

# promotions review

## YOGI TEA FREE BAG FOR LIFE

Please take advantage of this 15% discount promotion to highlight the benefits of this range to your customers. These 6 selected teas - Detox, Detox with Lemon, Breathe Deep, Echinacea, Throat Comfort and the newest addition, "Immune Support", are all organic and free from caffeine. They have been selected under the theme of "Spring Awakening", as they contain herbs and spices which are renowned for their wellbeing properties, such as Echinacea, ginger, licorice and eucalyptus. They are a perfect companion for the body during the coldest time of the year and can help maintain positive health throughout the winter/spring season. The 2 Detox teas are ideal for helping to restore the body's balance after the excesses of the seasonal celebrations.

## FRIENDLY SOAPS

Friendly Soap is made using naturally biodegradable ingredients - unlike commercial detergents that contain synthetic chemicals that are literally flushed into our rivers. We are totally opposed to using harmful preservatives or foaming agents, believing there is simply no need for SLS or Parabens. The incredible silky smooth lather our natural handmade soap produces and its long life are completely down to the cold process method and our careful choice of ingredients.

## Ecover WASHING UP LIQUID 450ML, 950ML, 5L & 15L

At Ecover, we stand for all things non-toxic, both in our products and in our packaging. That's why our new Washing-Up Liquid bottle is now made from 100% recycled plastic and has a stylish yet practical new design. The new bottle can even stand on its head & has a drip free cap. Our Washing-Up Liquid has fragrances inspired by nature & unleash the power of biodegradable plant-based ingredients, to leave your dishes squeaky clean. That's Smart Green Science.

## CAFÉ DIRECT ORGANIC RANGE

Here at The Protein Ball Co we have created the most delicious, all-natural, high protein snack. Our honest-to-goodness protein balls are handmade in Sussex by the sea with a few select ingredients rolled into a soft high protein snack. As well as being healthy, nutritious and delicious, our protein balls are gluten free, wheat free, vegetarian and contain no soy, GMO's or added sugars. We offer 3 clean protein sources: Whey, Egg White and Rice & Pea. Our convenient on-the-go protein snack is ideal for health conscious, fitness enthusiasts and people that just want to boost their daily protein.



## MARRIAGES ORGANIC PLAIN FLOUR FOR PANCAKE DAY



W & H Marriage & Sons Ltd has been milling flour in Essex since 1824. Marriage's was founded by twins William and Henry nearly 200 years ago. Today the fifth and sixth generations of the Marriage family continue the milling tradition at Chelmer Mills. We source top quality wheat from organically certified farms. Our flour is produced using a combination of the traditional techniques we have trusted for generations and the best modern milling technology. With a light texture and bright colour, our all-purpose flour, milled from selected organic wheats, is perfect for general baking, pastry, biscuits and sauces.

# new lines review

## YOGI TEA TURMERIC CHAI TEA

Yogi Tea Turmeric Chai combines the renowned benefits of turmeric root (55% of the ingredients) with a blend of typical Yogi Tea spices, for example cinnamon, liquorice, ginger, cardamom, black pepper and fennel. This delicious recipe is further enhanced with apple, cocoa shells, mace and cloves and is perfect for making "Golden Milk", which is highlighted on the front of the pack and the preparation instructions are on the reverse. This ayurvedic blend is made with 100% organic ingredients. A new addition to the Yogi Tea Chai range, it will sit alongside the Black Chai, Green Chai and Sweet Chai.



## THE PROTEIN BALL CO. RANGE

The Protein Ball Co have created the most healthy and nutritious high protein snack. Our protein balls are handmade in Sussex by the sea with all-natural ingredients. Our 6 bite sized balls, available in 8 flavours, are gluten free, wheat free, vegetarian and contain no soy, GMO's or added sugars. We offer 3 clean protein sources: Whey, Egg White and now have 4 amazing flavours in our vegan range made with Rice & Pea Protein. Our convenient on-the-go protein snack is ideal for health conscious, fitness enthusiasts and people that just want to boost their daily protein.



