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Prices correct as at the time of printing, Nov 2021

Quantities (Average Weighing)

Key

Liquids: Small unit = 250ml (8.5fl oz)
Medium unit = 500ml (1 Pint)
Large unit = 750ml (1.3 Pints)

Dry Goods: Small unit = 125g (4.5oz)
Medium unit = 250g (9oz)
Large unit = 500g (18oz)
Herbs & spices unit = 10g (0.25oz)

ORG = Certified Organic
GF = Gluten free
CF = Cruelty free
VG = Vegan
LS = Low sugar

Baking	Price	Qty
Baking Powder	56p/100g	
Baking Powder (Freee by Doves)	GF 60p/100g	
Bicarbonate of Soda (Lähde)	39p/100g	
Polenta (Suma) (500g)	VG £1.35	
Polenta - Bulk (Infinity)	VG 25p/100g	
Quick Yeast (Doves Farm) (125g)	GF, VG £1.19	
Xanthan Gum (Lähde)	GF £1.90/100g	
Flours		
Buckwheat Flour (Freee by Doves) (1kg)	GF, VG £3.45	
Cornflour (Suma) (500g)	VG £1.19	
Pasta Flour (Doves Farm) (1kg)	ORG, VG £1.65	
Rice Flour (Freee by Doves) (1kg)	GF, VG £1.79	
White Spelt Flour (Doves Farm) (1.5kg)	ORG, VG £3.55	
Plain White Flour (Freee by Doves) (1kg)	GF, VG £2.19	
White Rye Flour (Doves Farm) (1kg)	ORG, VG £1.95	
Plain White Flour (Doves Farm) (1kg)	ORG, VG £1.40	
Fine Plain Wholemeal Flour (Doves Farm) (1kg)	ORG, VG £1.25	
Self Raising Flour (Freee by Doves)	GF, VG £2.19	
Semolina Flour (Suma) (500g)	VG £1.89	
Coconut Flour (Suma) (500g)	ORG, VG £2.99	
Gram Flour (Suma) (500g)	VG £1.99	
Maize Flour (Suma) (500g)	ORG, VG £1.59	
Tapioca Starch Flour (Suma) (500g)	VG £1.79	
Wheat Gluten Flour (Suma) (500g)	VG £2.99	
White Self Raising Flour (Doves Farm) (1kg)	ORG, VG £1.40	

Bread Flours	Price	Qty
Malthouse Bread Flour (Doves Farm) (1kg)	ORG, VG £1.59	
Strong White Bread Flour (Doves Farm) (1.5kg)	ORG, VG £1.95	
Strong Wholemeal Bread Flour (Doves Farm) (1.5kg)	ORG, VG £1.95	
Brown Bread Flour (Freee by Doves) (1kg)	GF, VG £2.35	
White Bread Flour (Freee by Doves) (1kg)	GF, VG £2.19	
Stock Cubes		
Kallo Garlic and Herb Stock Cubes (66g)	ORG, GF, VG £1.59	
Kallo Mushroom Stock Cubes (66g)	ORG, GF, VG £1.59	
Kallo Low Salt Vegetable Stock Cubes (60g)	ORG, GF, VG £1.59	
Kallo Yeast Free Vegetable Stock Cubes (66g)	GF, VEG £1.59	
Vegetable Bouillon (Suma) (150g)	ORG, GF, VG £2.39	
Swiss Vegetable Bouillon Cubes (Marigold) 84g	ORG, VG £1.29	
Engevita Yeast Flakes with Iron & Vit D (Marigold) (125g)	GF, VG £3.99	
Engevita Yeast Flakes with B12 (Marigold)	GF, VG £3.49	
Bathroom	Price	Qty
Dental Care		
Environmental Bamboo Toothbrush – Soft / Medium	£2.95	
Environmental Bamboo Toothbrush – Child	£2.95	
Jack N' Jill Toothbrush – Bunny	£3.49	
Georganics Natural Toothpaste – Activated Charcoal (120ml)	£8.90	
Georganics Natural Toothpaste – Pure (120ml)	£8.90	
Georganics Natural Toothpaste – Orange (120ml)	£8.90	
Georganics Natural Toothpaste – Spearmint (120ml)	£8.90	
Truthpaste P'mint & Wintergreen Toothpaste (100ml)	VG £7.99	
Ben & Anna Natural Toothpaste - White (100ml)	VG £8.95	
Georganics Natural Floss – Activated Charcoal	£4.95	

	Price	Qty
Georganics Spearmint + Floss Refills	£6.95	
Humble Co Bamboo Interdental Brush 0.6mm (Blue)	£4.15	
Humble Co Bamboo Interdental Brush 0.4mm (Pink)	£4.15	
Georganics Mouthwash Tablets English Peppermint	£8.90	
Soap, Shampoo & Shaving Bars	Palm Oil, SLS, Parabens Free	
Botanical Soap Gift Box (Suma)	£11.00	
Alter/Native		
Handmade Soap – Coffee & Cedar Wood (Suma) 95g	VG £2.65	
Handmade Soap – Coconut & Argon Oil (Suma) 95g	VG £2.65	
Handmade Soap – Hemp & Jasmine Musk (Suma) 95g	VG £2.65	
Handmade Soap – Patchouli (Suma) 95g	VG £2.65	
Handmade Soap – Pink Grapefruit (Suma) 95g	VG £2.65	
Handmade Soap – Rose & Geranium (Suma) 95g	VG £2.65	
Handmade Soap – Rosemary & Lavender (Suma) 95g	VG £2.65	
Handmade Soap – Tea Tree & Aloe Vera (Suma) 95g	VG £2.65	
Faith in Nature		
Soap Bar – Aloe Vera	£1.89	
Soap Bar – Coconut	£1.89	
Soap Bar – Fragrance Free	£1.89	
Soap Bar – Grapefruit	£1.89	
Soap Bar – Hemp	£1.89	
Soap Bar – Lavender	£1.89	
Soap Bar – Orange	£1.89	
Soap Bar – Rosemary	£1.89	
Soap Bar – Tea Tree	£1.89	

	Price	Qty
Friendly		
Cocoa Butter Cleansing Bar (95g)	£2.75	
Shampoo Bar – Lavender & Geranium (95g)	£2.75	
Shampoo Bar – Lavender & Tea Tree (95g)	£2.75	
Shaving Bar Orange & Lavender (95g)	£2.75	
Shea Butter Soap (95g)	£2.75	
Travel Soap (95g)	£2.75	
Face & Body Care		
Loofco Body Loofah	£2.85	
Loofco Bath Time Loofah Heart Shaped	£3.09	
Earth Conscious Deodorant		
Grapefruit & Lemon (60g)	VG £6.99	
Jasmine & Rose (60g)	VG £6.99	
Lemon & Rosemary (60g)	VG £6.99	
Pure Unscented (60g)	VG £6.99	
P'mint S'mint (60g)	VG £6.99	
Puremess		
Deodorants 70ml - Various Essential Oil Fragrances	VG £8.00	
Hand Cream 100ml - Lemongrass / Rosewood	£7.00	
Body Scrub 200ml - Grapefruit	£10	
Lip Balms 15m - Geranium / Lemon / Orange	£4	
Facial Oil 30ml	£14	
Body Custard 200ml - Lemongrass / Vanilla	£16	
Rejuvenating Face Cream 50ml	£16	
Oat & Mandarin Cleanser 150ml	£9.50	
Sleep Balm 50ml	£8.00	

