

Trade Price List, May 2022

Working with British farmers for fair & sustainable supply of pulses, grains & seeds

To Order

Online trade ordering: trade.hodmedods.co.uk

Phone: 01986 467567 • Email: orders@hodmedods.co.uk

Delivery

UK Delivery (exclusions below): free on orders over £75 • £7.95 on orders under £75

We aim to deliver smaller trade orders in 1 to 3 working days, larger orders (>125kg) in 5 working days - tell us if it's urgent!

Delivery to UK islands, Isle of Man, Channel Islands: £20.00 plus £0.40 per kg over 25kg (MOQ £75)

Delivery to Scottish Highlands, Northern / Republic of Ireland: £12.00 plus £0.25 per kg over 25kg

Smaller orders sent via DPD Local parcel courier - notification of 1-hour delivery window, delivery options available

Larger orders (over approx 125kg) sent via Palletways / UPN pallet network (2-day service)

Pallet delivery supplements: next-day £10 • am delivery £15 • timed delivery £25

Discounts

5% off orders over £150 • 10% off orders over £300 • 15% off orders over £500 • 5% discount on collections

Please contact us for pricing on bulk orders (full pallets)

Trade orders are supplied subject to our terms & conditions: <https://hodmedods.co.uk/termsoftrade>

Product Categories

Pulses

Split Beans / Peas *page 2*

Whole Peas *page 3*

Whole Beans, Lentils, Chickpeas *page 4*

Mixes - Broth, Pilau, Botanical Blend *page 4*

Fermented Products *page 5*

Canned Pulses *page 5*

Herbs & Flowers *page 5*

Pulse, Buckwheat, Hemp Flours *page 6*

Roasted Pulse Snacks *page 7*

Seeds & Pseudocereals

Seeds *page 8*

Quinoa *page 9*

Cereals

Wholegrain Cereals *page 10*

Cereal Flours *page 11*

Flaked Cereals *page 12*

Guest Producers

Pasta, Seaweed *page 13*

Oat Drink, Crackers, Vinegar, Syrup *page 14*

Distributors

We are always happy to supply direct but also work with distributors including:

Suma Wholefoods • Queenswood • Tree of Life • Essential Wholefoods • Infinity Foods • Cotswold Fayre • Horizon
Cambridge Food Hub • Greencity Wholefoods • Organic North • Wild Harvest • La Chasse • Direct Pantry • Barsby Produce

Packaging

We aim to reduce packaging, especially plastic, where possible and pack most products in compostable or recyclable packaging:

Biodegradable/compostable cellophane: most 500g or smaller packs of pulses, grains and seeds

Recyclable paper: flour and flaked cereals, 1kg and larger bags of most other products

Glass: fermented naked barley grain and fava bean umami paste • **Steel:** canned pulses

Our roasted bean and peas snacks are packed in recyclable LDPE plastic but we are exploring paper-based packs

Certified by SALSA for the storing, blending and packing of pulses, grain and assorted products

Certified by the Soil Association for the supply of a range of organic pulses and grains

We work with Red Tractor assured farmers and mostly BRC certified processors - contact us for full details

Many of our products are naturally gluten-free • We are an accredited Living Wage Employer



Pulses: Split Beans/Peas

Split Fava Beans, Organic	Retail pack	500g	OSFB/R5	RRP	£ 2.09
	Case	12 x 500g	OSFB/CD	Trade	£ 18.85
	Catering, kilo	1kg	OSFB/1K	Trade	£ 3.05
	Catering, small	5kg	OSFB/5K	Trade	£ 13.40
	Catering, large	25kg	OSFB/25	Trade	£ 58.55
Split Fava Beans, Non-Organic	Catering, large	25kg	NSFB/25	Trade	£ 31.20
Split Fava Bean Chips, Non-Organic	Catering, kilo	1kg	NSFC/1K	RRP	£ 2.49
	Case	6 x 1kg	NSFC/C6	Trade	£ 11.25
	Catering, small	5kg	NSFC/5K	Trade	£ 8.00
	Catering, large	25kg	NSFC/25	Trade	£ 28.00
	BEST VALUE! Smaller pieces of bean, ideal for dal, dips & soup				
Split Yellow Peas, Non-Organic	Retail pack	500g	NSYP/R5	RRP	£ 1.49
	Case	12 x 500g	NSYP/CD	Trade	£ 13.45
	Catering, kilo	1kg	NSYP/1K	Trade	£ 2.15
	Catering, small	5kg	NSYP/5K	Trade	£ 9.55
	Catering, large	25kg	NSYP/25	Trade	£ 33.60
Split Yellow Peas, Organic	Out of stock until new harvest (late 2022)				
Split Green Peas, Organic	Retail pack	500g	OSGP/R5	RRP	£ 1.99
	Case	12 x 500g	OSGP/CD	Trade	£ 17.95
	Catering, kilo	1kg	OSGP/1K	Trade	£ 2.90
	Catering, small	5kg	OSGP/5K	Trade	£ 12.75
	Catering, large	25kg	OSGP/25	Trade	£ 55.75
Split Green Peas, Non-Organic	Catering, large	25kg	NSGP/25	Trade	£ 36.00
Split Pink Peas, Flamingo, Non-Organic	Retail pack	500g	NSPP/R5	RRP	£ 1.89
	Case	12 x 500g	NSPP/CD	Trade	£ 17.05
	Catering, kilo	1kg	NSPP/1K	Trade	£ 2.75
	Catering, small	5kg	NSPP/5K	Trade	£ 12.10
	Catering, large	25kg	NSPP/25	Trade	£ 39.20
Split Wrinkled Peas, Non-Organic	Retail pack	500g	NSWP/R5	RRP	£ 1.99
	Case	12 x 500g	NSWP/CD	Trade	£ 17.95
	Catering, kilo	1kg	NSWP/1K	Trade	£ 2.90
	Catering, small	5kg	NSWP/5K	Trade	£ 12.75
	Catering, large	25kg	NSWP/25	Trade	£ 38.25



