



SOLO FRUITS

- Apple - Diced (10kg)
- Banana - Slices (10kg)
- Blackberry (10kg)
- Blackcurrant (10kg)
- Blueberry WILD (10kg)
- Blueberry CULTIVATED (14kg)
- Cherry SOUR (10kg)
- Cherry DARK SWEET (10kg)
- Cranberry (18kg)
- Grapes (15kg)
- Gooseberry (10kg)
- Kiwi (10kg)
- Mandarin Segments (10kg)
- Mango (10kg)
- Melon - Balls (Honey Dew) (10kg)
- Papaya (10kg)
- Peach - Sliced (10kg)
- Pineapple (10kg)
- Pommegranate (10kg)
- Raspberry (10kg)
- Redcurrant (10kg)
- Strawberry (POLISH) (10kg)

10KG MIXED FRUITS

- Mango / Pineapple / Melon / Papaya / Apple
- Strawb / Blackb / Blackc / Redc / Blueb / Raspberry

5KG SOLO FRUITS

- Cranberry (5kg)

PUREES

- Coconut in tubs (4 x 1kg)
- Passion Fruit in tubs (4 x 1kg)
- Passion Fruit in Portions (1 bag of 100 x 10ml)
- Acai in sachets (60 x 100g)
- Acai in Portions (1 bag of 100 x 10ml)
- Acerola in sachets (60 x 100g)
- Guava in sachets (60 x 100g)

FAT FREE YOGHURTS

- Natural in Portions (105 per case)
- Natural in TUBS (6 x 4 litre tubs)
- Flavoured in TUBS (6 x 4 litre tubs)
 - Mango, Orange
 - Raspberry, Strawberry

SORBETS (mix any 6 for a case)

- Flavoured Sorbets (4 litres tub)
 - Blackcurrant
 - Lemon
 - Mixed Berry
 - Passion Fruit

S.Wales 6 Box
£20.45
£17.45
£17.95
£22.95
£32.45
£41.45
£18.95
£23.45
£50.45
£28.95
£27.45
£20.95
£20.95
£19.95
£20.95
£20.45
£19.45
£18.45
£28.45
£30.95
£18.95
£20.45
£26.95
£26.45
£18.45
£22.45
£25.45
£13.45
£32.45
£14.45
£26.95
£25.95
£32.45
£27.45
£30.45
£5.42

S Wales 12 Box
£17.95
£14.95
£15.45
£20.45
£29.95
£38.95
£16.45
£20.95
£47.95
£26.45
£24.95
£18.45
£18.45
£17.45
£18.45
£17.95
£16.95
£15.95
£25.95
£28.45
£16.45
£17.95
£24.45
£15.95
£19.95
£22.95
£10.95
£29.95
£11.95
£24.45
£23.45
£29.95
£24.95
£27.95
£5.00

DELIVERY CHARGES

No of Boxes
6
4 to 5

FREE
£10.00

No of Boxes
12
10 to 11
8 to 9
6 to 7
4 to 5

FREE
£5.00
£10.00
£15.00
£20.00



100g SMOOTHIE SACHETS (60 sachets per case)

- ARAM1 - Peach / Strawberry
- ARAM2 - Pineapple / Strawberry
- ARAM3 - Mango / Strawberry
- ARAM4 - Raspberry / Blueberry
- ARAM5 - Raspberry / Mango
- ARAM6 - Strawberry / Raspberry
- ARAM7 - Strawberry / Banana
- ARAM8 - Straw / Rasp / Blackberry
- ARAM9 - Mango / Melon / Pineapple / Kiwi

100g SMOOTHIE SACHETS (30 sachets per case)

- SM1 - Peach / Strawberry
- SM2 - Pineapple / Strawberry
- SM3 - Mango / Strawberry
- SM4 - Raspberry / Blueberry
- SM5 - Raspberry / Mango
- SM6 - Strawberry / Raspberry
- SM7 - Strawberry / Banana
- SM8 - Straw / Rasp / Blackberry
- SM9 - Mango / Melon / Pineapple / Kiwi

150g SMOOTHIES SACHETS (60 sachets per case)

