

# LOCAL & SCOTTISH PRODUCTS 2022



# The best of the Highlands

This catalogue aims to showcase the best of the Highlands—we hope you like these products as much as we do!

We also stock a great range of products from across Scotland.

## From the Highland's Wholefood Co-op...

Since 1989 we have been supplying the North of Scotland with ethical products. We work with local suppliers who share our values.

## ...To you

We deliver across the North of Scotland, you can also visit us in Inverness or on Skye.

## Many Available for Wholesale

Many of the products here are available for wholesale—Contact our sales team to find out more.

**Tel** : 01463 712393

**Email**: [sales@highlandwholefoods.co.uk](mailto:sales@highlandwholefoods.co.uk)

*Cooperative*

*Principle No. 7*

## Concern for Community

Cooperatives work for the  
sustainable development  
of their communities  
through policies  
approved by their  
members

## Alba Cola

**Alba Cola** is a contemporary cola with soul, inspired by Scotland's people and culture. Made with natural ingredients from the land, it's a refreshing take on the traditional.

DESCRIPTION	CODE	UNIT	CASE	RRP
ALBA SCOTTISH COLA	25802	330ml	24	1.83

## Anderson's Honey



**John Anderson** has dedicated the last 30 years to producing only the highest quality Scottish honey. Based in Turriff, their bees are well catered for with

Best Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
SCOTTISH BLOSSOM HONEY	23575	340g	12	9.00

## Balnain Blueberries

**Balnain Blueberries** are an small family run organic producer.

DESCRIPTION	CODE	UNIT	CASE	RRP
FRESH BLUEBERRIES ORG	27178	125g	1	2.99

## Barony Mill



**Barony Mill** is Orkney's last remaining working watermill. They grow and mill Bere, an ancient Viking Barley.

DESCRIPTION	CODE	UNIT	CASE	RRP
ORKNEY BEREMEAL FINE 1.5kg	23048	1.5kg	6	7.22
ORKNEY BEREMEAL FINE 3KG	24660	3kg	3	13.45
ORKNEY BEREMEAL FINE 750g	23049	750g	12	4.75
ORKNEY BEREMEAL BERRIES	26420	750g	12	3.05

## Black Isle Brewery



**Black Isle Brewery** is a 100% organic craft brewery that makes modern beer, in an ethical, planet-conscious way and only uses 100% organic ingredients.

Best Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
21 INDIA PALE ALE CANS	26255	330ml	24	2.61
GOLDFINCH BEER ORG CANS	26248	330ml	24	2.55
LAGER BLONDE ORG CANS	26246	330ml	24	2.62
PORTER ALE ORG CANS	26029	330ml	24	2.67
RED KITE BEER ORG CANS	26245	330ml	24	2.61

## Bute Island Sheese



**Bute Island Sheese** is one of the UK's leading manufacturers and suppliers of dairy, lactose and gluten free vegan cheese products. From a 'free from factory' on the idyllic Isle of Bute.

Best Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
MATURE CHEDDAR STYLE SLICES V	24185	180g	10	2.94
SHEESE BLUE STYLE ENGLISH WEDGE	24916	200g	6	3.05
SHEESE CARAMELISED ONION V	24224	200g	6	3.05
SHEESE GREEK STYLE V	23852	200g	6	2.75
SHEESE MATURE CHEDDAR STYLE V	24420	200g	6	2.75
SHEESE MOZZARELLA STYLE GRATED V	24322	200g	4	3.50
SHEESE STRONG CHEDDAR WEDGE V	24796	200g	6	2.98
SHEESE WENSLEYDALE & CRANBERRY	24176	200g	6	3.05

## Caithness Summer Fruits

Best Seller

**Caithness Summer Fruits** started to make preserves in 2003. All the preserves are homemade using fruit grown on the croft or locally sourced.

