

SEPTEMBER OFFERS

10+1
BUY 10 BAGS & GET 1 BAG FREE

£9.99
5kg

Laila GOLD SUPERIOR LONGER BASMATI RICE
Naturally Gluten Free
5kg

£32.50
20kg

Laila Xtra Long BASMATI RICE
Naturally Gluten Free
20kg

NEW LAUNCH

£17.99
£16.99
6x2kg

Laila DEMERARA SUGAR

Volume Range Discount

Min Qty	Max Qty	Price
11	32	£14.99
33	76	£14.50
77	9999	£13.99

£32.99
£29.99
12x450g

£24.99
£20.99
12x330g

Kingstons Salted PEANUTS
Kingstons BBQ PEANUTS
Kingstons Spicy PEANUTS

POR 19%

£13.99
£11.99
24x80g

Kingstons Spicy CASSAVA CHIPS
Kingstons Salted CASSAVA CHIPS

POR 17%

£40.00
£38.00
8x700g

CONSUMER DEAL
£6.00
each

Laila Nuts CASHWAS

POR 7%

£24.99
£21.99
8x500g

CONSUMER DEAL
£4.50
each

Laila Nuts ALMONDS

POR 19%

£19.50
£18.99
8x450g

CONSUMER DEAL
£3.00
each

Laila Nuts MONKEY

CONSUMER DEAL
BUY 2 FOR 99p

POR 16%

£5.00
12x400ml

Island Sun COCONUT MILK
400ml

POR 40%

£12.99
£8.99
12x400g

CONSUMER DEAL
£1.25
each

Humza ORIGINAL PARATHA
Frozen flatbread treated with soft fatty layers.

POR 27%

£12.99
£10.99
12x400g

CONSUMER DEAL
£1.25
each

Humza SPRING PARATHA
Frozen with soft fatty layers.

CONSUMER DEAL
BUY ANY 1 FOR £1.69 OR BUY ANY 2 FOR £3

POR 19%

£24.99
£21.99
18x425g

VegeeZ Chili Garlic Potato Bites
Crispy golden like real chunks

POR 19%

£28.74
£21.99
18x400g

Humza Masala Fries
Crispy golden like real fries

CONSUMER DEAL
BUY ANY 3 FOR £12.00

POR 15%

£37.99
£33.99
10x650g

Humza Chicken SAMOSAS
Humza Meat SAMOSAS
Humza Vegetable SAMOSAS

CONSUMER DEAL
BUY ANY 3 FOR £12.00

POR 15%

£37.99
£33.99
10x650g

Humza Chicken Spring ROLLS
Humza Meat Spring ROLLS
Humza Vegetable Spring ROLLS

CONSUMER DEAL
BUY ANY 5 FOR £10

POR 25%

£9.99
£8.99
6x500g

Gino's Chicken NUGGETS
Gino's Southern Fried Chicken POPCORN
Gino's Chicken GETS

SOUTH ASIAN

RICE

10+1 BUY 10 BAGS AND GET 1 BAG FREE

HERO DEAL



£9.99
5kg

Laila Gold Basmati Rice
5kg PM £11.99 (28998)

HERO DEAL



£32.50
20kg

Laila Xtra Long Grain
Basmati Rice 20 kg
PM £35.99 (29336)



10+1
BUY
10 BAGS
AND GET
1 BAG FREE

£8.49
5kg

Laila Basmati Rice
5kg PM £9.99 S (28912)

RETAIL DEAL*

Buy 2 cases of Laila Basmati Rice 6x2kg
and Get 1 case of Laila Chickpeas Free
(*Buy minimum 2 cases to avail offer)



CONSUMER DEAL
BUY 1 PACK & GET 1 CAN
OF LAILA CHICKPEAS FREE



£22.99
6x2kg

Laila Basmati Rice
(Brick Pack) 6x2kg PM
£4.79 (29332)



~~£34.49~~
£31.49
20kg

Laila Sella Basmati
Rice 20kg (20002)



