

GENERAL GROCERY PRICELIST

Updated 04/01/2022

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

Department	Branded	
Row Labels	Org?	Average of Price
Baby-B		
Ellas Baby S1 Apple Banana 120g	Organic	£0.99
Ellas Baby S1 Broccoli Pear Pea 120g	Organic	£0.99
Ellas Baby S1 Butternut Carrot Prune 120g	Organic	£0.99
Ellas Baby S1 Carrot Apple Parsnip 120g	Organic	£0.99
Ellas Baby S1 Peach Banana 120g	Organic	£0.99
Ellas Baby S1 Spinach Apple Swede 120g	Organic	£0.99
Ellas Baby S1 Strawberry Apple 120g	Organic	£0.99
Ellas Baby S1 Sweet Potato Carrot Broccoli 120g	Organic	£0.99
Ellas Baby S1 Sweet Potato Pumpkin 120g	Organic	£0.99
Ellas S2 Baby 4 Bean Feast 130g	Organic	£1.39
Ellas S2 Baby Lentil Bake 130g	Organic	£1.39
Ellas Smoothie Green One 90g	Organic	£0.85
Ellas Smoothie Purple One 90g	Organic	£0.85
Ellas Smoothie Red One 90g	Organic	£0.85
Ellas Smoothie Yellow One 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
BakingAids-B		
Algamar Agar Agar 50g		£4.79
Bioreal Dried Yeast 5 x 9g	Organic	£2.75
Doves Quick Dry Yeast 125g		£1.09
Doves Xanthan Gum 100g		£2.50
Dr Oetker Lemon Extract 35ml		£1.15
Madecasse Pure Vanilla Extract 118ml		£7.85
Madecasse Pure Vanilla Extract 59ml		£4.29
Raw Choc Co Cacao Powder 180g	Organic	£3.89
Steenbergs Lemon Extract 100ml	Organic	£4.39
Steenbergs Orange Extract 100ml	Organic	£4.39
Steenbergs Peppermint Extract 100ml	Organic	£4.39
Steenbergs Rose Water 100ml	Organic	£3.29
Steenburgs Almond Extract 100ml		£6.15
Steenburgs Orange Blossom Water 100ml		£3.49
Suma Veg Suet 250g		£1.99
Taylor and Colledge Vanilla Bean Extract 100ml	Organic	£8.49
Bread-B		
Bio Idea Spelt Pizza Base 300g x 2	Organic	£3.59
Bio Idea Wheat Pizza Base 300g x 2	Organic	£2.49
Biona Rice Bread 500g	Organic	£3.69
Biona Rye Bread Pumpkin Seed 500g	Organic	£1.89

Biona Rye Bread Sourdough 500g	Organic	£1.79
Everfresh Bread Mixed Grain Sourdough 400g	Organic	£2.58
Everfresh Bread Sprouted Spelt 400g	Organic	£2.19
Everfresh Bread Sprouted Wheat 400g	Organic	£1.98
Everfresh Cake Date Pecan 350g	Organic	£2.99

Cakes&Puddings-B

Everfresh Cake Fig Orange 350g	Organic	£2.69
Everfresh Cake Wheat Free Rye Fruit 350g	Organic	£2.69
Everfresh Malt Loaf 330g	Organic	£1.35
Probios Panettone Spelt 500g	Organic	£12.99
Probios Panettone Wheat 500g	Organic	£11.99
Saker Christmas Cake 830g		£12.89

Cereals-B

Alara Muesli 250g	Organic	£2.59
Big Oz Buckwheat Flakes 350g	Organic	£2.89
Doves Cornflakes 325g	Organic	£2.19
Hodmedod Puffed Quinoa 150g	Organic	£2.39
Natures Path Millet Rice 375g	Organic	£3.19
Rude Health Puffed Oats 175g		£1.79
Rude Health Spelt Flakes 300g		£2.75
Suma GF Porridge Oats 750g	Organic	£3.99

Condiments-B

Bracken Hill Apple Chutney 290g		£2.65
Bracken Hill Onion Chutney 290g		£2.65
Bracken Hill Yorkshire Pickle 280g		£2.65
Kitchen Garden Cranberry Sauce 200g	Organic	£3.09
Mr Organic Ketchup 480g	Organic	£3.09

Dessert&Purees-B

Case Probios Puree Sealed Box 100g x 18	Organic	£11.40
Clearspring Puree Apple 100g x 2	Organic	£1.39
Clearspring Puree Apricot Apple 100g x 2	Organic	£1.39
Clearspring Puree Blueberry Apple 100g x 2	Organic	£1.39
Clearspring Puree Mango Apple 100g x 2	Organic	£1.39
Clearspring Puree Pear 100g x 2	Organic	£1.39
Clearspring Puree Pear Banana 100g x 2	Organic	£1.39
Clearspring Puree Strawberry Apple 100g x 2	Organic	£1.39
Coteaux Fruit Puree Apple Apricot 360g	Organic	£2.59
Coteaux Fruit Puree Apple Blueberry 360g	Organic	£2.59
Coteaux Fruit Puree Apple Fig 360g	Organic	£2.59
Coteaux Fruit Puree Apple Kiwi 360g	Organic	£2.49
Coteaux Fruit Puree Apple Mango 360g	Organic	£2.59
Coteaux Fruit Puree Apple Quince 360g	Organic	£2.59
Coteaux Fruit Puree Apple Raspberry 360g	Organic	£2.59
Coteaux Fruit Puree Apple Rhubarb 360g	Organic	£2.59
Coteaux Fruit Puree Greengage 360g	Organic	£2.59
Coteaux Fruit Puree William Pear 360g	Organic	£2.89

Essential Apple Puree 360g	Organic	£1.49
Essential Pineapple Chunks 400g	Organic	£2.25
Meridian Mincemeat 320g	Organic	£3.39
Oatly Cream 250ml	Organic	£0.79
Provamel Soya Cream 250ml	Organic	£0.99

DriedFruit-B

Biona Cranberries 100g	Organic	£3.49
Coop Pine Nuts 100g		£2.89
Crazy Jack Figs 200g	Organic	£1.99
Crazy Jack Prunes 200g	Organic	£3.49
Samarkand Aronia Berries 100g	Organic	£1.69
Samarkand Barberries 100g	Organic	£3.99
Samarkand Cherries 100g	Organic	£2.49
Samarkand Cherries Mixed 100g	Organic	£2.49
Samarkand Cherries Sour 100g	Organic	£2.49
Samarkand Mulberries Mixed 100g	Organic	£3.09
Samarkand Physalis Golden Berries 100g	Organic	£3.95
Samarkand Pomegranates 100g	Organic	£3.95
Tropical Wholefood Banana Chips 150g		£1.65
Tropical Wholefood Banana Slices Bogoya 125g	Organic	£2.29
Tropical Wholefood Mango 100g	Organic	£2.35
Tropical Wholefood Pineapple 100g		£2.29
Zytoun Medjoul Dates 250g		£3.99

