

For Earth's Sake SHOPPING LIST

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

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

Product description

Price

Quantity

FRUIT & VEG

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

DAIRY & BREAD

BOOKHAM HARRISON FARMS

South Downs Butter Slightly Salted		£1.70/100g	
South Downs Butter Unsalted		£1.70/100g	
Sussex Charmer Cheese		£2.40/100g	
Twineham Grange Hard Parmesan Style		£2.64/100g	

EPIROS

Greek Feta Cheese P.D.O. 100g	ORG	£1.52/100g	
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TREWITHAN FARM

Semi Skimmed Milk Refill, 1 pint		£0.80	
Semi Skimmed Milk Refill, 1 ½ pint		£1.20	

ALTERNATIVE DAIRY

Oat Milk - Barista by Minor Figures, 1 Litre	VG	£2.29	
Oat Milk - Glebe Farm, PureOaty Creamy, 1 Litre	VG, GF	£2.39	
Creamy Oat (single cream), Oatly 250ml	VG	£1.25	
Whippable Oat, Oatly 250ml	VG	£1.55	

BREAD by SØDT

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

JOSH'S EGGS

Half Dozen - 6 eggs		£2.90	
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CEREALS

Corn Flakes - No Added Sugar	ORG, VG	78p/100g	
Muesli Base	VG	25p/100g	
Crunchy Apricot Muesli		45p/100g	
Oat Crisp Crunch Granola		66p/100g	
Malt Granola - No Added Sugar		35p/100g	
Bran Sticks	ORG	35p/100g	
Honey Loops		80p/100g	
Multigrain Choco Shells		75p/100g	
Porridge Oats		15p/100g	
Porridge Oats - Organic	ORG	30p/100g	
Porridge Oats - Gluten Free	GF/ORG	45p/100g	

Jumbo Oats		29p/100g	
Oatmeal (Course - Pinhead)	ORG	25p/100g	
Oatmeal (Medium)	ORG	24p/100g	
Toasted Wheat Flakes	ORG	29p/100g	
Bran (Medium)	ORG	53p/100g	

DRIED FRUIT

Apricots - Whole	ORG	£2.05/100g	
Banana Chips		65p/100g	
Crystalised Ginger		£1.80/100g	
Cherries - Glace		90p/100g	
Sour Cherries		£2.26/100g	
Cranberries with Apple Juice		£2.05/100g	
Currants	ORG	85p/100g	
Raisins	ORG	75p/100g	
Sultanas	ORG	75p/100g	
Dates - Pitted	ORG	65p/100g	
Coconut Chips	ORG	67p/100g	
Desiccated Coconut	ORG	£1.15/100g	
Toasted Coconut Flakes	ORG	£1.05/100g	
Figs	ORG	£1.35/100g	
Goji Berries		£1.75/100g	
Mango Strips	ORG	£2.05/100g	
Mixed Peel (Seasonal)		50p/100g	
Prunes - Pitted	ORG	84p/100g	
Sun-dried Tomatoes		£1.45/100g	

SAVOURY & SWEET SNACK REFILLS

Bombay Mix		40p/100g	
Chilli Rice Crackers		£1.40/100g	
Smoked Paprika Twists		50p/100g	
Wasabi Coated Peanuts		£1.25/100g	
Dark Chocolate Buttons (55%)	GF, VG	£2.15/100g	
Milk Choc Buttons (34%)	GF	£2.15/100g	
Yoghurt Coated Banana Chips		£1.25/100g	
Yoghurt Coated Honeycomb Bites		£1.25/100g	
Yoghurt Coated Raisins		£1.25/100g	

BEANS & PULSES BULK

Black Turtle Beans	ORG	52p/100g	
Butter Beans	ORG	79p/100g	
Cannellini Beans	ORG	56p/100g	
Haricot Beans	ORG	47p/100g	
Lentils - Brown	ORG	49p/100g	
Lentils - Green	ORG	41p/100g	
Lentils - Puy / Speckled / French	ORG	64p/100g	
Lentils - Red Split	ORG	35p/100g	
Mung Beans	ORG	65p/100g	
Pinto Beans	ORG	52p/100g	
Red Kidney Beans	ORG	60p/100g	

Soya Beans	ORG	35p/100g	
Chickpeas	ORG	55p/100g	
Split Peas - Green	ORG	42p/100g	
Split Peas - Yellow	ORG	42p/100g	

BEANS, VEG & PULSES - TINNED

Aduki Beans (Suma) 400g	ORG, VG	£1.35	
Artichoke Hearts in Brine (Cooks & Co) 400g	GF, VG	£3.89	
Artichoke Bottoms in Brine (Cooks & Co) 400g	GF, VG	£3.55	
Baked Beans (Suma) 400g	ORG, VG	£1.39	
Baked Beans – Low Sugar (Suma) 400g	ORG, VG	£1.39	
Black Beans (Suma) 400g	ORG, VG	£1.35	
Butter Beans (Suma) 400g	ORG, VG	£1.35	
Butter Beans (Suma) 400g	VG	£0.95	
Cannellini Beans (Suma) 400g	ORG, VG	£1.35	
Chickpeas (Suma) 400g	ORG, VG	£1.35	
Chickpeas (Suma) 400g	VG	£0.95	
Chilli Beans (Biona) 400g	ORG, VG	£1.69	
Chilli Black Beans (Biona) 400g	ORG, VG	£1.59	
Edamame Beans (Biona) 200g	ORG, VG	£1.69	
Haricot Beans (Suma) 400g	ORG, VG	£1.15	
Hearts of Palm (Cooks & Co) 400g	ORG, VG	£3.85	
Mixed Beans (Suma) 400g	ORG, VG	£1.35	
Pinto Beans (Biona) 400g	ORG	£1.35	
Red Kidney Beans (Suma) 400g	ORG	£1.35	
Black Beluga Lentils (Suma) 400g	ORG, VG	£1.35	
Brown Lentils (Suma) 400g	ORG, VG	£1.35	
Green Lentils (Suma) 400g	ORG, VG	£1.15	
Italian Peas (Suma) 340g	ORG, VG	£1.75	
Supersweet Sweetcorn (Suma) 160g	ORG, VG	£1.45	
Supersweet Sweetcorn - Canned from Fresh (Suma) 340g	ORG, VG	£2.15	

