

## ESSENTIALS PRICELIST

Updated 06/07/2021

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 | £0.85            |
| Baking Powder 100g                  |         | £0.65            |
| Baking Powder 250g                  |         | £0.95            |
| Bicarbonate 1kg                     |         | £1.75            |
| Bicarbonate 250g                    |         | £0.65            |
| <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              |         | £1.59            |
| 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 Orig1kg              |         | £2.55            |
| Crunchy Cereal Orig500g             |         | £1.35            |
| Crunchy Cereal Orig5kg              |         | £11.49           |
| Muesli Base Crispy 4kg              | Organic | £9.99            |
| Muesli Base Crispy 750g             | Organic | £2.09            |
| NGI Muesli 2kg                      |         | £13.99           |
| NGI Muesli 500g                     |         | £3.99            |
| Org Spelt Flakes 4kg                | Organic | £0.00            |
| Porridge Oats 1kg                   | Organic | £1.85            |
| Porridge Oats 25kg                  | Organic | £34.16           |
| Porridge Oats 3kg                   | Organic | £4.95            |
| Porridge Oats 5kg                   | Organic | £7.99            |
| Puffed Millet 250g                  | Organic | £1.45            |
| 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 | £5.99            |
| Wheatflakes Malted 500g             | Organic | £1.69            |
| Wheatflakes Sultana2kg              | Organic | £7.89            |
| Wheatflakes Sultana500g             | Organic | £2.15            |

**DriedFruit-P**

|                                 |         |        |
|---------------------------------|---------|--------|
| <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>      |         | £4.99  |
| <b>Apricots Orange 250g</b>     |         | £1.49  |
| <b>Apricots Orange 3kg</b>      |         | £14.49 |
| <b>Apricots Orange 500g</b>     |         | £2.55  |
| <b>Apricots Org1kg</b>          | Organic | £8.99  |
| <b>Apricots Org250g</b>         | Organic | £2.49  |
| <b>Apricots Org3kg</b>          | Organic | £24.99 |
| <b>Apricots Org500g</b>         | Organic | £4.69  |
| <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>       |         | £1.49  |
| <b>Dates Pitted 1kg</b>         |         | £2.49  |
| <b>Dates Pitted 3kg</b>         |         | £6.49  |
| <b>Dates Pitted 500g</b>        |         | £1.45  |
| <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>         |         | £2.68  |
| <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>  |         | £3.19  |
| <b>Raisins Jumbo Flame 3kg</b>  |         | £8.99  |
| <b>Raisins Jumbo Flame 500g</b> |         | £1.79  |
| <b>Raisins Thompson 1kg</b>     | Organic | £4.79  |

