross Organic Vintage Cheddar.															
◆	Mild Farmhouse Cheddar	organic	10x245g	19.25		2.57	997495									
	Mature Farmhouse Cheddar	organic	2.5kg	19.95	7.98		997501									
	Mature Farmhouse Cheddar	organic	10x245g	21.15		2.82	997505									
	Red Leicester	organic	10x245g	20.05		2.67	997507									
◆	Oak Smoked Mature Cheddar	organic	12x180g	18.25		2.03	997508									
	Grated Mature Farmhouse Cheddar	organic	1kg	7.75	7.75		997506									
□	Vintage Farmhouse Cheddar	organic	10x245g	17.95		2.39	997504									
	* High Weald Dairy - pre-priced & bar coded individual wedges															
	Duddleswell - Gold Medal Winner World Cheese Awards 2002															
	Pecorino - Silver Medal Winner World Cheese Awards 2002															
	www.highwealddairy.co.uk															
	Ashdown Foresters cow's cheese (1kg)	organic	1xc6p	12.55			997905									
	Ashdown F. Oak Smoked cow's cheese (1kg)	organic	1xc6p	13.75			997907									
	Duddleswell sheep's cheese (1kg)	organic	1xc6p	16.95			997920									
	D'well Oak Smoked sheep's cheese (1kg)	organic	1xc6p	17.90			997922									
	Mediterranean Style Sheep's Cheese (1kg)	organic	1xc6p	15.35			997923									
	Halloumi - sheep's cheese (1kg)	organic	1xc6p	15.90			997925									
	* Soster - Italy															
	Mangiagratta Hard Cheese	organic	4x200g	12.60		4.29	997995									

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Margarines															
* <u>Biona - unhydrogenated</u>															
Unhydrogenated Vegetable Margarine - sml	organic	8x250g	10.75		1.79	998805									
Unhydrogenated Vegetable Margarine - lge	organic	16x500g	32.30		2.69	998810									
Olive "Extra" Margarine - sml	organic	8x250g	13.75		2.29	998815									
Olive "Extra" Margarine - lge	organic	8x500g	16.75		2.79	998820									
* <u>Suma Wholefoods - unhydrogenated</u>															
Sunflower Spread	organic	16x500g	31.80		2.65	999002									
Soya Spread		16x500g	21.35		1.78	999010									
Sunflower Spread		6x2kg	33.40		7.43	999020									
■ Olives, Pickles and Preserved Vegetables															
* <u>Biona - in jars</u>															
Artichoke Hearts	organic	6x200g	15.70		3.49	350602									
Baked Beans - in jars - sml	organic	6x340g	8.05		1.79	350605									
Beetroot - sliced - sml	organic	6x340g	6.70		1.49	350610									
Capers in E.V. Olive Oil	organic	6x125g	14.80		3.29	350614									
French Beans	Demeter	6x340g	7.15		1.59	350615									
Gherkins - sml	organic	6x350g	10.30		2.29	350620									
Gherkins - lge	organic	6x670g	13.45		2.99	350623									
Red Cabbage	Demeter	6x350g	7.60		1.69	350628									
Sauerkraut - sml	organic	6x350g	7.15		1.59	350625									
Sauerkraut - lge	organic	6x700g	8.95		1.99	350627									
Silverskin Onions	organic	6x340g	8.05		1.79	350629									
Sweetcorn - jar	organic	6x350g	8.50		1.89	350630									
* <u>Bionova</u>															
Sauerkraut - uncooked	organic	6x340g	7.55		1.68	351705									
* <u>Carley's Organic Foods - www.carleys.co.uk</u>															
Preserved Lemons	organic	6x450g	15.45		3.55	351805									
* <u>Carley's Organic Foods - no added salt or sugar</u>															
Apple & Sultana Chutney	organic	6x300g	12.85		2.95	351810									
Red Onion Marmalade	organic	6x300g	15.45		3.55	351815									
Tomato Relish	organic	6x300g	10.20		2.35	351820									
* <u>De Rit - in jars</u>															
Baked Beans - sml	organic	6x350g	7.50		1.67	351523									
Baked Beans - lge	organic	6x700g	10.90		2.42	351524									
Pickled Beetroot - sml	demeter	6x340g	6.95		1.54	351505									
Pickled Beetroot - lge	demeter	6x680g	9.40		2.09	351507									
Pickled Red Cabbage	demeter	6x355g	6.40		1.42	351510									
Chick Peas	organic	6x360g	7.20		1.60	351555									
Garden Peas & Carrots	demeter	6x350g	6.15		1.37	351535									
Puy Lentils	organic	6x360g	7.75		1.72	351560									
Sweetcorn	demeter	6x360g	8.40		1.87	351515									
* <u>Geo-Organics - www.venturefoods.com</u>															
Apple, Apricot & Ginger Chutney	organic	6x300g	9.85		2.19	350195									
Mango Chutney - with FairTrade sugar	organic	6x300g	10.75		2.39	350205									
Mango Chutney - no added sugar	organic	6x300g	12.40		2.76	350207									
Spicy Tomato Chutney	organic	6x300g	10.75		2.39	350213									
Sweet Pickle	organic	6x300g	10.75		2.39	350215									
* <u>Infinity Foods</u>															
On offer for September and October at the price below representing 20% off list - Infinity Fire Roasted Red Peppers. Fill yer boots before the mezze plate goes away for the winter.															
□ Fire Roasted Red Peppers	organic	12x453g	19.60		2.17	350350									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>La Bio-Idea Spanish Olives</u>																
	Green Pitted Olives	organic	6x230g	13.45		2.99	350505									
	Green Pitted Olives with Herbs	organic	6x230g	15.25		3.39	350510									
	Green Olives with Pimento	organic	6x230g	17.95		3.99	350515									
	Green Olives with Garlic	organic	6x230g	15.25		3.39	350520									
* <u>Organico</u>																
▲	Artichoke Hearts in sunflower oil	organic	6x250g	21.85		4.86	351680									
▲	Kalamata Olives/Moroccan Marinade	organic	6x250g	17.35		3.86	351682									
▲	Green Olives/Provençal Marinade	organic	6x250g	15.55		3.46	351685									
▲	Green Pitted Halkidiki Olives in herbs & brine	organic	6x250g	15.55		3.46	351686									
▲	Pitted Kalamata Olives in brine	organic	6x250g	15.55		3.46	351688									
▲	Lebanese Marinaded Green Pitted Olives	organic	6x250g	17.35		3.86	351689									
▲	Capers in wine vinegar	organic	6x140g	12.40		2.76	351691									
▲	Sundried Tomatoes/herbs & sunflower oil	organic	6x250g	20.05		4.46	351687									
* <u>Pollen Organics</u>																
	Marinated Kalamata Olives	organic	6x230g	16.80		3.73	351905									
	Cranberry & Orange Relish	organic	6x300g	19.15		4.25	351907									
	Red Onion Marmalade Relish	organic	6x295g	17.95		3.99	351910									
	Plum Tomato Spiced Chutney	organic	6x270g	15.00		3.35	351915									
* <u>Real Natural - Provinces of India Chutneys</u>																
	Mango Chutney with Ginger & Roast Cumin		6x320g	14.65		3.25	351950									
	Spicy Tomato Chutney - Caramelised Onion & Cardamom		6x320g	13.45		2.99	351955									
	Tangy Eastern Chutney with Herbs & Spices		6x300g	13.45		2.99	351960									
* <u>The Spice Shelf</u>																
	Mango Chutney		6x200g	13.45		2.99	351830									
	Pear & Chilli Chutney		6x200g	13.45		2.99	351835									
	Aubergine Pickle		6x185g	13.45		2.99	351840									
	Garlic Pickle		6x185g	13.45		2.99	351845									
	Lime & Chilli Pickle		6x185g	13.45		2.99	351850									
* <u>Spice Tree</u>																
	Garlic Pickle	organic	6x200g	15.00		3.33	351975									
	Ginger Pickle	organic	6x210g	13.80		3.07	351976									
	Gooseberry Chutney	organic	6x210g	13.20		2.93	351977									
	Lime Pickle	organic	6x180g	11.10		2.47	351978									
	Mango Chutney	organic	6x240g	12.60		2.80	351979									
	Pineapple Chutney	organic	6x240g	14.40		3.20	351980									
	Tamarind Chutney	organic	6x220g	12.60		2.80	351982									
* <u>Suma</u>																
▲	Sweetcorn - easy open can	organic	12x340g	9.60		1.07	352050									
* <u>Sunita</u>																
	Throumba Black Olives	organic	6x200g	13.80		3.07	352002									
	Black Nyons Olives	organic	12x220g	41.85		4.65	352003									
	Black Jumbo Olives		2kg	6.75	3.38		352005									
	Black Olives Jumbo - flatpack		12x450g	19.25		2.14	352010									
	Marinated Black Olives with Herbs		12x220g	21.75		2.42	352011									
	Black Olives - Pitted - can		2kg	6.90	3.45		352013									
	Green Olives di Cerignola	organic	6x260g	11.75		2.61	352014									
	Green Olives + Herbs & Spices	organic	6x200g	14.65		3.26	352016									
	Spanish Hojiblanca Green Olives	organic	6x270g	6.25		1.39	352018									
	Green Pitted Olives	organic	1.8kg	8.65	4.81		352017									
	Green Jumbo Olives		2kg	6.40	3.20		352015									
	Green Olives Jumbo - flatpack		12x450g	19.25		2.14	352020									
	Green Olives - Pitted - can		2kg	7.50	3.75		352025									
	Green Olives - Pitted - in jars		12x225g	10.00		1.11	352028									
	Green Stuffed Olives (pimento) - in jars		12x230g	10.75		1.19	352030									
	Marinated Green Olives with Herbs		12x370g	21.75		2.42	352035									
	Kalamata Olives - Pitted	organic	2kg	10.90	5.45		352037									
	Kalamata Olives	organic	2kg	8.65	4.33		352038									
	Kalamata Olives,olive oil & wine vinegar	organic	6x370g	11.35		2.52	352039									
	Kalamata Jumbo Olives		2kg	8.80	4.40		352040									
	Kalamata Olives Jumbo - flatpack		12x450g	22.45		2.49	352045									
	Pitted Kalamata Olives - in jars		12x350g	19.55		2.17	352046									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Kalamata Olives - Olive Oil & Wine Vinegar		12x370g	17.20		1.91	352047									
	Capers in e.v. olive oil	organic	6x125g	13.85		3.08	352054									
	Capers in vinegar		12x210g	15.90		1.77	352055									
	Vine Leaves ("Attis" - in sachet)		30x227g	25.30		1.12	352060									
	* TerraSana															
	Gherkins sweet/sour	organic	6x720g	12.90		2.87	352505									
	Sauerkraut	organic	6x700g	9.80		2.18	352510									
	* Zaytoun - www.zaytoun.org															
	Tree-ripened Black Olives - Fair Trade	organic	12x300g	46.60		5.18	352560									
	Nabali Green Olives	organic	12x200g	24.30		2.70	352565									
	■ Vinegars															
	* Aspoll															
	Apple Balsamic Vinegar		12x350ml	24.50		2.72	370502									
	Balsamic Vinegar	organic	6x500ml	15.15		3.37	370503									
	Cyder Vinegar	organic	25l	32.60	1.30		370511									
	Cyder Vinegar	organic	5l	8.90	1.78		370512									
	Cyder Vinegar	organic	6x1l	13.75		3.06	370514									
	Cyder Vinegar	organic	12x500ml	15.15		1.68	370515									
	Red Wine Vinegar		5l	6.10	1.22		370517									
	White Wine Vinegar		5l	6.10	1.22		370523									
	Red Wine Vinegar	organic	6x500ml	7.85		1.74	370535									
	White Wine Vinegar	organic	6x500ml	7.85		1.74	370545									
	* Biona															
	Balsamic Vinegar	organic	6x500ml	17.50		3.89	370603									
	Cider Vinegar	organic	1x5l	8.75		11.70	370605									
	Cider Vinegar	organic	6x500ml	8.50		1.89	370607									
	Cider Vinegar	organic	6x750ml	9.40		2.09	370610									
	* Clearspring															
	Vintage Balsamic Vinegar	organic	6x250ml	62.95		13.99	370905									
	Balsamic Vinegar	organic	6x500ml	29.65		6.59	370910									
	Apple Balsamic Vinegar	organic	6x500ml	30.55		6.79	370915									
	Red Wine Vinegar	organic	6x500ml	12.40		2.76	370920									
	White Wine Vinegar	organic	6x500ml	12.40		2.76	370925									
	* La Bio-Idea															
	Italian Balsamic Vinegar	organic	6x250ml	22.45		4.99	371305									
	* Manicardi Aceto Balsamico di Modena															
	Italian Balsamic Vinegar	organic	6x500ml	45.75		10.17	371505									
	* Organico															
▲	Italian Balsamic Vinegar	organic	6x500ml	25.90		5.75	371550									
▲	Reserve Italian Balsamic Vinegar	organic	6x250ml	53.35		11.85	371555									
	* Suma - from Modena															
	Balsamic Vinegar - oak aged	organic	6x250ml	22.45		4.99	371650									
	White Balsamic Condiment	organic	6x250ml	16.85		3.74	371655									
	■ Mushrooms															
	* Clearspring															
	Shiitake Mushrooms - sun dried		5x50g	17.95		4.79	510555									
	* Tropical Wholefoods - dried															
	Oyster Mushrooms		6x25g	7.80		1.73	393805									
	Porcini/Ceps Mushrooms		6x30g	11.95		2.66	393810									
	Shiitake Mushrooms		6x50g	11.95		2.66	393815									
	Chanterelle Mushrooms	organic	6x30g	10.50		2.33	393820									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Sauces, Fruit and Vegetable Products														
* <u>Bart Spices</u>														
Coconut Milk	organic	6x400ml	5.95	1.32	390015									
* <u>Bauck - jars</u>														
Apple & Mango Purée	organic	12x360g	13.60	1.51	390055									
Apple & Banana Purée	organic	12x360g	13.60	1.51	390060									
Apple Purée	organic	12x360g	11.65	1.29	390065									
Apple Purée	organic	12x700g	15.55	1.73	390070									
* <u>Biona - Canned Veg Products</u>														
Coconut Milk	organic	6x400ml	5.35	1.19	390195									
Sweetcorn - canned	organic	6x325g	5.35	1.19	390207									
* <u>Biona - Fruit Products</u>														
Apple Purée - jar	organic	6x700g	8.50	1.89	390102									
Pineapple Pieces - tinned in juice	organic	6x400g	9.85	2.19	389060									
Pineapple Rings - tinned in juice	organic	6x425g	12.10	2.69	389065									
Stem Ginger in Syrup	organic	6x330g	19.30	4.29	389067									
* <u>Biona - Sauces</u>														
Harrissa Chilli Relish	Demeter	6x125g	11.65	2.59	390095									
Horseradish Mustard	Demeter	6x125g	10.30	2.29	390097									
Hot Pepper Sauce (tabasco)	organic	6x140ml	13.00	2.89	390098									
Mayonnaise Sunflower Oil	organic	6x240g	11.65	2.59	390140									
Mayonnaise 50% Olive Oil	organic	6x230g	13.00	2.89	390170									
Mustard - Dijon	organic	6x200g	8.95	1.99	390172									
Mustard - Wholegrain	organic	6x200g	8.95	1.99	390173									
Pesto - vegan	organic	6x125g	14.35	3.18	390118									
Pesto - vegan bulk	organic	900g	19.85		390120									
Tomato Ketchup with agave syrup	organic	6x340ml	8.50	1.89	390137									
Worcester Sauce	organic	6x140ml	13.00	2.89	390175									
* <u>Biona - Tomato Products</u>														
Passata	organic	12x700g	13.40	1.49	390115									
Passata with Basil	organic	12x700g	14.30	1.59	390117									
Passata Rustica	organic	12x700g	16.10	1.79	390119									
Sun Dried Tomatoes in EV Olive Oil	organic	6x170g	16.60	3.69	390128									
Arrabiata Pasta Sauce (hot & spicy)	organic	6x350g	9.40	2.09	390129									
Basilico Tomato & Basil Sauce	organic	6x350g	9.40	2.09	390130									
Peperona Pasta Sauce (sweet pepper)	organic	6x350g	9.40	2.09	390133									
Toscana Pasta Sauce (Tuscan)	organic	6x350g	10.30	2.29	390139									
Tomatoes Chopped	organic	12x400g	8.90	0.99	390105									
Tomatoes Chopped - bulk	organic	6x2.5kg	20.65	4.59	390112									
Tomatoes Chopped with Basil	organic	12x400g	9.80	1.09	390107									
Tomatoes Peeled Whole	organic	12x400g	9.80	1.09	390110									
Tomatoes - Whole Cherry - canned	organic	12x400g	10.70	1.19	390113									
Tomato Purée - lge jar (x 6)	organic	6x800g	17.50	3.89	390132									
Tomato Purée - jar	organic	6x200g	5.80	1.29	390135									
* <u>Bionova - jars</u>														
Apple Purée - lge	organic	6x680g	8.05	1.79	350710									
* <u>Braham & Murray - www.goodwebsite.co.uk</u>														
Good Dressing - Balsamic		6x220g	10.30	2.29	390225									
Good Dressing - Cesar		6x220g	10.30	2.29	390230									
Good Dressing - Honey & Mustard		6x220g	10.30	2.29	390235									
Good Mayo - Classic		6x220g	10.30	2.29	390240									
Good Mayo - Garlic		6x220g	10.30	2.29	390245									
* <u>Carley's Organic Foods</u>														
New from Carley's of Cornwall we have two mustards, both of the sweet and gentle (rather than the 'remove back of head') variety. The Honey Grain is pretty self explanatory (cider vinegar, mustard seed, water, honey), the English is sweetened with agave syrup and is a turmeric yellow. For once, the boxes they tick are not figurative, but printed on the side of the jar: organic, gluten free, non GM, no added sugar, no added salt. The Honey Grain announces itself as raw as well.														
* Cornish Honey Grain Mustard - Raw	organic	6x170g	7.60	1.69	390275									
* English Mustard	organic	6x170g	7.60	1.69	390280									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Chalice</u>															
	Sundried Crushed Tomatoes		6x165g	9.30		2.07	390525									
	* <u>chillipepperpete - sauces</u>															
	Harissa		6x200ml	13.30		2.96	390552									
	Hotter Than Hell		6x55ml	13.30		2.96	390555									
	Liquid Fire		6x60ml	13.30		2.96	390557									
	* <u>Clearspring - 100% fruit</u>															
	Continuing the Clearspring offer we have the four marked purees below at 15% off for the duration of the catalogue.															
	Apple Purée	organic	12x2x100g	11.25		1.25	390605									
☐	Apple & Apricot Purée	organic	12x2x100g	9.55		1.06	390610									
☐	Apple & Blueberry Purée	organic	12x2x100g	9.55		1.06	390615									
	Apple & Cranberry Purée	organic	12x2x100g	11.25		1.25	390616									
	Apple & Mango Purée	organic	12x2x100g	11.25		1.25	390617									
☐	Apple & Pineapple Purée	organic	12x2x100g	9.55		1.06	390618									
	Apple & Plum Purée	organic	12x2x100g	11.25		1.25	390620									
	Apple & Strawberry Purée	organic	12x2x100g	11.25		1.25	390625									
☐	Pear Purée	organic	12x2x100g	9.55		1.06	390630									
	Pear & Banana Purée	organic	12x2x100g	11.25		1.25	390635									
	* <u>Danival</u>															
	Tomato Ketchup - squeeze bottle	organic	6x560g	19.15		4.25	390690									
	* <u>Delicias</u>															
	Caperberries in wine vinegar (370g gross)	organic	6x180g	12.55		2.79	390695									
	* <u>De Rit</u>															
	Mayonnaise	organic	6x235ml	9.20		2.04	390705									
	* <u>Delouis Fils Organic Mustard</u>															
	Dijon Extra Strong Smooth	organic	5kg	31.60	6.32		391002									
	Dijon Extra Strong Smooth	organic	6x200g	8.85		1.97	391005									
	Whole Grain Cyder Vinegar Mustard	organic	6x200g	8.85		1.97	391010									
	* <u>Elysium - UK grown</u>															
	Apple Purée	demeter	6x700g	10.20		2.26	391105									
	English Mustard - Vegan	organic	6x170g	7.15		1.59	391110									
	Coarse Grain Mustard	organic	6x170g	7.15		1.59	391112									
	* <u>Essential Trading - canned - no added sugar</u>															
	Mango Chunks in juice	organic	6x400g	5.80		1.29	391210									
	Tropical Fruits in juice	organic	6x400g	7.60		1.69	391215									
	* <u>Essential Trading - tubes</u>															
◆	Tom Purée Tube Double Conc.	organic	12x150g	10.35		1.15	391230									
	* <u>Florentino</u>															
	Red Pesto - vegan		6x170g	9.95		2.21	391415									
	* <u>Geo Organics</u>															
	Please note that due to "a forced manufacturing change", and as a precautionary measure, Geo are temporarily withdrawing dairy-free and gluten-free claims from the products marked ☆ below. As soon as reassurance is received I'll let you know.															
	Brown Sauce	organic	6x270g	7.45		1.66	391455									
	Tomato Ketchup	organic	6x270g	7.90		1.76	391460									
☆	Worcestershire Sauce	organic	6x142ml	9.85		2.19	391465									
☆	Sweet Chilli Sauce	organic	6x270g	7.90		1.76	391467									
	Veggie Relish	organic	6x200g	8.95		1.99	391469									
	* <u>Geo Organics Pasta Sauces - Vegan - sugar & gluten-free</u>															
	Pasta Sauce with Basil & Red Wine	organic	6x300g	8.05		1.79	391445									
	Pasta Sauce with Sweet Pepper & Red Wine	organic	6x300g	8.05		1.79	391450									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Geo Organics - Taste of the East - Chinese - Vegan - gluten-free</u>														
Black Bean Sauce	organic	6x350g	10.60	2.36	391470									
Sweet & Sour Sauce	organic	6x350g	10.60	2.36	391471									
Szechuan Sauce	organic	6x350g	10.60	2.36	391472									
* <u>Geo Organics - Taste of the East - Indian</u>														
Please note that due to "a forced manufacturing change", and as a precautionary measure, Geo are temporarily withdrawing dairy-free and gluten-free claims from the products marked ☆ below. As soon as reassurance is received I'll let you know.														
☆ Balti Curry Paste	organic	6x180g	9.85	2.19	391475									
☆ Korma Curry Paste	organic	6x180g	9.85	2.19	391485									
☆ Madras Curry Paste	organic	6x180g	9.85	2.19	391487									
☆ Tikka Masala Curry Paste	organic	6x180g	9.85	2.19	391490									
* <u>Geo Organics - Taste of the East - Thai</u>														
Please note that due to "a forced manufacturing change", and as a precautionary measure, Geo are temporarily withdrawing dairy-free and gluten-free claims from the products marked ☆ below. As soon as reassurance is received I'll let you know.														
☆ Green Thai Curry Paste	organic	6x180g	10.40	2.31	391492									
☆ Red Thai Curry Paste	organic	6x180g	10.40	2.31	391495									
☆ Yellow Thai Curry Paste	organic	6x180g	10.40	2.31	391497									
* <u>Geo Organics - Taste of Mexico - Vegan - gluten-free</u>														
Fajita - Sun Dried Tomato	organic	6x300g	11.35	2.52	391498									
Mexican Salsa	organic	6x300g	11.35	2.52	391507									
* <u>Granovita</u>														
Brown Sauce	organic	6x275g	8.05	1.79	391595									
Mayola Original - Egg Free Mayo		6x290g	8.05	1.79	391615									
* <u>Infinity</u>														
Sun Dried Tomatoes in olive oil & herbs	organic	6x240g	11.15	2.49	392995									
* <u>Infinity</u>														
Sun Dried Tomato Halves	organic	10kg	49.00	4.90	393001									
Sun Dried Tomato Halves	organic	1kg	5.65	5.65	393002									
Sun Dried Tomato Halves	organic	12x250g	18.95	2.11	8755									
Sun Dried Tomato Halves	organic	12x100g	10.15	1.13	8750									
* <u>Infinity Egg Mayonnaise - free range eggs</u>														
Original Egg Mayonnaise	organic	6x325g	10.65	2.37	393025									
Original Egg Mayonnaise	organic	2.55kg	10.65	4.18	393030									
Smoked Garlic Egg Mayonnaise	organic	6x325g	10.65	2.37	393035									
* <u>Infinity Vegan Mayonnaise</u>														
Vegan Mayonnaise	organic	6x325g	10.00	2.22	393045									
Vegan Smoked Garlic Mayonnaise	organic	6x325g	10.00	2.22	393057									
* <u>Kitchen Garden</u>														
Fresh Minced Basil	organic	6x135g	8.95	1.99	394050									
Chilli Paste - Seriously Hot	organic	6x135g	8.95	1.99	394055									
Fresh Minced Coriander Leaves	organic	6x135g	8.95	1.99	394060									
* <u>Kite Mayonnaises with free range eggs http://www.kitewholefoods.co.uk</u>														
Garlic Egg Mayonnaise		6x325g	8.75	1.94	391503									
Garlic Egg Mayonnaise (o/g)	organic	6x150g	7.50	1.67	391502									
Egg Mayonnaise		6x325g	8.75	1.94	391505									
Egg Mayonnaise		2.55kg	8.45	3.31	391515									
Egg Mayonnaise (o/g)	organic	6x150g	7.50	1.67	391520									
Egg Mayonnaise (o/g)	organic	2.55kg	10.65	4.18	391525									
* <u>Kite Vegan Mayonnaise</u>														
Vegan Mayonnaise		6x325g	6.65	1.48	391536									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>La Bio Idea - www.organic.nl</u>		On Bargain Basics offer with rps dropped from 1.09 to 79p (it's 27.5% ladies and gentlemen) we have La Bio Idea peeled and chopped tomatoes at the price below for September and October.													
	Mushroom Pizza/Pasta Sauce	organic	6x300g	8.95	1.98	391650									
	Passata	organic	12x700ml	14.30	1.59	391655									
	Passata Basilico (with Basil)	organic	12x690ml	14.30	1.59	391657									
	Pesto Siciliano - vegetarian	organic	12x140g	25.15	2.79	391660									
	Pesto Rosso - vegan	organic	12x140g	25.15	2.79	391662									
	Pesto Genovese - vegetarian	organic	12x140g	25.15	2.79	391665									
	Tomato Ketchup	organic	6x300g	8.95	1.98	391670									
	Tomato Purée - catering size tin	organic	1x890g	2.85	3.80	391672									
	Tomato Purée - jar	organic	12x200g	10.35	1.15	391673									
☐	Tomatoes - peeled, in glass jars	organic	6x660g	12.55	2.79	391675									
☐	Tomatoes - peeled in tins	organic	12x400g	7.15	0.79	391680									
	Tomatoes - chopped in tins	organic	12x400g	7.15	0.79	391685									
* <u>Legend International - can</u>															
	Coconut Milk	organic	6x400ml	4.65	1.03	391707									
* <u>Life</u>															
	Cheddareese Shaker - dairy free		12x60g	13.10	1.46	391303									
	Parmezano Shaker - dairy free		12x60g	13.10	1.46	391305									
	Worcester sauce - vegan		6x150ml	7.95	1.77	391710									
* <u>Meridian - www.meridianfoods.co.uk</u>															
	Pasta Sauce Tomato & Basil	organic	6x350g	8.05	1.79	391955									
	Pasta Sauce Tomato & Chilli	organic	6x350g	8.05	1.79	391957									
	Pasta Sauce Chunky Vegetable	organic	6x350g	8.05	1.79	391960									
	Pasta Sauce Sundried Tomato	organic	6x350g	8.05	1.79	391962									
	Pasta Sauce Tomato & Herb	organic	6x440g	8.95	1.99	392005									
	Pasta Sauce Mushroom	organic	6x440g	8.95	1.99	392007									
	Pasta Sauce & Sweet Red Pepper (chilli)	organic	6x440g	8.95	1.99	392006									
	Pasta Sauce Spanish Olive	organic	6x440g	8.95	1.99	392008									
	French Dressing	organic	6x250ml	10.75	2.39	392060									
	Salad Cream	organic	6x250g	8.95	1.99	392063									
	Mayonnaise	organic	6x260g	10.75	2.39	392065									
	Tomato Ketchup	organic	6x285g	6.25	1.39	392070									
* <u>Meridian - Free-From "Cooking Sauces"</u>															
	Free-from Cooking Sauce Tomato & Herb		6x350g	8.05	1.79	392103									
	Free-from Sundried Tomato Sauce		6x350g	8.05	1.79	392105									
	White Wine & Mushroom Sauce		6x350g	8.05	1.79	392107									
	Tikka Masala Sauce		6x350g	8.05	1.79	392110									
	Korma Sauce		6x350g	8.05	1.79	392112									
	Green Thai Sauce		6x350g	8.05	1.79	392116									
* <u>Meridian - Free-From Range</u>															
	Green Pesto		6x170g	8.50	1.89	392115									
* <u>Minara's</u>															
	Korma Curry Paste	organic	6x190g	7.15	1.59	392450									
	Madras Curry Paste	organic	6x190g	7.15	1.59	392452									
	Mild Curry Paste	organic	6x190g	7.15	1.59	392455									
	Rogan Josh Curry Paste	organic	6x190g	7.15	1.59	392457									
	Tandoori Curry Paste	organic	6x190g	7.15	1.59	392460									
	Tikka Curry Paste	organic	6x190g	7.15	1.59	392462									
	Vindaloo Curry Paste	organic	6x190g	7.15	1.59	392465									
* <u>Mrs Mack's</u>															
◆	Poppy Seed Dressing	organic	1x250ml	3.35	4.49	392270									
* <u>Organico Italian Sauces</u>															
	Vegetable Bolognese Pasta Sauce	organic	6x360g	11.05	2.46	393052									
	Red Pepper & Balsamic Pasta Sauce (Milanese)	organic	6x360g	11.05	2.46	393055									
	Olive Chilli & Garlic Pasta Sauce (Sicilian)	organic	6x360g	12.40	2.76	393060									
	Wine & Porcini Pasta Sauce	organic	6x360g	11.05	2.46	393065									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Organico - Demeter</u>															
▲	Passata	demeter	12x510g	19.35		2.15	393075									
	Tomato & Aubergine Sauce	demeter	12x300g	22.05		2.45	393077									
	Tomato & Basil Sauce	demeter	12x300g	22.05		2.45	393080									
	Tomato & Zucchini Sauce	demeter	12x300g	22.05		2.45	393082									
	* <u>Plamil - www.plamilfoods.co.uk</u>															
	Plain Egg-free Mayonnaise		6x315g	7.95		1.77	410505									
	Plain Egg-free Mayonnaise		2.5kg	8.90	3.56		410507									
	Garlic Egg-free Mayonnaise		6x315g	7.95		1.77	410510									
	Tarragon Egg-free Mayonnaise		6x315g	7.95		1.77	410515									
	Plain Egg-free Mayonnaise (o/g)	organic	6x315g	9.55		2.12	410550									
	Plain Egg-free Mayonnaise (o/g)	organic	2.5kg	11.00	4.40		410555									
	Lemongrass Egg-free Mayonnaise	organic	6x315g	9.55		2.12	410560									
	Rice Mayo - egg-free	organic	6x315g	10.25		2.28	410565									
	* <u>Pollen Organic - www.pollenorganics.com</u>															
	Plum Tomato Cooking Sauce	organic	6x320g	11.20		2.49	394002									
	Spiced Up Tomato Ketchup	organic	6x240ml	13.45		2.99	394005									
	Marinated Sundried Tomatoes	organic	6x160g	15.70		3.49	394007									
	Mayonnaise	organic	6x225g	11.20		2.49	394010									
	Chilli & Ginger Salsa	organic	6x275g	14.10		3.13	394027									
	Extra Virgin Olive Oil & Herb Dressing	organic	6x240ml	16.50		3.67	394030									
	Everyday Cider Vinaigrette Dressing	organic	6x240ml	13.15		2.92	394035									
	Honey Mustard & Dill Dressing	organic	6x240ml	13.15		2.92	394040									
	Tamari Sweet & Sour Dressing	organic	6x240ml	13.15		2.92	394045									
	* <u>Sacila</u>															
	Green Pesto	organic	6x190g	13.40		2.99	392445									
	Tomato Pesto (Red)	organic	6x190g	13.40		2.99	392447									
	* <u>Simply Delicious</u>															
	Horseradish Sauce	organic	6x180ml	8.05		1.79	392550									
	Seafood Sauce	organic	6x180ml	8.05		1.79	392560									
	Tartare Sauce	organic	6x180ml	8.05		1.79	392565									
	Mayonnaise - regular	organic	6x180ml	8.05		1.79	392570									
	Mayonnaise Garlic	organic	6x180ml	8.05		1.79	392580									
	* <u>Suma</u>															
◆	Tomato Purée in Tubes	organic	12x200g	12.15		1.35	392740									
	* <u>Sunita</u>															
	Pesto Genovese - vegan	organic	6x130g	14.65		3.26	393010									
	Pesto Rosso - vegan	organic	6x130g	10.45		2.32	393012									
	Sundried Tomatoes in E.V. olive oil		12x180g	30.15		3.35	393015									
	Creamed Basil		12x130g	19.65		2.18	393020									
	* <u>Tarantella - easy-open cans</u>															
◆	Cherry Tomatoes	organic	12x400g	9.80		1.09	393303									
	Chopped Tomatoes	organic	12x400g	9.30		1.03	393305									
◆	Peeled Plum Tomatoes	organic	12x400g	8.60		0.96	393310									
	Tomato Paste - jar	organic	6x300g	7.45		1.66	393315									
◆	Sliced Carrots	organic	12x400g	9.75		1.08	393317									
	* <u>TerraSana</u>															
	Apple Purée	organic	6x700g	7.95		1.77	393505									
	Salsa Piccante (spicy)	organic	6x250g	10.15		2.26	753240									
	Salsa Milcante (mild)	organic	6x250g	10.15		2.26	753245									
	* <u>The Real Organic Foods Co. - jars - www.realorganic.co.uk</u>															
	Barbecue Sauce	organic	6x350g	11.20		2.49	394190									
	* <u>The Real Organic Foods Co. - jars - www.realorganic.co.uk</u>															
	Arrabbiata Pasta Sauce	organic	6x350g	10.75		2.39	394205									
	Mushroom & Red Wine Pasta Sauce	organic	6x350g	10.75		2.39	394207									
	Tomato, Pepper & Herb Pasta Sauce	organic	6x350g	10.75		2.39	394210									
	Sicilian Tomato & Olive Pasta Sauce	organic	6x350g	10.75		2.39	394215									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>The Real Organic Foods Co. - jars - www.realorganic.co.uk</u>														
Jalfrezi Cooking Sauce	organic	6x350g	11.20	2.49	394230									
Korma Cooking Sauce	organic	6x350g	11.20	2.49	394235									
Rogan Josh Cooking Sauce	organic	6x350g	11.20	2.49	394240									
Tikka Balti Cooking Sauce	organic	6x350g	11.20	2.49	394245									
* <u>The Real Organic Foods Co. - jars - www.realorganic.co.uk</u>														
Thai Green Curry Sauce	organic	6x350g	12.10	2.69	394260									
Thai Red Curry Sauce	organic	6x350g	12.10	2.69	394265									
Thai Yellow Curry Sauce	organic	6x350g	12.10	2.69	394270									
* <u>Westcountry Spice Company - Tomato "Ketchups"</u>														
Tomato Sauce	organic	12x310g	23.95	2.69	394405									
Spicy Tomato Sauce	organic	12x310g	23.95	2.69	394407									
Oh So Saucy Tomato Sauce	organic	12x305g	23.95	2.69	394410									
* <u>Westcountry Spice Company - Indian</u>														
Korma Paste	organic	6x92g	12.85	2.89	395010									
Jalfrezi Paste	organic	6x92g	12.85	2.89	395014									
Madras Paste	organic	6x92g	12.85	2.89	395012									
Methi Masala Paste	organic	6x92g	12.85	2.89	395013									
Tandoori Rub	organic	6x92g	12.85	2.89	395015									
Tikka Masala Paste	organic	6x92g	12.85	2.89	395017									
Chapora Paste	organic	6x92g	12.85	2.89	395018									
* <u>Westcountry Spice Company - Thai</u>														
Green Thai Paste	organic	6x92g	12.85	2.89	394905									
Red Thai Paste	organic	6x92g	12.85	2.89	394910									
Sweet Thai Chilli Dipping Sauce	organic	6x180g	13.05	2.95	394915									
* <u>Westcountry Spice Company - Marinades</u>														
DD's Green Stuff Marinade	organic	6x92g	12.85	2.89	395019									
Moorish Marinade & Seasoning	organic	6x92g	12.85	2.89	395020									
* <u>Westcountry Spice Company - Far Eastern</u>														
Hoisin Sauce	organic	6x175g	14.20	3.21	395021									
Ketjap Manis - Indonesian Soy Sauce	organic	6x180g	12.85	2.89	395023									
Malaysian Stir-Fry Sauce	organic	6x92g	12.85	2.89	395025									
* <u>Whole Earth</u>														
Tomato Ketchup	organic	12x340g	15.20	1.69	395030									
* <u>Wilkin & Sons of Tiptree - www.tiptree.com</u>														
Barbecue Relish	organic	6x210g	7.45	1.66	395075									
Hot Barbecue Relish	organic	6x210g	7.45	1.66	395077									
Cumberland Sauce	organic	6x227g	7.45	1.66	395080									
Mustard - Chilli	organic	6x180g	7.45	1.66	395105									
Mustard - Hot English	organic	6x180g	7.45	1.66	395107									
Onion Relish	organic	6x210g	7.45	1.66	395110									
Tiptree Chutney	organic	6x230g	7.45	1.66	395112									
Tomato Ketchup	organic	6x210g	7.45	1.66	395115									
Wild Cranberry Sauce	organic	6x210g	7.90	1.76	395120									
* <u>Yorkshire Hemp</u>														
Hemp Sauce	organic	6x125ml	13.45	2.99	395405									
* <u>Zest Foods - tomato based sauces</u>														
On offer for September and October at the prices below representing 10% off list - the entire range of Zest sauces.														
☐ Basil & Oregano Pasta Sauce		6x340g	8.60	1.91	395515									
☐ Hot Mexican Chilli Sauce		6x340g	8.60	1.91	395510									
☐ Pasta Sauce with Garlic & Mushroom		6x340g	8.60	1.91	395520									
☐ Pasta Sauce with Peppers & Mushroom		6x340g	8.60	1.91	395525									
☐ Hot & Spicy Pasta Sauce		6x340g	8.60	1.91	395527									
* <u>Zest Foods - Pesto Vegan</u>														
☐ Vegan Pesto - lge		6x340g	15.95	3.54	395555									
☐ Vegan Pesto - sml		6x163g	9.45	2.10	395560									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Zest Foods - Pesto Vegetarian</u>																
☐	Vegetarian Pesto - lge		6x340g	15.95		3.54	395545									
☐	Vegetarian Pesto - sml		6x163g	9.45		2.10	395550									
☐	Coriander, Basil & Hazel Pesto-style Sauce		6x163g	9.45		2.10	395552									
■ Convenience Foods																
* <u>Bauck - wheat-free</u>																
	Vegetable - Burger Mix	Demeter	6x160g	7.65		1.70	440810									
	Mashed Potato - dried	organic	6x2x75g	8.50		1.89	440820									
* <u>Biona - tinned beans</u>																
On offer for September and October at the prices below representing 15% off list - the Biona beans marked ☐ below																
	Aduki Beans in tins	organic	6x400g	3.55		0.79	390122									
	Baked Beans in tins	organic	6x420g	4.45		0.99	390141									
	Black Beans in tins	organic	6x400g	4.45		0.99	390121									
☐	Blackeye Beans in tins	organic	6x400g	3.75		0.83	390125									
	Butter Beans in tins	organic	6x400g	4.00		0.89	390142									
☐	Cannellini Beans in tins	organic	6x400g	3.40		0.76	390136									
	Bulk Chickpeas in tins	organic	3x2.5kg	8.10		3.59	390144									
☐	Chickpeas in tins	organic	6x400g	3.40		0.76	390145									
☐	Chilli Beans in tins	organic	6x420g	4.15		0.92	390149									
	Green Lentils in tins	organic	6x400g	4.00		0.89	390147									
	Haricot Beans in tins	organic	6x400g	4.00		0.89	390151									
	Pinto Beans in tins	organic	6x400g	4.45		0.99	390148									
	Puy Lentils in tins	organic	6x400g	4.45		0.99	390153									
	Bulk Red Kidney Beans in tins	organic	3x2.5kg	8.10		3.59	390146									
	Red Kidney Beans in tins	organic	6x400g	4.00		0.89	390150									
	Soya Beans in tins	organic	6x400g	4.45		0.99	390154									
☐	Mixed Beans in tins	organic	6x400g	3.40		0.76	390152									
* <u>Biona Ambient Long Life Tofu in Jar</u>																
	Plain Tofu - 250g drained weight	organic	6x360g	14.35		3.19	390177									
* <u>Bionova Soups - concentrated</u>																
	Lentil & Pumpkin Soup - in jars	organic	6x720ml	11.90		2.65	440505									
	Minestrone Soup - in jars	organic	6x720ml	11.90		2.65	440510									
	Cream of Mushroom Soup - in jars	organic	6x720ml	11.90		2.65	440515									
* <u>Carley's Curries - jars</u>																
	Aloo Gobi Curry	organic	6x680g	16.30		3.75	440605									
	Chickpea Curry	organic	6x680g	16.30		3.75	440610									
	Dhal Curry with Butternut Squash	organic	6x680g	16.30		3.75	440615									
	Sag Aloo Curry	organic	6x680g	16.30		3.75	440620									
* <u>Carley's Soups - jars</u>																
	Mushroom Soup	organic	6x680g	11.10		2.55	440650									
	Pea Soup	organic	6x680g	11.10		2.55	440655									
	Pumpkin & Lentil Soup	organic	6x680g	11.10		2.55	440660									
	Tomato & Lentil Soup	organic	6x680g	11.10		2.55	440665									
* <u>Danival - jars</u>																
	Chilli con Seitan	organic	6x525g	20.25		4.50	441002									
	Ratatouille	organic	6x670g	23.65		5.25	441005									
	Japanese Pumpkin Puree	organic	6x500g	18.00		4.00	441010									
	Tofu Ravioli	organic	6x670g	23.65		5.25	441030									
	Lentils & Smoked Tofu with Veg.	organic	6x525g	19.60		4.35	441035									
* <u>Danival - Express range - ready in 5 minutes</u>																
	Cereal Blend - spelt, quinoa, wild & red rice.	organic	6x250g	13.50		3.00	441038									
	Quinoa	organic	6x250g	13.50		3.00	441039									
* <u>Direct Foods - see "Granose" below</u>																

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Free & Easy Ready Meals - vegan - can</u>															
Bean Cassoulet	organic	6x400g	7.60		1.69	441075									
Chickpea & Bean Tagine	organic	6x400g	7.60		1.69	441077									
Chickpea & Vegetable Curry	organic	6x400g	7.60		1.69	441080									
Three Bean Chili	organic	6x400g	7.60		1.69	441082									
* <u>Free & Easy Sauce Mixes - vegan</u>															
Dairy Free Cheese Flavour Sauce Mix		6x130g	8.05		1.79	441110									
Gluten Free Gravy Sauce Mix		6x130g	7.45		1.65	441115									
* <u>Free & Easy - Misoups - instant packet</u>															
Mixed Vegetable Misoup - instant	organic	8x4x15g	10.50		1.75	444265									
Potato & Leek Misoup - instant	organic	8x4x15g	10.50		1.75	444267									
Tomato & Basil Misoup - instant	organic	8x4x15g	10.50		1.75	444270									
* <u>Free & Easy - canned Organic Misoups</u>															
Miso Broth - Aduki & Red Pepper	organic	6x400g	7.00		1.55	444280									
Miso Soup - Butternut Squash	organic	6x400g	7.00		1.55	444282									
Miso Soup - Oriental Three Bean	organic	6x400g	7.00		1.55	444285									
Miso Broth - Tomato	organic	6x400g	7.00		1.55	444287									
* <u>Free & Easy - canned Organic Soups</u>															
Green Pea Soup	organic	6x400g	6.10		1.36	444305									
Potato & Leek Soup	organic	6x400g	6.55		1.46	444307									
Lentil & Red Pepper Soup	organic	6x400g	6.10		1.36	444310									
Minestrone Soup	organic	6x400g	6.55		1.46	444312									
Mushroom & Spinach Soup	organic	6x400g	6.55		1.46	444314									
Parsnip Soup	organic	6x400g	6.10		1.36	444315									
Tomato Soup	organic	6x400g	6.10		1.36	444335									
* <u>Geo Organics - cans</u>															
We all have our passions in life; some of us are birdwatchers, Airfix modellers, radio hams, gardeners, train spotters, stamp collectors, kite flyers, glass animal collectors, Fall fans. Mike from Geo Organics has a passion for canning. You should have seen his face light up when he got onto the topic. It made my heart glad. The upshot is that we have three new lines in the Geo range: Baked Beans in tomato sauce ("BITS" in the canner's lingo) sweetened with agave syrup, Hearty Thick Vegetable Hot Pot, and Mildly Spiced Thick Vegetable Stew. All tick some literal boxes on the labels (vegan, gluten free, non GM, low fat), all are organic, and the Baked Beans give a nod to Magritte in a trompe l'oeil label depicting a labelless can. Ceci n'est pas un can, as we say.															
* Baked Beans sweetened with agave	organic	6x400g	5.35		1.19	444350									
* Hearty Vegetable Hot Pot	organic	6x400g	7.15		1.59	444355									
* Mildly Spiced Vegetable Stew	organic	6x400g	7.15		1.59	444360									
* <u>Granose (some of range was "Direct Foods")</u>															
Nut Roast Mix		6x150g	6.45		1.45	443065									
Sunflower, Lentil & Veg. Roast Mix		6x150g	6.45		1.45	443066									
Sausage Mix (was Sosmix)		6x150g	6.45		1.45	441045									
Sosmix		10k	40.45	4.05		441050									
Lincoln Sausage Mix (was "Country Herb")		6x150g	6.45		1.45	441055									
Burgermix		6x174g	6.45		1.45	441060									
* <u>Granovita</u>															
Vege Sausage Mix - unhydrogenated		25kg	67.45	2.70		443560									
* <u>Hale & Hearty - Gluten Free</u>															
www.halenhearty.co.uk															
Finally from Hale & Hearty we have an Organic Quick and Easy Falafel Mix, and an Organic 4 Grain Pancake Mix containing rice, tapioca, quinoa, buckwheat, chickpea, and teff flours along with baking powder, sea salt and milled golden flax seed. Along with the rest of the range both products are tested at less than 20ppm gluten and carry the Crossed Grain Symbol of Coeliac UK.															
* 5 Grain Pancake Mix	organic	8x360g	19.15		3.19	442305									
* Quick & Easy Falafel Mix	organic	8x200g	12.55		2.09	442310									
* <u>Infinity Foods - cans</u>															
Stuffed Vine Leaves - retail	organic	12x283g	18.50		2.06	443580									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Joannusmolen Bioculinair</u>															
	Falafel & Herbs Mix	organic	6x110g	10.25		2.28	443605									
	Soy-Sausage Mix gluten free	organic	6x110g	11.55		2.57	443610									
	Millet Burger Mix gluten free	organic	6x110g	11.55		2.57	443615									
	* <u>Just Wholefoods - Organic World Mixes</u>															
	Biriyani with Brown Rice	organic	6x125g	5.65		1.26	442503									
	Falafel Mix	organic	6x120g	5.65		1.26	442505									
	Hummus Mix	organic	6x125g	5.65		1.26	442507									
	Vegetable Chow Mein	organic	6x95g	5.65		1.26	442510									
	Vegetable Couscous & Lentil	organic	6x125g	5.65		1.26	442515									
	* <u>Just Wholefoods www.justwholefoods.co.uk</u>															
	Soup-in-a-Mug Carrot & Coriander	organic	8x4x17g	7.75		1.29	442521									
	Soup-in-a-Mug Leek & Potato	organic	8x4x17g	7.75		1.29	442526									
	Soup-in-a-Mug Tomato & Basil	organic	8x4x17g	7.75		1.29	442528									
	Instant Minestrone Soup Mix	organic	15x20g	5.50		0.49	442527									
	Instant Vegetable Soup Mix	organic	15x20g	5.50		0.49	442523									
	Vegeburger Mix	organic	6x125g	5.65		1.25	442525									
	Vegebanger Mix	organic	6x125g	5.65		1.25	442530									
	Wholemeal Breadcrumbs	organic	6x175g	4.75		1.06	442535									
	* <u>La Bio Idea - glass</u>															
	Ratatouille	organic	6x520g	15.70		3.49	442650									
	* <u>La Bio Idea - cans</u>															
	On Bargain Basics offer with the rrps dropped from 97p to 69p (it's 28.5% if you're making notes) we have the entire range of La Bio Idea tinned beans. Fill your shelves/store cupboards without breaking the bank through September and October.															
☐	Black Beans	organic	6x400g	3.10		0.69	442660									
☐	Borlotti Beans	organic	6x400g	3.10		0.69	442662									
☐	Butter Beans	organic	6x400g	3.10		0.69	442665									
☐	Cannellini Beans	organic	6x400g	3.10		0.69	442667									
☐	Chickpeas	organic	6x400g	3.10		0.69	442670									
☐	Brown Lentils	organic	6x400g	3.10		0.69	442672									
☐	Mixed Beans	organic	6x400g	3.10		0.69	442675									
☐	Red Kidney Beans	organic	6x400g	3.10		0.69	442677									
	* <u>Lima - Saveur Maison Soups in combibloc</u>															
	Green Vegetables & Lentil Soup	organic	6x1l	13.30		2.96	442795									
	* <u>Marigold</u>															
	Braised Tofu - canned		12x225g	17.90		1.99	410502									
	* <u>Natura Organic - Easy Open Cans</u>															
	Butter Beans	organic	12x400g	7.20		0.80	442729									
	Chickpeas	organic	12x410g	6.90		0.77	442727									
	Haricot (cannellini)	organic	12x400g	7.20		0.80	442728									
	Ful Medames	organic	12x410g	6.25		0.69	442730									
	Pinto (borlotti)	organic	12x400g	7.20		0.80	442734									
	Red Kidney Beans	organic	12x410g	6.70		0.74	442735									
	Green Soya Beans (Edamame)	organic	12x400g	9.20		1.02	442713									
	Baked Beans - no added sugar	organic	12x420g	8.15		0.91	442736									
	Balti Chana Dal	organic	12x400g	10.95		1.22	442737									
	Vegetable Curry	organic	12x390g	11.70		1.30	442742									
	* <u>Natura Organic Soups - Easy Open Cans</u>															
	Cream of Tomato Soup	organic	12x400g	10.15		1.13	442771									
	Tuscan Bean Soup	organic	12x400g	10.15		1.13	442775									
	* <u>Nomato - nightshade family free - www.somajuice.com</u>															
	Soup	organic	6x250g	8.50		1.89	442790									
	* <u>Organico</u>															
▲	Asparagus Risotto	organic	8x200g	14.70		2.45	443712									
▲	Porcini Risotto	organic	8x200g	14.70		2.45	443720									