DESCRIPTION	CODE	UNIT	CASE	RRP
APPLE & TOMATO CHUTNEY V	26315	300g	6	4.08
BEETROOT CHUTNEY V	26317	300g	6	4.08
BUTTERNUT CHUTNEY V	26325	300g	6	3.99
HILDAS GREEN TOMATO CHUTNEY V	26316	300g	6	4.08
PLUM CHUTNEY V	26318	300g	6	3.99
RHUBARB & DATE CHUTNEY V	26326	300g	6	4.08
CAITHNESS BLACKCURRANT JAM	25618	340g	6	4.08
CAITHNESS RASPBERRY JAM	25619	340g	6	4.08
CAITHNESS RHUBARB GINGER JAM	25629	340g	6	4.08
CAITHNESS SEVILLE ORANGE MARMALADE	25622	340g	6	4.08
CAITHNESS STRAWBERRY JAM	25620	340g	6	4.08
CAITHNESS THREE FRUIT MARMALADE	25621	340g	6	4.08

## Caurie

Best Seller

**Caurie** is a historic soaperie in Kirkintilloch, making vegan body care products from their organic herb garden.

DESCRIPTION	CODE	UNIT	CASE	RRP
LAVENDER SOAP UNWRAPPED V	1387	100g	12	2.99
MANDARIN SOAP UNWRAPPED V	1394	100g	12	2.99
NETTLE SOAP UNWRAPPED V	21201	100g	12	3.27
ROSE SOAP UNWRAPPED V	1391	100g	12	2.99
PURE SHAMPOO V	1398	190ml	6	6.84
ROSEMARY AND TEA TREE SHAMPOO	26509	190ml	6	6.69

## Chilliman

**Chilliman** makes hot sauces for all tastes in Fortrose

DESCRIPTION	CODE	UNIT	CASE	RRP
BASIL AND JALAPENO SAUCE	25740	148ml	12	4.17
CHILLI SAUCE FRUITY FIVE	26501	148ml	12	4.59
CHILLI SAUCE MINTY ONE	26502	148ml	12	4.59
CHILLI SAUCE SCOTCH BONNET	26500	148ml	12	4.59
CORIANDER AND JALAPENO SAUCE	26389	148ml	12	4.59

## Chocolate Tree



**Chocolate Tree** are Artisan chocolatiers & craft chocolate makers from Dunbar. Mastering fine flavours, working directly with farmers & preserving biodiversity.

Best Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
BRAMBLE CARDAMOM CHOC 70% ORG V	24533	100g	10	3.50
COFFEE & HAZEL CHOC 70% ORG V	26082	100g	10	3.50
FOREST FRUITS CHOC 40% ORG	26081	100g	10	3.50
FRUIT & NUT MILK CHOC 45% ORG	24536	100g	10	3.50
GINGER CHOC DARK 70% ORG V	24682	100g	10	3.50
PEPPERMINT DARK CHOC 70% ORG V	24530	100g	10	3.50
RASPBERRY DARK CHOC 70% ORG V	24531	100g	10	3.50
SEA SALT CARAMEL CHOC 70% ORG V	24532	100g	10	3.50
SUPER NUTS DARK CHOC 70% ORG V	26083	100g	10	3.50
WINTERSPICE CHOC 70% ORG V	24627	100g	10	3.50
HOT CHOC MILK 45% ORG	24538	160g	10	5.15
HOT CHOC TRAD DARK 70% ORG V	24535	160g	10	5.15
HOT CHOCOLATE HAZELNUT ORG V	24628	160g	10	5.15

## Chocolates of Glensheil

New

**Chocolates of Glensheil** produce speciality, handcrafted chocolates from a wee kitchen on the banks of Loch Duich. Fillings are made with distinctive Scottish ingredients, making them stand out from the crowd.

DESCRIPTION	CODE	UNIT	CASE	RRP
CHOCOLATE CARAMEL HAZEL	26605	70g	15	4.74
CHOCOLATE HAGGIS SPICE	26606	70g	15	4.74
CHOCOLATE SCOTS RASPBERRY	26602	70g	15	4.74
CHOCOLATE SKYE SALT	26603	70g	15	4.74
CHOCOLATE WITH COFFEE BEANS	26604	70g	15	4.74
CHOCOLATES LOCAL SELECTION	26601	130g	1	17.97
ESPRESSO MARTINI MILK CHOCOLATE	27181	70g	15	4.74

## Connage Highland Dairy

**Connage Highland Dairy** is a traditional family-owned, fully organic business, situated on our family farm at Ardersier. The Clark family put their many years of experience in to practice producing a fully traceable quality end product – multi award winning cheese.