# new lines

CODE	NAME	PACKSIZE	PRICE	RSP	VAT	BARCODE
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## CEREALS BRANDED.....

GRA36	GRANOLA Lizis Low Sugar	8x500g	24.42	4.07	Z	5060092030687
<i>Sugar has been around some while, in fact since the time of Christ, but it has fallen out of fashion over the past few decades. Lizi claims that this product is baked, "with a minimum amount of added sugar" which they estimate at 4%. A more accurate guess at the lowest amount would probably be zero but one ought not quibble with the man from the marketing department.</i>						
POR40	PORRIDGE BAR Pulsin Apple/Cinnamon	18x40g	11.16	0.99	V	886054001787
POR41	PORRIDGE BAR Pulsin Orange/Choc Chip	18x40g	11.16	0.99	V	886054001794
POR42	PORRIDGE BAR Pulsin Super Seed/Maple	18x40g	11.16	0.99	V	886054001770
<i>Pulsin continue the trend of dyslexic brand names but innovate with a Porridge Bar. Greatly favoured by bears. Maybe they should be packed in threes?</i>						

## PASTA.....

LAS12	LASAGNE Doves Gluten Free Maize/Rice ORGANIC	6x250g	11.20	2.49	Z	5011766666336
PEN12	PENNE Doves Gluten Free Green Pea ORGANIC	6x250g	13.45	2.99	Z	5011766666350
PEN13	PENNE Doves Gluten Free Red Lentil ORGANIC	6x250g	13.45	2.99	Z	5011766666343
<i>Gluten free, egg free and Organic pastas which are, of course, rich in protein and placed by Doves their Freee range.</i>						

## TOMATOES.....

TOM80	TOMATO Tinned Suma Peeled ORGANIC	12x400g	8.91	0.99	Z	5017601016601
<i>We are adding Suma lines in batches as they gain popularity with our clientele. The Northern Wholefood Coop, as they were known back in the day, continue to own-label a wide range of different goods. Please let us know if there are any that you would like that we do not already list.</i>						

## BARs.....

NAK67	NAKD BAR Bakewell Tart Multipack#	12x(4x35g)	21.73	2.90	V	5060088703885
NAK68	NAKD BAR Blueberry Muffin	18x35g	9.33	0.83	V	5060088705940
NAK64	NAKD BAR Cashew Cookie Multipack#	12x(4x35g)	21.73	2.90	V	5060088701690
NAK65	NAKD BAR Lemon Drizzle Multipack#	12x(4x35g)	21.73	2.90	V	5060088706008
NAK66	NAKD BAR Peanut Delight Multipack#	12x(4x35g)	21.73	2.90	V	5060088705230
NAK69	NAKD RAISINS Cola#	18x25g	5.60	0.50	V	5060088702123
<i>Multipack Nak'd bars for the more serious user for whom a single bar can never be enough. That means you Annie.</i>						
TRE21	TREK BAR Banana Blast#	16x55g	10.93	1.09	V	5060088703038
TRE37	TREK FLAPJACK Banana Bread#	16x50g	11.40	1.14	V	5060088702260
TRE36	TREK FLAPJACK Original Oat#	16x50g	11.40	1.14	V	5060088702307
<i>These Trek bars, which progress the trend for misspelt energy bars, contain no added sugar or syrups and surprisingly are one of your five a day. As is the way of things they are also vegan.</i>						
PRO01	PROTEIN BALLS The Protein Ball Co Peanut Butter/Jam	10x48g	11.81	1.89	V	813047020142
PRO07	PROTEIN BALLS The Protein Ball Co Raspberry Brownie	10x48g	11.81	1.89	V	813047020159
<i>They are protein and they are spherically shaped so these appropriately named snacks arrive from Worthing with accurately trumpeted qualities. These are also vegan, and are hand rolled by Hayley's team of seaside helpers.</i>						

