

# 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
<b>BAKING</b>			
Arrowroot		10p/10g	
Baking Powder		60p/100g	
Baking Powder (Freee by Doves)	GF	60p/100g	
Bicarbonate of Soda (Lähde)		40p/100g	
Polenta - Bulk (Infinity)	VG	25p/100g	
Xanthan Gum (Lähde)	GF	£1.90/100g	
Polenta (Suma) (500g)	VG	£1.55	
Quick Yeast (Doves Farm) (125g)	GF, VG	£1.35	
<b>FLOURS</b>			
Buckwheat Flour (Freee by Doves) (1kg)	GF, VG	£4.05	
Cornflour (Suma) (500g)	VG	£2.15	
Pasta Flour (Doves Farm) (1kg)	ORG, VG	£1.99	
Rice Flour (Freee by Doves) (1kg)	GF, VG	£2.09	
White Spelt Flour (Doves Farm) (1.5kg)	ORG, VG	£3.69	
Plain White Flour (Freee by Doves) (1kg)	GF, VG	£2.65	
White Rye Flour (Doves Farm) (1kg)	ORG, VG	£1.99	
Plain White Flour (Doves Farm) (1kg)	ORG, VG	£1.65	
Fine Plain Wholemeal Flour (Doves Farm) (1kg)	ORG, VG	£1.49	
Self Raising Flour (Freee by Doves)	GF, VG	£2.25	
Semolina Flour (Suma) (500g)	VG	£1.89	
Coconut Flour (Suma) (500g)	ORG, VG	£2.99	
Gram Flour (Suma) (500g)	VG	£2.15	
Maize Flour (Suma) (500g)	ORG, VG	£1.75	
Tapioca Starch Flour (Suma) (500g)	VG	£2.89	
Wheat Gluten Flour (Suma) (500g)	VG	£2.99	
White Self Raising Flour (Doves Farm) (1kg)	ORG, VG	£1.49	
<b>BREAD FLOURS</b>			
Maltouse Bread Flour (Doves Farm) (1kg)	ORG, VG	£1.79	
Strong White Bread Flour (Doves Farm) (1.5kg)	ORG, VG	£2.15	
Strong Wholemeal Bread Flour (Doves Farm) (1.5kg)	ORG, VG	£2.09	
Brown Bread Flour (Freee by Doves) (1kg)	GF, VG	£2.65	
White Bread Flour (Freee by Doves) (1kg)	GF, VG	£2.65	
<b>STOCK CUBES</b>			
<b>KALLO</b>			
Garlic and Herb Stock Cubes (66g)	ORG, GF, VG	£1.75	

Mushroom Stock Cubes (66g)	ORG, GF, VG	£1.75	
Low Salt Vegetable Stock Cubes (60g)	ORG, GF, VG	£1.75	
Yeast Free Vegetable Stock Cubes (66g)	GF, VG	£1.75	

**SUMA**

Vegetable Bouillon (150g)	ORG, GF, VG	£2.55	
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**MARIGOLD**

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

**DENTAL CARE**

**ENVIRONMENTAL**

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

**GEORGANICS**

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

**BEN & ANNA**

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

**HUMBLE & CO**

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

**SO. (Palm Oil, SLS, Parabens Free)**

**ALTER/NATIVE (Handmade - Boxed)**

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

**ALTER/NATIVE (Handmade - Round Glycerine)**

Yellow Mandarin and Tonka Bean (Suma) 90g	VG	£1.85	
Rose and Geranium (Suma) 90g	VG	£1.85	
White Lavender (Suma) 90g	VG	£1.85	
Lavender and Vetiver (Suma) 90g	VG	£1.85	

**ALTER/NATIVE (Handmade - Rectangular)**

Lavender and Geranium (Suma) 90g	VG	£2.79	
Hemp and Jasmine Musk (Suma) 90g	VG	£2.79	
Rose and Geranium (Suma) 90g	VG	£2.79	
Coconut and Argan Oil (Suma) 90g	VG	£2.79	
Coffee and Cedar Wood (Suma) 90g	VG	£2.79	
Patchouli and Sandalwood (Suma) 90g	VG	£2.79	
Pink Grapefruit (Suma) 90g	VG	£2.79	

