



**PRODUCT CATALOGUE
JANUARY 2010**

**Sound Bites Wholefood Shop
11 Morledge, Derby
01332 291369
www.soundbitesderby.org.uk**

*a workers co-op set up to increase access to ethical foods, and
create a networking point for positive social change*

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Veg boxes and Home Delivery
– see back page.

Welcome to our new catalogue. There are quite a few changes since the last catalogue, in terms of layout and new products. Many of the prices have changed too, but not always going up, and one of our particular strengths worth highlighting is our organic wholefood prices (the great range of dried beans, grains, cereals, herbs, fruits and nuts that we pack ourselves) - they are still by far the best in town, and many even cheaper than you could get from wholesalers!

We are also pleased to say we stock many products that are just unavailable anywhere else in Derby or even nearby towns, not just quality food and drink (including freshly made sandwiches etc), but also bodycare, household products and alternative magazines. Our range of organic fresh fruit and vegetables is unique in the area, and the organic bread is excellent. Perhaps that's enough to say here, we hope you can see for yourself!

The products have been separated out into more sections, which should make it easier to find what you're looking for, and reflects the design of our online shop which is nearly ready. If you want to be informed of the launch, and are not already on our mailing list, please email us on info@soundbitesderby.org.uk Jan 20th 2010

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

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. See next page for more details.

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.

Bulk buy discount: 10% off whole cases

Below is a sample – more available – please ask.

Juices

Duskin

Cox Apple Juice 1 litre (case of 6)		12.90
Russet Apple Juice 1 litre (case of 6)		12.90

JP Juices

Apple Juice FT 200ml (case of 27, with straws)	F	7.29
Apple Juice FT 500ml (case of 12, plastic bottles)	F	8.10
Orange Juice FT 200ml (case of 27, with straws)	F	7.29
Orange Juice FT 500ml (case of 12, plastic bottles)	F	8.10

Tinned tomatoes

Peeled /Chopped Tomatoes Org 400g (tray of 12)	O	8.10
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Tinned beans

Suma (no added salt – just beans and water)

Butter Beans Organic 400g (tray of 12)	O	9.18
Chickpeas Organic 400g (tray of 12)	O	9.18
Kidney Beans Organic 400g (tray of 12)	O	9.18
Mixed Beans Organic 400g (tray of 12)	O	9.18

Tarantella / Biona (added salt and sugar)

Baked Beans Org 420g (tray of 12)	O S	8.53
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Pasta

La Bio Idea

Penne Wholewheat Org 500g (box of 12)	O	10.69
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Soya Milk

Plamil – Ethical Consumer Best Buy

Soya Drink 1 litre (6)	O G	6.96
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Peanut Butter

Suma (just organic peanuts and optional salt – boxes of 6)

Peanut Butter Crunchy/Smooth, Salted/Unsalted Org 340g	O G	13.23
Peanut Butter Crunchy/Smooth, Salted/Unsalted Org 700g	O G	23.70

Tinned Soup

Suma

Thick veg soup and all other flavours Org 400g (case of 12)	O G	10.69
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Bulk dried wholefoods

Prices for larger 3kg bags are included in the catalogue for popular items like rice, muesli, oats and sultanas, but if you would like larger amounts for any other wholefoods we pack, please ask for a quote. This includes nuts, seeds, dried fruit, grains, flakes, pulses, herbs and spices – virtually anything in the catalogue coming under the heading 'Sound Bites'.

Baby - food and nappies etc

Bambino Mio (10% off RRP)

Flushable Nappy Liners (200) 5.39

Bambo Nature

Disposable Nappies Junior 15-25kg (pack of 42) 11.15

Disposable Nappies Maxi 8-18kg (pack of 50) 11.15

Disposable Nappies Maxi Plus 12-22kg (pack of 46) 11.15

Disposable Nappies Midi 5-10kg (pack of 56) 11.15

Disposable Nappies Mini 3-6kg (pack of 30) 5.35

Disposable Nappies Training Pants 14+kg (pack of 22) 8.20

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

Flushable Nappy Liners (100) 2.00

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 4.05

Community

Vegetable Suet Non-Hydrogenated 250g G 1.49

Crazy Jack

Marzipan 250g O G S 3.50

Doves

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
Mincemeat 400g	O G	3.35

Langdale

Almond Essence Natural 28ml		1.12
Peppermint Essence 28ml		1.14
Vanilla Essence Natural 28ml		1.35

Orgran

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

Siesta

Carob drops 170g	G	2.45
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Sound Bites

Arrowroot 125g	O	1.45
Baking Powder 125g		0.80
Bicarbonate of Soda 250g	G	0.80
Cornflour 500g	O G	1.85

Suma

Glacé Cherries Natural Colour 200g	O S	1.89
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Baking - Flours (speciality)**Bia Nua**

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

Doves

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

Essential

Maize Flour 500g	O G	1.05
Millet Flour 500g	O	1.25

Glebe Farm

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

Infinity

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

Kitchen Garden

Soya Flour 250g	F O	1.05
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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		1.55
Malthouse Flour 1kg	O		1.59
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		1.05
Spelt Flour 1kg	O		2.25
Strong White Flour 1.5kg	O		1.67
White Spelt Flour 1kg	O		2.79

Nigel Moon

Plain Flour White 3kg	O		3.25
Plain 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 Flour White 3kg	O		3.60
Strong 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	1.69
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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			2.89
Icing Sugar 500g	O		S	1.99

Traidcraft

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

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
Blackeye Beans 1kg	O			2.30

Blackeye Beans 500g	0	1.30
Broth Mix 500g	0	1.60
Butter Beans 1kg	0	1.85
Butter Beans 500g	0	1.00
Chickpeas 1kg	0	1.90
Chickpeas 500g	0	1.10
Haricot Beans 1kg	0	1.65
Haricot Beans 500g	0	1.05
Kidney Beans 1kg	0	2.20
Kidney Beans 500g	0	1.30
Mung Beans 1kg	0	1.95
Mung Beans 500g	0	1.20
Pinto Beans 1kg	0	1.80
Pinto Beans 500g	0	1.10
Sprouting Mix 250g	0	0.75
Suma		
Soya beans 500g	0	1.09

