

HIGHLAND WHOLEFOODS WORKERS' CO-OPERATIVE

Local & Scottish products **PRICELIST**

containing items that are produced locally or within Scotland, or by Scottish companies

March 2017



@highlandwholefd



/highlandwholefoods



Highland Wholefoods Workers Co-operative
13 Harbour Road, Inverness IV1 1SY

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
BEANS & PULSES	H/WHOLEFOODS PRE-PACKS					
	ADUKI BEANS	6125	500g	6	2.49	N
	BLACKEYE BEANS	6497	500g	6	2.26	N
	BORLOTTI BEANS	6137	500g	6	2.18	N
	BUTTER BEAN	6499	500g	6	3.24	N
	CANNELLINI BEANS	6498	500g	6	2.53	N
	CHICKPEAS	6149	500g	6	1.77	N
	FLAGEOLET BEANS	6663	500g	6	2.99	N
	GREEN SPLIT PEAS	6500	500g	6	1.48	N
	HARICOT BEANS	12176	500g	6	1.69	N
	MARROWFAT PEAS	6182	500g	6	1.62	N
	MUNG BEANS	6188	500g	6	2.47	N
	PINTO BEANS	6235	500g	6	1.83	N
	RED KIDNEY BEANS	6245	500g	6	2.38	N
	YELLOW SPLIT PEAS	6281	500g	6	1.42	N
	H/WHOLEFOODS 1KG PACKS					
	BLACK TURTLE BEANS	16896	1kg	6	3.36	N
	BLACKEYE BEANS	4914	1kg	6	3.91	N
	BORLOTTI BEANS	16897	1kg	6	4.46	N
	BUTTER BEANS	4915	1kg	6	6.08	N
	CHICKPEAS	4923	1kg	6	3.03	N
	FLAGEOLET BEANS (GREEN LIMAS)	16899	1kg	6	5.37	N
	GREEN SPLIT PEAS	4924	1kg	6	2.22	N
	HARICOT BEANS	4916	1kg	6	2.77	N
	RED KIDNEY BEANS	4918	1kg	6	3.99	N
	YELLOW SPLIT PEAS	4925	1kg	6	2.23	N
	H/WHOLEFOODS 3KG PACKS					
	ADUKI BEANS	23293	3kg	4	10.77	N
	FLAGEOLET BEANS	22783	3kg	4	13.76	N
	MUNG BEANS	22784	3kg	4	10.65	N
	SOUP MIX	23776	3kg	4	8.80	N
	H/WHOLEFOODS ORGANIC PRE-PACKS					
	ADUKI BEANS ORG	14515	500g	6	2.33	N
	BLACK TURTLE BEANS ORG	22547	500g	6	1.75	N
	BUTTER BEANS ORG	14517	500g	6	3.14	N
	CHICKPEAS ORG 500G	6304	500g	6	2.69	N
	GREEN SPLIT PEAS ORG	14520	500g	6	2.26	N
	MUNG BEANS ORG 500g	22548	500g	6	2.78	N
	PINTO BEANS ORG	6327	500g	6	1.99	N
	RED KIDNEY BEANS ORG	6336	500g	6	2.15	N
	SEVEN BEAN MIX ORG	7771	500g	6	2.09	N
	SOYA BEANS ORG	6343	500g	6	1.88	N
	YELLOW SPLIT PEAS ORG	22546	500g	6	2.05	N

Prices are correct at time of going to print, but are subject to change without prior notice.

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	ADUKI BEANS ORGANIC	22706	1kg	6	4.45	N
	BEAN MIX ORGANIC	22710	1kg	6	4.33	N
	BLACK TURTLE BEANS ORG	22704	1kg	6	3.35	N
	CHICKPEAS ORG	4893	1kg	6	4.95	N
	GREEN SPLIT PEAS ORG	22709	1kg	6	4.30	N
	HARICOT BEANS ORG	22703	1kg	6	3.77	N
	MUNG BEANS ORG	22702	1kg	6	5.30	N
	PINTO BEANS ORG	22707	1kg	6	3.31	N
	RED KIDNEY BEANS ORG	22705	1kg	6	4.15	N
	SOYA BEANS ORGANIC	22711	1kg	6	2.99	N
	YELLOW SPLIT PEAS ORG	22708	1kg	6	3.52	N
Order quantity: multiples of 3kg	H/WHOLEFOODS ORGANIC BULK					
				sack size	£/kg	
	ADUKI BEANS ORG	3	kg	25	3.85	N
	BLACK TURTLE BEANS ORG	1657	kg	25	2.45	N
	CHICKPEAS ORG	11	kg	25	4.50	N
	GREEN SPLIT PEAS ORG	7507	kg	25	3.68	N
	HARICOT BEANS ORG	17	kg	25	3.04	N
	MUNG BEANS ORG	30	kg	25	4.95	N
	PINTO BEANS ORG	33	kg	25	2.49	N
	RED KIDNEY BEANS ORG	37	kg	25	3.99	N
	SEVEN BEAN MIX ORG	17016	kg	12	3.35	N
	SOYA BEANS ORG	44	kg	25	2.15	N
	YELLOW SPLIT PEAS ORG	49	kg	25	2.75	N
	GREENCITY					
	BEAN MIX DELUXE	14514	500g	5	2.59	N
BISCUITS & COOKIES	GOLSPIE MILL					
	RUSTIC BITES CRANACHAN SHRTBRED	23162	150g	12	2.35	N
	RUSTIC BITES WHWHEAT SHORTBREAD	23163	150g	12	2.26	N
	FOREST KITCHEN					
	SHORTBREAD ROUNDS	22068	120g	1	2.09	N
	ISLAND BAKERY					
	CHOCOLATE GINGERS ORGANIC	14035	150g	12	3.46	Y
	CHOCOLATE LIMES COOKIES ORG	19081	150g	12	3.33	Y
	NAIRNS					
	BISCUIT BREAKS CHOC CHIP GF	22466	160g	12	2.25	N
	DARK CHOC CHIP OAT BISCUITS	20612	200g	8	1.65	N
	FRUIT & SPICE OAT BISCUITS	16253	200g	10	1.65	N
	MIXED BERRIES OAT BISCUITS	16254	200g	10	1.65	N
	OAT CRACKER THINS	21642	171g	8	1.49	N
	STEM GINGER OAT BISCUITS	16255	200g	10	1.65	N
	WHOLEGRAIN CRACKERS GF	23712	114g	12	1.99	N

ORG = organic; FT = fair trade; GF = gluten free

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	LAZY DAY					
	BELGIAN CHOC ROCKY ROAD GF	23698	5pack	8	2.75	N
	BELGIAN DARK CHOC TIFFIN V GF	19446	5pack	8	2.85	N
	CHOCOLATE ORANGE SLICE GF	22130	5pack	8	2.79	N
	DARK CHOCO GINGER BISCS V GF	19437	8biscs	8	3.09	Y
	MILLIONAIRES SHORTBREAD V GF	19445	5pack	8	2.79	N
	PEPPERMINT SLICE GF	23697	5pack	8	2.75	N
	SCOTTISH SHORTBREAD GF	19439	8biscs	8	2.59	N
	ANGELIC GLUTEN FREE					
	ANGELIC MIXED CASE T/PACK GF	22004	40g	48	1.20	N
	CHOC CHIP OAT BISCUITS GF	23226	150g	8	2.60	N
	CRANBERRY CRUNCH GF COOKIES	21105	125g	8	2.60	N
	CRANBERRY/SUNSEED OAT BISC GF	23228	150g	8	2.60	N
	DOUBLE CHOCOLATE GF COOKIES	21109	125g	8	2.60	N
	GINGER CRUNCH GF COOKIES	21110	125g	8	2.60	N
	HONEY AND OAT BISCUITS GF	23227	150g	8	2.60	N
	ORANGE CHOC GF COOKIES	21108	125g	8	2.60	N
	ROSEMARY & SEA SALT BISC GF	22297	150g	8	2.60	N
	SEA SALT BISCUITS GF	22821	150g	8	2.60	N
	SWEET CHILLI BISCUITS GF	22299	150g	8	2.60	N
	TOM & MED HERB CRACKERS GF	23577	150g	8	2.60	N
	PULSETTA					
	LEMON OAT THINS GF	22923	150g	8	2.70	N
	VANILLA OAT THINS GF	22925	150g	8	2.70	N
BODY CARE	SMIDGE					
	SMIDGE INSECT REPELLANT	22087	75ml	12	7.99	Y
	ECO SOAPS					
	GERANIUM HANDCREAM	24032	60ml	1	4.28	Y
	LEMONGRASS HANDCREAM	24031	60ml	1	4.28	Y
	OLA BALM	22584	1	1	3.00	Y
	BUG SOOTHER					
	BUG SOOTHER	23908	100ml	24	6.99	Y
BODY SOAPS	CAURNIE					
	LAVENDER SOAP UNWRAPPED	1387	100g	12	1.85	Y
	LAVENDER SOAP WRAPPED	1386	100g	12	2.39	Y
	MANDARIN SOAP UNWRAPPED	1394	100g	12	1.85	Y
	MANDARIN WRAPPED	1393	100g	12	2.39	Y
	NETTLE SOAP UNWRAPPED	21201	100g	12	2.35	Y
	NETTLE SOAP WRAPPED	21200	100g	12	2.89	Y
	ROSE SOAP UNWRAPPED	1391	100g	12	1.85	Y
	ROSE SOAP WRAPPED	1390	100g	12	2.39	Y
	ECO SOAPS					
	BEER SHAMPOO BAR	21657	100g	1	3.20	Y
	LAVENDER SOAP	22540	100g	1	3.00	Y

