

# GENERAL GROCERY PRICELIST

Updated 10/01/2021

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 One 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		£4.59
Bioreal Dried Yeast 45g	Organic	£2.75
Doves Quick Dry Yeast 125g		£0.99
Doves Xanthan Gum 100g		£2.50
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		£1.85
<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	£7.19
Kite Plum Pudding 450g		£6.19

<b>Panettone 500g</b>	Organic	£12.99
<b>Saker Christmas Cake 830g</b>		£10.99
<b>Spelt Panettone 500g</b>	Organic	£11.95
<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	£2.19
<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 Porridge Oats 750g</b>	Organic	£3.99
<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	£2.49
<b>Coteaux Fruit Puree Apple Blackcurrant 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Blueberry 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Cherry 360g</b>	Organic	£2.29
<b>Coteaux Fruit Puree Apple Fig 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Kiwi 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Mango 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Quince 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Raspberry 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Rhubarb 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Apple Strawberry 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree Greengage 360g</b>	Organic	£2.49
<b>Coteaux Fruit Puree William Pear 360g</b>	Organic	£2.89
<b>Essential Apple Puree 360g</b>	Organic	£1.49
<b>Essential Pineapple Chunks 400g</b>	Organic	£2.19
<b>Meridian Mincemeat 320g</b>	Organic	£3.39
<b>Oatly Cream 250ml</b>	Organic	£0.79
<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 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
<b>DriedFruit-B</b>		
<b>Biona Cranberries 100g</b>	Organic	£3.29
<b>Co-op Pine Nuts 100g</b>		£2.89

<b>Crazy Jack Figs 200g</b>	Organic	£1.99
<b>Crazy Jack Prunes 250g</b>	Organic	£4.29
<b>Samarkand Aronia Berries 100g</b>	Organic	£1.69
<b>Samarkand Barberries 100g</b>	Organic	£3.99
<b>Samarkand Cherries 100g</b>	Organic	£2.49
<b>Samarkand Cherries Mixed 100g</b>	Organic	£2.49
<b>Samarkand Cherries Sour 100g</b>	Organic	£2.49
<b>Samarkand Mulberries Mixed 100g</b>	Organic	£3.09
<b>Samarkand Physalis Golden Berries 100g</b>	Organic	£3.95
<b>Samarkand Pomegranates 100g</b>	Organic	£3.95
<b>Tropical Wholefood Banana Chips 150g</b>		£1.65
<b>Tropical Wholefood Banana Slices Bogoya 125g</b>	Organic	£2.29
<b>Tropical Wholefood Mango 100g</b>	Organic	£2.35
<b>Tropical Wholefood Pineapple 100g</b>		£2.29
<b>Zytoun Medjoul Dates 250g</b>		£3.99

#### **Flakes&Grains-B**

<b>Clearspring Brown Sushi Rice 500g</b>	Organic	£2.19
<b>Hodmedod Barley Flakes 500g</b>	Organic	£1.95
<b>Hodmedod Organic UK Quinoa 500g</b>	Organic	£2.95
<b>Hodmedod Smoked Quinoa UK 300g</b>		£2.75
<b>Zytoun Maftoul 200g</b>	Organic	£2.59
<b>Zytoun Smoky Freekeh 200g</b>		£2.59

#### **Flours-B**

<b>Cool Chile Masa Harina 500g</b>		£3.09
<b>Cotswold Carob Flour 250g</b>		£1.89
<b>Doves Bread Flour White 1.5kg</b>	Organic	£1.69
<b>Doves Bread Flour White GF 1kg</b>		£1.68
<b>Doves Bread Flour Wholemeal 1.5kg</b>	Organic	£1.69
<b>Doves Einkorn Flour 1kg</b>	Organic	£2.69
<b>Doves Kamut Flour 1kg</b>	Organic	£2.79
<b>Doves Malthouse Flour 1kg</b>	Organic	£1.69
<b>Doves Pasta Pizza Flour 1kg</b>	Organic	£1.30
<b>Doves Pastry Flour Brown 1kg</b>	Organic	£1.19
<b>Doves Pastry Flour White 1kg</b>	Organic	£1.29
<b>Doves Pastry Flour White GF 1kg</b>		£1.65
<b>Doves Rye Flour 1kg</b>	Organic	£1.69
<b>Doves Self-Raise Flour Brown 1kg</b>	Organic	£1.29
<b>Doves Self-Raise Flour White 1kg</b>	Organic	£1.29
<b>Doves Self-Raise Flour White GF 1kg</b>		£1.65
<b>Doves Spelt Flour White 1kg</b>	Organic	£2.69
<b>Doves Spelt Flour Wholemeal 1kg</b>	Organic	£2.19
<b>Heygates Canadian Flour 16kg</b>		£12.25
<b>Hodmedod Fava Bean Flour 500g</b>		£2.19
<b>Hodmedod Green Pea Flour 500g</b>		£2.19
<b>Hodmedod Marrowfat Pea Flour 500g</b>	Organic	£2.15
<b>Hodmedod White Quinoa Flour 500g</b>		£2.95
<b>Hodmedod Yellow Pea Flour 500g</b>		£2.19
<b>Kitchen Garden Soya Flour 250g</b>	Organic	£1.19

