

# promotions review

## ECOVER ZERO RANGE

ECOVER ZERO contains no fragrance, no colourings and is dermatologically tested. Approved by Allergy UK, it takes care of cleaning without harming sensitive skin.

## new line review

### HIPPEAS

HIPPEAS are redefining snacking with their unique, organic chickpea puffs and disruptive branding. Premium but affordable, HIPPEAS reflect the wants of today's consumers - to eat healthy, convenient snacks that are better-for-you and have a positive social impact. With three grams of fibre and four grams of protein per single serving, HIPPEAS is the new go-to snack choice for consumers who demand tasty snacks made with high-quality ingredients. Following their belief that "tastes good" and "do good" are two philosophies that should go hand in hand, HIPPEAS have partnered with Farm Africa, a charity working to end hunger and bring wealth to rural eastern Africa. Hippeas is the tastiest growing free-from brand in snacking and in two years has become the largest, new snack brand in the healthy snacks category (IRI May 2018)

### YOGI TEA

A new addition to the 17 tea bag range is Alkaline Herbs. This organic and ayurvedic tea blend has been created to help regulate the acid-alkali base balance. Free from tea leaf and so caffeine free, this tea contains a broad range of popular herbs, such as dandelion, nettle and lavender, which are renowned for their health benefits and taste. All the ingredients have a pH level above 7 and so are alkaline in nature. September also sees the re-launch of the First Selection variety pack, with 3 tea bags of each of the following 6 best sellers: Classic / Licorice / Ginger Lemon / Turmeric Chai / Green Tea Matcha Lemon & Women's Balance.

### YOGI TEA FREE BACKPACKS

Reward your customers by giving them a free Yogi Tea cotton backpack, every time they purchase any 3 packets of Yogi Tea. The bags are packed in a case of 6, so to acquire a case, you will need to order any 3 cases of Yogi Tea (18 packets). The backpacks are made from fairtrade cotton, with strong secure straps and are large enough to hold several items (A2Zm H X 34cm V). The outside of the bag is decorated with a henna design, plus the Yogi Tea logo and strapline 'Feel good, be good, do good'. The stock of the bags is limited, so please order your requirements early to avoid disappointment.

### YOGI TEA CHRISTMAS TEA

For the first time since the successful launch of 2015, the Yogi Tea Christmas Tea is having a slight change to the recipe, so the 2018 pack has a new item code number and new barcodes, but remains at the same Trade Cost price/RSP as last year. The recipe change is the addition of Honeybush, a wild flower from South Africa which adds a mild, sweet honey flavour. The other core ingredients - Rooibos, cinnamon, Star Anise and Cloves remain the same. This year's chosen charity is called "Liprom" and has been selected because it supports girls and young women from developing and emerging countries, via a writing project to improve their language and literature skills, which enhances their prospects in further education and with career opportunities. As previously, this product is a limited edition with stock available from late August, so please order early to ensure you obtain the quantity you require.

### DIVINE ORGANIC AND FAIRTRADE

Refreshing lemon infused in deliciously rich 85% organic dark chocolate. Crunchy cocoa nibs wrapped in deliciously rich 85% organic dark chocolate. Warming ginger and aromatic turmeric blended in deliciously rich 85% organic dark chocolate. Real blueberry and popped quinoa, wrapped in deliciously rich 85% organic dark chocolate. Intense and powerful 95% organic dark chocolate, rich in cocoa flavour.

### BUMBLEZEST

BumbleZest drinks is a London based, husband and wife, start-up which launched in June 2017. They have a range of all natural, tasty, low sugar/zero carbs health shots designed to be taken on the go. Each little 50ml glass bottle is packed full of 8-10 different natural superfoods or other functional ingredients. The bottles contain no preservatives, additives, GMO's or colours, they're also gluten, dairy, lactose and nut free. BumbleZest use environmentally friendly little robust glass bottles and aluminium caps - plus are also Carbon Neutral. They offset any remaining carbon emissions using official environmental projects, such as planting trees and Amazon reforestation prevention.

## DIVINE

The Divine Organic range is made with cocoa from Sao Tome, a beautiful forest covered volcanic island that sits right on the Equator, off the west coast of Africa. It was the first African country to grow cocoa and in 1913 it was the biggest producer in the world which earned it the title of "Chocolate Island". Today the farming communities in Sao Tome are working hard to revive their cocoa industry. CECAO-11 co-operative, established in 2009 with 11 villages, is now flourishing and has grown to include 20 cocoa farming communities. The co-op is both Fairtrade and Organic certified and its farmers are all trained to tend their trees and to carefully ferment and dry their beans in the sun to produce their excellent and distinctive cocoa.



