

GENERAL GROCERY PRICELIST

Updated 14/03/2019

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

Row Labels	Ext'd Description	Org?	Average of Price
BakingAids-B			
Agar Agar	50g		£3.99
Almond Extract	Co op 38ml		£0.98
Cacao Powder	Fairtrade 180g	Organic	£3.15
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
Bread			
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	300g 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
Sourdough WhWheat	Paul's 800g	Organic	£3.09
Spelt Bread 400g	Paul's 400g	Organic	£1.99
Spelt Bread 800g	Paul's 800g	Organic	£3.59
Spelt Pizza Base	300g x2	Organic	£3.19
Sprouted Spelt Bre	Everfresh 400g	Organic	£2.19
Sprouted Wheat Bre	Hemp Everfresh 400g	Organic	£1.98
Teacakes	Paul's X2	Organic	£1.75
Tortilla Large Bro	Paul's x5 Brown	Organic	£2.69
Tortilla Large Whi	Paul's x5 White	Organic	£2.69
Tortilla Small	Wrap Paul's x5	Organic	£1.95
Tortilla Spelt	Wrap Paul's x5	Organic	£2.59
Wheat Pizza Base	300g x2	Organic	£2.19
Wholewheat Bread 4	Paul's 400g	Organic	£1.69
Wholewheat Bread 8	Paul's 800g	Organic	£2.69

Cakes&Puddings-B

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

Cereals-B

Buckwheat Flakes	Big Oz 350g	Organic	£2.89
Cornflakes	Doves Farm 325g	Organic	£1.98
Gluten Free Muesli	Multigrain Suma 500g	Organic	£2.98
Granola Nutty Crun	Foods of Athenry 300g		£3.89
Millet Rice	Nature's Path 375g	Organic	£3.19
Muesli	Alara 250g	Organic	£2.59
Porridge Oats	Gluten Free Suma 750g	Organic	£3.69
Puffed Oats	Rude Health 175g		£1.79
Puffed Quinoa	Hodmedod 150g	Organic	£2.39

Dessert&Purees-B

Apple Puree	360g	Organic	£1.49
Case Puree	Probios 100g x18 Sealed box of o	Organic	£11.79
Case Puree Apple	Probios	Organic	£11.79
Case Puree Apricot	Probios	Organic	£11.79
Case Puree Banana	Probios	Organic	£11.79
Case Puree Blueber	Probios	Organic	£11.79
Case Puree Peach	Probios	Organic	£11.79
Case Puree Pear	Probios	Organic	£11.79
Coconut Cream	200ml	Organic	£1.59
Fruit Puree	Apple & Apricot 360g	Organic	£2.29
	Apple & Blackcurrant 360g	Organic	£2.29
	Apple & Blueberry 360g	Organic	£2.29
	Apple & Cherry 360g	Organic	£2.29
	Apple & Cranberry 360g	Organic	£2.49
	Apple & Mango 360g	Organic	£2.29
	Apple & Quince 360g	Organic	£2.29

Fruit Puree	Apple & Raspberry 360g	Organic	£2.29
	Apple & Rhubarb 360g	Organic	£2.29
	Apple & Strawberry 360g	Organic	£2.29
	Greengage 360g	Organic	£2.85
	William Pear 360g	Organic	£2.65
Mincemeat	Meridian 320g	Organic	£2.99
Oatly Cream	250ml	Organic	£0.75
Papaya Chunks	400g	Organic	£1.45
Pineapple Chunks	Essential 400g	Organic	£1.45
Probios Puree	Apple & Apricot 100g	Organic	£0.69
	Apple & Banana 100g	Organic	£0.69
	Apple & Blueberry 100g	Organic	£0.69
	Apple & Plum 100g	Organic	£0.69
	Apple 100g	Organic	£0.69
	Peach & Apple 100g	Organic	£0.69
	Pear 100g	Organic	£0.69
Soya Cream	Provamel 250ml	Organic	£0.95
Soya Custard	Vanilla Provamel 500ml	Organic	£1.35
DriedFruit-B			
Aronia Berries	Pearls Of Samarkand 100g	Organic	£1.69
Banana Chips	Dried Fairly Traded 150g		£1.59
Barberries	Pearls Of Samarkand 100g	Organic	£3.99
Cherries	Pearls Of Samarkand 100g	Organic	£2.49
Cranberries	Dried Biona 100g	Organic	£2.99
Figs	Ready To Eat Crazy Jack 250g	Organic	£2.78
Mango	Fairly Traded Fullwell Mill 100g	Organic	£2.25
Medjoul Dates	Zaytoun 250g		£3.99
Mixed Cherries	Pearls Of Samarkand 100g	Organic	£2.49
Mulberries Mixed	Pearls Of Samarkand 100g	Organic	£3.09
Mulberries White	Pearls Of Samarkand 100g	Organic	£2.55
Physalis Golden Be	Fairtrade Pearls Of Samarkand 100g	Organic	£3.95
Pine Nuts	100g		£3.19
Pineapple	Dried Fairly Traded 100g		£1.79
Pomegranates	Pearls Of Samarkand 100g	Organic	£3.95
Prunes	Ready To Eat Crazy Jack 250g	Organic	£4.29
Sour Cherries	Pearls Of Samarkand 100g	Organic	£2.49
Flakes&Grains-B			
Barley Flakes	Hodmedod 500g	Organic	£1.45
Corn Couscous ~	300g	Organic	£1.99
Maftoul	Zaytoun 250g	Organic	£2.99
Organic UK Quinoa	Hodmedod 500g	Organic	£2.75
Smoked Quinoa	Hodmedod 300g		£2.75
Smoked Quinoa UK	Hodmedod 300g		£2.75
Smoky Freekeh	Zaytoun 250g		£2.99
Spelt Couscous ~	300g	Organic	£2.05
Flours-B			
Bread Flour	Brown Gluten Free Doves 1kg		£1.70
	White Doves 1.5kg	Organic	£1.59
	White Gluten Free Doves 1kg		£1.68
	Wholemeal Doves 1.5kg	Organic	£1.59