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Orgran - Gluten Free</u>															
◆	Buckwheat Pancake Mix		8x375g	15.90		2.65	443750									
◆	Falafel Mix		8x200g	13.75		2.29	443755									
◆	Tinned Spaghetti		12x220g	12.15		1.35	443760									
	* <u>Sharpham Park - Speltotto</u>															
	Courgette & Garlic Speltotto		12x225g	29.60		3.29	443805									
	Pumpkin & Shallot Speltotto		12x225g	29.60		3.29	443810									
	Tomato & Chilli Speltotto		12x225g	29.60		3.29	443815									
	* <u>Soya Mince</u>															
	TVP Mince - fine - c.5mm	organic	10kg	49.00	4.90		446545									
	TVP Mince - coarse - >8mm	organic	10kg	48.50	4.85		446555									
	* <u>Infinity Pre-Packed Fast Foods</u>															
	TVP Mince - fine - c.5mm	organic	10x250g	15.75		2.10	8555									
	TVP Mince - coarse - >8mm	organic	10x250g	15.60		2.08	8560									
	* <u>Suma - fairly traded Beans in tins</u>															
▲	Aduki Beans	organic	12x400g	8.90		0.99	445405									
	* <u>Suma - legumes in tins</u>															
◆	Blackeye Beans	organic	12x400g	7.65		0.85	445506									
◆	Butter Beans	organic	12x400g	7.65		0.85	445507									
◆	Cannellini Beans	organic	12x400g	7.65		0.85	445508									
◆	Chickpeas	organic	12x400g	7.65		0.85	445510									
	Green Lentils	organic	12x400g	7.65		0.85	445512									
	Haricot Beans	organic	12x400g	7.65		0.85	445513									
	Mixed Beans	organic	12x400g	7.65		0.85	445514									
◆	Red Kidney Beans	organic	12x400g	7.65		0.85	445505									
	* <u>Suma - soup in tins</u>															
	Carrot & Coriander Soup	organic	12x400g	10.20		1.15	445560									
	Minestrone Soup	organic	12x400g	10.20		1.15	445570									
	Pea Soup	organic	12x400g	10.20		1.15	445550									
	Spicy Lentil Soup	organic	12x400g	10.20		1.15	445555									
	Thick Vegetable Soup	organic	12x400g	10.20		1.15	445557									
	Tomato Soup	organic	12x400g	10.20		1.15	445545									
	Tomato & Red Pepper Soup	organic	12x400g	10.20		1.15	445575									
	* <u>Sunita</u>															
	Polenta - ready to eat	organic	6x500g	5.75		1.28	445703									
	* <u>Tarantella - canned legumes in salted water</u>															
	Baked Beans in Tomato Sauce	organic	12x420g	7.05		0.78	445620									
	Borlotti Beans	organic	12x400g	8.15		0.91	445625									
	Butter Beans	organic	12x400g	8.65		0.96	445626									
◆	Cannellini Beans	organic	12x400g	8.15		0.91	445627									
◆	Chickpeas	organic	12x400g	8.15		0.91	445630									
◆	Garden Peas	organic	12x400g	6.80		0.76	445631									
	Green Lentils	organic	12x400g	8.65		0.96	445632									
	Haricot Beans	organic	12x400g	8.65		0.96	445633									
	Mix Bean & Chickpea Salad	organic	12x400g	8.15		0.91	445634									
	Pinto Beans	organic	12x400g	8.65		0.96	445637									
	Red Kidney Beans	organic	12x400g	8.15		0.91	445635									
◆	Ratatouille	organic	12x400g	11.60		1.29	445640									
	* <u>TerraSana - www.terrasana.com</u>															
	Seitan in Tamari	organic	6x350g	14.85		3.30	445705									
	Seitan in Tamari	organic	6x700g	24.25		5.39	445706									
	Instant Mashed Potato	organic	10x108g	14.95		1.99	445805									
	* <u>Whole Earth - www.wholeearthfoods.com</u>															
	Baked Beans	organic	12x420g	9.80		1.09	446010									
	* <u>Yakso</u>															
	Tempeh	organic	6x175g	13.25		2.95	446030									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Yorkshire Hemp</u>															
	Hemp Pancake Mix	organic	6x200g	14.40		3.20	446050									
	■ Baby & Children's Food and Baby Products															
	* <u>Baby Organix - see Organix Brands below</u>															
	* <u>Babynat jars - from 4 months</u>															
▲	Apple	organic	6x130g	5.80		1.29	471305									
	Apple & Prune	organic	6x130g	6.25		1.39	471320									
	Apple & Quince	organic	6x130g	5.80		1.29	471325									
▲	Blueberry & Apple	organic	6x130g	6.25		1.39	471330									
	Carrots	organic	6x130g	5.80		1.29	471335									
	Carrot & Pumpkin	organic	6x130g	5.80		1.29	471375									
▲	Garden Vegetables	organic	6x130g	6.25		1.39	471345									
	Peach	organic	6x130g	5.80		1.29	471355									
▲	Pear	organic	6x130g	6.25		1.39	471360									
▲	Provencale Vegetables	organic	6x130g	6.25		1.39	471370									
	* <u>Babynat jars -from 8 months</u>															
	Pasta Veg. Meal	organic	6x200g	6.70		1.49	471385									
	Quinoa Meal	organic	6x200g	7.60		1.69	471387									
	* <u>Babynat dried foods</u>															
	Formula Milk (0-6m)	organic	6x900g	74.20		16.49	471405									
	Follow-on Milk (6+m)	organic	6x900g	74.20		16.49	471410									
	Dried Goat's Milk Fortified Drink		6x900g	98.50		21.89	471415									
	Teething Biscuits (8+m)	organic	12x120g	28.70		3.19	471420									
	* <u>Bambo Eco Nappies</u>															
	Premature Bambo Nappies - 1-3kg		6x24p	33.70		7.49	471422									
	Newborn Bambo Nappies - 2-4kg		6x28p	33.70		7.49	471424									
	Mini Bambo Nappies - light yellow - 3-6kg		6x30p	33.70		7.49	471425									
	Midi Bambo Nappies - dark yellow - 5-10kg		3x56p	33.70		14.99	471427									
	Maxi Bambo Nappies - red - 8-18kg		3x50p	33.70		14.99	471428									
	Maxi Plus Bambo Nappies - green - 12-22kg		3x46p	33.70		14.99	471430									
	Junior Bambo Nappies - blue - 15+kg		3x42p	33.70		14.99	471432									
	Trainer Pants Maxi Plus		6x22p	49.45		10.99	471433									
	Trainer Pants XL Plus		6x20p	49.45		10.99	471435									
	* <u>Beaming Baby</u>															
	Degradable Nappy Sacks		20x50bags	22.75 V		1.99	471437									
	* <u>Bio - D</u>															
	Nappy Fresh - nappy sanitizer		12x550g	18.00 V		2.30	830570									
	* <u>Earth Friendly Baby - www.earthfriendlybaby.com</u>															
	Chamomile Shampoo/Bodywash		6x251ml	13.65 V		3.90	470605									
	Lavender Shampoo/Bodywash		6x251ml	13.65 V		3.90	470606									
	Mandarin Shampoo/Bodywash		6x251ml	13.65 V		3.90	470607									
	Calendula Daily Care Cream		6x113g	18.80 V		5.37	470615									
	Red Clover Nappy Care Cream		6x113g	18.80 V		5.37	470620									
	Chamomile Bubble Bath		6x370ml	20.50 V		5.86	470625									
	Lavender Bubble Bath		6x370ml	20.50 V		5.86	470626									
	Mandarin Bubble Bath		6x370ml	20.50 V		5.86	470627									
	Body Lotion - Chamomile		6x250ml	17.10 V		4.88	470635									
	Body Lotion - Lavender		6x250ml	17.10 V		4.88	470637									
	Body Lotion - Mandarin		6x250ml	17.10 V		4.88	470640									
	Eco Baby Wipes		12x72p	20.45 V		2.93	470630									
	Eco Nappy Sacks		12x50bags	12.00 V		1.72	470631									
	* <u>Earth Friendly Kids - see "Toiletries" section</u>															
	* <u>Eco Baby - Joannusmolen</u>															
	Biobim Muesli (+8m)	organic	6x300g	19.15		4.26	470905									
	Biobim Baby Plus (gluten-free cereal) (+5m)	organic	6x200g	16.00		3.56	470903									
	Biobim Baby Rice Meal (+4m)	organic	6x200g	15.40		3.42	470910									
	Biobim Benjamin Mixed Cereal (+7m)	organic	6x200g	16.00		3.56	470925									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Ella's Kitchen - baby food - 4 months plus														
Apples & Bananas	organic	7x120g	5.25	1.00	470930									
Broccoli, Pear & Peas	organic	7x120g	5.25	1.00	470932									
Butternut Squash, Carrot, Apples and Prunes	organic	7x120g	5.25	1.00	470933									
Carrot, Apple & Parsnip	organic	7x120g	5.25	1.00	470935									
Peaches and Bananas Baby Food	organic	7x120g	5.25	1.00	470936									
Spinach, Apples and Swede	organic	7x120g	5.25	1.00	470937									
Strawberries and Apples	organic	7x120g	5.25	1.00	470939									
Sweet Potato, Pumpkin, Apple & Blueberry	organic	7x120g	5.25	1.00	470938									
* Ella's Kitchen - stages 1+2+3 - 6 months plus														
Banana Baby Brekkie	organic	6x100g	5.35	1.19	470967									
Mango Baby Brekkie	organic	6x100g	5.35	1.19	470968									
* Ella's Kitchen - stage 2 - 7 months plus														
Strawberries'n'Cream	organic	6x140g	6.70	1.49	470983									
Vegetable Bake with Lentils	organic	6x140g	6.70	1.49	470985									
* Ella's Kitchen - stage 3 - toddler meal														
Tomato-y Pasta	organic	7x190g	10.45	1.99	470982									
* Ella's Kitchen - smoothie fruit														
The Green One - Smoothie Fruit - singles	organic	12x90g	7.10	0.79	470943									
The Green One - Smoothie Fruit - multi	organic	6x5x90g	16.60	3.69	470944									
The Purple One - Smoothie Fruit - singles	organic	12x90g	7.10	0.79	470945									
The Purple One - Smoothie Fruit - multi	organic	6x5x90g	16.60	3.69	470947									
The Red One - Smoothie Fruit - singles	organic	12x90g	7.10	0.79	470950									
The Red One - Smoothie Fruit - multi	organic	6x5x90g	16.60	3.69	470955									
The Yellow One - Smoothie Fruit - singles	organic	12x90g	7.10	0.79	470960									
The Yellow One - Smoothie Fruit - multi	organic	6x5x90g	16.60	3.69	470965									
* Familia - from 6 months														
On offer for September and October at the price below representing 15% off list - Familia Swiss Muesli Baby Food.														
☐ Swiss Muesli Baby Food no added sugar	organic	12x250g	15.20	1.69	471010									
* Green Baby														
Nappy Liners - biodegradable		1x100p	2.10	2.99	471050									
* Green People Baby Care - see "Toiletries"														
* Hipp														
"Feeding Your Baby" 8 page point of sale booklet free of charge - please quote code:					471440									
* Hipp pots - from 4 months														
On offer for the duration of the catalogue at the prices below representing 15% off list - the entire Hipp range with the exception of the Infant Formula Milk														
☐ Apple & Banana Fruit Pots	organic	6x4x100g	7.45	1.66	471460									
☐ Apple & Pear Fruit Pots	organic	6x4x100g	7.45	1.66	471465									
☐ Apple, Strawberry & Blueberry Fruit Pots	organic	6x4x100g	7.45	1.66	471470									
☐ Apple, Peach & Mango Fruit Pots	organic	6x4x100g	7.45	1.66	471475									
* Hipp jars - First Taste Savoury - from 4 months														
☐ Carrot & Sweetcorn	organic	6x80g	2.05	0.46	471523									
* Hipp jars - First Taste Pure Fruits - from 4 months														
☐ Apple Purée	organic	6x80g	2.05	0.46	471495									
☐ Apple & Banana	organic	6x80g	2.05	0.46	471502									
* Hipp jars - First Taste Breakfasts - from 4 months														
☐ Banana Yogurt Breakfast	organic	6x125g	3.40	0.76	471536									
☐ Creamed Porridge Breakfast	organic	6x125g	3.40	0.76	471532									
☐ Creamy Rice Breakfast	organic	6x125g	3.40	0.76	471533									

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Hipp jars - Savouries - from 4 months</u>															
On offer for the duration of the catalogue at the prices below representing 15% off list - the entire Hipp range with the exception of the Infant Formula Milk															
☐	Tender Carrot & Potatoes	organic	6x125g	3.40	0.76	471525									
☐	Cauliflower Cheese	organic	6x125g	3.40	0.76	471524									
☐	Creamy Parsnip, Potato & Cauliflower	organic	6x125g	3.40	0.76	471527									
☐	Vegetable & Lentil Bake	organic	6x125g	3.40	0.76	471528									
☐	Mixed Vegetable Medley	organic	6x125g	3.40	0.76	471530									
☐	Penne - Tomato & Courgette	organic	6x125g	3.40	0.76	471529									
☐	Cheesy Spinach & Potato Bake	organic	6x125g	3.40	0.76	471535									
Ring 01635 528250 for Hipp point of sale material															
* <u>Hipp jars - Desserts - from 4 months</u>															
☐	Apple & Blueberry Dessert	organic	6x125g	3.40	0.76	471505									
☐	Apple & Pear Pudding	organic	6x125g	3.40	0.76	471510									
☐	Banana Custard	organic	6x125g	3.40	0.76	471513									
☐	Banana & Peach Dessert	organic	6x125g	3.40	0.76	471515									
☐	Banana & Rice Pudding	organic	6x125g	3.40	0.76	471520									
☐	Mango & Banana Melba	organic	6x125g	3.40	0.76	471607									
☐	Red Fruit & Apple Compôte	organic	6x125g	3.40	0.76	471608									
☐	Rice Pudding	organic	6x125g	3.40	0.76	471610									
☐	William Christ Pears	organic	6x125g	3.40	0.76	471615									
Ring 01635 528250 for Hipp point of sale material															
* <u>Hipp jars- from seven months</u>															
☐	Cheesy Pasta Bake	organic	6x190g	4.00	0.89	471735									
☐	Creamy Vegetable Pasta	organic	6x190g	4.00	0.89	471720									
☐	Rice Pudding with Apple & Pear	organic	6x190g	4.00	0.89	471731									
☐	Rigatoni Napoli	organic	6x190g	4.00	0.89	471727									
☐	Spaghetti, Tomato & Mozzarella	organic	6x190g	4.00	0.89	471732									
☐	Tropical Fruit Salad	organic	6x190g	4.00	0.89	471734									
☐	Vegetable Lasagne	organic	6x190g	4.00	0.89	471740									
Ring 01635 528250 for Hipp point of sale material															
* <u>Hipp jars- from twelve months</u>															
☐	Rigatoni Napoli	organic	6x250g	5.15	1.14	471733									
☐	Pasta - Tomato & Mozzarella	organic	6x250g	5.15	1.14	471728									
☐	Creamy Rice Pud with Apple	organic	6x200g	5.15	1.14	471825									
* <u>Hipp jars- from fifteen months</u>															
☐	Rigatoni Courgette & Mozzarella	organic	6x275g	5.55	1.23	471812									
☐	Vegetable Lasagne	organic	6x275g	5.55	1.23	471813									
* <u>Hipp Baby and Toddler Milk</u>															
☐	Infant Formula Milk	organic	4x900g	25.40	8.47	471914									
☐	Follow-on Milk - 6 months	organic	4x900g	21.60	7.20	471904									
☐	Powdered Growing-up Milk	organic	4x600g	14.95	4.99	471917									
☐	Ready to Drink Growing-up Milk - 10 months	organic	6x500ml	5.05	1.12	471922									
Ring 01635 528250 for Hipp point of sale material															
* <u>Hipp dried foods - Gluten-free - from 4 months</u>															
☐	Apple, Orange & Banana - packet	organic	4x160g	6.90	2.30	471930									
☐	Baby Rice - packet	organic	4x160g	6.90	2.30	471933									
☐	Banana/Peach Breakfast - packet	organic	4x230g	6.90	2.30	471935									
☐	Creamy Rice & Apple Breakfast - packet	organic	4x160g	6.90	2.30	471937									
Ring 01635 528250 for Hipp point of sale material															
* <u>Hipp dried foods - from 6 months</u>															
☐	Banana Porridge - packet	organic	4x160g	6.90	2.30	471940									
☐	Creamy Porridge - packet	organic	4x160g	6.90	2.30	471945									
Ring 01635 528250 for Hipp point of sale material															
* <u>Hipp dried foods - from 12 months</u>															
☐	Ruskits (growing up biscuits)	organic	6x120g	5.30	1.18	471975									
Ring 01635 528250 for Hipp point of sale material															

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Hipp ready to drink juices - from 4 months - glass bottle</u>														
On offer for the duration of the catalogue at the prices below representing 15% off list - the entire Hipp range with the exception of the Infant Formula Milk														
☐ Apple, Pineapple & Banana Juice	organic	6x500ml	6.50 V	1.66	472012									
☐ Mineral Water - splash of Apple Juice	organic	6x200ml	3.25 V	0.83	472050									
☐ Mineral Water - splash of Red Grape Juice	organic	6x200ml	3.25 V	0.83	472055									
* <u>Hipp Drink - from 4 months</u>														
☐ Fennel Drink Tea Bags (1.5g)	organic	5x18bg	6.65	1.77	472066									
* <u>Holle - from 4 months</u>														
Baby Muesli	demeter	6x250g	17.55	3.90	472069									
Millet Porridge	organic	6x250g	17.55	3.90	472070									
Rice Porridge	demeter	6x250g	17.55	3.90	472072									
Spelt Porridge	demeter	6x250g	17.55	3.90	472075									
Rolled Oats Porridge	demeter	6x250g	17.55	3.90	472080									
Three Grain Porridge	demeter	6x250g	17.55	3.90	472085									
* <u>Lavera Baby Ranges - see "Toiletries and Natural Remedies"</u>														
* <u>Moltex Disposable Nappies</u>														
No.2 Mini Nappies OKO 3-6kg		3x48p	33.05	14.71	472585									
No.3 Midi Nappies OKO 4-9kg		4x44p	44.95	14.99	472587									
No.4 Maxi Nappies OKO 7-18kg		3x42p	35.30	15.69	472590									
No.5 Junior Nappies OKO 11-25kg		3x36p	35.95	15.97	472592									
No.6 Extra Large Nappies OKO 16-30kg		4x30p	47.95	15.98	472595									
* <u>Nanny - helpline 0800 328 5826</u>														
Nanny Goat Milk		12x400g	78.85	8.76	472605									
Nanny Goat Milk		6x900g	79.60	17.69	472610									
Nanny Growing Up Milk		12x400g	78.85	8.76	472615									
* <u>Natracare - www.natracare.com</u>														
Organic Cotton Baby Wipes		16x50p	33.25 V	3.19	472635									
* <u>Organix Brands Breakfast Cereals from 4 months</u>														
Baby Rice	organic	6x100g	8.35	1.86	470837									
Banana Porridge	organic	6x120g	10.30	2.29	470520									
* <u>Organix Brands - from 4 months - tubs</u>														
Apple & Blueberry Compôte - tub	organic	6x4x100g	8.85	1.97	470760									
Apple & Mango Rice Pudding - tub	organic	6x4x100g	8.85	1.97	470762									
Apple & Peach/Apple & Strawberry Fruit Double - tub	organic	6x4x100g	8.85	1.97	470767									
Apple & Vanilla/Banana & Plum Fruit Double - tub	organic	6x4x100g	8.85	1.97	470768									
Banana Porridge - tub	organic	6x4x100g	8.85	1.97	470770									
Pear & Raspberry Purée - tub	organic	6x4x100g	8.85	1.97	470778									
Summer Pudding Purée - tub	organic	6x4x100g	8.85	1.97	470773									
* <u>Organix Brands - from seven months</u>														
Baby Rice Cakes - Plain	organic	6x50g	5.80	1.29	470845									
Baby Rice Cakes - Apple	organic	7x50g	6.75	1.29	470847									
Baby Rice Cakes - Raspberry & Blueberry	organic	7x50g	6.75	1.29	470840									
Baby Finger Biscuits	organic	7x100g	6.35	1.21	470849									
Soft Rusks - Original	organic	6x175g	9.55	2.12	470852									
Soft Rusks - Orange	organic	6x175g	9.55	2.12	470853									
Crunchy Slices - Tomato	organic	5x20g	2.45 V	0.75	470857									
* <u>Organix Brands - from nine months</u>														
Baby Moon Biscuits	organic	4x180g	6.20	2.07	470908									
Crunchy Sticks - Carrot	organic	8x20g	3.90 V	0.75	470924									
Crunchy Sweetcorn Rings	organic	8x20g	3.90 V	0.75	470926									
* <u>Organix Brands "Goodies" range - 12 months plus - www.goodies.uk.com</u>														
Goodies Banana & Date Bar	organic	6x7x18g	13.25	2.94	470797									
Goodies Date & Apple Bar	organic	6x7x18g	13.25	2.94	470798									
Goodies Apple & Orange Multipack	organic	6x6x30g	12.60	2.80	470851									
Goodies Blackcurrant Cereal Bar Multipack	organic	6x6x30g	12.60	2.80	470854									
Goodies Raspberry & Apple Multipack	organic	6x6x30g	12.60	2.80	470856									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Goodies Carrot Cake Cereal Bars	organic	6x6x30g	12.60		2.80	470864									
	Goodies Cocoa & Raisin Cereal Bars	organic	6x6x30g	12.60		2.80	470867									
	Raisins - box	organic	7x250g	12.95		2.47	470885									
	Goodies Raisins and Apples	organic	6x6x24g	9.45		2.10	470547									
	Goodies Raisins and Apricots	organic	6x6x28g	9.45		2.10	470548									
	Alphabet Biscuits	organic	6x5x25g	9.30		2.07	470906									
	Animal Shape Biscuits	organic	5x150g	7.75		2.07	470907									
☆	Gingerbread Men	organic	6x135g	9.30		2.07	470909									
☆	Carrot Stix (now 24!)	organic	24x15g	2.10	V	0.13	470914									
☆	Cheese & Herb Corn Puffs (now 24!)	organic	24x15g	2.10	V	0.13	470920									
☆	Noughts & Crosses Saucy Tomato (now 24!)	organic	24x15g	2.10	V	0.13	470927									
☆	Spicy Stars (now 24!)	organic	24x15g	2.10	V	0.13	470941									
☆	Tom, Cheese & Herb Corn Puffs (now 24!)	organic	24x15g	2.10	V	0.13	470915									
	* <u>Organix - No Junk - ideal for lunchboxes</u>															
	No Junk Cocoa Cookie Bites	organic	4x5x25g	7.70		2.57	470890									
	No Junk Orange Cookie Bites	organic	4x5x25g	7.70		2.57	470893									
☆	The Organic Gingerbreads	organic	6x6x2pack	11.50		2.57	470895									
	* <u>Peter Rabbit</u>															
	Apple Cookies	organic	12x125g	19.10		2.12	472755									
	Orange Cookies	organic	12x125g	19.10		2.12	472757									
	Apple & Grape Juice	organic	18x125ml	8.00	V	0.68	472760									
	Pear Juice	organic	18x125ml	8.00	V	0.68	472762									
	Apple Purée	organic	12x80g	7.40		0.82	472765									
	Peach & Apricot Purée	organic	12x80g	7.40		0.82	472767									
	Garden Veg Sauce	organic	6x300g	9.90		2.20	472770									
	Italian Veg Sauce	organic	6x300g	9.90		2.20	472772									
	Tomato & Basil Sauce	organic	6x300g	9.90		2.20	472773									
	Ketchup	organic	6x340g	10.90		2.42	472775									
	Tricolore Pasta	organic	8x175g	10.85		1.81	472780									
	Rice Fusilli	organic	8x150g	10.85		1.81	472782									
	* <u>Symphony</u>															
	Nappy Sacks - biodegradable		10x50bgs	14.60	V	2.50	472655									
	* <u>Tushies - www.greenbaby.co.uk</u>															
	Tubs of 80 Wipes - alcohol-free		12xtub	29.30	V	3.74	472705									
	Refills of 80 Wipes - alcohol-free		12xrefill	27.35	V	3.49	472710									
	* <u>Yummies Nappy System - www.yummiesnappies.co.uk</u>															
	Small Cotton Nappies <15lbs		1x6p	6.25		8.93	472805									
	Regular Cotton Nappies 15-35lbs		1x6p	8.15		11.64	472810									
	"Prorap" Nappy Cover - Newborn		1x1p	4.20		5.99	472815									
	"Prorap" Nappy Cover 9-14lbs		1x1p	4.20		5.99	472820									
	"Prorap" Nappy Cover 13-25lbs		1x1p	4.20		5.99	472825									
	"Prorap" Nappy Cover 24-35lbs		1x1p	4.20		5.99	472830									
	■ Miso, Soy Sauces etc															
	* <u>Clearspring Japanese miso - www.clearspring.co.uk</u>															
	Again from Clearspring we have 15% off the two ☐ marked Instant Miso Soups below.															
	Barley Miso - Unpasteurised - jar	organic	6x300g	20.65		4.59	480450									
	Brown Rice Miso - Unpasteurised - jar	organic	6x300g	17.05		3.79	480460									
	Barley Miso - pouch	organic	6x300g	17.95		3.99	480452									
	Hatcho Miso - pouch - unpasteurised	organic	6x300g	19.75		4.39	480457									
	Brown Rice Miso - pouch	organic	6x300g	17.05		3.79	480462									
	Sweet White Miso - packet	organic	6x250g	17.95		3.99	480525									
	Natto Miso Relish		6x250g	20.65		4.59	480527									
☐	Red Miso Soup - instant		8x4x10g	14.25		2.38	480532									
☐	White Miso Soup - instant		8x4x10g	14.25		2.38	480552									
	Brown Rice Miso Soup - instant	organic	8x4x10g	17.95		2.99	480537									
	Onozaki Barley Miso - unpasteurised	organic	1x1kg	10.50		14.02	480540									
	Clearspring "Organic/Premium Japanese & European Foods" foc pos leaflets - please quote code:						480541									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Clearspring Japanese sauces - www.clearspring.co.uk</u>															
And yet again, 15% off the 150ml size of Clearspring Organic Shoyu.															
Dispenser - Shoyu Soya Sauce	organic	6x150ml	11.65		2.59	480503									
Shoyu Soya Sauce	organic	6x1l	31.45		6.99	480504									
Shoyu Soya Sauce	organic	6x500ml	17.95		3.99	480505									
Shoyu Soya Sauce	organic	6x150ml	7.25		1.61	480510									
Shoyu Soya Sauce	organic	2.5l	13.50	5.40		480512									
Japanese Tamari	organic	6x1l	62.95		13.99	480513									
Japanese Tamari	organic	6x500ml	35.05		7.79	480515									
Japanese Tamari	organic	6x150ml	13.00		2.89	480520									
Japanese Tamari	organic	2.5l	26.95	10.78		480522									
* <u>Clearspring Sauces - made in Wales</u>															
Soya Sauce	organic	6x150ml	7.40		1.64	480562									
Sushi Soy Sauce	organic	6x150ml	10.30		2.29	480565									
Rice Seasoning (was Sushi Vinegar)	organic	6x150ml	14.80		3.29	480567									
Teriyaki	organic	6x150ml	11.20		2.49	480570									
* <u>Danival</u>															
Barley Miso - jar - unpasteurised	organic	6x200g	18.70		4.15	480705									
Brown Rice Miso - jar - unpasteurised	organic	6x200g	18.70		4.15	480710									
* <u>King Soba - Mighty Miso Soup</u>															
Instant Edamame Miso Soup	organic	10x60g	14.60		1.95	480770									
Instant Pumpkin & Vegetable Miso Soup	organic	10x60g	14.60		1.95	480775									
Instant Tofu & Ginger Miso Soup	organic	10x60g	14.60		1.95	480780									
* <u>Lima</u>															
Bio•Shoyu Classic	organic	6x145ml	8.50		1.89	480905									
Bio•Shoyu Classic	organic	6x250ml	11.20		2.49	480906									
Bio•Shoyu Classic	organic	6x500ml	16.45		3.66	480907									
Bio•Tamari Classic	organic	6x145ml	8.95		1.99	480910									
Bio•Tamari Classic	organic	6x250ml	13.30		2.96	480912									
Bio•Tamari Classic	organic	6x500ml	21.50		4.78	480913									
Bio•Tamari Classic	organic	6x1l	36.90		8.20	480914									
* <u>Marigold</u>															
Liquid Aminos		6x250ml	8.95		1.99	480950									
* <u>Meridian</u>															
Shoyu Soya Sauce		12x500ml	26.90		2.99	481005									
Shoyu Soya Sauce		12x150ml	13.40		1.49	481010									
Tamari		6x500ml	20.20		4.49	481015									
Tamari		12x150ml	17.90		1.99	481020									
Teriyaki		12x150ml	17.90		1.99	481030									
* <u>Sanchi</u>															
Shoyu Soya Sauce		5l	21.20	4.24		481520									
Tamari		5l	26.20	5.24		481530									
Barley Mugi Miso	organic	6x200g	14.65		3.26	481565									
Genmai Miso (brown rice)	organic	6x200g	14.65		3.26	481567									
Instant Miso Soup (non - o/g)		6x6x8g	10.30		2.29	481560									
Instant Miso Soup	organic	8x4x10g	11.70		1.95	481562									
Instant Miso Soup with Mushroom	organic	8x4x10g	11.70		1.95	481563									
* <u>Source Foods - www.miso.co.uk</u>															
NB Mix Misos - 2 barley, 2 b.rice, 1 field bean, 1 sweet b.rice															
Mixed Case Misos (213-240g) (refrigerate)	organic	6x1p	13.50		3.00	997205									
Miso Mustard	organic	4x170g	6.30		2.10	481805									
Oh•So Instant Miso Soup	organic	4x3x21g	6.65		2.22	481807									
Oh•So Instant Miso Soup + Beetroot	organic	4x3x21g	6.65		2.22	481808									
Oh•So Instant Miso Soup + Ginger	organic	4x3x21g	6.65		2.22	481809									
Oh•So Instant Miso Soup + Spirulina	organic	4x3x21g	6.65		2.22	481810									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Noodles														
* <u>Blue Dragon - www.bluedragon.com</u>														
Medium Egg Noodles - 4 minute	organic	12x250g	9.50	1.06	490450									
* <u>Clearspring - Japanese</u>														
All Buckwheat Noodles	organic	6x250g	15.70	3.49	490511									
* <u>Clearspring - Oriental Noodles</u>														
Brown Rice Udon Noodles (wheat)	organic	6x250g	6.70	1.49	490605									
Soba Noodles - wheat/buckwheat	organic	6x250g	6.70	1.49	490615									
Udon Noodles - wheat (flat)	organic	6x250g	6.70	1.49	490620									
* <u>Ginger Dragon</u>														
Instant Noodles - Soy Sauce & Tomato	organic	12x80g	7.90	0.88	490630									
Instant Noodles - Soy Sauce & Asian Veg	organic	12x80g	7.90	0.88	490632									
* <u>King Soba - Noodles</u>														
100% Buckwheat Noodles	organic	12x250g	15.20	1.69	490640									
Millet & Rice Noodles	organic	12x250g	15.20	1.69	490645									
Corn & Brown Rice Noodles	organic	12x250g	15.20	1.69	490650									
100% Brown Rice Noodles	organic	12x250g	14.30	1.59	490655									
Thai Rice Noodles	organic	12x250g	14.30	1.59	490660									
Cha Soba (Green Tea) Noodles	organic	12x250g	14.30	1.59	490665									
Brown Rice Udon	organic	12x250g	14.30	1.59	490670									
* <u>King Soba - Speciality Noodles - gluten-free</u>														
Black Rice Noodles	organic	12x250g	15.40	1.71	490680									
Brown Rice Wakame Noodles	organic	12x250g	15.40	1.71	490685									
Pumpkin/Ginger B Rice Noodles	organic	12x250g	15.40	1.71	490690									
Sweet Potato Buckwheat Noodles	organic	12x250g	15.40	1.71	490695									
* <u>Oh-So Instant Jasmine Rice Noodles with Organic Miso Soup in a Cup</u>														
Original Instant Noodles/Organic Miso Soup - Cup		6x63g	5.85	1.30	490710									
Beetroot Instant Noodles/Organic Miso Soup - Cup		6x63g	5.85	1.30	490715									
Ginger Instant Noodles/Organic Miso Soup - Cup		6x63g	5.85	1.30	490720									
Spirulina Instant Noodles/Organic Miso Soup - Cup		6x63g	5.85	1.30	490725									
* <u>Sanchi Noodles</u>														
40% - Soba Buckwheat & Wheat	organic	6x250g	6.70	1.49	491005									
Somen Noodles (wheat)	organic	6x250g	6.70	1.49	491012									
Thai Rice Noodles	organic	6x250g	6.70	1.49	491017									
Udon Brown Rice Noodles (wheat)	organic	6x250g	6.70	1.49	491025									
Udon (wheat) Noodles	organic	6x250g	6.70	1.49	491027									
* <u>Sanchi - Wheat Ramen (noodle broth)</u>														
Mushroom Ramen	organic	10x88g	9.65	1.29	491535									
Seaweed Ramen	organic	10x88g	9.65	1.29	491540									
■ Japanese Products - Miscellaneous														
* <u>Biona</u>														
New from Biona a Wasabi-style horseradish paste in a tube. Though wasabi is reputed to have efficacy against oral infections, I still think it's a mistake to mix this up with your toothpaste tube. Wasabi: kitchen. Toothpaste: bathroom. You've got to have a system.														
* Wasabi-style horseradish paste - tubes	organic	8x50g	17.95	2.99	510405									
* <u>Clearspring</u>														
Amazake Rice Pudding	organic	6x380g	14.85	3.30	510505									
Amazake Millet Pudding	organic	6x370g	14.85	3.30	510515									
Amazake Oat Pudding	organic	6x360g	14.85	3.30	510517									
Umeboshi Plums	organic	6x200g	38.20	8.49	510518									
Umeboshi Plums	organic	1k	29.95	29.95	510521									
Umeboshi Purée		6x250g	22.45	4.99	510523									
Brown Rice Vinegar	organic	6x150ml	8.95	1.99	510525									
Brown Rice Vinegar	organic	6x500ml	17.95	3.99	510530									
Mikawa Mirin - sweet rice	organic	6x150ml	17.95	3.99	510536									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Mochi - Brown Rice	6x250g	24.70		5.49	510537									
	Mochi - Mugwort	6x250g	24.70		5.48	510538									
	Ume (Red) Plum Seasoning	6x150ml	7.60		1.69	510540									
	Ume (Red) Plum Seasoning	6x500ml	14.80		3.29	510541									
	Pickled Daikon Radish	6x100g	17.95		3.99	510562									
	Dried Daikon Radish	6x40g	8.95		1.99	510563									
	Sushi Ginger	10x50g	17.20		2.29	510550									
	Kuzu Mountain Starch	organic 6x125g	24.70		5.49	510560									
	Wasabi - in resealable tin	6x25g	13.45		2.99	510575									
	Clearspring Japanese Seasonings leaflets - please quote code:					510577									
* <u>Clearspring Publications</u>															
	"The Real Taste of Japan"	1x1p	5.30		7.95	515010									
■ Sea Vegetables															
* <u>Clearspring - www.clearspring.co.uk</u>															
And finally in the Clearspring buckshot offers we have the two marked sea vegetables below listed for September and October at 15% off.															
	Agar Agar Flakes	8x28g	26.95		4.49	531005									
	Arame	5x50g	14.95		3.99	531010									
□	Dulse	5x50g	11.75		3.13	531011									
	Green Nori Flakes	10x20g	14.95		1.99	531012									
	Hiziki	5x50g	13.85		3.69	531015									
	Japanese Kombu	5x50g	14.95		3.99	531017									
	Japanese Sea Vegetable Salad	6x25g	21.55		4.79	531018									
	Nori	6x25g	15.70		3.49	531021									
	Sushi Nori - Toasted - 7 sheets	6x17g	13.00		2.89	531020									
	Nori Spicy Strip Snacks - toasted	12x13.5g	26.90		2.99	531022									
	Toasted Fine Cut Nori	10x10g	24.70		3.29	531023									
□	Sea Salad (dulse, sea lettuce, nori)	5x50g	10.50		2.80	531025									
	Wakame	5x50g	14.95		3.99	531030									
	Instant Wakame Flakes	6x25g	17.95		3.99	531032									
	Clearspring sea vegetables free recipe leaflets - please quote code:					531049									
	Clearspring "Make your own Sushi" free pos leaflets - please quote code:					531051									
* <u>Oh-So Seaveg</u>															
	Herbs of the Sea - mixed seaweed	4x20g	5.70		1.90	531305									
* <u>Seagreens - Vegan - www.seagreens.com</u>															
	Seaweed Salad & Condiment (single)	demeter 1x50g	6.85		9.75	531553									
	Seaweed Culinary Ingredient (single)	demeter 1x200g	7.00		9.99	531555									
	Seaweed Culinary Ingredient 3.5" Shaker (single)	1x1	2.75 V		4.84	531557									
	Seaweed Food Capsules (single)	demeter 1x60p	8.80 V		15.61	531560									
	Seaweed Food Capsules (single)	demeter 1x180p	23.70 V		44.00	531563									
	Seaweed Iodine+ Capsules (single)	demeter 1x60p	7.15 V		12.68	531565									
	Seaweed Food Granules (single)	demeter 1x100g	21.65		34.95	531570									
	Seaweed Pet Granules (single)	demeter 1x200g	6.95		9.95	531575									
■ Organic Herb Teas															
* <u>Ché Mate - www.chemate.com</u>															
	Green Maté loose with stems	organic 6x500g	10.45		2.49	560315									
	Green Maté Tea Original	organic 5x20bgs	6.25		1.79	560305									
	Green Maté Chai	organic 5x20bgs	6.25		1.79	560357									
	Green Maté Tea with Ginger	organic 5x20bgs	6.25		1.79	560360									
	Green Maté Tea with Redbush	organic 5x20bgs	6.25		1.79	560362									
	Green Maté Tea Roasted	organic 5x20bgs	6.25		1.79	560320									
	Calabash & Bombilla Gift Pack	1x	5.35 V		8.79	560352									
* <u>Clipper Ayurvedic Infusions</u>															
	Ayurvedic Detox Tea	organic 6x20bqs	8.95		1.99	560375									

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Clipper Infusions - bags - www.clipper-teas.com</u>																
On offer for September and October at the prices below representing 20% off list - the many ☐ marked Clipper Organic Infusions.																
☐	Detox (not Ayurvedic) Infusion	organic	6x20bgs	5.65	1.26		560382									
☐	Sleep Easy Infusion	organic	6x20bgs	5.65	1.26		560385									
☐	Chamomile Infusion	organic	6x20bgs	4.50	1.00		560405									
☐	Peppermint Infusion	organic	6x20bgs	4.50	1.00		560407									
☐	Dandelion Infusion	organic	6x20bgs	4.50	1.00		560410									
☐	Fennel Infusion	organic	6x20bgs	4.50	1.00		560411									
☐	Nettle Infusion	organic	6x20bgs	4.50	1.00		560413									
☐	Nettle & Lemon Infusion	organic	6x20bgs	4.50	1.00		560415									
☐	Nettle & Peppermint Infusion	organic	6x20bgs	4.50	1.00		560414									
☐	Lemon & Ginger Infusion	organic	6x20bgs	6.10	1.36		560417									
☐	Liquorice Infusion	organic	6x20bgs	6.10	1.36		560418									
☐	Orange & Coconut Infusion	organic	6x20bgs	6.10	1.36		560420									
☐	Raspberry Leaf Infusion	organic	6x20bgs	6.10	1.36		560423									
☐	Wild Berry Infusion	organic	6x20bgs	6.10	1.36		560425									
* <u>Clipper Redbush/Rooibos</u>																
	Redbush Tea Bags - sml	organic	6x40bgs	9.40	2.09		560427									
	Redbush Tea Bags - lge	organic	6x80bgs	15.70	3.49		560430									
* <u>Dragonfly - www.dragonflyteas.com</u>																
On offer for September and October at the prices below representing 15% off list - the whole range of Dragonfly organic herbal teas.																
☐	Camomile	organic	6x20bgs	5.70	1.27		560552									
☐	Peppermint	organic	6x20bgs	5.70	1.27		560553									
☐	Cape Malay Rooibos Chai Bags	organic	12x20bgs	12.90	1.43		560555									
☐	Cape Rooibos Tea Bags	organic	12x20bgs	12.90	1.43		560560									
☐	Mountain Honeybush Tea Bags	organic	12x20bgs	12.90	1.43		560565									
☐	FairTrade Rooibos Tea Bags	organic	10x40bgs	12.70	1.69		560570									
* <u>Duchy</u>																
	Chamomile Tea Bags	organic	6x20bgs	7.30	1.62		560585									
	Fennel Tea Bags	organic	6x20bgs	7.30	1.62		560587									
	Peppermint Tea Bags	organic	6x20bgs	7.30	1.62		560590									
* <u>Equal Exchange - Heiveld - FairTrade</u>																
	Loose Rooibos Tea	organic	6x100g	7.50	1.67		565052									
	Rooibos Tea Bags	organic	6x40bgs	9.00	1.99		565055									
	Rooibos Tea Bags	organic	6x100bgs	15.50	3.45		565057									
	Wild Collected Rooibos Tea Bags	organic	6x25bgs	8.95	1.99		565060									
	Honeybush & Buchu Teabags	organic	6x25bgs	8.95	1.98		565065									
	Masala Rooibos Tea Bags	organic	6x25bgs	8.95	1.98		565070									
* <u>Essential</u>																
On offer for the duration of the catalogue at the price below representing 23% off list - the entire range of Essential Demeter herbal teas - on the shelf at 99p for September and October																
☐	Camomile Tea - FT	Demeter	6x20bgs	4.45	0.99		571905									
☐	Camomile & Spearmint Tea - FT	Demeter	6x20bgs	4.45	0.99		571910									
☐	Fennel Seed Tea	Demeter	6x20bgs	4.45	0.99		571915									
☐	Hibiscus Tea - FT	Demeter	6x20bgs	4.45	0.99		571920									
☐	Peppermint & Spearmint Tea - FT	Demeter	6x20bgs	4.45	0.99		571925									
☐	Peppermint Tea - FT	Demeter	6x20bgs	4.45	0.99		571930									
* <u>Golden Temple Ayurvedic Yogi Teas</u>																
	Bedtime Tea	organic	8x15bgs	11.95	1.99		571950									
	Breathe Deep Tea	organic	8x15bgs	11.95	1.99		571955									
	Calming Tea	organic	8x15bgs	11.95	1.99		571960									
	Cold Season Tea	organic	8x15bgs	11.95	1.99		571965									
	De-Tox Tea	organic	8x15bgs	11.95	1.99		571970									
	Echinacea Tea	organic	8x15bgs	11.95	1.99		571972									
	Forever Young Tea	organic	8x15bgs	11.95	1.99		571973									
	Ginger Hibiscus Tea	organic	8x15bgs	11.95	1.99		571974									
	Ginger Lemon Tea	organic	8x15bgs	11.95	1.99		571975									
★	Ginkgo Tea	organic	8x15bgs	11.95	1.99		571880									
	Heartwarming Tea	organic	8x15bgs	11.95	1.99		571977									