<b>Natco Gram Flour 2kg</b>		£2.69
<b>Natco Gram Flour 500g</b>		£0.99
<b>Shipton Mill 3 Malt Sunflower Brown Bread Flour 1kg</b>	Organic	£1.39
<b>Shipton Mill Chestnut Flour 500g</b>	Organic	£6.39
<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	£1.98
<b>Suma Mulled Cider Spices x6</b>		£2.79
<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>		£3.19

#### 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 Discovery 750ml</b>	Organic	£2.59
<b>Carey Apple Juice Falstaff 750ml</b>	Organic	£2.59
<b>Carey Apple Juice Lord Lambourne 750ml</b>	Organic	£2.59
<b>Carey Apple Juice Red Pippin 750ml</b>	Organic	£2.59
<b>Carey Apple Juice Red Windsor 750ml</b>	Organic	£2.59
<b>Carey Apple Juice Santana 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
<b>Co-op Apple Juice 1 Ltr</b>		£0.85

<b>Co-op Apple Juice Case 1 Ltr x 12</b>		£9.24
<b>Co-op Orange Juice 1 Ltr</b>		£0.99
<b>Co-op Orange Juice Case 1 Ltr x 12</b>		£10.80
<b>Co-op Pineapple Juice 1 Ltr</b>		£1.09
<b>Co-op Tomato Juice 1 Ltr</b>		£0.85
<b>Coteaux Apple Cherry Juice 750ml</b>	Organic	£3.69
<b>Coteaux Apple Mango Juice 750ml</b>	Organic	£3.69
<b>Coteaux Apple Quince Juice 750ml</b>	Organic	£3.69
<b>Coteaux Red Grape Juice 750ml</b>	Organic	£3.69
<b>Coteaux Sparkling Apple 750ml</b>	Organic	£3.59
<b>Coteaux Sparkling Apple Blackc 750ml</b>	Organic	£3.89
<b>Coteaux Sparkling Apple Blueb 750ml</b>	Organic	£3.89
<b>Coteaux Sparkling Apple Passionf 750ml</b>	Organic	£3.89
<b>Coteaux Sparkling Apple Raspb 750ml</b>	Organic	£3.89
<b>Delizum Carrot Juice 200ml</b>	Organic	£0.99
<b>Delizum Orange Juice 1 Ltr</b>	Organic	£2.85
<b>Delizum Peach Juice 200ml</b>	Organic	£0.89
<b>Delizum Pear Juice 200ml</b>	Organic	£0.89
<b>Delizum Red Grape Juice 200ml</b>	Organic	£0.99
<b>Delizum Tropical Juice 200ml</b>	Organic	£0.99
<b>Eager Apple Juice 1 Ltr</b>		£1.79
<b>Eager Orange Juice Smooth 1 Ltr</b>		£1.99
<b>Eager Orange Juice with Bits 1 Ltr</b>		£1.99
<b>Eager Pineapple Juice 1 Ltr</b>		£2.09
<b>Eager Pink Grapefruit Juice 1 Ltr</b>		£2.09
<b>I Frutti del Sole Blueberry Juice 330ml</b>	Organic	£4.98
<b>James White Prune Juice 750ml</b>		£2.89
<b>Minor Figures Coffee Latte 200ml</b>		£1.69
<b>Minor Figures Coffee Nitro Cold Brew 200ml</b>		£1.69
<b>Nutimento Yellow Smoothie 250ml</b>	Organic	£2.39
<b>Nutimento Green Smoothie 250ml</b>	Organic	£2.39
<b>Rabenhorst Beetroot Juice 750ml</b>	Organic	£3.79
<b>Rocketman Cold Brew Coffee 330ml</b>	Organic	£1.99
<b>Stute Red Grape Juice 1 Ltr</b>		£1.89
<b>Suma Apple Concentrate 500ml</b>		£4.89
<b>Twelve Below Tonic Apple Mint 500ml</b>		£1.89
<b>Twelve Below Tonic Classic 500ml</b>		£1.89
<b>Twelve Below Tonic Rhubarb 500ml</b>		£1.89
<b>Wenlock Spring Sparkling Water 1 Ltr</b>		£1.09
<b>Wenlock Spring Sparkling Water Case 1 Ltr x 12</b>		£11.89
<b>Wenlock Spring Still Water 1 Ltr</b>		£1.09
<b>Wenlock Spring Still Water Case 1 Ltr x 12</b>		£11.89

