

GENERAL GROCERY PRICELIST

Updated 09/05/2017

Please use the list below as a guideline, but we cannot guarantee price or availability

Row Labels	Ext'd Description	Org?	Average of Price
BakingAids-B			
Agar Agar	50g		£4.29
Almond Extract	Co op 38ml		£0.98
Cacao Powder	Fairtrade 180g	Organic	£3.89
Lemon Extract	Co op 38ml		£0.98
	Steenberg Fairtrade 100ml	Organic	£4.39
No Egg Replacer	Ogran 200g		£2.39
Orange Extract	Steenberg Fairtrade 100ml	Organic	£4.39
Quick Dry Yeast	125g		£0.99
Rose Water	Steenberg Fairtrade 100ml	Organic	£3.29
Vanilla Extract	Steenberg Fairtrade 100ml	Organic	£6.59
Veg Suet	Suma 250g		£1.58
Xanthan Gum	Doves 100g		£2.35
Cakes&Puddings-B			
Fig & Orange Cake	400g	Organic	£2.58
Fig Cake	250g	Organic	£2.79
Fruit Cake	400g	Organic	£2.58
Malt Loaf	290g	Organic	£1.29
Cereals-B			
Buckwheat Flakes	Big Oz 350g	Organic	£2.89
Cornflakes	Doves Farm 375g	Organic	£1.98
Gluten Free Muesli	Multigrain Suma 500g	Organic	£2.98
Granola Nutty Crun	Foods of Athenry 300g		£3.89
Millet Rice	Nature's Path 375g	Organic	£3.19
Muesli	Alara 250g	Organic	£2.59
Porridge Oats	Gluten Free Suma 750g	Organic	£3.09
Puffed Oats	Rude Health 175g		£1.79
Dessert&Purees-B			
Apple Puree	360g	Organic	£1.15
Case Puree	Probios Not Mixed 100g x18. Lool	Organic	£11.19
Coconut Cream	200ml	Organic	£1.59
Fruit Puree	Apple & Apricot 360g	Organic	£2.09
	Apple & Blackcurrant 360g	Organic	£2.09
	Apple & Blueberry 360g	Organic	£2.09
	Apple & Cherry 360g	Organic	£2.09
	Apple & Cranberry 360g	Organic	£2.25
	Apple & Mango 360g	Organic	£2.09
	Apple & Quince 360g	Organic	£2.09
	Apple & Raspberry 360g	Organic	£2.09
	Apple & Rhubarb 360g	Organic	£2.09
	Apple & Strawberry 360g	Organic	£2.09
	Greengage 360g	Organic	£2.75
	William Pear 360g	Organic	£2.49
Mince meat	Meridian 320g	Organic	£2.89

Oatly Cream	250ml		£0.75
Papaya Chunks	400g	Organic	£1.69
Probios Puree	Apple & Apricot 100g	Organic	£0.65
	Apple & Banana 100g	Organic	£0.65
	Apple & Blueberry 100g	Organic	£0.65
	Apple & Prune 100g	Organic	£0.65
	Apple 100g	Organic	£0.65
	Peach & Apple 100g	Organic	£0.65
	Pear 100g	Organic	£0.65
Rice Dessert	Chocolate 100g x2	Organic	£1.39
	Vanilla 100g x2	Organic	£1.39
Soya Cream	Provamel 250ml	Organic	£0.85
Soya Custard	Vanilla Provamel 500ml 999	Organic	£1.19
Young Jackfruit	400g	Organic	£2.59
DriedFruit-B			
Aronia Berries	Pearls Of Samarkand 100g	Organic	£1.69
Banana Chips	Dried Fairly Traded 150g		£1.59
Banana Strips	Dried Bogoya Fairly Traded 125g		£1.89
Barberries	Pearls Of Samarkand 100g	Organic	£3.99
Cherries	Pearls Of Samarkand 100g	Organic	£2.49
Cranberries	Dried Biona 100g	Organic	£2.99
Figs	Ready To Eat Crazy Jack 250g	Organic	£2.69
Mango	Fairly Traded Fullwell Mill 100g	Organic	£1.95
Medjoul Dates	Zaytoun 250g		£3.99
Mixed Cherries	Pearls Of Samarkand 100g	Organic	£2.49
Mulberries Mixed	Pearls Of Samarkand 100g	Organic	£3.09
Mulberries White	Pearls Of Samarkand 100g	Organic	£2.55
Physalis Golden Be	Fairtrade Pearls Of Samarkand 100g	Organic	£3.95
Pine Nuts	100g		£3.19
Pineapple	Dried Fairly Traded 100g		£1.79
Pomegranates	Pearls Of Samarkand 100g	Organic	£3.95
Prunes	Ready To Eat Crazy Jack 250g	Organic	£3.49
Sour Cherries	Pearls Of Samarkand 100g	Organic	£2.49
Flakes&Grains-B			
. Barley Couscous	300g 999	Organic	£2.09
. Brown Risotto ~	1kg 999	Organic	£3.99
. Kamut Couscous ~	300g 999	Organic	£1.99
Barley Flakes	Hodmedod 500g	Organic	£1.38
Barley Flakes	Hodmedod 500g	Organic	£1.38
Corn Couscous ~	300g	Organic	£1.99
Maftoul	Zaytoun 250g	Organic	£2.39
Smoky Freekeh	Zaytoun 250g		£2.19
Spelt Couscous ~	300g	Organic	£2.05
Flours-B			
Bread Flour	Brown Gluten Free Doves 1kg		£1.70
	White Doves 1.5kg	Organic	£1.59
	White Gluten Free Doves 1kg		£1.68
	Wholemeal Doves 1.5kg	Organic	£1.59
Brown Bread Flour	Three Malt Sunflower Shipton Mil	Organic	£1.39
Canadian Flour	16kg		£12.25

