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	
HIGH WEALD DAIRY			
Brighton Blue		£2.80/100g	
Sister Sarah		£3.65/100g	
Seven Sisters		£3.82/100g	
Halloumi		£2.85/100g	
EPIROS			
Greek Feta Cheese P.D.O. 100g	ORG	£1.52/100g	
TREWITHAN FARM			
Semi Skimmed Milk Refill, 1 pint		£1.00	
Semi Skimmed Milk Refill, 1 ½ pint		£1.50	
ALTERNATIVE DAIRY			
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	
JOSH'S EGGS			
Half Dozen - 6 eggs		£2.90	
CEREALS			
Corn Flakes - No Added Sugar	ORG, VG	78p/100g	
Muesli Base	VG	25p/100g	
Crunchy Apricot Muesli		60p/100g	
Oat Crisp Crunch Granola		36p/100g	
Malt Granola - No Added Sugar		75p/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	ORG	35p/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		72p/100g	
Crystalised Ginger		£1.80/100g	
Cherries - Glace		£1.50/100g	
Sour Cherries		£2.75/100g	
Cranberries with Apple Juice		£2.05/100g	
Currants	ORG	85p/100g	
Raisins	ORG	80p/100g	
Sultanas	ORG	80p/100g	
Dates - Pitted	ORG	65p/100g	
Coconut Chips	ORG	£1.05/100g	
Desiccated Coconut	ORG	£1.15/100g	
Toasted Coconut Flakes	ORG	£1.05/100g	
Figs	ORG	£1.40/100g	
Goji Berries		£1.75/100g	
Mango Strips	ORG	£2.05/100g	
Mixed Peel (Seasonal)		83p/100g	
Prunes - Pitted	ORG	84p/100g	
Sun-dried Tomatoes		£1.45/100g	

SAVOURY & SWEET SNACK REFILLS

Bombay Mix		40p/100g	
Chilli Rice Crackers		£1.45/100g	
Smoked Paprika Twists		50p/100g	
Wasabi Coated Peanuts		£1.35/100g	
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 Beluga Lentils	ORG	50p/100g	
Black Turtle Beans	ORG	52p/100g	
Blackeye Beans	ORG	52p/100g	
Butter Beans	ORG	85p/100g	
Cannellini Beans	ORG	56p/100g	
Haricot Beans	ORG	47p/100g	
Lentils - Brown	ORG	49p/100g	
Lentils - Green	ORG	44p/100g	
Lentils - Puy / Speckled / French	ORG	64p/100g	
Lentils - Red Split	ORG	38p/100g	
Mung Beans	ORG	62p/100g	
Pinto Beans	ORG	52p/100g	

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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/JARRED

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	£1.49	
Baked Beans, Rich Tomato (Bold Beans) 390g	ORG, VG	£3.95	
Baked Beans, Masala (Bold Beans) 390g	ORG, VG	£3.95	
Baked Beans, Smoky Chilli (Bold Beans) 390g	ORG, VG	£3.95	
Baked Beans – Low Sugar (Suma) 400g	ORG, VG	£1.49	
Black Beans (Suma) 400g	ORG, VG	£1.35	
Queen Borlotti Beans (Bold Beans) 570g	VG	£3.55	
Butter Beans (Suma) 400g	ORG, VG	£1.45	
Butter Beans (Suma) 400g	VG	£0.95	
Queen Butter Beans (Bold Beans) 570g	VG	£3.55	
Cannellini Beans (Suma) 400g	ORG, VG	£1.35	
Queen Cannellini Beans (Bold Beans) 570g	VG	£3.55	
Chickpeas (Suma) 400g	ORG, VG	£1.35	
Chickpeas (Suma) 400g	VG	£0.95	
Queen Chickpeas (Bold Beans) 570g	VG	£3.55	
Chilli Beans (Biona) 400g	ORG, VG	£1.69	
Chilli Black Beans (Biona) 400g	ORG, VG	£1.59	
Edamame Beans (Biona) 200g	ORG, VG	£1.79	
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	
Queen Red Kidney Beans (Bold Beans) 570g	VG	£3.55	
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	
Carlin Peas (Bold Beans) 570g	VG	£3.45	
Italian Peas (Suma) 340g	ORG, VG	£1.89	
Supersweet Sweetcorn (Suma) 160g	ORG, VG	£1.45	
Supersweet Sweetcorn (Suma) 340g	ORG, VG	£2.25	