Brown Bread Flour	Three Malt Sunflower Shipton Mil	Organic	£1.39
Canadian Flour	16kg		£12.25
Carob Flour	Cotswold 250g		£1.69
Chestnut Flour	Shipton Mill 500g	Organic	£5.95
Einkorn Flour	Doves 1kg	Organic	£2.69
Fava Bean Flour	Hodmedod 500g		£2.15
Gram Flour	2kg		£2.49
	500g		£0.98
Granarius	Watermill 1.5kg	Organic	£3.25
Green Pea Flour	Hodmedod 500g		£2.15
Malthouse Flour	Doves 1kg	Organic	£1.59
Masa Harina	For Tortillas 500g		£2.59
Miller's Magic	Watermill 1.5kg	Organic	£3.15
Pasta Pizza Flour	Durum Wheat Doves 1kg	Organic	£1.45
Pastry Flour	White Doves 1kg	Organic	£1.19
	White Gluten Free Doves 1kg		£1.70
	Wholemeal Doves 1kg	Organic	£1.09
Rye Flour	Doves 1kg	Organic	£1.59
	Watermill 1.5kg	Organic	£3.39
Self-Raise Flour	White Doves 1kg	Organic	£1.19
	White Gluten Free Doves 1kg		£1.70
	Wholemeal Doves 1kg	Organic	£1.19
Soya Flour	Kitchen Garden 250g	Organic	£1.19
Spelt Flour	White Doves 1kg	Organic	£2.49
	Wholemeal Doves 1kg	Organic	£1.99
White Quinoa Flour	Hodmedod 500g		£3.65
Wholegrain Flour	Shipton Mill 2.5kg	Organic	£2.98
Wholewheat	Watermill 1.5kg	Organic	£2.69
Herbs&Spices-B			
Chile Ancho Flakes	Cool Chile Co 40g		£2.75
Chile Ancho Whole	Cool Chile Co 70g		£2.79
Chile Chipotle Who	Cool Chile Co 40g		£2.69
Chile De Arbol Fla	Cool Chile Co 25g		£2.75
Chile De Arbol Who	Cool Chile Co 20g		£2.19
Chile Guajillo Fla	Cool Chile Co 40g		£2.89
Chile Pasilla Flak	Cool Chile Co 40g		£2.59
Galangal Minced	Thai Taste 114g		£1.39
Kaffir Lime Leaf	Thai Taste 114g		£1.39
Lemongrass Mince	Kitchen Garden 135g	Organic	£2.08
Lemongrass Whole	Thai Taste 114g		£1.39
Saffron	1g		£4.39
Smoked Paprika	Spanish Hot 75g		£2.29
Thai Basil	Thai Taste 114g		£1.69
Za'Atar	Palestinian Spice Mix 80g		£2.98
Juice&Water-B			
Apple Cherry	Coteaux Nantais 750ml	Organic	£3.39
Apple Juice	Co-op 1litre		£0.89
	Eager Juice 1litre		£1.69
	Various Apple Varieties Carey Or	Organic	£2.59
Apple Mango	Coteaux Nantais 750ml	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 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
Fizzy Apple	Fritz Spritz 330ml	Organic	£1.49
Fizzy Grape	Fritz Spritz 330ml	Organic	£1.49
Mate Iced Tea	Chari Tea Sparkling 330ml	Organic	£1.19
Orange Juice	Co-op 1litre		£0.99
	Delizum 1 Litre	Organic	£2.85
Orange Smooth	Eager Juice 1litre		£1.79
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 Carrc	Organic	£1.99
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
Milks-B			
Almond Milk	Unsweetened 1litre Ecomil	Organic	£2.79
Almond Rice Milk	Isola Bio 1litre	Organic	£1.98