- Strawberry Delight (Straw/Peach/Papaya)
- Strawberry Fantasy (Straw/Banana)
- Raspberry Heaven (Rasp/Blue/Mango)
- Pineapple Sunset (Pine/Mango/Papaya)
- Mango Dream (Mango/Pear)
- Mandarine Pleasure (Mand/Mango/Banana)
- Jungle Juice (Acai/Straw/Blue/Mango)
- Power Granate (Pomme/Straw/BlackC/Apple)

150g SMOOTHIES SACHETS (30 sachets per case)

- Strawberry Delight (Straw/Peach/Papaya)
- Strawberry Fantasy (Straw/Banana)
- Raspberry Heaven (Rasp/Blue/Mango)
- Pineapple Sunset (Pine/Mango/Papaya)
- Mango Dream (Mango/Pear)
- Mandarine Pleasure (Mand/Mango/Banana)
- Jungle Juice (Acai/Straw/Blue/Mango)
- Power Granate (Pomme/Straw/BlackC/Apple)

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

- Fibre
- NRG
- Over Hang
- Antioxidant
- Bug Buster
- Multi Vit
- Vit C
- Whey Protein
- Chill Out
- Slender Blend

**S.Wales
6 Box**

- £23.95
- £23.95
- £23.95
- £26.95
- £25.95
- £23.95
- £23.95
- £23.95
- £23.95

- £14.95
- £14.95
- £14.95
- £16.45
- £15.95
- £14.95
- £14.95
- £14.95
- £14.95

- £33.95
- £33.95
- £33.95
- £33.95
- £33.95
- £33.95
- £33.95
- £33.95

- £19.95
- £19.95
- £19.95
- £19.95
- £19.95
- £19.95
- £19.95
- £19.95

- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £10.95
- £11.95

**S Wales
12 Box**

- £21.45
- £21.45
- £21.45
- £24.45
- £23.45
- £21.45
- £21.45
- £21.45
- £21.45

- £12.45
- £12.45
- £12.45
- £13.95
- £13.45
- £12.45
- £12.45
- £12.45
- £12.45

- £31.45
- £31.45
- £31.45
- £31.45
- £31.45
- £31.45
- £31.45
- £31.45

- £17.45
- £17.45
- £17.45
- £17.45
- £17.45
- £17.45
- £17.45
- £17.45

- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £9.95
- £10.95
- £11.95

DELIVERY CHARGES

No of Boxes

- 6
- 4 to 5

- FREE**
- £10.00

No of Boxes

- 12
- 10 to 11
- 8 to 9
- 6 to 7
- 4 to 5

- FREE**
- £5.00
- £10.00
- £15.00
- £20.00



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

	S.Wales 6 Box	S Wales 12 Box
Cloudy Apple	£18.45	£15.95
Orange	£18.45	£15.95
Pineapple	£18.45	£15.95
Topical Mix; Orange, Mango and Apple (2 x 10ltr)	£23.45	£20.95

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

	S.Wales 6 Box	S Wales 12 Box
Cloudy Apple	£27.45	£24.95
Orange	£27.45	£24.95
Pineapple	£28.45	£25.95

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

	S.Wales 6 Box	S Wales 12 Box
Cloudy Apple	£29.95	£27.45
Orange	£32.45	£29.95
Pineapple	£32.45	£29.95

FROBISHER FRUIT JUICES - Bottled (24 x 250ml)

	S.Wales 6 Box	S Wales 12 Box
Apple	£19.45	£16.95
Tomato	£19.45	£16.95
Cranberry	£19.45	£16.95
Pear	£19.45	£16.95
Orange	£19.45	£16.95
Passion Fruit	£19.45	£16.95
Mango	£19.45	£16.95
Pineapple	£19.45	£16.95
Bumbleberry	£19.45	£16.95
Grapefruit	£19.45	£16.95

FROBISHER SMOOTHIES JUICES - Bottled (24 x 250ml)

	S.Wales 6 Box	S Wales 12 Box
Pineapple, Banana and Passion fruit	£20.45	£17.95
Orange, Banana and Mango	£20.45	£17.95
Apple and Blackcurrant	£20.45	£17.95

