

HIGHLAND WHOLEFOODS WORKERS' CO-OPERATIVE

Local & Scottish products **PRICELIST**

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

March 2018



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

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
BEANS & PULSES, DRIED	HIGHLAND WHOLEFOODS PRE-PACKS					
	AUKI BEANS V	6125	500g	6	2.35	N
	BLACKEYE BEANS V	6497	500g	6	2.26	N
	BORLOTTI BEANS V	6137	500g	6	2.18	N
	BUTTER BEANS V	6499	500g	6	3.24	N
	CANNELLINI BEANS V	6498	500g	6	2.45	N
	CHICKPEAS V	6149	500g	6	2.35	N
	FLAGEOLET BEANS V	6663	500g	6	2.99	N
	GREEN SPLIT PEAS V	6500	500g	6	1.48	N
	HARICOT BEANS V	12176	500g	6	2.10	N
	MARROWFAT PEAS V	6182	500g	6	1.62	N
	MUNG BEANS V	6188	500g	6	2.65	N
	PINTO BEANS V	6235	500g	6	1.83	N
	RED KIDNEY BEANS V	6245	500g	6	2.38	N
	YELLOW SPLIT PEAS V	6281	500g	6	1.45	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	BLACK TURTLE BEANS V	16896	1kg	6	3.36	N
	BLACKEYE BEANS V	4914	1kg	6	3.91	N
	BORLOTTI BEANS V	16897	1kg	6	4.46	N
	BUTTER BEANS V	4915	1kg	6	6.08	N
	CHICKPEAS V	4923	1kg	6	4.09	N
	FLAGEOLET BEANS GREEN LIMAS V	16899	1kg	6	5.39	N
	GREEN SPLIT PEAS V	4924	1kg	6	2.28	N
	HARICOT BEANS V	4916	1kg	6	3.61	N
	RED KIDNEY BEANS V	4918	1kg	6	3.99	N
	YELLOW SPLIT PEAS V	4925	1kg	6	2.27	N
HIGHLAND WHOLEFOODS 3KG PACKS						
AUKI BEANS V	23293	3kg	4	9.99	N	
FLAGEOLET BEANS V	22783	3kg	4	13.85	N	
MUNG BEANS V	22784	3kg	4	11.72	N	
SOUP MIX V	23776	3kg	4	9.34	N	
HIGHLAND WHOLEFOODS ORGANIC 1KG						
AUKI BEANS ORG V	22706	1kg	6	4.85	N	
BEAN MIX ORG V	22710	1kg	6	4.52	N	
BLACK TURTLE BEANS ORG V	22704	1kg	6	5.00	N	
CHICKPEAS ORG V	4893	1kg	6	4.95	N	
GREEN SPLIT PEAS ORG V	22709	1kg	6	4.30	N	
HARICOT BEANS ORG V	22703	1kg	6	3.90	N	
MUNG BEANS ORG V	22702	1kg	6	5.58	N	
PINTO BEANS ORG V	22707	1kg	6	3.85	N	
RED KIDNEY BEANS ORG V	22705	1kg	6	4.15	N	
SOYA BEANS ORG V	22711	1kg	6	3.50	N	
YELLOW SPLIT PEAS ORG V	22708	1kg	6	3.25	N	
HIGHLAND WHOLEFOODS ORGANIC 3KG						
AUKI BEANS ORG V 3KG	3	3kg	4	12.26	N	
BLACK TURTLE BEANS ORG V 3KG	1657	3kg	4	14.11	N	
CHICKPEAS ORG V 3KG	11	3kg	4	12.63	N	
GREEN SPLIT PEAS ORG V 3KG	7507	3kg	4	10.58	N	
HARICOT BEANS ORG V 3KG	17	3kg	4	9.38	N	
MUNG BEANS ORG V 3KG	30	3kg	4	14.40	N	
PINTO BEANS ORG V 3KG	33	3kg	4	9.28	N	
RED KIDNEY BEANS ORG V 3KG	37	3kg	4	10.66	N	
SEVEN BEAN MIX ORG V 3KG	17016	3kg	4	11.24	N	
SOYA BEANS ORG V 3KG	44	3kg	4	8.18	N	
YELLOW SPLIT PEAS ORG V 3KG	49	3kg	4	7.35	N	
GREENCITY <i>Products from a workers cooperative</i>						
BEAN MIX DELUXE V	14514	500g	5	2.59	N	
BISCUITS & COOKIES	ISLAND BAKERY					
	CHOCOLATE GINGERS ORGANIC	14035	150g	12	3.46	Y
	CHOCOLATE LIMES COOKIES ORG	19081	150g	12	3.33	Y

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	FOREST KITCHEN					
	SHORTBREAD ROUNDS	22068	120g	1	2.09	N
	ANGELIC GLUTEN FREE					
	ANGELIC MIXED CASE TPACK GF V	22004	40g	48	1.20	N
	CHOC CHIP OAT BISCUITS GF V	23226	150g	8	2.60	N
	CRANBERRY CRUNCH GF COOKIES V	21105	125g	8	2.60	N
	DOUBLE CHOC GF COOKIES V	21109	125g	8	2.60	N
	GINGER CRUNCH GF COOKIES V	21110	125g	8	2.60	N
	HONEY & OAT BISCUITS GF V	23227	150g	8	2.60	N
	ORANGE CHOC COOKIES GF V	21108	125g	8	2.60	N
	ROSEMARY & SALT BISCUITS GF V	22297	150g	8	2.60	N
	SEA SALT BISCUITS GF V	22821	150g	8	2.60	N
	SWEET CHILLI BISCUITS GF V	22299	150g	8	2.60	N
	NAIRNS					
	BISCUIT BREAK PORTION PACK	24482	96x20g	1	17.55	N
	BISCUIT BREAK PORTION PACK	24483	180g	12	1.99	N
	BISCUIT BREAKS CHOC CHIP GF	22466	160g	12	2.25	N
	DARK CHOC CHIP OAT BISCUITS	20612	200g	8	1.69	N
	FRUIT & SPICE OAT BISCUITS V	16253	200g	10	1.69	N
	MIXED BERRIES OAT BISCUITS V	16254	200g	10	1.69	N
	STEM GINGER OAT BISCUITS V	16255	200g	10	1.69	N
	WHOLEGRAIN CRACKERS GF	23712	114g	12	1.99	N
	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 V	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
	SCOTTISH SHORTBREAD GF V	19439	8biscs	8	2.81	N
	PULSETTA					
	LEMON OAT THINS GF V	22923	150g	8	2.70	N
	VANILLA OAT THINS GF V	22925	150g	8	2.70	N
BODY CARE	WHITE RABBIT					
					<i>Luxury vegan skin care</i>	
	CHOCOLATE ORANGE LIPBALM V	24459	15ml	1	3.99	Y
	COCONUT & ROSEHIP CALMING CREAM	24456	100ml	1	17.50	Y
	COMFORT CLEANSING BALM&FACECLOTH	24458	100ml	1	15.00	Y
	IT'S ALL ABOUT M.E. NIGHT CREAM	24463	100ml	1	19.99	Y
	LIME & COCONUT CLEANSING WATER V	24457	200ml	1	15.00	Y
	OLIVE & AVOCADO SERUM V	24462	50ml	1	19.99	Y
	ORANGE & ALOE TONER V	24460	100ml	1	12.60	Y
	ROSE & FRANKINCENSE DAY CREAM V	24461	100ml	1	17.50	Y
	ROSEHIP & CAMELLIA DAY CREAM	24464	100ml	1	17.50	Y
	ECO SOAPS					
	GERANIUM HANDCREAM	24032	60ml	1	5.13	Y
	LEMONGRASS HANDCREAM	24031	60ml	1	5.13	Y
	OLA BALM	22584	1	1	3.21	Y
BODY SOAPS	CAURNIE					
	LAVENDER SOAP UNWRAPPED V	1387	100g	12	1.85	Y
	LAVENDER SOAP WRAPPED V	1386	100g	12	2.39	Y
	MANDARIN SOAP UNWRAPPED V	1394	100g	12	1.85	Y
	MANDARIN WRAPPED V	1393	100g	12	2.39	Y
	NETTLE SOAP UNWRAPPED V	21201	100g	12	2.35	Y
	NETTLE SOAP WRAPPED V	21200	100g	12	2.89	Y
	ROSE SOAP UNWRAPPED V	1391	100g	12	1.85	Y
	ROSE SOAP WRAPPED V	1390	100g	12	2.39	Y
	ECO SOAPS					
	BEER SHAMPOO BAR	21657	100g	1	3.60	Y
	LEMONGRASS SOAP V	22535	100g	1	3.39	Y
	PATCHOULI & LIME SOAP V	22542	125g	1	3.60	Y
	SOAP BAR EUCALYPTUS & MINT V	21662	125g	1	3.39	Y