DESCRIPTION	CODE	UNIT	CASE	RRP
CLAVA ROUND ORG	17761	per kg	1	17.95
CROMAL CHEESE SLICE ORG	17762	per kg	1	16.10
CROWDIE SMALL POTS ORG	17760	160g	1	2.37
DUNLOP CHEESE SLICE ORG	17763	per kg	1	17.55
GOUDA SLICE ORG	19846	per kg	1	16.12
SMOKED DUNLOP SLICE ORG	18623	per kg	1	19.32
YOGHURT LIVE COWS ORG	21819	500g	1	2.93

## Cullisse Highland Rapeseed Oil



The multi-award winning **Cullisse Highland Rapeseed Oil** products are produced from seed grown at Cullisse, Ross-shire, and gently cold pressed in SALSA accredited premises on the farm.

Best Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
CULLISSE MINI OILS GIFT BOX	23180	3x100ml	1	14.82
HIGHLAND RAPESEED OIL	22001	5lt	4	24.32
HIGHLAND RAPESEED OIL	21208	500ml	6	7.97
RAPESEED OIL	26469	100ml	12	3.42
RAPESEED OIL CHILLI GARLIC	25529	100ml	12	3.99
RAPESEED OIL JUNIPER THYME	25530	100ml	12	3.99
RAPESEED OIL SEAWEED DILL	25531	100ml	12	3.99
RAPESEED OIL SEAWEED ROSEMARY	25532	100ml	12	3.99

## Deeside Mineral Water



Deeside Mineral Water flows from natural springs within the protected Cairngorms National Park, close to Balmoral Castle.

DESCRIPTION	CODE	UNIT	CASE	RRP
SPARKLING WATER	25867	750ml	12	1.63
STILL WATER	26508	750ml	12	1.53
WATER SPARKLING GLASS	22950	250ml	24	0.85
WATER STILL IN GLASS	22218	250ml	24	0.85

## Dun Brewing



**Dun Brewing** produces a range of craft beers in a small brewery directly below the Iron Age hill fort of Dun Troddan, continuing a 2000 year old brewing tradition in Glenelg.

**Best Seller**

Beers are made using the breweries own spring water and 100% organic ingredients. The beers are Soil Association

DESCRIPTION	CODE	UNIT	CASE	RRP
DUN 4 PALE ALE	25011	500ml	12	3.19
DUN AND DUSTED STRONG IPA	25013	500ml	12	3.39
DUN LIGHT GOLDEN BEER	25010	500ml	12	3.19
DUNGEON PORTER	25012	500ml	12	3.19
WINTER WARMER STRONG ALE	25765	500ml	12	3.19

## Eco Soaps

Made in the Highlands, **Eco Soaps'** ethos is to provide simple, effective, affordable skincare made from sustainably-sourced & local ingredients. Kathy handmakes a wide range of natural skincare products made by hand using traditional methods, free from Palm oil and unnecessary chemicals.

DESCRIPTION	CODE	UNIT	CASE	RRP
GERANIUM HANDCREAM	24032	60ml	1	6.85
LEMONGRASS HANDCREAM	24031	60ml	1	6.85
OLA LIP BALM	22584	1	1	3.80
EUCALYPTUS & MINT SOAP V	21662	125g	1	4.50
LEMONGRASS SOAP V	22535	100g	1	4.50
PATCHOULI & LIME SOAP V	22542	125g	1	4.60
SHAVING SOAP	21816	60g	1	3.80
SPICED CITRUS SOAP V	23752	100g	1	4.50
SWEET ORANGE SOAP V	22536	125g	1	4.50
TEA TREE & LEMON SOAP V	22541	125g	1	4.50
HAIR CONDITIONER BARS V	25502	50g	1	6.00

## Eigg Brewery

**New**

Brewed in Scotland's first cooperative brewery on the on the Isle of Eigg.

DESCRIPTION	CODE	UNIT	CASE	RRP
AMERICAN PALE ALE	27126	440ml	20	3.49
PILSNER	27127	440m	20	3.49

## Eight Lands



**Eight Lands** produces exceptional, award-winning Organic spirits with Scottish spring water, distilled and bottled at the Family owned Glenrinn distillery in Speyside.

DESCRIPTION	CODE	UNIT	CASE	RRP
EIGHT LANDS GIN ORGANIC	26335	70cl	1	35.62
EIGHT LANDS VODKA ORGANIC	26336	70cl	1	34.42

## Good Nude Food



Superkraut is the UK's most awarded unpasteurized sauerkraut range. Each Superkraut is unpasteurised and packed full of naturally occurring 'friendly' bacteria. A chilled product made in Scotland.