Beer

Black Isle

Porter 500ml	0	2.55
Red Kite Ale 500ml	0	2.50
Yellowhammer Bitter 500ml	0	2.50

Cannabia

Hemp Lager 275ml	0	2.19
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Hepworth Brewery

Blonde Lager 330ml	0	1.45
Blonde Lager 660ml	0	2.80

Marble Brewery

Chocolate Beer 50ml	0	2.50
Ginger Beer 500ml	0	2.50
Lagonda IPA Beer 500ml	0	2.35
Marble Tawny No3 Strong 500ml	0	2.50

Other

Amber Pale Ale 500ml	0	2.30
Angel Lager 500ml	0	2.35
Brunehaut Wit Belgian Beer 33cl	0	1.99

Pitfield

1824 Mild 6% 50cl	0	2.65
1837 IPA Beer 500ml	0	2.75
Bitter 50cl	0	2.40
Ecowarrior Beer 500ml	0	2.55
EKG Beer 500ml	0	2.50
Imperial Stout 500ml	0	3.35
London Porter 500ml	0	2.60
N1 Wheat Beer 5% 50cl	0	2.65
Red Ale 50cl	0	2.60
Shoreditch Stout 50cl	0	2.45
St Georges Beer 500ml	0	2.35
Stock Ale 375ml	0	4.80

Sam Smiths

Ale 355ml	0	1.45
Ale 550ml	0	2.10
Cider 550ml	0	2.10

Lager 355ml	O	1.45
Lager 550ml	O	2.10

Beer (fruit), Cider, Perry

Aspall

Suffolk Cyder 500ml	O	2.65
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Other

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

Sam Smiths

Cherry Beer 355ml	O	1.95
Raspberry Beer 355ml	O	1.95
Strawberry Beer 355ml	O	1.95

Westons

Weston's Strong Cider 50cl	O	2.35
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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		4.50
Foam Bath Chocolate 400ml		4.50
Foam Bath Seaweed 400ml		4.50

Organic Blue (10% off RRP)

Mandarin & Ginger Wake Up Shower Gel 250ml		3.59
Men's Bath Soak 250ml		3.59
Men's Hair & Bodywash 250ml		3.59
Men's Shower Scrub 250ml		3.59
Shower Gel 250ml		3.59

Urtekram

Brown Sugar Shower Gel 500ml	F	5.95
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Weleda

Calendula Baby Bath 200ml		6.65
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Body - Cotton buds, tissues etc

Cotton Soft (10% off RRP)

Cotton Pocket Tissues 6x9pack	O	1.85
Facial Tissue - box	O	1.95

Earth Softly

Facial Cleansing Pads (washable) (6)		3.95
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Simply Gentle (10% off RRP)

Cotton Buds (200)	O	2.15
Cotton Wool Balls (200)	O	2.29

Body - Deodorant

Faith in Nature

Crystal Deodorant 100g		3.40
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Lavera (10% off RRP)

Men's Deodorant Spray 50ml		6.15
Roll On Deodorant 50ml		6.70

Pitrok

Deodorant Spray 100ml		3.95
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Weleda

Citrus Deodorant 30ml		3.15
Citrus Deodorant 100ml		5.85
Rose Deodorant 100ml		7.65
Rose Deodorant 30ml		4.05
Sage Deodorant 30ml		3.15
Sage Deodorant 100ml		5.85

Body - Essential oils**Aqua Oleum (5% off RRP)**

Eucalyptus Oil 10ml	○	4.60
Lavender Oil 10ml	○	6.90
Lemon Oil 10ml	○	4.85
Rose Water 100ml		3.29
Rosemary Oil 10ml	○	4.20

Natural by Nature (5% off RRP)

Citronella 10ml	○	4.25
Ginger 10ml	○	6.65
Mandarin 10ml	○	5.70
Patchouli 10ml	○	4.05
Peppermint 10ml	○	4.75
Tea Tree 10ml	○	4.05
Ylang Ylang 10ml	○	5.70

Body - Hair Conditioner**Faith in Nature (5% off RRP)**

Conditioner Aloe Vera 400ml		3.79
Conditioner Chocolate 400ml		4.45
Conditioner Gingko Biloba 400ml		4.45
Conditioner Hemp & Meadowfoam 400ml		4.45
Conditioner Lavendar & Geranium 400ml		3.79
Conditioner Rosemary 400ml		3.79
Conditioner Tea Tree 400ml		4.45

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		4.99
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Body - Lip balm / Massage balm**Aloe Pura**

Aloe Vera Skincare Gel 200g	○	5.25
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Weleda

Calendula Baby Oil 200ml	6.75
Massage Balm Arnica 50ml	4.90

Yaoh

Lip Balm Blueberry 4g	1.90
Lip Balm Coconut 4g	1.90
Lip Balm Mango 4g	1.90
Strawberry Lipbalm 4g	1.90

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)	2.31
Tampons Super Natracare (20)	2.45

Other

Sanitary towel - washable	5.80
Sponge Tampon - reusable	5.95

Body - Shampoo**Faith in Nature (5% off RRP)**

Shampoo Aloe Vera 400ml	3.79
Shampoo Chocolate 400ml	4.45
Shampoo Gingko Biloba 400ml	4.45
Shampoo Hemp & Meadowfoam 400ml	4.45
Shampoo Lavendar & Geranium 400ml	3.79
Shampoo Rosemary 400ml	3.79
Shampoo Tea Tree 400ml	4.45

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	4.99
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Body - skin care**Faith in Nature (5% off RRP)**

Deep Moisturising Night Cream 50ml	4.99
Face & Body Scrub 150ml	4.79
Purifying Facial Wash 150ml	4.79
Refining toning lotion 150ml	4.65
Replenishing Body Lotion 150ml	4.75