Tee Tree and Aloe Vera (Suma) 90g	VG	£2.79	
<b>FAITH IN NATURE</b>			
Aloe Vera Soap Bar 100g		£2.28	
Coconut Soap Bar 100g		£2.28	
Fragrance Free Soap Bar 100g		£2.28	
Grapefruit Soap Bar 100g		£2.28	
Hemp Soap Bar 100g		£2.28	
Lavender Soap Bar 100g		£2.28	
Orange Soap Bar 100g		£2.28	
Rosemary Soap Bar 100g		£2.28	
Tea Tree Soap Bar 100g		£2.28	
<b>FACE &amp; BODYCARE</b>			
<b>LOOFCO</b>			
Body Loofah		£3.05	
Bath Time Loofah - Heart Shaped		£3.29	
<b>EARTH CONSCIOUS (Deoderant)</b>			
Grapefruit & Lemon (60g)	VG	£6.99	
Jasmine & Rose (60g)	VG	£6.99	
Lemon & Rosemary (60g)	VG	£6.99	
Pure Unscented (60g)	VG	£6.99	
Peppermint & Spearmint (60g)	VG	£6.99	
Lavender & Tea Tree	VG	£6.99	
<b>PUREMESS</b>			
Deodorants 70ml - Various Essentail Oil Fragrances	VG	£9.00	
Hand Cream 100ml - Lemongrass / Rosewood		£8.50	
Body Scrub 200ml - Grapefruit		£11.00	
Lip Balms 15m - Geranium / Lemon / Orange		£4.50	
Facial Oil 30ml		£16.50	
Body Custard 200ml - Lemongrass		£18.00	
Rejuvenating Face Cream 50ml		£17.50	
Oat & Mandarin Cleanser 150ml		£10.50	
Sleep Balm 50ml		£9.60	
Konjac Sponges (Natural Face Sponge)		£5.00	
Balancing Skin Toner 150ml		£9.00	
<b>FEMININE CARE</b>			
<b>MOONCUP</b>			
Menstrual Cup – Size A		£20.99	
Menstrual Cup – Size B		£20.99	
<b>NATRACARE</b>			
Organic Cotton Pads – Super +		£2.95	
Organic Cotton Panty Liners – Curved		£1.89	
Organic Cotton Panty Liners – Long (16)		£1.79	
Super Non-Applicator Organic Cotton Tampons		£2.95	
Organic Cotton Pads Long		£2.65	
<b>OTHER</b>			
<b>WHO GIVES A CRAP (Toilet Paper)</b>			
Single Roll – 100% Recycled		£0.95	
Single Roll – Premium Bamboo		£1.20	

**ECOLEAF (Toilet Paper)**

4-Pack		£3.39	
9-Pack		£7.35	
Shade All-Natural Sunscreen SPF25 (100ml)	ORG	£9.75	
Absolutink Susie Sue Soap Saver		£2.90	

**BEANS & PULSES BULK**

Black Turtle Beans (Suma)	ORG	40p/100g	
Butter Beans (Suma)	ORG	47p/100g	
Cannellini Beans (Infinity)	ORG	45p/100g	
Chickpeas (Queenswood)	ORG	55p/100g	
Lentils - Brown (Queenswood)	ORG	49p/100g	
Lentils - Green (Queenswood)	ORG	41p/100g	
Lentils - Red Split (Queenswood)	ORG	35p/100g	
Puy Lentils	ORG	64p/100g	
Haricot Beans	ORG	40p/100g	
Mung Beans (Queenswood)		51p/100g	
Pinto Beans (Infinity)	ORG	49p/100g	
Red Kidney Beans (Infinity)	ORG	38p/100g	
Soya Beans	ORG	34p/100g	
Split Peas - Green (Suma)	ORG	45p/100g	
Split Peas - Yellow (Suma)	ORG	32p/100g	