	Price	Qty
Konjac Sponges (Natural Face Sponge)	£4.50	
Balancing Skin Toner 150ml	£8.00	
Feminine Care		
Mooncup Menstrual Cup – Size A	£20.99	
Mooncup Menstrual Cup – Size B	£20.99	
Organic Cotton Pads – Super + (Natracare)	£2.39	
Organic Cotton Panty Liners – Curved (Natracare)	£1.79	
Organic Cotton Panty Liners – Long (16) (Natracare)	£1.70	
Super Non-Applicator Organic Cotton Tampons (Natracare)	£2.85	
Organic Cotton Pads Long (Natracare)	£2.59	
Other		
Natural Baby Balm Tin (Earth Conscious) (60g)	VG £6.99	
Shade All-Natural Sunscreen SPF25 (100ml)	ORG £9.75	
Toilet Paper – 100% Recycled (Who Gives A Crap)	95p	
Toilet Paper – Premium Bamboo (Who Gives A Crap)	£1.20	
Toilet Paper 4-Pack (Ecoleaf)	£2.29	
Toilet Paper 9-Pack (Ecoleaf)	£4.99	
The Humble Co Bamboo Cotton Buds	VG £1.99	
	Price	Qty
Black Turtle Beans (Suma)	ORG 26p/100g	
Butter Beans (Suma)	ORG 45p/100g	
Cannellini Beans (Infinity)	ORG 38p/100g	
Chickpeas (Queenswood)	ORG 36p/100g	
Lentils - Brown (Queenswood)	ORG 32p/100g	
Lentils - Green (Queenswood)	ORG 41p/100g	
Puy Lentils	ORG 30p/100g	

	Price	Qty
Haricot Beans	ORG 40p/100g	
Mung Beans (Queenswood)	37p/100g	
Pinto Beans (Infinity)	ORG 32p/100g	
Red Kidney Beans (Infinity)	ORG 38p/100g	
Soya Beans	ORG 34p/100g	
Split Peas - Green (Suma)	ORG 35p/100g	
Split Peas - Yellow (Suma)	ORG 29p/100g	
Beans, Veg & Pulses Tinned	Price	Qty
Azuki Beans (Suma) (400g)	ORG, VG £1.09	
Artichoke Hearts in Brine (Cooks & Co) (400g)	GF, VG £2.70	
Baked Beans (Suma) (400g)	ORG, VG £1.19	
Baked Beans – Low Sugar (Suma) (400g)	ORG, VG £1.19	
Baked Beans (Whole Earth) (400g)	ORG, VG £1.19	
Black Beans (Suma) (400g)	ORG, VG £1.09	
Black Beluga Lentils (Suma) (400g)	ORG, VG £1.19	
Black Chickpeas (Suma) (400g)	ORG, VG £1.09	
Black Eyed Beans (Suma) (400g)	ORG, VG £1.09	
Borlotti Beans (Suma) (400g)	VG £0.75	
Borlotti Beans (Suma) (400g)	ORG, VG £1.09	
Butter Beans (Suma) (400g)	ORG, VG £1.09	
Cannellini Beans (Suma) (400g)	ORG, VG £1.09	
Chickpeas (Suma) (400g)	ORG, VG £1.09	
Chickpeas (Suma) (400g)	VG 75p	
Chilli Beans (Biona) (400g)	ORG, VG £1.39	
Edamame Beans (Biona) (200g)	ORG, VG £1.79	

		Price	Qty
Edamame Beans In Water (Geo) (400g)	VG	£2.05	
Green Lentils (Suma) (400g)	ORG, VG	£1.09	
Haricot Beans (Suma) (400g)	ORG, VG	£1.09	
Hearts of Palm (Cooks & Co) (400g)	ORG, VG	£2.35	
Carlin Peas (Hodmedod's) (400g)	ORG	£1.39	
Italian Peas (Suma) (340g)	ORG	£1.39	
Mixed Beans (Suma) (400g)	ORG, VG	£1.09	
Pinto Beans (Biona) (400g)	ORG	£1.19	
Red Kidney Beans (Suma) (400g)	ORG	£1.09	
Super Sweetcorn (Suma) (340g)	ORG, VG	£1.39	

Bread by SØDT

	Price	Qty
Corn Bread	£3.20	
Donker Rye	£3.20	
Original Sourdough Bread	£3.20	
Seeded Sourdough Bread (4 Seed Sour)	£3.20	

Burger & Veggie Mixes

	Price	Qty
All Out Burger (x2)	VG fresh/ chilled £4.00	
Veggies Burger Mix	£1.05/100g	
Veggies Hemp Burger Mix	£1.05/100g	
Veggies Nut Roast Mix	£1.20/100g	
Veggies Sosage Mix	£1.05/100g	

Cereals

	Price	Qty
Kellogg's Corn Flakes (Suma)	37p/100g	
Kellogg's Rice Crispies	47p/100g	
Crunchy Apricot Muesli	35p/100g	
Muesli Base (Suma)	VG 15p/100g	

	Price	Qty
Jumbo Oats (Morning Foods)	37p/100g	
Porridge Oats (Morning Foods)	13p/100g	
Toasted Wheat Flakes (Suma)	ORG 27p/100g	
Multigrain Choco Shells	69p/100g	

Chocolate & Snacks

	Price	Qty
Divine 85% Dark 90g	VG £2.59	
Divine 70% Dark Chocolate 90g	VG £2.59	
Divine 70% Dark Chocolate with Ginger & Orange 90g	VG £2.59	
Divine Dark with Hazelnut 90g	VG £2.59	
Divine 70% Dark Chocolate with Mint 90g	VG £2.59	
Divine 60% with Pink Himalayan Sea Salt 90g	VG £2.59	
Divine 70% Dark Chocolate with Raspberries 90g	VG £2.59	
Divine 45% Smooth High Cocoa Milk Chocolate 90g	£2.59	
Divine 38% Milk Chocolate with Salted Caramel 90g	£2.59	
Divine 70% Dark 35g	VG £1.09	
Divine Dark Caramel 35g	£1.09	
Divine Milk & White Chocolate Cappuccino 35g	£1.09	
Divine Milk with Tangy Orange 35g	£1.09	
Ombar Buttons 72% Cacao 25g	ORG, VG £1.49	
Ombar Buttons Coco Mylk 55% Cacao 25g	ORG, VG £1.49	
Ombar 72% Cacao 70g	ORG, VG £3.29	
Ombar Centers Coconut & Vanilla 70g	ORG, VG £3.29	
Ombar 100% Cacao 35g	ORG, VG £1.99	
Ombar Coco Mylk 55% Cacao 35g	ORG, VG £1.99	
Ombar Centres Coconut & Vanilla 35g	ORG, VG £1.99	
Ombar Strawberry Mylk 35g	ORG, VG £1.99	