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|------------------------------|---------|--------|
| <b>Raisins Thompson 3kg</b>  | Organic | £12.85 |
| <b>Raisins Thompson 500g</b> | Organic | £2.49  |
| <b>Sultanas Aussie 1kg</b>   |         | £5.39  |
| <b>Sultanas Aussie 3kg</b>   |         | £14.99 |
| <b>Sultanas Aussie 500g</b>  |         | £2.85  |
| <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>Amaranth 500g</b>            | Organic | £1.39  |
| <b>Barley Flakes 1kg</b>        | Organic | £1.75  |
| <b>Barley Grain 1kg</b>         | Organic | £1.55  |
| <b>Buckwheat 1kg</b>            | Organic | £2.89  |
| <b>Buckwheat 500g</b>           | Organic | £1.65  |
| <b>Bulgar Wheat 1kg</b>         | Organic | £2.19  |
| <b>Bulgar Wheat 3kg</b>         | Organic | £5.99  |
| <b>Bulgar Wheat 500g</b>        | Organic | £1.35  |
| <b>Cous-Cous Wholemeal 1kg</b>  | Organic | £2.25  |
| <b>Cous-Cous Wholemeal 3kg</b>  | Organic | £5.99  |
| <b>Cous-Cous Wholemeal 500g</b> | Organic | £1.35  |
| <b>Jumbo Oats 1kg</b>           | Organic | £1.85  |
| <b>Jumbo Oats 3kg</b>           | Organic | £4.95  |
| <b>Jumbo Oats 5kg</b>           | Organic | £7.99  |
| <b>Millet 1kg</b>               | Organic | £2.29  |
| <b>Millet 3kg</b>               | Organic | £5.99  |
| <b>Millet Flakes 500g</b>       | Organic | £2.19  |
| <b>Oatmeal Medium 1kg</b>       | Organic | £1.69  |
| <b>Org Buckwheat Flakes 4kg</b> | Organic | £0.00  |
| <b>Popcorn 1kg</b>              | Organic | £2.69  |
| <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>            |         | £3.69  |
| <b>Quinoa UK 3kg</b>            |         | £10.09 |
| <b>Quinoa UK 500g</b>           |         | £1.99  |
| <b>Rice Arborio 1kg</b>         | Organic | £4.19  |
| <b>Rice Arborio 500g</b>        | Organic | £2.29  |
| <b>Rice Basmati 1kg</b>         | Organic | £3.05  |
| <b>Rice Basmati 25kg</b>        | Organic | £69.92 |
| <b>Rice Basmati 3kg</b>         | Organic | £8.39  |
| <b>Rice Basmati 500g</b>        | Organic | £1.75  |
| <b>Rice Flakes 1kg</b>          | Organic | £4.39  |
| <b>Rice Flakes 3kg</b>          | Organic | £12.49 |
| <b>Rice Jasmine 1kg</b>         | Organic | £3.19  |
| <b>Rice Jasmine 3kg</b>         | Organic | £8.85  |
| <b>Rice Jasmine 500g</b>        | Organic | £1.69  |
| <b>Rice Long Grain 1kg</b>      | Organic | £2.59  |
| <b>Rice Long Grain 3kg</b>      | Organic | £6.99  |
| <b>Rice Red 1kg</b>             | Organic | £3.59  |

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|-----------------------------|---------|--------|
| <b>Rice Red 500g</b>        | Organic | £1.95  |
| <b>Rice Short Grain 1kg</b> | Organic | £2.49  |
| <b>Rice Short Grain 3kg</b> | Organic | £6.99  |
| <b>Rice Wild 1kg</b>        | Organic | £17.29 |
| <b>Rice Wild 250g</b>       | Organic | £4.69  |
| <b>Rice Wild 500g</b>       | Organic | £8.55  |
| <b>Rye Flakes 1kg</b>       | Organic | £1.69  |
| <b>Spelt Grain 1kg</b>      | Organic | £2.79  |
| <b>Spelt Grain 500g</b>     | Organic | £1.69  |
| <b>Three Rice Mix 1kg</b>   |         | £5.49  |
| <b>Three Rice Mix 500g</b>  |         | £2.89  |
| <b>Wheat Grain 1kg</b>      | Organic | £1.35  |

#### Flours-P

|                                |         |       |
|--------------------------------|---------|-------|
| <b>Barley Flour 1kg</b>        | Organic | £1.95 |
| <b>Buckwheat Flour 1kg</b>     | Organic | £2.75 |
| <b>Canadian Flour 1.5kg</b>    |         | £1.65 |
| <b>Canadian Flour 5kg</b>      |         | £4.69 |
| <b>Cocoa 250g</b>              | Organic | £1.69 |
| <b>Cocoa 500g</b>              | Organic | £3.29 |
| <b>Coconut Flour 500g</b>      | Organic | £1.95 |
| <b>Corn Starch 500g</b>        | Organic | £1.75 |
| <b>Maizemeal 1kg</b>           | Organic | £1.75 |
| <b>Polenta 1kg</b>             | Organic | £1.79 |
| <b>Potato Starch 1kg</b>       | Organic | £4.09 |
| <b>Potato Starch 500g</b>      | Organic | £1.49 |
| <b>Rice Flour 1kg</b>          |         | £1.75 |
| <b>Semolina 1kg</b>            | Organic | £2.05 |
| <b>Soya Flour Toasted 500g</b> | Organic | £2.39 |
| <b>Tapioca Starch 500g</b>     | Organic | £1.15 |
| <b>Teff Flour 1kg</b>          | Organic | £6.69 |
| <b>Wheat Gluten 500g</b>       | Organic | £4.49 |

