

GENERAL GROCERY PRICELIST

Updated 02/07/2024

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

Department	Branded	
Row Labels	Org?	Average of Price
Cereals&Purees-B		
Biona Mango Chunks 400g	Organic	£2.89
Case Probios Puree Sealed Box 100g x 18	Organic	£11.40
Clearspring Puree Apricot Apple 100g x 2	Organic	£1.79
Clearspring Puree Blueberry Apple 100g x 2	Organic	£1.79
Clearspring Puree Mango Apple 100g x 2	Organic	£1.79
Clearspring Puree Pear 100g x 2	Organic	£1.79
Clearspring Puree Strawberry Apple 100g x 2	Organic	£1.79
Coteaux Fruit Puree Apple Apricot 360g	Organic	£2.99
Coteaux Fruit Puree Apple Blackcurrant 360g	Organic	£2.99
Coteaux Fruit Puree Apple Blueberry 360g	Organic	£3.39
Coteaux Fruit Puree Apple Mango 360g	Organic	£2.99
Coteaux Fruit Puree Apple Peach 360g	Organic	£2.99
Coteaux Fruit Puree Apple Raspberry 360g	Organic	£3.39
Doves Ancient Grain Breakfast Flakes 375g	Organic	£3.89
Doves Ancient Grain Hoops 300g	Organic	£3.69
Doves Cornflakes 325g	Organic	£2.59
Doves GF Oats 430g	Organic	£2.38
Ellas Baby S1 Apple Banana 120g	Organic	£1.25
Ellas Baby S1 Broccoli Pear Pea 120g	Organic	£1.25
Ellas Baby S1 Butternut Carrot Prune 120g	Organic	£1.25
Ellas Baby S1 Carrot Apple Parsnip 120g	Organic	£1.25
Ellas Baby S1 Peach Banana 120g	Organic	£1.25
Ellas Baby S1 Spinach Apple Swede 120g	Organic	£1.25
Ellas Baby S1 Strawberry Apple 120g	Organic	£1.25
Ellas Baby S1 Sweet Potato Carrot Broccoli 120g	Organic	£1.25
Ellas Baby S1 Sweet Potato Pumpkin 120g	Organic	£1.25
Ellas S2 Baby 4 Bean Feast 130g	Organic	£1.69
Ellas S2 Baby Lentil Bake 130g	Organic	£1.69
Ellas Smoothie Green One 90g	Organic	£0.95
Ellas Smoothie Purple One 90g	Organic	£0.95
Ellas Smoothie Red One 90g	Organic	£0.95
Ellas Smoothie Yellow One 90g	Organic	£0.95
Essential Apple Puree 360g	Organic	£1.69
Essential Pineapple Chunks 400g	Organic	£2.59
Hodmedod Puffed Quinoa 150g	Organic	£2.60
Ibis Rice Popped Cereal 275g	Organic	£2.59
Meridian Mincemeat 320g	Organic	£3.39
Natures Path Millet Rice 375g	Organic	£3.40
Rude Health Puffed Oats 175g		£1.79
Rude Health Spelt Flakes 300g		£2.79
Suma GF Porridge Oats 750g	Organic	£3.99
Flours&Baking-B		
Amisa Chestnut Flour 350g	Organic	£4.89

Castagno Wholegrain Durum Wheat Flour 1kg	Organic	£0.99
Cool Chile Masa Harina 500g		£4.49
Doves Bread Flour White 1.5kg	Organic	£2.19
Doves Bread Flour Wholemeal 1.5kg	Organic	£1.99
Doves Buckwheat Flour 1kg	Organic	£3.75
Doves Einkorn Flour 1kg	Organic	£2.99
Doves GF Bread Flour White 1kg		£2.49
Doves GF Pastry Flour White 1kg		£2.49
Doves GF Self Raise Flour White 1kg		£2.49
Doves Malthouse Flour 1kg	Organic	£1.99
Doves Pasta Pizza Flour 1kg	Organic	£1.99
Doves Pastry Flour Brown 1kg	Organic	£1.49
Doves Pastry Flour White 1kg	Organic	£1.59
Doves Quick Dry Yeast 125g		£1.49
Doves Rye Flour 1kg	Organic	£1.89
Doves Self Raise Flour Brown 1kg	Organic	£1.59
Doves Self Raise Flour White 1kg	Organic	£1.59
Doves Spelt Flour White 1kg	Organic	£2.89
Doves Spelt Flour Wholemeal 1kg	Organic	£2.49
Doves Xanthan Gum 100g		£3.49
Dr Oetker Lemon Extract 35ml		£1.25
Heygates Canadian Flour 16kg		£16.59
Hodmedod Fava Bean Flour 500g		£2.19
Hodmedod Green Pea Flour 500g		£2.19
Hodmedod Marrowfat Pea Flour 500g	Organic	£2.19
Hodmedod White Quinoa Flour 500g		£2.99
Hodmedod Yellow Pea Flour 500g		£2.19
Madecasse Pure Vanilla Extract 118ml		£7.85
Madecasse Pure Vanilla Extract 59ml		£4.29
Natco Gram Flour 2kg		£2.99
Natco Gram Flour 500g		£1.15
Probios Agar Agar Flakes 25g	Organic	£3.19
Raw Choc Co Cacao Butter 200g	Organic	£5.59
Raw Choc Co Cacao Nibs 150g	Organic	£3.49
Raw Choc Co Cacao Powder 180g	Organic	£3.89
Shipton Mill 3 Malt Sunflower Brown Bread Flour 1kg	Organic	£2.29
Shipton Mill Wholegrain Flour 2.5kg	Organic	£4.49
Steenbergs Lemon Extract 100ml	Organic	£4.59
Steenbergs Orange Extract 100ml	Organic	£4.59
Steenbergs Peppermint Extract 100ml	Organic	£4.59
Steenbergs Rose Water 100ml	Organic	£3.59
Steenburgs Almond Extract 100ml		£6.15
Steenburgs Orange Blossom Water 100ml	Organic	£3.89
Suma Veg Suet 250g		£3.49
Taylor Colledge Vanilla Bean Extract 100ml	Organic	£7.79
Watermill Granarius Flour 1kg	Organic	£2.19
Watermill Wholemeal Flour 1kg		£1.79
FruitSeed&Nut-B		
Coop Pine Nuts 100g		£3.49

Crazy Jack Figs 200g	Organic	£2.99
Crazy Jack Prunes 200g	Organic	£2.99
Hodmedod UK Chia Seeds 300g		£3.29
Linwoods Flaxseed 425g	Organic	£5.49
Organico Cooked Chestnuts 200g	Organic	£3.89
Sky Sprouts Seeds Alfalfa 100g		£3.59
Sky Sprouts Seeds Broccoli Raab 100g		£3.79
Sky Sprouts Seeds China Rose Radish 100g		£3.59
Sky Sprouts Seeds Red Clover 100g		£4.69
Tropical Wholefood Banana Chips 150g		£1.89
Tropical Wholefood Banana Slices Bogoya 125g	Organic	£2.65
Tropical Wholefood Mango 100g	Organic	£2.65
Tropical Wholefood Pineapple 100g		£3.09
Yaoh Hulled Hemp Seed 125g	Organic	£3.29
Zaytoun Medjoul Dates 250g		£4.69

