

ESSENTIALS PRICELIST

Updated 05/11/2024

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 | £3.45 |
| Crunchy Cereal C&A500g | Cashew & Apric | £1.89 |
| Crunchy Cereal C&A5kg | Cashew & Apric | £15.55 |
| 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 | £48.15 |
| 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 | £18.85 |
| Unicorn Muesli 44%1kg | | £5.25 |
| Unicorn Muesli 44%500g | | £2.79 |
| Unicorn Muesli 44%5kg | | £23.89 |
| 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 | £11.49 |
| Apricots Chopped Org500g | Organic | £6.15 |
| Apricots Org1kg | Organic | £13.25 |
| Apricots Org250g | Organic | £3.69 |

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| Apricots Org3kg | Organic | £36.89 |
| Apricots Org500g | Organic | £6.99 |
| Baby Figs Org250g | Organic | £2.99 |
| Baby Figs Org500g | Organic | £5.65 |
| Cranberries Org250g | Organic | £4.50 |
| Currants 1kg | | £5.25 |
| Currants 500g | | £2.79 |
| Dates Chopped 1kg | | £2.89 |
| Dates Chopped 3kg | | £7.65 |
| Dates Chopped 500g | | £1.59 |
| Dates Pitted 10kg | | £21.55 |
| 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 Org9kg | Organic | £41.45 |
| Figs Org1kg | Organic | £9.65 |
| Figs Org3kg | Organic | £26.75 |
| Figs Org500g | Organic | £5.15 |
| Goji Berries Org100g | Organic | £1.85 |
| Goji Berries Org250g | Organic | £4.25 |
| 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 | | £7.55 |
| Mixed Fruit 3kg | | £20.99 |
| Mixed Fruit 500g | | £4.05 |
| 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 | | £36.75 |
| Raisins Jumbo Flame 1kg | | £4.25 |
| Raisins Jumbo Flame 3kg | | £11.55 |
| Raisins Jumbo Flame 500g | | £2.25 |

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| Raisins Org10kg | Organic | £56.89 |
| Raisins Org1kg | Organic | £6.29 |
| Raisins Org3kg | Organic | £17.49 |
| Raisins Org500g | Organic | £3.35 |
| Sour Cherries Org100g | Organic | £2.15 |
| Sultanas Aussie 1kg | | £9.65 |
| Sultanas Aussie 500g | | £5.15 |
| Sultanas Org1kg | Organic | £7.65 |
| Sultanas Org3kg | Organic | £21.15 |
| Sultanas Org500g | Organic | £4.15 |

Flakes&Grains-P

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|------------------------------------|---------|--------|
| 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 | £2.99 |
| Polenta Org25kg | Organic | £48.29 |
| 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 | | £4.99 |
| Quinoa UK 25kg | | £87.09 |
| Quinoa UK 3kg | | £13.99 |
| Quinoa UK 500g | | £2.65 |
| Rice Arborio Org1kg | Organic | £6.39 |
| Rice Arborio Org500g | Organic | £3.29 |
| Rice Basmati Org1kg | Organic | £3.09 |
| Rice Basmati Org20kg | Organic | £48.96 |
| Rice Basmati Org25kg | Organic | £61.20 |
| Rice Basmati Org3kg | Organic | £8.69 |
| Rice Basmati Org500g | Organic | £1.69 |
| Rice Flakes Org1kg | Organic | £5.65 |
| Rice Jasmine Org1kg | Organic | £3.59 |
| Rice Jasmine Org25kg | Organic | £63.05 |

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| Rice Jasmine Org3kg | Organic | £9.89 |
| Rice Jasmine Org500g | Organic | £1.99 |
| Rice Long Grain Org1kg | Organic | £3.75 |
| Rice Long Grain Org25kg | Organic | £74.89 |
| 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 | £74.89 |
| 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

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|--------------------------------|---------|--------|
| 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 | £1.99 |
| 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

