

# GENERAL GROCERY PRICELIST

Updated 05/03/2020

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

Department	Branded	
Row Labels	Org?	Average of Price
<b>Baby-B NonVAT</b>		
Ellas Baby Food Stage 1 Apple Banana 120g	Organic	£0.99
Ellas Baby Food Stage 1 Broccoli Pear Pea 120g	Organic	£0.99
Ellas Baby Food Stage 1 Butternut Carrot Prune 120g	Organic	£0.99
Ellas Baby Food Stage 1 Carrot Apple Parsnip 120g	Organic	£0.99
Ellas Baby Food Stage 1 Peach Banana 120g	Organic	£0.99
Ellas Baby Food Stage 1 Spinach Apple Swede 120g	Organic	£0.99
Ellas Baby Food Stage 1 Strawberry Apple 120g	Organic	£0.99
Ellas Baby Food Stage 1 Sweet Potato Carrot Broccoli 120g	Organic	£0.99
Ellas Baby Food Stage 1 Sweet Potato Pumpkin 120g	Organic	£0.99
Ellas Green Smoothie 90g	Organic	£0.85
Ellas Purple One Smoothie 90g	Organic	£0.85
Ellas Red One Smoothie 90g	Organic	£0.85
Ellas Stage 2 Baby 4 Bean Feast 130g	Organic	£1.39
Ellas Stage 2 Baby Lentil Bake 130g	Organic	£1.39
Ellas Yellow One Smoothie 90g	Organic	£0.85
Holle 3 Grain Porridge 250g	Organic	£3.19
Holle Millet Porridge 250g	Organic	£3.39
Holle Rice Porridge 250g	Organic	£3.39
Holle Semolina Porridge 250g	Organic	£3.09
Holle Spelt Porridge 250g	Organic	£3.09
<b>BakingAids-B</b>		
Algamar Agar Agar 50g		£3.99
Doves Quick Dry Yeast 125g		£0.99
Doves Xanthan Gum 100g		£2.35
Dr Oetker Almond Extract 35ml		£1.15
Dr Oetker Lemon Extract 35ml		£1.15
Madecasse Pure Vanilla Extract 118ml		£7.85
Madecasse Pure Vanilla Extract 59ml		£4.29
Orgran No Egg Replacer 200g		£2.39
Raw Choc Co Cacao Powder 180g	Organic	£3.89
Steenberg Lemon Extract 100ml	Organic	£4.39
Steenberg Orange Extract 100ml	Organic	£4.39
Steenberg Rose Water 100ml	Organic	£3.29
Suma Veg Suet 250g		£1.69
<b>Cakes&amp;Puddings-B</b>		
Everfresh Date Pecan Cake 350g	Organic	£2.99
Everfresh Fig Orange Cake 350g	Organic	£2.69
Everfresh Malt Loaf 290g	Organic	£1.35
Everfresh Wheat Free Rye Fruit Cake 350g	Organic	£2.69
Infinity Gluten Free Christmas Pudding 454g	Organic	£6.99
Isola Bio Coconut Cream 200ml	Organic	£1.59
Kite Plum Pudding 450g		£5.99

<b>Panettone 500g</b>	Organic	£12.99
<b>Saker Christmas Cake 830g</b>		£10.99
<b>Spelt Panettone 500g</b>	Organic	£13.99
<b>Cereals-B</b>		
<b>Alara Muesli 250g</b>	Organic	£2.59
<b>Athenry Granola Nutty Crunch 300g</b>		£3.89
<b>Big Oz Buckwheat Flakes 350g</b>	Organic	£2.89
<b>Doves Cornflakes 325g</b>	Organic	£1.98
<b>Hodmedod Puffed Quinoa 150g</b>	Organic	£2.39
<b>Natures Path Millet Rice 375g</b>	Organic	£3.19
<b>Rude Health Puffed Oats 175g</b>		£1.79
<b>Suma GF Muesli 500g</b>	Organic	£2.98
<b>Suma GF Porridge Oats 750g</b>	Organic	£3.69
<b>Dessert&amp;Purees-B</b>		
<b>Case Probios Puree Apple 100g x 18</b>	Organic	£11.40
<b>Case Probios Puree Apricot 100g x 18</b>	Organic	£11.40
<b>Case Probios Puree Banana 100g x 18</b>	Organic	£11.40
<b>Case Probios Puree Blueberry 100g x 18</b>	Organic	£11.40
<b>Case Probios Puree Peach 100g x 18</b>	Organic	£11.40
<b>Case Probios Puree Pear 100g x 18</b>	Organic	£11.40
<b>Case Probios Puree Sealed Box 100g x 18</b>	Organic	£11.40
<b>Coteaux Fruit Puree Apple Apricot 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Blackcurrant 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Blueberry 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Cherry 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Fig 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Kiwi 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Mango 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Quince 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Raspberry 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Rhubarb 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Strawberry 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Greengage 360g</b>	Organic	£2.79
<b>Coteaux Fruit Puree William Pear 360g</b>	Organic	£2.65
<b>Essential Apple Puree 360g</b>	Organic	£1.49
<b>Essential Papaya Chunks 400g</b>	Organic	£1.69
<b>Essential Pineapple Chunks 400g</b>	Organic	£1.79
<b>Meridian Mincemeat 320g</b>	Organic	£3.39
<b>Oatly Cream 250ml</b>	Organic	£0.75
<b>Probios Puree Apple 100g</b>	Organic	£0.69
<b>Probios Puree Apple Apricot 100g</b>	Organic	£0.69
<b>Probios Puree Apple Banana 100g</b>	Organic	£0.69
<b>Probios Puree Apple Blueberry 100g</b>	Organic	£0.69
<b>Probios Puree Apple Plum 100g</b>	Organic	£0.69
<b>Probios Puree Peach Apple 100g</b>	Organic	£0.69
<b>Probios Puree Pear 100g</b>	Organic	£0.69
<b>Provamel Soya Cream 250ml</b>	Organic	£0.99

## DriedFruit-B

Biona Cranberries 100g	Organic	£3.29
Co-op Pine Nuts 100g		£3.19
Crazy Jack Figs 250g	Organic	£2.78
Crazy Jack Prunes 250g	Organic	£4.29
Samarkand Aronia Berries 100g	Organic	£1.69
Samarkand Barberries 100g	Organic	£3.99
Samarkand Cherries 100g	Organic	£2.49
Samarkand Cherries Mixed 100g	Organic	£2.49
Samarkand Cherries Sour 100g	Organic	£2.49
Samarkand Mulberries Mixed 100g	Organic	£3.09
Samarkand Mulberries White 100g	Organic	£2.55
Samarkand Physalis Golden Berries 100g	Organic	£3.95
Samarkand Pomegranates 100g	Organic	£3.95
Tropical Wholefood Banana Chips 150g		£1.59
Tropical Wholefood Banana Slices Bogoya 125g	Organic	£1.99
Tropical Wholefood Mango 100g	Organic	£2.25
Tropical Wholefood Pineapple 100g		£1.79
Zytoun Medjoul Dates 250g		£3.99

## Flakes&Grains-B

Clearspring Brown Sushi Rice 500g	Organic	£2.09
Hodmedod Barley Flakes 500g	Organic	£1.45
Hodmedod Organic UK Quinoa 500g	Organic	£2.75
Hodmedod Smoked Quinoa UK 300g		£2.75
Zytoun Maftoul 250g	Organic	£2.99
Zytoun Smoky Freekeh 250g		£2.99

## Flours-B

Cool Chile Masa Harina 500g		£3.09
Cotswold Carob Flour 250g		£1.89
Doves Bread Flour Brown GF 1kg		£1.70
Doves Bread Flour White 1.5kg	Organic	£1.59
Doves Bread Flour White GF 1kg		£1.68
Doves Bread Flour Wholemeal 1.5kg	Organic	£1.59
Doves Einkorn Flour 1kg	Organic	£2.69
Doves Kamut Flour 1kg	Organic	£2.79
Doves Malthouse Flour 1kg	Organic	£1.59
Doves Pasta Pizza Flour 1kg	Organic	£1.45
Doves Pastry Flour Brown 1kg	Organic	£1.09
Doves Pastry Flour White 1kg	Organic	£1.19
Doves Pastry Flour White GF 1kg		£1.70
Doves Rye Flour 1kg	Organic	£1.59
Doves Self-Raise Flour Brown 1kg	Organic	£1.19
Doves Self-Raise Flour White 1kg	Organic	£1.19
Doves Self-Raise Flour White GF 1kg		£1.70
Doves Spelt Flour White 1kg	Organic	£2.49
Doves Spelt Flour Wholemeal 1kg	Organic	£1.99
Heygates Canadian Flour 16kg		£12.25
Hodmedod Fava Bean Flour 500g		£2.15

