



CATEGORY	PRODUCT	PRICE PER 100G	QUANTITY TO ORDER
<b>Cereals</b>			
	Jumbo Oats	£0.25	
	Muesli	£0.35	
	Granola Fruit Muesli	£0.35	
	Oats	£0.25	
	Cornflakes	£0.50	
<b>Pulses</b>			
	Puy Lentils	£0.45	
	Green Lentils	£0.35	
	Red Lentils	£0.48	
	Yellow Split Peas	£0.24	
	Black Turtle Beans	£0.65	
<b>Grains</b>			
	Risotto Rice	£0.47	
	White Long Grain Rice	£0.23	
	Brown Long Grain Rice	£0.27	
	White Pasta	£0.23	
	Brown Pasta	£0.48	
	White Quinoa	£0.82	
	Black Quinoa	£0.92	
	Popping Corn	£0.28	
	Pearl Barley	£0.35	
	Buckwheat (Organic)	£0.64	
	Giant Cous-Cous	£0.55	
	Polenta	£0.30	
	Bulgar Wheat	£0.40	
	White Basmati Rice	£0.42	
	Black Rice	£0.75	
	Spaghetti	£0.33	



	Brown Spaghetti	£0.33	
	Buckwheat Noodles (Organic)	£1.10	
<b>Nuts</b>			
	Almonds	£2.02	
	Flaked Almonds	£1.95	
	Brazil	£2.10	
	Cashew	£2.26	
	Hazel	£1.88	
	Pecan Halves	£3.40	
	Walnut Halves	£1.90	
	Mixed Luxury	£2.61	
<b>Dried Fruit</b>			
	Raisins	£0.54	
	Apricots	£0.85	
	Prunes- Pitted	£0.75	
	Banana Chips	£0.58	
	Cranberries	£1.00	
	Goji Berries	£2.52	
	Sultanas	£0.62	
	Desiccated Coconut	£0.68	
	Currants	£0.85	
	Golden Sultanas	£0.98	
	Dates- Pitted	£0.50	
<b>Seeds</b>			
	Chia	£0.82	
	Poppy	£1.44	
	Pumpkin	£0.98	
	Sesame	£0.72	
	Sunflower	£0.55	
	Omega Seed Mix	£0.77	
<b>Baking</b>			
	White Chocolate (Min cocoa solids 28%)	£1.50	



	Milk Chocolate (Min cocoa solids 33.6%)	£1.45	
	Dark Chocolate (Min cocoa solids 54.5%)	£1.32	
	Ground Almonds	£2.28	
	Caster Sugar	£0.22	
	Plain Flour	£0.12	
	Self-Raising Flour	£0.14	
	Baking Powder	£0.50	
	Bicarbonate of Soda	£0.50	
	Gram Flour	£0.45	
<b>Tea</b>			
	Loose Leaf Breakfast	£4.74	
<b>Treats</b>			
	Milk Chocolate Coated Honeycomb	£1.19	
	Yoghurt Raisins	£0.80	
	Korean Chilli Crackers	£1.31	
	Japanese Rice Crackers	£1.13	
	Milk Chocolate Coated Raisins	£0.90	
	Yoghurt Coated Sunflower Seeds	£0.69	
	Spiced Roasted Chickpeas	£0.65	
	Milk Chocolate Peanuts	£0.96	
<b>Olive Oil</b>			
	Honest Toil Olive Oil	£1.60	
<b>Herbs &amp; Spices</b>			
	Black Peppercorns	£2.25	
	Mixed Peppercorns	£4.16	
	Ground Cloves	£2.50	



	Whole Cloves	£4.60	
	Ground Cinnamon	£1.75	
	Cinnamon Sticks	£7.00	
	Ground Nutmeg	£4.50	
	Whole Nutmeg	£6.73	
	Mixed Spice	£2.00	
	Ground Ginger	£2.00	
	Caraway Seeds	£1.80	
	Fennel Seeds	£1.40	
	Cumin Seeds	£2.00	
	Coriander Seeds	£1.25	
	Black Mustard Seeds	£1.00	
	Yellow Mustard Seeds	£1.00	
	Chinese Five Spice	£1.75	
	Pickling Spice	£1.75	
	Paprika	£1.50	
	Smoked Paprika	£2.25	
	Sweet Paprika	£2.25	
	Turmeric	£1.50	
	Lemon Grass	£3.00	
	Bay Leaves	£3.00	
	Dill Seeds	£1.50	
	Cayenne Pepper	£1.25	
	Parsley	£2.75	
	Mint	£2.00	
	Rosemary	£1.59	
	Sage	£2.75	
	Thyme	£2.50	
	Ground Coriander	£1.00	
	Oregano	£2.50	
	Sumach	£2.50	
	Garam Masala	£1.50	
	Fenugreek Seeds	£1.00	
	Mixed Herbs	£2.50	
	Basil	£2.00	
	Juniper Berries	£3.00	
	Mild Curry Powder	£1.25	



	Medium Curry Powder	£1.25	
	Hot Curry Powder	£1.25	
	All Spice	£2.00	
	Crushed Chillies	£2.00	
	Garlic Granules	£1.63	
	Ground Cumin	£1.80	
	Tarragon	£2.50	
	Star Anise	£4.00	
	Coarse Sea Salt	£0.35	
	Fine Sea Salt	£0.25	
	SC Salt- Local from St Martin's	£2.00	
<b>Non-Food</b>			
	Ecoleaf Laundry Liquid	£0.46	
	Ecoleaf Fabric Conditioner	£0.25	
	Ecoleaf Washing Up Liquid	£0.25	

### Collection Details

Customer Name:

Contact Number:

Preferred date and time for collection (Please note that if we are unable to accommodate your request then we will phone you to arrange an alternative date and time):