

# GENERAL GROCERY PRICELIST

Updated 01/05/2022

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

Department	Branded	
Row Labels	Org?	Average of Price
<b>Cereals&amp;Purees-B</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	£2.69
Coteaux Fruit Puree Apple Blueberry 360g	Organic	£2.79
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	£2.79
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
Doves Cornflakes 325g	Organic	£2.25
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	£0.89
Ellas Smoothie Purple One 90g	Organic	£0.89
Ellas Smoothie Red One 90g	Organic	£0.89
Ellas Smoothie Yellow One 90g	Organic	£0.89
Essential Apple Puree 360g	Organic	£1.49
Essential Pineapple Chunks 400g	Organic	£2.25
Hodmedod Puffed Quinoa 150g	Organic	£2.39
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
Meridian Mincemeat 320g	Organic	£3.39
Natures Path Millet Rice 375g	Organic	£3.19

<b>Rude Health Puffed Oats 175g</b>		£1.79
<b>Rude Health Spelt Flakes 300g</b>		£2.75
<b>Suma GF Porridge Oats 750g</b>	Organic	£3.99
<b>Flours&amp;Baking-B</b>		
<b>Amisa Chestnut Flour 350g</b>	Organic	£4.89
<b>Castagno Wholegrain Durum Wheat Flour 1kg</b>	Organic	£0.99
<b>Cool Chile Masa Harina 500g</b>		£3.25
<b>Cotswold Carob Flour 250g</b>		£1.99
<b>Doves Bread Flour White 1.5kg</b>	Organic	£1.79
<b>Doves Bread Flour Wholemeal 1.5kg</b>	Organic	£1.85
<b>Doves Buckwheat Flour 1kg</b>	Organic	£3.39
<b>Doves Einkorn Flour 1kg</b>	Organic	£2.99
<b>Doves GF Bread Flour White 1kg</b>		£1.69
<b>Doves GF Pastry Flour White 1kg</b>		£1.69
<b>Doves GF Self Raise Flour White 1kg</b>		£1.69
<b>Doves Kamut Flour 1kg</b>	Organic	£2.79
<b>Doves Malthouse Flour 1kg</b>	Organic	£1.85
<b>Doves Pasta Pizza Flour 1kg</b>	Organic	£1.69
<b>Doves Pastry Flour Brown 1kg</b>	Organic	£1.29
<b>Doves Pastry Flour White 1kg</b>	Organic	£1.39
<b>Doves Quick Dry Yeast 125g</b>		£1.09
<b>Doves Rye Flour 1kg</b>	Organic	£1.79
<b>Doves Self Raise Flour Brown 1kg</b>	Organic	£1.39
<b>Doves Self Raise Flour White 1kg</b>	Organic	£1.39
<b>Doves Spelt Flour White 1kg</b>	Organic	£2.69
<b>Doves Spelt Flour Wholemeal 1kg</b>	Organic	£2.49
<b>Doves Xanthan Gum 100g</b>		£2.59
<b>Dr Oetker Lemon Extract 35ml</b>		£1.15
<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>Madecasse Pure Vanilla Extract 118ml</b>		£7.85
<b>Madecasse Pure Vanilla Extract 59ml</b>		£4.29
<b>Natco Gram Flour 2kg</b>		£2.79
<b>Natco Gram Flour 500g</b>		£1.15
<b>Raw Choc Co Cacao Butter 200g</b>	Organic	£5.59
<b>Raw Choc Co Cacao Nibs 150g</b>	Organic	£3.49
<b>Raw Choc Co Cacao Powder 180g</b>	Organic	£3.89
<b>Shipton Mill 3 Malt Sunflower Brown Bread Flour 1kg</b>	Organic	£1.39
<b>Shipton Mill Wholegrain Flour 2.5kg</b>	Organic	£2.98
<b>Steenbergs Lemon Extract 100ml</b>	Organic	£4.39
<b>Steenbergs Orange Extract 100ml</b>	Organic	£4.39
<b>Steenbergs Peppermint Extract 100ml</b>	Organic	£4.39
<b>Steenbergs Rose Water 100ml</b>	Organic	£3.29
<b>Steenburgs Almond Extract 100ml</b>		£6.15

<b>Steenburgs Orange Blossom Water 100ml</b>		£3.49
<b>Suma Veg Suet 250g</b>		£1.99
<b>Taylor and Colledge Vanilla Bean Extract 100ml</b>	Organic	£8.49
<b>Watermill Granarius Flour 1kg</b>	Organic	£2.19
<b>Watermill Millers Magic Maslin Flour 1kg</b>		£2.19
<b>Watermill Rye Flour 1kg</b>	Organic	£2.19
<b>Watermill Wholemeal Flour 1kg</b>	Organic	£1.79

#### **FruitSeed&Nut-B**

<b>Biona Cranberries 100g</b>	Organic	£3.49
<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>Coop Pine Nuts 100g</b>		£3.49
<b>Crazy Jack Figs 200g</b>	Organic	£2.19
<b>Crazy Jack Prunes 200g</b>	Organic	£3.29
<b>Healthstore Chia Seeds 250g</b>	Organic	£2.99
<b>Healthstore Chia Seeds 500g</b>	Organic	£4.99
<b>Hodmedod UK Chia Seeds 300g</b>		£2.99
<b>Linwoods Flaxseed 425g</b>	Organic	£4.99
<b>Organico Cooked Chestnuts 200g</b>	Organic	£4.19
<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>Yaoh Hulled Hemp Seed 125g</b>	Organic	£3.29
<b>Zaytoun Medjoul Dates 250g</b>		£4.19

#### **Ingredients-B**

<b>Algamar Sea Vegetables 50g</b>		£4.59
<b>Amaizin Creamed Coconut 200g</b>	Organic	£1.89
<b>Biona Aduki Beans 400g</b>	Organic	£1.09
<b>Biona Banana Blossom 400g</b>	Organic	£1.95
<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 Flageolet Beans 400g</b>	Organic	£1.39
<b>Biona Light Coconut Milk 400ml</b>	Organic	£1.59
<b>Biona Passata 680g</b>	Organic	£1.49
<b>Biona Pinto Beans 400g</b>	Organic	£1.09

