

50p

Cost to print



PRODUCT CATALOGUE

JULY 2010

Sound Bites Wholefood Shop
11 Morledge, Derby. Mon-Sat 9.30-6.

01332 291369

www.soundbitesderby.org.uk

*a workers co-op set up to increase access to ethical foods,
and support positive social change*

Now with Yaffle Café/Bookshop and Library upstairs!

Thursdays 11.30-2.30. (Soon to open Tue 11-5/Thu 11-9/Sat 11-5)

Welcome to our catalogue, Summer 2010.

Sound Bites has now been trading in Derby for over 5 years, providing the best selection of organic fruit and vegetables in the area, great value organic wholefoods (dried beans, grains, cereals, herbs, fruits and nuts that we pack ourselves), delicious healthy sandwiches, and so much more... (Organic beers p.8, organic wines p.47, bodycare p.10, household p.24, bags, charts etc p.32)

By August if all goes to plan you should be able to just click to choose and pay on our website! We deliver to Derby, Belper and up to Ripley, and also provide a vegetarian catering service for meetings and events. To receive our quarterly newsletter full of 'green' news and events, please email info@soundbitesderby.org.uk.

July 2010

For more details of our home delivery schemes, please see page 4.

Key

F = Fair Trade, to guarantee a better deal for producers.

Some "Fair Trade" products bear the Fair Trade logo. Others come from projects which we know are supporting local producers (eg Zaytoun, Just Change, Doy).

O = Organic, to respect and replenish the natural environment.

Food products are labelled "organic" when they are certified organic. We are certified by the Soil Association (GB5) to pack organic foods. Non-food products have generally not been labelled organic even though many of them contain organic ingredients.

G = Gluten Free – we've only highlighted those that normally would not be gluten free.

We have made every effort to be accurate, but please do check the labels yourself if you are allergic.

S = Refined sugar added, which we try to keep to a minimum.

Allergy Information

Please be aware that all Sound Bites own label products are packed in an area which also packs wheat and nuts (but not dairy).

Discounts available

10% discount is available for any purchase of a whole case (usually 12 in a case).

Prices are correct at the time of printing - products will be sold at the correct price at the time of purchase.

Sound Bites Limited is a company registered in England, number 5228974,
registered office 11 Morledge, Derby DE1 2AW.

Contents

Veg boxes and Home Delivery	4		
Baby Care	5	Oils	31,32
Baking, Flours, Sweeteners	5-8	Olives and Deli	32
Beans (dried)	7,8	Other - bags, books, cards, charts	32,33
Beer and Cider	8,9	Pasta	33,34
Body Care	10-13	Pasties	34
Breads, Cakes, Biscuits	13-15	Pet Food	34
Cereals	15,16	Ready Meals and Convenience Foods	34,35
Cheese alternatives	16,17	Sauces	35,36
Chocolate	17,18	Seaweed, Mushrooms (dried)	36
Coffee and alternatives	18	Seeds	36,37
Condiments and Dips	18-20	Snacks - sweet and savoury	37-39
Desserts	20,21	Soups - tins, packets	39
Frozen	21,22	Spices	40
Fruit (dried, tins and jars)	22,23	Spreads - sweet and savoury	40-42
Grains, Rice	23,24	Stock and bouillon	42,43
Herbs	24	Teas	43-45
Household	24-26	Tinned Beans	45
Juices and Cordials	26,27	Tofu, tempeh etc	45,46
Lentils, peas (dried)	28	Vegetables (tins, jars, frozen etc)	46
Meat Alternatives	29	Vinegars	46
Milk Alternatives	29,30	Wines	47
Nuts	30,31		

SOUND BITES VEG BOXES AND DELIVERY

Fruit and vegetables

We stock a good organic-only range of fruit and vegetables, from 4 local growers supplemented by regional organic wholesalers. You can come into the shop to serve yourself, or join one of our three box schemes:

- collection at the shop on Thursdays
- delivery by van on Wednesdays direct to your home or workplace
- delivery by freight-bicycle for people with mobility difficulties – day depends on your location. Please ask for “Veg Pedallers” - there is no charge for this delivery

Van Delivery

If you buy a veg box, £2 delivery is included and anything from this catalogue can be delivered with your veg box at no extra charge. For other shopping only, a delivery charge of £3.50 is made (still good value we hope compared to the time and cost of coming in yourself). Please make your order by Monday lunchtime, for delivery on Wednesday. We are unable to deliver frozen food. To order, please email home@soundbitesderby.org.uk, telephone 01332 291369, or come into the shop. The catalogue and order form are also available online.

We source produce as locally as we can, but do use imported produce to maintain variety, particularly with fruit. None of the produce is air-freighted. You will often find soil left on root crops, this actually helps to preserve them. If there are one or two things you'd like us to leave out, we'll try our best, but the box is more suited to people happy to experiment. We now stock a great book full of ideas for veg box veg! ('Eating outside the box' £3.50)

Box Types Available

- £10 Mixed (½veg, ½fruit)
- £10 Veg
- £15 Mixed (2/3 veg 1/3 fruit)
- £15 Veg
- £10 Fruit
- Local Salad Bags £1.50
- Mediterranean Mix £5
- Organic Bread
- Other Shop Items

Sample summer £10 veg box	
• New Potatoes	• Lincolnshire
• Onions	• European
• Carrots	• Lincolnshire
• Lettuce	• Lincolnshire
• Calabrese	• Lincolnshire
• Broad Beans	• Lincolnshire
• Spring Greens	• Lincolnshire

To see what's going to be in next week's vegbox, check our website the weekend before.

To order a box please contact us at home@soundbitesderby.org.uk and tell us:

1. Your name and address (inc postcode)
2. Which type of box you'd like.
3. Your phone number so that we can arrange payment.
4. If you want a weekly/fortnightly or trial box.

Baby - food and nappies etc

Bambino Mio

Flushable Nappy Liners (200) 5.99

Bambo Nature

Disposable Nappies Junior 15-25kg (pack of 42) 12.35

Disposable Nappies Maxi 8-18kg (pack of 50) 12.35

Disposable Nappies Maxi Plus 12-22kg (pack of 46) 12.35

Disposable Nappies Midi 5-10kg (pack of 56) 12.35

Disposable Nappies Mini 3-6kg (pack of 30) 6.15

Disposable Nappies Training Pants 14+kg (pack of 22) 8.65

Beaming Baby

Baby Body Lotion 250ml 4.31

Baby Bubble Bath 250ml O 3.72

Baby Shampoo & Bodywash 250ml 3.72

Nappy Cream 100ml O 5.10

Bio D

Nappy Fresh sanitiser 550g 2.39

Green Baby

Washable Cotton Nappies (4 pack) O 31.00

Washable Cotton Nappy Single O 7.99

Naturebotts

Biodegradable Babywipes (24) 0.89

Biodegradable Natural Babywipes (72) 2.39

Nappy Sacks biodegradable (50) 1.29

Onelife

Nappy Wrap Size 1 (up to 5kg) 5.95

Nappy Wrap Size 2 (8-11kg) 5.95

Nappy Wrap size 3 (11-16kg) (out of stock) 5.95

Nappy Wrap Size 4 (16kg+) 5.95

Baking - aids

Bia Nua

Baking Powder 100g G 1.50

Xanthum Gum 100g G 3.25

Clearspring

Agar Agar Flakes 28g 4.50

Community

Vegetable Suet Non-Hydrogenated 250g G 1.49

Crazy Jack

Marzipan 250g O G S 3.50

Doves

Corn Flour 110g O G 1.68

Quick Yeast 125g G 1.09

Glebe Farm

Carrot Cake Mix 400g G S 2.75

Ginger Cake Mix 400g G S 2.75

Sultana Scone Mix 400g G 2.75

If You Care

Baking Cup Biodegradable (60) 0.99

Waxed Paper Biodegradable (roll) 2.69

Infinity Foods

Candied Mixed Peel 200g	O		2.20
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Langdale

Almond Essence Natural 28ml			1.12
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Vanilla Essence Natural 28ml			1.35
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Orgran

Buckwheat Pancake Mix 375g	O	G	2.37
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Gluten Substitute 120g		G	2.65
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No Egg' egg replacer 200g		G	2.29
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Siesta

Carob drops 170g		G	2.55
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Sound Bites

Arrowroot 125g	O		1.45
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Baking Powder 125g			0.80
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Bicarbonate of Soda 250g		G	0.80
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Suma

Glacé Cherries Natural Colour 200g	O	S	1.79
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Baking - Flours (speciality)**Bia Nua**

Bread Flour 1kg		G	3.25
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Cake Flour 1kg		G	3.25
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Hi-Fibre Flour 1kg		G	3.25
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Doves

Brown Bread Gluten Free Flour 1kg		G	2.15
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Buckwheat Flour 1kg		G	1.68
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Gram Flour 1kg		G	1.70
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Kamut Flour 1kg	O		3.09
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Pasta Flour 1kg	O		1.50
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Plain White Gluten-Free Flour 1kg		G	2.15
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Rye Flour 1kg	O		1.59
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Self raising White Gluten Free Flour 1kg		G	2.19
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Essential

Maize Flour 500g	O	G	1.05
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Millet Flour 500g	O		1.26
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Glebe Farm

Brown Bread Mix 1kg		G	S	3.25
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White Bread Mix 1kg		G	S	3.25
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Infinity

Barley Flour 500g	O		1.08
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Brown Rice Flour 500g	O	G	1.79
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Chickpea Flour 500g	O	G	1.89
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Potato Flour 500g	O	G	3.09
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Tapioca Flour 500g	O	G	1.49
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Primeal

Chestnut Flour 500g	O		6.99
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Sound Bites

Semolina Wholemeal 500g	O		1.05
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Baking - Flours (wheat, spelt)

Doves

100% Wholemeal Bread Flour 1.5kg	O		1.49
Malthouse Flour 1kg	O		1.39
Plain White Flour 1kg	O		1.12
Plain Wholemeal Flour 1kg	O		1.05
Self-Raising White Flour 1kg	O		1.12
Self-Raising Wholemeal Flour 1kg	O		0.99
Spelt Flour 1kg	O		1.89
Strong White Flour 1.5kg	O		1.67
White Spelt Flour 1kg	O		2.29

Nigel Moon

Plain Bread Flour White 3kg	O		3.25
Plain Bread Flour Wholemeal 3kg	O		3.25
Plain White Flour 1.5 kg	O		1.69
Plain Wholemeal Flour 1.5kg	O		1.69
Spelt Flour 1kg	O		2.50
Strong Bread Flour White 3kg	O		3.60
Strong Bread Flour Wholemeal 3kg	O		3.60
Strong White Flour 1.5kg	O		1.80
Strong Wholemeal Flour 1.5kg	O		1.80

Baking - Sugar and sweeteners

Equal Exchange

Cane Sugar 500g	F	O	S	1.85
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Meridian

Molasses 350g	O		S	0.99
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Rayners

Black Treacle 340g	O		S	1.29
Golden Syrup 340g	F	O	S	2.29
Malt Extract 340g	O			1.99

Shady Farm

Maple Syrup 250ml	O			6.75
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Sound Bites

Sugar 1kg	O		S	2.15
Sugar 500g	O		S	1.25

Suma

Agave Syrup 250ml	O			2.95
Icing Sugar 500g	O		S	1.99

Traidcraft

Demerara sugar 500g	F		S	1.09
Muscavado Sugar 500g	F		S	1.09

Xylitol UK

Sugar Alternative 250g				2.80
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Beans (dried)