PASTA

White Fusilli	ORG	40p/100g	
Wholewheat Fusilli	ORG	40p/100g	
Tricolore Fusilli	ORG	44p/100g	
Gluten-Free Fusilli	GF	55p/100g	
Wholewheat Gomitini	ORG	35p/100g	
Lasagne Sheets	ORG	55p/100g	
Macaroni, White	ORG	50p/100g	

Macaroni, Wholewheat	ORG	50p/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	40p/100g	
Wholemeal Spaghetti	ORG	40p/100g	
No 1 Noodles (Lucky Boat)		55p/100g	

RICE

Arborio Rice	ORG	75p/100g	
Basmati Rice - Brown	ORG	41p/100g	
Basmati Rice - White	ORG	41p/100g	
Long Grain Rice - Brown	ORG	44p/100g	
Long Grain Rice - White	ORG	52p/100g	
Short Grain Rice - Brown	ORG	38p/100g	
Spelt Grain	ORG	38p/100g	
Wild Rice Mix	ORG	83p/100g	

OTHER GRAINS

Bulgur Wheat - Course	ORG	48p/100g	
Couscous - White	ORG	37p/100g	
Couscous - Wholemeal	ORG	36p/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	90p/100g	

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	
Potato Starch Flour 500g (Suma)	VG	£2.49	
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	

SEEDS & NUTS REFILLS

NUTS

Almonds - Ground	ORG	£1.95/100g	
Almonds - Flaked	ORG	£1.95/100g	
Almond - Whole	ORG	£2.35/100g	
Brazil Nuts - Broken	ORG	£2.35/100g	
Cashew Nuts	ORG	£2.25/100g	
Coconut Chips	ORG	67p/100g	
Toasted Coconut Chips	ORG	67p/100g	
Hazelnuts	ORG	£2.75/100g	
Peanuts - natural (unshelled)	ORG	68p/100g	
Peanuts - Roasted & Salted		68p/100g	
Pecan Halves	ORG	£3.20/100g	
Pine Nuts	ORG	£5.25/100g	
Pistachios - Roasted & Salted	ORG	£2.00/100g	
Walnuts - Halves	ORG	£1.90/100g	

SEEDS

Amaranth	ORG	42p/100g	
Chia Seeds	ORG	£1.05/100g	
Hemp - Hulled	ORG	£1.50/100g	
Hemp - Whole	ORG	85p/100g	
Linseed - Brown	ORG	40p/100g	
Linseed - Golden	ORG	40p/100g	
Linseed - Golden & Cracked	ORG	£1.10/100g	
Omega Four Seed Mix	ORG	67p/100g	
Poppy Seeds - Blue		90p/100g	
Pumpkin Seeds	ORG	88p/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	
Birchall English Breakfast Loose Leaf Tea	£2.05/100g	
Taylors English Breakfast Loose Leaf Tea - Decaf	£4.10/100g	
Taylors Green Tea Loose Leaf Tea	£2.40/100g	
Taylors Lapsang Souchong Loose Leaf Tea	£3.32/100g	
Yorkshire Loose Leaf Tea	£1.75/100g	

TEA BAGS

CLIPPER (40s)

