

## ESSENTIALS PRICELIST

Updated 03/11/2020

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	£0.69
Baking Powder 100g		£0.49
Baking Powder 250g		£0.85
Bicarbonate 1kg		£1.75
Bicarbonate 250g		£0.49
<b>Cereals-P</b>		
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 Base Crispy 4kg	Organic	£9.55
Muesli Base Crispy 750g	Organic	£1.95
NGI Muesli 2kg		£13.99
NGI Muesli 500g		£3.99
Org Spelt Flakes 4kg	Organic	£0.00
Porridge Oats 1kg	Organic	£1.75
Porridge Oats 25kg	Organic	£34.16
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

<b>Wheatflakes Sultana500g</b>	Organic	£2.15
<b>DriedFruit-P</b>		
<b>Apple Rings 125g</b>		£1.25
<b>Apple Rings 250g</b>		£2.49
<b>Apple Rings 500g</b>		£4.79
<b>Apricots Chopped 1kg</b>	Organic	£5.49
<b>Apricots Chopped 500g</b>	Organic	£2.89
<b>Apricots Orange 1kg</b>		£4.79
<b>Apricots Orange 250g</b>		£1.25
<b>Apricots Orange 3kg</b>		£13.99
<b>Apricots Orange 500g</b>		£2.49
<b>Apricots Org1kg</b>	Organic	£8.39
<b>Apricots Org250g</b>	Organic	£2.39
<b>Apricots Org3kg</b>	Organic	£23.99
<b>Apricots Org500g</b>	Organic	£4.39
<b>Baby Figs 250g</b>	Organic	£2.39
<b>Baby Figs 500g</b>	Organic	£4.55
<b>Currants 1kg</b>		£4.99
<b>Currants 500g</b>		£2.55
<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 Org1kg</b>	Organic	£6.49
<b>Dates Pitted Org250g</b>	Organic	£1.79
<b>Dates Pitted Org3kg</b>	Organic	£18.99
<b>Dates Pitted Org500g</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>		£4.99
<b>Mixed Fruit 3kg</b>		£12.99
<b>Mixed Fruit 500g</b>		£2.85
<b>Mulberries 1kg</b>	Organic	£8.29
<b>Mulberries 250g</b>	Organic	£2.29
<b>Mulberries 500g</b>	Organic	£4.35
<b>Prunes Pitted 1kg</b>	Organic	£8.99
<b>Prunes Pitted 250g</b>	Organic	£2.45
<b>Prunes Pitted 3kg</b>	Organic	£24.99
<b>Prunes Pitted 500g</b>	Organic	£4.75
<b>Raisins Jumbo Flame 1kg</b>		£3.15
<b>Raisins Jumbo Flame 3kg</b>		£8.49
<b>Raisins Jumbo Flame 500g</b>		£1.59

<b>Raisins Thompson 1kg</b>	Organic	£4.99
<b>Raisins Thompson 3kg</b>	Organic	£13.99
<b>Raisins Thompson 500g</b>	Organic	£2.65
<b>Sultanas Aussie 1kg</b>		£4.99
<b>Sultanas Aussie 3kg</b>		£13.99
<b>Sultanas Aussie 500g</b>		£2.69
<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>~Jasmine Rice 1kg</b>	<b>Sent in error</b>	£2.49
<b>~Millet Flakes 500g</b>	<b>sent in error</b>	£1.79
<b>Amaranth 500g</b>	Organic	£1.39
<b>Barley Flakes 1kg</b>	Organic	£1.65
<b>Barley Grain 1kg</b>	Organic	£1.55
<b>Buckwheat 1kg</b>	Organic	£2.25
<b>Buckwheat 500g</b>	Organic	£1.19
<b>Bulgar Wheat 1kg</b>	Organic	£2.19
<b>Bulgar Wheat 3kg</b>	Organic	£5.99
<b>Bulgar Wheat 500g</b>	Organic	£1.15
<b>Cous-Cous Wholemeal 1kg</b>	Organic	£2.19
<b>Cous-Cous Wholemeal 3kg</b>	Organic	£6.29
<b>Cous-Cous Wholemeal 500g</b>	Organic	£1.15
<b>Jumbo Oats 1kg</b>	Organic	£1.75
<b>Jumbo Oats 3kg</b>	Organic	£4.95
<b>Jumbo Oats 5kg</b>	Organic	£7.99
<b>Millet 1kg</b>	Organic	£2.09
<b>Millet 3kg</b>	Organic	£5.75
<b>Millet Flakes 500g</b>	Organic	£2.19
<b>Oatmeal Medium 1kg</b>	Organic	£1.59
<b>Org Buckwheat Flakes 4kg</b>	Organic	£0.00
<b>Popcorn 1kg</b>	Organic	£2.59
<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>		£1.79
<b>Rice Arborio 1kg</b>	Organic	£3.99
<b>Rice Arborio 500g</b>	Organic	£2.19
<b>Rice Basmati 1kg</b>	Organic	£2.99
<b>Rice Basmati 25kg</b>	Organic	£69.92
<b>Rice Basmati 3kg</b>	Organic	£8.39
<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	£3.15
<b>Rice Jasmine 3kg</b>	Organic	£8.85
<b>Rice Jasmine 500g</b>	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

