

## ESSENTIALS PRICELIST

Updated 03/09/2024

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

Department	Packed	
Row Labels	Org?	Average of Price
<b>Cereals-P</b>		
Buckwheat Flakes Org250g	Organic	£3.49
Buckwheat Flakes Org500g	Organic	£6.89
Cocoa Porridge Org1kg	Organic	£4.75
Corn & Rice Muesli 500g		£4.25
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	£2.99
Crunchy Cereal Orig500g	Original	£1.65
Crunchy Cereal Orig5kg	Original	£13.45
Muesli Base Crispy Org4kg	Organic	£13.99
Muesli Base Crispy Org750g	Organic	£2.85
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
Puffed Rice Org8kg	Organic	£47.52
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	£4.15
Unicorn Muesli 41% Fruit & Nut 500g	Fruit & Nut	£2.25
Unicorn Muesli 41% Fruit & Nut 5kg	Fruit & Nut	£18.75
Unicorn Muesli 44%1kg		£5.25
Unicorn Muesli 44%500g		£2.79
Unicorn Muesli 44%5kg		£23.89
Wheatflakes Malted Org2kg	Organic	£9.49
Wheatflakes Malted Org500g	Organic	£2.69
Wheatflakes Sultana Org500g	Organic	£3.35
<b>DriedFruit-P</b>		
Apple Rings 125g		£1.35
Apple Rings 250g		£2.59
Apple Rings 500g		£4.89
Apricots Chopped Org1kg	Organic	£11.25
Apricots Chopped Org500g	Organic	£5.89
Apricots Org1kg	Organic	£13.25
Apricots Org250g	Organic	£3.69

<b>Apricots Org3kg</b>	Organic	£36.89
<b>Apricots Org500g</b>	Organic	£6.99
<b>Baby Figs Org250g</b>	Organic	£2.75
<b>Baby Figs Org500g</b>	Organic	£5.25
<b>Cranberries Org250g</b>	Organic	£4.50
<b>Currants 1kg</b>		£4.99
<b>Currants 500g</b>		£2.69
<b>Dates Chopped 1kg</b>		£2.69
<b>Dates Chopped 3kg</b>		£7.19
<b>Dates Chopped 500g</b>		£1.59
<b>Dates Pitted 1kg</b>		£2.79
<b>Dates Pitted 3kg</b>		£7.69
<b>Dates Pitted 500g</b>		£1.65
<b>Dates Pitted Org1kg</b>	Organic	£6.49
<b>Dates Pitted Org250g</b>	Organic	£1.79
<b>Dates Pitted Org3kg</b>	Organic	£18.99
<b>Dates Pitted Org500g</b>	Organic	£3.49
<b>Dates Pitted Org9kg</b>	Organic	£41.45
<b>Figs Org1kg</b>	Organic	£9.65
<b>Figs Org3kg</b>	Organic	£26.75
<b>Figs Org500g</b>	Organic	£5.15
<b>Goji Berries Org100g</b>	Organic	£2.09
<b>Goji Berries Org250g</b>	Organic	£5.05
<b>Mango FT Org100g</b>	Organic	£1.79
<b>Mango FT Org1kg</b>	Organic	£15.49
<b>Mango FT Org250g</b>	Organic	£4.25
<b>Mango FT Org2kg</b>	Organic	£26.29
<b>Mango FT Org500g</b>	Organic	£8.15
<b>Mixed Fruit 1kg</b>		£7.55
<b>Mixed Fruit 3kg</b>		£20.99
<b>Mixed Fruit 500g</b>		£4.05
<b>Mulberries Org1kg</b>	Organic	£9.99
<b>Mulberries Org250g</b>	Organic	£2.79
<b>Mulberries Org500g</b>	Organic	£5.29
<b>Physalis Berries Org100g</b>	Organic	£2.19
<b>Physalis Berries Org250g</b>	Organic	£5.15
<b>Pineapple Pieces Org100g</b>	Organic	£1.99
<b>Pineapple Pieces Org1kg</b>	Organic	£17.05
<b>Pineapple Pieces Org250g</b>	Organic	£4.79
<b>Pineapple Pieces Org500g</b>	Organic	£9.15
<b>Prunes Pitted Org10kg</b>	Organic	£74.16
<b>Prunes Pitted Org1kg</b>	Organic	£9.39
<b>Prunes Pitted Org250g</b>	Organic	£2.65
<b>Prunes Pitted Org3kg</b>	Organic	£26.29
<b>Prunes Pitted Org500g</b>	Organic	£4.99
<b>Raisins Jumbo Flame 10kg</b>		£36.75
<b>Raisins Jumbo Flame 1kg</b>		£4.25
<b>Raisins Jumbo Flame 3kg</b>		£11.55
<b>Raisins Jumbo Flame 500g</b>		£2.25
<b>Raisins Org10kg</b>	Organic	£51.65

