



Weekly INSIDE SPECIALS

Monday 17th - Sunday 23rd April, 2017

Health & ORGANIC



1015

Florentin Organic Falafel
Case 6 x 240g Tray,
€16.84 Per CASE



5350

GREEN Soya Milk-Natural
Case 6 x 1Lt Org,
€8.60 Per CASE



5461

Marigold Org Veg Bouillon Red
900g MSG Free GF,
€8.68 Per UNIT



6211

Quinoa 1Kg Organic,
€49.06 Per CASE



6213

Quinoa Trio White Red Black
Case 6 x 500g Organic,
€26.52 Per CASE



FU124

Gluten Free Plain White Flour
Case 5 x 1KG,
€11.72 Per CASE



T459

Maple Syrup 250g (189ml),
€58.80 Per CASE



T460

Maple Syrup 2 Ltr Jar,
€31.71 Per UNIT



OR371

Meridian Tahini Light Paste
270g,
€13.93 Per CASE



5225

Meridian Org Peanut Butter
Crunchy No Salt 6x1kg,
€35.63 Per CASE



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4
POINTS
PER CASE

Z413

Chopped Tomatoes Tins
6x 2.5kg,
€12.15 Per CASE



4
POINTS
PER UNIT

MS135

Kenny's Free Range Real
Mayonnaise 10Ltr,
€19.99 Per UNIT



Veg



24
POINTS
PER CASE

Z414440

Knorr Veg Paste Bouillon 880g
GF,
€13.15 Per UNIT



12
POINTS
PER CASE

Z414445

Knorr Chicken Bouillon Paste
880g GF,
€13.15 Per UNIT



2
POINTS
PER CASE

O141

Baked Beans
Case 6 x 2.7kg Tins,
€14.45 Per CASE



2
POINTS
PER UNIT

JM197

Raspberry Jam
3.5kg Bucket - Follain,
€14.75 Per UNIT



2
POINTS
PER CASE

T767

Chick Peas Canned 2.5kg,
€2.40 Per UNIT



6
POINTS
PER CASE

JM334

Honey Pure Clear 1kg,
€5.99 Per UNIT



2
POINTS
PER CASE

MS300

Heinz Tomato Ketchup Sachets
200 x 12ml,
€14.99 Per CASE

4
POINTS
PER CASE

Z418101

Heinz Tomato Ketchup
Case 2 x 4.5kg,
€25.99 Per CASE



Canned & DRIED