

HIGHLAND WHOLEFOODS WORKERS' CO-OPERATIVE

# Local & Scottish products **PRICELIST**

containing items that are produced locally or within Scotland, or by Scottish companies

**February 2020**



**Highland Wholefoods Workers Co-operative**  
**13 Harbour Road, Inverness IV1 1SY**

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
<b>BEANS &amp; PULSES - DRIED</b>					
<b>HI-HO PRE-PACKS</b>					
6125	ADUKI BEANS V /6	500g	6	2.35	N
6497	BLACKEYE BEANS V /6	500g	6	2.29	N
6137	BORLOTTI BEANS V /6	500g	6	2.18	N
6499	BUTTER BEANS V /6	500g	6	2.99	N
6498	CANNELLINI BEANS V /6	500g	6	2.09	N
6149	CHICKPEAS V /6	500g	6	2.05	N
6663	FLAGEOLET BEANS V /6	500g	6	3.39	N
6500	GREEN SPLIT PEAS V /6	500g	6	1.51	N
12176	HARICOT BEANS V /6	500g	6	2.10	N
6182	MARROWFAT PEAS V /6	500g	6	1.62	N
6188	MUNG BEANS V /6	500g	6	2.80	N
6235	PINTO BEANS V /6	500g	6	1.83	N
6245	RED KIDNEY BEANS V /6	500g	6	2.42	N
6281	YELLOW SPLIT PEAS V /6	500g	6	1.45	N
<b>HI-HO 1KG PACKS</b>					
16896	BLACK TURTLE BEANS V /6	1kg	6	3.36	N
4914	BLACKEYE BEANS V /6	1kg	6	3.97	N
16897	BORLOTTI BEANS V /6	1kg	6	3.99	N
4915	BUTTER BEANS V /6	1kg	6	5.45	N
4923	CHICKPEAS V /6	1kg	6	3.45	N
16899	FLAGEOLET BEANS GREEN LIMAS V /6	1kg	6	6.10	N
4924	GREEN SPLIT PEAS V /6	1kg	6	2.40	N
4916	HARICOT BEANS V /6	1kg	6	3.61	N
4918	RED KIDNEY BEANS V /6	1kg	6	4.24	N
4925	YELLOW SPLIT PEAS V /6	1kg	6	2.31	N
<b>BISCUITS &amp; COOKIES</b>					
<b>ISLAND BAKERY</b>					
14035	CHOCOLATE GINGERS ORGANIC /12	150g	12	3.65	Y
19081	CHOCOLATE LIMES COOKIES ORG /12	150g	12	3.66	Y
<b>NAIRNS</b>					
25071	COCONUT CHIA OAT BISCUIT /10	200g	10	1.78	N
20612	DARK CHOC CHIP OAT BISCUITS /8	200g	8	1.78	N
16254	MIXED BERRIES OAT BISCUITS V /10	200g	10	1.78	N
16255	STEM GINGER OAT BISCUITS V /10	200g	10	1.78	N
23712	WHOLEGRAIN CRACKERS GF /8	137g	8	2.09	N
<b>LAZY DAY</b>					
23698	BELGIAN CHOC ROCKY ROAD GF /8	5pack	8	3.35	N
<b>FOREST KITCHEN</b>					
22068	SHORTBREAD ROUNDS /1	120g	1	2.25	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
<b>BODY CARE</b>					
<b>MIDGE MAGIC</b>					
25484	MIDGE MAGIC INSECT REPELLENT /12	75ml	12	7.99	Y
<b>ECO SOAPS</b>					
24032	GERANIUM HANDCREAM /1	60ml	1	5.78	Y
24031	LEMONGRASS HANDCREAM /1	60ml	1	5.78	Y
22584	OLA BALM /1	1	1	3.21	Y
<b>ISLE OF SKYE SEAWEED CO</b>					
24736	PEPPERMINT&SEAWEED LIP BALM /1	10g	1	4.49	Y
25138	WILD SEAWEED LAVENDER BATH BOMB /1	68g	1	4.89	Y
<b>NESS SOAPS</b>					
24862	CONDITIONER LEMONGRASS LIME /1	300ml	1	6.99	Y
24865	HAND BODY LOTION BOG MYRTLE /1	300ml	1	6.99	Y
24859	HAND BODY LOTION LEM LIME /1	300ml	1	6.99	Y
24861	SHAMPOO LEMONGRASS LIME /1	300ml	1	6.99	Y
24866	SHOWER GEL BOG MYRTLE LEM /1	300ml	1	6.99	Y
24860	SHOWER GEL LEMON LIME /1	300ml	1	6.99	Y
<b>PANOSUN</b>					
25487	TICK CARD /24	1	24	3.95	Y
<b>BODY SOAPS</b>					
<b>CAURNIE</b>					
1387	LAVENDER SOAP UNWRAPPED V /12	100g	12	2.05	Y
1386	LAVENDER SOAP WRAPPED V /12	100g	12	2.65	Y
1394	MANDARIN SOAP UNWRAPPED V /12	100g	12	2.05	Y
1393	MANDARIN WRAPPED V /12	100g	12	2.66	Y
21201	NETTLE SOAP UNWRAPPED V /12	100g	12	2.65	Y
21200	NETTLE SOAP WRAPPED V /12	100g	12	3.22	Y
1391	ROSE SOAP UNWRAPPED V /12	100g	12	2.05	Y
1390	ROSE SOAP WRAPPED V /12	100g	12	2.65	Y
<b>NESS SOAPS - LOCAL</b>					
24864	HANDWASH BOG MYRTLE LEMON /1	300ml	1	6.99	Y
24858	HANDWASH LEMONGRASS LIME /1	300ml	1	6.99	Y
24863	SOAP LEMONGRASS LIME /1	90g	1	3.20	Y
<b>ECO SOAPS</b>					
21662	EUCALYPTUS & MINT SOAP V /1	125g	1	3.80	Y
22535	LEMONGRASS SOAP V /1	100g	1	3.80	Y
22542	PATCHOULI & LIME SOAP V /1	125g	1	3.99	Y
21816	SHAVING SOAP /1	60g	1	3.80	Y
23752	SPLICED CITRUS SOAP V /1	100g	1	3.80	Y
22536	SWEET ORANGE SOAP V /1	125g	1	3.80	Y
22541	TEA TREE & LEMON SOAP V /1	125g	1	3.80	Y