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	LEMONGRASS SOAP	22535	100g	1	3.20	Y
	PATCHOULI & LIME SOAP	22542	125g	1	3.20	Y
	SEAWEED SCRUB SOAP	23751	100g	1	3.00	Y
	SOAP BAR CEDARWOOD	21660	100g	1	3.00	Y
	SOAP BAR EUCALYPTUS & MINT	21662	125g	1	3.30	Y
	SPICED CITRUS SOAP	23752	100g	1	3.20	Y
	SWEET ORANGE SOAP	22536	125g	1	3.30	Y
	TEA TREE & LEMON SOAP	22541	125g	1	3.30	Y
	GREENCITY					
	GERANIUM & ROSE PETAL SOAP	23400	115g	12	1.35	Y
	GRAPEFRUIT & ALOE VERA SOAP	23401	115g	12	1.35	Y
	LIME & LEMONGRASS SOAP	23403	115g	12	1.35	Y
	MANDARIN & GINGER SOAP	23404	115g	12	1.35	Y
	SANDALWOOD & CEDAR SOAP	23405	115g	12	1.35	Y
	WHITE LAVENDER SOAP	23402	115g	12	1.35	Y
BOOKS, MAGAZINES	POYNTZFIELD HERB NURSERY					
	CULINARY HERBS MEDITERRANEAN	22922	1	1	3.57	N
	GROWERS GUIDE HERB GARDENING	21287	1	1	3.57	N
	HERBS OF JAPAN	21289	1	1	3.57	N
	HERBS OF HIGHLANDS&ISLANDS	21288	1	1	3.57	N
	HERBS OF THE HIMALAYAS	21290	1	1	3.57	N
NEW	MEDICINAL HERBS	24186	1	1	3.57	N
	CAROLA					
	HAND PAINTED CARDS	21439	1	1	2.67	N
	BOOKS					
	BOXING CLEVER COOKBOOK	15351	book	1	11.49	N
	FIRE & FAIRE A' DOL GU MUIR	24157	1 book	1	6.99	N
	REFORESTING SCOTLAND					
	REFORESTING SCOTLAND MAG	12667	1 mag	1	3.80	N
BREAD & CRISP BREAD	HIGHLAND CRACKERS					
	CHILLI SEEDED CRACKER	24027	100g	14	2.50	N
	ORIGINAL SEEDED CRACKER	24025	100g	14	2.50	N
	SEDED CRACKER	24026	100g	14	2.50	N
	ANGELIC GLUTEN FREE					
	MULTI SEED CRACKERS GF	23576	150g	8	2.60	N
	STRATHPEFFER ARTISAN					
Local artisan breads (fresh deliveries Wednesday mornings)	BORODINSKY BREAD	22592	400g	1	2.49	N
	CHESTNUT & CORN BREAD GF	22936	400g	1	3.80	N
	CIABATTA	22856	275g	1	1.89	N
	CRUSTY WHITE BREAD LARGE	22589	400g	1	3.00	N
	GRANARY BREAD	22594	400g	1	1.89	N
	LARGE CRUSTY ROLL	22593	1	1	2.13	N
	OLIVE BREAD	23812	800g	1	3.40	N
	PAIN DE CAMPAGNE	22586	800g	1	3.00	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	RUSTIC 5 SEED BREAD	22590	800g	1	3.40	N
	SEEDED RYE BREAD	22665	400g	1	2.49	N
	SPELT BREAD	22666	400g	1	2.49	N
	VERMONT SOURDOUGH SEED BREAD	22588	800g	1	3.40	N
	WALNUT RAISIN & CINNAMON BREAD	22664	400g	1	2.49	N
	WHOLEMEAL BREAD	22587	400g	1	1.89	N
	BIONA					
	MILLET BREAD GF ORG	24009	250g	6	3.80	N
	PUMPERNICKLE BREAD ORG	10343	500g	6	1.89	N
	RYE & PUMPKIN SEED BREAD ORG	21354	500g	6	1.99	N
	RYE & SUNFLOWER SEED BREAD ORG	21355	500g	6	1.89	N
NEW	RYE BREAD CHIA & FLAX	24367	500g	6	1.89	N
	RYE BREAD ORG	8515	500g	6	1.89	N
CAKES	ANGELIC GLUTEN FREE					
	CHOC COCONUT & OAT SLICE GF	23990	185g	6	2.80	N
	CHOCOLATE BROWNIE SQUARE	23993	200g	6	2.80	N
	STICKY DATE & OAT SLICES GF	23991	185g	6	2.80	N
	STICKY GINGER SLICE GF	23992	200g	6	2.80	N
CHILLED, CHEESE	CONNAGE					
	CROWDIE SMALL POTS ORG	17760	160g	1	2.15	N
					£/g	
	CLAVA LIKE BRIE SM ROUNDS ORG	17761	g	1	0.02	N
	CONNAGE CHEDDAR VPP	22212	g	1	0.02	N
	CROMAL CHEESE ORG	17762	g	1	0.02	N
	DUNLOP CHEESE ORG	17763	g	1	0.02	N
	GOUDA LOCAL ORG	19846	g	1	0.02	N
	SMOKED DUNLOP STYLE ORG	18623	g	1	0.02	N
VEGAN CHEESE SUBS.	BUTE ISLAND	<i>Suitable for vegans</i>				
	GREEK STYLE SHEESE	23852	200g	6	2.40	N
NEW	MATURE CHEDDAR STYLE SLICES	24185	200g	6	2.59	N
	MILD CHEDDAR STYLE (MELTY)	22383	227g	6	2.75	N
NEW	MOZZARELLA STYLE GRATED	24322	200g	4	3.15	N
	RED CHEDDAR STYLE (MELTY)	22384	227g	6	2.75	N
NEW	SHEESE CARAMELISED ONION	24224	200g	6	2.68	N
	SHEESE CHEDDAR AND CHIVES	4850	227g	6	2.75	N
	SHEESE EDAM	8540	227g	6	2.75	N
	SHEESE GOUDA	3093	227g	6	2.75	N
	SHEESE HARD STILTON(BLUE)	5025	227g	6	2.75	N
	SHEESE HICKORY SMOKED	8989	227g	6	2.75	N
	SHEESE MEDIUM CHEDDAR STYLE	18353	227g	6	2.75	N
	SHEESE MOZZARELLA	8050	227g	6	2.75	N
NEW	SHEESE STRNG CHEDDAR MELTY	24344	227g	6	2.85	N
	SHEESE STRONG CHEDDAR	477	227g	6	2.75	N
NEW	SHEESE WENSLEYDALE & CRANBERRY	24176	200g	6	2.65	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat	
	NUTCRAFTER	<i>Suitable for vegans</i>					
NEW	INDULGENT AIR AGE FRESH CHIVE	24269	200g	6	8.59	N	
	NUTCRAFT AIR AGED 1 REB PIQ DEC	23980	200g	6	9.09	N	
	NUTCRAFTER ANCIENT GOMASIO	24095	200g	6	11.15	N	
NEW	OPULENT AIR AGED BLK PEPPER	24271	200g	6	9.10	N	
	ORIGINAL SPREADABLE FRAWMAGE	23901	120g	6	3.79	N	
NEW	SCRUMPTIOUS AIR AGED SD TOM	24270	200g	6	9.09	N	
CONVENIENCE, CHILLED	MACSWEENS	<i>Suitable for vegans</i>					
	HAGGIS VEGETARIAN	478	1lb	6	4.95	N	
DAIRY, CHILLED	MACLEOD ORGANICS						
	ORG FREE RANGE EGGS	19193	1 DOZ	1	2.00	N	
	CONNAGE						
	YOGHURT LIVE COWS ORG	21819	500g	1	2.69	N	
CHOCOLATE	COCOA MOUNTAIN						
	ARRIBA MILK CHOC	23683	100g	12	2.95	Y	
	CARAMEL HAZELNUT MILK CHOC ORG	22370	100g	12	2.95	Y	
	DARK CHOCOLATE BAR 74% ORG	22366	100g	12	2.95	Y	
	ESPRESSO 74% DARK ORG	23682	100g	12	2.95	Y	
	GINGER & COCOA NIB DRK CHOC ORG	22368	100g	12	2.95	Y	
	MILK CHOC CRUNCHY COCOA NIBS	22369	100g	12	2.95	Y	
	MILK CHOCOLATE BAR	22367	100g	12	2.95	Y	
	SUPERSEED 74% DARK ORG	23681	100g	12	2.95	Y	
	WHITE CHOC TOFFEE PIECES ORG	22371	100g	12	2.95	Y	
	EQUAL EXCHANGE						
	DARK CHOC CARAMEL CRUNCH FT ORG	23009	100g	12	2.79	Y	
	DARK CHOC LEMON GINGER FT ORG	23013	100g	12	2.79	Y	
	DARK CHOC ORANGE 65% FT ORG	23011	100g	12	2.79	Y	
	ECUADOR DARK CHOC 65% FT ORG	23012	100g	12	2.79	Y	
	MILK CHOC HINT OF HAZEL FT ORG	23014	100g	12	2.79	Y	
	VERY DARK CHOCOLATE FT ORG	23010	100g	12	2.79	Y	
COFFEE, FILTER	EQUAL EXCHANGE						
	COLOMBIAN RST & GD COFFEE FT ORG	21176	227g	8	4.69	N	
	DARK ROAST & GRND COFFEE FT ORG	21170	227g	8	4.49	N	
	DECAF ROAST & GRND COFFEE FT ORG	21172	227g	8	4.99	N	
	ETHIOPIAN RST & GRD COFFEE FT ORG	21174	227g	8	4.69	N	
	ITALIAN RST & GD BLEND FT ORG	21177	227g	8	4.45	N	
	MEDIUM ROAST & GRND COFFE FT ORG	21169	227g	8	4.49	N	
	WOMEN FARMER RST & GD FT ORG	21179	227g	8	4.45	N	
	GRUMPY MULE COFFEE						
	BRAZIL DATERRA COFFEE	23904	227g	6	4.57	N	
	ETHIOP YIRGACHEFFE COFFEE FT ORG	19817	227g	6	5.10	N	
COFFEE BEANS	EQUAL EXCHANGE						
	COFFEE BEANS COLOMBIAN FT ORG	22387	227g	8	4.69	N	
	COFFEE BEANS DARK CITY FT ORG	22391	227g	8	4.49	N	

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	COFFEE BEANS DARK ROAST FT ORG	18159	1kg	6	16.95	N
	COFFEE BEANS DECAFF FT ORG	22392	227g	8	4.99	N
	COFFEE BEANS ESPRESSO FT ORG	12744	1kg	6	16.95	N
	COFFEE BEANS ITALIAN RST FT ORG	21590	1kg	6	16.95	N
	COFFEE BEANS ITALIAN RST FT ORG	22393	227g	8	4.45	N
	COFFEE BEANS MED ROAST FT ORG	18160	1kg	6	16.95	N
	COFFEE BEANS MEDIUM ROAST FT ORG	22390	227g	8	4.49	N
	COFFEE BEANS WOMEN FRMR FT ORG	22395	227g	8	4.45	N
BEVERAGES	COCOA MOUNTAIN					
	HOT CHOCOLATE COCOA MOUNTAIN	23875	225g	12	8.00	N
CONDIMENTS	H/WHOLEFOODS PREPACKS					
	SEA SALT COARSE	6251	500g	6	1.60	N
	SEA SALT FINE	6252	500g	6	1.29	N
	H/WHOLEFOODS 1KG PACKS					
	COARSE SEA SALT	16933	1kg	6	2.65	N
	FINE SEA SALT	16934	1kg	6	1.95	N
	HEB SEASALT					
	HEBRIDEAN SEA SALT FLAKES	21580	150g	12	2.69	N
	HEBRIDEAN SEA SALT PEAT SMOKED	23677	65g	12	2.55	N
	ISLE OF SKYE SEA SALT					
	ISLE OF SKYE SEA SALT 150g	23922	150g	6	4.41	N
	ISLE OF SKYE SEA SALT 1kg	23924	1kg	1	17.50	N
	ISLE OF SKYE SEA SALT 250g	23926	250g	6	5.00	N
	ISLE OF SKYE SEA SALT 75g	23923	75g	12	3.59	N
CONVENIENCE FOOD	H/WHOLEFOODS					
	SOYA CHUNKS	14650	250g	6	1.90	N
	SOYA MINCE	14651	250g	6	1.75	N
	TVP MINCE PLAIN ORG	17652	250g	6	2.62	N
	H/WHOLEFOODS 3KG PACKS					
NEW	SOSMIX 3KG	24340	3kg	4	23.95	N
	SOYA CHUNKS	23709	3kg	4	10.08	N
	SOYA MINCE	23346	3kg	4	11.27	N
	H/WHOLEFOODS 1KG PACK					
NEW	SOSMIX 1KG	24339	1kg	6	8.75	N
	GREENCITY					
	MUSHROOM & THYME BARLEY RISOTTO	23940	325g	5	2.25	N
BEERS	HEATHER ALE					
	FRAOCH HEATHER ALE	9084	500ml	12	2.04	Y
	GROZET GOOSBERRY ALE LARGE	13516	500ml	12	2.05	Y
	JOKER IPA	24146	500ml	12	2.04	Y
	KELPIE SEAWEED ALE LARGE	14215	500ml	12	2.00	Y
	SEVEN GIRAFFES	24145	500ml	12	2.04	Y
	ISLE OF SKYE BREWERY					
	SKYE BLACK ALE	10373	500ml	12	3.19	Y

