

ORGANIC VEGETABLE REPORT

(Produce only from certified growers)

Availability remains good as UK season restarts. We continue to emphasise seasonal produce and regional lines where available. Eg. "Blaires" glasshouse products, Ward & Thompson salads. We are a member of NW Supply Co-op "02000".

Pricing as ever leaves much non-organic supermarket produce costing more than our certified versions. This certification provides traceability to grower, a crucial system, and often better taste.

We welcome feedback. Eg. food miles, taste, quality and recipes.



MANCHESTER'S WHOLESOME FOODSTORE

89 Albany Road, Chorlton, Manchester, M21 0BN

Fax: 0161 861 7675

Email: office@unicorn-grocery.co.uk

www: unicorn-grocery.co.uk

Pricelist Summer 2001

Opening Times

Mondays: Closed
Tues-Sat: 9.30am - 6pm
Thursday until 7pm
Friday until 7pm
Sunday 11am - 5pm

☺ = organic

BAKING AIDS

Agar-agar 15g/£1.69

BISCUITS, BARS & SAVOURIES

Barbara's bars (7 types) x6/£2.08

Breadsticks 125g/48p

Chewy bars (3 types) 80g/54p

Cookies (3 types) 125g/65p

☺ Coconut Cookies (G.F.) 200g/£1.56

☺ Corn peanuts 75g/84p

Arrowroot 100g/79p

Baking Powder 100g/58p

250g/85p 1kg/£2.48

Crispbread (G.F.) 100g/85p

Crispbread Salsa (G.F.) 200g/£1.78

Halva 100g/54p

☺ Malt/Hazelnut waffles x6/98p

Hollymill bars (5 types) 40g/25p

☺ Knackerbrod 250g/79p

Liquorice cuts 200g/£1.02

☺ Malt biscuits 200g/89p

☺ Oatcakes 250g/85p

Bicarbonate of Soda 100g/43p

250g/59p

Food essences (3 types) 28ml/94p

Oatcakes, rough 300g/89p

Panda bars (2 types) 32g/26p

Poppadoms 200g/39p

☺ Popcorn salted 50g/65p

☺ Pretzels 125g/£1.06

☺ Rice cakes 100g/48p

☺ Rye Crackers 200g/99p

☺ Rye/Wheat Wafers 125g/£1.19

Taco Shells 128g/£1.44

☺ Palmaline Fat 500g/£1.12

Yeast, dried 125g/88p

Yeast, fresh approx 100g/18p

☺ Sunflower bar 50g/39p

☺ Tortilla chips 75g/45p

☺ Tortilla chips (5 types) 125g/98p

☺ Salsa Dip 350g/£1.12

Soyabella Block 100g/£1.18

Soyabella Hazel 50g/79p

Vegetable chips 50g/£1.28

BREAKFAST CEREALS

☺ Biobix 375g/£1.18

☺ Cornflakes (Doves) 375g/£1.39

Crispy Muesli (44%f&n) 500g/£1.18

1kg/£2.18 5kg/£9.80

Gluten free muesli 3kg/£8.48

500g/£1.58

Grapenuts 450g/£1.74

Kashi (puffed grains) 210g/£1.98

☺ Malted wheatflakes

500g/89p 3kg/£4.80

☺ Muesli base

1kg/£1.28 5kg/£5.76

☺ Millet rice flakes 375g/£1.78

☺ Multi-grain flakes 375g/£1.39

Crunchy cereal 500g/£1.08

1kg/£1.94 5kg/£8.75