Sound Bites

Aduki Beans 1kg	O			2.25
Aduki Beans 500g	O			1.30
Bean Mix 500g	O			1.40
Black Beans (Turtle) 500g	O			1.45
Broth Mix 500g	O			1.60

Butter Beans 1kg	O	2.35
Butter Beans 500g	O	1.40
Chickpeas 1kg	O	1.95
Chickpeas 500g	O	1.15
Haricot Beans 1kg	O	1.80
Haricot Beans 500g	O	1.10
Kidney Beans 1kg	O	2.20
Kidney Beans 500g	O	1.30
Mung Beans 1kg	O	1.95
Mung Beans 500g	O	1.20
Pinto Beans 1kg	O	1.80
Pinto Beans 500g	O	1.10
Sprouting Mix 250g	O	0.75
Suma		
Soya beans 500g	O	1.09

Beer

Black Isle

Porter 500ml	O	2.55
Red Kite Ale 500ml	O	2.50
Yellowhammer Bitter 500ml	O	2.50

Cannabia

Hemp Lager 275ml	O	2.25
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Marble Brewery

Chocolate Beer 50ml	O	2.50
Ginger Beer 500ml	O	2.60
Lagonda IPA Beer 500ml	O	2.40
Marble Tawny No3 Strong 500ml	O G	2.55

Pitfield

1824 Mild 6% 50cl	O	S	2.65
1837 IPA Beer 500ml	O		2.85
Amber Ale 50cl	O		2.65
Bitter 50cl	O		2.45
Ecowarrior Beer 500ml	O		2.60
EKG Beer 500ml	O		2.50
Imperial Stout 500ml	O		3.35
London Porter 500ml	O		2.65
N1 Wheat Beer 5% 50cl	O	S	2.65
Pure Gold 50cl	O		2.45
Red Ale 50cl	O		2.65
Shoreditch Stout 50cl	O		2.50
St Georges Beer 500ml	O		2.35
Stock Ale 375ml	O		4.80

Sam Smiths

Ale 355ml	O	1.49
Ale 550ml	O	2.20
Cider 550ml	O	2.20
Lager 355ml	O	1.49
Lager 550ml	O	2.20

Beer (fruit), Cider, Perry

Aspall

Suffolk Cyder 500ml	O G	2.65
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Other

Black Fox Cider 500ml	O	2.45
Cidre Norm Brut 500ml	O G	4.35
Dunkerton Dry Cider 7% 500ml	O	2.40
Dunkerton Perry 7.5% 500ml	O	2.70

Sam Smiths

Cherry Beer 355ml	O	1.99
Raspberry Beer 355ml	O	1.99
Strawberry Beer 355ml	O	1.99

Westons

Pear Cider 500ml 6%	O	2.25
Weston's Strong Cider 50cl	O	2.35

Body - Bath and shower**Ashley James**

Bath Powder Seaweed 300g		1.95
Mustard bath powder 300g		1.95
Rose Bath Powder 300g		1.95

Faith in Nature

Foam Bath Aloe Vera & Ylang Ylang 400ml		4.35
Foam Bath Chocolate 400ml		4.90
Foam Bath Seaweed 400ml		4.35

Organic Blue

Mandarin & Ginger Wake Up Shower Gel 250ml	O	3.99
Men's Bath Soak 250ml	O	3.99
Men's Hair & Bodywash 250ml	O	3.99
Men's Shower Scrub 250ml	O	3.99

Purely Skincare

Grapefruit Lemongrass shower gel		4.99
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Urtekram

Brown Sugar Shower Gel 500ml	F	5.95
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Weleda

Calendula Baby Bath 200ml		6.65
Pomegranate Body Wash 200ml		7.64

Body - Cotton buds, tissues etc**Cotton Soft**

Cotton Pocket Tissues 6x9pack	O	2.05
Facial Tissue - box	O	2.17

Earth Softly

Facial Cleansing Pads (washable) (6)		3.95
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Simply Gentle

Cotton Buds (200)	O	2.39
Cotton Wool Balls (200)	O	2.29

Body - Deodorant**Faith in Nature**

Crystal Deodorant 100g		3.40
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Lavera

Men's Deodorant Spray 50ml		7.95
Roll On Deodorant 50ml		7.95

Pitrok

Deodorant Spray 100ml		3.95
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Weleda

Citrus Deoderant 30ml		3.95
Citrus Deodorant 100ml		6.50
Rose Deodorant 100ml		8.95
Rose Deodorant 30ml		4.50
Sage Deoderant 30ml		3.95
Sage Deodorant 100ml		6.95

Body - Essential oils**Aqua Oleum**

Eucalyptus Oil 10ml	○	4.86
Lavender Oil 10ml	○	7.25
Lemon Oil 10ml	○	5.09
Rose Water 100ml		3.39
Rosemary Oil 10ml	○	6.20

Natural by Nature

Citronella 10ml	○	4.49
Ginger 10ml	○	6.99
Patchouli 10ml	○	4.25
Peppermint 10ml	○	4.99
Tea Tree 10ml	○	4.25
Ylang Ylang 10ml	○	5.99

Body - Hair Conditioner**Faith in Nature**

Conditioner Aloe Vera 400ml		3.99
Conditioner Chocolate 400ml		4.65
Conditioner Gingko Biloba 400ml		4.65
Conditioner Hemp & Meadowfoam 400ml		4.65
Conditioner Lavendar & Geranium 400ml		4.10
Conditioner Rosemary 400ml		4.10
Conditioner Tea Tree 400ml		4.65

Organic Blue

Conditioner Mango & Ginger 250ml	○	3.99
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Purely Skincare

Grapefruit & Lemongrass conditioner 250ml		4.99
Lavender Palmarosa conditioner 250ml		4.99
Mens Elemi & Clary Sage Conditioner 250ml		4.99

Yaoh

Hemp Conditioner 240ml		5.30
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Body - Lip balm / Massage balm**Aloe Pura**

Aloe Vera Skincare Gel 200g	○	5.55
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Weleda

Calendula Baby Oil 200ml		6.75
Massage Balm Arnica 50ml		5.95

Yaoh

Lip Balm Blueberry 4g		2.10
Lip Balm Coconut 4g		2.10
Lip Balm Mango 4g		2.10

Lip Balm Mint 4g	2.10
Strawberry Lipbalm 4g	2.10

Body - Sanitary Care

Faith in Nature

Feminine Wipes x15	1.99
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Mooncup

Mooncup A (reusable menstrual cup)	18.99
Mooncup B (reusable menstrual cup)	18.99

Natracare

Sanitary Pads Natracare (14)	1.49
Sanitary Pads Super Natracare (12)	2.19
Tampons Regular Natracare (20)	2.39
Tampons Super Natracare (20)	2.45

Other

Sanitary towel - washable	5.80
Sponge Tampon - reusable	5.95

Body - Shampoo

Faith in Nature

Shampoo Aloe Vera 400ml	4.10
Shampoo Chocolate 400ml	4.65
Shampoo Gingko Biloba 400ml	4.65
Shampoo Hemp & Meadowfoam 400ml	4.65
Shampoo Lavendar & Geranium 400ml	4.10
Shampoo Rosemary 400ml	4.10
Shampoo Tea Tree 400ml	4.65

Organic Blue

Shampoo (for Normal to Dry Hair) 250ml	○	3.99
Shampoo (for Normal to Greasy Hair) 250ml	○	3.99

Purely Skincare

Grapefruit & Lemongrass Shampoo 250ml	4.99
Lavendar & Palmarosa Shampoo 250ml	4.99
Mens Elemi & Clary Sage Shampoo 250ml	4.99

Urtekram

No Perfume Shampoo 250ml	3.99
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Yaoh

Hemp Shampoo 240ml	5.30
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Body - skin care

Faith in Nature

Exfoliating Body Polish 150ml	4.39
Purifying Cleansing Lotion 150ml	4.39
Rejuvenating Facial Wash 150ml	4.45
Replenishing Moisturising Cream 50ml	4.67
Restorative Hand Cream 50ml	4.59

Purely Skincare

Grapefruit & Lemongrass Facewash 250ml	4.99
Grapefruit & Lemongrass Moisturiser 250ml	4.99
Lavendar & Palmarosa Facewash 250ml	4.99
Lavendar & Palmarosa Moisturiser 250ml	4.99
Lavendar & Palmarosa Shower & Bath 250ml	4.99
Mens Elemi & Clary Sage Facewash 250ml	4.99

Mens Elemi & Clary Sage Moisturiser 250ml		4.99
Mens Shower & Bath Elemi & Clary Sage 250ml		4.99
Skin Blossom		
Cleansing Milk 150ml	O	3.95
Face Moisturiser 50ml	O	5.95
Hand Cream 60ml	O	4.95
Weleda		
Pomegranate Hand Cream 50ml		6.55
Sea Buckthorn Body Lotion 100ml		8.50
Wild Rose Facial Toner 100ml		8.95
Yaoh		
Moisturiser Coconut 50ml		5.30
Moisturiser Original 50ml		5.30
Moisturiser Papaya 50ml		5.30

Body - Soap

Akoma		
African Black Soap 100g	F	3.15
Ashley James		
Soap - Hand Made (various aromas)		0.85
Soap Pack - hand made (6) 275g		2.85
Bentley Organics		
Hand Sanitiser 50ml	O	2.99
Ecoleaf		
Liquid Handsoap 500ml		3.05
Faith in Nature		
Hand Wash Seaweed 300ml		3.25
Handwash Aloe Vera & Tea Tree 300ml		3.35
Handwash Lavendar & Geranium 300ml		3.35
Tee Tree Soap bar		1.15
Natural House		
Liquid Soap Lime & Pine 250ml	O	4.39
Orange & Apricot Kernels soap bar 125g	O	2.19
Suma		
Glycerine soap (various aromas)		1.19
Soap (various aromas)		0.95
Weleda		
Calendula Baby Soap 100g		3.90
Zaytoun		
Olive Soap	F	1.60

Body - sun and holiday

DEETfree		
Insect repellent 30ml		3.50
Insect repellent 60ml		5.50
The Mix		
The Mix Insect Repellent		7.49
Weleda		
Edel Suncream SPF20 50ml		5.45
Yaoh		
After Sun Cream 240ml		5.95
Sun Lotion SPF15 240ml		8.39

Sun Lotion SPF30 240ml		8.39
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Body - Toothcare

Organic Children

Mandarin Toothpaste 50ml	O	3.25
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Kingfisher

Aloe Vera & Tea Tree Fluoride-Free 100ml		2.65
Fennel Fluoride Free 100ml		2.65
Mint & Lemon 100ml		2.65
Mint & Lemon Fluoride Free 100ml		2.65

Monte Bianco

Adults toothbrush handle		2.60
Adults toothbrush head x 3		3.50
Kids toothbrush handle		2.60
Kids toothbrush head x 3		3.50
Toothbrush Sensitive Head x 3		3.50

Vicco

Ayurvedic Toothpaste 85ml		3.25
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Weleda

Calendula Toothpaste 50ml		3.50
Children's Toothpaste 50ml		2.95
Medicinal Mouth Gargle 100ml		6.95
Plant Gel Toothpaste 50ml		3.50
Ratanhia Toothpaste 50ml		3.50
Salt Toothpaste 50ml		3.50