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	SKYE GOLD ALE	10374	500ml	12	3.19	Y
	SKYE RED ALE	10372	500ml	12	3.10	Y
	ORKNEY BREWERY					
	CORNCRAKE ALE	21803	500ml	12	2.94	Y
	DARK ISLAND BEER	9949	500ml	12	3.07	Y
	ORKNEY GOLD	23617	330ml	24	2.25	Y
	RED MACGREGOR BEER	9950	500ml	12	2.95	Y
	BLACK ISLE BREWERY					
	GOLDENEYE BEER 5.6%	22174	330ml	24	2.45	Y
NEW	GOLDFINCH GF	24294	330ml	24	2.20	Y
	LAGER BLONDE ORG	17696	330ml	24	2.28	Y
	LAGER BLONDE ORG	12957	500ml	12	2.94	Y
	POLLINATOR HONEY BEER	23463	330ml	24	2.30	Y
NEW	PORTER ALE ORG	24358	330ml	24	2.31	Y
	RED KITE ALE ORG	12074	500ml	12	2.91	Y
	RED KITE BEER ORG	17695	330ml	24	2.26	Y
	THORNBUSH PORTER ALE	12419	500ml	12	2.99	Y
	YELLOW HAMMER BITTER ORG	15520	500ml	12	2.89	Y
NEW	YELLOWHAMMER BITTER ORG	24357	330ml	24	2.25	Y
	BEER SCOTLAND					
	IPA WOOHA	23759	500ml	12	3.00	Y
	LAGER WOOHA	23756	500ml	12	2.83	Y
	PORTER WOOHA	23758	500ml	12	2.83	Y
	WHEAT BEER WOOHA	23757	500ml	12	3.00	Y
	SPEYSIDE CRAFT BREWERY					
	BOTTLENOSE BITTER	23153	500ml	12	2.90	Y
	BOW FIDDLE BLONDE	22279	500ml	12	2.90	Y
	FINDHORN KILLER IPA	23152	500ml	12	3.08	Y
	MORAY IPA INDIA PALE ALE	22278	500ml	12	3.08	Y
	RANDOLPH'S LEAP LAGER	22280	500ml	12	2.95	Y
	THISTLY CROSS CIDER					
NEW	TRADITIONAL THISTLY CROSS CIDER	24216	500ml	12	2.79	Y
FLOURS, WHEAT	GOLSPIE MILL					
	BREADFLOUR WHOLEMEAL ORG	9589	25kg	1	56.65	N
	BREADFLOUR WW ORG	10873	1kg	8	2.36	N
	MUNGOSWELLS					
NEW	FARMMILLED WHITE PLAIN FLOUR ORG	24334	1.5kg	6	3.25	N
FLOURS, OTHER	H/WHOLEFOODS ORGANIC					
	SOYA FLOUR ORG	9486	500g	6	3.13	N
	GOLSPIE MILL					
	BROSEMEAL OR PEASEMEAL	271	25kg	1	80.67	N
	BROSEMEAL OR PEASEMEAL	10658	1kg	8	4.19	N
	RYE FLOUR ORG	12605	25kg	1	44.00	N
	RYE FLOUR ORG	12623	1kg	8	2.56	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	BARONY MILLS					
	BEREMEAL	23881	25kg	1	95.80	N
	ORKNEY BEREMEAL 1.5kg	23048	1.5kg	1	5.16	N
	ORKNEY BEREMEAL 750g	23049	750g	1	3.44	N
	GREENCITY					
	LIGHT RYE FLOUR ORGANIC	21938	10kg	1	18.47	N
FOOD FLAVOURINGS & BAKING	H/WHOLEFOODS					
	BAKING POWDER GF (500g)	878	500g	1	3.28	N
	BICARBONATE OF SODA (500g)	1112	500g	1	2.90	Y
	CREAM OF TARTAR (3kg)	20722	3kg	1	31.32	Y
	CREAM OF TARTAR (500g)	489	500g	1	6.20	N
	GINGER CRYSTALLISED	18007	250g	6	3.12	Y
	GINGER CRYSTALLISED	14185	500g	6	5.16	Y
NEW	GINGER CRYSTALLISED	24370	3kg	1	30.93	Y
	GINGER CRYSTALLISED ORG	14564	125g	6	1.86	N
	H/WHOLEFOODS ORGANIC BULK					
	GINGER CRYSTALLISED ORG	19856	5kg	1	54.00	Y
					£/kg	
	COCOA POWDER ORG	12150	kg	25	9.00	N
FRUIT DRINKS	BOUVRAGE					
	RASPBERRY JUICE DRINK BOTTLES	9970	250ml	12	1.83	Y
FRUITS, DRIED	H/WHOLEFOODS PRE PACKS					
	APPLE RINGS SO2	12941	250g	6	3.40	N
	APRICOTS SELECT	6130	250g	6	3.51	N
	APRICOTS SELECT	6482	500g	6	6.09	N
	APRICOTS WHOLE UNSULPHURED	6129	250g	6	2.65	N
	APRICOTS WHOLE UNSULPHURED	14628	500g	6	4.40	N
	BANANA CHIPS	20748	125g	6	1.65	N
	BANANA CHIPS	6132	250g	6	2.20	N
	CHERRIES GLACE	22449	250g	6	2.75	N
	CHERRIES SOUR	23148	250g	6	7.33	N
	CRANBERRIES	14633	250g	6	2.71	N
	CRANBERRIES SLICED	22175	250g	6	2.21	N
	CURRANTS	6158	250g	6	1.75	N
	DATES	6160	500g	6	1.99	N
	DATES CHOPPED IN RICE FLOUR	14636	250g	6	1.69	N
	FIGS	312	500g	6	3.50	N
	MIXED VINE FRUIT	1788	500g	6	3.35	N
	PAPAYA & PINEAPPLE MIX	19114	125g	6	1.80	Y
	PAPAYA DICED	14656	125g	6	2.13	Y
	PINEAPPLE DICED	14655	125g	6	1.99	Y
	PRUNES PITTED	6509	250g	6	2.00	N
	PRUNES PITTED VALUE PACK	14186	500g	6	3.15	N
	SULTANAS AUSTRALIAN	14654	500g	6	2.41	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
NEW	SULTANAS IRAN/TURK	24260	500g	6	4.53	N
	H/WHOLEFOODS 1KG PACKS					
	APPLE FLAKES	23101	1kg	6	12.50	N
	APPLE RINGS	23110	1kg	6	11.18	N
	APRICOTS CHOPPED	23170	1kg	6	6.99	N
	APRICOTS UNSULPHERED WHOLE	4965	1kg	6	8.20	N
	APRICOTS WHOLE SELECT	4964	1kg	6	11.44	N
	BANANA CHIPS	23702	1kg	6	4.68	N
	CHERRIES GLACE RED	16172	1kg	6	9.75	N
	CHERRIES SOUR	16171	1kg	6	26.85	N
	CRANBERRIES DICED	23103	1kg	6	7.75	N
	CRANBERRIES SLICED	22050	1kg	6	6.35	N
	CRANBERRIES WHOLE	22049	1kg	6	8.76	N
	CURRANTS	4968	1kg	6	4.50	N
	DATES	4969	1kg	6	3.40	N
	DATES CHOPPED	21539	1kg	6	4.32	N
	FIGS	4970	1kg	6	6.39	N
	FRUIT SALAD	22939	1kg	6	10.00	N
	MIXED PEEL	23105	1kg	6	3.80	N
	MIXED VINE FRUIT	23106	1kg	6	6.05	N
	PAPAYA DICED SWEETENED SO2	23107	1kg	6	8.43	N
	PEACHES SO2	22051	1kg	6	15.95	N
	PEARS SO2	22052	1kg	6	15.60	N
	PINEAPPLE DICED	16927	1kg	6	8.20	Y
	PRUNES PITTED	4976	1kg	6	6.00	N
	RAISINS	4979	1kg	6	5.00	N
	RAISINS BLACK FLAME	23108	1kg	6	5.50	N
	SULTANAS AUSTRALIAN	4981	1kg	6	6.06	N
	SULTANAS IRAN/TURK	16925	1kg	6	7.99	N
	H/WHOLEFOODS 3KG PACKS					
	APPLE FLAKES	22795	3kg	4	32.00	N
	APPLE RINGS	22796	3kg	4	31.20	N
	APRICOTS CHOPPED SO2	22797	3kg	4	18.99	N
	APRICOTS NO SO2	22798	3kg	4	22.25	N
	BANANA CHIPS	23297	3kg	4	16.60	N
	BLUEBERRIES	22799	3kg	4	52.66	N
	CHERRIES GLACE NATURAL	22801	3kg	4	21.50	N
	CHERRIES SOUR	22800	3kg	4	78.00	N
	CRANBERRIES DICED	22804	3kg	4	21.00	N
	CRANBERRIES SLICED	22802	3kg	4	16.70	N
	CRANBERRIES WHOLE	22803	3kg	4	22.55	N
	FIGS	22805	3kg	4	16.82	N
	FRUIT SALAD	22806	3kg	4	27.65	N
	MIXED PEEL	23311	3kg	4	9.05	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	MIXED VINE FRUIT	22808	3kg	4	15.75	N
	PAPAYA DICED SWEETENED SO2	24159	3kg	4	22.94	N
	PEACHES SO2	22810	3kg	4	45.50	N
	PEARS SO2	22811	3kg	4	44.55	N
	PINEAPPLE DICED SWEET SO2	24162	3kg	4	18.99	N
	PRUNES LARGE 20	22812	3kg	4	21.55	N
	PRUNES MEDIUM	23331	3kg	4	19.91	N
	RAISINS FLAME	22814	3kg	4	14.55	N
	SULTANAS AUSTRALIAN	22816	3kg	4	15.81	N
	H/WHOLEFOODS ORGANIC PRE-PACK					
	APRICOTS UNSO2 WHOLE ORG	6296	250g	6	3.32	N
	BANANA CHIPS ORG	14560	125g	6	1.09	N
	CRANBERRIES ORG	19065	125g	6	2.03	N
	CURRENTS ORG	6508	250g	6	2.30	N
	DATES DEGLET NOIR ORG	19936	250g	6	2.50	N
	FIGS ORG	6310	250g	6	3.61	N
	MANGO SLICES ORG	14565	250g	6	5.27	N
	MIXED VINE FRUIT ORG	6320	250g	6	2.03	N
	RAISINS ORG	6333	500g	6	3.99	N
	RAISINS ORGANIC	6332	250g	6	2.31	N
	SULTANAS TURKISH ORG	6344	250g	6	1.85	N
	SULTANAS TURKISH ORG	6345	500g	6	2.99	N
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	APRICOTS WHOLE ORG	22069	1kg	6	11.50	N
	CURRENTS ORG	22070	1kg	6	5.06	N
	DATES CHOPPED ORG	22712	1kg	6	7.58	N
	DATES PITTED ORG	4909	1kg	6	7.49	N
	FIGS ORG	4910	1kg	6	9.60	N
	FRUIT SALAD ORG	22071	1kg	6	13.83	N
	MIXED VINE FRUIT ORG	22072	1kg	6	6.65	N
	PRUNES PITTED ORG	22073	1kg	6	16.31	N
	RAISINS ORGANIC	4911	1kg	6	7.55	N
	SULTANAS TURKISH ORG	4912	1kg	6	5.75	N
	H/WHOLEFOODS ORGANIC BULK					
				case size	£/kg	
	APRICOTS WHOLE ORG	303	kg	10	12.30	N
	CURRENTS ORG	324	kg	12	5.50	N
	DATES CHOPPED ORG	16772	kg	10	6.10	N
	DATES PITTED ORG	1780	kg	5	7.25	N
	FIGS ORG	313	kg	10	10.05	N
	MIXED VINE FRUIT ORG	7736	kg	25	6.50	N
	PRUNES PITTED ORG	2764	kg	12	18.85	N
	RAISINS ORG	339	kg	10	7.04	N
	RAISINS SEEDLESS TURKEY ORG	12786	kg	12	6.88	N
	SULTANAS TURKISH ORG	344	kg	12	5.25	N