## CHOCOLATE/CAROB.....

CHU91	CHOCOLATE IQ Superfood Cocoa Nib Crunch ORGANIC	24x35g	26.88	1.79	V	506034680398
CHU90	CHOCOLATE IQ Superfood Espresso Kick Coffee ORGANIC	24x35g	26.88	1.79	V	506034680411
CHU92	CHOCOLATE IQ Superfood Orange/Wild Raspberry ORGANIC	24x35g	26.88	1.79	V	506034680350
<i>We have listed individual flavours of IQ bars as these were the ones that have been going most quickly from our IQ variety boxes.</i>						
CHU89	CHOCOLATE BUNNY So Free Milk Alternative ORGANIC	22x25g	18.56	1.35	V	5013092000365
<i>Easter will soon be with us and, as has become appropriate to the serious spiritual reflections of our time, a wide range of chocolate bunnies proliferate on the High Street to celebrate the cyclic death and renewal of all things. And so it is with these formidable bunnies who symbolise renewal courtesy of their hectic social life and represent passing of life because Norfolk farmers pathologically reach for their firearms whenever a rabbit comes into view. Plamil have re-launched their chocolate range under the new So Free branding and so far its been a big success.</i>						

## CRISPS/THE LIKE.....

POP48	POPCORN Ten Acre Ambrose Popperley's Wasabi#	18x28g	8.01	0.71	V	506035817017
POP47	POPCORN Ten Acre Captain Theodore's Lime/Sea Salt#	18x28g	8.01	0.71	V	5060358170980
POP52	POPCORN Ten Acre Cornelius Popperley's Sour Cream/Chive#	18x28g	8.01	0.71	V	5060358171000
POP53	POPCORN Ten Acre Cousin Maisi's Fennel/Lemon#	18x28g	8.01	0.71	V	5060358170997
POP54	POPCORN Ten Acre Cousin Penelope's Strawberry/Cream#	10x80g	8.10	1.30	V	5060358171284
POP55	POPCORN Ten Acre Cousin Penelope's Strawberry/Cream#	18x28g	8.01	0.71	V	5060358171031

CODE	NAME	PACKSIZE	PRICE	RSP	VAT	BARCODE
POP51	POPCORN Ten Acre Lucia Popperley's Cappuccino#	18x28g	8.01	0.71	V	5060358171024
POP49	POPCORN Ten Acre Lucia Popperley's Cappuccino#	10x80g	8.10	1.30	V	5060358171277
<i>There aren't many things more irritating than sitting next to a popcorn eater in the cinema and one can but hope that none of these snacks end up at Cinema City in Norwich. Fashionably off beat flavours make up this range of modern grazing aids.</i>						
POP43	POP CRISPS Kallo Pink Salt/Pepper	12x20g	6.66	0.89	V	5013665114192
POP45	POP CRISPS Kallo Sea Salt/Vinegar	12x20g	6.66	0.89	V	5013665114253
POP44	POP CRISPS Kallo Sour Cream/Dill	12x20g	6.66	0.89	V	5013665114314
POP46	POP CRISPS Kallo Wasabi/Soy Sauce	12x20g	6.66	0.89	V	5013665114376
<i>A not dissimilar range of pop crisps. Whoever knew that there was so much sour cream in the world?</i>						

**SNACK MIXES**

MUN36	MUNCHY SEEDS Chilli Bites	6x140g	12.36	2.75	Z	5060013260223
MUN39	MUNCHY SEEDS Honey Seeds	6x140g	12.36	2.75	Z	5060013260278
MUN38	MUNCHY SEEDS Omega Sprinkles	6x140g	12.36	2.75	Z	5060013260230
MUN37	MUNCHY SEEDS Super Berry	6x140g	12.36	2.75	Z	5060013260254
<i>There is a complete revamp of this range featuring new sizes in a bewildering array of possibilities that may have led to us listing sizes that don't exist and delisting some that do. We have 140g sizes and some 200g sizes only. The complicated polynomial algorithm for resolving availability of differing sizes runs to some 42 pages of dense computer text (only joking Marilyn). Although the logistics may be boorish, the seeds are definitely moor-ish.</i>						

