

BEANS & PULSES	
Aduki beans	Y £0.35
Black turtle beans	Y £0.45
Butterbeans	Y £0.65
Cannellini beans	Y £0.65
Chickpeas	Y £0.38
Lentils - "french type"	Y £0.65
Lentils - red split	Y £0.43
Lentils - black beluga	Y £0.56
Mung dhal	Y £0.60
Mung beans	Y £0.57
Pinto beans	Y £0.51

Liquids per kg

PASTA	
Conchiglie - Corn & Rice	Y £0.60
Fregola - Giant Couscous	Y £0.55
Fusilli - corn & rice	Y £0.65
Fusilli - Tricolore	Y £0.53
Fusilli - white & wholewheat	Y £0.43
Gomitini - white & wholewheat	Y £0.45
Lasagne - White	N £0.60
Macaroni - rice	N £0.60
Orzo	Y £0.38
Penne - corn & rice	Y £0.65
Penne - white & wholewheat	Y £0.43
Spaghetti - rice	N £0.60
Spaghetti - white & wholewheat	Y £0.45
Tagliatelle -Wholewheat	N £0.50
Vermicelli - rice	N £1.10

Liquids per kg

TEAS / COFFEES / DRINKS	
Chamomile	£5.00
Coffee beans whole - Brazilian arabica	£2.50
Coffee beans whole - Colombian	£2.50
Coffee beans whole - SWM Decaf	£2.90
Coffee beans - Noni's Bloom	£2.80
Earl Grey 'Blue Flower'	£5.00
Earl Grey Superior 'Orange'	£5.50
English Breakfast	£5.00
Fennel Sweet	£2.50
Green Banacha Arashiyama	Y £8.00
Hibiscus	N £4.00
Cacao - Kickass Hot Chocolate	N £2.20
Liquorice	N £3.80
Matcha powder	Y £28.00
Moroccan Mint	Y £8.00
Peppermint	£3.25
Rooibos	Y £5.00
Rooibos Chai	Y £7.50
Rosehip - fine cut	N £2.50

CEREALS & FLAKES	
Barley flakes	Y £0.26
Bran Flakes	Y £0.75
Brown rice flakes	Y £0.65
Buckwheat flakes	Y £1.00
Chocolate Stars	Y £0.85
Chocolatey Crunch Bunch	Y £0.75
Cornflakes	Y £0.85
Fruit Crunch	Y £0.65
Millet flakes	Y £0.53
Muesli base - Oats / wheat / barley	Y £0.30
Muesli - Deluxe	Y £0.46
Oats - porridge	Y £0.26
Oats - jumbo	Y £0.26
Quinoa flakes	Y £0.80
Rye flakes	Y £0.27
Spelt Flakes	Y £0.44
Toasted Wheat Flakes	Y £0.56

NUTS & SEEDS

Almonds - flaked	Y £2.20
Almonds - ground	Y £2.10
Almonds - whole	Y £1.90
Brazil nuts - whole	Y £2.20
Cashews - whole	Y £2.00
Chia seeds	Y £1.10
Coconut - desiccated	Y £0.80
Coconut - toasted flakes	Y £0.90
Hazelnuts	Y £1.65
Hemp seeds - Whole	Y £0.60
Hemp seeds - hulled	Y £1.45
Linseed - golden	Y £0.47
Luxury Nut Mix	Y £2.10
Macadamia nuts	Y £5.00
Omega Four Seed Mix	Y £0.75
Pine Nuts	Y £5.60
Peanuts - redskin	Y £0.80
Pecan halves	Y £3.80
Poppy seeds	Y £1.25
Pumpkin seeds	Y £0.95
Sesame seeds	Y £0.65
Sunflower seeds	Y £0.46
Tiger nuts	Y £1.30
Walnut - halves	Y £2.00

HERBS & SPICES

Allspice - Ground	N £4.00
Caraway Seeds	Y £3.30
Cardamom (whole pods)	N £8.00
Cardamom (ground)	N £5.00
Cayenne pepper	Y £3.60
Chilli flakes	Y £4.20
Cinnamon - sticks (Zeylanicum)	N £10.00
Cinnamon- ground (Zeylanicum)	Y £4.00
Cloves - whole	Y £5.00
Cloves - ground	Y £4.00
Coriander (ground)	Y £3.30
Coriander (whole)	Y £3.30
Cumin (ground)	N £2.50
Cumin (whole)	Y £4.50
Curry Powder	Y £2.50
Fenugreek Seeds	Y £2.80
Garlic powder	Y £3.00
Garam masala	Y £5.50
Ginger (ground)	Y £3.30
Herbes de Provence	Y £4.90
Mixed Herbs	Y £4.90
Mixed Spice	Y £3.90
Mustard Seed - Brown	Y £4.00
Mustard - yellow - ground	N £2.20
Nigella Sativa Seeds	N £2.50
Nutmeg (whole)	Y £4.00
Nutmeg (ground)	N £4.50
Onion Powder	Y £2.50
Oregano	Y £5.60
Paprika	Y £4.50
Paprika - smoked	Y £5.00
Peppercorns - black (whole)	Y £4.50
Peppercorns - black (ground)	Y £5.00
Peppercorns - white (ground)	N £2.90
Star Anise	N £5.50
Thyme	Y £4.50
Turmeric	Y £3.80

