

WORKER CO-OPERATIVE



19

GREENCITY

78

WHOLEFOODS

WHOLESALE OF FINE
FOOD & DRINK

MARCH
APRIL 2024
NEW LINES & PROMOTIONS



Bute Island
DAIRY FREE
CREAMERY

Sheese®

Elevate your
plant-based
menu options
with Sheese

Since 1988, our expert Sheesemongers have been *crafting* dairy-free alternatives of the Isle on Bute.

In that time we've made the creamiest, *meltiest*, *most flavour-packed* plant-based products around. Whether it's grated or sliced, as a bake or a block, it's exactly as cheese should be.

It just happens to be dairy-free.



DA07318C	Creamy Original Sheese 1x3kg
DA04034C	Creamy Original Sheese 6x255g
DA11629C	Creamy Garlic & Herb Sheese 6x255g
DA11642C	Mozzarella Style Grated Sheese 1x2kg
DA12083C	Mozzarella Style Sliced Sheese 10x180g

DA07167C	Mozzarella Style Grated Sheese 4x200g
DA11641C	Cheddar Style Grated Sheese 1x2kg
DA08561C	Cheddar Style Grated Sheese 4x200g
DA11766C	Cheddar Style Sliced Sheese 10x180g

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Welcome to the Greencity March/
April 2024 brochure. This publication
was produced in-house by Greencity
members.

Prices are correct at the time this brochure goes to print, and are subject to change at any time.

Please note that promotional pricing will be applied based on your invoice date. Invoices are issued the day before delivery is made.

If your invoice date falls beyond the promotional period, the promotional price cannot be applied. You can take advantage of future promotions by planning your delivery date to fall within the next promotional period.




Greencity deliveries are made subject to a minimum order value, from £100 to £500 dependant on location.

Please visit our website to view our terms of trade and up-to-date pricing.

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* STORAGE: A = AMBIENT, C = CHILLED

****O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT**

BUTTERBEAN & SEITAN CHORIZ-NO STEW WITH PESTO

FROM STEREO, GLASGOW

For this month's recipe we asked Rachel Nicolson, head chef at Glasgow vegan institution Stereo, to cook us up a warming dish with nourishing butterbeans (see pages 6 & 7 to read all about why we're keen to add more beans and pulses to our diets here at Greencity!) She's come up with this beautiful dish - combining handmade spicy choriz-no with a hearty stew of butterbeans and tomatoes, served with zingy vegan pesto.

For the stew:

- 500g dried butterbeans
- 2 x 400g tinned tomatoes
- 2 tsp salt
- 3 bulbs garlic
- ½ tube tomato puree
- 3 tsp black pepper
- 3 medium red onions
- 60ml red wine
- 75ml olive oil

For the choriz-no:

- 1 litre water
- 25ml tamari/soya sauce
- 15g onion powder
- 4 bay leaves
- 375g vital wheat gluten
- 10g garlic powder
- 15g yeast extract
- 40g smoked paprika
- 15g black pepper
- 25ml red wine vinegar
- 5g chipotle
- 12g fine salt

First, prepare the butterbeans by soaking overnight in plenty of water. The next day, drain and rinse the beans. Add to a pot, cover with water and bring to the boil, then simmer gently for 1.5 hours or until soft. Stir regularly to ensure even cooking, and make sure to top the water up as you go if the beans become uncovered. While the beans are cooking you can make your choriz-no, or if you would prefer use a shop bought alternative.

For the choriz-no, first make your stock; add the litre of water, bay leaves, yeast extract, red wine vinegar and tamari/soya sauce to a pot and bring to the boil. Let simmer for a little while to extract the flavour from the bay leaves, and stir to make sure the yeast extract is incorporated.

Combine the vital wheat gluten, smoked paprika, chipotle, garlic & onion powders and salt and pepper in a bowl and stir with a whisk, then make a well in the middle of the mixture. Remove the bay leaves from the stock and add 500ml - 600ml of stock into the dry ingredients - use a wooden spoon to incorporate, mixing everything into a dough, then cover with a clean damp tea towel to rest for at least 20 minutes. This allows the mix to cool and the gluten to relax.

Once the dough has rested, break into a few balls, and make these into sausage shapes. Lay the sausages onto a piece of clingfilm, still attached to the clingfilm roll. Wrap the dough into the cling film and roll around a few times to make the dough longer and tighter, leave enough room to spin shut the ends.

You can now either steam or boil the sausages. I steamed mine in the oven for 1 hour. If boiling or steaming in a pot, go for roughly the same time frame, but be sure to keep topping up with hot water as you go. Once the sausages are cooked and cooled, remove the clingfilm and slice into pieces lengthways. You can either fry these in a pan, or roast in the oven with a little oil at 170C for 20 minutes, turning once during cooking.

For the stew, cut the very end off your bulbs of garlic, cover with a little oil and roast at 170C for around 15-25 minutes or until the cloves start to go golden brown.

Thinly slice your onions, add these to a pot on a medium heat with a little oil, and sauté until they start to go soft - roughly 8 minutes. Add the beans, chorizo, remaining stock from the choriz-no (or 500ml veg stock if using a shop bought alternative), roasted garlic, tinned tomato, tomato puree, wine, salt and pepper and stir through, allowing to stew for at least 20 minutes.

Add the olive oil, then season to taste and serve topped with green pesto, olive oil and flatbreads, or whatever you like!

STEREO

GREENCITY FAVOURITES FROM TOBY, GREENCITY MEMBER

Tropicks
Tropicks Fruit Roll Mango
£24.00/30x27g, RRP £1.07
SKU:CH11667A

Zaytoun
Palestinian Za'atar (Thyme Herb Mix) - Jars
£19.75/6x80g, RRP £4.39
SKU:HS04800A

Beet It
Beetroot Juice - Organic
£14.68/6x750g, RRP £3.92
SKU:SD01766A

Essential
Tomatoes - Chopped - Organic
£12.42/12x400g, RRP £1.38
SKU:GR04652A

White Maus
Peanut Rayu
£26.33/6x240g, RRP £6.90
SKU:OL11852A

Bold Beans
Queen Chickpeas
£42.00/12x700g, RRP £4.65
SKU:GR12184A

Callouts from Toby:

- I LOVE A MANGO ROLL AS A SPECIAL TREAT. IT'S PACKED WITH VITAMIN GOODNESS AND ALSO HIGH CALORIES TO HELP ME KEEP MY ENERGY LEVELS UP!
- I'M REALLY HAPPY TO SUPPORT THIS AWARD WINNING, PALESTINIAN FAIRTRADE COMPANY.
- PACKED FULL OF NITRATES, THIS ORGANIC BEETROOT JUICE IS GOOD FOR MY HEART, MUSCLES AND STAMINA
- WHO DOESN'T LOVE A GREAT QUALITY ORGANIC TOMATO - SO VERSATILE!
- YOU CAN RAISE THE FLAVOUR PROFILE OF ANY DISH WITH A DRIZZLE OF THIS BAD BOY!
- GOOD ENOUGH TO EAT STRAIGHT FROM THE JAR. AND THEY MAKE THE CREAMIEST HUMMUS!



RUDE HEALTH

NEW

BARISTA

BUT BETTER

Oat
BARISTA
Organic

great taste

NO ADDED SUGAR | 4 NATURAL INGREDIENTS

ORGANIC

20% OFF
BARISTA RANGE

4 NATURAL INGREDIENTS

NO ADDED SUGAR

Certified
Corporation

GREENCITY WHOLEFOODS ARE FULL 'O' BEANS

We like to think we have our fingers on the pulse when it comes to providing you with the best in high-quality, low-cost nutritious ingredients, and when it comes to beans, pulses and a whole array of dried legumes, we've got you covered - in fact you might even say we've got a favalanche of options!

We've bean around

Greencity Wholefoods have bean on the scene (see what we did there) since 1978, and in fact we started off by supplying local businesses with dried foods, including beans and pulses, prepacked and in bulk. We even had a wholefoods café at The Glasgow Garden Festival back in 1988, which was all about beans!

That's why we love the 'Beans is How' campaign from SDG2, which primarily aims to double the global consumption of beans by 2028, and we're only too happy to help. You can find out more about the 'Beans is How' initiative and how to get involved at sdg2advocacyhub.org/beans-is-how

Why beans, you ask?

- Beans are low cost, versatile and tasty – they come in many shapes and sizes, are relatively easy to grow, and compared to other sources of protein are much more affordable.
- Beans are good for the environment - because growing bean crops fixes nitrogen in the soil which helps reduce the need for artificial fertilisers.
- Beans are nutritious – being a great source of protein, dietary fibre, vitamins and minerals.

- Beans are good for food security – and are a product that can sustain growers and farmers as well as being sent to market.

We're also delighted to see Glasgow's own action to promote greater use of beans as a low cost, affordable and ecofriendly food, in the shape of the 'Glasgow's Full of Beans' campaign. This campaign to get more beans on Glasgow plates is brought to you by Glasgow Food Policy Partnership and Glasgow Community Food Network, together with Slow Food Glasgow, 'Food For Life', Soil Association and Glasgow City Council's School Catering Team. Visit the new Glasgow Full of Beans web page to find out more what they are doing – at goodfoodforall.co.uk/projects/fullofbeans

Beans for a bargain!

In celebration of this faba-ulous drive to promote eating more beans, we've put some of our own popular organic dried pulses on special offer through March and April and you'll be able to stock up on 500g and 3kg packs of Greencity's Organic chickpeas, red lentils, aduki, and butter beans at 15% off the usual price, so you can be full of beans for less cost. See page 55 of this magazine for more details.



...AND ALWAYS HAVE BEEN.

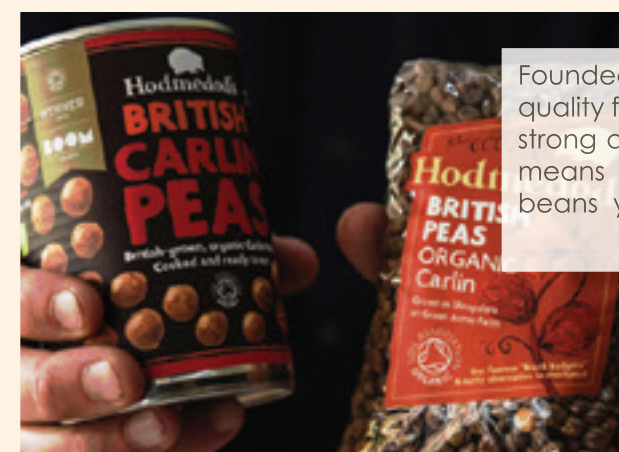
But (er' beans) we can't go on talking about pulses without also mentioning some of the other great bean-loving brands we stock, so let us introduce you to some of our fava-rites... (sorry not sorry).



Self-sufficiency and sustainability were core to founder Noel's beliefs when he first entered the world of wholefood retail in the 1980s. In the 1990s, the **Biona** brand was born. Biona remains family-owned and they now offer a range of over 400 Organic products, including a very broad range of Organic beans - biona.co.uk



Amelia, founder of **Bold Bean Co.**, got started in the bean business from a basement flat in Madrid. With a background in sustainability, and driven by a passion for taste and quality, Amelia and her team have gone on to achieve a beautifully presented and Great Taste award winning range of ready to eat pulses - boldbeanco.com



Founded in 2012, **Hodmedod's** started with a mission to provide good quality food produced by British farmers. Today, their mission remains strong and their beans and peas are all still grown in the UK, which means their food miles are minimal. When you use Hodmedod's beans you're supporting an independent business dedicated to providing pulses of the highest quality - hodmedods.co.uk



The **Mr Organic** brand came about when three friends set about making it easier for everyone to enjoy the benefits of an Organic lifestyle. They started off by growing Organic tomatoes on their farm in Pontinia, Italy, and have since gone on to achieve a range of Organic products numbering in the hundreds, including a great selection of canned beans and pulses - mr-organic.com

We are Thistly Cross, Scotland's leading craft cider producer. Situated in the beautiful East Lothian coast in one of the sunniest areas of Scotland, we are focused on producing slow fermented and long matured Scottish ciders.

**DELICIOUSLY THISTLY
SCOTTISH CIDER**

**THISTLY
CROSS**

Try our award winning Original, Traditional, Whisky Cask and Scottish Fruits ciders in 500ml bottles.

DRINK LOCAL

HANDMADE IN SCOTLAND

20% OFF

AGUAde MADRE

**AWARD-WINNING
NATURALLY SPARKLING
WATER KEFIR**

AGUAde MADRE

AGUAde MADRE

AGUAde MADRE

AGUAde MADRE

PLANT BASED

FEMALE FOUNDED

FERMENTED IN HACKNEY

LIVE CULTURES

LOW SUGAR

Find out more at [@aguademadre](https://aguademadre.co.uk)

FUTTLE
Organic Scottish beer

Inspired by their love of the farmhouse brewing tradition of Northern Europe, as well as the Scottish coastline they look out on, Futtle brew rustic, nourishing, natural beers that reflect their location. With new flavours to refresh the range and improved recipes to keep them fresher for longer.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A AL12406A	Organic Table Beer 3.2%	12x330ml	£24.00	+VAT	£4.00	O V S
A AL12408A	Organic Farmhouse Pale Ale 3.8%	12x330ml	£24.00	+VAT	£4.00	O V S
A AL12409A	Organic Wheat Beer with Bay 4.2%	12x330ml	£24.00	+VAT	£4.00	O V S

THISTLY CROSS
Scottish fruits cider

As the temperature warms, we're quickly heading towards cider season! So what better way to celebrate than by listing Thistly Cross' Scottish Fruit Cider. It's packed full of Scottish fruits and made just down the road in Dunbar. It's sweet, it's refreshing, and best of all it's Scottish!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A AL12453A	Scottish Fruits Cider 3.4% ABV	8x500ml	£17.20	+VAT	£3.00	V S

SAVE 5% IN MARCH & APRIL - SEE PAGE 38 FOR DETAILS

AGUA DE MADRE
Water kefir in cans

The original cultured beverage bursting with billions of gut-loving live cultures, a proper thirst quenching, sparkling, vegan water kefir. Raise a glass to your digestive system, the health-enhancing hero under your poncho. Adios sugary fizzy drinks, The Madre will take it from here. New handy slimline cans for your on-the-go gut health.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12485A	Lemon & Ginger Water Kefir (can)	12x33cl	£24.00	+VAT	£3.20	V
A SD12486A	Pomegranate & Hibiscus Water Kefir (can)	12x33cl	£24.00	+VAT	£3.20	V
A SD12487A	Pink Grapefruit & Lime Water Kefir (can)	12x33cl	£24.00	+VAT	£3.20	V
A SD12488A	Blood Orange Bitters Water Kefir (can)	12x33cl	£24.00	+VAT	£3.20	V

SAVE 20% IN MARCH - SEE PAGE 34 FOR DETAILS

BELVOIR FARM
No added sugar cordials

Wildly delicious, three new sugar-free cordials from Belvoir. Real fruit, nothing artificial. Did you know Belvoir boast great sustainability credentials too – zero waste to landfill, powered by sunshine (their factory is solar powered) and 100% recyclable product packaging. What's not to like!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12425A	No Added Sugar Apple & Elderflower Cordial	6x500ml	£18.74	+VAT	£4.99	V
A SD12426A	No Added Sugar Mango & Passionfruit Cordial	6x500ml	£18.74	+VAT	£4.99	V
A SD12427A	No Added Sugar Sicilian Lemon & Lime Cordial	6x500ml	£18.74	+VAT	£4.99	V

SAVE 20% IN MARCH - SEE PAGE 35 FOR DETAILS



Our Sustainability Credentials

Zero Waste

We are a zero waste to landfill company

Powered by Sunshine

Our solar panels help to power our factory

Our Packaging

Our bottles and cans are 100% recyclable

NEW! SPARKLING WONKY FRUIT JUICE



LOW CALORIE



NO ADDED SUGAR



GENTLY FIZZY



SCHOOL COMPLIANT



Apple & Sour Cherry
SD12458A

Apple & Rhubarb
SD12457A

Sweet & Sour Apple
SD12456A

Apple & Strawberry
SD12459A



CHECK OUT OUR FULL RANGE

ORDER AT:
Lightly Sparkling Juice Cans
24 x 250ml





THE LIVING GUT SODA

20%
OFF**



NEW
FLAVOUR
APRIL '24

100%
NATURAL

NO SUGAR OR
SWEETENERS

PROBIOTIC +
PREBIOTIC

2 BILLION
LIVING CULTURES

5G PLANT FIBRE

THE ONLY AND REAL FUNCTIONAL
SODA THAT REACHES THE GUT*

*FHIRST IN VITRO HUMAN DIGESTION STUDY

Share your Fhirst for life: [@drinkFHIRST](#) [@FHIRST](#) [FHIRST.COM](#)

**Promotion runs from 1st March 2024 to 30th April 2024 and is available on all cases of FHIRST Living Soda (12 x 330ml), while stocks last. This promotion can not be used in conjunction with any other promotion.

NEW
TRY IT
TODAY!

Veg It

Our pressed juice makes a delicious, healthy daily drink.

A scrumptious way to one of your five a day with 8 vegetables.