**TINNED FOOD**

BAK14	BAKED BEANS Suma ORGANIC	12x400g	£8.91	£0.99	Z	5017601032212
BAK09	BAKED BEANS Suma Vegan Sausage ORGANIC	12x400g	£11.39	£1.27	Z	5017601041177
TIN55	TINNED BEANS Suma Chick Peas	12x400g	£5.85	£0.65	Z	5017601016939
<i>A selection of tinned beans from Elland's finest including the really very good 'Vegan Sausage and Baked Beans'. As wholesome very fast food (toast not included in pack) it's a winner.</i>						

**BREAD/CAKE**

CRO12	CROISSANTS GoVegan Chocolate ORGANIC	10x(5x45g)	41.20	5.49	Z	8018699018314
CRO13	CROISSANTS GoVegan Spelt ORGANIC	10x(5x35g)	37.40	4.99	Z	8018699017478
CRO11	CROISSANTS GoVegan Wholewheat ORGANIC	10x(5x35g)	37.40	4.99	Z	8018699018277
<i>Ces croissants ont bon goût et sont aussi longue vie.</i>						
CAK04	CAKE Everfresh Banana ORGANIC	8x300g	21.53	3.59	Z	5014653024257
CAK03	CAKE Everfresh Carrot/Raisin Free ORGANIC	8x400g	21.53	3.59	Z	5014653024219
CAK06	CAKE Everfresh Fruit Cake ORGANIC	8x400g	18.66	3.11	Z	5014653024097
CAK05	CAKE Everfresh Stem Ginger Wheat Free ORG 8x380g	21.20	3.53		Z5014653024394	
<i>When Marie Antoinette carelessly opined, "let them eat cake" she disregarded the RSP of these very tasty Everfresh gateaux. Although three and a half quid may have been beyond a late 18th century peasants budget, the value offered is really very good and, with a couple of hefty slices on board, any potential revolutionary might have cause to pause and reconsider their view on class struggle and the status of the bourgeoisie.</i>						

**RICE CAKES/ CRACKERS / OATCAKES**

RID03	RICE CAKES Biona Yoghurt Coated ORGANIC	12x100g	14.92	1.99	V	5032722316133
RID27	RICE CAKES Clearspring 7 Super Seeds ORGANIC	6x120g	6.71	1.49	Z	5021554002765
RID28	RICE CAKES Clearspring Buckwheat/Amaranth ORGANIC	6x120g	6.71	1.49	Z	5021554002727
RID26	RICE CAKES Clearspring Quinoa/Chia ORGANIC	6x120g	6.71	1.49	Z	5021554002741
LEN51	LENTIL CAKES Kallo Protein	6x100g	8.96	1.99	Z	5013665114017
<i>Rice cakes aren't just rice cakes anymore. They have become protein packed experiences made from an array of seeds and pulses. They still taste pretty good.</i>						

**BOTTLED FOOD**

BOT24	BOTTLED VEGE Biona Bean Sprouts ORGANIC	6x330g	8.51	1.89	Z	5032722315914
<i>We have no information about what is sprouted to make these sprouts but it is reasonable to assume that they maybe mong beans.</i>						

**TINNED FOOD**

TIN36	TINNED BEANS Biona Black Chick Peas ORGANIC	6x400g	4.91	1.09	Z	5032722316157
TIN11	TINNED JACKFRUIT Biona in Salted Water ORGANIC	6x400g	13.46	2.99	Z	5032722316140
SWE18	SWEETCORN Suma Italian ORGANIC	12x340g	12.51	1.39	Z	5017601041757
TIN56	TINNED BEANS Suma Black Chick Peas ORGANIC	12x400g	9.81	1.09	Z	5017601041696
TIN58	TINNED BEANS Suma Red Kidney ORGANIC	12x400g	8.91	0.99	Z	5017601014119
TIN57	TINNED LENTILS Suma Green ORGANIC	12x400g	8.91	0.99	Z	5017601014157
<i>All of these tins are full of foods that we already list under different brands but as Jackfruit and Black Chick Peas become more and more popular we feel that you need to be able to choose. Jackfruit particularly is rampantly in demand as a meat replacement for non-animal product consuming un-carnivores.</i>						

