

ESSENTIALS PRICELIST

Updated 02/07/2024

Please use the list below as a guideline, but we cannot guarantee price or availability.

Department	Packed	
Row Labels	Org?	Average of Price
Cereals-P		
Buckwheat Flakes Org250g	Organic	£3.49
Buckwheat Flakes Org500g	Organic	£6.89
Cocoa Porridge Org1kg	Organic	£4.75
Corn & Rice Muesli 500g		£4.25
Cornflakes Org500g	Organic	£4.35
Crunchy Cereal Base1kg		£1.69
Crunchy Cereal Base5kg		£7.09
Crunchy Cereal C&A1kg	Cashew & Apric	£3.25
Crunchy Cereal C&A500g	Cashew & Apric	£1.69
Crunchy Cereal C&A5kg	Cashew & Apric	£14.99
Crunchy Cereal Orig1kg	Original	£2.99
Crunchy Cereal Orig500g	Original	£1.65
Crunchy Cereal Orig5kg	Original	£13.45
Muesli Base Crispy Org4kg	Organic	£13.99
Muesli Base Crispy Org750g	Organic	£2.85
Porridge Oats Org1kg	Organic	£1.99
Porridge Oats Org25kg	Organic	£39.60
Porridge Oats Org5kg	Organic	£8.99
Puffed Millet Org250g	Organic	£1.89
Puffed Millet Org500g	Organic	£3.59
Puffed Rice Org250g	Organic	£2.19
Puffed Rice Org500g	Organic	£4.19
Puffed Rice Org8kg	Organic	£47.52
Spelt Flakes Org250g	Organic	£2.49
Spelt Flakes Org500g	Organic	£4.79
Unicorn Muesli 25% 1kg		£2.55
Unicorn Muesli 41% Fruit & Nut 1kg	Fruit & Nut	£4.15
Unicorn Muesli 41% Fruit & Nut 500g	Fruit & Nut	£2.25
Unicorn Muesli 41% Fruit & Nut 5kg	Fruit & Nut	£18.75
Unicorn Muesli 44%1kg		£4.99
Unicorn Muesli 44%500g		£2.69
Unicorn Muesli 44%5kg		£22.79
Wheatflakes Malted Org2kg	Organic	£9.49
Wheatflakes Malted Org500g	Organic	£2.69
Wheatflakes Sultana Org500g	Organic	£3.35
DriedFruit-P		
Apple Rings 125g		£1.35
Apple Rings 250g		£2.59
Apple Rings 500g		£4.89
Apricots Chopped Org1kg	Organic	£11.25
Apricots Chopped Org500g	Organic	£5.89
Apricots Orange 1kg		£12.15
Apricots Orange 250g		£3.39

Apricots Orange 3kg		£33.69
Apricots Orange 500g		£6.39
Apricots Org1kg	Organic	£13.25
Apricots Org250g	Organic	£3.69
Apricots Org3kg	Organic	£36.89
Apricots Org500g	Organic	£6.99
Baby Figs Org250g	Organic	£2.75
Baby Figs Org500g	Organic	£5.25
Cranberries Org250g	Organic	£4.50
Currants 1kg		£4.99
Currants 500g		£2.69
Dates Chopped 1kg		£2.69
Dates Chopped 3kg		£7.19
Dates Chopped 500g		£1.59
Dates Pitted 1kg		£2.79
Dates Pitted 3kg		£7.69
Dates Pitted 500g		£1.65
Dates Pitted Org1kg	Organic	£6.49
Dates Pitted Org250g	Organic	£1.79
Dates Pitted Org3kg	Organic	£18.99
Dates Pitted Org500g	Organic	£3.49
Dates Pitted Org500g Offer	Organic	£3.59
Dates Pitted Org9kg	Organic	£41.45
Figs Org1kg	Organic	£9.65
Figs Org3kg	Organic	£26.75
Figs Org500g	Organic	£5.15
Goji Berries Org100g	Organic	£2.09
Goji Berries Org250g	Organic	£5.05
Mango FT Org100g	Organic	£1.79
Mango FT Org1kg	Organic	£15.49
Mango FT Org250g	Organic	£4.25
Mango FT Org2kg	Organic	£26.29
Mango FT Org500g	Organic	£8.15
Mixed Fruit 1kg		£7.45
Mixed Fruit 3kg		£20.69
Mixed Fruit 500g		£3.99
Mulberries Org1kg	Organic	£9.99
Mulberries Org250g	Organic	£2.79
Mulberries Org500g	Organic	£5.29
Physalis Berries Org100g	Organic	£2.19
Physalis Berries Org250g	Organic	£5.15
Pineapple Pieces Org100g	Organic	£1.99
Pineapple Pieces Org1kg	Organic	£17.05
Pineapple Pieces Org250g	Organic	£4.79
Pineapple Pieces Org500g	Organic	£9.15
Prunes Pitted Org10kg	Organic	£74.16
Prunes Pitted Org1kg	Organic	£9.39
Prunes Pitted Org250g	Organic	£2.65
Prunes Pitted Org3kg	Organic	£26.29
Prunes Pitted Org500g	Organic	£4.99