Bread - crackers

Artisan Biscuits

Moroccan Crackers 125g		1.99
Olive Crackers 125g		1.99

Clearspring

Ricecake NoSalt 100g		0.75
Teriyaki Ricecakes 150g	O G	2.32

Dr Karg

3-seed Crispbread 200g	O	2.19
Spelt Crispbread 200g	O	2.57

Finn

Thin Crisps 200g	1.00	
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Kallo

Corn Cakes Salted 130g	O G	1.69
Rice Cake No Salt 130g	O G	1.49
Rice Cakes unsalted 130g		1.49
Savoury Rice Cakes 110g	O G	2.25

Millers Damsel

Charcoal Crackers 125g		1.70
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Nairn's

Herb Oatcakes 200g	O	1.49
Rough Oatcake 250g	O	1.29

Organico

Omega 3 Breadsticks Grissini 120g	O	1.55
Sesame Breadsticks Grissini 120g	O	1.55
Spelt Breadsticks Grissini 120g	O	1.99

Sherriff

Rice Cake Sesame 110g	F	G	1.49
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Village Bakery

Savoury Seeds Oat Biscuits 200g		O	1.99
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Bread - longlife**Bavarian Breads**

Pumpnickel Bread 500g		O	1.69
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La Bio Idea

Pizzabases (2) Wholemeal 300g		O	2.05
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Newbury Phillips

Pitta Bread (8)		O	1.35
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Sunnyvale

Sprouted Rye Bread 400g		O	1.65
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Sprouted Spelt & Raisin Bread 400g		O	1.95
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Sprouted Wheat Bread 400g		O	1.65
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Sprouted Wheat Bread Hemp 400g		O	1.99
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Bread - Pauls**Pauls**

Focaccia 400g		O	2.10
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Gluten Free Loaf 400g		O G	2.20
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Herb Bread 400g		O	1.50
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Herb Bread 800g		O	2.95
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Light Rye Bread 400g		O	2.10
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Mixed Seed Bread 800g		O	2.65
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Mixed Seed Small 400g		O	1.65
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Olive Bread 400g		O	2.10
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Pain de Campagne (white/wholemeal) 800g		O	2.70
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Pain de Campagne 800g		O	2.70
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Pain de Campagne white 400g		O	1.45
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Pain de Campagne wholemeal 400g		O	1.45
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Sechkorn Bread 400g		O	1.50
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Sourdough Rye 400g		O	2.05
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Spelt Bread 400g		O	1.95
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Spelt Rolls x2		O	1.50
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Teacakes x2		O	1.85
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Tortilla Wraps Square x6		O	2.35
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Wheatfree Sourdough Rye 800g		O	2.95
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Wholemeal Bread 400g		O	1.50
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Wholemeal Bread 800g		O	1.95
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Wholemeal Wraps (5)		O	1.85
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Wraps wholemeal x5		O	1.85
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Bread - Saker (only in store)**Saker (only available in store)**

4 Baps white		O	1.90
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Light Rye & Spelt 400g		O	1.40
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Light Rye Loaf 800g		O	2.20
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Mixed Seed Loaf 400g		O	1.50
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Mixed Seed Loaf 800g		O	2.30
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Rye Sourdough Loaf 800g		O	2.35
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Small White 400g		O	1.25
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Spelt Loaf 400g	○	1.90
Spelt Loaf 800g	○	2.75
Wheatfree Rye Loaf 400g	○	1.50
Wheatfree Rye Loaf 800g	○	2.35
Wholewheat Loaf 400g	○	1.35
Wholewheat Loaf 800g	○	2.00

Cakes and biscuits

Billy's Farm

Almond Cookies 200g	○	2.05
Cardamom Cookies 200g	○	2.09
Coconut & Lemon Cookies 175g	○	2.05
Coffee Cookies 175g	○ G	2.90
Ginger Walnut Biscuits 175g	○	2.05
Hazel & Orange Cookies 175g	○	1.72
Spelt Cookies 175g	○	2.09
Vanilla Cookies 175g	○ G	2.90

De Rit

Hazelnut Waffles (6)	○	1.69
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Doves

Digestives 400g	○ S	1.75
Fruity Digestives 200g	○ S	1.35

Nairn's

Berry Biscuits (Wheatfree) 200g	S	1.42
Ginger Biscuits (Wheatfree) 200g	S	1.42
Spicy Biscuits (Wheatfree) 200g	S	1.42

Saker

Apricot & Almond Cake 1.5kg	○	10.95
Banana & Walnut Cake 1.5kg	○	10.95
Cake Slice	○	1.00
Carrot & Sultana Cake 1.5kg	○	10.95

Sunnyvale

Banana Cake 300g	○	3.10
Fruit T-Loaf 300g	○	1.45
Ginger Cake 380g	○	3.70
Malt Loaf 290g	○	1.37

Cereals - Mueslis and mixes

Sound Bites

Fruit & Fibre 500g	○	1.95
Hazel Nut Crunchy Muesli 1kg		2.85
Hazel Nut Crunchy Muesli 500g		1.65
Muesli Base 1kg	○	2.10
Muesli Base 3kg	○	5.85
Muesli De Luxe (30% fruit/nut/seed) 1kg	○	2.85
Muesli De Luxe (30% fruit/nut/seed) 3kg	○	7.95
Muesli Ultimate (50% fruit/nut/seed) 1kg	○	3.60
Muesli Wheat Free (40% fruit/nut/seed) 1kg	○	3.15
Muesli Wheat Free (40% fruit/nut/seed) 500g	○	1.75
Muesli Wheat Free 3kg	○	8.95

Cereals - single ingredient

Infinity

Spelt flakes 500g	○	1.79
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Sound Bites

Barley Flake 500g	O	1.10
Buckwheat Flakes 500g	O G	1.90
Millet Flakes 3kg	O G	7.85
Millet Flakes 500g	O G	1.75
Oat Groats 500g	O	0.90
Oatbran 500g	O	1.35
Oatmeal Coarse (Pinhead) 1kg	O	1.65
Oatmeal Coarse (Pinhead) 500g	O	0.95
Oatmeal Medium 1kg	O	1.65
Oatmeal Medium 500g	O	0.95
Oats 1kg	O	1.55
Oats 3kg	O	3.80
Oats Jumbo 1kg	O	1.55
Oats Jumbo 3kg	O	3.80
Oats Jumbo 500g	O	0.90
Quinoa Flakes 500g	O G	3.15
Quinoa Puffed 200g	O G	1.45
Rice Flakes Brown 500g	O G	1.90
Rice Puffed 200g	O G	1.00
Rye Flakes 500g	O	1.00
Wheatbran Coarse 500g	O	0.80
Wheatflakes Malt/Toast 500g	O	1.45
Wheatgerm 500g		1.45

Tilquillie

Pure gluten-free oats 500g	G	3.20
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Cereals branded

Alara

Puffed Muesli Gluten-Free 250g	O G	1.99
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Doves

Corn Flakes 375g	O	2.59
Wheat Biscuits 375g	O	2.09

Envirokidz

Koala Crisp Cereal 325g	O G S	2.89
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Nature's Path

Millet & Rice Flakes 375g	O G	2.99
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Rude Health

Spelt Flakes 300g	O	3.35
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Whole Earth

Corn Flakes 375g	O G S	2.19
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Cheese alternatives (chilled)

Biddy Merkin

Vegerella "Cheese" 170g	O G	1.49
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Bute Island

Creamy Scheese 255g	G	2.13
Creamy Scheese with Chives 255g	G	2.10
Medium cheddar scheese 227g	G	2.35
Scheese with chives 227g	G	2.35
Strong Cheddar Scheese 227g	G	2.35

Redwood

Edam Melty Cheezly 190g	G	1.95
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Mozzarella Melty Cheezly 190g	G		1.99
Red Cheddar Cheezly 190g	G		1.95
White Cheddar Cheezly 190g	G		1.95

Tofutti

Mozzarella' Cheese			1.99
Sour cream substitute 225g			2.69

Chocolate - boxes

Booja Booja

Fresh Ecuadorian Truffles (8) 100g	O		4.99
Fresh Espresso Truffles (2) 25g	O	S	1.25
Fresh Hazelnut Truffles (2) 25g	O	S	1.25
Fresh Raspberry Truffles (2) 25g	O		1.25
Fresh Raspberry Truffles (8) 100g	O		4.99

Chocolate - large bars

Montezuma's

Giant Chocolate Buttons 180g	O	S	2.50
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Organic Meltdown

58% cocoa with raspberry n rooibos 90g	F	O	S	2.10
71% cocoa with cinnamon n chilli 90g	F	O	S	2.10
Candied Orange Chocolate	F	O	S	2.10
Dark Chocolate 71% cocoa	F	O	S	2.10

Organica

Dark Chocolate 100g	F	O	S	1.89
Dark Chocolate Mint Crisp 100g	F	O	S	2.09
Hazel & Nougat Bar 40g	F	O	S	0.89
Spirit of Tangiers Chocolate with Orange 100g	F	O	S	2.09
Swiss Couverture 100g	F	O	S	2.39
Swiss Dark Chocolate with Hazelnuts 100g	F	O	S	2.09
White Bar 200g	F	O	S	2.39

Plamil

Carob Bar no added sugar 100g				1.79
Chocolate Sweetened with Xylitol 100g				2.00
Chocolate sweetened with Xylitol 72% 100g				2.05
Hemp chocolate 100g				2.00

Seed & Bean Co

Chilli Chocolate 60g	F	O	S	1.50
Lavendar Chocolate 60g	F	O	S	1.50
Lime Chocolate 60g	F	O	S	1.69
Mandarin & Ginger Chocolate 60g	F	O	S	1.50
Mint Chocolate 60g	F	O	S	1.50
Rose Chocolate 60g	F	O	S	1.69

Chocolate - raw

Booja Booja

Cacao Nibs 50g	O			2.29
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Chocolate - small bars

Humdinger

White Chocolate Buttons 25g			S	0.55
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Lyme Regis

Chocolate Marzipan Orange 40g	O	S		0.89
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Montezuma's

Chilli Chocolate 30g	O	S	0.85
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Plamil

Orange & Cranberry bar 50g	O	S	1.29
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Rum & Raisin chocolate 50g		S	1.35
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The Day Chocolate Company

Divine Dark Chocolate 45g	F	O	S	0.85
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Coffee and substitutes**Agros**

Barley Cup 100g	O		2.09
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Barley Cup 200g			2.75
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Cafédirect

Cocodirect Drinking Chocolate 250g	F	O	S	3.20
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Decaffeinated Filter Coffee 227g	F			4.30
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Medium Ground Roast Coffee 227g	F			3.89
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Clipper

Decaffeinated Instant Coffee 100g	O			3.99
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Cotswold

Dandelion Coffee 100g				2.30
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Cotswold

Cotswold Carob Powder 250g		G		1.47
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Equal Exchange

Coffee Beans 500g	F	O		6.59
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Essential

Zapatista Coffee 250g	F	O		3.35
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Hampstead Tea Company

Peppermint (20 bags)	F	O		1.89
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Montezuma's

Mexican Drinking Choc w chilli 300g	O	S		5.95
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Percol

Columbian Instant Coffee 100g	O			4.09
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Sound Bites