Carob Flour	Cotswold 250g		£1.49
Chestnut Flour	Shipton Mill 500g	Organic	£3.45
Einkorn Flour	Doves 1kg	Organic	£2.69
Fava Bean Flour	Hodmedod 500g		£1.79
Gram Flour	2kg		£2.39
	500g		£0.85
Granarius	Watermill 1.5kg	Organic	£3.25
Green Pea Flour	Hodmedod 500g		£1.79
Malthouse Flour	Doves 1kg	Organic	£1.59
Masa Harina	For Tortillas 500g		£2.59
Miller's Magic	Watermill 1.5kg	Organic	£3.15
Pasta Flour	Durum Wheat Doves 1kg	Organic	£1.45
Pastry Flour	White Doves 1kg	Organic	£1.19
	White Gluten Free Doves 1kg		£1.70
	Wholemeal Doves 1kg	Organic	£1.09
Rye Flour	Doves 1kg	Organic	£1.59
	Watermill 1.5kg	Organic	£3.39
Self-Raise Flour	White Doves 1kg	Organic	£1.19
	White Gluten Free Doves 1kg		£1.70
	Wholemeal Doves 1kg	Organic	£1.19
Soya Flour	Kitchen Garden 250g	Organic	£1.39
Spelt Flour	White Doves 1kg	Organic	£2.49
	Wholemeal Doves 1kg	Organic	£1.99
White Quinoa Flour	Hodmedod 500g		£3.65
Wholegrain Flour	Shipton Mill 2.5kg	Organic	£2.98
Wholewheat	Watermill 1.5kg	Organic	£2.69

Fuel

Blazers Logs	Compressed Fuel		£4.39
Charcoal	Local 5kg		£5.49
Firelighters	If You Care x72		£3.19
Kindling	0		£3.89
Logs	Local		£4.89

Herbs&Spices-B

Ancho Diced	Cool Chile Co 40g		£3.29
Ancho Whole	Cool Chile Co 70g		£2.79
Chipotle Whole	Cool Chile Co 40g		£2.98
De Arbol Diced	Cool Chile Co 25g		£2.89
De Arbol Whole	Cool Chile Co 20g		£2.19
Galangal Minced	Thai Taste 114g		£1.39
Guajillo Diced	Cool Chile Co 40g		£2.98
Kaffir Lime Leaf	Thai Taste 114g		£1.39
Lemongrass Mince	Kitchen Garden 135g	Organic	£2.08
Lemongrass Whole	Thai Taste 114g		£1.39
Pasilla Diced	Cool Chile Co 40g		£2.89
Saffron	1g		£2.99
Smoked Paprika	Spanish Hot 75g		£2.29
Tamarind	Wet Block 400g		£1.19
Thai Basil	Thai Taste 114g		£1.69
Za'Atar	Palestinian Spice Mix 80g		£2.98

Milks-B

Almond Cream	Ecomil 200ml	Organic	£1.19
Almond Milk	Unsweetened 1litre Ecomil	Organic	£2.79
Almond Rice Milk	Isola Bio 1litre	Organic	£1.98
Banana Milk	Rebel Kitchen 250ml		£1.09
Blue Provamel	Sweetened Soy Milk 1litre	Organic	£1.28
Blue Provamel Case	Sweetened Blue 1litre x12	Organic	£13.85
Choco Milk	Rebel Kitchen 250ml		£1.09
Choco Rice Drink	The Bridge 250ml	Organic	£0.89
Choco Rice Drink	Isola Bio 250ml	Organic	£0.75
Coconut Milk Drink	Unsweetened 1litre Ecomil	Organic	£2.79
Coconut Rice Drink	Isola Bio 250ml	Organic	£0.75
Coconut Rice Milk	Isola Bio 1litre	Organic	£1.98
Co-op Soya Case Un	Unsweetened 1litre x8	Organic	£7.12
Co-op Soya Milk	Unsweetened 1litre	Organic	£0.99
EcoMil Case *	All Varities	Organic	£14.95
EcoMil Case Almond	0	Organic	£14.95
EcoMil Case Coconu	0	Organic	£14.95
EcoMil Case Hemp	0	Organic	£14.95
Hazelnut Rice Milk	Isola Bio 1 litre	Organic	£1.98
Hemp Milk	Ecomil 1Litre	Organic	£2.79
Millet Milk	Isola Bio 1litre	Organic	£1.98
Oat Milk	Oatly 1litre	Organic	£1.29
Oat Milk Case	Oatly 1litre x6	Organic	£6.96
Orange Choc Milk	Rebel Kitchen 250ml		£1.09
Provamel Half Case	Unsweetened Red 500ml x16	Organic	£11.52
Rebel Kitchen Milk	All Varieties 250ml		£1.09
Red Provamel	Unsweetened Soy Milk 1litre	Organic	£1.28
	Unsweetened Soy Milk 500ml	Organic	£0.79
Red Provamel Case	Unsweetened Red 1litre x12	Organic	£12.85
Rice Dream	Original 1litre	Organic	£1.38
	Vanilla 1litre	Organic	£1.45
Rice Dream Case	Original 1litre x12	Organic	£16.20
	Vanilla 1litre x12	Ask for Organic	£17.40
Rice Drink	Almond 1litre	Organic	£2.15
	Almond 200ml	Organic	£0.69
	Hazelnut & Almond 1litre	Organic	£2.39
Sojade Case	Calcium 1litre x6	Organic	£7.98
	Natural 1litre x6	Organic	£6.90
Sojade Rice Milk	Calcium Enriched 1litre	Organic	£1.49
Sojade Soy Milk	Calcium1litre	Organic	£1.48
	Natural 1litre	Organic	£1.28
Soya Milk Case	Granovita 1litre x12	Organic	£15.00
Nuts-B			
Cacao Butter	Fairtrade 240g	Organic	£6.25
Cacao Nibs	Fairtrade 150g	Organic	£3.49
Cooked Chestnuts	Organico 200g	Organic	£3.89
Oil&Seasoning-B			
Artichoke & Herbs	Antipasto 280g		£2.69
Artichoke Hearts	Organico 190g	Organic	£3.35
Artichoke Pesto	& Lemon Ppura 140g	Organic	£3.59
Avocado Oil	250ml	Organic	£5.29

