

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
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Lizi tells us that this granola is made with a "minimum of added sugar" which in this case is less than 4%. If you make your own granola you may well manage a level about 4% less but this product is not without its charm and its fibre.

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

Doves have become a leading gluten free brand and now sport a wide selection of pastas not only all made with no gluten at all but also made in facility where no gluten is permitted.

TOMATOES

TOM80	TOMATO Tinned Suma Peeled ORGANIC	12x400g	8.91	0.99	Z	5017601016601
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Every price list sees more Suma goods listed and we are delighted to add these peeled tomatoes which are just like chopped tomatoes before they are chopped thus creating a desirable wholeness.

BARs

NAK67	NAKD BAR Bakewell Tart Multipack#	12x(4x35g)	21.73	2.90	V	5060088703885
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
NAK68	NAKD BAR Blueberry Muffin	18x35g	9.33	0.83	V	5060088705940

Nakd's new Blueberry bar is gluten-free, wheat-free and dairy-free. It's also one of your five a day and made of 100% natural ingredients so at 83 pence it's a bit of a bargain.

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
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

The Protein Ball Company have two new lines which are both vegan as are most, but not all, of the rest of the range. Spherically unparalleled.

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

IQ Chocolate is nut free, gluten free, wheat free, dairy free, soya free, in fact this chocolate is impressively free from all 14 allergens, and it is low on the Glycemic index to boot. In addition it is high in fibre, high in copper, high in manganese, high in phosphorus, a source of magnesium and a source of iron. And it really does taste wonderful as well. Highly recommended.

CHU89	CHOCOLATE BUNNY So Free Milk Alternative ORGANIC	22x25g	18.56	1.35	V	5013092000365
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I can wholeheartedly recommend John Preston's book about Jeremy Thorpe. Not only is it very funny and highly salacious but it also contains the text of the infamous letter that JT wrote to Norman Scott stating that Bunny could and would go to Paris. Scott never made the journey to France choosing instead to live in Devon where he was victim to as outrageous a misuse of power as Westminster has ever imposed. And to add insult to injury JT remained So Free.

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
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

Popcorn was America's gift to the world in the nineteenth century although there are remains of popcorn in Mexico which are six thousand years old. Crisp purveyors Ten Acre have a range of popcorn all of which are Gluten Free, Dairy Free and MSG Free; as well as being Vegan, Vegetarian, Halal and Kosher certified. Oy gavalt.

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



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CODE	NAME	PACKSIZE	PRICE	RSP	VAT	BARCODE
POP46	POP CRISPS Kallo Wasabi/Soy Sauce	12x20g	6.66	0.89	V	5013665114376

As Kallo have themselves written, "At Kallø we believe life is about what you can, not what you can't have - and eating the right way is about loving food and having a balanced diet, based on making more intelligent food choices. You shouldn't have to say no to the things you love."

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

Munchy Seeds have launched some new lines and reconfigured their existing range in an enthusiasm for extreme logistics so bewildering that we were obliged to consult the Lucasian Chair of Mathematics in nearby Cambridge to make sense of it all. We got there eventually and are please to offer four outstanding seed snacks.

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

Nous sommes très heureux de vous présenter ces magnifiques produits de petit-déjeuner de Nigel

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 ORGANIC	8x380g	21.20	3.53	Z	5014653024394

The contrast between old pack and new pack is really very striking and sales have accelerated accordingly. The consumption of ginger cake is particularly recommended as a fulfilling tea time activity.

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

Rice cakes are the easy way to make something that is wholesome to eat quickly and consequently they feature prominently in the Rainbow lunchtime kitchen. Amaranth has been cultivated for 8000 years and was a staple for the Aztecs so there is some inevitability about its journey to the Lakenham side of Norwich.

BOTTLED FOOD

BOT24	BOTTLED VEGE Biona Bean Sprouts ORGANIC	6x330g	8.51	1.89	Z	5032722315914
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TINNED FOOD

TIN11	TINNED JACKFRUIT Biona in Salted Water ORGANIC	6x400g	13.46	2.99	Z	5032722316140
TIN36	TINNED BEANS Biona Black Chick Peas ORGANIC	6x400g	4.91	1.09	Z	5032722316157
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	5017601041419
TIN57	TINNED LENTILS Suma Green ORGANIC	12x400g	8.91	0.99	Z	5017601041457
SWE18	SWEETCORN Suma Italian ORGANIC	12x340g	12.51	1.39	Z	5017601041757

Lots more Suma beans in tins.