~Maizemeal 1kg	Sent in error	£1.29
Barley Flour 1kg	Organic	£1.85
Buckwheat Flour 1kg	Organic	£2.49
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	£1.75
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		£0.95
Cardamon Green Pods 25g	Organic	£2.25
Cardamon Ground 50g		£3.15

<b>Cayenne 100g</b>		£0.79
<b>Cayenne 250g</b>		£1.89
<b>Celery Salt 100g</b>		£0.49
<b>Celery Seed 100g</b>		£0.69
<b>Chilli Crushed 50g</b>		£0.55
<b>Chilli Powder 100g</b>		£0.65
<b>Chilli Powder 250g</b>		£1.59
<b>Chinese 5 Spice 50g</b>		£0.69
<b>Chives 25g</b>		£0.49
<b>Cinnamon Ground Org250g</b>	Organic	£2.79
<b>Cinnamon Ground Org500g</b>	Organic	£5.35
<b>Cinnamon Ground Org50g</b>	Organic	£0.79
<b>Cinnamon Sticks 100g</b>		£1.59
<b>Cinnamon Sticks 25g</b>		£0.49
<b>Cloves Whole 50g</b>	Organic	£1.79
<b>Coriander Ground 250g</b>	Organic	£2.75
<b>Coriander Ground 50g</b>	Organic	£0.69
<b>Coriander Leaves 100g</b>		£1.89
<b>Coriander Leaves 50g</b>		£0.99
<b>Coriander Whole 250g</b>	Organic	£2.69
<b>Coriander Whole 50g</b>	Organic	£0.69
<b>Cumin Ground 100g</b>		£0.65
<b>Cumin Ground 250g</b>		£1.59
<b>Cumin Ground 500g</b>		£2.69
<b>Cumin Whole 100g</b>	Organic	£2.99
<b>Cumin Whole 50g</b>	Organic	£1.55
<b>Curry Leaves 25g</b>		£0.89
<b>Curry Powder 100g</b>		£0.79
<b>Curry Powder 250g</b>		£1.89
<b>Curry Powder 500g</b>		£2.99
<b>Dill Weed 25g</b>		£0.69
<b>Fennel Seed 250g</b>	Organic	£3.69
<b>Fennel Seed 50g</b>	Organic	£0.75
<b>Fenugreek Ground 50g</b>	Organic	£0.99
<b>Fenugreek Leaves 50g</b>		£0.69
<b>Fenugreek Seed 100g</b>		£0.49
<b>Fenugreek Seed 250g</b>		£0.99
<b>Galangal 50g</b>		£0.99
<b>Garam Masala 100g</b>		£0.65
<b>Garam Masala 250g</b>		£1.55
<b>Garlic Powder 100g</b>		£0.79
<b>Garlic Powder 250g</b>		£1.89
<b>Ginger Ground 250g</b>		£1.99
<b>Ginger Ground 50g</b>		£0.49
<b>Ginger Root 50g</b>		£0.69
<b>Herbs Provence 250g</b>		£2.49
<b>Herbs Provence 50g</b>		£0.69
<b>Juniper Berries 50g</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>		£1.29
<b>Mace 25g</b>		£0.79
<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 100g</b>	Organic	£1.09
<b>Mustard Seed Black250g</b>	Organic	£2.75
<b>Mustard Seed Black50g</b>	Organic	£0.69
<b>Mustard Seed Yellow50g</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 Bengali 5 Spice 50g</b>		£0.99
<b>Paprika 100g</b>		£0.49
<b>Paprika 250g</b>		£1.19
<b>Paprika 500g</b>		£2.35
<b>Paprika Smoked 100g</b>		£1.29
<b>Parsley 100g</b>		£1.29
<b>Parsley 50g</b>		£0.69
<b>Pepper Ground Black 50g</b>		£0.69
<b>Pepper Ground White 50g</b>	Organic	£1.55
<b>Pepper Szechuan 50g</b>		£3.95
<b>Peppercorns Black 250g</b>	Organic	£6.48
<b>Peppercorns Black 50g</b>	Organic	£1.35
<b>Peppercorns Mixed Whole 100g</b>		£3.58
<b>Peppercorns Mixed Whole 50g</b>		£2.85
<b>Ras-EI-Hanout 50g</b>		£1.29
<b>Rosemary 100g</b>	Organic	£1.69
<b>Rosemary 50g</b>	Organic	£0.89
<b>Sage Rubbed 100g</b>	Organic	£2.29
<b>Sage Rubbed 50g</b>	Organic	£1.19
<b>Star Anise Ground 25g</b>		£0.59
<b>Star Anise Whole 25g</b>		£0.59
<b>Sumac 50g</b>		£0.79
<b>Tarragon 25g</b>		£1.19
<b>Thyme 100g</b>		£1.19
<b>Thyme 50g</b>		£0.69
<b>True Cinnamon Org250g</b>	Organic	£5.35
<b>True Cinnamon Org50g</b>	Organic	£1.09
<b>Turmeric 100g</b>		£0.65
<b>Turmeric 250g</b>		£1.55
<b>Turmeric 500g</b>		£2.45
<b>Turmeric Org100g</b>	Organic	£1.15
<b>Turmeric Org250g</b>	Organic	£2.75
<b>Vanilla Pods each</b>	Organic	£2.99