Banana Milk	Rebel Kitchen 250ml	Organic	£1.09
Blue Provamel	Sweetened Soy Milk 1litre	Organic	£1.49
Blue Provamel Case	Sweetened Blue 1litre x12	Organic	£16.00
Choco Milk	Rebel Kitchen 250ml	Organic	£1.09
Choco Rice Drink	The Bridge 250ml	Organic	£0.89
Coconut Milk Drink	Unsweetened 1litre Ecomil	Organic	£2.79
Coconut Rice Milk	Isola Bio 1litre	Organic	£1.98
Coffee Milk	Rebel Kitchen 330ml	Organic	£1.65
EcoMil Case Almond		Organic	£14.95
EcoMil Case Coconu		Organic	£14.95
EcoMil Case Hemp		Organic	£14.95
Hazelnut Rice Milk	Isola Bio 1 litre	Organic	£1.98
Hemp Milk	Ecomil 1Litre	Organic	£2.79
Matcha Tea Milk	Rebel Kitchen 330ml	Organic	£1.65
Millet Milk	Isola Bio 1litre	Organic	£1.98
Oat Milk	Oatly 1litre	Organic	£1.29
Oat Milk Case	Oatly 1litre x6	Organic	£6.96
Orange Choc Milk	Rebel Kitchen 250ml	Organic	£1.09
Provamel Half Case	Unsweetened Red 500ml x16	Organic	£12.32
Rebel Kitchen Milk	All Varieties 250ml		£1.09
Red Provamel	Unsweetened Soy Milk 1litre	Organic	£1.49
	Unsweetened Soy Milk 500ml	Organic	£0.85
Red Provamel Case	Unsweetened Red 1litre x12	Organic	£16.00
Rice Dream Case Va	Vanilla 1litre x12	Ask for Organic	£17.40
Rice Drink	Almond 1litre	Organic	£2.15
	Almond 200ml	Organic	£0.69
	Hazelnut & Almond 1litre	Organic	£2.39
Rice Milk	1 Litre Isola Bio	Organic	£1.38
Rice Milk Case	Isola Bio 1litre x12	Organic	£16.20
Sojade Case Calciu	1litre x6	Organic	£7.98
Sojade Case Hemp	1litre x6	Organic	£13.20
Sojade Case Natura	1litre x6	Organic	£6.90
Sojade Hemp Drink	Natural 1litre	Organic	£2.39
Sojade Rice Milk	Calcium Enriched 1litre	Organic	£1.35
Sojade Soy Milk	Natural 1litre	Organic	£1.28
Soya Milk Case	Granovita 1litre x12	Organic	£15.00

Nuts-B

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

Oil&Seasoning-B

Artichoke & Herbs	Antipasto 280g		£2.95
Artichoke Hearts	Organico 190g	Organic	£3.35
Avocado Oil	250ml	Organic	£7.89
Balsamic Vinegar	Biona 500ml	Organic	£3.99
	Suma 250ml	Organic	£4.29
Basil Oil	80ml		£1.39
Basil Pesto	Seggiano 200g		£5.59
Biona Mustard	Medium Hot 320ml	Organic	£1.99
Black Olives	Organico 280g	Organic	£2.85
	Sliced 198g		£0.79

Black Olives	Sunita 450g		£2.39
Blk Pepper Paste	Kitchen Garden 135g	Organic	£2.08
Bourbon Hot Sauce	Howl At The Moon 150ml		£2.35
Brown Rice Miso	Clearspring 300g	Organic	£3.89
Capers In Brine	Organico 250g	Organic	£2.30
Capers in Olive Oi	Mani Blauel 180g	Organic	£2.98
Cavolo Nero Pesto	Seggiano 200g		£5.59
Chilli Fire Sauce	Hot Swazi Kitchen 275g		£2.89
Cider & Perry	Vinegar Crone's 750ml	Organic	£2.59
Cider Vinegar	Aspall 1ltr	Organic	£2.79
	Aspall 500ml	Organic	£1.59
	Raw 500ml	Organic	£2.49
Coconut Milk	Amaizin 400g	Organic	£1.75
	Essential 400g	Organic	£1.59
	Light Biona 400ml	Organic	£1.49
Coconut Oil	Biona 200g	Organic	£3.89
	Essential 210ml	Organic	£2.99
	Essential 690ml	Organic	£7.98
	Odourless Suma 650g	Organic	£4.98
Coriander Pesto	w/Hazelnuts Zest 165g		£2.19
Cranberry Sauce	Meridian 284g		£2.49
Creamed Basil	Sunita 130g		£2.25
Creamed Coconut	Amaizin 200g	Organic	£1.79
	Suma 200g	Organic	£1.79
Dijon Mustard	Essential 200g	Organic	£1.89
Fig Balsamic Dress	Olive Branch 250ml		£2.99
Flax Sesame Oil	Oil 240ml	Organic	£7.98
FT Coconut Milk	Ma's Happy Life Kitchen 400ml	Organic	£1.59
Garlic Mayo	Plamil 315g		£2.09
Garlic Oil	Co-op 250ml		£2.69
Garlic Olives	190g	Organic	£2.85
Garlic Puree	Truly Simple 100g		£2.29
Genovese Pesto	Sunita 130g	Organic	£2.98
Ginger Puree	Truly Simple 100g		£2.29
Gomasio	Low Salt 100g	Organic	£2.09
	Sesame Condiment Biona 100g	Organic	£1.79
Green Chillies	Cooks&Co 300g		£0.22
Green Gang Keow	Thai Curry Paste 1kg		£6.49
	Thai Curry Paste 400g		£2.99
Green Jalapeno	Sliced 230g		£0.99
Green Olives	Sunita 450g		£2.39
Green Pesto	Meridian 170g		£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		£6.98
	Palestinian 500ml		£10.69
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	£2.89
Pesto Siciliana	Suma 190g	Organic	£2.89
Plain Mayonnaise	Plamil 315g		£2.09
Pomegranate Molass	Marigold 250ml		£3.79
Preserved Lemons	700g	Organic	£4.89
Pumpkin Seed Oil	250ml	Organic	£7.98
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
	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	£4.99
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	Essential 500ml	Organic	£2.89
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	£9.99
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
Pasta-B			
100% Rice Noodles	King Soba 250g	Organic	£1.79
Brown Rice Fusilli	Suma 500g	Organic	£2.29
Brown Rice Pasta	Elbows Rizopia 500g	Organic	£3.39
	Fantasia Shapes Rizopia 500g	Organic	£3.39
Buckwheat Noodle	King Soba 250g	Organic	£1.98
Buckwheat Pasta	Castagno 250g	Organic	£1.89
	Orgran 250g		£1.89
Bulk Fusilli	Wholewheat Iris 5kg	Organic	£8.99
Bulk Penne	Wholewheat Iris 5kg	Organic	£8.99
Chickpea Fusilli	Castagno 250g	Organic	£1.69
Corn Fusilli	Castagno 250g	Organic	£1.09
Corn Rice Penne	Suma 500g	Organic	£2.15
Fusilli Spirals	500g	Organic	£0.99

