



SOLO FRUITS

	National 6 Box	National 10 Box	National 15 Box
Apple - Diced (10kg)	£21.95	£19.25	£17.95
Banana - Slices (10kg)	£18.95	£16.25	£14.95
Blackberry (10kg)	£19.45	£16.75	£15.45
Blackcurrant (10kg)	£24.45	£21.75	£20.45
Blueberry WILD (10kg)	£33.95	£31.25	£29.95
Blueberry CULTIVATED (14kg)	£42.95	£40.25	£38.95
Cherry SOUR (10kg)	£20.45	£17.75	£16.45
Cherry DARK SWEET (10kg)	£24.95	£22.25	£20.95
Cranberry (18kg)	£51.95	£49.25	£47.95
Grapes (15kg)	£30.45	£27.75	£26.45
Gooseberry (10kg)	£28.95	£26.25	£24.95
Kiwi (10kg)	£22.45	£19.75	£18.45
Mandarin Segments (10kg)	£22.45	£19.75	£18.45
Mango (10kg)	£21.45	£18.75	£17.45
Melon - Balls (Honey Dew) (10kg)	£22.45	£19.75	£18.45
Papaya (10kg)	£21.95	£19.25	£17.95
Peach - Sliced (10kg)	£20.95	£18.25	£16.95
Pineapple (10kg)	£19.95	£17.25	£15.95
Pommegranate (10kg)	£29.95	£27.25	£25.95
Raspberry (10kg)	£32.45	£29.75	£28.45
Redcurrant (10kg)	£20.45	£17.75	£16.45
Strawberry (POLISH) (10kg)	£21.95	£19.25	£17.95

10KG MIXED FRUITS

Mango / Pineapple / Melon / Papaya / Apple	£28.45	£25.75	£24.45
Strawb / Blackb / Blackc / Redc / Blueb / Raspberry	£27.95	£25.25	£23.95

5KG SOLO FRUITS

Cranberry (5kg)	£19.95	£17.25	£15.95
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PUREES

Coconut in tubs (4 x 1kg)	£23.95	£21.25	£19.95
Passion Fruit in tubs (4 x 1kg)	£26.95	£24.25	£22.95
Passion Fruit in Portions (1 bag of 100 x 10ml)	£14.95	£12.25	£10.95
Acai in sachets (60 x 100g)	£33.95	£31.25	£29.95
Acai in Portions (1 bag of 100 x 10ml)	£15.95	£13.25	£11.95
Acerola in sachets (60 x 100g)	£28.45	£25.75	£24.45
Guava in sachets (60 x 100g)	£27.45	£24.75	£23.45

FAT FREE YOGHURTS

Natural in Portions (105 per case)	£33.95	£31.25	£29.95
Natural in TUBS (6 x 4 litre tubs)	£28.95	£26.25	£24.95
Flavoured in TUBS (6 x 4 litre tubs)	£31.95	£29.25	£27.95
Mango, Orange			
Raspberry, Strawberry			

SORBETS (mix any 6 for a case)

Flavoured Sorbets (4 litres tub)	£5.67	£5.22	£5.00
Blackcurrant			
Lemon			
Mixed Berry			
Passion Fruit			

DELIVERY CHARGES

No of Boxes	6	10	15
4 to 5	FREE £12.50	8 to 9 £8.00	13 to 14 £5.00
		6 to 7 £16.00	11 to 12 £10.00
		4 to 5 £24.00	9 to 10 £15.00
			7 to 8 £20.00
			5 to 6 £25.00
			Min of 4 £30.00



100g SMOOTHIE SACHETS (60 sachets per case)

	National 6 Box	National 10 Box	National 15 Box
ARAM1 - Peach / Strawberry	£25.45	£22.75	£21.45
ARAM2 - Pineapple / Strawberry	£25.45	£22.75	£21.45
ARAM3 - Mango / Strawberry	£25.45	£22.75	£21.45
ARAM4 - Raspberry / Blueberry	£28.45	£25.75	£24.45
ARAM5 - Raspberry / Mango	£27.45	£24.75	£23.45
ARAM6 - Strawberry / Raspberry	£25.45	£22.75	£21.45
ARAM7 - Strawberry / Banana	£25.45	£22.75	£21.45
ARAM8 - Straw / Rasp / Blackberry	£25.45	£22.75	£21.45
ARAM9 - Mango / Melon / Pineapple / Kiwi	£25.45	£22.75	£21.45

