

For Earth's Sake SHOPPING LIST

Items in cream are bulk items so please include your container or bottle for these, or we will use paper bags / re-use containers if available

Items in blue are in their own plastic-free packet / packaging

Product description

Price

Quantity

FRUIT & VEG

We have fabulous organic and local fruit and vegetables. Please check our social media each Wednesday & Friday, message us, or call us on 01483 497268 for availability and prices.

DAIRY, EGGS & BREAD

BOOKHAM HARRISON FARMS

South Downs Butter Slightly Salted	£1.75/100g	
South Downs Butter Unsalted	£1.75/100g	
Sussex Charmer Cheese	£1.50/100g	
Twineham Grange Hard Parmesan Style - Grated	£1.75/100g	
Twineham Grange Hard Parmesan Style	£2.00/100g	

HIGH WEALD DAIRY

Brighton Blue Cheese	£2.80/100g	
Seven Sisters Cheese	£4.20/100g	
Sister Sarah Cheese	£3.30/100g	
St Giles Cheese	£2.66/100g	
Sussex Marble Cheese	£3.10/100g	
Sheep Milk Halloumi	£3.65/100g	

EPIROS

Greek Feta Cheese P.D.O. 100g	ORG	£1.25/100g	
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TREWITHAN FARM

Semi Skimmed Milk Refill, 1 pint	£0.70	
Semi Skimmed Milk Refill, 1 ½ pint	£1.05	

ALTERNATIVE DAIRY

Fresh Better Vegan Spread 125g	VG	£2.60	
Oat Milk - Barista by Moma, 1 Litre	VG	£2.09	

PANTRY

Nelly's Eggs 6 Pack	£2.70	
Nelly's Egg Individual	£0.45	

BREAD by SØDT

Corn Bread	£3.50	
Donker Rye	£3.50	
Original Sourdough Bread	£3.50	
Seeded Sourdough Bread (4 Seed Sour)	£3.50	

CEREALS

Kellogg's Corn Flakes	37p/100g	
Kellogg's Rice Crispies	68p/100g	
Crunchy Apricot Muesli	35p/100g	

Honey Loops		80p/100g	
Oat Crisp Crunch Granola		30p/100g	
Malt Granola		35p/100g	
Multigrain Choco Shells		72p/100g	
Muesli Base (Suma)	VG	21p/100g	
Jumbo Oats (Morning Foods)		38p/100g	
Porridge Oats (Morning Foods)		15p/100g	
Oatmeal (Course - Pinhead)		24p/100g	
Toasted Wheat Flakes (Suma)	ORG	29p/100g	

DRIED FRUIT

Apricots - Whole (Suma)	ORG	£1.25/100g	
Banana Chips (Infinity)		60p/100g	
Cherries - Glace (Suma)		90p/100g	
Sour Cherries (Infinity)		£2.26/100g	
Cranberries with Apple Juice (Infinity)		£1.75/100g	
Currants (Queenswood)	ORG	85p/100g	
Dates - Pitted (Suma)	ORG	65p/100g	
Desiccated Coconut (Queenswood)	ORG	70p/100g	
Figs (Suma)	ORG	95p/100g	
Goji Berries (Queenswood)		£1.75/100g	
Mango Strips (Infinity)	ORG	£1.90/100g	
Mixed Peel (Suma)		50p/100g	
Prunes - Pitted	ORG	84p/100g	
Raisins (Queenswood)	ORG	50p/100g	
Sultanas (Queenswood)	ORG	50p/100g	
Sun-dried Tomatoes		£1.10/100g	

SAVOURY & SWEET SNACK REFILLS

Bombay Mix (Suma)		30p/100g	
Cacao Nibs (Queenswood)	ORG	£1.25/100g	
Chilli Rice Crackers		99p/100g	
Smoked Paprika Twists (Suma)		50p/100g	
Wasabi Coated Peanuts (Queenswood)		£1.25/100g	
Dark Chocolate Buttons (55%)	GF, VG	£1.05/100g	
Milk Choc Caramel Buttons (34%)	GF	£1.05/100g	
Milk Choc Buttons (34%)	GF	£1.05/100g	
White Chocolate Buttons (30%)	GF	£1.05/100g	
Yoghurt Coated Banana Chips (Queenswood)		£1.25/100g	
Yoghurt Coated Honeycomb Bites (Queenswood)		£1.25/100g	
Yoghurt Coated Raisins (Queenswood)		£1.25/100g	

BEANS & PULSES BULK

Black Turtle Beans (Suma)	ORG	40p/100g	
Butter Beans (Suma)	ORG	47p/100g	
Cannellini Beans (Infinity)	ORG	45p/100g	
Chickpeas (Queenswood)	ORG	55p/100g	
Haricot Beans	ORG	40p/100g	
Lentils - Brown (Queenswood)	ORG	49p/100g	
Lentils - Green (Queenswood)	ORG	41p/100g	

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Lentils - Red Split (Queenswood)	ORG	35p/100g	
Mung Beans (Queenswood)	ORG	52p/100g	
Pinto Beans (Infinity)	ORG	49p/100g	
Puy Lentils	ORG	64p/100g	
Red Kidney Beans (Infinity)	ORG	51p/100g	
Split Peas - Green (Suma)	ORG	45p/100g	
Split Peas - Yellow (Suma)	ORG	34p/100g	
Soya Beans	ORG	34p/100g	

BEANS, VEG & PULSES - TINNED

Aduki Beans (Suma) 400g	ORG, VG	£1.15	
Artichoke Hearts in Brine (Cooks & Co) 400g	GF, VG	£3.59	
Artichoke Bottoms in Brine (Cooks & Co) 400g	GF, VG	£3.55	
Baked Beans (Suma) 400g	ORG, VG	£1.39	
Baked Beans – Low Sugar (Suma) 400g	ORG, VG	£1.39	
Baked Beans (Whole Earth) 400g	ORG, VG	£1.19	
Black Beans (Suma) 400g	ORG, VG	£1.15	
Black Beluga Lentils (Suma) 400g	ORG, VG	£1.25	
Black Chickpeas (Suma) 400g	ORG, VG	£1.15	
Black Eyed Beans (Suma) 400g	ORG, VG	£1.19	
Borlotti Beans (Suma) 400g	ORG, VG	£1.15	
Borlotti Beans (Suma) 400g	VG	£1.09	
Butter Beans (Suma) 400g	ORG, VG	£1.15	
Cannellini Beans (Suma) 400g	ORG, VG	£1.15	
Chickpeas (Suma) 400g	ORG, VG	£1.15	
Chickpeas (Suma) 400g	VG	£0.79	
Chilli Beans (Biona) 400g	ORG, VG	£1.49	
Chilli Black Beans (Biona) 400g	ORG, VG	£1.59	
Edamame Beans (Biona) 200g	ORG, VG	£1.49	
Fava Beans (Hodmedod's) 400g	ORG, VG	£1.89	
Green Lentils (Suma) 400g	ORG, VG	£1.15	
Haricot Beans (Suma) 400g	ORG, VG	£1.15	
Hearts of Palm (Cooks & Co) 400g	ORG, VG	£3.85	
Italian Peas (Suma) 340g	ORG	£1.39	
Mixed Beans (Suma) 400g	ORG, VG	£1.15	
Pinto Beans (Biona) 400g	ORG	£1.29	
Red Kidney Beans (Suma) 400g	ORG	£1.19	
Super Sweetcorn (Suma) 340g	ORG, VG	£1.65	