<b>Biona Puy Lentils 400g</b>	Organic	£1.09
<b>Bionova Green Beans 340g</b>	Organic	£1.35
<b>Bionova Sweetcorn 340g</b>	Organic	£1.49
<b>Case Biona Light Coconut Milk 400ml x 6</b>	Organic	£8.64
<b>Classico Black Beans 400g</b>	Organic	£0.69
<b>Classico Borlotti Beans 400g</b>	Organic	£0.69
<b>Classico Butter 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 Butter 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	£7.45
<b>Classico Case Chopped Tomato 400g x 12</b>	Organic	£8.54
<b>Classico Case Kidney Beans 400g x 12</b>	Organic	£7.45
<b>Classico Case Mixed Beans 400g x 12</b>	Organic	£7.45
<b>Classico Case Peeled Tomato 400g x 12</b>	Organic	£8.54
<b>Classico Chick Peas 400g</b>	Organic	£0.69
<b>Classico Chopped Tomatoes 400g</b>	Organic	£0.75
<b>Classico Green Peas 400g</b>	Organic	£0.69
<b>Classico Lentils 400g</b>	Organic	£0.69
<b>Classico Mixed Beans 400g</b>	Organic	£0.69
<b>Classico Passata Sauce 680g</b>	Organic	£1.19
<b>Classico Peeled Tomatoes 400g</b>	Organic	£0.79
<b>Classico Red Kidney Beans 400g</b>	Organic	£0.69
<b>Clearspring Nori Seaweed 25g</b>		£3.39
<b>Cocofina Coconut Milk 400ml</b>	Organic	£1.59
<b>Consar Tomato Puree Tin 400g</b>		£1.55
<b>Coop Case Peeled Tomatoes 400g x 24</b>		£9.70
<b>Coop Peeled Tomatoes 400g</b>		£0.45
<b>Coop Tomato Puree 200g</b>		£0.69
<b>Essential Case Coconut Milk 400ml x 6</b>	Organic	£9.45
<b>Essential Coconut Milk 400ml</b>	Organic	£1.75
<b>Essential Sweetcorn Jar 350g</b>	Organic	£1.59
<b>Essential Young Jackfruit 400g</b>	Organic	£2.69
<b>Hodmedod Carlin Peas 400g</b>	Organic	£0.79
<b>Hodmedod Dried Carlin Peas 500g</b>	Organic	£1.69
<b>Hodmedod Fava Beans 400g</b>	Organic	£0.79
<b>Hodmedod Haricot Beans 400g</b>		£0.99
<b>Kingfisher Bamboo Shoots 225g</b>		£0.99
<b>Kingfisher Water Chestnuts 225g</b>		£0.99
<b>La Fiammante Cherry Tomatoes 400g</b>		£0.99
<b>La Fiammante Tomatoes with Basil 400g</b>		£0.89
<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 Cannellini Beans 400g</b>	Organic	£0.69
<b>Locavore Case Black Eye Beans 400g x 12</b>	Organic	£7.45
<b>Locavore Chopped Tomatoes 400g</b>	Organic	£0.75
<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>Mas Happy Kitchen FT Coconut Milk 400ml</b>	Organic	£1.59
<b>Natco Case Chick Peas 400g x 12</b>		£4.86
<b>Natco Chick Peas 400g</b>		£0.45
<b>Sara Tomato Puree Tin 400g</b>		£1.55
<b>Suma Black Chickpeas 400g</b>	Organic	£0.95
<b>Suma Butter Beans 400g</b>	Organic	£0.89
<b>Suma Chick Peas 400g</b>	Organic	£0.89
<b>Suma Edamame Beans 200g</b>	Organic	£1.29
<b>Suma Mixed Beans 400g</b>	Organic	£0.89
<b>Suma Red Kidney Beans 400g</b>	Organic	£0.89
<b>Suma Sweetcorn 340g</b>	Organic	£1.18
<b>Suma Tomato Puree 200g</b>	Organic	£1.09
<b>Tamtad Cabbage Leaves 340g</b>		£1.59
<b>Tropical Wholefood Porcini Mushrooms 30g</b>		£2.75
<b>Tropical Wholefood Shiitake Mushrooms 50g</b>		£2.75
<b>Vitale Passata Box 500g</b>		£0.98
<b>Wild Irish Atlantic Wakame 40g</b>	Organic	£3.79
<b>Wild Irish Carrageen Moss 40g</b>	Organic	£3.79
<b>Wild Irish Dillisk Dulse Seaweed 40g</b>	Organic	£3.79
<b>Wild Irish Dillisk Sprinkles 50g</b>	Organic	£4.59
<b>Wild Irish Kombu Kelp 40g</b>	Organic	£3.79
<b>Wild Irish Sea Salad 40g</b>	Organic	£3.79
<b>Wild Irish Sea Salad Sprinkles 50g</b>	Organic	£4.69
<b>Wild Irish Sea Spaghetti 40g</b>	Organic	£3.69
<b>Wild Irish Sugar Kelp 40g</b>	Organic	£3.79
<b>Yakso Rice Paper x15</b>	Organic	£2.79

