

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

Total

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		£0.00
South Downs Butter Unsalted	£1.75/100g		£0.00
Sussex Charmer Cheese	£1.50/100g		£0.00
Twineham Grange Hard Parmesan Style - Grated	£1.75/100g		£0.00
Twineham Grange Hard Parmesan Style	£2.00/100g		£0.00

HIGH WEALD DAIRY

Brighton Blue Cheese	£2.80/100g		£0.00
Seven Sisters Cheese	£4.20/100g		£0.00
Sister Sarah Cheese	£3.30/100g		£0.00
St Giles Cheese	£2.66/100g		£0.00
Sussex Marble Cheese	£3.10/100g		£0.00
Sheep Milk Halloumi	£3.65/100g		£0.00

EPIROS

Greek Feta Cheese P.D.O. 100g	ORG	£1.25/100g		£0.00
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TREWITHAN FARM

Semi Skimmed Milk Refill, 1 pint		£0.70		£0.00
Semi Skimmed Milk Refill, 1 ½ pint		£1.05		£0.00

ALTERNATIVE DAIRY

Fresh Better Vegan Spread 125g	VG	£2.60		£0.00
Minor Figures Barista Oat Milk Refill (1 Pint)	VG	£1.00		£0.00
Minor Figures Barista Oat Milk Refill (2 Pints)	VG	£2.00		£0.00

PANTRY

Nelly's Eggs 6 Pack		£2.70		£0.00
Nelly's Egg Individual		£0.45		£0.00

BREAD by SØDT

Corn Bread		£3.50		£0.00
Donker Rye		£3.50		£0.00
Original Sourdough Bread		£3.50		£0.00
Seeded Sourdough Bread (4 Seed Sour)		£3.50		£0.00

CEREALS

Kellogg's Corn Flakes		37p/100g		£0.00
Kellogg's Rice Crispies		68p/100g		£0.00
Crunchy Apricot Muesli		35p/100g		£0.00

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Honey Loops		80p/100g		£0.00
Oat Crisp Crunch Granola		30p/100g		£0.00
Malt Granola		35p/100g		£0.00
Multigrain Choco Shells		72p/100g		£0.00
Muesli Base (Suma)	VG	21p/100g		£0.00
Jumbo Oats (Morning Foods)		38p/100g		£0.00
Porridge Oats (Morning Foods)		15p/100g		£0.00
Oatmeal (Course - Pinhead)		24p/100g		£0.00
Toasted Wheat Flakes (Suma)	ORG	29p/100g		£0.00

DRIED FRUIT

Apricots - Whole (Suma)	ORG	£1.25/100g		£0.00
Banana Chips (Infinity)		60p/100g		£0.00
Cherries - Glace (Suma)		90p/100g		£0.00
Sour Cherries (Infinity)		£2.26/100g		£0.00
Cranberries with Apple Juice (Infinity)		£1.75/100g		£0.00
Currants (Queenswood)	ORG	85p/100g		£0.00
Dates - Pitted (Suma)	ORG	65p/100g		£0.00
Desiccated Coconut (Queenswood)	ORG	70p/100g		£0.00
Figs (Suma)	ORG	95p/100g		£0.00
Goji Berries (Queenswood)		£1.75/100g		£0.00
Mango Strips (Infinity)	ORG	£1.90/100g		£0.00
Mixed Peel (Suma)		50p/100g		£0.00
Prunes - Pitted	ORG	84p/100g		£0.00
Raisins (Queenswood)	ORG	50p/100g		£0.00
Sultanas (Queenswood)	ORG	50p/100g		£0.00
Sun-dried Tomatoes		£1.10/100g		£0.00

SAVOURY & SWEET SNACK REFILLS

Bombay Mix (Suma)		30p/100g		£0.00
Cacao Nibs (Queenswood)	ORG	£1.25/100g		£0.00
Chilli Rice Crackers		99p/100g		£0.00
Smoked Paprika Twists (Suma)		50p/100g		£0.00
Wasabi Coated Peanuts (Queenswood)		£1.25/100g		£0.00
Dark Chocolate Buttons (55%)	GF, VG	£1.05/100g		£0.00
Milk Choc Caramel Buttons (34%)	GF	£1.05/100g		£0.00
Milk Choc Buttons (34%)	GF	£1.05/100g		£0.00
White Chocolate Buttons (30%)	GF	£1.05/100g		£0.00
Yoghurt Coated Banana Chips (Queenswood)		£1.25/100g		£0.00
Yoghurt Coated Honeycomb Bites (Queenswood)		£1.25/100g		£0.00
Yoghurt Coated Raisins (Queenswood)		£1.25/100g		£0.00

BEANS & PULSES BULK

Black Turtle Beans (Suma)	ORG	40p/100g		£0.00
Butter Beans (Suma)	ORG	47p/100g		£0.00
Cannellini Beans (Infinity)	ORG	45p/100g		£0.00
Chickpeas (Queenswood)	ORG	55p/100g		£0.00
Haricot Beans	ORG	40p/100g		£0.00
Lentils - Brown (Queenswood)	ORG	49p/100g		£0.00
Lentils - Green (Queenswood)	ORG	41p/100g		£0.00

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Lentils - Red Split (Queenswood)	ORG	35p/100g		£0.00
Mung Beans (Queenswood)	ORG	52p/100g		£0.00
Pinto Beans (Infinity)	ORG	49p/100g		£0.00
Puy Lentils	ORG	64p/100g		£0.00
Red Kidney Beans (Infinity)	ORG	51p/100g		£0.00
Split Peas - Green (Suma)	ORG	45p/100g		£0.00
Split Peas - Yellow (Suma)	ORG	34p/100g		£0.00
Soya Beans	ORG	34p/100g		£0.00

BEANS, VEG & PULSES - TINNED

Aduki Beans (Suma) 400g	ORG, VG	£1.15		£0.00
Artichoke Hearts in Brine (Cooks & Co) 400g	GF, VG	£3.59		£0.00
Artichoke Bottoms in Brine (Cooks & Co) 400g	GF, VG	£3.55		£0.00
Baked Beans (Suma) 400g	ORG, VG	£1.39		£0.00
Baked Beans – Low Sugar (Suma) 400g	ORG, VG	£1.39		£0.00
Baked Beans (Whole Earth) 400g	ORG, VG	£1.19		£0.00
Black Beans (Suma) 400g	ORG, VG	£1.15		£0.00
Black Beluga Lentils (Suma) 400g	ORG, VG	£1.25		£0.00
Black Chickpeas (Suma) 400g	ORG, VG	£1.15		£0.00
Black Eyed Beans (Suma) 400g	ORG, VG	£1.19		£0.00
Borlotti Beans (Suma) 400g	ORG, VG	£1.15		£0.00
Borlotti Beans (Suma) 400g	VG	£1.09		£0.00
Butter Beans (Suma) 400g	ORG, VG	£1.15		£0.00
Cannellini Beans (Suma) 400g	ORG, VG	£1.15		£0.00
Chickpeas (Suma) 400g	ORG, VG	£1.15		£0.00
Chickpeas (Suma) 400g	VG	£0.79		£0.00
Chilli Beans (Biona) 400g	ORG, VG	£1.49		£0.00
Chilli Black Beans (Biona) 400g	ORG, VG	£1.59		£0.00
Edamame Beans (Biona) 200g	ORG, VG	£1.49		£0.00
Fava Beans (Hodmedod's) 400g	ORG, VG	£1.89		£0.00
Green Lentils (Suma) 400g	ORG, VG	£1.15		£0.00
Haricot Beans (Suma) 400g	ORG, VG	£1.15		£0.00
Hearts of Palm (Cooks & Co) 400g	ORG, VG	£3.85		£0.00
Italian Peas (Suma) 340g	ORG	£1.39		£0.00
Mixed Beans (Suma) 400g	ORG, VG	£1.15		£0.00
Pinto Beans (Biona) 400g	ORG	£1.29		£0.00
Red Kidney Beans (Suma) 400g	ORG	£1.19		£0.00
Super Sweetcorn (Suma) 340g	ORG, VG	£1.65		£0.00