#### Herbs&Spices-P

|                                     |         |       |
|-------------------------------------|---------|-------|
| <b>Allspice Ground 50g</b>          |         | £0.99 |
| <b>Allspice Whole 50g</b>           |         | £0.99 |
| <b>Asafoetida 50g</b>               |         | £0.89 |
| <b>Basil Org100g</b>                | Organic | £1.39 |
| <b>Basil Org50g</b>                 | Organic | £0.95 |
| <b>Bay Leaves 15g</b>               |         | £0.79 |
| <b>Black Onion Seed Kalonji 50g</b> |         | £0.79 |
| <b>Cajun Spice Mix 100g</b>         |         | £0.89 |
| <b>Caraway Seed Mild 50g</b>        | Organic | £0.89 |
| <b>Cardamon Black 25g</b>           |         | £1.15 |
| <b>Cardamon Green Pods 25g</b>      | Organic | £1.89 |
| <b>Cardamon Ground 50g</b>          |         | £2.49 |
| <b>Cayenne 100g</b>                 |         | £1.05 |
| <b>Cayenne 250g</b>                 |         | £1.95 |
| <b>Celery Salt 100g</b>             |         | £0.65 |
| <b>Celery Seed 100g</b>             |         | £0.85 |

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|--------------------------------|---------|-------|
| <b>Chilli Crushed 50g</b>      |         | £0.79 |
| <b>Chilli Powder 100g</b>      |         | £1.15 |
| <b>Chilli Powder 250g</b>      |         | £2.09 |
| <b>Chinese 5 Spice 50g</b>     |         | £0.85 |
| <b>Chives 25g</b>              |         | £0.85 |
| <b>Cinnamon Ground Org250g</b> | Organic | £2.79 |
| <b>Cinnamon Ground Org500g</b> | Organic | £5.35 |
| <b>Cinnamon Ground Org50g</b>  | Organic | £0.89 |
| <b>Cinnamon Sticks 100g</b>    |         | £1.79 |
| <b>Cinnamon Sticks 25g</b>     |         | £0.65 |
| <b>Cloves Whole 50g</b>        | Organic | £1.79 |
| <b>Coriander Ground 250g</b>   | Organic | £2.75 |
| <b>Coriander Ground 50g</b>    | Organic | £0.95 |
| <b>Coriander Leaves 100g</b>   |         | £1.89 |
| <b>Coriander Leaves 50g</b>    |         | £1.15 |
| <b>Coriander Whole 250g</b>    | Organic | £2.69 |
| <b>Coriander Whole 50g</b>     | Organic | £0.95 |
| <b>Cumin Ground 100g</b>       |         | £0.75 |
| <b>Cumin Ground 250g</b>       |         | £1.59 |
| <b>Cumin Ground 500g</b>       |         | £2.49 |
| <b>Cumin Whole 100g</b>        | Organic | £2.99 |
| <b>Cumin Whole 50g</b>         | Organic | £1.55 |
| <b>Curry Leaves 25g</b>        |         | £1.09 |
| <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>           |         | £0.79 |
| <b>Fennel Seed 250g</b>        | Organic | £3.69 |
| <b>Fennel Seed 50g</b>         | Organic | £0.95 |
| <b>Fenugreek Ground 50g</b>    | Organic | £0.99 |
| <b>Fenugreek Leaves 50g</b>    |         | £0.99 |
| <b>Fenugreek Seed 100g</b>     |         | £0.75 |
| <b>Fenugreek Seed 250g</b>     |         | £1.09 |
| <b>Galangal 50g</b>            |         | £1.25 |
| <b>Garam Masala 100g</b>       |         | £0.85 |
| <b>Garam Masala 250g</b>       |         | £1.65 |
| <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>       |         | £0.69 |
| <b>Ginger Root 50g</b>         |         | £0.69 |
| <b>Herbs Provence 250g</b>     |         | £2.49 |
| <b>Herbs Provence 50g</b>      |         | £0.85 |
| <b>Juniper Berries 50g</b>     | Organic | £1.15 |
| <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>                |         | £0.99 |
| <b>Marjoram 50g</b>            | Organic | £1.29 |

