

<b>Grocery Products</b>						
		<u>Size/ g/ lt</u>				
<b>Baking</b>						
Doves	YEAST	125				
<b>Flours</b>						
DOVES	25KG SR WHITE TO ORDER ONLY					
	25KGPLAIN WHITE TO ORDER ONLY					
	25KGWHITE BREAD MAKING					
DOVES	PLAIN WHITE	1KG				
	SR WHITE	1KG				
	STRONG WHITE	1.5KG				
	WHITE SPELT TO ORDER ONLY	1KG				
	WHOLE SPELT TO ORDER ONLY	1KG				
	CORNFLOUR	110				
	BAKING POWDER	110				
SUMA	SOYA FLOUR	250G				
GILCHESTER	PIZZA CIABATTA	1.5				
	WHOLE WHEAT	1.5				
	WHITE STRONG	1.5				
NIELSON MASSEY	VANILLA EXTRACT	118ml				
STEENBERG	PEPPERMINT EXTRACT	100				
	ROSEWATER	100				
<b>Beans Canned</b>						
SUMA	B E BEANS	400				
	BUTTER BEANS	400				
	CANELLINI BEANS	400				
	CHICK PEAS	400				
	HARICOT	400				
	R KIDNEY	400				

	MIXED BEANS	400					
	ADUKI BEANS	400					
	BAKED BEANS	400					
BIONA	BAKED BEANS	420					
WHOLEEARTH	BAKED BEANS	420					
<b>Beans Dried</b>							
SUMA	GS PEAS	500					
	R LENTILS	500					
	DARK SPECKLED LENTILS	500					
	BROTH MIX	500					
	HARICOT TO ORDER						
<b>Biscuits</b>							
DUCHY ORIGINALS	CHOC VANILLA SHORTBREAD	150					
FINE COOKIE COMP	OAT AND RAISIN COOKIES						
	GINGER COOKIES	200					
	LEMON COOKIES						
ISLAND BAKERY	Lemon Melts	150					
	Oat Crumble						
	Choc Ginger						
	CHOC LIMES						
	APPLE CRUMBLE						
DOVES FARM	RICH CHOC CRISPY	40G					
DOVES FARM	APPLE&SULTANA FLAPJACK	5x40g					
	DIGESTIVE BISCUITS						
NAIRNS	OATCAKE	250					
ORGANIC COLLECTION	ALMOND CANTUCINNI	12X					
	CHOC CANTUCINNI	12X					
VILLAGE BAKERY	Fruit, Nuts and Seed	45G					
	FRUIT CAKE SLICE	200					
<b>Breads</b>							
ORGANICO	GRISSINI	8X					
	SPELT GRISSINI						

	SESAME GRISSINI						
BIONA	PIZZA		300				
Newbury Phillips	PITTA WHOLEMEAL		8X1				
	LARGE WHITE PITTA		6X1				
<b>Flakes</b>							
SUMA	JUMBO		1kg				
	PORRIDGE		1kg				
	MED OATMEAL						
PIMHILL	PORRIDGE						
<b>Chinese</b>							
BLUE DRAGON	NOODLES		250				
GEO	BEBAN SAUCE		350				
SOC	SWEET& SOUR		350				
SANCHI	UDON NOODLES						
KING SOBA	THAI RICE NOODLES						
<b>CHOC</b>							
GREEN&BLACKS	CREAMY MILK		100				
	MILK CARAMEL		100				
	GINGER		100				
	MILK COOKS		150				
	COOKING		150				
	DARK		100				
	MAYA GOLD		100				
	BUTTERSCOTCH		100				
	MILK ALMOND		100				
	MINT		100				
	DARK		35				