Crunchy cereal (B&C) 500g/£1.26

1kg/£2.35 5kg/£10.58

☺ Puffed rice 225g/£1.79

BREAD & CAKES

Wide range of wholegrain breads daily from Saker & Pauls

☺ Borodinsky bread 400g/£1.35

☺ Rossisky loaf (Rye) 800g/£1.88

☺ Bread, Hazel & Raisin 600g/£1.75

☺ Chapatis x5/99p

☺ Malt Loaf 300g/98p

☺ Sunnyvale cakes 400g/£1.88

☺ Pitta bread x6/35p

☺ Pizza Base x2 £1.19

FROZEN & CHILLED FOODS

Full range of deli items daily

Artichoke Dip 228g/£1.89

☺ Alfalfa sprouts 100g/49p

Aubergine Dip 228g/£1.52

Avocado Humus 228g/£1.18

Humus 228g pot/£1.04

Herb/M'room bombes 200g/£1.52

☺ Mixed bean sprouts 280g/76p

Veg. margarine 2kg/£3.65

☺ Organic margarine 250g/79p

500g/£1.04

Pinto Dip 228g/98p

Sunflower margarine 500g/£1.04

☺ Tofu 280g/£1.14

☺ Tofu 450g/£1.79

☺ Tofu (smoky) 225g/£1.58

☺ Paul's burgers x2/£1.18

☺ Tofu Terrine 400g/£3.25

☺ Tofu seacakes x2/£1.09

☺ Marinated tofu (Agé) 300g/£2.28

Veg. haggis 454g/£2.12

Vegerella cheese (per) 225g/£1.55

☺ Yoghurt (live soya) 250g/73p

☺ Yoghurt (provamel) 500ml/£1.15

☺ Tempeh 227g/£1.48

DRIED FRUIT

(ask for box/sack price)

Apple rings (SO2) 125g/68p

500g/£1.45 20kg/£AAsk

Apricots, cooking (SO2) 500g/£1.08

1kg/£1.95 3kg/£5.27

☺ Apricots (organic) 250g/88p

1kg/£2.78 3kg/£7.50

Apricots, orange (SO2) 250g/89p

1kg/£2.48 3kg/£6.70

Banana, dried 250g/42p

Banana slices (no oil or sugar) 150g/89p

Currants 500g/98p

1kg/£1.79 3kg/£4.85

Dates 500g/78p

1kg/£1.38 3kg/£3.48

Dates, chopped 500g/87p

1kg/£1.58 3kg/£4.18

Baby figs 500g/£1.38

1kg/£2.38 3kg/£6.38

☺ Figs 500g/£1.78

1kg/£3.35 3kg/£9.05

Fruit salad (SO2) 500g/£1.98

1kg/£3.79 3kg/£10.35

Tropical fruit salad 500g/£2.28

1kg/£4.25 3kg/£11.48

☺ Mango (F.T.) 100g/£1.39

250g/£2.95

Mixed fruit 500g/98p

1kg/£1.85 3kg/£4.98

Peaches (SO2) 250g/£1.24

500g/£2.28 5kg/£18.28

Pineapple 150g/£1.19

Prunes, large 500g/£1.84

1kg/£3.38 3kg/£9.12

Prunes, pitted (no stones) 500g/£1.48

1kg/£2.75 3kg/£7.42

Raisins, Lexia seeded 500g/£1.38

1kg/£2.48 3kg/£7.10

Raisins, Californian 500g/89p

1kg/£1.54 3kg/£4.16

☺ Raisins, Californian 500g/£1.18

1kg/£2.15 3kg/£5.80

Sultanas, Australian 500g/£1.28

1kg/£2.38 3kg/£6.45

☺ Sultanas, Turkey 500g/98p

1kg/£1.78 3kg/£4.80

ORGANIC FOOD SPECIALISTS

FLOURS

① Buckwheat flour	1kg/£1.49
Canadian flour (for bread making)	1.5kg/98p
	5kg/£3.10
① Carob flour	500g/£1.25
	1kg/£2.38
	5kg/Ask
① Cocoa	250g/£1.09
	500g/£2.09
	3kg/£11.30