	Price	Qty
Two Farmers Hereford Crisps		
Lightly Salted 40g	VG 75p	
Lightly Salted 150g	VG £2.50	
Cider Salt 40g	VG 75p	
Cider Salt 150g	VG £2.50	
Hop Cheese & Onion 40g	75p	
Hop Cheese & Onion 150g	£2.50	
Mushroom & Wild Garlic 150g	VG £2.50	
Savoury & Sweet Snack Refills		
Bombay Mix (Suma)	30p/100g	
Smoked Paprika Twists (Suma)	50p/100g	
Wasabi Coated Peanuts (Queenswood)	£1.25/100g	
Dark Chocolate Buttons (55%)	GF, VG 89p/100g	
Milk Choc Caramel Buttons (34%)	GF 89p/100g	
Milk Choc Buttons (34%)	GF 79p/100g	
White Chocolate Buttons (30%)	GF 79p/100g	
Yoghurt Coated Banana Chips (Queenswood)	£1.25/100g	
Yoghurt Coated Honeycomb Bites (Queenswood)	£1.25/100g	
Yoghurt Coated Raisins (Queenswood)	£1.25/100g	
Cacao Nibs (Queenswood)	ORG £1.25/100g	

Cleaning Refills

	Price	Qty
Ecolleaf Washing Up Liquid	25p/100ml	
Ecolleaf Washing Powder	39p/100ml	
Miniml Laundry Liquid - Fresh Linen	35p/100ml	
Miniml Fabric Conditioner - Tropical Coconut	22p/100ml	

	Price	Qty
Miniml Anti-bac Surface Cleaner - French Lavender	25p/100ml	
Ecolleaf Toilet Cleaner - Citrus	25p/100ml	

Containers

	Price	Qty
Milk Bottle (500ml / 1 Pint)	Screwtop 85p	
Milk Bottle (750ml / 1 ½ Pint)	Screwtop 99p	
Milk Bottle (1 Litre / 2 Pint)	Screwtop £1.20	
Herb Jar	Screwtop 50p	
Herb Jar	Clip Top £1.00	
Kilner Jar (500ml)	Clip Top £3.25	
Kilner Jar (750ml)	Clip Top £3.35	
Kilner Jar (1L)	Clip Top £3.50	
Kilner Jar (2L)	Clip Top £5.99	
Kilner Jar (3L)	Clip Top £8.99	

Dairy

	Price	Qty
Bookham Harrison Farms		
South Downs Butter Slightly Salted	£1.75/100g	
South Downs Butter Unsalted	£1.75/100g	
Sussex Charmer	£1.50/100g	
Twineham Grange Hard Parmesan Style - Grated	£2.00/100g	
Twineham Grange Hard Parmesan Style	£2.00/100g	
High Weald Dairy		
Brighton Blue	£2.48/100g	
Seven Sisters	£3.35/100g	
Sister Sarah	£2.90/100g	
St Giles	£2.24/100g	

	Price	Qty
Sussex Marble	£2.40/100g	
Sheep Milk Halloumi	£3.12/100g	
Epiros		
Greek Feta Cheese P.D.O. 100g	ORG £1.20/100g	
Wells Farm Milk Refill		
Semi Skimmed Milk Refill, 1 pint	50p	
Semi Skimmed Milk Refill, 1 ½ pint	75p	

Alternative Dairy

	Price	Qty
Fresh Better Vegan Spread 125g	VG £2.50	
Minor Figures Oat Milk Refill (1 Pint)	VG £1.00	
Minor Figures Oat Milk Refill (2 Pints / 1 Litre)	VG £2.00	
Oatly Original 1 L	VG, ORG £1.65	
Oatly Chocolate Oat Milk 1 L	VG 1.96	
Oatly Creamy Oat 250ml	VG, ORG £1.05	
Oatly Creamy Oat 250ml	VG £1.05	

Dried Fruit

	Price	Qty
Apricots - Whole (Suma)	ORG £1.25/100g	
Banana Chips (Infinity)	60p/100g	
Cherries - Glace (Suma)	90p/100g	
Sour Cherries (Infinity)	£1.60/100g	
Cranberries with Apple Juice (Infinity)	£1.75/100g	
Currants (Queenswood)	ORG 85p/100g	
Dates - Chopped (Infinity)	ORG 60p/100g	
Dates - Pitted (Suma)	ORG 65p/100g	
Desiccated Coconut (Queenswood)	ORG 55p/100g	
Figs (Suma)	ORG 90p/100g	

	Price	Qty
Goji Berries (Queenswood)	£1.75/100g	
Mango Strips (Infinity)	ORG £1.90/100g	
Mixed Peel (Suma)	50p/100g	
Prunes - Pitted	ORG 45p/100g	
Raisins (Queenswood)	ORG 50p/100g	
Sultanas (Queenswood)	ORG 50p/100g	
Sun-dried Tomatoes	£1.10/100g	

Fish

	Price	Qty
Fish4Ever Mackerel Fillets in Organic Spicy Tomato Sauce	£2.95	
Fish4Ever Wild Pacific Pink Salmon 213g	GF £4.25	
Skipjack Tuna Chunks in Brine 160g	£2.15	
Fish4Ever Yellowfin Tuna in Spring Water 120g	£2.95	
Fish4Ever Yellowfin Tuna in Olive Oil 120g	£3.65	

Fruit & Veg (Organic)

- Organic
- Locally Sourced
- Sustainable

Grains

	Price	Qty
Rice		
Arborio Rice (Martinotti)	ORG 36p/100g	
Basmati Rice - Brown (Queenswood)	ORG 31p/100g	
Basmati Rice - White (Queenswood)	ORG 36p/100g	
Long Grain Rice - Brown (Martinotti)	ORG 25p/100g	
Short Grain Rice - Brown (Martinotti)	ORG 25p/100g	
Long Grain Rice - White (Queenswood)	ORG 25p/100g	
Easy Cook Long Grain Rice - White	30p/100g	
Wild Rice Mix (Infinity)	ORG 48p/100g	