PASTA

White Fusilli (Infinity)	ORG	35p/100g	
Wholewheat Fusilli (Infinity)	ORG	35p/100g	
Tricolore Fusilli (Infinity)	ORG	44p/100g	
Gluten-Free Fusilli (Infinity)	GF	55p/100g	
Wholewheat Gomitini (Infinity)	ORG	35p/100g	
Lasagne Sheets	ORG	40p/100g	
Macaroni (Triple Lion)		25p/100g	
Orzo	ORG	45p/100g	
White Penette (Infinity)	ORG	35p/100g	
Gluten-Free Penne (Infinity)	GF	55p/100g	

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White Spaghetti (Infinity)	ORG	35p/100g	
Wholemeal Spaghetti (Infinity)	ORG	35p/100g	
No 1 Noodles (Lucky Boat)	ORG	55p/100g	

GRAINS

Arborio Rice (Martinotti)	ORG	45p/100g	
Basmati Rice - Brown (Queenswood)	ORG	41p/100g	
Basmati Rice - White (Queenswood)	ORG	41p/100g	
Long Grain Rice - Brown (Martinotti)	ORG	35p/100g	
Long Grain Rice - White (Queenswood)	ORG	52p/100g	
Short Grain Rice - Brown (Martinotti)	ORG	35p/100g	
Wild Rice Mix (Infinity)	ORG	65p/100g	

OTHER GRAINS

Buckwheat (Infinity)	ORG	48p/100g	
Bulgur Wheat - Course (Queenswood)	ORG	35p/100g	
Couscous - White (Infinity)	ORG	37p/100g	
Couscous - Wholemeal (Infinity)	ORG	29p/100g	
Couscous - Giant (Infinity)		48p/100g	
Orzo (Infinity)	ORG	44p/100g	
Millet (Infinity)	ORG	44p/100g	
Pearl Barley (Infinity)	ORG	27p/100g	
Polenta (Infinity)	VG	30p/100g	
Popping Corn (Infinity)	ORG	35p/100g	
White Quinoa (Queenswood)	ORG	55p/100g	

PLANT SAUSAGE, BURGER & VEGGIE MIXES

Veggies Sosage Mix		£1.05/100g	
Veggies Nut Roast Mix		£1.20/100g	

FLOURS

Plain White Flour 1kg (Doves Farm)	ORG, VG	£1.85	
Plain White Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Fine Plain Wholemeal Flour 1kg (Doves Farm)	ORG, VG	£1.79	
White Self Raising Flour 1kg (Doves Farm)	ORG, VG	£1.65	
Self Raising Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Buckwheat Flour 1kg (Freee by Doves)	GF, VG	£4.05	
Coconut Flour 500g (Suma)	ORG, VG	£3.15	
Cornflour 500g (Suma)	VG	£2.15	
Gram Flour 500g (Suma)	VG	£2.15	
Maize Flour 500g (Suma)	ORG, VG	£1.75	
Pasta Flour 1kg (Doves Farm)	ORG, VG	£1.99	
Rice Flour 1kg (Freee by Doves)	GF, VG	£2.55	
Wholemeal Rye Flour 1kg (Doves Farm)	ORG, VG	£1.81	
White Rye Flour 1kg (Doves Farm)	ORG, VG	£1.99	
Semolina Flour 500g (Suma)	VG	£1.89	
White Spelt Flour 1.5kg (Doves Farm)	ORG, VG	£3.69	
Tapioca Starch Flour 500g (Suma)	VG	£2.89	
Vital Wheat Gluten Flour 500g (Suma)	VG	£2.99	

BREAD FLOURS

Strong White Bread Flour 1.5kg (Doves Farm)	ORG, VG	£2.75	
Strong Wholemeal Bread Flour 1.5kg (Doves Farm)	ORG, VG	£2.55	
White Bread Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Brown Bread Flour 1kg (Freee by Doves)	GF, VG	£3.29	
Malthouse Bread Flour 1kg (Doves Farm)	ORG, VG	£2.39	

SEEDS & NUTS REFILLS

NUTS

Almonds - Ground (Queenswood)	ORG	£1.90/100g	
Almonds - Flaked (Queenswood)	ORG	£1.90/100g	
Almond - Whole (Queenswood)	ORG	£1.70/100g	
Brazil Nuts - Broken (Mabet Chunts)	ORG	£1.40/100g	
Brazil Nuts - Whole	ORG	£1.80/100g	
Cashew Nuts (Suma)	ORG	£2.25/100g	
Coconut Chips	ORG	67p/100g	
Toasted Coconut Flakes (Chips)	ORG	67p/100g	
Hazelnuts (Queenswood)	ORG	£1.35/100g	
Macadamia	ORG	£3.00/100g	
Peanuts (Infinity)	ORG	68p/100g	
Peanuts - Roasted (Queenswood)		68p/100g	
Pecan Pieces (Queenswood)	ORG	£3.10/100g	
Pine Nuts (Infinity)	ORG	£4.90/100g	
Pistachios (Roasted & Salted) (Hunts)	ORG	£4.3/100g	
Walnut Pieces (Anderson & Sons)	ORG	£1.50/100g	

SEEDS

Hemp - Whole (Infinity)	ORG	80p/100g	
Hemp - Hulled (Infinity)	ORG	£1.40/100g	
Linseed - Brown (Queenswood)	ORG	40p/100g	
Linseed - Golden (Suma)	ORG	40p/100g	
Poppy Seeds - Blue (Infinity)		90p/100g	
Pumpkin Seeds (Queenswood)	ORG	83p/100g	
Sesame Seeds (Queenswood)	ORG	69p/100g	
Sunflower Seeds (Infinity)	ORG	50p/100g	
Omega Four Seed Mix (Infinity)	ORG	67p/100g	

