

CODE	NAME	PACKSIZE	PRICE	RSP	VAT	BARCODE
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NUTS

WAL11 WALNUTS 80% Halves Californian 9.98kg 110.67 Z
 As the inevitable decline of the UK falls into clearer focus as the months pass we have seen the grades of various commodities become slightly lower as commodity traders try to keep prices at acceptable levels. These top grade Californian walnuts have been added to complement the existing range for those who still wish to sell and use very good, albeit expensive, produce. Regular grade walnuts are Indian or East European these days and are noticeably inferior to US produce.

FLOUR

CHI03 CHICKPEA FLOUR Clearspring ORGANIC 8x250g 20.94 3.49 Z 5021554003199
 Clearspring have widen their range by adding this Gluten Free and Organic Gram Flour. As with all Clearspring foods high standards are assured.

COOKING/BAKING AIDS

BRO07 BROWNIE MIX Free & Easy Gluten/Dairy Free 4x350g 11.97 3.99 Z 5015285811758
 EGG08 EGG REPLACER Free & Easy 6x135g 10.31 2.29 Z 5015285811734
 Free and Easy provide several products on this list for the Vegan and Gluten Free market. Egg Replacers are popular amongst the vegan community who still hanker for the great joy that is scrambled eggs on toast. Complicated philosophical argument concerning this issue is not available on pack at this time.

PASTA

TOR39 TORTIGLIONI Clearspring Buckwheat ORGANIC 8x250g 16.74 2.79 Z 5021554003175
 Acton may be a long way from Naples but that is no reason why the formidable Clearspring should not sell Tortiglioni, a tube pasta rather like rigatoni with distinctive spiral scoring. This pasta particular is made of buckwheat.

OLIVES/CAPERS/MUSHROOMS

OLI62 OLIVES BLACK Mani Blaeuel Kalamata Al Naturale ORGANIC 6x180g 15.71 3.49 Z 5202423330077
 OLI63 OLIVES BLACK Mani Blaeuel Kalamata In Olive Oil ORGANIC 6x280g 20.21 4.49 Z 5202423200073
 OLI61 OLIVES GREEN Mani Blaeuel Al Naturale ORGANIC 6x180g 15.71 3.49 Z 5202423330084
 OLI64 OLIVES MIXED Mani Blaeuel Kalamata/Green Al Naturale ORG 6x180g 15.71 3.49 Z 5202423330060
 When Misha left Clearspring recently we thought that we had heard the last of this extremely engaging young man. He had started working on a project selling olives grown in Greece. I explained to him that we had rather a large selection of this type of produce but Misha replied that I really had to taste this particular produce. So I did and hand on heart I have to say that these particular olives are as good as any that I have ever tasted in my life. I commend them to your attention.

BARs

BOU41 BOUNCE BALL VLife Vegan Energy Almond/Kale 12x40g 15.96 1.77 Z 5060411920293
 BOU44 BOUNCE BALL VLife Vegan Energy Almond/Spirulina 12x40g 15.96 1.77 Z 5060411920309
 BOU42 BOUNCE BALL VLife Vegan Energy Beetroot/Cashew 12x40g 15.96 1.77 Z 5060411920316
 BOU45 BOUNCE BALL VLife Vegan Energy Cashew/Pecan 12x40g 15.96 1.77 Z 5060411920330
 BOU43 BOUNCE BALL VLife Vegan Energy Coconut/Cumin 12x40g 15.96 1.77 Z 5060411920323
 They're vegan, they're full of energy and they are round. That should be enough to secure a future for Bounce in what has become our most recently 'very crowded indeed' category.
 FRU25 FRUIT BAR Fairground Apricot/Almond Fairtrade ORGANIC 24x40g 20.85 1.39 V 797776194544
 FRU24 FRUIT BAR Fairground Mango/Cashew Fairtrade ORGANIC 24x40g 20.85 1.39 V 797776194537
 I have had the pleasure and privilege of working with Tim Powell for around four decades. A senior director at Community Foods through this time he inspired and played a major role in administering the progress of the most admirable company that I have ever worked with. Tim left Community a few years ago and has since then been working with individuals and communities in Africa. As a natural extension of this activity (and maybe because he was pining for us back in the wholefood world?) Tim has decided to launch two new fruit and nut bars under his new Fairground brand. Both are 100% Organic and 100% Fairtrade. A unique offering (and not in the American sense of 'unique' where it means, 'a little bit unusual') which has the dual merits of being very simple, just three ingredients in each bar, and tasting really very good indeed. 100% Rainbow endorsed and recommended to you.
 BAR60 BAR Meridian Peanut/Coconut 18x40g 13.38 1.19 V 5060132282939
 BAR50 BAR Meridian Peanut/Pumpkin 18x40g 13.38 1.19 V 5060132282915
 Meridian nut based bars have been rather a success and in their style they have quickly expanded the range to include lots of options. The new choices are with peanut and coconut and pumpkin respectively.
 NAK42 NAKD BAR Lemon Drizzle 18x35g 9.76 0.87 V 5060088705926
 A new Nak'd bar with the same appearance and price as the others but with lemon, a fruit that originated in India and entered Italy at the time of the Ancient Romans. The ideal Nak'd bar if you suspect that you might have contracted scurvy.
 TRE30 TREK BAR Cocoa Peanut Peak 14x60g 11.29 1.29 V 5060088705377
 TRE27 TREK BAR Cranberry Kick 14x60g 11.29 1.29 V 5060088705414
 TRE28 TREK BAR Toffee Triumph 14x60g 11.29 1.29 V 5060088705391
 The makers of Nak'd also make TREK bars for those who want something a little less wholesome. The range is very successful and there is little doubt that these three new varieties will be in demand. I was surprised to learn that these bars count as one of your five a day.

