



**GLOBAL**  
**FOOD**  
**SPECIALISTS**



**\$220**

MILLION ANNUAL  
TURNOVER

**2500**  
PRODUCTS

**54**

WORLD FOOD  
BRANDS

**Going from  
Strength to  
Strength**

**09**

DISTRIBUTION  
SITES

**05**

MANUFACTURING  
SITES

**10**

DISTRIBUTION  
CHANNELS



**Surya Foods** is one of the largest suppliers of authentic world foods in the UK. With seventy-four world food brands, spanning over 2500 products, it supplies a variety of high quality, authentic, ethnic products sold in over thirty countries worldwide. Surya's evolving ranges span South Asian, Korean, Chinese, Thai, West African, Caribbean, African, South American, and Polish cuisines, with Mediterranean, Turkish and Arabic products also featured in its world food line up. A leading distributor across these sectors, many of Surya's own brands are also market leaders, highly rated by consumers and ethnic chefs alike for their quality and authenticity.

Over the last three decades **Surya Foods** has evolved as a leading importer of genuine world food flavours into the UK. Starting with **Laila**, the portfolio has now expanded with house-brands like **Apna**, **Mother Africa**, **Humza**, **Jamaica's Pride**, **Thai Dragon**, **Island Sun** and its latest Korean launch **Sun Hee**. Laila basmati rice is now the UK's No.1 big bag rice brand and features in the Top 3 of the UK rice charts. (Nielsen 2021).



Surya Foods also represents some of the world's leading brands including, Indian biscuit giant **Britannia**, iconic Pakistani brand **National Foods**, leading coconut water producers **FOCO**, Japanese noodle giants **Ajinomoto** and Ecuadorian natural gourmet snack specialists **Samai**, among others.

The company is part of the rapidly expanding **Flying Trade Group (FTG)**. It has an employee base of more than 1400 people and operates a distribution fleet of over one hundred vehicles maintaining efficient service levels across Europe.

Surya Foods extensive world food ranges - across frozen, ambient, and fresh - has seen it become one of the biggest suppliers of world food lines into supermarket giants **Tesco**, **Asda**, **Sainsbury's** and **Morrisons**. It also currently services thousands of independent retail accounts across the UK.

Impressive growth during recent years has seen FTG featured in both the **Sunday Times Top Track 250** and **Sunday Times International Track 200** league tables.

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Love Laila



# Naturally



Wholesome Rice Range



CHOLESTEROL FREE



HEALTHY CARBS

WWW.LAILAFOODS.COM



# RICE

25495



**Laila**  
Basmati Rice 8 x 500G  
LAYER 29 | HEIGHT 7

25138



**Laila**  
Basmati Rice 10 x 1KG  
LAYER 16 | HEIGHT 6

25150



**Laila**  
Basmati Rice 10 x 1KG  
LAYER 13 | HEIGHT 8

18659



**Laila**  
Basmati Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

12616



**Laila**  
Basmati Rice 4KG  
LAYER 14 | HEIGHT 7

13416



**Laila**  
Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

12620



**Laila**  
Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

12621



**Laila**  
Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

17309



**Laila**  
Basmati Rice 40KG  
LAYER 4 | HEIGHT 7

25282



**Laila**  
Brown Basmati Rice 10 x 1KG  
LAYER 13 | HEIGHT 8

18709



**Laila**  
Brown Basmati Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

19400



**Laila**  
Brown Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

18724



**Laila**  
Broken Basmati Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

18874



**Laila**  
Broken Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

18674



**Laila**  
Broken Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

16575



**Laila**  
Broken Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

# RICE

25498



**Laila**  
Easy Cook Rice 8 x 500G  
LAYER 29 | HEIGHT 7

25143



**Laila**  
Easy Cook Rice 10 x 1KG  
LAYER 13 | HEIGHT 8

18725



**Laila**  
Easy Cook Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

16202



**Laila**  
Easy Cook Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

18658



**Laila**  
Easy Cook Rice 10KG  
LAYER 10 | HEIGHT 10

25522



**Laila**  
Jasmine Rice 10 x 1KG  
LAYER 13 | HEIGHT 8

18882



**Laila**  
Jasmine Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

18954



**Laila**  
Jasmine Rice 5KG  
LAYER 14 | HEIGHT 14

19826



**Laila**  
Jasmine Rice 10KG  
LAYER 10 | HEIGHT 10

18952



**Laila**  
Jasmine Rice 20KG  
LAYER 5 | HEIGHT 10

18771



**Laila**  
Pudding Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

25497



**Laila**  
Long Grain Rice 8 x 500G  
LAYER 29 | HEIGHT 7

25123



**Laila**  
Long Grain Rice 10 x 1KG  
LAYER 13 | HEIGHT 8

18662



**Laila**  
Long Grain Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

18613



**Laila**  
Long Grain Rice 5KG  
LAYER 14 | HEIGHT 14

18657



**Laila**  
Long Grain Rice 10KG  
LAYER 10 | HEIGHT 10

24321



**Laila**  
Long Grain Rice 20KG  
LAYER 5 | HEIGHT 10



# RICE

18661



**Laila**  
Glutinous Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

21186



**Laila**  
Glutinous Rice 5KG  
LAYER 14 | HEIGHT 14

21187



**Laila**  
Glutinous Rice 10KG  
LAYER 10 | HEIGHT 10

21188



**Laila**  
Glutinous Rice 20KG  
LAYER 5 | HEIGHT 10

25141



**Laila**  
Gold Basmati Rice 10 x 1KG  
LAYER 13 | HEIGHT 8

25012



**Laila**  
Gold Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

24976



**Laila**  
Gold Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

25142



**Laila**  
Xtra Long Grain rice 10 x 1KG  
LAYER 13 | HEIGHT 8

22451



**Laila**  
Xtra Long Grain rice 6 x 2KG  
LAYER 5 | HEIGHT 16

22301



**Laila**  
Xtra Long Grain rice 5KG  
LAYER 14 | HEIGHT 14

22452



**Laila**  
Xtra Long Grain Rice 10KG  
LAYER 10 | HEIGHT 10

22453



**Laila**  
Xtra Long Grain Rice 20KG  
LAYER 20 | HEIGHT 6

25496



**Laila**  
Everyday Rice 8 x 500G  
LAYER 20 | HEIGHT 10

25126



**Laila**  
Everyday Rice 10 x 1KG  
LAYER 12 | HEIGHT 6

24758



**Laila**  
Everyday Rice 5KG  
LAYER 14 | HEIGHT 14

24758



**Laila**  
Sella Basmati Rice 10 x 1KG  
LAYER 13 | HEIGHT 8

# RICE

18660



**Laila**  
Sella Basmati Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

12688



**Laila**  
Sella Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

13448



**Laila**  
Sella Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

20002



**Laila**  
Sella Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

25139



**Laila**  
Arborio Rice 10 x 1KG  
LAYER 10 | HEIGHT 9

24391



**Laila**  
Arborio Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

19787



**Laila**  
Risotto Rice 5KG  
LAYER 14 | HEIGHT 14

18067



**Surya 1121**  
Extra Long Superior Rice 5KG  
LAYER 14 | HEIGHT 14

20003



**Surya 1121**  
Extra Long Superior Rice 10KG  
LAYER 10 | HEIGHT 10

18068



**Surya 1121**  
Extra Long Superior Rice 20KG  
LAYER 5 | HEIGHT 10

19756



**Surya 1121**  
Sella Long Grain Rice 5KG  
LAYER 14 | HEIGHT 14

19760



**Surya 1121**  
Sella Long Grain Rice 10KG  
LAYER 10 | HEIGHT 10

19759



**Surya 1121**  
Sella Long Grain Rice 20KG  
LAYER 5 | HEIGHT 10

12691



**Surya**  
Broken Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

13671



**Surya**  
Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

12614



**Surya**  
Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

# RICE

12615



**Surya**  
Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

19227



**Surya**  
Long Grain Rice 20KG  
LAYER 5 | HEIGHT 10

22036



**Surya Select**  
Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

22037



**Surya Select**  
Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

22928



**Surya Select**  
Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

21116



**Apna**  
Long Grain Basmati Rice 8 x 1KG  
LAYER 20 | HEIGHT 6

19956



**Apna**  
Long Grain Basmati Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

13424



**Apna**  
Long Grain Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

12651



**Apna**  
Long Grain Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

12652



**Apna**  
Long Grain Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

13419



**Shahi**  
Long Grain Basmati Rice 5 KG  
LAYER 14 | HEIGHT 14

19518



**Salaam**  
Basmati Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

16439



**Salaam**  
Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

12634



**Salaam**  
Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

12635



**Salaam**  
Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

12715



**Salaam**  
Basmati Rice 40KG  
LAYER 4 | HEIGHT 7



# RICE

18554



**Island Sun**  
Easy Cook Rice 6 x 2KG  
LAYER 16 | HEIGHT 5

15832



**Island Sun**  
Easy Cook Rice 5KG  
LAYER 14 | HEIGHT 14

16547



**Island Sun**  
Easy Cook Rice 10KG  
LAYER 10 | HEIGHT 10

15833



**Island Sun**  
Easy Cook Rice 20KG  
LAYER 5 | HEIGHT 10

10941



**Island Sun**  
Easy Cook Rice 40KG  
LAYER 4 | HEIGHT 7

18694



**Island Sun**  
Long Grain Rice 5 x 2KG  
LAYER 12 | HEIGHT 6

18693



**Island Sun**  
Long Grain Rice 5KG  
LAYER 14 | HEIGHT 14

18695



**Island Sun**  
Long Grain Rice 10KG  
LAYER 10 | HEIGHT 10

25341



**Island Sun**  
IS Jollof Sella Basmati Rice 5kg  
LAYER 14 | HEIGHT 14

25714



**Island Sun**  
Jollof Sella Basmati Rice PM £6.99 5KG  
LAYER 14 | HEIGHT 14

22075



**Island Sun**  
Sella Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

15783



**Laxmi**  
Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

15787



**Laxmi**  
Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

15788



**Laxmi**  
Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

19677



**Laxmi**  
Broken Basmati Rice 20KG  
LAYER 5 | HEIGHT 10

18673



**Liberty**  
Easy Cook Rice 8 x 1KG  
LAYER 20 | HEIGHT 5

# RICE

18697



**Liberty**  
Easy Cook Rice 5KG  
LAYER 14 | HEIGHT 14

18696



**Liberty**  
Easy Cook Rice 10KG  
LAYER 14 | HEIGHT 14

18614



**Liberty**  
Long Grain Basmati Rice 8 x 1KG  
LAYER 20 | HEIGHT 5

18875



**Liberty**  
Long Grain Rice 5KG  
LAYER 14 | HEIGHT 14

25874



**Humza**  
Basmati Rice 10KG  
LAYER 10 | HEIGHT 10

21497



**Rafa**  
Basmati Rice 5KG  
LAYER 14 | HEIGHT 14

25923



**Thai Dragon**  
AAA Jasmine Rice 5KG  
LAYER 14 | HEIGHT 14

25924



**Thai Dragon**  
AAA Jasmine Rice 10KG PM £11.99  
LAYER 10 | HEIGHT 10

20931



**Mai Thai**  
AAA Jasmine Rice 5KG  
LAYER 14 | HEIGHT 14

16911



**Mai Thai**  
AAA Jasmine Rice 10KG  
LAYER 5 | HEIGHT 10

16912



**Mai Thai**  
AAA Jasmine Rice 20KG  
LAYER 5 | HEIGHT 10

24409



**Akira**  
Sushi Rice 500G  
LAYER 20 | HEIGHT 10

24050



**Akira**  
Sushi Rice 10Kg  
LAYER 10 | HEIGHT 10

13418



**Dayat**  
Long Grain Rice 20KG  
LAYER 5 | HEIGHT 10

18816



**Lucky 8**  
Long Grain Rice 20KG  
LAYER 5 | HEIGHT 10



Love Laila 

# Naturally



**Laila**  
**RED KIDNEY BEANS**

Haricots rouges de rein • Røde kidney bønner  
Rote Niene Bohnen • Frijoles rojos • Fagioli rossi  
Röda kidneybönor • Punoiset munutit pavit  
Røde nyre bønner



The wonder bean, ideal for simmered dishes as they hold their shape firmly. Toss them up with rice and spices to make a nutritious vegan meal. Also, great in salad, soup, dips and dips.



2kg e



**Laila**  
**SEMOLINA COARSE**

Semoule grossière • Grof griesmeel • Grobmehl  
Semolo Grusso • Semola grossa • Grov semolina  
Korkea mauna • Groft semolina



1.5kg e

A versatile coarse durum wheat perfect for soups, pasta, risotto and the classic veal & mushroom sauce.



**Laila**  
**RED SPLIT LENTILS**

Lentilles reversées rouges • Røde gamorre linser  
Rote Linsen • Lentijas Desarmadas Rojas  
Lenticchie rosse • Röda split linser  
Punoiset Split linsajit • Røde Splitlinsen



2kg e

Red split lentils are naturally nutritious legumes, which are deliciously tender when cooked. Perfect for bowl based noodles, cold salads, hearty soups and thickening pastes or curries.



