

Cooking Aids

AGAR AGAR FLAKES

Algamar
50g £4.72
16 x 50g £70.89

BAKING POWDER

1Kg £10.91
Suma Gluten Free
200g £2.45
6 x 200g £12.95

BREADCRUMBS

Brown Rice Clearspring
250g £4.49
12 x 250g £47.46

CACAO NIBS ORGANIC

Suma
1Kg £11.79

CERTO

Apple Pectin
250ml £3.09
6 x 250ml £16.22

COOKING CHOCOLATE

see "Chocolate & Carob"

CREAMED COCONUT

Biona Creamed Coconut
200g £2.55
12 x 200g £26.71
Suma Pre-pack Creamed Coconut Organic
200g £2.45
12 x 200g £25.78

CUSTARD POWDER

Just Wholefoods
100g £2.09
12 x 100g £22.35

JELLY CRYSTALS

Lemon Vegan
85g £1.99
12 x 85g £20.81
Raspberry Vegan
85g £1.99
12 x 85g £20.81
Strawberry Vegan
85g £1.99
12 x 85g £20.81
Tropical Fruits Vegan
85g £1.99
12 x 85g £20.81

LEMON JUICE

Sunita
200ml £0.61
12 x 200ml £6.39
Sunita Large Organic
1L £6.49
6 x 1L £33.98
Sunita Small Organic
250ml £1.79
12 x 250ml £18.63

LIME JUICE

Sunita
200ml £0.61
12 x 200ml £6.39
Sunita Organic
250ml £1.79
12 x 250ml £19.38

PSYLLIUM HUSK

Suma VAT
200g £6.25
6 x 200g £33.04

SODIUM BICARBONATE

Bicarbonate of Soda VAT
1Kg £5.29
Suma
200g £1.92
6 x 200g £10.16

SOURDOUGH STARTER

Bread Matters Organic
10g £4.99
12 x 10g £53.11

THE RAW CHOCOLATE CO.

Cacao Butter Buttons
200g £6.99
6 x 200g £38.31

TOMATO PUREE

Organic In Tubes. No Added Ingredients Suma
200g £1.65
24 x 200g £34.88

VEGETARIAN SUET

Suma
250g £3.15
6 x 250g £16.65

WHEAT GLUTEN FLOUR

Suma Vital
500g £5.35
6 x 500g £28.28

XANTHAN GUM

Suma VAT
100g £3.39
6 x 100g £17.93

YAKSO

Yakso Rice Papers Organic
150g £3.65
15 x 150g £48.03

YEAST

Doves Farm Quick Yeast
125g £1.99
8 x 125g £14.91
16 x 125g £27.77
Fermipan Instant Dried
500g £7.69
20 x 500g £135.91
Fresh
100g £0.57
500g £2.52
1Kg £3.98

YEAST FLAKES

Engevita
100g £3.95
6 x 100g £20.89
Engevita. With B12
100g £4.25
6 x 100g £22.44

Crackers & Biscuits

ADONIS

Keto Black Pepper & Sea Salt Crackers
60g £3.35
10 x 60g £29.36

AMISA

Buckwheat Crispbread Organic Gluten Free
120g £2.95
12 x 120g £30.98
Chickpea Crispbread GF Org
100g £1.99
12 x 100g £21.34
Protein Lentil Crispbread
100g £2.19
12 x 100g £23.48

HONEYROSE

All-Butter Shortbread GF
125g £3.39
6 x 125g £18.02

ISLAND BAKERY

Cranberry & Orange Cookies Gluten Free
125g £1.89
12 x 125g £20.26
Double Chocolate Chip Cookies Gluten Free
100g £1.69
12 x 100g £18.12
125g £3.05
12 x 125g £32.08

BIONA

Hazelnut Waffles Organic
175g £3.25
12 x 175g £34.19
Honey Waffles Organic
175g £2.85
12 x 175g £29.91

BORAKIS

All Biscuits - Koulouria/Cinnamon/Olive
140g £3.05

CLEARSPRING

Brown Rice Cakes Buckwheat & Amaranth
120g £1.69
6 x 120g £8.94
Sea Vegetable & Black Pepper Oatcakes Organic
200g £3.29
15 x 200g £43.47
Traditional Oatcakes Organic
200g £2.99
15 x 200g £39.51

DOVES FARM

Chocolate Chip Cookies Gluten Free Organic
180g £2.59
12 x 180g £27.73
Digestive Biscuits Organic
200g £1.69
12 x 200g £17.18
Double Chocolate Cookies Gluten Free Organic
180g £2.59
12 x 180g £27.73
200g £2.09
12 x 200g £21.99
Lemon Zest Cookies Gluten Free
150g £2.05
12 x 150g £21.51
Stem Ginger Cookies Gluten Free
150g £1.85
8 x 150g £19.51

DR KARG

3 Grain & 3 Seed Crispbread
200g £3.49
8 x 200g £24.69
Emmental Cheese & Pumpkin Seed Crispbread
200g £3.69
8 x 200g £26.04
150g £3.45
8 x 150g £24.16
Millionaire's Shortbread - Gluten & Dairy Free
150g £3.45
8 x 150g £24.16
Stem Ginger Oatcakes - Gluten & Dairy Free
150g £2.45
8 x 150g £17.14

EASY BEAN

Green Pea and Chia Crackers
150g £3.75
8 x 150g £24.48
Lentil Poppy Seed Crackers
150g £4.15
8 x 150g £28.99
Moroccan Chickpea Crispbread
110g £4.15
8 x 110g £28.99

FINN CRISP BREAD

Original Rye
250g £1.79
12 x 250g £18.72

HONEYROSE

All-Butter Shortbread GF
125g £3.39
6 x 125g £18.02

ISLAND BAKERY

Cranberry & Orange Cookies Gluten Free
125g £1.89
12 x 125g £20.26
Double Chocolate Chip Cookies Gluten Free
100g £1.69
12 x 100g £18.12
125g £3.05
12 x 125g £32.08

Orange and Raspberry GF

125g £3.05
12 x 125g £32.08
Peanut Butter Cookies Gluten Free
125g £3.05
12 x 125g £32.08

KALLO

Beetroot Veggie Cakes
122g £3.59
6 x 122g £18.92
Belgian Dark Chocolate Rice Cake Thins Organic VAT
90g £3.35
16 x 90g £47.31
Belgian Milk Chocolate Rice Cake Thins Organic VAT
90g £3.45
16 x 90g £48.75
Blueberry & Vanilla Rice Cake VAT
131g £3.59
6 x 131g £18.86
Corn Cakes Organic
130g £2.25
12 x 130g £23.89
Protein Lentil Rice Cake
100g £2.45
Sea Salt and Balsamic Vinegar Rice Cakes VAT
127g £2.69
6 x 127g £14.16
Sesame Rice Cake Organic
130g £1.89
6 x 130g £9.89
Thin Rice Cakes Unsalted Organic
130g £2.05
12 x 130g £21.61
Wholegrain with Salt Thick Rice Cakes
130g £2.15
12 x 130g £22.59

LAZY DAY

Chocolate Orange Slice - Gluten & Dairy Free
150g £3.45
8 x 150g £24.16
Millionaire's Shortbread - Gluten & Dairy Free
150g £3.45
8 x 150g £24.16
Stem Ginger Oatcakes - Gluten & Dairy Free
150g £2.45
8 x 150g £17.14

MR ORGANIC

Cocoa Biscuits Organic
250g £2.39
12 x 250g £25.26
Orange Cocoa Biscuits Organic
250g £2.79
12 x 250g £29.83

NAIRNS

Cheese Oatcakes
200g £2.09
12 x 200g £22.08
Dark Chocolate Oat Biscuits
200g £2.05
8 x 200g £14.31
Fine Oatcakes
218g £1.49
12 x 218g £15.56
Fruit and Seed Oatcake
225g £2.09
8 x 225g £14.72
Gluten Free Break Oat & Fruit Biscuits
160g £2.69
12 x 160g £28.58
Mixed Berry Oat Biscuits
200g £2.05
10 x 200g £17.89

Oatcakes Organic

250g £1.85
12 x 250g £19.46
Rough Oatcakes
291g £1.35
10 x 291g £11.98
Stem Ginger Oat Biscuits
200g £2.05
10 x 200g £17.89

ORGANICO

Spelt Breadsticks
120g £2.95
8 x 120g £20.78

ORGRAN

Toasted Corn Crispbread
125g £2.15
6 x 125g £11.45

PAPPADUMS

Pataks Plain
100g £2.09
12 x 100g £21.59

REAL FOODS

Corn Thins Original
150g £1.95
6 x 150g £10.31

RHYTHM 108

Almond Biscotti
135g £3.29
8 x 135g £23.69
Coconut Cookie
135g £3.29
8 x 135g £23.69
Double Choco Hazelnut Biscuits
135g £3.29
8 x 135g £23.18
Lemon Ginger Chia
135g £3.29
8 x 135g £23.18

RUDE HEALTH

Ginger Turmeric Oaty
200g £2.49
12 x 200g £26.47
Multigrain Thins
160g £2.75
5 x 160g £12.11

TRADCRAFT

Double Chocolate Cookies Fair Trade
180g £2.79
8 x 180g £19.63
Stem Ginger Cookies Fair Trade

Dried Fruit & Vegetables

APPLE RINGS

250g £4.39
500g £8.36
1Kg £15.83
5Kg £59.37
Suma Pre Pack 150g
150g £2.49
6 x 150g £13.17
Suma Pre Pack 1kg
1Kg £13.51

APRICOTS

Suma Pre Pack Whole Sulphured
125g £1.99
6 x 125g £10.54
Suma Pre Pack Whole Sulphured 1kg
1Kg £11.29
Suma Pre Pack Whole Sulphured 250g
250g £3.49
6 x 250g £18.45
Suma Pre Pack Whole Sulphured 500g
500g £6.99
6 x 500g £36.95

Suma Pre Pack Whole Unsulphured 1kg		Suma Pre Pack 250g 250g	£3.65	Suma Pre Pack 500g 500g	£5.55	MULBERRIES ORGANIC	Suma Pre Pack 500g 500g	£3.15
1Kg	£14.82	6 x 250g	£19.29	6 x 500g	£29.34	Suma Prepack 250g	6 x 500g	£16.65
Suma Pre Pack Whole Unsulphured 250g		Suma Pre Pack 125g 125g	£2.05	FIGS ORGANIC		6 x 250g	SUNDRIED TOMATOES ORGANIC	
250g	£3.85	6 x 125g	£10.84	Suma Pre Pack 1kg 1Kg	£12.85	PAPAYA	250g	£6.44
6 x 250g	£20.35	CRYSTALLISED GINGER		Suma Pre Pack 250g 250g	£3.49	Suma Pre Pack - Diced 125g	500g	£11.81
Whole Sulphured		Suma Pre Pack 125g VAT 125g	£1.69	6 x 250g	£18.44	1Kg	1Kg	£21.22
500g	£8.27	6 x 125g	£8.94	Suma Pre Pack 500g 500g	£6.45	PEACHES	5Kg	£95.88
1Kg	£15.15	Suma Pre Pack 1kg VAT 1Kg	£9.72	6 x 500g	£34.09	Suma Pre Pack 1kg 1Kg	10Kg	£130.56
5Kg	£71.65	FLAME RAISINS		FLAME RAISINS		Suma Pre Pack 250g 250g	TROPICAL WHOLEFOODS	
12.5Kg	£175.72	Suma Pre Pack 1kg 1Kg	£2.85	Suma Pre Pack 1kg 1Kg	£5.91	6 x 250g	Bogoya Banana Slices Fairtrade	
APRICOTS CHOPPED		Suma Pre Pack 250g VAT 250g	£15.07	Suma Pre Pack 250g 250g	£1.65	PEARS	100g	£2.98
500g	£5.51	CRYSTALLISED GINGER ORGANIC		6 x 250g	£8.73	Suma Pre Pack 1kg 1Kg	14 x 100g	£36.83
1Kg	£10.08	Suma Pre Pack VAT 125g	£1.99	Suma Pre Pack 500g 500g	£2.79	Suma Pre Pack 250g 250g	Sundried Pineapple Fairtrade	£2.99
5Kg	£47.39	250g	£3.49	6 x 500g	£14.75	6 x 250g	100g	£36.06
12.5Kg	£116.25	6 x 125g	£10.53	FRUIT SALAD		PINEAPPLE	14 x 100g	£2.99
Suma Pre Pack Chopped Sulphured 1kg		1	£13.45	Suma Pre Pack 1kg 1	£15.15	Diced With added Sugar 500g	Suma Pre Pack 500g	£2.29
1Kg	£10.41	6 x 250g	£18.45	Suma Pre Pack 250g 250g	£3.89	1Kg	500g	£12.11
APRICOTS ORGANIC		CURRENTS		GLACE CHERRIES		Suma Prepack Diced 1Kg	TURKISH SULTANAS	
Suma Pre Pack Whole Unsulphured 1kg		500g	£3.06	Dark Red	£4.62	PRUNES PITTED	Suma Pre Pack 1kg	£4.62
1Kg	£16.14	1Kg	£5.59	250g	£8.42	Suma Pre Pack Ashlock Pitted 1kg 1Kg	1Kg	£9.22
Suma Pre Pack Whole Unsulphured 250g		5Kg	£24.61	Suma Pre-pack - Bright Red 200g	£3.05	Suma Pre Pack Ashlock Pitted 500g 500g	Suma Pre Pack 500g	£4.85
250g	£4.25	12.5Kg	£49.22	6 x 200g	£16.14	6 x 500g	227g	£5.55
6 x 250g	£22.47	Suma Pre Pack 1kg 1Kg	£6.23	Suma Pre-pack - Dark Red 200g	£3.05	PRUNES PITTED ORGANIC	6 x 227g	£29.28
Suma Pre Pack Whole Unsulphured 500g		Suma Pre Pack 250g 250g	£1.75	1Kg	£14.08	Suma Pre Pack 1kg 1Kg	Lively Roast Ground	£5.35
500g	£7.99	CURRENTS ORGANIC		6 x 200g	£16.14	Suma Pre Pack 500g 500g	227g	£5.55
6 x 500g	£42.25	Suma Pre Pack 250g	£2.15	Suma Pre-pack - Dark Red 200g	£3.05	6 x 500g	6 x 227g	£29.28
AUSTRALIAN SULTANAS		5Kg	£3.79	Suma Pre-pack - Dark Red 1Kg	£14.08	RAISINS	Machu Picchu Coffee Beans	£5.35
Suma Pre Pack 250g 250g	£2.39	6 x 500g	£20.04	GOJI BERRIES		Suma Pre Pack 1kg 1Kg	Machu Picchu Coffee Beans	£5.55
6 x 250g	£12.64	DATES		250g	£4.46	Suma Pre Pack 500g 500g	6 x 227g	£29.28
Suma Pre Pack 500g 500g	£4.29	Suma Pre Pack Pitted 1kg 1Kg	£4.37	500g	£8.14	6 x 500g	Machu Picchu Decaf Ground Coffee	£5.39
6 x 500g	£22.68	Suma Pre Pack Pitted 250g 250g	£1.35	1Kg	£14.89	RAISINS ORGANIC	227g	£28.76
BANANA CHIPS		6 x 250g	£7.14	Suma Pre Pack 1kg 1Kg	£15.82	Suma Pre Pack 1kg 1	Machu Picchu Ground Coffee Organic	£5.55
500g	£4.82	Suma Pre Pack Pitted 500g 500g	£1.99	The Raw Chocolate Co. Pre Pack 150g	£20.57	Suma Pre Pack 250g 250g	6 x 227g	£29.28
1Kg	£8.51	6 x 500g	£10.52	MANGO PIECES		Suma Pre Pack 500g 500g	Mayan Gold Ground	£5.55
6.8Kg	£42.09	DATES CHOPPED		250g	£6.52	6 x 500g	227g	£29.28
BANANA CHIPS - ORGANIC		Suma Pre Pack 1kg 1Kg	£5.25	500g	£11.95	RAISINS ORGANIC	6 x 227g	£28.15
Banana Chips - Organic 250g	£2.55	Suma Pre Pack Pitted 250g 250g	£1.35	1Kg	£21.89	Suma Pre Pack 1kg 1Kg	CLIPPER	
6 x 250g	£13.48	Suma Pre Pack Pitted 500g 500g	£7.14	5Kg	£103.92	Suma Pre Pack 250g 250g	Instant Coffee Decaffeinated Organic	£1.99
BANANA CHIPS - WHOLE		6 x 500g	£10.52	12.5Kg	£230.19	Suma Pre Pack 500g 500g	100g	£8.29
Whole Banana Chips 250g	£1.85	DATES MEDJOOL ORGANIC		MANGO SLICES ORGANIC		Suma Pre Pack 500g 500g	6 x 100g	£43.94
1Kg	£5.54	Suma Pre Pack 1kg 1Kg	£17.27	Essential Prepack 250g 250g	£5.45	6 x 500g	Instant Coffee Organic Fairtrade	£7.55
6 x 250g	£9.78	Suma Pre Pack 250g 250g	£4.39	6 x 250g	£29.09	SHIITAKE MUSHROOM	100g	£39.79
BLUEBERRIES		6 x 250g	£23.21	Suma 1Kg	£19.84	30g	EQUAL EXCHANGE	
250g	£8.59	DATES ORGANIC		Suma Pre Pack 1kg 1Kg	£15.82	500g	Colombia Excelso Roast and Ground Coffee	£6.39
500g	£15.76	Suma Pre Pack Organic, Fairly Traded, Pitted 1kg 1Kg	£11.54	Suma Pre Pack 250g 250g	£16.67	6 x 250g	200g	£44.97
1Kg	£28.86	Suma Pre Pack Organic, Fairly Traded, Pitted 250g 250g	£11.54	6 x 500g	£23.74	Suma Pre Pack 500g 500g	8 x 200g	£44.97
11.34Kg	£315.41	Organic Medjool Dates Pre Pack 250g	£2.99	Suma Pre Pack 500g 500g	£27.98	6 x 500g	Dark City Coffee Roast Beans Organic	£44.97
Suma Pre Pack 125g	£3.65	6 x 250g	£21.94	Suma Pre Pack 500g 500g	£29.09	Suma Pre Pack 125g 125g	Decaffeinated Coffee Beans	£5.25
6 x 125g	£19.29	DR180		6 x 125g	£17.18	6 x 125g	227g	£36.99
1Kg	£26.92	Suma Prepack Diced 250g	£2.29	Suma Pre Pack 1kg 1Kg	£23.45	Suma Pre Pack 1kg 1Kg	Dr Congo Roasted and Grounded Coffee Org	£5.29
COOKS & CO		FIGS		Suma Pre Pack 250g 250g	£3.88	SULTANAS ORGANIC	227g	£5.29
Porcini Mushroom Dried 40g	£6.79	Suma Pre Pack 1kg 1Kg	£11.27	6 x 250g	£7.06	Suma Pre Pack 1kg 1Kg	8 x 227g	£37.34
6 x 40g	£36.07	Suma Pre Pack 250g 250g	£2.99	5Kg	£31.07	Suma Pre Pack 250g 250g	Ethiopian Yirgacheffe Ground Coffee Organic	£6.99
CRANBERRIES		6 x 250g	£15.81	MIXED PEEL		6 x 250g	200g	£6.99
Suma Pre Pack 125g 125g	£1.69	Suma Pre Pack Organic, Pitted 500g 500g	£4.15	Suma Pre Pack 1kg 1Kg	£9.98	Suma Pre Pack 250g 250g	8 x 200g	£49.08
6 x 125g	£8.94	Zaytoun Palestinian Medjoul Dates 250g	£21.94	Suma Pre Pack 200g 200g	£2.25			
Suma Pre Pack 1kg 1Kg	£10.03	6 x 250g	£27.98					
Suma Pre Pack 250g 250g	£2.75	MIXED FRUIT						
6 x 250g	£14.54	Raisins, Sultanas & Currants 500g	£3.88					
CRANBERRIES ORGANIC		1Kg	£7.06					
Suma Pre Pack 1kg 1Kg	£13.51	Suma Pre Pack 250g 250g	£2.99					
		6 x 250g	£15.81					

