

THE BEE BAY

The Bee Connection	Price	Qty.
Bee Heart Candle	£1.95	
Beeswax Bar	£1.95	
Beeswax Furniture Polish	£5.20	
Beeswax Furniture Polish with Lavender	£5.20	
Beeswax Furniture Polish with Lavender	£5.20	
Hexagonal Bee Candle	£1.95	
Rosebud Candle	£3.90	
Skep Candle	£3.90	
Tall Standing Candle	£3.25	
Tea Cup Candle	£6.50	
Tree Candle	£2.60	
Votive Candle	£3.90	
Leather Conditioner	£6.50	
Wooden Chopping Board Conditioner	£7.00	

There is not enough room to list all the brands next to each item, so we have listed them here for you to know what brands we stock:

Coconut Merchant	Who Gives A Crap	Cooks and Co.
Cooks & Co	Humble	Carley's
Essential Trading	Patch	Atkins & Potts
Geo Organics	Loofco	Clearspring
Harry Brand	Fill Co.	So Free
Hodmedod's	Maistic	Ecoleaf
Marigold	One Green Bottle	Heavenly Organics
Meridian	Ornami	Al'Fez
Patak's	Postera	Anila's Authentic Sauces
Suma	Stasher	Earth Conscious
Nelly's F	The Beeswax Wrap. Co.	Truthpaste
Mr Organic	Infinity	Sting In The Tail
Veggies	Marriage's	Suzie Sue's
Biona	Tate & Lyle	The Environmental Toothbrush
Doves	Billington's	Beebom
Silver Spoon	La Conserve Della Nonna	Heaven Scent
Loving Foods	Aspall	Two Brooks Bees
Bookham & Harrisons	Philotimo	Longhurst Lodge Preserves
Natracare	BAM	Ecoffee
Georganics	D2W	
Mooncup		

CRISPS

Two Farmers (Plastic free)	Price	Qty.
Lightly Salted Crisps	£1.09	
Salt & Cider Vinegar Crisps	£1.09	
Hereford Hop Cheese & Onion Crisps	£1.09	
Hereford Bullshot Crisps	£1.09	

FOR EARTH'S SAKE

Shopping List

How does it work?

- Choose the goods you want on the list
- Indicate the quantity needed per unit
- If using your own containers clearly indicate what goods and how much you want each filled with
- Unless containers are provided dried goods will be put in paper bags

Quantities (Average weighing)

Liquids:

Small unit = 250ml approx

Medium unit = 500ml approx

Large unit = 750ml approx

Dry goods:

Small unit = 125g approx

Medium unit = 250g approx

Large unit = 500g approx

Herbs & spices unit = 10 g approx

Specifics:

ORG = Certified organic

VG = Vegan

GF = Gluten free

LS = Low sugar

CF = Cruelty free

Do you need to purchase a refill JAR or BOTTLE?

Herb Jar	£0.50	
500ml Milk Bottle	£0.85	
750ml Milk Bottle	£0.99	
Vinegar Bottle	£1.80	
500ml Swing Top Bottle	£2.10	
1 Litre Swing Top Bottle	£2.65	
Olive Oil Bottle	£3.95	
Kilner Style Jar 1/2 Litre	£3.25	
Kilner Style Jar 1 Litre	£3.50	
Kilner Style Jar 2 Litre	£5.99	
Kilner Style Jar 3 Litre	£8.99	

Open Monday to Saturday
9:30am to 5:30pm

info@forearthssake.co.uk
www.forearthssake.co.uk



Tel : 01483 497268

www.forearthssake.co.uk

Place an order & organise
pick up or delivery

For Earth's Sake sells organic fresh fruits and veg, grown in this country, tinned and canned food, chilled items like cheeses and spreads, everyday household items, and in our wall of dispensers we have dried foods, including pasta, rice, grains and cereals. The ethos of the shop is to reduce plastic waste as much as possible, reduce travel miles by buying from local suppliers, and give shoppers the opportunity to make ethical and environmentally-friendly choices. The provenance of all our goods can be traced.



#forearthssake
#zerowastehome
#nosingleuseplastic
#eco-friendly
#refillnotlandfill



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REFILLS All the highlighted items can be refilled



Baking	Price/100gr	Qty.
Baking Powder	56p	
Bicarbonate Of Soda	39p	
Hemp Mix	£1.20	

Beans & pulses		
Black Beans	ORG	£0.26
Butter Beans	ORG	£0.45
Chickpeas	ORG	£0.36
Green Split Peas	ORG	£0.25
Lentils (Brown)	ORG	£0.32
Lentils (Green)	ORG	£0.41
Lentils (Red Split)	ORG	£0.21
Mung Beans	ORG	£0.37
Pinto Beans	ORG	£0.32
Red Kidney Beans	ORG	£0.38
Soya Beans	ORG	£0.34

Cereals		
Bran Flakes	ORG, VG	£0.53
Choc Flakes	VG	£0.59
Corn Flakes		£0.37
Crunchy Apricot Muesli		£0.33
Oat Crisp Granola		£0.28
Honey Loops		£0.79
Jumbo Oats	VG	£0.37
Muesli Base	VG	£0.15
Porridge Oats	VG	£0.13
Toasted Wheat Flakes	ORG, VG	£0.27

Coffee		
(Horsham Coffee Roaster)		
Rwanda Liza Beans		£1.55
Colombia Decaf Beans		£1.50

