

# ESSENTIALS PRICELIST

Updated 02/05/2019

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

Department	Packed	
Row Labels	Org?	Average of Price
<b>BakingAids-P</b>		
Arrowroot 100g	Organic	£0.59
Baking Powder 100g		£0.49
Baking Powder 250g		£0.85
Bicarbonate 1kg		£1.75
Bicarbonate 250g		£0.49
<b>Cereals-P</b>		
Buckwheat Flakes 2	Organic	£3.49
Buckwheat Flakes 5	Organic	£6.89
Cocoa Porridge 1kg	Organic	£3.15
Cornflakes 500g	Organic	£2.99
Crunchy Cereal Bas		£4.07
Crunchy Cereal C&A		£6.64
Crunchy Cereal Ori		£4.83
Muesli Base Crispy	Organic	£5.12
NGI Muesli 2kg		£13.99
NGI Muesli 500g		£3.99
Porridge Oats 1kg	Organic	£1.59
Porridge Oats 5kg	Organic	£6.99
Puffed Millet 250g	Organic	£1.29
Puffed Millet 500g	Organic	£2.39
Puffed Rice 250g	Organic	£1.49
Puffed Rice 500g	Organic	£2.89
Spelt Flakes 250g	Organic	£2.39
Spelt Flakes 500g	Organic	£4.45
Unicorn Muesli 41%		£6.43
Unicorn Muesli 44%		£8.86
Wheatflakes Malted	Organic	£3.42
Wheatflakes Sultan	Organic	£4.67
<b>DriedFruit-P</b>		
Apple Rings 125g		£1.05
Apple Rings 250g		£1.99
Apple Rings 500g		£3.85
Apricots Chopped 1	Organic	£5.49
Apricots Chopped 5	Organic	£2.89
		£2.45
Apricots Orange 1k		£5.19
Apricots Orange 25		£1.39
Apricots Orange 3k		£14.99
Apricots Orange 50		£2.69
Apricots Org1kg	Organic	£9.99
Apricots Org250g	Organic	£2.99
Apricots Org3kg	Organic	£28.99

<b>Apricots Org500g</b>	Organic	£5.49
<b>Baby Figs 250g</b>	Organic	£2.39
<b>Baby Figs 500g</b>	Organic	£4.55
<b>Currants 1kg</b>		£4.46
<b>Currants 500g</b>		£2.25
<b>Dates Chopped 1kg</b>		£2.49
<b>Dates Chopped 3kg</b>		£6.89
<b>Dates Chopped 500g</b>		£1.29
<b>Dates Pitted 1kg</b>		£2.49
<b>Dates Pitted 3kg</b>		£6.49
<b>Dates Pitted 500g</b>		£1.39
<b>Dates Pitted Org1k</b>	Organic	£6.49
<b>Dates Pitted Org25</b>	Organic	£1.79
<b>Dates Pitted Org3k</b>	Organic	£18.99
<b>Dates Pitted Org50</b>	Organic	£3.49
<b>Figs 1kg</b>	Organic	£9.59
<b>Figs 3kg</b>	Organic	£27.99
<b>Figs 500g</b>	Organic	£4.85
<b>Mango FT 100g</b>	Organic	£1.75
<b>Mango FT 1kg</b>	Organic	£15.49
<b>Mango FT 250g</b>	Organic	£4.25
<b>Mango FT 500g</b>	Organic	£8.15
<b>Mixed Fruit 1kg</b>		£3.55
<b>Mixed Fruit 3kg</b>		£8.85
<b>Mixed Fruit 500g</b>		£1.99
<b>Prunes Pitted 1kg</b>	Organic	£7.99
<b>Prunes Pitted 250g</b>	Organic	£2.19
<b>Prunes Pitted 3kg</b>	Organic	£23.49
<b>Prunes Pitted 500g</b>	Organic	£4.09
<b>Raisins Jumbo Flam</b>		£4.43
<b>Raisins Thompson 1</b>	Organic	£4.49
<b>Raisins Thompson 3</b>	Organic	£11.99
<b>Raisins Thompson 5</b>	Organic	£2.39
<b>Sultanas Aussie 1k</b>		£4.39
<b>Sultanas Aussie 3k</b>		£11.99
<b>Sultanas Aussie 50</b>		£2.29
<b>Sultanas Org1kg</b>	Organic	£4.49
<b>Sultanas Org3kg</b>	Organic	£11.99
<b>Sultanas Org500g</b>	Organic	£2.39