<b>Hodmedod Green Pea Flour 500g</b>		£2.15
<b>Hodmedod Marrowfat Pea Flour 500g</b>	Organic	£2.15
<b>Hodmedod White Quinoa Flour 500g</b>		£3.65
<b>Hodmedod Yellow Pea Flour 500g</b>		£2.15
<b>Kitchen Garden Soya Flour 250g</b>	Organic	£1.19
<b>Natco Gram Flour 2kg</b>		£2.49
<b>Natco Gram Flour 500g</b>		£0.98
<b>Shipton Mill 3 Malt Sunflower Brown Bread Flour 1kg</b>	Organic	£1.39
<b>Shipton Mill Chestnut Flour 500g</b>	Organic	£5.95
<b>Shipton Mill Wholegrain Flour 2.5kg</b>	Organic	£2.98
<b>Watermill Granarius Flour 1.5kg</b>	Organic	£3.25
<b>Watermill Millers Magic Flour 1.5kg</b>	Organic	£3.15
<b>Watermill Rye Flour 1.5kg</b>	Organic	£3.39
<b>Watermill Wholewheat Flour 1.5kg</b>	Organic	£2.69

### Herbs&Spices-B

<b>Cool Chile Ancho Flakes 40g</b>		£3.29
<b>Cool Chile Ancho Whole 70g</b>		£3.15
<b>Cool Chile Chipotle Flakes 40g</b>		£3.29
<b>Cool Chile Chipotle Whole 40g</b>		£3.55
<b>Cool Chile De Arbol Flakes 25g</b>		£3.29
<b>Cool Chile De Arbol Whole 20g</b>		£2.69
<b>Cool Chile Guajillo Flakes 40g</b>		£3.29
<b>Cool Chile Pasilla Flakes 40g</b>		£3.29
<b>El Avion Smoked Paprika 75g</b>		£2.29
<b>Kitchen Garden Lemongrass Minced 135g</b>	Organic	£2.08
<b>Licorice Root</b>		£0.15
<b>Nutmeg</b>		£0.16
<b>Saffron 1g</b>		£4.39
<b>Steenberg Mulled Wine Spices 20g</b>	Organic	£1.85
<b>Thai Taste Galangal Minced 114g</b>		£1.59
<b>Thai Taste Kaffir Lime Leaf 114g</b>		£1.59
<b>Thai Taste Lemongrass 114g</b>		£1.59
<b>Thai Taste Thai Basil 114g</b>		£1.89
<b>Zaytoun ZaAtar Spice Mix 80g</b>		£2.98

### Juice&Water-B

<b>Biona Blueberry Juice 330ml</b>	Organic	£4.98
<b>Biona Carrot Juice 1 Ltr</b>	Organic	£2.99
<b>Biona Pomegranate Juice 1 Ltr</b>	Organic	£4.49
<b>Biona Pomegranate Juice 200ml</b>	Organic	£1.59
<b>Biona Pure Cranberry Juice 330ml</b>	Organic	£4.85
<b>Biona Tomato Juice 1 Ltr</b>	Organic	£3.19
<b>Biona Vegetable Juice 500ml</b>	Organic	£1.79
<b>Carey Apple Juice Falstaff 750ml Till Button</b>	Organic	£2.59
<b>Carey Apple Juice Pinova 750ml</b>	Organic	£2.59
<b>Carey Apple Juice Red Pippin 750ml</b>	Organic	£2.59
<b>ChariTea Iced Black Tea 330ml</b>	Organic	£1.19
<b>ChariTea Iced Mate Tea 330ml</b>	Organic	£1.19
<b>ChariTea Iced Rooibos Tea 330ml</b>	Organic	£1.19

Co-op Apple Juice 1 Ltr		£0.89
Co-op Apple Juice Case 1 Ltr x 12		£9.60
Co-op Orange Juice 1 Ltr		£0.99
Co-op Orange Juice Case 1 Ltr x 12		£10.80
Co-op Pineapple Juice 1 Ltr		£0.99
Co-op Tomato Juice 1 Ltr		£0.89
Coteaux Apple Cherry Juice 750ml	Organic	£3.39
Coteaux Apple Mango Juice 750ml	Organic	£3.39
Coteaux Apple Quince Juice 750ml	Organic	£3.39
Coteaux Red Grape Juice 750ml	Organic	£3.39
Coteaux Sparkling Apple 750ml	Organic	£3.29
Coteaux Sparkling Apple Blackc 750ml	Organic	£3.59
Coteaux Sparkling Apple Blueb 750ml	Organic	£3.59
Coteaux Sparkling Apple Passionf 750ml	Organic	£3.59
Coteaux Sparkling Apple Raspb 750ml	Organic	£3.59
Delizum Carrot Juice 200ml	Organic	£0.99
Delizum Orange Juice 1 Ltr	Organic	£2.85
Delizum Peach Juice 200ml	Organic	£0.89
Delizum Pear Juice 200ml	Organic	£0.89
Delizum Red Grape Juice 200ml	Organic	£0.99
Delizum Tropical Juice 200ml	Organic	£0.99
Eager Apple Juice 1 Ltr		£1.79
Eager Orange Juice Smooth 1 Ltr		£1.99
Eager Orange Juice with Bits 1 Ltr		£1.99
Eager Pineapple Juice 1 Ltr		£2.09
Eager Pink Grapefruit Juice 1 Ltr		£2.09
Fritz Fizzy Apple Juice 330ml	Organic	£1.49
Fritz Fizzy Grape Juice 330ml	Organic	£1.49
Granovita Beetroot Juice 750ml	Organic	£3.28
I Frutti del Sole Blueberry Juice 330ml	Organic	£4.98
Nutimento Yellow Smoothie 250ml	Organic	£2.39
Nutrimento Green Smoothie 250ml	Organic	£2.39
Rabenhorst Beetroot Juice 750ml	Organic	£3.49
Rocketman Cold Brew Coffee 330ml	Organic	£1.99
Stute Red Grape Juice 1 Ltr		£1.89
Suma Apple Concentrate 500ml		£4.89
Wenlock Spring Sparkling Water 1 Ltr		£1.09
Wenlock Spring Sparkling Water Case 1 Ltr x 12		£11.89
Wenlock Spring Still Water 1 Ltr		£1.09
Wenlock Spring Still Water Case 1 Ltr x 12		£11.89

#### Milks-B

Bridge Choc Rice Drink 250ml	Organic	£0.89
Case Oatly Oat Milk 1 Ltr x 6	Organic	£6.96
Case Provamel Blue Sweet Soya Milk 1 Ltr x 12	Organic	£18.30
Case Sojade Calcium Rice Milk 1 Ltr x 6	Organic	£8.59
Case Sojade Calcium Soy Milk 1 Ltr x 6		£7.98
Case Sojade Hemp Milk 1 Ltr x 6		£13.20
Case Sojade Natural Soy Milk 1 Ltr x 6		£6.90
Ecomil Almond Cream 200ml	Organic	£1.35