100g SMOOTHIE SACHETS (30 sachets per case)

	National 6 Box	National 10 Box	National 15 Box
SM1 - Peach / Strawberry	£16.45	£13.75	£12.45
SM2 - Pineapple / Strawberry	£16.45	£13.75	£12.45
SM3 - Mango / Strawberry	£16.45	£13.75	£12.45
SM4 - Raspberry / Blueberry	£17.95	£15.25	£13.95
SM5 - Raspberry / Mango	£17.45	£14.75	£13.45
SM6 - Strawberry / Raspberry	£16.45	£13.75	£12.45
SM7 - Strawberry / Banana	£16.45	£13.75	£12.45
SM8 - Straw / Rasp / Blackberry	£16.45	£13.75	£12.45
SM9 - Mango / Melon / Pineapple / Kiwi	£16.45	£13.75	£12.45

150g SMOOTHIES SACHETS (60 sachets per case)

	National 6 Box	National 10 Box	National 15 Box
Strawberry Delight (Straw/Peach/Papaya)	£35.45	£32.75	£31.45
Strawberry Fantasy (Straw/Banana)	£35.45	£32.75	£31.45
Raspberry Heaven (Rasp/Blue/Mango)	£35.45	£32.75	£31.45
Pineapple Sunset (Pine/Mango/Papaya)	£35.45	£32.75	£31.45
Mango Dream (Mango/Pear)	£35.45	£32.75	£31.45
Mandarine Pleasure (Mand/Mango/Banana)	£35.45	£32.75	£31.45
Jungle Juice (Acai/Straw/Blue/Mango)	£35.45	£32.75	£31.45
Power Granate (Pomme/Straw/BlackC/Apple)	£35.45	£32.75	£31.45

150g SMOOTHIES SACHETS (30 sachets per case)

	National 6 Box	National 10 Box	National 15 Box
Strawberry Delight (Straw/Peach/Papaya)	£21.45	£18.75	£17.45
Strawberry Fantasy (Straw/Banana)	£21.45	£18.75	£17.45
Raspberry Heaven (Rasp/Blue/Mango)	£21.45	£18.75	£17.45
Pineapple Sunset (Pine/Mango/Papaya)	£21.45	£18.75	£17.45
Mango Dream (Mango/Pear)	£21.45	£18.75	£17.45
Mandarine Pleasure (Mand/Mango/Banana)	£21.45	£18.75	£17.45
Jungle Juice (Acai/Straw/Blue/Mango)	£21.45	£18.75	£17.45
Power Granate (Pomme/Straw/BlackC/Apple)	£21.45	£18.75	£17.45

500g SMOOTHIE SUPPLEMENTS (any 4 tubs to a case)

	National 6 Box	National 10 Box	National 15 Box
Fibre	£9.95	£9.95	£9.95
NRG	£9.95	£9.95	£9.95
Over Hang	£9.95	£9.95	£9.95
Antioxidant	£9.95	£9.95	£9.95
Bug Buster	£9.95	£9.95	£9.95
Multi Vit	£9.95	£9.95	£9.95
Vit C	£9.95	£9.95	£9.95
Whey Protein	£9.95	£9.95	£9.95
Chill Out	£10.95	£10.95	£10.95
Slender Blend	£11.95	£11.95	£11.95

DELIVERY CHARGES

No of Boxes

6	FREE
4 to 5	£12.50

No of Boxes

10	FREE
8 to 9	£8.00
6 to 7	£16.00
4 to 5	£24.00

No of Boxes

15	FREE
13 to 14	£5.00
11 to 12	£10.00
9 to 10	£15.00
7 to 8	£20.00
5 to 6	£25.00
Min of 4	£30.00



JUICES - From Concentrate (4 x 5ltr bags = 20 litres)
available from February 2010

	National 6 Box	National 10 Box	National 15 Box
Cloudy Apple	£19.95	£17.25	£15.95
Orange	£19.95	£17.25	£15.95
Pineapple	£19.95	£17.25	£15.95
Topical Mix; Orange, Mango and Apple (2 x 10ltr)	£24.95	£22.25	£20.95

