

# GENERAL GROCERY PRICELIST

Updated 01/11/2018

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

Department (Multiple Items)

Row Labels	Ext'd Description	Org?	Average of Price
<b>BakingAids-B</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
Veg Suet	Suma 250g		£1.69
Xanthan Gum	Doves 100g		£2.35
<b>Bread</b>			
Baguettes	Paul's X2	Organic	£1.85
Fruit Scones	Saker X4	Organic	£2.89
Gluten Free 1	Paul's	Organic	£2.55
Gluten Free 2	Paul's	Organic	£2.55
Good Grain Brown L		Organic	£3.20
Good Grain Seeded		Organic	£3.20
Herb Bread 400g	Paul's 400g	Organic	£1.69
Herb Bread 800g	Paul's 800g	Organic	£3.29
Hot Cross Buns	Paul's x4	Organic	£2.99
	Saker X4	Organic	£2.99
Light Rye	Paul's 400g	Organic	£2.45
Light Rye Fruit	Paul's 400g	Organic	£2.89
Melton Loaf	Paul's 800g	Organic	£2.59
Mini Wholemeal Pit	Newbury Phillips x 8	Organic	£1.29
Mixed Grain Sourdo	Gluten Free 400g	Organic	£2.58
Mixed Seed 400g	Paul's 400g	Organic	£1.89
Mixed Seed 800g	Paul's 800g	Organic	£2.99
Pain de Campagne 4	Paul's 400g	Organic	£1.65
Pain de Campagne 8	Paul's 800g	Organic	£2.99
Pain L'ancienne 40	Paul's 400g	Organic	£1.65
Pain L'ancienne 80	Paul's 800g	Organic	£2.99
Piada Flat Bread	265g Crosta & Mollica	Organic	£1.69
Pitta Bread	x5		£0.39
Pitta Wholemeal	x6		£0.79
Rice Bread	Biona 500g	Organic	£3.69
Rolls x2	Paul's	Organic	£1.39
Rolls x4	Paul's	Organic	£1.95
Rye Bread	Sourdough Biona 500g	Organic	£1.69
Rye Bread Pumpkin	Biona 500g	Organic	£1.75
Rye Sourdough 800g	Paul's 800g	Organic	£3.29
Salt Free Melton 8	Paul's 800g	Organic	£2.59
Sechskorn 400g	Paul's 400g	Organic	£1.65
Sechskorn 800g	Paul's 800g	Organic	£3.19
Sourdough Spelt 80	Paul's 800g	Organic	£3.59

<b>Sourdough WhWhea</b>	<b>Paul's 800g</b>	Organic	£3.09
<b>Spelt Bread 400g</b>	<b>Paul's 400g</b>	Organic	£1.99
<b>Spelt Bread 800g</b>	<b>Paul's 800g</b>	Organic	£3.59
<b>Spelt Pizza Base</b>	<b>300g x2</b>	Organic	£3.19
<b>Sprouted Spelt Bre</b>	<b>Everfresh 400g</b>	Organic	£2.19
<b>Sprouted Wheat Bre</b>	<b>Hemp Everfresh 400g</b>	Organic	£1.98
<b>Teacakes</b>	<b>Paul's X2</b>	Organic	£1.75
<b>Tortilla Large Bro</b>	<b>Paul's x5 Brown</b>	Organic	£2.69
<b>Tortilla Large Whi</b>	<b>Paul's x5 White</b>	Organic	£2.69
<b>Tortilla Small</b>	<b>Wrap Paul's x5</b>	Organic	£1.95
<b>Tortilla Spelt</b>	<b>Wrap Paul's x5</b>	Organic	£2.59
<b>Wheat Pizza Base</b>	<b>300g x2</b>	Organic	£2.19
<b>Wholewheat Bread 4</b>	<b>Paul's 400g</b>	Organic	£1.69
<b>Wholewheat Bread 8</b>	<b>Paul's 800g</b>	Organic	£2.69

#### Cakes&Puddings-B

<b>Almond Cream</b>	<b>Ecomil 200ml</b>	Organic	£1.19
<b>Fig &amp; Orange Cake</b>	<b>400g</b>	Organic	£2.69
<b>Fruit Cake</b>	<b>400g</b>	Organic	£2.69
<b>Gluten Free Christ</b>	<b>Infinity 454g</b>	Organic	£7.99
<b>Malt Loaf</b>	<b>290g</b>	Organic	£1.35
<b>Plum Pudding</b>	<b>Rich Wholefood Kite 450g</b>		£5.99
<b>Spelt Panettone</b>	<b>500g</b>	Organic	£12.99

#### Cereals-B

<b>Buckwheat Flakes</b>	<b>Big Oz 350g</b>	Organic	£2.89
<b>Cornflakes</b>	<b>Doves Farm 325g</b>	Organic	£1.98
<b>Gluten Free Muesli</b>	<b>Multigrain Suma 500g</b>	Organic	£2.98
<b>Granola Nutty Crun</b>	<b>Foods of Athenry 300g</b>		£3.89
<b>Millet Rice</b>	<b>Nature's Path 375g</b>	Organic	£3.19
<b>Muesli</b>	<b>Alara 250g</b>	Organic	£2.59
<b>Porridge Oats</b>	<b>Gluten Free Suma 750g</b>	Organic	£3.49
<b>Puffed Oats</b>	<b>Rude Health 175g</b>		£1.79
<b>Puffed Quinoa</b>	<b>Hodmedod 150g</b>	Organic	£2.39

#### Dessert&Purees-B

<b>Apple Puree</b>	<b>360g</b>	Organic	£1.49
<b>Case Puree</b>	<b>Probios 100g x18 Sealed box of</b>	Organic	£11.19
<b>Case Puree Apple</b>	<b>Probios</b>	Organic	£11.19
<b>Case Puree Apricot</b>	<b>Probios</b>	Organic	£11.19
<b>Case Puree Banana</b>	<b>Probios</b>	Organic	£11.19
<b>Case Puree Blueber</b>	<b>Probios</b>	Organic	£11.19
<b>Case Puree Peach</b>	<b>Probios</b>	Organic	£11.19
<b>Case Puree Pear</b>	<b>Probios</b>	Organic	£11.19
<b>Case Puree Prune</b>	<b>Probios</b>	Organic	£11.19
<b>Coconut Cream</b>	<b>200ml</b>	Organic	£1.59
<b>Fruit Puree</b>	<b>Apple &amp; Apricot 360g</b>	Organic	£2.29
	<b>Apple &amp; Blackcurrant 360g</b>	Organic	£2.29
	<b>Apple &amp; Blueberry 360g</b>	Organic	£2.29
	<b>Apple &amp; Cherry 360g</b>	Organic	£2.29
	<b>Apple &amp; Cranberry 360g</b>	Organic	£2.49
	<b>Apple &amp; Mango 360g</b>	Organic	£2.29
	<b>Apple &amp; Quince 360g</b>	Organic	£2.29

<b>Fruit Puree</b>	<b>Apple &amp; Raspberry 360g</b>	Organic	£2.29
	<b>Apple &amp; Rhubarb 360g</b>	Organic	£2.29
	<b>Apple &amp; Strawberry 360g</b>	Organic	£2.29
	<b>Greengage 360g</b>	Organic	£2.85
	<b>William Pear 360g</b>	Organic	£2.65
<b>Mincemeat</b>	<b>Meridian 320g</b>	Organic	£2.99
<b>Oatly Cream</b>	<b>250ml</b>	Organic	£0.75
<b>Papaya Chunks</b>	<b>400g</b>	Organic	£1.69
<b>Pineapple Chunks</b>	<b>Essential 400g</b>	Organic	£1.79
<b>Probios Puree</b>	<b>Apple &amp; Apricot 100g</b>	Organic	£0.69
	<b>Apple &amp; Banana 100g</b>	Organic	£0.69
	<b>Apple &amp; Blueberry 100g</b>	Organic	£0.69
	<b>Apple &amp; Prune 100g</b>	Organic	£0.69
	<b>Apple 100g</b>	Organic	£0.69
	<b>Peach &amp; Apple 100g</b>	Organic	£0.69
	<b>Pear 100g</b>	Organic	£0.69
<b>Soya Cream</b>	<b>Provamel 250ml</b>	Organic	£0.89
<b>Soya Custard</b>	<b>Vanilla Provamel 500ml</b>	Organic	£1.25