Cocoa 125g	F	O		1.30
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Cocoa 250g	F	O		2.30
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Symingtons

Dandelion Coffee 100g			S	2.95
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The Day Chocolate Company

Divine Drink Chocolate 500g	F	O	S	4.19
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Traidcraft

Instant Coffee 100g	F			2.25
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Instant Coffee 500g	F			10.29
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Whole Earth

Nocaf 100g	O	G		2.79
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Condiments - Mayo, ketchup etc**Danival**

Squeezy Tomato Ketchup 500ml	O	G		3.55
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Infinity Foods

Smoked Garlic Mayo 325g	O	G		2.19
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Plamil

Garlic Mayo 315g	G	1.77
Mayo 315g	O G S	2.12
Soy "Mayonnaise" 315g	G	1.75
Whole Earth		
Tomato Ketchup 340g	O G	1.68

Condiments - other (inc dips)

Al'Fez		
Harissa 100g	G S	1.57
Biona		
Harrissa 125ml	O G	2.59
Florentino		
Parmazano 60g	O G	1.55
Geo Organics		
Worcestershire Sauce 140ml	O G S	2.19
Granovita		
Brown Sauce squeezy 340g	O G S	1.79
Salad Cream 310g	G	1.89
Meridian		
French Dressing 250ml	O G	2.39
Rico		
Hot Salsa Small 175g (fresh)		1.75
Salsa Verde 175g (fresh)		1.99
Sound Bites		
Hummous & Olives 200g (fresh)	O G	1.25
Hummous & sundried tomatoes 200g (fresh)	O G	1.35
Hummous 200g (fresh)	O G	1.10
Suma		
Tamarind Paste 200g		0.89
Sunita		
Lemon Juice 1 litre	O	4.09
Lemon Juice 250ml	O	1.79
Lime Juice 250ml	O	1.75
Tiptree		
Wild Cranberry Sauce 210g	O G	1.89

Condiments - Salt, pepper etc

Bioforce		
Herbamare herb salt 90g		1.80
Herb Salt 250g		3.25
Essential		
Wholegrain Mustard 200g	O	2.05
Sound Bites		
Seasalt Coarse 1kg		0.80
Seasalt Coarse 250g		0.45
Seasalt Fine 1kg		0.85
Seasalt Fine 250g		0.50
Trafo		
Coarse Mustard 200ml	O	1.80

Condiments - soya, coconut etc

Biona		
Creamed Coconut 200g	O	1.09
Clearspring		
Genmai Miso 300g	O	3.79
Shoyu Kagisa 500ml	O	3.69
White Miso 250g	O	3.69
Danival		
Barley Miso 200g	O	3.50
Brown Rice Miso 200g	O G	3.79
Essential		
Coconut Milk 400ml	O	1.19
KTC		
Creamed Coconut 200g		0.85
Lima		
Mild Shoyu 145ml	O	1.69
Strong Tamari 145ml	O G	1.79
Tiana		
Coconut Milk 400ml	O	1.89
Yakso		
Tamari 250ml	O G	3.29

Desserts (ambient)

Clearspring		
Apple Apricot Puree 2x100g	O	1.25
Apple Blueberry Puree 2x100g	O	1.25
Apple Mango Puree 2x100g	O	1.25
Brown Rice Amazake 380g	O G	2.99
Pear Puree 2x100g	O	1.25
Granovita		
Soyage Black Cherry 142g	G S	0.45
Just Wholefoods		
Custard Powder 100g	G	0.89
Lemon Jelly Crystals 85g	G S	0.85
Raspberry Jelly Crystals 85g	G S	0.85
Strawberry Jelly Crystals 85g	G S	0.85
Tropical Jelly Crystals 85g	G S	0.85
Provamel		
Chocolate Custard 500ml	O G S	1.15
Chocolate Dessert 4x125ml	O G S	0.99
Mocha Dessert 4x125g	O G S	1.59
Vanilla Custard 500ml	O G S	1.15
Vanilla Dessert 4x125ml	O G S	0.99
Smooze		
Coconut & guava ice 45g	S	0.35
Coconut & guava ice x8	S	2.60
Coconut & mango ice 45g	S	0.35
Coconut & mango ice x8	S	2.60
Coconut & pineapple ice x8	S	2.60

Desserts (chilled)

Provamel

Forest Fruit Yofu 500g	O	S	1.49
Natural Yofu 500g	O		1.35
Raspberry & Vanilla Yofu 4x125g	O	S	1.59
Strawberry Yofu 500g	O	S	1.49
Vanilla Yofu 500g	O	S	1.49
Yofu Peach & Mango 4x125g	O	S	1.59

Sojade

Sojada Banana Y400g		S	1.65
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Sojasun

Apricot & Guava Soya Yoghurt 125g	O	S	0.59
Blueberry Yoghurt 125g	O	S	0.59
Lemon Soya Yoghurt 125g	O	S	0.59
Natural Live Soya Yoghurt 250g	O		0.80
Raspberry & Passionfruit Soya Yoghurt 125g	O	S	0.59

Fresh sprouts / mushrooms

Livesey Brothers

Buna Shimeni mushrooms			2.50
Enoki mushrooms			2.50
Golden Enoki mushrooms			2.50
Shiro Shimen mushrooms			2.50

Pauls

Alfalfa Sprouts 100g	O		0.99
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Frozen - savoury (only in store)

Bio Inside

Peas 300g	O		1.39
Demeter Sweetcorn 450g		O	2.25

Bioline

Spinach 600g	O		3.09
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Clives

Puff Pastry Wholemeal 300g	O		2.15
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Forest Foods

Nut Roast 250g			2.50
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St James

Filo Pastry 400g		S	1.39
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Wicken Fen

Cumberland Sausage 280g			2.39
Mushroom & Tarragon Sausage 280g			2.39

Frozen - sweet (only in store)

Bensons

Apple & blackcurrant ice 15g			0.99
Apple & mango ice 15g			0.99
Apple & raspberry ice 15g			0.99
Apple & strawberry ice 15g			0.99
Ice poles mixed box 4x15g			3.89

Booja Booja

Chocolate ice cream tub 110ml	O G	1.70
Coconut ice cream tub 500ml	O G	5.80
Feisty Winjun Ginger ice cream tub 500ml	O G	5.49
Hunky Punky Chocolate ice cream tub 500ml	O G	5.49
Maple & Pecan ice cream tub 500ml	O G	6.70
Vanilla M'Gorilla ice cream tub 500ml	O G	5.69

Mama Cucina

Cheesecake mango 550g	G S	3.99
Cheesecake strawberry 550g	G S	3.99

Natural Cool

Blueberries 300g	O	2.69
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Real Nice

fruit lolly 60ml	O	1.10
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Swedish Glace

Blueberry Ice 750ml	S	2.89
Caramel Ice "Cream" 750ml	S	2.49
Raspberry Ice 750ml	S	2.89
Vanilla Choc-Ices 6x60ml	S	3.19
Vanilla Ice 750ml	S	2.89

Fruit (dried)

Crazy Jack

Soft Apricots 250g	O	2.05
Soft Figs 250g	O	2.70

Essential

Prunes 250g	O	2.10
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Sound Bites

Apricot Chopped 250g	O	1.25
Apricot Chopped 500g	O	2.25
Apricots 1kg	O	6.60
Apricots 250g	O	1.95
Apricots 500g	O	3.45
Banana Coins 100g	F O	1.20
Cranberries sweetened with apple 125g		1.35
Cranberries sweetened with apple 250g		2.45
Currants 250g	O	1.70
Currants 500g	O	3.05
Dates 1kg	F O	6.05
Dates 250g	F O	1.75
Dates 500g	F O	3.20
Dates Chopped 500g	O	2.65
Dates Select Pitted 1kg		2.00
Dates Select Pitted 250g		0.80
Dates Select Pitted 500g		1.20
Figs 1kg	O	6.90
Figs 250g	O	2.00
Figs 500g	O	3.65
Fruit Mixed 1kg	O	4.00
Fruit Mixed 250g	O	1.20
Fruit Mixed 500g	O	2.20
Goji Berries 250g		3.30
Goji Berries 500g		6.15

Mango 100g	F O	1.45
Mango Dried 250g	F O	3.20
Raisins 1kg	O	3.30
Raisins 250g	O	1.15
Raisins 3kg	O	8.70
Raisins 500g	O	2.00
Sultanas 1kg	O	3.60
Sultanas 250g	O	1.15
Sultanas 3kg	O	9.30
Sultanas 500g	O	2.00

Suma

Prunes Pitted 500g	O	3.99
Prunes Sorbated with stones 250g		1.39
Prunes Sorbated with stones 500g		2.45

Tropical Wholefoods

Bogoya dried banana 125g	F	1.60
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VNC

Banana - dried 250g		0.70
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Zaytoun

Medjool dates 250g	F O	3.99
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Fruit (tins and jars)

Biona

Blueberries 350g	O	3.49
Cherries 350g	O	2.49

Coteaux Nantais

Apple & Blueberry Puree 283g	O	1.70
Apple Cinnamon Puree 350g	O	1.70
Blueberry Puree 360g	O	2.85
Magic apple puree 350g	O	1.70

Essential

Apple Puree 700g	O	1.79
Mango Chunks 400g	O	1.29
Pineapple 400g	O	1.69
Tropical Fruits 400g	O	1.69

Grains - other

Biona

Amaranth 500g	O G	2.50
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Sound Bites

Barley Pot 1kg	O	1.65
Barley Pot 500g	O	1.00
Buckwheat Raw 1kg	O G	2.10
Buckwheat Raw 500g	O G	1.20
Bulgar Wheat 1kg	O	2.00
Bulgar Wheat 500g	O	1.10
Couscous Wholemeal 1kg	O	2.85
Couscous Wholemeal 3kg	O	7.35
Couscous Wholemeal 500g	O	1.60
Millet 1kg	O G	2.20
Millet 500g	O G	1.30
Oat Groats 1kg	O	1.45
Popcorn 500g	O G	1.55

Quinoa 1kg	F O G	4.40
Quinoa 3kg	F O G	11.40
Quinoa 500g	F O G	2.40
Spelt Grain 500g	O	1.60
Wheatgrain 500g	O	0.75
Suma		
Tapioca 500g	G	1.75
Zaytoun		
Cous cous 250g	F	2.40

Grains - rice

Sound Bites

Rice Arborio White 1kg	O G	2.85
Rice Arborio White 500g	O G	1.60
Rice Basmati Brown 1kg	F O G	2.50
Rice Basmati Brown 3kg	F O G	6.90
Rice Basmati Brown 500g	F O G	1.40
Rice Basmati White 1kg	F O G	3.20
Rice Basmati White 3kg	F O G	8.35
Rice Basmati White 500g	F O G	1.80
Rice Long Grain Brown 1kg	O G	2.20
Rice Long Grain Brown 3kg	O G	5.50
Rice Long Grain Brown 500g	O G	1.20
Rice Red 1kg	O G	4.40
Rice Red 500g	O G	2.35
Rice Short Gr Brown 1kg	O G	2.30
Rice Short Gr Brown 500g	O G	1.30
Rice Wild 125g	O G	2.10