Pulses: Whole Peas

Carlin Peas, Black Badger, Organic	Retail pack	500g	OWCP/R5	RRP	£	2.19
	Case	12 x 500g	OWCP/CD	Trade	£	19.75
	Catering, kilo	1kg	OWCP/1K	Trade	£	3.20
	Catering, small	5kg	OWCP/5K	Trade	£	14.05
	Catering, large	25kg	OWCP/25	Trade	£	61.35

Carlin Peas, Black Badger, Non-Organic	Catering, large	25kg	NWCP/25	Trade	£	41.60
---	-----------------	------	---------	-------	---	--------------

~~Carlin Peas, Red Fox, Organic~~

Out of stock until further notice

Carlin Peas, Red Fox, Non-Organic	Retail pack	500g	NWRF/R5	RRP	£	1.99
	Case	12 x 500g	NWRF/CD	Trade	£	17.95
	Catering, kilo	1kg	NWRF/1K	Trade	£	2.90
	Catering, small	5kg	NWRF/5K	Trade	£	12.75
	Catering, large	25kg	NWRF/25	Trade	£	41.60

Whole Pink Peas, Flamingo, Non-Organic NEW!	Retail pack	500g	NWPP/R5	RRP	£	1.79
	Case	12 x 500g	NWPP/CD	Trade	£	16.15
	Catering, kilo	1kg	NWPP/1K	Trade	£	2.60
	Catering, small	5kg	NWPP/5K	Trade	£	11.50
	Catering, large	25kg	NWPP/25	Trade	£	36.85

Whole Wrinkled Peas, Non-Organic NEW!	Retail pack	500g	NWWP/R5	RRP	£	1.69
	Case	12 x 500g	NWWP/CD	Trade	£	15.25
	Catering, kilo	1kg	NWWP/1K	Trade	£	2.45
	Catering, small	5kg	NWWP/5K	Trade	£	10.85
	Catering, large	25kg	NWWP/25	Trade	£	38.25

Marrowfat Peas, Non-Organic	Retail pack	500g	NWMP/R5	RRP	£	2.09
	Case	12 x 500g	NWMP/CD	Trade	£	18.85
	Catering, kilo	1kg	NWMP/1K	Trade	£	3.00
	Catering, small	5kg	NWMP/5K	Trade	£	13.60
	Catering, medium	12.5kg	NWMP/12	Trade	£	29.20

Marrowfat Peas, Faded, Non-Organic	Catering, medium	12.5kg	NWMB/12	Trade	£	24.00
---	------------------	--------	---------	-------	---	--------------

~~Marrowfat Peas, Organic~~

Out of stock until new harvest (late 2022)

Whole Blue Peas, Organic	Retail pack	500g	OWBP/R5	RRP	£	1.99
	Case	12 x 500g	OWBP/CD	Trade	£	17.95
	Catering, kilo	1kg	OWBP/1K	Trade	£	2.90
	Catering, small	5kg	OWBP/5K	Trade	£	12.75
	Catering, large	25kg	OWBP/25	Trade	£	55.75

Whole Blue Peas, Non-Organic	Catering, large	25kg	NWBP/25	Trade	£	41.75
-------------------------------------	-----------------	------	---------	-------	---	--------------

Whole Yellow Peas, Non-Organic	Retail pack	500g	NWYP/R5	RRP	£	1.39
	Case	12 x 500g	NWYP/CD	Trade	£	12.55
	Catering, kilo	1kg	NWYP/1K	Trade	£	2.05
	Catering, small	5kg	NWYP/5K	Trade	£	8.90
	Catering, large	25kg	NWYP/25	Trade	£	38.95

~~Whole Yellow Peas, Organic~~

Out of stock until new harvest (late 2022)



Pulses: Whole Beans

Whole Fava Beans, Organic

Maris Bead variety - small, tender beans

Retail pack	500g	OWFB/R5	RRP	£	2.49
Case	12 x 500g	OWFB/CD	Trade	£	22.45
Catering, kilo	1kg	OWFB/1K	Trade	£	3.60
Catering, small	5kg	OWFB/5K	Trade	£	15.95
Catering, large	25kg	OWFB/25	Trade	£	69.75

Whole Fava Beans, Non-Organic

Out of stock until further notice

Red Haricot Beans, Non-Organic

Out of stock until further notice

Pulses: Whole Lentils

Whole Olive Green Lentils, Non-Organic

Retail pack	500g	NWOL/R5	RRP	£	3.29
Case	12 x 500g	NWOL/CD	Trade	£	29.65
Catering, kilo	1kg	NWOL/1K	Trade	£	4.75
Catering, small	5kg	NWOL/5K	Trade	£	21.10
Catering, large	25kg	NWOL/25	Trade	£	92.15

Pulses: Chickpeas

Chickpeas, Non-Organic

NB Poor quality harvest - faded and discoloured chickpeas

Retail pack	500g	NWCH/R5	RRP	£	3.79
Case	12 x 500g	NWCH/CD	Trade	£	34.15
Catering, kilo	1kg	NWCH/1K	Trade	£	5.50
Catering, small	5kg	NWCH/5K	Trade	£	24.30
Catering, large	25kg	NWCH/25	Trade	£	106.15

Mixes

Mix no 1, Broth, Non-Organic

A blend of seven grains and pulses

Retail pack	500g	NBB1/R5	RRP	£	1.99
Case	12 x 500g	NBB1/CD	Trade	£	17.95
Catering, kilo	1kg	NBB1/1K	Trade	£	2.90
Catering, small	5kg	NBB1/5K	Trade	£	12.75
Catering, medium	12.5kg	NBB1/12	Trade	£	27.90

