

ESSENTIALS PRICELIST

Updated 05/01/2023

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

Department	Packed	
Row Labels	Org?	Average of Price
Cereals-P		
Buckwheat Flakes Org250g	Organic	£3.49
Buckwheat Flakes Org500g	Organic	£6.89
Cocoa Porridge Org1kg	Organic	£3.29
Cornflakes Org500g	Organic	£2.85
Crunchy Cereal Base1kg		£1.69
Crunchy Cereal Base5kg		£7.09
Crunchy Cereal C&A1kg	Cashew & Apric	£3.25
Crunchy Cereal C&A500g	Cashew & Apric	£1.69
Crunchy Cereal C&A5kg	Cashew & Apric	£14.99
Crunchy Cereal Orig1kg	Original	£2.55
Crunchy Cereal Orig500g	Original	£1.35
Crunchy Cereal Orig5kg	Original	£11.49
Muesli Base Crispy 4kg	Organic	£13.99
Muesli Base Crispy 750g	Organic	£2.85
NGI Muesli 500g		£3.99
Porridge Oats Org1kg	Organic	£1.99
Porridge Oats Org25kg	Organic	£39.60
Porridge Oats Org5kg	Organic	£8.99
Puffed Millet Org250g	Organic	£2.89
Puffed Millet Org500g	Organic	£5.25
Puffed Rice Org250g	Organic	£1.89
Puffed Rice Org500g	Organic	£3.49
Spelt Flakes Org250g	Organic	£2.49
Spelt Flakes Org500g	Organic	£4.79
Unicorn Muesli 41% Fruit & Nut 1kg	Fruit & Nut	£3.39
Unicorn Muesli 41% Fruit & Nut 500g	Fruit & Nut	£1.89
Unicorn Muesli 41% Fruit & Nut 5kg	Fruit & Nut	£15.89
Unicorn Muesli 44% 1kg		£4.69
Unicorn Muesli 44%500g		£2.49
Unicorn Muesli 44%5kg		£21.89
Wheatflakes Malted Org2kg	Organic	£9.29
Wheatflakes Malted Org500g	Organic	£2.49
Wheatflakes Sultana Org500g	Organic	£2.85
DriedFruit-P		
Apple Rings 125g		£1.25
Apple Rings 250g		£2.49
Apple Rings 500g		£4.79
Apricots Chopped Org1kg	Organic	£9.69
Apricots Chopped Org500g	Organic	£5.09
Apricots Orange 1kg		£11.69
Apricots Orange 250g		£3.19
Apricots Orange 3kg		£32.69
Apricots Orange 500g		£6.15

Apricots Org1kg	Organic	£11.99
Apricots Org250g	Organic	£3.29
Apricots Org3kg	Organic	£33.59
Apricots Org500g	Organic	£6.29
Baby Figs Org250g	Organic	£2.39
Baby Figs Org500g	Organic	£4.55
Cranberries Org250g	Organic	£4.50
Currants 1kg		£3.99
Currants 500g		£1.99
Dates Chopped 1kg		£2.69
Dates Chopped 3kg		£7.19
Dates Chopped 500g		£1.59
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
Dates Pitted Org5kg	Organic	£34.50
Figs Org1kg	Organic	£9.59
Figs Org3kg	Organic	£27.99
Figs Org500g	Organic	£4.85
Goji Berries Org100g	Organic	£1.99
Goji Berries Org250g	Organic	£4.69
Mango FT Org100g	Organic	£1.79
Mango FT Org1kg	Organic	£15.49
Mango FT Org250g	Organic	£4.25
Mango FT Org2kg	Organic	£26.29
Mango FT Org500g	Organic	£8.15
Mixed Fruit 1kg		£4.99
Mixed Fruit 3kg		£12.99
Mixed Fruit 500g		£2.68
Mulberries Org1kg	Organic	£9.99
Mulberries Org250g	Organic	£2.79
Mulberries Org500g	Organic	£5.29
Prunes Pitted Org1kg	Organic	£9.05
Prunes Pitted Org250g	Organic	£2.55
Prunes Pitted Org3kg	Organic	£26.19
Prunes Pitted Org500g	Organic	£4.85
Raisins Jumbo Flame 1kg		£3.59
Raisins Jumbo Flame 3kg		£9.99
Raisins Jumbo Flame 500g		£1.99
Raisins Thompson Org1kg	Organic	£4.79
Raisins Thompson Org3kg	Organic	£12.85
Raisins Thompson Org500g	Organic	£2.49
Sultanas Aussie 1kg		£6.39
Sultanas Aussie 500g		£3.49
Sultanas Org1kg	Organic	£4.49
Sultanas Org500g	Organic	£2.39