Drinks, Coffee

CAFEDIRECT

Intense Roast Ground Coffee	
Kilimanjaro Ground Coffee	
227g	£5.55
6 x 227g	£29.28
Lively Roast Ground	
227g	£5.35
Machu Picchu Coffee Beans	
227g	£5.55
6 x 227g	£29.28
Machu Picchu Decaf Ground Coffee	
227g	£5.39
6 x 227g	£28.76
Machu Picchu Ground Coffee Organic	
227g	£5.55
6 x 227g	£29.28
Mayan Gold Ground	
227g	£5.55
6 x 227g	£29.28
Smooth Roast Ground Coffee	
227g	£5.35
6 x 227g	£28.15
CLIPPER	
Instant Coffee Decaffeinated Organic	
100g	£8.29
6 x 100g	£43.94
Instant Coffee Organic Fairtrade	
100g	£7.55
6 x 100g	£39.79
EQUAL EXCHANGE	
Colombia Excelso Roast and Ground Coffee	
200g	£6.39
8 x 200g	£44.97
Dark City Coffee Roast Beans Organic	
200g	£6.39
8 x 200g	£44.97
Decaffeinated Coffee Beans	
227g	£5.25
8 x 227g	£36.99
Dr Congo Roasted and Grounded Coffee Org	
227g	£5.29
8 x 227g	£37.34
Ethiopian Yirgacheffe Ground Coffee Organic	
200g	£6.99
8 x 200g	£49.08

Guatemala Roasted and Grounded Coffee Org	Elderflower Organic Cordial VAT		CHARITEA	MINOR FIGURES	DIVINE
227q £4.89	500ml £6.39		Black Organic Fairtrade - No VAT	Chai Latte	Drinking Chocolate
8 x 227q £34.46	6 x 500ml £33.81			200ml £1.99	400g £4.55
Guatemalen	Elderflower Presse Organic VAT		Green Organic Fairtrade - No VAT	12 x 200ml £21.04	6 x 400g £24.09
200q £6.39	750ml £4.45		330ml £1.29	Latte	EQUAL EXCHANGE
8 x 200q £44.97	6 x 750ml £23.33		24 x 330ml £27.53	200ml £1.99	Cocoa Organic Fairtrade
Italian Roast Coffee Beans Organic	Freshly Squeezed Lemonade VAT		Mate Organic Fairtrade - No VAT	12 x 200ml £21.04	250g £5.55
200q £6.39	750ml £4.11		330ml £1.29	Mocha	6 x 250g £29.36
8 x 200q £44.97	6 x 750ml £21.69		24 x 330ml £27.53	200ml £2.05	MONTEZUMA'S
Medium Roast Coffee Beans Organic	Ginger Beer VAT		Red Organic Fairtrade - No VAT	12 x 200ml £21.38	Drinking Chocolate Organic
200q £6.39	750ml £4.11		330ml £1.29	ROCKS	300g £8.15
8 x 200q £44.97	6 x 750ml £21.69		24 x 330ml £26.62	Blackcurrent Squash Organic VAT	6 x 300g £43.08
Women Farmers Grew This Coffee Ground Organic	Ginger Cordial VAT		FIREFLY	740ml £3.69	NATURYA
200q £6.39	500ml £6.39		Kiwi Lime & Mint VAT	6 x 740ml £19.44	Cacao Powder Organic
8 x 200q £44.97	6 x 500ml £33.81		330ml £2.05	SUMA	250g £6.99
PERCOL	Lemon Mint Cordial VAT		12 x 330ml £21.78	Apple & Blackcurrant Juice Pure Organic Concentrated VAT	6 x 250g £37.85
Decaff Colombian Coffee	500ml £6.39		Pomegranate Eldeflower VAT	400ml £6.29	SPANISH CHOCOLATE COMPANY
100q £4.79	6 x 500ml £28.17		330ml £2.05	6 x 400ml £33.25	Thick Hot Chocolate Drink
6 x 100q £25.44	Raspberry and Lemon Cordial VAT		12 x 330ml £21.78	Apple Juice Concentrated Organic VAT	275g £4.29
Intense Espresso Instant Coffee	BIONA		HONEGAR	400ml £5.69	6 x 275g £22.79
100q £4.25	Cherry Juice Tart VAT		Honey & Cider Vinegar Drink VAT	6 x 400ml £30.09	SUMA
6 x 100q £22.57	1L £7.79		500ml £5.89	Apple Juice Pure Concentrated VAT	Cocoa Powder Organic & Fairtrade
Rich Americano Ground Coffee	6 x 1L £41.21		6 x 500ml £31.09	500ml £6.49	250g £3.35
200q £4.75	Cranberry Juice Pure VAT		JAMES WHITE	6 x 500ml £35.22	6 x 250g £17.69
6 x 200q £25.09	330ml £6.09		Apple & Ginger Drink Organic VAT	THE BERRY COMPANY	SWEET FREEDOM
Rich Americano Instant Coffee	6 x 330ml £32.12		750ml £3.89	Blueberry VAT	Choc Shot
100q £4.79	Kombucha Ginger VAT		6 x 750ml £20.69	1L £2.69	320g £4.29
6 x 100q £25.44	330ml £3.35		Apple Juice Organic VAT	12 x 1L £28.59	6 x 320g £22.74
Smooth Colombian Instant Coffee	6 x 330ml £17.63		750ml £3.89	Cranberry Juice VAT	SWEET REVOLUTION
100q £4.79	Kombucha Original VAT		330ml £20.37	1L £2.69	Matcha Latte with Vanilla
6 x 100q £25.44	330ml £3.35		Beet It Juice Plain VAT	12 x 1L £28.59	200g £7.99
Smooth Columbian Ground Coffee	6 x 330ml £17.63		750ml £3.89	WATERGULL ORCHARDS	5 x 200g £35.22
SUMA	Peach Apricot Apple Juice VAT		6 x 750ml £20.37	Apple Juice. Dry, Medium or Sweet. Various Varieties VAT	WHOLE EARTH
Bolivia Fermentio Ground Coffee	1L £5.75		Beet It Juice With Ginger VAT	750ml £3.99	Nocaf Organic
227q £6.19	6 x 1L £30.49		750ml £3.99	21.21	100g £3.29
6 x 227q £32.87	Pomegranate Juice VAT		6 x 750ml £21.21	Apple Juice. Dry, Medium or Sweet. Various Varieties VAT	9 x 100g £26.14
Colombia Coffee Beans Fairtrade	1L £7.59		British Carrot Juice VAT	750ml £3.19	Wake Cup
227q £5.39	6 x 1L £40.15		1L £3.69	12 x 750ml £33.05	125g £4.29
6 x 227q £28.53	Red Grape Juice Organic VAT		8 x 1L £26.06	WHOLE EARTH	9 x 125g £33.93
Colombia Ground Coffee Fairtrade	750ml £4.65		Carrot & Apple Juice Organic VAT	Cranberry Sparkling Drink Organic VAT	
227q £5.39	6 x 750ml £24.61		750ml £3.89	330ml £1.49	Drinks, Tea
6 x 227q £28.68	CAWSTON PRESS		6 x 750ml £20.69	24 x 330ml £32.41	CLEARSPRING
Espresso Ground Fairtrade	Apple & Elderflower Juice VAT		750ml £3.89	Elderflower Sparkling VAT	Genmaicha Green Tea Organic
227q £5.99	1L £19.27		6 x 750ml £20.69	330ml £1.49	20 £3.49
6 x 227q £31.11	Apple & Ginger Juice VAT		Pear Juice Organic VAT	24 x 330ml £30.18	4 x 20 £12.29
Ethiopia Yirgacheffe Ground Coffee Fairtrade	1L £3.65		750ml £19.25	Lemonade Sparkling Drink Organic VAT	Matcha Green Tea Blend Organic
227q £6.19	6 x 1L £19.25		750ml £3.65	24 x 330ml £1.49	20 £3.99
6 x 227q £32.87	Apple & Rhubarb Juice VAT		6 x 750ml £19.25	330ml £1.49	4 x 20 £14.06
Ethiopian Coffee Beans Fairtrade	1L £3.65		Tomato Juice Organic VAT	24 x 330ml £32.41	Matcha Green Tea Powder Organic
227q £6.19	6 x 1L £19.25		750ml £3.89	Drinks, Other Hot	40g £10.99
6 x 227q £32.69	Apple and Pear Mini VAT		6 x 750ml £20.69	BAMBU	10 x 40g £96.81
Honduras Ground Coffee Fairtrade	200ml £1.23		Vegetable Juice Organic VAT	Coffee Substitute	Sencha Green Tea
227q £5.49	3 x 200ml £3.25		750ml £17.12	100g £5.29	20item(s) £3.49
6 x 227q £28.75	18 x 200ml £17.12		750ml £3.89	6 x 100g £28.01	4 x 20item(s) £12.29
Peru Coffee Beans Fairtrade	Apple Mango Mini VAT		6 x 750ml £20.69	BARLEY CUP	Assam Tea Bags Organic
227q £5.29	200ml £1.23		KARMA	Instant Cereal Drink - Coffee Substitute	40 £2.89
6 x 227q £27.94	3 x 200ml £3.25		Cola Sugar Free VAT	200g £7.99	6 x 40 £15.15
Peru Ground Coffee Fairtrade	18 x 200ml £17.12		250ml £3.65	6 x 200g £42.46	Decaffeinated Tea Bags Organic
227q £5.29	Cloudy Apple Juice VAT		24 x 250ml £19.25	Organic Instant Cereal Drink - Coffee Substitute	40 £3.99
6 x 227q £27.94	1L £3.65		Cola VAT	100g £5.59	6 x 40 £21.21
Sumatra Ground Coffee Fairtrade	6 x 1L £19.25		250ml £1.42	6 x 100g £29.69	Earl Grey
227q £5.89	Cloudy Apple Mini VAT		24 x 250ml £29.95	CHICORY PREWETTS	80g £3.79
6 x 227q £31.52	200ml £1.23		LEMONAID	Chicory Drink Organic	6 x 80g £19.95
Swiss Water Decaff Ground Coffee	3 x 200ml £3.25		Blood Orange Organic Fairtrade VAT	100g £5.19	Earl Grey Tea Bags Organic
227q £6.19	18 x 200ml £17.12		330ml £1.69	6 x 100g £27.39	40 £3.29
6 x 227q £32.64	Elderflower Lemonade		24 x 330ml £34.56	CLIPPER	6 x 40 £17.42
Drinks, Cold	330ml £1.35		Ginger Organic Fairtrade VAT	Drinking Chocolate Fairtrade	English Breakfast
ALOE VERA JUICE	24 x 330ml £28.03		330ml £1.69	250g £4.45	80g £3.79
Simplee Aloe Organic VAT	Ginger Beer		24 x 330ml £34.56	6 x 250g £23.53	English Breakfast Loose Tea Organic
500ml £9.99	330ml £1.35		Lime Organic Fairtrade VAT	Instant Hot Chocolate Fairtrade	125g £3.45
6 x 500ml £59.86	24 x 330ml £28.03		330ml £1.69	350g £4.79	6 x 125g £18.24
BELVOIR	Orange Drink		24 x 330ml £34.56	6 x 350g £25.36	
Cucumber and Mint Presse VAT	330ml £1.35		Passion Fruit Organic Fairtrade VAT		
750ml £4.09	24 x 330ml £28.03		330ml £1.69		
6 x 750ml £21.69	1L £3.85		24 x 330ml £34.56		
	6 x 1L £20.22		LUSCOMBE		
	Summer Berries Mini VAT		Raspberry Lemon Org VAT		
	200ml £1.23		270ml £3.25		
	3 x 200ml £3.25		18 x 270ml £17.12		