FHIRST

Lemon & lime 'living soda' with live cultures

A new flavour from Fhirst – Lemon & Lime. A zingy living soda packed with active cultures and plant fibre, helping to support your immune and brain health. Zero sugar and all natural. Be the "Fhirst" to try this delicious new flavour.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12358A	Living Soda Lemon & Lime	12x330ml	£16.50	+VAT	£2.20	V
SAVE 20% IN MARCH & APRIL - SEE PAGE 64 FOR DETAILS						



FLAWSOME

Sparkling juice drinks made with wonky fruit

Wonky to wonderful! New gently fizzy wonky fruit drinks in cans. No added sugar and school compliant. To date, Flawsome have given a second chance to over 45M wonky and surplus pieces of fruit. Their commitment to sustainability extends beyond their products, as they offset double the carbon than they generate and invest in initiatives that promote biodiversity conservation, protect tropical rainforests, support wind farms, and improve cooking stoves for families in need. By choosing Flawsome you are becoming a part of positive change.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12456A	Sweet & Sour Apple Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V
A SD12457A	Apple & Rhubarb Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V
A SD12458A	Apple & Sour Cherry Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V
A SD12459A	Apple & Strawberry Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V

FOLKINGTON'S

Natural sparkling drinks

New range of sparkling drinks from Folkingtons - great flavours in glass bottles from this carbon neutral certified supplier. Elderflower Presse picked from across the English countryside, Ginger Beer made from West African ginger root and pink lemonade made from Femminello Comune lemons and a dash of pure British raspberry juice.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12326A	Sparkling Elderflower Presse	12x330ml	£16.29	+VAT	£2.17	V
A SD12327A	Traditionally Hot Ginger Beer	12x330ml	£16.29	+VAT	£2.17	V
A SD12328A	Sparkling Pink Lemonade	12x330ml	£16.29	+VAT	£2.17	V
SAVE 20% IN MARCH & APRIL - SEE PAGE 64 FOR DETAILS						



JAMES WHITE

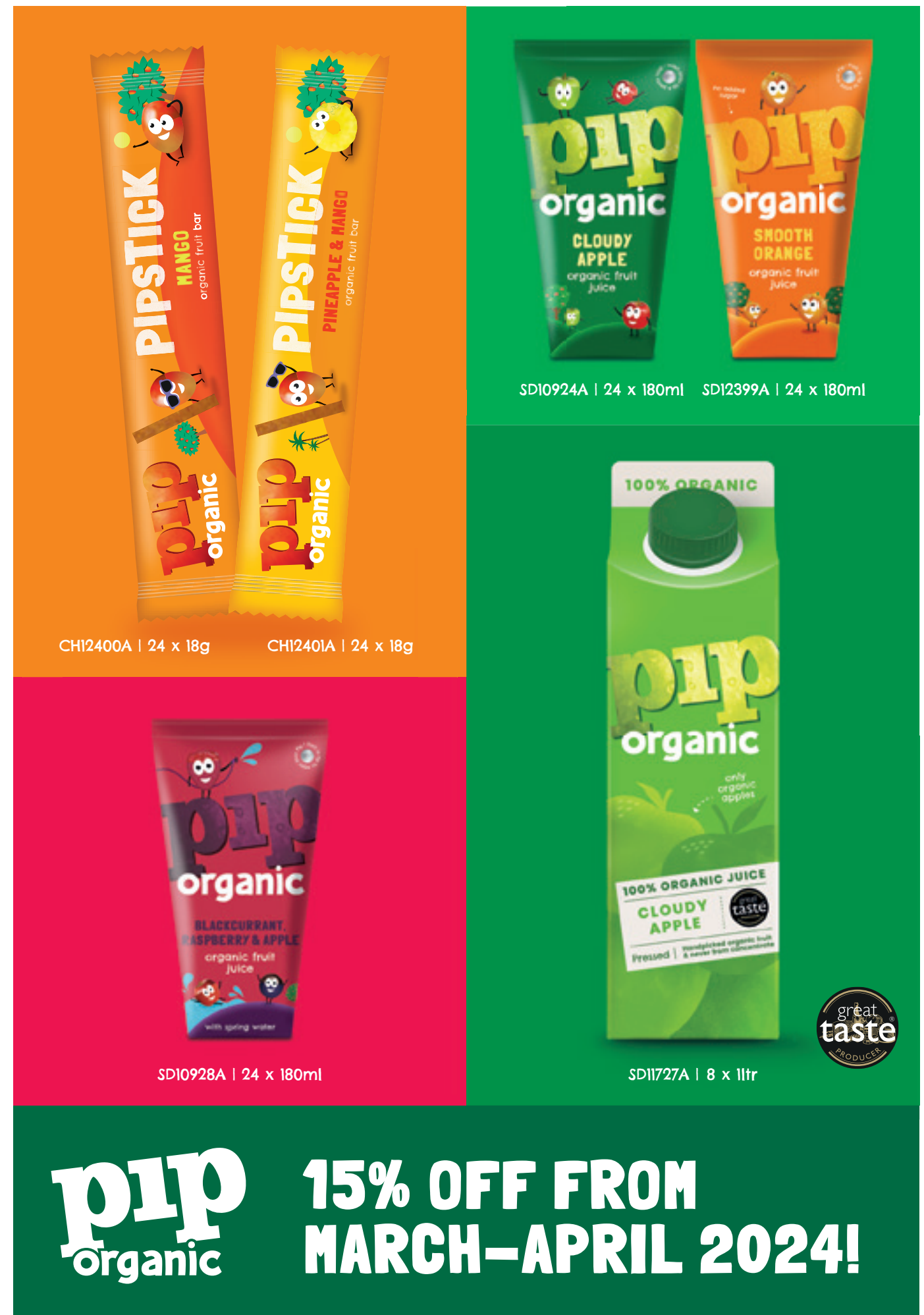
Vegetable juice

New Veg It – classic vegetable juice. A delicious healthy daily drink, it's a scrumptious way to one of your 5 a day, blended with 8 vegetables.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12455A	Veg It Classic Vegetable Juice	8x1lt	£18.45	+VAT	£3.70	V



20% discount across Folkington's during March and April...including our **NEW** 330ml sparkling drinks





ELEVATE
YOUR
EVERYDAY

TRY OUR TRADE PORTAL TODAY!

LOW SUGAR, NO ARTIFICIAL INGREDIENTS, & ONLY 39 CALORIES PER CAN

RAWCULTURE.CO.UK



LO BROS

Low sugar kombuchas

Lo Bros have launched two new flavours – Raspberry & Blackcurrant and Fruit Crush. Every mouthful not only tastes great but contains millions of beneficial living cultures to make your gut sing. Feel Good Kombucha!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12490A	Fruit Crush Kombucha - Low sugar	12x330ml	£21.70	+VAT	£2.89	V
A SD12491A	Raspberry & Blackcurrant Kombucha - Low sugar	12x330ml	£21.70	+VAT	£2.89	V

SAVE 15% IN MARCH & APRIL - SEE PAGE 62 FOR DETAILS

PIP ORGANIC

Organic fruit snacks & orange juice

New snacks from Pip Organic - Pipsticks! Easy as a lunch box filler or on the go for the kids. They contain only Organic fruit, keeping it simple. A Piptastic snack for all your pipsters to enjoy! A new kids drink too – smooth Organic orange juice, a wee carton full of sunshine!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CH12400A	Mango Pipstick - Organic	24x18g	£16.80		£0.95	O V
A CH12401A	Pineapple & Mango Pipstick - Organic	24x18g	£16.80		£0.95	O V
A SD12399A	Kids Smooth Orange Juice - Organic	24x180ml	£20.10	+VAT	£1.34	O V

SAVE 15% IN MARCH & APRIL - SEE PAGE 66 FOR DETAILS

RAW CULTURE

Scottish kombuchas

Raw Culture is the original hop-infused kombucha, made with all-natural ingredients and free from artificial sweeteners, gluten, and animal products. Raw Culture kombucha is low in sugar and calories, and it aids digestion, helping support gut health. We are pleased to announce a new look to Raw Culture - clean cut, slick, slimline cans made in Aberdeen.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12481A	The Original - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V S
A SD12482A	Hopical Punch - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V S
A SD12483A	Mangosaurus - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V S
A SD12484A	Lemondrop - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V S

VITA CORE FARM JUICES

Organic prune juice

Vita Core's best-selling prune juice is back in a 500ml bottle. Natural, healthy and full of flavour, this 100% prune juice is sourced only from the famous Agen prune, extracted in a natural way in South West France. High in dietary fibre and antioxidants, and a great natural source of energy and minerals.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12428A	Prune Juice - Organic	6x500ml	£22.31	+VAT	£5.95	O V



**YOGA SELECTION BOX –
THE BOX THAT DOES GOOD AND INSPIRES!**

9x5
teabags



DISCOVER
MORE



RSP
£14.99



1 box = 1 meal donation



yogitea.com  facebook.com/yogitea  @yogiteaeurope



HAMPSTEAD TEA
Organic teas



Look out for new codes for some of the Hampstead Tea lines, as these lose the Fairtrade mark that they held previously. Long supporters of the Fairtrade mark, Hamstead have had trouble in recent years sourcing tea that is Organic, biodynamic and Fairtrade Certified – finding that the cost and complexity of FT certification has been a hindering factor for their smaller producer partners in particular. Rest assured that Hampstead are still paying a fair price to farmers – more than double the Fairtrade minimum price levels, providing stable purchase contracts to smaller suppliers in India, as well as supporting education and food projects there.

*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A	HD12440A	Green Tea Bags - Organic	4x20	£10.77		£3.59	O V GF
A	HD12442A	Peppermint & Spearmint Infusion Tea Bags - Organic	4x20	£10.77		£3.59	O V GF
A	HD12443A	Darjeeling Tea Bags - Organic	4x20	£10.77		£3.59	O V GF
A	HD12444A	Earl Grey Tea Bags - Organic	4x20	£10.77		£3.59	O V GF
A	HD12445A	English Breakfast Tea Bags - Organic	4x20	£10.77		£3.59	O V GF
A	HD12446A	Rosehip Hibiscus Infusion Tea Bags - Organic	4x20	£10.77		£3.59	O V GF

RUDE HEALTH

Organic barista oat milk



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A MI12454A	Barista Oat Drink - Organic	6x1lt	£11.22		£2.49	O V

SAVE 20% IN MARCH & APRIL - SEE PAGE 41 FOR DETAILS

YOGI TEA

Organic Ayurvedic herbal teas

Reintroducing Happy Nature! This popular seasonal line is back – an Ayurvedic chai blend with mango, tangerine and vanilla, a fresh and fruity sipper for Spring & Summer. Also available again is the Yogi Tea selection box, now at a lower RRP. A selection of nine different Yogi teas - Choco, Ginger Lemon, and Heartwarming to 'Uplift'; Maca Chai, Classic, and Sweet Chai to 'Center'; and Stomach Ease, Turmeric Chai, and Bedtime to 'Recharge'. With each purchase Yogi Tea supports the "one cup of porridge per child" program in Sorwathe, Rwanda.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A HD11646A	Happy Nature - Organic	6x17bags	£12.38		£2.75	O V GF
A HD12474A	YOGI TEA Selection Box (45 tea bags) 2024 - Organic	6x(9x5)bags	£67.46		£14.99	O V GF

DIVINE

Fairtrade chocolate bars



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CH12492A	Milk Chocolate Tiramisu Coffee & Biscuit Dessert Bar	10x180g		+VAT		F
A CH12493A	Dark Chocolate Bakewell Cherry & Almond Dessert Bar	10x180g		+VAT	V	F
A CH12494A	White Chocolate Lemon Cheesecake Dessert Bar	10x180g		+VAT		F



The Vegan Swap Shop

NEW to Green City this Easter

Milk Chocolate



Billie Oat M'lK Chocolate
48 x 16g





Choccy Balls
22 x 36g





Billie White Oat M'lK Chocolate
48 x 16g





Chickee Eggs Sharing Pack
12 x 85g



Mummy Meegs?



All packaging is either recyclable or compostable.
Our Choccy Balls and Billie Bars are wrapped in home compostable packaging.




15% off



fairfields
farm™



NEW*



MADE ON OUR
INDEPENDENT FAMILY FARM
HANDCOOKED IN SMALL BATCHES
USING RENEWABLE ENERGY
WITH POTATOES
WE GROW OURSELVES

Robert, Laura &

*AVAILABLE LATE SPRING

CHOCOLATE & LOVE

Organic & Fairtrade chocolate bars

Two beautiful chocolate libraries that will make great Easter gifts – choose from all dark for your vegan buddies or an Easter selection which includes milk chocolate for dairy fans. Also a new bar – Ginger Dark Chocolate 100% - combining high cocoa content with candied ginger – a little crunch with a spicy warm kick!



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CH11362A	3 Bar Library Easter Gift Box - Organic	1x(3x80g)	£9.29	+VAT	£14.86	O FT
A CH12476A	Ginger Dark Chocolate 100% - Organic	12x80g	£35.04	+VAT	£4.69	O V FT
A CH12477A	Rich Dark Vegan Library Box - Organic	1x(4x80g)	£9.55	+VAT	£15.28	O V FT



MONTEZUMA'S

Peanut butter mini chocolate eggs


Loose mini eggs in a handy 3 kilo tub – Montezuma favourites, these Peanut Butter mini eggs are available in either milk or dark chocolate.

*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A	CH11625A	Milk Chocolate Peanut Butter Mini Eggs	1x3kg	£49.95	+VAT		
A	CH11626A	Dark Chocolate Peanut Butter Mini Eggs	1x3kg	£49.95	+VAT		V

FAIRFIELDS FARM

Vegan prawn cocktail crisps

Fairfields Farm add to their extremely popular potato crisps range with a national favourite flavour, Prawn Cocktail! Perfect for lunchboxes, picnics or even in a cheeky sandwich.



*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A	CR12503A	Prawn Cocktail Crisps	36x40g	£22.17	+VAT	£0.99	V

SAVE 15% IN MARCH & APRIL - SEE PAGE 47 FOR DETAILS



FILL YOUR SHELVES WITH THE REAL DEAL

PLANT-BASED

GLUTEN FREE

50% LESS FAT*
*than fried potato chips



EAT REAL

Gluten free savoury snacks range

Eat Real have had a facelift! New Packaging, some new products and more cohesive pricing throughout the range. All your favourite Eat Real products and more in shiny new packaging! Fill your shelves with the real deal.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CR12460A	Hummus Chips Tomato & Basil	10x110g	£15.03		£2.30	V GF
A CR12461A	Hummus Chips Sea Salt	10x110g	£15.03		£2.30	V GF
A CR12462A	Hummus Chips Sea Salt Balsamic Vinegar	10x110g	£15.03		£2.30	V GF
A CR12463A	Hummus Chips Sour Cream & Chive	10x110g	£15.03		£2.30	V GF
A CR12464A	Hummus Chips Chilli & Lemon	10x110g	£15.03		£2.30	V GF
A CR12465A	Veggie Straws Sea Salt	10x110g	£15.03		£2.30	V GF
A CR12466A	Veggie Straws Sea Salt & Black Pepper	10x110g	£15.03		£2.30	V GF
A CR12467A	Veggie Straws Smoked Paprika & Chilli	10x110g	£15.03		£2.30	V GF
A CR12468A	Quinoa Chips Sour Cream & Chive	10x90g	£15.03		£2.30	V GF
A CR12469A	Quinoa Chips Sundried & Tomato Roasted Garlic	10x90g	£15.03		£2.30	V GF
A CR12470A	Lentil Chips Chilli & Lemon	10x95g	£15.03		£2.30	V GF
A CR12471A	Lentil Chips Salted	10x95g	£15.03		£2.30	V GF
A CR12472A	Lentil Chips Creamy Dill	10x95g	£15.03		£2.30	V GF
A CR12473A	Lentil Chips Mango & Mint	10x95g	£15.03		£2.30	V GF
A CR12475A	Hummus Chips Sea Salt	18x45g	£11.12		£1.30	V GF
A CR12478A	Hummus Chips Tomato & Basil	18x45g	£11.12		£1.30	V GF
A CR12479A	Lentil Chips Chilli & Lemon	18x40g	£11.12		£1.30	V GF
A CR12480A	Lentil Chips Salted	18x40g	£11.12		£1.30	V GF
A CR12504A	Hummus Chips Sour Cream & Chive	18x45g	£11.12		£1.30	V GF
A CR12505A	Veggie Straws Sea Salt	18x45g	£11.12		£1.30	V GF
A CR12506A	Quinoa Chips Sour Cream & Chive	18x40g	£11.12		£1.30	V GF
A CR12507A	Lentil Chips Creamy Dill	18x40g	£11.12		£1.30	V GF
A CR12508A	Lentil Chips Salted	24x18g	£12.58		£1.00	V GF
A CR12509A	Hummus Chips Tomato & Basil	24x22g	£12.58		£1.00	V GF
A CR12510A	Quinoa Chips Sour Cream & Chive	24x20g	£12.58		£1.00	V GF
A CR12511A	Multibox Kids Veggie Straws	24x20g	£12.58		£1.00	V GF

SAVE 15% IN MARCH & APRIL - SEE PAGES 63 & 64 FOR DETAILS

NAIRNS

Gluten free popped oat chips

Nairns ever pop-ular popped oats chips now come with even more eating in a box. Same recipe, same delicious flavours, just more packets to share! Pop-sitively exciting times!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CR12410A	GF Popped Oat Chips Salt & Vinegar	24x20g	£14.00		£0.78	V GF
A CR12411A	GF Popped Oat Chips Sour Cream & Chive	24x20g	£14.00		£0.78	GF
A CR12412A	GF Popped Oat Chips BBQ	24x20g	£14.00		£0.78	V GF

GREENCITY NEW PRODUCTS & PROMOTIONS

MARCH/APRIL 2024



BOLD BEANS

Beans & pulses range


Bold Beans are replacing the current 325g size with 570g jars. Lines include Organic Chickpeas, Queen Red Beans and Queen Black Beans. The same high-quality heirloom beans in a new size.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12431A	White Beans - Organic	6x570g	£16.50		£3.65	O V
A GR12432A	Queen Chickpeas	6x570g	£16.50		£3.65	V
A GR12433A	Queen Butter Beans	6x570g	£16.50		£3.65	V
A GR12434A	Chickpeas - Organic	6x570g	£16.50		£3.65	O V
A GR12435A	Queen Black Beans	6x570g	£16.50		£3.65	V
A GR12436A	Queen Red Beans	6x570g	£16.50		£3.65	V

CLEARSPRING

Organic sushi ginger

New to Clearspring this month is their Organic pickled sushi ginger. This was a best seller when non-Organic and is a great addition to their Organic range now. With its fresh, zesty taste, Clearspring sushi ginger stimulates the appetite and invigorates the taste buds.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12437A	Sushi Ginger Pickle - Organic	10x50g	£27.68		£3.69	O V



EDINBURGH FERMENTARIUM

NEW LARGER JARS



Introducing Fermented Figs

Traditionally fermented to bring a delicious and healthy twist to any meal. Making award-winning, artisan, live, unpasteurised, vegan Kimchis and Krauts since 2017.

