

# Commodities

listing produced on 10/05/2022

## CEREALS & FLAKES

Hodmedod Hodmedod Quinoa Flakes	1	£3.49
Hodmedod Hodmedod Quinoa Puffs	1	£3.49

## CHEESE

Carron Lodge Mature Cheddar Block	454g	£5.65
Caws Cenarth Perl Las	200g	£5.46
Caws Cenarth Perl Wen	200g	£6.00
Epui Cheeses Mascarpone	250g	£2.10
Epui Cheeses Ricotta	250g	£1.20
Leagram Goats Cheese Wedge (og)	1	£4.47
Leagram Lancashire SoftCheese Waxed (og)	200g	£3.65
Leagram Sheeps Cheese Wedge (og)	250g	£4.47
Shepherds Purse Harrogate Blue	180g	£4.30
Shepherds Purse Yorkshire Blue	180g	£4.10
Tuxford & Tebbutt Creamery Stilton Wedge	160g	£2.40
Wilton Farm Norfolk White Lady	200g	£5.99

## PULSES & BEANS

Hodmedod Olive Green Lentils	500g	£2.99
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## SALT

Maldon Sea Salt - Flaky Crystals	250g	£2.89
Maldon Sea Salt - Smoked (og)	125g	£2.45
Peak District Mushroom Farm Tomato, Basil & Olive Salt	30g	£4.95
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

# Commodities

SEEDS ...cont'd...

## SEEDS

Absolutely Seedy Grow your own bouquet kit	each	£11.95
Absolutely Seedy Grow your own flower kit	each	£11.95
Absolutely Seedy Grow your own herb kit	each	£11.95
Absolutely Seedy Grow your own mini allotment kit	each	£11.95
Absolutely Seedy Grow your own salad kit	each	£11.95
Absolutely Seedy Tiny Gardeners grow kit	each	£11.95
Seeds of Italy Packets of Seeds Various	1	£1.95

# Branded Foods

listing produced on 10/05/2022

## ALCOHOLIC BEVERAGES

Suma Alcohol Free Sparkling Rose - Belle & Co.	75cl	£5.75
Suma Alcohol Free Sparkling White - Bees Knees	75cl	£5.75

## BAKING AIDS

Certo Apple Pectin	250ml	£3.05
Clearspring Breadcrumbs - Brown Rice (og)	250g	£4.49
Dove's Farm Quick Yeast	125g	£1.35
Epicure Golden Marzipan	250g	£2.39
Epicure White Marzipan	250g	£2.39
Just Wholefoods VegeRen (Rennet)	30ml	£1.85
Just Wholefoods VegeSet	25g	£2.79
Just Wholefoods Wholemeal Breadcrumbs (og)	175g	£1.89
Nielsen Massey Pure Almond Extract	60ml	£4.35
Orgran No Egg (Egg Replacer) (gf)	200g	£2.95
Queen Taylor & Colledge Vanilla Bean Extract (ft) (og)	100ml	£9.25
Steenbergs Rosewater (og)	100ml	£3.88
Suma Baking Powder - Gluten Free	200g	£2.19
Suma Bicarbonate of Soda	200g	£1.89
Suma Xanthan Flour (Gum)	100g	£3.45
Taylor's Vanilla Bean Paste (og)	6x65g	£6.65
The Raw Chocolate Co Raw Cacao Powder (og)	180g	£3.75

## BISCUITS

Dove's Farm Digestives - Small Packs (og)	200g	£1.49
Dove's Farm Fruity Oat Digestives (og)	200g	£1.79
Dove's Farm Ginger Oat Biscuits (og)	200g	£2.09

# Branded Foods

BISCUITS ...cont'd...