English Breakfast Tea Bags Organic	Karma Mama Organic	Tulsi Clarity	Rose Water Organic	GLEBE FARM
40	20item(s)	20	100ml	Oat Flour Gluten Free
6 x 40	4 x 20item(s)	4 x 20	6 x 100ml	300g
English Breakfast Tea Bags Organic	Lemon & Ginger Tea Bags Organic	TICK TOCK	TAYLOR & COLLEDGE	6 x 300g
Large	20	Chai Relax	Vanilla Bean Paste	MAIZE MEAL ORGANIC
80	6 x 20	20	65g	Suma
4 x 80	Liquorice Tea Bags Organic	6 x 20	12 x 65g	500g
Everyday Tea Bags Organic	20	Rooibos Tea Looseleaf	Vanilla Extract	6 x 500g
80	6 x 20	100g	100ml	POLENTA
4 x 80	Nettle Tea Bags Organic	6 x 100g	6 x 100ml	Suma
Green & Mint Organic	20	YOGI		5Kq
80item(s)	6 x 20	Echinacea Tea Bags		Suma Prepack
4 x 80item(s)	Peppermint Tea Bags Organic	17		500g
Green Tea Bags Organic	20	6 x 17		6 x 500g
40	6 x 20	Ginger Tea Bags Organic		POLENTA ORGANIC
6 x 40	Raspberry Leaf Tea Bags Organic	17		Suma
Green Tea Bags with Lemon Organic	20	6 x 17		3Kq
20	6 x 20	Inner Harmony Tea Bags		POTATO FLOUR
6 x 20	Rooibos Tea Bags Organic	Loose Classic Chai		Suma
Green Tea Loose Organic	1	90g		500g
80q	6 x 80	8 x 90g		6 x 500g
6 x 80q	Sleep Easy Tea Bags Organic	Mint Liquorice Tea Bags		RUDE HEALTH
Indian Chai Tea Bags Organic	20	17		Sprouted Whole Buckwheat Flour
20	6 x 20	6 x 17		Organic
4 x 20	Snore & Peace Organic	Sweet Chili Tea Bags		500g
Pure Green Tea Loose Leaf	20item(s)	17		5 x 500g
80q	4 x 20item(s)	6 x 17		SOYA FLOUR ORGANIC
6 x 80q	Wild Berry Infusion	Throat Comfort Tea Bags		Essential Toasted & Organic
White Tea Bags Organic Fairtrade	25	17		500g
40	6 x 25	6 x 17		6 x 500g
6 x 40	DRAGONFLY	17		TAPIOCA FLOUR
FLORADIX	Moonlight Jasmine Organic	6 x 17		Suma
Hawthorne Tea	20item(s)	Turmeric Orange Tea		500g
1	4 x 20item(s)	1		6 x 500g
12	Mountain Honeybush Tea	6 x 17		TEFF FLOUR BROWN
Sage Tea	20item(s)	17		Suma
1	4 x 20item(s)	6 x 17		500g
12	Rooibos Breakfast Tea			6 x 500g
GREEN TEA SENCHA	40	Drinks, Water		THE PRIOR'S FLOUR
Small Leaf Green Tea Loose	4 x 40	HARROGATE		Stoneground Organic White Rye Flour
100q	Rooibos Earl Grey Tea	Spring Sparkling Water VAT		3Kq
250q	40	750ml		Stoneground Organic Wholemeal Rye Flour
1Kq	4 x 40	12 x 750ml		3Kq
HAMPSTEAD	Rooibos Vanilla Tea	Still Spring Water VAT		3Kq
Darjeeling Leaf Tea	40	750ml		Flour (Wheat)
100q	4 x 40	12 x 750ml		BACHELDRE
6 x 100q	FLORADIX	THIRSTY PLANET		Strong White Flour
Earl Grey Leaf Tea	Lemon Balm Tea Organic	Sparkling Water VAT		1.5Kq
100q	1item(s)	330ml		5 x 1.5Kq
6 x 100q	12 x 1item(s)	24 x 330ml		Wholemeal Flour
ORGANIC HERB TRADING	HAMBLEDEN	Still Water VAT		1.5Kq
Assam GBOP Loose Leaf Tea Organic	Lemon Verbena Tea	330ml		5 x 1.5Kq
500q	20	24 x 330ml		BIO-BAKE WHITE FLOUR ORGANIC
QI TEAS	6 x 20	EGG REPLACEMENT		Strong Unbleached Bread Flour Organic
Decaffeinated Green Tea	Limeflower Tea Organic	Orgran Egg Replacer		1Kq
1	20	200g		5Kq
6 x 20	Rosehip Tea Organic	8 x 200g		16Kq
Jasmine Green Tea Organic	6 x 20	Orgran Vegan Easy Egg		CANADIAN STRONG WHITE FLOUR
Drinks, Tea (Herbal)	HAMPSTEAD	250g		1Kq
CLIPPER	Fennel & Peppermint	8 x 250g		5Kq
Chamomile Tea Bags Organic	1item(s)	EGGS FROM HARESFIELD FARM		25Kq
20	4 x 1item(s)	6 Large Eggs - Free Range & Organic		CANADIAN WHOLEMEAL FLOUR
6 x 20	Lavender & Valerian	6		Wholemeal Strong Bread Flour Heygates
Dandelion Tea Organic	20	6 Medium Eggs - Free Range & Organic		1Kq
1	4 x 20	6		5Kq
6 x 20	Rosehip & Hibiscus	6		16Kq
Detox Infusion Organic	20	Essences		CANADIAN WHOLEMEAL FLOUR
1	4 x 20	Almond Extract		Wholemeal Strong Bread Flour Heygates
6 x 20	PUKKA	100ml		1Kq
Fennel Tea Bags Organic	Ginseng Matcha Green	6 x 100ml		5Kq
20	20	Orange Flower Water Organic		16Kq
6 x 20	4 x 20	100ml		ESSENTIAL
Green Tea Fairtrade Organic		6 x 100ml		Coconut Flour Organic
40				500g
6 x 40				6 x 500g

DOVES FARM PRE-PACKS

Einkorn Flour Organic
1Kg £3.79
5 x 1Kg £16.72

Malthouse Bread Flour Organic
1Kg £2.39
5 x 1Kg £10.49

Pasta Flour Organic
1Kg £2.39
5 x 1Kg £10.65

Plain White Flour Organic
1Kg £1.99
5 x 1Kg £8.82

Plain Wholemeal Flour Organic
1Kg £1.79
5 x 1Kg £7.96

Self Raising White Flour Organic
1Kg £2.05
5 x 1Kg £8.94

Self-Raising Wholemeal Flour Organic
1Kg £1.79
5 x 1Kg £8.02

Strong White Bread Flour Organic
1.5Kg £2.75
5 x 1.5Kg £12.11

Strong Wholemeal Bread Flour Organic
1.5Kg £2.55
5 x 1.5Kg £11.15

White Spelt Organic
1Kg £3.69
5 x 1Kg £16.16

Wholemeal Spelt Flour Organic
1Kg £3.15
5 x 1Kg £13.92

HEYGATES WHITE FLOUR ORGANIC

Unbleached Strong White Bread Flour
1Kg £2.81
5Kg £12.06
16Kg £26.78

HEYGATES WHOLEMEAL FLOUR ORG

Strong Wholemeal Organic Bread Flour
1Kg £2.73
5Kg £11.69
16Kg £25.93

NORFOLK CRUNCH

1Kg £2.66
5Kg £11.39
16Kg £25.27

SEMOLINA

1Kg £3.77
5Kg £15.92
25Kg £46.95

Gilchester's Organic
500g £2.29
6 x 500g £12.25

THE PRIOR'S FLOUR

Stoneground Organic Spelt Flour
3Kg £11.78

Stoneground Organic White Flour
3Kg £9.77

Stoneground Organic Wholemeal Flour
3Kg £7.59

WICKEN WINDMILL

Strong White Milled in Cambridgeshire
3Kg £10.08

Strong Wholemeal Milled in Cambridgeshire
3Kg £8.37

Fresh Fruit & Vegetables

ORGANIC

Daily Bread stocks a range of organic fresh fruit and vegetables, including seasonal and local produce

SMOKED GARLIC

Bulb. Emberton Smoked Garlic

Fridge Products

APPLEWOOD

Vegan Cheese Block
200g £2.79
8 x 200g £19.99

BIONA

Black Bean and Cashew Burger
160g £4.69
8 x 160g £32.79

Gnocchi
400g £4.89
6 x 400g £25.67

Mini Quinoa Burgers
195g £4.69
6 x 195g £24.61

Spring Rolls Organic
200g £4.79
6 x 200g £25.15

BONSAN

Almond Spread Organic
125g £3.35
6 x 125g £17.64

Bonsan Kofu Steak Organic
120g £3.25
5 x 120g £14.25

BORAKIS

Feta/Myzithra Cheese. Individually Weighed and Priced £15.49/kg
1Kg £16.49

Graviera/Kefalotiri Cheese. Individually Weighed and Priced £20.15/kg
1Kg £21.45

CALON WEN

Lightly Salted Welsh Butter Organic
250g £4.09
20 x 250g £72.15

Unsalted Welsh Butter Organic
250g £4.09
20 x 250g £72.15

CAULDRON

Marinated Tofu Pieces
160g £3.39
6 x 160g £18.09

CLEAR SPOT

Silken Tofu Organic
280g £2.35
8 x 280g £16.65

Smoked Tofu Organic
225g £3.21
8 x 225g £22.75

Tofu Large Organic
450g £3.69
6 x 450g £19.49

DELAMERE

Goats Cheese
150g £3.55
12 x 150g £37.34

DELPHI

Aubergine Dip
170g £2.41
6 x 170g £12.66

Avocado Houmous
150g £2.41
6 x 150g £12.66

Chickpea Salad - Feta & Sundried Tomato
220g £2.41
6 x 220g £12.66

Humous
170g £1.21
6 x 170g £6.26

Lentil Salad
220g £2.41
6 x 220g £12.66

Tabouli Salad
170g £2.41
6 x 170g £12.66

ECOMIL

Cuisine Bechamel
200ml £1.89
24 x 200ml £39.75

Cuisine Cashew Cream
200ml £1.59
24 x 200ml £33.61

Cuisine Thai Coconut Cream
200ml £1.99
24 x 200ml £42.07

EQUINOX

Kombucha Raspberry/Elderflower VAT
275ml £2.35
12 x 275ml £25.64

FLORENTIN

Falafel Organic
240g £4.09
6 x 240g £21.65

Hummus Bio Organic
200g £3.79
6 x 200g £19.81

I AM NUT OK

Bluffalo Notzarella
200g £4.99
6 x 200g £26.38

Meltdown Cheese
200g £5.49
6 x 200g £29.01

OH GRATE CHEESE

100g £4.99
6 x 100g £26.38

KARMA

Kombucha Ginger VAT
500ml £3.65
6 x 500ml £19.01

KEFIR STARTER

Dehydrated Milk Kefir Starter Kit
1 £13.87

Dehydrated Water Kefir Starter
1 £9.22

KOKO

Dairy Free Spread
500ml £2.19
8 x 500ml £15.43

LOVING FOODS

Hot 'N' Smoky Kimichi
475g £6.85
6 x 475g £36.35

Mature Cheddar Organic
245g £4.65
10 x 245g £40.54

Mild Cheddar Organic
245g £4.35
10 x 245g £38.03

Red Leicester Organic
245g £4.45
10 x 245g £39.03

NATURLI

Spreadable Vegan Butter
450g £4.25
16 x 450g £60.48

Vegan Butter Block
200g £2.09
15 x 200g £27.96

Vegan Spreadable
225g £2.19
24 x 225g £46.75

NUSH
Almond Blueberry Yoghurt
120g £2.05
6 x 120g £10.77

Almond Yoghurt Natural
£2.41
£12.66

Mango and Passionfruit
350g £2.41
6 x 350g £12.66

OATLY

Creamy Oat
250ml £1.19
10 x 250ml £10.61

Oat Fraiche
200ml £2.05
6 x 200ml £10.81

Oatgurt Plain
400g £2.49
6 x 400g £13.15

PROVAMEL

Plain Soya Alternative to Yoghurt Organic
500g £2.35
6 x 500g £12.04

Vanilla Yofu
500g £2.35
6 x 500g £12.25

PURE

Sunflower Spread
500g £2.35
16 x 500g £33.32

RAW VIBRANT LIVING

Fresh Sauerkraut Organic
410g £4.69
6 x 410g £24.61

REAL OLIVE COMPANY

Harissa Tapenade 180g
180g £3.35
6 x 180g £17.76

Kalamata Olive Tapenade 180g
180g £3.35
6 x 180g £17.69

SHEESE

Cream Sheese Original Vegan Spread
255g £2.65
6 x 255g £14.01

Mozzarella Style Grated Cheese
200g £3.09
4 x 200g £10.95

SOJADE

Blueberry Soya Yogurt
400g £2.45
6 x 400g £12.79

Greek Style Soya Yoghurt
400g £2.31
6 x 400g £12.19

Natural Soya Dessert Large Organic
400g £1.51
6 x 400g £7.94

Natural Soya Dessert Small Organic
250g £1.05
6 x 250g £5.58

SUMA

Soya Spread Vegan
500g £2.29
8 x 500g £16.22

Sunflower Spread Vegan
500g £2.29
2Kg £9.35
8 x 500g £16.03
6 x 2Kg £49.43

TAIFUN

Almond and Sesame Smoked Tofu
200g £4.59
8 x 200g £32.09

Feto Natural Tofu Organic
200g £4.45
6 x 200g £23.53

Grill Sausages
250g £5.09
6 x 250g £26.74

Pizza Pizza Tofu Fillets Organic Vegan
160g £3.54
8 x 160g £24.88

Tofu Basil Org
200g £4.69
6 x 200g £24.61

Tofu Fillets Japanese Style
160g £3.85
8 x 160g £27.08

Tofu Rosso Organic Vegan
200g £4.69
6 x 200g £24.61

Tofu Wiener Frankfurters
300g £6.09
6 x 300g £32.11

Wild Garlic Tofu Fillet
160g £4.15
8 x 160g £29.23

160g £3.54
8 x 160g £24.88

200g £4.69
6 x 200g £24.61

Tofu Fillets Japanese Style
160g £3.85
8 x 160g £27.08

Tofu Rosso Organic Vegan
200g £4.69
6 x 200g £24.61

Tofu Wiener Frankfurters
300g £6.09
6 x 300g £32.11

Wild Garlic Tofu Fillet
160g £4.15
8 x 160g £29.23

THE COCONUT COLLABORATIVE

Natural Yoghurt
350g £3.51
6 x 350g £18.59

Natural Yogurt
350g £3.51
6 x 350g £18.59

THIS

Plant Based Bacon Rashers VAT
120g £3.65
6 x 120g £19.33

TOTALLY CULTURED

All Water Kefir 500ml VAT
500ml £3.49

All Water Kefir 750ml VAT
750ml £5.99

Cow Milk Kefir
500ml £3.09

Kim Chi Vegan
420ml £5.79

Sauerkraut Garlic & Herb
420ml £5.25

Sauerkraut Natural
420ml £5.25

Sauerkraut Ruby Red
420ml £5.25

VBITES

Cheezy Smokey Block
180g £2.65
10 x 180g £22.89

VEGIDELI

Sage & Marjoram Sausages Vegan
295g £3.15
6 x 295g £16.48

WHEATY

'Salami' Vegan Slices Organic
100g £2.85
10 x 100g £24.91

Vegan Bacon
60g £2.19
10 x 60g £19.41

Vegan Chorizo Slices Org
80g £2.75
10 x 80g £24.01

Vegan Hot Dog	
200g	£4.35
8 x 200g	£30.53
YEO VALLEY	
Natural Yoghurt Organic	
450g	£2.46
6 x 450g	£13.04

Frozen Food

BAKED TO TASTE	
Cheddar & Onion Pasty	
220g	£3.99
Curried Veggie Pasty	
220g	£3.99
8 x 220g	£27.86
Ready to Roll Vegan Pastry	
400g	£3.09
4 x 400g	£10.79
Veggie Tagine Pie (Vegan)	
230g	£4.45
8 x 230g	£30.89
BEAR	
Lollies Mango VAT	
5	£3.15
10 x 5	£20.53
Lollies Strawberry VAT	
5	£3.15
10 x 5	£27.69
BEYOND MEAT	
Frozen Sausages	
200g	£5.19
10 x 200g	£45.81
Frozen Burgers	
226g	£5.19
8 x 226g	£37.99
BIO INSIDE	
Garden Peas Organic	
300g	£1.99
12 x 300g	£21.01
Sweetcorn Organic	
300g	£2.35
12 x 300g	£24.88
BOOJA BOOJA	
All Large Ice Creams VAT	
465ml	£5.69
6 x 465ml	£30.26
All Small Ice Creams VAT	
110ml	£2.09
22 x 110ml	£40.42
CLIVE'S	
Chestnut & Bean Pie	
250g	£3.95
6 x 250g	£20.84
Chickpea Tagine GF	
235g	£4.09
6 x 235g	£21.54
Creamy Mushroom Pie	
235g	£3.95
6 x 235g	£20.84
French Cassoulet Pie GF	
235g	£4.09
6 x 235g	£21.54
Saag Aloo Curry Pie	
235g	£3.95
6 x 235g	£20.84
Tomato and Olive Tart GF	
195g	£3.99
6 x 195g	£21.13
FRYS	
Chicken Style Strips	
380g	£3.99
10 x 380g	£35.24
Fry's Sausage Rolls	
400g	£3.89
10 x 400g	£31.46
Frys Traditional Burgers - Vegan	
320g	£3.95
10 x 320g	£34.64

GOODLIFE	
Falafel with Coriander and Cumin	
280g	£3.45
6 x 280g	£18.22
Spicy Bean Burgers	
454Kq	£4.65
7 x 454Kq	£28.42

IMPULSE FOODS	
Tempeh Garlic & Herb Organic	
227g	£3.19
10 x 227g	£28.09
Tempeh Plain Organic	
227g	£3.15
10 x 227g	£27.75

NATURAL COOL	
Berry Mix Organic	
300g	£4.85
10 x 300g	£42.67
Blueberries Organic	
300g	£4.69
10 x 300g	£41.34
Leaf Spinach Organic	
450g	£2.85
8 x 450g	£19.99

NATURLI	
Brownie Buzz Ice Cream Cones VAT	
4item(s)	£5.25
8 x 4item(s)	£36.69
Fudge Brownie Ice Cream Vegan VAT	
500ml	£4.85
8 x 500ml	£34.14
Salted Caramel Ice Cream Cones VAT	
4item(s)	£5.25
8 x 4item(s)	£36.69
Vegan Mince	
300g	£4.65
10 x 300g	£32.73