CHILLED PRODUCT

EDINBURGH FERMENTARIUM

Scottish sauerkrauts, kimchis & fermented figs



All your Edinburgh Fermentarium favourites, now available in the bigger size of 330g. We're also introducing Edinburgh Fermentarium's Fermented Figs. They started out as a seasonal line but are so versatile and delicious that they've become a year-round bestseller!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
C GR12514C	Stogin Sauerkraut	6x330g	£31.12		£6.95	V S
C GR12515C	Ginger Kraut	6x330g	£31.12		£6.95	V S
C GR12516C	Mac Kimchi	6x330g	£31.12		£6.95	V S
C GR12517C	Tom Yum	6x330g	£31.12		£6.95	V S
C GR12518C	Cracking Kimchi	6x330g	£31.12		£6.95	V S
C GR12519C	Braw Slaw	6x330g	£31.12		£6.95	V S
C GR12520C	Fermented Figs	6x150g	£31.12		£6.95	V S

GEO ORGANICS

Organic peanut butter

One of our best-selling brands are now branching out into Organic peanut butters. There are two options available, Smooth and Crunchy, and two sizes, 350g glass jars or 1kg tubs. Perfect with toasted bread or bagels, delicious with your favourite fruit, or add to your recipes for a nutty flavour.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A JA12447A	Crunchy Peanut Butter - Organic	6x350g	£26.55		£5.90	O V
A JA12448A	Smooth Peanut Butter - Organic	6x350g	£26.55		£5.90	O V
A JA12449A	Crunchy Peanut Butter - Organic	6x1kg	£58.50		£13.00	O V
A JA12450A	Smooth Peanut Butter - Organic	6x1kg	£58.50		£13.00	O V



CHILLED PRODUCT

LOVING FOODS

Organic sauerkraut

A fermented classic to extend our range of Loving Foods, this sauerkraut is Organic, raw and unpasteurised, packed full of active cultures for your gut health.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
C GR12441C	Sauerkraut - Organic	6x475g	£27.12		£6.45	O V

SUMA

Vegan cream of chicken soup

Suma have brought out their own vegan version of classic cream of chicken soup so naturally we had to list it! Ideal for a warmer on a cold weekend, a quick lunch grab for the office or even in a flask while out on a brisk walk! With this soup, bread is recommended, cruelty is optional!



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12452A	Chik'n Soup	12x400g	£20.25		£2.25	V

GREENCITY NEW PRODUCTS & PROMOTIONS

MARCH/APRIL 2024

AT LAST... ORGANIC BARISTA!



NEW

SOJADE COOKING CREAM 50cl

SAME RECIPE AS THE 20cl FORMAT

15% OFF ON SOJADE AMBIENT RANGE

RICH IN PLANT-BASED PROTEIN
RICH IN OMEGA-3

SUGAR FREE
CARRAGEENAN FREE

CAN BE USED HOT OR COLD,
FOR SWEET OR SALTY RECIPES

Bio

Vegan

GMO FREE

GLUTEN FREE

WWW.SOJADE.CO.UK

Taifun

ORGANIC

HIGH QUALITY TOFU

Two new additions to the Taifun tofu range! Naturally delicious plant-based meat alternatives made from organic soya beans.

VEGAN

PLANT-BASED PROTEIN

ORGANIC

NEW

HELLENIC

Kalamata & green olives

Introducing new olive lines from Hellenic. These replace the Sunita lines that we previously stocked. We have two new catering lines and four new 330g jars, including two Organic lines.

*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A	OL12417A	Pitted Kalamata Olives - Organic	1x2kg	£16.50			O V
A	OL12418A	Green Pitted Olives - Organic	1x2kg	£13.72			O V
A	OL12419A	Sun Pitted Jumbo Green Olives	6x330g	£11.20		£2.49	V
A	OL12420A	Sun Kalamata Pitted Olives	6x330g	£11.20		£2.49	V
A	OL12421A	Green Olives - Organic	6x330g	£13.46		£2.99	O V
A	OL12422A	Kalamata Olives - Organic	6x330g	£13.46		£2.99	O V

OATLY

Organic Barista Oat, Barista Light and Whippable Creamy Oat

CHILLED PRODUCT

Oatly is one of our best-selling brands, and so we're very pleased to be introducing their Organic Barista Drink. With an introductory 20% off, now is the time to make the switch to Organic! Also available from this month is Whippable Creamy Oat in a bigger 1lt size - great for catering use. And also introducing Barista Light - this coffee-focused oat drink has been developed with a more neutral 'dairy-like' taste, meaning it works better with high acidity, light roast coffee - allowing you to taste every bit of delicious complexity in your espresso without a strong oat flavour.

*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
C	DA12430C	Whippable Creamy Oat	6x1lt	£23.99			V
A	MI12429A	Barista Oat Drink - Organic	6x1lt	£11.45		£2.55	O V
A	MI12438A	Barista Oat Drink - Light	6x1lt	£10.74		£2.39	V

SAVE 20% OFF ORGANIC BARISTA OAT IN MARCH & APRIL - SEE PAGE 41 FOR DETAILS

SOJADE DELICE

Organic soya cooking cream

Sojade's Soya Cooking Cream has a rich taste and silky texture, perfect for pouring over puddings or whisking into savoury sauces. Gluten free and Organic too, and with 15% off in March & April.

*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A	DA12439A	Soya Cooking Cream - Organic	8x500ml	£13.45		£2.24	O V GF

SAVE 15% IN MARCH & APRIL - SEE PAGE 41 FOR DETAILS

TAIFUN

Organic tofu

CHILLED PRODUCT

We love Taifun tofu products and here are two new additions – Black Forest, made from 100% Organic soya beans, gently smoked and pre-flavoured with caraway, onion and herbs; and 100% Organic Silken tofu, a kitchen staple, undrained, unpressed with a soft and creamy texture.

*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
C	GR12512C	Black Forest Tofu - Organic	6x200g	£21.40		£4.75	O V
C	GR12513C	Silken Tofu - Organic	6x400g	£19.57		£4.35	O V



LOOFCO

Long bottle cleaning brush

A small change to the Loofco range we offer - the bottle brush was previously a best seller, however the one consistent piece of feedback was "it's just a bit too short" - so LoofCo made a longer one! This water bottle brush will replace the current bottle brush and should help you get down to all those hard-to-reach places in your efforts to make cleaning more sustainable.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CP12495A	Long Bottle Brush	6x1	£14.82	+VAT	£3.95	V
SAVE 15% IN MARCH & APRIL - SEE PAGE 62 FOR DETAILS						

NEW PRODUCTS

PRICELIST

BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
Agua De Madre	20% Mar only	A SD12485A	Lemon & Ginger Water Kefir (can)	12x330ml	£24.00	+VAT	£3.20	V
	20% Mar only	A SD12486A	Pomegranate & Hibiscus Water Kefir (can)	12x330ml	£24.00	+VAT	£3.20	V
	20% Mar only	A SD12487A	Pink Grapefruit & Lime Water Kefir (can)	12x330ml	£24.00	+VAT	£3.20	V
	20% Mar only	A SD12488A	Blood Orange Bitters Water Kefir (can)	12x330ml	£24.00	+VAT	£3.20	V
Belvoir Farm	20% Mar only	A SD12425A	No Added Sugar Apple & Elderflower Cordial	6x500ml	£18.74	+VAT	£4.99	V
	20% Mar only	A SD12426A	No Added Sugar Mango & Passionfruit Cordial	6x500ml	£18.74	+VAT	£4.99	V
	20% Mar only	A SD12427A	No Added Sugar Sicilian Lemon & Lime Cordial	6x500ml	£18.74	+VAT	£4.99	V
Bold Beans		A GR12431A	White Beans - Organic	6x570g	£16.50		£3.65	O V
		A GR12432A	Queen Chickpeas	6x570g	£16.50		£3.65	V
		A GR12433A	Queen Butter Beans	6x570g	£16.50		£3.65	V
		A GR12434A	Chickpeas - Organic	6x570g	£16.50		£3.65	O V
		A GR12435A	Queen Black Beans	6x570g	£16.50		£3.65	V
		A GR12436A	Queen Red Beans	6x570g	£16.50		£3.65	V
Chocolate & Love		A CH11362A	3 Bar Library Easter Gift Box - Organic	1x(3x80g)	£9.29	+VAT	£14.86	O FT
		A CH12476A	Ginger Dark Chocolate 100% - Organic	12x80g	£35.04	+VAT	£4.69	O V FT
		A CH12477A	Rich Dark Vegan Library Box - Organic	1x(4x80g)	£9.55	+VAT	£15.28	O V FT
Clearspring		A GR12437A	Sushi Ginger Pickle - Organic	10x50g	£27.68		£3.69	O V
Divine		A CH12492A	Milk Chocolate Tiramisu Coffee & Biscuit Dessert Bar 10x180g			+VAT		FT
		A CH12493A	Dark Chocolate Bakewell Cherry & Almond Dessert Bar 10x180g			+VAT		V FT
		A CH12494A	White Chocolate Lemon Cheesecake Dessert Bar 10x180g			+VAT		FT
Eat Real	15% Mar/April	A CR12460A	Hummus Chips Tomato & Basil	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12461A	Hummus Chips Sea Salt	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12462A	Hummus Chips Sea Salt Balsamic Vinegar	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12463A	Hummus Chips Sour Cream & Chive	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12464A	Hummus Chips Chilli & Lemon	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12465A	Veggie Straws Sea Salt	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12466A	Veggie Straws Sea Salt & Black Pepper	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12467A	Veggie Straws Smoked Paprika & Chilli	10x110g	£15.03		£2.30	V GF
	15% Mar/April	A CR12468A	Quinoa Chips Sour Cream & Chive	10x90g	£15.03		£2.30	V GF
	15% Mar/April	A CR12469A	Quinoa Chips Sundried & Tomato Roasted Garlic	10x90g	£15.03		£2.30	V GF
	15% Mar/April	A CR12470A	Lentil Chips Chilli & Lemon	10x95g	£15.03		£2.30	V GF
	15% Mar/April	A CR12471A	Lentil Chips Salted	10x95g	£15.03		£2.30	V GF
	15% Mar/April	A CR12472A	Lentil Chips Creamy Dill	10x95g	£15.03		£2.30	V GF
	15% Mar/April	A CR12473A	Lentil Chips Mango & Mint	10x95g	£15.03		£2.30	V GF

* STORAGE: A = AMBIENT, C = CHILLED

**O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT



BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
Eat Real (cont.)	15% Mar/April	A CR12475A	Hummus Chips Sea Salt	18x45g	£11.12		£1.30	V GF
	15% Mar/April	A CR12478A	Hummus Chips Tomato & Basil	18x45g	£11.12		£1.30	V GF
	15% Mar/April	A CR12479A	Lentil Chips Chilli & Lemon	18x40g	£11.12		£1.30	V GF
	15% Mar/April	A CR12480A	Lentil Chips Salted	18x40g	£11.12		£1.30	V GF
	15% Mar/April	A CR12504A	Hummus Chips Sour Cream & Chive	18x45g	£11.12		£1.30	V GF
	15% Mar/April	A CR12505A	Veggie Straws Sea Salt	18x45g	£11.12		£1.30	V GF
	15% Mar/April	A CR12506A	Quinoa Chips Sour Cream & Chive	18x40g	£11.12		£1.30	V GF
	15% Mar/April	A CR12507A	Lentil Chips Creamy Dill	18x40g	£11.12		£1.30	V GF
	15% Mar/April	A CR12508A	Lentil Chips Salted	24x18g	£12.58		£1.00	V GF
	15% Mar/April	A CR12509A	Hummus Chips Tomato & Basil	24x22g	£12.58		£1.00	V GF
	15% Mar/April	A CR12510A	Quinoa Chips Sour Cream & Chive	24x20g	£12.58		£1.00	V GF
	15% Mar/April	A CR12511A	Multibox Kids Veggie Straws	24x20g	£12.58		£1.00	V GF
Edinburgh Fermentarium		C GR12514C	Stoatin Sauerkraut	6x330g	£31.12		£6.95	V S
		C GR12515C	Ginger Kraut	6x330g	£31.12		£6.95	V S
		C GR12516C	Mac Kimchi	6x330g	£31.12		£6.95	V S
		C GR12517C	Tom Yum	6x330g	£31.12		£6.95	V S
		C GR12518C	Cracking Kimchi	6x330g	£31.12		£6.95	V S
		C GR12519C	Braw Slaw	6x330g	£31.12		£6.95	V S
		C GR12520C	Fermented Figs	6x150g	£31.12		£6.95	V S
Fairfields Farm	15% Mar/April	A CR12503A	Prawn Cocktail Crisps	36x40g	£22.17	+VAT	£0.99	V
Fhirst	20% Mar/April	A SD12358A	Living Soda Lemon & Lime	12x330ml	£16.50	+VAT	£2.20	V
Flawsome		A SD12456A	Sweet & Sour Apple Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V
		A SD12457A	Apple & Rhubarb Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V
		A SD12458A	Apple & Sour Cherry Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V
		A SD12459A	Apple & Strawberry Lightly Sparkling Juice Drink	24x250ml	£25.20	+VAT	£1.69	V

* STORAGE: A = AMBIENT, C = CHILLED

**O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT

NEW

DO DESSERT
DIFFERENTLY...



Divine™

CO-OWNED BY COCOA FARMERS

100% Fairtrade • No palm oil • Natural flavours & ingredients

BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**		
Folkington's	20% Mar/April	A	SD12326A	Sparkling Elderflower Presse	12x330ml	£16.29	+VAT	£2.17	V		
	20% Mar/April	A	SD12327A	Traditionally Hot Ginger Beer	12x330ml	£16.29	+VAT	£2.17	V		
	20% Mar/April	A	SD12328A	Sparkling Pink Lemonade	12x330ml	£16.29	+VAT	£2.17	V		
Futtle		A	AL12406A	Organic Table Beer 3.2%	12x330ml	£24.00	+VAT	£4.00	O	V	S
		A	AL12408A	Organic Farmhouse Pale Ale 3.8%	12x330ml	£24.00	+VAT	£4.00	O	V	S
		A	AL12409A	Organic Wheat Beer with Bay 4.2%	12x330ml	£24.00	+VAT	£4.00	O	V	S
Geo Organics		A	JA12447A	Crunchy Peanut Butter - Organic	6x350g	£26.55		£5.90	O	V	
		A	JA12448A	Smooth Peanut Butter - Organic	6x350g	£26.55		£5.90	O	V	
		A	JA12449A	Crunchy Peanut Butter - Organic	6x1kg	£58.50		£13.00	O	V	
		A	JA12450A	Smooth Peanut Butter - Organic	6x1kg	£58.50		£13.00	O	V	
Hampstead Tea		A	HD12440A	Green Tea Bags - Organic	4x20	£10.77		£3.59	O	V	GF
		A	HD12442A	Peppermint & Spearmint Infusion Tea Bags - Organic	4x20	£10.77		£3.59	O	V	GF
		A	HD12443A	Darjeeling Tea Bags - Organic	4x20	£10.77		£3.59	O	V	GF
		A	HD12444A	Earl Grey Tea Bags - Organic	4x20	£10.77		£3.59	O	V	GF
		A	HD12445A	English Breakfast Tea Bags - Organic	4x20	£10.77		£3.59	O	V	GF
		A	HD12446A	Rosehip Hibiscus Infusion Tea Bags - Organic	4x20	£10.77		£3.59	O	V	GF
Hellenic		A	OL12417A	Pitted Kalamata Olives - Organic	1x2kg	£16.50			O	V	
		A	OL12418A	Green Pitted Olives - Organic	1x2kg	£13.72				O	V
		A	OL12419A	Sun Pitted Jumbo Green Olives	6x330g	£11.20		£2.49		V	
		A	OL12420A	Sun Kalamata Pitted Olives	6x330g	£11.20		£2.49		V	
		A	OL12421A	Green Olives - Organic	6x330g	£13.46		£2.99	O	V	
		A	OL12422A	Kalamata Olives - Organic	6x330g	£13.46		£2.99	O	V	
James White		A	SD12455A	Veg It Classic Vegetable Juice	8x1lt	£18.45	+VAT	£3.70	V		
* STORAGE: A = AMBIENT, C = CHILLED **O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT											



15%
OFF

A brush with nature



Eco swap from plastic sponges



Cleans jars, tins & bottles



Removes Baked-On Food



Coir fibre brush



Cleans dishes & tackles grease



Versatile cleaner



Robust and durable



Exfoliates skin

Whether it's cleaning the dishes, bottles, kitchen, bathroom, garden tools or body these ingenious, ecological products from LoofCo make switching to plastic free alternatives easy. Made from loofah, coconut and cotton. Inspired by tradition proven over generations.