Raisins Jumbo Flame 10kg		£31.39
Raisins Jumbo Flame 1kg		£3.89
Raisins Jumbo Flame 3kg		£10.45
Raisins Jumbo Flame 500g		£2.05
Raisins Org10kg	Organic	£51.55
Raisins Org1kg	Organic	£5.89
Raisins Org3kg	Organic	£15.89
Raisins Org500g	Organic	£3.15
Sour Cherries Org100g	Organic	£2.15
Sultanas Aussie 1kg		£7.05
Sultanas Aussie 500g		£3.69
Sultanas Org1kg	Organic	£7.65
Sultanas Org3kg	Organic	£21.15
Sultanas Org500g	Organic	£4.15

Flakes&Grains-P

Amaranth Org500g	Organic	£2.09
Barley Flakes Org1kg	Organic	£2.29
Barley Grain Org1kg	Organic	£2.09
Buckwheat Org1kg	Organic	£3.69
Buckwheat Org500g	Organic	£1.99
Bulgar Wheat Org1kg	Organic	£3.15
Bulgar Wheat Org3kg	Organic	£8.75
Bulgar Wheat Org500g	Organic	£1.75
Cous Cous Wholemeal Org1kg	Organic	£2.99
Cous Cous Wholemeal Org3kg	Organic	£8.39
Cous Cous Wholemeal Org500g	Organic	£1.59
Jumbo Oats Org1kg	Organic	£1.99
Jumbo Oats Org25kg	Organic	£39.60
Jumbo Oats Org5kg	Organic	£8.99
Millet Flakes Org500g	Organic	£2.99
Millet Org1kg	Organic	£2.95
Millet Org3kg	Organic	£8.15
Oatmeal Medium Org1kg	Organic	£2.19
Polenta Org1kg	Organic	£3.25
Polenta Org25kg	Organic	£50.12
Popcorn Org1kg	Organic	£3.25
Quinoa Flakes Org500g	Organic	£3.79
Quinoa Red Org1kg	Organic	£6.19
Quinoa Red Org500g	Organic	£3.25
Quinoa UK 1kg		£3.89
Quinoa UK 25kg		£85.86
Quinoa UK 3kg		£10.69
Quinoa UK 500g		£2.09
Rice Arborio Org1kg	Organic	£6.69
Rice Arborio Org500g	Organic	£3.59
Rice Basmati Org1kg	Organic	£3.59
Rice Basmati Org20kg	Organic	£58.56
Rice Basmati Org25kg	Organic	£79.95
Rice Basmati Org3kg	Organic	£9.99

Rice Basmati Org500g	Organic	£1.99
Rice Flakes Org1kg	Organic	£5.55
Rice Jasmine Org1kg	Organic	£3.59
Rice Jasmine Org3kg	Organic	£9.89
Rice Jasmine Org500g	Organic	£1.99
Rice Long Grain Org1kg	Organic	£3.75
Rice Long Grain Org25kg	Organic	£83.66
Rice Long Grain Org3kg	Organic	£10.39
Rice Red Org1kg	Organic	£5.15
Rice Red Org500g	Organic	£2.75
Rice Short Grain Org1kg	Organic	£3.45
Rice Short Grain Org25kg	Organic	£69.28
Rice Short Grain Org3kg	Organic	£9.55
Rice Wild Org250g	Organic	£6.69
Rice Wild Org500g	Organic	£12.99
Rye Flakes Org1kg	Organic	£2.29
Spelt Grain Org1kg	Organic	£2.99
Spelt Grain Org500g	Organic	£1.69
Three Rice Mix 1kg		£6.35
Three Rice Mix 500g		£3.45
Wheat Grain Org1kg	Organic	£1.45