PASTA

White Fusilli (Infinity)	ORG	35p/100g		£0.00
Wholewheat Fusilli (Infinity)	ORG	35p/100g		£0.00
Tricolore Fusilli (Infinity)	ORG	44p/100g		£0.00
Gluten-Free Fusilli (Infinity)	GF	55p/100g		£0.00
Wholewheat Gomitini (Infinity)	ORG	35p/100g		£0.00
Lasagne Sheets	ORG	40p/100g		£0.00
Macaroni (Triple Lion)		25p/100g		£0.00
Orzo	ORG	45p/100g		£0.00
White Penette (Infinity)	ORG	35p/100g		£0.00
Gluten-Free Penne (Infinity)	GF	55p/100g		£0.00

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White Spaghetti (Infinity)	ORG	35p/100g		£0.00
Wholemeal Spaghetti (Infinity)	ORG	35p/100g		£0.00
No 1 Noodles (Lucky Boat)	ORG	55p/100g		£0.00

GRAINS

Arborio Rice (Martinotti)	ORG	45p/100g		£0.00
Basmati Rice - Brown (Queenswood)	ORG	41p/100g		£0.00
Basmati Rice - White (Queenswood)	ORG	41p/100g		£0.00
Long Grain Rice - Brown (Martinotti)	ORG	35p/100g		£0.00
Long Grain Rice - White (Queenswood)	ORG	52p/100g		£0.00
Short Grain Rice - Brown (Martinotti)	ORG	35p/100g		£0.00
Wild Rice Mix (Infinity)	ORG	65p/100g		£0.00

OTHER GRAINS

Buckwheat (Infinity)	ORG	48p/100g		£0.00
Bulgur Wheat - Course (Queenswood)	ORG	35p/100g		£0.00
Couscous - White (Infinity)	ORG	37p/100g		£0.00
Couscous - Wholemeal (Infinity)	ORG	29p/100g		£0.00
Couscous - Giant (Infinity)		48p/100g		£0.00
Orzo (Infinity)	ORG	44p/100g		£0.00
Millet (Infinity)	ORG	44p/100g		£0.00
Pearl Barley (Infinity)	ORG	27p/100g		£0.00
Polenta (Infinity)	VG	30p/100g		£0.00
Popping Corn (Infinity)	ORG	35p/100g		£0.00
White Quinoa (Queenswood)	ORG	55p/100g		£0.00

PLANT SAUSAGE, BURGER & VEGGIE MIXES

Veggies Sosage Mix		£1.05/100g		£0.00
Veggies Nut Roast Mix		£1.20/100g		£0.00

PLANTS & ROOTS

Plant-based Sausage Mix 120g (Serves 2)	ORG, VG	£4.50		£0.00
Spicy Bean Burger Mix 120g (Serves 2)	ORG, VG	£4.50		£0.00
Mediterranean Falafel Mix 120g (Serves 2)	ORG, VG	£4.50		£0.00
Protein Pancake Mix 100g (Serves 2)	ORG, VG	£4.50		£0.00
Vegetable Fritter Mix 120g (Serves 2)	ORG, VG	£4.50		£0.00
Wholemeal Flatbread Mix 140g (Serves 2)	ORG, VG	£4.50		£0.00

FLOURS

Plain White Flour 1kg (Doves Farm)	ORG, VG	£1.85		£0.00
Plain White Flour 1kg (Freee by Doves)	GF, VG	£3.15		£0.00
Fine Plain Wholemeal Flour 1kg (Doves Farm)	ORG, VG	£1.49		£0.00
White Self Raising Flour 1kg (Doves Farm)	ORG, VG	£1.65		£0.00
Self Raising Flour 1kg (Freee by Doves)	GF, VG	£3.15		£0.00
Buckwheat Flour 1kg (Freee by Doves)	GF, VG	£4.05		£0.00
Coconut Flour 500g (Suma)	ORG, VG	£3.15		£0.00
Cornflour 500g (Suma)	VG	£2.15		£0.00
Gram Flour 500g (Suma)	VG	£2.15		£0.00
Maize Flour 500g (Suma)	ORG, VG	£1.75		£0.00
Pasta Flour 1kg (Doves Farm)	ORG, VG	£1.99		£0.00
Rice Flour 1kg (Freee by Doves)	GF, VG	£2.09		£0.00

Wholemeal Rye Flour 1kg (Doves Farm)	ORG, VG	£1.81		£0.00
White Rye Flour 1kg (Doves Farm)	ORG, VG	£1.99		£0.00
Semolina Flour 500g (Suma)	VG	£1.89		£0.00
White Spelt Flour 1.5kg (Doves Farm)	ORG, VG	£3.69		£0.00
Tapioca Starch Flour 500g (Suma)	VG	£2.89		£0.00
Vital Wheat Gluten Flour 500g (Suma)	VG	£2.99		£0.00

BREAD FLOURS

Strong White Bread Flour 1.5kg (Doves Farm)	ORG, VG	£2.75		£0.00
Strong Wholemeal Bread Flour 1.5kg (Doves Farm)	ORG, VG	£2.55		£0.00
White Bread Flour 1kg (Freee by Doves)	GF, VG	£3.15		£0.00
Brown Bread Flour 1kg (Freee by Doves)	GF, VG	£3.29		£0.00
Malthouse Bread Flour 1kg (Doves Farm)	ORG, VG	£2.39		£0.00

SEEDS & NUTS REFILLS

NUTS

Almonds - Ground (Queenswood)	ORG	£1.90/100g		£0.00
Almonds - Flaked (Queenswood)	ORG	£1.90/100g		£0.00
Almond - Whole (Queenswood)	ORG	£1.70/100g		£0.00
Brazil Nuts - Broken (Mabet Chunts)	ORG	£1.40/100g		£0.00
Brazil Nuts - Whole	ORG	£1.80/100g		£0.00
Cashew Nuts (Suma)	ORG	£2.25/100g		£0.00
Coconut Chips	ORG	67p/100g		£0.00
Hazelnuts (Queenswood)	ORG	£1.35/100g		£0.00
Macadamia	ORG	£3.00/100g		£0.00
Peanuts (Infinity)	ORG	68p/100g		£0.00
Peanuts - Roasted (Queenswood)		68p/100g		£0.00
Pecan Pieces (Queenswood)	ORG	£3.10/100g		£0.00
Pine Nuts (Infinity)	ORG	£4.90/100g		£0.00
Pistachios (Roasted & Salted) (Hunts)	ORG	£4.3/100g		£0.00
Walnut Pieces (Anderson & Sons)	ORG	£1.50/100g		£0.00

SEEDS

Hemp - Whole (Infinity)	ORG	80p/100g		£0.00
Hemp - Hulled (Infinity)	ORG	£1.40/100g		£0.00
Linseed - Brown (Queenswood)	ORG	40p/100g		£0.00
Linseed - Golden (Suma)	ORG	40p/100g		£0.00
Poppy Seeds - Blue (Infinity)		90p/100g		£0.00
Pumpkin Seeds (Queenswood)	ORG	83p/100g		£0.00
Sesame Seeds (Queenswood)	ORG	69p/100g		£0.00
Sunflower Seeds (Infinity)	ORG	50p/100g		£0.00
Omega Four Seed Mix (Infinity)	ORG	67p/100g		£0.00

