

# Commodities

listing produced on 17/04/2021

## SALT

Maldon Sea Salt - Flaky Crystals	250g	£2.75
Maldon Sea Salt - Smoked (og)	125g	£2.25
Steenbergs Kala Namak Black Salt	100g	£2.95
The Salt Seller Pink Himalayan Coarse Salt (og)	300g	£2.79
The Salt Seller Pink Himalayan Fine Salt (og)	300g	£2.79

## SEEDS

Absolutely Seedy Grow your own bouquet kit	each	£16.95
Absolutely Seedy Grow your own flower kit	each	£16.95
Absolutely Seedy Grow your own herb kit	each	£16.95
Absolutely Seedy Grow your own mini allotment kit	each	£16.95
Absolutely Seedy Grow your own salad kit	each	£16.95
Absolutely Seedy Tiny Gardeners grow kit	each	£14.95
Seeds of Italy Packets of Seeds Various	1	£1.95

# Branded Foods

listing produced on 17/04/2021

## BAKING AIDS

Certo Apple Pectin	250ml	£3.05
Dove's Farm Quick Yeast	125g	£1.19
Green Origins Cacao Butter (og)	90g	£2.95
Just Wholefoods VegeRen	30ml	£1.85
Just Wholefoods VegeSet	25g	£1.99
Nielsen Massey Pure Almond Extract	60ml	£4.35
Orgran No Egg (Egg Replacer) (gf)	200g	£2.69
Queen Taylor & Colledge Vanilla Bean Extract (ft) (og)	100ml	£9.25
Suma Baking Powder - Gluten Free	200g	£2.19
Suma Bicarbonate of Soda	200g	£1.89
Suma Xanthan Flour (Gum)	100g	£4.55
Taylor's Vanilla Bean Paste (og)	65g	£6.59

## BISCUITS

Dove's Farm Digestives - Small Packs (og)	200g	£1.25
Dove's Farm Fruity Oat Digestives (og)	200g	£1.49
Dove's Farm Ginger Oat Biscuits (og)	200g	£1.85
Island Bakery Organics Blonde Chocaccinos (og)	133g	£3.49
Island Bakery Organics Chocolate Gingers Biscuits (og)	150g	£3.66
Island Bakery Organics Lemon Melts (og)	150g	£3.66
Island Bakery Organics Shortbread Biscuits (og)	150g	£2.16
Lazy Days Belgian Dark Chocolate Tiffin	150g	£2.89
Lazy Days Millionaires Shortbread	150g	£2.89
Mrs Crimble's Chocolate Macaroons	195g	£1.99
Nairn's Coconut and Chia Oat Biscuit	200g	£1.79
Nairn's Dark Chocolate Chip	200g	£1.79
Nairn's Fine Oatcakes	218g	£1.25
Nairn's Gluten Free Oatcakes	213g	£2.25
Nairn's Wheat-Free Biscuits - Mixed Berry	200g	£1.80
Nairn's Wheat-Free Biscuits - Stem Ginger	200g	£1.81

# Branded Foods

BISCUITS ...cont'd...

Traidcraft Chewy Fruit & Oat Cookies	180g	£2.19
Traidcraft Chocolate Chunk Cookies (ft)	180g	£2.25
Traidcraft Stem Ginger Cookies (ft)	180g	£2.05

## BOTTLED WATER

Harrogate Spa Spring Water - Sparkling [Glass Bottles]	750ml	£1.25
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## BREAD & MIXES

Amaizin' Taco Shells (og)	150g	£2.69
Amaizin' Tortilla Wraps (og)	240g	£2.35
Biona Pumpernickel Bread (og)	500g	£2.09
Biona Rye & Pumpkin Seed Bread (og)	500g	£2.25
Biona Rye & Sunflower Seed Bread (og)	500g	£2.09
Biona Rye Bread (og)	500g	£2.09
Biona Rye Bread - Amaranth & Quinoa (og)	500g	£2.09
Biona Rye Bread - Omega 3 Linseed Gold (og)	500g	£2.09
Everfresh Carrot Cake with Raisins (og)	400g	£3.19
Everfresh Malted Raisin Loaf (og)	290g	£1.52
Everfresh Natural Sourdough Rye (og)	400g	£1.61
Everfresh Sprouted Chocolate Cake (og)	350g	£3.29
Everfresh Sprouted Wheat Bread (og)	400g	£1.86
Finn Hi-Fibre Crispbread	200g	£1.59
Just Wholefoods Wholemeal Breadcrumbs (og)	175g	£1.39
La Bio Idea Pizza Bases [Wholemeal] (og)	300g	£2.89
Organico Classic Breadsticks (og)	120g	£1.95
Organico Sesame Breadsticks (og)	120g	£1.95
Schnitzer Baguette Classic (og)	360g	£3.69
Schnitzer Baguette Grainy Linseed/Sesame (og)	320g	£3.69
Schnitzer Focaccia Rolls (og)	220g	£3.09
Schnitzer Panini Bianco (og)	250g	£3.09
Schnitzer Pizza Base (og)	300g	£1.49

## BREAKFAST CEREALS

Biofair Quinoa Pops (ft) (og)	120g	£4.55
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# Branded Foods

BREAKFAST CEREALS ...cont'd...

Cauldwell Mill Flour Jumbo Oats	1kg	£2.30
Cauldwell Mill Flour Quick Oats	1kg	£2.30
Dove's Farm Chocolate Stars (og)	300g	£2.75
Dove's Farm Gluten Free Fibre Flake Cereal (og)	375g	£3.45
Kallo Puffed Rice Cereal - Natural (og)	225g	£2.99
Lizi's Granola (og)	400g	£4.35
Lizi's High Protein Granola	350g	£3.29
Nairn's Gluten Free Oat Muesli	450g	£3.15
Nature's Path Maple Crunch (og)	332g	£4.15
Nature's Path Mesa Sunrise (gf) (og)	355g	£4.20
Whole Earth Classic Cornflakes (og)	375g	£2.49
Whole Earth Cocoa Crunch (og)	375g	£2.99
Whole Earth Muesli (og)	750g	£4.99
Whole Earth Red Fruit Crunch (og)	450g	£3.59
Yockenthwaite Farm Ltd Just Ginger Not So Sweet Granola	475g	£5.50
Yockenthwaite Farm Ltd Muesli	500g	£2.95
Yockenthwaite Farm Ltd Nutty Spelt Not So Sweet Granola	475g	£5.50
Yockenthwaite Farm Ltd Real Nutty Original Recipe Granola	475g	£5.50
Yockenthwaite Farm Ltd Real Oaty Not So Sweet Granola	475g	£5.50

## CANNED DRINKS

Whole Earth Cola Cans (og)	330ml	£1.29
Whole Earth Lemonade Cans (og)	330ml	£1.29
Whole Earth Mountain Cranberry Drink Cans (og)	330ml	£1.29
Whole Earth Orange & Lemonade Cans (og)	330ml	£1.29
Whole Earth Sparkling Elderflower Cans (og)	330ml	£1.29
Whole Earth Sparkling Ginger Cans (og)	330ml	£1.29

## CHOCOLATE

Ananda Foods Gluten Free Round Up	75g	£3.05
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# Branded Foods

CHOCOLATE ...cont'd...

Booja Booja Almond Salted Caramel Truffles - Chilled (og)	2pack	£1.34
Booja Booja Champagne Truffles (og)	138g	£9.49
Booja Booja Hazelnut Crunch Truffles - Chilled (og)	2pack	£1.35
Booja Booja Hazelnut Praline Crunch Truffles (og)	92gg	£7.35
Booja Booja The Gourmet Selection (og)	230g	£16.99
Conscious Chocolate Dark Side 75% (og)	60g	£2.79
Conscious Chocolate Four Nuts (og)	60g	£2.99
Conscious Chocolate Love Potion No. 9 (og)	60g	£2.79
Conscious Chocolate Peppermint (og)	60g	£2.79
Conscious Chocolate Raw Chocolate Bar - Goji & Coconut (og)	60g	£2.79
Conscious Chocolate Sour Cherry Raw Bar (og)	60g	£2.79
Divine Chocolate Cappuccino Bar	35g	£1.09
Divine Chocolate Dark Choc with Raspberries (ft)	90g	£2.59
Divine Chocolate Dark Chocolate Baking Bar	150g	£3.45
Divine Chocolate Dark Chocolate with Pink Salt	90g	£2.59
Divine Chocolate DARKLY Divine 70% Chocolate (ft)	90g	£2.59
Divine Chocolate DARKLY Divine Chocolate (ft)	35g	£1.09
Divine Chocolate Divine 85% Cocoa Dark Chocolate	90g	£2.59
Divine Chocolate Divine Ginger/Orange Dark Choc (ft)	90g	£2.59
Divine Chocolate Divine MILK Chocolate (ft)	35g	£1.09
Divine Chocolate Divine Mint Dark Chocolate (ft)	90g	£2.59
Divine Chocolate Divine ORANGE Chocolate (ft)	35g	£1.09
Divine Chocolate Divine ORANGE Chocolate (ft)	90g	£2.59
Divine Chocolate Milk Caramel Chocolate	35g	£1.09
Divine Chocolate Milk with Salt & Toffee	100g	£2.60
H!p Cookies & Cream	70g	£2.95
H!p Original - Creamy & Smooth	70g	£2.95
H!p Salted Caramel	70g	£2.95
H!p Salty Pretzels	70g	£2.95
Hadleigh Maid Dark Chocolate Truffle Whirl	100g	£2.99
Hadleigh Maid Malty bites 50g Bag	50g	£1.49

# Branded Foods

CHOCOLATE ...cont'd...

iChoc Almond & Orange (og)	80g	£2.39
iChoc Super Nut (og)	80g	£2.39
iChoc White Vanilla (og)	80g	£2.39
Montezuma's Black Forest Gateau Bar	90g	£2.49
Montezuma's Dark Choc with Orange & Geranium - Happy Hippy (og)	90g	£2.59
Montezuma's Dark Chocolate 74% Fitzroy (og)	90g	£2.59
Montezuma's Dark Chocolate Giant Buttons (og)	180g	£3.99
Montezuma's Like No Udder Milk Choc/Orange Alternative (og)	90g	£2.79
Montezuma's Like No Udder Milk Chocolate Alternative Bar (og)	90g	£2.99
Montezuma's Lordy Lord 70% Dark Choc	90g	£2.49
Montezuma's Milk Chocolate Smooth Operator 37% (og)	90g	£2.59
Montezuma's Sea Dog (Lime & Salt)	90g	£2.49
Organica DARK Chocolate Coconut Bar (og)	40g	£0.99
Organica Hazelnut & Nougat Dark Choc. Bar (og)	40g	£0.99
Persian Cacao Chocolate Bars	1	£3.70
Plamil Dairy Free Chocolate Drops	175g	£3.99
Tony's Dark Choc 51% Almonds&Sea Salt	180g	£4.05
Tony's Dark Chocolate 70%	180g	£4.05
Tony's Dark/Milk Choc Pretzel&Toffee	180g	£4.05
Tony's Milk Choc Caramel/Sea Salt	180g	£4.05
Tony's Milk Chocolate	180g	£4.05
Tony's Milk Chocolate Hazelnut	180g	£4.05
Truffle Pig Chocolate Bars	60g	£2.38
Truffle Pig Cream Egg Tray	1	£4.95
Truffle Pig Mixed Truffles	Box of 6	£4.95
Vegan Store Milk Golden Crunch Bar	49g	£2.65
Vego Good Food Mini Whole Hazel Chocolate Bar (og)	65g	£2.25
Vego Good Food Vego Dark Nuts & Berries (og)	85g	£2.85
Vego Good Food Vego White - Almond Bliss (og)	50g	£2.25
Vego Good Food Whole Hazelnut Chocolate Bar (og)	150g	£3.89

## CHOCOLATE SPREADS

Essential Hazelnut Chocolate Spread Palm Free (og)	400g	£3.89
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# Branded Foods

CHOCOLATE SPREADS ...cont'd...

So Free Milk Choc Spread (Dairy Free) (og)	275g	£3.15
So Free Rich Dark Chocolate Spread (og)	275g	£3.15
Vego Good Food Hazelnut Chocolate Spread (og)	200g	£3.55

## CHUTNEY, RELISH & MUSTARD

Biona Harissa Chilli Relish (og)	125g	£2.99
Biona Mustard Medium Hot (og)	320ml	£2.49
Essential Dijon Mustard (og)	200ml	£2.35
Essential Wholegrain Mustard (og)	200ml	£2.15
Shaws Mango Chutney - Chunky	300g	£1.75

## COCONUT PRODUCTS

Biona Coconut Cream (og)	400ml	£2.19
Biona Coconut Milk Light [9% fat] (og)	400ml	£1.79
Biona Coconut Oil [cp] - [Small] (og)	200g	£4.39
Cocofina Coconut Oil - neutral (og)	450ml	£3.99
Cocofina Natural Coconut Water	1L	£4.10
Essential Coconut Milk (og)	400g	£1.89
Essential Creamed Coconut (og)	200g	£1.99
Nature's Charm Condensed Coconut Milk	320g	£2.85
Suma Coconut Oil - Culinary (og)	320g	£3.45
Suma Coconut Oil - Extra Virgin (og)	650g	£12.50
Suma Creamed Coconut (og)	200g	£2.15

## COFFEE, COCOA & Substitutes

Barley Cup GREEN LID (og)	100g	£3.95
Barley Cup Original	200g	£4.59
Cafe Direct Smooth Instant Coffee (ft)	100g	£4.60
Cafe Rebelde Zapatista Coffee - Beans (ft) (og)	500g	£8.79
Cafe Rebelde Zapatista Coffee - Ground (ft) (og)	250g	£4.65
Clipper DECAFF. Freeze-Dried Arabica Instant Coffee (ft) - Green Lid (og)	100g	£5.85
Clipper Drinking Chocolate Fairtrade (ft)	250g	£3.35
Clipper Freeze-Dried Arabica Instant Coffee (ft) - Blue Label (og)	100g	£5.29
Clipper Instant Hot Chocolate	350g	£5.53

# Branded Foods

COFFEE, COCOA & Substitutes ...cont'd...

