

Tigernuts – a nutrient-rich, dense root vegetable – are the base ingredient in **Ruby & Grace's** new dairy-free ice cream. A prebiotic fibre with purported 'gut-friendly' attributes, tigernuts are also a sustainable material as they don't require irrigation. There are five flavours available in 500ml tubs (RRP £5.99-6.99), including Lush coffee, Matcha mint & chocolate and Cracking honeycomb. [rubyandgracelondon.com](http://rubyandgracelondon.com)

**Cheese the Queen** is a new nut cheese brand from Bulgaria. Free from dairy, soy and gluten, its 'superfood delicacies' use fermented aged cashews for a high protein, probiotic punch. There are three varieties - green pepper, turmeric and classic - which are so far only on sale in mainland Europe (Bulgaria, Germany and Austria). [cheesethequeen.com](http://cheesethequeen.com)

Frozen food producer **Field Fare** has been focusing on developing its vegan offering, launching a 'proper Cornish vegan pasty' made with a soya-based meat alternative from The Meatless Farm Company and a vegan burger made with quinoa, beetroot and edamame beans. The pasties wholesale at £1.90 each (RRP £2.79) and the burgers wholesale at £0.70 each (RRP £1.10). [field-fare.com](http://field-fare.com)

**Mr Organic** has launched a legume rice range, providing a gluten-free rice and pasta alternative for consumers who are vegan, health-conscious and/or gluten intolerant. Made simply from legume flour, the red lentil, chickpea and green pea rice alternatives are rich in protein and fibre and cook in 10-11 minutes. RRP £3.59 for 250g. [mr-organic.com](http://mr-organic.com)



**Coppola Foods** claims to be first to market with a chickpea-based chocolate & hazelnut spread. This alternative base results in a product that is said to contain 81% more protein and 57% less sugar than regular chocolate spread. Branded Fabalious, the vegan spread is also free from palm oil, soy and dairy. RRP £3.55 for 200g. [coppolafoods.com](http://coppolafoods.com)

Championing the "wholesome goodness" of nuts is **A Little Nutty**, with a range that has just been extended with the launch of Maple Nutty Bites. Combining nuts, coconut, maple syrup and almond and coconut butter, the treats have an RRP of £3.85 for 55g (trade price £2.89) and are currently only on sale in a handful of independent retailers in Hampshire. [alittlenutty.co.uk](http://alittlenutty.co.uk)

**As Raw As** has added salted cardamom apricots to its stoneground unroasted dark chocolate line-up. Unsulphured apricots are dipped in 80% dark chocolate made from organic criolla cacao and finished with a sprinkling of fresh cardamom, Himalayan pink salt and chocolate flakes. Free from dairy, gluten, refined sugars and soy, they have an RRP of £6.50 for 125g (trade price £4.55). [asrawas.com](http://asrawas.com)

Three new introductions from **Moving Mountains** have expanded the options in the meat alternatives space. The new hot dogs made from sunflower seeds, vegetables and coconut oil; Bratwurst-style no-pork sausages and plant-based sausage burgers all have an RRP of £4.50 per pack and are listed with Sainsbury's. [movingmountainsfoods.com](http://movingmountainsfoods.com)

## Refreshing and complex non-alcoholic spirit

Inspired by the stretch of Devon coastline where they live, wine bar owners Sarah and Geoff Yates have created a non-alcoholic spirit from natural botanicals. Sugar-free, zero calorie **Sea Arch** Coastal Juniper is distilled from juniper, sea kelp, samphire, blood orange, cardamom and coriander. It is available in 70cl bottle, 25cl bottle and 250ml can formats, with respective RRP's of £24.95, £14.95 and £2.35. [searchdrinks.com](http://searchdrinks.com)



Rather than launching "another dried fruit and smush bar", **Delushious** says it has created a range of decadent, snack-sized cakes that are low in sugar. Chai coconut bar, black forest brownie and sour cherry tiffin come in biodegradable wrappers. RRP £1.59. [delushious.co.uk](http://delushious.co.uk)

**Borough Broth Co** has secured distribution with The Cress Co for its chilled broths and with CLF and The Health Store for its frozen broths. The company has been slow-cooking organic bone broths in its London kitchen since 2015. [boroughbroth.co.uk](http://boroughbroth.co.uk)

Complementing its vegan Genovese pesto, **Organico Realfoods** has launched a vegan basil pesto (RRP £3.49 for 130g) and sun-dried tomato pesto (RRP £2.99 for 130g), both produced in Liguria from fresh basil, sunflower oil, olive oil, tofu, pine kernels and cashews. [organico.co.uk](http://organico.co.uk)

**Bay's Kitchen** has added three new varieties to its range of low FODMAP sauces. Created with IBS sufferers in mind, the mild Korma, Tikka Masala and Thai green curry sauces are gluten-free and vegan. RRP £3.95 for 260g. [bayskitchen.com](http://bayskitchen.com)

Oats, nuts and dried fruit are rolled into balls and coated in freeze-dried fruit to deliver a "quick and enduring energy shot". **Go Bites** come in three fruity flavours: strawberry & cashew; blackcurrant & blueberry and raspberry & cacao. RRP £1 per 24g pack. [go-bites.com](http://go-bites.com)