

April - June

- 32% PULSIN FRUITY OAT BAR RANGE FRU66, FRU67, FRU68
- 24% PULSIN PORRIDGE OAT BAR RANGE POR40, POR41, POR42
- 20% KARMA COLA BOTTLESCOLO3, COL01, GIN01, LEM00
- 20% FREE FROM FELLOWS RANGE FRE17, FRE18, FRE19, FRE20, FRE21, FRE22
- 20% FREEDOM MALLOWES RANGE MAL34, MAL30, MAL32
- 20% PANDA LIQOURICE RANGE PAN41, PAN33, PAN44, PAN50, PAN54, PAN36, PAN37, PAN383

April - May

- 20% FREE & EASY READY TO MAKE RANGE BRO07, EGG08, CAK56, CAK57, CAK58, CAK59, FAL07
- 15% YOGI TEA TURMERIC RANGE YOG24, YOG30, YOG42, YOG79, YOG27, YOG34, YOG86
- 15% URTEKRAM NORDIC BERRIES RANGE SHA18, SHO35, CON43#
- 15% URTEKRAM ALOE VERA GEL ALO06

April

- 25% MARRIAGES SELECTED FLOURS HOT CROSS BUN SPECIAL FLO23, FLO55
- 20% EAT REAL RANGE CRI63, CRI64, CRI65, CRI58, CRI59, CRI62, CRI71, CRI60, CRI72, CRI91, CRI99, CRJ10, CRJ11, STR13, CRI90, CRI92, CRI93, CRI94, CRI49, CRI61, CRI74, CRI95, CRI96, CRI69, CRI97, CRI68, CRI98, PUF12, PUF30, PUF31, PUF32, CRI70#
- 20% MUNCHY SEEDS 140G SHAKER POTS & 200G RANGE MUN31, MUN32, MUN33, MUN34, MUN36, MUN37, MUN38, MUN39, MUN35#
- 20% ECOLEAF CLEANING RANGE LAU40, WAS59, MUL31, TOI41, WAS61
- 15% TOFURKY RANGE DEL08, DEL09, DEL10, ROA07, ROA08, ROA09, SAU36, SAU37, SAU38, SAU39, SAU40, TEM08, ROA06
- 15% PUKKA GREEN TEA RANGE PUK50, PUK51, PUK55, PUK56, PUK44, PUK52, PUK61
- 10% VIVANI 80G AND 100G RANGE CHU07, CHU24, CHU48, CHU08, CHU09, CHU10, CHU11, CHU12, CHU13, CHU14, CHU15, CHU16, CHU17, CHU18, CHU19, CHU44, CHU45, CHU46

May - June

- 25% FAITH IN NATURE SELECTED HANDWASH AND SOAP LINES SOA39, SOA43, SOA57, SOA31, SOA48, SOA51, SOA52, SOA53, SOA54, SOA55, SOA56, SOA59, HAN05, HAN06, HAN11, HAN00, HAN02, HAN04, SOA58
- 25% KALLO ANCIENT GRAIN CAKE RANGE TBC
- 25% KALLO POP CRISPS 20G RANGE POP43, POP44, POP45, POP46
- 20% PROVAMEL SELECTED LINES MIL33, MIL40, MIL55, MIL18#, MIL19#, MIL35#
- 20% CLEARSPRING NEW ORGANIC BROWN RICE CAKE RANGE RID26, RID27, RID28
- 20% RAYNERS VINEGARS RANGE COC31, COC04, CYD27, POM04, WIN03, WIN09
- 20% MERIDIAN SPECIALITY NUT BUTTERS HAZ12, BRA05, COD06, COD07, PEC04, PIS05, ALM28, PNB21, PNB20#
- 15% CLEARSPRING PEANUT BUTTER PNB06, PNB01
- 10% VIVANI 35G AND 40G RANGE CHU21, CHU51, CHU52, CHU53, CHU54, CHU55, CHU56
- 10% ICHOC RANGE CHU06, CHU25, CHU26, CHU35, CHU37, CHU42, CHU40, CHU41