Equal Exchange Cocoa (ft) (og)	250g	£4.49
Equal Exchange Coffee From Women Farmers Ground (og)	227g	£4.89
Equal Exchange Dark City Roast Ground Coffee (og)	227g	£4.89
Equal Exchange Italian Roast Ground Coffee (og)	227g	£4.89
Frazers Coffee Brazil bom Jesus	250g	£7.25
Frazers Coffee Brazil Sil Di Minas	250g	£7.00
Frazers Coffee Columbia	250g	£7.00
Frazers Coffee Decaffeinated	250g	£6.50
Frazers Coffee Freight Line	250g	£7.00
Frazers Coffee Papua New Guinea	250g	£7.50
Frazers Coffee Steel City Blend	250g	£5.00
Il Modicano Thick Hot Chocolate	250g	£4.99
Minor Figures Black Coffee Drink	200ml	£1.99
Prewett's Chicory Cocoa Drink	125g	£3.69
Prewett's Chicory Drink - Instant (og)	100g	£3.45
Suma Colombia Cosurca Ground Coffee (ft) (og)	227g	£4.75
Suma Espresso (og)	227g	£4.99
Suma Peru Cepicafe Ground (ft) (og)	227g	£4.59
Suma Swiss Water Decaff Ground Coffee (ft) (og)	227g	£5.35
The Raw Chocolate Co Raw Cacao Powder (og)	180g	£4.20
Twin Café Dark Roast Beans	250g	£6.10
Twin Café Dark Roast Cafetiere	250g	£6.10
Twin Café Light Roast Beans	250g	£6.10
Twin Café Light Roast Cafetiere	250g	£6.10
Whole Earth NOCAF (og)	100g	£2.99
Whole Earth Wake Up	125g	£3.94

## CONDIMENTS & STOCK

Al'Fez Harissa	100g	£2.25
Amaizin' Taco Sauce Hot (og)	220g	£2.39
Amaizin' Taco Sauce Mild (og)	220g	£2.39
Atkins & Potts Hollandaise Sauce	190g	£3.15
Bioforce Herbamare - Herb Salt (Green)	125g	£2.65



# Branded Foods

CONDIMENTS & STOCK ...cont'd...

Biona BBQ Brown Sauce (og)	250ml	£2.79
Biona Sweet Chilli Sauce (og)	250ml	£2.79
Biona Worcester Sauce (og)	140ml	£3.69
Hendersons Relish	284ml	£2.49
Hodmedod Fava Bean Umami Paste	175g	£2.89
Kallo Sriracha Stock Cubes (og)	66g	£1.59
Kallo Stock Cubes (French Onion) (gf) (og)	66g	£1.59
Kallo Stock Cubes (Garlic+Herb) (gf) (og)	66g	£1.59
Kallo Stock Cubes (Mushroom) (gf) (og)	66g	£1.59
Kallo Stock Cubes (Very Low Salt) (gf) (og)	60g	£1.59
Kallo Stock Cubes (Yeast Free) (gf)	66g	£1.59
Kallo Umami Stock Cubes (og)	66g	£1.59
Kallo Veg. Stock Cubes (gf) (og)	66g	£1.59
Marigold Bouillon - GREEN	150g	£2.09
Marigold Bouillon - RED (og)	150g	£2.35
Marigold Bouillon (ls) - PURPLE	150g	£2.09
Marigold Engevita Yeast Flakes + B12 (Blue)	125g	£3.69
Marigold Engevita Yeast Flakes Original (Brown)	125g	£3.35
Marigold Liquid Aminos	250ml	£3.59
Marigold Vegetarian Gravy Powder (og)	110g	£2.39
Meridian Tomato Ketchup (og)	285g	£2.49
Modernhealth Vecon	225g	£3.49
Steenbergs Rosewater (og)	100ml	£3.88
Stubb's Hickory Liquid Smoke	148ml	£2.59
Suma Bouillon (og)	500g	£7.15
The Vurger Vegan Cheezy Sauce	300g	£4.99

# Branded Foods

CONVENIENCE FOODS ...cont'd...

## CONVENIENCE FOODS

Al'Fez Green Harissa Paste	100g	£2.35
Al'Fez Moroccan Couscous	200g	£1.49
Al'Fez Preserved Lemons	140g	£3.35
Al'Fez Ras El Hanout Rub	42g	£2.25
Al'Fez Sumac	38g	£2.25
Al'Fez Tahini Dressing	200g	£2.39
Amaizin' Jalapeno Peppers (og)	150g	£2.15
Artisan Grains Country Veg & Cashew Nut Roast	200g	£2.99
Artisan Grains Falafel - Beetroot & Chilli	150g	£1.89
Artisan Grains Falafel - Super Greens	150g	£1.89
Artisan Grains Mediterranean Sundried Tomato Nut Roast	200g	£2.60
Artisan Grains Nut Roast - Cashew & Cranberry	200g	£2.99
Bio Nova Garden Peas (Demeter) (og)	350g	£1.99
Bio Nova Gherkins - Sour (og)	680g	£3.99
Bio Nova Gherkins - Sweet & Sour (og)	330g	£3.78
Bio Nova Sauerkraut (Demeter) (og)	350g	£2.69
Bio Nova Sweetcorn (Demeter) (og)	340g	£1.99
Clearspring Bio Kitchen - Apple Sauce (Demeter) (og)	360g	£1.59
Cooks & Co Artichoke Hearts in Brine	400g	£2.70
Cooks & Co Dried Porcini Mushrooms	40g	£4.99
Cooks & Co Hearts of Palm	400g	£2.35
Cooks & Co Mixed Forest Mushrooms	40g	£3.10
Cooks & Co Roasted Red Peppers	460g	£3.15
Cooks & Co Sweety Drop Red Peppers	235g	£2.95
Cooks & Co Tri Colour Jalapenos	290g	£1.99
Cypressa Marinated Artichoke Hearts	280g	£2.61
Free & Easy Sweet Potato/Kale/Coconut Curry (og)	400g	£2.49
Granovita Mock Duck	285g	£2.85
Isabel's Free From Yorkshire Pudding Mix	200g	£3.15
Just Wholefoods Custard Powder	100g	£1.49
Just Wholefoods Falafel Mix (og)	120g	£2.85

# Branded Foods

CONVENIENCE FOODS ...cont'd...

Nature's Charm Banana Blossom In Brine	510g	£2.25
Olives Et Al Lemons in Jars	400g	£4.56
Organico Capers (og)	250g	£3.15
Orgran Vegan Easy Egg	250g	£4.25
Perello Cocktail Gherkins	190g	£2.75
Suma Baked Beans & Vegan Sausage	400g	£2.19
Suma Blackeye Beans (og)	400g	£1.09
Suma Ravioli with Mushroom Sauce (og)	400g	£2.95
Suma Ravioli with Tomato & Ricotta (og)	400g	£2.95
Suma Ravioli with Vegetable Sauce (Vegan) (og)	400g	£2.85
Zanae Butter Bean Salad	280g	£1.99
Zanae Stuffed Peppers -Tomato & Rice	280g	£2.45
Zanae STUFFED Vine Leaves	280g	£2.29

## CRACKERS & CRISP BREADS

Dr Karg 3 Grains + 3 Seeds Crispbreads (og)	200g	£2.79
Dr Karg Emmental & Pumpkin Crispbread (og)	200g	£2.75
Dr Karg Seeded Spelt Wholegrain Crispbread (og)	200g	£2.79
Dr Karg Tomato/Mozzarella Crispbread (og)	200g	£2.89
Easy Bean Fava Bean & Poppy Seed Crackers	160g	£2.95
Easy Bean Green Pea & Chia Seed	160g	£2.95
Easy Bean Red Lentil & Poppy Seed	160g	£2.95
Finn Multigrain Crisp Bread	175g	£1.59
Finn Original Rye Crispbread - Rounds	250g	£1.50
Kallo Protein Lentil Cake	100g	£1.99
Nairn's Cheese Oatcakes	200g	£1.81
Nairn's Organic Oatcakes (og)	250g	£1.59
Nairn's Super Seeded Oatcakes (og)	200g	£1.81
Nairn's Traditional [Rough] Oatcakes	291g	£1.36
Nairn's Wholegrain Cracker (gf)	137g	£2.09
Peter's Yard Sourdough Crispbread Selection	265g	£6.15
Peter's Yard Swedish Crispbread - Bag	200g	£3.59
Peter's Yard Swedish Crispbread - Box Mini	105g	£2.55

# Branded Foods

## CRISPS

Amaizin' Tortilla Chips Natural (og)	75g	£1.25
Amaizin' Tortilla Chips Paprika (og)	75g	£1.25
Eat Real Hummus Chilli & Lemon Chips	135g	£1.79
Eat Real Hummus Lentil Quinoa Multipack	116g	£2.39
Eat Real Hummus Sea Salt Chips (og)	100g	£2.29
Eat Real Hummus Sea Salted Chips	135g	£1.79
Eat Real Hummus Sour Cream Chips	135g	£1.79
Eat Real Hummus Tomato & Basil Chips	135g	£1.79
Eat Real Lentil Chilli & Lemon Chips	113g	£1.79
Eat Real Lentil Creamy Dill Chips	113g	£1.79
Eat Real Lentil Sea Salt Chips (og)	100g	£2.29
Eat Real Quinoa Kale Puffs Cheddar & Jalapeno	113g	£1.99
Eat Real Veggie Straws (og)	100g	£2.29
Garcia Blue Corn Tortilla Chips (og)	150g	£2.79
Love Corn Crunchy Corn - BBQ	45g	£1.19
Love Corn Crunchy Corn - Salt & Vinegar	45g	£1.19
Ten Acre Cheese & Onion Crisps	40g	£0.80
Ten Acre Hickory & Barbecue Crisps	40g	£0.80
Trafo Crisps - Paprika (og)	40g	£1.17
Trafo Crisps - Salted (og)	40g	£1.17
Trafo Virgin Olive Oil Baked Crisps (og)	100g	£2.65

## CUSTARDS, CREAMS & DESSERTS

Food Heaven Heavenly Whipped Spray Cream - Keep Below 20°C	200ml	£2.19
Just Wholefoods Raspberry Jelly Crystals	85g	£1.49
Just Wholefoods Strawberry Jelly Crystals	85g	£1.49
Longley Farm Large Double Cream	250ml	£1.24
Longley Farm Large Single Cream	250ml	£0.72
Longley Farm Small Double Cream	150ml	£0.69
Longley Farm Small Single Cream	150ml	£0.53
Longley Farm Soured Cream	1	£0.55
Provamel Soya Single Cream (og)	250ml	£1.25

# Branded Foods

CUSTARDS, CREAMS & DESSERTS ...cont'd...

Sojade Chocolate Soya Dessert (og)	530g	£1.55
Sojade Vanilla Custard Style Dessert (og)	530ml	£1.55
The Bridge Coconut Cream (og)	200ml	£1.53
The Bridge Oat Cream (og)	200ml	£1.28

## ETHNIC SPECIALITIES - Indian

Al'Fez Couscous - Giant Maftoul	200g	£1.69
Al'Fez Rose Harissa	95g	£2.49
Geo Organics Chickpea & Lentil Dahl (og)	400g	£1.99
Geo Organics Coconut & Kale Dahl (og)	400g	£2.19
Geo Organics Tadka Dahl (og)	400g	£1.99
Olives Et Al Moroccan Dukkah (spice mix)	90g	£3.99
Patak's Aubergine (Brinjal) Pickle	312g	£2.55
Patak's Chilli Pickle	283g	£2.55
Patak's Korma Paste	290g	£2.71
Patak's Madras Paste	283g	£2.75
Patak's Pappadums - plain	113g	£1.65
Patak's Tikka MASALA Curry Paste	283g	£2.75

## ETHNIC SPECIALITIES - Oriental

Al'Fez Tahini	160g	£2.15
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# Branded Foods

ETHNIC SPECIALITIES - Oriental ...cont'd...

Clearspring Green Nori Sprinkles aka Flakes	20g	£1.99
Clearspring Instant Miso Soup Paste with Sea Vegetables (og)	4x15g	£2.69
Clearspring Instant White Miso Paste (og)	(4x15g)	£2.49
Clearspring Mellow White Instant Miso Soup	4x10g	£3.59
Clearspring Mikawa Mirin (og)	150ml	£4.69
Clearspring Nori	25g	£3.69
Clearspring Sencha Green Tea Bags (og)	20b	£3.29
Clearspring Shoyu (og)	150ml	£2.39
Clearspring Shoyu (og)	500ml	£5.59
Clearspring Soya Chunks (og)	200g	£2.99
Clearspring Sushi Ginger (og)	50g	£3.69
Clearspring Tamari Double Strength (og)	150ml	£3.49
Clearspring Tamari Double Strength (og)	500ml	£9.79
Clearspring Teriyaki Sauce (og)	150ml	£3.49
Clearspring Toasted Sesame Oil	150ml	£3.49
Clearspring Ume Red Plum Seasoning	150ml	£1.99
Clearspring Umeboshi Paste (og)	150g	£6.49
Clearspring Yuzu Ponzu Seasoning	150ml	£4.79
Epicure Chinese Stem Ginger in Syrup	350g	£3.75
Explore Cuisine Edamame Bean Spaghetti (og)	200g	£3.29
King Soba Black Rice Noodles (gf) (og)	250g	£2.45
Mak Tok Fire Chilli Paste	1	£4.29
Mak Tok Pineapple Relish	1	£3.95
Mak Tok Rendang Chilli Paste	1	£4.29
Mak Tok Satay Chilli Paste	1	£3.95
Mak Tok Sweet Chilli Paste	1	£3.95
Mak Tok Sweet Soy Sauce	1	£3.95
Mori-Nu Silken Tofu - Firm	349g	£2.00
Sanchi Barley Miso (Mugi)	345g	£3.45
Sanchi Brown Rice Miso (Genmai)	345g	£3.49

# Branded Foods

ETHNIC SPECIALITIES - Oriental ...cont'd...

Thai Taste Galangal	114g	£1.65
Thai Taste Green Curry Paste	114g	£1.89
Thai Taste Red Curry Paste	114g	£1.89
Thai Taste Sriracha Chilli Sauce	450ml	£2.25
Thai Taste Tamarind Paste	130g	£1.69
Thai Taste Vegan 'Fish' Sauce	180ml	£1.99
Yakso Rice Paper (og)	150g	£3.09
Yakso Seitan in Tamari Sauce (og)	330g	£3.60
Yakso Tempeh - Glass Jar (og)	175g	£3.57
Yakso Tofu (og)	500g	£4.65
Yutaka Panko Bread Crumbs	180g	£1.89
Yutaka Wasabi Paste	43g	£1.75

## FESTIVE PRODUCTS

Mummy Meagz Chuckie Egg	40g	£1.49
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## FLAPJACKS

Brynmor Apple & Raspberry Flapjack	80g	£0.69
Brynmor Apricot & Almond Flapjack	80g	£0.69
Brynmor Cashew & Coconut Flapjack	80g	£0.69
Brynmor Chocolate Flapjack	80g	£0.75
Brynmor Pecan Flapjack	80g	£0.69
Brynmor Summer Berry Flapjack	80g	£0.69

## FLOUR

Amisa Chestnut Flour (og)	350g	£5.89
Cauldwell Mill Flour Dark Rye	1.5kg	£2.35
Cauldwell Mill Flour Malted Flake	1.5kg	£2.45
Cauldwell Mill Flour Multi Seed & Flake	1.5kg	£3.20
Cauldwell Mill Flour Plain White	1.5kg	£2.00
Cauldwell Mill Flour Stong White Bread	1.5kg	£2.20
Cauldwell Mill Flour Stong Wholemeal Flour	1.5kg	£2.20
Cauldwell Mill Flour White Self-raising Flour	1.5kg	£2.10
Cauldwell Mill Flour White Spelt	1kg	£3.10

# Branded Foods

FLOUR ...cont'd...

