



# PULSES, GRAINS & NUTS

## Pulses



### PUY Lentils A.O.C.

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€48.90 £40.99	32000



### Red Lentils

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€23.80 £19.95	32005



### Green Lentils

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€23.80 £19.95	32004



### Beluga Lentils

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€24.50 £20.54	32007



### Green Split Peas

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€14.90 £12.49	32049



### Yellow Split Peas

Weight/Quantity	Price Unit
2kg	EACH
PRICE	CODE
€5.95 £4.99	32048



### Chickpeas

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€14.90 £12.49	32035



### Butter Beans

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€28.90 £24.22	32050



### Soya Beans

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€18.90 £15.84	32055



### Red Kidney Beans

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€26.50 £22.21	32021



### Black Kidney Beans

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€3.65 £3.06	32061



### Cannellini - White Kidney Beans

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€21.75 £18.23	32015



### Haricot Blancs - Coco de Paimpol Beans

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€18.50 £15.51	32025



### Flageolets Beans

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€28.90 £24.22	32045



### Borlotti - Pinto Beans

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.25 £3.56	32058



### Mixed Panhandle Beans

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€21.90 £18.36	32052

# PULSES, GRAINS & NUTS

Rice



## Arborio Rice

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€2.95 £2.47	31255



## Carnaroli Rice

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€3.95 £3.31	31257



## Pearl Rice

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€3.95 £3.31	31259



## Paella Rice

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€18.90 £15.84	31286



## White Basmati Rice

Weight/Quantity	Price Unit
10kg	EACH
PRICE	CODE
€28.90 £24.22	31422



## Brown Basmati Rice

Weight/Quantity	Price Unit
2kg	EACH
PRICE	CODE
€7.50 £6.29	31480



## Smoked Organic Basmati Rice

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€12.45 £10.44	31394



## Aged Basmati Rice

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€42.11 £35.30	31270



## Black Italian Rice - Nerone

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.95 £4.15	31391



## Red Camargue Rice

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€8.60 £7.21	31254



## Wholegrain Camargue Rice - P.G.I.

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.95 £4.15	31392



## Red Italian Rice

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.95 £4.15	31390



## Wild Rice

Weight/Quantity	Price Unit
2.5kg	EACH
PRICE	CODE
€48.90 £40.99	31261



## Sushi Rice

Weight/Quantity	Price Unit
10kg	EACH
PRICE	CODE
€29.80 £24.98	31280



## Koji Rice

Weight/Quantity	Price Unit
300g	EACH
PRICE	CODE
€6.95 £5.83	43105



## Thai Jasmine Rice

Weight/Quantity	Price Unit
10kg	EACH
PRICE	CODE
€29.80 £24.98	31262

# PULSES, GRAINS & NUTS

Cereals & Grains



## Biasol - Milled Grains Light Malt

Weight/Quantity	Price Unit
2kg	EACH
PRICE	CODE
€21.90 £18.36	33179



## Biasol - Milled Grains Light Malt

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€49.90 £41.83	33180



## Biasol - Milled Grains Dark Malt

Weight/Quantity	Price Unit
2kg	EACH
PRICE	CODE
€21.90 £18.36	33177



## Biasol - Milled Grains Dark Malt

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€49.90 £41.83	33178



## Coarse Bulgur Wheat

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€16.90 £14.17	33038



## Buckwheat Grains

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€44.90 £37.64	33099



## Spelt Pearls

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€3.25 £2.72	31008



## Biasol - Whole Grains

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€6.15 £5.15	33181



## Kasha

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.60 £3.86	31453



## Fregola Sarda

Weight/Quantity	Price Unit
950g	EACH
PRICE	CODE
€9.80 £8.21	31397



## Tomato Couscous

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€7.95 £6.66	33062



## Einkorn Couscous

Weight/Quantity	Price Unit
850g	EACH
PRICE	CODE
€7.20 £6.04	31457



## Fine Polenta Grains

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€3.45 £2.89	33030



## Coarse Polenta Grains

Weight/Quantity	Price Unit
1.5kg	EACH
PRICE	CODE
€3.95 £3.31	33086



## Pinhead Oatmeal

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€15.60 £13.08	33111



## Freekeh

Weight/Quantity	Price Unit
850g	EACH
PRICE	CODE