**Household-P**

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V-Dog Food 1kg		£3.99
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**Misc-P**

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~Linseed 500g	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

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**Nuts-P**

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~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		£2.25
Almonds 3kg		£24.99
Almonds 500g		£4.39
Almonds Flaked 100g		£1.05
Almonds Flaked 1kg		£9.49
Almonds Flaked 250g		£2.59
Almonds Flaked 500g		£4.99
Almonds Ground Blanched 100g		£1.05
Almonds Ground Blanched 1kg		£9.45
Almonds Ground Blanched 250g		£2.55
Almonds Ground Blanched 500g		£4.95
Almonds Org100g	Organic	£1.89
Almonds Org1kg	Organic	£15.49
Almonds Org250g	Organic	£3.99
Almonds Org500g	Organic	£7.89
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

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<b>Coconut Dessicated 1kg</b>	Organic	£4.49
<b>Coconut Dessicated 250g</b>	Organic	£1.45
<b>Coconut Dessicated 500g</b>	Organic	£2.45
<b>Hazelnuts 100g</b>	Organic	£1.39
<b>Hazelnuts 1kg</b>	Organic	£12.49
<b>Hazelnuts 250g</b>	Organic	£3.45
<b>Hazelnuts 500g</b>	Organic	£6.49
<b>Hazelnuts Roasted 100g</b>	Organic	£1.99
<b>Hazelnuts Roasted 1kg</b>	Organic	£17.99
<b>Hazelnuts Roasted 250g</b>	Organic	£4.89
<b>Hazelnuts Roasted 500g</b>	Organic	£9.49
<b>Mixed Nuts Chop1kg</b>		£6.99
<b>Mixed Nuts Chop250g</b>		£1.85
<b>Mixed Nuts Chop3kg</b>		£18.99
<b>Mixed Nuts Chop500g</b>		£3.59
<b>Mixed Nuts Roast Hazels 250g</b>		£2.75
<b>Mixed Nuts Roast Hazels 500g</b>		£5.15
<b>Mixed Nuts Roast Peanuts 250g</b>		£2.49
<b>Mixed Nuts Roast Peanuts 500g</b>		£4.89
<b>Mixed Nuts Whole1kg</b>		£9.29
<b>Mixed Nuts Whole250g</b>		£2.49
<b>Mixed Nuts Whole3kg</b>		£25.99
<b>Mixed Nuts Whole500g</b>		£4.89
<b>Peanuts 1kg</b>	Organic	£4.69
<b>Peanuts 250g</b>	Organic	£1.29
<b>Peanuts 3kg</b>	Organic	£13.25
<b>Peanuts 500g</b>	Organic	£2.49
