

ESSENTIALS PRICELIST

Updated 12/07/2020

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	£0.69
Baking Powder 100g		£0.49
Baking Powder 250g		£0.85
Bicarbonate 1kg		£1.75
Bicarbonate 250g		£0.49
Cereals-P		
Buckwheat Flakes 250g	Organic	£3.49
Buckwheat Flakes 500g	Organic	£6.89
Cocoa Porridge 1kg	Organic	£3.29
Cornflakes 500g	Organic	£2.85
Crunchy Cereal Base1kg		£1.55
Crunchy Cereal Base5kg		£6.99
Crunchy Cereal C&A1kg		£3.25
Crunchy Cereal C&A500g		£1.69
Crunchy Cereal C&A5kg		£14.99
Crunchy Cereal CA 1kg Peanuts		£2.99
Crunchy Cereal Orig1kg		£2.55
Crunchy Cereal Orig500g		£1.35
Crunchy Cereal Orig5kg		£11.49
Muesli 304g		£0.00
Muesli Base Crispy 4kg	Organic	£9.55
Muesli Base Crispy 750g	Organic	£1.95
NGI Muesli 2kg		£13.99
NGI Muesli 500g		£3.99
Porridge Oats 1kg	Organic	£1.75
Porridge Oats 25kg	Organic	£31.67
Porridge Oats 3kg	Organic	£4.95
Porridge Oats 5kg	Organic	£7.99
Puffed Millet 250g	Organic	£1.39
Puffed Millet 500g	Organic	£2.75
Puffed Rice 250g	Organic	£1.65
Puffed Rice 500g	Organic	£3.25
Spelt Flakes 250g	Organic	£2.49
Spelt Flakes 500g	Organic	£4.79
Unicorn Muesli 41% Fruit & Nut 1kg		£3.15
Unicorn Muesli 41% Fruit & Nut 500g		£1.65
Unicorn Muesli 41% Fruit & Nut 5kg		£14.49
Unicorn Muesli 44%1kg		£4.29
Unicorn Muesli 44%500g		£2.29
Unicorn Muesli 44%5kg		£19.99
Wheatflakes Malted 2kg	Organic	£5.49
Wheatflakes Malted 500g	Organic	£1.45
Wheatflakes Sultana2kg	Organic	£7.89

Wheatflakes Sultana500g	Organic	£2.15
DriedFruit-P		
Apple Rings 125g		£1.25
Apple Rings 250g		£2.49
Apple Rings 500g		£4.79
Apricots Chopped 1kg	Organic	£5.49
Apricots Chopped 500g	Organic	£2.89
Apricots Orange 1kg		£4.79
Apricots Orange 250g		£1.25
Apricots Orange 3kg		£13.99
Apricots Orange 500g		£2.49
Apricots Org1kg	Organic	£8.39
Apricots Org250g	Organic	£2.39
Apricots Org3kg	Organic	£23.99
Apricots Org500g	Organic	£4.39
Baby Figs 250g	Organic	£2.39
Baby Figs 500g	Organic	£4.55
Currants 1kg		£4.99
Currants 500g		£2.55
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 Org1kg	Organic	£6.49
Dates Pitted Org250g	Organic	£1.79
Dates Pitted Org3kg	Organic	£18.99
Dates Pitted Org500g	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		£4.99
Mixed Fruit 3kg		£12.99
Mixed Fruit 500g		£2.85
Mulberries 1kg	Organic	£8.29
Mulberries 250g	Organic	£2.29
Mulberries 500g	Organic	£4.35
Prunes Pitted 1kg	Organic	£8.99
Prunes Pitted 250g	Organic	£2.45
Prunes Pitted 3kg	Organic	£24.99
Prunes Pitted 500g	Organic	£4.75
Raisins Jumbo Flame 1kg		£3.15
Raisins Jumbo Flame 3kg		£8.49
Raisins Jumbo Flame 500g		£1.65

Raisins Thompson 1kg	Organic	£4.99
Raisins Thompson 3kg	Organic	£13.99
Raisins Thompson 500g	Organic	£2.65
Sultanas Aussie 1kg		£4.99
Sultanas Aussie 3kg		£13.99
Sultanas Aussie 500g		£2.69
Sultanas Org1kg	Organic	£4.49
Sultanas Org3kg	Organic	£11.99
Sultanas Org500g	Organic	£2.39