PREMIUM JUICES - NFC (4 x 5ltr BAGS = 20 litres)

	National 6 Box	National 10 Box	National 15 Box
Cloudy Apple	£28.95	£26.25	£24.95
Orange	£28.95	£26.25	£24.95
Pineapple	£29.95	£27.25	£25.95

PREMIUM JUICES - NFC (4 x 5ltr BOXES = 20 litres)

	National 6 Box	National 10 Box	National 15 Box
Cloudy Apple	£31.45	£28.75	£27.45
Orange	£33.95	£31.25	£29.95
Pineapple	£33.95	£31.25	£29.95

FROBISHER FRUIT JUICES - Bottled (24 x 250ml)

	National 6 Box	National 10 Box	National 15 Box
Apple	£20.95	£18.25	£16.95
Tomato	£20.95	£18.25	£16.95
Cranberry	£20.95	£18.25	£16.95
Pear	£20.95	£18.25	£16.95
Orange	£20.95	£18.25	£16.95
Passion Fruit	£20.95	£18.25	£16.95
Mango	£20.95	£18.25	£16.95
Pineapple	£20.95	£18.25	£16.95
Bumbleberry	£20.95	£18.25	£16.95
Grapefruit	£20.95	£18.25	£16.95

FROBISHER SMOOTHIES JUICES - Bottled (24 x 250ml)

	National 6 Box	National 10 Box	National 15 Box
Pineapple, Banana and Passion fruit	£21.95	£19.25	£17.95
Orange, Banana and Mango	£21.95	£19.25	£17.95
Apple and Blackcurrant	£21.95	£19.25	£17.95

FRESH JUICING ORANGES

	National 6 Box	National 10 Box	National 15 Box
15kg case	£16.45	£13.75	£12.45

DELIVERY CHARGES

No of Boxes	Charge
6	FREE
4 to 5	£12.50

No of Boxes	Charge
10	FREE
8 to 9	£8.00
6 to 7	£16.00
4 to 5	£24.00

No of Boxes	Charge
15	FREE
13 to 14	£5.00
11 to 12	£10.00
9 to 10	£15.00
7 to 8	£20.00
5 to 6	£25.00
Min of 4	£30.00



SCOOP SHAKE ICE CREAM

	National 6 Box	National 10 Box	National 15 Box
Vanilla Ice Cream (6 x 4 litre tubs)	£19.45	£16.75	£15.45

SOFT SERVE - LIQUID ICE CREAM (Machine Served)

Vanilla - MEDIUM Case of Gerry Cans (3 x 5ltrs)	£23.95	£21.25	£19.95
Vanilla - LARGE Case of Gerry Cans (4 x 5ltrs)	£29.95	£27.25	£25.95

SOFT SERVE - LIQUID YOGHURT (Machine Served)

Vanilla - MEDIUM Case of Gerry Cans (3 x 5ltrs)	£29.45	£26.75	£25.45
Vanilla - LARGE Case of Gerry Cans (4 x 5ltrs)	£36.95	£34.25	£32.95
Tart - MEDIUM Case of Gerry Cans (3 x 5ltrs)	£35.45	£32.75	£31.45
Tart - LARGE Case of Gerry Cans (4 x 5ltrs)	£44.95	£42.25	£40.95

YOGGIE 'HEALTHY' SHAKES (mix any 3 for a case)

Single Portions (12 x 250ml)			
Just Vanilla	£9.98	£9.08	£8.65
Strawberry	£9.98	£9.08	£8.65
Raspberry	£9.98	£9.08	£8.65
Banana	£9.98	£9.08	£8.65
Blackcurrant	£9.98	£9.08	£8.65

SWEET 'INDULGENT' SHAKES (mix any 3 for a case)

Single Portions (12 x 250ml)			
Choc Chip	£9.98	£9.08	£8.65
Mint Choc Chip	£9.98	£9.08	£8.65
Toffee Fudge	£9.98	£9.08	£8.65
Rum & Raisin	£9.98	£9.08	£8.65
Smarties	£9.98	£9.08	£8.65

FRUIT + FLAVOURED SYRUPS (mix any 6 for a case)