## new line review

## new lines

CODE	NAME	PACK/SIZE	PRICE	RSP	VAT CAT	BARCODE
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**DRIED FRUIT** ..... 18x40g ..... £9.36 ..... £0.69 ..... Z ..... 5012246005355

ARRP9 APRICOTS Crazy Jack Ready To Eat ORGANIC ..... 18x40g ..... £9.36 ..... £0.69 ..... Z ..... 5012246005355  
 Organic apricots are particularly good to eat for several reasons one of which is the absence of sulphur. This chemical is used to preserve the yellow colour in the conventional crop and without it the fruit looks dark brown. The taste is very different with a juicier flavour, making with the rich taste of the apricot. SO2 actually has quite a strong flavour that many users identify as part of the taste of dried apricots but without it things taste far more interesting.

**GRAIN** ..... 12x250g ..... £26.91 ..... £2.99 ..... Z ..... 5060324810889

QUJ32 QUINOA Hohmedod Flakes ORGANIC ..... 12x250g ..... £26.91 ..... £2.99 ..... Z ..... 5060324810889  
 Homebased are our Suffolk based neighbours and they sell exclusively British pulses and grains. We are offering as wide a range of their goods as we can because their project is just so positive and, most critically, they have developed East Anglia's first quinoa crop.

### CEREALS BRANDED

MUE10 MUESLI Alara Active Lite ORGANIC ..... 6x250g ..... £17.95 ..... £3.99 ..... Z ..... 5016786001846  
 MUE09 MUESLI Alara gluten Free Cranberry/Goji ORGANIC ..... 6x450g ..... £17.95 ..... £3.99 ..... Z ..... 5016786001822  
 MUE08 MUESLI Alara Rich ORGANIC ..... 6x500g ..... £13.45 ..... £2.99 ..... Z ..... 5016786000009  
 POR10 PORRIDGE Alara Gluten Free Scottish Oats ORGANIC ..... 6x500g ..... £17.95 ..... £3.99 ..... Z ..... 5016786000160  
 Since Alex found his £2 all those years ago Alara have grown in all directions. This year they have got around to rebranding and adding quite a lot of new lines. As this company is the muesli kakhulu (its Zulu for supremo) we have embraced all of their updating.

WHE15 WHEATGERM ..... 15kg ..... £27.97  
 WHE18 WHEATGERM ..... 5kg ..... £13.71  
 Supplies of wheatgerm have been very patchy over the last year and there have been times when we have forgotten what a Marjorger cake looks like. Like all wheatgerm this stuff is cheap and short dated which makes it perfectly unsuitable for keeping in stock. But at least it is here.

### FLOUR

CAK55 CAKE MIX FreeEzzy Gluten/Dairy Free Coffee Cake ..... 4x350g ..... £11.97 ..... £3.99 ..... Z ..... 5015285000008  
 CAK54 CAKE MIX FreeEzzy Gluten/Dairy Free Lemon/Poppyseed Cake ..... 4x350g ..... £10.47 ..... £3.49 ..... Z ..... 5015285000015  
 Free & Easy have added a couple of new cake mixes to their cakestastic collection. Roman poet Ovid mentions cake in his first book in exile but he was not referring to a baked mixture and there is no mention of coffee, or walnuts, coffee. Had these products existed those ancient times Publius Ovidius Naso, as Ovid was also known, would almost certainly have named them Facilis Libero.

### TOMATOES

TM019 TOMATO PUREE Taramella Double Concentrated ORGANIC ..... 12x3x70g ..... £13.44 ..... £1.49 ..... Z ..... 5012246005348  
 There is much to commend the small tin. It avoids squirts of tomato puree expressing themselves against the formerly pristine white swatches of your refrigerator and it cuts fresh tomato to size into the recipe rather than a slightly crimson goo which worryingly unknown and unmeasured part. These tins are Organic because it is best and double concentrated because that's 200% as good as single concentrated, please note that in football units this would equate to 220%.