CHOLESTEROL-FREE



HEALTHY CARBS

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# SOUTH ASIAN

22079



**Lila**  
Gold Chakki Atta 10KG  
LAYER 7 | HEIGHT 7

15855



**Lila**  
Chappatti Flour 6 x 1.5KG  
LAYER 14 | HEIGHT 5

12789



**Lila**  
Chappatti Flour 5KG  
LAYER 10 | HEIGHT 10

12787



**Lila**  
Atta Light Med 10KG  
LAYER 7 | HEIGHT 14

19883



**Lila**  
Atta Light Med 20KG  
LAYER 5 | HEIGHT 10

16330



**Lila**  
6326 - 10 Atta White 10kg  
LAYER 7 | HEIGHT 14

19855



**Lila**  
6326 - 20 Atta White 20KG  
LAYER 5 | HEIGHT 10

24201



**Lila**  
Atta Brown 10KG (DD Only)  
LAYER 7 | HEIGHT 14

19885



**Lila**  
Atta Brown 20KG (DD Only)  
LAYER 5 | HEIGHT 10

22074



**Lila**  
Self Raising Flour (Naan Atta) 20KG  
LAYER 5 | HEIGHT 10

24302



**Lila**  
Cornmeal Coarse 6 x 1.5 KG  
LAYER 12 | HEIGHT 6

24303



**Lila**  
Semolina Coarse 6 x 1.5KG  
LAYER 12 | HEIGHT 6

24304



**Lila**  
Cornmeal Fine 6 x 1.5KG  
LAYER 12 | HEIGHT 6

24305



**Lila**  
Semolina Fine 6 x 1.5KG  
LAYER 12 | HEIGHT 6

24306



**Lila**  
Ground Rice 6 x 1.5KG  
LAYER 12 | HEIGHT 6

24307



**Lila**  
Rice Flour 6 x 1.5KG  
LAYER 12 | HEIGHT 6

# BEANS & PULSES

24308



**Laila**  
White Maize Meal 6 x 1.5KG  
LAYER 12 | HEIGHT 6

COMING SOON



**Laila**  
Gram Flour  
1KG

COMING SOON



**Laila**  
Gram Flour  
2KG

COMING SOON



**Laila**  
Atta Plain Flour  
1.5KG

24251



**Laila**  
Red Split Lentils 10 x 500G  
LAYER 20 | HEIGHT 10

24188



**Laila**  
Red Split Lentils 6 x 2KG  
LAYER 16 | HEIGHT 5

24254



**Laila**  
Mung Daal 10 x 500G  
LAYER 20 | HEIGHT 10

24189



**Laila**  
Mung Dal 6 x 2KG  
LAYER 16 | HEIGHT 5

24257



**Laila**  
Moong Beans 6 x 2KG  
LAYER 16 | HEIGHT 5

24255



**Laila**  
Brown Lentil Whole 10 x 500G  
LAYER 20 | HEIGHT 10

24190



**Laila**  
Brown Lentils 6 x 2KG  
LAYER 16 | HEIGHT 5

24252



**Laila**  
Green Lentils 10 x 500G  
LAYER 20 | HEIGHT 10

24191



**Laila**  
Green Lentils 6 x 2KG  
LAYER 16 | HEIGHT 5

24253



**Laila**  
Chana Daal 10 x 500G  
LAYER 20 | HEIGHT 10

24192



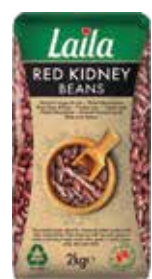
**Laila**  
Chana Dal 6 x 2KG  
LAYER 16 | HEIGHT 5

24256



**Laila**  
Red Kidney Beans 10 x 500G  
LAYER 20 | HEIGHT 10

24258



**Laila**  
Red Kidney Beans 6 x 2KG  
LAYER 16 | HEIGHT 5



# BEANS & PULSES

24263



**Laila**  
Black Eye Beans 6 x 2KG  
LAYER 16 | HEIGHT 5

24262



**Laila**  
Split Peas Yellow 6 x 2KG  
LAYER 16 | HEIGHT 5

24259



**Laila**  
Toor Dal (Plain) 6 x 2KG  
LAYER 16 | HEIGHT 5

24261



**Laila**  
Urid Whole 6 x 2KG  
LAYER 16 | HEIGHT 5

24260



**Laila**  
Urid Dal 6 x 2KG  
LAYER 16 | HEIGHT 5

25098



**Laila**  
Kala Chana 6 x 2KG  
LAYER 16 | HEIGHT 5

24250



**Laila**  
Chickpeas 10 x 500G  
LAYER 20 | HEIGHT 10

24187



**Laila**  
Chickpeas 6 x 2KG  
LAYER 16 | HEIGHT 5

25689



**Laila**  
Brown Lentil 6 x 2KG  
LAYER 12 | HEIGHT 6

25690



**Laila**  
Green Lentils 6 x 2KG  
LAYER 12 | HEIGHT 6

25479



**Laila**  
Mung Dal 6 x 2KG  
LAYER 12 | HEIGHT 6

25480



**Laila**  
Chana Dal 6 x 2KG  
LAYER 12 | HEIGHT 6

25692



**Laila**  
Toor Dal 6 x 2KG  
LAYER 12 | HEIGHT 6

25693



**Laila**  
Urid Dal 6 x 2KG  
LAYER 12 | HEIGHT 6

25691



**Laila**  
Mung Beans 6 x 2KG  
LAYER 12 | HEIGHT 6

25461



**Laila**  
Red Kidney Beans 6 x 2KG  
LAYER 12 | HEIGHT 6



# BEANS & PULSES

25694



**Laila**  
Urid Beans 6 x 2KG  
LAYER 12 | HEIGHT 6

25697



**Laila**  
Kala Chana 6 x 2KG  
LAYER 12 | HEIGHT 6

25482



**Laila**  
Urid Gota 6 x 2KG  
LAYER 12 | HEIGHT 6

25695



**Laila**  
Yellow Split Peas 6 x 2KG  
LAYER 12 | HEIGHT 6

25483



**Laila**  
Urid Chilka 6 x 2KG  
LAYER 12 | HEIGHT 6

25478

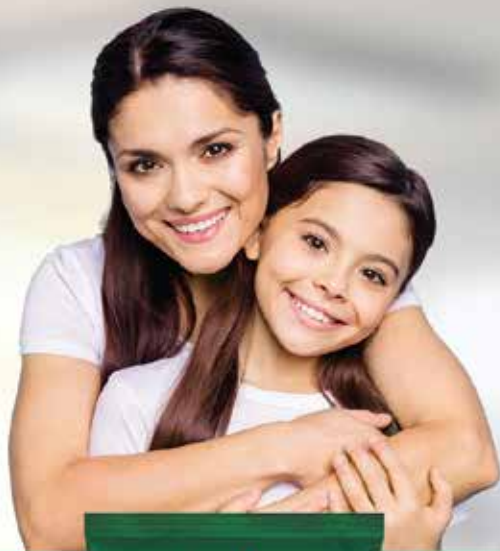


**Laila**  
Chickpeas 6 x 2KG  
LAYER 12 | HEIGHT 6

25128



**Laila**  
Red Split Lentils 6 x 2KG  
LAYER 12 | HEIGHT 6



Mother knows what's best,

*Naturally*



# SNACKS RANGE

25090



**Krackit**  
Chilli & Lemon 12 x 90G  
LAYER 7 | HEIGHT 9

25092



**Krackit**  
Delhi Chaat 12 x 90G  
LAYER 7 | HEIGHT 9



**Krackit**  
Masala Krunch  
12 x 90G



**Krackit**  
Tangy Tomato  
12 x 90G

25079



**Laila**  
Grills Tomato & Basil 12 x 80G  
LAYER 7 | HEIGHT 9

25077



**Laila**  
Grills Sweet Chilli 12 x 80G  
LAYER 7 | HEIGHT 9

24830



**Laila**  
Grills Chilli & Lemon 12 x 80G  
LAYER 7 | HEIGHT 9

25388



**Laila**  
Poppadoms Mango Chutney 12 x 75G  
LAYER 8 | HEIGHT 6

25386



**Laila**  
Poppadoms Plain 12 x 75G  
LAYER 8 | HEIGHT 6

25387



**Laila**  
Poppadoms Yoghurt & Coriander  
12 x 75G  
LAYER 8 | HEIGHT 6

25304



**Laila**  
Multigrain Waves Sweet Chilli  
12x115G  
LAYER 6 | HEIGHT 8

25303



**Laila**  
Multigrain Waves Sour Cream  
& Chive 12x115G  
LAYER 6 | HEIGHT 8

28298



**Laila**  
Monster Wheels Salt and  
Vinegar 12x80G  
LAYER 10 | HEIGHT 10

28297



**Laila**  
Monster Wheels Sour Cream  
& Chive 12x80G  
LAYER 6 | HEIGHT 8

26011



**Laila**  
Salt and Vinegar Twirls  
12x100G  
LAYER 4 | HEIGHT 6



# SNACKS RANGE

25300



**Just Real**  
Hummus Chips Sour Cream  
& Chive 12x135G  
LAYER 7 | HEIGHT 7

25299



**Just Real**  
Hummus Chips Tomato & Basil  
12x135G  
LAYER 7 | HEIGHT 7

25302



**Just Real**  
Quinoa Waves Sweet Chilli  
12x80G  
LAYER 7 | HEIGHT 7

25301



**Just Real**  
Quinoa Waves Sour Cream & Chive  
12x80G  
LAYER 7 | HEIGHT 7

25298



**Just Real**  
Lentils Chips Sweet Chilli  
12x113G  
LAYER 7 | HEIGHT 7

25297



**Just Real**  
Lentils Chips Sea Salt  
12x113G  
LAYER 7 | HEIGHT 7

24954



**Thai Dragon**  
Crackers Mix 12 x 100G  
LAYER 7 | HEIGHT 5

24955



**Thai Dragon**  
Sweet Chilli Prawn Crackers  
12 x 100G  
LAYER 7 | HEIGHT 5

24957



**Thai Dragon**  
Prawn Crackers 12 x 100G  
LAYER 7 | HEIGHT 5

25094



**Thai Dragon**  
Sweet Chilli Prawn Crackers  
6 x 60G  
LAYER 20 | HEIGHT 6

25600



**Thai Dragon**  
Prawn Crackers 6 x 60G  
LAYER 20 | HEIGHT 6

26112



**Island Sun**  
Kingston Krunch Cheese &  
Jalapeno 6 x 80G  
LAYER 16 | HEIGHT 11

26113



**Samai**  
Kingston Krunch Jerk  
BBQ (snack) 6 x 80G  
LAYER 16 | HEIGHT 11



# CRACKING GRILLS

# SOUTH ASIAN

18359



**Laila**  
Mango Pulp 6 x 850G  
LAYER 16 | HEIGHT 10

18360



**Laila**  
Alphonso Mango Pulp 6 x 850G  
LAYER 16 | HEIGHT 10

20176



**Laila**  
Ginger Paste 6 x 300G  
LAYER 30 | HEIGHT 8

20238



**Laila**  
Ginger Paste 6 x 1KG  
LAYER 20 | HEIGHT 7

19454



**Laila**  
Ginger Paste 2 x 6 x 1KG  
LAYER 10 | HEIGHT 7

20177



**Laila**  
Garlic Paste 6 x 300G  
LAYER 30 | HEIGHT 8

20237



**Laila**  
Garlic Paste 6 x 1KG  
LAYER 20 | HEIGHT 7

19455



**Laila**  
Garlic Paste 2 x 6 x 1KG  
LAYER 10 | HEIGHT 7

21124



**Laila**  
Sauce Piri Piri 6 x 1L  
LAYER 25 | HEIGHT 6

21127



**Laila**  
Sauce Tamarind 6 x 1L  
LAYER 25 | HEIGHT 6

22974



**Laila**  
Mint Suace 6 x 1L  
LAYER 25 | HEIGHT 6

21126



**Laila**  
Sauce Chilli BBQ 6 x 1L  
LAYER 25 | HEIGHT 6

22979



**Laila**  
Sweet Chilli Sauce 6 x 1L  
LAYER 25 | HEIGHT 6

21040



**Laila**  
Sauce Chilli and Garlic 6 x 1L  
LAYER 25 | HEIGHT 6



# SOUTH ASIAN

26014



**Laila**  
Cake Rusk 12 x 350G  
LAYER 8 | HEIGHT 5

26015



**Laila**  
Cake Rusk 8 x 800G  
LAYER 8 | HEIGHT 5

26012



**Laila**  
Laila U-shape Vermicelli 48 x 150G  
LAYER 7 | HEIGHT 6

26013



**Laila**  
Laila Pheni (Fried Vermicelli) 24x200g  
LAYER 10 | HEIGHT 10

13546



**Laila**  
Madras Plain Pappadums 6 x 10 x 200G  
LAYER 7 | HEIGHT 14

25966



**Surya**  
Madras Plain Pappadums 6 x 10 x 250G  
LAYER 7 | HEIGHT 14

23821



**Laila**  
Creamed Coconut 12 x 200G  
LAYER 32 | HEIGHT 8

23667



**Laila**  
Coconut Oil 6 x 500ML  
LAYER 20 | HEIGHT 11

24044



**Laila**  
Virgin Coconut Oil 6 x 500ML  
LAYER 20 | HEIGHT 10

23668



**Laila**  
Coconut Milk Lite 12 x 400ML  
LAYER 15 | HEIGHT 10

23749



**Laila**  
Coconut Milk Rich & Creamy 12 x 400ML  
LAYER 15 | HEIGHT 10

24837



**Laila**  
Canned Young Green  
Jackfruit in brine  
LAYER 11 | HEIGHT 10

28207



**Laila**  
Pure Butter Ghee 500G  
LAYER 51 | HEIGHT 8

20935



**Laila**  
Pure Butter Ghee 6x2KG  
LAYER 8 | HEIGHT 10

25932



**Laila**  
Pomace Olive Oil Blend 4x3L  
LAYER 25 | HEIGHT 4

25934



**Laila**  
Pomace Olive Oil 100%  
Pure 4x5L  
LAYER 15 | HEIGHT 4

25981



**Laila**  
Pomace Olive Oil Blend  
4x5L  
LAYER 15 | HEIGHT 14



# Love the *NEW* crunch!





# SOUTH ASIAN

26046



Lila  
Tamarind paste (glass bottle )12 x 400G  
LAYER 30 | HEIGHT 7

26045



Lila  
Tamarind Slab 50 x 200GM  
LAYER 9 | HEIGHT 7

26067



Lila  
Kewra Water 12 x 190ML  
LAYER 7 | HEIGHT 8

26066



Lila  
Rose Water 12 x 190ML  
LAYER 7 | HEIGHT 8

26016



Lila  
Rose Syrup 12 x 725ML  
LAYER 8 | HEIGHT 5

28171



Lila  
Lemon Juice 250ML  
LAYER 31 | HEIGHT 5

28172



Lila  
Lemon Juice 500ML  
LAYER 31 | HEIGHT 5

26075



Lila  
Lemon Dressing 400ML  
LAYER 7 | HEIGHT 10

26017



Lila  
Yellow Food Colouring Powder  
20 x 500g  
LAYER 8 | HEIGHT 5

26018



Lila  
Orange Food Colouring Powder  
20 x 500g  
LAYER 8 | HEIGHT 5

26019



Lila  
Bright Red Food Colouring Powder  
20 x 500g  
LAYER 8 | HEIGHT 5

26020



Lila  
Green Food Colouring Powder  
20 x 500g  
LAYER 8 | HEIGHT 5



COMING SOON

Lila Professionals  
Vegetable Cooking Oil 20L



COMING SOON

Lila Professionals  
Plastic Food Containers & Lids  
650ml (250sets)