Island Bakery Organics Chocolate Gingers Biscuits (og)	150g	£3.69
Island Bakery Organics Cranberry & Orange Cookies (og)	125g	£3.05
Island Bakery Organics Double Choc Chip Cookies (og)	125g	£3.05
Island Bakery Organics Lemon Melts (og)	150g	£3.66
Island Bakery Organics Peanut Butter Cookies (og)	125g	£3.05
Island Bakery Organics Peanut, Choc Chip and Toffee Shortbread in a tin (og)	215g	£9.03
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
Lottie Shaw's Ginger Parkin Biscuits Air Ambulance Box	1	£2.95
Lottie Shaw's Gingerbread Easter Bunny	1	£1.55
Lottie Shaw's Lottie Shaw's Gingerbread Bunny	1	£1.55
Lottie Shaw's Lottie Shaw's Parkin Biscuit Box	1	£2.95
Mrs Crimble's Chocolate Macaroons	195g	£1.99
Nairn's Coconut and Chia Oat Biscuit	200g	£1.89
Nairn's Dark Chocolate Chip	200g	£1.89
Nairn's Fine Oatcakes	218g	£1.35
Nairn's Gluten Free Oatcakes	213g	£1.88
Nairn's Salted Caramel Oat Biscuits	200g	£1.89
Nairn's Wheat-Free Biscuits - Mixed Berry	200g	£1.89
PH Foods Milk Chocolate Digestives	155g	£2.49
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	£1.39
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## BREAD & MIXES

Amaizin' Taco Shells (og)	150g	£2.79
Amaizin' Tortilla Wraps (og)	240g	£2.45

# Branded Foods

BREAD & MIXES ...cont'd...

Biona Pumpernickel Bread (og)	500g	£2.19
Biona Rye & Pumpkin Seed Bread (og)	500g	£2.45
Biona Rye & Sunflower Seed Bread (og)	500g	£2.19
Biona Rye Bread (og)	500g	£2.19
Biona Rye Bread - Amaranth & Quinoa (og)	500g	£2.29
Biona Rye Bread - Omega 3 Linseed Gold (og)	500g	£2.19
Everfresh Malted Raisin Loaf (og)	290g	£2.15
Everfresh Spr. Wh. Bread Carrot & Raisin (og)	400g	£3.49
Everfresh Sprouted Chocolate Cake (og)	350g	£3.59
Everfresh Sprouted Wheat Bread (og)	400g	£2.19
La Bio Idea Pizza Bases [Wholemeal] (og)	300g	£4.70
Organico Classic Breadsticks (og)	120g	£1.95
Organico Sesame Breadsticks (og)	120g	£2.15
Schnitzer Baguette Classic (og)	360g	£3.69
Schnitzer Baguette Grainy Linseed/Sesame (og)	320g	£3.75
Schnitzer Burger Bun (og)	125g	£3.59
Schnitzer Focaccia Rolls (og)	220g	£3.09
Schnitzer Panini Bianco (og)	250g	£3.09

## BREAKFAST CEREALS

Alara Bircher Apple and Cinnamon (og)	650g	£3.29
Alara Crispy Fruit Muesli (og)	550g	£3.29
Alara Fruits and Seeds Muesli (og)	650g	£3.29
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 Fruit & Fibre Flakes (og)	375g	£4.69
Dove's Farm Gluten Free Fibre Flake Cereal (og)	375g	£3.45
Dove's Farm Porridge Oats Gluten Free (og)	430g	£3.49
Dove's Farm Supergrain Hoops (og)	300g	£3.55
Hodmedod Puffed Quinoa	150g	£3.49
Kallo Puffed Rice Cereal - Natural (og)	225g	£3.35

# Branded Foods

BREAKFAST CEREALS ...cont'd...

Lizi's Gluten Free Granola	400g	£5.35
Lizi's Mango & Macadamia Granola	400g	£4.19
Nature's Path Maple Crunch (og)	332g	£4.19
Nature's Path Mesa Sunrise (gf) (og)	355g	£4.20
Traidcraft Traidcraft Exotic Fruit Muesli	350g	£3.50
Traidcraft Traidcraft Fruity Golden Granola	350g	£3.50
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
Worsbrough Mill Flour Organic Muesli (og)	500g	£3.60
Yockenthwaite Farm Ltd Choc Cherry Granola	475g	£5.67
Yockenthwaite Farm Ltd Fruity Nutty Granola	475g	£5.67
Yockenthwaite Farm Ltd Just Ginger Not So Sweet Granola	475g	£5.50
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

Something And Nothing Cucumber Seltzer	330ml	£1.49
Something And Nothing Hibiscus & Rose Seltzer	330ml	£1.49
Something And Nothing Yuzu Seltzer	330ml	£1.49
Whole Earth Cola Cans (og)	330ml	£1.29
Whole Earth Sparkling Elderflower Cans (og)	330ml	£1.29

## CHOCOLATE

Booja Booja Almond Salted Caramel Truffles - Chilled (og)	2pack	£1.34
Booja Booja Around Midnight Espresso Chocolate Truffles (og)	92g	£5.21
Booja Booja Champagne Truffles (og)	138g	£9.49
Booja Booja Hazelnut Crunch Truffles - Chilled (og)	2pack	£1.35
Booja Booja The Gourmet Selection (og)	230g	£17.99
Brindisa Rabitos Dark Chocolate Figs	1	£12.95
Brindisa Rabitos Salted Caramel Figs	1	£12.95

# Branded Foods

CHOCOLATE ...cont'd...