Ecomil Almond Milk 1 Ltr	Organic	£2.79
EcoMil Case Almond Milk 1 Ltr x 6	Organic	£14.95
EcoMil Case Coconut Milk 1 Ltr x 6	Organic	£14.95
Ecomil Case Hemp Milk 1 Ltr x 6	Organic	£14.95
Ecomil Coconut Milk 1 Ltr	Organic	£2.79
Ecomil Hemp Milk 1 Ltr	Organic	£2.79
Granovita Soya Milk Case 1 Ltr x 12	Organic	£15.00
Isola Bio Almond Rice Milk 1 Ltr	Organic	£1.98
Isola Bio Case Almond Rice 1Ltr x 6	Organic	£10.68
Isola Bio Case Coconut Rice Milk 1 Ltr x 6	Organic	£10.68
Isola Bio Case Hazelnut Rice Milk 1 Ltr x 6	Organic	£10.68
Isola Bio Case Oat Milk 1 Ltr x 6	Organic	£9.72
Isola Bio Case Rice Milk 1 Ltr x 12	Organic	£16.20
Isola Bio Chocolate 250ml	Organic	£0.75
Isola Bio Coconut Rice Milk 1 Ltr	Organic	£1.98
Isola Bio Coconut Rice Milk 250ml	Organic	£0.75
Isola Bio Hazelnut Rice Milk 1 Ltr	Organic	£1.98
Isola Bio Millet Milk 1 Ltr	Organic	£1.98
Isola Bio Oat Milk 1 Ltr	Organic	£1.79
Isola Bio Rice Milk 1 Ltr	Organic	£1.49
Isola Bio Soya Drink 1 Litre	Organic	£1.49
Isola Bio Soya Drink 1 Litre x 6	Organic	£8.10
Minor Figures Case Oat Milk 1 Litre x 6	Organic	£10.50
Minor Figures Oat Milk Barista 1 Ltr	Organic	£1.75
Oatly Milk Barista 1 Ltr		£1.91
Oatly Oat Milk 1 Ltr	Organic	£1.29
Provamel Blue Sweet Soya Milk 1 Ltr	Organic	£1.69
Rice & Rice Almond Rice Drink 1 Ltr	Organic	£2.15
Rice & Rice Almond Rice Drink 200ml	Organic	£0.69
Rice Dream Original 1 Ltr	Organic	£1.38
Sojade Milk Calcium Rice 1 Ltr		£1.59
Sojade Milk Calcium Soy 1 Ltr		£1.48
Sojade Milk Hemp 1 Ltr		£2.39
Sojade Milk Soy Natural 1 Ltr		£1.28
<b>Misc-B</b>		
Branded Misc Open Price		£0.00
Branded Misc VAT Open Price		£0.00
<b>Misc-Eureka</b>		
Test Product		£5.00
<b>Nuts-B</b>		
Organico Cooked Chestnuts 200g	Organic	£3.89
Raw Choc Co Cacao Butter 240g	Organic	£6.25
Raw Choc Co Cacao Nibs 150g	Organic	£3.49
<b>Oil&amp;Seasoning-B</b>		
9Meals Veg Stock Herb 105g	Organic	£2.79
9Meals Veg Stock Original 105g	Organic	£2.79

<b>9Meals Veg Stock Umami 105g</b>	Organic	£2.79
<b>Aleco Olive Oil 1 Litre</b>	Organic	£8.98
<b>Amaizin Coconut Milk 400g</b>	Organic	£1.75
<b>Amaizin Creamed Coconut 200g</b>	Organic	£1.79
<b>Arcadia Olive Oil 1 Ltr</b>	Organic	£7.99
<b>Arcadia Olive Oil 3 Ltr</b>	Organic	£22.49
<b>As Pontis Olive Oil 1 Ltr</b>	Organic	£7.89
<b>As Pontis Olive Oil 3 Ltr</b>	Organic	£20.99
<b>As Pontis Olive Oil 500ml</b>	Organic	£4.99
<b>Aspall Apple Cider Vinegar 1 Ltr</b>	Organic	£2.99
<b>Aspall Cider Vinegar 5 Ltr</b>	Organic	£14.69
<b>Aspall Cider Vinegar 500ml</b>	Organic	£1.69
<b>Aspall Malt Vinegar 250ml</b>		£0.75
<b>Aspall Red Wine Vinegar 350ml</b>	Organic	£1.49
<b>Aspall White Wine Vinegar 350ml</b>	Organic	£1.49
<b>Bio Planete Rapeseed Oil 500ml</b>	Organic	£4.29
<b>Bio Planete Sunflower Oil 500ml</b>	Organic	£3.49
<b>Biona Balsamic Vinegar 500ml</b>	Organic	£4.29
<b>Biona Case Light Coconut Milk 400g x 6</b>	Organic	£8.64
<b>Biona Coconut Oil 200g</b>	Organic	£3.89
<b>Biona Flax Seed Oil 250ml</b>	Organic	£4.49
<b>Biona Gomasio 100g</b>	Organic	£1.79
<b>Biona Harissa Relish 125g</b>	Organic	£2.49
<b>Biona Light Coconut Milk 400ml</b>	Organic	£1.59
<b>Biona Mustard 320ml</b>	Organic	£2.19
<b>Biona Sun-Dried Tomatoes 170g</b>	Organic	£4.19
<b>Biona Tomato Ketchup 340g</b>	Organic	£2.19
<b>Biona Tomato Ketchup 560g</b>	Organic	£1.89
<b>Biona Wasabi Paste 50g</b>		£2.99
<b>Carleys Preserved Lemons 700g</b>	Organic	£4.89
<b>Cibus Vegan Parmesan 100g</b>		£3.89
<b>Clearspring Avocado Oil 250ml</b>	Organic	£6.49
<b>Clearspring Brown Rice Miso 300g</b>	Organic	£3.99
<b>Clearspring Flax Oil 250ml</b>	Organic	£3.99
<b>Clearspring Rice Mirin 150ml</b>		£2.89
<b>Clearspring Rice Vinegar 150ml</b>		£1.98
<b>Clearspring Safflower Oil 500ml</b>	Organic	£5.99
<b>Clearspring Soy Sauce Shoyu 150ml</b>	Organic	£2.09
<b>Clearspring Sweet White Miso 250g</b>	Organic	£3.99
<b>Clearspring Tamari Soy Sauce 150ml</b>	Organic	£2.99
<b>Clearspring Teriyaki Sauce 150ml</b>	Organic	£2.89
<b>Clearspring Ume Plum Seasoning 150ml</b>	Organic	£2.39
<b>Cooks &amp; Co Green Chillies 300g</b>		£1.49
<b>Cooks &amp; Co Pepperocini Chilli Peppers 280g</b>		£1.49
<b>Cooks &amp; Co Red Chillies 300g</b>		£1.49
<b>Co-op Garlic Oil 250ml</b>		£2.69
<b>Co-op Olives with SunDried Tomatoes 290g</b>		£2.65
<b>Co-op Sliced Green Jalapeno 230g</b>		£0.99
<b>Co-op Sunflower Oil 1 Ltr</b>		£1.19
<b>Crespo Sliced Black Olives 280g</b>		£0.79

<b>Crones Cider &amp; Perry Vinegar 750ml</b>	Organic	£2.59
<b>DAmico Artichoke &amp; Herbs 280g</b>		£2.95
<b>Dr Coy Vegetable Bouillon 150g</b>	Organic	£4.05
<b>Ecoato Olive Oil Unfiltered 1 litre</b>	Organic	£7.49
<b>Emile Noel Avocado Oil 250ml</b>	Organic	£6.29
<b>Emile Noel Pumpkin Seed Oil 250ml</b>	Organic	£7.98
<b>Emile Noel Walnut Oil 250ml</b>	Organic	£9.99
<b>Encona Hot Pepper Sauce 142ml</b>		£1.35
<b>Essential Wholegrain Mustard 1kg</b>	Organic	£5.99
<b>Essential Case Coconut Milk 400g x 6</b>	Organic	£8.59
<b>Essential Coconut Milk 400g</b>	Organic	£1.59
<b>Essential Coconut Oil 210ml</b>	Organic	£2.99
<b>Essential Coconut Oil 690ml</b>	Organic	£7.98
<b>Essential Dijon Mustard 200g</b>	Organic	£1.89
<b>Essential Sesame Oil 500ml</b>	Organic	£5.49
<b>Essential Sunflower Oil 5 Ltr</b>	Organic	£18.99
<b>Essential Sunflower Oil 500ml</b>	Organic	£2.89
<b>Essential Wholegrain Mustard 200g</b>	Organic	£1.89
<b>Eurofood Lemon Juice 1 Ltr</b>	Organic	£4.49
<b>Geo Bhuna Curry Paste 180g</b>	Organic	£2.39
<b>Geo Korma Curry Paste 180g</b>	Organic	£2.19
<b>Geo Madras Curry Paste 180g</b>	Organic	£2.39
<b>Geo Tikka Masala Curry Paste 180g</b>	Organic	£2.19
<b>Good Oil Hemp Seed Oil 500ml</b>		£5.89
<b>Grannys Secret Ayvar Spread 200g</b>		£2.59
<b>Grannys Secret Hot Ayvar Spread 200g</b>		£2.59
<b>Greek Olive Oil 500ml</b>		£4.49
<b>Harissa Tube 70g</b>		£0.75
<b>Howl Bourbon Hot Sauce 150ml</b>		£2.55
<b>Howl Hot Sauce 150ml</b>		£2.55
<b>I Fruitti del Sole Olive Oil 500ml</b>	Organic	£7.19
<b>Kitchen Garden Basil Pesto 135g</b>	Organic	£2.08
<b>Kitchen Garden Black Pepper Paste 135g</b>	Organic	£2.08
<b>Kitchen Garden Curry Paste 135g</b>	Organic	£2.08
<b>Kitchen Garden Hot Chilli Paste 135g</b>	Organic	£2.08
<b>La Bio Idea Lemon Juice 250ml</b>	Organic	£1.79
<b>Love Pickle Hot Chilli Tomato 180g</b>		£2.98
<b>Lovepickle Mild Chilli Tomato 180g</b>		£2.98
<b>Lovepickle Super Hot Chilli Tomato 180g</b>		£2.98
<b>Luque Olive Oil 1ltr</b>	Organic	£9.49
<b>Mani Blauel Capers in Olive Oil 180g</b>	Organic	£3.19
<b>Mani Blauel Kalamata Pate 180g</b>	Organic	£3.19
<b>Mani Blauel Raw Green Olives 180g</b>	Organic	£3.19
<b>Mani Blauel Raw Kalamata Olives 205g</b>	Organic	£3.19
<b>Mani Blauel SD Tomato Spread 180g</b>		£3.19
<b>Mas Happy Kitchen FT Coconut Milk 400ml</b>	Organic	£1.59
<b>Merdian Toasted Sesame Oil 500ml</b>	Organic	£5.79
<b>Meridian Cranberry Sauce 284g</b>		£2.49
<b>Meridian Green Pesto 170g</b>		£1.99
<b>Meridian Sunflower Oil 500ml</b>	Organic	£2.99



