

ESSENTIALS PRICELIST

Updated 01/11/2018

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

Department	Packed		
Row Labels	Ext'd Description	Org?	Average of Price
BakingAids-P			
Arrowroot	100g	Organic	£0.59
Baking Powder	100g		£0.49
	250g		£0.85
Bicarbonate	Of Soda 1kg		£1.75
	Of Soda 250g		£0.49
Cereals-P			
Buckwheat Flakes	250g	Organic	£3.49
	500g	Organic	£6.89
Cocoa Porridge	With Sultanas 1kg	Organic	£3.15
Cornflakes	500g	Organic	£2.99
Crunchy Cereal	1kg		£2.35
	500g		£1.25
	5kg		£10.89
	Base 1kg		£1.45
	Base 5kg		£6.69
	Cashew & Apricot 1kg		
	Cashew & Apricot 500g		£1.69
	Cashew & Apricot 5kg		£14.99
Muesli Base	Crispy 4kg	Organic	£8.49
	Crispy 750g	Organic	£1.75
NGI Muesli	2kg		£13.99
	500g		£3.99
Porridge Oats	1kg	Organic	£1.59
	5kg	Organic	£6.99
Puffed Millet	250g	Organic	£1.29
	500g	Organic	£2.39
Puffed Rice	250g	Organic	£1.49
	500g	Organic	£2.79
Spelt Flakes	250g	Organic	£2.49
	500g	Organic	£4.25
Unicorn Muesli	41% Fruit & Nut 1kg		£3.15
	41% Fruit & Nut 500g		£1.65
	41% Fruit & Nut 5kg		£14.49
	44% CONTAINS BRAZIL NUTS 1kg		£4.29
	44% Fruit & Nut 500g		£2.29
	44% Fruit & Nut 5kg		£19.99
Vanilla Porridge	1kg	Organic	£5.09
Wheatflakes	Malted 2kg	Organic	£4.99
	Malted 500g	Organic	£1.35
	With Sultanas 2kg	Organic	£7.35
	With Sultanas 500g	Organic	£1.99
DriedFruit-P			
Apple Rings	125g		£0.99
	250g		£1.79
	500g		£3.39

Apricots	1kg	Organic	£9.99
	250g	Organic	£2.99
	3kg	Organic	£28.99
	500g	Organic	£5.49
	Orange 1kg		£5.19
	Orange 250g		£1.39
	Orange 3kg		£14.99
	Orange 500g		£2.69
Apricots Chopped	1kg	Organic	£5.49
	500g	Organic	£2.89
Baby Figs	250g	Organic	£2.39
	500g	Organic	£4.55
Currants	1kg		£3.95
	500g		£1.99
Dates	Pitted 1kg	Organic	£6.49
			£2.49
	Pitted 250g	Organic	£1.79
	Pitted 3kg	Organic	£18.99
			£6.49
	Pitted 500g	Organic	£3.49
Dates Chopped	1kg		£1.39
	3kg		£2.49
	500g		£6.89
Figs	1kg	Organic	£1.29
	3kg	Organic	£9.59
	500g	Organic	£27.99
Fruit Salad	1kg		£4.85
	500g		£7.59
Mango	Fairly Traded 100g	Organic	£3.99
	Fairly Traded 1kg	Organic	£1.75
	Fairly Traded 250g	Organic	£15.49
	Fairly Traded 500g	Organic	£4.25
Mixed Fruit	1kg		£8.15
	3kg		£3.29
	500g		£8.85
Prunes	Pitted 1kg	Organic	£1.89
	Pitted 250g	Organic	£7.99
	Pitted 3kg	Organic	£2.19
	Pitted 500g	Organic	£23.49
Raisins Black	Beauty 250g	Organic	£4.09
	Beauty 500g	Organic	£1.45
Raisins Jumbo	Flame 1kg		£2.75
	Flame 3kg		£2.99
	Flame 500g		£8.49
Raisins Manuka	500g	Organic	£1.55
Raisins Thompson	1kg	Organic	£3.09
	3kg	Organic	£4.49
	500g	Organic	£11.99
	12.5kg	Organic	£2.39
Sultanas	1kg	Organic	£33.75
	3kg	Organic	£4.49
	500g	Organic	£11.99
	500g	Organic	£2.39