TEA, COFFEE & SUGAR

LOOSE LEAF

Taylors Earl Grey Tea Loose Leaf		£2.08/100g	
Taylors English Breakfast Loose Leaf Tea - Decaf		£2.35/100g	
Ringtons English Breakfast Loose Leaf Tea		£1.50/100g	
Taylors Green Tea Loose Leaf Tea		£2.08/100g	
Taylors Lapsang Souchong Loose Leaf Tea		£2.60/100g	
Yorkshire Loose Leaf Tea		£1.46/100g	
Taylors Pure Assam Loose Leaf Tea		£2.05/100g	
Clipper Tea, Decaf 40s		£3.49	

TEA BAGS

DRAGONFLY TEA (20s)			
Cape Malay Rooibos Chai		£2.89	
Mint Garden Digestif		£3.09	

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Pure Camomile	ORG	£2.89	
True Clarity Ginger	ORG	£2.89	
Golden Himalaya Darjeeling		£2.89	
Golden Balance Detox	ORG	£2.89	
Good Dragon	ORG	£2.89	
Organic Mountain Honeybush Tea	ORG	£2.89	
Pure Peppermint Tea	ORG	£2.89	
Good Dragon Pu'er Tea	ORG	£2.89	
English Breakfast	ORG	£2.89	
Classic Earl Grey Black Tea	ORG	£2.89	
Night Sky Calm Bags		£3.09	
Morocan Mint		£2.69	
Moonlight Jasmine Green		£2.89	
Cape Rooibos & Honeybush	ORG	£2.89	
Indian Spice Chai Black Tea	ORG	£2.69	
Swirling Mist	ORG	£2.69	

HAMPSTEAD TEA (20s)

Assam	ORG	£2.99	
Pure Darjeeling		£2.99	
Earl Grey		£2.99	
English Breakfast	ORG	£2.99	
Camomile		£2.99	
Green Tea & Mint		£2.99	
Lemon & Ginger	ORG	£2.99	
Lemon & Orange Black Tea	ORG	£2.99	
Vanilla Black Tea		£2.99	

COFFEE

Horsham Columbian Decaf Coffee Beans		£2.25/100g	
Horsham Coffee Roaster Rwanda Liza Beans		£2.15/100g	
Surrey Hills Cottage Blend Coffee Beans		£2.40/100g	
Surrey Hills Holmbury Hill Coffee Beans		£2.20/100g	
Douwe Egberts Instant Coffee		£2.35/100g	
Ringtons Espresso No. 1 Beans		£1.50/100g	
Coffee Filters No.2 (If You Care)		£3.14	
Coffee Filters No.4 (If You Care)		£3.14	

HOT CHOCOLATE

Ringtons Hot Chocolate Mix		£1/100g	
Ringtons Hot Chocolate Mix	VG	£1/100g	

SUGAR

Caster Sugar		13p/100g	
Golden Caster Sugar		21p/100g	
Demerara Sugar		22p/100g	
Granulated Sugar		10p/100g	
Light Muscavado Sugar		29p/100g	
Soft Brown Sugar		43p/100g	
Icing Sugar		34p/100g	
Coconut Palm Sugar (Infinity)		63p/100g	

OILS, VINEGARS & SOY SAUCE REFILLS

Philotimo Premium Extra Virgin Olive - Cold Pressed	VG, GF	£1.05/100ml	
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Extra Virgin Rapeseed Oil - Cold Pressed (KTC)	VG, GF	89p/100ml	
Sunflower Oil (Queenswood)	ORG	69p/100ml	
Apple Cider Vinegar (Aspall)	ORG	40p/100ml	
Apple Cider Vinegar with Mother (Suma)	ORG	29p/100ml	
Balsamic Vinegar (Suma)	ORG	90p/100ml	
Malt Vinegar		40p/100ml	
Red Wine Vinegar (Aspall)		40p/100ml	
White Wine Vinegar (Queenswood)		40p/100ml	
Soy Sauce - Shoyu (Sanchi)	ORG, VG	99p/100ml	
Soy Sauce - Tamari (Meridian)	GF, VG	£1.70/100ml	

GREEK PRODUCTS

OLIVE OILS

Philotimo Greek Olive Oil P.D.O.		95p/100ml	
Philotimo Greek Olive Oil P.D.O. 750ml		£10.50	
Philotimo Greek Olive Oil P.D.O. 500ml (Boxed)		£11.50	
Philotimo Premium Extra Virgin Oil P.D.O. 250ml		£5.90	

OLIVES IN GLASS JARS

Green Chalkidiki Garlic Stuffed Olives 300g		£3.80	
Green Chalkidiki Almond Stuffed Olives 300g		£3.90	
Green Chalkidiki Pitted Olives 300g		£3.80	
Green Chalkidiki Jalapeno Stuffed Olives 300g		£3.80	
Green Chalkidiki Red Pepper Stuffed Olives 300g		£3.80	

TAHINI

Organic Light Tahini 270g (Meridian)	ORG	£3.49	
Organic Light Tahini 470g (Meridian)	ORG	£5.19	
Organic Dark Tahini 270g (Meridian)	ORG	£3.49	
Light Tahini 270g (Meridian)		£3.25	
Dark Tahini 270g (Meridian)		£3.25	

HOMEMADE AT THE LIFE GODDESS (GEORGIOS)

Greek Hummus, approx 300g		£3.00	
Mixed Olives, approx 250g		£3.25	
Spicy Feta Spread, approx 250g tub		£3.00	
Spinach & Feta Pie Slice (Spanakopita)		£4.00	
Greek Giant Beans in Light Tomato Sauce, approx 300g		£3.00	
Tzatziki, approx 300g tub		£3.00	
Naoumidis Piperomelo Chutney 260ml		£4.50	
Naoumidis Vasilic Sauce		£3.80	
Balsamic Vinegar with Honey 650ml		£6.00	

FISH

FISH4EVER

Mackerel Fillets in Organic Spicy Tomato Sauce		£2.95	
Wild Pacific Pink Salmon 213g	GF	£4.45	
Skipjack Tuna Chunks in Brine 160g		£2.30	
Yellowfin Tuna in Spring Water 120g		£2.95	
Yellowfin Tuna in Olive Oil 120g		£3.95	

SOUPS (TINNED)