PASTA

White Fusilli	ORG	35p/100g	
Wholewheat Fusilli	ORG	35p/100g	
Tricolore Fusilli	ORG	44p/100g	
Gluten-Free Fusilli	GF	55p/100g	
Wholewheat Gomitini	ORG	35p/100g	
Lasagne Sheets	ORG	50p/100g	
Macaroni		35p/100g	
Orzo	ORG	49p/100g	
White Penne	ORG	35p/100g	
Wholewheat Penne	ORG	35p/100g	
Gluten-Free Penne	GF	55p/100g	
White Penette	ORG	50p/100g	
White Spaghetti	ORG	35p/100g	
Wholemeal Spaghetti	ORG	35p/100g	
No 1 Noodles (Lucky Boat)		55p/100g	

RICE

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Arborio Rice	ORG	75p/100g	
Basmati Rice - Brown	ORG	41p/100g	
Basmati Rice - White	ORG	41p/100g	
Long Grain Rice - Brown	ORG	35p/100g	
Long Grain Rice - White	ORG	52p/100g	
Short Grain Rice - Brown	ORG	38p/100g	
Wild Rice Mix	ORG	69p/100g	

OTHER GRAINS

Bulgur Wheat - Course	ORG	47p/100g	
Couscous - White	ORG	37p/100g	
Couscous - Wholemeal	ORG	29p/100g	
Couscous - Giant		50p/100g	
Orzo	ORG	49p/100g	
Millet	ORG	44p/100g	
Pearl Barley	ORG	29p/100g	
Polenta	VG	30p/100g	
Popping Corn	ORG	46p/100g	
White Quinoa	ORG	80p/100g	

NUT ROAST MIX

Veggies Nut Roast Mix		£1.20/100g	
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FLOURS

PACKET FLOUR

Plain White Flour 1kg (Doves Farm)	ORG, VG	£1.99	
Plain White Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Fine Plain Wholemeal Flour 1kg (Doves Farm)	ORG, VG	£1.79	
Self Raising Flour 1kg (Doves Farm)	ORG, VG	£2.05	
Self Raising Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Coconut Flour 500g (Suma)	ORG, VG	£3.15	
Cornflour 500g (Suma)	VG	£2.29	
Gram Flour 500g (Suma)	VG	£2.25	
Maize Flour 500g (Suma)	ORG, VG	£1.75	
Pasta Flour 1kg (Doves Farm)	ORG, VG	£2.39	
Rice Flour 1kg (Freee by Doves)	GF, VG	£2.55	
Wholemeal Rye Flour 1kg (Doves Farm)	ORG, VG	£1.99	
White Rye Flour 1kg (Doves Farm)	ORG, VG	£2.39	
Semolina Flour 500g (Suma)	VG	£2.25	
White Spelt Flour 1.5kg (Shipton Mill)	ORG, VG	£3.71	
Vital Wheat Gluten Flour 500g (Suma)	VG	£2.99	

BREAD FLOUR

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

FLOUR REFILLS

Plain Flour, 100g (Heygates)	ORG, VG	0.11	
Self Raising Flour, 100g (Heygates)	ORG, VG	0.11	

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Strong White Bread Flour, 100g (Heygates)	ORG, VG	0.18	
Wholemeal Bread Flour, 100g (Heygates)	ORG, VG	0.15	
Speciality White Flour, 100g (Shipton Mill)	ORG, VG	0.18	

SEEDS & NUTS REFILLS

NUTS

Almonds - Ground	ORG	£1.90/100g	
Almonds - Flaked	ORG	£1.90/100g	
Almond - Whole	ORG	£1.70/100g	
Brazil Nuts - Broken	ORG	£1.80/100g	
Brazil Nuts - Whole	ORG	£2.00/100g	
Cashew Nuts	ORG	£2.25/100g	
Coconut Chips	ORG	67p/100g	
Toasted Coconut Chips	ORG	67p/100g	
Hazelnuts	ORG	£2/100g	
Peanuts	ORG	68p/100g	
Peanuts - Roasted & Salted		68p/100g	
Pecan Halves	ORG	£3.10/100g	
Pine Nuts	ORG	£4.69/100g	
Pistachios - Roasted & Salted	ORG	£1.85/100g	
Walnuts - Halves	ORG	£1.90/100g	