#### **Flakes&Grains-P**

<b>Amaranth 500g</b>	Organic	£1.09
<b>Barley Flakes 1kg</b>	Organic	£1.45
<b>Barley Grain 1kg</b>	Organic	£1.49
<b>Buckwheat 1kg</b>	Organic	£1.99
<b>Buckwheat 500g</b>	Organic	£0.99
<b>Bulgar Wheat 1kg</b>	Organic	£2.15
<b>Bulgar Wheat 3kg</b>	Organic	£5.49
<b>Bulgar Wheat 500g</b>	Organic	£1.15
<b>Cous-Cous Wholemea</b>	Organic	£2.81

<b>Jumbo Oats 1kg</b>	Organic	£1.75
<b>Jumbo Oats 5kg</b>	Organic	£7.35
<b>Millet 1kg</b>	Organic	£1.99
<b>Millet 3kg</b>	Organic	£4.99
<b>Millet Flakes 500g</b>	Organic	£2.19
<b>Oatmeal Medium 1kg</b>	Organic	£1.19
<b>Popcorn 1kg</b>	Organic	£2.29
<b>Quinoa Flakes 500g</b>	Organic	£3.89
<b>Quinoa Red 1kg</b>	Organic	£7.49
<b>Quinoa Red 500g</b>	Organic	£3.99
<b>Quinoa UK 1kg</b>		£3.49
<b>Quinoa UK 3kg</b>		£9.99
<b>Quinoa UK 500g</b>		£1.89
<b>Rice Arborio 1kg</b>	Organic	£3.99
<b>Rice Arborio 500g</b>	Organic	£2.19
<b>Rice Basmati 1kg</b>	Organic	£2.89
<b>Rice Basmati 3kg</b>	Organic	£7.99
<b>Rice Basmati 500g</b>	Organic	£1.58
<b>Rice Flakes 1kg</b>	Organic	£4.39
<b>Rice Flakes 3kg</b>	Organic	£12.49
<b>Rice Jasmine 1kg</b>	Organic	£2.89
<b>Rice Jasmine 3kg</b>	Organic	£7.99
<b>Rice Jasmine 500g</b>	Organic	£1.49
<b>Rice Long Grain 1k</b>	Organic	£2.89
<b>Rice Long Grain 3k</b>	Organic	£7.99
<b>Rice Red 1kg</b>	Organic	£3.45
<b>Rice Red 500g</b>	Organic	£1.79
<b>Rice Short Grain 1</b>	Organic	£2.65
<b>Rice Short Grain 3</b>	Organic	£7.35
<b>Rice Wild 1kg</b>	Organic	£14.99
<b>Rice Wild 250g</b>	Organic	£3.99
<b>Rye Flakes 1kg</b>	Organic	£1.19
<b>Spelt Grain 1kg</b>	Organic	£2.29
<b>Spelt Grain 500g</b>	Organic	£1.25
<b>Three Rice Mix 1kg</b>		£4.99
<b>Three Rice Mix 500</b>		£2.65
<b>Wheat Grain 1kg</b>	Organic	£0.89

#### Flours-P

<b>Barley Flour 1kg</b>	Organic	£1.65
<b>Buckwheat Flour 1k</b>	Organic	£3.19
<b>Canadian Flour 1.5</b>		£1.39
<b>Canadian Flour 5kg</b>		£4.45
<b>Cocoa 250g</b>	Organic	£1.69
<b>Cocoa 500g</b>	Organic	£3.29
<b>Coconut Flour 500g</b>	Organic	£1.95
<b>Corn Starch 500g</b>	Organic	£1.35
<b>Maizemeal 1kg</b>	Organic	£1.55
<b>Millet Flour 1kg</b>	Organic	£3.85
<b>Polenta 1kg</b>	Organic	£1.79

<b>Potato Starch 1kg</b>	Organic	£4.09
<b>Potato Starch 500g</b>	Organic	£1.99
<b>Rice Flour 1kg</b>		£1.49
<b>Semolina 1kg</b>	Organic	£1.69
<b>Soya Flour Toasted</b>	Organic	£2.09
<b>Tapioca Medium 500</b>	Organic	£1.69
<b>Tapioca Starch 500</b>	Organic	£0.99
<b>Teff Flour 1kg</b>	Organic	£5.99
<b>Wheat Gluten 500g</b>	Organic	£4.49