TEA, COFFEE & SUGAR

LOOSE LEAF

Taylors Earl Grey Tea Loose Leaf		£2.08/100g		£0.00
Taylors English Breakfast Loose Leaf Tea - Decaf		£2.35/100g		£0.00
Ringtons English Breakfast Loose Leaf Tea		£1.50/100g		£0.00
Taylors Green Tea Loose Leaf Tea		£2.08/100g		£0.00
Taylors Lapsang Souchong Loose Leaf Tea		£2.60/100g		£0.00
Yorkshire Loose Leaf Tea		£1.46/100g		£0.00

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Taylor's Pure Assam Loose Leaf Tea		£2.05/100g		£0.00
Clipper Tea, Decaf 40s		£3.49		£0.00
TEA BAGS				
DRAGONFLY TEA (20s)				
Cape Malay Rooibos Chai		£2.89		£0.00
Mint Garden Digestif		£3.09		£0.00
Pure Camomile	ORG	£2.89		£0.00
True Clarity Ginger	ORG	£2.89		£0.00
Golden Himalaya Darjeeling		£2.89		£0.00
Golden Balance Detox	ORG	£2.89		£0.00
Good Dragon	ORG	£2.89		£0.00
Organic Mountain Honeybush Tea	ORG	£2.89		£0.00
Pure Peppermint Tea	ORG	£2.89		£0.00
Good Dragon Pu'er Tea	ORG	£2.89		£0.00
English Breakfast	ORG	£2.89		£0.00
Classic Earl Grey Black Tea	ORG	£2.89		£0.00
Night Sky Calm Bags		£3.09		£0.00
Moroccan Mint		£2.69		£0.00
Moonlight Jasmine Green		£2.89		£0.00
Cape Rooibos & Honeybush	ORG	£2.89		£0.00
Indian Spice Chai Black Tea	ORG	£2.69		£0.00
Swirling Mist	ORG	£2.69		£0.00
HAMPSTEAD TEA (20s)				
Assam	ORG	£2.99		£0.00
Pure Darjeeling		£2.99		£0.00
Earl Grey		£2.99		£0.00
English Breakfast	ORG	£2.99		£0.00
Camomile		£2.99		£0.00
Green Tea & Mint		£2.99		£0.00
Lemon & Ginger	ORG	£2.99		£0.00
Lemon & Orange Black Tea	ORG	£2.99		£0.00
Vanilla Black Tea		£2.99		£0.00
COFFEE				
Horsham Columbian Decaf Coffee Beans		£2.25/100g		£0.00
Horsham Coffee Roaster Rwanda Liza Beans		£2.15/100g		£0.00
Surrey Hills Cottage Blend Coffee Beans		£2.40/100g		£0.00
Surrey Hills Holmbury Hill Coffee Beans		£2.20/100g		£0.00
Douwe Egberts Instant Coffee		£2.35/100g		£0.00
Ringtons Espresso No. 1 Beans		£1.50/100g		£0.00
Coffee Filters No.2 (If You Care)		£3.14		£0.00
Coffee Filters No.4 (If You Care)		£3.14		£0.00
HOT CHOCOLATE				
Ringtons Hot Chocolate Mix		£1/100g		£0.00
Ringtons Hot Chocolate Mix	VG	£1/100g		£0.00
SUGAR				
Caster Sugar		13p/100g		£0.00
Golden Caster Sugar		21p/100g		£0.00
Demerara Sugar		22p/100g		£0.00

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Granulated Sugar		10p/100g		£0.00
Light Muscavado Sugar		29p/100g		£0.00
Soft Brown Sugar		43p/100g		£0.00
Icing Sugar		34p/100g		£0.00
Coconut Palm Sugar (Infinity)		63p/100g		£0.00

OILS, VINEGARS & SOY SAUCE REFILLS

Philotimo Premium Extra Virgin Olive - Cold Pressed	VG, GF	£1.05/100ml		£0.00
Extra Virgin Rapeseed Oil - Cold Pressed (KTC)	VG, GF	89p/100ml		£0.00
Sunflower Oil (Queenswood)	ORG	69p/100ml		£0.00
Apple Cider Vinegar (Aspall)	ORG	40p/100ml		£0.00
Apple Cider Vinegar with Mother (Suma)	ORG	29p/100ml		£0.00
Balsamic Vinegar (Suma)	ORG	90p/100ml		£0.00
Malt Vinegar		40p/100ml		£0.00
Red Wine Vinegar (Aspall)		40p/100ml		£0.00
White Wine Vinegar (Queenswood)		40p/100ml		£0.00
Soy Sauce - Shoyu (Sanchi)	ORG, VG	99p/100ml		£0.00
Soy Sauce - Tamari (Meridian)	GF, VG	£1.70/100ml		£0.00

GREEK PRODUCTS

OLIVE OILS

Philotimo Greek Olive Oil P.D.O.		95p/100ml		£0.00
Philotimo Greek Olive Oil P.D.O. 750ml		£10.50		£0.00
Philotimo Greek Olive Oil P.D.O. 500ml (Boxed)		£11.50		£0.00
Philotimo Premium Extra Virgin Oil P.D.O. 250ml		£5.90		£0.00

OLIVES IN GLASS JARS

Green Chalkidiki Garlic Stuffed Olives 300g		£3.80		£0.00
Green Chalkidiki Almond Stuffed Olives 300g		£3.90		£0.00
Green Chalkidiki Pitted Olives 300g		£3.80		£0.00
Green Chalkidiki Jalapeno Stuffed Olives 300g		£3.80		£0.00
Green Chalkidiki Red Pepper Stuffed Olives 300g		£3.80		£0.00

TAHINI

Organic Light Tahini 270g (Meridian)	ORG	£3.49		£0.00
Organic Light Tahini 470g (Meridian)	ORG	£5.19		£0.00
Organic Dark Tahini 270g (Meridian)	ORG	£3.49		£0.00
Light Tahini 270g (Meridian)		£3.25		£0.00
Dark Tahini 270g (Meridian)		£3.25		£0.00

HOMEMADE AT THE LIFE GODDESS (GEORGIOS)

Greek Hummus, approx 300g		£3.00		£0.00
Mixed Olives, approx 250g		£3.25		£0.00
Spicy Feta Spread, approx 250g tub		£3.00		£0.00
Spinach & Feta Pie Slice (Spanakopita)		£4.00		£0.00
Greek Giant Beans in Light Tomato Sauce, approx 300g		£3.00		£0.00
Tzatziki, approx 300g tub		£3.00		£0.00
Naoumidis Piperomelo Chutney 260ml		£4.50		£0.00
Naoumidis Vasilic Sauce		£3.80		£0.00
Balsamic Vinegar with Honey 650ml		£6.00		£0.00

FISH

FISH4EVER

Mackerel Fillets in Organic Spicy Tomato Sauce		£2.95		£0.00
Wild Pacific Pink Salmon 213g	GF	£4.45		£0.00
Skipjack Tuna Chunks in Brine 160g		£2.30		£0.00
Yellowfin Tuna in Spring Water 120g		£2.95		£0.00
Yellowfin Tuna in Olive Oil 120g		£3.95		£0.00

SOUPS (TINNED)

FREE & EASY

Butternut Squash and Ginger	GF, ORG, VG	£2.29		£0.00
Broccoli & Kale	GF, ORG, VG	£2.29		£0.00
Carrot & Coconut	GF, ORG, VG	£2.29		£0.00
Lentil & Red Pepper	GF, ORG, VG	£2.29		£0.00
Pea & Mint	GF, ORG, VG	£2.29		£0.00
Sweet Potato & Chia Seeds	GF, ORG, VG	£2.29		£0.00
Tomato	GF, ORG, VG	£2.29		£0.00

