

# ESSENTIALS PRICELIST

Updated 03/01/2019

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
<b>BakingAids-P</b>			
Arrowroot	100g	Organic	£0.59
Baking Powder	100g		£0.49
	250g		£0.85
Bicarbonate	Of Soda 1kg		£1.75
	Of Soda 250g		£0.49
<b>Cereals-P</b>			
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
<b>DriedFruit-P</b>			
Apple Rings	125g		£0.99
	250g		£1.79
	500g		£3.39

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

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

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

#### Flours-P

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

#### Herbs&Spices-P

<b>Allspice Ground</b>	<b>50g</b>		£0.99
<b>Allspice Whole</b>	<b>50g</b>		£0.99
<b>Asafoetida</b>	<b>50g</b>		£0.99
<b>Basil</b>	<b>100g</b>	Organic	£1.29
	<b>50g</b>	Organic	£0.69
<b>Bay Leaves</b>	<b>15g</b>		£0.99
<b>Black Onion Seed</b>	<b>Kalonji 50g</b>		£0.49
<b>Bulk Spice ~</b>	<b>deli costing 666</b>		£7.33
<b>Cajun Spice Mix</b>	<b>Mild 100g</b>		£0.69
<b>Caraway Seed</b>	<b>250g</b>	Organic	£2.99
	<b>50g</b>	Organic	£0.89
<b>Cardamon Black</b>	<b>25g</b>		£1.39
<b>Cardamon Green</b>	<b>Pods 100g</b>	Organic	£7.49
	<b>Pods 25g</b>	Organic	£1.49
<b>Cardamon Ground</b>	<b>50g</b>		£0.89
<b>Cayenne</b>	<b>100g</b>		£0.89
	<b>250g</b>		£1.99
<b>Celery Salt</b>	<b>100g</b>		£0.69
<b>Celery Seed</b>	<b>100g</b>		£0.69
<b>Chilli Crushed</b>	<b>50g</b>		£0.49
<b>Chilli Powder</b>	<b>100g</b>		£0.59
	<b>250g</b>		£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
<b>Household-P</b>			
Soap Flakes	Vegetable 500g		£1.39
V-Dog Food	Happidog 1kg		£2.45
	Happidog 3kg		£6.99
<b>Misc-P</b>			

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

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



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

#### **Pulses-P**

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

**Seeds-P**

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

**Snacks-P**

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

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