**BEANS, VEG & PULSES - TINNED**

Aduki Beans (Suma) (400g)	ORG, VG	£1.15	
Artichoke Hearts in Brine (Cooks & Co) (400g)	GF, VG	£2.70	
Baked Beans (Suma) (400g)	ORG, VG	£1.39	
Baked Beans – Low Sugar (Suma) (400g)	ORG, VG	£1.39	
Baked Beans (Whole Earth) (400g)	ORG, VG	£1.19	
Black Beans (Suma) (400g)	ORG, VG	£1.15	
Black Beluga Lentils (Suma) (400g)	ORG, VG	£1.25	
Black Chickpeas (Suma) (400g)	ORG, VG	£1.15	
Black Eyed Beans (Suma) (400g)	ORG, VG	£1.19	
Borlotti Beans (Suma) (400g)	ORG, VG	£1.15	
Borlotti Beans (Suma) (400g)	VG	£1.09	
Butter Beans (Suma) (400g)	ORG, VG	£1.15	
Cannellini Beans (Suma) (400g)	ORG, VG	£1.15	
Chickpeas (Suma) (400g)	ORG, VG	£1.15	
Chickpeas (Suma) (400g)	VG	£0.79	
Chilli Beans (Biona) (400g)	ORG, VG	£1.49	
Green Lentils (Suma) (400g)	ORG, VG	£1.15	
Haricot Beans (Suma) (400g)	ORG, VG	£1.15	
Hearts of Palm (Cooks & Co) (400g)	ORG, VG	£2.99	
Italian Peas (Suma) (340g)	ORG	£1.39	
Mixed Beans (Suma) (400g)	ORG, VG	£1.15	
Pinto Beans (Biona) (400g)	ORG	£1.29	
Red Kidney Beans (Suma) (400g)	ORG	£1.19	
Super Sweetcorn (Suma) (340g)	ORG, VG	£1.65	

**BREAD by SØDT**

Corn Bread		£3.45	
Donker Rye		£3.45	
Original Sourdough Bread		£3.45	
Seeded Sourdough Bread (4 Seed Sour)		£3.45	

### BURGER & VEGGIE MIXES

Veggies Nut Roast Mix		£1.20/100g	
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### CEREALS

Kellogg's Corn Flakes (Suma)		37p/100g	
Kellogg's Rice Crispies		48p/100g	
Crunchy Apricot Muesli		35p/100g	
Muesli Base (Suma)	VG	17p/100g	
Jumbo Oats (Morning Foods)		29p/100g	
Porridge Oats (Morning Foods)		15p/100g	
Toasted Wheat Flakes (Suma)	ORG	27p/100g	
Multigrain Choco Shells		69p/100g	

### CHOCOLATE & SNACKS

#### DIVINE

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

#### OMBAR

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

#### TWO FARMERS (Hereford Crisps)

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

## 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	89p/100g	
White Chocolate Buttons (30%)	GF	89p/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

Ecoleaf Washing Up Liquid		25p/100ml	
Ecoleaf Washing Powder		39p/100g	
Miniml Laundry Liquid - Fresh Linen		35p/100ml	
Miniml Fabric Conditioner - Tropical Coconut		22p/100ml	
Miniml Anti-bac Surface Cleaner - French Lavender		25p/100ml	
Ecoleaf Toilet Cleaner - Citrus		25p/100ml	

## CONTAINERS

Milk Bottle (500ml / 1 Pint)	Screwtop	£0.85	
Milk Bottle (750ml / 1 ½ Pint)	Screwtop	£0.99	
Milk Bottle (1 Litre / 2 Pint)	Screwtop	£1.20	
Herb Jar	Clip Top	£1.25	
Herb Jar (Hexagonal)		£0.60	
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	
Miniml Glass Bottle		£1.20	
Miniml Plastic Bathroom		£1.00	

## DAIRY

### 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

High Weald Dairy			
Brighton Blue		£2.80/100g	
Seven Sisters		£3.35/100g	
Sister Sarah		£2.90/100g	
St Giles		£2.60/100g	
Sussex Marble		£2.74/100g	
Sheep Milk Halloumi		£3.12/100g	

**EPIROS**

Greek Feta Cheese P.D.O. 100g	ORG	£1.25/100g	
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**WELLS FARM MILK**

Semi Skimmed Milk Refill, 1 pint		£0.60	
Semi Skimmed Milk Refill, 1 ½ pint		£0.90	

**ALTERNATIVE DAIRY**

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)	VG	£2.00	

**DRIED FRUIT**

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 - Pitted (Suma)	ORG	65p/100g	
Desiccated Coconut (Queenswood)	ORG	70p/100g	
Figs (Suma)	ORG	90p/100g	
Goji Berries (Queenswood)		£1.75/100g	
Mango Strips (Infinity)	ORG	£1.90/100g	
Mixed Peel (Suma)		50p/100g	
Prunes - Pitted	ORG	84p/100g	
Raisins (Queenswood)	ORG	50p/100g	
Sultanas (Queenswood)	ORG	50p/100g	
Sun-dried Tomatoes		£1.10/100g	

**FISH****FISH4EVER**

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

**FRUIT Seasonal - check Wednesday & Friday****GRAINS**

Arborio Rice (Martinotti)	ORG	39p/100g	
Basmati Rice - Brown (Queenswood)	ORG	35p/100g	
Basmati Rice - White (Queenswood)	ORG	41p/100g	
Long Grain Rice - Brown (Martinotti)	ORG	27p/100g	
Short Grain Rice - Brown (Martinotti)	ORG	27p/100g	
Long Grain Rice - White (Queenswood)	ORG	52p/100g	
Wild Rice Mix (Infinity)	ORG	56p/100g	