Ingredients-B

Biona Banana Blossom 400g	Organic	£2.25
Biona Chickpeas 400g	Organic	£0.89
Biona Chopped Tomatoes with Basil 400g	Organic	£1.39
Biona Coconut Milk 400ml	Organic	£1.89
Biona Edamame Beans 200g	Organic	£1.59
Biona Flageolet Beans 400g	Organic	£1.59
Biona Light Coconut Milk 400ml	Organic	£1.69
Biona Passata 680g	Organic	£1.49
Biona Pinto Beans 400g	Organic	£1.35
Biona Puy Lentils 400g	Organic	£1.25
Case Biona Light Coconut Milk 400ml x 6	Organic	£9.10
Case Cocofina Coconut Milk 400ml x 6	Organic	£8.59
Case Cocofina Light Coconut Milk 400ml x 6	Organic	£8.59
Classico Black Beans 400g	Organic	£0.89
Classico Borlotti Beans 400g	Organic	£0.89
Classico Butter Beans 400g	Organic	£0.99
Classico Cannellini Beans 400g	Organic	£0.89
Classico Case Black Beans 400g x 12	Organic	£9.60
Classico Case Borlotti Beans 400g x 12	Organic	£9.60
Classico Case Butter Beans 400g x 12	Organic	£10.70
Classico Case Cannellini Case 400g x 12	Organic	£9.60
Classico Case Chick Peas 400g x 12	Organic	£10.70
Classico Case Chopped Tomato 400g x 12	Organic	£10.26
Classico Case Kidney Beans 400g x 12	Organic	£9.60
Classico Case Mixed Beans 400g x 12	Organic	£9.60
Classico Case Peeled Tomato 400g x 12	Organic	£10.26
Classico Chick Peas 400g	Organic	£0.99
Classico Chopped Tomatoes 400g	Organic	£0.95
Classico Green Peas 400g	Organic	£0.89
Classico Lentils 400g	Organic	£0.89
Classico Mixed Beans 400g	Organic	£0.89
Classico Passata Sauce 680g	Organic	£1.19
Classico Peeled Tomatoes 400g	Organic	£0.95

Classico Red Kidney Beans 400g	Organic	£0.89
Clearspring Nori Seaweed 25g		£3.49
Cocofina Coconut Milk 400ml	Organic	£1.59
Cocofina Coconut Milk Light 400ml	Organic	£1.59
Cocofina Coconut Whipping Cream 400ml	Organic	£1.99
Cool Chile Whole Guajillo 50g		£4.29
Coop Case Peeled Tomatoes 400g x 24		£14.00
Coop Peeled Tomatoes 400g		£0.65
Coop Tomato Puree 200g		£0.89
Essential Case Coconut Milk 400ml x 6	Organic	£9.99
Essential Coconut Milk 400ml	Organic	£1.85
Essential Sweetcorn Jar 350g	Organic	£1.99
Essential Young Jackfruit 400g	Organic	£2.58
Hodmedod Carlin Peas 400g	Organic	£1.39
Hodmedod Dried Carlin Peas 500g	Organic	£1.69
Hodmedod Fava Beans 400g	Organic	£1.39
Hodmedod Haricot Beans 400g		£0.99
Kingfisher Bamboo Shoots 225g		£0.99
Kingfisher Water Chestnuts 225g		£0.99
La Fiammante Tomatoes with Basil 400g		£1.19
Mas Coconut Milk Reduced Fat 400ml	Organic	£1.59
Mr Organic Aduki Beans 400g	Organic	£1.35
Natco Case Chick Peas 400g x 12		£5.29
Natco Chick Peas 400g		£0.49
Organic Kitchen Coconut Milk 200ml	Organic	£1.09
Organic Kitchen Coconut Milk 400ml	Organic	£1.59
Organic Kitchen Creamed Coconut 200g	Organic	£1.99
Sara Tomato Puree Tin 400g		£1.55
Seggiano Semi Fresh Basil 18g	Organic	£2.99
Seggiano Semi Fresh Coriander 18g	Organic	£2.99
Seggiano Semi Fresh Dill 18g	Organic	£2.99
Seggiano Semi Fresh Parsley 18g	Organic	£2.99
Sofra Stuffed Cabbage Leaves 280g		£1.99
Suma Beluga Lentils 400g	Organic	£1.09
Suma Black Chickpeas 400g	Organic	£0.99
Suma Butter Beans 400g	Organic	£0.89
Suma Cherry Tomatoes 400g	Organic	£1.19
Suma Chick Peas 400g	Organic	£0.99
Suma Chick Peas Case 400g x 12	Organic	£10.70
Suma Edamame Beans 200g	Organic	£1.49
Suma Mixed Beans 400g	Organic	£0.89
Suma Red Kidney Beans 400g	Organic	£0.89
Suma Sweetcorn 340g	Organic	£1.49
Suma Tomato Puree 200g	Organic	£1.59
Tropical Wholefood Porcini Mushrooms 30g		£3.29
Tropical Wholefood Shiitake Mushrooms 50g		£3.29
Vitale Passata Box 500g		£1.25
Wild Irish Atlantic Wakame 40g	Organic	£3.79
Wild Irish Carrageen Moss 40g	Organic	£3.79
Wild Irish Dillisk Dulse Seaweed 40g	Organic	£3.79

Wild Irish Kombu Kelp 40g	Organic	£3.79
Wild Irish Sea Salad 40g	Organic	£3.79
Wild Irish Sea Salad Sprinkles 50g	Organic	£4.69
Wild Irish Sugar Kelp 40g	Organic	£3.79
Yakso Garlic Paste 100g	Organic	£2.49
Yakso Rice Paper x15	Organic	£2.99
Yakso Tamarind Concentrate 120g	Organic	£2.29

Juice&Water-B

Belvoir Elderflower Cordial 500ml	Organic	£4.99
Belvoir Ginger Cordial 500ml	Organic	£4.99
Biona Blueberry Juice 330ml	Organic	£7.19
Biona Carrot Juice 750ml	Organic	£3.29
Biona Pomegranate Juice 1 Ltr	Organic	£5.99
Biona Pomegranate Juice 200ml	Organic	£2.25
Biona Pure Cranberry Juice 330ml	Organic	£4.99
Biona Tart Cherry Juice 200ml	Organic	£2.49
Biona Tomato Juice 750ml	Organic	£2.99
Biona Vegetable Juice 500ml	Organic	£1.99
Carey AJ 750ml 01	Organic	£2.99
Carey AJ 750ml 02	Organic	£2.99
Carey AJ 750ml 03	Organic	£2.99
Carey AJ 750ml 04	Organic	£2.99
Carey Apple Juice Various 750ml	Organic	£2.99
Cawston Apple Beetroot Juice 1 Ltr		£2.79
Cawston Apple Cloudy Juice 1 Ltr		£2.59
Cawston Apple Elderflower Juice 1 Ltr		£2.59
Cawston Apple Ginger Juice 1 Ltr		£2.59
Cawston Apple Rhubarb Juice 1 Ltr		£2.59
ChariTea Iced Black Tea 330ml	Organic	£1.59
ChariTea Iced Mate Tea 330ml	Organic	£1.59
ChariTea Iced Rooibos Tea 330ml	Organic	£1.59
Cocofina Coconut Water 1 Ltr	Organic	£3.89
Coop Apple Juice 1 Ltr		£1.25
Coop Apple Juice Case 1 Ltr x 12		£13.50
Coop Orange Juice 1 Ltr		£1.65
Coop Orange Juice Case 1 Ltr x 12		£17.80
Coop Pineapple Juice 1 Ltr		£1.25
Coop Tomato Juice 1 Ltr		£1.25
Coteaux Juice Apple Cherry 750ml	Organic	£4.19
Coteaux Juice Apple Mango 750ml	Organic	£3.99
Coteaux Juice Apple Quince 750ml	Organic	£3.99
Coteaux Juice Red Grape 750ml	Organic	£4.99
Coteaux Juice White Grape 750ml	Organic	£4.19
Coteaux Sparkling Apple 750ml	Organic	£3.99
Coteaux Sparkling Apple Blackcurrant 750ml	Organic	£4.49
Coteaux Sparkling Apple Passionfruit 750ml	Organic	£4.49
Cultured Food Co Beet Kvass 500ml	Organic	£3.75
Delizum Tropical Juice 200ml	Organic	£1.29
Eager Apple Juice 1 Ltr		£2.49