Divine Chocolate 70% Dark Chocolate with Hazelnut Truffle	90g	£2.85
Divine Chocolate Dark Choc with Raspberries (ft)	90g	£2.80
Divine Chocolate Dark Chocolate Baking Bar	150g	£3.45
Divine Chocolate DARKLY Divine 70% Chocolate (ft)	90g	£2.80
Divine Chocolate DARKLY Divine Chocolate (ft)	35g	£1.21
Divine Chocolate Divine 85% Cocoa Dark Chocolate	90g	£2.80
Divine Chocolate Divine Ginger/Orange Dark Choc (ft)	90g	£2.80
Divine Chocolate Divine MILK Chocolate (ft)	35g	£1.25
Divine Chocolate Divine Mint Dark Chocolate (ft)	90g	£2.80
Divine Chocolate Divine ORANGE Chocolate (ft)	35g	£1.25
Divine Chocolate Milk with Salt & Toffee (ft)	100g	£2.85
H!p Cookies No Cream	70g	£2.95
H!p Original - Creamy & Smooth	70g	£2.95
H!p Salted Caramel	70g	£2.95
H!p Salted Honeycomb	70g	£2.95
H!p Salty Pretzels	70g	£2.95
Hadleigh Maid Dark Chocolate Truffle Whirl	100g	£3.29
iChoc Almond & Orange (og)	80g	£2.39
iChoc Super Nut (og)	80g	£2.49
iChoc White Vanilla (og)	80g	£2.39
Loveraw Cre&m Filled S/Caramel Wafer	43g	£1.75
Loveraw Cream Filled Choc Wafer Bar	43g	£1.75
Loveraw Cream Filled White Choc Wafer	43g	£1.75
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 Milk Chocolate Giant Button Bag (og)	180g	£3.99
Montezuma's Milk Chocolate Happiness	90g	£2.49
Montezuma's Milk Chocolate Smooth Operator 37% (og)	90g	£2.59

# Branded Foods

CHOCOLATE ...cont'd...

Organic Seed & Bean Co 58% Dark Salted Caramel (og)	85g	£2.99
Organic Seed & Bean Co 72% Dark Chocolate with Mint (ft) (og)	85g	£2.99
Organic Seed & Bean Co 72% Dark with Mandarin & Ginger (ft) (og)	85g	£2.99
Organic Seed & Bean Co Dark Chocolate with Espresso (og)	85g	£2.99
Organic Seed & Bean Co Dark with Lemon & Cardamon (og)	85g	£2.99
Organic Seed & Bean Co Dark with Raspberry & Coconut (og)	85g	£2.99
Organic Seed & Bean Co Sea Salt & Tropical Lime (og)	85g	£2.99
Organica DARK Chocolate Coconut Bar (og)	40g	£1.05
Organica Hazelnut & Nougat Dark Choc. Bar (og)	40g	£1.15
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
Tony's Milk Creamy Hazelnut Crunch	180g	£4.05
Tony's Milk Crispy Wafer	180g	£4.05
Traidcraft Traidcraft Milk Chocolate	100g	£2.75
Traidcraft Traidcraft Muscavado White Chocolate	100g	£2.75
Traidcraft Traidcraft Organic Dark Chocolate Mint Cream (og)	100g	£2.95
Traidcraft Traidcraft Organic Milk Chocolate with Hazelnut (og)	100g	£2.95
Traidcraft Traidcraft Organic Milk Chocolate with Praline (og)	100g	£2.75
Truffle Pig Chocolate Bar	100g	£4.30
Truffle Pig Chocolate Bars	60g	£2.95
Truffle Pig Fudge	200g	£4.95
Truffle Pig Mixed Truffles	Box of 12	£10.80
Vegan Store Milk Golden Crunch Bar	49g	£2.65
Vego Good Food Hazelnut Chocolate Melts (og)	180g	£4.95
Vego Good Food Mini Whole Hazel Chocolate Bar (og)	65g	£2.25
Vego Good Food Whole Hazelnut Chocolate Bar (og)	150g	£3.89



# Branded Foods

CHOCOLATE SPREADS ...cont'd...