Order quantity: multiples of 3kg

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	GREEN CITY					
	GOJI BERRIES	18577	100g	10	2.10	N
	PEACH HALVES PRE PACKS	16248	250g	5	3.99	N
	PEAR HALVES	14957	250g	5	4.90	N
GRAINS & GRAIN PRODUCTS	H/WHOLEFOODS PRE-PACKS					
	BROTH MIX	22186	500g	6	1.29	N
	BULGAR WHEAT	6143	500g	6	1.75	N
	COUSCOUS WHITE	20927	500g	6	1.69	N
	COUSCOUS WHOLEMEAL	6664	500g	6	2.13	N
	MILLET	6183	500g	6	1.65	N
	PEARL BARLEY	21026	500g	6	1.35	N
	POLENTA	6237	500g	6	1.55	N
	POPCORN	6238	500g	6	1.58	N
	SOUP MIX	6138	500g	6	1.45	N
	TAPIOCA	20868	500g	6	1.96	N
	WHEATGERM	14183	500g	6	2.45	N
	H/WHOLEFOODS 1KG PACKS					
	BROTH MIX	22187	1kg	6	2.24	N
	BULGAR	4928	1kg	6	2.85	N
	COUSCOUS WHOLE	4929	1kg	6	3.53	N
	MILLET	4930	1kg	6	2.65	N
	PEARL BARLEY	21681	1kg	6	2.11	N
	POPCORN	4932	1kg	6	2.55	N
	SOUP MIX	16902	1kg	6	2.32	N
	WHEATGERM	4945	1kg	6	4.29	N
	H/WHOLEFOODS 3KG PACKS					
	BROWN RICE FLAKES	22785	3kg	4	13.83	N
	BULGAR WHEAT	22787	3kg	4	6.15	N
	COUSCOUS WHOLE	22786	3kg	4	8.63	N
	MILLET	22788	3kg	4	6.35	N
	PEARL BARLEY	22790	3kg	4	3.91	N
	POLENTA	23329	3kg	4	4.99	N
	POPCORN	22791	3kg	4	5.31	N
	WHEATGERM	22792	3kg	4	10.45	N
	H/WHOLEFOODS ORGANIC PRE-PACKS					
	BARLEY GRAIN ORG	14522	500g	6	1.15	N
	BUCKWHEAT RAW ORG	6302	500g	6	2.15	N
	BUCKWHEAT ROASTED ORG	18361	500g	6	2.80	N
	BULGAR WHEAT COARSE ORG	6303	500g	6	1.81	N
	COUSCOUS WHITE ORG	14524	500g	6	2.04	N
	COUSCOUS WHOLEMEAL ORG	6305	500g	6	2.60	N
	MILLET ORG	6319	500g	6	1.95	N
	POLENTA ORG	14539	500g	6	1.84	N
	POPCORN ORG	10968	500g	6	2.43	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	QUINOA ORG	10969	500g	6	4.99	N
	SOUP MIX ORGANIC	12352	500g	6	1.95	N
	SPELT GRAIN ORG	6480	500g	6	2.61	N
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	BARLEY FLAKES ORGANIC	22720	1kg	6	2.48	N
	BROTH/SOUP ORGANIC	22718	1kg	6	3.97	N
	BUCKWHEAT RAW ORG	22715	1kg	6	3.96	N
	BULGAR WHEAT ORG	6214	1kg	6	3.50	N
	COUS COUS WHITE ORG	22719	1kg	6	4.45	N
	MILLET ORG	4895	1kg	6	3.80	N
	POLENTA ORGANIC	22714	1kg	6	3.64	N
	POPCORN ORGANIC	22723	1kg	6	3.54	N
	POT BARLEY ORG	22724	1kg	6	2.48	N
	QUINOA ORGANIC	4933	1kg	6	7.50	N
	RYE GRAIN ORG	16894	1kg	6	2.23	N
	WHEAT GRAIN ORG	22728	1kg	6	2.26	N
	H/WHOLEFOODS ORGANIC BULK					
				sack size	£/kg	
	BUCKWHEAT RAW ORG	371	kg	25	3.27	N
	BULGAR WHEAT ORG	268	kg	25	2.70	N
	COUSCOUS WHITE ORG	2616	kg	20	3.85	N
	COUSCOUS WHOLEMEAL ORG	13946	kg	25	3.45	N
	MILLET ORG	377	kg	25	2.83	N
	POLENTA ORG	15752	kg	25	2.85	N
	POPCORN ORG	381	kg	25	2.79	N
	POT BARLEY ORG	383	kg	25	1.45	N
	QUINOA ORGANIC	2866	kg	25	7.50	N
	RYE GRAIN ORG	10862	kg	25	1.19	N
	SOUP MIX ORG	16524	kg	12	3.42	N
	SPELT GRAIN ORG	23111	kg	25	5.16	N
	WHEAT GRAIN ORG	391	kg	25	1.25	N
	GREEN CITY					
	RED QUINOA 3KG FT ORG	23911	3kg	1	20.29	N
	RED QUINOA FT ORG	21912	1kg	1	7.69	N
	SPELT COUSCOUS ORG	24010	500g	5	3.95	N
HAIR CARE	CAURNIE					
	NETTLE SHAMPOO	21199	190ml	6	5.99	Y
	PURE SHAMPOO	1398	200ml	6	5.99	Y
HERBS & SPICES	H/WHOLEFOODS PRE-PACKS					
	ALLSPICE GROUND	23740	20g	10	0.55	N
	BASIL	1066	12g	10	0.55	N
	BAY LEAVES	1109	6g	10	0.55	N
	BOUQUET GARNI	185	4bag	10	0.55	N
	CAJUN SPICE	2947	21g	10	0.55	N
	CARAWAY SEEDS	427	17g	10	0.55	N

Order quantity: multiples of 3kg

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	CARDAMOM WHOLE	772	8g	10	0.55	N
	CAYENNE PEPPER	1309	24g	10	0.55	N
	CELERY SALT	1533	40g	10	0.55	N
	CHILLIES GROUND	1312	24g	10	0.55	N
	CHILLIES WHOLE	891	12g	10	0.55	N
	CINNAMON GROUND	1264	24g	10	0.55	N
	CINNAMON STICKS	19918	12g	10	0.55	N
	CLOVES WHOLE	1253	12g	10	0.55	N
	CORIANDER GROUND	1254	24g	10	0.55	N
	CORIANDER SEEDS	892	21g	10	0.55	N
	CUMIN GROUND	1130	24g	10	0.55	N
	CUMIN SEEDS	893	21g	10	0.55	N
	CURRY LEAVES	22424	4g	10	0.55	N
	CURRY POWDER HOT	1408	24g	10	0.55	N
	CURRY POWDER MADRAS	1027	24g	10	0.55	N
	DILL HERB	1534	10g	10	0.55	N
	FENNEL SEEDS	513	24g	10	0.55	N
	FENUGREEK GROUND	602	24g	10	0.55	N
	FIVE SPICE MIX	1201	24g	10	0.55	N
	GARAM MASALA	1411	24g	10	0.55	N
	GINGER GROUND	1413	24g	10	0.55	N
	JUNIPER BERRIES	1535	17g	10	0.55	N
	LIME LEAVES WHOLE	23741	4g	10	0.55	N
	MACE GROUND	1532	14g	10	0.55	N
	MANGO POWDER	23742	20g	10	0.55	N
	MARJORAM	650	7g	10	0.55	N
	MIXED HERBS	1414	10g	10	0.55	N
	MIXED SPICE	813	24g	10	0.55	N
	MUSTARD SEED BLACK	523	24g	10	0.55	N
	MUSTARD SEED YELLOW	522	24g	10	0.55	N
	NUTMEG GROUND	1245	14g	10	0.55	N
	NUTMEG WHOLE	1415	4's	10	0.55	N
	OREGANO	1418	7g	10	0.55	N
	PAPRIKA	1419	21g	10	0.55	N
	PARSLEY	1423	5g	10	0.55	N
	PEPPERCORNS BLACK	1424	20g	10	0.55	N
	PEPPERCORNS MIXED	16639	18g	10	0.55	N
	PICKLING SPICE	2545	24g	10	0.55	N
	POPPY SEEDS	560	24g	10	0.55	N
	ROSEMARY	1427	14g	10	0.55	N
	SAGE	1436	10g	10	0.55	N
	STAR ANISE	2050	10g	10	0.55	N
	TARRAGON	515	7g	10	0.55	N
	THYME	1046	12g	10	0.55	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	TURMERIC	1048	21g	10	0.55	N
	VANILLA PODS	474	12pods	1	17.37	N
	H/WHOLEFOODS BULK HERBS & SPICES					
	ALLSPICE BERRIES	410	1kg	1	11.90	N
	ANISEED WHOLE	5635	1kg	1	12.39	N
	BOUQUET GARNI	414	500g	1	8.59	N
	CAJUN SEASONING	2024	1kg	1	7.55	N
	CARAWAY SEEDS	416	1kg	1	8.30	N
	CARDAMOM GROUND	558	500g	1	10.20	N
	CARDAMOM PODS GREEN	415	500g	1	14.20	N
	CAYENNE PEPPER	417	1kg	1	8.85	N
	CHILLI GROUND	420	1kg	1	8.06	N
	CHINESE FIVE SPICE	422	1kg	1	7.99	N
	CHIPOTLE CHILLI CRUSHED	23851	1kg	1	27.00	N
	CINNAMON GROUND	425	1kg	1	6.20	N
	CINNAMON QUILLS 8CM	424	500g	1	15.92	N
	CLOVES GROUND	23803	1kg	1	12.00	N
	CLOVES WHOLE	428	1kg	1	26.99	N
	CORIANDER GROUND	429	1kg	1	5.30	N
	CORIANDER SEEDS	430	1kg	1	6.60	N
	CRACKED BLACK PEPPER	20905	1kg	1	21.98	N
	CUMIN GROUND	431	1kg	1	8.40	N
	CUMIN SEEDS	432	1kg	1	8.40	N
	CURRY POWDER MADRAS HOT	433	1kg	1	7.79	N
	CURRY POWDER MEDIUM/PREMIUM	434	1kg	1	7.19	N
	DILL HERB	435	500g	1	9.60	N
	FENNEL SEEDS	437	1kg	1	6.90	N
	FENUGREEK GROUND	439	1kg	1	4.90	N
	FENUGREEK SEEDS	440	1kg	1	4.64	N
	GARAM MASALA	441	1kg	1	5.72	N
	GARLIC POWDER	442	1kg	1	13.74	N
	GINGER GROUND	443	1kg	1	8.50	N
	GROUND ROSEMARY	23560	1kg	1	8.60	N
	HERBES DE PROVENCE	1529	500g	1	5.35	N
	JUNIPER BERRIES	445	1kg	1	12.50	N
	LAVENDER FLOWERS	9047	500g	1	16.00	N
	MARJORAM	447	500g	1	5.40	N
	MIXED SPICE	450	1kg	1	7.39	N
	MUSTARD GROUND	451	1kg	1	7.20	N
	ONION SEED BLACK (KALONJI)	2333	500g	1	5.99	N
	OREGANO	457	500g	1	6.46	N
	PAPRIKA HUNGARIAN	8777	1kg	1	13.40	N
	PAPRIKA SPANISH	458	1kg	1	6.90	N
	PARSLEY	459	500g	1	6.75	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	PEPPER GROUND BLACK	463	1kg	1	17.78	N
	PEPPERCORNS MIXED 5 TYPES	496	1kg	1	27.99	N
	PEPPERCORNS WHITE	462	1kg	1	26.58	N
	PICKLING SPICE	465	1kg	1	8.38	N
	PIZZA HERBS	6082	500g	1	5.64	N
	ROSEMARY	467	500g	1	3.89	N
	SMOKED PAPRIKA	23559	500g	1	6.95	N
	STAR ANISE	2946	500g	1	7.75	N
	TURMERIC	473	1kg	1	5.76	N
	THERSSY'S VILLAGE CURRY					
	BLACK PEPPER CURRY MIX ORG	24127	75g	1	5.50	N
	DHAL CURRY MIX ORG	24131	75g	1	5.00	N
	FRAGRANT SPICE CURRY MIX ORG	24128	75g	1	5.50	N
	RED CHILLI CURRY MIX ORG	24126	75g	1	5.50	N
	ROASTED CURRY POWDER MIX ORG	24130	75g	1	5.50	N
	SPECIAL TEMPER CURRY MIX ORG	24129	75g	1	6.00	N
	GREEN CITY					
	SMOKED PAPRIKA GC	21446	pack	10	0.65	N
HONEY	H/WHOLEFOODS					
	HONEY CLEAR (HIHO) ORGANIC	9330	454g	12	3.85	N
	HONEY CLEAR TUB ORGANIC	9332	3kg	1	26.20	N
	HONEY SET (HIHO) ORGANIC	9331	454g	12	3.85	N
	HONEY SET TUB ORGANIC	9333	3kg	1	26.20	N
	HONEY WILDFLOWER CLEAR	9281	454g	12	3.39	N
	HONEY WILDFLOWER CLEAR TUB	942	3kg	1	19.15	N
	HONEY WILDFLOWER SET	9282	454g	12	3.39	N
	HONEY WILDFLOWER SET TUB	1437	3kg	1	19.15	N
Local honey (seasonal availability)	STRATHERRICK HONEY					
	LOCAL HONEY (WILD/HEATHER)	24160	227g	1	4.50	N
	LOCAL HONEY (WILD/HEATHER)	24161	340g	1	6.80	N
Local honey (seasonal availability)	FULTON, JIM					
	HEATHER HONEY COMB LOCAL	24172	c225g	1	8.50	N
	JOHN MELLIS					
	SCOTTISH BLOSSOM RUNNY HONEY	21577	340g	6	6.40	N
	SCOTTISH BLOSSOM SET HONEY	21578	340g	6	6.40	N
	SCOTTISH HEATH & WILDFLOWER SET	21576	340g	6	7.45	N
	SCOTTISH HEATHER HONEY SET	21575	340g	6	9.30	N
	SCOTTISH SPRING RUNNY HONEY	21579	340g	6	6.40	N
	ANDERSON'S					
	SCOTTISH BLOSSOM HONEY	23575	340g	12	5.99	N
	EQUAL EXCHANGE					
	CHILEAN ULMO BLOSSOM HONEY FT	16843	500g	10	4.99	N
	LATIN AMERIC HONEY CLEAR FT ORG	10107	500g	10	4.79	N
	LATIN AMERICAN HONEY SET FT ORG	10106	500g	10	4.79	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	MEX/NICARAG HONEY CLEAR FT ORG	19697	2.5kg	1	26.67	N
	HONEYHILL					
	BLOSSOM HONEY SCOTTISH JARS	2002	227g	18	3.89	N
	BLOSSOM HONEY SCOTTISH JARS	2001	454g	12	7.55	N
	BLOSSOM HONEY SCOTTISH TUB	2889	1.36kg	1	27.00	N
	HEATHER HONEY SCOT SET TUB	2888	1.36kg	1	31.69	N
	HEATHER HONEY SCOTTISH 1lb	518	454g	12	9.45	N
	HEATHER HONEY SCOTTISH SET	519	227g	18	4.85	N
	HONEYCOMB SQUARE	14840	300g	12	8.35	N
JAPANESE FOODS	GREENCITY					
NEW	PANKO BREADCRUMBS	24197	200g	5	1.39	N
LENTILS	H/WHOLEFOODS PRE-PACK					
	BROWN LENTILS	6140	500g	6	1.95	N
	GREEN LENTILS	6173	500g	6	2.30	N
	PUY STYLE LENTILS	6242	500g	6	1.85	N
	RED LENTILS	6246	500g	6	1.81	N
	H/WHOLEFOODS 1KG PACKS					
	BROWN LENTILS	4919	1kg	6	3.29	N
	GREEN LENTILS	4920	1kg	6	4.00	N
	PUY STYLE LENTILS	4921	1kg	6	3.09	N
	RED LENTILS	4922	1kg	6	3.02	N
	H/WHOLEFOODS ORGANIC PRE-PACK					
	BROWN LENTILS ORG	10966	500g	6	2.57	N
	GREEN LENTILS ORG	6312	500g	6	3.15	N
	PUY STYLE SPECKLED LENT ORG	14519	500g	6	2.95	N
	RED LENTILS ORG 500g	6334	500g	6	2.55	N
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	BROWN LENTILS ORG	22878	1kg	6	4.89	N
	GREEN LENTILS ORG	22880	1kg	6	5.60	N
	PUY STYLE LENTILS ORG	22879	1kg	6	5.63	N
	RED LENTILS ORG	4892	1kg	6	5.00	N
	H/WHOLEFOODS ORGANIC BULK			sack size	£/kg	
	BROWN LENTILS ORG	7635	kg	25	4.39	N
	GREEN LENTILS ORG	22	kg	25	5.25	N
	PUY STYLE LENTILS ORG	10000	kg	25	5.28	N
	RED LENTILS ORG	639	kg	25	4.52	N
	GREENCITY					
	BROWN LENTILS	18	3kg	1	8.79	N
	MALAWI TOOR DHAL LENTILS FT	23840	500g	5	2.59	N
NEW	MOONG DHAL	24331	500g	6	2.05	N
NEW	MOONG DHAL 3kg	24330	3kg	1	10.79	N
MUESLIS & BREAKFAST CEREALS	H/WHOLEFOODS PRE-PACKS					
	BROWN RICE FLAKES	6141	500g	6	3.00	N
	MUESLI DELUXE	2693	500g	12	2.12	N