Mix no 2, Pilau, Non-Organic

A blend of wholegrain cereal and olive green lentils

Retail pack	500g	NBP2/R5	RRP	£	2.69
Case	12 x 500g	NBP2/CD	Trade	£	24.25
Catering, kilo	1kg	NBP2/1K	Trade	£	3.90
Catering, small	5kg	NBP2/5K	Trade	£	17.25
Catering, medium	12.5kg	NBP2/12	Trade	£	37.70

Mix no 3, All the Peas, Non-Organic

A blend of pea varieties

Retail pack	500g	NBA3/R5	RRP	£	2.19
Case	12 x 500g	NBA3/CD	Trade	£	19.75
Catering, kilo	1kg	NBA3/1K	Trade	£	3.20
Catering, small	5kg	NBA3/5K	Trade	£	14.05
Catering, medium	12.5kg	NBA3/12	Trade	£	30.70

Sourdough Club Botanical Blend no 2, Non-Organic

Mill the meadow! A blend of 14 grains, seeds, pulses & flowers

See <https://hodmedods.co.uk/sourdough-school-botanical-blends-download>

Retail pack	1.5kg	NBB2/RF	RRP	£	10.99
Case	8 x 1.5kg	NBB2/C8	Trade	£	59.95
Catering, small	5kg	NBB2/5K	Trade	£	23.45



Fermented Products

Fava Bean Umami Paste, Non-Organic

Puréed fermented fava bean - live product

Suitable for ambient delivery and storage; keep refrigerated after opening

Retail jar	175g (jar)	NMFU/JF	RRP	£	2.89
Case	6 x 175g (jar)	NMFU/C6	Trade	£	13.05
Catering, kilo	1kg	NMFU/1K	Trade	£	10.40
Catering, large	20kg (tub)	NMFU/TT	Trade	£	140.00

Fermented Naked Barley, Non-Organic

Puréed wholegrain naked barley - live product

Suitable for ambient delivery and storage; keep refrigerated after opening

BACK IN STOCK FROM EARLY JUNE

Retail jar	175g (jar)	NMNB/JF	RRP	£	2.89
Case	6 x 175g (jar)	NMNB/C6	Trade	£	13.05
Catering, kilo	1kg	NMNB/1K	Trade	£	10.40
Catering, large	20kg (tub)	NMNB/TT	Trade	£	140.00

Canned Pulses

Whole Fava Beans in Water, Organic

Retail can	400g (can)	OCFB/T4	RRP	£	1.89
Case	12 x 400g (can)	OCFB/CD	Trade	£	17.05

Carlin Peas in Water, Organic

Retail can	400g (can)	OCCP/T4	RRP	£	1.89
Case	12 x 400g (can)	OCCP/CD	Trade	£	17.05

Vaal Dhal, Organic

Retail can	400g (can)	OCVD/T4	RRP	£	2.09
Case	12 x 400g (can)	OCVD/CD	Trade	£	18.85

Baked British Beans, Non-Organic

Retail can	400g (can)	NCBB/T4	RRP	£	2.09
Case	12 x 400g (can)	NCBB/CD	Trade	£	18.85

Red Haricot Beans in Water, Non-Organic

Out of stock until further notice

Herbs & Flowers

Marigold Flowers, In Conversion

Retail pouch	20g	CHMF/P2	RRP	£	2.49
Case	12 x 20g	CHMF/CD	Trade	£	22.45
Retail pack	100g	CHMF/RC	Trade	£	9.00
Catering, kilo	1kg	CHMF/1K	Trade	£	69.75

Oregano Leaf, In Conversion

Out of stock - back soon



Pulse Flours, Gluten-free

Fava Bean Flour, Organic

Retail pack	500g	OFFB/R5	RRP	£	2.99
Case	10 x 500g	OFFB/CX	Trade	£	22.45
Catering, kilo	1kg	OFFB/1K	Trade	£	4.35
Catering, small	3kg	OFFB/3K	Trade	£	11.50
Catering, large	16kg	OFFB/16	Trade	£	53.60

Fava Bean Flour, Non-Organic

Catering, large	16kg	NFFB/16	Trade	£	36.80
-----------------	------	---------	-------	---	-------

Yellow Pea Flour, Non-Organic

Retail pack	500g	NFYP/R5	RRP	£	2.49
Case	10 x 500g	NFYP/CX	Trade	£	18.70
Catering, kilo	1kg	NFYP/1K	Trade	£	3.60
Catering, small	3kg	NFYP/3K	Trade	£	9.60
Catering, large	16kg	NFYP/16	Trade	£	38.40

Yellow Pea Flour, Organic

Out of stock until new harvest (late 2022)

Green Pea Flour, Organic

Retail pack	500g	OFGP/R5	RRP	£	2.99
Case	10 x 500g	OFGP/CX	Trade	£	22.45
Catering, kilo	1kg	OFGP/1K	Trade	£	4.35
Catering, small	3kg	OFGP/3K	Trade	£	11.50
Catering, large	16kg	OFGP/16	Trade	£	53.60

Green Pea Flour, Non-Organic

Catering, large	16kg	NFGP/16	Trade	£	38.40
-----------------	------	---------	-------	---	-------

Wrinkled Pea Flour, Non-Organic

Retail pack	500g	NFWP/R5	RRP	£	2.49
Case	10 x 500g	NFWP/CX	Trade	£	18.70
Catering, kilo	1kg	NFWP/1K	Trade	£	3.60
Catering, small	3kg	NFWP/3K	Trade	£	9.60
Catering, large	16kg	NFWP/16	Trade	£	36.80

Marrowfat Pea Flour, Organic

Out of stock until further notice - try Green Pea Flour

Buckwheat Flour

Buckwheat Flour, Light, Stoneground, Organic

May contain gluten

Retail pack	500g	OFBL/R5	RRP	£	2.99
Case	10 x 500g	OFBL/CX	Trade	£	22.45
Catering, kilo	1kg	OFBL/1K	Trade	£	4.35
Catering, small	3kg	OFBL/3K	Trade	£	11.50
Catering, large	16kg	OFBL/16	Trade	£	53.60

Galette Flour, Non-Organic

May contain gluten

Retail pack	500g	NFBL/R5	RRP	£	2.49
Case	10 x 500g	NFBL/CX	Trade	£	18.70
Catering, kilo	1kg	NFBL/1K	Trade	£	3.60
Catering, small	3kg	NFBL/3K	Trade	£	9.60
Catering, large	16kg	NFBL/16	Trade	£	44.65

Hemp Flour

Hemp Flour, Fine, Non-Organic

NEW! High protein

Retail pack	300g	NFHF/R3	RRP	£	3.99
Case	12 x 300g	NFHF/CD	Trade	£	35.95
Catering, large	20kg	NFHF/20	Trade	£	160.00

Hemp Flour, Coarse, Non-Organic

NEW!