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Vegan

Carbon Neutral Britain

www.loofco.co.uk

Bio degradable

Plastic Free

Natural and gentle

MARCH/APRIL 2024

GREENCITY NEW PRODUCTS & PROMOTIONS

NEW PRODUCTS

GREENCITY

WHOLEFOODS

33

BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**	
Lo Bros	15% Mar/April	A	SD12490A	Fruit Crush Kombucha - Low sugar	12x330ml	£21.70	+VAT	£2.89	V	
	15% Mar/April	A	SD12491A	Raspberry & Blackcurrant Kombucha - Low sugar	12x330ml	£21.70	+VAT	£2.89	V	
LoofCo	15% Mar/April	A	CP12495A	Long Bottle Brush	6x1	£14.82	+VAT	£3.95	V	
Loving Foods		C	GR12441C	Sauerkraut - Organic	6x475g	£27.12		£6.45	O	V
Montezuma's		A	CH11625A	Milk Chocolate Peanut Butter Mini Eggs	1x3kg	£49.95	+VAT			
		A	CH11626A	Dark Chocolate Peanut Butter Mini Eggs	1x3kg	£49.95	+VAT		V	
Mummy Meegz		A	CH12496A	Chuckie Egg	24x38g	£27.25	+VAT	£1.82	V	
		A	CH12497A	Chuckie Egg Multi Pack of 3	20x(3x38g)	£58.90	+VAT	£4.72	V	
		A	CH12498A	Chickee Eggs	12x85g	£27.40	+VAT	£3.65	V	
		A	CH12499A	Choccy Balls	22x36g	£34.10	+VAT	£2.48	V	
		A	CH12500A	Choccy Balls Gift Pack	8x144g	£44.00	+VAT	£8.80	V	
		A	CH12501A	Billie White Oat Milk Chocolate Bar	48x16g	£35.62	+VAT	£1.19	V	
Nairns		A	CR12410A	GF Popped Oat Chips Salt & Vinegar	24x20g	£14.00		£0.78	V	GF
		A	CR12411A	GF Popped Oat Chips Sour Cream & Chive	24x20g	£14.00		£0.78		GF
		A	CR12412A	GF Popped Oat Chips BBQ	24x20g	£14.00		£0.78	V	GF
Oatly		C	DA12430C	Whippable Creamy Oat	6x1lt	£23.99			V	
	20% Mar/April	A	MI12429A	Barista Oat Drink - Organic	6x1lt	£11.45		£2.55	O	V
		A	MI12438A	Barista Oat Drink - Light	6x1lt	£10.74		£2.39	V	
Pip Organic	15% Mar/April	A	CH12400A	Mango Pipstick - Organic	24x18g	£16.80		£0.95	O	V
	15% Mar/April	A	CH12401A	Pineapple & Mango Pipstick - Organic	24x18g	£16.80		£0.95	O	V
	15% Mar/April	A	SD12399A	Kids Smooth Orange Juice - Organic	24x180ml	£20.10	+VAT	£1.34	O	V
Raw Culture		A	SD12481A	The Original - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V	S
		A	SD12482A	Hopical Punch - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V	S
		A	SD12483A	Mangosaurus - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V	S
		A	SD12484A	Lemondrop - Hop Infused Kombucha	12x330ml	£21.55	+VAT	£2.88	V	S
Rude Health	20% Mar/April	A	MI12454A	Barista Oat Drink - Organic	6x1lt	£11.22		£2.49	O	V
Sojade Delice	15% Mar/April	A	DA12439A	Soya Cooking Cream - Organic	8x500ml	£13.45		£2.24	O	V GF
Suma		A	GR12452A	Chik'n Soup	12x400g	£20.25		£2.25	V	
Taifun		C	GR12512C	Black Forest Tofu - Organic	6x200g	£21.40		£4.75	O	V
		C	GR12513C	Silken Tofu - Organic	6x400g	£19.57		£4.35	O	V
Thistly Cross	5% Mar/April	A	AL12453A	Scottish Fruits Cider 3.4% ABV	8x500ml	£17.20	+VAT	£3.00	V S	
Vita Core Farm Juices		A	SD12428A	Prune Juice - Organic	6x500ml	£22.31	+VAT	£5.95	O	V
Yogi Tea		A	HD11646A	Happy Nature - Organic	6x17bags	£12.38		£2.75	O	V GF
		A	HD12474A	YOGI TEA Selection Box (45 tea bags) 2024 - Org	6x(9x5)bags	£67.46		£14.99	O	V GF
* STORAGE: A = AMBIENT, C = CHILLED **O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT										

GREENCITY NEW PRODUCTS & PROMOTIONS

MARCH/APRIL 2024



AGUA DE MADRE

Health shots & water kefirs range

20% OFF

VALID: MARCH ONLY

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	C SD11730C	Ginger & Turmeric Shot with live cultures - Organic	12x60ml	£27.00		£21.60		£3.00	O V
20%	C SD12261C	Lemon & Ginger Water Kefir - Organic	12x330ml	£30.00		£24.00		£3.33	O V
20%	C SD12262C	Pomegranate & Hibiscus Water Kefir	12x330ml	£30.00		£24.00		£3.33	V
20%	C SD12263C	Passion Fruit & Raspberry Water Kefir - Organic	12x330ml	£30.00		£24.00		£3.33	O V
20%	C SD12264C	Elderflower & Apple Water Kefir - Organic	12x330ml	£30.00		£24.00		£3.33	O V
20%	C SD12489C	Pink Grapefruit & Lime Water Kefir	12x330ml	£30.00		£24.00		£3.33	V
20%	A SD12485A	Lemon & Ginger Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V
20%	A SD12486A	Pomegranate & Hibiscus Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V
20%	A SD12487A	Pink Grapefruit & Lime Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V
20%	A SD12488A	Blood Orange Bitters Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V

FLOR DE MADRE

'Remedio Naturale' fermented lemon & ginger paste

20% OFF

VALID: MARCH ONLY

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	C GR11454C	Remedio Naturale Lemon & Ginger Infusion - Org	12x250g	£55.20		£44.16		£6.12	O V

BELVOIR FARM

Cordial, presse & soft drinks range

20% OFF

VALID: MARCH ONLY

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGE 35 FOR LINE DETAILS									

CAWSTON PRESS

Fruit juice & soft drinks range

20% OFF

VALID: MARCH ONLY

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGES 35 & 37 FOR LINE DETAILS									

NATRACARE

Ultra thin panty liners

15% OFF

VALID: MARCH ONLY

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A BA02166A	Ultra Thin Panty Liners	16x22	£29.29		£24.90		£2.49	V



OCEANSAVER

Eco-friendly refills & cleaning range

15% OFF

VALID: MARCH ONLY

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGE 37 FOR LINE DETAILS									

BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Agua De Madre	20%	C SD11730C	Ginger & Turmeric Shot with live cultures - Organic	12x60ml	£27.00		£21.60		£3.00	O V
	20%	C SD12261C	Lemon & Ginger Water Kefir - Organic	12x330ml	£30.00		£24.00		£3.33	O V
	20%	C SD12262C	Pomegranate & Hibiscus Water Kefir	12x330ml	£30.00		£24.00		£3.33	V
	20%	C SD12263C	Passion Fruit & Raspberry Water Kefir - Organic	12x330ml	£30.00		£24.00		£3.33	O V
	20%	C SD12264C	Elderflower & Apple Water Kefir - Organic	12x330ml	£30.00		£24.00		£3.33	O V
	20%	C SD12489C	Pink Grapefruit & Lime Water Kefir	12x330ml	£30.00		£24.00		£3.33	V
	20%	A SD12485A	Lemon & Ginger Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V
	20%	A SD12486A	Pomegranate & Hibiscus Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V
	20%	A SD12487A	Pink Grapefruit & Lime Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V
	20%	A SD12488A	Blood Orange Bitters Water Kefir (can)	12x330ml	£24.00	+VAT	£19.20	+VAT	£3.20	V
Belvoir Farm	20%	A SD01718A	Blueberry & Blackcurrant Cordial	6x500ml	£21.75	+VAT	£17.40	+VAT	£5.80	V GF
	20%	A SD01719A	Elderflower Cordial	6x500ml	£21.75	+VAT	£17.40	+VAT	£5.80	V GF
	20%	A SD01720A	Elderflower Cordial - Organic	6x500ml	£23.95	+VAT	£19.16	+VAT	£6.39	O V GF
	20%	A SD01722A	Ginger Cordial	6x500ml	£21.75	+VAT	£17.40	+VAT	£5.80	V GF
	20%	A SD01724A	Honey Lemon & Ginger Cordial	6x500ml	£21.56	+VAT	£17.25	+VAT	£5.75	GF
	20%	A SD01728A	Raspberry & Lemon Cordial	6x500ml	£21.75	+VAT	£17.40	+VAT	£5.80	V GF
	20%	A SD02296A	Elderflower Presse	6x750ml	£15.35	+VAT	£12.28	+VAT	£4.09	V GF
	20%	A SD02298A	Elderflower Presse - Organic	6x750ml	£16.50	+VAT	£13.20	+VAT	£4.40	O V GF
	20%	A SD02299A	Elderflower Presse - Organic	12x250ml	£15.45	+VAT	£12.36	+VAT	£2.06	O V GF
	20%	A SD02306A	Lemonade - Organic	12x250ml	£15.45	+VAT	£12.36	+VAT	£2.06	O V GF
	20%	A SD02311A	Raspberry Lemonade	6x750ml	£15.35	+VAT	£12.28	+VAT	£4.09	V GF
	20%	A SD02312A	Raspberry Lemonade	12x250ml	£14.22	+VAT	£11.38	+VAT	£1.90	V GF
	20%	A SD06088A	Ginger Beer - Organic	6x750ml	£16.50	+VAT	£13.20	+VAT	£4.40	O V GF
	20%	A SD11719A	Summer Spritz (Limited Edition)	6x750ml	£15.35	+VAT	£12.28	+VAT	£4.09	V
	20%	A SD11792A	Non-Alcoholic Passionfruit Martini	6x750ml	£15.00	+VAT	£12.00	+VAT	£4.00	V
	20%	A SD12425A	No Added Sugar Apple & Elderflower Cordial	6x500ml	£18.74	+VAT	£14.99	+VAT	£4.99	V
	20%	A SD12426A	No Added Sugar Mango & Passionfruit Cordial	6x500ml	£18.74	+VAT	£14.99	+VAT	£4.99	V
	20%	A SD12427A	No Added Sugar Sicilian Lemon & Lime Cordial	6x500ml	£18.74	+VAT	£14.99	+VAT	£4.99	V
Cawston Press	20%	A SD01776A	Pressed Apple & Elderflower Juice	6x1lt	£14.27	+VAT	£11.42	+VAT	£3.80	V
	20%	A SD01777A	Pressed Apple & Ginger Juice	6x1lt	£14.27	+VAT	£11.42	+VAT	£3.80	V
	20%	A SD01779A	Apple & Mango Kids Juice	6x(3x200ml)	£12.64	+VAT	£10.11	+VAT	£3.37	V
	20%	A SD01780A	Pressed Apple Juice	6x1lt	£14.27	+VAT	£11.42	+VAT	£3.80	V
	20%	A SD01781A	Apple & Pear Kids Juice	6x(3x200ml)	£12.64	+VAT	£10.11	+VAT	£3.37	V
	20%	A SD01782A	Pressed Apple & Rhubarb Juice	6x1lt	£14.27	+VAT	£11.42	+VAT	£3.80	V
	20%	A SD01784A	Apple & Summer Berries Kids Juice	6x(3x200ml)	£12.64	+VAT	£10.11	+VAT	£3.37	V
	20%	A SD01785A	Brilliant Beetroot Juice	6x1lt	£15.55	+VAT	£12.44	+VAT	£4.15	V
	20%	A SD02334A	Sparkling Cloudy Apple (cans)	24x330ml	£20.78	+VAT	£16.62	+VAT	£1.39	V
	20%	A SD02335A	Sparkling Apple & Rhubarb (cans)	24x330ml	£20.78	+VAT	£16.62	+VAT	£1.39	V
	20%	A SD02337A	Sparkling Elderflower Lemonade (cans)	24x330ml	£20.78	+VAT	£16.62	+VAT	£1.39	V
	20%	A SD02338A	Sparkling Ginger Beer (cans)	24x330ml	£20.78	+VAT	£16.62	+VAT	£1.39	V

* STORAGE: A = AMBIENT, C = CHILLED

**O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT

The Ocean will thank you

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15% OFF

Ocean-friendly cleaning this March & April*

ocean-saver.com

*Offer ends April 30th 2024

BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Cawston Press (cont.)	20%	A SD09245A	Sparkling Orange (cans)	24x330ml	£20.78	+VAT	£16.62	+VAT	£1.39	V
	20%	A SD09273A	100% Fresh Squeezed Orange Juice	6x1lt	£17.23	+VAT	£13.78	+VAT	£4.60	V
Flor De Madre	20%	C GR11454C	Remedio Naturale Lemon & Ginger Infusion - Organic	12x250g	£55.20		£44.16		£6.12	O V
Natracare	15%	A BA02166A	Ultra Thin Panty Liners	16x22	£29.29		£24.90		£2.49	V
OceanSaver	15%	A CP11911A	Refill EcoDrop - Bathroom	12x15g	£12.69	+VAT	£10.79	+VAT	£1.75	V
	15%	A CP11915A	Refill EcoDrop - Glass	12x10ml	£12.69	+VAT	£10.79	+VAT	£1.75	V
	15%	A CP11916A	Refill EcoDrop - Multipurpose Apple	12x10ml	£12.69	+VAT	£10.79	+VAT	£1.75	V
	15%	A CP11918A	Refill EcoDrop - Multipurpose Lavender	12x10ml	£12.69	+VAT	£10.79	+VAT	£1.75	V
	15%	A CP11919A	Refill EcoDrop - Kitchen Degreaser	12x10ml	£12.69	+VAT	£10.79	+VAT	£1.75	V
	15%	A CP11920A	Refill EcoDrop - Anti-Bacterial Sanitiser	12x10ml	£12.69	+VAT	£10.79	+VAT	£1.75	V
	15%	A CP11921A	Refill EcoDrop - All Purpose Floor	12x10ml	£12.69	+VAT	£10.79	+VAT	£1.75	V
	15%	A CP11922A	Bottle for Life	8x1	£13.29	+VAT	£11.30	+VAT	£2.75	V
	15%	A CP11924A	Plastic-Free Eco Dishwasher Tabs	12x30 tabs	£50.75	+VAT	£43.14	+VAT	£7.00	V
	15%	A CP11925A	Compostable Cleaning Sponge Cloths	10x5pk	£48.36	+VAT	£41.11	+VAT	£8.00	V
	15%	A CP11932A	Wooden Dishbrushes	1x1	£6.04	+VAT	£5.13	+VAT	£10.00	V
	15%	A CP11933A	Dishwashing Loofahs	1x5pk	£4.83	+VAT	£4.11	+VAT	£8.00	V
	15%	A CP11934A	Laundry EcoSheets (30 washes)	10x15pk	£39.28	+VAT	£33.39	+VAT	£6.50	V
	15%	A CP12314A	Plastic-Free Eco Dishwasher Tabs	5x100 tabs	£67.83	+VAT	£57.66	+VAT	£22.00	V
	15%	A CP12315A	Laundry EcoCaps Non-Bio (Fresh Linen)	5x34 caps	£31.25	+VAT	£26.56	+VAT	£10.00	V
	15%	A CP12415A	Plastic-Free Eco Dishwasher Tabs	10x30 tabs	£50.75	+VAT	£43.14	+VAT	£7.00	V
* STORAGE: A = AMBIENT, C = CHILLED **O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT										

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PLANT BASED MATERIALS
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PANTY
LINERS



natracare

Personal care that gives back



GREENCITY NEW PRODUCTS & PROMOTIONS

MARCH/APRIL 2024



THISTLY CROSS

Scottish ciders

5% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	..
5%	A AL10990A	Traditional Cider 4.4% ABV	8x500ml	£17.30	+VAT	£16.44	+VAT	£3.44	V S GF
5%	A AL10991A	Original Cider 6.2% ABV	8x500ml	£18.25	+VAT	£17.34	+VAT	£3.65	V S GF
5%	A AL10992A	Whisky Cask Cider 6.7% ABV	8x500ml	£19.15	+VAT	£18.19	+VAT	£3.79	V S GF
5%	A AL12453A	Scottish Fruits Cider 3.4% ABV	8x500ml	£17.20	+VAT	£16.34	+VAT	£3.00	V S

DASH WATER

'Wonky fruit'-infused sparkling water range

20% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	..
20%	A SD07876A	Sparkling Water Infused with Wonky Cucumbers	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
20%	A SD07877A	Sparkling Water Infused with Wonky Lemons	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
20%	A SD07878A	Sparkling Water Infused with Squashed Raspberries	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
20%	A SD07879A	Sparkling Water Infused with Squished Blackcurrant	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
20%	A SD09032A	Sparkling Water infused with Wonky Peaches	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
20%	A SD11176A	Sparkling Water Infused with Wonky Mangoes	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
20%	A SD11731A	Sparkling Water Infused with Wonky Limes	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V

10% OFF

V

Vegan friendly

EST. 1989

Made in the UK

Leaf icon

Natural ingredients

JAMES WHITE

BOLD BY NATURE

Apple

Pear

Mixed Vegetables

Tomato

Carrot

Our organic plant based pressed juices have an emphasis on fine natural flavours, making them perfect for any occasion.