CODE	NAME	PACKSIZE	PRICE	RSP	VAT	BARCODE
<b>SEASONINGS/SAUCES</b>						
PAS21	PASTA SAUCE Clearspring Demeter Italian Arrabiata ORGANIC	6x300g	10.31	2.29	Z	5021554002840
PAS18	PASTA SAUCE Clearspring Demeter Italian Basilico ORGANIC	6x300g	10.31	2.29	Z	5021554002826
PAS19	PASTA SAUCE Clearspring Demeter Italian Porcini ORGANIC	6x300g	11.21	2.49	Z	5021554002802
PAS17	PASTA SAUCE Clearspring Demeter Italian Puttanesca ORGANIC	6x300g	11.21	2.49	Z	5021554002789
PES16	PESTO Suma Alla Genovese ORGANIC	12x190g	29.25	3.25	Z	5017601028499
PES15	PESTO Suma Rosso ORGANIC	12x190g	28.35	3.15	Z	5017601028536
<i>When in Rome do as the Romans don't and use Organic ingredients when enjoying pasta sauce.</i>						

**VINEGARS/SALT**

BAL09	BALSAMIC VINEGAR Suma ORGANIC	6x250ml	22.45	4.99	Z	5017601028871
<i>From Moderna to Halifax to Norwich, this superb vinegar is made from Lambrusco, Graparosso &amp; Trebbiano grapes.</i>						

**ASIAN FOOD**

HAR11	HARISSA Al'Fez Squeezy#	6x300g	11.48	2.55	Z	
MEA52	MEATBALL SAUCE Al'Fez Moroccan#	6x350g	11.48	2.55	Z	
TAN08	TAGINE PASTE Al'Fez Lemon#	6x100g	10.13	2.25	Z	
TAN09	TAGINE PASTE Al'Fez Spiced Apricot#	6x100g	13.46	2.99	Z	
TAH62	TAHINI Al'Fez Dressing#	6x200g	10.76	2.39	Z	503444112512
TAH63	TAHINI Al'Fez Squeezy#	6x300g	11.48	2.55	Z	503444112406
TOM71	TOMATO SAUCE Al'Fez Spiced#	6x350g	11.48	2.55	Z	
CHU01	CHUTNEY Geo Mango ORGANIC#	6x300g	13.00	2.89	Z	5060005460112
CUR46	CURRY PASTE Geo Bhuna ORGANIC#	6x180g	9.86	2.19	Z	5060005460648
CUR47	CURRY PASTE Geo Korma ORGANIC#	6x180g	9.86	2.19	Z	
CUR45	CURRY PASTE Geo Madras ORGANIC#	6x180g	9.86	2.19	Z	5060005460501
CUR44	CURRY PASTE Geo Tikka Masala ORGANIC#	6x180g	9.86	2.19	Z	5060005460518
<i>Asia, being the largest and most populous continent, is home to many cultures, many of which have their own characteristic cuisine. This set of new lines represents a fair trawl around the area and takes in northern Africa as well. That's about half of the world covered in a dozen or so meals.</i>						

**JAPANESE FOOD**

MIS32	MISO Clearspring Sweet White ORGANIC	6x250g	20.21	4.49	Z	5021554000747
<i>This miso is made from soybeans that have been fermented with a large percentage of rice and so it has a definite sweet taste. It's best used in condiments like mayo or salad dressings, or in light sauces. Miso because it is the best foodstuff, Organic because it is the best way of growing food.</i>						