CHOCOLATE/CAROB

CHS54 CHOCOLATE ALMONDS Raw Choc Co ORGANIC 6x110g 22.46 5.99 V 5060135240073
 CHS55 CHOCOLATE ALMONDS Raw Choc Co ORGANIC 6x125g 22.46 5.99 V 5060135241773
 Raw Chocolate Almonds are a very seriously enjoyable proposition. They have a lightness that is not there with usual chocolate but are equally irresistible.
 CHU35 CHOCOLATE BAR iChoc Expedition Jungle Bites ORGANIC 15x50g 17.72 1.89 V 4044889003055

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CHU37 CHOCOLATE BAR iChoc Expedition Sunny Almond ORGANIC 15x50g 17.72 1.89 V 4044889003062
 iChoc's extremely successful vegan (yes, its that word again) chocolate range branches out in a slightly different direction with these two slightly smaller bars made with coconut blossom sugar and inevitably containing superfoods.

CRISPS/THE LIKE

COC71 COCONUT PECKS Inspiral Salted Caramel ORGANIC 10x25g 8.90 1.19 Z 5060425980221
 Salted Caramel is the way that everything develops in the contemporary food trade and Inspiral have a new Peck of this nature. Let us not forget that this is salt and sugar with a market adjusted name.
 CRJ11 CRISPS HOMMUS Cofresh Sea Salt ORGANIC 10x100g 14.92 1.99 Z 5026489494746
 CRJ10 CRISPS LENTIL Cofresh Sea Salt ORGANIC 10x100g 14.92 1.99 Z 5026489494722
 STR13 STRAWS Cofresh Veggie ORGANIC 10x100g 14.92 1.99 Z 5026489494708
 If you sell them you will know well that CoFresh were the outstanding sellers of 2016. Our Stock Team were only just able to keep up with the rate at which you were buying all of these lines from us. We bought more, you bought even more and so on. CoFresh are introducing Organic versions of the Crisps and Straws. The premium is not that great so we expect these new lines to go at some pace.

COOKING/BAKING AIDS

EAS06 EASY EGG Orgran Vegan 8x250g 23.92 3.99 Z 720516024450
 Another vegan product for those missing egg related products. Offering excludes boiled egg and soldiers.

BREAD/CAKE

BRE43 BREAD PITTA Spelt ORGANIC 12x260g 16.02 1.78 Z 8714685903397
 We are not sure if Pitta Bread was made with Spelt in Mesopotamia when it originated back in 2500BC. But it is now.

