

## ESSENTIALS PRICELIST

Updated 14/03/2019

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		£2.45
	500g		£1.29
	5kg		£10.99
	Base 1kg		£1.45
	Base 5kg		£6.69
	Cashew & Apricot 1kg		£3.25
	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	£4.59
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		£1.05
	250g		£1.99

<b>Apple Rings</b>	500g		£3.85
<b>Apricots</b>	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
<b>Apricots Chopped</b>	1kg	Organic	£5.49
	500g	Organic	£2.89
<b>Baby Figs</b>	250g	Organic	£2.39
	500g	Organic	£4.55
<b>Currants</b>	1kg		£4.15
	500g		£2.19
<b>Dates</b>	Pitted 1kg	Organic	£6.49
			£2.49
	Pitted 250g	Organic	£1.79
	Pitted 3kg	Organic	£18.99
			£6.49
	Pitted 500g	Organic	£3.49
			£1.39
<b>Dates Chopped</b>	1kg		£2.49
	3kg		£6.89
	500g		£1.29
<b>Figs</b>	1kg	Organic	£9.59
	3kg	Organic	£27.99
	500g	Organic	£4.85
<b>Fruit Salad</b>	1kg		£7.59
	500g		£3.99
<b>Mango</b>	Fairly Traded 100g	Organic	£1.75
	Fairly Traded 1kg	Organic	£15.49
	Fairly Traded 250g	Organic	£4.25
	Fairly Traded 500g	Organic	£8.15
<b>Mixed Fruit</b>	1kg		£3.55
	3kg		£8.85
	500g		£1.99
<b>Prunes</b>	Pitted 1kg	Organic	£7.99
	Pitted 250g	Organic	£2.19
	Pitted 3kg	Organic	£23.49
	Pitted 500g	Organic	£4.09
<b>Raisins Jumbo</b>	Flame 1kg		£2.99
	Flame 3kg		£8.49
	Flame 500g		£1.55
<b>Raisins Manuka</b>	500g	Organic	£3.09
<b>Raisins Thompson</b>	1kg	Organic	£4.49
	3kg	Organic	£11.99
	500g	Organic	£2.39
<b>Sultanas</b>	1kg	Organic	£4.49
	3kg	Organic	£11.99
	500g	Organic	£2.39
<b>Sultanas Aussie</b>	1kg		£4.39
	3kg		£11.99