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	SPICED CITRUS SOAP V	23752	100g	1	3.20	Y
	SWEET ORANGE SOAP V	22536	125g	1	3.39	Y
	TEA TREE & LEMON SOAP V	22541	125g	1	3.20	Y
	GREENCITY	<i>Products from a workers cooperative</i>				
	GERANIUM & ROSE PETAL SOAP V	23400	115g	12	1.35	Y
	GRAPEFRUIT & ALOE VERA SOAP V	23401	115g	12	1.35	Y
	LIME & LEMONGRASS SOAP V	23403	115g	12	1.38	Y
	MANDARIN & GINGER SOAP V	23404	115g	12	1.35	Y
	PAPER BAGS FOR GREENCITY SOAP 0	23588	bags	100	0.00	Y
	SANDALWOOD & CEDAR SOAP V	23405	115g	12	1.35	Y
	WHITE LAVENDER SOAP V	23402	115g	12	1.38	Y
BREADS & CRISPBREADS	HIGHLAND CRACKERS					
	CHILLI SEEDED CRACKER	24027	100g	14	2.50	N
	ORIGINAL SEEDED CRACKER	24025	100g	14	2.50	N
	SEEDED CRACKER V	24026	100g	14	2.50	N
NEW	CUMIN SEEDED CRACKER V	24638	100g	14	2.50	N
	ANGELIC GLUTEN FREE					
	MULTI SEED CRACKERS GF V	23576	150g	8	2.60	N
CAKES	ANGELIC GLUTEN FREE					
	CHOC COCONUT & OAT SLICE GF V	23990	185g	6	2.80	N
	CHOCOLATE BROWNIE SQUARE V	23993	200g	6	2.80	N
CHILLED, CHEESE	CONNAGE					
	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
	CROWDIE SMALL POTS ORG	17760	160g	1	2.20	N
	DUNLOP CHEESE ORG	17763	g	1	0.02	N
	GOUDA LOCAL ORG	19846	1	1	0.02	N
	SMOKED DUNLOP STYLE CHEESE ORG	18623	g	1	0.02	N
CHILLED, CHEESE SUBSTITUES (VEGAN)	BUTE ISLAND					
	GREEK STYLE SHEESE V	23852	200g	6	2.36	N
	MATURE CHEDDAR STYLE SLICES V	24185	200g	6	2.39	N
	MILD CHEDDAR STYLE MELTY V	22383	227g	6	2.89	N
	MOZZARELLA STYLE GRATED SHEESE	24322	200g	4	3.15	N
	RED CHEDDAR STYLE MELTY GF V	22384	227g	6	2.85	N
	SHEESE CARAMELISED ONION V	24224	200g	6	2.61	N
	SHEESE MATURE CHEDDAR STYLE V	24420	200g	6	2.35	N
	SHEESE MELTY BLUE STYLE GF V	24411	227g	6	2.81	N
	SHEESE STRNG CHEDDAR STYLE MELTY	24344	227g	6	2.83	N
	SHEESE WENSLEYDALE & CRANBERRY	24176	200g	6	2.65	N
	NUTCRAFTER	<i>Artisan vegan nut cheeses</i>				
	CHIVE FRAWMAGE V	24412	120g	6	3.79	N
	INDULGENT AIR AGE FRESH CHIVE	24269	200g	6	8.59	N
	NUTCRAFTER ANCIENT GOMASIO	24095	200g	6	11.15	N
	OPULENT AIR AGED BLK PEPPER V	24271	200g	6	9.10	N
	ORIGINAL SPREADABLE FRAWMAGE V	23901	120g	6	3.79	N
	SCRUMPTIOUS AIR AGED SD TOM	24270	200g	6	9.09	N
CHILLED, CONVENIENCE	MACSWEENS					
	HAGGIS VEGETARIAN/VEGAN	478	1lb	6	4.95	N
CHILLED, DAIRY PRODUCTS	MACLEOD ORGANICS					
	MACLEOD ORG FREE RANGE EGGS	19193	1/2DOZ	1	2.10	N
	CONNAGE					
	YOGHURT LIVE COWS ORG	21819	500g	1	2.75	N
CHOCOLATE SNACKS	CHOCOLATE TREE KITCHEN					
	BRAMBLE & CARDAMOM CHOC ORG V	24533	100g	10	3.50	Y
	FRUIT & NUT MILK CHOC ORG	24536	100g	10	3.50	Y
NEW	GINGER CHOC 75% ORG V	24682	100g	10	3.50	Y
	HAGGIS SPICE DARK CHOC ORG V	24534	100g	10	3.50	Y
NEW	MAPLE & PECAN CHOC ORG V	24683	100g	10	3.50	Y
NEW	MILK CHOCOLATE ORG CHOC TREE	24625	100g	10	3.50	Y



NEW

NEW

NEW

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT	
NEW NEW NEW	PEPPERMINT DARK CHOC ORG V	24530	100g	10	3.50	Y	
	RASPBERRY DARK CHOC ORG V	24531	100g	10	3.50	Y	
	ROSE & VANILLA WHITE CHOC ORG	24537	100g	10	3.50	Y	
	SALT CARAMEL DARK CHOC ORG V	24532	100g	10	3.50	Y	
	STRAWBERRY & PEPPER CHOC ORG V	24684	100g	10	3.50	Y	
	TURKISH COFFEE CHOC 74% ORG V	24626	100g	10	3.50	Y	
	WINTERSPICE CHOC ORG V	24627	100g	10	3.50	Y	
	ALMIGHTY						
	GOLDEN BLONDE CHOC ORG V	24446	40g	16	2.29	Y	
BEVERAGES	CHOCOLATE TREE KITCHEN						
NEW	HOT CHOC MILK 42% ORG	24538	180g	6	6.95	N	
	HOT CHOC TRAD DARK 64% ORG V	24535	160g	6	6.95	N	
	HOT CHOCOLATE HAZELNUT ORG V	24628	180g	6	6.95	N	
CONDIMENTS	HIGHLAND WHOLEFOODS						
	SEA SALT COARSE	6251	500g	6	1.60	N	
	SEA SALT FINE	6252	500g	6	1.29	N	
	HIGHLAND WHOLEFOODS 1KG PACKS						
	COARSE SEA SALT	16933	1kg	6	2.65	N	
	FINE SEA SALT	16934	1kg	6	1.95	N	
	ISLE OF SKYE SEA SALT						
	ISLE OF SKYE SEA SALT 150g	23922	150g	6	4.90	N	
	ISLE OF SKYE SEA SALT 1kg	23924	1kg	1	17.50	N	
	ISLE OF SKYE SEA SALT 250g	23926	250g	6	6.25	N	
	ISLE OF SKYE SEA SALT 75g	23923	75g	12	3.99	N	
CONVENIENCE FOOD, AMBIENT	HIGHLAND WHOLEFOODS						
	SOYA CHUNKS V	14650	250g	6	2.05	N	
	SOYA MINCE V	14651	250g	6	1.75	N	
	TVP MINCE PLAIN ORG V	17652	250g	6	2.62	N	
	HIGHLAND WHOLEFOODS 3KG PACKS						
	SOSMIX 3KG V	24340	3kg	4	23.95	N	
	SOYA CHUNKS V	23709	3kg	4	10.08	N	
	SOYA MINCE V	23346	3kg	4	11.27	N	
	HIGHLAND WHOLEFOODS 1KG PACKS						
	SOSMIX 1KG V	24339	1kg	6	8.75	N	
DRINKS, ALCOHOLIC	BEERS	<i>All beers are suitable for vegans</i>					
	HEATHER ALE						
	FRAOCH HEATHER ALE V	9084	500ml	12	2.05	Y	
	GROZET GOOSBERRY ALE LARGE	13516	500ml	12	2.05	Y	
	JOKER IPA V	24146	500ml	12	2.05	Y	
	KELPIE SEAWEED ALE LARGE V	14215	500ml	12	2.00	Y	
	SEVEN GIRAFFES V	24145	500ml	12	2.05	Y	
	ISLE OF SKYE BREWERY						
	SKYE BLACK ALE V	10373	500ml	12	3.25	Y	
	SKYE GOLD ALE V	10374	500ml	12	3.25	Y	
	SKYE RED ALE V	10372	500ml	12	3.15	Y	
	ORKNEY BREWERY						
	CORNCRAKE ALE V	21803	500ml	12	2.95	Y	
	DARK ISLAND BEER V	9949	500ml	12	3.09	Y	
	NORSEMAN ALE	24417	500ml	8	2.99	Y	
	ORKNEY GOLD V	23617	330ml	24	2.25	Y	
	PUFFIN ALE	24416	500ml	12	3.10	Y	
	RED MACGREGOR BEER V	9950	500ml	12	2.95	Y	
	BLACK ISLE BREWERY						
	GOLDENEYE BEER 5.6% V	22174	330ml	24	2.45	Y	
	GOLDFINCH GF V	24294	330ml	24	2.26	Y	
	LAGER BLONDE ORG V	12957	500ml	12	2.94	Y	
	LAGER BLONDE ORG V	17696	330ml	24	2.29	Y	
	POLLINATOR HONEY BEER V	23463	330ml	24	2.30	Y	
	PORTER ALE ORG V	24358	330ml	24	2.31	Y	
	RED KITE ALE ORG V	12074	500ml	12	2.95	Y	