Flours&Baking-P

Arrowroot Org100g	Organic	£1.09
Baking Powder 100g		£0.79
Baking Powder 250g		£1.49
Barley Flour Org1kg	Organic	£1.95
Bicarbonate 1kg		£2.49
Bicarbonate 250g		£0.99
Canadian Flour 1.5kg		£1.75
Canadian Flour 5kg		£5.55
Cocoa Org250g	Organic	£3.35
Cocoa Org500g	Organic	£6.25
Coconut Flour Org500g	Organic	£1.85
Corn Starch Org500g	Organic	£2.39
Maizemeal Org1kg	Organic	£2.89
Oat Flour Org1kg	Organic	£1.69
Oat Flour Org25kg	Organic	£32.40
Potato Starch Org500g	Organic	£1.79
Raw Cacao Coins Org250g	Organic	£8.59
Rice Flour 1kg		£2.29
Semolina Org1kg	Organic	£2.15
Tapioca Starch Org500g	Organic	£1.45
Wheat Gluten Org500g	Organic	£4.49

Herbs&Spices-P

Allspice Ground 50g		£1.49
Allspice Whole 50g		£1.29
Asafoetida 50g		£1.19
Basil 100g		£1.15

Basil Org100g	Organic	£1.99
Basil Org50g	Organic	£1.05
Bay Leaves 15g		£0.85
Black Onion Seed Kalonji 50g		£0.89
Cajun Spice Mix 100g		£1.29
Caraway Seed Org50g	Organic	£1.05
Cardamon Ground 50g		£2.25
Cardamon Pods Black 25g		£1.19
Cardamon Pods Green Org25g	Organic	£1.99
Cayenne 100g		£1.25
Cayenne 250g		£2.99
Cayenne 700g		£6.55
Celery Salt 100g		£0.89
Celery Seed 100g		£1.09
Chilli Crushed 50g		£0.99
Chilli Crushed 700g		£8.95
Chilli Powder 100g		£1.19
Chilli Powder 250g		£2.59
Chilli Powder 700g		£5.35
Chinese 5 Spice 50g		£0.99
Chives 25g		£0.85
Cinnamon Cassia Ground 500g	Organic	£8.45
Cinnamon Cassia Ground 50g	Organic	£1.05
Cinnamon Cassia Ground Org250g	Organic	£4.45
Cinnamon Cassia Sticks 100g		£2.09
Cinnamon Cassia Sticks 25g		£0.89
Cinnamon Ceylon (True) Ground Org250g	Organic	£3.99
Cinnamon Ceylon (True) Ground Org50g	Organic	£0.99
Cloves Whole Org50g	Organic	£2.19
Coriander Ground Org250g	Organic	£3.55
Coriander Ground Org50g	Organic	£0.89
Coriander Leaves 100g		£2.25
Coriander Leaves 50g		£1.25
Coriander Seed Org250g	Organic	£2.69
Coriander Seed Org50g	Organic	£0.95
Cumin Ground 100g		£1.59
Cumin Ground 250g		£3.79
Cumin Ground 500g		£7.25
Cumin Seed 100g		£2.15
Cumin Seed 250g		£5.15
Cumin Seed Org100g	Organic	£3.09
Cumin Seed Org50g	Organic	£1.65
Curry Leaves 25g		£1.25
Curry Powder 100g		£1.05
Curry Powder 250g		£2.25
Curry Powder 500g		£4.19
Curry Powder 700g		£5.05
Dill 25g		£0.99
Fennel Seed Org250g	Organic	£4.99
Fennel Seed Org50g	Organic	£1.19