GRAINS	
Barley - pot	Y £0.23
Buckwheat groats	Y £0.55
Bulgur wheat	Y £0.36
Couscous (w/wheat)	Y £0.38
Millet	Y £0.39
Quinoa - white	Y £0.60
Popping Corn	Y £0.32
Rice - Long Grain Brown	Y £0.33
Rice - Black	Y £0.60
Rice - Wild Mix	Y £0.67
Rice - short-grain brown	Y £0.33
Rice - white sushi	Y £0.43
Rice - white basmati	Y £0.55
Rice - brown basmati	Y £0.45
Rice - jasmine	Y £0.49
Rice - Arborio	Y £0.45

INGREDIENTS - FOOD

Arrowroot	Y £1.00
Baking powder - GF	Y £0.80
Bicarbonate of Soda	N/A £0.30
Burger Mix	Y £1.25
Cacao butter	Y £2.40
Cacao Paste	Y £2.00
Cacao nibs	Y £1.35
Carob Powder - Mediterranean	Y £2.00
Cocoa powder	Y £1.50
Couverture 55%	Y £1.80
Falafel Mix	Y £1.20
Maple syrup	Y £2.20 £16.43
Oil - olive - Greek - Honest Oil per l	N £12.50 £13.63
Oil - rapeseed - per litre	N £6.00 £6.54
Oil - sunflower - per litre	Y £7.00
Salt - coarse	N/A £0.30
Salt - fine	N/A £0.30
Sausage Mix - vegan	Y £1.40
Sugar - coconut	Y £0.75
Sugar - sucanat raw cane	Y £0.57
Sun dried tomato halves	Y £1.00
Tamari - Clearspring	Y £1.90
Vegetable Bouillon - Vegan	Y £1.60
Vinegar - cider (with mother)	Y £0.60
Yeast - dried	Y £1.40
Yeast flakes - with B12	Y £2.70

FLOURS	
Brown rice flour	Y £0.65
Buckwheat flour	Y £0.65
Chestnut flour	Y £1.30
Chickpea flour (gram)	Y £0.60
Coconut Flour	Y £0.50
Hemp Flour	Y £0.80
Maize Flour	Y £0.40
Plain flour - gluten free	Y £0.35
Polenta - fine	Y £0.46
Self Raising flour - gluten f	Y £0.35
Strong white bread flour	Y £0.20
Strong wholemeal flour	Y £0.20
Tapioca Flour	Y £0.45

CONFECTIONERY & SNACKS

Almonds - Roasted & salted	Y £3.35
Banana chips	Y £1.05
Bombay Mix	N £0.62
Ginger - crystallized	Y £1.30
Japanese rice crackers	N £1.70
Radeks Dark Hazelnut Gianduja 72g	Y £3.85
Radeks 75% Dark Bristol CBD Infused 31	Y £2.65
Raw Chocolate Milk Chocolate Coffee Be	Y £3.99
Raw Chocolate Love Potion Hearts	Y £5.00
Raw Choc Co Chocolate Raisins	Y £3.50
Raw Choc Co Goji berries	Y £3.50
Raw Choc Co Salty Hazelnuts	Y £4.50
Raw Choc Co Salted Vanoffee Cashews	Y £5.00
Roasted favas - sweet chilli	N £1.75
Trail Mix	Y £1.50
Vegebears	N £2.40
Wasabi Peas	N £1.75

DRIED FRUIT	
Apricots	Y £1.55
Cranberries with apple juice	Y £1.75
Currants	Y £0.78
Dates - Medjool	Y £1.90
Dates - Pitted	Y £0.80
Figs	Y £1.10
Goji Berries	Y £2.35
Golden berries	Y £2.55
Mango - sundried chunks	Y £2.40
Pineapple - wild chunks	N £2.30
Prunes - pitted	Y £2.00
Raisins	Y £0.65
Sour cherries	Y £2.40
Sultanas	Y £0.65
White Mulberries	Y £1.10

SUPERFOODS & PLANT POWDERS

Astragalus Root	Y £3.50
Bee Pollen - Polifloral	Y £4.50
Elderberries	Y £4.20
Guarana seeds - ground	Y £9.00
Maca powder	Y £2.10
Pea Protein	Y £1.80
Psyllium husks	Y £3.00
Raw hemp protein powder	Y £2.20
Spirulina	Y £4.50

NUT BUTTER

Peanut Butter	Y £1.35
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SPROUTING SEEDS

Alfafa	Y £2.00
Broccoli seeds	Y £8.00
China Rose Radish	Y £2.50
Red Clover	Y £2.60