	WHITE	35					
	BUTTERSCOTCH	35					
	MAYAGOLD	35					
	CREAMY MILK	35					
	COCO POWDER	125					
	CHOC DRINK	300					
COCO LOCO	MILK CHOC BUTTONS						
SUMA	YOG RAISINS						
	<b>Spreads</b>						
G AND B	HNUT CHOC SPR	400					
Roskilly	FUDGE PLAIN	100					
	<b>Coffee</b>						
CLIPPER	INSTANT	100					
	INSTANT DECAFF	100					
EQUAL EXCHANGE	COLUMB GROUND	227					
	MED ROAST GROUND	227					
	MED ROAST BEANS	500					
IT'S OUR COFFEE	ITALIAN BEANS	500					
PERCOL	INSTANT	100					
	AMERICANO GROUND	250					
UNION	HAND ROASTED MEXICO GROUND						
	NATURAL SPIRIT GROUND						
	ETHIOPIA GROUND						

GRUMPY MULE	ESPRESSO BEANS	227					
SUMA	HONDURAN BEANS	1KG					
	COLUMBIA BEANS	1KG					
	ETHIOPIA BEANS	1KG					
	SUMATRA GAYA	1KG					
<b>Condiments</b>							
SIMPLY DELICIOUS	MAYONNAISE	180					
	HORSERADISH						
	TARTARE SAUCE						
SUMA	MAYONNAISE	240					
MERIDIAN	SALAD CREAM	250					
DUCHY	FRESH HERB VINAIGRETTE	250					
	HONEY AND MUSTARD VINAIGRETTE	250					
	ONION MARMALADE	340					
	WHOLEGRAIN MUSTARD	170					
	TOMATO CHUTNEY	290					
	FARMHOUSE CHUTNEY	310					
	PLOUGHMANS PICKLE	310					
SUMA	TOMATO PUREE	200					
ASPALL	CIDER VINEGAR	500					
CLEARSPRING	RW VINEGAR	500					
	WW VINEGAR	500					
SUMA	BALSAMIC						
BIONA	HOT PEPPER SAUCE	140					
GEO	SWEET CHILLI	270					
	W'SHIRE SAUCE	140					



BIONA	APRICOT HALVES		350				
	SWEET CHERRIES						
ESSENTIAL	MANGO CHUNKS						
	PINEAPPLE						
<b>Dried Fruit</b>							
SUMA							
	MIXED PEEL						
	CHERRIES		200				
	APRICOTS		250				
	CRANBERRIES						
	CURRENTS		250				
	DATES		250				
	FIGS		250				
	PRUNES		250				
	RAISINS		250				
	SULTANAS		250				
TROPICAL	MANGO		100				
<b>Fruit Juices</b>							
BIONA	CRANBERRY		500				
GROWERS DIRECT	ORANGE		1L				
	APPLE		1L				
JAMES WHITE	APPLE AND CHERRY		250				
	APPLE AND GINGER		250				
	APPLE		250				
	CRANBERRY AND APPLE		250				

	PEAR AND RASPBERRY	250					
	PEAR	250					
	POMEGRANATE AND APPLE	250					
	RASPBERRY AND APPLE	250					
	APPLE AND CHERRY	750					
	APPLE AND CRUSHED GINGER	750					
	APPLE	750					
	CRANBERRY AND APPLE	750					
	PEAR AND RASPBERRY	750					
	PEAR	750					
	RASPBERRY AND APPLE	750					
	TOMATO	750					
ORGANIC VILLAGE	POMEGRANATE	1LITRE					
VITALIA	ORANGE JUICE	75					
	RED GRAPE	75					
ELLAS KITCHEN	PURPLE ONE						
	RED ONE						
	YELLOW ONE						
<b>Cordials</b>							
ROCKS	ORANGE	740					
	BLACKCURRANT	360					
	LEMON SQUASH	740					
	ELDERFLOWER	740					
BELVOIR	BLUEBERRY	500					
ORGANIC COLLECTION	BLUEBERRY SPARKLE						