Retail pack	300g	NFHC/R3	RRP	£	2.99
Case	12 x 300g	NFHC/CD	Trade	£	26.95
Catering, large	20kg	NFHC/20	Trade	£	111.65



Roasted Pulse Snacks

Non-organic

Roasted Fava Beans, Lightly Sea Salted	Retail pack	300g	NRFS/S3	RRP	£ 2.99
	Case	10 x 300g	NRFS/CX	Trade	£ 22.45
	Snacking pack	50g	NRFS/S5	RRP	£ 1.19
	Case	18 x 50g	NRFS/CE	Trade	£ 16.10
	Catering, small	5kg	NRFS/5K	Trade	£ 23.25
Roasted Fava Beans, Sea Salt & Cider Vinegar	Retail pack	300g	NRFC/S3	RRP	£ 2.99
	Case	10 x 300g	NRFC/CX	Trade	£ 22.45
	Snacking pack	50g	NRFC/S5	RRP	£ 1.19
	Case	18 x 50g	NRFC/CE	Trade	£ 16.10
	Catering, small	5kg	NRFC/5K	Trade	£ 27.20
Roasted Fava Beans, Chilli & Lime	Retail pack	300g	NRFL/S3	RRP	£ 2.99
	Case	10 x 300g	NRFL/CX	Trade	£ 22.45
	Catering, small	5kg	NRFL/5K	Trade	£ 27.20
Roasted Fava Beans, Unsalted	Retail pack	300g	NRFU/S3	RRP	£ 2.99
	Case	10 x 300g	NRFU/CX	Trade	£ 22.45
	Catering, small	5kg	NRFU/5K	Trade	£ 23.25
Roasted Yellow Peas, Lightly Sea Salted	Retail pack	300g	NRYS/S3	RRP	£ 2.99
	Case	10 x 300g	NRYS/CX	Trade	£ 22.45
	Snacking pack	50g	NRYS/S5	RRP	£ 1.19
	Case	18 x 50g	NRYS/CE	Trade	£ 16.10
	Catering, small	5kg	NRYS/5K	Trade	£ 23.25
Roasted Yellow Peas, Smoked Paprika	Retail pack	300g	NRYP/S3	RRP	£ 2.99
	Case	10 x 300g	NRYP/CX	Trade	£ 22.45
	Catering, small	5kg	NRYP/5K	Trade	£ 27.20
Roasted Yellow Peas, Sea Salt & Cider Vinegar	Retail pack	300g	NRYC/S3	RRP	£ 2.99
	Case	10 x 300g	NRYC/CX	Trade	£ 22.45
	Catering, small	5kg	NRYC/5K	Trade	£ 27.20
Roasted Yellow Peas, Unsalted	Retail pack	300g	NRYU/S3	RRP	£ 2.99
	Case	10 x 300g	NRYU/CX	Trade	£ 22.45
	Catering, small	5kg	NRYU/5K	Trade	£ 23.25
Roasted Green Peas, Lightly Sea Salted	Retail pack	300g	NRGS/S3	RRP	£ 2.99
	Case	10 x 300g	NRGS/CX	Trade	£ 22.45
	Catering, small	5kg	NRGS/5K	Trade	£ 23.25
Roasted Beans & Peas, Cracked Black Pepper	Retail pack	300g	NRMP/S3	RRP	£ 2.99
	Case	10 x 300g	NRMP/CX	Trade	£ 22.45
	Catering, small	5kg	NRMP/5K	Trade	£ 27.20

We can apply custom seasonings to catering and bulk bags of roasted pulses - ask for prices