Eager Orange Juice Smooth 1 Ltr		£2.79
Eager Orange Juice with Bits 1 Ltr		£2.79
Eager Pineapple Juice 1 Ltr		£2.79
Eager Pink Grapefruit Juice 1ltr		£2.65
James White Apple Ginger Juice 250ml	Organic	£1.25
James White Apple Mango Juice 200ml x3	Organic	£2.39
James White Apple Summer Berries Juice 250ml		£1.19
James White Beetroot Juice 750ml	Organic	£2.79
James White Carrot Apple Juice 250ml	Organic	£1.25
James White Ginger Shots 330ml	Organic	£3.79
James White Mixed Vegetable Juice 750ml	Organic	£2.99
James White Pear Juice 250ml	organic	£1.25
James White Pear Juice 750ml	Organic	£2.99
James White Pear Raspberry Juice 750ml	Organic	£3.99
James White Prune Juice 750ml		£2.99
James White Tomato Juice 750ml	Organic	£2.99
One Water Still 330ml		£0.89
Suma Apple Blackcurrant Concentrate 400ml	Organic	£5.99
Suma Apple Concentrate 400ml	Organic	£4.99
Suma Case Kombucha Elderflower Lemon 250ml x 24	Organic	£30.40
Suma Case Kombucha Ginger 250ml x 24	Organic	£34.40
Suma Case Kombucha Peach Turmeric 250ml x 24	Organic	£34.40
Suma Case Kombucha Strawberry Raspberry 250ml x 24	Organic	£34.40
Suma Kombucha Elderflower Lemon 250ml	Organic	£1.59
Suma Kombucha Ginger 250ml	Organic	£1.59
Suma Kombucha Peach Turmeric 250ml	Organic	£1.59
Suma Kombucha Strawberry Raspberry 250ml	Organic	£1.59
Sunita Sicilian Orange Juice 1 Ltr	Organic	£3.99
Vita Core Prune Juice 500ml	Organic	£4.69
Wigwig Case Sparkling Water 750ml x 12		£10.69
Wigwig Case Still Water 750ml x 12		£10.69
Wigwig Sparkling Water 750ml		£0.99
Wigwig Still Water 750ml		£0.99

Milks-B

Bridge Choc Rice Drink 250ml	Organic	£0.95
Case EcoMil Almond Milk 1 Ltr x 6	Organic	£15.05
Case EcoMil Cashew Milk 1 Ltr x 6	Organic	£15.05
Case EcoMil Coconut Milk 1 Ltr x 6	Organic	£15.05
Case Ecomil Hazelnut Milk 1 Ltr x 6	Organic	£15.05
Case EcoMil Hemp Milk 1 Ltr x 6	Organic	£15.05
Case Isola Bio Almond Rice 1 Ltr x 6	Organic	£12.40
Case Isola Bio Hazelnut Rice Milk 1 Ltr x 6	Organic	£12.40
Case Isola Bio Oat Milk 1 Ltr x 6	Organic	£10.20
Case Isola Bio Rice Milk 1 Ltr x 12	Organic	£18.90
Case Isola Bio Soya Drink 1 Ltr x 6	Organic	£9.45
Case Minor Figures Case Oat Milk 1 Ltr x 6	Organic	£10.35
Case Oatly Barista 1 Ltr x 6	Organic	£10.75
Case Oatly Oat Milk 1 Ltr x 6	Organic	£8.95
Case Sojade Soy Milk Mild 1Ltr x 8	Organic	£16.50

Case Sojade Soy Milk Natural 1 Ltr x 8	Organic	£14.35
Ecomil Almond Milk 1 Ltr	Organic	£2.79
Ecomil Coconut Milk 1 Ltr	Organic	£2.79
Ecomil Hazelnut Milk 1 Ltr	Organic	£2.79
Ecomil Hemp Milk 1 Ltr	Organic	£2.79
Ecomill Cashew Milk 1 Ltr	Organic	£2.79
Isola Bio Almond Rice Milk 1 Ltr	Organic	£2.29
Isola Bio Hazelnut Rice Milk 1 Ltr	Organic	£2.29
Isola Bio Oat Milk 1 Ltr	Organic	£1.89
Isola Bio Rice Milk 1 Ltr	Organic	£1.75
Isola Bio Soya Drink 1 Ltr	Organic	£1.75
Minor Figures Oat Milk Barista 1 Ltr	Organic	£1.95
Oatly Barista Oat Drink 1 Ltr	Organic	£1.99
Oatly Cream 250ml	Organic	£0.89
Oatly Oat Milk 1 Ltr	Organic	£1.65
Overherd Oat Drink Powder 400g		£7.59
Overherd Oat Drink Powder 800g		£12.99
Rice and Rice Almond Rice Drink 1 Ltr	Organic	£2.29
Rice Dream Original 1 Ltr	Organic	£1.38
Sojade Milk Calcium Rice 1 Ltr	Organic	£1.75
Sojade Milk Soy Mild 1 Ltr	Organic	£2.29
Sojade Milk Soy Natural 1 Ltr	Organic	£1.99
Sojade Soya Cream 200ml	Organic	£1.09
Soon Milk Hemp 1 Ltr	Organic	£2.65
Vitasi Case Soya Milk Unsweetened 1 Ltr x 10	Organic	£13.39
Vitasi Soya Milk Unsweetened 1 Ltr	Organic	£1.49

Oils-B

Arcadia Olive Oil 1 Ltr	Organic	£17.99
Arcadia Olive Oil 3 Ltr	Organic	£49.99
As Pontis Olive Oil 1 Ltr	Organic	£19.49
As Pontis Olive Oil 3 Ltr	Organic	£26.99
As Pontis Olive Oil 5 Ltr	Organic	£42.99
As Pontis Olive Oil 500ml	Organic	£10.49
Biona Flax Seed Oil 250ml	Organic	£4.49
Biona Sunflower Frying Oil 750ml	Organic	£4.99
Biona Toasted Sesame Oil 250ml	Organic	£4.45
Clearspring Avocado Oil 250ml	Organic	£7.99
Clearspring Flax Oil 250ml	Organic	£4.29
Clearspring Hemp Oil 250ml	Organic	£6.99
Clearspring Safflower Oil 500ml	Organic	£7.19
Clearspring Toasted Sesame Oil 500ml	Organic	£8.69
Cocofina Coconut Oil 350ml	Organic	£4.29
Cocofina Coconut Oil 500ml	Organic	£6.99
Cocofina Coconut Oil Odourless 500ml	Organic	£3.89
Coop Sunflower Oil 1 Ltr		£2.15
Ecoato Olive Oil Unfiltered 1 Ltr	Organic	£18.49
Ecoato Olive Oil Unfiltered 3 Ltr	Organic	£48.99
Essential Coconut Oil 210ml	Organic	£3.29
Essential Coconut Oil 690ml	Organic	£8.59