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	RED KITE BEER ORG V	17695	330ml	24	2.26	Y
	YELLOWHAMMER BITTER ORG V	24357	330ml	24	2.25	Y
	BEER SCOTLAND					
	IPA WOOHA V	23759	500ml	12	3.00	Y
	LAGER WOOHA V	23756	500ml	12	2.83	Y
	PORTER WOOHA V	23758	500ml	12	2.83	Y
	WHEAT BEER WOOHA V	23757	500ml	12	3.00	Y
	SPEYSIDE CRAFT BREWERY					
	BOTTLENOSE AMBER V	24571	330ml	12	2.25	Y
	BOTTLENOSE BITTER V	23153	500ml	12	2.90	Y
	BOW FIDDLE BLONDE V	24572	330ml	12	2.25	Y
NEW	FINDHORN KILLER IPA V	24648	330ml	12	2.58	Y
	FINDHORN KILLER IPA V	23152	500ml	12	3.10	Y
	MORAY IPA INDIA PALE ALE V	22278	500ml	12	3.10	Y
	MORAY IPA V	24573	330ml	12	2.40	Y
	RANDOLPH'S LEAP LAGER V	24574	330ml	12	2.25	Y
	THISTLY CROSS CIDER					
	TRAD THISTLY CROSS CIDER	24216	500ml	12	2.82	Y
FLOURS, WHEAT	GOLSPIE MILL					
	BREADFLOUR WHOLEMEAL ORG V	9589	25kg	1	56.65	N
	BREADFLOUR WW ORG V GOLSPIE	10873	1kg	8	2.69	N
FLOURS & MEALS, OTHERS	HIGHLAND W/FOODS ORGANIC					
	SOYA FLOUR ORG	9486	500g	6	3.35	N
	GOLSPIE MILL					
	BROSEMEAL OR PEASEMEAL	271	25kg	1	82.33	N
	BROSEMEAL OR PEASEMEAL	10658	1kg	8	4.38	N
	RYE FLOUR ORG	12605	25kg	1	55.80	N
	RYE FLOUR ORG	12623	1kg	8	2.69	N
	BARONY MILLS					
NEW	ORKNEY BEREMEAL COARSE 3KG	24662	3kg	3	9.95	N
	ORKNEY BEREMEAL FINE 1.5kg	23048	1.5kg	6	4.60	N
	ORKNEY BEREMEAL FINE 25KG	23881	25kg	1	78.33	N
NEW	ORKNEY BEREMEAL FINE 3KG	24660	3kg	3	9.95	N
	ORKNEY BEREMEAL FINE 750g	23049	750g	12	3.00	N
NEW	ORKNEY BEREMEAL MED 3KG	24661	3kg	3	9.95	N
	GREENCITY					
	LIGHT RYE FLOUR ORG	21938	10kg	1	18.47	N
	WESTFIELD FARMS					
	SPELT FLOUR WM LIGHT LOCAL	24424	25kg	1	60.00	N
	SPELT FLOUR WM LIGHT LOCAL	24423	1kg	8	2.80	N
FOOD FLAVOURINGS & BAKING	HIGHLAND WHOLEFOODS					
	BAKING POWDER GF 500g V	878	500g	1	3.19	N
	BICARBONATE OF SODA 500g V	1112	500g	1	2.80	Y
	CREAM OF TARTAR 500g V	489	500g	1	6.22	N
	GINGER CRYSTALLISED ORG V	14564	125g	6	1.86	N
	GINGER CRYSTALLISED V	24370	3kg	1	30.93	Y
	GINGER CRYSTALLISED V	18007	250g	6	3.12	Y
	GINGER CRYSTALLISED V	14185	500g	6	5.16	Y
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	COCOA POWDER ORG V 1KG	24548	1kg	6	9.60	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	COCOA POWDER ORG V 3KG	12150	3kg	4	20.99	N
FRUITS, DRIED	HIGHLAND WHOLEFOODS PRE PACKS					
	APPLE RINGS SO2 V	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

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	CHERRIES GLACE	22449	250g	6	2.75	N
	CHERRIES SOUR	23148	250g	6	8.25	N
	CRANBERRIES SLICED	22175	250g	6	2.15	N
	CRANBERRIES WHOLE	14633	250g	6	2.65	N
	CURRANTS	6158	250g	6	1.81	N
	DATES	6160	500g	6	2.30	N
	DATES CHOPPED IN RICE FLOUR	14636	250g	6	1.69	N
	FIGS	312	500g	6	5.92	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	1.89	Y
	PRUNES PITTED	6509	250g	6	2.07	N
	PRUNES PITTED VALUE PACK	14186	500g	6	3.22	N
	SULTANAS AUSTRALIAN	14654	500g	6	2.41	N
	SULTANAS IRAN/TURK	24260	500g	6	4.53	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	APPLE RINGS	23110	1kg	6	11.18	N
	APRICOTS CHOPPED	23170	1kg	6	6.00	N
	APRICOTS UNSULPHURED WHOLE	4965	1kg	6	8.20	N
	APRICOTS WHOLE SELECT	4964	1kg	6	11.44	N
	BANANA CHIPS	23702	1kg	6	4.68	N
	BLUEBERRIES	230102	1kg	6	24.38	N
	CHERRIES GLACE RED	16172	1kg	6	9.00	N
	CHERRIES SOUR	16171	1kg	6	30.50	N
	CRANBERRIES DICED	23103	1kg	6	8.65	N
	CRANBERRIES SLICED	22050	1kg	6	6.20	N
	CRANBERRIES WHOLE	22049	1kg	6	8.30	N
	CURRANTS	4968	1kg	6	4.79	N
	DATES	4969	1kg	6	3.99	N
	DATES CHOPPED	21539	1kg	6	4.32	N
	FIGS	4970	1kg	6	11.24	N
	FRUIT SALAD	22939	1kg	6	10.96	N
	MIXED PEEL	23105	1kg	6	3.99	N
	MIXED VINE FRUIT	23106	1kg	6	6.05	N
	PAPAYA DICED SWEETENED SO2	23107	1kg	6	8.25	N
	PEACHES SO2	22051	1kg	6	15.95	N
	PEARS SO2	22052	1kg	6	15.60	N
	PINEAPPLE DICED	16927	1kg	6	7.80	Y
	PRUNES PITTED	4976	1kg	6	6.00	N
	RAISINS	4979	1kg	6	5.00	N
	RAISINS BLACK FLAME	23108	1kg	6	5.65	N
	SULTANAS AUSTRALIAN	4981	1kg	6	7.12	N
	SULTANAS IRAN/TURK	16925	1kg	6	7.99	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	APPLE RINGS	22796	3kg	4	31.20	N
	APRICOTS CHOPPED SO2	22797	3kg	4	14.99	N
	APRICOTS NO SO2	22798	3kg	4	22.25	N
	BANANA CHIPS	23297	3kg	4	16.60	N
	BLUEBERRIES	22799	3kg	4	70.80	N
	CHERRIES GLACE NATURAL	22801	3kg	4	22.42	N
	CHERRIES SOUR	22800	3kg	4	89.35	N
	CRANBERRIES DICED	22804	3kg	4	23.50	N
	CRANBERRIES SLICED	22802	3kg	4	16.25	N
	CRANBERRIES WHOLE	22803	3kg	4	22.45	N
	FIGS	22805	3kg	4	31.37	N
	FRUIT SALAD	22806	3kg	4	30.54	N
	MIXED PEEL	23311	3kg	4	9.61	N
	MIXED VINE FRUIT	22808	3kg	4	15.75	N
	PAPAYA DICED SWEETENED SO2	24159	3kg	4	22.94	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	PEACHES SO2	22810	3kg	4	45.50	N
	PEARS SO2	22811	3kg	4	42.00	N
	PINEAPPLE DICED SWEET SO2	24162	3kg	4	16.75	N
	PRUNES LARGE 20	22812	3kg	4	25.11	N
	PRUNES MEDIUM	23331	3kg	4	19.91	N
	RAISINS FLAME	22814	3kg	4	14.62	N
	SULTANAS AUSTRALIAN	22816	3kg	4	19.01	N
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	APRICOTS WHOLE ORG	22069	1kg	6	9.99	N
	CURRANTS ORG	22070	1kg	6	7.54	N
	DATES CHOPPED ORG	22712	1kg	6	7.58	N
	DATES PITTED ORG	4909	1kg	6	7.95	N
	FIGS ORG	4910	1kg	6	11.88	N
	MIXED VINE FRUIT ORG	22072	1kg	6	6.65	N
	PRUNES PITTED ORG	22073	1kg	6	13.65	N
	RAISINS ORG	4911	1kg	6	9.97	N
	SULTANAS TURKISH ORG	4912	1kg	6	5.25	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	APRICOTS WHOLE ORG 3KG	303	3kg	4	28.00	N
	CURRANTS ORG 3KG	324	3kg	4	20.31	N
	DATES CHOPPED ORG 3KG	16772	3kg	4	18.45	N
	DATES PITTED ORG 3KG	1780	3kg	4	21.58	N
	FIGS ORG 3KG	313	3kg	4	33.72	N
	MIXED VINE FRUIT ORG 3KG	7736	3kg	4	17.68	N
	PRUNES PITTED ORG 3KG	2764	3kg	4	38.61	N
	RAISINS ORG 3KG	339	3kg	4	27.60	N
	RAISINS SEEDLESS TURKEY ORG 3KG	12786	3kg	4	12.99	N
	SULTANAS TURKISH ORG 3KG	344	3kg	4	13.53	N
	GREEN CITY	<i>Products from a workers cooperative</i>				
	GOJI BERRIES	18577	100g	10	2.10	N
	PEACH HALVES PRE PACKS	16248	250g	5	4.80	N
	PEAR HALVES	14957	250g	5	4.90	N
GRAIN & GRAIN PRODUCTS	HIGHLAND WHOLEFOODS PRE-PACKS					
	BROTH MIX	22186	500g	6	1.51	N
	BULGAR WHEAT	6143	500g	6	1.79	N
	COUSCOUS WHITE	20927	500g	6	1.73	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	1.50	N
	TAPIOCA	20868	500g	6	2.05	N
	WHEATGERM	14183	500g	6	2.45	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	BROTH MIX	22187	1kg	6	2.41	N
	BULGAR	4928	1kg	6	2.97	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	2.41	N
	WHEATGERM	4945	1kg	6	4.29	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	BROWN RICE FLAKES	22785	3kg	4	13.83	N
	BULGAR WHEAT	22787	3kg	4	6.54	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

