

pg. 35

SpiceBox

Vegetable Curries

- Hand-made in the UK. No preservatives or additives. Only natural ingredients
- High in protein and fibre
- 100% Vegan, gluten free and no added sugar



pg. 69

SLOTH

The Slow Broth Co.

Sloth

Soups Broths & Risottos

- Extraordinary health benefits – containing collagen, protein and amino acids
- All Gluten Free & packed with natural ingredients
- Portioned for one in an insulated



MARTÍNEZ SOMALO

Martinez Somalo

Spanish Ham

- Premium pork products
- Made with know-how inherited generation after generation since 1900
- Cured in Spain

pg. 52



pg. 58

THIS

This

Vegan Meat Alternative

- Plant-based food for meat lovers
- Mimics meat in tastiness, texture, appearance and versatility
- High in protein, high in fibre and fortified with vitamin B12 and Iron



pg. 56

better nature

PROTEIN WITHOUT COMPROMISE

Better Nature

Vegan Meat Alternative

- Minimally processed – made simply with soy beans, cider vinegar and starter culture.
- Non-GMO & sustainably sourced
- High in Protein & Fibre
- Certified Plastic Negative &



THE HONEST BEAN CO.

The Honest Bean Co.

Bean Based Dips

- Made in Yorkshire using home-grown fava beans
- Sustainable, local ingredients to reduce carbon footprint

pg. 34



pg. 21

H O L O S

Holos Kombucha

Kombucha

- Premium, authentic, small-batch Kombucha
- Brewed in the heart of West Sussex, England
- Employing survivors of slavery in the UK

pg. 11

Latteria Agricola Fusero

Latteria Agricola Fusero

Panna Cotta

- Deserts made using the very best Italian ingredients
- Only high welfare cows milk
- Family run dairy with real Italian heritage

PROMOTIONS

NEW SUPPLIERS

AUGUST
Better Nature, page 56 - 15% off the full range
Glenilen Farm, page 15 - 15% off YGLE01, 02, 03, 06, 14 & 23
Gü, page 11 - 15% off YGUP04, 06 & 07
Holos, page 21 - 15% off the full range
Holy Moly, page 33 - 20% off YHMD01, 02 & 03
The Honest Bean co. page 34 - 25% off the full range
Mash Direct, page 62 - 10% off YMSH02, 03, 04, 06, 07, 08, 09, 14, 15, 16, 20, 21, 25, 27, 31, 42, 43, 45, 54, 55, 56, 57, 58 & 59
Pots & Co. page 06 - 20% off YPOT25
Ramus Seafood, page 48 - 10% off YRFR16 & 17

SEPTEMBER
Moorish, page 31 - 15% off the full range
Gü, page 11 - 10% off YGUP01, 02, 03 & 05
Innocent, page 22 - 20% off YINN102, 103, 104 & 105
Shaken Udder, page 26 - 20% off the full range
White Rabbit Pizza Co. page 61 - 20% off the full range
L.A Brewery, page 19 - 20% off the full range
Tideford, page 68 - 15% off YTDF01, 09, 18, 23, 38, 39, 51, 53, 54, 55, 56 & 57
Mash Direct, page 62 - 15% off YMSH01, 02, 05, 11, 22, 23 & 44
Pots & Co. page 06 - 20% off the full range
Rod & Ben's, page 66 - 20% off the full range
Coconut Collaborative, page 04 - 25% off the full range
Cold Press, page 20 - 15% off the full range
THIS, page 58 - 20% off the full range
Better Nature, page 56 - 15% off the full range
Glenilen Farm, page 15 - 20% off YGLE07, 08, 09, 18, 19, 20, 10, 11, 12 & 13

OCTOBER
Glenilen Farm, page 15 - 15% off YGLE01, 02, 03, 06, 14 & 23
Watmuff & Beckett, page 70 - 20% off the full range
SpiceBox, page 35 - 20% off the full range
Gü, page 11 - 15% off YGUP04, 06 & 07
Ramus Seafood, page 48 - 10% off YRFR10 & 11
Mash Direct, page 62 - 10% off YMSH02, 03, 04, 06, 07, 09, 14, 15, 16, 20, 21, 25, 27, 31, 42, 43, 45 & 54 & 55
Crosta & Mollica, page 60 - 20% off the full range
Sloth, page 69 - 20% off the full range

NOVEMBER
Rod & Ben's, page 66 - 15% off the full range
THIS, page 58 - 20% off the full range
St. Ewe, page 13 - 10% off YSTE06 & 07
Gü, page 11 - 15% off YGUP01, 02, 03 & 05
White Rabbit Pizza Co. page 61 - 20% off the full range
Mash Direct, page 62 - 15% off YMSH01, 02, 05, 11, 22, 23 & 44
Tideford Organics, page 68 - 15% off YTDF01, 09, 18, 23, 38, 39, 51, 53, 54, 55, 56 & 57
Cold Press, page 20 - 15% off the full range
The Honest Bean co. page 34 - 15% off the full range
Better Nature, page 56 - 15% off the full range
Glenilen Farm, page 15 - 20% off YGLE07, 08, 09, 0, 11, 12, 13, 18, 19 & 20

DECEMBER
Coconut Collaborative, page 04 - 20% off YTCC03, 04, 05, 06, 15, 17, 18 & 19
Glenilen Farm, page 15 - 15% off YGLE01, 02, 03, 06, 14 & 23
Gü, page 11 - 10% off YGUP04, 06 & 07
Mash Direct, page 62 - 10% off YMSH57, 58 & 59
Ramus Seafood, page 48 - 10% off YRFR12, 13 & 14

JANUARY
Sloth, page 69 - 20% off the full range
Better Nature, page 56 - 15% off the full range
Ramus Seafood, page 48 - 10% off YRFR01, 02, 03 & 09
THIS, page 58 - 20% off the full range
Gü, page 11 - 15% off YGUP01, 02, 03 & 05