## CHOCOLATE SPREADS

Cocofina Hazelnut Chocolate Spread - Sweetened with Coconut Sugar (og)	200g	£4.99
Essential Hazelnut Chocolate Spread Palm Free (og)	400g	£3.95
Vego Good Food Hazelnut Chocolate Spread (og)	200g	£3.55

## CHUTNEY, RELISH & MUSTARD

Biona Mustard Medium Hot (og)	320ml	£2.75
Dine Cranberry Sauce	240g	£2.85
Essential Dijon Mustard (og)	200ml	£2.55
Essential Wholegrain Mustard (og)	200ml	£2.35
Inspired Vegan Vegan Horseradish Sauce	210g	£2.69
Inspired Vegan Vegan Marie Rose Sauce	210g	£2.39
Shaws Mango Chutney - Chunky	300g	£1.75
Sheffield Dragon Cherry Berry Reaper Chilli Sauce	100g	£7.99
Sheffield Dragon Hot Fuzzz Chilli Sauce	100g	£4.99
Sheffield Dragon Kiwi Super Green Chilli Sauce	100g	£4.99
Sheffield Dragon Lemon Drop Hop Chilli Sauce	100g	£4.99
Sheffield Dragon Scorpian's BBQ Sauce	100g	£4.99
Sheffield Dragon Scorpian's Tale Chilli Sauce	100g	£4.99
Sheffield Dragon Scotch Mix Chilli Sauce	100g	£4.99
Sheffield Dragon Very Very Reaper Chilli Sauce	100g	£14.99
Traidcraft Eswatini Lime Pickle	275g	£3.50
Traidcraft Eswatini Organic Hot Mango Chutney (og)	300g	£3.50

## COCONUT PRODUCTS

Biona Coconut Aminos Original (og)	250ml	£4.05
Biona Coconut Cream (og)	400ml	£2.19
Biona Coconut Milk Light [9% fat] (og)	400ml	£1.99
Biona Coconut Oil [cp] - [Small] (og)	200g	£4.55
Cocofina Coconut Oil - neutral (og)	450ml	£3.99
Cocofina Natural Coconut Water (og)	1L	£4.10
Essential Coconut Milk (og)	400g	£2.05
Essential Creamed Coconut (og)	200g	£2.29

# Branded Foods

COCONUT PRODUCTS ...cont'd...

Nature's Charm Condensed Coconut Milk	320g	£3.49
Suma Coconut Oil - Culinary (og)	320g	£3.49
Suma Coconut Oil - Culinary (og)	650ml	£5.99
Suma Creamed Coconut (og)	200g	£2.15

## COFFEE, COCOA & Substitutes

Barley Cup GREEN LID (og)	100g	£4.29
Barley Cup Original	200g	£4.99
Brew Crew Coffee Co Coffee Bags	20 bags	£12.99
Cafe Direct Smooth Instant Coffee (ft)	100g	£4.60
Cafe Rebelde Zapatista Coffee - Beans (ft) (og)	500g	£11.99
Cafe Rebelde Zapatista Coffee - Ground (ft) (og)	250g	£6.45
Clipper DECAFF. Freeze-Dried Arabica Instant Coffee (ft) - Green Lid (og)	100g	£6.45
Clipper Drinking Chocolate Fairtrade (ft)	250g	£3.69
Clipper Freeze-Dried Arabica Instant Coffee (ft) - Blue Label (og)	100g	£5.79
Clipper Instant Hot Chocolate	350g	£3.90
Cotswold Carob Powder	250g	£2.60
Divine Chocolate Salted Caramel Hot Chocolate	300g	£5.75
Divine Chocolate Winter Spice Hot Chocolate	300g	£5.75
Equal Exchange Cocoa (ft) (og)	250g	£4.49
Equal Exchange Coffee From Women Farmers Ground (og)	227g	£5.29
Equal Exchange Dark City Roast Ground Coffee (og)	227g	£5.29
Equal Exchange Decaffeinated Ground Coffee (og)	227g	£5.95
Equal Exchange Italian Roast Ground Coffee (og)	227g	£5.29
Frazers Coffee Decaffeinated Ground/Beans	250g	£6.50
Frazers Coffee Freight Line Ground/Beans	250g	£7.50
Frazers Coffee Full Monty Ground/Beans	250g	£6.00
Minor Figures Black Coffee Drink	200ml	£1.39
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