£15.99
10kg

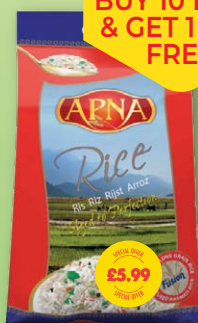
Laila Sella Basmati
Rice 10kg PM
£17.99 (29102)



10+1
BUY
10 BAGS
AND GET
1 BAG FREE

£9.29
10kg

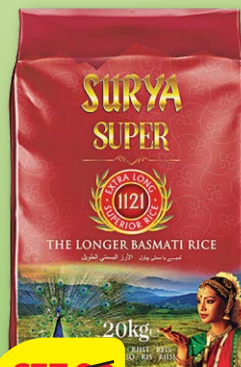
Apna Long Grain
Basmati Rice 10kg
PM 10.99 (29100)



10+1
BUY 10 BAGS
& GET 1 BAG
FREE

£5.09
5kg

Apna Long Grain
Basmati Rice 5kg
PM £5.99 (28837)



~~£37.99~~
£35.99
20kg

Surya 1121 Extra
Long Superior Rice
20kg (18068)

10+1
BUY
10 BAGS
AND GET
1 BAG FREE



£10.99
10kg

Island Sun Easy
Cook Rice 10kg
PM £11.99 (29006)



£12.00
6x2kg

Island Sun
Easy Cook Rice 6x2kg
PM £2.69 (29008)



£14.99
10kg

Ayola Jollof Rice
10kg PM £16.99
(29324)

10+1
BUY
10 BAGS
AND GET
1 BAG FREE



£4.79
5kg

Sea Isle Easy Cook
Rice 5kg PM £5.99
(29108)



£11.29
6x2kg

Sea Isle Easy
Cook Rice 6x2kg
PM £2.49 (29109)



~~£20.99~~
£18.99
20kg

Mai Thai
AAA Jasmine Rice
20kg (16912)



~~£10.49~~
£9.49
10kg

Mai Thai
AAA Jasmine Rice
10kg (16911)



~~£5.99~~
£5.25
5kg

Mai Thai
AAA Jasmine Rice
5kg (20931)



SOUTH ASIAN

FLOUR

PALLET PRICE AND DIRECT DELIVERY ONLY



POR 19%
CONSUMER DEAL
~~£7.99~~
each

Laila Atta White 10kg
6326-10 (DD) (24199)

~~£6.49~~
£5.99
10kg



POR 17%
CONSUMER DEAL
~~£14.99~~
each

Laila Atta Light Med 20kg
6325-20 (DD) (23733)

~~£12.49~~
£11.99
20kg



POR 19%
CONSUMER DEAL
~~£7.99~~
each

Laila Atta Light Med 10kg
3986-10 (DD) (23732)

~~£6.49~~
£5.99
10kg



POR 17%
CONSUMER DEAL
~~£14.99~~
each

Laila Atta Brown 20kg
6324-20 (DD) (24202)

~~£12.49~~
£11.99
20kg



POR 20%
CONSUMER DEAL
~~£2.50~~
each

Laila Gram Flour
6x2kg (28392)

~~£11.99~~
£10.99
6x2kg

LENTILS



~~£19.50~~

£13.99
6x2kg

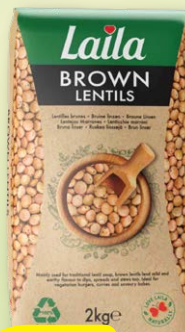
Laila Black Eye Beans
6x2kg (24263)



~~£19.50~~

£13.99
6x2kg

Laila Black Eye Beans 6x2kg
(Pillow Pack)
(25696)



~~£17.40~~

£12.99
6x2kg

Laila Brown Lentils 6x2kg
(24190)



~~£17.40~~

£12.99
6x2kg

Laila Brown Lentils 6x2kg
(Pillow Pack)
(25689)