<b>Pecan Nuts 100g</b>		£1.79
<b>Pecan Nuts 1kg</b>		£16.49
<b>Pecan Nuts 250g</b>		£4.15
<b>Pecan Nuts 500g</b>		£8.29
<b>Pistachios In Shell 100g</b>		£1.69
<b>Pistachios In Shell 1kg</b>		£14.49
<b>Pistachios In Shell 250g</b>		£3.69
<b>Pistachios In Shell 500g</b>		£7.29
<b>Pistachios Raw Kernels 100g</b>		£2.69
<b>Pistachios Raw Kernels 250g</b>		£6.59
<b>Walnut Halves 100g</b>		£1.39
<b>Walnut Halves 250g</b>		£3.09
<b>Walnut Halves 500g</b>		£5.95
<b>Walnut Pieces 100g</b>	Organic	£1.39
<b>Walnut Pieces 1kg</b>	Organic	£10.99
<b>Walnut Pieces 250g</b>	Organic	£3.09
<b>Walnut Pieces 500g</b>	Organic	£5.95
<b>Oil&amp;Seasoning-P</b>		
<b>Bouillon Powder Org 100g</b>	Organic	£1.15
<b>Bouillon Powder Org 250g</b>	Organic	£2.69
<b>Bouillon Powder Org YF100g</b>	Organic	£1.15
<b>Bouillon Powder Org YF250g</b>	Organic	£2.69



<b>Sea Salt Coarse 1kg</b>		£0.89
<b>Sea Salt Coarse 500g</b>		£0.49
<b>Sea Salt Fine 1kg</b>		£0.89
<b>Sea Salt Fine 500g</b>		£0.49

#### PreparedFood-P

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

#### Pulses-P

<b>~Mung Beans 1kg</b>	<b>Sent In Error</b>	£2.69
<b>Aduki Beans 1kg</b>	Organic	£2.89
<b>Bean Mix 1kg</b>	Organic	£3.09
<b>Black Turtle Beans 1kg</b>	Organic	£2.25
<b>Blackeye Beans 1kg</b>		£2.55
<b>Butter Beans 1kg</b>	Organic	£4.59
<b>Cannellini Beans 1kg</b>	Organic	£2.95
<b>Chick Peas 1kg</b>	Organic	£2.19
<b>Flageolet Beans 500g</b>		£2.19
<b>Haricot Beans 1kg</b>	Organic	£2.65
<b>Kidney Beans 1kg</b>	Organic	£3.49
<b>Lentil Broth Mix 1kg</b>		£2.99
<b>Lentil Broth Mix Org 1kg</b>	Organic	£2.99
<b>Lentils Beluga Org1kg</b>	Organic	£3.99
<b>Lentils Brown 1kg</b>	Organic	£2.45
<b>Lentils Green 1kg</b>	Organic	£2.25
<b>Lentils Puy 1kg</b>	Organic	£4.29
<b>Lentils Red Org1kg</b>	Organic	£2.29
<b>Lentils Red Org3kg</b>	Organic	£6.49
<b>Lentils Red Org500g</b>	Organic	£1.19
<b>Marrowfat Peas 1kg</b>		£1.09
<b>Mung Beans 1kg</b>	Organic	£3.35
<b>Pintos 1kg</b>	Organic	£2.55
<b>Soya Beans 1kg</b>	Organic	£1.89
<b>Split Fava Beans 1kg</b>	Organic	£1.69

