



Baking	Price/100gr
Active Dried Yeast	£1.20
Baking Powder - gluten-free	£0.85
Bicarbonate of Soda - gluten-free	£0.50
Cacao Nibs org	£1.80
Citric Acid Crystals	£0.56
Cocoa Powder - 10-12% fat org	£1.20
Fine Golden Caster Sugar	£0.42
Ginger crystallised & caster sugar	£1.25
Golden Syrup org	£0.98
Light Muscovado Sugar	£0.42
Xanthan Gum	£2.50

Cereal	Price/100gr
Cool Raspberry Granola	£1.75
Nuts for Chocolate Granola	£1.20
Organic & Nutty Granola org	£1.35
16 natural ingredients - De Luxe Muesli	£0.49
Vitality Muesli org	£0.69
Deluxe Muesli org	£0.52
Muesli Base org	£0.26
Barley Flakes org	£0.17
Bran Flakes org	£0.75
Cornflakes Org Gluten Free	£0.85
Gluten-free Jumbo Oatflakes org	£0.37
Jumbo Oatflakes org	£0.25
Rolled Oatflakes org	£0.25
Wheat Flakes org	£0.17

Chocolate	Price/100gr
55% Dark Couverture/Buttons org	£1.75
73% Very Dark Couverture/Buttons org	£2.05
Milk Couverture/Buttons org	£1.95
White Couverture/Buttons org	£1.95
73% Drinking chocolate org	£2.05

Chocolate Bar	each
---------------	------

85% Dark Chocolate	£2.56
Dark Choc Turm & Ginger 85% org	£3.20
Dark Chocolate 70%	£2.56
Dark Chocolate 95% org	£3.20
Dark Chocolate w/ Himalayan Salt	£2.56
Dark Smooth Hazelnut Chocolate	£2.56
Ginger & Orange Dark Chocolate 70%	£2.56
Milk Chocolate 45%	£2.56
Mint Dark Chocolate 70%	£2.56

Coffee & Tea	Price/100gr
1839 Espresso Blend Fairtraide	£2.30
Bloomsbury Espresso Blend Fairtraide	£2.50
Assam Garden org	£3.80
Chennai Chai org	£6.15
Earl Grey Black Lion org	£5.90
Peppermint org	£10.50
Rooibos Super Grade org	£2.90
Sweet Pi Lo Chun org	£4.85
Wild Fruit org	£3.20

Deli	
Sun-dried Tomato Halves org	£1.40

Flour	Price/100gr
Fine Plain Wholemeal Flour org	£0.15
Malthouse Bread Flour org	£0.18
Rye Flour Whole org	£0.19
Strong White Bread Flour w/ Vitamic C org	£0.17
Strong Wholemeal Flour org	£0.15
White Flour No4 org	£0.15
White Self Raising Flour org	£0.16
Wholegrain Spelt Flour org	£0.39
Brown Rice Flour Gluten Free 500gr	£2.39
Buckwheat Flour Gluten Free 500gr	£3.15
Chickpea Flour Gluten Free 500gr	£2.97
Coconut Flour Gluten Free 500gr	£2.65
Corn (Yellow Maize) Flour Gluten Free 500gr	£1.99
Gram Flour Gluten Free 500gr	£2.49
Plain White Flour Gluten Free 500gr	£2.17
Quinoa Flour Gluten Free 500gr	£4.25
Self Raising White Flour Gluten Free 500gr	£2.17
Tapioca Flour Gluten Free 500gr	£2.26
White Bread Flour Gluten Free 500gr	£2.17

Grains	Price/100gr
Barley Flakes org	£0.17
British White Quinoa org	£0.66
Kasha - Roasted Buckwheat org	£0.49
Millet Flakes org	£0.59
Oat Bran org	£0.39
Oat Groats org	£0.25
Oatmeal - Fine org	£0.25
Pearl Barley org	£0.19
Polenta org	£0.33
Popping Corn org	£0.35
Puffed Quinoa org	£1.60
Quinoa Flakes org	£0.79
Red Quinoa org	£0.53
Tricolour Quinoa org	£0.70

