

WORKER CO-OPERATIVE



19

**GREENCITY**

78

**WHOLEFOODS**

WHOLESALE OF FINE  
FOOD & DRINK

**MAY  
JUNE 2024  
NEW LINES & PROMOTIONS**

# CONTENTS

FEATURES  
4 - 5

PROMOTIONS  
34 - 66

NEW PRODUCTS  
6 - 33

REDUCED TO CLEAR  
67

## NEW PRODUCTS BY BRAND

AGUA DE MADRE	7	GUSTO ORGANIC	9	PROPPADOMS	14
BELVOIR FARM	7	HONEST TOIL	23	SEEP	29
BON ACCORD	7	I AM NUT OK	24	SGAIA	23
CAFE DIRECT	11	MERIDIAN	21	SOJADE DELICE	17
CAWSTON PRESS	9	MOMA FOODS	9	ST LAWRENCE GOLD	21
CHIMI.LOVE	23	MR ORGANIC	25	SUPER MUNCHIES	17
CLEARSPRING	21	NAKD	15	THE ALTERNATIVE COFFEE CO	11
CRUICE	9	OCEANSAVER	29	TRUE ORIGIN	21
ECOLIVING	27	ODYSEA	25	TRUESTART	11
ECOZONE	29	OMBAR	15	UP UP	15
GALLOWAY LODGE	25	ORGANICO	23	ZAYTOUN	27
GLUG!	7	OTHERLY	17		

## PROMOTIONS BY BRAND

ASPALL	56	KARMA DRINKS	41	OMBAR	45
BELVOIR FARM	35	LYE CROSS	53	PEPPERSMITH	44
BIONA	53	MERIDIAN	53	PETER'S YARD	49
BON ACCORD	35	MINOR FIGURES	35	PROPPADOMS	49
BRITE	41	MONTEZUMA'S	45	RUDE HEALTH	49
CAWSTON PRESS	37	MR ORGANIC	57	SGAIA	57
CLEARSPRING	49	NAIRNS	49	ST LAWRENCE GOLD	53
ECOZONE	60	NAKD	35	TREK	37
FAITH IN NATURE	60	NATRACARE	37	VIVE	45
GEO ORGANICS	56	OATLY	44	YOGI TEA	45

Welcome to the Greencity May/June 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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## Q&A WITH THE WAY FORWARD 2045

Based in Cumnock, The Way Forward 2045 take a multi-pronged approach to spreading knowledge about sustainability with their local community. We spoke to Partnership Manager Lana to find out more about this young company.

Tell us about your organisation and what it's aims are.

The Way Forward 2045 Ltd was founded in 2022 by Wendy and her son James, Customer Journey Strategist. Our logo was designed around eight of the United Nations 17 Sustainable Development Goals (UN17SDGs) which we embed into our vision and staff training. We have a food & drinks shop on the West Coast of Scotland in Cumnock, East Ayrshire which endorses the three arms of TWF2045:

@20:45 is the retail trading part of TWF2045, with the aim to make Organic and ethical foods accessible and affordable; we have a refillery of loose food products, freezer foods and personal care products. We are lucky to be surrounded by masses of green fields with lots of locally-sourced and grown foods in our area. One of our nearest neighbours being Mossgiel Milk in Mauchline who supply our Organic milk, fresh orange juice and free-range eggs. Our messaging to our followers is to promote healthy choices and our approach to the way we produce and source our food; it is of great importance for both people and planet.

Within @2045, we also run a sustainable takeaway to support our revenue streams, supplying hot and cold beverages and selected food items for our customers, again using locally sourced food products and eco-friendly packaging.

Thirdly, we have an events space where we host community groups and deliver our 'Carbon Dating' programme. This is an accredited 3rd party programme from the Carbon Literacy Project, all about building relationships and solutions whilst loving our planet, and helping people to become carbon literate. Throughout the programme we believe in the art of thinking independently together; we support challenging conversations by entering with a curious mindset, and support critical thinking as we cannot solve problems with the same thinking that we used to create them. We also help people to fight for the things they care about, with the aim to lead others. We're a Real Living Wage provider, paying modern apprenticeships this wage too. We also support neurodiversity in the workplace, and work closely with our modern apprenticeships assessor, CEIS Ayrshire, who are also a Real Living Wage provider and deliver exceptional support in achieving a shared vision of enabling our team to thrive.

Wendy has just been on an expedition to Antarctica! How did that materialise?

Having undergone a rigorous selection process, Wendy was selected to be part of the Homeward Bound project, a global research expedition to Antarctica with 100 other women from STEMM from around the world. Initially delayed due to the covid pandemic, Wendy was at sea for 21 days during November 2023. On returning from this expedition, Wendy shared her experiences through local workshops and as part of our Carbon Literacy training. Wendy says, "visiting Antarctica highlighted both the fragility and powerfulness of this continent. It was a privilege to witness the earth cycling with no external factors affecting the ecosystems. I also never expected to fall in love with penguins!"

Why do you use Greencity as a wholesaler?

Greencity were sourced by our Customer Journey Strategist James. At

the time, James was a Modern Apprentice and only 20 years old. James looked to develop a range of goods that were ethical and predominantly Organic that we could stock @2045. The depth of supply chain analysis was key to ensuring our messaging was transparent and we could replicate this across all our products. We have a good working relationship with the team at Greencity and are keen to maximise this relationship and mutual messaging.

If you could invite 3 people to a dinner party who would they be, and why?

I would invite the 'Big Yin', Sir Billy Connolly - I'd happily listen to his stories 24/7. He has such a good outlook on life and always cheers me up with his resonating and naturally hilarious nature. A worldwide talent, a very gifted individual, and a fellow Scot. James would invite American businessman, Mark Cuban as "he's the cool Dad when you go to your mates house." Wendy would invite American actress Shailene Woodley, lead actress in the Divergent trilogy; "I love that series - she is also an environmental ambassador who supports research around plastic pollution."

What are your plans for the future?

We are still in start-up and a small team. Since opening in December 2022, we have increased our staff numbers to five and are soon to launch our online @2045 retail shop, primarily offering our healthy breakfast options. This is a gamechanger as we have developed a range of overnight oats including a protein offering, alongside a few other early morning treats for your gut. We create these using the products typically stocked in our refillery. The importance of being a company led by a strong purpose is already known in the local neighbourhood. In the current climate around food and the cost-of-living crisis, it is important that we share our messaging as loud as possible to support another way to shop that supports people, planet, and their pockets!

Thanks to Lana for answering our questions! Find out more about The Way Forward 2045 by visiting [www.thewayforward2045.com](http://www.thewayforward2045.com)

## GREENCITY FAVOURITES FROM BABS, GREENCITY MEMBER

**Ague De Madre**  
Pomegranate & Hibiscus Water Kefir (can)  
£24.00/12x330ml, RRP £2.70  
SKU:SD12486A

**Aye Pickled Kimchi**  
£31.51/6x350g, RRP £7.00  
SKU:GR07965C

**Growers Garden**  
Fresh Broccoli Chips with Sour Cream & Chives  
£17.40/12x84g, RRP £1.95  
SKU:CR09433A

**Clearspot**  
Plain Tofu - Organic  
£14.18/8x280g, RRP £2.37  
SKU:GR04359C

**Harry's Nut Butter**  
Harry's Nut Butter - Extra Hot  
£27.30/6x330g, RRP £6.50  
SKU:JA1181A

**Zaytoun**  
Palestinian Medjoul Dates  
£24.59/6x250g, RRP £5.50  
SKU:NU01269A

*"A LOVELY FLAVOUR COMBO AND LESS EXPLOSIVE NOW IT'S IN A CAN! A SOPHISTICATED SOFT DRINK FOR GROWN-UPS."*

*"A LOVELY, LOCAL BRAND AND MY GO TO KIMCHI."*

*"I DIDN'T THINK I WOULD LIKE BROCCOLI CRISPS, BUT I WAS PLEASANTLY SURPRISED AND NOW I'M A CONVERT!"*

*"MY FAVOURITE TOFU - CHUNKY, FIRM, AND VERSATILE! A TOP TOFU TIP: POP IT IN THE FREEZER AND DEFROST BEFORE COOKING FOR A CHEWIER, 'MEATIER' TEXTURE!"*

*"SO FLAVOURFUL. IT TAKES MY MORNING SLICE OF TOAST TO A NEW LEVEL! GREAT FOR MAKING A SATVY TOO..."*

*"WHEN I BUY DATES, I ALWAYS MAKE SURE THEY ARE PALESTINIAN!"*



Mr Organic  
**ANTIPASTI, FLATBREADS AND BREADSTICKS PLATTER WITH HOMEMADE HUMMUS**  
FROM MR ORGANIC

To serve up some spring picnic inspiration, there's a little bit of everything on this sharing board, from homemade Mr Organic Chickpea hummus to a selection of Pesto, Antipasti Grilled Artichokes and Grilled Peppers, which all pair perfectly with Organic Breadsticks and Flatbreads! Finish it off with fruits, nuts and anything else you might fancy, and get stuck in!

Read on for Mr Organic's hummus recipe, and see page 57 for details of the rest of the Mr Organic products used - on 15% off discount in May & June!

- Hummus ingredients:**
- 2 x 400g tins Mr Organic Chickpeas
  - 4 tsp tahini
  - 2 garlic cloves, crushed
  - 1 tsp sea salt
  - 6 tbsp Mr Organic Extra Virgin Olive Oil (plus extra for drizzling)
  - 3 1/2 tbsp Mr Organic Sicilian Lemon Juice
  - paprika (optional)
  - fresh coriander or parsley (optional)

**Method**  
Rinse both tins of Mr Organic Chickpeas in cold water and tip into the food processor (keep to one side a small handful of chickpeas for decoration.)  
Add the tahini, crushed garlic, salt, Mr Organic Sicilian Lemon Juice, then turn on the food processor and slowly pour in the olive oil while it runs.

When the mixture is fully combined and smooth, tip it into a small serving dish or bowl, drizzle with some more olive oil, and with the reserved chickpeas.

Optional: sprinkle with paprika and finely chopped fresh herbs, for a pop of colour.

Enjoy!



## 100% NATURAL tropical fruit drinks

made in Southeast Asia at the very locations where the fruits are picked, preserving all the freshness and goodness as nature intended.



5 varieties - 320ml cans - 12 cans per case

- High in Antioxidants
- Naturally Fat Free
- Not From Concentrate
- Single Sourced
- No Added Sugar or Preservatives

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## GLUG! 100% fruit juices



Introducing Glug! Healthy, refreshing fruit drinks with exotic flavours that everyone will love. 100% fruit juices, nothing else and not from concentrate. Replenish your body physically and mentally with these mouth-watering drinks.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12550A	100% Mango Juice	12x320ml	£14.93	+VAT	£1.99	V
A SD12552A	100% Passion Fruit Juice	12x320ml	£14.93	+VAT	£1.99	V
A SD12553A	100% Watermelon Juice	12x320ml	£14.93	+VAT	£1.99	V
A SD12555A	100% Lychee Juice	12x320ml	£14.93	+VAT	£1.99	V
A SD12556A	100% Pink Guava Juice	12x320ml	£14.93	+VAT	£1.99	V

## AGUA DE MADRE Ambient fruit-infused water kefir

A delicious new recipe from Agua De Madre, bursting with billions of gut-loving live cultures. A proper thirst quenching, sparkling vegan water kefir. This new recipe allows you to store outside of the fridge as an ambient product with a much longer shelf life. Raise a glass to your digestive system!



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12521A	Lemon & Ginger Water Kefir	12x330ml	£30.00		£3.35	V
A SD12522A	Pomegranate & Hibiscus Water Kefir	12x330ml	£30.00		£3.35	V
A SD12523A	Passion Fruit & Raspberry Water Kefir	12x330ml	£30.00		£3.35	V
A SD12524A	Pink Grapefruit & Lime Water Kefir	12x330ml	£30.00		£3.35	V
A SD12525A	Blood Orange Bitters Water Kefir	12x330ml	£30.00		£3.35	V



## BELVOIR FARM 'Summer Punch' cordial

Thinking of lazy, hazy summer days? Then think no more – Belvoir Summer Punch cordial is the ideal warm weather drink. A delicious infusion of juniper, orange and botanicals, the perfect summer serve!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12669A	Summer Punch Cordial	6x500ml	£21.75	+VAT	£5.80	V

SAVE 20% IN MAY - SEE PAGE 36 FOR DETAILS

## BON ACCORD Pink grapefruit soda

It's time to be more grateful for the underrated grapefruit! Pink Grapefruit Soda elevates this citrus super-fruit to new heights. This juicy mix of grapefruit, apple and pear is bright and tangy on first sip, while the flavour rounds off perfectly in a naturally sweet finish. Pink Grapefruit Soda is now available in 750ml.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12640A	Pink Grapefruit Soda	8x750ml	£15.85	+VAT	£3.17	V S

SAVE 10% IN MAY - SEE PAGE 35 FOR DETAILS



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**GUSTO ORGANIC**  
Fairtrade soft drinks range



Gusto Organic is a range of Organic & Fairtrade premium soft drinks. Gusto go to great lengths to make sure their drinks are made with the very best ingredients, ethically sourced from Fairtrade communities and projects the world over, and they cut no corners. You won't find a better tasting, more carefully & consciously concocted soft drink anywhere else.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12574A	Real Cola FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
A SD12575A	Slim Cola FTM	12x275ml	£16.08	+VAT	£2.14	V FT
A SD12576A	Real Cherry Cola FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
A SD12577A	Fiery Ginger with Jalapeno FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
A SD12578A	Sicilian Blood Orange FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
A SD12579A	Sicilian Lemon with Yuzu FTM - Organic	12x275ml	£16.92	+VAT	£2.25	O V FT
A SD12580A	Original Energy FTM - Organic	12x275ml	£16.92	+VAT	£2.25	O V FT

**CAWSTON PRESS**

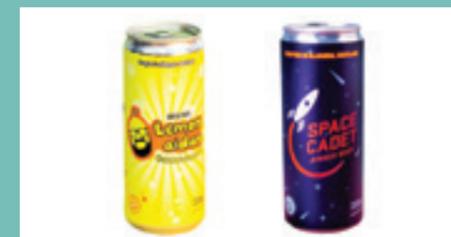
Sparkling cloudy lemonade, orange fruit water

Two new products in the Cawston family. Sparkling Cloudy Lemonade is a delightful drink which combines pressed fruit juice, freshly squeezed lemons and lemon extract, all kissed with effervescent sparkle. Sunshine Orange Fruit Water boasts an impressive mix of not-from-concentrate pressed juice, ensuring a vibrant burst of natural flavours in every sip. Sunshine in a carton!



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12530A	Sparkling Cloudy Lemonade (cans)	24x330ml	£20.78	+VAT	£1.39	V
A SD12573A	Sunshine Orange Fruit Water	18x(3x200ml)	£12.64	+VAT	£3.37	V

SAVE 15% IN JUNE - SEE PAGE 39 FOR DETAILS



**CRUISE**

Scottish soft drinks

Cruise Juice - naturally sweetened soft drinks made in Glasgow. Original Lemonaidan is a traditional cloudy lemonade that finds the perfect balance of sour from lemons with the sweetness of agave nectar. Also introducing Space Cadet Ginger Beer – ginger, citrus fruits & coconut nectar all living in perfect harmony.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A SD12704A	Original Lemonaidan	12x330ml	£21.00	+VAT	£2.80	V S
A SD12706A	Space Cadet Ginger Beer	12x330ml	£21.00	+VAT	£2.80	V S

**MOMA FOODS**

Barista oat drinks

Professional Barista – micro-foamable for a smoother texture and well-defined latte art. Made in the UK with British oats, grown within 100 miles of production. Also introducing an Organic version of the usual barista line - all the creamy goodness you know and love but now Organic certified!



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A MI12670A	Oat Barista Professional	12x1lt	£18.86		£2.10	V
A MI12671A	Oat Barista - Organic	6x1lt	£9.90		£2.20	O V

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Machu Picchu coffee bags are individually wrapped, so you can easily enjoy the distinct full-bodied, dark chocolate overtones of our Peruvian coffee at home or on the go.