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
	<b>GREENCITY</b>				
23400	GERANIUM & ROSE PETAL SOAP V /12	115g	12	2.09	Y
23401	GRAPEFRUIT & ALOE VERA SOAP V /12	115g	12	2.09	Y
23403	LIME & LEMONGRASS SOAP V /12	115g	12	2.09	Y
23404	MANDARIN & GINGER SOAP V /12	115g	12	2.09	Y
23588	PAPER BAGS FOR GREENCITY SOAP /100	bags	100	0.00	Y
23405	SANDALWOOD & CEDAR SOAP V /12	115g	12	2.09	Y
23402	WHITE LAVENDER SOAP V /12	115g	12	2.09	Y
<b>BOOKS,CARD,CDs &amp; MAGAZINE</b>					
	<b>POYNTZFIELD HERB NURSERY</b>				
22922	CULINARY HERBS MEDITERRANEAN /1	1	1	3.57	N
21287	GROWERS GUIDE TO HERB GARDENING /	1	1	3.57	N
25087	HERBS OF EUROPE /1	1	1	3.57	N
21289	HERBS OF JAPAN /1	1	1	3.57	N
21288	HERBS OF THE HIGHLANDS/ISLANDS /1	1	1	3.57	N
21290	HERBS OF THE HIMALAYAS /1	1	1	3.57	N
25445	HERBS OF THE SOUTHERN HEMIS /1	book	1	3.57	N
24186	MEDICINAL HERBS /1	1	1	3.57	N
	<b>BOOKS</b>				
24469	BITE & MACKAY GO TO SEA /1	book	1	6.99	N
15351	BOXING CLEVER COOKBOOK /1	book	1	9.99	N
24157	FIRE & FAIRE A' DOL GU MUIR	1 book	1	6.99	N
	<b>REFORESTING SCOTLAND</b>				
12667	REFORESTING SCOTLAND MAGAZINE /1	1 mag	1	5.00	N
<b>BREADS &amp; CRISPBREADS</b>					
	<b>HIGHLAND CRACKERS</b>				
24027	CHILLI SEEDED CRACKER /14	100g	14	2.50	N
24638	CUMIN SEEDED CRACKER V /14	100g	14	2.50	N
24025	ORIGINAL SEEDED CRACKER /14	100g	14	2.50	N
24026	SEEDED CRACKER V /14	100g	14	2.50	N
	<b>THE BAKERY</b>				
25526	BROWN FARMHOUSE BREAD LARGE LOAF	loaf	1	2.15	N
25775	MULTISEED SOURDOUGH LOAF /1	1kg	1	3.60	N
24782	RYE WHOLEGRAIN SOURDOUGH FRESH /1	800g	1	3.95	N
24734	SOURDOUGH BREAD FRESH /1	700g	1	2.80	N
25038	SOURDOUGH TOMATO BREAD /1	800g	1	3.25	N
25525	WHITE FARMHOUSE BREAD LARGE LOAF /1	loaf	1	2.15	N
<b>CHILLED CHEESE</b>					
	<b>CONNAGE</b>				
17761	CLAVA ROUND ORG /1	per kg	1	17.08	N
22212	CONNAGE CHEDDAR SLICE ORG /1	per kg	1	17.22	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
17762	CROMAL CHEESE SLICE ORG /1	per kg	1	15.33	N
17760	CROWDIE SMALL POTS ORG /1	160g	1	2.25	N
17763	DUNLOP CHEESE SLICE ORG /1	per kg	1	16.70	N
19846	GOUDA SLICE ORG /1	per kg	1	15.35	N
18623	SMOKED DUNLOP SLICE ORG /1	per kg	1	18.38	N
<b>CHILLED CHEESE SUBSTITUTE</b>					
<b>BUTE ISLAND</b>					
24916	BLUE STYLE ENGLISH WEDGE V /6	200g	6	2.75	N
23852	GREEK STYLE SHEESE V /6	200g	6	2.50	N
24185	MATURE CHEDDAR STYLE SLICES V /6	200g	6	2.70	N
24322	MOZZARELLA STYLE GRATED SHEESE /4	200g	4	3.35	N
24224	SHEESE CARAMELISED ONION V /6	200g	6	2.76	N
24420	SHEESE MATURE CHEDDAR STYLE V /6	200g	6	2.50	N
24796	SHEESE STRONG CHEDDAR WEDGE V /6	200g	6	2.72	N
24176	SHEESE WENSLEYDALE & CRANBERRY /6	200g	6	2.76	N
<b>LEFT COAST CULTURE</b>					
25789	CHEDDAR SPREAD CANADIAN GF V /1	1	1	6.87	N
25451	HARVATI GF V SLICE /1	per kg	1	36.67	N
25452	NOZZA MOZZA GF V SLICE /1	per kg	1	36.67	N
25453	MURIETA MUENSTER GF V SLICE /1	per kg	1	36.67	N
25697	TO BRIE OR NOT TO GF V SLICE /1	per kg	1	36.67	N
25787	AULD SMOKY MOZZARELLA GF V /1	per kg	1	36.67	N
25788	SPICY JUAN GF V SLICE /1	per kg	1	36.67	N
<b>CHILLED CONVENIENCE FOOD</b>					
<b>MACSWEENS</b>					
478	HAGGIS VEGETARIAN V /6	1lb	6	4.95	N
<b>GOOD NUDE FOOD</b>					
24944	RED HOT SAUERKRAUT V /6	500ml	6	8.38	N
24946	SUPERGREENS SAUERKRAUT V /6	500ml	6	8.38	N
24945	TURMERIC & GINGER SAUERKRAUT V /6	500ml	6	8.38	N
<b>CHILLED DAIRY PRODUCTS</b>					
<b>MACLEOD ORGANICS</b>					
19193	MACLEOD ORG FREE RANGE EGGS /1	1/2DOZ	1	2.10	N
<b>CONNAGE</b>					
21819	YOGHURT LIVE COWS ORG /1	500g	1	2.80	N
<b>CHOC &amp; CAROB SNACKS</b>					
<b>CHOCOLATE TREE KITCHEN</b>					
24533	BRAMBLE & CARDAMOM CHOC ORG V /10	100g	10	3.50	Y
24536	FRUIT & NUT MILK CHOC ORG /10	100g	10	3.50	Y
24682	GINGER CHOC 75% ORG V /10	100g	10	3.50	Y
24534	HAGGIS SPICE DARK CHOC ORG V /10	100g	10	3.50	Y