Essential Sesame Oil 500ml	Organic	£6.89
Essential Sunflower Oil 5 Ltr	Organic	£19.99
Essential Sunflower Oil 500ml	Organic	£2.99
Good Hemp Seed Oil 500ml		£5.89
Greek Hellenic Olive Oil 500ml		£7.99
Greek Hellenic Olive Oil 750ml		£10.89
Lehnsgaard Rapeseed Oil 5 Ltr	Organic	£27.49
Lehnsgaard Rapeseed Oil 700ml	Organic	£4.89
Olive Branch Lemon Olive Oil 250ml		£3.69
Olive Branch Olive Oil 1 Ltr		£9.69
Olive Branch Olive Oil 5 Ltr		£37.29
Olivi Olive Oil 1 Ltr	Organic	£17.99
Olivi Olive Oil 3 Ltr	Organic	£49.99
Olivi Olive Oil 5 Ltr	Organic	£78.99
Olivi Olive Oil 500ml	Organic	£9.89
Organic Kitchen Coconut Oil 900g	Organic	£9.59
Organico Olive Oil 500ml	Organic	£9.39
Organico Rapeseed Oil 500ml	Organic	£3.09
Organico Sunflower Oil 500ml	Organic	£3.09
Stringer Organic Rapeseed Oil 500ml	Organic	£5.49
Suma Coconut Oil Odourless 650g	Organic	£5.95
Suma Creamed Coconut 200g	Organic	£2.19
Zaytoun Olive Oil 500ml		£12.99

Pasta&Grains-B

Amaizin Taco Shells x 12	Organic	£2.59
Bio Idea Gomitini Macaroni 500g	Organic	£1.89
Bio Idea Tagliatelle 500g	Organic	£1.89
Biona Fusilli Spirals 500g	Organic	£1.49
Biona Wholewheat Linguine 500g	Organic	£1.99
Biona Wholewheat Macaroni 500g	Organic	£1.99
Blue Dragon Wholewheat Noodles 250g		£1.75
Castagno Buckwheat Fusilli 250g	Organic	£2.19
Castagno Chickpea Fusilli 250g	Organic	£1.99
Castagno Corn Fusilli 250g	Organic	£1.29
Castagno Green Pea Fusilli 250g	Organic	£1.99
Castagno Risone Orzo Pasta 500g	Organic	£1.29
Castagno Spelt Fusilli Spirals 500g	Organic	£2.09
Castagno Spelt Lasagne 250g	Organic	£2.29
Castagno Spelt Penne 500g	Organic	£2.19
Castagno Spelt Spaghetti 500g	Organic	£2.19
Castagno Wholewheat Fusilli 500g	Organic	£0.99
Castagno Wholewheat Penne 500g	Organic	£0.99
Castagno Wholewheat Spaghetti 500g	Organic	£0.99
Clearspring White Sushi Rice 500g	Organic	£3.19
Doves Lasagne Maize Rice 250g	Organic	£2.69
Hodmedod Barley Flakes 500g		£1.99
Hodmedod Organic UK Quinoa 500g	Organic	£3.85
Hodmedod Smoked UK Quinoa 300g		£2.85
Iris Bulk Fusilli 5kg	Organic	£10.69

Iris Bulk Penne 5kg	Organic	£10.69
King Soba Brown Rice Noodles 250g	Organic	£2.49
King Soba Buckwheat Noodles 250g	Organic	£2.49
King Soba Millet Brown Rice Noodle 250g	Organic	£2.49
King Soba Pad Thai Noodles 250g	Organic	£2.49
King Soba Thai Rice Noodle 250g	Organic	£2.49
Probios Chifferi Brown Rice Pasta 250g	Organic	£1.79
Probios Gnocchi Corn 250g	Organic	£1.99
Probios Gnocchi Wholewheat 250g	Organic	£1.99
Probios Lasagne Sheets 500g	Organic	£2.99
Probios Macaroni 500g	Organic	£1.69
Probios Red Lentil Fusilli 250g	Organic	£2.59
Suma Fusilli Spirals 500g	Organic	£1.20
Suma GF Brown Rice Fusilli 500g	Organic	£2.99
Suma GF Corn Rice Penne 500g	Organic	£2.69
Suma GF Oat Casarecce Pasta 340g	Organic	£2.49
Suma GF Oat Linguine 340g	Organic	£2.59
Suma GF Oat Rigatoni Pasta 340g	Organic	£2.49
Suma Penne 500g	Organic	£1.39
Suma Spaghetti 500g	Organic	£1.20
Sunita Polenta 500g	Organic	£1.39
Zaytoun Maftoul 200g	Organic	£2.99
Zaytoun Smoky Freekeh 200g		£2.99

PreparedFood-B

Adonis Falafel Mix 200g		£1.29
BioAgros Giant Baked Beans 280g	Organic	£3.59
BioAgros Stuffed Vine Leaves 280g	Organic	£3.25
Biona Giant Beans 230g	Organic	£1.95
Biona Refried Pinto Beans 400g	Organic	£1.99
Biona Sun Dried Tomatoes 170g	Organic	£4.49
Carleys Preserved Lemons 700g	Organic	£4.89
CASE Suma Baked Beans 400g x 12	Organic	£10.70
Case Suma Baked Beans Low Sugar 400g x 12	Organic	£10.70
Classico Arrabbiata Sauce 350g	Organic	£2.19
Classico Bolognese Sauce 350g	Organic	£2.19
Classico Tomato Basil Sauce 350g	Organic	£2.19
Clearspring Silken Tofu 300g	Organic	£1.75
Conchitas Adobo 275ml		£4.79
Conchitas Chipotle 275ml		£4.79
Conchitas Mango Habanero Salsa 275ml		£4.79
Conchitas Salsa Verde Chipotle 275ml		£4.79
Cooks and Co Artichoke Hearts 390g		£2.49
Cooks and Co Vine Leaves 380g		£2.45
Crespo Sliced Black Olives 198g		£1.15
Cultured Food Co Beetroot with Ginger 400g	Organic	£4.99
Cultured Food Co Kimchi 300g	Organic	£4.85
Cultured Food Co Raw Sauerkraut 400g	Organic	£4.99
Cultured Food Co Raw Sauerkraut Chilli Dill 400g	Organic	£4.99
Cultured Food Co Raw Sauerkraut Juniper Berry 400g	Organic	£4.99