#### Herbs&Spices-P

<b>Allspice Ground 50</b>		£0.99
<b>Allspice Whole 50g</b>		£0.99
<b>Asafoetida 50g</b>		£0.99
<b>Basil Org100g</b>	Organic	£1.29
<b>Basil Org50g</b>	Organic	£0.69
<b>Bay Leaves 15g</b>		£0.99
<b>Black Onion Seed K</b>		£0.49
<b>Cajun Spice Mix 10</b>		£0.69
<b>Caraway Seed Mild</b>	Organic	£0.89
<b>Cardamon Black 25g</b>		£1.39
<b>Cardamon Green Pod</b>	Organic	£1.85
<b>Cardamon Ground 50</b>		£1.59
<b>Cayenne 100g</b>		£0.89
<b>Cayenne 250g</b>		£1.99
<b>Celery Salt 100g</b>		£0.69
<b>Celery Seed 100g</b>		£0.69
<b>Chilli Crushed 50g</b>		£0.49
<b>Chilli Powder 100g</b>		£0.59
<b>Chilli Powder 250g</b>		£1.39
<b>Chinese 5 Spice 50</b>		£0.69
<b>Chives 25g</b>		£0.49
<b>Cinnamon Ground Or</b>	Organic	£2.98
<b>Cinnamon Sticks 10</b>		£1.79
<b>Cinnamon Sticks 25</b>		£0.49
<b>Cloves Whole 50g</b>	Organic	£1.79
<b>Coriander Ground 2</b>	Organic	£2.29
<b>Coriander Ground 5</b>	Organic	£0.69
<b>Coriander Leaves 1</b>		£1.89
<b>Coriander Leaves 5</b>		£0.99
<b>Coriander Whole 25</b>	Organic	£2.69
<b>Coriander Whole 50</b>	Organic	£0.69
<b>Cumin Ground 100g</b>		£0.65
<b>Cumin Ground 250g</b>		£1.59
<b>Cumin Ground 500g</b>		£3.09
<b>Cumin Whole 100g</b>	Organic	£1.95
<b>Cumin Whole 50g</b>	Organic	£0.99
<b>Curry Leaves 25g</b>		£0.79
<b>Curry Powder 100g</b>		£0.99
<b>Curry Powder 250g</b>		£2.19

<b>Curry Powder 500g</b>		£3.99
<b>Dill Weed 25g</b>		£0.69
<b>Fennel Seed 250g</b>	Organic	£2.49
<b>Fennel Seed 50g</b>	Organic	£0.69
<b>Fenugreek Ground 5</b>	Organic	£0.99
<b>Fenugreek Leaves 5</b>		£0.69
<b>Fenugreek Seed 100</b>		£0.49
<b>Fenugreek Seed 250</b>		£0.99
<b>Galangal 50g</b>		£0.99
<b>Garam Masala 100g</b>		£0.59
<b>Garam Masala 250g</b>		£1.35
<b>Garlic Powder 100g</b>		£0.99
<b>Garlic Powder 250g</b>		£2.45
<b>Ginger Ground 250g</b>		£1.99
<b>Ginger Ground 50g</b>		£0.49
<b>Ginger Root 50g</b>		£0.69
<b>Ground Black Peppe</b>		£0.89
<b>Herbs Provence 250</b>		£2.49
<b>Herbs Provence 50g</b>		£0.69
<b>Juniper Berries 50</b>	Organic	£0.99
<b>Lavender 100g</b>		£2.49
<b>Lavender 50g</b>		£1.29
<b>Lemongrass 50g</b>		£1.29
<b>Lime Leaves 12g</b>		£1.59
<b>Mace 25g</b>		£1.29
<b>Mango Powder 100g</b>		£0.75
<b>Marjoram 50g</b>	Organic	£1.29
<b>Mint 50g</b>		£0.99
<b>Mixed Herbs 250g</b>		£2.19
<b>Mixed Herbs 50g</b>		£0.79
<b>Mixed Spice 50g</b>		£0.49
<b>Mustard Powder 100</b>	Organic	£0.99
<b>Mustard Seed Black</b>	Organic	£1.34
<b>Mustard Seed Yello</b>	Organic	£0.69
<b>Onion Powder 100g</b>		£0.59
<b>Oregano 100g</b>		£1.49
<b>Oregano 50g</b>		£0.79
<b>Panch Phoron Benga</b>		£0.99
<b>Paprika 100g</b>		£0.59
<b>Paprika 250g</b>		£1.25
<b>Paprika 500g</b>		£2.35
<b>Paprika Smoked 100</b>		£1.29
<b>Parsley 100g</b>		£1.29
<b>Parsley 50g</b>		£0.69
<b>Pepper Szechuan 50</b>		£3.45
<b>Pepper White Groun</b>	Organic	£1.49
<b>Peppercorns Black</b>	Organic	£3.92
<b>Peppercorns Mixed</b>		£3.22
<b>Ras-El-Hanout 50g</b>		£1.19
<b>Rosemary 100g</b>	Organic	£1.69