Seeds

Hemp Seeds, Shelled, Non-Organic NEW!	Retail pack	300g	NGHS/R3	RRP	£ 4.99
	Case	12 x 300g	NGHS/CD	Trade	£ 44.95
	Catering, large	20kg	NGHS/20	Trade	£ 200.00
Hemp Seeds, Whole, Non-Organic	Retail pack	300g	NGHW/R3	RRP	£ 2.69
	Case	12 x 300g	NGHW/CD	Trade	£ 24.25
	Catering, large	20kg	NGHW/20	Trade	£ 100.45
Linseed, Golden, Non-Organic	Retail pack	500g	NGGL/R5	RRP	£ 2.99
	Case	12 x 500g	NGGL/CD	Trade	£ 26.95
	Catering, kilo	1kg	NGGL/1K	Trade	£ 4.35
	Catering, small	5kg	NGGL/5K	Trade	£ 19.15
	Catering, large	25kg	NGGL/25	Trade	£ 83.75
Linseed, Brown, Non-Organic	Retail pack	500g	NGBL/R5	RRP	£ 2.99
	Case	12 x 500g	NGBL/CD	Trade	£ 26.95
	Catering, kilo	1kg	NGBL/1K	Trade	£ 4.35
	Catering, small	5kg	NGBL/5K	Trade	£ 19.15
	Catering, large	25kg	NGBL/25	Trade	£ 83.75
Camelina Seed, Non-Organic Also known as <i>Gold of Pleasure</i>	Retail pack	300g	NGCS/R3	RRP	£ 2.49
	Case	8 x 300g	NGCS/C8	Trade	£ 14.95
	Catering, kilo	1kg	NGCS/1K	Trade	£ 6.00
	Catering, small	5kg	NGCS/5K	Trade	£ 26.60
	Catering, large	25kg	NGCS/25	Trade	£ 116.20
Chia Seed, Organic	Retail pack	300g	OGCH/R3	RRP	£ 3.99
	Case	8 x 300g	OGCH/C8	Trade	£ 23.95
	Catering, kilo	1kg	OGCH/1K	Trade	£ 9.60
	Catering, small	5kg	OGCH/5K	Trade	£ 42.60
	Catering, large	25kg	OGCH/25	Trade	£ 186.20
Chia Seed, Non-Organic	Retail pack	300g	NGCH/R3	RRP	£ 3.49
	Case	8 x 300g	NGCH/C8	Trade	£ 20.95
	Catering, kilo	1kg	NGCH/1K	Trade	£ 8.40
	Catering, small	5kg	NGCH/5K	Trade	£ 37.25
	Catering, large	25kg	NGCH/25	Trade	£ 162.90
Coriander Seed, Non-Organic	Retail jar	50g (jar)	NGCO/JL	RRP	£ 2.19
	Case	12 x 50g (jar)	NGCO/CD	Trade	£ 19.75
	Catering, small	500g	NGCO/R5	Trade	£ 11.80
	Catering, large	3kg	NGCO/3K	Trade	£ 47.60
Whole Rapeseed, Organic	Retail pack	300g	OGRS/R3	RRP	£ 2.39
	Case	8 x 300g	OGRS/C8	Trade	£ 14.35
	Catering, kilo	1kg	OGRS/1K	Trade	£ 5.75
	Catering, small	5kg	OGRS/5K	Trade	£ 25.50
	Catering, large	25kg	OGRS/25	Trade	£ 111.55
Wild Mustard Seed, Organic	Retail pack	100g	OGWM/RC	RRP	£ 2.49
	Case	12 x 100g	OGWM/CD	Trade	£ 22.45
	Catering, kilo	1kg	OGWM/1K	Trade	£ 17.95
	Catering, small	5kg	OGWM/5K	Trade	£ 79.70
	Catering, large	25kg	OGWM/25	Trade	£ 236.00



Quinoa

Quinoa, White, Wholegrain, Non-Organic

Retail pack	500g	NGWQ/R5	RRP	£	3.49
Case	12 x 500g	NGWQ/CD	Trade	£	31.45
Catering, kilo	1kg	NGWQ/1K	Trade	£	4.90
Catering, small	5kg	NGWQ/5K	Trade	£	20.80
Catering, large	25kg	NGWQ/25	Trade	£	78.00

Quinoa, White, Wholegrain, Organic

Out of stock until new harvest (late 2022)

Quinoa, Red, Non-Organic

Retail pack	500g	NGRQ/R5	RRP	£	4.99
Case	12 x 500g	NGRQ/CD	Trade	£	44.95
Catering, kilo	1kg	NGRQ/1K	Trade	£	7.20
Catering, small	5kg	NGRQ/5K	Trade	£	31.95
Catering, large	20kg	NGRQ/20	Trade	£	111.80

Quinoa, Black, Non-Organic

Retail pack	500g	NGBQ/R5	RRP	£	4.99
Case	12 x 500g	NGBQ/CD	Trade	£	44.95
Catering, kilo	1kg	NGBQ/1K	Trade	£	7.20
Catering, small	5kg	NGBQ/5K	Trade	£	31.95
Catering, large	25kg	NGBQ/25	Trade	£	139.75

Quinoa, Red & White, Non-Organic

Retail pack	500g	NGTQ/R5	RRP	£	3.99
Case	12 x 500g	NGTQ/CD	Trade	£	35.95
Catering, kilo	1kg	NGTQ/1K	Trade	£	5.75
Catering, small	5kg	NGTQ/5K	Trade	£	25.55
Catering, medium	12.5kg	NGTQ/12	Trade	£	55.90

Smoked Quinoa, Wholegrain, Non-Organic

Retail pack	300g	NGSQ/R3	RRP	£	3.79
Case	8 x 300g	NGSQ/C8	Trade	£	22.75
Catering, kilo	1kg	NGSQ/1K	Trade	£	9.10
Catering, small	5kg	NGSQ/5K	Trade	£	40.45
Catering, large	25kg	NGSQ/25	Trade	£	176.90

White Quinoa Flour, Organic

Retail pack	500g	OFWQ/R5	RRP	£	3.99
Case	10 x 500g	OFWQ/CX	Trade	£	29.95
Catering, kilo	1kg	OFWQ/1K	Trade	£	5.75
Catering, small	3kg	OFWQ/3K	Trade	£	15.35
Catering, large	16kg	OFWQ/16	Trade	£	71.55

Quinoa Flakes, Organic

Out of stock until new harvest (late 2022)

Quinoa Flakes, Non-Organic

Retail pack	300g	NKWQ/R3	RRP	£	3.49
Case	12 x 300g	NKWQ/CD	Trade	£	31.45
Catering, kilo	1kg	NKWQ/1K	Trade	£	8.40
Catering, small	3kg	NKWQ/3K	Trade	£	22.35
Catering, large	15kg	NKWQ/15	Trade	£	97.75

Quinoa Puffs, Organic

Out of stock until new harvest (late 2022)

Quinoa Puffs, Non-Organic

Retail pack	150g	NPWQ/R1	RRP	£	3.49
Case	8 x 150g	NPWQ/C8	Trade	£	20.95
Catering, kilo	1kg	NPWQ/1K	Trade	£	15.20
Catering, small	3kg	NPWQ/3K	Trade	£	44.00
Catering, medium	8kg	NPWQ/8K	Trade	£	112.00



Wholegrain Cereals

YQ Population Wheat, Wholegrain, Organic

From the revolutionary and diverse ORC Wakelyns population

Retail pack	500g	OGYQ/R5	RRP	£	1.89
Case	12 x 500g	OGYQ/CD	Trade	£	17.05
Catering, kilo	1kg	OGYQ/1K	Trade	£	2.75
Catering, small	5kg	OGYQ/5K	Trade	£	12.10
Catering, large	25kg	OGYQ/25	Trade	£	44.00

Naked Barley, Wholegrain, Organic

Back in!