Order quantity: multiples of 3kg

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	H/WHOLEFOODS 1KG PACKS					
	MUESLI DELUXE	4944	1kg	6	4.50	N
	H/WHOLEFOODS 3KG PACKS					
	EXOTIC MUESLI	23657	3kg	4	11.41	N
	FIVE STAR MUESLI	23654	3kg	4	11.24	N
	HIGHLAND BRAMBLE CRUNCH	23653	3kg	4	19.01	N
	MUESLI DELUXE COMMUNITY	22817	3kg	4	10.55	N
	MUESLI ORIGINAL COMMUNITY	22818	3kg	4	8.48	N
	SUPER MUESLI	23655	3kg	4	8.61	N
	SUPER MUESLI NO COCONUT	23656	3kg	4	8.27	N
	H/WHOLEFOODS ORGANIC PRE-PACK					
	BARLEY FLAKES ORG	6297	500g	6	1.15	N
	BROWN RICE FLAKES ORGANIC	20625	500g	6	3.71	N
	BUCKWHEAT FLAKES ORG	17132	500g	6	3.69	N
	MILLET FLAKE GF ORG	10784	500g	6	4.06	N
	QUINOA FLAKES ORGANIC	23218	500g	6	8.28	N
	RYE FLAKES ORG	6337	500g	6	1.20	N
	WHEAT FLAKES ORG	6347	500g	6	1.15	N
	WHEAT FLAKES TOASTED ORG	22177	500g	6	1.90	N
	WHEATBRAN ORGANIC	14529	375g	6	0.95	N
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	DELUXE MUESLI ORG	4908	1kg	6	4.91	N
	MILLET FLAKES ORG	22716	1kg	6	6.59	N
	MUESLI BASE ORG	4906	1kg	6	2.84	N
	SUPREME MUESLI ORG	22881	1kg	6	7.82	N
	H/WHOLEFOODS ORGANIC BULK			sack size	£/kg	
	BARLEY FLAKES ORGANIC	384	kg	25	1.55	N
	BUCKWHEAT FLAKES ORG	13260	kg	15	5.21	N
	DELUXE MUESLI ORG	12660	kg	15	5.52	N
	DELUXE MUESLI ORG	585	kg	25	4.40	N
	MILLET FLAKES ORG	15008	kg	15	6.42	N
	MUESLI CEREAL BASE ORG	588	kg	20	1.68	N
	RICE FLAKES ORG	13780	kg	15	6.31	N
	RYE FLAKES ORG	386	kg	25	1.57	N
	SPECIAL NO COCO MUESLI ORG	583	kg	25	3.80	N
	SUPER FOOD MUESLI ORG	18291	kg	15	8.78	N
	SUPREME MUESLI ORG	12657	kg	15	7.90	N
	GREEN CITY					
	HIGHLAND BRAMBLE CRUNCH	14513	400g	7	3.40	N
	HIGHLAND BRAMBLE CRUNCH GC 3kg	24071	3kg	1	20.65	N
	SUPERFOODS MUESLI	23031	350g	5	2.09	N
	STOATS					
NEW	RHUBARB APPLE & BRAMBLE MUESLI	24255	500g	6	3.99	N
	SUNFLOWER & POPPY SEED PORRIDGE	24101	550g	6	2.85	N

Order quantity: multiples of 3kg

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
NEW	TRIPLE BERRY MUESLI	24256	500g	6	3.99	N
	TILQUHILLIE					
	100% OAT MUESLI CRANBERRY GF	20873	425g	5	4.32	N
	OAT MUESLI WITH PRUNES GF	20874	425g	5	4.30	N
	PURE OAT MUESLI+VINEFRUIT+ALM GF	20875	425g	5	4.32	N
	NAIRNS					
	GLUTEN FREE OAT MUESLI	20925	450g	5	2.80	N
NATURAL REMEDIES	FINDHORN FLOWER ESSENCES					
	CALM ME DOWN ESSENCE SPRAY	22825	25ml	1	10.35	Y
	CLEAR LIGHT ESSENCE SPRAY	22824	25ml	1	10.35	Y
	EROS FLOWER ESSENCE SPRAY	21906	25ml	1	10.55	Y
	FIRST AID FLOWER ESSENCE SPRAY	21908	25ml	1	10.75	Y
	LIFE FORCE FLOWER ESSENCE SPRAY	21905	25ml	1	10.55	Y
	PSYCHIC PROTECTION FLOWER ESSENC	21907	25ml	1	10.55	Y
	HIGHLANDER					
	MIDGE HEAD NETS	15560	1 net	24	6.00	Y
NUTS	H/WHOLEFOODS PRE-PACK					
	ALMONDS BLANCHED	6135	125g	6	3.44	N
	ALMONDS FLAKED	6166	125g	6	2.79	N
	ALMONDS FLAKED	14598	250g	6	4.65	N
	ALMONDS GROUND	14602	250g	6	4.25	N
	ALMONDS WHOLE	6524	125g	6	2.82	N
	ALMONDS WHOLE	6127	250g	6	4.72	N
	ALMONDS WHOLE	6128	500g	6	8.51	N
	BRAZILS BROKEN	14607	500g	6	6.20	N
	BRAZILS WHOLE	6523	125g	6	2.50	N
	BRAZILS WHOLE	6277	250g	6	4.12	N
	BRAZILS WHOLE	14606	500g	6	7.32	N
	CASHEWS LARGE WHITE PIECES	6144	250g	6	3.75	N
	CASHEWS LWP	6521	500g	6	6.59	N
	CASHEWS LWP	6145	125g	6	2.33	N
	CASHEWS WHOLE	6146	125g	6	2.54	N
	CASHEWS WHOLE	6147	250g	6	4.16	N
	CASHEWS WHOLE	14608	500g	6	7.39	N
	COCONUT DESSICATED MED	6162	250g	6	2.05	N
	COCONUT DESSICATED MED	14612	500g	6	3.10	N
	HAZELNUTS WHOLE	6278	250g	6	4.98	N
	HAZELNUTS WHOLE	6279	125g	6	2.95	N
	HAZELNUTS WHOLE	6519	500g	6	8.99	N
	HAZELNUTS WHOLE ROASTED	14616	125g	6	4.32	Y
	MIXED NUTS	6185	250g	6	3.35	N
	MIXED NUTS CHOPPED	14611	250g	6	2.93	N
	MIXED NUTS DELUXE	10932	250g	6	4.50	N
	PEANUTS REDSKIN	6479	250g	6	1.85	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	PEANUTS REDSKIN	14619	500g	6	3.08	N
	PECAN HALVES	6230	125g	6	3.63	N
	PECAN HALVES	14622	250g	6	6.63	N
	PINE KERNELS	6231	125g	6	4.94	N
	PINE KERNELS	14189	250g	6	9.38	N
	PISTACHIO RAW KERNELS	6476	125g	6	4.44	N
	PISTACHIOS ROAST& SALT IN SHELL	6236	125g	6	3.47	N
	PISTACHIOS ROAST&SALT IN SHELL	14623	250g	6	6.02	N
	WALNUTS	22275	250g	6	4.95	N
	H/WHOLEFOODS 1KG PACKS					
	ALMONDS BLANCHED	16912	1kg	6	21.42	N
	ALMONDS FLAKED	16910	1kg	6	15.99	N
	ALMONDS GROUND	16911	1kg	6	13.99	N
	ALMONDS WHOLE	4947	1kg	6	16.43	N
	BRAZILS BROKEN	4949	1kg	6	14.65	N
	BRAZILS WHOLE	4948	1kg	6	14.00	N
	CASHEWS LARGE WHITE PIECES	4950	1kg	6	12.55	N
	CASHEWS ROASTED & SALTED	4952	1kg	6	19.09	Y
	CASHEWS WHOLE	4951	1kg	6	14.17	N
	COCONUT CHIPS	16916	1kg	6	7.10	N
	COCONUT DESSICATED MED	16915	1kg	6	4.55	N
	HAZELNUTS WHOLE	4953	1kg	6	17.45	N
	HAZELNUTS WHOLE ROASTED	16918	1kg	6	27.18	Y
	MACADAMIA NUTS	23113	1kg	6	35.95	N
	MIXED NUTS CHOPPED	16914	1kg	6	9.26	N
	MIXED NUTS DELUXE	4984	1kg	6	14.80	N
	MIXED NUTS WITH PEANUTS	4983	1kg	6	10.99	N
	PEANUTS BLANCHED	23112	1kg	6	5.25	N
	PEANUTS PALE	23714	1kg	6	4.05	N
	PEANUTS RED	4955	1kg	6	5.19	N
	PEANUTS ROASTED & SALTED	4956	1kg	6	7.24	Y
	PECAN HALVES	4958	1kg	6	22.95	N
	PINE KERNELS	16920	1kg	6	35.08	N
	PISTACHIOS RAW SHELLED	4960	1kg	6	45.40	N
	PISTACHIOS ROAST&SALT IN SHELL	4959	1kg	6	25.26	N
	WALNUTS	22440	1kg	6	17.40	N
	H/WHOLEFOODS 3KG PACKS					
	ALMONDS BLANCHED	23628	3kg	4	59.68	N
	ALMONDS FLAKED	23295	3kg	4	46.00	N
	ALMONDS GROUND	23296	3kg	4	40.00	N
	ALMONDS WHOLE	23294	3kg	4	47.65	N
	BRAZILS BROKEN	23299	3kg	4	41.00	N
	BRAZILS WHOLE	23298	3kg	4	39.77	N
	CASHEWS LWP	23301	3kg	4	35.30	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat	
NEW	CASHEWS ROAST AND SALT	23716	3kg	4	54.46	Y	
	CASHEWS WHOLE	23302	3kg	4	40.17	N	
	CHILLI NUTS	24386	3kg	1	31.00	Y	
	CHOPPED MIXED NUTS	23314	3kg	4	24.71	N	
	COCONUT CHIPS	23304	3kg	4	18.99	N	
	COCONUT DESSICATED FINE	23305	3kg	4	14.39	N	
	COCONUT DESSICATED MED	23306	3kg	4	10.99	N	
	HAZELNUTS WHOLE	23307	3kg	4	50.00	N	
	MIXED NUTS AND PEANUTS	23313	3kg	4	30.60	N	
	MIXED NUTS DELUXE	23312	3kg	4	43.95	N	
	PEANUTS BLANCHED	23323	3kg	4	13.39	N	
	PEANUTS PALE	23322	3kg	4	9.81	N	
	PEANUTS RED	23321	3kg	4	12.30	N	
	PEANUTS ROAST & SALTED	23320	3kg	4	18.93	Y	
	PECAN HALVES	23324	3kg	4	66.48	N	
	PINE KERNELS	23325	3kg	4	102.89	N	
	PISTACHIOS RAW SHELLED	23327	3kg	4	133.83	N	
	PISTACHIOS ROAST&SALT IN SHELL	23326	3kg	4	62.57	N	
	WALNUTS	23348	3kg	4	49.88	N	
	H/WHOLEFOODS ORGANIC PRE-PACK						
NEW	ALMONDS GROUND 250g ORG	14551	250g	6	6.75	N	
	ALMONDS WHOLE 125g ORG	6525	125g	6	2.89	N	
	ALMONDS WHOLE 250g ORG	6294	250g	6	5.25	N	
	BRAZILS WHOLE ORG	6301	125g	6	2.48	N	
	BRAZILS WHOLE ORG 250g	14552	250g	6	4.39	N	
	CASHEW PIECES ORG 250g	24275	250g	6	3.99	N	
	CASHEWS WHOLE 250g ORG	6349	250g	6	4.43	N	
	COCONUT DESSICATED 125g ORG	6309	125g	6	1.18	N	
	HAZELNUTS WHOLE 250g ORG	6520	250g	6	4.99	N	
	PINE KERNELS ORG	14556	100g	6	4.47	N	
	WALNUT PIECES 125g ORG	6478	125g	6	2.90	N	
	WALNUTS 250g ORG	10965	250g	6	4.39	N	
	H/WHOLEFOODS ORGANIC 1KG PACKS						
		ALMONDS BLANCHED ORG	22076	1kg	6	20.45	N
		ALMONDS FLAKED ORG	22075	1kg	6	28.75	N
		ALMONDS WHOLE ORG	22077	1kg	6	18.39	N
	BRAZIL NUTS WHOLE ORG	22078	1kg	6	13.56	N	
	CASHEW PIECES ORG	22079	1kg	6	13.80	N	
	CASHEWS WHOLE ORG	22080	1kg	6	15.05	N	
	COCONUT DESSICATED ORG	22081	1kg	6	5.98	N	
	HAZELNUTS ORG	22082	1kg	6	28.80	N	
	MIX NUTS DELUX ORG	22086	1kg	6	18.10	N	
	PEANUTS ORG	22084	1kg	6	7.35	N	
	WALNUT PIECES ORG	22085	1kg	6	13.28	N	