€9.90 £8.30	31426

# PULSES, GRAINS & NUTS

Grains & Seeds



## White Quinoa IQF

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.28 £3.59	31496



## Bulger IQF

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€3.15 £2.64	31495



## Wheat IQF

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€3.53 £2.96	31494



## Trio Quinoa IQF

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.20 £3.52	31493



## Quinoa

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€7.15 £5.99	31065



## Black Quinoa

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€12.90 £10.81	31013



## Red Quinoa

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€12.50 £10.48	30998



## Puffed Quinoa - Organic

Weight/Quantity	Price Unit
100g	EACH
PRICE	CODE
€3.20 £2.68	31454



## Chia Seeds

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€12.40 £10.39	26128



## Blue Poppy Seeds

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€13.90 £11.65	31005



## Breakfast Seed Mix

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€4.35 £3.65	31456



## Salad Seed Mix

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€4.95 £4.15	31455



## Pumpkin Seeds

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€11.90 £9.97	31069



## Sunflower Seeds

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.95 £4.15	31042



## Organic Hemp Seeds

Weight/Quantity	Price Unit
200g	EACH
PRICE	CODE
€9.90 £8.30	60927



## Pomegranate/Anardana Seed

Weight/Quantity	Price Unit
200g	EACH
PRICE	CODE
€3.65 £3.06	30036



# PULSES, GRAINS & NUTS

## Nuts



**Almonds - Skin-On**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€14.95 £12.53	75000



**Blanched Almonds - Skin-Off**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€14.55 £12.20	75005



**Nibbed Almonds**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€13.95 £11.69	75015



**Ground Almonds**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€12.20 £10.23	75010



**Hazelnuts - Skin-On**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€15.90 £13.33	75050



**Blanched Hazelnuts - Skin-Off**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€18.10 £15.17	75055



**Blanched Piedmont Hazelnut PGI - Skin-Off**

Weight/Quantity	Price Unit
5kg	EACH
PRICE	CODE
€143.15 £119.99	75061



**Ground Hazelnuts**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€15.95 £13.37	75060



**Pickled Walnuts**

Weight/Quantity	Price Unit
390g x 6	CASE
PRICE	CODE
€39.80 £33.36	25842



**Walnuts**

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€7.95 £6.66	256



**Walnut Halves**

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€7.90 £6.62	75091



**Pistachio Nuts - Skin-Off**

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€29.90 £25.06	75105



**Chestnuts**

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€11.70 £9.81	274



**Cooked Chestnuts**

Weight/Quantity	Price Unit
200g x 12	CASE
PRICE	CODE
€39.80 £33.36	75122



**Desiccated Coconut**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€8.90 £7.46	75153



**Grated Coconut**

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€8.90 £7.46	75155

# PULSES, GRAINS & NUTS

Snacking Nuts



## Macadamia Nuts

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€39.80 £33.36	75170



## Brazil Nuts - Skin-On

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€29.80 £24.98	75161



## Pine Kernal

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€26.90 £22.55	75136



## Pecan Halves

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€26.90 £22.55	75140



## Blanched Peanuts

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€6.90 £5.78	75164



## Blanched and Salted Peanuts

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€8.15 £6.83	75166



## Smoked Almonds Skin-On

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€14.95 £12.53	75023



## Snacking Corn

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€4.99 £4.18	75038



## Breakfast Mix

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€4.35 £3.65	31456



## Cashew Nuts

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€12.60 £10.56	75145



## Salt and Pepper Cashews

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€21.75 £18.23	75022



## Honey Glazed Cashews

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€12.90 £10.81	75027



## Japanese Cocktail Mix - Bar Snack

Weight/Quantity	Price Unit
3.8kg	EACH
PRICE	CODE
€36.75 £30.80	75171



## Pink Pralines

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€19.90 £16.68	55412



## Wasabi Peanuts

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€9.10 £7.63	75037



## Caramelised Peanuts

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€4.85 £4.07	75003