FRESH JUICING ORANGES

	S.Wales 6 Box	S Wales 12 Box
15kg case	£14.95	£12.45

DELIVERY CHARGES

No of Boxes
 6
 4 to 5

FREE
 £10.00

No of Boxes
 12
 10 to 11
 8 to 9
 6 to 7
 4 to 5

FREE
 £5.00
 £10.00
 £15.00
 £20.00



SCOOP SHAKE ICE CREAM

Vanilla Ice Cream (6 x 4 litre tubs)

**S. Wales
6 Box**

£17.95

**S Wales
12 Box**

£15.45

SOFT SERVE - LIQUID ICE CREAM (Machine Served)

Vanilla - MEDIUM Case of Gerry Cans (3 x 5ltrs)

£22.45

£19.95

Vanilla - LARGE Case of Gerry Cans (4 x 5ltrs)

£28.45

£25.95

SOFT SERVE - LIQUID YOGHURT (Machine Served)

Vanilla - MEDIUM Case of Gerry Cans (3 x 5ltrs)

£27.95

£25.45

Vanilla - LARGE Case of Gerry Cans (4 x 5ltrs)

£35.45

£32.95

Tart - MEDIUM Case of Gerry Cans (3 x 5ltrs)

£33.95

£31.45

Tart - LARGE Case of Gerry Cans (4 x 5ltrs)

£43.45

£40.95

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

Single Portions (12 x 250ml)

Just Vanilla

£9.48

£8.65

Strawberry

£9.48

£8.65

Raspberry

£9.48

£8.65

Banana

£9.48

£8.65

Blackcurrant

£9.48

£8.65

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

Single Portions (12 x 250ml)

Choc Chip

£9.48

£8.65

Mint Choc Chip

£9.48

£8.65

Toffee Fudge

£9.48

£8.65

Rum & Raisin

£9.48

£8.65

Smarties

£9.48

£8.65

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

TEISSEIRE Syrups (700ml bottle)

Almond

£4.92

£4.50

Apple

£4.92

£4.50

Banana

£4.92

£4.50

Blackcurrant

£4.92

£4.50

Caramel

£4.92

£4.50

Cherry

£4.92

£4.50

Chocolate

£4.92

£4.50

Cinnamon

£4.92

£4.50

Coconut

£4.92

£4.50

Grenadine

£4.92

£4.50

Hazelnut

£4.92

£4.50

Lime

£4.92

£4.50

Mint

£4.92

£4.50

Passion Fruit

£4.92

£4.50

Peach

£4.92

£4.50

Pineapple

£4.92

£4.50

Raspberry

£4.92

£4.50

Strawberry

£4.92

£4.50

Vanilla

£4.92

£4.50

DELIVERY CHARGES

No of Boxes

6

FREE

No of Boxes

12

FREE

4 to 5

£10.00

10 to 11

£5.00

8 to 9

£10.00

6 to 7

£15.00

4 to 5

£20.00



CHOC-O-LAIT (4 boxes per case)

Boxes of 24 Sticks (individually flow wrapped)

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

ZUMA HOT CHOCOLATE

- ORIGINAL Single tin (2kg)
- ORIGINAL Tin Pack (6 x 2kg)
- DARK Tin Pack (6 x 2kg)
- Marshmallows (6 x 500g)

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

- Mundo Novo Coffee Bean (1 kg foil bag)
- Espresso Coffee Bean (1 kg foil bag)

TWININGS Traditional Teas (any 6 boxes to a case)

- Everyday (100 tagged tea bags)
- Traditional English (50 enveloped bags)
- Earl Gray (50 enveloped bags)
- Decaf English (50 enveloped)

TWININGS Speciality Teas (any 12 boxes to a case)

(20 envelopes per box)

Infusion Teas

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

Green Teas

- Pure Green
- Orange and Lotus Flower
- Cranberry

White Tea

- White Tea with Pommegranate (20 envelopes)

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

- TEISSEIRE Syrups (700ml bottle)
- Almond, Caramel, Cinnamon
- Hazelnut, Vanilla

SUGARS STICKS

- Brown Sugar Sticks (1,000 per case)
- White Sugar Sticks (1,000 per case)