Flakes&Grains-B

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

Flours-B

Castagno Wholegrain Durum Wheat Flour 1kg	Organic	£0.99
Cool Chile Masa Harina 500g		£3.09
Cotswold Carob Flour 250g		£1.99
Doves Bread Flour White 1.5kg	Organic	£1.69
Doves Bread Flour Wholemeal 1.5kg	Organic	£1.69
Doves Buckwheat Flour 1kg	Organic	£2.89
Doves Einkorn Flour 1kg	Organic	£2.69
Doves GF Bread Flour White 1kg		£1.68
Doves GF Pastry Flour White 1kg		£1.65
Doves GF Self Raise Flour White 1kg		£1.65
Doves Kamut Flour 1kg	Organic	£2.79
Doves Malthouse Flour 1kg	Organic	£1.69
Doves Pasta Pizza Flour 1kg	Organic	£1.30
Doves Pastry Flour Brown 1kg	Organic	£1.19
Doves Pastry Flour White 1kg	Organic	£1.29
Doves Rye Flour 1kg	Organic	£1.69

Doves Self Raise Flour Brown 1kg	Organic	£1.29
Doves Self Raise Flour White 1kg	Organic	£1.29
Doves Spelt Flour White 1kg	Organic	£2.69
Doves Spelt Flour Wholemeal 1kg	Organic	£2.19
Heygates Canadian Flour 16kg		£12.25
Hodmedod Fava Bean Flour 500g		£2.19
Hodmedod Green Pea Flour 500g		£2.19
Hodmedod Marrowfat Pea Flour 500g	Organic	£2.15
Hodmedod White Quinoa Flour 500g		£2.95
Hodmedod Yellow Pea Flour 500g		£2.19
Kitchen Garden Soya Flour 250g	Organic	£1.19
Natco Gram Flour 2kg		£2.75
Natco Gram Flour 500g		£0.99
Shipton Mill 3 Malt Sunflower Brown Bread Flour 1kg	Organic	£1.39
Shipton Mill Chestnut Flour 500g	Organic	£6.39
Shipton Mill Wholegrain Flour 2.5kg	Organic	£2.98
Watermill Granarius Flour 1kg	Organic	£2.19
Watermill Millers Magic Maslin Flour 1kg		£2.19
Watermill Rye Flour 1kg	Organic	£2.19
Watermill Wholemeal Flour 1kg	Organic	£1.79

Herbs&Spices-B

Cool Chile Flakes Ancho 40g		£3.29
Cool Chile Flakes Chipotle 40g		£3.99
Cool Chile Flakes De Arbol 40g		£3.29
Cool Chile Flakes Guajillo 40g		£3.29
Cool Chile Flakes Pasilla 40g		£3.29
Cool Chile Whole Ancho 70g		£3.15
Cool Chile Whole Chipotle 40g		£3.55
Cool Chile Whole De Arbol 20g		£2.69
Cool Chile Whole Mulato 50g		£3.15
Cool Chile Whole Pasilla 50g		£3.15
El Avion Smoked Paprika 75g		£2.29
Kitchen Garden Lemongrass Minced 135g	Organic	£2.08
Licorice Root		£0.15
Nutmeg		£0.16
Saffron 1g		£4.39
Suma Mulled Cider Spices x6		£2.79
Suma Mulled Wine Spices x6		£2.79
Thai Taste Galangal Minced 114g		£1.59
Thai Taste Kaffir Lime Leaf 114g		£1.59
Thai Taste Lemongrass 114g		£1.59
Thai Taste Thai Basil 114g		£1.89
Truly Simple Garlic Puree 100g		£2.19
Truly Simple Ginger Puree 100g		£2.19
Zaytoun ZaAtar Spice Mix 80g		£3.19

Juice&Water-B

Biona Blueberry Juice 330ml	Organic	£6.39
Biona Carrot Juice 1 Ltr	Organic	£2.99

Biona Pomegranate Juice 1 Ltr	Organic	£4.49
Biona Pomegranate Juice 200ml	Organic	£1.59
Biona Pure Cranberry Juice 330ml	Organic	£4.85
Biona Tomato Juice 750ml	Organic	£2.69
Biona Vegetable Juice 500ml	Organic	£1.79
Carey Apple Juice Ashmead 750ml	Organic	£2.75
Carey Apple Juice Braeburn 750ml	Organic	£2.75
Carey Apple Juice Cox 750ml	Organic	£2.75
Carey Apple Juice Discovery 750ml	Organic	£2.75
Carey Apple Juice Falstaff 750ml	Organic	£2.75
Carey Apple Juice Gala 750ml	Organic	£2.75
Carey Apple Juice Jonagold 750ml	Organic	£2.75
Carey Apple Juice Lord Lambourne 750ml	Organic	£2.75
Carey Apple Juice Pinova 750ml	Organic	£2.75
Carey Apple Juice Red Devil 750ml	Organic	£2.75
Carey Apple Juice Red Pippin 750ml	Organic	£2.75
Carey Apple Juice Red Windsor 750ml	Organic	£2.75
Carey Apple Juice Santana 750ml	Organic	£2.75
Carey Apple Juice Scrumptious 750ml	Organic	£2.75
Cawston Apple Beetroot Juice 1 Ltr		£2.20
Cawston Apple Cloudy Juice 1 Ltr		£2.05
Cawston Apple Elderflower Juice 1 Ltr		£2.05
Cawston Apple Ginger Juice 1 Ltr		£2.05
Cawston Apple Rhubarb Juice 1 Ltr		£2.05
ChariTea Iced Black Tea 330ml	Organic	£1.29
ChariTea Iced Mate Tea 330ml	Organic	£1.29
ChariTea Iced Rooibos Tea 330ml	Organic	£1.29
Coop Apple Juice 1 Ltr		£0.85
Coop Apple Juice Case 1 Ltr x 12		£9.24
Coop Orange Juice 1 Ltr		£0.99
Coop Orange Juice Case 1 Ltr x 12		£10.80
Coop Pineapple Juice 1 Ltr		£1.09
Coop Tomato Juice 1 Ltr		£0.85
Coteaux Juice Apple Cherry 750ml	Organic	£3.89
Coteaux Juice Apple Mango 750ml	Organic	£3.69
Coteaux Juice Apple Quince 750ml	Organic	£3.69
Coteaux Juice Red Grape 750ml	Organic	£3.69
Coteaux Juice White Grape 750ml	Organic	£3.75
Coteaux Sparkling Apple 750ml	Organic	£3.59
Coteaux Sparkling Apple Blackcurrant 750ml	Organic	£3.99
Coteaux Sparkling Apple Blueberry 750ml	Organic	£4.19
Coteaux Sparkling Apple Passionfruit 750ml	Organic	£3.79
Coteaux Sparkling Apple Raspberry 750ml	Organic	£3.99
Delizium Carrot Juice 200ml	Organic	£1.09
Delizium Orange Juice 1 Ltr	Organic	£2.95
Delizium Peach Juice 200ml	Organic	£0.89
Delizium Pear Juice 200ml	Organic	£0.89
Delizium Red Grape Juice 1 Ltr	Organic	£3.15
Delizium Red Grape Juice 200ml	Organic	£1.15
Delizium Tropical Juice 200ml	Organic	£1.09