Flakes&Grains-P

~Jasmine Rice 1kg	Sent in error	£2.49
~Millet Flakes 500g	sent in error	£1.79
Amaranth 500g	Organic	£1.49
Barley Flakes 1kg	Organic	£1.65
Barley Grain 1kg	Organic	£1.55
Buckwheat 1kg	Organic	£2.25
Buckwheat 500g	Organic	£1.19
Bulgar Wheat 1kg	Organic	£2.19
Bulgar Wheat 3kg	Organic	£5.99
Bulgar Wheat 500g	Organic	£1.15
Cous-Cous Wholemeal 1kg	Organic	£2.19
Cous-Cous Wholemeal 3kg	Organic	£6.29
Cous-Cous Wholemeal 500g	Organic	£1.15
Jumbo Oats 1kg	Organic	£1.75
Jumbo Oats 3kg	Organic	£4.95
Jumbo Oats 5kg	Organic	£7.99
Millet 1kg	Organic	£2.09
Millet 3kg	Organic	£5.75
Millet Flakes 500g	Organic	£2.19
Oatmeal Medium 1kg	Organic	£1.59
Org Buckwheat Flakes 4kg	Organic	£0.00
Popcorn 1kg	Organic	£2.59
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		£1.79
Rice Arborio 1kg	Organic	£3.99
Rice Arborio 500g	Organic	£2.19
Rice Basmati 1kg	Organic	£2.99
Rice Basmati 25kg	Organic	£69.92
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	£3.15
Rice Jasmine 3kg	Organic	£8.85
Rice Jasmine 500g	Organic	£1.65

Rice Long Grain 1kg	Organic	£2.49
Rice Long Grain 3kg	Organic	£6.99
Rice Red 1kg	Organic	£3.59
Rice Red 500g	Organic	£1.95
Rice Short Grain 1kg	Organic	£2.49
Rice Short Grain 3kg	Organic	£6.99
Rice Wild 1kg	Organic	£15.89
Rice Wild 250g	Organic	£4.49
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 500g		£2.65
Wheat Grain 1kg	Organic	£0.95

Flours-P

Barley Flour 1kg	Organic	£1.85
Buckwheat Flour 1kg	Organic	£2.99
Canadian Flour 1.5kg		£1.39
Canadian Flour 5kg		£4.69
Cocoa 250g	Organic	£1.69
Cocoa 500g	Organic	£3.29
Coconut Flour 500g	Organic	£1.95
Corn Starch 500g	Organic	£1.55
Maizemeal 1kg	Organic	£1.65
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	£1.99
Soya Flour Toasted 500g	Organic	£2.19
Tapioca Starch 500g	Organic	£0.99
Teff Flour 1kg	Organic	£6.39
Wheat Gluten 500g	Organic	£4.49

Herbs&Spices-P

Allspice Ground 50g		£0.99
Allspice Whole 50g		£0.99
Asafoetida 50g		£0.85
Basil Org100g	Organic	£1.29
Basil Org50g	Organic	£0.69
Bay Leaves 15g		£0.99
Black Onion Seed Kalonji 50g		£0.49
Cajun Spice Mix 100g		£0.69
Caraway Seed Mild 50g	Organic	£0.89
Cardamon Black 25g		£0.79
Cardamon Green Pods 25g	Organic	£1.99
Cardamon Ground 50g		£2.99
Cayenne 100g		£0.79