[CAFEDIRECT.CO.UK](http://CAFEDIRECT.CO.UK)

## TRUESTART

Instant, ground, whole bean and cold brew coffee range

New coffee on the block from TrueStart. Made from speciality grade beans, TrueStart coffee is grown in ideal conditions in Colombia. It's a super clean coffee, independently lab tested to ensure it's packed with antioxidants and minerals. In fact, a cup of TrueStart contains more antioxidants than green tea! TrueStart are carbon neutral and a certified B-Corp company. Their coffee is roasted to make you feel amazing and is packed full of positive energy. Kick off a TrueStart to your day!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A HD12581A	Barista Grade Instant Coffee	6x100g	£26.94		£5.99	V
A HD12582A	Super Blend Instant Coffee	6x100g	£26.94		£5.99	V
A HD12583A	Decaf Barista Grade Instant Coffee	6x100g	£26.94		£5.99	V
A HD12584A	Lightly Caffeinated Instant Coffee	6x100g	£26.94		£5.99	V
A HD12585A	Barista Grade Instant Coffee	1x500g	£19.49		£25.99	V
A HD12586A	Super Blend Instant Coffee	1x500g	£19.49		£25.99	V
A HD12587A	Decaf Barista Grade Instant Coffee	1x500g	£20.99		£27.99	V
A HD12588A	Energising Colombian Air-Roasted Ground Coffee	1x1kg	£20.24		£26.99	V
A HD12589A	Energising Colombian Air-Roasted Coffee Beans	1x1kg	£20.24		£26.99	V
A HD12590A	Super Blend Air-Roasted Ground Coffee	1x1kg	£17.24		£22.99	V
A HD12591A	Super Blend Air-Roasted Coffee Beans	1x1kg	£17.24		£22.99	V
A HD12592A	Energising Colombian Air Roasted Ground Coffee	6x200g	£33.72		£7.49	V
A HD12593A	Super Blend Air Roasted Ground Coffee	6x200g	£33.72		£7.49	V
A HD12594A	Bright Eyed Brazilian Air Roasted Ground Coffee	6x200g	£35.94		£7.99	V
A HD12601A	Swiss Water Decaf Air Roasted Ground Coffee	6x200g	£40.44		£8.99	V
A HD12595A	Energising Colombian Loose Coffee Bags	1x25	£7.49		£9.99	V
A HD12596A	Super Blend Loose Coffee Bags	1x25	£7.49		£9.99	V
A HD12597A	Swiss Water Decaf Loose Coffee Bags	1x25	£7.49		£9.99	V
A HD12602A	Barista Grade Wrapped Coffee Bags	3x(10x8g)	£11.22		£4.99	V
A SD12598A	Original Black Cold Brew Coffee	12x250ml	£20.64		£2.29	V
A SD12599A	Salted Caramel Cold Brew Coffee	12x250ml	£20.64		£2.29	V
A SD12600A	Choco Fudge Brownie Cold Brew Coffee	12x250ml	£20.64		£2.29	V

## CAFÉ DIRECT

Fairtrade coffee bags

New Café Direct Machu Picchu coffee bags, and a decaf option too. So convenient, just add hot water, let steep, and enjoy. With each sip, journey to the heart of the Inca empire all while supporting Fairtrade practices in the coffee industry. Deep and full bodied with dark chocolate undertones, the beauty of roast & ground on the go. We're sure you will delight in taking these coffee bags wherever you go!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A HD12667A	Machu Picchu Coffee Bags FTM	6x(10x7g)	£21.75		£4.85	V FT
A HD12668A	Decaf Machu Picchu Coffee Bags FTM	6x(10x7g)	£21.75		£4.85	V FT

## THE ALTERNATIVE COFFEE CO

Cooperatively-grown roast & ground coffee

The Alternative Coffee Company is a social enterprise connecting co-operatives in Rwanda and Uganda with consumers in the UK. Backed by the Scottish Fairtrade Forum and Ollema (Fairer Farming Ventures), it's the Alternative Coffee Company's aim to connect speciality coffee farmers, independent roasters and local cafes in a supply chain that is personal, transformative and offers a commercial alternative to high street brands and corporate coffee practices. With coffee from two co-operatives to choose from: dark roast from Karangura Peak in Uganda, and medium roast from Kopakaki Dutegure in Rwanda.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A HD12631A	Kopakaki Dutegure Co-op (Rwanda) Medium Roast Coffee (3)	15x250g	£80.35		£7.12	V
A HD12632A	Karangura Peak Co-op (Uganda) Dark Roast Coffee (4)	15x250g	£80.35		£7.12	V



Small batch, roast and ground coffee that connects coffee lovers to Karangura Peak in Uganda and Kopakaki Dutegure in Rwanda.

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Certified B Corporation logo in the top right corner.

## PROPPADOMS

Gluten free & vegan flavoured poppadom snacks range



Poppadoms done Proper! These delicious snacks come in a variety of flavours for all tastebuds, so you're guaranteed to find one for everyone! Both gluten free and vegan, they're sure to go down a treat in lunchboxes or on the party snack table.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CR12675A	Original Poppadoms	12x25g	£8.04		£1.00	V GF
A CR12676A	Garlic & Red Chilli Poppadoms	12x25g	£8.04		£1.00	V GF
A CR12677A	Sriracha Poppadoms	12x25g	£8.04		£1.00	V GF
A CR12678A	Jalapeno Poppadoms	12x25g	£8.04		£1.00	V GF
A CR12679A	Duck & Plum Poppadoms	12x25g	£8.04		£1.00	V GF
A CR12680A	Turmeric Chilli & Ginger Poppadoms	12x25g	£8.04		£1.00	V GF
A CR12681A	Original Poppadoms	12x75g	£12.90		£1.50	V GF
A CR12682A	Garlic & Chilli Poppadoms	12x75g	£12.90		£1.50	V GF
A CR12683A	Sriracha Poppadoms	12x75g	£12.90		£1.50	V GF
A CR12684A	Jalapeno Poppadoms	12x75g	£12.90		£1.50	V GF
A CR12685A	Duck & Plum Poppadoms	12x75g	£12.90		£1.50	V GF
A CR12686A	Turmeric Chilli & Ginger Poppadoms	12x75g	£12.90		£1.50	V GF

SAVE 15% IN MAY & JUNE - SEE PAGE 65 FOR DETAILS

SAVE 15%

# PROPPADOMS

Poppadoms Done Proppa!

ALL UNDER  
110  
Calories  
per 25g bag

## TASTY CRISPY MINI DELIGHTS

WWW.FAMILYSECRET.CO.UK  
ALL PACKS AVAILABLE IN A 25G & 75G FORMAT

## OMBAR

Organic, Fairtrade, gluten free & vegan chocolate bars



New 42g chunky bars from Ombat. Small & perfectly formed, with delicious soft centres. Cacao rich and nutrient dense chocolate bars, made from scratch using the best cacao from Ecuador, sourced from co-operatives owned by famers growing a variety of crops - no mono-culture! B-Corp certified, Organic and Fairtrade - what's not to love!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CH12700A	Almond Butter Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
A CH12701A	Hazelnut Truffle Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
A CH12702A	Coconut Vanilla Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
A CH12703A	Pistachio Cream Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
A CH12705A	Coco Raspberry Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
A CH12707A	Oat M*lk Hazelnut Brownie Filled Chocolate Bar - Organic	15x42g	£17.84	+VAT	£1.90	O V GF FT
A CH12708A	Oat M*lk Salted Caramel Filled Chocolate Bar - Organic	15x42g	£17.84	+VAT	£1.90	O V GF FT

SAVE 20% IN MAY & JUNE - SEE PAGE 64 FOR DETAILS

## NAKD

Vegan, gluten free fruit & fibre bars

New Fruit & Fibre bars from NAKD. Packed full of seeds, nuts, fruits, grains and spices, each bar is full of flavour and goodness. One of your five a day, with 6g of fibre, they're vegan, gluten- and dairy-free. Choose from Apple & Cinnamon or Strawberry & Raspberry – a delicious way to start your day!



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CH12673A	Fruit & Fibre Strawberry & Raspberry Bar	16x44g	£14.00	+VAT	£1.40	V GF
A CH12674A	Fruit & Fibre Apple & Cinnamon Bar	16x44g	£14.00	+VAT	£1.40	V GF

SAVE 20% IN MAY - SEE PAGE 36 FOR DETAILS

## UP UP

'Slave free' chocolate range



Great chocolate, no downside. 100% certified slave free cocoa. What makes Up Up chocolate different? Their cocoa supply chain is short. There's the plantation, the processing site and their factory. Three workplaces, that's it. In inviting slavefreetrade International to hold them to account, quarterly, Up Up keep track of how each and every individual is treated and how they're paid, so you can be sure it's fairly. When the industry talks about traceability they mean the raw commodity. Up Up mean the people. 200 workers on the single-estate plantation, 2000 in the processing site, and 20 in their factory. This is a world's first 'human first' chocolate. Up Up's factory is based in South Queensferry and so we are happy to be adding another Scottish supplier too.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CH12604A	Original Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12605A	Wild Mint Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12606A	Sea Salt Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12607A	Cherry Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12608A	Original Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
A CH12609A	Salted Caramel Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
A CH12610A	Sea Salt & Lime Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
A CH12611A	Sweet Orange Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
A CH12662A	Giant Buttons Milk Chocolate	12x80g	£28.00	+VAT	£3.75	S
A CH12663A	Giant Buttons Dark Chocolate	12x80g	£28.00	+VAT	£3.75	V S





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**ZERO TRANS FAT**

**NO ARTIFICIAL FLAVOURS & COLOURS**

**NATURALLY GLUTEN FREE**

TM



**OTHERLY**  
Scottish-made oat milk chocolate



There's normal and then there's the other side of the tracks. The Otherly side. Is it a place? A feeling? A state of mind? Or is it all of the above? Most chocolate uses cows' milk, Otherly use oat. Otherly might be a little different, but they think that it's actually those little differences and oddities that make Otherly special. Packaging created with bespoke characters by artist Tomi Um, the Otherly world consists of many distinct places - the beach, the moon, the jungle, the city. Otherly is made in South Queensferry so we are delighted to add another Scottish producer. This is the chocolate for those who embrace those little things that make them unique.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CH12613A	Original Plain Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12614A	Salted Caramel Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12615A	Sea Salt Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12616A	Cold Brew Coffee Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
A CH12617A	Original Plain Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S
A CH12618A	Salted Caramel Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S
A CH12619A	Sea Salt Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S
A CH12620A	Cold Brew Coffee Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S
A CH12622A	Original Plain Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
A CH12623A	Salted Caramel Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
A CH12624A	Sea Salt Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
A CH12625A	Cold Brew Coffee Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
A CH12626A	Peanuts & Caramel Bar in Oat M*lk Chocolate	15x40g	£18.15	+VAT	£1.99	V S
A CH12627A	Coconut Bar in Oat M*lk Chocolate	15x40g	£18.15	+VAT	£1.99	V S
A CH12628A	Oat M*lk Chocolate Drops	12x80g	£27.66	+VAT	£3.95	V S
A CH12629A	Space Mix Gummy Sweets	12x80g	£27.66	+VAT	£3.95	V S
A HD12630A	Original Plain Oat M*lk Drinking Chocolate	12x250g	£73.57	+VAT	£9.95	V S

**SUPER MUNCHIES**  
Vaccum cooked fruit & veg chips

Super Munchies are natural, nutritious and with sustainability at the heart of the business. From growing and sourcing fresh produce from local farms, to production at their GFSI (Global Food Safety Initiative) certified facility, all the ingredients that go into making Super Munchies are selected with care, keeping in mind both health and the environment. Super Munchies are made using vacuum cooking technology which helps retain the natural flavours, colours, and taste of the product, keeping it as close to its respective fruits and vegetable as possible. Only the best raw fruits & vegetables from local farms go ahead and become these Super Munchies chips.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CR12562A	Vaccum Cooked Tandoori Sweet Potato Chips	24x60g	£53.95		£2.99	V
A NU12559A	Vaccum Cooked Jackfruit Chips	24x50g	£63.15		£3.50	V
A NU12560A	Vaccum Cooked Mango Chips	24x50g	£63.15		£3.50	V
A NU12561A	Vaccum Cooked Pineapple Chips	24x50g	£63.15		£3.50	V

**SOJADE DELICE**

Organic soya-based Skyr alternatives, high protein soya drink

We're pleased to be introducing Sojade's new high protein dairy alternatives, which are made from French GMO-free beans as per all of their soya-based products. The range consists of an ambient soya drink, as well as the chilled plain and raspberry flavoured skyr.



**\*CHILLED PRODUCT\***

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
C DA12648C	High Protein Plant-Based SKYR - Organic	6x400g	£11.40		£2.54	O V
C DA12652C	High Protein Plant-Based Raspberry SKYR - Organic	6x400g	£14.59		£3.25	O V
A MI12653A	High Protein Plant-Based Drink - Organic	8x75cl	£12.64		£2.11	O V GF

# GREENCITY WHOLEFOODS



Suppliers to the trade in vegan, vegetarian, Organic and Fairtrade food & drink. Specialists in zero waste, local artisan products, healthy snacks, and chilled food, with over 5000 retail and catering lines.

Greencity is Scotland's premier ethical wholesaler, our success built on developing local and ethical supply chains for a loyal customer base.

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## CLEARSPRING

Organic coconut milk, date syrup, pad thai sauce & noodles

This month Clearspring are introducing the UK's first Organic and vegan Pad Thai sauce, alongside two new noodle lines. We are also adding their ever-popular Organic coconut milk and date syrup to our range.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12537A	Coconut Milk - Organic	6x400ml	£11.21		£2.49	O V
A GR12715A	Date Syrup - Organic	6x300g	£17.51		£3.89	O V
A OL12699A	Vegan Pad Thai Sauce - Organic	6x150ml	£25.16		£5.59	O V GF
A PA12649A	GF 100% Brown Rice Vermicelli Noodles - Organic	8x180g	£20.34		£3.39	O V
A PA12650A	GF Black Rice Noodles - Organic	10x200g	£29.93		£3.99	O V

SAVE 15% OFF COCONUT MILK IN MAY & JUNE - SEE PAGE 49 FOR DETAILS

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## MERIDIAN

Higher protein smooth peanut butter

An exciting new addition to the ever-popular Meridian brand is a 700g smooth protein peanut butter that has 30g of protein per 100g, 4g more than Meridian's standard peanut butter. With protein playing an increasingly important role within consumer's diets this is certain to be a best seller.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A JA12603A	Smooth Peanut Butter 100%	3x700g	£14.61		£6.49	V

SAVE 20% IN MAY & JUNE - SEE PAGE 53 FOR DETAILS

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## ST. LAWRENCE GOLD

5lt Canadian Maple Syrup

St Lawrence Gold Organic Maple Syrup is handcrafted from over 100 honey maple tree forests in Quebec, Canada. Quebec produces the finest maple syrup, as the climate is perfect for production – with cold nights and warm days. St Lawrence's previous 4ltr Organic Maple Syrup is now a 5ltr bag in a box. Pure Organic maple syrup, perfect on pancakes and waffles or as a natural alternative to sugar.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12536A	Maple Syrup Grade A Dark Bag In Box - Organic	1x5lt	£97.15			O V

SAVE 20% IN MAY & JUNE - SEE PAGE 53 FOR DETAILS

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## TRUE ORIGIN

Fairtrade jams, sweet piquante peppers

We are delighted to bring on board new jams and chutneys from True Origin. All Fairly Traded and delicious, these are sure to be a favourite with all our customers. We are also listing their Sweet Piquante Peppers - these are great for eating straight out of the jar or when sliced they can be added to pizzas, pastas or salads.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12572A	Sweet Piquante Peppers	6x250g	£16.55		£3.70	FT
A JA12563A	Guava Jam	6x330g	£16.55		£3.70	FT
A JA12567A	Hibiscus Jam	6x330g	£16.55		£3.70	FT
A JA12568A	Papaya and Lemon Jam	6x330g	£16.55		£3.70	FT
A JA12569A	Pineapple Jam	6x330g	£16.55		£3.70	FT

**15% OFF**

**Where tradition meets innovation.**

**New additions of plant-based meats for your Foodservice and Retail needs.**

**Charcuterie & deli slices, spreads, pieces, fillets and more...**

## HONEST TOIL

### EXTRA VIRGIN OLIVE OIL

Honest Toil is a small collaborative project based just south of Kyparissia in Messinia, Peloponnese, Greece.

Alongside our own trees, we also work together with other local small-scale growers to produce a real, unblended and unadulterated properly cold pressed extra virgin olive oil.

Harvest here is far from the big-scale production of most olive oils, as everything is picked by hand, and properly cold-pressed within hours at the local press.

We're determined to keep things as direct and unpretentious as possible, sharing the fruits of our toil at a sensible price, supporting the traditional Messinian harvest, and making sure that the oil on your table is produced and distributed in the most direct and sustainable way.

The result is raw and green, with a light peppery spice and flavours of fresh cut grass...

Available in 5LTR & 2LTR cans and 500ML bottles.