SEEDS

Amaranth	ORG	42p/100g	
Chia Seeds	ORG	£1.05/100g	
Hemp - Hulled	ORG	£1.40/100g	
Hemp - Whole	ORG	80p/100g	
Linseed - Brown	ORG	40p/100g	
Linseed - Golden	ORG	40p/100g	
Linseed - Golden & Cracked	ORG	40p/100g	
Omega Four Seed Mix	ORG	67p/100g	
Poppy Seeds - Blue		90p/100g	
Pumpkin Seeds	ORG	86p/100g	
Sesame Seeds - Black	ORG	75p/100g	
Sesame Seeds - Brown/White	ORG	75p/100g	
Sunflower Seeds	ORG	50p/100g	

TEA, COFFEE & SUGAR

LOOSE LEAF

Taylors Pure Assam Loose Leaf Tea	£3.10/100g	
Taylors Earl Grey Tea Loose Leaf	£2.95/100g	
Ringtons English Breakfast Loose Leaf Tea	£1.70/100g	
Taylors English Breakfast Loose Leaf Tea - Decaf	£3.36/100g	
Taylors Green Tea Loose Leaf Tea	£2.08/100g	
Taylors Lapsang Souchong Loose Leaf Tea	£3.10/100g	
Yorkshire Loose Leaf Tea	£1.75/100g	

TEA BAGS

CLIPPER (30s)		
Clipper Tea	£3.35	
Clipper Tea, Decaf	£3.99	
DRAGONFLY TEA (20s)		

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

Cape Rooibos & Honeybush	ORG	£3.09	
Good Balance Turmeric	ORG	£3.09	
Digestive Pu'er (formerly Good Dragon)	ORG	£3.09	
Pure Green Mountain	ORG	£3.09	
Mint Garden Digestif	ORG	£3.09	
Moonlight Jasmine	ORG	£3.09	
Moroccan Mint	ORG	£3.09	
Night Sky Calm Bags	ORG	£3.09	
Sweet Rose & Raspberry	ORG	£3.09	
True Clarity Ginger	ORG	£3.09	

HAMPSTEAD TEA (20s)

Pure Darjeeling		£2.99	
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ESSENTIAL TEA

Camomile		£2.45	
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COFFEE

Horsham Coffee Roaster Rwanda Beans		£2.90/100g	
Surrey Hills Cottage Blend Coffee Beans		£2.60/100g	
Surrey Hills Holmbury Hill Coffee Beans		£2.40/100g	
Douwe Egberts Instant Coffee		£3.85/100g	
Ringtons Fairtrade Espresso No. 1 Beans		£3.10/100g	
Ringtons Decaf Espresso Beans		£3.50/100g	
Percol Rich Americano Ground Coffee, No 4, 200g		£4.75	
Coffee Filters No.2 (If You Care)		£3.59	
Coffee Filters No.4 (If You Care)		£3.59	

HOT CHOCOLATE & COCOA

Ringtons Hot Chocolate Mix		£1.10/100g	
Ringtons Vegan Hot Chocolate Mix	VG	£1.10/100g	
Cocoa Powder	ORG	£1.90/100g	
Cacao Nibs	ORG	£1.90/100g	

SUGAR

Caster Sugar		15p/100g	
Golden Caster Sugar		37p/100g	
Demerara Sugar		36p/100g	
Granulated Sugar		14p/100g	
Light Muscavado Sugar		42p/100g	
Dark Muscavado Sugar		60p/100g	
Soft Brown Sugar		43p/100g	
Icing Sugar		34p/100g	
Coconut Palm Sugar		68p/100g	

OILS, VINEGARS & SOY SAUCE REFILLS

Philotimo Premium Extra Virgin Olive - Cold Pressed	VG, GF	£1.40/100ml	
Extra Virgin Rapeseed Oil - Cold Pressed	VG, GF	89p/100ml	
Sunflower Oil	ORG, VG	89p/100ml	
Apple Cider Vinegar (Aspall)	ORG	40p/100ml	
Apple Cider Vinegar with Mother	ORG	36p/100ml	
Balsamic Vinegar	ORG	90p/100ml	
Malt Vinegar		40p/100ml	
Red Wine Vinegar (Aspall)		40p/100ml	
White Wine Vinegar (Aspall)		40p/100ml	

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Soy Sauce - Shoyu	ORG, VG	99p/100ml	
Soy Sauce - Tamari	GF, VG	99p/100ml	

GREEK PRODUCTS

OLIVE OILS

Philotimo Greek Olive Oil P.D.O.	VG, GF	£1.40/100ml	
Philotimo Greek Olive Oil P.D.O. 750ml	VG, GF	£10.50	
Philotimo Greek Olive Oil P.D.O. 500ml (Boxed)	VG, GF	£11.50	
Philotimo Premium Extra Virgin Oil P.D.O. 250ml	VG, GF	£5.90	

OLIVES IN GLASS JARS

Green Chalkidiki Almond Stuffed Olives 300g		£4.20	
Green Chalkidiki Feta Stuffed Olives 300g		£4.20	
Green Chalkidiki Garlic Stuffed Olives 300g		£4.20	
Green Chalkidiki Jalapeno Stuffed Olives 300g		£4.20	
Green Chalkidiki Pitted Olives 300g		£4.20	
Grilled Green Chalkidiki Pitted Olives 300g		£4.20	
Green Chalkidiki Red Pepper Stuffed Olives 300g		£4.20	

TAHINI

Organic Light Tahini 270g (Meridian)	ORG	£4.49	
Organic Dark Tahini 270g (Meridian)	ORG	£4.49	
Light Tahini 270g (Meridian)		£3.25	
Dark Tahini 270g (Meridian)		£3.25	

