



PASTA, NOODLES & RICE

	OG	VE	PRICE
Penne (white / wholewheat)	Y	Y	£0.26
Lasagne	Y	Y	£0.62
Fusilli	Y	Y	£0.26
Orzo	N	Y	£0.18
Celentani	N	Y	£0.26
Macaroni	N	Y	£0.23
Spelt	Y	Y	£0.60
Spaghetti (white)	Y	Y	£0.20
Spaghetti (wholemeal)	Y	Y	£0.23
Noodles	N	Y	£0.46
Basmati rice (white)	Y	Y	£0.40
Basmati rice (brown)	Y	Y	£0.40
Black rice	Y	Y	£0.74
Arborio (risotto) rice	Y	Y	£0.45

FRUITS

	OG	VE	PRICE
Apple shreds	N	Y	£9.00
Apricots	Y	Y	£0.80
Dates	Y	Y	£1.10
Medjool Dates	Y	Y	£1.85
Figs	Y	Y	£1.20
Mango	Y	Y	£1.75
Orange slices	N	Y	£2.99
Pitted Prunes	N	Y	£0.80
Raisins	N	Y	£0.55
Sultanas	Y	Y	£0.60

CEREALS

	OG	VE	PRICE
Apricot muesli	N	Y	£0.42
Delux muesli	Y	Y	£0.55
Porridge oats	Y	Y	£0.29
Jumbo oats	Y	Y	£0.29
Almond granola (<i>Gluten Free</i>)	N	Y	£1.45
Chocolate granola (<i>Gluten Free</i>)	N	Y	£1.45
Raspberry granola (<i>Gluten Free</i>)	N	Y	£1.75

TEA & COFFEE

	OG	VE	PRICE
Jute coffee beans (locally roasted)	N	Y	£2.65
Green Tea	N	Y	£4.50
British Brew	N	Y	£3.50
Breakfast Blend	N	Y	£3.75
Chamomile	N	Y	£12.50
Deacaf	N	Y	£4.50
Red Bush	N	Y	£4.50
Earl Grey	N	Y	£4.50

SEEDS

	OG	VE	PRICE
Chia	Y	Y	£0.70
Linseed	Y	Y	£0.26
Pumpkin	Y	Y	£0.95
Seed mix	Y	Y	£0.95
Sesame	Y	Y	£0.80
Sunflower	Y	Y	£0.51

NIBBLES & SWEETS

	OG	VE	PRICE
Banana chips	Y	Y	£0.70
Bombay mix (mild)	N	Y	£0.46
Crisps (salted)	N	Y	£1.40
Mixed nuts and raisins	N	Y	£1.10
Mixed nuts and raisins (luxury)	N	Y	£2.08
Popcorn kernels	Y	Y	£0.26
Sweets	N	Y	£1.80

BEANS, PULSES & GRAINS

	OG	VE	PRICE
Black turtle beans	Y	Y	£0.39
Butter beans	Y	Y	£0.44
Cannellini beans	Y	Y	£0.25
Chickpeas	Y	Y	£0.39
Couscous	Y	Y	£0.32
Haricot beans	Y	Y	£0.44
Green lentils	Y	Y	£0.38
Red split lentils	Y	Y	£0.37
Mung beans	Y	Y	£0.65
Pearl barley	Y	Y	£0.22
Pearl couscous	Y	Y	£0.44
Quinoa	Y	Y	£0.95

NUTS

	OG	VE	PRICE
Almonds	N	Y	£1.70
Roasted almonds (unsalted)	N	Y	£1.70
Flaked almonds	N	Y	£1.70
Honey cinnamon almonds	N	Y	£2.40
Brazils	Y	Y	£2.00
Cashews	N	Y	£1.70
Dry roasted peanuts	N	Y	£0.95
Roasted peanuts (unsalted)	N	Y	£0.66
Roasted peanuts (salted)	N	Y	£0.95
Pecan halves	N	Y	£2.50
Pine nuts	N	Y	£3.85
Pistachio nuts	N	Y	£3.10
Roasted hazelnuts	N	Y	£1.75
Walnuts	Y	Y	£2.20