Balsamic Vinegar	Biona 500ml	Organic	£3.49
	Suma 250ml	Organic	£4.29
Basil & Garlic Oli	Olives Et Al 800g		£9.99
Basil Oil	80ml		£1.39
Basil Pesto	Seggiano 200g		£4.99
Biona Mustard	Medium Hot 320ml	Organic	£1.85
Black Olives	Organico 280g	Organic	£2.85
	Sliced 198g		£0.79
	Sunita 450g		£2.29
Blk Pepper Paste	Kitchen Garden 135g	Organic	£2.08
Brown Rice Miso	Clearspring 300g	Organic	£3.89
Bulk Kalamon Olive	7kg Healthy Oils 666	Organic	£24.19
Bulk Mayonnaise 2.	2.5kg 666		£14.21
Bulk Olive Oil 5lt	Amato 5litre 666	Organic	£17.60
Capers In Brine	Organico 250g	Organic	£2.29
Capers in Olive Oi	Mani Blauel 180g	Organic	£2.98
Cavolo Nero Pesto	Seggiano 200g		£4.99
Chilli Fire Sauce	Hot Swazi Kitchen 275g		£2.89
Cider & Perry	Vinegar Crone's 750ml	Organic	£2.46
Cider Vinegar	Aspall 1ltr	Organic	£2.69
	Aspall 500ml	Organic	£1.49
	Aspall 5ltr	Organic	£10.89
	Raw 500ml	Organic	£2.19
Classic Olives Jar	Olives Et Al 800g		£9.99
Coconut Milk	Amaizin 400g	Organic	£1.59
	Essential 400g	Organic	£1.59
	Light Biona 400ml	Organic	£1.49
Coconut Oil	Biona 200g	Organic	£3.89
	Essential 210ml	Organic	£2.99
	Essential 690ml	Organic	£7.98
	Odourless Suma 650g	Organic	£4.98
Coriander Pesto	w/Hazelnuts Zest 165g		£2.09
Cranberry Sauce	Meridian 284g		£2.29
Creamed Basil	Sunita 130g		£2.19
Creamed Coconut	Amaizin 200g	Organic	£1.49
	KTC 200g		£1.15
Cumin & Coriander	Olives Et Al 800g		£9.99
Dijon Mustard	Essential 200g	Organic	£1.99
Fennel & Tomato Pe	Seggiano 220g		£4.29
Flax Sesame Oil	Oil 240ml	Organic	£7.98
Garlic Mayo	Plamil 315g		£1.95
Garlic Oil	Co-op 250ml		£2.49
Garlic Olives	190g	Organic	£2.85
Garlic Puree	Truly Simple 100g		£2.29
Genovese Pesto	Ppura 120g	Organic	£3.59
	Sunita 130g	Organic	£2.98
Ginger Puree	Truly Simple 100g		£2.29
Gomasio	Low Salt 100g	Organic	£2.09
Green Chillies	Cooks&Co 300g		£1.49
Green Gang Keow	Thai Curry Paste 1kg		£6.49
	Thai Curry Paste 400g		£2.99
Green Jalapeno	Sliced 230g		£0.99
Green Olives	Sunita 450g		£2.29