**Best Seller**

DESCRIPTION	CODE	UNIT	CASE	RRP
RED HOT SAUERKRAUT V	24944	500ml	6	8.55
SUPERGREENS SAUERKRAUT V	24946	500ml	6	8.55
TURMERIC & GINGER SAUERKRAUT V	24945	500ml	6	8.55

## Green Bridge Organics

**New**

**Green Bridge Organics** is an organic coffee roasting company from Findhorn. They aim to help build a 'Green Bridge' towards a more sustainable way of life, by supporting organic producers, ethical consumption, and the local economy.

DESCRIPTION	CODE	UNIT	CASE	RRP
ESPRESSO GROUND PERU FT ORG	27152	227g	1	7.20
FILTER GROUND COLUMBIA FT ORG	27153	227g	1	7.20
COFFEE BEANS COLUMBIA FT ORG	27157	1kg	1	22.35
COFFEE BEANS HONDURAS FT ORG	27158	1kg	1	22.35
COFFEE BEANS HONDURAS FT ORG	27155	500g	1	11.00
COFFEE BEANS PERU FT ORG	27159	1kg	1	22.35
COFFEE BEANS PERU FT ORG	27156	500g	1	11.00
COFFEE BEANS COLUMBIA FT ORG	27154	500g	1	11.00

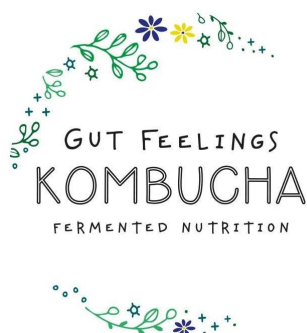
## Greencity Wholefoods

**Best Seller**

Single origin organic oats from Green City Wholefoods. Grown in the Scotland.

DESCRIPTION	CODE	UNIT	CASE	RRP
JUMBO OATS GC ORG V	23914	3kg	1	10.25
PORRIDGE OATS GC ORG V	23913	3kg	1	9.02

## Gut Feelings



Multi award winning Kombucha brewed in the North East of Scotland. **Gut Feelings Kombucha** is an effervescent fermented tea packed with detoxifying acids and whole host of nutrients from good quality fruit & herbs, assisting in all round health

DESCRIPTION	CODE	UNIT	CASE	RRP
GOOSEBERRY ELDERFLOWER KOMBUCHA	27135	300ml	24	2.95
LEMON GINGER KOMBUCHA	26798	300ml	24	2.95
RASBERRY MINT KOMBUCHA	26799	300ml	24	2.95

## Highland Crackers

Highland Crackers is an artisan bakery using local Scottish ingredients. Multi award-winning crackers, the perfect stand-alone snack and cheese boards friend.

DESCRIPTION	CODE	UNIT	CASE	RRP
CHILLI SEEDED CRACKER	24027	100g	14	2.69
CUMIN SEEDED CRACKER V	24638	100g	14	2.69
ORIGINAL SEEDED CRACKER	24025	100g	14	2.83
SEEDED CRACKER V	24026	100g	14	2.83

## Highland Eggs

Local Organic eggs from Lower Mill of Tynet Farm. Through a passion for animal welfare and the environment, Gordon is pioneering new techniques which are good for the planet but also result in higher quality produce.

DESCRIPTION	CODE	UNIT	CASE	RRP
HIGHLAND ORG FREE RANGE EGGS	19193	1/2DOZ	1	2.14

## Honeyhill Bee Farm

Scottish honey from Aberdeenshire

DESCRIPTION	CODE	UNIT	CASE	RRP
HEATHER HONEY	26723	454g	12	9.99
HEATHER HONEY	26724	227g	18	5.08

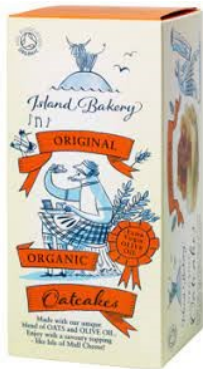
## Inverness Coffee Roasting

Best  
Seller

Coffee roasted in the Highland Capital of Inverness

DESCRIPTION	CODE	UNIT	CASE	RRP
COLUMBIAN FILTER COFFEE	27151	1kg	6	20.29
COFFEE BEANS COLUMBIAN 1KG	25136	1kg	6	20.10
COFFEE BEANS ETHIOPIAN 1KG	25137	1kg	6	22.49

## Island Bakery



Organic Indulgence from the Hebrides. The Isle of Mull is renowned for wild and unspoilt landscapes and its welcoming islanders. It's home to the **Island Bakery** and where they make particularly characterful organic biscuits.