Eager Apple Juice 1 Ltr		£1.79
Eager Orange Juice Smooth 1 Ltr		£1.99
Eager Orange Juice with Bits 1 Ltr		£1.99
Eager Pineapple Juice 1 Ltr		£2.09
Eager Pink Grapefruit Juice 1ltr		£2.09
I Frutti del Sole Blueberry Juice 330ml	Organic	£4.98
James White Prune Juice 750ml		£2.89
Minor Figures Coffee Latte 200ml		£1.69
Minor Figures Coffee Nitro Cold Brew 200ml		£1.69
Minor Figures Matcha Latte 200ml		£1.69
Rabenhorst Beetroot Juice 750ml	Organic	£3.79
Rocketman Cold Brew Coffee 330ml	Organic	£1.99
Suma Apple Concentrate 500ml		£4.89
Twelve Below Tonic Classic 500ml		£1.89
Twelve Below Tonic Rhubarb 500ml		£1.89
Wenlock Spring Sparkling Water 1 Ltr		£1.09
Wenlock Spring Sparkling Water Case 1 Ltr x 12		£11.89
Wenlock Spring Still Water 1 Ltr		£1.09
Wenlock Spring Still Water Case 1 Ltr x 12		£11.89
Whole Earth Sparkling Apple 330ml		£1.09

Milks-B

Bridge Choc Rice Drink 250ml	Organic	£0.89
Case EcoMil Almond Milk 1 Ltr x 6	Organic	£14.95
Case EcoMil Coconut Milk 1 Ltr x 6	Organic	£14.95
Case EcoMil Hemp Milk 1 Ltr x 6	Organic	£14.95
Case Granovita Soya Milk 1 Ltr x 12	Organic	£15.00
Case Isola Bio Almond Rice 1Ltr x 6	Organic	£10.75
Case Isola Bio Coconut Rice Milk 1 Ltr x 6	Organic	£10.75
Case Isola Bio Hazelnut Rice Milk 1 Ltr x 6	Organic	£10.75
Case Isola Bio Oat Milk 1 Ltr x 6	Organic	£9.72
Case Isola Bio Rice Milk 1 Ltr x 12	Organic	£16.20
Case Isola Bio Soya Drink 1 Litre x 6	Organic	£8.10
Case Oatly Oat Milk 1 Ltr x 6	Organic	£7.50
Case Provamel Blue Sweet Soya Milk 1 Ltr x 12	Organic	£18.30
Case Sojade Calcium Rice Milk 1 Ltr x 8	Organic	£12.20
Case Sojade Calcium Soy Milk 1Ltr x8	Organic	£12.20
Case Sojade Hemp Milk 1 Ltr x 8	Organic	£17.90
Case Sojade Natural Soy Milk 1 Ltr x 8	Organic	£10.70
Ecomil Almond Cream 200ml	Organic	£1.35
Ecomil Almond Milk 1 Ltr	Organic	£2.79
Ecomil Coconut Milk 1 Ltr	Organic	£2.79
Ecomil Hemp Milk 1 Ltr	Organic	£2.79
Isola Bio Almond Milk 1 Ltr	Organic	£2.49
Isola Bio Almond Rice Milk 1 Ltr	Organic	£1.99
Isola Bio Chocolate Milk 250ml	Organic	£0.75
Isola Bio Coconut Rice Milk 1 Ltr	Organic	£1.99
Isola Bio Coconut Rice Milk 250ml	Organic	£0.75
Isola Bio Hazelnut Rice Milk 1 Ltr	Organic	£1.99
Isola Bio Millet Milk 1 Ltr	Organic	£1.98

Isola Bio Oat Milk 1 Ltr	Organic	£1.79
Isola Bio Rice Milk 1 Ltr	Organic	£1.49
Isola Bio Soya Drink 1 Ltr	Organic	£1.49
Minor Figures Case Oat Milk 1 Litre x 6	Organic	£8.99
Minor Figures Oat Milk Barista 1 Ltr	Organic	£1.69
Oatly Milk Barista 1 Ltr		£1.91
Oatly Oat Milk 1 Ltr	Organic	£1.39
Probios Chocolate Oat Milk 1 Ltr	Organic	£2.19
Probios Chocolate Oat Milk 1 Ltr x 6	Organic	£11.79
Provamel Blue Sweet Soya Milk 1 Ltr	Organic	£1.69
Rice and Rice Almond Rice Drink 1 Ltr	Organic	£2.29
Rice and Rice Almond Rice Drink 200ml	Organic	£0.79
Rice Dream Original 1 Ltr	Organic	£1.38
Sojade Milk Calcium Rice 1 Ltr	Organic	£1.69
Sojade Milk Calcium Soy 1 Ltr	Organic	£1.69
Sojade Milk Hemp 1 Ltr	Organic	£2.49
Sojade Milk Soy Natural 1 Ltr	Organic	£1.49

Nuts-B

Organico Cooked Chestnuts 200g	Organic	£4.19
Raw Choc Co Cacao Butter 240g	Organic	£5.75
Raw Choc Co Cacao Nibs 150g	Organic	£3.49

Oil&Seasoning-B

9Meals Veg Stock Herb 105g	Organic	£2.79
9Meals Veg Stock Original 105g	Organic	£2.79
9Meals Veg Stock Umami 105g	Organic	£2.79
Aleco Olive Oil 1 Litre	Organic	£8.98
Amaizin Coconut Milk 400ml	Organic	£1.79
Amaizin Creamed Coconut 200g	Organic	£1.89
Arcadia Olive Oil 1 Ltr	Organic	£8.39
Arcadia Olive Oil 3 Ltr	Organic	£22.49
As Pontis Olive Oil 1 Ltr	Organic	£7.89
As Pontis Olive Oil 3 Ltr	Organic	£20.99
As Pontis Olive Oil 500ml	Organic	£4.99
Aspall Apple Cider Vinegar 1 Ltr	Organic	£2.99
Aspall Cider Vinegar 5 Ltr	Organic	£14.99
Aspall Cider Vinegar 500ml	Organic	£1.79
Aspall Red Wine Vinegar 350ml	Organic	£1.59
Aspall White Wine Vinegar 350ml	Organic	£1.59
Belazu Rose Harissa 130g		£3.19
Bio Idea Lemon Juice 250ml	Organic	£1.59
Biona Balsamic Vinegar 500ml	Organic	£4.29
Biona Flax Seed Oil 250ml	Organic	£4.49
Biona Gomasio 100g	Organic	£2.79
Biona Harissa Relish 125g	Organic	£2.49
Biona Light Coconut Milk 400ml	Organic	£1.59
Biona Mustard 320ml	Organic	£2.19
Biona Soy Sauce 250ml	Organic	£2.95
Biona Sun Dried Tomatoes 170g	Organic	£4.19