	Price	Qty
Other Grains		
Buckwheat (Infinity)	ORG 39p/100g	
Bulgur Wheat - Course (Queenswood)	ORG 30p/100g	
Couscous - Giant (Infinity)	48p/100g	
Couscous - White (Infinity)	ORG 27p/100g	
Couscous - Wholemeal (Infinity)	ORG 25p/100g	
Orzo (Infinity)	ORG 35p/100g	
Millet (Infinity)	ORG 30p/100g	
Pearl Barley (Infinity)	ORG 20p/100g	
Polenta (Infinity)	VG 25p/100g	
Popping Corn (Infinity)	ORG 35p/100g	
White Quinoa (Queenswood)	ORG 55p/100g	

Greek Products

Olive Oils

	Price	Qty
Philotimo Greek Olive Oil P.D.O. (Bulk)	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 Pitted Olives 300g	£3.80	
Green Chalkidiki Jalapeno Stuffed Olives, 300g	£3.80	
Green Chalkidiki Red Pepper Stuffed Olives 300g	£3.80	
Philotimo Kalamata Olives 180g	£3.90	

	Price	Qty
Tahini		
Tahini Sesame Spread with Hazelnut 300g (Kandys)	£6.50	
Tahini Sesame Spread with Cocoa 300g (Kandys)	£6.50	
Greek Tahini with Orange 300g (Kandys)	£6.50	
Tahini with Chocolate 300g (Kandys)	£6.50	
Tahini Honey and Cocoa 300g (Kandys)	£6.80	
Tahini with Lemon 300g (Kandys)	£6.50	
Tahini with Honey 300g (Kandys)	£6.50	
Organic Dark Tahini 270g (Meridian)	£2.49	
Organic Light Tahini 270g (Meridian)	£2.49	
Greek Wholegrain Tahini (Veria)	£6.80	

Homemade at the Life Goddess (Georgios)

	Price	Qty
Baklava by Georgios, per 100g	£1.50	
Greek Hummus, approx 300g	£3.00	
Lemon & Coriander Hummus, approx 200g	£2.00	
Mixed Olives approx 25g	£3.25	
Spicy Feta Spread, approx 250g tub	£3.00	
Spinach & Feta Pie Slice (Spanakopita)	£3.50	
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	

Hair & Bodycare Refills

	Price	Qty
Hair Conditioners		
Clear & Simple (Alter/Native by Suma) CF, VG	65p/100ml	
Tea Tree & Aloe Vera (Alter/Native by Suma) CF, VG	65p/100ml	
Pink Grapefruit & Aloe Vera (Miniml) CF, VG	65p/100ml	
Hair Shampoos		
Pink Grapefruit & Aloe (Miniml) CF	65p/100ml	
Rose & Geranium (Alter/Native by Suma) CF	65p/100ml	
Tea Tree and Aloe Vera (Alter/Native by Suma) CF	65p/100ml	
Clear and Simple (Alter/Native by Suma) CF, VG	65p/100ml	
Body Wash & Handsoap		
Hand Soap - Grapefruit Twist (ecoleaf) CF, VG	40p/100ml	
Bodywash + Bubble Bath - Pink Grapefruit & Aloe Vera (miniml) CF, VG	65p/100ml	
Bodywash + Bubble Bath - Tea Tree & Mint (miniml) CF, VG	65p/100ml	

	Price	Qty
Herbs & Spices		
Basil	20p/10g	
Bay Leaves	10p/10g	
Caraway Seeds	22p/10g	
Cayenne Pepper	14p/10g	
Celery Salt	10p/10g	
Chilli Powder	20p/10g	
Chilli Flakes	15p/10g	
Cinnamon (Ground)	15p/10g	
Chinese Spice	28p/10g	
Cloves (Whole)	30p/10g	

	Price	Qty
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	
Fennel Seeds	25p/10g	
Garam Masala	23p/10g	
Garlic Powder	14p/10g	
Ginger (Ground)	16p/10g	
Lemongrass	19p/10g	
Mixed Herbs	25p/10g	
Mixed Spice	83p/10g	
Mustard Powder	10p/10g	
Nutmeg (Ground)	36p/10g	
Nutmeg (Whole)	27p/10g	
Greek Wild Raw Oregano 50g	£3.90	
Oregano	16p/10g	
Paprika (Spanish)	13p/10g	
Paprika (Smoked)	14p/10g	
Parsley	25p/10g	
Peppercorns (Black)	15p/10g	
Peppercorns (White)	24p/10g	
Pepper (White, Ground)	22p/10g	
Rosemary	19p/10g	

	Price	Qty
Sage	19p/10g	
Star Anise	20p/10g	
Sumac	24p/10g	
Tarragon	30p/10g	
Thyme	15p/10g	
Turmeric (Ground)	13p/10g	
Household		
If You Care		
Food Waste Bags	£5.35	
Parchment Baking Sheets	£3.50	
Large Baking Cups ×60	£1.55	
Extra Strong Aluminium Foil	£4.19	
Parchment Baking Paper	£4.15	
Paper Snack & Sandwich Bags 48 Pack	£4.44	
Sub/Mini Baguette Sandwich Bags	£4.57	
Tall Kitchen Bags ×12	£5.35	
Recycled Aluminum Foil (12mx-30cm)	£3.09	
Ecoleaf Cling Film (Home Compostable) 30m	£3.79	
Candles		
Green Laurels Candles - Rhubarb Custard	£12.00	
Green Laurels Candles - Unicorn Sparkle	£12.00	
Green Laurels Candles - Baked Cookie	£12.00	
Green Laurels Candles - Sweet Pea	£12.00	
Green Laurels Candles - Lemon Sherbert	£12.00	
Green Laurels Candles - Afternoon Tea	£12.00	
Green Laurels Candles - Aloe + Cucumber	£12.00	

	Price	Qty
Green Laurels Candles - Chocolate	£12.00	
Green Laurels Candles - Fresh Linen	£12.00	
Bee Heart Candle	£1.95	
Hexagonal Bee Candle	£1.95	
Clothing		
BAM		
Bamboo Socks Striped 4-7	£3.99	
Bamboo Socks Striped 8-11	£3.99	
Bamboo Socks Black 4-7	£3.99	
Bamboo Socks Black 8-11	£3.99	
BOODY		
Bamboo Bra Black / White / Nude S/M/L	£19.95	
G-String Pants Black / White / Nude S/M/L	£11.95	
Classic Bikini Pants Black / White / Nude S/M/L	£11.95	
Full Brief Pants Black Black / White / Nude S/M/L	£12.95	
Cami-top Black / White S/M/L	£19.95	
Tank-top Black / White S/M/L	£19.95	
3/4 Sleeve Scoop-Neck Top Black S/M/L	£27.95	
Full Length Active Sport Leggings Black S/M/L	£49.95	
3/4 Length Active Sport Leggings Black S/M/L	£44.95	
Food Bags & Bin Liners		
d2w Drawtape Swing Bin Liners x15	£1.85	
d2w Drawtape Refuse Bags ×10	£1.49	
d2w Freezer Bags ×100	£1.49	
d2w Pedal Bin Liners ×30	£1.85	
Postera Legooms Reusable bags - 6 Bags	£11.95	