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|-------------------------------------|---------|-------|
| Allspice Ground 50g | | £1.49 |
| Allspice Whole 50g | | £1.29 |
| Asafoetida 50g | | £1.19 |
| Basil Org100g | Organic | £1.99 |
| Basil Org50g | Organic | £1.05 |
| Bay Leaves 15g | | £0.85 |
| Black Onion Seed Kalonji 50g | | £0.89 |

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| Cajun Spice Mix 100g | | £1.29 |
| Caraway Seed Org50g | Organic | £1.05 |
| Cardamon Ground 50g | | £2.25 |
| Cardamon Pods Black 25g | | £1.49 |
| Cardamon Pods Green Org25g | Organic | £1.99 |
| Cayenne 100g | | £1.25 |
| Cayenne 250g | | £2.99 |
| Cayenne 700g | | £6.45 |
| 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 | £1.99 |
| Coriander Ground Org250g | Organic | £3.99 |
| Coriander Ground Org50g | Organic | £0.99 |
| Coriander Leaves 100g | | £2.85 |
| Coriander Leaves 50g | | £1.45 |
| Coriander Seed Org250g | Organic | £2.89 |
| Coriander Seed Org50g | Organic | £0.95 |
| Cumin Ground 100g | | £1.59 |
| Cumin Ground 250g | | £3.79 |
| Cumin Ground 500g | | £7.25 |
| Cumin Seed 100g | | £1.99 |
| Cumin Seed 250g | | £3.99 |
| Cumin Seed Org100g | Organic | £3.09 |
| Cumin Seed Org50g | Organic | £1.65 |
| Curry Leaves 25g | | £1.25 |
| Curry Powder 100g | | £1.09 |
| Curry Powder 250g | | £2.45 |
| Curry Powder 500g | | £4.49 |
| Curry Powder 700g | | £5.25 |
| 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 |

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| 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 | | £3.65 |
| Lavender 50g | | £1.99 |
| Lemongrass 50g | | £1.15 |
| Lime Leaves 12g | | £1.29 |
| Mace Ground 25g | | £1.35 |
| Marjoram 50g | | £1.29 |
| Marjoram Org50g | Organic | £1.29 |
| Mint 50g | | £0.99 |
| Mixed Herbs 250g | | £3.99 |
| Mixed Herbs 50g | | £0.99 |
| Mixed Spice Ground 50g | | £0.89 |
| Mustard Powder 100g | | £0.89 |
| Mustard Powder Org100g | Organic | £1.69 |
| 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 | | £1.39 |
| Paprika Smoked 700g | | £6.85 |
| Parsley 100g | | £2.05 |
| 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 | £6.25 |
| Peppercorns Black Org50g | Organic | £1.29 |
| 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 |

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| 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

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

Nuts-P

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|-------------------------------------|---------|--------|
| Almonds 100g | | £1.05 |
| Almonds 1kg | | £7.79 |
| Almonds 250g | | £2.25 |
| Almonds 3kg | | £21.55 |
| Almonds 500g | | £4.15 |
| Almonds Flaked 100g | | £1.29 |
| Almonds Flaked 1kg | | £10.15 |
| Almonds Flaked 250g | | £2.89 |
| Almonds Flaked 500g | | £5.35 |
| Almonds Ground Blanched 100g | | £1.19 |
| Almonds Ground Blanched 1kg | | £8.99 |
| Almonds Ground Blanched 250g | | £2.55 |
| Almonds Ground Blanched 500g | | £4.75 |
| Almonds Org100g | Organic | £1.69 |
| Almonds Org1kg | Organic | £13.99 |
| Almonds Org250g | Organic | £3.75 |
| Almonds Org500g | Organic | £7.29 |
| Brazils Broken 1kg | | £9.79 |
| Brazils Broken 250g | | £2.75 |
| Brazils Broken 3kg | | £27.15 |
| Brazils Broken 500g | | £5.19 |
| 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 |