#### **Milks-B**

<b>Bridge Choc Rice Drink 250ml</b>	Organic	£0.89
<b>Case Oatly Oat Milk 1 Ltr x 6</b>	Organic	£7.50
<b>Case Provamel Blue Sweet Soya Milk 1 Ltr x 12</b>	Organic	£18.30
<b>Case Sojade Calcium Rice Milk 1 Ltr x 6</b>	Organic	£8.59
<b>Case Sojade Calcium Soy Milk 1 Ltr x 6</b>		£7.98
<b>Case Sojade Hemp Milk 1 Ltr x 6</b>		£13.20

<b>Case Sojade Natural Soy Milk 1 Ltr x 6</b>		£6.90
<b>Ecomil Almond Cream 200ml</b>	Organic	£1.35
<b>Ecomil Almond Milk 1 Ltr</b>	Organic	£2.79
<b>EcoMil Case Almond Milk 1 Ltr x 6</b>	Organic	£14.95
<b>EcoMil Case Coconut Milk 1 Ltr x 6</b>	Organic	£14.95
<b>Ecomil Case Hemp Milk 1 Ltr x 6</b>	Organic	£14.95
<b>Ecomil Coconut Milk 1 Ltr</b>	Organic	£2.79
<b>Ecomil Hemp Milk 1 Ltr</b>	Organic	£2.79
<b>Granovita Soya Milk Case 1 Ltr x 12</b>	Organic	£15.00
<b>Isola Bio Almond Milk 1 Ltr</b>	Organic	£2.49
<b>Isola Bio Almond Rice Milk 1 Ltr</b>	Organic	£1.99
<b>Isola Bio Case Almond Rice 1Ltr x 6</b>	Organic	£10.75
<b>Isola Bio Case Coconut Rice Milk 1 Ltr x 6</b>	Organic	£10.75
<b>Isola Bio Case Hazelnut Rice Milk 1 Ltr x 6</b>	Organic	£10.75
<b>Isola Bio Case Oat Milk 1 Ltr x 6</b>	Organic	£9.72
<b>Isola Bio Case Rice Milk 1 Ltr x 12</b>	Organic	£16.20
<b>Isola Bio Chocolate 250ml</b>	Organic	£0.75
<b>Isola Bio Coconut Rice Milk 1 Ltr</b>	Organic	£1.99
<b>Isola Bio Coconut Rice Milk 250ml</b>	Organic	£0.75
<b>Isola Bio Hazelnut Rice Milk 1 Ltr</b>	Organic	£1.99
<b>Isola Bio Millet Milk 1 Ltr</b>	Organic	£1.98
<b>Isola Bio Oat Milk 1 Ltr</b>	Organic	£1.79
<b>Isola Bio Rice Milk 1 Ltr</b>	Organic	£1.49
<b>Isola Bio Soya Drink 1 Litre</b>	Organic	£1.49
<b>Isola Bio Soya Drink 1 Litre x 6</b>	Organic	£8.10
<b>Minor Figures Case Oat Milk 1 Litre x 6</b>	Organic	£9.45
<b>Minor Figures Oat Milk Barista 1 Ltr</b>	Organic	£1.75
<b>Oatly Milk Barista 1 Ltr</b>		£1.91
<b>Oatly Oat Milk 1 Ltr</b>	Organic	£1.39
<b>Provamel Blue Sweet Soya Milk 1 Ltr</b>	Organic	£1.69
<b>Rice &amp; Rice Almond Rice Drink 1 Ltr</b>	Organic	£2.15
<b>Rice &amp; Rice Almond Rice Drink 200ml</b>	Organic	£0.69
<b>Rice Dream Original 1 Ltr</b>	Organic	£1.38
<b>Sojade Milk Calcium Rice 1 Ltr</b>		£1.59
<b>Sojade Milk Calcium Soy 1 Ltr</b>		£1.48
<b>Sojade Milk Hemp 1 Ltr</b>		£2.39
<b>Sojade Milk Soy Natural 1 Ltr</b>		£1.28
<b>Misc-Eureka</b>		
<b>Test Product</b>		£5.00
<b>Nuts-B</b>		
<b>Organico Cooked Chestnuts 200g</b>	Organic	£3.89
<b>Raw Choc Co Cacao Butter 240g</b>	Organic	£5.75
<b>Raw Choc Co Cacao Nibs 150g</b>	Organic	£3.49
<b>Oil&amp;Seasoning-B</b>		
<b>9Meals Veg Stock Herb 105g</b>	Organic	£2.79
<b>9Meals Veg Stock Original 105g</b>	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	£8.39
<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	£14.99
<b>Aspall Cider Vinegar 500ml</b>	Organic	£1.79
<b>Aspall Red Wine Vinegar 350ml</b>	Organic	£1.59
<b>Aspall White Wine Vinegar 350ml</b>	Organic	£1.59
<b>Belazu Rose Harissa 130g</b>		£3.19
<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	£2.79
<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 Soy Sauce 250ml</b>	Organic	£2.95
<b>Biona SunDried 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	£6.75
<b>Clearspring Brown Rice Miso 300g</b>	Organic	£3.99
<b>Clearspring Flax Oil 250ml</b>	Organic	£3.99
<b>Clearspring Org Silken Tofu 300g</b>	Organic	£1.69
<b>Clearspring Rice Mirin 150ml</b>		£2.89
<b>Clearspring Rice Vinegar 150ml</b>		£1.98
<b>Clearspring Safflower Oil 500ml</b>	Organic	£6.49
<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	£2.99
<b>Clearspring Ume Plum Seasoning 150ml</b>	Organic	£2.39
<b>Cocofina Coconut Oil 350ml</b>	Organic	£4.29
<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>Coop Garlic Oil 250ml</b>		£2.69
<b>Co-op Malt Vinegar 568ml</b>		£0.49
<b>Co-op Sliced Green Jalapeno 230g</b>		£0.99