COMING SOON

Lila Professionals  
Plastic Food Containers & Lids  
500ml (250sets)



# ADD FRESHNESS TO YOUR RECIPES







# DRIZZLE NATURAL GOODNESS







**Laila**  
Raw Dry fruit Box 10x260g (26040)  
LAYER 7 | HEIGHT 5

**Laila**  
Soan Papdi 24 x 500g (26037)  
LAYER 9 | HEIGHT 6

**Laila**  
Celebration Cookies 12 x 400g (26041)  
LAYER 6 | HEIGHT 8

**Laila**  
Pani Puri Kit 12 x 280g (26036)  
LAYER 8 | HEIGHT 5

**Laila**  
Bhel Puri Kit 10 x 500g (26035)  
LAYER 9 | HEIGHT 6

**Laila**  
Choco Biscuits 6x(6x102g) (26070)  
Layer 51 | Height 8



# SOUTH ASIAN

25989



**Laila**  
Falooda Drink Banana  
Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

25988



**Laila**  
Falooda Drink Mango  
Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

25987



**Laila**  
Falooda Drink Banana  
Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

25997



**Laila**  
Basil Seed Drink  
Cocktail Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

25992



**Laila**  
Basil Seed Drink Mango  
Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

25993



**Laila**  
Basil Seed Drink Strawberry  
Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

25994



**Laila**  
Basil Seed Drink Pineapple  
Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

25995



**Laila**  
Basil Seed Drink Lychee  
Flavour 24 x 290ml  
LAYER 12 | HEIGHT 10

**Laila**

# Freshness of Rose

**Laila**  
ROSE SYRUP

# SOUTH ASIAN



COMING SOON

Laila  
Chilli Gralic Sauce 260G



COMING SOON

Laila  
Green Chilli Sauce 260G



COMING SOON

Laila  
Mango Mint Sauce 260G



COMING SOON

Laila  
Tamarind Sauce 260G

28347



COMING SOON

Laila  
Mango Pickle - Hot 6 x 400G  
LAYER 24 | HEIGHT 8

28348



COMING SOON

Laila  
Laila Mango Pickle - Mild 6 x 400G  
LAYER 30 | HEIGHT 8

28350



COMING SOON

Laila  
Lime Hot Pickle 6 x 400G  
LAYER 24 | HEIGHT 8

28354



COMING SOON

Laila  
Gujarati Methi Mango Pickle 6 x 400G  
LAYER 24 | HEIGHT 8

28355



COMING SOON

Laila  
Gujarati Chhundo Pickle 6 x 400G  
LAYER 24 | HEIGHT 8

28351



COMING SOON

Laila  
Green Chilli Pickle 6 x 400G  
LAYER 24 | HEIGHT 8

28352



COMING SOON

Laila  
Garlic Pickle 6 x 400G  
LAYER 24 | HEIGHT 8

28353



COMING SOON

Laila  
Carrot & Chilli Pickle 6 x 400G  
LAYER 24 | HEIGHT 8

28349



COMING SOON

Laila  
Mixed Pickle 6 x 400G  
LAYER 24 | HEIGHT 8

28356



COMING SOON

Laila  
Gujarati Gorkeri Pickle 6 x 500G  
LAYER 24 | HEIGHT 8

28357



COMING SOON

Laila  
Spicy Mango Chutney Medium 6 x 500G  
LAYER 24 | HEIGHT 8

28358



COMING SOON

Laila  
Sweet Mango Chutney 6 x 500G  
LAYER 24 | HEIGHT 8



# SOUTH ASIAN

27061



COMING SOON

**Laila**  
Bay Leaves 20 x 10G  
LAYER 20 | HEIGHT 8

25534



COMING SOON

**Laila**  
Chilli Powder 20 x 100G  
LAYER 25 | HEIGHT 8

25532



COMING SOON

**Laila**  
Coriander Powder 20 x 100G  
LAYER 25 | HEIGHT 8

25536



COMING SOON

**Laila**  
Crushed Chilli 20 x 100G  
LAYER 25 | HEIGHT 8

25533



COMING SOON

**Laila**  
Cumin Powder 20 x 100G  
LAYER 25 | HEIGHT 8

25538



COMING SOON

**Laila**  
Cumin Seeds 20 x 100G  
LAYER 25 | HEIGHT 8

25531



COMING SOON

**Laila**  
Turmeric Powder 20 x 100G  
LAYER 25 | HEIGHT 8

25535



COMING SOON

**Laila**  
Garam Masala 20x100G  
LAYER 25 | HEIGHT 8

25537



COMING SOON

**Laila**  
Coriander Seeds 20x100G  
LAYER 25 | HEIGHT 8

25539



COMING SOON

**Laila**  
Whole Black Mustard 20x100G  
LAYER 25 | HEIGHT 8

25540



COMING SOON

**Laila**  
Fennel Seeds 20x100G  
LAYER 25 | HEIGHT 8

25541



COMING SOON

**Laila**  
Methi Fenugreek Seeds 20x100G  
LAYER 25 | HEIGHT 8

25543



COMING SOON

**Laila**  
Whole Black Pepper 20x100G  
LAYER 25 | HEIGHT 8

25544



COMING SOON

**Laila**  
Curry Powder 20x100G  
LAYER 25 | HEIGHT 8

27063



COMING SOON

**Laila**  
Amchur Powder 20x100G  
LAYER 20 | HEIGHT 8

25547



COMING SOON

**Laila**  
Ajwain Seeds 20x100G  
LAYER 25 | HEIGHT 8

# SOUTH ASIAN

27064



COMING SOON

**Laila**  
Black Cardamom 20x75G  
LAYER 20 | HEIGHT 8

25548



COMING SOON

**Laila**  
Casia (Cinamon) Sticks 20x50G  
LAYER 25 | HEIGHT 8

25524



COMING SOON

**Laila**  
Coriander Powder 6 x 300G  
LAYER 25 | HEIGHT 8

27068



COMING SOON

**Laila**  
Crushed Chilli 6 x 250G  
LAYER 20 | HEIGHT 8

25525



COMING SOON

**Laila**  
Cumin Powder 6 x 300G  
LAYER 25 | HEIGHT 8

25526



COMING SOON

**Laila**  
Chilli Powder 6 x 300G  
LAYER 25 | HEIGHT 8

25523



COMING SOON

**Laila**  
Turmeric Powder 6 x 300G  
LAYER 25 | HEIGHT 8

25527



COMING SOON

**Laila**  
Garam Masala 6x300G  
LAYER 25 | HEIGHT 8

25529



COMING SOON

**Laila**  
Coriander Seeds 6x250G  
LAYER 25 | HEIGHT 8

25530



COMING SOON

**Laila**  
Whole Cumin Seeds 6x300G  
LAYER 25 | HEIGHT 8

21712



COMING SOON

**Laila**  
Chilli Powder 6 x 1KG  
LAYER 10 | HEIGHT 10

27069



COMING SOON

**Laila**  
Coriander Powder 6 x 1KG  
LAYER 20 | HEIGHT 5

21713



COMING SOON

**Laila**  
Crushed Chilli 6 x 1KG  
LAYER 10 | HEIGHT 10

21716



COMING SOON

**Laila**  
Turmeric Powder 6 x 1KG  
LAYER 10 | HEIGHT 10

27072



COMING SOON

**Laila**  
Cumin Powder 6 x 1KG  
LAYER 205 | HEIGHT 5

27070



COMING SOON

**Laila**  
Coriander Seeds 6x700G  
LAYER 20 | HEIGHT 5

27071



COMING SOON

**Laila**  
Garam Masala 6x1KG  
LAYER 20 | HEIGHT 5



# SOUTH ASIAN

25581

COMING SOON



Lila Naturals  
Almonds 8 x 700G  
LAYER 12 | HEIGHT 6

25582

COMING SOON



Lila Naturals  
Cashew Kernels 8 x 700G  
LAYER 12 | HEIGHT 6

COMING SOON



Lila Naturals  
Pistachios 8 x 700G

COMING SOON



Lila Naturals  
Walnut Halves 8 x 700G

COMING SOON



Lila Naturals  
Green Raisins 8 x 700G

COMING SOON



Lila Naturals  
Golden Raisins 8 x 700G

COMING SOON



Lila Naturals  
Peanuts Pink 6 x 1KG

COMING SOON



Lila Naturals  
Peanuts Red 6 X 1KG

Lila  
**Naturals**





# GOOD FOOD



# GREAT VALUE

## Laila EVERYDAY

A hallmark of daily household range is **Laila Everyday**. The range is consistent with a need to access fair price ingredients and commodities while maintaining quality standards and consistency. Laila Everyday brings one of the largest range of kitchen essentials and world foods procured and packed in ways to bring about efficiencies and lower margins to the fore.