<b>Raisins Org1kg</b>	Organic	£5.89
<b>Raisins Org3kg</b>	Organic	£15.89
<b>Raisins Org500g</b>	Organic	£3.15
<b>Sour Cherries Org100g</b>	Organic	£2.15
<b>Sultanas Aussie 1kg</b>		£9.65
<b>Sultanas Aussie 500g</b>		£5.15
<b>Sultanas Org1kg</b>	Organic	£7.65
<b>Sultanas Org3kg</b>	Organic	£21.15
<b>Sultanas Org500g</b>	Organic	£4.15

#### **Flakes&Grains-P**

<b>Amaranth Org500g</b>	Organic	£2.09
<b>Barley Flakes Org1kg</b>	Organic	£2.29
<b>Barley Grain Org1kg</b>	Organic	£2.09
<b>Buckwheat Org1kg</b>	Organic	£3.69
<b>Buckwheat Org500g</b>	Organic	£1.99
<b>Bulgar Wheat Org1kg</b>	Organic	£3.15
<b>Bulgar Wheat Org3kg</b>	Organic	£8.75
<b>Bulgar Wheat Org500g</b>	Organic	£1.75
<b>Cous Cous Wholemeal Org1kg</b>	Organic	£2.99
<b>Cous Cous Wholemeal Org3kg</b>	Organic	£8.39
<b>Cous Cous Wholemeal Org500g</b>	Organic	£1.59
<b>Jumbo Oats Org1kg</b>	Organic	£1.99
<b>Jumbo Oats Org25kg</b>	Organic	£39.60
<b>Jumbo Oats Org5kg</b>	Organic	£8.99
<b>Millet Flakes Org500g</b>	Organic	£2.99
<b>Millet Org1kg</b>	Organic	£2.95
<b>Millet Org3kg</b>	Organic	£8.15
<b>Oatmeal Medium Org1kg</b>	Organic	£2.19
<b>Polenta Org1kg</b>	Organic	£3.25
<b>Polenta Org25kg</b>	Organic	£49.99
<b>Popcorn Org1kg</b>	Organic	£3.25
<b>Quinoa Flakes Org500g</b>	Organic	£3.79
<b>Quinoa Red Org1kg</b>	Organic	£6.19
<b>Quinoa Red Org500g</b>	Organic	£3.25
<b>Quinoa UK 1kg</b>		£4.99
<b>Quinoa UK 25kg</b>		£87.09
<b>Quinoa UK 3kg</b>		£13.99
<b>Quinoa UK 500g</b>		£2.65
<b>Rice Arborio Org1kg</b>	Organic	£6.39
<b>Rice Arborio Org500g</b>	Organic	£3.29
<b>Rice Basmati Org1kg</b>	Organic	£3.29
<b>Rice Basmati Org20kg</b>	Organic	£58.56
<b>Rice Basmati Org25kg</b>	Organic	£60.89
<b>Rice Basmati Org3kg</b>	Organic	£9.49
<b>Rice Basmati Org500g</b>	Organic	£1.79
<b>Rice Flakes Org1kg</b>	Organic	£5.55
<b>Rice Jasmine Org1kg</b>	Organic	£3.59
<b>Rice Jasmine Org3kg</b>	Organic	£9.89
<b>Rice Jasmine Org500g</b>	Organic	£1.99