### SUPERFOOD

CHI33 CHIA SEEDS Hohmedod British ..... 10x200g ..... £18.70 ..... £2.49 ..... Z ..... 5060324811190  
 Grown by Peter and Andrew Fairs in Essex, these chia seeds are the result of five years of crop trials and developments. The tiny oil-rich seeds are harvested from the Salvia hispanica plant, a member of the mint family originating in central America, where chia was a staple food in Aztec cultures, alongside beans and corn.

CONFECTIONERY

SWE37	SWEETS Borsani Reduced Sugar Furry Stars ORGANIC	12x50g	£13.43	£1.79	V	5032722316539
SWE36	SWEETS Borsani Reduced Sugar Tropical Kisses ORGANIC	12x50g	£14.93	£1.99	V	5032722316522
<i>Borsani is the new vegan brand from the wonderfully enterprising Windmill Foods, home of Bioma and Row. Its all Organic and most of it comprises of thoughtfully good wholefoods.</i>						
LO17	LIQUORICE Happy Reindeer Soft Black Bar ORGANIC	30x35g	£13.08	£0.70	V	6420295005896
LO15	LIQUORICE Happy Reindeer Soft Black Mint/Cacao ORGANIC	6x140g	£9.70	£2.59	V	6420295004615
LO16	LIQUORICE Happy Reindeer Soft Black ORGANIC	6x140g	£9.70	£2.59	V	6420295004622
LO19	LIQUORICE Happy Reindeer Strawberry Bar ORGANIC	30x35g	£13.08	£0.70	V	6420295005889
LO18	LIQUORICE Happy Reindeer Strawberry ORGANIC	6x140g	£9.70	£2.59	V	6420295004608
<i>These Finnish bars became rather popular and then suddenly disappeared from sight at the end of last year. But they are back and with a broader range of Organic liquorice than before - it is heartening to see the only Mint/Cacao liquorice product back in stock.</i>						

CHOCOLATE/CAROB

TRU32	TRUFLES Booja Booja Gift Box Almond Salted Caramel ORGANIC	5x138g	£26.55	£8.50	V	5060002042755
TRU33	TRUFLES Booja Booja Gift Box Fine de Champagne ORGANIC	5x138g	£26.55	£8.50	V	5060002042762
TRU34	TRUFLES Booja Booja Gift Box Hazelnut Crunch ORGANIC	5x138g	£26.55	£8.50	V	5060002042748
TRU35	TRUFLES Booja Booja Gift Box Selection No. 3 ORGANIC	5x138g	£26.55	£8.50	V	
<i>5060002042779</i>						
TRU15	TRUFLES Booja Booja The Wonderbox ORGANIC	4x230g	£43.72	£17.49	V	5060002042786
<i>Portioned, home of the late SG Sebald, is also the home of Booja Booja who are re-configuring and have recently been fit to add an appropriately named Wonderbox to their stunning dairy-free range. Booja are our closest wholefood neighbours and are only three miles from this keyboard. A credit to South Norfolk and indeed to the whole of Brooke and surrounding areas.</i>						
ADV10	ADVENT CALENDAR Divine Dark	12x85g	£41.16	£5.49	V	5017397001782
<i>First used in Germany in the nineteenth century, these Windows 24 countdown to the birth of the Messiah, constructions are now to be found everywhere. Divine chocolates are all Fairly Traded and have smart new packaging. A light electric shock facility prevents the premature opening of windows (batteries not included). For the avoidance of disappointment please note that this feature is only the fictional construct of a tired and somewhat troubled mind and cannot be found in this product or any advent calendar presently in stock.</i>						
CHP29	CHOCOLATE BAR Divine Blueberry/Quinoa Fairtrade ORGANIC	10x80g	£21.80	£3.49	V	5017397003069
CHP31	CHOCOLATE BAR Divine Dark 85% Cocoa Nibs Fairtrade ORGANIC	10x80g	£21.80	£3.49	V	5017397003076
CHP30	CHOCOLATE BAR Divine Dark 95% Fairtrade ORGANIC	10x80g	£21.80	£3.49	V	5017397003083
CHP32	CHOCOLATE BAR Divine Dark Ginger/Turmeric Fairtrade ORGANIC	10x80g	£21.80	£3.49	V	5017397003052
CHP38	CHOCOLATE BAR Divine Dark Lemon Fairtrade ORGANIC	10x80g	£21.80	£3.49	V	5017397003045
CHP40	CHOCOLATE THINS Divine After Dinner Dark Mint	12x200g	£35.63	£4.75	V	5017397003117
CHP40	CHOCOLATE THINS Divine Dark After Dinner Salted Caramel	12x200g	£35.63	£4.75	V	5017397003169
<i>What is Fairtrade about? Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. By requiring companies to pay sustainable prices (which must never fall lower than the market price), Fairtrade addresses the injustices of conventional trade, which traditionally discriminates against the poorest, weakest producers. It enables them to improve their position and have more control over their lives. With Fairtrade you have the power to change the world every day. With simple shopping choices you can get farmers a better deal. And that means they can make their own decisions, control their future and lead the dignified life everyone deserves.</i>						