(Surrey Hills Coffee)		
Cottage Blend Beans		£2.40
Holmbury Hill Beans		£2.20

Chocolate & Snacks		
Cacao Nibs	ORG	£1.25
Chili Rice Crackers		£0.99
Chocolate Caramel Buttons		£0.89
Chocolate Thins "Mint Crunch"		49p/10g
Chocolate Thins "Peanut Butter"		49p/10g
Chocolate Thins "Rocky Road"		49p/10g
Chocolate Thins "Rum & Raisin"		49p/10g
Chocolate Thins "Unicorn"		49p/10g
Dark Chocolate Buttons		£0.89
Dark Chocolate Shavings		£0.89
Milk Chocolate Buttons		£0.79
Milk Chocolate Shavings		£0.89
Roasted Salted Chickpeas		£0.99
Wasabi Coated Peanuts		£0.99
White Chocolate Buttons		£0.79
Yoghurt Coated Honeycomb		£1.25
Yoghurt Coated Raisins		£1.25

Dried Fruit		
Apricots	ORG	£1.00
Banana Chips	ORG	£0.52
Dates (Chopped)	ORG	£0.80
Cranberries in Apple Juice	ORG	£1.75
Dessicated Coconut	ORG	£0.39
Figs	ORG	£0.80
Mango Strips	ORG	£1.90
Dates (Pitted)	ORG	£0.52
Prunes (Pitted)		£0.35
Raisins	ORG	£0.45
Sultanas	ORG	£0.45
Sour Cherries	ORG	£1.54

WORLD FOODS

	Price	Qty.
Ras El Hanout Rub (42g)	£2.25	
Za'atar (38g)	£2.25	
Fruity Mild Curry Sauce	£4.50	
Goan Green Curry Sauce	£4.50	
Lemon Pickle	£4.25	
Spicy Korma Curry Sauce	£4.50	
Sweet Lime Pickle	£4.25	
Sweet Mango Chutney	£4.25	
Tamarind & Date Chutney	£4.25	
Chilli Pasta Sauce	£4.50	
Spicy Mild Curry Sauce	£4.50	
Coconut Cream (400ml)	ORG £1.95	
Coconut Milk Light (400ml)	ORG £5.20	
Cornichons (Sweet & Sour)	ORG £1.95	
Sauerkraut (360g)	ORG £3.90	
Plain Tofu (500g, glass jar)	ORG £3.90	
Brown Rice Miso Paste (300g)	ORG £3.25	
Coconut Oil (1L)	£6.50	
Roasted Red Peppers (460g)	£2.99	
Mango Chunks In Juice (400g)	ORG £2.29	
Tropical Chunks (400g)	ORG £2.29	
Bombay Potatoes (400g)	ORG £2.05	
Chick Pea & Lentil Dahl (400g)	ORG £1.99	
Korma Curry Paste (180g)	ORG £2.19	
Mango Chutney (300g)	ORG £2.85	
Moroccan Chickpea Tagine (400g)	ORG £1.70	
Rendang Curry Paste (180g)	ORG £2.75	
Satay Curry Paste (180g)	ORG £2.75	
Tadka Dahl (400g)	ORG £1.99	

	Price	Qty.
Rogan Josh Spice Paste (283g)	£2.05	
Tikka Masala Curry Paste (283g)	£2.59	
Vindaloo Curry Paste (283g)	£2.05	
Organic Sweet & Sour Sauce (350g)	£2.99	
Coconut Milk (400ml) ORG	£1.95	
Jack Fruit Chunks (400g)	£2.69	
Coconut Oil (320g)	£3.45	
Green Curry Paste (114g)	£1.89	
Red Curry Paste (114g)	£1.89	
Tamarind Paste (114g)	£1.69	
Maple Syrup (250ml) ORG	£4.68	
Artichoke Hearts (390g)	£2.70	
Hearts Of Palm (390g)	£1.85	
Tadka Dahl (400g)	ORG £1.99	
Thai Green Curry Paste (180g)	ORG £2.55	
Thai Red Curry Paste (180g)	ORG £2.55	
Thai Yellow Paste (180g)	ORG £2.55	
Harissa Chilli Sauce	£3.40	
Vaal Dahl	ORG £1.65	
Braised Tofu (225g)	£2.49	
Date Syrup (330g)	£2.55	
Korma Sauce (350g)	£2.49	
Peanut Satay Cooking Sauce (350g)	£2.49	
Thai Peanut Cooking Sauce (350g)	£2.49	
Tikka Masala Sauce (350g)	£2.49	
Madras Curry Paste (283g)	£2.05	

13 Other toiletries

	Price	Qty.		Price	Qty.
100% Recycled Toilet Paper (1 roll)	£0.75		Peppermint & Wintergreen (120g)	£7.99	
Premium Loo Roll	£0.99		Peppermint & Wintergreen (40g)	£3.90	
Applicator Tampons (16 pcs)	£3.15		Rugby Soap on a Rope	£7.95	
Bamboo Cotton Swabs (100) (Blue)	£1.99		Scrubbies (3 pack)	£3.30	
Bamboo Cotton Swabs (100) (Pink)	£1.99		Scrubbies (5 pack)	£4.95	
Bamboo Cotton Swabs (100) (White)	£1.99		Soap Saver	£2.50	
Bamboo Plasters (25 pcs)	£6.99		Tampons (Organic) (20pcs)	£2.85	
Bath-time Loofah	£3.00		The Environmental Toothbrush (Kids)	£2.95	
Body Loofah	£2.75		The Environmental Toothbrush (Medium)	£2.95	
Deodorant Stick (Grapefruit)	£6.99		The Environmental Toothbrush (Small)	£2.95	
Deodorant Stick (Jasmine)	£6.99		Toilet Rolls (4 Pack)	£2.15	
Deodorant Stick (Lavender)	£6.99		Toilet Rolls (9 Pack)	£4.75	
Deodorant Stick (Lemon)	£6.99		Toothpaste (120ml) (Activated Char-coal)	£8.90	
Deodorant Stick (Peppermint)	£6.99		Toothpaste (120ml) (Pure)	£8.90	
Deodorant Stick (Pure)	£6.99		Ultra Pad - Long with Wings (12 pcs)	£2.49	
Forest Friendly Tissues (1 box)	£1.19				
Glycerine Soap Bar (White Lavender)	£1.49				
Interdental Brushes	£4.15				
Lip Balm (Lemon & Lime)	£3.99				
Lip Balm (Mint)	£3.99				
Lip Balm (Orange & Grapefruit)	£3.99				
Long Cotton Pads with Wings (10pcs)	£2.29				
Mooncup (Size A)	£20.99				
Mooncup (Size B)	£20.99				
Mouthwash Tablets (180 tabs) (Spearmint)	£8.90				
Natural Baby Balm (Tin, 60g)	£6.99				
Panty Liners (30 pcs)	£1.79				