Clipper English Breakfast Tea		£3.79	
Clipper Tea, Decaf		£4.59	
DRAGONFLY TEA (20s)			
Cape Rooibos & Honeybush	ORG	£3.35	
Good Balance Turmeric	ORG	£3.35	
Digestive Pu'er (formerly Good Dragon)	ORG	£3.35	
Pure Green Mountain	ORG	£3.35	
Mint Garden Digestif	ORG	£3.35	
Moonlight Jasmine	ORG	£3.35	
Moroccan Mint	ORG	£3.35	
Night Sky Calm Bags	ORG	£3.35	
Sweet Rose & Raspberry	ORG	£3.35	
True Clarity Ginger	ORG	£3.35	
COFFEE			
Horsham Coffee Roaster Rwanda Beans		£3.00/100g	
Surrey Hills Cottage Blend Coffee Beans		£3.10/100g	
Surrey Hills Holmbury Hill Coffee Beans		£3.20/100g	
Douwe Egberts Instant Gold Coffee		£5.97/100g	
Ringtons Fairtrade Espresso No. 1 Beans		£2.90/100g	
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	£2.45/100g	
Cacao Nibs	ORG	£3.10/100g	
SUGAR			
Caster Sugar		16p/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	38p/100ml	
Balsamic Vinegar	ORG	£1.10/100ml	
Malt Vinegar		40p/100ml	
Red Wine Vinegar (Aspall)		40p/100ml	
White Wine Vinegar (Aspall)		40p/100ml	
Soy Sauce - Shoyu	ORG, VG	99p/100ml	

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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)		£3.99	
Dark Tahini 270g (Meridian)		£3.99	
Dark Tahini 250g (Carley's)		£3.75	

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		£4.45	
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

Broccoli & Kale	GF, ORG, VG	£2.59	
Butternut & Ginger	GF, ORG, VG	£2.59	
Butternut, Sweet Potato & Turmeric	GF, ORG, VG	£2.59	
Carrot & Coconut	GF, ORG, VG	£2.59	

Lentil & Red Pepper	GF, ORG, VG	£2.59	
Pea & Mint	GF, ORG, VG	£2.59	
Sweet Potato & Chia Seeds	GF, ORG, VG	£2.59	
Tomato Soup	GF, ORG, VG	£2.59	

SUMA

Tuscan Bean Soup	ORG, VG	£2.09	
Spicy Lentil Soup	ORG, VG	£2.15	
Pea Soup	ORG, VG	£2.29	
Pea & Ham Soup	ORG, VG	£2.25	
Rustic Vegetable Soup	ORG, VG	£2.29	

MEALS (TINNED)

FREE & EASY

Bean Cassoulet	GF, ORG, VG	£3.55	
Three Bean Chilli	GF, ORG, VG	£3.55	
Chickpea & Bean Tagine	ORG, VG	£3.55	
Chickpea & Veg Curry	GF, ORG, VG	£3.55	
Middle Eastern Chickpea Casserole	GF, ORG, VG	£3.55	
Sweet Potato, Coconut & Kale Curry	GF, ORG, VG	£3.55	
Vegetable Balti	GF, ORG, VG	£3.55	
Vegetable Hotpot	GF, ORG, VG	£3.55	

GEO

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	

TOMATO & ITALIAN PRODUCTS

Chopped Tomatoes (Suma) 400g - Tin	ORG	£1.35	
Cherry Tomatoes (Suma) 400g - Tin	ORG	£1.59	
Peeled Plum Tomatoes (Suma) 400g - Tin	ORG	£1.35	
Tomato Puree (Suma) - Tube	ORG	£2.00	
Italian Tomato Puree (Mr Organic) 200G	ORG	£2.49	
Organic Passata (Suma) 690g	ORG	£2.09	
Sundried Tomatoes (Cooks & Co) 295g		£3.19	
Sundried Tomatoes	GF, VG	£1.50/100g	

PESTO

Basil Pesto (Suma) 130g	ORG, VG	£2.89	
Red Pesto (Suma) 130g	ORG, VG	£2.89	
Aubergine Pesto (Mr Organic) 130g	ORG, VG	£3.89	
Basil Pesto (Mr Organic) 130g	ORG, VG	£3.89	
Basil & Chilli Pesto (Mr Organic) 130g	ORG, VG	£3.89	
Chilli & Garlic Pesto (Mr Organic) 130g	ORG, VG	£3.89	
Grilled Pepper Pesto (Mr Organic) 130g	ORG, VG	£3.89	
Italian Sundried Tomato Pesto (Mr Organic) 130g	ORG, VG	£3.89	