	Price	Qty
Stasher Medium Storage Bags - Orange	£12.99	
Stasher Reusable Silicone Snack Bag (293ml)	£9.99	
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	
Tough Canteen (500ml) (One Green Bottle)	£15.50	
Tough Canteen (800ml) (One Green Bottle)	£17.99	
Two Tier Rectangular Lunchbox (One Green Bottle)	£23.99	
Two Tier Circular Lunchbox (One Green Bottle)	£15.99	
Silent Pool Copa Gin Glass	£9.95	
Silent Pool Tumbler	£15.00	
William Morris Bamboo Cup - Small	£11.95	
William Morris Bamboo Cup - Large	£12.95	
Washing up & Cleaning		
LoofCo Root Vegetable Scrubber	£2.80	
LoofCo Washing-up Scraper	£2.55	
LoofCo Washing-up Pad - One Pad	£2.85	
Loofco Washing-up Brush without Handle	£2.55	
Loofco Washing-up Brush with Handle	£3.29	
Loofco Bottle Brush with Rubber-wood Handle	£3.29	
Majestic All Purpose Cloth - 5 Pack	£2.25	
Majestic Bamboo Straws ×6	£5.59	
Ecoleaf Kitchen Roll Twin Pack	£1.85	
EcoLeaf DishWasher Tablets 25 tablets	£5.35	

	Price	Qty
Fetch-It Pet Care		
Compostable Dog Poo Bags ×60	£5.49	
Mini Compostable Poo Bags ×80	£5.49	
Tie Handle Compostable Poo Bags ×120	£10.49	
Fire Related Products		
British Barbecue Charcoal Small Bag (3kg)	£5.50	
British Barbecue Charcoal Large Bag (5kg)	£8.50	
Coffee Logs (8kg)	£6.99	
If You Care Firelighters ×28	£2.19	
If You Care Firelighters ×72	£5.15	
Other		
Patch Kids Natural Bamboo Plaster Strips ×25	£6.99	
Kite Paper Packing Tape (25mm)	£1.25	
Kite Packaging Paper Tape (50mm)	£2.25	
Stasher Silicone Reusable Food Storage Bag XL	£19.99	
Stasher Silicone Reusable Food Storage Bag	£12.99	
Stasher Silicone Reusable Snack Bag	£9.99	
Short Handle Turtle Bag	£5.99	
	Price	Qty
The Bee Bay		
Beeswax Bar	£1.95	
Beeswax Wrap Kit	£9.50	
Chopping Board Conditioner	£7.00	
Furniture Polish	£5.20	
Gilly Wrap / Large	£10.20	
Gilly Wrap / Medium	£7.80	

	Price	Qty
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	
Jams, Jellies, Chutneys & Honey	Price	Qty
NB; Our jams are seasonal so varieties can vary		
Debbie's Jams		
Apricot 340g	£3.60	
Apricot & Cherry 340g	£3.60	
Blackberry & Apple 340g	£3.60	
Blackcurrant 340g	£3.60	
Blueberry & Blackcurrant 340g	£3.60	
Damson 340g	£3.60	
Fig 340g	£3.60	
Ginger 340g	£3.60	
Gooseberry 340g	£3.60	
Greengage 340g	£3.60	
Plum 340g	£3.60	
Plum & Fig 340g	£3.60	
Raspberry 340g	£3.60	
Strawberry 340g	£3.60	
Stute Jams (No Sugar Added Suitable for Diabetics)		
Blackcurrant 430g	£2.09	
Raspberry 430g	£2.09	

	Price	Qty
Strawberry 430g	£2.09	
Fine Cut Marmalade 430g	£2.09	
Marmalades		
Debbie's Ginger	£3.60	
Debbie's Pink Grapefruit	£3.60	
Debbie's Three Fruit	£3.60	
Vanessa's Dark & Chunky 340g	£3.60	
Vanessa's Seville 340g	£3.60	
Vanessa's Topsy 340g	£3.60	
Debbie's Jellies		
Chilli 220g	£3.00	
Mint 220g	£3.00	
Redcurrant 220g	£3.00	
	Price	Qty
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	

	Price	Qty
Raw Cranleigh Honey		
Small	£7.50	
Large	£9.00	

Soups (Tinned)

Amy's Kitchen

	Price	Qty
Chilli Medium GF, VG, ORG	£2.25	
Vegetable Barley ORG	£1.95	
Hearty French Country Vegetable VG, ORG	£2.25	
Rustic Italian Vegetable ORG, VG	£2.25	
Lentil GF, ORG, VG	£1.80	
Lentil & Vegetable GF, ORG, VG	£1.80	
Quinoa, Kale & Red Lentil GF, ORG, VG	£2.25	
Split Pea GF, ORG, VG	£1.80	
Chunky Tomato GF, ORG	£1.80	

Free & Easy

Butternut Squash and Ginger GF, ORG, VG	£1.75	
Broccoli & Kale GF, ORG, VG	£2.35	
Lentil & Red Pepper GF, ORG, VG	£1.75	
Pea & Mint GF, ORG, VG	£1.75	
Tomato GF, ORG, VG	£1.75	

Suma Soups

Italian Tomato & Basil Soup ORG, VG	£1.75	
Minestrone Soup ORG, VG	£1.75	
Mushroom Soup ORG, VG	£2.09	
Spicy Lentil Soup ORG, VG	£1.55	

	Price	Qty
Pea Soup ORG, VG	£2.09	
Pea & Ham Soup ORG, VG	£2.09	
Red Pepper & Tomato Soup ORG, VG	£1.75	
Rustic Vegetable Soup ORG, VG	£1.75	
Tomato Soup ORG, VG	£1.75	
Tuscan Bean Soup ORG, VG	£1.75	

Meals (Tinned)

Amy's Kitchen Chilli Medium GF, VG	£2.25	
Free and Easy Bean Cassoulet GF, ORG, VG	£2.35	
Free and Easy Chickpea & Bean Tagine ORG, VG	£2.35	
Free and Easy Middle Eastern Chickpea Casserole GF, ORG, VG	£2.35	
Free and Easy Chickpea & Veg Curry GF, ORG, VG	£2.35	
Free and Easy Three Bean Chilli GF, ORG, VG	£2.45	
Free & Easy Vegetable Balti GF, ORG, VG	£2.35	
Free and Easy Vegetable Hotpot GF, ORG, VG	£2.35	
Suma Baked Beans & Vegan Sausages VG	£1.79	
Suma Vegan Chilli Meatballs VG	£2.25	