<b>Minara Korma Paste 190g</b>		£1.59
<b>Minara Lime Pickle 190g</b>		£1.69
<b>Minara Rogan Josh Paste 190g</b>		£1.59
<b>Minara Tandoori Paste 190g</b>		£1.59
<b>Mugi Miso Paste 345g</b>		£2.89
<b>Natco Tamarind 400g</b>		£1.99
<b>Natco Tamarind Concentrate 300g</b>		£2.39
<b>Odysea Pomegranate Molasses 250ml</b>		£3.00
<b>Olive Branch Aubergine Basil Dip 190g</b>		£2.59
<b>Olive Branch Dressing Fig Balsamic 250ml</b>		£2.99
<b>Olive Branch Dressing Orange Balsamic 250ml</b>		£2.99
<b>Olive Branch Olive Oil 1 Ltr</b>		£7.75
<b>Olive Branch Roasted Peppers 450g</b>		£2.69
<b>Olive Branch SD Tomato Mix 190g</b>		£2.59
<b>Olive Branch Tapenade Fig Mint 180g</b>		£2.99
<b>Olives Et Al Basil &amp; Garlic Olives 800g</b>		£10.99
<b>Olives Et Al Classic Olives 800g</b>		£10.99
<b>Olives Et Al Cumin Coriander Olives 800g</b>		£10.99
<b>Olives Et Al Rosemary Garlic Olives 800g</b>		£10.99
<b>Organico Artichoke Hearts 190g</b>	Organic	£3.35
<b>Organico Black Olives 280g</b>	Organic	£2.85
<b>Organico Capers In Brine 250g</b>	Organic	£2.45
<b>Organico Garlic Olives 190g</b>	Organic	£2.85
<b>Organico Olive Oil 500ml</b>	Organic	£4.99
<b>Organico Sun-Dried Tomatoes 190g</b>	Organic	£2.85
<b>Plamil Garlic Mayo 315g</b>		£2.09
<b>Plamil Plain Mayo 315g</b>		£2.09
<b>Plamil Tarragon Mayo 315g</b>		£2.09
<b>Quintessence Basil Oil 80ml</b>		£1.39
<b>RAW Cider Vinegar 500ml</b>	Organic	£2.49
<b>Sanchi Tamari 2.5 Ltr</b>	Organic	£33.99
<b>Seggiano Basil Pesto 200g</b>		£5.59
<b>Seggiano Cavolo Nero Pesto 200g</b>		£5.59
<b>Seggiano Red Pesto 200g</b>		£5.59
<b>Stringer Organic Rapeseed Oil 500ml</b>	Organic	£4.99
<b>Suma Balsamic Vinegar 250ml</b>	Organic	£4.29
<b>Suma Coconut Oil Odourless 650g</b>	Organic	£4.98
<b>Suma Creamed Coconut 200g</b>	Organic	£1.79
<b>Suma Pesto Rosso 190g</b>	Organic	£2.89
<b>Suma Pesto Siciliana 190g</b>	Organic	£2.89
<b>Sunita Black Olives 450g</b>		£2.39
<b>Sunita Creamed Basil 130g</b>		£2.25
<b>Sunita Genovese Pesto 130g</b>	Organic	£2.98
<b>Sunita Green Olives 450g</b>		£2.39
<b>Sunita Jumbo Kalamon Olives 450g</b>		£3.29
<b>Sunita Kalamon Olives 370g</b>	Organic	£2.69
<b>Sunita Lime Juice 250ml</b>	Organic	£1.69
<b>Sunita Olives w/Pimento 230g</b>		£1.09
<b>Swazi Kitchen Chilli Fire Sauce 275g</b>		£2.89
<b>Swazi Kitchen Lime Pickle 275g</b>		£2.85

<b>Swazi Kitchen Mango Pickle 275g</b>		£2.85
<b>Thai Taste Green Gang Keow 1kg</b>		£7.49
<b>Thai Taste Green Gang Keow 400g</b>		£3.69
<b>Thai Taste Red Gang Musman 114g</b>		£1.95
<b>Thai Taste Red Gang Ped 1kg</b>		£7.49
<b>Thai Taste Red Gang Ped 400g</b>		£3.69
<b>Thai Taste Red Panang 114g</b>		£1.79
<b>Thai Taste Yellow GangGaree 114g</b>		£1.79
<b>Thai Taste Yellow GangGaree 400g</b>		£3.69
<b>Truly Simple Garlic Puree 100g</b>		£2.29
<b>Truly Simple Ginger Puree 100g</b>		£2.29
<b>Yakso Sambal Oelek 100g</b>	Organic	£1.89
<b>Yakso Soy Sauce 250ml</b>	Organic	£2.95
<b>Yakso Tamari 250ml</b>	Organic	£3.19
<b>Yaoh Hemp Seed Oil 250ml</b>	Organic	£6.59
<b>Zaytoun Olive Oil 500ml</b>		£10.69
<b>Zest Coriander Pesto 165g</b>		£2.19
<b>Zest Pesto 165g</b>		£2.29
<b>Zest Pesto 340g</b>		£3.78
<b>Zest Sundried Tomato Paste 170g</b>		£2.29

#### **Pasta-B**

<b>Amaizin Green Soya Bean Noodles 200g</b>	Organic	£2.98
<b>Amaizin Taco Shells x 12</b>	Organic	£2.25
<b>Bio Idea Macaroni 500g</b>	Organic	£1.19
<b>Bio Idea Pasta Shells 500g</b>	Organic	£1.19
<b>Bio Idea Tagliatelle 500g</b>	Organic	£1.19
<b>Bio Idea Vermicelli 500g</b>	Organic	£1.19
<b>Blue Dragon Wholeweat Noodles 300g</b>		£1.39
<b>Castagno Buckwheat 250g</b>	Organic	£1.89
<b>Castagno Chickpea Fusilli 250g</b>	Organic	£1.69
<b>Castagno Corn Fusilli 250g</b>	Organic	£1.09
<b>Castagno Green Pea Fusilli 250g</b>	Organic	£1.69
<b>Castagno Rice Pasta 250g</b>	Organic	£1.69
<b>Castagno Rice Shaped Pasta 500g</b>	Organic	£1.09
<b>Castagno Spelt Lasagne 250g</b>	Organic	£2.19
<b>Castagno Spelt Penne 500g</b>	Organic	£1.89
<b>Castagno Spelt Spaghetti 500g</b>	Organic	£1.89
<b>Castagno Spelt Spirals 500g</b>	Organic	£1.89
<b>Castagno Wheat Lasagne Sheets 250g</b>	Organic	£1.39
<b>Doves Farm Maize &amp; Rice Lasagne Sheets 250g</b>	Organic	£1.99
<b>Iris Bulk Fusilli 5kg</b>	Organic	£8.99
<b>Iris Bulk Penne 5kg</b>	Organic	£8.99
<b>King Soba 100% Rice Noodles 250g</b>	Organic	£1.98
<b>King Soba Buckwheat Noodles 250g</b>	Organic	£2.08
<b>King Soba Pad Thai Noodles 250g</b>	Organic	£2.19
<b>King Soba Rice Millet Noodle 250g</b>	Organic	£1.79
<b>King Soba Thai Rice Noodle 250g</b>	Organic	£1.89
<b>King Soba Udon Noodles 250g</b>	Organic	£1.69
<b>La Terra Linguine 500g</b>	Organic	£1.69