Retail pack	500g	OGNB/R5	RRP	£	1.99
Case	12 x 500g	OGNB/CD	Trade	£	17.95
Catering, kilo	1kg	OGNB/1K	Trade	£	2.90
Catering, small	5kg	OGNB/5K	Trade	£	12.75
Catering, large	25kg	OGNB/25	Trade	£	55.75

Maris Widgeon Wheat, Wholegrain, Organic

New!

Retail pack	500g	OGMA/R5	RRP	£	1.79
Case	12 x 500g	OGMA/CD	Trade	£	16.15
Catering, kilo	1kg	OGMA/1K	Trade	£	2.60
Catering, small	5kg	OGMA/5K	Trade	£	11.50
Catering, large	25kg	OGMA/25	Trade	£	50.15

Millers Choice Wheat, Wholegrain, Organic

New!

Retail pack	500g	OGMC/R5	RRP	£	1.49
Case	12 x 500g	OGMC/CD	Trade	£	13.45
Catering, kilo	1kg	OGMC/1K	Trade	£	2.15
Catering, small	5kg	OGMC/5K	Trade	£	9.55
Catering, large	25kg	OGMC/25	Trade	£	41.75

Malted Naked Oats, Organic

New!

Retail pack	500g	OGMN/R5	RRP	£	3.29
Case	12 x 500g	OGMN/CD	Trade	£	29.65
Catering, kilo	1kg	OGMN/1K	Trade	£	4.75
Catering, small	5kg	OGMN/5K	Trade	£	21.10
Catering, large	25kg	OGMN/25	Trade	£	92.15

Flanders Wheat, Wholegrain, Non-Organic

New!

Retail pack	500g	NGFL/R5	RRP	£	1.69
Case	12 x 500g	NGFL/CD	Trade	£	15.25
Catering, kilo	1kg	NGFL/1K	Trade	£	2.10
Catering, small	5kg	NGFL/5K	Trade	£	8.80
Catering, large	25kg	NGFL/25	Trade	£	36.80

Spelt, Wholegrain, Organic

Out of stock - back soon

Rye, Wholegrain, Organic

Out of stock - back soon

Emmer, Wholegrain, Non-Organic

Out of stock - back soon

Naked Oats, Wholegrain, Organic

Out of stock until further notice



Cereal Flours

YQ Population Wheatflour, Wholemeal, Stoneground, Organic	Retail pack	1.5kg	OFYQ/RF	RRP	£ 2.99
	Case	6 x 1.5kg	OFYQ/C6	Trade	£ 13.50
	Catering, small	3kg	OFYQ/3K	Trade	£ 4.00
	Catering, large	16kg	OFYQ/16	Trade	£ 19.20
Wheat Flour, Wholemeal, Stoneground, Organic	Retail pack	1.5kg	OFWF/RF	RRP	£ 2.99
	Case	6 x 1.5kg	OFWF/C6	Trade	£ 13.50
	Catering, small	3kg	OFWF/3K	Trade	£ 4.00
	Catering, large	16kg	OFWF/16	Trade	£ 25.60
Flanders Wheat Flour, Wholemeal, Stoneground, Non-Organic	Retail pack	1.5kg	NFFL/RF	RRP	£ 3.79
	Case	6 x 1.5kg	NFFL/C6	Trade	£ 17.10
	Catering, small	3kg	NFFL/3K	Trade	£ 5.50
	Catering, large	16kg	NFFL/16	Trade	£ 25.60
Botanical Flour, #2 Meadow Blend, Non-Organic	Catering, kilo	1kg	NFB2/1K	RRP	£ 6.99
	Case	6 x 1kg	NFB2/C6	Trade	£ 27.00
	Catering, small	3kg	NFB2/3K	Trade	£ 14.40
	Catering, large	16kg	NFB2/16	Trade	£ 62.65
Millers Choice Wheat Flour, Wholemeal, Stoneground, Organic	Catering, kilo	1kg	OFMC/1K	RRP	£ 2.99
	Case	6 x 1kg	OFMC/C6	Trade	£ 13.50
	Catering, small	3kg	OFMC/3K	Trade	£ 6.50
	Catering, large	16kg	OFMC/16	Trade	£ 26.80
Maris Widgeon Wheat Flour, Wholemeal, Stoneground, Organic	Catering, kilo	1kg	OFMA/1K	RRP	£ 3.49
	Case	6 x 1kg	OFMA/C6	Trade	£ 15.75
	Catering, small	3kg	OFMA/3K	Trade	£ 7.55
	Catering, large	16kg	OFMA/16	Trade	£ 31.30
Rye Flour, Wholemeal, Stoneground, Organic	Catering, kilo	1kg	OFRY/1K	RRP	£ 2.79
	Case	6 x 1kg	OFRY/C6	Trade	£ 12.60
	Catering, small	3kg	OFRY/3K	Trade	£ 5.40
	Catering, large	16kg	OFRY/16	Trade	£ 25.00
Naked Barley Flour, Wholemeal, Stoneground, Organic	Catering, kilo	1kg	OFNB/1K	RRP	£ 2.90
	Case	6 x 1kg	OFNB/C6	Trade	£ 15.75
	Catering, small	3kg	OFNB/3K	Trade	£ 7.65
	Catering, large	16kg	OFNB/16	Trade	£ 35.70
Black Wheat Flour, Wholemeal, Stoneground, Non-Organic	Retail pack	500g	NFBW/R5	RRP	£ 1.99
	Case	10 x 500g	NFBW/CX	Trade	£ 14.95
	Catering, small	3kg	NFBW/3K	Trade	£ 7.65
	Catering, large	16kg	NFBW/16	Trade	£ 35.70
Malted Naked Oat Flour, Wholegrain, Organic	Retail pack	500g	OFMN/R5	RRP	£ 3.59
	Case	10 x 500g	OFMN/CX	Trade	£ 26.95
	Catering, kilo	1kg	OFMN/1K	Trade	£ 5.20
	Catering, small	3kg	OFMN/3K	Trade	£ 13.80
Malted Wheat Flour, Organic	Retail pack	500g	OFMW/R5	RRP	£ 2.49
	Case	10 x 500g	OFMW/CX	Trade	£ 18.70
	Catering, kilo	1kg	OFMW/1K	Trade	£ 3.60
	Catering, small	3kg	OFMW/3K	Trade	£ 9.60
Einkorn Flour, Wholemeal, Stoneground, Organic	Retail pack	500g	OFEK/R5	RRP	£ 3.49
	Case	10 x 500g	OFEK/CX	Trade	£ 26.20
	Catering, kilo	1kg	OFEK/1K	Trade	£ 5.05
	Catering, small	3kg	OFEK/3K	Trade	£ 13.45
Emmer Flour, Wholemeal, Stoneground, Non-Organic	Out of stock - back soon				
Spelt Flour, Wholemeal, Stoneground, Organic	Out of stock - back soon				
Triticale Flour, Wholemeal, Stoneground, Organic	Out of stock until further notice				
Wheat Semolina, Organic	Out of stock until further notice				
Wheat Bran, Organic	Out of stock until further notice				