Green Pea Fusilli	Castagno 250g	Organic	£1.79
Green Soya Bean No	Amaizin 200g	Organic	£2.98
Lasagne Sheets	Rice & Corn Orgran 200g		£2.69
Linguine	La Terra 500g	Organic	£1.59
Macaroni	La Bio Idea 500g	Organic	£1.19
Pad Thai Noodles	King Soba Fairtrade 250g	Organic	£1.99
Penne	500g	Organic	£0.99
Red Lentil Fusilli	Pro Fusion 300g	Organic	£2.95
Rice Millet Noodle	King Soba 250g	Organic	£1.79
Rice Pasta	Wholegrain Castagno 250g	Organic	£1.54
Shells	La Bio Idea 500g	Organic	£1.19
Spaghetti	Wholewheat Suma 500g	Organic	£0.99
Spelt Lasagne	Castagno 250g	Organic	£2.19
Spelt Penne	Castagno 500g	Organic	£1.89
Spelt Spaghetti	Castagno 500g	Organic	£1.89
Spelt Spirals	Castagno 500g	Organic	£1.89
Taco Shells	Amaizin x12	Organic	£2.15
Tagliatelle	La Bio Idea 500g	Organic	£1.19
Thai Rice Noodle	King Soba 250g	Organic	£1.79
Udon Noodles	King Soba 250g	Organic	£1.69
Veg Rice Pasta	Spirals Orgran 250g		£1.89
Vermicelli	La Bio Idea 500g	Organic	£1.19
Wholewheat Noodles	Blue Dragon 300g		£1.39

PreparedFood-B

Aduki Beans	400g	Organic	£0.98
Arame Seaweed	50g		£4.99
Arrabiata Sauce	Nutrimento 280g	Organic	£1.85
Artichoke Hearts	Cooks & Co 390g		£1.79
Baked Beans	Suma 400g	Organic	£0.89
	Whole Earth 440g	Organic	£0.89
Bamboo Shoots	Kingfisher 225g		£0.89
Basil Sauce	Nutrimento 280g	Organic	£1.75
Bechamel Sauce		Organic	£1.79
Black Beans	400g	Organic	£0.69
Blackeye Beans	400g	Organic	£0.59
Borlotti Beans	400g	Organic	£0.59
Braised Tofu	225g		£2.29
Bulk Chick Peas 2.	2.6kg 666	Organic	£2.58
Bulk Mixed Beans 2	2.6kg 666	Organic	£3.13
Butter Beans	400g	Organic	£0.69
Cabbage Leaves	Stuffed 340g		£1.59
Cannellini Beans	Suma 400g	Organic	£0.75
Carlin Peas	Hodmedod 400g	Organic	£0.69
Case Baked Beans	Suma 440g x12	Organic	£10.20
	Whole Earth 440g x12	Organic	£10.20
Case Black Beans	Anna 400g x12	Organic	£6.48
Case Chick Peas	Anna 400g x12	Organic	£6.24
	Natco 400g x12		£4.50
Case Kidney Beans	Anna 400g x12	Organic	£6.24
Case Mixed Beans	12 x 400g	Organic	£6.24
Cherry Tomatoes	400g		£0.75
Chestnut Puree	Organico 300g	Organic	£3.09