Enjoy now with 10% off our Organics range, available as 750ml and 250ml.

SOIL ASSOCIATION ORGANIC

Organics

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FHIRST

'Living soda' with active cultures range

20% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	..
FULL RANGE INCLUDED - SEE PAGE 64 FOR LINE DETAILS									



JAMES WHITE

Organic fruit & vegetable juices range

10% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	..
10%	A SD01822A	Apple Juice - Organic	6x750ml	£14.92	+VAT	£13.43	+VAT	£3.98	O V
10%	A SD01823A	Apple Juice - Organic	24x250ml	£26.10	+VAT	£23.49	+VAT	£1.74	O V
10%	A SD01825A	Carrot Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O V
10%	A SD01828A	Pear Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O V
10%	A SD01829A	Pear Juice - Organic	24x250ml	£26.10	+VAT	£23.49	+VAT	£1.74	O V
10%	A SD01830A	Vegetable Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O V
10%	A SD08890A	Tomato Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O V

FOLKINGTON'S

Fruit juices & sparkling drinks range

20% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	..
FULL RANGE INCLUDED - SEE PAGE 64 FOR LINE DETAILS									



LO BROS

Selected low sugar kombuchas

15% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	..
15%	A SD12490A	Fruit Crush Kombucha - Low sugar	12x330ml	£21.70	+VAT	£18.45	+VAT	£2.89	V
15%	A SD12491A	Raspberry & Blackcurrant Kombucha - Low sugar	12x330ml	£21.70	+VAT	£18.45	+VAT	£2.89	V

PIP ORGANIC

Kids fruit juices, fruit snacks & 100% orange juice

15% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	..
FULL RANGE INCLUDED - SEE PAGE 66 FOR LINE DETAILS									



PAISLEY DRINKS CO
PRIMO POP CRAFTED IN SCOTLAND
WITH REAL INGREDIENTS



WWW.PAISLEYDRINKSCOMPANY.COM



@paisleydrinksco



PAISLEY DRINKS CO

Scottish-made soft drinks range

15% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGE 66 FOR LINE DETAILS									

OATLY

Organic barista oat drink

20% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A MI12429A	Barista Oat Drink - Organic	6x1lt	£11.45		£9.16		£2.55	O V

RUDE HEALTH

Barista plant milks

20% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A DA09026A	Barista Soya Drink - Organic	6x1lt	£9.18		£7.34		£2.04	O V GF
20%	A DA11283A	Barista Coconut Drink	6x1lt	£11.43		£9.14		£2.54	V GF
20%	A DA11286A	Barista Almond Drink	6x1lt	£11.43		£9.14		£2.54	V GF
20%	A DA11287A	Barista Oat Drink	6x1lt	£9.18		£7.34		£2.04	V GF
20%	A MI12454A	Barista Oat Drink - Organic	6x1lt	£11.22		£8.98		£2.49	O V

SOJADE DELICE

Organic soya drink & soya cream

15% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A DA09650A	Soya Drink Unsweetened - Organic	8x1lt	£13.02		£11.07		£2.17	O V
15%	A DA11315A	Soya Cream - Organic	24x200ml	£20.89		£17.76		£1.17	O V GF
15%	A DA12439A	Soya Cooking Cream - Organic	8x500ml	£13.45		£11.43		£2.24	O V GF

SOON

Organic hemp drink

15% OFF

VALID: MARCH & APRIL

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A MI11525A	Hemp Drink Unsweetened - Organic	8x1lt	£18.69		£15.89		£3.12	O V

CAFE DIRECT

DELICIOUS COFFEE THAT MAKES LIFE BETTER FOR EVERYONE

4 LIVELY Restore

3 SMOOTH Empower

5 INTENSE Thrive

NEW RECYCLABLE - NOW RECYCLABLE

Directly improving gender equality, climate action and youth opportunities in the coffee growing world.
Better lives, better planet and better tasting coffee.

NEW RECYCLABLE PACKAGING

ORGANIC MEDIUM ROAST

ORGANIC GROWN BY WOMEN BLEND

ORGANIC DARK CITY ROAST

ORGANIC ITALIAN ROAST

EQUAL EXCHANGE

20% OFF

Organic Coffee*

Contact us: Tel:0345 258 5331 | enquiry@equalexchange.coop

Follow us: www.equalexchange.co.uk | @Equalexchangeuk

MARCH/APRIL 2024

GREENCITY NEW PRODUCTS & PROMOTIONS

PROMOTIONS - MAR & APR

43

CAFE DIRECT

Selected Fairtrade ground coffee

15% OFF

VALID: MARCH & APRIL

Empower

Thrive

Restore

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A HD12278A	Smooth Empower Blend Ground Coffee (3)	6x200g	£22.20		£18.87		£4.92	V FT
15%	A HD12279A	Intense Thrive Blend Ground Coffee (5)	6x200g	£22.20		£18.87		£4.92	V FT
15%	A HD12280A	Lively Restore Blend Ground Coffee (4)	6x200g	£22.20		£18.87		£4.92	V FT

EQUAL EXCHANGE

Selected Organic & Fairtrade coffee

20% OFF

VALID: MARCH & APRIL

Dark Roast Coffee Beans (4) - Organic

Italian Coffee Beans (5) - Organic

Medium Roast Coffee Beans (3) - Organic

Dark Roast Ground Coffee (4) - Organic

Medium Roast Ground Coffee (3) - Organic

Italian Roast Ground Coffee (5) - Organic

Women Farmers Ground Coffee (3) - Organic

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A HD00966A	Dark Roast Coffee Beans (4) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
20%	A HD00972A	Italian Coffee Beans (5) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
20%	A HD00973A	Medium Roast Coffee Beans (3) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
20%	A HD00980A	Dark Roast Ground Coffee (4) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
20%	A HD00981A	Medium Roast Ground Coffee (3) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
20%	A HD00983A	Italian Roast Ground Coffee (5) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
20%	A HD00985A	Women Farmers Ground Coffee (3) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT

DIVINE

Fairtrade chocolate, hot chocolate & cocoa range

15% OFF

VALID: MARCH & APRIL

Divine

Divine

Divine

Divine

Divine

Divine

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGE 63 FOR LINE DETAILS									

ISLAND BAKERY

Scottish Organic biscuits range

15% OFF

VALID: MARCH & APRIL

Island Bakery

Island Bakery

Island Bakery

Island Bakery

Island Bakery

Island Bakery

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A BI08822A	Lime Melts - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O S
15%	A BI08823A	Chocolate Gingers - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O S
15%	A BI08824A	Lemon Melts - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O S
15%	A BI08825A	Oat Crumbles - Organic	12x125g	£24.53		£20.85		£2.73	O S
15%	A BI08826A	Shortbread Biscuits - Organic	12x125g	£24.53		£20.85		£2.73	O S
15%	A BI08827A	Apple Crumbles - Organic	12x125g	£29.10		£24.74		£3.23	O S
15%	A BI08835A	Blonde Chocaccinos - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O S
15%	A BI08836A	Orange Melts - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O S

GREENCITY NEW PRODUCTS & PROMOTIONS

MARCH/APRIL 2024



Divine™

CO-OWNED BY COCOA FARMERS

FAIR TASTES BETTER.

Divine

SMOOTH DARK CHOCOLATE

70% COCOA

Divine

SMOOTH MILK CHOCOLATE WITH SALTED CARAMEL

38% COCOA

Divine

SMOOTH DARK CHOCOLATE WITH RASPBERRIES

70% COCOA

EVERY BAR DIRECTLY IMPROVES THE LIVES OF FARMERS

Certified B Corporation

• 100% pure cocoa butter • 100% Fairtrade

• Palm oil free • Only natural flavours & ingredients

FAIRTRADE

Island Bakery

ISLE OF MULL

15% off

Organic, All-Butter Biscuits made in the Hebrides

great taste PRODUCER

Island Bakery

Lemon Mints

www.islandbakery.scot

MARCH/APRIL 2024

GRENCITY NEW PRODUCTS & PROMOTIONS

PROMOTIONS - MAR & APR

45

Seed and Bean

DARK & DELICIOUS

Seed and Bean

CORNISH SEA SALT

Seed and Bean

72% DARK CACAO

Seed and Bean

DARK ESPRESSO

MILKY & CREAMY

Seed and Bean

RICH CARAMEL

Seed and Bean

ZESTY MANDARIN & SPICY GINGER

Seed and Bean

CORNISH SEA SALT & TANGY LIME

15% OFF

TREAT YOURSELF TO A TASTE ADVENTURE

VEGAN DARK CHOCOLATE

PALM OIL FREE

SOIL ASSOCIATION ORGANIC

COMPOSTABLE PACKAGING

FAIRLY TRADED

GRENCITY NEW PRODUCTS & PROMOTIONS

MARCH/APRIL 2024





EAT REAL

Gluten free savoury snacks range

15% OFF

VALID: MARCH & APRIL


SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGES 63 & 64 FOR LINE DETAILS									

NAIRNS

Selected oatcakes

20% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A BI02260A	Cheese Oatcakes	12x200g	£18.80		£15.04		£2.08	S
20%	A BI02261A	Fine Milled Oatcakes	12x218g	£13.25		£10.60		£1.47	V S
20%	A BI02262A	Fruit & Seed Oatcakes	8x225g	£12.53		£10.02		£2.09	V S
20%	A BI02265A	Mini Oatcakes	12x200g	£18.80		£15.04		£2.08	V S
20%	A BI02266A	Oatcakes - Organic	12x250g	£16.58		£13.26		£1.84	O V S
20%	A BI02268A	Super Seeded Oatcakes - Organic	8x200g	£12.53		£10.02		£2.09	O V S
20%	A BI02269A	Rough Oatcakes	10x291g	£12.01		£9.61		£1.60	V S

Sweet F.A

GLUTEN FREE

ORGANIC & VEGAN COOKIES

15% OFF

Fiona Aitali, Island Bakery's Chief Biscuit Engineer, has made four delicious gluten free, vegan and organic cookies.

Using a unique formulation of gluten-free flours, there is none of the gritty residue commonly found in gluten-free baking.

Sweet FA Gluten Free cookies have a taste that everyone can TRULY enjoy.





FAIRFIELDS FARM

Vegan potato crisps range

15% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A CR11656A	Sea Salt & Aspath Cyder Vinegar Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
15%	A CR11657A	Lightly Sea Salted Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
15%	A CR11658A	Cheese & Onion Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
15%	A CR11659A	Roast Rib of Beef Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
15%	A CR12503A	Prawn Cocktail Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V

OMBAR

Vegan & Organic raw chocolate range

20% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGE 66 FOR LINE DETAILS									

SEED & BEAN

Organic chocolate range

15% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGES 66 & 67 FOR LINE DETAILS									

SWEET FA GLUTEN FREE

Organic, vegan & gluten free biscuits range

15% OFF

VALID: MARCH & APRIL



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A BI11546A	Gluten Free Oat & Raisin Cookies - Organic	12x125g	£26.92		£22.88		£2.99	O V S GF
15%	A BI11547A	Gluten Free Cranberry & Orange Cookies - Organic	12x125g	£26.92		£22.88		£2.99	O V S GF
15%	A BI11548A	Gluten Free Peanut Butter Cookies - Organic	12x125g	£26.92		£22.88		£2.99	O V S GF
15%	A BI11549A	Gluten Free Double Chocolate Chip Cookies - Org	12x125g	£26.92		£22.88		£2.99	O V S GF
15%	A BI11689A	Twin Pack Gluten Free Oat & Raisin Cookies - Org	24x30g	£12.43		£10.57		£0.74	O V S GF
15%	A BI11690A	Twin Pack Gluten Free Double Choc Chip Cookies - Org	24x30g	£12.43		£10.57		£0.74	O V S GF

A whole lot of HEALTHY CHOICES

Say hello to our versatile range made with simple, natural ingredients. Customers love getting creative with our oatcakes – a great value option and the perfect blank canvas to help them discover endless possibilities.



Wholegrain
oats



High
fibre

WF Wheat free
recipe



Discover the ranges at nairns.com

n
nairn's

Clearspring

15%
OFF

Featured Recipe:
Kake Udon
↖



OODLES OF ORGANIC JAPANESE NOODLES

- MADE IN JAPAN BY FAMILY PRODUCER
- TRADITIONALLY SLOW DRIED NOODLES
- FEATURED RECIPE CARDS AVAILABLE ON REQUEST

Email: sales@clearspring.co.uk

Stir-fry | Soup | Salad



ORGANIC SESAME CONDIMENTS

- MADE IN JAPAN BY FAMILY PRODUCER
- TRADITIONALLY SLOW DRIED NOODLES
- FEATURED RECIPE CARDS AVAILABLE ON REQUEST

Rice | Noodles | Salads

20%
OFF





Essential Beans & Pulses



organic • source of protein & fibre • BPA free • vegan
Our best selling range of beans and pulses. Always natural - always organic.

Organic Spelt Pasta

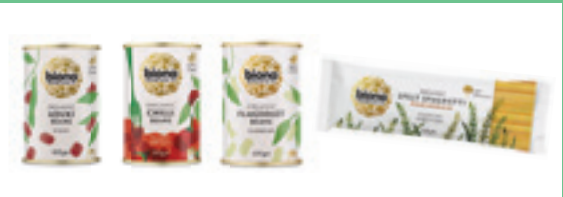
- *high in fibre*
- *source of protein*
- *paper packaging*



An ancient grain, high in fibre and tolerated by some people with wheat allergies. Simply combine with pasta sauce or pesto for a nutritious, organic meal.



BIONA
Selected Organic beans & pulses, Organic spelt pasta
15% OFF
VALID: MARCH & APRIL



SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A GR04427A	Aduki Beans - Organic	6x400g	£7.77		£6.60		£1.73	O V
15%	A GR04928A	Chilli Black Beans in Chilli Sauce - Organic	6x400g	£7.77		£6.60		£1.73	O V
15%	A GR04929A	Red Kidney Beans in a Chilli Sauce - Organic	6x395g	£7.61		£6.47		£1.69	O V
15%	A GR09645A	Flageolet Beans - Organic	6x400g	£8.68		£7.38		£1.92	O V
15%	A GR11409A	Refried Pinto Beans - Organic	12x400g	£21.95		£18.66		£2.39	O V
15%	A PA02023A	Spelt Penne - Wholegrain - Organic	10x500g	£22.44		£19.07		£2.99	O V
15%	A PA02024A	Spelt Fusilli - Wholegrain - Organic	10x500g	£22.44		£19.07		£2.99	O V
15%	A PA11408A	Spelt Spaghetti - Wholegrain - Organic	12x500g	£26.54		£22.56		£2.95	O V



CLEARSPRING
Selected Organic ingredients
15-20% OFF
VALID: MARCH & APRIL

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A GR10942A	Instant Noodle Broth (Tsuyu) - Organic	6x245ml	£29.21		£24.83		£6.49	O V
20%	A NU12247A	Irigoma Toasted Whole Sesame Seeds - Organic	6x100g	£17.96		£14.37		£3.99	O V
20%	A NU12248A	Irigoma Toasted Black Sesame Seeds - Organic	6x100g	£17.96		£14.37		£3.99	O V
20%	A OL12244A	Shichimi Togarashi - Organic	8x50g	£29.94		£23.95		£4.99	O V
20%	A OL12245A	Gomashio Whole Sesame with Sea Salt - Organic	6x100g	£17.96		£14.37		£3.99	O V
20%	A OL12246A	Gomashio Black Sesame with Sea Salt - Organic	6x100g	£17.96		£14.37		£3.99	O V
15%	A PA02035A	100% Buckwheat Soba Noodles - Organic	6x200g	£20.61		£17.52		£4.58	O V GF
15%	A PA11976A	Brown Rice Udon Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
15%	A PA11977A	Udon Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
15%	A PA11978A	Wide Udon Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
15%	A PA11979A	Soba Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
15%	A PA11980A	Soba Somen Skinny Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V

ESSENTIAL
Organic peanut butter
15% OFF
VALID: MARCH & APRIL



SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A JA12257A	Smooth Peanut Butter - Salted - Organic	6x250g	£16.49		£14.02		£3.66	O V
15%	A JA12258A	Crunchy Peanut Butter - Salted - Organic	6x425g	£25.50		£21.68		£5.65	O V

Essential

f @EssentialTrading

www.essential-trading.coop

15%
OFF

Essential Organic Smooth & Crunchy Peanut Butter

250g - Smooth With Salt - JA12257A
425g - Crunchy With Salt - JA12258A

Also available through special order:

250g - Smooth Without Salt - JA04784SA
425g - Crunchy Without Salt - JA04786SA
1kg - Crunchy With Salt JA04785SA

SAVE
10%

FRESH NEW LOOK
**same original
recipes**



Anne and James, a trail-blazing pair of eco-champions and veggies in the 80's (before it was cool), found themselves struggling to find their family favourite treats without nasties - so they decided to do it themselves! From the comfort of their Cotswolds Kitchen, they set about creating our delicious range - free from gelatine, artificial colours, flavours and preservatives.

And so, our brand was born, with no nasties - Just Wholefoods.

JUSTWHOLEFOODS

LOVINGLY FOUNDED IN THE COTSWOLDS, ENGLAND

A promotional advertisement for Meridian Foods peanut butter. The top half features three jars of peanut butter (Coconut & Peanut Butter, Crunchy Peanut Butter, and Richer Roast Smooth Peanut Butter) set against a background of a large orange sun graphic with the text "GOOD TASTES BETTER®". Below the jars, the text "20% OFF" is written in large orange letters, followed by "280G PEANUT BUTTERS" in dark brown. A bulleted list specifies the products included in the offer. The bottom section contains logos for Certified Vegan, Certified Palm Oil Free, and 100% Natural Ingredients, along with the website URL and social media handles. An orange circular badge on the right says "STOCK UP NOW".