TOMATO PRODUCTS

Tomato Puree (200g)	ORG	£1.75	
Cherry Tomatoes (400g)	ORG	£1.35	
Chopped Tomatoes (400g)	ORG	£0.99	
Chopped Tomatoes with Basil (400g)	ORG	£1.09	
Chopped Tomatoes with Chilli (400g)	ORG	£1.09	
Passata (690g)	ORG	£1.75	
Peeled Plum Tomatoes (400g)	ORG	£1.05	
Sundried Tomatoes (295g)		£2.75	
Tomato Puree (200g)	ORG	£1.45	

Grains

	Price/100gr	Qty.
Aborio Rice	ORG £0.36	
Basmati Rice (White)	ORG £0.36	
Basmati Rice (Brown)	ORG £0.31	
British White Quinoa	ORG £0.55	
Brown Rice (Long Grain)	ORG £0.25	
Bulgur Wheat (Coarse)	ORG £0.27	
Couscous (White)	ORG £0.27	
Couscous (Wholewheat)	ORG £0.25	
Giant Couscous	ORG £0.45	
Millet	ORG £0.25	
Pearl Barley	ORG £0.18	
Popcorn Kernels	ORG £0.29	
Short Grain Brown Rice	ORG £0.25	
Wild Rice	ORG £0.48	
Polenta	ORG £0.19	

Milk

Semi Skimmed Milk (<i>Trewithen</i>)	ORG	50p/Pint	
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Nuts

Almonds	ORG	£1.50	
Almonds (Flaked)	ORG	£1.66	
Almonds (Ground)	ORG	£1.51	
Brazil Nuts	ORG	£1.45	
Cashews	ORG	£2.25	
Hazelnuts	ORG	£1.25	
Peanuts	ORG	£0.48	
Pecan Pieces	ORG	£3.10	
Pistachio Kernels	ORG	£4.30	
Walnut Halves	ORG	£1.45	

Oils, Vinegars & Soy Sauces

Apple Cider Vinegar	ORG	32p	
Apple Cider Vinegar -The Mother	ORG	29p	
Balsamic Vinegar	ORG	90p	
Olive Oil (Extra Virgin) <i>Philotomo</i>		95p	
Rapeseed Oil (Extra Virgin)		55p	

Red Wine Vinegar		Price/100gr	Qty. 2
Soy Sauce -Shoyu	ORG, VG	40p	
Soy Sauce -Tamari	GF, VG	99p	
Sunflower Oil	ORG	79p	
White Wine Vinegar		35p	
		40p	

Pasta

Fusilli (Tricolore)	ORG	£0.33	
Fusilli (White)	ORG	£0.25	
Fusilli (Wholewheat)	ORG	£0.25	
Fusilli	GF	£0.55	
Penne	GF	£0.55	
Gomitini (Wholewheat)	ORG	£0.25	
Lasagne Sheets (White)	ORG	£0.40	
Orzo	ORG	£0.35	
Pennette (White)	ORG	£0.25	
Spaghetti (Wholewheat)	ORG	£0.25	
Spaghetti (White)	ORG	£0.25	

Salts

Sea Salt - Coarse		Price/10gr	
Sea Salt -Refined		£0.10	
Greek Sea Salt		£0.10	
Himalayan Salt		£0.25	
Smoked Sea Salt		£0.25	
Smoked Paprika Salt		£0.25	
Garlic Salt		£0.20	
Celery Salt		£0.10	

Seeds

		Price/100gr	
Black Mustard Seeds		£1.00	
Blue Poppy Seeds		£0.85	
Chia Seeds	ORG	£0.69	
Linseed (Brown)	ORG	£0.30	
Linseed (Gold)	ORG	£0.32	
Omega Four Seed Mix	ORG	£0.50	
Pine Nuts	ORG	£4.69	
Pumpkin Seeds	ORG	£0.55	
Sesame Seeds	ORG	£0.69	
Whole Hemp Seeds	ORG	£0.40	
Sunflower Seeds	ORG	£0.50	

3 REFILLS

All the highlighted items can be refilled

Herbs & Spices		Price/10gr	Qty.
Basil		22p	
Bay Leaves		10p	
Caraway Seeds		22p	
Cayenne Pepper		14p	
Celery Salt		10p	
Chilli Powder		20p	
Chilli Flakes		15p	
Cinnamon (Ground)		15p	
Chinese Spice		28p	
Cloves (whole)		30p	
Coriander (Ground)		15p	
Coriander Seeds		25p	
Cumin (Ground)		16p	
Cumin (Seeds)		22p	
Curry Powder (Madras)		12p	
Dill Seeds		14p	
Fennel Seeds		25p	
Garam Masala		23p	
Garlic Powder		14p	
Ginger (Ground)		16p	
Lemongrass		19p	
Mixed Herbs		25p	
Nutmeg (Ground)		36p	
Nutmeg (Whole)		27p	
Oregano		16p	
Paprika		13p	
Paprika (Smoked)		14p	
Parsley		25p	
Peppercorns (Black)		15p	
Peppercorns (White)		24p	
Pepper (white ground)		22p	
Rosemary		19p	
Sage		19p	
Star Anise		20p	
Tarragon		30p	
Thyme		15p	
Turmeric (Ground)		13p	