#### Juice&Water-B

<b>Biona Blueberry Juice 330ml</b>	Organic	£6.39
<b>Biona Carrot Juice 750ml</b>	Organic	£2.65
<b>Biona Pomegranate Juice 1 Ltr</b>	Organic	£4.99
<b>Biona Pomegranate Juice 200ml</b>	Organic	£1.75
<b>Biona Pure Cranberry Juice 330ml</b>	Organic	£4.85
<b>Biona Tart Cherry Juice 200ml</b>	Organic	£1.90
<b>Biona Tomato Juice 750ml</b>	Organic	£2.79
<b>Biona Vegetable Juice 500ml</b>	Organic	£1.89
<b>Carey Apple Juice Ashmead 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Braeburn 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Cox 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Discovery 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Falstaff 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Gala 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Jonagold 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Lord Lambourne 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Pinova 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Red Devil 750ml</b>	Organic	£2.75
<b>Carey Apple Juice Red Pippin 750ml</b>	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		£0.89
Coop Apple Juice Case 1 Ltr x 12		£9.60
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		£0.90
Coteaux Juice Apple Cherry 750ml	Organic	£3.90
Coteaux Juice Apple Mango 750ml	Organic	£3.69
Coteaux Juice Apple Quince 750ml	Organic	£3.69
Coteaux Juice Red Grape 750ml	Organic	£3.99
Coteaux Juice White Grape 750ml	Organic	£3.99
Coteaux Sparkling Apple 750ml	Organic	£3.69
Coteaux Sparkling Apple Blackcurrant 750ml	Organic	£3.99
Coteaux Sparkling Apple Blueberry 750ml	Organic	£4.19
Coteaux Sparkling Apple Passionfruit 750ml	Organic	£3.99
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
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
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 Minor Figures Case Oat Milk 1 Litre x 6	Organic	£8.99
Case Oatly Oat Milk 1 Ltr x 6	Organic	£7.50
Case Sojade Calcium Rice Milk 1 Ltr x 8	Organic	£12.60
Case Sojade Hemp Milk 1 Ltr x 8	Organic	£17.90
Case Sojade Soy Milk Calcium 1Ltr x8	Organic	£12.20
Case Sojade Soy Milk Natural 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 Oat Milk Barista 1 Ltr	Organic	£1.69
Oatly Cream 250ml	Organic	£0.79
Oatly Milk Barista 1 Ltr		£1.91
Oatly Oat Milk 1 Ltr	Organic	£1.39
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	£1.75
Sojade Milk Hemp 1 Ltr	Organic	£2.49
Sojade Milk Soy Calcium 1 Ltr	Organic	£1.69
Sojade Milk Soy Natural 1 Ltr	Organic	£1.49
Sojade Soya Cream 200ml	Organic	£0.89

**Oils-B**

Arcadia Olive Oil 1 Ltr	Organic	£8.79
Arcadia Olive Oil 3 Ltr	Organic	£22.99

<b>As Pontis Olive Oil 1 Ltr</b>	Organic	£8.39
<b>As Pontis Olive Oil 3 Ltr</b>	Organic	£22.99
<b>As Pontis Olive Oil 500ml</b>	Organic	£5.25
<b>Biona Flax Seed Oil 250ml</b>	Organic	£4.49
<b>Clearspring Avocado Oil 250ml</b>	Organic	£7.59
<b>Clearspring Flax Oil 250ml</b>	Organic	£4.29
<b>Clearspring Hemp Oil 250ml</b>	Organic	£5.99
<b>Clearspring Safflower Oil 500ml</b>	Organic	£7.19
<b>Clearspring Toasted Sesame Oil 500ml</b>	Organic	£6.99
<b>Cocofina Coconut Oil 350ml</b>	Organic	£4.29
<b>Coop Garlic Oil 250ml</b>		£2.75
<b>Coop Sunflower Oil 1 Ltr</b>		£1.39
<b>Ecoato Olive Oil Unfiltered 1 litre</b>	Organic	£7.99
<b>Ecoato Olive Oil Unfiltered 3 Litre</b>	Organic	£22.39
<b>Emile Noel Pumpkin Seed Oil 250ml</b>	Organic	£7.98
<b>Emile Noel Walnut Oil 250ml</b>	Organic	£9.99
<b>Essential Coconut Oil 210ml</b>	Organic	£2.99
<b>Essential Coconut Oil 690ml</b>	Organic	£7.99
<b>Essential Sesame Oil 500ml</b>	Organic	£6.29
<b>Essential Sunflower Oil 5 Ltr</b>	Organic	£25.99
<b>Essential Sunflower Oil 500ml</b>	Organic	£3.39
<b>Good Oil Hemp Seed Oil 500ml</b>		£5.89
<b>Greek Hellenic Olive Oil 1 Ltr</b>		£6.99
<b>Greek Hellenic Olive Oil 500ml</b>		£3.99
<b>Luque Olive Oil 1ltr</b>	Organic	£9.49
<b>Meridian Toasted Sesame Oil 500ml</b>	Organic	£8.29
<b>Olive Branch Lemon Olive Oil 250ml</b>		£2.99
<b>Olive Branch Olive Oil 1 Ltr</b>		£6.98
<b>Organico Olive Oil 500ml</b>	Organic	£4.99
<b>Organico Rapeseed Oil 500ml</b>	Organic	£3.69
<b>Organico Sunflower Oil 500ml</b>	Organic	£2.99
<b>Probios Toasted Sesame Oil 250ml</b>	Organic	£4.49
<b>Quintessence Basil Oil 80ml</b>		£1.59
<b>Stringer Organic Rapeseed Oil 500ml</b>	Organic	£5.49
<b>Suma Coconut Oil Odourless 650g</b>	Organic	£4.98
<b>Suma Creamed Coconut 200g</b>	Organic	£1.79
<b>Yaoh Hemp Seed Oil 250ml</b>	Organic	£6.69
<b>Zaytoun Olive Oil 500ml</b>		£11.99