Green Pesto	Meridian 170g		£1.95
Harissa Relish	Biona 125g	Organic	£2.28
Harissa Tube	Al Harrissa 70g		£0.75
Hemp Seed Oil	Good Oil 500ml		£5.89
	Yaoh 250ml	Organic	£6.59
Hot Chilli Paste	Kitchen Garden 135g	Organic	£2.08
Hot Chilli Tomato	Lovepickle 180g		£2.98
Hot Pepper Sauce	Encona 142ml		£1.35
Jumbo Kalamon Oliv	Sunita 450g		£3.29
Kalamata Pate	Mani Blauel 180g	Organic	£2.98
Kalamon Olives	In Oil & Vinegar Sunita 370g	Organic	£2.69
Kitchen Garden Bas	Kitchen Garden 135g	Organic	£2.08
Korma Paste	Minara Curry Paste 190g		£1.28
Lemon Juice	1litre	Organic	£3.29
	250ml	Organic	£1.69
Lime Juice	250ml	Organic	£1.69
Lime Pickle	Minara 190g		£1.59
Lime Pickles	Hot Swazi Kitchen 275g		£2.75
Madras Paste	Minara Curry Paste 190g		£1.28
Malt Vinegar	Co-op 568ml		£0.49
Mango Pickle Atcha	Hot Swazi Kitchen 275g		£2.75
Mild Chilli Tomato	Lovepickle 180g		£2.98
Mild Red Curry Pas	Kitchen Garden 135g	Organic	£2.08
Miso Paste	Mugi 345g		£2.59
Olive Oil	Arcadia 1litre	Organic	£7.99
	Arcadia 3litre	Organic	£21.99
	As Pontis 1litre	Organic	£7.29
	As Pontis 3 litre	Organic	£19.99
	As Pontis 500ml	Organic	£4.69
	Greek 1litre		£7.49
	Greek 500ml		£3.99
	Palestinian 500ml		£8.98
Olive Oil	Organico 500ml	Organic	£4.99
Olive Oil	Luque 1litre	Organic	£9.49
Olive Oil 500ml	I Frutti Del Sole 500ml	Organic	£5.49
Olive Tapenade	Green Gaea 100g		£1.39
Olives w/Pimento	Sunita 230g		£1.09
Olives w/SD Toms	Co-op 290g		£2.25
Organic Rapeseed O	Stringer & Sons 500ml	Organic	£4.59
Pesto	Zest 165g		£2.09
Pesto	Zest 340g		£3.38
Pesto Rosso	Suma 190g	Organic	£2.45
Pesto Siciliana	Suma 190g	Organic	£2.65
Plain Mayonnaise	Plamil 315g		£1.95
Pomegranate Molass	Marigold 250ml		£2.98
Preserved Lemons	700g	Organic	£4.29
Pumpkin Seed Oil	250ml	Organic	£6.39
Rapeseed Oil	Bio Planete 500ml	Organic	£4.29
Raw Green Olives	Mani Blauel 180g	Organic	£2.79
Raw Kalamata Olive	Mani Blauel 180g	Organic	£2.79
Red Chillies	Cooks&Co 300g		£1.49
Red Gang Musman	Thai Curry Paste 114g		£1.69
Red Gang Ped	Thai Curry Paste 1kg		£6.49

Red Gang Ped	Thai Curry Paste 400g		£2.99
Red Panang	Thai Curry Paste 114g		£1.59
Red Wine Vinegar	Red Aspall 350ml	Organic	£1.29
Rice Mirin	Clearspring 150ml		£2.39
Rice Vinegar	Clearspring 150ml		£1.98
Rogan Josh Paste	Minara Curry Paste 190g		£1.28
Rosemary & Garlic	Olives Et Al 800g		£9.99
Rosewater	250ml		£2.38
Safflower Oil	Clearspring 500ml	Organic	£4.98
Sambal Oelek	100g	Organic	£1.89
SD Tomato Mix	Olive Branch 190g		£2.05
SD Tomato Paste	Olive Branch 190g		£2.59
	Zest 170g		£2.09
Sesame Oil	Essential 500ml	Organic	£4.89
Soy Sauce	Shoyu Clearspring 150ml	Organic	£1.98
	Tamari Clearspring 150ml	Organic	£2.79
Soy Sauce	250ml	Organic	£2.79
Sun-Dried Toms	Biona 170g	Organic	£3.49
	Organico 190g	Organic	£2.85
Sunflower Oil	Co-op 1litre		£1.19
	Essential 5 litre	Organic	£17.99
Sunflower Oil	Meridian 500ml	Organic	£2.99
Sunflower Oil	Bio Planete 500ml	Organic	£3.49
Super Hot Chilli T	Lovepickle 180g		£2.98
Sweet White Miso	Clearspring 250g	Organic	£3.89
Tamari	2.5 litre	Organic	£27.29
	250ml	Organic	£2.89
Tandoori Paste	Minara Curry Paste 190g		£1.28
Tapenade	Fig & Mint Olive Branch 180g		£2.39
Tarragon Mayo	Plamil 315g		£1.95
Teriyaki Sauce	Clearspring 150ml	Organic	£2.48
Toasted Sesame Oil	Meridian 500ml	Organic	£5.79
Tomato Ketchup	340g	Organic	£1.79
Walnut Oil	250ml	Organic	£7.39
Wasabi Paste	Biona 50g		£2.69
White Wine Vinegar	White Aspall 350ml	Organic	£1.29
Whlgrain Mustard	Essential 1kg	Organic	£5.49
	Essential 200g	Organic	£1.89
Yeast-Free Stock	Cubes 66g x6		£1.29
Yellow GangGaree	Thai Curry Paste 114g		£1.59
	Thai Curry Paste 400g		£2.99
Pasta-B			
100% Rice Noodles	King Soba 250g	Organic	£1.79
Black Soya Bean No	Amaizin 200g	Organic	£2.79
Brown Rice Fusilli	Doves 500g	Organic	£2.09
Brown Rice Pasta	Elbows Rizopia 500g	Organic	£3.39
	Fantasia Shapes Rizopia 500g	Organic	£3.39
Buckwheat Noodle	King Soba 250g	Organic	£1.98
Buckwheat Pasta	Castagno 250g	Organic	£1.79
	Orgran 250g		£1.89
Bulk Fusilli	Wholewheat Iris 5kg	Organic	£8.99
Bulk Pasta	Deli 5kg	Organic	£8.83