FREE & EASY

Butternut Squash and Ginger	GF, ORG, VG	£2.29	
Broccoli & Kale	GF, ORG, VG	£2.29	
Carrot & Coconut	GF, ORG, VG	£2.29	
Lentil & Red Pepper	GF, ORG, VG	£2.29	
Pea & Mint	GF, ORG, VG	£2.29	
Sweet Potato & Chia Seeds	GF, ORG, VG	£2.29	
Tomato	GF, ORG, VG	£2.29	

SUMA

Tuscan Bean Soup	ORG, VG	£2.09	
Spicy Lentil Soup	ORG, VG	£2.15	
Minestrone Soup	ORG, VG	£2.29	
Mushroom Soup	ORG, VG	£2.39	
Pea Soup	ORG, VG	£2.29	
Pea & Ham Soup	ORG, VG	£2.25	
Tomato Soup	ORG, VG	£2.15	
Italian Tomato & Basil Soup	ORG, VG	£2.09	
Rustic Vegetable Soup	ORG, VG	£2.29	

MEALS (TINNED)

FREE & EASY

Bean Cassoulet	GF, ORG, VG	£3.05	
Three Bean Chilli	GF, ORG, VG	£3.05	
Chickpea & Bean Tagine	ORG, VG	£3.05	
Chickpea & Veg Curry	GF, ORG, VG	£3.05	
Middle Eastern Chickpea Casserole	GF, ORG, VG	£3.05	
Vegetable Balti	GF, ORG, VG	£3.05	
Vegetable Hotpot	GF, ORG, VG	£3.05	

GEO

Bombay Potatoes 400g	ORG, VG	£2.15	
Chickpea & Apricot Tagine 400g	ORG, VG	£3.25	
Chickpea & Lentil Dahl 400g	ORG, VG	£2.45	
Moroccan Chickpea Tagine 400g	ORG, VG	£2.55	
Tasty Tadka Dahl 400g	ORG	£2.45	

HODMEDOD'S

Brit Vaal Dhal (Hodmedod) 400g	ORG	£1.99	
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SUMA

Baked Beans & Vegan Sausages	VG	£2.39	
Cheesy Pasta Pot	VG	£2.99	
Ravioli in a Creamy Mushroom Sauce	ORG	£2.95	
Vegan Chilli Meatballs	VG	£2.25	
Vegetable Stew with Dumplings (400g)	VG	£2.15	
Vegetarian Spicy Chorizo Style Stew (400g)	VG	£2.15	

TOMATO & ITALIAN PRODUCTS

Chopped Tomatoes (Suma) 400g - Tin		£1.09	
Chopped Tomatoes with Basil (Suma) 400g - Tin		£1.15	
Cherry Tomatoes (Suma) 400g - Tin		£1.39	
Peeled Plum Tomatoes (Suma) 400g - Tin	ORG	£1.09	
Tomato Puree (Suma) - Tube	ORG	£1.49	

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Italian Tomato Puree (Mr Organic) 200G	ORG	£1.75	
Organic Passata (Suma) 690g	ORG	£1.95	
Sundried Tomatoes (Cooks & Co) 295g		£3.19	
PESTO			
Basil Pesto (Mr Organic) 130g	ORG, VG	£2.99	
Italian Sun Dried Tomato Pesto (Mr Organic) 130g	ORG, VG	£2.79	
Vegan Green Pesto (Suma) 160g	GF,ORG, VG	£3.15	
Vegan Red Pesto (Suma) 160g	GF, ORG, VG	£3.15	
Pesto Alla Genovese (Suma) 190g	ORG	£3.99	
Red Pepper Pesto (Mr Organic) 130g	ORG, VG	£2.99	
ITALIAN SAUCES			
Arrabbiata Sauce (Suma) 350g	ORG, VG	£2.69	
Bolognese Sauce (Suma) 350g	GF, ORG, VG	£2.69	
Olive & Capers Pasta Sauce (Mr Organic)	ORG, VG, GF	£3.09	
Napoletana Sauce (Suma) 350g	ORG, VG	£2.69	
Tomato Mushroom & Garlic Pasta Sauce (Zest) 340g		£2.69	
Tomato & Basil Pasta Sauce (Meridian) 350g	VG	£3.29	
Tomato & Herb Pasta Sauce Meridian) 350g	VG	£3.39	
Tofu Ragu (Mr Organic)	ORG, VG	£3.09	
Soya Ragu (Mr Organic)	ORG, VG	£3.09	

JAMS, MARMALADES, SPREADS & HONEY (Seasonal; Varieties can vary)

DEBBIE'S JAMS

Apricot 340g		£4.25	
Apricot & Cherry 340g		£4.25	
Blackberry & Apple 340g		£4.25	
Blackcurrant 340g		£4.25	
Blueberry & Blackcurrant 340g		£4.25	
Damson 340g		£4.25	
Fig 340g		£4.25	
Ginger 340g		£4.25	
Gooseberry 340g		£4.25	
Greengage 340g		£4.25	
Plum 340g		£4.25	
Plum & Fig 340g		£4.25	
Quince 340g		£4.25	
Raspberry 340g		£4.25	
Strawberry 340g		£4.25	

STUTE JAMS (No Sugar Added Suitable for Diabetics)

Apricot 430g		£2.09	
Morello Cherry 430g		£2.09	
Thick Cut Marmalade 430g		£3.41	
Raspberry 430g		£2.09	

MARMALADES

Debbie's Ginger		£3.75	
Debbie's Pink Grapefruit		£3.75	
Debbie's Three Fruit		£3.75	

NUT BUTTERS, CHOCOLATE SPREADS & YEAST EXTRACT

Smooth Almond Butter (Meridian) 170g	VG	£2.99	
Crunchy Hazelnut Butter (Meridian) 170g	VG	£3.99	

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Crunchy Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09	
Crunchy Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Crunchy Peanut Butter Unsalted (Suma) 700g	ORG, VG	£8.09	
Smooth Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter Unsalted (Suma) 700g	ORG, VG	£8.09	
Rich Dark Chocolate Spread (Plamil So Free) 275g	VG	£3.15	
Rich Milk Chocolate Spread (Plamil So Free) 275g	VG	£3.29	
Barley Malt Extract (Meridien) 340g	VG	£2.85	
Yeast Extract + B12, With Salt (Meridian) 340g		£4.99	

CRANLEIGH HONEY (Raw)

Small		£7.50	
Large		£9.00	

SAVOURY JELLIES, CHUTNEYS & RELISH

DEBBIE'S JELLIES

Chilli 220g		£3.00	
Mint 220g		£3.00	
Quince 220g		£3.00	
Redcurrant 220g		£3.00	

DEBBIE'S CHUTNEYS

Apple & Chilli 340g		£4.00	
Balsamic Fig 340g		£4.00	
Beetroot & Horseradish 340g		£4.00	
Spiced Beetroot 340g		£4.00	
Gooseberry 340g		£4.00	
Mango 340g		£4.00	
Mediterranean Vegetable 340g		£4.00	
Piccalilli 340g		£4.00	
Ploughmans 340g		£4.00	
Tomato & Chilli 340g		£4.00	