▲ price rise ▼ fall

* new product ☐ on offer

★ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Lime Mint Tea	organic	8x15bgs	11.95		1.99	571978									
	Men's Tea	organic	8x15bgs	11.95		1.99	571980									
	Revitalize Tea	organic	8x15bgs	11.95		1.99	571985									
	Stomach-Ease Tea	organic	8x15bgs	11.95		1.99	571987									
	Throat Comfort	organic	8x15bgs	11.95		1.99	571990									
	Tulsi Mint Tea	organic	8x15bgs	11.95		1.99	571992									
* <u>Golden Temple Women's Ayurvedic Teas</u>																
	Women's Tea	organic	8x15bgs	11.95		1.99	571995									
	Women's Balance Tea	organic	8x15bgs	11.95		1.99	571996									
	Women's Energy Tea	organic	8x15bgs	11.95		1.99	571997									
	Women's Fitness Tea	organic	8x15bgs	11.95		1.99	571998									
* <u>Golden Temple Tao Tea Range</u>																
On offer for September and October at the price below representing 15% off list - the whole range of Golden Temple Tao Teas																
☐	Tao Tea Ginseng	organic	8x15bgs	10.65		1.78	671960									
☐	Tao Tea Jasmine (with Green Tea)	organic	8x15bgs	10.65		1.78	671965									
☐	Tao Tea Lotus	organic	8x15bgs	10.65		1.78	671970									
☐	Tao Tea Mandarin	organic	8x15bgs	10.65		1.78	671975									
☐	Tao Tea Rose	organic	8x15bgs	10.65		1.78	671980									
* <u>Golden Temple Yogi Teas</u>																
	Classic Blend Yogi Tea	organic	8x15bgs	11.95		1.99	572005									
	Chocolate Blend Yogi Tea	organic	8x15bgs	11.95		1.99	572007									
	Himalayan Blend Yogi Tea	organic	8x15bgs	11.95		1.99	572010									
	Jamaican Blend Yogi Tea	organic	8x15bgs	11.95		1.99	572015									
	Licquorice Blend Yogi Tea	organic	8x15bgs	11.95		1.99	572020									
	Rooibos Yogi Tea	organic	8x15bgs	11.95		1.99	572003									
	Sweet Chai Yogi Tea	organic	8x15bgs	11.95		1.99	572025									
	Sweet Chili Mexican Spice Yogi Tea	organic	8x15bgs	11.95		1.99	572030									
	Yogi Tea Counter Display Box - free of charge						572035									
* <u>Hambleton Tea Bags - www.hambletonherbs.com</u>																
▲	Chamomile Tea Bags	organic	6x20bgs	9.95		2.21	560505									
▲	Crimson Glory Tea	organic	6x20bgs	9.95		2.21	560550									
▲	Elderflower Tea	organic	6x20bgs	9.95		2.21	560510									
▲	Fennel Tea	organic	6x20bgs	9.95		2.21	560515									
▲	Hibiscus Tea	organic	6x20bgs	9.95		2.21	560520									
▲	Lemon Heaven Tea	organic	6x20bgs	9.95		2.21	560525									
▲	Lemon Verbena Tea Bags	organic	6x20bgs	9.95		2.21	560530									
▲	Limeflower Tea	organic	6x20bgs	9.95		2.21	560535									
▲	Nettle Tea	organic	6x20bgs	9.95		2.21	560538									
▲	Peppermint Tea Bags	organic	6x20bgs	9.95		2.21	560540									
▲	Rosehip Tea	organic	6x20bgs	9.95		2.21	560545									
▲	Spice Delight	organic	6x20bgs	9.95		2.21	560547									
* <u>Hambleton - bagged & tagged range</u>																
▲	Chamomile & Peppermint Tea Bags	organic	6x20bgs	9.60		2.13	560605									
▲	Lemongrass & Ginger Tea Bags	organic	6x20bgs	9.60		2.13	560610									
▲	Rooibos Tea Bags	organic	6x20bgs	9.60		2.13	560615									
▲	Rooibos & Licquorice Tea Bags	organic	6x20bgs	9.60		2.13	560620									
* <u>Hambleton loose herb infusions</u>																
▲	Chamomile - loose	organic	6x55g	9.95		2.21	560705									
▲	Lemon Verbena - loose	organic	6x15g	9.95		2.21	560720									
▲	Peppermint - loose	organic	6x50g	9.95		2.21	560730									
▲	Raspberry Leaf - loose	organic	6x45g	9.95		2.21	560735									
* <u>Hampstead - Demeter - FairTrade - www.hampstead tea.com</u>																
On offer for the duration of the catalogue at the price below representing 20% off list - the entire range of Hampstead Demeter and Fair Trade Herbal Infusions.																
☐	Royal Chamomile Infusion	Demeter	6x20bgs	6.80		1.51	560805									
☐	Fennel Licquorice Infusion	Demeter	6x20bgs	6.80		1.51	560810									
☐	Lemon Ginger Infusion	Demeter	6x20bgs	6.80		1.51	560815									
☐	Lemon Valerian Infusion	Demeter	6x20bgs	6.80		1.51	560817									
☐	Peppermint Infusion	Demeter	6x20bgs	6.80		1.51	560820									
☐	Rosehip Hibiscus Infusion	Demeter	6x20bgs	6.80		1.51	560825									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Heath and Heather</u>															
▲	Chamomile Tea	organic	12x20bgs	12.50		1.39	560905									
▲	Echinacea Tea	organic	12x20bgs	12.50		1.39	590907									
▲	Nettle Tea	organic	12x20bgs	12.50		1.39	590908									
▲	Peppermint Tea	organic	12x20bgs	12.50		1.39	590910									
	* <u>Ministry of Tea - www.ministryoftea.com</u>															
	Herbal Earl Grey Tea Bags	organic	6x20bgs	8.50		1.88	560925									
	Herbal Masala Chai Tea Bags	organic	6x20bgs	8.50		1.88	560927									
	Red Raspberry Tea Bags	organic	6x20bgs	8.50		1.88	560930									
	* <u>Pukka Ayurvedics - www.pukkaherbs.com</u>															
◆	Clarity - ginger, lemongrass & gotu cola	organic	6x20bgs	9.40		2.09	561495									
◆	Cleanse - nettle, fennel & aloe vera	organic	6x20bgs	9.40		2.09	561497									
	Detox - aniseed, fennel & licorice	organic	6x20bgs	9.40		2.09	561502									
	Harmonise - rose, vanilla & shatavari	organic	6x20bgs	9.40		2.09	561503									
	Revitalise - cinnamon, cardamom & ginger	organic	6x20bgs	9.40		2.09	561505									
	Love - rose, chamomile & lavender	organic	6x20bgs	9.40		2.09	561515									
	Pleasure - cocoa, licorice & roast chickory	organic	6x20bgs	9.40		2.09	561517									
	Protect - jasmine green tea, cardamom & rosemary	organic	6x20bgs	9.40		2.09	561508									
	Refreshing - peppermint, licorice & rose	organic	6x20bgs	9.40		2.09	561507									
	Relax - chamomile, fennel & marshmallow	organic	6x20bgs	9.40		2.09	561510									
	Pukka Tea p.o.s. Sampling Kit free of charge - please quote code:						561512									
	* <u>Pukka Chai - www.pukkaherbs.com</u>															
	Herbal Spice Chai - cinnamon & sweet vanilla	organic	6x20bgs	9.40		2.09	561520									
	* <u>Pukka Teas</u>															
	Night Time Tea	organic	6x20bg	9.40		2.09	561530									
	Three Berry Tea	organic	6x20bg	13.45		2.99	561535									
	Three Ginger Tea	organic	6x20bg	9.85		2.19	561540									
	Three Mint Tea	organic	6x20bg	9.85		2.19	561545									
	* <u>Tick Tock Rooibos</u>															
	Rooibos Tea Bags	organic	12x20bgs	11.60		1.29	561705									
	Rooibos Tea Bags	organic	10x40bgs	13.40		1.79	561710									
	Rooibos Tea Bags	organic	10x80bgs	26.15		3.49	561715									
	Rooibos Tea Loose	organic	20x100g	20.85		1.39	561717									
	Green Rooibos Tea Bags	organic	10x40bgs	14.15		1.89	561718									
	* <u>Wistbray - www.elevenoclocktea.com</u>															
	11 O'clock Rooibosch Tea-loose	organic	10x100g	13.35		1.78	575005									
	11 O'clock Rooibosch Tea Bags	organic	10x40bgs	16.90		2.25	575010									
	11 O'clock Rooibosch Tea Bags	organic	10x80bgs	33.00		4.40	575015									
	■ Herbal Teas															
	* <u>Birt & Tang - www.birtandtang.com</u>															
◆	CyclePlus Tea Bags		6x20bgs	8.55		1.99	570405									
◆	Detox Tea Bags		4x20bgs	5.70		1.99	570410									
◆	Ginger Tea Bags		4x20bgs	5.70		1.99	570415									
◆	Ginkgo Tea Bags		6x20bgs	8.55		1.99	570417									
◆	Ginseng Tea Bags		6x20bgs	8.55		1.99	570420									
◆	Easynight Tea Bags		4x20bgs	5.70		1.99	570427									
	* <u>Clearspring</u>															
	Mu Tea Bags - 16 Herbs		6x16bgs	13.00		2.89	500530									
	* <u>Dragonfly</u>															
	Rooibos - Breakfast Blend		6x40bgs	8.50		1.89	544005									
	Rooibos - Evening Blend		6x40bgs	8.50		1.89	544010									
	Rooibos - Earl Grey		6x40bgs	10.30		2.29	544015									
	Rooibos - Vanilla		6x40bgs	10.30		2.29	544020									
	* <u>Dr. Stuart's Botanical & Fruit Teas - www.drstuart.com</u>															
	Apple & Ginger Tea		6x20bgs	7.00		1.56	571520									
	Chamomile Tea		6x20bgs	4.90		1.09	571505									
	Detox Tea		6x20bgs	8.95		1.99	571524									
	Echinacea Plus		6x20bgs	7.00		1.56	571523									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Ginkgo Plus	6x20bgs	8.95		1.99	571530									
	Wild Fennel	6x20bgs	4.90		1.09	571531									
	Peppermint Tea	6x20bgs	4.90		1.09	571510									
	Tranquility	6x20bgs	7.00		1.56	571535									
	Triple Ginseng Plus	6x20bgs	8.95		1.99	571538									
	Valerian Plus	6x20bgs	7.00		1.56	571540									
	* <u>Heath and Heather Teas - 50 bags</u>														
▲	Camomile - 50's	6x50bgs	11.20		2.49	572490									
▲	Fennel - 50's	6x50bgs	11.20		2.49	572492									
▲	Nettle - 50's	6x50bgs	11.20		2.49	572493									
▼	Night Time - 50's	6x50bgs	11.20		2.49	572495									
▲	Peppermint - 50's	6x50bgs	11.20		2.49	572497									
	* <u>Heath and Heather Teas - 20 bags</u>														
▲	Camomile Tea Bags	12x20bgs	11.60		1.29	572505									
▲	Camomile & Spearmint Tea Bags	12x20bgs	11.60		1.29	572620									
▲	Fennel Tea Bags	12x20bgs	11.60		1.29	572525									
▲	Nettle Tea Bags	12x20bgs	11.60		1.29	572530									
▲	Peppermint Tea Bags	12x20bgs	11.60		1.29	572510									
▲	Rosehip Tea Bags	12x20bgs	11.60		1.29	572520									
	Apple Cinnamon Tea Bags	12x20bgs	11.60		1.29	572560									
☆	Wild Blackcurrant Tea Bags	12x20bgs	11.60		1.29	572580									
	Morning Time Tea Bags	12x20bgs	11.60		1.29	572540									
	Night Time Tea Bags	12x20bgs	11.60		1.29	572545									
	Pomegranate Tea Bags	12x20bgs	11.60		1.29	572572									
	Raspberry Leaf Tea Bags	12x20bgs	11.60		1.29	572575									
	* <u>Ministry of Tea - www.ministryoftea.com</u>														
	Spiced Lemon Myrtle Tea Bags	6x20bgs	8.50		1.89	572695									
	■ Organic Teas - Black, Green & White														
	* <u>Birt & Tang - Chinese floral teas</u>														
◆	Green Tea Bags	organic 6x25bgs	8.55		1.99	500405									
◆	Jasmine Green Tea Bags	organic 6x25bgs	8.55		1.99	500410									
◆	Oolong Raspberry Tea Bags	organic 4x20bgs	5.70		1.99	500413									
◆	White Peppermint Tea Bags	organic 4x20bgs	5.70		1.99	500420									
	* <u>Clearspring - Japanese</u>														
	Kukicha Tea Bags 2.5g - boxed	organic 6x20bgs	13.00		2.89	500515									
	Kukicha Tea - loose	organic 6x125g	17.95		3.99	500505									
	Sencha Green Tea Bags 2.5g - boxed	organic 6x20bgs	13.00		2.89	500520									
	Sencha Green Tea - loose	organic 6x125g	31.45		6.99	500535									
	Hojicha (Bancha) Tea Bags 2.5g - boxed	organic 6x20bgs	13.00		2.89	500525									
	Genmaicha Tea Bags 2.5g - boxed	organic 6x20bgs	13.00		2.89	500540									
	Genmaicha Tea - loose	organic 6x125g	26.95		5.99	500545									
	* <u>Clipper FairTrade - Black Tea - www.clipper-teas.com</u>														
	freephone information - 0800 169 3552														
	Assam - loose	organic 6x125g	9.85		2.19	580305									
	Assam Tea Bags	organic 6x50bgs	9.40		2.09	580310									
	Breakfast Tea Loose	organic 6x125g	9.85		2.19	580324									
◆	Breakfast 40 Tea Bags	organic 6x40bgs	9.40		2.09	580325									
	Earl Grey Tea Loose	organic 1kg	11.95	11.95		580312									
	Earl Grey Loose	organic 6x125g	9.85		2.19	580313									
◆	Earl Grey Tea Bags	organic 6x50bgs	9.40		2.09	580315									
	Indian Chai Tea Bags	organic 6x20bgs	7.60		1.69	590650									
	* <u>Clipper - Black Tea - www.clipper-teas.com</u>														
	Everyday Tea - Loose	organic 6x250g	13.00		2.89	580316									
	Everyday Tea Bags	organic 6x40bgs	6.25		1.39	580317									
◆	Everyday Tea Bags	organic 6x80bgs	10.15		2.26	580326									
	Everyday Tea Bags	organic 3x160bgs	9.80		4.37	580322									
	Everyday One Cup	organic 1x440bg	9.65		12.87	580327									
	Everyday Decaffeinated Tea Bags	organic 6x40bgs	9.40		2.09	580332									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Clipper - Green Tea - www.clipper-teas.com														
Green Tea - loose	organic	6x125g	9.85	2.19	590643									
Green Teabags	organic	6x25bgs	6.70	1.49	590645									
Green Tea + Aloe Vera Teabags	organic	6x20bgs	9.70	2.16	590646									
Green Chai Tea Bags	organic	6x20bgs	9.40	2.09	590647									
Sencha Tea Bags	organic	6x25bg	6.70	1.49	590648									
* Clipper - White Teas - www.clipper-teas.com														
White Tea Bags	organic	6x25bgs	7.50	1.67	590682									
White Tea Bags with Blackcurrant	organic	6x25bgs	7.50	1.67	590683									
White Tea Bags with Orange	organic	6x25bgs	7.50	1.67	590684									
White Tea Bags with Raspberry	organic	6x25bgs	7.50	1.67	590685									
White Tea Bags with Strawberry	organic	6x25bgs	7.50	1.67	590686									
White Tea Bags with Vanilla	organic	6x25bgs	7.50	1.67	590689									
* Dragonfly - www.dragonflyteas.com														
On offer for the duration of the catalogue at the prices below representing 15% off list - the whole range of Dragonfly organic teas.														
☐ Golden Himalaya Darjeeling Tea Bags	organic	6x20bgs	6.45	1.43	581015									
☐ Classic Earl Grey Tea Bags	organic	6x20bgs	6.45	1.43	581020									
☐ Traditional English Breakfast Tea Bags	organic	6x20bgs	6.45	1.43	581025									
☐ Traditional Indian Chai Bags	organic	12x20bgs	12.90	1.43	580340									
☐ Green Tea "Cup-in the Sleeve" Bags	organic	12x25bgs	12.90	1.43	580345									
☐ Moroccan Mint Green Tea Bags	organic	12x20bgs	12.90	1.43	580346									
☐ Moonlight Jasmine Green Tea Bags	organic	12x25bgs	12.90	1.43	580347									
☐ Swirling Mist White Tea Bags	organic	12x25bgs	17.50	1.94	580350									
☐ Pu'er Tea Bags	organic	12x25bgs	14.45	1.61	580349									
* Equal Exchange Fairtrade - www.equalexchange.co.uk														
A 'perfect storm' of converging economic catastrophes has caused turmoil, and some creative thinking, in the tea market. Indian tea production is down by a third in the first quarter of 2009 with drought affecting high tea production, especially around Darjeeling, disproportionately. Add to this the arrival of Cyclone Aila with its associated infrastructure damage, and the fall of the pound against the dollar, and we have a crisis on our hands. As you will see below, Equal Exchange have had to implement price rises pretty much across the board, but have attempted to make them a little less frightening by introducing size reductions which will gradually filter through to the shelf. During this catalogue Breakfast Teabags will be dropping from 50s to 40s, and Masala Chai from 25s to 20s. We'll try to keep you informed of further changes as they occur. Equal Exchange are co-ordinating efforts to support the battered Mineral Springs co-operative and to contribute towards the £200,000 needed to rebuild their community in the wake of the cyclone. Details are on the website above.														
▲ Premium Tea Bags	organic	1x440bgs	10.30	13.73	580352									
▲ FairTrade Blend Tea Bags	organic	3x160bgs	11.00	4.89	580351									
▲ FairTrade Blend Tea Bags	organic	6x80bgs	11.65	2.59	580353									
▲ FairTrade Blend Tea Loose	organic	6x250g	9.40	2.09	580354									
▲ Assam Banaspaty Tea Bags	organic	6x50bgs	11.20	2.49	580355									
▲ Breakfast Tea Bags (was 50 bag)	organic	6x40bgs	11.20	2.49	580360									
▲ Darjeeling Mineral Springs Tea Bags	organic	6x50bgs	11.20	2.49	580365									
▲ Earl Grey Tea Bags	organic	6x50bgs	11.20	2.49	580370									
▲ Green Tea Bags - from Darjeeling	organic	6x25bgs	6.70	1.49	580375									
▲ Green Ceylon Tea Bags	organic	6x25bgs	5.85	1.30	580377									
▲ Earl "Green" Tea Bags	organic	6x25bgs	8.05	1.79	580376									
▲ Jasmine Green Tea Bags	organic	6x25bgs	8.05	1.79	580380									
▲ Lemon Green Tea Bags	organic	6x25bgs	8.05	1.79	580382									
▲ Masala Chai Tea Bags (was 25 bag)	organic	6x20bgs	8.05	1.79	580384									
▲ Assam Banaspaty Tea Loose	organic	6x125g	11.20	2.49	580385									
▲ Breakfast Tea Loose	organic	6x125g	11.20	2.49	580390									
▲ Darjeeling Mineral Springs Tea Loose	organic	6x125g	11.20	2.49	580392									
▲ Earl Grey Tea Loose	organic	6x125g	11.20	2.49	580394									
▲ Green Darjeeling Tea Loose	organic	6x125g	11.20	2.49	580396									
* Golden Temple Ancient Herbal														
Green Balance Tea	organic	8x15bgs	11.95	1.99	571883									
Green Energy Tea	organic	8x15bgs	11.95	1.99	571885									
Green Guardian Tea	organic	8x15bgs	11.95	1.99	571887									
Green Jasmine Tea	organic	8x15bgs	11.95	1.99	571890									
* Golden Temple - Yogi Teas														
Black Chai Yogi Tea	organic	8x15bgs	11.95	1.99	580422									
Green Chai Yogi Tea	organic	8x15bgs	11.95	1.99	580423									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Hambleden - bagged & tagged</u>																
▲	Black Tea - '82 Blend	organic	6x20bgs	7.75		1.72	560551									
▲	Black Tea with Lemon Verbena	organic	6x20bgs	8.70		1.93	560554									
▲	Green Tea & Ginger Tea Bags	organic	6x20bgs	9.60		2.13	560556									
▲	Green Tea & Jasmine Tea Bags	organic	6x20bgs	9.60		2.13	560557									
* <u>Hambleden</u>																
▲	Green Tea - loose	organic	6x50g	9.95		2.21	560745									
* <u>Hampstead - Demeter/Organic FairTrade - www.hampsteadtea.com</u>																
On offer at the price below representing 20% off list - Hampstead Demeter and Fair Trade Green (and flavoured green) Teabags marked ☐																
	Assam Tea Bags	Demeter	6x25bgs	8.50		1.89	580433									
	Biochai Tea Loose	Demeter	6x125g	11.65		2.59	580435									
	Biochai Tea Bags	Demeter	6x25bgs	8.50		1.89	580436									
	Green Tea Loose - Single Estate	Demeter	6x125g	11.65		2.59	580455									
☐	Green Tea Bags	Demeter	6x25bgs	6.80		1.51	580456									
☐	Green Tea Bags with Ginger	Demeter	6x25bgs	6.80		1.51	580457									
☐	Green Tea Bags with Jasmine	Demeter	6x25bgs	6.80		1.51	580452									
☐	Green Tea Bags with Lime	Demeter	6x25bgs	6.80		1.51	580453									
☐	Green Tea Bags with Mint	Demeter	6x25bgs	6.80		1.51	580458									
☐	Green Tea Bags with Verveine	Demeter	6x25bgs	6.80		1.51	580461									
	Earl Grey Loose	Demeter	6x125g	11.65		2.59	580459									
	Earl Grey Tea Bags	Demeter	6x25bgs	8.50		1.89	580460									
	English Breakfast Loose	Demeter	6x125g	11.65		2.59	580464									
	English Breakfast Tea Bags	Demeter	6x25bgs	8.50		1.89	580462									
	First Flush Loose	Demeter	6x125g	13.45		2.99	580465									
	Darjeeling Loose	Demeter	6x125g	11.65		2.59	580470									
	Darjeeling Bags	Demeter	6x25bgs	8.50		1.89	580472									
	Oolong Loose	Demeter	6x50g	8.50		1.89	580475									
	Saffron Black Tea Bags	Demeter	6x25bgs	13.45		2.99	580477									
	White Tea Loose	Demeter	6x50g	26.95		5.99	580480									
* <u>Hampstead - Demeter/Organic FairTrade - loose tea in tins</u>																
New from Hampstead and carrying both the Fair Trade Mark and the Demeter symbol we have four loose teas in tins. They all share the fabulous livery of the boxed range (the 'smoking' leaves) but are a tad more special and permanent. Would it be dreadfully gauche to mention the term 'stocking-filler' at this point? Anyway, the teas are all from the Makaibari Estate in Darjeeling - the first biodynamic tea estate in the world - situated 3-4,000ft high up in the Himalayas. The estate is protected on all sides by virgin rainforest and is the home and livelihood for a community of 1,700 people (and a family of panthers). The teas are all self-explanatory with the exception of the Biochai which is 60% black tea with ginger, lemongrass, pepper, cardamom seeds, and cloves.																
*	Biochai Loose - in tins	Demeter	6x100g	13.45		2.99	580505									
*	Darjeeling Loose - in tins	Demeter	6x100g	13.45		2.99	580510									
*	Earl Grey Loose - in tins	Demeter	6x100g	13.45		2.99	580515									
*	English Breakfast Loose - in tins	Demeter	6x100g	13.45		2.99	580520									
* <u>Ministry of Tea - www.ministryoftea.com</u>																
	Bombay Masala Chai Tea Bags	organic	6x20bgs	8.50		1.89	580420									
	Himalaya Green Chai Tea Bags	organic	6x20bgs	8.50		1.89	580425									
* <u>Natural Tea (The Natural Coffee Company)</u>																
	FairTrade Golden Brew Tagged Tea Bags	organic	6x100bgs	22.85		5.08	580430									
* <u>Pukka Chai - www.pukkaherbs.com</u>																
	Black Spice Chai - cinnamon & cardamom	organic	6x20bgs	9.40		2.09	581050									
	Green Spice Chai - cinnamon & star anise	organic	6x20bgs	9.40		2.09	581055									
* <u>Qi Herbal Health - FairTrade - Black Teas</u>																
	Golden Black Tea	organic	6x25bgs	5.80		1.29	580411									
	Golden Chai	organic	6x25bgs	6.25		1.39	580412									
	Golden Earl Grey	organic	6x25bgs	6.25		1.39	580413									
	Golden Vanilla	organic	6x25bgs	6.25		1.39	580414									
* <u>Qi Herbal Health - FairTrade - Green Tea Bags</u>																
	Green Tea Bags	organic	6x25bgs	6.55		1.45	580397									
	Green Tea Bags Detox	organic	6x25bgs	8.50		1.89	580402									
	Green Tea Bags with Ginger	organic	6x25bgs	8.50		1.89	580401									
	Green Tea Bags with Gingko Biloba	organic	6x25bgs	8.50		1.89	580403									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Green Tea Bags with Ginseng	organic 6x25bgs	8.50		1.89	580393									
	Green Tea Bags with Jasmine	organic 6x25bgs	7.00		1.55	580410									
	Green Tea Bags with Lemon	organic 6x25bgs	7.00		1.55	580398									
	Green Tea Bags with Peppermint	organic 6x25bgs	7.00		1.55	580399									
	* Qi Herbal Health - FairTrade - White Tea Bags														
	White Tea Bags	organic 6x25bgs	7.60		1.69	580415									
	White & Spicy Tea Bags	organic 6x25bgs	7.60		1.69	580416									
	Blackcurrant White Tea Bags	organic 6x25bgs	7.60		1.69	580417									
	Fruity White Tea Bags	organic 6x25bgs	7.60		1.69	580418									
	Qi Tea Window display kit free of charge - please quote code:					580419									
	* Qi Herbal Health - www.qi-teas.com														
	Green Tea Loose (Chun Mee)	organic 6x125g	8.70		1.94	580395									
	Gunpowder Pearl Green Tea loose - FT	organic 6x100g	8.95		1.99	580405									
	Loose Jasmine Green Tea -FT	organic 6x100g	8.95		1.99	580407									
	* Ridgway														
	Ridgway Tea Bags	organic 12x80bgs	23.30		2.59	580400									
	■ Teas - Black, Green, White & Yellow														
	* Birt & Tang - Chinese floral teas														
◆	Pu'er Chamomile Tea Bags	4x20bgs	5.70		1.99	590505									
	* CaféDirect Fairtrade Teas														
	Earl Grey - FT	4x50bgs	8.35		2.79	590605									
	English Breakfast - FT	4x50bgs	8.35		2.79	590610									
	* Clipper Teas - www.clipper-teas.com														
	English Breakfast - bulk loose	1kg	8.80	8.80		590620									
	* Clipper Green Teas														
	Pure Green Tea - loose	6x125g	6.95		1.54	590630									
	Pure Green Tea Bags	6x25bgs	5.65		1.26	590635									
	Pure Green Tea Bags	6x80bgs	12.55		2.79	590636									
	Green Tea with Nettle	6x25bgs	5.65		1.26	590639									
	Green Tea with Echinacea	6x20bgs	6.70		1.49	590637									
	Green Tea with Ginseng	6x20bgs	6.70		1.49	590638									
	Green Tea with Gingko	6x20bgs	6.70		1.49	590642									
	Green Tea with Lemon	6x25bgs	6.70		1.49	590640									
	Decaffeinated Green Tea	6x25bgs	6.70		1.49	590705									
	* Clipper Fairtrade Teas														
	Clipper Fairtrade Everyday loose	6x250g	13.00		2.89	590790									
	Clipper Fairtrade Everyday Tea Bags	6x40bgs	6.25		1.39	590795									
	Clipper Fairtrade Everyday Tea Bags	6x80bgs	10.15		2.26	590803									
	Clipper Fairtrade Everyday Tea Bags	3x160bgs	9.80		4.37	590807									
	* Dragonfly - Discovery Range														
	Huang Cha Yellow Tea	6x20bgs	7.60		1.69	590820									
	Chung Mee Green Tea	6x20bgs	6.25		1.39	590825									
	Lung Ching Green Tea	6x20bgs	7.60		1.69	590830									
	* In Nature														
◆	Oolong Nai Xiang	6x50g	21.35		4.75	590850									
◆	Oolong Yie Guan Jin	6x50g	21.35		4.75	590855									
◆	Oolong Dong Feng Mei Ren	6x50g	24.40		5.45	590860									
◆	Green Long Jing	6x50g	21.20		4.75	590865									
◆	White Bai Hao	6x50g	30.80		6.85	590870									
◆	Puerh - 5 year old	6x75g	23.60		5.25	590875									
◆	Jasmine Tea	6x50g	20.25		4.52	590880									
	* Qi Herbal Health - Lifestyle Range														
	China Green Tea Pure & Simple	6x25bgs	4.45		0.99	591150									
	China Green Jasmine Tea	6x25bgs	4.45		0.99	591155									
	Inspiration - China Green Tea & Gingko Biloba	6x25bgs	6.25		1.39	591160									
	China Green Tea Plus	6x25bgs	6.25		1.39	591165									
	China Green Tea Lemon & Ginger	6x25bgs	6.25		1.39	591167									
	China Green Tea Blueberry Twist	6x25bgs	6.25		1.39	591168									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
China Green Tea with Ginseng		6x25bgs	7.60		1.69	591170									
China White Tea Acai Berry		6x25bgs	6.25		1.39	591175									
China White Tea Goji Berry		6x25bgs	6.25		1.39	591180									
China White Tea Pomegranate		6x25bgs	6.25		1.39	591185									
* <u>Shinzo - Japanese Tea</u>															
Sencha - loose green tea		6x50g	26.85		5.99	591195									
Powdered Sencha		6x50g	26.85		5.99	591197									
* <u>TeaDirect - FairTrade</u>															
TeaDirect Teabags		6x80bgs	14.70		3.27	591205									
Decaffeinated TeaDirect Teabags		6x80bgs	19.00		4.22	591210									
TeaDirect Gold Tea Bags		6x80bgs	14.70		3.27	591215									
■ Coffee															
* <u>CaféDirect FairTrade R&G</u>															
CaféDirect Decaff. filter coffee		6x227g	19.35		4.29	600501									
CaféDirect Rich filter coffee		6x227g	15.95		3.54	600503									
CaféDirect Medium filter coffee (not o/g)		6x227g	15.95		3.54	600505									
CaféDirect Organic Medium R&G	organic	6x227g	16.15		3.59	600506									
CaféDirect Machu Picchu Mountain R&G	organic	6x227g	19.85		4.41	600508									
CaféDirect Palenque R&G	organic	6x227g	19.85		4.41	600507									
CaféDirect Kilimanjaro R&G		6x227g	19.85		4.41	600509									
* <u>CaféDirect FairTrade Instant</u>															
Classic Instant Coffee		6x100g	20.00		4.44	600522									
5065 Instant Decaffeinated Coffee	organic	6x100g	23.20		5.16	600523									
Classic Instant Coffee - tin		1x500g	16.85		22.47	600525									
* <u>CaféDirect Roast Coffee Beans FairTrade</u>															
Machu Picchu Coffee Beans - Peru	organic	6x227g	20.75		4.61	600545									
* <u>CaféNica FairTrade</u>															
CaféNica Nicaraguan R&G Coffee	organic	6x250g	21.75		4.83	600556									
CaféNica Nicaraguan Coffee Beans		6x250g	21.75		4.83	600557									
* <u>Clipper FairTrade</u>															
Instant Coffee freeze dried - tin	organic	1x500g	13.75		18.33	600572									
Instant Coffee freeze dried	organic	6x100g	16.60		3.68	600570									
Instant Decaffeinated Coffee	organic	1x500g	14.95		19.93	600571									
Instant Decaffeinated Coffee	organic	6x100g	17.95		3.98	600575									
Instant Coffee Granules	organic	6x100g	14.35		3.18	600578									
Instant Coffee - Papua New Guinea	organic	6x100g	16.90		3.76	600579									
Papua New Guinea Coffee R&G	organic	8x227g	18.30		3.05	600580									
French Style Coffee R&G	organic	8x227g	18.30		3.05	600585									
Italian Style Coffee R&G	organic	8x227g	18.30		3.05	600587									
Espresso Coffee R&G	organic	8x227g	18.30		3.05	600590									
Decaffeinated Coffee R&G	organic	8x227g	22.15		3.69	600592									
* <u>Equal Exchange Original FairTrade R&G Coffee</u>															
Espresso Coffee - fine grind	organic	6x227g	14.80		3.29	600603									
Dark Roast Coffee Ground	organic	6x227g	14.80		3.29	600610									
Decaff. Coffee - medium R&G	organic	6x227g	18.90		4.20	600615									
Medium R&G Coffee	organic	6x227g	14.80		3.29	600605									
* <u>Equal Exchange Single Origin FairTrade R&G Coffee</u>															
Colombian Excelso R&G Coffee	organic	6x227g	17.95		3.99	600607									
Ethiopian Yirgacheffe R&G Coffee	organic	6x227g	15.70		3.49	600550									
Gumutindo AA R&G Coffee - Uganda	organic	6x227g	15.70		3.49	600552									
Sumatran Takengon R&G Coffee	organic	6x227g	15.70		3.49	600608									
* <u>Equal Exchange FairTrade Coffee Beans</u>															
Coffee Beans Roast-Colombian Excelso	organic	6x500g	37.55		8.34	600555									
Coffee Beans Roast-Ethiopian Yirgacheffe	organic	6x500g	31.45		6.99	600560									
Coffee Beans Roast-Sumatran Takengon	organic	6x500g	31.45		6.99	600565									
Coffee Beans - medium roast	organic	6x500g	29.45		6.54	600617									
Coffee Beans - dark roast	organic	6x500g	29.45		6.54	600620									
Coffee Beans - decaffeinated	organic	6x500g	36.90		8.20	600625									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Coffee Beans - medium roast	organic 6x1000g	48.75		10.82	600635									
Coffee Beans - dark roast	organic 6x1000g	48.75		10.82	600640									
Coffee Beans - espresso	organic 6x1000g	48.75		10.82	600645									
* <u>Equal Exchange Modern Blends FairTrade R&G Coffee</u>														
(repackaged "It's Our Coffee" range)														
Italian Coffee R&G	organic 6x227g	13.45		2.99	600685									
Mocca Coffee R&G	organic 6x227g	13.45		2.99	600690									
Mountain Coffee R&G	organic 6x227g	15.10		3.36	600695									
If You Care Coffee Filters - see "Kitchen & Household Goods"														
* <u>Mount Hagen FairTrade</u>														
Filter Coffee R&G	organic 6x250g	18.85		4.19	600705									
Instant Coffee	organic 6x100g	21.55		4.79	600720									
Instant Decaffeinated Coffee	organic 6x100g	23.35		5.19	600725									
* <u>Percol - Fair Trade - R & G - www.percol.co.uk</u>														
On offer for September and October at the prices below representing a generous 20% off list - the entire Percol range of coffees.														
☐ African Arabica R&G Coffee	organic 8x227g	16.35		2.73	601303									
☐ Americano High Roast Ground Coffee	organic 8x227g	15.75		2.63	601305									
☐ Italiano R&G Coffee (was Espresso)	organic 8x227g	15.75		2.63	601310									
☐ Guatemala R&G Coffee	organic 8x227g	15.75		2.63	601312									
☐ Latin American Arabica R&G Coffee	organic 8x227g	15.75		2.63	601315									
☐ Rainforest Colombia R&G Coffee	organic 8x250g	15.75		2.63	601320									
* <u>Percol - Freeze-Dried Instant</u>														
☐ Instant Colombian Rainforest Coffee	organic 6x100g	14.35		3.19	601327									
* <u>Rocket Fuel</u>														
☐ Rocket Fuel - coffee & guarana	6x100g	10.75		2.40	601329									
* <u>The Natural Coffee Company - FairTrade - www.organicnaturalcoffee.com</u>														
Guatemala FairTrade Full Medium R&G	organic 4x250g	11.70		3.90	600905									
Decaffeinated FairTrade Medium R&G	organic 4x250g	16.80		5.60	600915									
Dark Italian Blend - continental roast	organic 4x250g	11.45		3.82	600917									
Freedom Blend Espresso FairTrade R&G	organic 4x250g	10.95		3.65	600920									
Sumatran FairTrade Dark R&G	organic 4x250g	11.95		3.98	600925									
* <u>Union Hand-Roasted</u>														
On offer at the price below representing 16.7% (or 6 for the price of 5, if you prefer) - all of the decaffeinated Union Coffees.														
☐ Decaffeinated Blend - R&G Coffee	6x227g	17.95		3.99	601005									
☐ Organic Ethiopia - FT - R&G Coffee	organic 6x227g	11.20		2.49	601015									
☐ Organic Mexico - FT - R&G Coffee	organic 6x227g	11.20		2.49	601020									
☐ Organic Natural Spirit - FT - R&G Coffee	organic 6x227g	11.20		2.49	601025									
☐ Organic Sumatra - R&G Coffee	organic 6x227g	11.20		2.49	601035									
☐ Rwanda - FT - R&G Coffee	6x227g	11.20		2.49	601045									
■ Coffee Substitutes, Malted Drinks, Carob & Cocoa Products														
* <u>Biona</u>														
BioMalt - instant grain coffee substitute	organic 6x100g	13.45		2.99	612705									
* <u>Clipper FairTrade - www.clipper-teas.com</u>														
Drinking Chocolate - tub	organic 6x250g	11.20		2.49	611440									
Instant Hot Chocolate - jar	organic 6x400g	15.25		3.39	611445									
Instant Hot Chocolate - tub	organic 4x1kg	25.45		8.48	611447									
Hot Chocolate - instant sachet	organic 20x28g	9.75		0.65	611455									
* <u>Clipper - www.clipper-teas.com</u>														
Orange Hot Chocolate - instant sachet	organic 20x28g	7.35		0.49	611460									
* <u>CocoDirect - FairTrade</u>														
Hot Chocolate - powder - tub	6x250g	14.40		3.20	611495									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Divine - FairTrade</u>															
	Hot Chocolate - powder		6x500g	18.85		4.19	611502									
	Cocoa Powder		12x125g	14.85		1.65	611505									
	* <u>Equal Exchange - FairTrade</u>															
	Cocoa Powder (tub)	organic	6x250g	13.45		2.99	611510									
	* <u>Green & Black - www.greenandblacks.com</u>															
	Hot Chocolate - jars	organic	6x300g	14.60		3.25	611705									
	Cocoa Powder - FairTrade	organic	12x125g	15.20		1.69	611710									
	Cooking Chocolate Bar - 72%	organic	15x150g	24.65		2.19	611715									
	Milk Cooks' Chocolate - 37%	organic	15x150g	24.65		2.19	611720									
	* <u>Hambleden Herbs</u>															
▲	Carob Powder	organic	6x135g	11.95		2.66	313375									
	* <u>Infinity Foods cocoa powder</u>															
	Cocoa Powder	organic	25kg	131.95	5.28		612005									
	Cocoa Powder	organic	1kg	8.45	8.45		612010									
	* <u>Infinity Foods raw cocoa nibs - see "Sweet Snacks" section</u>															
	* <u>Infinity Foods chocolate couverture</u>															
▲	55% Dark Couverture	organic	2.5kg	19.90	7.96		612050									
▲	73% Very Dark Couverture	organic	2.5kg	22.05	8.82		612055									
▲	Milk Couverture	organic	2.5kg	22.45	8.98		612060									
▲	White Couverture	organic	2.5kg	22.90	9.16		612065									
	* <u>Infinity Foods FairTrade chocolate couverture</u>															
▲	FairTrade 73% Dark Couverture	organic	2.5kg	24.05	9.62		612105									
▲	FairTrade Milk Couverture	organic	2.5kg	24.05	9.62		612107									
▲	FairTrade White Couverture	organic	2.5kg	24.05	9.62		612110									
	* <u>Infinity Foods chocolate couverture</u>															
▲	Cooking Chocolate - 73% very dark	organic	6x300g	17.30		3.85	9093									
▲	Cooking Chocolate - milk	organic	6x300g	17.30		3.85	9094									
▲	Cooking Chocolate - white	organic	6x300g	17.30		3.85	9095									
	* <u>Lima</u>															
	Yannoh - instant	organic	12x50g	22.40		2.49	612505									
	Yannoh - instant	organic	8x125g	23.70		3.95	612510									
	Yannoh Vanilla - instant	organic	6x150g	20.05		4.46	612513									
	Yannoh Original - ground	organic	6x500g	15.70		3.49	612515									
	* <u>Montezuma - Omacatl drinking chocolate</u>															
☆	No.1 Blend - bag 54% cocoa dk choc	organic	6x300g	19.85		4.41	612570									
☆	No.1 Blend - bulk bag	organic	1kg	8.15	8.15		612580									
☆	No.2 Blend - bag 73% dk choc chilli	organic	6x300g	19.85		4.41	612585									
	* <u>Prewett's</u>															
	Instant Chicory	organic	12x100g	18.30		2.04	612855									
	* <u>Symingtons</u>															
	Dandelion Coffee		12x100g	24.95		2.79	613005									
	Dandelion Coffee		6x300g	29.20		6.49	613010									
	Dandelion Coffee		6x500g	45.45		10.09	613015									
	* <u>Whole Earth</u>															
	Nocaf	organic	9x100g	16.80		2.49	613503									
	Wakecup		9x125g	22.60		3.35	613505									
■ Herbal & Tonic Drinks																
	* <u>Attitude</u>															
	Attitude - natural energy drink		24x330ml	17.15	V	1.10	641005									
	* <u>Callitheke - bottles</u>															
	Purdeys - Bottle		12x330ml	11.95	V	1.53	641025									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Carpe Diem</u>																
	Kombucha		24x250ml	17.00	V	1.25	641050									
* <u>Dr Martins</u>																
	Coco Drink - coconut juice	organic	10x500ml	21.50	V	3.29	641455									
* <u>Dr Stuart's Ready To Drink Teas</u>																
	Detox Ready to Drink Tea		12x250ml	15.25	V	1.95	641515									
	Echinacea & Cherry Ready to Drink Tea		12x250ml	15.25	V	1.95	641520									
	Skin Purify Ready to Drink Tea		12x250ml	15.25	V	1.95	641525									
* <u>Gaia Kombucha - www.gokombucha.com</u>																
	Original Kombucha	organic	6x750ml	18.00		3.99	641205									
	Blackcurrant Kombucha	organic	6x750ml	18.00		3.99	641210									
	Peach Kombucha	organic	6x750ml	18.00		3.99	641215									
* <u>Granovita</u>																
	Tahitian Noni Juice - single bottle	organic	1x500ml	12.60		16.79	641305									
* <u>Gusto</u>																
	Gusto - Original	organic	12x250ml	12.95	V	1.65	641605									
* <u>Hampstead - Demeter/Organic FairTrade - Iced Tea - Elopak</u>																
<i>If I were dipping my toe into the chilly water that is the British iced tea market, I'm not sure I would be doing it at the start of autumn, but that is what Hampstead are doing and we love them so much that wherever they go, we follow. These are so new that the samples haven't arrived yet, so it should be quick to tell you what I know! Packed in tall and narrow elopak (with a screw top) the livery complements the rest of the range (with 'smoking' ice cubes this time). If looks were all that mattered we would be home and dry. Ethically, they are biodynamic and Fair Trade Marked, they contain no artificial flavourings or colouring, and are sweetened with agave. As for taste ... watch this space ...</i>																
* Chai Orange Iced Tea	Demeter		8x500ml	9.55		1.59	641705									
* Darjeeling Cherry Iced Tea	Demeter		8x500ml	9.55		1.59	641710									
* Oolong Elderflower Iced Tea	Demeter		8x500ml	9.55		1.59	641715									
* <u>Rayner's Essentials - was "Martlet"</u>																
	Honegar		6x500ml	17.55	V	4.49	641505									
* <u>Rochester</u>																
	Mulled Berry Punch (non-alcoholic)	organic	12x725ml	34.45	V	4.40	662507									
* <u>Vita Coco - Tetra Prisma</u>																
	Coconut Water - small		12x330ml	14.00	V	1.79	643405									
	Coconut Water - large		12x1l	33.50	V	4.28	643410									
■ Organic Juices & Cordials																
* <u>Belvoir Organic Cordials www.belvoircordials.co.uk</u>																
<i>On offer at the prices below representing a massive 25% off list (along with the whole range of Pressés) - all Belvoir cordials</i>																
☐	Blackcurrant (50%) Cordial	organic	6x500ml	11.50	V	2.94	660555									
☐	Blood Orange & Mandarin Cordial	organic	6x500ml	11.50	V	2.94	660559									
☐	Blueberry Cordial	organic	6x500ml	11.50	V	2.94	660556									
☐	Elderflower Cordial	organic	6x500ml	11.50	V	2.94	660560									
☐	Ginger Cordial	organic	6x500ml	11.50	V	2.94	660565									
☐	Pear & Apple Cordial	organic	6x500ml	11.50	V	2.94	660567									
* <u>Biona 100% Pure Juices - glass bottles</u>																
	Acerola Cherry Juice - pure 100%	organic	6x330ml	19.55	V	4.99	660675									
	Aloe Vera Juice - pure 100%	organic	6x330ml	39.10	V	9.99	660679									
	Blueberry Juice - pure 100%	organic	6x330ml	21.10	V	5.39	660685									
	Cranberry Juice - pure 100% - sml	organic	6x330ml	18.35	V	4.68	660712									
	Cranberry Juice - pure 100% - lge	organic	6x750ml	30.85	V	7.89	660714									
	Pomegranate Juice - pure	organic	6x1l	15.60	V	3.99	660690									
	Pomegranate Juice - pure	organic	6x200ml	5.30	V	1.36	660692									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Biona - glass bottles</u>															
Apple Juice - lge	organic	6x750ml	8.55	V	2.19	660705									
Apple & Mango Juice - lge	organic	6x750ml	16.80	V	4.29	660713									
Carrot Juice	organic	6x750ml	10.15	V	2.60	660704									
Cranberry Juice Drink	organic	6x750ml	17.20	V	4.39	660711									
Multi-Vital Juice - lge	Demeter	6x750ml	18.35	V	4.68	660720									
Orange Juice	organic	6x750ml	12.50	V	3.19	660708									
Red Grape Juice - lge	organic	6x750ml	13.25	V	3.39	660709									
Tomato Juice	organic	6x750ml	10.15	V	2.60	660710									
Vegetable Juice	organic	6x750ml	10.55	V	2.70	660715									
* <u>Biona Small Juices - bottles</u>															
Apple Juice - sml	organic	6x200ml	6.60	V	1.69	660655									
Apple & Mango Juice - sml	organic	6x200ml	7.40	V	1.89	660660									
Multi-Vital Juice - sml	Demeter	6x200ml	7.40	V	1.89	660665									
Red Grape Juice - sml	Demeter	6x200ml	7.40	V	1.89	660670									
* <u>Biona Tetra-Pak Juices</u>															
Apple Juice - Tetra	organic	6x1l	8.20	V	2.10	660680									
Apple & Blueberry Juice - Tetra	organic	6x1l	13.65	V	3.49	660681									
Apple & Cranberry Juice - Tetra	organic	6x1l	14.45	V	3.69	660682									
Multi 7 Juice - Tetra	organic	6x1l	10.55	V	2.70	660683									
* <u>Crazy Jack Concentrates</u>															
Apple Juice Concentrate	organic	6x400ml	18.60	V	4.75	660905									
Blackcurrant & Apple Concentrate	organic	6x400ml	21.50	V	5.50	660910									
Four Fruit Juice Concentrate (Exotic)	organic	6x400ml	21.50	V	5.50	660915									
Orchard Fruit Juice Concentrate (Strawb)	organic	6x400ml	21.50	V	5.50	660920									
* <u>Crazy Jack Juice</u>															
Lemon Juice in plastic lemon	organic	12x125ml	5.85		0.65	660935									
* <u>Duchy Originals - cordials</u>															
Ginger Cordial	organic	6x500ml	12.90	V	3.30	661110									
* <u>Meridian</u>															
Apple Juice Concentrate	organic	6x360ml	18.75	V	4.79	662005									
* <u>Oakwood Farm</u>															
Bramley/Dessert Apple Juice Blend	organic	6x1l	12.05	V	3.08	662467									
Cox Apple Juice	organic	6x1l	12.05	V	3.08	662440									
Fiesta Apple Juice	organic	6x1l	12.05	V	3.08	662445									
Jonagored Apple Juice	organic	6x1l	12.05	V	3.08	662450									
Pear Juice	organic	6x1l	12.05	V	3.08	662470									
* <u>Rock's Fruit Cordials - www.rockorganiccordials.com</u>															
◆ Blackcurrant Cordial	organic	12x360ml	24.95	V	3.19	662703									
◆ Cranberry Cordial	organic	12x360ml	24.95	V	3.19	662706									
◆ Elderflower Cordial	organic	12x360ml	24.95	V	3.19	662705									
◆ Spiced Fruit Punch Cordial	organic	12x360ml	24.95	V	3.19	662701									
◆ Ginger Cordial	organic	12x360ml	24.95	V	3.19	662710									
◆ Lemon Cordial	organic	12x360ml	24.95	V	3.19	662715									
◆ Lime Cordial	organic	12x360ml	24.95	V	3.19	662717									
◆ Summer Fruit Cordial	organic	12x360ml	24.95	V	3.19	662725									
* <u>Rock's Herb Cordials - www.rockorganiccordials.com</u>															
◆ Chamomile Cordial	organic	12x360ml	24.95	V	3.19	662775									
◆ Dandelion & Burdock Cordial	organic	12x360ml	24.95	V	3.19	662780									
◆ Echinacea & Orange Cordial	organic	12x360ml	24.95	V	3.19	662785									
◆ Lavender Cordial	organic	12x360ml	24.95	V	3.19	662790									
* <u>Rock's Squash - www.rockorganiccordials.com</u>															
Bella Blackcurrant Squash	organic	6x740ml	9.35	V	2.39	662738									
Big Apple & Lil'Berry Squash	organic	6x740ml	7.80	V	1.99	662741									
Elderflower Squash	organic	6x740ml	10.90	V	2.79	662742									
Ginger & Apple Squash	organic	6x740ml	10.90	V	2.79	662743									
Lime Squash	organic	6x740ml	10.90	V	2.79	662744									
Lizzy Lemon Squash	organic	6x740ml	7.80	V	1.99	662740									
Olly Orange Squash	organic	6x740ml	7.80	V	1.99	662745									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Blue 2 Super Fruit Squash	organic	6x740ml	9.35	V	2.39	662747									
	Red 5 Super Fruit Squash	organic	6x740ml	9.35	V	2.40	662750									
	Tropical Squash	organic	6x740ml	9.35	V	2.39	662752									
	* <u>Soma Smoothies - ambient in glass</u>															
	Jungle Juice Smoothie	organic	12x250ml	15.25	V	1.95	662915									
	Tropical Twist Smoothie	organic	12x250ml	15.25	V	1.95	662920									
	Blackberry & Blueberry Smoothie	organic	12x250ml	15.25	V	1.95	662930									
	Mango & Passionfruit Smoothie	organic	12x250ml	15.25	V	1.95	662940									
	Peach & Strawberry Smoothie	organic	12x250ml	15.25	V	1.95	662950									
	Raspberry & Blackcurrant Smoothie	organic	12x250ml	15.25	V	1.95	662955									
	* <u>Sunita</u>															
	Lemon Juice	organic	6x250ml	6.10		1.36	796002									
	Lemon Juice	organic	6x1l	17.50		3.89	796003									
	Lime Juice	organic	6x250ml	7.30		1.62	795995									
	Orange Juice - freshly squeezed	organic	6x1l	13.45	V	3.44	796004									
	* <u>Vitalia - in glass</u>															
▲	Prune Juice - large	organic	6x750ml	18.20	V	4.65	663515									
▲	Prune Juice - small	organic	15x200ml	17.60	V	1.80	663517									
	* <u>Vitamont - in glass</u>															
	New from Vitamont and in replacement of the discontinued Vitalia we have an Organic Red Grape Juice in glass. It is 33% bigger than the Vitalia but at the same price!															
*	Red Grape Juice	organic	6x1l	16.80	V	4.29	663522									
	* <u>Vitamont mini tetras</u>															
	Apple Juice	organic	24x200ml	20.20	V	1.29	663605									
	Orange Juice	organic	24x200ml	20.20	V	1.29	663615									
	Red Grape Juice	organic	24x200ml	20.20	V	1.29	663620									
	* <u>Vita Verde - FairTrade - single serve tetra</u>															
◆	Orange Juice	organic	8x330ml	6.75	V	1.29	663650									
◆	Orange & Mango Juice	organic	8x330ml	7.25	V	1.39	663655									
◆	Blend - mixed fruit	organic	8x330ml	7.05	V	1.35	663657									
	* <u>Vita Verde - single serve tetra</u>															
	Apple & Blackcurrant Juice	organic	8x330ml	7.30	V	1.40	663660									
	Apple & Cherry Juice	organic	8x330ml	7.30	V	1.40	663662									
	Apple & Cranberry Juice	organic	8x330ml	10.40	V	1.99	663665									
	Apple & Elderberry Juice	organic	8x330ml	7.30	V	1.40	663667									
	* <u>James White unfiltered juices - www.jameswhite.co.uk</u>															
	On offer for September and October at the prices below representing 15% off list is the range of 750ml organic fruit juices from James White marked ☐ below															
☐	Apple Juice	organic	12x750ml	16.90	V	2.16	664505									
☐	Apple & Crushed Ginger Juice	organic	12x750ml	18.25	V	2.34	664507									
☐	Carrot & Apple Juice	organic	12x750ml	16.90	V	2.16	664510									
☐	Cherry & Apple Juice	organic	12x750ml	18.25	V	2.34	664513									
☐	Cranberry & Apple Juice	organic	12x750ml	18.25	V	2.34	664515									
☐	Pear Juice	organic	12x750ml	18.25	V	2.34	664518									
☐	Pomegranate & Apple Juice	organic	12x750ml	18.25	V	2.34	664512									
☐	Raspberry & Pear Juice	organic	12x750ml	18.25	V	2.34	664519									
	Apple Juice	organic	24x250ml	17.00	V	1.09	664520									
	Apple & Crushed Ginger Juice	organic	24x250ml	18.00	V	1.15	664522									
	Carrot & Apple Juice	organic	24x250ml	17.00	V	1.09	664523									
	Cherry & Apple Juice	organic	24x250ml	18.00	V	1.15	664524									
	Cranberry & Apple Juice	organic	24x250ml	18.00	V	1.15	664525									
	Pear Juice	organic	24x250ml	18.00	V	1.15	664530									
	Pomegranate & Apple Juice	organic	24x250ml	18.00	V	1.15	664532									
	Raspberry & Pear Juice	organic	24x250ml	18.00	V	1.15	664535									
	* <u>James White - Vegetable Juices</u>															
	Carrot Juice	organic	6x750ml	10.00	V	2.55	664560									
	Tomato Juice	organic	6x750ml	10.00	V	2.55	664562									
	Vegetable Juice	organic	6x750ml	10.00	V	2.55	664565									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>James White - Manic Organic - crushed -pet</u>														
	Apple & Beetroot	organic 12x250ml	10.00	V	1.29	664570									
	Orange & Carrot	organic 12x250ml	10.00	V	1.29	664575									
	Peach	organic 12x250ml	10.00	V	1.29	664580									
	Pear & Ginger	organic 12x250ml	10.00	V	1.29	664585									
	* <u>James White - Beet It - crushed -pet</u>														
	Beetroot Juice - Beet It - large	organic 6x750ml	10.00	V	2.55	664555									
	Beetroot Juice - Beet It - small	organic 12x250ml	10.25	V	1.32	664590									
	■ Fruit and Vegetable Juices														
	* <u>Aspall</u>														
	English Apple Juice	12x1l	16.00	V	2.04	671950									
	* <u>Fruit Passion FairTrade -Tetra - www.fruit-passion.com</u>														
▲	Orange Juice - lge	12x1l	13.55	V	1.73	672010									
	Orange Juice - sml	30x200ml	11.65	V	0.60	672012									
	Tropical Juice - 85% fair trade - lge	12x1l	13.20	V	1.69	672015									
	* <u>Gran Stead's Ginger Ltd</u>														
	Gran Stead's Ginger	6x750ml	14.05	V	3.59	673905									
	* <u>Meridian Concentrated Fruit Juices</u>														
	Apple & Blackcurrant Concentrate	6x360ml	18.75	V	4.79	675005									
	Apple Juice Concentrate	6x360ml	14.85	V	3.79	675045									
	Pear Juice Concentrate	6x360ml	18.75	V	4.79	675050									
	* <u>Ocean Spray - Tetra</u>														
▲	Cranberry Classic	12x1l	13.70	V	1.75	675200									
	* <u>Pomegreat - www.pomegreat.com</u>														
	Pomegreat - pomegranate juice drink - lge	12x1l	15.00	V	1.92	675305									
	Pomegreat - pomegranate juice drink - sml	6x330ml	3.80	V	0.97	675310									
	Pomegreat & Blueberry- juice drink	12x1l	15.00	V	1.92	675315									
	* <u>Stute - Juices - 1 litre Elopak</u>														
	Apple Juice	8x1l	6.95	V	1.33	676002									
	Blueberry Juice Drink	8x1l	9.30	V	1.78	675995									
	Cranberry Juice Drink	8x1l	7.45	V	1.43	676003									
	Grapefruit Juice	8x1l	6.95	V	1.33	676004									
	Orange Juice	8x1l	6.95	V	1.33	676005									
	Pineapple Juice	8x1l	7.95	V	1.52	676007									
	Pomegranate Juice Drink	8x1l	9.30	V	1.78	676008									
	Red Grape Juice	8x1l	9.30	V	1.78	676010									
	White Grape Juice	8x1l	9.30	V	1.78	676015									
	* <u>Stute - Juices - 250ml Tetra</u>														
	Apple Juice	35x250ml	11.40	V	0.50	676020									
	Cranberry Juice Drink	35x250ml	12.95	V	0.57	676022									
	Orange Juice	35x250ml	11.40	V	0.50	676025									
	Pineapple Juice	35x250ml	12.95	V	0.57	676027									
	* <u>Stute - Smoothies - Elopak</u>														
	Orange & Mango Smoothie	8x1l	10.40	V	1.99	676035									
	Raspberry & Cranberry Smoothie	8x1l	10.40	V	1.99	676040									
	Strawberry & Banana Smoothie	8x1l	10.40	V	1.99	676045									
	Orange & Mango Smoothie	12x250ml	7.60	V	0.97	676050									
	Strawberry & Banana Smoothie	12x250ml	7.60	V	0.97	676060									
	* <u>Sunita - in plastic</u>														
	Lemon Juice	12x200ml	6.60		0.73	796005									
	Lemon Juice	4l	7.05	1.76		796010									
	Lime Juice	12x200ml	7.25		0.81	796015									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Carbonated Drinks														
* <u>Belvoir Organic Pressés - www.belvoircordials.co.uk</u>														
On a massive 25% offer along with the Belvoir cordials - organic and non-organic Pressés in all flavours and sizes. Ideal for that long Indian summer ...														
☐ Blood Orange & Mandarin Pressé	organic	12x750ml	12.90 V	1.65	660570									
☐ Blood Orange & Mandarin Pressé	organic	24x250ml	12.50 V	0.80	660572									
☐ Elderflower Pressé	organic	12x750ml	12.90 V	1.65	660575									
☐ Elderflower Pressé	organic	24x250ml	12.50 V	0.80	660577									
☐ Ginger Beer	organic	12x750ml	12.20 V	1.56	660580									
☐ Ginger Beer	organic	24x250ml	11.75 V	0.75	660582									
☐ Lemonade Pressé	organic	12x750ml	12.20 V	1.56	660585									
☐ Lemonade Pressé	organic	24x250ml	11.75 V	0.75	660587									
* <u>Belvoir Pressés</u>														
☐ Cranberry Pressé		24x250ml	12.50 V	0.80	660550									
☐ Pomegranate & Raspberry Pressé		24x250ml	12.50 V	0.80	660558									
* <u>Côteaux Nantais - Bio Dynamic Sparkling Juices</u>														
Apple Juice - Sparkling	Demeter	6x750ml	15.15 V	3.87	660605									
* <u>Duchy Originals</u>														
Apple Refresher	organic	6x750ml	8.90 V	2.27	690695									
Ginger Refresher	organic	6x750ml	8.90 V	2.27	690702									
* <u>Fentimans Botanical Brews - www.fentimans.com</u>														
Curiosity Cola		12x275ml	8.45 V	1.08	671802									
Dandelion & Burdock		12x275ml	8.45 V	1.08	671803									
Traditional Ginger Beer		12x275ml	8.45 V	1.08	671805									
Victorian Lemonade		12x275ml	8.45 V	1.08	671810									
Mandarin Seville Orange Jigger		12x275ml	8.45 V	1.08	671815									
Shandy - beer & lemon - bottles		12x275ml	8.45 V	1.08	671817									
* <u>Fentimans Botanical Brews - Large</u>														
On offer for September and October at a pound a case off (it's about 8%) are the three new(ish) Fentimans 750ml drinks.														
☐ Dandelion & Burdock - large		8x750ml	12.00 V	2.30	671820									
☐ Rose Lemonade - large		8x750ml	12.00 V	2.30	671825									
☐ Traditional Ginger Beer - large		8x750ml	12.00 V	2.30	671830									
* <u>Fentimans Botanical Brews - Cans</u>														
Shandy - beer & lemon - cans		6x4x330ml	11.30 V	2.89	671840									
* <u>Fentimans Botanical Brews - Mixers</u>														
Curiosity Cola - Mixer		24x125ml	9.40 V	0.60	671905									
Ginger Beer - Mixer		24x125ml	9.40 V	0.60	671910									
Tonic Water - Mixer		24x125ml	9.40 V	0.60	671915									
* <u>Free Natural Drinks Ltd. - bottles</u>														
◆ Free Apple & Nettle		12x250ml	8.35 V	1.07	691005									
◆ Free Dandelion & Burdock		12x250ml	8.35 V	1.07	691008									
◆ Free Ginger and Ginseng		12x250ml	8.35 V	1.07	691010									
◆ Free Ginger and Ginseng - large		12x750ml	17.25 V	2.20	691012									
◆ Free Grapefruit & Ginseng		12x250ml	8.35 V	1.07	691015									
◆ Free Hawthorn & Elderflower		12x250ml	8.35 V	1.07	691017									
◆ Free Root Beer		12x250ml	8.35 V	1.07	691020									
◆ Free Sasparilla		12x250ml	8.35 V	1.07	691025									
◆ Lively Lemonade	organic	12x250ml	8.80 V	1.12	691030									
◆ Kicking Kola	organic	12x250ml	8.80 V	1.12	691035									
* <u>Juice Brewery</u>														
On offer for September & October at the price below representing 20% off list - the mighty Hopper.														
☐ Apple Hopper		12x275ml	7.80 V	0.99	691050									
☐ Blackcurrant Hopper		12x275ml	7.80 V	0.99	691055									
☐ Citrus Hopper		12x275ml	7.80 V	0.99	691060									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Luscombe Farm</u>															
	Blueberry Crush	organic 24x320ml	23.45	V	1.50	661557									
	Ginger Beer Cool	organic 24x320ml	23.15	V	1.48	661560									
	Ginger Beer Hot	organic 24x320ml	23.15	V	1.48	661565									
	Lemonade Sicilian	organic 24x320ml	23.15	V	1.48	661570									
	Lime Crush	organic 24x320ml	23.45	V	1.50	661571									
	Raspberry Lemonade with Vanilla	organic 24x320ml	23.45	V	1.50	661572									
	St Clements - orange & lemon crush	organic 24x320ml	23.15	V	1.48	661573									
	Strawberry Lemonade	organic 24x320ml	23.45	V	1.50	661575									
* <u>Organico Organic Collection</u>															
	Blueberry Sparkle Juice - large	organic 6x750ml	16.65	V	4.25	183062									
	Bubbly Blackcurrant Juice	organic 6x750ml	16.65	V	4.25	183065									
	Raspberry Fizz Juice - large	organic 6x750ml	16.65	V	4.25	183072									
▲	Blueberry Sparkle - small	organic 12x375ml	21.50	V	2.75	183073									
▲	Raspberry Fizz - small	organic 12x375ml	21.50	V	2.75	183074									
* <u>Percola</u>															
On offer for the duration of the catalogue at the price below representing 20% off list - Percola Fair Trade Cola.															
□	Percola - FairTrade Cola	12x500ml	7.25	V	0.93	691505									
* <u>Whole Earth Organic Sodas - cans</u>															
	Cola - cans	organic 24x330ml	12.35	V	0.79	691575									
	Elderflower - cans	organic 24x330ml	12.35	V	0.79	691577									
	Ginger - cans	organic 24x330ml	12.35	V	0.79	691582									
	Lemonade - can	organic 24x330ml	12.35	V	0.79	691580									
	Cranberry - cans	organic 24x330ml	12.35	V	0.79	691595									
■ Mineral Waters															
* <u>Aquaid - in PET</u>															
each sale generates money for Aquaid Lifeline development projects															
	Carbonated Water	24x500ml	8.15	V	0.52	702305									
	Carbonated Water	12x1.5l	6.45	V	0.82	702310									
	Still Water	24x500ml	8.05	V	0.51	702315									
	Still Water	8x2l	4.55	V	0.87	702320									
* <u>Aquapax</u>															
Aquapax in paper cartons! Carbon balanced winner of 2008 best bottled water [sic]															
Still natural mineral water <0.3mg/l nitrates, suitable for babies															
From Aquapax a new shelf wobblers proclaiming loud and clear the ecocredentials of this 'best bottled water' of 2008.															
	Still Mineral Water - in carton	24x500ml	12.10	V	0.77	702355									
	Aquapax Point Of Sale Leaflets - foc					702360									
	Aquapax Shelf Wobbler					702363									
* <u>Life Water</u>															
supports www.drop4drop.org.uk projects in the Third World															
	Life Still Water - small	24x500ml	5.65	V	0.36	702405									
	Life Still Water - large	12x1.5l	6.35	V	0.81	702407									
	Life Sparkling Water	24x500ml	5.65	V	0.36	702410									
■ Soya and Grain Drinks, Milk & Desserts															
* <u>Allergy Care</u>															
	Dried Whole Goats Milk	6x200g	17.00		3.77	721502									
* <u>Alpro - drinks - www.alprosoya.co.uk</u>															
	Orange - Soya Drink with Ca (unsweetened)	12x1l	12.50		1.39	724533									
* <u>Daioni - flavoured ambient dairy milk</u>															
	Banana Flavoured Milk	organic 24x250ml	15.85		0.88	721055									
	Chocolate Flavoured Milk	organic 24x250ml	15.85		0.88	721057									
	Strawberry Flavoured Milk	organic 24x250ml	15.85		0.88	721060									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Ecomil - www.nutriops.com</u>																
	Almond Drink - lge	organic	12x1l	28.35		3.15	721245									
	Almond Drink - mini	organic	24x200ml	20.70		1.15	721247									
	Calcium Enriched Almond Drink	organic	12x1l	28.35		3.15	721249									
	Hazelnut Drink	organic	12x1l	28.35		3.15	721255									
	Quinoa Drink	organic	12x1l	26.55		2.95	721257									
	Almond Drink Powder - Instant	organic	1x400g	9.40	12.52		721260									
	Soya/Calcium Drink Powder - Instant	organic	1x400g	7.15		9.52	721270									
* <u>GranoVita - soya drinks & cream</u>																
◆	Soya alt. to milk	organic	12x500ml	7.10		0.79	722210									
◆	Soya alternative to milk	organic	12x1l	13.40		1.49	722215									
	CremaVita - soya whipping cream	organic	12x300ml	13.40		1.49	722217									
* <u>Hain</u>																
	Rice Dream Original - lge	organic	12x1l	17.00		1.89	721005									
	Chocolate Rice Dream		12x1l	17.90		1.99	721007									
	Vanilla Rice Dream	organic	12x1l	17.90		1.99	721010									
	Rice Dream Calcium Enriched		12x1l	17.00		1.89	721012									
	Rice Dream - Hazel & Almond		12x1l	17.90		1.99	721013									
	Rice Dream Original - sml	organic	10x3x200ml	13.15		1.75	721061									
* <u>Just Wholefoods</u>																
	Custard Powder - all natural		12x100g	8.00		0.89	723005									
	Lemon Jelly Crystals - with sugar		12x85g	7.65		0.85	723010									
	Raspberry Jelly Crystals - with sugar		12x85g	7.65		0.85	723015									
	Strawberry Jelly Crystals - with sugar		12x85g	7.65		0.85	723020									
	Tropical Jelly Crystals - with sugar		12x85g	7.65		0.85	723025									
* <u>Lima - tetra - www.limafood.com</u>																
	LimaSoya - soya drink	organic	12x1l	15.75		1.75	723508									
	Rice, Hazel & Almond Drink	organic	12x1l	22.40		2.49	723495									
	Rice, Hazel & Almond Drink	organic	24x200ml	11.75		0.65	723497									
	Rev Riz Choco Drink	organic	8x3x200ml	13.50		2.25	723513									
* <u>Moo Organic - www.moomilk.co.uk</u>																
	Semi-Skimmed Milk - UHT	organic	12x1l	12.50		1.39	721080									
* <u>Oatly</u>																
On offer for the duration of the catalogue at the prices below representing 15% off list - the Oatly range of creamy alternatives to dairy. Oats are richer in amino acids than any other cereal and a good source of vitamins B and E, iron, calcium, and phosphorous. Oatly looks good, tastes good, and yet is still trailing behind the other milk alternatives. Take this opportunity to try it out, and while you're at it you can check out www.oatly.com for recipes which include Mushroom Tarragon Bisque, and Piggelin Smoothie with Orange and Ginger. Those crazy Swedes.																
□	Oat Drink	organic	12x1l	12.35		1.37	725710									
□	Oat Drink Enriched (calcium & vitamins)		12x1l	12.35		1.37	725712									
□	Oatly (dairy-free alt. to) Cream	organic	18x250ml	11.00		0.81	725715									
* <u>Plamil - www.plamilfoods.co.uk</u>																
	Soya Drink	organic	6x1l	6.60		1.46	724002									
* <u>Probios - drinks</u>																
▲	Rice&Rice Drink	organic	12x1l	22.50		2.50	724455									
▲	Rice&Rice Drink	organic	24x200ml	16.20		0.90	724457									
▲	Rice&Rice + Calcium Drink	organic	12x1l	23.85		2.65	724460									
* <u>Provamel - rice drinks</u>																
	Rice Drink	organic	12x1l	14.85		1.65	724570									
	Rice Drink + Calcium & Vitamins		12x1l	14.30		1.59	724580									
* <u>Provamel - soya drinks</u>																
On offer while stocks last we have 99p price-marked stock of the four Provamel 1 litre packs marked □ below - Red, Blue, Green, and Orange.																
□	Provamel - unsweetened - Red - lge	organic	12x1l	8.90		0.99	724805									
	Provamel - unsweetened - Red - sml	organic	16x500ml	10.70		0.89	724810									
□	Provamel - AJC + Ca + vits - Blue - lge		12x1l	8.90		0.99	724812									
	Provamel - AJC + Ca + vits - Blue - 250		15x250ml	5.05		0.45	724813									
□	Provamel Sweetened Green - lge	organic	12x1l	8.90		0.99	724815									
□	Provamel Orange - unsweetened Ca + vits		12x1l	8.90		0.99	724818									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Provamel Omega 3 Drink	organic	12x1l	13.40		1.49	724827									
Provamel Chocolate Drink	organic	12x1l	13.40		1.49	724830									
Provamel Vanilla Drink	organic	12x1l	13.40		1.49	724835									
Provamel Banana Shake	organic	5x3x250ml	5.60		1.49	724840									
Provamel Chocolate Shake	organic	5x3x250ml	5.60		1.49	724845									
Provamel Strawberry Shake	organic	5x3x250ml	5.60		1.49	724850									
Provamel Vanilla Shake	organic	5x3x250ml	5.60		1.49	724855									
* <u>Provamel - desserts</u>															
Provamel Chocolate Custard - tetra	organic	16x525g	14.30		1.19	724905									
Provamel Vanilla Custard - tetra	organic	16x525g	14.30		1.19	724910									
Provamel Caramel Dessert in pots	organic	6x4x125g	7.15		1.59	724915									
Provamel Chocolate Dessert in pots	organic	6x4x125g	7.15		1.59	724920									
Provamel Mocha Dessert in pots	organic	6x4x125g	7.15		1.59	724925									
Provamel Vanilla Dessert in pots	organic	6x4x125g	7.15		1.59	724930									
Soya alternative to single cream	organic	15x250ml	8.90		0.79	724935									
* <u>Sojade</u>															
Sojade Soya alternative to milk	organic	6x1l	5.15		1.15	724605									
Sojade Soya + Apple Juice & Calcium	organic	6x1l	5.60		1.25	724610									
Sojade Soya + Vanilla & Calcium	organic	6x1l	5.80		1.29	724615									
Sojade Cuisine - Soya Cream	organic	24x200ml	14.20		0.79	724620									
* <u>Soyatoo!</u>															
Soya Spray Cream - can		12x250g	20.25		2.25	724705									
Soya Topping Cream - tetra	organic	20x300ml	28.25		1.88	724710									
* <u>Western Isles</u>															
Bonsoy - alternative to milk		6x1l	11.20		2.49	726505									
■ Savoury Snacks															
* <u>Amaizin Maize Chips & Dips</u>															
Natural Maize Chips (sml)	organic	16x75g	10.70		0.90	750105									
Chilli Maize Chips	organic	16x75g	11.85		0.99	750110									
Sesame Maize Chips	organic	16x75g	11.85		0.99	750115									
Paprika Maize Chips	organic	16x75g	11.85		0.99	750120									
Family Bag Natural Maize Chips	organic	10x150g	9.60		1.29	750123									
Natcho Corn Chips	organic	10x150g	11.10		1.49	750122									
Salsa Chip-Dip - Hot	organic	6x220g	8.95		1.99	750125									
Salsa Chip-Dip - Sweet	organic	6x220g	8.95		1.99	750130									
* <u>Amaizin Rice Chips</u>															
Rice Chips - Original	organic	12x105g	15.10		1.69	750150									
Rice Chips - Chilli	organic	12x105g	15.10		1.69	750155									
Rice Chips - Garlic	organic	12x105g	15.10		1.69	750160									
* <u>BioFair - Gluten-free - Fair trade</u>															
Quinoa Snack with Onion	organic	12x84g	15.20		1.69	750185									
Quinoa Snack with Oregano	organic	12x100g	16.10		1.79	750190									
* <u>Biona Artisan Potato Chips</u>															
New from Biona we have a couple of Artisanal Potato Chips, one of which is flavoured with Himalayan pink salt (!). Artisanal is a word much used in the Biona range and I can't say I'm altogether happy with it. Photorealism is anal, I grant, but surely Abstract Impressionism is the opposite?															
* Potato Chips - Himalayan Pink Salt	organic	15x30g	7.75 V		0.79	750205									
* Potato Chips - Salt & Vinegar	organic	15x30g	7.75 V		0.79	750210									
* <u>Butterkist Organic Popcorn - see "Sweet Snacks" section</u>															
* <u>Clearspring - gluten-free</u>															
Roasted Seeds & Soya - sml	organic	15x35g	9.55		0.85	750275									
Roasted Styrian Pumpkin Seeds - sml	organic	15x30g	11.15		0.99	750278									
Roasted Seeds, Soya & Cranberry - sml	organic	15x30g	11.15		0.99	750283									
Roasted Tamari Almonds- sml	organic	15x30g	12.35 V		1.26	750287									
Roasted Snack Mix - lge	organic	10x140g	17.20		2.29	750325									
Roasted Pumpkin Seeds - lge	organic	10x140g	20.95		2.79	750330									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Clearspring - Japanese</u>															
Rice Crackers - Olive Oil	organic	12x50g	16.10		1.79	170520									
Rice Crackers - Tamari	organic	12x50g	16.10		1.79	170525									
* <u>Clearspring - Mitoku</u>															
Trad. Rice Golden Sesame Cracker		10x60g	14.95		1.99	750285									
Trad. Rice Black Sesame Cracker		10x60g	14.95		1.99	750290									
Sea Vegetable Rice Crackers		8x60g	14.95		2.49	750280									
* <u>Crazy Jack</u>															
Cashews Roasted & Salted	organic	6x75g	5.85 V		1.50	750300									
* <u>Infinity Pre-Packed Savoury Snacks</u>															
Japanese Rice Crackers - UK		12x125g	8.05		0.89	8050									
Japanese Rice Crackers - UK		12x250g	11.90		1.32	8055									
Japanese Rice Crackers - UK		6x500g	10.40		2.31	8060									
* <u>Infinity Pre-Packed Organic Savoury Snacks</u>															
Bombay Mix - UK	organic	12x125g	7.40		0.82	8105									
Bombay Mix - UK	organic	12x250g	11.00		1.22	8110									
Bombay Mix - UK	organic	6x500g	9.50		2.11	8115									
* <u>Fiorentini</u>															
Mais Snack - Olive Oil	organic	12x50g	8.90		0.99	752205									
Mais Snack - Rosemary	organic	12x50g	8.90		0.99	752210									
Mais Snack - Sweet Pepper	organic	12x50g	8.90		0.99	752215									
Rice Snack - Olive Oil	organic	12x40g	8.90		0.99	752220									
Rice Snack - Rosemary	organic	12x40g	8.90		0.99	752225									
Rice Snack - Sweet Pepper	organic	12x40g	8.90		0.99	752230									
* <u>Infinity Snacks</u>															
Japanese Rice Crackers		5kg	12.75	2.55		752035									
* <u>Infinity Organic Snacks</u>															
Bombay Mix	organic	3kg	7.15	2.38		752075									
* <u>Jonathan Potato Crisps - www.jonathancrisp.co.uk</u>															
Lightly Salted Crisps		24x40g	9.55 V		0.61	752305									
Seasalt & Malt Vinegar Crisps		24x40g	9.55 V		0.61	752310									
Jalapeno Pepper Crisps		24x40g	9.55 V		0.61	752320									
Sundried Tomato & Basil Crisps		24x40g	9.55 V		0.61	752324									
Mature Cheddar & Red Onion Crisps		24x40g	9.55 V		0.61	752325									
* <u>Lima</u>															
Tortilla Chips - Natural	organic	10x125g	13.15		1.75	752405									
Tortilla Chips - Chilli	organic	10x125g	13.15		1.75	752410									
Tortilla Chips - Sesame	organic	10x125g	13.15		1.75	752415									
Tortilla Chips - Blue	organic	10x125g	14.65		1.95	752417									
* <u>Mayka</u>															
Spelt Pretzels	organic	16x125g	31.10		2.59	752505									
Salted Popcorn	organic	12x50g	15.55 V		1.99	752510									
* <u>Munchy Seeds - individual packet display box</u>															
Chilli Mix		24x30g	8.30		0.46	752605									
Omega Mix		24x30g	8.30		0.46	752607									
Pumpkin Mix		24x30g	8.30		0.46	752610									
* <u>Munchy Seeds - tubs</u>															
Chilli Mix		6x200g	13.70		3.05	752615									
Omega Mix		6x200g	13.70		3.05	752617									
Original Mix		6x200g	13.70		3.05	752620									
Pumpkin Mix		6x200g	13.70		3.05	752622									
* <u>Natco</u>															
Pappadums - Black Pepper		10x200g	5.85		0.78	752640									
Pappadums - Jeera (Cumin)		10x200g	6.15		0.82	752645									
Pappadums - Garlic		10x200g	6.50		0.87	752650									
Pappadums - Plain		10x200g	6.15		0.82	752655									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Organic Seed & Bean Co. - see "Sweet Snacks" Section</u>																
* <u>R.W. Garcia</u>																
	Blue - blue maize tortilla chips	organic	15x200g	29.15		2.59	752720									
	Flax - flaxseed with soya tortilla chips	organic	15x200g	29.15		2.59	752725									
	Thin - white maize tortilla chips	organic	15x150g	29.15		2.59	752730									
	Veggie - tortilla chips	organic	15x200g	29.15		2.59	752735									
* <u>TerraSana Crisps</u>																
	Natural Potato Chips	organic	12x125g	17.20	V	2.20	752805									
	Paprika Potato Chips	organic	12x125g	17.20	V	2.20	752810									
* <u>TerraSana Japanese Crackers</u>																
☆	Koban Rice Cracker	organic	12x80g	20.35		2.26	176585									
☆	Shin Mix Rice Cracker	organic	12x80g	20.35		2.26	176590									
* <u>Tra'fo Organic Crisps & Snacks</u>																
Paprika "Light" Crisps - Biofach Product of the Year 2005																
On offer for the duration of the catalogue at the price below representing 15% off list - the 40g Trafo Crisps marked ☐																
☐	Salted Crisps	organic	12x125g	15.10	V	1.93	753305									
☐	Salted Crisps	organic	15x40g	6.60	V	0.67	753310									
	Unsalted Crisps	organic	12x125g	15.10	V	1.93	753315									
	Paprika Crisps	organic	12x125g	15.10	V	1.93	753325									
☐	Paprika Crisps	organic	15x40g	6.60	V	0.67	753330									
☐	Provencale Crisps	organic	12x125g	15.10	V	1.93	753331									
☐	Provencale Crisps	organic	15x40g	6.60	V	0.67	753332									
	Salt & Vinegar Crisps	organic	12x125g	15.10	V	1.93	753333									
☐	Salt & Vinegar Crisps	organic	15x40g	6.60	V	0.67	753334									
	"Light" Potato Crisps - Natural	organic	12x100g	15.45	V	1.97	753350									
	"Light" Potato Crisps - Paprika	organic	12x100g	15.45	V	1.97	753355									
	"Light" Sour Cream & Onion	organic	12x100g	15.45	V	1.97	753360									
	"Light" Tomato & Basil	organic	12x100g	15.45	V	1.97	753365									
■ Sweet Snacks																
* <u>Allergy Care - vegan, gluten-free</u>																
	Wizzers Chocolate Beans		24x50g	9.50	V	0.61	764505									
* <u>BioFair - Fair trade - Gluten-free</u>																
	Rice Quinoa Crunchies	organic	6x120g	8.50	V	2.18	760335									
* <u>Biona Flapjacks</u>																
	Cranberry & Coconut Flapjack	organic	20x85g	10.35		0.69	760350									
	Three Seed Flapjack	organic	20x85g	10.35		0.69	760355									
* <u>Biona Chocolate & Choc Snacks</u>																
	Dark Chocolate 71%	organic	10x100g	12.95	V	1.99	760360									
	Milk Chocolate	organic	10x100g	12.95	V	1.99	760362									
	Milk Chocolate Praline/Truffle	organic	10x100g	14.30	V	2.19	760365									
	White Chocolate with Rice Crispies	organic	10x100g	13.65	V	2.09	760367									
	Dark Chocolate Cranberry Bar	organic	24x40g	13.65	V	0.87	760368									
	Milk Chocolate Coconut Bar	organic	24x40g	13.65	V	0.87	760369									
* <u>Biona - coated fruit & nuts & treats</u>																
	White Chocolate Yoghurt Apricots	organic	12x100g	17.90	V	2.29	760370									
	White Chocolate Yoghurt Banana Chips	organic	12x100g	17.15	V	2.19	760375									
	White Chocolate Yoghurt Raisins	organic	12x100g	15.25	V	1.95	760372									
	Milk Choc covered Almonds	organic	12x100g	22.65	V	2.89	760385									
	Milk Choc covered Raisins	organic	12x100g	15.60	V	1.99	760386									
	Dark Choc covered Brazils	organic	12x100g	21.05	V	2.69	760387									
	Dark Choc covered Hazels	organic	12x100g	22.65	V	2.89	760388									
* <u>Biona - sweets</u>																
	Carnival - coated choc. drops	organic	16x60g	22.85	V	2.19	760445									
	"Cola Bottle" Sweeties - nas	organic	16x75g	22.85	V	2.19	760450									
	Fruit Lollies - nas	organic	16x6p	20.75	V	1.99	760452									
	Jelly Bears - Tutti Frutti nas	organic	16x75g	22.85	V	2.19	760453									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Licorice Jelly Bears nas	organic	16x75g	22.85 V		2.19	760454									
Peppermints - in bag	organic	16x75g	22.85 V		2.19	760455									
Peppermints - rolls	organic	32x21g	16.15 V		0.77	760457									
Pineapple Chews	organic	16x75g	22.85 V		2.19	760460									
Tutti Frutti - Wine Gums - nas	organic	16x75g	22.85 V		2.19	760465									
* <u>Booja Booja - Vegan - winner of 24 awards!</u>															
It's always worth keeping Booja Booja in mind at Christmastime as they cover the present requirements right from acquaintance (4.99) to significant-other-with-a-xmas-party-to-apologise-for (the beautiful hand painted luxury gift box at £45)															
Around Midnight Espresso Truffles	organic	12x80g	39.10 V		4.99	766177									
Champagne Truffles	organic	6x150g	33.15 V		8.49	766180									
Cognac Flambéed Banana Truffles	organic	12x80g	39.10 V		4.99	766185									
Ginger Wine Truffles	organic	12x80g	39.10 V		4.99	766190									
Gourmet Chocolate selection	organic	4x220g	31.25 V		11.99	766195									
Hazelnut Crunch Truffle - small	organic	12x80g	39.10 V		4.99	766175									
Hazelnut Crunch Truffle - large	organic	4x220g	31.25 V		11.99	766198									
Luxury Gift Box	organic	2x355g	58.65 V		44.99	766197									
* <u>Bounce - www.bouncesnackfoods.com</u>															
Premium Protein Ball - tub		40x49g	46.95		1.57	760405									
Spirulina Ginseng Ball - Vegan - tub		40x40g	46.95		1.57	760410									
Almond Ball - tub		40x49g	46.95		1.57	760415									
Cashew Pecan Ball - Vegan - tub		40x42g	46.95		1.57	760420									
Fudgie Walnut Ball - Vegan - tub		40x42g	46.95		1.57	760425									
Premium Protein Ball - box		12x49g	14.35		1.59	766270									
Spirulina Ginseng Ball - Vegan - box		12x40g	14.35		1.59	766272									
Almond Ball - box		12x49g	14.35		1.59	766273									
Cashew Pecan Ball - Vegan - box		12x42g	14.35		1.59	766275									
Fudgie Walnut Ball - Vegan - box		12x42g	14.35		1.59	766277									
* <u>Butterkist - was Kernels</u>															
Popcorn Plain Salted	organic	10x100g	8.60 V		1.32	464155									
Popcorn Sweet	organic	10x120g	8.60 V		1.32	464160									
* <u>Chicza - Mayan Rainforest Chewing Gum</u>															
www.chicza.com															
Hop onto the website above and you will find out more than you ever thought you could know about the various forms of latex and the history of gum. It's great! Harvested from the giant Chicozapote trees in the rainforests of Mexico's Yucatán peninsula by the 56 co-operatives comprising the Consorcio Chiclero, chicle is a unique form of latex (are you ready for this?) "because of its unparalleled mix of polyisoprenes that render a non-toxic, hydrophilic, non-vulcanisable substance." It is the original chewing gum as opposed to the petroleum-based muck that scars our pavements, and as well as being organic, it biodegrades. I suppose the last word should go to Mr Zimmerman, though: "Don't wanna be a bum/You better chew gum" (Subterranean Homesick Blues, 1965)															
* Mint Chewing Gum	organic	10x30g	9.05 V		1.39	761905									
* Spearmint Chewing Gum	organic	10x30g	9.05 V		1.39	761910									
* Lime Chewing Gum	organic	10x30g	9.05 V		1.39	761915									
* <u>Cocoa Loco - FairTrade</u>															
F/T 73% Dark Chocolate Dipped Mango	organic	6x110g	15.10 V		3.91	762205									
F/T Milk Chocolate Dipped Mango	organic	6x110g	15.10 V		3.91	762207									
F/T White Chocolate Dipped Mango	organic	6x110g	15.10 V		3.91	762210									
F/T 73% Dark Chocolate Covered Brazils	organic	6x100g	15.10 V		3.91	762212									
F/T 73% Dark Chocolate Covered Ginger	organic	6x100g	15.10 V		3.91	762215									
F/T White Chocolate Banana Chips	organic	6x100g	13.35 V		3.42	762217									
* <u>Corn Candies - corn syrup, fruit flavours</u>															
Lollipops - jar	organic	150x1	29.00 V		0.30	762305									
Lollipops - refill	organic	120x1	23.20 V		0.30	762310									
* <u>Crazy Jack</u>															
Fruit Fingers - 4 flavours	organic	7x8x15g	10.45		1.99	761830									
* <u>Divine Delights FairTrade - www.divinechocolate.co.uk</u>															
Apricots in Chocolate		6x125g	14.95 V		3.82	762005									
Brazil Nuts in Chocolate		6x150g	14.95 V		3.82	762010									
Mango in Chocolate		6x100g	14.95 V		3.82	762015									