Chick Peas	400g	Organic	£0.59
	Curried 400g		£0.39
Chopped Tomato Cas	Anna 400g x12	Organic	£0.98
Dried Carlin Peas	Black Badgers Hodmedod 500g	Organic	£6.50
Dulse	Irish Seaweed 40g	Organic	£1.49
Edamame Beans	Biona 200g	Organic	£2.49
Falafel Mix	200g		£1.45
Fava Beans	Hodmedod 400g	Organic	£1.39
Gherkins	Essential 680g	Organic	£0.69
Giant Beans	Biona 230g	Organic	£2.59
Gnocchi	Gluten Free 250g		£1.45
Green Beans	Bionova 340g	Organic	£1.65
Green Lentils	400g	Organic	£1.19
Green Peas	400g	Organic	£0.59
Haricot Beans	Hodmedod 400g		£0.69
Irish Seaweed Dres	Irish Seaweed 40g	Organic	£2.55
Jalfrezi Sauce	Minara 350g		£1.48
Kombu / Kelp	Irish Seaweed 40g	Organic	£2.49
Madras Sauce	Minara 350g		£1.48
Mixed Beans	400g	Organic	£0.59
Nonna Sauce	Nutrimento 280g	Organic	£1.85
Nori	Irish Seaweed 40g	Organic	£1.85
Nori Seaweed	25g		£2.49
Nut Luncheon	420g		£2.99
OliveCaper Sauce	Nutrimento 280g	Organic	£1.99
Oyster Mushroom	Tropical Wholefoods 25g		£1.79
Passata Box	500g		£1.75
Passata Sauce	680g	Organic	£0.59
Pasta Sauce	Arrabbiata Suma 350g	Organic	£0.99
	Bolognese Suma 350g	Organic	£1.49
	Napoletana Suma 350g	Organic	£1.49
Peanut Sauce	Naija 360g		£1.49
Peeled Tomato Case	Anna 400g x12	Organic	£2.19
	Co-op 400g x24		£6.50
Peppers	Rice Stuffed 400g		£8.99
Pinto Beans	400g	Organic	£1.59
Polenta	Sunita 500g	Organic	£0.98
Poppadoms	200g		£1.39
Porcini Mushroom	Pearls of Samarkand 20g	Organic	£0.95
	Tropical Wholefoods 30g		£1.95
Puy Lentils	400g Biona	Organic	£2.59
Red Kidney Beans	400g	Organic	£0.98
Sauerkraut	Bionova 230g	Organic	£0.59
Sea Salad	Irish Seaweed 40g	Organic	£1.95
Sea Spaghetti	Irish Seaweed 40g	Organic	£1.95
Sea Vegetables	100g		£2.49
	50g		£7.49
Shiitake Mshroom	Tropical Wholefoods 50g		£4.29
Soya Bolognese	Nutrimento 280g	Organic	£2.59
Soya Mince (TVP)	Fairtrade Kitchen Garden 250g	Organic	£2.25
Spirulina	Irish Seaweed 40g	Organic	£1.49
Stuffing	Sage & Onion Shropshire 150g		£1.49

Sweetcorn	Bionova 230g	Organic	£1.29
	Suma 340g	Organic	£1.18
Tomato Puree	Co-op 200g		£0.55
	Suma 200g	Organic	£0.98
Tomato Puree Tin	Sara 400g		£0.98
Tomatoes w/Basil	400g		£0.59
	Chopped 400g	Organic	£0.99
Tuscan Bean Soup	Suma 400g	Organic	£1.29
UK Red Lentils	500g Hodmedod		£3.25
Vine Leaves	Stuffed 280g		£1.79
	Stuffed Cooks Choice 380g		£1.98
Wakame	Irish Seaweed 40g	Organic	£2.49
Water Chestnuts	Kingfisher 225g		£0.89
Young Jackfruit	400g	Organic	£2.09
Young Jackfruit Sh	Govinda 218g	Organic	£3.29
SavouryBisc-B			
Breadsticks	Crosta & Mollica 140g		£1.59
	Spelt 125g	Organic	£1.19
Breadsticks Olive	Crosta & Mollica 140g		£1.59
Buckwheat Crisp *	120g	Organic	£1.79
Buckwheat Rice Cak	100g	Organic	£0.95
Chilli Crostini	Crosta & Mollica 150g		£1.69
Corn Cakes	Fiorentini 120g	Organic	£0.99
Crackerbread	3 Seed Dr. Karg 200g	Organic	£1.99
	Seeded Spelt Dr. Karg 200g	Organic	£2.39
Crispy Bread Crack	Gluten Free Origin Earth 150g		£2.49
Crostini	Black Olive 200g		£1.65
	Rosemary 200g		£1.65
Fennel Mignon	Taralli 350g		£1.95
Fine Oatcakes	Nairns 218g		£0.99
Freselle	Wholewheat 375g		£2.29
Italian Breadstick	Co-op 125g		£0.69
Multi Crispbread	Finn 175g		£0.99
Multigrain Cakes	100g Fiorentini	Organic	£0.85
Oatcakes	Co-op 250g		£0.79
Oatcakes GF	Gluten Free Nairns 213g		£1.69
Oregano Crostini	Crosta & Mollica 150g		£1.69
Organic Oatcakes	Nairns 250g	Organic	£1.19
Quinoa Rice Cake	100g	Organic	£1.09
Rice Cakes 120g	Without Salt 120g Fiorentini	Organic	£0.79
Rye Crispbread	Finn 250g		£0.99
Seeded Spelt Crack	w Seeds Zemanka 100g	Organic	£1.39
Spelt Breadleaves	Quadrotti Fiorentini 200g	Organic	£1.29
Spelt Crackers	Zemanka 100g	Organic	£1.39
Seeds-B			
Chia Seeds	250g	Organic	£2.99
	500g	Organic	£4.99
Fitness Sprouts	Biosnacky 40g	Organic	£1.05
Flaxseed	Linwoods 425g	Organic	£4.99
Gourmet Sprouts	Biosnacky 40g	Organic	£1.05
Hemp Seed	Hulled Yaoh 125g	Organic	£3.29