<b>Rice Long Grain Org1kg</b>	Organic	£3.75
<b>Rice Long Grain Org25kg</b>	Organic	£74.89
<b>Rice Long Grain Org3kg</b>	Organic	£10.39
<b>Rice Red Org1kg</b>	Organic	£5.15
<b>Rice Red Org500g</b>	Organic	£2.75
<b>Rice Short Grain Org1kg</b>	Organic	£3.45
<b>Rice Short Grain Org25kg</b>	Organic	£69.28
<b>Rice Short Grain Org3kg</b>	Organic	£9.55
<b>Rice Wild Org250g</b>	Organic	£6.69
<b>Rice Wild Org500g</b>	Organic	£12.99
<b>Rye Flakes Org1kg</b>	Organic	£2.29
<b>Spelt Grain Org1kg</b>	Organic	£2.99
<b>Spelt Grain Org500g</b>	Organic	£1.69
<b>Three Rice Mix 1kg</b>		£6.35
<b>Three Rice Mix 500g</b>		£3.45
<b>Wheat Grain Org1kg</b>	Organic	£1.45

#### **Flours&Baking-P**

<b>Arrowroot Org100g</b>	Organic	£1.09
<b>Baking Powder 100g</b>		£0.79
<b>Baking Powder 250g</b>		£1.49
<b>Barley Flour Org1kg</b>	Organic	£1.95
<b>Bicarbonate 1kg</b>		£2.49
<b>Bicarbonate 250g</b>		£0.99
<b>Canadian Flour 1.5kg</b>		£1.75
<b>Canadian Flour 5kg</b>		£5.55
<b>Cocoa Org250g</b>	Organic	£3.35
<b>Cocoa Org500g</b>	Organic	£6.25
<b>Coconut Flour Org500g</b>	Organic	£1.85
<b>Corn Starch Org500g</b>	Organic	£2.39
<b>Maizemeal Org1kg</b>	Organic	£2.89
<b>Oat Flour Org1kg</b>	Organic	£1.69
<b>Oat Flour Org25kg</b>	Organic	£32.40
<b>Potato Starch Org500g</b>	Organic	£1.79
<b>Raw Cacao Coins Org250g</b>	Organic	£8.59
<b>Rice Flour 1kg</b>		£2.29
<b>Semolina Org1kg</b>	Organic	£2.15
<b>Tapioca Starch Org500g</b>	Organic	£1.45
<b>Wheat Gluten Org500g</b>	Organic	£4.49

#### **Herbs&Spices-P**

<b>Allspice Ground 50g</b>		£1.49
<b>Allspice Whole 50g</b>		£1.29
<b>Asafoetida 50g</b>		£1.19
<b>Basil Org100g</b>	Organic	£1.99
<b>Basil Org50g</b>	Organic	£1.05
<b>Bay Leaves 15g</b>		£0.85
<b>Black Onion Seed Kalonji 50g</b>		£0.89
<b>Cajun Spice Mix 100g</b>		£1.29
<b>Caraway Seed Org50g</b>	Organic	£1.05

<b>Cardamon Ground 50g</b>		£2.25
<b>Cardamon Pods Black 25g</b>		£1.29
<b>Cardamon Pods Green Org25g</b>	Organic	£1.99
<b>Cayenne 100g</b>		£1.25
<b>Cayenne 250g</b>		£2.99
<b>Cayenne 700g</b>		£6.55
<b>Celery Salt 100g</b>		£0.89
<b>Celery Seed 100g</b>		£1.09
<b>Chilli Crushed 50g</b>		£0.99
<b>Chilli Crushed 700g</b>		£8.95
<b>Chilli Powder 100g</b>		£1.19
<b>Chilli Powder 250g</b>		£2.59
<b>Chilli Powder 700g</b>		£5.35
<b>Chinese 5 Spice 50g</b>		£0.99
<b>Chives 25g</b>		£0.85
<b>Cinnamon Cassia Ground 500g</b>	Organic	£8.45
<b>Cinnamon Cassia Ground 50g</b>	Organic	£1.05
<b>Cinnamon Cassia Ground Org250g</b>	Organic	£4.45
<b>Cinnamon Cassia Sticks 100g</b>		£2.09
<b>Cinnamon Cassia Sticks 25g</b>		£0.89
<b>Cinnamon Ceylon (True) Ground Org250g</b>	Organic	£3.99
<b>Cinnamon Ceylon (True) Ground Org50g</b>	Organic	£0.99
<b>Cloves Whole Org50g</b>	Organic	£1.99
<b>Coriander Ground Org250g</b>	Organic	£3.85
<b>Coriander Ground Org50g</b>	Organic	£0.99
<b>Coriander Leaves 100g</b>		£2.25
<b>Coriander Leaves 50g</b>		£1.25
<b>Coriander Seed Org250g</b>	Organic	£2.69
<b>Coriander Seed Org50g</b>	Organic	£0.95
<b>Cumin Ground 100g</b>		£1.59
<b>Cumin Ground 250g</b>		£3.79
<b>Cumin Ground 500g</b>		£7.25
<b>Cumin Seed 100g</b>		£2.15
<b>Cumin Seed 250g</b>		£5.15
<b>Cumin Seed Org100g</b>	Organic	£3.09
<b>Cumin Seed Org50g</b>	Organic	£1.65
<b>Curry Leaves 25g</b>		£1.25
<b>Curry Powder 100g</b>		£1.05
<b>Curry Powder 250g</b>		£2.25
<b>Curry Powder 500g</b>		£4.19
<b>Curry Powder 700g</b>		£5.05
<b>Dill 25g</b>		£0.99
<b>Fennel Seed Org250g</b>	Organic	£4.99
<b>Fennel Seed Org50g</b>	Organic	£1.19
<b>Fenugreek Ground Org50g</b>	Organic	£0.99
<b>Fenugreek Leaves 50g</b>		£1.29
<b>Fenugreek Seed 100g</b>		£0.85
<b>Fenugreek Seed 250g</b>		£1.69
<b>Galangal Ground 50g</b>		£1.25
<b>Garam Masala 100g</b>		£1.15