Cultured Food Co Raw Sauerkraut Ruby Red 400g	Organic	£4.99
DAmico Artichoke and Herbs 280g		£3.89
Essential Lentil Pumpkin Soup 680g	Organic	£2.99
Essential Sauerkraut 360g	Organic	£1.69
Eswatini Vegetable Pickle 250g		£3.19
Geo Bhuna Curry Paste 180g	Organic	£3.39
Geo Korma Curry Paste 180g	Organic	£3.39
Geo Madras Curry Paste 180g	Organic	£3.39
Geo Thai Green Curry Paste 180g	Organic	£3.39
Geo Thai Yellow Curry Paste 180g	Organic	£3.35
Geo Tikka Masala Curry Paste 180g	Organic	£3.39
Grannys Secret Ayvar Spread 200g		£3.29
Grannys Secret Hot Ayvar Spread 200g		£3.29
Granovita Nut Luncheon 420g		£2.69
Greek Kitchen Dolmades 280g		£2.89
Greek Kitchen Roasted Peppers 450g		£2.69
Mani Blaeul SD Tomatoes 180g	Organic	£3.45
Mani Blaeul Capers in Olive Oil 180g	Organic	£3.75
Mani Blaeul Olive Paste Kalamata 180g	Organic	£3.45
Mani Blaeul Raw Green Olives 205g	Organic	£3.45
Mani Blaeul Raw Kalamata Olives 205g	Organic	£3.45
Mani Blaeul SD Tomato Spread 180g		£3.45
Marigold Braised Tofu 225g		£3.25
Marigold Tunah 170g		£3.49
Mekhala Lemongrass Turmeric Paste 100g	Organic	£3.79
Mekhala Yellow Massaman Curry Paste 100g	Organic	£3.79
Melis Cabbage Leaves 650g		£1.99
Morgiel Gherkins in Brine 820g	Organic	£3.49
Morgiel Gherkins wRed Peppers 670g	Organic	£3.09
Morgiel Sauerkraut 680g	Organic	£2.45
Morgiel Sauerkraut wCarrot 680g	Organic	£2.45
Mr Organic Brazilian Style Black Beans 400g	Organic	£1.89
Mr Organic Dip Black Bean Red Pepper 230g	Organic	£3.09
Mr Organic Dip Butter Bean Yellow Pepper 230g	Organic	£3.09
Mr Organic Dip Chickpea Tomato 230g	Organic	£3.09
Mr Organic Grilled Peppers 190g	Organic	£3.49
Mr Organic Pesto Aubergine 130g	Organic	£2.89
Mr Organic Pesto Basil 130g	Organic	£2.89
Mr Organic Pesto Basil Chilli 130g	Organic	£2.89
Mr Organic Pesto Grilled Pepper 130g	Organic	£2.89
Mr Organic Pesto Tomato Olive 130g	Organic	£2.89
Mr Organic Tomato Lentil Soup 400g	Organic	£1.89
Mucho Gusto Salsa Rossa 180g	Organic	£3.59
Natco Poppadoms 200g		£1.15
Niko Raw Kalamata Olives 370g	Organic	£2.75
Nutrimento Sauce Arrabbiata 280g	Organic	£2.09
Nutrimento Sauce Basil 280g	Organic	£1.99
Nutrimento Sauce Olive Caper 280g	Organic	£2.49
Nutrimento Soya Bolognese Sauce 280g	Organic	£2.59
Olive Branch Aubergine Basil Dip 190g		£2.59

Olive Branch SD Tomato Mix 190g		£2.59
Olive Branch Tapenade Fig Mint 180g		£2.99
Olivi Pitted Raw Kalamata Olives 370g	Organic	£2.85
Organic Kitchen Mayo 240ml	Organic	£2.39
Organic Kitchen Mayo Garlic 240ml	Organic	£2.39
Organico Artichoke Hearts 190g	Organic	£3.89
Organico Capers In Brine 250g	Organic	£2.79
Organico Sun Dried Tomatoes 190g	Organic	£3.39
Parthenon Black Olives 250g		£1.69
Parthenon Kalamata Olives 250g		£1.69
Parthenon Mediterranean Mix Olives 250g		£1.69
Rifco Casserole Spanish Chickpea 400g	Organic	£2.79
Rifco Soup Mexican Bean 400g	Organic	£2.05
Rifco Soup Moroccan Chickpea 400g	Organic	£2.05
Rifco Soup Sri Lankan Lentil Coconut 400g	Organic	£2.05
Seggiano Basil Pesto 200g		£6.19
Seggiano Red Pesto 200g		£6.19
Shropshire Sage Onion Stuffing 150g		£1.39
Sofra Falafel Mix 200g		£1.49
Sofra Vine Leaves 400g		£1.99
Soia Bechamel Sauce 500ml	Organic	£2.09
Sojade Dessert Chocolate 530g	Organic	£1.99
Sojade Dessert Vanilla 530g	Organic	£1.99
Suma Baked Beans 400g	Organic	£0.99
Suma Baked Beans Low Sugar 400g	Organic	£0.99
Suma Black Beans 400g	Organic	£0.89
Suma Cannellini Beans 400g	Organic	£0.89
Suma Edamame Hummus 135g		£2.29
Suma Passata Sauce 690g	Organic	£1.59
Suma Rustic Vegetable Soup 400g	Organic	£1.95
Suma Tuscan Bean Soup 400g	Organic	£1.75
Sunita Genovese Pesto 130g	Organic	£2.99
Tamtad Stuffed Peppers 400g		£1.59
Veggies Hemp Burger Mix 350g		£3.29
Veggies Nut Roast Mix 300g		£3.49
Veggies Sosage Mix 350g		£3.29
Yakso Seitan 400g	Organic	£5.99
Zest Coriander Pesto 165g		£2.79
Zest Pesto 165g		£2.79
Zest Pesto 340g		£4.69
Zest Sun Dried Tomato Paste 170g		£2.79
Seasonings-B		
Aspall Cider Vinegar 5 Ltr	Organic	£17.39
Aspall Cider Vinegar 500ml	Organic	£1.99
Aspall Red Wine Vinegar 350ml	Organic	£1.79
Aspall White Wine Vinegar 350ml	Organic	£1.79
Barries Mayo Miso Sesame 270g		£2.69
Barries Mayo Original 270g		£2.69
Barries Mayo Rosemary Thyme 270g		£2.69

Barries Mayo Scotch Bonnet 270g		£2.69
Barries Mayo Smoked Paprika 270g		£2.69
Belazu Rose Harissa 130g		£3.69
Bio Idea Lemon Juice 1 Ltr	Organic	£5.49
Bio Idea Lemon Juice 250ml	Organic	£1.79
Biona Balsamic Vinegar 500ml	Organic	£4.29
Biona Cider Vinegar with Mother 500ml	Organic	£2.79
Biona Classic Mustard 300ml	Organic	£2.49
Biona Classic Mustard 320ml	Organic	£2.29
Biona Harissa Relish 125g	Organic	£2.65
Biona Soy Sauce 250ml	Organic	£3.89
Biona Wasabi Paste 50g		£3.29
Bracken Hill Apple Chutney 290g		£3.19
Bracken Hill Onion Chutney 290g		£3.19
Bracken Hill Yorkshire Pickle 280g		£3.19
Clearspring Brown Rice Miso 300g	Organic	£4.95
Clearspring Rice Mirin 150ml		£3.99
Clearspring Rice Vinegar 150ml		£2.35
Clearspring Soy Sauce Shoyu 150ml	Organic	£2.59
Clearspring Sushi Ginger 50g	Organic	£3.19
Clearspring Sweet White Miso 250g	Organic	£4.29
Clearspring Tamari Double Strength 1 Ltr	Organic	£16.99
Clearspring Tamari Double Strength 150ml	Organic	£3.49
Clearspring Tamari Single Strength 250ml	Organic	£3.49
Clearspring Teriyaki Sauce 150ml	Organic	£3.89
Clearspring Ume Plum Seasoning 150ml	Organic	£2.59
Cooks and Co Green Chillies 300g		£1.59
Cooks and Co Pepperocini Chilli Peppers 280g		£1.59
Cooks and Co Red Chillies 300g		£1.59
Cool Chile Flakes Ancho 30g		£5.59
Cool Chile Flakes Chipotle 40g		£5.09
Cool Chile Flakes De Arbol 30g		£5.09
Cool Chile Flakes Guajillo 40g		£5.19
Cool Chile Flakes Pasilla 40g		£5.29
Cool Chile Whole Ancho 70g		£4.59
Cool Chile Whole Chipotle 40g		£3.99
Cool Chile Whole De Arbol 20g		£3.99
Cool Chile Whole Mulato 50g		£4.29
Cool Chile Whole Pasilla 50g		£4.29
Coop Sliced Green Jalapeno 230g		£1.25
Crones Cider Perry Vinegar 750ml	Organic	£2.89
Dr Coy Vegetable Bouillon 150g	Organic	£4.39
El Avion Smoked Paprika 75g		£2.69
Encona Hot Pepper Sauce 142ml		£1.35
Essential Wholegrain Mustard 1kg	Organic	£6.89
Essential Wholegrain Mustard 214g	Organic	£2.25
Eswatini Chilli Fire Sauce 275g		£3.19
Eswatini Lime Pickle 275g		£3.19
Eswatini Mango Pickle 275g		£3.19
Harissa Tube 70g		£0.89