ITALIAN SAUCES

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

Bolognese Pasta Sauce (Suma) 350g	ORG, VG	£2.99	
Cherry Tomato Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.26	
Napoletana Pasta Sauce (Suma) 350g	ORG, VG	£2.49	
Olive & Capers Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.29	
Roasted Garlic Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.29	
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) 350g	ORG, VG	£4.09	
Crunchy Peanut Butter Salted (Suma) 350g	ORG, VG	£4.09	
Smooth Peanut Butter No Salt (Suma) 350g	ORG, VG	£4.09	
Smooth Peanut Butter Salted (Suma) 350g	ORG, VG	£4.09	
Crunchy Peanut Butter Salted (Suma) 700g	ORG, VG	£8.09	
Barley Malt Extract (Meridien) 340g	VG	£3.29	
Yeast Extract + B12, No Salt (Meridian) 340g	VG	£5.99	

CRANLEIGH HONEY (Raw)

Small		£7.50	
Large		£9.00	

SAVOURY JELLIES, CHUTNEYS & RELISH

DEBBIE'S JELLIES - Seasonal

Chilli 220g		£3.60	
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

Mayonnaise (Suma) 300g	ORG	£4.65	
Vegan Mayonnaise (Suma) 270g	ORG, VG	£3.35	
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	£3.89	
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	
COCONUT THINGS			
Coconut Cream (Suma) 400ml	ORG, VG	£3.19	
Coconut Milk (Suma) 400ml	ORG, VG	£2.19	
Coconut Milk Light (Suma) 400ml	ORG, VG	£2.79	
Coconut Oil (Suma) 320ml	ORG, VG	£3.45	
PASTES			
Thai Green Curry Paste (Geo) 180g	GF, ORG, VG	£4.65	
Thai Red Curry Paste (Geo) 180g	GF, ORG, VG	£4.65	
Thai Yellow Curry Paste (Geo) 180g	ORG, VG	£4.65	
Indonesian Rendang Curry Paste (Geo) 180g	ORG, VG	£4.50	
Korma Curry Paste (Geo Organics) 180g	ORG, VG	£4.55	
Tikka Masala Curry Paste (Geo Organics) 180g	ORG, VG	£4.55	
Tamarind Paste (Thai Taste) 130g	GF, VG	£2.09	
Garlic Paste (Biona) 130g	GF, VG	£3.25	
SAUCES			
Harissa Paste (Al'fez)		£3.55	
Rose Harissa Paste (Belazu) 170g	VG	£4.59	
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	£7.05	
Sauerkraut (Loving Foods) 500g	ORG	£7.05	
Ruby Kraut - Red Cabbage/Beetroot (Loving Foods) 500g	ORG	£7.05	
Tofu - Firm (Biona) 500g	ORG	£5.05	
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	£2.75	
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	
Sweety Drop Peppers (Cooks & Co) 235g	VG	£3.95	
Red Frenk Chillies (Cooks & Co) 300g	VG	£1.99	
Green Frenk Chillies (Cooks & Co) 300g	VG	£1.99	
Veg-It Vegetable Juice (James White) 1L	VG	£3.65	

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	

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38% Milk Chocolate with Salted Caramel 90g		£4.39	
70% Dark 35g	VG	£1.55	
Milk Chocolate 35g	VG	£1.55	
PLAYin CHOC - Seasonal			
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	
Psyllium Husk	VG	£3/100g	
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	35p/100g	
Coarse Sea Salt	GF	35p/100g	
Fine Pink Himalayan Rock Salt	GF	82p/100g	
Coarse Pink Himalayan Rock Salt	GF	82p/100g	
KALLO			
Garlic and Herb Stock Cubes 66g	ORG, GF, VG	£2.15	
Mushroom Stock Cubes 66g	ORG, GF, VG	£2.15	
Low Salt Vegetable Stock Cubes 60g	ORG, GF, VG	£2.15	
Yeast Free Vegetable Stock Cubes 66g	GF, VG	£2.15	
SUMA			
Vegetable Bouillon 150g	ORG, GF, VG	£2.65	
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	
Cardamom (Whole)	80p/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	32p/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 (Mixed Colours)	32p/10g	
Pepper (Black, Ground)	23p/10g	
Pepper (White, Ground)	23p/10g	
Poppy Seeds - Blue	9p/10g	