HOMEMADE AT THE LIFE GODDESS (GEORGIOS)

Greek Hummus, approx 300g		£3.00	
Mixed Olives, approx 250g		£3.25	
Spinach & Feta Pie Slice (Spanakopita)		£4.00	
Spinach & Feta Whole Pie (Spanakopita) - FROZEN		£36.00	
Philotimo Balsamic Vinegar with Chilli 650ml		£6.50	
Philotimo White Balsamic Vinegar with Honey 650ml		£6.50	

FISH

FISH4EVER

Mackerel Fillets in Organic Spicy Tomato Sauce 120g		£2.95	
Mackerel Fillets in Sunflower Oil 125g		£3.09	
Mackerel Fillets in Spring Water 125g		£2.50	
Wild Pacific Pink Salmon 213g	GF	£4.45	
Wild Pacific Pink Salmon in Brine 160g		£4.15	
Azores Tuna Flakes in Brine 160g		£2.50	
Skipjack Tuna Chunks in Brine 160g		£2.50	
Skipjack Tuna Steaks in Spring Water 160g		£3.19	
Skipjack/Azores Tuna Chunks in Olive Oil 160g		£3.99	
Yellowfin Tuna Chunks in Olive Oil 160g		£3.99	

SOUPS (TINNED)

FREE & EASY

Butternut Squash and Ginger	GF, ORG, VG	£2.39	
Carrot & Coconut	GF, ORG, VG	£2.39	
Lentil & Red Pepper	GF, ORG, VG	£2.39	
Pea & Mint	GF, ORG, VG	£2.39	

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Sweet Potato & Chia Seeds	GF, ORG, VG	£2.39	
SUMA			
Tuscan Bean Soup	ORG, VG	£2.09	
Spicy Lentil Soup	ORG, VG	£2.15	
Minestrone Soup	ORG, VG	£2.29	
Mushroom Soup	ORG, VG	£2.39	
Pea Soup	ORG, VG	£2.29	
Pea & Ham Soup	ORG, VG	£2.25	
Tomato Soup	ORG, VG	£2.15	
Rustic Vegetable Soup	ORG, VG	£2.29	

MEALS (TINNED)

FREE & EASY			
Bean Cassoulet	GF, ORG, VG	£3.29	
Three Bean Chili	GF, ORG, VG	£3.29	
Chickpea & Bean Tagine	ORG, VG	£3.29	
Chickpea & Veg Curry	GF, ORG, VG	£3.29	
Middle Eastern Chickpea Casserole	GF, ORG, VG	£3.29	
Vegetable Balti	GF, ORG, VG	£3.29	
Vegetable Hotpot	GF, ORG, VG	£3.29	

GEO			
Bombay Potatoes 400g	ORG, VG	£3.45	
Chickpea & Apricot Tagine 400g	ORG, VG	£3.25	
Chickpea & Lentil Dahl 400g	ORG, VG	£3.25	
Moroccan Chickpea Tagine 400g	ORG, VG	£3.25	
Tasty Tadka Dahl 400g	ORG	£3.25	

SUMA			
Baked Beans	ORG, VG	£1.45	
Baked Beans - Low Sugar	ORG, VG	£1.45	
Vegan Meatballs	VG	£2.55	
Vegetable Stew with Dumplings (400g)	VG	£2.15	

TOMATO & ITALIAN PRODUCTS

Chopped Tomatoes (Suma) 400g - Tin		£1.29	
Cherry Tomatoes (Suma) 400g - Tin		£1.59	
Peeled Plum Tomatoes (Suma) 400g - Tin	ORG	£1.29	
Tomato Puree (Suma) - Tube	ORG	£1.49	
Italian Tomato Puree (Mr Organic) 200G	ORG	£2.39	
Organic Passata (Suma) 690g	ORG	£1.99	
Sundried Tomatoes (Cooks & Co) 295g		£3.19	
Sundried Tomatoes	GF, VG	£1.50/100g	

PESTO			
Basil Pesto (Mr Organic) 130g	ORG, VG	£2.99	
Basil Pesto (Zest) 165g	ORG, VG	£2.99	
Chilli & Garlic Pesto (Mr Organic) 130g	ORG, VG	£2.99	
Italian Sun Dried Tomato Pesto (Mr Organic) 130g	ORG, VG	£2.79	
Pesto Alla Genovese (Suma) 190g	ORG	£3.99	
Grilled Pepper Pesto (Mr Organic) 130g	ORG, VG	£3.29	

ITALIAN SAUCES			
Arrabbiata Pasta Sauce (Suma) 350g	ORG, VG	£2.49	

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Bolognese Pasta Sauce (Suma) 350g	ORG, VG	£2.99	
Cherry Tomato Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.09	
Napoletana Pasta Sauce (Suma) 350g	ORG, VG	£2.49	
Olive & Capers Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.09	
Roasted Garlic Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.09	
Tomato & Herb Pasta Sauce (Meridian) 350g	VG	£3.39	
Lentil Ragu (Mr Organic)	ORG, VG	£3.29	

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

DEBBIE'S JAMS - Seasonal

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

STUTE JAMS (No Sugar Added Suitable for Diabetics)

Apricot 430g		£3.69	
Blackcurrant 430g		£3.69	
Strawberry 430g		£3.69	

MARMALADES

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

NUT BUTTERS, CHOCOLATE SPREADS & YEAST EXTRACT

Smooth Almond Butter (Meridian) 170g	VG	£2.99	
Smooth Cashew Butter (Meridian) 170g	VG	£3.85	
Crunchy Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09	
Crunchy Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Barley Malt Extract (Meridian) 340g	VG	£3.29	
Yeast Extract + B12, No Salt (Meridian) 340g	VG	£4.99	