Oils, Vinegars & Soy Sauces Refills

	Price	Qty
Philotimo Premium Extra Virgin Olive - Cold Pressed VG, GF	95p/100ml	
Extra Virgin Rapeseed Oil - Cold Pressed (KTC) VG, GF	55p/100ml	
Sunflower Oil (Queenswood) ORG	35p/100ml	
Apple Cider Vinegar (Aspall) ORG	32p/100ml	

	Price	Qty
Apple Cider Vinegar with Mother (Suma) ORG	29p/100ml	
Balsamic Vinegar (Suma) ORG	90p/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	79p/100ml	

Pantry

	Price	Qty
Nelly's Eggs 6 Pack	£2.40	
Nelly's Egg Individual	40p	

Pasta Refills

	Price	Qty
Gluten-Free Fusilli (Infinity) GF	55p/100g	
Gluten-Free Penne (Infinity) GF	55p/100g	
Macaroni (Triple Lion)	19p/100g	
White Spaghetti (Infinity) ORG	25p/100g	
Wholemeal Spaghetti (Infinity) ORG	25p/100g	
Tricolore Fusilli (Infinity) ORG	33p/100g	
White Fusilli (Infinity) ORG	25p/100g	
Wholewheat Fusilli (Infinity) ORG	25p/100g	
White Penette (Infinity) ORG	25p/100g	
Wholewheat Gomitini (Infinity) ORG	25p/100g	

Pestos

	Price	Qty
Basil Pesto (Mr Organic) 130g ORG, VG	£2.99	
Green Pesto (Meridian) 170g VG	£2.99	
Vegan Green Pesto (Suma) 160g GF, ORG, VG	£2.99	

	Price	Qty
Vegan Red Pesto (Suma) 160g GF, ORG, VG	£2.99	
Red Pepper Pesto (Mr Organic) 130g ORG, VG	£2.99	
Italian Sauces		
Arrabbiata Sauce (Suma) 350g ORG, VG	£1.95	
Bolognese Sauce (Suma) 350g GF, ORG, VG	£1.95	
Napoletana Sauce (Suma) 350g ORG, VG	£1.95	
Tomato Mushroom & Garlic Pasta Sauce (Zest) 340g	£2.55	
Tomato & Basil Pasta Sauce (Meridian) 350g VG	£2.69	
Tomato & Herb Pasta Sauce (Meridian) 350g VG	£2.69	

Sauces & Spreads

	Price	Qty
Nut Butters		
Smooth Almond Butter (Meridian) 170g VG	£2.99	
Crunchy Hazelnut Butter (Meridian) 170g VG	£3.99	
Crunchy Peanut Butter No Salt (Suma) 340g ORG, VG	£3.89	
Crunchy Peanut Butter Salted (Suma) 340g ORG, VG	£3.89	
Crunchy Peanut Butter Salted (Suma) 700g ORG, VG	£7.49	
Smooth Peanut Butter No Salt (Suma) 340g ORG, VG	£3.89	
Smooth Peanut Butter Salted (Suma) 340g ORG, VG	£3.89	
Smooth Peanut Butter Salted (Suma) 700g ORG, VG	£7.49	

Sauces

Organic Mayonnaise (Suma) 300g ORG	£2.95	
Egg Free Mayonnaise (Plamil So Free) 315g GF	£2.65	
Egg Free Garlic Mayonnaise (Plamil So Free) 315g GF, ORG, VG	£2.65	
Vegan Aioli (Bonsan) 235g ORG, VG	£2.69	
Apple Puree (Biona) 700g ORG	£2.75	

		Price	Qty
Bearnaise Sauce from Inspired Vegan 205g	GF, VG	£2.35	
Rich Dark Chocolate Spread (Plamil So Free) 275g	VG	£3.15	
Hollandaise Sauce (Atkins & Potts) 205g		£2.79	
Hollandaise Sauce from Inspired Vegan 205g	GF, VG	£2.35	
Horseradish Sauce from Inspired Vegan 205g	GF, VG	£2.35	
Italian Ketchup (Mr Organic) 480g	ORG, VG	£2.65	
Tartare Sauce from Inspired Vegan 205g	GF, VG	£2.35	
Worcestershire Sauce by Geo Organics 150ml	ORG, GF	£2.99	
Meridian Yeast Extract + B12, No Salt 340g		£4.49	
Meridian Yeast Extract + B12, With Salt 340g		£4.49	
Tracklements			
Smoky Chilli Sauce 230ml	GF, VG	£3.65	
Sweet Mustard Ketchup 230ml		£3.30	
Robust Wholegrain Mustard 280g		£6.95	
Apple & Sage Jelly 250g	GF, VG	£3.45	
Sticky Barbecue Sauce 230g		£3.65	
Beetroot & Horseradish Relish 220g	GF, VG	£3.60	
British Beer Mustard 140g		£2.30	
Quintessential Brown Sauce 230g		£3.40	
Caramelised Red Onion Relish 300g	GF, VG	£4.20	
Chunky Tomato Chutney 295g	GF, VG	£3.15	
English Crabapple Jelly 250g	GF, VG	£3.50	
Fresh Chilli Jam 250g	GF, VG	£3.95	
Fresh Mint Jelly 250g	GF, VG	£3.25	
Original Wiltshire Mustard 140g		£2.30	
Perfect Ploughman's Pickle 295g	GF, VG	£3.85	

		Price	Qty
Piccalilli Large	GF, VG	£5.80	
Rich Redcurrant Jelly 250g	GF, VG	£3.45	
Robust Wholegrain Mustard 140g	GF, VG	£2.30	
Smooth Dijon Mustard 140g	GF, VG	£2.30	
Sticky Fig Relish 250g	GF, VG	£3.95	
Traditional Mint Sauce 150g	GF, VG	£2.65	
Zingy Rosemary Jelly 250g	GF, VG	£3.30	
Smoky Chilli Sauce 230ml	GF, VG	£3.65	

Seeds & Nut Refills

		Price	Qty
Nuts			
Almonds - Flaked (Queenswood)	ORG	£1.75/100g	
Almonds - Ground (Queenswood)	ORG	£1.80/100g	
Almond - Whole (Queenswood)	ORG	£1.70/100g	
Brazil Nuts (Mabet Chunts)	ORG	£1.50/100g	
Cashew Nuts (Suma)	ORG	£2.25/100g	
Hazelnuts (Queenswood)	ORG	£1.35/100g	
Peanuts (Infinity)	ORG	60p/100g	
Pecan Pieces (Queenswood)	ORG	£3.10/100g	
Pine Nuts (Infinity)	ORG	£4.69/100g	
Pistachios (Roasted & Salted) (Hunts)	ORG	£1.85/100g	
Walnut Pieces (Anderson & Sons)	ORG	£1.50/100g	
Seeds			
Chia Seeds (Queenswood)	ORG	69p/100g	
Linseed - Brown (Queenswood)	ORG	30p/100g	
Linseed - Golden (Suma)	ORG	32p/100g	

