

ESSENTIALS PRICELIST

Updated 07/09/2021

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

Department	Packed	
Row Labels	Org?	Average of Price
BakingAids-P		
Arrowroot 100g	Organic	£0.89
Baking Powder 100g		£0.69
Baking Powder 250g		£0.99
Bicarbonate 1kg		£1.75
Bicarbonate 250g		£0.65
Cereals-P		
Buckwheat Flakes 250g	Organic	£3.49
Buckwheat Flakes 500g	Organic	£6.89
Cocoa Porridge 1kg	Organic	£3.29
Cornflakes 500g	Organic	£2.85
Crunchy Cereal Base1kg		£1.59
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
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 4kg	Organic	£0.00
Spelt Flakes 500g	Organic	£4.79
Unicorn Muesli 41% Fruit & Nut 1kg		£3.29
Unicorn Muesli 41% Fruit & Nut 500g		£1.75
Unicorn Muesli 41% Fruit & Nut 5kg		£15.39
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	£1.75
Wheatflakes Sultana2kg	Organic	£7.89
Wheatflakes Sultana500g	Organic	£2.15

DriedFruit-P

Apple Rings 125g		£1.25
Apple Rings 250g		£2.49
Apple Rings 500g		£4.79
Apricots Chopped 1kg	Organic	£5.49
Apricots Chopped 500g	Organic	£2.89
Apricots Orange 1kg		£4.99
Apricots Orange 250g		£1.49
Apricots Orange 3kg		£14.49
Apricots Orange 500g		£2.55
Apricots Org1kg	Organic	£8.99
Apricots Org250g	Organic	£2.49
Apricots Org3kg	Organic	£24.99
Apricots Org500g	Organic	£4.69
Baby Figs 250g	Organic	£2.39
Baby Figs 500g	Organic	£4.55
Currants 1kg		£4.99
Currants 500g		£2.55
Dates Chopped 1kg		£2.49
Dates Chopped 3kg		£6.89
Dates Chopped 500g		£1.49
Dates Pitted 1kg		£2.49
Dates Pitted 3kg		£6.49
Dates Pitted 500g		£1.45
Dates Pitted Org1kg	Organic	£6.49
Dates Pitted Org250g	Organic	£1.79
Dates Pitted Org3kg	Organic	£18.99
Dates Pitted Org500g	Organic	£3.49
Figs 1kg	Organic	£9.59
Figs 3kg	Organic	£27.99
Figs 500g	Organic	£4.85
Mango FT 100g	Organic	£1.75
Mango FT 1kg	Organic	£15.49
Mango FT 250g	Organic	£4.25
Mango FT 500g	Organic	£8.15
Mixed Fruit 1kg		£4.99
Mixed Fruit 3kg		£12.99
Mixed Fruit 500g		£2.68
Mulberries 1kg	Organic	£8.29
Mulberries 250g	Organic	£2.29
Mulberries 500g	Organic	£4.35
Prunes Pitted 1kg	Organic	£8.99
Prunes Pitted 250g	Organic	£2.45
Prunes Pitted 3kg	Organic	£24.99
Prunes Pitted 500g	Organic	£4.75
Raisins Jumbo Flame 1kg		£3.49
Raisins Jumbo Flame 3kg		£8.99
Raisins Jumbo Flame 500g		£1.89
Raisins Thompson 1kg	Organic	£4.79

Raisins Thompson 3kg	Organic	£12.85
Raisins Thompson 500g	Organic	£2.49
Sultanas Aussie 1kg		£5.39
Sultanas Aussie 3kg		£14.99
Sultanas Aussie 500g		£2.85
Sultanas Org1kg	Organic	£4.49
Sultanas Org3kg	Organic	£11.99
Sultanas Org500g	Organic	£2.39