<b>Co-op Sunflower Oil 1 Ltr</b>		£1.15
<b>Cortas Rose Water 300ml</b>		£1.69
<b>Crespo Sliced Black Olives 198g</b>		£0.85
<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	£7.69
<b>Ecoato Olive Oil Unfiltered 3 Litre</b>	Organic	£20.99
<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>Essenital Wholegrain Mustard 1kg</b>	Organic	£5.99
<b>Essential Case Coconut Milk 400g x 6</b>	Organic	£7.02
<b>Essential Coconut Milk 400g</b>	Organic	£1.65
<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 Hellenic Olive Oil 1l</b>		£5.99
<b>Greek Hellenic Olive Oil 500ml</b>		£3.49
<b>Greek Kitchen Roasted Peppers 450g</b>		£2.69
<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 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 Olive Paste Kalamata 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>Meridian Toasted Sesame Oil 500ml</b>	Organic	£8.29
<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>		£2.99
<b>Odysea Pomegranate Molasses 250ml</b>		£3.39
<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 Lemon Olive Oil 250ml</b>		£2.99
<b>Olive Branch Olive Oil 1 Ltr</b>		£6.98
<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	£2.95
<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>Rovies Green Olives with Peppers 350g</b>	Organic	£3.89
<b>Sanchi Tamari 2.5 Ltr</b>	Organic	£33.99
<b>Seggiano Basil 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	£3.79
<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	£3.35
<b>Suma Pesto Siciliana 190g</b>	Organic	£3.35
<b>Sunita Black Olives 450g</b>		£2.39
<b>Sunita Creamed Basil 130g</b>		£2.25
<b>Sunita Genovese Pesto 130g</b>	Organic	£2.79
<b>Sunita Green Olives 450g</b>		£2.39
<b>Sunita Jumbo Kalamon Olives 450g</b>		£3.29

<b>Sunita Lime Juice 250ml</b>	Organic	£1.69
<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	£6.69
<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 Gomitini Macaroni 500g</b>	Organic	£1.19
<b>Bio Idea Tagliatelle 500g</b>	Organic	£1.19
<b>Biona Fusilli Spirals 500g</b>	Organic	£1.49
<b>Blue Dragon Wholewheat 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 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>Castagno Wholewheat Fusilli 500g</b>	Organic	£0.99
<b>Castagno Wholewheat Penne 500g</b>	Organic	£0.99
<b>Castagno Wholewheat Spaghetti 500g</b>	Organic	£0.99
<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 Brown Rice Noodles 250g</b>	Organic	£1.98
<b>King Soba Buckwheat Noodles 250g</b>	Organic	£2.08
<b>King Soba Millet Brown Rice Noodle 250g</b>	Organic	£1.79
<b>King Soba Pad Thai Noodles 250g</b>	Organic	£2.19