		Price	Qty
Omega Four Seed Mix (Infinity)	ORG	55p/100g	
Poppy Seeds - Blue (Infinity)		85p/100g	
Pumpkin Seeds (Queenswood)	ORG	65p/100g	
Sesame Seeds (Queenswood)	ORG	69p/100g	
Sunflower Seeds (Infinity)	ORG	50p/100g	

		Price	Qty
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Soft Drinks

Belvoir Botanical Juniper & Tonic 25cl	VG, GF	£1.49	
Belvoir Botanical Juniper Tonic 750ml		£2.95	
Belvoir Ginger Beer 250ml		£1.49	
Belvoir Elderflower Light Pressé 750ml		£1.49	
Belvoir Light Ginger Beer Pressé 25cl		£1.49	
Belvoir Light Orange & Mandarin Pressé 25cl		£1.49	
Cawston Press Cloudy Apple 330ml		£1.09	
Dalston's Cherryade 330ml	VG	£1.09	
Dalston's Fizzy Elderflower 330ml	VG	£1.09	
Dalston's Ginger Beer 330ml	VG	£1.09	
Dalston's Lemonade 330ml	VG	£1.09	
Dalston's Fizzy Rhubarb 330ml	VG	£1.09	
Dalston's Rhubarb Seltzer 330ml	VG	£1.09	
Dalston's Real Orangeade 330ml	VG	£1.09	
Fentimans Curiosity Cola 275ml	GF	£1.49	
Fentimans Dandelion & Burdock 275ml		£1.49	
Fentimans Tonic Water Premium Pack		£4.50	
Fentimans Tonic Water Light Pack		£4.50	

		Price	Qty
Fentimans Sparkling Lime & Jasmine 275ml		£1.49	
Fentimans Mandarin & Seville Orange Jigger 275ml		£1.49	
Fentimans Gently Sparkling Elderflower 275ml		£1.49	
Fentimans Victorian Lemonade 275ml		£1.49	
Franklin & Son 1886 Cola 275ml		£1.19	
Franklin & Son Light Tonic Water 200ml		80p	
Franklin & Son Tonic Water 200ml		80p	
Gusto Naturally Slim Cola 275ml	VG	£1.95	
Gusto Original Energy 275ml	VG	£1.95	
Karma Ginger Kombucha 500ml		£3.65	
Karma Kombucha Lemon 500ml		£3.65	
Karma Kombucha Pomegranate 500ml		£3.65	
Wobblegate Apple & Elderflower Juice 250ml		£1.75	
Wobblegate Crushed Apple Juice 250ml		£1.75	

Tea, Coffee & Sugar

		Price	Qty
Loose Leaf			
Taylors Earl Grey Tea Loose Leaf		£1.55/100g	
Ringtons English Breakfast Loose Leaf Tea		£1.50/100g	
Taylors Green Tea Loose Leaf Tea		60p/100g	
Taylors Lapsang Souchong Loose Leaf Tea		£2.10/100g	
Yorkshire Loose Leaf Tea		£1.10/100g	
Tea Bags			
Dragonfly Tea Cape Malay Rooibos Chai (20 sachets)		£2.27	
Dragonfly Tea Herb Garden Digestif (20 sachets)		£2.48	
Dragonfly Tea Pure Camomile (20 sachets)	ORG	£2.27	

	Price	Qty		Price	Qty
Dragonfly Tea Golden Himalaya Darjeeling (20 sachets)	£2.27		Horsham Coffee Roaster Rwanda Liza Beans	£2.15/100g	
Dragonfly Tea Golden Balance Detox (20 sachets)	ORG £2.69		Ringtons Espresso No. 1 Beans	£1.50/100g	
Dragonfly Tea Organic Mountain Honeybush Tea (20 sachets)	ORG £2.27		Surrey Hills Cottage Blend Coffee Beans Loose	£2.40/100g	
Dragonfly Tea Pure Peppermint Tea (20 sachets)	ORG £2.27		Surrey Hills Holmbury Hill Coffee Beans Loose	£2.20/100g	
Dragonfly Tea Skinny Dragon Pu'er Tea (20 sachets)	ORG £2.27		Douwe Egberts Instant Coffee	£2.35/100g	
Dragonfly Tea English Breakfast (20 sachets)	ORG £2.27		If You Care Coffee Filters No.2	£3.14	
Dragonfly Tea Classic Earl Grey Black Tea (20 sachets)	ORG £2.27		If You Care Coffee Filters No.4	£3.14	
Dragonfly Tea Night Sky Calm Bags (20 sachets)	£2.48		Ringtons Hot Chocolate Mix (non-vegan)	95p/100g	
Dragonfly Tea Traditional Indian Chai (20 sachets)	£2.10		Sugars		
Dragonfly Tea Moonlight Jasmine Green (20 sachets)	£1.80		Caster Sugar	13p/100g	
Dragonfly Tea Emerald Mount (20 sachets)	£2.27		Golden Caster Sugar	21p/100g	
Dragonfly Tea Indian Spice Chai Black Tea (20 sachets)	ORG £2.27		Demerara Sugar	19p/100g	
Hampstead Tea Assam (20 Bags)	ORG £2.48		Granulated Sugar	10p/100g	
Hampstead Tea Pure Darjeeling (20 Bags)	£2.48		Light Muscavado Sugar	29p/100g	
Hampstead Tea Earl Grey (20 Bags)	£2.48		Coconut Palm Sugar (Infinity)	59p/100g	
Hampstead Tea English Breakfast (20 Bags)	ORG £2.48		Billington's Demerara Sugar Cubes	£1.95	
Hampstead Tea Strong English Breakfast (20 Bags)	£2.48		Silver Spoon White Sugar Cubes	£1.95	
Hampstead Tea Vanilla Black Tea (20 Bags)	£2.58		Tomato Products	Price	Qty
Hampstead Tea Lemon Ginger (20 Bags)	£2.49		Chopped Tomatoes (Suma) 400g - Tin	99p	
Hampstead Tea Energy Chai (20 Bags)	ORG £2.59		Suma Chopped Tomatoes with Basil (Suma) 400g - Tin	£1.09	
Hampstead Tea Camomile (20 Tea Bags)	£2.49		Cherry Tomatoes (Suma) 400g - Tin	£1.35	
Hampstead Tea Life Chai (20 Bags)	ORG £2.59		Peeled Plum Tomatoes (Suma) 400g - Tin	ORG £1.05	
Hampstead Tea Lemon & Orange Black Tea (20 Bags)	ORG £2.58		Tomato Puree (Biona) 200g - Tin	ORG £1.45	
Hampstead Tea Green Tea & Mint (20 Bags)	£2.48		Italian Tomato Puree (Mr Organic) 200g	ORG £1.75	
Coffee			Organic Passata (Suma) 690g	ORG £1.75	
Horsham Colombian Decaf Coffee Beans	£2.25/100g		Sundried Tomatoes (Cooks & Co) 295g	£2.75	

