

ESSENTIALS PRICELIST

Updated 10/09/2019

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

Department	Packed	
Row Labels	Org?	Average of Price
BakingAids-P		
Arrowroot 100g	Organic	£0.59
Baking Powder 100g		£0.49
Baking Powder 250g		£0.85
Bicarbonate 1kg		£1.75
Bicarbonate 250g		£0.49
Cereals-P		
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		£4.27
Crunchy Cereal C&A		£6.64
Crunchy Cereal CA		£2.99
Crunchy Cereal Ori		£5.13
Muesli Base Crispy	Organic	£5.75
NGI Muesli 2kg		£13.99
NGI Muesli 500g		£3.99
Porridge Oats 1kg	Organic	£1.59
Porridge Oats 5kg	Organic	£7.39
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	£2.49
Spelt Flakes 500g	Organic	£4.79
Unicorn Muesli 41%		£6.43
Unicorn Muesli 44%		£8.86
Wheatflakes Malted	Organic	£3.42
Wheatflakes Sultan	Organic	£4.67
DriedFruit-P		
~Apricots Chopped		£2.45
Apple Rings 125g		£1.25
Apple Rings 250g		£2.49
Apple Rings 500g		£4.79
Apricots Chopped 1	Organic	£5.49
Apricots Chopped 5	Organic	£2.89
Apricots Orange 1k		£5.19
Apricots Orange 25		£1.39
Apricots Orange 3k		£14.99
Apricots Orange 50		£2.69
Apricots Org1kg	Organic	£8.49
Apricots Org250g	Organic	£2.49

Apricots Org3kg	Organic	£24.99
Apricots Org500g	Organic	£4.49
Baby Figs 250g	Organic	£2.39
Baby Figs 500g	Organic	£4.55
Currants 1kg		£4.46
Currants 500g		£2.25
Dates Chopped 1kg		£2.49
Dates Chopped 3kg		£6.89
Dates Chopped 500g		£1.29
Dates Pitted 1kg		£2.49
Dates Pitted 3kg		£6.49
Dates Pitted 500g		£1.39
Dates Pitted Org1k	Organic	£6.49
Dates Pitted Org25	Organic	£1.79
Dates Pitted Org3k	Organic	£18.99
Dates Pitted Org50	Organic	£3.49
Figs 1kg	Organic	£9.59
Figs 3kg	Organic	£27.99
Figs 500g	Organic	£4.85
Mango FT 100g	Organic	£1.75
Mango FT 1kg	Organic	£15.49
Mango FT 250g	Organic	£4.25
Mango FT 500g	Organic	£8.15
Mixed Fruit 1kg		£4.49
Mixed Fruit 3kg		£8.85
Mixed Fruit 500g		£2.49
Mulberries 1kg	Organic	£8.29
Mulberries 250g	Organic	£2.29
Mulberries 500g	Organic	£4.35
Prunes Pitted 1kg	Organic	£8.29
Prunes Pitted 250g	Organic	£2.19
Prunes Pitted 3kg	Organic	£23.49
Prunes Pitted 500g	Organic	£4.35
Raisins Jumbo Flam		£4.43
Raisins Thompson 1	Organic	£4.89
Raisins Thompson 3	Organic	£12.99
Raisins Thompson 5	Organic	£2.49
Sultanas Aussie 1k		£4.99
Sultanas Aussie 3k		£13.99
Sultanas Aussie 50		£2.69
Sultanas Org1kg	Organic	£4.49
Sultanas Org3kg	Organic	£11.99
Sultanas Org500g	Organic	£2.39
Flakes&Grains-P		
Amaranth 500g	Organic	£1.19
Barley Flakes 1kg	Organic	£1.59
Barley Grain 1kg	Organic	£1.49
Buckwheat 1kg	Organic	£1.99
Buckwheat 500g	Organic	£0.99