Herbs

Sound Bites

Basil Dry 30g	O	0.50
Bay Leaf 20g	O	0.50
Celery Seed 30g	O	0.65
Coriander Leaf 30g	O	0.50
Dill Herb 20g	O	0.60
Fennel 30g	O	0.50
Herbs Mixed 30g	O	0.65
Marjoram 30g	O	0.60
Oregano 30g	O	0.65
Parsley 25g	O	0.50
Rosemary 30g	O	0.55
Sage 25g	O	0.50
Spearmint 20g	O	0.50
Thyme 50g	O	0.85

Suma

Coriander Leaf 10g		0.75
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House - cleaning

Bio D

Multisurface Cleaner 1 litre		2.55
Polish Spray 750ml		3.99
Toilet Cleaner 1 litre		2.49
Toilet Cleaner 750ml		2.49

Dripak

Borax cleaning agent 500g		0.99
Citric Acid 250g		1.19
Liquid Soda Spray 500ml		1.15
Multisurface Trigger Spray 500ml		1.39
Soda Crystals 1kg		0.89
Soda Crystals with Orange Oil 300g		0.99
White Vinegar spray 500ml		0.89

Earth Friendly

Creamy Cleaner 500ml		3.45
Floor Cleaner Lemon 500ml		3.79
Parsley Multi-Surface Spray 500ml		3.45

Ecover

Heavy Duty Hand Cleaner 150g		2.21
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Sound Bites

Bicarbonate of Soda 1kg	G	2.10
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Suma

Recycled Kitchen Towels (2)		0.99
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House - laundry**Bio D**

Fabric Conditioner 1l		2.15
Laundry Liquid 1 Litre		3.85
Laundry Powder 1kg		3.65
Laundry Powder 2kg		7.09

Dripak

Oxygen Laundry Bleach 400g		1.09
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Ecozone

Ecoballs		32.25
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Faith in Nature

Laundry Liquid Clearspring 1ltr		3.49
Laundry Liquid Clearspring 5ltr		13.99

Memo

Soap Nuts 1kg		11.95
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Natural House

Soap Flakes 500g	O	3.10
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Sound Bites

Pure Soap Flakes (Veggie) 1kg		2.30
Pure Soap Flakes (Veggie) 500g		1.35
Soap Nuts 250g		3.75

House - other (inc toilet rolls)**Being Fare**

Sprouter (make your own!) (4 trays)		6.40
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Cotton Soft

Cotton Toilet Tissue (4)	O	3.20
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Earth Friendly

Air Freshener Lavendar 130ml		4.19
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Ecoforce

Recycled Sponge Scourer x2		1.19
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If You Care

Recycled Aluminium Foil		2.30
Memo		
Biodegradable Spongecloths (5)		1.82
Vegetable Scrubbing Brush		1.35
Wooden Wash Up Brush Handle & Head		1.50
Washing Up Brush head		0.50
Minky		
Minky Cleaning Cloths (2)	F	1.45
Sound Bites		
Birch forks x100		5.00
Brown Paper Bags for Compost (10)		0.95
Suma		
Ecosoft Recycled Toilet Roll (4)		1.99
Suma Single Toilet Roll		0.49
Traidcraft		
Rubber Gloves (latex)	F	1.05
Tuffy		
D2W Biodegradable Swingbin Liners (15 bags)		1.20
D2W Degradable Freezer Bags (200 bags)		1.20
D2W Degradable Pedalbin Liners (30 bags)		1.19
D2W Degradable Refuse Sacks (10 bags)		1.39

House - washing Up

Bio D		
Washing Up Liquid 1l		1.95
Faith in Nature		
Washing up liquid 1 litre		1.99

Juice - cordials, concentrates

Meridian			
Pear Juice Concentrate 360ml		5.69	
Rocks			
Blackcurrant Cordial 360ml	O	S	3.25
Cranberry Cordial 360ml	O	S	3.25
Echinacea Cordial 360ml	O	S	3.25
Elderflower Cordial 360ml	O	S	3.25
Fruit Punch Cordial 360ml	O	S	3.25
Ginger Cordial 360ml	O	S	3.25
Lemon Squash 740ml	O	S	1.99
Lime Cordial 360ml	O	S	3.25
Orange Squash 740ml	O	S	1.99
Suma			
Apple and Blackcurrant Juice Concentrate 400ml	O		4.49
Apple Juice Concentrate 400ml	O		3.99
Apple Juice Concentrate 500ml			2.99

Juice etc - large glass bottles

Biona			
100% Cranberry Juice 33cl	O		4.69
Carrot juice 750ml	O		2.59
Tomato Juice 75cl	O		2.59
Vegetable Juice 75cl	O		2.69

Biotta		
Beetroot Juice 75cl	○	2.69
Chegworth Valley		
Apple & Beetroot Juice 1 litre		2.75
Apple & Elder Juice 1 litre		2.75
Bramley Juice 1 litre	○	2.75
Cox & Bramley Juice 1 litre		2.50
Cox Juice 1 litre	○	2.85
Discovery & Bramley Juice 1 litre		2.50
Discovery Juice 1 litre	○	2.75
Pear Juice 1 litre	○	2.99
Pear Raspberry Juice 1l		2.85
Duskin		
Cox Apple Juice 1 litre		2.39
Russet Apple Juice 1 litre		2.39
Frank Water		
Frank Water sparkling 75cl		1.05
James White		
Beetroot Juice 75cl	○	2.79
Organico		
Apple & Blueberry Sparkle 37cl	○	2.35
Apple & Blueberry Sparkle 75cl	○	3.65
Apple & Raspberry Sparkle 37cl	○	2.35
Apple & Raspberry Sparkle 75cl	○	3.65
Magic Apple Fizz 75cl	○	1.95
Vitalia		
Prune Juice 75cl	○	3.95
Vitamont		
Red Grape Juice 1l	○	3.75
Yorkshire Punch		
Yorkshire Punch 75cl		4.20

Juice etc - Small bottles / cartons

Chegworth Valley		
Apple & Beetroot Juice 250ml		1.05
Apple & Blackberry 250ml		1.05
Apple & Blackcurrant 250ml		1.05
Apple & Cranberry Juice 250ml		1.05
Apple & Elderflower Juice 250ml		1.05
Apple & Raspberry 250ml		1.05
Apple & Rhubarb Juice 250ml		1.05
Apple & Strawberry 250ml		1.05
Bramley Juice 250ml	○	1.15
Cox Juice 250ml	○	1.15
Discovery Juice 250ml	○	1.15
Pear Juice 250ml	○	1.15
Pear Raspberry Juice		1.05
Frank Water		
Frank Water Sparkle Glass 33cl		0.70
Frank Water Still in Glass 33cl		0.70
Frank Water Still PET bottle 500ml		0.65
Free Natural		
Dandelion & Burdock 250ml		1.09

Ginger & Ginseng 250ml		1.09
Grapefruit n ginseng 250ml		0.99
Hawthorn & Elderflower Drink 250ml		1.09
Kicking Kola 250ml	O	1.15
Root Beer 250ml		1.09
Sarsaperilla Drink 250ml		1.09

Gusto

Energy Drink 250ml	O	1.69
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JP Juices

Apple Juice 200ml	F	0.30
Apple Juice 500ml	F	0.75
Orange Juice 200ml	F	0.30
Orange Juice 500ml	F	0.75

Luscombe

Hot Ginger Beer 320ml	O	S	1.49
Sicilian Lemonade 320ml	O	S	1.49

Luscombe Farm

Carrot and Orange juice 24cl	O	1.45
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Orchid Drink

Purdeys Silver 330ml		1.50
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Village

Apricot Juice 100% 200ml	O	1.09
Cherry Juice 100% 200ml	O	1.10
Pomegranate Juice 100% 200ml	O	1.45

Juice large cartons

Cawston Vale

Apple & Ginger Juice 1 litre		2.05
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Fruit Passion

Orange Juice 1 litre	F O	1.25
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Grove Fresh

Apple Mango Juice 1l	O	2.99
Breakfast Juice 1l	O	2.99

Pomegreat

Pomegranate & Blueberry Juice Drink 1 litre		1.99
Pomegranate Juice Drink 1 litre		1.99

Stute

Apple Juice 1.5l		1.89
Orange Juice 1.5l		1.89
Pineapple Juice 1 litre		1.60
Red Grape Juice 1 litre		1.75
White Grape Juice 1 litre		1.75

Lentils, peas (dried)

Sound Bites

Lentils Brown 1kg	O	2.50
Lentils Brown 500g	O	1.45
Lentils Green 1kg	O	2.25
Lentils Green 500g	O	1.30
Lentils Puy 1kg	O	2.50
Lentils Puy 500g	O	1.50
Lentils Red 1kg	O	2.60
Lentils Red 3kg	O	5.85

Lentils Red 500g	O	1.40
Peas Green Split 500g	O	1.25
Peas Marrowfat 500g		1.15
Peas Yellow Split 1kg	O	2.15
Peas Yellow Split 500g	O	1.30

Meat alternatives (chilled)

Pauls

Mexican Chilli Burgers 2x175g	O	1.75
Nut Burgers 2x175g	O	2.05

Redwood

Cheatin Chicken 100g		S	1.64
Lincolnshire Sausages 295g		S	2.30
Rw Biorashers 115g	O	S	2.50
Sage & Marjoram Sausages 300g		S	2.30

Taifun

Grill Sausages 250g	O	G	3.59
Mini Wiener 160g	O	G	2.09
Spelt Cutlets 200g	O		2.49
Wiener 300g	O	G	3.99

Meat alternatives (dry)

Granose

Burger Mix 150g			1.39
Granose Chicken Style Roast 150g			1.39

Joannusmolen

Sosmix 110g	O	G	2.30
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Organico

Soya Chunks 200g	O	G	2.10
Soya Mince 200g	O	G	2.30

Sound Bites

Burgermix (Veggies) 250g			1.99
Burgermix (Veggies) 500g			3.75
Sosmix (Veggies) 500g			3.75
Sosmix Veggies 250g			2.50

Milks - other

Bridge

Rice & Almond Drink 1 litre	O		1.85
Rice Drink 1 litre	O		1.69

Ecomil

Almond Drink 1 litre	O		2.50
Almond Soya & Cereal Drink 1 litre	O		1.85
Hazelnut Drink 1 litre	O		2.50
Quinoa Drink 1 litre	O		2.50
Soya Milk Powder 400g	O	G S	9.50

Kara

Coconut Milk 1l		G	1.59
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Oatly

Oat Drink 1 litre	O		1.59
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Provamel

Rice Drink with Calcium & Vitamins 1 litre	O		1.59
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Vanilla Drink 1 litre	O	S	1.49
Rice & Rice			
Rice Milk 1 litre	O		2.10
Rice Milk added Calcium 1 litre	O		2.25

Milks/Creams - small cartons

Ecomil

Almond Milk 250ml	O		0.95
Almond Single "Cream" 200ml	O		1.25

Granovita

Cremovita Soya Cream 300ml	O	G S	1.49
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Oatly

Oat Cream 250ml			0.99
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Provamel

Banana Milkshake 250ml	O	S	0.50
Chocolate Milkshake 250ml	O	S	0.50
Soy "Cream" 250ml	O	S	0.79
Soya Drink Sweetened with apple (Green) 250ml	O		0.45
Soya Drink Unsweetened (Red) 500ml	O		0.73
Strawberry Milkshake 250ml	O	S	0.50
Vanilla Shake 250ml	O		0.45
Vanilla Soya Milkshake 250ml	O	S	0.50