#### **DriedFruit-B**

<b>Aronia Berries</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£1.69
<b>Banana Chips</b>	<b>Dried Fairly Traded 150g</b>		£1.59
<b>Barberries</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£3.99
<b>Cherries</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£2.49
<b>Cranberries</b>	<b>Dried Biona 100g</b>	Organic	£2.99
<b>Figs</b>	<b>Ready To Eat Crazy Jack 250g</b>	Organic	£2.78
<b>Mango</b>	<b>Fairly Traded Fullwell Mill 100g</b>	Organic	£2.25
<b>Medjoul Dates</b>	<b>Zaytoun 250g</b>		£3.99
<b>Mixed Cherries</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£2.49
<b>Mulberries Mixed</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£3.09
<b>Mulberries White</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£2.55
<b>Physalis Golden Be</b>	<b>Fairtrade Pearls Of Samarkand 1</b>	Organic	£3.95
<b>Pine Nuts</b>	<b>100g</b>		£3.19
<b>Pineapple</b>	<b>Dried Fairly Traded 100g</b>		£1.69
<b>Pomegranates</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£3.95
<b>Prunes</b>	<b>Ready To Eat Crazy Jack 250g</b>	Organic	£4.29
<b>Sour Cherries</b>	<b>Pearls Of Samarkand 100g</b>	Organic	£2.49

#### **Flakes&Grains-B**

<b>Barley Flakes</b>	<b>Hodmedod 500g</b>	Organic	£1.45
<b>Barley Flakes</b>	<b>Hodmedod 500g</b>	Organic	£1.45
<b>Corn Couscous ~</b>	<b>300g</b>	Organic	£1.99
<b>Maftoul</b>	<b>Zaytoun 250g</b>	Organic	£2.39
<b>Organic UK Quinoa</b>	<b>Hodmedod 500g</b>	Organic	£2.75
<b>Smoked Quinoa</b>	<b>Hodmedod 300g</b>		£2.75
<b>Smoked Quinoa UK</b>	<b>Hodmedod 300g</b>		£2.75
<b>Smoky Freekeh</b>	<b>Zaytoun 250g</b>		£2.19
<b>Spelt Couscous ~</b>	<b>300g</b>	Organic	£2.05

#### **Flours-B**

<b>Bread Flour</b>	<b>Brown Gluten Free Doves 1kg</b>		£1.70
	<b>White Doves 1.5kg</b>	Organic	£1.59
	<b>White Gluten Free Doves 1kg</b>		£1.68

<b>Bread Flour</b>	<b>Wholemeal Doves 1.5kg</b>	Organic	£1.59
<b>Brown Bread Flour</b>	<b>Three Malt Sunflower Shipton Mi</b>	Organic	£1.39
<b>Bulk Doves Flour 2</b>	<b>Doves Deli Costing</b>	Organic	£22.30
<b>Canadian Flour</b>	<b>16kg</b>		£12.25
<b>Carob Flour</b>	<b>Cotswold 250g</b>		£1.69
<b>Chestnut Flour</b>	<b>Shipton Mill 500g</b>	Organic	£5.49
<b>Einkorn Flour</b>	<b>Doves 1kg</b>	Organic	£2.69
<b>Fava Bean Flour</b>	<b>Hodmedod 500g</b>		£2.15
<b>Gram Flour</b>	<b>2kg</b>		£2.49
	<b>500g</b>		£0.98
<b>Granarius</b>	<b>Watermill 1.5kg</b>	Organic	£3.25
<b>Green Pea Flour</b>	<b>Hodmedod 500g</b>		£2.15
<b>Malthouse Flour</b>	<b>Doves 1kg</b>	Organic	£1.59
<b>Masa Harina</b>	<b>For Tortillas 500g</b>		£2.59
<b>Miller's Magic</b>	<b>Watermill 1.5kg</b>	Organic	£3.15
<b>Pasta Pizza Flour</b>	<b>Durum Wheat Doves 1kg</b>	Organic	£1.45
<b>Pastry Flour</b>	<b>White Doves 1kg</b>	Organic	£1.19
	<b>White Gluten Free Doves 1kg</b>		£1.70
	<b>Wholemeal Doves 1kg</b>	Organic	£1.09
<b>Rye Flour</b>	<b>Doves 1kg</b>	Organic	£1.59
	<b>Watermill 1.5kg</b>	Organic	£3.39
<b>Self-Raise Flour</b>	<b>White Doves 1kg</b>	Organic	£1.19
	<b>White Gluten Free Doves 1kg</b>		£1.70
	<b>Wholemeal Doves 1kg</b>	Organic	£1.19
<b>Soya Flour</b>	<b>Kitchen Garden 250g</b>	Organic	£1.19
<b>Spelt Flour</b>	<b>White Doves 1kg</b>	Organic	£2.49
	<b>Wholemeal Doves 1kg</b>	Organic	£1.99
<b>White Quinoa Flour</b>	<b>Hodmedod 500g</b>		£3.65
<b>Wholegrain Flour</b>	<b>Shipton Mill 2.5kg</b>	Organic	£2.98
<b>Wholewheat</b>	<b>Watermill 1.5kg</b>	Organic	£2.69
<b>Herbs&amp;Spices-B</b>			
<b>Chile Ancho Flakes</b>	<b>Cool Chile Co 40g</b>		£2.75
<b>Chile Ancho Whole</b>	<b>Cool Chile Co 70g</b>		£2.79
<b>Chile Chipotle Who</b>	<b>Cool Chile Co 40g</b>		£2.69
<b>Chile De Arbol Fla</b>	<b>Cool Chile Co 25g</b>		£2.75
<b>Chile De Arbol Who</b>	<b>Cool Chile Co 20g</b>		£2.19
<b>Chile Guajillo Fla</b>	<b>Cool Chile Co 40g</b>		£2.89
<b>Chile Pasilla Flak</b>	<b>Cool Chile Co 40g</b>		£2.59
<b>Galangal Minced</b>	<b>Thai Taste 114g</b>		£1.39
<b>Kaffir Lime Leaf</b>	<b>Thai Taste 114g</b>		£1.39
<b>Lemongrass Mince</b>	<b>Kitchen Garden 135g</b>	Organic	£2.08
<b>Lemongrass Whole</b>	<b>Thai Taste 114g</b>		£1.39
<b>Saffron</b>	<b>1g</b>		£4.39
<b>Smoked Paprika</b>	<b>Spanish Hot 75g</b>		£2.29
<b>Thai Basil</b>	<b>Thai Taste 114g</b>		£1.69
<b>Za'Atar</b>	<b>Palestinian Spice Mix 80g</b>		£2.98
<b>Juice&amp;Water-B</b>			
<b>Apple Cherry</b>	<b>Coteaux Nantais 750ml</b>	Organic	£3.39
<b>Apple Juice</b>	<b>Co-op 1litre</b>		£0.89
	<b>Eager Juice 1litre</b>		£1.69
<b>Apple Mango</b>	<b>Coteaux Nantais 750ml</b>	Organic	£3.39

Apple Quince	Coteaux Nantais 750ml	Organic	£3.39
Beetroot Juice	750ml	Organic	£3.28
Black Iced Tea	Chari Tea 330ml	Organic	£1.19
Blueberry Juice	I Frutti del Sole 330ml	Organic	£4.98
Carrot Juice	Biona 1 litre	Organic	£2.74
	Delizum 200ml	Organic	£0.99
Chegworth Juice	Apple Ginger 1litre		£2.99
	Beetroot Apple 1litre		£2.99
	Blackberry Apple 1litre		£2.99
	Pear Raspberry 1litre		£2.99
	Raspberry Apple 1litre		£2.99
	Rhubarb Apple 1litre		£2.99
	Strawberry Apple 1litre		£2.99
	Winter Warmer Spiced Apple 1litre		£2.99
Concentrate	Apple Suma 500ml		£4.89
Cranberry Juice	Pure Biona 330ml	Organic	£4.59
Delizium Juices	Various 200ml	Organic	£0.99
Fizzy Apple	Fritz Spritz 330ml	Organic	£1.49
Fizzy Grape	Fritz Spritz 330ml	Organic	£1.49
Green Smoothie	Kale Kiwi Ginger & Spinach 250ml	Organic	£2.39
Mate Iced Tea	Chari Tea Sparkling 330ml	Organic	£1.19
Orange Juice	Co-op 1litre		£0.89
	Delizum 1 Litre	Organic	£2.85
Orange Smooth	Eager Juice 1litre		£1.79
Orange Smoothie	Lemon Grapefruit Squash & Carr	Organic	£2.39
Orange with Bits	Eager Juice 1litre		£1.79
Peach Juice	Delizum 200ml	Organic	£0.89
Pear Juice	Delizum 200ml	Organic	£0.89
Pineapple Juice	Co-op 1litre		£0.99
	Eager Juice 1litre		£1.99
Pink Grapefruit	Eager Juice 1litre		£1.99
Pomegranate Juice	Biona Juice 200ml	Organic	£1.59
	Pure Juice 1litre	Organic	£4.29
Red Grape Juice	Coteaux Nantais 750ml	Organic	£3.39
	Delizum 200ml	Organic	£0.99
	Stute 1litre		£1.89
Red Smoothie	Tomato Grapefruit & Purple Carr	Organic	£2.39
Rooibos Iced Tea	Chari Tea 330ml	Organic	£1.19
Sparkling Juice	Apple & Passionfruit 750ml	Organic	£3.59
	Apple 750ml	Organic	£3.35
	Blackcurrant Apple 750ml	Organic	£3.59
	Blueberry Apple 750ml	Organic	£3.59
	Raspberry Apple 750ml	Organic	£3.59
Sparkling Water	Aquaid 1litre		£0.99
Sparkling Water Ca	1litre X12 (By Purple Till)		£10.65
Still Water	Aquaid 1litre		£0.99
Still Water Case	1litre X12 By Purple Till		£10.65
Tomato Juice	Biona 1litre	Organic	£3.19
	Co-op 1litre		£0.89
Tropical Juice	Delizum 200ml	Organic	£0.99
Vegetable Juice	Biona 500ml	Organic	£1.69
WhiteGrape Juice	Stute 1litre		£1.89
Yellow Smoothie	Pineapple Turmeric Ginger & Lei	Organic	£2.39