Biona Wasabi Paste 50g		£3.19
Carleys Preserved Lemons 700g	Organic	£4.89
Case Biona Light Coconut Milk 400ml x 6	Organic	£8.64
Cibus Vegan Parmesan 100g		£3.89
Clearspring Avocado Oil 250ml	Organic	£7.59
Clearspring Brown Rice Miso 300g	Organic	£3.99
Clearspring Flax Oil 250ml	Organic	£3.99
Clearspring Org Silken Tofu 300g	Organic	£1.69
Clearspring Rice Mirin 150ml		£2.89
Clearspring Rice Vinegar 150ml		£1.98
Clearspring Safflower Oil 500ml	Organic	£7.19
Clearspring Soy Sauce Shoyu 150ml	Organic	£2.29
Clearspring Sweet White Miso 250g	Organic	£3.99
Clearspring Tamari Soy Sauce 150ml	Organic	£2.99
Clearspring Teriyaki Sauce 150ml	Organic	£2.99
Clearspring Toasted Sesame Oil 500ml	Organic	£6.99
Clearspring Ume Plum Seasoning 150ml	Organic	£2.39
Cocofina Coconut Milk 400ml	Organic	£1.29
Cocofina Coconut Oil 350ml	Organic	£4.29
Cooks and Co Green Chillies 300g		£1.49
Cooks and Co Pepperocini Chilli Peppers 280g		£1.49
Cooks and Co Red Chillies 300g		£1.49
Coop Garlic Oil 250ml		£2.69
Coop Malt Vinegar 568ml		£0.49
Coop Sliced Green Jalapeno 230g		£0.99
Coop Sunflower Oil 1 Ltr		£1.39
Cortas Rose Water 300ml		£1.69
Crespo Sliced Black Olives 198g		£0.85
Crones Cider Perry Vinegar 750ml	Organic	£2.59
DAmico Artichoke and Herbs 280g		£3.39
Dr Coy Vegetable Bouillon 150g	Organic	£4.05
Ecoato Olive Oil Unfiltered 1 litre	Organic	£7.69
Ecoato Olive Oil Unfiltered 3 Litre	Organic	£20.99
Emile Noel Pumpkin Seed Oil 250ml	Organic	£7.98
Emile Noel Walnut Oil 250ml	Organic	£9.99
Encona Hot Pepper Sauce 142ml		£1.35
Essential Case Coconut Milk 400ml x 6	Organic	£9.45
Essential Coconut Milk 400ml	Organic	£1.75
Essential Coconut Oil 210ml	Organic	£2.89
Essential Coconut Oil 690ml	Organic	£7.89
Essential Dijon Mustard 200g	Organic	£2.15
Essential Sesame Oil 500ml	Organic	£5.99
Essential Sunflower Oil 5 Ltr	Organic	£21.69
Essential Sunflower Oil 500ml	Organic	£2.99
Essential Wholegrain Mustard 1kg	Organic	£6.29
Essential Wholegrain Mustard 200g	Organic	£1.99
Eurofood Lemon Juice 1 Ltr	Organic	£4.49
Geo Bhuna Curry Paste 180g	Organic	£2.39
Geo Korma Curry Paste 180g	Organic	£2.19
Geo Madras Curry Paste 180g	Organic	£2.39

Geo Tikka Masala Curry Paste 180g	Organic	£2.19
Good Oil Hemp Seed Oil 500ml		£5.89
Grannys Secret Ayvar Spread 200g		£2.65
Grannys Secret Hot Ayvar Spread 200g		£2.65
Greek Hellenic Olive Oil 1 Ltr		£6.99
Greek Hellenic Olive Oil 500ml		£3.99
Greek Kitchen Roasted Peppers 450g		£2.59
Harissa Tube 70g		£0.75
Howl Bourbon Hot Sauce 150ml		£2.55
Howl Hot Sauce 150ml		£2.55
I Fruitti del Sole Olive Oil 500ml	Organic	£7.19
Jackys Pantry Mushroom Ketchup 250ml		£3.39
Kitchen Garden Basil Pesto 120g	Organic	£2.08
Kitchen Garden Hot Chilli Paste 135g	Organic	£2.08
Love Pickle Hot Chilli Tomato 180g		£3.29
Love Pickle Mild Chilli Tomato 180g		£3.29
Love Pickle Super Hot Chilli Tomato 180g		£3.29
Luque Olive Oil 1ltr	Organic	£9.49
Mani Blauel Capers in Olive Oil 180g	Organic	£3.19
Mani Blauel Olive Paste Kalamata 180g	Organic	£3.19
Mani Blauel Raw Green Olives 180g	Organic	£3.19
Mani Blauel Raw Kalamata Olives 205g	Organic	£3.19
Mani Blauel SD Tomato Spread 180g		£3.19
Mas Happy Kitchen FT Coconut Milk 400ml	Organic	£1.59
Meridian Green Pesto 170g		£1.99
Meridian Toasted Sesame Oil 500ml	Organic	£8.29
Minara Korma Paste 190g		£1.59
Minara Lime Pickle 190g		£1.69
Minara Rogan Josh Paste 190g		£1.59
Minara Tandoori Paste 190g		£1.59
Mr Organic Mayo Garlic 180g	Organic	£2.59
Mugi Miso Paste 345g		£2.89
Natco Tamarind 400g		£2.09
Natco Tamarind Concentrate 300g		£2.99
Odysea Pomegranate Molasses 250ml		£3.39
Olive Branch Aubergine Basil Dip 190g		£2.59
Olive Branch Dressing Fig Balsamic 250ml		£2.99
Olive Branch Dressing Orange Balsamic 250ml		£2.99
Olive Branch Lemon Olive Oil 250ml		£2.99
Olive Branch Olive Oil 1 Ltr		£6.98
Olive Branch SD Tomato Mix 190g		£2.59
Olive Branch Tapenade Fig Mint 180g		£2.99
Olives Et Al Basil & Garlic Olives 800g		£10.99
Olives Et Al Classic Olives 800g		£10.99
Olives Et Al Cumin Coriander Olives 800g		£10.99
Olives Et Al Rosemary Garlic Olives 800g		£10.99
Organico Artichoke Hearts 190g	Organic	£3.35
Organico Capers In Brine 250g	Organic	£2.45
Organico Olive Oil 500ml	Organic	£4.99
Organico Rapeseed Oil 500ml	Organic	£3.69

Organico Sun Dried Tomatoes 190g	Organic	£3.09
Organico Sunflower Oil 500ml	Organic	£2.99
Probios Toasted Sesame Oil 250ml	Organic	£4.49
Quintessence Basil Oil 80ml		£1.49
RAW Cider Vinegar 500ml	Organic	£2.49
Rovies Green Olives with Peppers 350g	Organic	£3.89
Seggiano Basil Pesto 200g		£5.59
Seggiano Red Pesto 200g		£5.59
Stringer Organic Rapeseed Oil 500ml	Organic	£4.99
Suma Balsamic Vinegar 250ml	Organic	£3.79
Suma Coconut Oil Odourless 650g	Organic	£4.98
Suma Creamed Coconut 200g	Organic	£1.79
Suma Pesto Rosso 190g	Organic	£3.35
Suma Pesto Siciliana 190g	Organic	£3.35
Sunita Black Olives 450g		£2.39
Sunita Genovese Pesto 130g	Organic	£2.79
Sunita Green Olives 450g		£2.49
Sunita Jumbo Kalamon Olives 450g		£3.39
Sunita Lemon Juice 250ml	Organic	£1.59
Sunita Lime Juice 250ml	Organic	£1.59
Swazi Kitchen Chilli Fire Sauce 275g		£2.89
Swazi Kitchen Lime Pickle 275g		£2.85
Swazi Kitchen Mango Pickle 275g		£2.85
Thai Taste Green Gang Keow 1kg		£7.49
Thai Taste Green Gang Keow 400g		£3.69
Thai Taste Red Gang Musman 114g		£1.95
Thai Taste Red Gang Ped 1kg		£7.49
Thai Taste Red Gang Ped 400g		£3.69
Thai Taste Red Panang 114g		£1.79
Thai Taste Yellow GangGaree 114g		£1.79
Thai Taste Yellow GangGaree 400g		£3.69
Wild Irish Dillisk Sprinkles 50g	Organic	£4.59
Yakso Ketjap Manis Sweet Soyasauce 250ml	Organic	£0.50
Yakso Sambal Oelek 100g	Organic	£1.89
Yakso Soy Sauce 250ml	Organic	£2.95
Yakso Tamari 250ml	Organic	£3.19
Yaoh Hemp Seed Oil 250ml	Organic	£6.69
Zaytoun Olive Oil 500ml		£11.99
Zest Coriander Pesto 165g		£2.29
Zest Pesto 165g		£2.29
Zest Pesto 340g		£3.89
Zest Sun Dried Tomato Paste 170g		£2.39
Pasta-B		
Amaizin Taco Shells x 12	Organic	£2.35
Bio Idea Gomitini Macaroni 500g	Organic	£1.25
Bio Idea Tagliatelle 500g	Organic	£1.25
Biona Fusilli Spirals 500g	Organic	£1.49
Biona Wholewheat Linguine 500g	Organic	£1.59
Biona Wholewheat Macaroni 500g	Organic	£1.59