#### **Pasta&Grains-B**

<b>Amaizin Taco Shells x 12</b>	Organic	£2.35
<b>Bio Idea Gomitini Macaroni 500g</b>	Organic	£1.25
<b>Bio Idea Tagliatelle 500g</b>	Organic	£1.25
<b>Biona Fusilli Spirals 500g</b>	Organic	£1.49
<b>Biona Wholewheat Linguine 500g</b>	Organic	£1.59
<b>Biona Wholewheat Macaroni 500g</b>	Organic	£1.59
<b>Blue Dragon Wholewheat Noodles 300g</b>		£1.39
<b>Castagno Buckwheat Fusilli 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 Risone Orzo Pasta 500g</b>	Organic	£1.19
<b>Castagno Spelt Fusilli Spirals 500g</b>	Organic	£1.89
<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 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>Clearspring Brown Sushi Rice 500g</b>	Organic	£2.29
<b>Doves Farm Maize Rice Lasagne Sheets 250g</b>	Organic	£1.99
<b>Hodmedod Barley Flakes 500g</b>	Organic	£1.95
<b>Hodmedod Organic UK Quinoa 500g</b>	Organic	£2.95
<b>Hodmedod Smoked UK Quinoa 300g</b>		£2.75
<b>Iris Bulk Fusilli 5kg</b>	Organic	£9.49
<b>Iris Bulk Penne 5kg</b>	Organic	£9.49
<b>King Soba Brown Rice Noodles 250g</b>	Organic	£2.29
<b>King Soba Buckwheat Noodles 250g</b>	Organic	£2.29
<b>King Soba Millet Brown Rice Noodle 250g</b>	Organic	£2.29
<b>King Soba Pad Thai Noodles 250g</b>	Organic	£2.19
<b>King Soba Thai Rice Noodle 250g</b>	Organic	£2.29
<b>Orgran Buckwheat Pasta 250g</b>		£2.09
<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>		£2.09
<b>Probios Chifferi Brown Rice Pasta 250g</b>	Organic	£1.79
<b>Probios Corn Gnocchi 250g</b>	Organic	£1.79
<b>Probios Farfalle 500g</b>	Organic	£1.69
<b>Probios Lasagne Sheets 500g</b>	Organic	£2.79
<b>Probios Macaroni 500g</b>	Organic	£1.69
<b>Probios Red Lentil Fusilli 250g</b>	Organic	£2.49
<b>Probios Wholewheat Gnocchi 250g</b>	Organic	£1.69
<b>Rizopia Brown Rice Pasta Fantasia 500g</b>	Organic	£3.39
<b>Suma Fusilli Spirals 500g</b>	Organic	£1.09
<b>Suma GF Brown Rice Fusilli 500g</b>	Organic	£2.99
<b>Suma GF Corn Rice Penne 500g</b>	Organic	£2.69
<b>Suma Penne 500g</b>	Organic	£1.09
<b>Suma Spaghetti 500g</b>	Organic	£1.09
<b>Sunita Polenta 500g</b>	Organic	£1.39
<b>Zaytoun Maftoul 200g</b>	Organic	£2.59
<b>Zaytoun Smoky Freekeh 200g</b>		£2.59

#### PreparedFood-B

<b>Adonis Falafel Mix 200g</b>		£1.29
<b>Bioagros Stuffed Vine Leaves 280g</b>	Organic	£2.75
<b>Biona Giant Beans 230g</b>	Organic	£1.59
<b>Biona Refried Pinto Beans 400g</b>	Organic	£1.99
<b>Biona Sun Dried Tomatoes 170g</b>	Organic	£4.19
<b>Carleys Preserved Lemons 700g</b>	Organic	£4.89
<b>Case Suma Baked Beans 400g x 12</b>	Organic	£10.70

<b>Case Whole Earth Baked Beans 400g x 12</b>	Organic	£10.70
<b>Clearspring Org Silken Tofu 300g</b>	Organic	£1.69
<b>Cooks and Co Artichoke Hearts 390g</b>		£1.95
<b>Cooks and Co Vine Leaves 380g</b>		£2.39
<b>Crespo Sliced Black Olives 198g</b>		£0.85
<b>DAmico Artichoke and Herbs 280g</b>		£3.39
<b>Essential Lentil Pumpkin Soup 680g</b>	Organic	£2.49
<b>Essential Sauerkraut 360g</b>	Organic	£1.59
<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>Grannys Secret Ayvar Spread 200g</b>		£2.65
<b>Grannys Secret Hot Ayvar Spread 200g</b>		£2.65
<b>Granovita Nut Luncheon 420g</b>		£2.69
<b>Greek Kitchen Dolmades 280g</b>		£2.89
<b>Greek Kitchen Roasted Peppers 450g</b>		£2.59
<b>Kitchen Garden Basil Pesto 120g</b>	Organic	£2.08
<b>Kitchen Garden Red Curry Paste 135g</b>	Organic	£2.08
<b>Kitchen Garden Soya Mince (TVP) 250g</b>	Organic	£1.49
<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>Marigold Braised Tofu 225g</b>		£2.59
<b>Melis Cabbage Leaves 650g</b>		£1.99
<b>Minara Jalfrezi Sauce 350g</b>		£1.59
<b>Minara Korma Paste 190g</b>		£1.59
<b>Minara Lime Pickle 190g</b>		£1.69
<b>Minara Madras Sauce 350g</b>		£1.59
<b>Minara Rogan Josh Paste 190g</b>		£1.59
<b>Minara Tandoori Paste 190g</b>		£1.59
<b>Morgiel Gherkins in Brine 820g</b>	Organic	£3.49
<b>Morgiel Gherkins wRed Peppers 670g</b>	Organic	£2.79
<b>Morgiel Sauerkraut 680g</b>	Organic	£2.39
<b>Morgiel Sauerkraut wCarrot 680g</b>	Organic	£2.39
<b>Mr Organic Tomato &amp; Lentil Soup 400g</b>	Organic	£1.69
<b>Naija Peanut Sauce 360g</b>		£2.29
<b>Natco Poppadoms 200g</b>		£1.10
<b>Niko Pitted Raw Kalamon Olives 370g</b>	Organic	£2.85
<b>Niko Raw Kalamata Olives 370g</b>	Organic	£2.75
<b>Nutrimento Sauce Arrabbiata 280g</b>	Organic	£1.89
<b>Nutrimento Sauce Basil 280g</b>	Organic	£1.89
<b>Nutrimento Sauce Nonna 280g</b>	Organic	£2.09
<b>Nutrimento Sauce Olive Caper 280g</b>	Organic	£2.09
<b>Nutrimento Soya Bolognese Sauce 280g</b>	Organic	£2.39
<b>Olive Branch Aubergine Basil Dip 190g</b>		£2.59
<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 Capers In Brine 250g</b>	Organic	£2.45
<b>Organico Sun Dried Tomatoes 190g</b>	Organic	£3.09
<b>Rovies Green Olives with Peppers 350g</b>	Organic	£3.89
<b>Seggiano Basil Pesto 200g</b>		£5.59
<b>Seggiano Red Pesto 200g</b>		£5.59
<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	£1.99
<b>South Devon Cherry Bomb Chilli Sauce 100ml</b>		£3.99
<b>South Devon Habanero Chilli Sauce 140ml</b>		£3.69
<b>South Devon Piri Piri Chilli Sauce 100ml</b>		£3.99
<b>Suma Arrabbiata Sauce 350g</b>	Organic	£2.29
<b>Suma Baked Beans 400g</b>	Organic	£0.99
<b>Suma Black Beans 400g</b>	Organic	£0.89
<b>Suma Bolognese Sauce 350g</b>	Organic	£2.29
<b>Suma Cannellini Beans 400g</b>	Organic	£0.89
<b>Suma Napoletana Sauce 350g</b>	Organic	£2.29
<b>Suma Passata Sauce 690g</b>	Organic	£1.45
<b>Suma Pesto Rosso 190g</b>	Organic	£3.35
<b>Suma Pesto Siciliana 190g</b>	Organic	£3.35
<b>Suma Rustic Vegetable Soup 400g</b>	Organic	£1.45
<b>Suma Tuscan Bean Soup 400g</b>	Organic	£1.45
<b>Sunflower Family Sunflower Seed Mince 76g</b>	Organic	£3.45
<b>Sunita Black Olives 450g</b>		£2.39
<b>Sunita Genovese Pesto 130g</b>	Organic	£2.79
<b>Sunita Green Olives 450g</b>		£2.49
<b>Sunita Jumbo Kalamon Olives 450g</b>		£3.39
<b>Tamtad Stuffed Peppers 400g</b>		£1.59
<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>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	£0.99
<b>Zest Coriander Pesto 165g</b>		£2.29
<b>Zest Pesto 165g</b>		£2.29
<b>Zest Pesto 340g</b>		£3.89
<b>Zest Sun Dried Tomato Paste 170g</b>		£2.39