Rice & Rice

Rice Milk 200ml	O		0.75
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Milks - soya

Plamil

Soya Milk 1l	O		1.29
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Provamel

Alpro Soya Soleil Unsweetened 1l			0.89
Chocolate Soya Milk 1l	O	S	1.49
New Blue soya (added calcium & vits) 1l			0.99
Soya Drink Sweetened with apple (Green) 1l	O		0.99
Soya Drink Unsweetened (Red) 1l	O		1.45
Soya milk 1l added vits			0.99

Sojade

Soya Drink with Calcium sweetened with Apple 1litre			1.25
Soya Milk 1l	O		1.25

Sunrise

Cafe Expert Soya Creamer 1l			1.29
Soya Milk 1l	O		1.29
Soya Milk with calcium & vitamins 1 litre	O		1.29

Nuts

Sierra Rica

Peeled Chestnuts 200g	O		2.90
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Sound Bites

Almonds 125g	O		1.40
Almonds 250g	O		2.55
Almonds 500g	O		4.80
Almonds Flaked - 125g	O		1.45
Almonds Flaked 250g	O		2.70

Almonds Ground 125g	O	1.30
Almonds Ground 250g	O	2.10
Brazil Nuts - Broken 1kg		5.10
Brazil Nuts - Broken 250g		1.50
Brazil Nuts - Broken 500g		2.75
Brazils 125g	F O	1.10
Brazils 250g	F O	2.10
Brazils 500g	F O	3.85
Cashew 125g	F O	1.55
Cashew 250g	F O	2.75
Cashew 500g	F O	5.20
Cashew Large White Pieces 1kg		4.95
Cashew Large White Pieces 250g		1.55
Cashew Large White Pieces 500g		2.65
Coconut Dessicated 250g	O	1.00
Coconut dessicated 500g	O	1.50
Coconut Flakes Toasted 125g	O	0.85
Hazelnuts 125g	O	1.35
Hazelnuts 250g	O	2.50
Nuts Mixed Chopped 250g		1.55
Peanuts 250g	O	1.10
Peanuts 500g	O	1.85
Pecan Nuts 125g		1.85
Pecan Nuts 250g		3.30
Pine Nuts 100g	O	4.30
Walnut 125g	O	1.45
Walnut 250g	O	2.60
Walnut 500g	O	5.15
Walnuts Broken 1kg	O	9.55

Zaytoun

Almonds 150g	F	2.99
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Oils - olive

Bio Planete

Olive Oil 500ml	O	4.45
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Clearspring

Extra Virgin Olive Oil 500ml	O	4.75
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Infinity Foods

Extra Virgin Greek Olive Oil 500ml	O	4.99
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Zaytoun

Olive Oil 250ml	F O	5.30
Olive Oil 500ml	F O	9.30
Olive Oil 750ml	F O	13.00

Oils - Seed and Nut

Bio Planete

Hazelnut Oil 100ml OFFER	O	1.50
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Biona

Coconut Oil 200g	O	3.69
Coconut Oil 400g	O	6.89

Bioplanète

Frying Oil 50cl	O	3.15
Peanut Oil 50cl	O	7.45

Pumpkin Seed Oil 25cl	O	5.50
Rapeseed Oil 50cl	O	3.25
Safflower Oil 50cl	O	3.75
Sesame Oil 50cl	O	4.85
Soya Oil 50cl	O	4.25
Sunflower Oil 50cl	O	2.75
Walnut Oil 25cl	O	4.45
Clearspring		
Toasted Sesame Oil 250ml	O	3.50
Granovita		
Flax Oil 260ml	O	6.49
Hemp Oil 260ml	O	5.99
Midsummer		
Sunflower Oil 1l	O	2.45

Olives and deli items

Chalice		
Kalamata Olive Tapenade 165g		3.29
Cypressa		
Vine Leaves in Brine 227g		1.40
Infinity Foods		
Stuffed Vineleaves 283g	O	1.99
Organico		
Artichoke Hearts 250g	O	4.05
Black Olives Moroccan 250g	O	3.25
Capers in Vinegar 140g	O	2.30
Green Olives Lebanese 250g	O	3.25
Green Olives Provencale 250g	O	2.89
Halkidiki Olives 250g	O	2.89
Kalamata Olives 250g	O	2.89
Sundried Tomatoes in oil 250g	O	3.75
Rico		
Mild Salsa	S	1.75
Sound Bites		
Tomatoes Sundried 125g	O	1.15
Tomatoes Sundried 250g	O	2.10
Sunita		
Green Olives Vacuum Packed 450g		2.25
Kalamata Olives Jar 370g		2.15
Kalamata Olives Vacuum Packed 450g		3.55
Zaytoun		
Tomatoes Sundried in oil 250g	F	3.80
Zest		
Sundried Tomato Paste 170g		2.22

Other - Bags

Doy Bags - made from old drinks cartons!		
Doy Large Shopper	F	9.99
Doy Shopper	F	8.30
Jutexpo - reusable and biodegradable eventually!		
Jute Bag - Sound Bites	F	2.50

Sound Bites			
Cotton bag, long handles	F	O	1.00
Turtle Bags			
String Bag			2.75

Other - Books, magazines, cards

Adbusters			
Magazine			4.00
Corporate Watch			
What's Wrong With Supermarkets			2.00
Ethical consumer			
Magazine			4.25
Hedingham Fair			
Hand drawn designs trees			1.45
Juno			
Magazine			3.50
New internationalist			
Climate Change Book			6.99
Fair Trade Book			6.99
Magazine			3.95
Permaculture			
Magazine			3.95
Red Pepper			
Magazine			2.50
Resurgence			
Magazine			4.95

Other - Miscellaneous

Fair Deal Trading			
Balloons biodegradable latex (25)	F		1.99

Other - Wall charts

Orangeburst			
Wall Chart - Kid's Nutrition (+ stickers)			4.75
Wall Chart - Natural Cleaning			3.75
Wall Chart - Nutrition			3.75
Wall Chart - Women's Herbs			3.75

Pasta - noodles and spaghetti

Biofair			
Rice & Quinoa Spaghetti 250g	F	O	G
Biona			
Corn Spaghetti 200g		O	G
Spaghetti Wholewheat 500g		O	
Spelt Spaghetti 500g		O	
King Soba			
Brown Rice Noodles 250g		O	G
Buckwheat Noodles 250g		O	G
Noodle Company			
Spinach Noodle 250g		O	S
Organico			

Spaghetti Wholewheat 500g	O	1.10
Sanchi		
Brown Rice Udon Noodles 250g	O	1.49
Mushroom Ramen 88g	O	1.25
Seaweed Ramen Noodles 88g	O	1.25
Thai Rice Noodles 250g	O G	1.39

Pasta - other

Biona		
Spelt Penne 500g	O	2.59
Wholewheat Macaroni 500g	O	1.35
Eunature		
Lasagne Wholewheat 250g	O	1.39
La Bio Idea		
Fettucce 500g	O	1.69
Fusilli Wholewheat 500g	O	0.99
Wholewheat Gomitini 500g	O	1.35
Organico		
Buckwheat Macaroni 250g	O G	1.90
Corn Rings 250g	O G	1.75
Farfalle Wholewheat 500g	O	1.25
Fusilli Wholewheat 500g	O	1.25
Pasta Wheels (for kids) 250g	O	1.10
Penne Wholewheat 500g	O	1.25
Rice Gemini 250g	O G	1.90
Spelt Fusilli 500g	O	1.99
Orgran		
Gluten Free Lasagne 200g	G	2.65
Rice and Corn Macaroni 250g	G	1.75
Traidcraft		
Penne 500g	F O	2.79

Pasties - fresh

Forest Foods		
Spinach & Chickpea Calzone		1.65
Pauls		
Ganmodoki (tofu and seaweed snack)	O	0.98
Saker		
Wholemeal Pasty (4 choices)		1.20

Petfood

Benevo		
Veggie Cat Food 2kg		7.75
Yarrah		
Multi Dog Biscuits 500g	O	4.25
Vegetarian Dogfood 2kg	O	9.85

Ready meals - convenience foods

Danival		
Lentils & Tofu (jar) 670g	O	3.70
Pumpkin Ravioli (jar) 670g	O	3.99
Quick Cook Quinoa 250g	O G	2.50

Ratatouille (jar) 670g	O	4.45
Seitan Chilli (jar) 670g	O	3.75
Tofu Ravioli (jar) 670g	O	4.45
Ferrero		
Polenta Express 500g	G	1.39
Free & Easy		
3 Bean Chilli (tin) 400g	O G	1.69
Bean Cassoulet ready meal (tin) 400g	O G	1.69
Chickpea & Vegetable Curry (tin) 400g	O G	1.69
Chickpea n bean ready meal (tin) 400g	O G	1.69
Granose		
Nut Roast Mix 150g		1.39
Granovita		
Nut Luncheon (tin) 420g	G	1.89
Just Wholefoods		
Falafel Mix mix 120g	O	1.25
Sage & Onion Stuffing mix 125g	O	1.15
McSween		
Vegetarian Haggis 225g		1.96
Natura		
Beans in Garlic Sauce (tin) 400g	O G	1.19
St Dalfour		
Bean & Grain Salad (tin) 175g		1.85
Couscous Salad (tin) 175g		1.85
Three Bean Salad (tin) 175g	G	1.85
Sunita		
Polenta Ready to Eat 500g	O G	1.39
Tarantella		
Ratatouille tin 400g		0.99
Tilquillie		
Sage & Onion Stuffing Mix	G	2.05

Sauces - Cook in

Geo Organics		
Black Bean Sauce 350g	O G S	2.29
Korma Paste 200g	O G	2.19
Madras Paste 200g	O G	2.19
Szechuan Sauce 350g	O G S	2.29
Thai Green Curry Paste 200g	O G	2.30
Thai Red Curry Paste 200g	O G	2.29
Real Food Company		
Jalfrezi Sauce 350g	O G S	2.59
Rogan Josh Sauce 350g	O G S	2.59
Thai Green Curry Sauce 350g	O G	2.79
Rico		
Moleh cooking sauce 220g (fresh)		2.49
Moleh Cooking Sauce 330g (fresh)		3.49
Spicy Beans Large 340g (fresh)		2.49
Zesame		
Chow Mein Sauce 170g	O G S	2.09
Sweet Ginger Sauce 170g	O G S	2.09