Sugar		Price/100gr	Qty.
Caster Sugar		£0.13	
Coconut Palm Sugar		£0.59	
Demerara Sugar		£0.19	
Golden Caster Sugar		£0.21	
Granulated Sugar		£0.10	
Light Muscovado Sugar		£0.29	

Teas			
(Taylors)	(Loose leaf tea)		
Earl Grey		£1.55	
English Breakfast		£1.50	
Green Tea		£1.25	
Taylors Lapsang Souchong		£2.10	
Yorkshire Tea		£1.10	
Ringtons English Breakfast (Loose		£1.50	



CHILLER

Dairy			
Fresh Southdown butter		£1.10	
Sussex Charmer (Cheddar) (Bookham & Harrison Farm)		£1.50	
Feta cheese		£1.20	

(High Weald award winning cheeses)

Sussex Saint-Giles	£2.24	
Seven sisters (Sheep)	£3.35	
Sussex marble (herb & garlic)	£2.40	
Brighton Blue	£2.48	
Sister Sarah (goat)	£2.90	

TINNED (Continued) - Greek		Price	Qty.
Philotimo			
"Agoureleo" Early Harvest Olive Oil (250ml)		£6.90	
Almond Stuffed Green Olives (300g)		£3.90	
Extra Virgin Olive Oil (250ml)		£5.90	
Extra Virgin Olive Oil (750ml)		£10.50	
Extra Virgin Olive Oil + Gift Box(500ml)		£11.50	
Garlic Stuffed Green Olives (300g)		£3.80	
Jalapeno Stuffed Green Olives (300g)		£3.80	
Kalamata Giant Olives (Pitted, 300g)		£3.90	
Kalamata Olives (Pitted, 300g)	ORG	£4.20	
Kalamata Olives (Stoned, 300g)		£4.20	
Red Pepper Stuffed Green Olives (300g)		£3.80	
Tomato & Oregano Rusks		85p/100g	
Wild Handpicked Oregano (50g)		£3.25	

Salt Odyssey (Refills available)

Sea Salt Mill	£4.00	
Smoked Paprika Salt Mill	£4.00	
Smoked Sea Salt Mill	£4.00	
Himalayan Salt Mill	£4.00	

Other Greek

Black Truffle Slices (110g)	£19.00	
Black Truffle Slices (40g)	£10.50	
Extra Virgin Black Truffle Infused Oil (250ml)	£14.50	
Extra Virgin White Truffle Infused Oil (250ml)	£14.50	
Greek Dijon Mustard (210g)	£3.80	
Greek Mustard (210g)	£3.80	
Mediterranean Mustard (210g)	£3.90	
Mushroom & Truffle Sauce (470g)	£35.00	
Santorini Caper Leaves (150g)	£5.45	

	Price	Qty.
Santorini Capers (150g)	£5.45	
Smoked Paprika Mayo (210g)	£3.60	
Terra Creta Balsamic Vinegar (250ml)	£6.50	



Soaps		VG, CF	
(Faith)		100g bars	
Aloe Vera		£1.89	
Coconut		£1.89	
Fragrance Free		£1.89	
Grapefruit		£1.89	
Hemp		£1.89	
Lavender		£1.89	
Orange		£1.89	
Rosemary		£1.89	
Tea Tree		£1.89	

(Friendly)

95g bars

Cleansing Bar (Cocoa Butter)	£2.65	
Cleansing Bar (Shea Butter)	£2.65	
Shampoo Bar (Lavender & Geranium)	£2.65	
Shampoo Bar (Lavender & Tea Tree)	£2.65	
Shaving Soap (Orange & Lavender)	£2.65	
Travel Soap (Hair, Body & Laundry)	£2.65	