Fenugreek Ground Org50g	Organic	£0.99
Fenugreek Leaves 50g		£1.29
Fenugreek Seed 100g		£0.85
Fenugreek Seed 250g		£1.69
Galangal Ground 50g		£1.25
Garam Masala 100g		£1.15
Garam Masala 250g		£2.29
Garam Masala 700g		£4.89
Garlic Powder 100g		£0.95
Garlic Powder 250g		£1.99
Garlic Powder 700g		£2.85
Ginger Ground 250g		£2.99
Ginger Ground 50g		£0.99
Herbs Provence 50g		£0.99
Juniper Berries Org50g	Organic	£1.59
Lavender 100g		£4.25
Lavender 50g		£2.25
Lemongrass 50g		£0.99
Lime Leaves 12g		£1.29
Mace Ground 25g		£1.69
Marjoram 50g		£1.29
Marjoram Org50g	Organic	£1.29
Mint 50g		£0.99
Mixed Herbs 250g		£3.59
Mixed Herbs 50g		£0.99
Mixed Spice Ground 50g		£0.89
Mustard Powder Org100g	Organic	£1.99
Mustard Seed Black Org250g	Organic	£3.99
Mustard Seed Black Org50g	Organic	£0.99
Mustard Seed Yellow Org50g	Organic	£0.95
Onion Powder 100g		£1.09
Oregano 100g		£1.99
Oregano 50g		£1.05
Panch Phoron Bengali 5 Spice 50g	Bengali 5 Spice	£1.15
Paprika 100g		£1.09
Paprika 250g		£2.19
Paprika 500g		£3.99
Paprika Smoked 100g		£1.49
Paprika Smoked 700g		£7.29
Parsley 100g		£1.99
Parsley 50g		£1.09
Pepper Ground Black 50g		£0.99
Pepper Ground White 50g		£1.09
Pepper Ground White Org50g	Organic	£2.39
Peppercorns Black Org250g	Organic	£4.99
Peppercorns Black Org50g	Organic	£1.19
Peppercorns Mixed Whole 100g		£2.15
Peppercorns Szechuan 50g		£3.95
Pickling Spice Mix 100g		£1.29
Ras-EI-Hanout 50g		£1.59

Rosemary Org100g	Organic	£1.69
Rosemary Org50g	Organic	£0.99
Sage Rubbed Org100g	Organic	£2.29
Sage Rubbed Org50g	Organic	£1.35
Star Anise Ground 25g		£1.35
Star Anise Whole 25g		£0.99
Sumac 50g		£1.09
Tarragon 25g		£1.29
Thyme 100g		£1.49
Thyme 50g		£0.99
Turmeric 100g		£0.99
Turmeric 250g		£1.69
Turmeric 500g		£2.89
Turmeric Org100g	Organic	£1.29
Turmeric Org250g	Organic	£2.99
Vanilla Pod Org	Organic	£1.99

Misc-P

Oolong Tea 150g		£2.49
Tea House Raspberry Loose Leaf Tea 100g		£3.29
V Dog Food 1kg		£3.99

Nuts-P

Almonds 100g		£1.05
Almonds 1kg		£6.99
Almonds 250g		£2.19
Almonds 3kg		£19.99
Almonds 500g		£3.89
Almonds Flaked 100g		£1.29
Almonds Flaked 1kg		£9.49
Almonds Flaked 250g		£2.69
Almonds Flaked 500g		£4.99
Almonds Ground Blanched 100g		£1.29
Almonds Ground Blanched 1kg		£9.45
Almonds Ground Blanched 250g		£2.55
Almonds Ground Blanched 500g		£4.95
Almonds Org100g	Organic	£1.69
Almonds Org1kg	Organic	£13.99
Almonds Org250g	Organic	£3.75
Almonds Org500g	Organic	£7.29
Brazils Broken 1kg		£8.65
Brazils Broken 250g		£2.45
Brazils Broken 3kg		£23.99
Brazils Broken 500g		£4.65
Brazils Whole 500g		£11.99
Cashews Org100g	Organic	£1.69
Cashews Org1kg	Organic	£15.49
Cashews Org250g	Organic	£4.19
Cashews Org500g	Organic	£7.99
Cashews Pieces 1kg		£6.99

