

RED = VAT (Dept 5 & 7)

ALL PRICES ARE PER KG OR PER LITRE FOR LIQUIDS

ALL OTHER FOOD DEPARTMENT 1

BEANS & PULSES

Aduki beans	Y	£5.30
Black turtle beans	Y	£4.50
Butterbeans	Y	£8.50
Cannellini beans	Y	£5.50
Chickpeas	Y	£4.90
Lentils - "french type"	Y	£6.50
Lentils - red split	Y	£4.50
Lentils - black beluga	Y	£6.80
Mung dhal	Y	£6.30
Mung beans	Y	£6.20
Pinto beans	Y	£5.30

PASTA

Conchiglie - Corn & Rice	Y	£5.50
Fregola - Giant Couscous	Y	£5.50
Farfalle - White	Y	£5.00
Fusilli - corn & rice	Y	£5.50
Fusilli - Tricolore	Y	£6.00
Fusilli - white & wholewheat	Y	£5.00
Gomitini - white & wholewheat	Y	£6.50
Lasagne - White	N	£6.00
Noodles - Brown Rice - 200g pack	Y	£3.60
Orzo	Y	£5.00
Penne - corn & rice	Y	£5.50
Penne - white & wholewheat	Y	£5.00
Spaghetti - white & wholewheat 500g pack	Y	£3.00
Tagliatelle -Wholewheat	Y	£3.00

TEAS / COFFEES / DRINKS

Cacao Paste	Y	£45.00
Chamomile		£72.00
Chai - Black tea base		£54.00
Rooibos Chai		£60.00
China tea with jasmine		£54.00
Coffee beans whole - Brazilian arabica		£35.00
Coffee beans whole - Colombian		£35.00
Coffee beans whole -Gacheta - Colombian		£35.00
Coffee beans whole -cameroon		£35.00
Coffee beans whole - Achare - Brazilian		£35.00
Coffee beans whole - SWM Decaf		£45.00
Coffee beans whole - Colombian sugar cane decaf Dec		£45.00
Earl Grey 'Blue Flower'		£54.00
English Breakfast - Early Morning		£54.00

CEREALS & FLAKES

Barley flakes	Y	£3.00
Bran Flakes	Y	£7.50
Bran Sticks	Y	£7.50
Brown rice flakes	Y	£6.50
Buckwheat flakes	Y	£8.75
Chocolate Stars - Doves Farm	Y	£9.30
Chocolatey Crunch Bunch	Y	£12.00
Cornflakes - Doves Farm	Y	£9.60
Fibre Flakes - Doves Farm	Y	£9.70
Fruit Crunch	Y	£6.90
Granola Base	Y	£9.00
Millet flakes	Y	£5.30
Muesli base - Oats / wheat / barley	Y	£3.00
Muesli - Deluxe	Y	£5.10
Oatmeal - coarse (pinhead)	Y	£3.00
Oats - porridge	Y	£3.00
Oats - jumbo	Y	£3.00
Rye flakes	Y	£3.00
Toasted Wheat Flakes	Y	£5.60

NUTS & SEEDS

Almonds - flaked	Y	£20.00
Almonds - ground	Y	£18.50
Almonds - whole	Y	£17.00
Brazil nuts - whole	Y	£26.00
Cashews - whole	Y	£20.00
Chia seeds	Y	£9.50
Coconut - desiccated	Y	£10.00
Coconut - toasted flakes	Y	£11.00
Hazelnuts	Y	£31.00
Hemp seeds - Whole	Y	£11.00
Hemp seeds - hulled	Y	£16.50
Linseed - golden	Y	£5.00
Macadamia nuts	Y	£50.00
Omega Four Seed Mix	Y	£7.50
Pine kernels	Y	£48.00
Peanuts - redskin	Y	£8.00
Pecan halves	Y	£32.00
Pistachio Kernels	Y	£50.00
Poppy seeds	Y	£12.50
Pumpkin seeds	Y	£9.50
Sesame seeds	Y	£7.50
Sesame seeds - Black	Y	£8.00
Sesame seeds - hulled	Y	£8.00
Sunflower seeds	Y	£4.80
Walnut - halves	Y	£20.00

GRAINS

Barley - pot	Y	£2.30
Buckwheat groats	Y	£5.50
Bulgur wheat	Y	£3.70
Couscous (w wheat)	Y	£3.90
Millet	Y	£4.10
Quinoa - Tricolour	Y	£8.00
Quinoa - white	Y	£7.50
Popping Corn	Y	£3.60
Rice - Arborio	Y	£6.90
Rice - Black	Y	£6.80
Rice - brown basmati	Y	£4.50

HERBS & SPICES

Allspice - Ground	N	£40.00
Basil	Y	£60.00
Caraway Seeds	Y	£33.00
Cardamom (ground)	N	£130.00
Cardamom (whole pods)	N	£130.00
Cayenne pepper	N	£44.00
Chilli flakes	N	£42.00
Cinnamon - sticks (Zeylanicum)	N	£100.00
Cinnamon- ground (Zeylanicum)	Y	£45.00
Cloves - whole	Y	£50.00
Cloves - ground	Y	£40.00
Coriander (ground)	Y	£33.00
Coriander (whole)	Y	£30.00
Cumin (ground)	Y	£65.00
Cumin (whole)	Y	£50.00