**An honest goodness at fair prices to drive great value.**



Laila Everyday  
Coconut Milk  
12x400ML (00000)  
L00 x H00



Laila Everyday  
Condensed Milk  
12x397G (25916)  
L15 x H13



Laila Everyday Instant Noodles  
Chicken 99p 10x425G (25887)  
L12 x H4



Laila Everyday Instant Noodles  
Curry 99p 10x425G (25888)  
L12 x H4



Laila Everyday Instant Noodles  
Masala 99p 10x425G (25888)  
L12 x H4



Laila Everyday Rice  
8x500G (25496)  
L20 x H10



Laila Everyday  
Rice (Pillow Pack)  
10x1KG (25126)  
L12 x H6



Laila Everyday  
Rice 5KG (24758)  
L14 x H14



Laila Everyday  
Easy Cook Rice  
5KG (25727)  
L14 x H14



# SOUTH ASIAN

22829



**Britannia**  
Goodday Butter 24 x 72G  
LAYER 28 | HEIGHT 6

23103



**Britannia**  
Goodday Butter 12 x 216G  
LAYER 21 | HEIGHT 6

22830



**Britannia**  
Goodday Cashew 24 x 72G  
LAYER 28 | HEIGHT 6

23105



**Britannia**  
Goodday Cashew 12 x 216G  
LAYER 21 | HEIGHT 6

22831



**Britannia**  
Goodday Pista/Badam 24 x 72G  
LAYER 28 | HEIGHT 6

23104



**Britannia**  
Goodday Pista & Alm 12 x 216G  
LAYER 21 | HEIGHT 6

27024



**Britannia**  
Goodday Choco Chips 30 x 120G  
LAYER 18 | HEIGHT 5

22136



**Britannia**  
Maska Chaska 24 x 62G  
LAYER 20 | HEIGHT 10

23194



**Britannia**  
Maska Chaska (Family Packs) 4x6x62G  
LAYER 20 | HEIGHT 10

22444



**Britannia**  
Fifty Fifty 48 x 62G  
LAYER 16 | HEIGHT 7

18033



**Britannia**  
Cream Treat Bourbon 24 x 400G  
LAYER 10 | HEIGHT 5

24484



**Britannia**  
Cream Treat Bourbon 30x100G  
LAYER 15 | HEIGHT 8

24323



**Britannia**  
Milk Bikis (Family Pack) 8x6x90G  
LAYER 14 | HEIGHT 7

27081



**Britannia**  
Milk Bikis Creams 12x8x44G  
LAYER 12 | HEIGHT 6

# SOUTH ASIAN

25475



**Britannia**  
Treat Wafers Chocolate 24x150g  
LAYER 12 | HEIGHT 6

25474



**Britannia**  
Treat Wafers Strawberry 24x150g  
LAYER 12 | HEIGHT 6

25473



**Britannia**  
Treat Wafers Vanilla 24x150g  
LAYER 12 | HEIGHT 6

21137



**Britannia**  
Punjabi Cookies 8 x 620G  
LAYER 8 | HEIGHT 6

22332



**Britannia**  
Marie Gold 24 x 176G  
LAYER 12 | HEIGHT 6

25967



**Britannia**  
Nicetime 30x80G  
LAYER 12 | HEIGHT 8

25968



**Britannia**  
Nicetime 5x6x80G  
LAYER 12 | HEIGHT 8

25608



**Britannia**  
Milk Rusk 24x207G  
LAYER 12 | HEIGHT 8

23606



**Britannia**  
Milk Rusk 6x560G  
LAYER 10 | HEIGHT 6

24844



**Britannia**  
Milk Rusks 8x1120G  
LAYER 5 | HEIGHT 6

23683



**Britannia**  
Wheat Rusk 6 x 610G  
LAYER 10 | HEIGHT 5

25607



**Britannia**  
Wheat Rusk 24 x235G  
LAYER 10 | HEIGHT 5

24324



**Britannia**  
Fifty Fifty Family Pack 8x6x62G  
LAYER 12 | HEIGHT 6

24326



**Britannia**  
Time Pass (Family Pack) 10 x 4 x 40G  
LAYER 12 | HEIGHT 8

25120



**Britannia**  
Treat Cream Vanilla 24 x 100G  
LAYER 28 | HEIGHT 6



# SOUTH ASIAN

22889



**MTR**  
Cuppa Poha 6 x 80G  
LAYER 20 | HEIGHT 8

22890



**MTR**  
Cuppa Khatta Meetha Poha 6 x 80G  
LAYER 20 | HEIGHT 8

22891



**MTR**  
Cuppa Upma 6 x 80G  
LAYER 20 | HEIGHT 8

27026



**MTR**  
Cuppa Magic Masala Upma 6 x 80G  
LAYER 20 | HEIGHT 8

22763



**MTR**  
Dhokla Mix 12 x 200G  
LAYER 24 | HEIGHT 8

22764



**MTR**  
Khaman Dhokla Mix 12 x 200G  
LAYER 24 | HEIGHT 8

22765



**MTR**  
Khaman Dhokla Mix 6 x 500G  
LAYER 28 | HEIGHT 6

22757



**MTR**  
Plain Upma Mix 12 x 200G  
LAYER 24 | HEIGHT 8

22758



**MTR**  
Uttappam Mix 6 x 500G  
LAYER 28 | HEIGHT 6

22766



**MTR**  
Sambar Mix 12 x 200G  
LAYER 24 | HEIGHT 8

22769



**MTR**  
Sambar Powder 12 x 200G  
LAYER 24 | HEIGHT 8

22770



**MTR**  
Rasam Powder 12 x 200G  
LAYER 24 | HEIGHT 8

22771



**MTR**  
Spiced Chutney Powder 12 x 200G  
LAYER 24 | HEIGHT 8

22772



**MTR**  
Puliogare Powder 12 x 200G  
LAYER 24 | HEIGHT 8

22774



**MTR**  
Bisibelebath Masala 15 x 100G  
LAYER 24 | HEIGHT 8

22775



**MTR**  
Madras Sambar Powder 15 x 100G  
LAYER 24 | HEIGHT 8

# SOUTH ASIAN

22751



**MTR**  
Rava Idli 6 x 500G  
LAYER 28 | HEIGHT 6

22753



**MTR**  
Rice Idli Mix 12 x 200G  
LAYER 24 | HEIGHT 8

22760



**MTR**  
Masala Idli 6 x 500G  
LAYER 28 | HEIGHT 6

22754



**MTR**  
Rice Idli Mix 6 x 500G  
LAYER 28 | HEIGHT 6

22762



**MTR**  
Vada Mix 6 x 500G  
LAYER 28 | HEIGHT 6

22761



**MTR**  
Vada Mix 12 x 200G  
LAYER 24 | HEIGHT 8

22767



**MTR**  
Vermicelli 5 x 440G  
LAYER 24 | HEIGHT 8

22685



**MTR**  
Vermicelli 3 x 4 x 950G  
LAYER 7 | HEIGHT 6

22768



**MTR**  
Roasted Vermicelli 5 x 440G  
LAYER 24 | HEIGHT 8

22686



**MTR**  
Roasted Vermicelli 12 x 900G  
LAYER 7 | HEIGHT 6

28364



**MTR**  
Dal Oats 24x144G  
LAYER 10 | HEIGHT 10

28294



**MTR**  
Minute Rasam-Pepper 24x(4x15G)  
LAYER 24 | HEIGHT 8

23642



**MTR**  
Lemon Rice Powder 15 x 100G  
LAYER 24 | HEIGHT 8

27087



**MTR**  
Khatta Meetha Poha 24x160G  
LAYER 20 | HEIGHT 8

27088



**MTR**  
Poha 24x160G  
LAYER 20 | HEIGHT 8

23268



**MTR**  
Vermicelli Upma 24x160G  
LAYER 20 | HEIGHT 8

28295



**MTR**  
Minute Rasam-Garlic  
24x(4x15G)  
LAYER 24 | HEIGHT 8



# SOUTH ASIAN

22915



**Mother's Recipe**  
Andhra Ginger Pickle S.I.S 6 X 300G  
LAYER 34 | HEIGHT 9

22566



**Mother's Recipe**  
Mango Pickle Hot 6 x 300G (N.I)  
LAYER 34 | HEIGHT 9

23380



**Mother's Recipe**  
Lime Pickle S.I.S 6 x 300G  
LAYER 34 | HEIGHT 9

22562



**Mother's Recipe**  
Punjabi Pacharanga Pickle 6 x 500G  
LAYER 28 | HEIGHT 10

22737



**Mother's Recipe**  
Carrot and Chilli Pickle N.I. 6 x 500G  
LAYER 28 | HEIGHT 10

22738



**Mother's Recipe**  
Lime Pickle Hot N.I. 6 x 500G  
LAYER 28 | HEIGHT 10

22740



**Mother's Recipe**  
Gujarati Methia Mango N.I. 6 x 500G  
LAYER 28 | HEIGHT 10

22742



**Mother's Recipe**  
Maharashtra Mango Pickle N.I. 6 x 500G  
LAYER 28 | HEIGHT 10

22744



**Mother's Recipe**  
Punjabi Teekha Mango Pickle N.I.  
6 x 500G  
LAYER 28 | HEIGHT 10

22917



**Mother's Recipe**  
Mango Pickle - Hot N.I. 6 x 500G  
LAYER 28 | HEIGHT 10

22918



**Mother's Recipe**  
Mango Pickle - Mild N.I. 6 X 500g  
LAYER 28 | HEIGHT 10

22919



**Mother's Recipe**  
Mixed Pickle N.I. 6 x 500G  
LAYER 28 | HEIGHT 10

22921



**Mother's Recipe**  
Green Chilli Pickle N.I. 6 x 500G  
LAYER 28 | HEIGHT 10

22922



**Mother's Recipe**  
Garlic Pickle N.I. 6 X 500G  
LAYER 28 | HEIGHT 10

22923



**Mother's Recipe**  
Punjabi Mango Pickle N.I. 6 X 500G  
LAYER 28 | HEIGHT 10

22924



**Mother's Recipe**  
Stuffed Red Chilli Pickle 6 X 500G  
LAYER 28 | HEIGHT 10

# SOUTH ASIAN

22732



**Mother's Recipe**  
Andhra Avakaya Mango  
Pickle S.I.S 6 x 300G  
LAYER 34 | HEIGHT 9

22734



**Mother's Recipe**  
Cut Mango Pickle (S.I.S) 6 x 300G  
LAYER 34 | HEIGHT 9

22736



**Mother's Recipe**  
Madras Thokku Pickle (S.I.S) 6 x 300G  
LAYER 34 | HEIGHT 9

22735



**Mother's Recipe**  
Kerala Vadu Mongo Pickle 6 x 300G  
LAYER 28 | HEIGHT 10

22733



**Mother's Recipe**  
Andhra Tomato Pickle S.I.S 6 x 300G  
LAYER 34 | HEIGHT 9

22773



**Mother's Recipe**  
Mixed Pickle S.I.S 6 x 300G  
LAYER 28 | HEIGHT 10

22741



**Mother's Recipe**  
Gujarati Chundo Pickle N.I. 6 x 575G  
LAYER 28 | HEIGHT 10

22739



**Mother's Recipe**  
Gujarati Gorkeri Pickle N.I. 6 x 575G  
LAYER 28 | HEIGHT 10

22927



**Mother's Recipe**  
Sweet & Sour Lime Pickle 6 x 575G  
LAYER 28 | HEIGHT 10

24075



**Mother's Recipe**  
Mango Pickle - Hot 12 x 725G  
LAYER 10 | HEIGHT 7

24076



**Mother's Recipe**  
Mixed Pickle 12 x 725G  
LAYER 10 | HEIGHT 7

23374



**Mother's Recipe**  
Bhlepuri Chutney 12 x 370G  
LAYER 20 | HEIGHT 6

23375



**Mother's Recipe**  
Delhi Chaat Chutney 12 x 370G  
LAYER 20 | HEIGHT 6

23376



**Mother's Recipe**  
Samosa Chutney 12 x 370G  
LAYER 20 | HEIGHT 6

23377



**Mother's Recipe**  
Tamarind Date Chutney 12 x 380G  
LAYER 20 | HEIGHT 6



# SOUTH ASIAN

21049



Cocofresh  
Coconut Oil PET 6 x 500ML  
LAYER 20 | HEIGHT 10

13295



Cocofresh  
Coconut Milk 12 x 400ML  
LAYER 15 | HEIGHT 10

13300



Wonderfarm  
Tamarind Drink 24 x 320ML  
LAYER 10 | HEIGHT 10

13298



Wonderfarm  
Coconut Water 24 x 310ML  
LAYER 10 | HEIGHT 10



# 100% PURE COCONUT OIL

Oil full of Natural  
Goodness

Great for frying  
baking roasting  
or just spreading



# AFRICAN

16387



**Mother Africa**  
White Gari 20KG  
LAYER 5 | HEIGHT 8

12962



**Mother Africa**  
Yellow Gari 20KG  
LAYER 5 | HEIGHT 8

18029



**Mother Africa**  
Peanut Butter Natural 12 x 500G  
LAYER 15 | HEIGHT 11

18028



**Mother Africa**  
Peanut Butter Natural 6 x 1KG  
LAYER 20 | HEIGHT 8

20227



**Mother Africa**  
Palm Oil 6 x 500ML  
LAYER 45 | HEIGHT 5

18294



**Mother Africa**  
Palm Oil 24 x 500ML  
LAYER 10 | HEIGHT 6

18815



**Mother Africa**  
Palm Oil 12 x 1L  
LAYER 14 | HEIGHT 5

18258



**Mother Africa**  
Palm Oil 6 x 2L  
LAYER 14 | HEIGHT 5

19319



**Mother Africa**  
Zomi Palm Oil 24 x 500ML  
LAYER 10 | HEIGHT 6

20666



**Mother Africa**  
Zomi Palm Oil 12 x 1L  
LAYER 14 | HEIGHT 5

13573



**Mother Africa**  
Okazi Leaves 15 x 25G  
LAYER 18 | HEIGHT 6

13574



**Mother Africa**  
Ugu Leaves 15 x 25G  
LAYER 18 | HEIGHT 6

13571



**Mother Africa**  
Bitter Leaves 15 x 25G  
LAYER 18 | HEIGHT 6

13597



**Mother Africa**  
Hot Pepper Ground 12 x 100G  
LAYER 18 | HEIGHT 6

13596



**Mother Africa**  
Hot Pepper Whole 12 x 100G  
LAYER 18 | HEIGHT 6

21039



**Mother Africa**  
Pepper Soup Mix 12 x 100G  
LAYER 18 | HEIGHT 6



# AFRICAN

23117



**Mother Africa**  
Egusi Ground 12 x 400G  
LAYER 10 | HEIGHT 10

18271



**Mother Africa**  
Egusi Ground 12 x 80G  
LAYER 18 | HEIGHT 6

20556



**Mother Africa**  
Egusi Whole 12 x 80G  