<b>Orgran Buckwheat Pasta 250g</b>		£1.89
<b>Orgran Rice Corn Lasagne Sheets 200g</b>		£2.69
<b>Orgran Rice Millet Pasta 250g</b>		£1.89
<b>Orgran Veg Rice Pasta 250g</b>		£1.89
<b>Pro Fusion Red Lentil Fusilli 300g</b>	Organic	£3.19
<b>Rizopia Brown Rice Pasta Elbow 500g</b>	Organic	£3.39
<b>Rizopia Brown Rice Pasta Shapes 500g</b>	Organic	£3.39
<b>Suma Fusilli Spirals 500g</b>	Organic	£0.99
<b>Suma GF Brown Rice Fusilli 500g</b>	Organic	£2.29
<b>Suma GF Corn Rice Penne 500g</b>	Organic	£2.15
<b>Suma Penne 500g</b>	Organic	£0.99
<b>Suma Spaghetti 500g</b>	Organic	£0.99

#### **PreparedFood-B**

<b>Adonis Falafel Mix 200g</b>		£1.39
<b>Algamar Sea Vegetables 100g</b>		£7.49
<b>Algamar Sea Vegetables 50g</b>		£4.29
<b>Algaran Dulse 40g</b>	Organic	£2.49
<b>Algaran Irish Seaweed Dressing 40g</b>	Organic	£2.55
<b>Algaran Kombu Kelp 40g</b>	Organic	£2.49
<b>Algaran Organic Irish Nori 40g</b>	Organic	£2.49
<b>Algaran Sea Salad 40g</b>	Organic	£2.49
<b>Algaran Sea Spaghetti 40g</b>	Organic	£2.49
<b>Algaran Spirulina 40g</b>	Organic	£2.49
<b>Algaran Wakame 40g</b>	Organic	£2.49
<b>Biona Aduki Beans 400g</b>	Organic	£0.99
<b>Biona Chopped Tomatoes with Basil 400g</b>	Organic	£1.09
<b>Biona Edamame Beans 200g</b>	Organic	£1.59
<b>Biona Giant Beans 230g</b>	Organic	£1.59
<b>Biona Passata 680g</b>	Organic	£1.29
<b>Biona Pinto Beans 400g</b>	Organic	£0.99
<b>Biona Puy Lentils 400g</b>	Organic	£0.99
<b>Bionova Green Beans 340g</b>	Organic	£1.19
<b>Bionova Sauerkraut 230g</b>	Organic	£1.99
<b>Bionova Sweetcorn 230g</b>	Organic	£1.39
<b>Clearspring Arame Seaweed 50g</b>		£4.99
<b>Clearspring Nori Seaweed 25g</b>		£2.99
<b>Consar Tomato Puree Tin 400g</b>		£0.98
<b>Cooks &amp; Co Artichoke Hearts 390g</b>		£1.79
<b>Cooks Choice Vine Leaves 380g</b>		£1.98
<b>Co-op Case Peeled Tomatoes 400g x 24</b>		£9.70
<b>Co-op Peeled Tomatoes 400g</b>		£0.45
<b>Co-op Tomato Puree 200g</b>		£0.58
<b>DiFatti Gnocchi 250g</b>		£1.95
<b>Essential Gherkins 680g</b>	Organic	£3.29
<b>Essential Young Jackfruit 400g</b>	Organic	£2.59
<b>Giaguaro Passata Box 500g</b>		£0.59
<b>Govinda Young Jackfruit Shreds 218g</b>	Organic	£3.29
<b>Granovita Nut Luncheon 420g</b>		£1.99
<b>Hodmedod Carlin Peas 400g</b>	Organic	£0.79

<b>Hodmedod Dried Carlin Peas 500g</b>	Organic	£1.49
<b>Hodmedod Fava Beans 400g</b>	Organic	£0.79
<b>Hodmedod Haricot Beans 400g</b>		£0.79
<b>Hodmedod UK Red Lentils 500g</b>		£3.25
<b>Kingfisher Bamboo Shoots 225g</b>		£0.99
<b>Kingfisher Water Chestnuts 225g</b>		£0.99
<b>Kitchen Garden Soya Mince (TVP) 250g</b>	Organic	£1.49
<b>La Fiammante Cherry Tomatoes 400g</b>		£0.75
<b>La Fiammante Tomatoes with Basil 400g</b>		£0.59
<b>Locavore Black Beans 400g</b>	Organic	£0.69
<b>Locavore Black Eye Beans 400g</b>	Organic	£0.59
<b>Locavore Borlotti Beans 400g</b>	Organic	£0.59
<b>Locavore Butter Beans 400g</b>	Organic	£0.69
<b>Locavore Cannellini Beans 400g</b>	Organic	£0.69
<b>Locavore Case Black Beans 400g x 12</b>	Organic	£7.28
<b>Locavore Case Butter Beans 400g x 12</b>	Organic	£7.28
<b>Locavore Case Cannellini Case 400g x 12</b>	Organic	£7.28
<b>Locavore Case Chick Peas 400g x 12</b>	Organic	£6.24
<b>Locavore Case Chopped Tomato 400g x 12</b>	Organic	£7.00
<b>Locavore Case Kidney Beans 400g x 12</b>	Organic	£6.24
<b>Locavore Case Mixed Beans 400g x 12</b>	Organic	£6.24
<b>Locavore Case Peeled Tomato 400g x 12</b>	Organic	£7.00
<b>Locavore Chick Peas 400g</b>	Organic	£0.59
<b>Locavore Chopped Tomatoes 400g</b>	Organic	£0.65
<b>Locavore Green Lentils 400g</b>	Organic	£0.59
<b>Locavore Green Peas 400g</b>	Organic	£0.59
<b>Locavore Mixed Beans 400g</b>	Organic	£0.59
<b>Locavore Passata Sauce 680g</b>	Organic	£1.09
<b>Locavore Peeled Tomatoes 400g</b>	Organic	£0.65
<b>Locavore Red Kidney Beans 400g</b>	Organic	£0.59
<b>Marigold Braised Tofu 225g</b>		£2.29
<b>Marigold Yeast Flakes B12 125g</b>		£2.99
<b>Marigold Yeast Flakes Organic 125g</b>	Organic	£3.99
<b>Minara Jalfrezi Sauce 350g</b>		£1.59
<b>Minara Madras Sauce 350g</b>		£1.59
<b>Naija Peanut Sauce 360g</b>		£2.19
<b>Natco Case Chick Peas 400g x 12</b>		£3.89
<b>Natco Chick Peas 400g</b>		£0.39
<b>Natco Curried Chick Peas 400g</b>		£0.98
<b>Natco Poppadoms 200g</b>		£0.95
<b>Niko Pitted Raw Kalamon Olives 370g</b>	Organic	£2.59
<b>Niko Raw Kalamon Olives 370g</b>	Organic	£2.49
<b>Nutrimento Arrabbiata Sauce 280g</b>	Organic	£1.85
<b>Nutrimento Basil Sauce 280g</b>	Organic	£1.75
<b>Nutrimento Nonna Sauce 280g</b>	Organic	£1.85
<b>Nutrimento Olive Caper Sauce 280g</b>	Organic	£1.79
<b>Nutrimento Soya Bolognese 280g</b>	Organic	£2.25
<b>Organico Chestnut Puree 300g</b>	Organic	£3.39
<b>Samarkand Porcini Mushroom 20g</b>	Organic	£1.95
<b>Sara Tomato Puree Tin 400g</b>		£0.98

<b>Seggiano Fennel Tomato Pesto 220g</b>		£3.99
<b>Shropshire Sage Onion Stuffing 150g</b>		£1.29
<b>Sofra Falafel Mix 200g</b>		£1.29
<b>Sofra Vine Leaves 280g</b>		£1.49
<b>Soia Bechamel Sauce 500ml</b>	Organic	£1.79
<b>Suma Arrabbiata Sauce 350g</b>	Organic	£1.69
<b>Suma Baked Beans 400g</b>	Organic	£0.89
<b>Suma Black Beans 400g</b>	Organic	£0.89
<b>Suma Bolognese Sauce 350g</b>	Organic	£1.69
<b>Suma Butter Beans 400g</b>	Organic	£0.89
<b>Suma Cannellini Beans 400g</b>	Organic	£0.89
<b>Suma Case Baked Beans 440g x 12</b>	Organic	£10.20
<b>Suma Mixed Beans 400g</b>	Organic	£0.89
<b>Suma Napoletana Pasta Sauce 350g</b>	Organic	£1.69
<b>Suma Red Kidney Beans 400g</b>	Organic	£0.89
<b>Suma Rustic Vegetable Soup 400g</b>	Organic	£1.45
<b>Suma Sweetcorn 340g</b>	Organic	£1.18
<b>Suma Tomato Puree 200g</b>	Organic	£1.09
<b>Suma Tuscan Bean Soup 400g</b>	Organic	£1.45
<b>Sunita Polenta 500g</b>	Organic	£1.39
<b>Tamtad Cabbage Leaves 340g</b>		£1.59
<b>Tamtad Stuffed Peppers 400g</b>		£1.59
<b>Tropical Wholefood Oyster Mushrooms 25g</b>		£1.75
<b>Tropical Wholefood Porcini Mushroom 30g</b>		£2.59
<b>Tropical Wholefood Shiitake Mushroom 50g</b>		£2.59
<b>Veggies Hemp Burger Mix 350g</b>		£3.29
<b>Veggies Sosage Mix 350g</b>		£3.29
<b>Whole Earth Baked Beans 400g</b>	Organic	£0.89
<b>Whole Earth Case Baked Beans 400g x 12</b>	Organic	£10.20
<b>Yakso Rice Paper x15</b>	Organic	£2.49