TRACKLEMENTS

Apricot & Ginger Chutney 320g		£4.20	
Apple & Sage Jelly 250g	GF, VG	£3.50	
Beetroot & Horseradish Relish 220G	GF, VG	£3.75	
British Beer Mustard 140g		£2.30	
Caramelised Red Onion Relish 300g	GF, VG	£4.20	
Fresh Chilli Jam 250g	GF, VG	£3.95	
Smoky Chilli Sauce 230ml	GF, VG	£3.80	
English Crabapple Jelly 250g	GF, VG	£3.50	
Sticky Fig Relish 250g	GF, VG	£3.95	
Mango Chutney 335g	ORG, VG	£3.80	
Fresh Mint Jelly 250g	GF, VG	£3.25	
Traditional Mint Sauce 150g	GF, VG	£2.65	
Sweet Mustard Ketchup 230ml		£3.35	
Smooth Dijon Mustard 140g	GF, VG	£2.30	
Robust Wholegrain Mustard 140g		£2.30	
Piccalilli Large	GF, VG	£6.05	
Perfect Ploughman's Pickle 295g	GF, VG	£3.95	
Rich Redcurrant Jelly 250g	GF, VG	£3.45	

Zingy Rosemary Jelly 250g	GF, VG	£3.30	
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SAUCES

Organic Mayonnaise (Suma) 300g	ORG	£2.95	
Apple Puree (Biona) 700g	ORG	£2.95	
Sticky Barbecue Sauce 230g		£3.75	
Bearnaise Sauce from Inspired Vegan 205g	GF, VG	£2.39	
Brown Sauce (Biona) 270g	ORG	£3.75	
Quintessential Brown Sauce 230g		£3.40	
Hollandaise Sauce (Atkins & Potts) 205g		£2.79	
Hollandaise Sauce from Inspired Vegan 205g	GF, VG	£2.39	
Horseradish Sauce from Inspired Vegan 205g	GF, VG	£2.39	
Italian Ketchup (Mr Organic) 480g	ORG, VG	£3.49	
Tartare Sauce from Inspired Vegan 205g	GF, VG	£2.39	
Worcestershire Sauce by Geo Organics 150ml	ORG, GF	£2.99	

WORLD FOODS

Mango Chutney (Geo) 370g	ORG, VG	£4.59	
Mango Chutney (Tracklements) 335g	ORG, VG	£3.80	

COCONUT THINGS

Coconut Cream (Suma) 400ml	ORG, VG	£2.59	
Coconut Milk (Suma) 400ml	ORG, VG	£2.19	
Light Coconut Milk (Biona) 400ml	ORG, VG	£1.99	
Coconut Oil (Suma) 320ml	ORG, VG	£3.45	
Coconut Oil, Odourless (Suma) 650ml	ORG, VG	£7.15	
Coconut Oil (Coconut Merchant) 500ml	ORG, VG	£8.99	
Coconut Oil (Coconut Merchant) 1L	ORG, VG	£16.99	

PASTES

Green Curry Paste (Thai Taste) 114g	GF, VG	£2.09	
Red Curry Paste (Thai Taste) 114g	GF, VG	£2.09	
Thai Green Curry Paste (Geo) 180g	GF, ORG, VG	£2.99	
Thai Red Curry Paste (Geo) 180g	GF, ORG, VG	£2.99	
Indonesian Rendang Curry Paste (Geo) 180g	ORG, VG	£2.99	
Indonesian Satay Curry Paste (Geo) 180g	GF, ORG, VG	£3.19	
Thai Yellow Curry Paste (Geo) 180g	ORG, VG	£2.99	
Korma Curry Paste (Geo) 180g	ORG, VG	£2.69	
Tamarind Paste (Thai Taste) 130g	GF, VG	£1.99	

SAUCES

Harissa Chilli Sauce Jar (Harry Brand) 210g		£3.99	
Korma Cooking Sauce (Meridian Free From) 350g	VG	£2.89	
Sweet Chilli Dipping Sauce (Biona) 250ml	ORG	£3.45	
Tikka Masala Cooking Sauce (Meridian) 350g	GF, VG	£2.89	

OTHER

Miso Brown Rice (Clearspring) 300g	ORG, VG	£5.79	
Japanese White Miso (Clearspring) 270g	ORG, VG	£4.29	
Loving Foods Kimchi 500g		£6.85	
Sauerkraut (Loving Foods) 500g		£6.35	
Sour Gherkins (Bionova) 680g	ORG, VG	£4.35	
Tofu - Firm (Biona) 500g	ORG	£4.35	
Tempeh (Biona) 400g	VG, ORG	£4.45	

Young Jackfruit Chunks (Suma) 400g	GF, ORG, VG	£2.99	
Mango Chunks in pure juice (Essential Organic) 400g	ORG, GF, VG	£2.49	
Pineapple Chunks In Juice (Essential Organic) 400g	ORG, GF, VG	£2.49	
Tropical Fruits In Juice (Essential Organic) 400g	ORG, GF, VG	£2.49	
Agave Syrup (Suma) 240ml	ORG	£3.99	
Date Syrup (Meridian) 330g	GF	£3.19	
Natural Pomegranate Molasses (Marigold) 250ml	GF, VG	£4.19	
Vertmont Maple Syrup 250ml	VG	£5.25	
Vine Leaves (Cooks & Co) 400g	VG	£3.25	

CHOCOLATE & SNACKS

DIVINE

85% Dark 90g	VG	£2.85	
70% Dark Chocolate 90g	VG	£2.85	
41% Dark with Hazelnut 90G	VG	£2.85	
70% Dark Chocolate with Mint 90g	VG	£2.85	
60% with Pink Himalayan Sea Salt 90g	VG	£2.85	
70% Dark Chocolate with Raspberries 90g	VG	£2.85	
70% Dark Chocolate with Tangy Clementine 90g	VG	£2.85	
38% Milk Chocolate with Salted Caramel 90g		£2.85	
Smooth Milk Chocolate with Orange & Gingerbread		£2.85	
70% Dark 35g	VG	£1.25	
Milk & White Chocolate Cappuccino 35g		£1.35	
Milk with Tangy Orange 35g		£1.25	