Linseed Powder~	Blueberry Linusprout 250g	Organic	£4.69
	Linusprout 250g	Organic	£3.99
Milled Flaxseed ~	Linusit 450g	Organic	£4.99
Sprouting Broccoli	Biosnacky 30g	Organic	£1.45
UK Chia Seed	Hodmedod 200g		£2.49
Wellness Sprouts	Biosnacky 40g	Organic	£1.45
Snacks-B nonVAT			
Chipotle Salsa	Cool Chile 270g		£3.75
Corn Nuts BBQ	Love Corn 115g		£1.69
Corn Nuts Sea Salt	Love Corn 115g		£1.69
Hummus Chips	Sea Salt 45g		£0.79
Lentil Chips	Sea Salt 40g		£0.79
Salsa Cool	200g Trafo	Organic	£1.75
Salsa Hot	200g Trafo	Organic	£1.75
Tomatillo Salsa	Cool Chile 270g		£3.75
Tortilla Chips	Salted 200g	Organic	£1.49
	Salted 75g	Organic	£0.79
Veg Crisps	Roots 150g		£2.09
Veg Crisps	Roots 40g		£0.69
Snacks-B VAT			
Baked Peanuts	Salted 200g		£1.19
Corn Snack	Paprika 50g Fiorentini	Organic	£0.79
	Rosemary 50g Fiorentini	Organic	£0.79
Fava Beans	Roasted & Salted Hodmedod 300g		£1.65
Munchy Seeds	Sesame Sprinkles 200g		£3.99
Paprika Crisps	Trafo 40g	Organic	£0.75
Peas	Roasted & Salted Hodmedod 300g		£1.65
Popcorn	Maple Cinnamon 50g	Organic	£1.69
	Natural 50g	Organic	£1.09
Potato Crisps	Salt And Vinegar 40g	Organic	£0.75
	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	£2.29

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	£2.49
	Raspberry 284g	Organic	£2.49
	Seville Orange 284g	Organic	£2.49
	Strawberry 284g	Organic	£2.49
	Wild Blueberry 284g	Organic	£2.49
Mushroom Pate	Granovita 200g	Organic	£2.29
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 Butt	Meridian 170g	Organic	£3.39
	Meridian 1kg		£15.89
Spicy Mexican Pate	Granovita 200g	Organic	£2.29
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
	Four Fruits 284g		£1.89
	Golden Peach 284g		£1.89
	Imperial Pear 284g		£1.89
	Kumquat 284g		£1.89
	Mirabelle Plum 284g		£1.89
	Orange Ginger 284g		£1.89
	Pineapple / Mango 284g		£1.89
	Raspb & Pomegrnt 284g		£1.89
	Raspberry 284g		£1.89
	Strawberry 284g		£1.89
	Thick Apricot 284g		£1.89
	Thick-Cut Orange 284g		£1.89
	Wild Blueberry 284g		£1.89
Tangy Tom Pate	Granovita 200g	Organic	£2.29
Wild Blueberry Spr	Forest Bounty 340g		£3.39
Yeast Extract	Meridian 340g		£3.79
	Vitamin R 250g		£5.49
Sweeteners-B			
Agave Syrup	240ml	Organic	£2.99
Barley Malt	Extract Meridian 370g		£1.98

Brown Rice Syrup	350g	Organic	£2.89
Date Syrup	Basra 450g		£2.29
	Biona 350g	Organic	£2.99
	Meridian 330g		£2.49
Maple Syrup	Meridian 330g	Organic	£5.79
	Shady Farm 250ml	Organic	£5.99
Molasses	Meridian 350ml	Organic	£1.69
Sweet Freedom	Dark 300ml		£2.98
	Mild 300ml		£2.98