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
24625	MILK CHOCOLATE CHOC TREE ORG /10	100g	10	3.50	Y
24530	PEPPERMINT DARK CHOC ORG V /10	100g	10	3.50	Y
24531	RASPBERRY DARK CHOC ORG V /10	100g	10	3.50	Y
24537	ROSE & VANILLA WHITE CHOC ORG /10	100g	10	3.50	Y
24532	SALT CARAMEL DARK CHOC ORG V /10	100g	10	3.50	Y
24684	STRAWBERRY & PEPPER CHOC ORG V /10	100g	10	3.50	Y
24626	TURKISH COFFEE CHOC 74% ORG V /10	100g	10	3.50	Y
24627	WINTERSPICE CHOC ORG V /10	100g	10	3.50	Y
<b>BEVERAGES</b>					
<b>CHOCOLATE TREE KITCHEN</b>					
24538	HOT CHOC MILK 42% ORG /6	180g	6	4.86	N
24535	HOT CHOC TRAD DARK 64% ORG V /6	160g	6	5.15	N
<b>COFFEE FILTER</b>					
<b>GREEN BRIDGE ORGANICS</b>					
25829	ETHIOPIAN GROUND COFFEE FT ORG /6	227g	6	5.33	N
25830	HONDURAN GROUND COFFEE FT OR /6	227g	6	4.99	N
25828	PERUVIAN GROUND COFFEE FT ORG /6	227g	6	4.99	N
<b>COFFEE BEANS</b>					
<b>INVERNESS COFFEE ROASTING</b>					
25136	COFFEE BEANS COLUMBIAN 1KG /6	1kg	6	19.99	N
25137	COFFEE BEANS ETHIOPIAN 1KG /6	1kg	6	22.49	N
<b>CONDIMENTS</b>					
<b>HI-HO 1KG PACKS</b>					
16933	COARSE SEA SALT /6	1kg	6	2.65	N
16934	FINE SEA SALT /6	1kg	6	1.95	N
<b>ISLE OF SKYE SEA SALT</b>					
23922	ISLE OF SKYE SEA SALT 150g /6	150g	6	8.06	N
23924	ISLE OF SKYE SEA SALT 1kg /1	1kg	1	27.42	N
23923	ISLE OF SKYE SEA SALT 75g /12	75g	12	5.33	N
<b>CHILLIMAN</b>					
25740	BASIL AND JALAPENO SAUCE /6	148ml	6	3.50	N
25232	RED JALAPENO HOT SAUCE /6	148ml	6	3.50	N
<b>ZEPICE</b>					
25554	OAK SMOKED SEA SALT /6	60g	6	2.50	N
<b>DRINKS ALCOHOLIC</b>					
<b>WILLIAM BROS BREWING LTD</b>					
9084	FRAOCH HEATHER ALE V /12	500ml	12	2.49	Y
13516	GROZET GOOSBERRY ALE LARGE /12	500ml	12	2.05	Y
24146	JOKER IPA V /12	500ml	12	2.49	Y
14215	KELPIE SEAWEED ALE LARGE V /12	500ml	12	2.41	Y
24145	SEVEN GIRAFFES V /12	500ml	12	2.49	Y