**OTHER GRAINS**

Buckwheat (Infinity)	ORG	39p/100g	
Bulgur Wheat - Course (Queenswood)	ORG	30p/100g	

Couscous - Giant (Infinity)		48p/100g	
Couscous - White (Infinity)	ORG	37p/100g	
Couscous - Wholemeal (Infinity)	ORG	29p/100g	
Orzo (Infinity)	ORG	38p/100g	
Millet (Infinity)	ORG	30p/100g	
Pearl Barley (Infinity)	ORG	27p/100g	
Polenta (Infinity)	VG	30p/100g	
Popping Corn (Infinity)	ORG	35p/100g	
White Quinoa (Queenswood)	ORG	55p/100g	

## GREEK PRODUCTS

### OLIVE OILS

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

### TAHINI

Organic Dark Tahini 270g (Meridian)	ORG	£3.49	
Organic Light Tahini 270g (Meridian)	ORG	£3.45	
Dark Tahini 270g (Meridian)		£3.49	
Light Tahini 270g (Meridian)		£3.45	

## HOMEMADE AT THE LIFE GODDESS (GEORGIOS)

Baklava by Georgios, per 100g		£1.80	
Greek Hummus, approx 300g		£3.00	
Mixed Olives approx 25g		£3.25	
Spicy Feta Spread, approx 250g tub		£3.00	
Spinach & Feta Pie Slice (Spanakopita)		£4.00	
Greek Giant Beans in Light Tomato Sauce, approx 300g		£3.00	
Tzatziki, approx 300g tub		£3.00	
Naoumidis Piperomelo Chutney 260ml		£4.50	
Naoumidis Vasilic Sauce		£3.80	
Balsamic Vinegar with Honey 650ml		£6.00	

## HAIR & BODY CARE REFILLS

### HAIR CONDITIONERS

#### ALTER/NATIVE

Clear & Simple	CF, VG	65p/100ml	
Tea Tree & Aloe Vera	CF, VG	65p/100ml	

#### MINIML

Pink Grapefruit & Aloe Vera	CF, VG	65p/100ml	
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### HAIR SHAMPOOS

#### ALTER/NATIVE

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

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

**BODYWASH & HANDSOAP****ECOLEAF - Handsoap**

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

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

**HERBS & SPICES**

Basil		20p/10g	
Bay Leaves		30p/10g	
Caraway Seeds		22p/10g	
Cayenne Pepper		14p/10g	
Celery Salt		10p/10g	
Chilli Powder		20p/10g	
Chilli Flakes		15p/10g	
Chinese Spice		28p/10g	
Cinnamon (Ground)		15p/10g	
Cloves (Whole)		30p/10g	
Coriander (Ground)		15p/10g	
Coriander Seeds		25p/10g	
Cumin (Ground)		16p/10g	
Cumin Seeds		22p/10g	
Curry Leaves		48p/10g	
Madras Curry Powder		12p/10g	
Dill Seeds		14p/10g	
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		90p/10g	
Mustard Powder		10p/10g	
Mustard Seeds (Black)		10p/10g	
Nigella Seeds		20p/10g	
Nutmeg (Ground)		36p/10g	
Nutmeg (Whole)		27p/10g	
Greek Wild Raw Oregano 50g		£3.90	
Onion Powder		20p/10g	
Oregano		16p/10g	
Paprika (Spanish)		13p/10g	
Paprika (Smoked)		14p/10g	
Parsley		25p/10g	
Peppercorns (Black)		15p/10g	
Peppercorns (White)		24p/10g	
Pepper (Black, Ground)		23p/10g	
Pepper (White, Ground)		22p/10g	

Poppy Seeds	9p/10g	
Rosemary	19p/10g	
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	£5.15	
Parchment Baking Sheets	£4.35	
Large Baking Cups ×60	£1.65	
Extra Strong Aluminium Foil	£4.57	
Parchment Baking Paper	£4.35	
Paper Snack & Sandwich Bags 48 Pack	£4.15	
Sub/Mini Baguette Sandwich Bags	£4.57	
Tall Kitchen Bags ×12	£5.30	
Recycled Aluminum Foil (12mx30cm)	£3.19	
Ecoleaf Cling Film (Home Compostable) 30m	£3.99	
Nature Fresh Cling Film, 250m	£25.00	

