



**NUTS**

	OG	VE	PRICE
Almonds	N	Y	£1.70
Roasted almonds (unsalted)	N	Y	£2.00
Brazils	N	Y	£2.50
Cashews	N	Y	£1.70
Roasted hazelnuts (unsalted)	N	Y	£2.20
Pecans	N	Y	£2.50
Pine nuts	N	Y	£4.00
Pistachio nuts	N	Y	£3.10
Roasted peanuts (unsalted)	N	Y	£1.00
Roasted salted peanuts	N	Y	£0.95
Dry roasted peanuts	N	Y	£0.95
Flaked almonds	N	Y	£1.70
Walnuts	N	Y	£2.20
Pistachio	N	Y	£3.10

**BAKING & SUGAR**

	OG	VE	PRICE
Desiccated coconut	N	Y	£0.99
Plain flour	Y	Y	£0.25
Strong bread flour	Y	Y	£0.25
Cocoa powder	Y	Y	£1.50
Ground almonds	N	Y	£1.40
Sugar (raw cane)	Y	Y	£0.55
Coconut sugar	Y	Y	£1.20
Soft brown sugar	N	Y	£0.55
Pudding rice	N	Y	£0.34
Glacé cherries	N	N	£1.00
Vegetable bouillon	Y	Y	£1.99

**CLEANING LIQUID REFILLS**

	OG	VE	PRICE
Fill washing up liquid	N	Y	£0.40
Fill liquid hand soap	N	Y	£0.42
Fill laundry detergent	N	Y	£0.55
Fill fabric softener	N	Y	£0.47
Ecoleaf loo cleaner	N	Y	£0.35
Multi surface cleaner	N	Y	£0.45

**BODYCARE LIQUID REFILLS**

	OG	VE	PRICE
Faith in Nature body	Y	Y	£1.25
Faith in Nature shampoo	Y	Y	£1.25
Faith in Nature conditioner	Y	Y	£1.25
Suma shampoo	N	Y	£0.55
Suma conditioner	N	Y	£0.55

**HERBS & SPICES**

	OG	VE	PRICE
Basil	N	Y	£3.00
Bay leaves	N	Y	£2.50
Cardamom (ground / whole)	N	Y	£6.00
Cayenne pepper	N	Y	£2.50
Coriander (ground / seed)	N	Y	£2.50
Chilli (flakes / powder)	N	Y	£2.50
Cinnamon (ground / sticks)	N	Y	£2.50
Cloves (whole)	N	Y	£5.00
Cumin (ground / seed)	N	Y	£2.50
Fennel seed	N	Y	£2.50
Fish spice mix	N	Y	£2.50
Garam Masala	N	Y	£2.50
Garlic powder	N	Y	£2.50
Ginger (ground)	N	Y	£2.50
Madras curry powder	N	Y	£2.50
Marjoram	N	Y	£2.50
Mixed herbs	N	Y	£2.50
Mint	N	Y	£2.50
Mixed spice	N	Y	£2.50
Mustard seed (yellow)	N	Y	£2.50
Nutmeg (whole)	N	Y	£6.00
Oregano	N	Y	£2.50
Paprika (smoked / sweet)	N	Y	£3.00
Parsley	N	Y	£2.50
Peppercorns (black)	N	Y	£2.50
Sage	N	Y	£3.00
Salt (course sea)	N	Y	£0.20
Star anise	N	Y	£6.00
Thyme	N	Y	£2.50
Tumeric	N	Y	£2.50



**PASTA, NOODLES & RICE**

	OG	VE	PRICE
Penne (white / wholewheat)	Y	Y	£0.27
Fusilli (wholewheat)	Y	Y	£0.27
Orzo (white)	N	Y	£0.27
Celentani (white)	N	Y	£0.27
Macaroni	N	Y	£0.27
British made gigi (UK spelt)	Y	Y	£0.75
British made casarecce (UK spelt)	Y	Y	£0.75
Spaghetti (white / wholewheat)	N	Y	£0.27
Noodles	N	Y	£0.46
White basmati rice	Y	Y	£0.40
Brown long-grain rice	Y	Y	£0.41
Brown basmati rice	Y	Y	£0.40
Black rice	Y	Y	£0.74
Arborio (risotto) rice	N	Y	£0.58
Pudding rice	N	Y	£0.34

**FRUITS**

	OG	VE	PRICE
Raisins	N	Y	£0.55
Unsulphured apricots	Y	Y	£1.40
Prunes	N	Y	£0.80
Figs	Y	Y	£1.20
Dates	Y	Y	£1.10
Medjool dates	Y	Y	£1.90
Mango	N	Y	£2.00

**CEREALS**

	OG	VE	PRICE
Porridge oats	Y	Y	£0.29
Jumbo oats	Y	Y	£0.29
Apricot muesli	N	N	£0.50
Delux muesli	Y	Y	£0.55
Tropical muesli	N	N	£0.42
Almond granola ( <i>Gluten Free</i> )	N	Y	£1.45
Raspberry granola ( <i>Gluten Free</i> )	N	Y	£1.75
Chocolate granola ( <i>Gluten Free</i> )	N	Y	£1.45
Overnight Oats	N	Y	£0.90

**NIBBLES**

	OG	VE	PRICE
Crisps (salted)	N	Y	£1.70
Mixed nuts and raisins	N	Y	£1.10
Bombay mix (mild)	N	Y	£0.60
Dry roasted peanuts	N	Y	£0.95
Roasted salted peanuts	N	Y	£0.95
Banana chips	Y	Y	£0.70
Popcorn kernels	Y	Y	£0.26

**SEEDS**

	OG	VE	PRICE
Chia	Y	Y	£1.00
Linseed	N	Y	£0.36
Pumpkin	N	Y	£1.10
Sesame	N	Y	£0.80
Sunflower	N	Y	£0.61
Seed mix	N	Y	£1.10

**TEA & COFFEE**

	OG	VE	PRICE
Jute coffee beans (locally roasted)	N	Y	£2.85
Tealicious British Brew	N	Y	£3.85
Tealicious Teacaf (decaf)	N	Y	£5.68
Tealicious Chamomile	N	Y	£12.50
Tealicious Breakfast Blend	N	Y	£4.63

**BEANS, PULSES & GRAINS**

	OG	VE	PRICE
Black turtle beans	N	Y	£0.39
Couscous	N	Y	£0.32
Pearl couscous	N	Y	£0.60
Pearl barley	Y	Y	£0.22
Chickpeas	Y	Y	£0.39
Green lentils	Y	Y	£0.38
Red split lentils	Y	Y	£0.45
Mung beans	Y	Y	£0.65
Beluga lentils	Y	Y	£0.65
Quinoa	Y	Y	£0.95