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Ras El Hanout 42g		£2.25	
Rosemary		19p/10g	
Sage		19p/10g	
Star Anise		48p/10g	
Sumac		24p/10g	
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

MINIML

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

HAIR SHAMPOOS

MINIML

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

BODYWASH & HANDSOAP

ECOLEAF - Handsoap

Grapefruit Twist	CF, VG	45p/100ml	

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 White Cleaning Vinegar		11p/100ml	
Dishwasher Rinse Aid		25p/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	

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Bamboo Interdental Brush 0.6mm (Blue)		£4.15	
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	£2.50	
White Lavender 90g	VG	£2.50	
Yellow Mandarin & Tonka Bean 90g	VG	£2.50	
ALTER/NATIVE (Handmade - Rectangular Glycerine)			
Rose and Geranium 90g	VG	£3.50	
Coconut & Argon Oil 90g	VG	£3.50	
Pink Grapefruit 90g	VG	£3.50	
Tee Tree & Aloe Vera 90g	VG	£3.50	
Lavender & Geranium 90g	VG	£3.50	
ALTER/NATIVE - All-In-One Bar			
Earthbound, 95g	VG	£4.60	
Far & Away, 95g	VG	£4.60	
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	

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			
Fragrance Free, 95g	VG	£3.25	
Orange & Lavender, 95g	VG	£3.25	

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FACE & BODYCARE

LOOFCO

Bath Time Loofah - Heart Shaped		£3.59	

PUREMESS

Deodorants 70ml - Various Essentail Oil Fragrances	VG	£12.00	
Hand Cream 100ml - Lemongrass / Rosewood		£8.50	
Body Scrub 200ml - Grapefruit		£11.00	
Lip Balms 15ml - Geranium / Lemon / Orange		£6.00	
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)		£3.79	

OTHER

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

HOUSEHOLD

IF YOU CARE

Food Waste Bags		£6.19	
Parchment Baking Sheets		£4.35	
Large Baking Cups ×60		£2.19	
Recycled Aluminum Foil, 10m		£5.25	
Extra Strong Aluminium Foil, 7m		£7.05	
Parchment Baking Paper		£5.39	
Paper Snack & Sandwich Bags 48 Pack		£4.95	
Tall Kitchen Bags ×12		£5.99	
Ecoleaf Cling Film (Home Compostable), 30m		£3.99	

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	

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d2w Drawtape Refuse Bags ×20	£2.49	
d2w Freezer Bags ×200	£1.85	
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	
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 Washing-up Brush without Handle	£2.90	
Loofco Bottle Brush with Rubberwood Handle	£3.79	
Seep Bamboo All Purpose Cloth	£3.50	
Seep Scourer	£2.65	
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 ×80 (Fetch It)	£5.49	
Tie Handle Compostable Poo Bags ×120 (Fetch It)	£10.49	
Biodegradable Dog Poo Bags, ×120 (Benevo)	£6.65	
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		
Sparking Elderflower 250ml	£2.50	
FENTIMANS		
Cherry Cola 275ml	£2.85	
Curiosity Cola 275ml	£2.48	

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Dandelion & Burdock 275ml		£2.48	
Ginger Beer 275ml		£2.48	
Rose Lemonade 275ml		£2.48	
Victorian Lemonade 275ml		£2.48	
Mandarin & Seville Orange Jigger 275ml		£2.48	
Botanically Brewed Light Tonic 500ml		£2.79	
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)

GIN			
Silent Pool Gin 70cl		£38.00	
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			
Alchohol-Free Sparkling Wine		£6.59	
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 14 September 2026. E&O. Items in stock may vary.

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