Jackys Pantry Mushroom Ketchup 250ml		£3.39
Just Natural Sea Salt Flakes 150g		£1.99
Kitchen Garden Cranberry Sauce 200g	Organic	£4.09
Licorice Root		£0.15
Love Pickle Hot Chilli Tomato 180g		£3.29
Love Pickle Mild Chilli Tomato 180g		£3.29
Love Pickle Super Hot Chilli Tomato 180g		£3.29
Marigold Yeast Flakes B12 100g		£3.79
Mr Organic Ketchup 480g	Organic	£3.45
Mugi Miso Paste 345g		£2.89
Natco Tamarind 400g		£2.15
Natco Tamarind Concentrate 250g		£2.59
Nutmeg		£0.20
Odysea Pomegranate Molasses 250ml		£3.99
Olive Branch Dressing Fig Balsamic 250ml		£3.69
Olive Branch Dressing Orange Balsamic 250ml		£3.69
Organic Kitchen Dijon Mustard 200g	Organic	£1.99
Organic Kitchen Rice Vinegar 250ml	Organic	£2.49
Organic Kitchen Smooth Peanut Butter 1kg	Organic	£7.49
Organic Kitchen Tomato Ketchup 325ml	Organic	£2.25
Pasta Factory Vegan Parmesan 100g		£4.29
River Cottage Veg Stock Classic105g	Organic	£2.79
River Cottage Veg Stock Garlic Herb105g	Organic	£2.79
River Cottage Veg Stock Umami 105g	Organic	£2.79
Saffron 1g		£4.39
Seggiano Balsamic Vinegar 250ml	Organic	£5.89
Suma Balsamic Vinegar 250ml	Organic	£3.79
Suma Mulled Wine Spices x6		£3.69
Sunita Lemon Juice 1 Ltr	Organic	£5.49
Sunita Lemon Juice 250ml	Organic	£1.79
Sunita Lime Juice 250ml	Organic	£1.79
Thai Taste Galangal Minced 114g		£1.95
Thai Taste Kaffir Lime Leaf 114g		£1.89
Thai Taste Lemongrass 114g		£1.89
Thai Taste Thai Basil 114g		£2.39
Truly Simple Garlic Puree 100g		£2.19
Truly Simple Ginger Puree 100g		£2.19
Yakso Oyster Sauce 250ml	Organic	£2.99
Yakso Sambal Oelek 100g	Organic	£1.89
Yakso Soy Sauce 250ml	Organic	£3.69
Zaytoun ZaAtar Spice Mix 80g		£3.69
Snacks-B		
Amaizin Tortilla Chips 150g	Organic	£1.59
Amaizin Tortilla Chips 75g	Organic	£0.99
Amisa Buckwheat Crisp 120g	Organic	£2.49
Biona Quinoa Rice Cake 100g	Organic	£1.39
Break Bio Breadsticks Spelt 125g	Organic	£1.59
Clearspring Corn Cakes 130g	Organic	£1.49
Cool Chile Tomatillo Salsa 260g		£4.89

Coop Italian Breadsticks 125g		£0.75
Coop Oatcakes 250g		£0.79
Crosta Mollica Breadsticks 140g		£1.49
Crosta Mollica Chilli Crostini 150g		£1.69
Crosta Mollica Olive Breadsticks 140g		£1.49
Crosta Mollica Oregano Crostini 150g		£1.69
Dr Karg 3 Seed Crackers 200g	Organic	£2.75
Dr Karg Seeded Spelt Crackerbread 200g	Organic	£2.75
Eat Real Hummus Chips 45g		£0.85
Eat Real Lentil Chips 40g		£0.85
Fiddlers Sea Salt Crisp 150g		£1.99
Fiddlers Sea Salt Crisp 40g		£0.69
Fiddlers Simply Spuds Crisp 150g		£1.99
Fiddlers Simply Spuds Crisp 40g		£0.69
Finn Multi Crispbread 175g		£1.39
Finn Rye Crispbread 250g		£1.39
Hodmedod Roasted Salted Fava Beans 300g		£2.29
Hodmedod Roasted Salted Peas 300g		£2.29
Ibis Rice Cakes Kep Sea Salt Pepper 130g	Organic	£1.39
Ibis Rice Cakes No Salt 130g	Organic	£1.39
Ibis Rice Cakes Salted 130g	Organic	£1.39
Love Corn BBQ 115g		£1.69
Love Corn Chilli 115g		£1.69
Love Corn Sea Salt 115g		£1.69
Mr Organic Linguette Flatbread Classic 150g	Organic	£2.89
Mr Organic Linguette Flatbread Rosemary 150g	Organic	£2.89
Munchy Seeds Sesame Sprinkles 200g		£3.99
Nairns Fine Oatcakes 218g		£1.19
Nairns Oatcakes GF 218g		£1.99
Nairns Scottish Oatcakes 250g	Organic	£1.49
Oceans Halo Seaweed Snack Sea Salt 4g	Organic	£0.89
Origin Earth GF Crispy Bread Crackers 150g		£2.69
Pan Ducale Black Olive Crostini 200g		£1.79
Pan Ducale Rosemary Crostini 200g		£1.79
Purely Plantain Chips Sea Salt 75g		£1.79
Purely Plantain Chips Wild Garlic 75g		£1.79
Riccardi Freselle 375g		£2.69
Sofra Baked Salted Peanuts 180g		£1.19
Taralloro Tarallini Chilli 250g		£2.19
Taralloro Tarallini Classic 250g		£2.19
Taralloro Tarallini Fennel 250g		£2.19
Trafo Corn Peanuts 75g	Organic	£1.79
Trafo Crinkled Paprika Crisp 125g	Organic	£2.59
Trafo Paprika Hummus Chips 75g		£2.39
Trafo Potato Crisps Paprika 40g	Organic	£0.99
Trafo Pretzel Sticks 100g	Organic	£1.29
Trafo Vegetable Crisp 75g	Organic	£2.49
Zemanka Crackers Pumpkin Seed 100g	Organic	£1.49
Zemanka Crackers Seeded Spelt 100g	Organic	£1.49
Zemanka Crackers Sesame 100g	Organic	£1.49