Bulgar Wheat 1kg	Organic	£1.89
Bulgar Wheat 3kg	Organic	£5.49
Bulgar Wheat 500g	Organic	£0.99
Cous-Cous Wholemea	Organic	£2.81
Jumbo Oats 1kg	Organic	£1.75
Jumbo Oats 5kg	Organic	£7.35
Millet 1kg	Organic	£1.99
Millet 3kg	Organic	£4.99
Millet Flakes 500g	Organic	£2.19
Oatmeal Medium 1kg	Organic	£1.19
Popcorn 1kg	Organic	£2.29
Quinoa Flakes 500g	Organic	£3.89
Quinoa Red 1kg	Organic	£7.49
Quinoa Red 500g	Organic	£3.99
Quinoa UK 1kg		£3.49
Quinoa UK 3kg		£9.99
Quinoa UK 500g		£1.89
Rice Arborio 1kg	Organic	£3.99
Rice Arborio 500g	Organic	£2.19
Rice Basmati 1kg	Organic	£2.99
Rice Basmati 3kg	Organic	£8.39
Rice Basmati 500g	Organic	£1.58
Rice Flakes 1kg	Organic	£4.39
Rice Flakes 3kg	Organic	£12.49
Rice Jasmine 1kg	Organic	£2.89
Rice Jasmine 3kg	Organic	£7.99
Rice Jasmine 500g	Organic	£1.55
Rice Long Grain 1k	Organic	£2.49
Rice Long Grain 3k	Organic	£5.99
Rice Red 1kg	Organic	£3.45
Rice Red 500g	Organic	£1.79
Rice Short Grain 1	Organic	£2.49
Rice Short Grain 3	Organic	£6.99
Rice Wild 1kg	Organic	£15.89
Rice Wild 250g	Organic	£4.29
Rye Flakes 1kg	Organic	£1.59
Spelt Grain 1kg	Organic	£2.29
Spelt Grain 500g	Organic	£1.25
Three Rice Mix 1kg		£4.99
Three Rice Mix 500		£2.65
Wheat Grain 1kg	Organic	£0.95

Flours-P

Barley Flour 1kg	Organic	£1.69
Buckwheat Flour 1k	Organic	£2.99
Canadian Flour 1.5		£1.39
Canadian Flour 5kg		£4.45
Cocoa 250g	Organic	£1.69
Cocoa 500g	Organic	£3.29
Coconut Flour 500g	Organic	£1.95

Corn Starch 500g	Organic	£1.45
Maizemeal 1kg	Organic	£1.55
Millet Flour 1kg	Organic	£3.85
Polenta 1kg	Organic	£1.79
Potato Starch 1kg	Organic	£4.09
Potato Starch 500g	Organic	£1.49
Rice Flour 1kg		£1.55
Semolina 1kg	Organic	£1.79
Soya Flour Toasted	Organic	£1.99
Tapioca Medium 500	Organic	£1.69
Tapioca Starch 500	Organic	£0.99
Teff Flour 1kg	Organic	£5.99
Wheat Gluten 500g	Organic	£4.49

Herbs&Spices-P

Allspice Ground 50		£0.99
Allspice Whole 50g		£0.99
Asafoetida 50g		£0.99
Basil Org100g	Organic	£1.29
Basil Org50g	Organic	£0.69
Bay Leaves 15g		£1.19
Black Onion Seed K		£0.49
Cajun Spice Mix 10		£0.69
Caraway Seed Mild	Organic	£0.89
Cardamon Black 25g		£1.39
Cardamon Green Pod	Organic	£1.85
Cardamon Ground 50		£1.59
Cayenne 100g		£0.89
Cayenne 250g		£1.99
Celery Salt 100g		£0.69
Celery Seed 100g		£0.69
Chilli Crushed 50g		£0.49
Chilli Powder 100g		£0.59
Chilli Powder 250g		£1.39
Chinese 5 Spice 50		£0.69
Chives 25g		£0.49
Cinnamon Ground Or	Organic	£2.98
Cinnamon Sticks 10		£1.79
Cinnamon Sticks 25		£0.49
Cloves Whole 50g	Organic	£1.79
Coriander Ground 2	Organic	£2.29
Coriander Ground 5	Organic	£0.69
Coriander Leaves 1		£1.89
Coriander Leaves 5		£0.99
Coriander Whole 25	Organic	£2.69
Coriander Whole 50	Organic	£0.69
Cumin Ground 100g		£0.65
Cumin Ground 250g		£1.59
Cumin Ground 500g		£3.09
Cumin Whole 100g	Organic	£1.95

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

Peppercorns Black	Organic	£3.92
Peppercorns Mixed		£3.22
Ras-EI-Hanout 50g		£1.19
Rosemary 100g	Organic	£1.69
Rosemary 50g	Organic	£0.89
Sage Rubbed 100g	Organic	£1.79
Sage Rubbed 50g	Organic	£1.19
Star Anise Ground		£0.59
Star Anise Whole 2		£0.59
Sumac 50g		£0.99
Tarragon 25g		£1.19
Thyme 100g		£1.19
Thyme 50g		£0.69
True Cinnamon Org2	Organic	£5.35
True Cinnamon Org5	Organic	£1.09
Turmeric 100g		£0.49
Turmeric 250g		£1.19
Turmeric 500g		£2.29
Turmeric Org100g	Organic	£1.15
Turmeric Org250g	Organic	£2.75
Vanilla Pods each	Organic	£2.99

Household-P

V-Dog Food 1kg		£3.99
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Misc-P