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
	<b>ISLE OF SKYE BREWERY</b>				
10373	SKYE BLACK ALE V /12	500ml	12	3.25	Y
10374	SKYE GOLD ALE V /12	500ml	12	3.25	Y
10372	SKYE RED ALE V /12	500ml	12	3.15	Y
	<b>ORKNEY BREWERY</b>				
21803	CORNCRAKE ALE V /12	500ml	12	2.96	Y
9949	DARK ISLAND BEER V /12	500ml	12	3.09	Y
24417	NORSEMAN ALE /8	500ml	8	2.99	Y
9950	RED MACGREGOR BEER V /12	500ml	12	2.95	Y
	<b>BLACK ISLE BREWERY</b>				
22174	GOLDENEYE BEER 5.6% V /24	330ml	24	2.60	Y
17696	LAGER BLONDE ORG V /24	330ml	24	2.40	Y
24358	PORTER ALE ORG V /24	330ml	24	2.45	Y
17695	RED KITE BEER ORG V /24	330ml	24	2.40	Y
24357	YELLOWHAMMER BITTER ORG V /24	330ml	24	2.35	Y
	<b>SPEYSIDE CRAFT BREWERY</b>				
24571	BOTTLENOSE AMBER V /12	330ml	12	1.75	Y
24572	BOW FIDDLE BLONDE V /12	330ml	12	2.05	Y
24573	MORAY IPA V /12	330ml	12	2.01	Y
24574	RANDOLPH'S LEAP LAGER V /12	330ml	12	1.83	Y
	<b>DUN BREWING</b>				
25013	DUN AND DUSTED STRONG IPA /12	500ml	12	3.39	Y
25010	DUN LIGHT GOLDEN BEER /12	500ml	12	2.99	Y
25011	DUN4 PALE ALE /12	500ml	12	2.99	Y
25012	DUNGEON PORTER /12	500ml	12	2.99	Y
25765	WINTER WARMER STRONG ALE /12	500ml	12	3.19	Y
	<b>ATLAS BREWERY</b>				
25832	LATITUDE PALE CANS /12	330ml	12	2.49	Y
25833	NIMBUS BLONDE CANS /12	330ml	12	2.49	Y
25831	WAYFARER IPA CANS /12	330ml	12	2.49	Y
<b>FLOURS + MEALS</b>					
	<b>GOLSPIE MILL</b>				
9589	BREADFLOUR WHOLEMEAL ORG V /1	25kg	1	56.65	N
10873	BREADFLOUR WW ORG V GOLSPIE /8	1kg	8	2.69	N
10658	BROSEMEAL OR PEASEMEAL /8	1kg	8	4.38	N
12605	RYE FLOUR ORG /1	25kg	1	55.80	N
12623	RYE FLOUR ORG /8	1kg	8	2.69	N
	<b>BARONY MILLS</b>				
23048	ORKNEY BEREMEAL FINE 1.5kg /6	1.5kg	6	6.08	N
24660	ORKNEY BEREMEAL FINE 3KG /3	3kg	3	11.20	N
23049	ORKNEY BEREMEAL FINE 750g /12	750g	12	4.13	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
	<b>MUNGOSWELLS</b>				
24505	FARM MILLED STR WHITE FLOUR ORG /6	1.5kg	6	4.83	N
24334	FARM MILLED WHITE PLAIN FLOUR ORG /6	1.5kg	6	4.82	N
24337	FARM MILLED WHITE STRNG BREAD ORG /1	16kg	1	29.58	N
24336	FARM MILLED WMEAL STRNG BREAD ORG /	16kg	1	27.85	N
	<b>WESTFIELD FARM</b>				
24424	SPELT FLOUR WM LIGHT LOCAL /1	25kg	1	60.00	N
24423	SPELT FLOUR WM LIGHT LOCAL /8	1kg	8	2.85	N
<b>FOOD FLAVOURINGS &amp; BAKING</b>					
	<b>HIGHLAND WHOLEFOODS</b>				
1112	BICARBONATE OF SODA 500g V /1	500g	1	3.09	Y
489	CREAM OF TARTAR 500g V /1	500g	1	4.99	N
14185	GINGER CRYSTALLISED V /6	500g	6	5.16	Y
<b>FRUIT &amp; CARBONATED DRINKS</b>					
	<b>BOUVRAGE</b>				
9970	RASPBERRY JUICE DRINK BOTTLES /12	250ml	12	1.99	Y
	<b>LEFT FIELD</b>				
25293	DARJEELING KOMBUCHA TEA V No.4 /12	330ml	12	2.40	N
25776	KOMBUCHA NO 2 SENCHA GREEN V /12	330ml	12	2.40	N
25291	OOLONG KOMBUCHA TEA V No.3 /12	330ml	12	2.50	N
25292	YUNNAN BLACK KOMBUCHA TEA V No.1 /12	330ml	12	2.35	N
	<b>ALBA COLA</b>				
25802	ALBA SCOTTISH COLA /24	330ml	24	1.76	Y
<b>FRUIT JUICES</b>					
	<b>ANGUS APPLES</b>				
25815	APPLE ELDERFLOWER JUICE GLASS /12	250ml	12	1.64	Y
25814	APPLE JUICE GLASS /12	250ml	12	1.64	Y
25816	APPLE RHUBARB JUICE GLASS /12	250ml	12	1.74	Y
<b>FRUITS - DRIED</b>					
	<b>HI-HO PRE PACKS</b>				
12941	APPLE RINGS SO2 V /6	250g	6	4.16	N
6130	APRICOTS SELECT /6	250g	6	2.21	N
6482	APRICOTS SELECT /6	500g	6	3.50	N
6129	APRICOTS WHOLE UNSULPHURED /6	250g	6	2.25	N
14628	APRICOTS WHOLE UNSULPHURED /6	500g	6	3.55	N
20748	BANANA CHIPS /6	125g	6	1.58	N
6132	BANANA CHIPS /6	250g	6	2.02	N
22175	CRANBERRIES SLICED /6	250g	6	2.50	N
14633	CRANBERRIES WHOLE /6	250g	6	3.10	N
6158	CURRANTS /6	250g	6	2.50	N
6160	DATES /6	500g	6	1.98	N



CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
14636	DATES CHOPPED IN RICE FLOUR /6	250g	6	1.75	N
312	FIGS /6	500g	6	6.42	N
1788	MIXED VINE FRUIT /6	500g	6	3.03	N
19114	PAPAYA & PINEAPPLE MIX /6	125g	6	2.09	Y
14655	PINEAPPLE DICED /6	125g	6	1.64	N
6509	PRUNES PITTED /6	250g	6	2.07	N
14186	PRUNES PITTED VALUE PACK /6	500g	6	3.22	N
14654	SULTANAS AUSTRALIAN /6	500g	6	3.86	N
24260	SULTANAS IRAN/TURK /6	500g	6	2.79	N
	<b>HI-HO 1KG PACKS</b>				
4964	APRICOTS WHOLE SELECT /6	1kg	6	6.40	N
4965	APRICOTS WHOLE UNSULPHERED /6	1kg	6	6.45	N
16171	CHERRIES SOUR /6	1kg	6	20.50	N
22050	CRANBERRIES SLICED /6	1kg	6	7.59	N
22049	CRANBERRIES WHOLE /6	1kg	6	9.99	N
4968	CURRANTS /6	1kg	6	7.55	N
4969	DATES /6	1kg	6	3.58	N
21539	DATES CHOPPED /6	1kg	6	4.59	N
4970	FIGS /6	1kg	6	12.23	N
22051	PEACH HALVES SO2 /6	1kg	6	9.95	N
22052	PEARS SO2 /6	1kg	6	9.33	N
16927	PINEAPPLE DICED /6	1kg	6	6.98	N
4976	PRUNES PITTED /6	1kg	6	6.00	N
4979	RAISINS /6	1kg	6	4.90	N
4981	SULTANAS AUSTRALIAN /6	1kg	6	7.12	N
16925	SULTANAS IRAN/TURK /6	1kg	6	4.90	N
	<b>GREEN CITY</b>				
18577	GOJI BERRIES /10	100g	10	2.52	N
14957	PEAR HALVES /5	250g	5	3.46	N
	<b>HI-HO 3KG PACKS</b>				
24159	PAPAYA DICED SWEETENED SO2 /4	3kg	4	22.66	N
24162	PINEAPPLE DICED SWEET SO2 /4	3kg	4	18.58	N
	<b>HI-HO ORGANIC 1KG</b>				
22069	APRICOTS WHOLE ORG /6	1kg	6	7.15	N
22070	CURRANTS ORG /6	1kg	6	10.37	N
4909	DATES PITTED ORG /6	1kg	6	9.35	N
4910	FIGS ORG /6	1kg	6	12.11	N
22072	MIXED VINE FRUIT ORG /6	1kg	6	8.26	N
22073	PRUNES PITTED ORG /6	1kg	6	13.83	N
4911	RAISINS ORG /6	1kg	6	10.04	N
4912	SULTANAS TURKISH ORG /6	1kg	6	6.30	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
<b>HAIR CARE</b>					
	<b>CAURNIE</b>				
1398	PURE SHAMPOO V /6	200ml	6	6.69	Y
	<b>ECO SOAPS</b>				
25502	HAIR CONDITIONER BARS V /1	50g	1	3.99	Y
25284	LEMON AND LIME SHAMPOO BAR V /1	125g	1	4.59	Y
25282	ROSEMARY PEPPERMINT SHAMPOO BAR /	100g	1	4.59	Y
25283	SHEA AND COCONUT SHAMPOO BAR V /1	125g	1	4.59	Y
<b>HERBS &amp; SPICES</b>					
	<b>HIGHLAND WHOLEFOODS PP</b>				
23740	ALLSPICE GROUND /10	20g	10	0.60	N
1066	BASIL /10	12g	10	0.60	N
1109	BAY LEAVES /10	6g	10	0.60	N
185	BOUQUET GARNI /10	4bag	10	0.60	N
2947	CAJUN SPICE /10	21g	10	0.60	N
427	CARAWAY SEEDS /10	17g	10	0.60	N
772	CARDAMOM WHOLE /10	8g	10	0.60	N
1309	CAYENNE PEPPER /10	24g	10	0.60	N
1533	CELERY SALT /10	40g	10	0.60	N
1312	CHILLIES GROUND /10	24g	10	0.60	N
891	CHILLIES WHOLE /10	12g	10	0.60	N
1264	CINNAMON GROUND /10	24g	10	0.60	N
19918	CINNAMON STICKS /10	12g	10	0.60	N
1253	CLOVES WHOLE /10	12g	10	0.60	N
1254	CORIANDER GROUND /10	24g	10	0.60	N
892	CORIANDER SEEDS /10	21g	10	0.60	N
1130	CUMIN GROUND /10	24g	10	0.60	N
893	CUMIN SEEDS /10	21g	10	0.60	N
22424	CURRY LEAVES /10	4g	10	0.60	N
1408	CURRY POWDER HOT /10	24g	10	0.60	N
1027	CURRY POWDER MADRAS /10	24g	10	0.60	N
1534	DILL HERB /10	10g	10	0.60	N
513	FENNEL SEEDS /10	24g	10	0.60	N
602	FENUGREEK GROUND /10	24g	10	0.60	N
1201	FIVE SPICE MIX /10	24g	10	0.60	N
1411	GARAM MASALA /10	24g	10	0.60	N
1413	GINGER GROUND /10	24g	10	0.60	N
1535	JUNIPER BERRIES /10	17g	10	0.60	N
23741	LIME LEAVES WHOLE /10	4g	10	0.60	N
1532	MACE GROUND /10	14g	10	0.60	N
23742	MANGO POWDER /10	20g	10	0.60	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
650	MARJORAM /10	7g	10	0.60	N
1414	MIXED HERBS /10	10g	10	0.60	N
813	MIXED SPICE /10	24g	10	0.60	N
523	MUSTARD SEED BLACK /10	24g	10	0.60	N
1245	NUTMEG GROUND /10	14g	10	0.60	N
1415	NUTMEG WHOLE /10	4's	10	0.60	N
1418	OREGANO /10	7g	10	0.60	N
1419	PAPRIKA /10	21g	10	0.60	N
1423	PARSLEY /10	5g	10	0.60	N
24429	PEPPER WHITE GROUND /10	20g	10	0.60	N
1424	PEPPERCORNS BLACK /10	20g	10	0.60	N
16639	PEPPERCORNS MIXED /10	18g	10	0.60	N
2545	PICKLING SPICE /10	24g	10	0.60	N
560	POPPY SEEDS /10	24g	10	0.60	N
1427	ROSEMARY /10	14g	10	0.60	N
1436	SAGE /10	10g	10	0.60	N
2050	STAR ANISE /10	10g	10	0.60	N
515	TARRAGON /10	7g	10	0.60	N
1046	THYME /10	12g	10	0.60	N
1048	TURMERIC /10	21g	10	0.60	N
474	VANILLA PODS /1	12pods	1	29.45	N
	<b>GREEN CITY</b>				
522	MUSTARD SEED YELLOW /10	24g	10	0.79	N
	<b>ZEPICE</b>				
24949	ZEPICE HOT CURRY BLEND V /1	90g	1	2.99	N
24948	ZEPICE MEDIUM CURRY BLEND V /1	90g	1	2.99	N
24947	ZEPICE MILD CURRY BLEND V /1	90g	1	2.99	N
<b>HONEYS</b>					
	<b>HIGHLAND WHOLEFOODS</b>				
9330	HONEY CLEAR (HIHO) ORGANIC /12	454g	12	4.19	N
9332	HONEY CLEAR TUB ORGANIC /1	3kg	1	26.50	N
9331	HONEY SET (HIHO) ORGANIC /12	454g	12	4.19	N
9333	HONEY SET TUB ORGANIC /1	3kg	1	26.50	N
9281	HONEY WILDFLOWER CLEAR /12	454g	12	3.39	N
942	HONEY WILDFLOWER CLEAR TUB /1	3kg	1	19.15	N
9282	HONEY WILDFLOWER SET /12	454g	12	3.39	N
1437	HONEY WILDFLOWER SET TUB /1	3kg	1	19.15	N
	<b>HONEYHILL</b>				
2002	BLOSSOM HONEY SCOTTISH JARS /18	227g	18	4.37	N
2001	BLOSSOM HONEY SCOTTISH JARS /12	454g	12	8.39	N
2889	BLOSSOM HONEY SCOTTISH TUB /1	1.36kg	1	27.00	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
2888	HEATHER HONEY SCOT SET TUB /1	1.36kg	1	31.69	N
518	HEATHER HONEY SCOTTISH 1lb /12	454g	12	9.45	N
519	HEATHER HONEY SCOTTISH SET /18	227g	18	4.85	N
	<b>JOHN MELLIS</b>				
21578	SCOTTISH BLOSSOM HONEY /6	340g	6	7.99	N
21575	SCOTTISH HEATHER HONEY /6	340g	6	11.69	N
21576	SCOTTISH HONEY CLOVER HEATHER /6	340g	6	10.56	N
24895	SCOTTISH SPRING HONEY /6	340g	6	9.30	N
	<b>ANDERSON'S</b>				
23575	SCOTTISH BLOSSOM HONEY /12	340g	12	6.58	N
<b>HOUSEHOLD CLEANERS</b>					
	<b>HUMBLESTUFF</b>				
24501	CLEANING PASTE LEM MYRTLE V /6	250g	6	5.00	Y
24500	MULTISURF SPRAY LEMON MYRTLE V /6	500ml	6	5.00	Y
24499	MULTISURF SPRAY LIME & EUC V /6	500ml	6	5.00	Y
24502	TOILET BOWL FRESHENER LIME&EUC V /6	300g	6	5.00	Y
<b>MUESLIS &amp; B'FAST CEREALS</b>					
	<b>HI-HO 1KG PACKS</b>				
4944	MUESLI DELUXE V /6	1kg	6	4.68	N
<b>NATURAL REMEDIES</b>					
	<b>HIGHLANDER</b>				
15560	MIDGE HEAD NETS /24	1 net	24	6.25	Y
<b>OATCAKES</b>					
	<b>NAIRNS</b>				
15834	CHEESE OATCAKES /12	200g	12	1.78	N
24144	CHEESE OATCAKES GLUTEN FREE /8	180g	8	2.26	N
22505	CRACKED BLACK PEPPER OATCAKES /8	200g	8	1.57	N
15835	FINE OATCAKES V /12	218g	12	1.25	N
23711	FRUIT & SEED OATCAKES V /8	225g	8	1.69	N
24142	OATCAKES GLUTEN FREE /8	213g	8	2.26	N
10987	OATCAKES ORG V /12	250g	12	1.56	N
15836	ROUGH OATCAKES V /10	291g	10	1.36	N
24470	SEEDED OATCAKES GLUTEN FREE /8	180g	8	2.26	N
23710	SUPER SEEDED OATCAKES ORG /8	200g	8	1.78	N
	<b>HEBRIDEAN</b>				
18127	HEBRIDEAN OATCAKES OLIVE ORG /20	140g	20	2.57	N
16089	HEBRIDEAN OATCAKES V /20	150g	20	1.82	N
<b>OATS &amp; OAT PRODUCTS</b>					
	<b>GOLSPIE MILL</b>				
12625	OATMEAL COARSE ORG V /8	1kg	8	2.59	N
12624	OATMEAL MEDIUM ORG V /8	1kg	8	2.59	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
	<b>NAIRNS</b>				
20924	SCOTTISH PORRIDGE OATS GF V /5	450g	5	2.72	N
<b>OILS UNREFINED</b>					
	<b>CULLISSE</b>				
23180	CULLISSE MINI OILS GIFT BOX /1	3x100m	1	12.99	N
22001	HIGHLAND RAPESEED OIL /4	5lt	4	22.49	N
21208	HIGHLAND RAPESEED OIL /6	500ml	6	6.99	N
25529	RAPESEED OIL CHILLI GARLIC /12	100ml	12	3.50	N
25530	RAPESEED OIL JUNIPER THYME /12	100ml	12	3.50	N
25531	RAPESEED OIL SEAWEED DILL /12	100ml	12	3.50	N
25532	RAPESEED OIL SEAWEED ROSEMARY /12	100ml	12	3.50	N
<b>PASTES &amp; PUREES</b>					
	<b>ZEPICE</b>				
25553	ANCHO & PASILLA CHILLI PASTE /6	100g	6	4.99	N
25552	OAK SMOKED CHIPOTLE CHILLI PASTE /6	100g	6	4.99	N
<b>PICKLES CHUTNEYS RELISHES</b>					
	<b>ROSE COTTAGE COUNTRY KITC</b>				
18643	GREEN TOMATO CHUTNEY /6	280g	6	3.55	N
	<b>HUNTLY HERBS</b>				
19627	BEETROOT & APPLE CHUTNEY GF ORG /6	286g	6	3.99	N
20981	BLACK ISLE BLONDE CHUTNEY ORG /6	124g	6	2.39	N
25714	BLONDE BOMBSHELL CHUTNEY ORG /6	297g	6	3.99	N
19629	CORIANDER CHUTNEY GF ORG /6	300g	6	3.99	N
20145	HOT LEMON RELISH GF ORG /6	290g	6	3.99	N
19626	TRAD MARROW CHUTNEY ORG /6	300g	6	3.99	N
<b>SEAWEEDS &amp; S/W PRODUCTS</b>					
	<b>MARA</b>				
23688	SEAWEED DULSE PACK /10	30g	10	6.17	N
23689	SEAWEED KOMBU PACK /10	50g	10	6.15	N
	<b>SNACKS - SAVOURY</b>				
	<b>HI-HO PRE-PACK</b>				
14609	CASHEW NUTS WHOLE R&S /6	250g	6	7.81	Y
22557	CHILLI NUTS /6	125g	6	2.15	Y
10934	JAPANESE RICE CRACKERS /6	250g	6	2.93	N
10935	KOREAN HOT RICE CRACKERS /6	125g	6	2.21	N
14620	PEANUTS ROASTED & SALTED /6	250g	6	2.58	Y
10936	SESAME STICKS /6	250g	6	1.85	N
19111	SUPERSEED MIX /6	250g	6	1.69	N
19110	WASABI PEANUTS /6	125g	6	2.19	Y
	<b>MACKIE'S</b>				
20231	SEA SALT CRISPS /24	40g	24	0.81	Y