11 Meals & Soups

<i>Amy's Kitchen</i>	(ORG)	Price	Qty.		Price	Qty.
Chilli Beans (Medium)	GF, VG	£2.65		Spicy Lentil Soup	ORG, VG	£1.55
Chilli Beans (Spicy)	GF, VG	£2.65		Tomato Soup	ORG, VG	£1.55
Chunky Tomato	GF	£1.99		Tuscan Bean Soup	ORG, VG	£1.55
Hearty French Country Vegetable	GF, VG	£1.99		Vegan Meatballs in Bolognese Sauce		£1.95
Hearty Quinoa, Kale & Red Lentil	GF, VG	£2.45		Vegan Sausages & Baked Beans		£1.79
Hearty Rustic Italian Vegetable	GF, VG	£1.99				
Lentil Soup	GF, VG	£1.99		Fish		
Lentil Vegetable Soup	GF, VG	£1.95		<i>Fish 4 Ever</i>		
Split Pea Soup	GF, VG	£1.59		Mackerel in Spicy Tomato Sauce		£2.95
Vegetable Barley Soup	VG	£1.95		Santa Cartarina Tuna Fillets in Med. Sauce		£3.79
<i>Free & Easy</i>	(ORG, GF, VG)			Santa Catarina Tuna Fillets Azorean Pepper		£3.79
Butternut Squash and Ginger Soup		£1.65		Santa Catarina Tuna Fillets Oil Orega-		£3.79
Bean Cassoulet		£2.25		Sardines In Tomato Sauce		£2.95
Broccoli & Kale Soup		£1.65		Skipjack Tuna Chunks in Spring Water		£2.15
Butternut Squash & Ginger Soup		£1.65		Skipjack Tuna Chunks in Brine		£2.15
Chickpea & Bean Tagine		£2.25		Wild Pacific Pink Salmon in Brine		£4.25
Lentil & Red Pepper Soup		£1.65				
Middle Eastern Chickpea Tagine		£2.35		Greek		
Chickpea & Veg Curry		£2.25		<i>Filyra</i>	(200g)	
Three Bean Chilli		£2.25		Beetroot salad	VG	£3.80
Pea & Mint Soup		£1.65		Giant Beans in Tomato Sauce	VG	£3.80
Tomato Soup		£1.65		Grilled Mushrooms	VG	£4.20
Vegetable Balti		£2.25		Mediterranean Sauce	VG	£3.90
Vegetable Hot Pot		£2.25		Stuffed Vine Leaves	VG	£4.50
<i>Suma (VG)</i>				<i>Kandy's</i>		
Carrot & Coriander Soup	ORG, VG	£1.55		Tahini with Chocolate (300g)		£6.50
Italian Tomato & Basil Soup	ORG, VG	£1.55		Tahini with Cocoa (300g)		£6.50
Minestrone Soup	ORG, VG	£1.55		Tahini with Hazelnut (300g)		£6.50
Pea Soup	ORG, VG	£1.55		Tahini with Honey & Cocoa (300g)		£6.80
Red Pepper & Tomato Soup	ORG, VG	£1.55		Tahini (350)		£6.80
Rustic Vegetable Soup	ORG, VG	£1.55		Tahini (Wholegrain) (350g)		£6.80

Greek deli	Price/100gr	Qty.
Baklava	£1.50	
Greek Giant Beans in tomato sauce	£1	
Hummus (Lemon & Coriander)	£1	
Hummus (Cumin & Curry)	£1	
Mixed olives	£1	
Roasted vegetables	£1.20	
Smoked Cods' Roe Taramasalata	£3	
Stuffed Vine Leaves	£1.30	
Tzatziki	£1	
Spicy Feta Spread	£1.20	

Other Deli		
Kimchi (500g)	£6.85	
Kombucha (500ml bottle)	£3.19	
Fresh Vegan butter (125g)	£2.50	

<i>Nelly's</i>		
Black Pudding Scotch Egg	£3.50	
Pork & Apple Scotch Egg	£3.50	
Pure Pork Sausage Roll	£2.50	
Fabulous Scotch Egg	£2.00	
Onion Bhaji Scotch Egg	£3.50	
Fabulous Onion Bhaji	£2.50	

<i>Jam Packed</i>		
Luxury Lemon Curd	£3.50	
Blackcurrant Curd	£3.50	
Passionfruit Curd	£3.50	



Body & Hair		Price/100gr	Qty.
<i>Ecoleaf</i>			
Shampoo (Unfragranced)	VG, CF	£0.50	
Shampoo (Grapefruit & Aloe Vera)	VG, CF	£0.50	
Shampoo (Lavender)	VG, CF	£0.50	
Shampoo (Rose Petal & Geranium)	VG, CF	£0.50	
Hand & body Soap (Grapefruit Twist)	VG, CF	£0.35	
Conditioner (Unfragranced)	VG, CF	£0.50	
Conditioner (White Lavender)	VG, CF	£0.50	
Conditioner (Grapefruit & Aloe Vera)	VG, CF	£0.50	

Household Cleaning			
<i>Ecoleaf</i>			
Washing Up Liquid	VG, CF	£0.20	
Laundry Liquid	VG, CF	£0.30	
Fabric Conditioner	VG, CF	£0.17	
All Purpose Cleaner (Honeysuckle)	VG, CF	£0.25	
Floor Cleaner (Bergamot)	VG, CF	£0.25	
Toilet Cleaner	VG, CF	£0.20	
Dishwasher Powder	VG, CF	£0.50	
Rinse Aid	VG, CF	£0.08	
Laundry Powder (concentrated)	VG, CF	£0.40	

5 ALCOHOL

Beer		Price	Qty.
Crafty Brewing "Crafty One"	VG	£2.25	
Crafty Brewing "Dunsfold Best"	VG	£2.25	
Crafty Brewing "Hop Tipple"	VG	£2.25	
Crafty Brewing "Loxhill Biscuit"	VG	£2.25	
Crumbs "Bloomin' Amber"		£3.80	
Crumbs "Rye Ruby Ale"		£3.80	
Crumbs "Sourdough Pale Ale"		£3.80	
Firebird "Bohemia" Lager	GF	£2.35	
Firebird "Heritage" Ale	GF	£2.35	
Firebird "Old Ale"		£2.98	
Firebird "Parody" Session IPA	GF	£2.79	
Firebird "Two Horses" Pale Ale	GF	£2.15	
Cider (Cider Garden Co)			
"Original"		£2.10	
"Dry Hopped"		£2.35	
"Elderflower"		£2.35	
"Raspberry & Rhubarb"		£2.35	
"Wild Strawberry"		£2.35	
Gin (Silent Pool)			
Gin Bottle (75cl)		£35.00	
Gin Glass		£9.95	
Wine (English & Greek)			
Bolney Lychgate Red	English	£14.99	
Bolney Lychgate White	English	£12.99	
Aretti Red		£18.00	
Aretti White		£15.50	
Argyrps Santorini		£23.00	
Malagousia Dry White		£9.50	
Veranda Red		£9.00	
Veranda White		£9.00	
Vidiano White		£14.80	
Celini Limnio Red		£9.00	