**S.Wales
6 Box**

- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £36.95

**S Wales
12 Box**

- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £13.45
- £36.95

- £13.45
- £56.45
- £72.45
- £22.45

- £10.95
- £53.95
- £69.95
- £19.95

- £7.85
- £6.95

- £7.35
- £6.45

- £4.22
- £3.72
- £2.72
- £4.65

- £4.22
- £3.72
- £2.72
- £4.65

- £1.61
- £1.61
- £1.61
- £1.61
- £1.61
- £1.61

- £1.61
- £1.61
- £1.61
- £1.61
- £1.61
- £1.61

- £1.75
- £1.75
- £1.75

- £1.75
- £1.75
- £1.75

- £2.13

- £2.13

- £4.92
- £4.92

- £4.50
- £4.50

- £14.45
- £14.45

- £11.95
- £11.95

DELIVERY CHARGES

No of Boxes
6
4 to 5

FREE
£10.00

No of Boxes
12
10 to 11

FREE
£5.00

8 to 9 £10.00
6 to 7 £15.00
4 to 5 £20.00



RECYCLEABLE SMOOTHIE CUPS (1000 per case)

	S.Wales 6 Box	S Wales 12 Box
10oz PP Cups	£33.95	£31.45
12oz PP Cups	£38.95	£36.45
16oz PP Cups	£43.95	£41.45
20oz PP Cups	£49.45	£46.95
PP Domed Lids	£30.45	£27.95

BIO-DEGRADABLE SMOOTHIE CUPS (1000 per case)

1oz PLA Shot Cups	£32.45	£29.95
10oz PLA Cups	£50.95	£48.45
12oz PLA Cups	£56.45	£53.95
16oz PLA Cups	£67.45	£64.95
20oz PLA Cups	£72.45	£69.95
PLA Domed Lids	£31.45	£28.95

SMOOTHIE STRAWS

Jumbo Straws (1,000 per case)	£12.45	£9.95
Jumbo Straws (5,000 per case)	£27.45	£24.95

HOT CUPS - BIO DOUBLE WALLED RIPPLE

12oz Double wall Ripple Cup - Purple (case of 500)	£38.45	£35.95
16oz Double walled Ripple Cup - Green (case of 500)	£45.45	£42.95
12 / 16oz Sip Lids - White (case of 1000)	£28.45	£25.95

HOT CUPS - BIO SINGLE WALLED (cases of 1000)

4oz Shot Cups	£34.45	£31.95
8oz Single Walled Cups	£45.45	£42.95
12oz Single Walled Cups	£52.45	£49.95
16oz Single Walled Cups	£59.45	£56.95
8oz Sip Lids	£26.45	£23.95
12 / 16oz Sip Lids	£28.45	£25.95
Cup Sleeves - 8oz	£27.45	£24.95
Cup Sleeves - 12/16oz	£27.45	£24.95

BIO-DEGRADABLE CUP CARRIERS

2 + 4 Way Cup Carrier (350 per case)	£46.45	£43.95
--------------------------------------	--------	--------

CUP STIRRERS

Wooden (case of 4000)	£18.45	£15.95
-----------------------	--------	--------

DELIVERY CHARGES

No of Boxes

6	FREE
4 to 5	£10.00

No of Boxes

12	FREE
10 to 11	£5.00
8 to 9	£10.00
6 to 7	£15.00
4 to 5	£20.00



BYRON BAY COOKIES

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

	S.Wales 6 Box	S Wales 12 Box
Triple Chocolate - Gluten Free (12)	£10.24	£9.61
Sticky Date and Ginger - Gluten Free (12)	£10.24	£9.61
Fig and Pecan - Reduced Fat (12)	£10.24	£9.61
White Choc and Macadamia - Gluten Free (12)	£10.24	£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)	£4.10	£4.00
Clowning Around (per pack of 6 cookies)	£4.10	£4.00
Dotty (per pack of 6 cookies)	£4.10	£4.00
Sticky Date and Ginger (per pack of 6 cookies)	£4.10	£4.00
Fig and Pecan (per pack of 6 cookies)	£4.10	£4.00
Natural Honey and Oatmeal (per pack of 6 cookies)	£4.10	£4.00
Strawberry and Cream (per pack of 6 cookies)	£4.10	£4.00
Single Cookie Jar (cookies not included !)	£12.95	£12.95
4 x Cookie Jar Set (cookies not included !)	£39.95	£39.95

JUMBO MUFFINS (Individually wrapped - 24 per case)