~~£18.75~~

£12.99
6x2kg

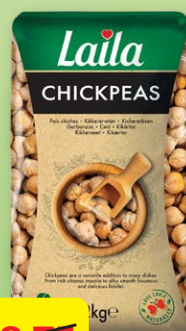
Laila Chana Dal
6x2kg (24192)



~~£18.75~~

£12.99
6x2kg

Laila Chana Dal
6x2kg (Pillow Pack)
(25480)



~~£18.75~~

£16.99
6x2kg

Laila Chickpeas
6x2kg (24187)



~~£18.75~~

£16.99
6x2kg

Laila Chickpeas
6x2kg (Pillow Pack)
(25478)



~~£20.75~~

£17.99
6x2kg

Laila Green Lentils
6x2kg (Pillow Pack)
(25690)



~~£7.60~~

£6.99
8X500g

Laila Green Lentils
8x500g (25590)



~~£13.50~~

£12.99
6x2kg

Laila Kala Chana
6x2kg (Pillow Pack)
(25697)



~~£17.95~~

£12.99
6x2kg

Laila Moong Beans
6x2kg (24257)



~~£17.95~~

£12.99
6x2kg

Laila Moong Beans
6x2kg (Pillow Pack)
(25691)



~~£19.90~~

£15.99
6x2kg

Laila Mung Dal
6x2kg (Pillow Pack)
(25479)



~~£7.90~~

£6.49
5kg

Laila Red Split
Lentils 5kg (25175)



~~£18.75~~

£13.99
6x2kg

Laila Red
Split Lentils
6x2kg (24188)



~~£18.75~~

£13.99
6x2kg

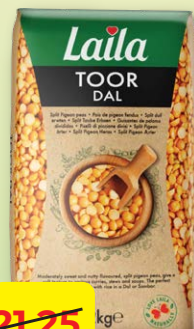
Laila Red Split lentils
6x2kg (Pillow Pack)
(25128)



~~£6.50~~

£4.99
8x500g

Laila Red Split
Lentils 8x500g
(25589)



~~£21.25~~

£17.99
6x2kg

Laila Toor Daal
(Plain) 6x2kg
(24259)



~~£21.25~~

£17.99
6x2kg

Laila Toor Daal
6x2kg (Pillow Pack)
(25692)



~~£22.95~~

£18.99
6x2kg

Laila Urid Daal
6x2kg (Pillow Pack)
(25693)



~~£22.50~~

£20.99
6x2kg

Laila Urid Gota
6x2kg (Pillow Pack)
(25482)



~~£5.75~~

£5.49
6x500g

Laila Popcorn
6x500g
(20176)



~~£5.50~~

£4.99
8x500g

Laila Soup
Broth Mix 8x500g
(28526)

CANNED

Volume Range Discount

Min Qty	Max Qty	Price
192	9999	£4.49



~~£7.99~~

£4.99
12x400g

Laila Canned Plum Tomatoes 12x400g (28795)

Volume Range Discount

Min Qty	Max Qty	Price
192	9999	£4.49



~~£7.08~~

£4.99
12x400g

Laila Canned Chopped Tomatoes 12x400g (28794)

Volume Range Discount

Min Qty	Max Qty	Price
192	9999	£4.49



~~£6.45~~

£4.99
12x400g

Laila Canned Black Eye Beans 12x400g (28800)

Volume Range Discount

Min Qty	Max Qty	Price
192	9999	£4.49



~~£5.50~~

£4.99
12x400g

Laila Canned Chickpeas 12x400g (28796)

Volume Range Discount

Min Qty	Max Qty	Price
192	9999	£4.49



~~£5.85~~

£4.99
12x400g

Laila Canned Kala chana 12x400g (28798)

Volume Range Discount

Min Qty	Max Qty	Price
192	9999	£4.49



~~£6.20~~

£4.99
12x400g

Laila Canned Rosecoco Beans 12x400g (28802)

Volume Range Discount

Min Qty	Max Qty	Price
192	9999	£4.49



~~£6.25~~

£4.99
12x400g

Laila Canned White Kidney Beans 12x400g (28801)