SUMA

Tuscan Bean Soup	ORG, VG	£2.09		£0.00
Spicy Lentil Soup	ORG, VG	£2.15		£0.00
Minestrone Soup	ORG, VG	£2.29		£0.00
Mushroom Soup	ORG, VG	£2.39		£0.00
Pea Soup	ORG, VG	£2.29		£0.00
Pea & Ham Soup	ORG, VG	£2.25		£0.00
Tomato Soup	ORG, VG	£2.15		£0.00
Italian Tomato & Basil Soup	ORG, VG	£2.09		£0.00
Rustic Vegetable Soup	ORG, VG	£2.29		£0.00

MEALS (TINNED)

FREE & EASY

Bean Cassoulet	GF, ORG, VG	£3.05		£0.00
Three Bean Chilli	GF, ORG, VG	£3.05		£0.00
Chickpea & Bean Tagine	ORG, VG	£3.05		£0.00
Chickpea & Veg Curry	GF, ORG, VG	£3.05		£0.00
Middle Eastern Chickpea Casserole	GF, ORG, VG	£3.05		£0.00
Vegetable Balti	GF, ORG, VG	£3.05		£0.00
Vegetable Hotpot	GF, ORG, VG	£3.05		£0.00

GEO

Bombay Potatoes (Geo) 400g	ORG, VG	£2.15		£0.00
Chickpea & Lentil Dahl (Geo) 400g	ORG, VG	£2.45		£0.00
Moroccan Chickpea Tagine (Geo) 400g	ORG, VG	£2.55		£0.00
Tasty Tadka Dahl (Geo) 400g	ORG	£2.45		£0.00

HODMEDOD'S

Brit Vaal Dhal (Hodmedod) 400g	ORG	£1.99		£0.00
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SUMA

Baked Beans & Vegan Sausages	VG	£2.39		£0.00
Cheesy Pasta Pot	VG	£2.99		£0.00
Ravioli in a Creamy Mushroom Sauce	ORG	£2.95		£0.00
Vegan Chilli Meatballs	VG	£2.25		£0.00
Vegetable Stew with Dumplings (400g)	VG	£2.15		£0.00

Vegetarian Spicy Chorizo Style Stew (400g)	VG	£2.15		£0.00
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TOMATO & ITALIAN PRODUCTS

Chopped Tomatoes (Suma) 400g - Tin		£1.09		£0.00
Chopped Tomatoes with Basil (Suma) 400g - Tin		£1.15		£0.00
Cherry Tomatoes (Suma) 400g - Tin		£1.39		£0.00
Peeled Plum Tomatoes (Suma) 400g - Tin	ORG	£1.09		£0.00
Tomato Puree (Suma) - Tube	ORG	£1.49		£0.00
Italian Tomato Puree (Mr Organic) 200G	ORG	£1.75		£0.00
Organic Passata (Suma) 690g	ORG	£1.95		£0.00
Sundried Tomatoes (Cooks & Co) 295g		£3.19		£0.00

PESTO

Basil Pesto (Mr Organic) 130g	ORG, VG	£2.99		£0.00
Italian Sun Dried Tomato Pesto (Mr Organic) 130g	ORG, VG	£2.79		£0.00
Vegan Green Pesto (Suma) 160g	GF,ORG, VG	£3.15		£0.00
Vegan Red Pesto (Suma) 160g	GF, ORG, VG	£3.15		£0.00
Pesto Alla Genovese (Suma) 190g	ORG	£3.99		£0.00
Red Pepper Pesto (Mr Organic) 130g	ORG, VG	£2.99		£0.00

ITALIAN SAUCES

Arrabbiata Sauce (Suma) 350g	ORG, VG	£2.69		£0.00
Bolognese Sauce (Suma) 350g	GF, ORG, VG	£2.69		£0.00
Olive & Capers Pasta Sauce (Mr Organic)	ORG, VG, GF	£3.09		£0.00
Napoletana Sauce (Suma) 350g	ORG, VG	£2.69		£0.00
Tomato Mushroom & Garlic Pasta Sauce (Zest) 340g		£2.69		£0.00
Tomato & Basil Pasta Sauce (Meridian) 350g	VG	£3.29		£0.00
Tomato & Herb Pasta Sauce Meridian) 350g	VG	£3.39		£0.00
Tofu Ragu (Mr Organic)	ORG, VG	£3.09		£0.00
Soya Ragu (Mr Organic)	ORG, VG	£3.09		£0.00

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

DEBBIE'S JAMS

Apricot 340g		£4.25		£0.00
Apricot & Cherry 340g		£4.25		£0.00
Blackberry & Apple 340g		£4.25		£0.00
Blackcurrant 340g		£4.25		£0.00
Blueberry & Blackcurrant 340g		£4.25		£0.00
Damson 340g		£4.25		£0.00
Fig 340g		£4.25		£0.00
Ginger 340g		£4.25		£0.00
Gooseberry 340g		£4.25		£0.00
Greengage 340g		£4.25		£0.00
Plum 340g		£4.25		£0.00
Plum & Fig 340g		£4.25		£0.00
Quince 340g		£4.25		£0.00
Raspberry 340g		£4.25		£0.00
Strawberry 340g		£4.25		£0.00

STUTE JAMS (No Sugar Added Suitable for Diabetics)

Apricot 430g		£2.09		£0.00
Morello Cherry 430g		£2.09		£0.00
Thick Cut Marmalade 430g		£3.41		£0.00

Raspberry 430g		£2.09		£0.00
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MARMALADES

Debbie's Ginger		£3.75		£0.00
Debbie's Pink Grapefruit		£3.75		£0.00
Debbie's Three Fruit		£3.75		£0.00

NUT BUTTERS, CHOCOLATE SPREADS & YEAST EXTRACT

Smooth Almond Butter (Meridian) 170g	VG	£2.99		£0.00
Crunchy Hazelnut Butter (Meridian) 170g	VG	£3.99		£0.00
Crunchy Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09		£0.00
Crunchy Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09		£0.00
Crunchy Peanut Butter Unsalted (Suma) 700g	ORG, VG	£8.09		£0.00
Smooth Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09		£0.00
Smooth Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09		£0.00
Smooth Peanut Butter Unsalted (Suma) 700g	ORG, VG	£8.09		£0.00
Rich Dark Chocolate Spread (Plamil So Free) 275g	VG	£3.15		£0.00
Rich Milk Chocolate Spread (Plamil So Free) 275g	VG	£3.29		£0.00
Barley Malt Extract (Meridien) 340g	VG	£2.85		£0.00
Yeast Extract + B12, With Salt (Meridian) 340g		£4.99		£0.00

CRANLEIGH HONEY (Raw)

Small		£7.50		£0.00
Large		£9.00		£0.00

SAVOURY JELLIES, CHUTNEYS & RELISH

DEBBIE'S JELLIES

Chilli 220g		£3.00		£0.00
Mint 220g		£3.00		£0.00
Quince 220g		£3.00		£0.00
Redcurrant 220g		£3.00		£0.00

DEBBIE'S CHUTNEYS

Apple & Chilli 340g		£4.00		£0.00
Balsamic Fig 340g		£4.00		£0.00
Beetroot & Horseradish 340g		£4.00		£0.00
Spiced Beetroot 340g		£4.00		£0.00
Gooseberry 340g		£4.00		£0.00
Mango 340g		£4.00		£0.00
Mediterranean Vegetable 340g		£4.00		£0.00
Piccalilli 340g		£4.00		£0.00
Ploughmans 340g		£4.00		£0.00
Tomato & Chilli 340g		£4.00		£0.00