Sultanas Aussie	1kg		£4.39
	3kg		£11.99
	500g		£2.29
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Flakes&Grains-P			
Amaranth	500g	Organic	£1.09
Barley Flakes	1kg	Organic	£1.45
Barley Grain	1kg	Organic	£1.25
Buckwheat	1kg	Organic	£1.99
	500g	Organic	£0.99
Bulgar Wheat	1kg	Organic	£2.15
	3kg	Organic	£5.49
	500g	Organic	£1.15
Cous-Cous	Wholemeal 1kg	Organic	£1.95
	Wholemeal 3kg	Organic	£5.49
	Wholemeal 500g	Organic	£0.99
Jumbo Oats	1kg	Organic	£1.75
	5kg	Organic	£7.35
Millet	1kg	Organic	£1.99
	3kg	Organic	£4.99
Millet Flakes	500g	Organic	£2.19
Oatmeal	Medium 1kg	Organic	£1.19
Popcorn	1kg	Organic	£2.29
Quinoa	1kg	Organic	£7.49
	3kg	Organic	£22.39
	500g	Organic	£3.99
Quinoa Flakes	500g	Organic	£3.89
Quinoa Red	1kg	Organic	£7.49
	500g	Organic	£3.99
Quinoa UK	1kg		£3.89
	500g		£1.99
	Hodmedod UK 3kg		£11.49
Rice Arborio	1kg	Organic	£3.99
	500g	Organic	£2.19
Rice Basmati	1kg	Organic	£2.79
	3kg	Organic	£7.49
	500g	Organic	£1.49
Rice Flakes	1kg	Organic	£4.39
	3kg	Organic	£12.49
Rice Jasmine	1kg	Organic	£2.89
	3kg	Organic	£7.99
	500g	Organic	£1.49
Rice Long Grain	1kg	Organic	£2.89
	3kg	Organic	£7.99
Rice Red	1kg	Organic	£2.95
	500g	Organic	£1.55
Rice Short Grain	1kg	Organic	£2.79
	3kg	Organic	£7.99
Rice Sweet	1kg	Organic	£2.29
	500g	Organic	£1.15
Rice Wild	1kg	Organic	£13.85
	250g	Organic	£3.79
Rye Flakes	1kg	Organic	£1.19

Spelt Grain	1kg	Organic	£2.29
	500g	Organic	£1.25
Three Rice Mix	1kg		£4.59
	500g		£2.49
Wheat Grain	1kg	Organic	£0.89

Flours-P

Barley Flour	1kg	Organic	£1.65
Buckwheat Flour	1kg	Organic	£3.19
Canadian Flour	1.5kg		£1.39
	5kg		£4.45
Cocoa	250g	Organic	£1.69
	500g	Organic	£3.29
Coconut Flour	1kg	Organic	£3.75
	500g	Organic	£1.95
Corn Starch	500g	Organic	£1.35
Maizemeal	1kg	Organic	£1.55
Millet Flour	1kg	Organic	£3.85
Polenta	1kg	Organic	£1.79
Potato Starch	1kg	Organic	£4.09
	500g	Organic	£1.99
Rice Flour	1kg		£1.49
Semolina	1kg	Organic	£1.69
Soya Flour	Toasted 500g	Organic	£2.09
Tapioca	Medium 500g	Organic	£1.69
Tapioca Starch ~	500g	Organic	£0.85
Teff Flour	1kg	Organic	£5.69
Wheat Gluten	500g	Organic	£4.49
Yellow Pea Flour	Hodmedod 500g		£1.19

Herbs&Spices-P

Allspice Ground	50g		£0.99
Allspice Whole	50g		£0.99
Asafoetida	50g		£0.99
Basil	100g	Organic	£1.29
	50g	Organic	£0.69
Bay Leaves	15g		£0.99
Black Onion Seed	Kalonji 50g		£0.49
Bulk Spice ~	deli costing 666		£7.33
Cajun Spice Mix	Mild 100g		£0.69
Caraway Seed	250g	Organic	£2.99
	50g	Organic	£0.89
Cardamon Black	25g		£1.39
Cardamon Green	Pods 100g	Organic	£7.49
	Pods 25g	Organic	£1.49
Cardamon Ground	50g		£0.89
Cayenne	100g		£0.89
	250g		£1.99
Celery Salt	100g		£0.69
Celery Seed	100g		£0.69
Chilli Crushed	50g		£0.49
Chilli Powder	100g		£0.59
	250g		£1.39