Best  
Seller

Being environmentally sustainable by using both organic

DESCRIPTION	CODE	UNIT	CASE	RRP
APPLE CRUMBLE BISCUITS ORG	19782	150g	12	3.10
BLONDE CHOCACINNOSS ORG	26484	133g	12	3.73
CHOCOLATE GINGERS ORGANIC	14035	133g	12	3.73
CHOCOLATE LIMES COOKIES ORG	19081	133g	12	3.73
LEMON MELTS ORG	14036	133g	12	3.73
OAT CRUMBLES ORG	14037	125g	12	2.51
ORANGE MELTS ORG	26485	133g	12	3.73
OATCAKES PLAIN ORGANIC	26733	135g	12	2.25
OATCAKES THREE SEEDED ORG	26734	135g	12	2.51

## Isle of Skye Sea Salt



A multi award-winning, natural sea salt made entirely from the mineral-rich sea waters of Loch Snizort on the Isle of Skye. **Isle of Skye Sea Salt** use just the sun and wind to transform it into pure sea salt crystals that have a distinct texture and flavour

Best  
Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
ISLE OF SKYE SEA SALT 150g	23922	150g	6	9.15
ISLE OF SKYE SEA SALT 1kg	23924	1kg	1	32.26
ISLE OF SKYE SEA SALT 75g	23923	75g	12	6.12

## Isle of Skye Seaweed Company

DESCRIPTION	CODE	UNIT	CASE	RRP
PEPPERMINT & SEAWEED LIP BALM	24736	10g	1	4.80

## John Mellis Honey



Experienced beekeeper **John Mellis** produces this vibrant, Scottish set honey near Dumfries.

Best Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
SCOTTISH BLOSSOM CLEAR HONEY	26533	340g	6	9.27
SCOTTISH BLOSSOM SET HONEY	21578	340g	6	9.45
SCOTTISH HEATHER HONEY SET RED	21575	340g	6	13.69
SCOTTISH HONEY HEATH WF SET BLUE	21576	340g	6	10.75
SCOTTISH SPRING HONEY CLEAR BLK	24895	340g	6	9.49

## Lazy Day



Scottish bakers **Lazy Day** have a mission: to create irresistible gluten-free, milk-free and egg-free vegan/plant-based goodies, hand baked with love.

DESCRIPTION	CODE	UNIT	CASE	RRP
BELGIAN CHOC ROCKY ROAD GF	23698	5pack	8	3.35
BELGIAN DARK CHOC TIFFIN V GF	19446	5pack	8	3.35
CHOCOLATE CHIP OATIE V GF	25521	150g	8	2.85
CHOCOLATE ORANGE SLICE V GF	22130	5pack	8	3.35
DARK CHOCO GINGER BISCS V GF	19437	8biscs	8	3.99
GOLDEN SYRUP OATIE V GF	25520	150g	8	2.85
MILLIONAIRES SHORTBREAD V GF	19445	5pack	8	3.35
STEM GINGER OATIES V GF	25522	150g	8	2.85

## Leftfield Kombucha



**Left Field Kombucha** makes handcrafted, multi award-winning kombucha made in the Scottish Borders.

Best Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
DARJEELING KOMBUCHA TEA V No.4	25293	330ml	12	2.49
KOMBUCHA NO.2 SENCHA GREEN V	25776	330ml	12	2.49
OOLONG KOMBUCHA TEA V No.3	25291	330ml	12	2.59
YUNNAN BLACK KOMBUCHA TEA VNo.1	25292	330ml	12	2.45

## Macleans Hebridean Bakery

Best Seller

Run by the **MacLean** brothers since 1987, a small independent bakery based in Uachdar, Benbecula.

DESCRIPTION	CODE	UNIT	CASE	RRP
HEBRIDEAN OATCAKES ORG	18127	140g	20	2.90
HEBRIDEAN OATCAKES V	16089	150g	20	2.05

## Macsweens

Great vegetarian haggis from **Macsweens**—Chilled

DESCRIPTION	CODE	UNIT	CASE	RRP
HAGGIS VEGETARIAN V	478	400g	6	5.07

## Mungoswells Malt & Milling

Organic flour, grown and milled in East Lothian. **Mungoswells** flour is grown, harvested, milled and packaged within 5 miles, resulting in a good quality traceable local product being produced.