#### **SavouryBisc-B**

<b>Amisa Buckwheat Crisp 120g</b>	Organic	£2.18
<b>Biona Quinoa Rice Cake 100g</b>	Organic	£1.09
<b>Breadsticks Garlic 125g</b>		£0.89
<b>Break Bio Breadsticks Spelt 125g</b>	Organic	£1.19
<b>Clearspring Corn Cakes 130g</b>	Organic	£0.99
<b>Clearspring Salted Rice Cakes 130g</b>	Organic	£0.99
<b>Co-op Italian Breadsticks 125g</b>		£0.69
<b>Co-op Oatcakes 250g</b>		£0.79
<b>Crosta Mollica Breadsticks 140g</b>		£1.59
<b>Crosta Mollica Chilli Crostini 150g</b>		£1.69
<b>Crosta Mollica Olive Breadsticks 140g</b>		£1.59
<b>Crosta Mollica Oregano Crostini 150g</b>		£1.69
<b>Dr Karg 3 Seed Crackers 200g</b>	Organic	£1.99
<b>Dr Karg Seeded Spelt Crackerbread 200g</b>	Organic	£2.39
<b>Finn Multi Crispbread 175g</b>		£1.19
<b>Finn Rye Crispbread 250g</b>		£1.19
<b>Fiorentini Case Corn Cake 120g x 12</b>	Organic	£10.69
<b>Fiorentini Case Rice Cakes without Salt 120g x 12</b>	Organic	£8.55

<b>Fiorentini Corn Cakes 120g</b>	Organic	£0.99
<b>Fiorentini Multigrain Cakes 100g</b>	Organic	£0.85
<b>Fiorentini Rice Cakes without Salt 120g</b>	Organic	£0.79
<b>Fiorentini Sesame Crispbread 200g</b>	Organic	£1.30
<b>Fiorentini Spelt Breadleaves 200g</b>	Organic	£1.29
<b>Lima Buckwheat Rice Cakes 100g</b>	Organic	£0.95
<b>Nairns Fine Oatcakes 218g</b>		£0.99
<b>Nairns Oatcakes GF 213g</b>		£1.75
<b>Nairns Organic Oatcakes 250g</b>	Organic	£1.25
<b>Origin Earth GF Crispy Bread Crackers 150g</b>		£2.49
<b>Pan Ducale Black Olive Crostini 200g</b>		£1.65
<b>Pan Ducale Rosemary Crostini 300g</b>		£1.65
<b>Riccardi Freselle 375g</b>		£2.29
<b>Tarali Fennel Mignon 350g</b>		£1.95
<b>Zemanka Pumpkin Seed Crackers 100g</b>	Organic	£1.39
<b>Zemanka Seeded Spelt Crackers 100g</b>	Organic	£1.39
<b>Zemanka Sesame Crackers 100g</b>	Organic	£1.39
<b>Zemanka Spelt Crackers 100g</b>	Organic	£1.39

#### Seeds-B

<b>Biosnacky Fitness Sprouts 40g</b>	Organic	£1.05
<b>Biosnacky Gourmet Sprouts 40g</b>	Organic	£1.05
<b>Biosnacky Red Clover Mix 30g</b>	Organic	£1.45
<b>Biosnacky Sprouting Broccoli 30g</b>	Organic	£1.45
<b>Biosnacky Wellness Sprouts 40g</b>	Organic	£1.45
<b>Healthstore Chia Seeds 250g</b>	Organic	£2.99
<b>Healthstore Chia Seeds 500g</b>	Organic	£4.99
<b>Hodmedod UK Chia Seeds 200g</b>		£2.49
<b>Linwoods Flaxseed 425g</b>	Organic	£4.99
<b>Yaoh Hulled Hemp Seed 125g</b>	Organic	£3.29

#### Snacks-B nonVAT

<b>Cool Chile Chipotle Salsa 270g</b>		£3.75
<b>Cool Chile Tomatillo Salsa 270g</b>		£3.75
<b>Eat Real Hummus Chips 100g</b>	Organic	£1.99
<b>Eat Real Hummus Chips 45g</b>		£0.79
<b>Eat Real Lentil Chips 40g</b>		£0.79
<b>Eat Real Organic Lentil Chips 100g</b>	Organic	£1.99
<b>Love Corn BBQ 115g</b>		£1.69
<b>Love Corn Chilli 115g</b>		£1.69
<b>Love Corn Sea Salt 115g</b>		£1.69
<b>Roots Veg Crisp 150g</b>		£2.09
<b>Roots Veg Crisp 40g</b>		£0.69
<b>Trafo Salsa Cool 200g</b>	Organic	£1.79
<b>Trafo Salsa Hot 200g</b>	Organic	£1.79
<b>Trafo Tortilla Chips 200g</b>	Organic	£1.49
<b>Trafo Tortilla Chips 75g</b>	Organic	£0.79

#### Snacks-B VAT

<b>Brave Peas Sea Salt Vinegar 35g</b>		£0.99
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<b>Brave Roast Peas Garlic Chive 35g</b>		£0.99
<b>Brave Roast Peas Paprika Chilli 35g</b>		£0.99
<b>Fiddlers Sea Salt Crisp 150g</b>		£1.99
<b>Fiddlers Sea Salt Crisp 40g</b>		£0.69
<b>Fiddlers Simply Spuds Crisp 150g</b>		£1.99
<b>Fiddlers Simply Spuds Crisp 40g</b>		£0.69
<b>Fiorentini Corn Snack Olive 50g</b>	Organic	£0.79
<b>Fiorentini Corn Snack Paprika 50g</b>	Organic	£0.79
<b>Fiorentini Corn Snack Rosemary 50g</b>	Organic	£0.79
<b>Fiorentini Rice Snack Olive Oil 40g</b>	Organic	£0.79
<b>Fiorentini Rice Snack Paprika 40g</b>	Organic	£0.79
<b>Fiorentini Rice Snack Rosemary 40g</b>	Organic	£0.79
<b>Hodmedod Roasted Salted Fava Beans 300g</b>		£1.65
<b>Hodmedod Roasted Salted Peas 300g</b>		£1.65
<b>Munchy Seeds Sesame Sprinkles 200g</b>		£3.99
<b>Sofra Baked Salted Peanuts 180g</b>		£0.99
<b>Trafo Maple Cinnamon Popcorn 50g</b>	Organic	£1.75
<b>Trafo Popcorn 50g</b>	Organic	£1.09
<b>Trafo Potato Crisps Paprika 40g</b>	Organic	£0.79
<b>Trafo Potato Crisps Salt Vinegar 40g</b>	Organic	£0.79
<b>Trafo Potato Crisps Unsalted 125g</b>	Organic	£1.69