<b>Sultanas Aussie</b>	<b>500g</b>		<b>£2.29</b>
<b>Flakes&amp;Grains-P</b>			
<b>Amaranth</b>	<b>500g</b>	Organic	£1.09
<b>Barley Flakes</b>	<b>1kg</b>	Organic	£1.45
<b>Barley Grain</b>	<b>1kg</b>	Organic	£1.49
<b>Buckwheat</b>	<b>1kg</b>	Organic	£1.99
	<b>500g</b>	Organic	£0.99
<b>Bulgar Wheat</b>	<b>1kg</b>	Organic	£2.15
	<b>3kg</b>	Organic	£5.49
	<b>500g</b>	Organic	£1.15
<b>Cous-Cous</b>	<b>Wholemeal 1kg</b>	Organic	£1.95
	<b>Wholemeal 3kg</b>	Organic	£5.49
	<b>Wholemeal 500g</b>	Organic	£0.99
<b>Jumbo Oats</b>	<b>1kg</b>	Organic	£1.75
	<b>5kg</b>	Organic	£7.35
<b>Millet</b>	<b>1kg</b>	Organic	£1.99
	<b>3kg</b>	Organic	£4.99
<b>Millet Flakes</b>	<b>500g</b>	Organic	£2.19
<b>Oatmeal</b>	<b>Medium 1kg</b>	Organic	£1.19
<b>Popcorn</b>	<b>1kg</b>	Organic	£2.29
<b>Quinoa</b>	<b>1kg</b>	Organic	£7.49
	<b>3kg</b>	Organic	£22.39
	<b>500g</b>	Organic	£3.99
<b>Quinoa Flakes</b>	<b>500g</b>	Organic	£3.89
<b>Quinoa Red</b>	<b>1kg</b>	Organic	£7.49
	<b>500g</b>	Organic	£3.99
<b>Quinoa UK</b>	<b>1kg</b>		£3.49
	<b>500g</b>		£1.89
	<b>Hodmedod UK 3kg</b>		£9.99
<b>Rice Arborio</b>	<b>1kg</b>	Organic	£3.99
	<b>500g</b>	Organic	£2.19
<b>Rice Basmati</b>	<b>1kg</b>	Organic	£2.89
	<b>3kg</b>	Organic	£7.99
	<b>500g</b>	Organic	£1.58
<b>Rice Flakes</b>	<b>1kg</b>	Organic	£4.39
	<b>3kg</b>	Organic	£12.49
<b>Rice Jasmine</b>	<b>1kg</b>	Organic	£2.89
	<b>3kg</b>	Organic	£7.99
	<b>500g</b>	Organic	£1.49
<b>Rice Long Grain</b>	<b>1kg</b>	Organic	£2.89
	<b>3kg</b>	Organic	£7.99
<b>Rice Red</b>	<b>1kg</b>	Organic	£2.95
	<b>500g</b>	Organic	£1.55
<b>Rice Short Grain</b>	<b>1kg</b>	Organic	£2.65
	<b>3kg</b>	Organic	£7.35
<b>Rice Sweet</b>	<b>1kg</b>	Organic	£2.29
	<b>500g</b>	Organic	£1.15
<b>Rice Wild</b>	<b>1kg</b>	Organic	£14.99
	<b>250g</b>	Organic	£3.99
<b>Rye Flakes</b>	<b>1kg</b>	Organic	£1.19
<b>Spelt Grain</b>	<b>1kg</b>	Organic	£2.29
	<b>500g</b>	Organic	£1.25

<b>Three Rice Mix</b>	<b>1kg</b>		£4.89
	<b>500g</b>		£2.55
<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	£0.99
<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>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 25g</b>	Organic	£1.49
<b>Cardamon Ground</b>	<b>50g</b>		£1.04
<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>		£0.79
<b>Chilli Crushed</b>	<b>50g</b>		£0.49
<b>Chilli Powder</b>	<b>100g</b>		£0.59
	<b>250g</b>		
<b>Chinese 5 Spice</b>	<b>50g</b>		£0.69
<b>Chives</b>			£0.49
<b>Cinnamon Ground</b>	<b>500g</b>		
	<b>50g</b>	Organic	£0.79