LAYER 18 | HEIGHT 6

23211



**Mother Africa**  
Egusi Whole 10 x 200G  
LAYER 18 | HEIGHT 6

23208



**Mother Africa**  
Egusi Ground 10 x 200G  
LAYER 18 | HEIGHT 6

23214



**Mother Africa**  
Ogbono Ground 12 x 40G  
LAYER 18 | HEIGHT 6

12132



**Mother Africa**  
Ogbono Ground 12 x 80G  
LAYER 18 | HEIGHT 6

23222



**Mother Africa**  
Ogbono Whole 12 x 40G  
LAYER 18 | HEIGHT 6

12131



**Mother Africa**  
Ogbono Whole 12 x 80G  
LAYER 18 | HEIGHT 6

20553



**Mother Africa**  
Prawns Smoked 12 x 40G  
LAYER 18 | HEIGHT 6

23210



**Mother Africa**  
Ground Prawn 12 x 40G  
LAYER 18 | HEIGHT 6

18265



**Mother Africa**  
Prawns Ground 12 x 75G  
LAYER 18 | HEIGHT 6

18270



**Mother Africa**  
Crayfish Ground 12 x 40G  
LAYER 18 | HEIGHT 6

18814



**Mother Africa**  
Crayfish Whole 12 x 50G  
LAYER 18 | HEIGHT 6

20552



**Mother Africa**  
Bonga (Shawa) Fillet 12 x 100G  
LAYER 18 | HEIGHT 6

17968



**Mother Africa**  
Dried Anchovies 12 x 100G  
LAYER 18 | HEIGHT 6

23209



**Mother Africa**  
Ground Crayfish 12 x 70G  
LAYER 18 | HEIGHT 6

23212



**Mother Africa**  
Shawa Fillets 12 x 100G  
LAYER 18 | HEIGHT 6

20557



**Mother Africa**  
Stockfish Cod 10 x 250G  
LAYER 10 | HEIGHT 8

12139



**Mother Africa**  
Stockfish Cod Head 10 x 0.5KG  
LAYER 10 | HEIGHT 10

18288



**Mother Africa**  
Stockfish Cod Head 12 x 250G  
LAYER 4 | HEIGHT 10

23230



**Mother Africa**  
Stockfish Fillets 12 x 100G  
LAYER 18 | HEIGHT 6

17966



**Mother Africa**  
Stockfish Fillets 12 x 120G  
LAYER 18 | HEIGHT 6

23234



**Mother Africa**  
Stockfish Tusk 12 x 100G  
LAYER 18 | HEIGHT 6

18690



**Mother Africa**  
Stockfish Tusk 10 x 250G  
LAYER 10 | HEIGHT 8

20676



**Mother Africa**  
Stockfish Powder 12 x 75G  
LAYER 18 | HEIGHT 6

18314



**Mother Africa**  
Lizard Fish 25 x 200G  
LAYER 7 | HEIGHT 7

20554



**Mother Africa**  
Catfish Fillet 12x100G  
LAYER 18 | HEIGHT 6

20555



**Mother Africa**  
Tilapia Fillet 12 x 100G  
LAYER 18 | HEIGHT 6

23119



**Mother Africa**  
Prawns Smoked 12 x 75G  
LAYER 18 | HEIGHT 6

23121



**Mother Africa**  
Stockfish Fillets 12 x 240G  
LAYER 4 | HEIGHT 13

26516



**Ayoola**  
Stockfish Fillets 9KG  
LAYER 2 | HEIGHT 10



# AFRICAN

27031



**Mother Africa**  
Crayfish Whole 12 x 200G  
LAYER 10 | HEIGHT 10

27035



**Mother Africa**  
Tilapia 12 x 75G (DD)  
LAYER 10 | HEIGHT 10

23218



**Mother Africa**  
Catfish Fillets 12 x 200G  
LAYER 10 | HEIGHT 10

23219



**Mother Africa**  
Catfish Fillets 12 x 400G  
LAYER 4 | HEIGHT 12

23493



**Mother Africa**  
Stockfish Collarbones Bulk 9KG  
LAYER 4 | HEIGHT 10

28302



**Mother Africa**  
Striped Catfish Fillets 12 x 80G  
LAYER 18 | HEIGHT 7

28303



**Mother Africa**  
Striped Catfish Fillets 12 x 200G  
LAYER 18 | HEIGHT 7

28304



**Mother Africa**  
Barracuda Fillets 12 x 80G  
LAYER 18 | HEIGHT 7

28305



**Mother Africa**  
Catfish Crumbs 12 x 80G  
LAYER 18 | HEIGHT 7

28306



**Mother Africa**  
Catfish Pieces 12 x 80G  
LAYER 18 | HEIGHT 7

28307



**Mother Africa**  
Catfish Powder 12 x 80G  
LAYER 18 | HEIGHT 7

18741



**Apollo**  
Sardine in Vegetable Oil 50 x 125G  
LAYER 12 | HEIGHT 11

22969



**Apollo**  
Sardine in Chilli Vegetable Oil 50 x 125G  
LAYER 12 | HEIGHT 11

22935



**Ayoola**  
Sardines in Chilli Sauce 50x125G  
LAYER 12 | HEIGHT 11

22933



**Cawoods**  
Sardines in Soya Oil 50x125G  
LAYER 12 | HEIGHT 11

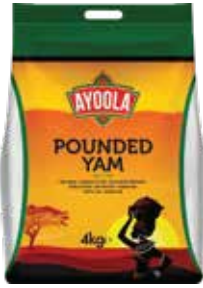
22931



**Cawoods**  
Sardines in Tomato Sauce 50x125G  
LAYER 12 | HEIGHT 11

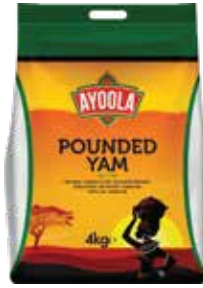
# AFRICAN

24281



**Ayoola**  
Pounded Yam 4KG  
LAYER 14 | HEIGHT 14

24282



**Ayoola**  
Semolina Coarse 4KG  
LAYER 14 | HEIGHT 14

24280



**Ayoola**  
White Gari 4KG  
LAYER 14 | HEIGHT 14

25950



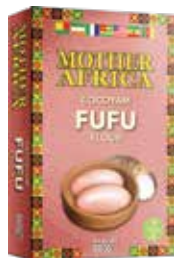
**Mother Africa**  
Fufu Flour (Plantain) 24x 680G  
LAYER 8 | HEIGHT 7

25951



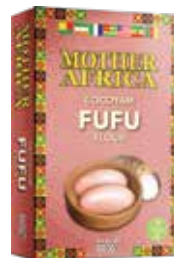
**Mother Africa**  
Fufu Flour (Plantain) 6x 680G  
LAYER 31 | HEIGHT 5

25948



**Mother Africa**  
Fufu Flour (Cocoyam) 24x 680G  
LAYER 8 | HEIGHT 7

25949



**Mother Africa**  
Fufu Flour (Cocoyam) 6x 680G  
LAYER 31 | HEIGHT 5

22877



**Mother Africa**  
Fufu Flour Cocoyam 4KG  
LAYER 13 | HEIGHT 20

22878



**Mother Africa**  
Fufu Flour Plantain 4KG  
LAYER 13 | HEIGHT 20

25886



**Mother Africa**  
Tomato Paste 24x 400G  
LAYER 6 | HEIGHT 12

25879



**Mother Africa**  
Tomato Paste 12x 800G  
LAYER 6 | HEIGHT 12

18328



**Ghana's Choice**  
Shito Hot Paste 12x 315ML  
LAYER 16 | HEIGHT 10

22000



**Peak**  
Milk Powder 24x 400G  
LAYER 10 | HEIGHT 8

22001



**Peak**  
Milk Powder 12x 900G  
LAYER 6 | HEIGHT 11

22002



**Peak**  
Evaporated Milk 6x 2.5KG  
LAYER 5 | HEIGHT 9

23583



**Peak**  
Evaporated Milk 48x 170G  
LAYER 6 | HEIGHT 9

21995



**Peak**  
Evaporated Milk 2x 12x 410G  
LAYER 15 | HEIGHT 6





NON ALCOHOLIC

# Mystique Sparkling Drink



**Mystique**  
Red Grape Sparkling Drink  
6 x 750ML (22510)

LAYER 28 | HEIGHT 5

**Mystique**  
Mango Sparkling Drink  
6 x 750ML (22513)

LAYER 28 | HEIGHT 5

**Mystique**  
Strawberry Sparkling Drink  
6 x 750ML (22511)

LAYER 28 | HEIGHT 5

**Mystique**  
White Grape Sparkling Drink  
6 x 750ML (22512)

LAYER 28 | HEIGHT 5

**Mystique**  
Red Grape Sparkling Drink  
12 x 750ML (19208)

LAYER 14 | HEIGHT 5

**Mystique**  
Mango Sparkling Drink  
12 x 750ML (20027)

LAYER 14 | HEIGHT 5

**Mystique**  
Strawberry Sparkling Drink  
12 x 750ML (20026)

LAYER 14 | HEIGHT 5

**Mystique**  
White Grape Sparkling Drink  
12 x 750ML (19209)

LAYER 14 | HEIGHT 5

15271



**Island Sun**  
Black Eye Beans 10 x 500G  
LAYER 16 | HEIGHT 7

13020



**Island Sun**  
Black Eye Beans 6 x 2KG  
LAYER 12 | HEIGHT 6

13022



**Island Sun**  
Popcorn 6 x 2KG  
LAYER 12 | HEIGHT 6

13021



**Island Sun**  
Gungo Peas 6 x 2KG  
LAYER 12 | HEIGHT 6

16702



**Island Sun**  
Rosecoco Beans 10 x 500G  
LAYER 16 | HEIGHT 7

13023



**Island Sun**  
Rosecoco Beans 6 x 2KG  
LAYER 12 | HEIGHT 6

13684



**Island Sun**  
Red Kidney Beans 10 x 500G  
LAYER 16 | HEIGHT 7

13019



**Island Sun**  
Red Kidney Beans 6 x 2KG  
LAYER 12 | HEIGHT 6

13655



**Island Sun**  
Popcorn 10 x 500G  
LAYER 16 | HEIGHT 7

10320



**Island Sun**  
Farina (Potato Starch) 10 x 500G  
LAYER 16 | HEIGHT 7

14809



**Island Sun**  
Corn Grits 10 x 500G  
LAYER 16 | HEIGHT 7

16841



**Island Sun**  
Cornmeal Coarse 10 x 500G  
LAYER 16 | HEIGHT 7

12994



**Island Sun**  
Cornmeal Coarse 6 x 1.5KG  
LAYER 12 | HEIGHT 6

10359



**Island Sun**  
Cornmeal Fine 10 x 500G  
LAYER 16 | HEIGHT 7

16072



**Island Sun**  
Cornmeal Fine 6 x 1.5KG  
LAYER 12 | HEIGHT 6



12988



**Island Sun**  
Farina (Potato Starch) 6 x 1.5KG  
LAYER 12 | HEIGHT 6

12742



**Island Sun**  
Gari 10 x 500G  
LAYER 16 | HEIGHT 7

12992



**Island Sun**  
Gari 6 x 1.5KG  
LAYER 12 | HEIGHT 6

13727



**Island Sun**  
Ground Rice 10 x 500G  
LAYER 16 | HEIGHT 7

12987



**Island Sun**  
Ground Rice 6 x 1.5KG  
LAYER 12 | HEIGHT 6

13661



**Island Sun**  
Maize Meal 10 x 500G  
LAYER 16 | HEIGHT 7

12993



**Island Sun**  
Maize Meal 6 x 1.5KG  
LAYER 12 | HEIGHT 6

18291



**Island Sun**  
Mashed Potato 10 x 500G  
LAYER 16 | HEIGHT 7

12989



**Island Sun**  
Mashed Potato 6 x 1.5KG  
LAYER 12 | HEIGHT 6

13654



**Island Sun**  
Pounded Yam 10 x 500G  
LAYER 16 | HEIGHT 7

12991



**Island Sun**  
Pounded Yam 6 x 1.5KG  
LAYER 12 | HEIGHT 6

18527



**Island Sun**  
Rice Flour 10 x 500G  
LAYER 16 | HEIGHT 7

12998



**Island Sun**  
Rice Flour 6 x 1.5KG  
LAYER 12 | HEIGHT 6

13662



**Island Sun**  
Semolina Coarse 10 x 500G  
LAYER 16 | HEIGHT 7

12990



**Island Sun**  
Semolina Coarse 6 x 1.5KG  
LAYER 12 | HEIGHT 6

13656



**Island Sun**  
Semolina Fine 10 x 500G  
LAYER 16 | HEIGHT 7

18002



**Island Sun**  
Semolina Fine 6 x 1.5KG  
LAYER 12 | HEIGHT 6

13012



**Island Sun**  
Yellow Gari 10 x 500G  
LAYER 16 | HEIGHT 7

13000



**Island Sun**  
Yellow Gari 6 x 1.5KG  
LAYER 12 | HEIGHT 6

15427



**Island Sun**  
Creamed Coconut 40 x 200G  
LAYER 12 | HEIGHT 10

13111



**Island Sun**  
Coconut Milk 12 x 400ML (Regular)  
LAYER 15 | HEIGHT 10

19199



**Island Sun**  
Condensed Milk 12 x 397G  
LAYER 15 | HEIGHT 13

21269



**Island Sun**  
Evaporated Milk 12 x 410G  
LAYER 15 | HEIGHT 13

13126



**Jamaica's Pride**  
Ackees 6 x 540G  
LAYER 22 | HEIGHT 10

13119



**Jamaica's Pride**  
Ackees 24 x 540G  
LAYER 11 | HEIGHT 5

13134



**Jamaica's Pride**  
Callaloo 6 x 540G  
LAYER 22 | HEIGHT 10

13129



**Jamaica's Pride**  
Callaloo 24 x 540G  
LAYER 11 | HEIGHT 5

25940



**Island Sun**  
Ackees In Brine 12 x 280G  
LAYER 16 | HEIGHT 10

25939



**Island Sun**  
Ackees In Brine 48 x 280G  
LAYER 10 | HEIGHT 6

25938



**Island Sun**  
Ackees 6 x 540G  
LAYER 20 | HEIGHT 11

25937



**Island Sun**  
Ackees 24 x 540G  
LAYER 11 | HEIGHT 5

25944



**Island Sun**  
Callaloo 12 x 280G  
LAYER 16 | HEIGHT 10



25943



Island Sun  
Callaloo 24 x 280G  
LAYER 10 | HEIGHT 6

25942



Island Sun  
Callaloo 6 x 540G  
LAYER 22 | HEIGHT 10

25941



Island Sun  
Callaloo 24 x 540G  
LAYER 11 | HEIGHT 5

26023



Island Sun  
Canned Young Green Jackfruit in brine  
12 x 565G  
LAYER 11 | HEIGHT 10

25945



Pronto  
Canned Cassava 12 x 420G  
LAYER 15 | HEIGHT 10

25946



Island Sun  
Hearts of Palm 12 x 420G  
LAYER 15 | HEIGHT 10

25954



Island Sun  
Canned Mackerel in brine  
12 x 425G  
LAYER 12 | HEIGHT 7

25953



Island Sun  
Canned Mackerel in hot tomato sauce  
12 x 425G  
LAYER 12 | HEIGHT 7