**CHILLED**

BUR04	BURGER Biona Red Sweet Potato/Buckwheat ORGANIC	8x160g	24.54	4.09	Z	5032722316034
<i>The ubiquitous burger but this time Organic and made with healthy ingredients. A sense of where Ronald McDonald could go if there was the will to do better</i>						
EGG30	EGGS Haresfield Farm Soil Assoc. Large ORGANIC	30x(6x1)	53.78	2.39	Z	5060217130308
<i>It is hard to get certified Organic eggs in Norfolk at this time and so, until we can re-source them, we are listing these eggs from Wiltshire. As Benito Mussolini observed, you have to break them to make an omelette.</i>						
TOF36	TOFU Taifun Curcuma ORGANIC	6x200g	17.01	3.78	Z	4012359114808
<i>Just when you thought it was safe to go back to the post turmeric refrigeration section of the shops one realises that this curcuma is a constituent part of turmeric. It's the bit that is yellow.</i>						

**MILKS/DESSERTS**

MYL19	MYLK Rebel Kitchen Semi Skimmed ORGANIC	8x1l	17.92	2.99	Z	5060376691108
<i>Coconut milk, or mylk if you happen to be a Trading Standards Officer, from the fridge. Rated 18 out of 18 by Gemma.</i>						
MIL55	MILK ALT OAT Provamel ORGANIC	8x1ltr	10.49	1.75	Z	
<i>5411188083214</i>						
<i>Given the runaway success of Oatly Barista it was inevitable that Provamel would eventually get a copy out to us in wholefood land. They are a long established brand with an excellent reputation so we expect this alternative to ease the problems that barista mania, and its attendant stock issues at factory level, has caused over the past months.</i>						

**MILKS/DESSERTS**

CAR19	CARROT JUICE Biona ORGANIC	12x500ml	14.92	1.99	V	5032722315471
COL51	COLA Dalstons	12x350ml	8.92	1.19	V	5060494810023
LEM51	LEMONADE Dalstons	12x350ml	8.92	1.19	V	5060494810030
ORA51	ORANGEADE Dalstons	12x350ml	8.92	1.19	V	5060494810047
<i>A range of modern bearded and tattooed sodas of the hipster variety and rated highly in the office here for tasting like the names on the tin. Not a quality that is true of all soda. Distressed interior design not included in tin.</i>						

## new lines

CODE	NAME	PACKSIZE	PRICE	RSP	VAT	BARCODE
TUR03	TURMERIC JUICE Govinda ORGANIC	6x250ml	55.46	14.79	V	4038507007341
<i>Juiced from the root for maximum effectiveness and made from 100% turmeric for up to date fashionability. Available in yellow.</i>						
PUR25	PURDEY'S Edge	12x330ml	9.68	1.29	V	5057065451655
<i>This drink is not dissimilar to the existing Purdeys Rejuvenate but dressed in an elegant black bottle. We are unsure at this time whether future lines will be named after other members of U2.</i>						

### FRUIT CONCENTRATES

CON88	CONCENTRATE Suma Apple	6x500ml	18.71	4.99	V	5017601001867
CON88	CONCENTRATE Suma Apple ORGANIC	6x400ml	18.94	5.29	V	5017601001xxx
<i>Apple juice concentrate was a core wholefood line in past days but now enjoys more modest sales. We hope that these new varieties will kick start their sales back to former levels.</i>						

### BEVERAGES

PUK61	PUKKA TEA Lean Matcha Green ORGANIC	4x20bags	8.37	2.79	Z	5060519140807
PUK59	PUKKA TEA Turmeric Active ORGANIC	4x20bags	7.47	2.49	Z	5060519140753
YOG79	YOGI TEA Turmeric Chai ORGANIC	6x17bags	10.76	2.39	Z	4012824404168
<i>Yes, its yet more turmeric, this time in tea form.</i>						

### PERSONAL CARE

SHA67	SHAMPOO BAR Friendly Soap Lavender/Geranium	6x95g	8.76	2.63	V	634158845314
SOA90	SOAP Friendly Soap Detox Charcoal/Rosemary/Lime	6x95g	8.76	2.63	V	634158845321
SOA89	SOAP Friendly Soap Patchouli/Sandalwood	6x95g	7.08	2.12	V	634158845307
SOA72	SOAP SUMA Grapefruit/Aloe Vera	12x90g	9.80	1.47	V	5017601027355
SOA71	SOAP SUMA Hemp Oil/Vitamin E	12x90g	9.80	1.47	V	505017601027355
SOA69	SOAP SUMA White Lavender	12x90g	9.80	1.47	V	5017601027317