CHP80	CHOCOLATE EGG Montezuma's Buttons Dark ORGANIC	6x250g	£35.56	£9.48	V	506000506323
CHP81	CHOCOLATE EGG Montezuma's Buttons Like No Udder ORGANIC	6x250g	£35.56	£9.48	V	5060005068600
CHP89	CHOCOLATE EGG Montezuma's Eco Dark Cocoa Nibs ORGANIC	6x150g	£27.93	£7.45	V	5060005065490
CHP82	CHOCOLATE EGG Montezuma's Eco Milk Butterscotch ORGANIC	6x150g	£27.93	£7.45	V	5060005065432
CHP49	CHOCOLATE EGG Montezuma's Mini Peanut Butter ORGANIC	7x150g	£15.09	£3.45	V	5060006069140
TRU61	TRUFLES BITES Montezuma's Peanut Butter	8x120g	£12.95	£2.59	V	5060006069581
<i>Easter eggs are popping up on our list already and we haven't even got Christmas out of the way yet. Beautiful chocolate eggs for your shelves made in Sussex by the sea.</i>						
CHT70	CHOCOLATE Rhythm 108 Hazelnut Praline ORGANIC	15x34g	£13.96	£1.49	V	7640153340656
CHT71	CHOCOLATE Rhythm 108 Super Coconut ORGANIC	15x34g	£13.96	£1.49	V	7640153340717
CHT72	CHOCOLATE Rhythm 108 Sweet/Salty ORGANIC	15x34g	£13.96	£1.49	V	7640153340887
<i>A delightful range of organic carefully crafted Swiss chocolate bars, each made within the sound of chimes, which are realising more of the best of the high sugar refined ingredients. Health considerations is the source of Rhythm 108 and they seem to be going from strength to strength. Rhythm 108 soy, with no Ram Dass inspired irony, eat, read, be real.</i>						
CHU57	CHOCOLATE BUTTONS So Free Bunny Box Fairtrade ORGANIC	8x65g	£17.50	£3.50	V	961674346
CHU58	CHOCOLATE EGG So Free Milk Fairtrade ORGANIC	3x125g	£7.50	£4.00	V	5013092000686
<i>So Free is the newer face of Rainier who have been selling vegan food since long before the whole parcel of British ethics was high jacked, dipped in a black see-shirt and re-loaded to a market stall somewhere near Hackney.</i>						
CHU28	CHOCOLATE BAR Vivani Mousse au Cacao ORGANIC	10x100g	£13.36	£2.14	V	4044889003160
CHU27	CHOCOLATE BAR Vivani Winter ORGANIC	10x100g	£13.36	£2.14	V	4044889001129
<i>A winter chocolate is a thing of wonder and a joy to behold. The precise number to see one through until next April is unconfirmed.</i>						

CRISPS/THE LIKE

CR16	CRISPS Fairfield Farm Aspalis Cider Vinegar/Salt	24x40g	£8.85	£0.59	V	5060101406441
CR17	CRISPS Fairfield Farm Sea Salt/Black Pepper	24x40g	£8.85	£0.59	V	5060295001720
CR18	CRISPS Fairfield Farm Slightly Sea Salted	24x40g	£8.85	£0.59	V	5060101406427
CR14	CRISPS Fairfield Farm Sweet Chili	24x40g	£8.85	£0.59	V	5060101406434
<i>An East Anglian farm, the same company that makes Ten Acre, producing a new range of crisps.</i>						
PUF18	PUFFS Hippaeas Chickpea Cheese/Love ORGANIC	10x78g	£14.35	£2.30	V	5060472691255
PUF19	PUFFS Hippaeas Chickpea Chili Haze ORGANIC	10x78g	£14.35	£2.30	V	5060472691231
PUF04	PUFFS Hippaeas Chickpea Chili Haze ORGANIC	24x27g	£16.35	£1.09	V	5060472691149
PUF06	PUFFS Hippaeas Chickpea Herbs ORGANIC	10x78g	£14.35	£2.30	V	5060472691279
PUF05	PUFFS Hippaeas Chickpea Herbs ORGANIC	24x27g	£16.35	£1.09	V	5060472691187
PUF08	PUFFS Hippaeas Chickpea Sativ Vinegar ORGANIC	10x78g	£14.35	£2.30	V	5060472691217
PUF07	PUFFS Hippaeas Chickpea Sweet/Smoking ORGANIC	10x78g	£14.35	£2.30	V	5060472691194
<i>Hippaeas are a very popular snack indeed so here they are in bigger bags that we missed when we first listed them. As the remarkably unwise once Donald Trump said, 'You have to think anyway, so why not think big?'</i>						