Zemanka Crackers Spelt 100g	Organic	£1.49
Spreads&Jams-B		
Basra Date Syrup 450g		£2.99
Biona Amber Maple Syrup 330g	Organic	£5.69
Biona Brown Rice Syrup 350g	Organic	£3.59
Biona Coconut Butter 250g	Organic	£4.29
Biona Dark Maple Syrup 330g	Organic	£5.69
Biona Date Syrup 350g	Organic	£3.59
Carleys Pumpkin Seed Butter 250g	Organic	£4.69
Essental Vitamin R Yeast Extract 250g		£7.29
Meridian Almond Butter 470g	Organic	£12.49
Meridian Barley Malt 370g		£2.39
Meridian Cashew Butter 170g	Organic	£3.19
Meridian Crunchy Almond Butter 170g		£2.89
Meridian Crunchy Cashew Butter 1kg		£11.99
Meridian Crunchy Hazelnut Butter 170g		£3.39
Meridian Crunchy Peanut Butter 1kg		£6.50
Meridian Crunchy Peanut Butter 280g		£2.75
Meridian Molasses 350ml	Organic	£2.29
Meridian Organic Crunchy Peanut Butter 1kg	Organic	£7.89
Meridian Organic Dark Tahini 270g	Organic	£2.99
Meridian Organic Light Tahini 270g	Organic	£2.99
Meridian Peanut Butter Smooth 1kg		£6.50
Meridian Peanut Butter Smooth 280g		£2.75
Meridian Smooth Almond Butter 170g	Organic	£4.89
Meridian Smooth Almond Butter 1kg		£15.69
Meridian Yeast Extract Added Salt 340g		£4.29
Meridian Yeast Extract LOW SALT 340g		£4.29
Nutcessity Caromel Cashew Butter 170g	Organic	£4.79
Nutcessity Toasted Almond Butter 180g	Organic	£4.35
Organic Kitchen Blackcurrant Jam 340g	Organic	£3.49
Organic Kitchen Orange Marmalade 340g	Organic	£2.59
Organic Kitchen Raspberry Jam 340g	Organic	£3.49
Organic Kitchen Strawberry Jam 340g	Organic	£3.49
Seggiano Cacao Hazelnut Spread 200g	Organic	£5.59
Sofra Date Syrup 400g		£1.95
St Dalfour Apricot Jam 284g		£2.39
St Dalfour Black Cherry Jam 284g		£2.39
St Dalfour Blackberry Jam 284g		£2.39
St Dalfour Blackcurrant Jam 284g		£2.39
St Dalfour Blueberry Jam 284g		£2.39
St Dalfour Fig Royale Jam 284g		£2.39
St Dalfour Four Fruits Jam 284g		£2.39
St Dalfour Heritage Peach Jam 284g		£2.39
St Dalfour Orange Ginger Jam 284g		£2.39
St Dalfour Orange Jam 284g		£2.39
St Dalfour Raspberry Jam 284g		£2.39
St Dalfour Raspberry Pomegranate Jam 284g		£2.39
St Dalfour Strawberry Jam 284g		£2.39

St Lawrence Maple Syrup 330g	Organic	£5.69
Suma Agave Syrup 240ml	Organic	£3.39
Suma Peanut Butter Crunchy FT 340g	Organic	£3.65
Suma Peanut Butter Crunchy Salted 700g	Organic	£6.69
Suma Peanut Butter Crunchy Unsalted 700g	Organic	£6.69
Suma Peanut Butter Smooth Salted 700g	Organic	£6.69
Sunita Dark Tahini 280g		£2.45
Sunita Light Tahini 280g		£2.45
Sunita Light Tahini 3kg		£25.39
Sunita Light Tahini 900g		£7.49
Sunita Organic Dark Tahini 280g	Organic	£2.99
Sunita Organic Light Tahini 280g	Organic	£2.99
Tartex Classic Pate 220g	Organic	£2.65
Tartex Herb Garlic Pate 200g	Organic	£2.65
Tartex Herb Pate 200g	Organic	£2.65
Tartex Mushroom Pate 200g	Organic	£2.65

SweetTreats-B

Authentic Christmas Cake 450g	Organic	£9.95
Authentic Christmas Pudding 100g	Organic	£2.85
Authentic Christmas Pudding 450g	Organic	£9.99
Authentic Luxury Mince Pies x6	Organic	£4.99
Authentic Mince Pies x6	Organic	£6.99
Biona Hazelnut Waffles 175g	Organic	£2.89
Booja Truffles Deeply Chocolate 92g	Organic	£6.29
Booja Truffles Hazelnut Crunch 92g	Organic	£6.29
Doves Biscuits Oat Ginger 200g	Organic	£1.89
Doves Biscuits Wholemeal Digestive 200g	Organic	£1.29
Doves Freee Chocolate Cookies 180g	Organic	£2.29
Doves Freee Ginger Cookies 150g	Organic	£1.99
Doves Freee Lemon Cookies 150g	Organic	£1.99
Eco Biscuit Almond 45g	Organic	£0.65
Eco Biscuit Choc Orange 45g	Organic	£0.72
Eco Biscuit Chocolate 45g	Organic	£0.72
Eco Biscuit Coconut 55g	Organic	£0.65
Eco Biscuit Fig 50g	Organic	£0.65
Eco Biscuit Fruit 60g	Organic	£0.65
Eco Biscuit Nut Chocolate 45g	Organic	£0.65
Equal Exchange Almond Chocolate 100g	Organic	£2.39
Equal Exchange Mint Chocolate 100g	Organic	£2.39
Equal Exchange Orange Chocolate 100g	Organic	£2.39
Equal Exchange Very Dark Chocolate 100g	Organic	£2.39
Everfresh Cake Date Pecan 350g	Organic	£3.79
Everfresh Cake Fig Orange 350g	Organic	£3.25
Everfresh Malt Loaf 330g	Organic	£1.99
Freddies Fruit Shapes Apple 20g		£0.65
Freddies Fruit Shapes Blueberry 20g		£0.65
Freddies Fruit Shapes Raspberry 20g		£0.65
Nakd Bar Bakewell Tart 30g		£0.95
Nakd Bar Berry Delight 35g		£0.95

Nakd Bar Blueberry Muffin 35g		£0.95
Nakd Bar Cashew Cookie 35g		£0.95
Nakd Bar Cocoa Orange 35g		£0.95
Nakd Bar Lemon Drizzle 35g		£0.95
Nakd Bar Peanut Delight 35g		£0.95
Nipits Liquorice Pellets Aniseed		£1.55
Nourish Macaroons Cacao 140g	Organic	£4.49
Nourish Macaroons Pistachio 140g	Organic	£4.49
Nourish Macaroons Vanilla 110g	Organic	£4.49
Ombar Acai Blueberry 35g	Organic	£1.79
Ombar Coconut Chocolate 60 35g	Organic	£1.79
Ombar Easter Egg 200g	Organic	£8.99
Panda Licorice Bar Original 32g		£0.59
Panda Licorice Bar Raspberry 32g		£0.59
Panda Licorice Cuts Original 240g		£2.59
Peppersmith Chewing Gum Peppermint 15g		£1.28
Peppersmith Chewing Gum Spearmint 15g		£1.28
Peppersmith Mints Lemon 15g		£1.28
Peppersmith Mints Peppermint 15g		£1.28
Probios Panettone Spelt 500g	Organic	£12.99
Probios Panettone Wheat 500g	Organic	£12.99
Raw Choc Co Bar M*lk 70g	Organic	£2.79
Raw Choc Co Bar Peruvian 72 70g	Organic	£2.79
Raw Choc Co Bar Vanoffee 60g	Organic	£2.79
Raw Choc Co Bar Vanoffee Hazelnut 60g	Organic	£2.79
Raw Choc Co Choco Almonds 100g	Organic	£3.99
Raw Choc Co Choco Mulberries 100g	Organic	£3.99
Raw Choc Co Salted Choc Hazelnuts 100g	Organic	£3.99
Seggiano Liquorice 10g	Organic	£1.69
Soul Fruit Chips Dragon Fruit 20g		£1.59
Soul Fruit Chips Jack Fruit 20g		£1.59
Soul Fruit Chips Mango 20g		£1.59
Soul Fruit Chips Soft Dried Dragon Fruit 30g		£1.59
Sunita Halva Coconut Syrup 75g	Organic	£1.39
Trek Peanut Power 55g		£1.19
Tropical Wholefood Just 5 Bar Banana Cocoa 40g	Organic	£1.09
Tropical Wholefood Just 5 Bar Date Walnut 40g	Organic	£1.09
Tropical Wholefood Just 5 Bar Mango Brazil 40g	Organic	£1.09
Tropicks Fruit Balls Mango 50g	Organic	£1.75
Tropicks Fruit Balls Pineapple 50g	Organic	£1.75
Tropicks Fruit Roll Mango 27g	Organic	£0.99
Tropicks Fruit Roll Pineapple 27g	Organic	£0.99
Vivani Dark Chocolate Bar 92 80g	Organic	£2.99
Vivani Dark Chocolate Bar 99 80g	Organic	£2.99
Zemanka Biscuits Apple Spelt Duck 100g	Organic	£1.49
Zemanka Biscuits Cocoa Spelt Animal 100g	Organic	£1.39
Zemanka Biscuits Coffee Coconut 100g	Organic	£1.59
Zemanka Biscuits Hazelnut 100g	Organic	£1.59
Zemanka Biscuits Raspberry 100g	Organic	£1.79
Zemanka Macaroons Maple Coconut 100g	Organic	£1.69