Bulk Penne	Wholewheat Iris 5kg	Organic	£8.99
Chickpea Fusilli	Castagno 250g	Organic	£1.69
Corn Penne	Castagno 250g	Organic	£1.09
Fusilli Spirals	500g	Organic	£0.99
Green Pea Fusilli	Castagno 250g	Organic	£1.69
Green Soya Bean No	Amaizin 200g	Organic	£2.79
Lasagne Sheets	Rice & Corn Orgran 200g		£2.69
Linguine	La Terra 500g	Organic	£1.49
Macaroni	La Bio Idea 500g	Organic	£1.09
Maize Rice Penne	Doves 500g	Organic	£2.00
Pad Thai Noodles	King Soba Fairtrade 250g	Organic	£1.85
Penne	500g	Organic	£0.99
Red Lentil Fusilli	Pro Fusion 300g	Organic	£2.75
Rice Millet Noodle	King Soba 250g	Organic	£1.79
Rice Millet Pasta	Orgran 250g		£1.89
Rice Pasta	Wholegrain Castagno 250g	Organic	£1.39
Riso Pasta	Orzo 500g	Organic	£0.98
Shells	La Bio Idea 500g	Organic	£1.09
Spaghetti	Spaghetti & Nettles La Terra 500g	Organic	£1.98
	Wholewheat Suma 500g	Organic	£0.99
Spelt Lasagne	Castagno 250g	Organic	£1.99
Spelt Penne	Castagno 500g	Organic	£1.69
Spelt Spaghetti	Castagno 500g	Organic	£1.69
Spelt Spirals	Castagno 500g	Organic	£1.69
Tagliatelle	La Bio Idea 500g	Organic	£1.09
Thai Rice Noodle	King Soba 250g	Organic	£1.79
Udon Noodles	King Soba 250g	Organic	£1.69
Veg Rice Pasta	Spirals Orgran 250g		£1.89
Vermicelli	La Bio Idea 500g	Organic	£1.09
Wholewheat Noodles	Blue Dragon 300g		£1.28

PreparedFood-B

Aduki Beans	400g	Organic	£0.98
Arame Seaweed	50g		£4.99
Arrabiata Sauce	Nutrimento 280g	Organic	£1.85
Artichoke Hearts	Cooks & Co 390g		£1.69
B12 Yeast Flakes	Marigold 125g		£2.58
Baked Beans	Whole Earth 440g	Organic	£0.89
Baked Beans Case	Whole Earth 440g x12	Organic	£10.20
Bamboo Shoots	Kingfisher 225g		£0.87
Barley Bean Soup	Suma 400g	Organic	£1.19
Basil Sauce	Nutrimento 280g	Organic	£1.75
Bechamel Sauce	Probios 500ml	Organic	£1.79
Black Beans Case	Anna 400g x12	Organic	£6.00
Braised Tofu	225g		£2.09
Bruschetta Pomod	Nutrimento 300g	Organic	£2.19
Bulk Chick Peas 2.	2.6kg 666	Organic	£2.58
Bulk Chopped Tomat	2.6kg 666	Organic	£4.57
Bulk Mixed Beans 2	2.6kg 666	Organic	£3.13
Bulk Tomato Puree	Amato 800g 666		£1.42
Butter Beans	400g	Organic	£0.69
Cabbage Leaves	Stuffed 340g		£1.59
Cannellini Beans	400g	Organic	£0.69