Dove's Farm 100% Strong Wholemeal (og)	1.5Kg	£1.95
Dove's Farm 100% Wholemeal Self Raising [S/R] (og)	1Kg	£1.35
Dove's Farm GF Buckwheat Flour	1Kg	£3.45
Dove's Farm Gluten Free Brown Bread Flour (gf)	1Kg	£2.39
Dove's Farm Gluten Free Plain White Flour (gf)	1Kg	£2.25
Dove's Farm Gluten Free Self Raising White Flour (gf)	1Kg	£2.25
Dove's Farm Gluten Free White Bread Flour (gf)	1Kg	£2.25
Dove's Farm Khorasan (Kamut) Flour (og)	1Kg	£4.55
Dove's Farm Malthouse (og)	1Kg	£1.59
Dove's Farm Plain White (og)	1Kg	£1.39
Dove's Farm Plain Wholemeal [FMP] (og)	1Kg	£1.29
Dove's Farm Rice Flour (gf)	1Kg	£1.85
Dove's Farm Self Raising (S/R) White Flour (og)	1Kg	£1.45
Dove's Farm Strong White (og)	1.5Kg	£1.95
Dove's Farm Type '00' Pasta Flour (og)	1Kg	£1.65
Dove's Farm W/M Rye Flour (og)	1Kg	£1.69
Dove's Farm WHITE Spelt Flour (og)	1Kg	£3.69
Dove's Farm Wholegrain Spelt Flour (og)	1Kg	£3.15
Worsbrough Mill Flour Four Seed Malted (og)	1.5kg	£4.20
Worsbrough Mill Flour Malted (og)	1.5kg	£4.20
Worsbrough Mill Flour Rye (og)	1.5kg	£3.78
Worsbrough Mill Flour Semolina (og)	750g	£0.95
Worsbrough Mill Flour Spelt (og)	1.5kg	£4.86
Worsbrough Mill Flour Unbleached White (og)	1.5kg	£3.38
Worsbrough Mill Flour Wholemeal (og)	1.5kg	£2.84



# Branded Foods

FRESH MILK ...cont'd...

## FRESH MILK

Acorn Full Fat 1ltr	1ltr	£1.27
Acorn Full Fat 2ltr	2ltr	£2.25
Acorn Full Fat Half Ltr	0.5ltr	£0.75
Acorn Glass Bottle 1pt (og)	1pint	£1.30
Acorn Semi Skimmed 1ltr	1ltr	£1.27
Acorn Semi Skimmed 2ltr	2ltr	£2.25
Acorn Semi Skimmed Half Ltr	0.5ltr	£0.75

## FRUIT JUICES - Tetrapack

Biona Apple Juice [Tetrapaks] (og)	1L	£3.49
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## FRUIT JUICES & DRINKS - Bottled

Beet It Beetroot Juice (og)	750ml	£2.65
Biona Cranberry Juice - 100% Pure (og)	330ml	£5.69
Biona Lemon Juice (og)	200ml	£1.99
Biona Small Pomegranate Juice (og)	200ml	£1.89
Fentiman's Apple & Blackberry	750ml	£3.69
Fentiman's Premium Tonic Water	500ml	£1.95
Fentiman's Rose Lemonade - LARGE BOTTLES	750ml	£3.65
Fentiman's Wild English Elderflower	750ml	£3.69
James White Apple & Crushed Ginger (og)	750ml	£3.09
James White Carrot Juice (og)	750ml	£3.09
James White Pear Juice (og)	750ml	£3.09
James White Prune Juice	750ml	£3.09
James White Tomato Juice (og)	750ml	£3.09
Karma Gingerella Ginger Ale (og)	300ml	£1.99
Karma Karma Cola (og)	300ml	£1.99
Karma Lemony Lemon (og)	300ml	£1.99
Rock's Country Blackcurrant Squash (og)	74cl	£3.49
Rock's Country Lemon Squash (og)	74cl	£3.49
Rock's Country Orange Squash (og)	74cl	£3.49

# Branded Foods

FRUIT JUICES & DRINKS - Bottled ...cont'd...

Suma Apple & Blackcurrant Juice Conc. (og)	400ml	£6.29
Suma Apple Juice Conc. (og)	400ml	£5.69
Thorncroft Elderflower Cordial	330ml	£2.95
Urban Cordial Apple Lemon & Fennel	500ml	£5.50
Urban Cordial Blackberry & Lavender	500ml	£5.50
Urban Cordial Pear & Ginger	500ml	£5.50
Urban Cordial Raspberry & Rosemary	500ml	£5.50

## HERBS & SPICES - Branded packs

Brindisa Saffron Stamens	0.5g	£3.45
Chilli Pepper Pete Various Chillis	1	£4.50
Santo Domingo Smoked Paprika Hot	75g	£2.95
Santo Domingo Smoked Paprika Sweet	75g	£2.95

# Branded Foods

HERBS & SPICES - Branded packs ...cont'd...

Suma Allspice	40g	£1.09
Suma Allspice Ground	40g	£1.09
Suma Arrowroot - ground	50g	£0.99
Suma Asafoetida Compound	20g	£1.09
Suma Basil (og)	20g	£1.49
Suma Basil	20g	£1.09
Suma Bay Leaves (og)	10g	£1.49
Suma Bay Leaves	10g	£1.09
Suma Bouquet Garni Sachets	6sachet	£1.09
Suma Cajun Spice	40g	£1.09
Suma Caraway Seeds (og)	30g	£1.49
Suma Caraway Seeds	50g	£1.09
Suma Cardamom Ground	10g	£1.09
Suma Cardamon Pods	10g	£1.09
Suma Cayenne Pepper	50g	£1.09
Suma Celery Salt	100g	£1.09
Suma Celery Seed	50g	£1.09
Suma Chilli Flakes	25g	£1.09
Suma Cinnamon	50g	£1.09
Suma Cinnamon Bark (og)	15g	£1.49
Suma Cinnamon Ground (og)	30g	£1.49
Suma Cinnamon Sticks	20g	£1.09
Suma Cloves	18g	£1.09
Suma Cloves Whole (og)	30g	£1.49
Suma Coriander	40g	£1.09
Suma Coriander Ground (og)	40g	£1.49
Suma Coriander Leaf	10g	£1.09
Suma Coriander Seed (og)	40g	£1.49
Suma Coriander Seeds	40g	£1.09
Suma Cumin Ground	50g	£1.09
Suma Cumin Seeds	50g	£1.09
Suma Curry Leaves	5g	£1.09

# Branded Foods

HERBS & SPICES - Branded packs ...cont'd...

Suma Curry Powder - Madras	50g	£1.09
Suma Curry Powder - Mild	50g	£1.09
Suma Dill Herb (og)	15g	£1.49
Suma Fajita Seasoning	40g	£1.09
Suma Fennel Seeds	50g	£1.09
Suma Fenugreek Seeds	50g	£1.09
Suma Five Spice Seasoning	40g	£1.09
Suma Garam Masala	50g	£1.09
Suma Garlic Granules (og)	20g	£1.49
Suma Ginger	40g	£1.09
Suma Ginger Ground (og)	30g	£1.49
Suma Ground Black Pepper	30g	£1.09
Suma Ground Chilli (og)	25g	£1.49
Suma Ground Chilli	50g	£1.09
Suma Herbs Mixed (og)	20g	£1.49
Suma Juniper Berries	40g	£1.09
Suma Marjoram	10g	£1.09
Suma Methi (Fenugreek) Leaves	7g	£1.09
Suma Mint	20g	£1.09
Suma Mixed Herbs	20g	£1.09
Suma Mixed Peppercorns	20g	£1.09
Suma Mixed Spice	50g	£1.09
Suma Mustard Powder	50g	£1.09
Suma Mustard Seeds - black	50g	£1.09
Suma Mustard Seeds - Yellow	50g	£1.09
Suma Nutmeg Ground (og)	20g	£1.49
Suma Nutmeg Ground	20g	£1.09
Suma Nutmeg Whole	20g	£1.09
Suma Oregano (og)	20g	£1.49
Suma Oregano	20g	£1.09
Suma Paprika (og)	25g	£1.49
Suma Paprika	50g	£1.09

# Branded Foods

HERBS & SPICES - Branded packs ...cont'd...

Suma Parsley (og)	15g	£1.49
Suma Parsley	15g	£1.09
Suma Peppercorns - Black	24g	£1.09
Suma Peppercorns Black (og)	25g	£1.49
Suma Pickling Spice	50g	£1.09
Suma Poppy Seed Blue (og)	40g	£1.49
Suma Poppy Seeds	50g	£1.09
Suma Rosemary (og)	20g	£1.49
Suma Rosemary	20g	£1.09
Suma Sage (og)	25g	£1.49
Suma Sage	25g	£1.09
Suma Smoked Paprika	35g	£1.09
Suma Spices Mixed (og)	30g	£1.49
Suma Star Anise	25g	£1.09
Suma Tarragon	12g	£1.09
Suma Thyme (og)	25g	£1.49
Suma Thyme	30g	£1.09
Suma Turmeric	40g	£1.09
Suma Turmeric Ground (og)	30g	£1.49
Suma Whole Cloves (ft) (og)	25g	£1.55
Zaytoun Za'atar - Palestinian Herb Mixture	80g	£3.89
Zaytoun Za'atar Wild Grown Herb Mix	80g	£3.95

## HONEY

Equal Exchange Mexican/Nicaraguan Honey - Clear (ft) (og)	500g	£5.90
Equal Exchange Mexican/Nicaraguan Honey - Set (ft) (og)	500g	£5.90
Littleover Acacia Honey (og)	340g	£5.69
Littleover Pure Lavender Honey	340g	£4.95
Littleover Wildflower Honey - Set (og)	340g	£3.99

# Branded Foods

HONEY...cont'd...

Sheffield Honey Company Blossom Cut Honey	1	£7.56
Sheffield Honey Company Blueberry Honey	1	£8.85
Sheffield Honey Company Borage Honey	1	£8.85
Sheffield Honey Company Heather Cut Honey	1	£9.66
Sheffield Honey Company Softset Honey	1	£7.72
Suma Wildflower Honey - Clear	340g	£2.99
Suma Wildflower Honey - Set	340g	£2.99
Workers' Honey Grindleford Honey	340g	£6.75
Workers' Honey Sheffield Blend Honey	340g	£6.75
Workers' Honey Walkley Honey	340g	£6.75

## JAMS & SWEET SPREADS

Cocofina Hazelnut Chocolate Spread - Sweetened with Coconut Sugar (og)	200g	£4.99
Hedgerow Preserves Various Varieties	Approx 300g	£3.50
Meridian Apricot Spread (og)	284g	£2.99
Meridian Blackcurrant Spread (og)	284g	£2.99
Meridian Blueberry Spread (og)	284g	£2.99
Meridian Morello Cherry Spread (og)	284g	£2.99
Meridian Raspberry Spread (og)	284g	£2.99
Meridian Seville Orange Spread (og)	284g	£2.99
Meridian Strawberry Spread (og)	284g	£2.99
Suma Pear & Apple Spread	300g	£2.10
Traidcraft Seville Orange Marmalade (ft) (og)	340g	£2.39

## MAYONNAISE & SALAD DRESSINGS

Plamil Nnaise Plain (og)	315g	£2.95
Plamil Nnaise+Garlic	315g	£2.45
Simply Delicious Mayonnaise - Plain (og)	300ml	£3.29
Suma Mayonnaise (og)	300g	£2.95
The Vurger Garlic & Herb Vegan Mayo	240g	£3.95
The Vurger Smoky 'Bacon' Vegan Mayo	240g	£3.95

# Branded Foods

MILK, MILK SUBSTITUTES & DESSERTS ...cont'd...

## MILK, MILK SUBSTITUTES & DESSERTS

Provamel Soya Drink + Calcium Sweetened (og)	1L	£2.00
Provamel Soya Drink Unsweetened (og)	1L	£1.99
Provamel Soya Drink Unsweetened - Price Marked Pack - DISCO (og)	1L	£1.50
Provamel Soya Soleil - Unsweetened [+Calcium]	1L	£1.35
Sojade Soya Milk - Calcium & Apple - BLUE (og)	1L	£1.75
Sojade Soya Milk - Natural Unsweetened - GREEN (og)	1L	£1.49

## MISCELLANEOUS

Bag It Don't Bin It Beanies Cloth Bag Colour	1	£5.50
Bag It Don't Bin It Beanies Cloth Bags Black & white	1	£2.50
Bags2keep Cotton Produce Bag	each	£1.00
Bags2keep String Bag Short/Long Handled	each	£2.99
Suma Insulated Cool Bag	each	£3.99

## NON SOYA DAIRY FREE MILKS

Glebe Farm Barista Style Oat Drink	1L	£1.99
Good Hemp Drink - Barista	1L	£2.40
Minor Figures Barista Oat Milk (og)	1L	£1.79
Minor Figures Oat Barista + Calcium	1L	£1.95
Provamel Oat Drink (og)	1L	£1.99
Provamel Oat Drink Unsweetened (og)	1L	£1.99
Rice Dream Original (og)	1L	£2.01
Sproud Barista	1L	£1.99
Sproud Chocolate Pea Milk	1L	£1.99
Sproud Original	1L	£1.99
The Bridge Oat Drink - Barista (og)	1L	£1.99

## NUT BUTTERS & SEED SPREADS

Biona Cashew Nut Butter (og)	170g	£4.89
Carley's Almond Nut Butter (raw) (og)	250g	£6.35
Carley's Hazelnut Butter (og)	170g	£4.55

# Branded Foods

NUT BUTTERS & SEED SPREADS ...cont'd...