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	POPCORN	22791	3kg	4	5.31	N
	WHEATGERM	22792	3kg	4	10.45	N
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	BARLEY FLAKES ORGANIC	22720	1kg	6	2.65	N
	BROTH/SOUP MIX ORG	22718	1kg	6	3.97	N
	BUCKWHEAT RAW ORG	22715	1kg	6	3.99	N
	BULGAR WHEAT ORG	6214	1kg	6	3.35	N
	COUS COUS WHITE ORG	22719	1kg	6	4.50	N
	MILLET ORG	4895	1kg	6	3.80	N
	POLENTA ORGANIC	22714	1kg	6	3.64	N
	POPCORN ORGANIC	22723	1kg	6	3.85	N
	POT BARLEY ORG	22724	1kg	6	2.48	N
	QUINOA ORGANIC	4933	1kg	6	6.50	N
	RYE GRAIN ORG	16894	1kg	6	2.23	N
	WHEAT GRAIN ORG	22728	1kg	6	2.26	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	BUCKWHEAT RAW ORG 3KG	371	3kg	4	9.23	N
	BULGAR WHEAT ORG 3KG	268	3kg	4	7.50	N
	COUSCOUS WHITE ORG 3KG	2616	3kg	4	9.23	N
	COUSCOUS WHOLEMEAL ORG 3KG	13946	3kg	4	10.03	N
	MILLET ORG 3KG	377	3kg	4	8.92	N
	POLENTA ORG 3KG	15752	3kg	4	8.56	N
	POPCORN ORG 3KG	381	3kg	4	9.28	N
	POT BARLEY ORG 3KG	383	3kg	4	5.19	N
	QUINOA ORG 3KG	2866	3kg	4	15.92	N
	RYE GRAIN ORG 3KG	10862	3kg	4	6.68	N
	SOUP MIX ORG 3KG	16524	3kg	4	9.58	N
	SPELT GRAIN ORG 3KG	23111	3kg	4	10.50	N
	WHEAT GRAIN ORG 3KG	391	3kg	4	5.76	N
	GREEN CITY	<i>Products from a workers cooperative</i>				
	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					
	PURE SHAMPOO V	1398	200ml	6	5.99	Y
HERBS & SPICES	HIGHLAND 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
	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

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	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
	HERB&SPICE DISPLAY BOARD&RACK	19955	30TYPE	1	0.00	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
	PEPPER WHITE GROUND	24429	20g	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
	TURMERIC	1048	21g	10	0.55	N
	VANILLA PODS	474	12pods	1	16.44	N
	HIGHLAND WHOLEFOODS BULK					
	ALLSPICE BERRIES	410	1kg	1	11.90	N
	ANISEED WHOLE	5635	1kg	1	10.00	N
	CAJUN SEASONING	2024	1kg	1	7.55	N
	CARAWAY SEEDS	416	1kg	1	9.50	N
	CARDAMOM GROUND	558	500g	1	12.50	N
	CARDAMOM PODS GREEN	415	500g	1	20.12	N
	CAYENNE PEPPER	417	1kg	1	8.85	N
	CHILLI GROUND	420	1kg	1	8.35	N
	CHINESE FIVE SPICE	422	1kg	1	7.99	N
	CINNAMON GROUND (CASSIA)	425	1kg	1	10.78	N
	CINNAMON QUILLS 8CM	424	500g	1	22.70	N
	CLOVES GROUND	23803	1kg	1	12.00	N
	CLOVES WHOLE	428	1kg	1	28.00	N
	CORIANDER GROUND	429	1kg	1	4.80	N
	CORIANDER SEEDS	430	1kg	1	6.60	N
	CRACKED BLACK PEPPER	20905	1kg	1	15.00	N
	CUMIN GROUND	431	1kg	1	8.20	N
	CUMIN SEEDS	432	1kg	1	8.60	N
	CURRY POWDER MADRAS HOT	433	1kg	1	7.79	N
	CURRY POWDER MEDIUM/PREMIUM	434	1kg	1	7.38	N
	DILL HERB	435	500g	1	12.50	N
	FENNEL SEEDS	437	1kg	1	8.38	N
	FENUGREEK GROUND	439	1kg	1	4.90	N
	FENUGREEK SEEDS	440	1kg	1	4.64	N
	GARAM MASALA	441	1kg	1	5.98	N
	GARLIC POWDER	442	1kg	1	11.00	N
	GINGER GROUND	443	1kg	1	8.40	N
	GROUND ROSEMARY	23560	1kg	1	8.60	N
	HERBES DE PROVENCE	1529	500g	1	5.35	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	JUNIPER BERRIES	445	1kg	1	15.18	N
	LAVENDER FLOWERS	9047	500g	1	16.00	N
	MARJORAM	447	500g	1	6.00	N
	MIXED SPICE	450	1kg	1	7.39	N
	MUSTARD GROUND	451	1kg	1	6.90	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
	PEPPER GROUND BLACK	463	1kg	1	17.78	N
	PEPPERCORNS MIXED 5 TYPES	496	1kg	1	27.99	N
	PEPPERCORNS WHITE	462	1kg	1	33.00	N
	PICKLING SPICE	465	1kg	1	8.00	N
	PIZZA HERBS	6082	500g	1	5.64	N
	ROSEMARY	467	500g	1	3.89	N
	SMOKED PAPRIKA	23559	1kg	1	11.16	N
	STAR ANISE	2946	500g	1	9.00	N
	TURMERIC	473	1kg	1	5.76	N
	HIGHLAND WHOLEFOODS 3KG					
	CELERY SEEDS 3KG	24618	3kg	1	16.82	N
	SPICE POTS					
NEW	BHUNA SPICE POT V GF /6	24700	35g	6	3.95	N
NEW	EXPRESS SELECTION BOX V GF /2	24702	3x35g	2	12.95	N
NEW	GOAN SPICE POT V GF /6	14701	35g	6	3.95	N
NEW	KORMA SPICE POT V GF /6	24699	35g	6	3.95	N
NEW	TANDOORI MASALA SPICE POT V GF /6	14702	35g	6	3.95	N
NEW	VEGAN SELECTION BOX GF /2	24701	3x35g	2	12.95	N
	GREEN CITY					
						<i>Products from a workers cooperative</i>
	SMOKED PAPRIKA GC	21446	pack	10	0.65	N
NEW	ALLSPICE WHOLE	24635	unit	10	0.67	N
HONEY	HIGHLAND WHOLEFOODS					
	HONEY CLEAR (HIHO) ORGANIC	9330	454g	12	3.95	N
	HONEY CLEAR TUB ORGANIC	9332	3kg	1	28.30	N
	HONEY SET (HIHO) ORGANIC	9331	454g	12	3.95	N
	HONEY SET TUB ORGANIC	9333	3kg	1	28.30	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
	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
	JOHN MELLIS					
	SCOTTISH BLOSSOM RUNNY HONEY	21577	340g	6	7.17	N
	SCOTTISH BLOSSOM SET HONEY	21578	340g	6	7.17	N
	SCOTTISH HEATH & WILDFLOWER SET	21576	340g	6	7.45	N
	SCOTTISH HEATHER HONEY SET	21575	340g	6	10.47	N
	ASTLE HONEY					
	BLOSSOM HONEY ASTLE 340g	22415	340g	1	6.99	N
	BLOSSOM HONEY ASTLE 454g	22416	454g	1	7.50	N
	CLOVER & LIME HONEY LOCAL	22347	454g	1	7.50	N
	HEATHER HONEY LOCAL	22992	340g	1	8.50	N
	HEATHER HONEY LOCAL	22348	454g	1	8.35	N
	PURE SCOTTISH CUT COMB HONEY	22444	140g	1	4.15	N
	PURE SCOTTISH CUT COMB LOCAL	22350	105g	1	3.35	N