Carlin Peas	Black Badgers Hodmedod 500g	Organic	£1.49
	Hodmedod 400g		£0.69
Cherry Tomatoes	400g		£0.75
Chestnut Puree	Organico 300g	Organic	£3.09
Chick Peas	400g		£0.39
	Curried 400g		£0.79
Chick Peas Case	Anna 400g x12	Organic	£6.00
	Natco 400g x12		£4.50
Chopped Tomato Cas	Anna 400g x12	Organic	£6.50
Dulse	Irish Seaweed 40g	Organic	£2.49
Falafel Mix	200g		£1.39
Fava Beans	Hodmedod 400g	Organic	£0.69
Gherkins	Essential 680g	Organic	£2.35
Gnocchi	Gluten Free 250g	Organic	£1.79
Green Beans	Bionova 340g	Organic	£0.98
Green Lentils	400g	Organic	£0.59
Haricot Beans	Hodmedod 400g		£0.69
Harira Soup	Spicy 500g	Organic	£1.79
Instant Miso Soup	10g x6		£2.38
Irish Seaweed Dres	Irish Seaweed 40g	Organic	£2.55
Jalfrezi Sauce	Minara 350g		£1.48
Kidney Beans Case	Anna 400g x12	Organic	£6.00
Kombu / Kelp	Irish Seaweed 40g	Organic	£2.49
Leek Potato Soup	Suma 400g	Organic	£1.19
Madras Sauce	Minara 350g		£1.48
Mixed Beans Case	12 x 400g	Organic	£6.00
Nonna Sauce	Nutrimento 280g	Organic	£1.85
Nori	Irish Seaweed 40g	Organic	£2.49
Nori Seaweed	25g		£2.99
Nut Luncheon	420g		£1.98
OliveCaper Sauce	Nutrimento 280g	Organic	£2.09
Oyster Mushroom	Tropical Wholefoods 25g		£1.75
Passata Box	500g		£0.59
Passata Sauce	Biona 700g	Organic	£0.99
Pasta Sauce	Arrabbiata Suma 350g	Organic	£1.39
	Bolognese Suma 350g	Organic	£1.39
	Napoletana Suma 350g	Organic	£1.39
Peanut Sauce	Naija 360g		£2.19
Peeled Tomato Case	Anna 400g x12	Organic	£6.50
	Co-op 400g x24		£7.50
Peppers	Rice Stuffed 400g		£1.59
Pinto Beans	400g	Organic	£0.95
Polenta	Sunita 500g	Organic	£1.39
Poppadoms	200g		£0.95
Porcini Mushroom	Pearls of Samarkand 20g	Organic	£1.95
	Tropical Wholefoods 30g		£2.59
Puy Lentils	400g	Organic	£0.98
Red Kidney Beans	400g	Organic	£0.58
Sauerkraut	Bionova 230g	Organic	£1.69
Sea Salad	Irish Seaweed 40g	Organic	£2.49
Sea Spaghetti	Irish Seaweed 40g	Organic	£2.49
Sea Vegetables	100g		£7.49
Shiitake Mshroom	Tropical Wholefoods 50g		£2.59

Soya Bolognese	Nutrimento 280g	Organic	£2.25
Soya Mince (TVP)	Fairtrade Kitchen Garden 250g	Organic	£1.85
Spirulina	Irish Seaweed 40g	Organic	£2.49
Stuffing	Sage & Onion Shropshire 150g		£1.19
Sweetcorn	Bionova 230g	Organic	£1.19
	Suma 340g	Organic	£1.08
Tomato Puree	Co-op 200g		£0.55
	Suma 200g	Organic	£0.79
Tomato Puree Tin	440g		£0.98
	Co-op 142g		£0.35
Tomatoes w/Basil	400g		£0.59
	Chopped 400g	Organic	£0.99
Tuscan Bean Soup	Suma 400g	Organic	£0.99
Vine Leaves	Stuffed 280g		£1.59
	Stuffed Cooks Choice 380g		£1.98
Wakame	Irish Seaweed 40g	Organic	£2.49
Water Chestnuts	Kingfisher 225g		£0.87
Yeast Flakes	125g		£2.38

Savoury Bisc-B

Breadsticks	Classic 125g		£0.75
	Crosta & Mollica 140g		£1.59
	Garlic 125g		£0.85
	Rosemary 125g		£0.85
	Spelt 125g	Organic	£1.19
Breadsticks Olive	Crosta & Mollica 140g		£1.59
Brigatini	Chilli 150g	Organic	£2.29
	Fennel 150g	Organic	£2.29
	Salt & Pepper 150g	Organic	£2.29
Bruschetta	Plain 150g Fiorentini		£0.89
Buckwheat Crisp	120g	Organic	£1.79
Buckwheat Rice Cak	100g	Organic	£0.95
Chilli Crostini	Crosta & Mollica 150g		£1.65
Corn Cakes	Fiorentini 120g	Organic	£0.99
Crackerbread	3 Seed Dr. Karg 200g	Organic	£1.99
	Seeded Spelt Dr. Karg 200g	Organic	£2.39
Crispbread	Sesame Fiorentini 200g	Organic	£1.30
Crispy Bread Crack	Gluten Free Origin Earth 150g		£2.49
Crostini	Black Olive 200g		£1.59
	Rosemary 200g		£1.59
Fennel Mignon	Taralli 350g		£1.89
Fine Oatcakes	Nairns 250g		£0.99
Freselle	Wholewheat 375g		£2.15
Large Rysp Crisp	Garlic & Rosemary 120g		£2.99
	Seaweed & Sesame 120g		£2.99
Matzoh Unsalted	Unleavened Wholegr'n Fiorentini	Organic	£1.55
Multi Crispbread	Finn 175g		£1.19
Multigrain Cakes	100g Fiorentini	Organic	£0.85
Oatcakes	Co-op 300g		£0.79
Oatcakes GF	Gluten Free Nairns 213g		£1.50
Quinoa Rice Cake	100g	Organic	£0.99
Rice Cakes 120g	Without Salt 120g Fiorentini	Organic	£0.79
Rye Crispbread	Finn 250g		£1.19