	RASPBERRY FIZZ						
<b>Fruit Spreads and Jams</b>							
DUCHY ORIGINALS	THICK CUT MARMALADE	265					
	FINE CUT MARMALADE	265					
	RASPBERRY EXTRA	265					
	STRAWBERRY	265					
CLEARSPRING	PEAR PUREE						
	APPLE STRAWBERRY						
	APPLE AND BLUEBERRY						
<b>Grains</b>							
SUMA	BARLEY GRAIN	500					
	POPCORN	250					
	QUINOA	250					
	BROWN BASMATTI	500					
	WHITE BASMATTI	1KG					
	WHITE BASMATTI	500					
	LGBR	500					
	ARBORIO WHITE	3KG					
	ARBORIO WHITE	500					
	WHITEBASMATI	3KG					
	GOLDEN LINSEED						
	COUS COUS	500					
ORGANICO	ASPARAGUS RISOTTO						
	PORCINI RISOTTO						
<b>Herb Teas</b>							
FLORADIX	SAGE TEA						
CLIPPER	CAMOMILE	20BAGS					
	HONEY BUSH	20BAGS					
	LEMON & GINGER	20					

	PEPPERMINT	20					
	RASPBERRY	20					
ELEVEN O'CLOCK	ROOIBOSCH	40BAGS					
QI	DETOX GREEN						
	GINKO BILOBA						
	GINSENG						
DRAGON FLY							
	SWIRLING MIST						
YOGI	LIQUORICE	15					
	TULSI MINT						
	CHOCO						
<b>Herbs and Spices</b>							
SUMA	GINGER	500G					
	MIXED SPICE	500G					
	CINNAMON	500G					
	BASIL						
	BAY						
	CARAWAY						
	CHILLI						
	GROUND CINNAMON						
	CINAMMON BARK						
	CLOVES						
	CORIANDER GROUND						
	CORIANDER SEED						
	CUMIN GROUND						
	CUMIN SEED						
	DILL						
	GINGER						
	HERBS MIXED						
	MIXED SPICE						
	MUSTARD SEED						
	NUTM,EG GROUND						



	WASH TABLETS						
	LAUNDRY BLEACH		400				
	Delicate Liquid		1L				
	STAIN REMOVER						
	FLOOR SOAP		1L				
	WASHING UP CAMOMILE AND MARIG		LITRE				
	NON-BIO INTEGRATED POWDER		1.2KG				
	LIQUID NON-BIO		1.5L				
	LIQUID BAG IN A BOX NON BIO		5L				
	RINSE AID						
	DISH WASH TABS						
	BIN LINERS						
	LIMESCALE REMOVER						
	LIQUID HAND SOAP		250				
	LIQUID HAND SOAP CITRUS		250				
	LIGUID HAND SOAP REFILL		1LT				
	LIQUID HAND SOAP CITRUS REFILL		1LT				
	HEAVY DUTY HAND CLEANER		150				
	LIQUID HAND SOAP		5LT				
	LAUNDRY LIQUID		15L				
	25L TAP						
	ALL PURPOSE CLEANER		1L				
	ALL PURPOSE CLEANER		15L				
	FABRIC CONDITIONER		15L				
	TOILET CLEANER		25L				
	WASHING UP LIQUID CAMOMILE		15L				
	GLASS CLEANER		500				
	POWER CLEANER		500				
ECOFORCE	RECYCLED CLOTHES PEG						
	BAG GRIPS						
	KITCHEN SPONGE						
	BATHROOM SPONGE						
	DUSTERS						
	ABSORBENT CLOTH						

GREEN TIPS	HOUSEHOLD GLOVES MED.						
MICHAELS	OVEN TRAY SCRAPER						
	COCONUT CLEANING SPONGE						
	HEAVY DUTY SCOURING PAD						
	WASHING UP LUFFA						
	WASHING UP BRUSH						
IF YOU CARE	PARCHMENT PAPER						
	ALUMINIUM FOIL						
	BAKE CUPS						
ECOZONE	DRYER BALLS						
	ECO BALLS						
EARTH FRIENDLY	FURNITURE POLISH						
LAVERA	TOOTHPASTE						
	LIP BALSAM						
	CLEANSING GEL			125			
	MOISTURISING CREAM						
FAITH							
	ALOE VERA TEA TREE						
	LAVENDAR GERANIUM						
	SEAWEED						
BENTLEY							
	ANTI BACTERIAL SPRAY			50			
	LEAFLET			EACH			
	BALANCING BODY LOTION			250			
	CALMING BODY LOTION			250			
	CALMING BODYWASH			250			
	DEEP CLEANSING BODYWASH			250			
	DETOX BODYWASH			250			
	HAIR CONDITIONER			250			
	DRY AND DAMAGED HAIR SHAMPOO			250			