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
<b>SNACKS - SWEET</b>					
<b>HIGHLAND WHOLEFOODS</b>					
19119	CAROB RAISINS /6	125g	6	1.77	Y
19117	CHOCOLATE PEANUTS /6	125g	6	1.75	Y
19116	DARK CHOCOLATE GINGER /6	125g	6	2.28	Y
22208	DARK CHOCOLATE RAISINS /6	125g	6	2.19	Y
22455	HIGH ENERGY MOUNTAIN MIX /6	250g	6	2.68	N
19115	MILK CHOC FLAVOUR RAISINS /6	125g	6	1.72	Y
6184	MIXED NUTS & RAISINS DELUXE /6	250g	6	3.24	N
6265	TRAIL MIX /6	250g	6	2.25	N
24259	TROPICAL MIX /6	250g	6	2.74	Y
19109	YOGHURT COATED APRICOTS /6	125g	6	1.77	Y
6283	YOGHURT COATED BANANA CHIPS /6	125g	6	1.80	Y
19108	YOGHURT COATED BRAZILS /6	125g	6	2.50	Y
6285	YOGHURT COATED GINGER /6	125g	6	1.89	Y
6291	YOGHURT COATED PEANUTS /6	125g	6	1.81	Y
6289	YOGHURT COATED RAISINS /6	125g	6	1.80	Y
17545	YOGHURT COATED RAISINS /6	250g	6	2.49	Y
<b>HI-HO 1KG PACKS</b>					
22454	HIGH ENERGY MOUNTAIN MIX /6	1kg	6	8.29	N
4985	MIXED NUTS & RAISINS DELUXE /6	1kg	6	10.46	N
10937	TRAIL MIX /6	1kg	6	6.50	N
<b>STOATS</b>					
22006	MIXED CASE PORRIDGE OAT BARS /28	85g	28	1.59	N
<b>FOREST KITCHEN</b>					
23850	TABLET COBBLERS BAG /1	130g	1	4.20	Y
21049	TABLET SLAB HANDMADE LOCAL /1	90g	1	2.40	Y
23160	WHISKY FUDGE /1	90g	1	2.60	Y
<b>SPREADS - SWEET &amp; JAMS</b>					
<b>ROSE COTTAGE COUNTRY KITC</b>					
18640	DAMSON JAM LOCAL /6	227g	6	3.25	N
18645	HIGHLAND RASPBERRY JAM LOCAL /6	340g	6	3.83	N
18649	MALT WHISKY MARMALADE LOCAL /6	227g	6	3.25	N
18648	SEVILLE ORANGE MARMALADE LOCAL /6	340g	6	3.75	N
18646	STRAWBERRY JAM LOCAL /6	340g	6	3.83	N
18647	THREE FRUIT MARMALADE LOCAL /6	340g	6	3.75	N
<b>HUNTLY HERBS</b>					
24156	GOOSEBERRY & ELDERFLOWER JAM ORG	300g	6	3.99	N
22379	GOOSEBERRY JAM GF ORG /6	300g	6	3.99	N
23905	RASPBERRY JAM 800g ORG /6	800g	6	10.20	N
24102	RASPBERRY JAM ORG LOCAL /6	320g	6	3.99	N