TEISSEIRE Syrups (700ml bottle)			
Almond	£5.17	£4.72	£4.50
Apple	£5.17	£4.72	£4.50
Banana	£5.17	£4.72	£4.50
Blackcurrant	£5.17	£4.72	£4.50
Caramel	£5.17	£4.72	£4.50
Cherry	£5.17	£4.72	£4.50
Chocolate	£5.17	£4.72	£4.50
Cinnamon	£5.17	£4.72	£4.50
Coconut	£5.17	£4.72	£4.50
Grenadine	£5.17	£4.72	£4.50
Hazelnut	£5.17	£4.72	£4.50
Lime	£5.17	£4.72	£4.50
Mint	£5.17	£4.72	£4.50
Passion Fruit	£5.17	£4.72	£4.50
Peach	£5.17	£4.72	£4.50
Pineapple	£5.17	£4.72	£4.50
Raspberry	£5.17	£4.72	£4.50
Strawberry	£5.17	£4.72	£4.50
Vanilla	£5.17	£4.72	£4.50

DELIVERY CHARGES

No of Boxes	6	10	15
	FREE	FREE	FREE
4 to 5	£12.50	£8.00	£5.00
		£16.00	£10.00
		£24.00	£15.00
			£20.00
			£25.00
			£30.00



CHOC-O-LAIT (4 boxes per case)

Boxes of 24 Sticks (individually flow wrapped)

Milk	£13.45
Dark	£13.45
Hazelnut	£13.45
Cointreau	£13.45
Cinnamon	£13.45
Coffee	£13.45
Caramel	£13.45
Cups & Saucers (6 per box)	£13.45
Single Sticks in individual DELUX cases(48 per box)	£36.95

ZUMA HOT CHOCOLATE

ORIGINAL Single tin (2kg)	£14.95
ORIGINAL Tin Pack (6 x 2kg)	£57.95
DARK Tin Pack (6 x 2kg)	£73.95
Marshmallows (6 x 500g)	£23.95

COFFEE BEANS (5 x 1 kg bags to a case)

Mundo Novo Coffee Bean (1 kg foil bag)	£8.15
Espresso Coffee Bean (1 kg foil bag)	£7.25

TWININGS Traditional Teas (any 6 boxes to a case)

Everyday (100 tagged tea bags)	£4.22
Traditional English (50 enveloped bags)	£3.72
Earl Gray (50 enveloped bags)	£2.72
Decaf English (50 enveloped)	£4.65

TWININGS Speciality Teas (any 12 boxes to a case)

(20 envelopes per box)

Infusion Teas

Camomile	£1.61
Peppermint	£1.61
Orange and Cranberry	£1.61
Lemon and Ginger	£1.61
Blackcurrant, Vanilla and Ginger	£1.61
Blueberry and Apple	£1.61

Green Teas

Pure Green	£1.75
Orange and Lotus Flower	£1.75
Cranberry	£1.75

White Tea

White Tea with Pommegranate (20 envelopes)	£2.13
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FRUIT + FLAVOURED SYRUPS (mix any 6 for a case)

TEISSEIRE Syrups (700ml bottle)

Almond, Caramel, Cinnamon	£5.17
Hazelnut, Vanilla	£5.17

SUGARS STICKS

Brown Sugar Sticks (1,000 per case)	£15.95
White Sugar Sticks (1,000 per case)	£15.95

**National
6 Box**

**National
10 Box**

**National
15 Box**

DELIVERY CHARGES

No of Boxes

6
4 to 5

FREE

£12.50

No of Boxes

10
8 to 9
6 to 7
4 to 5

FREE

£8.00
£16.00
£24.00

No of Boxes

15
13 to 14
11 to 12
9 to 10
7 to 8
5 to 6
Min of 4

FREE

£5.00
£10.00
£15.00
£20.00
£25.00
£30.00



RECYCLEABLE SMOOTHIE CUPS (1000 per case)

	National 6 Box	National 10 Box	National 15 Box
10oz PP Cups	£35.45	£32.75	£31.45
12oz PP Cups	£40.45	£37.75	£36.45
16oz PP Cups	£45.45	£42.75	£41.45
20oz PP Cups	£50.95	£48.25	£46.95
PP Domed Lids	£31.95	£29.25	£27.95

BIO-DEGRADABLE SMOOTHIE CUPS (1000 per case)