<b>Garam Masala 250g</b>		£2.29
<b>Garam Masala 700g</b>		£4.89
<b>Garlic Powder 100g</b>		£0.95
<b>Garlic Powder 250g</b>		£1.99
<b>Garlic Powder 700g</b>		£2.85
<b>Ginger Ground 250g</b>		£2.99
<b>Ginger Ground 50g</b>		£0.99
<b>Herbs Provence 50g</b>		£0.99
<b>Juniper Berries Org50g</b>	Organic	£1.59
<b>Lavender 100g</b>		£4.25
<b>Lavender 50g</b>		£2.25
<b>Lemongrass 50g</b>		£0.99
<b>Lime Leaves 12g</b>		£1.29
<b>Mace Ground 25g</b>		£1.69
<b>Marjoram 50g</b>		£1.29
<b>Marjoram Org50g</b>	Organic	£1.29
<b>Mint 50g</b>		£0.99
<b>Mixed Herbs 250g</b>		£3.59
<b>Mixed Herbs 50g</b>		£0.99
<b>Mixed Spice Ground 50g</b>		£0.89
<b>Mustard Powder Org100g</b>	Organic	£1.99
<b>Mustard Seed Black Org250g</b>	Organic	£3.99
<b>Mustard Seed Black Org50g</b>	Organic	£0.99
<b>Mustard Seed Yellow Org50g</b>	Organic	£0.95
<b>Onion Powder 100g</b>		£1.09
<b>Oregano 100g</b>		£1.99
<b>Oregano 50g</b>		£1.05
<b>Panch Phoron Bengali 5 Spice 50g</b>	Bengali 5 Spice	£1.15
<b>Paprika 100g</b>		£1.09
<b>Paprika 250g</b>		£2.19
<b>Paprika 500g</b>		£3.99
<b>Paprika Smoked 100g</b>		£1.39
<b>Paprika Smoked 700g</b>		£6.85
<b>Parsley 100g</b>		£2.05
<b>Parsley 50g</b>		£1.09
<b>Pepper Ground Black 50g</b>		£0.99
<b>Pepper Ground White 50g</b>		£1.09
<b>Pepper Ground White Org50g</b>	Organic	£2.39
<b>Peppercorns Black Org250g</b>	Organic	£4.99
<b>Peppercorns Black Org50g</b>	Organic	£1.19
<b>Peppercorns Mixed Whole 100g</b>		£2.15
<b>Peppercorns Szechuan 50g</b>		£3.95
<b>Pickling Spice Mix 100g</b>		£1.29
<b>Ras-EI-Hanout 50g</b>		£1.59
<b>Rosemary Org100g</b>	Organic	£1.69
<b>Rosemary Org50g</b>	Organic	£0.99
<b>Sage Rubbed Org100g</b>	Organic	£2.29
<b>Sage Rubbed Org50g</b>	Organic	£1.35
<b>Star Anise Ground 25g</b>		£1.35
<b>Star Anise Whole 25g</b>		£0.99