Chestnut Flour	500g/£1.08	① Potato Flour	500g/£1.42	① Watermill maslin flour	1.5kg/£1.85
Gluten free blend	1kg/£1.85		1kg/£2.68	① Wheat 100% Brd (D's)	1.5kg/99p
Gram Flour	500g/48p	① Rice flour	1kg/98p	① 100% pastry (Doves)	1kg/76p
Gram flour (pakoras, etc.)	2kg/£1.22	① Rye flour	1.5kg/£1.85	① Wheat, 100%, S-R (Doves)	1kg/76p
① Cornflour (fine)	500g/78p	① Shipton Mill 100%	2.5kg/£1.78	① Spelt bread (Doves)	1kg/£1.52
① Maizemeal (polenta)	1kg/97p	① Soya flour	250g/89p	① White pastry (Doves)	1kg/76p
① Malted Granarius	1.5kg/£1.85	① Watermill 100% bread	1.5kg/£1.79	① White S-R (Doves)	1kg/76p

FLAKES & GRAINS

(for Porridge see Cereals)

① Bulgar wheat	500g/89p
	1kg/£1.48
① Barley flakes	1kg/89p
① Barley grain	1kg/£1.05
① Buckwheat, raw	1kg/£1.18
	1kg/£2.09

① Cous-cous	500g/89p	① Popcorn (organic)	1kg/£1.18	① Rice, Long/Short grain	1kg/£1.04
	1kg/£1.48		3kg/£4.00		3kg/£2.75
① Jumbo oats	1kg/94p	① Quinoa	500g/£1.26		25kg/£17.90
	5kg/£3.98		3kg/£6.18	① Rice, Red	1kg/£1.98
① Millet flakes (Org.)	500g/£1.18	① Rice, Basmati	1kg/£2.32	① Rice, Wild (black grains)	
			3kg/£6.26		250g/£1.74
① Millet	1kg/£1.38	① Rice, Flakes (Org.)	1kg/£1.79		1kg/£5.95
① Oatmeal, medium	1kg/94p		3kg/£4.85	① Rye flakes	1kg/89p
				① Wheatgrains	1kg/92p

HOUSEHOLD ITEMS

Cream Cleaner	1 litre/£1.98
Dishwasher liquid	
	1litre/£2.98
	5 litres/£12.38
Disinfectant (Caurnie)	
	500ml/98p
	5 litres/£6.85

Fabric conditioner	
	1 litre/£1.65
	5 litres/£6.45
Floor cleaner	1 Litre/£2.45
Hand cleaner	150ml/£1.72
Laundry liquid (Faith)	
	1 litre/£2.45
	5 litres/£10.08
Kitchen rolls	x2/£1.39

Multi-surface cleaner	1 litre/£1.89
Nappy Cleanser	550g/£1.79
Glass/mirror cleaner	750ml/£1.94
Toilet cleaner	1 litre/£1.85
Rinse Aid	500ml/£1.98

Tissues	x 200/£1.08
Toilet rolls	x1/32p
	x4/£1.32
	9x4/£10.70
Washing powder (conc)	1kg/£2.52
	2kg/£4.75
	12.5kg/£25.30
Washing-up liquid	1 litre/£1.48
	5 litres/£6.50

HERBS, SPICES & PASTES

Allspice (ground)	50g/69p
Basil	50g/42p
	250g/88p
	1kg/£2.60
Bay leaves	15g/42p
Black peppercorns (grd/wh)	50g/58p
	250g/£2.24
	1kg/£7.90
Caraway seed	50g/42p
	250g/£1.15
	1kg/£3.20
Cardamon pods (green)	25g/65p
	100g/£2.32
	1kg/Ask
Cayenne	50g/45p
	250g/£1.12
	1kg/£3.10
③ Cayenne Paste	135g/£1.72
Chilli powder	50g/45p
	250g/£1.32
	1kg/£3.70
③ Chilli paste	135g/£1.72

Chillis, whole	50g/49p
Chinese five spice	50g/48p
	250g/£1.42
	1kg/£3.85
Chives	25g/49p
Cinnamon (ground)	50g/45p
	250g/£1.22
	1kg/£4.20
Cinnamon sticks	25g/58p
③ Cloves (whole)	50g/65p
Coriander (whole/grd)	50g/42p
	250g/84p
	1kg/£2.50
Minced coriander	210g/£1.32
Cumin (whole/grd)	50g/48p
	250g/£1.28
	1kg/£3.50
Curry Powder (med)	50g/45p
	250g/£1.09
	1kg/£2.95
③ Curry paste	135g/£1.72
Dill weed	25g/58p
Fennel seed	50g/45p
	1kg/£3.60
	250g/£1.25