#### **Spreads&Jams-B**

<b>Biona Coconut Butter 250g</b>	Organic	£4.29
<b>Biona Pear Apple Spread 450g</b>	Organic	£3.98
<b>Carleys Chocolate Spread 250g</b>	Organic	£4.99
<b>Carleys Pumpkin Seed Butter 250g</b>	Organic	£2.99
<b>Essential Crunchy Peanut Butter 350g</b>	Organic	£2.69
<b>Essential Peanut Butter Smooth 350g</b>	Organic	£2.69
<b>Meridian Blackcurrant Jam 284g</b>	Organic	£2.15
<b>Meridian Cashew Butter 170g</b>	Organic	£3.49
<b>Meridian Crunchy Almond Butter 170g</b>		£3.19
<b>Meridian Crunchy Hazelnut Butter 170g</b>		£3.39
<b>Meridian Crunchy Peanut Butter 1kg</b>		£5.99
<b>Meridian Crunchy Peanut Butter 280g</b>		£2.19
<b>Meridian Dark Tahini 270g</b>	Organic	£2.69
<b>Meridian Light Tahini 270g</b>	Organic	£2.69
<b>Meridian Light Tahini 454g</b>	Organic	£3.99
<b>Meridian Morello Cherry Jam 284g</b>	Organic	£2.49
<b>Meridian Organic Crunchy Peanut Butter 1kg</b>	Organic	£6.79
<b>Meridian Peanut Butter Smooth 1kg</b>		£5.79
<b>Meridian Peanut Butter Smooth 280g</b>		£2.19
<b>Meridian Raspberry Jam 284g</b>	Organic	£2.49
<b>Meridian Seville Orange Jam 284g</b>	Organic	£2.49
<b>Meridian Smooth Almond Butter 170g</b>	Organic	£3.39
<b>Meridian Smooth Almond Butter 1kg</b>		£15.89
<b>Meridian Strawberry Jam 284g</b>	Organic	£2.49
<b>Meridian Wild Blueberry Jam 284g</b>	Organic	£2.49
<b>Meridian Yeast Extract 340g</b>		£3.79
<b>St. Dalfour Black Cherry Jam 284g</b>		£1.89

St. Dalfour Blackberry Jam 284g		£1.89
St. Dalfour Blackcurrant Jam 284g		£1.89
St. Dalfour Cranberry Blueberry Jam 284g		£1.89
St. Dalfour Fig Royale Jam 284g		£1.89
St. Dalfour Four Fruits Jam 284g		£1.89
St. Dalfour Golden Peach Jam 284g		£1.89
St. Dalfour Imperial Pear Jam 284g		£1.89
St. Dalfour Kumquat Jam 284g		£1.89
St. Dalfour Mirabelle Plum Jam 284g		£1.89
St. Dalfour Orange Ginger Jam 284g		£1.89
St. Dalfour Pineapple Mango Jam 284g		£1.89
St. Dalfour Raspberry Jam 284g		£1.89
St. Dalfour Raspberry Pomegranate Jam 284g		£1.89
St. Dalfour Strawberry Jam 284g		£1.89
St. Dalfour Thick Apricot Jam 284g		£1.89
St. Dalfour Thick Cut Orange Jam 284g		£1.89
St. Dalfour Wild Blueberry Jam 284g		£1.89
Suma Peanut Butter Crunchy FT 340g		£2.99
Suma Peanut Butter Crunchy Salted 700g	Organic	£5.29
Suma Peanut Butter Crunchy Unsalted 700g	Organic	£5.29
Suma Peanut Butter Smooth Salted 700g	Organic	£5.29
Sunita Dark Tahini 280g		£2.29
Sunita Dark Tahini 3kg		£21.49
Sunita Light Tahini 280g		£2.29
Sunita Light Tahini 3kg		£21.49
Tartex Classic Pate 220g	Organic	£2.39
Tartex Herb Garlic Pate 200g	Organic	£2.39
Tartex Herb Pate 200g	Organic	£2.39
Tartex Mushroom Pate 200g	Organic	£2.39
Vitamin R Yeast Extract 250g		£5.79
<b>Sweeteners-B</b>		
Acadian Maple Syrup Amber 250ml	Organic	£5.99
Acadian Maple Syrup Dark 250ml	Organic	£5.99
Basra Date Syrup 450g		£2.29
Biona Brown Rice Syrup 350g	Organic	£2.89
Biona Date Syrup 350g	Organic	£2.99
Meridian Barley Malt 370g		£1.98
Meridian Date Syrup 330g		£2.49
Meridian Maple Syrup 330g	Organic	£5.79
Meridian Molasses 350ml	Organic	£1.69
Shady Farm Maple Syrup 250ml	Organic	£5.99
Suma Agave Syrup 250ml	Organic	£2.99
Sweet Freedom Dark 300ml		£2.98
Sweet Freedom Mild 300ml		£2.98
Yakso Agave Syrup 240ml	Organic	£2.99
<b>SwtBisc&amp;Bar-B nonVAT</b>		
Billys Biscuits Apple Cranberry Spelt 175g	Organic	£2.19
Billys Biscuits Coconut Lemon 175g	Organic	£1.59



<b>Billys Biscuits Ginger Walnut Spelt 175g</b>	Organic	£2.19
<b>Billys Biscuits Raisin 230g</b>	Organic	£2.19
<b>Billys Biscuits Spiced 240g</b>	Organic	£2.19
<b>Billys Waffles 315g</b>	Organic	£2.99
<b>Biona Sunflower Cookie 240g</b>	Organic	£2.19
<b>Choc Chicos Choc Making Kit 337g</b>		£7.65
<b>Eco Biscuit Almond 45g</b>	Organic	£0.49
<b>Eco Biscuit Coconut 55g</b>	Organic	£0.49
<b>Eco Biscuit Fig 50g</b>	Organic	£0.49
<b>Eco Biscuit Fruit 60g</b>	Organic	£0.49
<b>Eco Biscuit Muesli 45g</b>	Organic	£0.49
<b>Eco Biscuit Nut Chocolate 45g</b>	Organic	£0.49
<b>Sunita Halva 75g</b>	Organic	£1.19
<b>Zemanka Apple Biscuits 100g</b>	Organic	£1.59
<b>Zemanka Apple Spelt Duck Biscuits 100g</b>	Organic	£1.39
<b>Zemanka Cocoa Spelt Animal Biscuits 100g</b>	Organic	£1.39
<b>Zemanka Date Lemon Biscuits 100g</b>	Organic	£1.59
<b>Zemanka Maple Coconut Macaroons 100g</b>	Organic	£1.59
<b>Zemanka Raspberry Biscuits 100g</b>	Organic	£1.59
<b>Zemanka Spelt Animal Biscuits 100g</b>	Organic	£1.39

#### **SwtBisc&Bar-B VAT**

<b>Eco Biscuit Choc Orange 45g</b>	Organic	£0.55
<b>Eco Biscuit Chocolate 45g</b>	Organic	£0.55
<b>Fruit Hero Apple Raspberry 20g</b>		£0.45
<b>Fruit Hero Strawberry 20g</b>		£0.45
<b>Fruit Leather Apple Apricot 15g</b>		£0.49
<b>Fruit Leather Apple Raspberry 15g</b>		£0.49
<b>Fruit Leather Apple Strawberry 15g</b>		£0.49
<b>Fruit Leather Apple Wildberry 15g</b>		£0.49
<b>Fruit Leather Full Box 15g x 60</b>		£29.40
<b>Nakd Bar Bakewell Tart 30g</b>		£0.75
<b>Nakd Bar Blueberry Muffin 35g</b>		£0.74
<b>Nakd Bar Cashew Cookie 35g</b>		£0.75
<b>Nakd Bar Cocoa Orange 35g</b>		£0.72
<b>Nakd Bar Ginger Bread 35g</b>		£0.72
<b>Nakd Bar Lemon Drizzle 35g</b>		£0.75
<b>Nakd Bar Peanut Delight 35g</b>		£0.75
<b>Nakd Bar Pecan Pie 35g</b>		£0.75
<b>Nakd Cherry Raisins 25g</b>		£0.38
<b>Nakd Nibbles Salted Caramel 40g</b>		£0.75
<b>Nipits Liquorice Pellets Aniseed</b>		£1.55
<b>Nipits Liquorice Pellets Menthol</b>		£1.55
<b>Nipits Liquorice Pellets Pure</b>		£1.55
<b>Ombar Acai Blueberry 35g</b>	Organic	£1.79
<b>Ombar Chocolate 72% 35g</b>	Organic	£1.79
<b>Ombar Chocolate 90% 35g</b>	Organic	£1.79
<b>Ombar Coconut Chocolate 35g</b>	Organic	£1.79
<b>Panda Licorice Bar Original 32g</b>		£0.49
<b>Panda Licorice Bar Raspberry 32g</b>		£0.49