<b>Sumac 50g</b>		£1.09
<b>Tarragon 25g</b>		£1.29
<b>Thyme 100g</b>		£1.49
<b>Thyme 50g</b>		£0.99
<b>Turmeric 100g</b>		£0.99
<b>Turmeric 250g</b>		£1.69
<b>Turmeric 500g</b>		£2.89
<b>Turmeric Org100g</b>	Organic	£1.29
<b>Turmeric Org250g</b>	Organic	£2.99
<b>Vanilla Pod Org</b>	Organic	£1.99

#### Misc-P

<b>Oolong Tea 150g</b>		£2.49
<b>Tea House Raspberry Loose Leaf Tea 100g</b>		£3.29
<b>V Dog Food 1kg</b>		£3.99

#### Nuts-P

<b>Almonds 100g</b>		£1.05
<b>Almonds 1kg</b>		£7.79
<b>Almonds 250g</b>		£2.25
<b>Almonds 3kg</b>		£21.55
<b>Almonds 500g</b>		£4.15
<b>Almonds Flaked 100g</b>		£1.29
<b>Almonds Flaked 1kg</b>		£9.49
<b>Almonds Flaked 250g</b>		£2.69
<b>Almonds Flaked 500g</b>		£4.99
<b>Almonds Ground Blanched 100g</b>		£1.29
<b>Almonds Ground Blanched 1kg</b>		£9.45
<b>Almonds Ground Blanched 250g</b>		£2.55
<b>Almonds Ground Blanched 500g</b>		£4.95
<b>Almonds Org100g</b>	Organic	£1.69
<b>Almonds Org1kg</b>	Organic	£13.99
<b>Almonds Org250g</b>	Organic	£3.75
<b>Almonds Org500g</b>	Organic	£7.29
<b>Brazils Broken 1kg</b>		£9.45
<b>Brazils Broken 250g</b>		£2.65
<b>Brazils Broken 3kg</b>		£26.25
<b>Brazils Broken 500g</b>		£4.99
<b>Brazils Whole 500g</b>		£11.99
<b>Cashews Org100g</b>	Organic	£1.69
<b>Cashews Org1kg</b>	Organic	£15.49
<b>Cashews Org250g</b>	Organic	£4.19
<b>Cashews Org500g</b>	Organic	£7.99
<b>Cashews Pieces 1kg</b>		£6.99
<b>Cashews Pieces 250g</b>		£1.99
<b>Cashews Pieces 3kg</b>		£18.65
<b>Cashews Pieces 500g</b>		£3.69
<b>Cocoa Nibs Org100g</b>	Organic	£1.45
<b>Cocoa Nibs Org250g</b>	Organic	£3.49
<b>Coconut Chips Toasted Org250g</b>	Organic	£1.95