<b>Rosemary 50g</b>	Organic	£0.89
<b>Sage Rubbed 100g</b>	Organic	£1.79
<b>Sage Rubbed 50g</b>	Organic	£1.19
<b>Star Anise Ground</b>		£0.59
<b>Star Anise Whole 2</b>		£0.59
<b>Sumac 50g</b>		£0.99
<b>Tarragon 25g</b>		£1.19
<b>Thyme 100g</b>		£1.19
<b>Thyme 50g</b>		£0.69
<b>True Cinnamon Org2</b>	Organic	£5.35
<b>True Cinnamon Org5</b>	Organic	£1.09
<b>Turmeric 100g</b>		£0.49
<b>Turmeric 250g</b>		£1.19
<b>Turmeric 500g</b>		£2.29
<b>Turmeric Org100g</b>	Organic	£1.15
<b>Turmeric Org250g</b>	Organic	£2.75
<b>Vanilla Pods each</b>	Organic	£2.99

#### Household-P

<b>V-Dog Food 1kg</b>		£2.45
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#### Misc-P

<b>Packed Misc</b>		£0.00
<b>Packed VAT Misc Op</b>		£0.00
<b>Sent in error</b>		£1.17

#### Nuts-

<b>Almonds 100g</b>		£0.99
<b>Almonds 1kg</b>		£8.49
<b>Almonds 250g</b>		£2.29
<b>Almonds 3kg</b>		£24.99
<b>Almonds 500g</b>		£4.49
<b>Almonds Flaked 100</b>		£1.19
<b>Almonds Flaked 1kg</b>		£10.49
<b>Almonds Flaked 250</b>		£2.95
<b>Almonds Flaked 500</b>		£5.49
<b>Almonds Ground Bla</b>		£5.17
<b>Almonds Org100g</b>	Organic	£1.35
<b>Almonds Org1kg</b>	Organic	£13.09
<b>Almonds Org250g</b>	Organic	£3.35
<b>Almonds Org500g</b>	Organic	£6.69
<b>Brazils Broken 1kg</b>		£7.99
<b>Brazils Broken 250</b>		£2.49
<b>Brazils Broken 500</b>		£4.49
<b>Brazils Whole 500g</b>		£11.99
<b>Cashews Org100g</b>	Organic	£1.99
<b>Cashews Org1kg</b>	Organic	£16.99
<b>Cashews Org250g</b>	Organic	£4.89
<b>Cashews Org500g</b>	Organic	£9.39
<b>Cashews Pieces 1kg</b>		£8.99

<b>Cashews Pieces 250</b>		£2.49
<b>Cashews Pieces 500</b>		£4.59
<b>Cocoa Nibs 100g</b>	Organic	£1.45
<b>Cocoa Nibs 250g</b>	Organic	£3.49
<b>Cocoa Nibs 50g</b>	Organic	£0.75
<b>Coconut Chips Toas</b>	Organic	£3.42
<b>Coconut Dessicated</b>	Organic	£2.63
<b>Hazelnuts 100g</b>	Organic	£1.45
<b>Hazelnuts 1kg</b>	Organic	£12.99
<b>Hazelnuts 250g</b>	Organic	£3.49
<b>Hazelnuts 500g</b>	Organic	£6.59
<b>Mixed Nuts Chop1kg</b>		£5.79
<b>Mixed Nuts Chop250</b>		£1.59
<b>Mixed Nuts Chop3kg</b>		£16.99
<b>Mixed Nuts Chop500</b>		£2.99
<b>Mixed Nuts Whole1k</b>		£9.29
<b>Mixed Nuts Whole25</b>		£2.55
<b>Mixed Nuts Whole3k</b>		£25.99
<b>Mixed Nuts Whole50</b>		£4.89
<b>Peanuts 1kg</b>	Organic	£3.69
<b>Peanuts 250g</b>	Organic	£0.99
<b>Peanuts 3kg</b>	Organic	£9.99
<b>Peanuts 500g</b>	Organic	£1.89
<b>Pecan Nuts 100g</b>		£1.99
<b>Pecan Nuts 1kg</b>		£18.99
<b>Pecan Nuts 250g</b>		£4.89
<b>Pecan Nuts 500g</b>		£9.69
<b>Pistachios In Shel</b>		£6.52
<b>Pistachios Raw Ker</b>		£3.90
<b>Walnut Halves 100g</b>	Organic	£1.65
<b>Walnut Halves 250g</b>	Organic	£3.99
<b>Walnut Halves 500g</b>	Organic	£7.79
<b>Walnut Pieces 100g</b>	Organic	£1.49
<b>Walnut Pieces 1kg</b>	Organic	£11.09
<b>Walnut Pieces 250g</b>	Organic	£2.99
<b>Walnut Pieces 500g</b>	Organic	£5.83