Restorative Hand Cream 50ml		4.99
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		
Sea Buckthorn Body Lotion 100ml		6.25
Wild Rose Facial Toner 100ml		7.15
Yaoh		
Moisturiser Coconut 50ml		4.65
Moisturiser Original 50ml		4.65
Moisturiser Papaya 50ml		4.65

Body - Soap

Ashley James		
Soap - Hand Made (orange/ rose/ lemon/ lavender/ gentlemen)		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		3.25
Handwash Lavendar & Geranium 300ml		3.25
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 (grapefruit / lavender)		1.19
Soap (tea tree/ nutmeg/ cinnamon/ coconut/ aloe/ avocado)		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
Yaoh		
After Sun Cream 240ml		5.95

Sun Lotion SPF15 240ml		8.39
Sun Lotion SPF30 240ml		8.39

Body - Toothcare

Children (10% off RRP)

Mandarin Toothpaste 50ml	O	2.95
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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 (10% off RRP)

Adults toothbrush handle		2.35
Adults toothbrush head x 3		3.15
Kids toothbrush handle		2.15
Kids toothbrush head x 3		3.15
Toothbrush Sensitive Head x 3		3.15

Vicco (10% off RRP)

Ayurvedic Toothpaste 85ml		2.90
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Weleda (10% off RRP)

Calendula Toothpaste 50ml		2.95
Children's Toothpaste 50ml		2.75
Medicinal Mouth Gargle 100ml		5.99
Plant Gel Toothpaste 50ml		2.95
Ratanhia Toothpaste 50ml		2.95
Salt Toothpaste 50ml		2.95

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
Onion Crispbread 200g	O	2.29
Spelt Crispbread 200g	O	2.55

Finn

Rye Crispbread 200g	O	1.15
Thin Crisps 200g		1.00

Kallo

Corn Cakes Salted 130g	O G	1.59
Rice Cake No Salt 130g	O G	1.39
Rice Cake Thin with Salt 130g	O G	1.35
Savoury Rice Cakes 110g	O G	1.99

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

Village Bakery

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

Pumpernickel Bread 500g	O	1.69
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La Bio Idea

Pizzabases (2) Wholemeal 300g	O	1.95
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Newbury Phillips

Pitta Bread (8)	O	1.25
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Sunnyvale

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

Bread – fresh - Pauls**Pauls**

Gluten Free Loaf 400g	O G	2.20
Herb Bread 400g	O	1.50
Light Rye Bread 400g	O	2.10
Mixed Seed Bread 800g	O	2.40
Mixed Seed Small 400g	O	1.65
Pain de Campagne (white/wholemeal) 800g	O	2.70
Pain de Campagne white 400g	O	1.45
Pain de Campagne wholemeal 400g	O	1.45
Sourdough Rye 400g	O	1.75
Teacakes x2	O	1.85
Tortilla Wraps Square x6	O	2.35
Wheatfree Sourdough Rye 800g	O	2.95
Wholemeal Bread 400g	O	1.50
Wholemeal Bread 800g	O	1.95
Wholemeal Wraps (5)	O	1.65

Bread – fresh - Saker (only in store)**Saker (only available in store)**

4 Baps white	O	1.70
Light Rye & Spelt 400g	O	1.30
Light Rye Loaf 800g	O	2.05
Mixed Seed Loaf 400g	O	1.35
Mixed Seed Loaf 800g	O	2.15
Rye Sourdough Loaf 800g	O	2.15
Small White 400g	O	1.25
Spelt Loaf 400g	O	1.60
Spelt Loaf 800g	O	2.55
Sunflower Cob 400g	O	1.35
Wheatfree Rye Loaf 400g	O	1.35
Wheatfree Rye Loaf 800g	O	2.15
Wholewheat Loaf 400g	O	1.25

Wholewheat Loaf 800g	O		1.85
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Cakes and biscuits

Billy's Farm

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

De Rit

Hazelnut Waffles (6)	O		1.59
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Doves

Digestives 400g	O	S	1.75
Fruity Digestives 200g	O	S	1.29

Kallo

Rice Cake Chocolate Coated 90g	O	G	S	2.09
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Nairn's

Berry Biscuits (Wheatfree) 200g		S	1.39
Ginger Biscuits (Wheatfree) 200g		S	1.39
Spicy Biscuits (Wheatfree) 200g		S	1.39

Saker Cakes – fresh (no added sugar)

Apricot & Almond Cake 1.5kg	O		9.79
Banana & Walnut Cake 1.5kg	O		10.25
Cake Slice (apricot / banana / carrot)	O		0.90
Carrot & Sultana Cake 1.5kg	O		9.49

Sunnyvale

Banana Cake 300g	O		2.99
Fruit T-Loaf 300g	O		1.45
Ginger Cake 380g	O		3.60
Malt Loaf 290g	O		1.35

Cereals - Mueslis and mixes

Sound Bites

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

Tilquillie

Almond Muesli 500g		G	3.35
Cranberry Muesli 500g		G	3.45

Cereals - single ingredient

Infinity

Spelt flakes 500g	O	1.79
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Sound Bites

Barley Flake 500g	O	1.00
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	2.05

Envirokidz

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

Millet & Rice Flakes 375g	O G	2.85
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Post

Grape Nuts crunchy cereal 450g		2.99
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Rude Health

Spelt Flakes 300g	O	3.30
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Whole Earth

Corn Flakes 375g	O G S	1.99
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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		2.05
Creamy Scheese with Chives 255g	G		2.05
Medium cheddar scheese 227g	G		2.05
Scheese with chives 227g	G		2.35
Strong Cheddar Scheese 227g	G		2.05

Redwood

Edam Melty Cheezly 190g	G		1.83
Mozzarella Melty Cheezly 190g	G		1.83
Red Cheddar Cheezly 190g	G		1.83
White Cheddar Cheezly 190g	G		1.83

Tofutti

Sour cream substitute 225g			2.55
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Chocolate - boxes