Flakes&Grains-P

Amaranth Org500g	Organic	£1.85
Barley Flakes Org1kg	Organic	£2.29
Barley Grain Org1kg	Organic	£2.05
Buckwheat Org1kg	Organic	£3.55
Buckwheat Org500g	Organic	£1.89
Bulgar Wheat Org1kg	Organic	£2.49
Bulgar Wheat Org3kg	Organic	£6.99
Bulgar Wheat Org500g	Organic	£1.49
Cous Cous Wholemeal Org1kg	Organic	£2.99
Cous Cous Wholemeal Org3kg	Organic	£7.99
Cous Cous Wholemeal Org500g	Organic	£1.59
Jumbo Oats Org1kg	Organic	£1.99
Jumbo Oats Org25kg	Organic	£39.60
Jumbo Oats Org5kg	Organic	£8.99
Millet Flakes Org500g	Organic	£2.39
Millet Org1kg	Organic	£2.29
Millet Org3kg	Organic	£6.35
Oatmeal Medium Org1kg	Organic	£2.19
Popcorn Org1kg	Organic	£2.69
Quinoa Flakes Org500g	Organic	£3.89
Quinoa Red Org1kg	Organic	£5.49
Quinoa Red Org500g	Organic	£2.99
Quinoa UK 1kg		£3.89
Quinoa UK 25kg		£86.04
Quinoa UK 3kg		£10.49
Quinoa UK 500g		£2.09
Rice Arborio Org1kg	Organic	£4.29
Rice Arborio Org500g	Organic	£2.45
Rice Basmati Org1kg	Organic	£3.15
Rice Basmati Org20kg	Organic	£67.10
Rice Basmati Org25kg	Organic	£72.36
Rice Basmati Org3kg	Organic	£8.99
Rice Basmati Org500g	Organic	£1.85
Rice Flakes Org1kg	Organic	£4.39
Rice Jasmine Org1kg	Organic	£3.29
Rice Jasmine Org3kg	Organic	£9.59
Rice Jasmine Org500g	Organic	£1.79
Rice Long Grain Org1kg	Organic	£3.19
Rice Long Grain Org25kg	Organic	£72.72
Rice Long Grain Org3kg	Organic	£8.89
Rice Red Org1kg	Organic	£3.69
Rice Red Org500g	Organic	£1.99
Rice Short Grain Org1kg	Organic	£3.19
Rice Short Grain Org3kg	Organic	£8.89
Rice Wild Org250g	Organic	£6.29
Rice Wild Org500g	Organic	£12.09
Rye Flakes Org1kg	Organic	£2.09
Spelt Grain Org1kg	Organic	£2.79

Spelt Grain Org500g	Organic	£1.69
Three Rice Mix 1kg		£5.89
Three Rice Mix 500g		£3.09
Wheat Grain Org1kg	Organic	£1.35