Blue Dragon Wholewheat Noodles 300g		£1.39
Castagno Buckwheat Fusilli 250g	Organic	£1.89
Castagno Chickpea Fusilli 250g	Organic	£1.69
Castagno Corn Fusilli 250g	Organic	£1.09
Castagno Green Pea Fusilli 250g	Organic	£1.69
Castagno Risone Orzo Pasta 500g	Organic	£1.19
Castagno Spelt Fusilli Spirals 500g	Organic	£1.89
Castagno Spelt Lasagne 250g	Organic	£2.19
Castagno Spelt Penne 500g	Organic	£1.89
Castagno Spelt Spaghetti 500g	Organic	£1.89
Castagno Wholewheat Fusilli 500g	Organic	£0.99
Castagno Wholewheat Penne 500g	Organic	£0.99
Castagno Wholewheat Spaghetti 500g	Organic	£0.99
Doves Farm Maize Rice Lasagne Sheets 250g	Organic	£1.99
Iris Bulk Fusilli 5kg	Organic	£9.49
Iris Bulk Penne 5kg	Organic	£9.49
King Soba Brown Rice Noodles 250g	Organic	£1.98
King Soba Buckwheat Noodles 250g	Organic	£2.08
King Soba Millet Brown Rice Noodle 250g	Organic	£1.79
King Soba Pad Thai Noodles 250g	Organic	£2.19
King Soba Thai Rice Noodle 250g	Organic	£1.89
Orgran Buckwheat Pasta 250g		£2.09
Orgran Rice Corn Lasagne Sheets 200g		£2.69
Orgran Rice Millet Pasta 250g		£1.89
Orgran Veg Rice Pasta 250g		£1.89
Probios Chifferi Brown Rice Pasta 250g	Organic	£1.79
Probios Corn Gnocchi 250g	Organic	£1.79
Probios Farfalle 500g	Organic	£1.69
Probios Lasagne Sheets 500g	Organic	£2.79
Probios Macaroni 500g	Organic	£1.69
Probios Red Lentil Fusilli 250g	Organic	£2.49
Rizopia Brown Rice Pasta Fantasia 500g	Organic	£3.39
Suma Fusilli Spirals 500g	Organic	£0.99
Suma GF Brown Rice Fusilli 500g	Organic	£2.39
Suma GF Corn Rice Penne 500g	Organic	£2.39
Suma Penne 500g	Organic	£0.99
Suma Spaghetti 500g	Organic	£0.99

PreparedFood-B

Adonis Falafel Mix 200g		£1.29
Algamar Sea Vegetables 100g		£7.49
Algamar Sea Vegetables 50g		£4.59
Bioagros Stuffed Vine Leaves 280g	Organic	£2.75
Biona Aduki Beans 400g	Organic	£1.09
Biona Banana Blossom 400g	Organic	£1.95
Biona Chickpeas 400g	Organic	£0.89
Biona Chopped Tomatoes with Basil 400g	Organic	£1.09
Biona Edamame Beans 200g	Organic	£1.59
Biona Flageolet Beans 400g	Organic	£1.39
Biona Giant Beans 230g	Organic	£1.59

Biona Passata 680g	Organic	£1.49
Biona Pinto Beans 400g	Organic	£1.09
Biona Puy Lentils 400g	Organic	£1.09
Biona Refried Pinto Beans 400g	Organic	£1.99
Bionova Green Beans 340g	Organic	£1.19
Bionova Sweetcorn 340g	Organic	£1.49
Case Suma Baked Beans 400g x 12	Organic	£10.70
Case Whole Earth Baked Beans 400g x 12	Organic	£10.70
Classico Black Beans 400g	Organic	£0.69
Classico Borlotti Beans 400g	Organic	£0.69
Classico Butter Beans 400g	Organic	£0.69
Classico Cannellini Beans 400g	Organic	£0.69
Classico Case Black Beans 400g x 12	Organic	£7.45
Classico Case Butter Beans 400g x 12	Organic	£7.45
Classico Case Cannellini Case 400g x 12	Organic	£7.45
Classico Case Chick Peas 400g x 12	Organic	£7.45
Classico Case Chopped Tomato 400g x 12	Organic	£8.54
Classico Case Kidney Beans 400g x 12	Organic	£7.45
Classico Case Mixed Beans 400g x 12	Organic	£7.45
Classico Case Peeled Tomato 400g x 12	Organic	£8.54
Classico Chick Peas 400g	Organic	£0.69
Classico Chopped Tomatoes 400g	Organic	£0.75
Classico Green Peas 400g	Organic	£0.69
Classico Lentils 400g	Organic	£0.69
Classico Mixed Beans 400g	Organic	£0.69
Classico Passata Sauce 680g	Organic	£1.19
Classico Peeled Tomatoes 400g	Organic	£0.79
Classico Red Kidney Beans 400g	Organic	£0.69
Clearspring Nori Seaweed 25g		£3.39
Consar Tomato Puree Tin 400g		£1.55
Cooks and Co Artichoke Hearts 390g		£1.85
Cooks and Co Vine Leaves 380g		£2.39
Coop Case Peeled Tomatoes 400g x 24		£9.70
Coop Peeled Tomatoes 400g		£0.45
Coop Tomato Puree 200g		£0.69
Essential Lentil Pumpkin Soup 680g	Organic	£2.49
Essential Sauerkraut 360g	Organic	£1.59
Essential Sweetcorn Jar 350g	Organic	£1.59
Essential Young Jackfruit 400g	Organic	£2.69
Giaguaro Passata Box 500g		£0.95
Granovita Nut Luncheon 420g		£2.35
Greek Kitchen Dolmades 280g		£2.89
Hodmedod Carlin Peas 400g	Organic	£0.79
Hodmedod Dried Carlin Peas 500g	Organic	£1.69
Hodmedod Fava Beans 400g	Organic	£0.79
Hodmedod Haricot Beans 400g		£0.99
Kingfisher Bamboo Shoots 225g		£0.99
Kingfisher Water Chestnuts 225g		£0.99
Kitchen Garden Red Curry Paste 135g	Organic	£2.08
Kitchen Garden Soya Mince (TVP) 250g	Organic	£1.49