	National 6 Box	National 10 Box	National 15 Box
1oz PLA Shot Cups	£33.95	£31.25	£29.95
10oz PLA Cups	£52.45	£49.75	£48.45
12oz PLA Cups	£57.95	£55.25	£53.95
16oz PLA Cups	£68.95	£66.25	£64.95
20oz PLA Cups	£73.95	£71.25	£69.95
PLA Domed Lids	£32.95	£30.25	£28.95

SMOOTHIE STRAWS

	National 6 Box	National 10 Box	National 15 Box
Jumbo Straws (1,000 per case)	£13.95	£11.25	£9.95
Jumbo Straws (5,000 per case)	£28.95	£26.25	£24.95

HOT CUPS - BIO DOUBLE WALLED RIPPLE

	National 6 Box	National 10 Box	National 15 Box
12oz Double wall Ripple Cup - Purple (case of 500)	£39.95	£37.25	£35.95
16oz Double walled Ripple Cup - Green (case of 500)	£46.95	£44.25	£42.95
12 / 16oz Sip Lids - White (case of 1000)	£29.95	£27.25	£25.95

HOT CUPS - BIO SINGLE WALLED (cases of 1000)

	National 6 Box	National 10 Box	National 15 Box
4oz Shot Cups	£35.95	£33.25	£31.95
8oz Single Walled Cups	£46.95	£44.25	£42.95
12oz Single Walled Cups	£53.95	£51.25	£49.95
16oz Single Walled Cups	£60.95	£58.25	£56.95
8oz Sip Lids	£27.95	£25.25	£23.95
12 / 16oz Sip Lids	£29.95	£27.25	£25.95
Cup Sleeves - 8oz	£28.95	£26.25	£24.95
Cup Sleeves - 12/16oz	£28.95	£26.25	£24.95

BIO-DEGRADABLE CUP CARRIERS

	National 6 Box	National 10 Box	National 15 Box
2 + 4 Way Cup Carrier (350 per case)	£47.95	£45.25	£43.95

CUP STIRRERS

	National 6 Box	National 10 Box	National 15 Box
Wooden (case of 4000)	£19.95	£17.25	£15.95

DELIVERY CHARGES

No of Boxes	National 6 Box	No of Boxes	National 10 Box	No of Boxes	National 15 Box
6	FREE	10	FREE	15	FREE
4 to 5	£12.50	8 to 9	£8.00	13 to 14	£5.00
		6 to 7	£16.00	11 to 12	£10.00
		4 to 5	£24.00	9 to 10	£15.00
				7 to 8	£20.00
				5 to 6	£25.00
				Min of 4	£30.00



BYRON BAY COOKIES

Single Wrap Cookies (12 to a box/4 boxes to a case)

	National 6 Box	National 10 Box	National 15 Box
Triple Chocolate - Gluten Free (12)	£10.61	£9.94	£9.61
Sticky Date and Ginger - Gluten Free (12)	£10.61	£9.94	£9.61
Fig and Pecan - Reduced Fat (12)	£10.61	£9.94	£9.61
White Choc and Macadamia - Gluten Free (12)	£10.61	£9.94	£9.61

Packs of Cookies (24 packs of 6 cookies to a case)
(can be ordered in mixed flavours)

Triple Chocolate (per pack of 6 cookies)	£4.17	£4.05	£4.00
Clowning Around (per pack of 6 cookies)	£4.17	£4.05	£4.00
Dotty (per pack of 6 cookies)	£4.17	£4.05	£4.00
Sticky Date and Ginger (per pack of 6 cookies)	£4.17	£4.05	£4.00
Fig and Pecan (per pack of 6 cookies)	£4.17	£4.05	£4.00
Natural Honey and Oatmeal (per pack of 6 cookies)	£4.17	£4.05	£4.00
Strawberry and Cream (per pack of 6 cookies)	£4.17	£4.05	£4.00
Single Cookie Jar (cookies not included !)	£12.95	£12.95	£12.95
4 x Cookie Jar Set (cookies not included !)	£39.95	£39.95	£39.95

JUMBO MUFFINS (Individually wrapped - 24 per case)

THAW & SERVE - 133g

Blueberry	£15.95	£13.25	£11.95
Double Chocolate	£15.95	£13.25	£11.95

GOURMET DEEP FILLED TULIP MUFFINS (24 per case)

