

SEEDS & PODS

HERBS, SEASONINGS & SPICES

10097	Black Sesame Seeds	● ● ●	250g × 1
10629	Country Range Whole Coriander	● ● ● ●	300g × 1
171470	Country Range Blue Maw Poppy Seeds	● ● ● ●	600g × 1
71226	Country Range Cumin Seeds	● ● ● ●	400g × 1
172280	Country Range Sunflower Seeds	● ● ● ●	510g × 1
20149	Country Range Whole Fennel	● ● ● ●	350g × 1
171644	Country Range Whole Sesame Seeds, White	● ● ● ●	580g × 1
10639	Mustard Seeds, Yellow	● ● ●	250g × 1
10085	Pumpkin Seeds	● ● ●	1kg × 1
20764	Vanilla Bean Paste	● ● ●	120g × 1
11384	Vanilla Pods	● ● ● ●	10pack × 1

11384
Vanilla Pods
10-pack



171470
Country Range
Blue Maw Poppy
Seeds 600g



20149
Country Range
Whole Fennel
350g

DRIED PASTA

PASTA, PULSES & CEREAL

300218	Cannelloni Tubes	● ● ●	250g × 12
11394	Chef William Polenta	● ● ●	2kg × 1
26617	Country Range Large Pasta Twists (Fusilli)	● ● ●	3kg × 1
98213	Country Range Lasagne Sheets (12 × 500g)	●	6kg × 1
173980	Country Range Penne	● ● ●	3kg × 1
98220	Country Range Short Spaghetti	● ● ●	3kg × 1
30024	Country Range Straight Macaroni	● ● ●	3kg × 1
70458	Gluten Free Pasta Twists (Fusilli)	●	340g × 1
20756	Gluten Free Pasta (Penne)	● ●	340g × 1
10120	Gluten Free Pasta (Spaghetti)	● ● ● ●	340g × 1
17686	Knorr Egg Tagliatelle 60 Portions	● ● ●	3kg × 1
17670	Knorr Lasagne No Pre-Cook 60 Portions	● ● ●	3kg × 1
170364	Knorr Macaroni	● ● ●	3kg × 1
170988	Knorr Penne Plain	● ● ●	3kg × 1
17561	Knorr Spaghetti Short (10 inch)	● ● ●	3kg × 1
70380	Orzo Pasta	● ● ●	500g × 1
70389	Papardelle Egg Pasta	● ●	500g × 12
21431	Rigatoni Pasta	● ● ●	500g × 1
174147	Tagliatelle	● ● ●	6kg × 1



173980
Country Range
Penne 3kg



98220 **Country Range Spaghetti 3kg**



17686 **Knorr Egg Tagliatelle 60 Portions 3kg**

G·R·O·C·E·R·Y



98186
Country Range
Pasta Shells
(Conchiglie)
3kg



10725
Merchant Gourmet
Tomatoey Puy &
Green Lentils 250g



171979
Triple Lion
Pearl Barley 3kg



160621
Triple Lion
Red Lentils 3kg



20209
Schwartz
Bacon Bits 320g



175666
Cooks&Co
Dried Mixed Forestiere Mushrooms 500g



31017 Tilda Easy Cook Long Grain Rice 5kg

DRIED PASTA

PASTA, PULSES & CEREAL

90418	Triple Lion Linguine Pasta	● ● ●	3kg × 1
20833	Triple Lion Macaroni Elbows	● ● ●	3kg × 1
170653	Triple Lion Pasta Bows (Farfalle)	● ● ●	3kg × 1
98186	Country Range Pasta Shells (Conchiglie)	● ● ●	3kg × 1
170500	Triple Lion Tricolour Pasta Twists (Fusilli)	● ● ●	3kg × 1

PULSES & CEREAL

PASTA, PULSES & CEREAL

160775	Dried Chick Peas	● ● ● ●	3kg × 1
171650	Green Split Peas	● ● ● ●	3kg × 1
10725	Merchant Gourmet Tomatoey Puy & Green Lentils	● ● ●	250g × 6
171979	Triple Lion Pearl Barley	● ● ●	3kg × 1
50000	Triple Lion Puy Lentils	● ● ●	3kg × 1
160621	Triple Lion Red Lentils	● ● ●	3kg × 1
171802	Yellow Split Peas		500g × 1

SALAD TOPPINGS

DEHYDRATED PRODUCTS

198713	Chef William Sliced Dried Onion	● ● ● ●	1.36kg × 1
11461	Crispy Dried Salad Onions	● ● ●	400g × 1
20209	Schwartz Bacon Bits	● ● ●	320g × 1

POTATO

DEHYDRATED PRODUCTS

189760	Mousline Cold Mix Mash Potato	● ●	4kg × 1
25807	Smash	● ●	2kg × 1

PEAS

DEHYDRATED PRODUCTS

110214	Triple Lion Marrowfat Peas	● ● ● ●	3kg × 1
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MUSHROOMS

DEHYDRATED PRODUCTS

175666	Dried Mixed Forestiere Mushrooms	● ● ● ●	500g × 1
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LONG & WHOLEGRAIN RICE