DESCRIPTION	CODE	UNIT	CASE	RRP
FARMMILL STRONG WHITE BREAD ORG	24337	16kg	1	47.30
FARMMILLED WHITE PLAIN FLOUR ORG	24334	1.5kg	6	6.79
FARMMILLED WMEAL STRNG BREAD ORG	24336	16kg	1	42.52
STRONG WHOLEMEAL BREAD FLOUR ORG	24505	1.5kg	6	6.55

## Nairns

All **Nairns** recipes start with the humble oat.  
Products are made from simple, natural ingredients  
- healthy eating to delight you every day.

Best  
Seller



DESCRIPTION	CODE	UNIT	CASE	RRP
COCONUT CHIA OAT BISCUIT	25071	200g	10	1.86
DARK CHOC CHIP OAT BISCUITS	20612	200g	8	1.87
MIXED BERRIES OAT BISCUITS V	16254	200g	10	1.86
STEM GINGER OAT BISCUITS V	16255	200g	10	1.86
WHOLEGRAIN CRACKERS GF	23712	160g	8	2.09
CHEESE OATCAKES	15834	200g	12	1.92
CHEESE OATCAKES GLUTEN FREE	24144	180g	8	2.37
CRACKED BLACK PEPPER OATCAKES	22505	200g	8	1.69
FINE OATCAKES V	15835	218g	12	1.35
FRUIT & SEED OATCAKES V	23711	225g	8	1.83
MINI OATCAKES	15738	200g	12	1.92
OATCAKES GLUTEN FREE	24142	213g	8	2.37
OATCAKES ORG V	10987	250g	12	1.69
ROUGH OATCAKES V	15836	291g	10	1.47
SEEDED OATCAKES GLUTEN FREE	24470	180g	8	2.37
SUPER SEEDED OATCAKES ORG	23710	200g	8	1.92
SCOTTISH PORRIDGE OATS GF V	20924	450g	5	2.86

## Rose Cottage Country Kitchen

Best  
Seller

**Rose Cottage** Country Kitchen makes amazing preserves in the Highlands of Scotland

DESCRIPTION	CODE	UNIT	CASE	RRP
HIGHLAND BLACKCURRENT JAM LOCAL	18636	340g	6	4.59
HIGHLAND RASPBERRY JAM LOCAL	18645	340g	6	4.59
MALT WHISKY MARMALADE LOCAL	18649	227g	6	3.85
SEVILLE ORANGE MARMALADE LOCAL	18648	340g	6	4.49
STRAWBERRY JAM LOCAL	18646	340g	6	4.59
THREE FRUIT MARMALADE LOCAL	18647	340g	6	4.49
CHRISTMAS CLOOTIE	23666	130g	1	2.42
CHRISTMAS CHUTNEY	23076	200g	6	3.15
CHRISTMAS PUDDING	18651	180g	1	4.65
CHRISTMAS PUDDING	18652	400g	1	8.65
CRANBERRY CHUTNEY LOCAL	19466	200g	6	3.50
CRANBERRY JELLY	23659	227g	6	3.50
CRANBERRY JELLY W'PORT LOCAL	19467	227g	6	3.83
CRANBERRY SAUCE LOCAL	19465	227g	6	3.50
PLUM & MULLED WINE JAM	23660	227g	6	3.35

## Scottish Bee Company

The **Scottish Bee Company** makes rich and flavoursome award winning honey, packed full of nutrients and anti-oxidants from Scotland's wilderness

DESCRIPTION	CODE	UNIT	CASE	RRP
BLOSSOM HONEY	26475	340g	6	9.85
HEATHER HONEY	26474	340g	6	11.86

## Shore, the Scottish Seaweed Company

Best  
Seller

Shore is proud to be based in Wick, in the far North East of Scotland. Growing, harvesting and processing premium Scottish seaweed to make products that are 100% sustainable, good for the coastal environment and beneficial for local rural communities.