25952



Island Sun  
Canned Mackerel in tomato sauce  
12 x 425G  
LAYER 12 | HEIGHT 7

26008



Island Sun  
Chicken Fry Mix Hot & Spicy  
12 x 300G  
LAYER 18 | HEIGHT 12

26009



Island Sun  
Chicken Fry Mix Original  
12 x 300G  
LAYER 18 | HEIGHT 12

00000



Island Sun  
West Indian Pepper Sauce 250ML  
LAYER 00 | HEIGHT 00

00000



Island Sun  
West Indian Pepper Sauce 480ML  
LAYER 00 | HEIGHT 00

00000



Island Sun  
Jamaican Jerk BBQ Sauce 480ML  
LAYER 00 | HEIGHT 00

12122



Serge  
Peanut Punch 24 x 240ML  
LAYER 15 | HEIGHT 13

13169



Mclas  
Vanilla Essence 24 x 480ML (16FL. OZ)  
LAYER 7 | HEIGHT 6

# CARIBBEAN

22945



**Wincarnis**  
Tonic Wine 6 x 750ml  
LAYER 28 | HEIGHT 05

21508



**Hyper Malt**  
Can 24 x 330ML  
LAYER 10 | HEIGHT 12

21507



**Hyper Malt**  
Bottle 24 x 330ML  
LAYER 10 | HEIGHT 12

28286



**Hyper Malt**  
Light(cans) 24x330ML  
LAYER 12 | HEIGHT 10

28287



**Caribia**  
Ginger Beer 4 x 6 x 330ML  
LAYER 12 | HEIGHT 10

13677



**Pronto**  
Instant Cup Porridge  
Banana 12 x 60G  
LAYER 15 | HEIGHT 7

15938



**Pronto**  
Cornmeal Porridge Mix  
Banana 100 x 120G  
LAYER 7 | HEIGHT 5

13676



**Pronto**  
Instant Cup Porridge  
Cinnamon 12 x 60G  
LAYER 15 | HEIGHT 7

15939



**Pronto**  
Cornmeal Porridge Mix  
Cinnamon 100 x 120G  
LAYER 7 | HEIGHT 5

20171



**Samai**  
Plantain Chips Chilli  
6 x 75G  
LAYER 22 | HEIGHT 8

20170



**Samai**  
Plantain Chips Garlic  
6 x 75G  
LAYER 22 | HEIGHT 8

20010



**Samai**  
Plantain Chips Sweet  
6 x 75G  
LAYER 22 | HEIGHT 8

20009



**Samai**  
Plantain Chips Salted  
6 x 75G  
LAYER 22 | HEIGHT 8

23123



**Samai**  
Plantain Chips Lime  
6 x 75G  
LAYER 22 | HEIGHT 8

23142



**Samai**  
Plantain Chips Smoked  
Sweet Chilli 6 x 75G  
LAYER 22 | HEIGHT 8

26112



**Island Sun**  
Kingston Krunch Cheese &  
Jalapeno 6 x 80G  
LAYER 16 | HEIGHT 11

26113



**Island Sun**  
Kingston Krunch Jerk  
BBQ (snack) 6 x 80G  
LAYER 16 | HEIGHT 11



24389



**Cawoods**  
Skinless & Boneless Saltfish  
6 x 250G  
LAYER 20 | HEIGHT 7

18426



**Cawoods**  
Saltfish Cutlets 16 x 200G  
LAYER 10 | HEIGHT 10

18297



**Cawoods**  
Jumbo Cod Cutlets 10 x 350G  
LAYER 10 | HEIGHT 10

24387



**Cawoods**  
Skinless & Boneless Saltfish  
10 x 200G  
LAYER 10 | HEIGHT 10

24388



**Cawoods**  
Skinless & Boneless Cod  
10 x 200G  
LAYER 10 | HEIGHT 10

18298



**Cawoods**  
Cod Cutlets 16x200G  
LAYER 10 | HEIGHT 10

24393



**Cawoods**  
Skinless & Boneless Saltfish  
PM 99p 16 x 100G  
LAYER 10 | HEIGHT 10

19672



**Cawoods**  
Jumbo Cod Cutlets 10 x 350G  
LAYER 500 | HEIGHT 1

18016



**Cawoods**  
Jumbo Saltfish Cutlets  
(Thermoform) 10 x 350G  
LAYER 10 | HEIGHT 10

24394



**Cawoods**  
skinless & Boneless Fish 10 x 300G  
LAYER 15 | HEIGHT 8

15653



**Cawoods**  
Ling Cutlets 16 x 225G  
LAYER 10 | HEIGHT 10

23770



**Cawoods**  
Skinless & Boneless Saltfish 10 x 250G  
LAYER 10 | HEIGHT 10

13243



**Cawoods**  
Saltfish Cutlets (Shrink Film) 18 x 200G  
LAYER 500 | HEIGHT 1

18710



**Cawoods**  
Saithe Cutlets (Thermo) 16x200G  
LAYER 10 | HEIGHT 10

15664



**Cawoods**  
Saithe Cutlets (Shrink Film)  
18 x 200G  
LAYER 500 | HEIGHT 1

18017



**Cawoods**  
Saithe Cutlets (Shrink Film)  
10 x 350G  
LAYER 500 | HEIGHT 1

18556



**Cawoods**  
Saltfish Cutlets (Shrink Film) 10 x 350G  
LAYER 500 | HEIGHT 1

16269



**Cawoods**  
Saithe (21 30) 25KG  
LAYER 10 | HEIGHT 10

17263



**Cawoods**  
Stockfish Cod Heads 30KG  
LAYER 3 | HEIGHT 5

27025



**Island Sun**  
Skinless & Boneless Saltfish 10KG  
LAYER 10 | HEIGHT 10

15663



**Cawoods**  
Stockfish Tusk (No.1 Quality) 45KG  
LAYER 3 | HEIGHT 5

13246



**Cawoods**  
Stockfish Cod (30 50) 45KG  
LAYER 3 | HEIGHT 5

17494



**Cawoods**  
Stockfish Cod (40 60) 45KG  
LAYER 3 | HEIGHT 5

15662



**Cawoods**  
Stockfish Cod (50 70) 45KG  
LAYER 3 | HEIGHT 5

13674



**Cawoods**  
Saithe 4KG  
LAYER 10 | HEIGHT 10

14298



**Cawoods**  
Saithe 8KG  
LAYER 10 | HEIGHT 10

23195



**Cawoods**  
Saithe 6x1KG  
LAYER 4 | HEIGHT 12

13245



**Cawoods**  
Saithe 25KG  
LAYER 5 | HEIGHT 5

22082



**Cawoods**  
Whitefish Skinless & Boneless Fillets 10x3  
LAYER 10 | HEIGHT 10

16258



**Cawoods**  
Mackerel 2.5KG  
LAYER 10 | HEIGHT 10

23207



**Cawoods**  
Mackerel 2.5KG - HEAD ON  
LAYER 10 | HEIGHT 10

23216



**Cawoods**  
Mackerel HEAD ON 5KG  
LAYER 7 | HEIGHT 14



23217



**Cawoods**  
Mackerel HEADLESS 3.5KG  
LAYER 7 | HEIGHT 14

23237



**Cawoods**  
Saltfish Pieces 12 x 450G  
LAYER 10 | HEIGHT 10

23238



**Cawoods**  
Cawoods Saltfish Pieces 10 x 350G  
LAYER 10 | HEIGHT 10

23283



**Cawoods**  
Cod Large 25 KG  
LAYER 2 | HEIGHT 12

23284



**Cawoods**  
Cod Medium 25KG  
LAYER 2 | HEIGHT 12

20770



**Cawoods**  
Tusk 25KG  
LAYER 10 | HEIGHT 10

15661



**Cawoods**  
Ling 25KG  
LAYER 10 | HEIGHT 10

Cawoods (Fishcurers) Ltd has been a processor of dried salted fish for over 113 years. Popular across many cultures for many centuries, salted fish is known as bacalao in Spain or bacalhau, in Portugal, and is actually considered Portugal's national dish. In the Caribbean the product is known generically as codfish or saltfish and is an important part of the culture of the islands providing both salt and protein. UK-based Cawoods supply all of these export markets plus others, as well as being the principal supplier to the African-Caribbean market in the UK.



18854



**Island Sun**  
Easy Cook Rice (BrickPack) 6 x 2KG  
LAYER 16 | HEIGHT 5

15832



**Island Sun**  
Easy Cook Rice 5KG (Normal)  
LAYER 14 | HEIGHT 14

16547



**Island Sun**  
Easy Cook Rice 10KG  
LAYER 10 | HEIGHT 10

15833



**Island Sun**  
Easy Cook Rice 20KG  
LAYER 5 | HEIGHT 10

10941



**Island Sun**  
Easy Cook Rice 40KG  
LAYER 4 | HEIGHT 7

18693



**Island Sun**  
Long Grain Rice 5KG  
LAYER 12 | HEIGHT 6

18695



**Island Sun**  
Long Grain Rice 10KG  
LAYER 10 | HEIGHT 10

22075



**Island Sun**  
Sella Basmati Rice 5 kg (Normal)  
LAYER 14 | HEIGHT 14

18673



**Liberty**  
Easy Cook Rice 8 x 1KG  
LAYER 20 | HEIGHT 5

18697



**Liberty**  
Easy Cook Long Grain Rice 5KG  
LAYER 14 | HEIGHT 14

18696



**Liberty**  
Easy Cook Long Grain Rice 10KG  
LAYER 10 | HEIGHT 10

18614



**Liberty**  
Long Grain Rice (Brick Pack) 8 x 1KG  
LAYER 20 | HEIGHT 5

18875



**Liberty**  
Long Grain Rice 5KG  
LAYER 14 | HEIGHT 14





# FINALLY HERE! THE WORLD'S BEST EVER SRIRACHA BARBECUE SAUCE!

Enjoy with Chicken, Kebabs, Wraps, Tacos,  
Burgers, Samosas or Fries for a fiery BBQ twist.



