

ESSENTIALS PRICELIST

Updated 09/11/2023

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	£3.75
Cornflakes Org500g	Organic	£4.35
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	£2.65
Crunchy Cereal Orig500g	Original	£1.45
Crunchy Cereal Orig5kg	Original	£11.99
Muesli Base Crispy Org4kg	Organic	£13.99
Muesli Base Crispy Org750g	Organic	£2.85
NGI Millet Muesli 500g		£3.99
NGI Muesli 500g		£4.05
Porridge Oats Org1kg	Organic	£1.99
Porridge Oats Org25kg	Organic	£39.60
Porridge Oats Org5kg	Organic	£8.99
Puffed Millet Org250g	Organic	£1.89
Puffed Millet Org500g	Organic	£3.59
Puffed Rice Org250g	Organic	£2.19
Puffed Rice Org500g	Organic	£4.19
Spelt Flakes Org250g	Organic	£2.49
Spelt Flakes Org500g	Organic	£4.79
Unicorn Muesli 25% 1kg		£2.55
Unicorn Muesli 41% Fruit & Nut 1kg	Fruit & Nut	£3.65
Unicorn Muesli 41% Fruit & Nut 500g	Fruit & Nut	£1.99
Unicorn Muesli 41% Fruit & Nut 5kg	Fruit & Nut	£16.59
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		£1.35
Apple Rings 250g		£2.59
Apple Rings 500g		£4.89
Apricots Chopped Org1kg	Organic	£8.99
Apricots Chopped Org500g	Organic	£4.99
Apricots Orange 1kg		£11.69
Apricots Orange 250g		£3.19

Apricots Orange 3kg		£32.69
Apricots Orange 500g		£6.15
Apricots Org1kg	Organic	£12.05
Apricots Org250g	Organic	£3.35
Apricots Org3kg	Organic	£33.75
Apricots Org500g	Organic	£6.35
Baby Figs Org250g	Organic	£2.75
Baby Figs Org500g	Organic	£5.25
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		£6.79
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	£33.91
Figs Org1kg	Organic	£8.55
Figs Org3kg	Organic	£23.95
Figs Org500g	Organic	£4.55
Goji Berries Org100g	Organic	£2.09
Goji Berries Org250g	Organic	£5.05
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		£5.99
Mixed Fruit 3kg		£16.59
Mixed Fruit 500g		£3.15
Mulberries Org1kg	Organic	£9.99
Mulberries Org250g	Organic	£2.79
Mulberries Org500g	Organic	£5.29
Physalis Berries Org100g	Organic	£2.19
Physalis Berries Org250g	Organic	£5.15
Prunes Pitted Org10kg	Organic	£86.40
Prunes Pitted Org1kg	Organic	£9.39
Prunes Pitted Org250g	Organic	£2.65
Prunes Pitted Org3kg	Organic	£26.29
Prunes Pitted Org500g	Organic	£4.99
Raisins Jumbo Flame 10kg		£29.74
Raisins Jumbo Flame 1kg		£3.59
Raisins Jumbo Flame 3kg		£9.99
Raisins Jumbo Flame 500g		£1.99
Raisins Thompson Org10kg	Organic	£44.35

Raisins Thompson Org1kg	Organic	£4.99
Raisins Thompson Org3kg	Organic	£13.55
Raisins Thompson Org500g	Organic	£2.69
Sour Cherries Org100g	Organic	£1.85
Sultanas Aussie 1kg		£6.69
Sultanas Aussie 500g		£3.59
Sultanas Org1kg	Organic	£5.59
Sultanas Org3kg	Organic	£15.29
Sultanas Org500g	Organic	£2.99