ONE PLANET PIZZA	
Vegan Hawaiian Pizza	
329g	£5.25
6 x 329g	£27.81
Vegan Three Cheese Magherita Pizza	
301g	£5.25
6 x 301g	£27.81

STRONG ROOTS	
Cauliflower Hash Browns	
375g	£4.09
12 x 375g	£43.48

SWEDISH GLACE	
Vegan Vanilla Ice Cream VAT	
750ml	£5.09
6 x 750ml	£27.06

YUTAKA	
Edame Shelled Soya Beans	
500g	£2.69
10 x 500g	£23.99
Vegetable Gyoza Dumplings	
240g	£3.49
10 x 240g	£30.71

Grains & Flakes (Barley, Rye & Wheat)

BARLEY FLAKES	
1Kq	£3.52
5Kq	£15.72
16Kq	£27.84

BARLEY FLAKES ORGANIC	
1Kq	£4.52
5Kq	£20.18
20Kq	£35.64
COUSCOUS	
1Kq	£5.73
5Kq	£24.48
25Kq	£62.55

Suma Prepack	
500g	£2.25
6 x 500g	£11.89
COUSCOUS ORGANIC	
Wholemeal	
1Kq	£6.39
5Kq	£27.37
25Kq	£69.95

CRACKED WHEAT	
Bulgur Wheat	
1Kq	£4.58
5Kq	£19.43
25Kq	£49.65
Bulgur Wheat Organic Prepack	
500g	£2.65
6 x 500g	£14.01

FREGOLA GIANT COUS COUS ORG	
Fregola Giant Cous Cous Organic	
400g	£2.28
6 x 400g	£11.73

MILLET FLAKES ORGANIC	
Suma Prepack Org	
500g	£4.45
6 x 500g	£23.53

POT BARLEY	
Suma Prepack Pearl Barley	
500g	£1.45
6 x 500g	£7.67
Unpolished Pearl Barley	
1Kq	£3.48
5Kq	£14.54
25Kq	£37.15

POT BARLEY ORGANIC	
Unpolished Pearl Barley	
1Kq	£4.19
5Kq	£17.69
20Kq	£36.17

RYE FLAKES	
1Kq	£3.94
5Kq	£17.59
20Kq	£30.99

RYE FLAKES ORGANIC	
1Kq	£4.53
5Kq	£20.24
20Kq	£35.75

SPELT GRAIN	
Essential Spelt Grain Prepack Organic	
500g	£2.17
6 x 500g	£11.59

TOASTED MALTED WHEAT FLAKES	
500g	£4.46
1Kq	£8.18
3Kq	£21.29
5Kq	£35.19
25Kq	£49.45

TOASTED WHEAT FLAKES ORGANIC	
500g	£5.82
1Kq	£10.21
3Kq	£27.41
12.5Kq	£64.93

WHEAT FLAKES ORGANIC	
1Kq	£4.16
5Kq	£18.57
20Kq	£32.73

WHEAT GERM	
Suma	
500g	£3.99
6 x 500g	£21.09

WHEAT GRAIN ORGANIC	
Suma Prepack Organic	
500g	£1.35
6 x 500g	£7.13

Grains & Flakes (Other)	
AMARANTH SEEDS ORGANIC	
Biona	
500g	£3.75
6 x 500g	£19.79

BUCKWHEAT FLAKES ORGANIC	
Essential Pre Pack Organic	
500g	£3.42
6 x 500g	£17.01
Suma Pre Pack Organic	
500g	£4.25
6 x 500g	£22.46

BUCKWHEAT RAW ORGANIC	
Suma Pre Pack	
500g	£2.99
6 x 500g	£15.81

BUCKWHEAT ROASTED ORGANIC	
Essential Roasted Buckwheat Organic	
500g	£1.64
6 x 500g	£8.79
Infinity Pre Pack Kasha Organic	
500g	£3.73
6 x 500g	£19.21

MILLET FLAKES ORGANIC	
Essential	
500g	£4.05
6 x 500g	£21.69

MILLET SEED ORGANIC	
Suma Pre Pack	
500g	£2.49
6 x 500g	£13.17

POPCORN ORGANIC	
500g	£3.64
1Kq	£6.54
5Kq	£28.35
25Kq	£80.99

QUINOA	
Quinoa	
1Kq	£5.46
5Kq	£22.99
25Kq	£77.77

TAPIOCA	
Tapioca Prepack	
500g	£2.45
6 x 500g	£12.97

Herbs & Spices: Daily Bread Packdown

LIQUORICE ROOT	
Liquorice Root Sticks	
1	£0.61
NUTMEG WHOLE	
Single	
1	£0.49

Herbs & Spices: Pre-pack

AL'FEZ	
Harissa Spice	
180g	£3.49
6 x 180g	£17.99
EL REY	
Sweet & Smokey Paprika	
75g	£2.69
14 x 75g	£33.14
FOREST WHOLE FOODS	
Turmeric Organic	
125g	£5.55
250g	£6.79
6 x 250g	£35.51
INFINITY HERBS & SPICES	
Black Onion Seed (Nigella Seeds) Organic	
25g	£1.69
6 x 25g	£8.31
Cardamom Pods Organic	
10g	£1.49
Carob Powder Organic	
150g	£4.49
6 x 150g	£23.23
Chamomile Loose Organic	
40g	£3.83
6 x 40g	£19.78
Dill Organic	
15g	£1.49
6 x 15g	£7.83
Dill Tops Organic	
11g	£1.03
Herbes de Provence Organic	
20g	£1.45
6 x 20g	£7.56
Saffron	
1g	£2.99
Single Nutmeg	
1item(s)	£0.49
Vaynilla - Two Vanilla Pods	
1item(s)	£5.07
White Peppercorns Organic	
25g	£1.58
POPPY SEEDS	
See "Seeds"	
SUMA HERBS & SPICES	
Allspice Berries Ground	
40g	£1.55
6 x 40g	£8.19
Asafoetida	
20g	£1.29
6 x 20g	£6.82
Basil Organic	
20g	£1.69
6 x 20g	£8.93

Bay Leaves Organic	Juniper Berries	HILLTOP	Summer Berries Spread Organic	Fibre Flakes Gluten Free Organic
10g £1.69	40g £1.55	Cut Honeycomb	325g £3.85	375g £3.85
6 x 10g £8.93	6 x 40g £8.19	200g £7.68	5 x 375g £16.97	
Black Mustard Seed Organic	Marjoram - Rubbed	12 x 200g £1.25	JANDA	GLEBE FARM
50g £1.75	10g £1.75	£6.61	Lemon Curd Vegan £2.99	Oat Granola Crisp Maple & Banana
6 x 50g £9.26	6 x 10g £9.26	HONEA	6 x 175g £15.79	Gluten Free
Black Peppercorns Organic	Mixed Herbs Organic	Vegan Honey Substitute. Lavender		325g £4.63
25g £1.75	20g £1.69	230ml £4.99	MERIDIAN ORGANIC	6 x 325g £25.12
6 x 25g £9.26	6 x 20g £8.93	6 x 230ml	Apricot Spread Organic No Added Sugar	Oat Granola Crisp Strawberry Gluten Free
Cajun Spice	Mixed Spice Organic		284g £3.89	325g £4.63
40g £1.29	25g £1.75	LITTLEOVER	6 x 284g £20.57	6 x 325g £25.12
6 x 40g £6.82	6 x 25g £9.26	Lavender Honey	Blackcurrant Spread Organic No Added Sugar	Oat Muesli Gluten Free
Caraway Seed Organic	Mustard - Ground	340g £5.99	284g £3.89	400g £3.86
30g £1.75	50g £1.29	6 x 340g £31.11	6 x 284g £20.57	6 x 400g £20.92
6 x 30g £9.26	Mustard Seeds - Yellow	Pure Wildflower Honey Clear Organic	Blueberry Spread Organic No Added Sugar	
Cardamon Ground	50g £1.29	340g £4.09	284g £4.39	JAAAN'S GOLDEN GRANOLA
10g £1.29	Nutmeg Ground Organic	6 x 340g £21.54	6 x 284g £23.19	Large
6 x 10g £6.82	20g £1.69	Pure Wildflower Honey Set Organic	Morello Cherry Spread Organic No Added Sugar	1Kg £13.79
Cardamon Pods Green Organic	6 x 20g £8.93	340g £4.09	284g £3.89	KALLO
10g £1.75	Onion Seed	6 x 340g £21.54	6 x 284g £20.57	Rice Cereal OG - Natural
6 x 10g £9.26	35g £1.29	SAMPFORDS HONEY	284g £3.89	225g £3.69
Cayenne Pepper Organic	6 x 35g £6.82	Locally Produced by Sampfords	6 x 284g £20.57	8 x 225g £25.99
35g £1.99	Oregano Organic	454g £8.53	Raspberry Spread Organic No Added Sugar	
6 x 35g £9.79	20g £1.69	SUMA	284g £4.89	MUESLI BASE ORGANIC
Celery Salt	6 x 20g £7.59	Honey in Tub Clear	6 x 284g £25.84	Jumbo Oats, Porridge Oats, Barley Flakes, Wheat Flakes
100g £1.29	Paprika Organic	3Kg £9.26	Seville Orange Spread Organic No Added Sugar	1Kg £3.37
6 x 100g £6.82	25g £1.69	Honey in Tub Set	284g £3.89	5Kg £15.06
Chillli Flakes	6 x 25g £8.94	3Kg £25.24	6 x 284g £20.57	NAIRNS
25g £1.29	Parsley Organic	Pure Wildflower Honey Clear	Strawberry Spread Organic No Added Sugar	Glutenfree Muesli
6 x 25g £6.82	15g £1.75	6 x 15g £8.94	284g £3.89	450g £3.59
Chillli Powder Organic	6 x 15g £9.26	6 x 340g £20.15	6 x 284g £19.85	5 x 450g £15.82
25g £1.75	Peppercorns Black	340g £3.55	284g £3.79	NATURES PATH
6 x 25g £9.26	250g £20.15	6 x 340g £19.61	6 x 284g £20.57	Gorilla Munch
Cinnamon Bark Organic	6 x 250g £1.99	TROPICAL FOREST	ST DALFOUR	300g £4.55
15g £10.52	Rosemary Organic	Clear Honey Organic	All Spreads	4 x 300g £16.01
6 x 15g £1.75	20g £8.93	7Lb £30.82	284g £2.99	Maple Sunrise
Cinnamon Ground Organic	6 x 20g £9.26	Set Honey Organic	6 x 284g £15.71	332g £4.75
30g £1.75	Sage Organic	7Lb £30.82	SUMA	4 x 332g £16.75
6 x 30g £9.26	25g £1.69	Jams & Fruit Spreads	Pear & Apple Spread	Mesa Sunrise
Clove Organic	6 x 25g £8.93		300g £2.99	355g £4.95
20g £1.75	Star Anise - Whole		12 x 300g £31.71	4 x 355g £17.38
6 x 20g £9.26	350g £14.63		THREE BY ONE	Millet Rice Flakes
Coriander Ground Organic	Star Anise Organic		Coconut Jam Organic	375g £4.29
40g £1.69	15g £1.69	BIONOVA	1item(s) £5.49	4 x 375g £15.08
6 x 40g £8.93	6 x 15g £8.93	Bilberry Jam Organic	12 x 1item(s) £58.41	NUT MUESLI ORGANIC
Coriander Seed Organic	Tarragon	340g £3.39	TRADCRAFT	4% nuts. Exclusive to Daily Bread. No Added Sugar.
40g £1.69	12g £1.29	6 x 340g £17.91	Orange Marmalade Organic	1Kg £6.38
6 x 40g £8.93	6 x 12g £8.93	Strawberry Organic Jam	340g £3.95	5Kg £27.39
Cumin Ground Organic	Tarragon Organic	340g £3.79	6 x 340g £20.94	NUT-FREE MUESLI
25g £1.75	10g £5.79	6 x 340g £19.91		Exclusive to Daily Bread. No Added Sugar
6 x 25g £9.26	6 x 10g £5.79	Tangy Organic Marmalade		1Kg £5.89
Cumin Seed Organic	Thyme Organic	340g £3.59	Muesli & Cereals	5Kg £21.71
25g £1.75	25g £1.69	6 x 340g £18.85		NUT-FREE MUESLI ORGANIC
6 x 25g £9.26	6 x 25g £8.93	CLEARSPRING		Exclusive to Daily Bread. No Added Sugar
Curry Leaves Organic	Turmeric Organic	Fruit Puree Apple & Apricot Organic		Sugar
5g £1.69	30g £8.93	200g £1.89	BRAN FLAKES ORGANIC	1Kg £5.08
6 x 5g £8.93	6 x 30g £1.29	12 x 200g £19.98	Essential Malted Bran Flakes Organic Pre-pack	5Kg £21.71
Curry Powder - Madras	THAI TASTE	Fruit Puree Apple & Mango Organic		NUT-FREE MUESLI ORGANIC
50g £1.29	Tamarind Paste	200g £1.89	375g £3.54	Exclusive to Daily Bread. No Added Sugar
Curry Powder - Mild	130g £1.29	6 x 340g £19.98	6 x 375g £18.99	1Kg £5.89
50g £1.29	6 x 130g £10.27	Fruit Puree Apple & Plum Organic	BRAN STICKS ORGANIC	5Kg £25.24
Curry Powder Hot	ZAYTOUN	200g £4.29	No Added Salt or Sugar	RUDE HEALTH
50g £6.82	Zaatar Wild Herb Mix	12 x 200g £22.77	500g £4.91	5 Grain & 5 Seed Porridge
6 x 50g £9.89	6 x 80g £9.89	Fruit Puree Apple & Strawberry Organic	1Kg £9.01	400g £2.99
Dill Herb Organic	Honey	200g £1.89	3Kg £23.21	6 x 400g £15.94
15g £1.75		12 x 200g £19.98	15Kg £70.89	Bircher Muesli
6 x 15g £9.89	BORAKIS	Fruit Puree Apple & Apple Organic	Surma Prepack	400g £3.49
Fennel Seeds Org	Greek Mountain Honey From Crete	200g £1.52	250g £1.99	6 x 400g £18.45
40g £1.69	440g £9.08	12 x 200g £16.09	CRUNCHY MUESLI	Crunchy Almond Granola
Fenugreek Seeds Organic	CAMBRIDGESHIRE HONEY	Fruit Puree Pear	Exclusive to Daily Bread. No Added Sugar	400g £3.99
40g £1.75	Cambridgeshire Honey	200g £1.89	1Kg £7.28	6 x 400g £21.14
6 x 40g £9.26	454g £6.19	12 x 200g £19.98	5Kg £31.73	Granola The Ultimate
Five Spice Seasoning	EQUAL EXCHANGE	Mango Spread Organic	DOVES FARM	400g £4.99
40g £1.25	Honey Clear Fairtrade Organic	250g £3.99	Chocolate Stars Gluten Free Organic	6 x 400g £26.34
40g £1.29	500g £8.49	6 x 250g £21.11	300g £3.25	Puffed Oats
6 x 40g £6.82	10 x 500g £72.18	Peach Spread Organic	5 x 300g £14.33	175g £2.25
Garam Masala	Honey Set Fairtrade Organic	250g £3.99	Corn Flakes Gluten Free Organic	8 x 175g £15.86
50g £1.29	500g £8.19	6 x 250g £21.11	325g £3.15	Spelt Flakes
6 x 50g £6.43	10 x 500g £72.18		5 x 325g £13.92	300g £3.25
Garlic Granules Organic				8 x 300g £22.91
20g £1.75				
6 x 20g £9.26				
Ginger Ground Organic				
30g £1.75				
6 x 30g £9.26				

SPECIAL MUESLI

Exclusive to Daily Bread. No Added Sugar
1Kg £4.15
5Kg £17.67

TROPICAL MUESLI

Exclusive to Daily Bread
1Kg £7.55
5Kg £32.49

WHOLE EARTH

Cocoa Crunch
375g £3.29
5 x 375g £14.48
Organic Muesli
750g £4.99
12 x 750g £52.75
Red Fruit Crunch
450g £3.95
5 x 450g £17.38

Nuts

ALMONDS FLAKED

Suma
125g £1.85
1Kg £11.79

ALMONDS GROUND

Suma
250g £3.05
1Kg £10.92
5Kg £49.44

ALMONDS GROUND ORGANIC

Suma
1Kg £20.52

ALMONDS WHOLE

Suma
250g £2.99
1Kg £10.05
22.68Kg £187.77

ALMONDS WHOLE ORGANIC

Suma
500g £8.96
1Kg £16.12

BRAZILS BROKEN

Suma
250g £2.99
1Kg £9.93

BRAZILS WHOLE

250g £4.58
500g £8.43
1Kg £15.57
5Kg £70.69
19.96Kg £190.89
Suma
250g £3.69
1Kg £11.93