Flaked Cereals

Muesli Base, Four Grain, Organic

Retail pack	500g	OK4M/R5	RRP	£	2.89
Case	10 x 500g	OK4M/CX	Trade	£	21.70
Catering, kilo	1kg	OK4M/1K	Trade	£	4.20
Catering, small	3kg	OK4M/3K	Trade	£	11.10
Catering, large	16kg	OK4M/16	Trade	£	51.80

Wheat Flakes, Organic

Retail pack	500g	OKWH/R5	RRP	£	1.69
Case	10 x 500g	OKWH/CX	Trade	£	12.70
Catering, kilo	1kg	OKWH/1K	Trade	£	2.45
Catering, small	3kg	OKWH/3K	Trade	£	6.50
Catering, large	20kg	OKWH/20	Trade	£	32.00

Naked Barley Flakes, Organic

Retail pack	500g	OKNB/R5	RRP	£	2.69
Case	10 x 500g	OKNB/CX	Trade	£	20.20
Catering, kilo	1kg	OKNB/1K	Trade	£	3.90
Catering, small	3kg	OKNB/3K	Trade	£	10.35
Catering, large	16kg	OKNB/16	Trade	£	48.25

Malted Wheat Flakes, Organic

Retail pack	500g	OKMW/R5	RRP	£	2.19
Case	10 x 500g	OKMW/CX	Trade	£	16.45
Catering, kilo	1kg	OKMW/1K	Trade	£	3.20
Catering, small	3kg	OKMW/3K	Trade	£	8.45
Catering, large	25kg	OKMW/25	Trade	£	52.00

Rye Flakes, Organic

Retail pack	500g	OKRY/R5	RRP	£	1.89
Case	10 x 500g	OKRY/CX	Trade	£	14.20
Catering, kilo	1kg	OKRY/1K	Trade	£	2.75
Catering, small	3kg	OKRY/3K	Trade	£	7.30
Catering, large	20kg	OKRY/20	Trade	£	42.35

Rolled Oats, Organic

Retail pack	500g	OKRO/R5	RRP	£	1.89
Case	10 x 500g	OKRO/CX	Trade	£	14.20
Catering, kilo	1kg	OKRO/1K	Trade	£	2.75
Catering, small	3kg	OKRO/3K	Trade	£	7.30
Catering, medium	12.5kg	OKRO/12	Trade	£	23.20

Jumbo Oats, Organic

Retail pack	500g	OKJO/R5	RRP	£	1.89
Case	10 x 500g	OKJO/CX	Trade	£	14.20
Catering, kilo	1kg	OKJO/1K	Trade	£	2.75
Catering, small	3kg	OKJO/3K	Trade	£	7.30
Catering, medium	12.5kg	OKJO/12	Trade	£	23.20



Guest producers (non-organic unless stated)

Pastificio Carleschi, London

Giovanni Carleschi makes bronze die pasta from stoneground British organic grain, at low temperatures for optimum flavour and nutrition.

Emmer & Fava Bean Sedani, Non-Organic

Retail pack	400g	PAS/NEMFB/R4	RRP	£	3.85
Case	10 x 400g	PAS/NEMFB/CX	Trade	£	28.85
Catering	4kg	PAS/NEMFB/4K	Trade	£	22.08

Spelt Conchiglie, White, Organic

Retail pack	400g	PAS/OSPCO/R4	RRP	£	3.20
Case	10 x 400g	PAS/OSPCO/CX	Trade	£	24.00
Catering	4kg	PAS/OSPCO/4K	Trade	£	19.20

Spelt Conchiglie, Wholegrain, Organic

Retail pack	400g	PAS/OSPCG/R4	RRP	£	3.20
Case	10 x 400g	PAS/OSPCG/CX	Trade	£	24.00
Catering	4kg	PAS/OSPCG/4K	Trade	£	19.20

Spelt Fusilli, Wholegrain, Organic

Retail pack	400g	PAS/OSPFU/R4	RRP	£	3.20
Case	10 x 400g	PAS/OSPFU/CX	Trade	£	24.00
Catering	4kg	PAS/OSPFU/4K	Trade	£	19.20

Spelt Mezzi Rigatoni, White, Organic

Retail pack	400g	PAS/OSPMR/R4	RRP	£	3.20
Case	10 x 400g	PAS/OSPMR/CX	Trade	£	24.00
Catering	4kg	PAS/OSPMR/4K	Trade	£	19.20

