

ORG 100g

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**BEANS & PULSES**

Azuki beans	Y	£0.35
Black Badger Carlin Peas	Y	£0.35
Black turtle beans	Y	£0.30
Butterbeans	Y	£0.50
Cannellini beans	Y	£0.30
Chickpeas	Y	£0.40
Haricot Beans	Y	£0.30
Lentils - "french type"	Y	£0.48
Lentils - black beluga	Y	£0.53
Lentils-green	Y	£0.35
Lentils - red split	Y	£0.35
Mung beans	Y	£0.40
Mung dhal	Y	£0.50
Pinto beans	Y	£0.35
Split peas - green	Y	£0.25
Split peas - yellow	Y	£0.30

**CEREALS & FLAKES**

Barley flakes	Y	£0.25
Brown rice flakes	Y	£0.65
Buckwheat flakes	Y	£0.50
Millet flakes	Y	£0.65
Muesli base - rye/barley/oats	Y	£0.35
Oatmeal - coarse (pinhead)	Y	£0.25
Oats - jumbo	Y	£0.26
Oats - porridge	Y	£0.26
Rye flakes	Y	£0.25
Toasted Wheat Flakes	Y	£0.45

**GRAINS**

Barley - pot	Y	£0.23
Buckwheat groats	Y	£0.30
Bulghur wheat	Y	£0.30
Couscous (w'wheat)	Y	£0.30
Millet	Y	£0.30
Popcorn	Y	£0.28
Quinoa - white	Y	£0.58
Rice - short-grain brown	Y	£0.40
Rice - Kilombero white	Y	£0.40
Rice - white sushi	Y	£0.40
Rice - white basmati	Y	£0.44
Rice - brown basmati	Y	£0.40
Rice - Arborio	Y	£0.45

**FLOURS**

Brown rice flour	Y	£0.35
Buckwheat flour	Y	£0.46
Chickpea flour (gram)	Y	£0.40
Polenta flour	Y	£0.45

**DRIED FRUIT**

Apricots	Y	£1.00
Cranberries	Y	£1.80
Dates - Pitted	Y	£0.70
Figs	Y	£1.10
Goji Berries	Y	£3.00
Golden berries	Y	£2.30
Mango - sundried	Y	£2.40
Pineapple - sundried	Y	£2.10
Prunes - pitted	Y	£1.70
Raisins	Y	£0.60
Sour cherries	Y	£1.90
Sultanas	Y	£0.60

**PASTA**

Conchiglie - corn & rice	Y	£0.60
Fusilli - corn & rice	Y	£0.60
Fusilli - white & wholewheat	Y	£0.30
Gomitini - white & wholewheat	Y	£0.30
Macaroni - rice	Y	£0.60
Penne - white & wholewheat	Y	£0.30
Penne - corn & rice	Y	£0.60
Spaghetti - white & wholewheat	Y	£0.35
Spaghetti - rice	Y	£0.60

**NUTS & SEEDS**

Almonds - flaked	Y	£2.30
Almonds - ground	Y	£2.20
Almonds - whole	Y	£2.10
Brazil nuts - whole	Y	£1.40
Cashews - pieces	Y	£1.95
Cashews - whole	Y	£2.10
Chia seeds	Y	£0.70
Coconut - desiccated	Y	£0.60
Coconut - toasted flakes	Y	£0.90
Hazelnuts	Y	£1.60
Hemp seeds	Y	£0.60
Hemp seeds - hulled	Y	£1.30
Linseed - golden	Y	£0.50
Macadamia nuts	Y	£4.00
Peanuts - redskin	Y	£0.55
Pecan halves	Y	£3.80
Pine kernels	Y	£4.30
Poppy seeds	Y	£1.45
Pumpkin seeds	Y	£0.80
Sesame seeds	Y	£0.60
Sesame seeds - hulled	Y	£0.70
Sunflower seeds	Y	£0.40
Tiger nuts	Y	£0.90
Walnut - halves	Y	£2.00