**Seasonings-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>Aspall Cider Vinegar 5 Ltr</b>	Organic	£15.89
<b>Aspall Cider Vinegar 500ml</b>	Organic	£1.95
<b>Aspall Red Wine Vinegar 350ml</b>	Organic	£1.75
<b>Aspall White Wine Vinegar 350ml</b>	Organic	£1.75
<b>Belazu Rose Harissa 130g</b>		£3.29
<b>Bio Idea Lemon Juice 250ml</b>	Organic	£1.59
<b>Biona Balsamic Vinegar 500ml</b>	Organic	£4.29
<b>Biona Classic Mustard 320ml</b>	Organic	£2.29
<b>Biona Gomasio 100g</b>	Organic	£2.79
<b>Biona Harissa Relish 125g</b>	Organic	£2.49
<b>Biona Soy Sauce 250ml</b>	Organic	£2.95
<b>Biona Wasabi Paste 50g</b>		£3.19
<b>Bracken Hill Apple Chutney 290g</b>		£2.65
<b>Bracken Hill Onion Chutney 290g</b>		£2.65
<b>Bracken Hill Yorkshire Pickle 280g</b>		£2.65
<b>Cibus Vegan Parmesan 100g</b>		£4.29
<b>Clearspring Brown Rice Miso 300g</b>	Organic	£4.39
<b>Clearspring Rice Mirin 150ml</b>		£2.89
<b>Clearspring Rice Vinegar 150ml</b>		£1.98
<b>Clearspring Soy Sauce Shoyu 150ml</b>	Organic	£2.29
<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	£2.49
<b>Cooks and Co Green Chillies 300g</b>		£1.49
<b>Cooks and Co Pepperocini Chilli Peppers 280g</b>		£1.49
<b>Cooks and Co Red Chillies 300g</b>		£1.49
<b>Cool Chile Flakes Ancho 40g</b>		£3.29
<b>Cool Chile Flakes Chipotle 40g</b>		£3.99
<b>Cool Chile Flakes De Arbol 40g</b>		£3.39
<b>Cool Chile Flakes Guajillo 40g</b>		£3.39
<b>Cool Chile Flakes Pasilla 40g</b>		£3.39
<b>Cool Chile Whole Ancho 70g</b>		£3.25
<b>Cool Chile Whole Chipotle 40g</b>		£3.45
<b>Cool Chile Whole De Arbol 20g</b>		£2.89
<b>Cool Chile Whole Mulato 50g</b>		£3.15
<b>Cool Chile Whole Pasilla 50g</b>		£3.15
<b>Coop Malt Vinegar 568ml</b>		£0.49
<b>Coop Sliced Green Jalapeno 230g</b>		£1.09
<b>Cortas Rose Water 300ml</b>		£1.69
<b>Crones Cider Perry Vinegar 750ml</b>	Organic	£2.59
<b>Dr Coy Vegetable Bouillon 150g</b>	Organic	£4.05
<b>El Avion Smoked Paprika 75g</b>		£2.29
<b>Encona Hot Pepper Sauce 142ml</b>		£1.35
<b>Essential Dijon Mustard 200g</b>	Organic	£2.19