**Milks-B**

<b>Almond Milk</b>	<b>Unsweetened 1litre Ecomil</b>	Organic	£2.79
<b>Almond Rice Milk</b>	<b>Isola Bio 1litre</b>	Organic	£1.98
<b>Banana Milk</b>	<b>Rebel Kitchen 250ml</b>	Organic	£1.09
<b>Blue Provamel</b>	<b>Sweetened Soy Milk 1litre</b>	Organic	£1.39
<b>Blue Provamel Case</b>	<b>Sweetened Blue 1litre x12</b>	Organic	£15.00
<b>Choco Milk</b>	<b>Rebel Kitchen 250ml</b>	Organic	£1.09
<b>Choco Rice Drink</b>	<b>The Bridge 250ml</b>	Organic	£0.89
<b>Chocolate Rice Mil</b>	<b>Isola Bio 250ml</b>	Organic	£0.75
<b>Coconut Milk Drink</b>	<b>Unsweetened 1litre Ecomil</b>	Organic	£2.79
<b>Coconut Rice Drink</b>	<b>Isola Bio 250ml</b>	Organic	£0.75
<b>Coconut Rice Milk</b>	<b>Isola Bio 1litre</b>	Organic	£1.98
<b>Coffee Milk</b>	<b>Rebel Kitchen 330ml</b>	Organic	£1.65
<b>Co-op Soya Case Un</b>	<b>Unsweetened 1litre x8</b>	Organic	£7.12
<b>EcoMil Case Almond</b>		Organic	£14.95
<b>EcoMil Case Coconu</b>		Organic	£14.95
<b>EcoMil Case Hemp</b>		Organic	£14.95
<b>Hazelnut Rice Milk</b>	<b>Isola Bio 1 litre</b>	Organic	£1.98
<b>Hemp Milk</b>	<b>Ecomil 1Litre</b>	Organic	£2.79
<b>Matcha Tea Milk</b>	<b>Rebel Kitchen 330ml</b>	Organic	£1.65
<b>Millet Milk</b>	<b>Isola Bio 1litre</b>	Organic	£1.98
<b>Oat Milk</b>	<b>Oatly 1litre</b>	Organic	£1.29
<b>Oat Milk Case</b>	<b>Oatly 1litre x6</b>	Organic	£6.96
<b>Orange Choc Milk</b>	<b>Rebel Kitchen 250ml</b>	Organic	£1.09
<b>Provamel Half Case</b>	<b>Unsweetened Red 500ml x16</b>	Organic	£11.52
<b>Rebel Kitchen Milk</b>	<b>All Varieties 250ml</b>		£1.09
<b>Red Provamel</b>	<b>Unsweetened Soy Milk 1litre</b>	Organic	£1.36
	<b>Unsweetened Soy Milk 500ml</b>	Organic	£0.79
<b>Red Provamel Case</b>	<b>Unsweetened Red 1litre x12</b>	Organic	£12.85
<b>Rice Dream Case Va</b>	<b>Vanilla 1litre x12</b>	Ask fo	Organic £17.40
<b>Rice Drink</b>	<b>Almond 1litre</b>	Organic	£2.15
	<b>Almond 200ml</b>	Organic	£0.69
	<b>Hazelnut &amp; Almond 1litre</b>	Organic	£2.39
<b>Rice Milk</b>	<b>1 Litre Isola Bio</b>	Organic	£1.38
<b>Rice Milk Case</b>	<b>Isola Bio 1litre x12</b>	Organic	£16.20
<b>Sojade Case Calciu</b>	<b>1litre x6</b>	Organic	£7.98
<b>Sojade Case Hemp</b>	<b>1litre x6</b>	Organic	£13.20
<b>Sojade Case Natura</b>	<b>1litre x6</b>	Organic	£6.90
<b>Sojade Hemp Drink</b>	<b>Natural 1litre</b>	Organic	£2.39
<b>Sojade Rice Milk</b>	<b>Calcium Enriched 1litre</b>	Organic	£1.49
<b>Sojade Soy Milk</b>	<b>Calcium1litre</b>	Organic	£1.48
	<b>Natural 1litre</b>	Organic	£1.28
<b>Soya Milk Case</b>	<b>Granovita 1litre x12</b>	Organic	£15.00

**Nuts-B**

<b>Cacao Butter</b>	<b>Fairtrade 240g</b>	Organic	£6.25
<b>Cacao Nibs</b>	<b>Fairtrade 150g</b>	Organic	£3.49
<b>Cooked Chestnuts</b>	<b>Organico 200g</b>	Organic	£3.89

**Oil&Seasoning-B**

<b>Artichoke &amp; Herbs</b>	<b>Antipasto 280g</b>		£2.95
<b>Artichoke Hearts</b>	<b>Organico 190g</b>	Organic	£3.35

<b>Avocado Oil</b>	<b>250ml</b>	Organic	£6.29
<b>Balsamic Vinegar</b>	<b>Biona 500ml</b>	Organic	£3.79
	<b>Suma 250ml</b>	Organic	£4.29
<b>Basil Oil</b>	<b>80ml</b>		£1.39
<b>Basil Pesto</b>	<b>Seggiano 200g</b>		£5.59
<b>Biona Mustard</b>	<b>Medium Hot 320ml</b>	Organic	£1.99
<b>Black Olives</b>	<b>Organico 280g</b>	Organic	£2.85
	<b>Sliced 198g</b>		£0.79
	<b>Sunita 450g</b>		£2.39
<b>Blk Pepper Paste</b>	<b>Kitchen Garden 135g</b>	Organic	£2.08
<b>Bourbon Hot Sauce</b>	<b>Howl At The Moon 150ml</b>		£2.35
<b>Brown Rice Miso</b>	<b>Clearspring 300g</b>	Organic	£3.89
<b>Bulk Kalamon Olive</b>	<b>7kg Healthy Oils 666</b>	Organic	£24.19
<b>Bulk Mayonnaise 2.</b>	<b>2.5kg 666</b>		£14.21
<b>Bulk Olive Oil 5lt</b>	<b>Amato 5litre 666</b>	Organic	£17.60
<b>Capers In Brine</b>	<b>Organico 250g</b>	Organic	£2.30
<b>Capers in Olive Oi</b>	<b>Mani Blauel 180g</b>	Organic	£2.98
<b>Cavolo Nero Pesto</b>	<b>Seggiano 200g</b>		£5.59
<b>Chilli Fire Sauce</b>	<b>Hot Swazi Kitchen 275g</b>		£2.89
<b>Cider &amp; Perry</b>	<b>Vinegar Crone's 750ml</b>	Organic	£2.59
<b>Cider Vinegar</b>	<b>Aspall 1ltr</b>	Organic	£2.79
	<b>Aspall 500ml</b>	Organic	£1.59
	<b>Aspall 5ltr</b>	Organic	£13.69
	<b>Raw 500ml</b>	Organic	£2.49
<b>Coconut Milk</b>	<b>Amaizin 400g</b>	Organic	£1.75
	<b>Essential 400g</b>	Organic	£1.59
	<b>Light Biona 400ml</b>	Organic	£1.49
<b>Coconut Oil</b>	<b>Biona 200g</b>	Organic	£3.89
	<b>Essential 210ml</b>	Organic	£2.99
	<b>Essential 690ml</b>	Organic	£7.98
	<b>Odourless Suma 650g</b>	Organic	£4.98
<b>Coriander Pesto</b>	<b>w/Hazelnuts Zest 165g</b>		£2.19
<b>Cranberry Sauce</b>	<b>Meridian 284g</b>		£2.39
<b>Creamed Basil</b>	<b>Sunita 130g</b>		£2.25
<b>Creamed Coconut</b>	<b>Amaizin 200g</b>	Organic	£1.79
	<b>Suma 200g</b>	Organic	£1.79
<b>Dijon Mustard</b>	<b>Essential 200g</b>	Organic	£1.89
<b>Fig Balsamic Dress</b>	<b>Olive Branch 250ml</b>		£2.99
<b>Flax Sesame Oil</b>	<b>Oil 240ml</b>	Organic	£7.98
<b>FT Coconut Milk</b>	<b>Ma's Happy Life Kitchen 400ml</b>	Organic	£1.59
<b>Garlic Mayo</b>	<b>Plamil 315g</b>		£2.09
<b>Garlic Oil</b>	<b>Co-op 250ml</b>		£2.69
<b>Garlic Olives</b>	<b>190g</b>	Organic	£2.85
<b>Garlic Puree</b>	<b>Truly Simple 100g</b>		£2.29
<b>Genovese Pesto</b>	<b>Sunita 130g</b>	Organic	£2.98
<b>Ginger Puree</b>	<b>Truly Simple 100g</b>		£2.29
<b>Gomasio</b>	<b>Low Salt 100g</b>	Organic	£2.09
<b>Green Chillies</b>	<b>Cooks&amp;Co 300g</b>		£1.49
<b>Green Gang Keow</b>	<b>Thai Curry Paste 1kg</b>		£6.49
	<b>Thai Curry Paste 400g</b>		£2.99
<b>Green Jalapeno</b>	<b>Sliced 230g</b>		£0.99
<b>Green Olives</b>	<b>Sunita 450g</b>		£2.39
<b>Green Pesto</b>	<b>Meridian 170g</b>		£1.99