TRACKLEMENTS

Apricot & Ginger Chutney 320g		£4.20		£0.00
Apple & Sage Jelly 250g	GF, VG	£3.50		£0.00
Beetroot & Horseradish Relish 220G	GF, VG	£3.75		£0.00
British Beer Mustard 140g		£2.30		£0.00
Caramelised Red Onion Relish 300g	GF, VG	£4.20		£0.00
Fresh Chilli Jam 250g	GF, VG	£3.95		£0.00
Smoky Chilli Sauce 230ml	GF, VG	£3.80		£0.00
English Crabapple Jelly 250g	GF, VG	£3.50		£0.00

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Sticky Fig Relish 250g	GF, VG	£3.95		£0.00
Mango Chutney 335g	ORG, VG	£3.80		£0.00
Fresh Mint Jelly 250g	GF, VG	£3.25		£0.00
Traditional Mint Sauce 150g	GF, VG	£2.65		£0.00
Sweet Mustard Ketchup 230ml		£3.35		£0.00
Smooth Dijon Mustard 140g	GF, VG	£2.30		£0.00
Robust Wholegrain Mustard 140g		£2.30		£0.00
Piccalilli Large	GF, VG	£6.05		£0.00
Perfect Ploughman's Pickle 295g	GF, VG	£3.95		£0.00
Rich Redcurrant Jelly 250g	GF, VG	£3.45		£0.00
Zingy Rosemary Jelly 250g	GF, VG	£3.30		£0.00

SAUCES

Organic Mayonnaise (Suma) 300g	ORG	£2.95		£0.00
Apple Puree (Biona) 700g	ORG	£2.95		£0.00
Sticky Barbecue Sauce 230g		£3.75		£0.00
Bearnaise Sauce from Inspired Vegan 205g	GF, VG	£2.39		£0.00
Brown Sauce (Biona) 270g	ORG	£3.75		£0.00
Quintessential Brown Sauce 230g		£3.40		£0.00
Hollandaise Sauce (Atkins & Potts) 205g		£2.79		£0.00
Hollandaise Sauce from Inspired Vegan 205g	GF, VG	£2.39		£0.00
Horseradish Sauce from Inspired Vegan 205g	GF, VG	£2.39		£0.00
Italian Ketchup (Mr Organic) 480g	ORG, VG	£3.49		£0.00
Tartare Sauce from Inspired Vegan 205g	GF, VG	£2.39		£0.00
Worcestershire Sauce by Geo Organics 150ml	ORG, GF	£2.99		£0.00

WORLD FOODS

Mango Chutney (Geo) 370g	ORG, VG	£4.59		£0.00
Mango Chutney (Tracklements) 335g	ORG, VG	£3.80		£0.00

COCONUT THINGS

Coconut Cream (Suma) 400ml	ORG, VG	£2.59		£0.00
Coconut Milk (Suma) 400ml	ORG, VG	£2.19		£0.00
Light Coconut Milk (Biona) 400ml	ORG, VG	£1.99		£0.00
Coconut Oil (Suma) 320ml	ORG, VG	£3.45		£0.00
Coconut Oil, Odourless (Suma) 650ml	ORG, VG	£7.15		£0.00
Coconut Oil (Coconut Merchant) 500ml	ORG, VG	£8.99		£0.00
Coconut Oil (Coconut Merchant) 1L	ORG, VG	£16.99		£0.00

PASTES

Green Curry Paste (Thai Taste) 114g	GF, VG	£2.09		£0.00
Red Curry Paste (Thai Taste) 114g	GF, VG	£2.09		£0.00
Thai Green Curry Paste (Geo) 180g	GF, ORG, VG	£2.99		£0.00
Thai Red Curry Paste (Geo) 180g	GF, ORG, VG	£2.99		£0.00
Indonesian Rendang Curry Paste (Geo) 180g	ORG, VG	£2.99		£0.00
Indonesian Satay Curry Paste (Geo) 180g	GF, ORG, VG	£3.19		£0.00
Thai Yellow Curry Paste (Geo) 180g	ORG, VG	£2.99		£0.00
Korma Curry Paste (Geo) 180g	ORG, VG	£2.69		£0.00
Tamarind Paste (Thai Taste) 130g	GF, VG	£1.99		£0.00

SAUCES

Harissa Chilli Sauce Jar (Harry Brand) 210g		£3.99		£0.00
Korma Cooking Sauce (Meridian Free From) 350g	VG	£2.89		£0.00

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Sweet Chilli Dipping Sauce (Biona) 250ml	ORG	£3.45		£0.00
Tikka Masala Cooking Sauce (Meridian) 350g	GF, VG	£2.89		£0.00
OTHER				
Miso Brown Rice (Clearspring) 300g	ORG, VG	£5.29		£0.00
Japanese White Miso (Clearspring) 270g	ORG, VG	£4.29		£0.00
Loving Foods Kimchi 500g		£6.85		£0.00
Sauerkraut (Loving Foods) 500g		£6.35		£0.00
Sour Gherkins (Bionova) 680g	ORG, VG	£4.35		£0.00
Tofu - Firm (Biona) 500g	ORG	£4.35		£0.00
Tempeh (Biona) 400g	VG, ORG	£4.45		£0.00
Young Jackfruit Chunks (Suma) 400g	GF, ORG, VG	£2.99		£0.00
Mango Chunks in pure juice (Essential Organic) 400g	ORG, GF, VG	£2.49		£0.00
Pineapple Chunks In Juice (Essential Organic) 400g	ORG, GF, VG	£2.49		£0.00
Tropical Fruits In Juice (Essential Organic) 400g	ORG, GF, VG	£2.49		£0.00
Agave Syrup (Suma) 240ml	ORG	£3.99		£0.00
Date Syrup (Meridian) 330g	GF	£3.19		£0.00
Natural Pomegranate Molasses (Marigold) 250ml	GF, VG	£4.19		£0.00
Vermont Maple Syrup 250ml	VG	£5.25		£0.00
Vine Leaves (Cooks & Co) 400g	VG	£3.25		£0.00

CHOCOLATE & SNACKS

DIVINE

85% Dark 90g	VG	£2.85		£0.00
70% Dark Chocolate 90g	VG	£2.85		£0.00
41% Dark with Hazelnut 90G	VG	£2.85		£0.00
70% Dark Chocolate with Mint 90g	VG	£2.85		£0.00
60% with Pink Himalayan Sea Salt 90g	VG	£2.85		£0.00
70% Dark Chocolate with Raspberries 90g	VG	£2.85		£0.00
70% Dark Chocolate with Tangy Clementine 90g	VG	£2.85		£0.00
38% Milk Chocolate with Salted Caramel 90g		£2.85		£0.00
Smooth Milk Chocolate with Orange & Gingerbread		£2.85		£0.00
70% Dark 35g	VG	£1.25		£0.00
Milk & White Chocolate Cappuccino 35g		£1.35		£0.00
Milk with Tangy Orange 35g		£1.25		£0.00

OMBAR

Buttons 72% Cacao 25g	ORG, VG	£1.55		£0.00
Buttons Coco Mylk 55% Cacao 25g	ORG, VG	£1.55		£0.00
72% Coco Mylk Chocolate 70g	ORG, VG	£3.39		£0.00
72% Cacao 70g	ORG, VG	£3.39		£0.00
Centers Coconut & Vanilla 70g	ORG, VG	£3.39		£0.00
100% Cacao 35g	ORG, VG	£2.05		£0.00
Coco Mylk 55% Cacao 35g	ORG, VG	£2.05		£0.00
Centres Coconut & Vanilla 35g	ORG, VG	£2.05		£0.00
Strawberry Mylk 35g	ORG, VG	£2.05		£0.00