*You loved the Suma soap that we listed in the last price list so we've added three more varieties. The same is true of Friendly Soaps. And, yes, its true. They really are very friendly, have a look at their charming, "Why We Love OUR Suppliers" at the front of this pricelist.*

### SUPPLEMENTS/SPORTS/TONICS

PRO32	PROTEIN Pulsin Pea Chocolate	8x25g	9.28	1.86	V	5060142011239
PRO34	PROTEIN Pulsin Pea Chocolate	6x250g	52.44	13.98	V	5060142011215
PRO31	PROTEIN Pulsin Vanilla Whey	8x25g	9.28	1.86	V	5060142011246
PRO33	PROTEIN Pulsin Vanilla Whey	6x250g	52.44	13.98	V	5060142011222

*If you need extra protein, and some of us runners do need just that on occasion, here it is in a wholly pleasant form.*

### ECO TOILETRIES

FAC13	FACIAL TISSUES Ecoleaf 100% Recycled	24x1	22.35	1.49	V	5017601038214
KIT12	KITCHEN TOWELS Ecoleaf Jumbo 100% Recycled	12x1	17.18	2.29	V	5017601038238

*Nasal and culinary aids to cleanliness.*

### CLEANING PRODUCTS

MUL31	MULTI SURFACE CLEANER Ecoleaf	6x500ml	8.59	2.29	V	5017601030997
TOI41	TOILET CLEANER Ecoleaf Cool Blue	6x750ml	7.46	1.99	V	5017601038351
WAS61	WASHING UP LIQUID Ecoleaf Concentrated	6x500ml	9.59	2.56	V	5017601033677

*We have reservations about the GM staus of the Ecoleaf Dishwashing range but as other products are unaffected they are being added to this list.*

FAB23	FABRIC CONDITIONER Ecover Rose/Bergamont 25 Washes	8x750ml	10.05	2.01	V	5412533416312
FAB22	FABRIC CONDITIONER Ecover Rose/Bergamont 50 Washes	6x1.5lt	13.46	3.59	V	5412533416336

*Ecover are revamping their range by reducing volumes, changing fragrances and generally altering everything else including the dreaded and difficult barcodes.*

## delivery schedule

### January/February/March

Colchester/Chelmsford	Monday
Norfolk Broads	Monday
Norfolk South	Tuesday
Suffolk West	Tuesday
Ipswich Area	Wednesday
Suffolk Coast 1	Wednesday
Norwich and Surrounds 1	Wednesday
Norfolk North	Thursday
Cambridge/Norfolk West/Fens	Alternate Thursdays
Essex	Friday
Norwich and Surrounds 2	Friday
Suffolk Coast 2	Friday

*We deliver into all other areas by carrier.*

*Orders to be received by 10.30am for next day delivery.*

## info

### Vfogs boxes

*These indications, next to the product name in this price list, are for guidance only. We do our best to keep them up to date and correct but please check with us where safety may be at risk.*