<b>King Soba Thai Rice Noodle 250g</b>	Organic	£1.89
<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 250g</b>	Organic	£2.89
<b>Pro Fusion Red Lentil Fusilli 300g</b>	Organic	£3.19
<b>Probios Farfalle 500g</b>	Organic	£1.19
<b>Probios Lasagne Sheets 500g</b>	Organic	£2.69
<b>Probios Macaroni 500g</b>	Organic	£1.19
<b>Rizopia Brown Rice Pasta Elbow 500g</b>	Organic	£3.39
<b>Rizopia Brown Rice Pasta Fantasia 500g</b>	Organic	£3.39
<b>Suma Fusilli Spirals 500g</b>	Organic	£0.99
<b>Suma GF Brown Rice Fusilli 500g</b>	Organic	£2.39
<b>Suma GF Corn Rice Penne 500g</b>	Organic	£2.39
<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>Biona Aduki Beans 400g</b>	Organic	£0.99
<b>Biona Chickpeas 400g</b>	Organic	£0.89
<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	£1.49
<b>Biona Pinto Beans 400g</b>	Organic	£0.99
<b>Biona Puy Lentils 400g</b>	Organic	£0.99
<b>Biona Refried Pinto Beans 400g</b>	Organic	£1.99
<b>Bionova Green Beans 340g</b>	Organic	£1.19
<b>Bionova Sweetcorn 340g</b>	Organic	£1.49
<b>Classico Black Beans 400g</b>	Organic	£0.69
<b>Classico Cannellini Beans 400g</b>	Organic	£0.69
<b>Classico Case Black Beans 400g x 12</b>	Organic	£7.45
<b>Classico Case Cannellini Case 400g x 12</b>	Organic	£7.45
<b>Classico Case Chick Peas 400g x 12</b>	Organic	£6.40
<b>Classico Case Chopped Tomato 400g x 12</b>	Organic	£8.10
<b>Classico Case Peeled Tomato 400g x 12</b>	Organic	£8.10
<b>Classico Chick Peas 400g</b>	Organic	£0.59
<b>Classico Chopped Tomatoes 400g</b>	Organic	£0.75
<b>Classico Peeled Tomatoes 400g</b>	Organic	£0.75
<b>Clearspring Arame Seaweed 50g</b>		£4.99
<b>Clearspring Nori Seaweed 25g</b>		£3.39
<b>Consar Tomato Puree Tin 400g</b>		£0.98
<b>Cooks &amp; Co Artichoke Hearts 390g</b>		£1.79
<b>Cooks and Co 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 Sauerkraut 360g</b>	Organic	£1.49
<b>Essential Sweetcorn Jar 350g</b>	Organic	£1.49
<b>Essential Sweetcorn Tin 340g</b>	Organic	£1.39
<b>Essential Young Jackfruit 400g</b>	Organic	£2.59
<b>Giaguaro Passata Box 500g</b>		£0.79
<b>Granovita Nut Luncheon 420g</b>		£2.35
<b>Greek Kitchen Dolmades 280g</b>		£2.89
<b>Hodmedod Carlin Peas 400g</b>	Organic	£0.79
<b>Hodmedod Dried Carlin Peas 500g</b>	Organic	£1.45
<b>Hodmedod Fava Beans 400g</b>	Organic	£0.79
<b>Hodmedod Haricot Beans 400g</b>		£0.99
<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>		£0.95
<b>La Fiammante Tomatoes with Basil 400g</b>		£0.69
<b>Locavore Black Beans 400g</b>	Organic	£0.69
<b>Locavore Black Eye Beans 400g</b>	Organic	£0.69
<b>Locavore Borlotti Beans 400g</b>	Organic	£0.69
<b>Locavore Butter Beans 400g</b>	Organic	£0.69
<b>Locavore Cannellini Beans 400g</b>	Organic	£0.69
<b>Locavore Case Black Eye Beans 400g x 12</b>	Organic	£7.45
<b>Locavore Case Butter Beans 400g x 12</b>	Organic	£7.45
<b>Locavore Case Mixed Beans 400g x 12</b>	Organic	£7.45
<b>Locavore Chopped Tomatoes 400g</b>	Organic	£0.75
<b>Locavore Green Lentils 400g</b>	Organic	£0.69
<b>Locavore Green Peas 400g</b>	Organic	£0.69
<b>Locavore Mixed Beans 400g</b>	Organic	£0.69
<b>Locavore Passata Sauce 680g</b>	Organic	£1.09
<b>Locavore Peeled Tomatoes 400g</b>	Organic	£0.75
<b>Locavore Red Kidney Beans 400g</b>	Organic	£0.69
<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	£4.99
<b>Melis Cabbage Leaves 650g</b>		£1.99
<b>Minara Jalfrezi Sauce 350g</b>		£1.59
<b>Minara Madras Sauce 350g</b>		£1.59
<b>Naija Peanut Sauce 360g</b>		£2.29
<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>		£0.79
<b>Natco Poppadoms 200g</b>		£0.99
<b>Niko Pitted Raw Kalamon Olives 370g</b>	Organic	£2.69
<b>Niko Raw Kalamon Olives 370g</b>	Organic	£2.59
<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>		£1.29
<b>Seggiano Fennel Tomato Pesto 220g</b>		£3.99
<b>Shropshire Sage Onion Stuffing 150g</b>		£1.29
<b>Skoulikas Organic Green Olives Pitted 2KG</b>	Organic	£12.98
<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	£2.29
<b>Suma Baked Beans 400g</b>	Organic	£0.95
<b>Suma Black Beans 400g</b>	Organic	£0.89
<b>Suma Bolognese Sauce 350g</b>	Organic	£2.29
<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 Case Kidney Beans 400g x 12</b>	Organic	£7.45
<b>Suma Chick Peas 400g</b>	Organic	£0.89
<b>Suma Mixed Beans 400g</b>	Organic	£0.89
<b>Suma Napoletana Pasta Sauce 350g</b>	Organic	£2.29
<b>Suma Passata Sauce 690g</b>	Organic	£1.45
<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>		£1.89
<b>Tropical Wholefood Porcini Mushrooms 30g</b>		£2.75
<b>Tropical Wholefood Shiitake Mushrooms 50g</b>		£2.75
<b>Veggies Hemp Burger Mix 350g</b>		£3.29
<b>Veggies Nut Roast Mix 300g</b>		£3.39
<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>Wild Irish Atlantic Wakame 40g</b>	Organic	£3.69
<b>Wild Irish Carrageen Moss 40g</b>	Organic	£3.69
<b>Wild Irish Dillisk Dulse Seaweed 40g</b>	Organic	£3.69
<b>Wild Irish Kombu Kelp 40g</b>	Organic	£3.69
<b>Wild Irish Sea Salad 40g</b>	Organic	£3.69
<b>Wild Irish Sea Salad Sprinkles 50g</b>	Organic	£4.59
<b>Wild Irish Sea Spaghetti 40g</b>	Organic	£3.69
<b>Wild Irish Sugar Kelp 40g</b>	Organic	£3.69
<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>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	£1.09
<b>Biosnacky Gourmet Sprouts 40g</b>	Organic	£1.09
<b>Biosnacky Red Clover Mix 30g</b>	Organic	£1.49
<b>Biosnacky Sprouting Broccoli 30g</b>	Organic	£1.49
<b>Biosnacky Wellness Sprouts 40g</b>	Organic	£1.49
<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>Hodmedod UK Chia Seeds 300g</b>		£2.99
<b>Jackys Pantry Mushroom Ketchup 250ml</b>		£3.19
<b>Linwoods Flaxseed 425g</b>	Organic	£4.99
<b>Yaoh Hulled Hemp Seed 125g</b>	Organic	£3.29