Meridian Almond Butter Smooth (ws) (og)	170g	£4.49
Meridian Cocoa & Hazelnut Butter	170g	£3.99
Meridian Crunchy Cashew Butter (contains Sunflower Oil)	170g	£3.29
Meridian Peanut Butter Crunchy (ns) (og)	1Kg	£7.59
Meridian Peanut Butter Crunchy (ns)	1Kg	£6.59
Meridian Peanut Butter Crunchy (ws) (og)	280g	£2.99
Meridian Peanut Butter Smooth (ns)	1Kg	£6.59
Meridian Peanut Butter Smooth (ws) (og)	280g	£2.99
Meridian Pumpkin Seed Butter (og)	170g	£2.99
Meridian Smooth Peanut Butter (og)	1kg	£7.59
Meridian Smooth Sunflower Seed Butter (og)	170g	£2.99
Meridian Tahini - Dark (og)	270g	£2.99
Meridian Tahini - Light (og)	270g	£2.99
Nutcessity Caromel Cashew Nut Butter (og)	180g	£5.59
Nutcessity Chocolate Haz Braz Nut Butter (og)	180g	£5.59
Nutcessity Coffee & Walnut Nut Butter (og)	180g	£5.59
Nutcessity Date & Walnut Nut Butter (og)	180g	£5.59
Nutcessity Gingerbread Almond Nut Butter (og)	180g	£5.59
Suma Peanut Butter Crunchy (ns) (og)	340g	£3.99
Suma Peanut Butter Crunchy Jumbo (ws) (og)	700g	£7.79
Suma Peanut Butter Smooth (ns) (og)	340g	£3.99
Suma Peanut Butter Smooth (ws) (og)	340g	£3.99
Suma Peanut Butter Smooth Jumbo (ns) (og)	700g	£8.39
Suma Peanut Butter Smooth Jumbo (ws) (og)	700g	£7.79
Sunita Tahini - Light	280g	£2.99

## NUT MILKS

Koko Coconut Milk Drink	1L	£1.79
Plenish Almond M*lk (og)	1L	£3.15
Provamel Almond Drink - Unsweetened (og)	1L	£2.50



# Branded Foods

OILS - Vegetable & Seed ...cont'd...

## OILS - Vegetable & Seed

Clearspring FRYING Sunflower Oil [De-odourised] (og)	500ml	£4.49
Clearspring Italian Olive Oil (og)	500ml	£8.89
Clearspring Rapeseed Oil (og)	500ml	£3.99
Clearspring Sunflower Oil (og)	500ml	£3.60
Clearspring Walnut Oil (og)	250ml	£11.49
Equal Exchange Olive Oil - Palestinian (ft)	1L	£21.39
Essential Sesame Oil (cp) (og)	500ml	£6.19
Good Hemp Nutrition Hemp Oil - Original	500ml	£7.50
Hellenic Olive Oil Extra Virgin (cp)	1L	£8.35
Hellenic Olive Oil Extra Virgin (cp)	500ml	£4.75
KTC Almond Oil	200ml	£2.65
KTC Sunflower Oil Refined	1L	£2.45
Mani Organics Greek Olive Oil - Extra Virgin (og)	500ml	£7.98
Mani Organics Greek Olive Oil - Extra Virgin (og)	1L	£13.98
Oil of Aldborough Cold Pressed Rapeseed Oil	750ml	£4.05
Oil of Aldborough Cold Pressed Rapeseed Oil	5ltr	£12.95
Oil of Aldborough Cold Pressed Rapeseed Oil	3ltr	£10.93
Suma Grapeseed Oil	500ml	£4.25
Zaytoun Palestinian Olive Oil (ft) (og)	500ml	£14.89

## OLIVES

Clearspring Flax Oil Organic (og)	250ml	£4.15
Cypressa Pitted Olives - Black	340g	£1.24
Cypressa Pitted Olives - Green	340g	£1.41
Cypressa Stuffed Pimento Olives	340g	£1.54
Et Al Olives Sunshine Olives	260g	£3.99
Mani Organics Green & Kalamata Pitted Olives al Naturale (og)	175g	£3.69
Mani Organics Kalamata Olives al Naturale (og)	205g	£3.69
Olives Et Al Very Deli Herb Pitted Olives	250g	£3.99
Perello Olive Cocktail Mix Tin	180g	£2.75

# Branded Foods

OLIVES ...cont'd...

Sunita Green Olives	450g	£3.35
Sunita Kalamon Olives (og)	200g	£2.99
Sunita Kalamon Olives	450g	£4.65

## PASTA & NOODLES

Biona White Conchiglie - Bronze Extruded (og)	500g	£1.69
Biona White Spelt Penne (og)	500g	£3.09
Biona Wholegrain Spelt Penne (og)	500g	£2.69
Biona Wholegrain Spelt Spaghetti (og)	500g	£2.69
Blue Dragon Wholewheat Noodles	300g	£1.70
Clearspring Skinny Soba Somen Noodles (og)	200g	£2.99
Clearspring Soba Noodles (og)	200g	£2.99
Clearspring Udon Noodles Brown Rice (og)	200g	£1.69
Clearspring Udon Noodles Wheat (og)	200g	£2.89
Clearspring Wide Udon Noodles Wheat (og)	200g	£2.99
Difatti Gnocchi- Gluten Free	250g	£2.09
Difatti Spinach Gnocchi - gluten free	250g	£2.09
Difatti Tomato Gnocchi - Gluten Free	250g	£2.09
Explore Cuisine Chickpea Fusilli (og)	250g	£3.29
Iris/Suma Tricolore Spirals (og)	500g	£1.75
Iris/Suma White Fusilli (og)	500g	£1.39
Iris/Suma White Macaroni - RETAIL PACK (og)	500g	£1.39
Iris/Suma White Penne (og)	500g	£1.39
Iris/Suma White Spaghetti - RETAIL PACK (og)	500g	£1.39
Iris/Suma Wholewheat Fusilli (og)	500g	£1.39
Iris/Suma Wholewheat Penne (og)	500g	£1.39
Iris/Suma Wholewheat Spaghetti - RETAIL PACK (og)	500g	£1.39
King Soba 100% Brown Rice Noodles (og)	250g	£2.35
King Soba 100% Buckwheat Noodles (og)	250g	£2.45
King Soba Millet & Brown Rice Noodles (og)	250g	£2.35
King Soba Pad Thai Noodles (ft) (og)	250g	£2.45
King Soba Thai Rice Noodles (og)	250g	£2.35
King Soba Vermicelli Noodles (ft) (og)	250g	£2.45

# Branded Foods

PASTA & NOODLES ...cont'd...

La Bio Idea Red lentil Fusilli (og)	250g	£3.65
La Bio Idea W/Wheat Elbows - Gomitini (og)	500g	£1.45
La Bio Idea W/Wheat Fettuce [Tagliatelle] (og)	500g	£1.45
La Bio Idea White Lasagne (og)	250g	£1.99
La Terra E El Cielo White Cavatappi (HollowTwists) (og)	500g	£2.15
La Terra E El Cielo White Linguine (og)	500g	£2.39
Little Pasta Animal Pasta Shapes - Tricolor (og)	250g	£1.95
Little Pasta Red Lentil Dinosaur Pasta (og)	250g	£3.55
Orgran Buckwheat Spirals 004 (gf)	250g	£2.35
Orgran Corn & Vegetable Shells 002 (gf)	250g	£2.15
Rizopia Brown Rice Lasagne (gf) (og)	375g	£3.95
Rizopia Brown Rice Penne (gf) (og)	500g	£3.95
Rizopia Brown Rice Spaghetti (gf) (og)	500g	£3.95
Rummo Casarecce	500g	£2.40
Rummo GF Ceci & Rice Fusilli	300g	£2.40
Rummo GF Ceci & Rice Penne Rigate	300g	£2.40
Rummo GF Lentil & Rice Maccheroncelli	300g	£2.40
Rummo GF Mezzi Rigatoni	400g	£2.70
Rummo Gnocchetti	500g	£2.40
Rummo Orecchiette	500g	£2.70
Rummo Semi D'Orzo	500g	£2.05
The Yorkshire Pasta Company Conchiglie	500g	£3.50
The Yorkshire Pasta Company Mezze Maniche	500g	£3.50
The Yorkshire Pasta Company Tortiglioni	500g	£3.50
Yakso Egg Noodles (og)	250g	£2.31

## PESTO & COOKING SAUCES

Bay's Kitchen Range of Low FODMAP Cooking Sauces	260g	£3.50
Brindisa Fritada Pepper & Tomato Sauce	1	£2.75
Mr Organic Seitan Ragu Pasta Sauce (og)	350g	£2.69
Mr Organic Soya Pasta Sauce (og)	350g	£2.69
Mr Organic Tofu Pasta Sauce (og)	350g	£2.69

# Branded Foods

PESTO & COOKING SAUCES ...cont'd...

Organico Bolognese Sauce (og)	360g	£3.35
Organico Olive, Chilli & Garlic Pasta Sauce (og)	360g	£3.69
Organico Red Wine and Porcini Sauce (og)	360g	£3.55
Rice & Rice Vegan GF Bechamel Sauce	500ml	£2.65
Suma Green Pesto - Vegan (og)	160g	£2.99
Suma Napoletana Pasta Sauce (gf) (og)	350g	£2.69
Suma Pasta Sauce - Arrabbiata (og)	350g	£2.69
Suma Pesto Alla Genovese (og)	190g	£3.99
Suma Red Pesto - Vegan (og)	160g	£2.99
Zest Foods Pesto (Vegan)	165g	£2.80
Zest Foods Pesto (Vegan)	340g	£4.41

## RICE CAKES

Kallo Ancient Grain Corn Cakes (og)	150g	£1.99
Kallo Blueberry & Vanilla Rice & Corn Cakes	131g	£2.29
Kallo Corn Cakes - Thin Slice [With salt] - CC10 (og)	130g	£1.79
Kallo Rice Cakes - Thick Slice [No salt] - RC32 (og)	130g	£1.69
Kallo Rice Cakes - Thick Slice [With salt] - RC31 (og)	130g	£1.69
Kallo Rice Cakes - Thin Slice [No salt] - RC62 (og)	130g	£1.59
Kallo Rice Cakes & Sesame - Thick Slice [With salt] - RC130 (og)	130g	£1.48
Kallo Sea Salt & Balsamic Rice Cakes	127g	£1.79
Kallo Spinach & Pesto Veggie Cakes	122g	£2.99
Kallo Thin Slice Rice Cake + Dark Chocolate (og)	90g	£2.39

## SAVOURY SNACKS

Amaizin' Tomato Corn Rolls (og)	100g	£1.55
Cypressa Roasted and Salted Broad Beans	150g	£1.40
Hodmedod Roast Fava Bean Salt & Vinegar	300g	£2.99
Hodmedod Roasted Fava Beans Sea Salted	300g	£2.99
Hodmedod Roasted Peas Lightly Salted	300g	£2.99
Howdah Snacks Bakarwadi	150g	£2.50
Howdah Snacks Bombay Mix	150g	£2.50
Howdah Snacks Masala Dippers	150g	£2.50
Howdah Snacks Onion Bhaji	150g	£2.50

# Branded Foods

## SAVOURY SPREADS & PATES

Essential Vitam-R Yeast Extract (ls)	125g	£3.95
Gaea Tapenade - Aubergine	100g	£1.79
Gaea Tapenade - Kalamata	100g	£1.75
Granovita Tofu Spicy Mexican (Tubes) (og)	200g	£3.30
Mani Organics Sun Dried Tomato Spread (og)	180g	£3.69
Meridian Yeast Extract + B12 [WITH SALT]	340g	£3.79
Modernhealth Natex Yeast Extract - Low Salt (BLUE)	225g	£4.05
Modernhealth Natex Yeast Extract (YELLOW)	225g	£3.28
Suma Mushroom Pate - Tubes (og)	200g	£2.75
Suma Savoury Herb Pate - Tubes (og)	200g	£2.75
Tartex Pate - Herb & Garlic (og)	200g	£2.79
Tartex Pate - Classic (og)	200g	£2.79
Tartex Pate - Mushroom (og)	200g	£2.79

## SEA VEGETABLES

Clearspring Arame	30g	£4.69
Clearspring Atlantic Agar Flakes (Gelling Agent) (og)	30g	£5.79
Clearspring Hijiki	50g	£7.99
Clearspring Kombu	40g	£5.49
Clearspring Sushi Nori (Toasted)	17g	£3.29
Clearspring Wakame (og)	25g	£3.99
Cornish Seaweed Dulse (og)	20g	£4.39
Cornish Seaweed Sea Spaghetti (og)	40g	£4.39

## SOUP & SOUP MIXES

Free & Easy Broccoli & Kale Soup (og)	400g	£1.85
Free & Easy Butternut Squash & Ginger Soup (og)	400g	£1.85
Free & Easy Carrot & Coconut Soup (og)	400g	£1.85
Free & Easy Pea & Mint Soup (og)	400g	£1.85
Free & Easy Sweet Potato & Quinoa Soup Low Salt (og)	400g	£1.85

# Branded Foods

SOUP & SOUP MIXES ...cont'd...

Suma Minestrone Soup (og)	400g	£1.75
Suma Mushroom Soup (og)	400g	£2.09
Suma Pea & Vegan Ham Soup	400g	£2.09
Suma Pea Soup - DISCO (og)	400g	£1.55
Suma Rustic Vegetable Soup (og)	400g	£1.75
Suma Spicy Lentil Soup (og)	400g	£1.75
Suma Tomato Soup New Recipe (og)	400g	£1.75
Suma Tuscan Bean Soup (og)	400g	£1.75

## SUGAR

Billington's Dark Muscovado Sugar	500g	£1.81
Billington's Dark Soft Brown	500g	£1.79
Billington's Fairtrade Light Brown Soft (ft)	500g	£1.79
Billington's Golden Caster Sugar (og)	500g	£2.27
Billington's Golden Granulated Sugar (ft)	500g	£1.73
Billington's Light Muscovado Sugar	500g	£1.81
Billington's Natural Caster Sugar (og)	500g	£2.69
Biona Rapadura Sugar (og)	500g	£3.79
Equal Exchange Raw Cane Sugar (ft) (og)	500g	£2.39
Xylitol UK Total Sweet	225g	£2.99

## SWEET SNACKS

Bear Paws Arctic -Raspberry & Blueberry	20g	£0.59
Bear Paws Dino - Strawberry Apple	20g	£0.59
Bear Paws Jungle - Apple B'currant	20g	£0.59
Cypressa Choc. Almond Halva Bar	40g	£0.99
Everfresh Banana & Walnut Cake (og)	300g	£3.55
Fabulous Fudge Factory Chocovered Peanuts	65g	£1.69
Fabulous Fudge Factory Chocovered S/Salt Fudgee Bites	65g	£1.89
Fabulous Fudge Factory Dairy Free Chocolate Raisins	75g	£1.69
Free From Fellows Cola Bottles	100g	£1.89
Free From Fellows Gummy Bears	100g	£1.89
Free From Fellows Pear Drops	70g	£1.89
Free From Fellows Wine Gums	100g	£1.89

# Branded Foods

SWEET SNACKS ...cont'd...