**BAKING & SUGAR**

	OG	VE	PRICE
Ground almonds	N	Y	£1.40
Bicarbonate of Soda	N	Y	£0.72
Glacé cherries	N	N	£0.85
Chocolate flakes	Y	Y	£3.80
Cocoa powder	Y	Y	£1.50
Desiccated coconut	Y	Y	£0.50
Cornflour	Y	Y	£0.82
Plain flour	Y	Y	£0.18
Strong bread flour	Y	Y	£0.25
Wholemeal bread flour	Y	Y	£0.25
Self raising flour	N	Y	£0.18
Mixed peel	N	Y	£0.44
Soft brown sugar	N	Y	£0.55
Coconut sugar	Y	Y	£0.99
Sugar (raw cane)	Y	Y	£0.55
Caster sugar	Y	Y	£1.99
Pudding rice	N	Y	£0.34
Vegetable bouillon	Y	Y	£1.99
Yeast (instant dried)	N	Y	£1.40

HOUSEHOLD CLEANING

	OG	VE	PRICE
RAW Bicarbonate of Soda	N	Y	£0.48
RAW Citric acid	N	Y	£0.60
RAW Cleaning vinegar	N	Y	£0.22
Fill Fabric conditioner	N	Y	£0.30
Fill Dishwasher powder	N	Y	£0.45
Fill Dishwasher rinse-aid	N	Y	£0.40
Fill Laundry powder	N	Y	£0.55
Fill Multi surface cleaner	N	Y	£0.45
Fill Washing up liquid	N	Y	£0.33
Fill Laundry liquid	N	Y	£0.47
Fill Loo cleaner	N	Y	£0.35

500ml in refillable glass bottles

	OG	VE	PRICE
Fill Hand-wash	N	Y	£5.60
Fill Washing up liquid	N	Y	£5.15
Fill Laundry liquid	N	Y	£5.85
Fill Fabric conditioner	N	Y	£5.00
Fill Loo cleaner	N	Y	£5.25
Fill All purpose cleaner	N	Y	£5.75

BODY-CARE

	OG	VE	PRICE
Faith in Nature shampoo	N	Y	£1.25
Faith in Nature conditioner	N	Y	£1.25
Faith in Nature body wash	N	Y	£1.25
Fill Hand soap	N	Y	£0.42
Bramley Hand Lotion	N	Y	£5.00
Hand sanitiser - two birds	N	Y	£1.50
Toothtabs by weight	N	Y	£15.00

SUNEETA BODY-CARE

30g in refillable aluminium tins	OG	VE	PRICE
Golden turmeric skin cream	N	Y	£5.00
Golden turmeric and lime scrub	N	Y	£5.00
Mandarin and calendula cleansing balm	N	Y	£5.00
Lavomango lotion	N	Y	£5.00
Shea and almond whip	N	Y	£5.00
Olive oil hand and foot balm	N	Y	£5.00
Happy orange body mouse	N	Y	£5.00

HERBS & SPICES

	OG	VE	PRICE
Allspice	N	Y	£2.50
Basil	N	Y	£2.00
Bay Leaves	N	Y	£2.00
Black peppercorns	N	Y	£2.00
Caraway seed	N	Y	£2.00
Cardamom (ground / whole)	N	Y	£6.00
Cayenne pepper	N	Y	£2.00
Chilli (flakes / powder)	N	Y	£2.00
Cinnamon (ground / sticks)	N	Y	£2.00
Cloves whole	N	Y	£5.00
Coriander (ground / seed)	N	Y	£2.00
Cumin (ground / seed)	N	Y	£2.00
Fennel seed	N	Y	£2.00
Garam masala	N	Y	£2.00
Garlic powder	N	Y	£2.00
Ginger ground	N	Y	£2.00
Madras curry powder	N	Y	£2.00
Marjoram	N	Y	£2.00
Mint	N	Y	£2.00
Mixed herbs	N	Y	£2.00
Mixed spice	N	Y	£2.00
Mustard powder	N	Y	£2.00
Mustard seeds	N	Y	£2.00
Nutmeg (ground)	N	Y	£4.00
Nutmeg (whole)	N	Y	£6.00
Onion powder	N	Y	£2.00
Oregano	N	Y	£2.00
Paprika (smoked)	N	Y	£3.00
Paprika (sweet)	N	Y	£2.00
Parsley	N	Y	£2.00
Rosemary	N	Y	£2.00
Sage	N	Y	£2.00
Salt	N	Y	£0.20
Star Anise	N	Y	£6.00
Tarragon	N	Y	£3.00
Thyme	N	Y	£2.00
Tumeric	N	Y	£2.00