Flours&Baking-P

Arrowroot Org100g	Organic	£1.09
Baking Powder 100g		£0.79
Baking Powder 250g		£1.49
Barley Flour Org1kg	Organic	£1.95
Bicarbonate 1kg		£2.49
Bicarbonate 250g		£0.99
Canadian Flour 1.5kg		£1.65
Canadian Flour 5kg		£4.69
Cocoa Org250g	Organic	£1.85
Cocoa Org500g	Organic	£3.55
Coconut Flour Org500g	Organic	£1.95
Corn Starch Org500g	Organic	£1.75
Maizemeal Org1kg	Organic	£1.79
Oat Flour Org1kg	Organic	£1.69
Oat Flour Org25kg	Organic	£32.40
Polenta Org1kg	Organic	£2.60
Potato Starch Org500g	Organic	£1.59
Rice Flour 1kg		£1.85
Semolina Org1kg	Organic	£2.35
Tapioca Starch Org500g	Organic	£1.45
Teff Flour Org1kg	Organic	£6.69
Wheat Gluten Org500g	Organic	£4.49

Herbs&Spices-P

Allspice Ground 50g		£1.49
Allspice Whole 50g		£1.29
Asafoetida 50g		£1.19
Basil Org100g	Organic	£1.69
Basil Org50g	Organic	£1.05
Bay Leaves 15g		£0.99
Black Onion Seed Kalonji 50g		£0.89
Cajun Spice Mix 100g		£1.05
Caraway Seed Mild Org50g	Organic	£1.19
Cardamon Black 25g		£0.99
Cardamon Green Pods 25g	Organic	£2.75
Cardamon Ground 50g		£2.25
Cayenne 100g		£1.25
Cayenne 250g		£2.79
Cayenne 700g		£5.85
Celery Salt 100g		£0.89
Celery Seed 100g		£1.09
Chilli Crushed 50g		£0.99
Chilli Crushed 700g		£6.34
Chilli Powder 100g		£1.19

Chilli Powder 250g		£2.59
Chilli Powder 700g		£5.35
Chinese 5 Spice 50g		£0.99
Chives 25g		£0.85
Cinnamon Ground Org250g	Organic	£2.99
Cinnamon Ground Org500g	Organic	£5.35
Cinnamon Ground Org50g	Organic	£0.99
Cinnamon Sticks 100g		£2.09
Cinnamon Sticks 25g		£0.89
Cloves Whole Org50g	Organic	£2.05
Coriander Ground Org250g	Organic	£2.75
Coriander Ground Org50g	Organic	£0.95
Coriander Leaves 100g		£1.99
Coriander Leaves 50g		£1.25
Coriander Whole Org250g	Organic	£2.69
Coriander Whole Org50g	Organic	£0.95
Cumin Ground 100g		£0.99
Cumin Ground 250g		£1.99
Cumin Ground 500g		£3.49
Cumin Whole 100g		£1.15
Cumin Whole Org100g	Organic	£3.09
Cumin Whole Org50g	Organic	£1.65
Curry Leaves 25g		£1.25
Curry Powder 100g		£1.05
Curry Powder 250g		£2.05
Curry Powder 500g		£3.79
Curry Powder 700g		£4.56
Dill Weed 25g		£0.99
Fennel Seed Org250g	Organic	£4.69
Fennel Seed Org50g	Organic	£1.19
Fenugreek Ground Org50g	Organic	£0.99
Fenugreek Leaves 50g		£1.29
Fenugreek Seed 100g		£0.85
Fenugreek Seed 250g		£1.35
Galangal 50g		£1.25
Garam Masala 100g		£1.15
Garam Masala 250g		£2.29
Garam Masala 700g		£5.16
Garlic Powder 100g		£0.95
Garlic Powder 250g		£1.99
Garlic Powder 700g		£3.30
Ginger Ground 250g		£2.69
Ginger Ground 50g		£0.99
Herbs Provence 50g		£0.99
Juniper Berries Org50g	Organic	£1.59
Lavender 100g		£3.99
Lavender 50g		£2.05
Lemongrass 50g		£0.99
Lime Leaves 12g		£1.29
Mace 25g		£1.69