CRANLEIGH HONEY (Raw)

Small		£7.50	
Large		£9.00	

SAVOURY JELLIES, CHUTNEYS & RELISH

DEBBIE'S JELLIES - Seasonal

Chilli 220g		£3.60	
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Mint 220g	£3.60	
Quince 220g	£3.60	
Redcurrant 220g	£3.60	

DEBBIE'S CHUTNEYS - Seasonal

Apple & Chilli 340g	£4.45	
Balsamic Fig 340g	£4.45	
Beetroot & Horseradish 340g	£4.45	
Spiced Beetroot 340g	£4.45	
Gooseberry 340g	£4.45	
Mango 340g	£4.45	
Mediterranean Vegetable 340g	£4.45	
Piccalilli 340g	£4.45	
Ploughmans 340g	£4.45	
Tomato & Chilli 340g	£4.45	

TRACKLEMENTS - Seasonal

Apricot & Ginger Chutney 320g		£4.20	
Apple & Sage Jelly 250g	GF, VG	£3.50	
Beetroot & Horseradish Relish 220G	GF, VG	£3.75	
British Beer Mustard 140g		£2.30	
Quintessential Brown Sauce 230g		£3.40	
Caramelised Onion Marmalade 210g	GF, VG	£4.00	
Caramelised Red Onion Relish 300g	GF, VG	£4.20	
Fresh Chilli Jam 210g	GF, VG	£4.35	
Smoky Chilli Sauce 230ml	GF, VG	£3.80	
English Crabapple Jelly 250g	GF, VG	£3.50	
Sticky Fig Relish 250g	GF, VG	£3.95	
Mango Chutney 335g	ORG, VG	£3.80	
Aromatic Medlar Jelly 220g	ORG, VG	£3.50	
Fresh Mint Jelly 250g	GF, VG	£3.25	
Traditional Mint Sauce 150g	GF, VG	£2.65	
Sweet Mustard Ketchup 290ml		£3.95	
Smooth Dijon Mustard 140g	GF, VG	£2.30	
Robust Wholegrain Mustard 140g		£2.30	
Piccalilli Large	GF, VG	£6.05	
Perfect Ploughman's Pickle 295g	GF, VG	£3.95	
Rich Redcurrant Jelly 250g	GF, VG	£3.45	
Zingy Rosemary Jelly 250g	GF, VG	£3.30	
Creamy Tartare Sauce 160g	GF, VG	£4.05	

SAUCES

Organic Mayonnaise (Suma) 300g	ORG	£4.65	
Egg Free Mayonnaise (Biona) 230g	ORG	£2.85	
Quintessential Brown Sauce (Tracklements) 230g		£3.40	
Italian Ketchup (Mr Organic) 480g	ORG, VG	£3.49	
Italian Ketchup Nat Sweetnd (Mr Organic) 480g	ORG, VG	£3.49	
Italian Ketchup with Chilli (Mr Organic) 480g	ORG, VG	£3.79	
Worcestershire Sauce by Geo Organics 150ml	ORG, GF	£2.99	

WORLD FOODS

Mango Chutney (Geo) 370g	ORG, VG	£4.79	
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COCONUT THINGS

Coconut Cream (Suma) 400ml	ORG, VG	£3.19	
Coconut Milk (Suma) 400ml	ORG, VG	£2.19	
Light Coconut Milk (Biona) 400ml	ORG, VG	£1.99	
Coconut Oil (Suma) 320ml	ORG, VG	£3.45	

PASTES

Thai Green Curry Paste (Geo) 180g	GF, ORG, VG	£3.95	
Thai Red Curry Paste (Geo) 180g	GF, ORG, VG	£3.95	
Thai Yellow Curry Paste (Geo) 180g	ORG, VG	£3.95	
Indonesian Rendang Curry Paste (Geo) 180g	ORG, VG	£2.99	
Korma Curry Paste (Geo Organics) 180g	ORG, VG	£3.95	
Tamarind Paste (Thai Taste) 130g	GF, VG	£1.99	

SAUCES

Harissa Paste (Al'fez)		£3.49	
Korma Cooking Sauce (Meridian Free From) 350g	VG	£2.89	
Tikka Masala Cooking Sauce (Meridian) 350g	GF, VG	£2.89	
Eaten Alive, Mango Inferno Hot Sauce	VG	£4.50	
Eaten Alive, Smoked Srirachi Hot Sauce	VG	£4.50	