# Branded Foods

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

PH Foods Chicory Cocoa Drink	125g	£4.09
PH Foods Chicory Drink - Instant (og)	100g	£4.49
Spanish Chocolate Company Thick Hot Chocolate Drink (NOT g/f)	275g	£4.29
Suma Colombia Cosurca Ground Coffee (ft) (og)	227g	£5.39
Suma Espresso (og)	227g	£5.99
Suma Peru Cepicafe Ground (ft) (og)	227g	£5.29
Suma Swiss Water Decaff Ground Coffee (ft) (og)	227g	£6.19
Traidcraft Cafedirect Machu Picchu Freeze Dried Coffee	200g	£7.50
Traidcraft Traidcraft Organic Medium Freeze Dried Coffee (og)	100g	£4.60
Twin Café Dark Roast Beans	250g	£6.10
Twin Café Dark Roast Cafetiere	250g	£6.10
Twin Café Dark Roast Espresso	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 Green Harissa Paste	100g	£2.35
Al'Fez Harissa	100g	£2.25
Al'Fez Ras El Hanout Rub	42g	£2.25
Al'Fez Rose Harissa	95g	£2.79
Al'Fez Sumac	38g	£2.25
Atkins & Potts Hollandaise Sauce	190g	£3.15
Bioforce Herbamare - Herb Salt (Green)	125g	£2.95
Biona BBQ Brown Sauce (og)	250ml	£2.95
Biona Sweet Chilli Sauce (og)	250ml	£2.95
Hendersons Mini	31ml	£1.50
Hendersons Relish	284ml	£2.49
Hodmedod Fava Bean Umami Paste	175g	£2.89

# Branded Foods

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

Kallo Paprika Stock Cubes (og)	66g	£1.75
Kallo Sriracha Stock Cubes (og)	66g	£1.69
Kallo Stock Cubes (French Onion) (gf) (og)	66g	£1.75
Kallo Stock Cubes (Garlic+Herb) (gf) (og)	66g	£1.75
Kallo Stock Cubes (Mushroom) (gf) (og)	66g	£1.75
Kallo Stock Cubes (Very Low Salt) (gf) (og)	60g	£1.75
Kallo Stock Cubes (Yeast Free) (gf)	66g	£1.74
Kallo Umami Stock Cubes (og)	66g	£1.69
Kallo Veg. Stock Cubes (gf) (og)	66g	£1.75
Marigold Bouillon - GREEN	150g	£2.09
Marigold Bouillon - RED (og)	150g	£2.35
Marigold Bouillon (Reduced Salt) - 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	£3.79
Marigold Vegetarian Gravy Powder (og)	110g	£2.39
Meridian Tomato Ketchup (og)	285g	£2.79
Modernhealth Vecon	225g	£3.49
Peak District Mushroom Farm BBQ Spice Blend	25g	£4.95
Peak District Mushroom Farm Chilli & Lime Spice Blend	25g	£4.95
Peak District Mushroom Farm Orange & Rosemary Seasoning	25g	£4.95
Stubb's Hickory Liquid Smoke	148ml	£2.69

## CONVENIENCE FOODS

Al'Fez Moroccan Couscous	200g	£1.65
Al'Fez Preserved Lemons	300g	£3.35
Al'Fez Tahini Dressing	200g	£2.39
Amaizin' Jalapeno Peppers (og)	150g	£2.49
Artisan Grains Country Veg & Cashew Nut Roast	200g	£2.69
Artisan Grains Falafel - Beetroot & Chilli	150g	£1.89
Artisan Grains Falafel - Super Greens	150g	£1.89
Artisan Grains Mediterranean Sundried Tomato Nut Roast	200g	£2.99
Artisan Grains Nut Roast - Cashew & Cranberry	200g	£2.99

# Branded Foods

CONVENIENCE FOODS ...cont'd...