NUTS

POR 23%

CONSUMER DEAL
£6.00
each



~~£36.79~~

£33.99
8x500g

Laila Extra Light Walnut Halves 8x500g (28621)

POR 17%

CONSUMER DEAL
£6.00
each



~~£40.00~~

£38.00
8x700g

Laila Cashews 8x700g (25582)

POR 7%

CONSUMER DEAL
£4.50
each



~~£24.99~~

£21.99
8x500g

Laila Almonds 6x500g (28949)

POR 19%

CONSUMER DEAL
£3.00
each



~~£19.50~~

£18.99
8x450g

Laila Monkey nuts 8x450g (28950)

INGREDIENTS

POR 10%

CONSUMER DEAL
£2.50 each



~~£13.50~~

£10.99
6x850g

Laila Mango Pulp
6x850G (18359)

POR 6%

CONSUMER DEAL
£4.50 each



~~£25.50~~

£21.99
6x500g

Laila Pure Butter
Ghee 6x500g
(26069)

Volume Range Discount

Min Qty	Max Qty	Price
48	9999	£36.00

POR 21%

CONSUMER DEAL
£13.99 each



~~£43.99~~

£37.99
4x5l

Laila Pomace Olive
Oil Blend 4x5l
(25981)

POR 7%

CONSUMER DEAL
£2.50 each



~~£27.99~~

£22.49
2x6x1kg

Laila Ginger Paste
2x6x1kg (19454)

POR 7%

CONSUMER DEAL
£2.50 each



~~£27.99~~

£22.49
2x6x1kg

Laila Garlic Paste
2x6x1kg (19455)

POR 36%

CONSUMER DEAL
75p each



~~£6.00~~

£5.79
12x190ml

Laila Rose water
(Glass Bottle)
12x190ml (26066)

POR 36%

RETAIL OFFER
75p each



~~£6.00~~

£5.79
12x190ml

Laila Kewra water
(Glass Bottle)
12x190ml (26067)

POR 25%

CONSUMER DEAL
£1.00 each



~~£6.34~~

£4.50
6x250g

Laila Gujarati
Tamarind & Date
Sauce 6x250g
(28573)

POR 25%

CONSUMER DEAL
£1.00 each



~~£6.34~~

£4.50
6x250g

Laila Jaipuri Chilli
Garlic Sauce 6x250g
(28571)

POR 25%

CONSUMER DEAL
£1.00 each



~~£5.51~~

£4.50
6x250g

Laila Kolhapuri
Mango Chilli Sauce
6x250g (28572)

POR 25%

CONSUMER DEAL
£1.00 each



~~£5.51~~

£4.50
6x210g

Laila Kashmiri Chilli
Sauce 6x210g
(28569)

POR 25%

CONSUMER DEAL
£1.00 each



~~£5.51~~

£4.50
6x210g

Laila Bombay
Coriander & Mint Sauce
6x210g (28568)

POR 25%

CONSUMER DEAL
£1.00 each



~~£6.34~~

£4.50
6x210g

Laila Goan Chilli &
Coconut Sauce
6x210g (28570)

Buy 2 Case of MTR Poha 24x160G (27088) and Get 1 Case Free of Bikaji Mastkin 6x200g (28947) worth £6.99 **FREE**



£24.00
24x160g

MTR Poha 24x160G (27088)

Buy 3 Case of MTR Rice Idli Mix 12x200g (22753) and Get 1 Case Free of Bikaji Kuch-kuch 6x200g (28945) worth £6.99 **FREE**



£8.40
12x200g

MTR Rice Idli Mix 12x200g (22753)

Buy 3 Case of MTR Vada Mix 12x200g (22761) and Get 1 Case Free of Bikaji Tana-bana 6x200g (28946) worth £6.99 **FREE**



£11.40
12x200g

MTR Vada Mix 12x200g (22761)



RANGE DENSITY DISCOUNT



Bikaji Range Density Discount		
Min. Unique SKUs	Max. Unique SKUs	Flat Discounts
10	15	2%
16	20	5%