Chinese 5 Spice	50g		£0.69
Chives			£0.49
Cinnamon Ground	250g		£2.19
	500g	Organic	£5.35
	50g	Organic	£0.79
			£0.79
	Ground 250g	Organic	£2.79
Cinnamon Sticks	100g		£1.79
	25g		£0.49
Cloves Whole	50g	Organic	£1.79
Coriander Ground	250g	Organic	£2.29
	50g	Organic	£0.69
Coriander Leaves	100g		£1.89
	50g		£0.99
Coriander Whole	250g	Organic	£2.69
	50g	Organic	£0.69
Cumin Ground	100g		£0.65
	250g		£1.59
	500g		£3.09
Cumin Whole	100g	Organic	£1.49
	50g	Organic	£0.79
Curry Leaves			£0.49
	25g		
Curry Powder	Medium 100g		£0.99
	Medium 250g		£2.19
	Medium 500g		£3.99
Dill Weed	25g		
Fennel Seed	250g		
	50g		
Fenugreek Ground	50g	Organic	£0.99
Fenugreek Leaves	50g		£0.69
Fenugreek Seed	100g		£0.49
	250g		£0.99
Galangal	Ground 50g		£0.99
Garam Masala	100g		£0.59
	250g		£1.19
Garlic Powder	100g		£0.99
	250g		£2.45
Ginger Ground	250g		£1.99
	50g		£0.49
Ginger Root	50g		£0.69
Ground Pepper	Black 50g		£0.89
Herbs Provence	250g		£2.49
	50g		£0.69
Juniper Berries	50g	Organic	£0.99
Lavender	Dried 100g		£2.49
	Dried 50g		£1.29
Lemongrass	Dried Ground 50g		£1.19
Lime Leaves	Kaffir 12g		£1.59
Mace	Ground 25g		£1.29
Mango Powder	100g		£0.75
Marjoram	Rubbed 50g	Organic	£1.29
Mint	50g		£0.99

Mixed Herbs	250g		£2.19
	50g		£0.79
Mixed Spice	50g		£0.49
Mustard Powder	100g	Organic	£0.99
Mustard Seed	Black 250g	Organic	£1.75
	Black 50g	Organic	£0.69
	Yellow 50g	Organic	£0.69
Nutmeg	each		£0.16
Nutmeg Ground	100g		£0.99
Onion Powder	100g		£0.59
Oregano	100g		£1.49
	50g		£0.79
Panch Phoron	Bengali 5 Spice 50g		£0.99
Paprika	100g		£0.59
	250g		£1.25
	500g		£2.35
Paprika Smoked	100g		£1.29
Parsley	100g		£1.19
	50g		£0.69
Pepper Szechuan	50g		£1.99
Peppercorns Black	1kg	Organic	£23.73
	250g	Organic	£6.48
	50g	Organic	£1.35
Peppercorns Mixed	Mixed Whole 100g		£3.58
	Mixed Whole 50g		£2.85
Ras-El-Hanout	Spice Blend 50g		£1.19
Rosemary	100g	Organic	£1.69
	50g	Organic	£0.89
Sage	Rubbed 100g	Organic	£1.79
	Rubbed 50g	Organic	£1.19
Star Anise Ground	25g		£0.59
Star Anise Whole	25g		£0.59
Sumac	50g		£0.99
Tarragon	25g		£1.19
Thyme	100g		£1.19
	50g		£0.69
True Cinnamon	250g	Organic	£5.35
	500g	Organic	£10.25
	50g	Organic	£1.09
Turmeric	100g	Organic	£1.15
			£0.49
	250g	Organic	£2.75
			£1.19
	500g		£2.29
Vanilla Pods	each	Organic	£2.99
White Pepper	Ground. 50g	Organic	£1.49
Household-P			
Soap Flakes	Vegetable 500g		£1.39
V-Dog Food	Happidog 1kg		£2.45
	Happidog 3kg		£6.99
Misc-P			