Booja Booja

Around Midnight Espresso Truffles 80g	O	S	4.99
Champagne Truffles 150g	O	S	8.49
Cognac Flambéd Banana Truffles 80g	O	S	4.99
Fresh Ecuadorian Truffles (8) 100g	O		4.75
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
Ginger Wine Truffles 80g	O	S	4.99
Gourmet Selection 220g	O	S	11.99
Hazelnut Crunch Rocher Truffles 80g	O	S	4.99

Chocolate - large bars

Montezuma's

Giant Chocolate Buttons 180g	O	S	2.30
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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
Dark Chocolate Spirit of Marrakesh Org100g	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			1.69
Chocolate sweetened with Xylitol 72% 100g			1.85
Hemp chocolate 100g			1.85

Seed & Bean Co

Chilli Chocolate 60g	F	O	S	1.50
Gift box 3 bars	F	O	S	4.25
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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Conscious Chocolate

Raw soft chocolate - many flavours 40g		O		2.49
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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	1.29
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The Day Chocolate Company

Divine Dark Chocolate 45g	F	O	S	0.79
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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			3.59
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Clipper

Decaffeinated Instant Coffee 100g		O		3.99
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Cotswold

Cotswold Carob Powder 250g			G	1.47
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Equal Exchange

Coffee Beans 500g	F	O		5.95
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Essential

Zapatista Coffee 250g	F	O		3.35
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Montezuma's

Mexican Drinking Choc w chilli 300g		O	S	4.95
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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

The Day Chocolate Company

Divine Drink Chocolate 500g F O S 4.19

Traidcraft

Instant Coffee 100g F 2.25

Instant Coffee 500g F 10.29

Whole Earth

Nocaf 100g O G 2.49

Condiments - Mayo, ketchup etc**Danival**

Squeezy Tomato Ketchup 500ml O G 3.55

Infinity Foods

Smoked Garlic Mayo 325g O G 2.19

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 1.50

Geo Organics

Sweet Chilli Sauce 260g O G S 1.75

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

Mild 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
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Condiments - Salt, pepper etc**Bioforce**

Herbamare herb salt 90g		1.80
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Essential

Wholegrain Mustard 200g	O	2.05
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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
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Condiments - soya, coconut etc**Biona**

Creamed Coconut 200g	O	1.09
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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	3.50

Essential

Coconut Milk 400ml	O	1.19
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KTC

Creamed Coconut 200g		0.85
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Lima

Mild Shoyu 145ml	O	1.69
Strong Tamari 145ml	O G	1.79

Tiana

Coconut Milk 400ml	O	1.89
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Yakso

Shoyu 250ml	O	2.45
Tamari 250ml	O G	3.20

Desserts (ambient)**Clearspring**

Brown Rice Amazake 380g	O G	2.99
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Granovita

Soyage Black Cherry 142g	G S	0.45
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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

Caramel Dessert 4x125g	O	G	S	1.39
Chocolate Custard 500ml	O	G	S	1.15
Chocolate Dessert 4x125ml	O	G	S	1.39
Mocha Dessert 4x125g	O	G	S	1.39
Vanilla Custard 500ml	O	G	S	1.15
Vanilla Dessert 4x125ml	O	G	S	1.39

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

Banana Yogurt 400g			S	1.65
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Sojasun

Apricot & Guava Soya Yoghurt 125g	O		S	0.53
Blueberry Yoghurt 125g	O		S	0.53
Lemon Soya Yoghurt 125g	O		S	0.59
Natural Live Soya Yoghurt 250g	O			0.78
Raspberry & Passionfruit Soya Yoghurt 125g	O		S	0.59

Frozen - savoury**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				2.19
Mushroom & Tarragon Sausage 280g				2.19

Frozen - sweet**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			1.70
Coconut Ice 500ml	O			5.80
Feisty Winjun Ginger Stuff in a Tub 500ml	O			5.49
Hunky Punky Chocolate Stuff in a Tub 500ml	O			5.35
Maple & Pecan Stuff in a Tub 500ml	O			6.70
Vanilla M'Gorilla Ice "cream" 500ml	O			5.69

Smooze

Coconut & guava ice 65ml			S	0.35
Coconut & guava ices 8x65ml			S	2.40
Coconut & mango ice 65ml			S	0.35
Coconut & mango ices 8x65ml			S	2.40

Coconut & pineapple ices 8x65ml	S	2.40
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

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
Cranberries sweetened with apple 125g		1.50
Cranberries sweetened with apple 250g		2.75
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	2.25
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		3.70
Goji Berries 500g		7.10
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 250g	O	2.30
Prunes Pitted 500g	O	3.99
Prunes Sorbated with stones 250g		1.39
Prunes Sorbated with stones 500g		2.45

Tropical Wholefoods

Dried Pineapple 100g F 1.65

VNC

Banana - dried 250g 0.60

Zaytoun

Medjool dates 250g F O 2.99

Fruit (tins and jars)**Biona**

Blueberries 350g O 3.49

Cherries 350g O 2.49

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

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 7.25

Couscous Wholemeal 500g O 1.60

Millet 1kg O G 2.15

Millet 500g O G 1.25

Oat Groats 1kg O 1.45

Popcorn 500g O G 1.55

Quinoa 1kg F O G 4.40

Quinoa 3kg F O G 12.60

Quinoa 500g F O G 2.40

Quinoa Red 1kg O G 4.50

Quinoa Red 500g O G 2.45

Spelt Grain 500g O 1.60

Wheatgrain 500g O 0.75

Suma

Tapioca 500g G 1.35

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	9.00
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 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
Multisurface Cleaner 1 litre		2.55
Polish Spray 750ml		3.99
Toilet Cleaner 1 litre		2.49
Toilet Cleaner squirty 750ml		2.05

Dripak

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

Earth Friendly

Creamy Cleaner 500ml		3.15
Floor Cleaner Lemon 500ml		3.79
Parsley Multi-Surface Spray 500ml		2.80