Fenugreek (ground)	50g/42p
Garam Masala	50g/42p
	1kg/£3.15
	250g/£1.09
Garlic powder	50g/42p
	250g/£1.15
	1kg/£3.45
Ginger (ground)	50g/42p
	250g/£1.17
	1kg/£3.55
Ginger (root)	50g/48p
Juniper berries	50g/62p
Lemon grass (brine)	210g/£1.32
Mace (ground)	25g/72p
Marjoram	50g/45p
Mint	50g/42p
③ Minced Garlic	135g/£1.72
Mixed Herbs	50g/48p
	250g/£1.62
	1kg/£4.40
Mixed Spice	50g/45p
	250g/£1.18
	1kg/£3.35

Mustard powder	250g/£1.08
Mustard seed (black or yellow)	
	50g/42p
	250g/75p
Nutmegs	x1/5p
Oregano	50g/48p
	250g/£1.64
	1kg/£4.90
Paprika (Spanish)	50g/42p
	250g/£1.35
	1kg/£3.70
Parsley	50g/56p
	100g/89p
	500g/£3.25
③ Rosemary	50g/52p
	100g/79p
	500g/£2.25
Saffron	1g/£1.19
Sage	50g/48p
	250g/£1.54
	1kg/£4.65
Tarragon	25g/59p
	100g/£1.76
	500g/£6.20
Thyme	50g/58p
	250g/£2.09
	1kg/£4.95
Tumeric	50g/42p
	250g/97p
	1kg/£2.90
Vanilla Pod	x1/74p

PULSES, BEANS & LENTILS

① Aduki beans (red beans)	1kg/£1.45
Bean mix	1kg/£1.23
Blackeye beans	1kg/£1.12
Borlotti beans	1kg/£1.26
① Butter beans	1kg/£1.39

③ Cannelini (white beans)	1kg/£1.45
③ Chick peas	1kg/£1.39
Field beans	1kg/78p
Flagolet beans	500g/£1.12
Haricot beans	1kg/98p
③ Kidney beans, red	1kg/£1.25
Lentils, Broth mix	1kg/£1.38

③ Lentils, Brown	1kg/£1.68
③ Lentils, Green	1kg/£1.38
③ Lentils, Le Puy	1kg/1.59
③ Lentils, Red	500g/85p
	1kg/£1.24
	3kg/£3.35
Marrowfat peas	1kg/75p

③ Mung beans	1kg/£1.32
Pintos (chillies, etc.)	1kg/98p
③ Soya beans	1kg/£1.18
③ Split peas (green)	1kg/£1.18
③ Split peas (Yellow)	1kg/£1.18

JUICES/MINERAL WATER

① Apple juice	1 litre/£1.79
Aqualibra	75cl/£2.12
Apple (conc 8:1)	500ml/£2.15
	2 litre/£7.88
	5 litre/£16.60
① Apple (conc 8:1)	250ml/£2.18
Apple & Fruit concentrates (8:1)	
(7 types)	500ml/Various

Apple juice	1 litre/67p
Blackberry juice	1 litre/£1.03
③ Cranberry & Apple juice	750ml/£2.32
Cranberry juice	1 litre/£1.35
Pear (conc)	500ml/£2.45
Ame (white/red/rosé)	750ml/£1.79
Aquadid, Carbonated/Still (in glass)	
	1 litre/64p
	12x56p/£6.91

Small juices	200ml/32p
Grape juice, red or white	1 litre/98p
Grapefruit juice	1 litre/72p
"Free" pop (2 types)	750ml/£1.34
Orange juice, Stute	1 litre/62p
Orange juice (in glass)	750ml/79p
③ Orange & banana juice	1 litre/95p

Peach & apple juice	1 litre/95p
Pineapple juice	1 litre/79p
③ Prune juice	750ml/£2.32
Purdeys	325ml/89p
Tropical Mix juice	1 litre/95p
③ Vegetable juices	750ml/£1.78
Tomato juice	1 litre/74p