Seasonal availability only

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
Seasonal availability only	PURE SCOTTISH CUT COMB LOCAL	22349	c.160g	1	5.00	N
	ANDERSON'S					
	SCOTTISH BLOSSOM HONEY	23575	340g	12	5.99	N
	HONEYBEARD					
HOUSEHOLD CLEANERS	SCOTTISH EARLY SUMMER SET RAW	24451	340g	6	7.45	N
	HUMBLESTUFF					
	CLEANING PASTE LEM MYRTLE V	24501	250g	6	5.00	Y
	MULTISURF SPRAY LEMON MYRTLE V	24500	500ml	6	5.00	Y
	MULTISURF SPRAY LIME&EUC V	24499	500ml	6	5.00	Y
	TOILET BOWL FRESHENER LIME&EUC V	24502	300g	6	5.00	Y
JAPANESE FOODS	GREENCITY	<i>Products from a workers cooperative</i>				
	PANKO BREADCRUMBS	24197	200g	5	1.42	N
	OSPRIO					
	PANKO BREADCRUMBS BULK v	24569	1kg	10	3.22	N
LENTILS	HIGHLAND WHOLEFOODS PRE-PACK					
	BROWN LENTILS	6140	500g	6	1.99	N
	GREEN LENTILS	6173	500g	6	2.20	N
	PUY STYLE LENTILS	6242	500g	6	2.25	N
	RED LENTILS	6246	500g	6	1.81	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	BROWN LENTILS	4919	1kg	6	3.39	N
	GREEN LENTILS	4920	1kg	6	3.70	N
	PUY STYLE LENTILS	4921	1kg	6	3.92	N
	RED LENTILS	4922	1kg	6	3.02	N
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	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	6.00	N
	RED LENTILS ORG	4892	1kg	6	5.00	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	BROWN LENTILS ORG	7635	3kg	4	12.25	N
	GREEN LENTILS ORG 3KG	22	3kg	4	15.67	N
	PUY STYLE LENTILS ORG 3KG	10000	3kg	4	15.68	N
	RED LENTILS ORG 3KG	639	3kg	4	11.95	N
	GREENCITY	<i>Products from a workers cooperative</i>				
	BROWN LENTILS	18	3kg	1	8.55	N
	MOONG DHAL 3kg	24330	3kg	1	10.79	N
	MOONG DHAL 500g	24331	500g	6	2.05	N
MUESLIS & BREAKFAST CEREALS	HIGHLAND WHOLEFOODS PRE-PACKS					
	BROWN RICE FLAKES	6141	500g	6	3.00	N
	MUESLI DELUXE V	2693	500g	6	2.12	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	MUESLI DELUXE V	4944	1kg	6	4.68	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	EXOTIC MUESLI	23657	3kg	4	11.41	N
	FIVE STAR MUESLI V	23654	3kg	4	11.24	N
	MUESLI DELUXE COMMUNITY V	22817	3kg	4	11.68	N
	MUESLI ORIGINAL COMMUNITY V	22818	3kg	4	8.48	N
	SUPER MUESLI NO COCONUT V	23656	3kg	4	8.27	N
	SUPER MUESLI V	23655	3kg	4	8.85	N
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	DELUXE MUESLI ORG GC V	4908	1kg	6	5.00	N
	MILLET FLAKES ORG V	22716	1kg	6	5.93	N
	MUESLI CEREAL BASE ORG V	4906	1kg	6	2.84	N
	SUPREME MUESLI ORG V	22881	1kg	6	7.82	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	BARLEY FLAKES ORG V 3KG	384	3kg	4	5.62	N
	BROWN RICE FLAKES ORG V 3KG	13780	3kg	4	16.66	N
	BUCKWHEAT FLAKES ORG V 3KG	13260	3kg	4	13.92	N
	DELUXE MUESLI ESS 3KG V ORG	12660	3kg	4	14.71	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	DELUXE MUESLI GC O V 3KG	585	3kg	4	13.14	N
	MILLET FLAKES ORG V 3KG	15008	3kg	4	16.50	N
	MUESLI CEREAL BASE ORG V 3KG	588	3kg	4	6.00	N
	RYE FLAKES ORG V 3KG	386	3kg	4	5.03	N
	SPECIAL NO COCO MUESLI ORG V 3KG	583	3kg	4	11.59	N
	SUPERFOOD LUX F&N MUESLI ORG 3KG	18291	3kg	4	20.55	N
	SUPREME MUESLI ORG V 3KG	12657	3kg	4	21.13	N
	GREEN CITY	<i>Products from a workers cooperative</i>				
	HIGHLAND BRAMBLE CRUNCH GC 3kg	24071	3kg	1	20.65	N
	HIGHLAND BRAMBLE CRUNCH V	14513	400g	7	3.40	N
	SUPERFOODS MUESLI V	23031	350g	5	2.15	N
	TILQUHILLIE					
	100% OAT MUESLI CRANBERRY GF	20873	425g	5	4.32	N
	PURE OAT MUESLI&VINEFRUIT+ALM GF	20875	425g	5	4.32	N
	STOATS					
	RHUBARB APPLE & BRAMBLE MUESLI	24255	500g	6	3.99	N
	SUNFLOWER & POPPY SEED PORRIDGE	24101	550g	6	2.85	N
	TRIPLE BERRY MUESLI	24256	500g	6	3.99	N
	NAIRNS					
	GLUTEN FREE OAT MUESLI V	20925	450g	5	2.80	N
NANS PITTAS POPADOMS	MRS UNIS					
	GARLIC & CORIANDER NAN BREAD V	15091	2nan	6	2.25	N
	PLAIN NAN BREAD V	15092	2nan	6	2.15	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	6.30	Y
NUTS	HIGHLAND 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	3.99	N
	ALMONDS WHOLE	6524	125g	6	3.40	N
	ALMONDS WHOLE	6127	250g	6	4.10	N
	ALMONDS WHOLE	6128	500g	6	8.00	N
	BRAZILS BROKEN	14607	500g	6	6.20	N
	BRAZILS WHOLE	6523	125g	6	4.84	N
	BRAZILS WHOLE	6277	250g	6	8.76	N
	BRAZILS WHOLE	14606	500g	6	16.60	N
	CASHEWS LARGE WHITE PIECES	6144	250g	6	4.25	N
	CASHEWS LWP	6521	500g	6	7.50	N
	CASHEWS LWP	6145	125g	6	2.57	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	2.11	N
	COCONUT DESSICATED MED	14612	500g	6	3.30	N
	HAZELNUTS WHOLE	6278	250g	6	4.90	N
	HAZELNUTS WHOLE	6279	125g	6	2.75	N
	HAZELNUTS WHOLE	6519	500g	6	7.99	N
	HAZELNUTS WHOLE ROASTED	14616	125g	6	3.85	Y
	MIXED NUTS	6185	250g	6	4.30	N
	MIXED NUTS CHOPPED	14611	250g	6	3.99	N
	MIXED NUTS DELUXE	10932	250g	6	6.11	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	4.40	N
	PECAN HALVES	14622	250g	6	8.16	N