<b>Panda Licorice Cuts Original 240g</b>		£1.95
<b>Peppersmith Chewing Gum Peppermint 15g</b>		£1.28
<b>Peppersmith Chewing Gum Spearmint 15g</b>		£1.28
<b>Peppersmith Mints Lemon 15g</b>		£1.28
<b>Peppersmith Mints Peppermint 15g</b>		£1.28
<b>Raw Choc Co Bar Koffee Kapow! 38g</b>	Organic	£1.99
<b>Raw Choc Co Bar Mint Mania 72% 38g</b>	Organic	£1.99
<b>Raw Choc Co Bar Pitch Dark 72% 38g</b>	Organic	£1.99
<b>Raw Choc Co Bar Salted Vanoffee Hazelnut 38g</b>	Organic	£1.99
<b>Raw Choc Co Bar Vanoffee 38g</b>	Organic	£1.99
<b>Raw Choc Co Choc Almonds 110g</b>	Organic	£4.69
<b>Raw Choc Co Choco Mulberries 125g</b>	Organic	£4.69
<b>Raw Choc Co Choco Raisins 125g</b>	Organic	£3.49
<b>Raw Choc Co Vanoffee Mulberries 125g</b>	Organic	£4.69
<b>Trek Berry Burst 55g</b>		£0.99
<b>Trek Peanut Power 55g</b>		£0.99
<b>Tropcial Wholefood Mango Brazil Bar 40g</b>		£0.65
<b>Tropcial Wholefood Pineapple Cashew Bar 40g</b>		£0.65
<b>Tropical Wholefood Apricot Raisin Bar 40g</b>		£0.65
<b>Vivani Dark Chocolate Bar 92% 80g</b>	Organic	£2.49
<b>Vivani Dark Chocolate Bar 99% 80g</b>	Organic	£2.49

### Tea&Coffee-B

Barleycup Coffee 200g		£3.69
Biona Bio Malt 100g	Organic	£2.85
Brew Tea Loose Earl Grey 113g		£4.75
Brew Tea Loose Eng Breakfast 113g		£4.75
Brew Tea Loose Lemon Ginger 113g		£4.75
Brew Tea Loose Moroccan Mint 113g		£4.75
Cafe Direct Intense Coffee 227g	Organic	£2.98
Cafe Direct Machu Picchu Coffee 227g	Organic	£3.49
Cafe Direct Origins Organic Coffee 227g	Organic	£3.98
Celestial Bengal Spice Teabags x20		£2.19
Celestial Lemon Zinger Teabags x20		£1.89
Celestial Seasoning Sleepytime Extra Teabags 20		£1.89
Celestial Sleepytime Teabags x20		£1.89
Clipper After Dinner Mint Teabags x20	Organic	£1.89
Clipper Assam Tea Loose 125g	Organic	£2.28
Clipper Assam Teabags x50	Organic	£2.28
Clipper Calmer Chameleon Teabags x20	Organic	£2.00
Clipper Chai Teabags x20	Organic	£1.69
Clipper Decaf Teabags x40	Organic	£2.95
Clipper Earl Grey Tea Loose 125g	Organic	£2.39
Clipper Earl Grey Teabags x50	Organic	£2.59
Clipper Espresso Coffee 227g		£3.39
Clipper Flower Power Teabags x20	Organic	£2.00
Clipper Green Tea Loose 100g	Organic	£2.00
Clipper Green Teabags x20	Organic	£1.69
Clipper Green Teabags x26	Organic	£1.45
Clipper Instant Coffee 100g	Organic	£3.99

Clipper Instant Coffee 500g	Organic	£17.99
Clipper Instant Decaf Coffee 100g	Organic	£3.99
Clipper Liquorice Teabags x20	Organic	£1.54
Clipper Nettle Teabags x20	Organic	£1.65
Clipper Organic Teabags x80	Organic	£2.49
Co-op Espresso Coffee 227g		£1.99
Co-op Italian FT Coffee Beans 227g		£2.29
Co-op Teabags x80		£1.35
Dragonfly Golden Balance Detox Teabags x20	Organic	£1.99
Dragonfly Herb Garden Digestif Teabags x20	Organic	£1.99
Dragonfly Jasmine Teabags x20	Organic	£1.85
Dragonfly Morocco Mint Teabags x20	Organic	£1.85
Dragonfly Night Sky Calm Teabags x20	Organic	£1.99
Dragonfly Rooibos Chai Teabags x20	Organic	£1.85
Dragonfly Rooibos EarlGrey Teabags x40		£2.35
Dragonfly Rooibos Teabags x40	Organic	£1.85
Dragonfly Rooibos Vanilla Teabags x40		£2.35
Dragonfly Swirling Mist White Tea x20	Organic	£1.95
Equal Exchange Cocoa 250g	Organic	£3.85
Essential Tea Chamomile Spearmint x20	Organic	£1.29
Essential Tea Chamomile x20	Organic	£1.29
Essential Tea Fennel x20	Organic	£1.29
Essential Tea Hibiscus x20	Organic	£1.29
Essential Tea Peppermint Spearmint x20	Organic	£1.29
Essential Tea Peppermint x20	Organic	£1.29
Green Teabags x25	Organic	£1.59
Hambleden Lemon Verbena Teabags x20	Organic	£2.28
Hambleden Limeflower Teabags x20	Organic	£2.59
Hampstead Chai Life Teabags x20	Organic	£2.15
Hampstead Chamomile Teabags x20	Organic	£2.05
Hampstead Darjeeling Loose Tea 100g	Organic	£2.69
Hampstead Darjeeling Teabags x20	Organic	£2.05
Hampstead Earl Grey Loose Tea 100g	Organic	£2.69
Hampstead Earl Grey Teabags x20	Organic	£2.05
Hampstead English Breakfast Teabags x20	Organic	£2.05
Hampstead Fennel Liquorice Teabags x20	Organic	£2.05
Hampstead Green Loose Tea 100g	Organic	£2.69
Hampstead Green Teabags x20	Organic	£2.05
Hampstead Lavender Valerian Teabags x20	Organic	£2.05
Hampstead Lemon Ginger Teabags x20	Organic	£2.05
Hampstead Madagascan Vanilla Teabags x20	Organic	£2.15
Hampstead Rosehip Hibiscus Teabags x20	Organic	£2.05
Hasslacher Drinking Chocolate Block 250g		£4.39
Heath & Heather Apple & Cinnamon Teabags x20	Organic	£2.29
Heath & Heather Blackcurrant Teabags x20	Organic	£2.29
Heath & Heather Chai & Liquorice Teabags x20	Organic	£2.29
Heath & Heather Matcha Green Teabags x20	Organic	£2.29
Heath & Heather Peppermint Teabags x50		£2.65
Heath & Heather Root Remedy Teabags x20	Organic	£2.48
Heath & Heather Rosehip Teabags x50		£2.65

Heath & Heather Super Seed Teabags x20	Organic	£2.58
If You Care Coffee Filter Size 2 x100		£2.79
Kitchen Garden Tea Chamomile x20	Organic	£1.35
Kitchen Garden Tea Fennel x20	Organic	£1.35
Kitchen Garden Tea Lemongrass Ginger x20	Organic	£1.35
Kitchen Garden Tea Lemongrass x20	Organic	£1.35
Kitchen Garden Tea Mint x20	Organic	£1.35
Konos Coffee Filters Size 4 x 100		£1.55
Kraus Yerba Mate Teabags x25	Organic	£2.59
Levelt Brazilie Coffee Beans 250g	Organic	£3.35
Levelt Coffee Filters Size 4 x 40	Organic	£0.89
Levelt Darjeeling Loose Tea 100g	Organic	£3.15
Levelt Darjeeling Loose Tea 75g	Organic	£3.15
Levelt Decaf Coffee 250g	Organic	£3.69
Levelt Dolce Coffee 250g	Organic	£3.29
Levelt Espresso Beans 250g	Organic	£2.89
Levelt Forte Coffee 250g	Organic	£2.89
Nilgiri Tea x80		£2.69
Revolver Colombia Organic Coffee 200g	Organic	£3.49
Revolver Cuba Coffee 200g		£3.49
Revolver Ethiopia Coffee 200g		£3.49
Revolver Honduras Organic Coffee 200g	Organic	£3.49
Suma India Araku Coffee 227g	Organic	£4.15
Tick Tock Rooibos Tea Loose 100g	Organic	£1.95
Tick Tock Rooibos Teabags x40	Organic	£1.95
Wake Up 125g		£3.39
Yannoh 125g	Organic	£4.29
Yogi Choco Mint Teabags x17	Organic	£2.19
Yogi Choco Teabags x17	Organic	£2.19
Yogi Classic Tea x17	Organic	£2.19
Yogi Detox Tea x17	Organic	£2.19
Yogi Echinacea Tea x 17	Organic	£2.19
Yogi Lemon Ginger Teabags x17	Organic	£2.19
Yogi Licorice Teabags x17	Organic	£2.19
Yogi Womens Teabags x17	Organic	£2.19
Zapatista Coffee 250g	Organic	£3.99