INGREDIENTS - FOOD

Arrowroot	Y	£12.00
Baking powder - GF	Y	£12.00

Rice - jasmine	Y	£5.50	Bicarbonate of Soda	N/A	£4.50	Curry Powder	Y	£40.00	
Rice - short-grain brown	Y	£4.10	Cacao butter	Y	£65.00	Fennel Seeds	Y	£30.00	
Rice - white sushi	Y	£4.90	Cacao nibs	Y	£34.00	Fenugreek Seeds	Y	£30.00	
Rice - white basmati	Y	£5.50	Cacao Paste	Y	£45.00	Garlic powder	N	£40.00	
Rice - Wild Mix	Y	£7.80	Carob Powder - Mediterranean	Y	£22.00	Garam masala	Y	£55.00	
			Cocoa powder	Y	£30.00	Ginger (ground)	Y	£40.00	
FLOURS			Corn Flour	Y	£10.00	LIQUIDS			
			Couverture - all varieties	Y	£42.00	PER KG			
Brown rice flour	Y	£6.50	Maple syrup per litre	Y	£29.00	£21.17	Mixed Spice	Y	£50.00
Buckwheat flour	Y	£6.00	Oat milk powder	N	£18.00	£18.48	Mustard Seed - Brown	Y	£40.00
Corn Flour	Y	£10.00	Oil - olive - Greek - Honest Oil per litre	N	£17.00	£7.61	Nigella Sativa Seeds	N	£40.00
Chestnut flour	Y	£16.00	Oil - rapeseed - per litre	N	£7.00	£9.24	Nutmeg (whole)	Y	£80.00
Chickpea flour (gram)	Y	£6.00	Oil - sunflower -highly oleic per litre	Y	£8.50		Nutmeg (ground)	N	£45.00
Coconut Flour	Y	£6.00	Salt - garlic	N/A	£30.00		Oregano	Y	£62.00
Maize Flour	Y	£4.00	Salt - coarse	N/A	£3.00		Paprika	Y	£60.00
Plain flour - gluten free	Y	£4.30	Salt - fine	N/A	£3.00		Paprika - smoked	Y	£55.00
Polenta - fine	Y	£4.70	Salt - Pink Himalyan	N/A	£7.00		Parsley	Y	£60.00
Self Raising flour - gluten f	Y	£4.30	Sugar - coconut	Y	£9.00		Peppercorns - black (whole)	Y	£55.00
Strong white bread flour	Y	£2.20	Sugar - Rapadura	Y	£9.00		Peppercorns - black (ground)	Y	£55.00
Strong wholemeal flour	Y	£2.20	Sun dried tomato halves	Y	£12.00		Peppercorns - white (ground)	N	£35.00
			Sunflower Mince	Y	£55.00	£16.67	Rosemary - Cut	Y	£55.00
DRIED FRUIT			Tamari - Clearspring	Y	£20.00		Star Anise - Whole	N	£80.00
			Vegetable Bouillon - Vegan	Y	£17.00		Sage	Y	£60.00
Apricots	Y	£21.00	Vinegar - Balsamic	Y	£11.00		Thyme	Y	£45.00
Cranberries with apple juice	Y	£22.00	Vinegar - Red Wine	Y	£4.50		Turmeric	Y	£38.00
Currants	Y	£11.00	Vinegar - cider (with mother)	Y	£7.00				
Dates - Medjool	Y	£22.00	Xanthan Gum	N	£35.00		CONFECTIONERY & SNACKS		
Dates - Pitted	Y	£8.00	Yeast flakes - with B12	Y	£40.00		Banana chewy 'coins'	N	£13.00
Figs	Y	£16.00	Yeast - dried	Y	£25.00		Banana chips	Y	£10.50
Goji Berries	Y	£23.50					Bombay Mix	N	£11.00
Golden berries	Y	£31.00	SUPERFOODS & PLANT POWDERS				Cashews - Maple & Cinnamon	N	£32.00
Mango - sundried	Y	£24.00	Bee Pollen - Polifloral	Y	£65.00		Cashews - Salt and Black Pepper	N	£32.00
White Mulberries	Y	£28.00	Chlorella	Y	£55.00		Dates - Medjool	Y	£22.00
Pineapple - wild chunks	N	£30.00	Elderberries	Y	£50.00		Ginger - crystallized	Y	£14.00
Prunes - pitted	Y	£20.00	Guarana seeds - Whole	Y	£95.00		Hu Chocolate Bar	Y	£4.00
Raisins	Y	£8.90	Hemp protein powder - raw	Y	£26.00		Japanese rice crackers	N	£17.00
Sour cherries	Y	£32.00	Maca powder	Y	£23.00		White Mulberries	Y	£28.00
Sultanas	Y	£8.90	Mushroom Powder - 7 blend	Y	£75.00		Peanuts - Roasted & Salted	Y	£13.00
			Pea Protein	Y	£26.00		Raw Halo Dark & Salted Almond Giant Truffle But	Y	£40.00
SPROUTING			Psyllium husks	Y	£60.00		Raw Halo Mylk Hazelnut Giant Truffle Buttons	Y	£40.00
Alfafa	Y	£28.00	Slippery Elm	Y	£130.00		Raw Halo Mylk Chocolate Cashews	Y	£50.00
Broccoli seeds	Y	£80.00	Spirulina	Y	£45.00		Raw Halo Mylk & Vanilla Giant Buttons	Y	£40.00
China Rose Radish	Y	£25.00					Raw Halo 70% Giant Chocolate Buttons	Y	£40.00
Red Clover	Y	£26.00					Raw Halo 85% Giant Chocolate Buttons	Y	£40.00
Wheat Grain	Y	£9.00					Raw Halo Dark Chocolate Hazelnuts	Y	£50.00
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							Raw Halo Mylk Chocolate Raisins	Y	£35.00