THAW & SERVE - 133g

Blueberry	£14.45	£11.95
Double Chocolate	£14.45	£11.95

GOURMET DEEP FILLED TULIP MUFFINS (24 per case)

THAW & SERVE - 138g

Belgium Chocolate	£24.45	£21.95
Blueberry	£24.45	£21.95
Raspberry + White Chocolate	£24.45	£21.95
Fruit, Nut & Seed	£24.45	£21.95

DELIVERY CHARGES

No of Boxes

6	FREE
4 to 5	£10.00

No of Boxes

12	FREE
10 to 11	£5.00
8 to 9	£10.00
6 to 7	£15.00
4 to 5	£20.00



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

Carrot & Coriander ()**

Crammed with big fat carrots and coriander leaf

£5.66

£5.24

Italian Tomato ()**

Plum and sun dried tomato's, celery, carrots, basil

£5.66

£5.24

Moroccan Vegetable (v.)**

spices, chick peas, tomato, carrot, leek, courgettes, onions, ginger, apricots, lentils and coriander

£5.66

£5.24

Leek & Potato ()**

Leeks, potato, onions, carrots and parsley

£5.66

£5.24

Lentil & Tomato (v.)**

an intoxicating blend of red lentils, tomatoes and chilli

£5.66

£5.24

Farmhouse Chicken & Vegetable ()**

with fresh organic garlic, thyme & rosemary

£5.66

£5.24

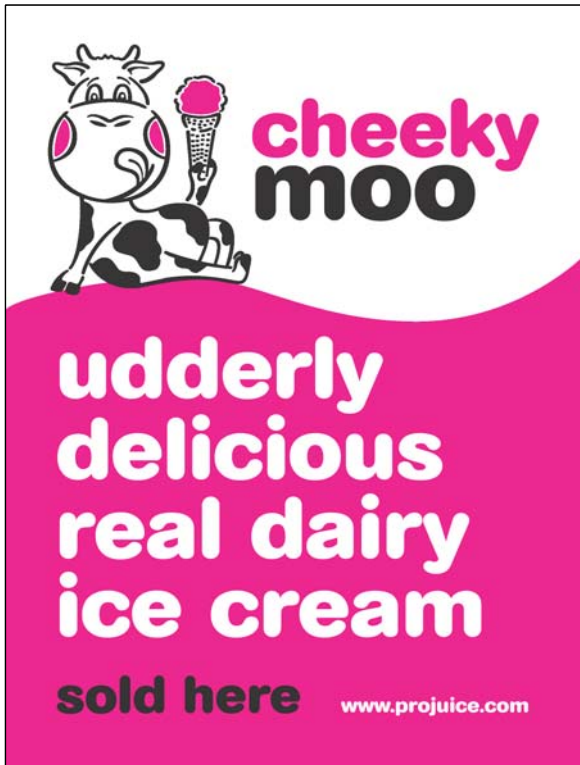
v. suitable for vegans.

**Gluten and wheat free

**S.Wales
6 Box**

**S Wales
12 Box**

<u>DELIVERY CHARGES</u>	<u>No of Boxes</u>	FREE	<u>No of Boxes</u>	FREE
	6	FREE	12	FREE
	4 to 5	£10.00	10 to 11	£5.00
			8 to 9	£10.00
			6 to 7	£15.00
			4 to 5	£20.00



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)

Vanilla	£9.98	£9.15
Strawberry	£9.98	£9.15
Mango	£9.98	£9.15
Raspberry Pavlova	£9.98	£9.15
Blackcurrant & Cream	£9.98	£9.15
Maple & Walnut	£9.98	£9.15
Coffee	£9.98	£9.15
Honeycomb	£9.98	£9.15
Triple Chocolate	£9.98	£9.15
Mint Choc Chip	£9.98	£9.15
Toffee Fudge	£9.98	£9.15
Rum & Raisin	£9.98	£9.15
Turkish Delight	£9.98	£9.15
Coconut	£9.98	£9.15
Wild Cherry	£9.98	£9.15

The range of Cones and Wafers are to be confirmed

S.Wales
6 Box

S Wales
12 Box

DELIVERY CHARGES

No of Boxes
6
4 to 5

FREE
£10.00

No of Boxes
12
10 to 11
8 to 9
6 to 7
4 to 5

FREE
£5.00
£10.00
£15.00
£20.00