Cashews Pieces 250g		£1.99
Cashews Pieces 3kg		£18.65
Cashews Pieces 500g		£3.69
Cocoa Nibs Org100g	Organic	£1.45
Cocoa Nibs Org250g	Organic	£3.49
Coconut Chips Toasted Org250g	Organic	£1.95
Coconut Chips Toasted Org500g	Organic	£3.75
Coconut Chips Toasted Org750g	Organic	£5.29
Coconut Dessicated Org1kg	Organic	£4.39
Coconut Dessicated Org250g	Organic	£1.39
Coconut Dessicated Org500g	Organic	£2.45
Hazelnuts Org100g	Organic	£1.79
Hazelnuts Org1kg	Organic	£14.69
Hazelnuts Org250g	Organic	£4.15
Hazelnuts Org500g	Organic	£7.89
Hazelnuts Roasted Org100g	Organic	£1.99
Hazelnuts Roasted Org1kg	Organic	£16.15
Hazelnuts Roasted Org250g	Organic	£4.59
Hazelnuts Roasted Org500g	Organic	£8.59
Macadamia Nuts Org100g	Organic	£2.49
Macadamia Nuts Org250g	Organic	£5.49
Mixed Nuts Chop1kg		£8.49
Mixed Nuts Chop250g		£2.39
Mixed Nuts Chop3kg		£23.49
Mixed Nuts Chop500g		£4.49
Mixed Nuts Whole1kg		£10.79
Mixed Nuts Whole250g		£2.95
Mixed Nuts Whole3kg		£29.99
Mixed Nuts Whole500g		£5.65
Peanuts Blanched 500g		£2.85
Peanuts Org1kg	Organic	£6.15
Peanuts Org250g	Organic	£1.75
Peanuts Org3kg	Organic	£17.05
Peanuts Org500g	Organic	£3.25
Peanuts Roasted 12.5kg		£54.45
Pecan Nuts 100g		£2.25
Pecan Nuts 1kg		£19.75
Pecan Nuts 250g		£5.45
Pecan Nuts 500g		£10.35
Pecan Pieces Org100g	Organic	£2.79
Pecan Pieces Org250g	Organic	£6.79
Pecan Pieces Org500g	Organic	£12.99
Pine Nuts Org100g	Organic	£4.20
Pistachios Raw Kernels 100g		£3.59
Pistachios Raw Kernels 250g		£8.49
Walnut Pieces Org100g	Organic	£1.19
Walnut Pieces Org10kg	Organic	£86.69
Walnut Pieces Org1kg	Organic	£9.59
Walnut Pieces Org250g	Organic	£2.79
Walnut Pieces Org500g	Organic	£5.15

PreparedFood-P

FP Flapjack Mix 24kg		£79.31
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Pulses-P

Aduki Beans Org1kg	Organic	£3.99
Bean Mix 1kg	Organic	£4.49
Black Turtle Beans Org1kg	Organic	£3.45
Blackeye Beans 1kg		£3.49
Butter Beans Org1kg	Organic	£5.89
Cannellini Beans Org1kg	Organic	£4.25
Chickpeas Org1kg	Organic	£3.25
Chickpeas Org25kg	Organic	£69.15
Fava Beans Org1kg	Organic	£3.89
Flageolet Beans 500g		£2.55
Haricot Beans Org1kg	Organic	£4.25
Kidney Beans Org1kg	Organic	£5.59
Lentil Broth Mix 1kg		£3.65
Lentil Broth Mix Org1kg	Organic	£3.65
Lentils Beluga Org1kg	Organic	£4.99
Lentils Brown Org1kg	Organic	£3.49
Lentils Green Org1kg	Organic	£3.79
Lentils Puy Org1kg	Organic	£5.25
Lentils Red Org1kg	Organic	£2.89
Lentils Red Org25kg	Organic	£55.80
Lentils Red Org3kg	Organic	£7.89
Lentils Red Org500g	Organic	£1.59
Lentils Yellow Split 1kg		£2.99
Marrowfat Peas 1kg		£3.25
Mung Beans Org1kg	Organic	£4.49
Pintos Org1kg	Organic	£3.99
Soya Beans Org1kg	Organic	£2.99
Soya Beans Org25kg	Organic	£44.24
Split Fava Beans Org1kg	Organic	£3.29
Split Peas Green Org1kg	Organic	£2.85
Split Peas Yellow 1kg		£1.99
Split Peas Yellow Org1kg	Organic	£2.85