Herbs & Spices	Price/100gr	20gr / spice jar
Allspice (Pimento) Ground	£3.20	£0.64
Allspice (Pimento) Whole	£3.20	£0.64
Aniseed Star	£2.60	£0.52
Arrowroot	£1.00	£0.20
Basil org	£3.60	£0.72
Bay Leaves org	£1.19	£0.24
Caraway Seed org	£2.20	£0.44
Cardamom Pods	£9.50	£1.90
Celery Salt	£1.20	£0.24
Celery Seed	£1.20	£0.24
Chillies Whole	£2.30	£0.46
Chinese Five Spice	£0.90	£0.18
Chives	£1.60	£0.32
Cinnamon Powder org	£4.20	£0.84
Cinnamon Quills 6"	£5.40	£1.08
Clove Bud Whole org	£4.70	£0.94
Coriander Seed org	£2.60	£0.52
Cumin Seed org	£4.60	£0.92
Curry Powder hot org	£1.90	£0.38
Dill Weed	£1.20	£0.24
Fennel Seed org	£3.50	£0.70
Fenugreek Seed org	£2.70	£0.54
Garlic Powder org	£5.30	£1.06
Garlic Salt	£1.60	£0.32
Ginger Powder org	£3.90	£0.78
Ground Coriander Seed org	£2.60	£0.52
Ground Cumin org	£4.60	£0.92
Herb Provencal	£2.60	£0.52
Himalayan Pink Salt Fine	£0.45	£0.09
Juniper Berries org	£3.80	£0.76

Maldon Sea Salt	£0.89	£0.18
Marjoram	£1.70	£0.34
Mixed Herbs org	£5.40	£1.08
Mixed Spice Powder org	£6.50	£1.30
Mustard Ground Yellow org	£3.60	£0.72
Mustard Seed Black	£0.80	£0.16
Mustard Seed Brown org	£3.30	£0.66
Nutmeg Ground org	£8.90	£1.78
Nutmeg Whole	£5.60	£1.12
Onion Powder org	£4.80	£0.96
Oregano org	£4.40	£0.88
Paprika org	£5.10	£1.02
Parsley org	£7.30	£1.46
Peppercorns - Black, White, Green & Pink	£1.90	£0.38
Peppercorns Black Ground org	£5.80	£1.16
Peppercorns Black Whole org	£4.50	£0.90
Peppercorns White	£3.80	£0.76
Psyllium Husk org	£4.95	£0.99
Reduced Salt Bouillon Vegan	£1.48	£0.30
Rosemary cut org	£3.60	£0.72
Sea Salt Fine	£0.14	£0.03
Smoked Paprika org	£5.10	£1.02
Thyme org	£3.30	£0.66
Turmeric org	£3.30	£0.66
Vanila Pods each	£4.00	N/A
Yeast Flakes with B12	£2.85	£0.57

Nuts & Seeds		Price/100gr
Alfalfa Seed		£1.90
Almonds Flaked org		£2.10
Almonds Ground org		£2.10
Almonds org		£2.10
Brazil Nuts org		£1.95
Cashews Whole org		£1.78
Chia Seeds org		£0.72
Fruit & Nut Mix org		£1.55
Hazelnuts org		£1.80
Hemp Seeds Whole org		£0.90
Hi Energy Trail Mix org		£1.05
Linseed Gold org		£0.58
Peanuts Blanched Roasted org		£0.90
Peanuts org		£0.55
Pine Kernels org		£4.65
Poppy Seed org		£1.15
Pumpkin Seeds - AA grade org		£0.76
Sesame Seeds Black org		£0.93
Sesame Seeds White org		£0.88

Sunflower Seed - kernels org	£0.65
Walnut Halves org	£2.10

Oils, Vinegars & Sauces	Price/100gr
Coconut Oil - raw extra virgin org	£1.48
Extra Virgin Olive Oil Greece	£1.05
Sunflower Oil Org Italy	£0.48
Toasted Sesame Oil Mexico	£1.25
Balsamic Vinegar org	£1.15
Cider Vinegar - raw + the mother org	£0.49
Cyder Vinegar org	£0.51
Raw Unfiltered Cyder Vinegar org	£0.51
Red Wine Vinegar	£0.43
White Wine Vinegar org	£0.51
Shoyu Soya Sauce	£2.00