|                                  |         |       |
|----------------------------------|---------|-------|
| Mint 50g                         |         | £0.99 |
| Mixed Herbs 250g                 |         | £2.25 |
| Mixed Herbs 50g                  |         | £0.85 |
| Mixed Spice 50g                  |         | £0.75 |
| Mustard Powder 100g              | Organic | £1.29 |
| Mustard Seed Black250g           | Organic | £2.75 |
| Mustard Seed Black50g            | Organic | £0.89 |
| Mustard Seed Yellow50g           | Organic | £0.85 |
| Onion Powder 100g                |         | £0.95 |
| Oregano 100g                     |         | £1.49 |
| Oregano 50g                      |         | £0.89 |
| Panch Phoron Bengali 5 Spice 50g |         | £1.05 |
| Paprika 100g                     |         | £0.79 |
| Paprika 250g                     |         | £1.25 |
| Paprika 500g                     |         | £2.35 |
| Paprika Smoked 100g              |         | £1.29 |
| Parsley 100g                     |         | £1.49 |
| Parsley 50g                      |         | £0.99 |
| Pepper Ground Black 50g          |         | £0.75 |
| Pepper Ground White 50g          | Organic | £1.59 |
| Pepper Szechuan 50g              |         | £3.95 |
| Peppercorns Black 250g           | Organic | £5.99 |
| Peppercorns Black 50g            | Organic | £1.35 |
| Peppercorns Mixed Whole 100g     |         | £1.49 |
| Peppercorns Mixed Whole 50g      |         | £0.99 |
| Ras-El-Hanout 50g                |         | £1.35 |
| Rosemary 100g                    | Organic | £1.69 |
| Rosemary 50g                     | Organic | £0.89 |
| Sage Rubbed 100g                 | Organic | £2.29 |
| Sage Rubbed 50g                  | Organic | £1.35 |
| Star Anise Ground 25g            |         | £0.85 |
| Star Anise Whole 25g             |         | £1.09 |
| Sumac 50g                        |         | £0.95 |
| Tarragon 25g                     |         | £1.19 |
| Thyme 100g                       |         | £1.19 |
| Thyme 50g                        |         | £0.85 |
| True Cinnamon Org250g            | Organic | £5.35 |
| True Cinnamon Org50g             | Organic | £1.29 |
| Turmeric 100g                    |         | £0.75 |
| Turmeric 250g                    |         | £1.55 |
| Turmeric 500g                    |         | £2.45 |
| Turmeric Org100g                 | Organic | £1.15 |
| Turmeric Org250g                 | Organic | £2.75 |
| Vanilla Pods each                | Organic | £2.99 |
| <b>Household-P</b>               |         |       |
| V-Dog Food 1kg                   |         | £3.99 |
| <b>Nuts-P</b>                    |         |       |
| Almonds 100g                     |         | £0.99 |

