



Price List

Food

Grains

Arborio rice organic	£2.40 / 500g
Brown long grain rice organic	£1.40 / 500g
White basmati rice organic	£2.00 / 500g
Cous cous wholemeal organic	£1.50 / 500g
White british quinoa organic	£2.90 / 500g
Pearl barley organic	£1.50 / 500g
Popping corn organic	£1.20 / 500g

Pasta

White fusilli organic	£1.35 / 500g
White penne organic	£1.35 / 500g
Wholewheat pennette organic	£1.40 / 500g

Nuts

Almonds whole	£1.25 / 100g
Almonds flaked	£1.30 / 100g
Cashews whole organic	£2.30 / 100g
Brazil nuts organic	£2.00 / 100g
Hazelnuts organic	£1.30 / 100g
Peanuts organic	60p / 100g
Pecans	£2.45 / 100g
Pine kernels organic	£3.50 / 100g
Walnut halves organic	£2.00 / 100g

Seeds

Chia seeds organic	95p / 100g
Linseed Golden organic	50p / 100g
Pumpkin seeds organic	80p / 100g
Sesame seeds organic	80p / 100g
Sunflower seeds organic	75p / 100g
Coconut sugar organic	80p / 100g

Legumes

Black beans organic	£1.50 / 500g
Butter beans organic	£2.25 / 500g
Cannellini beans organic	£1.50 / 500g
Chickpeas organic	£1.90 / 500g
Haricot beans organic	£1.50 / 500g
Red kidney beans organic	£1.75 / 500g
Green lentils	£1.20 / 500g
Red lentils	90p / 500g
Yellow split peas	90p / 500g

Baking

Almonds ground	£1.25 / 100g
Baking powder GF	60p / 100g
Bicarbonate of soda GF	45p / 100g
Cacao nibs raw organic	£1.99 / 100g
Cacao powder raw organic	£1.99 / 100g
Coconut sugar organic	80p / 100g
Light muscovado sugar	35p / 100g

Dried Fruit

Apricots organic	90p / 100g
Banana chips	60p / 100g
Cranberries	£1.50 / 100g
Goji berries	£1.60 / 100g
Mango strips organic	£1.88 / 100g
Raisins (in SF oil) organic	60p / 100g
Sultanas organic	60p / 100g
Desiccated coconut organic	80p / 100g

Cereals

Jumbo Oatflakes GF organic	30p / 100g
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Herbs

Basil	70p / 20g
Bay leaves	50p / 10g
Garlic powder	26p / 20g
Mixed herbs	80p / 20g
Oregano	80p / 20g
Parsley	80p / 20g
Rosemary	52p / 20g
Sage organic	99p / 20g
Thyme	80p / 20g

Spices

Black peppercorns	£1.20 / 50g
Chilli powder	30p / 20g
Cinnamon	50p / 20g
Cinnamon sticks organic	99p / 20g
Cloves whole organic	65p / 20g
Coriander ground	45p / 20g
Cumin ground	40p / 20g
Cumin seeds	42p / 20g
Curry powder organic	30p / 20g
Garam masala	40p / 20g
Ginger powder organic	55p / 20g
Mixed spices	33p / 20g
Nutmeg ground	55p / 20g
Paprika	30p / 20g
Paprika smoked	37p / 20g
Seasalt coarse organic	30p / 100g
Seasalt fine organic	30p / 100g
Turmeric	55p / 20g

Miscellaneous

Bouillon vegan organic	£1.40 / 100g
Nutritional Yeast with B12	£2.70 / 100g



Price List

Non-Food

Toiletries

Bamboo Toothbrush (Soft or medium bristles)	£3.90
Natural Toothpaste Spearmint	£6.90
Silk Dental Floss	£4.90
Silk Dental Floss Refill x 2	£6.90
Mouthwash Tablets Spearmint (180 tablets)	£8.90
Denttabs with Fluoride:	
Each	5p
1 Month supply	£2.70
3 Month supply	£8.00
Bamboo Cotton Earbuds	£2.50

It's a Wrap Beeswax Wraps

Small	£4.50
Medium	£6.50
Large	£7.50
Multipack (3 wraps)	£16.00

Wavecups

Assorted colours (Blue, Grey, Green, Pink, Black)	£12.00
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Straws

Steel / Rainbow / Rose Gold	£2.00
Bamboo	£1.50
Straw Cleaner	£1.00

Organic Cotton Produce Bags

Small (20cm x 26cm)	£2.50
Medium (26cm x 36cm)	£3.00