<b>Cinnamon Ground</b>	<b>Ground 250g</b>		
<b>Cinnamon Sticks</b>	<b>100g</b>		£1.79
	<b>25g</b>		
<b>Cloves Whole</b>	<b>50g</b>	Organic	£1.79
<b>Coriander Ground</b>	<b>250g</b>	Organic	£2.29
	<b>50g</b>	Organic	£0.69
<b>Coriander Leaves</b>	<b>100g</b>		£1.89
	<b>50g</b>		£0.99
<b>Coriander Whole</b>	<b>250g</b>	Organic	£2.69
	<b>50g</b>	Organic	£0.69
<b>Cumin Ground</b>	<b>100g</b>		£0.65
	<b>250g</b>		£1.59
	<b>500g</b>		£3.09
<b>Cumin Whole</b>	<b>100g</b>	Organic	£1.49
	<b>50g</b>	Organic	£0.79
<b>Curry Leaves</b>			£0.49
	<b>25g</b>		£0.69
<b>Curry Powder</b>	<b>Medium 100g</b>		£0.99
	<b>Medium 250g</b>		£2.19
	<b>Medium 500g</b>		£3.99
<b>Dill Weed</b>	<b>25g</b>		£0.69
<b>Fennel Seed</b>	<b>250g</b>	Organic	£2.49
	<b>50g</b>	Organic	£0.69
<b>Fenugreek Ground</b>	<b>50g</b>	Organic	£0.99
<b>Fenugreek Leaves</b>	<b>50g</b>		£0.69
<b>Fenugreek Seed</b>	<b>100g</b>		£0.49
	<b>250g</b>		£0.99
<b>Galangal</b>	<b>Ground 50g</b>		£0.99
<b>Garam Masala</b>	<b>100g</b>		£0.59
	<b>250g</b>		£1.19
<b>Garlic Powder</b>	<b>100g</b>		£0.99
	<b>250g</b>		£2.45
<b>Ginger Ground</b>	<b>250g</b>		£1.99
	<b>50g</b>		£0.49
<b>Ginger Root</b>	<b>50g</b>		£0.69
<b>Ground Pepper</b>	<b>Black 50g</b>		£0.89
<b>Herbs Provence</b>	<b>250g</b>		£2.49
	<b>50g</b>		£0.69
<b>Juniper Berries</b>	<b>50g</b>	Organic	£0.99
<b>Lavender</b>	<b>Dried 100g</b>		£2.49
	<b>Dried 50g</b>		£1.29
<b>Lemongrass</b>	<b>Dried Ground 50g</b>		£1.29
<b>Lime Leaves</b>	<b>Kaffir 12g</b>		£1.59
<b>Mace</b>	<b>Ground 25g</b>		£1.29
<b>Mango Powder</b>	<b>100g</b>		£0.75
<b>Marjoram</b>	<b>Rubbed 50g</b>	Organic	£1.29
<b>Mint</b>	<b>50g</b>		£0.99
<b>Mixed Herbs</b>	<b>250g</b>		£2.19
	<b>50g</b>		£0.79
<b>Mixed Spice</b>	<b>50g</b>		£0.49
<b>Mustard Powder</b>	<b>100g</b>	Organic	£0.99
<b>Mustard Seed</b>	<b>Black 250g</b>	Organic	£1.75
	<b>Black 50g</b>	Organic	£0.69

<b>Mustard Seed</b>	<b>Yellow 50g</b>	Organic	£0.69
<b>Nutmeg</b>	<b>each</b>		£0.16
<b>Nutmeg Ground</b>	<b>100g</b>		£0.99
<b>Onion Powder</b>	<b>100g</b>		£0.59
<b>Oregano</b>	<b>100g</b>		£1.49
	<b>50g</b>		£0.79
<b>Panch Phoron</b>	<b>Bengali 5 Spice 50g</b>		£0.99
<b>Paprika</b>	<b>100g</b>		£0.59
	<b>250g</b>		£1.25
	<b>500g</b>		£2.35
<b>Paprika Smoked</b>	<b>100g</b>		£1.29
<b>Parsley</b>	<b>100g</b>		£1.19
	<b>50g</b>		£0.69
<b>Pepper Szechuan</b>	<b>50g</b>		£1.99
<b>Peppercorns Black</b>	<b>1kg</b>	Organic	£23.73
	<b>250g</b>	Organic	£6.48
	<b>50g</b>	Organic	£1.35
<b>Peppercorns Mixed</b>	<b>Mixed Whole 100g</b>		£3.58
	<b>Mixed Whole 50g</b>		£2.85
<b>Ras-El-Hanout</b>	<b>Spice Blend 50g</b>		£1.19
<b>Rosemary</b>	<b>100g</b>	Organic	£1.69
	<b>50g</b>	Organic	£0.89
<b>Sage</b>	<b>Rubbed 100g</b>	Organic	£1.79
	<b>Rubbed 50g</b>	Organic	£1.19
<b>Star Anise Ground</b>	<b>25g</b>		£0.59
<b>Star Anise Whole</b>	<b>25g</b>		£0.59
<b>Sumac</b>	<b>50g</b>		£0.99
<b>Tarragon</b>	<b>25g</b>		£1.19
<b>Thyme</b>	<b>100g</b>		£1.19
	<b>50g</b>		£0.69
<b>True Cinnamon</b>	<b>250g</b>	Organic	£5.35
	<b>500g</b>	Organic	£10.25
	<b>50g</b>	Organic	£1.09
<b>Turmeric</b>	<b>100g</b>	Organic	£1.15
	<b>250g</b>	Organic	£0.49
	<b>500g</b>	Organic	£2.75
	<b>each</b>		£1.19
<b>Vanilla Pods</b>	<b>each</b>	Organic	£2.29
<b>White Pepper</b>	<b>Ground. 50g</b>	Organic	£2.99
		Organic	£1.49
<b>Household-P</b>			
<b>Soap Flakes</b>	<b>Vegetable 500g</b>		£1.39
<b>V-Dog Food</b>	<b>Happidog 1kg</b>		£2.45
	<b>Happidog 3kg</b>		£6.99
<b>Nuts-</b>			
<b>Almonds</b>	<b>100g</b>	Organic	£1.35
			£0.99
	<b>1kg</b>	Organic	£13.09
			£8.49
	<b>250g</b>	Organic	£3.35
			£2.29