- unfiltered
- early harvest
- low acidity
- unblended / small batch
- properly cold-pressed

© honest\_toil

**\*CHILLED PRODUCT\***

## SGAIA

Vegan meat alternatives

Sgaia's extremely impressive range of meat substitute products are so good we had no choice but to add some of their newest lines! Made locally in Glasgow using high quality ingredients, Sgaia go from strength to strength. From N'duja to a chick'n alternative these new lines are a guaranteed hit, with both retail and catering sizes available.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
C GR12641C	Smoky Flavour Pancetta Style Cubes	5x1kg	£95.25		£19.25	V S
C GR12642C	Nduja Style Spread	5x150g	£22.00		£4.40	V S
C GR12644C	Nduja Style Spread	5x500g	£60.00		£12.00	V S
C GR12645C	Chicken Style Chunks	5x250g	£15.70		£4.20	V S
C GR12646C	Chicken Style Fillets	5x200g	£18.00		£3.60	V S
C GR12647C	Bresaola Style Slices	5x110g	£17.20		£3.44	V S
C GR12651C	Pepperoni Style Sausages	5x900g	£83.00		£16.60	V S

SAVE 15% IN MAY & JUNE - SEE PAGE 57 FOR DETAILS

## CHIMI.LOVE

### Vegan red jalapeno and chipotle mayo

New from Chimilove this month we have their red jalapeno and chipotle mayo. A smoky and creamy mayo that packs just the right amount of kick from the red jalapenos and aji chillies. Plus it's suitable for vegans, completely plant based!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A OL12535A	Red Jalapeno and Chipotle Mayo	6x165g	£24.24		£5.50	V

## HONEST TOIL

### Unfiltered Greek extra virgin olive oil

Introducing Honest Toil and their range of unfiltered extra virgin olive oils, sourced from small family farms around Kyparissia on the west coast of Greece. Cold-pressed, unblended and made from small batch koroneiki olives. Available in 500ml bottles, 2ltr and 5ltr tins, all beautifully illustrated by different artists.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A OI12643A	Unfiltered Extra Virgin Olive Oil	6x500ml	£50.49		£13.00	V
A OI12664A	Unfiltered Extra Virgin Olive Oil	4x2lt	£110.23		£39.00	V
A OI12665A	Unfiltered Extra Virgin Olive Oil	1x5lt	£63.00			V

## ORGANICO

### Organic grissini breadsticks

New size, new packaging, same mouth watering breadsticks from Organico. Thick Organic artisan breadsticks made with Italian wheat and extra virgin olive oil following traditional methods.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A BI12633A	Sesame Grissini Breadsticks - Organic	12x120g	£23.88		£2.65	O V
A BI12688A	Classico Grissini Breadsticks - Organic	12x120g	£21.12		£2.35	O V

# I AM NUT OKAY

Artisan vegan cheese range

❄️ CHILLED PRODUCT ❄️



One of the UK's top artisan vegan cheese brands, I AM NUT OK use a mix of traditional and new techniques to produce their delicious cheese by hand in small batches. We are stocking their full range including flavourful cashew-based wedges, rich and delicious not-butters, and their melty alternative to mozzarella. These will make the most amazing cheeseboard!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
C DA12545C	C'e Dairy? - Mature Cheddary Vegan Cheese	1x120g	£5.19		£6.99	V
C DA12546C	G.O.A.T. - Italian Herb Vegan Cheese	1x120g	£5.19		£6.99	V
C DA12547C	MinerThreat - Smoky Charcoal Vegan Cheese	1x120g	£5.19		£6.99	V
C DA12548C	Nerominded - Black Truffle Vegan Cheese	1x120g	£5.39		£6.99	V
C DA12549C	Paprika - Smoky Paprika Vegan Cheese	1x120g	£5.19		£6.99	V
C DA12551C	Sauvignonsense - Cabernet Infused Vegan Cheese	1x120g	£5.19		£6.99	V
C DA12554C	Fetamorphosis - Vegan Feta Cheese	1x140g	£4.44		£5.99	V
C DA12557C	Rigotta - Vegan Ricotta Cheese in Garlic Oil	1x140g	£4.44		£5.99	V
C DA12558C	Gourmet Vegan Butter with Rosemary & Sea Salt	1x140g	£3.35		£4.49	V
C DA12564C	Gourmet Vegan Butter with Truffle	1x140g	£3.74		£4.99	V
C DA12565C	Bluffalo Notzarella - Vegan Mozzarella Cheese	1x200g	£3.74		£4.99	V
C DA12566C	Meltdown - Vegan American Style Melting Cheese	1x200g	£4.12		£5.49	V
A DA12687A	Oh Grate! - Vegan Grated Italian Cheese	1x100g	£3.74		£4.99	V

# GALLOWAY LODGE

Scottish chutneys



New to Greencity this month are an exciting range of chutneys from Galloway Lodge. Galloway Lodge chutneys offer a variety of unique tastes to accompany any meal. With an array of options to choose from, there's a chutney to suit every taste. All vegan and made in Scotland.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A OL12634A	Poacher's Pickle Chutney	6x200g	£15.15		£3.75	V S
A OL12635A	Tomato and Chilli Chutney	6x200g	£15.15		£3.75	V S
A OL12636A	Bramley Apple Chutney	6x200g	£15.15		£3.75	V S
A OL12637A	Beetroot Chutney	6x200g	£15.15		£3.75	V S
A OL12638A	Fig Chutney	6x200g	£23.65		£5.75	V S
A OL12639A	Mango and Chilli Chutney	6x200g	£16.25		£3.95	V S

# ODYSEA

Chickpeas in tomato sauce - size change

Odyssea's hugely popular Chickpeas in Tomato Sauce have change size to a 310g jar. Tender chickpeas cooked in tomato sauce with extra virgin olive oil, these are perfect served with rice for a light meal or ideal on their own as a starter.



* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12531A	Chickpeas in Tomato Sauce	4x310g	£7.78		£2.69	V

# MR ORGANIC

Organic pasta sauces



New this month are two new smooth pasta sauces, Basilico and Bolognese, along with two new ragus, Mushroom and Aubergine. We are also adding Mr Organic's best-selling Cherry Tomato pasta sauce to our range. All made using sun ripened Italian tomatoes grown on their Organic farm in Pontinia.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A GR12540A	Smooth Basilico Pasta Sauce - Organic	6x350g	£13.91		£3.09	O V
A GR12541A	Smooth Bolognese Pasta Sauce - Organic	6x350g	£13.91		£3.09	O V
A GR12542A	No Added Sugar - Mushroom Ragu Pasta Sauce - Organic	6x350g	£13.91		£3.09	O V
A GR12543A	Aubergine Ragu - Organic	6x350g	£14.81		£3.29	O V
A GR12544A	Cherry Tomatoes Pasta Sauce - Organic	6x350g	£14.81		£3.29	O V

**We are very proud to be working with Greencity Wholefoods.**  
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# Pure bliss...

## Olive Oil Soap from Nablus

Hand-crafted in small batches by a family business, using time-honoured traditional methods.

Containing over **77% olive oil** and celebrated for its purity and moisturising effect.



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## ZAYTOUN

Palestinian olive oil soaps, raw almonds, and 'Falastin' cookbook



This month we are adding to our range of Palestinian products from Zaytoun. Almonds, olive oil soaps and a new cookbook are now available. The soaps are handcrafted in small batches by a family business in Nablus, using time-honoured traditional methods, while the almonds are one of a kind crunchy almonds that are picked and shelled by hand, Fairly Traded with Palestinian farmers in the West Bank.

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A BA11442A	Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
A BA11443A	Lemon Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
A BA11444A	Rose Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
A BA11445A	Sage Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
A BA11446A	Honey Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
A HO12720A	Falastin Hardback	1x1	£18.35		£28.00	
A NU12726A	Raw Almonds *FT*	6x150g	£28.00		£6.25	V FT

## ECOLIVING

Eco-friendly cleaning products



As per customer request we have expanded the Ecoliving range we stock to help you keep your cleaning as eco friendly as possible!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A BA12656A	Natural Nail Brush	28x1	£112.42	+VAT	£5.50	V
A BA12657A	Children's Nail Brush	5x12	£14.56	+VAT	£3.99	V
A CP12654A	Wooden Dish Brush	20x1	£62.05	+VAT	£4.25	V
A CP12655A	Wooden Dish Head - Replacement Head	20x1	£40.15	+VAT	£2.75	V
A CP12658A	Compostable Sponge Cleaning Cloths - Botanic Garden	10x1	£51.10	+VAT	£7.00	V
A CP12659A	Compostable UK Sponge - 2 Pack Large	16x2	£43.84	+VAT	£4.50	V
A CP12660A	Concentrated Soda Crystals	4x750g	£8.52	+VAT	£3.50	V
A CP12661A	Epsom Salt	4x750g	£11.56	+VAT	£4.75	V

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For a planet conscious clean

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Eco Sponge Scourer

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100% plastic-free cleaning tools

Plastic-Free Compostable Long Lasting Sustainably Sourced

## ECOZONE

Eco-friendly cleaning products

We are adding some cleaning essentials for your kitchen and bathroom to our Ecozone range this month, including drain cleaning sticks, mould remover, appliance descaler, and laundry liquid. Plus stock up with their 10% off offer in May & June!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CP07827A	Enzymatic Drain Cleaning Sticks Fragrance Free	12x12 sticks	£39.99	+VAT	£5.83	V
A CP12690A	Kettle and Iron Descaler	8x3 sachets	£17.76	+VAT	£4.07	V
A CP12691A	Washing Machine and Dishwasher Cleaner	8x6 tablets	£25.99	+VAT	£5.82	V
A CP12692A	Rinse Aid	12x500ml	£30.48	+VAT	£4.66	V
A CP12693A	Mould Remover	6x500ml	£17.75	+VAT	£5.29	V
A CP12694A	Laundry Liquid Bio	1x2L	£7.00	+VAT	£12.83	V
A CP12695A	Laundry Liquid Non-Bio	1x2L	£7.00	+VAT	£12.83	V

SAVE 10% IN MAY & JUNE - SEE PAGE 60 FOR DETAILS

## OCEANSAVER

Daily shower cleaner spray refill

This month we're adding OceanSaver's Daily Shower Spray to our range of eco-friendly cleaning products. Just mix with water in a 750ml spray bottle; a few sprays daily removes soap scum and prevents the build-up of limescale, leaving your shower clean, shiny, and streak-free. Keeps your shower sparkling effortlessly!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CP12534A	Refill EcoDrop - Daily Shower	12x10ml	£12.69	+VAT	£1.75	V

## SEEP

Eco-friendly cleaning & home products

Sustainable, everyday, essential products – Seep! We're really proud to be launching a range of eco cleaning products from this ethical, woman-led brand. Their packaging is eye-catching and their products are home-compostable, with the exception of the copper scourers which are endlessly recyclable. By stocking Seep, you can help them on their mission to save 1 billion cleaning tools from landfill by 2030!

* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
A CP12709A	All Purpose Bamboo Cloth	10x1 cloth	£20.70	+VAT	£3.50	
A CP12710A	10L Biodegradable Bin Bags	15x25 bags	£34.89	+VAT	£4.00	
A CP12711A	30L Biodegradable Bin Bags	10x25 bags	£49.99	+VAT	£8.50	
A CP12712A	50L Biodegradable Bin Bags	9x25 bags	£65.99	+VAT	£12.50	
A CP12713A	Eco Copper Scourer	1x3 pack	£3.99	+VAT	£7.00	
A CP12714A	Eco Pop-Up Sponges	20x2 pack	£61.29	+VAT	£4.95	
A CP12716A	Eco Sponge with Scourer	10x1	£17.39	+VAT	£2.95	



# NEW PRODUCTS PRICELIST

BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
Agua De Madre		A	SD12521A	Lemon & Ginger Water Kefir	12x330ml	£30.00		£3.35	V
		A	SD12522A	Pomegranate & Hibiscus Water Kefir	12x330ml	£30.00		£3.35	V
		A	SD12523A	Passion Fruit & Raspberry Water Kefir	12x330ml	£30.00		£3.35	V
		A	SD12524A	Pink Grapefruit & Lime Water Kefir	12x330ml	£30.00		£3.35	V
		A	SD12525A	Blood Orange Bitters Water Kefir	12x330ml	£30.00		£3.35	V
Belvoir Farm	20% May only	A	SD12669A	Summer Punch Cordial	6x500ml	£21.75	+VAT	£5.80	V
Bon Accord	10% May only	A	SD12640A	Pink Grapefruit Soda	8x750ml	£15.85	+VAT	£3.17	V S
Cafe Direct		A	HD12667A	Machu Picchu Coffee Bags FTM	6x(10x7g)	£21.75		£4.85	V FT
		A	HD12668A	Decaf Machu Picchu Coffee Bags FTM	6x(10x7g)	£21.75		£4.85	V FT
Cawston Press	15% June only	A	SD12530A	Sparkling Cloudy Lemonade (cans)	24x330ml	£20.78	+VAT	£1.39	V
	15% June only	A	SD12573A	Sunshine Orange Fruit Water	18x(3x200ml)	£12.64	+VAT	£3.37	V
Chimi.love		A	OL12535A	Red Jalapeno and Chipotle Mayo	6x165g	£24.24		£5.50	V
Clearspring	15% May/June	A	GR12537A	Coconut Milk - Organic	6x400ml	£11.21		£2.49	O V
		A	GR12715A	Date Syrup - Organic	6x300g	£17.51		£3.89	O V
		A	OL12699A	Vegan Pad Thai Sauce - Organic	6x150ml	£25.16		£5.59	O V GF
		A	PA12649A	GF 100% Brown Rice Vermicelli Noodles - Organic	8x180g	£20.34		£3.39	O V
	A	PA12650A	GF Black Rice Noodles - Organic	10x200g	£29.93		£3.99	O V	
Cruise		A	SD12704A	Original Lemonaidan	12x330ml	£21.00	+VAT	£2.80	V S
		A	SD12706A	Space Cadet Ginger Beer	12x330ml	£21.00	+VAT	£2.80	V S
ecoLiving		A	BA12656A	Natural Nail Brush	28x1	£112.42	+VAT	£5.50	V
		A	BA12657A	Children's Nail Brush	5x12	£14.56	+VAT	£3.99	V
		A	CP12654A	Wooden Dish Brush	20x1	£62.05	+VAT	£4.25	V
		A	CP12655A	Wooden Dish Head - Replacement Head	20x1	£40.15	+VAT	£2.75	V
		A	CP12658A	Compostable Sponge Cleaning Cloths - Botanic Garden	10x1	£51.10	+VAT	£7.00	V
		A	CP12659A	Compostable UK Sponge - 2 Pack Large	16x2	£43.84	+VAT	£4.50	V
		A	CP12660A	Concentrated Soda Crystals	4x750g	£8.52	+VAT	£3.50	V
	A	CP12661A	Epsom Salt	4x750g	£11.56	+VAT	£4.75	V	
Ecozone	10% May/June	A	CP07827A	Enzymatic Drain Cleaning Sticks Fragrance Free	12x12 sticks	£39.99	+VAT	£5.83	V
	10% May/June	A	CP12690A	Kettle and Iron Descaler	8x3 sachets	£17.76	+VAT	£4.07	V
	10% May/June	A	CP12691A	Washing Machine and Dishwasher Cleaner	8x6 tablets	£25.99	+VAT	£5.82	V
	10% May/June	A	CP12692A	Rinse Aid	12x500ml	£30.48	+VAT	£4.66	V
	10% May/June	A	CP12693A	Mould Remover	6x500ml	£17.75	+VAT	£5.29	V
	10% May/June	A	CP12694A	Laundry Liquid Bio	1x2L	£7.00	+VAT	£12.83	V
10% May/June	A	CP12695A	Laundry Liquid Non-Bio	1x2L	£7.00	+VAT	£12.83	V	
Galloway Lodge		A	OL12634A	Poacher's Pickle Chutney	6x200g	£15.15		£3.75	V S
		A	OL12635A	Tomato and Chilli Chutney	6x200g	£15.15		£3.75	V S
		A	OL12636A	Bramley Apple Chutney	6x200g	£15.15		£3.75	V S
		A	OL12637A	Beetroot Chutney	6x200g	£15.15		£3.75	V S
		A	OL12638A	Fig Chutney	6x200g	£23.65		£5.75	V S
		A	OL12639A	Mango and Chilli Chutney	6x200g	£16.25		£3.95	V S
Glug!		A	SD12550A	100% Mango Juice	12x320ml	£14.93	+VAT	£1.99	V
		A	SD12552A	100% Passion Fruit Juice	12x320ml	£14.93	+VAT	£1.99	V
		A	SD12553A	100% Watermelon Juice	12x320ml	£14.93	+VAT	£1.99	V
		A	SD12555A	100% Lychee Juice	12x320ml	£14.93	+VAT	£1.99	V
		A	SD12556A	100% Pink Guava Juice	12x320ml	£14.93	+VAT	£1.99	V