Sesame Seed 1kg N	Sent in error		£2.59
Nuts-			
Almonds	100g	Organic	£1.35
			£0.89
	1kg	Organic	£13.09
			£7.99
	250g	Organic	£3.35
			£2.19
	3kg		£22.99
	500g	Organic	£6.69
			£4.19
Almonds Flaked	100g		£1.19
	1kg		£10.49
	250g		£2.95
	500g		£5.49
Almonds Ground	Blanched 100g		£1.19
	Blanched 1kg		£10.99
	Blanched 250g		£2.89
	Blanched 500g		£5.59
Apricot Kernels	Sweet Variety 100g	Organic	£1.15
	Sweet Variety 250g	Organic	£2.79
Brazils Broken	1kg		£12.29
	250g		£3.49
	500g		£6.45
Brazils Whole	1kg		£22.89
	250g		£6.25
	500g		£11.99
Cashews	100g	Organic	£1.99
	1kg	Organic	£16.99
	250g	Organic	£4.89
	500g	Organic	£9.39
Cashews Pieces	1kg		£10.99
	250g		£2.99
	500g		£5.79
Cocoa Nibs	100g	Organic	£1.45
	250g	Organic	£3.49
	50g	Organic	£0.75
Coconut	Desiccated 250g	Organic	£1.55
	Desiccated 500g		
	Dessicated 1kg		
Coconut Chips	Toasted 250g	Organic	£1.89
	Toasted 500g	Organic	£3.59
	Toasted 750g	Organic	£5.25
Hazelnuts	100g	Organic	£1.45
	1kg	Organic	£12.99
	250g	Organic	£3.49
	500g	Organic	£6.59
Mixed Nuts	1kg		£11.39
	250g		£2.99
	3kg		£31.99
	500g		£5.89
	Chopped 1kg		£5.79

Mixed Nuts	Chopped 250g		£1.59
	Chopped 3kg		£16.99
	Chopped 500g		£2.99
Peanuts	1kg	Organic	£3.69
	250g	Organic	£0.99
	3kg	Organic	£9.99
	500g	Organic	£1.89
Pecan Nuts	100g		£1.99
	1kg		£18.99
	250g		£4.89
	500g		£9.69
Pine Nuts	100g		£2.99
	250g		£7.29
Pistachios	Toasted In Shell 100g		£1.69
	Toasted In Shell 1kg		£13.89
	Toasted In Shell 250g		£3.50
	Toasted In Shell 500g		£6.99
Pistachios Raw	Kernels 100g		£2.25
	Kernels 250g		£5.55
	Kernels 500g		£10.29
Walnut Halves	100g	Organic	£1.65
	250g	Organic	£3.99
	500g	Organic	£7.79
Walnut Pieces	100g	Organic	£1.55
	1kg	Organic	£13.49
	250g	Organic	£3.79
	500g	Organic	£6.99
Nuts-P			
Almonds	Roasted & Salted 100g		£1.59
	Roasted & Salted 1kg		£15.45
	Roasted & Salted 250g		£3.89
Hazelnuts Roasted	100g	Organic	£1.99
	1kg	Organic	£17.49
	250g	Organic	£4.79
	500g	Organic	£8.99
Oil&Seasoning-P			
Bouillon Powder	Vegetable Stock 100g	Organic	£1.09
	Vegetable Stock 250g	Organic	£2.69
	Yeast-Free Stock 100g	Organic	£1.09
	Yeast-Free Stock 250g	Organic	£2.69
Bulk Veg Stock ~	Bruno Fisher 10kg		£64.86
Sea Salt Coarse	500g		£0.49
	Coarse 1kg		£0.89
Sea Salt Fine	500g		£0.49
	Fine 1kg		£0.89
PreparedFood-P			
Breadcrumbs	Wholewheat 500g	Organic	£1.39
Gravy Mix	Unicorn 100g		£1.35
	Unicorn 1kg		£11.65
	Unicorn 200g		£2.69

Hemp Burger Mix	250g		£2.55
	500g		£4.85
Nut Roast	Unicorn 1kg		£10.55
	Unicorn 250g		£2.85
	Unicorn 3kg		£24.98
	Unicorn 500g		£5.49
Sosage Mix	Made W/ Ingredients 3kg		£22.49
	Made W/ Ingredients 250g		£2.55
	Made W/ Ingredients 500g		£4.85
Tomato Sun-Dried	100g	Organic	£0.99
	1kg	Organic	£8.95
	250g	Organic	£2.45
TVP / Soya	250g	Organic	£1.55
	500g	Organic	£2.99
Yeast Flakes	100g	Organic	£2.15
	250g	Organic	£5.35