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Divine FairTrade - www.divinechocolate.co.uk</u>															
Divine After Dinner Mints		8x200g	19.15	V	3.67	763551									
* <u>Divine & Dubble Chocolate FairTrade - www.divinechocolate.co.uk</u>															
Darkly Divine Chocolate - 70%		10x100g	10.85	V	1.66	763503									
Divine Mint Dark Chocolate - 70%		10x100g	10.85	V	1.66	763504									
Divine Fruit & Nut Dark Chocolate - 68%		10x100g	10.85	V	1.66	763507									
Divine Milk Chocolate		10x100g	10.85	V	1.66	763513									
Divine Milk Choc with Hazelnuts		10x100g	10.85	V	1.66	763509									
Divine Coffee Milk Chocolate		10x100g	10.85	V	1.66	763570									
Divine Orange Milk Chocolate		10x100g	10.85	V	1.66	763575									
Divine White Chocolate		10x100g	10.85	V	1.66	763562									
Darkly Divine Chocolate - chunky		30x45g	16.40	V	0.84	763580									
Divine Milk Chocolate - chunky		30x45g	16.40	V	0.84	763515									
Divine White Chocolate - chunky		30x45g	16.40	V	0.84	763517									
Divine Orange Chocolate - chunky		30x45g	16.40	V	0.84	763525									
Dubble Rice Crisp Chocolate Bar		36x40g	15.15	V	0.65	763508									
* <u>Dr Stuart's Herb Candies</u>															
Apple & Ginger Herbal Candy		6x175g	11.05	V	2.82	763605									
Chamomile & Manuka Herbal Candy		6x175g	11.05	V	2.82	763607									
Echinacea & Cherry Herbal Candy		6x175g	11.05	V	2.82	763610									
Peppermint & Eucalyptus Herbal Candy		6x175g	11.05	V	2.82	763612									
* <u>Duchy Originals - boiled sweets</u>															
▼ Barley Sugars	organic	12x125g	17.85	V	2.28	763415									
▼ Chocolate Limes	organic	12x125g	17.85	V	2.28	763417									
▼ Mint Humbugs	organic	12x125g	17.85	V	2.28	763420									
▼ Sherbet Lemons	organic	12x125g	17.85	V	2.28	763422									
* <u>Eat Natural - www.eatnaturalstore.com</u>															
Brazil, Hazel & Sultana Bar (was"O")	organic	12x50g	8.35	V	1.07	763450									
* <u>Free Natural - Organic Food Award Winner 2004</u>															
Laid-Back Liquorice pieces	organic	12x70g	9.30	V	1.19	763805									
Laid-Back Liquorice sticks	organic	36x28g	12.90	V	0.55	763810									
* <u>Frutina</u>															
Fruit Snack Variety Pack		60x15g	13.45	V	0.34	765350									
* <u>Granovita Flapjacks with LinuSprout™</u>															
LinuSprout™ Oat Flapjack	organic	20x85g	12.75		0.85	763880									
LinuSprout™ Cranberry Flapjack	organic	20x85g	12.75		0.85	763885									
LinuSprout™ Apricot Flapjack	organic	20x85g	12.75		0.85	763882									
LinuSprout™ Chocolate Chip Flapjack	organic	20x85g	12.75		0.85	763887									
LinuSprout™ Ginger Flapjack	organic	20x85g	12.75		0.85	763890									
LinuSprout™ Flaxseed & Raisin Flapjack	organic	20x85g	12.75		0.85	763892									
LinuSprout™ Pumpkin & Sunflower Seeds Flapjack	organic	20x85g	12.75		0.85	763895									
LinuSprout™ Raisin, Apple & Cinnamon Flapjack	organic	20x85g	12.75		0.85	763897									
* <u>Green and Black's - www.greenandblacks.com</u>															
Almond Milk Chocolate	organic	15x100g	19.05	V	1.95	763995									
85% Dark Chocolate Bars	organic	15x100g	19.05	V	1.95	764003									
70% Dark Chocolate Bars	organic	15x100g	19.05	V	1.95	764005									
Dark Chocolate Mini Bars	organic	30x35g	14.35	V	0.73	764010									
Dark Choc with Whole Cherries	organic	15x100g	19.05	V	1.95	764012									
Dark Espresso Chocolate	organic	15x100g	19.05	V	1.95	764013									
Ginger 60% Dark Chocolate	organic	15x100g	19.05	V	1.95	764018									
Hazelnut & Currant Dark Chocolate	organic	15x100g	19.05	V	1.95	764014									
Milk Chocolate Bars	organic	15x100g	19.05	V	1.95	764015									
Milk Chocolate Mini Bars	organic	30x35g	14.35	V	0.73	764020									
Creamy Milk Chocolate Bars	organic	15x100g	19.05	V	1.95	764025									
Creamy Milk Chocolate Mini Bars	organic	30x35g	14.35	V	0.73	764027									
Milk Choc with Butterscotch	organic	15x100g	19.05	V	1.95	764021									
Mini Milk Choc with Butterscotch	organic	30x35g	14.35	V	0.73	764022									
Milk Chocolate with Caramel	organic	15x100g	19.05	V	1.95	764002									
Milk Choc with Raisin & Hazels	organic	15x100g	19.05	V	1.95	764023									
Maya Gold Dark Choc Bars - FairTrade	organic	15x100g	19.05	V	1.95	764030									
Maya Gold Mini Bars - FairTrade	organic	30x35g	14.35	V	0.73	764035									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Mint Chocolate Bars	organic	15x100g	19.05	V	1.95	764040								
	White Chocolate	organic	15x100g	19.05	V	1.95	764043								
	White Chocolate Mini Bar	organic	30x35g	14.35	V	0.73	764044								
* <u>Green and Black's Gift Range - www.greenandblacks.com</u>															
New from Green & Black's we have a pillow pack of The Miniature Bar Collection (ideal for sleepovers [I'm really sorry about that, but I've been under a bit of stress recently]) and a replacement for the discontinued Mint Chocolate Leaves in the ... Squares.															
	After Dinner Chocolate Squares	organic	6x200g	21.05	V	5.37	764050								
	Miniature Bar Collection (12's)	organic	12x180g	45.85	V	5.86	764058								
	Miniatures (Pillow Pack 18's)	organic	6x270g	30.60	V	7.82	764053								
*	Mint Chocolate Squares	organic	6x120g	15.30	V	3.91	764055								
*	The Assortment - dark, milk & white	organic	6x200g	38.25	V	9.77	764062								
* <u>Green and Black's Squares Dispenser Range - www.greenandblacks.com</u>															
	Dark Chocolate Squares Dispenser	organic	250x4.5g	15.95	V	0.10	764060								
	Milk Chocolate Squares Dispenser	organic	250x4.5g	15.95	V	0.10	764065								
* <u>Green and Black's Cereal Bars</u>															
	Fruit & Nut Dark Choc Cereal Bar	organic	12x50g	9.10	V	1.16	764070								
	Nut & Seed Dark Choc Cereal Bar	organic	12x50g	9.10	V	1.16	764072								
* <u>Infinity Foods Retail Packed Chocolate</u>															
	Dark Chocolate (73%) Buttons	organic	6x200g	13.10	V	3.35	9005								
	Milk Chocolate Buttons	organic	6x200g	13.10	V	3.35	9010								
	White Chocolate Buttons	organic	6x200g	13.10	V	3.35	9015								
	Mixed (Dark, Milk & White) Chocolate Buttons	organic	6x200g	13.10	V	3.35	9020								
* <u>Infinity Foods Retail Packed Chocolate</u>															
	FairTrade Dark Chocolate (73%) Buttons	organic	6x200g	17.10	V	4.39	9025								
	FairTrade Milk Chocolate Buttons	organic	6x200g	17.10	V	4.39	9030								
	FairTrade White Chocolate Buttons	organic	6x200g	17.10	V	4.39	9035								
	FairTrade Mixed Chocolate Buttons	organic	6x200g	17.10	V	4.39	9040								
* <u>Infinity Foods Retail Packed Chocolate Fruit & Nuts</u>															
	Milk Choc Coated Almonds	organic	6x200g	11.40	V	2.93	9050								
	Milk Choc Coated Raisins	organic	6x200g	9.90	V	2.53	9055								
* <u>Infinity Foods Retail Packed FairTrade Chocolate Fruit & Nuts</u>															
	Milk Choc Coated Brazil - FairTrade	organic	6x200g	11.40	V	2.93	9070								
	Milk Choc Coated Cashew - FairTrade	organic	6x200g	11.40	V	2.93	9075								
	Milk Choc Coated Banana - FairTrade	organic	6x200g	11.40	V	2.93	9080								
	Milk Choc Coated Dates - FairTrade	organic	6x200g	11.40	V	2.93	9085								
* <u>Infinity Foods raw cocoa nibs</u>															
	Cocoa Nibs - raw	organic	25kg	225.00	9.00		764205								
	Cocoa Nibs - raw	organic	1kg	10.50	10.50		764210								
	Cocoa Nibs - raw	organic	12x250g	31.00		3.44	8075								
	Cocoa Nibs - raw	organic	12x125g	17.50		1.94	8080								
* <u>Infinity Foods - Choc coated fruit & nuts</u>															
	Milk Choc Coated Almonds	organic	5kg	43.75	V 8.75		764245								
	Milk Choc Coated Raisins	organic	5kg	30.00	V 6.00		764247								
* <u>Infinity Foods - FairTrade Choc coated fruit & nuts</u>															
	Milk Choc Coated Brazil - FairTrade	organic	3kg	21.00	V 7.00		764255								
	Milk Choc Coated Cashew - FairTrade	organic	3kg	21.50	V 7.17		764257								
	Milk Choc Coated Banana - FairTrade	organic	3kg	22.50	V 7.50		764260								
	Milk Choc Coated Deglet Noir Dates - FairTrade	organic	3kg	19.00	V 6.33		764262								
* <u>Just Wholefoods - Organic Food Awards Winner 2002</u>															
	VegeBear's Fruit Jellies Original	organic	8x100g	6.60	V	1.27	464070								
	VegeBear's Frooty Fruits	organic	8x100g	6.60	V	1.27	464075								
* <u>Lyme Regis Foods - www.lymeregisfoods.com</u>															
	Grizzly Apricot Bars		24x25g	6.60	V	0.42	765505								
	Grizzly Banana & Sultana Bars		24x25g	6.60	V	0.42	765510								
	Grizzly Blackcurrant & Apple Bars		24x25g	6.60	V	0.42	765515								

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Fruitus Bites - Apricot		24x25g	9.90		0.55	765530									
Fruitus Bites - Blackcurrant		24x25g	9.90		0.55	765533									
Fruitus Bites - Raspberry		24x25g	9.90		0.55	765535									
Plain Chocolate Coated Marzipan Bar		24x40g	12.10	V	0.77	765570									
Chocolate Marzipan Bar	organic	24x40g	13.65	V	0.87	765597									
Orange Chocolate Marzipan Bar	organic	24x40g	13.65	V	0.87	765598									
Apple Cereal Fruitus Bar	organic	24x35g	9.00		0.50	765586									
Apricot Cereal Fruitus Bar	organic	24x35g	9.00		0.50	765592									
Pomegranate & Blueberry Fruitus bar	organic	24x35g	9.00		0.50	765591									
Mixed Berry Cereal Fruitus Bar	organic	24x35g	9.00		0.50	765594									
Seven Seeds & Nut Bar	organic	16x40g	8.05	V	0.77	765595									
Seven Seeds & Nut Bar with Cranberry	organic	16x40g	8.05	V	0.77	765596									
* <u>Lyme Regis Foods Organic Kidz Bars</u>															
Apple Kidz Bar	organic	24x20g	9.00		0.50	765662									
Blackcurrant Kidz Bar	organic	24x20g	9.00		0.50	765667									
Strawberry Kidz Bar	organic	24x20g	9.00		0.50	765668									
* <u>Malagasy Fine Chocolate - Vegan - Equitrade (Fairtrade +)</u>															
www.malagasy.co.uk www.equitrade.org															
Mora Mora 73% Chocolate Bar		10x85g	19.50	V	2.99	765705									
Sambirano 75% Chocolate Bar		10x85g	21.20	V	3.25	765715									
* <u>Maverick</u>															
From the same stable as the Geo Organics and Organica ranges we have the Maverick Dark Chocolate with Honeycomb Crisps. Fair Trade Marked, and vegan, though not organic (the range, as it grows, will concentrate on these three areas, though with products which may not tick all three boxes at once) the bar is a rich treat made with 70% cocoa solids, and contains little starbursts of honeycomb rather than the chocolate coated honeycomb bar of certain related products. It is an altogether denser and more satisfying experience, to be sure.															
* Dark Chocolate with Honeycomb - FT															
* <u>Meridian</u>															
Peanut Butter & Oat Bar	organic	24x50g	12.10	V	0.77	765750									
* <u>Mood Foods - see Ombar below</u>															
* <u>Montezuma's Mini Bars</u>															
◆ 73% Very Dark Chocolate - mini	organic	26x30g	12.00	V	0.71	766005									
◆ Smooth Milk Chocolate - mini	organic	26x30g	12.00	V	0.71	766010									
◆ Peru 70% Dark Choc with Sea Salt - mini	organic	26x30g	12.00	V	0.71	766015									
◆ Dark Milk with Butterscotch - mini	organic	26x30g	12.00	V	0.71	766020									
◆ Dark Chocolate with Chilli - mini	organic	26x30g	12.00	V	0.71	766025									
* <u>Montezuma's Dark Chocolate www.montezumas.co.uk</u>															
Very Dark (73%) Chocolate	organic	12x100g	15.25	V	1.95	766255									
Emperor Choc Bar - Chilli	organic	12x100g	15.70	V	2.01	766285									
Emperor Choc Bar - Orange & Geranium	organic	12x100g	15.70	V	2.01	766287									
Gourmet Gorilla (hazel & almond)	organic	16x48g	12.00	V	1.15	766310									
Orangutang (crystallised orange)	organic	16x48g	12.00	V	1.15	766317									
Spice It Up (crystallised ginger)	organic	16x48g	12.00	V	1.15	766325									
* <u>Montezuma's - Milk Chocolate (the dark side)</u>															
New from Monty's, along with the Xmas products to be found at the end of the catalogue, we have a couple of tweaks to the range. Below, a rich and creamy milk chocolate with butterscotch ...															
* Dark/Milk Chocolate - 54%															
Dark Milk with Butterscotch	organic	12x100g	15.70	V	2.01	766259									
* <u>Montezuma's Milk Chocolate www.montezumas.co.uk</u>															
... a milk, chilli, and lime bar ...															
* Smooth Milk Chocolate															
Milk with Chilli & Lime Bar	organic	12x100g	15.70	V	2.01	766263									
Emperor - Mint & Vanilla	organic	12x100g	15.70	V	2.01	766293									
Emperor Choc Bar - Nutmeg	organic	12x100g	15.70	V	2.01	766295									
Jungle Fever (fruit & walnuts)	organic	16x48g	12.00	V	1.15	766315									
Space Hopper (orange)	organic	16x48g	12.00	V	1.15	766320									