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| 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 | £5.25 |
| Coconut Dessicated Org250g | Organic | £1.55 |
| Coconut Dessicated Org500g | Organic | £2.75 |
| 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 | £2.59 |
| Macadamia Nuts Org250g | Organic | £5.99 |
| Mixed Nuts Chop1kg | | £8.69 |
| Mixed Nuts Chop250g | | £2.49 |
| Mixed Nuts Chop3kg | | £23.89 |
| Mixed Nuts Chop500g | | £4.69 |
| Mixed Nuts Whole1kg | | £11.55 |
| Mixed Nuts Whole250g | | £3.25 |
| Mixed Nuts Whole3kg | | £32.15 |
| Mixed Nuts Whole500g | | £6.15 |
| 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 | £3.69 |
| Pistachios Raw Kernels 100g | | £3.59 |
| Pistachios Raw Kernels 250g | | £8.55 |
| Walnut Pieces Org100g | Organic | £1.19 |
| Walnut Pieces Org10kg | Organic | £88.70 |
| Walnut Pieces Org1kg | Organic | £9.79 |
| Walnut Pieces Org250g | Organic | £2.79 |
| Walnut Pieces Org500g | Organic | £5.15 |

PreparedFood-P

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| FP Flapjack Mix 24kg | £96.39 |
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Pulses-P

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| Aduki Beans Org1kg | Organic | £3.99 |
| Bean Mix 1kg | Organic | £4.49 |
| Black Turtle Beans Org1kg | Organic | £3.65 |
| Blackeye Beans 1kg | | £3.49 |
| Butter Beans Org1kg | Organic | £6.19 |
| Cannellini Beans Org1kg | Organic | £4.25 |
| Chickpeas Org1kg | Organic | £2.85 |
| Chickpeas Org25kg | Organic | £55.09 |
| Fava Beans Org1kg | Organic | £3.89 |
| Flageolet Beans 500g | | £2.55 |
| Haricot Beans Org1kg | Organic | £4.25 |
| Kidney Beans Org1kg | Organic | £4.99 |
| Lentil Broth Mix 1kg | | £3.65 |
| Lentil Broth Mix Org1kg | Organic | £3.65 |
| Lentils Beluga Org1kg | Organic | £5.65 |
| Lentils Brown Org1kg | Organic | £3.49 |
| Lentils Green Org1kg | Organic | £3.79 |
| Lentils Puy Org1kg | Organic | £4.99 |
| 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 | £46.45 |
| Split Fava Beans Org1kg | Organic | £3.29 |
| Split Peas Green Org1kg | Organic | £3.25 |
| Split Peas Yellow 1kg | | £1.99 |
| Split Peas Yellow Org1kg | Organic | £2.85 |

Seasoning&Ingredients-P

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|---------------------------------------|---------|-------|
| 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 | | £3.15 |
| Nut Roast 500g | | £5.85 |
| Sea Salt Coarse 10kg | | £8.49 |
| Sea Salt Coarse 1kg | | £1.29 |
| Sea Salt Coarse 500g | | £0.99 |
| Sea Salt Fine 10kg | | £8.49 |

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| Sea Salt Fine 1kg | | £1.29 |
| Sea Salt Fine 500g | | £0.99 |
| Textured Vegetable Protein (TVP) Soya Org2 | Organic | £1.85 |
| Textured Vegetable Protein (TVP) Soya Org5 | Organic | £3.35 |
| 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 Org25g | Organic | £75.60 |
| 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 | £1.55 |
| Sesame Seed Org500g | Organic | £2.99 |
| 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

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| 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 |

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| 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 | | £6.69 |
| Mountain Mix 250g | | £1.89 |
| Mountain Mix 3kg | | £18.69 |
| 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 | | £7.15 |
| Trail Mix 250g | | £2.05 |
| Trail Mix 3kg | | £19.99 |