OMBAR

Buttons 72% Cacao 25g	ORG, VG	£1.55	
Buttons Coco Mylk 55% Cacao 25g	ORG, VG	£1.55	
72% Coco Mylk Chocolate 70g	ORG, VG	£3.39	
72% Cacao 70g	ORG, VG	£3.39	
Centers Coconut & Vanilla 70g	ORG, VG	£3.39	
100% Cacao 35g	ORG, VG	£2.05	
Coco Mylk 55% Cacao 35g	ORG, VG	£2.05	
Centres Coconut & Vanilla 35g	ORG, VG	£2.05	
Strawberry Mylk 35g	ORG, VG	£2.05	

PLAYin CHOC

Endangered Animals Organic Chocolate + Surprise Toy		£2.25	
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TWO FARMERS (Hereford Crisps)

Lightly Salted 40g	VG	£0.75	
Lightly Salted 150g	VG	£2.50	
Cider Salt 40g	VG	£0.75	
Cider Salt 150g	VG	£2.50	
Hop Cheese & Onion 40g		£0.75	
Hop Cheese & Onion 150g		£2.50	
Mushroom & Wild Garlic 40g	VG	£0.75	
Mushroom & Wild Garlic 150g	VG	£2.50	

CHEWSY Chewing Gum

Peppermint	VG	£1.29	
Spearmint	VG	£1.29	

BAKING

Arrowroot		10p/10g	
Baking Powder		60p/100g	
Baking Powder (Freee by Doves)	GF	60p/100g	
Bicarbonate of Soda (Lähde)		40p/100g	
Lemon Juice (Biona) 200ml	ORG, VG	£2.19	
Lime Juice (Biona) 200ml	ORG, VG	£2.69	
Polenta (Suma) 500g	VG	£1.55	
Polenta - Bulk (Infinity)	VG	25p/100g	
Xanthan Gum (Lähde)	GF	£1.90/100g	
Quick Yeast (Doves Farm) 125g	GF, VG	£1.35	
Fresh Yeast, 100g	GF	£2.50	

STOCK CUBES

KALLO

Garlic and Herb Stock Cubes 66g	ORG, GF, VG	£1.95	
Mushroom Stock Cubes 66g	ORG, GF, VG	£1.95	
Low Salt Vegetable Stock Cubes 60g	ORG, GF, VG	£1.95	
Yeast Free Vegetable Stock Cubes 66g	GF, VG	£1.95	

SUMA

Vegetable Bouillon 150g	ORG, GF, VG	£2.65	
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MARIGOLD

Swiss Vegetable Bouillon Cubes 84g	ORG, VG	£1.49	
Engevita Yeast Flakes with Iron & Vit D 125g	GF, VG	£3.99	
Engevita Yeast Flakes with B12	GF, VG	£3.75	
Engevita Yeast Flakes	ORG. GF, VG	£5.99	
Engevita Yeast Flakes with B12	GF, VG	30p/10g	

HERBS & SPICES

Allspice		10p/10g	
Basil		20p/10g	
Bay Leaves		30p/10g	
Caraway Seeds		22p/10g	
Cardamom (Ground)		72p/10g	
Cardamom (Whole)		37p/10g	
Cayenne Pepper		14p/10g	
Celery Salt		10p/10g	
Chilli Powder		20p/10g	
Chilli Flakes		15p/10g	
Chinese Spice		28p/10g	
Chives		27p/10g	
Cinnamon (Ground)		15p/10g	
Cinnamon (Quills)		65p/10g	
Cloves (Whole)		30p/10g	
Coriander (Ground)		15p/10g	
Coriander Seeds		25p/10g	
Cumin (Ground)		16p/10g	
Cumin Seeds		22p/10g	
Curry Leaves		48p/10g	
Madras Curry Powder		12p/10g	
Dill Seeds		14p/10g	

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Fennel Seeds		25p/10g	
Fenugreek		10p/10g	
Garam Masala		23p/10g	
Garlic Powder		14p/10g	
Garlic Salt		20p/10g	
Ginger (Ground)		16p/10g	
Juniper Berries		20p/10g	
Lemongrass		19p/10g	
Lime Leaves (Suma) 4g		£1.25	
Marjoram		40p/10g	
Mint		30p/10g	
Mixed Herbs		25p/10g	
Mixed Spice		90p/10g	
Mustard Powder		10p/10g	
Mustard Seeds (Black)		10p/10g	
Nigella Seeds		20p/10g	
Nutmeg (Ground)		36p/10g	
Nutmeg (Whole)		27p/10g	
Greek Wild Raw Oregano 50g		£3.90	
Onion Powder		20p/10g	
Oregano		16p/10g	
Paprika (Spanish)		13p/10g	
Paprika (Smoked)		14p/10g	
Parsley		25p/10g	
Peppercorns (Black)		15p/10g	
Peppercorns (White)		24p/10g	
Pepper (Black, Ground)		23p/10g	
Pepper (White, Ground)		22p/10g	
Poppy Seeds - Blue		9p/10g	
Ras El Hanout 42g		£2.25	
Rosemary		19p/10g	
Sage		19p/10g	
Star Anise		20p/10g	
Sumac		24p/10g	
Tarragon		30p/10g	
Thyme		15p/10g	
Turmeric (Ground)		13p/10g	
Za'atar 38g		£2.25	
Zaytonn Za'atar Zesty Thyme Herb Mix 80g	VG	£3.95	

HAIR & BODY CARE REFILLS

HAIR CONDITIONERS

ALTER/NATIVE

Clear & Simple	CF, VG	65p/100ml	
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MINIML

Pink Grapefruit & Aloe Vera	CF, VG	65p/100ml	
Tea Tree & Mint	CF, VG	65p/100ml	

HAIR SHAMPOOS

ALTER/NATIVE

Clear and Simple	CF, VG	65p/100ml	
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MINIML

Pink Grapefruit & Aloe	CF	65p/100ml	
Tea Tree & Mint	CF	65p/100ml	

BODYWASH & HANDSOAP

ECOLEAF - Handsoap			
Grapefruit Twist	CF, VG	40p/100ml	
MINIML - Bodywash + Bubble Bath			
Pink Grapefruit & Aloe Vera	CF, VG	65p/100ml	
Tea Tree & Mint	CF, VG	65p/100ml	