BRAZILS WHOLE ORGANIC

Suma
250g £4.19
1Kg £15.09

CASHEW PIECES

Suma
250g £2.75
1Kg £9.63

CASHEW ROASTED & SALTED

Suma
125g £3.59
1Kg £23.06
VAT
100g £4.39
250g £10.08
500g £18.64
1Kg £34.45
3Kg £88.82

CASHEW WHOLE

Suma
250g £3.69
1Kg £12.91

CASHEW WHOLE ORGANIC

Suma
250g £4.49
1Kg £16.47

COCONUT

Desiccated Unsulphured
500g £3.08
1Kg £5.54
3Kg £14.78
25Kg £119.51
Raw Chip Unsulphured
500g £3.89
1Kg £6.71
3Kg £18.49
10Kg £58.03
Toasted Chip Unsulphured
500g £5.25
1Kg £9.38
3Kg £25.85
10Kg £81.09

COCONUT - DESSICATED

Medium Desiccated Coconut
1Kg £5.03

COCONUT - DESSICATED ORG

Suma
2.5Kg £15.53

COCONUT RAW CHIP

Suma
150g £1.49
1Kg £6.57

HAZELNUTS

Suma
11.34Kg £129.62
Suma - Raw
250g £3.95
1Kg £14.28

HAZELNUTS ORGANIC

Suma - Raw
250g £4.39
1Kg £15.77

MIXED NUTS

Chopped Peanuts, Walnuts, Almonds
250g £3.18
500g £5.92
1Kg £9.56

PEANUTS

Suma - Roasted
250g £2.15
Suma - Roasted & Salted
250g £2.25

PEANUTS ORGANIC

Raw
500g £3.82
1Kg £6.89
5Kg £31.99
25Kg £147.69
Suma - Raw
500g £4.09
1Kg £8.14

PECAN HALVES

Suma
125g £3.39
1Kg £23.55

PINE NUTS

100g £4.94
250g £11.29
500g £21.26
1Kg £38.85
5Kg £181.25
12.5Kg £438.03

PINE NUTS ORGANIC

Suma Organic
1Kg £41.28

PISTACHIOS

Infinity - Raw Kernels
5Kg £171.19
Suma - Raw Shelled
125g £4.59
1Kg £33.56
Suma - Roasted & Salted
125g £5.49

ST. DALFOUR

Whole Chestnuts
200g £4.69
6 x 200g £24.69

SUMA BAGGED DOWN

Desiccated Organic Coconut
1Kg £6.93

WALNUTS

250g £3.57
500g £6.71
1Kg £12.75
3Kg £37.16
10Kg £87.96
Suma
250g £3.25
1Kg £11.62
Suma Light Amber Quarters
1Kg £10.89

WALNUTS ORGANIC

250g £5.22
500g £9.68
1Kg £17.58
5Kg £80.75
15Kg £151.99

Oats

Suma
250g £5.75
1Kg £14.85

GLUTEN FREE PINHEAD OATMEAL

Gluten Free Pinhead Oatmeal
25Kg £35.35

JUMBO OATS

Mornflake Prepack
500g £1.29
12 x 500g £14.09
Mornflake Pre-pack
3Kg £4.49
4 x 3Kg £15.61
Rolled Oats
1Kg £1.92
5Kg £8.58
25Kg £23.19

JUMBO OATS ORGANIC

Rolled Oats
1Kg £2.88
5Kg £12.86
25Kg £35.35
Suma Gluten Free
750g £4.25
6 x 750g £22.47

MEDIUM OATMEAL

1Kg £1.92
5Kg £8.16
25Kg £23.19

OAT GROATS

Suma Prepack Org
500g £2.45
6 x 500g £13.07

OATBRAN

1Kg £1.95
5Kg £8.29
25Kg £23.56

Mornflake Prepack

800g £3.45
6 x 800g £18.11

PINHEAD OATMEAL

1Kg £1.92
5Kg £8.16
25Kg £23.19

PORRIDGE OATS

Glebe Farm Gluten Free
450g £3.86
6 x 450g £20.92
Mornflake Pre Pack
500g £1.19
3Kg £4.25
12 x 500g £12.85
4 x 3Kg £15.26
Rolled Oats
1Kg £1.92
5Kg £8.58
25Kg £23.19

PORRIDGE OATS ORGANIC

1Kg £2.88
5Kg £12.86
25Kg £35.35
Mornflake Pre Pack
1Kg £2.79
6 x 1Kg £14.76
Suma Gluten Free
750g £4.25
6 x 750g £22.47

Oils

Suma Pre Pack
750g £2.69
6 x 750g £14.22
Suma Prepack - Gluten Free
750g £3.75
6 x 750g £19.83

AVOCADO OIL

Clearspring Organic
250ml £9.49
8 x 250ml £66.88

COCONUT OIL

Biona Virgin Organic
200g £4.55
400g £8.09
6 x 200g £24.09
6 x 400g £42.83
Suma Culinary Organic
320ml £4.19
650ml £7.15
6 x 320ml £22.13
6 x 650ml £37.82
Suma Extra Virgin Organic
320ml £7.21
6 x 320ml £38.05

FLAX/LINDSEED SEED OIL

Biona VAT
250ml £6.95
6 x 250ml £36.94

GRAPE SEED OIL

Suma
500ml £5.35
6 x 500ml £30.13

HEMP OIL

Granovita Organic
260ml £8.85
6 x 260ml £46.58

OLIVE OIL

Borakis Abea / Lithari Extra Virgin
Large Tin
5L £58.58
Borakis Abea / Lithari Extra Virgin
Medium Tin
3L £40.84
Borakis Abea Extra Virgin Small Bottle
250g £8.29
1L £10.08

Borakis Kolymvari Estate Extra Virgin

750ml £11.96
Borakis Lithari Extra Virgin Organic
Low Acidity
500ml £5.12
1L £9.92

Borakis Organic EV

750ml £13.19
Borakis Organic Kolymvari Estate
Extra Virgin
750ml £9.99
12 x 750ml £104.99

Sunita Hellenic Extra Virgin Cold Pressed Bottle

1L £9.76
12 x 1L £101.98
Sunita Hellenic Extra Virgin Cold
Pressed Tin
3L £27.55
4 x 3L £95.97

Sunita Organic Greek Extra Virgin Cold Pressed

1L £12.12
6 x 1L £63.32
Zaytoun Large Organic Fairtrade
750ml £24.35
6 x 750ml £128.57
Zaytoun Small Organic Fairtrade
250ml £10.09
6 x 250ml £53.32

PUMPKIN SEED OIL

Clearspring Organic
250ml £13.79
8 x 250ml £92.15

RAPESEED OIL

Clearspring Organic
500ml £5.49
6 x 500ml £29.02
Suma Extra Virgin Rapeseed Oil 5l
5L £23.99

SESAME OIL

Clearspring Organic
500ml £8.39
6 x 500ml £44.35

SUNFLOWER OIL

Clearspring Organic
1L £8.99
6 x 1L £47.52
Suma Organic Cold Pressed
500ml £4.95
6 x 500ml £26.19

WALNUT OIL

Clearspring
250ml £13.49
8 x 250ml £95.06

Olives & Capers

CYPRESSA
Pimento Stuffed Green Olives
340g £1.95
6 x 340g £10.39
Pitted Black Olives
340g £1.65
6 x 340g £8.68
Pitted Green Olives
340g £1.89
6 x 340g £10.07

MANI

Green and Kalamata Olives Organic
175g £3.99
6 x 175g £21.07

OLIVES ET AL

Mixed Pitted Olives with Herbs
250g £4.39
6 x 250g £23.18

ORGANICO

Capers (In Brine)
250g £3.45
12 x 250g £36.49

Shoyu Soya Sauce Large Organic	
500ml	£6.49
6 x 500ml	£34.31
Shoyu Soya Sauce Small Organic	
150ml	£2.99
6 x 150ml	£15.81
Tamari Sauce Large Organic	
500ml	£10.49
6 x 500ml	£55.49
Tamari Sauce Small Organic	
150ml	£3.99
6 x 150ml	£21.11
Teriyaki Oriental Organic	
150ml	£4.09
6 x 150ml	£21.62
White Miso Organic	
270g	£4.29
6 x 270g	£22.68
GEO ORGANICS	
Atlantic Fine Ground Sea Salt	
500g	£3.49
6 x 500g	£18.44
KALLO STOCK CUBES	
French Onion	
66g	£1.95
15 x 66g	£25.53
Garlic & Herb	
66g	£1.95
15 x 66g	£25.53
Low Salt	
60g	£1.99
15 x 60g	£26.07
Mushroom	
66g	£1.93
15 x 66g	£25.53
Tomato & Herb	
66g	£1.95
15 x 66g	£25.53
Yeast Free	
66g	£1.95
15 x 66g	£25.53
MALDON	
Sea Salt Flakes	
250g	£3.29
12 x 250g	£34.37
MARIGOLD BOUILLON CUBES	
Low Salt Bouillon Cubes Organic	
8	£1.49
12 x 8	£15.75
MARIGOLD BOUILLON POWDER	
Original Bouillon 2kg	
2Kq	£19.19
Vegan Organic Bouillon Large (Red)	
500g	£7.75
6 x 500g	£40.98
Vegan Organic Bouillon Small (Red)	
150g	£2.55
6 x 150g	£13.48
Vegan Organic Swiss Vegetable Bouillon Small (Black)	
140g	£2.45
6 x 140g	£12.95
Vegan Original Bouillon Large (Green)	
500g	£6.89
6 x 500g	£36.47
Vegan Original Bouillon Small (Green)	
150g	£2.55
6 x 150g	£13.54
Vegan Reduced Salt Bouillon Large (Purple)	
500g	£7.39
6 x 500g	£39.11
Vegan Reduced Salt Bouillon Small (Purple)	
140g	£2.79
6 x 140g	£14.67
MERIDIAN	
Shoyu Soya Sauce Large	
500ml	£4.49
6 x 500ml	£23.72

Tamari Soya Sauce Large Gluten Free	
500ml	£6.89
6 x 500ml	£36.41
Tamari Soya Sauce Small Gluten Free	
150ml	£3.29
12 x 150ml	£34.77
PROFUSION	
Pink Himalayan Salt Coarse	
500g	£4.05
8 x 500g	£28.52
Pink Himalayan Salt Fine	
500g	£4.05
8 x 500g	£28.52
SEA SALT	
Coarse	
1Kq	£1.59
5Kq	£7.09
10Kq	£10.19
Fine	
1Kq	£1.39
5Kq	£6.22
10Kq	£8.93
STEENBERGS	
Kala Namak (Black Salt)	
100g	£2.99
12 x 100g	£32.36
THREE BY ONE	
Coconut Aminos	
250ml	£9.99
VECON	
Vegetable Stock	
225g	£3.89
8 x 225g	£27.37
Vegetable Stock Large	
1Kq	£16.19
Seaweeds	
CLEARSPRING	
Arame	
30g	£5.29
8 x 30g	£36.49
Kombu	
40g	£5.49
5 x 40g	£24.18
Nori	
25g	£3.99
6 x 25g	£21.11
Sushi Nori - Toasted	
17g	£3.39
8 x 17g	£23.89
Wakame	
25g	£4.19
8 x 25g	£28.91
CORNISH SEAWEED COMPANY	
Cornish Seaweed Spaghetti Organic	
40g	£4.59
5 x 40g	£19.52
Seeds	
ALFALFA	
Essential Pre Pack - Organic	
125g	£3.22
6 x 125g	£17.19
CHIA SEEDS	
250g	£2.18
500g	£3.94
1Kq	£7.19
5Kq	£31.88
25Kq	£122.19
Suma	
1Kq	£7.78
CHIA SEEDS ORGANIC	
Suma	
1Kq	£8.64

HEMP SEEDS	
Suma	
250g	£2.99
6 x 250g	£15.81
HEMP SEEDS ORGANIC	
Suma	
1Kq	£10.58
LINSEED (FLAX)	
Suma	
1Kq	£4.29
LINSEED GOLDEN (FLAX)	
Organic Suma	
250g	£1.75
1	£5.42
6 x 250g	£9.27
LINWOODS	
Milled Flax Seed Organic	
425g	£5.49
12 x 425g	£58.39
Milled Flax Seed with Almond, Brazil and Walnuts Organic	
360g	£6.55
12 x 360g	£68.67
Milled Flax Seed with Chia and Goji Berries	
425g	£5.99
5 x 425g	£26.43
Milled Flax Seed with Probiotic & Vitamin D	
360g	£6.55
12 x 360g	£68.73
Milled Hemp	
200g	£4.49
6 x 200g	£24.07
Shelled Hemp	
200g	£7.35
12 x 200g	£78.39
POPPY SEEDS ORGANIC	
Suma Organic	
40g	£1.75
6 x 40g	£9.26
PREWETTS	
Ground Flaxseed Organic	
175g	£3.29
6 x 175g	£17.42
PUMPKIN SEED	
Suma	
1Kq	£8.44
PUMPKIN SEED ORGANIC	
250g	£3.44
500g	£6.26
1Kq	£11.46
5Kq	£51.25
25Kq	£196.45
SEED MIX	
Linseed, Pumpkin Seed, Sesame Seed & Sunflower Seed	
500g	£3.26
1Kq	£5.83
5Kq	£25.05
SESAME SEED	
Suma	
1Kq	£5.78
SESAME SEED BLACK	
Black Sesame Seeds Organic	
250g	£2.08
6 x 250g	£10.75
SESAME SEED ORGANIC	
Suma	
250g	£2.25
1Kq	£7.39
SUNFLOWER SEED	
1Kq	£3.07
5Kq	£13.15
25Kq	£50.39

Suma	
1Kq	£4.66
SUNFLOWER SEED ORGANIC	
500g	£3.02
1Kq	£5.51
5Kq	£24.23
25Kq	£92.89
Snacks (Savoury)	
AMAIZIN	
Natural Corn Chips	
250g	£2.85
10 x 250g	£25.09
BHUSU MIX	
Spicy Snack	
250g	£2.01
500g	£3.27
1Kq	£5.99
5Kq	£20.23
BOMBAY MIX	
Suma Pre Pack	
250g	£1.75
1Kq	£4.89
6 x 250g	£9.27
Suma Pre Pack Lime and Coriander	
250g	£1.75
6 x 250g	£9.27
BOUNDLESS	
Chipotle & Lime Chips	
80g	£1.99
10 x 80g	£17.44
Sea Salt & Cider Vinegar Chips	
80g	£1.99
10 x 80g	£17.44
EAT REAL	
All Lentil and Hummus Chips	
113g/135g	£2.19
113g	£19.39
10 x 113g	£19.39
GARLIC STICKS	
Spicy Snack	
250g	£2.12
500g	£3.79
1Kq	£6.88
5Kq	£21.43
HAND COOKED	
Handcook Seasalt Crisps VAT	
40g	£1.09
15 x 40g	£14.39
Rosemary & Himalayan Salt Crisps Organic VAT	
40g	£1.09
15 x 40g	£14.39
HODMEDOD'S	
All Fava Beans and Peas	
300g	£2.99
10 x 300g	£26.24
ORIENTAL RICE CRACKERS	
Pre Pack	
125g	£1.95
6 x 125g	£10.31
QUINOA CHIPS	
Sundried Tomato and Garlic	
80g	£2.15
10 x 80g	£19.93
ROASTED CHICK PEAS	
125g	£1.25
6 x 125g	£6.61
SAVOURSMITHS	
Desert Salt and Vinegar VAT	
40g	£1.09
150g	£2.99
24 x 40g	£24.11
12 x 150g	£32.36

Desert Salt Crisps VAT	
40g	£1.09
150g	£2.99
24 x 40g	£24.11
12 x 150g	£32.36
Truffle and Rosemary Crisps VAT	
40g	£1.09
150g	£2.99
24 x 40g	£24.11
12 x 150g	£32.36
SESAME STICKS	
Pre Pack	
125g	£1.25
6 x 125g	£6.61
SPICY NOODLES	
100g	£1.01
250g	£1.86
500g	£3.37
1Kq	£5.75
5Kq	£17.51
Suma Pre Pack	
125g	£1.25
6 x 125g	£6.61
TRAF0	
Vegetable Chips	
75g	£2.69
12 x 75g	£28.48
TRAF0 TORTILLA	
200g	£2.45
10 x 200g	£21.33
WASABI PEAS	
75g	£1.75
6 x 75g	£9.27
Snacks (Sweet)	
ADONIS	
Keto Hazelnut & Cocoa Protein Bar	
45g	£1.99
16 x 45g	£28.03
Keto Pecan, Hazelnut & Cocoa Bar - No VAT	
35g	£1.79
16 x 35g	£25.24
Keto Vanilla & Coconut Bar - No VAT	
35g	£1.79
16 x 35g	£25.24
ALMOND HALVA	
250g	£4.59
500g	£8.47
1Kq	£15.69
2.5Kq	£31.84
BIONA	
Cola Bottles Organic VAT	
75g	£2.09
10 x 75g	£18.53
Pomegranate Hearts VAT	
75g	£2.49
10 x 75g	£22.24
Sour Snake Organic VAT	
75g	£2.09
10 x 75g	£22.65
BOOJA BOOJA	
Truffle Selection 1 (contains alcohol)	
138g	£15.15
4 x 138g	£53.28
Truffle Selection 2 VAT	
138g	£15.15
4 x 138g	£53.28
CANDY KITTENS	
Apple & Dragonfruit VAT	
140g	£3.15
7 x 140g	£19.31
Love Candy VAT	
140g	£3.15
10 x 140g	£27.58
Sour Watermelon VAT	
54g	£1.45
12 x 54g	£15.22