Freedom Freedom Mallows - Vegantics Marshmallows	105g	£2.35
Freedom Pink & White Mini Marshmallows	75g	£2.49
Freedom Vegan Marshmallows Vanilla	75g	£2.35
Fruitina Variety Pack	15g	£0.55
Inky's Vegan Liquorice Allsorts	100g	£2.50
JealousSweets Fizzy Friends	40g	£1.29
JealousSweets Tangy Worms	40g	£1.29
JealousSweets Tropical Wonder	40g	£1.29
Just Wholefoods Frooty Fruits (og)	100g	£1.95
Just Wholefoods Vegebears Fruit Jellies (og)	100g	£1.99
Panda Bear Shapes	125g	£1.40
Panda Liquorice Bars	32g	£0.59
Panda Liquorice Cuts	240g	£2.36
Panda Liquorice Torpedos	100g	£1.49
Panda Mix	200g	£2.39
Panda Raspberry Chew	32g	£0.59
Peppersmith Chewing Gum - Fine English Spearmint	15g	£1.39
Peppersmith English Peppermint Mints	15g	£1.59
Peppersmith Eucalyptus Mints	15g	£1.59
Peppersmith Fine English Peppermint Chewing Gum	15g	£1.38
Sesame Snaps Choc [Box]	24x30g	£0.39
Sesame Snaps Coconut [Box]	24x30g	£0.39
Sesame Snaps Plain [Box]	24x30g	£0.37
Sesame Snaps Yoghurt Coated [Box]	24x30g	£0.39
Sunita Dark Chocolate Halva (og)	75g	£2.09
Sunita Grape Juice/Sultana Halva (og)	75g	£1.69
Sunita Pistachio Halva	75g	£2.05
Sunita Plain Honey Halva (og)	75g	£2.00
Yay Flapjacks Double	1	£5.00
Yay Flapjacks Single	1	£2.75

## SWEETENERS

Biona Coconut Palm Sugar (og)	250g	£2.99
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# Branded Foods

SWEETENERS ...cont'd...

Clearspring Rice Malt Syrup (og)	330g	£3.19
Honea Plant Based Fennel Honea - Vegan	230ml	£4.99
Marigold Pomegranate Molasses	250ml	£4.49
Meridian Date Syrup	330ml	£2.99
Meridian Maple Syrup (og)	330g	£6.99
Meridian SMALL - Blackstrap Molasses (ft) (og)	350g	£1.99
Rayner's Barley Malt Extract (og)	340g	£3.29
Rayner's Golden Syrup (ft) (og)	340g	£3.75
Rayner's Molasses aka Black Treacle (og)	340g	£2.59
St Lawrence Maple Syrup Grade A Amber (og)	250ml	£6.79
Suma Agave Syrup (og)	240ml	£3.99
Truvia Sweetener from the Stevia Leaf	270g	£5.49

## TEAS & HERB TEAS

Brew + Bear Black Coconut Loose Tea	100g	£6.00
Brew + Bear Decaff Ceylon Loose Tea	100g	£6.00
Brew + Bear Lapsang Souchong Loose Tea	100g	£6.00
Brew + Bear Pina Colada Loose Tea	100g	£6.00
Brew + Bear Smokey Earl Loose Tea	100g	£6.00
Celestial Seasonings Cinnamon & Cardamom Tea Bags (og)	20b	£2.95
Celestial Seasonings Ginger & Turmeric Tea Bags (og)	20b	£2.95
Celestial Seasonings Sleepytime Tea Bags	20b	£2.53
Clearspring Matcha Sencha Green Tea Bags (og)	20b	£3.69



# Branded Foods

TEAS & HERB TEAS ...cont'd...

Clipper After Dinner Mints (og)	20b	£2.19
Clipper Assam Tea Bags (ft) (og)	50b	£2.53
Clipper Calmer Chameleon (og)	20b	£2.39
Clipper Chamomile Tea Bags (ft) (og)	20b	£1.43
Clipper Dandelion Tea Bags (og)	20b	£1.45
Clipper Decaffeinated Green (og)	40b	£3.49
Clipper Earl Grey Tea Bags (ft) (og)	80bags	£3.99
Clipper Earl Grey Tea Bags (ft) (og)	50b	£2.99
Clipper English Breakfast Tea Bags - ENVELOPES (og)	25b	£2.53
Clipper Everyday Blend Tea Bags - 80's [Green Box] (og)	80b	£3.48
Clipper Everyday Decaffeinated Tea Bags (og)	40b	£3.49
Clipper Fennel Tea Bags (og)	20b	£1.43
Clipper FT Everyday Tea (og)	80b	£3.99
Clipper Green Tea (f/t) (og)	100g	£2.69
Clipper Green Tea Bags (og)	26b	£1.89
Clipper Green Tea Bags with Echinacea (ft)	20b	£1.89
Clipper Indian Chai Black Tea (og)	20b	£2.19
Clipper Lemon & Ginger Tea Bags (og)	20b	£1.79
Clipper Red Fruits Black Tea (og)	20b	£2.19
Clipper Redbush (Rooibos) Tea Bags (og)	80b	£3.70
Clipper Rise & Shine (og)	20b	£2.19
Clipper Sleep Easy Tea Bags (og)	20b	£1.43
Clipper Snore & Peace (og)	20b	£2.19
Clipper White Tea Bags with Peppermint (og)	26b	£1.90
Clipper Wild Berry Tea Bags - ENVELOPES (og)	25b	£2.96
Dr.Stuart's Detox Tea Bags	15b	£2.72
Dr.Stuart's Echinacea Plus Tea Bags	15b	£2.72
Dragonfly Rooibos Earl Grey (og)	40b	£2.74
Dragonfly Rooibos Vanilla (og)	40b	£2.74

# Branded Foods

TEAS & HERB TEAS ...cont'd...

Dragonfly Tea Cape Malay Rooibos Chai Tea Bags (og)	20b	£2.59
Dragonfly Tea Moonlight Jasmine Tea Bags (og)	20b	£2.59
Dragonfly Tea Moroccan Mint Tea Bags (og)	20b	£2.59
Dragonfly Tea Swirling Mist White Tea Bags (og)	20b	£2.69
Ecoliving Tea Basket - Stainless Steel Loose Leaf Tea Infuser	1	£4.00
Essential Chamomile Tea Bags (Demeter) (ft) (og)	20b	£1.69
Essential Peppermint Tea Bags (Demeter) (ft) (og)	20b	£1.69
Hambleden Chamomile Tea Bags (og)	20b	£2.55
Hambleden Lemon Verbena Tea Bags (og)	20b	£2.55
Hambleden Peppermint Tea Bags (og)	20b	£2.55
Hambleden Rose Hip Tea Bags (og)	20b	£3.59
Heath & Heather Apple & Cinnamon (og)	20b	£2.49
Heath & Heather Chamomile (og)	20b	£2.49
Heath & Heather Dandelion Burdock & Hawthorn (og)	20b	£2.49
Heath & Heather Nettle (og)	20b	£2.49
Heath & Heather Peppermint (og)	20b	£2.49
Heath & Heather Raspberry Leaf (og)	20b	£2.49
Heath & Heather Turmeric Root Brew (og)	20b	£2.99
Wistbray 11 O'Clock Rooibosch Tea Bags (og)	40b	£2.62

# Branded Foods

TEAS & HERB TEAS ...cont'd...

Yogi Bedtime Tea Bags (57%) (og)	17b	£2.49
Yogi Bee Happy (og)	17b	£2.49
Yogi Black Chai Tea Bags (og)	17b	£2.49
Yogi Breathe Deep Tea Bags (70%) (og)	17b	£2.49
Yogi Choc Mint (og)	17b	£2.49
Yogi Choco Tea Bags (og)	17b	£2.49
Yogi Classic [Cinnamon] Tea Bags (og)	17b	£2.49
Yogi Echinacea Special Formula Tea Bags (og)	17b	£2.49
Yogi Finest Selection (og)	18b	£2.79
Yogi Ginger Orange with Vanilla Tea Bags (og)	17b	£2.49
Yogi Ginger Tea Bags (og)	17b	£2.49
Yogi Liquorice Tea Bags (og)	17b	£2.49
Yogi Relax Tea Bags (Calming) (og)	17b	£2.49
Yogi Stomach Ease Tea Bags (76%) (og)	17b	£2.49
Yogi Sweet Chai Tea Bags (og)	17b	£2.49
Yogi Sweet Chilli Mexican Spice Tea Bags (og)	17b	£2.49
Yogi Throat Comfort Tea Bags (94%) (og)	17b	£2.49
Yogi Turmeric Chai (og)	17b	£2.49
Yogi Women's Energy Tea Bags (og)	17b	£2.49

## TINNED CONVENIENCE FOOD

Biona Brown Lentil Curry (og)	400g	£1.49
Free & Easy Bean Cassoulet (og)	400g	£2.49
Free & Easy Three Bean Chilli (og)	400g	£2.49
Free & Easy Vegetable Balti - Tinned Ready Meal (og)	400g	£2.49
Free & Easy Vegetable Hotpot - Tinned Ready Meal (og)	400g	£2.49
Granovita Nut Luncheon (tin)	400g	£2.85
Marigold Braised Tofu	225g	£2.49
Marigold Mo-Du Braised Seitan Slices	225g	£2.35
Suma Spicy Chorizo Style Stew	400g	£2.09
Suma Vegetable Stew & Dumplings	400g	£2.09

# Branded Foods

TINNED FRUIT ...cont'd...

## TINNED FRUIT

Essential Pineapple Chunks in juice (og)	400g	£2.45
Essential Young Jackfruit in Salted Water (og)	400g	£2.99
Suma Young Jackfruit Chunks (og)	400g	£2.79

## TINNED PULSES

Biona Baked Beans in Tom. Sauce (og)	400g	£1.29
Biona Chilli Black Beans (og)	400g	£1.39
Geo Organics Edamame Beans in Water	400g	£2.05
Hodmedod Fava Beans - Whole	400g	£1.09
Hodmedod Vaal Dhal - British (og)	400g	£1.89
Monjardin Chickpeas Jar (og)	325g	£2.80
Monjardin Haricot Beans (og)	325g	£2.40
Monjardin Lentils Jar (og)	325g	£2.80
Navarrico Butter Beans Jar	700g	£4.40
Navarrico Chickpeas Jar	700g	£2.95
Navarrico Haricot Beans Jar	720g	£2.95
Suma Aduki Beans (og)	400g	£1.09
Suma Baked Beans (og)	400g	£1.19
Suma Baked Beans - Low Sugar (og)	400g	£1.19
Suma Black Beans (og)	400g	£1.09
Suma Black Beluga Lentils (og)	400g	£1.19
Suma Black Chickpeas (og)	400g	£1.09
Suma Borlotti Beans (og)	400g	£1.09
Suma Butter Beans (og)	400g	£1.09
Suma Cannellini Beans (og)	400g	£1.09
Suma Chickpeas (og)	400g	£1.09
Suma Chickpeas in Water	400g	£0.75
Suma Fresh Peas (og)	340g	£1.39
Suma Green Lentils (og)	400g	£1.09
Suma Haricot Beans (og)	400g	£1.09
Suma Mixed Beans (og)	400g	£1.09
Suma Red Kidney Beans (og)	400g	£1.09

# Branded Foods

TINNED PULSES ...cont'd...

Whole Earth Baked Beans (og)	400g	£1.19
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## TOMATO PRODUCTS

Cooks & Co Sundried Tomatoes in Olive Oil	295g	£2.75
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Essential Passata (og)	700ml	£1.95
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Suma Cherry Tomatoes (og)	400g	£1.39
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Suma Passata - Basil (og)	690g	£1.99
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Suma Tomato Puree [tubes] (og)	200g	£1.29
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Suma Tomatoes - Chopped (og)	400g	£1.15
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Suma Tomatoes - Whole (og)	400g	£1.15
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## VINEGAR

Aspall Balsamic Vinegar (og)	350ml	£3.75
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Aspall Cyder Vinegar (og)	500ml	£2.39
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Aspall Raw Unfiltered Cyder Vinegar (og)	500ml	£2.85
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Aspall Red Wine Vinegar (og)	350ml	£1.89
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Aspall White Wine Vinegar (og)	350ml	£1.89
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Biona Balsamic Glaze (og)	150ml	£3.89
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Clearspring Brown Rice Vinegar (og)	150ml	£2.49
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Foodhall Project Apple of My Eye Cider Vinegar	1	£5.95
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# Branded Non-Food

listing produced on 17/04/2021

## BABYCARE PRODUCTS

The Cheeky Panda Baby Wipes - Bamboo	446g	£2.99
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## CLEANING PRODUCTS - Household

Bio D Bathroom Cleaner Spray	500ml	£2.99
Bio D Dishwasher Rinse Aid	750ml	£3.20
Bio D Fabric Conditioner	1L	£2.45
Bio D Fabric Conditioner with Lavender	1L	£2.89
Bio D Floor Cleaner + Linseed Soap	750ml	£4.25
Bio D Glass and Mirror Spray	500ml	£3.15
Bio D Laundry Bleach	400g	£2.10
Bio D Laundry Liquid	1L	£5.35
Bio D Toilet Cleaner - Nozzle Bottle	750ml	£2.45
Bio D Washing Up Liquid	750ml	£2.29
Eco Egg Laundry Egg - Spring Blossom	1egg	£11.49
Ecoforce Heavy Duty Kitchen Scourer [3s]	3pack	£1.25
Ecoforce Non-Scratch Kitchen Scourer [3s]	3pack	£1.25
Ecoforce Recycled Heavy Duty Non Scratch Sponge Scourer	2	£1.49
Ecoforce Recycled Heavy Duty Sponge 2pk	2	£4.49
Ecoforce Recycled Super Absorbent Cloth	2pack	£1.25
Ecoleaf Dishwasher Tablets	25tabs	£5.35
Ecoleaf Fabric Conditioner	1.5L	£3.99
Ecoleaf Fabric Conditioner Concentrate	750ml	£2.29
Ecoleaf Laundry Liquid	1.5L	£6.35
Ecoleaf Multi Surface Cleaner	5L	£12.25
Ecoleaf Multi Surface Cleaner (Anti-Bacterial)	500ml	£2.39
Ecoleaf Toilet Cleaner - Cool Blue	750ml	£1.99
Ecoleaf Washing Powder Concentrated	1Kg	£4.39
Ecoleaf Washing Up Liquid	1L	£2.75

# Branded Non-Food

CLEANING PRODUCTS - Household ...cont'd...