	PINE KERNELS	6231	125g	6	6.08	N
	PINE KERNELS	14189	250g	6	11.25	N
	PISTACHIO RAW KERNELS	6476	125g	6	4.44	N
	PISTACHIOS ROAST& SALT IN SHELL	6236	125g	6	3.72	N
	PISTACHIOS ROAST&SALT IN SHELL	14623	250g	6	6.53	N
	WALNUTS	22275	250g	6	5.50	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	ALMONDS BLANCHED	16912	1kg	6	21.42	N
	ALMONDS FLAKED	16910	1kg	6	15.99	N
	ALMONDS GROUND	16911	1kg	6	12.50	N
	ALMONDS WHOLE	4947	1kg	6	15.50	N
	BRAZILS BROKEN	4949	1kg	6	28.50	N
	BRAZILS WHOLE	4948	1kg	6	32.60	N
	CASHEWS LARGE WHITE PIECES	4950	1kg	6	14.59	N
	CASHEWS ROASTED & SALTED	4952	1kg	6	19.09	Y
	CASHEWS WHOLE	4951	1kg	6	14.17	N
	COCONUT CHIPS	16916	1kg	6	7.46	N
	COCONUT DESSICATED MED	16915	1kg	6	5.55	N
	HAZELNUTS WHOLE	4953	1kg	6	15.75	N
	HAZELNUTS WHOLE ROASTED	16918	1kg	6	20.00	Y
	MIXED NUTS CHOPPED	16914	1kg	6	13.51	N
	MIXED NUTS DELUXE	4984	1kg	6	21.99	N
	MIXED NUTS WITH PEANUTS	4983	1kg	6	14.80	N
	PEANUTS BLANCHED	23112	1kg	6	5.45	N
	PEANUTS PALE	23714	1kg	6	4.05	N
	PEANUTS RED	4955	1kg	6	5.19	N
	PEANUTS ROASTED & SALTED	4956	1kg	6	7.36	Y
	PECAN HALVES	4958	1kg	6	29.00	N
	PINE KERNELS	16920	1kg	6	42.56	N
	PISTACHIOS RAW SHELLED	4960	1kg	6	38.00	N
	PISTACHIOS ROAST&SALT IN SHELL	4959	1kg	6	25.26	N
	WALNUTS	22440	1kg	6	19.55	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	ALMONDS BLANCHED	23628	3kg	4	59.68	N
	ALMONDS FLAKED	23295	3kg	4	44.00	N
	ALMONDS GROUND	23296	3kg	4	36.00	N
	ALMONDS WHOLE	23294	3kg	4	46.00	N
	BRAZILS BROKEN	23299	3kg	4	84.00	N
	BRAZILS WHOLE	23298	3kg	4	95.50	N
	CASHEWS LWP	23301	3kg	4	41.00	N
	CASHEWS ROAST AND SALT	23716	3kg	4	54.46	Y
	CASHEWS WHOLE	23302	3kg	4	40.17	N
	CHILLI NUTS	24386	3kg	4	27.35	Y
	CHOPPED MIXED NUTS	23314	3kg	4	38.18	N
	COCONUT CHIPS	23304	3kg	4	20.00	N
	COCONUT DESSICATED FINE	23305	3kg	4	15.61	N
	COCONUT DESSICATED MED	23306	3kg	4	14.30	N
	HAZELNUTS WHOLE	23307	3kg	4	45.99	N
	MIXED NUTS AND PEANUTS	23313	3kg	4	42.00	N
	MIXED NUTS DELUXE	23312	3kg	4	63.62	N
	PEANUTS BLANCHED	23323	3kg	4	12.99	N
	PEANUTS PALE	23322	3kg	4	11.95	N
	PEANUTS RED	23321	3kg	4	12.30	N
	PECAN HALVES	23324	3kg	4	83.00	N
	PINE KERNELS	23325	3kg	4	125.27	N
	PISTACHIOS ROAST&SALT IN SHELL	23326	3kg	4	68.61	N
	WALNUTS	23348	3kg	4	56.30	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	ALMONDS BLANCHED ORG	22076	1kg	6	21.79	N
	ALMONDS FLAKED ORG	22075	1kg	6	28.75	N
	ALMONDS WHOLE ORG	22077	1kg	6	18.95	N
	BRAZIL NUTS WHOLE ORG	22078	1kg	6	32.70	N
	CASHEW PIECES ORG	22079	1kg	6	20.00	N
	CASHEWS WHOLE ORG	22080	1kg	6	22.51	N
	COCONUT DESSICATED ORG	22081	1kg	6	6.38	N
	HAZELNUTS WHOLE ORG	22082	1kg	6	24.00	N
	PEANUTS PALESKINS ORG	22084	1kg	6	7.35	N
	WALNUT PIECES ORG	22085	1kg	6	14.26	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	ALMONDS BLANCHED ORG 3KG	13712	3kg	4	63.06	N
	ALMONDS FLAKED ORG 3KG	16216	3kg	4	77.33	N
	ALMONDS WHOLE ORG 3KG	605	3kg	4	54.45	N
	BRAZIL NUTS WHOLE ORG 3KG	5326	3kg	4	95.76	N
	CASHEW PIECES ORG 3KG	5328	3kg	4	57.78	N
	CASHEWS WHOLE ORG 3KG	19659	3kg	4	65.21	N
	COCONUT DESSICATED ORG 3KG	16251	3kg	4	16.81	N
	HAZELNUTS WHOLE ORG 3KG	620	3kg	4	71.56	N
	MIXED NUTS NO PEANUTS ORG 3KG	9038	3kg	4	64.80	N
	PEANUTS PALESKIN ORG 3KG	10028	3kg	4	18.81	N
	WALNUT PIECES ORG 3KG	1545	3kg	4	40.48	N
	GREENCITY	<i>Products from a workers cooperative</i>				
	COCONUT CHIPS	14613	250g	5	2.45	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 V	15835	218g	12	1.25	N
	FRUIT & SEED OATCAKES V	23711	225g	8	1.69	N
	OATCAKES EXTRA FILL GF	24142	213g	8	2.15	N
	OATCAKES ORG V	10987	250g	12	1.49	N
	ROUGH OATCAKES V	15836	291g	10	1.36	N
	SEEDED OATCAKES GLUTEN FREE	24470	180g	8	2.15	N
	SUPER SEEDED OATCAKES ORG	23710	200g	8	1.69	N
	STOCKAN'S					
	OATCAKES THICK	243	200g	24	0.93	N
	OATCAKES THIN ORIGINAL	72	100g	36	0.65	N
	HEBRIDEAN					
	HEBRIDEAN OATCAKES OLIVE ORG	18127	140g	20	2.10	N
	HEBRIDEAN OATCAKES V	16089	150g	20	1.55	N
	FOREST KITCHEN					
	OATCAKES HANDMADE LOCAL V	21030	130g	1	2.09	N
	ANGELIC GLUTEN FREE					
	COCKTAIL OATCAKES GF V	22820	150g	8	2.60	N
	STOATS					
	CHIPOTLE CHILLI OATCAKES V	24319	150g	16	1.39	N
	RUSTIC SCOTTISH OATCAKES V	24257	150g	16	1.39	N
OATS & OAT PRODUCTS	HIGHLAND WHOLEFOODS PRE-PACKS					
	OATBRAN (HIHO) V	6189	500g	6	1.88	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	OAT GROATS	23317	3kg	4	3.63	N
	OATBRAN V	23316	3kg	4	7.08	N
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	JUMBO OATS ORG V	6316	1kg	6	2.77	N
	PORRIDGE OATS ORG V	4904	1kg	6	2.20	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	FINE OATMEAL MORNFLAKE ORG V 3KG	657	3kg	4	5.13	N
	JUMBO OATS MORNFLAKE ORG V 3KG	664	3kg	4	5.13	N