Tea&Coffee-B

Barley Cup Coffee 200g		£6.49
Cafe Direct FT Beans Machu Picchu 200g	Organic	£3.99
Cafe Direct FT Beans Machu Picchu 750g	Organic	£12.75
Cafe Direct FT Ground Intense Coffee 200g		£3.59
Cafe Direct FT Ground Machu Picchu Coffee 200g	Organic	£3.99
Cafe Direct FT Ground Machu Picchu Coffee 227g	Organic	£4.79
Cafe Direct FT Instant Coffee Decaf Machu Picchu 100g		£4.75
Cafe Direct FT Instant Coffee Machu Picchu 100g		£4.25
Celestial Bengal Spice Teabags x20		£2.95
Celestial Lemon Zinger Teabags x20		£2.85
Celestial Sleepytime Extra Teabags x20		£2.95
Celestial Sleepytime Teabags x20		£2.85
Clipper Instant Coffee 100g	Organic	£6.29
Clipper Instant Decaf Coffee 100g	Organic	£6.95
Clipper Loose Tea Earl Grey 125g	Organic	£2.39
Clipper Teabags After Dinner Mint x20	Organic	£2.75
Clipper Teabags Assam x40	Organic	£2.25
Clipper Teabags Decaf x40	Organic	£3.35
Clipper Teabags Earl Grey x40	Organic	£2.79
Clipper Teabags Green x40	Organic	£2.99
Clipper Teabags Liquorice x20	Organic	£2.39
Clipper Teabags Nettle x20	Organic	£2.39
Clipper Teabags x80	Organic	£3.59
Coop Espresso Coffee 200g		£2.35
Coop Italian FT Coffee Beans 200g		£2.75
Django Coffee Beans 250g		£6.90
Django Coffee DECAF 250g		£6.90
Dragonfly Teabags Jasmine x20	Organic	£2.09
Dragonfly Teabags Morocco Mint x20	Organic	£2.09
Dragonfly Teabags Night Sky Calm x20	Organic	£2.29
Dragonfly Teabags Rooibos Earl Grey x40		£2.45
Dragonfly Teabags Rooibos Vanilla x40		£2.45
Dragonfly Teabags Swirling Mist White x20	Organic	£2.29
Equal Exchange Beans Dark Roast Decaf 200g	Organic	£5.65
Equal Exchange Cocoa 250g	Organic	£3.85
Equal Exchange Coffee Colombian 200g	Organic	£5.29
Equal Exchange Coffee Dark City 200g	Organic	£5.29
Equal Exchange Coffee Decaf 200g	Organic	£5.65
Equal Exchange Coffee Italian Roast 200g	Organic	£5.29
Essential Tea Camomile x20	Organic	£2.19
Essential Tea Fennel x20	Organic	£2.19
Essential Tea Ginger Lemon x20	Organic	£2.19
Essential Tea Hibiscus x20	Organic	£2.19
Essential Tea Peppermint Spearmint x20	Organic	£2.19
Essential Tea Peppermint x20	Organic	£2.19
Garden Teas After Hours x20	Organic	£2.39
Garden Teas Green x20	Organic	£2.09
Garden Teas Lemon Ginger x20	Organic	£2.39

Garden Teas Three Mint x20	Organic	£2.39
Hampstead Darjeeling Teabags x20	Organic	£3.59
Hampstead Earl Grey Teabags x20	Organic	£3.59
Hampstead English Breakfast Teabags x20	Organic	£3.59
Hampstead Fennel Peppermint Teabags x20	Organic	£3.59
Hampstead French Vanilla Teabags x20	Organic	£3.59
Hampstead Green Chai Teabags x20	Organic	£3.59
Hampstead Green Teabags x20	Organic	£3.59
Hampstead Lavender Valerian Teabags x20	Organic	£3.59
Hampstead Lemon Ginger Teabags x20	Organic	£3.59
Hampstead Rosehip Hibiscus Teabags x20	Organic	£3.59
IYC Filters Size 2 x100		£2.89
Konos Coffee Filters Size 4 x 100		£2.15
Lofbergs Brazil Whole Bean 1kg		£10.99
Lofbergs Brazil Whole Bean 400g		£6.55
Lofbergs Coffee Brazilian 450g		£6.35
Lofbergs Coffee Dark Roast 450g	Organic	£6.35
Lofbergs Fika Dark Roast 450g		£6.59
ManCoCo Coffee Beans 1kg Staff	Organic	£16.00
ManCoCo Sumatra Coffee Beans 250g	Organic	£6.19
ManCoCo Sumatra Ground Coffee 250g	Organic	£6.19
Probios Caffè Arabica 250g	Organic	£4.29
Probios Caffè Cacao 250g	Organic	£4.99
Qi Loose Green Tea Matcha Powder 40g	Organic	£9.95
Qi Loose Tea Chun Mee 100g	Organic	£2.79
Qi Teabags Green Matcha x20	Organic	£2.25
Qi Teabags Green x80		£2.49
Qi Teabags White x25	Organic	£2.25
Revolver Colombia Organic Coffee 200g	Organic	£4.59
Revolver Cuba Coffee 200g		£4.59
Revolver Ethiopia Coffee 200g		£4.79
Revolver Honduras Organic Coffee 200g	Organic	£4.59
Taylor's Ground Coffee Hot Lava Java 227g		£2.99
Tea House Hopper 01 Breakfast Tea		£33.90
Tea House Hopper 02 Chai	Organic	£33.90
Tea House Hopper 03 Mint	Organic	£33.90
Tea House Hopper 04 Evening Herbal		£33.90
Tea House Hopper 05 Hibiscus	Organic	£33.90
Tea House Hopper 06 Berries Blossom	Organic	£33.90
Tea House Hopper 07 Summer Berries	Organic	£33.90
Tea House Loose Tea Weighed		£33.90
Tick Tock Green Rooibos Teabags x40	Organic	£2.25
Tick Tock Rooibos Tea Loose 100g	Organic	£2.09
Tick Tock Rooibos Teabags x40	Organic	£2.25
True Origin Camomile Tea x25		£2.99
True Origin Lemongrass Tea x25		£2.99
Whole Earth No Caff 100g	Organic	£2.89
Whole Earth Wake Up 125g		£3.39
Yogi Choc Teabags x17	Organic	£2.59
Yogi Classic Teabags x17	Organic	£2.59

Yogi Detox Teabags x17	Organic	£2.59
Yogi Echinacea Teabags x 17	Organic	£2.59
Yogi Green Chai Teabags x17	Organic	£2.59
Yogi Lemon Ginger Teabags x17	Organic	£2.59
Yogi Licorice Teabags x17	Organic	£2.59
Yogi Turmeric Chai Teabags x17	Organic	£2.59
Yogi White Tea Aloe Vera x17	Organic	£2.59
Yogi Womens Teabags x17	Organic	£2.59
Zapatista Coffee 250g	Organic	£6.49