Sauces for pasta, pestos

La Bio Idea

Mushroom Pizza/Pasta Sauce 300g O G 1.99

Meridian

Mushroom Pasta Sauce 440g O G 1.99

Spanish Olive Pasta Sauce 440g O G 1.99

Sweet Chilli Pasta Sauce 440g O G 1.99

Tomato & Herb Pasta Sauce 440g O G 1.99

Organico

Pasta Sauce with Aubergine & Tomato 300g O G 2.10

Pasta Sauce with Tomato & Basil 300g O G 2.10

Pasta Sauce with Zucchini & Tomato 300g O G 2.10

Suma

Green Pesto 160g O 2.59

Red Pesto 160g O 2.59

Siciliano Pesto 190g O 2.89

Zest

Coriander & Hazelnut Pesto 165g G 2.29

Pesto 340g G 3.95

Seaweed, mushrooms

Blue Dragon

Sushi Nori 22g 1.75

Clearspring

Atlantic Sea Salad 50g 3.28

Kombu Seaweed 50g 3.59

Wakame Seaweed 50g 3.59

Keveral Farm

Dried Mushrooms 40g 3.25

Terrasana

Muso Arame Seaweed 50g O 3.85

Tropical Wholefoods

Shiitake Mushrooms 50g F 2.65

Seeds

Sound Bites

Alfalfa Seed - 125g O 1.25

Alfalfa Seed 250g O 2.30

Broccoli Seed 125g O 1.95

Hemp Seeds 125g O 0.95

Hemp Seeds 250g O 1.70

Linseed Brown 250g O 0.95

Linseed Brown 500g O 1.90

Linseed Gold 250g O 0.95

Linseed Gold 500g O 1.90

Mustard Seeds 50g O 0.60

Omega Mix 500g O 2.75

Omega Seed Mix 250g O 1.55

Poppy Seeds 250g O 2.05

Pumpkin Seeds 1kg O 7.40

Pumpkin Seeds 250g O 2.25

Pumpkin Seeds 500g O 4.25

Radish Seed 125g	O	1.90
Sesame Seeds 250g	F O	1.65
Sesame Seeds 500g	F O	2.95
Sunflower Seeds 1kg	O	2.60
Sunflower Seeds 250g	O	0.95
Sunflower Seeds 500g	O	1.55

Snack bars - sweet

Lyme Regis

7 Seeds & Cranbry Bar 40g	O	0.79
7 Seeds & Nut Bar 40g	O	0.79
Fruit4U Apple Bar 28g	G	0.59
Fruit4U Cherry Bar 28g	G	0.59
Fruit4U Raspberry Bar 28g	G	0.59
Fruitus Apple Bar 35g	O G	0.50
Fruitus Apricot Bar 35g	O G	0.50
Fruitus bar Pomegranate & blueberry 35g	O	0.55
Kidz Apple Bar 20g	O G	0.50
Kidz Blackcurrant Bar 20g	O G	0.50
Kidz Strawberry Bar 20g	O G	0.50

Nakd

Raw Apple Pie bar 30g		0.55
Raw cashew bar 35g	G	0.75
Raw cocoa orange bar 35g	G	0.75
Raw ginger bar 35g	G	0.75
Raw pecan bar 35g	G	0.75

Oskri

Coconut and Almond bar 53g	O G	0.89
Oskri Coconut Bar	O G	0.99
Oskri Quinoa Bar	O G	0.89
Oskri Sesame Bar	O G	0.89

Panda

Panda Licorice Bar 32g	S	0.45
Raspberry & Licorice Bar 32g	S	0.45

Pulsin

Bliss Bar 40g	G	1.35
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Rice & Rice

Hazelnut Choc Crispy Bar 25g	O G	0.72
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Tropical Wholefoods

5 fruits bar 40g	F O	0.84
Apricot Raisin bar 40g	F O	0.75
Mango Brazil bar 40g	F O	0.75
Pineapple Cashew bar 40g	F O	0.75
Tropical Fruit Bar 45g	F O G	0.84

Tunch

Apple & Cinnamon snack 45g	G	0.95
Lemon & Lime snack 45g	G	0.95
Pineapple & Coconut snack 45g	G	0.95

Snacks - Crisps

Amaizin

Corn Chips 150g O G 1.29

Biofair

Onion Rings 84g F O G 1.69

Crisps

Crisps Salt & Balsamic Vinegar 35g S 0.65

Crisps with Salt & Cracked Pepper 35g 0.65

Crisps with Sea Salt 35g 0.65

Darling Spuds

Crisps balsamic 40g G 0.59

Crisps chilli 40g G 0.59

Trafo

Tortilla Chips with Chilli 75g O G 1.20

Tyrrells

Beetroot Crisps 40g O G 0.95

Lightly SaltedCrisps 40g G 0.59

Mixed Root Crisps 150g O G 2.50

Mixed Root Crisps 40g O G 0.90

Parsnip Crisps 40g O G S 0.95

Salt & Black Pepper Crisps 40g G 0.59

Seasalted Crisps 35g O G 0.59

Sweet Chilli & Red Pepper crisps 40g G S 0.59

Snacks - savoury

Bounce

Spirulina Ginseng Ball 40g 1.59

Sound Bites

Bombay Mix 100g O G 0.60

Bombay Mix 250g O G 1.15

Cashew Roasted & Salted 100g O G 1.35

Cashews Roast/Salt/Peppered 100g G S 1.40

Chickpeas Spicy 100g O G 0.55

Garlic Gathias 100g G 0.55

Garlic Gathias 500g G 1.85

Garlic Sticks 100g G 0.60

Liquorice Stick G 0.20

Wasabi beans (hot!) 100g S 0.85

Traidcraft

Salted Peanuts 150g F G 1.25

Tropical Wholefoods

Apricot Kernals 50g F 1.00

Apricot Kernals Chilli 50g F 1.00

Apricot Kernals Tamari 50g F 1.00

Tyrrells

Habas Fritas (spicy broad beans) 80g S 1.19

Habas Fritas 200g S 1.99

Viana

Picknicker chew 50g 1.15

Snacks - sweet

Biona

Fruit Lollies (6 pack)	O	1.99
Mints tube 21g	O	0.79

Chicza

Biodegradable Chewing Gum 30g	F O S	1.39
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Just Wholefoods

Vegebears Fruit Jellies 100g	O G	1.29
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Panda

Licorice Bears 125g	S	1.15
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Peppersmith

Chewing Gum 10pcs		1.49
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Pulsin'

Berry Burst energy snack 50g	G	1.69
Bliss Bomb energy snack 50g	G	1.69
Coffee energy snack 50g	G	1.69
Energy Bomb energy snack 50g	G	1.69
Maple & Pecan energy snack 50g	G	1.69

Sound Bites

Banana Chips 125g	O S	0.95
Chocolate Beans "Whizzers" 100g	G S	0.80
Chocolate Eggs 100g	S	0.89
Chocolate Footballs 100g	G S	0.95
Ginger Crystallised 125g	O G S	1.49
Movie Mix 125g	O G	0.90
Movie Mix 250g	O G	1.65

Sunita

Halva with Grape Juice & Sultanas 100g	G	1.05
Halva with Grape Juice 75g	O G	1.60

Soups - packet

Free & Easy

Instant Miso Soup with Tomato & Basil 4x15g	O G	1.75
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Just Wholefoods

Carrot & Coriander Packet Soup 4x17g	O G	1.25
Leek & Potato Packet Soup 4x17g	O G	1.29

Sanchi

Instant Miso Soup 4x10g	O G	2.00
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Soups - tins / jars

Sierra Rica

Chestnut & Ginger Soup 320ml	O	0.99
Mediterranean Lentil Soup 320ml	O	0.99
Red Pepper & Almond Soup 320ml	O	0.99
Tomato & Basil Soup 320ml	O	0.99

Suma

Carrot & Coriander Soup 400g	O G	0.99
Minestrone Soup 400g	O G	1.14
Pea Soup 400g	O G	0.99
Spicy Lentil Soup 400g	O G	0.99
Thick Vegetable Soup 400g	O G	0.99

Tomato & Red Pepper Soup 400g	O G S	0.99
Tomato Soup 400g	O G	0.99
Tuscan Soup 400g	O	0.99

Spices

Sound Bites

Allspice Ground 20g	O	0.60
Caraway Seed 100g	O	0.85
Cardamom Whole Green 30g	O	1.20
Cayenne Pepper 30g	O	0.75
Chilli Flakes 50g	O	1.00
Chilli Powder 50g	O	0.65
Chinese 5 Spice 30g	O	0.50
Cinnamon Ground 50g	O	0.65
Cinnamon Quills 50g	O	1.20
Cloves Whole 50g	O	0.60
Coriander Ground 50g	O	0.65
Coriander Seed 50g	O	0.70
Cumin Ground 50g	O	0.80
Cumin Seed 50g	O	0.70
Curry Powder 100g	O	1.10
Fenugreek 30g	O	0.50
Garam Masala 50g	O	0.80
Garlic Powder 50g	O	0.70
Ginger Ground 50g	O	0.70
Juniper Berries 30g	O	0.50
Mace 20g	O	1.00
Mixed Spices 30g	O	0.75
Mulling Spices 10g	O	0.50
Mustard Powder 50g	O	0.75
Nutmeg Ground 25g	O	0.85
Nutmeg Whole 25g	O	0.85
Paprika 50g	O	0.90
Peppercorn 100g	O	0.85
Peppercorn Black 500g	O	3.50
Star Anise 20g	O	0.60
Turmeric 50g	O	0.65
Vanilla Pod	O	0.60

Suma

Smoked Paprika 25g		0.69
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Zaytoun

Za'atar spice 50g	F G	1.15
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Spreads - chutneys, pickles

Geo

Tomato Apple Chutney 300g	O G S	2.19
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Geo Organics

Mango Chutney 300g	F O G	2.39
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Mr Pitchfork's Pickles

Cranberry & Apple Chutney with Port 185g	S	2.19
Cranberry Jelly 130g	S	1.75
Harvest Ale Chutney 185g	S	2.19
Hot Carrot & Coriander Chutney 185g	S	2.19
Plum & Apricot Chutney 270g	S	2.15

Red Onion Chutney 185g	S	2.19
Red onion with cranberry 190g	S	2.19
Smokehouse Chutney 270g	S	2.15

Spreads - Margarine

Biona

Olive Margarine 250g	O G	2.29
Vegetable Margarine 500g	O G	2.60

Suma

Sunflower Margarine 2kg	O G	7.39
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Spreads - Nut / Seed Butters

Carley's

Pumpkin Seed Butter 250g	O	2.85
Raw Tahini 250g	F O	2.75
Sunflower Seed Butter 280g	O	2.25

Equal Exchange

Cashew Nut Butter 170g	F O	3.20
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Essential

Tahini Dark 340g	F O	3.39
Tahini Light 340g	F O	3.79

French Collection

Chestnut Puree 300g	O	2.50
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Meridian

Almond Butter 170g		2.29
Cashew Butter 170g		2.29
Hazelnut Butter 170g		2.29

Suma

Peanut Butter Crunch No Salt 700g	O	4.39
Peanut Butter Crunchy No Salt 340g	O	2.45
Peanut Butter Crunchy Salted 340g	O	2.45
Peanut Butter Crunchy Salted 700g	O	4.39
Peanut Butter Smooth No Salt 340g	O	2.45
Peanut Butter Smooth Salted 340g	O	2.45
Peanut Butter Smooth Salted 700g	O	4.39

Sunita

Light Tahini 3kg	O	20.45
Tahini Dark 340g	O	2.75
Tahini Light 340g	O	2.75

Spreads and jams - sweet

Biona

Hazelnut & Carob Spread 350g	O G	3.19
Pear & Apple Spread 450g	O	3.39

Essential

Chocolate Spread 400g	F O G	3.10
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Meridian

Grapefruit Spread 284g		1.99
Orange Spread 284g	O	2.29
Raspberry Spread 284g	O	2.29

Real Food Company

Blueberry Jam 320g	O S	3.49
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Raspberry Jam 320g	O	S	3.49
St Dalfour			
Blackberry Spread 284g			1.95
Blackcurrant Spread 284g			1.95
Blueberry Spread 284g			1.95
Fig Spread 284g			1.95
Four Fruit Spread 284g			1.95
Mirabelle Spread 284g			1.95
Raspberry Spread 284g			2.05
Strawberry Spread 284g			1.98
Thick Apricot Jam 284g			1.95
Suma			
Pear & Apple Spread 300g			1.39
Sweet Freedom			
Mild honey alternative 300ml		G	2.99
Rich honey alternative 300ml		G	2.99
Traidcraft			
Marmalade 340g	F	O S	1.99