Flakes&Grains-P

Amaranth Org500g	Organic	£1.99
Barley Flakes Org1kg	Organic	£2.29
Barley Grain Org1kg	Organic	£1.99
Buckwheat Org1kg	Organic	£3.69
Buckwheat Org500g	Organic	£1.99
Bulgar Wheat Org1kg	Organic	£2.69
Bulgar Wheat Org3kg	Organic	£7.29
Bulgar Wheat Org500g	Organic	£1.49
Cous Cous Wholemeal Org1kg	Organic	£2.99
Cous Cous Wholemeal Org3kg	Organic	£8.39
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	£2.79
Millet Org1kg	Organic	£2.95
Millet Org3kg	Organic	£8.15
Oatmeal Medium Org1kg	Organic	£2.19
Polenta Org1kg	Organic	£3.25
Polenta Org25kg	Organic	£60.28
Popcorn Org1kg	Organic	£3.25
Quinoa Flakes Org500g	Organic	£3.49
Quinoa Red Org1kg	Organic	£4.99
Quinoa Red Org500g	Organic	£2.79
Quinoa UK 1kg		£3.89
Quinoa UK 25kg		£86.04
Quinoa UK 3kg		£10.69
Quinoa UK 500g		£2.09
Rice Arborio Org1kg	Organic	£6.69
Rice Arborio Org500g	Organic	£3.59
Rice Basmati Org1kg	Organic	£3.45
Rice Basmati Org20kg	Organic	£58.56
Rice Basmati Org25kg	Organic	£73.21
Rice Basmati Org3kg	Organic	£9.25
Rice Basmati Org500g	Organic	£1.89
Rice Flakes Org1kg	Organic	£5.55
Rice Jasmine Org1kg	Organic	£3.59
Rice Jasmine Org3kg	Organic	£9.89
Rice Jasmine Org500g	Organic	£1.99

Rice Long Grain Org1kg	Organic	£3.65
Rice Long Grain Org25kg	Organic	£81.42
Rice Long Grain Org3kg	Organic	£10.05
Rice Red Org1kg	Organic	£3.89
Rice Red Org500g	Organic	£2.09
Rice Short Grain Org1kg	Organic	£3.45
Rice Short Grain Org25kg	Organic	£76.78
Rice Short Grain Org3kg	Organic	£9.55
Rice Wild Org250g	Organic	£6.69
Rice Wild Org500g	Organic	£12.89
Rye Flakes Org1kg	Organic	£2.29
Spelt Grain Org1kg	Organic	£2.79
Spelt Grain Org500g	Organic	£1.69
Three Rice Mix 1kg		£6.35
Three Rice Mix 500g		£3.45
Wheat Grain Org1kg	Organic	£1.45

Flours&Baking-P

*Doves Strong Wholemeal Bread Flour 1.5kg		£1.91
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		£1.75
Canadian Flour 5kg		£5.55
Cocoa Org250g	Organic	£1.99
Cocoa Org500g	Organic	£3.69
Coconut Flour Org500g	Organic	£1.85
Corn Starch Org500g	Organic	£2.39
Maizemeal Org1kg	Organic	£2.89
Oat Flour Org1kg	Organic	£1.69
Oat Flour Org25kg	Organic	£32.40
Potato Starch Org500g	Organic	£1.59
Rice Flour 1kg		£2.29
Semolina Org1kg	Organic	£1.99
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		£0.85
Black Onion Seed Kalonji 50g		£0.89
Cajun Spice Mix 100g		£1.05