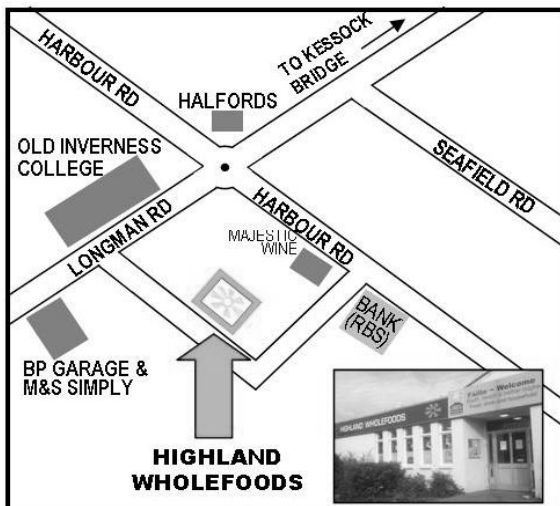
CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	MEDIUM OATMEAL MORNFLAKE ORG V 3KG	659	3kg	4	5.13	N
	OAT GROATS ORG 3KG	665	3kg	4	5.13	N
	OATBRAN ORG V 3KG	8446	3kg	4	7.63	N
	PINHEAD OATMEAL MORNFLAKE ORG 3KG	662	3kg	4	5.13	N
	PORRIDGE OATS MORNFLAKE ORG 3KG	655	3kg	4	5.13	N
	GREENCITY	<i>Products from a workers cooperative</i>				
	JUMBO OATS GC ORG V	23914	3kg	1	6.60	N
	PORRIDGE OATS GC ORG V	23913	3kg	1	6.80	N
	GOLSPIE MILL					
	OATMEAL COARSE ORG V	12625	1kg	8	2.59	N
	OATMEAL MEDIUM BULK V	8532	25kg	1	43.33	N
	OATMEAL MEDIUM ORG V	12624	1kg	8	2.59	N
	STOATS					
	APPLE & CINNAMON PORRIDGE POTS	22487	60g	16	1.19	N
	CLASSIC SCOTTISH PORRIDGE POTS	22486	60g	16	1.11	N
	CRANBERRY & BLUEBERRY PORRIDGE	22488	60g	16	1.19	N
	SCOTTISH PORRIDGE OATS V	24266	750g	6	2.79	N
	TILQUHILLIE					
	100% OAT FLAKES GF V	20894	425g	5	3.80	N
	NAIRNS					
	SCOTTISH PORRIDGE OATS GF V	20924	450g	5	2.59	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	HIGHLAND WHOLEFOODS 3KG PACKS					
	TOMATO HALVES SUNDRIED V	23343	3kg	4	24.66	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	TOMATOES CHOPPED SUNDRIED 1KG V	24540	1kg	6	14.07	N
PICKLES, CHUTNEYS & RELISHES	WESTRAY CHUTNEYS	<i>Fair trade chutneys from Orkney</i>				
	RED ONION CHUTNEY FT LOCAL	24466	200g	6	3.35	N
	RED TOMATO CHUTNEY FT LOCAL	24465	200g	6	3.35	N
	RHUBARB & PINE CHUT FT LOCAL	24468	200g	6	3.35	N
	SPICED APPLE CHUTNEY FT LOCAL	24467	200g	6	3.35	N
	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
	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
	GALLOWAY CHILIES					
	CHILLI LEMON CITRUS PRESERVE	24449	200g	6	4.25	N
	CHILLI ORIGINAL PRESERVE	24450	200g	6	4.25	N
	ROSE COTTAGE COUNTRY KITCHEN					
	GREEN TOMATO CHUTNEY	18643	280g	6	3.55	N
RICE	HIGHLAND WHOLEFOODS PRE-PACK					
	ARBORIO RISOTTO RICE 500g	6131	500g	6	2.15	N
	BASMATI RICE BROWN	6139	500g	6	2.43	N
	BASMATI RICE WHITE	6272	500g	6	2.10	N
	LONG GRAIN BROWN RICE	349	500g	6	1.55	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	3.15	N
	WILD RICE	6484	250g	6	5.37	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	HIGHLAND WHOLEFOODS 1KG PACKS					
	ARBORIO RICE	4934	1kg	6	3.68	N
	BASMATI RICE BROWN	4935	1kg	6	4.25	N
	BASMATI RICE WHITE	4936	1kg	6	3.58	N
	LONG GRAIN BROWN RICE	4937	1kg	6	2.45	N
	RED RICE	23794	1kg	6	4.81	N
	WILD RICE	23114	1kg	6	19.05	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	BROWN BASMATI RICE	23300	3kg	4	10.39	N
	RED RICE	23332	3kg	4	12.38	N
	SUSHI RICE	23342	3kg	4	9.90	N
	WILD RICE	23629	3kg	4	54.78	N
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	ARBORIO RICE ORG	22883	1kg	6	5.75	N
	BASMATI RICE BROWN ORG	4896	1kg	6	4.25	N
	BASMATI WHITE RICE ORG	21443	1kg	6	5.05	N
	LONG GRAIN BROWN RICE ORG	6317	1kg	6	4.55	N
	LONG GRAIN WHITE RICE ORG	4898	1kg	6	3.80	N
	SHORT GRAIN BROWN RICE ORG	4899	1kg	6	4.50	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	ARBORIO RICE ORG 3KG	15043	3kg	4	14.97	N
	BASMATI RICE BROWN ORG 3KG	7511	3kg	4	9.83	N
	BASMATI WHITE RICE ORG 3KG	7512	3kg	4	15.40	N
	LONG GRAIN BROWN RICE ORG 3KG	353	3kg	4	9.17	N
	LONG GRAIN WHITE RICE ORG 3KG	7510	3kg	4	9.17	N
	SHORT GRAIN BROWN RICE ORG 3KG	357	3kg	4	10.52	N
	GREEN CITY	<i>Products from a workers cooperative</i>				
	BLACK RICE ORG	23753	250g	5	1.89	N
VINEGARS	ORKNEY CRAFT VINEGAR					
	NEW HONEY & MEADOWSWEET CRAFT VIN	24644	250ml	6	8.80	N
	NEW ORKNEY CRAFT BERE MALT VINEGAR	24585	250ml	6	8.80	N
SEAWEEDS & 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
SEEDS	HIGHLAND WHOLEFOODS PRE-PACKS					
	CELERY SEEDS HI HO	24629	500g	6	2.80	N
	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	1.60	N
	SESAME SEEDS 500g	6254	500g	6	2.30	N
	SUNFLOWER SEEDS 250g	6259	250g	6	1.35	N
	SUNFLOWER SEEDS 500g	6260	500g	6	1.94	N
	HIGHLAND WHOLEFOODS 1KG PACKS					
	LINSEED	23104	1kg	6	2.83	N
	POPPY SEEDS BLUE	13618	1kg	6	5.00	N
	PUMPKIN & SUNFLOWER MIX 1KG	24539	1kg	6	4.85	N
	PUMPKIN SEEDS	20613	1kg	6	7.50	N
	SESAME SEEDS	18692	1kg	6	4.00	N
	SUNFLOWER SEEDS	14599	1kg	6	3.11	N
	SUPERSEED MIX	23109	1kg	6	4.09	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	POPPY SEEDS BLUE	23328	3kg	4	12.35	N
	PUMPKIN SEEDS	23330	3kg	4	19.00	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	SESAME SEEDS	23333	3kg	4	9.61	N
	SUNFLOWER SEEDS	23334	3kg	4	6.43	N
	SUPERSEED MIX 3KG	22182	3kg	4	9.76	N
	HIGHLAND WHOLEFOODS ORGANIC 1KG					
	LINSEED BROWN ORG	20623	1kg	6	4.38	N
	LINSEED GOLD ORG	22886	1kg	6	5.18	N
	POPPY SEEDS BLUE ORG	22888	1kg	6	9.90	N
	PUMPKIN SEEDS ORG	17832	1kg	6	7.00	N
	SEED & BEAN MIX SPROUT ORG	22889	1kg	6	5.12	N
	SESAME SEEDS ORG	22887	1kg	6	5.29	N
	SUNFLOWER SEEDS ORG	20624	1kg	6	3.91	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	LINSEED BROWN ORG 3KG	7746	3kg	4	10.82	N
	LINSEED GOLD ORG 3KG	14251	3kg	4	13.22	N
	POPPY SEEDS BLUE ORG 3KG	9266	3kg	4	26.99	N
	PUMPKIN SEEDS ORG 3KG	2784	3kg	4	18.77	N
	SEED & BEAN MIX SPROUT ORG 3KG	16523	3kg	4	13.06	N
	SESAME SEEDS ORG 3KG	1798	3kg	4	13.56	N
	SUNFLOWER SEEDS ORG 3KG	648	3kg	4	8.43	N
SNACKS, SAVOURY	HIGHLAND WHOLEFOODS PRE-PACK					
	BOMBAY MIX	14639	125g	6	1.25	N
	BOMBAY MIX	6136	250g	6	1.60	N
	CASHEW NUTS WHOLE R&S	14609	250g	6	5.52	Y
	CHILLI NUTS	22557	125g	6	2.15	Y
	GARLIC STICKS	24604	250g	6	2.20	N
	JAPANESE RICE CRACKERS	10934	250g	6	2.86	N
	KOREAN HOT RICE CRACKERS	10935	125g	6	2.08	N
	PEANUTS ROASTED & SALTED	14620	250g	6	2.58	Y
	SESAME STICKS	10936	250g	6	1.85	N
	SUPERSEED MIX	19111	250g	6	1.68	N
	WASABI PEANUTS	19110	125g	6	2.19	Y
	HIGHLAND WHOLEFOODS 1KG PACKS					
	BOMBAY MIX	4982	1kg	6	4.15	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	BOMBAY MIX 3KG	24315	3kg	1	12.85	N
	JAPANESE RICE CRACKERS	24385	3kg	4	24.70	N
	PUMPKIN & SUNFLOWER MIX 3KG	22185	3kg	4	11.84	N
	WASABI PEANUTS	24387	3kg	6	25.30	Y
	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	HIGHLAND 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	2.09	Y
	HIGH ENERGY MOUNTAIN MIX	22455	250g	6	2.96	N
	ISLAND MIX	14640	250g	6	2.33	N
	MILK CHOC FLAVOUR RAISINS	19115	125g	6	1.71	Y
	MIXED NUTS & RAISINS DELUXE	6184	250g	6	4.27	N
	TRAIL MIX	6265	250g	6	2.46	N
	TROPICAL MIX	24259	250g	6	2.57	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	2.70	Y
	YOGHURT COATED GINGER	6285	125g	6	1.85	Y
	YOGHURT COATED PEANUTS	6291	125g	6	1.84	Y
	YOGHURT COATED RAISIN	17545	250g	6	2.69	Y
	YOGHURT COATED RAISINS	6289	125g	6	1.89	Y