Ecoliving Compostable Sponge Cleaning Cloths	6pack	£6.99
Ecoliving Compostable Sponge Cleaning Cloths	4pack	£5.50
Ecoliving Steel Scourers 3pack	3pack	£2.85
Ecoliving Super Scrubbing Brush with Natural Bristles	1	£5.95
Ecoliving Wooden Clothes Pegs	pack of 20	£5.00
Ecovibe Toilet Bombs Tea Tree/Lemon	Single	£0.45
Ecovibe Toilet Bombs Tree Tree/Lemon	Pack of 10	£3.99
Ecozone Appliance Descaler	500ml	£3.29
Ecozone Compostable Caddy Liner 10L	22bags	£3.39
Ecozone Enzymatic Drain Sticks	23g	£6.39
Ecozone Limescale Remover - Tough	500ml	£2.85
Ecozone Machine Cleaner	135g	£4.25
Ecozone Mould Remover	500ml	£4.25
Ecozone Multi Surface Wipes - Anti Bac	40	£2.35
Ecozone Non-Bio Laundry Capsules	500g	£8.39
Ecozone Plughole Hair Unblocker	250ml	£6.75
Ecozone Rinse Aid	500ml	£2.99
Ecozone Ultra Dishwasher Tablets All In One	72tabs	£11.69
Iron & Velvet Plastic Free Water Soluble Cleaning Sachets	pack of 5	£10.00
LoofCo Bottle Brush	1	£3.29
LoofCo Washing Up Brush	1	£2.55
LoofCo Washing Up Pad	1	£2.85
Plastic Phobia BamboO Dishcloth	1	£1.49
Tru Earth Laundry Baby Eco Strips	1	£10.99
Tru Earth Laundry Eco-Strips	1	£10.99

# Branded Non-Food

COOKWARE & UTENSILS ...cont'd...

## COOKWARE & UTENSILS

Ecoliving Reusable Baking Liner	1	£12.99
Ecoliving Vegan Food Wraps	3pack	£20.00
Ecoliving Vegetable Brush	1	£5.50
Ecoliving Wooden Bottle Opener	1	£3.70
Ecoliving Wooden Cheese Slicer	1	£5.50
Ecoliving Wooden Lemon Reamer	1	£3.50
Ecoliving Wooden Potato Peeler	1	£3.70
Hill Brush Co Vegetable Brush	each	£6.99
Oakdale Bees Food Wraps Large	single	£6.99
Oakdale Bees Food Wraps Multi Pack	pack	£11.99

## DEODORANTS

Crystal Spring Melon & Cucumber Roll On	1	£4.99
Heavenly Organics Deodrant Powder - Lemon & Mint	100g	£8.99
Pitrok Push Up Crystal Deodorant	100g	£6.99
Salt of the Earth Classic Natural Crystal Deodorant - Plastic Free	75g	£4.85
Your Nature Your Nature Deodorant (various scents)	each	£7.95

## ECOLOGICAL PRODUCTS

If You Care Firelighters	72pack	£4.85
If You Care Firelighters 100% Biomass	28	£2.37
If You Care Heavy Duty Recycled Aluminium Foil	pack	£4.19
If You Care Latex House Gloves - Medium	Gloves	£3.49
If You Care Latex Household Gloves- Large	1pair	£3.49
If You Care Recycled Aluminium Foil	pack	£3.09
If You Care Unbleached Baking Cups - Large	each	£1.75
If You Care Unbleached Paper Sandwich Bags	48bags	£4.15
If You Care Unbleached Parchment Paper	each	£4.65
Oakdale Bees Make Your Own Seedbomb	1	£9.25
Organically Epic Natural Bamboo Reusable Drinking Straws	6pack	£5.50
Plastic Phobia Brushes for metal straws	1	£0.50
Plastic Phobia Metal Straws	1	£1.49



# Branded Non-Food

ECOLOGICAL PRODUCTS ...cont'd...

Tuffy Degradable Large Freezer Bags	100bag	£1.65
Tuffy Swing Bin Liners - Biodegradable	15bags	£1.52
Tuffy Totally Degradable Freezer Bags	200pack	£1.52
Tuffy Totally Degradable Refuse Sacks (18"x29"x34")	10bags	£1.59

## ESSENTIAL OILS & BURNERS

Agnes + Cat Ceramic Diffuser	1	£15.00
Amour Natural Cleansing & moisturising Set	each	£8.95
Amour Natural Energising & Revitalising Set	each	£8.95
Amour Natural Essential Oils Roller Balls Various (ask for details)	each	£5.95
Amour Natural Essential Oils Various (ask for details)	each	£4.95
Amour Natural Essential Oils Various Organic (ask for details) (og)	each	£5.95
Amour Natural Natural Health & Travel Set	each	£10.95
Amour Natural Relaxing & Soothing Set	each	£13.95
Amour Natural Tear Drop Oil Burner	each	£7.95
Ancient Wisdom Wax Melts	1	£0.75

## GIFTWARE

Avocado Cards	1	£2.50
FOSH Bottle Lids	1	£3.50
FOSH Bottle Patterned	1	£22.50
FOSH Bottle Plain	1	£22.50
Fran Halsall Large Cards	each	£2.00
Musker Sherwood Designs Greeting Cards	each	£3.55
Musker Sherwood Designs Greeting Cards With Knitting	each	£3.95
rCups rCup Short	8oz	£10.00
rCups rCup Tall	12oz	£11.00
Sheffield Yoga School Greetings Cards	each	£2.00

# Branded Non-Food

HAIR CARE ...cont'd...

HAIR CARE		
Alter/native Clear & Simple Conditioner	5L	£39.99
Alter/native Clear & Simple Conditioner	400ml	£5.19
Alter/native Clear & Simple Shampoo	5L	£39.99
Alter/native Clear & Simple Shampoo	400ml	£5.19
Alter/native Hair Conditioner Bar - Coconut	90g	£5.45
Alter/native Hair Conditioner Bar - Rose	90g	£5.45
Alter/native Patchouli & Sandalwood Conditioner	400ml	£5.19
Alter/native Patchouli & Sandalwood Shampoo	400ml	£5.19
Faith Body Wash - Wild Rose	400ml	£5.79
Faith Coconut & Shea Butter Hair Mask	300ml	£6.99
Faith Conditioner - Coconut	400ml	£5.79
Faith Conditioner - Lavender & Geranium	400ml	£5.79
Faith Conditioner - Rosemary	400ml	£5.79
Faith Conditioner - Tea Tree	400ml	£5.79
Faith Shampoo - Aloe Vera (og)	400ml	£5.79
Faith Shampoo - Coconut	400ml	£5.79
Faith Shampoo - Hemp & Meadowfoam	400ml	£5.79
Faith Shampoo - Lavender & Geranium	400ml	£5.79
Faith Shampoo - Rosemary	400ml	£5.79
Faith Shampoo - Tea Tree	400ml	£5.79
Friendly Soap Conditioner Bar-Lav & Geranium	95g	£4.95
Friendly Soap Hair Selection - Shampoo & Conditioner	480g	£14.95
Friendly Soap Shampoo Bar - Fragrance Free	95g	£2.75
Rugged Nature Hair Clay Lemongrass/Sandalwood/Cedarwood	100g	£9.50
Rugged Nature Natural Hair Wax	90g	£9.50

# Branded Non-Food

HAIR CARE ...cont'd...

Sheffield Skincare Company Luscious Lock Conditioner Bar	Large	£6.00
Sheffield Skincare Company Luscious Locks Conditioner Bar	Small	£2.00
Sheffield Skincare Company Luscious Locks Shampoo Bar	Large	£6.00
Sheffield Skincare Company Luscious Locks Shampoo Bar	Small	£2.00
Sheffield Skincare Company Yorkshire Goddess Conditioner Bar	Large	£6.00
Sheffield Skincare Company Yorkshire Goddess Conditioner Bar	Small	£2.00
Sheffield Skincare Company Yorkshire Goddess Shampoo Bar	Large	£6.00
Sheffield Skincare Company Yorkshire Goddess Shampoo Bar	Small	£2.00

## HEALTHCARE & SUPPLEMENTS

Biosun Hopi Earcandles Single Pair	pair	£9.95
Ricola Original Swiss Herb Drops with Stevia (box)	45g	£1.59
Weleda Arnica Ointment	25g	£7.95

## INCENSE & CANDLES

Ancient Wisdom Incense Burner Pack	1	£1.25
Greater Goods Cinnamon & Spice Incense	12sticks	£2.00
Greater Goods Frankincense Incense	12 sticks	£2.00
Greater Goods Jasmine Incense	12 sticks	£2.00
Greater Goods Lotus Incense	12 sticks	£2.00
Greater Goods Musk Incense	12 sticks	£2.00
Greater Goods Opium Incense	12 sticks	£2.00
Greater Goods Orange Blossom Incense	12 sticks	£2.00
Greater Goods Patchouli Incense	12sticks	£2.00
Greater Goods Vanilla Incense	12 sticks	£2.00
Moorlands Mixed Pairs Multi-coloured Candles	11pairs	£2.45
Moorlands Rainbow Selection Standard	50pairs	£2.09
Oakdale Bees Beehive Skep Candle Set	set of 2	£8.00
Oakdale Bees Bees Wax Rolled Candles	box of 8	£13.99
Oakdale Bees Faberge Egg Candles	each	£13.50
Oakdale Bees Pinecone Candle	each	£9.00
The Yorkshire Candle Company Candles (various scents)	1	£5.95

# Branded Non-Food

ORAL HEALTHCARE ...cont'd...

## ORAL HEALTHCARE

Aloe Dent Aloe Vera Mouthwash	250ml	£4.99
Ben & Anna Toothpaste - Sensitive (og)	100ml	£8.95
Biomed Toothpaste - Sensitive	100g	£2.95
Ecoliving Eco Floss - Plant-Based Vegan Dental Floss	2pack	£3.25
Ecoliving Toothpaste Tablets in Tin	1	£3.50
Ecoliving Toothpaste Tablets Refill Pack	1	£4.95
F.E.T.E Bamboo Toothbrush	pack of 4	£14.99
F.E.T.E Bamboo Toothbrush	single	£3.99
F.E.T.E Bamboo Toothbrush Travel Case	each	£10.00
Humble Brush Interdental Brush - Blue	8Pack	£4.15
Humble Brush Interdental Brush - Pink	8Pack	£4.15
Humble Brush Interdental Brush - Red	8Pack	£4.15
Jack N Jill Toothpaste - Strawberry	50g	£4.99
Kingfisher Children's Strawberry Toothpaste - Fluoride Free	75ml	£2.49
Kingfisher Toothpaste Charcoal Naturally Whitening	100ml	£3.45
Kingfisher Toothpaste Fennel - Red	100ml	£2.85
Kingfisher Toothpaste Fennel Fl-Free - Purple	100ml	£2.85
Kingfisher Toothpaste Mint/Lem. Fl-Free - Dk. Green	100ml	£2.85
Kingfisher Toothpaste Mint/Lem.- Lt. Green	100ml	£2.85
Organically Epic Interdental Brushes	1	£4.99
Organically Epic Vegan Charcoal Floss	1	£5.25
Organically Epic Vegan Charcoal Floss Refill	1	£6.90
Plastic Phobia Bamboo Toothbrush Holder	Single	£2.99
Plastic Phobia Bamboo Toothbrush Holder	Family	£7.00
Sarakan Toothpaste	50ml	£2.69
The Natural Family Co Twin Pack Toothbrushes	2	£6.49
Weleda Toothpaste - Salt	75ml	£4.95

## PAPER PRODUCTS - Recycled

Bamboo Bobbi Toilet Roll	1 x 6 pack	£2.95
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# Branded Non-Food

PAPER PRODUCTS - Recycled ...cont'd...

Ecoleaf "RETAIL" - Toilet Tissue [Green Packs]	4rolls	£2.29
Ecoleaf Jumbo Kitchen Towel	1roll	£2.49
Ecoleaf Kitchen Towels 3 Ply	2rolls	£1.85
If You Care Unbleached Coffee Filters No 4 [Large]	100pack	£3.15
The Cheeky Panda Bamboo Facial Tissue Flat Box	box	£1.99

## SANITARY PRODUCTS

&Sisters Nudie Period Cup Small/Med/Large	each	£24.95
Bloom & Nora Bloom Singles Reusable Pads - Midi	1	£6.65
Bloom & Nora Bloom Singles Reusable Pads - Mini	1	£5.49
Bloom & Nora Nora Singles Reusable Pads - Midi	1	£6.65
Mooncup Size A	each	£20.95
Mooncup Size B	each	£20.99
Natracare [1000] Tampons - Regular (og)	20pack	£2.59
Natracare [2000] Tampons - Super (og)	20pack	£2.69
Natracare [2002] Tampons - Super Plus (og)	20pack	£2.79
Natracare [3001] REGULAR Ultra Pads with Wings	14pack	£2.49
Natracare [3060] Panty Liners - Curved	30pack	£1.79
Natracare [3080] SUPER Ultra Pads with Wings	12pack	£2.49
Natracare [8002] Tampons - Regular Applicator (og)	16pack	£2.89
Natracare [9002] Tampons - Super Applicator (og)	16pack	£2.99

# Branded Non-Food

SOAPS & HANDWASHES ...cont'd...

## SOAPS & HANDWASHES

Alter/native Ayurvedic Soap Bar	95g	£2.95
Alter/native Cinnamon & Orange Soap	95g	£2.29
Alter/native Detox Soap Bar - Charcoal	95g	£2.95
Alter/native Glycerine Shampoo Bar Coconut & Argan Oil	90g	£3.55
Alter/native Glycerine Soap - Grapefruit & Aloe Vera	90g	£1.69
Alter/native Glycerine Soap - Hemp Oil & Vitamin E	90g	£1.69
Alter/native Glycerine Soap - Rose & Geranium	90g	£1.69
Alter/native Glycerine Soap - White Lavender	90g	£1.69
Alter/native Lavender & Geranium Soap	90g	£2.55
Alter/native Lavender & Lime Handmade Soap	95g	£2.29
Alter/native Lemongrass & Chamomile Soap	95g	£2.29
Alter/native Peppermint & Pine Oil Soap	95g	£2.29
Alter/native Shampoo Bar - Rose & Geranium	95g	£2.95
Alter/native Soap Gift Set - Botanical	set	£11.00
Alter/native Soap Gift Set - Floral	set	£13.50
Alter/native Tea Tree & Eucalyptus Soap	95g	£2.29
Alter/native Travel Soap Tin	each	£2.95
Bio D Sanitising Handwash - Lime & Aloe Vera	500ml	£4.19
Bio D Sanitising Handwash - Unfragranced	500ml	£3.95
Ecoliving Organic Marseille Soap Bar	300g	£4.95
Faith Body Wash - Dragon Fruit	400ml	£5.79
Friendly Soap Cleansing Bar - Cocoa Butter	95g	£2.75
Friendly Soap Cleansing Bar - Shea Butter	95g	£2.75
Friendly Soap Facial Selection - 4 flavours	480g	£10.99
Friendly Soap Natural Shampoo Bar Lavender & Geranium	95g	£2.75
Friendly Soap Natural Shampoo Bar Lavender & Tea Tree	95g	£2.75
Friendly Soap Natural Shaving Soap Orange and Lavender	95g	£2.75
Friendly Soap Natural Travel Soap	95g	£2.75
Friendly Soap Soap - Aloe Vera Fragrance Free (Palm Oil Free)	95g	£2.25
Friendly Soap Soap Selection - 4 flavours	480g	£9.49
Friendly Soap Travel Selection - 4 Flavours	380g	£10.49

# Branded Non-Food

SOAPS & HANDWASHES ...cont'd...