\* STORAGE: A = AMBIENT, C = CHILLED

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BRAND	SAVE	*	CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
Gusto Organic		A	SD12574A	Real Cola FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
		A	SD12575A	Slim Cola FTM	12x275ml	£16.08	+VAT	£2.14	V FT
		A	SD12576A	Real Cherry Cola FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
		A	SD12577A	Fiery Ginger with Jalapeno FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
		A	SD12578A	Sicilian Blood Orange FTM - Organic	12x275ml	£16.08	+VAT	£2.14	O V FT
		A	SD12579A	Sicilian Lemon with Yuzu FTM - Organic	12x275ml	£16.92	+VAT	£2.25	O V FT
		A	SD12580A	Original Energy FTM - Organic	12x275ml	£16.92	+VAT	£2.25	O V FT
Honest Toil		A	OI12643A	Unfiltered Extra Virgin Olive Oil	6x500ml	£50.49		£13.00	V
		A	OI12664A	Unfiltered Extra Virgin Olive Oil	4x2lt	£110.23		£39.00	V
		A	OI12665A	Unfiltered Extra Virgin Olive Oil	1x5lt	£63.00			V
I AM NUT OK		C	DA12545C	C'e Dairy? - Mature Cheddary Vegan Cheese	1x120g	£5.19		£6.99	V
		C	DA12546C	G.O.A.T. - Italian Herb Vegan Cheese	1x120g	£5.19		£6.99	V
		C	DA12547C	MinerThreat - Smoky Charcoal Vegan Cheese	1x120g	£5.19		£6.99	V
		C	DA12548C	Nerominded - Black Truffle Vegan Cheese	1x120g	£5.39		£6.99	V
		C	DA12549C	Paparica - Smoky Paprika Vegan Cheese	1x120g	£5.19		£6.99	V
		C	DA12551C	Sauvignonsense - Cabernet Infused Vegan Cheese	1x120g	£5.19		£6.99	V
		C	DA12554C	Fetamorphosis - Vegan Feta Cheese	1x140g	£4.44		£5.99	V
		C	DA12557C	Rigotta - Vegan Ricotta Cheese in Garlic Oil	1x140g	£4.44		£5.99	V
		C	DA12558C	Gourmet Vegan Butter with Rosemary & Sea Salt	1x140g	£3.35		£4.49	V
		C	DA12564C	Gourmet Vegan Butter with Truffle	1x140g	£3.74		£4.99	V
	C	DA12565C	Bluffalo Notzarella - Vegan Mozzarella Cheese	1x200g	£3.74		£4.99	V	
	C	DA12566C	Meltdown - Vegan American Style Melting Cheese	1x200g	£4.12		£5.49	V	
	A	DA12687A	Oh Grate! - Vegan Grated Italian Cheese	1x100g	£3.74		£4.99	V	
Meridian	20% May/June	A	JA12603A	Smooth Peanut Butter 100%	3x700g	£14.61		£6.49	V
Moma Foods		A	MI12670A	Oat Barista Professional	12x1lt	£18.86		£2.10	V
		A	MI12671A	Oat Barista - Organic	6x1lt	£9.90		£2.20	O V
Mr Organic		A	GR12540A	Smooth Basilico Pasta Sauce - Organic	6x350g	£13.91		£3.09	O V
		A	GR12541A	Smooth Bolognese Pasta Sauce - Organic	6x350g	£13.91		£3.09	O V
		A	GR12542A	No Added Sugar - Mushroom Ragu Pasta Sauce - Org	6x350g	£13.91		£3.09	O V
		A	GR12543A	Aubergine Ragu - Organic	6x350g	£14.81		£3.29	O V
	A	GR12544A	Cherry Tomatoes Pasta Sauce - Organic	6x350g	£14.81		£3.29	O V	
Nakd	20% May only	A	CH12673A	Fruit & Fibre Strawberry & Raspberry Bar	16x44g	£14.00	+VAT	£1.40	V GF
	20% May only	A	CH12674A	Fruit & Fibre Apple & Cinnamon Bar	16x44g	£14.00	+VAT	£1.40	V GF
OceanSaver		A	CP12534A	Refill EcoDrop - Daily Shower	12x10ml	£12.69	+VAT	£1.75	V
Odysea		A	GR12531A	Chickpeas in Tomato Sauce	4x310g	£7.78		£2.69	V
Ombar	20% May/June	A	CH12700A	Almond Butter Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
	20% May/June	A	CH12701A	Hazelnut Truffle Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
	20% May/June	A	CH12702A	Coconut Vanilla Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
	20% May/June	A	CH12703A	Pistachio Cream Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
	20% May/June	A	CH12705A	Coco Raspberry Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£2.29	O V GF FT
	20% May/June	A	CH12707A	Oat M*lk Hazelnut Brownie Filled Chocolate Bar - Org	15x42g	£17.84	+VAT	£1.90	O V GF FT
	20% May/June	A	CH12708A	Oat M*lk Salted Caramel Filled Chocolate Bar - Org	15x42g	£17.84	+VAT	£1.90	O V GF FT
Organico		A	BI12633A	Sesame Grissini Breadsticks - Organic	12x120g	£23.88		£2.65	O V
		A	BI12688A	Classico Grissini Breadsticks - Organic	12x120g	£21.12		£2.35	O V
Otherly		A	CH12613A	Original Plain Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A	CH12614A	Salted Caramel Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A	CH12615A	Sea Salt Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A	CH12616A	Cold Brew Coffee Oat M*lk Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A	CH12617A	Original Plain Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S
		A	CH12618A	Salted Caramel Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S
		A	CH12619A	Sea Salt Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S

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BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
<b>Otherly (cont.)</b>		A CH12620A	Cold Brew Coffee Oat M*lk Chocolate	12x80g	£22.40	+VAT	£2.99	V S
		A CH12622A	Original Plain Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
		A CH12623A	Salted Caramel Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
		A CH12624A	Sea Salt Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
		A CH12625A	Cold Brew Coffee Oat M*lk Chocolate	24x25g	£20.25	+VAT	£1.35	V S
		A CH12626A	Peanuts & Caramel Bar in Oat M*lk Chocolate	15x40g	£18.15	+VAT	£1.99	V S
		A CH12627A	Coconut Bar in Oat M*lk Chocolate	15x40g	£18.15	+VAT	£1.99	V S
		A CH12628A	Oat M*lk Chocolate Drops	12x80g	£27.66	+VAT	£3.95	V S
		A CH12629A	Space Mix Gummy Sweets	12x80g	£27.66	+VAT	£3.95	V S
		A HD12630A	Original Plain Oat M*lk Drinking Chocolate	12x250g	£73.57	+VAT	£9.95	V S
<b>Proppadoms</b>	15% May/June	A CR12675A	Original Poppadoms	12x25g	£8.04		£1.00	V GF
	15% May/June	A CR12676A	Garlic & Red Chilli Poppadoms	12x25g	£8.04		£1.00	V GF
	15% May/June	A CR12677A	Sriracha Poppadoms	12x25g	£8.04		£1.00	V GF
	15% May/June	A CR12678A	Jalapeno Poppadoms	12x25g	£8.04		£1.00	V GF
	15% May/June	A CR12679A	Duck & Plum Poppadoms	12x25g	£8.04		£1.00	V GF
	15% May/June	A CR12680A	Turmeric Chilli & Ginger Poppadoms	12x25g	£8.04		£1.00	V GF
	15% May/June	A CR12681A	Original Poppadoms	12x75g	£12.90		£1.50	V GF
	15% May/June	A CR12682A	Garlic & Chilli Poppadoms	12x75g	£12.90		£1.50	V GF
	15% May/June	A CR12683A	Sriracha Poppadoms	12x75g	£12.90		£1.50	V GF
	15% May/June	A CR12684A	Jalapeno Poppadoms	12x75g	£12.90		£1.50	V GF
	15% May/June	A CR12685A	Duck & Plum Poppadoms	12x75g	£12.90		£1.50	V GF
	15% May/June	A CR12686A	Turmeric Chilli & Ginger Poppadoms	12x75g	£12.90		£1.50	V GF
<b>Seep</b>		A CP12709A	All Purpose Bamboo Cloth	10x1 cloth	£20.70	+VAT	£3.50	
		A CP12710A	10L Biodegradable Bin Bags	15x25 bags	£34.89	+VAT	£4.00	
		A CP12711A	30L Biodegradable Bin Bags	10x25 bags	£49.99	+VAT	£8.50	
		A CP12712A	50L Biodegradable Bin Bags	9x25 bags	£65.99	+VAT	£12.50	
		A CP12713A	Eco Copper Scourer	1x3 pack	£3.99	+VAT	£7.00	
		A CP12714A	Eco Pop-Up Sponges	20x2 pack	£61.29	+VAT	£4.95	
		A CP12716A	Eco Sponge with Scourer	10x1	£17.39	+VAT	£2.95	
<b>Sgaia</b>	15% May/June	C GR12641C	Smoky Flavour Pancetta Style Cubes	5x1kg	£95.25		£19.25	V S
	15% May/June	C GR12642C	Nduja Style Spread	5x150g	£22.00		£4.40	V S
	15% May/June	C GR12644C	Nduja Style Spread	5x500g	£60.00		£12.00	V S
	15% May/June	C GR12645C	Chicken Style Chunks	5x250g	£15.70		£4.20	V S
	15% May/June	C GR12646C	Chicken Style Fillets	5x200g	£18.00		£3.60	V S
	15% May/June	C GR12647C	Bresaola Style Slices	5x110g	£17.20		£3.44	V S
	15% May/June	C GR12651C	Pepperoni Style Sausages	5x900g	£83.00		£16.60	V S
<b>Sojade Delice</b>		C DA12648C	High Protein Plant-Based SKYR - Organic	6x400g	£11.40		£2.54	O V
		C DA12652C	High Protein Plant-Based Raspberry SKYR - Organic	6x400g	£14.59		£3.25	O V
		A MI12653A	High Protein Plant-Based Drink - Organic	8x75cl	£12.64		£2.11	O V GF
<b>St Lawrence Gold</b>		A GR12536A	Maple Syrup Grade A Dark Bag In Box - Organic	1x5lt	£97.15			O V
<b>Super Munchies</b>		A CR12562A	Vaccum Cooked Tandoori Sweet Potato Chips	24x60g	£53.95		£2.99	V
		A NU12559A	Vaccum Cooked Jackfruit Chips	24x50g	£63.15		£3.50	V
		A NU12560A	Vaccum Cooked Mango Chips	24x50g	£63.15		£3.50	V
		A NU12561A	Vaccum Cooked Pineapple Chips	24x50g	£63.15		£3.50	V
<b>The Alternative Coffee Co</b>		A HD12631A	Kopakaki Dutegure Co-op (Rwanda) Med Roast Coffee (3)	15x250g	£80.35		£7.12	V
		A HD12632A	Karangura Peak Co-op (Uganda) Dark Roast Coffee (4)	15x250g	£80.35		£7.12	V
<b>True Origin</b>		A GR12572A	Sweet Piquante Peppers	6x250g	£16.55		£3.70	FT
		A JA12563A	Guava Jam	6x330g	£16.55		£3.70	FT
		A JA12567A	Hibiscus Jam	6x330g	£16.55		£3.70	FT
		A JA12568A	Papaya and Lemon Jam	6x330g	£16.55		£3.70	FT
		A JA12569A	Pineapple Jam	6x330g	£16.55		£3.70	FT
<b>TrueStart</b>		A HD12581A	Barista Grade Instant Coffee	6x100g	£26.94		£5.99	V
		A HD12582A	Super Blend Instant Coffee	6x100g	£26.94		£5.99	V
		A HD12583A	Decaf Barista Grade Instant Coffee	6x100g	£26.94		£5.99	V

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BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	PRICE	VAT	RRP	**
<b>TrueStart (cont.)</b>		A HD12584A	Lightly Caffeinated Instant Coffee	6x100g	£26.94		£5.99	V
		A HD12585A	Barista Grade Instant Coffee	1x500g	£19.49		£25.99	V
		A HD12586A	Super Blend Instant Coffee	1x500g	£19.49		£25.99	V
		A HD12587A	Decaf Barista Grade Instant Coffee	1x500g	£20.99		£27.99	V
		A HD12588A	Energising Colombian Air-Roasted Ground Coffee	1x1kg	£20.24		£26.99	V
		A HD12589A	Energising Colombian Air-Roasted Coffee Beans	1x1kg	£20.24		£26.99	V
		A HD12590A	Super Blend Air-Roasted Ground Coffee	1x1kg	£17.24		£22.99	V
		A HD12591A	Super Blend Air-Roasted Coffee Beans	1x1kg	£17.24		£22.99	V
		A HD12592A	Energising Colombian Air Roasted Ground Coffee	6x200g	£33.72		£7.49	V
		A HD12593A	Super Blend Air Roasted Ground Coffee	6x200g	£33.72		£7.49	V
		A HD12594A	Bright Eyed Brazilian Air Roasted Ground Coffee	6x200g	£35.94		£7.99	V
		A HD12595A	Energising Colombian Loose Coffee Bags	1x25	£7.49		£9.99	V
		A HD12596A	Super Blend Loose Coffee Bags	1x25	£7.49		£9.99	V
		A HD12597A	Swiss Water Decaf Loose Coffee Bags	1x25	£7.49		£9.99	V
		A HD12601A	Swiss Water Decaf Air Roasted Ground Coffee	6x200g	£40.44		£8.99	V
		A HD12602A	Barista Grade Wrapped Coffee Bags	3x(10x8g)	£11.22		£4.99	V
		A SD12598A	Original Black Cold Brew Coffee	12x250ml	£20.64		£2.29	V
		A SD12599A	Salted Caramel Cold Brew Coffee	12x250ml	£20.64		£2.29	V
		A SD12600A	Choco Fudge Brownie Cold Brew Coffee	12x250ml	£20.64		£2.29	V
<b>Up Up</b>		A CH12604A	Original Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A CH12605A	Wild Mint Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A CH12606A	Sea Salt Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A CH12607A	Cherry Dark Chocolate	15x130g	£36.94	+VAT	£3.99	V S
		A CH12608A	Original Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
		A CH12609A	Salted Caramel Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
		A CH12610A	Sea Salt & Lime Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
		A CH12611A	Sweet Orange Milk Chocolate	15x130g	£36.94	+VAT	£3.99	S
		A CH12662A	Giant Buttons Milk Chocolate	12x80g	£28.00	+VAT	£3.75	S
		A CH12663A	Giant Buttons Dark Chocolate	12x80g	£28.00	+VAT	£3.75	V S
<b>Zaytoun</b>		A BA11442A	Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
		A BA11443A	Lemon Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
		A BA11444A	Rose Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
		A BA11445A	Sage Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
		A BA11446A	Honey Olive Oil Soap	12x100g	£33.94	+VAT	£4.55	V
		A HO12720A	Falastin Hardback	1x1	£18.35		£28.00	
		A HO12726A	Raw Almonds *FT*	6x150g	£28.00		£6.25	V FT

\* STORAGE: A = AMBIENT, C = CHILLED

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



NEW

# nākd.

FRUIT & FIBRE BARS

100% NATURAL INGREDIENTS

1 OF YOUR 5 A DAY

NO ADDED SUGAR

20% OFF

2 DELICIOUS FLAVOURS!

## BELVOIR FARM

Cordials, presse & soft drinks range

# 20% OFF

VALID: MAY ONLY

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGE 36 FOR LINE DETAILS									

## BON ACCORD

Scottish soft drinks range

# 10% OFF

VALID: MAY ONLY

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
10%	A SD04338A	Cloudy Lemonade	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
10%	A SD04339A	Rhubarb Soda	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
10%	A SD05821A	Tonic Water	24x200ml	£17.75	+VAT	£15.98	+VAT	£1.18	V S
10%	A SD06041A	Ginger Beer	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
10%	A SD06827A	Light & Natural Tonic Water	24x200ml	£17.75	+VAT	£15.98	+VAT	£1.18	V S
10%	A SD07884A	Cream Soda	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
10%	A SD07885A	Bona-Cola	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
10%	A SD07886A	Tonic Water	12x500ml	£16.30	+VAT	£14.67	+VAT	£2.17	V S
10%	A SD08498A	Pink Grapefruit Soda	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
10%	A SD09373A	Rhubarb Soda	8x750ml	£15.85	+VAT	£14.27	+VAT	£3.17	V S
10%	A SD09374A	Ginger Beer	8x750ml	£15.85	+VAT	£14.27	+VAT	£3.17	V S
10%	A SD12640A	Pink Grapefruit Soda	8x750ml	£15.85	+VAT	£14.27	+VAT	£3.17	V S

## MINOR FIGURES

Barista oat m\*lks, chai concentrate

# 15% OFF

VALID: MAY ONLY

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A DA07265A	Barista Oat M*lk	6x1lt	£10.30		£8.76		£2.29	V
15%	A DA08792A	Barista Oat M*lk - Organic	6x1lt	£11.00		£9.35		£2.45	O V
15%	A HD11448A	Chai Concentrate - Organic	6x1lt	£27.17		£23.09		£6.04	O V GF