Tropical Mango VAT		Raspberry Chocolish Bar VAT		Maple Peanut Protein Bar VAT		SANCHI		Pate Cashew and Bell Pepper	
125g	£2.49	50g	£1.45	50g	£1.79	Miso Soup		130g	£3.05
9 x 125g	£14.49	16 x 50g	£20.29	18 x 50g	£28.43	48g	£3.55	6 x 130g	£16.03
CHOCOLATE HALVA		Strawberry Sundae VAT		Peanut Choc VAT		6 x 48g	£18.91	Pate Tomato and Lupin	
250g	£4.59	35g	£0.99	50g	£1.79	SUMA		140g	£3.25
500g	£8.47	18 x 35g	£15.79	18 x 50g	£28.43	Minestrone Soup Organic		6 x 140g	£17.11
1Kq	£15.69	NINE BAR		Vanilla Choc & Almond VAT		400g	£2.29	BUTTER	
2.5Kq	£31.84	Dark Chocolate Pistachio and Brazil Nut Bar VAT		50g	£1.79	12 x 400g	£24.19	See "Fridge Products"	
DOVES FARM		40g	£0.89	18 x 50g	£28.43	Mushroom Soup		CARLEYS	
Apple & Sultana Flapjack		20 x 40g	£15.66	RICOLA		400g	£2.29	Raw Pecan Butter	
35g	£0.89	Dark Chocolate, Peanut and Seed Bar VAT		Elderflower Sugar Free VAT		12 x 400g	£24.19	170g	£6.25
18 x 35g	£13.99	45g	£2.19	20 x 45g	£24.74	Pea Soup Organic		6 x 170g	£31.92
Apricot & Chia Seed Flapjack		Herb Sugar Free VAT		400g		12 x 400g	£23.78	Raw White Almond Butter	
35g	£0.89	45	£1.65	20 x 45	£29.12	Rustic Vegetable Soup Organic		170g	£4.63
18 x 35g	£15.02	20 x 45	£29.12	SESAME BAR		400g	£1.99	6 x 170g	£23.75
Chocolate Chip Flapjack		White Choc and Raspberry VAT		With Honey. Sunita VAT		12 x 400g	£21.04	GRANOVITA	
35g	£0.89	40g	£0.89	30g	£0.91	Spicy Lentil Soup Organic		Olive Pate	
18 x 35g	£15.02	20 x 40g	£15.66	24 x 30g	£19.81	400g	£2.15	125g	£1.89
FREE FROM FELLOWS		NOT GUILTY		SUMA		12 x 400g	£22.73	12 x 125g	£19.91
Gummy Bears VAT		Marshmallow VAT		Super Seed and Berry Mix		Tomato Soup Organic		Pate Spicy Mexican Organic	
100g	£2.09	80g	£2.19	125g	£11.89	400g	£1.95	200g	£3.49
10 x 100g	£18.42	12 x 80g	£23.19	6 x 125g	£11.89	12 x 400g	£20.62	12 x 200g	£37.88
Midget Gems VAT		ORGANICA		SUNITA		Tuscan Bean Soup Organic		JANDA	
100g	£2.09	Chocolate Covered Marzipan VAT		Honey Halva Organic		400g	£2.09	Salted Caramel Spread	
10 x 100g	£18.42	40g	£1.15	75g	£1.95	12 x 400g	£22.08	175g	£2.99
Mini Pink & White Vanilla Mallows VAT		24 x 40g	£23.44	12 x 75g	£20.57	Soya Protein & Tofu		MERIDIAN	
105g	£2.25	Hazelnut Nougat Org VAT		TROPICAL MIX		BLUE DRAGON		Almond Butter 1kg Tub	
10 x 105g	£19.62	40g	£1.45	UK Mixed		Tofu Firm Silken		1Kq	£17.25
Pear Drop VAT		24 x 40g	£30.26	500g	£7.24	349g	£13.29	6 x 1Kq	£91.16
70g	£2.09	PANDA		1Kq	£13.29	12 x 349g	£59.69	Almond Butter Crunchy	
10 x 70g	£18.42	Licorice Mix VAT		5Kq	£59.69	BRAISED TOFU		170g	£3.29
Rhubarb Custard VAT		170g	£2.65	15Kq	£136.45	Marigold. Canned		6 x 170g	£17.38
70g	£1.99	12 x 170g	£27.72	TROPICAL WHOLEFOODS		225g	£3.75	Almond Coconut Butter	
10 x 70g	£17.99	Liquorice Pieces VAT		Mango & Brazil Nut Bar Organic VAT		12 x 225g	£39.64	170g	£3.39
Vanilla Mallows VAT		240g	£2.89	40g	£1.25	CLEARSPRING		6 x 170g	£17.91
105g	£2.25	12 x 240g	£30.39	18 x 40g	£19.55	Soya Chunks Organic		Cashew Nut Butter	
10 x 105g	£19.62	PANDA LICORICE BAR		VANILLA HALVA		200g	£3.49	170g	£3.85
Wine Gums VAT		Plain VAT		250g	£4.48	12 x 200g	£36.89	6 x 170g	£20.34
100g	£2.09	32g	£0.69	500g	£8.36	Soya Mince Organic		Chocca - Choc & Nut Spread	
10 x 100g	£18.42	36 x 32g	£21.98	1Kq	£15.53	300g	£4.09	240g	£3.59
FREEDOM CONFECTIONERY		Raspberry VAT		2.5Kq	£31.84	12 x 300g	£43.22	6 x 240g	£18.97
Marshmallows Vegan VAT		32g	£0.69	SOUP		Tofu Organic		Hazelnut Butter	
105g	£2.49	36 x 32g	£22.38	Clearspring		300g	£2.29	170g	£3.99
10 x 105g	£21.28	Extra Strong Peppermint Fresh Mints VAT		Mellow White Miso Soup with Tofu		12 x 300g	£24.21	6 x 170g	£21.08
GRAPE JUICE HALVA		15g	£1.59	40g	£3.99	DOCTOR TEMPEH		Organic Smooth Almond Butter	
250g	£4.52	12 x 15g	£16.79	8 x 40g	£28.12	Tempeh in a Spicy Javanese Sauce		170g	£5.89
500g	£8.43	Fine English Peppermint Fresh Mints VAT		Organic Instant White Miso		300g	£3.75	6 x 170g	£31.14
1Kq	£15.66	15g	£1.39	60g	£3.19	6 x 300g	£20.46	NUTCESSITY	
4 x 2.5Kq	£128.53	Peppermint Chewing Gum VAT		8 x 60g	£22.48	ESSENTIAL		Date & Walnut Nut Butter Organic	
HALVA (PRE-PACK)		12 x 15g	£14.78	ESSENTIAL		TVP Chunks Plain		170g	£6.32
Chocolate Halva Organic. Sunita		Sicilian Lemon Fresh Mints VAT		Lentil and Pumpkin Soup		500g	£3.02	6 x 170g	£33.01
75g	£1.86	15g	£1.59	680g	£3.65	6 x 500g	£15.52	Maple Pecan Treenut Butter Organic	
12 x 75g	£19.48	12 x 15g	£16.79	6 x 680g	£19.32	TVP Mince Natural		170g	£6.32
Honey Halva Organic. Sunita		Spearmint Chewing Gum VAT		Pea Soup		500g	£3.55	6 x 170g	£33.01
75g	£1.54	15g	£1.39	680g	£3.65	6 x 500g	£18.99	OLIVE SPREAD	
12 x 75g	£16.08	12 x 15g	£14.78	6 x 680g	£19.32	Spread & Pate		See "Fridge Products"	
Honey Halva. Sunita		PISTACHIO HALVA		FREE & EASY		BIONA		PEANUT BUTTER	
75g	£1.46	Sesame Seeds, Honey & Pistachio Snack		Broccoli & Kale Soup		Dark Chocolate Spread Organic		Meridian Non-Organic Crunchy No Salt	
24 x 75g	£30.44	250g	£5.57	400g	£2.29	350g	£5.55	1Kq	£8.49
NAKD		500g	£10.29	6 x 400g	£12.09	6 x 350g	£29.44	6 x 1Kq	£44.91
Apple Danish Bar VAT		1Kq	£19.09	Butternut Squash and Ginger Soup		Milk Chocolate Hazelnut Spread Organic		Meridian Non-Organic Smooth with Salt	
Bakewell Tart Bar VAT		2.5Kq	£38.81	400g	£2.29	350g	£5.69	1Kq	£8.49
35g	£0.99	PULSIN		6 x 400g	£12.09	6 x 350g	£29.97	6 x 1Kq	£44.91
18 x 35g	£15.79	Keto Choc Fudge Bars NOT VAT		Lentil and Red Pepper Soup		Mixed Nut Butter Organic		Meridian Organic Crunchy No Salt	
Banana Bread Bar VAT		50g	£1.99	400g	£2.29	170g	£5.22	1Kq	£10.75
30g	£0.99	18 x 50g	£31.56	6 x 400g	£12.09	6 x 170g	£27.27	6 x 1Kq	£56.81
18 x 30g	£15.79	Keto Choc Mint Bars NOT VAT		KING SOBA		BONSAN		Meridian Organic Smooth No Salt	
Berry Delight Bar VAT		50g	£1.99	Mighty Miso Instant Soup Red Miso with Tofu & Ginger Gluten Free Organic		Beetroot & Horseradish Pate		1Kq	£10.75
35g	£0.99	18 x 50g	£31.56	60g	£3.05	130g	£3.05	6 x 1Kq	£56.81
18 x 35g	£15.79	Keto Choc Orange Bars NOT VAT		10 x 60g	£26.67	6 x 130g	£16.04	Suma Jumbo Crunchy No Salt Organic	
Blueberry Muffin Bar VAT		50g	£1.99			Lentil and Turmeric Pate		700g	£8.09
35g	£0.79	18 x 50g	£31.56			140g	£2.95	6 x 700g	£42.69
18 x 35g	£12.63					6 x 140g	£15.49		
Cashew Cookie Bar VAT									
35g	£0.99								
18 x 35g	£15.79								
Cocoa Delight Bar VAT									
35g	£0.99								
18 x 35g	£15.79								

Suma Jumbo Crunchy With Salt Organic	Tartex Herb and Garlic Pate	ORGRAN	DATE SYRUP ORGANIC	RAPADURA WHOLE CANE SUGAR
700g £8.09	200g £3.85	Gravy Mix Gluten Free	Biona Organic	Biona Organic
6 x 700g £42.69	12 x 200g £40.57	200g £2.89	350g £4.45	500g £4.95
Suma Jumbo Smooth No Salt Organic	THREE BY ONE	8 x 200g £20.61	6 x 350g £23.53	5 x 500g £21.85
700g £8.09	Coconut Cacao Spread	SUMA	DEMERARA	STEVIA
6 x 700g £45.34	150g £6.49	Nut Roast Mix Vegan & Gluten Free	1Kq £7.77	Sweet Solutions Stevia Drops
Suma Jumbo Smooth With Salt Organic	5 x 150g £28.48	340g £3.49	5Kq £33.97	30ml £4.99
700g £8.09	Toasted Coconut Butter	6 x 340g £18.45	25Kq £130.35	XYLITOL
6 x 700g £42.69	130g £5.49	Sausage Mix Vegan	Billingtons Prepack	Total Sweet
Suma Small Crunchy No Salt Organic	6 x 130g £28.32	350g £5.99	500g £2.15	225g £3.35
700g £8.09	VEGO	1 £15.06	10 x 500g £18.71	6 x 225g £17.65
6 x 700g £42.69	Hazelnut Chocolate Spread	6 x 350g £31.68	FRUIT SYRUP	
340g £4.09	200g £4.85	Vegan Nut Roast Mix - GF	Sweet Freedom	
6 x 340g £21.65	6 x 200g £25.64	1Kq £8.99	350g £4.05	
Suma Small Crunchy with Salt Organic Fairtraide	YEAST EXTRACT	Vegan Nut Roast Mix - Savoury	6 x 350g £21.31	Tinned & Jarred Foods
340g £4.35	Essential	1Kq £8.34	GOLDEN CASTER SUGAR	AMAIZIN
6 x 340g £22.95	250g £7.81	Sweeteners & Syrups	Billingtons Organic	Jalapeno Peppers Organic
Suma Small Crunchy with Salt Organic	6 x 250g £40.93	AGAVE SYRUP ORGANIC	500g £2.79	150g £2.69
340g £4.09	Natex Low Salt Yeast Extract	Suma Large	10 x 500g £24.64	6 x 150g £14.31
6 x 340g £21.65	225g £4.35	500ml £7.99	GRANULATED SUGAR	BIONA
Suma Small Smooth No Salt Organic	8 x 225g £30.28	6 x 500ml £42.24	Billingtons	Apple Puree Organic Large
340g £4.09	Yeast Extract +B12 No Salt. Meridian	Suma Small	1Kq £3.45	700g £3.25
6 x 340g £21.65	340g £4.99	240ml £3.99	10 x 1Kq £30.28	6 x 700g £17.11
Suma Small Smooth with Salt Organic	6 x 340g £26.37	6 x 240ml £21.08	Billingtons Organic	Coconut Milk Organic
340g £4.09	Sweet & Savoury Mixes	BARLEY MALT EXTRACT	500g £2.59	400ml £2.29
6 x 340g £21.65	AMISA	Meridian	10 x 500g £22.99	6 x 400ml £12.29
RAW HEALTH	Falafel Mix Glutenfree Organic	370g £2.79	No added ingredients	Coconut Milk Green Curry
Raw Health Cacao Brazil Bliss	160g £2.75	6 x 370g £14.74	1Kq £7.23	400ml £2.85
170g £5.79	6 x 160g £14.42	Meridian Organic	5Kq £31.24	6 x 400ml £14.96
6 x 170g £30.51	ARTISAN GRAINS	370g £3.29	25Kq £116.13	Coconut Whipping Cream
SO FREE	Cranberry Nut Roast	6 x 370g £17.38	ICING SUGAR ORGANIC	400ml £3.05
Chocolate Spread Vegan	200g £2.99	Rayner's Essentials Organic	Suma	6 x 400ml £16.04
275g £5.15	6 x 200g £15.82	340g £3.89	500g £4.65	BIONOVA
6 x 275g £27.21	Mediterranean Sundried Tomato Nut Roast	6 x 340g £20.64	6 x 500g £24.58	Gherkins - Sour Organic
ST. DALFOUR	200g £2.99	BLACK TREACLE ORGANIC	LIGHT MUSCOVADO	670g £4.35
Fig Spread	6 x 200g £15.82	Rayner's	Billingtons	6 x 670g £22.88
284g £2.99	Vegetable Nut Roast	340g £3.35	500g £2.15	Gherkins - Sweet & Sour Organic
6 x 284g £15.71	200g £2.99	6 x 340g £17.63	10 x 500g £19.04	330g £3.85
Mirabelle Plum Spread	6 x 200g £15.82	BROWN RICE SYRUP	No added ingredients	6 x 330g £20.14
284g £2.99	DOVES FARM	Biona Organic	1Kq £8.86	Sauerkraut Organic
6 x 284g £15.71	Chocolate Brownie Mix Gluten Free	350g £4.35	5Kq £39.21	350g £2.75
SUNFLOWER SPREAD	5 x 350g £13.92	6 x 350g £23.01	25Kq £137.64	6 x 350g £14.54
See "Fridge Products"	Chocolate Chip Cookie Mix Gluten Free	CANE SUGAR ORGANIC	LIGHT SOFT BROWN SUGAR	Sweetcorn Organic
SUNITA	350g £3.49	1Kq £8.22	Light Soft Brown Sugar	340g £2.25
Light Tahini	5 x 350g £15.44	5Kq £35.62	1Kq £7.84	6 x 340g £11.75
280g £2.59	Pancake Mix Gluten Free	25Kq £132.43	5Kq £34.31	CARLEY'S
12 x 280g £27.14	300g £2.65	CANE SUGAR RAW ORGANIC	25Kq £131.65	Preserved Lemons Organic
Light Tahini 3kg	5 x 300g £11.69	Equal Exchange	MAPLE SYRUP	700g £6.25
3Kq £35.39	FREE & EASY	500g £2.39	Shady Maple Farm Organic	6 x 700g £32.37
Light Tahini Organic	Afternoon Tea Scone Mix	10 x 500g £21.06	250ml £9.49	CLEARSPRING
280g £3.24	350g £3.65	COCONUT BLOSSOM SYRUP	12 x 250ml £101.03	Bio Kitchen Sauerkraut Organic
6 x 280g £16.96	4 x 350g £12.86	Biona	MOLASSES	360g £1.99
Whole Tahini	Cheese Flavour Sauce Dairy Free Mix	350g £2.55	Rayner's	6 x 360g £10.54
280g £2.59	130g £13.53	6 x 350g £35.87	340g £2.49	COOKS & CO
12 x 280g £27.14	Chocolate Brownie Mix	COCONUT NECTAR	6 x 340g £13.34	Roasted Red Peppers
Whole Tahini Organic	350g £4.09	Three By One	MOLASSES (POMEGRANATE)	460g £4.59
280g £3.24	4 x 350g £14.46	250ml £9.85	Marigold	6 x 460g £24.18
6 x 280g £16.96	Vegetable Gravy Mix Gluten Free	6 x 250ml £23.24	250ml £4.49	CYPRESSA
SWEET FREEDOM	130g £2.19	Odysea	6 x 250ml £21.14	Stuffed Vine Leaves
Choc Pot Chocolate Spread	6 x 130g £11.51	COCONUT PALM SUGAR	MOLASSES ORGANIC	280g £1.95
250g £4.09	ISABEL	Biona Organic	Meridian Large	6 x 280g £10.38
6 x 250g £21.65	Yorkshire Pudding Mix Gluten Free	250g £3.05	600g £2.79	EPICURE
TARTEX	100g £3.15	500g £5.59	6 x 600g £14.74	Stem Ginger In Syrup 165g
Classic Pate Org	8 x 100g £22.29	8 x 250g £21.85	Meridian Small	350g £3.95
200g £3.85	JUST WHOLEFOODS	5 x 500g £24.54	350g £2.29	6 x 350g £20.85
12 x 200g £40.57	Vegetarian Banger Mix Organic - Palm Oil Free	1Kq £8.79	6 x 350g £12.09	ESSENTIAL
Mushroom Pate Organic	125g £2.39	5Kq £38.97	Billington	Apple Puree Organic
200g £3.85	6 x 125g £12.61	25Kq £136.79	500g £2.25	360g £2.19
12 x 200g £40.57	Vegetarian Burger Mix Organic - Palm Oil Free	500g £2.15	10 x 500g £19.67	6 x 360g £11.36
Olive Pate Organic	125g £2.39	10 x 500g £19.04		Mango Chunks
200g £2.79	6 x 125g £12.61			400g £2.56
12 x 200g £29.49				6 x 400g £13.23
				Pineapple Chunks
				400g £2.56
				6 x 400g £13.23