Contact Your Sales Representative to Know More About RDD and VRD Offers



RANGE DENSITY DISCOUNT



MTR Range Density Discount		
Min. Unique SKUs	Max. Unique SKUs	Flat Discounts
10	15	2%
16	25	5%
26	99	8%

Contact Your Sales Representative to Know More About RDD and VRD Offers

ORIENTAL



~~£8.00~~

£6.85
6x700ml

Thai Dragon Sweet
Chilli Sauce
6x700ml (25361)



~~£21.04~~

£22.80
6x1950ml

Thai Dragon Sweet
Chilli Sauce
6x1950ml (28450)



~~£7.82~~

£5.60
10x200g

Thai Dragon Rice
Noodle 10x200g
(25565)



~~£10.99~~

£9.99
30x200g

Sun Hee Udon
30x200g
(28785)



~~£13.29~~

£8.75
12x190g

Sun Hee Natural
Kimchi 12x190g
(212ml) (25964)



~~£12.71~~

£11.90
12x170g

Sun Hee Doenjang
Soybean Paste
12x170g (25966)



~~£14.99~~

£12.80
12x170g

Sun Hee Gochujang
Chilli Paste
12x170g (25963)



~~£9.70~~

£8.55
6x500ml

Laila Coconut Oil
6x500ml
(23667)



~~£9.00~~

£7.50
12x400ml

Laila Coconut Milk
Rich & Creamy
12x400ml (23749)



~~£5.65~~

£4.55
12x400ml

Laila Coconut Milk
12x400ml
(23668)



~~£5.45~~

£4.80
12x400ml

Cocofresh Coconut
Milk (Regular)
12x400ml (13295)



~~£9.50~~

£7.85
12x200g

Laila Creamed
Coconut 12x200g
(23821)



~~£24.70~~

£21.70
24x400ml

Chaokoh Coconut
Milk 24x400ml
(13287)



~~£28.50~~

£25.00
40x200g

Islandsun
Creamed Coconut
40x200g (15427)



POR
16%

CONSUMER
DEAL

2 FOR
99p

£5.00
12x400ml

Islandsun
Coconut Milk
12x400ml
(13111)

AFRO-CARRIBEAN



~~£10.87~~

£7.99
10x500g

Islandsun Black Eye Beans 10x500g (25296)



~~£8.04~~

£6.99
10x500g

Islandsun Semolina Coarse 10x500g (13662)



~~£8.04~~

£6.99
10x500g

Islandsun Semolina Fine 10x500g (13656)



~~£99.00~~

£96.99
24x680g

T Way Fufu Flour (Cocoyam) 24x680g (13036)



~~£99.00~~

£96.99
24x680g

T Way Fufu Flour (Plantain) 24x680g (13035)



5+1
BUY
5 CASES
AND GET
1 CASE FREE

£17.99
6x1kg

Mother Africa Peanut Butter Natural 6x1kg (18028)



~~£19.54~~

£15.99
24x75g

Knoppers Wafers / Wafelki 24x75g (11931)



~~£10.99~~

£8.99
12x425g

Sea Isle Green Pigeon Peas 12x425g (Can) (29015)



~~£5.99~~

£4.99
12x400g

Sea Isle Peas & Beans mix 12x400g - Can (28980)



~~£5.84~~

£4.29
12x400g

Sea Isle Blackeye Beans 12x400g - Can (28978)



~~£6.99~~

£5.29
12x400g

Sea Isle Butter Beans 12x400g (Can) (29014)



~~£22.99~~

£19.99
24x500g

Sea Isle Butter Beans 24x500g (Can) (29156)



~~£5.49~~

£3.99
12x400g

Sea Isle Chick Peas 12x400g (Can) (29013)



~~£4.99~~

£3.99
12x400g

Sea Isle Gungo peas 12x400g - Can (28981)



~~£6.99~~

£10.99
3x150g

Sea Isle Mixed Herbs 3x150g (29055)



~~£6.99~~

£4.99
3x700g

Sea Isle Fish
Seasoning 3x700g
(29047)