**Snacks-B nonVAT**

Cool Chile Tomatillo Salsa 260g		£3.75
Eat Real Hummus Chips 45g		£0.79
Eat Real Lentil Chips 40g		£0.79
Eat Real Organic Hummus Chips 100g	Organic	£1.99
Eat Real Organic Lentil Chips 100g	Organic	£1.99
Love Corn BBQ 115g		£1.69
Love Corn Chilli 115g		£1.69
Love Corn Sea Salt 115g		£1.69
Roots Veg Crisp 150g		£1.89
Roots Veg Crisp 40g		£0.69
Trafo Salsa Cool 200g	Organic	£1.79
Trafo Salsa Hot 200g	Organic	£1.79
Trafo Tortilla Chips 200g	Organic	£1.49
Trafo Tortilla Chips 75g	Organic	£0.79

**Snacks-B VAT**

Brave Peas Sea Salt Vinegar 35g		£0.89
Brave Roast Peas Garlic Chive 35g		£0.89
Brave Roast Peas Paprika Chilli 35g		£0.89
Eat Real Lentil Chips Creamy Dill 40g		£0.79
Fiddlers Sea Salt Crisp 150g		£1.99
Fiddlers Sea Salt Crisp 40g		£0.69
Fiddlers Simply Spuds Crisp 150g		£1.99
Fiddlers Simply Spuds Crisp 40g		£0.69
Fiorentini Corn Snack Olive 50g	Organic	£0.79
Fiorentini Corn Snack Paprika 50g	Organic	£0.79
Fiorentini Corn Snack Rosemary 50g	Organic	£0.79
Fiorentini Rice Snack Olive Oil 40g	Organic	£0.79
Fiorentini Rice Snack Paprika 40g	Organic	£0.79
Fiorentini Rice Snack Rosemary 40g	Organic	£0.79
Hodmedod Roasted Salted Fava Beans 300g		£2.19
Hodmedod Roasted Salted Peas 300g		£2.19
Munchy Seeds Sesame Sprinkles 200g		£3.99
Sofra Baked Salted Peanuts 180g		£0.99
Trafo Maple Cinnamon Popcorn 50g	Organic	£1.75
Trafo Popcorn 50g	Organic	£1.09
Trafo Potato Crisps Paprika 40g	Organic	£0.79
Trafo Potato Crisps Salt Vinegar 40g	Organic	£0.79
Trafo Potato Crisps Unsalted 125g	Organic	£1.69

**Spreads&Jams-B**

Biona Coconut Butter 250g	Organic	£4.29
Biona Pear Apple Spread 450g	Organic	£4.15
Carleys Chocolate Almond Spread 250g	Organic	£4.99
Carleys Pumpkin Seed Butter 250g	Organic	£2.99
Essential Vitamin R Yeast Extract 250g		£5.79
Essential Crunchy Peanut Butter 350g	Organic	£2.79
Essential Peanut Butter Smooth 350g	Organic	£2.79
Meridian Blackcurrant Jam 284g	Organic	£2.15