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|-------------------------------------|---------|--------|
| <b>Almonds 1kg</b>                  |         | £8.49  |
| <b>Almonds 250g</b>                 |         | £2.25  |
| <b>Almonds 3kg</b>                  |         | £24.99 |
| <b>Almonds 500g</b>                 |         | £4.39  |
| <b>Almonds Flaked 100g</b>          |         | £1.15  |
| <b>Almonds Flaked 1kg</b>           |         | £9.49  |
| <b>Almonds Flaked 250g</b>          |         | £2.59  |
| <b>Almonds Flaked 500g</b>          |         | £4.99  |
| <b>Almonds Ground Blanched 100g</b> |         | £1.15  |
| <b>Almonds Ground Blanched 1kg</b>  |         | £9.45  |
| <b>Almonds Ground Blanched 250g</b> |         | £2.55  |
| <b>Almonds Ground Blanched 500g</b> |         | £4.95  |
| <b>Almonds Org100g</b>              | Organic | £1.95  |
| <b>Almonds Org1kg</b>               | Organic | £15.49 |
| <b>Almonds Org250g</b>              | Organic | £3.99  |
| <b>Almonds Org500g</b>              | Organic | £7.89  |
| <b>Brazils Broken 1kg</b>           |         | £7.49  |
| <b>Brazils Broken 250g</b>          |         | £2.29  |
| <b>Brazils Broken 500g</b>          |         | £3.99  |
| <b>Brazils Whole 500g</b>           |         | £11.99 |
| <b>Cashews Org100g</b>              | Organic | £1.99  |
| <b>Cashews Org1kg</b>               | Organic | £16.99 |
| <b>Cashews Org250g</b>              | Organic | £4.89  |
| <b>Cashews Org500g</b>              | Organic | £9.39  |
| <b>Cashews Pieces 1kg</b>           |         | £7.49  |
| <b>Cashews Pieces 250g</b>          |         | £2.09  |
| <b>Cashews Pieces 500g</b>          |         | £3.99  |
| <b>Cocoa Nibs 100g</b>              | Organic | £1.45  |
| <b>Cocoa Nibs 250g</b>              | Organic | £3.49  |
| <b>Cocoa Nibs 50g</b>               | Organic | £0.75  |
| <b>Coconut Chips Toasted 250g</b>   | Organic | £1.95  |
| <b>Coconut Chips Toasted 500g</b>   | Organic | £3.75  |
| <b>Coconut Chips Toasted 750g</b>   | Organic | £5.29  |
| <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 | £1.59  |
| <b>Hazelnuts 1kg</b>                | Organic | £13.39 |
| <b>Hazelnuts 250g</b>               | Organic | £3.65  |
| <b>Hazelnuts 500g</b>               | Organic | £6.99  |
| <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>          |         | £1.89  |
| <b>Mixed Nuts Chop3kg</b>           |         | £18.99 |
| <b>Mixed Nuts Chop500g</b>          |         | £3.59  |
| <b>Mixed Nuts Whole1kg</b>          |         | £9.29  |
| <b>Mixed Nuts Whole250g</b>         |         | £2.49  |



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|------------------------------------|---------|--------|
| <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 | £1.39  |
| <b>Peanuts 3kg</b>                 | Organic | £13.25 |
| <b>Peanuts 500g</b>                | Organic | £2.49  |
| <b>Pecan Nuts 100g</b>             |         | £1.85  |
| <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> |         | £2.75  |
| <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  |

#### **Oil&Seasoning-P**

|                                   |         |       |
|-----------------------------------|---------|-------|
| <b>Bouillon Powder Org 100g</b>   | Organic | £1.29 |
| <b>Bouillon Powder Org 250g</b>   | Organic | £2.69 |
| <b>Bouillon Powder Org YF100g</b> | Organic | £1.29 |
| <b>Bouillon Powder Org YF250g</b> | Organic | £2.69 |
| <b>Sea Salt Coarse 1kg</b>        |         | £1.05 |
| <b>Sea Salt Coarse 500g</b>       |         | £0.79 |
| <b>Sea Salt Fine 1kg</b>          |         | £1.05 |
| <b>Sea Salt Fine 500g</b>         |         | £0.79 |

#### **PreparedFood-P**

|                                    |         |        |
|------------------------------------|---------|--------|
| <b>Breadcrumbs Wholewheat 500g</b> | Organic | £1.75  |
| <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 | £1.45  |
| <b>Tomato Sun-Dried 1kg</b>        | Organic | £10.49 |
| <b>Tomato Sun-Dried 250g</b>       | Organic | £2.85  |
| <b>Tomato Sun-Dried 500g</b>       | Organic | £5.59  |
| <b>TVP / Soya 250g</b>             | Organic | £1.69  |



|                          |         |       |
|--------------------------|---------|-------|
| <b>TVP / Soya 500g</b>   | Organic | £3.15 |
| <b>Yeast Flakes 100g</b> | Organic | £2.45 |
| <b>Yeast Flakes 250g</b> | Organic | £5.99 |