Flakes&Grains-P

Amaranth 500g	Organic	£1.39
Barley Flakes 1kg	Organic	£1.75
Barley Grain 1kg	Organic	£1.55
Buckwheat 1kg	Organic	£2.89
Buckwheat 500g	Organic	£1.65
Bulgar Wheat 1kg	Organic	£2.19
Bulgar Wheat 3kg	Organic	£5.99
Bulgar Wheat 500g	Organic	£1.35
Cous-Cous Wholemeal 1kg	Organic	£2.25
Cous-Cous Wholemeal 3kg	Organic	£5.99
Cous-Cous Wholemeal 500g	Organic	£1.35
Jumbo Oats 1kg	Organic	£1.85
Jumbo Oats 3kg	Organic	£4.95
Jumbo Oats 5kg	Organic	£7.99
Millet 1kg	Organic	£2.29
Millet 3kg	Organic	£5.99
Millet Flakes 500g	Organic	£2.19
Oatmeal Medium 1kg	Organic	£1.69
Popcorn 1kg	Organic	£2.69
Quinoa Flakes 500g	Organic	£3.89
Quinoa Red 1kg	Organic	£7.49
Quinoa Red 500g	Organic	£3.99
Quinoa UK 1kg		£3.69
Quinoa UK 3kg		£10.09
Quinoa UK 500g		£1.99
Rice Arborio 1kg	Organic	£4.19
Rice Arborio 500g	Organic	£2.29
Rice Basmati 1kg	Organic	£3.05
Rice Basmati 25kg	Organic	£69.92
Rice Basmati 3kg	Organic	£8.39
Rice Basmati 500g	Organic	£1.75
Rice Flakes 1kg	Organic	£4.39
Rice Flakes 3kg	Organic	£12.49
Rice Jasmine 1kg	Organic	£3.19
Rice Jasmine 3kg	Organic	£8.85
Rice Jasmine 500g	Organic	£1.69
Rice Long Grain 1kg	Organic	£2.59
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	£17.29
Rice Wild 250g	Organic	£4.69
Rice Wild 500g	Organic	£8.55
Rye Flakes 1kg	Organic	£1.69
Spelt Grain 1kg	Organic	£2.79
Spelt Grain 500g	Organic	£1.69
Three Rice Mix 1kg		£5.49
Three Rice Mix 500g		£2.89
Wheat Grain 1kg	Organic	£1.35

Flours-P

Barley Flour 1kg	Organic	£1.95
Buckwheat Flour 1kg	Organic	£2.75
Canadian Flour 1.5kg		£1.65
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	£1.75
Polenta 1kg	Organic	£1.79
Potato Starch 1kg	Organic	£4.09
Potato Starch 500g	Organic	£1.49
Rice Flour 1kg		£1.75
Semolina 1kg	Organic	£2.05
Soya Flour Toasted 500g	Organic	£2.39
Tapioca Starch 500g	Organic	£1.15
Teff Flour 1kg	Organic	£6.69
Wheat Gluten 500g	Organic	£4.49

Herbs&Spices-P

Allspice Ground 50g		£0.99
Allspice Whole 50g		£0.99
Asafoetida 50g		£0.89
Basil Org100g	Organic	£1.69
Basil Org50g	Organic	£1.05
Bay Leaves 15g		£0.79
Black Onion Seed Kalonji 50g		£0.85
Cajun Spice Mix 100g		£0.89
Caraway Seed Mild 50g	Organic	£0.95
Cardamon Black 25g		£1.15
Cardamon Green Pods 25g	Organic	£2.29
Cardamon Ground 50g		£2.29
Cayenne 100g		£1.05
Cayenne 250g		£1.95
Celery Salt 100g		£0.65
Celery Seed 100g		£0.85
Chilli Crushed 50g		£0.79

Chilli Powder 100g		£1.15
Chilli Powder 250g		£2.09
Chinese 5 Spice 50g		£0.85
Chives 25g		£0.85
Cinnamon Ground Org250g	Organic	£2.79
Cinnamon Ground Org500g	Organic	£5.35
Cinnamon Ground Org50g	Organic	£0.89
Cinnamon Sticks 100g		£1.79
Cinnamon Sticks 25g		£0.65
Cloves Whole 50g	Organic	£1.79
Coriander Ground 250g	Organic	£2.75
Coriander Ground 50g	Organic	£0.95
Coriander Leaves 100g		£1.89
Coriander Leaves 50g		£1.15
Coriander Whole 250g	Organic	£2.69
Coriander Whole 50g	Organic	£0.95
Cumin Ground 100g		£0.89
Cumin Ground 250g		£1.59
Cumin Ground 500g		£2.49
Cumin Whole 100g		£1.15
	Organic	£2.99
Cumin Whole 50g	Organic	£1.55
Curry Leaves 25g		£1.09
Curry Powder 100g		£0.89
Curry Powder 250g		£1.89
Curry Powder 500g		£2.99
Dill Weed 25g		£0.89
Fennel Seed 250g	Organic	£3.69
Fennel Seed 50g	Organic	£1.15
Fenugreek Ground 50g	Organic	£0.99
Fenugreek Leaves 50g		£0.99
Fenugreek Seed 100g		£0.79
Fenugreek Seed 250g		£1.15
Galangal 50g		£1.25
Garam Masala 100g		£0.95
Garam Masala 250g		£1.69
Garlic Powder 100g		£0.79
Garlic Powder 250g		£1.89
Ginger Ground 250g		£1.99
Ginger Ground 50g		£0.75
Herbs Provence 250g		£2.49
Herbs Provence 50g		£0.85
Juniper Berries 50g	Organic	£1.19
Lavender 100g		£2.49
Lavender 50g		£1.29
Lemongrass 50g		£1.29
Lime Leaves 12g		£1.29
Mace 25g		£1.39
Marjoram 50g	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	£1.45
Mustard Seed Black250g	Organic	£2.85
Mustard Seed Black50g	Organic	£0.99
Mustard Seed Yellow50g	Organic	£0.95
Onion Powder 100g		£0.95
Oregano 100g		£1.49
Oregano 50g		£0.89
Panch Phoron Bengali 5 Spice 50g		£1.15
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-EI-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		£0.85
Turmeric 250g		£1.59
Turmeric 500g		£2.69
Turmeric Org100g	Organic	£1.15
Turmeric Org250g	Organic	£2.75
Vanilla Pod	Organic	£2.99
Household-P		
V Dog Food 1kg		£3.99
Nuts-P		
Almonds 100g		£0.99
Almonds 1kg		£8.49