RICE CAKES/CRACKERS/OATCAKES

CRI12 CRISPBREAD Le Pain des Fleurs Corn/Rice ORGANIC 6x125g 11.21 2.49 Z 3380380078088
 CRI07 CRISPBREAD Le Pain des Fleurs Oat ORGANIC 6x125g 13.44 2.99 Z 3380380078071
 CRI06 CRISPBREAD Le Pain des Fleurs Tiger Nut ORGANIC 6x125g 15.72 3.49 Z 3380380076657
 A widened range of Pain Des Fleurs Organic breads made without fat or dairy. Allez les crispbreads.
 CRI21 CRISPBREAD Orgran Lite Grain 5x130g 10.85 2.89 Z 720516023743
 OAT22 OAT CAKES Nairn's Cheese Gluten Free 6x(5x23g) 8.06 1.79 Z 6123220005854
 OAT23 OAT CAKES Nairn's Seeded 8x180g 12.89 2.15 Z 612322000417
 With Scotland still part of the UK (just) it is no surprise that Oatcakes are still as popular as ever. With little irony these are new and healthier versions of this traditional cheese coduit.

SPREADS/PATES/DIPS

ALM10 ALMOND/COCONUT BUTTER Biona ORGANIC 6x170g 21.11 4.69 Z 5032722315518
 PNB56 PEANUT/COCONUT BUTTER Biona ORGANIC 6x170g 10.76 2.39 Z 5032722315600
 ALM30 ALMOND/COCONUT BUTTER Meridian 6x454g 38.20 8.49 Z 5060132283301
 CAS20 CASHEW BUTTER Meridian crunchy 100%no salt 6x454g 38.20 8.49 Z 5060132282816
 COD06 COCOA/HAZEL BUTTER Meridian 6x170g 17.95 3.99 Z 5060132282977
 COD07 COCOA/PEANUT BUTTER Meridian 6x280g 12.56 2.79 Z 5060132282953
 PNB23 PEANUT /COCONUT BUTTER Meridian 6x454g 17.95 3.99 Z 5060132283325
 PNB06 PEANUT BUTTER Meridian crunchy ORGANIC 6x454g 17.95 3.99 Z 5060132283240
 PNB18 PEANUT BUTTER Meridian smooth 100%no salt ORGANIC 6x454g 17.95 3.99 Z 5060132283226
 Nut butters are in great demand and brand holders are keen to offer a full range of sizes and new varieties. With cocoa, with cashew, with hazel and so on. All Meridian butters display the spectacularly unclear on-pack communication as to the salt content. Yes, it's that orang-utan and his placard that signifies the salt content with that not-terribly-clear '100%' terminology. Sherlock Holmes is probably the only person who can manage to purchase the nut butter that is on his shopping list. Anyway, full marks to the Product Development Department for these well thought out new varieties they taste great.
 PNB28 PEANUT BUTTER POWERBALLS Whole Earth Classic 6x50g 7.47 1.66 Z 5013665113935
 PNB26 PEANUT BUTTER POWERBALLS Whole Earth Coconut 6x50g 7.47 1.66 Z 5013665113973
 PNB27 PEANUT BUTTER POWERBALLS Whole Earth Goji/Red Berries 6x50g 7.47 1.66 Z 5013665113959
 PNB25 PEANUT BUTTER POWERBALLS Whole Earth Pumpkin/Chia/Flax 6x50g 7.47 1.66 Z 5013665113997
 Whole Earth new spherical offering of peanut butter and superfoods. No corners have been harmed in the production of these products.
 TAH18 TAHINI Meridian Light 6x454g 17.95 3.99 Z 5060132283288
 TAH19 TAHINI Meridian Light ORGANIC 6x454g 20.20 4.49 Z 5060132283264
 Meridian have added a 454g plastic tub size of several existing lines. Tahini is one of them.

TINNED FOOD

TIN32 TINNED BEANS Biona Borlotti ORGANIC 6x400g 4.46 0.99 Z 5032722315341
 Borlotti beans are very popular in Italy and Portugal where they are sometimes known as cranberry beans. These Biona tins seem to be very good value at £0.99p.
 BAK09 BAKED BEANS Suma Vegan Sausages ORGANIC 12x400g 14.29 1.59 Z 1234567890
 Resolutions are there to be broken at some time or the other and so it is with light trepidation and assessing of water under bridges that we détente-style list these tins from the Northern Wholefood Co-op. Tinned Baked Beans with Vegan Sausages are in demand and we are keen to help the vegan community with their East Anglian sausage dilemma.

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FAST FOOD

FAL07	FALAFEL MIX Free & Easy Gluten/Dairy Free	4x195g	8.37	2.79	Z	5015285844741
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VINEGARS/SALT

CYD29	CYDER VINEGAR Clearspring with Mother ORGANIC	6x500ml	12.56	2.79	Z	5021554003090
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Enzymes, friendly bacteria and proteins make these cyder vinegars rather murky but they are also what makes it so beneficial to digestion and thus wellbeing. Christopher's Clearspring always, but always, use first class ingredients in their products so I have no hesitation in recommending this apple related vinegar which is neither heat treated or pasturised.