PLAYin CHOC

Endangered Animals Organic Chocolate + Surprise Toy		£2.25		£0.00
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TWO FARMERS (Hereford Crisps)

Lightly Salted 40g	VG	£0.75		£0.00
Lightly Salted 150g	VG	£2.50		£0.00
Cider Salt 40g	VG	£0.75		£0.00

73 High Street, Cranleigh, Surrey, GU6 8AU

Tel: 01483 497268 WhatsApp: 07973 531259 Email: info:forearthssake.co.uk

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Cider Salt 150g	VG	£2.50		£0.00
Hop Cheese & Onion 40g		£0.75		£0.00
Hop Cheese & Onion 150g		£2.50		£0.00
Mushroom & Wild Garlic 40g	VG	£0.75		£0.00
Mushroom & Wild Garlic 150g	VG	£2.50		£0.00
CHEWSY Chewing Gum				
Peppermint	VG	£1.29		£0.00
Spearmint	VG	£1.29		£0.00

BAKING

Arrowroot		10p/10g		£0.00
Baking Powder		60p/100g		£0.00
Baking Powder (Freee by Doves)	GF	60p/100g		£0.00
Bicarbonate of Soda (Lähde)		40p/100g		£0.00
Lemon Juice (Biona) 200ml	ORG, VG	£2.19		£0.00
Lime Juice (Biona) 200ml	ORG, VG	£2.69		£0.00
Polenta (Suma) 500g	VG	£1.55		£0.00
Polenta - Bulk (Infinity)	VG	25p/100g		£0.00
Xanthan Gum (Lähde)	GF	£1.90/100g		£0.00
Quick Yeast (Doves Farm) 125g	GF, VG	£1.35		£0.00
Fresh Yeast, 100g	GF	£2.50		£0.00

STOCK CUBES

KALLO

Garlic and Herb Stock Cubes 66g	ORG, GF, VG	£1.75		£0.00
Mushroom Stock Cubes 66g	ORG, GF, VG	£1.75		£0.00
Low Salt Vegetable Stock Cubes 60g	ORG, GF, VG	£1.75		£0.00
Yeast Free Vegetable Stock Cubes 66g	GF, VG	£1.75		£0.00

SUMA

Vegetable Bouillon 150g	ORG, GF, VG	£2.55		£0.00
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MARIGOLD

Swiss Vegetable Bouillon Cubes 84g	ORG, VG	£1.39		£0.00
Engevita Yeast Flakes with Iron & Vit D 125g	GF, VG	£3.99		£0.00
Engevita Yeast Flakes with B12	GF, VG	£3.75		£0.00
Engevita Yeast Flakes	ORG, GF, VG	£5.99		£0.00
Engevita Yeast Flakes with B12	GF, VG	30p/10g		£0.00

HERBS & SPICES

Allspice		10p/10g		£0.00
Basil		20p/10g		£0.00
Bay Leaves		30p/10g		£0.00
Caraway Seeds		22p/10g		£0.00
Cardamom (Ground)		72p/10g		£0.00
Cardamom (Whole)		37p/10g		£0.00
Cayenne Pepper		14p/10g		£0.00
Celery Salt		10p/10g		£0.00
Chilli Powder		20p/10g		£0.00
Chilli Flakes		15p/10g		£0.00
Chinese Spice		28p/10g		£0.00
Chives		27p/10g		£0.00

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Cinnamon (Ground)	15p/10g		£0.00
Cinnamon (Quills)	65p/10g		£0.00
Cloves (Whole)	30p/10g		£0.00
Coriander (Ground)	15p/10g		£0.00
Coriander Seeds	25p/10g		£0.00
Cumin (Ground)	16p/10g		£0.00
Cumin Seeds	22p/10g		£0.00
Curry Leaves	48p/10g		£0.00
Madras Curry Powder	12p/10g		£0.00
Dill Seeds	14p/10g		£0.00
Fennel Seeds	25p/10g		£0.00
Fenugreek	10p/10g		£0.00
Garam Masala	23p/10g		£0.00
Garlic Powder	14p/10g		£0.00
Garlic Salt	20p/10g		£0.00
Ginger (Ground)	16p/10g		£0.00
Juniper Berries	20p/10g		£0.00
Lemongrass	19p/10g		£0.00
Lime Leaves (Suma) 4g	£1.25		£0.00
Marjoram	40p/10g		£0.00
Mint	30p/10g		£0.00
Mixed Herbs	25p/10g		£0.00
Mixed Spice	90p/10g		£0.00
Mustard Powder	10p/10g		£0.00
Mustard Seeds (Black)	10p/10g		£0.00
Nigella Seeds	20p/10g		£0.00
Nutmeg (Ground)	36p/10g		£0.00
Nutmeg (Whole)	27p/10g		£0.00
Greek Wild Raw Oregano 50g	£3.90		£0.00
Onion Powder	20p/10g		£0.00
Oregano	16p/10g		£0.00
Paprika (Spanish)	13p/10g		£0.00
Paprika (Smoked)	14p/10g		£0.00
Parsley	25p/10g		£0.00
Peppercorns (Black)	15p/10g		£0.00
Peppercorns (White)	24p/10g		£0.00
Pepper (Black, Ground)	23p/10g		£0.00
Pepper (White, Ground)	22p/10g		£0.00
Poppy Seeds - Blue	9p/10g		£0.00
Ras El Hanout 42g	£2.25		£0.00
Rosemary	19p/10g		£0.00
Sage	19p/10g		£0.00
Star Anise	20p/10g		£0.00
Sumac	24p/10g		£0.00
Tarragon	30p/10g		£0.00
Thyme	15p/10g		£0.00
Turmeric (Ground)	13p/10g		£0.00
Za'atar 38g	£2.25		£0.00
Zaytonn Za'atar Zesty Thyme Herb Mix 80g	VG	£3.95	£0.00

HAIR & BODY CARE REFILLS

HAIR CONDITIONERS

ALTER/NATIVE

Clear & Simple	CF, VG	65p/100ml		£0.00
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MINIML

Pink Grapefruit & Aloe Vera	CF, VG	65p/100ml		£0.00
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Tea Tree & Mint	CF, VG	65p/100ml		£0.00
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HAIR SHAMPOOS

ALTER/NATIVE

Clear and Simple	CF, VG	65p/100ml		£0.00
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MINIML

Pink Grapefruit & Aloe	CF	65p/100ml		£0.00
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Tea Tree & Mint	CF	65p/100ml		£0.00
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BODYWASH & HANDSOAP

ECOLEAF - Handsoap

Grapefruit Twist	CF, VG	40p/100ml		£0.00
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MINIML - Bodywash + Bubble Bath

Pink Grapefruit & Aloe Vera	CF, VG	65p/100ml		£0.00
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Tea Tree & Mint	CF, VG	65p/100ml		£0.00
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CLEANING - REFILLS

Ecoleaf Washing Up Liquid		30p/100ml		£0.00
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Ecoleaf Washing Powder		39p/100g		£0.00
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Miniml Laundry Liquid - Fresh Linen		40p/100ml		£0.00
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Ecoleaf Fabric Conditioner		22p/100ml		£0.00
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Miniml Anti-bac Surface Cleaner - French Lavender		27p/100ml		£0.00
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Ecoleaf Toilet Cleaner - Citrus		25p/100ml		£0.00
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Bicarbonate of Soda (Lähde)		40p/100g		£0.00
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Distilled Vinegar		30p/100ml		£0.00
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Dishwasher Rinse Aid		15p/100ml		£0.00
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Percarbonate of Soda 1Kg		£7.25		£0.00
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DENTAL CARE