Marjoram 50g		£1.29
Marjoram Org50g	Organic	£1.29
Mint 50g		£0.99
Mixed Herbs 250g		£3.59
Mixed Herbs 50g		£0.99
Mixed Spice 50g		£0.89
Mustard Powder 100g	Organic	£1.79
Mustard Seed Black250g	Organic	£2.85
Mustard Seed Black50g	Organic	£0.99
Mustard Seed Yellow50g	Organic	£0.95
Onion Powder 100g		£1.09
Oregano 100g		£1.69
Oregano 50g		£1.05
Panch Phoron Bengali 5 Spice 50g	Bengali 5 Spice	£1.15
Paprika 100g		£0.99
Paprika 250g		£1.59
Paprika 500g		£2.99
Paprika Smoked 100g		£1.39
Parsley 100g		£1.79
Parsley 50g		£1.09
Pepper Ground Black 50g		£0.99
Pepper Ground White Org50g	Organic	£2.39
Peppercorns Black Org250g	Organic	£4.99
Peppercorns Black Org50g	Organic	£1.19
Peppercorns Mixed Whole 100g		£2.09
Peppercorns Szechuan 50g		£3.95
Pickling Spice Mix 100g		£1.59
Ras-EI-Hanout 50g		£1.59
Rosemary Org100g	Organic	£1.69
Rosemary Org50g	Organic	£0.89
Sage Rubbed Org100g	Organic	£2.29
Sage Rubbed Org50g	Organic	£1.35
Star Anise Ground 25g		£1.35
Star Anise Whole 25g		£0.99
Sumac 50g		£1.09
Tarragon 25g		£1.29
Thyme 100g		£1.49
Thyme 50g		£0.99
True Cinnamon Org250g	Organic	£7.79
True Cinnamon Org50g	Organic	£1.79
Turmeric 100g		£0.99
Turmeric 250g		£1.69
Turmeric 500g		£2.89
Turmeric Org100g	Organic	£1.49
Turmeric Org250g	Organic	£3.05
Vanilla Pod Org	Organic	£3.19
Misc-P		
V Dog Food 1kg		£3.99

Nuts-P

Almonds 100g		£1.05
Almonds 1kg		£6.99
Almonds 250g		£2.19
Almonds 3kg		£19.99
Almonds 500g		£3.89
Almonds Flaked 100g		£1.29
Almonds Flaked 1kg		£9.49
Almonds Flaked 250g		£2.59
Almonds Flaked 500g		£4.99
Almonds Ground Blanched 100g		£1.29
Almonds Ground Blanched 1kg		£9.45
Almonds Ground Blanched 250g		£2.55
Almonds Ground Blanched 500g		£4.95
Almonds Org100g	Organic	£1.69
Almonds Org1kg	Organic	£13.99
Almonds Org250g	Organic	£3.75
Almonds Org500g	Organic	£7.29
Brazils Broken 1kg		£7.99
Brazils Broken 250g		£2.49
Brazils Broken 500g		£4.49
Brazils Whole 500g		£11.99
Cashews Org100g	Organic	£1.69
Cashews Org1kg	Organic	£15.49
Cashews Org250g	Organic	£4.19
Cashews Org500g	Organic	£7.99
Cashews Pieces 1kg		£6.99
Cashews Pieces 250g		£1.99
Cashews Pieces 500g		£3.69
Cocoa Nibs Org100g	Organic	£1.45
Cocoa Nibs Org250g	Organic	£3.49
Cocoa Nibs Org50g	Organic	£0.75
Coconut Chips Toasted Org250g	Organic	£1.95
Coconut Chips Toasted Org500g	Organic	£3.75
Coconut Chips Toasted Org750g	Organic	£5.29
Coconut Dessicated Org1kg	Organic	£4.75
Coconut Dessicated Org250g	Organic	£1.59
Coconut Dessicated Org500g	Organic	£2.65
Hazelnuts Org100g	Organic	£1.59
Hazelnuts Org1kg	Organic	£13.39
Hazelnuts Org250g	Organic	£3.65
Hazelnuts Org500g	Organic	£6.99
Hazelnuts Roasted Org100g	Organic	£1.49
Hazelnuts Roasted Org1kg	Organic	£11.99
Hazelnuts Roasted Org250g	Organic	£3.49
Hazelnuts Roasted Org500g	Organic	£6.49
Macadamia Nuts Org100g	Organic	£2.75
Mixed Nuts Chop1kg		£7.19
Mixed Nuts Chop250g		£2.09
Mixed Nuts Chop3kg		£20.19