<b>Meridian Cashew Butter 170g</b>	Organic	£2.98
<b>Meridian Crunchy Almond Butter 170g</b>		£2.99
<b>Meridian Crunchy Cashew Butter 1kg</b>		£11.99
<b>Meridian Crunchy Hazelnut Butter 170g</b>		£3.39
<b>Meridian Crunchy Peanut Butter 1kg</b>		£6.25
<b>Meridian Crunchy Peanut Butter 280g</b>		£2.39
<b>Meridian Dark Tahini 270g</b>	Organic	£2.69
<b>Meridian Light Tahini 270g</b>	Organic	£2.69
<b>Meridian Morello Cherry Jam 284g</b>	Organic	£2.49
<b>Meridian Organic Crunchy Peanut Butter 1kg</b>	Organic	£7.45
<b>Meridian Peanut Butter Smooth 1kg</b>		£6.25
<b>Meridian Peanut Butter Smooth 280g</b>		£2.39
<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>		£14.99
<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
<b>St. Dalfour Blackberry Jam 284g</b>		£1.89
<b>St. Dalfour Blackcurrant Jam 284g</b>		£1.89
<b>St. Dalfour Cranberry Blueberry Jam 284g</b>		£1.89
<b>St. Dalfour Fig Royale Jam 284g</b>		£1.89
<b>St. Dalfour Four Fruits Jam 284g</b>		£1.89
<b>St. Dalfour Golden Peach Jam 284g</b>		£1.89
<b>St. Dalfour Imperial Pear Jam 284g</b>		£1.89
<b>St. Dalfour Kumquat Jam 284g</b>		£1.89
<b>St. Dalfour Mirabelle Plum Jam 284g</b>		£1.89
<b>St. Dalfour Orange Ginger Jam 284g</b>		£1.89
<b>St. Dalfour Pineapple Mango Jam 284g</b>		£1.89
<b>St. Dalfour Raspberry Jam 284g</b>		£1.89
<b>St. Dalfour Raspberry Pomegranate Jam 284g</b>		£1.89
<b>St. Dalfour Strawberry Jam 284g</b>		£1.89
<b>St. Dalfour Thick Apricot Jam 284g</b>		£1.89
<b>St. Dalfour Thick Cut Orange Jam 284g</b>		£1.89
<b>St. Dalfour Wild Blueberry Jam 284g</b>		£1.89
<b>Suma Peanut Butter Crunchy FT 340g</b>		£3.39
<b>Suma Peanut Butter Crunchy Salted 700g</b>	Organic	£6.19
<b>Suma Peanut Butter Crunchy Unsalted 700g</b>	Organic	£6.19
<b>Suma Peanut Butter Smooth Salted 700g</b>	Organic	£6.19
<b>Sunita Dark Tahini 280g</b>		£2.29
<b>Sunita Dark Tahini 3kg</b>		£21.49
<b>Sunita Light Tahini 280g</b>		£2.29
<b>Sunita Light Tahini 3kg</b>		£21.49
<b>Sunita Organic Light Tahini 280g</b>	Organic	£2.99
<b>Tartex Classic Pate 220g</b>	Organic	£2.39
<b>Tartex Herb Garlic Pate 200g</b>	Organic	£2.39
<b>Tartex Herb Pate 200g</b>	Organic	£2.39
<b>Tartex Mushroom Pate 200g</b>	Organic	£2.39



**Sweeteners-B**

Acadian Maple Syrup Amber 250ml	Organic	£5.99
Acadian Maple Syrup Dark 250ml	Organic	£5.99
Basra Date Syrup 450g		£2.49
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
Sofra Date Syrup 400g		£1.49
Suma Agave Syrup 240ml	Organic	£2.99
Sweet Freedom Mild 300ml		£2.98
Yakso Agave Syrup 240ml	Organic	£2.99

**SwtBisc&Bar-B nonVAT**

Billys Biscuits Apple Cranberry Spelt 175g	Organic	£2.49
Billys Biscuits Coconut Lemon 175g	Organic	£2.49
Billys Biscuits Ginger Walnut Spelt 175g	Organic	£2.49
Billys Biscuits Raisin 230g	Organic	£2.49
Billys Biscuits Spiced 240g	Organic	£2.49
Billys Waffles 315g	Organic	£3.49
Choc Chicos Choc Making Kit 337g		£7.65
Eco Biscuit Almond 45g	Organic	£0.49
Eco Biscuit Coconut 55g	Organic	£0.49
Eco Biscuit Fig 50g	Organic	£0.49
Eco Biscuit Fruit 60g	Organic	£0.49
Eco Biscuit Muesli 45g	Organic	£0.49
Eco Biscuit Nut Chocolate 45g	Organic	£0.49
Sunita Halva 75g	Organic	£1.19
Zemanka Apple Biscuits 100g	Organic	£1.59
Zemanka Apple Spelt Duck Biscuits 100g	Organic	£1.39
Zemanka Cocoa Spelt Animal Biscuits 100g	Organic	£1.39
Zemanka Date Lemon Biscuits 100g	Organic	£1.59
Zemanka Maple Coconut Macaroons 100g	Organic	£1.59
Zemanka Raspberry Biscuits 100g	Organic	£1.59
Zemanka Spelt Animal Biscuits 100g	Organic	£1.39