La Fiammante Cherry Tomatoes 400g		£0.99
La Fiammante Tomatoes with Basil 400g		£0.89
Locavore Black Beans 400g	Organic	£0.69
Locavore Black Eye Beans 400g	Organic	£0.69
Locavore Borlotti Beans 400g	Organic	£0.69
Locavore Cannellini Beans 400g	Organic	£0.69
Locavore Case Black Eye Beans 400g x 12	Organic	£7.45
Locavore Chopped Tomatoes 400g	Organic	£0.75
Locavore Green Peas 400g	Organic	£0.69
Locavore Mixed Beans 400g	Organic	£0.69
Locavore Passata Sauce 680g	Organic	£1.09
Locavore Peeled Tomatoes 400g	Organic	£0.75
Locavore Red Kidney Beans 400g	Organic	£0.69
Marigold Braised Tofu 225g		£2.59
Marigold Yeast Flakes B12 125g		£2.99
Marigold Yeast Flakes Organic 125g	Organic	£4.99
Melis Cabbage Leaves 650g		£1.99
Minara Jalfrezi Sauce 350g		£1.59
Minara Madras Sauce 350g		£1.59
Mr Organic Tomato & Lentil Soup 400g	Organic	£1.69
Naija Peanut Sauce 360g		£2.29
Natco Case Chick Peas 400g x 12		£4.86
Natco Chick Peas 400g		£0.45
Natco Poppadoms 200g		£1.10
Niko Pitted Raw Kalamon Olives 370g	Organic	£2.69
Niko Raw Kalamata Olives 370g	Organic	£2.59
Nutrimento Sauce Arrabbiata 280g	Organic	£1.89
Nutrimento Sauce Basil 280g	Organic	£1.89
Nutrimento Sauce Nonna 280g	Organic	£2.09
Nutrimento Sauce Olive Caper 280g	Organic	£2.09
Nutrimento Soya Bolognese Sauce 280g	Organic	£2.39
Sara Tomato Puree Tin 400g		£1.55
Shropshire Sage Onion Stuffing 150g		£1.39
Skoulikas Organic Green Olives Pitted 2KG	Organic	£12.98
Sofra Falafel Mix 200g		£1.29
Sofra Vine Leaves 280g		£1.49
Soia Bechamel Sauce 500ml	Organic	£1.99
Suma Arrabbiata Sauce 350g	Organic	£2.29
Suma Baked Beans 400g	Organic	£0.99
Suma Black Beans 400g	Organic	£0.89
Suma Black Chickpeas 400g	Organic	£0.95
Suma Bolognese Sauce 350g	Organic	£2.29
Suma Butter Beans 400g	Organic	£0.89
Suma Cannellini Beans 400g	Organic	£0.89
Suma Chick Peas 400g	Organic	£0.89
Suma Mixed Beans 400g	Organic	£0.89
Suma Napoletana Sauce 350g	Organic	£2.29
Suma Passata Sauce 690g	Organic	£1.45
Suma Red Kidney Beans 400g	Organic	£0.89
Suma Rustic Vegetable Soup 400g	Organic	£1.45

Suma Sweetcorn 340g	Organic	£1.18
Suma Tomato Puree 200g	Organic	£1.09
Suma Tuscan Bean Soup 400g	Organic	£1.45
Sunflower Family Sunflower Seed Mince 76g	Organic	£3.45
Sunita Polenta 500g	Organic	£1.39
Tamtad Cabbage Leaves 340g		£1.59
Tamtad Stuffed Peppers 400g		£1.59
Tropical Wholefood Porcini Mushrooms 30g		£2.75
Tropical Wholefood Shiitake Mushrooms 50g		£2.75
Veggies Hemp Burger Mix 350g		£3.29
Veggies Nut Roast Mix 300g		£3.39
Veggies Sosage Mix 350g		£3.29
Whole Earth Baked Beans 400g	Organic	£0.99
Wild Irish Atlantic Wakame 40g	Organic	£3.79
Wild Irish Carrageen Moss 40g	Organic	£3.79
Wild Irish Dillisk Dulse Seaweed 40g	Organic	£3.79
Wild Irish Kombu Kelp 40g	Organic	£3.79
Wild Irish Sea Salad 40g	Organic	£3.79
Wild Irish Sea Salad Sprinkles 50g	Organic	£4.69
Wild Irish Sea Spaghetti 40g	Organic	£3.69
Wild Irish Sugar Kelp 40g	Organic	£3.79
Yakso Rice Paper x15	Organic	£2.59

SavouryBisc-B

Amisa Buckwheat Crisp 120g	Organic	£2.18
Biona Quinoa Rice Cake 100g	Organic	£1.19
Breadsticks Garlic 125g		£0.89
Break Bio Breadsticks Spelt 125g	Organic	£1.39
Clearspring Corn Cakes 130g	Organic	£0.99
Clearspring Salted Rice Cakes 130g	Organic	£0.99
Coop Italian Breadsticks 125g		£0.65
Coop Oatcakes 250g		£0.79
Crosta Mollica Breadsticks 140g		£1.59
Crosta Mollica Chilli Crostini 150g		£1.69
Crosta Mollica Olive Breadsticks 140g		£1.59
Crosta Mollica Oregano Crostini 150g		£1.69
Dr Karg 3 Seed Crackers 200g	Organic	£1.99
Dr Karg Seeded Spelt Crackerbread 200g	Organic	£2.39
Finn Multi Crispbread 175g		£1.19
Finn Rye Crispbread 250g		£1.19
Fiorentini Case Corn Cake 120g x 12	Organic	£10.69
Fiorentini Case Rice Cakes without Salt 120g x 12	Organic	£8.55
Fiorentini Corn Cakes 120g	Organic	£0.99
Fiorentini Multigrain Cakes 100g	Organic	£0.85
Fiorentini Rice Cakes without Salt 120g	Organic	£0.79
Fiorentini Sesame Crispbread 200g	Organic	£1.30
Nairns Fine Oatcakes 218g		£0.99
Nairns Oatcakes GF 213g		£1.80
Nairns Scottish Oatcakes 250g	Organic	£1.25
Origin Earth GF Crispy Bread Crackers 150g		£2.69

Pan Ducale Black Olive Crostini 200g		£1.79
Pan Ducale Rosemary Crostini 300g		£1.79
Riccardi Freselle 375g		£2.69
Tarallini Fennel 300g		£2.09
Zemanka Crackers Pumpkin Seed 100g	Organic	£1.39
Zemanka Crackers Seeded Spelt 100g	Organic	£1.39
Zemanka Crackers Sesame 100g	Organic	£1.39
Zemanka Crackers Spelt 100g	Organic	£1.39

Seeds-B

Biosnacky Fitness Sprouts 40g	Organic	£1.09
Biosnacky Gourmet Sprouts 40g	Organic	£1.09
Biosnacky Red Clover Mix 30g	Organic	£1.49
Biosnacky Sprouting Broccoli 30g	Organic	£1.49
Biosnacky Wellness Sprouts 40g	Organic	£1.49
Healthstore Chia Seeds 250g	Organic	£2.99
Healthstore Chia Seeds 500g	Organic	£4.99
Hodmedod UK Chia Seeds 300g		£2.99
Linwoods Flaxseed 425g	Organic	£4.99
Yaoh Hulled Hemp Seed 125g	Organic	£3.29