#### **Pulses-P**

|                                 |         |       |
|---------------------------------|---------|-------|
| <b>Aduki Beans 1kg</b>          | Organic | £2.99 |
| <b>Bean Mix 1kg</b>             | Organic | £3.09 |
| <b>Black Turtle Beans 1kg</b>   | Organic | £2.49 |
| <b>Blackeye Beans 1kg</b>       |         | £2.99 |
| <b>Butter Beans 1kg</b>         | Organic | £4.79 |
| <b>Cannellini Beans 1kg</b>     | Organic | £2.95 |
| <b>Chick Peas 1kg</b>           | Organic | £1.99 |
| <b>Flageolet Beans 500g</b>     |         | £2.19 |
| <b>Haricot Beans 1kg</b>        | Organic | £2.79 |
| <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 | £2.39 |
| <b>Lentils Green 1kg</b>        | Organic | £2.39 |
| <b>Lentils Puy 1kg</b>          | Organic | £4.29 |
| <b>Lentils Red Org1kg</b>       | Organic | £2.49 |
| <b>Lentils Red Org3kg</b>       | Organic | £6.49 |
| <b>Lentils Red Org500g</b>      | Organic | £1.39 |
| <b>Marrowfat Peas 1kg</b>       |         | £1.35 |
| <b>Mung Beans 1kg</b>           | Organic | £3.99 |
| <b>Pintos 1kg</b>               | Organic | £2.69 |
| <b>Soya Beans 1kg</b>           | Organic | £1.99 |
| <b>Split Fava Beans 1kg</b>     | Organic | £1.85 |
| <b>Split Peas Green 1kg</b>     |         | £1.09 |
| <b>Split Peas Green Org1kg</b>  | Organic | £2.35 |
| <b>Split Peas Yellow 1kg</b>    |         | £1.75 |
| <b>Split Peas Yellow Org1kg</b> | Organic | £2.75 |
| <b>Whole Fava Beans Org1kg</b>  | Organic | £1.65 |

#### **Seeds-P**

|                          |         |        |
|--------------------------|---------|--------|
| <b>Alfalfa Seed 100g</b> | Organic | £1.25  |
| <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 | £8.99  |
| <b>Linseed 500g</b>      | Organic | £1.85  |
| <b>Poppy Seed 1kg</b>    | Organic | £8.49  |
| <b>Poppy Seed 250g</b>   | Organic | £2.39  |
| <b>Pumpkin Seed 1kg</b>  | Organic | £7.29  |
| <b>Pumpkin Seed 250g</b> | Organic | £1.99  |
| <b>Pumpkin Seed 3kg</b>  | Organic | £20.49 |
| <b>Pumpkin Seed 500g</b> | Organic | £3.79  |
| <b>Sesame Seed 1kg</b>   | Organic | £4.49  |
| <b>Sesame Seed 250g</b>  | Organic | £1.35  |

|                             |         |        |
|-----------------------------|---------|--------|
| <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 | £1.15  |
| <b>Sunflower Seeds 3kg</b>  | Organic | £8.49  |
| <b>Sunflower Seeds 500g</b> | Organic | £1.69  |

### 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>           |         | £0.79  |
| <b>Bombay Mix 1kg</b>            |         | £3.59  |
| <b>Bombay Mix 250g</b>           |         | £1.19  |
| <b>Cashews Pepper 100g</b>       |         | £1.85  |
| <b>Cashews Pepper 250g</b>       |         | £4.49  |
| <b>Cashews Pepper 500g</b>       |         | £8.49  |
| <b>Cashews Roasted 100g</b>      |         | £1.85  |
| <b>Cashews Roasted 250g</b>      |         | £4.49  |
| <b>Cashews Roasted 500g</b>      |         | £8.49  |
| <b>Cashews Spicy 100g</b>        |         | £1.85  |
| <b>Cashews Spicy 250g</b>        |         | £4.49  |
| <b>Cashews Spicy 500g</b>        |         | £8.49  |
| <b>Chickpea Noodles 100g</b>     |         | £0.89  |
| <b>Chickpea Noodles 250g</b>     |         | £1.29  |
| <b>Chickpea Noodles 500g</b>     |         | £2.19  |
| <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>        |         | £0.89  |
| <b>Garlic Gathia 250g</b>        |         | £1.29  |
| <b>Garlic Gathia 500g</b>        |         | £2.19  |
| <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>      |         | £1.45  |
| <b>Spiced Chickpeas 100g</b>     |         | £0.75  |
| <b>Spiced Chickpeas 250g</b>     |         | £1.15  |
| <b>Spiced Chickpeas 500g</b>     |         | £1.85  |
| <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 | £1.55 |