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 (20p off RRP)		3.65
Laundry Powder 1kg		3.65
Laundry Powder 2kg		6.99

Dripak

Oxygen Laundry Bleach 400g		1.09
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Ecozone (£2 off RRP)

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	2.89
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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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Essential

Recycled Toilet Tissue (4 pack)		2.15
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If You Care

Recycled Aluminium Foil		2.30
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Memo

Biodegradable Spongecloths (5)		1.82
Vegetable Scrubbing Brush (coco fibre)		1.35
Washing Up Brush Handle (wooden)		tbc
Washing Up Brush head		0.45

Minky

Minky Cleaning Cloths (2)	F	1.45
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Sound Bites

Brown Paper Bags for Compost (10)		0.85
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Suma

Ecosoft Recycled Toilet Roll (4)		1.99
Suma Single Toilet Roll		0.49

Traidcraft

Rubber Gloves (latex)	F	1.05
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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
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Earth Friendly

Wave Dishwasher Sachets (26 sachets - 520g)	4.50
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Faith in Nature

Washing up liquid 1 litre	1.99
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Juice - cordials, concentrates

Meridian

Pear Juice Concentrate 360ml	5.69
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Rocks (cordials 10p off RRP)

Blackcurrant Cordial 360ml	O	S	3.09
Cranberry Cordial 360ml	O	S	3.09
Echinacea Cordial 360ml	O	S	3.09
Elderflower Cordial 360ml	O	S	3.09
Fruit Punch 360ml	O	S	3.09
Ginger Cordial 360ml	O	S	3.09
Lavender Cordial 360ml	O	S	3.09
Lemon Squash 740ml	O	S	1.99
Lime Cordial 360ml	O	S	3.09
Orange Squash 740ml	O	S	1.99

Suma

Apple and Blackcurrant Juice Concentrate 400ml	O	4.69
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	O	2.69
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Chegworth Valley

Apple & Beetroot Juice 1 litre		2.75
Apple & Elder Juice 1 litre		2.75
Bramley Juice 1 litre	O	2.75
Cox & Bramley Juice 1 litre		2.50
Cox Juice 1 litre	O	2.85
Discovery & Bramley Juice 1 litre		2.50
Discovery Juice 1 litre	O	2.75
Pear Juice 1 litre	O	2.99

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	O	2.79
Organico		
Apple & Blueberry Sparkle 37cl	O	2.35
Apple & Blueberry Sparkle 75cl	O	3.65
Apple & Raspberry Sparkle 37cl	O	2.35
Apple & Raspberry Sparkle 75cl	O	3.65
Magic Apple Fizz 75cl	O	1.95
Vitalia		
Beetroot Juice 75cl	O	2.95
Carrot Juice 75cl	O	2.65
Grapefruit Juice 75cl	O	2.50
Orange Juice 75cl	O	1.75
Prune Juice 75cl	O	3.95
Red Fruit Cocktail 75cl	O	3.35
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	O	1.15
Cox Juice 250ml	O	1.15
Discovery Juice 250ml	O	1.15
Pear Juice 250ml	O	1.15
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
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			
Blueberry Crush drink 24cl	O		1.55
Carrot and Orange juice 24cl	O		1.45
Orchid Drink			
Purdeys Silver 330ml			1.56
Soma			
Blackberry & Blueberry Smoothie 250ml	O		1.99
Mango & Passionfruit Smoothie 250ml	O		1.99
Village			
Apricot Juice 100% 200ml	O		1.09
Cherry Juice 100% 200ml	O		1.10
Pomegranate Juice 100% 200ml	O		1.39
Vitalia			
Kids Fruit Cocktail 200ml	O		0.50
Vitamont			
Grapefruit juice 200ml	O		0.45

Juice large cartons

Cawston Vale			
Apple & Ginger Juice 1 litre			2.05
Fruit Passion			
Orange Juice 1 litre	F	O	1.85
Grow Direct			
Orange Juice 1l		O	1.79
Pomegreat (10% off RRP)			
Pomegranate & Blueberry Juice Drink 1 litre			1.79
Pomegranate & Raspberry Juice Drink 1 litre			1.79
Pomegranate Juice Drink 1 litre			1.79
Stute			
Grapefruit Juice 1 litre			1.29
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		2.70
Lentils Brown 500g	O		1.60
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		2.30
Lentils Red 3kg	O		6.40
Lentils Red 500g	O		1.30
Peas Green Split 500g	O		1.35
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	1.53
Lincolnshire Sausages 295g		S	2.15
Rw Biorashers 115g	O	S	2.32
Sage & Marjoram Sausages 300g		S	2.09

Taifun

Grill Sausages 250g	O	G	3.19
Spelt Cutlets 200g	O		2.49
Wiener 300g	O	G	3.80

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			1.99

Milks - other

Bridge

Rice & Almond Drink 1 litre	O		1.85
Rice Drink 1 litre	O		1.55

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

Oatly

Oat Drink 1 litre	O		1.59
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Provamel

Rice Drink with Calcium & Vitamins 1 litre	O		1.39
Vanilla Drink 1 litre	O	S	1.29

Rice & Rice

Rice Milk 1 litre	O		2.10
Rice Milk added Calcium 1 litre	O		2.25

Milks - 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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Provamel

Banana Milkshake 250ml	O S	0.45
Chocolate Milkshake 250ml	O S	0.45
Soy "Cream" 250ml	O S	0.79
Soya Drink Unsweetened (Red) 500ml	O	0.73
Soya Milk sweet 250ml		0.45
Strawberry Milkshake 250ml	O S	0.45
Vanilla Soya Milkshake 250ml	O S	0.45

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		0.80
Chocolate Soya Milk 1l	O S	1.29
New Blue soya (added calcium & vits) 1l		1.29
Soya Drink Sweetened with apple (Green) 1l	O	1.29
Soya Drink Unsweetened (Red) 1l	O	1.29
Soya Soleil sweet 1l		0.80