CLEANING - REFILLS

Ecoleaf Washing Up Liquid		30p/100ml	
Ecoleaf Washing Powder		39p/100g	
Miniml Laundry Liquid - Fresh Linen		40p/100ml	
Ecoleaf Fabric Conditioner		22p/100ml	
Miniml Anti-bac Surface Cleaner - French Lavender		27p/100ml	
Ecoleaf Toilet Cleaner - Citrus		25p/100ml	
Bicarbonate of Soda (Lähde)		40p/100g	
Distilled Vinegar		30p/100ml	
Dishwasher Rinse Aid		15p/100ml	
Percarbonate of Soda 1Kg		£7.25	

DENTAL CARE

ENVIRONMENTAL

Bamboo Toothbrush – Soft or Medium		£3.15	
Bamboo Toothbrush – Child		£2.95	

GEORGANICS

Natural Toothpaste – Activated Charcoal 120ml		£8.90	
Natural Toothpaste – Pure 120ml		£8.90	

BEN & ANNA

Natural Toothpaste - White 100ml	VG	£8.95	
Natural Toothpaste - Sensitive 100ml	VG	£8.95	

HUMBLE & CO

Bamboo Interdental Brush 0.6mm (Blue)		£4.15	
Bamboo Interdental Brush 0.4mm (Pink)		£4.15	

TRUTHPASTE

Peppermint & Wintergreen - 100ml		£8.99	
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TOILET PAPER

WHO GIVES A CRAP

Single Roll – 100% Recycled		£0.95	
Single Roll – Premium Bamboo		£1.20	

ECOLEAF

4-Pack		£3.39	
9-Pack		£7.35	

SOAP (Palm Oil, SLS, Parabens Free)

ALTER/NATIVE (Handmade - Boxed)

Coffee & Cedar Wood 95g	VG	£2.65	
Coconut & Argon Oil 95g	VG	£2.65	

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Hemp & Jasmine Musk 95g	VG	£2.65	
Lavender & Geranium 95g	VG	£2.65	
Lavender & Vetiver 95g	VG	£2.65	
Patchouli & Sandalwood 95g	VG	£2.65	
Pink Grapefruit 95g	VG	£2.65	
Rose & Geranium 95g	VG	£2.65	
Tea Tree & Aloe Vera 95g	VG	£2.65	
Yellow Mandarin & Tonka Bean 95g	VG	£2.65	
ALTER/NATIVE (Handmade - Round Glycerine)			
Lavender and Vetiver 90g	VG	£1.85	
Rose and Geranium 90g	VG	£1.85	
White Lavender 90g	VG	£1.85	
Yellow Mandarin and Tonka Bean 90g	VG	£1.85	
ALTER/NATIVE (Handmade - Rectangular)			
Lavender and Geranium 90g	VG	£2.79	
Coconut and Argan Oil 90g	VG	£2.79	
Coffee and Cedar Wood 90g	VG	£2.79	
Hemp and Jasmine Musk 90g	VG	£2.79	
Lavender and Geranium 90g	VG	£2.79	
Patchouli and Sandalwood 90g	VG	£2.79	
Pink Grapefruit 90g	VG	£2.79	
Rose and Geranium 90g	VG	£2.79	
Tea Tree and Aloe Vera 90g	VG	£2.79	
FAITH IN NATURE			
Aloe Vera Soap Bar 100g		£2.28	
Coconut Soap Bar 100g		£2.28	
Fragrance Free Soap Bar 100g		£2.28	
Grapefruit Soap Bar 100g		£2.28	
Hemp Soap Bar 100g		£2.28	
Lavender Soap Bar 100g		£2.28	
Orange Soap Bar 100g		£2.28	
Rosemary Soap Bar 100g		£2.28	
Tea Tree Soap Bar 100g		£2.28	
FACE & BODYCARE			
LOOFCO			
Body Loofah		£3.29	
Bath Time Loofah - Heart Shaped		£3.59	
EARTH CONSCIOUS (Deoderant)			
Pure Unscented 60g	VG	£6.99	
Grapefruit & Lemon 60g	VG	£6.99	
Jasmine & Rose 60g	VG	£6.99	
Lavender & Tea Tree 60g	VG	£6.99	
Peppermint & Spearmint 60g	VG	£6.99	
PUREMESS			
Deodorants 70ml - Various Essential Oil Fragrances	VG	£9.00	
Hand Cream 100ml - Lemongrass / Rosewood		£8.50	
Body Scrub 200ml - Grapefruit		£11.00	
Lip Balms 15ml - Geranium / Lemon / Orange		£4.50	
Body Custard 200ml - Lemongrass		£18.00	

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Rejuvenating Face Cream 50ml	£17.50	
Oat & Mandarin Cleanser 150ml	£10.50	
Sleep Balm 50ml	£9.60	
Konjac Sponges (Natural Face Sponge)	£5.00	
Balancing Skin Toner 150ml	£9.00	

FEMININE CARE

MOONCUP

Menstrual Cup – Size A	£22.40	
Menstrual Cup – Size B	£22.40	

NATRACARE

Organic Cotton Ultra Pads – Super (12)	£2.95	
Organic Cotton Ultra Pads – Long (10)	£2.65	
Organic Cotton Panty Liners – Curved (30)	£1.89	
Organic Cotton Panty Liners – Long (16)	£1.89	
Super Non-Applicator Organic Cotton Tampons (20)	£2.85	
Super Non-Applicator Organic Cotton Tampons – Super (20)	£3.15	
Super Applicator Organic Cotton Tampons – Super (16)	£3.15	

OTHER

Shade All-Natural Sunscreen SPF25 100ml	ORG	£9.75	
Absolutink Susie Sue Soap Saver		£2.90	

CONTAINERS

Milk Bottle - 500ml / 1 Pint	Screwtop	£1.65	
Milk Bottle - 1 Litre / 2 Pint	Screwtop	£1.80	
Herb Jar	Clip Top	£1.25	
Herb Jar (Hexagonal)		£0.60	
Kilner Jar - 500ml	Clip Top	£3.25	
Kilner Jar - 750ml	Clip Top	£3.55	
Kilner Jar - 1L	Clip Top	£3.50	
Kilner Jar - 2L	Clip Top	£5.99	
Kilner Jar - 3L	Clip Top	£8.99	
Miniml Glass Bottle		£1.20	
Miniml Plastic Bathroom		£1.00	

HOUSEHOLD

IF YOU CARE

Food Waste Bags	£5.15	
Parchment Baking Sheets	£4.35	
Large Baking Cups x60	£1.65	
Extra Strong Aluminium Foil	£4.57	
Parchment Baking Paper	£4.35	
Paper Snack & Sandwich Bags 48 Pack	£4.15	
Sub/Mini Baguette Sandwich Bags	£4.57	
Tall Kitchen Bags x12	£5.30	
Recycled Aluminum Foil, 12m	£3.19	
Ecoleaf Cling Film (Home Compostable), 30m	£3.99	
Nature Fresh Cling Film, 250m	£25.00	