DESCRIPTION	CODE	UNIT	CASE	RRP
BASIL SEAWEED PESTO	26632	180g	6	3.49
BLACK KALE SEAWEED PESTO	26633	180g	6	3.49
RED PEPPER SEAWEED PESTO	26634	180g	6	3.49
SEAWEED CHIPS SALT	26627	25g	24	0.99
SEAWEED CRISPS SALT	26628	80g	12	1.99
SEAWEED AND EDAMAME CLUSTER	26629	30g	12	1.49
SEAWEED AND NUT CLUSTER	26631	30g	12	1.49
SEAWEED AND OAT CRANBERRY CLUST	26630	30g	12	1.49

## SlainTEAch

Scottish native botanical teas by 'the Outlander Herbalist' Claire Mackay. Hand blended traditional Highland beverages for wellbeing. These loose teas come in plastic free packaging.

DESCRIPTION	CODE	UNIT	CASE	RRP
BREAGHA BEAUTY TEA	25702	50g	1	4.00
HEARTBURN TEA	25701	75g	1	4.00
HEARTWARMING TEA LOOSE	25698	50g	1	4.00
IMMUNI TEA	25703	50g	1	4.00
PEACE TEA	25699	50g	1	4.00
TUMMY TEA	25700	50g	1	4.00
WINTER HEALTH TEA	25704	50g	1	4.00

## Stoats

Porridge bars from Stoats

DESCRIPTION	CODE	UNIT	CASE	RRP
MIXED CASE PORRIDGE OAT BARS	22006	85g	28	1.67

## The Bakery, Inverness

Best  
Seller

Locally made sourdough bread from 'The Bakery' in Inverness, delivered fresh to our showroom 3 times a week

DESCRIPTION	CODE	UNIT	CASE	RRP
BROWN FARMHOUSE BREAD LARGE LOAF	25526	loaf	1	2.80
MULTISEED SOURDOUGH LOAF	25775	1kg	1	4.52
SOURDOUGH BREAD FRESH	24734	700g	1	3.75
SOURDOUGH TOMATO ROSEMARY BREAD	25038	700g	1	4.52
WHITE FARMHOUSE BREAD LARGE LOAF	25525	loaf	1	2.67

## William Bothers Brewing Ltd.



A family of brewers producing an eclectic range of craft beer whilst enjoying life around & beyond the mash

Best  
Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
FRAOCH HEATHER ALE V	9084	500ml	12	2.29
GROZET GOOSBERRY ALE LARGE	13516	500ml	12	2.19
JOKER IPA V	24146	500ml	12	2.29
KELPIE SEAWEED ALE LARGE V	14215	500ml	12	2.41
SEVEN GIRAFFES V	24145	500ml	12	2.19

## Zepice

Fusion seasonings made in the Highlands with influences from the world.

DESCRIPTION	CODE	UNIT	CASE	RRP
COCONUT LEMON GRASS KAFFIR CURRY	26711	70g	12	6.50
ROSE COCONUT & ALMOND CURRY V	26710	70g	12	7.50
SHICHIMI TOGARASHI SEASONING V	26712	70g	12	7.50
ANCHO & PASILLA CHILLI PASTE V	25553	190g	6	6.50
SMOKED CHIPOTLE CHILLI PASTE V	26709	190g	6	6.50

## Highland Essentials



These essentials will see you through life in the highlands

Best  
Seller

DESCRIPTION	CODE	UNIT	CASE	RRP
MIDGE HEAD NETS	15560	1 net	24	6.25
MIDGE MAGIC INSECT REPELLENT	25484	75ml	12	7.99
TICK MAGIC INSECT REPELLANT	26089	75ml	12	7.99
TICK CARD	25487	1	24	4.95

## Local Books & Magazines

DESCRIPTION	CODE	UNIT	CASE	RRP
BITE & MACKAY GO TO SEA	24469	book	1	6.99
FIRE & FAIRE A' DOL GU MUIR	24157	1 book	1	6.99
BOXING CLEVER COOKBOOK	15351	book	1	9.99
REFORESTING SCOTLAND MAGAZINE	12667	1 mag	1	5.00
GROWERS GUIDE TO HERB GARDENING	21287	book	1	3.57
HERBS OF THE HIGHLANDS/ISLANDS	21288	book	1	3.57

# Discounts

We operate a discount structure for non-trade customers

<u>Total Spend*</u>	<u>Discount</u>
£50—£99	10%
£100—£249	15%
More than £250	20%

\*Total ex VAT, excludes some items (eg fresh bread) and already discounted items.

10%  
Off

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Did you know that Highland Wholefoods products come in compostable bags?



Our 'pre-pack' products come in bags that are certified as suitable for home composting.

*Helping to reduce plastic.*