Spelt Breadleaves	Quadrotti Fiorentini 200g	Organic	£1.25
Spelt Crackers	Spelt 100g	Organic	£1.79
Seeds-B			
Chia Seeds	250g	Organic	£2.99
	500g	Organic	£4.99
Fitness Sprouts	Biosnacky 40g	Organic	£1.05
Gourmet Sprouts	Biosnacky 40g	Organic	£1.05
Hemp Seed	Hulled Yaoh 125g	Organic	£3.29
Linseed Powder	Blueberry Linusprout 250g	Organic	£4.69
	Linusprout 250g	Organic	£3.99
Red Clover Mix	Biosnacky 30g	Organic	£1.45
Wellness Sprouts	Biosnacky 40g	Organic	£1.45
Snacks-B nonVAT			
Adobo Sauce	Cool Chile 185g		£3.45
Chipotle Salsa	Cool Chile 270g		£3.75
Hummus Chips	Sea Salt 45g		£0.75
Lentil Chips	Sea Salt 40g		£0.75
Salsa Cool	200g Trafo	Organic	£1.69
Salsa Hot	200g Trafo	Organic	£1.69
Tomatillo Salsa	Cool Chile 270g		£3.85
Tortilla Chips	Salted 200g	Organic	£1.35
	Salted 75g	Organic	£0.75
Veg Crisps	Roots 40g		£0.69
Snacks-B VAT			
Baked Peanuts	Salted 200g		£1.19
Corn Snack	Olive Oil 50g Fiorentini	Organic	£0.79
	Paprika 50g Fiorentini	Organic	£0.79
	Rosemary 50g Fiorentini	Organic	£0.79
Fava Beans	Roasted & Salted Hodmedod 300g		£1.65
Kale Chips	Inspirial Foods London 30g	Organic	£1.99
	Inspirial Foods London 60g	Organic	£3.39
Munchy Seeds	25g		£0.69
	Sesame Sprinkles 200g		£3.95
Paprika Crisps	Trafo 40g	Organic	£0.68
Peas	Roasted & Salted Hodmedod 300g		£1.65
Popcorn	Maple Cinnamon 50g	Organic	£1.59
	Natural 50g	Organic	£0.99
Potato Crisps	Lightly Salted Trafo 100g	Organic	£1.69
	Paprika Trafo 100g	Organic	£1.69
	Salt And Vinegar 40g	Organic	£0.68
	Unsalted Trafo 125g	Organic	£1.49
Rice Snack	Olive Oil 40g Fiorentini	Organic	£0.79
	Paprika 40g Fiorentini	Organic	£0.79
	Rosemary 40g Fiorentini	Organic	£0.79
Sea Salt Crisp	Yorkshire Crisp 150g		£1.99
	Yorkshire Crisp 40g		£0.69
Spreads&Jams-B			
Aubergine & Basil	Olivebranch 190g		£2.05
Ayvar Spread	Roast Red Pepper Granny's Secret 300g		£2.79

Cashew Butter	Meridian 170g	Organic	£2.99
Chocolate Spread	Almond Raw 250g	Organic	£4.79
Classic Pate	Tartex 220g	Organic	£2.29
Coconut Butter	Biona 250g	Organic	£4.15
Crunchy Almond But	Meridian 170g		£2.98
Dark Tahini	Meridian 270g	Organic	£2.19
	Sunita 280g		£2.29
	Sunita 3kg		£21.49
Herb Pate	Granovita 200g	Organic	£2.19
Hot Ayvar Spread	Roast Red Pepper & Chilli Granny's Secre		£2.79
Light Tahini	Meridian 270g	Organic	£2.19
	Sunita 280g		£2.29
	Sunita 3kg		£21.49
Meridian Jam	Apricot 284g	Organic	£2.15
	Blackcurrant 284g	Organic	£2.15
	Morello Cherry 284g	Organic	£2.15
	Raspberry 284g	Organic	£2.15
	Seville Orange 284g	Organic	£2.15
	Strawberry 284g	Organic	£2.15
	Wild Blueberry 284g	Organic	£2.15
Mushroom Pate	Granovita 200g	Organic	£2.19
Peanut Butter	Crunchy Essential 350g	Organic	£2.59
	Crunchy Fairtrade 340g	Organic	£2.69
	Crunchy Meridian 1kg		£5.79
	Crunchy Meridian 280g		£1.98
	Crunchy Salted 700g	Organic	£4.69
	Crunchy Unsalted 700g	Organic	£4.69
	Smooth Essential 350g	Organic	£2.59
	Smooth Meridian 1kg		£5.79
	Smooth Meridian 280g		£1.98
	Smooth Salted 700g	Organic	£4.69
Peanut Butter Crun	Crunchy 3kg	Organic	£19.98
Peanut Butter Org	Crunchy Meridian 1kg	Organic	£6.59
Peanut Butter Smoo	Smooth 3kg	Organic	£19.98
Pear Apple Spread	Biona 450g	Organic	£2.98
Pumpkin Seed Butte	Carley 250g	Organic	£3.09
Smooth Almond Butt	Biona 170g	Organic	£3.99
	Meridian 1kg		£15.89
Spicy Mexican Pate	Granovita 200g	Organic	£2.19
St. Dalfour Jam	Black Cherry 284g		£1.75
	Blackberry 284g		£1.75
	Blackcurrant 284g		£1.75
	Cranberry & Blueberry 284g		£1.75
	Fig Royale 284g		£1.75
	Four Fruits 284g		£1.75
	Golden Peach 284g		£1.75
	Imperial Pear 284g		£1.75
	Kumquat 284g		£1.75
	Mirabelle Plum 284g		£1.75
	Orange Ginger 284g		£1.75
	Pineapple / Mango 284g		£1.75
	Raspb & Pomegrnt 284g		£1.75
	Raspberry 284g		£1.75