CANDLES

GREEN LAURELS

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Afternoon Tea	£12.00	
Aloe + Cucumber	£12.00	
Baked Cookie	£12.00	
Chocolate	£12.00	
Fresh Linen	£12.00	
Lemon Sherbert	£12.00	
Rhubarb Custard	£12.00	
Sweet Pea	£12.00	
Unicorn Sparkle	£12.00	
OTHER		
Tea Light - single	£0.24	
Tea Light - box of 24	£5.65	
CLOTHING		
BAM		
Bamboo Socks Striped 4-7	£4.50	
Bamboo Socks Striped 8-11	£4.50	
Bamboo Socks Black 4-7	£4.25	
Bamboo Socks Black 8-11	£4.25	
FOOD BAGS & BIN LINERS		
d2w Drawtape Swing Bin Liners x15	£2.15	
d2w Drawtape Refuse Bags x20	£2.49	
d2w Freezer Bags x100	£1.49	
d2w Pedal Bin Liners x30	£2.25	
TABLEWARE		
Bamboo Dinner Set (Bee)	£11.95	
Bamboo Dinner Set (Cow)	£11.95	
Bamboo Dinner Set (Fox)	£11.95	
Bamboo Dinner Set (Unicorn)	£11.95	
Silent Pool Copa Gin Glass	£10.50	
Silent Pool Tumbler	£10.50	
William Morris Bamboo Cup - Small	£11.95	
William Morris Bamboo Cup - Large	£12.95	
Cane Straws, 10 Pack (The Cane Straw Company)	£2.50	
WASHING UP & CLEANING		
LoofCo Root Vegetable Scrubber	£2.80	
LoofCo Washing-up Scraper	£2.95	
LoofCo Washing-up Pad - One Pad	£2.85	
LoofCo Washing-up Pad - Two Pads	£4.99	
Loofco Washing-up Brush without Handle	£2.55	
Loofco Washing-up Brush with Handle	£3.55	
Loofco Bottle Brush with Rubberwood Handle	£3.79	
Maistic All Purpose Cloth - 5 Pack	£2.45	
Ecoleaf Kitchen Jumbo Roll	£3.19	
Ecoleaf Kitchen Roll Twin Pack	£2.79	
Who Gives A Crap Kitchen Roll	£2.00	
EcoLeaf DishWasher Tablets, 25 tablets	£5.69	
EcoLeaf DishWasher Tablets, 70 tablets	£14.15	
PET CARE		
Denzel's Pumpkin Dog Treats 15 x 50g	£2.00	
Compostable Dog Poo Bags x60 (Fetch It)	£5.49	

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Mini Compostable Poo Bags x80 (Fetch It)	£5.49	
Tie Handle Compostable Poo Bags x120 (Fetch It)	£10.49	

FIRE RELATED PRODUCTS

British Barbecue Charcoal Small Bag 3kg	£6.00	
British Barbecue Charcoal Large Bag 5kg	£9.00	
Coffee Logs 8kg	£7.40	
If You Care Firelighters x28	£2.59	
If You Care Firelighters x72	£5.15	

OTHER

Kite Paper Packing Tape - 25mm	£2.00	
Kite Paper Packaging Tape - 50mm	£2.25	
Short Handle Turtle Bag	£5.99	

THE BEE BAY

Beeswax Bar	£2.00	
Beeswax Wrap Kit	£14.50	
Chopping Board Conditioner	£7.00	
Furniture Polish	£5.20	
Beeswax Leather Conditioner	£6.50	
Beeswax Shoe Polish - Black	£4.50	
Beeswax Shoe Polish - Brown	£4.50	
Beeswax Shoe Polish - Natural	£4.50	
Homemade Nesting House	£15.00	
Bee/Insect Hotel	£25.00	

SOFT DRINKS

BELVOIR

Sparkling Elderflower 250ml	£2.50	
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CAWSTON PRESS

Elderflower Lemonade 750ml	£3.99	
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FENTIMANS

Cherry Cola 275ml	£2.05	
Curiosity Cola 275ml	£1.65	
Dandelion & Burdock 275ml	£1.95	
Ginger Beer 250ml (can)	£1.79	
Victorian Lemonade 275ml	£1.95	
Mandarin & Seville Orange Jigger 275ml	£1.95	
Botanically Brewed Light Tonic 500ml	£2.79	

FRANKLIN & SONS

1886 Cola 275ml	£1.49	
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GUSTO

Naturally Slim Cola 275ml	VG	£1.95	
Original Energy 275ml	VG	£1.95	

LUSCOMBE

St Clements 270ml	£1.95	
Wild Elderflower 270ml	£1.95	

KARMA

Ginger Kombucha 500ml	£3.65	
Mango Kombucha 500ml	£3.65	
Pomegranite Kombucha 500ml	£3.65	

Raspberry Kombucha 500ml	£3.65	
SUNITA		
Orange Juice 1L	£5.50	

ALCOHOL (Strictly Over 18s only)

GIN		
Silent Pool Gin 70cl	£38.00	

BEER		
CRAFTY BREWING		
Arctic Fox - Pilsner 500ml	GF	£2.45
Blind Side - Deep Amber Ale 500ml		£2.45
Crafty One - Pale Ale 500ml		£2.45
Hot Tipple - IPA 500ml		£2.45
Laughing Wolf - APA 500ml		£2.45

FIREBIRD		
Bohemia - Lager 330ml	GF, VG	£2.35
Festive 51 - Strong Ale 500ml	GF, VG	£2.85
Heritage - Ale 500ml	GF, VG	£2.70
Pacific Gem - Single Hop Pale Ale 500ml	GF, VG	£2.70

CIDER		
GARDEN CIDER CO.		
Original Cider 500ml		£2.40
Dry Hopped Cider 500ml		£2.55
Berry & Cherry Cider 500ml		£2.55
Elderflower Cider 500ml		£2.55
Plum & Ginger 500ml		£2.55
Raspberry & Rhubarb Cider 500ml		£2.55

WINE		
BELLE & CO		
Alcohol-Free Sparkling Wine		£5.75
BOLNEY		
Lychgate Bacchus White 2019		£20.00
Lychgate Red 2018		£20.00
DENBIES		
Flint Valley Wine (White)		£11.50
Surrey Gold Wine (White)		£11.50
Rosehill Wine (Rose)		£11.50
Whitedown (Sparkling)		£21.95

Prices correct as at 6 November 2023. E&O.