SEASONINGS/SAUCES

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

Italy has three live volcanoes, more masterpieces per square mile than any other country and the world's oldest republic in San Marino. They also have a proud heritage of food. They introduced the world to ice cream, coffee, fruit pies and French fries. The first Italian cookbook was written in 1474. So we thought we ought add a few more pesto and pasta sauces. Gustare questi cibi deliziosi.

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VINEGARS/SALT

BAL09	BALSAMIC VINEGAR Suma ORGANIC	6x250ml	22.45	4.99	Z	5017601028871
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Another Italian product, this one with EU protected designation of origin. I'm not sure how Boris Johnson and Michael Gove intend to replace this sort of helpful neighbourly protection. Maybe with a black pudding based vinegar made in Batley which will raise considerable funds for the NHS?

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	

If North Africa and Middle Eastern cuisine is your choice then Al'fez can help.

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

Ready made Organic curry pastes in a range of types and strengths from Geo Organics where Mike and Tracey run the company along sensible traditional wholefood lines.

JAPANESE FOOD

MIS32	MISO Clearspring Sweet White ORGANIC	6x250g	20.21	4.49	Z	5021554000747
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OILS/BUTTER/MARG

FLA04	FLAX SEED OIL Biona Omega Extra ORGANIC	6x250ml	24.34	6.49	V	5032722301276
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CHILLED

EGG30	EGGS Haresfield Farm Soil Assoc. Large ORGANIC	30x(6x1)	53.78	2.39	Z	5060217130308
BUR04	BURGER Biona Red Sweet Potato/Buckwheat ORGANIC	8x160g	24.54	4.09	Z	5032722316034
TOF36	TOFU Taifun Curcuma ORGANIC	6x200g	17.01	3.78	Z	4012359114808

It isn't very original as an ingredient but there is no shame in it either. Its yellow, its trendy and by any other name (curcuma) its turmeric.

MILKS/DESSERTS

MYL19	MYLK Rebel Kitchen Semi Skimmed ORGANIC	8x1l	17.92	2.99	Z	5060376691108
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Another chilled milk alternative. These mylks are made from a blend of coconut cream, Himalayan salt, brown rice, cashews and nutritional yeast. The percentage of coconut cream added to each mylk determines whether it's skimmed, semi-skimmed or whole, with the whole mylk containing a rather large 25%.

MIL55	MILK ALT OAT Provamel ORGANIC	8x1ltr	10.49	1.75	Z	
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DRINKS

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

When I was a lad drifting in the direction of East London was a hazardous thing to do and Dalston was definitely on the way there. But how times change in the big City as Hackney and Shoreditch now represent a quite different type of threat. That of being overwhelmed by artisanal manifestations of every type of human activity as often as not signposted by the ubiquitous Victorian moustache and beard. And so it is with these modern sodas. The team photo at Dalstons sports four beards out of eight but I must comment that they seem to be a very nice bunch indeed. We wish them and their contemporary project success.

TUR03	TURMERIC JUICE Govinda ORGANIC	6x250ml	55.46	14.79	V	4038507007341
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We've seen turmeric in every other form so why not as a juice?

PUR25	PURDEY'S Edge	12x330ml	9.68	1.29	V	
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Just like the traditional silver Purdeys but in a smart black bottle and with different fruit juices.

FRUIT CONCENTRATES

CON88	CONCENTRATE Suma Apple	6x500ml	18.71	4.99	V	5017601001867
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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

Not more turmeric I hear you scream and I am on your side but the public just cannot get enough of this yellow substance.

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
<i>Superb new functional soaps from Friendly Soaps a truly lovely company.</i>						
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

Some boxed Suma soaps to supplement their loose soaps.

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

New stuff from Ben, Nick and Simon. With Spring approaching the mind turns to wondering how to fuel and re-fuel after running or cycling or whatever you do. Flavoured protein seems like a very good idea at these times and a lot better than the seriously horrible brown powders that runners had to take a few years ago. Well worth running way from.

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
HAND/BODY LOTION	Patchouli/Lime Dr. Bronners ORG	24x237ml	146.88	9.79	V	
HAND/BODY LOTION	Lav/Coconut Dr. Bronners ORG	24x237ml	146.88	9.79	V	
HAND/BODY LOTION	Peppermint Dr. Bronners ORG	24x237ml	146.88	9.79	V	
HAND/BODY LOTION	Orange/Lav Dr. Bronners ORG	24x237ml	146.88	9.79	V	

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
<i>We are building a comprehensive list of Ecoleaf products and are rigorously checking that we avoid any where there are GM issues.</i>						
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

Its all new at Ecover. New bottle, new scents, new prices and new owners.