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
Order quantity: multiples of 3kg	H/WHOLEFOODS ORGANIC BULK				£/kg	
	ALMONDS BLANCHED ORG	13712	kg	10	23.06	N
	ALMONDS FLAKED ORG	16216	kg	10	29.00	N
	ALMONDS WHOLE ORG	605	kg	25	20.59	N
	BRAZILS NUTS WHOLE ORG	5326	kg	20	14.79	N
	CASHEW PIECES ORG	5328	kg	22	15.54	N
	CASHEWS WHOLE ORG	19659	kg	22	16.97	N
	COCONUT DESSICATED ORG	16251	kg	25	5.69	N
	HAZELNUTS WHOLE ORG	620	kg	25	25.00	N
	MIXED NUTS NO P NUTS ORG	9038	kg	10	20.99	N
	PEANUTS PALESKIN ORG	10028	kg	25	7.34	N
	WALNUT PIECES ORG	1545	kg	10	14.45	N
	EQUAL EXCHANGE					
	CASHEWS FAIR TRADE ORG	15849	250g	12	4.45	N
	GREENCITY					
	COCONUT CHIPS	14613	250g	5	2.15	N
OATCAKES	NAIRNS					
	CHEESE OATCAKES	15834	200g	12	1.69	N
	CHEESE OATCKES EXTRA FILL GF	24144	180g	8	2.15	N
	CRACKED BLACK PEPPER OATCAKES	22505	200g	8	1.49	N
	FINE OATCAKES	15835	218g	12	1.09	N
	FRUIT & SEED OATCAKES	23711	225g	8	1.59	N
	HERB & SEED OATCAKE GF XTRA FILL	24143	180g	8	2.15	N
	OATCAKES EXTRA FILL GF	24142	213g	8	2.15	N
	OATCAKES ORG	10987	250g	12	1.39	N
	ROUGH OATCAKES	15836	291g	10	1.29	N
	SUPER SEEDED OATCAKES ORG	23710	200g	8	1.75	N
	STOCKAN'S					
	OATCAKES THICK	243	200g	24	0.91	N
	OATCAKES THIN ORIGINAL	72	100g	36	0.55	N
	HEBRIDEAN					
	HEBRIDEAN OATCAKES	16089	150g	20	1.55	N
	HEBRIDEAN OATCAKES OLIVE ORG	18127	140g	20	2.10	N
	FOREST KITCHEN					
	OATCAKES HANDMADE LOCAL	21030	130g	1	2.09	N
	ANGELIC GLUTEN FREE					
	COCKTAIL OATCAKES GF	22820	150g	8	2.60	N
	STOATS					
NEW	CHIPOTLE CHILLI OATCAKES	24319	150g	16	1.39	N
NEW	RUSTIC SCOTTISH OATCAKES	24257	150g	16	1.39	N
OATS & OAT PRODUCTS	H/WHOLEFOODS PRE-PACKS					
	OATBRAN (HIHO)	6189	500g	6	1.88	N
	H/WHOLEFOODS 3KG PACKS					
	OAT GROATS	23317	3kg	4	3.63	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	OATBRAN	23316	3kg	4	7.08	N
	H/WHOLEFOODS ORGANIC PRE-PACKS					
	JUMBO OATS ORG	6315	500g	6	1.58	N
	PORRIDGE OATS ORG	6326	500g	6	1.30	N
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	JUMBO OATS ORG	6316	1kg	6	2.77	N
	PORRIDGE OATS ORG	4904	1kg	6	2.77	N
	H/WHOLEFOODS ORGANIC BULK					
					£/kg	
	FINE OATMEAL MORNFLAKE ORG	657	kg	25	1.50	N
	JUMBO OATS MORNFLAKE ORGANIC	664	kg	25	1.50	N
	MEDIUM OATMEAL MORNFLAKE ORG	659	kg	25	1.50	N
	OAT GROATS ORG	665	kg	25	1.50	N
	OATBRAN ORGANIC	8446	kg	12	2.50	N
	PINHEAD OATMEAL MORNFLAKE ORG	662	kg	25	1.50	N
	PORRIDGE OATS MORNFLAKE ORG	655	kg	25	1.50	N
	GOLSPIE MILL					
	OATMEAL COARSE ORG	12625	1kg	8	2.54	N
	OATMEAL MEDIUM BULK	8532	25kg	1	43.33	N
	OATMEAL MEDIUM ORG	12624	1kg	8	2.54	N
	MOORHEAD MCGAVIN					
	MEDIUM OATMEAL 3KG PACK	9898	3kg	4	3.85	N
	PINHEAD OATMEAL 3KG PACK	23374	3kg	4	3.85	N
	STOATS					
	APPLE & CINNAMON PORRIDGE POTS	22487	60g	16	1.19	N
	CLASSIC SCOTTISH PORRIDGE POTS	22486	60g	16	1.09	N
	CRANBERRY & BLUEBERRY PORRIDGE	22488	60g	16	1.19	N
NEW	SCOTTISH PORRIDGE OATS	24266	750g	6	2.79	N
	TILQUHILLIE					
	100% OAT FLAKES GF	20894	425g	5	3.80	N
	NAIRNS					
	SCOTTISH PORRIDGE OATS GF	20924	450g	5	2.59	N
	GREENCITY					
	JUMBO OATS GC ORG	23914	3kg	1	6.80	N
	PORRIDGE OATS GC ORGANIC	23913	3kg	1	6.80	N
OILS, UNREFINED	CULLISSE					
	CULLISSE MINI OILS GIFT BOX	23180	3x100m	1	12.99	N
	HIGHLAND RAPESEED OIL	22001	5lt	4	22.49	N
	HIGHLAND RAPESEED OIL	21208	500ml	6	6.99	N
TOMATO PRODUCTS	H/WHOLEFOODS 3KG PACKS					
	TOMATO HALVES SUNDRIED	23343	3kg	4	24.66	N
CHUTNEYS	ROSE COTTAGE COUNTRY KITCHEN					
	GREEN TOMATO CHUTNEY	18643	400g	1	3.25	N

Prices are correct at time of going to print, but are subject to change without prior notice.