Caraway Seed Org50g	Organic	£1.19
Cardamon Ground 50g		£2.25
Cardamon Pods Black 25g		£1.19
Cardamon Pods Green Org25g	Organic	£2.89
Cayenne 100g		£1.25
Cayenne 250g		£2.79
Cayenne 700g		£6.27
Celery Salt 100g		£0.89
Celery Seed 100g		£1.09
Chilli Crushed 50g		£0.99
Chilli Crushed 700g		£7.53
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 Cassia Ground 500g	Organic	£5.35
Cinnamon Cassia Ground 50g	Organic	£0.99
Cinnamon Cassia Ground Org250g	Organic	£2.99
Cinnamon Sticks 100g		£2.09
Cinnamon Sticks 25g		£0.89
Cloves Whole Org50g	Organic	£2.19
Coriander Ground Org250g	Organic	£3.25
Coriander Ground Org50g	Organic	£0.75
Coriander Leaves 100g		£1.99
Coriander Leaves 50g		£1.25
Coriander Seed Org250g	Organic	£2.69
Coriander Seed Org50g	Organic	£0.95
Cumin Ground 100g		£1.75
Cumin Ground 250g		£4.15
Cumin Ground 500g		£7.85
Cumin Seed 100g		£2.15
Cumin Seed 250g		£5.15
Cumin Seed Org100g	Organic	£3.09
Cumin Seed Org50g	Organic	£1.65
Curry Leaves 25g		£1.25
Curry Powder 100g		£1.05
Curry Powder 250g		£2.15
Curry Powder 500g		£3.85
Curry Powder 700g		£5.33
Dill 25g		£0.99
Fennel Seed Org250g	Organic	£4.99
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		£1.69
Galangal Ground 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		£4.15
Lavender 50g		£2.15
Lemongrass 50g		£0.99
Lime Leaves 12g		£1.29
Mace Ground 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 Ground 50g		£0.89
Mustard Powder Org100g	Organic	£1.79
Mustard Seed Black Org250g	Organic	£3.99
Mustard Seed Black Org50g	Organic	£0.99
Mustard Seed Yellow Org50g	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		£1.09
Paprika 250g		£2.19
Paprika 500g		£3.99
Paprika Smoked 100g		£1.49
Parsley 100g		£1.79
Parsley 50g		£1.09
Pepper Ground Black 50g		£0.99
Pepper Ground White 50g		£1.39
Pepper Ground White Org50g	Organic	£2.39
Peppercorns Black Org250g	Organic	£4.99
Peppercorns Black Org50g	Organic	£1.19
Peppercorns Mixed Whole 100g		£2.15
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	£0.99
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	£1.99

Misc-P

V Dog Food 1kg		£3.99
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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		£2.69
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		£6.99
Brazils Broken 250g		£1.99
Brazils Broken 3kg		£14.99
Brazils Broken 500g		£3.69
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 3kg		£16.69
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	£4.39
Coconut Dessicated Org250g	Organic	£1.39
Coconut Dessicated Org500g	Organic	£2.45
Hazelnuts Org100g	Organic	£1.59
Hazelnuts Org1kg	Organic	£13.39
Hazelnuts Org250g	Organic	£3.65
Hazelnuts Org500g	Organic	£6.99
Hazelnuts Roasted Org100g	Organic	£1.59
Hazelnuts Roasted Org1kg	Organic	£13.69
Hazelnuts Roasted Org250g	Organic	£3.79
Hazelnuts Roasted Org500g	Organic	£7.25
Macadamia Nuts Org100g	Organic	£2.49
Macadamia Nuts Org250g	Organic	£5.49
Mixed Nuts Chop1kg		£8.05
Mixed Nuts Chop250g		£2.25
Mixed Nuts Chop3kg		£22.35
Mixed Nuts Chop500g		£4.25
Mixed Nuts Whole1kg		£10.79
Mixed Nuts Whole250g		£2.95
Mixed Nuts Whole3kg		£29.99
Mixed Nuts Whole500g		£5.65
Peanuts Blanched 500g		£2.85
Peanuts Org1kg	Organic	£5.39
Peanuts Org250g	Organic	£1.55
Peanuts Org3kg	Organic	£14.79
Peanuts Org500g	Organic	£2.89
Peanuts Roasted 12.5kg		£52.38
Pecan Nuts 100g		£2.25
Pecan Nuts 1kg		£19.75
Pecan Nuts 250g		£5.45
Pecan Nuts 500g		£10.35
Pecan Pieces Org100g	Organic	£2.79
Pecan Pieces Org250g	Organic	£6.79
Pecan Pieces Org500g	Organic	£12.99
Pine Nuts Org100g	Organic	£4.20
Pistachios Raw Kernels 100g		£3.39
Pistachios Raw Kernels 250g		£8.29
Walnut Pieces Org100g	Organic	£1.19
Walnut Pieces Org10kg	Organic	£64.79
Walnut Pieces Org1kg	Organic	£8.99
Walnut Pieces Org250g	Organic	£2.59
Walnut Pieces Org500g	Organic	£4.99
Pulses-P		
Aduki Beans Org1kg	Organic	£4.79
Bean Mix 1kg	Organic	£3.99
Black Turtle Beans Org1kg	Organic	£2.99
Blackeye Beans 1kg		£3.49
Butter Beans Org1kg	Organic	£4.29

