



vibrant
the way we make you feel

PICK OF THE CROP

| GREENVEG | | | | |
|---|---|---|--|--|
| Bibb Lettuce Broccoli Cavolo Nero Chicory | Collards Cos Lettuce Endive Kale | Poki choi Parsley Rocket Romaine Lettuce | Mangetout Savoy Cabbage Sorrel Spring Greens | Spinach Tenderstem Watercress |
| VEG | | | | |
| Artichoke Asparagus Aubergine Avocado | Beetroot Brussel Sprouts Butternut Squash Carrots | Cauliflower Celeriac Celery Courgette | Fennel Okra Onion Parsnip | Peppers Radish Swede Turnip |
| NUTS | | | | |
| Almonds Brazil | Cashews Filberts | Hazelnuts Chestnuts | Pecans Pine Nuts | Pistachios Walnuts |
| SEEDS | | | | |
| Alfalfa Celery | Fennel Hemp | Linseed Pumpkin | Sesame Sunflower | |
| GRAINS | | | | |
| Amaranth Barley Basmati Rice | Brown Rice Buckwheat Bulgur Wheat | Corn Kamut Millet | Oats Quinoa Rye | Spelt |
| BEANS | | | | |
| Aduki Black Turtle | Chick Peas Fava | Garbanzo Great Northern | Lentils Lima | Navy |
| HERBS | | | | |
| Basil Cinnamon | Coriander Dill | Fennel Fenugreek | Ginger Rosemary | Thyme Umeboshi Plums |
| FISH | | | | |
| Anchovies Black Bass Bream Cod | Dover Sole Hake Herring Lemon Sole | Monk Fish Mackerel Marlin Salmon | Sardine Sea Bass Sword Fish Tuna | Whiting |
| FRUIT | | | | |
| Acai Berries Apples Apricots Banana Banana Melon Blackberries Blueberries Cantaloupe Cherries | Cranberries Currants Dates Figs Goji Berries Gooseberries Grapefruits Grapes Guavas | Honeydew Huckleberries Kiwi Fruits Lemon Lime Loganberries Loquats Lychees Mangos | Mangosteen Mulberries Nectarines Oranges Papaya Passion Fruit Peach Pear Pineapple | Pomegranates Sharon Fruit Strawberries Raspberries Tanglos Tangerines Watermelon |

| MISC. | | | | |
|-------------------------------|---|-------------------------------------|--------------------------------------|-------------------------|
| Carbo Chicken Duck Eggs | Goose Eggs Hens Eggs with omega 3's Goats Products | Honey Olives Sheep's Products | Liquorice Root Molasses Tempeh | Tofu Turkey Quorn |