SNACK MIXES

QU13	QUINOA Homemade Puffs ORGANIC	8x150g	£17.95	£2.99	Z	506032481089
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BISCUITS/WAFFLES

TEA21	TEA BISCUITS Rhythm 108 Almond Biscotti ORGANIC	12x135g	£26.91	£2.99	Z	7640155340536
TEA22	TEA BISCUITS Rhythm 108 Coconut Cookie ORGANIC	12x135g	£26.91	£2.99	Z	7640155340533
TEA23	TEA BISCUITS Rhythm 108 Double Choc Hazelnut ORGANIC	12x135g	£26.91	£2.99	Z	7640155340502
TEA24	TEA BISCUITS Rhythm 108 Lemon Ginger Chai ORGANIC	12x135g	£26.91	£2.99	Z	7640155340519
<i>The biscuits were developed in Yorkshire in the 1600's to feed the upper classes between meals. The idea of adding sugar and fat to wheat and flouring has not really changed since those days.</i>						

SPREADS/PATES/DIPS

FOR15	FOREST HONEY Tropical Ethiopian Clear ORGANIC	6x380g	£20.02	£4.45	Z	5060010690498
HON53	HONEY Tropical French Lavender	6x380g	£28.12	£6.25	Z	5060010690511
<i>The task of the government is not only to pour honey into a cup, but sometimes to give bitter medicine. Is the Veld of Viadimir Putin and who would want to argue with him. Stiring with neither the East or the West, David Wainwright is re-vamping his honey offerings and it is good to have a couple of new tins of these Apis produced foods.</i>						
SPR31	SPREAD Bioma Blackcurrant ORGANIC	6x250g	£13.01	£2.89	Z	5032722316706
SPR32	SPREAD Bioma Redcurrant ORGANIC	6x250g	£13.46	£2.99	Z	5032722316713
<i>A pair of sugar free jams from Bioma, one being the rather unusual redcurrant variety. In German-speaking areas, derived from the restaurant, is added to soda water and enjoyed as a refreshing drink named Johannisbeerschorle. Bioma have elected to just stick with jam however.</i>						
CHU03	CHOCOLATE SPREAD Vego Hazelnut Crunch FT ORGANIC	6x200g	£16.60	£3.69	Z	4260334140148
<i>It would be hard to adequately describe the excitement that was visited upon the Rainbow, vegan community by the prospective arrival of this chocolate which is marketed with the hope of the Vego people of the every one enjoying a spread, and delivery, solid, but a sizable amount of frogs, stirred into our kitchenhouse last week and sold within a couple of days and delivery, solid, but a lot before it had even arrived with us. The spread comes in a smallish jar which doubles as a drinking glass after the spread is but a fond memory.</i>						
CHU77	CHOCO SPREAD Borsani Vegan Mylk Hazelnut ORGANIC	6x350g	£20.21	£4.49	Z	5032722316560
CHU79	CHOCO SPREAD Borsani Vegan Plain ORGANIC	6x350g	£16.16	£3.59	Z	5032722316553
<i>Borsani have brought out a vegan spread rather like Vego but critically two weeks behind the times.</i>						
PNB51	PEANUT BUTTER Meridian Rich Roast Crunchy	6x280g	£12.55	£2.79	Z	5060132283608
PNB52	PEANUT BUTTER Meridian Rich Roast Smooth	6x280g	£12.55	£2.79	Z	5060132283592
<i>Hi-oleic peanuts have been roasted longer to deliver a richer more intense flavour. Hi-oleic peanuts contain 30% more monounsaturated fats than our standard peanuts. These peanut butters are just a tiny bit better than ordinary peanut butter but add a rather satisfying fuller flavour.</i>						
PAT11	PATE Borsani Beetroot/Horradish ORGANIC	6x130g	£12.11	£2.69	Z	5032722316577
PAT13	PATE Borsani Cashew/Bell Pepper ORGANIC	6x130g	£12.11	£2.69	Z	5032722316591
PAT12	PATE Borsani Tomato/Lupin ORGANIC	6x140g	£13.01	£2.89	Z	5032722316584
<i>Three superb pates from Borsani's rapidly increasing range of vegan wholefoods.</i>						