### CANDLES

#### GREEN LAURELS

Rhubarb Custard	£12.00	
Unicorn Sparkle	£12.00	
Baked Cookie	£12.00	
Sweet Pea	£12.00	
Lemon Sherbert	£12.00	
Afternoon Tea	£12.00	
Aloe + Cucumber	£12.00	
Chocolate	£12.00	
Fresh Linen	£12.00	

#### OTHER

Bee Heart Candle	£1.95	
Hexagonal Bee Candle	£1.95	
Tea Light - single	£0.24	
Tea Light - box of 24	£5.65	

### CLOTHING

#### BAM

Bamboo Socks Striped 4-7	£4.50	
Bamboo Socks Striped 8-11	£4.50	
Bamboo Socks Black 4-7	£4.25	
Bamboo Socks Black 8-11	£4.25	

### FOOD BAGS & BIN LINERS

d2w Drawtape Swing Bin Liners x15	£2.15	
d2w Drawtape Refuse Bags ×10	£2.19	
d2w Freezer Bags ×100	£1.49	
d2w Pedal Bin Liners ×30	£2.25	

### TABLEWARE

Bamboo Dinner Set (Bee)	£11.95	
Bamboo Dinner Set (Cow)	£11.95	
Bamboo Dinner Set (Fox)	£11.95	
Bamboo Dinner Set (Unicorn)	£11.95	
Silent Pool Copa Gin Glass	£10.50	
Silent Pool Tumbler	£10.50	
William Morris Bamboo Cup - Small	£11.95	
William Morris Bamboo Cup - Large	£12.95	
Cane Straws, 10 Pack (The Cane Straw Company)	£2.50	

#### WASHING UP & CLEANING

LoofCo Root Vegetable Scrubber	£2.80	
LoofCo Washing-up Scraper	£2.95	
LoofCo Washing-up Pad - One Pad	£2.85	
LoofCo Washing-up Pad - Two Pads	£4.99	
Loofco Washing-up Brush without Handle	£2.55	
Loofco Washing-up Brush with Handle	£3.29	
Loofco Bottle Brush with Rubberwood Handle	£3.29	
Majestic All Purpose Cloth - 5 Pack	£2.45	
Ecoleaf Kitchen Roll Twin Pack	£2.75	
EcoLeaf DishWasher Tablets 25 tablets	£5.69	
EcoLeaf DishWasher Tablets 70 tablets	£14.15	

#### 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)	£6.00	
British Barbecue Charcoal Large Bag (5kg)	£9.00	
Coffee Logs (8kg)	£7.40	
If You Care Firelighters × 28	£2.25	
If You Care Firelighters × 72	£5.15	

#### OTHER

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

#### THE BEE BAY

Beeswax Bar	£2.00	
Beeswax Wrap Kit	£9.50	
Chopping Board Conditioner	£7.00	
Furniture Polish	£5.20	
Beeswax Leather Conditioner	£6.50	
Beeswax Shoe Polish - Black	£4.50	
Beeswax Shoe Polish - Brown	£4.50	
Beeswax Shoe Polish - Natural	£4.50	
Homemade Nesting House	£15.00	
Bee/Insect Hotel	£25.00	

#### JAMS, JELLIES, CHUTNEYS & HONEY (Seasonal; Varieties can vary)

##### DEBBIE'S JAMS

Apricot 340g	£3.75	
Apricot & Cherry 340g	£3.75	
Blackberry & Apple 340g	£3.75	
Blackcurrant 340g	£3.75	
Blueberry & Blackcurrant 340g	£3.75	
Damson 340g	£3.75	
Fig 340g	£3.75	
Ginger 340g	£3.75	
Gooseberry 340g	£3.75	
Greengage 340g	£3.75	
Plum 340g	£3.75	
Plum & Fig 340g	£3.75	
Raspberry 340g	£3.75	
Strawberry 340g	£3.75	

**STUTE JAMS (No Sugar Added Suitable for Diabetics)**

Blackcurrant 430g	£2.09	
Raspberry 430g	£2.09	
Strawberry 430g	£2.09	
Fine Cut Marmalade 430g	£2.09	