Bio Nova Garden Peas (Demeter) (og)	350g	£1.89
Bio Nova Gherkins - Sour (og)	680g	£3.59
Bio Nova Gherkins - Sweet & Sour (og)	330g	£3.78
Bio Nova Sauerkraut (Demeter) (og)	350g	£2.69
Bio Nova Sweetcorn (Demeter) (og)	340g	£2.09
Biona Apple Puree (og)	700g	£2.85
Clearspring Bio Kitchen - Apple Sauce (Demeter) (og)	360g	£1.69
Cooks & Co Artichoke Hearts in Brine	400g	£2.70
Cooks & Co Dried Porcini Mushrooms	40g	£4.99
Cooks & Co Hearts of Palm	400g	£2.09
Cooks & Co Mixed Forest Mushrooms	40g	£3.10
Cooks & Co Roasted Red Peppers	460g	£3.15
Cooks & Co Sweety Drop Red Peppers	235g	£3.45
Cooks & Co Tri Colour Jalapenos	290g	£2.40
Cypressa Marinated Artichoke Hearts	280g	£2.61
Free & Easy Sweet Potato/Kale/Coconut Curry (og)	400g	£2.75
Future Farm Future Tvna	150g	£3.35
Granovita Mock Duck	285g	£3.39
Just Wholefoods Custard Powder	100g	£1.84
Just Wholefoods Falafel Mix (og)	120g	£2.25
Nature's Charm Banana Blossom In Brine	510g	£2.69
Organico Capers (og)	250g	£3.15
Orgran Vegan Easy Egg	250g	£4.25
Peak District Mushroom Farm Dried Oyster Mushrooms	20g	£4.15
Peak District Mushroom Farm Oyster Mushroom Pasta	140g	£4.15
Shropshire Spice Co. Chestnut Cranb & App Stuffing	150g	£1.65
Shropshire Spice Co. Roasted Chestnut Stuffing	150g	£1.49
Shropshire Spice Co. Sage & Onion Stuffing Mix (og)	150g	£1.29

# Branded Foods

CONVENIENCE FOODS ...cont'd...

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

Brindisa Brindisa Ship's Biscuits with butter	1	£2.95
Brindisa Savoury Ship's Biscuit with Olive Oil	1	£2.95
Dr Karg 3 Grains + 3 Seeds Crispbreads (og)	200g	£2.89
Dr Karg Emmental & Pumpkin Crispbread (og)	200g	£2.96
Dr Karg Seeded Spelt Wholegrain Crispbread (og)	200g	£2.91
Easy Bean Fava Bean & Poppy Seed Crackers	160g	£3.05
Easy Bean Green Pea & Chia Seed Crackers	160g	£3.05
Easy Bean Red Lentil & Poppy Seed	160g	£3.05
Easy Bean Turmeric & Nigella Seed	160g	£3.05
Finn Original Rye Crispbread - Rounds	250g	£1.58
Nairn's Cheese Oatcakes	200g	£1.95
Nairn's Rough Oatcakes (og)	250g	£1.69
Nairn's Super Seeded Oatcakes (og)	200g	£1.95
Nairn's Traditional [Rough] Oatcakes	291g	£1.36
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

## CRISPS

Amaizin' Tomato Corn Rolls (og)	100g	£1.65
Amaizin' Tortilla Chips Natural (og)	75g	£1.39
Amaizin' Tortilla Chips Paprika (og)	75g	£1.45

# Branded Foods

CRISPS ...cont'd...

Eat Real Hummus Chilli & Lemon Chips	135g	£1.69
Eat Real Hummus Lentil Quinoa Multipack	116g	£2.25
Eat Real Hummus Sea Salt Chips (og)	100g	£2.49
Eat Real Hummus Sour Cream & Chive Chips	135g	£1.69
Eat Real Lentil Chilli & Lemon Chips	113g	£1.99
Eat Real Lentil Creamy Dill Chips	113g	£1.69
Eat Real Lentil Sea Salt Chips (og)	100g	£2.49
Eat Real Veggie Straws (og)	100g	£2.49
Garcia Blue Corn Tortilla Chips (og)	150g	£2.51
Love Corn Crunchy Corn - BBQ	45g	£1.19
Love Corn Crunchy Corn - Cheese & Onion	45g	£1.19
Love Corn Crunchy Corn - Salt & Vinegar	45g	£1.19
R.W.Garcia Dippers - Veggie	150g	£2.51
Ten Acre Cheese & Onion Crisps	40g	£0.85
Trafo Crisps - Paprika (og)	40g	£1.17
Trafo Crisps - Salted (og)	40g	£1.20
Trafo Virgin Olive Oil Baked Crisps (og)	100g	£2.70
Well & Truly Crunchies Punchy Pickle	100g	£2.00
Well & Truly Crunchies Really Cheesy	100g	£2.00
Well & Truly Crunchies Sea Salt & Vinegar	100g	£2.00
Well & Truly Crunchies Smokey Paprika	100g	£2.00
Well & Truly Crunchies Sour Cream & Onion	100g	£2.00