SOUP

SOU86	SOUP Amys Kitchen Quinoa Kale ORGANIC	6x400g	£8.77	£1.95	Z	42222006823
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CODE	NAME	PACK/SIZE	PRICE	RSP	VAT CAT	BARCODE
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**TINNED FOOD**

TH81	TINNED TROPICAL FRUIT Biona Chunks in Juice ORGANIC	6x400g	£13.46	£2.99	Z	5032722316546
ME428	MEAL Amy's Kitchen Chili Spice ORGANIC	6x400g	£11.00	£2.44	Z	42272005970
Winter foods for the chilly evenings to come. Kale as you may know are certain cultivars of cabbage that are grown for their edible leaves. American author Greg Brendt quite recently said, "It is with great sadness and a heavy heart that have to announce that I ate Kale and lived!"						
ME423	MEAL FreeEazy Chickpea Caseride ORGANIC	6x400g	£10.58	£2.35	Z	50153858000039
ME422	MEAL FreeEazy Sweet Potato/Kale/Chickpea Curry ORGANIC	6x400g	£10.58	£2.35	Z	50153858000022
ME407	MEAL Geo Tinned Chickpea/Artichoke Tagine ORGANIC	6x400g	£8.95	£1.99	Z	5060005462543
ME408	MEAL Geo Tinned Coconut/Kale Dahl ORGANIC	6x400g	£9.45	£2.10	Z	5060005462567
ME409	MEAL Geo Tinned Moroccan Chickpea Tagine ORGANIC	6x400g	£9.45	£2.10	Z	5060005462581
ME410	MEAL Geo Tinned Tandoori Dahl ORGANIC	6x400g	£8.95	£1.99	Z	5060005462529
Geo Organic with perfect timing moved a tinned range of ready meals into thick plastic containers just as David Attenborough's sobering broadcast was airing. Unsurprisingly, sales became very modest very quickly and it is good to see the range back in this one again.						
BAK16	BAKED BEANS Suna Low Sugar ORGANIC	12x400g	£10.71	£1.19	Z	5017601042372
ME453	MEATBALLS Suna Vegan Bolognese	12x400g	£17.55	£1.95	Z	5017601042471
Some tinned goods are flying out and it is no surprise to see extensions to their range of vegan fast foods. This Bolognese style sauce has no meat but lots of balls.						

**FAST FOOD**

SUN29	SUNFLOWER Mince Just Wholefoods ORGANIC	6x72g	£16.87	£3.75	Z	5022775000523
A new concept from Just Wholefoods which uses 100% sunflower seeds to make a mince style product. We haven't seen a sample so we have no sense of how this might work.						

**SWEETENERS**

MMP23	MAPLE SYRUP St Lawrence Grade A Amber ORGANIC	6x1ltr	£112.45	£24.99	Z	5060584300052
MMP24	MAPLE SYRUP St Lawrence Grade A Amber ORGANIC	12x250ml	£62.01	£6.89	Z	5060584300038
MMP25	MAPLE SYRUP St Lawrence Grade A Amber ORGANIC	12x500ml	£116.91	£12.99	Z	5060584300045
MMP26	MAPLE SYRUP St Lawrence Grade A Dark ORGANIC	12x250ml	£62.01	£6.89	Z	5060584300069
At last we are able to offer a maple syrup of outstanding quality at a lower price. Direct from Her Majesty's very own Canada these bottles sport maple leaves gently although disappointingly there are no moose are to be seen.						