NUTS (SHELLED)

Almonds (Org.) 100g/82p 250g/£1.59	Almonds 100g/75p 250g/£1.32	Almonds, flaked 100g/78p 250g/£1.25	Almonds, ground 100g/78p 250g/£1.18	Brazils, broken 250g/84p 1kg/£2.38	Brazils, whole 250g/£1.08 1kg/£3.98	Cashews, large pieces 250g/£1.28 1kg/£4.45	Cashews, whole (Org.) 100g/1.09 250g/£2.65	Chestnuts 250g/£1.28 500g/£2.35	Coconut chips (toasted) 250g/86p 1kg/£2.96	Coconut, dessicated 250g/75p 1kg/£1.85	Hazels 100g/79p 250g/£1.68	Hazels, roasted 100g/88p 250g/£1.98	Mixed nuts, chopped 250g/79p 1kg/£2.38	Mixed nuts, whole 250g/£1.38 1kg/£4.89	Peanuts 250g/75p 1kg/£1.88	Peanuts, roasted (no salt) 250g/78p 1kg/£2.25	Pecans 100g/£1.18 250g/£2.95	Pinenuts 100g/£1.08 250g/£2.58	Pistachios, toasted (in shell) 100g/72p 250g/£1.24	Pistachios, raw kernels 100g/98p 250g/£2.39	Walnut halves 100g/92p 250g/£1.98	Walnut pieces 100g/82p 250g/£1.58
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OIL & SEASONINGS

Al Harrissa (tube) 70g/67p	Balsamic vinegar 250ml/£1.78	Balsamic vinegar 250ml/£1.42	Coconut milk 400ml/64p	Creamed coconut 198g/44p	Gomasio 200g/£1.15	Groundnut oil 1 litre/£1.59	Hot pepper sauce 142ml/82p	Horseradish, minced 135g/£1.72	Lemon juice 250ml/72p	Lime juice 330ml/£1.18	Miso (3 types) 213g/£1.99	Miso (Mugi) 345g/£2.05	Mustard, Smooth 200g/89p	Mustard, wholegrain 125g/65p 1kg/£2.84	Olive oil (virgin Greek) 500ml/£1.58 1 litre/£2.65	Olive oil (Spanish) 500ml/£3.18	Parmazano 40g/£1.02	Pesto sauce 165g/£1.92	Sea salt (coarse or fine) 1kg/68p	Safflower oil (c.p.) 500ml/£1.88	Sesame oil (c.p.) 500ml/£2.35	Sesame oil (toasted) 250ml/£1.78	Soy sauce (Japanese) 150ml/£1.39 250ml/£1.28	Soy sauce (Tamari) 150ml/£1.75 250ml/£1.98	Salad Cream, Plamil 325g/£1.19	Salad cream, Alavon 260g/£1.02	Stock cubes x6/89p	Sunflower oil 1 litre/69p	Sunflower oil (c.p.) 500ml/£1.36	Deod. 5 litres/£11.95	5 litres/£8.90	Tabasco 60ml/£1.39	Tomato ketchup 330g/£1.26	Vecon 250g/£2.32	1kg/£8.54	Vegetable Bouillion 150g/£1.98	Vinegar, Cider 500ml/£1.38	Vinegar, Wine (red/white) 500ml/85p 1 litre/£1.08	5 litre/£3.78	Vinegar Wine (R/W) 500ml/£1.32	Vinegar B. rice 250ml/£1.85
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PASTA

Buckwheat Spaghetti 250g/£1.54	Buckwheat Fettucine 500g/£1.25	Lasagne 250g/82p	Linguine 500g/84p	Macaroni 500g/62p	Millet/Wheat pastas 500g/£1.18	Noodles (w/wheat) 250g/68p	Shells/Twists 500g/59p	Spaghetti 500g/59p	Tagliatelle 500g/69p	Tagliatelle verdi 500g/82p	Twists/Penne/Shells 500g/69p	Gluten free pastas 250g/£1.58	Tri-colour twists 500g/88p	Vermicelli/Stars 500g/75p
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OLIVES/MEDITERRANEAN