Plastic Phobia Bamboo Soap Dish	1	£3.99
Rampal-Latour Unwrapped Olive Oil Soap [10 Pack]	600g	£7.89
Tanjero Soaps Soap Double	1	£2.95
Tanjero Soaps Soap Single	1	£1.95

## TOILETRIES & BODYCARE PRODUCTS

Agnes + Cat Bath Fizz	1	£4.99
Agnes + Cat Bath Salts	1	£9.95
Agnes + Cat Lip Balm	1	£4.99
Agnes + Cat Soap on a Rope	1	£7.00
Alter/native Cotton Soap Bag (og)	each	£1.95
Amour Natural French Green Clay	80g	£4.95
Amour Natural French White Clay	50g	£4.95
Amour Natural Muslin Cloth	each	£3.95
Ancient Wisdom Bath Bombs	1	£3.00
Ancient Wisdom Bath Fizzers	1	£3.00
Ancient Wisdom Vegan Shaving Brush Pack	1	£2.75
Badger Balm Lip Balm Sticks - Blue Pack (og)	sticks	£14.99
Bolzano SuperInox Stainless Double Edge Razor Blades	5pack	£1.25
Ecoliving Kids Natural Vegan Nailbrush	1	£3.75
Ecoliving Natural Nail Brush	1	£4.95
Ecoliving Organic Make Up Remover Wipes & Wash Bag	10pack	£13.50
Ecoliving Plastic Free Safety Razor	1	£25.00
F.E.T.E Konjac Sponge	1	£5.99
Faith Body Wash - Fragrance-Free	400ml	£5.79
Faith Body Wash - Grapefruit & Orange	400ml	£5.79
Faith Body Wash - Lavender & Geranium	400ml	£5.79
Heavenly Organics Eye & Face Cream - Chamomile	25g	£8.99
Heavenly Organics Eye & Face Cream - Rose & Geranium	25g	£10.99
Heavenly Organics Facial Scrub - Rose Geranium	100g	£9.59
Heavenly Organics Rose & Geranium Body Butter (og)	100g	£8.99
Heavenly Organics Rose Geranium Facial Cleanser	110g	£8.99

# Branded Non-Food

TOILETRIES & BODYCARE PRODUCTS ...cont'd...

Last Object LastSwab Reusable Swab Basic	each	£8.99
Last Object LastSwab Reusable Swab Beauty	each	£8.99
Plastic Phobia Bamboo Comb	1	£2.50
Rugged Nature Moisturiser Natural/Arrowroot	250ml	£14.50
Sheffield Skincare Company Bath Truffles Rose/Lavender	each	£2.40
Simply Gentle Cotton Buds (og)	200pack	£2.48
Simply Gentle Cotton Wool Pads (og)	100pck	£2.15
Simply Gentle Cotton Wool Pleats (og)	100g	£2.49
Smallwood Bees Lip Balms	1	£3.99
SOS Serum Skincare H2O Day Cream	50ml	£13.95
SOS Serum Skincare Serum	50ml	£13.95
SOS Serum Skincare SPF50 Sun Cream	50ml	£13.95
Weleda Shaving Cream	75ml	£11.95



# Chilled Goods

listing produced on 17/04/2021

## BURGERS & SAUSAGES

Dragonfly Mixed Case Beany Burgers (og)	200g	£2.39
Dragonfly Soysage (og)	200g	£2.35
Fry's Burgers	320g	£3.20
Fry's Hot Dogs	360g	£3.99
Fry's Polony - Slicing Saus.	500g	£4.35
Fry's Sausage Rolls	400g	£3.15
Fry's Traditional Sausages	380g	£4.15
Taifun Wiener/Frankfurters (og)	300g	£5.29
Topas "Salami" Slices (og)	100g	£2.45
Topas Gran Chorizo (og)	200g	£5.85
Veg Choice Burgers	200g	£0.99
Veg Choice Sausages	200g	£0.99
Wicken Fen Carrot & Coriander Sausages	280g	£2.86
Wicken Fen Mushroom & Tarragon Sausages	280g	£2.69
Wicken Fen Tomato & Garlic Sausages	280g	£2.69

## BUTTER & MARGARINE

Carron Lodge Salted Butter	1	£1.98
Carron Lodge Unsalted Butter	1	£1.98
Longley Farm Jersey Butter	250g	£2.05
Naturli Spreadable Vegan Butter (og)	225g	£2.00
Naturli Vegan Butter Block (og)	200g	£2.00
Suma Olive Spread	500g	£2.29
Suma Soya Spread	500g	£1.99
Suma Sunflower Spread (og)	500g	£3.09
Yeo Valley Butter - Salted (og)	250g	£2.75
Yeo Valley Butter Unsalted (og)	250g	£2.75

# Chilled Goods

CHEESE & CHEESE SUBSTITUTES ...cont'd...

## CHEESE & CHEESE SUBSTITUTES

... Cambozola	1	£2.93
... Cornish Camembert	1	£2.93
... Flower Marie Ewes Cheese	1	£7.50
... Halloumi Cows Milk	1	£1.92
... Halloumi w/ewes & goats milk	1	£3.88
... Merci Chef Soignon	1	£2.51
... Norfolk White Lady	1	£5.20
... Somerset Camembert	each	£2.93
... Yorkshire Red	1	£3.03
... Yorkshire Wensleydale	1	£3.35
Apetina Paneer Cheese	1	£2.49
Biona Emmental - NO SPLIT CASE (og)	200g	£4.99
Bookham Fine Foods Sussex Charmer	200g	£3.30
Bookhams Vegetarian Pasta Cheese	150g	£3.39
Brindisa Diaz-Miguel Manchego	1	£3.95
Carron Lodge Cheddar Block	1	£4.19
Collebianco Buffalo Mozzarella	1	£3.47
Cotswold Organic Brie	1	£5.74
Cotswold Organic Smoked Brie	1	£4.55
Cricket St Thomas Capricorn Goats Cheese	1	£2.57
Cypressa Feta (og)	200g	£3.29
Cypressa Halloumi Organic (og)	225g	£3.99
Epui Cheeses Marscapone	1	£1.95
Epui Cheeses Ricotta	1	£1.13
Godminster Cheddar Cheese - Oak Smoked	200g	£5.99
Goldsteig Mozzarella	1	£0.90
Kolios Feta	1	£2.34

# Chilled Goods

CHEESE & CHEESE SUBSTITUTES ...cont'd...

Leagram Creamy Cheese	1	£4.15
Leagram Crumbly Cheese	1	£4.15
Leagram Goats Cheese	1	£4.15
Leagram Organic Soft Lancashire	1	£3.15
Leagram Sheeps Cheese	1	£4.15
Longley Farm Cottage Cheese	250g	£0.99
Longley Farm Cottage Cheese Chives	250g	£0.99
Longley Farm Full Fat Soft Cheese	200g	£1.08
Lye Cross Mature Cheddar Cheese - Set Weight Pieces (og)	245g	£3.65
Lye Cross Medium Cheddar Cheese - Set Weight Pieces (og)	245g	£3.49
Lye Cross Red Leicester Cheese - Set Weight Pieces (og)	245g	£3.49
Lye Cross Vintage Cheddar Cheese - Set Weight Pieces (og)	245g	£3.85
Lye Cross Wensleydale Cheese - Set Weight Pieces (og)	245g	£3.49
Shepherds Purse Bluemin White	170g	£5.65
Shepherds Purse Harrogate Blue	180g	£3.99
Shepherds Purse Yorkshire Blue Cheese	180g	£3.78
Shorrocks Lancashire Bomb	1	£5.99
Snowdonia Amber Mist	1	£3.90
Snowdonia Beechwood 200g	1	£3.90
Snowdonia Black Bomber	1	£3.84
Snowdonia Green Thunder	1	£3.70
Snowdonia Red Devil	1	£3.70
Snowdonia Ruby Mist	1	£4.01
Trevarrian Cornish Creamery Cornish Camembert	1	£3.04
Trevarrian Cornish Creamery St Endellion Brie	1	£3.04
Tuxford & Tebbutt Creamery Blue Stilton	1	£2.20

## CHEESE SUBSTITUTE - Branded

Applewood Smoked Cheese Block	200g	£2.65
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# Chilled Goods

CHEESE SUBSTITUTE - Branded ...cont'd...

Bute Island "CREAMY" Sheese - Cheddar [Non-Hydrogenated Fats]	255g	£2.39
Bute Island "CREAMY" Sheese - Garlic & Herb [Non-Hydrogenated Fats]	255g	£2.39
Bute Island "CREAMY" Sheese - Original [Non-Hydrogenated Fats]	255g	£2.39
Bute Island "CREAMY" Sheese - with Chives [Non-Hydrogenated Fats]	255g	£2.39
Bute Island Grated Mature Cheddar Style	200g	£2.95
Bute Island Grated Mozzarella Style	200g	£2.95
Bute Island Mature Cheddar Block Made From Coconut	200g	£2.95
Bute Island Mild / White Cheddar Block Made From Coconut	200g	£2.19
Bute Island Red Leicester Style	200g	£2.19
Bute Island Sheese - Wensleydale Style With Cranberry	200g	£2.45
Follow Your Heart Parmesan - Grated	142g	£4.65
GreenVie Greek Style Block	200g	£2.49
GreenVie Halloumi Style	200g	£2.99
Koko Cheddar Cheese Alternative	200g	£2.49
Mexicana Spicy Mexican Cheddar Style	200g	£2.65
Mouse's Favorite Camembert Style	135g	£8.60
Schlagfix Vegan Mascarpone	250g	£3.15
Soul Cheeze Camembert	1	£5.95
Soul Cheeze Chilli	1	£5.95
Soul Cheeze Garlic & Herb	1	£5.95
Soul Cheeze Mozzarella	1	£5.95
Soul Cheeze Original	1	£5.95
Soul Cheeze Smoked	1	£5.95
Soul Cheeze The Blue	1	£6.95
Tyne Chease Applewood Chease	150g	£8.95
Tyne Chease Ethiopian Spice Chease	150g	£7.95
Tyne Chease Original Cheese	150g	£7.95
Tyne Chease Smoked Chease	150g	£7.95
Tyne Chease Truffle Chease	150g	£8.95

# Chilled Goods

CHILLED DRINKS ...cont'd...

## CHILLED DRINKS

Minor Figures Chai Latte Drink	200ml	£1.99
Minor Figures Latte Coffee Drink	200ml	£1.99
Minor Figures Matcha Latte	200ml	£1.99
Minor Figures Mocha Coffee Drink	200ml	£1.99
PJ Kombucha Ginger & Lime	330ml	£2.95
PJ Kombucha Orange Hibiscus	330ml	£2.95
PJ Kombucha Original	330ml	£2.95
PJ Kombucha Pink Grapefruit	330ml	£2.95
PJ Kombucha Raspberry Lemonade	330ml	£2.95
Sojade Natural Soya Kefir (og)	250ml	£1.75

## CHILLED GOODS - General Items

Biona Horseradish Relish (og)	125g	£2.99
Bonsan Kofu Fishfree fillet (og)	150g	£4.05
Cultured Food Company Ruby Red Raw Sauerkraut (og)	400g	£5.35
Delphi Dolmades - Fresh Stuffed Vine Leaves	150g	£2.05
Dragonfly Tofu Marinated Super Firm (og)	200g	£2.79
Dragonfly Tofu Natural Super Firm (og)	300g	£2.25
Florentin Falafel (og)	250g	£3.79
Follow Your Heart Garlic Veganaise (og)	340g	£2.79
Follow Your Heart Original Veganaise	340g	£3.09
Follow Your Heart Sriracha Veganaise	340g	£4.09
Italianeese Vegan Cheese and Onion Roll	1	£1.90
Italianeese Vegan Cheese Roll	1	£1.90
Macsween's Vegetarian Haggis	400g	£4.40
Macsween's Vegetarian Haggis	200g	£2.25
Raw Vibrant Living Fresh Sauerkraut (og)	410g	£4.45
The Bury Black Pudding Co Vegan Black Pudding	220g	£1.65
The Coconut Collaborative Vanilla Custard	400g	£2.99

# Chilled Goods

CHILLED GOODS - General Items ...cont'd...

This Isn't Bacon Rashers	120g	£3.65
This Isn't Chicken Black Pepper	190g	£4.55
This Isn't Chicken Soy & Garlic	190g	£3.65
This Isn't Chicken Tikka Pieces	140g	£3.65
Tideford Farmhouse Soup (og)	600g	£3.05
Tideford Fresh Red Miso (og)	320g	£5.35
Tideford Fresh White Miso (og)	320g	£5.35
Tideford Lentil and Spinach Dahl (og)	600g	£3.05
Tideford Minestrone Soup (og)	600g	£3.05
Tideford Red Lentil Soup (og)	600g	£3.05
Tideford Smoky Tomato & Lentil Soup (og)	600g	£3.05
Tideford Soup - Tomato & Basil with Red Pepper (og)	600g	£3.05
Tideford Summer Pea Soup (og)	600g	£3.05
Tideford Supergreens Soup (og)	600g	£3.05
Tideford Sweet Potato Soup (og)	600g	£3.05
Tideford Winter Spiced Parsnip Soup (og)	600g	£3.05
Tofurky Italian Sausage with Sun-Dried Tomatoes and Basil	250g	£3.65
Tofurky Lightly Seasoned Chick'n	227g	£4.29
Tofurky Smoked Ham Style Slices	156g	£3.15
Topas Space Bar - Chorizo (og)	40g	£1.25
Topas Space Bar with Hemp (og)	40g	£1.49
Topas Vegan Chorizo Slices (og)	80g	£2.75
Topas Wheaty Merguez Sausage (og)	200g	£4.39
Tummy Tonics Celeriac & Red Onion Sauerkraut	1	£4.50
Tummy Tonics Farmhouse Sauerkraut	1	£4.50

## EGGS

... Organic Eggs (og)	1	£2.30
... Organic Eggs XL	1	£2.40
Elliot Eggs Ltd Dozen Medium Free Range	1	£1.90
Elliot Eggs Ltd Large Eggs	6 box	£1.10
Elliot Eggs Ltd Med Eggs	6 Box	£1.00

# Chilled Goods

FRESH BREAD ...cont'd...