FOLLOW/THAI DRAGON BRAND

# ORIENTAL

24488



**Thai Dragon**  
Green Curry Paste 6 x 400G  
LAYER 22 | HEIGHT 11

24489



**Thai Dragon**  
Red Curry Paste 6 x 400G  
LAYER 50 | HEIGHT 8

20214



**Thai Dragon**  
Pad Thai Rice Noodles 200G  
LAYER 24 | HEIGHT 5

14374



**Thai Dragon**  
Thin Rice Noodles 200G  
LAYER 24 | HEIGHT 5

24487



**Thai Dragon**  
Fish Sauce 6 x 200ML  
LAYER 50 | HEIGHT 8

24490



**Thai Dragon**  
Sriracha Hot Chilli Sauce Wasabi 6 x 200ML  
LAYER 50 | HEIGHT 5

24493



**Thai Dragon**  
Sriracha Mayo 6 x 200ML  
LAYER 50 | HEIGHT 5

24491



**Thai Dragon**  
Sriracha Hot Chilli Sauce 6 x 200ML  
LAYER 50 | HEIGHT 5

25289



**Thai Dragon**  
Dark Soy Sauce 6 x 150ML  
LAYER 67 | HEIGHT 6

25288



**Thai Dragon**  
Light Soy Sauce 6 x 150ML  
LAYER 67 | HEIGHT 6

24492



**Thai Dragon**  
Sriracha Hot Chilli Sauce 6 x 455ML  
LAYER 39 | HEIGHT 8

24495



**Thai Dragon**  
Sriracha Hot Chilli Sauce 6 x 455ML  
LAYER 39 | HEIGHT 8

25280



**Thai Dragon**  
Sriracha Hot Chilli Sauce  
6 x 730ML  
LAYER 28 | HEIGHT 5

25279



**Thai Dragon**  
Sriracha Mayonnaise  
6 x 455ML  
LAYER 39 | HEIGHT 8

25361



**Thai Dragon**  
Sweet Chilli Sauce  
6 x 700ML  
LAYER 28 | HEIGHT 5

24494



**Thai Dragon**  
Sriracha Black Fire Sauce  
6 x 455ML  
LAYER 28 | HEIGHT 5

25999



**Thai Dragon**  
Sriracha Barbecue Sauce  
6 x 455ML  
LAYER 12 | HEIGHT 10





# Light 'n Crispy Exotic Delights

24954

Thai Crackers Mix 12 x 100g  
LAYER 7 | HEIGHT 5



24957

Prawn Crackers 12 x 100g  
LAYER 7 | HEIGHT 5



24955

Sweet Chilli Prawn Crackers  
12 x 100g  
LAYER 7 | HEIGHT 5



25094

Sweet Chilli Prawn Crackers  
6 x 60g  
LAYER 20 | HEIGHT 6



25600

Prawn Crackers  
6 x 60g  
LAYER 20 | HEIGHT 6





**STEAMED. NOT FRIED.  
IT'S AUTHENTIC THAI.**



**Thai Dragon  
Rice Stick Noodles 5MM  
4x (6x400g) (25868)  
LAYER 4 X HEIGHT 5**



# ORIENTAL

20931



**Mai Thai**

AAA Jasmine Rice 5KG  
LAYER 14 | HEIGHT 14

16911



**Mai Thai**

AAA Jasmine Rice 10KG  
LAYER 10 | HEIGHT 10

16912



**Mai Thai**

AAA Jasmine Rice 20KG  
LAYER 10 | HEIGHT 5

25924



**Thai Dragon**

AAA Jasmine Rice 10kg PM £11.99  
LAYER 10 | HEIGHT 10

25923



**Thai Dragon**

AAA Jasmine Rice 5kg  
LAYER 14 | HEIGHT 14

24409



**Akira**

Sushi Rice 500G  
LAYER 20 | HEIGHT 10

24050



**Akira**

Sushi Rice 10KG  
LAYER 10 | HEIGHT 10

13418



**Dayat**

Long Grain Rice 20KG  
LAYER 5 | HEIGHT 10

18816



**Lucky8**

Long Grain Rice 20KG  
LAYER 5 | HEIGHT 10

25964



**Sun Hee**

Natural Kimchi 12x190G  
(212ML)  
LAYER 19 | HEIGHT 11

25965



**Sun Hee**

Korean BBQ Sauce 12x300G  
LAYER 24 | HEIGHT 8

25966



**Sun Hee**

Doenjang Soybean Paste  
12x170G  
LAYER 20 | HEIGHT 14

25963



**Sun Hee**

Gochujang Chilli Paste 12x170G  
LAYER 20 | HEIGHT 14

14274



**Healthy Boy**

Sweet and Sour Plum Sauce  
12x700ML  
LAYER 14 | HEIGHT 5

14284



**Healthy Boy**

Sweet Chilli Sauce  
12x700ML  
LAYER 14 | HEIGHT 5

24804



**Healthy Boy**

Thin Soy Sauce  
12x700ML  
LAYER 14 | HEIGHT 5

24805



**Healthy Boy**

Mushroom Soy Sauce  
12x700ML  
LAYER 14 | HEIGHT 5

24810



**Healthy Boy**

Sweet Chilli Sauce  
6x2L  
LAYER 10 | HEIGHT 6

24815



**Healthy Boy**

Thick Oyster Sauce  
12x800ML  
LAYER 14 | HEIGHT 5



# Discover the World of Authentic Korean Cuisine





# ORIENTAL

14181



**Dayat**  
Corn Flour 4 x 3KG  
LAYER 14 | HEIGHT 7

19970



**Dayat**  
Vietnamese Prawn Cracker 6 x 2KG  
LAYER 8 | HEIGHT 6

20337



**Mai Thai**  
Rice Sticks 3MM 30 x 400G  
LAYER 4 | HEIGHT 5

21844



**Mai Thai**  
Rice Sticks 5MM 4 x 6 x 400G  
LAYER 4 | HEIGHT 5

20336



**Mai Thai**  
Rice Sticks 10MM 30 x 400G  
LAYER 4 | HEIGHT 5

20250



**Mae Ploy**  
Red Curry Paste 6 x 400G  
LAYER 22 | HEIGHT 11

20214



**Mae Ploy**  
Red Curry Paste 4 x 6 x 400G  
LAYER 10 | HEIGHT 6

14374



**Mae Ploy**  
Red Curry Paste 12 x 1KG  
LAYER 10 | HEIGHT 5

20213



**Mae Ploy**  
Green Curry Paste 4 x 6 x 400G  
LAYER 10 | HEIGHT 6

20249



**Mae Ploy**  
Green Curry Paste 6 x 400G  
LAYER 22 | HEIGHT 11

17018



**Mae Ploy**  
Green Curry Paste 12 x 1KG  
LAYER 10 | HEIGHT 5

19878



**Mae Ploy**  
Masaman Curry Paste 24 x 400g  
LAYER 10 | HEIGHT 6

19879



**Mae Ploy**  
Masaman Curry Paste 12 x 1KG  
LAYER 10 | HEIGHT 5

17025



**Mae Ploy**  
Panang Curry Paste 24 x 400G  
LAYER 10 | HEIGHT 6

17023



**Mae Ploy**  
Panang Curry Paste 12 x 1KG  
LAYER 10 | HEIGHT 5

14290



**Mae Ploy**  
Tom Yum Paste 24 x 400G  
LAYER 10 | HEIGHT 6

# ORIENTAL

14398



**Mae Ploy**  
Tom Yum Paste 12 x 1KG  
LAYER 10 | HEIGHT 5

20293



**Mae Ploy**  
Yellow Curry Paste 12 x 1KG  
LAYER 10 | HEIGHT 5

15250



**Mae Ploy**  
Chilli Paste in Oil 12 x 1KG  
LAYER 10 | HEIGHT 5

13328



**Mae Ploy**  
Sweet Thai Chilli Sauce  
2 x 6 x 730ML  
LAYER 10 | HEIGHT 5

18982



**LUCKY 8**  
Vietnamese Prawn Cracker 6 x 2KG  
LAYER 8 | HEIGHT 6

20241



**Chaokoh**  
Coconut Milk 6 x 400ML  
LAYER 28 | HEIGHT 11

20200



**Chaokoh**  
Coconut Milk 4 x 6 x 400ML  
LAYER 14 | HEIGHT 5

13288



**Chaokoh**  
Coconut Milk 6 x 2900ML  
LAYER 7 | HEIGHT 7

27039



**Oyakata**  
Japanese Classic Noodle Dish Cup  
8 x 93G  
LAYER 12 | HEIGHT 13

27040



**Oyakata**  
Teriyaki Chicken Noodle Dish Cup  
8 x 96G  
LAYER 12 | HEIGHT 12

20343



**Samlip**  
Udon Noodle 10 x 3 x 200G  
LAYER 13 | HEIGHT 10

20344



**Samlip**  
Udon Noodle Single Pack 30 x 200G  
LAYER 11 | HEIGHT 10

20340



**Samlip**  
Korean Golden Breadcrumbs 10 x 1KG  
LAYER 8 | HEIGHT 4

24051



**Foco**  
Organic Coconut Water 12 x 1L  
LAYER 13 | HEIGHT 5



11555



**Costa**  
Blackcurrant Drink 6x2L  
LAYER 20 | HEIGHT 4

11558



**Costa**  
Apple Drink 6x2L  
LAYER 20 | HEIGHT 4

11554



**Costa**  
Multivitamin Drink 6x2L  
LAYER 20 | HEIGHT 4

11560



**Costa**  
Exotic Drink 6x2L  
LAYER 20 | HEIGHT 4

11556



**Costa**  
Orange Drink 6x2L  
LAYER 20 | HEIGHT 4

17786



**Costa**  
Tropical Drink 6x2L  
LAYER 20 | HEIGHT 4

13714



**Tchibo**  
Family Classic Coffee 12 x 250G  
LAYER 22 | HEIGHT 9

12051



**Laciate**  
UHT Milk 3.2% 12 x 1L  
LAYER 15 | HEIGHT 5

27012



**Lowicz**  
Raspberry Syrup 6 x 400ML  
LAYER 45 | HEIGHT 4

27013



**Lowicz**  
Strawberry Syrup 6 x 400ML  
LAYER 45 | HEIGHT 4

27009



**Wawel**  
Maciek Adwokat Chocolate Bar  
30 x 47G  
LAYER 30 | HEIGHT 8

27008



**Wawel**  
Cream Fudge Chocolate Bar  
30 x 48G  
LAYER 30 | HEIGHT 8

27010



**Wawel**  
Maciek Toffi Chocolate Bar  
30 x 49G  
LAYER 30 | HEIGHT 8

11931



**Knoppers**  
Wafers / Wafelki 24 x 75G  
LAYER 20 | HEIGHT 10

21838



**Benus**  
Sliced Four Whole Grain Bread 12 x 500G  
LAYER 15 | HEIGHT 7

12401



**Maggi**  
Liquid Seasoning 20 x 200ML  
LAYER 13 | HEIGHT 6

19831



**Maggi**  
Liquid Seasoning 6 x 960ML  
LAYER 16 | HEIGHT 4

20522



**Profi**  
Chicken Pate with Tomatoes 15 x 131G  
LAYER 25 | HEIGHT 16

17271



**Podlaski**  
Chicken Pate 15 x 100G  
LAYER 29 | HEIGHT 15



**Costa**  
Orange Drink 6x2L  
LAYER 20 | HEIGHT 4





# Launching Humza Turkey with Saliha



Dr Saliha Mahmood-Ahmed  
BBC MasterChef Winner 2017

Humza has collaborated with Dr Saliha Mahmood Ahmed as she has created a series of recipes to celebrate the launch of Humza turkeys into national supermarkets.



