

**BAKING**

Baking & cooking agents  
 Extracts and essences  
 Vanilla  
 Nut butter  
 Dried fruit & nuts  
 Sweet spices

**BREAKFAST CEREALS**

Flakes  
 Puffs  
 Muesli  
 Porridge & Jumbo oats  
 Bran  
 Gluten-free

**BISCUITS, CAKES & CONFECTIONERY**

Biscuits  
 Cakes  
 Sweets  
 Flapjacks  
 Chocolate  
 Chocolate & yoghurt coated snacks

**CHOCOLATE**

Chocolate bars & buttons  
 Raw chocolate  
 Carob bars  
 Chocolate-coated  
 Chocolate-making ingredients  
 Cocoa & Cacao  
 Carob

**COUS COUS**

**CRISPS**

Hummus  
 Coconut  
 Seaweed  
 Lentil

**CRISPBREADS, CRACKERS & BISCUITS**

Crispbreads  
 Crackers  
 Rice cakes  
 Savoury biscuits  
 Rye bread  
 Sprouted bread  
 Bread mixes

**DELICATESSEN**

Sun-dried tomatoes  
 Olives  
 Fermented foods

**DRINKS**

Tea & Coffee  
 Coconut water  
 Hot chocolate  
 Fruit & vegetable juice  
 Milk alternatives  
 Sparkling drinks  
 Cordials

**FLOUR**

Gluten-Free flours  
 Flour blends  
 Bread flour  
 Baking agents

**HERBS & SPICES**

Salt & Pepper

Spices  
 Herbs  
 Ready-mixed  
 Pastes & concentrates  
 Seasonings

**HONEY & SPREADS**

Nut butter  
 Jam & marmalade  
 Honey  
 Syrup  
 Chocolate spread  
 Dairy free

**READY MEALS**

Tinned meals  
 Frozen meals

**MEAT ALTERNATIVES**

Tunah  
 Soya mince & chunks  
 Tofu  
 Tempeh  
 Seitan  
 Jackfruit  
 Banana blossom

**MISO**

Miso soup  
 Miso paste

**NOODLES**

Regular  
 Udon  
 Buckwheat (Soba)  
 Rice  
 Bean

**NUTS**

Brazil  
 Cashew  
 Almond  
 Hazelnut  
 Macadamia  
 Walnut  
 Pecan  
 Pine nuts  
 Pistachio  
 Mixed

**OILS**

Coconut oil  
 Olive oil  
 Frying oils  
 Dressing oils  
 Nutty Oils

**ORIENTAL INGREDIENTS**

Wasabi  
 Soy sauce  
 Umami flavour  
 Seaweed  
 Miso  
 Agar  
 Tofu  
 Sushi ingredients

**PASTA**

Wheat pasta  
 Spelt pasta  
 Wholegrain pasta  
 Gluten-free pasta

**PULSES**

Lentils  
 Beans

Peas  
 Canned  
 For sprouting  
 Roasted

**RICE**

White  
 Brown  
 Black  
 Red  
 Specialist

**SAUCES & CONDIMENTS**

Table sauces  
 Cooking sauces  
 Stocks & gravy  
 Salsa & dips  
 Chilli sauce & oil  
 Mustard  
 Aminos  
 Cooking pastes

**SAVOURY SNACKS**

Soup  
 Fruit, nut & seed snacks  
 Savoury biscuits  
 Seaweed snacks  
 Popcorn  
 Easy lunches  
 Raw snacks  
 Protein snacks

**SEEDS**

Pumpkin  
 Sunflower  
 Flax and linseed  
 Hemp  
 Sesame

Chia  
 Quinoa  
 Mixed

**SNACK BARS**

Raw bars  
 Fruit bars  
 Cereal bars  
 Protein bars  
 Savoury bars  
 Snack balls  
 Seed & nut bars

**SUGAR & SUGAR ALTERNATIVES**

Agave  
 Coconut sugar  
 Honey  
 Molasses  
 Stevia  
 Syrups  
 Xylitol  
 Erythritol

**VINEGAR**

Balsamic vinegar  
 Cider vinegar  
 Coconut  
 Mirin & rice vinegar  
 With The Mother