GOOD TASTES
BETTER®

Three glass jars of Meridian Foods peanut butter are displayed on a white marble surface. From left to right: 1. Coconut & Peanut Butter (280g), featuring a green label with a coconut illustration. 2. Crunchy Peanut Butter (280g), featuring a brown label with a peanut illustration and a "NO PALM OIL EVER" seal. 3. Richer Roast Smooth Peanut Butter (100% Nuts), featuring a gold-colored lid and a brown label with a peanut illustration. All labels include the text "WE NEVER USE PALM OIL PLANT BASED".

20% OFF

280G PEANUT BUTTERS

- SMOOTH PEANUT BUTTER 100X 280G • CRUNCHY PEANUT BUTTER 100X 280G
- SMOOTH PEANUT BUTTER WITH SALT 280G • CRUNCHY PEANUT BUTTER WITH SALT 280G
- RICHER ROAST CRUNCHY PEANUT BUTTER 100X 280G
- RICHER ROAST SMOOTH PEANUT BUTTER 100X 280G
- SMOOTH COCONUT & PEANUT BUTTER 280G

The Vegan logo, consisting of a stylized leaf inside a circle.

CERTIFIED VEGAN

The Certified Palm Oil Free logo, featuring a palm tree icon and the text "CERTIFIED PALM OIL FREE".

CERTIFIED
PALM OIL FREE

The 100% Natural Ingredients logo, featuring a stylized leaf inside a circle.

100% NATURAL
INGREDIENTS

WWW.MERIDIANFOODS.CO.UK @MERIDIAN FOODS

STOCK
UP
NOW

GREENCITY


Organic dried beans & pulses

15% OFF

VALID: MARCH & APRIL



SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A BP03079A	Aduki Beans - Organic	1x3kg	£13.26		£11.27			O V S
15%	A BP03081A	Aduki Beans - Organic	5x500g	£13.16		£11.19		£3.52	O V S
15%	A BP03094A	Butter Beans - Organic	1x3kg	£17.50		£14.88			O V S
15%	A BP03095A	Butter Beans - Organic	5x500g	£17.40		£14.79		£4.65	O V S
15%	A BP03106A	Chickpeas - Organic	1x3kg	£9.75		£8.29			O V S
15%	A BP03108A	Chickpeas - Organic	5x500g	£9.90		£8.42		£2.65	O V S
15%	A BP03148A	Red Lentils - Organic	1x3kg	£8.35		£7.10			O V S
15%	A BP03150A	Red Lentils - Organic	5x500g	£8.80		£7.48		£2.35	O V S



JUST WHOLEFOODS

Selected dry food mixes & ingredients

10% OFF

VALID: MARCH & APRIL


SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
10%	A FL04717A	Vegeset	10x25g	£21.35		£19.22		£2.85	V
10%	A GR04511A	Falafel Mix - Organic	6x120g	£10.73		£9.66		£2.39	O V
10%	A GR04529A	Custard Powder	12x100g	£17.72		£15.95		£1.97	V GF
10%	A GR04531A	Raspberry Jelly Crystals	12x85g	£17.72		£15.95		£1.97	V GF
10%	A GR04532A	Strawberry Jelly Crystals	12x85g	£17.72		£15.95		£1.97	V GF

MERIDIAN

Selected peanut butter

20% OFF

VALID: MARCH & APRIL



SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A JA01882A	Crunchy Peanut Butter - Unsalted	6x280g	£14.44		£11.55		£3.20	V GF
20%	A JA01885A	Crunchy Peanut Butter - Salted	6x280g	£14.44		£11.55		£3.20	V GF
20%	A JA01891A	Smooth Peanut Butter - Unsalted	6x280g	£14.44		£11.55		£3.20	V GF
20%	A JA07675A	Rich Roast Crunchy Peanut Butter	6x280g	£16.01		£12.81		£3.56	V



15% OFF

TINNED BEANS & SOUPS.

JUST YUMMY
NAKED
GOODNESS



SEGGIANO

10% OFF

SELECTED

ITEMS

This March to April



EST. **MANI** 1979
organic



15% Off



Raw fermented Organic Olives from Greece



- Naturally fermented for 6 months • Unpasteurised and Raw • Hand picked
- Crisp & Ready to Eat • No brine, less salt • High in monounsaturated fats
- Vacuum packed into glass jars • Green, black or mixed and pitted
- With love for people and environment

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Awards 2022/23



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“Hardly anything is more fun
than doing business
out of love for the world!”

Fritz Bläuel
Founder

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A Workers Co-operative Wholesaler of ethically-sourced food and drink, specialising in Fairtrade, Organic, Vegan & Vegetarian, Free From and Bulk ingredients. Nourishing change since 1978.



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MANI

Raw fermented Organic olives

15% OFF

VALID: MARCH & APRIL



SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
OLIVES RANGE INCLUDED - SEE PAGE 65 FOR LINE DETAILS									

BIO-D

Selected eco-friendly cleaning products

20% OFF

VALID: MARCH & APRIL



SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A CP09637A	All Purpose Sanitiser Spray	12x500ml	£24.39	+VAT	£19.51	+VAT	£3.26	V
20%	A CP10984A	Bathroom Cleaner Spray	12x500ml	£25.06	+VAT	£20.05	+VAT	£3.35	V
20%	A CP10986A	Toilet Cleaner	12x750ml	£21.60	+VAT	£17.28	+VAT	£2.88	V
20%	A CP11234A	Glass & Mirror Spray Cleaner	12x500ml	£25.42	+VAT	£20.34	+VAT	£3.39	V
20%	A CP11237A	Washing Up Liquid - Fragrance Free	12x750ml	£19.80	+VAT	£15.84	+VAT	£2.64	V
20%	A CP11241A	Washing Up Liquid - Grapefruit	12x750ml	£21.16	+VAT	£16.93	+VAT	£2.83	V
20%	A CP12230A	Concentrated Floor Cleaner	12x750ml	£28.70	+VAT	£22.96	+VAT	£3.85	V
20%	A CP12304A	Dishwasher Tablets	8x30 tablets	£38.40	+VAT	£30.72	+VAT	£7.68	V
20%	A CP12305A	Dishwasher Rinse Aid	12x750ml	£27.88	+VAT	£22.30	+VAT	£3.69	V



YOKUU

Organic eco-friendly cleaning range

15% OFF

VALID: MARCH & APRIL

SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A CP12368A	Floor Cleaner	12x100g	£38.88	+VAT	£33.05	+VAT	£5.95	O V
15%	A CP12376A	Laundry Sheets - Summer Flower	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
15%	A CP12380A	Laundry Sheets - No Scent	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
15%	A CP12381A	Laundry Sheets - Cherry Blossom	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
15%	A CP12382A	Laundry Sheets - Lavender	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
15%	A CP12383A	Laundry Sheets - Fresh Linen	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
15%	A CP12386A	Bathroom Cleaner Starter Kit	12x1	£52.08	+VAT	£44.27	+VAT	£7.95	O V
15%	A CP12387A	Multi-Purpose Cleaner Starter Kit	12x1	£52.08	+VAT	£44.27	+VAT	£7.95	O V
15%	A CP12388A	Glass Cleaner Starter Kit	12x1	£52.08	+VAT	£44.27	+VAT	£7.95	O V
15%	A CP12389A	Bathroom Cleaner Refill	12x2 pearls	£38.88	+VAT	£33.05	+VAT	£5.95	O V
15%	A CP12390A	Multi-Purpose Cleaner Refill	12x2 pearls	£38.88	+VAT	£33.05	+VAT	£5.95	O V
15%	A CP12391A	Glass Cleaner Refill	12x2 pearls	£38.88	+VAT	£33.05	+VAT	£5.95	O V



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20% OFF
SELECTED LINES



*Save 25% on all 2.5 L & 5L refill bottles. Offer excludes 20L.

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WHAT WOULD NATURE SAY?



SAVE 25% ON REFILL*





FAITH IN NATURE

Haircare & body wash, 5 litre refills

25% OFF

VALID: MARCH & APRIL

SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
5LT REFILLS RANGE - SEE PAGE 64 FOR LINE DETAILS										

LOOFCO

Natural cleaning bars, brushes & loofah pads

15% OFF

VALID: MARCH & APRIL



SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A	CP11166A	Palm Oil Free Washing Up Soap Bar - Lime	6x100g	£12.35	+VAT	£10.50	+VAT	£3.31	V
15%	A	CP11167A	Palm Oil Free Washing Up Soap Bar - Fragrance Free	6x100g	£12.35	+VAT	£10.50	+VAT	£3.31	V
15%	A	CP11169A	Gardener's Brush	4x1	£14.04	+VAT	£11.93	+VAT	£5.61	V
15%	A	CP11170A	Mini Scrub Brush	7x1	£10.07	+VAT	£8.56	+VAT	£2.29	V
15%	A	CP12495A	Long Bottle Brush	6x1	£14.82	+VAT	£12.60	+VAT	£3.95	V
15%	A	HO08369A	Washing Up Pad	8x1	£14.77	+VAT	£12.55	+VAT	£2.96	V
15%	A	HO08370A	Cleaning Pad	6x1	£11.08	+VAT	£9.42	+VAT	£2.99	V
15%	A	HO08371A	Body Loofah	8x1	£16.40	+VAT	£13.94	+VAT	£3.28	V
15%	A	HO08372A	Washing Up Brush With Handle	6x1	£13.29	+VAT	£11.30	+VAT	£3.55	V
15%	A	HO08604A	Washing Up Brush	6x1	£10.41	+VAT	£8.85	+VAT	£2.78	V
15%	A	HO08994A	Washing Up Scraper	6x1	£11.08	+VAT	£9.42	+VAT	£2.96	V

PROMOTIONS

NOVEMBER & DECEMBER

BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Bio-D	20%	A	CP09637A	All Purpose Sanitiser Spray	12x500ml	£24.39	+VAT	£19.51	+VAT	£3.26	V
	20%	A	CP10984A	Bathroom Cleaner Spray	12x500ml	£25.06	+VAT	£20.05	+VAT	£3.35	V
	20%	A	CP10986A	Toilet Cleaner	12x750ml	£21.60	+VAT	£17.28	+VAT	£2.88	V
	20%	A	CP11234A	Glass & Mirror Spray Cleaner	12x500ml	£25.42	+VAT	£20.34	+VAT	£3.39	V
	20%	A	CP11237A	Washing Up Liquid - Fragrance Free	12x750ml	£19.80	+VAT	£15.84	+VAT	£2.64	V
	20%	A	CP11241A	Washing Up Liquid - Grapefruit	12x750ml	£21.16	+VAT	£16.93	+VAT	£2.83	V
	20%	A	CP12230A	Concentrated Floor Cleaner	12x750ml	£28.70	+VAT	£22.96	+VAT	£3.85	V
	20%	A	CP12304A	Dishwasher Tablets	8x30 tablets	£38.40	+VAT	£30.72	+VAT	£7.68	V
	20%	A	CP12305A	Dishwasher Rinse Aid	12x750ml	£27.88	+VAT	£22.30	+VAT	£3.69	V
Biona	15%	A	GR04427A	Aduki Beans - Organic	6x400g	£7.77		£6.60		£1.73	O V
	15%	A	GR04928A	Chilli Black Beans in Chilli Sauce - Organic	6x400g	£7.77		£6.60		£1.73	O V
	15%	A	GR04929A	Red Kidney Beans in a Chilli Sauce - Organic	6x395g	£7.61		£6.47		£1.69	O V
	15%	A	GR09645A	Flageolet Beans - Organic	6x400g	£8.68		£7.38		£1.92	O V
	15%	A	GR11409A	Refried Pinto Beans - Organic	12x400g	£21.95		£18.66		£2.39	O V
	15%	A	PA02023A	Spelt Penne - Wholegrain - Organic	10x500g	£22.44		£19.07		£2.99	O V
	15%	A	PA02024A	Spelt Fusilli - Wholegrain - Organic	10x500g	£22.44		£19.07		£2.99	O V
	15%	A	PA11408A	Spelt Spaghetti - Wholegrain - Organic	12x500g	£26.54		£22.56		£2.95	O V
Cafe Direct	15%	A	HD12278A	Smooth Empower Blend Ground Coffee (3)	6x200g	£22.20		£18.87		£4.92	V FT

* STORAGE: A = AMBIENT, C = CHILLED

**O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT



BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Cafe Direct (cont.)	15%	A	HD12279A	Intense Thrive Blend Ground Coffee (5)	6x200g	£22.20		£18.87		£4.92	V FT
	15%	A	HD12280A	Lively Restore Blend Ground Coffee (4)	6x200g	£22.20		£18.87		£4.92	V FT
Clearspring	15%	A	GR10942A	Instant Noodle Broth (Tsuyu) - Organic	6x245ml	£29.21		£24.83		£6.49	O V
	20%	A	NU12247A	Irigoma Toasted Whole Sesame Seeds - Organic	6x100g	£17.96		£14.37		£3.99	O V
	20%	A	NU12248A	Irigoma Toasted Black Sesame Seeds - Organic	6x100g	£17.96		£14.37		£3.99	O V
	20%	A	OL12244A	Shichimi Togarashi - Organic	8x50g	£29.94		£23.95		£4.99	O V
	20%	A	OL12245A	Gomashio Whole Sesame with Sea Salt - Organic	6x100g	£17.96		£14.37		£3.99	O V
	20%	A	OL12246A	Gomashio Black Sesame with Sea Salt - Organic	6x100g	£17.96		£14.37		£3.99	O V
	15%	A	PA02035A	100% Buckwheat Soba Noodles - Organic	6x200g	£20.61		£17.52		£4.58	O V GF
	15%	A	PA11976A	Brown Rice Udon Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
	15%	A	PA11977A	Udon Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
	15%	A	PA11978A	Wide Udon Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
	15%	A	PA11979A	Soba Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
	15%	A	PA11980A	Soba Somen Skinny Noodles - Organic	12x200g	£32.00		£27.20		£3.55	O V
Dash Water	20%	A	SD07876A	Sparkling Water Infused with Wonky Cucumbers	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
	20%	A	SD07877A	Sparkling Water Infused with Wonky Lemons	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
	20%	A	SD07878A	Sparkling Water Infused with Squashed Raspberries	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
	20%	A	SD07879A	Sparkling Water Infused with Squished Blackcurrant	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
	20%	A	SD09032A	Sparkling Water infused with Wonky Peaches	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
	20%	A	SD11176A	Sparkling Water Infused with Wonky Mangoes	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
	20%	A	SD11731A	Sparkling Water Infused with Wonky Limes	12x330ml	£9.65	+VAT	£7.72	+VAT	£1.29	V
Divine	15%	A	CH06832A	Milk Chocolate with Salted Caramel	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	FT
	15%	A	CH06833A	Dark Chocolate 70% - Ginger & Orange	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	V FT
	15%	A	CH06834A	Dark Chocolate 70% with Raspberries	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	V FT
	15%	A	CH06835A	Dark Chocolate 70%	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	V FT
	15%	A	CH06836A	Dark Chocolate 85%	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	V FT
	15%	A	CH06838A	Milk Chocolate 45% Cocoa	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	FT
	15%	A	CH06839A	Dark Chocolate with Mint Crisp 70%	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	V FT
	15%	A	CH07171A	Dark Chocolate 70%	30x35g	£23.90	+VAT	£20.32	+VAT	£1.27	V FT
	15%	A	CH07173A	Milk Chocolate	30x35g	£23.90	+VAT	£20.32	+VAT	£1.27	FT
	15%	A	CH07174A	Orange Milk Chocolate	30x35g	£23.90	+VAT	£20.32	+VAT	£1.27	FT
	15%	A	CH07175A	White Chocolate	30x35g	£23.90	+VAT	£20.32	+VAT	£1.27	FT
	15%	A	CH11041A	Salted Caramel Milk Chocolate	30x35g	£23.90	+VAT	£20.32	+VAT	£1.27	FT
	15%	A	CH11441A	Dark Chocolate 70% with Mint Crisp	30x35g	£23.90	+VAT	£20.32	+VAT	£1.27	V FT
	15%	A	CH11762A	Dark Chocolate 68% with Fruit and Nut	15x90g	£27.81	+VAT	£23.64	+VAT	£2.97	FT
	15%	A	HD01477A	Cocoa Powder	12x125g	£28.92		£24.58		£3.21	V FT
	15%	A	HD01478A	Drinking Chocolate	6x400g	£20.89		£17.76		£4.64	V FT
Eat Real	15%	A	CR12460A	Hummus Chips Tomato & Basil	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12461A	Hummus Chips Sea Salt	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12462A	Hummus Chips Sea Salt Balsamic Vinegar	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12463A	Hummus Chips Sour Cream & Chive	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12464A	Hummus Chips Chilli & Lemon	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12465A	Veggie Straws Sea Salt	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12466A	Veggie Straws Sea Salt & Black Pepper	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12467A	Veggie Straws Smoked Paprika & Chilli	10x110g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12468A	Quinoa Chips Sour Cream & Chive	10x90g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12469A	Quinoa Chips Sundried & Tomato Roasted Garlic	10x90g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12470A	Lentil Chips Chilli & Lemon	10x95g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12471A	Lentil Chips Salted	10x95g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12472A	Lentil Chips Creamy Dill	10x95g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12473A	Lentil Chips Mango & Mint	10x95g	£15.03		£12.77		£2.30	V GF
	15%	A	CR12475A	Hummus Chips Sea Salt	18x45g	£11.12		£9.45		£1.30	V GF
	15%	A	CR12478A	Hummus Chips Tomato & Basil	18x45g	£11.12		£9.45		£1.30	V GF
	15%	A	CR12479A	Lentil Chips Chilli & Lemon	18x40g	£11.12		£9.45		£1.30	V GF
	15%	A	CR12480A	Lentil Chips Salted	18x40g	£11.12		£9.45		£1.30	V GF
	15%	A	CR12504A	Hummus Chips Sour Cream & Chive	18x45g	£11.12		£9.45		£1.30	V GF
	15%	A	CR12505A	Veggie Straws Sea Salt	18x45g	£11.12		£9.45		£1.30	V GF
	15%	A	CR12506A	Quinoa Chips Sour Cream & Chive	18x40g	£11.12		£9.45		£1.30	V GF