OILS/BUTTER/MARG

OLI51	OLIVE OIL Mani Blaeuel Greek Extra Virgin ORGANIC	6x1ltr	58.46	12.99	Z	520242300172
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Truly fantastic olive oil. Too good to cook with and worth savouring.

YOGHURT

YOH92	YOGURT Nush Almond Milk Blueberry	6x125g	8.95	1.99	Z	5060298880741
YOH97	YOGURT Nush Almond Milk Caramel/Hibiscus#	6x125g	8.95	1.99	Z	5060298880710
YOH96	YOGURT Nush Almond Milk Melba#	6x125g	8.95	1.99	Z	5060298880536
YOH93	YOGURT Nush Almond Milk Natural	6x125g	8.95	1.99	Z	5060298880512
YOH98	YOGURT Nush Almond Milk Natural#	6x350g	17.95	3.99	Z	5060298880581
YOH94	YOGURT Nush Cashew Milk Natural	6x125g	8.95	1.99	Z	5060298880802
YOH99	YOGURT Nush Cashew Milk Natural#	6x350g	17.95	3.99	Z	5060298880826
YOH95	YOGURT Nush Cashew Milk Vanilla	6x125g	8.95	1.99	Z	5060298880864

We were back at the fridge again and wondering how we could help Norwich's (and Rainbow's) ever increasing vegan population keep up with all of the new and interesting yoghurts that are around. The answer turned out to be Nush, a range of almond and cashew based yoghurt products. These are a little different from the coconut products and taste really rather good.

CHILLED

BUR06	BURGER Biona Black Bean/Cashew Nut ORGANIC	8x160g	23.34	3.89	Z	5032722315679
BUR05	BURGER Biona Red Lentil/Sunflower Seed ORGANIC	8x160g	23.34	3.89	Z	5032722315686
TOF47	TOFU Taifun Anniversary ORGANIC	6x300g	11.12	2.47	Z	4012359110503
TOF29	TOFU Taifun FeTo Fermented Antipasti Korfu ORGANIC	5x125g	14.96	3.99	Z	4012359185006
TOF28	TOFU Taifun FeTo Fermented Antipasti Puebla ORGANIC	5x125g	14.96	3.99	Z	4012359185105

Taifun are a great company who are dedicated to making excellent tofu and also to feeding the hungry workers at wholefood trade shows. Long may they thrive. To celebrate their 30th year there is a new special issue tofu and joining it are a pair of strangely popular fermented tofus. The aesthetic merit of this particular style of tofu is somewhat lost on me but I've been told very clearly that I'm in a minority on this. Trade show tip: This is the best food available on site in almost every show. Visit their stand around 1pm and smile sweetly.

MILKS/DESSERTS

COC32	COCONUT CREAM Biona Tinned ORGANIC	6x400ml	9.86	2.19	Z	5032722315495
COC42	COCONUT MILK POWDER Biona ORGANIC	12x400ml	35.91	3.99	Z	5032722315440

Just when you thought it was safe to go back to the Coconut shelves of your shop...Two new ambient lines which just have to be fitted in. Now if I put that sideways and squash that next to this then maybe....etc etc.

DRINKS

WIT09	WITHOUT THE HANGOVER Belvoir Red Shiraz	6x750ml	12.45	3.32	V	5022019270163
WIT06	WITHOUT THE HANGOVER Belvoir Sparkling Rose	6x750ml	12.45	3.32	V	5022019290161
WIT07	WITHOUT THE HANGOVER Belvoir White Chardonnay	6x750ml	12.45	3.32	V	5022019280162

It's an attractively packaged drink that looks like wine and tastes somewhat like wine but contains no alcohol. I'm not sure why. Best served very cold.

