

A note about our prices: when viewing our prices please consider that we are a small, independent business with an emphasis on sourcing great quality, ethically sourced (often organic) foods with minimal plastic packaging. Whilst we have a keen eye on prices, we are not trying to be the cheapest. We do not have the same storage facilities or buying power of the big supermarkets, so please don't expect us to always be able to compete on prices. You will find that many of our herbs and spices prices are super-competitive, as are some of our other food products.

The more popular we become, and the more support we receive, the more we can buy, and this will mean that in turn, we can strive to keep our prices as competitive as possible.

Please also remember that you can buy as little, or as much as you need.

## Prices correct Feb 2019

Name	Variant Name	Price	
DRY FOODS			
Almonds	Raw	1.70	100g
Almonds	Roasted	1.95	100g
Apricots (O)		0.80	100g
Banana Chips		0.65	100g
Black Beans	Turtle beans	0.39	100g
Bombay Mix		0.46	100g
Cashew Nuts		1.70	100g
Chia Seeds		0.74	100g
Chickpeas		0.39	100g
Coffee Beans (Jute)		2.65	100g
Coffee Beans (Jute De-caf)		2.65	100g
Couscous (O)		0.42	100g
Dates (O)		1.10	100g
Dates (O)	Medjool	1.73	100g
Dry Roasted Peanuts		0.95	100g
Figs		1.20	100g
Hazelnuts	Roasted	1.75	100g
Granola (V)	Almond, Rollagranola	1.45	100g
Granola (V)	Raspberry, Rollagranola	1.75	100g
Lentils	Green Dark Speckled	0.38	100g
Lentils	Red Split	0.39	100g
Linseed		0.26	100g
Mixed Nuts & Raisins		1.10	100g
Muesli	Crunchy Apricot	0.39	100g
Muesli (O, V)	Premium	0.75	100g
Muesli (O)	Base	0.35	100g
Noodles (V)		0.48	100g
Oats (O)	Jumbo Oats	0.25	100g
Oats (O)	Porridge Oats	0.29	100g

Pasta	Celentani (spirals)	0.22	100g
Pasta	Orzo	0.18	100g
Pasta (O)	Penne	0.26	100g
Pasta (O)	Wholemeal Penne	0.26	100g
Pasta Spaghetti	Wholemeal	0.23	100g
Pasta Spaghetti	White	0.20	100g
Peanuts	Roasted	0.66	100g
Popcorn Kernels (O)		0.39	100g
Pumpkin Seed		0.95	100g
Pudding Rice		0.34	100g
Quinoa	White	0.60	100g
Raisins		0.55	100g
Rice (O)	Long Grain Brown	0.41	100g
Rice (O)	White Basmati	0.40	100g
Rollagranola (G,V)	Gluten Free, Vegan	1.75	100g
Seed Mix (O)		0.95	100g
Sesame Seed (O)		0.56	100g
Soft Brown Sugar		0.55	100g
Soya Beans		0.39	100g
Sunflower Seeds		0.75	100g
Tea	British Brew Loose Leaf	1.05	30g
Tea	Breakfast Blend	1.13	30g
Tea	Chamomile	3.75	30g
			9
HERBS & SPICES			
Basil		3.00	100g
Cardamom Pod/Ground		6.00	100g
Cayenne Pepper		2.50	100g
Chilli Flakes		3.00	100g
Chilli Powder		2.50	100g
Cinnamon		3.00	100g
Cloves Whole		5.00	100g
Coriander Seed/Ground		1.50	100g
Cumin Seed/Ground		2.50	100g
Fennel Seed		3.00	100g
Garlic Powder		1.50	100g
Ginger Ground		2.50	100g
Madras Curry Powder		2.50	100g
Mixed Herbs		3.00	100g
Mixed Spice		2.50	100g 100g
Mustard Seed		0.80	100g 100g
Oregano		3.00	100g 100g
-		3.25	100g 100g
Paprika (sweet) Black Peppercorns		4.50	100g 100g
		3.00	100g 100g
Sage Star Anico		6.00	=
Star Anise		0.00	100g
Thyme		2.50	1000
Turmorio		2.50	100g
Turmeric Nutmeg Whole		2.50 2.50 6.00	100g 100g 100g

## LIQUID REFILLS - all of our liquid refills are vegan friendly, cruelty-free and made with natural ingredients

Suma Conditioner	Aloe & Grapefruit, Rose & Geranium Clear & Simple	0.48	100g
Cuma Champaa	Aloe & Grapefruit, Rose & Geranium	0.49	100~
Suma Shampoo	Clear & Simple	0.48	100g
Faith in Nature Shampoo	Coconut	1.25	100g
Faith in Nature Conditioner	Coconut	1.25	100g
	Coconut, Lavender & Geranium,		
Faith In Nature Body Wash	Aloe & Tea Tree	1.25	100g
Ecoleaf Fabric Conditioner		0.30	100g
Ecoleaf Laundry Detergent		0.45	100g
Ecoleaf Liquid Hand Soap	Grapefruit	0.40	100g
Ecoleaf Washing Up Liquid		0.28	100g
Bio-D Washing Up Liquid		0.30	100g
Bio-D Toilet Cleaner		0.35	100g
Thieves Multi-Surface		0.44	100g