

ORG 100g

BEANS & PULSES

Aduki beans	Y	£0.35
Black Badger Carlin Peas	Y	£0.25
Black turtle beans	Y	£0.33
Butterbeans	Y	£0.65
Cannellini beans	Y	£0.35
Chickpeas	Y	£0.35
Haricot Beans	Y	£0.38
Lentils - "french type"	Y	£0.48
Lentils - black beluga	Y	£0.53
Lentils - red split	Y	£0.35
Mung beans	Y	£0.40
Mung dhal	Y	£0.50
Pinto beans	Y	£0.35
Soya Beans	Y	£0.30
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	£0.60
Muesli base - Oats / wheat / barley	Y	£0.30
Oats - porridge	Y	£0.25
Oats - jumbo	Y	£0.25
Quinoa flakes	Y	£0.75
Rye flakes	Y	£0.25
Toasted Wheat Flakes	Y	£0.45

GRAINS

Barley - pot	Y	£0.23
Buckwheat groats	Y	£0.35
Bulgur wheat	Y	£0.30
Couscous (w/wheat)	Y	£0.40
Millet	Y	£0.32
Popcorn	Y	£0.28
Quinoa - white	Y	£0.60
Rice - short-grain brown	Y	£0.40
Rice - white sushi	Y	£0.40
Rice - white basmati	Y	£0.47
Rice - brown basmati	Y	£0.45
Rice - Arborio	Y	£0.45
Rice - jasmine	Y	£0.42

FLOURS

Brown rice flour	Y	£0.35
Buckwheat flour	Y	£0.46
Chestnut flour	Y	£1.30
Chickpea flour (gram)	Y	£0.40
Coconut Flour	Y	£0.50
Maize Flour	Y	£0.35
Plain flour - gluten free	Y	£0.35
Polenta flour	Y	£0.45
Strong wholemeal flour	Y	£0.20
Strong white bread flour	Y	£0.20
Tapioca Flour	Y	£0.35

DRIED FRUIT

Apricots	Y	£1.10
Cranberries with apple juice	Y	£1.65
Currants	Y	£0.90
Dates - Medjool	Y	£1.90
Dates - Pitted	Y	£0.80
Figs	Y	£1.10
Goji Berries	Y	£2.50
Golden berries	Y	£2.35
Mango - sundried chunks	Y	£2.30
Pineapple - wild chunks	N	£2.10
Prunes - pitted	Y	£1.80
Raisins	Y	£0.65
Sultanas	Y	£0.65

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PASTA

Fusilli - corn & rice	Y	£0.60
Fusilli - white & wholewheat	Y	£0.30
Gomitini - white & wholewheat	Y	£0.30
Macaroni - rice	N	£0.60
Lasagne	N	£0.60
Penne - white & wholewheat	Y	£0.30
Penne - corn & rice	Y	£0.60
Spaghetti - white & wholewheat	Y	£0.35
Spaghetti - rice	N	£0.60
Vermicelli - rice	N	£1.10

NUTS & SEEDS

Almonds - flaked	Y	£2.40
Almonds - ground	Y	£2.50
Almonds - whole	Y	£2.10
Brazil nuts - whole	Y	£1.40
Cashews - pieces	Y	£1.95
Cashews - whole	Y	£2.10
Chia seeds	Y	£0.60
Coconut - desiccated	Y	£0.80
Coconut - toasted flakes	Y	£0.90
Hazelnuts	Y	£1.65
Hemp seeds	Y	£0.60
Hemp seeds - hulled	Y	£1.30
Linseed - golden	Y	£0.45
Macadamia nuts	Y	£5.00
Peanuts - redskin	Y	£0.60
Pecan halves	Y	£3.80
Poppy seeds	Y	£1.45
Pumpkin seeds	Y	£0.82
Sesame seeds - hulled	Y	£0.75
Sesame seeds	Y	£0.65
Sunflower seeds	Y	£0.35
Tiger nuts	Y	£1.30
Walnut - halves	Y	£2.10