#### **Nuts-P**

<b>Almonds R&amp;S100g</b>		£1.59
<b>Almonds R&amp;S1kg</b>		£15.45
<b>Almonds R&amp;S250g</b>		£3.89
<b>Hazelnuts Roasted</b>	Organic	£8.32

#### **Oil&Seasoning-P**

<b>Bouillon Powder Or</b>	Organic	£1.89
<b>Sea Salt Coarse 1k</b>		£0.89
<b>Sea Salt Coarse 50</b>		£0.49
<b>Sea Salt Fine 1kg</b>		£0.89
<b>Sea Salt Fine 500g</b>		£0.49

**PreparedFood-P**

<b>Breadcrumbs Wholew</b>	Organic	£1.45
<b>Gravy Mix 100g</b>		£1.35
<b>Gravy Mix 200g</b>		£2.69
<b>Hemp Burger Mix 25</b>		£2.55
<b>Hemp Burger Mix 50</b>		£4.85
<b>Nut Roast 1kg</b>		£10.55
<b>Nut Roast 250g</b>		£2.85
<b>Nut Roast 500g</b>		£5.49
<b>Sosage Mix 250g</b>		£2.55
<b>Sosage Mix 500g</b>		£4.85
<b>Tomato Sun-Dried 1</b>	Organic	£4.97
<b>Tomato Sun-Dried 2</b>	Organic	£2.45
<b>TVP / Soya 250g</b>	Organic	£1.55
<b>TVP / Soya 500g</b>	Organic	£2.99
<b>Yeast Flakes 100g</b>	Organic	£2.15
<b>Yeast Flakes 250g</b>	Organic	£5.35

**Pulses-P**

<b>Aduki Beans 1kg</b>	Organic	£2.49
<b>Bean Mix 1kg</b>	Organic	£2.75
<b>Black Turtle Beans</b>	Organic	£1.85
<b>Blackeye Beans 1kg</b>		£2.55
<b>Butter Beans 1kg</b>	Organic	£3.49
<b>Cannelini Beans 1k</b>	Organic	£2.15
<b>Chick Peas 1kg</b>	Organic	£1.99
<b>Flageolet Beans 50</b>		£2.09
<b>Haricot Beans 1kg</b>	Organic	£1.99
<b>Kidney Beans 1kg</b>	Organic	£2.59
<b>Lentil Broth Mix 1</b>	Organic	£2.99
<b>Lentils Beluga Org</b>	Organic	£3.99
<b>Lentils Brown 1kg</b>	Organic	£2.29
<b>Lentils Green 1kg</b>	Organic	£2.99
<b>Lentils Puy 1kg</b>	Organic	£4.29
<b>Lentils Red Org1kg</b>	Organic	£1.89
<b>Lentils Red Org3kg</b>	Organic	£4.99
<b>Lentils Red Org500</b>	Organic	£0.99
<b>Lentils Red Split</b>		£0.49
<b>Marrowfat Peas 1kg</b>		£0.99
<b>Mung Beans 1kg</b>	Organic	£2.99
<b>Pintos 1kg</b>	Organic	£2.29
<b>Soya Beans 1kg</b>	Organic	£1.69
<b>Split Fava Beans 1</b>	Organic	£1.59
<b>Split Peas Green O</b>	Organic	£1.75
<b>Split Peas Yellow</b>	Organic	£1.75
<b>Whole Fava Beans O</b>	Organic	£1.45