* STORAGE: A = AMBIENT, C = CHILLED

**O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT



BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Eat Real (cont.)	15%	A	CR12507A	Lentil Chips Creamy Dill	18x40g	£11.12		£9.45		£1.30	V GF
	15%	A	CR12508A	Lentil Chips Salted	24x18g	£12.58		£10.70		£1.00	V GF
	15%	A	CR12509A	Hummus Chips Tomato & Basil	24x22g	£12.58		£10.70		£1.00	V GF
	15%	A	CR12510A	Quinoa Chips Sour Cream & Chive	24x20g	£12.58		£10.70		£1.00	V GF
	15%	A	CR12511A	Multibox Kids Veggie Straws	24x20g	£12.58		£10.70		£1.00	V GF
Equal Exchange	20%	A	HD00966A	Dark Roast Coffee Beans (4) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
	20%	A	HD00972A	Italian Coffee Beans (5) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
	20%	A	HD00973A	Medium Roast Coffee Beans (3) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
	20%	A	HD00980A	Dark Roast Ground Coffee (4) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
	20%	A	HD00981A	Medium Roast Ground Coffee (3) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
	20%	A	HD00983A	Italian Roast Ground Coffee (5) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
	20%	A	HD00985A	Women Farmers Ground Coffee (3) - Organic	8x200g	£36.49		£29.19		£6.08	O V GF FT
Essential	15%	A	JA12257A	Smooth Peanut Butter - Salted - Organic	6x250g	£16.49		£14.02		£3.66	O V
	15%	A	JA12258A	Crunchy Peanut Butter - Salted - Organic	6x425g	£25.50		£21.68		£5.65	O V
Fairfields Farm	15%	A	CR11656A	Sea Salt & Aspsall Cyder Vinegar Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
	15%	A	CR11657A	Lightly Sea Salted Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
	15%	A	CR11658A	Cheese & Onion Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
	15%	A	CR11659A	Roast Rib of Beef Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
	15%	A	CR12503A	Prawn Cocktail Crisps	36x40g	£22.17	+VAT	£18.84	+VAT	£0.99	V
Faith In Nature	25%	A	BA07895A	Lavender & Geranium Shampoo	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA07896A	Lavender & Geranium Conditioner	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA07897A	Tea Tree Shampoo	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA07898A	Tea Tree Conditioner	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA07899A	Coconut Shampoo	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA07900A	Coconut Conditioner	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA07901A	Seaweed & Citrus Shampoo	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA07902A	Seaweed & Citrus Conditioner	1x5lt	£34.20	+VAT	£25.65	+VAT	£57.00	V
	25%	A	BA08701A	Aloe Vera Body Wash	1x5lt	£30.00	+VAT	£22.50	+VAT	£50.00	V
	25%	A	BA08703A	Grapefruit & Orange Body Wash	1x5lt	£30.00	+VAT	£22.50	+VAT	£50.00	V
	25%	A	BA08704A	Coconut Body Wash	1x5lt	£30.00	+VAT	£22.50	+VAT	£50.00	V
	25%	A	BA08788A	Lavender & Geranium Body Wash	1x5lt	£30.00	+VAT	£22.50	+VAT	£50.00	V
	25%	A	BA09159A	Dragon Fruit Body Wash	1x5lt	£30.00	+VAT	£22.50	+VAT	£50.00	V
	25%	A	BA12243A	Lavender & Geranium Hand and Body Lotion	1x5lt	£34.35	+VAT	£25.76	+VAT	£57.00	V
Fhirst	20%	A	SD11782A	Living Soda Cherry Vanilla	12x330ml	£16.50	+VAT	£13.20	+VAT	£2.20	V
	20%	A	SD11783A	Living Soda Ginger Mandarin	12x330ml	£16.50	+VAT	£13.20	+VAT	£2.20	V
	20%	A	SD11784A	Living Soda Passion Fruit	12x330ml	£16.50	+VAT	£13.20	+VAT	£2.20	V
	20%	A	SD12358A	Living Soda Lemon & Lime	12x330ml	£16.50	+VAT	£13.20	+VAT	£2.20	V
Folkington's	20%	A	SD01797A	Pure Pressed Cloudy Apple Juice	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V GF
	20%	A	SD01798A	Best Of British Summer Berries Juice	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V GF
	20%	A	SD01800A	Old-Fashioned Elderflower Drink	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V GF
	20%	A	SD01801A	Pressed Mango Juice	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V GF
	20%	A	SD01802A	Pure Squeezed Orange Juice	12x250ml	£16.36	+VAT	£13.09	+VAT	£2.18	V GF
	20%	A	SD01803A	Pure Pressed Pear Juice	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V GF
	20%	A	SD01804A	Old-Fashioned Pink Lemonade	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V GF
	20%	A	SD07891A	Pure Pressed Pineapple Juice	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V GF
	20%	A	SD09621A	Pure Pressed Cranberry Juice	12x250ml	£15.64	+VAT	£12.51	+VAT	£2.09	V
	20%	A	SD12326A	Sparkling Elderflower Presse	12x330ml	£16.29	+VAT	£13.03	+VAT	£2.17	V
	20%	A	SD12327A	Traditionally Hot Ginger Beer	12x330ml	£16.29	+VAT	£13.03	+VAT	£2.17	V
	20%	A	SD12328A	Sparkling Pink Lemonade	12x330ml	£16.29	+VAT	£13.03	+VAT	£2.17	V
Greencity	15%	A	BP03079A	Aduki Beans - Organic	1x3kg	£13.26		£11.27			O V S
	15%	A	BP03081A	Aduki Beans - Organic	5x500g	£13.16		£11.19		£3.52	O V S
	15%	A	BP03094A	Butter Beans - Organic	1x3kg	£17.50		£14.88			O V S
	15%	A	BP03095A	Butter Beans - Organic	5x500g	£17.40		£14.79		£4.65	O V S
	15%	A	BP03106A	Chickpeas - Organic	1x3kg	£9.75		£8.29			O V S
	15%	A	BP03108A	Chickpeas - Organic	5x500g	£9.90		£8.42		£2.65	O V S

* STORAGE: A = AMBIENT, C = CHILLED

**O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT



Brand	Save	*	Code	Product Description	Size	Normal Price	Vat	Promo Price	Vat	RRP	**	
Greencity (cont.)	15%	A	BP03148A	Red Lentils - Organic	1x3kg	£8.35		£7.10			O	V S
	15%	A	BP03150A	Red Lentils - Organic	5x500g	£8.80		£7.48		£2.35	O	V S
Island Bakery	15%	A	BI08822A	Lime Melts - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O	S
	15%	A	BI08823A	Chocolate Gingers - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O	S
	15%	A	BI08824A	Lemon Melts - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O	S
	15%	A	BI08825A	Oat Crumbles - Organic	12x125g	£24.53		£20.85		£2.73	O	S
	15%	A	BI08826A	Shortbread Biscuits - Organic	12x125g	£24.53		£20.85		£2.73	O	S
	15%	A	BI08827A	Apple Crumbles - Organic	12x125g	£29.10		£24.74		£3.23	O	S
	15%	A	BI08835A	Blonde Chocaccinos - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O	S
	15%	A	BI08836A	Orange Melts - Organic	12x133g	£30.49	+VAT	£25.92	+VAT	£4.07	O	S
James White	10%	A	SD01822A	Apple Juice - Organic	6x750ml	£14.92	+VAT	£13.43	+VAT	£3.98	O	V
	10%	A	SD01823A	Apple Juice - Organic	24x250ml	£26.10	+VAT	£23.49	+VAT	£1.74	O	V
	10%	A	SD01825A	Carrot Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O	V
	10%	A	SD01828A	Pear Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O	V
	10%	A	SD01829A	Pear Juice - Organic	24x250ml	£26.10	+VAT	£23.49	+VAT	£1.74	O	V
	10%	A	SD01830A	Vegetable Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O	V
	10%	A	SD08890A	Tomato Juice - Organic	6x750ml	£15.52	+VAT	£13.97	+VAT	£4.14	O	V
Just Wholefoods	10%	A	FL04717A	Vegeteset	10x25g	£21.35		£19.22		£2.85		V
	10%	A	GR04511A	Falafel Mix - Organic	6x120g	£10.73		£9.66		£2.39	O	V
	10%	A	GR04529A	Custard Powder	12x100g	£17.72		£15.95		£1.97		V GF
	10%	A	GR04531A	Raspberry Jelly Crystals	12x85g	£17.72		£15.95		£1.97		V GF
	10%	A	GR04532A	Strawberry Jelly Crystals	12x85g	£17.72		£15.95		£1.97		V GF
Lo Bros	15%	A	SD12490A	Fruit Crush Kombucha - Low sugar	12x330ml	£21.70	+VAT	£18.45	+VAT	£2.89		V
	15%	A	SD12491A	Raspberry & Blackcurrant Kombucha - Low sugar	12x330ml	£21.70	+VAT	£18.45	+VAT	£2.89		V
LoofCo	15%	A	CP11166A	Palm Oil Free Washing Up Soap Bar - Lime	6x100g	£12.35	+VAT	£10.50	+VAT	£3.31		V
	15%	A	CP11167A	Palm Oil Free Washing Up Soap Bar - Fragrance Free	6x100g	£12.35	+VAT	£10.50	+VAT	£3.31		V
	15%	A	CP11169A	Gardener's Brush	4x1	£14.04	+VAT	£11.93	+VAT	£5.61		V
	15%	A	CP11170A	Mini Scrub Brush	7x1	£10.07	+VAT	£8.56	+VAT	£2.29		V
	15%	A	CP12495A	Long Bottle Brush	6x1	£14.82	+VAT	£12.60	+VAT	£3.95		V
	15%	A	HO08369A	Washing Up Pad	8x1	£14.77	+VAT	£12.55	+VAT	£2.96		V
	15%	A	HO08370A	Cleaning Pad	6x1	£11.08	+VAT	£9.42	+VAT	£2.99		V
	15%	A	HO08371A	Body Loofah	8x1	£16.40	+VAT	£13.94	+VAT	£3.28		V
	15%	A	HO08372A	Washing Up Brush With Handle	6x1	£13.29	+VAT	£11.30	+VAT	£3.55		V
	15%	A	HO08604A	Washing Up Brush	6x1	£10.41	+VAT	£8.85	+VAT	£2.78		V
	15%	A	HO08994A	Washing Up Scraper	6x1	£11.08	+VAT	£9.42	+VAT	£2.96		V
	Mani	15%	A	OL07228A	Kalamata Olives - Organic	6x205g	£18.30		£15.56		£4.09	O
15%		A	OL07229A	Green Olives - Organic	6x205g	£18.30		£15.56		£4.09	O	V
15%		A	OL07230A	Pitted Kalamata & Green Olives - Organic	6x175g	£18.30		£15.56		£4.09	O	V
Meridian	20%	A	JA01882A	Crunchy Peanut Butter - Unsalted	6x280g	£14.44		£11.55		£3.20		V GF
	20%	A	JA01885A	Crunchy Peanut Butter - Salted	6x280g	£14.44		£11.55		£3.20		V GF
	20%	A	JA01891A	Smooth Peanut Butter - Unsalted	6x280g	£14.44		£11.55		£3.20		V GF
	20%	A	JA07675A	Rich Roast Crunchy Peanut Butter	6x280g	£16.01		£12.81		£3.56		V
Mr Organic	15%	A	GR04462A	Baked Beans - Organic	12x400g	£14.60		£12.41		£1.62	O	V
	15%	A	GR04463A	Mixed Beans - Organic	12x400g	£14.60		£12.41		£1.62	O	V
	15%	A	GR04465A	Cannellini Beans - Organic	12x400g	£13.68		£11.63		£1.52	O	V
	15%	A	GR11008A	Spicy Mixed Bean Soup - Organic	12x400g	£19.19		£16.31		£2.13	O	V
	15%	A	GR11010A	Beluga Lentils - Organic	12x400g	£13.68		£11.63		£1.52	O	V
	15%	A	GR11011A	Haricot Beans - Organic	12x400g	£13.68		£11.63		£1.52	O	V
	15%	A	GR11763A	Low Sugar Baked Beans - Organic	12x400g	£16.44		£13.97		£1.83	O	V
	15%	A	GR12070A	Moroccan Style Chickpeas - Organic	12x400g	£18.84		£16.01		£2.09	O	V
	15%	A	GR12071A	Greek Style Butter Beans - Organic	12x400g	£18.84		£16.01		£2.09	O	V
	15%	A	GR12072A	Mexican Style Beans and Corn - Organic	12x400g	£18.84		£16.01		£2.09	O	V
	15%	A	GR12073A	Italian Style Cannellini Beans - Organic	12x400g	£18.84		£16.01		£2.09	O	V
	15%	A	GR12074A	Brazilian Style Black Beans - Organic	12x400g	£18.84		£16.01		£2.09	O	V



BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Mr Organic (cont.)	15%	A	GR12220A	Tomato & Basil Soup - Organic	12x400g	£19.19		£16.31		£2.13	O V
	15%	A	GR12395A	Tomato & Lentil Soup - Organic	12x400g	£19.19		£16.31		£2.13	O V
Nairns	20%	A	BI02260A	Cheese Oatcakes	12x200g	£18.80		£15.04		£2.08	S
	20%	A	BI02261A	Fine Milled Oatcakes	12x218g	£13.25		£10.60		£1.47	V S
	20%	A	BI02262A	Fruit & Seed Oatcakes	8x225g	£12.53		£10.02		£2.09	V S
	20%	A	BI02265A	Mini Oatcakes	12x200g	£18.80		£15.04		£2.08	V S
	20%	A	BI02266A	Oatcakes - Organic	12x250g	£16.58		£13.26		£1.84	O V S
	20%	A	BI02268A	Super Seeded Oatcakes - Organic	8x200g	£12.53		£10.02		£2.09	O V S
	20%	A	BI02269A	Rough Oatcakes	10x291g	£12.01		£9.61		£1.60	V S
Oatly	20%	A	MI12429A	Barista Oat Drink - Organic	6x1lt	£11.45		£9.16		£2.55	O V
Ombar	20%	A	CH07910A	Coconut 60% Raw Chocolate - Organic	10x35g	£13.01	+VAT	£10.41	+VAT	£2.09	O V FT
	20%	A	CH07916A	72% Raw Cacao Chocolate - Organic	10x35g	£13.01	+VAT	£10.41	+VAT	£2.09	O V FT
	20%	A	CH07918A	Coco Mylk Raw Chocolate - Organic	10x35g	£13.01	+VAT	£10.41	+VAT	£2.09	O V FT
	20%	A	CH07919A	Pistachio Centre Raw Chocolate - Organic	10x35g	£13.01	+VAT	£10.41	+VAT	£2.09	O V
	20%	A	CH07920A	Coconut & Vanilla Centre Raw Chocolate - Organic	10x35g	£13.01	+VAT	£10.41	+VAT	£2.09	O V
	20%	A	CH07921A	Raspberry & Coconut Centre Raw Chocolate - Organic	10x35g	£13.01	+VAT	£10.41	+VAT	£2.09	O V
	20%	A	CH07923A	72% Raw Cacao Chocolate - Organic	10x70g	£21.52	+VAT	£17.22	+VAT	£3.46	O V FT
	20%	A	CH07924A	Coco Mylk Raw Chocolate - Organic	10x70g	£21.52	+VAT	£17.22	+VAT	£3.46	O V FT
	20%	A	CH07925A	Coco Mylk Raw Chocolate Buttons - Organic	15x25g	£14.59	+VAT	£11.67	+VAT	£1.56	O V FT
	20%	A	CH08523A	Pistachio Centre Raw Chocolate - Organic	10x70g	£21.52	+VAT	£17.22	+VAT	£3.46	O V
	20%	A	CH09867A	Hazelnut Centre Raw Chocolate - Organic	10x35g	£13.01	+VAT	£10.41	+VAT	£2.09	O V FT
	20%	A	CH09868A	Hazelnut Centre Raw Chocolate - Organic	10x70g	£21.52	+VAT	£17.22	+VAT	£3.46	O V FT
	20%	A	CH11136A	Smooth & Creamy Oat M'lk Chocolate - Organic	10x70g	£18.57	+VAT	£14.86	+VAT	£2.97	O V FT
	20%	A	CH11137A	Fruit & Nut Oat M'lk Chocolate - Organic	10x70g	£18.57	+VAT	£14.86	+VAT	£2.97	O V FT
	20%	A	CH11138A	Creamy Hazelnut Oat M'lk Chocolate - Organic	10x70g	£18.57	+VAT	£14.86	+VAT	£2.97	O V FT
	20%	A	CH11139A	Salted Caramel Oat M'lk Chocolate - Organic	10x70g	£18.57	+VAT	£14.86	+VAT	£2.97	O V FT
Paisley Drinks Co	15%	A	SD09466A	Raspberry Lemonade (Can)	12x330ml	£12.60	+VAT	£10.71	+VAT	£1.68	V S
	15%	A	SD11177A	Ginger Beer	12x330ml	£12.60	+VAT	£10.71	+VAT	£1.68	V S
	15%	A	SD12238A	Rhubarb Cream Soda	12x330ml	£12.60	+VAT	£10.71	+VAT	£1.68	V S
	15%	A	SD12239A	Strawberry Lemonade	12x330ml	£12.60	+VAT	£10.71	+VAT	£1.68	V S
	15%	A	SD12241A	Cola	12x330ml	£12.60	+VAT	£10.71	+VAT	£1.68	V S
Pip Organic	15%	A	CH12400A	Mango Pipstick - Organic	24x18g	£16.80		£14.28		£0.95	O V
	15%	A	CH12401A	Pineapple & Mango Pipstick - Organic	24x18g	£16.80		£14.28		£0.95	O V
	15%	A	SD10924A	Kids Cloudy Apple Juice - Organic	24x180ml	£20.10	+VAT	£17.09	+VAT	£1.34	O V GF
	15%	A	SD10925A	Kids Strawberry & Blackcurrant Juice - Organic	24x180ml	£20.10	+VAT	£17.09	+VAT	£1.34	O V GF
	15%	A	SD10926A	Kids Pineapple & Mango Smoothie - Organic	24x180ml	£20.10	+VAT	£17.09	+VAT	£1.34	O V GF
	15%	A	SD10927A	Kids StrawberryBanana & Purple Carrot Smoothie - Org	24x180ml	£20.10	+VAT	£17.09	+VAT	£1.34	O V GF
	15%	A	SD10928A	Kids BlackcurrantRasp & Apple Juice Spring Water - Org	24x180ml	£20.10	+VAT	£17.09	+VAT	£1.34	O V GF
	15%	A	SD10929A	Kids MangoOrange & Apple Juice Spring Water - Org	24x180ml	£20.10	+VAT	£17.09	+VAT	£1.34	O V GF
	15%	A	SD11727A	Cloudy Apple Juice 100% -not from concentrate - Org	8x1lt	£24.50	+VAT	£20.83	+VAT	£4.90	O V
	15%	A	SD11728A	Valencia Orange Juice 100% -not from concentrate - Org	8x1lt	£24.50	+VAT	£20.83	+VAT	£4.90	O V
	15%	A	SD12399A	Kids Smooth Orange Juice - Organic	24x180ml	£20.10	+VAT	£17.09	+VAT	£1.34	O V
Rude Health	20%	A	DA09026A	Barista Soya Drink - Organic	6x1lt	£9.18		£7.34		£2.04	O V GF
	20%	A	DA11283A	Barista Coconut Drink	6x1lt	£11.43		£9.14		£2.54	V GF
	20%	A	DA11286A	Barista Almond Drink	6x1lt	£11.43		£9.14		£2.54	V GF
	20%	A	DA11287A	Barista Oat Drink	6x1lt	£9.18		£7.34		£2.04	V GF
	20%	A	MI12454A	Barista Oat Drink - Organic	6x1lt	£11.22		£8.98		£2.49	O V
Seed & Bean	15%	A	CH11185A	Lemon & Cardamom Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11186A	Coconut & Raspberry Dark Choc - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V
	15%	A	CH11187A	Espresso Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11188A	Ginger Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11189A	Hazel & Almond Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O FT
	15%	A	CH11190A	Sicilian Hazelnut Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11191A	Lavender Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11192A	Mandarin & Ginger Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT

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BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Seed & Bean (cont.)	15%	A	CH11193A	Rich Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O FT
	15%	A	CH11194A	Mint Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11195A	Cornish Sea Salt Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V
	15%	A	CH11196A	Lime & Sea Salt Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O FT
	15%	A	CH11197A	72% Dark Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11198A	Dark 58% Sea Salt and Caramel - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V
	15%	A	CH11218A	Coffee Vegan Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11219A	Salted Caramel Vegan Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH11220A	Sea Salt & Orange Vegan Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O V FT
	15%	A	CH12022A	Popped Rice 37% Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O FT
	15%	A	CH12023A	Rich Caramel 37% Milk Chocolate - Organic	10x75g	£19.06	+VAT	£16.20	+VAT	£3.05	O FT
Seggiano	10%	A	GR06956A	Raw Basil Pesto	12x200g	£62.47		£56.22		£6.95	V GF
	10%	A	GR06959A	Wild Fennel Pesto	6x220g	£24.66		£22.19		£5.50	V GF
	10%	A	GR08170A	Basil Pasta Sauce - Organic	6x350g	£15.62		£14.06		£3.50	O V
	10%	A	GR08171A	Marinara Pasta Sauce - Organic	6x350g	£15.62		£14.06		£3.50	O V
	10%	A	GR08172A	Puttanesca Pasta Sauce - Organic	6x350g	£15.62		£14.06		£3.50	O V
	10%	A	GR08173A	Arrabbiata Pasta Sauce - Organic	6x350g	£15.62		£14.06		£3.50	O V
	10%	A	GR11947A	Melanzane Pasta Sauce - Organic	6x350g	£15.62		£14.06		£3.50	O V
	10%	A	PA07143A	Linguine Pasta - Organic	12x250g	£27.12		£24.41		£3.05	O V
	10%	A	PA07144A	Tagliatelle Pasta - Organic	12x375g	£38.65		£34.79		£4.30	O V
	10%	A	PA07145A	Toscani Pasta - Organic	12x375g	£38.65		£34.79		£4.30	O V
	10%	A	PA07147A	Conchiglie Pasta - Organic	12x250g	£27.12		£24.41		£3.05	O V
10%	A	PA11948A	Spaghetti alla Chitarra Pasta - Organic	12x375g	£38.65		£34.79		£4.30	O V	
Sojade Delice	15%	A	DA09650A	Soya Drink Unsweetened - Organic	8x1lt	£13.02		£11.07		£2.17	O V
	15%	A	DA11315A	Soya Cream - Organic	24x200ml	£20.89		£17.76		£1.17	O V GF
	15%	A	DA12439A	Soya Cooking Cream - Organic	8x500ml	£13.45		£11.43		£2.24	O V GF
Soon	15%	A	MI11525A	Hemp Drink Unsweetened - Organic	8x1lt	£18.69		£15.89		£3.12	O V
Sweet FA Gluten Free	15%	A	BI11546A	Gluten Free Oat & Raisin Cookies - Organic	12x125g	£26.92		£22.88		£2.99	O V S GF
	15%	A	BI11547A	Gluten Free Cranberry & Orange Cookies - Organic	12x125g	£26.92		£22.88		£2.99	O V S GF
	15%	A	BI11548A	Gluten Free Peanut Butter Cookies - Organic	12x125g	£26.92		£22.88		£2.99	O V S GF
	15%	A	BI11549A	Gluten Free Double Chocolate Chip Cookies - Org	12x125g	£26.92		£22.88		£2.99	O V S GF
	15%	A	BI11689A	Twin Pack Gluten Free Oat & Raisin Cookies - Org	24x30g	£12.43		£10.57		£0.74	O V S GF
	15%	A	BI11690A	Twin Pack Gluten Free Double Choc Chip Cookies - Org	24x30g	£12.43		£10.57		£0.74	O V S GF
Thistly Cross	5%	A	AL10990A	Traditional Cider 4.4% ABV	8x500ml	£17.30	+VAT	£16.44	+VAT	£3.44	V S GF
	5%	A	AL10991A	Original Cider 6.2% ABV	8x500ml	£18.25	+VAT	£17.34	+VAT	£3.65	V S GF
	5%	A	AL10992A	Whisky Cask Cider 6.7% ABV	8x500ml	£19.15	+VAT	£18.19	+VAT	£3.79	V S GF
	5%	A	AL12453A	Scottish Fruits Cider 3.4% ABV	8x500ml	£17.20	+VAT	£16.34	+VAT	£3.00	V S
Yokuu	15%	A	CP12368A	Floor Cleaner	12x100g	£38.88	+VAT	£33.05	+VAT	£5.95	O V
	15%	A	CP12376A	Laundry Sheets - Summer Flower	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
	15%	A	CP12380A	Laundry Sheets - No Scent	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
	15%	A	CP12381A	Laundry Sheets - Cherry Blossom	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
	15%	A	CP12382A	Laundry Sheets - Lavender	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
	15%	A	CP12383A	Laundry Sheets - Fresh Linen	12x32 sheets	£84.72	+VAT	£72.01	+VAT	£12.95	O V
	15%	A	CP12386A	Bathroom Cleaner Starter Kit	12x1	£52.08	+VAT	£44.27	+VAT	£7.95	O V
	15%	A	CP12387A	Multi-Purpose Cleaner Starter Kit	12x1	£52.08	+VAT	£44.27	+VAT	£7.95	O V
	15%	A	CP12388A	Glass Cleaner Starter Kit	12x1	£52.08	+VAT	£44.27	+VAT	£7.95	O V
	15%	A	CP12389A	Bathroom Cleaner Refill	12x2 pearls	£38.88	+VAT	£33.05	+VAT	£5.95	O V
	15%	A	CP12390A	Multi-Purpose Cleaner Refill	12x2 pearls	£38.88	+VAT	£33.05	+VAT	£5.95	O V
	15%	A	CP12391A	Glass Cleaner Refill	12x2 pearls	£38.88	+VAT	£33.05	+VAT	£5.95	O V

REDUCED TO CLEAR										
BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	REDUCED PRICE	VAT	RRP	**
Adios Plastic	50%	A	HO11384A	Compostable Pet Wipes	50x25	£54.64	+VAT	£27.32	+VAT	£2.49 V
Belvoir Farm	20%	A	SD06637A	Festive Fruit Punch	6x750ml	£17.24	+VAT	£13.79	+VAT	£4.60 V GF
	20%	A	SD08315A	Spiced Ginger Punch	6x750ml	£17.24	+VAT	£13.79	+VAT	£4.60 V GF
	25%	A	SD11791A	Non-Alcoholic Lime and Yuzu Mojito	6x750ml	£15.00	+VAT	£11.25	+VAT	£4.00 V
Clearspring	30%	A	GR11965A	Pear & Apple & Peach Puree - Organic	12x2x100g	£18.25		£12.78		£2.05 O V
Cocoa Loco	50%	A	CH11334A	Dark Chocolate & Mint Thins - Organic	6x170g	£30.27	+VAT	£15.14	+VAT	£8.49 O V FT
	50%	A	CH11335A	Milk Chocolate & Orange Thins - Organic	6x170g	£30.27	+VAT	£15.14	+VAT	£8.49 O FT
	50%	A	CH11837A	Dark Fruit & Nut Chunky Bar - Organic	6x275g	£46.26	+VAT	£23.13	+VAT	£12.90 O V FT
Cullisse Highland Rapeseed Oil	50%	A	OI09216A	Juniper&Thyme Natural MintSumac&Garlic Gift Set	1x(3x100ml)	£10.46		£5.23		£13.65 V S
Equal Exchange	10%	A	HD0982A	Grown by Women Coffee Beans (3) - Organic	6x1kg	£111.49		£100.34		£24.77 O V GF FT
Friendly Soap	10%	A	CP11498A	Non-Bio Laundry Powder	6x1.75kg	£30.00	+VAT	£27.00	+VAT	£8.95 V
Highball	50%	A	SD11793A	Classic G&T-JuniperBotanicals & Citrus-Alcohol Free	12x250ml	£17.14	+VAT	£8.57	+VAT	£2.29 V
	50%	A	SD11794A	Pink G&T-RaspberryJuniper & Botanicals-Alcohol Free	12x250ml	£17.14	+VAT	£8.57	+VAT	£2.29 V
	50%	A	SD11797A	Cosmopolitan-CranberryOrange & Citrus-Alcohol Free	12x250ml	£17.14	+VAT	£8.57	+VAT	£2.29 V
Island Bakery	50%	A	BI09719A	Orange Cranberry & Pecan Shortbread Tin - Org	6x215g	£49.47		£24.74		£11.00 O S
	50%	A	BI09720A	Lemon Melts Tin - Organic	6x180g	£42.73	+VAT	£21.37	+VAT	£11.39 O S
James White	40%	A	SD11945A	Kids AppleMango & Carrot Juice Drink - Organic	8x(3x200ml)	£15.25	+VAT	£9.15	+VAT	£3.05 O V
	40%	A	SD11946A	Kids GrapeAppleApricot & Cucumber Juice Drink - Org	8x(3x200ml)	£15.25	+VAT	£9.15	+VAT	£3.05 O V
Natracare	20%	A	BA11022A	Maternity Pads	10x10	£22.78		£18.22		£3.09 V
Ombar	50%	A	CH11342A	Ltd Edition Spiced Orange Hazelnut Truffle - Org	10x70g	£20.56	+VAT	£10.28	+VAT	£3.29 O V FT
Organico	25%	A	GR11544A	Lemon & Mint Couscous - Organic	12x250g	£31.72		£23.79		£3.55 O V
Peppersmith	15%	A	CH11386A	Strawberry Pastilles	12x15g	£12.14	+VAT	£10.32	+VAT	£1.62 V GF
Popcorn Shed	50%	A	CH11969A	Salted Butterscotch Gourmet Popcorn	10x80g	£24.94	+VAT	£12.47	+VAT	£3.99 V
	50%	A	CH11970A	Dark Chocolate Orange Caramel Popcorn	10x80g	£24.94	+VAT	£12.47	+VAT	£3.99 V
	50%	A	CH11973A	Pink Gin and Tonic Caramel Gourmet Popcorn	10x80g	£24.94	+VAT	£12.47	+VAT	£3.99 V
Pukka	20%	A	HD05046A	Mint Matcha Green Tea - Organic	4x20	£15.00		£12.00		£4.99 O V GF FT
Seed & Bean	50%	A	CH08270A	Dark 58% Spiced Ginger Mini Bar - Organic	30x25g	£19.90	+VAT	£9.95	+VAT	£1.20 O V FT
Sproud	30%	A	SD12135A	Iced Latte - Original	15x250ml	£22.50		£15.75		£2.00 V FT
	30%	A	SD12136A	Iced Latte - Salted Caramel	15x250ml	£22.50		£15.75		£2.00 V FT
Stag Bakery	50%	A	BI08305A	Raspberry & Gin Cake Tin	1x300g	£8.99		£4.50		£11.99 S
	50%	A	BI08307A	Orange & Whisky Cake Tin	1x300g	£8.99		£4.50		£11.99 S
Suki Tea	20%	A	HD08765A	Apple Loves Mint Loose Tea Plastic Free	6x80g	£22.30		£17.84		£4.95 V
	20%	A	HD08768A	Moroccan Nana Mint Loose Tea Plastic Free	6x50g	£22.70		£18.16		£5.04 V
Suma	20%	A	GR11693A	Spaghetti Bolognese	12x400g	£23.85		£19.08		£2.65 V
* STORAGE: A = AMBIENT, C = CHILLED **O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT										

BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	REDUCED PRICE	VAT	RRP	**
Summer Harvest	20%	A	OL00737A	Bramble & Juniper Rapeseed Oil Dressing	9x250ml	£39.49		£31.59		£5.85 S
	20%	A	OL00740A	Raspberry Rapeseed Oil Dressing	9x250ml	£39.49		£31.59		£5.85 S
Summerhouse Drinks	50%	A	SD11824A	Sparkling Winter Spice with Orange & Raspberry	6x750ml	£15.00	+VAT	£7.50	+VAT	£3.99 V S
Taylor Pass Honey Co	15%	A	JA11858A	Manuka Honey Gift Set (UMF5+ & Multifloral MGO50)	1x(2x250g)	£14.99		£12.74		£19.99
The Chocolate Tree	50%	A	CH09791A	Milk Chocolate Covered Almonds - Organic	1x200g	£5.59	+VAT	£2.80	+VAT	£8.95 O S
	50%	A	CH11358A	Milk Chocolate Crunchies - Organic	1x200g	£5.59	+VAT	£2.80	+VAT	£8.95 O S
Vegware	20%	A	HO11006A	8"x5" Microflute Takeaway Box	1x250	£68.73	+VAT	£54.98	+VAT	
	20%	A	HO11432A	1oz PLA Cold Portion Pot	1x100	£2.25	+VAT	£1.80	+VAT	
	20%	A	HO11433A	PLA Portion Pot Lid (fits 0.5 - 1oz Pot)	1x100	£1.81	+VAT	£1.45	+VAT	
You & I	20%	A	SD09495A	Barley Water Lemon - Organic	12x300ml	£20.20	+VAT	£16.16	+VAT	£2.81 O V S
* STORAGE: A = AMBIENT, C = CHILLED **O/V/S/GF/FT = ORGANIC/VEGAN/SCOTTISH/GLUTEN FREE CERT/FAIRTRADE CERT										





FOUR DECADES OF NOURISHING CHANGE.

Greencity started with humble beginnings, splitting sacks of lentils and peas to supply wholefoods to shops and restaurants.

The business operated from a warehouse in Hillington until 1983, when we relocated to our current home in Dennistoun.

We look back on those days fondly, as they set the precedent for what we are doing now – not only supplying shops and businesses with high quality, ethically sourced food, drink and commodities, but also supplying our members with steady and meaningful careers and championing co-operative working as a successful alternative business model.

Much of our success over the years is thanks to the support of our loyal and cherished customers. Without this there would be no Greencity and so we send out a heartfelt thanks to each of you.

We look to the next forty years with excitement and anticipation.

Bho Ghlaschu le gràdh
(with love from Glasgow),

Greencity



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