BAKING

		Price	Qty.
Cornflour		£1.19	
Egg (single)		£0.35	
Eggs (half dozen)		£2.10	
Lemon Juice		£1.99	
Quick Yeast		£1.19	
Veg Bouillon Cubes	GF, VG	£1.29	
Vital Wheat Gluten		£2.99	
Worcester Sauce		£2.99	

CAKES

Blackcurrant Crumble (Slice)	GF, VG	£2.25	
Lucy's Brownies	GF	£1.75	
Super Flapjack (Slice)	GF, VG	£2.50	

CHILLED DRINKS

Botanical Juniper Tonic 250ml		£1.49	
Botanical Juniper Tonic 750ml		£1.49	
Elderflower Light Presse		£1.49	
Light Ginger Beer Presse		£2.95	
Non-Alcoholic Blush		£7.99	
Non-Alcoholic Crisp White		£7.99	
Cloudy Apple (Dalston's)		£1.09	

Fizzy Elderflower		£1.09	
Fizzy Rhubarb		£1.09	
Ginger Beer		£1.09	
Lemonade		£1.09	
Light Sparkling Elderflower		£1.09	
Cola		£1.09	
Fizzy Blackcurrant		£1.09	
Light Sparkling Rhubarb		£1.09	
Orangeade		£1.09	

TEAS / COFFEE (continued)

Teas		Price	Qty.
Plastic-free Tea Bags (20 bags:)			
(Hampstead)			
Assam	ORG	£2.48	
Camomile	ORG	£2.49	
Darjeeling (Organic)	ORG	£2.48	
Earl Grey (Fair Trade)	ORG	£2.48	
Energy Chai	ORG	£2.59	
English Breakfast (Fair Trade)	ORG	£2.48	
Lemon & Orange	ORG	£2.58	
Lemon and Ginger	ORG	£2.49	
Life Chai	ORG	£2.59	
Mint Green	ORG	£2.48	
Strong English Breakfast (Fair Trade)	ORG	£2.48	
Vanilla Black	ORG	£2.58	

Coffee

(Percol)			
Bold Peruvian Ground Coffee	ORG	£4.75	
Rich Americano Gound Coffee	ORG	£4.75	
Smooth Colombian Ground	ORG	£4.75	
Delicious Decaff Ground Coffee	ORG	£4.75	
Intense Espresso Ground	ORG	£4.75	



Tinned Pulses (400g tin)

		Price	Qty.
Aduki Beans	ORG	£1.09	
Baked Beans	ORG	£1.19	
Baked Beans	ORG, LS	£0.99	
Black Beans	ORG	£1.09	
Black Beluga Lentils	ORG	£1.19	
Black Chickpeas	ORG	£1.09	
Blackeye Beans	ORG	£1.09	
Borlotti Beans	ORG	£1.09	
British Baked Beans		£1.99	
Butter Beans	ORG	£1.09	
Cannellini Beans	ORG	£1.09	
Carlin Peas		£0.99	
Chickpeas	ORG	£1.09	
Chilli Beans (395g)	ORG	£1.29	
Chilli Black Beans	ORG	£1.29	
Edamame Beans (200g)	ORG	£1.45	
Edamame Beans In Water	ORG	£2.05	
Green Lentils	ORG	£1.09	
Haricot Beans	ORG	£1.09	
Italian Fresh Peas (340g)	ORG	£1.39	
Mixed Beans	ORG	£1.09	
Pinto Beans	ORG	£1.19	
Red Kidney Beans	ORG	£1.09	
Sweetcorn (340g)	ORG	£1.39	

9 SWEET, SAUCES & SPREADS (Continued)

		Price	Qty.		Price	Qty.
				Yeast Extract +B12, no salt	£4.79	
				Yeast Extract +B12 with salt	£4.79	
				Other		
Creamy Tartare Sauce (200g)	GF	£3.00		Rich Dark Chocolate Spread (275g)	ORG GF VG	£2.93
Fresh Chilli Jam (250g)	GF	£3.60		Honey (1lb Jar) (Cranleigh Wild-flower Honey)		£7.99
Fresh Mint Jelly (250g)	GF	£2.90		Crunchy Hazlenut Butter (170g)		£4.49
Mixed Mushroom Charcuteriment (100g)	GF	£3.80		English Apple Puree (700g)	ORG	£2.45
Particularly British Piccalilli (295g)	GF	£5.30		Hollandaise Sauce (205g)		£2.79
Perfect Ploughmans Pickle (250g)	GF	£3.60		Horseradish Sauce (125g)	ORG	£2.99
Pickled Onion Charcuteriment (100g)		£3.80		Vanessa's Jam (Large)		£3.50
Punchy Balsamic Mustard (140g)	GF	£2.05		Vanessa's Jam (Small)		£2.50
Quintessential Brown Sauce (230ml)		£3.05				
Rich Redcurrant Jelly (250g)	GF	£3.10				
Robust Wholegrain Mustard (140g)	GF	£2.05				
Smooth Dijon Mustard (140g)	GF	£2.05				
Spiced Honey Mustard (140g)	GF	£2.05				
Sticky Barbecue Sauce (230ml)		£3.35				
Sticky Fig Relish (250g)	GF	£3.70				
Strong English Mustard (140g)	GF	£2.05				
Traditional Mint Sauce (150g)	GF	£2.35				
Wiltshire Mustard (140g)	GF	£2.05				
Zingy Rosemary Jelly (250g)	GF	£2.95				
Ketchup (480g)	ORG	£2.65				
Mayonnaise (300g)	ORG	£2.95				
Peanut & Coconut Butter (280g)		£2.05				
Peanut Butter (340g) (Crunchy,		£3.49				
Peanut Butter (340g) (Crunchy,		£3.49				
Peanut Butter (340g) (Smooth,		£3.49				
Peanut Butter (340g) (Unsalted)		£3.49				
Peanut Butter (700g) (Smooth,		£6.35				
Peanut Butter (Crunchy) (700g)		£6.35				