**VINEGARS/SALTS**

BA111	BALSAMIC VINEGAR Aspalis Apple#	1x5ltr	£22.99	E-	Z	5012848500305
CD06	CYDER VINEGAR Aspalis Apple Balsamic#	1x5ltr	£21.99	E-	Z	5012848500305
POH11	POMEGRANATE VINEGAR RAW with Mother ORGANIC	12x250ml	£31.41	£3.49	Z	5032722316515
CD037	CYDER VINEGAR Clearspring Peach ORGANIC	6x500ml	£17.06	£3.79	Z	502155402031
CD038	CYDER VINEGAR Clearspring Raspberry ORGANIC	6x500ml	£17.06	£3.79	Z	502155402032
CD036	CYDER VINEGAR Clearspring w/ Mother Ginger/Turmeric ORGANIC	6x500ml	£17.06	£3.79	Z	5021554020154
CD035	CYDER VINEGAR Clearspring with Mother Matcha/Lemon ORGANIC	6x500ml	£20.21	£4.49	Z	5021554020116
Vinegar seems to be a major focus for everyone just now so its not surprising to see several ranges of vinegars flavoured with fruits just as there are also juices flavoured with vinegars.						

**HERBS/SPICES**

MUS22	MUSTARD SEED Yellow	25kg	£49.50	E-	Z	5060507590010
SP161	SPICE POTS Bhuna	6x40g	£16.87	£3.75	Z	5060507590010
SP165	SPICE POTS Ghan	6x40g	£16.87	£3.75	Z	5060507590027
SP166	SPICE POTS Indian Vegan Selection	1x130g	£9.71	£12.95	Z	5060507590027
SP164	SPICE POTS Norma	6x40g	£16.87	£3.75	Z	5060507590066
SP163	SPICE POTS Sweet Spice	6x40g	£16.87	£3.75	Z	5060507590066
SP162	SPICE POTS Tandoori Masala	6x40g	£16.87	£3.75	Z	5060507590034
A delightful range of curry blends it rather beautiful this all made by Jenny and Melanie up in Scotland. There is also a vegan 5ltr box which contains 3 tins and a recipe booklet as well.						

**ASIAN FOOD**

CHO99	CHUTNEY Yasko ORGANIC	6x200g	£10.75	£2.39	Z	8718754505567
JAC09	JACKFRUIT Clearspring Young Chunks in Bottles	6x500g	£13.46	£2.99	Z	5021554020369
Everything is coming up jackfruit so it is good to see some in a glass bottle.						

**JAPANESE FOOD**

MIR05	MIRIN Clearspring ORGANIC	6x250ml	£22.46	£4.99	Z	5021554020239
TAM21	TAMARI Clearspring Japanese Single Strength ORGANIC	6x150ml	£12.11	£2.69	Z	5021554020321
UMA31	UMAMI PASTE Homemade Fava	9x200g	£16.85	£2.50	Z	5060324811121
Clearspring are tidying up their seasonings and adding a few left behind idea like a single strength Tamari.						

CODE	NAME	PACK/SIZE	PRICE	RSP	VAT CAT	BARCODE
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**YOGHURT/KEFIR/KOMBUCHA**

KOM41	KOMBUCHA Biona Ginger/Lime ORGANIC	6x330ml	£11.21	£2.99	V	5032722316614
KOM42	KOMBUCHA Biona Original ORGANIC	6x330ml	£11.21	£2.99	V	5032722316607
KOM40	KOMBUCHA Biona Sour Cherry/Mint ORGANIC	6x330ml	£11.21	£2.99	V	5032722316621
Kombucha has become another staple and Biona were always likely to come up with some. Sour cherry and mint sounds like an interesting combination and we expect these ambient lines to do well.						