## NAKD

Pressed fruit & nut snack bars range

# 20% OFF

VALID: MAY ONLY

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGE 36 FOR LINE DETAILS									

# PROMOTIONS MAY ONLY

BRAND	SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**	
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 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	
	20%	A SD12669A	Summer Punch Cordial	6x500ml	£21.75	+VAT	£17.40	+VAT	£5.80	V	
	Bon Accord	10%	A SD04338A	Cloudy Lemonade	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
		10%	A SD04339A	Rhubarb Soda	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S
10%		A SD05821A	Tonic Water	24x200ml	£17.75	+VAT	£15.98	+VAT	£1.18	V S	
10%		A SD06041A	Ginger Beer	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S	
10%		A SD06827A	Light & Natural Tonic Water	24x200ml	£17.75	+VAT	£15.98	+VAT	£1.18	V S	
10%		A SD07884A	Cream Soda	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S	
10%		A SD07885A	Bona-Cola	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S	
10%		A SD07886A	Tonic Water	12x500ml	£16.30	+VAT	£14.67	+VAT	£2.17	V S	
10%		A SD08498A	Pink Grapefruit Soda	12x275ml	£14.23	+VAT	£12.81	+VAT	£1.90	V S	
10%		A SD09373A	Rhubarb Soda	8x750ml	£15.85	+VAT	£14.27	+VAT	£3.17	V S	
10%		A SD09374A	Ginger Beer	8x750ml	£15.85	+VAT	£14.27	+VAT	£3.17	V S	
10%		A SD12640A	Pink Grapefruit Soda	8x750ml	£15.85	+VAT	£14.27	+VAT	£3.17	V S	
Minor Figures		15%	A DA07265A	Barista Oat M*lk	6x1lt	£10.30		£8.76		£2.29	V
		15%	A DA08792A	Barista Oat M*lk - Organic	6x1lt	£11.00		£9.35		£2.45	O V
	15%	A HD11448A	Chai Concentrate - Organic	6x1lt	£27.17		£23.09		£6.04	O V GF	
Nakd	20%	A CH00140A	Bakewell Tart Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH00143A	Berry Delight Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH00145A	Cashew Cookie Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH00149A	Cocoa Delight Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH00152A	Cocoa Orange Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH04836A	Carrot Cake Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH04837A	Peanut Delight Bar	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH06050A	Lemon Drizzle Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH06871A	Blueberry Muffin Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH07927A	Coffee & Walnut Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH07928A	Salted Caramel Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH08519A	Banoffee Pie Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH09550A	Almond Macaroon Bars	18x35g	£11.99	+VAT	£9.59	+VAT	£1.07	V GF	
	20%	A CH11747A	Blueberry Muffin Big Bar	16x45g	£14.00	+VAT	£11.20	+VAT	£1.40	V GF	
	20%	A CH12673A	Fruit & Fibre Strawberry & Raspberry Bar	16x44g	£14.00	+VAT	£11.20	+VAT	£1.40	V GF	
	20%	A CH12674A	Fruit & Fibre Apple & Cinnamon Bar	16x44g	£14.00	+VAT	£11.20	+VAT	£1.40	V GF	

\* STORAGE: A = AMBIENT, C = CHILLED

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

## CAWSTON PRESS

Fruit juice & soft drinks range

# 15% OFF

VALID: JUNE ONLY



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
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FULL RANGE INCLUDED - SEE PAGE 39 FOR LINE DETAILS



## NATRACARE

Organic tampons

# 15% OFF

VALID: JUNE ONLY

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
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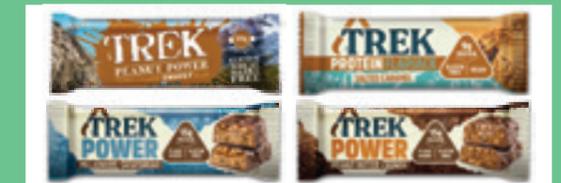
ALL TAMPONS INCLUDED - SEE PAGE 39 FOR LINE DETAILS

## TREK

Gluten free snack bars

# 20% OFF

VALID: JUNE ONLY



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
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FULL RANGE INCLUDED - SEE PAGE 39 FOR LINE DETAILS

**MADE WITH PRESSED FRUIT**  
— 'no jiggery pokery' —

**MADE WITH PRESSED FRUIT, NEVER FROM CONCENTRATE,  
NO ARTIFICIAL STUFF, NO SHORTCUTS  
AND 100% RECYCLABLE**

**20% OFF**

**TREK**  
PROTEIN FLAPJACK  
SALTED CARAMEL

**TREK**  
PROTEIN FLAPJACK  
COCOA OAT

**POWERED BY NATURE**

- PLANT BASED PROTEIN
- NO ARTIFICIAL INGREDIENTS

**TREK**

# PROMOTIONS JUNE ONLY

BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**	
Cawston Press	15%	A SD01776A	Pressed Apple & Elderflower Juice	6x1lt	£14.27	+VAT	£12.13	+VAT	£3.80	V	
	15%	A SD01777A	Pressed Apple & Ginger Juice	6x1lt	£14.27	+VAT	£12.13	+VAT	£3.80	V	
	15%	A SD01779A	Apple & Mango Kids Juice	6x(3x200ml)	£12.64	+VAT	£10.74	+VAT	£3.37	V	
	15%	A SD01780A	Pressed Apple Juice	6x1lt	£14.27	+VAT	£12.13	+VAT	£3.80	V	
	15%	A SD01781A	Apple & Pear Kids Juice	6x(3x200ml)	£12.64	+VAT	£10.74	+VAT	£3.37	V	
	15%	A SD01782A	Pressed Apple & Rhubarb Juice	6x1lt	£14.27	+VAT	£12.13	+VAT	£3.80	V	
	15%	A SD01784A	Apple & Summer Berries Kids Juice	6x(3x200ml)	£12.64	+VAT	£10.74	+VAT	£3.37	V	
	15%	A SD01785A	Brilliant Beetroot Juice	6x1lt	£15.55	+VAT	£13.22	+VAT	£4.15	V	
	15%	A SD02334A	Sparkling Cloudy Apple (cans)	24x330ml	£20.78	+VAT	£17.66	+VAT	£1.39	V	
	15%	A SD02335A	Sparkling Apple & Rhubarb (cans)	24x330ml	£20.78	+VAT	£17.66	+VAT	£1.39	V	
	15%	A SD02337A	Sparkling Elderflower Lemonade (cans)	24x330ml	£20.78	+VAT	£17.66	+VAT	£1.39	V	
	15%	A SD02338A	Sparkling Ginger Beer (cans)	24x330ml	£20.78	+VAT	£17.66	+VAT	£1.39	V	
Natracare	15%	A BA02167A	Regular Applicator Tampons - Organic	12x16	£31.99		£27.19		£3.59	O V	
	15%	A BA02168A	Regular Tampons - Organic	12x20	£28.49		£24.22		£3.19	O V	
	15%	A BA02169A	Super Tampons - Organic	12x20	£29.29		£24.90		£3.29	O V	
	Trek	20%	A CH00180A	Cocoa Coconut Trek Flapjacks	16x50g	£14.51		£11.61		£1.21	V GF
		20%	A CH00184A	Peanut Power Trek Bars	16x55g	£14.03	+VAT	£11.22	+VAT	£1.40	V GF
		20%	A CH08744A	Salted Caramel Trek Flapjacks	16x50g	£14.51		£11.61		£1.21	V GF
20%		A CH09462A	Trek Power Millionaire Shortbread Bars	16x55g	£25.09	+VAT	£20.07	+VAT	£2.51	V GF	
20%		A CH09463A	Trek Power Peanut Butter Crunch Bars	16x55g	£25.09	+VAT	£20.07	+VAT	£2.51	V GF	

\* STORAGE: A = AMBIENT, C = CHILLED

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



# Natural focus & energy.



25% off

**BRITE**  
Sparkling nootropic drinks range  
**25% OFF**  
VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
25%	A SD12064A	Lightly Sparkling Raspberry Mint Nootropic Drink	24x330ml	£35.85	+VAT	£26.89	+VAT	£2.39	V
25%	A SD12065A	Lightly Sparkling Lemon Lime Nootropic Drink	24x330ml	£35.85	+VAT	£26.89	+VAT	£2.39	V
25%	A SD12066A	Lightly Sparkling Pineapple Mango Nootropic Drink	24x330ml	£35.85	+VAT	£26.89	+VAT	£2.39	V



**KARMA DRINKS**  
Fairtrade & Organic sparkling drinks range  
**15% OFF**  
VALID: MAY & JUNE

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

## THE WORLD'S MOST ETHICAL SOFT DRINKS

**EVERY DRINK KARMA DRINKS DOES GOOD**

Karma Drinks' ethical, organic, Fairtrade and award-winning soft drinks are made with authentic ingredients and without artificial additives — basically, just the good stuff. Call it Karma.

**1% TO THE KARMA FOUNDATION**

# TRY THEM ALL! JUST NOT ALL AT ONCE.

**20% OFF!**



## YOGI TEA<sup>®</sup>

ORGANIC

Limited Edition\*

**Our offer for you:**  
buy any 36 boxes of YOGI TEA<sup>®</sup> and receive 12 cups for free

### Increase your sales with our YOGI TEA<sup>®</sup> MULTIBUY PROMOTION\*

OUR OFFER FOR YOUR CUSTOMERS:

Any 3 YOGI TEA<sup>®</sup> boxes



1 YOGI TEA<sup>®</sup> Cup



For that special tea moment with your favorite YOGI TEA<sup>®</sup>

yogitea.com facebook.com/yogitea @yogiteaeurope



\* while stock lasts



**OATLY**  
Flavoured & semi oat drinks  
**20% OFF**  
VALID: MAY & JUNE

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A DA06448A	Chocolate Oat Drink	6x1lt	£9.80		£7.84		£2.17	V
20%	A DA11046A	Vanilla Oat Drink	6x1lt	£10.07		£8.06		£2.24	V
20%	A DA11403A	Chocolate Oat Drink	18x250ml	£12.32		£9.86		£0.92	V
20%	A MI12138A	Oat Drink - Semi	6x1lt	£10.29		£8.23		£2.29	V

**PEPPERSMITH**  
Natural chewing gums & mints range  
**15% OFF**  
VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A CH00520A	Sicilian Lemon Peppermints	12x15g	£12.14	+VAT	£10.32	+VAT	£1.62	V GF
15%	A CH00521A	English Peppermint Fresh Mints	12x15g	£12.14	+VAT	£10.32	+VAT	£1.62	V GF
15%	A CH11387A	Extra Strong Eucalyptus Mints	12x15g	£12.14	+VAT	£10.32	+VAT	£1.62	V GF
15%	A CH11504A	English Peppermint Chewing Gum	12x15g	£10.49	+VAT	£8.92	+VAT	£1.40	V GF
15%	A CH11505A	English Spearmint Chewing Gum	12x15g	£10.49	+VAT	£8.92	+VAT	£1.40	V GF
15%	A CH12359A	Mighty Box Peppermint Mints	18x60g	£47.22	+VAT	£40.14	+VAT	£4.20	V
15%	A CH12360A	Mighty Box Peppermint Gum	18x50g	£40.60	+VAT	£34.51	+VAT	£3.60	V
15%	A CH12361A	Mighty Box Spearmint Gum	18x50g	£40.60	+VAT	£34.51	+VAT	£3.60	V

**YOGI TEA**  
Organic herbal tea bags range  
**BUY ANY 6 CASES, GET 1 CASE YOGI TEA CUPS FREE**  
VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
ALL TEA BAGS INCLUDED - SEE PAGE 66 FOR LINE DETAILS									



**MONTEZUMA'S**  
90g chocolate bars  
**20% OFF**  
VALID: MAY & JUNE

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A CH08719A	Absolute Black 100% Cocoa	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	V
20%	A CH08722A	FitzRoy 74% Dark Chocolate - Organic	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O V
20%	A CH08723A	Smooth Operator Milk Chocolate - Organic	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O
20%	A CH08724A	Great White Chocolate - Organic	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O
20%	A CH08725A	Darksides 51% Milk Chocolate - Organic	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O
20%	A CH08726A	Happy Hippy Dark Chocolate w/ Orange & Geranium - Org	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O V
20%	A CH08727A	Hot Pickle Milk Chocolate with Chilli & Lime - Org	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O
20%	A CH08728A	Chilli Bonkers Dark Chocolate with Chilli - Organic	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O V
20%	A CH08732A	Splotch 51% Milk Chocolate with Butterscotch - Org	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O
20%	A CH08735A	Peanut Butter Truffle Centre Butter Nutter Milk Choc	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	

**OMBAR**  
Organic & vegan chocolate range - 70g & 42g bars  
**20% OFF**  
VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
ALL 70G & 42G BARS INCLUDED - SEE PAGE 64 FOR LINE DETAILS									



**VIVE**  
Vegan nut-based snack bars range  
**15% OFF**  
VALID: MAY & JUNE

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A CH08872A	Salted Caramel Dark Chocolate Protein Snack Bar	12x49g	£13.20	+VAT	£11.22	+VAT	£1.83	V
15%	A CH08873A	Peanut Butter Dark Chocolate Protein Snack Bar	12x49g	£13.20	+VAT	£11.22	+VAT	£1.83	V
15%	A CH08874A	Hazelnut Butter Dark Chocolate Protein Snack Bar	12x50g	£13.20	+VAT	£11.22	+VAT	£1.83	V
15%	A CH09648A	Mocha Almond Dark Chocolate Protein Snack Bar	12x49g	£13.20	+VAT	£11.22	+VAT	£1.83	V
15%	A CH09649A	Peanut Butter Jelly Dark Chocolate Protein Snack Bar	12x49g	£13.20	+VAT	£11.22	+VAT	£1.83	V
15%	A CH12370A	Fruity Nutty Jaffa Orange Bar	20x35g	£16.13	+VAT	£13.71	+VAT	£1.29	V GF
15%	A CH12371A	Fruity Nutty Jammy Cherry Bar	20x35g	£16.13	+VAT	£13.71	+VAT	£1.29	V GF
15%	A CH12372A	Superchoc Caramelised Hazelnut Bar	12x40g	£12.57	+VAT	£10.68	+VAT	£1.68	V GF
15%	A CH12373A	Superchoc Goopy Caramel Bar	12x40g	£12.57	+VAT	£10.68	+VAT	£1.68	V GF



# MONTEZUMAS

EXTRAORDINARY CHOCOLATE

## 20% off all 90g Bars

Throughout May & June 2024

20% OFF



We pride ourselves on innovation and have an extensive and inclusive range of bars, All our products are gluten-free, made without vegetable or palm oil. We're passionate about finding ways to reduce our impact on our beautiful planet. We're proud that all our packaging is either recyclable, biodegradable or compostable at home.

/montezumaschocs @montezumaschocs montezumaschocolate

# A WHOLE RANGE OF GLUTEN FREE BARGAINS



Gluten free wholegrain oats

Coeliac UK Approved

A great source of fibre



Discover the ranges at [nairns.com](https://nairns.com)





# Clearspring

**NEW**

Featured Recipe:  
Vegan Pad Thai

## ORGANIC GLUTEN-FREE PAD THAI SAUCE & NOODLES

- NEW UK'S FIRST ORGANIC + VEGAN PAD THAI SAUCE
- NEW ORGANIC BLACK RICE NOODLES
- NEW ORGANIC 100% BROWN RICE VERMICELLI

Refined Sugar Free



## 15% OFF AWARD-WINNING ORGANIC PRODUCTS

**15% OFF**

- AWARD-WINNING
- VERSATILE
- ORGANIC & PLANT-BASED



Featured recipe cards available on request  
Email: sales@clearspring.co.uk



# CLEARSPRING

Selected organic snacks, Organic coconut milk

**15% OFF**

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A CR11555A	Black Sesame Brown Rice Crackers - Organic	12x40g	£20.61		£17.52		£2.29	O V GF
15%	A CR11556A	Whole Sesame Brown Rice Crackers - Organic	12x40g	£20.62		£17.53		£2.29	O V GF
15%	A CR12333A	Seaveg Crispies Original - Organic	20x4g	£19.35		£16.45		£1.29	O V GF
15%	A CR12334A	Seaveg Crispies Chilli - Organic	20x4g	£19.35		£16.45		£1.29	O V GF
15%	A GR12537A	Coconut Milk - Organic	6x400ml	£11.21		£9.53		£2.49	O V



**NAIRNS**  
Gluten free oatcakes, flatbreads & breakfast cereals

**20% OFF**

VALID: MAY & JUNE

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A BI05978A	Gluten Free Cheese Oatcakes	8x180g	£15.49		£12.39		£2.58	GF
20%	A BI05979A	Gluten Free Oatcakes	8x213g	£15.49		£12.39		£2.58	V GF
20%	A BI06776A	Gluten Free Flatbreads Original	6x150g	£10.76		£8.61		£2.39	V S GF
20%	A BI06777A	Gluten Free Flatbreads Rosemary & Sea Salt	6x150g	£10.76		£8.61		£2.39	V S GF
20%	A BR01938A	Gluten Free Porridge Oats	5x450g	£11.65		£9.32		£3.11	V S GF
20%	A BR05451A	Gluten Free Oat Muesli	5x450g	£13.75		£11.00		£3.67	V S GF

# PETER'S YARD

Sourdough crackers range

**20% OFF**

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
ALL CRACKERS INCLUDED - SEE PAGES 64-65 FOR LINE DETAILS									



**PROPPADOMS**  
Gluten free & vegan flavoured poppadom snacks range

**15% OFF**

VALID: MAY & JUNE

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

# RUDE HEALTH

Organic non-barista plant milks, granola & savoury snacks

**15% OFF**

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
NON-BARISTA PLANT MILKS, GRANOLA & SAVOURY SNACKS INCLUDED - SEE PAGE 65 FOR LINE DETAILS									

**PETER'S YARD**

PETER'S YARD	PETER'S YARD	PETER'S YARD	PETER'S YARD	PETER'S YARD	PETER'S YARD
ORIGINAL SOURDOUGH CRACKERS	ROSEMARY & SEA SALT SOURDOUGH CRACKERS	DRIED HERB & OLIVE OIL SOURDOUGH CRACKERS	FIG & SPELT SOURDOUGH CRACKERS	RYE & CHARCOAL SOURDOUGH CRACKERS	POPPY SEED SOURDOUGH CRACKERS
16 HR FERMENTED	16 HR FERMENTED	16 HR FERMENTED	16 HR FERMENTED	16 HR FERMENTED	16 HR FERMENTED
90g e	90g e	90g e	100g e	90g e	100g e

**20% OFF CRACKERS**  
LOVED BY THOSE WHO KNOW

**FILL UP ON FLAVOUR**

**15% OFF**  
ORGANIC DRINKS  
CEREALS & SNACKS

NO ARTIFICIAL INGREDIENTS

ORGANIC



There are around **75% MORE WILD BEES** on organic farms

NOW THAT'S SOMETHING TO FEEL GOOD ABOUT

[www.lycrossfarm.co.uk](http://www.lycrossfarm.co.uk)

Organic facts sourced from The Soil Association. For more information visit [www.soilassociation.org](http://www.soilassociation.org)

**15% OFF**

Organic Mild Cheddar 245g  
Organic Mature Cheddar Cheese 245g  
Organic Vintage Cheddar Cheese 245g  
100% Grass Fed Mature Cheddar 200g

Organic Double Gloucester Cheese 245g  
Organic Red Leicester Cheese 245g  
Organic Butter 250g

# Organic Pickled Vegetables

- natural
- vegan
- GMO free

**15% OFF**



Organically grown vegetables, perfect for salads and BBQ's.