**MARMALADES**

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

**DEBBIE'S JELLIES**

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

**DEBBIE'S CHUTNEYS**

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

**CRANELIGH HONEY (Raw)**

Small	£7.50	
Large	£9.00	

**SOUPS (TINNED)**

**FREE & EASY**

Butternut Squash and Ginger	GF, ORG, VG	£2.09	
Broccoli & Kale	GF, ORG, VG	£2.09	
Lentil & Red Pepper	GF, ORG, VG	£2.09	
Pea & Mint	GF, ORG, VG	£2.09	
Sweet Potato & Chia Seeds	GF, ORG, VG	£2.09	
Tomato	GF, ORG, VG	£2.09	

## SUMA

Italian Tomato & Basil Soup	ORG, VG	£1.95	
Minestrone Soup	ORG, VG	£1.95	
Mushroom Soup	ORG, VG	£2.25	
Spicy Lentil Soup	ORG, VG	£1.95	
Pea Soup	ORG, VG	£2.25	
Pea & Ham Soup	ORG, VG	£2.09	
Rustic Vegetable Soup	ORG, VG	£1.99	
Tomato Soup	ORG, VG	£1.95	
Tuscan Bean Soup	ORG, VG	£1.95	

## MEALS (TINNED)

### FREE & EASY

Bean Cassoulet	GF, ORG, VG	£2.75	
Chickpea & Bean Tagine	ORG, VG	£2.75	
Middle Eastern Chickpea Casserole	GF, ORG, VG	£2.75	
Chickpea & Veg Curry	GF, ORG, VG	£2.75	
Three Bean Chilli	GF, ORG, VG	£2.75	
Vegetable Balti	GF, ORG, VG	£2.75	
Vegetable Hotpot	GF, ORG, VG	£2.75	

## SUMA

Baked Beans & Vegan Sausages	VG	£2.39	
Vegan Chilli Meatballs	VG	£2.25	

## OILS, VINEGARS & SOY SAUCE REFILLS

Philotimo Premium Extra Virgin Olive - Cold Pressed	VG, GF	95p/100ml	
Extra Virgin Rapeseed Oil - Cold Pressed (KTC)	VG, GF	89p/100ml	
Sunflower Oil (Queenswood)	ORG	69p/100ml	
Apple Cider Vinegar (Aspall)	ORG	40p/100ml	
Apple Cider Vinegar with Mother (Suma)	ORG	29p/100ml	
Balsamic Vinegar (Suma)	ORG	90p/100ml	
Red Wine Vinegar (Aspall)		40p/100ml	
White Wine Vinegar (Queenswood)		40p/100ml	
Soy Sauce - Shoyu (Sanchi)	ORG, VG	99p/100ml	
Soy Sauce - Tamari (Meridian)	GF, VG	£1.70/100ml	

## PANTRY

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

## PASTA REFILLS

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	

## PESTO

Basil Pesto (Mr Organic) 130g	ORG, VG	£2.99	
Vegan Green Pesto (Suma) 160g	GF,ORG, VG	£3.15	
Vegan Red Pesto (Suma) 160g	GF, ORG, VG	£3.15	
Red Pepper Pesto (Mr Organic) 130g	ORG, VG	£2.99	

#### ITALIAN SAUCES

Arrabbiata Sauce (Suma) 350g	ORG, VG	£2.69	
Bolognese Sauce (Suma) 350g	GF, ORG, VG	£2.69	
Napoletana Sauce (Suma) 350g	ORG, VG	£2.69	
Tomato Mushroom & Garlic Pasta Sauce (Zest) 340g		£2.69	
Tomato & Basil Pasta Sauce (Meridian) 350g	VG	£3.29	
Tomato & Herb Pasta Sauce Meridian) 350g	VG	£3.39	
Soya Ragu (Mr Organic)	ORG, VG	£2.95	

#### SAUCES & SPREADS

##### 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	£4.09	
Crunchy Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Crunchy Peanut Butter Unsalted (Suma) 700g	ORG, VG	£8.09	
Smooth Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter Unsalted (Suma) 700g	ORG, VG	£8.09	

##### SAUCES

Organic Mayonnaise (Suma) 300g	ORG	£2.95	
Apple Puree (Biona) 700g	ORG	£2.95	
Bearnaise Sauce from Inspired Vegan 205g	GF, VG	£2.39	
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	£2.39	
Horseradish Sauce from Inspired Vegan 205g	GF, VG	£2.39	
Italian Ketchup (Mr Organic) 480g	ORG, VG	£3.49	
Tartare Sauce from Inspired Vegan 205g	GF, VG	£2.39	
Worcestershire Sauce by Geo Organics 150ml	ORG, GF	£2.99	
Meridian Yeast Extract + B12, With Salt 340g		£4.99	