TEAS / COFFEES (Packaged)

Plastic-free Tea Bags (20 bags):

(Dragonfly))

ORG

Cape Malay Chai	£2.05	
Cape Rooibos & Honeybush	£2.27	
Classic Earl Grey	£2.05	
Golden Balance Detox	£2.48	
Golden Himalaya Darjeeling	£2.05	
Green Mountain	£2.27	
Herb Garden Digestif	£2.48	
Indian Black Spice Chai	£2.10	
Moonlight Jasmine	£2.27	
Mountain Honeybush	£2.27	
Night Sky Calm	£2.48	
Pure Camomile	£2.27	
Pure Peppermint	£2.27	
Skinny Dragon Pu'er Tea	£2.10	
Traditional English Breakfast	£2.05	

CHILLED DRINKS (continued)

		Price	Qty.
(Fentimans)			
Premium Tonic Fridge Pack		£4.00	
Curiosity Cola (275ml)		£1.49	
Dandelion & Burdock (275ml)		£1.49	
Grapefruit Tonic Can Single		£0.95	
Light Tonic Fridge Pack		£4.00	
Lime & Jasmine (275ml)		£1.49	
Mandarin Seville Orange Jigger (275ml)		£1.49	
Orange & Mandarin Light (275ml)		£1.49	
Rose Lemonade (275ml)		£1.49	
Sparkling Elderflower (275ml)		£1.49	
Traditional Ginger Beer (275ml)		£1.49	
Victorian Lemonade (275ml)		£1.49	
(Gusto)			
Naturally Slim Cola (250ml)		£1.95	
Original Energy (275ml)		£1.99	
(Just water)			
100% Spring Water (Still)		£1.29	
(Karma Kombucha)			
"Ginger" (500ml)		£3.19	
"Lemon" (500ml)		£3.19	
"Pomegranate" (500ml)		£3.19	
"Raspberry" (500ml)		£3.19	
(Switchle)			
"Matcha, Lime & Mint"		£1.79	
"Turmeric, Ginger & Peach"		£1.79	
(Wobblegate)			
Apple & Elderflower		£1.75	
Apple & Pear		£1.75	
Apple & Pear (750ml)		£3.00	
Apple & Raspberry		£3.00	
Crushed Apple		£1.75	

CONFECTIONERY (Packaged)

		Price	Qty.
(Divine)			
70% Dark Chocolate (35g)		£1.09	
85% Dark Chocolate (90g)		£2.59	
Cappucino Bar Fairtrade (35g)		£1.09	
Dark Chocolate Toffee & Sea Salt (90g)		£2.59	
Dark Chocolate With Mint (90g)		£2.59	
Dark Chocolate With Raspberries (90g)		£2.59	
Orange Milk Chocolate Bar (35g)		£1.09	
(J.Cocoa)			
Chuno (40g)		£3.75	
Rugoso (40g)		£3.75	
Tenor (40g)		£3.75	
(Mummy Makes Fudge)			
Chocolate Fudge (125g)		£2.50	
Salted Caramel Fudge (125g)		£2.50	
Salted Caramel Fudge (125g)	VG	£2.50	
Vanilla Fudge (125g)		£2.50	
Vanilla Fudge (125g)	VG	£2.50	
(Ombar)			
100% Cacao Chocolate Bar	35g	£1.99	
Blueberry & Acai Chocolate Bar	35g	£1.99	
Coco Almond	70g	£3.29	
Coco Mylk (35g)	35g	£1.99	
Coco Mylk (70g)	70g	£3.29	
Coco Mylk Chocolate Buttons	25g	£1.49	
Coconut & Vanilla Centre	35g	£1.99	
Coconut 60% Chocolate	35g	£1.99	
Dark Chocolate 72%	70g	£3.29	
Dark Chocolate Buttons	25g	£1.49	
Mandarin Chocolate	35g	£1.99	
Raspberry & Coconut Centre	35g	£1.99	
Strawberry Mylk Chocolate	35g	£1.99	

7 HOUSEHOLD / CLEANING

	Price	Qty
Bamboo Socks (Pair)	£3.60	
Beebomb	£7.99	
Coffee Logs (6kg)	£6.99	
100% Degradable Refuse Sacks (10 bags)	£1.49	
Degradable Swing Bin Liners (15 bags)	£1.85	
Drawtape Refuse Sacks (10 bags)	£1.69	
Pedal Bin Liners (30 bags)	£1.85	
William Morris Bamboo Cup (Large, 14oz)	£12.95	
William Morris Bamboo Cup (Small, 12oz)	£11.95	
Dishwasher Tablets (25 tabs)	£4.99	
Washing Powder Concentrated	£3.30/kg	
Tealights (Plant-based wax)	13p each	
28 Firelighters	£2.30	
72 Firelighters	£5.15	
Aluminium Foil (12m x 30cm)	£3.20	
Baking Sheets (Pre-cut, 24 sheets)	£3.45	
Food Waste Bags (12 bags)	£4.45	
Heavy Duty Aluminium Foil	£4.45	
Large Baking Cups (60 cups)	£1.69	
No. 2 Unbleached Coffee Filters (100 pcs)	£2.98	
No. 4 Unbleached Coffee Filters (100 pcs)	£2.98	
Parchment Baking Paper (19.8m x 33cm)	£4.65	
Sandwich Bags (48 bags)	£4.29	
Sub/Mini Baguette Bags (30 bags)	£4.59	
All Purpose Cloths	£2.25	
Bottle Brush	£3.29	
Washing Up Brush	£2.50	
Washing-Up Brush with Handle	£3.29	
Washing-Up Pad	£2.85	
Washing-Up Scraper	£2.50	
Wildflower Greeting Card	£3.15	
Bamboo Straw Pack (6 straws + cleaner)	£5.59	
Floor Cloth - Viscose	£2.25	
2 Tier Circular Lunchbox	£14.70	
2 Tier Rectangular Lunch	£21.00	
500ml Tough Canteen	£11.95	
800ml Tough Canteen	£17.40	
Cow Kid's Bamboo Dinner	£11.95	
Fox Kid's Bamboo Dinner	£11.95	
Smiley Monkey Kid's Bamb	£11.95	