Young Jackfruit Organic 400g 6 x 400g	£2.79 £14.44
FREE & EASY	
Bean Cassoulet Organic 400g 6 x 400g	£3.05 £16.11
Chick Pea & Bean Tagine Organic 400g 6 x 400g	£3.05 £16.11
Chick Pea & Vegetable Curry Organic 400g 6 x 400g	£3.05 £16.11
Three Bean Chilli Organic 400g 6 x 400g	£3.05 £16.11
Vegetable Balti Organic 400g 6 x 400g	£3.05 £16.11
Vegetable Hotpot Organic 400g 6 x 400g	£3.05 £16.11
GEO ORGANICS	
Bhuna Curry Paste Organic 180g 6 x 180g	£2.99 £15.81
Indonesian Satay Paste Organic 180g 6 x 180g	£3.19 £16.79
Madras Curry Paste Organic 180g 6 x 180g	£2.92 £15.11
Thai Green Curry Paste Organic 180g 6 x 180g	£2.96 £15.11
Thai Red Curry Paste Organic 180g 6 x 180g	£2.96 £15.12
HAPPY BUTTER GHEE	
Ghee Grassfed Organic 300g 6 x 300g	£9.54 £49.29
HODMEDOD'S	
Fava Beans British Grown 400g 12 x 400g	£1.35 £14.28
Vaal Dhal Made With British Grown Fava Beans Organic 400g 12 x 400g	£2.19 £23.39
LOMA LINDA	
'Tuna' in Spring Water 142g 12 x 142g	£1.99 £20.91
MERIDIAN	
Korma Sauce 350g 6 x 350g	£2.59 £13.69
Tikka Masala 350g 6 x 350g	£2.89 £15.27
MR ORGANIC	
BBQ Baked Beans Organic 400g 12 x 400g	£1.79 £18.92
NATURE'S CHARM	
Evaporated Coconut Milk	
ORGANICO	
Artichoke Hearts 190g 5 x 190g	£4.95 £21.79
Sundried Tomatoes and Herbs 190g 5 x 190g	£4.25 £18.75

SUMA BEANS AND LENTILS	
Aduki Beans Organic 400g 12 x 400g	£1.15 £12.16
Baked Beans Organic 400g 12 x 400g	£1.39 £14.69
Baked Beans Organic - Low Sugar 400g 12 x 400g	£1.39 £14.69
Black Beans Organic 400g 12 x 400g	£1.15 £12.16
Black Beluga Lentils Organic 400g 12 x 400g	£1.25 £13.21
Black Chickpeas Organic 400g 12 x 400g	£1.15 £12.16
Butter Beans Organic 400g 12 x 400g	£1.19 £13.46
Cannellini Beans Organic 400g 12 x 400g	£1.15 £12.16
Chickpeas Organic 400g 12 x 400g	£1.15 £12.16
Green Lentils Organic 400g 12 x 400g	£1.15 £12.16
Haricot Beans Organic 400g 12 x 400g	£1.15 £12.16
Mixed Beans Organic 400g 12 x 400g	£1.15 £12.16
Organic Sweetcorn 340g 12 x 340g	£1.65 £17.44
Pinto Beans Organic 400g 12 x 400g	£1.15 £12.16
Red Kidney Beans Organic 400g 12 x 400g	£1.19 £12.58
SUMA COCONUT MILK	
Coconut Milk 400ml 6 x 400ml	£2.19 £11.69
SUMA READY MEALS	
Baked Beans and Vegan Sausage 400g 12 x 400g	£2.65 £28.01
Spicy Chorizo Style Stew 400g 12 x 400g	£2.15 £22.73
Vegan Meatball Bolognese 400g 12 x 400g	£2.55 £26.95
Vegan Meatballs & Chilli 400g 12 x 400g	£2.55 £26.95
Vegan Spaghetti Bolognese 400g 12 x 400g	£2.39 £25.26
SUMA TOMATOES	
Organic Chopped Tomatoes 400g 12 x 400g	£1.09 £11.52
Organic Whole Peeled Tomatoes 400g 12 x 400g	£1.09 £11.52
THREE BY ONE	
Coconut Milk Organic 1item(s)	£3.59

YAKSO	
Seitan in Tamari Sauce 350g 6 x 350g	£4.65 £24.01
Vegan Desserts	
ALPRO	
Dark Chocolate Dessert 500g 6 x 500g	£2.49 £12.96
ECOMIL ALMOND CREAM	
Almond Cream 200ml 24 x 200ml	£1.59 £33.61
FOOD HEAVEN	
Heavenly Whipped Spray Cream 200ml 12 x 200ml	£2.29 £24.19
OATLY	
Oat Cream Organic Dairy Free 250ml 18 x 250ml	£1.25 £19.32
PROVAMEL SOYA CREAM	
Organic Alternative to Single Cream 250ml 15 x 250ml	£1.25 £16.37
PROVAMEL SOYA DESSERT	
Chocolate 4x125g Pots 400g 12 x 400g	£1.15 £12.16
Vanilla 4x125g Pots 400g 12 x 400g	£1.15 £12.16
SOJADE	
Chocolate Dessert 530g 8 x 530g	£1.89 £13.15
Vanilla Soya Dessert 530ml 8 x 530ml	£1.95 £13.79
SOYA 'ICE CREAM'	
see "Frozen Food"	
THE BRIDGE	
Coconut Cream for Cooking 200ml 10 x 200ml	£1.55 £13.39
Oat Cream 200ml 10 x 200ml	£1.35 £11.87
Vegan Milk	
BONSOY	
Soya Milk 1L 6 x 1L	£4.09 £22.14
ECOMIL	
Almond Milk Agave Sweetened Organic 1L 6 x 1L	£2.99 £15.81
Almond Milk Unsweetened Calcium Organic 1L 6 x 1L	£2.39 £12.52
Cuisine Coconut Milk 200ml 24 x 200ml	£1.59 £33.61
GLEBE FARM	
Pure Oaty Barista - Gluten Free 1L 6 x 1L	£2.39 £12.52

Pure Oaty Creamy & Enriched - Gluten Free 1L 6 x 1L	£2.39 £12.52
Pure Oaty Organic Barista - Gluten Free 1L 6 x 1L	£2.19 £11.95
KOKO	
Koko Coconut Milk Drink Large 1L 12 x 1L	£2.15 £22.76
MINOR FIGURES	
Everyday Oat Light 1L 6 x 1L	£2.29 £12.12
Everyday Oat Regular 1L 6 x 1L	£2.29 £12.12
Oat Barista 1L 6 x 1L	£2.45 £12.92
NATURLI	
Do Not Call Me Milk 1L 8 x 1L	£2.59 £18.15
OATLY	
Chocolate Oat Drink 1L 6 x 1L	£2.39 £12.61
Oat Milk Barista 1L 6 x 1L	£2.19 £11.62
Oat Milk Organic 1L 6 x 1L	£2.09 £10.97
Oat Milk with Calcium (light blue) 1L 6 x 1L	£2.09 £10.97
RUDE HEALTH	
Almond Drink 250ml 10 x 250ml	£1.65 £14.56
Almond Drink Ultimate 1L 6 x 1L	£3.85 £20.33
Cashew Drink 1L 6 x 1L	£3.49 £18.45
Hazelnut Drink 1L 6 x 1L	£2.99 £15.81
Tiger Nut Milk 1L 6 x 1L	£2.99 £15.81
SOJADE	
Hemp Milk Organic Soya Natural Milk Unsweetened 1L 8 x 1L	£2.19 £15.27
Vanilla Soya 1L 8 x 1L	£2.59 £17.99
SPROUD	
Barista Pea Mylk 1L 6 x 1L	£2.15 £11.93
Chocolate Milk 1L 6 x 1L	£2.15 £11.11
THE BRIDGE	
Rice Drink 1L 6 x 1L	£2.15 £11.37
Rice Drink - Cacao 250ml 10 x 250ml	£0.99 £8.62
Rice Drink - Calcium Enriched 1L 12 x 1L	£2.29 £24.09

THE COCONUT COMPANY	
Coconut Milk Powder 250g 12 x 250g	£6.99 £73.89
Vinegars	
ASPALL	
Cider Vinegar Organic Small 500ml 6 x 500ml	£2.69 £14.39
Red Wine Vinegar Organic 350ml 6 x 350ml	£2.15 £11.28
White Wine Vinegar 350ml 6 x 350ml	£2.09 £10.99
BIONA	
Cider Vinegar Organic 500ml 6 x 500ml	£3.05 £16.04
CLEARSPRING	
Rice Vinegar Organic 250ml 6 x 250ml	£3.69 £19.51
RAW HEALTH	
Vibrant Cider Vinegar 1L 12 x 1L	£4.85 £51.37
SUMA	
Balsamic Vinegar Organic - Oak Aged 250ml 6 x 250ml	£3.89 £20.52
Red Wine Vinegar Organic 500ml 12 x 500ml	£2.29 £22.42
White Wine Vinegar Organic 500ml 12 x 500ml	£2.29 £24.08
II. Body Care	
Baby Care	
BIO D	
Nappy Fresh VAT 500g 12 x 500g	£3.21 £33.05
INFINITY	
Maxi Plus Bamboo Nappies 24item(s) 4 x 24item(s)	£14.51 £50.56
Bath & Shower Products	
ECO BATH	
All Bath Fizzers VAT 1 All Bath Puffs VAT 1item(s) All Dead Sea Salts VAT 300g All Epsom Salts VAT 1Kg	£3.22 £5.61 £6.33 £8.48
Facial Sea Sponge, Set of 3 1item(s) Natural Sisal Hemp Bath Pad VAT 1 Natural Sisal Nail Brush - VAT 1item(s) Natural Sisal Hemp Bath Scrubber VAT 1 Olive Wood Soap Dish VAT 1item(s)	£5.39 £4.75 £3.22 £5.85 £9.53

Skin Care

ALOE PURA

Aloe Vera Gel Organic
200g £6.99
6 x 200g £37.87

ANAE

Make Up Remover Pads VAT
1item(s) £14.14

BADGER BALM

Badger Balm - Hard Working Hands VAT
21g £6.99
Badger Balm - Sleep Balm VAT
21g £6.99

BOXWORTH BOTANICALS

Calendula Cream
100ml £13.69
Co-Q10 Face Cleanser
1item(s) £18.09
Gardener's Hand Cream
1item(s) £13.69
Intensive Foot Care Cream
100ml £14.95
Lavender Cream
100ml £13.69
Neroli & Aloe Face Cream
1item(s) £14.97
Nourishing Hand Cream
200ml £24.95
Rose & Frankincense Face Cream
100ml £14.95
Witch Hazel Toner
1item(s) £6.79

ECO BATH

Konjac Sponge VAT
1 £5.85
Pumice Stone VAT
1 £5.85

GREEN FIBRES

Two Sided Face Cloth VAT
1item(s) £3.21
100 x 1item(s) £193.19

GREENCANE

Facial Tissue (Recycled) VAT
90item(s) £1.82
24 x 90item(s) £38.43

INCOGNITO

Insect Repellent Lotion VAT
100ml £14.31

LAUGHING BIRD

Balm VAT
1 £17.85
Body Cream VAT
250ml £13.49
Body Scrub VAT
250ml £13.49
Face Cream VAT
60ml £7.89
Face Oil VAT
1item(s) £13.49
Foot Cream VAT
120ml £7.89
Hand Cream VAT
120ml £7.89
Lip Balm VAT
1 £4.35

LAVERA

All Round Cream VAT
150ml £9.85
BASIS Calming Night Cream VAT
1 £17.65
Cleansing Milk 125ml VAT
125ml £10.85

Express Body Lotion 250ml VAT

250g £11.25
Foot Cream VAT
75ml £5.95
Hand Cream Basis VAT
75ml £5.85
Lip Balm 4.5g VAT
4.5ml £4.05
Moisturising Cream VAT
50ml £15.45
Purifying Scrub with Ginkgo & Jojoba Pearls VAT
1item(s) £7.95
4 x 1item(s) £28.64

NORFOLK SOAPS

Skin Balm VAT
50ml £6.98

SIMPLY GENTLE

Cotton Balls Organic (approx 100) VAT
1 £2.25
24 £46.52
Cotton Buds Organic (approx 200) VAT
200 £2.59
24 x 200 £55.56
Cotton Pads Organic (approx 100) VAT
1 £2.59
24 £55.56
Cotton Pleat (approx 100) VAT
1 £2.25
24 £47.31

THE ESSENTIAL SOAPS

Bamboo Face Wipes
1item(s) £8.01

URTEKRAM

Sensitive Skin Body Lotion VAT
245ml £8.14
6 x 245ml £42.75
Sensitive Skin Hand Cream
75ml £6.25
6 x 75ml £30.08

YAOH

Hemp Healing Salve VAT
1 £6.99
6 £35.18
Hemp Sun Lotion SPF30 Organic VAT
240ml £12.99
Lip Balms (an assortment of scents)
4g £3.07

Soap

ALTER/NATIVE

All Facial Soaps VAT
95g £3.25
6 x 95g £17.17
All-In-One Soap Bars VAT
95g £2.59
6 x 95g £13.73
Bamboo Soap Dish Rectangle VAT
1 £4.65
6 £24.61
Bamboo Soap Dish Round VAT
1 £3.35
6 £17.67
Round Soap VAT
90g £2.15
12 x 90g £22.83
Square Soap VAT
90g £3.15
6 x 90g £16.66
Travel Soap Tin VAT
1item(s) £3.99

BEN & ANNA

Hand Cloud - Soap Canister VAT
1item(s) £13.95

BIO D

All Handwash VAT
500ml £4.49
6 x 500ml £23.75

BOXWORTH BOTANICALS

All Soap Bars VAT
100g £5.29

FAITH IN NATURE

All Handwash VAT
400ml £4.59
6 x 400ml £24.37
All Soap Bars VAT
100g £2.29
18 x 100g £36.19

FRIENDLY

Shaving Soap Orange Lavender VAT
95g £2.95
6 x 95g £15.94
Soap Saver - Hemp Pouch VAT
1 £2.85
6 £14.89