Snacks-B

Brave Peas Sea Salt Vinegar 35g		£0.89
Brave Roast Peas Garlic Chive 35g		£0.89
Brave Roast Peas Paprika Chilli 35g		£0.89
Cool Chile Tomatillo Salsa 260g		£3.75
Eat Real Hummus Chips 45g		£0.79
Eat Real Lentil Chips 40g		£0.79
Eat Real Lentil Chips Creamy Dill 40g		£0.79
Eat Real Organic Hummus Chips 100g	Organic	£1.99
Eat Real Organic Lentil Chips 100g	Organic	£1.99
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
Love Corn BBQ 115g		£1.69
Love Corn Chilli 115g		£1.69
Love Corn Sea Salt 115g		£1.69
Munchy Seeds Sesame Sprinkles 200g		£3.99
Roots Veg Crisp 150g		£1.89
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
Trafo Tortilla Chips 200g	Organic	£1.49
Trafo Tortilla Chips 75g	Organic	£0.85

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		£6.29
Essential Peanut Butter Crunchy 350g	Organic	£2.89
Essential Peanut Butter Smooth 350g	Organic	£2.89
Meridian Blackcurrant Jam 284g	Organic	£2.15
Meridian Cashew Butter 170g	Organic	£2.98
Meridian Crunchy Almond Butter 170g		£2.99
Meridian Crunchy Cashew Butter 1kg		£11.99
Meridian Crunchy Hazelnut Butter 170g		£3.39
Meridian Crunchy Peanut Butter 1kg		£6.25
Meridian Crunchy Peanut Butter 280g		£2.39
Meridian Morello Cherry Jam 284g	Organic	£2.49
Meridian Organic Crunchy Peanut Butter 1kg	Organic	£7.45
Meridian Organic Dark Tahini 270g	Organic	£2.69
Meridian Organic Light Tahini 270g	Organic	£2.69
Meridian Peanut Butter Smooth 1kg		£6.25
Meridian Peanut Butter Smooth 280g		£2.39
Meridian Raspberry Jam 284g	Organic	£2.49
Meridian Seville Orange Jam 284g	Organic	£2.49
Meridian Smooth Almond Butter 170g	Organic	£3.39
Meridian Smooth Almond Butter 1kg		£14.99
Meridian Strawberry Jam 284g	Organic	£2.49
Meridian Wild Blueberry Jam 284g	Organic	£2.49
Meridian Yeast Extract 340g		£3.79
St Dalfour Golden Peach Jam 284g		£1.89
St Dalfour Black Cherry Jam 284g		£1.89
St Dalfour Blackberry Jam 284g		£1.89
St Dalfour Blackcurrant Jam 284g		£1.89
St Dalfour Cranberry Blueberry Jam 284g		£1.89
St Dalfour Fig Royale Jam 284g		£1.89
St Dalfour Four Fruits Jam 284g		£1.89
St Dalfour Imperial Pear Jam 284g		£1.89
St Dalfour Kumquat Jam 284g		£1.89
St Dalfour Mango Passion Fruit 284g		£1.89
St Dalfour Mirabelle Plum Jam 284g		£1.89
St Dalfour Orange Ginger Jam 284g		£1.89
St Dalfour Pineapple Mango Jam 284g		£1.89
St Dalfour Raspberry Jam 284g		£1.89
St Dalfour Raspberry Pomegranate Jam 284g		£1.89

St Dalfour Strawberry Jam 284g		£1.89
St Dalfour Thick Apricot Jam 284g		£1.89
St Dalfour Thick Cut Orange Jam 284g		£1.89
St Dalfour Wild Blueberry Jam 284g		£1.89
Suma Peanut Butter Crunchy FT 340g		£3.59
Suma Peanut Butter Crunchy Salted 700g	Organic	£6.49
Suma Peanut Butter Crunchy Unsalted 700g	Organic	£6.49
Suma Peanut Butter Smooth Salted 700g	Organic	£6.49
Sunita Dark Tahini 280g		£2.29
Sunita Dark Tahini 3kg		£21.49
Sunita Light Tahini 280g		£2.29
Sunita Light Tahini 3kg		£21.49
Sunita Organic Dark Tahini 280g	Organic	£2.99
Sunita Organic Light Tahini 280g	Organic	£2.99
Tartex Classic Pate 220g	Organic	£2.39
Tartex Herb Garlic Pate 200g	Organic	£2.39
Tartex Herb Pate 200g	Organic	£2.39
Tartex Mushroom Pate 200g	Organic	£2.39

Sweeteners-B

Basra Date Syrup 450g		£2.49
Biona Brown Rice Syrup 350g	Organic	£2.99
Biona Date Syrup 350g	Organic	£3.59
Biona Oat Syrup 350g	Organic	£3.35
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
Raw Choc Co Bar Caffe Mocha 70g	Organic	£2.49
Raw Choc Co Bar M*lk 70g	Organic	£2.49
Raw Choc Co Bar Peruvian 72 70g	Organic	£2.49
Raw Choc Co Bar Vanoffee 60g	Organic	£2.49
Raw Choc Co Bar Vanoffee Hazelnut 60g	Organic	£2.49
Shady Farm Maple Syrup 250ml	Organic	£5.99
Sofra Date Syrup 400g		£1.49
Suma Agave Syrup 240ml	Organic	£2.99
Yakso Agave Syrup 240ml	Organic	£2.99

SwtBisc&Bar-B

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
Eco Biscuit Almond 45g	Organic	£0.49
Eco Biscuit Choc Orange 45g	Organic	£0.59
Eco Biscuit Chocolate 45g	Organic	£0.59
Eco Biscuit Coconut 55g	Organic	£0.49
Eco Biscuit Fig 50g	Organic	£0.49

Eco Biscuit Fruit 60g	Organic	£0.49
Eco Biscuit Nut Chocolate 45g	Organic	£0.49
Nakd Bar Bakewell Tart 30g		£0.75
Nakd Bar Blueberry Muffin 35g		£0.75
Nakd Bar Cashew Cookie 35g		£0.75
Nakd Bar Cocoa Orange 35g		£0.75
Nakd Bar Ginger Bread 35g		£0.75
Nakd Bar Lemon Drizzle 35g		£0.75
Nakd Bar Peanut Delight 35g		£0.75
Nakd Bar Raspberry Choc 50g		£1.19
Nipits Liquorice Pellets Aniseed		£1.55
Nipits Liquorice Pellets Menthol		£1.55
Nipits Liquorice Pellets Pure		£1.55
Ombar Acai Blueberry 35g	Organic	£1.79
Ombar Chocolate 72 35g	Organic	£1.79
Ombar Chocolate 90 35g	Organic	£1.79
Ombar Coconut Chocolate 60 35g	Organic	£1.79
Panda Licorice Bar Original 32g		£0.49
Panda Licorice Bar Raspberry 32g		£0.49
Panda Licorice Cuts Original 240g		£2.09
Peppersmith Chewing Gum Peppermint 15g		£1.28
Peppersmith Chewing Gum Spearmint 15g		£1.28
Peppersmith Mints Lemon 15g		£1.28
Peppersmith Mints Peppermint 15g		£1.28
Raw Choc Co Bar Koffee Kapow 38g	Organic	£1.79
Raw Choc Co Bar Mint Mania 72 38g	Organic	£1.79
Raw Choc Co Bar Pitch Dark 72 38g	Organic	£1.79
Raw Choc Co Bar Salted Vanoffee Hazelnut 38g	Organic	£1.79
Raw Choc Co Bar Vanoffee 38g	Organic	£1.79
Raw Choc Co Choc Almonds 110g	Organic	£3.99
Raw Choc Co Choco Mulberries 125g	Organic	£3.99
Raw Choc Co Choco Raisins 125g	Organic	£3.99
Raw Choc Co Salted Choc Hazelnuts 110g	Organic	£3.99
Raw Choc Co Spiced Chocolate Almonds 180g	Organic	£7.89
Sunita Halva 75g	Organic	£1.29
Trek Peanut Power 55g		£0.90
Tropical Wholefood Bar Mango Brazil 40g		£0.65
Vivani Dark Chocolate Bar 92 80g	Organic	£2.69
Vivani Dark Chocolate Bar 99 80g	Organic	£2.69
Zemanka Biscuits Apple 100g	Organic	£1.59
Zemanka Biscuits Apple Spelt Duck 100g	Organic	£1.39
Zemanka Biscuits Cocoa Spelt Animal 100g	Organic	£1.39
Zemanka Biscuits Date Lemon 100g	Organic	£1.59
Zemanka Biscuits Raspberry 100g	Organic	£1.59
Zemanka Biscuits Spelt Animal 100g	Organic	£1.39
Zemanka Macaroons Maple Coconut 100g	Organic	£1.59