Harissa Relish	Biona 125g	Organic	£2.39
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
Hot Sauce	Howl At The Moon 150ml		£2.35
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	£4.49
	250ml	Organic	£1.79
Lime Juice	250ml	Organic	£1.69
Lime Pickle	Minara 190g		£1.59
Lime Pickles	Hot Swazi Kitchen 275g		£2.85
Madras Paste	Minara Curry Paste 190g		£1.28
Malt Vinegar	Co-op 568ml		£0.49
Mango Pickle Atcha	Hot Swazi Kitchen 275g		£2.85
Mild Chilli Tomato	Lovepickle 180g		£2.98
Mild Red Curry Pas	Kitchen Garden 135g	Organic	£2.08
Miso Paste	Mugi 345g		£2.89
Olive Oil	Arcadia 1litre	Organic	£7.99
	Arcadia 3litre	Organic	£21.99
	As Pontis 1litre	Organic	£7.89
	As Pontis 3 litre	Organic	£21.19
	As Pontis 500ml	Organic	£4.99
	Greek 500ml		£3.99
	Olive Branch 1Litre		£7.75
	Palestinian 500ml		£9.98
Olive Oil	Organico 500ml	Organic	£4.99
Olive Oil 500ml	I Frutti Del Sole 500ml	Organic	£6.59
Olives w/Pimento	Sunita 230g		£1.09
Olives w/SD Toms	Co-op 290g		£2.45
Orange Balsamic Dr	Olive Branch 250ml		£2.99
Organic Rapeseed O	Stringer & Sons 500ml	Organic	£4.59
Pepperocini Chilli	Cooks & Co 280g		£1.49
Pesto	Zest 165g		£2.29
Pesto	Zest 340g		£3.78
Pesto Rosso	Suma 190g	Organic	£2.45
Pesto Siciliana	Suma 190g	Organic	£2.65
Plain Mayonnaise	Plamil 315g		£2.09
Pomegranate Molass	Marigold 250ml		£2.98
Preserved Lemons	700g	Organic	£4.89
Pumpkin Seed Oil	250ml	Organic	£6.39
Rapeseed Oil	Bio Planete 500ml	Organic	£4.29
Raw Green Olives	Mani Blauel 180g	Organic	£2.98
Raw Kalamata Olive	Mani Blauel 180g	Organic	£2.98
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 Pesto	Seggiano 200g		£5.59
Red Wine Vinegar	Red Aspall 350ml	Organic	£1.39
Rice Mirin	Clearspring 150ml		£2.69
Rice Vinegar	Clearspring 150ml		£1.98
Roasted Peppers	Olive Branch 450g		£2.69
Rogan Josh Paste	Minara Curry Paste 190g		£1.28
Rosewater	250ml		£2.38
Safflower Oil	Clearspring 500ml	Organic	£5.89
Sambal Oelek	100g	Organic	£1.89
SD Tomato Mix	Olive Branch 190g		£2.59
SD Tomato Paste	Zest 170g		£2.29
SD Tomato Spread	Mani Blauel 180g		£2.98
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	£3.99
	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	£29.99
	250ml	Organic	£2.99
Tamarind	Wet Block 400g		£1.99
Tamarind Concentra	300g		£2.39
Tandoori Paste	Minara Curry Paste 190g		£1.28
Tapenade	Fig & Mint Olive Branch 180g		£2.99
Tarragon Mayo	Plamil 315g		£2.09
Teriyaki Sauce	Clearspring 150ml	Organic	£2.48
Toasted Sesame Oil	Meridian 500ml	Organic	£5.79
Tomato Ketchup	340g	Organic	£1.99
Ume Plum Seasoning	Clearspring 150ml	Organic	£2.39
Veg Stock	9 Meals 105g	Organic	£2.79
	Garden Herb 9 Meals 105g	Organic	£2.79
	Umami 9 Meals 105g	Organic	£2.79
Vegan Parmesan	Pasta Factory 100g		£3.89
Walnut Oil	250ml	Organic	£8.15
Wasabi Paste	Biona 50g		£2.89
White Wine Vinegar	White Aspall 350ml	Organic	£1.39
Whlgrain Mustard	Essential 1kg	Organic	£5.99
	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
<b>Pasta-B</b>			
100% Rice Noodles	King Soba 250g	Organic	£1.79
Brown Rice Fusilli	Suma 500g	Organic	£2.29

<b>Brown Rice Pasta</b>	<b>Elbows Rizopia 500g</b>	Organic	£3.39
	<b>Fantasia Shapes Rizopia 500g</b>	Organic	£3.39
<b>Buckwheat Noodle</b>	<b>King Soba 250g</b>	Organic	£1.98
<b>Buckwheat Pasta</b>	<b>Castagno 250g</b>	Organic	£1.89
	<b>Orgran 250g</b>		£1.89
<b>Bulk Fusilli</b>	<b>Wholewheat Iris 5kg</b>	Organic	£8.99
<b>Bulk Pasta</b>	<b>Deli 5kg</b>	Organic	£8.83
<b>Bulk Penne</b>	<b>Wholewheat Iris 5kg</b>	Organic	£8.99
<b>Chickpea Fusilli</b>	<b>Castagno 250g</b>	Organic	£1.69
<b>Corn Fusilli</b>	<b>Castagno 250g</b>	Organic	£1.09
<b>Corn Rice Penne</b>	<b>Suma 500g</b>	Organic	£2.15
<b>Fusilli Spirals</b>	<b>500g</b>	Organic	£0.99
<b>Green Pea Fusilli</b>	<b>Castagno 250g</b>	Organic	£1.79
<b>Green Soya Bean No</b>	<b>Amaizin 200g</b>	Organic	£2.98
<b>Lasagne Sheets</b>	<b>Rice &amp; Corn Orgran 200g</b>		£2.69
<b>Linguine</b>	<b>La Terra 500g</b>	Organic	£1.59
<b>Macaroni</b>	<b>La Bio Idea 500g</b>	Organic	£1.19
<b>Pad Thai Noodles</b>	<b>King Soba Fairtrade 250g</b>	Organic	£1.85
<b>Penne</b>	<b>500g</b>	Organic	£0.99
<b>Red Lentil Fusilli</b>	<b>Pro Fusion 300g</b>	Organic	£2.95
<b>Rice Millet Noodle</b>	<b>King Soba 250g</b>	Organic	£1.79
<b>Rice Pasta</b>	<b>Wholegrain Castagno 250g</b>	Organic	£1.69
<b>Riso Pasta</b>	<b>Orzo 500g</b>	Organic	£1.09
<b>Shells</b>	<b>La Bio Idea 500g</b>	Organic	£1.19
<b>Spaghetti</b>	<b>Wholewheat Suma 500g</b>	Organic	£0.99
<b>Spelt Lasagne</b>	<b>Castagno 250g</b>	Organic	£2.19
<b>Spelt Penne</b>	<b>Castagno 500g</b>	Organic	£1.89
<b>Spelt Spaghetti</b>	<b>Castagno 500g</b>	Organic	£1.89
<b>Spelt Spirals</b>	<b>Castagno 500g</b>	Organic	£1.89
<b>Taco Shells</b>	<b>Amaizin x12</b>	Organic	£2.15
<b>Tagliatelle</b>	<b>La Bio Idea 500g</b>	Organic	£1.19
<b>Thai Rice Noodle</b>	<b>King Soba 250g</b>	Organic	£1.79
<b>Udon Noodles</b>	<b>King Soba 250g</b>	Organic	£1.69
<b>Veg Rice Pasta</b>	<b>Spirals Orgran 250g</b>		£1.89
<b>Vermicelli</b>	<b>La Bio Idea 500g</b>	Organic	£1.19
<b>Wholewheat Noodles</b>	<b>Blue Dragon 300g</b>		£1.39