SwtBisc&Bar-B nonVAT

Apple Biscuits	Zemanka 100g	Organic	£1.59
Apple Spelt Duck B	Zemanka 100g	Organic	£1.39
Billy's Biscuits	Apple & Cranberry Spelt 175g	Organic	£2.19
	Coconut & Lemon 175g	Organic	£2.19
	Ginger & Walnut Spelt 175g	Organic	£2.19
	Raisin 230g	Organic	£2.19
	Spiced 240g	Organic	£2.19
Cocoa Spelt Animal	Zemanka 100g	Organic	£1.39
Eco Biscuits	Almond 45g	Organic	£0.49
	Coconut 55g	Organic	£0.49
	Fig 50g	Organic	£0.49
	Fruit 60g	Organic	£0.49
	Nut & Chocolate 45g	Organic	£0.49
Eco Biscuits	Muesli 45g	Organic	£0.49
Halva	Sunita 75g	Organic	£1.19
Maple Coconut Maca	Zemanka 100g	Organic	£1.59
Raspberry Biscuits	Zemanka 100g	Organic	£1.59
Spelt Animal Biscu	Zemanka 100g	Organic	£1.39
Sunflower Cookie	240g	Organic	£1.99
Waffles	Billy's Biscuits 315g	Organic	£2.99

SwtBisc&Bar-B VAT

Bakewell Tart Bar	Nakd 30g		£0.75
Berry Burst	Trek 55g		£0.99
Blueberry Muffin B	Nakd 35g		£0.74
Cashew Cookie Bar	Nakd 35g		£0.75
Cherry Raisins	Nakd 25g		£0.38
Choc Almonds	Raw Chocolate Co 110g	Organic	£3.75
Choco Mulberries	Raw Chocolate 125g	Organic	£4.69
Choco Raisins	Raw Chocolate 125g	Organic	£3.49
Chocolate Bar	90% Cacao Ombar 35g	Organic	£1.79
	Acai & Blueberry Ombar 35g	Organic	£1.79
	Coconut Chocolate Ombar 35g	Organic	£1.79
	Dark 72% Ombar 35g	Organic	£1.79
Cocoa Orange Bar	Nakd 35g		£0.72
Dark Chocolate Bar	92% Vivani 80g	Organic	£2.39
	99% Vivani 80g	Organic	£2.39
Eco Biscuits	Choc & Orange 45g	Organic	£0.55
	Chocolate 45g	Organic	£0.55
Fruit Bar	Apricot & Raisin Tropical 40g		£0.65
	Mango & Brazil Tropical 40g		£0.65
	Pineapple & Cashew Tropical 40g		£0.65

Fruit Hero	Apple Raspberry 20g		£0.45
	Strawberry 20g		£0.45
Ginger Bread Bar	Nakd 35g		£0.72
Koffee Kapow!	Raw Chocolate Co 38g	Organic	£1.99
Lemon Drizzle Bar	Nakd 35g		£0.75
Licorice Bar	Original Panda 32g		£0.45
	Raspberry Panda 32g		£0.45
Licorice Cuts	Original Panda 240g		£1.85
Mint Mania 72%	Raw Chocolate Co 38g	Organic	£1.65
Peanut Delight Bar	Nakd 35g		£0.75
Peanut Power	Trek 55g		£0.99
Pecan Pie Bar	Nakd 35g		£0.75
Pitch Dark 72%	Raw Chocolate Co 38g	Organic	£1.99
Salted Caramel Nib	Nakd 40g		£0.75
Salted Vanoffee Ha	Raw Chocolate Co 38g	Organic	£1.99
Vanoffee	Raw Chocolate Co 38g	Organic	£1.99
Vanoffee Mulberrie	Raw Chocolate 125g	Organic	£4.69

Tea&Coffee-B

After Dinner Mint	Clipper x20	Organic	£1.89
Apple & Cinnamon	Heath & Heather x20	Organic	£2.29
Assam Tea Loose	Clipper 125g	Organic	£2.28
Assam Teabags	Clipper x50	Organic	£2.28
Barleycup	Instant Grain Coffee 200g		£3.69
Bengal Spice Tea	Celestial Seasonings x20		£2.19
Bio Malt	Grain Coffee 100g	Organic	£2.85
Blackcurrant Tea	Heath & Heather x20	Organic	£2.29
Brazilie Coffee Be	Beans Simon Levelt 250g	Organic	£3.35
Calmer Chameleon T	Clipper x20	Organic	£2.00
Chai & Liquorice	Heath & Heather x20	Organic	£2.29
Chai Life	Hampstead x20	Organic	£2.15
Chai Teabags	Clipper x20	Organic	£1.69
Cham Spearmint	Teabags Essential x20	Organic	£1.29
Chamomile Tea	Hampstead x20	Organic	£2.05
	Kitchen Garden x20	Organic	£1.35
	Teabags Essential x20	Organic	£1.29
Chocolate Tea	Yogi x17	Organic	£2.08
Classic Tea	Yogi x17	Organic	£2.08
Cocoa	Hispaniola Fairtrade 250g	Organic	£3.85
Coffee Beans	Italian FT Co-op 227g		£2.29
Coffee Filters	Simon Levelt x40	Organic	£0.89
Colombia Coffee Or	Revolver 200g	Organic	£3.49
Cuba Coffee	Revolver 200g		£3.49
Darjeeling Bags	Hampstead x20	Organic	£2.05
Darjeeling Loose	Simon Levelt 100g	Organic	£2.65
	Simon Levelt 75g	Organic	£3.15
Decaf Coffee	Senza Simon Levelt 250g	Organic	£2.95
Decaf Teabags	Clipper x40	Organic	£2.95
Detox Tea	Yogi x17	Organic	£1.79
Dolce Coffee	Simon Levelt Fairtrade 250g	Organic	£2.89
Drinking Chocolate	Chocolate Block Hasslacher's 250g		£4.39
Earl Grey Loose	Clipper 125g	Organic	£2.39
Earl Grey Teabag	Clipper x50	Organic	£2.59