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	HUNTLY HERBS					
	BEETROOT & APPLE CHUTNEY GF ORG	19627	286g	6	3.99	N
	BLACK ISLE PORTER CHUTNEY ORG	20980	312g	6	3.99	N
	BLCK ISLE BLOND BOMB CHUTNEY ORG	20981	300g	6	3.99	N
	CORIANDER CHUTNEY GF ORG	19629	300g	6	3.99	N
	GREEN TOMATO CHUTNEY GF ORG	20768	300g	6	3.99	N
	HOT LEMON RELISH GF ORG	20145	290g	6	3.99	N
	HOT PUMPKIN CHUTNEY GF ORG	20510	300g	6	3.99	N
	LITTLE BOX OF CHUTNEYS ORG	22210	6 jars	1	8.77	N
	STRATHBOGIE SIZZLE CHUT GF ORG	19624	300g	6	3.99	N
	THREE LITTLE JARS CHUTNEY ORG	23444	3jars	1	3.99	N
	TRAD MARROW CHUTNEY ORG	19626	300g	6	3.99	N
RICE	H/WHOLEFOODS PRE-PACK					
	ARBORIO RISOTTO RICE 500g	6131	500g	6	2.15	N
	BASMATI RICE BROWN	6139	500g	6	2.15	N
	BASMATI RICE WHITE	6272	500g	6	1.82	N
	LONG GRAIN BROWN RICE	349	500g	6	1.53	N
	PUDDING RICE	22277	500g	6	1.45	N
	RED RICE	14574	500g	6	2.72	N
	SUSHI RICE	22555	500g	6	2.06	N
	WILD RICE	6280	125g	6	2.85	N
	WILD RICE	6484	250g	6	4.78	N
	H/WHOLEFOODS 1KG PACKS					
	ARBORIO RICE	4934	1kg	6	3.68	N
	BASMATI RICE BROWN	4935	1kg	6	3.69	N
	BASMATI RICE WHITE	4936	1kg	6	2.99	N
	LONG GRAIN BROWN RICE	4937	1kg	6	2.45	N
	RED RICE	23794	1kg	6	4.81	N
	WILD RICE	23114	1kg	6	16.68	N
	H/WHOLEFOODS 3KG PACKS					
	BROWN BASMATI RICE	23300	3kg	4	8.70	N
	RED RICE	23332	3kg	4	12.13	N
	SUSHI RICE	23342	3kg	4	6.84	N
	WILD RICE	23629	3kg	4	47.71	N
	H/WHOLEFOODS ORGANIC PRE-PACK					
	ARBORIO RICE ORG	22549	500g	6	2.79	N
	BROWN BASMATI RICE ORG	7562	500g	6	2.15	N
	LONG GRAIN BROWN RICE 500g ORG	6318	500g	6	2.16	N
	LONG GRAIN WHITE RICE ORG	7564	500g	6	1.85	N
	SHORT GRAIN BROWN RICE ORG	6342	500g	6	1.95	N
	WHITE BASMATI RICE ORG	7563	500g	6	2.62	N
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	ARBORIO RICE ORG	22883	1kg	6	5.75	N
	BASMATI RICE BROWN ORG	4896	1kg	6	4.60	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat	
Order quantity: multiples of 3kg	BLACK RICE ORG	22884	1kg	6	6.16	N	
	LONG GRAIN BROWN RICE ORG	6317	1kg	6	3.89	N	
	LONG GRAIN WHITE RICE ORG	4898	1kg	6	3.59	N	
	SHORT GRAIN BROWN RICE ORG	4899	1kg	6	3.80	N	
	WHITE BASMATI RICE ORG	21443	1kg	6	4.50	N	
	H/WHOLEFOODS ORGANIC BULK			sack size	£/kg		
	ARBORIO RICE ORG	15043	kg	25	5.50	N	
	BASMATI RICE BROWN ORG	7511	kg	25	4.04	N	
	BASMATI WHITE RICE ORG	7512	kg	25	4.05	N	
	BLACK RICE ORGANIC	15776	kg	25	5.91	N	
	LONG GRAIN BROWN RICE ORG	353	kg	25	3.18	N	
	LONG GRAIN WHITE RICE ORG	7510	kg	25	2.80	N	
	SHORT GRAIN BROWN RICE ORG	357	kg	25	3.08	N	
	GREEN CITY						
BLACK RICE ORG	23753	250g	5	1.89	N		
KILOMBERO							
KILOMBERO L.G BROWN RICE FT	22618	1kg	12	3.40	N		
KILOMBERO L.G WHITE RICE FT	22619	1kg	12	3.40	N		
SALAD DRESSINGS	SALADWORX						
CALENDULA AND GARLIC DRESSING	22095	250ml	6	5.65	N		
DILL AND LEMON DRESSING	22097	250ml	6	5.65	N		
HEATHER HONEY & WH/GRAIN MUSTARD	22096	250ml	6	5.65	N		
HEBRIDEAN SEAWEED AND LEMON	22101	250ml	6	5.65	N		
HEBRIDEAN SEAWEED AND LIME	22103	250ml	6	5.65	N		
RASPBERRY & BALSAMIC DRESSING	23442	250ml	6	5.65	N		
SEAWEED PRODUCTS	MARA						
APPLEWOOD SMOKED DULSE IN TIN	23684	15g	6	5.60	N		
SEA SPICE DULSE SHAKER TIN	23688	30g	12	5.70	N		
SEA SPICE GIFT TASTING TIN	23685	25g	1	12.15	N		
SEA SPICE KOMBU SHAKER TIN	23689	50g	12	5.70	N		
SEAWEED SHAKER TIN GIFT 3TINS	23686	110g	1	19.99	N		
TRIO PACK SEAWEED POUCHES	23687	pouch	3	15.89	N		
SEEDS	H/WHOLEFOODS PRE-PACKS						
LINSEED	14596	500g	6	1.72	N		
POPPY SEEDS	14597	250g	6	1.90	N		
POPPY SEEDS BLUE	10940	125g	6	1.41	N		
PUMPKIN & SUNFLOWER MIX	19113	250g	6	1.95	N		
PUMPKIN SEEDS	6241	250g	6	2.40	N		
PUMPKIN SEEDS	14190	500g	6	3.75	N		
SESAME SEEDS	6253	250g	6	1.52	N		
SESAME SEEDS 500g	6254	500g	6	2.13	N		
SUNFLOWER SEEDS 250g	6259	250g	6	1.35	N		
SUNFLOWER SEEDS 500g	6260	500g	6	1.94	N		

ORG = organic; FT = fair trade; GF = gluten free

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	H/WHOLEFOODS 1KG PACKS					
	LINSEED	23104	1kg	6	2.83	N
	POPPY SEEDS BLUE	13618	1kg	6	5.17	N
	PUMPKIN SEEDS	20613	1kg	6	7.50	N
	SESAME SEEDS	18692	1kg	6	3.68	N
	SUNFLOWER SEEDS	14599	1kg	6	3.11	N
	SUPERSEED MIX	23109	1kg	6	4.09	N
	H/WHOLEFOODS 3KG PACKS					
	POPPY SEEDS BLUE	23328	3kg	4	11.27	N
	PUMPKIN SEEDS	23330	3kg	4	19.00	N
	SESAME SEEDS	23333	3kg	4	8.59	N
	SUNFLOWER SEEDS	23334	3kg	4	6.43	N
	H/WHOLEFOODS ORGANIC PRE-PACK					
	ALFALFA SEEDS ORG 125g	23421	125g	6	2.69	N
	BROWN LINSEED ORG	20830	500g	6	2.45	N
	LINSEED GOLD ORG	22550	500g	6	2.27	N
	POPPY SEEDS ORG 250g	16768	250g	6	2.75	N
	PUMPKIN SEEDS ORG	6331	125g	6	1.59	N
	PUMPKIN SEEDS ORG	19717	500g	6	4.25	N
	PUMPKIN SEEDS ORG 250g	14545	250g	6	2.65	N
	SESAME SEEDS ORG 250g	6340	250g	6	2.05	N
	SESAME SEEDS ORG 500g	14546	500g	6	2.99	N
	SUNFLOWER SEEDS 250g ORG	6346	250g	6	1.25	N
	SUNFLOWER SEEDS 500g ORG	12175	500g	6	1.93	N
	H/WHOLEFOODS ORGANIC 1KG PACKS					
	LINSEED BROWN ORG	20623	1kg	6	4.20	N
	LINSEED GOLD ORG	22886	1kg	6	4.27	N
	POPPY SEEDS BLUE ORG	22888	1kg	6	9.90	N
	PUMPKIN SEEDS ORG	17832	1kg	6	7.25	N
	SEED AND GRAIN MIX ORG	22890	1kg	6	18.44	N
	SEED BEAN MIX SPROUT ORG	22889	1kg	6	4.63	N
	SESAME SEEDS ORG	22887	1kg	6	4.39	N
	SUNFLOWER SEEDS ORG	20624	1kg	6	3.91	N
	H/WHOLEFOODS ORGANIC BULK					
				sack size	£/kg	
	LINSEED BROWN ORG	7746	kg	25	3.55	N
	LINSEED GOLD ORG	14251	kg	25	3.65	N
	POPPY SEEDS BLUE ORG	9266	kg	25	10.15	N
	PUMPKIN SEEDS ORG	2784	kg	25	7.75	N
	SEED & BEAN MIX SPROUT ORG	16523	kg	12	3.70	N
	SESAME SEEDS ORG	1798	kg	25	3.85	N
	SUNFLOWER SEEDS ORG	648	kg	25	3.05	N
SNACKS, SAVOURY	H/WHOLEFOODS PRE-PACK					
	BOMBAY MIX	14639	125g	6	1.25	N
	BOMBAY MIX	6136	250g	6	1.60	N

Order quantity: multiples of 3kg

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	CASHEW NUTS WHOLE R&S	14609	250g	6	5.52	Y
	CHILLI NUTS	22557	125g	6	2.10	Y
	JAPANESE RICE CRACKERS	10934	250g	6	2.75	N
	KOREAN HOT RICE CRACKERS	10935	125g	6	1.89	N
	PEANUTS ROASTED & SALTED	14620	250g	6	2.54	Y
	SESAME STICKS	10936	250g	6	1.85	N
	SUPERSEED MIX	19111	250g	6	1.68	N
	WASABI PEANUTS	19110	125g	6	1.99	Y
	H/WHOLEFOODS 1KG PACKS					
	BOMBAY MIX	4982	1kg	6	4.15	N
	H/WHOLEFOODS 3KG PACKS					
NEW	BOMBAY MIX 3KG	24315	3kg	1	11.95	N
NEW	JAPANESE RICE CRACKERS	24385	3kg	1	27.25	N
NEW	WASABI PEANUTS	24387	3kg	1	28.10	Y
	GREENCITY					
	JAPANESE RICE CRACK MIX BULK	6492	7.5kg	1	65.20	N
	MACKIE'S					
	MATURE CHEDDAR & ONION CRISPS	20233	40g	24	0.74	Y
	SEA SALT & VINEGAR CRISPS	20232	40g	24	0.74	Y
	SEA SALT CRISPS	20231	40g	24	0.74	Y
SNACKS, SWEET	H/WHOLEFOODS					
	CAROB RAISINS	19119	125g	6	1.77	Y
	CHOCOLATE PEANUTS	19117	125g	6	1.75	Y
	DARK CHOCOLATE GINGER	19116	125g	6	2.15	Y
	DARK CHOCOLATE RAISINS	22208	125g	6	1.99	Y
	HIGH ENERGY MOUNTAIN MIX	22455	250g	6	2.85	N
	ISLAND MIX	14640	250g	6	2.25	N
	MILK CHOC FLAVOUR RAISINS	19115	125g	6	1.71	Y
	MIXED NUTS & RAISINS DELUXE	6184	250g	6	3.35	N
	TRAIL MIX	6265	250g	6	2.46	N
NEW	TROPICAL MIX	24259	250g	6	2.45	N
	YOGHURT COATED APRICOTS	19109	125g	6	1.85	Y
	YOGHURT COATED BANANA CHIPS	6283	125g	6	1.78	Y
	YOGHURT COATED BRAZILS	19108	125g	6	2.02	Y
	YOGHURT COATED GINGER	6285	125g	6	1.85	Y
	YOGHURT COATED PEANUTS	6291	125g	6	1.75	Y
	YOGHURT COATED RAISIN	17545	250g	6	2.69	Y
	YOGHURT COATED RAISINS	6289	125g	6	1.89	Y
	H/WHOLEFOODS 1KG PACKS					
	DELUXE MIXED NUTS & RAISINS	4985	1kg	6	10.85	N
	HIGH ENERGY MOUNTAIN MIX	22454	1kg	6	8.85	N
	TRAIL MIX	10937	1kg	6	6.45	N
	TROPICAL MIX	23828	1kg	6	8.95	Y

Prices are correct at time of going to print, but are subject to change without prior notice.