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Montezuma's White Chocolate www.montezumas.co.uk																
	Creamy White Chocolate	organic	12x100g	15.25	V	1.95	766265									
	Culture Shock (ginger & chilli)	organic	16x48g	12.00	V	1.15	766304									
	The Bean Machine (coffee)	organic	16x48g	12.00	V	1.15	766330									
	Whoopee (raspberry)	organic	16x48g	12.00	V	1.15	766340									
* Montezuma's Chocolate & Fruit																
... and a fabulous range of organic chocolate dipped, and chocolate coated fruits. May I personally recommend the Hot Dates: "succulent tunisian dates lavishly enrobed in dark chocolate and 'hot' icing sugar" with exactly the right amount of heat to widen eyes one, two, and three.																
*	Lime Pickle - mango in white chocolate	organic	10x130g	30.30	V	4.65	766342									
*	Hot Dates - dates covered in chilli & dark chocolate	organic	10x130g	30.30	V	4.65	766343									
*	Dark Ginger - crystallised ginger in dark chocolate	organic	10x130g	30.30	V	4.65	766344									
* Nakd Bars - large																
	Apple Pie - raw wholefood bar - large		24x68g	17.85		0.99	766605									
	Berry Cheeky - raw wholefood bar - large		24x68g	17.85		0.99	766610									
	Cocoa Loco - raw wholefood bar - large		24x68g	17.85		0.99	766615									
* Nakd Bars - small																
	Apple Pie - raw wholefood bar - small		36x30g	13.95		0.52	766630									
	Banana Bread - raw wholefood bar - small		36x30g	13.95		0.52	766635									
	Berry Cheeky - raw wholefood bar - small		36x30g	13.95		0.52	766640									
	Cocoa Loco - raw wholefood bar - small		36x30g	13.95		0.52	766645									
* Nakd Raw Fruit & Nut Bars - Vegan & Gluten Free																
New from our friends at Nakd we have a further simplification of this absurdly simple range. The new bars eschew the oats and apple juice of the rest of the range leaving us with just raw fruit, nuts, and spices cold-pressed together and presented in distinctive colourful packaging that jumps off the shelf. The ingredients lists are minimalist to say the least: Cashew Cookie - cashews, dates; Cocoa Orange - dates, cashews, raisins, cocoa, hint of natural flavour; Ginger Bread - dates, almonds, pecans, ginger, cloves, cinnamon; Pecan Pie - dates, pecans, almonds. Needless to say, they taste fantastic.																
*	Cashew Cookie Raw Wholefood Bar - GF		18x35g	10.15		0.75	766650									
*	Cocoa Orange Raw Wholefood Bar - GF		18x35g	10.15		0.75	766652									
*	Ginger Bread Raw Wholefood Bar - GF		18x35g	10.15		0.75	766653									
*	Pecan Pie Raw Wholefood Bar - GF		18x35g	10.15		0.75	766655									
* Nakd Raisins																
	Cherry Raisins		18x25g	5.60		0.41	766660									
	Lemon Raisins		18x25g	5.60		0.41	766665									
	Orange Raisins		18x25g	5.60		0.41	766670									
	Pineapple Raisins		18x25g	5.60		0.41	766675									
* O Bar																
	Apple & Cranberry		28x55g	14.55		0.69	766365									
	Blueberry & Vanilla		28x55g	14.55		0.69	766366									
	Pomegranate & Raspberry		28x55g	14.55		0.69	766367									
	Strawberry & Peach		28x55g	14.55		0.69	766368									
* Ombars - raw chocolate																
New from Ombars and ploughing on down the fast lane on the superfood raw chocolate highway we have the Yumberry Raw Chocolate Bar. Known in China as yang-mei, yumberries resemble the raspberry and have the sweet'n'sourness of pomegranate and cranberry along with a bucket-load of antioxidants.																
▲	Açaí Raw Chocolate		10x50g	13.90	V	2.13	765765									
▲	Cashew & Coconut Raw Chocolate	organic	10x50g	13.90	V	2.13	765770									
▲	Cranberry Raw Chocolate	organic	10x50g	13.90	V	2.13	765771									
▲	Goji Raw Chocolate		10x50g	13.90	V	2.13	765772									
*	Yumberry Raw Chocolate		10x50g	13.90	V	2.13	765780									
* Organica - FairTrade -Vegan - gluten-free																
On offer for the duration of the catalogue at the price below representing 16.6% (or twelve for the price of ten, if you prefer) - Organica Raisin & Almond Chocolate Couverture Bar.																
□	Swiss Chocolate Couverture	organic	12x100g	18.70	V	2.39	766385									
☆	Raisin & Almond Chocolate Couverture Bar	organic	12x100g	15.60	V	1.99	766386									
	Chocolate - Dark	organic	12x75g	14.80	V	1.89	766390									
	Chocolate - Dark with Cranberries	organic	12x100g	17.15	V	2.19	766392									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Chocolate - Dark Hazel	organic 12x100g	16.35	V	2.09	766395									
Chocolate - Mint Crisp	organic 12x100g	16.35	V	2.09	766397									
Chocolate - White - Vegan	organic 12x100g	18.70	V	2.39	766399									
* <u>Organica Chocolate - ethically traded - Vegan - gluten-free</u>														
Food of the Gods Dark Choc (cocoa nibs)	organic 12x100g	18.70	V	2.39	765985									
Marrakesh Dark Chocolate Bar (raisins & spices)	organic 12x100g	16.35	V	2.09	765987									
Tangiers Dark Chocolate (orange)	organic 12x100g	16.35	V	2.09	765990									
* <u>Organica - gluten-free</u>														
Hazel Nougat Dark Choc Bar - vegan	organic 24x40g	13.95	V	0.89	766402									
Milk Chocolate Caramel Bar	organic 24x40g	13.30	V	0.85	766405									
Dark Chocolate Coconut Bar - vegan	organic 24x40g	13.95	V	0.89	766413									
Milk Chocolate Coconut Bar	organic 24x40g	13.30	V	0.85	766410									
* <u>Organico - The Organic Collection</u>														
Back after a little absence from Organico (supply problems have now been sorted out, we hear) is the 30g bar of what we used to call in the Isle of Man: "nuggat". I try to say "nooogaah" these days, but sometimes I lapse.														
▲ Chocolate-coated Honey Marzipan Bar	organic 18x50g	32.30	V	2.75	766450									
▲ Chocolate-coated Honey Marzipan Bar	organic 12x100g	37.15	V	4.75	766455									
* Nougat de Montelimar	organic 24x30g	15.65	V	1.00	766456									
▲ Turrón Jojona - soft	organic 6x200g	27.20	V	6.96	766460									
▲ Turrón Alicante - hard	organic 6x200g	27.20	V	6.96	766465									
* <u>Organic Seed & Bean Co. - www.organicseedandbean.co.uk</u>														
▼ Dark Choc Covered Brazil Nuts	organic 20x55g	23.35	V	1.78	766417									
▼ Dark Choc Covered Crystallised Ginger	organic 20x60g	23.35	V	1.79	766418									
Boxed Dark Choc Covered Crystallised Ginger	organic 6x150g	19.35	V	4.95	766419									
▼ Dark Choc Covered Coffee Beans	organic 20x50g	22.05	V	1.69	766420									
▼ Dark Choc Covered Pumpkin & Sunflower Seeds	organic 20x50g	16.85	V	1.29	766422									
Milk Chocolate Raisins	organic 20x50g	17.60	V	1.35	766425									
▼ Pumpkin, Soya & Raisin - Dark Choc Coated	organic 20x50g	20.85	V	1.59	766430									
▼ Pumpkin, Soya & Raisin - Milk Choc Coated	organic 20x50g	18.25	V	1.39	766435									
▼ Pumpkin, Soya & Raisin - Yogurt Coated	organic 20x50g	16.85	V	1.29	766440									
* <u>Organic Seed & Bean Co. Chocolate Bars</u>														
On offer for September and October at the price below representing 20% off list - the whole range of Organic Seed & Bean Co chocolate bars.														
☐ Dark 72% Chocolate Bar - FairTrade	organic 12x60g	11.20	V	1.43	766452									
☐ Lavender Dark 72% Chocolate Bar - FairTrade	organic 12x60g	11.20	V	1.43	766454									
☐ Lime Dark 72% Chocolate Bar	organic 12x60g	11.20	V	1.43	766457									
☐ Mandarin & Ginger 72% Chocolate Bar - FairTrade	organic 12x60g	11.20	V	1.43	766458									
☐ Rose 72% Chocolate Bar - FairTrade	organic 12x60g	11.20	V	1.43	766459									
☐ Mint 72% Chocolate Bar - FairTrade	organic 12x60g	11.20	V	1.43	766461									
* <u>Organ - gluten-free</u>														
◆ Fruit Filled Bars - Apricot - GF	20x50g	15.75		1.05	766466									
◆ Fruit Filled Bars - Blueberry - GF	20x50g	15.75		1.05	766468									
◆ Molasses Licorice - GF	12x200g	21.05	V	2.69	766470									
* <u>Oskri Organics Sesame Bars - www.oskri.com</u>														
Quinoa Bar	organic 18x56g	10.25	V	0.87	766473									
Sesame Bar - Date Syrup	organic 18x53g	10.25	V	0.87	766475									
Sesame Bar Date Syrup & Black Cumin	organic 18x53g	10.25	V	0.87	766477									
Sesame Bar Date Syrup & Fennel	organic 18x53g	10.25	V	0.87	766480									
* <u>Oskri Organics Coconut Bars - www.oskri.com</u>														
Coconut Bar Original	organic 18x61g	10.25	V	0.87	766485									
Coconut Bar Almond	organic 18x61g	10.25	V	0.87	766487									
Coconut Bar Cherry	organic 18x61g	10.25	V	0.87	766490									
* <u>Panda Licorice Bars</u>														
On offer for the duration of the catalogue at the prices below representing 10% off list - the Panda range of licorice.														
☐ Licorice Bar	36x32g	9.30	V	0.40	766510									
☐ Licorice Bar - 4 pack	18x4x32g	17.05	V	1.45	766523									
☐ Licorice Bears	12x125g	7.90	V	1.01	766524									
☐ Licorice Cuts - in bag	12x240g	13.00	V	1.66	766525									

▲ price rise ▼ fall
 * new product ☐ on offer

☆ size or other change
 ◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Plamil Carob Bars - Dairy-Free - www.plamilfoods.co.uk</u>															
Carob Bar		6x100g	6.10	V	1.56	766725									
Carob Bar - No Added Sugar		6x100g	6.10	V	1.56	766727									
* <u>Plamil 'Free From' - Dairy-Free</u>															
Dairy Free Mint Chocolate (non organic)		6x100g	6.10	V	1.56	766730									
Dairy Free Chocolate Drops - Snack Pot		6x175g	9.50	V	2.43	766760									
No Added Sugar Chocolate - large		6x100g	7.05	V	1.80	766745									
No Added Sugar Alternative to Milk Chocolate		6x100g	7.60	V	1.94	766744									
No Added Sugar Chocolate with Shelled Hemp		6x100g	7.05	V	1.80	766750									
No Added Sugar Chocolate - Mini		24x45g	13.00	V	0.83	766746									
No Added Sugar Chocolate with Mint		24x45g	13.00	V	0.83	766747									
* <u>Plamil Organic Chocolate - Dairy-Free</u>															
FairTrade Dairy-Free "Milk" Chocolate	organic	6x100g	7.60	V	1.94	766728									
Cayenne Chocolate	organic	6x95g	7.60	V	1.94	766731									
Dark Chocolate 87%	organic	6x95g	7.60	V	1.94	766729									
Mini Dark Chocolate 87%	organic	27x40g	14.65	V	0.83	766741									
Plain Chocolate	organic	6x100g	7.60	V	1.94	766732									
Ginger Chocolate	organic	6x100g	7.60	V	1.94	766733									
Mint Chocolate - Organic	organic	6x100g	7.60	V	1.94	766734									
Orange Chocolate	organic	6x100g	7.60	V	1.94	766735									
* <u>Plamil Chocolate Premium Bars - Dairy-Free</u>															
Orange Chocolate with Cranberries	organic	18x50g	14.80	V	1.26	766737									
87% Dark Choc with White Mint Chocolate	organic	18x50g	14.80	V	1.26	766738									
Rum Flavoured Chocolate w/ Raisins	organic	18x50g	14.80	V	1.26	766739									
* <u>Probios - Rice&Rice</u>															
▲ Hazel-Choc Finger Snack	organic	24x25g	15.30		0.85	766855									
* <u>The Raw Chocolate Co. - sugar, dairy & gluten-free</u>															
Raw Chocolate Twilight Bar - 52%		12x44g	22.85	V	2.92	766870									
Raw Chocolate Pitch Dark Bar - 69%		12x44g	22.85	V	2.92	766872									
Raw Chocolate Vanoffe		12x44g	22.85	V	2.92	766873									
Raw Chocolate Midnight		12x44g	22.85	V	2.92	766871									
* <u>Roar! Raw Chocolate Bars</u>															
Signature 81% Cacao Bar		15x50g	26.40	V	2.69	766970									
Cool Mint Crisp Bar		15x50g	29.25	V	2.99	766975									
Orange & Chilli Bar		15x50g	29.25	V	2.99	766980									
Pecan & Cranberry Bar		15x50g	29.25	V	2.99	766985									
Zest of Orange Bar		15x50g	29.25	V	2.99	766990									
* <u>Roar! Raw Chocolate Pop-a-Pods</u>															
Pop-a-Pods - Signature 81%		10x54g	19.50	V	2.99	767005									
Pop-a-Pods - Zest of Orange		10x54g	19.50	V	2.99	767010									
* <u>Roskilly's Cornish Farm Produce</u>															
On offer for the duration of the catalogue at the prices below representing 10% off list - the full range of Roskilly's award winning fudges.															
☐ Clotted Cream Fudge - box	organic	10x200g	21.80	V	3.86	767026									
☐ Clotted Cream Fudge - bag	organic	20x100g	18.00	V	1.59	767025									
☐ Chocolate Orange Clotted Cream Fudge	organic	20x100g	18.00	V	1.59	767027									
☐ Stem Ginger Clotted Cream Fudge	organic	20x100g	18.00	V	1.59	767028									
☐ Praline Clotted Cream Fudge	organic	20x100g	18.00	V	1.59	767029									
☐ Mixed Case Fudge - 5 x Choc, Coconut, Ginger, Praline	organic	20x100g	18.00	V	1.59	767024									
* <u>Southern Alps - Slow Puck</u>															
Fig & Macadamia Slow Puck - Green		12x45g	6.60	V	0.84	767505									
Mango, Apple & Almond Slow Puck - Orange		12x45g	6.60	V	0.84	767507									
Pear, Mulberry & Brazil Slow Puck - Blue		12x45g	6.60	V	0.84	767510									
Pineapple, Fig & Brazil Slow Puck - Yellow		12x45g	6.60	V	0.84	767512									
* <u>Sunita</u>															
Organic Dark Chocolate Halva	organic	12x75g	11.35		1.26	768492									
Organic Plain Halva	organic	12x75g	10.50		1.17	768495									
Organic Honey Halva - Almond	organic	12x75g	12.20		1.36	768497									
Organic Grape Juice & Sultana Halva	organic	12x75g	10.50		1.17	768502									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Halva Grape & Sultana	2.5kg	14.75	5.90		768525									
Halva Grape & Sultana	24x100g	18.35		1.02	768530									
Halva Pistachio	2.5kg	16.85	6.74		768540									
Halva Pistachio	24x100g	22.75		1.26	768545									
Halva Plain	24x100g	18.35		1.02	768555									
Sesame Honey Bar	24x30g	5.60	V	0.36	768560									
Sesame Honey Bar	organic 24x30g	7.60	V	0.49	768565									
Sesame Honey Bar with Almonds	organic 24x30g	9.80	V	0.63	768567									
Sultana Sesame Honey Bar	organic 24x30g	8.65	V	0.55	768570									
Three Seed Bar	organic 24x30g	9.10	V	0.58	768575									
* <u>Sun-Maid</u>														
Mini Snack Raisins	organic 12x9x14g	12.15		1.35	759015									
* <u>TerraSana</u>														
Mini-Liquorice Natural	organic 16x25g	21.90	V	2.10	759055									
Mini-Liquorice Anise	organic 16x25g	21.90	V	2.10	759060									
Mini-Liquorice Orange	organic 16x25g	21.90	V	2.10	759065									
Mini-Liquorice Mint Pastilles	organic 16x25g	21.90	V	2.10	759067									
Sweet Liquorice Ropes	organic 60x56g	43.00	V	1.10	760505									
Salt Liquorice Tubi's	organic 12x100g	13.25	V	1.69	760507									
* <u>The Chocolution</u>														
www.mayanmagic.co.uk														
For live chocolate making demonstrations in store please phone														
Jake on 01304 851974 or email: jake.lawy@thechocolution.com														
Mayan Magic Raw Chocolate-Making Kit	4x1 kit	35.85		11.95	768705									
* <u>The Gorgeous Chocolate Heart Co. (was Truly Super)</u>														
Buziball	30x40g	49.50		2.20	768855									
Berriball	30x40g	49.50		2.20	768860									
Lovebite Ball	30x40g	49.50		2.20	768865									
Spiraball	30x40g	49.50		2.20	768870									
* <u>Tohi - Fair Trade Organic Belgian Chocolate Bars</u>														
www.tohi.be														
New from our Belgian friends at Tohi we have a range of Organic and Fair Trade chocolate bars which are whiter than white (though none of them are white - five types of 74% dark, and three milk). Fair Trade certified by Max Havelaar, organically certified by Certisys, packaging FSC approved and eschewing the foil which normally envelopes chocolate, and the company carbon neutral - what's not to like? (They are the first to admit that they are not altogether happy with the ink used, but they are working on it). The chocolate itself was rapturously received in the Infinity office, with all four flavoured dark bars getting special commendations. Quirkily packaged in pastel colours featuring the motif of the Tohi - a recently discovered South American bird - the bars stand out amongst the competing brands, especially when displayed on the free wooden stand available with the purchase of the full range (at a price saving) using the code 768245														
* Dark Chocolate 74% - FT	organic 15x70g	23.35	V	2.39	768205									
* Dark Chocolate 74% - Salted Almond - FT	organic 15x70g	23.35	V	2.39	768210									
* Dark Chocolate 74% - Earl Grey Tea - FT	organic 15x70g	23.35	V	2.39	768215									
* Dark Chocolate 74% - Lemon & Ginger - FT	organic 15x70g	23.35	V	2.39	768220									
* Dark Chocolate 74% - Hazel & Coffee - FT	organic 15x70g	23.35	V	2.39	768225									
* Milk Chocolate - FT	organic 15x70g	23.35	V	2.39	768230									
* Milk Chocolate - Cinnamon - FT	organic 15x70g	23.35	V	2.39	768235									
* Milk Chocolate - Apple & Cinnamon - FT	organic 15x70g	23.35	V	2.39	768240									
* One case of each (8) - with free display	organic 120x70g	178.95	V	2.29	768245									
* <u>Traidcraft - FairTrade - www.traidcraft.co.uk</u>														
★ Apricot Cereal Geobar	24x32g	7.35	V	0.47	768585									
★ Honey Cereal Nut Geobar	24x32g	7.35	V	0.47	768592									
★ Mixed Berry Cereal Geobar	24x32g	7.35	V	0.47	768593									
★ Chocolate Cereal Geobar	24x32g	7.35	V	0.47	768595									
Milk Chocolate	organic 10x100g	17.75	V	2.72	768625									
Milk Chocolate + Coffee	organic 10x100g	17.75	V	2.72	768630									
Dark Chocolate	organic 10x100g	17.75	V	2.72	768635									
Dark Chocolate + Orange	organic 10x100g	17.75	V	2.72	768640									
Dark Chocolate + Peppermint Crisp	organic 10x100g	17.75	V	2.72	768645									
* <u>Trek Bars</u>														
Cocoa Brownie	24x68g	19.60		1.09	766680									
Mixed Berry Bar	24x68g	19.60		1.09	766685									
Peanut and Oat Bar	24x68g	19.60		1.09	766690									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Trek Protein Flapjacks</u>														
Cherry Crunch Protein Flapjack	12x56g	8.90		0.99	766705									
Oat Crunch Protein Flapjack	12x56g	8.90		0.99	766710									
* <u>Tropical Wholefoods - www.tropicalwholefoods.com</u>														
Apricot & Kernel Bar - FT	organic 28x40g	11.00	V	0.60	768805									
Banana & Honey Bar - FT	organic 28x40g	11.00	V	0.60	768810									
Date & Walnut Bar - FT	organic 28x40g	11.00	V	0.60	768811									
Mango & Brazil Bar - FT	organic 28x40g	11.00	V	0.60	768812									
Pineapple & Cashew Bar	organic 28x40g	11.00	V	0.60	768815									
Tropical Fruit Bar	organic 28x45g	12.95		0.62	768817									
* <u>Truly Super - see The Gorgeous Chocolate Heart Co. above</u>														
* <u>Village Bakery</u>														
Butter Flapjack Slice	organic 6x200g	9.70		2.15	766150									
* <u>Wallaby Bars</u>														
Like a rubber ball they've come bouncing back to me ... after a very considerable absence caused by terrible supply problems the Wallaby Bars are back in a new livery for the noughties and declaring their credentials loud and clear: all bars are free from gluten, wheat, and cholesterol, artificial flavours, colours, preservatives, and GMOs. Though not organic they are cold pressed ensuring retention of nutritional benefits, and last time we listed them we could simply never get enough!														
* Macadamia & Fruit Bar	18x40g	11.95		0.89	768820									
* Macadamia & Nut Bar	18x40g	11.95		0.89	768823									
* Pure Fruit Bar	18x40g	11.95		0.89	768825									
* Yoghurt Macadamia & Ginger Bar	18x40g	11.95		0.89	768828									
* Yoghurt Fruit Bar	18x40g	11.95		0.89	768830									
* Cashew & Currant Bar	12x50g	9.45		1.05	768832									
* Macadamia & Ginger Bar	12x50g	9.45		1.05	768833									
* Cranberry Fruit & Nut Bar	12x50g	10.35		1.15	768835									
* <u>Wholebake Bars - www.wholebake.co.uk</u>														
Hemp 9 Bar Original	36x50g	16.95	V	0.72	766205									
Hemp 9 Bar	organic 30x50g	18.25	V	0.93	766210									
■ Condiments, Salt & Miscellaneous Foods														
* <u>Allergy Care</u>														
Whole Egg Replacer - Vegan	6x200g	16.15		3.59	721513									
* <u>Bioforce</u>														
Herbamare - shaker	6x250g	14.80		3.29	791005									
Herbamare - shaker	6x90g	8.35		1.86	791010									
* <u>Broste</u>														
Seasalt - Fine (bag)	24x500g	10.65		0.59	791515									
Seasalt - Coarse (bag)	24x500g	10.65		0.59	791530									
Salt Shakers - Fine	12x500g	14.85		1.65	791535									
Salt Shakers - Coarse	12x500g	14.85		1.65	791540									
* <u>Clearspring</u>														
Traditional Sea Salt	certified 6x250g	6.70		1.49	791550									
* <u>Community</u>														
Vegetable Suet - non hydrogenated	6x250g	6.10		1.36	791580									
* <u>Cornish Sea Salt</u>														
Cornish Sea Salt - Pouch	certified 24x125g	30.15		1.95	791705									
Cornish Sea Salt - Pouch	certified 12x225g	26.05		3.45	791710									
Cornish Sea Salt - Chef's Tub	certified 6x500g	26.90		6.95	791715									
* <u>Crazy Jack</u>														
Marzipan	organic 12x250g	32.85		3.65	791605									
* <u>Danival</u>														
Coarse Unrefined Atlantic Sea Salt	12x1kg	19.35		2.15	762230									
Fine Unrefined Atlantic Sea Salt	12x1kg	22.50		2.50	762232									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Dead Sea Salts - certified for use in Organic products</u>															
	Dead Sea Table Salt		8x500g	12.00		1.99	762290									
	* <u>Geo-Organics</u>															
	Atlantic Sea Salt - boxed	certified	6x250g	6.05		1.34	791655									
	Atlantic Sea Salt - in tub dispenser	certified	6x250g	7.45		1.66	791660									
	* <u>Just Wholefoods</u>															
	Stuffing Mix Apple & Sage	organic	6x125g	4.90		1.09	792305									
	Stuffing Mix Cranberry & Orange	organic	6x125g	4.90		1.09	792310									
	Stuffing Mix Sage & Onion	organic	6x125g	4.90		1.09	792315									
	* <u>Kallo</u>															
	French Onion Stock Cubes	organic	15x6x11g	14.50		1.29	793005									
	Garlic & Herb Stock Cubes	organic	15x6x11g	14.50		1.29	793010									
	Mushroom Stock Cubes	organic	15x6x11g	14.50		1.29	793015									
	Tomato & Herb Stock Cubes	organic	15x6x11g	14.50		1.29	793020									
	Vegetable Stock Cubes	organic	15x6x11g	14.50		1.29	793065									
	Low Salt Vegetable Stock Cubes	organic	15x6x11g	16.20		1.44	793067									
	Vegetable Stock Powder	organic	12x100g	20.50		2.28	793032									
	Vegetable Gravy Powder		12x125g	15.50		1.72	793055									
	Yeast Free Vegetable Stock Cubes		15x6x11g	14.45		1.28	793095									
	* <u>Lima</u>															
	Gomasio Shaker	organic	6x100g	10.60		2.36	793655									
	Coarse Salt - bag	certified	12x1kg	16.65		1.85	793660									
	Fine Salt - bag	certified	12x500g	16.65		1.85	793665									
	Fine Salt - bag	certified	12x1kg	24.75		2.75	793667									
	Fine Salt Shaker	certified	6x220g	8.35		1.86	793670									
	* <u>Marigold</u>															
	Vegetable Bouillon - Organic	organic	6x150g	10.10		2.24	794503									
	Vegetable Bouillon - Organic	organic	6x500g	29.70		6.60	794502									
	Vegetable Bouillon - Organic	organic	1x900g	8.10		10.80	794504									
	Miso Bouillon Powder	organic	6x140g	12.10		2.69	794507									
	Reduced Salt Organic Vegetable Bouillon	organic	6x140g	10.55		2.35	794508									
	Vegetable Bouillon		12x150g	15.75		1.75	794505									
	Vegetable Bouillon		6x500g	24.50		5.44	794510									
	Vegetable Bouillon		1x1kg	7.50		10.00	794515									
	Reduced Salt Bouillon Vegan		12x150g	15.75		1.75	794520									
	Reduced Salt Bouillon Vegan		6x500g	24.50		5.44	794521									
	Reduced Salt Bouillon Vegan		1x1kg	7.50		10.00	794522									
	Bouillon Cubes	organic	12x8p	8.55		0.95	794523									
	Low Salt Bouillon Cubes	organic	12x8p	10.35		1.15	794524									
	Yeast Free Bouillon Cubes	organic	12x8p	10.35		1.15	794527									
	Gravy Powder	organic	6x110g	8.95		1.99	794530									
	Yeast Flakes		6x125g	10.30		2.29	794525									
	* <u>Midland Herb & Spice</u>															
	Brewers Yeast Powder		1kg	2.55	2.55		792203									
	* <u>Modern Health</u>															
	Vecon		12x125g	15.85		1.76	795005									
	Vecon		12x250g	25.45		2.83	795010									
	Vecon		1kg	7.95	7.95		795015									
	* <u>Nielsen-Massey</u>															
▲	Vanilla Extract	organic	1l	23.00	23.00		795020									
▲	Vanilla Extract (half case)	organic	4x118ml	23.95		8.00	795025									
▲	Vanilla Extract	organic	12x60ml	40.35		4.50	795022									
▲	Vanilla Extract (half case)		4x118ml	21.15		7.04	795027									
▲	Vanilla Extract		12x60ml	33.00		3.66	795028									
	* <u>Organ - gluten-free</u>															
◆	Gravy Mix - GF		8x200g	14.35		2.39	795055									
◆	No-Egg (egg replacer) - GF		8x200g	14.35		2.39	795060									
◆	Stuffing and Coating Mix - GF		8x120g	11.10		1.85	795065									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Profusion - Pink Himalayan Salts</u>															
	Himalayan Rose Pink Salt - fine	8x500g	23.95		3.99	795150									
	Himalayan Rose Pink Salt - coarse	8x500g	23.95		3.99	795155									
	Himalayan Rose Pink Salt - rocks (for sole)	6x1kg	28.30		6.29	795160									
	Himalayan Rose Pink Salt - fine - shaker	7x140g	12.10		2.30	795165									
	Himalayan Rose Pink Herbal Salt - fine - shaker	organic 7x100g	13.60		2.59	795170									
* <u>Solo - www.soloseasalt.com</u>															
	Low Sodium Sea Salt - Pouch	10x250g	8.80		1.25	795740									
* <u>Suma</u>															
	Xanthan Gum Powder	6x100g	25.60		5.69	795755									
* <u>The Salt Company - www.thesaltcompany.co.uk</u>															
	Certified for use in organic manufacture where stated														
▲	Seasalt - Fine - Spain	certified 25kg	10.85	V 0.43		795105									
▲	Seasalt - Fine - Spain	5kg	3.65	V 0.73		795110									
▲	Seasalt - Coarse - Spain	25kg	10.85	V 0.43		791520									
▲	Seasalt - Coarse	5kg	3.65	V 0.73		791525									
* <u>The Rain Tree</u>															
	Fleur de Sel (from sea salt)	12x200g	19.70		2.19	795175									
* <u>Zaytoun - www.zaytoun.org</u>															
	Palestinian Za'atar - Thyme mix - jar	12x80g	26.35		2.93	795205									
■ Kitchen & Household Goods															
* <u>Clearspring</u>															
	Mitoku Vegetable Knife - Japan	1x1	15.75	V	27.18	820511									
	Mitoku Utility Knife - Japan	1x1	15.75	V	27.18	820512									
	Porcelain Ginger Grater - Japan	1x1	2.65	V	4.55	820514									
	Bamboo Sushi Mat - Japan	10x1	11.60	V	1.99	820523									
* <u>Aries</u>															
	Food Moth Trap	1x3strip	2.60	V	4.40	820705									
	Mottenbox - clothes moth protection	6x1p	22.90	V	6.55	820710									
* <u>Being Fare</u>															
	Bean Sprouter - plastic	1x1	4.60	V	7.95	820515									
* <u>EcoZone - 10,000 hr. daylight bulbs - www.ecozone.co.uk</u>															
	BioBulb - 60 Watt Bayonet	1x1p	8.25	V	14.63	820650									
	BioBulb - 100 Watt Bayonet	1x1p	8.25	V	14.63	820660									
	BioBulb - 100 Watt Screw	1x1p	8.25	V	14.63	820670									
	The Moonlight Glow Light	1x1p	5.95	V	9.78	820680									
	MagnoFuel - fuel reduction device	1x1p	11.90	V	19.56	820695									
	EcoStapler - display box	12x1p	33.00	V	4.88	820697									
* <u>If You Care</u>															
New and on offer from If You Care at the prices below representing 15% off list we have two new sizes of the 100% unbleached heavy duty Baking Cups, pre-cut Baking Sheets, and non-toxic firelighters made from wood and veg oil. I won't give you the non-offer price - I happen to know that it will extend until 2010!															
▲	Aluminium Foil - 100% recycled - 12mx30cm	12x1	19.75	V	2.83	820720									
▲	Heavy Duty Aluminium Foil - 100% recycled - 7mx40cm	12x1	25.25	V	3.62	820722									
▲	Parchment Paper - unbleached - 19.8mx33cm	12x1	24.55	V	3.53	820725									
□	Baking Sheets - pre-cut	12x24sheets	14.95	V	2.19	820727									
□	Mini Baking Cups	24x90cups	11.50	V	0.84	820728									
▲	Large Baking Cups - unbleached	24x60p	17.65	V	1.27	820730									
□	Jumbo Baking Cups	24x24cups	13.85	V	1.01	820733									
	No2 Unbleached Coffee Filter cone-style - small	12x100p	16.00	V	2.30	820735									
	No4 Unbleached Coffee Filter cone-style - large	12x100p	16.00	V	2.30	820737									
□	Firelighters - non toxic wood & veg oil	12x72	25.85	V	3.30	820740									
* <u>Lima</u>															
	Croq' Punch Sprouter - plastic	1x1	13.00	V	19.93	820755									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Michael's Luffas - natural washing up & scouring pad															
On offer for September and October at the price below representing 10% off list - the single packs of ecoscrubbing sensation: Michael's fabulous Luffas															
☐	Luffas - Triple Pack in Bag	6x3p	17.55	V	4.50	820805									
	Luffa - single	6x1p	5.95	V	1.52	820810									
Household & Industrial Cleaning Products															
* Bio-D - www.biodegradable.biz															
	Washing Up Liquid	12x1l	15.05	V	1.92	830505									
	Washing Up Liquid	1x5l	4.95	V	7.65	830510									
	Laundry Liquid	12x1l	28.90	V	3.77	830520									
	Laundry Liquid	1x5l	11.25	V	17.47	830525									
	Fabric Conditioner	12x1l	16.20	V	2.10	830535									
	Fabric Conditioner	1x5l	5.05	V	7.82	830537									
	Toilet Cleaner - with nozzle	12x750ml	15.30	V	1.95	830540									
	Multi-Surface Cleaner	12x1l	19.35	V	2.50	830545									
	Natural Disinfectant	1x5l	5.05	V	7.82	830547									
	Concentrated Washing Powder	10x1kg	22.80	V	3.51	830555									
	Concentrated Washing Powder	8x2kg	35.80	V	6.85	830550									
	Concentrated Washing Powder	1x12.5kg	25.80	V	39.57	830560									
* Bio-D - refill															
	Washing Up Liquid	15l	14.60	V 0.97		830515									
	Laundry Liquid	15l	33.00	V 2.20		830530									
	Fabric Conditioner	15l	15.15	V 1.01		830575									
	Multi-Surface Cleaner	15l	18.75	V 1.25		830580									
	Toilet Cleaner	15l	15.70	V 1.05		830585									
	Eucalyptus Disinfectant	15l	12.75	V 0.85		830590									
	15 litre Drum Tap	1x1	3.50	V		830565									
* Clear Spring - vegan - www.faithproducts.com															
▲	Dishwasher Gel	8x1l	22.45	V	4.30	831505									
▲	Dishwasher Gel	1x5l	11.50	V	17.63	831507									
▲	Laundry Liquid	8x1l	18.20	V	3.49	831510									
▲	Laundry Liquid	1x5l	9.50	V	14.57	831512									
▲	Concentrated Washing Up Liquid Vegan	8x1l	10.50	V	2.01	831515									
▲	Concentrated Washing Up Liquid Vegan	1x5l	6.00	V	9.20	831517									
* Earth Friendly Products															
On offer for the duration of the catalogue at the prices below representing 10% off list a substantial proportion of the Earth Friendly cleaning range (marked ☐)															
☐	Laundry Liquid - Magnolia & Lily - 20 wash	6x590ml	15.85	V	4.05	831520									
	Laundry Liquid - Lavender - 50 wash	8x1.478l	35.50	V	6.80	831525									
	Laundry Liquid - Lavender - 100 wash	4x2.957l	31.90	V	12.23	831526									
	Laundry Powder - 54 wash	6x1.53kg	33.25	V	8.50	831527									
	Dishmate Almond - washing up liquid	6x500ml	11.45	V	2.93	831530									
	Dishmate Pear - washing up liquid	6x500ml	11.45	V	2.93	831531									
☐	Wave Dishwasher Gel	6x947ml	17.05	V	4.35	831532									
	Wave Dishwasher Sachets	6x26	17.60	V	4.49	831533									
☐	Floor Cleaner	6x500ml	13.75	V	3.51	831534									
☐	Window Kleener with Lavender	6x500ml	12.00	V	3.07	831535									
◆	Creamy Cleanser	6x500ml	12.95	V	3.31	831537									
◆	Toilet Cleaner	6x500ml	14.90	V	3.80	831538									
☐	Orange Mate Concentrate - multi-surface	6x500ml	12.30	V	3.14	831540									
	Ready-to-use Orange Mate - multi-surface Spray	6x500ml	12.95	V	3.31	831541									
☐	Parsley-Plus All Surface Cleaner	6x500ml	11.65	V	2.98	831542									
☐	Shower Kleener Spray	6x500ml	13.75	V	3.51	831543									
☐	Stain & Odour Remover Spray	6x500ml	13.75	V	3.51	831544									
☐	Unifresh Citrus Air Freshener Spray	6x120ml	16.40	V	4.19	831546									
☐	Unifresh Lavender Air Freshener Spray	6x132ml	16.40	V	4.19	831547									
☐	Unifresh Vanilla Air Freshener Spray	6x132ml	16.40	V	4.19	831548									
☐	Furniture Polish with orange & olive oil	6x500ml	13.75	V	3.51	831545									
	Earth Enzymes - drain opener & maintainer	12x908g	59.70	V	7.63	831550									
	Trial - 4 o.e. Laundry, Dishmate & Parsley-Plus	12x118ml	7.60	V	0.97	831582									
	Earth Friendly PoS pack - hanger & shelf labels - foc					831585									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Eco Lino														
Lino Dishwasher Powder	4x1.5kg	25.30	V	9.70	831702									
Lino Auto Rinse Aid	6x500ml	15.60	V	3.99	831703									
Lino Compact Wash Powder	4x3.25kg	43.55	V	16.69	831705									
Lino Auto Laundry Liquid	6x1l	23.05	V	5.89	831710									
Lino Auto Laundry Refill System	20l	50.20	V 2.51		831712									
Lino Wool Wash	6x1l	21.50	V	5.49	831715									
Lino Fabric Conditioner	6x1l	15.60	V	3.99	831720									
Lino Washing Up Liquid	6x1l	12.85	V	3.28	831725									
Lino Multi Cleaner	6x1l	15.60	V	3.99	831730									
Lino Toilet Cleaner	12x750ml	28.90	V	3.69	831735									
* Ecover Cleaners www.ecover.com														
Ecover Careline - 08451 302230														
All Purpose Cleaner	12x500ml	12.40	V	1.58	832035									
All Purpose Cleaner	12x1l	21.05	V	2.69	832037									
All Purpose Cleaner - small Bag-in-Box	5l	8.15	V 1.63		832038									
Bathroom Cleaner	6x500ml	11.15	V	2.84	832058									
Cream Cleaner	12x500ml	11.50	V	1.47	832060									
Concentrated Floor Cleaner	12x1l	24.75	V	3.16	832020									
Concentrated Floor Cleaner	5l	9.15	V 1.83		832025									
Hand Cleaner - Heavy Duty	9x150ml	12.95	V	2.21	832077									
Limescale Remover Spray	6x500ml	13.60	V	3.51	832093									
Multi Surface Spray	6x500ml	11.15	V	2.85	832062									
Multi Surface Spray - refill	6x500ml	10.00	V	2.56	832063									
Power Cleaner - Degreasing Spray	6x500ml	15.60	V	3.99	832065									
Toilet Cleaner Ocean Waves	6x750ml	7.60	V	1.94	832028									
Toilet Cleaner Pine Fresh	6x750ml	7.60	V	1.94	832031									
Toilet Cleaner Pine Fresh	5l	7.65	V 1.53		832033									
Window & Glass Cleaner Spray	6x500ml	10.50	V	2.69	832067									
* Ecover Laundry www.ecover.com														
Laundry Liquid	6x1.5l	25.20	V	6.45	832017									
Laundry Liquid	5l	12.70	V 2.54		832018									
Laundry Liquid small Bag-in-Box	5l	11.50	V 2.30		832019									
Biological Washing Powder + bleach & fragrance	4x1.2kg	18.25	V	7.00	832042									
Lge. Non-Bio W/Pdr + bleach & fragrance	4x2.65kg	35.20	V	13.48	832043									
Sml. Non-Bio W/Pdr + bleach & fragrance	4x1.2kg	16.70	V	6.41	832045									
Non-Bio W/Pdr - original	4x1.2kg	16.10	V	6.17	832047									
Non-Bio W/Pdr - original no bleach	10kg	25.00	V 2.50		832051									
Non-Bio W/Pdr + bleach & fragrance	10kg	28.90	V 2.89		832053									
Delicate	12x500ml	16.10	V	2.06	832026									
Delicate	12x1l	30.25	V	3.87	832027									
Delicate	5l	11.30	V 2.26		832032									
Fabric Softener - Under the Sun	12x500ml	15.55	V	1.99	832080									
Fabric Softener - Under the Sun	12x1l	22.95	V	2.93	832083									
Fabric Softener - Amongst the Flowers	5l	8.40	V 1.68		832075									
Fabric Softener - Amongst the Flowers	12x500ml	15.55	V	1.99	832073									
Fabric Softener - Amongst the Flowers	12x1l	22.95	V	2.93	832070									
Laundry Bleach	6x400g	7.10	V	1.81	832085									
Laundry Washing Tablets	5x32tab	20.10	V	6.16	832052									
Stain Remover	9x200ml	16.60	V	2.92	832057									
* Ecover Washing up www.ecover.com														
◆ Dishwash Tablets	6x25x20g	20.15	V	5.15	832005									
◆ Dishwash Rinse Aid	12x500ml	26.25	V	3.35	832010									
◆ Wash Up Liquid - Chamomile & Marigold	12x500ml	10.10	V	1.29	832120									
◆ Wash Up Liquid - Chamomile & Marigold	12x1l	17.85	V	2.28	832115									
◆ Wash Up Liquid - Chamomile & Marigold	5l	6.80	V 1.36		832110									
◆ Wash Up Liquid - Lemon & Aloe Vera	12x500ml	10.10	V	1.29	832122									
◆ Wash Up Liquid - Lemon & Aloe Vera	12x1l	17.85	V	2.28	832123									
◆ Wash Up Liquid - Lemon & Aloe Vera	5l	6.80	V 1.36		832124									
◆ Wash Up Liquid - Grapefruit & Green Tea	12x500ml	10.90	V	1.42	832127									
◆ Wash Up Liquid - Grapefruit & Green Tea	12x1l	17.20	V	2.24	832128									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Ecover New Bag-in-Box Refill Station</u>														
dedicated email - ecover.refill@greenhq.co.uk														
phone helpline - 08451 302230														
On offer for September and October at the prices below representing 15% off list - the whole range of Ecover Refill Stations in 15l and 25l														
☐ All Purpose Cleaner	15l	17.10	V	1.14	832160									
☐ Fabric Softener - Amongst the Flowers	15l	18.15	V	1.21	832165									
☐ Wash Up Liquid - Lemon & Aloe Vera	15l	16.20	V	1.08	832170									
☐ Wash Up Liquid - Chamomile & Marigold	15l	16.20	V	1.08	832175									
☐ Laundry Liquid	15l	24.90	V	1.66	832180									
* <u>Ecover Refill Station</u>														
☐ Toilet Cleaner Pine Fresh	25l	27.10	V	1.08	832217									
Tap Dispenser for 25litre	1x1	2.40	V		832200									
* <u>Ecover Techno Green - Business to Business (B2B) Range</u>														
Institutional & Office Cleaning														
Interior Cleaning														
For Professional Use Only - Not For Retail Sale														
Techno Multi-Surface Cleaner	5l	7.55	V	1.51	832255									
Techno Glass & Interior Spray (half case)	6x500ml	12.85	V		832260									
Techno Glass & Interior Spray	5l	5.40	V	1.08	832265									
Office Magic	5l	4.45	V	0.89	832266									
* <u>Ecover Sanitary Cleaning</u>														
For Professional Use Only - Not For Retail Sale														
Techno San Acid Cleaner for Washrooms	5l	8.30	V	1.66	832275									
Techno Swan Acid Cleaner for Toilets (half case)	6x750ml	11.85	V		832280									
* <u>Ecover Floor Cleaning</u>														
For Professional Use Only - Not For Retail Sale														
Techno Low Foaming Floor Cleaner	5l	10.05	V	2.01	832290									
Techno Floor Forte (was Tenor Floor Cleaner)	5l	9.10	V	1.82	832291									
Zeppil Floor Cleaner	5l	7.35	V	1.47	832293									
* <u>Ecover Personal Hygiene</u>														
For Professional Use Only - Not For Retail Sale														
Flo Hand Wash (half case)	6x500ml	15.65	V		832295									
Flo Hand Wash	5l	11.80	V	2.36	832297									
* <u>Ecover Drains</u>														
For Professional Use Only - Not For Retail Sale														
On offer for you pro drain unblockers at the price below representing 15% off list - Ecover DB Stop														
☐ DB-Stop - drain unblocker (single)	1l	2.40	V	2.40	832298									
* <u>Ecover Vehicle Wash</u>														
For Professional Use Only - Not For Retail Sale														
◆ Car Wash	5l	7.85	V	1.57	832299									
◆ Truck Wash	5l	10.15	V	2.03	832303									
* <u>Ecover Professional Business to Business (B2B) Range</u>														
Unscented Cleaners For Areas Where Food Is Present														
All Purpose Cleaning														
For Professional Use Only - Not For Retail Sale														
A12 Alkaline Cleaner	5l	14.40	V	2.88	832305									
A13 Alkaline Cleaner & Degreaser	5l	9.70	V	1.94	832315									
* <u>Ecover Dishwashing</u>														
For Professional Use Only - Not For Retail Sale														
D6 Conc Manual Wash-Up Liquid	5l	20.70	V	4.14	832320									
D6 Conc Manual Wash-Up Liquid	25l	104.30	V		832322									
D14 Dishwasher Machine Liquid	20l	45.30	V		832323									
Techno Rinse - rinse aid	5l	9.55	V		832324									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Ecover Specific Cleaners</u>														
For Professional Use Only - Not For Retail Sale														
C9 Alkaline Spray (half case)	6x500ml	15.75	V		832325									
C9 Alkaline Spray	5l	6.15	V	1.23	832327									
C12 Alkaline Cleaner with Active Oxygen	10kg	35.45	V		832330									
C13 Alkaline Cleaner for Cookers	5l	7.40	V	1.48	832332									
* <u>Ecover Surface Hygiene</u>														
For Professional Use Only - Not For Retail Sale														
H10 Alkaline Decontaminant & Deodoriser	2kg	8.70	V		832335									
* <u>Ecover Sundries</u>														
For Professional Use Only - Not For Retail Sale														
30ml Dosing Pump for 5 litre bottle	1p	0.00			832338									
30ml Dosing Pump for 25 litre drum	1p	0.00			832339									
Spray Dispenser for C13	1p	0.00			832341									
* <u>Ecozone - www.ecozone.co.uk</u>														
Dryer-Balls - fabric conditioning device	1x1	5.95	V	9.78	832345									
Magno-Balls - limescale preventer & water softener	1x1	8.90	V	14.67	832347									
Ecoballs® - soapless washing system	1x1	19.45	V	34.24	832350									
Refill Balls for Ecoballs®	1x270g	11.10	V	19.56	832355									
eco:stain - stain remover	1x135ml	1.40	V	2.44	832357									
Toilet Smellkiller	1x1	7.95	V	14.07	832360									
Ecoballs® point of sale leaflet - foc					832351									
* <u>EnviroProducts - www.e-cloth.com</u>														
Single E-cloth 32x32cm	1x1	2.25	V	4.88	832405									
Four E-cloths 32x32cm - mixed colours	1x1	5.95	V	13.69	832410									
Single E-cloth glass / polishing cloth 40x50cm	1x1	2.25	V	4.88	832415									
E-cloth starter kit - 4 cloths + glass cloth	1x1	7.25	V	16.63	832420									
Car Cleaning Pack (mit, cloth, "chamy")	1x1	7.05	V	14.67	832422									
Bathroom Pack	1x1	4.15	V	8.80	832424									
Kitchen Pack	1x1	4.15	V	8.80	832425									
Mop Set (mop + o.o.e. heads)	1x1	11.95	V	24.46	832430									
Mop Head Damp	1x1	2.95	V	6.84	832435									
Mop Head Dry	1x1	2.95	V	6.84	832440									
Super Sponge Cloth	1x1	2.85	V	5.86	832446									
Tea Towel - twin pack	1x1	5.90	V	12.72	832448									
Water sprayer	1x1	1.80	V	3.91	832447									
Window Cleaning Pack E-Cloth	1x1	5.15	V	11.73	832450									
E-cloth point of sale leaflet - foc					832451									
* <u>Natural House</u>														
Salad Spa - fruit & veg wash	organic 6x500ml	20.40	V	5.23	832490									
Surface Spa - multi-surface cleaner	organic 6x500ml	18.00	V	4.60	832492									
Soap Bars with orange & apricot	organic 12x125g	19.05	V	2.43	832497									
Soap Flakes - for laundry delicates	organic 12x500g	26.70	V	3.41	832499									
* <u>Pierre d'Argent</u>														
Heavy Duty Cleaner	1x300g	2.55	V	4.39	832505									
* <u>Soapods - www.soapods.com</u>														
Natural Detergent from the Soapnut Tree														
Soapods - refill	1x1kg	10.20	V	16.73	832515									
Soapods - refill	1x500g	6.25	V	10.27	832520									
Soapods - in bag	10x190g	17.95	V	2.95	832525									
Organic Laundry Liquid	organic 6x1l	35.35	V	9.68	832530									
Citrus Essential Oil	3x10ml	8.85	V	4.85	832535									
Flowery Essential Oil	3x10ml	8.85	V	4.85	832540									
■ Toiletries, Natural Remedies & Supplementary Foods														
* <u>Aloe 99</u>														
Aloe 99 Gel	6x128g	17.85	V	5.13	850705									
* <u>Balm Balm</u>														
Balm Balm - all purpose	organic 8x7ml	13.50	V	2.92	850755									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Barefoot Botanicals - S.O.S. range</u>														
Rescue Me - Face & Body Cream Display Box	12x50ml	67.65	V	9.73	850775									
Rescue Me - Face & Body Cream	1x100ml	10.20	V	17.57	850776									
Lifeguard - Soothing Face Wash	1x100ml	8.10	V	13.94	850777									
Bodyguard - Soothing Body Wash	1x200ml	9.25	V	15.95	850778									
Close Shave - Hydrating Shaving Cream	1x100ml	8.10	V	13.91	850779									
Calm Down - Post-Shave Face Balm	1x75ml	11.55	V	19.92	850780									
Lifesaver - Moisturising Bath Oil	1x200ml	12.75	V	21.99	850781									
Foot Soldier - Soothing Foot Balm	1x75ml	8.10	V	13.94	850782									
Safety Gloves - Barrier Hand Cream	1x50ml	7.50	V	12.95	850783									
Intensive Care - Dry Scalp Shampoo	1x200ml	7.50	V	12.95	850784									
Intensive Care - Dry Scalp Conditioner	1x200ml	7.50	V	12.95	850785									
Protect Me - Daily Body Lotion	1x200ml	12.75	V	21.99	850786									
Barefoot Botanicals p.o.s., testers, sachets etc - phone direct 0800 652 7900														
* <u>Barefoot Botanicals - Rosa Fina range</u>														
Radiance Anti-Ageing Day Cream	1x30ml	13.05	V	22.47	858105									
Hourglass Lifting & Firming Body Lotion	1x200ml	16.20	V	27.99	858107									
Revelation Intensive Eye Serum	1x15ml	14.15	V	24.41	858110									
Secret Essence Face & Decolletage Oil	1x15ml	15.60	V	26.92	858112									
Naked Beauty Nourishing Cleansing Milk	1x125ml	11.30	V	19.53	858115									
Innocence Creamy Face Wash	1x100ml	9.85	V	16.96	858117									
Masquerade Rejuvenating Masque	1x50ml	12.70	V	21.95	858120									
Supernatural Instant Youth Serum	1x15ml	19.85	V	34.21	858122									
Joie de Vivre Face Lotion	1x30ml	13.05	V	22.47	858125									
Perfect Peach Cellulite Massage Cream	1x100ml	15.65	V	27.00	858127									
Smooch Penetrating Lip Salve	1x15ml	6.95	V	11.98	858130									
Satin Gloves Anti-Ageing Hand & Nail Cream	1x50ml	10.40	V	17.94	858132									
Brilliance Restorative Shampoo	1x200ml	8.50	V	14.63	858135									
Brilliance Hair Repair Masque	1x125ml	11.00	V	19.01	858137									
Divine Aura Hydrating Spritz	1x30ml	9.25	V	15.92	858140									
* <u>Beaming Baby baby range</u>														
Baby Wipes	organic 12x72wipes	20.40	V	2.99	858150									
Shampoo Bodywash	organic 6x250ml	13.65	V	3.99	858155									
Bubble Bath	organic 6x250ml	13.65	V	3.99	858160									
Baby Lotion	organic 6x250ml	17.10	V	4.99	858165									
* <u>Beaming Baby - for the rest of the family!</u>														
Facial Wipes	organic 24x25wipes	34.05	V	2.49	858175									
* <u>Bio-D Naked Earth - www.biodegradable.biz</u>														
Hemp Oil Soap	16x95g	11.75	V	1.27	859505									
Hemp Bran Soap	16x95g	11.75	V	1.27	859510									
* <u>Bio-sun</u>														
Original Hopi Ear Candles	1x2x1p	6.05	V	10.34	850950									
* <u>Creative Nature - Essential Superfoods</u>														
For staff training or in-store tastings please phone Greg on 08454 563334 or 07894 513849														
Apricot Kernels	1x300g	7.15		9.55	850965									
Apricot Kernels	1x150g	4.10		5.49	850970									
Barley Grass - Powder	1x200g	10.45		13.95	850971									
Barley Grass - Powder	1x100g	5.80		7.75	850972									
Barley Grass - Vegan Capsules	1x200p	10.00	V	15.35	850973									
Bee Pollen	1x300g	8.15	V	12.51	850976									
Bee Pollen	1x150g	4.60	V	7.09	850977									
Cacao - Nibs	organic 1x150g	3.75		4.99	850975									
Cacao - Powder	1x200g	5.25		6.99	850978									
Cacao - Powder	1x100g	3.00		3.99	850979									
Himalayan Crystal Salt	1x300g	2.70		3.59	850980									
Maca - Vegan Capsules	1x200p	10.00	V	15.35	850983									
Maca - Powder	organic 1x150g	4.50		5.99	850985									
Suma Root - Powder	1x125g	6.55	V	10.03	850990									
* <u>Crystal</u>														
Twist Stick Deodorant - round profile	12x120g	37.90	V	5.43	851016									
Twist Stick Deodorant - wide	12x100g	37.90	V	5.43	851017									
Travel Stick Deodorant	12x40g	14.40	V	2.06	851021									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	Roll-On Deodorant		12x63g	28.35	V	4.06	851022									
	Body Spray Deodorant		12x115g	28.35	V	4.06	851025									
	Foot Spray Deodorant		12x240ml	41.00	V	5.86	851027									
* <u>Dr. Bronner's Magic Soaps - Bars</u>																
www.drbronner.com																
<i>It's easy to look at the extraordinarily cramped and verbose packaging of Dr Bronner's soaps and to have doubts about the sanity of the perpetrator - let's face it, the great doctor was temporarily committed whilst promoting his views at the University of Chicago in 1947 according to Wiki - but a look at the website above shows an exemplary company which has just celebrated its 60th birthday and continues to pursue a radical and ethical path through the world. The olive oil in the soaps, for instance, is sourced from the same Palestinian Fair Trade and Organic sources as Zaytoun and to the tune of 150 tonnes per annum! We are adding to the range below with three soap bars, and an addition to the liquid soap listing with a new 'flavour': Citrus-Orange. Apart from anything else, there are those times when you forget to take a book into the bathroom ...</i>																
*	Almond Soap Bar	organic	12x140g	24.50	V	3.50	851090									
*	Baby-Mild Soap Bar	organic	12x140g	24.50	V	3.50	851092									
*	Citrus Soap Bar	organic	12x140g	24.50	V	3.50	851095									
* <u>Dr. Bronner's Magic Soaps - Liquid</u>																
	Almond Liquid Soap (1/4 case)	organic	6x236ml	17.45	V	4.99	851070									
	Almond Liquid Soap (1/2 case)	organic	6x472ml	26.20	V	7.49	851072									
*	Citrus-Orange Liquid Soap (1/4 case)	organic	6x236ml	17.45	V	4.99	851073									
*	Citrus-Orange Liquid Soap (1/2 case)	organic	6x472ml	26.20	V	7.49	851074									
	Lavender Liquid Soap (1/4 case)	organic	6x236ml	17.45	V	4.99	851075									
	Lavender Liquid Soap (1/2 case)	organic	6x472ml	26.20	V	7.49	851077									
	Peppermint Liquid Soap (1/4 case)	organic	6x236ml	17.45	V	4.99	851080									
	Peppermint Liquid Soap (1/2 case)	organic	6x472ml	26.20	V	7.49	851082									
	Rose Liquid Soap (1/4 case)	organic	6x236ml	17.45	V	4.99	851085									
	Rose Liquid Soap (1/2 case)	organic	6x472ml	26.20	V	7.49	851087									
* <u>Druide - Hair</u>																
	Balance Shampoo	organic	1x250ml	6.10	V	10.27	851205									
	Body & Shine Shampoo	organic	1x250ml	6.10	V	10.27	851210									
	Frequent Use Shampoo	organic	1x250ml	6.10	V	10.27	851215									
	Vitality Shampoo	organic	1x250ml	6.10	V	10.27	851220									
	Pur & Pure Shampoo	organic	1x250ml	7.30	V	12.22	851222									
	Detangling Conditioner	organic	1x250ml	6.10	V	10.27	851225									
	Nourishing Conditioner	organic	1x250ml	6.10	V	10.27	851230									
	Pur & Pure Conditioner	organic	1x250ml	7.30	V	12.22	851232									
* <u>Druide - Shower & Bath</u>																
	Energizing Shower Gel	organic	1x360ml	6.60	V	11.24	851250									
	Refreshing Shower Gel	organic	1x360ml	6.60	V	11.24	851255									
	Sensual Shower Gel	organic	1x360ml	6.60	V	11.24	851260									
	Tonic Shower Gel	organic	1x360ml	6.60	V	11.24	851265									
	Pur & Pure Shower Gel	organic	1x360ml	7.25	V	12.23	851267									
	Pur & Pure Foaming Bath	organic	1x250ml	8.10	V	13.69	851270									
* <u>Druide - Hand & Body Soap pump action</u>																
	Liquid Body Soap - Citrus Zest	organic	1x250ml	5.50	V	9.29	851120									
	Liquid Body Soap - Lavender Flower	organic	1x250ml	5.50	V	9.29	851125									
* <u>Druide - Body Lotion & Face Care</u>																
	Balancing Body Lotion	organic	1x250ml	10.65	V	17.69	851160									
	Vivifying Body Lotion	organic	1x250ml	10.65	V	17.69	851165									
	Chamomile & Avocado Oil Cleansing Milk	organic	1x250ml	7.60	V	12.71	851170									
* <u>Druide - Deodorants</u>																
	Citrus Zest Deodorant	organic	1x65ml	5.50	V	9.29	851190									
	Flourescent Deodorant	organic	1x65ml	5.50	V	9.29	851191									
	Green Forest Deodorant	organic	1x65ml	5.50	V	9.29	851192									
	Pur Pure Deodorant	organic	1x65ml	5.50	V	9.29	851193									
* <u>Earth Friendly Baby range - see "Baby" section</u>																
* <u>Earth Friendly Kids</u>																
	Minty Lavender Shampoo/Bodywash		6x250ml	13.65	V	3.90	851305									
	Zingy Citrus Shampoo/Bodywash		6x250ml	13.65	V	3.90	851307									
	Minty Lavender Bubble Bath		6x250ml	13.65	V	3.90	851310									
	Zingy Citrus Bubble Bath		6x250ml	13.65	V	3.90	851312									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Minty Lavender Body Lotion	6x250ml	17.10	V	4.88	851315									
Zingy Citrus Body lotion	6x250ml	17.10	V	4.88	851317									
Minty Lavender Handwash	6x250ml	13.65	V	3.90	851320									
Zingy Citrus Handwash	6x250ml	13.65	V	3.90	851322									
Gentle Kids Wipes	12x60p	17.05	V	2.44	851325									
* <u>Ecover</u>														
Liquid Hand Soap - Citrus & Orange Blossom	6x250ml	13.75	V	3.51	851040									
Liquid Hand Soap - Citrus & Orange Blossom	6x1l	36.75	V	9.39	851045									
Liquid Hand Soap - Lavender & Aloe Vera	6x250ml	13.75	V	3.51	851050									
Liquid Hand Soap - Lavender & Aloe Vera	6x1l	36.75	V	9.39	851051									
Liquid Hand Soap - Lavender & Aloe Vera	5l	20.30	V 4.06		851052									
Shower Gel - Citrus & Orange Blossom	6x250ml	15.50	V	4.10	851060									
Shower Gel - Lavender & Aloe Vera	6x250ml	15.50	V	4.10	851065									
Shower Gel - Lavender & Aloe Vera	5l	24.15	V 4.83		851067									
* <u>Edom</u>														
Natural Dead Sea Salts - bag	12x250g	9.35	V	1.32	851350									
Natural Dead Sea Salts - resealable container	6x1kg	23.40	V	6.64	851355									
Natural Dead Sea Salts - bulk bag	1x5kg	14.25	V	24.46	851360									
* <u>Emile Noel</u>														
Olive Oil Soap - blocks	10x600g	24.30	V	4.15	851020									
* <u>Essential Care - skin care</u>														
Winner - RSPCA Business Awards 2006 (small cosmetics company category)														
Avocado Replenishing Cream	organic 4x50ml	40.15	V	17.50	851505									
Rose Moisturiser	organic 4x50ml	42.45	V	18.50	851510									
Creamy Coconut Cleanser	organic 4x150ml	32.20	V	14.00	851515									
Lemon & Tea Tree Facial Wash	organic 4x150ml	32.20	V	14.00	851520									
Rose Petal Tonic	organic 4x100ml	36.75	V	16.00	851525									
Citrus Fruit Tonic	organic 4x100ml	33.30	V	14.50	851530									
Hand & Body Lotion	organic 4x150ml	32.20	V	14.00	851535									
Superfruit Concentrate	organic 4x30ml	59.75	V	26.00	851534									
Essential Care Rose Moisturiser - sample sachet - foc					851536									
Essential Care Point of Sale Leaflet free of charge - please quote code:					851538									
* <u>Essential Care - hair & bath</u>														
Lavender Hand & Body Wash	organic 4x200ml	21.85	V	9.50	851605									
Lemongrass Hand & Body Wash	organic 4x200ml	21.85	V	9.50	851610									
Ylang Ylang & Orange Bodywash	organic 4x200ml	21.85	V	9.50	851615									
Gentle Herb Shampoo	organic 4x200ml	22.50	V	9.80	851620									
Tea Tree Shampoo	organic 4x200ml	22.50	V	9.80	851625									
* <u>Faith In Nature Soaps - www.faithproducts.com</u>														
Winner - BUAV Golden Bunny Award 2006 - Best Cruelty Free Soap Range														
▲ Aloe Vera & Ylang Ylang Soap	6x100g	5.30	V	1.50	852985									
▲ Chocolate Soap	6x100g	5.30	V	1.50	852987									
▲ Hemp, Lemongrass & Green Tea Soap	6x100g	5.30	V	1.50	853035									
▲ Lavender Soap	6x100g	5.30	V	1.50	853020									
▲ Neem & Propolis Soap	6x100g	5.30	V	1.50	853022									
▲ Orange Soap	6x100g	5.30	V	1.50	853010									
▲ Rosemary Soap	6x100g	5.30	V	1.50	853015									
▲ Seaweed Soap	6x100g	5.30	V	1.50	853030									
▲ Tea Tree Soap	6x100g	5.30	V	1.50	852990									
* <u>Faith In Nature Bulk Soaps</u>														
▲ Aloe Vera Soap	18x100g	13.15	V	1.25	853105									
▲ Chocolate Soap	18x100g	13.15	V	1.25	853107									
▲ Hemp, Lemongrass & Green Tea Soap	18x100g	13.15	V	1.25	853140									
▲ Lavender Soap	18x100g	13.15	V	1.25	853125									
▲ Neem & Propolis Soap	18x100g	13.15	V	1.25	853122									
▲ Orange Soap	18x100g	13.15	V	1.25	853115									
▲ Rosemary Soap	18x100g	13.15	V	1.25	853120									
▲ Seaweed Soap	18x100g	13.15	V	1.25	853135									
▲ Tea Tree Soap	18x100g	13.15	V	1.25	853110									
* <u>Faith In Nature - Wet Wipes</u>														
▼ 3in1 Wet Wipes	12x168g	20.05	V	2.74	853180									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Faith In Nature Hand Wash / Liquid Soap</u>															
▲	Hand Wash -Lavender & Geranium	6x300ml	11.95	V	3.27	853185									
▲	Hand Wash - Aloe Vera & Tea Tree	6x300ml	11.95	V	3.27	853195									
▲	Hand Wash - Seaweed	6x300ml	11.95	V	3.27	853197									
* <u>Faith In Nature Shampoos</u>															
▲	Aloe Vera Shampoo	6x400ml	14.05	V	3.99	853520									
▲	Chocolate Shampoo	6x400ml	16.25	V	4.65	853506									
▲	Ginkgo Biloba Shampoo	6x400ml	16.25	V	4.65	853507									
▲	Hemp & Meadowfoam Shampoo	6x400ml	16.25	V	4.65	853508									
▲	Joboba Shampoo	6x400ml	14.05	V	3.99	853510									
▲	Lavender & Geranium Shampoo	6x400ml	14.05	V	3.99	853525									
▲	Neem & Propolis Shampoo	6x400ml	16.25	V	4.65	853522									
▲	Rosemary Shampoo	6x400ml	14.05	V	3.99	853515									
▲	Seaweed Shampoo	6x400ml	14.05	V	3.99	853505									
▲	Tea Tree Shampoo (2% Oil)	6x400ml	16.25	V	4.65	853530									
* <u>Faith In Nature Conditioners</u>															
▲	Aloe Vera Conditioner	6x400ml	14.05	V	3.99	854020									
▲	Chocolate Conditioner	6x400ml	16.25	V	4.65	853985									
▲	Ginkgo Biloba Conditioner	6x400ml	16.25	V	4.65	853990									
▲	Hemp & Meadowfoam Conditioner	6x400ml	16.25	V	4.65	853995									
▲	Joboba Conditioner	6x400ml	14.05	V	3.99	854010									
▲	Lavender & Geranium Conditioner	6x400ml	14.05	V	3.99	854002									
▲	Neem & Propolis Conditioner	6x400ml	16.25	V	4.65	854012									
▲	Rosemary Conditioner	6x400ml	14.05	V	3.99	854015									
▲	Seaweed Conditioner	6x400ml	14.05	V	3.99	854005									
▲	Tea Tree Conditioner(2% oil)	6x400ml	16.25	V	4.65	854025									
* <u>Faith In Nature Shower Gel & Foam Bath</u>															
▲	Aloe Vera Shower Gel & Foam Bath	6x400ml	15.00	V	4.25	854030									
▲	Chocolate Shower Gel & Foam Bath	6x400ml	16.75	V	4.75	854032									
▲	Lavender & Geranium Shower Gel & Foam Bath	6x400ml	15.00	V	4.25	854040									
▲	Seaweed Shower Gel & Foam Bath	6x400ml	15.00	V	4.25	854050									
▲	Tea Tree Shower Gel & Foam Bath	6x400ml	15.00	V	4.25	854055									
* <u>Faith In Nature Refill Hand Wash</u>															
In the spirit of Reuse Not Refuse we are listing the 5l refill sizes of the most popular Faith in Nature lines along with a pump for easy dispensing. The value to the environment is obvious, but the effect on the pocket requires a calculator. Savings pro rata vary from 16% on the shampoos and conditioners, through 15% on the foam bath, to 10% on the hand wash.															
✱	Bulk Hand Wash -Lavender & Geranium	5l	30.00	V 6.00		853535									
✱	Bulk Hand Wash - Aloe Vera & Tea Tree	5l	30.00	V 6.00		853537									
* <u>Faith In Nature Refill Shampoos</u>															
✱	Bulk Aloe Vera Shampoo	5l	24.50	V 4.90		853540									
✱	Bulk Jojoba Shampoo	5l	24.50	V 4.90		853543									
✱	Bulk Lavender & Geranium Shampoo	5l	24.50	V 4.90		853545									
* <u>Faith In Nature Refill Conditioners</u>															
✱	Bulk Aloe Vera Conditioner	5l	24.50	V 4.90		853550									
✱	Bulk Jojoba Conditioner	5l	24.50	V 4.90		853553									
✱	Bulk Lavender & Geranium Conditioner	5l	24.50	V 4.90		853555									
* <u>Faith In Nature Refill Shower Gel & Foam Bath</u>															
✱	Bulk Aloe Vera Shower Gel & Foam Bath	5l	26.50	V 5.30		853560									
✱	Bulk Lavender & Geranium Shower Gel & Foam Bath	5l	26.50	V 5.30		853565									
* <u>Faith In Nature Refill Pump</u>															
✱	5 litre pump for refilling	1x1	2.50	V		853575									
* <u>Faith In Nature - Deodorant</u>															
▼	Natural Stick Deodorant	6x100g	11.40	V	3.33	854066									
* <u>Faith In Nature Skin Care</u>															
	Purifying Cleansing Lotion	6x150ml	17.05	V	4.88	854070									
	Purifying Face & Body Scrub	6x150ml	17.05	V	4.88	854072									
	Purifying Facial Wash	6x150ml	17.05	V	4.88	854075									
	Refining Toning Lotion	6x150ml	17.05	V	4.88	854077									