POM10	POMEGRANATE JUICE Biogroupe 100% ORGANIC	10x750ml	21.19	3.39	V	1234567890
BLO24	BLOOD ORANGE Lemonaid Fairtrade Bottles ORGANIC	24x330ml	23.76	1.58	V	42282297
ICE26	ICED BLACK TEA Lemonaid Lemon FT Bottles ORGANIC	24x330ml	23.76	1.32	Z	42282303
ICE25	ICED GREEN TEA Lemonaid Ginger/Honey FT Bottles ORGANIC	24x330ml	23.76	1.32	Z	42282310
ICE27	ICED MATE TEA Lemonaid Sparkling FT Bottles ORGANIC	24x330ml	23.76	1.32	Z	42282334
ICE24	ICED RED ROOIBOS Lemonaid Passion Fruit FT Bottles ORGANIC	24x330ml	23.76	1.32	Z	42282327
LIM24	LIME Lemonaid Fairtrade Bottles ORGANIC	24x330ml	23.76	1.58	V	42282273
PAS24	PASSION FRUIT Lemonaid Fairtrade Bottles ORGANIC	24x330ml	23.76	1.58	V	42282280

This charitable NGO is selling 100% Fairtrade and 100% Organic iced teas and juice in startingly contemporarily designed bottles. What's not to like? Actually the iced Mate might be the answer to that question but the rest of the range tastes great.

GIN17	GINGER BEER Fentimans Muddled Lime	8x500ml	9.95	1.99	V	5029396000444
LEM22	LEMONADE Fentimans Bitter	8x500ml	9.95	1.99	V	5029396000475
LEM17	LEMONADE Fentimans Rose	8x500ml	9.95	1.99	V	5029396000451
TON21	TONIC WATER Fentimans Botanical	8x500ml	9.95	1.99	V	5029396000420
TON22	TONIC WATER Fentimans Indian	8x500ml	9.95	1.99	V	5029396000116

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TON24	TONIC WATER Fentimans Naturally Light	8x500ml	9.95	1.99	V	5029396000413
TON23	TONIC WATER Fentimans Pink Grapefruit	8x500ml	9.95	1.99	V	5029396000437

Fentimans have decided to head abreast of the massive increase in gin drinking by offering a range of fancy tonic waters in rather alluring looking bottles. As I, rather to my own surprise, haven't had an alcoholic drink since 31st December 2016 I have been unable to explore that particularly murky but delicious alleyway.

KOM32	KOMBUCHA Captain Kombucha Californian Raspberry ORGANIC	8x400ml	14.43	2.89	V	5600787049022
KOM31	KOMBUCHA Captain Kombucha Coconut Summer Beach ORGANIC	8x400ml	14.43	2.89	V	5600787049084
KOM30	KOMBUCHA Captain Kombucha Original ORGANIC	8x400ml	14.43	2.89	V	5600787049046

Ambient Kombucha from the splendidly and somewhat immodestly named Captain Kombutcha. Full nautical imagery is provided on every bottle as is a depiction of said bearded seafaring senior ranking mariner.

SPA05	SPARKLING BLACKCURRANT/ELDERFLOWER Rocks ORGANIC	12x250ml	8.40	1.12	V	5023762000458
SPA06	SPARKLING ELDERFLOWER Rocks ORGANIC	12x250ml	8.40	1.12	V	5023762000571
SPA07	SPARKLING GINGER/WASABI Rocks ORGANIC	12x250ml	8.40	1.12	V	5023762000496
LEM19	SPARKLING LEMONADE Rocks Pink ORGANIC	12x250ml	8.40	1.12	V	5023762000533
SPA08	SPARKLING MANGO/ORANGE Rocks ORGANIC	12x250ml	8.40	1.12	V	5023762000557
SPA12	SPARKLING RASPBERRY/LIME Rocks ORGANIC	12x250ml	8.40	1.12	V	5023762000434
SPA04	SPARKLING STRAWBERRY/BLACKCURRANT Rocks ORGANIC	12x250ml	8.40	1.12	V	5023762000410

A range of Organic ready to drink products from Rocks. Although the bottle label states that they contain '100% Organic Fruit' we would like to clarify that the fruit is 100% Organic but the ingredients are not 100% fruit, indeed sugar is the main ingredient after water. Good to drink out of the fridge.

BEVERAGES

CHA10	CHAMOMILE/LAVENDER Celestial Seasonings ORGANIC	6x20bags	13.30	2.96	Z	70734538247
CIN06	CINNAMON/CARDAMOM Celestial Seasonings ORGANIC	6x20bags	13.30	2.96	Z	70734538254
GIN31	GINGER/TURMERIC Celestial Seasonings ORGANIC	6x20bags	13.30	2.96	Z	70734538223
MAT08	MATCHA GREEN Celestial Seasonings ORGANIC	6x20bags	13.30	2.96	Z	70734538230

Celestial Seasonings introduce more herb tea blends including the sure to be successful Turmeric and Ginger. Following internet rumours (cue large sigh as head goes into hands) alleging that there were high chemical residues on these products we have obtained very full test results from the company showing that in fact they contain the levels that one might expect of regular Organic teas.