#### PreparedFood-B

<b>Aduki Beans</b>	<b>400g</b>	Organic	£0.98
<b>Arame Seaweed</b>	<b>50g</b>		£4.99
<b>Arrabiata Sauce</b>	<b>Nutrimento 280g</b>	Organic	£1.85
<b>Artichoke Hearts</b>	<b>Cooks &amp; Co 390g</b>		£1.69
<b>Baked Beans</b>	<b>Suma 400g</b>	Organic	£0.89
	<b>Whole Earth 440g</b>	Organic	£0.89
<b>Bamboo Shoots</b>	<b>Kingfisher 225g</b>		£0.89
<b>Basil Sauce</b>	<b>Nutrimento 280g</b>	Organic	£1.75
<b>Bechamel Sauce</b>		Organic	£1.79
<b>Black Beans</b>	<b>400g</b>	Organic	£0.69
<b>Blackeye Beans</b>	<b>400g</b>	Organic	£0.59
<b>Borlotti Beans</b>	<b>400g</b>	Organic	£0.59
<b>Braised Tofu</b>	<b>225g</b>		£2.29
<b>Bulk Chick Peas 2.</b>	<b>2.6kg 666</b>	Organic	£2.58
<b>Bulk Chopped Toma</b>	<b>2.6kg 666</b>	Organic	£4.57

<b>Bulk Mixed Beans 2</b>	<b>2.6kg 666</b>	Organic	£3.13
<b>Bulk Tomato Puree</b>	<b>Amato 800g 666</b>		£1.42
<b>Butter Beans</b>	<b>400g</b>	Organic	£0.69
<b>Cabbage Leaves</b>	<b>Stuffed 340g</b>		£1.59
<b>Cannellini Beans</b>	<b>Suma 400g</b>	Organic	£0.75
<b>Carlin Peas</b>	<b>Hodmedod 400g</b>	Organic	£0.69
<b>Case Baked Beans</b>	<b>Whole Earth 440g x12</b>	Organic	£10.20
<b>Case Black Beans</b>	<b>Anna 400g x12</b>	Organic	£6.48
<b>Case Chick Peas</b>	<b>Anna 400g x12</b>	Organic	£6.24
	<b>Natco 400g x12</b>		£4.50
<b>Case Kidney Beans</b>	<b>Anna 400g x12</b>	Organic	£6.24
<b>Case Mixed Beans</b>	<b>12 x 400g</b>	Organic	£6.24
<b>Cherry Tomatoes</b>	<b>400g</b>		£0.75
<b>Chestnut Puree</b>	<b>Organico 300g</b>	Organic	£3.09
<b>Chick Peas</b>	<b>400g</b>	Organic	£0.59
	<b>Curried 400g</b>		£0.39
	<b>Curried 400g</b>		£0.98
<b>Chopped Tomato Ca</b>	<b>Anna 400g x12</b>	Organic	£6.50
<b>Dried Carlin Peas</b>	<b>Black Badgers Hodmedod 500g</b>	Organic	£1.49
<b>Dulse</b>	<b>Irish Seaweed 40g</b>	Organic	£2.49
<b>Edamame Beans</b>	<b>Biona 200g</b>	Organic	£1.45
<b>Falafel Mix</b>	<b>200g</b>		£1.39
<b>Fava Beans</b>	<b>Hodmedod 400g</b>	Organic	£0.69
<b>Gherkins</b>	<b>Essential 680g</b>	Organic	£2.59
<b>Giant Beans</b>	<b>Biona 230g</b>	Organic	£1.45
<b>Gnocchi</b>	<b>Gluten Free 250g</b>		£1.95
<b>Green Beans</b>	<b>Bionova 340g</b>	Organic	£1.19
<b>Green Lentils</b>	<b>400g</b>	Organic	£0.59
<b>Green Peas</b>	<b>400g</b>	Organic	£0.59
<b>Haricot Beans</b>	<b>Hodmedod 400g</b>		£0.69
<b>Irish Seaweed Dres</b>	<b>Irish Seaweed 40g</b>	Organic	£2.55
<b>Jalfrezi Sauce</b>	<b>Minara 350g</b>		£1.48
<b>Kombu / Kelp</b>	<b>Irish Seaweed 40g</b>	Organic	£2.49
<b>Madras Sauce</b>	<b>Minara 350g</b>		£1.48
<b>Mixed Beans</b>	<b>400g</b>	Organic	£0.74
<b>Nonna Sauce</b>	<b>Nutrimento 280g</b>	Organic	£1.85
<b>Nori</b>	<b>Irish Seaweed 40g</b>	Organic	£2.49
<b>Nori Seaweed</b>	<b>25g</b>		£2.99
<b>Nut Luncheon</b>	<b>420g</b>		£1.98
<b>OliveCaper Sauce</b>	<b>Nutrimento 280g</b>	Organic	£1.79
<b>Oyster Mushroom</b>	<b>Tropical Wholefoods 25g</b>		£1.75
<b>Passata Box</b>	<b>500g</b>		£0.59
<b>Passata Sauce</b>	<b>680g</b>	Organic	£0.99
<b>Pasta Sauce</b>	<b>Arrabbiata Suma 350g</b>	Organic	£1.49
	<b>Bolognese Suma 350g</b>	Organic	£1.49
	<b>Napoletana Suma 350g</b>	Organic	£1.49
<b>Peanut Sauce</b>	<b>Naija 360g</b>		£2.19
<b>Peeled Tomato Case</b>	<b>Anna 400g x12</b>	Organic	£6.50
	<b>Co-op 400g x24</b>		£8.99
<b>Peppers</b>	<b>Rice Stuffed 400g</b>		£1.59
<b>Pinto Beans</b>	<b>400g</b>	Organic	£0.98
<b>Polenta</b>	<b>Sunita 500g</b>	Organic	£1.15
<b>Poppadoms</b>	<b>200g</b>		£0.95