<b>Almonds</b>	<b>3kg</b>		£24.99
	<b>500g</b>	Organic	£6.69
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<b>Almonds Flaked</b>	<b>100g</b>		£4.49
	<b>1kg</b>		£1.19
	<b>250g</b>		£10.49
	<b>500g</b>		£2.95
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<b>Almonds Ground</b>	<b>Blanched 100g</b>		£5.49
	<b>Blanched 1kg</b>		£10.99
	<b>Blanched 250g</b>		£2.89
	<b>Blanched 500g</b>		
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<b>Apricot Kernels</b>	<b>Sweet Variety 100g</b>	Organic	£1.15
	<b>Sweet Variety 250g</b>	Organic	£2.79
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<b>Brazils Broken</b>	<b>1kg</b>		£7.99
	<b>250g</b>		£2.49
	<b>500g</b>		£4.49
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<b>Brazils Whole</b>	<b>1kg</b>		£22.89
	<b>250g</b>		£6.25
	<b>500g</b>		£11.99
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<b>Cashews</b>	<b>100g</b>	Organic	£1.99
	<b>1kg</b>	Organic	£16.99
	<b>250g</b>	Organic	£4.89
	<b>500g</b>	Organic	£9.39
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<b>Cashews Pieces</b>	<b>1kg</b>		£8.99
	<b>250g</b>		£2.49
	<b>500g</b>		£4.59
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<b>Cocoa Nibs</b>	<b>100g</b>	Organic	£1.45
	<b>250g</b>	Organic	£3.49
	<b>50g</b>	Organic	£0.75
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<b>Coconut</b>	<b>Desiccated 250g</b>	Organic	£1.45
	<b>Desiccated 500g</b>	Organic	£2.45
	<b>Dessicated 1kg</b>	Organic	£3.99
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<b>Coconut Chips</b>	<b>Toasted 250g</b>	Organic	£1.79
	<b>Toasted 500g</b>	Organic	£3.49
	<b>Toasted 750g</b>	Organic	£4.99
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<b>Hazelnuts</b>	<b>100g</b>	Organic	£1.45
	<b>1kg</b>	Organic	£12.99
	<b>250g</b>	Organic	£3.49
	<b>500g</b>	Organic	£6.59
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<b>Mixed Nuts</b>	<b>1kg</b>		£9.29
	<b>250g</b>		£2.55
	<b>3kg</b>		£25.99
	<b>500g</b>		£4.89
	<b>Chopped 1kg</b>		£5.79
	<b>Chopped 250g</b>		£1.59
	<b>Chopped 3kg</b>		£16.99
	<b>Chopped 500g</b>		£2.99
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<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
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<b>Pecan Nuts</b>	<b>100g</b>		£1.99
	<b>1kg</b>		£18.99