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	H/WHOLEFOODS 3KG PACKS					
	CAROB COATED RAISINS	22213	3kg	1	19.65	Y
	DARK CHOC COAT RAISINS	22968	3kg	1	20.99	Y
	DARK CHOC GINGER	22214	3kg	1	30.15	Y
	HIGH ENERGY MOUNTAIN MIX	23854	3kg	4	24.20	N
	MILK CHOC FLAVOUR PEANUTS	22189	3kg	1	16.49	Y
	MILK CHOC FLAVOUR RAISINS	6954	3kg	1	16.99	Y
	MIXED NUTS DELUXE RAISINS	23315	3kg	4	30.19	N
NEW	TRAIL MIX	24384	3kg	4	16.92	N
	TROPICAL MIX	23345	3kg	4	24.00	Y
Order quantity: multiples of 3kg	H/WHOLEFOODS ORGANIC BULK				£/kg	
	FRUIT & NUT MIX ORG	1596	kg	5	10.52	N
	STOATS					
NEW	APPLE & CINN PORRIDGE OAT BARS 8	24248	85g	28	1.29	N
NEW	APRICOT & SULTANA PORRIDGE BARS 8	24251	85g	28	1.29	N
NEW	BLUEBERRY & HONEY PORRIDGE BARS 8	24249	85g	28	1.29	N
NEW	CLASSIC SCOT ORIG PORRIDGE BAR 8	24254	85g	28	1.29	N
NEW	FIG & DATE PORRIDGE OAT BARS 8	24252	85g	28	1.29	N
	MIXED CASE PORRIDGE OAT BARS 8	22006	85g	28	1.29	N
NEW	RASPBERRY & HONEY PORRIDGE BARS 8	24250	85g	28	1.29	N
NEW	WHITE CHOC & HAZEL PORRIDGE BAR 8	24253	85g	28	1.29	N
	FOREST KITCHEN					
	TABLET COBBLERS BAG	23850	130g	6	4.20	Y
	TABLET SLAB HANDMADE LOCAL	21049	90g	1	2.30	Y
	WHISKY FUDGE	23160	90g	1	2.59	Y
SPREADS, NUT & SEED	EQUAL EXCHANGE					
	PEANUT BUTTER CRUNCH SALT FT ORG	18248	280g	6	2.99	N
	PEANUT BUTTER CRUNCHY NAS FT ORG	18247	280g	6	2.99	N
	PEANUT BUTTER SMOOTH NAS FT ORG	18250	280g	6	2.99	N
	PEANUT BUTTER SMOOTH SALT FT ORG	18249	280g	6	2.99	N
	TAHINI NATURAL FAIR TRADE ORG	13122	270g	6	3.29	N
SPREADS, SWEET	ROSE COTTAGE COUNTRY KITCHEN					
	BLACKCURRANT JAM LOCAL	18636	320g	6	3.42	N
	DAMSON JAM LOCAL	18640	227g	6	3.19	N
	HIGHLAND RASPBERRY JAM LOCAL	18645	340g	6	3.42	N
	SEVILLE ORANGE MARMALADE LOCAL	18648	450g	6	3.35	N
	STRAWBERRY JAM LOCAL	18646	320g	6	3.42	N
	THREE FRUIT MARMALADE LOCAL	18647	450g	6	3.33	N
	WHISKY MARMALADE LOCAL	18649	227g	6	2.83	N
	HUNTLY HERBS					
	GOOSEBERRY & ELDFL JAM ORG	24156	300g	6	3.99	N
	GOOSEBERRY JAM GF ORG	22379	12oz	6	3.99	N
NEW	LITTLE BOX OF JAMS ORG	24215	6jars	1	8.77	N
	RASPBERRY JAM ORG 800g	23905	800g	6	11.95	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	RASPBERRY JAM ORG LOCAL 300g	24102	300g	6	3.99	N
	THREE LITTLE JARS JAM ORG	23445	3jars	1	3.99	N
SUGAR	H/WHOLEFOODS 3KG PACKS					
	DARK MUSCAVADO SUGAR	23338	3kg	4	9.46	N
	DEMERARA SUGAR FAIR TR	23339	3kg	4	9.46	N
	GOLDEN GRAN SUGAR FT	23340	3kg	4	9.89	N
	LIGHT MUSCAVADO SUGAR	23337	3kg	4	9.46	N
	LIGHT SOFT BROWN SUGAR	23341	3kg	4	9.40	N
	H/WHOLEFOODS ORGANIC					
	CANE SUGAR ORGANIC	22700	1kg	6	4.25	N
	CASTER SUGAR ORGANIC	22701	1kg	6	4.76	N
Order quantity: multiples of 3kg	H/WHOLEFOODS ORGANIC BULK			sack size	£/kg	
	CASTER SUGAR FINE ORG	5620	kg	25	4.49	N
	DEMERARA SUGAR ORG	14801	kg	25	4.15	N
	LIGHT SOFT BROWN SUGAR ORG	15601	kg	25	4.72	N
	NATURAL CANE SUGAR ORG	14252	kg	25	3.64	N
	RAPADURA CANE SUGAR ORG	15247	kg	25	4.72	N
	EQUAL EXCHANGE					
	RAW CANE SUGAR FT ORG	12706	500g	10	2.39	N
	RAW CANE SUGAR STICKS FT ORG	15099	1000	1	21.90	N
TEAS, LOOSE	ICHAH Tea					
	ICHAH GINGER CHAI NO3	24039	25g	1	3.95	N
	ICHAH SPICY CHAI NO1	24040	25g	1	3.95	N
	ICHAH VANILLA CHAI NO7	24041	25g	1	3.95	N
VEGETABLES, DRIED	H/WHOLEFOODS ORGANIC BULK					
	SUN DRIED TOMATO HALVES ORG	19353	10kg	1	92.77	N
WATERS (SCOTTISH)	HIGHLAND SPRING					
	WATER SPRING STILL PET	19087	1.5lt	12	1.00	Y
	STRATHMORE					
	WATER CARBONATED GLASS	1077	1lt	12	1.45	Y
	WATER CARBONATED GLASS	1082	330ml	24	0.68	Y
	WATER CARBONATED PLASTIC	13944	500ml	24	0.49	Y
	WATER STILL PLASTIC BOTTLE	22983	500ml	24	0.45	Y
	DEESIDE					
	WATER SPARKLING GLASS	22950	250ml	24	0.52	Y
	WATER STILL IN GLASS	22218	250ml	24	0.52	Y
GIFTS	H/WHOLEFOODS GIFT VOUCHERS					
	10 POUNDS STERLING GIFT VOUCHER	13115	£10	1	10.00	N
	20 POUNDS STERLING GIFT VOUCHER	13116	£20	1	20.00	N
	5 POUNDS STERLING GIFT VOUCHER	13114	£5	1	5.00	N
Palestinian fair trade crafts	HADEEL					
	BANKSY CARD PALESTINE	23651	1	1	1.15	Y
	BOOKMARK PALESTINE	22687	1	1	4.99	Y
	COIN PURSE & KEYRING PAL FT	22975	1	1	9.00	Y

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	FELT SHEEP PALESTINE 3CM FT	22636	1	1	2.19	Y
	FELT SHEEP PALESTINE 5CM FT	22689	1	1	3.50	Y
	FRIENDSHIP BAND PALESTINE	24135	17cm	1	9.27	Y
	GLASS PEACE DOVE FT PAL	22634	1	1	14.00	Y
	HADEEL FELT DOVE BROOCH	22932	1	1	4.25	Y
	HADEEL FELT SHEEP PURSE	22933	1	1	9.60	Y
	KUFIYA TRAD SCARF BLCK PALEST	24134	1	1	15.15	Y
	KUFIYA TRAD SCARF RED PALEST	23648	1	1	14.50	Y
	OLIVE DISH 13CM HADEEL FT	22626	1	1	11.00	Y
	OLIVE DOVE PENDANT FT	22628	1	1	3.00	Y
	OLIVE HEXAGON BOX FT	22630	1	1	15.00	Y
	OLIVE RECTANGLE BOX FT	22629	1	1	15.00	Y
	OLIVE TRIQUETRA PENDANT FT	22627	1	1	3.00	Y
	OLIVE WOOD CANDLESTICK FT	22632	1	1	9.25	Y
	OLIVE WOOD EGG 7CM FT	22631	1	1	3.25	Y
	OLIVE WOOD FISH CANDLE HLDR FT	22633	1	1	6.99	Y
	OLIVE WOOD HEART BOWL FT	22635	1	1	18.15	Y
	OLIVE WOOD HEART PAL 5CM	22688	1	1	3.00	Y
	OLIVE WOOD PEAR BOWL FT	22637	1	1	16.95	Y
	SIESTA CRAFTS					
	BROCADE PURSE WITH ZIP FT	23091	purse	1	3.00	Y
NEW	BRONZE CAT CHARM FT	24368	1	1	6.30	Y
NEW	BRONZE RABBIT CHARM FT	24369	1	1	6.30	Y
	CAT CROCHET PURSE FT	23094	purse	1	4.20	Y
	CHICKEN SAA PAPER MOBILE FT	23855	mobile	1	9.99	Y
	CIRCLES HEMP HIP BAG FT	24065	bag	1	9.49	Y
	COTTON BUM BAG FT	24064	bag	1	7.99	Y
	CURLED CAT NIGHT-LIGHT HOLDER FT	23672	holder	1	4.90	Y
	CURLED CAT SMALL FT	23912	1	1	3.99	Y
	FELT 'HANDBAG' PURSE FT	22322	purse	10	3.50	Y
	FLORAL TEA LIGHT HOLDER FT	23096	1	1	4.20	Y
	GHERI COURIER SATCHEL FT	24069	satchl	1	15.99	Y
	GHERI LARGE PURSE FT	24070	purse	1	4.50	Y
	GHERI RAINBOW WALLET FT	24068	1	1	3.99	Y
	HEART CROCHET PURSE FT	23187	purse	1	4.20	Y
	I LOVE SLEEP HEART HANGER FT	23676	hanger	1	1.25	Y
	MANGO WOOD T-LIGHT HOLDER FT	23678	holder	1	4.99	Y
	MINI LOKTA PAPER BOOKS PK 4 FT	22324	pack	1	5.20	Y
	OM SUNCATCHER FT	24067	1	1	6.99	Y
NEW	PYRAMID PURSE FT	24198	purse	1	2.50	Y
	RAINBOW PURSE FT	23671	purse	1	2.10	Y
	RECTANGULAR CROCHET PURSE FT	23670	purse	1	3.25	Y
	TIE DYED EGG SHAKER FT	23902	egg	1	3.25	Y
	TREE OF LIFE LIGHTENED DISPLAYFT	23903	1	1	10.99	Y

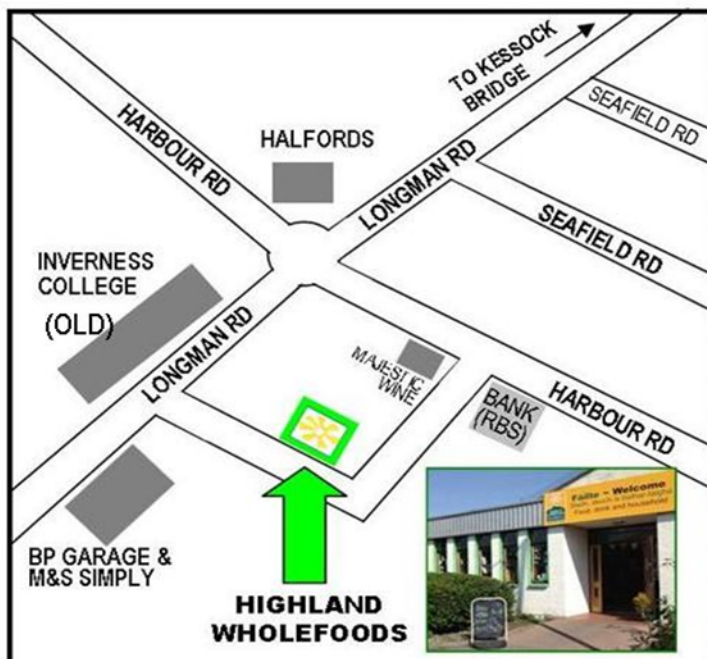
CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	vat
	VELVET DRAWSTRING POUCH FT	23086	pouch	1	1.20	Y
	WHITE TREE OF LIFE PLAQUE FT	24066	plaque	1	9.49	Y
	WOODEN EGG SHAKER FT	23856	shaker	1	2.99	Y
NEW	WOOL SLIPPERS FT	24199	pair	1	9.99	Y
	OWL WINDCHIME FT	24165	1	1	9.99	Y
NEW	PEACOCK FEATHER TLIGHT HOLDER FT	24245	1	1	4.49	Y
NEW	THAI ARC T-LIGHT HOLDER FT	24244	1	1	4.49	Y

Sales office: **Opening hours:** **Monday—Friday, 9am—5pm**
Tel: **01463 712393**
Email: **sales@highlandwholefoods.co.uk**
Fax: **01463 715586**

Showroom: **Opening hours:** **Monday—Saturday, 9am—5pm**
Tel: **01463 712696**

Highland Wholefoods Workers Co-operative Ltd
Unit 6, 13 Harbour Road, Inverness IV1 1SY

www.highlandwholefoods.co.uk



twitter 
@highlandwholefoods

f Find us on
Facebook

facebook.com/highlandwholefoods