▲ price rise ▼ fall
✱ new product □ on offer

☆ size or other change
◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Replenishing Body Lotion	6x150ml	17.05	V	4.88	854080									
Deep Moisturising Night Cream	6x50ml	17.95	V	5.13	854082									
Replenishing Aloe Vera Eye Gel	6x50ml	17.95	V	5.13	854085									
Replenishing Moisturising Cream	6x50ml	17.95	V	5.13	854087									
Restorative Hand Cream	6x50ml	17.95	V	5.13	854090									
* <u>Geo Organics</u>														
Atlantic Bath Salts with Aloe Vera	6x250g	8.55	V	2.44	852625									
* <u>Green Baby - baby range</u>														
www.greenbaby.co.uk														
Baby Lotion	6x90ml	22.80	V	6.99	851405									
Baby Oil	organic 6x30ml	19.60	V	5.99	851410									
Chest Rub Gel	organic 6x50g	22.80	V	6.99	851415									
Gentle Scalp Oil	6x30ml	19.60	V	5.99	851420									
Milk Bath	6x65g	19.60	V	5.99	851425									
Nappy Balm	6x50g	21.25	V	6.49	851430									
Petroleum-free Jelly	6x50g	19.60	V	5.99	851435									
Shampoo and Bodywash	9x200ml	34.20	V	6.99	851440									
Sleep Balm	organic 6x50g	22.80	V	6.99	851445									
Talc-free Baby Powder	6x65g	19.60	V	5.99	851450									
* <u>Green Baby - mother's range</u>														
www.greenbaby.co.uk														
Antenatal Bath & Massage Oil	6x95ml	26.10	V	7.99	851470									
Nipple Balm	6x70g	26.10	V	7.99	851475									
Perineal Gel	6x70g	26.10	V	7.99	851480									
Stretch Mark Cream	6x70g	26.10	V	7.99	851490									
* <u>Green Bay - food supplements</u>														
Green Barley Leaf powder	organic 1x125g	6.65		8.85	852635									
Green Wheat Leaf Powder	organic 1x125g	6.65		8.85	852637									
Fine Kelp Powder	organic 1x100g	4.35		5.95	852640									
Green Bay Point of Sale Leaflet free of charge - please quote code:														
852643														
* <u>Green Bay - health support</u>														
◆ Honeysuckers - Plain - UMF 15+ Manuka	organic 12x24g	29.90	V	3.91	852644									
◆ Honeysuckers - Echinacea & Propolis - UMF 15+ Manuka	organic 12x24g	29.90	V	3.91	852645									
◆ Honeysuckers - Blackcurrant - UMF 15+ Manuka	12x24g	29.90	V	3.91	852646									
Echinacea & Propolis Wellbeing Syrup	organic 12x190ml	96.95	V	12.68	852647									
Blackcurrant & Cherry Wellbeing Syrup	12x190ml	96.95	V	12.68	852650									
* <u>Green People Baby Care - www.organicbabies.com</u>														
Mum & Baby Moisturiser - Lavender	organic 6x150ml	31.15	V	8.95	852655									
Baby Lotion - No Scent	organic 6x150ml	31.15	V	8.95	852657									
Baby Salve - Lavender	organic 6x100ml	31.15	V	8.95	852660									
Soothe & Calm Baby Balm	organic 8x40ml	41.50	V	8.95	852662									
Baby Wash - Chamomile	6x150ml	22.65	V	6.50	852663									
Baby Wash - Lavender	6x150ml	22.65	V	6.50	852665									
Baby Foaming Cleanser - Chamomile	6x100ml	31.15	V	8.95	852666									
* <u>Green People organic children - www.organicchildren.com</u>														
Bath & Shower Gel - organic children	6x200ml	24.20	V	6.95	852775									
Shampoo Citrus (Aloe Vera) - organic children	6x200ml	24.20	V	6.95	852774									
Shampoo Lavender - organic children	6x200ml	24.20	V	6.95	852777									
Conditioner Lavender - organic children	6x200ml	24.20	V	6.95	852778									
* <u>Green People - Organic Homme</u>														
Shave Now - Shaving Gel	6x125ml	32.35	V	9.30	852780									
Cool Down - Moisturiser	6x125ml	35.80	V	10.30	852781									
Cool Style - Shower Wash	6x125ml	28.85	V	8.30	852782									
Stay Cool - Deodorant	12x75ml	47.65	V	6.85	852783									
* <u>Green People - Oy! - Organic Youth</u>														
Oy! Cleanse & Moisturise	organic 12x50ml	55.60	V	7.99	852850									
Oy! Anti-bac Foaming Face Wash	organic 6x100ml	34.75	V	9.99	852855									
Oy! Peel Off Face Mask	8x3x25g	64.90	V	13.99	852860									
Oy! Cover & Clear Spot It!	organic 12x30ml	48.60	V	6.99	852865									
Oy! Soft Glow Gradual Tan	organic 12x50ml	76.45	V	10.99	852870									
Oy! Face The Sun SPF 15 moisturiser	organic 12x50ml	76.45	V	10.99	852875									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Green People Skin Care - www.greenpeople.co.uk</u>															
Aloe Vera Hand and Body Lotion		6x200ml	50.45	V	14.50	852703									
Body Comfort - body lotion		6x200ml	50.45	V	14.50	852705									
Gentle Cleanse - cleansing milk	organic	6x200ml	50.45	V	14.50	852710									
Day Solution SPF15 (day cream)		12x50ml	93.95	V	13.50	852722									
Rosemary Roll-On Deodorant		12x75ml	47.65	V	6.85	852732									
Aloe Vera Roll-On Deodorant		12x75ml	47.65	V	6.85	852733									
Vita Min Fix		12x50ml	93.95	V	13.50	852735									
* <u>Green People Hand Sanitizer</u>															
Foaming Hand Sanitizer	organic	6x100ml	37.45	V	10.75	852737									
* <u>Green People - Organic Base - No Scent</u>															
No Scent 24 Hour Cream		12x50ml	93.95	V	13.50	852740									
No Scent Hand and Body Lotion		6x200ml	50.45	V	14.50	852742									
No Scent Deodorant		12x75ml	47.65	V	6.85	852745									
* <u>Green People Lip Care</u>															
Cool Lips Mint SPF8 - vegan		12x10ml	22.70	V	3.25	852755									
Soft Lips No Scent SPF8 - vegan		12x10ml	22.70	V	3.25	852760									
* <u>Green People Sun Care</u>															
Self Tan Lotion	organic	6x200ml	56.70	V	16.30	852750									
No Scent Children's 25SPF Sun Lotion		6x150ml	48.75	V	14.00	852787									
Lavender Children's 25SPF Sun Lotion		6x150ml	48.75	V	14.00	852785									
Sun Lotion SPF 15		6x200ml	56.70	V	16.30	852788									
22SPF Sun Lotion		6x200ml	56.70	V	16.30	852790									
After Sun Lotion		6x200ml	37.40	V	10.75	852795									
* <u>Green People Hair Care</u>															
Aloe Vera Herbal Shampoo		6x200ml	32.35	V	9.30	852805									
Aloe Vera Herbal Conditioner		6x200ml	32.35	V	9.30	852810									
Aloe Vera Shower Gel		6x200ml	32.35	V	9.30	852815									
Intensive Repair Shampoo		6x200ml	33.95	V	9.75	852817									
Intensive Repair Conditioner		6x200ml	33.95	V	9.75	852818									
Rosemary Herbal Shampoo		6x200ml	32.35	V	9.30	852820									
Rosemary Conditioner		6x200ml	32.35	V	9.30	852825									
Vitamin Shampoo		6x200ml	32.35	V	9.30	852827									
Vitamin Conditioner		6x200ml	32.35	V	9.30	852828									
Vitamin Shower Wash		6x200ml	32.35	V	9.30	852829									
Rosemary & Pink Clay Shower Gel		6x200ml	32.35	V	9.30	852830									
* <u>Guaraná Company</u>															
Guaraná Powder - pure	organic	6x50g	24.60	V	6.60	854063									
* <u>Guaraná Company - Jungle Range</u>															
Jungle Energy Boost - Guaraná		6x50g	23.35	V	6.43	854120									
Jungle Detox - Purple Corn		6x50g	23.35	V	6.43	854122									
Jungle Immune Boost - Bee Pollen		6x50g	23.35	V	6.43	854125									
Jungle Gym - Suma		6x50g	23.35	V	6.43	854127									
Jungle Super Energy Boost - Açai		6x50g	23.35	V	6.43	854130									
Jungle Love - Raw Cocoa Chocolate		6x50g	23.35	V	6.43	854132									
* <u>Hambleden Organic Tinctures - www.hambledenherbs.com</u>															
Agnus Castus	organic	3x50ml	11.65	V	6.84	854205									
Agnus Castus	organic	3x100ml	20.00	V	11.73	854210									
Black Cohosh	organic	3x50ml	11.65	V	6.84	854220									
Black Cohosh	organic	3x100ml	20.00	V	11.73	854225									
Burdock	organic	3x50ml	11.65	V	6.84	854230									
Chamomile	organic	3x50ml	11.65	V	6.84	854235									
Devil's Claw	organic	3x50ml	11.65	V	6.84	854255									
Echinacea	organic	3x50ml	11.65	V	6.84	854305									
Echinacea	organic	3x100ml	20.00	V	11.73	854310									
Ginkgo	organic	3x50ml	11.65	V	6.84	854315									
Golden Seal	organic	3x50ml	11.65	V	6.84	854263									
Lemon Balm	organic	3x50ml	11.65	V	6.84	854295									
Marigold	organic	3x50ml	11.65	V	6.84	854325									
Milk Thistle	organic	3x50ml	11.65	V	6.84	854335									
Milk Thistle	organic	3x100ml	20.00	V	11.73	854340									
Propolis	organic	3x50ml	11.65	V	6.84	854390									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Sage	organic 3x50ml	11.65	V	6.84	854405									
Siberian Ginseng	organic 3x50ml	11.65	V	6.84	854408									
St John's Wort	organic 3x50ml	11.65	V	6.84	854355									
St John's Wort	organic 3x100ml	20.00	V	11.73	854360									
Valerian	organic 3x50ml	11.65	V	6.84	854365									
* <u>Haymax - Winner Best Organic Product Brighton'06</u>														
Haymax Aloe Vera	6x5ml	23.75	V	6.80	854455									
Haymax Frankincense	6x5ml	23.75	V	6.80	854460									
Haymax Lavender	6x5ml	23.75	V	6.80	854462									
Haymax Pure	6x5ml	23.75	V	6.80	854464									
Haymax Triple Pack - tin	6x3x5ml	47.55	V	13.59	854466									
Haymax 3x3 Display Box (empty) with o.o.e. Tester please quote code:					854463									
Haymax point of sale Leaflet free of charge - please quote code:					854467									
Haymax point of sale A3 Poster free of charge - please quote code:					854468									
* <u>Healthpol - GMP standard - vegan</u>														
Herbacet - Herbal Hair Balsam	1x110ml	7.30	V	12.71	852940									
Herbacet Leaflets - foc					852945									
Herbacet laminated A4 point of sale sheet free of charge - please quote code:					852942									
* <u>Healthpol - BHMA approved - GMP standard</u>														
Herbal Head Lice Solution - vegan	1x110ml	5.85	V	9.78	852950									
Herbal Head Lice Solution Leaflets - foc					852955									
Head Lice Solution laminated A4 point of sale sheet free of charge - please quote code:					852957									
* <u>Henne</u>														
Copper Henna Powder	10x90g	13.50	V	2.36	854477									
Black Henna Powder	10x90g	16.50	V	2.87	854478									
Chestnut Henna Powder	10x90g	16.50	V	2.87	854482									
Fiery Red Henna Powder	10x90g	13.50	V	2.36	854485									
Light Red Henna Powder	10x90g	13.50	V	2.36	854487									
Mahogany Henna Powder	10x90g	13.50	V	2.36	854490									
Neutral Henna Powder	10x90g	16.50	V	2.87	854492									
* <u>Henné Color</u>														
Auburn Liquid Henna	3x90ml	9.50	V	5.21	854495									
Black Liquid Henna	3x90ml	9.50	V	5.21	854496									
Blonde Liquid Henna	3x90ml	9.50	V	5.21	854497									
Brown Liquid Henna	3x90ml	9.50	V	5.21	854498									
Copper Liquid Henna	3x90ml	9.50	V	5.21	854499									
Mahogany Liquid Henna	3x90ml	9.50	V	5.21	854501									
* <u>Herbatint™</u>														
Aloe Vera Shampoo	1x260ml	3.95	V	6.70	854575									
Aloe Vera Conditioner	1x260ml	4.35	V	7.30	854580									
Aloe Vera Solution	1x70ml	4.35	V	7.30	854585									
* <u>Herbatint™ - 'basic natural' permanent hair colour gels</u>														
1N - Black - Hair Colour	1x1p	4.95	V	8.31	854605									
2N - Brown - Hair Colour	1x1p	4.95	V	8.31	854610									
3N - Dark Chestnut - Hair Colour	1x1p	4.95	V	8.31	854611									
4N - Chestnut - Hair Colour	1x1p	4.95	V	8.31	854612									
5N - Light Chestnut - Hair Colour	1x1p	4.95	V	8.31	854622									
6N - Dark Blonde - Hair Colour	1x1p	4.95	V	8.31	854622									
7N - Blonde - Hair Colour	1x1p	4.95	V	8.31	854607									
8N - Light Blonde - Hair Colour	1x1p	4.95	V	8.31	854640									
9N - Honey Blonde - Hair Colour	1x1p	4.95	V	8.31	854637									
10N - Platinum Blonde - Hair Colour	1x1p	4.95	V	8.31	854665									
* <u>Herbatint™ - 'golden' permanent hair colour gels</u>														
4D - Golden Chestnut - Hair Colour	1x1p	4.95	V	8.31	854632									
5D - Light Golden Chestnut - Hair Colour	1x1p	4.95	V	8.31	854652									
6D - Dark Golden Blonde - Hair Colour	1x1p	4.95	V	8.31	854625									
7D - Golden Blonde - Hair Colour	1x1p	4.95	V	8.31	854630									
8D - Light Golden Blonde - Hair Colour	1x1p	4.95	V	8.31	854650									
* <u>Herbatint™ - 'mahogany' permanent hair colour gels</u>														
4M - Mahogany Chestnut - Hair Colour	1x1p	4.95	V	8.31	854660									
5M - Light Mahogany Chestnut - Hair Colour	1x1p	4.95	V	8.31	854655									
7M - Mahogany Blonde - Hair Colour	1x1p	4.95	V	8.31	854657									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Herbatint™ - 'copper' permanent hair colour gels</u>														
4R - Copper Chestnut - Hair Colour	1x1p	4.95 V		8.31	854617									
5R - Light Copper Chestnut - Hair Colour	1x1p	4.95 V		8.31	854647									
7R - Copper Blonde - Hair Colour	1x1p	4.95 V		8.31	854615									
8R - Light Copper Blonde - Hair Colour	1x1p	4.95 V		8.31	854645									
* <u>Herbatint™ - 'ash' permanent hair colour gels</u>														
4C - Ash Chestnut - Hair Colour	1x1p	4.95 V		8.31	854648									
7C - Ash Blonde - Hair Colour	1x1p	4.95 V		8.31	854649									
* <u>Herbatint™ - Flash Fashion permanent hair colour gels</u>														
FF1 - Henna Red - Hair Colour	1x1p	4.95 V		8.31	854635									
FF2 - Crimson Red - Hair Colour	1x1p	4.95 V		8.31	854620									
FF3 - Plum - Hair Colour	1x1p	4.95 V		8.31	854667									
FF4 - Violet - Hair Colour	1x1p	4.95 V		8.31	854672									
FF5 - Sand Blonde - Hair Colour	1x1p	4.95 V		8.31	854670									
FF6 - Orange - Hair Colour	1x1p	4.95 V		8.31	854662									
* <u>Higher Nature - grapefruit seed extract</u>														
Citricidal liquid	1x25ml	3.10 V		5.31	855015									
Citricidal liquid	1x45ml	4.55 V		7.78	855020									
Citricidal free leaflets					855030									
* <u>incognito - www.lessmosquito.com</u>														
see the Candles & Incense section for the rest of this anti-insect range														
incognito - anti-mosquito spray - (Half Case)	6x100ml	28.80 V		8.29	855040									
After-Sun Moisturiser	6x200ml	32.25 V		8.99	855080									
3-in-1 Shampoo/Conditioner/Protector	6x200ml	22.20 V		6.29	855085									
* <u>incognito - soaps</u>														
Lemongrass & Citronella Soap	6x100g	16.80 V		4.79	855095									
Jasmine Rice, Ginger & Citronella Soap	6x100g	16.80 V		4.79	855105									
Luxury Loofah Soap	6x100g	25.50 V		7.19	855110									
* <u>incognito - flashpack</u>														
Filled Flashpack (spray, 3-in-1, loofah soap in FT travel bag)	1x1	12.30 V		20.00	855115									
* <u>Kitchen Garden</u>														
Shaving Oil	organic 1x10ml	2.55 V		4.40	855075									
* <u>Lavera Baby & Children's Range -BDIH certified - www.lavera.co.uk</u>														
Baby Almond Bath Oil - vegan	6x200ml	28.50 V		8.27	855440									
Baby Almond Intensive Cream	6x75ml	25.25 V		7.34	855442									
Baby Almond Shampoo - vegan	6x200ml	23.40 V		6.81	855445									
Baby Almond Skin Oil - vegan	6x200ml	28.50 V		8.27	855447									
* <u>Lavera Baby & Children's Neutral Range -BDIH certified - www.lavera.co.uk</u>														
For Extremely Sensitive Skin														
Diaper Cream	6x50ml	21.70 V		6.31	855460									
Child's Hair & Body Shampoo	6x200ml	25.05 V		7.29	855465									
* <u>Lavera Body Care Basis Sensitive - BDIH certified - www.lavera.co.uk</u>														
Basis Sensitive Shower Shampoo - vegan	6x250ml	20.05 V		5.82	855470									
Basis Sensitive Roll-on Deodorant - Vegan	6x50ml	25.05 V		7.29	855471									
Basis Sensitive Deodorant Spray	6x75ml	25.05 V		7.29	855472									
Liquid Soap - Almond Milk & Shea Butter	6x300ml	14.35 V		4.16	855473									
Liquid Soap - Calendula & Sea Buckthorn	6x300ml	14.35 V		4.16	855474									
Hand Cream	6x125ml	19.35 V		5.63	855475									
Moisturising Body Lotion - vegan	6x200ml	25.05 V		7.29	855478									
Protection Body Lotion	6x200ml	28.50 V		8.27	855480									
* <u>Lavera Body Spa - Bath Salts</u>														
Lavender Bath Salts	10x80g	12.60 V		2.21	855450									
Milk & Honey Bath Salts	10x80g	12.60 V		2.21	855452									
Vanilla & Coconut Bath Salts	10x80g	12.60 V		2.21	855454									
Vervaine & Lime Bath Salts	10x80g	12.60 V		2.21	855455									
Wild Rose Bath Salts	10x80g	12.60 V		2.21	855456									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Lavera Deodorants</u>														
Roll-On Deodorant Wild Rose	4x50ml	15.60	V	6.81	855206									
Roll-On Deodorant Milk & Honey	4x50ml	15.60	V	6.81	855208									
Roll-On Deodorant Vanilla & Coconut	4x50ml	15.60	V	6.81	855211									
Deodorant Spray Orange & Sea Buckthorn	4x50ml	15.60	V	6.81	855212									
Deodorant Spray Lavender & Aloe Vera	4x50ml	15.60	V	6.81	855215									
Deodorant Spray Vervain & Lime	4x50ml	15.60	V	6.81	855220									
* <u>Lavera Eau de Toilette</u>														
Lavender & Aloe Vera Eau de Toilette	4x30ml	35.85	V	15.61	855250									
Milk & Honey Eau de Toilette	4x30ml	35.85	V	15.61	855252									
Orange & Sea Buckthorn Eau de Toilette	4x30ml	35.85	V	15.61	855255									
Vanilla & Coconut Eau de Toilette	4x30ml	35.85	V	15.61	855257									
Vervain & Lime Eau de Toilette	4x30ml	35.85	V	15.61	855260									
Wild Rose Eau de Toilette	4x30ml	35.85	V	15.61	855262									
* <u>Lavera Facial Care Basis Sensitive - BDIH certified - www.lavera.co.uk</u>														
Basis Sensitive Cleansing Milk	6x125ml	21.70	V	6.31	855482									
Cleansing Gel - vegan	6x125ml	20.05	V	5.82	855485									
Carrot Face Cream	6x50ml	28.60	V	8.32	855487									
Moisturising Face Cream	6x50ml	26.80	V	7.78	855495									
Protection Face Cream	6x50ml	28.60	V	8.32	855497									
Lip Balm	6x4.5g	7.95	V	2.21	855490									
Lip Balm Dispenser	19x4.5g	23.95	V	2.20	855492									
* <u>Lavera Men's Care Range</u>														
Shaving Cream - tube	4x75ml	10.70	V	4.65	855360									
Aftershave Balm - tube	4x50ml	16.75	V	7.29	855350									
After Shave Lotion - bottle	4x50ml	15.65	V	6.80	855352									
Men's Face Wash with Scrub Effect - tube	4x75ml	14.45	V	6.31	855357									
Men's All-Round Moisturising Cream - tube	4x30ml	15.15	V	6.61	855362									
Men's Shower Shampoo - tube	4x150ml	13.35	V	5.82	855365									
Men's Deodorant Active Spray	4x50ml	15.65	V	6.81	855355									
* <u>Lavera Hair Care</u>														
Mango Milk Shampoo	4x250ml	17.40	V	7.59	855580									
Mango Milk Conditioner	4x250ml	14.45	V	6.31	855585									
Rose Milk Shampoo	4x250ml	17.40	V	7.59	855590									
Rose Milk Conditioner	4x250ml	14.45	V	6.31	855595									
Mild Shampoo	6x250ml	16.65	V	4.84	855598									
Hair Styling Gel	4x100ml	17.40	V	7.59	855605									
Hairspray	4x150ml	19.65	V	8.57	855606									
Mousse	4x150ml	19.65	V	8.57	855607									
Basis Sensitive pos leaflet					855599									
Basis Sensitive pos 12 page booklet					855600									
BDIH leaflet					855601									
* <u>Lavera Sun Range</u>														
Family Sun-Spray SPF15	6x200ml	50.40	V	14.50	855615									
Baby & Child Neutral Sun Spray SPF20	6x200ml	57.15	V	16.50	855617									
Baby & Child Sun Screen Cream SPF20	6x125ml	47.00	V	13.50	855620									
Neutral Sun Screen Cream SPF20	6x50ml	30.15	V	8.70	855622									
Display Unit - Sun Lip Balm SPF10	8x4.5g	22.25	V	4.80	855627									
* <u>Le Myosotis Ear Candles</u>														
Ear Candles Plain	organic	1x2	4.35	V	6.70	855305								
Ear Candles with Lavender	organic	1x2	4.35	V	6.70	855310								
Ear Candles with Thyme & Eucalyptus	organic	1x2	4.35	V	6.70	855315								
* <u>Lifestream</u>														
On offer for September and October at the prices below representing 20% off list - the 100 tab and 100g Spirulinas, and the Wheatgrass Powder from Lifestream.														
Biogenic Aloe Vera Juice 99.7%	6x500ml	23.40	V	6.81	855503									
Biogenic Aloe Vera Mist Spray	6x185ml	16.95	V	4.89	855504									
Spirulina Tablets 500mg	1x100tabs	4.45	V	7.76	855505									
Spirulina Tablets 500mg	1x200tabs	9.85	V	17.02	855510									
Spirulina Tablets 500mg	1x500tabs	19.50	V	34.01	855515									
Spirulina Tablets 500mg	1x1000tabs	33.70	V	58.72	855517									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
☐	Spirulina Powder		1x100g	5.85	V	10.19	855520									
	Spirulina Powder		1x200g	12.35	V	21.52	855525									
	Spirulina Powder		1x500g	23.95	V	41.68	855530									
☐	Wheat Grass Powder	organic	3x100g	15.45	V	8.98	855540									
* <u>Mádara - ecoface</u>																
www.madara-cosmetics.com																
	Deep Purifying Foam - all skin types	organic	1x150ml	7.80	V	13.50	855640									
	Deep Moisture Fluid - normal/combination	organic	1x50ml	13.35	V	23.00	855645									
	Deep Moisture Cream - dry skin	organic	1x50ml	13.35	V	23.00	855650									
	Regenerating Night Cream - all skin types	organic	1x50ml	14.50	V	25.00	855655									
* <u>Mádara - ecobody</u>																
	Moisturising Lotion - normal/dry	organic	1x150ml	8.70	V	15.00	855660									
	Nourishing Cream - very dry	organic	1x150ml	8.70	V	15.00	855665									
	Mint Shower Soap- -all skin types		1x200ml	4.95	V	8.50	855670									
* <u>Mádara - decoface</u>																
	Moon Flower Tinting Fluid - all skin types	organic	1x50ml	12.45	V	21.50	855675									
	Sun Flower Tinting Fluid - all skin types	organic	1x50ml	12.45	V	21.50	855680									
* <u>Mádara - decobody</u>																
	Flower Dust Lotion	organic	1x150ml	12.45	V	21.50	855685									
* <u>Mádara - decolips</u>																
	Sunkissed Tinting Lip Gloss	organic	1x10ml	5.80	V	10.00	855690									
	Moonkissed Tinting Lip Gloss	organic	1x10ml	5.80	V	10.00	855695									
* <u>Maristows</u>																
	The Biz Niz - Headlice Treatment Conditioner		1x100ml	5.10	V	8.75	855705									
	The Biz Niz Shampoo- Headlice Treatment		1x250ml	5.10	V	8.75	855710									
	The Biz Niz Nit Comb		1x	2.15	V	3.67	855712									
	The Biz Niz Point of Sale kit free of charge - please quote code:						855719									
* <u>MicrOrganics - www.microrganics.co.uk</u>																
	Hawaiian Spirulina - glass		1x200tabs	8.90	V	14.63	855750									
	Hawaiian Spirulina Powder - glass		1x90g	7.70	V	12.68	855755									
	Hawaiian Spirulina Powder - glass		1x225g	17.80	V	29.31	855760									
	Spirulina Pacifica - plastic		1x110tabs	5.30	V	8.76	855765									
	Spirulina Pacifica - plastic		1x220tabs	9.50	V	15.61	855770									
	Spirulina Pacifica Powder - plastic		1x110g	7.10	V	11.70	855775									
	MicrOrganics Free Tasting Kit - foc						855779									
	MicrOrganics Point of Sale Leaflets - foc						855780									
* <u>Natracare Baby - see "Baby" Section</u>																
* <u>Natural Therapy - Arnica</u>																
	Arnica Massage Balm	organic	6x200ml	23.80	V	7.47	856605									
	Arnica Bath Soak	organic	6x250ml	23.80	V	7.47	856610									
* <u>Natural Therapy - Aloe & Tea Tree</u>																
	Aloe Fresh Antiperspirant	organic	6x100ml	15.30	V	4.72	856625									
	Gentle Cleansing Face Wash	organic	6x200ml	23.85	V	7.48	856630									
	Replenishing Body Wash	organic	6x250ml	23.85	V	7.48	856635									
	Rejuvenating Body Balm	organic	6x200ml	23.85	V	7.48	856640									
* <u>Nature's World</u>																
	Petroleum Free Jelly - large		6x125g	22.30	V	6.41	857405									
	Petroleum Free Jelly - small		12x15g	18.05	V	2.59	857410									
	Nature's World Point of Sale Leaflet - foc						857415									
* <u>Nitty Gritty</u>																
	NitFree Comb - in display unit		6x1p	33.00	V	9.78	855380									
	NitFree Comb - single		1x1p	5.50	V	9.78	855385									
	Aromatherapy Head Lice Kit (comb & solution)		1x1p	5.10	V	8.80	855390									
	Head Lice - Repellent Spray		1x250ml	5.65	V	9.78	855395									
	The Nitty Gritty Point of Sale Leaflet free of charge - please quote code:						855400									