ENVIRONMENTAL

Bamboo Toothbrush – Soft or Medium		£3.15		£0.00
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Bamboo Toothbrush – Child		£2.95		£0.00
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GEORGANICS

Natural Toothpaste – Activated Charcoal 120ml		£8.90		£0.00
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Natural Toothpaste – Pure 120ml		£8.90		£0.00
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BEN & ANNA

Natural Toothpaste - White 100ml	VG	£8.95		£0.00
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Natural Toothpaste - Sensitive 100ml	VG	£8.95		£0.00
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HUMBLE & CO

Bamboo Interdental Brush 0.6mm (Blue)		£4.15		£0.00
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Bamboo Interdental Brush 0.4mm (Pink)		£4.15		£0.00
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TRUTHPASTE

Peppermint & Wintergreen - 100ml		£8.99		£0.00
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TOILET PAPER

WHO GIVES A CRAP

Single Roll – 100% Recycled	£0.95		£0.00
Single Roll – Premium Bamboo	£1.20		£0.00

ECOLEAF

4-Pack	£3.39		£0.00
9-Pack	£7.35		£0.00

SOAP (Palm Oil, SLS, Parabens Free)

ALTER/NATIVE (Handmade - Boxed)

Coffee & Cedar Wood 95g	VG	£2.65		£0.00
Coconut & Argon Oil 95g	VG	£2.65		£0.00
Hemp & Jasmine Musk 95g	VG	£2.65		£0.00
Lavender & Geranium 95g	VG	£2.65		£0.00
Lavender & Vetiver 95g	VG	£2.65		£0.00
Patchouli & Sandalwood 95g	VG	£2.65		£0.00
Pink Grapefruit 95g	VG	£2.65		£0.00
Rose & Geranium 95g	VG	£2.65		£0.00
Tea Tree & Aloe Vera 95g	VG	£2.65		£0.00
Yellow Mandarin & Tonka Bean 95g	VG	£2.65		£0.00

ALTER/NATIVE (Handmade - Round Glycerine)

Lavender and Vetiver 90g	VG	£1.85		£0.00
Rose and Geranium 90g	VG	£1.85		£0.00
White Lavender 90g	VG	£1.85		£0.00
Yellow Mandarin and Tonka Bean 90g	VG	£1.85		£0.00

ALTER/NATIVE (Handmade - Rectangular)

Lavender and Geranium 90g	VG	£2.79		£0.00
Coconut and Argan Oil 90g	VG	£2.79		£0.00
Coffee and Cedar Wood 90g	VG	£2.79		£0.00
Hemp and Jasmine Musk 90g	VG	£2.79		£0.00
Lavender and Geranium 90g	VG	£2.79		£0.00
Patchouli and Sandalwood 90g	VG	£2.79		£0.00
Pink Grapefruit 90g	VG	£2.79		£0.00
Rose and Geranium 90g	VG	£2.79		£0.00
Tea Tree and Aloe Vera 90g	VG	£2.79		£0.00

FAITH IN NATURE

Aloe Vera Soap Bar 100g		£2.28		£0.00
Coconut Soap Bar 100g		£2.28		£0.00
Fragrance Free Soap Bar 100g		£2.28		£0.00
Grapefruit Soap Bar 100g		£2.28		£0.00
Hemp Soap Bar 100g		£2.28		£0.00
Lavender Soap Bar 100g		£2.28		£0.00
Orange Soap Bar 100g		£2.28		£0.00
Rosemary Soap Bar 100g		£2.28		£0.00
Tea Tree Soap Bar 100g		£2.28		£0.00

FACE & BODYCARE

LOOFCO

Body Loofah		£3.29		£0.00
Bath Time Loofah - Heart Shaped		£3.59		£0.00

EARTH CONSCIOUS (Deoderant)

Waste Free Plastic Free Shopping - For your sake... For our sake... For Earth's Sake!!

Pure Unscented 60g	VG	£6.99		£0.00
Grapefruit & Lemon 60g	VG	£6.99		£0.00
Jasmine & Rose 60g	VG	£6.99		£0.00
Lavender & Tea Tree 60g	VG	£6.99		£0.00
Peppermint & Spearmint 60g	VG	£6.99		£0.00

PUREMESS

Deodorants 70ml - Various Essential Oil Fragrances	VG	£9.00		£0.00
Hand Cream 100ml - Lemongrass / Rosewood		£8.50		£0.00
Body Scrub 200ml - Grapefruit		£11.00		£0.00
Lip Balms 15ml - Geranium / Lemon / Orange		£4.50		£0.00
Body Custard 200ml - Lemongrass		£18.00		£0.00
Rejuvenating Face Cream 50ml		£17.50		£0.00
Oat & Mandarin Cleanser 150ml		£10.50		£0.00
Sleep Balm 50ml		£9.60		£0.00
Konjac Sponges (Natural Face Sponge)		£5.00		£0.00
Balancing Skin Toner 150ml		£9.00		£0.00

FEMININE CARE

MOONCUP

Menstrual Cup – Size A		£22.40		£0.00
Menstrual Cup – Size B		£22.40		£0.00

NATRACARE

Organic Cotton Ultra Pads – Super (12)		£2.95		£0.00
Organic Cotton Ultra Pads – Long (10)		£2.65		£0.00
Organic Cotton Panty Liners – Curved (30)		£1.89		£0.00
Organic Cotton Panty Liners – Long (16)		£1.89		£0.00
Super Non-Applicator Organic Cotton Tampons (20)		£2.85		£0.00
Super Non-Applicator Organic Cotton Tampons – Super (20)		£3.15		£0.00
Super Applicator Organic Cotton Tampons – Super (16)		£3.15		£0.00

OTHER

Shade All-Natural Sunscreen SPF25 100ml	ORG	£9.75		£0.00
Absolutink Susie Sue Soap Saver		£2.90		£0.00

CONTAINERS

Milk Bottle - 500ml / 1 Pint	Screwtop	£1.65		£0.00
Milk Bottle - 1 Litre / 2 Pint	Screwtop	£1.80		£0.00
Herb Jar	Clip Top	£1.25		£0.00
Herb Jar (Hexagonal)		£0.60		£0.00
Kilner Jar - 500ml	Clip Top	£3.25		£0.00
Kilner Jar - 750ml	Clip Top	£3.55		£0.00
Kilner Jar - 1L	Clip Top	£3.50		£0.00
Kilner Jar - 2L	Clip Top	£5.99		£0.00
Kilner Jar - 3L	Clip Top	£8.99		£0.00
Miniml Glass Bottle		£1.20		£0.00
Miniml Plastic Bathroom		£1.00		£0.00