Pulses-P

Aduki Beans	1kg	Organic	£2.59
Bean Mix	1kg	Organic	£2.89
Black Turtle Beans	1kg	Organic	£1.99
Blackeye Beans	1kg		£2.55
Butter Beans	1kg	Organic	£3.99
Cannelini Beans	1kg	Organic	£2.15
Chick Peas	1kg	Organic	£1.99
Flageolet Beans	500g		£2.09
Haricot Beans	1kg	Organic	£1.99
Kabuki Peas	Hodmedod 1kg		£0.99
Kidney Beans	Red 1kg	Organic	£2.59
Large Blue Peas	Hodmedod 1kg		£1.39
Large Yellow Peas	Hodmedod 1kg		£1.29
Lentil Broth Mix	1kg	Organic	£2.99
Lentils Beluga	1kg	Organic	£4.49
Lentils Brown	1kg	Organic	£2.49
Lentils Green	1kg	Organic	£3.55
Lentils Puy	1kg	Organic	£4.29
Lentils Red	1kg	Organic	£2.49
	3kg	Organic	£6.99
	500g	Organic	£1.29
	Split 1kg		£0.89
	Split 3kg		£2.49
	Split 500g		£0.49
Marrowfat Peas	1kg		£0.99
Mung Beans	1kg	Organic	£3.49
Pintos	1kg	Organic	£2.39
Soya Beans	1kg	Organic	£1.69
Split Fava Beans	Hodmedod 1kg	Organic	£1.79
Split Peas Green	1kg	Organic	£1.99
Split Peas Green U	Hodmedod 1kg		£1.99
Split Peas Yellow	1kg	Organic	£1.55
	Hodmedod 1kg		£1.65
Whole Fava Beans	1kg	Organic	£1.45
			£0.65

Seeds-P

Alfalfa Seed	100g	Organic	£1.05
	1kg	Organic	£9.49
	250g	Organic	£2.59
Hemp Seed	1kg	Organic	£2.99
Linseed	1kg	Organic	£2.89
	3kg	Organic	£7.99
	500g	Organic	£1.55
Poppy Seed	1kg	Organic	£7.49
	250g	Organic	£1.99
Pumpkin Seed	1kg	Organic	£6.49
	250g	Organic	£1.79
	3kg	Organic	£17.99
	500g	Organic	£3.49
Sesame Seed	1kg	Organic	£3.59
	250g	Organic	£0.99
	3kg	Organic	£9.99
	500g	Organic	£1.89
Sprouting Mix	Mixed 500g	Organic	£1.79
Sunflower Seeds	1kg	Organic	£2.29
	250g	Organic	£0.69
	3kg	Organic	£6.29
	500g	Organic	£1.19

Snacks-P

Bombay Mix	100g	Organic	£0.49
			£0.49
	1kg	Organic	£2.99
			£2.99
	250g	Organic	£0.79
			£0.79
Chickpea Noodles	100g		£0.79
	250g		£1.09
	500g		£2.09
Fruit & Nut Mix	1kg	Organic	£5.39
	250g	Organic	£1.49
Garlic Gathia	100g		£0.79
	250g		£1.09
	500g		£2.09
Mountain Mix	1kg		£6.49
	250g		£1.75
	3kg		£16.99
Papdi Gathia	Lily's 100g		£0.55
	Lily's 1kg		£4.45
	Lily's 250g		£1.39
	Lily's 500g		£2.65
Sesame Gathia	Lily's 100g		£0.55
	Lily's 1kg		£4.45
	Lily's 250g		£1.39
	Lily's 500g		£2.65
Sesame Sticks	100g		£0.49
	250g		£0.89

Sev Noodle	Lily's 100g		£0.55
	Lily's 500g		£2.35
Spiced Chickpeas	100g		£0.49
	250g		£0.95
	500g		£1.75
Spicy Gathia	Lily's 100g		£0.55
	Lily's 1kg		£4.45
	Lily's 250g		£1.39
	Lily's 500g		£2.65
Trail Mix	1kg Contains BRAZIL NUTS		£6.99
	250g		£1.99
	3kg		£18.99
Whole Fava Beans	1kg		£0.65
Snacks-P VAT			
Cashews Garlic	100g		£1.69
	250g		£4.19
	500g		£7.99
Cashews Pepper	Black 100g		£1.69
	Black 250g		£4.19
	Black 500g		£7.99
Cashews Roasted	100g		£1.69
	250g		£4.19
	500g		£7.99
Cashews Spicy	100g		£1.69
	250g		£4.19
	500g		£7.99
Mixed Nuts	Roasted & Salted 100g		£1.79
	Roasted & Salted 1kg		£14.99
	Roasted & Salted 250g		£3.99
Peanuts Roasted	1kg		£4.85
	250g		£1.25
Sweeteners-P			
Choc-O-Malt	Hot Drink 200g	Organic	£1.49
	Hot Drink 500g	Organic	£3.19
Malt Powder	1kg	Organic	£4.99
	250g		