Cayenne 250g		£1.89
Celery Salt 100g		£0.49
Celery Seed 100g		£0.69
Chilli Crushed 50g		£0.49
Chilli Powder 100g		£0.65
Chilli Powder 250g		£1.59
Chinese 5 Spice 50g		£0.69
Chives 25g		£0.49
Cinnamon Ground Org250g	Organic	£2.79
Cinnamon Ground Org500g	Organic	£5.35
Cinnamon Ground Org50g	Organic	£0.79
Cinnamon Sticks 100g		£1.79
Cinnamon Sticks 25g		£0.49
Cloves Whole 50g	Organic	£1.79
Coriander Ground 250g	Organic	£2.49
Coriander Ground 50g	Organic	£0.69
Coriander Leaves 100g		£1.89
Coriander Leaves 50g		£0.99
Coriander Whole 250g	Organic	£2.69
Coriander Whole 50g	Organic	£0.69
Cumin Ground 100g		£0.65
Cumin Ground 250g		£1.59
Cumin Ground 500g		£3.09
Cumin Whole 100g	Organic	£2.99
Cumin Whole 50g	Organic	£1.55
Curry Leaves 25g		£0.89
Curry Powder 100g		£0.79
Curry Powder 250g		£1.89
Curry Powder 500g		£2.99
Dill Weed 25g		£0.69
Fennel Seed 250g	Organic	£3.69
Fennel Seed 50g	Organic	£0.75
Fenugreek Ground 50g	Organic	£0.99
Fenugreek Leaves 50g		£0.69
Fenugreek Seed 100g		£0.49
Fenugreek Seed 250g		£0.99
Galangal 50g		£0.99
Garam Masala 100g		£0.65
Garam Masala 250g		£1.55
Garlic Powder 100g		£0.79
Garlic Powder 250g		£1.89
Ginger Ground 250g		£1.99
Ginger Ground 50g		£0.49
Ginger Root 50g		£0.69
Herbs Provence 250g		£2.49
Herbs Provence 50g		£0.69
Juniper Berries 50g	Organic	£0.99
Lavender 100g		£2.49
Lavender 50g		£1.29
Lemongrass 50g		£1.29

Lime Leaves 12g		£1.59
Mace 25g		£0.79
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 100g	Organic	£0.99
Mustard Seed Black250g	Organic	£2.75
Mustard Seed Black50g	Organic	£0.69
Mustard Seed Yellow50g	Organic	£0.69
Onion Powder 100g		£0.59
Oregano 100g		£1.49
Oregano 50g		£0.79
Panch Phoron Bengali 5 Spice 50g		£0.99
Paprika 100g		£0.49
Paprika 250g		£1.19
Paprika 500g		£2.35
Paprika Smoked 100g		£1.29
Parsley 100g		£1.29
Parsley 50g		£0.69
Pepper Ground Black 50g		£0.69
Pepper Ground White 50g	Organic	£1.49
Pepper Szechuan 50g		£3.45
Peppercorns Black 250g	Organic	£6.48
Peppercorns Black 50g	Organic	£1.35
Peppercorns Mixed Whole 100g		£3.58
Peppercorns Mixed Whole 50g		£2.85
Ras-El-Hanout 50g		£1.29
Rosemary 100g	Organic	£1.69
Rosemary 50g	Organic	£0.89
Sage Rubbed 100g	Organic	£2.29
Sage Rubbed 50g	Organic	£1.19
Star Anise Ground 25g		£0.59
Star Anise Whole 25g		£0.59
Sumac 50g		£0.79
Tarragon 25g		£1.19
Thyme 100g		£1.19
Thyme 50g		£0.69
True Cinnamon Org250g	Organic	£5.35
True Cinnamon Org50g	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

Misc-P

~Linseed 500g	Sent In Error	£1.39
~Polenta 1kg	Sent In Error	£1.39
~Sesame Seed 500g	Sent In Error	£1.89
Crunchy Cereal 1kg Cashews		£2.35
Mixed Nuts Roast Peanuts 1kg		£9.29
Packed Misc Open Price		£0.00
Packed VAT Misc Open Price		£0.00

Nuts-P

~Coconut Dessicated 500g	Sent in error	£1.99
~Mixed Nuts Roast Peanuts 3kg	Organic	£25.99
Almonds 100g		£0.99
Almonds 1kg		£8.49
Almonds 250g		£2.29
Almonds 3kg		£24.99
Almonds 500g		£4.39
Almonds Flaked 100g		£1.19
Almonds Flaked 1kg		£10.49
Almonds Flaked 250g		£2.95
Almonds Flaked 500g		£5.49
Almonds Ground Blanched 100g		£1.39
Almonds Ground Blanched 1kg		£11.89
Almonds Ground Blanched 250g		£2.99
Almonds Ground Blanched 500g		£5.59
Almonds Org100g	Organic	£1.99
Almonds Org1kg	Organic	£15.98
Almonds Org250g	Organic	£4.49
Almonds Org500g	Organic	£8.49
Brazils Broken 1kg		£7.49
Brazils Broken 250g		£2.29
Brazils Broken 500g		£3.99
Brazils Whole 500g		£11.99
Cashew Pieces Org 1kg	Organic	£13.95
Cashew Pieces Org 250g	Organic	£3.58
Cashew Pieces Org 500g	Organic	£7.29
Cashews Org100g	Organic	£1.99
Cashews Org1kg	Organic	£16.99
Cashews Org250g	Organic	£4.89
Cashews Org500g	Organic	£9.39
Cashews Pieces 1kg		£7.49
Cashews Pieces 250g		£2.09
Cashews Pieces 500g		£3.99
Cocoa Nibs 100g	Organic	£1.45
Cocoa Nibs 250g	Organic	£3.49
Cocoa Nibs 50g	Organic	£0.75
Coconut Chips Toasted 250g	Organic	£1.79
Coconut Chips Toasted 500g	Organic	£3.49
Coconut Chips Toasted 750g	Organic	£4.99