**Seeds-P**

<b>Alfalfa Seed 100g</b>	Organic	£1.05
<b>Alfalfa Seed 250g</b>	Organic	£2.59



<b>Hemp Seed Org1kg</b>	Organic	£2.99
<b>Linseed 1kg</b>	Organic	£2.89
<b>Linseed 3kg</b>	Organic	£7.99
<b>Linseed 500g</b>	Organic	£1.55
<b>Poppy Seed 1kg</b>	Organic	£7.49
<b>Poppy Seed 250g</b>	Organic	£1.99
<b>Pumpkin Seed 1kg</b>	Organic	£6.49
<b>Pumpkin Seed 250g</b>	Organic	£1.79
<b>Pumpkin Seed 3kg</b>	Organic	£17.99
<b>Pumpkin Seed 500g</b>	Organic	£3.49
<b>Sesame Seed 1kg</b>	Organic	£3.59
<b>Sesame Seed 250g</b>	Organic	£0.99
<b>Sesame Seed 3kg</b>	Organic	£9.99
<b>Sesame Seed 500g</b>	Organic	£1.89
<b>Sprouting Mix 500g</b>	Organic	£1.79
<b>Sunflower Seeds 1k</b>	Organic	£2.29
<b>Sunflower Seeds 25</b>	Organic	£0.69
<b>Sunflower Seeds 3k</b>	Organic	£6.29
<b>Sunflower Seeds 50</b>	Organic	£1.19

#### **Snacks-P nonVAT**

<b>Bombay Mix 100g</b>		£0.49
<b>Bombay Mix 1kg</b>		£2.99
<b>Bombay Mix 250g</b>		£0.79
<b>Bombay Mix Org100g</b>	Organic	£0.49
<b>Bombay Mix Org1kg</b>	Organic	£2.99
<b>Bombay Mix Org250g</b>	Organic	£0.79
<b>Chickpea Noodles 1</b>		£0.79
<b>Chickpea Noodles 2</b>		£1.09
<b>Chickpea Noodles 5</b>		£2.09
<b>Fruit &amp; Nut Mix 1k</b>	Organic	£5.39
<b>Fruit &amp; Nut Mix 25</b>	Organic	£1.49
<b>Garlic Gathia 100g</b>		£0.79
<b>Garlic Gathia 250g</b>		£1.09
<b>Garlic Gathia 500g</b>		£2.09
<b>Mountain Mix 1kg</b>		£6.49
<b>Mountain Mix 250g</b>		£1.75
<b>Mountain Mix 3kg</b>		£16.99
<b>Spiced Chickpeas 1</b>		£0.49
<b>Spiced Chickpeas 2</b>		£0.95
<b>Spiced Chickpeas 5</b>		£1.75
<b>Trail Mix 1kg</b>		£6.99
<b>Trail Mix 250g</b>		£1.99
<b>Trail Mix 3kg</b>		£18.99

#### **Snacks-P VAT**

<b>Cashews Garlic 100</b>		£1.95
<b>Cashews Garlic 250</b>		£4.79
<b>Cashews Garlic 500</b>		£8.99
<b>Cashews Pepper 100</b>		£1.95

<b>Cashews Pepper 250</b>	£4.79
<b>Cashews Pepper 500</b>	£8.99
<b>Cashews Roasted 10</b>	£1.95
<b>Cashews Roasted 25</b>	£4.79
<b>Cashews Roasted 50</b>	£8.99
<b>Cashews Spicy 100g</b>	£1.95
<b>Cashews Spicy 250g</b>	£4.79
<b>Cashews Spicy 500g</b>	£8.99
<b>Mixed Nuts R&amp;S100g</b>	£1.79
<b>Mixed Nuts R&amp;S1kg</b>	£14.99
<b>Mixed Nuts R&amp;S250g</b>	£3.99
<b>Peanuts Roasted 1k</b>	£4.85
<b>Peanuts Roasted 25</b>	£1.25

#### **Sweeteners-P**

<b>Choc-O-Malt 200g</b>	Organic	£1.49
<b>Choc-O-Malt 500g</b>	Organic	£3.19
<b>Malt Powder 1kg</b>	Organic	£4.99
<b>Malt Powder 250g</b>	Organic	£1.39

#### **Unpacked Trial**

Organic Basmati Ri	Organic	£2.89
Organic Green Spli	Organic	£1.75
Organic Pumpkin Se	Organic	£6.49
Organic Red Lentil	Organic	£1.89
Organic Split Fava	Organic	£1.52
Quinoa UK Weighed		£3.49
Spare Packed Trial		£0.00
Yellow Split Peas		