##### TRACKLEMENTS

Smoky Chilli Sauce 230ml	GF, VG	£3.80	
Sweet Mustard Ketchup 230ml		£3.35	
Robust Wholegrain Mustard 140g		£2.30	
Apple & Sage Jelly 250g	GF, VG	£3.50	
Sticky Barbecue Sauce 230g		£3.75	
Beetroot & Horseradish Relish 220G	GF, VG	£3.75	
British Beer Mustard 140g		£2.30	
Quintessential Brown Sauce 230g		£3.40	
Caramelised Red Onion Relish 300g	GF, VG	£4.20	
English Crabapple Jelly 250g	GF, VG	£3.50	
Fresh Chilli Jam 250g	GF, VG	£3.95	
Fresh Mint Jelly 250g	GF, VG	£3.25	
Perfect Ploughman's Pickle 295g	GF, VG	£3.95	
Piccalilli Large	GF, VG	£6.05	

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	£3.80	

## SEEDS & NUTS REFILLS

### NUTS

Almonds - Flaked (Queenswood)	ORG	£1.90/100g	
Almond - Whole (Queenswood)	ORG	£1.70/100g	
Brazil Nuts - Broken (Mabet Chunts)	ORG	£1.40/100g	
Cashew Nuts (Suma)	ORG	£2.25/100g	
Hazelnuts (Queenswood)	ORG	£1.35/100g	
Peanuts (Infinity)	ORG	64p/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

Hemp - Whole (Infinity)	ORG	80p/100g	
Linseed - Brown (Queenswood)	ORG	40p/100g	
Linseed - Golden (Suma)	ORG	40p/100g	
Omega Four Seed Mix (Infinity)	ORG	67p/100g	
Poppy Seeds - Blue (Infinity)		85p/100g	
Pumpkin Seeds (Queenswood)	ORG	80p/100g	
Sesame Seeds (Queenswood)	ORG	69p/100g	
Sunflower Seeds (Infinity)	ORG	50p/100g	

## SOFT DRINKS

### FENTIMANS

Curiosity Cola, 275ml		£1.49	
Dandelion & Burdock, 275ml		£1.49	
Mandarin & Seville Orange Jigger 275ml		£1.49	
Victorian Lemonade 275ml		£1.49	

### FRANKLIN & SONS

1886 Cola 275ml		£1.19	
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### GUSTO

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

### KARMA

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

### SUNITA

Orange Juice, 1ltr		£5.50	
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## TEA, COFFEE & SUGAR

LOOSE LEAF

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

TEA BAGS

DRAGONFLY TEA

Cape Malay Rooibos Chai (20 sachets)		£2.89	
Herb Garden Digestif (20 sachets)		£2.89	
Pure Camomile (20 sachets)	ORG	£2.89	
Golden Himalaya Darjeeling (20 sachets)		£2.89	
Golden Balance Detox (20 sachets)	ORG	£2.89	
Organic Mountain Honeybush Tea (20 sachets)	ORG	£2.89	
Pure Peppermint Tea (20 sachets)	ORG	£2.89	
Good Dragon Pu'er Tea (20 sachets)	ORG	£2.89	
English Breakfast (20 sachets)	ORG	£2.89	
Classic Earl Grey Black Tea (20 sachets)	ORG	£2.89	
Night Sky Calm Bags (20 sachets)		£2.89	
Morocan Mint (20 sachets)		£2.69	
Moonlight Jasmine Green (20 sachets)		£2.89	
Indian Spice Chai Black Tea (20 sachets)	ORG	£2.69	

HAMPSTEAD TEA

Assam (20 Bags)	ORG	£2.99	
Pure Darjeeling (20 Bags)		£2.99	
Earl Grey (20 Bags)		£2.99	
English Breakfast (20 Bags)	ORG	£2.99	
Vanilla Black Tea (20 Bags)		£2.99	
Camomile (20 Tea Bags)		£2.99	
Lemon & Orange Black Tea (20 Bags)	ORG	£2.99	
Green Tea & Mint (20 Bags)		£2.99	

COFFEE

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

HOT CHOCOLATE

Ringtons Hot Chocolate Mix (non-vegan)	£1/100g	
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SUGAR

Caster Sugar	13p/100g	
Golden Caster Sugar	21p/100g	
Demerara Sugar	19p/100g	
Granulated Sugar	10p/100g	
Light Muscavado Sugar	29p/100g	



Soft Brown Sugar		43p/100g	
Icing Sugar		34p/100g	
Coconut Palm Sugar (Infinity)		63p/100g	