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	1.30
Almonds 250g	O	2.20
Almonds 500g	O	4.10
Almonds Flaked - 125g	O	1.45
Almonds Flaked 250g	O	2.70
Almonds Ground 125g	O	1.30
Almonds Ground 250g	O	2.10
Brazils 125g	F O	1.10
Brazils 250g	F O	1.95
Brazils 500g	F O	3.60
Brazils Broken 1kg	O	4.50
Brazils Broken 250g	O	1.55
Brazils Broken 500g	O	2.60
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		1.60
Peanuts 250g	O	1.10
Peanuts 500g	O	1.85
Pecan Nuts 125g		1.50
Pecan Nuts 250g		2.75
Pine Nuts 100g	O	3.65
Pistachios Raw Kernels 100g		2.10
Walnut 125g	O	1.30
Walnut 250g	O	2.40
Walnut 500g	O	4.50
Walnuts Broken 1kg	O	7.80
Zaytoun		
Almonds 150g	F	2.40

Oils - olive

Bioplanète

Extra Virgin OliveOil 50cl	O	4.45
Olive Oil 1 litre	O	8.25
Olive Oil 3 litres	O	22.50

Clearring

Extra Virgin Olive Oil 500ml	O	4.75
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Zaytoun

Olive Oil 250ml	F O	4.20
Olive Oil 250ml	F	3.50
Olive Oil 500ml	F O	7.45
Olive Oil 500ml	F	6.20
Olive Oil 750ml	F	8.10
Olive Oil 750ml	F O	10.25

Oils - Seed and Nut

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

Clearring

Toasted Sesame Oil 250ml	O	2.75
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Granovita

Flax Oil 260ml	O	6.49
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Hemp Oil 260ml	O	5.99
Midsummer		
Sunflower Oil 1l	O	2.30

Olives and deli items

Chalice

Kalamata Olive Tapenade 165g		3.29
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Cypressa

Vine Leaves in Brine 227g		0.89
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Infinity Foods

Stuffed Vineleaves 283g	O	1.99
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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	2.95
Green Olives Provencale 250g	O	2.89
Halkidiki Olives 250g	O	2.89
Kalamata Olives 250g	O	2.89
Lebanese Olives 250g	O	3.25
Sundried Tomatoes in oil 250g	O	3.75

Sound Bites

Tomatoes Sundried 125g	O	1.15
Tomatoes Sundried 250g	O	2.10

Sunita

Green Olives Vacuum Packed 450g		2.20
Kalamata Olives Jar 370g		2.15
Kalamata Olives Vacuum Packed 450g		3.55

Zest

Sundried Tomato Paste 170g		2.22
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Other - Bags

Doy Bags

Doy Large Shopper	F	9.99
Doy Shopper	F	8.30

Jutexpo

Jute Bag - Sound Bites	F	3.50
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Sound Bites

Cotton bag, long handles	F O	1.00
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Other - Books, magazines, cards

Corporate Watch

What's Wrong With Supermarkets		2.00
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Heddingham Fair

Hand drawn designs trees		1.45
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Inspired Times

Magazine - positive stories		3.20
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New Internationalist

Guide to Climate Change		6.99
Guide to Fair Trade		6.99
Magazine - global justice		3.95
Magazine - global justice		3.95

Other

Greeting Card Local Artists		1.45
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Permaculture Association

Magazine - practical solutions		3.95
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Red Pepper

Magazine - spicing up politics		3.95
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Resurgence

Magazine - arts and spirituality		4.95
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Other - Miscellaneous**Fair Deal Trading**

Balloons biodegradable latex (25)	F	1.99
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Riverocean

Lunar Calendar		4.95
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Just Trade

Crocheted Vegetable / Fruit Brooches	F	4.95
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Other - Wall charts**Orangeburst**

Wall Chart - Kid's Nutrition (+ stickers)		4.75
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Wall Chart - Natural Cleaning		3.75
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Wall Chart - Nutrition		3.75
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Wall Chart - Women's Herbs		3.75
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Pasta - noodles and spaghetti**Biofair**

Rice & Quinoa Spaghetti 250g	F O G	2.39
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Biona

Spaghetti Wholewheat 500g	O	1.25
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Spelt Spaghetti 500g	O	2.59
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King Soba

Brown Rice Noodles 250g	O G	1.59
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Buckwheat Noodles 250g	O G	1.69
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Noodle Company

Spinach Noodle 250g	O S	1.16
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Organico

Spaghetti Wholewheat 500g	O	1.10
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Sanchi

Brown Rice Udon Noodles 250g	O	1.49
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Mushroom Ramen 88g	O	1.25
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Seaweed Ramen Noodles 88g	O	1.25
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Thai Rice Noodles 250g	O G	1.39
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Pasta - other**Biona**

Spelt Penne 500g	O	2.59
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Wholewheat Macaroni 500g	O	1.35
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Eunature

Lasagne Wholewheat 250g	O	1.39
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La Bio Idea

Fettucce 500g	O	1.69
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Penne 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 & Corn Macaroni 250g	G	1.69
Rice and Corn Macaroni 250g	G	1.75

Traidcraft

Penne 500g	F O	2.79
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Pasties - fresh

Forest Foods

Spinach & Chickpea Calzone		1.65
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Pauls

Ganmodoki (tofu and seaweed snack)	O	0.98
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Saker

Wholemeal Pasty (aduki, korma, nut, mediterranean)		1.10
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Petfood

Benevo

Veggie Cat Food 2kg		7.75
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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	1.29
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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
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Granovita

Nut Luncheon (tin) 420g	G	1.89
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Just Wholefoods

Falafel Mix mix 120g	O	1.25
Sage & Onion Stuffing mix 125g	O	1.05

Natura

Balti Chana Dal (tin) 400g	O G	1.19
Beans in Garlic Sauce (tin) 400g	O G	1.19
Chilli Beans (tin) 400g	O	0.89
Vegetable Curry (tin) 390g	O G	1.29

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
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Tarantella

Ratatouille tin 400g		0.99
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Tilquillie