<b>Pecan Nuts</b>	<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>Pistachios Raw</b>	<b>Kernels 100g</b>		£2.25
	<b>Kernels 250g</b>		£5.55
<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	£1.49
	<b>1kg</b>	Organic	£11.09
	<b>250g</b>	Organic	£2.99
	<b>500g</b>	Organic	£5.83
<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>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	£1.45
<b>Gravy Mix</b>	<b>Unicorn 100g</b>		£1.35
	<b>Unicorn 200g</b>		£2.69
<b>Hemp Burger Mix</b>	<b>250g</b>		£2.55
	<b>500g</b>		£4.85
<b>Nut Roast</b>	<b>Unicorn 1kg</b>		£10.55
	<b>Unicorn 250g</b>		£2.85
	<b>Unicorn 3kg</b>		£24.98
	<b>Unicorn 500g</b>		£5.49
<b>Sosage Mix</b>	<b>Made W/ Ingredients 3kg</b>		£22.49
	<b>Made W/ Ingredients 250g</b>		£2.55
	<b>Made W/ Ingredients 500g</b>		£4.85
<b>Tomato Sun-Dried</b>	<b>100g</b>	Organic	£0.99
	<b>1kg</b>	Organic	£8.95
	<b>250g</b>	Organic	£2.45
<b>TVP / Soya</b>	<b>250g</b>	Organic	£1.55



<b>TVP / Soya</b>	<b>500g</b>	Organic	£2.99
<b>Yeast Flakes</b>	<b>100g</b>	Organic	£2.15
	<b>250g</b>	Organic	£5.35

#### Pulses-P

<b>Aduki Beans</b>	<b>1kg</b>	Organic	£2.49
<b>Bean Mix</b>	<b>1kg</b>	Organic	£2.75
<b>Black Turtle Beans</b>	<b>1kg</b>	Organic	£1.85
<b>Blackeye Beans</b>	<b>1kg</b>		£2.55
<b>Butter Beans</b>	<b>1kg</b>	Organic	£3.49
<b>Cannellini Beans</b>	<b>1kg</b>	Organic	£2.15
<b>Chick Peas</b>	<b>1kg</b>	Organic	£1.99
<b>Flageolet Beans</b>	<b>500g</b>		£2.09
<b>Haricot Beans</b>	<b>1kg</b>	Organic	£1.99
<b>Kidney Beans</b>	<b>Red 1kg</b>	Organic	£2.59
<b>Large Blue Peas</b>	<b>Hodmedod 1kg</b>		£1.39
<b>Large Yellow Peas</b>	<b>Hodmedod 1kg</b>		£1.29
<b>Lentil Broth Mix</b>	<b>1kg</b>	Organic	£2.99
<b>Lentils Beluga</b>	<b>1kg</b>	Organic	£3.99
<b>Lentils Brown</b>	<b>1kg</b>	Organic	£2.29
<b>Lentils Green</b>	<b>1kg</b>	Organic	£2.99
<b>Lentils Puy</b>	<b>1kg</b>	Organic	£4.29
<b>Lentils Red</b>	<b>1kg</b>	Organic	£1.89
	<b>3kg</b>	Organic	£4.99
	<b>500g</b>	Organic	£0.99
	<b>Split 500g</b>		£0.49
<b>Marrowfat Peas</b>	<b>1kg</b>		£0.99
<b>Mung Beans</b>	<b>1kg</b>	Organic	£2.99
<b>Pintos</b>	<b>1kg</b>	Organic	£2.29
<b>Soya Beans</b>	<b>1kg</b>	Organic	£1.69
<b>Split Fava Beans</b>	<b>1kg</b>	Organic	£1.59
<b>Split Peas Green</b>	<b>1kg</b>	Organic	£1.75
<b>Split Peas Yellow</b>	<b>1kg</b>	Organic	£1.75
<b>Whole Fava Beans</b>	<b>1kg</b>	Organic	£1.45
			£0.65