~Baby Figs 500g		£3.99
~Cornflakes 500g		£2.49
~Toasted Sesame Se		£1.44
Crunchy Cereal 1kg		£2.35
Mixed Nuts Roast P		£9.29
Packed Misc Open P		£0.00
Packed VAT Misc Op		£0.00

Nuts-

Almonds 100g		£0.99
Almonds 1kg		£8.49
Almonds 250g		£2.29
Almonds 3kg		£24.99
Almonds 500g		£4.49
Almonds Flaked 100		£1.19
Almonds Flaked 1kg		£10.49
Almonds Flaked 250		£2.95
Almonds Flaked 500		£5.49
Almonds Ground Bla		£5.18
Almonds Org100g	Organic	£1.35
Almonds Org1kg	Organic	£13.09
Almonds Org250g	Organic	£3.35
Almonds Org500g	Organic	£6.69
Brazils Broken 1kg		£7.99

Brazils Broken 250		£2.49
Brazils Broken 500		£4.49
Brazils Whole 500g		£11.99
Cashews Org100g	Organic	£1.99
Cashews Org1kg	Organic	£16.99
Cashews Org250g	Organic	£4.89
Cashews Org500g	Organic	£9.39
Cashews Pieces 1kg		£8.49
Cashews Pieces 250		£2.39
Cashews Pieces 500		£4.49
Cocoa Nibs 100g	Organic	£1.45
Cocoa Nibs 250g	Organic	£3.49
Cocoa Nibs 50g	Organic	£0.75
Coconut Chips Toas	Organic	£3.42
Coconut Dessicated	Organic	£2.63
Hazelnuts 100g	Organic	£1.45
Hazelnuts 1kg	Organic	£12.99
Hazelnuts 250g	Organic	£3.49
Hazelnuts 500g	Organic	£6.59
Mixed Nuts Chop1kg		£6.49
Mixed Nuts Chop250		£1.65
Mixed Nuts Chop3kg		£17.99
Mixed Nuts Chop500		£3.29
Mixed Nuts Roast P		£3.69
Mixed Nuts Whole1k		£9.29
Mixed Nuts Whole25		£2.49
Mixed Nuts Whole3k		£25.99
Mixed Nuts Whole50		£4.89
Peanuts 1kg	Organic	£3.69
Peanuts 250g	Organic	£0.99
Peanuts 3kg	Organic	£9.99
Peanuts 500g	Organic	£1.89
Pecan Nuts 100g		£1.89
Pecan Nuts 1kg		£17.99
Pecan Nuts 250g		£4.69
Pecan Nuts 500g		£9.29
Pistachios In Shel		£6.62
Pistachios Raw Ker		£4.64
Walnut Halves 100g	Organic	£1.65
Walnut Halves 250g	Organic	£3.99
Walnut Halves 500g	Organic	£7.79
Walnut Pieces 100g	Organic	£1.39
Walnut Pieces 1kg	Organic	£10.99
Walnut Pieces 250g	Organic	£2.89
Walnut Pieces 500g	Organic	£5.49
Nuts-P		
~Mixed Nuts Roast	Organic	£25.99
Almonds R&S100g		£1.59
Almonds R&S1kg		£15.45

Almonds R&S250g		£3.89
Hazelnuts Roasted	Organic	£8.85
Oil&Seasoning-P		
Bouillon Powder Or	Organic	£1.89
Sea Salt Coarse 1k		£0.89
Sea Salt Coarse 50		£0.49
Sea Salt Fine 1kg		£0.89
Sea Salt Fine 500g		£0.49
PreparedFood-P		
Breadcrumbs Wholew	Organic	£1.45
Gravy Mix 100g		£1.35
Gravy Mix 200g		£2.69
Hemp Burger Mix 25		£2.55
Hemp Burger Mix 50		£4.85
Nut Roast 1kg		£10.55
Nut Roast 250g		£2.85
Nut Roast 500g		£5.49
Sosage Mix 250g		£2.55
Sosage Mix 500g		£4.85
Tomato Sun-Dried 1	Organic	£4.97
Tomato Sun-Dried 2	Organic	£2.45
TVP / Soya 250g	Organic	£1.55
TVP / Soya 500g	Organic	£2.99
Yeast Flakes 100g	Organic	£2.15
Yeast Flakes 250g	Organic	£5.35
Pulses-P		
~Haricot Beans 1kg		£1.69
~Lentils Puy 1kg		£3.89
Aduki Beans 1kg	Organic	£2.49
Bean Mix 1kg	Organic	£2.75
Black Turtle Beans	Organic	£1.95
Blackeye Beans 1kg		£2.55
Butter Beans 1kg	Organic	£4.45
Cannellini Beans 1k	Organic	£2.49
Chick Peas 1kg	Organic	£2.19
Flageolet Beans 50		£2.09
Haricot Beans 1kg	Organic	£2.29
Kidney Beans 1kg	Organic	£2.99
Lentil Broth Mix 1	Organic	£2.99
Lentils Beluga Org	Organic	£3.99
Lentils Brown 1kg	Organic	£1.99
Lentils Green 1kg	Organic	£2.25
Lentils Puy 1kg	Organic	£4.29
Lentils Red Org1kg	Organic	£1.89
Lentils Red Org3kg	Organic	£4.99
Lentils Red Org500	Organic	£0.99
Lentils Red Split		£0.49