**CHILLED**

SAU19	SAUERBRAUT Raw Curry/Ginger ORGANIC	6x410g	£19.76	£4.39	Z	5032722316751
SAU18	SAUERBRAUT Raw Jalapeno/Chilli ORGANIC	6x410g	£19.76	£4.39	Z	5032722316744
SAU17	SAUERBRAUT Raw Lemon/Ginger ORGANIC	6x410g	£19.76	£4.39	Z	5032722316737
Another new staple from Windmill this time using their RAW brand. As ever the quality will be excellent and all ingredients are certified Organic.						
DRE02	DRESSING Bionas Caesar ORGANIC	6x325ml	£14.36	£3.19	Z	5032722316423
DRE01	DRESSING Bionas Sweet Mustard ORGANIC	6x325ml	£14.36	£3.19	Z	5032722316430
Bionas is the vegan wing of Windmill and retains all of the other superb qualities that they offer with their foods. A little late for this summer but commendably early for next summer.						
SPR88	SPROUTS Sky Protein Food ORGANIC	1x175g	£1.68	£2.24	Z	
SPR89	SPROUTS Sky Super Food ORGANIC	1x105g	£1.68	£2.24	Z	
Sprouts are good for the body, good for the mind and fill the fridge with bright green vitality. Additionally these new lines, unusually contain no turmeric, kombuch or oat milk.						
TOF19	TOFU CRISPERS Taitun Beetroot/Horseradish ORGANIC	6x180g	£17.06	£3.79	Z	4012359143402
TOF24	TOFU CRISPERS Taitun Carrot/Cumin ORGANIC	6x180g	£17.06	£3.79	Z	4012359143303
TOF25	TOFU CRISPERS Taitun Peas/Herbs ORGANIC	6x180g	£17.06	£3.79	Z	4012359143204
A puzzling name for what are small burger shaped pieces of tofu.						
CHE39	CHEDDAR Lye Cross Somerset Mild ORGANIC	10x245g	£23.82	£3.18	Z	5027632000500
This product drifted off our list some while ago but has been brought back by popular request.						

**MILKS/DESSERTS**

COC54	COCOONUT MILK Koko Super	6x1ltr	£9.86	£2.19	Z	5060100601991
This milk is fortified and claims to contain more nutrients than any other plant milk. It is suitable for toddlers and more senior humans.						

**DRINKS**

PUN15	PUNCH Beauvoit Festive Fruit	6x750ml	£11.82	£3.15	V	5022019230136
PUN14	PUNCH Beauvoit Spiced Ginger	6x750ml	£11.82	£3.15	V	5022019202120
It is that time of year so please ensure that the non-drinker in your midst is catered for in an interesting way. These punches can bring a smile to the lips of any designated driver.						
WEU05	WELLNESS DRINK Biona ACV Blackcurrant ORGANIC	6x330ml	£11.21	£2.99	V	5032722316652
WEU07	WELLNESS DRINK Biona ACV Original ORGANIC	6x330ml	£11.21	£2.99	V	5032722316658
WEU06	WELLNESS DRINK Biona ACV Raspberry/Mint ORGANIC	6x330ml	£11.21	£2.99	V	5032722316645
Apple Cider Vinegar has reached such a status that it is now offered the acronym ACV and is put in every beverage that is launched onto the market within 150 miles of Shorelitch. Raspberry, Mint and Cider Vinegar? You decide.						
BOO23	BOOSTER SHOT Bumblebeez Calm/Comfort	10x90ml	£17.45	£2.79	V	634188738110
BOO24	BOOSTER SHOT Bumblebeez Detox/Defend	10x90ml	£17.45	£2.79	V	634188738141
BOO21	BOOSTER SHOT Bumblebeez Mind/Wood	10x90ml	£17.45	£2.79	V	634188737105
BOO22	BOOSTER SHOT Bumblebeez Probi/Protect	10x90ml	£17.45	£2.79	V	634188735127
A selection of very small drinks which are sweetened without sugar and are designed to change one up in a variety of ways. It is almost certainly true that we have never listed a product with the word Propel and we look forward to seeing exactly how this liquid will propel the drinker and where it will propel them to.						
ORA32	ORANGEADE Karma Cola Summer Fairtrade Cans ORGANIC	24x250ml	£17.85	£1.19	V	9421902090585
Karma Cola add this can to their collection of psychodetically decorated drinks.						
MAS01	MASALA GHM Minor Figures Concentrate	6x1ltr	£24.72	£5.49	Z	5060406080131
NIT01	NITRO COLD BREW Minor Figures Black	12x200ml	£17.91	£1.99	Z	5060406080155
NIT02	NITRO COLD BREW Minor Figures Blue	12x200ml	£17.91	£1.99	Z	5060406080186
NIT03	NITRO COLD BREW Minor Figures Mocha	12x200ml	£17.91	£1.99	Z	5060406080209
Minor figures have become a big part of the oat milk world especially in the light of Oatly's production coming to a halt for the second time. These other lines are all vegan and are refreshingly different.						

**FRUIT CONCENTRATES**

COR28	CORNDIL Beauvoit Malted Winter	6x500ml	£16.46	£4.39	V	5022019320206
This popular Christmas drink is not too dissimilar to a punch but it needs diluting.						