22194



**Humza**  
Chicken Samosa 10 x 325G (10 pieces)  
LAYER 10 | HEIGHT 7

21902



**Humza**  
Chicken Samosa 15 x 650G (20 pieces)  
LAYER 10 | HEIGHT 5

21908



**Humza**  
Chicken Samosa 6 x 1500G (50 pieces)  
LAYER 10 | HEIGHT 5

22193



**Humza**  
Meat Samosa 10 x 325G (10 pieces)  
LAYER 10 | HEIGHT 7

21901



**Humza**  
Meat Samosa 10 x 650G (20 pieces)  
LAYER 10 | HEIGHT 5

21907



**Humza**  
Meat Samosa 6 x 1500G (50 pieces)  
LAYER 10 | HEIGHT 5

22195



**Humza**  
Veg Samosa 10 x 325G (10 pieces)  
LAYER 10 | HEIGHT 7

21903



**Humza**  
Veg Samosa 10 x 650G (20 pieces)  
LAYER 10 | HEIGHT 5

21909



**Humza**  
Veg Samosa 6 x 1500G (50 pieces)  
LAYER 10 | HEIGHT 5

22196



**Humza**  
Chicken Tikka Samosa 10 x 325G  
(10 pieces)  
LAYER 10 | HEIGHT 7

24715



**Humza**  
Beef Samosa 15 x 650G  
(20 pieces)  
LAYER 10 | HEIGHT 5

22198



**Humza**  
Chicken Spring Roll 10 x 325G  
(10 pieces)  
LAYER 10 | HEIGHT 7

21905



**Humza**  
Chicken Spring Roll 15 x 650G  
(20 pieces)  
LAYER 10 | HEIGHT 5

21911



**Humza**  
Chicken Spring Roll 6 x 1500G  
(50 pieces)  
LAYER 10 | HEIGHT 5

22197



**Humza**  
Meat Spring Roll 10 x 325G  
(10 pieces)  
LAYER 10 | HEIGHT 7

21904



**Humza**  
Meat Spring Roll 15 x 650G (20 pieces)  
LAYER 10 | HEIGHT 5



# FROZEN

21910



**Humza**  
Meat Spring Roll 6 x 1500G (50 pieces)  
LAYER 10 | HEIGHT 5

22199



**Humza**  
Veg Spring Roll 10 x 325G (10 pieces)  
LAYER 10 | HEIGHT 7

21906



**Humza**  
Veg Spring Roll 15 x 650G (20 pieces)  
LAYER 10 | HEIGHT 5

21912



**Humza**  
Veg Spring Roll 6 x 1500G (50 pieces)  
LAYER 10 | HEIGHT 5

22471



**Humza**  
Chicken Charcoal Kebab 8 x 750G  
(15 pieces)  
LAYER 10 | HEIGHT 5

22472



**Humza**  
Meat Charcoal Kebab (15 pieces)  
8 x 750G  
LAYER 10 | HEIGHT 5

23457



**Humza**  
Lahori Chicken Charcoal Seekh Kebab  
8 x 900G  
LAYER 10 | HEIGHT 5

23458



**Humza**  
Lahori Meat Charcoal Seekh Kebab  
8 x 900G  
LAYER 10 | HEIGHT 5

24173



**Humza**  
Chicken Charcoal Kebab 10 x 600G  
LAYER 10 | HEIGHT 5

24174



**Humza**  
Meat Charcoal Kebab 10 x 600G  
LAYER 10 | HEIGHT 5

25902



**Humza**  
Chicken Fillets 5 x 1KG  
LAYER 10 | HEIGHT 9

25898



**Humza**  
Chicken Kiev 10 x 500G  
LAYER 10 | HEIGHT 8

25903



**Humza**  
Breaded Chicken Fillet 10 x 500G  
LAYER 10 | HEIGHT 9

25904



**Humza**  
KFC Style Chicken Bucket 12 x 800G  
LAYER 5 | HEIGHT 5

25900



**Humza**  
Chicken Frankfurter 32 x 340G  
LAYER 16 | HEIGHT 8

25901



**Humza**  
Chicken Spicy Frankfurter 32 x 340G  
LAYER 16 | HEIGHT 8

# FROZEN

22170



**Humza**  
Crushed Ginger Cubes 10 x 400G  
LAYER 15 | HEIGHT 11

22171



**Humza**  
Crushed Garlic Cubes 10 x 400G  
LAYER 18 | HEIGHT 10

22172



**Humza**  
Crushed Garlic & Ginger Cubes  
10 x 400G  
LAYER 15 | HEIGHT 11

22173



**Humza**  
IQF Garlic Cloves  
10 x 400G  
LAYER 15 | HEIGHT 11

22966



**Humza**  
IQF Peeled Garlic Cloves  
6 X 1KG  
LAYER 13 | HEIGHT 10

28334



**Humza**  
HFC Popcorn Chicken  
6 x 700G PM £2.99  
LAYER 00 | HEIGHT 00

28335



**Humza**  
HFC Battered Chicken Nuggets  
6 x 700G PM £2.99  
LAYER 00 | HEIGHT 00

28336



**Humza**  
HFC Breaded Chicken Nuggets  
6 x 700G PM £2.99  
LAYER 00 | HEIGHT 00

28337



**Humza**  
Humza HFC Masala Popcorn  
Chicken 6x700g PM £3.49  
LAYER 00 | HEIGHT 00

28338



**Humza**  
HFC Masala Chicken Nuggets  
6x700g PM 3.49  
LAYER 00 | HEIGHT 00

26064



**Humza**  
VegeeZ Veggie Fingers 15 x 425G  
LAYER 06 | HEIGHT 12

26065



**Humza**  
VegeeZ Masala Fries 18 x 400G  
LAYER 06 | HEIGHT 12

26060



**Humza**  
VegeeZ Veggie Nuggets 18 x 425G  
LAYER 06 | HEIGHT 12

26063



**Humza**  
VegeeZ Chilli Garlic  
Potato Bites 18 x 425G  
LAYER 06 | HEIGHT 12

COMING  
SOON



**Humza**  
VegeeZ Paneer Poppers  
10 x 250G

COMING  
SOON



**Humza**  
VegeeZ Paneer Fingers  
10 x 250G





COMING SOON

**Humza**  
Veggez Chilli Cheese Bites  
10 x 300G



COMING SOON

**Humza**  
Veggez Cream Cheese Jalapenos  
10 x 300G



COMING SOON

**Humza**  
Veggez Paneer Fries  
250G

27562



**Humza**  
Paratha Plain 6 x 1600G  
LAYER 14 | HEIGHT 6

27566



**Humza**  
Paratha Plain 12 x 400G (5 Pieces)  
LAYER 12 | HEIGHT 12

27567



**Humza**  
Wholemeal Lacha Paratha  
12 x 400G  
LAYER 13 | HEIGHT 13

27561



**Humza**  
Paratha Onion 12 x 400G  
(5 Pieces)  
LAYER 12 | HEIGHT 10

27565



**Humza**  
Original Light Paratha (30 %  
Reduced Fat) 12 x 325G  
LAYER 13 | HEIGHT 13

27564



**Humza**  
Masal Methi Paratha  
12 x 325G  
LAYER 13 | HEIGHT 13

27563



**Humza**  
Wholewheat Chapati  
12 x 360G  
LAYER 14 | HEIGHT 12

25907



**Humza**  
Wholewheat Chapati Family Pack  
6 x 900G  
LAYER 12 | HEIGHT 6

22947



**Humza**  
Frozen Whole Turkey Medium  
3 x (4,6/5,4 KG)  
LAYER 8 | HEIGHT 5

26026



**Humza**  
Frozen Turkey Crowns 6x2-2.3 KG  
LAYER 13 | HEIGHT 05

LAUNCHING

Humza  
**VegeeZ**



VEG INDULGENCE  
BEGINS

LIP SMACKING  
VEGETARIAN  
FROZEN SNACKS



21648



**Vadilal**  
Patra Curried (Colocasia Leaves)  
12 x 284G  
LAYER 20 | HEIGHT 6

21665



**Vadilal**  
Patra Curried (Colocasia Leaves)  
10 x 1KG  
LAYER 10 | HEIGHT 7

21667



**Vadilal**  
Patra Rolls (Colocasia Leaves)  
10 x 1KG  
LAYER 10 | HEIGHT 6

21666



**Vadilal**  
Patra Slices (Colocasia Leaves)  
10 x 1KG  
LAYER 10 | HEIGHT 7

21647



**Vadilal**  
Khaman 12 x 284G  
LAYER 8 | HEIGHT 5

22339



**Vadilal**  
Okra Cuts (Bhindi) 12 x 312G  
LAYER 20 | HEIGHT 6

21651



**Vadilal**  
Okra Cuts (Bhindi) 12 x 908G  
LAYER 10 | HEIGHT 5

22338



**Vadilal**  
Okra Whole (Bhindi) 12 x 312G  
LAYER 20 | HEIGHT 6

22346



**Vadilal**  
Green Pigeon Peas  
(Tuver Lilva) 12 x 312G  
LAYER 28 | HEIGHT 7

22353



**Vadilal**  
Spiky Gourd (Kantola) 12 x 312G  
LAYER 20 | HEIGHT 6

22328



**Vadilal**  
Coconut Shredded (Nariyal) 12 x 312G  
LAYER 18 | HEIGHT 8

22375



**Vadilal**  
Coconut Grated (Nariyal) 12x312G  
LAYER 20 | HEIGHT 6

22331



**Vadilal**  
Fenugreek Leaves  
(Methi Block) 12 x 312G  
LAYER 20 | HEIGHT 6

22780



**Vadilal**  
Bottle Gourd (Dudhi) 12 x 312G  
LAYER 20 | HEIGHT 6

22781



**Vadilal**  
Drumsticks (Saragawa) 12 x 312G  
LAYER 20 | HEIGHT 6

22355



**Vadilal**  
Violet Yam (Ratalu) 12 x 312G  
LAYER 20 | HEIGHT 6

22350



**Vadilal**  
Bitter Gourd (Karela) 12 x 312G  
LAYER 20 | HEIGHT 6

22369



**Vadilal**  
Green Garlic (Lila Lahsun) 12 x 312G  
LAYER 20 | HEIGHT 6

22342



**Vadilal**  
Cluster Beans (Guar) 12 x 312G  
LAYER 20 | HEIGHT 6

22367



**Vadilal**  
Indian Baby Pumpk (Punjabi Tinda)  
12 x 312G  
LAYER 20 | HEIGHT 6

22376



**Vadilal**  
Yam (Suran) 12 x 312G  
LAYER 20 | HEIGHT 6

25872



**Vadilal**  
Ivy Gourd (Tindora) 12 x 312G  
LAYER 20 | HEIGHT 6

22356



**Vadilal**  
Mixed Veg - Gujarati  
(Undhiu Mix) 12 x 312G  
LAYER 20 | HEIGHT 6

22349



**Vadilal**  
Green Gram (Lila Chana) 12 x 312G  
LAYER 28 | HEIGHT 7

22347



**Vadilal**  
Lima Beans (Valore Lilva) 12 x 312G  
LAYER 28 | HEIGHT 7

22358



**Vadilal**  
Kidney Beans In Pods (Surti Papdi)  
12 x 312G  
LAYER 20 | HEIGHT 6

22343



**Vadilal**  
Surti Kidney Beans (Surti Papdi Lilva)  
12 x 312G  
LAYER 20 | HEIGHT 6

23096



**Vadilal**  
Hyacinth Beans (Val Papdi) 12 x 312G  
LAYER 20 | HEIGHT 6

22361



**Vadilal**  
Green Chilli (Hari Mirch) 12 x 312G  
LAYER 20 | HEIGHT 6

22522



**Vadilal**  
Alphonso Mango Slices 12 x 312G  
LAYER 20 | HEIGHT 6

25379



**Vadilal**  
Bitter Gourd (Karela) 12x312G PM 99P  
LAYER 20 | HEIGHT 6

25380



**Vadilal**  
Fenugreek Leaves (Methi) 12x312G PM 99P  
LAYER 20 | HEIGHT 6



25384



**Vadilal**  
Paratha Fenugreek 12 x 4 x 100G  
LAYER 20 | HEIGHT 6

22389



**Vadilal**  
Paratha Plain 12 x 5 800G  
LAYER 20 | HEIGHT 6

22378



**Vadilal**  
Paratha Onion 12 x 5 x 80G  
LAYER 20 | HEIGHT 6

22392



**Vadilal**  
Paratha Mixed Veg 12 x 4 x 100G  
LAYER 20 | HEIGHT 6

22391



**Vadilal**  
Paratha Potato (Aloo) 12 x 4 x 100G  
LAYER 20 | HEIGHT 6

25383



**Vadilal**  
Paratha Califlower (Gobi)  
LAYER 20 | HEIGHT 6

25385



**Vadilal**  
Roti Rumali 12 x 6 x 40G  
LAYER 28 | HEIGHT 7

24422



**Salaam**  
Chicken Samosa 10 x 650G (20 pieces)  
LAYER 10 | HEIGHT 6

24412



**Salaam**  
Chicken Samosa 6 x 1.6KG (50 pieces)  
LAYER 10 | HEIGHT 6

24423



**Salaam**  
Veg Samosa 10 x 650G (20 pieces)  
LAYER 10 | HEIGHT 6

24413



**Salaam**  
Veg Samosa 6 x 1.6KG (50 pieces)  
LAYER 10 | HEIGHT 6

24424



**Salaam**  
Meat Samosa 10 x 650G (20 pieces)  
LAYER 10 | HEIGHT 6

24411



**Salaam**  
Meat Samosa 6 x 1.6KG (50 pieces)  
LAYER 10 | HEIGHT 6

# FROZEN

25397



**Shazans**  
Meat Samosa 6 x 1650G  
(50 Pieces)  
LAYER 10 | HEIGHT 6

25398



**Shazans**  
Chicken Samosa 6 x 1650G  
(50 Pieces)  
LAYER 10 | HEIGHT 6

25399



**Shazans**  
Vegetable Samosa 6 x 1650G  
(50 Pieces)  
LAYER 6 | HEIGHT 8

25400



**Shazans**  
Meat Roll 6 x 1650G  
(50 Pieces)  
LAYER 6 | HEIGHT 10

25401



**Shazans**  
Chicken Roll 6 x 1650G  
(50 Pieces)  
LAYER 10 | HEIGHT 6

25402



**Shazans**  
Vegetable Roll 6 x 1650G  
(50 Pieces)  
LAYER 6 | HEIGHT 8

25391



**Shazans**  
Meat Samosa 10 x 650G  
(20 Pieces)  
LAYER 10 | HEIGHT 8

25392



**Shazans**  
Chicken Samosa 10 x 650G  
(20 Pieces)  
LAYER 10 | HEIGHT 8

25393



**Shazans**  
Vegetable Samosa 10 x 580G  
(20 Pieces)  
LAYER 10 | HEIGHT 8

25394



**Shazans**  
Meat Roll 10 x 650G  
(20 Pieces)  
LAYER 10 | HEIGHT 7

25395



**Shazans**  
Chicken Roll 10 x 650G  
(20 Pieces)  
LAYER 10 | HEIGHT 7

25396



**Shazans**  
Vegetable Roll 10 x 650G  
(20 Pieces)  
LAYER 13 | HEIGHT 5

25417



**Shazans**  
Lamb Sausages 8 x 840G  
(16 Pieces)  
LAYER 15 | HEIGHT 5

25419



**Shazans**  
Beef Sausages 8 x 840G  
(16 Pieces)  
LAYER 15 | HEIGHT 5

25418



**Shazans**  
Chicken Sausages 8 x 840G  
(16 Pieces)  
LAYER 15 | HEIGHT 5

25407



**Shazans**  
Chicken Kebab Microcook 8 x 600G  
(12 Pieces)  
LAYER 15 | HEIGHT 5



25406



**Shazans**  
Lamb Kebabs Microcook 8 x 600G  
(12 Pieces)  
LAYER 13 | HEIGHT 5

25422



**Shazans**  
Chicken Burgers 6 x 840G  
(16 Pieces)  
LAYER 15 | HEIGHT 5

25423



**Shazans**  
Lamb Burgers 6 x 840G  
(16 Pieces)  
LAYER 15 | HEIGHT 5

25421



**Shazans**  
Lamb Burgers 6 x 840G  
(16 Pieces)  
LAYER 15 | HEIGHT 5

25403



**Shazans**  
Beef Steak Samosa 10 x 580G  
(18 Pieces)  
LAYER 10 | HEIGHT 7

25404



**Shazans**  
Chicken Tikka Samosa 10 x 580G  
(18 Pieces)  
LAYER 10 | HEIGHT 7

25405



**Shazans**  
Paneer Samosa 10 x 580G  
(18 Pieces)  
LAYER 10 | HEIGHT 7

25415



**Shazans**  
Lam Seekh Kebab 6 x 750G  
LAYER 13 | HEIGHT 5

25416



**Shazans**  
Chicken Seekh Kebab 10 x 750G  
LAYER 13 | HEIGHT 5

25424



**Shazans**  
Onion Parathas 24 x 400G  
(5 Pieces)  
LAYER 14 | HEIGHT 6

25425



**Shazans**  
Original Parathas 24 x 400G  
(5 Pieces)  
LAYER 14 | HEIGHT 6

25430



**Shazans**  
Family Parathas 8 x 1.44KG  
(18 Pieces)  
LAYER 13 | HEIGHT 5

25431



**Shazans**  
Plain Naan 10 x 225G  
(3 Pieces) PM 89p  
LAYER 16 | HEIGHT 7

25432



**Shazans**  
Garlic Naan 10 x 225G  
(3 Pieces) PM 89p  
LAYER 16 | HEIGHT 7

25433



**Shazans**  
Chilli & Corriander Naan 10 x 225G  
(3 Pieces) PM 89p  
LAYER 16 | HEIGHT 7

25436



**Shazans**  
Masala Fries 8 x 600G  
LAYER 10 | HEIGHT 6

# FROZEN

25443



**Shazans**  
Onion Bhajis 10 x 600G  
(30 Pieces)  
LAYER 10 | HEIGHT 7

25445



**Shazans**  
Punjabi Samosa 10 x 600G  
(30 Pieces)  
LAYER 10 | HEIGHT 7

25453



**Shazans**  
Okra Whole 12 x 300G  
LAYER 16 | HEIGHT 8

25454



**Shazans**  
Okra Ring 12 x 300G  
LAYER 16 | HEIGHT 8

25455



**Shazans**  
Karela 12 x 300G  
LAYER 16 | HEIGHT 8

25456



**Shazans**  
Methi 12 x 300G  
LAYER 16 | HEIGHT 8

25461



**Shazans**  
Okra Ring 4 x 1KG  
LAYER 10 | HEIGHT 12

25464



**Shazans**  
Crushed Garlic 25 x 400G  
LAYER 7 | HEIGHT 7

25465



**Shazans**  
Garlic Cloves 25 x 400G  
LAYER 9 | HEIGHT 7

25466



**Shazans**  
Crushed Garlic & Ginger Mix  
25 x 400G  
LAYER 7 | HEIGHT 7

25553



**Shazans**  
Shazans Diced Garlic  
25 x 400G  
LAYER 7 | HEIGHT 7

25554



**Shazans**  
Diced Ginger 25 x 400G  
LAYER 7 | HEIGHT 7

25557



**Shazans**  
Shazans Chicken Seekh Kebab  
8 x 850G  
LAYER 13 | HEIGHT 5

25905



**Shazans**  
Keema Paratha 12 x 325G  
LAYER 13 | HEIGHT 13

25906



**Shazans**  
Indian Party Pack  
6x1KG (50 Pieces)  
LAYER 10 | HEIGHT 8













































25899



**Shazans**  
Oven Ready Chicken Samosa  
10x320G (10 Pieces)  
LAYER 9 | HEIGHT 8



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