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Olbas - www.olbas.co.uk</u>														
▲	Olbas Inhaler Stick	6x695mg	8.25	V	2.34	857550									
	Olbas Oil - sml	10x10ml	13.90	V	2.37	857555									
	Olbas Oil - lge	12x28ml	29.70	V	4.25	857560									
	Olbas Pastilles - Original	12x45g	14.70	V	2.11	857565									
	Olbas Bath	6x250ml	13.10	V	3.76	857570									
	* <u>Oleanat - Savon de Marseille Soap Blocks</u>														
	Savon de Marseille Olive Oil Soap Blocks	8x600g	21.30	V	4.25	857580									
	* <u>Oleanat - triple soaps in plastic wrap</u>														
	Almond Soap	6x3x150g	28.45	V	7.49	857585									
	Aloe Vera Soap	6x3x150g	28.45	V	7.49	857587									
	Green Red Yellow Clay Soaps	6x3x150g	28.45	V	7.49	857588									
	Honey Soap	6x3x150g	28.45	V	7.49	857590									
	Lavender Soap	6x3x150g	28.45	V	7.49	857591									
	Olive Soap	6x3x150g	28.45	V	7.49	857592									
	Shea Butter Soap	6x3x150g	28.45	V	7.49	857593									
	Free Paper Bags - for selling single soap bars	1x20p				857594									
	Free Point-of-Sale Retail Leaflets	1x10p				857595									
	Free Point-of-Sale A4 Poster with Retail Leaflet Holder	1x1p				857597									
	* <u>Oleanat - Vegan - Pleasure & Softness boxed soaps</u>														
	Green Tea Boxed Soap	6x150g	14.20	V	3.79	857726									
	Magnolia Boxed Soap	6x150g	14.20	V	3.79	857727									
	Milk Boxed Soap	6x150g	14.20	V	3.79	857728									
	Orange-Ginger Boxed Soap	6x150g	14.20	V	3.79	857729									
	Shea Butter Boxed Soap	6x150g	14.20	V	3.79	857730									
	Southern Honey Boxed Soap	6x150g	14.20	V	3.79	857731									
	Vanilla Flower Boxed Soap	6x150g	14.20	V	3.79	857732									
	Oleanat Point of Sale leaflets free of charge - please quote code:					857733									
	* <u>Oleanat - Organic Vegan Body Care</u>														
	Body Firming Cream	organic 6x150ml	67.40	V	18.45	857505									
	Gentle Body Milk	organic 6x200ml	61.40	V	16.81	857507									
	Gentle Hand Cream	organic 6x100ml	51.35	V	14.06	857510									
	Make-up Remover Milk	organic 6x200ml	58.95	V	16.14	857512									
	Revitalising Moisturising Face Cream	organic 6x50ml	44.95	V	12.31	857515									
	Shea Butter Lip Balm	organic 25x4.5g	72.50	V	4.76	857520									
	Toning After-Shave Cream	organic 6x50ml	48.00	V	13.14	857522									
	Free Sample Sachets of Hand Cream	organic 5x1p				857523									
	Free Sample Sachets of Face Cream	organic 5x1p				857524									
	* <u>Oliva</u>														
	Olive Oil Soap	6x125g	3.40	V	0.97	857605									
	Bulk Olive Oil Soap	6x600g	8.80	V	2.52	857607									
	* <u>Organic Blue - Bath & Massage Oils - www.organicblue.com</u>														
	Muscle Rub Oil	organic 1x100ml	4.55	V	7.82	857620									
	Relaxing Oil	organic 1x100ml	4.55	V	7.82	857622									
	Sensual Oil	organic 1x100ml	4.55	V	7.82	857625									
	* <u>Organic Blue - Bodycare - www.organicblue.com</u>														
	Body Lotion	4x250ml	11.40	V	4.88	857630									
	Body Scrub	4x250ml	9.10	V	3.90	857631									
	Conditioner	4x250ml	9.10	V	3.90	857632									
	Shampoo - Normal/Dry Hair	4x250ml	9.10	V	3.90	857635									
	Shampoo - Normal/Greasy Hair	4x250ml	9.10	V	3.90	857637									
	Shower Gel	4x250ml	9.10	V	3.90	857640									
	* <u>Organic Blue - Men's Bodycare</u>														
	Men's Hair & Body Wash	4x250ml	9.10	V	3.90	857641									
	Men's Shower Scrub	4x250ml	9.10	V	3.90	857642									
	Men's Bath Soak	4x250ml	9.10	V	3.90	857643									
	Men's Body Lotion	4x250ml	11.40	V	4.88	857645									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Paul Richards Herbal Supplies - www.herborganic.com</u>																
	Arnica Ointment (single)	organic	1x30g	3.10	V	5.37	857750									
	Calendula & Hypericum Ointment (single)	organic	1x30g	3.10	V	5.37	857755									
	Chickweed Ointment (single)	organic	1x30g	2.80	V	4.85	857760									
	Comfrey Ointment (single)	organic	1x30g	2.80	V	4.85	857765									
	Pilewort Ointment (single)	organic	1x30g	3.10	V	5.37	857770									
	Comfrey Oil (vegan)	organic	1x100ml	3.60	V	6.22	857780									
* <u>Phytoceutical® - www.phytoceutical.co.uk</u>																
	Exceptionally Soothing Skin Cream		6x50ml	50.95	V	14.64	857685									
	Revitalising Cream		6x50ml	33.90	V	9.74	857687									
* <u>PitRok Deodorants</u>																
	PitRok Deodorant Stone		6x1	16.80	V	4.81	857705									
	PitRok Fragranced Spray Deodorant		6x100ml	13.45	V	3.85	857718									
	PitRok Natural Spray Deodorant		6x100ml	13.45	V	3.85	857710									
	PitRok Push-up Deodorant		6x100g	20.30	V	5.81	857715									
* <u>PitRok Tongue Cleaner</u>																
	The Tongue Cleaner		6x1	11.95	V	3.42	857720									
	The Tongue Cleaner Point of Sale kit free of charge - please quote code:						857725									
* <u>Postlethwaite's Tinctures - www.herborganic.com</u>																
On offer for September and October at the prices below representing 15% off list - the ☐ marked 100ml Echinacea Tincture and the Echinacea Spray																
	Agnus Castus	organic	1x50ml	4.45	V	7.67	856010									
	Artichoke Leaf	organic	1x50ml	3.90	V	6.72	856015									
	Astragalus	organic	1x50ml	4.45	V	7.62	856020									
	Black Cohosh	organic	1x50ml	4.45	V	7.62	856025									
	Calendula	organic	1x50ml	3.40	V	5.86	856030									
	Californian Poppy	organic	1x50ml	3.90	V	6.72	856035									
	Cramp Bark - wild crafted		1x50ml	4.15	V	7.12	856050									
	Dandelion & Burdock	organic	1x50ml	4.15	V	7.16	856055									
☐	Echinacea Tincture	organic	1x100ml	5.25	V	9.03	856060									
	Echinacea Tincture (single)	organic	1x50ml	3.90	V	6.72	857880									
☐	Echinacea Tincture Spray (Elderberry & Honey)	organic	1x50ml	4.05	V	6.96	857883									
	Elecampane	organic	1x50ml	3.90	V	6.72	857886									
	Ginkgo Tincture - (single)	organic	1x50ml	3.90	V	6.72	857887									
	Hawthorn Berry	organic	1x50ml	4.45	V	7.67	857888									
	Horse Chestnut	organic	1x50ml	3.90	V	6.72	857889									
	Korean Ginseng	organic	1x50ml	4.15	V	7.10	857891									
	Milk Thistle Tincture - (single)	organic	1x50ml	4.15	V	7.12	857890									
	Nettle	organic	1x50ml	3.90	V	6.72	857892									
	Oregon Grape - wild crafted		1x50ml	4.45	V	7.62	857896									
	Siberian Ginseng	organic	1x50ml	4.15	V	7.12	857898									
	St. John's Wort - (single)	organic	1x50ml	3.90	V	6.72	857893									
	Valerian	organic	1x50ml	4.15	V	7.12	857899									
	Witch Hazel Spray - (single)	organic	1x50ml	4.15	V	7.12	857895									
* <u>Pukka Ayurvedic</u>																
	Aloe Vera Juice (single)	organic	1x1l	10.75	V	19.53	857904									
	Chywanaprash - tonic elixir (single)	organic	1x250g	6.05	V	11.33	857908									
* <u>Pukka - Ayurvedic Oils</u>																
▲	Castor Oil	organic	6x250ml	21.30	V	6.46	857913									
▲	Neem Oil	organic	6x200ml	37.85	V	10.69	857914									
* <u>Pukka Rosewater</u>																
▲	Rosewater - pump spray	organic	6x100ml	35.35	V	10.74	857903									
* <u>Pukka - Ayurvedic Tinctures</u>																
▲	Amla Fruit Tincture	organic	1x50ml	4.45	V	8.40	857905									
▲	Ashwagandha Tincture	organic	1x50ml	4.45	V	8.40	857907									
▲	Ginger Tincture	organic	1x50ml	4.45	V	8.40	857910									
▲	Gotu Kola Tincture	organic	1x50ml	4.45	V	8.40	857912									
▲	Neem Tincture	organic	1x50ml	4.45	V	8.40	857915									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9	
▲	Shatavari Tincture	organic 1x50ml	4.45	V	8.40	857917										
▲	Trikatu Tincture	organic 1x50ml	4.45	V	8.40	857920										
▲	Triphala Tincture	organic 1x50ml	4.45	V	8.40	857922										
▲	Turmeric Tincture	organic 1x50ml	4.45	V	8.40	857925										
* <u>Pure Health - Skin Food - fairly traded - Vegan</u>																
	Shea Butter - 100% pure extra virgin	1x100ml	5.35	V	8.80	857950										
* <u>Purely Skincare</u>																
	Grapefruit & Lemongrass Shower Bath	6x250ml	19.85	V	5.86	858305										
	Grapefruit & Lemongrass Face Wash	6x200ml	19.85	V	5.86	858307										
	Grapefruit & Lemongrass Shampoo	6x250ml	19.85	V	5.86	858310										
	Grapefruit & Lemongrass Conditioner	6x250ml	19.85	V	5.86	858312										
	Grapefruit & Lemongrass Moisturiser	6x200ml	19.85	V	5.86	858315										
	Lavender & Palmarosa Shower Bath	6x250ml	19.85	V	5.86	858320										
	Lavender & Palmarosa Face Wash	6x200ml	19.85	V	5.86	858322										
	Lavender & Palmarosa Shampoo	6x250ml	19.85	V	5.86	858325										
	Lavender & Palmarosa Conditioner	6x250ml	19.85	V	5.86	858327										
	Lavender & Palmarosa Moisturiser	6x200ml	19.85	V	5.86	858330										
	Elemi & Clary Sage - for Men - Shower Bath	6x250ml	19.85	V	5.86	858340										
	Elemi & Clary Sage - for Men - Face Wash	6x200ml	19.85	V	5.86	858342										
	Elemi & Clary Sage - for Men - Shampoo	6x250ml	19.85	V	5.86	858345										
	Elemi & Clary Sage - for Men - Conditioner	6x250ml	19.85	V	5.86	858347										
	Elemi & Clary Sage - for Men - Moisturiser	6x200ml	19.85	V	5.86	858350										
* <u>purepotions - skincare - www.purepotions.co.uk</u>																
	Winner at 2005 Natural Products Show															
	Rescue Salve - Arnica	6x15ml	16.25	V	4.30	857965										
	Rescue Salve - Calendula & Comfrey	6x15ml	16.25	V	4.30	857967										
	Rescue Salve - Lavender	6x15ml	16.25	V	4.30	857968										
	Rescue Salve - Tea Tree	6x15ml	16.25	V	4.30	857969										
	Rescue Salve Set - o.o.e. - mixed retail box	1x4x15ml	11.45	V	18.19	857960										
	Skin Salvation	6x30ml	25.95	V	7.28	857970										
	Skin Salvation (inc. 15ml tester)	6x60ml	42.55	V	11.58	857975										
	Skin Salvation	6x120ml	62.25	V	17.23	857977										
	Skin Salvation Bath Oil	organic 6x100ml	29.25	V	8.09	857980										
	Skin Salvation Point of Sale Display Pack	1x1p	76.30	V		857983										
	Point of Sale Pack:- 2x120ml Skin Salvation, 6x60ml Skin Salvation, 3x100ml Bath Oil, 1x Skin Salvation Tester															
	purepotions skincare Laminated A4 pos Poster - foc															857982
	purepotions skincare & baby point of sale leaflets - foc															857981
* <u>purepotions - baby products - www.purepotions.co.uk</u>																
	Chamomile Baby Oil	organic 6x100ml	21.30	V	5.93	857985										
	Lavender Nappy Salve (inc. 15ml tester)	6x60ml	28.15	V	7.85	857987										
	The Baby Box - gift set	1x1p	10.40	V	17.46	857988										
	Camomile Baby Oil, Camomile Tea,Lavender Nappy Salve															
	Baby Products Point of Sale Pack	1x1p	52.85	V		857990										
	Point of Sale Display Pack:- 9x60ml Lavender Nappy Salve, 3x100ml Camomile Baby Oil, 1x Lavender Nappy Salve Tester															
	purepotions baby Laminated A4 pos Poster - foc															857984
* <u>purepotions - pregnancy products</u>																
	Bump Rub	6x100ml	30.45	V	8.30	857993										
	The Pregnancy Box	1x1p	11.80	V	19.31	857995										
	Bump Rub 100ml, Perineal Massage Oil 50ml															
	Neroli Mood Oil 10ml, organic Raspberry Leaf Tea 15g															
* <u>Raw Gaia - body butters</u>																
	www.rawgaia.com															
	Coconut Butter	1x90g	5.70	V	9.62	858070										
	Wildcrafted & FT Shea Butter	1x90g	6.95	V	11.73	858075										
* <u>Raw Gaia - moisturisers and creams</u>																
	For Her Daughters Living Moisturizer	1x60ml	7.25	V	12.23	858080										
	MSM Beauty Spray	1x50ml	7.25	V	12.23	858083										
	MSM Beauty Cream	1x60ml	7.25	V	12.23	858085										

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Raw Gaia - skin care essentials</u>														
Living Facial Cleanser	1x100ml	8.10 V		13.61	858090									
Floral Face Toner	1x100ml	7.50 V		12.63	858092									
Raw Chocolate Face Pack	1x50g	5.75 V		9.69	858093									
Sun-dried Green Clay Face Pack	1x65g	4.35 V		7.34	858095									
Sun-dried Rhassoul Clay	1x70g	4.35 V		7.34	858098									
* <u>Rosa Fina - see "Barefoot Botanicals" above</u>														
* <u>Simply Soap - www.simplysoaps.com</u>														
Now with bio-degradable wrappers														
On offer for September and October the entire Simply Soap range at a generous 20% off. Please note that the rrp is offering you 35% POR - if you really want to sharpen your pencil and get them moving you can have the cheaper lines on the shelf at 1.69 and still make 25%!														
☐ Calendula & Lavender Soap	10x110g	11.00 V		1.94	858452									
☐ Geranium & Rose Soap	10x110g	11.00 V		1.94	858457									
☐ Peppermint & Oat Soap	10x110g	11.00 V		1.94	858460									
☐ Poppy & Eucalyptus Bar Soap	10x110g	11.00 V		1.94	858461									
☐ Rosemary & Lavender Soap	10x110g	11.00 V		1.94	858462									
☐ Tea Tree & Calendula Soap	10x110g	11.00 V		1.94	858470									
☐ Neroli & Orange Blossom Soap	10x110g	12.15 V		2.15	858472									
☐ Sandalwood Soap	10x110g	12.15 V		2.15	858473									
Empty Wooden Display Case (holds 5x10p)	1p	10.00 V			858475									
Point of sale A4 Poster - foc					858466									
* <u>Suma</u>														
Clear & Simple Shampoo	6x500ml	15.85 V		4.08	858485									
Grapefruit & Aloe Vera Shampoo	6x500ml	15.85 V		4.08	858486									
Rose Petal & Geranium Shampoo	6x500ml	15.85 V		4.08	858487									
White Lavender Shampoo	6x500ml	15.85 V		4.08	858488									
* <u>Synergy Natural - Organic Chlorella</u>														
Chlorella Tablets	organic 1x200tabs	9.50 V		15.60	858905									
Chlorella Tablets	organic 1x500tabs	20.40 V		33.50	858910									
Chlorella Powder	organic 1x100g	7.80 V		12.80	858915									
Chlorella Powder	organic 1x200g	13.60 V		22.35	858920									
Chlorella Powder	organic 1x500g	28.60 V		46.99	858925									
* <u>Synergy Natural - Organic Spirulina</u>														
Spirulina Tablets	organic 1x100tabs	5.40 V		8.89	858940									
Spirulina Tablets	organic 1x200tabs	9.50 V		15.60	858945									
Spirulina Tablets	organic 1x500tabs	20.40 V		33.50	858950									
Spirulina Powder	organic 1x100g	7.80 V		12.80	858955									
Spirulina Powder	organic 1x200g	13.60 V		22.35	858960									
Spirulina Powder	organic 1x500g	28.60 V		46.99	858965									
* <u>Tom's Deodorants</u>														
On offer for September at the price below representing 10% off list - both roll-on deodorants from Tom's of Maine														
☐ Long-Lasting Calendula Roll-on	6x88.7ml	13.95 V		4.01	858503									
Calendula Stick	6x64g	12.95 V		3.72	858507									
Honeysuckle Rose Stick	6x64g	12.95 V		3.72	858510									
☐ Long-Lasting Unscented Roll-on	6x88.7ml	13.95 V		4.01	858515									
Unscented Stick	6x64g	12.95 V		3.72	858520									
Woodspice Stick	6x64g	12.95 V		3.72	858522									
* <u>Tui Balmes</u>														
Bee Balme	1x50g	3.55 V		5.83	858551									
Bee Balme	1x100g	4.75 V		7.80	858552									
Bee Balme	1x500g	14.85 V		24.40	858553									
Cough & Cold Relief	1x50g	4.15 V		6.82	858555									
Inflammation Relief	1x50g	4.75 V		7.80	858557									
Balmes & Waxes point of sale information - foc					858560									
* <u>Tui Massage Waxes</u>														
Lavender Massage Wax	1x100g	4.75 V		7.80	858565									
Sports & Healing Massage Wax	1x100g	4.75 V		7.80	858567									
Unscented Massage Wax	1x100g	4.75 V		7.80	858570									
Wild Rose Massage Wax	1x100g	4.75 V		7.80	858572									
Woman's Blend Massage Wax	1x100g	4.75 V		7.80	858575									

▲ price rise ▼ fall

* new product ☐ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Urtekram - baby range														
On offer for September and October at the prices below representing 15% off list - the Urtekram No Perfume Baby Range.														
☐ No Perfume Baby Shampoo	organic	6x250ml	12.10 V	3.27	858605									
☐ No Perfume Baby Bath	organic	6x250ml	12.10 V	3.27	858610									
☐ No Perfume Baby Oil	organic	6x100ml	29.65 V	8.02	858615									
☐ No Perfume Baby Lotion	organic	6x250ml	16.95 V	4.59	858620									
☐ No Perfume Baby Zinc Balm	organic	6x75ml	18.60 V	5.01	858625									
* Urtekram - deodorants														
On offer for the duration of the catalogue at the price below representing 15% off list - the No Perfume Crystal Deodorant from Urtekram.														
☐ Stick Deodorant - no perfume		6x130g	25.00 V	6.85	858655									
☐ Crystal Deodorant - no perfume - roll-on	organic	6x50ml	13.30 V	3.64	858657									
Crystal Deodorant - Aloe Vera - roll-on		6x50ml	15.70 V	4.30	858660									
Crystal Deodorant - Eucalyptus - roll-on		6x50ml	15.70 V	4.30	858662									
Crystal Deodorant - Rose - roll-on	organic	6x50ml	15.70 V	4.30	858665									
* Urtekram - hair care														
Conditioner - Aloe Vera		6x250ml	16.40 V	4.49	858705									
Conditioner - Rose		6x250ml	16.40 V	4.49	858715									
Shampoo - Aloe Vera	organic	6x250ml	14.25 V	3.90	858725									
Shampoo - Chamomile	organic	6x250ml	14.25 V	3.90	858735									
Shampoo - Nettle	organic	6x250ml	14.25 V	3.90	858745									
Shampoo - Rose	organic	6x250ml	14.25 V	3.90	858755									
* Urtekram - no perfume														
Conditioner - no perfume	organic	6x250ml	16.40 V	4.49	858855									
Shampoo - no perfume	organic	6x250ml	14.25 V	3.90	858860									
Shower Gel - no perfume	organic	6x500ml	21.25 V	5.83	858865									
Liquid Hand Soap - no perfume	organic	6x500ml	20.90 V	5.72	858870									
Soap Bar - no perfume	organic	12x100g	11.45 V	1.56	858875									
* World's End - www.worldsend.co.uk														
Chandrika Soap		10x75g	4.65 V	0.78	859005									
Sandalwood Soap		10x75g	5.65 V	0.95	859010									
* Yahoh - Organic Hemp Seed Oil Bodycare - www.yahoh.co.uk														
Hemp Shampoo		6x240ml	20.25 V	5.82	859055									
Hemp Conditioner		6x240ml	20.25 V	5.82	859057									
Hemp Shower Gel		6x240ml	20.25 V	5.82	859060									
Hemp Bubblebath		6x240ml	20.25 V	5.82	859062									
Hemp Liquid Soap		6x240ml	20.25 V	5.82	859063									
Hemp Body Lotion		6x240ml	27.15 V	7.78	859064									
Hemp Massage Oil		6x240ml	34.00 V	9.74	859069									
Hemp Moisturiser - Original		6x56g	20.25 V	5.82	859065									
Hemp Moisturiser - Coco Bean		6x56g	20.25 V	5.82	859066									
Hemp Moisturiser - Papaya		6x56g	20.25 V	5.82	859068									
Hemp Healing Salve		6x56g	20.25 V	5.82	859067									
Hemp Sunblock 15		6x240ml	34.00 V	9.73	859070									
Hemp Sunblock 30		6x240ml	34.00 V	9.73	859072									
Hemp Sun Cream		6x240ml	34.00 V	9.73	859074									
Hemp Aftersun Lotion		6x240ml	27.15 V	7.78	859075									
Hemp Lip Balm - Blueberry		36x4g	48.25 V	2.30	859076									
Hemp Lip Balm - Coconut		36x4g	48.25 V	2.30	859077									
Hemp Lip Balm - Mango		36x4g	48.25 V	2.30	859080									
Hemp Lip Balm - Spearmint		36x4g	48.25 V	2.30	859082									
Hemp Lip Balm - Strawberry & Cream		36x4g	48.25 V	2.30	859083									
Lip Balm Mix - Coconut, Mango, Spearmint		36x4g	48.25 V	2.30	859085									
Deodorant - Neutral		12x70g	40.55 V	5.83	859105									
Deodorant - Original		12x70g	40.55 V	5.83	859110									
Deodorant - Cool		12x70g	40.55 V	5.83	859115									
Yahoh Hemp Bodycare point of sale kit					859090									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Toothpaste, Brushes & Oral Hygiene														
* <u>Desert Essence</u>														
Tea Tree Dental Floss	1x47.5m	1.95	V	3.37	881405									
* <u>Green People Organic Children - www.organicchildren.com</u>														
Mandarin Children's Toothpaste	organic 12x50ml	22.10	V	3.18	881425									
Spearmint & Aloe Vera Childrens Toothpaste	organic 12x50ml	22.10	V	3.18	881430									
* <u>Green People - www.greenpeople.co.uk</u>														
Citrus Herbal Fresh Toothpaste	organic 12x50ml	22.10	V	3.18	881415									
Fennel Herbal Fresh Toothpaste	organic 12x50ml	22.10	V	3.18	881410									
Mint Herbal Fresh Toothpaste	organic 12x50ml	22.10	V	3.18	881420									
Minty Cool Toothpaste	organic 12x50ml	23.50	V	3.38	881427									
* <u>Kingfisher</u>														
Aloe Tea Tree - Fennel - Flouride Free	12x100ml	21.90	V	2.80	861480									
Aloe Tea Tree - Mint - Flouride Free	12x100ml	21.90	V	2.80	861486									
Fluoride Free Baking Soda Mint	12x100ml	21.90	V	2.80	861490									
Mint with flouride	12x100ml	21.90	V	2.80	861506									
Fennel with flouride	12x100ml	21.90	V	2.80	861517									
Fluoride Free Fennel	12x100ml	21.90	V	2.80	861528									
Fluoride Free Mint	12x100ml	21.90	V	2.80	861529									
* <u>Lavera Toothpaste - BDIH certified</u>														
Toothpaste with Propolis & Echinacea	6x75ml	9.25	V	2.69	861655									
Toothpaste Mint - vegan	6x75ml	9.25	V	2.69	861657									
Kid's Tooth Gel - Raspberry & Strawberry	6x75ml	9.25	V	2.69	861660									
* <u>Monte-Bianco - Vegan - with replaceable heads</u>														
Adult Green Toothbrush - Sensitive	6x1p	8.70	V	2.55	861675									
Adult Blue Toothbrush - Medium	6x1p	8.70	V	2.55	861677									
Adult Toothbrush Heads - Sens. Green	6x3p	11.80	V	3.43	861680									
Adult Toothbrush Heads - Med. Blue	6x3p	11.80	V	3.43	861682									
Interdental Set (handle + red & blue heads)	6x1p	10.00	V	2.89	861681									
Red Interdental Refill - cylindrical	6x10p	16.70	V	4.84	861683									
Blue Interdental Refill - conical	6x10p	16.70	V	4.84	861684									
Junior Toothbrush - Soft Pink & Blue	6x1p	8.70	V	2.55	861685									
Junior Toothbrush Heads - Soft Mixed	6x3p	11.80	V	3.43	861687									
Monte-Bianco Point of Sale leaflets - free of charge					861690									
* <u>Peri-Gum - mouthwash concentrate - www.peri-gum.com</u>														
Peri-Gum Mouthwash Concentrate	1x29ml	8.35	V	13.95	861665									
Peri Gum Poster - free of charge					861667									
* <u>Phyto Shield Botanical</u>														
Herbal Toothpaste - vegan	12x100g	25.10	V	3.41	861692									
Lemon Myrtle Toothpaste - vegan	12x100g	25.10	V	3.41	861695									
Propolis Toothpaste	12x100g	25.10	V	3.41	861697									
Phyto Shield Point of Sale leaflets - free of charge	5p				861698									
* <u>Sarakan</u>														
Natural Toothpaste	6x50ml	7.40	V	2.11	861705									
Mouthfresh Rinse	6x300ml	10.65	V	3.04	861710									
Sarakan Point of Sale leaflets - free of charge					861715									
* <u>Soladey-eco</u>														
Ionic Toothbrush - Blue	1x1p	8.50	V	14.63	861750									
Ionic Toothbrush - Red	1x1p	8.50	V	14.63	861751									
Ionic Toothbrush - Yellow	1x1p	8.50	V	14.63	861752									
Ionic Toothbrush - Green	1x1p	8.50	V	14.63	861753									
Medium Replacement T'brush Heads	1x4p	8.50	V	14.63	861755									
Soft Replacement T'brush Heads	1x4p	8.50	V	14.63	861756									
Child Replacement T'brush Heads	1x4p	8.50	V	14.63	861757									
Soladey-eco Point of Sale leaflets - free of charge					861760									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Tom's of Maine - Non-Fluoride														
On offer for the duration of the catalogue at the prices below representing 10% off list - the entire range of toothcare products from Tom's of Maine.														
☐ Anti-Plaque Fennel Toothpaste	6x85ml	9.20	V	2.64	862010									
☐ Spearmint Propolis&Myrrh Toothpaste	6x85ml	9.20	V	2.64	862015									
☐ Apricot Whitening - Homeopathic	6x85ml	9.95	V	2.87	861990									
☐ Spearmint Tartar Control & Whitening	6x85ml	9.95	V	2.87	862002									
☐ Mouthwash - Spearmint	6x473ml	14.10	V	4.05	862017									
* Tom's of Maine Fluoride Added														
☐ Children's Silly Strawberry - Fluoride	6x85ml	9.20	V	2.64	862025									
* Urtekram - www.urtekram.dk														
Aloe Vera Toothpaste	6x75ml	9.30	V	2.55	862103									
Children's Toothpaste	6x75ml	9.30	V	2.55	862105									
Eucalyptus Toothpaste	6x75ml	9.30	V	2.55	862110									
Fennel Toothpaste	6x75ml	9.30	V	2.55	862115									
Mint Toothpaste	6x75ml	9.30	V	2.55	862125									
Tea Tree Toothpaste	6x75ml	9.30	V	2.55	862130									
* Vicco														
Herbal Ayurvedic Toothpaste	10x85g	16.95	V	2.91	862505									
■ Aromatherapy														
* Absolute Aromas - www.absolute-aromas.com														
Essential Oils are very concentrated and should be used with care. In general they should not be taken internally, nor applied next to the skin. Store away from children. See bottle for details.														
Bergamot	organic 1x10ml	4.55	V	7.81	878010									
Cedarwood	organic 1x10ml	2.55	V	4.38	878015									
Chamomile Roman	organic 1x2ml	5.10	V	8.75	878020									
Clary Sage	organic 1x5ml	4.55	V	7.81	878025									
Globulus Eucalyptus	organic 1x10ml	2.25	V	3.86	878030									
Radiata Eucalyptus	organic 1x10ml	2.85	V	4.89	878035									
Geranium	organic 1x10ml	4.55	V	7.81	878040									
Grapefruit	organic 1x10ml	2.85	V	4.89	878045									
Juniperberry	organic 1x5ml	4.25	V	7.29	878050									
Lavender - high altitude	organic 1x10ml	4.25	V	7.29	878055									
Lavender Display Pack	organic 12x10ml	51.00	V	7.29	878060									
Lemon	organic 1x10ml	2.85	V	4.89	878065									
Lemongrass	organic 1x10ml	2.85	V	4.89	878070									
Mandarin	organic 1x10ml	3.70	V	6.35	878075									
Orange	organic 1x10ml	2.25	V	3.86	878080									
Patchouli	organic 1x10ml	2.55	V	4.38	878085									
Peppermint	organic 1x10ml	5.10	V	8.75	878090									
Rosemary	organic 1x10ml	2.85	V	4.89	878095									
Rose Otto (5% Dil.)	organic 1x10ml	5.65	V	9.70	878097									
Tea Tree	organic 1x10ml	2.55	V	4.38	878105									
Tea Tree Display Pack	organic 12x10ml	30.60	V	4.38	878110									
Complete Ylang Ylang	organic 1x10ml	3.40	V	5.84	878115									
Extra Ylang Ylang	organic 1x10ml	4.25	V	7.29	878120									
Aromatherapy pos leaflet					878125									
* Absolute Aromas - Carrier Oils														
Almond Sweet	organic 1x100ml	3.85	V	6.61	878150									
Apricot Kernel	organic 1x100ml	4.40	V	7.59	878152									
Joboba	organic 1x100ml	5.25	V	9.05	878155									
Sesame	organic 1x100ml	2.70	V	4.65	878160									
Sunflower	organic 1x100ml	2.35	V	4.06	878165									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Aqua Oleum Essential Oils</u>														
Essential Oils are very concentrated and should be used with care. In general they should not be taken internally, nor applied next to the skin. Store away from children. See bottle for details.														
Basil Sweet	3x10ml	9.80 V		5.61	880505									
Benzoin	3x10ml	5.55 V		3.18	880507									
Bergamot	3x10ml	8.95 V		5.12	880510									
Black Pepper	3x10ml	10.20 V		5.84	880515									
Camphor	3x10ml	5.10 V		2.92	880523									
Cedarwood	3x10ml	5.85 V		3.35	880525									
Chamomile Blue (5% Dil.)	3x10ml	8.95 V		5.12	880520									
Chamomile Roman	3x10ml	25.50 V		14.59	880527									
Citronella	3x10ml	5.10 V		2.92	880530									
Clary Sage	3x10ml	11.90 V		6.81	880535									
Clove Bud	3x10ml	5.10 V		2.92	880537									
Cypress	3x10ml	8.45 V		4.83	880540									
Eucalyptus	3x10ml	5.10 V		2.92	880545									
Fennel Sweet	3x10ml	5.55 V		3.18	880555									
Frankincense	3x10ml	16.10 V		9.21	880560									
Geranium	3x10ml	10.15 V		5.81	880550									
Ginger	3x10ml	9.80 V		5.61	880561									
Grapefruit	3x10ml	5.10 V		2.92	880562									
Hyssop	3x10ml	17.80 V		10.18	880563									
Jasmine (5% Dil.)	3x10ml	13.20 V		7.55	880565									
Juniper Needle	3x10ml	7.25 V		4.15	880570									
Lavender	3x10ml	7.25 V		4.15	880575									
Lavender	1x100ml	14.15 V		24.29	880577									
Lavender Oil Merchandiser	18x10ml	41.20 V		3.93	880578									
Lavender Oil Merchandiser	15x20ml	58.50 V		6.69	880579									
Lemon	3x10ml	5.85 V		3.35	880580									
Mandarin	3x10ml	5.55 V		3.18	880583									
Marjoram Spanish	3x10ml	5.55 V		3.18	880585									
Myrrh	3x10ml	12.70 V		7.27	880587									
Neroli (5% Dil.)	3x10ml	11.50 V		6.58	880590									
Orange	3x10ml	4.70 V		2.69	880595									
Palmarosa	3x10ml	6.40 V		3.66	880597									
Patchouli	3x10ml	5.85 V		3.35	880600									
Peppermint	3x10ml	6.40 V		3.66	880605									
Petitgrain	3x10ml	6.40 V		3.66	880608									
Pine Needle	3x10ml	6.40 V		3.66	880610									
Rose Maroc (5% Dil.)	3x10ml	9.80 V		5.61	880615									
Rosemary	3x10ml	5.85 V		3.35	880620									
Sandalwood (5% Dil.)	3x10ml	9.95 V		5.69	880625									
Sinus Blend	3x10ml	5.85 V		3.35	880627									
Spanish Sage	3x10ml	5.55 V		3.18	880628									
Tea Tree	3x10ml	6.80 V		3.89	880630									
Tea Tree	1x100ml	15.90 V		27.29	880632									
Tea Tree Oil Merchandiser	18x10ml	38.60 V		3.71	880633									
Tea Tree Oil Merchandiser	15x20ml	55.10 V		6.35	880634									
Thyme	3x10ml	5.10 V		2.92	880635									
Ylang Ylang	3x10ml	10.20 V		5.84	880640									
* <u>Carry Me Essential Sprays</u>														
Calming Facial Spray	3x30ml	8.45 V		4.89	880805									
Car Comfort Travel Spray	3x30ml	8.45 V		4.89	880810									
Foot Refresher Spray	3x30ml	8.45 V		4.89	880815									
Intensive Moisturising Spray	3x30ml	8.45 V		4.89	880820									
Refreshing Citrus Spray	3x30ml	8.45 V		4.89	880825									
Soothing Moisturising Spray	3x30ml	8.45 V		4.89	880830									
Mixed Spray Display	18x30ml	50.70 V		4.89	880835									
* <u>Aqua Oleum Carrier Oils</u>														
Cold Pressed Apricot Kernel Oil	6x100ml	11.75 V		3.36	880641									
Cold Pressed Avocado Oil	6x100ml	15.15 V		4.33	880642									
Cold Pressed Jojoba Oil	6x100ml	27.20 V		7.78	880643									
Cold Pressed Peach Kernel Oil	6x100ml	11.75 V		3.36	880644									
Cold Pressed Sweet Almond Oil	6x100ml	11.05 V		3.16	880645									
Cold Pressed Wheatgerm Oil	6x100ml	11.75 V		3.36	880650									

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Aqua Oleum Massage Oils</u>															
Aches & Pains Massage Oil		6x100ml	13.45 V		3.86	880705									
D-Tox Massage Oil		6x100ml	16.85 V		4.84	880710									
Energising Massage Oil		6x100ml	13.45 V		3.86	880715									
Regeneration Massage Oil		6x100ml	20.25 V		5.82	880720									
Relaxing Massage Oil		6x100ml	13.45 V		3.86	880725									
Sensual Massage Oil		6x100ml	20.25 V		5.82	880730									
* <u>Aqua Oleum Flower Waters</u>															
Lavender Water		6x100ml	8.50 V		2.43	880950									
Rose Water - Maroc		6x100ml	11.75 V		3.36	880965									
* <u>Aromatherapy Miscellany</u>															
Home Use of Essential Oils booklet		5x1	5.80		1.75	881005									
Aromatherapy Poster		1x1	2.70 V		4.65	880665									
* <u>Aqua Oleum Organic Essential Oils</u>															
Eucalyptus Oil - Portugal	organic	1x10ml	1.85 V		3.18	881305									
Lavender Oil - France	organic	1x10ml	4.10 V		7.04	881310									
Lemon Oil - Israel	organic	1x10ml	1.95 V		3.35	881315									
Rosemary Oil - Spain	organic	1x10ml	2.50 V		4.29	881320									
Ylang Ylang Oil - India	organic	1x10ml	4.10 V		7.04	881325									
Organic Merchandiser (3 of each oil) -	organic	1x15x10ml	46.30 V			881350									
* <u>Primavera Life - Demeter Essential Oils</u>															
Basil	demeter	6x5ml	26.75 V		7.70	881480									
Clary Sage	demeter	6x5ml	42.25 V		12.20	881482									
Fennel	demeter	6x5ml	26.75 V		7.70	881485									
Lavender Fine	demeter	6x5ml	22.85 V		6.60	881487									
Lemon	demeter	6x5ml	17.05 V		4.90	881490									
Marjoram	demeter	6x5ml	27.90 V		8.05	881492									
Orange	demeter	6x5ml	15.15 V		4.35	881495									
Rose Geranium	demeter	6x5ml	29.05 V		8.35	881497									
Rosemary	demeter	6x5ml	22.85 V		6.60	881498									
Sage	demeter	6x5ml	27.90 V		8.05	881499									
Spearmint	demeter	6x5ml	25.20 V		7.25	881501									
* <u>Primavera Life - Blends</u>															
Energy Blend		6x5ml	27.60 V		7.95	881505									
Good Mood Blend		6x5ml	24.00 V		6.95	881507									
Harmony Blend		6x5ml	31.10 V		8.95	881510									
Relax Blend		6x5ml	34.40 V		9.90	881512									
Blends Display - 4 o.e. + 4 foc Testers		1p	78.80 V			881515									
* <u>Primavera Life - Airsprays</u>															
All Relaxed Airspray	organic	6x30ml	22.75 V		6.55	881520									
Energy Airspray	organic	6x30ml	26.60 V		7.65	881522									
Good Mood Airspray	organic	6x30ml	22.75 V		6.55	881525									
Harmony Airspray	organic	6x30ml	26.60 V		7.65	881527									
Airspray Display - 4 o.e. + 4 foc Testers	organic	1p	66.15 V			881530									
* <u>Primavera Life - Aroma Roll-On</u>															
Be Good To Yourself Roll-On Display + Free Tester		7x10ml	40.30 V		9.95	881540									
Clear Mind Roll-On Display + Free Tester		7x10ml	35.90 V		8.85	881542									
Heart of Rose Roll-On + Free Tester		7x10ml	44.45 V		10.95	881545									
High Spirits Roll-On + Free Tester		7x10ml	40.30 V		9.95	881547									
Sweet Dreams Roll-On + Free Tester		7x10ml	35.90 V		8.85	881550									
■ Candles and Incense															
* <u>Hambleden Incense</u>															
Frankincense & Myrrh		6x2x20g	10.45 V		3.08	890905									
* <u>Heaven Scent - vegan - www.heavenscent.co.uk</u>															
Cinnamon Essential Oil Candles		12x2"x2"	9.60 V		1.35	890910									
Juniper & Pine Essential Oil Candles		12x2"x2"	9.60 V		1.35	890912									
Lavender Essential Oil Candles		12x2"x2"	9.60 V		1.35	890915									
Mandarin Essential Oil Candles		12x2"x2"	9.60 V		1.35	890917									
May Chang Essential Oil Candles		12x2"x2"	9.60 V		1.35	890920									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Orange & Clove Essential Oil Candles	12x2"x2"	9.60 V		1.35	890922									
Patchouli Essential Oil Candles	12x2"x2"	9.60 V		1.35	890925									
Rosemary & Thyme Essential Oil Candles	12x2"x2"	9.60 V		1.35	890927									
Himalayan Cedarwood & Haiti Amyris Candles	12x2"x2"	9.60 V		1.35	890930									
Tea Tree & Geranium Essential Oil Candles	12x2"x2"	9.60 V		1.35	890932									
Ylang Ylang Essential Oil Candles	12x2"x2"	9.60 V		1.35	890935									
* <u>Heaven Scent - vegan - www.heavenscent.co.uk</u>														
Cinnamon Essential Oil Candles	6x3"x3"	9.60 V		2.75	891105									
Lavender Essential Oil Candles	6x3"x3"	9.60 V		2.75	891110									
Orange & Clove Essential Oil Candles	6x3"x3"	9.60 V		2.75	891115									
Patchouli Essential Oil Candles	6x3"x3"	9.60 V		2.75	891120									
Himalayan Cedarwood & Haiti Amyris Candles	6x3"x3"	9.60 V		2.75	891125									
Ylang Ylang Essential Oil Candles	6x3"x3"	9.60 V		2.75	891130									
* <u>Heaven Scent - vegan - Essential Oil Glass Pot</u>														
Cinnamon Aromapot Candle	1x1p	3.00 V		4.95	890952									
Citronella Aromapot Candle	1x1p	3.00 V		4.95	890953									
Himalayan Cedarwood & Haiti Amyris Candle	1x1p	3.00 V		4.95	890954									
Juniper & Pine Aromapot Candle	1x1p	3.00 V		4.95	890955									
Lavender Aromapot Candle	1x1p	3.00 V		4.95	890957									
Mandarin Aromapot Candle	1x1p	3.00 V		4.95	890960									
May Chang Aromapot Candle	1x1p	3.00 V		4.95	890962									
Orange & Clove Aromapot Candle	1x1p	3.00 V		4.95	890965									
Patchouli Aromapot Candle	1x1p	3.00 V		4.95	890968									
Rosemary & Thyme Aromapot Candle	1x1p	3.00 V		4.95	890971									
Tea Tree & Geranium Aromapot Candle	1x1p	3.00 V		4.95	890977									
Ylang Ylang Aromapot Candle	1x1p	3.00 V		4.95	890980									
* <u>incognito - www.lessmosquito.com</u>														
Citronella Incense Sticks	10x10	20.50 V		3.49	890990									
see the Toiletries & Natural Remedies section for the rest of this anti-insect range														
* <u>Nutley Hall Beeswax Candles</u>														
Birthday Candles 60mm x 8mm	1x12	2.25 V		3.47	891005									
Normal Candles 160mm x 20mm	5xpair	12.50 V		3.86	891015									
Stubby Candles 55mm x 30mm	5x1	6.90 V		2.14	891020									
Big Candles 250mm x 23mm	5x1	10.00 V		3.09	891025									
* <u>Wonderworld www.wonderworld.co.uk</u>														
Amber Incense Sticks	12x20	5.05 V		0.65	857805									
Autumn Harmony Incense Sticks	12x20	5.05 V		0.65	857810									
Eucalyptus Incense Sticks	12x20	5.05 V		0.65	857815									
Geranium Incense Sticks	12x20	5.05 V		0.65	857820									
Himalayan Cedar Incense Sticks	12x20	5.05 V		0.65	857825									
Jasmine Incense Sticks	12x20	5.05 V		0.65	857830									
Lemongrass Incense Sticks	12x20	5.05 V		0.65	857832									
Lotus Incense Sticks	12x20	5.05 V		0.65	857834									
Musk Incense Sticks	12x20	5.05 V		0.65	857835									
Myrrh Incense Sticks	12x20	5.05 V		0.65	857840									
Nectar Incense Sticks	12x20	5.05 V		0.65	857845									
Patchouli Incense Sticks	12x20	5.05 V		0.65	857850									
Pine Incense Sticks	12x20	5.05 V		0.65	857855									
Rose Incense Sticks	12x20	5.05 V		0.65	857860									
Sandalwood Incense Sticks	12x20	5.05 V		0.65	857865									
Indian Summer (Tube Rose) Incense Sticks	12x20	5.05 V		0.65	857870									
Spring Bouquet (Vetivert) Incense Sticks	12x20	5.05 V		0.65	857875									
■ Feminine Hygiene (NB 5% VAT) & Lube														
* <u>Faith in Nature</u>														
www.faithfeminine.co.uk														
◆ Feminine Wipes	12x15wipes	18.20 V		2.49	900355									
◆ Feminine Wash	6x200ml	14.05 V		3.99	900310									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Mooncup Ltd - www.mooncup.co.uk</u>															
"Best Buy" - Ethical Consumer Magazine															
Mooncup size A		1x1p	12.40 V		19.99	900490									
Mooncup size B		1x1p	12.40 V		19.99	900492									
Mooncup point of sale leaflet available free of charge - please quote code:															
Mooncup leaflet stand with attached sample - free of charge - please quote code:															
Mooncup A4 Poster - free of charge - please quote code:															
Mooncup A3 Poster - free of charge - please quote code:															
Mooncup Staff Training Guide - free of charge - please quote code:															
* <u>Natracare www.natracare.com</u>															
Certified Organic 100% Cotton Tampons															
Regular Tampons	organic	12x20	20.50 V	2.39		900505									
Regular Tampons	organic	20x10	21.30 V	1.49		900506									
Regular Applicator Tampons	organic	12x16	23.05 V	2.69		900507									
Super Tampons	organic	12x20	21.35 V	2.49		900510									
Super Tampons	organic	20x10	22.70 V	1.59		900512									
Super Applicator Tampons	organic	12x16	23.90 V	2.79		900513									
Super-PLUS Tampons	organic	12x20	23.05 V	2.69		900514									
* <u>Natracare www.natracare.com</u>															
Natural Pads & Panty Liners															
Cotton Panty Liners	organic	16x22	21.20 V	1.99		900511									
Breathable Panty Liners		15x30	14.90 V	1.49		900515									
Curved Panty Liners		16x30	17.45 V	1.59		900516									
Tanga-style Panty Liners		16x30	17.45 V	1.59		900518									
Night Time Pads		12x10	15.25 V	1.99		900517									
Slender Pads		12x20	14.45 V	1.89		900520									
Regular Curved Pads		12x14	12.20 V	1.59		900525									
Super Pads		12x12	12.15 V	1.59		900530									
Regular Ultra Pads with Wings		12x14	17.55 V	2.19		900535									
Super Ultra Pads with Wings		12x12	17.55 V	2.19		900537									
Ultra Pads with Wings - Long		12x10	17.55 V	2.19		900538									
Ultra Pads Super Plus		12x12	17.55 V	2.19		900539									
Natracare Feminine Hygiene Leaflets - free of charge - please quote code:															
* <u>Natracare - wipes</u>															
Intimate Wipes Sachet	organic	24x12p	27.25 V	1.95		900540									
* <u>Natracare - incontinence</u>															
No VAT should be charged to end user, only between businesses															
Dry & Light Incontinence Pads		6x20	12.60	2.99		900570									
* <u>Natracare - maternity</u>															
Maternity Pads		10x10	14.60 V	2.19		900580									
Nursing Pads		12x25	15.65 V	2.14		900585									
* <u>Organyc Applicator Tampons</u>															
Regular Applicator Tampons	organic	6x16	13.15 V	3.29		900210									
Super Applicator Tampons	organic	6x14	13.55 V	3.39		900215									
Super Plus Applicator Tampons	organic	6x14	13.95 V	3.49		900220									
* <u>Organyc Digital Tampons</u>															
Regular Digital Tampons	organic	40x16	74.40 V	2.79		900230									
Super Digital Tampons	organic	30x16	57.80 V	2.89		900235									
Super Plus Digital Tampons	organic	30x16	59.80 V	2.99		900240									
* <u>Organyc Pads</u>															
Pads for Moderate Flow - travel pack	organic	12x10	22.80 V	2.85		900250									
Pads for Heavy Flow - travel pack	organic	12x10	23.95 V	2.99		900255									
Pads for Moderate Flow - flat pack	organic	12x10	19.15 V	2.39		900260									
* <u>Organyc Panty Liners</u>															
Panty Liners for Light Flow - travel pack	organic	12x24	22.80 V	2.85		900270									
Panty Liners for Light Flow - flat pack	organic	12x24	20.40 V	2.55		900275									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Yes - Intimate Organic Lubricants - www.yesyesyes.org</u>														
Water Based Intimate Lubricant	organic 6x25ml	21.00 V	5.37	900650										
Water Based Intimate Lubricant	organic 2x75ml	20.45 V	15.65	900655										
Water Based Intimate Lubricant	organic 2x125ml	29.35 V	22.50	900660										
Oil Based Intimate Lubricant	organic 6x25ml	21.00 V	5.37	900665										
Oil Based Intimate Lubricant	organic 2x75ml	20.45 V	15.65	900670										
Oil Based Intimate Lubricant	organic 2x125ml	29.35 V	22.50	900675										
■ Re-Cycled Paper, Cotton & Plastic Products														
* <u>Cotton Soft - www.cloudybaycotton.com</u>														
Cotton Toilet Tissue - 3 ply	12x4p	21.20 V	2.71	910605										
Cotton Facial Tissue - 3 ply	24x90p	28.40 V	1.81	910610										
Cotton Pocket Tissues - 4 ply	12x6x9p	13.50 V	1.73	910615										
Cotton Kitchen Roll - 2 ply	12x2p	20.55 V	2.63	910620										
* <u>Ecover</u>														
Kitchen Waste Compostable Bags	20x10bgs	26.80 V	2.05	910655										
* <u>Essential Trading</u>														
On offer for September and October at the price below representing 20% off list - Essential Soft and Strong Toilet Tissue, 100% recycled and now in compostible packaging.														
□ Soft & Strong Toilet Tissue	10x4	11.70 V	1.79	910705										
* <u>Suma Wholefoods - www.suma.co.uk</u>														
EcoSoft Toilet Tissue	10x4	13.30 V	2.04	911006										
EcoLeaf Toilet Tissue	5x9	14.35 V	4.40	910995										
EcoLeaf Bulk Toilet Tissue	5x12	18.50 V	5.67	910998										
Premium Kitchen Towels	12x2	11.85 V	1.51	911010										
* <u>Suma Refuse Sacks - min 50% post-consumer</u>														
▲ Black Bin Liners - 50% recycled	12x8	10.35 V	1.32	912005										
Black Bin Liners - 50% recycled	1x200	22.95 V	35.19	912010										
* <u>Symphony Environmental Co - www.degradable.net</u>														
Black Dustbin Liners - 100% degradable plastic	24x10	18.55 V	1.19	912030										
* <u>Traidcraft Tissues</u>														
Family Facial Tissues - 2 ply	24x150	21.60 V	1.38	912050										
■ Publications														
* <u>Brook Katz - vegan cookbook</u>														
New Favourites - Classic Int. Vegan Cuisine	1x1	2.40	3.59	950597										
New Favourites - Classic Int. Vegan Cuisine	4x1	8.70	3.25	950598										
* <u>Lunar Organics - In Tune With The Moon - Erika Pepe</u>														
Organic Gardening Calendar & Booklet	1x1	5.70 V	8.76	950590										
* <u>Orangeburst - all Charts in cardboard tubes</u>														
So What Do You Eat - cook book	1x1	9.70	12.45	950605										
Natural Cleaning Solutions Chart	1x1	2.10 V	3.86	950606										
Natural First Aid Chart	1x1	2.10 V	3.86	950607										
Nutritional Chart	1x1	2.10 V	3.86	950610										
Woman's Healing Herb Chart	1x1	2.10 V	3.86	950615										
Rainbow Food Activity Chart	1x1	2.95 V	4.85	950620										
Yoga Chart	1x1	2.10 V	3.86	950625										
* <u>Bill Statham - E numbers explained</u>														
What's Really In Your Basket?	1x1	4.20	5.99	950705										
* <u>Yaoh</u>														
Off The Hoof	10x1	27.70	3.95	950725										

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
■ Packaging														
* <u>Paper Bags</u>														
Paper bags "3lb" - 150x215x310mm	250	11.25	V 0.05		970505									
Paper bags "7lb" - 175x290x340mm	250	15.15	V 0.06		970510									
* <u>Polyprop Bags</u>														
Bags 75x110x195mm (polyprop)	1000	34.75	V 0.03		971010									
Bags 76x127x229mm (polyprop)	1000	28.75	V 0.03		971015									
Bags 89x152x279mm (polyprop)	1000	31.35	V 0.03		971020									
Bags 152x203x305mm (polyprop)	1000	48.45	V 0.05		671026									
■ Organic Cotton Products														
* <u>Bo Weevil - Eco Cotton</u>														
Pleated Cotton Wool	organic 10x50g	9.15	V	1.46	973025									
Cotton Wool Pads	organic 12x50pcs	12.05	V	1.60	973030									
Net Cotton Shopping Bags	organic 1x1	2.10	V	3.35	973035									
Canvas shopping bags	organic 1x1	4.75	V	7.59	973040									
* <u>Simply Gentle Cotton Wool</u>														
Cotton Wool Balls	organic 12x100pcs	16.75	V	2.23	973050									
Cotton Wool Buds	organic 24x200pcs	34.90	V	2.32	973055									
Cotton Wool Pads	organic 12x100pcs	16.75	V	2.23	973060									
Cotton Wool Pleats	organic 12x100gm	17.45	V	2.32	973065									
Simply Gentle free information leaflet - please quote code:					973067									
■ Alcoholic Drinks														
NB since October'06 a licence to sell alcohol includes all alcoholic products (no separation of wines, beers & spirits)														
* <u>Aspall</u>														
◆ Suffolk Cyder Dry 7%	organic 12x500ml	21.30	V	2.72	980305									
* <u>Black Isle Brewery - Vegan</u>														
▲ Porter - bottle conditioned - 4.6% abv	organic 12x500ml	19.95	V	2.56	980105									
▲ Red Kite Ale - 4.2% abv	organic 12x500ml	19.50	V	2.50	980110									
▲ Yellowhammer Bitter - 4% abv	organic 12x500ml	19.50	V	2.50	980115									
* <u>Bonterra Red - vegetarian</u>														
Shiraz/Carignane 13.5% abv - 2004/5	organic 6x750ml	41.25	V	10.58	980150									
Cabernet Sauvignon - 13.9%abv - 2005	organic 6x750ml	48.55	V	12.45	980155									
Merlot - 13.9%abv - 2004/5	organic 6x750ml	48.55	V	12.45	980160									
* <u>Bonterra White - vegan</u>														
Chardonnay/Sauvignon Blanc - 13% abv - 2005	organic 6x750ml	41.25	V	10.58	980175									
Chardonnay - 13.5%abv - 2005	organic 6x750ml	48.55	V	12.45	980180									
Viognier - 14%abv - 2006	organic 6x750ml	51.15	V	13.12	980185									
* <u>Brakspear - vegan</u>														
Oxford Gold Beer 4.6% abv	organic 8x500ml	11.35	V	2.18	980435									
* <u>Broughton Pastures Fruit Wine - www.broughtonpastures.co.uk</u>														
Blackberry Wine - vegan	organic 6x750ml	30.25	V	7.73	980320									
Blackcurrant Wine - vegan	organic 6x750ml	30.25	V	7.73	980322									
Elderberry Wine - vegan	organic 6x750ml	30.25	V	7.73	980325									
Elderflower Wine (still) - vegan	organic 6x750ml	30.25	V	7.73	980327									
Ginger Wine - vegan - FairTrade	organic 6x750ml	30.25	V	7.73	980330									
Gooseberry Wine - vegan	organic 6x750ml	30.25	V	7.73	980331									
Mead - vegetarian - FairTrade	organic 6x750ml	30.25	V	7.73	980332									
Broughton Pastures free information leaflet - please quote code:					980337									
* <u>Cannabia - vegan</u>														
Hemp Beer 5% abv	organic 12x330ml	17.35	V	2.22	980405									