Mixed Nuts Chop500g		£3.89
Mixed Nuts Whole1kg		£10.79
Mixed Nuts Whole250g		£2.95
Mixed Nuts Whole3kg		£29.99
Mixed Nuts Whole500g		£5.65
Peanuts Org1kg	Organic	£4.99
Peanuts Org250g	Organic	£1.55
Peanuts Org3kg	Organic	£13.89
Peanuts Org500g	Organic	£2.89
Peanuts Roasted Org12.5kg		£52.38
Pecan Nuts 100g		£2.05
Pecan Nuts 1kg		£18.39
Pecan Nuts 250g		£4.99
Pecan Nuts 500g		£9.65
Pecan Pieces Org100g	Organic	£2.79
Pecan Pieces Org250g	Organic	£6.79
Pecan Pieces Org500g	Organic	£12.99
Pistachios Raw Kernels 100g		£3.29
Pistachios Raw Kernels 250g		£7.89
Walnut Pieces Org100g	Organic	£1.45
Walnut Pieces Org1kg	Organic	£11.69
Walnut Pieces Org250g	Organic	£3.35
Walnut Pieces Org500g	Organic	£6.35

Pulses-P

Aduki Beans 1kg	Organic	£4.79
Bean Mix 1kg	Organic	£4.79
Black Turtle Beans Org1kg	Organic	£2.99
Blackeye Beans 1kg		£3.49
Butter Beans Org1kg	Organic	£5.49
Cannellini Beans Org1kg	Organic	£3.49
Chickpeas Org1kg	Organic	£3.49
Chickpeas Org25kg	Organic	£81.72
Fava Beans Org1kg	Organic	£3.39
Flageolet Beans 500g		£2.35
Haricot Beans 1kg	Organic	£3.99
Kidney Beans Org1kg	Organic	£3.79
Lentil Broth Mix 1kg		£2.99
Lentil Broth Mix Org1kg	Organic	£3.49
Lentils Beluga Org1kg	Organic	£3.99
Lentils Brown Org1kg	Organic	£2.59
Lentils Green Org1kg	Organic	£3.49
Lentils Puy Org1kg	Organic	£3.99
Lentils Red Org1kg	Organic	£2.89
Lentils Red Org25kg	Organic	£63.00
Lentils Red Org3kg	Organic	£7.89
Lentils Red Org500g	Organic	£1.59
Marrowfat Peas 1kg		£2.35
Mung Beans 1kg	Organic	£4.49
Pintos 1kg	Organic	£3.99

Soya Beans Org1kg	Organic	£2.99
Soya Beans Org25kg	Organic	£63.72
Split Fava Bean 1kg		£1.85
Split Fava Beans Org1kg	Organic	£1.85
Split Peas Green 1kg		£1.09
Split Peas Green Org1kg	Organic	£2.75
Split Peas Yellow 1kg		£1.99
Split Peas Yellow Org1kg	Organic	£2.75