## FRESH BREAD

4 Eyes Patisserie Chocolate Brownie	1	£2.50
4 Eyes Patisserie Vegan Roll	1	£2.50
4 Eyes Patisserie Veggie Sausage Roll	1	£2.50
Depot Bread 3 Seed Bloomer	1	£3.30
Depot Bread Almond Croissant	1	£1.75
Depot Bread Ciabatta	1	£2.32
Depot Bread New York Deli Rye	1	£3.30
Depot Bread Plain Croissant	1	£1.55
Depot Bread Sourdough Bloomer	1	£3.30
Gerrys Bread CROMWELL SEEDED 800G	1	£3.10
Gerrys Bread Dark Rye with Poppy Seeds	1	£3.30
Gerrys Bread Hoolemeal 800g	1	£3.10
Gerrys Bread Malted Large	1	£3.10
Gerrys Bread Marmite & Cheese	1	£3.20
Gerrys Bread Spelt Large	1	£4.50
Gerrys Bread White Large	1	£3.10
Tower of Bagel Bagel	1	£1.20
Tower of Bagel Focaccia	1	£2.10
Tower of Bagel Wholemeal Loaf	1	£2.50

## FROZEN CONVENIENCE FOOD

Clives Pies Mushroom & Leek Pie - Gluten Free (og)	235g	£3.15
Clives Pies Nut Roast (GF) (og)	280g	£5.45
Fry's Country Mushroom Pies	350g	£3.89
Fry's Crispy Prawns	250g	£4.25
Fry's Pepper Steak Style Pies	350g	£3.89
Good Life Katsu Burgers	215g	£3.09
Good Life Mushroom & Spinach Kiev	250g	£3.15
Good Life Nut Burger with Cashew, Carrot & Parsnip	320g	£3.05
Good Life Spicy Bean Burger	454g	£3.09

# Chilled Goods

FROZEN CONVENIENCE FOOD ...cont'd...

Green Pepper Pizza Doughballs	1	£2.50
Green Pepper Pizza Pizza	1	£4.75
Green Pepper Pizza Stuffed Crust Pizza	1	£5.75
Naturli Schnitzel	300g	£4.20
Naturli Vegan Balls	300g	£3.50
Quorn Chicken style Vegan Pieces	280g	£3.19
The Vigilantes Jackfruit Burger Melts	292g	£3.50
Yutaka Vegetable Gyoza Dumplings	240g	£2.99

## FROZEN FOODS - General Items

Clives Pies Aloo Gobi Pie (gf) (og)	260g	£3.15
Clives Pies Chickpea Tagine Pie (gf) (og)	260g	£3.15
Clives Pies French Cassoulet Pie (gf) (og)	260g	£3.15
Clives Pies Lentil & Olive Pie (gf) (added sugar) (og)	260g	£3.15
Clives Pies Veg. Chilli Pie (gf) (og)	260g	£3.15
Good Life 14 Falafel with Cumin	280g	£2.29
Impulse Tempeh (og)	227g	£2.85
Naturli Vegan Mince	325g	£3.30
Naturli Vegan Sausages	300g	£4.25
Theo's Filo Pastry	400g	£1.65

## FROZEN FRUIT & VEG

Bio Inside Frozen Peas- SMALL PACK (og)	300g	£1.45
Bio Inside Frozen Sweetcorn (og)	300g	£1.89
Natural Cool Berry Mix (og)	300g	£3.49
Natural Cool Blueberries (og)	300g	£3.49
Natural Cool Cut Green Beans - Demeter (og)	450g	£2.05
Natural Cool Raspberries (og)	300g	£3.85
Natural Cool Sour Cherries (og)	300g	£3.49
Natural Cool Spinach - Demeter (og)	450g	£2.05
Natural Cool Strawberries (og)	300g	£3.49
Windmill Hill British Blackcurrants (og)	400g	£2.89
Windmill Hill British Summer Fruits	330g	£2.89
Yutaka Shelled Edamame Beans	500g	£2.20



# Chilled Goods

## ICE CREAM

Amando Vegan Vanilla & Chocolate Gelato	400g	£4.75
Booja Booja Caramel Pecan Praline Ice Cream (og)	110ml	£2.05
Booja Booja Caramel Pecan Praline Ice Cream (og)	500ml	£5.69
Booja Booja Choc Salted Caramel Ice Cream (og)	500ml	£5.69
Booja Booja Hazel Choc & Truffle Ice Cream (og)	500ml	£5.69
Booja Booja Hunky Punky Chocolate - Stuff in a Tub (og)	500ml	£5.69
Booja Booja Hunky Punky Chocolate SMALL - Stuff in a Tub (og)	110ml	£2.05
Booja Booja Keep Smiling Vanilla M'Gorilla - Stuff in a Tub (og)	500ml	£5.69
Booja Booja Raspberry Ripple Ice Cream (og)	110ml	£2.05
Booja Booja Raspberry Ripple Ice Cream (og)	500ml	£5.69
Booja Booja Vanilla M'Gorilla - No split cases (og)	110ml	£2.05
Callipo Vegan Icecream with Strawberry Sauce	310g	£3.98
Yee Kwan Vegan Ice Cream Small	100ml	£1.60
Yee Kwan Vegan Icecream Large	500ml	£4.99
Yeo Valley Mint Chocolate Chip Ice Cream (og)	500ml	£4.19
Yeo Valley Sea Salted Caramel Ice Cream (og)	500ml	£4.19
Yeo Valley Vanilla Ice Cream (og)	500ml	£4.19

## MEAT SUBSTITUTES

V Bites All Day BCN Streaky Style Rashers	115g	£2.49
V Bites Velicious Hmm Ham Slice	100g	£1.79

## PATES, DIPS & SPREADS

Delphi Aubergine Dip	170g	£1.85
Delphi Chargrill Red Pepper Hummus	170g	£1.19
Delphi Hummus Fresh	170g	£0.95
Delphi Lemon & Coriander Hummus	170g	£1.15
Suma Mushroom (Bombe)	200g	£2.79

## TOFU & TOFU BASED PRODUCTS

Better Nature Tempeh Rashers (og)	120g	£3.29
Clear Spot Tofu Plain (Large) (og)	450g	£3.15
Clear Spot Tofu Plain [Small] (og)	280g	£1.99

# Chilled Goods

TOFU & TOFU BASED PRODUCTS ...cont'd...

Kabayan Tempeh Fresh Tempeh Large	1	£4.75
Kabayan Tempeh Fresh Tempeh Small	1	£3.20
Taifun Basil Tofu (og)	200g	£3.99
Taifun Feto Natural Tofu (og)	200g	£3.79
Taifun Smoked Almond/Sesame Tofu Slice (og)	200g	£4.05
Taifun Tofu Rosso (og)	200g	£3.99
Viana Hazelnut Tofu (og)	250g	£2.75
Viana Smoked Tofu (og)	250g	£3.09

## YOGHURT, CREAM & NON-DAIRY SUBSTITUTES

Acorn Cream (og)	1	£1.75
Bergerie Sheeps Greek-Style Yoghurt (og)	250g	£1.61
Bio-tiful Dairy Kefir - Cultured Milk Drink (og)	500ml	£2.90
GreenVie Vegan Sour Cream	250g	£3.35
Koko Coconut & Lemon Yoghurt (added sugar)	2x125g	£1.49
Koko Peach & Passionfruit Yoghurt (added sugar)	2x125g	£1.49
Koko Raspberry Yoghurt Alternative (added sugar)	2x125g	£1.49
Koko Strawberry Yoghurt Alternative (added sugar)	2x125g	£1.49
Longley Farm Buttermilk	500ml	£0.97
Longley Farm Fromage Natural	200g	£0.64
Longley Farm Greek Yoghurt Plain	450g	£1.20
Longley Farm Greek Yoghurt with Berries	450g	£1.50
Longley Farm Greek Yoghurt with Honey	450g	£1.50
Longley Farm Large Bio Yoghurt Low Fat	450g	£0.95
Longley Farm Natural Yoghurt Large	450g	£0.95
Longley Farm Small Fruit Yoghurt	150g	£0.42
Peak District Dairy Laura's Dairy Lemon Curd Yoghurt	500g	£2.75
Peak District Dairy Laura's Dairy Natural Yoghurt	500g	£2.10
Peak District Dairy Laura's Dairy Raspberry Yoghurt	500g	£2.75
Peak District Dairy Laura's Dairy Salted Caramel Yoghurt	500g	£2.75
Peak District Dairy Laura's Dairy Strawberry Yoghurt	500g	£2.75
Schlagfix Vegan Whipping Cream	200ml	£0.99

# Chilled Goods

YOGHURT, CREAM & NON-DAIRY SUBSTITUTES ...cont'd...

Yeo Valley Yeo Natural (og)	500g	£1.75
Yeo Valley Yogurt - Greek Style Natural (og)	450g	£1.99

## YOGURT SUBS

Co Yo Coyo Coconut Milk Yoghurt Natural	400g	£4.99
Koko Plain Yoghurt Alternative	500g	£1.99
Provamel Natural Yofu (og)	500g	£2.35
Sojade Apricot Soya Yogurt (og)	400g	£2.15
Sojade Banana & Passion Soya Yoghurt (og)	400g	£2.75
Sojade Blueberry Cherry Soya Yoghurt (og)	400g	£2.75
Sojade Mango & Peach Soya Yogurt (og)	400g	£2.05
Sojade Natural "Live" Soya Yoghurt (og)	250g	£0.91
Sojade Natural Soya Yogurt + Bifidus (og)	400g	£1.35
Sojade Soya Yogurt - Greek Style Natural (og)	400g	£2.08

# Prepacks

listing produced on 17/04/2021

## PREPACKED COMMODITIES

Almonds Flaked	125g	£1.99
Almonds Ground (og)	125g	£3.39
Almonds Whole (og)	125g	£2.99
Almonds Whole	125g	£2.15
Apple Rings (SO2)	150g	£1.99
Apricots Whole (og)	250g	£3.15
Barley Grain (Pearl)	500g	£1.19
Biofair Black Quinoa Grain (og)	400g	£4.75
Biofair Quinoa Red (og)	500g	£5.49
Biona Amaranth Seed (og)	500g	£2.69
Biona Red Camargue Rice (og)	500g	£3.49
Biona Risotto Brown Rice (og)	500g	£2.99
Biona Wild Rice Mix (og)	500g	£3.59
Bran Sticks - Malted (og)	250g	£1.75
Brazilnuts Whole (og)	125g	£2.59
Brazilnuts Whole	125g	£1.99
Buckwheat Flakes (og)	500g	£3.75
Calasparra White Paella Rice	500g	£2.95
Cashew LWP	250g	£2.25
Cashew Salted	125g	£3.45
Cashew Whole (og)	250g	£5.45
Chopped Mixed Nuts	250g	£2.65
Coconut Chips	150g	£1.55
Crazy Jack Ready To Eat Figs (og)	200g	£2.85
Crazy Jack RTE Soft Dates (og)	200g	£2.15
Crazy Jack Soft Apricots (og)	200g	£4.99
Currants (og)	250g	£2.85
Dates Medjool - Ready to Eat (og)	250g	£4.25
Dove's Farm Spelt Grain (og)	500g	£1.95
Figs (og)	250g	£2.70
Fruit Salad	250g	£3.05

# Prepacks

PREPACKED COMMODITIES ...cont'd...

Ginger Cryst. + Raw Cane Sugar	125g	£1.55
Goji Berries	100g	£2.25
Hazelnuts Whole (og)	125g	£2.75
Hazelnuts Whole	125g	£2.25
Hemp Seed (og)	250g	£2.09
Hodmedod Fava Beans - Split Dried (og)	500g	£1.89
Linwoods Flaxseed (og)	200g	£3.35
Mix Fruit & Nut	125g	£1.85
Mix Trail	125g	£1.45
Mixed Nuts	250g	£3.99
Peanuts Paleskin (og)	500g	£3.65
Peanuts Roasted	250g	£2.05
Peanuts Salted	250g	£2.09
Pecan Nuts	125g	£3.05
Pine Nuts (og)	100g	£5.22
Pistachio Nuts Raw Kernels	125g	£4.95
Pistachio Nuts Roasted & Salted	125g	£2.83
Polenta (og)	500g	£1.78
Popping Corn (og)	500g	£2.05
Psyllium Husks	200g	£5.49
Rice Flakes - Brown (og)	500g	£4.24
Rice Jasmin White (og)	500g	£3.41
Rice Sushi	500g	£2.09
Rice Wild	125g	£2.65
Seeds - Omega Mix (og)	250g	£2.10
Sesame Seeds (og)	250g	£1.82
Soya Beans (og)	500g	£1.95
Soya Flour - Toasted (og)	500g	£3.27

# Prepacks

PREPACKED COMMODITIES ...cont'd...

Suma Almonds - Blanched	125g	£2.59
Suma Bombay Mix w/ Coriander & Lime	250g	£1.55
Suma Cacao Nibs (og)	100g	£1.99
Suma Chia Seeds	250g	£1.95
Suma Coconut Flour (og)	500g	£2.99
Suma Cornflour	500g	£1.35
Suma Demerara Sugar (og)	500g	£3.45
Suma Freekeh - Cracked Wheat Grain	500g	£4.29
Suma Gram Flour	500g	£2.10
Suma Icing Sugar (og)	500g	£3.99
Suma Moong Dahl [Yellow Split Peas]	500g	£2.55
Suma Nut Roast Mix (gf)	340g	£3.49
Suma Oriental Rice Crackers	125g	£1.55
Suma Polenta	500g	£1.45
Suma Potato Flour	500g	£1.95
Suma Quinoa Tricolore (og)	500g	£4.35
Suma Rice - black	500g	£2.95
Suma Semolina Flour - Fine	500g	£1.59
Suma Smoked Paprika Noodle Twists	125g	£1.09
Suma Suet - Vegetarian	250g	£2.19
Suma Super Seed And Berry Mix	125g	£2.15
Suma Tapioca	500g	£2.35
Suma Tapioca Flour	500g	£1.79
Suma Vegan Burger Mix	350g	£5.85
Suma Vegan Sausage Mix	350g	£5.15
Suma Vital Wheat Gluten	500g	£2.99
Suma Walnuts - light halves	125g	£2.15
Suma Wasabi Peas - Spicy	75g	£1.15
Tomato - Dried Halves (og)	125g	£2.29
Tropical Wholefoods Sun Dried Banana Chips	150g	£2.45
Tropical Wholefoods Sun Dried Mango (ft) (og)	100g	£2.85
Tropical Wholefoods Sun Dried Pineapple (og)	100g	£2.99

# Prepacks

PREPACKED COMMODITIES ...cont'd...

TVP Flavoured Soya Mince	500g	£2.06
TVP Natural Coloured Soya Chunks	500g	£2.01
Walnuts Broken (og)	125g	£2.55
Yaoh Hulled Hemp Seeds (og)	125g	£3.88
Zaytoun Maftoul Palestinian Cous Cous (ft)	200g	£3.19