OTHER

Miso Brown Rice (Clearspring) 300g	ORG, VG	£5.79	
Japanese White Miso (Clearspring) 270g	ORG, VG	£4.29	
Kimchi (Loving Foods) 500g	ORG	£6.85	
Sauerkraut (Loving Foods) 500g	ORG	£6.35	
Ruby Kraut - Red Cabbage/Beetroot (Loving Foods) 500g	ORG	£6.95	
Tofu - Firm (Biona) 500g	ORG	£5.05	
Tempeh (Biona) 400g	VG, ORG	£4.45	
Young Jackfruit Chunks (Suma) 400g	GF, ORG, VG	£2.99	
Mango Chunks in pure juice (Essential Organic) 400g	ORG, GF, VG	£2.55	
Pineapple Chunks In Juice (Essential Organic) 400g	ORG, GF, VG	£5.15	
Tropical Fruits In Juice (Essential Organic) 400g	ORG, GF, VG	£3.35	
Agave Syrup (Suma) 240ml	ORG	£3.99	
Date Syrup (Meridian) 330g	GF	£3.19	
Vertmont Maple Syrup 250ml	VG	£5.25	
Vine Leaves - Stuffed (Cooks & Co) 400g	VG	£3.25	
Roasted Red Peppers (Cooks & Co) 360g	VG	£4.59	
Roasted Red & Yellow Peppers (Cooks & Co) 360g	VG	£4.05	
Sweetie Drop Peppers (Cooks & Co) 235g	VG	£4.29	
Red Frenk Chillies (Cooks & Co) 300g	VG	£1.99	
Green Frenk Chillies (Cooks & Co) 300g	VG	£1.99	

CHOCOLATE & SNACKS

DIVINE

70% Dark Chocolate 90g	VG	£4.39	
41% Dark with Hazelnut 90g	VG	£4.39	
70% Dark Chocolate with Mint 90g	VG	£4.39	
70% Dark Chocolate with Raspberries 90g	VG	£4.39	
38% Milk Chocolate with Salted Caramel 90g		£4.39	
70% Dark 35g	VG	£1.25	
Milk Chocolate 35g	VG	£1.40	

PLAYin CHOC - Seasonal

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Endangered Animals Organic Chocolate + Surprise Toy		£2.25	
TWO FARMERS (Hereford Crisps)			
Lightly Salted 40g	VG	£0.95	
Lightly Salted 150g	VG	£2.75	
Cider Salt 40g	VG	£0.95	
Cider Salt 150g	VG	£2.75	
Hop Cheese & Onion 40g		£0.95	
Hop Cheese & Onion 150g		£2.75	
Mushroom & Wild Garlic 40g	VG	£0.95	
Mushroom & Wild Garlic 150g	VG	£2.75	
CHEWSY Chewing Gum			
Peppermint	VG	£1.29	
Cinnamon	VG	£1.29	

BAKING

Arrowroot		10p/10g	
Baking Powder		£1/100g	
Baking Powder (Freee by Doves)	GF	£1/100g	
Bicarbonate of Soda (Lähde)		42p/100g	
Ginger Juice (Biona) 200ml	ORG, VG	£5.49	
Lemon Juice (Biona) 200ml	ORG, VG	£2.19	
Lime Juice (Biona) 200ml	ORG, VG	£3.05	
Polenta - Bulk	VG	30p/100g	
Xanthan Gum (Lähde)	GF	£1.90/100g	
Quick Yeast (Doves Farm) 125g	GF, VG	£1.75	

SALT & STOCK

Fine Sea Salt	GF	25p/100g	
Coarse Sea Salt	GF	20p/100g	
Fine Pink Himalayan Rock Salt	GF	78p/100g	
Coarse Pink Himalayan Rock Salt	GF	78p/100g	

KALLO

Garlic and Herb Stock Cubes 66g	ORG, GF, VG	£2.09	
Mushroom Stock Cubes 66g	ORG, GF, VG	£2.09	
Low Salt Vegetable Stock Cubes 60g	ORG, GF, VG	£2.09	
Yeast Free Vegetable Stock Cubes 66g	GF, VG	£2.09	

SUMA

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

Swiss Vegetable Bouillon Cubes 84g	ORG, VG	£1.49	
Swiss Vegetable Bouillon Powder	GF, VG	15p/10g	
Engevita Yeast Flakes with B12	GF, VG	£4.25	
Engevita Yeast Flakes with B12	GF, VG	35p/10g	

HERBS & SPICES

Allspice		38p/10g	
Basil		20p/10g	
Bay Leaves		30p/10g	
Caraway Seeds		22p/10g	
Cardamom (Ground)		72p/10g	

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

Cardamom (Whole)	37p/10g	
Cayenne Pepper	14p/10g	
Celery Salt	10p/10g	
Chilli Powder	20p/10g	
Chilli Flakes	18p/10g	
Chinese Spice	28p/10g	
Chives	27p/10g	
Cinnamon (Ground)	17p/10g	
Cinnamon (Quills)	65p/10g	
Cloves (Whole)	30p/10g	
Coriander (Ground)	12p/10g	
Coriander Seeds	25p/10g	
Cumin (Ground)	18p/10g	
Cumin Seeds	22p/10g	
Curry Leaves	48p/10g	
Curry Powder	12p/10g	
Dill Seeds	14p/10g	
Fennel Seeds	25p/10g	
Fenugreek	10p/10g	
Garam Masala	23p/10g	
Garlic Powder	14p/10g	
Garlic Salt	20p/10g	
Ginger (Ground)	20p/10g	
Juniper Berries	20p/10g	
Lemongrass	19p/10g	
Lime Leaves (Suma) 4g	£1.25	
Marjoram	40p/10g	
Mint	30p/10g	
Mixed Herbs	25p/10g	
Mixed Spice	16p/10g	
Mustard Powder	10p/10g	
Mustard Seeds (Black)	10p/10g	
Nigella Seeds	26p/10g	
Nutmeg (Ground)	36p/10g	
Nutmeg (Whole)	37p/10g	
Onion Powder	20p/10g	
Oregano	20p/10g	
Paprika (Spanish)	13p/10g	
Paprika (Smoked)	14p/10g	
Parsley	25p/10g	
Peppercorns (Black)	21p/10g	
Peppercorns (White)	28p/10g	
Pepper (Black, Ground)	23p/10g	
Pepper (White, Ground)	23p/10g	
Poppy Seeds - Blue	9p/10g	
Ras El Hanout 42g	£2.25	
Rosemary	19p/10g	
Sage	19p/10g	
Star Anise	20p/10g	
Sumac	24p/10g	