<b>Essential Wholegrain Mustard 1kg</b>	Organic	£6.69
<b>Essential Wholegrain Mustard 200g</b>	Organic	£1.99
<b>Eurofood Lemon Juice 1 Ltr</b>	Organic	£4.49
<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>Jackys Pantry Mushroom Ketchup 250ml</b>		£3.39
<b>Kitchen Garden Cranberry Sauce 200g</b>	Organic	£3.09
<b>Kitchen Garden Hot Chilli Paste 135g</b>	Organic	£2.08
<b>Kitchen Garden Lemongrass Minced 135g</b>	Organic	£2.08
<b>Licorice Root</b>		£0.15
<b>Love Pickle Hot Chilli Tomato 180g</b>		£3.29
<b>Love Pickle Mild Chilli Tomato 180g</b>		£3.29
<b>Love Pickle Super Hot Chilli Tomato 180g</b>		£3.29
<b>Marigold Yeast Flakes B12 125g</b>		£2.99
<b>Marigold Yeast Flakes Organic 125g</b>	Organic	£4.99
<b>Mr Organic Ketchup 480g</b>	Organic	£3.09
<b>Mr Organic Mayo Garlic 180g</b>	Organic	£2.59
<b>Mr Organic Mayonnaise 180g</b>	Organic	£2.59
<b>Mugi Miso Paste 345g</b>		£2.89
<b>Natco Tamarind 400g</b>		£2.09
<b>Natco Tamarind Concentrate 300g</b>		£2.99
<b>Nutmeg</b>		£0.16
<b>Odysea Pomegranate Molasses 250ml</b>		£3.39
<b>Olive Branch Dressing Fig Balsamic 250ml</b>		£2.99
<b>Olive Branch Dressing Orange Balsamic 250ml</b>		£2.99
<b>RAW Cider Vinegar 500ml</b>	Organic	£2.49
<b>Saffron 1g</b>		£4.39
<b>Sofra Rose Water 250ml</b>		£0.99
<b>Suma Balsamic Vinegar 250ml</b>	Organic	£3.79
<b>Suma Mulled Cider Spices x6</b>		£2.79
<b>Suma Mulled Wine Spices x6</b>		£2.79
<b>Sunita Lemon Juice 250ml</b>	Organic	£1.59
<b>Sunita Lime Juice 250ml</b>	Organic	£1.79
<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 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>Truly Simple Garlic Puree 100g</b>		£2.19
<b>Truly Simple Ginger Puree 100g</b>		£2.19
<b>Yakso Ketjap Manis Sweet Soyasauce 250ml</b>	Organic	£0.50
<b>Yakso Sambal Oelek 100g</b>	Organic	£1.89
<b>Yakso Soy Sauce 250ml</b>	Organic	£2.99
<b>Yakso Tamari 250ml</b>	Organic	£3.39
<b>Zaytoun ZaAtar Spice Mix 80g</b>		£3.19

## Snacks-B

<b>Amisa Buckwheat Crisp 120g</b>	Organic	£2.49
<b>Biona Quinoa Rice Cake 100g</b>	Organic	£1.19
<b>Brave Peas Sea Salt Vinegar 35g</b>		£0.89
<b>Brave Roast Peas Garlic Chive 35g</b>		£0.89
<b>Brave Roast Peas Paprika Chilli 35g</b>		£0.89
<b>Breadsticks Garlic 125g</b>		£0.89
<b>Break Bio Breadsticks Spelt 125g</b>	Organic	£1.39
<b>Clearspring Corn Cakes 130g</b>	Organic	£1.09
<b>Clearspring Salted Rice Cakes 130g</b>	Organic	£1.09
<b>Cool Chile Tomatillo Salsa 260g</b>		£3.79
<b>Coop Italian Breadsticks 125g</b>		£0.69
<b>Coop 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>Eat Real Hummus Chips 45g</b>		£0.79
<b>Eat Real Lentil Chips 40g</b>		£0.79
<b>Eat Real Lentil Chips Creamy Dill 40g</b>		£0.79
<b>Eat Real Organic Hummus Chips 100g</b>	Organic	£1.99
<b>Eat Real Organic Lentil Chips 100g</b>	Organic	£1.99
<b>Fiddlers Sea Salt Crisp 150g</b>		£1.99
<b>Fiddlers Sea Salt Crisp 40g</b>		£0.69
<b>Fiddlers Simply Spuds Crisp 150g</b>		£1.99
<b>Fiddlers Simply Spuds Crisp 40g</b>		£0.69
<b>Finn Multi Crispbread 175g</b>		£1.25
<b>Finn Rye Crispbread 250g</b>		£1.29
<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 Corn Snack Olive 50g</b>	Organic	£0.79
<b>Fiorentini Corn Snack Paprika 50g</b>	Organic	£0.79
<b>Fiorentini Corn Snack Rosemary 50g</b>	Organic	£0.79
<b>Fiorentini Multigrain Cakes 100g</b>	Organic	£0.85
<b>Fiorentini Rice Cakes without Salt 120g</b>	Organic	£0.79
<b>Fiorentini Rice Snack Olive Oil 40g</b>	Organic	£0.79
<b>Fiorentini Rice Snack Paprika 40g</b>	Organic	£0.79
<b>Fiorentini Rice Snack Rosemary 40g</b>	Organic	£0.79
<b>Fiorentini Sesame Crispbread 200g</b>	Organic	£1.30
<b>Hodmedod Roasted Salted Fava Beans 300g</b>		£2.19
<b>Hodmedod Roasted Salted Peas 300g</b>		£2.19
<b>Love Corn BBQ 115g</b>		£1.69
<b>Love Corn Chilli 115g</b>		£1.69
<b>Love Corn Sea Salt 115g</b>		£1.69
<b>Munchy Seeds Sesame Sprinkles 200g</b>		£3.99
<b>Nairns Fine Oatcakes 218g</b>		£1.00
<b>Nairns Oatcakes GF 213g</b>		£1.80
<b>Nairns Scottish Oatcakes 250g</b>	Organic	£1.25