Earl Grey Teabag	Hampstead x20	Organic	£2.05
Echinacea Tea	Yogi x17	Organic	£1.79
English Breakfst	Hampstead x20	Organic	£2.05
Espresso Beans	Simon Levelt 250g	Organic	£2.89
Espresso Coffee	Ground FT Co-op 227g		£2.19
Ethiopia Yirgachef	Revolver 200g		£3.49
Fennel Liquorice	Hampstead x20	Organic	£2.05
Fennel Tea	Tea Kitchen Garden x20	Organic	£1.35
	Teabags Essential x20	Organic	£1.29
Flower Power Tea	Clipper x20	Organic	£2.00
Forte Coffee	Simon Levelt Fairtrade 250g	Organic	£2.39
FT Espresso Coffee	Clipper 227g		£3.39
Green Tea Loose	Clipper 100g	Organic	£2.00
Green Teabags	Clipper x20	Organic	£1.69
	Hampstead x20	Organic	£2.05
Hibiscus Tea	Teabags Essential x20	Organic	£1.29
Honduras Organic	Revolver 200g	Organic	£3.49
India Araku Coffee	Fairtrade Suma 227g	Organic	£4.15
Instant Coffee	500g	Organic	£17.99
	Clipper 100g	Organic	£3.99
	Clipper 500g	Organic	£17.99
Instant Decaf	Coffee Clipper 100g	Organic	£3.99
Intense Coffee	Cafe Direct 227g Red		£2.98
Jasmine Teabags	Moonlight Dragonfly x20	Organic	£1.49
Lavender Valerian	Hampstead x20	Organic	£2.05
Lemon Ginger	Hampstead x20	Organic	£2.05
Lemon Ginger Tea	Yogi	Organic	£2.08
Lemon Verbena	Hambleden x20	Organic	£2.28
Lemon Zinger Tea	Celestial Seasonings x20		£1.89
Lemongr & Ginger	Kitchen Garden x20	Organic	£1.35
Lemongrass Tea	Kitchen Garden x20	Organic	£1.35
Licorice Tea	Yogi x17	Organic	£2.08
Limeflower Tea	Hambleden x20	Organic	£2.59
Liquorice Teabag	Clipper x20	Organic	£1.54
Machu Picchu Coffe	Cafe Direct 227g	Organic	£3.49
Madagascan Vanilla	Hampstead x20	Organic	£2.15
Matcha Green Tea	Heath & Heather x20	Organic	£2.29
Mint Tea	Kitchen Garden x20	Organic	£1.35
Morocco Mint Tea	Dragonfly x20	Organic	£1.65
Nettle Teabags	Teabags Clipper x20	Organic	£1.65
Nilgiri Tea	Just Change Fairtrade x80		£2.69
Organic Teabags	Clipper x80	Organic	£2.49
Origins Coffee Org	Cafe Direct 227g	Organic	£3.19
Pepper Spearmint	Teabags Essential x20	Organic	£1.29
Peppermint Tea	Heath & Heather x50		£2.65
	Teabags Essential x20	Organic	£1.29
Rooibos Chai	Dragonfly 50g x20	Organic	£1.65
Rooibos EarlGrey	Dragonfly x40		£2.35
Rooibos Tea Loose	Tick Tock 100g	Organic	£1.59
Rooibos Teabags	Tick Tock x40	Organic	£1.75
Rooibos Vanilla	Dragonfly x40		£2.35
Root Remedy	Heath & Heather x20	Organic	£2.48
Rosehip Hibiscus	Hampstead x20	Organic	£2.05

Rosehip Tea	Heath & Heather x50		£2.65
Sleepytime Tea	Celestial Seasonings x20		£1.89
Staff Coffee Peru	Suma Fairtrade 1kg	Organic	£10.95
Super Seeds	Heath & Heather x20	Organic	£2.58
Teabags	Fairtrade Co-op x80		£1.35
Wake Up	With Guarana 125g		£3.39
White Teabags	Swirling Mist Dragonfly x20	Organic	£1.85
Women's Tea	Yogi x17	Organic	£2.08
Yannoh	Instant with Acorns 125g	Organic	£4.29
Yerba Mate Bags	x25 50g Fairtraide Kraus	Organic	£2.59
Zapatista Coffee	Cafe Rebelde Fairtrade 250g	Organic	£3.99