Seasoning&Ingredients-P

Black Salt 250g		£2.35
Bouillon Powder Org YF100g	Organic	£1.45
Bouillon Powder Org YF250g	Organic	£3.29
Bouillon Powder Org100g	Organic	£1.45
Bouillon Powder Org250g	Organic	£3.29
Breadcrumbs Wholewheat Org500g	Organic	£2.39
Gravy Mix 100g		£1.49
Gravy Mix 200g		£2.79
Nut Roast 250g		£2.99
Nut Roast 500g		£5.59
Sea Salt Coarse 1kg		£1.29

Sea Salt Coarse 500g		£0.99
Sea Salt Fine 1kg		£1.29
Sea Salt Fine 500g		£0.99
Textured Vegetable Protein (TVP) Soya Org2	Organic	£2.05
Textured Vegetable Protein (TVP) Soya Org5	Organic	£3.79
Tomato Sun-Dried Org100g	Organic	£1.55
Tomato Sun-Dried Org250g	Organic	£3.55
Tomato Sun-Dried Org500g	Organic	£6.65
Yeast Flakes Org100g	Organic	£2.65
Yeast Flakes Org250g	Organic	£6.35

Seeds-P

Chia Seeds Org250g	Organic	£1.89
Chia Seeds Org500g	Organic	£3.49
Hemp Seed Org1kg	Organic	£6.99
Hemp Seed Org500g	Organic	£3.59
Linseed Ground 500g		£1.49
Linseed Org1kg	Organic	£3.99
Linseed Org25kg	Organic	£77.39
Linseed Org3kg	Organic	£9.99
Linseed Org500g	Organic	£2.09
Poppy Seed Org250g	Organic	£2.25
Pumpkin Seed Org1kg	Organic	£7.29
Pumpkin Seed Org250g	Organic	£1.99
Pumpkin Seed Org3kg	Organic	£20.49
Pumpkin Seed Org500g	Organic	£3.79
Sesame Seed Hulled Org250g	Organic	£1.69
Sesame Seed Org250g	Organic	£1.75
Sesame Seed Org500g	Organic	£3.19
Sprouting Mix Org500g	Organic	£2.19
Sunflower Seeds Org1kg	Organic	£3.99
Sunflower Seeds Org250g	Organic	£1.35
Sunflower Seeds Org3kg	Organic	£10.99
Sunflower Seeds Org500g	Organic	£2.19

Snacks-P

Almonds R&S100g		£2.25
Almonds R&S1kg		£19.99
Almonds R&S250g		£5.49
Bombay Mix 100g		£0.89
Bombay Mix 1kg		£3.79
Bombay Mix 250g		£1.29
Cashews Pepper 100g		£2.69
Cashews Pepper 250g		£6.39
Cashews Pepper 500g		£12.29
Cashews Roasted 100g		£2.69
Cashews Roasted 250g		£6.39
Cashews Roasted 500g		£12.29
Cashews Spicy 100g		£2.69
Cashews Spicy 250g		£6.39

Cashews Spicy 500g		£12.29
Chickpea Noodles 100g		£0.89
Chickpea Noodles 250g		£1.39
Chickpea Noodles 500g		£2.49
Garlic Gathia 100g		£0.89
Garlic Gathia 250g		£1.39
Garlic Gathia 500g		£2.49
Mixed Nuts R&S100g	Roasted & Salted	£2.15
Mixed Nuts R&S250g	Roasted & Salted	£5.19
Mountain Mix 1kg		£6.49
Mountain Mix 250g		£1.75
Mountain Mix 3kg		£16.99
Peanuts Roasted 1kg		£5.89
Peanuts Roasted 250g		£1.69
Pistachios RS 100g	Roasted & Salted	£2.19
Pistachios RS 1kg	Roasted & Salted	£19.59
Pistachios RS 250g	Roasted & Salted	£5.39
Pistachios RS 500g	Roasted & Salted	£10.29
Pistachios RS Org100g	Organic	£2.75
Pistachios RS Org250g	Organic	£6.45
Pistachios RS Org500g	Organic	£12.45
Spiced Chickpeas 100g		£0.89
Spiced Chickpeas 250g		£1.39
Spiced Chickpeas 500g		£2.49
Trail Mix 1kg		£6.99
Trail Mix 250g		£1.99
Trail Mix 3kg		£18.99