Tea&Coffee-B

Barley Cup Coffee 200g		£3.89
Biona Bio Malt 100g	Organic	£2.85

Brew Tea Loose Earl Grey Hot 113g		£4.99
Brew Tea Loose Eng Breakfast 113g		£4.99
Brew Tea Loose Moroccan Mint 113g		£4.99
Cafe Direct FT Decaf Teabags x80		£3.19
Cafe Direct FT Everyday Teabags x80		£2.89
Cafe Direct FT Instant Coffee Decaf Organic 100g	Organic	£4.49
Cafe Direct FT Instant Coffee Machu Picchu 100g		£3.75
Cafe Direct FT Instant Coffee Smooth Roast 100g		£3.75
Cafe Direct Intense Coffee 227g		£3.29
Cafe Direct Machu Picchu Coffee 227g	Organic	£3.59
Celestial Bengal Spice Teabags x20		£2.35
Celestial Lemon Zinger Teabags x20		£2.15
Celestial Sleepytime Extra Teabags x20		£2.35
Celestial Sleepytime Teabags x20		£2.15
Clipper Instant Coffee 100g	Organic	£4.69
Clipper Instant Decaf Coffee 100g	Organic	£4.95
Clipper Loose Tea Assam 125g	Organic	£2.28
Clipper Loose Tea Earl Grey Hot 125g	Organic	£2.39
Clipper Loose Tea Green 100g	Organic	£2.00
Clipper Teabags After Dinner Mint x20	Organic	£1.95
Clipper Teabags Assam x50	Organic	£2.28
Clipper Teabags Decaf x40	Organic	£2.99
Clipper Teabags Earl Grey Hot x40	Organic	£2.35
Clipper Teabags Green x40	Organic	£2.29
Clipper Teabags Liquorice x20	Organic	£1.65
Clipper Teabags Nettle x20	Organic	£1.65
Clipper Teabags x80	Organic	£2.99
Coop Espresso Coffee 227g		£2.29
Coop Italian FT Coffee Beans 227g		£2.29
Dragonfly Teabags Golden Balance Detox x20	Organic	£1.99
Dragonfly Teabags Herb Garden Digestif x20	Organic	£1.99
Dragonfly Teabags Jasmine x20	Organic	£1.85
Dragonfly Teabags Morocco Mint x20	Organic	£1.85
Dragonfly Teabags Night Sky Calm x20	Organic	£1.99
Dragonfly Teabags Rooibos Earl Grey x40		£2.45
Dragonfly Teabags Rooibos Vanilla x40		£2.45
Dragonfly Teabags Rooibos x40	Organic	£2.45
Dragonfly Teabags Swirling Mist White x20	Organic	£1.95
Equal Exchange Cocoa 250g	Organic	£3.85
Equal Exchange Coffee Colombian 227g	Organic	£4.19
Equal Exchange Coffee Dark City 227g	Organic	£4.19
Equal Exchange Coffee Decaf 227g	Organic	£4.49
Equal Exchange Coffee Italian Roast 227g	Organic	£4.19
Essential Tea Camomile x20	Organic	£1.89
Essential Tea Fennel x20	Organic	£1.89
Essential Tea Ginger and Lemon x20	Organic	£1.89
Essential Tea Hibiscus x20	Organic	£1.64
Essential Tea Peppermint Spearmint x20	Organic	£1.39
Essential Tea Peppermint x20	Organic	£1.89
Hambleden Lemon Verbena Teabags x20	Organic	£2.28

Hampstead Darjeeling Loose Tea 100g	Organic	£2.69
Hampstead Darjeeling Teabags x20	Organic	£2.05
Hampstead Earl Grey Hot Teabags x20	Organic	£2.05
Hampstead English Breakfast Teabags x20	Organic	£2.05
Hampstead Fennel Peppermint Teabags x20	Organic	£2.35
Hampstead French Vanilla Teabags x20	Organic	£2.35
Hampstead Green Chai Teabags x20	Organic	£2.35
Hampstead Green Loose Tea 100g	Organic	£2.69
Hampstead Green Teabags x20	Organic	£2.05
Hampstead Lavender Valerian Teabags x20	Organic	£2.35
Hampstead Lemon Ginger Teabags x20	Organic	£2.35
Hampstead Loose Tea Earl Grey Hot 100g	Organic	£2.69
Hampstead Rosehip Hibiscus Teabags x20	Organic	£2.35
Heath Heather Apple Cinnamon 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 Super Seed Teabags x20	Organic	£2.58
Heath Heather Turmeric Root Brew Teabags x20	Organic	£2.58
If You Care Coffee Filters Size 2 x100		£2.89
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
Lofbergs Coffee Brazilian 450g		£4.99
Lofbergs Coffee Dark Roast 450g	Organic	£4.99
Lofbergs Coffee Medium Roast 450g	Organic	£4.99
ManCoCo Sumatra Coffee Beans 250g	Organic	£5.59
ManCoCo Sumatra Ground Coffee 250g	Organic	£5.59
Percol Instant Coffee Espresso 100g		£3.70
Qi Green Teabags x80		£1.59
Qi Green Turmeric Matcha Teabags x20	Organic	£1.99
Qi Loose Green Tea Jasmine 100g	Organic	£2.19
Qi Loose Green Tea Matcha Powder 40g	Organic	£9.19
Qi Loose Tea Chun Mee 100g	Organic	£2.39
Qi White Teabags x25	Organic	£1.89
Revolver Colombia Organic Coffee 200g	Organic	£3.85
Revolver Cuba Coffee 200g		£3.75
Revolver Ethiopia Coffee 200g		£3.85
Revolver Honduras Organic Coffee 200g	Organic	£3.75
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 Teabags x17	Organic	£2.29
Yogi Classic Tea x17	Organic	£2.29
Yogi Detox Tea x17	Organic	£2.29
Yogi Echinacea Tea x 17	Organic	£2.29

Yogi Lemon Ginger Teabags x17	Organic	£2.29
Yogi Licorice Teabags x17	Organic	£2.29
Yogi Organic Green Chai Teabags x17	Organic	£2.29
Yogi Organic Turmeric Chai x17	Organic	£2.29
Yogi Organic White Tea Aloe Vera x17	Organic	£2.29
Yogi Womens Teabags x17	Organic	£2.29
Zapatista Coffee 250g	Organic	£4.99