Coconut Dessicated 1kg	Organic	£3.99
Coconut Dessicated 250g	Organic	£1.45
Coconut Dessicated 500g	Organic	£2.45
Hazelnuts 100g	Organic	£1.39
Hazelnuts 1kg	Organic	£12.49
Hazelnuts 250g	Organic	£3.45
Hazelnuts 500g	Organic	£6.49
Hazelnuts Roasted 100g	Organic	£2.25
Hazelnuts Roasted 1kg	Organic	£18.49
Hazelnuts Roasted 250g	Organic	£5.15
Hazelnuts Roasted 500g	Organic	£9.49
Mixed Nuts Chop1kg		£6.99
Mixed Nuts Chop250g		£1.85
Mixed Nuts Chop3kg		£18.99
Mixed Nuts Chop500g		£3.59
Mixed Nuts Roast Hazels 250g		£2.75
Mixed Nuts Roast Hazels 500g		£5.15
Mixed Nuts Roast Peanuts 250g		£2.49
Mixed Nuts Roast Peanuts 500g		£4.89
Mixed Nuts Whole1kg		£9.45
Mixed Nuts Whole250g		£2.59
Mixed Nuts Whole3kg		£26.55
Mixed Nuts Whole500g		£4.95
Peanuts 1kg	Organic	£3.69
Peanuts 250g	Organic	£0.99
Peanuts 3kg	Organic	£9.99
Peanuts 500g	Organic	£1.89
Pecan Nuts 100g		£1.79
Pecan Nuts 1kg		£16.49
Pecan Nuts 250g		£4.15
Pecan Nuts 500g		£8.29
Pistachios In Shell 100g		£1.69
Pistachios In Shell 1kg		£14.49
Pistachios In Shell 250g		£3.69
Pistachios In Shell 500g		£7.29
Pistachios Raw Kernels 100g		£2.69
Pistachios Raw Kernels 250g		£6.59
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	£3.09
Walnut Pieces 500g	Organic	£5.95
Oil&Seasoning-P		
Bouillon Powder Org 100g	Organic	£1.15
Bouillon Powder Org 250g	Organic	£2.69
Bouillon Powder Org YF100g	Organic	£1.15
Bouillon Powder Org YF250g	Organic	£2.69

Sea Salt Coarse 1kg		£0.89
Sea Salt Coarse 500g		£0.49
Sea Salt Fine 1kg		£0.89
Sea Salt Fine 500g		£0.49

PreparedFood-P

Breadcrumbs Wholewheat 500g	Organic	£1.55
Gravy Mix 100g		£1.35
Gravy Mix 200g		£2.69
Hemp Burger Mix 250g		£2.55
Hemp Burger Mix 500g		£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 100g	Organic	£1.15
Tomato Sun-Dried 1kg	Organic	£10.25
Tomato Sun-Dried 250g	Organic	£2.79
TVP / Soya 250g	Organic	£1.65
TVP / Soya 500g	Organic	£3.15
Yeast Flakes 100g	Organic	£2.35
Yeast Flakes 250g	Organic	£5.75