Sage & Onion Stuffing Mix	G	2.05
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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	2.29
Thai Red Curry Paste 200g	O G	2.29

Real Food Company (10p off RRP)

Jalfrezi Sauce 350g	O G S	2.49
Rogan Josh Sauce 350g	O G S	2.49
Thai Green Curry Sauce 350g	O G	2.69

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
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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	3.89

Seaweed, mushrooms

Blue Dragon

Sushi Nori 22g		1.75
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Clearspring

Atlantic Sea Salad 50g		3.28
Kombu Seaweed 50g		3.59
Wakame Seaweed 50g		3.59

Kevalar Farm

Dried Mushrooms 40g		3.25
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Terrasana

Muso Arame Seaweed 50g	O	3.75
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Tropical Wholefoods

Shiitake Mushrooms 50g	F	2.65
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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
Hemp seeds dehulled 250g	O	3.55
Linseed Brown 250g	O	1.10
Linseed Brown 500g	O	1.90
Linseed Gold 250g	O	1.10
Linseed Gold 500g	O	1.90
Mustard Seeds 50g	O	0.60
Omega Seed Mix 250g	O	1.55
Poppy Seeds 250g	O	1.50
Pumpkin Seeds 1kg	O	6.40
Pumpkin Seeds 250g	O	1.85
Pumpkin Seeds 500g	O	3.35
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	0.49
Kidz Blackcurrant Bar 20g	O G	0.49
Kidz Strawberry Bar 20g	O G	0.49

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	0.89
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

Rice & Rice

Hazelnut Choc Crispy Bar 25g	O G	0.72
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Tropical Wholefoods

Tropical Fruit Bar 45g	F O G	0.69
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Snacks - Crisps

Amaizin

Corn Chips 150g	O G	1.29
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Biofair

Onion Rings 84g	F O G	1.69
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Crips

Crips Salt & Balsamic Vinegar 35g	S	0.65
Crips with Salt & Cracked Pepper 35g		0.65
Crips 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
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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
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Kallo

Savoury Ricecake 30g	O	G	0.69
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Pyrossi

Pyrossi spacebar			0.95
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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	1.29
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
Pistachios Roast & Salt 125g	O		1.70
Pistachios Roast & Salt 250g	O		2.99
Wasabi beans (hot!) 100g		S	0.85

Traidcraft

Salted Peanuts 150g	F	G	1.25
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Tyrrells

Habas Fritas (spicy broad beans) 80g		S	1.19
Habas Fritas 200g		S	1.99

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	1.29
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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

Chocolate Beans "Whizzers" 100g		G	S	0.80
Ginger Crystallised 125g	O	G	S	1.30
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 withy 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 1.25

Sanchi

Instant Miso Soup 4x10g O G 2.00

Soups - tinned

Suma (10% off RRP)

Carrot & Coriander Soup 400g O G 0.99

Minestrone Soup 400g O G 0.99

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 S 0.99

Spices

Sound Bites

Allspice Ground 20g O 0.60

Caraway Seed 100g O 1.00

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 0.90

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 0.55

Mulling Spices 10g O 0.50

Mustard Powder 50g O 0.75

Nutmeg Ground 25g O 0.95

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 0.50

Turmeric 50g O 0.65

Vanilla Pod O 0.60

Suma

Smoked Paprika 25g 0.69

Zaytoun

Za'atar spice 50g F G 1.15

Spreads - chutneys, pickles

Geo Organics

Mango Chutney 300g	F O G	2.39
Mango Chutney No Sugar 300g	F O G	2.75
Spicy Tomato Chutney 300g	O G	2.39

Mr Pitchfork's Pickles

Cranberry & Apple Chutney with Port 185g		2.19
Cranberry Jelly 130g		1.75
Harvest Ale Chutney 185g		2.19
Hot Carrot & Coriander Chutney 185g		2.19
Plum & Apricot Chutney 270g	S	2.15
Red Onion Chutney 185g		2.19
Red onion with cranberry 190g	S	2.19
Smokehouse Chutney 270g	S	2.15

Spreads - Margarine

Biona

Olive Margarine 250g	O G	2.20
Vegetable Margarine 500g	O G	2.60

Pure

Pure Sunflower Spread 500g	O G	2.79
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Suma

Sunflower Margarine 2kg	G	7.15
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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	2.89
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Essential (10p off RRP)

Tahini Dark 340g	F O	3.29
Tahini Light 340g	F O	3.69

Festive Collection

Chestnut Spread 180g	O S	1.00
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French Collection

Chestnut Puree 300g	O	2.50
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Meridian

Almond Butter 170g		2.29
Cashew butter 170g (50p off RRP!)	O	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
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Tahini Dark 340g	O	2.85
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 S	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	3.39
Raspberry Jam 320g	O S	3.39

St Dalfour (no added sugar)

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		1.95
Strawberry Spread 284g		1.95
Thick Apricot Jam 284g		1.95

Suma

Pear & Apple Spread 300g		1.39
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Sunwheel

Pear & Raspberry Spread 300g		1.49
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Traidcraft

Marmalade 340g	F O S	1.99
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Spreads and pates - savoury

Chalice

Green Olive Tapenade 165g	G	2.99
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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
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Modernhealth

Natex Low Salt Yeast Spread 250g	G	3.25
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Organico

Black Olive Tapenade 140g	O G	2.15
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Sierra Rica (special offer! £1 off RRP)

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
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Free & Easy

Gravy Powder 130g	G	1.65
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Kallo

Mushroom Stock 6x10g	O G	1.29
Stock Cubes 6x10g	O G	1.29
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	2.89
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Teas - black**Celestial Seasonings**

Bengal Spice Tea (10 Bags)		1.00
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Clipper

Assam Tea (50 bags)	F O	1.99
Decaffeinated Tea (40 bags)	O	1.99
Earl Grey (50 bags)	F O	1.99

Equal Exchange

Darjeeling (50 bags)	F O	2.29
Tea (160 bags)	F O	4.89
Tea (80 bags)	F O	2.50

Hampstead Tea Company

Biochai (25 bags)	F O	1.89
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Just Change