<b>Split Peas Green Org1kg</b>	Organic	£1.99
<b>Split Peas Yellow 1kg</b>		£1.75
<b>Split Peas Yellow Org1kg</b>	Organic	£1.95
<b>Whole Fava Beans Org1kg</b>	Organic	£1.45

### Seeds-P

<b>Alfalfa Seed 100g</b>	Organic	£0.99
<b>Alfalfa Seed 250g</b>	Organic	£2.39
<b>Hemp Seed Org1kg</b>	Organic	£2.99
<b>Linseed 1kg</b>	Organic	£3.15
<b>Linseed 3kg</b>	Organic	£8.49
<b>Linseed 500g</b>	Organic	£1.75
<b>Poppy Seed 1kg</b>	Organic	£8.49
<b>Poppy Seed 250g</b>	Organic	£2.39
<b>Pumpkin Seed 1kg</b>	Organic	£6.99
<b>Pumpkin Seed 250g</b>	Organic	£1.99
<b>Pumpkin Seed 3kg</b>	Organic	£19.49
<b>Pumpkin Seed 500g</b>	Organic	£3.79
<b>Sesame Seed 1kg</b>	Organic	£4.49
<b>Sesame Seed 250g</b>	Organic	£1.25
<b>Sesame Seed 3kg</b>	Organic	£12.49
<b>Sesame Seed 500g</b>	Organic	£2.35
<b>Sprouting Mix 500g</b>	Organic	£1.79
<b>Sunflower Seeds 1kg</b>	Organic	£2.99
<b>Sunflower Seeds 250g</b>	Organic	£0.89
<b>Sunflower Seeds 3kg</b>	Organic	£8.49
<b>Sunflower Seeds 500g</b>	Organic	£1.59

### Snacks-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>Almonds Roast Tamari 100g</b>	Organic	£1.95
<b>Almonds Roast Tamari 250g</b>	Organic	£4.79
<b>Bombay Mix 100g</b>		£0.49
<b>Bombay Mix 1kg</b>		£3.49
<b>Bombay Mix 250g</b>		£0.99
<b>Cashews Garlic 100g</b>		£1.95
<b>Cashews Garlic 250g</b>		£4.79
<b>Cashews Garlic 500g</b>		£8.99
<b>Cashews Pepper 100g</b>		£1.95
<b>Cashews Pepper 250g</b>		£4.79
<b>Cashews Pepper 500g</b>		£8.99
<b>Cashews Roasted 100g</b>		£1.95
<b>Cashews Roasted 250g</b>		£4.79
<b>Cashews Roasted 500g</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>Chickpea Noodles 100g</b>		£0.79

<b>Chickpea Noodles 250</b>		£1.19
<b>Chickpea Noodles 500g</b>		£2.09
<b>Fruit &amp; Nut Mix 1kg</b>	Organic	£5.39
<b>Fruit &amp; Nut Mix 250g</b>	Organic	£1.49
<b>Garlic Gathia 100g</b>		£0.79
<b>Garlic Gathia 250g</b>		£1.19
<b>Garlic Gathia 500g</b>		£2.09
<b>Mixed Nuts R&amp;S100g</b>		£1.79
<b>Mixed Nuts R&amp;S1kg</b>		£15.49
<b>Mixed Nuts R&amp;S250g</b>		£3.99
<b>Mountain Mix 1kg</b>		£6.49
<b>Mountain Mix 250g</b>		£1.75
<b>Mountain Mix 3kg</b>		£16.99
<b>Peanuts Roasted 1kg</b>		£4.85
<b>Peanuts Roasted 250g</b>		£1.25
<b>Spiced Chickpeas 100g</b>		£0.49
<b>Spiced Chickpeas 250g</b>		£0.95
<b>Spiced Chickpeas 500g</b>		£1.75
<b>Trail Mix 1kg</b>		£6.99
<b>Trail Mix 250g</b>		£1.99
<b>Trail Mix 3kg</b>		£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