PUK55	PUKKA TEA Green Collection ORGANIC	4x20bags	8.97	2.99	Z	5060229015044
PUK56	PUKKA TEA Green/Wonderberry ORGANIC	4x20bags	8.37	2.79	Z	5060229017680
PUK58	PUKKA TEA Motherkind Baby ORGANIC	4x20bags	7.47	2.49	Z	45060229015073
PUK57	PUKKA TEA Motherkind Pregnancy ORGANIC	4x20bags	7.47	2.49	Z	5060229015068

Further additions to the Pukka range including the Motherkind pregnancy and baby lines.

MAT00	MATCHA Clearspring Green Powder Premium ORGANIC	6x(8x1g)	28.13	6.25	Z	5021554003236
MAT01	MATCHA Clearspring Green Powder Premium ORGANIC#	1kg	144.75	0.00	Z	

Everyone wants Matcha tea so now we have it in 1kg bags and also in shot size packs which I think covers all bases.

GRE03	GREEN Clipper Detox Fairtrade ORGANIC	4x20bags	6.57	2.19	Z	5021991940484
GRE02	GREEN Clipper Energise Fairtrade ORGANIC	4x20bags	6.57	2.19	Z	5021991940507
GRE04	GREEN DECAF Clipper Sleepy Fairtrade ORGANIC	4x20bags	6.57	2.19	Z	5021991940477

Clipper expand their already burgeoning green tea range.

PERSONAL CARE

SOA23	SOAP BAR Dr Bronners Baby Unscented ORGANIC	12x140g	31.44	4.19	V	18787782057
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I think it is universally agreed that babies smell about as good as it gets (most of the time) so Dr. Bronners decision to provide unscented soap especially for them makes perfect sense.

ALO06	ALOE GEL Urtekram ORGANIC	6x100ml	22.24	6.67	V	5765228838785
BOD28	BODY LOTION Urtekram Nordic Berries ORGANIC	6x245ml	23.41	7.02	V	5765228836545
BOD29	BODY/FACE LOTION Urtekram Men ORGANIC	6x150ml	16.63	4.99	V	5765228836620
CON53	CONDITIONER SPRAY Urtekram Coconut ORGANIC	6x250ml	16.77	5.03	V	5765228837917
CON43	CONDITIONER Urtekram Nordic Berries ORGANIC	6x200ml	16.63	4.99	V	5765228836521
DEO28	DEODORANT Urtekram Coconut Cream ORGANIC	6x50ml	17.12	5.14	V	5765228837900
DEO29	DEODORANT Urtekram Roll On Men ORGANIC	6x50ml	13.60	4.08	V	5765228836637
HAN22	HAND CREAM Urtekram Coconut ORGANIC	6x75ml	15.23	4.57	V	5765228837894
HAN08	HAND SOAP Urtekram Coconut ORGANIC	6x245ml	24.33	7.30	V	5765228837887
LIP10	LIP BALM Urtekram Shea Butter ORGANIC	10x4.8g	27.22	4.90	V	5765228838778
SHA18	SHAMPOO Urtekram Nordic Berries (Normal) ORGANIC	6x250ml	18.73	5.62	V	5765228836514
SHA17	SHAMPOO/BODY WASH Urtekram Men ORGANIC	6x150ml	13.60	4.08	V	5765228836613
SHO35	SHOWER GEL Urtekram Nordic Berries ORGANIC	6x500ml	25.73	7.72	V	5765228836682

A wide range of additions to the Urtekram range of personal care lines. Most of these contain either Nordic Berries or Coconut.

DEN06	DENTAL FLOSS Woobamboo Silk	6x19g	24.36	6.50	V	10862692000297
TOO12	TOOTHBRUSH Woobamboo Adult Medium	6x1	16.86	4.50	V	10862692000235
TOO13	TOOTHBRUSH Woobamboo Adult Soft	12x1	33.72	4.50	V	10862692000204
TOO10	TOOTHBRUSH Woobamboo Kids	12x(2x1)	44.88	5.98	V	10862692000266
TOO11	TOOTHBRUSH Woobamboo Slim Medium	12x1	33.72	4.50	V	10862692000204

Wooden toothbrushes and a silk floss with green credentials make up these dental innovations.

new lines

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SUPPLEMENTS/SPORTS/TONICS

FLO34	FLORADIX Detox Bio ORGANIC	16x250ml	149.92	16.87	V	4004148326332
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Well known tonic brand Floradix has, at last, added an Organic variety. It isn't cheap but there's a lot of good stuff in there.