Pasta	Price/100gr
Bulghur org	£0.30
Caserecce org	£0.44
Corn & Rice Fusilli org	£0.53
Corn & Rice Penne org	£0.53
Couscous White org	£0.28
Couscous Whole org	£0.29
Fregola - Giant Couscous - White org	£0.54
Malloreddos - small shell org	£0.44
Orzo org	£0.37
Penne White	£0.51
White Conchiglie org	£0.28
White Fusilli org	£0.28
White Gomitini org	£0.28
White Lasagne org	£0.51
White Pennette org	£0.28
White Spaghetti org	£0.28
White Tricolore Fusilli org	£0.38
White Vermicelli org	£0.28
Wholewheat Fusilli org	£0.28
Wholewheat Gomitini org	£0.28
Wholewheat Pennette org	£0.28
Wholewheat Spaghetti org	£0.28

Peas, Beans & Pulses	Price/100gr
Aduki Beans org	£0.39
Beluga Lentils (black) org	£0.59
Black Turtle Beans org	£0.37
Brown Lentils org	£0.39
Butter Beans org	£0.62

Cannellini Beans org	£0.39
Chana Dal - split hulled chickpeas org	£0.42
Chickpeas org	£0.39
French Type Lentils org	£0.55
Green Lentils org	£0.39
Red Kidney Beans org	£0.47
Red Split Lentils org	£0.35
Yellow Split Peas org	£0.33

Rice	Price/100gr
Arborio (Risotto) Rice - white org	£0.46
Brown Basmati Rice org	£0.42
Brown Jasmine Rice org	£0.39
Brown Rice Long Grain org	£0.37
Brown Rice Short Grain org	£0.36
Sushi Rice - White org	£0.42
White Basmati Rice org	£0.55
White Jasmine Rice org	£0.45
Wild Rice Mix org	£0.63

Sweets & Snacks	Price/100gr
Bombay mix	£0.58
Japanese Rice Crackers	£1.39
Just Crisp - Potato	£1.70
Raw Chocolate Almonds org	£3.95
Salted Vanoffee Cashews org	£4.75
Wasabi Peas	£1.85

Dried Fruit	Price/100gr
Apricots Whole org	£1.33
Banana Chips org	£0.76
Coconut Chips org	£0.88
Coconut Desiccated org	£0.78
Cranberries with Apple Juice org	£1.88
Dates Pitted org	£1.39
Figs org	£1.29
Goji Berries org	£2.80
Mango Stripes org	£1.90
Prunes - Pitted org	£1.75
Raisins Oil Dressed org	£0.63
Sultanas Oil Dressed org	£0.63

Household & cleaning	Price/100gr
Bicarbonate of Soda- cleaning grade	£0.31
Bio-D All purpose Sanitiser	£0.30

Fill Fabric Conditioner Neroli	£0.35
Laundry Powder	£0.45
Oxygen Bleach	£0.61
Sesi All Purpose Surface Cleaner - Lavender & Rosemary	£0.28
Sesi Hard Water Rinse Aid	£0.36
Sesi Non-Bio Laundry Liquid	£0.28
Sesi Toilet Cleaner - Lotus & Sea salt	£0.25
Sesi Washing Up Liquid - Spiced Ginger	£0.26
Sesi White Vinegar for Cleaning	£0.13
Soapnuts organic biodegradable	£2.20

## Oral Hygiene

Toothpaste Tablets Fluoride

2.80/20gr (aprox 60 tablets)

## Hair & Body

Price/100gr

Bio-D Sanitising Hand Wash Rosemary & Thyme	£0.60
Cole & Co Body Wash - Lime, Basil & Mandarin	£1.37
Cole & Co Conditioner - Lime, Basil & Mandarin	£1.27
Cole & Co Shampoo - Lime, Basil & Mandarin	£1.27
Sesi Bath - Shower - Hands - UNFRAGRANCED	£0.43
Sesi Hand Soap - Fig	£0.48
Sesi Organic Castile Soap UNFRAGRANCED	£0.73
Sesi Organic Hand & Body Lotion UNSCENTED	£1.27
Fushi Argan & Amalaki Hair Conditioner	£2.95
Fushi Argan & Amalaki Shampoo	£2.65
Fushi BioVedic Enzyme Face Wash	£5.95
Fushi BioVedic Radiance Face Cream	2.40/10gr
Fushi BioVedic Radiance Face Oil	4.80/10gr
Fushi Bringer of Peace Body Lotion	£3.00
Fushi Bringer of Peace Body Wash	£2.15
Fushi Organic Argan Oil	£9.60
Fushi Organic Rosehip Oil	£10.80
Shea Butter Unrefined Org	£2.90
Magnesium Bath Salts	£0.45
Dead Sea Salt	£0.45