Spelt Casarecce, White, Organic

Retail pack	400g	PAS/OSPCA/R4	RRP	£	3.20
Case	10 x 400g	PAS/OSPCA/CX	Trade	£	24.00
Catering	4kg	PAS/OSPCA/4K	Trade	£	19.20

Emmer Mezzi Rigatoni, Wholegrain, Organic

Retail pack	400g	PAS/OEMMR/R4	RRP	£	3.70
Case	10 x 400g	PAS/OEMMR/CX	Trade	£	27.75
Catering	4kg	PAS/OEMMR/4K	Trade	£	20.16

Emmer Casarecce, Wholegrain, Organic

Retail pack	400g	PAS/OEMCA/R4	RRP	£	3.70
Case	10 x 400g	PAS/OEMCA/CX	Trade	£	27.75
Catering	4kg	PAS/OEMCA/4K	Trade	£	20.16

Einkorn Gigli Rigati, Wholegrain, Organic

Retail pack	400g	PAS/OEIGR/R4	RRP	£	3.85
Case	10 x 400g	PAS/OEIGR/CX	Trade	£	28.85
Catering	4kg	PAS/OEIGR/4K	Trade	£	20.80

Mara Seaweed, Edinburgh

Mara Seaweed is sustainably harvested from pure waters around Scotland, picked and processed within 24 hours for best flavour and quality.

Dulse Flakes, Wild Harvested

Retail pouch	30g	MAR/WDULS/P3	RRP	£	5.95
Case	10 x 30g	MAR/WDULS/CX	Trade	£	44.65
Catering	120g (tub)	MAR/WDULS/TW	Trade	£	18.39

Kombu Flakes, Wild Harvested

Retail pouch	50g	MAR/WKOMB/P5	RRP	£	4.95
Case	10 x 50g	MAR/WKOMB/CX	Trade	£	37.10
Catering	120g (tub)	MAR/WKOMB/TW	Trade	£	8.40

Kelp Strips, Wild Harvested

Retail pouch	30g	MAR/WKELP/P3	RRP	£	4.49
Case	10 x 30g	MAR/WKELP/CX	Trade	£	35.95

Shony Blend, Wild Harvested

Retail pouch	30g	MAR/WSHON/P3	RRP	£	4.95
Case	10 x 30g	MAR/WSHON/CX	Trade	£	37.10

Furikake Blend, Tin, Non-Organic

Refillable tin	50g	MAR/NFURT/P5	RRP	£	5.45
Case	12 x 50g	MAR/NFURT/CD	Trade	£	49.05

Dulse Flakes, Tin, Wild Harvested

Refillable tin	30g	MAR/WDULT/P3	RRP	£	6.95
Case	12 x 30g	MAR/WDULT/CD	Trade	£	62.55

Kombu Flakes, Tin, Wild Harvested

Refillable tin	30g	MAR/WKOMT/P3	RRP	£	5.45
Case	12 x 30g	MAR/WKOMT/CD	Trade	£	49.05



Guest producers, continued (non-organic unless stated)

Glebe Farm, Cambridgeshire

Glebe Farm produce their creamy PureOaty drink from gluten-free oats grown and milled on the farm. It's great in coffee!

PureOaty Oat Drink, Non-Organic	Litre	1lt	GLE/NPOAT/1L	RRP	£ 1.99
	Case	6 x 1lt	GLE/NPOAT/C6	Trade	£ 8.35

Parson's Pickles, Carmarthenshire

Parson's laverbread is gathered by fishermen from the Gower Peninsula in Wales, washed, cooked and minced before canning.

Laverbread, Wild Harvested	Retail can	120g (can)	PAR/WLABR/TL	RRP	£ 2.19
	Case	10 x 120g (can)	PAR/WLABR/CX	Trade	£ 17.00

Crone's, Norfolk

Robbie Crone has produced organic cider and vinegar from local apples and pears for over 30 years.

Cider & Perry Vinegar, Organic	Retail bottle	330ml	CRO/OCPVI/BC	RRP	£ 2.50
	Case	12 x 330ml	CRO/OCPVI/CD	Trade	£ 18.40

Easy Bean, Somerset

Easy Bean's delicious bean and seed crackers are handmade in Somerset from 100% natural ingredients, including fava bean and pea flour.

Fava Bean & Poppyseed Crackers, Non-Organic	Retail pack	150g	EAS/NFBPC/R1	RRP	£ 2.95
	Case	8 x 150g	EAS/NFBPC/C8	Trade	£ 20.00

Yellow Pea & Sunflower Crackers, Non-Organic

	Retail pack	150g	EAS/NYPSC/R1	RRP	£ 2.95
	Case	8 x 150g	EAS/NYPSC/C8	Trade	£ 20.00

Green Pea & Chia Crackers, Non-Organic

	Retail pack	150g	EAS/NGPCC/R1	RRP	£ 2.95
	Case	8 x 150g	EAS/NGPCC/C8	Trade	£ 20.00

Liberty Fields, Dorset

Liberty Fields produce small batches of syrup, balsamic vinegar, cider and vodka by hand from the fruit of their Dorset orchards.

Apple Syrup, Non-Organic	Retail bottle	250ml	LIB/NASYR/BT	RRP	£ 7.00
	Case	6 x 250ml	LIB/NASYR/C6	Trade	£ 33.60
	Catering	500ml	LIB/NASYR/B5	Trade	£ 9.20

Apple Balsamic Vinegar, Non-Organic

	Retail bottle	40ml	LIB/NABVI/BF	RRP	£ 5.25
	Case	6 x 40ml	LIB/NABVI/C6	Trade	£ 25.20
	Retail bottle	100ml	LIB/NABVI/B1	Trade	£ 11.25
	Small case	6 x 100ml	LIB/NABVI/CB	Trade	£ 54.00