#### Seeds-P

<b>Alfalfa Seed</b>	<b>100g</b>	Organic	£1.05
	<b>1kg</b>	Organic	£9.49
	<b>250g</b>	Organic	£2.59
<b>Hemp Seed</b>	<b>1kg</b>	Organic	£2.99
<b>Linseed</b>	<b>1kg</b>	Organic	£2.89
	<b>3kg</b>	Organic	£7.99
	<b>500g</b>	Organic	£1.55
<b>Poppy Seed</b>	<b>1kg</b>	Organic	£7.49
	<b>250g</b>	Organic	£1.99
<b>Pumpkin Seed</b>	<b>1kg</b>	Organic	£6.49
	<b>250g</b>	Organic	£1.79
	<b>3kg</b>	Organic	£17.99
	<b>500g</b>	Organic	£3.49
<b>Sesame Seed</b>	<b>1kg</b>	Organic	£3.59
	<b>250g</b>	Organic	£0.99
	<b>3kg</b>	Organic	£9.99

<b>Sesame Seed</b>	<b>500g</b>	Organic	£1.89
<b>Sprouting Mix</b>	<b>Mixed 500g</b>	Organic	£1.79
<b>Sunflower Seeds</b>	<b>1kg</b>	Organic	£2.29
	<b>250g</b>	Organic	£0.69
	<b>3kg</b>	Organic	£6.29
	<b>500g</b>	Organic	£1.19

### Snacks-P

<b>Bombay Mix</b>	<b>100g</b>	Organic	£0.49
			£0.49
	<b>1kg</b>	Organic	£2.99
			£2.99
	<b>250g</b>	Organic	£0.79
			£0.79
<b>Chickpea Noodles</b>	<b>100g</b>		£0.79
	<b>250g</b>		£1.09
	<b>500g</b>		£2.09
<b>Fruit &amp; Nut Mix</b>	<b>1kg</b>	Organic	£5.39
	<b>250g</b>	Organic	£1.49
<b>Garlic Gathia</b>	<b>100g</b>		£0.79
	<b>250g</b>		£1.09
	<b>500g</b>		£2.09
<b>Mountain Mix</b>	<b>1kg</b>		£6.49
	<b>250g</b>		£1.75
	<b>3kg</b>		£16.99
<b>Sesame Sticks</b>	<b>100g</b>		£0.49
	<b>250g</b>		£0.89
<b>Spiced Chickpeas</b>	<b>100g</b>		£0.49
	<b>250g</b>		£0.95
	<b>500g</b>		£1.75
<b>Trail Mix</b>	<b>1kg Contains BRAZIL NUTS</b>		£6.99
	<b>250g</b>		£1.99
	<b>3kg</b>		£18.99
<b>Whole Fava Beans</b>	<b>1kg</b>		£0.65

### Snacks-P VAT

<b>Cashews Garlic</b>	<b>100g</b>		£1.69
	<b>250g</b>		£4.19
	<b>500g</b>		£7.99
<b>Cashews Pepper</b>	<b>Black 100g</b>		£1.69
	<b>Black 250g</b>		£4.19
	<b>Black 500g</b>		£7.99
<b>Cashews Roasted</b>	<b>100g</b>		£1.69
	<b>250g</b>		£4.19
	<b>500g</b>		£7.99
<b>Cashews Spicy</b>	<b>100g</b>		£1.69
	<b>250g</b>		£4.19
	<b>500g</b>		£7.99
<b>Mixed Nuts</b>	<b>Roasted &amp; Salted 100g</b>		£1.79
	<b>Roasted &amp; Salted 1kg</b>		£14.99
	<b>Roasted &amp; Salted 250g</b>		£3.99
<b>Peanuts Roasted</b>	<b>1kg</b>		£4.85
	<b>250g</b>		£1.25

**Sweeteners-P**

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Choc-O-Malt	<b>Hot Drink 200g</b>	Organic	£1.49
	<b>Hot Drink 500g</b>	Organic	£3.45
Malt Powder	<b>1kg</b>	Organic	£4.99
	<b>250g</b>		