THAW & SERVE - 138g

Belgium Chocolate	£25.95	£23.25	£21.95
Blueberry	£25.95	£23.25	£21.95
Raspberry + White Chocolate	£25.95	£23.25	£21.95
Fruit, Nut & Seed	£25.95	£23.25	£21.95

DELIVERY CHARGES

No of Boxes

6	FREE
4 to 5	£12.50

No of Boxes

10	FREE
8 to 9	£8.00
6 to 7	£16.00
4 to 5	£24.00

No of Boxes

15	FREE
13 to 14	£5.00
11 to 12	£10.00
9 to 10	£15.00
7 to 8	£20.00
5 to 6	£25.00
Min of 4	£30.00



Finest ORGANIC Soups

- ✓ Organic Ingredients
- ✓ Authentic Recipes
- ✓ Wholesome & Nutricious
- ✓ Handmade
- ✓ Gluten & Wheat Free
- ✓ No Stabilisers
- ✓ No thickeners
- ✓ No additives
- ✓ No preservatives

FROZEN SOUP (freezer life is generally 3 to 6 weeks)
SIMPLY DEFROST AND HEAT
(any 6 X 2 litre bottles to a case)

Prices per 2 litre bottle

	National 6 Box	National 10 Box	National 15 Box
Carrot & Coriander (**) Crammed with big fat carrots and coriander leaf	£5.91	£5.46	£5.24
Italian Tomato (**) Plum and sun dried tomato's, celery, carrots, basil	£5.91	£5.46	£5.24
Moroccan Vegetable (** v.) spices, chick peas, tomato, carrot, leek, courgettes, onions, ginger, apricots, lentils and coriander	£5.91	£5.46	£5.24
Leek & Potato (**) Leeks, potato, onions, carrots and parsley	£5.91	£5.46	£5.24
Lentil & Tomato (** v.) an intoxicating blend of red lentils, tomatoes and chilli	£5.91	£5.46	£5.24
Farmhouse Chicken & Vegetable (**) with fresh organic garlic, thyme & rosemary	£5.91	£5.46	£5.24

v. suitable for vegans.
 **Gluten and wheat free

<u>DELIVERY CHARGES</u>	No of Boxes		No of Boxes		No of Boxes	
	6	FREE	10	FREE	15	FREE
	4 to 5	£12.50	8 to 9	£8.00	13 to 14	£5.00
			6 to 7	£16.00	11 to 12	£10.00
			4 to 5	£24.00	9 to 10	£15.00
					7 to 8	£20.00
					5 to 6	£25.00
					Min of 4	£30.00



Promotional posters free of charge (A1 size)
Please ask for your posters with your order

4.75 litre Napoli Trays
(Mix any 3 Napoli trays to a case)

	National 6 Box	National 10 Box	National 15 Box
Vanilla	£10.48	£9.58	£9.15
Strawberry	£10.48	£9.58	£9.15
Mango	£10.48	£9.58	£9.15
Raspberry Pavlova	£10.48	£9.58	£9.15
Blackcurrant & Cream	£10.48	£9.58	£9.15
Maple & Walnut	£10.48	£9.58	£9.15
Coffee	£10.48	£9.58	£9.15
Honeycomb	£10.48	£9.58	£9.15
Triple Chocolate	£10.48	£9.58	£9.15
Mint Choc Chip	£10.48	£9.58	£9.15
Toffee Fudge	£10.48	£9.58	£9.15
Rum & Raisin	£10.48	£9.58	£9.15
Turkish Delight	£10.48	£9.58	£9.15
Coconut	£10.48	£9.58	£9.15
Wild Cherry	£10.48	£9.58	£9.15

The range of Cones and Wafers are to be confirmed

DELIVERY CHARGES

No of Boxes	National 6 Box	No of Boxes	National 10 Box	No of Boxes	National 15 Box
6	FREE	10	FREE	15	FREE
4 to 5	£12.50	8 to 9	£8.00	13 to 14	£5.00
		6 to 7	£16.00	11 to 12	£10.00
		4 to 5	£24.00	9 to 10	£15.00
				7 to 8	£20.00
				5 to 6	£25.00
				Min of 4	£30.00