	FREQUENT USE	250					
	NORMAL TO DRY	250					
	NORMAL TO OILY	250					
	CALMING AND MOISTURISING SOAP	150					
	DEEP CLEANSING SOAP	250					
	DETOX SOAP	250					
	SMOOTHING SOAP	250					
	CALMING HANDWASH	250					
	DEEP CLEANSING HANDWASH	250					
	DETOX HANDWASH	250					
GREEN PEOPLE	CITRUS TOOTHPASTE	50					
	FENNEL TOOTHPASTE	50					
	MINT TOOTHPASTE	50					
	CHILDREN'S MANDARIN						
	ROSEMARY SHAMPOO	200					
	ALOE VERA SHAMPOO	200					
	ALOE VERA CONDITIONER	200					
	ROSEMARY CONDITIONER	200					
	VITAMIN CONDITIONER	200					
URTEKRAM	DEODERANT LIME						
	DEODERANT NO PERFUME						
	DEODERANT ROSE						
SIMPLY GENTLE	COTTON BUDS	200					
	COTTON BALLS						
NATRACARE	REGULAR APPLICATOR TAMPONS	16					
	COTTON PANTY LINERS	16					
	ULTRA PADS LONG						
	BABY WIPES						
HAYMAX	FRANKINCENSE						
	LAVENDER						
	PURE						

	3 PACK						
REAL ORGANIC COMP.	KORMA		350				
	ROGAN JOSH		350				
	JALFREZI		350				
	TIKKA BALTI						
<b>Japanese</b>							
SANCHI	SOY		150				
CLEARSPRING	SAUCE TAMARI		150				
	SHOYU		500ML				
<b>Milk Vegan</b>							
PROVAMEL	PRICE MARKED RED						
	PRICE MARKED GREEN						
	SOY MILK RED		1L				
	SOY MILK GREEN		1L				
SOYATOO	TOPPING CREAM		300				
RICE DREAM	ORIGINAL		1L				
<b>Mueslis and Cereals</b>							
SUMA	DELUX MUESLI		1KG				
ALARA	RICH MUESLI		500				
	VERY BERRY MUESLI		600				
	GOJI BERRY						
DOVES							
	BIO BIX		375				
NATURES PATH							

	HERITAGE OATY BITES	375					
WHOLE EARTH							
	MAPLE FROSTED FLAKES						
	CORNFLAKES						
	Optimum Power						
	RED FRUIT CRUNCH						
	COCOA CRUNCH						
BIG OZ	GLUTEN FREE MIX	6X					
	HONEY AND MAPLE						
<b>Nuts and Seeds</b>							
SUMA	WALNUTS						
	ALMONDS	125					
	GROUND ALMONDS	125					
	CASHEW	125					
	BRAZILS	125					
	HAZELNUTS	125					
	PEANUTS	125					
	PINE KERNELS	125					
	PUMPKIN SEEDS	250					
	SESAME	250					
	SUNFLOWER	250					
	DESICATED COCONUT						
<b>Oils and Fats</b>							
BIO PLANETE	PNO	500					
CLEARSPRING	EVO	1L					
	EVO	500					
	SESAME	500					
	SFFO	1L					