Marrowfat Peas 1kg		£0.99
Mung Beans 1kg	Organic	£2.99
Pintos 1kg	Organic	£2.29
Soya Beans 1kg	Organic	£1.69
Split Fava Beans 1	Organic	£1.59
Split Peas Green O	Organic	£1.75
Split Peas Yellow	Organic	£1.95
Whole Fava Beans O	Organic	£1.45

Seeds-P

Alfalfa Seed 100g	Organic	£0.99
Alfalfa Seed 250g	Organic	£2.39
Hemp Seed Org1kg	Organic	£2.99
Linseed 1kg	Organic	£2.89
Linseed 3kg	Organic	£7.99
Linseed 500g	Organic	£1.55
Poppy Seed 1kg	Organic	£7.49
Poppy Seed 250g	Organic	£1.99
Pumpkin Seed 1kg	Organic	£6.49
Pumpkin Seed 250g	Organic	£1.79
Pumpkin Seed 3kg	Organic	£17.99
Pumpkin Seed 500g	Organic	£3.49
Sesame Seed 1kg	Organic	£3.89
Sesame Seed 250g	Organic	£0.99
Sesame Seed 3kg	Organic	£10.99
Sesame Seed 500g	Organic	£1.95
Sprouting Mix 500g	Organic	£1.79
Sunflower Seeds 1k	Organic	£2.29
Sunflower Seeds 25	Organic	£0.69
Sunflower Seeds 3k	Organic	£6.29
Sunflower Seeds 50	Organic	£1.19

Snacks-P nonVAT

Bombay Mix 100g		£0.49
Bombay Mix 1kg		£3.49
Bombay Mix 250g		£0.99
Bombay Mix Org100g	Organic	£0.49
Bombay Mix Org1kg	Organic	£2.99
Bombay Mix Org250g	Organic	£0.79
Chickpea Noodles 1		£0.79
Chickpea Noodles 2		£1.09
Chickpea Noodles 5		£2.09
Fruit & Nut Mix 1k	Organic	£5.39
Fruit & Nut Mix 25	Organic	£1.49
Garlic Gathia 100g		£0.79
Garlic Gathia 250g		£1.09
Garlic Gathia 500g		£2.09
Mountain Mix 1kg		£6.49
Mountain Mix 250g		£1.75
Mountain Mix 3kg		£16.99

Spiced Chickpeas 1		£0.49
Spiced Chickpeas 2		£0.95
Spiced Chickpeas 5		£1.75
Trail Mix 1kg		£6.99
Trail Mix 250g		£1.99
Trail Mix 3kg		£18.99

Snacks-P VAT

Almonds Roast Tama	Organic	£4.34
Cashews Garlic 100		£1.95
Cashews Garlic 250		£4.79
Cashews Garlic 500		£8.99
Cashews Pepper 100		£1.95
Cashews Pepper 250		£4.79
Cashews Pepper 500		£8.99
Cashews Roasted 10		£1.95
Cashews Roasted 25		£4.79
Cashews Roasted 50		£8.99
Cashews Spicy 100g		£1.95
Cashews Spicy 250g		£4.79
Cashews Spicy 500g		£8.99
Mixed Nuts R&S100g		£1.79
Mixed Nuts R&S1kg		£14.99
Mixed Nuts R&S250g		£3.99
Peanuts Roasted 1k		£4.85
Peanuts Roasted 25		£1.25

Sweeteners-P

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

Unpacked Trial

41% Muesli Weighed	Organic	£2.90
Bombay Mix Weighed		£3.09
Organic Basmati Ri	Organic	£2.66
Organic Green Spli	Organic	£1.75
Organic Linseed We	Organic	£2.65
Organic Poppy Seed	Organic	£6.75
Organic Porridge O	Organic	£1.40
Organic Pumpkin Se	Organic	£5.99
Organic Red Lentil	Organic	£1.66
Organic Sesame See	Organic	£3.35
Organic Split Fava	Organic	£2.90
Organic Sunflower	Organic	£1.99
Organic Whole Fava	Organic	£1.45
Organic Yellow Spl		£1.75
Quinoa UK Weighed		£3.33
Unpacked Paper Bag		