~~£6.99~~

£4.99
3x500g

Sea Isle
Curry Powder
3x500g (29048)



~~£20.99~~

£18.99
12x750ml

Sea Isle Banana
Syrup 12x750ml
(29163)



~~£20.99~~

£18.99
12x750ml

Sea Isle Cherry
Syrup 12x750ml
(29160)

HERO DEAL

POR
19%



~~£13.99~~

£11.99
24x80g

Kingston's
Cassava Chips Chilli
24x80g (28517)

HERO DEAL

POR
19%



~~£13.99~~

£11.99
24x80g

Kingston's
Cassava Chips Salted
24x80g (28516)

HERO DEAL



~~£24.99~~

£20.99
12x330g

Kingston's
BBQ Peanuts
12x330g (28506)

HERO DEAL



~~£32.99~~

£29.99
12x450g

Kingston's Salted Peanuts
12x450g (28504)

HERO DEAL



~~£24.99~~

£20.99
12x330g

Kingston's
Spicy Peanuts
12x330g (28507)

FROZEN

HERO DEAL



POR 40%

£12.49
£8.99
12x400g

CONSUMER DEAL
£1.25
each

Humza Paratha Plain
12x400G (5 Pieces) (27566)



POR 27%

£12.99
£10.99
12x400g

CONSUMER DEAL
£1.25
each

Humza Paratha Onion
12x400g (5 Pieces) (27561)

HERO DEAL



POR 19%

£24.99
£21.99
18x425g

CONSUMER DEAL
BUY ANY 1
FOR £1.69
OR BUY
ANY 2
FOR £3

Humza VeggieZ Chilli Garlic Potato
Bites 18x425g (26063)



POR 19%

£28.74
£21.99
18x400g

Humza VeggieZ Masala Fries
18x400g (26065)

HERO DEAL

CONSUMER DEAL
BUY ANY 3
FOR £12.00



POR 15%

£37.99
£33.99
10x650g

Humza Chicken Samosa 10x650g
(20 pieces) (22022)



POR 15%

£37.99
£33.99
10x650g

Humza Meat Samosa 10x650g
(20 pieces) (22024)



POR 15%

£37.99
£33.99
10x650g

Humza Veg Samosa 10x650g
(20 pieces) (22026)



~~£51.99~~

£48.99
6x1500g

Humza Meat Samosa
6x1500g (50 pieces)
(21907)



~~£51.99~~

£48.99
6x1500g

Humza Chicken Samosa
6x1500g (50 pieces)
(21908)



~~£51.99~~

£48.99
6x1500g

Humza Veg Samosa
6x1500g (50 pieces)
(22899)

FROZEN

HERO DEAL

CONSUMER DEAL

**BUY ANY 3
FOR £12.00**



POR
15%

£37.99
£33.99
10x650g

Humza Chicken Spring Roll
10x650g (20 pieces) (22023)



POR
15%

£37.99
£33.99
10x650g

Humza Meat Spring Roll
10x650g (20 pieces) (22025)



POR
15%

£37.99
£33.99
10x650g

Humza Veg Spring Roll
10x650g (20 pieces) (22027)

HERO DEAL



POR
18%

£51.74
£45.99
10x500g

Humza Meat Charcoal Kebab
8x750g (15 pieces) (22472)

CONSUMER DEAL
**BUY ANY 2
FOR £14.00**



POR
18%

£51.74
£45.99
10x500g

Humza Chicken Charcoal Kebab
8x750g (15 pieces) (22471)

CONSUMER DEAL **BUY ANY 5 FOR £10**



POR
17%

£12.99
£9.99
6x500g

Humza HFC Peri Peri
Chicken Goujons
6x500g (27568)



POR
17%

£12.99
£9.99
6x500g

Humza HFC SF
Chicken Popcorn
6x500g (28547)



POR
17%

£12.99
£9.99
6x500g

Humza HFC Battered
Chicken Nuggets
6x500g (28548)



POR
17%

£12.99
£9.99
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