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Tarragon		60p/10g	
Thyme		15p/10g	
Turmeric (Ground)		13p/10g	
Zaytoun Za'atar Zesty Thyme Herb Mix 80g	VG	£4.65	

HAIR & BODY CARE REFILLS

HAIR CONDITIONERS

ALTER/NATIVE

Clear & Simple	CF, VG	72p/100ml	
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MINIML

Pink Grapefruit & Aloe Vera	CF, VG	72p/100ml	
Tea Tree & Mint	CF, VG	72p/100ml	

HAIR SHAMPOOS

ALTER/NATIVE

Clear and Simple	CF, VG	72p/100ml	
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MINIML

Pink Grapefruit & Aloe	CF	72p/100ml	
Tea Tree & Mint	CF	72p/100ml	

BODYWASH & HANDSOAP

ECOLEAF - Handsoap

Grapefruit Twist	CF, VG	45p/100ml	
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MINIML - Bodywash + Bubble Bath

Pink Grapefruit & Aloe Vera	CF, VG	72p/100ml	
Tea Tree & Mint	CF, VG	72p/100ml	

CLEANING - REFILLS

Ecoleaf Washing Up Liquid		34p/100ml	
Ecoleaf Washing Powder		46p/100g	
Miniml Laundry Liquid - Fresh Linen		44p/100ml	
Ecoleaf Fabric Conditioner		32p/100ml	
Miniml Anti-bac Surface Cleaner - French Lavender		32p/100ml	
Miniml Floor Cleaner		34p/100ml	
Ecoleaf Toilet Cleaner - Citrus		34p/100ml	
Bicarbonate of Soda (Lähde)		40p/100g	
Distilled Vinegar		11p/100ml	
Dishwasher Rinse Aid		22p/100ml	
Dishwasher Salt		14p/100g	
Citric Acid 1Kg		£10.85	
Percarbonate of Soda 1Kg		£7.25	

DENTAL CARE

ENVIRONMENTAL

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

BEN & ANNA

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

HUMBLE & CO

Bamboo Interdental Brush 0.7mm (Yellow)		£4.15	
Bamboo Interdental Brush 0.6mm (Blue)		£4.15	

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Bamboo Interdental Brush 0.4mm (Pink)	£4.15	
Cotton Swabs	£1.99	

TOILET PAPER & TISSUES

WHO GIVES A CRAP

Single Roll – Standard 100% Recycled	£1.06	
Single Roll – Premium Bamboo	£1.20	
6-Pack – Standard 100% Recycled	£6.25	
48-Pack Box - Standard 100% Recycled	£44.00	
48-Pack Box – Premium Bamboo	£48.00	
Box of Tissues – 100% Recycled	£1.70	

ECOLEAF

4-Pack	£3.39	
9-Pack	£7.35	

SOAP BARS (Palm Oil, SLS, Parabens Free)

ALTER/NATIVE (Handmade - Round Glycerine)

Rose and Geranium 90g	VG	£2.15	
White Lavender 90g	VG	£2.15	
Yellow Mandarin & Tonka Bean 90g	VG	£2.15	

ALTER/NATIVE (Handmade - Rectangular Glycerine)

Rose and Geranium 90g	VG	£3.15	
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FAITH IN NATURE

Aloe Vera Soap Bar 100g		£2.45	
Fragrance Free Soap Bar 100g		£2.45	
Grapefruit Soap Bar 100g		£2.45	
Orange Soap Bar 100g		£2.45	
Rosemary Soap Bar 100g		£2.45	

OLIVA

Olive Oil Soap with Aloe Vera 100g		£2.00	
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SHAMPOO, CONDITIONER & SHAVING BARS (Palm Oil, SLS, Parabens Free)

SHAMPOO BAR - ALTER/NATIVE

Pink Grapefruit 90g	VG	£6.50	
Rose and Geranium 95g	VG	£6.50	

CONDITIONER BAR - ALTER/NATIVE

Coconut & Argan Oil 90g	VG	£5.45	
Pink Grapefruit 90g	VG	£5.45	
Rose and Geranium 95g	VG	£5.45	

SHAVING BAR - FRIENDLY

Orange & Lavender, 95g	VG	£2.95	
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FACE & BODYCARE

LOOFCO

Bath Time Loofah - Heart Shaped		£3.59	
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PUREMESS

Deodorants 70ml - Various Essential Oil Fragrances	VG	£9.00	
Hand Cream 100ml - Lemongrass / Rosewood		£8.50	
Body Scrub 200ml - Grapefruit		£11.00	
Lip Balms 15ml - Geranium / Lemon / Orange		£4.50	

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Body Custard 200ml - Lemongrass	£18.00	
Rejuvenating Face Cream 50ml	£17.50	
Oat & Mandarin Cleanser 150ml	£10.50	
Sleep Balm 50ml	£9.60	
Balancing Skin Toner 150ml	£9.00	