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
	HIGHLAND WHOLEFOODS 1KG PACKS					
	DELUXE MIXED NUTS & RAISINS	4985	1kg	6	14.65	N
	HIGH ENERGY MOUNTAIN MIX	22454	1kg	6	9.38	N
	TRAIL MIX	10937	1kg	6	6.45	N
	TROPICAL MIX	23828	1kg	6	9.48	Y
	HIGHLAND WHOLEFOODS 3KG PACKS					
	HIGH ENERGY MOUNTAIN MIX	23854	3kg	4	25.77	N
	MIXED NUTS DELUXE RAISINS	23315	3kg	4	41.59	N
	TRAIL MIX	24384	3kg	4	21.06	N
	TROPICAL MIX	23345	3kg	4	25.71	Y
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	FRUIT & NUT MIX ORG 3KG	1596	3KG	4	27.00	N
	FOREST KITCHEN					
	TABLET COBBLERS BAG	23850	130g	1	4.20	Y
	TABLET SLAB HANDMADE LOCAL	21049	90g	1	2.30	Y
	WHISKY FUDGE	23160	90g	1	2.59	Y
	STOATS					
	APPLE & CINN PORRIDGE OAT BARS	24248	85g	28	1.29	N
	APRICOT & SULTANA PORRIDGE BARS	24251	85g	28	1.29	N
	BLUEBERRY & HONEY PORRIDGE BARS	24249	85g	28	1.29	N
	CLASSIC SCOT ORIG PORRIDGE BAR	24254	85g	28	1.29	N
	FIG & DATE PORRIDGE OAT BARS	24252	85g	28	1.29	N
	MIXED CASE PORRIDGE OAT BARS	22006	85g	28	1.32	N
	RASPBERRY & HONEY PORRIDGE BARS	24250	85g	28	1.29	N
	WHITE CHOC & HAZEL PORRIDGE BAR	24253	85g	28	1.29	N
SPREADS, NUT & SEED	ALMIGHTY					
	CASHEW CARAMELO NUT BUTTER ORG	24447	200g	8	6.42	N
	RASP WHIP CASHEW NUT BUTTER ORG	24448	200g	8	6.40	N
SPREADS, SWEET & JAMS	ROSE COTTAGE COUNTRY KITCHEN					
	BLACKCURRANT JAM LOCAL	18636	340g	6	3.65	N
	DAMSON JAM LOCAL	18640	227g	6	3.25	N
	HIGHLAND RASPBERRY JAM LOCAL	18645	340g	6	3.65	N
	MALT WHISKY MARMALADE LOCAL	18649	227g	6	3.17	N
	SEVILLE ORANGE MARMALADE LOCAL	18648	340g	6	3.55	N
	STRAWBERRY JAM LOCAL	18646	340g	6	3.65	N
	THREE FRUIT MARMALADE LOCAL	18647	340g	6	3.55	N
	HUNTLY HERBS					
	GOOSEBERRY & ELDFL JAM ORG	24156	300g	6	3.99	N
	GOOSEBERRY JAM GF ORG	22379	300g	6	3.99	N
	RASPBERRY JAM ORG 800g	23905	800g	6	11.95	N
	RASPBERRY JAM ORG LOCAL 300g	24102	300g	6	3.99	N
	THREE LITTLE JARS JAM ORG	23445	3jars	1	3.99	N
SUGARS & SWEETENERS	HIGHLAND WHOLEFOODS ORGANIC					
	CANE SUGAR ORGANIC	22700	1kg	6	4.25	N
	CASTER SUGAR ORGANIC	22701	1kg	6	4.76	N
	HIGHLAND WHOLEFOODS 3KG PACKS					
	DARK MUSCAVADO SUGAR	23338	3kg	4	10.09	N
	DEMERARA SUGAR FT	23339	3kg	4	10.19	N
	GOLDEN GRAN SUGAR FT	23340	3kg	4	9.89	N
	LIGHT MUSCAVADO SUGAR	23337	3kg	4	10.09	N
	LIGHT SOFT BROWN SUGAR	23341	3kg	4	10.54	N
	HIGHLAND WHOLEFOODS ORGANIC 3KG					
	CASTER SUGAR FINE ORG 3KG	5620	3kg	4	12.63	N
	DEMERARA SUGAR ORG 3KG	14801	3kg	4	12.48	N
	LIGHT SOFT BROWN SUGAR ORG 3KG	15601	3kg	4	13.18	N
	NATURAL CANE SUGAR ORG 3KG	14252	3kg	4	10.66	N
	RAPADURA CANE SUGAR ORG 3KG	15247	3kg	4	16.01	N

CATEGORY	DESCRIPTION	CODE	UNIT	CASE	RRP	VAT
WATERS	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	
BOOKS, MAGAZINES	POYNTZFIELD HERB NURSERY					
	CULINARY HERBS MEDITERRANEAN	22922	1	1	3.57	N
	GROWERS GUIDE TO HERB GARDENING	21287	1	1	3.57	N
	HERBS OF JAPAN	21289	1	1	3.57	N
	HERBS OF THE HIGHLANDS/ISLANDS	21288	1	1	3.57	N
	HERBS OF THE HIMALAYAS	21290	1	1	3.57	N
	MEDICINAL HERBS	24186	1	1	3.57	N
	CATHEL HUTCHISON					
	BITE & MACKAY GO TO SEA	24469	book	1	6.99	N
	FIRE & FAIRE A' DOL GU MUIR	24157	1 book	1	6.99	N
	REFORESTING SCOTLAND					
	REFORESTING SCOTLAND MAGAZINE	12667	1 mag	1	3.80	N
CLOTHING	HADEEL	<i>Hand made in Palestine</i>				
	KUFIYA TRAD SCARF BLCK PALEST	24134	1	1	15.15	Y
	KUFIYA TRAD SCARF RED PALEST	23648	1	1	14.50	Y
GIFTS	HADEEL	<i>Crafts from Palestine</i>				
	BOOKMARK PALESTINE	22687	1	1	4.99	Y
	COIN PURSE & KEYRING PAL FT	22975	1	1	9.00	Y
	FELT SHEEP LRGE PALESTINE FT	22689	1	1	3.50	Y
	FELT SHEEP SMALL PALESTINE FT	22636	1	1	2.19	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
	OLIVE DISH 13CM HADEEL FT	22626	1	1	11.00	Y
	OLIVE HEXAGON BOX FT	22630	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



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