	SFO	1L				
SUNITA	EVO	1L				
	EVO	500				
	EVO	5L				
SUMA	SUNFLOWER COLD PRESSED	500				
	EVO	3L				
	EVO	750				
	EVO	500				
<b>Paper Products</b>						
COTTON SOFT	TISSUES					
	KTOWELS	2PACK				
	TOILET TISSUE	4PACK				
	POCKET TISSUES	6				
ECOLEAF	TOILET TISSUE	9				
	JUMBO KITCHEN ROLL					
	K TOWELS	2				
	TOILET TISSUE	4				
	FACIAL TISSUE					
<b>Pasta</b>						
ORGANICO						
	CONCHIGLIE	500				
	FARFALLE	500				
	FUSILLI	500				
	LASAGNE	250				
	LINGUINE	500				
	PENNE	500				
	SPAGHETTI	500				
	WW FUSILLI	500				
	WW PENNE	500				
	WW SPAGHETTI	500				
	AMOROSI	500				

SOG							
	TAGLIATELLE						
<b>Pasta Sauce</b>							
ORGANICO	BOLOGNESE		360				
SOG	BOLOGNESE		500				
	CHERRY TOM AND OLIVE		350				
	MED VEG		350				
MR BEANS	Ratatouille		650				
	Aub and Tomato		650				
SUMA	BASILICO		340				
	SICILIANO						
	ARRABIATA						
	CLASSICO						
	CAMPAGNA						
	PUTTANESCA						
<b>Savoury Spreads and Pates</b>							
SUMA	PNB CRUNCHY U.S.		340				
	PNB SMOOTH U.S.		340				
	PNB SMOOTH WITH SALT						
	PNB CRUNCHY WITH SALT						
BIONA							
	ALMOND BUTTER		250				
	CASHEW		250				
SUMA	LIGHT TAHINI		340				
<b>Snacks - Savoury</b>							
TRAFO	PAPRIKA		40				
	SALTED CRISPS						
	SALT AND VINEGAR						

TRAFO	CHILLI TORTILLA						
	NATURAL						
	SALSA						
SUMA	BOMBAY MIX		125				
<b>Soft Drinks</b>							
WHOLE EARTH	COLA		330				
	LEMONADE		330				
	APPLE AND RASPBERRY						
	Ginger						
	ELDERFLOWER						
	CRANBERRY						
<b>Soups</b>							
SUMA	CARROT AND CORIANDER		400				
	VEGETABLE						
	PEA		400				
	TOMATO AND RP		400				
	TOMATO AND BASIL						
	TUSCAN BEAN						
	SPICY LENTIL						
	MINISTRONE						
MR BEAN	lentil red pepper						
	LEEK AND POTATO		400				
ESSENTIAL	MUSHROOM						
<b>Sugars and Syrups</b>							
BILLINGTONS	DEMERARA		500				
CRAZY JACK	GOLDEN SYRUP						
RAYNERS	MALT EXTRACT		340				

SHADY MAPLE	MAPLE SYRUP	250					
TATE AND LYLE	CASTER SUGAR	500					
TRAI DCRAFT	RAW CANE SUGAR	500					
SUMA	ICING SUGAR	500					
	RAW CANE	25KG					
	CANE	500					
	AGAVE SYRUP	250ML					
	MOLASSES						
	RAW CANE SUGAR	3KG					
AMISA	FRUCTOSE SYRUP	250					
<b>Sweets</b>							
BIONA							
	COLA BOTTLES	175					
	TUTTI FRUTTI GUMS	175					
ORGANIC COLLECTION	NOUGAT						
<b>Tea</b>							
CLIPPER	GREEN TEA BAGS	25					
	GREEN TEA	125					
EQUAL EX	EARL GREY	50BAGS					
	FAIRTRADE	160					
HAMPSTEAD	ENGLISH BREAKFAST	25					
<b>Thai Food</b>							
LEGEND	COCONUT MILK						
	CREAMED COCONUT						