CLEANING PRODUCTS

TOI30	TOILET FRESHENER Ecozone Forever Flush Indigo	12x250g	34.92	4.66	V	1234567890
TOI31	TOILET FRESHENER Ecozone Forever Flush Jade	12x250g	34.92	4.66	V	5060101531419
WIN08	WINDOW/GLASS CLEANER Ecozone	6x500ml	10.44	2.78	V	5060101530979
WIP08	WIPES Ecozone Multi Surface Anti-Bacterial	8x(40x1)	11.60	2.32	V	5060101530870
WAS09	WASHING UP LIQUID Ecover Lily/Lotus	12x1ltr	19.05	2.54	V	5412533414141

Two further shades of freshener to inhabit your toilet bowl. Forever flush indeed.

Additional cleaning lines from established brands Ecover and Ecozone.

MISCELLENEOUS

DOG05	DOGS FOOD Ami Vegan	8x600g	34.14	6.83	V	1234567890
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We decided not to list Ami's vegan cat food in this range as we were not convinced that it would promote good feline health but had no such reservations about this vegan canine repas. End users but one need to be careful and observant of their best friend but there should be no problems.

new lines review

NAIRNS SUPER SEEDED OATCAKES

Introducing Nairn's NEW Super Seeded Oatcake: At Nairn's we know our oats- we've been baking them since 1896. And that's why we've created a delicious gluten free range that everyone can enjoy. Naturally, Oats don't contain gluten but can be contaminated by other grains. Nairn's gluten free oats are carefully sourced, farmed and milled to ensure they are safe to eat. We bake all our products in a dedicated gluten free bakery, testing every batch to Elisa standards. GET 20% OFF OUR GLUTEN FREE RANGE



WOOBAMBOO ECO-AWESOME DENTAL CARE

WooBamboo exists to provide an eco-friendly alternative to the billions of landfill clogging oral care products purchased every year. The range currently includes bamboo toothbrushes for children and adults plus biodegradable floss. The bamboo used in the toothbrushes is sustainable, biodegradable, organic and not the type eaten by pandas! WooBamboo brushes last as long as a regular toothbrush and feature high quality dental grade bristles that can be recycled. All packaging is made from recycled and recyclable materials. Big changes happen if we all make small steps and these products serve as an inspirational reminder that a small step has been made towards a cleaner planet. Dentist Approved, Mother Nature Recommended!

MERIDIAN - NEW HAZELNUT AND PEANUT BUTTERS WITH COCOA

Delivering all the deliciously nutty taste of roasted peanuts and hazelnuts with the decadent taste of pure unadulterated cocoa, it's simply lip-smacking indulgence at its finest. With more delicious taste from naturally sourced ingredients, the nut butters are made with peanuts and hazelnuts respectively and blended with cocoa powder, pure coconut and a dash of honey. Offering two dark chocolatey treats that are perfect for spreading on your favourite snack or, let's be real, eating with a spoon!



info

Delistings

'for we shall see them no longer upon our shelves'

- Bottled Spinach Biona
- Amisa Bread Mix
- Sunita Bruschetta Red Pepper
- Big Oz Millet Flakes
- Chamomile 1kg
- Doisy & Dam some flavours
- Dr. Karg Cranberry
- Hilltop Honeycomb
- Good Hemp Coconut Milk
- Belvoir Botanicals
- Charcoal
- Green and Blacks Thin Dark
- Coconom Sugar
- Primroses 5 Seed Butter
- Frutus Bars
- Source Miso
- Bon Pom Psyllium
- Big Oz Millet Flour
- Nature Addicts
- Soulful Dressings
- Ecover 5lt Shower Liquid
- Sukrin Gold Sugar Alternatives
- Yacon Syrup Of The Earth

delivery schedule

April/May/June

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.

Payment Methods

We no longer accept payment by cash for security reasons. Thanks for your understanding and help in making this change.

We accept payment by:

- BACS Payment: Sort Code 40-35-09 Account: 81181408
- Cheque (trade references will be required)
- Debit Card
- Credit Card (Visa and Mastercard) at 1% surcharge

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