CODE	DESCRIPTION	UNIT	CASE	RRP	VAT
	<b>CAITHNESS SUMMER FRUITS</b>				
25618	CAITHNESS BLACKCURRANT JAM /6	340g	6	3.77	N
25619	CAITHNESS RASPBERRY JAM /6	340g	6	3.77	N
25629	CAITHNESS RHUBARB GINGER JAM /6	340g	6	3.77	N
25622	CAITHNESS SEVILLE ORANGE MARMALADE	340g	6	3.77	N
25620	CAITHNESS STRAWBERRY JAM /6	340g	6	3.77	N
25621	CAITHNESS THREE FRUIT MARMALADE /6	340g	6	3.77	N
<b>TEAS - HERBAL LOOSE</b>					
	<b>SLAINTEACH</b>				
25702	BREAGHA BEAUTY TEA /1	50g	1	4.00	N
25701	HEARTBURN TEA /1	75g	1	4.00	N
25698	HEARTWARMING TEA LOOSE /1	50g	1	4.00	N
25703	IMMUNI TEA /1	50g	1	4.00	N
25699	PEACE TEA /1	50g	1	4.00	N
25700	TUMMY TEA /1	50g	1	4.00	N
25704	WINTER HEALTH TEA /1	50g	1	4.00	N
<b>VEG.-DRIED CANS FRESH JAR</b>					
	<b>AYE</b>				
24834	BREAD AND BUTTER PICKLES /6	425ml	6	3.99	N
24836	HOT ROOTS /6	425ml	6	3.99	N
24837	PICKLED SLAW /6	425ml	6	3.99	N
24833	PICKLED THAI SHALLOTS /6	425ml	6	3.99	N
24835	SPICY BEETS /6	425ml	6	3.99	N
<b>WATERS</b>					
	<b>STRATHMORE</b>				
1077	WATER CARBONATED GLASS /12	1lt	12	1.64	Y
1082	WATER CARBONATED GLASS /24	330ml	24	0.81	Y
	<b>DEESIDE</b>				
22950	WATER SPARKLING GLASS /24	250ml	24	0.68	Y
22218	WATER STILL IN GLASS /24	250ml	24	0.68	Y