<b>Origin Earth GF Crispy Bread Crackers 150g</b>		£2.69
<b>Pan Ducale Black Olive Crostini 200g</b>		£1.79
<b>Pan Ducale Rosemary Crostini 300g</b>		£1.79
<b>Riccardi Freselle 375g</b>		£2.59
<b>Roots Veg Crisp 150g</b>		£1.89
<b>Sofra Baked Salted Peanuts 180g</b>		£0.99
<b>Tarallini Fennel 300g</b>		£2.09
<b>Trafo Corn Peanuts 75g</b>	Organic	£1.29
<b>Trafo Maple Cinnamon Popcorn 50g</b>	Organic	£1.75
<b>Trafo Popcorn 50g</b>	Organic	£1.09
<b>Trafo Potato Crisps Paprika 40g</b>	Organic	£0.79
<b>Trafo Potato Crisps Salt Vinegar 40g</b>	Organic	£0.79
<b>Trafo Potato Crisps Unsalted 125g</b>	Organic	£1.69
<b>Trafo Tortilla Chips 200g</b>	Organic	£1.49
<b>Trafo Tortilla Chips 75g</b>	Organic	£0.85
<b>Zemanka Crackers Pumpkin Seed 100g</b>	Organic	£1.39
<b>Zemanka Crackers Seeded Spelt 100g</b>	Organic	£1.39
<b>Zemanka Crackers Sesame 100g</b>	Organic	£1.39
<b>Zemanka Crackers Spelt 100g</b>	Organic	£1.39

#### **Spreads&Jams-B**

<b>Basra Date Syrup 450g</b>		£2.59
<b>Biona Brown Rice Syrup 350g</b>	Organic	£2.99
<b>Biona Cocoa Hazel Peanut Butter 250g</b>	Organic	£3.09
<b>Biona Coconut Butter 250g</b>	Organic	£4.29
<b>Biona Date Syrup 350g</b>	Organic	£3.59
<b>Biona Oat Syrup 350g</b>	Organic	£3.35
<b>Biona Pear Apple Spread 450g</b>	Organic	£4.15
<b>Carleys Pumpkin Seed Butter 250g</b>	Organic	£2.99
<b>Essental Vitamin R Yeast Extract 250g</b>		£6.69
<b>Essential Peanut Butter Crunchy 350g</b>	Organic	£2.89
<b>Essential Peanut Butter Smooth 350g</b>	Organic	£2.89
<b>Meridian Almond Butter 470g</b>	Organic	£12.25
<b>Meridian Barley Malt 370g</b>		£2.39
<b>Meridian Cashew Butter 170g</b>	Organic	£3.00
<b>Meridian Crunchy Almond Butter 170g</b>		£2.70
<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>		£6.50
<b>Meridian Crunchy Peanut Butter 280g</b>		£2.50
<b>Meridian Date Syrup 330g</b>		£2.75
<b>Meridian Maple Syrup 330g</b>	Organic	£7.49
<b>Meridian Molasses 350ml</b>	Organic	£1.99
<b>Meridian Morello Cherry Jam 284g</b>	Organic	£3.29
<b>Meridian Organic Crunchy Peanut Butter 1kg</b>	Organic	£7.49
<b>Meridian Organic Dark Tahini 270g</b>	Organic	£2.99
<b>Meridian Organic Light Tahini 270g</b>	Organic	£2.99
<b>Meridian Peanut Butter Smooth 1kg</b>		£6.50
<b>Meridian Peanut Butter Smooth 280g</b>		£2.50
<b>Meridian Raspberry Jam 284g</b>	Organic	£3.99

<b>Meridian Seville Orange Jam 284g</b>	Organic	£3.29
<b>Meridian Smooth Almond Butter 170g</b>	Organic	£4.89
<b>Meridian Smooth Almond Butter 1kg</b>		£15.69
<b>Meridian Strawberry Jam 284g</b>	Organic	£3.29
<b>Meridian Wild Blueberry Jam 284g</b>	Organic	£3.69
<b>Meridian Yeast Extract 340g</b>		£4.00
<b>Shady Farm Maple Syrup 250ml</b>	Organic	£5.99
<b>Sofra Date Syrup 400g</b>		£1.49
<b>St Dalfour Apricot Jam 284g</b>		£1.99
<b>St Dalfour Black Cherry Jam 284g</b>		£1.99
<b>St Dalfour Blackberry Jam 284g</b>		£1.99
<b>St Dalfour Blackcurrant Jam 284g</b>		£1.99
<b>St Dalfour Blueberry Jam 284g</b>		£1.99
<b>St Dalfour Cranberry Blueberry Jam 284g</b>		£1.99
<b>St Dalfour Fig Royale Jam 284g</b>		£1.99
<b>St Dalfour Four Fruits Jam 284g</b>		£1.99
<b>St Dalfour Heritage Peach Jam 284g</b>		£1.99
<b>St Dalfour Kumquat Jam 284g</b>		£1.99
<b>St Dalfour Mango Passion Fruit 284g</b>		£1.99
<b>St Dalfour Mirabelle Plum Jam 284g</b>		£1.99
<b>St Dalfour Orange Ginger Jam 284g</b>		£1.99
<b>St Dalfour Orange Jam 284g</b>		£1.99
<b>St Dalfour Orchard Pear Jam 284g</b>		£1.99
<b>St Dalfour Pineapple Mango Jam 284g</b>		£1.99
<b>St Dalfour Raspberry Jam 284g</b>		£1.99
<b>St Dalfour Raspberry Pomegranate Jam 284g</b>		£1.99
<b>St Dalfour Strawberry Jam 284g</b>		£1.99
<b>Suma Agave Syrup 240ml</b>	Organic	£2.99
<b>Suma Peanut Butter Crunchy FT 340g</b>		£3.59
<b>Suma Peanut Butter Crunchy Salted 700g</b>	Organic	£6.69
<b>Suma Peanut Butter Crunchy Unsalted 700g</b>	Organic	£6.69
<b>Suma Peanut Butter Smooth Salted 700g</b>	Organic	£6.69
<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 Dark Tahini 280g</b>	Organic	£2.99
<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
<b>Yakso Agave Syrup 240ml</b>	Organic	£3.19
<b>SweetTreats-B</b>		
<b>Billys Biscuits Apple Cranberry Spelt 175g</b>	Organic	£2.49
<b>Billys Biscuits Coconut Lemon 175g</b>	Organic	£2.49
<b>Billys Biscuits Ginger Walnut Spelt 175g</b>	Organic	£2.49
<b>Billys Biscuits Raisin 230g</b>	Organic	£2.49
<b>Billys Biscuits Spiced 240g</b>	Organic	£2.49