REAL ORGANIC FOOD	COCONUT OIL	200					
<b>Vegetables Jars and Cans</b>							
SUMA	CHERRY TOMS	400					
SUMA	BASIL PASSATA						
	PASSATA						
	CHOPPED TOMS	400					
	WHOLE TOMS	400					
	SWEETCORN						
GEO	SEA SALT GROUND	250					
MALDON FLAKES	SALT CRYSTALS	250					
HARROGATE	WATER FIZZY	500					
<b>Chilled</b>							
ORGANIC DOORSTEP	WHOLE NOT HOMOGENISED MILK						
	SEMI SKINNED MILK						
	WHIPPING CREAM						
<b>Juice</b>							
GROVE FRESH	APPLE AND CRANBERRY	1l					
	ORANGE	1l					
	APPLE AND MANGO	1l					
	Grapefruit	1LT					
	APPLE	1LT					
<b>Yoghurts</b>							

RACHELS	GREEK AND HONEY	450					
	COCONUT	450					
	NATURAL	450					
	PLAIN GREEK	450					
GLENISK	BLUEBERRY	4					
	STRAWBERRY	4					
	NATURAL						
<b>Butter/MARG</b>							
VRAI	UNSALTED	250					
RACHEL	SALTED	250					
YV	SALTED	250					
CALON WEN	SALTED	250					
BIONA	BIO OLIVE MARG						
YV	SPREADABLE						
SUMA	SUNFLOWER SPREAD						
<b>Cheese</b>							
CALON WEN	EXTRA MATURE CHEDDAR						
	MELLOW CHEDDAR						
CAERFAI	CAERFFILI						
	CHEDDAR						
LYLE CROSS	STILTON	150					
	MEDIUM CHEDDAR	245					
	VINTAGE	245					
	DOUBLE GLOUCESTER	245					
	RED LEICESTER	245					
	CHESHIRE	245					
MANGIAGRATTA	ITALIAN HARD CHEESE						
STAFFORDSHIRE	OAK SMOKED						
	MATURE						
WEISSENHORNER	MASCARPONE	250					

BASTIAANSEN	BRIE	150					
BIONA	EMMENTAL						
	GREEK STYLE SOFT						
FUTURA	CAMEMBERT						
MOZZA	MOZZARELLA						
RIPUNZAL	CREAM CHEESE						
SUSSEX HIGH WEALD	FETA						
ATTIS	GREEK FETA						
BIONA	GOATS CAMENBERG STYLE						
	GOATS						
<b>CHOC</b>							
BOOJA	ECUADOREAN TRUFFLES						
	RASPBERRY TRUFFLES						
	HAZLENUIT						
	ESPRESSO						
<b>MEALS</b>							
BIONA	THAI SPRING ROLLS						
<b>DESSERTS</b>							
RACHELS	CREAMY RICE AND TOFFEE						
	DIVINE RICE						
<b>FROZEN</b>							
BIO INSIDE	PEAS						
	SWEETCORN						
NATURAL COOL	MIXED BERRIES						
	BLUEBERRIES						
	RASPBERRIES						
DORSET PASTRY	PUFF PASTRY	375					

BIOLINE	VEG PIZZA		300				
	SPINACH AND CHEESE PIZZA		350				
<b>PIES</b>							
CLIVES	CHESTNUT						
	MUSHROOM						
	HUNGARIAN GOULASH						
	ARABIAN CHICKPEA						
	ADUKI BEAN						
	THAI VEGGIE						
<b>Ice Cream</b>							
G AND B	CHOCOLATE		500				
	VANILLA		500				
<b>Groceries</b>							
JOLLY GOOD							
	CRYSTAL GINGER		100				
KALLO							
	BEEF CUBES						
	CHICKEN CUBES						
PAN DO MAR	WHITE TUNA						

	TUNA IN OIL	120					
	YELLOW FIN TUNA	115					
	SARDINES	120					
	MACKREL PEPPERED IN OIL	120					
	WILD SALMON						
BIO VERDE							
	CAPERS IN OLIVE OIL						
<b>Salami</b>							
ORGANIC CHEF							
	CHILDRENS	220					
BIO VERDE	CHORIZO	200					
	CHORIZO	80					
	SERANO HAM	80					
	TOSCANELLA SALAMI	80					
	SALCHICHON	80					





