Cannelini Beans Org1kg	Organic	£3.65
Chickpeas Org1kg	Organic	£3.75
Chickpeas Org25kg	Organic	£82.80
Fava Beans Org1kg	Organic	£3.79
Flageolet Beans 500g		£2.55
Haricot Beans Org1kg	Organic	£3.59
Kidney Beans Org1kg	Organic	£3.79
Lentil Broth Mix 1kg		£2.99
Lentil Broth Mix Org1kg	Organic	£3.49
Lentils Beluga Org1kg	Organic	£4.99
Lentils Brown Org1kg	Organic	£2.79
Lentils Green Org1kg	Organic	£3.49
Lentils Puy Org1kg	Organic	£5.25
Lentils Red Org1kg	Organic	£2.89
Lentils Red Org25kg	Organic	£56.16
Lentils Red Org3kg	Organic	£7.89
Lentils Red Org500g	Organic	£1.59
Lentils Yellow Split 1kg		£2.99
Marrowfat Peas 1kg		£3.09
Mung Beans Org1kg	Organic	£4.49
Pintos Org1kg	Organic	£3.99
Soya Beans Org1kg	Organic	£2.99
Soya Beans Org25kg	Organic	£38.88
Split Fava Bean 1kg		£1.85
Split Fava Beans Org1kg	Organic	£3.29
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
Toor Dal Org1kg	Organic	£3.29

Seasoning&Ingredients-P

Bouillon Powder Org YF100g	Organic	£1.45
Bouillon Powder Org YF250g	Organic	£3.19
Bouillon Powder Org100g	Organic	£1.45
Bouillon Powder Org250g	Organic	£3.19
Breadcrumbs Wholewheat Org500g	Organic	£2.39
Choc-O-Malt Org200g	Organic	£1.89
Choc-O-Malt Org500g	Organic	£4.05
Gravy Mix 100g		£1.49
Gravy Mix 200g		£2.79
Malt Powder Org1kg	Organic	£6.05
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	£1.55

Tomato Sun-Dried Org250g	Organic	£3.55
Tomato Sun-Dried Org500g	Organic	£6.65
TVP / Soya Org250g	Organic	£1.99
TVP / Soya Org500g	Organic	£3.69
Yeast Flakes Org100g	Organic	£2.65
Yeast Flakes Org250g	Organic	£6.35

Seeds-P

Chia Seeds Org250g	Organic	£1.89
Chia Seeds Org500g	Organic	£3.49
Hemp Seed Org1kg	Organic	£6.99
Hemp Seed Org500g	Organic	£3.49
Hulled Sesame Seed Org250g	Organic	£1.69
Linseed Org1kg	Organic	£3.99
Linseed Org25kg	Organic	£77.39
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	£1.75
Sesame Seed Org500g	Organic	£3.19
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		£2.55
Cashews Pepper 250g		£6.29
Cashews Pepper 500g		£12.15
Cashews Roasted 100g		£2.55
Cashews Roasted 250g		£6.29
Cashews Roasted 500g		£12.15
Cashews Spicy 100g		£2.55
Cashews Spicy 250g		£6.29
Cashews Spicy 500g		£12.15
Chickpea Noodles 100g		£0.89
Chickpea Noodles 250g		£1.29
Chickpea Noodles 500g		£2.39
Garlic Gathia 100g		£0.89

Garlic Gathia 250g		£1.29
Garlic Gathia 500g		£2.39
Mixed Nuts R&S100g	Roasted & Salted	£2.15
Mixed Nuts R&S250g	Roasted & Salted	£5.19
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	£2.19
Pistachios RS 1kg	Roasted & Salted	£19.59
Pistachios RS 250g	Roasted & Salted	£5.39
Pistachios RS 500g	Roasted & Salted	£10.29
Pistachios RS Org100g	Organic	£2.55
Pistachios RS Org250g	Organic	£6.19
Pistachios RS Org500g	Organic	£12.15
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