	Price	Qty
Legoom Grocery Bags (6 bags)	£11.95	
Half Gallon Bag	£19.99	
Large Bag	£12.99	
Snack Bag	£9.99	
Large Beeswax Wrap Kitchen Set (5 pcs)	£33.00	
Medium Beeswax Wrap Kitchen Set (3 pcs)	£23.00	

NON-DAIRY

(Oatly)		
Original Oat Milk (1L)	£1.65	
Oat Milk Organic (1L)	£1.65	
Chocolate Oat Milk (1L)	£1.96	
Oat Milk Barista Edition (1L)	£1.99	
The Original Oatly Cream	£1.05	

PANTRY

Flour		
Self Raising White Flour	ORG, VG	£1.45
White Self Raising Flour	ORG, VG	£1.40
Fine Plain Wholemeal Flour (1kg)	ORG VG	£1.25
Strong White Bread Flour (1.5kg)	ORG, VG	£1.95
Strong Wholemeal Bread Flour (1.5kg)	ORG, VG	£1.89
Strong Malted Seeded Bread Flour (1kg)	VG	£1.55
Light Spelt Flour (1kg)	VG	£2.09
Gluten-free Brown Bread Flour (1kg)	GF, VG	£2.35
Gluten-free Plain White Flour (1kg)	GF, VG	£2.19
Gluten-free Self Raising Flour (1kg)	GF, VG	£2.19
Gluten-free White Bread Flour (1kg)	GF, VG	£2.19
Almond Flour (250g)	ORG	£7.30
Coconut Flour (500g)	ORG VG	£2.99

		Price	Qty
Gram Flour (500g)	VG	£1.99	
Maize Flour (500g)	ORG	£1.59	
Rice Flour (1kg)	GF, VG	£1.79	
Tapioca Flour (500g)	VG	£1.79	
Wholemeal Buckwheat Flour (1kg)	VG	£3.39	

Sugar (see Dispensers for loose)

Demerara Cubes (500g)	£1.95	
White Sugar Cubes (500g)	£1.95	

PESTO & PASTA SAUCES

Basil Pesto (130g)	ORG VG	£2.99	
Green Pesto (160g)	ORG GF	£2.79	
Green Pesto (Vegan, 160g)	ORG, GF, VG	£2.79	
Red Pepper Pesto (130g)	ORG VG	£2.99	
Red Pesto (160g)	ORG GF	£2.79	
Red Pesto (Vegan, 160g)	ORG GF, VG	£2.79	
Arrabbiata Sauce (350g)	ORG VG	£1.75	
Bechamel Sauce (For Lasagne) (340g)	GF VG	£2.49	
Bolognese Sauce (340g)	ORG VG	£1.75	
Napoletana Sauce (350g)	ORG, VG	£1.75	
Tomato & Basil Pasta Sauce (440g)	ORG GF, VG	£2.49	
Tomato & Herb Pasta Sauce (350g)	ORG GF, VG	£2.79	
Tomato Purée (200g)	ORG GF, VG	£1.75	
White Wine & Mushroom Sauce (350g)	GF VG	£2.49	

SWEET, SAUCES & SPREADS

	Price	Qty.
(Debbies)		
Blackberry & Apple Jam (340g)	£3.60	
Damson Jam (340g)	£3.60	
Greengage Jam (340g)	£3.60	
Pear & Ginger Jam (340g)	£3.60	
Raspberry Jam (340g)	£3.60	
Summer Berry Jam (340g)	£3.60	
Crab Apple Jelly (322g)	£3.00	
Medlar Jelly (322g)	£3.00	
Mint Jelly (322g)	£3.00	
Redcurrant Jelly (322g)	£3.00	
Balsamic Fig Chutney (340g)	£3.75	
Beetroot & Horseradish Chutney (340g)	£3.75	
Damson & Red Onion Chutney	£3.75	
Gooseberry Chutney (340g)	£3.75	
Ploughmans Chutney (340g)	£3.75	
Spiced Apricot Chutney (340g)	£3.75	
(Jam Packed)		
Boysenberry Extra Jam (390g)	£4.50	
Loganberry Extra Jam	£4.50	
Loganberry Jam (340g)	£3.50	
Rhubarb Jam (340g)	£3.50	
Tayberry Extra Jam (390g)	£4.50	
Tummelberry Extra Jam (390g)	£4.50	
Old Ale Chutney	£3.50	
Tracklements		
Apple & Cider Brandy Chutney (320g)	GF	£3.55
Apple & Sage Jelly (250g)	GF	£3.10
Beetroot and Horseradish Relish (220g)	GF	£3.35
British Beer Mustard (140g)		£2.05
Caramelised Red Onion Relish (300g)	GF	£3.90
Chunky Tomato Chutney (295g)	GF	£3.35
Crab Apple Jelly (250g)	GF	£3.20