LA DROGUERIE ECOLOGIQUE

Organic Olive Oil Soap Concentrated VAT
1L £10.43
6 x 1L £53.96

LAUGHING BIRD

Soap Bar VAT
150g £4.49

LAVERA

Gentle Care Handwash VAT
250ml £5.85
6 x 250ml £31.59
Hand Wash Refill VAT
500ml £8.05

LOOFCO

Washing Up Bar Lemongrass 100g VAT
100g £2.95

NORFOLK SOAPS

2 Bar Gift Box. VAT
1 £6.81
5 Bar Gift Box. VAT
1 £14.99
90g Bar, Band Wrapped. VAT
1 £3.15
90g Bar, Rivet VAT
1item(s) £3.99

OLIVA

Olive Oil Soap VAT
125g £1.99
600g £3.99
6 x 600g £21.23
24 x 125g £41.89

THE ESSENTIAL SOAPS

All soaps
1item(s) £6.61

URTEKRAM

Sensitive Skin Handwash VAT
300ml £6.99
6 x 300ml £36.68

Toothpaste & Dental Care

ECOLIVING

Plant Based Dental Floss VAT
1 £4.19
6 £22.25

FOODALIVE

Bio White Tooth Powder Refill VAT
35g £3.95
10 x 35g £34.02

Bio White Tooth Powder VAT

35g £5.99
12 x 35g £62.09

GEORGANICS

Fluoride Toothpaste - English Peppermint
1item(s) £5.25
10 x 1item(s) £45.77
Toothpaste - Activated Charcol VAT
60ml £6.89
10 x 60ml £41.39
Toothpowder - English Peppermint VAT
60ml £4.84
10 x 60ml £42.38

HUMBLE BRUSH

Adult Medium Pack of 5 VAT
1 £3.99
Adult Medium VAT
1item(s) £3.99
20 x 1item(s) £70.47
Dental Floss Mint VAT
1 £2.99
12 £31.97
Interdental Brush VAT
8item(s) £3.99
6 x 8item(s) £20.14

JACK N JILL

Bio Toothbrush - Bunny VAT
1 £3.18
8 £21.74

KINGFISHER

Aloe Vera & Tea Tree with Mint (Blue) Fluoride Free VAT
100ml £3.35
12 x 100ml £35.46
Charcoal Toothpaste (Grey) VAT
100ml £3.35
12 x 100ml £35.46
Children's Strawberry Fluoride Free VAT
100ml £3.45
12 x 100ml £35.74
Children's Strawberry with Fluoride VAT
100ml £3.35
12 x 100ml £35.46
Fennel Fluoride Free (Dark Red) VAT
100ml £3.35
12 x 100ml £35.46
Fennel with Fluoride (Bright Red) VAT
100ml £3.35
12 x 100ml £35.46
Mint Fluoride Free (Dark Green) VAT
100ml £3.35
12 x 100ml £35.46
Mint with Fluoride (Bright Green) VAT
100ml £3.35
12 x 100ml £35.46

TOOTHBRUSH

Environmental Medium with Bamboo Handle VAT
1 £3.15
12 £33.99

III. Household

Books

AMOUR NATURAL

At Home with Aromatherapy - By Special Order Only.
1item(s) £14.95

Candles, Incense & Oil Burners

EMILY'S CORNER

All 300ml Candles - A Variety of Fragrances
1item(s) £12.39
All 400ml Candles - A Variety of Fragrances
1item(s) £17.05
All Wax Melts - A Variety of Fragrances
1item(s) £6.19
Reed Diffuser - A Variety of Fragrances
1item(s) £12.39

HEAVEN SCENT

Dinner Candle Unscented VAT
1 £10.79
Inspiration VAT
1item(s) £4.89
Love & Peace VAT
1 £4.49
Meditation VAT
1item(s) £4.49
Tealights VAT
1 £6.15

INCENSE

All Stick Incense VAT
1 £2.18
Incognito - Citronella Incense Sticks
10item(s) £7.62
Organic Goodness Resin Incense VAT
1 £6.19

INCENSE HOLDER

Incense Holder VAT
1 £1.93

JUST TRADE

Animal Noddies VAT
1item(s) £2.99
Bead Keyring VAT
1 £7.87

LAUGHING BIRD

Candle VAT
1 £7.86

OIL BURNERS

Cat Oil Burner VAT
1item(s) £8.95
Cauldron Oil Burner VAT
1item(s) £9.95
Flower Oil Burner VAT
1item(s) £9.95
Green Leaf Oil Burner VAT
1item(s) £9.95
Spiral Oil Burner VAT
1item(s) £9.95
Tear Drop Oil Burner VAT
1item(s) £9.95

RICE HUSK CUP

VAT
1 £9.21

SHARED EARTH

Tealight Holder VAT
1item(s) £3.87

Charts

LIZ COOK CHARTS

Children's Colouring Plate VAT
1 £6.16
Natural Cleaning Solutions Chart VAT
1 £6.16
Rainbow Food Activity Chart VAT
1item(s) £6.16

Woman's Healing Herbs Chart VAT
1 £6.16
LUNAR ORGANICS
Lunar Gardening Calendar
1 £10.95

Household Cleaning

ALINA
Food Caddy Liner VAT
15item(s) £2.99
BIO D
Bathroom Cleaner Spray VAT
500ml £3.35
12 x 500ml £35.38
Fabric Conditioner VAT
1L £3.65
12 x 1L £38.41
Furniture Polish VAT
150g £6.93
6 x 150g £35.88
Glass & Mirror Spray VAT
500ml £3.25
12 x 500ml £33.95
Laundry Bleach VAT
400g £2.45
12 x 400g £25.25
Laundry Liquid VAT
1L £6.25
12 x 1L £66.03
Multi Surface Cleaner VAT
750ml £3.25
Toilet Cleaner VAT
750ml £2.09
12 x 750ml £22.07
Washing Powder VAT
1Kg £5.25
Washing Up Liquid Scented VAT
750ml £2.55
12 x 750ml £27.06

ECOEGG
Egg Refills Fresh Linen VAT
1item(s) £5.79
10 x 1item(s) £58.58
Laundry Egg Fresh Linen VAT
1item(s) £11.49
5 x 1item(s) £58.16

ECOLEAF
Dishwasher Tablets (25) VAT
25 £5.69
6 x 25 £30.09
Fabric Conditioner VAT
1.5L £4.79
6 x 1.5L £25.37
Laundry Liquid VAT
1.5L £7.95
6 x 1.5L £41.89
Multi Surface Cleaner VAT
500ml £2.85
6 x 500ml £15.05
Toilet Cleaner VAT
750ml £2.65
6 x 750ml £13.92
Washing Up Liquid VAT
1L £3.29
6 x 1L £17.76

ECOLEAF TOILET TISSUE
Toilet Tissue Recycled 4 Pack VAT
4 £3.39
10 x 4 £29.89

ECOLIVING
Rubber Gloves Medium - Natural Latex VAT
1item(s) £2.79
14 x 1item(s) £32.91

ECOZONE
Compostable Caddy Liner VAT
22item(s) £2.89
25 x 22item(s) £62.65
Rinse Aid VAT
500ml £2.79
12 x 500ml £31.67

GREEN FROG BOTANIC
Laundry Soap Nuts VAT
500g £9.44
LA CORVETTE
Dishwashing Soap Bar VAT
200g £3.59
20 x 200g £64.19

LA DROGUERIE ECOLOGIQUE
Alcohol Vinegar Food Grade Organic
1L £2.49
12 x 1L £25.53
Citric Acid VAT
1Kg £12.11
8 x 1Kg £84.37

Nut Shell Sponge Scourers VAT
2 £3.28
9 x 2 £25.46
Short Wooden Dish Brush VAT
1item(s) £3.31
10 x 1item(s) £28.49
Soap Flakes VAT
1Kg £11.69

Soda Bicarbonate VAT
1Kg £5.69
8 x 1Kg £39.69
Soda Percarbonate VAT
1Kg £7.23
8 x 1Kg £49.89
Wooden Dish Brush Replacement Head VAT
1item(s) £2.11
10 x 1item(s) £18.22
Wooden Pots and Pans Scrubbing Brush VAT
1item(s) £3.82
10 x 1item(s) £32.91

LOOFCO
Natural Loofah VAT
1 £2.95
8 £20.77
Wash Up Brush with Handle VAT
1item(s) £3.55
6 x 1item(s) £18.73

MAISTIC
20L Bin Liner VAT
10 £3.21
20 x 10 £56.84
All Purpose Cellulose Sponge VAT
2 £3.29
24 x 2 £69.67
Maistic All Purpose Cloth x5
5item(s) £2.45
15 x 5item(s) £32.29

NAPPY FRESH
Anti-bacterial Nappy Cleanser. Biodegradable, Hypoallergenic, Unbleached, Enzyme & Perfume Free.
500g £3.05
12 x 500g £31.39

SIMPLE LIVING ECO
Laundry Sheets Fragrance Free VAT
1 £8.29
10 x 32 £72.33
Laundry Sheets Fragranced VAT
32 £8.29
10 x 32 £72.33

SODASAN
Scouring Cream VAT
500ml £5.95
Stain Remover Gel VAT
200g £5.95

TRAIDCRAFT
Rubber Gloves VAT
1 £2.29
12 £24.24

Kitchenware

AH TABLE
Organic Reusable Cotton Tea Bags - VAT
1item(s) £3.29
10 x 1item(s) £29.43

D2W
Freezer Bags VAT
1item(s) £1.85
50 x 1item(s) £81.59

Refuse Sacks Value Pack 70 Litres VAT
20 £2.49
25 x 20 £55.25
Swing Bin Liners VAT
15 £1.99
50 x 15 £85.93

ECOCERT
Nut Milk Strainer Bag VAT
1item(s) £3.83
10 x 1item(s) £32.91

ECOLEAF
Cling Film 30cm x 30m VAT
1 £3.79
20 £66.23

ECOLEAF KITCHEN ROLL
Kitchen Roll Recycled 3 Ply 2 Pack VAT
2 £2.75
12 x 2 £28.98

IF YOU CARE
Aluminium Foil, Recycled VAT
1 £4.99
12 £52.39
Coffee Filters 4 VAT
100 £3.82
12 x 100 £38.46
Parchment Paper VAT
1item(s) £5.19
12 x 1item(s) £54.77

LOOFCO
Kitchen Cloth 2 Pack Cotton VAT
1 £3.95
6 £20.42
Water Bottle Brush 34cm VAT
1item(s) £3.95
6 x 1item(s) £20.42

WAXWRAP
Beeswax Organic Food Roll VAT
1 £15.99
12 £169.55

WESTMARK
Tea Egg VAT
1item(s) £4.45
5 x 1item(s) £19.18

Miscellaneous

COFFEE LOGS
Coffee Logs VAT
8Kg £8.99

FORSTERS
Nail Brush - FSC Certified Beech Wood
1item(s) £7.49

ODYSKIN
Tube Squeezing Key
1 £4.89

SIESTA
Sari Wrap VAT
1item(s) £4.29

Ornamental

ORNAMENTS
Ceramic Tile Coasters VAT
1 £3.09
Honeycomb Coasters VAT
1 £15.49
Pencil Pot VAT
1 £11.63

SHARED EARTH
All Coconut Decorative Bowls VAT
1 £6.98
Bird Hook VAT
1item(s) £4.65
Rainbow Egg Cup VAT
1 £4.65

III. Household & Miscellaneous

Packaging

ALKAFLEX BAGS LARGE
Alkaflex - Large
1item(s) £0.58
500 x 1item(s) £402.49

ALKAFLEX BAGS MEDIUM
Alkaflex - Medium
1item(s) £0.31
1000 x 1item(s) £411.75

ALKAFLEX BAGS SMALL
Alkaflex - Small
1item(s) £0.28
1000 x 1item(s) £371.25

FANCY HONEY JARS
Includes Lids VAT
1item(s) £0.84
10 x 1item(s) £7.52

JARS - 1LB
Lids Included VAT
1item(s) £1.13
10 x 1item(s) £10.09

JARS - 2LB
Lids Included VAT
1item(s) £1.89
10 x 1item(s) £16.83

NATUREFLEX LARGE
Natureflex Bags - Large
1item(s) £0.28

NATUREFLEX SMALL
Natureflex Bags - Small
1 £0.17

PAPER BAGS 1KG
Paper Bags 1kg
1item(s) £0.15

PAPER BAGS 3KG
3kg Paper Bags
1item(s) £0.62

PAPER BAGS 5KG
5kg Paper Bags
1item(s) £0.65

IV. Clothing & Accessories

Bags

JUST TRADE
Bottle Carrier Bag VAT
1 £12.55
Cotton Bags VAT
1item(s) £19.69
Purses VAT
1 £5.79

SHARED EARTH
Jute Bag VAT
1 £5.41
Sari Bags VAT
1 £4.65

Clothing

BAM
Socks Sizes 4-7 VAT
1 £3.99
24 £84.54
Socks Sizes 8-11 VAT
1item(s) £3.99

JUST TRADE
Cardigans
1item(s) £25.09

SHARED EARTH
All Bamboo Socks Cubes VAT
1item(s) £6.19
All Bamboo Socks Jellyfish VAT
1 £6.19

SIESTA
Sari Eye Mask VAT
1 £3.59

THOUGHT
Bamboo Bird Socks
1item(s) £7.99
Bamboo Christmas Socks
1item(s) £7.99

Bamboo Fruit Socks
1item(s) £7.99
Bamboo Moon Socks
1item(s) £7.99
Bamboo Multipack (3 Pairs)
1item(s) £18.99

Bamboo Zodiac Socks
1item(s) £7.99
Bicycle Socks
1item(s) £7.99
Cotton Rainbow Socks
1item(s) £7.99

Kids Bamboo Animal Sock Bag
1item(s) £6.93
Kids Cotton Animal Sock Box
1item(s) £19.93
Kids Cotton Grey Socks In a Bag
1item(s) £7.99

Kids Cotton Space Sock Box
1item(s) £19.93

Jewellery

JUST TRADE
All Earrings VAT
1 £9.73
Bangles VAT
1item(s) £9.26
Cotton Wristband VAT
1 £1.99
Silver Plated Bracelet VAT
1 £15.05

V. Garden

Garden Ornaments

SHARED EARTH

Bird Chime VAT	
1	£6.19
Garden Bunting VAT	
1item(s)	£8.52
Hedgehog Planter VAT	
1	£17.45

Seed Packets

KINGS SEEDS

Various. Herbs, vegetables, sweet peas, green manures, wild flowers. As priced.

VI. Refill Accessories

Bottles, Pumps & Jars

28MM LOTION PUMP

VAT	
1	£1.16
10	£13.69

5L PUMP

VAT	
1	£4.99

GLASS JUICE BOTTLE 1L

Glass Juice Bottle 1L VAT	
1	£1.98

GLASS SYRUP AMBER 1L

Glass Syrup Amber Bottle 1L VAT	
1item(s)	£4.79

GLASS SYRUP AMBER 500ML

Glass Syrup Amber Bottle 500ml With Lotion Pump VAT

1item(s)	£3.09
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GLASS SYRUP BOTTLE 250ML

Glass Syrup Bottle 250ml VAT	
1	£1.65

GLASS SYRUP BOTTLE 500ML

Glass Syrup Bottle 500ml VAT	
1	£2.18

VII. Refills

Home & Body

BIO D

All Scented Handwash Refill VAT	
100ml	£0.59
5L	£21.99
Floor Cleaner Refill VAT	
100ml	£0.59
5L	£26.69
Fragrance Free Handwash Refill VAT	
100ml	£0.51
5L	£18.69

Limescale Remover Refill VAT

100ml	£0.68
5L	£21.95

Toilet Cleaner Refill VAT

100ml	£0.34
5L	£13.99

ECOLEAF

Fabric Conditioner Refill VAT

100ml	£0.27
20L	£39.62

Laundry Liquid Refill VAT

100ml	£0.45
20L	£78.19

Multisurface Cleaner Refill VAT

100ml	£0.31
20L	£46.48

Washing Up Liquid Refill VAT

100ml	£0.29
20L	£42.64

FAITH IN NATURE

All Body Wash Refill VAT

100ml	£1.15
5L	£53.04

All Handwash Refill VAT

100ml	£1.12
5L	£49.99

All Shampoo and Conditioner Refill VAT

100ml	£1.35
5L	£56.99

Hand and Body Lotion Refill VAT

100ml	£1.32
5L	£57.42

LA DROGUERIE

ECOLOGIQUE

Vinegar Refill

100ml	£0.24
15L	£36.92

SODASAN

All Purpose Cleaner Refill VAT

100ml	£0.89
5L	£35.95

Colour Sensitive Laundry Liquid Refill VAT

100ml	£1.01
5L	£39.99

Orange Cleaner Concentrated Refill VAT

100ml	£1.23
5L	£49.99