Black olive paté 180g/£1.75	Black olive paté 160g/£1.85	Capers 210g/95p	Creamed basil 130g/£1.39	Rocket, creamed 130g/£1.74	Sundried tomato paté 180g/£1.86	Sundried tomatoes in oil 170g/£2.18	Sundried tomatoes 100g/88p 250g/£1.68	Vine leaves 227g/54p	Chillis, Green 350g/£1.42	Chillis, Red 90g/72p	Olives, Black/Green 454g/£1.28	Olives, Stuffed 230g/69p	Olives, Kalamata 454g/£1.48	Spicy olives 370g/£1.42	Kalamata, marinated 370g/£1.56
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A full range of loose olives and antipasta carried in our Deli

PREPARED FOODS

Aubergine (stuffed) 400g/£1.15	Apple purée 350g/65p	Baby food (8 types) 125g/59p	Baby rice 150g/£1.79	Baked beans 340g/85p	Baked beans 400g/65p	Balti / Rogan Josh 440g/£1.45	Biosun Meals 170g/85p	Blackeye beans (can) 400g/38p	Beans, 4 types (can) 400g/65p	Giant Baked Beans 280g/£1.18	Burger/Banger mixes 125g/89p	Cannellini beans 500g/28p	Cherries stoned 700ml/£1.98	Chick peas (can) 400g/25p	Falafel Mix 250g/£1.39 500g/£2.62	Garden Peas 350g/79p	Gherkins 600g/£1.32	Green Beans 340g/65p	Mr Bean Meals 400g/£1.08	Mushrooms, Dried 50g/Various	Passatta sauce 500g/34p	Passatta sauce 720ml/75p	Pasta sauces (3 types) 440g/£1.19	Patra leaves, curried 400g/62p	Braised Tofu 225g/£1.79	Red kidney beans (tin) 400g/36p	Refried beans 454g/£1.32	Sauerkraut 350g/78p	Seaweed Aramé 50g/£2.24	Seaweed Dulse 28g/92p	Sausage mix 350g/£1.55	Soup, L & Pumpkin 720ml/£1.48	Soups (tinned) 400g/82p	Sweetcorn 350g/96p	Tomatoes, tinned 400g/25p	Tomatoes & Basil 500g/32p	Tomatoes, Cherry 400g/38p	Tomatoes, tinned 400g/45p	Tomato purée (tins) 250ml/22p	Tomato purée (jar) 250ml/69p	Tomato purée 400g/55p	Tomato purée (tube) 200g/38p	T.V.P. "Mince" 250g/86p 500g/£1.89	5kg/£13.80	Vine leaves (stuffed) 400g/£1.15	Water chestnuts 225g/68p	Yeast flakes 125g/ £1.79
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SEEDS

Alfalfa seed (for sprouting) 100g/84p 250g/£1.79	1kg/£6.45	Poppy seed 250g/78p 1kg/£2.32	Linseed 500g/82p 1kg/£1.32	Pumpkin seed 100g/72p 250g/£1.29	Sesame seed 250g/78p 1kg/£2.22	Sunflower seed 250g/78p 1kg/£1.74	3kg/£4.70
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SPREADS & JAMS

Almond Butter 3.30g/£2.68	Carabella spread 350g/£1.88	Chick Pea spread 225g/£1.08	Cashew butter 330g/£3.48	Hazel butter 170g/£1.45	Hazel & Raisin butter 330g/£2.84	Jams (16 types) 283g/£1.09	Jams (6 types) 284g/£1.19	Peanut butter, unsalted 350g/95p (smooth or crunchy) 3kg/£6.90	Peanut butter (s/c) 350g/£1.39 1kg/£3.88	Pear & Apple spread 450g/£1.59	Veg. paté (tubes, 4) 200g/£1.58	Tahini (light or dark) 340g/89p 3kg/£6.50	Shitake/Hazel patés 150g/£1.56	Tahini (light or dark) 340g/£1.32 330g/£1.48	3kg/£10.30	Yeast extract 225g/£1.55 340g/£2.18	L.S. 340g/£2.65	Vitam R Y. extract 250g/£2.98	Utrekam patés (3) 200g/£1.48
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MILK & SOYA
PRODUCTS