<b>Porcini Mushroom</b>	<b>Pearls of Samarkand 20g</b>	Organic	£1.95
	<b>Tropical Wholefoods 30g</b>		£2.59
<b>Puy Lentils</b>	<b>400g Biona</b>	Organic	£0.98
<b>Red Kidney Beans</b>	<b>400g</b>	Organic	£0.59
<b>Sauerkraut</b>	<b>Bionova 230g</b>	Organic	£1.95
<b>Sea Salad</b>	<b>Irish Seaweed 40g</b>	Organic	£2.49
<b>Sea Spaghetti</b>	<b>Irish Seaweed 40g</b>	Organic	£2.49
<b>Sea Vegetables</b>	<b>100g</b>		£7.49
	<b>50g</b>		£4.29
<b>Shiitake Mshroom</b>	<b>Tropical Wholefoods 50g</b>		£2.59
<b>Soya Bolognese</b>	<b>Nutrimento 280g</b>	Organic	£2.25
<b>Soya Mince (TVP)</b>	<b>Fairtrade Kitchen Garden 250g</b>	Organic	£1.49
<b>Spirulina</b>	<b>Irish Seaweed 40g</b>	Organic	£2.49
<b>Stuffing</b>	<b>Sage &amp; Onion Shropshire 150g</b>		£1.29
<b>Sweetcorn</b>	<b>Bionova 230g</b>	Organic	£1.29
	<b>Suma 340g</b>	Organic	£1.18
<b>Tomato Puree</b>	<b>Co-op 200g</b>		£0.55
	<b>Suma 200g</b>	Organic	£0.98
<b>Tomato Puree Tin</b>	<b>Sara 400g</b>		£0.98
<b>Tomatoes w/Basil</b>	<b>400g</b>		£0.59
	<b>Chopped 400g</b>	Organic	£0.99
<b>Tuscan Bean Soup</b>	<b>Suma 400g</b>	Organic	£1.29
<b>UK Red Lentils</b>	<b>500g Hodmedod</b>		£3.25
<b>Vine Leaves</b>	<b>Stuffed 280g</b>		£1.79
	<b>Stuffed Cooks Choice 380g</b>		£1.98
<b>Wakame</b>	<b>Irish Seaweed 40g</b>	Organic	£2.49
<b>Water Chestnuts</b>	<b>Kingfisher 225g</b>		£0.89
<b>Yeast Flakes</b>	<b>125g</b>		£2.58
<b>Young Jackfruit</b>	<b>400g</b>	Organic	£2.59
<b>Young Jackfruit Sh</b>	<b>Govinda 218g</b>	Organic	£3.29
<b>SavouryBisc-B</b>			
<b>Breadsticks</b>	<b>Crosta &amp; Mollica 140g</b>		£1.59
	<b>Spelt 125g</b>	Organic	£1.19
<b>Breadsticks Olive</b>	<b>Crosta &amp; Mollica 140g</b>		£1.59
<b>Buckwheat Crisp *</b>	<b>120g</b>	Organic	£1.79
<b>Buckwheat Rice Cak</b>	<b>100g</b>	Organic	£0.95
<b>Chilli Crostini</b>	<b>Crosta &amp; Mollica 150g</b>		£1.69
<b>Corn Cakes</b>	<b>Fiorentini 120g</b>	Organic	£0.99
<b>Crackerbread</b>	<b>3 Seed Dr. Karg 200g</b>	Organic	£1.99
	<b>Seeded Spelt Dr. Karg 200g</b>	Organic	£2.39
<b>Crispy Bread Crack</b>	<b>Gluten Free Origin Earth 150g</b>		£2.49
<b>Crostini</b>	<b>Black Olive 200g</b>		£1.65
	<b>Rosemary 200g</b>		£1.65
<b>Fennel Mignon</b>	<b>Taralli 350g</b>		£1.95
<b>Fine Oatcakes</b>	<b>Nairns 218g</b>		£0.99
<b>Freselle</b>	<b>Wholewheat 375g</b>		£2.29
<b>Italian Breadstick</b>	<b>Co-op 125g</b>		£0.75
<b>Large Rysp Crisp</b>	<b>Garlic &amp; Rosemary 120g</b>		£2.99
	<b>Seaweed &amp; Sesame 120g</b>		£2.99
<b>Multi Crispbread</b>	<b>Finn 175g</b>		£1.19
<b>Multigrain Cakes</b>	<b>100g Fiorentini</b>	Organic	£0.85
<b>Oatcakes</b>	<b>Co-op 250g</b>		£0.79

<b>Oatcakes GF</b>	<b>Gluten Free Nairns 213g</b>		£1.69
<b>Oregano Crostini</b>	<b>Crosta &amp; Mollica 150g</b>		£1.69
<b>Organic Oatcakes</b>	<b>Nairns 250g</b>	Organic	£1.19
<b>Quinoa Rice Cake</b>	<b>100g</b>	Organic	£1.09
<b>Rice Cakes 120g</b>	<b>Without Salt 120g Fiorentini</b>	Organic	£0.79
<b>Rye Crispbread</b>	<b>Finn 250g</b>		£1.19
<b>Seeded Spelt Crack</b>	<b>w Seeds Zemanka 100g</b>	Organic	£1.39
<b>Spelt Breadleaves</b>	<b>Quadrotti Fiorentini 200g</b>	Organic	£1.29
<b>Spelt Crackers</b>	<b>Zemanka 100g</b>	Organic	£1.39

#### Seeds-B

<b>Chia Seeds</b>	<b>250g</b>	Organic	£2.99
	<b>500g</b>	Organic	£4.99
<b>Fitness Sprouts</b>	<b>Biosnacky 40g</b>	Organic	£1.05
<b>Flaxseed</b>	<b>Linwoods 425g</b>	Organic	£4.99
<b>Gourmet Sprouts</b>	<b>Biosnacky 40g</b>	Organic	£1.05
<b>Hemp Seed</b>	<b>Hulled Yaoh 125g</b>	Organic	£3.29
<b>Linseed Powder~</b>	<b>Blueberry Linusprout 250g</b>	Organic	£4.69
	<b>Linusprout 250g</b>	Organic	£3.99
<b>Milled Flaxseed ~</b>	<b>Linusit 450g</b>	Organic	£4.99
<b>Red Clover Mix</b>	<b>Biosnacky 30g</b>	Organic	£1.45
<b>Sprouting Broccoli</b>	<b>Biosnacky 30g</b>	Organic	£1.45
<b>UK Chia Seed</b>	<b>Hodmedod 200g</b>		£2.49
<b>Wellness Sprouts</b>	<b>Biosnacky 40g</b>	Organic	£1.45

#### Snacks-B nonVAT

<b>Chipotle Salsa</b>	<b>Cool Chile 270g</b>		£3.75
<b>Corn Nuts BBQ</b>	<b>Love Corn 115g</b>		£1.69
<b>Corn Nuts Sea Salt</b>	<b>Love Corn 115g</b>		£1.69
<b>Hummus Chips</b>	<b>Sea Salt 45g</b>		£0.75
<b>Lentil Chips</b>	<b>Sea Salt 40g</b>		£0.75
<b>Salsa Cool</b>	<b>200g Trafo</b>	Organic	£1.75
<b>Salsa Hot</b>	<b>200g Trafo</b>	Organic	£1.75
<b>Tomatillo Salsa</b>	<b>Cool Chile 270g</b>		£3.75
<b>Tortilla Chips</b>	<b>Salted 200g</b>	Organic	£1.49
	<b>Salted 75g</b>	Organic	£0.79
<b>Veg Crisps</b>	<b>Roots 150g</b>		£2.09
<b>Veg Crisps</b>	<b>Roots 40g</b>		£0.69

#### Snacks-B VAT

<b>Baked Peanuts</b>	<b>Salted 200g</b>		£1.19
<b>Corn Snack</b>	<b>Paprika 50g Fiorentini</b>	Organic	£0.79
	<b>Rosemary 50g Fiorentini</b>	Organic	£0.79
<b>Fava Beans</b>	<b>Roasted &amp; Salted Hodmedod 300g</b>		£1.65
<b>Kale Chips</b>	<b>Inspirial Foods London 30g</b>	Organic	£1.99
	<b>Inspirial Foods London 60g</b>	Organic	£3.39
<b>Munchy Seeds</b>	<b>25g</b>		£0.69
	<b>Sesame Sprinkles 200g</b>		£3.99
<b>Paprika Crisps</b>	<b>Trafo 40g</b>	Organic	£0.75
<b>Peas</b>	<b>Roasted &amp; Salted Hodmedod 300g</b>		£1.65
<b>Popcorn</b>	<b>Maple Cinnamon 50g</b>	Organic	£1.69
	<b>Natural 50g</b>	Organic	£1.09
<b>Potato Crisps</b>	<b>Salt And Vinegar 40g</b>	Organic	£0.75

Potato Crisps	Unsalted Trafo 125g	Organic	£1.59
Rice Snack	Paprika 40g Fiorentini	Organic	£0.79
	Rosemary 40g Fiorentini	Organic	£0.79
Sea Salt 150g	Fiddler's		£1.99
Sea Salt 40g	Fiddler's		£0.69
Simply Spuds 150g	Fiddler's		£1.99
Simply Spuds 40g	Fiddler's 40g		£0.69