Pulses-P

~Lentils Green 1kg	Sent in e	£1.59
Aduki Beans 1kg	Organic	£2.89
Bean Mix 1kg	Organic	£3.09
Black Turtle Beans 1kg	Organic	£2.25
Blackeye Beans 1kg		£2.55
Butter Beans 1kg	Organic	£4.59
Cannellini Beans 1kg	Organic	£2.95
Chick Peas 1kg	Organic	£2.19
Flageolet Beans 500g		£2.19
Haricot Beans 1kg	Organic	£2.65
Kidney Beans 1kg	Organic	£3.49
Lentil Broth Mix 1kg		£2.99
Lentil Broth Mix Org 1kg	Organic	£2.99
Lentils Beluga Org1kg	Organic	£3.99
Lentils Brown 1kg	Organic	£2.45
Lentils Green 1kg	Organic	£1.99
Lentils Puy 1kg	Organic	£4.29
Lentils Red Org1kg	Organic	£1.89
Lentils Red Org3kg	Organic	£4.99
Lentils Red Org500g	Organic	£0.99
Marrowfat Peas 1kg		£1.09
Mung Beans 1kg	Organic	£3.35
Pintos 1kg	Organic	£2.55
Soya Beans 1kg	Organic	£1.59
Split Fava Beans 1kg	Organic	£1.69

Split Peas Green Org1kg	Organic	£1.99
Split Peas Yellow 1kg		£1.75
Split Peas Yellow Org1kg	Organic	£1.95
Whole Fava Beans Org1kg	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	£3.15
Linseed 3kg	Organic	£8.49
Linseed 500g	Organic	£1.75
Poppy Seed 1kg	Organic	£8.49
Poppy Seed 250g	Organic	£2.39
Pumpkin Seed 1kg	Organic	£6.99
Pumpkin Seed 250g	Organic	£1.99
Pumpkin Seed 3kg	Organic	£19.49
Pumpkin Seed 500g	Organic	£3.79
Sesame Seed 1kg	Organic	£4.49
Sesame Seed 250g	Organic	£1.25
Sesame Seed 3kg	Organic	£12.49
Sesame Seed 500g	Organic	£2.35
Sprouting Mix 500g	Organic	£1.79
Sunflower Seeds 1kg	Organic	£2.99
Sunflower Seeds 250g	Organic	£0.89
Sunflower Seeds 3kg	Organic	£8.49
Sunflower Seeds 500g	Organic	£1.59

Snacks-P

Almonds R&S100g		£1.59
Almonds R&S1kg		£15.45
Almonds R&S250g		£3.89
Almonds Roast Tamari 100g	Organic	£2.49
Almonds Roast Tamari 250g	Organic	£6.19
Bombay Mix 100g		£0.49
Bombay Mix 1kg		£3.49
Bombay Mix 250g		£0.99
Cashews Garlic 100g		£1.95
Cashews Garlic 250g		£4.79
Cashews Garlic 500g		£8.99
Cashews Pepper 100g		£1.95
Cashews Pepper 250g		£4.79
Cashews Pepper 500g		£8.99
Cashews Roasted 100g		£1.95
Cashews Roasted 250g		£4.79
Cashews Roasted 500g		£8.99
Cashews Spicy 100g		£1.95
Cashews Spicy 250g		£4.79
Cashews Spicy 500g		£8.99
Chickpea Noodles 100g		£0.79

Chickpea Noodles 250		£1.09
Chickpea Noodles 500g		£2.09
Fruit & Nut Mix 1kg	Organic	£5.39
Fruit & Nut Mix 250g	Organic	£1.49
Garlic Gathia 100g		£0.79
Garlic Gathia 250g		£1.09
Garlic Gathia 500g		£2.09
Mixed Nuts R&S100g		£1.79
Mixed Nuts R&S1kg		£15.49
Mixed Nuts R&S250g		£3.99
Mountain Mix 1kg		£6.49
Mountain Mix 250g		£1.75
Mountain Mix 3kg		£16.99
Peanuts Roasted 1kg		£4.85
Peanuts Roasted 250g		£1.25
Spiced Chickpeas 100g		£0.49
Spiced Chickpeas 250g		£0.95
Spiced Chickpeas 500g		£1.75
Trail Mix 1kg		£6.99
Trail Mix 250g		£1.99
Trail Mix 3kg		£18.99

Sweeteners-P

Choc-O-Malt 200g	Organic	£1.55
Choc-O-Malt 500g	Organic	£3.55
Malt Powder 1kg	Organic	£5.39
Malt Powder 250g	Organic	£1.49