<b>Coconut Chips Toasted Org500g</b>	Organic	£3.75
<b>Coconut Chips Toasted Org750g</b>	Organic	£5.29
<b>Coconut Dessicated Org1kg</b>	Organic	£4.39
<b>Coconut Dessicated Org250g</b>	Organic	£1.39
<b>Coconut Dessicated Org500g</b>	Organic	£2.45
<b>Hazelnuts Org100g</b>	Organic	£1.79
<b>Hazelnuts Org1kg</b>	Organic	£14.69
<b>Hazelnuts Org250g</b>	Organic	£4.15
<b>Hazelnuts Org500g</b>	Organic	£7.89
<b>Hazelnuts Roasted Org100g</b>	Organic	£1.99
<b>Hazelnuts Roasted Org1kg</b>	Organic	£16.15
<b>Hazelnuts Roasted Org250g</b>	Organic	£4.59
<b>Hazelnuts Roasted Org500g</b>	Organic	£8.59
<b>Macadamia Nuts Org100g</b>	Organic	£2.49
<b>Macadamia Nuts Org250g</b>	Organic	£5.49
<b>Mixed Nuts Chop1kg</b>		£8.49
<b>Mixed Nuts Chop250g</b>		£2.39
<b>Mixed Nuts Chop3kg</b>		£23.49
<b>Mixed Nuts Chop500g</b>		£4.49
<b>Mixed Nuts Whole1kg</b>		£11.55
<b>Mixed Nuts Whole250g</b>		£3.25
<b>Mixed Nuts Whole3kg</b>		£32.15
<b>Mixed Nuts Whole500g</b>		£6.15
<b>Peanuts Blanched 500g</b>		£2.85
<b>Peanuts Org1kg</b>	Organic	£6.15
<b>Peanuts Org250g</b>	Organic	£1.75
<b>Peanuts Org3kg</b>	Organic	£17.05
<b>Peanuts Org500g</b>	Organic	£3.25
<b>Peanuts Roasted 12.5kg</b>		£54.45
<b>Pecan Nuts 100g</b>		£2.25
<b>Pecan Nuts 1kg</b>		£19.75
<b>Pecan Nuts 250g</b>		£5.45
<b>Pecan Nuts 500g</b>		£10.35
<b>Pecan Pieces Org100g</b>	Organic	£2.79
<b>Pecan Pieces Org250g</b>	Organic	£6.79
<b>Pecan Pieces Org500g</b>	Organic	£12.99
<b>Pine Nuts Org100g</b>	Organic	£3.69
<b>Pistachios Raw Kernels 100g</b>		£3.59
<b>Pistachios Raw Kernels 250g</b>		£8.55
<b>Walnut Pieces Org100g</b>	Organic	£1.19
<b>Walnut Pieces Org10kg</b>	Organic	£86.69
<b>Walnut Pieces Org1kg</b>	Organic	£9.59
<b>Walnut Pieces Org250g</b>	Organic	£2.79
<b>Walnut Pieces Org500g</b>	Organic	£5.15
<b>PreparedFood-P</b>		
<b>FP Flapjack Mix 24kg</b>		£96.39
<b>Pulses-P</b>		
<b>Aduki Beans Org1kg</b>	Organic	£3.99

<b>Bean Mix 1kg</b>	Organic	£4.49
<b>Black Turtle Beans Org1kg</b>	Organic	£3.65
<b>Blackeye Beans 1kg</b>		£3.49
<b>Butter Beans Org1kg</b>	Organic	£6.19
<b>Cannelini Beans Org1kg</b>	Organic	£4.25
<b>Chickpeas Org1kg</b>	Organic	£2.99
<b>Chickpeas Org25kg</b>	Organic	£65.18
<b>Fava Beans Org1kg</b>	Organic	£3.89
<b>Flageolet Beans 500g</b>		£2.55
<b>Haricot Beans Org1kg</b>	Organic	£4.25
<b>Kidney Beans Org1kg</b>	Organic	£4.99
<b>Lentil Broth Mix 1kg</b>		£3.65
<b>Lentil Broth Mix Org1kg</b>	Organic	£3.65
<b>Lentils Beluga Org1kg</b>	Organic	£4.99
<b>Lentils Brown Org1kg</b>	Organic	£3.49
<b>Lentils Green Org1kg</b>	Organic	£3.79
<b>Lentils Puy Org1kg</b>	Organic	£5.25
<b>Lentils Red Org1kg</b>	Organic	£2.89
<b>Lentils Red Org25kg</b>	Organic	£55.80
<b>Lentils Red Org3kg</b>	Organic	£7.89
<b>Lentils Red Org500g</b>	Organic	£1.59
<b>Lentils Yellow Split 1kg</b>		£2.99
<b>Marrowfat Peas 1kg</b>		£3.25
<b>Mung Beans Org1kg</b>	Organic	£4.49
<b>Pintos Org1kg</b>	Organic	£3.99
<b>Soya Beans Org1kg</b>	Organic	£2.99
<b>Soya Beans Org25kg</b>	Organic	£44.24
<b>Split Fava Beans Org1kg</b>	Organic	£3.29
<b>Split Peas Green Org1kg</b>	Organic	£3.25
<b>Split Peas Yellow 1kg</b>		£1.99
<b>Split Peas Yellow Org1kg</b>	Organic	£2.85