Almonds 250g		£2.25
Almonds 3kg		£24.99
Almonds 500g		£4.39
Almonds Flaked 100g		£1.15
Almonds Flaked 1kg		£9.49
Almonds Flaked 250g		£2.59
Almonds Flaked 500g		£4.99
Almonds Ground Blanched 100g		£1.15
Almonds Ground Blanched 1kg		£9.45
Almonds Ground Blanched 250g		£2.55
Almonds Ground Blanched 500g		£4.95
Almonds Org100g	Organic	£1.95
Almonds Org1kg	Organic	£15.49
Almonds Org250g	Organic	£3.99
Almonds Org500g	Organic	£7.89
Brazils Broken 1kg		£10.29
Brazils Broken 250g		£2.89
Brazils Broken 500g		£5.39
Brazils Whole 500g		£11.99
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	£1.95
Coconut Chips Toasted 500g	Organic	£3.75
Coconut Chips Toasted 750g	Organic	£5.29
Coconut Dessicated 1kg	Organic	£4.49
Coconut Dessicated 250g	Organic	£1.45
Coconut Dessicated 500g	Organic	£2.45
Hazelnuts 100g	Organic	£1.59
Hazelnuts 1kg	Organic	£13.39
Hazelnuts 250g	Organic	£3.65
Hazelnuts 500g	Organic	£6.99
Hazelnuts Roasted 100g	Organic	£1.99
Hazelnuts Roasted 1kg	Organic	£17.99
Hazelnuts Roasted 250g	Organic	£4.89
Hazelnuts Roasted 500g	Organic	£9.49
Mixed Nuts Chop1kg		£6.99
Mixed Nuts Chop250g		£1.89
Mixed Nuts Chop3kg		£18.99
Mixed Nuts Chop500g		£3.59
Mixed Nuts Whole1kg		£10.79
Mixed Nuts Whole250g		£2.95
Mixed Nuts Whole3kg		£29.99

Mixed Nuts Whole500g		£5.65
Peanuts 1kg	Organic	£4.69
Peanuts 250g	Organic	£1.39
Peanuts 3kg	Organic	£13.25
Peanuts 500g	Organic	£2.49
Pecan Nuts 100g		£1.85
Pecan Nuts 1kg		£16.49
Pecan Nuts 250g		£4.15
Pecan Nuts 500g		£8.29
Pistachios In Shell 100g		£1.69
Pistachios In Shell 1kg		£14.49
Pistachios In Shell 250g		£3.69
Pistachios In Shell 500g		£7.29
Pistachios Raw Kernels 100g		£2.75
Pistachios Raw Kernels 250g		£6.59
Walnut Halves 100g		£1.39
Walnut Halves 250g		£3.09
Walnut Halves 500g		£5.95
Walnut Pieces 100g	Organic	£1.39
Walnut Pieces 1kg	Organic	£10.99
Walnut Pieces 250g	Organic	£3.09
Walnut Pieces 500g	Organic	£5.95

Oil&Seasoning-P

Bouillon Powder Org 100g	Organic	£1.35
Bouillon Powder Org 250g	Organic	£2.69
Bouillon Powder Org YF100g	Organic	£1.35
Bouillon Powder Org YF250g	Organic	£2.69
Sea Salt Coarse 1kg		£1.09
Sea Salt Coarse 500g		£0.85
Sea Salt Fine 1kg		£1.09
Sea Salt Fine 500g		£0.85

PreparedFood-P

Breadcrumbs Wholewheat 500g	Organic	£1.75
Gravy Mix 100g		£1.35
Gravy Mix 200g		£2.69
Hemp Burger Mix 250g		£2.55
Hemp Burger Mix 500g		£4.85
Nut Roast 1kg		£10.55
Nut Roast 250g		£2.85
Nut Roast 500g		£5.49
Sosage Mix 250g		£2.55
Sosage Mix 500g		£4.85
Tomato Sun-Dried 100g	Organic	£1.45
Tomato Sun-Dried 1kg	Organic	£10.49
Tomato Sun-Dried 250g	Organic	£2.85
Tomato Sun-Dried 500g	Organic	£5.59
TVP / Soya 250g	Organic	£1.69
TVP / Soya 500g	Organic	£3.15