**INGREDIENTS - FOOD**

Arrowroot	Y	£0.80
Baking powder - GF	Y	£0.80
Bicarbonate of Soda	N/A	£0.30
Cacao butter	Y	£2.40
Cacao nibs	Y	£1.20
Cocoa powder	N	£1.60
Cornflour	Y	£0.30
Couverture	Y	£1.80
Oil - olive - Portuguese	Y	£1.50
Oil - rapeseed	Y	£0.40
Salt - coarse	N/A	£0.20
Salt - fine	N/A	£0.20
Sugar - coconut	Y	£0.65
Sugar - sucanat raw cane	Y	£0.50
Vegetable Bouillon - Vegan	Y	£1.40
Sun dried tomato halves	Y	£1.00
TVP - small chunks	Y	£1.00
Vinegar - cider (with mother)	Y	£0.50
Yeast flakes - with B12	Y	£2.50

**SUPERFOODS & PLANT POWDERS**

Elderberries	Y	£3.00
Psyllium husks	Y	£2.70
Slippery Elm	N	£8.00

**NUT BUTTER**

Almond butter	Y	£2.90
Peanut butter - blanched roasted	Y	£1.40
Peanut butter - with skin	Y	£1.20
Tahini - half half	Y	£1.30

**TEAS & COFFEES**

Chai - Rooibos	£6.90	
Chai - Black tea base	£4.50	
Chamomile	£4.50	
Coffee beans - Brazilian arabica	£2.20	
Coffee beans - Decaf	£2.50	
Earl Grey 'Blue Flower'	£3.80	
English Breakfast	£3.80	
Fennel	£1.75	
Green Pin Ho	Y	£6.50
Hibiscus	N	£2.60
Liquorice	Y	£3.80
Nettle	Y	£2.20
Peppermint	£3.25	
Rooibos	Y	£4.50
Rosehip - fine cut	N	£3.00
Vervain	N	£2.20

**HERBS & SPICES**

Allspice Berries	N	£4.00
Cardamom (ground)	N	£2.80
Cardamom (whole pods)	N	£8.00
Cayenne pepper	Y	£2.80
Chilli flakes	N	£2.70
Cinnamon - sticks (Zeylanicum)	Y	£10.00
Cinnamon- ground (Zeylanicum)	Y	£4.00
Cloves - whole	Y	£5.00
Coriander (ground)	Y	£2.40
Coriander (whole)	Y	£2.40
Cumin (ground)	Y	£4.00
Cumin (whole)	Y	£3.90
Fenugreek Seeds	Y	£2.50
Garam masala	Y	£5.30
Ginger (ground)	Y	£3.30
Herbes de Provence	Y	£4.90
Mixed Herbs	Y	£4.90
Mixed Spice	Y	£3.90
Mustard Seed - Black	Y	£1.90
Mustard - yellow - ground	N	£2.20
Nutmeg (whole)	Y	£4.00
Oregano	Y	£4.90
Paprika	Y	£3.90
Paprika - smoked	Y	£3.90
Peppercorns - black (whole)	Y	£3.80
Peppercorns - white (ground)	N	£2.90
Star Anise	Y	£3.50
Thyme	Y	£3.90
Turmeric	Y	£3.30

**CONFECTIONERY & SNACKS**

Banana chips	Y	£0.90
Crisps - Two Farmers - Small	N	£0.95
Crisps - Two Farmers - Large	N	£2.90
Ginger - crystallized	Y	£1.30
Japanese rice crackers	N	£0.80
Liquorice sticks (each)	Y	£0.40
Raw Chocolate Love Potion Hearts	Y	£5.00
Raw chocolate goji berries	Y	£3.50
Raw Choc Salted Vanoffee Cashews	Y	£5.00
Roasted fava beans - sea salt & cider vinegar	Y	£1.00
Roasted fava beans - chilli & lime	Y	£0.90