#### Seasoning&Ingredients-P

<b>Black Salt 250g</b>		£2.35
<b>Bouillon Powder Org YF100g</b>	Organic	£1.45
<b>Bouillon Powder Org YF250g</b>	Organic	£3.29
<b>Bouillon Powder Org100g</b>	Organic	£1.45
<b>Bouillon Powder Org250g</b>	Organic	£3.29
<b>Breadcrumbs Wholewheat Org500g</b>	Organic	£2.39
<b>Gravy Mix 100g</b>		£1.49
<b>Gravy Mix 200g</b>		£2.79
<b>Nut Roast 250g</b>		£2.99
<b>Nut Roast 500g</b>		£5.59
<b>Sea Salt Coarse 1kg</b>		£1.29
<b>Sea Salt Coarse 500g</b>		£0.99
<b>Sea Salt Fine 1kg</b>		£1.29
<b>Sea Salt Fine 500g</b>		£0.99
<b>Textured Vegetable Protein (TVP) Soya Org2</b>	Organic	£2.05
<b>Textured Vegetable Protein (TVP) Soya Org5</b>	Organic	£3.79
<b>Tomato Sun-Dried Org100g</b>	Organic	£1.55

<b>Tomato Sun-Dried Org250g</b>	Organic	£3.55
<b>Tomato Sun-Dried Org500g</b>	Organic	£6.65
<b>Yeast Flakes Org100g</b>	Organic	£2.65
<b>Yeast Flakes Org250g</b>	Organic	£6.35

### Seeds-P

<b>Chia Seeds Org250g</b>	Organic	£1.89
<b>Chia Seeds Org500g</b>	Organic	£3.49
<b>Hemp Seed Org1kg</b>	Organic	£6.99
<b>Hemp Seed Org500g</b>	Organic	£3.59
<b>Linseed Ground 500g</b>		£1.49
<b>Linseed Org1kg</b>	Organic	£3.99
<b>Linseed Org25kg</b>	Organic	£77.39
<b>Linseed Org3kg</b>	Organic	£9.99
<b>Linseed Org500g</b>	Organic	£2.09
<b>Poppy Seed Org250g</b>	Organic	£2.25
<b>Pumpkin Seed Org1kg</b>	Organic	£7.29
<b>Pumpkin Seed Org250g</b>	Organic	£1.99
<b>Pumpkin Seed Org3kg</b>	Organic	£20.49
<b>Pumpkin Seed Org500g</b>	Organic	£3.79
<b>Sesame Seed Hulled Org250g</b>	Organic	£1.69
<b>Sesame Seed Org250g</b>	Organic	£1.75
<b>Sesame Seed Org500g</b>	Organic	£3.19
<b>Sprouting Mix Org500g</b>	Organic	£2.19
<b>Sunflower Seeds Org1kg</b>	Organic	£3.99
<b>Sunflower Seeds Org250g</b>	Organic	£1.35
<b>Sunflower Seeds Org3kg</b>	Organic	£10.99
<b>Sunflower Seeds Org500g</b>	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		£3.79
Bombay Mix 250g		£1.29
Cashews Pepper 100g		£2.69
Cashews Pepper 250g		£6.39
Cashews Pepper 500g		£12.29
Cashews Roasted 100g		£2.69
Cashews Roasted 250g		£6.39
Cashews Roasted 500g		£12.29
Cashews Spicy 100g		£2.69
Cashews Spicy 250g		£6.39
Cashews Spicy 500g		£12.29
Chickpea Noodles 100g		£0.89
Chickpea Noodles 250g		£1.39
Chickpea Noodles 500g		£2.49
Garlic Gathia 100g		£0.89
Garlic Gathia 250g		£1.39

Garlic Gathia 500g		£2.49
Mixed Nuts R&S100g	Roasted & Salted	£2.15
Mixed Nuts R&S250g	Roasted & Salted	£5.19
Mountain Mix 1kg		£6.69
Mountain Mix 250g		£1.89
Mountain Mix 3kg		£18.69
Peanuts Roasted 1kg		£5.89
Peanuts Roasted 250g		£1.69
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	£2.75
Pistachios RS Org250g	Organic	£6.45
Pistachios RS Org500g	Organic	£12.45
Spiced Chickpeas 100g		£0.89
Spiced Chickpeas 250g		£1.39
Spiced Chickpeas 500g		£2.49
Trail Mix 1kg		£6.99
Trail Mix 250g		£1.99
Trail Mix 3kg		£18.99