

beans & pulses		
Black turtle beans	0,33	/ 100g
butter beans	0,34	/ 100g
green lentils laird	0,31	/ 100g
Red lentils	0,19	/ 100g
Brown lentils	0,20	/ 100g
red kidney beans	0,35	/ 100g
chickpeas	0,21	/ 100g
Pearl barley	0,12	/ 100g
yellow split peas	0,18	/ 100g
Bulgur Wheat - Organic	0,31	/ 100g
blackeye beans	0,35	/ 100g
Haricot beans - organic	0,40	/ 100g

baking and cooking		
sea salt - fine additive free	0,20	/ 100g
sea salt coarse	0,20	/ 100g
pink himalayan salt coarse	0,70	/ 100g
baking powder	0,45	/ 100g
Citric Acid crystals	0,53	/ 100g
Epsom salt	0,53	/ 100g
Cream of tartar	1,92	/ 100g
bouillon powder	1,10	/ 100g
Bicarbonate of Soda	0,40	/ 100g
instant dry yeast	1,40	/ 100g
demerara sugar FT fair trade	0,26	/ 100g
soft light brown sugar	0,32	/ 100g
icing sugar organic	0,44	/ 100g
caster sugar	0,22	/ 100g
white granulated sugar	0,12	/ 100g
cereals		
porridge oats organic	0,20	/ 100g
quinoa flakes organic	0,85	/ 100g
bran flakes - organic	0,68	/ 100g
deluxe muesli	0,35	/ 100g
Muesli base organic	0,20	/ 100g
Semolina fine	0,2	/ 100g

seeds		
Chia seeds	0,80	/ 100g
Linseed brown organic	0,55	/ 100g
Pumpkin seeds - organic	1,09	/ 100g
Sesame seeds - organic	0,96	/ 100g
Sunflower seeds -organic	0,41	/ 100g
cacao nibs - organic	2,68	/ 100g

dried fruit		
apricots unsulphured organic	1,05	/ 100g
banana chips	0,60	/ 100g
Cherries - Red Glace Added E163 & SO2	0,70	/ 100g
coconut - medium desiccated	0,55	/ 100g
currants	1,00	/ 100g
Dates pitted organic	1,47	/ 100g
Raisins	0,60	/ 100g
Sultanas organic	0,60	/ 100g
Cranberries - Added Sugar	1,25	/ 100g
Pitted Prunes E202	0,80	/ 100g
figs	0,90	/ 100g

snacks, sweets		
White chocolate alternative organic	1,90	/ 100g
Moo Free - Milk Alternative Couverture	1,43	/ 100g
Bombay mix	0,51	/ 100g
milk chocolate brazils	1,42	/ 100g
raw vanoffee cashew	3,50	/ 100g
choc fava beans	2,20	/ 100g
choc cherries	2,40	/ 100g
raw chocolate raisins	2,20	/ 100g
love hearts	1,40	/ 100g
milk choc mini egg	1,10	/ 100g

Grains		
buckwheat organic	0,37	/ 100g
quinoa - organic	0,69	/ 100g
organic popcorn	0,29	/ 100g
organic arborio rice	0,49	/ 100g
basmati rice	0,40	/ 100g
Short Grain Brown Rice - Organic	0,32	/ 100g
pudding rice	0,20	/ 100g
wholewheat couscous - organic	0,37	/ 100g
Fusilli Wholewheat	0,29	/ 100g
Penne wholewheat	0,29	/ 100g
Cavatelli (white pasta)	0,25	/ 100g
vermicelli (spaghetti type)	0,20	/ 100g
White Macaroni Elbows/Small	0,2	/ 100g
Gluten Free Macaroni	0,55	/ 100g
Gluten Free Small Shells	0,55	/ 100g

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nuts		
almonds whole	1,69	/ 100g
almonds ground	1,60	/ 100g
mixed nuts	1,80	/ 100g
Cashew pieces	1,42	/ 100g
hazels whole	1,4	/ 100g
pine kernels	3,8	/ 100g
walnuts broken	1,53	/ 100g
brazils whole	1,75	/ 100g
brazils broken	1,46	/ 100g

spices		
peppercorns - black	0,21	/ 10g
coriander ground organic	0,40	/ 10g
coriander - seeds	0,17	/ 10g
nutmeg ground	0,38	/ 10g
nutmeg whole	0,40	/ 10g
Turmeric Powder - Organic	0,35	/ 10g
Cumin ground	0,45	/ 10g
Cumin seed - organic	0,40	/ 10g
Ginger Ground - Organic	0,38	/ 10g
Paprica organic	0,45	/ 10g
smoked paprica organic	0,58	/ 10g
chilli ground	0,19	/ 10g
Cloves - Whole	0,37	/ 10g
Cinnamon ground	0,32	/ 10g
Cinnamon Sticks (3 inch sticks)	1,00	/ 10g
nigella seeds	0,20	/ 10g
mustard seed brown organic	0,20	/ 10g
cayenne pepper	0,18	/ 10g
fennel seeds	0,21	/ 10g
dried garlic	0,15	/ 10g
star anise	0,75	/ 10g
Caraway Seed - Organic	0,23	/ 10g
cardamom pods - green	0,90	/ 10g
curry powder medium	0,13	/ 10g
zaatar spice	0,30	/ 10g
Garam masala	0,18	/ 10g
cajun seasoning	0,21	/ 10g
mixed spice	0,25	/ 10g

Flours		
white strong flour organic	0,15	/ 100g
plain white flour	0,15	/ 100g
wholewheat strong flour organic	0,16	/ 100g
self raising flour	0,13	/ 100g
light rye flour organic	0,25	/ 100g

herbs		
basil - organic	0,30	/ 10g
parsley	0,39	/ 10g
thyme leaf - organic	0,33	/ 10g
rosemary - organic	0,20	/ 10g
Mixed Herbs	0,40	/ 10g
oregano organic	0,35	/ 10g
bay leaves	0,60	/ 10g
sage	0,36	/ 10g
marjoram - organic	0,45	/ 10g
Herbes de Provance leaf organic	0,41	/ 10g

cleaning products		
Bio D Washing up liquid	0,20	/ 100g
Bio D laundry liquid	0,43	/ 100g
Bio D fabric conditioner	0,20	/ 100g
Bio D toilet cleaner	0,43	/ 100g
Bio D bathroom cleaner	0,43	/ 100g
Bio D hand wash lime and aloe vera	0,50	/ 100g
Dew disinfect 500ml	3,49	
Dew superclean 500ml	2,49	
Dew Air 300ml	6,99	
Dew foam 200ml	3,99	

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