St. Dalfour Jam	Strawberry 284g		£1.75
	Thick Apricot 284g		£1.75
	Thick-Cut Orange 284g		£1.75
	Wild Blueberry 284g		£1.75
Tangy Tom Pate	Granovita 200g	Organic	£2.19
Yeast Extract	Meridian 340g		£3.39
	Vitamin R 250g		£4.99
Sweeteners-B			
Agave Syrup	240ml	Organic	£2.89
Barley Malt	Extract Meridian 370g		£1.68
Brown Rice Syrup	350g	Organic	£2.39
Bulk Kidney Beans	2.6kg 666		£3.96
Bulk Rice Syrup 66	25kg 666		£64.86
Date Syrup	Basra 450g		£2.29
	Biona 350g	Organic	£2.75
	Meridian 330g		£2.49
Maple Syrup	Meridian 330g	Organic	£5.79
	Shady Farm 250ml	Organic	£5.99
Molasses	Meridian 350ml	Organic	£1.69
Sweet Freedom	Dark 300ml		£2.98
	Mild 300ml		£2.98
SwtBisc&Bar-B nonVAT			
Apple Biscuits	Zemanka 100g	Organic	£1.49
Apple Spelt Duck B	Zemanka 100g	Organic	£1.39
Billy's Biscuits	Apple & Cranberry Spelt 175g	Organic	£2.19
	Coconut & Lemon 175g	Organic	£2.19
	Ginger & Walnut Spelt 175g	Organic	£2.19
	Raisin 240g	Organic	£2.19
	Spiced 240g	Organic	£2.19
Cocoa Spelt Animal	Zemanka 100g	Organic	£1.39
Eco Biscuits	Almond 45g	Organic	£0.45
	Coconut 55g	Organic	£0.45
	Fig 50g	Organic	£0.45
	Fruit 60g	Organic	£0.45
	Nut & Chocolate 45g	Organic	£0.45
Eco Biscuits	Muesli 45g	Organic	£0.45
Halva	Sunita 75g	Organic	£1.19
Maple Coconut Maca	Zemanka 100g	Organic	£1.49
Raspberry Biscuits	Zemanka 100g	Organic	£1.49
Spelt Animal Biscu	Zemanka 100g	Organic	£1.39
Sunflower Cookie	240g	Organic	£1.85
Waffles	Billy's Biscuits 315g	Organic	£2.85
SwtBisc&Bar-B VAT			
100% Cocoa Bar	Madecasse 75g		£2.75
Bakewell Tart Bar	Nakd 30g		£0.75
Banana Bread Bar	Nakd 30g		£0.65
Berry Burst	Trek 55g		£0.85
Cashew Cookie Bar	Nakd 35g		£0.75
Cherry Raisins	Nakd 25g		£0.38
Chewing Gum	Spearmint/Peppermint 15g Peppersmith		£1.28

Choco Golden Berri	Raw Chocolate 125g	Organic	£4.69
Choco Mulberries	Raw Chocolate 125g	Organic	£4.69
Choco Raisins	Raw Chocolate 125g	Organic	£3.49
Chocolate Bar	Acai & Blueberry Ombar 35g	Organic	£1.79
	Coconut Chocolate Ombar 38g	Organic	£1.79
	Dark 72% Ombar 38g	Organic	£1.79
	Goji Ombar 38g	Organic	£1.79
Cocoa Mint Bar	Nakd 35g		£0.75
Cocoa Orange Bar	Nakd 35g		£0.72
Dark Chocolate Bar	Vivani 80g	Organic	£2.39
Eco Biscuits	Choc & Orange 45g	Organic	£0.45
	Chocolate 45g	Organic	£0.45
Fruit Bar	Apricot & Raisin Tropical 40g		£0.65
	Mango & Brazil Tropical 40g		£0.65
	Pineapple & Cashew Tropical 40g		£0.65
Fruit Hero	Apple Raspberry 20g		£0.45
	Banana 20g		£0.45
	Blackcurrant 20g		£0.45
	Strawberry 20g		£0.45
Fruit Leathers	Various 15g		£0.35
Ginger Bread Bar	Nakd 35g		£0.72
Licorice Bar	Original Panda 32g		£0.45
	Raspberry Panda 32g		£0.45
Licorice Cuts	Blueberry Panda 200g		£1.85
	Original Panda 240g		£1.85
Liquorice Pellets	Nipits Various Flavours		£1.55
Peanut Power	Trek 55g		£0.85
Pecan Pie Bar	Nakd 35g		£0.75
Pitch Dark Bar	Raw Chocolate 22g		£0.79
	Raw Chocolate 44g	Organic	£1.55
Raw Chocolate Almo	Raw Chocolate Co 110g	Organic	£4.69
Salted Caramel Nib	Nakd 40g		£0.75
Toffee Treat Nibbl	Nakd 40g		£0.75
Vanoffe Bar	Raw Chocolate 22g		£0.79
	Raw Chocolate 44g		£1.55
Vanoffe Dark Bar	Raw Chocolate 22g		£0.79
	Raw Chocolate 44g		£1.55
Vanoffee Mulberrie	Raw Chocolate 125g	Organic	£4.69
Vanoffee Salted Ha	Raw Chocolate 44g		£1.55