Spreads and pates - savoury

Chalice			
Green Olive Tapenade 165g		G	2.50
Granovita			
Paté with Tofu & Tomatoes 200g		O G	2.39
Spicy Mexican Paté 200g		O G	2.39
Meridian			
Yeast Extract 340g		G	3.99
Modernhealth			
Natex Low Salt Yeast Spread 250g		G	3.25
Organico			
Black Olive Tapenade 140g		O G	2.15
Sierra Rica			
Artichoke Spread 135g		O G	1.85
Aubergine & Garlic Spread 135g		O G	1.85
Black Olive & Fig Tapas 135g		O G	1.85
Butter Bean & Caper Spread 135g		O G	1.85
Green Olive Tapas 135g		O G	1.85
Red Pepper Spread 135g		O G	1.85
Suma			
Mushroom Paté (Bombe) 200g		G	2.25
Mushroom Paté Tubes 200g		O G	2.35
Savoury Herb Paté Tube 200g		O G	2.35

Stock and bouillon

Danival			
Miso Cube 6 x 10g		O	2.75
Free & Easy			
Gravy Powder 130g		G	1.65
Kallo			
Mushroom Stock 6x10g		O G	1.39
Stock Cubes 6x10g		O G	1.49
Stock cubes losalt 6x10g		O G	1.44

Yeast-Free Stock Cubes 6x10g	O G	1.29
Marigold		
Bouillon Cubes (8)	O G	0.95
Bouillon Powder Tub 150g	O G	2.25
Engevita Yeast Flakes 125g	O G	2.29
Gravy Powder 110g	O	1.99
Liquid Aminos 250ml	O G	1.99
Low salt Stock Cubes (8)	O G	1.15
Reduced Salt Bouillon Tub 150g	O G	2.35
Modernhealth		
Vecon Vegetable Broth 250g	O G	3.00

Teas - black

Celestial Ceasonings		
Bengal Spice Tea (10 Bags)		1.00
Clipper		
Assam Tea (50 bags)	F O	2.20
Decaffeinated Tea (40 bags)	O	1.99
Earl Grey (50 bags)	F O	1.99
Equal Exchange		
Breakfast Tea Loose 125g	F O	2.49
Darjeeling (50 bags)	F O	2.29
Tea (160 bags)	F O	4.89
Tea (80 bags)	F O	2.60
Just Change		
Nilgiri Tea 80 bags	F	1.89
Luaka		
Ceylon Teabags (40)	O	2.39
Yogi		
Black Chai (15 bags)	O	1.99
Choco (15 bags)	O	1.99
Classic Chai (15 bags)	O	1.99

Teas - green

Che Mate		
Che Mate Green (20 bags)	O	1.79
Clearspring		
Premium green tea with roast rice 125g	O	5.40
Clipper		
Green Tea & Aloe Vera (20 bags)	F O	2.15
White Tea (25 bags)	F O	1.59
Equal Exchange		
Jasmine Green Tea (25 bags)	F O	1.79
Qi		
Ginseng Vitality (25 bags)		1.79
Green Tea & Gingko 25 bags	F O	1.89
Green Tea Loose 125g	F O	2.09
Gunpowder Tea 100g	F O	1.99
Yogi		
Green Energy (15 bags)	O	1.99

Teas - herb / fruit blends

Celestial Ceasonings

Lemon Zinger Tea (10 Bags)		1.00
Red Zinger Tea (10 Bags)		1.00
Sleepytime Tea (20 Bags)		1.99
Tension Tamer Tea (10 Bags)		0.99

Clipper

Orange & Coconut Tea (20 bags)	O	1.69
Wild Berry Tea (20 bags)	O	1.69

Golden Temple

Yogi Bright Mood (with St Johns Wort) 15bags	O	1.99
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Hampstead Tea Company

Lemon & Ginger (20 bags)	O	1.89
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Memo

German Breakfast Blend Tea 40g	O	3.85
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Pukka

Harmonise, rose & chamomile x20	O	2.09
Love Tea (20 bags)	O	2.09
Protect, jasmine & cardamom x20	O	2.09
Refreshing Tea (20 Bags)	O	2.09
Revitalise Tea (20 bags)	O	2.09

Yogi

Bedtime Tea (15 bags)	O	1.99
Breathe Deep (15 bags)	O	1.99
Detox Tea (15 bags)	O	1.99
Ginseng Tea 15 Bags	O	2.09
Green Chai Tea 15 Bags	O	1.99
Licorice Tea (15 bags)	O	1.99
Lotus Tea 15 Bags	O	2.09
Rose Tea (15 bags)	O	2.09
Stomach Ease Tea (15 bags)	O	1.99
Sweet Chai 15bags	O	1.89
Throat Comfort (15 bags)	O	1.99
Womens Tea (15 bags)	O	1.99

Teas - pure herbs

Clipper

Dandelion Tea (20 bags)	O	1.21
Fennel Tea 20 bags	O	1.25
Liquorice Tea (20 bags)	O	1.69
Nettle Tea (20 bags)	O	1.25
Peppermint Tea (20 bags)	O	1.20

Essential

Chamomile Tea (20 bags)	O	1.30
Fennel Tea (20 bags)	O	1.30
Hibiscus Tea x20bags	F O	1.29
Peppermint Tea (20 bags)	O	1.30

Hampstead Tea Company

Peppermint (20 bags)	F O	1.89
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Heath & Heather

Echinacea Tea (20 bags)	O	1.49
Raspberry Leaf Tea (20 bags)		1.39

Teas - rooibos

Dragonfly

Rooibos Chai (20 bags)	O		1.69
Rooibos Earl Grey (40 bags)	O		2.29
Rooibos Tea (40 bags)	F	O	1.99
Rooibos Vanilla (40 bags)	O		2.29

Equal Exchange

Rooibos Buchu Honeybush (25 bags)	F	O	1.99
Rooibos Loose 100g	F	O	1.67
Rooibos Tea (100 bags)	F	O	3.45
Rooibos Masala (25 bags)	F	O	1.99

Wistbray

11 O'Clock Rooibos (80 Bags)	O		4.19
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Tinned beans, peas and lentils**Biona**

Baked Beans 400g	O	S	0.99
Haricot Beans 400g	O		0.71
Pinto Beans 400g	O		0.89

Natura

Blackeye Beans 400g	O		0.73
Ful Medames Fava Beans 410g	O		0.69
Minty Peas 410g	O		0.95
Mung Beans 400g	O		0.79

Suma

Aduki Beans 400g	F	O	0.89
Butter Beans 400g	O		0.85
Cannellini Beans 400g	O		0.85
Kidney Beans 400g	O		0.85
Mixed Beans 400g	O		0.85

Tarantella

Baked Beans 420g	O	S	0.79
Borlotti 400g	O		0.90
Chick Peas 400g	O		0.68
Green Lentils Org400g	O		0.68

Whole Earth

Baked Beans 440g (no added sugar)	O		1.19
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Tofu and other (chilled)**Florentino**

Falafel 250g	O	G	3.52
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Pauls

Nigari Tofu 220g	O		1.45
Tempeh 227g	O	G	1.75

Taifun

Basil Tofu 200g	O	G	2.49
Olive tofu 200g	O		2.50
Smoked Tofu 200g	O	G	2.69
Smoked Tofu with Almond & Sesame 200g	O	G	2.99
Smoked Tofu with Herbs & Sunflower Seeds 250g	O	G	3.29
Tofu Rosso 200g	O	G	2.49

Viana

Viana Smoked Tofu 250g	O	G	2.65
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Tofu, tempeh and seitan

Marigold

Braised Tofu 225g	G	1.99
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Mori Nu

Silken Tofu 340g	G	1.65
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Yakso

Seitan 350g	O	2.95
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Tempeh 175g	O G	2.96
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Veg packed (tins, jars)

Biona

Chopped Tomatoes 400g	O	0.75
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Gherkins 680g	O	2.59
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Bionova

Sweetcorn 350g	O	1.59
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Blue Dragon

Bamboo Shoots 225g		1.06
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Beansprouts 410g		1.25
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Water Chestnuts 225g		1.09
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Essential

Passata 700g	O	1.35
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Sauerkraut 700g	O	1.89
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Spinach 330g	O	1.79
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Tomato Puree 150g	O	1.15
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Infinity

Sun Dried tomatoes in oil 240g	O	2.90
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Infinity Foods

Roasted Red Peppers 453g	O	1.99
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La Bio Idea

Chopped Tomatoes 400g	O	0.75
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Peeled Tomatoes 400g	O	0.75
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Tomato Concentrate Jar 200g	O	0.99
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Organico

Passata Demeter (not from concentrate) 510g	O	1.80
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Suma

Chopped Tomatoes 400g	O	0.75
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Sweetcorn tin 340g	O	0.85
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Tarantella

Chopped Tomatoes 400g	O	0.75
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Peeled Plum Tomatoes 400g	O	0.60
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Vinegars

Aspall

Balsamic Vinegar 500ml	O	3.50
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Cyder Vinegar 500ml	O	1.75
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Clearspring

White Wine Vinegar 500ml	O	2.60
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Coteaux Nantais

Cider Vinegar 50cl	O	2.10
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Wine - red

Stellar

Moonlight Shiraz 75cl	F O	6.65
Stellar Cabernet Sauvignon 75cl	F O	7.25
Stellar Merlot Red 75cl	F O	6.75

Various

Ar Men Cabernet Sauvignon 75cl	O	7.99
Caylus Red VDP 75cl	O	6.55
Cuvee Gabriel 75cl	O	7.95
Eden Tempranillo 75cl	O	6.45
La Nature Le Rouge 75cl	O	6.55
Montepulciano 75cl	O	7.35
Nero d'Avola Red 75cl	O	7.35
Pinot Noir Red 12% 75cl	O	8.25
Primitivo Red Wine 75cl	O	7.35
Senorio de Landi Red 14% 75cl	O	6.35
Senorio de Landi Red 14% 75cl	O	6.35

Wine - white

Stellar

Stellar Moonlight Chenin Blanc 75cl	F O	6.65
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Various

Caylus white Cotes de Gascogne	O	6.55
Chardonnay Veneto 75cl	O	7.45
Eden La Mancha Bianco	O	6.45
Era Grillo White 12.5% 75cl	O	7.35
Inzolia White Wine 75cl	O	7.35
La Nature Le Blanc 75cl	O	6.75

Wines - fruit, rose, sparkling

Broughton Pastures

Blackberry Wine 75cl	O	6.95
Blackcurrant Wine 75cl	O	6.95
Elderberry Wine 75cl	O	6.95
Elderflower Wine 75cl	O	6.95
English Grape Wine 75cl	O	6.95
Ginger Wine 75cl	O	7.50

Other

Lambrusco Graspa 75cl	O	6.95
Perlage ProseccoSpumante 75cl	O	11.25
Stellar Moonlight Shiraz Rose 75cl	F O	6.65
Syrax Rose 75cl	O	7.25

Sound Bites
GIFT VOUCHERS
also available
£5 or £10