May

- 25% BETTER YOU MAGNESIUM RANGE MAG09, MAG06#, MAG07#, MAG08#
- 20% ECOVER HOUSEHOLD CLEANING RANGE MUL10, BAT30, FLO28, LIM08, SQU06, TOI15, TOI16, TOI24, WIN06
- 20% ECOVER HOUSEHOLD CLEANING RANGE OVE06, WIP13
- 20% TREK RANGE TRE21#, TRE22, TRE23, TRE24, TRE27, TRE28, TRE30, TRE31, TRE32, TRE33, TRE34, TRE37#, TRE36#
- 20% ORGANICO GRISSINI RANGE GRI09, GRI10, GRI11
- 20% NAIRNS GLUTEN FREE RANGE POR13, BIS31, BIS32, BIS33, BIS39, FLA71, FLA72, OAT02, OAT16, OAT17, OAT18, OAT23, OAT38
- 20% DRAGONFLY ROOBIOS AND SPECIALITY TEA RANGE CHA22, DAR047, DRA21, DRA23, DRA24, DRA29, ROO14, ROO16, ROO17, EAR06#
- 15% ARTISAN GRAINS RANGE CHI07, COU38, COU39, COU40, FRE06, FRE07, QUI06, QUI39, QUI41, QUI42
- 10% MONTEZUMAS 100G BAR RANGE CHP72, CHP75, CHP79, CHP83, CHP84, CHP87, CHP94, CHP95, CHP71, CHP77, CHP78, CHP86
- 10% ST DALFOUR PRESERVES RANGE SPR41, SPR43, SPR44, SPR46, SPR48, SPR50, SPR53, SPR56, SPR59, SPR47, SPR49, SPR51, SPR55, SPR57, SPR58, SPR42, SPR45, SPR52, SPR40

June

- 20% NAIRNS SELECTED OATCAKES OAT08, OAT09, OAT21, OAT46, OAT07, OAT39, OAT40, OAT47
- 20% TICK TOCK TEA RANGEROO05, ROO07, ROO08, ROO09, ROO32, ROO34, ROO35, ROO33
- 20% ORGANICO PASTA SAUCE RANGE PAS53, PAS54, PAS55
- 15% AL FEZ RANGE FAL18, HAR06, HAR07, HOU06, LEM39, RAS11, TAN07, HAR11#, MEA52#, TAH62#, TAH63#, TAN08#, TAN09#, TOM71#

promotions review

COFRESH EAT REAL RANGE

Eat Real chips are ideal for the healthier life style appealing to all with the combination of taste, texture and free from proposition. All our Eat Real chips are free from for the following: all declarable allergens and any artificial ingredients. They are lower in fat (Hummus 48%, Lentil 40%, Veggie Straws 30%) and contain no added sugar (Hummus Sea Salt and Chilli Lemon, Lentil Sea Salt and Chilli Lemon). We now stock an Organic range of Hummus, Lentil and Veggie Straws, that are as the above with the Hummus and Lentil with no added sugar.

BETTERYOU TRANSDERMAL MAGNESIUM

Scientifically proven to work five times faster than tablets*, BetterYou's transdermal magnesium range of sprays, gel, bath flakes, body butter and lotion offer a fast and effective method to restore the body's balance of this hero mineral, as well as supporting cell energy levels. Offering easy application and superior absorption, applying magnesium through the skin bypasses the digestive system and doesn't rely on food or water to take. Transdermal Magnesium - it's the ultimate way to replenish magnesium levels.

ST DALFOUR

St Dalfour is made to a traditional French recipe has a high fruit content, is all natural with no artificial flavours, preservatives or additives. All the ingredients are 100% from fruit. The product has a handmade quality and is still produced in small batches. It is not made using cane sugar and is presented in a tall, elegant, iconic, trademarked jar. It can be consumed by diabetics, vegetarians and is gluten free. Ideal for fillings for fruit tarts, cheesecake toppings, on French toast, as a relish to meat or as a fruit flavouring to natural yoghurt. Why not give is a try...

VIVANI - THE NEW CHOCOLATE ART 2018

Fresher product design, new types of chocolate, higher ecological standards. More space for art and sustainable values - this is the goal which EcoFinia, the Herford organic chocolate manufacturer, has set itself this year. Consequently, all chocolate bars from EcoFinia's VIVANI brand will be presented in a refreshed artistic design as from February. At the same time, the respective packaging will be converted to sustainable materials. The fully compostable NatureFlex film will replace the previously used aluminium foil in the whole Vivani range. Try the two new lines: Latte Macchiato Praliné and Milk Caramel Pink Salt of Maras - with coconut blossom sugar.

KARMA COLA

Karma Cola's family of drinks taste great because they are made with the real thing - authentic, organic, ingredients and nothing artificial. Money from every bottle of Karma Cola goes straight back to the villages in Sierra Leone who grow the cola in the first place. This money is used for community infrastructure, wellbeing and schooling. Ideally we'd like people to give money to the village directly; but that probably an unreal expectation, so we're happy if they just give indirectly every time they wander into a cafe and feel a bit thirsty. its not a great business model but it is a good one.