### Spreads&Jams-B

Apricot Spread	Forest Bounty 340g		£3.29
Aubergine & Basil	Olivebranch 190g		£2.59
Ayvar Spread	Roast Red Pepper Granny's Secret 200g		£2.29
Cashew Butter	Meridian 170g	Organic	£3.49
Chocolate Spread	Almond Raw 250g	Organic	£4.99
Classic Pate	Tartex 220g	Organic	£2.39
Coconut Butter	Biona 250g	Organic	£4.15
Crunchy Almond But	Meridian 170g		£2.98
Dark Tahini	Meridian 270g	Organic	£2.69
	Sunita 280g		£2.29
	Sunita 3kg		£21.49
Herb Pate	Granovita 200g	Organic	£2.19
Hot Ayvar Spread	Pepper Chilli Granny's Secret 200g		£2.29
Light Tahini	Meridian 270g	Organic	£2.69
	Meridian 454g	Organic	£3.99
	Sunita 280g		£2.29
	Sunita 3kg		£21.49
Meridian Jam	Morello Cherry 284g	Organic	£2.25
	Raspberry 284g	Organic	£2.25
	Seville Orange 284g	Organic	£2.25
	Strawberry 284g	Organic	£2.25
	Wild Blueberry 284g	Organic	£2.25
Mushroom Pate	Granovita 200g	Organic	£2.19
Peanut Butter	Crunchy Essential 350g	Organic	£2.59
	Crunchy Fairtrade 340g	Organic	£2.99
	Crunchy Meridian 1kg		£5.79
	Crunchy Meridian 280g		£1.98
	Crunchy Salted 700g	Organic	£5.29
	Crunchy Unsalted 700g	Organic	£5.29
	Smooth Essential 350g	Organic	£2.59
	Smooth Meridian 1kg		£5.79
	Smooth Meridian 280g		£1.98
	Smooth Salted 700g	Organic	£5.29
Peanut Butter Org	Crunchy Meridian 1kg	Organic	£6.59
Pear Apple Spread	Biona 450g	Organic	£3.98
Pumpkin Seed Butte	Carley 250g	Organic	£2.99
Smooth Almond Butti	Meridian 170g	Organic	£3.39
	Meridian 1kg		£15.89
Spicy Mexican Pate	Granovita 200g	Organic	£2.19
St. Dalfour Jam	Black Cherry 284g		£1.89
	Blackberry 284g		£1.89
	Blackcurrant 284g		£1.89
	Cranberry & Blueberry 284g		£1.89
	Fig Royale 284g		£1.89

<b>St. Dalfour Jam</b>	<b>Four Fruits 284g</b>		£1.89
	<b>Golden Peach 284g</b>		£1.89
	<b>Imperial Pear 284g</b>		£1.89
	<b>Kumquat 284g</b>		£1.89
	<b>Mirabelle Plum 284g</b>		£1.89
	<b>Orange Ginger 284g</b>		£1.89
	<b>Pineapple / Mango 284g</b>		£1.89
	<b>Raspb &amp; Pomegrnt 284g</b>		£1.89
	<b>Raspberry 284g</b>		£1.89
	<b>Strawberry 284g</b>		£1.89
	<b>Thick Apricot 284g</b>		£1.89
	<b>Thick-Cut Orange 284g</b>		£1.89
	<b>Wild Blueberry 284g</b>		£1.89
<b>Tangy Tom Pate</b>	<b>Granovita 200g</b>	Organic	£2.19
<b>Wild Blueberry Spr</b>	<b>Forest Bounty 340g</b>		£3.39
<b>Yeast Extract</b>	<b>Meridian 340g</b>		£3.39
	<b>Vitamin R 250g</b>		£5.49
<b>Sweeteners-B</b>			
<b>Agave Syrup</b>	<b>240ml</b>	Organic	£2.99
<b>Barley Malt</b>	<b>Extract Meridian 370g</b>		£1.98
<b>Brown Rice Syrup</b>	<b>350g</b>	Organic	£2.89
<b>Bulk Kidney Beans</b>	<b>2.6kg 666</b>		£3.96
<b>Bulk Rice Syrup 66</b>	<b>25kg</b>		£64.86
<b>Date Syrup</b>	<b>Basra 450g</b>		£2.29
	<b>Biona 350g</b>	Organic	£2.99
	<b>Meridian 330g</b>		£2.49
<b>Maple Syrup</b>	<b>Meridian 330g</b>	Organic	£5.79
<b>Maple Syrup Dark</b>	<b>Acadian 250ml</b>	Organic	£5.99
<b>Molasses</b>	<b>Meridian 350ml</b>	Organic	£1.69
<b>Sweet Freedom</b>	<b>Dark 300ml</b>		£2.98
	<b>Mild 300ml</b>		£2.98
<b>SwtBisc&amp;Bar-B nonVAT</b>			
<b>Apple Biscuits</b>	<b>Zemanka 100g</b>	Organic	£1.59
<b>Apple Spelt Duck B</b>	<b>Zemanka 100g</b>	Organic	£1.39
<b>Billy's Biscuits</b>	<b>Apple &amp; Cranberry Spelt 175g</b>	Organic	£2.19
	<b>Coconut &amp; Lemon 175g</b>	Organic	£2.19
	<b>Ginger &amp; Walnut Spelt 175g</b>	Organic	£2.19
	<b>Raisin 230g</b>	Organic	£2.19
	<b>Spiced 240g</b>	Organic	£2.19
<b>Cocoa Spelt Animal</b>	<b>Zemanka 100g</b>	Organic	£1.39
<b>Eco Biscuits</b>	<b>Almond 45g</b>	Organic	£0.49
	<b>Coconut 55g</b>	Organic	£0.49
	<b>Fig 50g</b>	Organic	£0.49
	<b>Fruit 60g</b>	Organic	£0.49
	<b>Nut &amp; Chocolate 45g</b>	Organic	£0.49
<b>Eco Biscuits</b>	<b>Muesli 45g</b>	Organic	£0.49
<b>Halva</b>	<b>Sunita 75g</b>	Organic	£1.19
<b>Maple Coconut Maca</b>	<b>Zemanka 100g</b>	Organic	£1.59
<b>Raspberry Biscuits</b>	<b>Zemanka 100g</b>	Organic	£1.59
<b>Spelt Animal Biscu</b>	<b>Zemanka 100g</b>	Organic	£1.39
<b>Sunflower Cookie</b>	<b>240g</b>	Organic	£1.99

<b>Waffles</b>	<b>Billy's Biscuits 315g</b>	Organic	£2.89
<b>SwtBisc&amp;Bar-B VAT</b>			
<b>Bakewell Tart Bar</b>	<b>Nakd 30g</b>		£0.75
<b>Berry Burst</b>	<b>Trek 55g</b>		£0.99
<b>Blueberry Muffin B</b>	<b>Nakd 35g</b>		£0.74
<b>Cashew Cookie Bar</b>	<b>Nakd 35g</b>		£0.75
<b>Cherry Raisins</b>	<b>Nakd 25g</b>		£0.38
<b>Choc Almonds</b>	<b>Raw Chocolate Co 110g</b>	Organic	£4.69
<b>Choco Mulberries</b>	<b>Raw Chocolate 125g</b>	Organic	£4.69
<b>Choco Raisins</b>	<b>Raw Chocolate 125g</b>	Organic	£3.49
<b>Chocolate Bar</b>	<b>90% Cacao Ombar 35g</b>	Organic	£1.79
	<b>Acai &amp; Blueberry Ombar 35g</b>	Organic	£1.79
	<b>Coconut Chocolate Ombar 35g</b>	Organic	£1.79
	<b>Dark 72% Ombar 35g</b>	Organic	£1.79
<b>Cocoa Orange Bar</b>	<b>Nakd 35g</b>		£0.72
<b>Dark Chocolate Bar</b>	<b>92% Vivani 80g</b>	Organic	£1.99
	<b>99% Vivani 80g</b>	Organic	£1.99
<b>Eco Biscuits</b>	<b>Choc &amp; Orange 45g</b>	Organic	£0.49
	<b>Chocolate 45g</b>	Organic	£0.49
<b>Fruit Bar</b>	<b>Apricot &amp; Raisin Tropical 40g</b>		£0.65
	<b>Mango &amp; Brazil Tropical 40g</b>		£0.65
	<b>Pineapple &amp; Cashew Tropical 40g</b>		£0.65
<b>Fruit Hero</b>	<b>Apple Raspberry 20g</b>		£0.45
	<b>Strawberry 20g</b>		£0.45
<b>Fruit Leathers</b>	<b>Various 15g</b>		£0.39
<b>Ginger Bread Bar</b>	<b>Nakd 35g</b>		£0.72
<b>Koffee Kapow!</b>	<b>Raw Chocolate Co 38g</b>	Organic	£1.99
<b>Lemon Drizzle Bar</b>	<b>Nakd 35g</b>		£0.75
<b>Licorice Bar</b>	<b>Original Panda 32g</b>		£0.45
	<b>Raspberry Panda 32g</b>		£0.45
<b>Licorice Cuts</b>	<b>Original Panda 240g</b>		£1.85
<b>Mint Mania 72%</b>	<b>Raw Chocolate Co 38g</b>	Organic	£1.99
<b>Peanut Delight Bar</b>	<b>Nakd 35g</b>		£0.75
<b>Peanut Power</b>	<b>Trek 55g</b>		£0.99
<b>Pecan Pie Bar</b>	<b>Nakd 35g</b>		£0.75
<b>Pitch Dark 72%</b>	<b>Raw Chocolate Co 38g</b>	Organic	£1.99
<b>Salted Caramel Nib</b>	<b>Nakd 40g</b>		£0.75
<b>Salted Vanoffee Ha</b>	<b>Raw Chocolate Co 38g</b>	Organic	£1.99
<b>Vanoffee</b>	<b>Raw Chocolate Co 38g</b>	Organic	£1.99
<b>Vanoffee Mulberrie</b>	<b>Raw Chocolate 125g</b>	Organic	£4.69
<b>Tea&amp;Coffee-B</b>			
After Dinner Mint	<b>Clipper x20</b>	Organic	£1.89
Apple & Cinnamon	<b>Heath &amp; Heather x20</b>	Organic	£1.79
Assam Tea Loose	<b>Clipper 125g</b>	Organic	£2.28
Assam Teabags	<b>Clipper x50</b>	Organic	£2.28
Barleycup	<b>Instant Grain Coffee 200g</b>		£3.69
Bengal Spice Tea	<b>Celestial Seasonings x20</b>		£2.19
Bio Malt	<b>Grain Coffee 100g</b>	Organic	£2.85
Blackcurrant Tea	<b>Heath &amp; Heather x20</b>	Organic	£1.79
Brazilie Coffee Be	<b>Beans Simon Levelt 250g</b>	Organic	£3.35
Calmer Chameleon T	<b>Clipper x20</b>	Organic	£2.00