	Price	Qty		Price	Qty
World Foods			Pastes		
Anila's Chilli Pasta Sauce (Concentrated) 300g	GF, VG £4.75		Indonesian Rendang Curry Paste (Geo) 180g	ORG, VG £2.89	
Anila's Dansak Sauce (Concentrated) 300g	GF, VG £4.75		Thai Yellow Curry Paste (Geo) 180g	ORG, VG £2.65	
Anila's Fruity Mild Curry Sauce (Concentrated) 300g	GF, VG £4.75		Korma Curry Paste (Geo) 180g	ORG, VG £2.49	
Anila's Goan Green Curry Sauce (Concentrated) 300g	GF, VG £5.00		Indonesian Satay Curry Paste (Geo) 180g	GF, ORG, VG £2.89	
Anila's Spicy Hot Curry Sauce (Concentrated) 300g	GF, VG £4.75		Green Curry Paste (Thai Taste) 114g	GF, VG £1.89	
Anila's Spicy Korma Sauce (Concentrated) 300g	GF, VG £4.75		Red Curry Paste (Thai Taste) 114g	GF, VG £1.89	
Anila's Aubergine Pickle 200g	GF, VG £4.50		Tamarind Paste (Thai Taste) 130g	GF, VG £1.69	
Anila's Carrot & Date Pickle 200g	GF, VG £4.50		Thai Green Curry Paste (Geo) 180g	GF, ORG, VG £2.65	
Anila's Chilli Chutney 250g	GF, VG £4.50		Thai Red Curry Paste (Geo) 180g	GF, ORG, VG £2.65	
Anila's Lemon Pickle 220g	GF, VG £4.50		Ras El Hanout 42g	£2.25	
Anila's Sweet Lime Pickle 220g	GF, VG £4.50		Za'atar 38g	£2.25	
Anila's Sweet Mango Chutney 250g	GF, VG £4.50		Sauces		
Anila's Tamarind & Date Chutney 240g	GF, VG £4.50		Harissa Chilli Sauce Jar (Harry Brand) 210g	£3.63	
Mango Chutney (Geo) 300g	ORG, VG £3.05		Korma Cooking Sauce (Meridian Free From) 350g	VG £2.59	
Coconut Things			Thai Peanut Cooking Sauce (Meridian) 350g	GF £2.59	
Coconut Cream (Biona) 400ml	ORG, VG £2.19		Tikka Masala Cooking Sauce 350g	GF, VG £2.59	
Coconut Milk (Suma) 400ml	ORG, VG £1.95		Other		
Light Coconut Milk (Biona) 400ml	ORG, VG £1.79		Miso Brown Rice (Clearspring) 300g	ORG, VG £4.49	
Coconut Oil (Suma) 650g	ORG, VG £3.45		Japanese White Miso (Clearspring) 270g	ORG, VG £3.99	
Coconut Oil (Coconut Merchant) 1L	ORG, VG £16.99		Loving Foods Kimchi 500g	£6.85	
Tins & Meals			Sauerkraut (Loving Foods) 500g	£6.35	
Bombay Potatoes (Geo) 400g	ORG, VG £2.15		Braised Tofu (Marigold) 225g	VG £2.49	
Brit Vaal Dhal (Hodmedod) 400g	ORG £1.79		Tofu (Biona) 500g	ORG £3.99	
Chickpea & Lentil Dahl (Geo) 400g	ORG, VG £1.99		Tempeh (Biona) 400g	VG, ORG £3.49	
Tasty Tadka Dahl (Geo) 400g	ORG £1.99		Young Jackfruit Chunks (Suma) 400g	GF, ORG, VG £2.79	
Moroccan Chickpea Tagine (Geo) 400g	ORG, VG £2.10				

	Price	Qty
Sweet & Sour Gherkins (Biona)	£3.78	
Lemon Juice (Biona) 200ml	ORG, VG £1.99	
Lime Juice (Biona) 200ml	ORG, VG £1.99	
Mango Chunks in pure juice (Essential Organic) 400g	ORG, GF, VG £2.29	
Pineapple Chunks In Juice (Essential Organic) 400g	ORG, GF, VG £2.29	
Tropical Fruits In Juice (Essential Organic) 400g	ORG, GF, VG £2.29	
Natural Pomegranate Molasses (Marigold) 250ml	GF, VG £4.49	
Agave Syrup (Suma) 240ml	ORG £3.99	
Date Syrup (Meridian) 330g	GF £2.99	
Vermont Maple Syrup 187ml	VG £4.68	

Alcohol (Strictly over 18s only)

	Price	Qty
Silent Pool Gin (70cl)	£37.00	
Beer		
Crafty Brewing Co. Arctic Fox (500ml)	£2.45	
Crafty Brewing Co. Crafty One (500ml)	£2.45	
Crafty Brewing Co. Five Hop (500ml)	£2.45	
Crafty Brewing Co. Hop Tipple IPA (500ml)	£2.45	
Crafty Brewing Co. Laughing Wolf APA (500ml)	£2.45	
Crafty Brewing Co. Loxhill Biscuit (500ml)	£2.45	
Crafty Brewing Co. Dark Fox 4%	£2.45	
Firebird Bohemia (330ml)	£2.35	
Firebird Heritage (500ml)	£2.70	
Firebird Pacific Gem Single Hop Pale Ale (500ml)	£2.70	
Firebird Parody (330ml)	£2.49	

Alcohol (Strictly over 18s only)

	Price	Qty
Cider		
Garden Cider Co. Dry Hopped Cider (500ml)	£2.55	
Garden Cider Co. Elderflower Cider (500ml)	£2.55	
Garden Cider Co. Original Cider (500ml)	£2.40	
Garden Cider Raspberry & Rhubarb Cider (500ml)	£2.55	
Garden Cider Co. Wild Strawberry Cider (500ml)	£2.55	
Wine		
Bolney Lychgate Bacchus White 2019	£14.99	
Bolney Lychgate Red 2018	£15.99	
Denbies Flint Valley Wine (white)	£9.75	
Denbies Surrey Gold Wine (white)	£9.75	
Denbies Rosehill Wine (Rose)	£9.75	
Denbies Whitedown Sparkling	£21.95	