FEMININE CARE

MOONCUP

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

NATRACARE

Organic Cotton Ultra Pads – Super (12)	£2.95	
Organic Cotton Ultra Pads – Long (10)	£2.65	
Organic Cotton Panty Liners – Curved (30)	£2.09	
Organic Cotton Panty Liners – Long (16)	£1.89	
Super Non-Applicator Organic Cotton Tampons (20)	£2.85	
Super Non-Applicator Organic Cotton Tampons – Super (20)	£3.15	
Super Applicator Organic Cotton Tampons – Super (16)	£3.15	

OTHER

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

HOUSEHOLD

IF YOU CARE

Food Waste Bags	£5.15	
Parchment Baking Sheets	£4.35	
Large Baking Cups x60	£2.19	
Recycled Aluminum Foil, 10m	£5.25	
Extra Strong Aluminium Foil, 7m	£6.79	
Parchment Baking Paper	£5.39	
Paper Snack & Sandwich Bags 48 Pack	£4.95	
Tall Kitchen Bags x12	£5.30	
Ecoleaf Cling Film (Home Compostable), 30m	£3.99	

OTHER

Tea Light - single	£0.24	
Tea Light - box of 24	£5.65	

CLOTHING

BAM

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

FOOD BAGS & BIN LINERS

d2w Drawtape Swing Bin Liners x15	£2.15	
d2w Drawtape Refuse Bags x20	£2.49	
d2w Freezer Bags x200	£1.85	
d2w Pedal Bin Liners x30	£2.25	

TABLEWARE

Bamboo Dinner Set (Bee)	£11.95	
Bamboo Dinner Set (Cow)	£11.95	

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Bamboo Dinner Set (Fox)	£11.95	
Bamboo Dinner Set (Unicorn)	£11.95	
Cane Straws, 10 Pack (The Cane Straw Company)	£2.50	
Paper Straws, 10 Pack	£1.00	
Paper Straws, 20 Pack	£1.50	

WASHING UP & CLEANING

LoofCo Root Vegetable Scrubber	£2.95	
LoofCo Washing-up Pad - One Pad	£2.95	
LoofCo Cleaning Pad	£2.95	
Loofco Washing-up Brush with Handle	£3.75	
Loofco Bottle Brush with Rubberwood Handle	£3.79	
Seep Bamboo All Purpose Cloth	£3.50	
Ecoleaf Kitchen Roll Twin Pack, 3-Ply	£3.85	
EcoLeaf DishWasher Tablets, 25 tablets	£5.69	
EcoLeaf DishWasher Tablets, 70 tablets	£14.15	

PET CARE

Denzel's Pumpkin Dog Treats 15 x 50g	£2.00	
Mini Compostable Poo Bags x80 (Fetch It)	£5.49	
Tie Handle Compostable Poo Bags x120 (Fetch It)	£10.49	
Paw & Nose Balm (Bee Friends)	£9.00	

FIRE RELATED PRODUCTS

Wealden British Barbecue Charcoal	£7.50	
Coffee Logs 8kg	£7.40	
If You Care Firelighters x28	£2.69	

OTHER

Kite Paper Packing Tape - 25mm	£2.00	
Kite Paper Packaging Tape - 50mm	£2.25	
String Bag (Various colours)	£3.80	

THE BEE BAY

Furniture Polish (With Lavender / Without Lavender)	£5.20	
Beeswax Leather Conditioner	£6.50	
Homemade Nesting House	£15.00	
Bee/Insect Hotel	£25.00	

SOFT DRINKS

BELVOIR

Sparkling Elderflower 250ml	£2.50	
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FENTIMANS

Cherry Cola 275ml	£2.85	
Curiosity Cola 275ml	£2.35	
Dandelion & Burdock 275ml	£2.35	
Ginger Beer 275ml	£2.35	
Rose Lemonade 275ml	£2.35	
Victorian Lemonade 275ml	£2.35	
Mandarin & Seville Orange Jigger 275ml	£2.35	
Botanically Brewed Light Tonic 500ml	£2.79	

FRANKLIN & SONS

1886 Cola 275ml	£1.49	
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LUSCOMBE

English Apple Juice 270ml	£2.65	
Citrus Crush (formerly St Clements) 270ml	£2.65	
Elderflower Bubbly 270ml	£2.40	

SUMA

Ginger Kombucha, 250ml can	£1.79	
Elderflower & Lemon Kombucha, 250ml can	£1.79	
Lychee & Lemongrass Kombucha, 250ml can	£1.79	

ALCOHOL (Strictly Over 18s only)

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Silent Pool Gin 70cl	£38.00	
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BEER

FIREBIRD

Bohemia - Lager 330ml	GF, VG	£2.60	
Festive 51 - Strong Ale 500ml	GF, VG	£2.85	
Heritage - Ale 500ml	GF, VG	£2.70	
Pacific Gem - Single Hop Pale Ale 500ml	GF, VG	£2.70	

CIDER

SILLY MOO

Cowfield Cider, 330ml	£2.95	
Unfiltered Cider, 330ml	£2.95	

WINE

BELLE & CO

Alcohol-Free Sparkling Wine	£6.59	
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BOLNEY

Lychgate Bacchus White 2019	£20.00	
Lychgate Red 2018	£20.00	

DENBIES

Flint Valley Wine (White)	£11.50	
Surrey Gold Wine (White)	£11.50	
Rosehill Wine (Rose)	£11.50	
Redlands Wine (Red)	£14.95	
Whitedown (Sparkling)	£21.95	

Prices correct as at 29 July 2025. E&O.