HOUSEHOLD

IF YOU CARE

Food Waste Bags		£5.15		£0.00
Parchment Baking Sheets		£4.35		£0.00

73 High Street, Cranleigh, Surrey, GU6 8AU

Tel: 01483 497268 WhatsApp: 07973 531259 Email: info:forearthssake.co.uk

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Large Baking Cups x60	£1.65		£0.00
Extra Strong Aluminium Foil	£4.57		£0.00
Parchment Baking Paper	£4.35		£0.00
Paper Snack & Sandwich Bags 48 Pack	£4.15		£0.00
Sub/Mini Baguette Sandwich Bags	£4.57		£0.00
Tall Kitchen Bags x12	£5.30		£0.00
Recycled Aluminum Foil, 12m	£3.19		£0.00
Ecoleaf Cling Film (Home Compostable), 30m	£3.99		£0.00
Nature Fresh Cling Film, 250m	£25.00		£0.00
CANDLES			
GREEN LAURELS			
Afternoon Tea	£12.00		£0.00
Aloe + Cucumber	£12.00		£0.00
Baked Cookie	£12.00		£0.00
Chocolate	£12.00		£0.00
Fresh Linen	£12.00		£0.00
Lemon Sherbert	£12.00		£0.00
Rhubarb Custard	£12.00		£0.00
Sweet Pea	£12.00		£0.00
Unicorn Sparkle	£12.00		£0.00
OTHER			
Tea Light - single	£0.24		£0.00
Tea Light - box of 24	£5.65		£0.00
CLOTHING			
BAM			
Bamboo Socks Striped 4-7	£4.50		£0.00
Bamboo Socks Striped 8-11	£4.50		£0.00
Bamboo Socks Black 4-7	£4.25		£0.00
Bamboo Socks Black 8-11	£4.25		£0.00
FOOD BAGS & BIN LINERS			
d2w Drawtape Swing Bin Liners x15	£2.15		£0.00
d2w Drawtape Refuse Bags x20	£2.49		£0.00
d2w Freezer Bags x100	£1.49		£0.00
d2w Pedal Bin Liners x30	£2.25		£0.00
TABLEWARE			
Bamboo Dinner Set (Bee)	£11.95		£0.00
Bamboo Dinner Set (Cow)	£11.95		£0.00
Bamboo Dinner Set (Fox)	£11.95		£0.00
Bamboo Dinner Set (Unicorn)	£11.95		£0.00
Silent Pool Copa Gin Glass	£10.50		£0.00
Silent Pool Tumbler	£10.50		£0.00
William Morris Bamboo Cup - Small	£11.95		£0.00
William Morris Bamboo Cup - Large	£12.95		£0.00
Cane Straws, 10 Pack (The Cane Straw Company)	£2.50		£0.00
WASHING UP & CLEANING			
LoofCo Root Vegetable Scrubber	£2.80		£0.00
LoofCo Washing-up Scraper	£2.95		£0.00
LoofCo Washing-up Pad - One Pad	£2.85		£0.00
LoofCo Washing-up Pad - Two Pads	£4.99		£0.00
Loofco Washing-up Brush without Handle	£2.55		£0.00

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Loofco Washing-up Brush with Handle	£3.55		£0.00
Loofco Bottle Brush with Rubberwood Handle	£3.79		£0.00
Maistic All Purpose Cloth - 5 Pack	£2.45		£0.00
Ecoleaf Kitchen Jumbo Roll	£3.19		£0.00
Ecoleaf Kitchen Roll Twin Pack	£2.79		£0.00
Who Gives A Crap Kitchen Roll	£2.00		£0.00
EcoLeaf DishWasher Tablets, 25 tablets	£5.69		£0.00
EcoLeaf DishWasher Tablets, 70 tablets	£14.15		£0.00

PET CARE

Denzel's Pumpkin Dog Treats 15 x 50g	£2.00		£0.00
Compostable Dog Poo Bags x60 (Fetch It)	£5.49		£0.00
Mini Compostable Poo Bags x80 (Fetch It)	£5.49		£0.00
Tie Handle Compostable Poo Bags x120 (Fetch It)	£10.49		£0.00

FIRE RELATED PRODUCTS

British Barbecue Charcoal Small Bag 3kg	£6.00		£0.00
British Barbecue Charcoal Large Bag 5kg	£9.00		£0.00
Coffee Logs 8kg	£7.40		£0.00
If You Care Firelighters x28	£2.59		£0.00
If You Care Firelighters x72	£5.15		£0.00

OTHER

Kite Paper Packing Tape - 25mm	£2.00		£0.00
Kite Paper Packaging Tape - 50mm	£2.25		£0.00
Short Handle Turtle Bag	£5.99		£0.00

THE BEE BAY

Beeswax Bar	£2.00		£0.00
Beeswax Wrap Kit	£14.50		£0.00
Chopping Board Conditioner	£7.00		£0.00
Furniture Polish	£5.20		£0.00
Beeswax Leather Conditioner	£6.50		£0.00
Beeswax Shoe Polish - Black	£4.50		£0.00
Beeswax Shoe Polish - Brown	£4.50		£0.00
Beeswax Shoe Polish - Natural	£4.50		£0.00
Homemade Nesting House	£15.00		£0.00
Bee/Insect Hotel	£25.00		£0.00

SOFT DRINKS

BELVOIR

Sparkling Elderflower 250ml	£2.50		£0.00
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CAWSTON PRESS

Elderflower Lemonade 750ml	£3.99		£0.00
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FENTIMANS

Cherry Cola 275ml	£2.05		£0.00
Curiosity Cola 275ml	£1.65		£0.00
Dandelion & Burdock 275ml	£1.95		£0.00
Ginger Beer 250ml (can)	£1.79		£0.00
Victorian Lemonade 275ml	£1.95		£0.00
Mandarin & Seville Orange Jigger 275ml	£1.95		£0.00
Botanically Brewed Light Tonic 500ml	£2.79		£0.00

FRANKLIN & SONS

73 High Street, Cranleigh, Surrey, GU6 8AU

Tel: 01483 497268 WhatsApp: 07973 531259 Email: info:forearthssake.co.uk

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1886 Cola 275ml		£1.49		£0.00
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GUSTO

Naturally Slim Cola 275ml	VG	£1.95		£0.00
Original Energy 275ml	VG	£1.95		£0.00

LUSCOMBE

St Clements 270ml		£1.95		£0.00
Wild Elderflower 270ml		£1.95		£0.00

KARMA

Ginger Kombucha 500ml		£3.65		£0.00
Mango Kombucha 500ml		£3.65		£0.00
Pomegranite Kombucha 500ml		£3.65		£0.00
Raspberry Kombucha 500ml		£3.65		£0.00

SUNITA

Orange Juice 1L		£5.50		£0.00
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ALCOHOL (Strictly Over 18s only)

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Silent Pool Gin 70cl		£38.00		£0.00
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BEER

CRAFTY BREWING

Arctic Fox - Pilsner 500ml	GF	£2.45		£0.00
Blind Side - Deep Amber Ale 500ml		£2.45		£0.00
Crafty One - Pale Ale 500ml		£2.45		£0.00
Hot Tipple - IPA 500ml		£2.45		£0.00
Laughing Wolf - APA 500ml		£2.45		£0.00

FIREBIRD

Bohemia - Lager 330ml	GF, VG	£2.35		£0.00
Festive 51 - Strong Ale 500ml	GF, VG	£2.85		£0.00
Heritage - Ale 500ml	GF, VG	£2.70		£0.00
Pacific Gem - Single Hop Pale Ale 500ml	GF, VG	£2.70		£0.00

CIDER

GARDEN CIDER CO.

Original Cider 500ml		£2.40		£0.00
Dry Hopped Cider 500ml		£2.55		£0.00
Berry & Cherry Cider 500ml		£2.55		£0.00
Elderflower Cider 500ml		£2.55		£0.00
Plum & Ginger 500ml		£2.55		£0.00
Raspberry & Rhubarb Cider 500ml		£2.55		£0.00

WINE

BELLE & CO

Alcohol-Free Sparkling Wine		£5.75		£0.00
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BOLNEY

Lychgate Bacchus White 2019		£20.00		£0.00
Lychgate Red 2018		£20.00		£0.00

DENBIES

Flint Valley Wine (White)		£11.50		£0.00
Surrey Gold Wine (White)		£11.50		£0.00
Rosehill Wine (Rose)		£11.50		£0.00
Whitedown (Sparkling)		£21.95		£0.00

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Prices correct as at 9 October 2023. E&O.