## TOMATO PRODUCTS

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

## WORLD FOODS

### GEO

Mango Chutney 300g	ORG, VG		£3.05	
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### COCONUT THINGS

Coconut Cream (Suma) 400ml	ORG, VG		£2.29	
Coconut Milk (Suma) 400ml	ORG, VG		£1.99	
Light Coconut Milk (Biona) 400ml	ORG, VG		£1.99	
Coconut Oil (Suma) 320ml	ORG, VG		£3.45	
Coconut Oil, Odourless (Suma) 650ml	ORG, VG		£7.15	
Coconut Oil (Coconut Merchant ) 500ml	ORG, VG		£8.99	
Coconut Oil (Coconut Merchant ) 1L	ORG, VG		£16.99	

### TINS & MEALS

Bombay Potatoes (Geo) 400g	ORG, VG		£2.15	
Brit Vaal Dhal (Hodmedod) 400g	ORG		£1.99	
Chickpea & Lentil Dahl (Geo) 400g	ORG, VG		£2.45	
Tasty Tadka Dahl (Geo) 400g	ORG		£2.45	
Moroccan Chickpea Tagine (Geo) 400g	ORG, VG		£2.55	

### PASTES

Indonesian Rendang Curry Paste (Geo) 180g	ORG, VG		£2.99	
Thai Yellow Curry Paste (Geo) 180g	ORG, VG		£2.99	
Korma Curry Paste (Geo) 180g	ORG, VG		£2.69	
Indonesian Satay Curry Paste (Geo) 180g	GF, ORG, VG		£3.19	
Green Curry Paste (Thai Taste) 114g	GF, VG		£2.09	
Red Curry Paste (Thai Taste) 114g	GF, VG		£2.09	
Tamarind Paste (Thai Taste) 130g	GF, VG		£1.99	
Thai Green Curry Paste (Geo) 180g	GF, ORG, VG		£2.99	
Thai Red Curry Paste (Geo) 180g	GF, ORG, VG		£2.99	
Ras El Hanout 42g			£2.25	
Za'atar 38g			£2.25	

### SAUCES

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

### OTHER

Miso Brown Rice (Clearspring) 300g	ORG, VG		£5.29	
Japanese White Miso (Clearspring) 270g	ORG, VG		£3.99	

Loving Foods Kimchi 500g		£6.85	
Sauerkraut (Loving Foods) 500g		£6.35	
Tofu - Firm (Biona) 500g	ORG	£4.35	
Tempeh (Biona) 400g	VG, ORG	£3.55	
Young Jackfruit Chunks (Suma) 400g	GF, ORG, VG	£2.79	
Lemon Juice (Biona) 200ml	ORG, VG	£2.19	
Lime Juice (Biona) 200ml	ORG, VG	£2.69	
Mango Chunks in pure juice (Essential Organic) 400g	ORG, GF, VG	£2.49	
Pineapple Chunks In Juice (Essential Organic) 400g	ORG, GF, VG	£2.49	
Tropical Fruits In Juice (Essential Organic) 400g	ORG, GF, VG	£2.45	
Natural Pomegranate Molasses (Marigold) 250ml	GF, VG	£4.19	
Agave Syrup (Suma) 240ml	ORG	£3.99	
Date Syrup (Meridian) 330g	GF	£3.19	
Vertmont Maple Syrup 187ml	VG	£4.68	

### ALCOHOL (Strictly Over 18s only)

GIN			
Silent Pool Gin (70cl)		£38.00	
BEER			
CRAFTY BREWING			
Crafty One (500ml)		£2.45	
FIREBIRD			
Bohemia (330ml)		£2.35	
Heritage (500ml)		£2.70	
Pacific Gem Single Hop Pale Ale (500ml)		£2.70	
Parody (330ml)		£2.49	
CIDER			
GARDEN CIDER CO.			
Dry Hopped Cider (500ml)		£2.55	
Elderflower Cider (500ml)		£2.55	
Original Cider (500ml)		£2.40	
Raspberry & Rhubarb Cider (500ml)		£2.55	
Wild Strawberry Cider (500ml)		£2.55	
WINE			
BOLNEY			
Lychgate Bacchus White 2019		£15.99	
Lychgate Red 2018		£15.99	
DENBIES			
Flint Valley Wine (white)		£11.50	
Surrey Gold Wine (white)		£11.50	
Rosehill Wine (Rose)		£11.50	
Whitedown Sparkling		£21.95	

Prices correct as at 8 November 2022. E&O.