*always organic*

*family-run since 1992*

*500+ products*

# Organic Rye Breads

- natural
- vegan
- GMO free

**15% OFF**  
SELECTED LINES



Our organic rye bread is lovingly baked using traditional artisan skills, including freshly grinding grains just before baking to create loaves packed with wholegrain goodness.



*always organic*

*family-run since 1992*

*500+ products*

## BIONA

Selected rye breads, Organic condiments & pickled vegetables

**15% OFF**

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A FL12274A	Rye Bread with Pumpkin Seed - Organic	7x500g	£15.48		£13.16		£2.94	O V
15%	A FL12407A	Rye Omega Bread with Golden Linseed - Organic	7x500g	£14.40		£12.24		£2.75	O V
15%	A GR04889A	Harissa Chilli Relish - Organic	6x125g	£14.65		£12.45		£3.26	O V
15%	A GR08574A	Ruby Beetroot Sauerkraut - Organic	6x350g	£11.44		£9.72		£2.54	O V
15%	A GR11173A	Gherkin Slices - Organic	6x350g	£19.24		£16.35		£4.28	O V
15%	A OL00615A	Mayonnaise with Sunflower Oil - Organic	6x230g	£19.25		£16.36		£4.28	O
15%	A OL08586A	Tomato Ketchup Classic Squeezy - Organic	12x560g	£39.40		£33.49		£4.38	O V
15%	A OL12255A	Egg Free Mayo - Organic	6x230g	£16.03		£13.63		£3.55	O V



## LYE CROSS

Retail size cheese & butter

**15% OFF**

VALID: MAY & JUNE

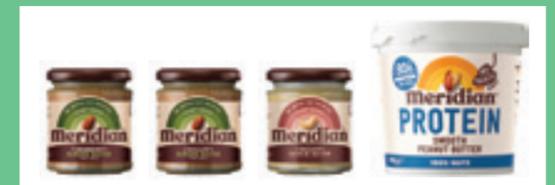
SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
RETAIL SIZE CHEESE & BUTTER LINES INCLUDED - SEE PAGE 63 FOR LINE DETAILS									

## MERIDIAN

Selected nut butters

**15-20% OFF**

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A JA01871A	Crunchy Almond Butter - Unsalted	6x170g	£15.10		£12.84		£3.36	V GF
15%	A JA01875A	Smooth Almond Butter - Unsalted	6x170g	£15.10		£12.84		£3.36	V GF
15%	A JA01879A	Smooth Cashew Butter 100%	6x170g	£17.67		£15.02		£3.93	V GF
20%	A JA12603A	Smooth Peanut Butter 100%	3x700g	£14.61		£11.69		£6.49	V



## ST LAWRENCE GOLD

Selected Canadian maple syrups

**20% OFF**

VALID: MAY & JUNE

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A GR07295A	Grade A Amber Maple Syrup - Organic	12x250ml	£68.80		£55.04		£7.74	O V
20%	A GR07297A	Grade A Amber Maple Syrup - Organic	1x1lt	£20.14		£16.11			O V
20%	A GR07299A	Grade A Amber Maple Syrup	12x250ml	£64.72		£51.78		£7.23	V
20%	A GR12536A	Maple Syrup Grade A Dark Bag In Box - Organic	1x5lt	£97.15		£77.72			O V

# NOTHING BUT PROTEIN PACKED NUTS



• PROTEIN SMOOTH PEANUT BUTTER 700G

# NO.1 NATURAL NUT BUTTER BRAND\*

• SMOOTH ALMOND BUTTER 100% 170G



**15% OFF**

• CRUNCHY ALMOND BUTTER 100% 170G

• SMOOTH CASHEW BUTTER 170G



WWW.MERIDIANFOODS.CO.UK @MERIDIAN FOODS

\*Source: Nielsen 52 w/e February 2024

# ST. LAWRENCE GOLD



@stlawrencegold /st-lawrence-gold

SAVE 20%

#TAPINTOCANADA

# FROM THE GREAT CANADIAN OUTDOORS



www.stlawrencegold.com



## GEO ORGANICS

Organic curry pastes & peanut butter

# 15% OFF

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
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CURRY PASTES & PEANUT BUTTER INCLUDED - SEE PAGE 63 FOR LINE DETAILS

## ASPALL

Catering & retail vinegars range

# 20% OFF

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
20%	A OI02990A	Balsamic Vinegar - Organic	6x350ml	£19.12		£15.30		£4.25 O V	GF
20%	A OI02992A	Cyder Vinegar - Organic	6x500ml	£12.20		£9.76		£2.72 O V	GF
20%	A OI02993A	Cyder Vinegar - Organic	6x350ml	£9.70		£7.76		£2.16 O V	GF
20%	A OI02994A	Classic Cyder Vinegar - Catering	1x5lt	£13.85		£11.08		V	GF
20%	A OI02995A	Red Wine Vinegar - Organic	6x350ml	£9.60		£7.68		£2.15 O V	GF
20%	A OI02996A	Classic Red Wine Vinegar - Catering	1x5lt	£13.12		£10.50		V	GF
20%	A OI02997A	Classic Red Wine Vinegar	6x350ml	£9.33		£7.46		£2.10 V	GF
20%	A OI02998A	White Wine Vinegar - Organic	6x350ml	£9.60		£7.68		£2.15 O V	GF
20%	A OI02999A	Classic White Wine Vinegar - Catering	1x5lt	£13.02		£10.42		V	GF
20%	A OI03000A	Classic White Wine Vinegar	6x350ml	£9.33		£7.46		£2.10 V	GF
20%	A OI05527A	Raw Unfiltered Cyder Vinegar - Organic	6x500ml	£14.29		£11.43		£3.19 O V	GF



## VINEGAR RANGE

The feel-good flavour sidekick that helps everyone add extra to the ordinary.



Classic White Wine Vinegar



Classic Red Wine Vinegar



Raw Organic Apple Cyder Vinegar



Raw Apple Cyder Vinegar with Honey



Organic White Wine Vinegar

# 20% OFF

## OUR VINEGAR RANGE

- RAW Organic Apple Cyder Vinegar  
6 x 500ml
- RAW Apple Cyder Vinegar with Honey  
6 x 500ml
- Organic Balsamic Vinegar  
6 x 350ml
- Organic Cyder Vinegar  
6 x 350ml, 6 x 500ml
- Organic Red Wine Vinegar  
6 x 350ml
- Organic White Wine Vinegar  
6 x 350ml
- Classic Cyder Vinegar  
6 x 350ml, 5L
- Classic Red Wine Vinegar  
6 x 350ml, 5L
- Classic White Wine Vinegar  
6 x 350ml, 5L

ASPALL.CO.UK

Facebook Instagram @ASPALLVINEGAR

## MR ORGANIC

Selected breadsticks, pesto, and antipasti lines

# 15% OFF

VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	A BI06890A	Classic Grissini Breadsticks - Organic	10x150g	£24.68		£20.98		£3.29 O V	
15%	A BI06891A	Grissini Breadsticks With Olives - Organic	10x150g	£24.68		£20.98		£3.29 O V	
15%	A BI06892A	Classic Linguette Flatbread - Organic	10x150g	£24.68		£20.98		£3.29 O V	
15%	A BI06893A	Linguette Flatbread With Rosemary - Organic	10x150g	£24.68		£20.98		£3.29 O V	
15%	A GR04396A	Basil Pesto - Organic	6x130g	£15.11		£12.84		£3.36 O V	
15%	A GR04398A	Sundried Tomato Pesto - Organic	6x130g	£15.11		£12.84		£3.36 O V	
15%	A GR05946A	Chilli & Garlic Pesto - Organic	6x130g	£15.11		£12.84		£3.36 O V	
15%	A GR08518A	Grilled Red Peppers Antipasti - Organic	5x190g	£14.88		£12.65		£3.97 O V	
15%	A GR10989A	Artichoke Antipasti - Organic	5x190g	£18.71		£15.90		£4.99 O V	
15%	A GR11050A	Sundried Tomato Antipasti - Organic	5x190g	£14.88		£12.65		£3.97 O V	
15%	A GR11396A	Aubergine Pesto - Organic	6x130g	£14.46		£12.29		£3.21 O V	
15%	A GR11397A	Tomato & Olive Pesto - Organic	6x130g	£14.46		£12.29		£3.21 O V	
15%	A GR11468A	Grilled Pepper Pesto - Organic	6x130g	£15.10		£12.84		£3.36 O V	
15%	A OL12364A	Black Bean and Red Pepper Antipasti Dip - Organic	6x230g	£15.72		£13.36		£3.49 O V	
15%	A OL12366A	Chickpea and Tomato Antipasti Dip - Organic	6x230g	£15.72		£13.36		£3.49 O V	
15%	A OL12367A	Butter Bean and Yellow Pepper Antipasti Dip - Org	6x230g	£15.72		£13.36		£3.49 O V	



## SGAIA

Vegan meat alternatives range

# 15% OFF

VALID: MAY & JUNE

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
15%	C GR09510C	Smoky Flavour Rashers	5x150g	£18.65		£15.85		£4.98 V S	
15%	C GR09512C	Lorne Sausage	5x280g	£20.30		£17.26		£5.42 V S	
15%	C GR09513C	Lorne Sausage (Whole)	2x2.25kg	£47.00		£39.95		V S	
15%	C GR09514C	Smoky Flavour Rashers	1x850g	£19.25		£16.36		V S	
15%	C GR09515C	Pastrami Style Slices	1x700g	£22.93		£19.49		V S	
15%	C GR09516C	Pastrami Style Slices	5x110g	£20.50		£17.43		£5.47 V S	
15%	C GR09517C	Original Burgers	5x220g	£22.45		£19.08		£5.99 V S	
15%	C GR11513C	Pepperoni Style Slices	5x150g	£20.50		£17.43		£5.50 V S	
15%	C GR11514C	Smoky Flavour Pancetta Style Cubes	5x200g	£20.50		£17.43		£5.50 V S	
15%	C GR12020C	Original Burgers	10x110g	£17.75		£15.09		V S	
15%	C GR12641C	Smoky Flavour Pancetta Style Cubes	5x1000g	£95.25		£80.96		£19.25 V S	
15%	C GR12642C	Nduja Style Spread	5x150g	£22.00		£18.70		£4.40 V S	
15%	C GR12644C	Nduja Style Spread	5x500g	£60.00		£51.00		£12.00 V S	
15%	C GR12645C	Chicken Style Chunks	5x250g	£15.70		£13.35		£4.20 V S	
15%	C GR12646C	Chicken Style Fillets	5x200g	£18.00		£15.30		£3.60 V S	
15%	C GR12647C	Bresaola Style Slices	5x110g	£17.20		£14.62		£3.44 V S	
15%	C GR12651C	Pepperoni Style Sausages	5x900g	£83.00		£70.55		£16.60 V S	

# 15% OFF

## ALL CURRY PASTES & OUR **NEW** PEANUT BUTTERS



- 100% Natural
- Authentic taste
- Organic
- Vegan



\*Excludes the Indonesian Rendang Paste

# 15% OFF

# MEALTIME Solutions

*A little organic magic for everyone*



\* Discount applies to selected lines  
[mr-organic.com](http://mr-organic.com)





**ECOZONE**  
Selected eco-friendly cleaning products  
**10% OFF**  
VALID: MAY & JUNE

SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
10%	A CP07041A	Dishwasher Tablets - Classic	12x25 tabs	£41.60	+VAT	£37.44	+VAT	£5.83	V
10%	A CP07055A	Anti-Bac Multi Surface Wipes	8x40 wipes	£16.65	+VAT	£14.99	+VAT	£3.50	V
10%	A CP07827A	Enzymatic Drain Cleaning Sticks Fragrance Free	12x12 sticks	£39.99	+VAT	£35.99	+VAT	£5.83	V
10%	A CP12690A	Kettle and Iron Descaler	8x3 sachets	£17.76	+VAT	£15.98	+VAT	£4.07	V
10%	A CP12691A	Washing Machine and Dishwasher Cleaner	8x6 tablets	£25.99	+VAT	£23.39	+VAT	£5.82	V
10%	A CP12692A	Rinse Aid	12x500ml	£30.48	+VAT	£27.43	+VAT	£4.66	V
10%	A CP12693A	Mould Remover	6x500ml	£17.75	+VAT	£15.98	+VAT	£5.29	V
10%	A CP12694A	Laundry Liquid Bio	1x2L	£7.00	+VAT	£6.30	+VAT	£12.83	V
10%	A CP12695A	Laundry Liquid Non-Bio	1x2L	£7.00	+VAT	£6.30	+VAT	£12.83	V

**FAITH IN NATURE**

Toiletries range, bulk & retail sizes

**33% OFF**  
VALID: MAY & JUNE



SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
FULL RANGE INCLUDED - SEE PAGES 62-63 FOR LINE DETAILS									



**PROMOTIONS**  
**MAY & JUNE**

BRAND	SAVE	CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Aspall	20%	A OI02990A	Balsamic Vinegar - Organic	6x350ml	£19.12		£15.30		£4.25	O V GF
	20%	A OI02992A	Cyder Vinegar - Organic	6x500ml	£12.20		£9.76		£2.72	O V GF
	20%	A OI02993A	Cyder Vinegar - Organic	6x350ml	£9.70		£7.76		£2.16	O V GF
	20%	A OI02994A	Classic Cyder Vinegar - Catering	1x5lt	£13.85		£11.08			V GF
	20%	A OI02995A	Red Wine Vinegar - Organic	6x350ml	£9.60		£7.68		£2.15	O V GF
	20%	A OI02996A	Classic Red Wine Vinegar - Catering	1x5lt	£13.12		£10.50			V GF
	20%	A OI02997A	Classic Red Wine Vinegar	6x350ml	£9.33		£7.46		£2.10	V GF
	20%	A OI02998A	White Wine Vinegar - Organic	6x350ml	£9.60		£7.68		£2.15	O V GF
	20%	A OI02999A	Classic White Wine Vinegar - Catering	1x5lt	£13.02		£10.42			V GF
	20%	A OI03000A	Classic White Wine Vinegar	6x350ml	£9.33		£7.46		£2.10	V GF
	20%	A OI05527A	Raw Unfiltered Cyder Vinegar - Organic	6x500ml	£14.29		£11.43		£3.19	O V GF
	Biona	15%	A FL12274A	Rye Bread with Pumpkin Seed - Organic	7x500g	£15.48		£13.16		£2.94
15%		A FL12407A	Rye Omega Bread with Golden Linseed - Organic	7x500g	£14.40		£12.24		£2.75	O V
15%		A GR04889A	Harissa Chilli Relish - Organic	6x125g	£14.65		£12.45		£3.26	O V
15%		A GR08574A	Ruby Beetroot Sauerkraut - Organic	6x350g	£11.44		£9.72		£2.54	O V
15%		A GR11173A	Gherkin Slices - Organic	6x350g	£19.24		£16.35		£4.28	O V
15%		A OL00615A	Mayonnaise with Sunflower Oil - Organic	6x230g	£19.25		£16.36		£4.28	O
15%		A OL08586A	Tomato Ketchup Classic Squeezy - Organic	12x560g	£39.40		£33.49		£4.38	O V
15%		A OL12255A	Egg Free Mayo - Organic	6x230g	£16.03		£13.63		£3.55	O V

\* STORAGE: A = AMBIENT, C = CHILLED

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

**Organic**  
**Condiments**

- natural
- vegan
- GMO free

**15% OFF**

A delicious range of condiments, suitable for every occasion. Made using organically grown and sustainably sourced ingredients.





BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**	
Brite	25%	A SD12064A	Lightly Sparkling Raspberry Mint Nootropic Drink	24x330ml	£35.85	+VAT	£26.89	+VAT	£2.39	V	
	25%	A SD12065A	Lightly Sparkling Lemon Lime Nootropic Drink	24x330ml	£35.85	+VAT	£26.89	+VAT	£2.39	V	
	25%	A SD12066A	Lightly Sparkling Pineapple Mango Nootropic Drink	24x330ml	£35.85	+VAT	£26.89	+VAT	£2.39	V	
Clearspring	15%	A CR11555A	Black Sesame Brown Rice Crackers - Organic	12x40g	£20.61		£17.52		£2.29	O V GF	
	15%	A CR11556A	Whole Sesame Brown Rice Crackers - Organic	12x40g	£20.62		£17.53		£2.29	O V GF	
	15%	A CR12333A	Seaveg Crispies Original - Organic	20x4g	£19.35		£16.45		£1.29	O V GF	
	15%	A CR12334A	Seaveg Crispies Chilli - Organic	20x4g	£19.35		£16.45		£1.29	O V GF	
	15%	A GR12537A	Coconut Milk - Organic	6x400ml	£11.21		£9.53		£2.49	O V	
	Ecozone	10%	A CP07041A	Dishwasher Tablets - Classic	12x25 tabs	£41.60	+VAT	£37.44	+VAT	£5.83	V
10%		A CP07055A	Anti-Bac Multi Surface Wipes	8x40 wipes	£16.65	+VAT	£14.99	+VAT	£3.50	V	
10%		A CP07827A	Enzymatic Drain Cleaning Sticks Fragrance Free	12x12 sticks	£39.99	+VAT	£35.99	+VAT	£5.83	V	
10%		A CP12690A	Kettle and Iron Descaler	8x3 sachets	£17.76	+VAT	£15.98	+VAT	£4.07	V	
10%		A CP12691A	Washing Machine and Dishwasher Cleaner	8x6 tablets	£25.99	+VAT	£23.39	+VAT	£5.82	V	
10%		A CP12692A	Rinse Aid	12x500ml	£30.48	+VAT	£27.43	+VAT	£4.66	V	
10%		A CP12693A	Mould Remover	6x500ml	£17.75	+VAT	£15.98	+VAT	£5.29	V	
10%		A CP12694A	Laundry Liquid Bio	1x2L	£7.00	+VAT	£6.30	+VAT	£12.83	V	
10%		A CP12695A	Laundry Liquid Non-Bio	1x2L	£7.00	+VAT	£6.30	+VAT	£12.83	V	
Faith In Nature		33%	A BA02115A	Aloe Vera Conditioner	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V
		33%	A BA02116A	Aloe Vera Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V
	33%	A BA02120A	Coconut Conditioner	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02121A	Coconut Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02132A	Lavender & Geranium Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02133A	Lavender & Geranium Conditioner	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02146A	Seaweed & Citrus Conditioner	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02147A	Seaweed & Citrus Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02148A	Tea Tree Conditioner	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02149A	Tea Tree Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA02952A	Aloe Vera Body Wash	6x400ml	£20.90	+VAT	£14.00	+VAT	£5.99	V	
	33%	A BA02953A	Aloe Vera Soap - Wrapped	6x100g	£10.49	+VAT	£7.03	+VAT	£2.99	V	
	33%	A BA02960A	Coconut Soap - Wrapped	6x100g	£10.49	+VAT	£7.03	+VAT	£2.99	V	
	33%	A BA02964A	Grapefruit Soap - Wrapped	6x100g	£10.49	+VAT	£7.03	+VAT	£2.99	V	
	33%	A BA02965A	Grapefruit & Orange Body Wash	6x400ml	£20.90	+VAT	£14.00	+VAT	£5.99	V	
	33%	A BA02967A	Hemp & Meadowfoam Body Wash	6x400ml	£20.90	+VAT	£14.00	+VAT	£5.99	V	
	33%	A BA02968A	Hemp Soap - Wrapped	6x100g	£10.49	+VAT	£7.03	+VAT	£2.99	V	
	33%	A BA02970A	Lavender & Geranium Body Wash	6x400ml	£20.90	+VAT	£14.00	+VAT	£5.99	V	
	33%	A BA02972A	Lavender Soap - Wrapped	6x100g	£10.49	+VAT	£7.03	+VAT	£2.99	V	
	33%	A BA07895A	Lavender & Geranium Shampoo	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA07896A	Lavender & Geranium Conditioner	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA07897A	Tea Tree Shampoo	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA07898A	Tea Tree Conditioner	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA07899A	Coconut Shampoo	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA07900A	Coconut Conditioner	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA07901A	Seaweed & Citrus Shampoo	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA07902A	Seaweed & Citrus Conditioner	1x5lt	£34.20	+VAT	£22.91	+VAT	£57.00	V	
	33%	A BA08534A	Avocado Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V	
	33%	A BA08701A	Aloe Vera Body Wash	1x5lt	£30.00	+VAT	£20.10	+VAT	£50.00	V	
	33%	A BA08703A	Grapefruit & Orange Body Wash	1x5lt	£30.00	+VAT	£20.10	+VAT	£50.00	V	
	33%	A BA08704A	Coconut Body Wash	1x5lt	£30.00	+VAT	£20.10	+VAT	£50.00	V	
	33%	A BA08787A	Hemp Soap - Unwrapped	18x100g	£23.91	+VAT	£16.02	+VAT	£2.22	V	
	33%	A BA08788A	Lavender & Geranium Body Wash	1x5lt	£30.00	+VAT	£20.10	+VAT	£50.00	V	
33%	A BA08929A	Wild Rose Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V		
33%	A BA08930A	Wild Rose Conditioner	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	V		
33%	A BA08931A	Wild Rose Body Wash	6x400ml	£20.90	+VAT	£14.00	+VAT	£5.99	V		
33%	A BA08932A	Dragon Fruit Soap - Wrapped	6x100g	£10.49	+VAT	£7.03	+VAT	£2.99	V		
33%	A BA08933A	Dragon Fruit Shampoo Bar	6x85g	£24.99	+VAT	£16.74	+VAT	£7.14	V		
33%	A BA08934A	Lavender & Geranium Shampoo Bar	6x85g	£24.99	+VAT	£16.74	+VAT	£7.14	V		
33%	A BA08935A	Coconut & Shea Butter Shampoo Bar	6x85g	£24.99	+VAT	£16.74	+VAT	£7.14	V		
33%	A BA09079A	Dragon Fruit Shampoo	6x400ml	£23.79	+VAT	£15.94	+VAT	£6.69	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	PROMO PRICE	VAT	RRP	**	
Faith In Nature (cont.)	33%	A BA09095A	Tea Tree Soap - Wrapped	6x100g	£10.49	+VAT	£7.03	+VAT	£2.99	V	
	33%	A BA09123A	Lavender & Geranium Hand Wash	6x400ml	£16.15	+VAT	£10.82	+VAT	£4.59	V	
	33%	A BA09125A	Aloe & Tea Tree Hand Wash	6x400ml	£16.15	+VAT	£10.82	+VAT	£4.59	V	
	33%	A BA09159A	Dragon Fruit Body Wash	1x5lt	£30.00	+VAT	£20.10	+VAT	£50.00	V	
	33%	A BA09266A	Lavender & Geranium Shampoo	1x20lt	£105.36	+VAT	£70.59	+VAT	£181.76	V	
	33%	A BA09267A	Coconut Shampoo	1x20lt	£105.36	+VAT	£70.59	+VAT	£181.76	V	
	33%	A BA09268A	Coconut Conditioner	1x20lt	£105.36	+VAT	£70.59	+VAT	£181.76	V	
	33%	A BA09269A	Lavender & Geranium Conditioner	1x20lt	£105.36	+VAT	£70.59	+VAT	£181.76	V	
	33%	A BA09270A	Grapefruit & Orange Body Wash	1x20lt	£92.82	+VAT	£62.19	+VAT	£160.14	V	
	33%	A BA09271A	Lavender & Geranium Body Wash	1x20lt	£92.82	+VAT	£62.19	+VAT	£160.14	V	
	33%	A BA11001A	Body Wash Travel Set	6x(3x100ml)	£12.48	+VAT	£8.36	+VAT	£5.00	V	
	33%	A BA12243A	Lavender & Geranium Hand and Body Lotion	1x5lt	£34.35	+VAT	£23.01	+VAT	£57.00	V	
	33%	A BA12306A	Mint Body Wash	6x400ml	£20.87	+VAT	£13.98	+VAT	£5.99	V	
	33%	A HO11154A	Dog Shampoo Bar - Coconut	6x85g	£20.26	+VAT	£13.57	+VAT	£5.40	V	
33%	A HO12242A	Dog Shampoo - Coconut	6x400ml	£20.28	+VAT	£13.59	+VAT	£5.79	V		
Geo Organics	15%	A GR04542A	Balti Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A GR04544A	Korma Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A GR04545A	Madras Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A GR04546A	Thai Green Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A GR04547A	Thai Red Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A GR04548A	Thai Yellow Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A GR04549A	Tikka Masala Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A GR05135A	Satay Curry Paste - Organic	6x180g	£17.67		£15.02		£3.90	O V	
	15%	A JA12447A	Crunchy Peanut Butter - Organic	6x350g	£26.55		£22.57		£5.90	O V	
	15%	A JA12448A	Smooth Peanut Butter - Organic	6x350g	£26.55		£22.57		£5.90	O V	
	15%	A JA12449A	Crunchy Peanut Butter - Organic	6x1kg	£58.50		£49.73		£13.00	O V	
15%	A JA12450A	Smooth Peanut Butter - Organic	6x1kg	£58.50		£49.73		£13.00	O V		
Karma Drinks	15%	A SD04987A	Gingerella Can - Organic	24x250ml	£21.64	+VAT	£18.39	+VAT	£1.44	O V FT	
	15%	A SD04988A	Karma Cola Can - Organic	24x250ml	£21.64	+VAT	£18.39	+VAT	£1.44	O V FT	
	15%	A SD04989A	Lemony Can - Organic	24x250ml	£21.64	+VAT	£18.39	+VAT	£1.44	O V FT	
	15%	A SD06703A	Karma Cola Sugar Free Can *new recipe contains Sucralose*	24x250ml	£21.64	+VAT	£18.39	+VAT	£1.44	V FT	
	15%	A SD07751A	Orangeade Can - Organic	24x250ml	£21.64	+VAT	£18.39	+VAT	£1.44	O V FT	
	15%	A SD08551A	Gingerella Bottle - Organic	24x300ml	£32.14	+VAT	£27.32	+VAT	£2.14	O V FT	
	15%	A SD08552A	Karma Cola Bottle - Organic	24x300ml	£32.14	+VAT	£27.32	+VAT	£2.14	O V FT	
	15%	A SD08553A	Lemony Bottle - Organic	24x300ml	£32.14	+VAT	£27.32	+VAT	£2.14	O V FT	
	15%	A SD08554A	Orangeade Bottle - Organic	24x300ml	£32.14	+VAT	£27.32	+VAT	£2.14	O V FT	
	15%	A SD08555A	Karma Cola Sugar Free Bottle *new recipe contains Sucralose*	24x300ml	£32.14	+VAT	£27.32	+VAT	£2.14	V FT	
	15%	A SD09615A	Razza Raspberry Lemonade Bottle - Organic	24x300ml	£32.14	+VAT	£27.32	+VAT	£2.14	O V FT	
	15%	A SD09808A	Razza Raspberry Lemonade Can - Organic	24x250ml	£21.64	+VAT	£18.39	+VAT	£1.44	O V FT	
	Lye Cross	15%	C DA04060C	Double Gloucester Cheese - Organic	10x245g	£32.27		£27.43		£4.31	O GF
		15%	C DA04061C	Mild Cheddar Cheese - Organic	10x245g	£31.41		£26.70		£4.19	O GF
15%		C DA04062C	Mature Cheddar Cheese - Organic	10x245g	£34.47		£29.30		£4.60	O GF	
15%		C DA04064C	Red Leicester Cheese - Organic	10x245g	£32.27		£27.43		£4.31	O GF	
15%		C DA05386C	Vintage Cheddar Cheese - Organic	10x245g	£35.87		£30.49		£4.79	O GF	
15%		C DA11759C	100% Grass Fed Cheddar - Organic	12x200g	£35.55		£30.22		£3.95	O	
15%		C DA12265C	Salted Butter - Organic	20x250g	£45.75		£38.89		£3.05	O	
Meridian		15%	A JA01871A	Crunchy Almond Butter - Unsalted	6x170g	£15.10		£12.84		£3.36	V GF
	15%	A JA01875A	Smooth Almond Butter - Unsalted	6x170g	£15.10		£12.84		£3.36	V GF	
	15%	A JA01879A	Smooth Cashew Butter 100%	6x170g	£17.67		£15.02		£3.93	V GF	





BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Montezuma's (cont.)	20%	A CH08728A	Chilli Bonkers Dark Chocolate with Chilli - Organic	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O V
	20%	A CH08732A	Spotch 51% Milk Chocolate with Butterscotch - Org	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	O
	20%	A CH08735A	Peanut Butter Truffle Centre Butter Nutter Milk Choc	12x90g	£23.66	+VAT	£18.93	+VAT	£3.15	
Mr Organic	15%	A BI06890A	Classic Grissini Breadsticks - Organic	10x150g	£24.68		£20.98		£3.29	O V
	15%	A BI06891A	Grissini Breadsticks With Olives - Organic	10x150g	£24.68		£20.98		£3.29	O V
	15%	A BI06892A	Classic Linguette Flatbread - Organic	10x150g	£24.68		£20.98		£3.29	O V
	15%	A BI06893A	Linguette Flatbread With Rosemary - Organic	10x150g	£24.68		£20.98		£3.29	O V
	15%	A GR04396A	Basil Pesto - Organic	6x130g	£15.11		£12.84		£3.36	O V
	15%	A GR04398A	Sundried Tomato Pesto - Organic	6x130g	£15.11		£12.84		£3.36	O V
	15%	A GR05946A	Chilli & Garlic Pesto - Organic	6x130g	£15.11		£12.84		£3.36	O V
	15%	A GR08518A	Grilled Red Peppers Antipasti - Organic	5x190g	£14.88		£12.65		£3.97	O V
	15%	A GR10989A	Artichoke Antipasti - Organic	5x190g	£18.71		£15.90		£4.99	O V
	15%	A GR11050A	Sundried Tomato Antipasti - Organic	5x190g	£14.88		£12.65		£3.97	O V
	15%	A GR11396A	Aubergine Pesto - Organic	6x130g	£14.46		£12.29		£3.21	O V
	15%	A GR11397A	Tomato & Olive Pesto - Organic	6x130g	£14.46		£12.29		£3.21	O V
	15%	A GR11468A	Grilled Pepper Pesto - Organic	6x130g	£15.10		£12.84		£3.36	O V
	15%	A OL12364A	Black Bean and Red Pepper Antipasti Dip - Organic	6x230g	£15.72		£13.36		£3.49	O V
	15%	A OL12366A	Chickpea and Tomato Antipasti Dip - Organic	6x230g	£15.72		£13.36		£3.49	O V
	15%	A OL12367A	Butter Bean and Yellow Pepper Antipasti Dip - Organic	6x230g	£15.72		£13.36		£3.49	O V
Nairns	20%	A BI05978A	Gluten Free Cheese Oatcakes	8x180g	£15.49		£12.39		£2.58	GF
	20%	A BI05979A	Gluten Free Oatcakes	8x213g	£15.49		£12.39		£2.58	V GF
	20%	A BI06776A	Gluten Free Flatbreads Original	6x150g	£10.76		£8.61		£2.39	V S GF
	20%	A BI06777A	Gluten Free Flatbreads Rosemary & Sea Salt	6x150g	£10.76		£8.61		£2.39	V S GF
	20%	A BR01938A	Gluten Free Porridge Oats	5x450g	£11.65		£9.32		£3.11	V S GF
	20%	A BR05451A	Gluten Free Oat Muesli	5x450g	£13.75		£11.00		£3.67	V S GF
Oatly	20%	A DA06448A	Chocolate Oat Drink	6x1lt	£9.80		£7.84		£2.17	V
	20%	A DA11046A	Vanilla Oat Drink	6x1lt	£10.07		£8.06		£2.24	V
	20%	A DA11403A	Chocolate Oat Drink	18x250ml	£12.32		£9.86		£0.92	V
	20%	A MI12138A	Oat Drink - Semi	6x1lt	£10.29		£8.23		£2.29	V
Ombar	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 CH08523A	Pistachio Centre Raw Chocolate - Organic	10x70g	£21.52	+VAT	£17.22	+VAT	£3.46	O V
	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
	20%	A CH12700A	Almond Butter Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£17.14	+VAT	£2.29	O V GF FT
	20%	A CH12701A	Hazelnut Truffle Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£17.14	+VAT	£2.29	O V GF FT
	20%	A CH12702A	Coconut Vanilla Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£17.14	+VAT	£2.29	O V GF FT
	20%	A CH12703A	Pistachio Cream Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£17.14	+VAT	£2.29	O V GF FT
	20%	A CH12705A	Coco Raspberry Filled Chocolate Bar - Organic	15x42g	£21.43	+VAT	£17.14	+VAT	£2.29	O V GF FT
	20%	A CH12707A	Oat M'lK Hazelnut Brownie Filled Chocolate Bar - Org	15x42g	£17.84	+VAT	£14.27	+VAT	£1.90	O V GF FT
	20%	A CH12708A	Oat M'lK Salted Caramel Filled Chocolate Bar - Org	15x42g	£17.84	+VAT	£14.27	+VAT	£1.90	O V GF FT
	Peppersmith	15%	A CH00520A	Sicilian Lemon Peppermints	12x15g	£12.14	+VAT	£10.32	+VAT	£1.62
15%		A CH00521A	English Peppermint Fresh Mints	12x15g	£12.14	+VAT	£10.32	+VAT	£1.62	V GF
15%		A CH11387A	Extra Strong Eucalyptus Mints	12x15g	£12.14	+VAT	£10.32	+VAT	£1.62	V GF
15%		A CH11504A	English Peppermint Chewing Gum	12x15g	£10.49	+VAT	£8.92	+VAT	£1.40	V GF
15%		A CH11505A	English Spearmint Chewing Gum	12x15g	£10.49	+VAT	£8.92	+VAT	£1.40	V GF
15%		A CH12359A	Mighty Box Peppermint Mints	18x60g	£47.22	+VAT	£40.14	+VAT	£4.20	V
15%		A CH12360A	Mighty Box Peppermint Gum	18x50g	£40.60	+VAT	£34.51	+VAT	£3.60	V
15%	A CH12361A	Mighty Box Spearmint Gum	18x50g	£40.60	+VAT	£34.51	+VAT	£3.60	V	
Peter's Yard	20%	A BI09653A	Pink Peppercorn Sourdough Crackers	12x90g	£23.49		£18.79		£2.61	
	20%	A BI09654A	Rye & Charcoal Sourdough Crackers	12x90g	£23.49		£18.79		£2.61	
	20%	A BI09849A	Rosemary & Sea Salt Sourdough Crackers	8x90g	£15.70		£12.56		£2.62	V
	20%	A BI09850A	Poppy Seed Sourdough Crackers	8x100g	£15.70		£12.56		£2.62	V

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BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
Peter's Yard (cont.)	20%	A BI11612A	Original Sourdough Crackers	8x90g	£15.70		£12.56		£2.62	
	20%	A BI11613A	Fig & Spelt Sourdough Crackers	8x100g	£15.70		£12.56		£2.62	
	20%	A BI11883A	Cracker Selection Box (Original / Charcoal / Rosemary)	6x270g	£28.46		£22.77		£6.32	
	20%	A BI12116A	Oregano & Extra Virgin Olive Oil Sourdough Crackers	8x90g	£15.70		£12.56		£2.62	V
	20%	A BI12117A	Pumpkin & Sunflower Seed Sourdough Crackers	8x105g	£15.70		£12.56		£2.62	V
Proppadoms	15%	A CR12675A	Original Poppadoms	12x25g	£8.04		£6.83		£1.00	V GF
	15%	A CR12676A	Garlic & Red Chilli Poppadoms	12x25g	£8.04		£6.83		£1.00	V GF
	15%	A CR12677A	Sriracha Poppadoms	12x25g	£8.04		£6.83		£1.00	V GF
	15%	A CR12678A	Jalapeno Poppadoms	12x25g	£8.04		£6.83		£1.00	V GF
	15%	A CR12679A	Duck & Plum Poppadoms	12x25g	£8.04		£6.83		£1.00	V GF
	15%	A CR12680A	Turmeric Chilli & Ginger Poppadoms	12x25g	£8.04		£6.83		£1.00	V GF
	15%	A CR12681A	Original Poppadoms	12x75g	£12.90		£10.97		£1.50	V GF
	15%	A CR12682A	Garlic & Chilli Poppadoms	12x75g	£12.90		£10.97		£1.50	V GF
	15%	A CR12683A	Sriracha Poppadoms	12x75g	£12.90		£10.97		£1.50	V GF
	15%	A CR12684A	Jalapeno Poppadoms	12x75g	£12.90		£10.97		£1.50	V GF
	15%	A CR12685A	Duck & Plum Poppadoms	12x75g	£12.90		£10.97		£1.50	V GF
	15%	A CR12686A	Turmeric Chilli & Ginger Poppadoms	12x75g	£12.90		£10.97		£1.50	V GF
Rude Health	15%	A BI11456A	Multigrain Crackers - Organic	8x100g	£14.97		£12.72		£2.50	O V GF
	15%	A BR09388A	The Ultimate Granola - Organic	6x400g	£22.43		£19.07		£4.98	O
	15%	A CR11280A	Corn Triangles - Organic	6x100g	£8.31		£7.06		£1.89	O V GF
	15%	A CR11281A	Chickpea Triangles - Organic	6x80g	£8.31		£7.06		£1.89	O V GF
	15%	A CR11282A	High Protein Lentil Triangles - Organic	6x70g	£8.31		£7.06		£1.89	O V GF
	15%	A DA07468A	Almond Drink - Organic	6x1lt	£12.35		£10.50		£2.75	O V GF
	15%	A DA07469A	Brown Rice Drink - Organic	6x1lt	£11.45		£9.73		£2.55	O V GF
	15%	A DA07470A	Oat Drink - Organic	6x1lt	£11.45		£9.73		£2.55	O V GF
	15%	A DA07471A	Coconut Drink - Organic	6x1lt	£13.73		£11.67		£3.05	O V GF
	15%	A DA07472A	Hazelnut Drink - Organic	6x1lt	£13.73		£11.67		£3.05	O V GF
	15%	A DA09027A	Soya Drink - Organic	6x1lt	£10.59		£9.00		£2.36	O V GF
	15%	A MI11671A	No Sugars Almond Drink - Organic	6x1lt	£12.12		£10.30		£2.69	O V GF
15%	A MI11672A	No Sugars Oat Drink - Organic	6x1lt	£11.22		£9.54		£2.50	O V GF	
Sgaia	15%	C GR09510C	Smoky Flavour Rashers	5x150g	£18.65		£15.85		£4.98	V S
	15%	C GR09512C	Lorne Sausage	5x280g	£20.30		£17.26		£5.42	V S
	15%	C GR09513C	Lorne Sausage (Whole)	2x2.25kg	£47.00		£39.95			V S
	15%	C GR09514C	Smoky Flavour Rashers	1x850g	£19.25		£16.36			V S
	15%	C GR09515C	Pastrami Style Slices	1x700g	£22.93		£19.49			V S
	15%	C GR09516C	Pastrami Style Slices	5x110g	£20.50		£17.43		£5.47	V S
	15%	C GR09517C	Original Burgers	5x220g	£22.45		£19.08		£5.99	V S
	15%	C GR11513C	Pepperoni Style Slices	5x150g	£20.50		£17.43		£5.50	V S
	15%	C GR11514C	Smoky Flavour Pancetta Style Cubes	5x200g	£20.50		£17.43		£5.50	V S
	15%	C GR12020C	Original Burgers	10x110g	£17.75		£15.09			V S
	15%	C GR12641C	Smoky Flavour Pancetta Style Cubes	5x1000g	£95.25		£80.96		£19.25	V S
	15%	C GR12642C	Nduja Style Spread	5x150g	£22.00		£18.70		£4.40	V S
	15%	C GR12644C	Nduja Style Spread	5x500g	£60.00		£51.00		£12.00	V S
	15%	C GR12645C	Chicken Style Chunks	5x250g	£15.70		£13.35		£4.20	V S
	15%	C GR12646C	Chicken Style Fillets	5x200g	£18.00		£15.30		£3.60	V S
	15%	C GR12647C	Bresaola Style Slices	5x110g	£17.20		£14.62		£3.44	V S
15%	C GR12651C	Pepperoni Style Sausages	5x900g	£83.00		£70.55		£16.60	V S	
St Lawrence Gold	20%	A GR07295A	Grade A Amber Maple Syrup - Organic	12x250ml	£68.80		£55.04		£7.74	O V
	20%	A GR07297A	Grade A Amber Maple Syrup - Organic	1x1lt	£20.14		£16.11			O V
	20%	A GR07299A	Grade A Amber Maple Syrup	12x250ml	£64.72		£51.78		£7.23	V
	20%	A GR12536A	Maple Syrup Grade A Dark Bag In Box - Organic	1x5lt	£97.15		£77.72			O V
Vive	15%	A CH08872A	Salted Caramel Dark Chocolate Protein Snack Bar	12x49g	£13.20	+VAT	£11.22	+VAT	£1.8	



BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	PROMO PRICE	VAT	RRP	**
<b>Vive (cont.)</b>	15%	A CH12371A	Fruity Nutty Jammy Cherry Bar	20x35g	£16.13	+VAT	£13.71	+VAT	£1.29	V GF
	15%	A CH12372A	Superchoc Caramelised Hazelnut Bar	12x40g	£12.57	+VAT	£10.68	+VAT	£1.68	V GF
	15%	A CH12373A	Superchoc Goopy Caramel Bar	12x40g	£12.57	+VAT	£10.68	+VAT	£1.68	V GF
<b>Yogi Tea</b>		A HD02862A	Bedtime Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02863A	Breathe Deep Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02865A	Black Chai Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02867A	Green Chai Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02869A	Choco Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02870A	Sweet Chai Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02871A	Classic Chai Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02873A	Detox Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02875A	Echinacea Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02877A	Ginger Lemon Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02878A	Ginger Orange Tea with Vanilla - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD02879A	Green Balance Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02880A	Green Energy Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02881A	Green Jasmine Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02882A	Heartwarming Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02883A	Himalaya Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02885A	Lime Mint Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02886A	Liquorice Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02887A	Men's Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02889A	Relax Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD02890A	Rooibos Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD02891A	Tao Rose Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD02892A	Stomach Ease Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02893A	Sweet Chili Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02894A	Throat Comfort Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02895A	Wellbeing Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD02896A	Women's Balance Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD02897A	Women's Energy Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD02898A	Women's Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD0526A	Immune Support Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD06417A	Inner Harmony Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD06829A	Turmeric Chai Tea Bags - Organic	6x17bags	£12.45	n/a			£2.77	O V
		A HD07019A	Feel Pure w/ Lemon (was Detox Dandelion w/ Lemon) - Org	6x17bags	£12.45	n/a			£2.77	O V
		A HD07798A	Alkaline Herbs Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD08427A	Turmeric & Orange - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD10910A	Maca Chai Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V
		A HD11438A	Soul Balm Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD11439A	Tulsi Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF
		A HD11646A	Happy Nature - Organic	6x17bags	£12.38	n/a			£2.75	O V GF
		A HD12036A	Ashwagandha Balance Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD12037A	Mental Clarity Tea - Organic	6x17bags	£12.45	n/a			£2.77	O V GF
		A HD12352A	Star Salutation Tea - Organic	6x17bags	£12.65	n/a			£2.82	O V GF

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REDUCED TO CLEAR										
BRAND	SAVE	* CODE	PRODUCT DESCRIPTION	SIZE	NORMAL PRICE	VAT	REDUCED PRICE	VAT	RRP	**
<b>Adios Plastic</b>	50%	A HO11384A	Compostable Pet Wipes	50x25	£54.64	+VAT	£27.32	+VAT	£2.49	V
<b>BeeHype</b>	33%	A JA12192A	Dreamy Creamy Honey	6x230g	£27.00		£18.09		£6.95	GF
	33%	A JA12194A	Jammin' - Strawberries in Raw Acacia Honey	6x220g	£38.70		£25.93		£9.95	GF
	33%	A JA12195A	It's Nuts! - Raw Nuts in Acacia Honey	6x215g	£38.70		£25.93		£9.95	GF
<b>Belvoir Farm</b>	20%	A SD06637A	Festive Fruit 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
<b>Cocoa Loco</b>	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
<b>Eat Real</b>	20%	A CR02591A	Hummus Chips Tomato & Basil	12x45g	£8.14		£6.51		£0.90	V GF
	20%	A CR05403A	Hummus Chips Tomato & Basil	10x135g	£16.51		£13.21		£2.20	V GF
	20%	A CR06134A	Hummus Chips Sea Salt - Organic	10x100g	£21.06		£16.85		£2.81	O V GF
<b>Edinburgh Fermentarium</b>	33%	C GR12123C	Hungarian Sour	9x220g	£43.65		£29.25		£6.50	V S
<b>Equal Exchange</b>	66%	A HD08982A	Grown by Women Coffee Beans (3) - Organic	6x1kg	£111.49		£37.91		£24.77	O V GF FT
<b>Heath &amp; Heather</b>	33%	A HD11603A	Dawn Till Dusk Variety Pack - Organic	6x20	£15.89		£10.65		£3.53	O V
<b>James White</b>	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
<b>McCoo</b>	33%	A JA11887A	Lemon Curd	6x125g	£10.88		£7.29		£2.42	S
<b>Minor Figures</b>	33%	A SD07263A	Nitro Cold Brew Coffee - Latte	12x200ml	£18.14		£12.15		£2.02	V
<b>Nakd</b>	20%	A CH11746A	Protein Caramel Bars	16x45g	£14.00	+VAT	£11.20	+VAT	£1.40	V GF
<b>Natracare</b>	20%	A BA11022A	Maternity Pads	10x10	£22.78		£18.22		£3.09	V
<b>Organico</b>	25%	A GR11544A	Lemon & Mint Couscous - Organic	12x250g	£31.72		£23.79		£3.55	O V
<b>Popcorn Shed</b>	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
<b>Rude Health</b>	15%	A BI11456A	Multigrain Crackers - Organic	8x100g	£14.97		£12.72		£2.50	O V GF
<b>Seed &amp; Bean</b>	50%	A CH08270A	Dark 58% Spiced Ginger Mini Bar - Organic	30x25g	£19.90	+VAT	£9.95	+VAT	£1.20	O V FT
<b>Sgaia</b>	50%	C GR10994C	Garlic & Rosemary Stuffed Roast	3x500g	£22.50		£11.25		£10.00	V S
<b>Sproud</b>	50%	A SD12135A	Iced Latte - Original	15x250ml	£22.50		£11.25		£2.00	V FT
	50%	A SD12136A	Iced Latte - Salted Caramel	15x250ml	£22.50		£11.25		£2.00	V FT
<b>Stag Bakery</b>	50%	A BI08305A	Raspberry & Gin Cake Tin	1x300g	£8.99		£4.50		£11.99	S
<b>Suki Tea</b>	20%	A HD08768A	Moroccan Nana Mint Loose Tea Plastic Free	6x50g	£22.70		£18.16		£5.04	V
<b>Summer Harvest</b>	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
<b>Summerhouse Drinks</b>	50%	A SD11824A	Sparkling Winter Spice with Orange & Raspberry	6x750ml	£15.00	+VAT	£7.50	+VAT	£3.99	V S
<b>Taylor Pass Honey Co</b>	15%	A JA11858A	Manuka Honey Gift Set (UMF5+ & Multifloral MGO50)	1x(2x250g)	£14.99		£12.74		£19.99	
<b>Thursday Cottage</b>	50%	A GR08279A	Palm Oil Free Christmas Pudding Boxed	1x454g	£9.26		£4.63		£12.35	
<b>Vegware</b>	20%	A HO11433A	PLA Portion Pot Lid (fits 0.5 - 1oz Pot)	1x100	£1.81	+VAT	£1.45	+VAT	£1.81	

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## 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**



[WWW.GREENCITY.COOP](http://WWW.GREENCITY.COOP)