Chai & Liquorice	<b>Heath &amp; Heather x20</b>	Organic	£1.79
Chai Life	<b>Hampstead x20</b>	Organic	£2.15
Chai Teabags	<b>Clipper x20</b>	Organic	£1.69
Cham Spearmint	<b>Teabags Essential x20</b>	Organic	£1.25
Chamomile Tea	<b>Hampstead x20</b>	Organic	£2.05
	<b>Kitchen Garden x20</b>	Organic	£1.35
	<b>Teabags Essential x20</b>	Organic	£1.25
Chocolate Tea	<b>Yogi x17</b>	Organic	£2.08
Classic Tea	<b>Yogi x17</b>	Organic	£2.08
Cocoa	<b>Hispaniola Fairtrade 250g</b>	Organic	£3.85
Coffee Beans	<b>Italian FT Co-op 227g</b>		£2.29
Coffee Filters	<b>Simon Levelt x40</b>	Organic	£0.89
Colombia Coffee Or	<b>Revolver 200g</b>	Organic	£3.49
Cuba Coffee	<b>Revolver 200g</b>		£3.49
Darjeeling Bags	<b>Hampstead x20</b>	Organic	£2.05
Darjeeling Loose	<b>Simon Levelt 75g</b>	Organic	£3.05
Decaf Coffee	<b>Senza Simon Levelt 250g</b>	Organic	£2.95
Decaf Teabags	<b>Clipper x40</b>	Organic	£2.49
Detox Tea	<b>Yogi x17</b>	Organic	£2.08
Dolce Coffee	<b>Simon Levelt Fairtrade 250g</b>	Organic	£2.89
Drinking Chocolate	<b>Chocolate Block Haslacher's 250g</b>		£4.39
Earl Grey Loose	<b>Clipper 125g</b>	Organic	£2.39
Earl Grey Teabag	<b>Clipper x50</b>	Organic	£2.19
	<b>Hampstead x20</b>	Organic	£2.05
Echinacea Tea	<b>Yogi x17</b>	Organic	£2.08
English Breakfst	<b>Hampstead x20</b>	Organic	£2.05
Espresso Beans	<b>Simon Levelt 250g</b>	Organic	£2.89
Espresso Coffee	<b>Ground FT Co-op 227g</b>		£2.19
Ethiopia Yirgachef	<b>Revolver 200g</b>		£3.49
Fennel Liquorice	<b>Hampstead x20</b>	Organic	£2.05
Fennel Tea	<b>Tea Kitchen Garden x20</b>	Organic	£1.35
	<b>Teabags Essential x20</b>	Organic	£1.25
Flower Power Tea	<b>Clipper x20</b>	Organic	£2.00
Forte Coffee	<b>Simon Levelt Fairtrade 250g</b>	Organic	£2.39
FT Espresso Coffee	<b>Clipper 227g</b>		£3.19
Green Tea Loose	<b>Clipper 100g</b>	Organic	£2.00
Green Teabags	<b>Clipper x20</b>	Organic	£1.69
	<b>Hampstead x20</b>	Organic	£2.05
Hibiscus Tea	<b>Teabags Essential x20</b>	Organic	£1.25
Honduras Organic	<b>Revolver 200g</b>	Organic	£3.49
India Araku Coffee	<b>Fairtrade Suma 227g</b>	Organic	£4.15
Instant Coffee	<b>500g</b>	Organic	£17.99
	<b>Clipper 100g</b>	Organic	£3.99
	<b>Clipper 500g</b>	Organic	£17.99
Instant Decaf	<b>Coffee Clipper 100g</b>	Organic	£3.99
Intense Coffee	<b>Cafe Direct 227g Red</b>		£2.98
Jasmine Teabags	<b>Moonlight Dragonfly x20</b>	Organic	£1.49
Lavender Valerian	<b>Hampstead x20</b>	Organic	£2.05
Lemon Ginger	<b>Hampstead x20</b>	Organic	£2.05
Lemon Ginger Tea	<b>Yogi</b>	Organic	£2.08
Lemon Verbena	<b>Hambleden x20</b>	Organic	£2.28
Lemon Zinger Tea	<b>Celestial Seasonings x20</b>		£1.89
Lemongr & Ginger	<b>Kitchen Garden x20</b>	Organic	£1.35

Lemongrass Tea	<b>Kitchen Garden x20</b>	Organic	£1.35
Licorice Tea	<b>Yogi x17</b>	Organic	£2.08
Limeflower Tea	<b>Hambleden x20</b>	Organic	£2.59
Liquorice Teabag	<b>Clipper x20</b>	Organic	£1.54
Machu Picchu Coffe	<b>Cafe Direct 227g</b>	Organic	£3.49
Madagascan Vanilla	<b>Hampstead x20</b>	Organic	£2.15
Matcha Green Tea	<b>Heath &amp; Heather x20</b>	Organic	£1.79
Mint Tea	<b>Kitchen Garden x20</b>	Organic	£1.35
Morocco Mint Tea	<b>Dragonfly x20</b>	Organic	£1.65
Nettle Teabags	<b>Teabags Clipper x20</b>	Organic	£1.65
Nilgiri Tea	<b>Just Change Fairtrade x80</b>		£2.69
Oatly Cream	<b>250ml</b>	Organic	£0.75
Organic Teabags	<b>Clipper x80</b>	Organic	£2.49
Origins Coffee Org	<b>Cafe Direct 227g</b>	Organic	£3.98
Pepper Spearmint	<b>Teabags Essential x20</b>	Organic	£1.25
Peppermint Tea	<b>Heath &amp; Heather x50</b>		£2.65
	<b>Teabags Essential x20</b>	Organic	£1.25
Rooibos Chai	<b>Dragonfly 50g x20</b>	Organic	£1.65
Rooibos EarlGrey	<b>Dragonfly x40</b>		£2.35
Rooibos Tea Loose	<b>Tick Tock 100g</b>	Organic	£1.29
Rooibos Teabags	<b>Tick Tock x40</b>	Organic	£1.40
Rooibos Vanilla	<b>Dragonfly x40</b>		£2.35
Root Remedy	<b>Heath &amp; Heather x20</b>	Organic	£1.95
Rosehip Hibiscus	<b>Hampstead x20</b>	Organic	£2.05
Rosehip Tea	<b>Heath &amp; Heather x50</b>		£2.65
Sleepytime Tea	<b>Celestial Seasonings x20</b>		£1.89
Staff Coffee Peru	<b>Suma Fairtrade 1kg</b>	Organic	£10.95
Super Seeds	<b>Heath &amp; Heather x20</b>	Organic	£1.95
Teabags	<b>Fairtrade Co-op x80</b>		£1.35
Wake Up	<b>With Guarana 125g</b>		£3.39
White Teabags	<b>Swirling Mist Dragonfly x20</b>	Organic	£1.85
Women's Tea	<b>Yogi x17</b>	Organic	£2.08
Yannoh	<b>Instant with Acorns 125g</b>	Organic	£4.29
Yerba Mate Bags	<b>x25 50g Fairtraide Kraus</b>	Organic	£2.59
Zapatista Coffee	<b>Cafe Rebelde Fairtrade 250g</b>	Organic	£3.99