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
	* <u>Daas</u>															
	Blond Premium Belgian Beer - 6.5%abv	organic	24x330ml	38.95	V	2.49	980407									
	Witte Premium Belgian Beer - 5.0%abv	organic	24x330ml	38.95	V	2.49	980408									
	* <u>Duchy Originals - www.duchyoriginals.com</u>															
	Ale 5% abv - vegetarian	organic	12x500ml	16.85	V	2.15	980415									
	* <u>Dunkerton's - vegan</u>															
	Black Fox Cider 7% abv	organic	12x500ml	18.05	V	2.31	980443									
	Premium Organic Cider 6.8% abv	organic	12x500ml	17.55	V	2.24	980445									
	* <u>Hepworth Brewery - Vegan</u>															
▲	Blonde - lager 5%abv - large	organic	12x660ml	22.15	V	2.83	980475									
▲	Blonde - lager 5%abv - small	organic	24x330ml	22.75	V	1.45	980480									
▲	Prospect Pale Ale - 4.5%abv - bottle conditioned	organic	12x500ml	17.30	V	2.23	980485									
	* <u>Mason & Mason Wines - Red - Vegan</u>															
	Chianti 2006	organic	12x750ml	99.85	V	12.76	980605									
	Costières de Nîmes 2006	organic	6x750ml	36.80	V	9.40	980610									
	Macatela Tinto 2006/07 - 12%	organic	6x750ml	27.40	V	7.00	980615									
	Tizac Malbec 2006 - 13.8% abv	organic	12x750ml	78.85	V	10.06	980620									
	* <u>Mason & Mason Wines - White</u>															
	Macatela Blanco 2006/07 - 11% abv - vegan	organic	6x750ml	27.40	V	7.00	980652									
	Noemus Blanco 2006/07 - 12.5%abv - vegetarian	organic	6x750ml	38.65	V	9.89	980655									
	Sancerre Blanc 2006 vegan	organic	6x750ml	64.95	V	16.62	980680									
	* <u>Mason & Mason Wines - Sparkling</u>															
	Prosecco - 11% abv - vegetarian	organic	6x750ml	51.40	V	13.14	980692									
	* <u>Red Rock Brewery</u>															
	Rushy Mede - premium pale ale 4.4%abv	organic	12x500ml	15.60	V	1.99	980575									
	* <u>River Cottage - Vegan</u>															
	Stinger Ale - 4.5%abv	organic	8x500ml	13.75	V	2.64	980705									
	* <u>Samuel Smith - vegan</u>															
	Lager 5% abv	organic	12x550ml	18.95	V	2.42	980815									
	Best Ale 5% abv	organic	12x550ml	18.95	V	2.42	980820									
	* <u>Sedlescombe Vineyard - English Vegan Wines</u>															
	Dry White Wine 11.5%abv	organic	6x750ml	37.45	V	9.74	980835									
	Cuvée Bodiam Brut - Sparkling White 12.5%abv	organic	6x750ml	68.55	V	17.51	980837									
	Red Wine 12%abv	organic	6x750ml	55.90	V	14.28	980840									
	* <u>Sonop - FairTrade</u>															
	Chardonnay 12.5%abv FairTrade vegan	organic	6x750ml	31.30	V	7.99	980293									
	* <u>The Organic Spirits Company</u>															
	Juniper Green Gin 37.5%abv	organic	6x700ml	71.10	V	18.17	980295									
	Utkins UK5 Vodka 37.5%abv	organic	6x700ml	71.10	V	18.17	980296									
	Papagayo White Rum 37.5%abv	organic	6x700ml	74.95	V	19.15	980297									
	Papagayo Spiced Rum 37.5% abv	organic	6x700ml	74.95	V	19.15	980298									
	Highland Harvest Scotch Whisky 40% abv	organic	6x700ml	98.75	V	25.24	980299									
	* <u>The Organic Spirits Company - FairTrade - Single Estate</u>															
	Utkins FairTrade White Rum 37.5% abv	organic	6x700ml	74.55	V	19.05	980315									
	* <u>Vintage Roots - French Wine - www.vintageroots.co.uk</u>															
☆	Blanc - Bordeaux - vegetarian	organic	12x750ml	58.60	V	7.49	983075									
	Rosé - La Mancha	organic	6x750ml	29.30	V	7.49	983080									
	Rouge - Cotes de Thongues - vegan	organic	12x750ml	58.60	V	7.49	983085									
	* <u>Vintage Roots - Spanish Wine - vegan</u>															
	Blanco - La Mancha	organic	12x750ml	58.60	V	7.49	983125									
	Tinto - La Mancha	organic	12x750ml	58.60	V	7.49	983130									

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Westons - vegan - www.westons-cider.co.uk</u>															
Cider 6.5% abv	organic	12x500ml	18.25	V	2.33	983050									
Pear Cider (Perry) 6%abv	organic	12x500ml	18.25	V	2.33	983055									
■ Pre-packed Herbs and Spices															
* <u>chillipepperpete (was b.right.on) - dried chilli</u>															
Smokey Chipotle Chilli - whole		6x40g	11.40		2.53	990130									
Smoked Paprika - ground		6x50g	9.50		2.11	990140									
17 Different Dried Chilli		1x100g	8.85		11.80	990155									
6 Different Dried Chilli		1x50g	4.40		5.87	990160									
* <u>Chiman's Indian Spice Blends</u>															
Aloo Gobi Spice Blend	organic	6x21g	7.20		1.60	990162									
Bean Curry Spice Blend	organic	6x28g	7.20		1.60	990165									
Bombay Potato Spice Blend	organic	6x28g	7.20		1.60	990167									
Cauliflower & Spinach Spice Blend	organic	6x28g	7.20		1.60	990170									
Curried Eggs Spice Blend	organic	6x21g	7.20		1.60	990172									
Dal Spice Blend	organic	6x14g	7.20		1.60	990175									
Spicy Chickpea Spice Blend	organic	6x28g	7.80		1.73	990177									
Spicy Mushroom & Peas Spice Blend	organic	6x14g	7.20		1.60	990180									
Spicy Vegetable Soup Spice Blend	organic	6x14g	7.20		1.60	990182									
one of each Chiman's + free wood retail rack	organic	9c/s	65.40			990185									
* <u>Crazy Jack</u>															
Allspice - ground	organic	6x25g	4.90		1.09	991010									
Basil - rubbed	organic	6x20g	4.90		1.09	991015									
Bay Leaves	organic	6x10g	4.90		1.09	991020									
Caraway Seed	organic	6x30g	4.90		1.09	991025									
Cardamom - whole green	organic	6x15g	4.90		1.09	991030									
Cayenne	organic	6x30g	4.90		1.09	991032									
Celery Seed	organic	6x35g	4.90		1.09	991035									
Chilli Powder	organic	6x25g	4.90		1.09	991040									
Cinnamon - bark	organic	6x20g	4.90		1.09	991045									
Cinnamon - ground	organic	6x30g	4.90		1.09	991050									
Cloves - whole	organic	6x30g	4.90		1.09	991055									
Coriander Seed	organic	6x40g	4.90		1.09	991060									
Coriander - ground	organic	6x40g	4.90		1.09	991065									
Cumin Seed	organic	6x25g	4.90		1.09	991070									
Cumin - ground	organic	6x25g	4.90		1.09	991075									
Dill Herb	organic	6x20g	4.90		1.09	991080									
Fennel Seed	organic	6x35g	4.90		1.09	991085									
Fenugreek Seed	organic	6x35g	4.90		1.09	991090									
Garam Masala	organic	6x30g	4.90		1.09	991095									
Garlic - granules	organic	6x25g	4.90		1.09	991105									
Ginger - ground	organic	6x30g	4.90		1.09	991110									
Juniper Berries	organic	6x35g	4.90		1.09	991115									
Marjoram	organic	6x20g	4.90		1.09	991120									
Mint	organic	6x15g	4.90		1.09	991125									
Mixed Herbs	organic	6x20g	4.90		1.09	991130									
Mixed Spice	organic	6x30g	4.90		1.09	991135									
Mustard Seed - black	organic	6x50g	4.90		1.09	991140									
Nutmeg - whole	organic	6x25g	4.90		1.09	991145									
Nutmeg - ground	organic	6x25g	4.90		1.09	991150									
Oregano	organic	6x20g	4.90		1.09	991155									
Paprika	organic	6x25g	4.90		1.09	991160									
Parsley	organic	6x15g	4.90		1.09	991165									
Peppercorns Black	organic	6x30g	4.90		1.09	991170									
Ground Black Pepper	organic	6x25g	4.90		1.09	991172									
Poppy Seed Blue	organic	6x40g	4.90		1.09	991175									
Rosemary - cut	organic	6x20g	4.90		1.09	991180									
Sage - rubbed	organic	6x25g	4.90		1.09	991185									
Tarragon - cut	organic	6x12g	4.90		1.09	991190									
Thyme	organic	6x25g	4.90		1.09	991195									
Turmeric - ground	organic	6x30g	4.90		1.09	991205									
Vanilla Pods	organic	6x2 pods	15.70		3.49	991202									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Hambleden</u>																
▲	Ground Allspice - Guatemala	organic	6x20g	8.40		1.99	990203									
▲	Basil - S. Africa	organic	6x10g	7.15		1.69	990205									
▲	Bay Leaf - Spain	organic	6x7g	7.15		1.69	990210									
▲	Caraway Seed - Holland	organic	6x25g	7.15		1.69	990220									
▲	Cardamom Pods - Guatemala	organic	6x15g	7.15		1.69	990225									
▲	Ground Chilli - Malawi	organic	6x25g	7.15		1.69	990230									
▲	China Cuisine Spice - several	organic	6x25g	7.15		1.69	990240									
▲	Ground Cinnamon - Madagascar	organic	6x20g	7.15		1.69	990250									
▲	Cinnamon Quills - Sri Lanka	organic	6x20g	7.15		1.69	990255									
▲	Cloves - Sri Lanka	organic	6x20g	7.15		1.69	990260									
▲	Ground Cloves - Sri Lanka	organic	6x25g	8.40		1.99	990265									
▲	Coriander Leaf - Egypt	organic	6x10g	7.15		1.69	990270									
▲	Coriander Seed - Spain	organic	6x20g	7.15		1.69	990275									
▲	Ground Coriander - Spain	organic	6x20g	7.15		1.69	990280									
▲	Cumin Seed - Turkey	organic	6x20g	7.15		1.69	990285									
▲	Ground Cumin - Turkey	organic	6x20g	7.15		1.69	990290									
▲	Dill Tops - Hungary	organic	6x15g	8.40		1.99	990300									
▲	Fennel Seed - Egypt	organic	6x20g	7.15		1.69	990305									
▲	Fenugreek Seed - Pakistan	organic	6x25g	7.15		1.69	990310									
▲	Garam Masala - several	organic	6x25g	7.15		1.69	990315									
▲	Ground Garlic - USA	organic	6x25g	7.15		1.69	990320									
▲	Ground Ginger - Pakistan	organic	6x20g	7.15		1.69	990325									
▲	Herbes de Provence - France	organic	6x12g	7.15		1.69	990330									
▲	Hot Spice - several	organic	6x25g	7.15		1.69	990335									
▲	Juniper Berry - Croatia	organic	6x15g	7.15		1.69	990340									
▲	Lemon Grass - Malawi	organic	6x15g	7.15		1.69	990345									
▲	Ground Mace - Sri Lanka	organic	6x25g	8.40		1.99	990355									
▲	Marjoram - Egypt	organic	6x10g	7.15		1.69	990360									
▲	Mint - Egypt	organic	6x12g	7.15		1.69	990365									
▲	Mixed Herbs - several	organic	6x12g	7.15		1.69	990370									
▲	Mixed Spice - several	organic	6x20g	7.15		1.69	990375									
	Mulling Spices (in "tea" bags) - several	organic	6x20g	16.45		3.89	990380									
▲	Mustard Seed - Brown - Canada	organic	6x30g	7.15		1.69	990385									
▲	Mustard Seed - Yellow - Holland	organic	6x30g	7.15		1.69	990390									
▲	Ground Mustard - Yellow - Holland	organic	6x30g	7.15		1.69	990395									
▲	Nutmeg - Whole - Sri Lanka	organic	6x20g	8.40		1.99	990400									
▲	Ground Nutmeg - Sri Lanka	organic	6x25g	8.40		1.99	990405									
▲	Oregano - Argentina	organic	6x12g	7.15		1.69	990410									
▲	Ground Paprika - Hungary	organic	6x25g	8.40		1.99	990415									
▲	Parsley - Hungary	organic	6x10g	7.15		1.69	990420									
▲	Peppercorns - Black - India	organic	6x25g	7.15		1.69	990425									
▲	Black Ground Pepper - India	organic	6x25g	7.15		1.69	990430									
▲	Peppercorns - White - Sri Lanka	organic	6x25g	8.40		1.99	990435									
▲	Rosemary - Spain	organic	6x20g	7.15		1.69	990445									
▲	Sage - Croatia	organic	6x12g	7.15		1.69	990450									
▲	Star Anise - Vietnam	organic	6x12g	7.15		1.69	990460									
▲	Tarragon - Spain	organic	6x12g	7.15		1.69	990465									
▲	Thyme - Spain	organic	6x15g	7.15		1.69	990470									
▲	Ground Turmeric - Pakistan	organic	6x20g	7.15		1.69	990480									
	Vanilla Pods - Madagascar	organic	6x2pods	24.60		5.99	990485									
	Vanilla Powder - Madagascar	organic	6x10g	24.60		5.99	990490									
* <u>Kitchen Garden</u>																
	Ground Allspice	organic	6x25g	7.95		1.77	992205									
	Basil	organic	6x10g	2.95		0.66	992210									
	Bay Leaf	organic	6x4g	2.95		0.66	992215									
	Cardamom Pods	organic	6x20g	6.00		1.33	992220									
	Crushed Chilli	organic	6x26g	4.00		0.89	992225									
	Ground Cinnamon	organic	6x33g	4.00		0.89	992230									
	Cinnamon Quills	organic	6x13g	4.45		0.99	992235									
	Cloves	organic	6x24g	4.00		0.89	992240									
	Ground Cloves	organic	6x36g	4.90		1.09	992245									
	Coriander Seed	organic	6x27g	4.00		0.89	992250									
	Curry Powder - Mild	organic	6x34g	2.95		0.66	992252									
	Ground Coriander	organic	6x31g	2.95		0.66	992255									
	Dill Tops	organic	6x11g	3.10		0.69	992265									
	Fenugreek Seed	organic	6x58g	4.00		0.89	992270									
	Garam Masala	organic	6x31g	4.00		0.89	992275									
	Ground Garlic	organic	6x43g	4.00		0.89	992280									
	Ground Ginger	organic	6x26g	4.90		1.09	992285									
	Herbes Provençal	organic	6x11g	2.95		0.66	992290									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Lemon Grass	organic	6x27g	4.00		0.89	992295									
Marjoram	organic	6x10g	2.95		0.66	992305									
Mint	organic	6x11g	2.95		0.66	992310									
Mixed Herbs	organic	6x10g	2.95		0.66	992315									
Mixed Spice	organic	6x22g	4.00		0.89	992320									
Mustard Seed - White	organic	6x37g	4.00		0.89	992330									
Oregano	organic	6x11g	2.95		0.66	992335									
Ground Paprika	organic	6x30g	4.00		0.89	992340									
Parsley	organic	6x11g	2.95		0.66	992345									
Peppercorns - Black	organic	6x31g	6.25		1.39	992350									
Black Ground Pepper	organic	6x37g	7.55		1.68	992355									
Rosemary	organic	6x9g	2.95		0.66	992360									
Sage	organic	6x10g	2.95		0.66	992365									
Star Anise	organic	6x15g	4.00		0.89	992370									
Tarragon	organic	6x10g	7.95		1.77	992375									
Thyme	organic	6x19g	2.95		0.66	992380									
Ground Turmeric	organic	6x22g	4.00		0.89	992385									
Vanilla Pod	organic	6x2g	18.00		4.00	992390									
* <u>Krokos Kozanis</u>															
New, and in the absence of all other organic saffrons, we have the Greek Saffron in Filaments from Krokos Kozanis.															
* Greek Red Saffron in filaments	organic	12x1g	42.75		4.75	992405									
* <u>Ndali - FairTrade (Tropical Wholefoods)</u>															
Ndali Vanilla Pods - test tube pack		6x2p	19.50		4.33	995960									
■ Bulk Herbs and Spices															
* <u>Midland Herb & Spice (& others) - Culinary</u>															
Allspice (Pimento) Whole		1kg	6.20			995510									
Allspice (Pimento) Ground		1kg	5.90			995515									
Aniseed Star		0.5kg	3.45			995523									
Arrowroot		1kg	2.55			995525									
Basil		1kg	2.90			995530									
Bay Leaves		1kg	5.25			995535									
Bouquet Garni		1kg	4.70			995540									
Caraway Seed		1kg	3.20			995545									
Cayenne Pepper		1kg	2.65			995550									
Cardamom Pods		0.5kg	4.95			995555									
Cardamom Ground		0.5kg	5.35			995560									
Celery Seed		1kg	2.15			995565									
Celery Salt		1kg	1.30			995570									
Chillies Whole		1kg	5.25			995575									
Chillies Ground		1kg	2.55			995580									
Chinese Five Spice		0.5kg	2.55			995585									
Chives		0.5kg	4.40			995590									
Cinnamon Quills		0.5kg	5.45			995595									
Cinnamon Ground		1kg	2.45			995600									
Cloves Whole		0.5kg	2.70			995605									
Cloves Ground		0.5kg	2.60			995610									
Coriander Seed		1kg	2.45			995615									
Coriander Ground		1kg	2.45			995620									
Cumin Seed		1kg	4.30			995625									
Cumin Ground		1kg	3.85			995630									
Curry Medium		1kg	2.55			995635									
Curry Hot		1kg	2.55			995645									
Dill Seed		1kg	2.35			995650									
Dill Weed		0.5kg	5.05			995655									
Fennel Seed		1kg	2.70			995660									
Fenugreek Seed		1kg	1.70			995675									
Fenugreek Ground		1kg	1.70			995680									
Garam Masala		1kg	4.30			995685									
Garlic Powder		1kg	1.95			995690									
Garlic Salt		1kg	1.50			995695									
Ginger Ground		1kg	2.55			995705									
Herb Provencal		1kg	5.05			995710									
Juniper Berries		1kg	9.30			996060									
Lemongrass		1kg	4.95			995717									
Mace Ground		0.5kg	5.80			995725									
Marjoram		1kg	3.65			995730									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Mint	1kg	3.85			995735									
Mixed Herbs	1kg	4.95			995740									
Mixed Spice	1kg	2.60			995745									
Mustard Seed Black	1kg	2.05			995750									
Mustard Seed Yellow	1kg	2.25			995755									
Mustard Ground	1kg	3.65			995760									
Nutmeg Whole	1kg	10.25			995765									
Nutmeg Ground	1kg	9.65			995770									
Oregano	1kg	6.20			995775									
Paprika Spanish	1kg	2.75			995785									
Parsley	1kg	5.95			995790									
Peppercorns Black	1kg	4.70			995795									
Pepper Black Ground	1kg	4.05			995805									
Peppercorns White	1kg	5.65			995810									
Pepper White Ground	1kg	5.65			995815									
Peppercorns - Black, White, Green & Pink	0.5kg	3.10			995823									
Pickling Spice	1kg	3.65			995825									
Poppy Seed - Blue	1kg	5.80			995830									
Poppy Seed - Blue	3kg	17.65			995835									
Rosemary	1kg	2.90			995840									
▲ Saffron	12x1g	29.95		3.33	995845									
Sage	1kg	4.70			995855									
Tarragon	0.5kg	9.05			995870									
Thyme	1kg	5.35			995875									
Turmeric - Ground	1kg	1.95			995880									
Vanilla Pods	12x1	6.95		0.77	995885									
* <u>Midland Herb & Spice Herbal Teas and Remedies</u>														
Chamomile Matricaria	1kg	6.95			996015									
Dandelion Leaf	0.5kg	3.05 V			996035									
Elderflowers	0.5kg	7.00			996040									
Eyebright	0.5kg	6.50 V			996045									
Hibiscus Fine	0.5kg	4.00			996050									
Kelp Powder	1kg	4.50 V			996062									
Lavender Flowers	0.5kg	5.45 V			996065									
Lemon Balm	0.5kg	3.60			996070									
Lemon Verbena Superior	0.5kg	8.85			996075									
Liquorice Root Sticks	1kg	7.50			996080									
Lime Flowers	0.5kg	7.15			996085									
Nettle Leaves	0.5kg	2.65 V			996100									
Orris Root - Ground	0.5kg	18.85 V			996105									
Peppermint	1kg	4.50			996110									
Raspberry Leaf	0.5kg	2.90 V			996115									
Rosehip Fine Cut	0.5kg	4.15			996120									
Senna Pods	1kg	3.85 V			996122									
Slippery Elm	0.5kg	13.15 V			996125									
* <u>Organic Herb Trading Co. www.organicherbtrading.com</u>														
Quassia Bark Chips	wildcraft	1kg	8.00 V		993103									
Spirulina - Hawaiian		1kg	34.00 V		993123									
* <u>Organic Herb Trading Co. www.organicherbtrading.com</u>														
Basil	organic	1kg	5.50		993010									
Caraway Seed	organic	1kg	7.50		993012									
Celery Seed	organic	1kg	10.50		993013									
Chamomile Flowers	organic	1kg	11.00		993015									
Chilli Powder	organic	1kg	10.00		993017									
Cinnamon Powder	organic	1kg	11.50		993020									
Clove Bud Whole	organic	1kg	10.00		993022									
Coriander Seed	organic	1kg	8.00		993026									
Cumin Seed	organic	1kg	9.50		993030									
Dill Herb	organic	1kg	16.00		993032									
Fennel Seed	organic	1kg	7.00		993035									
Fenugreek Seed	organic	1kg	6.00		993037									
Ginger Powder	organic	1kg	9.50		993040									
Hot Spice Powder	organic	1kg	10.50		993045									
Mixed Herbs	organic	1kg	12.00		993050									
Mixed Spice Powder	organic	1kg	16.00		993060									
Mustard Ground Yellow	organic	1kg	9.50		993063									
Mustard Seed Brown	organic	1kg	6.00		993065									
Nutmeg Ground	organic	1kg	26.50		993067									
Oregano	organic	1kg	10.50		993070									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
Paprika	organic	1kg	16.50			993080									
Parsley	organic	1kg	9.50			993090									
Peppercorns Black Whole	organic	1kg	9.50			993100									
Peppercorns Black Ground	organic	1kg	11.00			993101									
Peppermint	organic	1kg	8.00			993105									
Psidium Husk	organic	1kg	11.00	V		993102									
Rosemary cut	organic	1kg	6.50			993110									
Sage	organic	1kg	8.00			993120									
Thyme	organic	1kg	11.50			993130									
Turmeric	organic	1kg	8.00			993140									
Vanilla Pods	organic	200g	17.00			993150									
■ Christmas Products															
<i>First of all, apologies if you are reading this at the start of September - it's absurdly early to be thinking about Christmas - but this catalogue runs through to 31st October and I know a lot of you will be wanting to plan your displays by then. In the spirit of experimentation we have reverted to a Christmas section containing both dedicated seasonal products and a distillation of Christmas related products from throughout the catalogue. I'm sure I've missed plenty, but would draw your attention to the Candles and Alcohol sections particularly for your festive displays</i>															
* <u>Booja Booja - Vegan - winner of 24 awards!</u>															
<i>It's always worth keeping Booja Booja in mind at Christmastime as they cover the present requirements right from acquaintance (4.99) to significant-other-with-a-xmas-party-to-apologise-for (the beautiful hand painted luxury gift box at £45)</i>															
Around Midnight Espresso Truffles	organic	12x80g	39.10	V	4.99	766177									
Champagne Truffles	organic	6x150g	33.15	V	8.49	766180									
Cognac Flambéed Banana Truffles	organic	12x80g	39.10	V	4.99	766185									
Ginger Wine Truffles	organic	12x80g	39.10	V	4.99	766190									
Gourmet Chocolate selection	organic	4x220g	31.25	V	11.99	766195									
Hazelnut Crunch Truffle - small	organic	12x80g	39.10	V	4.99	766175									
Hazelnut Crunch Truffle - large	organic	4x220g	31.25	V	11.99	766198									
Luxury Gift Box	organic	2x355g	58.65	V	44.99	766197									
* <u>Carley's Organic Foods - www.carleys.co.uk</u>															
<i>New for the festive season from John Carley we have Organic Spicy Roasted Mixed Nuts. Impress your guests with these agave sweetened, pepper and paprika spiced, and Cornish sea salted almonds, cashews, brazils, hazels, macadamias and pine nuts in a jar.</i>															
* Spicy Roasted Mixed Nuts - small	organic	6x90g	10.00	V	2.65	750255									
* Spicy Roasted Mixed Nuts - large	organic	6x160g	14.95	V	3.95	750260									
* <u>Cocoa Loco - Snowmen</u>															
<i>From Soil Association Organic Food Heroes of 2008 & local Sussex darlings Cocoa Loco we have a range of Xmas goodies ranging from the stocking fillers at 99p - 3.49 to the more substantial gifts at 8.99 (I should perhaps make it clear that you don't have to give them away - you can always eat them yourself). The milk chocolate is creamy as anything with 34% cocoa solids, the white rich with vanilla, and the dark has 73% cocoa solids. The 110g snowmen are not one giant, but a bag of little ones as illustrated in the colour section at the beginning of the catalogue.</i>															
* Dark Chocolate Snowman Lollies	organic	24x15g	15.45	V	0.99	762050									
* Milk Chocolate Snowman Lollies	organic	24x15g	15.45	V	0.99	762055									
* White Chocolate Snowman Lollies	organic	24x15g	15.45	V	0.99	762060									
* Dark Chocolate Snowmen	organic	12x110g	27.30	V	3.49	762065									
* Milk & White Chocolate Snowmen	organic	12x110g	27.30	V	3.49	762070									
* <u>Cocoa Loco - 'Gingerbread' Characters</u>															
<i>I feel I must point out that the Cocoa Loco 'Gingerbread' Characters are not made of gingerbread, or even flavoured with ginger - they are solid chocolate fellers. Strangely I did not feel the same compunction with the snowmen above, but in case you are wondering, they are not made with snow, either. The 110g size is a bag of little ones, the 60g a single colossus.</i>															
* Dark Chocolate 'Gingerbread' Character	organic	12x60g	15.55	V	1.99	762080									
* Milk Chocolate 'Gingerbread' Character	organic	12x60g	15.55	V	1.99	762085									
* White Chocolate 'Gingerbread' Character	organic	12x60g	15.55	V	1.99	762090									
* Little Dark Chocolate 'Gingerbread' Characters	organic	12x110g	27.30	V	3.49	762095									
* Little Milk Chocolate 'Gingerbread' Characters	organic	12x110g	27.30	V	3.49	762100									
* Little White Chocolate 'Gingerbread' Characters	organic	12x110g	27.30	V	3.49	762105									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Cocoa Loco - 12 Days of Christmas Tablets</u>														
"Don't just sing it," they say, "eat it!". From Cocoa Loco this extraordinary artifact: the Twelve Days of Christmas depicted in relief on a bar of chocolate which is not far shy of a sheet of A4. And at 400g, substantially thicker. Available in dark, milk and white varieties, it is displayed beautifully in a shallow, open-fronted, cardboard tray with a ribbon round it. When I took the sample home the family did not complain at all (though, to be fair, the children didn't actually get to see it).														
* 12 Days of Christmas Dark Chocolate Tablet	organic	4x400g	23.45 V	8.99	762125									
* 12 Days of Christmas Milk Chocolate Tablet	organic	4x400g	23.45 V	8.99	762130									
* 12 Days of Christmas White Chocolate Tablet	organic	4x400g	23.45 V	8.99	762135									
* <u>Cocoa Loco - Mendiants</u>														
Finally in the Cocoa Loco Christmas celebration we have, in the three varieties, trays of Mendiants which are (as you know) a traditional French confection composed of a chocolate disk studded with nuts and dried fruits representing the four mendicant or monastic orders of the Dominicans, Augustinians, Franciscans, and Carmelites. I'm not sure how religiously authentic they are (Wiki says that each of the nuts and dried fruits used represent the colour of the monastic robes - raisins for the Dominicans, hazels for the Augustins, fig for the Franciscans, and almond for Carmelite, but adds rather sniffily that "recipes for this confection have veered away from the traditional combination ...") but they do make a lovely gift.														
* Tray of Dark Chocolate Mendiants	organic	6x270g	35.20 V	8.99	762150									
* Tray of Milk Chocolate Mendiants	organic	6x270g	35.20 V	8.99	762155									
* Tray of White Chocolate Mendiants	organic	6x270g	35.20 V	8.99	762160									
* <u>Community</u>														
Vegetable Suet - non hydrogenated		6x250g	6.10	1.36	791580									
* <u>Crazy Jack</u>														
Marzipan	organic	12x250g	32.85	3.65	791605									
* <u>Crazy Jack - candied fruit</u>														
Glacé Cherries - Candied	organic	6x100g	8.95	1.99	100770									
Mixed Peel - Candied	organic	6x100g	8.05	1.79	100772									
* <u>Delouis Fils Organic Mustard</u>														
Dijon Extra Strong Smooth	organic	6x200g	8.85	1.97	391005									
Whole Grain Cyder Vinegar Mustard	organic	6x200g	8.85	1.97	391010									
* <u>Divine - FairTrade</u>														
Back from Divine we have the ever-popular Advent Calendar, joined this year with a vegan dark chocolate version which went very well in our shop last year, and the over-popular chocolate coins. Every year demand outstrips supply on the chocolate coin. Every year we buy more, sell more, can't get any more. Will it be different this year? I'm not holding my breath, so the advice (as on all Xmas lines) remains the same: try to order your considered requirements sooner rather than later as supply may become patchy in the run-in. (If you are reading this at the start of September, then make a note in your diary and get back to the beach. I don't mean order NOW!)														
* Divine Dark Choc Advent Calendars		24x84g	58.70 V	3.75	763553									
* Divine Milk Choc Advent Calendars		24x84g	58.70 V	3.75	763555									
* Divine Milk Chocolate Coin -bag		20x80g	31.15 V	2.39	763563									
* <u>Golden Temple Ayurvedic Yogi Teas</u>														
Do you ever wake up at night wondering how you came to be listing a selection box of Ayurvedic teas vividly packaged in a box featuring a winking beturbanned Santa just about to become airborne in a reindeer-towed sleigh containing only Golden Temple teas? You will (I hope). It's always been a feature of our business that we merrily sell the cakes and puddings and chocolate and wine of the festive season, and then - equally cheerfully - stand at the forefront of the January detox. Well, this product goes one step further. It occupies both camps at exactly the same time! Genius. It looks great, is slightly bizarre, but I bought it so why shouldn't you? (And, by the way, it was a one-off purchase - I can't get any more so when it's gone, it's gone!)														
* Yogi Tea Christmas Collection	organic	8x12x2bgs	20.95	3.49	572033									
* <u>Gran Stead's Ginger Ltd</u>														
Gran Stead's Ginger		6x750ml	14.05 V	3.59	673905									

	Description		size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Green and Black's Gift Range - www.greenandblacks.com</u>																
New from Green & Black's we have a pillow pack of The Miniature Bar Collection (ideal for sleepovers [I'm really sorry about that, but I've been under a bit of stress recently]) and a replacement for the discontinued Mint Chocolate Leaves in the ... Squares.																
	After Dinner Chocolate Squares	organic	6x200g	21.05	V	5.37	764050									
	Miniature Bar Collection (12's)	organic	12x180g	45.85	V	5.86	764058									
*	Miniatures (Pillow Pack 18's)	organic	6x270g	30.60	V	7.82	764053									
*	Mint Chocolate Squares	organic	6x120g	15.30	V	3.91	764055									
	The Assortment - dark, milk & white	organic	6x200g	38.25	V	9.77	764062									
* <u>Hambleton Christmas</u>																
	Frankincense & Myrrh		6x2x20g	10.45	V	3.08	890905									
	Mulling Spices (in "tea" bags) - several	organic	6x20g	16.45		3.89	990380									
* <u>Hambleton Herbs</u>																
▲	Ground Cinnamon - Madagascar	organic	6x20g	7.15		1.69	990250									
▲	Cinnamon Quills - Sri Lanka	organic	6x20g	7.15		1.69	990255									
▲	Cloves - Sri Lanka	organic	6x20g	7.15		1.69	990260									
▲	Ground Ginger - Pakistan	organic	6x20g	7.15		1.69	990325									
▲	Mixed Spice - several	organic	6x20g	7.15		1.69	990375									
▲	Nutmeg - Whole - Sri Lanka	organic	6x20g	8.40		1.99	990400									
▲	Ground Nutmeg - Sri Lanka	organic	6x25g	8.40		1.99	990405									
	Vanilla Pods - Madagascar	organic	6x2pods	24.60		5.99	990485									
* <u>Infinity Pre-Packed Organic Dried Fruit</u>																
See the Dried and Bottled Fruit section near the start of the catalogue for a full range and alternative sizes of Infinity fruit.																
▼	Glacé Cherries - Italy	organic	6x200g	13.50		3.00	7019									
	Cranberries with cane sugar - Greece	organic	6x250g	21.60		4.80	7018									
	Currants - Greece	organic	12x250g	16.15		1.79	7025									
	Dates - FairTrade - Tunisia	organic	12x250g	16.55		1.84	7035									
	Figs - Turkey	organic	12x250g	20.35		2.26	7050									
	Ginger Crystallised - China	organic	12x125g	10.95	V	1.40	7077									
	Mixed Peel - Italy	organic	6x200g	9.90		2.20	7061									
	Mixed Vine Fruit - UK	organic	12x250g	11.15		1.24	7062									
	Pitted Prunes - Chile	organic	12x250g	19.25		2.14	7080									
	Raisins - Turkey	organic	12x250g	11.35		1.26	7095									
	Sultanas - Turkey	organic	12x250g	10.45		1.16	7110									
* <u>Infinity Pre-Packed Organic Nuts</u>																
See the Nuts and Seeds section near the start of the catalogue for a full range and alternative sizes of Infinity nuts.																
	Almonds - Spain	organic	12x250g	24.70		2.74	6020									
	Flaked Almonds - Spain	organic	12x250g	27.05		3.01	6012									
	Ground Almonds - Spain	organic	12x250g	24.95		2.77	6014									
▼	Brazil Nuts - FairTrade - Bolivia	organic	12x250g	17.35		1.93	6032									
	Cashews Whole - Vietnam	organic	12x250g	24.65		2.74	6042									
	Cashews Whole - FairTrade - Burkino Faso	organic	12x250g	28.00		3.11	6036									
	Fruit & Nut Mix	organic	12x250g	19.35		2.15	6047									
	Luxury Cranberry Mix - Various	organic	12x250g	29.65		3.29	6079									
	Nut Mix - FairTrade - Various	organic	6x250g	13.45		2.99	6080									
	Pecans - choice halves - USA	organic	6x250g	19.25		4.28	6093									
	Walnuts Light Halves - India	organic	12x250g	24.70		2.74	6165									
	Walnuts Light Pieces - India	organic	12x250g	20.50		2.28	6150									
* <u>Infinity Foods Mincemeat</u>																
Back for another year's service to the nation's Xmas requirements, the peerless Infinity Organic Mincemeat (if I say so myself). Gluten-free, vegan, and with no added sugar this blend of vine fruits, oranges, lemons and apple with sunflower oil and spices gains in richness what it avoids in over-sweetness. Its reputation is growing by the year and if you haven't tried it, you ought.																
*	Mincemeat - no added sugar	organic	6x400g	14.95		3.35	35105									
*	Mincemeat - no added sugar	organic	3.2kg	18.35	5.73		35110									
*	Mincemeat - no added sugar	organic	10kg	48.65	4.87		35115									

▲ price rise ▼ fall

* new product □ on offer

☆ size or other change

◆ offer ended

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Infinity Foods Christmas Pudding</u>														
Again back in service to the festive populace - Infinity Organic Vegan Gluten-free Christmas Pudding (how many boxes would you like me to tick? No Added Sugar? - consider it done) with pine nuts and Cognac. The total fruit content is 65%. Contentment potential: 100%. Best eaten before a long afternoon snooze.														
* Christmas Pudding - gluten-free	organic	4x454g	17.95	5.99	35120									
* <u>Jasmine</u>														
Fresh Dates		24x400g	32.45	1.80	101605									
* <u>Kite</u>														
Harry Secombe, Young Marble Giants, Tom Jones, Richard Burton, Anthony Hopkins, Neil & Glynis Kinnock, Huw Edwards, Guto Hari, Griff Rhys Jones, Ruth Jones, Terry Jones, Ron Davies, Ann Davies, Windsor Davies, Ruth Madoc, Rob Bryden, Keith Allen, Max Boyce, Ivor the Engine, Idris the Dragon, Gelert the dog, Ryan and Ronnie, Nicky Wire, Lawrence of Arabia, Cliff Morgan, Organ Morgan, Mr Pugh (alone in the hissing laboratory of his wishes, agony dancing in his crucibles), JPR Williams, Gareth Edwards, Ryan Giggs, RS Thomas, Dylan Thomas and his grandfather Dai (in his best waistcoat), Mumbles, Sketty, Splott, Port Talbot, Tryfan, Y Lliwedd, Crib Goch, the Pen y Gwryd Hotel, the dark waters of Trawsfynydd lake and Nick's aunt's cottage, Shirley Bassey, Bonnie Tyler, Shakin' Stevens, Cerys from Catatonia, Goldie Lookin' Chain, Nerys Hughes, Nia Harrison, Aneurin Bevan, Saints Cadoc, David, Patrick, Richard Gwyn, and Illtud, Rowan Williams, Tommy Cooper, Barry John, John Toshack, Terry Yorath, Dave Edmunds and his Rockpile, Catherine Zeta Jones, Howard Marks, Siân Lloyd, Mary Hopkin, Charlotte Church, Lemmy, Budgie, Man, John from Pulse, The Force That Through The Green Fuse Drives The Flower, Kite Xmas Puddings. The glories of Wales.														
* Vegan Christmas Plum Pudding		10x450g	37.50	4.99	35405									
* <u>La Bio Idea - candied with corn syrup</u>														
Candied Orange Peel - Italy	organic	8x100g	10.15	1.69	35227									
Candied Lemon Peel - Italy	organic	8x100g	10.15	1.69	35228									
* <u>Montezuma - solid chocolate in gift box</u>														
Back from Montezuma their range of Chocolate Snowmen - eight solid little chaps line up in each presentation box in a secular festive identity parade.														
* Dark Chocolate Snowmen	organic	10x110g	25.75 V	3.95	766213									
* Milk Chocolate Snowmen	organic	10x110g	25.75 V	3.95	766216									
* White Chocolate Snowmen	organic	10x110g	25.75 V	3.95	766219									
* <u>Montezuma - hollow chocolate in gift box</u>														
Back from Montezuma the Dark, Milk, and White Chocolate Christmas Tree Baubles (5 to a box). Hang them on your tree - not on the side closest to the roaring log fire - and if they get knocked off there's no need for the dustpan and brush, no danger to tiny unshod feet, just hang them back if they bounce, snaffle them if they don't. Come twelfth night there's no need for tissue paper and a box in the loft - there will be none left.														
* Dark Chocolate Christmas Baubles	organic	4x150g	17.60 V	6.75	766227									
* Milk Chocolate Christmas Baubles	organic	4x150g	17.60 V	6.75	766228									
* White Chocolate Christmas Baubles	organic	4x150g	17.60 V	6.75	766232									
* <u>Nutley Hall Beeswax Candles</u>														
Back from Nutley Hall, a residential centre for adults with learning difficulties, and a customer of ours this past quarter century, we welcome the return of the Christmas Candles - hand-made along with the rest of their range in their candle-making workshop.														
* Christmas Candles 120mm x 14mm		1x12	4.40 V	6.75	891010									
* <u>The Organic Collection</u>														
Back from The Organic Collection and introducing the festive tastes of continental Europe we have a Panettone (available late September), two sizes of Stollen, and the wonderful chocolate covered spiced biscuit/cake hybrid that is the Lebkuchen. If you want a laugh, give us a ring and ask me to pronounce "lebkuchen", affecting what I fondly assume to be a Black Forest accent. It's one of my favourite bits of Christmas.														
* Panettone	organic	8x750g	67.50	11.25	183053									
* Stollen - large	organic	6x750g	51.55	11.45	183054									
* Mini Stollen	organic	20x250g	81.75	5.45	183057									
* Lebkuchen	organic	20x150g	41.25	2.75	183058									

	Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* Organico Organic Collection															
	Blueberry Sparkle Juice - large	organic 6x750ml	16.65	V	4.25	183062									
	Bubbly Blackcurrant Juice	organic 6x750ml	16.65	V	4.25	183065									
	Raspberry Fizz Juice - large	organic 6x750ml	16.65	V	4.25	183072									
▲	Blueberry Sparkle - small	organic 12x375ml	21.50	V	2.75	183073									
▲	Raspberry Fizz - small	organic 12x375ml	21.50	V	2.75	183074									
* Ouse Valley Foods															
www.ousevalleyfoods.co.uk															
You might be surprised to learn that I am a little lost for words facing the exquisite beauty that is the Ouse Valley range. Julian and her [sic] team have been customers for a few years now, based just over the downs at Plumpton Green, and they have been picking up awards left, right, and centre for their hand made delights. The two products below, made only of the named fruits, sugar and spices, are a pellucid delight - the sliced cranberries (for instance) suspended magically in a crystal clear jelly. Don't eat it - put it on the window sill and let the light pour through. It's like stepping into Sainte Chappelle on a sunny day.															
*	Cranberry Jelly	6x227g	16.85		3.75	292050									
*	Spiced Apple & Calvados Jelly	6x227g	16.85		3.75	292055									
* Ouse Valley Foods															
I'll let you eat these two - Christmas morning breakfast, with wholemeal toast and a snowball.															
*	Orange, Honey & Ginger Curd	6x227g	17.75		3.95	292060									
*	St Clement's Marmalade with Whisky	6x340g	17.75		3.95	292065									
* Ouse Valley Foods															
"Half of what I say is meaningless/But I say it just to reach you, Julian" May I merely point you in the direction of their website above - there are pictures and descriptions and some stunning testimonials ("Mum just tasted your Companion for Duck and Poultry and has gone into orbit") and you can buy their whole range direct as far as I know - I don't mind, I just want to see them out there. I think it's safe to say, though, that any Christmas display without one of these products is missing something. It is the part that used to be call: soul.															
*	Fig & Honey Conserve	6x227g	17.75		3.95	351725									
*	Apricot & Ginger Chutney with Almonds	6x340g	17.75		3.95	351730									
*	Boxing Day Chutney	6x340g	17.75		3.95	351735									
*	Red Onion & Fig Marmalade	6x340g	17.75		3.95	351740									
* Plush - Fair Trade															
OK, let's get the glories of Belgium out of the way first (I know you want me to): Georges Simenon (though not Paul, who's from Brixton), Hergé & Tintin, the Smurfs, Pepin the Short, Plastic Bertrand, Jacques Brel, Adolphe Sax - inventor of the saxophone, Jacques Tits - mathematician, Thierry Boutsen, Eddy Merckx (The Cannibal), Emiel Puttemans, René Magritte, The Singing Nun, Arthus from Tohi. Right then, let's get on to the goods: Plush are primarily non-organic (with the exception of the Belgian Chocolate Caramels) but specialise in Fair Trade ingredients in thoughtful enviro packaging. All the products carry the Fair Trade Mark and the packaging is minimal and recyclable (and beautiful). Some of the lines are using cutting-edge Plantic trays made from non-GM corn starch which are fully compostable. And as for the chocolate: it combines the history, credentials and expertise of Belgian chocolate know-how with the quality, love and attention of artisanal English hand-made chocolate making to produce the ideal gift.															
*	Belgian Assortment - box	6x200g	42.85	V	10.95	766775									
*	Belgian Assortment - large box	6x400g	73.50	V	18.95	766780									
*	English Truffles Assortment - box	6x190g	58.10	V	14.95	766785									
*	English Champagne Truffles - bag	12x80g	38.75	V	4.95	766790									
*	English Rum Truffles - bag	12x80g	38.75	V	4.95	766795									
*	Belgian Chocolate Caramels - bag	organic 12x80g	38.75	V	4.95	766800									
* Pollen Organics															
	Cranberry & Orange Relish	organic 6x300g	19.15		4.25	351907									
	Red Onion Marmalade Relish	organic 6x295g	17.95		3.99	351910									
* Qi Herbal Health															
Back from Qi we have their seasonal organic classic White Christmas Tea Bags, though this year with a redesign. As always the product is organic white tea, prepared in the traditional way from fresh young leaves and buds rich in antioxidants, blended with an abundance of Christmassy ingredients - cinnamon, cloves, ginger, and orange - to produce Christmas in a cup. The square, silver, red and white caddy looks beautiful and would make a good stocking-filler (for adults!). As Lindsay said some years ago: Bing Crosby dreamed - Qi delivered.															
*	White Christmas Tea in Caddy	organic 4x20bgs	6.00		1.99	580391									

Description	size	price	£/unit	RRP	code	1	2	3	4	5	6	7	8	9
* <u>Rochester</u>														
Mulled Berry Punch (non-alcoholic)	organic	12x725ml	34.45	V	4.40	662507								
* <u>Rock's Fruit Cordials - www.rocksonorganiccordials.com</u>														
◆ Spiced Fruit Punch Cordial	organic	12x360ml	24.95	V	3.19	662701								
* <u>The Chocolution</u>														
www.mayanmagic.co.uk														
For live chocolate making demonstrations in store please phone														
Jake on 01304 851974 or email: jake.lawy@thechocolution.com														
Here's what I said when we launched the product in May: "You are in the presence of genius. From the natively-named Chocolution we have a beautifully presented Raw Chocolate-Making Kit which, if I am not mistaken, will be the hit of this coming Christmas - I can't think of anyone I wouldn't buy if for! It is an eye-catching golden box containing all you need to catapult yourself into a new existence as a raw chocolatier. Raw cacao and coconut butters, raw cacao, lucuma, and carob powders, and a little tub of agave syrup are all you need to create moist vegan delights ... It's sweeping the nation, I tell you." Well, it's time to make my dreams materialise, ladies and gentlemen. My nine-year-old is hooked - it's time for the country to follow! Man the barricades. You will not be able to stay at home, brother. You will not be able to plug in, turn on, and cop out. The Chocolution will not be televised, will not be televised, will not be televised. There will be no rerun, brothers. The Chocolution will be live.														
Mayan Magic Raw Chocolate-Making Kit		4x1 kit	35.85		11.95	768705								
* <u>Village Bakery</u>														
Back for Christmas and unchanged since last year we have the Village Bakery range of seasonal standards. I'm sure you are all very familiar with them so what can I say? The gluten free lines are produced in a dedicated GF facility and the dates of availability seem to have pushed a little closer to Christmas (which is no bad thing in my opinion). Available from 1st September are all the puddings and the 900g cake, the FT and GF cakes become available half way through September, followed swiftly by the mincemeat, brandy butter, and GF mince pies by the end of the month. The stollen and the Nuts About Christmas Cake become available half way through October, and finally the mince pies make their appearance in the last week of October along with our next catalogue!														
* Brandy Butter	organic	12x125g	26.90		2.99	35680								
* Mincemeat - vegan	organic	12x300g	28.35		3.15	35603								
* Mince Pies	organic	6x360g	15.70		3.49	35607								
* Nuts About Christmas Cake - uniced	organic	4x450g	19.35		6.45	35610								
* 6" Christmas Cake - uniced	organic	6x900g	38.20		8.49	35615								
* Christmas Pudding	organic	8x200g	23.95		3.99	35625								
* Christmas Pudding	organic	4x450g	19.35		6.45	35630								
* Apricot & Brandy Christmas Pudding	organic	4x450g	21.00		6.99	35631								
* Stollen marzipan fruit bread	organic	12x400g	44.90		4.99	35638								
* <u>Village Bakery - Gluten-Free</u>														
* Mince Pies - Gluten-Free	organic	8x4x60g	15.90		2.65	35608								
* Gluten-Free Christmas Cake	organic	4x450g	21.00		6.99	35623								
* Gluten-Free Christmas Pudding	organic	4x450g	21.00		6.99	35637								
* Gluten-Free Christmas Pudding	organic	8x200g	23.95		3.99	35650								
* <u>Village Bakery - "Better World" FairTrade Range</u>														
* Christmas Pudding - Better World FT	organic	6x450g	32.65		7.25	35762								
* Christmas Cake - Better World FT	organic	4x750g	29.25		9.75	35763								
* <u>Western Isles</u>														
Cherries - Red - SO2 & sugar - Natural Anthocyanin		6x200g	8.45		1.88	35240								
Mixed Peel - SO2 - with sugar - Italy		6x200g	5.20		1.16	35243								
* <u>Wilkin & Sons of Tiptree - www.tiptree.com</u>														
Cumberland Sauce	organic	6x227g	7.45		1.66	395080								
Onion Relish	organic	6x210g	7.45		1.66	395110								
Wild Cranberry Sauce	organic	6x210g	7.90		1.76	395120								
* <u>Zaytoun - www.zaytoun.org</u>														
Palestinian Medjoul Dates		12x250g	32.95		3.66	102105								