Ⓢ Oat milk	1 litre/£1.12
Plamil (sweetened)	1 litre/£1.16
Plamil (conc)	500ml/£1.16

Provamel "Blue/Red"	1/2 litre/£0.65p
1 litre/£1.06	12x95p/£11.45
Rice Dream	x4/£1.88
Provamel "Green"	1 litre/£1.15
Almond Milk	1 litre/£1.15

Ⓢ Soya Desserts (2 types)	525ml/89p	Ⓢ Rice Dream	1 litre/£1.42
Ⓢ Soya Hazel Cereal	1 litre/£1.42	Ⓢ Rice Dream, vanilla	1 litre/£1.62
Ⓢ Soya Dream (cream)	250ml/62p	Ⓢ Rice Active	1 litre/£1.12
Ⓢ Sunrise Milk	1 litre/82p	White Sun	1 litre/£1.16
Ⓢ Vitasoy Milk	1 litre/£1.45		

SWEET & SAVOURY
MIXES

Garlic Cashews	100g/98p
250g/£2.35	1kg/£8.45
Black Pepper Cashews	100g/98p
250g/£2.35	1kg/£8.45

Cashews, fried	100g/92p
250g/£2.29	1kg/£8.27
Bombay mix	100g/42p
250g/68p	1kg/£1.48
Chick pea noodles	100g/42p
500g/95p	1.5kg/£2.58

Ⓢ Fruit & nut mix	250g/82p
1kg/£2.35	3kg/£6.35
Garlic sticks	100g/42p
500g/95p	1.5kg/£2.58
Mountain mix	250g/79p
1kg/£2.38	3kg/£6.45

Sesame sticks	100g/42p
250g/74p	2.27kg/£4.40
Trail mix	250g/£1.09
1kg/£3.85	3kg/£10.40
Salted mixed nuts	100g/72p
250g/£1.54	1kg/£4.95

SWEETENERS

Ⓢ Agave Syrup	250ml/£1.59
Ⓢ Amazake Paste	250g/£1.05

Date Syrup	340g/£1.24
Barley Malt Syrup	330g/£1.38
Malt extract	454g/86p

Ⓢ Molasses, cane	454g/79p
Molasses, cane	740g/£1.09
Ⓢ Malt powder	250g/98p
	1kg/£3.45

Ⓢ Brown Rice Syrup	330g/£1.45
Ⓢ Maple Syrup, (Meid)	250ml/£2.32
Ⓢ Maple Syrup (S. Farm)	250ml/£2.59

TOILETRIES

Deodorant	50ml/£1.38
Baby Lotion/Bath	250ml/£1.54
French olive oil soap	600g/£1.79
Faith soaps (5 types)	90g/74p

Foam baths	400ml/£2.78
Greek olive oil soap	125g/39p
Lip Balm	15ml/£1.98
Moisturiser Cream	50ml/£2.38
Shampoos (6 types)	400ml/£2.48
Conditioners (6 types)	400ml/£2.48

Soaps, glycerine (3 types)	90g/65p
Sanitary towels (S/R)	x12/92p
Sanitary towels (slender)	x20/£1.08
Ⓢ Tampons (regular/super)	x20/£2.25
Panty shields	x30/£1.15
Ultra Pads	x14/£1.78

Toothpaste, Tom's	75ml/£2.18
Toothpaste, Vicco	50ml/£1.62
Toothpaste, Weleda	75ml/£1.69
Toothpaste, Kingfisher	50ml/£1.16
	125ml/£2.42
Working hands cream	100g/£2.42

TEAS & DRINKS

Ⓢ Assam tea	125g/£1.59
Ⓢ Assam teabags	x40/£1.52
Barleycup	200g/£1.48
Camomile (bags)	x50/£1.85
Celestial Seasonings (7)	x24/£1.69
Ⓢ Coffee Cafe Beneficio	250g/£2.59
Ⓢ Bio Malt	100g/£1.62
Ⓢ Cocoa powder	125g/£1.35