Yeast Flakes 100g	Organic	£2.45
Yeast Flakes 250g	Organic	£5.99

Pulses-P

Aduki Beans 1kg	Organic	£2.99
Bean Mix 1kg	Organic	£3.09
Black Turtle Beans 1kg	Organic	£2.49
Blackeye Beans 1kg		£2.99
Butter Beans 1kg	Organic	£4.79
Cannelini Beans 1kg	Organic	£2.95
Chick Peas 1kg	Organic	£1.99
Flageolet Beans 500g		£2.19
Haricot Beans 1kg	Organic	£2.79
Kidney Beans 1kg	Organic	£3.49
Lentil Broth Mix 1kg		£2.99
Lentil Broth Mix Org 1kg	Organic	£2.99
Lentils Beluga Org1kg	Organic	£3.99
Lentils Brown 1kg	Organic	£2.39
Lentils Green 1kg	Organic	£2.39
Lentils Puy 1kg	Organic	£4.29
Lentils Red Org1kg	Organic	£2.49
Lentils Red Org3kg	Organic	£6.49
Lentils Red Org500g	Organic	£1.39
Marrowfat Peas 1kg		£1.35
Mung Beans 1kg	Organic	£3.99
Pintos 1kg	Organic	£2.69
Soya Beans 1kg	Organic	£1.99
Split Fava Beans 1kg	Organic	£1.85
Split Peas Green 1kg		£1.09
Split Peas Green Org1kg	Organic	£2.35
Split Peas Yellow 1kg		£1.75
Split Peas Yellow Org1kg	Organic	£2.75
Whole Fava Beans Org1kg	Organic	£1.65

Seeds-P

Alfalfa Seed 100g	Organic	£1.25
Alfalfa Seed 250g	Organic	£2.39
Hemp Seed Org1kg	Organic	£2.99
Linseed 1kg	Organic	£3.15
Linseed 3kg	Organic	£8.99
Linseed 500g	Organic	£1.85
Poppy Seed 1kg	Organic	£8.49
Poppy Seed 250g	Organic	£2.39
Pumpkin Seed 1kg	Organic	£7.29
Pumpkin Seed 250g	Organic	£1.99
Pumpkin Seed 3kg	Organic	£20.49
Pumpkin Seed 500g	Organic	£3.79
Sesame Seed 1kg	Organic	£4.49
Sesame Seed 250g	Organic	£1.35
Sesame Seed 3kg	Organic	£12.49

Sesame Seed 500g	Organic	£2.35
Sprouting Mix 500g	Organic	£1.79
Sunflower Seeds 1kg	Organic	£2.99
Sunflower Seeds 250g	Organic	£1.15
Sunflower Seeds 3kg	Organic	£8.49
Sunflower Seeds 500g	Organic	£1.69

Snacks-P

Almonds R&S100g		£1.59
Almonds R&S1kg		£15.45
Almonds R&S250g		£3.89
Bombay Mix 100g		£0.79
Bombay Mix 1kg		£3.59
Bombay Mix 250g		£1.19
Cashews Pepper 100g		£1.85
Cashews Pepper 250g		£4.49
Cashews Pepper 500g		£8.49
Cashews Roasted 100g		£1.85
Cashews Roasted 250g		£4.49
Cashews Roasted 500g		£8.49
Cashews Spicy 100g		£1.85
Cashews Spicy 250g		£4.49
Cashews Spicy 500g		£8.49
Chickpea Noodles 100g		£0.89
Chickpea Noodles 250g		£1.29
Chickpea Noodles 500g		£2.19
Garlic Gathia 100g		£0.89
Garlic Gathia 250g		£1.29
Garlic Gathia 500g		£2.19
Mixed Nuts R&S100g		£1.79
Mixed Nuts R&S1kg		£15.49
Mixed Nuts R&S250g		£3.99
Mountain Mix 1kg		£6.49
Mountain Mix 250g		£1.75
Mountain Mix 3kg		£16.99
Peanuts Roasted 1kg		£4.85
Peanuts Roasted 250g		£1.45
Spiced Chickpeas 100g		£0.75
Spiced Chickpeas 250g		£1.15
Spiced Chickpeas 500g		£1.85
Trail Mix 1kg		£6.99
Trail Mix 250g		£1.99
Trail Mix 3kg		£18.99

Sweeteners-P

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