**SwtBisc&Bar-B VAT**

Eco Biscuit Choc Orange 45g	Organic	£0.55
Eco Biscuit Chocolate 45g	Organic	£0.55
Fruit Hero Apple Raspberry 20g		£0.45
Fruit Hero Strawberry 20g		£0.45
Fruit Leather Apple Apricot 15g		£0.49
Fruit Leather Apple Raspberry 15g		£0.49
Fruit Leather Apple Strawberry 15g		£0.49
Fruit Leather Apple Wildberry 15g		£0.49
Fruit Leather Full Box 15g x 60		£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>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>		£1.99
<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	£1.79
<b>Raw Choc Co Bar Mint Mania 72% 38g</b>	Organic	£1.79
<b>Raw Choc Co Bar Pitch Dark 72% 38g</b>	Organic	£1.79
<b>Raw Choc Co Bar Salted Vanoffee Hazelnut 38g</b>	Organic	£1.79
<b>Raw Choc Co Bar Vanoffee 38g</b>	Organic	£1.79
<b>Raw Choc Co Choc Almonds 110g</b>	Organic	£3.99
<b>Raw Choc Co Choco Mulberries 125g</b>	Organic	£3.99
<b>Raw Choc Co Choco Raisins 125g</b>	Organic	£3.99
<b>Raw Choc Co Vanoffee Mulberries 125g</b>	Organic	£3.99
<b>Trek Peanut Power 55g</b>		£0.99
<b>Tropical Wholefood Bar Apricot Raisin 40g</b>		£0.65
<b>Tropical Wholefood Bar Mango Brazil 40g</b>		£0.65
<b>Tropical Wholefood Bar Pineapple Cashew 40g</b>		£0.65
<b>Vivani Dark Chocolate Bar 92% 80g</b>	Organic	£2.69
<b>Vivani Dark Chocolate Bar 99% 80g</b>	Organic	£2.69

### Tea&Coffee-B

Barleycup Coffee 200g		£3.89
Biona Bio Malt 100g	Organic	£2.85
Brew Tea Loose Apple Blackberry 113g		£4.75
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
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 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 Green Tea Bags x40	Organic	£2.29
Clipper Green Tea Loose 100g	Organic	£2.00
Clipper Green Teabags x26	Organic	£1.45
Clipper Instant Coffee 100g	Organic	£4.69
Clipper Instant Coffee 500g	Organic	£17.99
Clipper Instant Decaf Coffee 100g	Organic	£4.69
Clipper Liquorice Teabags x20	Organic	£1.65
Clipper Nettle Teabags x20	Organic	£1.65
Clipper Organic Teabags x80	Organic	£2.99
Co-op Espresso Coffee 227g		£1.99
Coop Italian FT Coffee Beans 227g		£1.99
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 Earl Grey 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
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 Peppermint 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 Madagascar Vanilla Teabags x20	Organic	£2.15
Hampstead Rosehip Hibiscus Teabags x20	Organic	£2.05
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	£2.58
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		£1.59
Kraus Yerba Mate Teabags x25	Organic	£2.59
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 Senza Coffee 250g	Organic	£3.69
Levelt Dolce Coffee 250g	Organic	£3.29
Levelt Forte Coffee 250g	Organic	£2.89
ManCoCo Sumatra Coffee Beans 250g	Organic	£5.59
ManCoCo Sumatra Ground Coffee 250g	Organic	£5.59
Percol Coffee Ground Colombian 200g	Organic	£4.19
Percol Coffee Ground Decaf 200g	Organic	£4.19
Percol Coffee Ground Espresso 200g	Organic	£4.19
Percol Coffee Ground Peruvian 200g		£4.19
Percol Coffee Whole Bean Espresso 200g	Organic	£4.19
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
Taylor's Ground Coffee Hot Lava Java 227g		£2.99
Tick Tock Green Rooibos Tea Bags x 40	Organic	£1.99
Tick Tock Rooibos Tea Loose 100g	Organic	£1.95
Tick Tock Rooibos Teabags x40	Organic	£1.95
Tick Tock Vanilla Chai 40 Bags		£1.79
Whole Earth Wake Up 125g		£3.39
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