Nilgiri Tea 80 bags	F	1.89
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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
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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 1.59

Hampstead Tea Company

Green Tea (25 bags) F O 1.85

Qi

Ginseng Vitality (25 bags) 1.69

Green Tea & Gingko 25 bags F O 1.89

Green Tea Loose 125g F O 1.94

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) 1.00

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

Hampstead Tea Company

Lemon & Ginger (20 bags) O 1.79

Rosehip (20 bags) O 1.59

Pukka

Clarity, lemongrass & ginger x20 O 2.09

Harmonise, rose & chamomile x20 O 2.09

Love, camomile & rose (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

Christmas teas selection 24 bags O 3.49

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

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

Essential

Chamomile Tea (20 bags)	O		1.30
Peppermint Tea (20 bags)	O		1.30

Hambleden

Peppermint Loose 50g	O		1.99
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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

Breakfast Tea Loose 125g	F O		2.39
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	0.79
Haricot Beans 400g	O		0.71
Pinto Beans 400g	O		0.79

Natura

Blackeye Beans 400g	O		0.73
Ful Medames Fava Beans 410g	O		0.69
Minty Peas 410g	O		0.66
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
Cannellini Beans 400g	O		0.85
Chickpeas 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
Green Lentils Org400g	O		0.68

Whole Earth

Baked Beans 440g (no added sugar)	O		1.05
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Tofu and other (chilled)**Florentino**

Falafel 250g	O G		3.30
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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	2.40
Smoked Tofu 200g	O G	2.59
Smoked Tofu with Almond & Sesame 200g	O G	2.89
Smoked Tofu with Herbs & Sunflower Seeds 250g	O G	3.15
Tofu Rosso 200g	O G	2.39

Viana

Viana Smoked Tofu 250g	O G	2.55
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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
Tempeh 175g	O G	2.80

Veg and fruit (frozen)**Bio Inside**

Peas 300g	O	1.39
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Natural Cool

Blueberries 300g	O	2.69
Demeter Frozen Beans 450g	O	1.40
Demeter Sweetcorn 450g	O	2.25

Real Nice

fruit lolly 60ml	O	1.10
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Veg packed (tins, jars)**Biona**

Chopped Tomatoes 400g	O	0.75
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Bionova

Gherkins large organic	O	2.59
Sweetcorn 350g	O	1.59

Blue Dragon

Baby Corn Cobs 410g		0.89
Bamboo Shoots 225g		0.69
Beansprouts 410g		1.25
Water Chestnuts 225g		0.99

Essential

Passata 700g	O	1.30
Sauerkraut 700g	O	1.89
Spinach 330g	O	1.79
Tomato Puree 150g	O	1.15

Infinity

Sun Dried tomatoes in oil 240g	O	2.90
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Infinity Foods

Roasted Red Peppers 453g	O	2.75
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La Bio Idea

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

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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Tarantella

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

Vinegars

Aspall

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

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	7.45
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
La Nature Le Rouge 75cl	O	6.55
Montepulciano 75cl	O	7.25
Montepulciano 75cl	O	7.25
Nero d'Avola Red 75cl	O	7.25
Nero d'Avola Red 75cl	O	7.25
Pinot Noir Red 12% 75cl	O	8.25
Pinot Noir Red 12% 75cl	O	8.25
Primitivo Red Wine 75cl	O	7.25
Primitivo Red Wine 75cl	O	7.25
Senorio de Landi Red 14% 75cl	O	6.35
Senorio de Landi Red 14% 75cl	O	6.35
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
Stellar Moonlight Chenin Blanc 75cl	F O	6.65

Various

Caylus white Cotes de Gascogne	O	6.55
Caylus white Cotes de Gascogne	O	6.55
Chardonnay Veneto 75cl	O	6.95

Chardonnay Veneto 75cl	O	6.95
Eden La Mancha Bianco	O	6.45
Eden La Mancha Bianco	O	6.45
Era Grillo White 12.5% 75cl	O	7.25
Era Grillo White 12.5% 75cl	O	7.25
Inzolia White Wine 75cl	O	7.25
Inzolia White Wine 75cl	O	7.25
La Nature Le Blanc 75cl	O	6.55
La Nature Le Blanc 75cl	O	6.55

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 Prosecco Spumante 75cl	O	11.25
Stellar Moonlight Shiraz Rose 75cl	F O	6.65
Syrah Rose 75cl	O	6.50

**Sound Bites
GIFT VOUCHERS
also available
£5 or £10**

SOUND BITES VEG BOXES AND DELIVERY

Fruit and vegetables

We stock a good organic-only range of fruit and vegetables, from 3 local growers supplemented by regional organic wholesalers. You can come into the shop to serve yourself, or join one of our three box schemes:

- delivery by van on Wednesdays
- collection at the shop on Thursdays
- delivery by freight-bicycle for people with mobility difficulties – day depends on your location. Please ask for “Veg Pedallers”

Delivery

If you are a veg box customer, £2 delivery is included so anything from this catalogue can be delivered with your veg box at no extra charge. For other customers, a delivery charge of £3.50 is made. To order a delivery, please make your order by Monday lunchtime, for delivery on Wednesday. Unfortunately we are at present unable to deliver chilled or frozen food. To order a delivery, please email home@soundbitesderby.org.uk, telephone 01332 291369, or come into the shop. The catalogue and order form are also available online.

Our boxes are delivered direct to your home or workplace on a Wednesday, in a van running on recycled vegetable oil when available. Organic fruit and veg boxes start from just £10 (delivery included), with many other items also available.

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 veg box is more suited to people happy to experiment!

Box Types Available

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

Contents of a recent £10 veg box

Potatoes bakers	UK
Carrots unwashed	UK
Onions	UK
Swede	UK
Red cabbage	UK
Mushrooms brown	UK
Pumpkin	Holland
Leeks	UK
Half cabbage	UK

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.