RICE

40781	Aunt Caroline Easy Cook Long Grain Rice	● ● ● ●	5kg × 1
170971	Aunt Caroline Wholegrain Rice Easy Cook	● ● ● ●	5kg × 1
170805	Country Range Long Grain Rice	● ● ● ●	5kg × 1
31017	Tilda Easy Cook Long Grain Rice	● ● ● ●	5kg × 1
160615	Triple Lion Long Grain Rice	● ● ● ●	20kg × 1

MICROWAVE RICE

RICE

63810 **Ben's Express Rice Basmati** 220g×6

BASMATI RICE

RICE

80554 **Country Range Easy Cook Basmati Rice** 5kg×120951 **Tilda Easy Cook Basmati Rice** 5kg×150729 **Wild & Basmati Rice** 5kg×1170971
**Aunt Caroline
Easy Cook
Wholegrain Rice 5kg**

PUDDING RICE ETC.

RICE

169010 **Country Range Pudding Rice** 3kg×141799 **Curtis Semolina** 3kg×1172120 **Triple Lion Ground Rice** 3kg×1300506 **Triple Lion Semolina** 1.5kg×142376 **Triple Lion Tapioca** 3kg×142376
Triple Lion Tapioca 3kg

SPECIALITY RICE

RICE

21047 **Bulgar Wheat** 1kg×111419 **Campanini Arborio Risotto Rice** 1kg×111411 **Carnaroli Risotto Rice** 2.5kg×1172296 **Chef William Cous Cous** 3kg×171017 **Chinatown Premium Jasmine Rice** 5kg×130018 **Gallo Black Wholegrain Rice** 2kg×130176 **Gallo Mushroom Risotto Rice** 1kg×130354 **Gallo Plain Risotto Rice** 1kg×130438 **Gallo Saffron Risotto Rice** 1kg×120405 **Giant Cous Cous** 1kg×120414 **Quinoa** 1kg×120712 **Sushi Rice** 1kg×130438
**Gallo
Saffron Risotto Rice
1kg**30354
**Gallo
Plain Arborio
Risotto Rice
1kg**

PEANUT BUTTER

PASTES, SPREADS & EXTRACTS

70714 **Duerr's Smooth Peanut Butter** 2.5kg×1203981 **Sunpat Crunchy Peanut Butter** 200g×6204076 **Sunpat Smooth Peanut Butter** 200g×6203981 **Sunpat Crunchy Peanut Butter 200g**70714
**Duerr's Smooth
Peanut Butter 2.5kg**

189044
Nutella Chocolate
Spread 350g



51661
Cadbury Chocolate
Spread 400g

28250
Heinz Sandwich
Spread 300g



17880 Marmite Tub (Plastic) 600g



164932
Country Range
Plain Flour,
Bulk Pack 16kg



81249
McDougalls Self
Raising Flour 3kg



60446
KTC Gram Flour 2kg

CHOCOLATE SPREAD

PASTES, SPREADS & EXTRACTS

80475	Nutella Chocolate Portions			15g x 120
189044	Nutella Chocolate Spread			350g x 6
20936	Nutella Chocolate Spread			3kg x 1
51661	Cadbury Chocolate Spread			400g x 6
10774	Lotus Biscoff Smooth Spread			1.6kg x 1

SAVOURY SPREAD & PASTES

PASTES, SPREADS & EXTRACTS

28250	Heinz Sandwich Spread			300g x 12
175036	Marmite Portions			8g x 24
17880	Marmite Tub (Plastic)			600g x 1
184973	Princes Assorted Paste			75g x 12

FLOUR - BAKING

FLOUR

80923	Country Range Plain Flour, Single			1.5kg x 1
70664	Country Range Plain Flour, Case			1.5kg x 6
164932	Country Range Plain Flour, Bulk Pack			16kg x 1
80915	Country Range Self Raising Flour, Single			1.5kg x 1
70634	Country Range Self Raising Flour, Case			1.5kg x 6
165112	Country Range Self Raising Flour, Bulk Pack			16kg x 1
70302	Country Range Strong White Bread Flour			16kg x 1
71682	Heygates Wholemeal Flour			16kg x 1
81255	McDougalls Plain Flour			3kg x 1
81249	McDougalls Self Raising Flour			3kg x 1

FLOUR - SPECIALITY BAKING

FLOUR

60446	KTC Gram Flour, Gluten Free			2kg x 1
10094	McDougalls Supreme Sponge Flour, Case			1kg x 8
51745	Middleton Plain Flour, Gluten Free			3kg x 1
51753	Middleton Self Raising Flour, Gluten Free			3kg x 1
71357	Pasta Flour (00 Grade)			1kg x 1
80449	Plain Flour, Gluten Free			1kg x 1
80440	Self Raising Flour, Gluten Free			1kg x 1
90452	Tipo Flour (00 Grade)			16kg x 1
80753	Triple Lion Farina (Potato Starch), Gluten Free			1.5kg x 1
30066	Triple Lion Rice Flour, Gluten Free			1.5kg x 1