## Highland Wholefoods Workers Cooperative

SINCE 1989 Highland Wholefoods Workers Cooperative has been supplying the Highlands, Islands & NE Scotland with vegetarian, vegan, gluten free, cruelty free, organic, fair trade and eco-friendly products. We believe that ethically minded consumers, when given the choice, can change the world for the better.

We have a delivery service—delivery is free to mainland and Skye addresses for ex-VAT order values over £200; orders below £200 incur a £7.50 charge towards carriage costs.

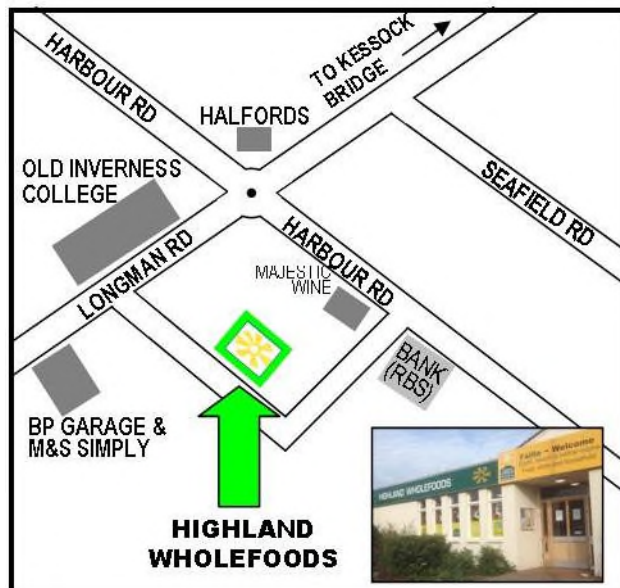
We operate a discount structure, for non-trade customers, as follows:

Ex VAT invoice total	Total discount applied
£10 – £49	10.0%
£50 – £99	12.5%
£100 – £249	15.0%
£250 +	20.0%

### Pop in for a browse—everyone is welcome!

(We are on the Longman, across the dual carriageway from the old Inverness College)

<b>Sales office:</b>	<b>Opening hours:</b>	<b>Monday—Friday, 9am—5pm</b>
	<b>Tel:</b>	<b>01463 712393</b>
	<b>Email:</b>	<b>sales@highlandwholefoods.co.uk</b>
	<b>Fax:</b>	<b>01463 715586</b>
<b>Showroom:</b>	<b>Opening hours:</b>	<b>Monday—Saturday, 9am—5pm</b>
	<b>Tel:</b>	<b>01463 712405</b>
	<b>Email:</b>	<b>showroom@highlandwholefoods.co.uk</b>



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