<b>Billys Waffles 315g</b>	Organic	£3.49
<b>Biona Mango Chunks 400g</b>	Organic	£2.59
<b>Eco Biscuit Almond 45g</b>	Organic	£0.49
<b>Eco Biscuit Choc Orange 45g</b>	Organic	£0.59
<b>Eco Biscuit Chocolate 45g</b>	Organic	£0.59
<b>Eco Biscuit Coconut 55g</b>	Organic	£0.49
<b>Eco Biscuit Fig 50g</b>	Organic	£0.49
<b>Eco Biscuit Fruit 60g</b>	Organic	£0.49
<b>Eco Biscuit Nut Chocolate 45g</b>	Organic	£0.49
<b>Everfresh Cake Fig Orange 350g</b>	Organic	£2.89
<b>Everfresh Cake Wheat Free Rye Fruit 350g</b>	Organic	£2.89
<b>Everfresh Malt Loaf 330g</b>	Organic	£1.85
<b>Freddies Fruit Shapes Apple 20g</b>		£0.59
<b>Freddies Fruit Shapes Blueberry 20g</b>		£0.59
<b>Freddies Fruit Shapes Raspberry 20g</b>		£0.59
<b>Nakd Bar Bakewell Tart 30g</b>		£0.75
<b>Nakd Bar Blueberry Muffin 35g</b>		£0.75
<b>Nakd Bar Cashew Cookie 35g</b>		£0.75
<b>Nakd Bar Cocoa Orange 35g</b>		£0.75
<b>Nakd Bar Ginger Bread 35g</b>		£0.75
<b>Nakd Bar Lemon Drizzle 35g</b>		£0.75
<b>Nakd Bar Peanut Delight 35g</b>		£0.75
<b>Nakd Bar Raspberry Choc 50g</b>		£1.19
<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 60 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>		£2.09
<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>Probios Panettone Spelt 500g</b>	Organic	£12.99
<b>Probios Panettone Wheat 500g</b>	Organic	£11.99
<b>Raw Choc Co Bar Caffe Mocha 70g</b>	Organic	£2.49
<b>Raw Choc Co Bar M*lk 70g</b>	Organic	£2.49
<b>Raw Choc Co Bar Peruvian 72 70g</b>	Organic	£2.49
<b>Raw Choc Co Bar Vanoffee 60g</b>	Organic	£2.49
<b>Raw Choc Co Bar Vanoffee Hazelnut 60g</b>	Organic	£2.49
<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 Salted Choc Hazelnuts 110g</b>	Organic	£3.99
<b>Saker Christmas Cake 830g</b>		£12.89
<b>Sunita Halva 75g</b>	Organic	£1.29

<b>Trek Peanut Power 55g</b>		£0.90
<b>Vivani Dark Chocolate Bar 92 80g</b>	Organic	£2.69
<b>Vivani Dark Chocolate Bar 99 80g</b>	Organic	£2.69
<b>Zemanka Biscuits Apple 100g</b>	Organic	£1.59
<b>Zemanka Biscuits Apple Spelt Duck 100g</b>	Organic	£1.39
<b>Zemanka Biscuits Cocoa Spelt Animal 100g</b>	Organic	£1.39
<b>Zemanka Biscuits Date Lemon 100g</b>	Organic	£1.59
<b>Zemanka Biscuits Raspberry 100g</b>	Organic	£1.59
<b>Zemanka Biscuits Spelt Animal 100g</b>	Organic	£1.39
<b>Zemanka Macaroons Maple Coconut 100g</b>	Organic	£1.59

### Tea&Coffee-B

Barley Cup Coffee 200g		£3.99
Biona Bio Malt 100g	Organic	£3.09
Brew Tea Loose Earl Grey 113g		£4.99
Brew Tea Loose Eng Breakfast 113g		£4.99
Brew Tea Loose Lemon Ginger 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		£3.09
Cafe Direct FT Instant Coffee Decaf Organic 100g	Organic	£4.49
Cafe Direct FT Instant Coffee Machu Picchu 100g		£4.25
Cafe Direct FT Instant Coffee Smooth Roast 100g		£3.99
Cafe Direct Intense Coffee 227g		£3.69
Cafe Direct Machu Picchu Coffee 227g	Organic	£3.99
Celestial Bengal Spice Teabags x20		£2.49
Celestial Lemon Zinger Teabags x20		£2.29
Celestial Sleepytime Extra Teabags x20		£2.49
Celestial Sleepytime Teabags x20		£2.29
Clipper Instant Coffee 100g	Organic	£4.69
Clipper Instant Decaf Coffee 100g	Organic	£4.95
Clipper Loose Tea Assam 125g	Organic	£2.55
Clipper Loose Tea Earl Grey 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 x40	Organic	£2.49
Clipper Teabags Green x40	Organic	£2.29
Clipper Teabags Liquorice x20	Organic	£1.85
Clipper Teabags Nettle x20	Organic	£1.85
Clipper Teabags x80	Organic	£2.99
Coop Espresso Coffee 227g		£2.29
Coop Italian FT Coffee Beans 227g		£2.29
Dragonfly Teabags Jasmine x20	Organic	£1.95
Dragonfly Teabags Morocco Mint x20	Organic	£1.95
Dragonfly Teabags Night Sky Calm x20	Organic	£2.09
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	£2.09
Equal Exchange Cocoa 250g	Organic	£3.85
Equal Exchange Coffee Colombian 227g	Organic	£4.49
Equal Exchange Coffee Dark City 227g	Organic	£4.49
Equal Exchange Coffee Decaf 227g	Organic	£4.99
Equal Exchange Coffee Italian Roast 227g	Organic	£4.49
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 and Spearmint x20	Organic	£1.89
Essential Tea Peppermint Spearmint x20	Organic	£1.39
Essential Tea Peppermint x20	Organic	£1.89
Hampstead Darjeeling Loose Tea 100g	Organic	£2.69
Hampstead Darjeeling Teabags x20	Organic	£2.05
Hampstead Earl Grey 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 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 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