INGREDIENTS - FOOD

Arrowroot	Y	£0.80
Burger Mix	Y	£1.25
Baking powder - GF	Y	£0.80
Bicarbonate of Soda	N/A	£0.30
Cacao butter	Y	£2.40
Cacao nibs	Y	£1.20
Carob Powder - Mediterranean	Y	£1.60
Couverture	Y	£1.80
Cocoa powder	Y	£1.50
Falafel Mix	Y	£1.20
Oil - rapeseed	Y	£0.40
Oil - olive - Portuguese	Y	£1.50
Salt - coarse	N/A	£0.20
Salt - fine	N/A	£0.20
Sugar - coconut	Y	£0.65
Sugar - sucanat raw cane	Y	£0.55
Vegetable Bouillon - Vegan	Y	£1.40
Sausage Mix - vegan	Y	£1.40
Sun dried tomato halves	Y	£1.00
Vinegar - cider (with mother)	Y	£0.50
Yeast flakes - with B12	Y	£2.70
Yeast - dried	Y	£1.40

SUPERFOODS & PLANT POWDERS

Astragalus Root	Y	£3.50
Bee Pollen - Polifloral	Y	£4.50
Elderberries	Y	£3.50
Guarana seeds - ground	Y	£9.00
Psyllium husks	Y	£3.00
Maca powder	Y	£2.10
Slippery Elm	Y	£8.00

NUT BUTTER

Peanut Butter	Y	£1.30
Tahini - half half	Y	£1.30

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TEAS & COFFEES

Chai - Rooibos	£6.90
Chai - Black tea base	£4.50
Chamomile	£4.50
Coffee beans - Brazilian arabica	£2.20
Coffee beans - SWM 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
Moringa	Y £7.50
Peppermint	£3.25
Rooibos	Y £4.50
Roots Tea - Lemongrass/Nettle/Moringa	N £3.00
Rosehip - fine cut	N £3.20
Vervain	N £2.20

HERBS & SPICES

Allspice Berries	N	£4.00
Caraway Seeds	Y	£3.30
Cardamom (whole pods)	N	£8.00
Cayenne pepper	Y	£2.80
Chilli flakes	Y	£4.20
Cinnamon - sticks (Zeylanicum)	N	£10.00
Cinnamon- ground (Zeylanicum)	Y	£4.00
Cloves - whole	Y	£5.00
Coriander (ground)	Y	£2.60
Coriander (whole)	Y	£2.60
Cumin (ground)	Y	£4.50
Cumin (whole)	Y	£3.90
Fenugreek Seeds	Y	£2.50
Garlic powder	Y	£3.00
Garam masala	Y	£4.50
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
Nutmeg (ground)	N	£4.50
Oregano	Y	£4.90
Paprika	Y	£3.90
Paprika - smoked	Y	£5.00
Peppercorns - black (whole)	Y	£3.80
Peppercorns - white (ground)	N	£2.90
Star Anise	N	£3.50
Thyme	Y	£3.90
Turmeric	Y	£3.30

CONFECTIONERY & SNACKS

Banana chips	Y	£0.90
Bananas - Bogoya - Fair Trade	Y	£1.10
Bombay Mix	N	£0.50
Ginger - crystallized	Y	£1.30
Japanese rice crackers	N	£1.20
Raw Choc Spiced Chocolate Almonds	Y	£4.00
Raw chocolate goji berries	Y	£3.50
Roasted bean & pea mix - salt & pepper	Y	£1.00
Roasted fava beans - chilli & lime	Y	£1.00
Roasted fava beans - sea salt & cider vinegar	Y	£1.00
Roasted yellow peas - paprika	Y	£1.00
Salted Vanoffee Cashews	Y	£5.00
Vanoffee Buttons	Y	£5.00
Vanoffee Raisins	Y	£3.20