Seasoning&Ingredients-P

Bouillon Powder Org 250g	Organic	£3.19
Bouillon Powder Org YF100g	Organic	£1.45
Bouillon Powder Org YF250g	Organic	£3.19
Bouillon Powder Org100g	Organic	£1.45
Breadcrumbs Wholewheat Org500g	Organic	£2.19
Choc-O-Malt Org200g	Organic	£1.55
Choc-O-Malt Org500g	Organic	£3.55
Gravy Mix 100g		£1.49
Gravy Mix 200g		£2.79
Malt Powder Org1kg	Organic	£5.49
Malt Powder Org250g	Organic	£1.69
Nut Roast 250g		£2.85
Nut Roast 500g		£5.49
Sea Salt Coarse 1kg		£1.29
Sea Salt Coarse 500g		£0.99
Sea Salt Fine 1kg		£1.29
Sea Salt Fine 500g		£0.99
Tomato Sun-Dried Org100g	Organic	£1.45
Tomato Sun-Dried Org250g	Organic	£2.85
Tomato Sun-Dried Org500g	Organic	£5.59
TVP / Soya Org250g	Organic	£1.69
TVP / Soya Org500g	Organic	£3.15
Yeast Flakes Org100g	Organic	£2.45
Yeast Flakes Org250g	Organic	£5.99

Seeds-P

Chia Seeds Org250g	Organic	£1.89
Chia Seeds Org500g	Organic	£3.49
Hemp Seed Org1kg	Organic	£6.99
Linseed Org1kg	Organic	£3.99
Linseed Org3kg	Organic	£9.99
Linseed Org500g	Organic	£2.09
Poppy Seed Org250g	Organic	£2.25
Pumpkin Seed Org1kg	Organic	£7.29
Pumpkin Seed Org250g	Organic	£1.99
Pumpkin Seed Org3kg	Organic	£20.49
Pumpkin Seed Org500g	Organic	£3.79
Sesame Seed Org250g	Organic	£1.45
Sesame Seed Org500g	Organic	£2.39
Sprouting Mix Org500g	Organic	£2.19

Sunflower Seeds Org1kg	Organic	£3.99
Sunflower Seeds Org250g	Organic	£1.35
Sunflower Seeds Org3kg	Organic	£10.99
Sunflower Seeds Org500g	Organic	£2.19

Snacks-P

Almonds R&S100g		£2.25
Almonds R&S1kg		£19.99
Almonds R&S250g		£5.49
Bombay Mix 100g		£0.89
Bombay Mix 1kg		£3.69
Bombay Mix 250g		£1.29
Cashews Pepper 100g		£1.95
Cashews Pepper 250g		£4.49
Cashews Pepper 500g		£8.49
Cashews Roasted 100g		£1.95
Cashews Roasted 250g		£4.49
Cashews Roasted 500g		£8.49
Cashews Spicy 100g		£1.95
Cashews Spicy 250g		£4.49
Cashews Spicy 500g		£8.49
Chickpea Noodles 100g		£0.89
Chickpea Noodles 250g		£1.29
Chickpea Noodles 500g		£2.29
Garlic Gathia 100g		£0.89
Garlic Gathia 250g		£1.29
Garlic Gathia 500g		£2.29
Mixed Nuts R&S100g	Roasted & Salted	£1.89
Mixed Nuts R&S250g	Roasted & Salted	£4.29
Mountain Mix 1kg		£6.49
Mountain Mix 250g		£1.75
Mountain Mix 3kg		£16.99
Peanuts Roasted 1kg		£5.55
Peanuts Roasted 250g		£1.65
Pistachios RS 100g	Roasted & Salted	£1.89
Pistachios RS 1kg	Roasted & Salted	£16.39
Pistachios RS 250g	Roasted & Salted	£4.49
Pistachios RS 500g	Roasted & Salted	£8.59
Pistachios RS Org100g	Organic	£2.55
Pistachios RS Org250g	Organic	£5.99
Pistachios RS Org500g	Organic	£10.99
Spiced Chickpeas 100g		£0.79
Spiced Chickpeas 250g		£1.29
Spiced Chickpeas 500g		£2.29
Trail Mix 1kg		£6.99
Trail Mix 250g		£1.99
Trail Mix 3kg		£18.99