Coffee filter papers	x80/79p
Ⓢ Coffee Arabica blend	250g/£2.12
Ⓢ Coffee, grd, decaf	227g/£3.28
Coffee, grd, C. Direct	227g/£2.59
Coffee, grd, Percol	250g/£2.55
Ⓢ Coffee, ins, Clipper	100g/£2.79
	500g/£12.95
Coffee, ins, C. Direct	100g/£2.69

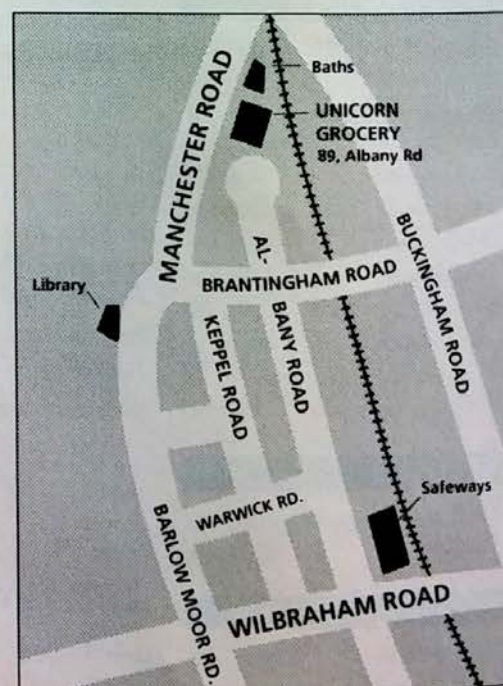
Ⓢ Coffee, ins, decaff	100g/£2.98
Ⓢ Decaffeinated Teabags	x50/£1.72
Ⓢ Green tea (bags)	x20/£1.08
Ⓢ Nocaff	100g/£1.98
Morning/Night Time teabags	x50/£2.12
Peppermint/Rhip bags	x50/£1.85
Ⓢ Piramide teabags (1)	x20/£1.29
(2)	x20/£1.62

Ⓢ Redbush teabags	x40/£1.39
Tea, Clipper fair trade (3 types)	125g/£1.32
	x50/£1.48
Ⓢ Teabags, Organic blend	x80/£1.98
	x500/£11.90
Ⓢ Teas, Essential	x20/92p
Ⓢ Teas, Kitchen Garden	x20/£1.12
Tea, Yogi (6 types)	x15/£1.48
Ⓢ Wake Cup	100g/£2.68

ADDITIONAL INFORMATION

Similar Stores:	Try "Daily Bread Co-ops", at Northampton & Cambridge, "Leicester Wholefood Co-op" or "Out of This World" at Gosforth, Nottingham & Cheltenham. We are committed to assisting new start-ups.
Defining Organic Food:	Essentially a system of sustainable production and processing methods where a food is traceable from source to consumer. We are registered with the U.K.'s Soil Association.
Organic Off-licence:	Range of quality red, white & Rose wines, plus Champagne "Sherry" & Port. Choice UK and European ales and lagers. Selected regional traditional ciders. All certified, high quality and competitively priced.
About us:	We consist of fifteen local people of mixed abilities. We need to employ ourselves and trade successfully but we also have a number of social objectives concerning: special needs employment; the global economy and environment; wholesome diets. Do ask for a copy of our statement of purpose document.
Bulk buying:	Please ask for a quote on larger quantities and unlisted items. Our prices are very competitive: e.g. 10% off single item rate for whole cases. We accept plastic card payment.
Newsletter:	Now available and together with our web site, providing more information, recipes and photos (!).
Deli Counter:	Full range of pastries, olives, salads and patés... and expanding!

WHERE WE ARE



All prices are subject to change (down as well as up) according to supply.

Unicorn Grocery Limited is registered as an Industrial & Provident Society in England & Wales (No. 28242R)

Unicorn is a worker co-operative owned and controlled by its members.