*V= Vegan*

*F= Fairly Traded*

*O= Organic*

*G= Gluten Free*

*S= With Sugar*

## Delistings

**SOU75 - SOUP** Marigold Instant Sunshine Mushroom/Vit D ORGANIC 9x(4x24g), **TIN01 - TINNED MEAL** Geo Bombay Potatoes ORGANIC 6x400g, **TIN03 - TINNED MEAL** Geo Chick Pea/Lentil Dahl ORGANIC 6x400g, **TIN07 - TINNED MEAL** Geo Green Lentil/Red KidDahl ORGANIC 6x400g, **TIN04 - TINNED MEAL** Geo Saag Aloo ORGANIC 6x400g, **FRE05 - FREEKAH** Artisan Grains Microwave 6x250g, **SUG25 - SUGAR** Equal Exchange Raw Cane Fairtrade ORGANIC 10x500g, **BRO29 - RICE SYRUP** Crazy Jack ORGANIC 6x330g, **BAB20 - BABY FOOD** Goodness Gracious Carrot/Broccoli/Q ORGANIC 8x140g, **TOM12 - TOMATO KETCHUP** Whole Earth ORGANIC 12x340g, **GIN37 - GINGER PASTE** Biona ORGANIC 8x50g, **NOO16 - NOODLES** Clearspring Udon ORGANIC 6x200g, **SUN16 - SUNFLOWER OIL** Clearspring ORGANIC 6 x1ltr, **KEF09 - KEFIR SMOOTHIE** Nourish Strawberry 6x250ml, **PUD06 - PUDDING** Freaks of Nature Mango Fandango 6x90g, **PUD07 - PUDDING** Freaks of Nature Zingy Thingy 6x90g, **YOH62 - COCONUT YOGURT** Coconut Collaborative Blueberry 6x120g, **YOH60 - COCONUT YOGURT** Coconut Collaborative Natural 6x120g, **TOF28 - TOFU** Taifun FeTo Ferment Antipasti Puebla ORGANIC 5x125g, **MIS56 - MISO BROTH** Tideford No Soy Pep/CocCoriander ORGANIC 6x600g, **HUM10 - HUMMUS** San Amvrosia Fresh ORGANIC 3x340g, **COC55 - COCONUT ALT MILK** Koko Strawberry/Calcium 24x250ml, **COD08 - COCONUT ALT MILK** Koko Unsweetened 6x1ltr, **BEE05 - BEETROOT** Cawston Press Brilliant 10% Apple 6x1ltr, **BLU21 - BLUEBERRY JUICE** Stute 8x1ltr, **BEE08 - BEER** Sam Smiths Wheat ORGANIC 12x550ml, **NET09 - NETTLE/MATE H&H** 12x20bags, **PUK48 - PUKKA TEA** Green Jasmine Serene ORGANIC 4x20bags, **YOH11 - YOGI TEA** The Classic Tin ORGANIC 6x17bags, **GRE61(USEGRE22) - GREEN** Clipper ORGANIC 6x26bags, **TEA14 - EVERYDAY TEA** CADDY Clipper Fairtrade 6x80bags, **COF24 - COFFEE** Equal Exchange Beans City Roast Dark ORGANIC 8x227g, **DOG08 - DOGS SHAMPOO** Faith Calm Dog Lavender 6x400ml, **GIF10 - GIFT BOX** Faith Box (E1) 2xSkin Care 4x1, **GIF08 - GIFT SET** Faith Lavender Body Hand 4x1, **GIF09 - GIFT WASH BAG** Faith Coconut Shower Body Hand 4x1, **SHA35 - SHAMPOO** Faith Neem/Propolis 6x400ml, **BAT19 - SHOWER GEL** Faith Men's Ginger/Lime 6x400ml, **SHA31 - SHAMPOO** Faith Rosemary 1x5ltr, **SOA11 - SOAP** Faith Gift 3 Soap Pack 3x box, **BOD28 - BODY LOTION** Urtekram Nordic Berries ORGANIC 6x245ml, **HAN22 HAND CREAM** Urtekram Coconut ORGANIC 6x75ml, **LIP10 - LIP BALM** Urtekram Shea Butter ORGANIC 10x4.8g, **WAS09 - WASHING UP LIQUID** Ecover Lily/Lotus 12x1ltr, **SPR86 - SPROUTERS** BioSnacky Germinator 3 Teir 4x1, **EAR01 - EARCANDLES** Otsan 1x(2x1), **XXE01 - ESSENTIAL OIL** Tisserand Ylang Ylang 3x9ml, **XXH02 - RAW MULTIFLOWER HONY** Hilltop ORGANIC 10x370g, **XXW01 - WASHING UP LIQUID** Traidcraft Citrus 12x750ml