## CUSTARDS, CREAMS & DESSERTS

Just Wholefoods Lemon Jelly Crystals	85g	£1.99
Just Wholefoods Raspberry Jelly Crystals	85g	£1.99
Just Wholefoods Strawberry Jelly Crystals	85g	£1.99
Longley Farm Large Double Cream	250ml	£1.35
Longley Farm Large Single Cream	250ml	£0.90
Longley Farm Small Double Cream	150ml	£0.77
Longley Farm Small Single Cream	150ml	£0.54
Longley Farm Soured Cream	150ml	£0.57
Provamel Soya Single Cream (og)	250ml	£1.25

# Branded Foods

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

Sojade Chocolate Soya Dessert (og)	530g	£1.59
Sojade Vanilla Custard Style Dessert (og)	530ml	£1.59
The Bridge Coconut Cream (og)	200ml	£1.53
The Bridge Oat Cream (og)	200ml	£1.29
We Can Vegan Chocolate Custard	400g	£1.85
We Can Vegan Rice Pudding	400g	£1.85
We Can Vegan Vanilla Custard	400g	£1.85

## ETHNIC SPECIALITIES - Indian

Al'Fez Couscous - Giant Maftoul	200g	£1.85
Geo Organics Chickpea & Lentil Dahl (og)	400g	£2.45
Geo Organics Coconut & Kale Dahl (og)	400g	£2.59
Geo Organics Moroccan Chickpea Tagine (og)	400g	£2.55
Geo Organics Tadka Dahl (og)	400g	£2.45
Ma's Happy Life Kitchen Korma Curry Paste	110g	£3.79
Ma's Happy Life Kitchen Veggie Curry Paste	110g	£3.79
Olives Et Al Egyptian Dukkah (spice mix)	90g	£3.99
Patak's Aubergine (Brinjal) Pickle	312g	£2.59
Patak's Chilli Pickle	283g	£2.55
Patak's Korma Paste	290g	£2.89
Patak's Madras Paste	283g	£2.89
Patak's Pappadums - Plain	113g	£2.09
Patak's Tikka MASALA Curry Paste	283g	£2.89
Punjaban Chilli Naan Bread	220g	£2.75
Punjaban Garlic and Coriander Naan	220g	£2.75
Punjaban Tandoori Naan Bread	220g	£2.75
Traidcraft Eswatini Medium Curry Sauce	275g	£3.50

## ETHNIC SPECIALITIES - Oriental

Al'Fez Tahini	160g	£2.15
Biona Tofu (og)	500g	£4.25



# Branded Foods

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

Clearspring Brown Rice Miso (Genmai) - JARS (og)	300g	£4.24
Clearspring Chickpea Miso (og)	150g	£3.59
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)	£2.69
Clearspring Japanese Reduced Salt Miso (og)	270g	£4.99
Clearspring Japanese White Miso (og)	270g	£3.39
Clearspring Mellow White Instant Miso Soup	4x10g	£3.89
Clearspring Mikawa Mirin (og)	150ml	£4.69
Clearspring Nori	25g	£3.69
Clearspring Shoyu (og)	150ml	£2.69
Clearspring Shoyu (og)	500ml	£5.79
Clearspring Soya Chunks (og)	200g	£3.29
Clearspring Sushi Ginger (og)	50g	£3.69
Clearspring Tamari Double Strength (og)	500ml	£9.79
Clearspring Tamari Double Strength (og)	150ml	£3.59
Clearspring Teriyaki Sauce (og)	150ml	£3.59
Clearspring Toasted Sesame Oil	150ml	£3.49
Clearspring Ume Red Plum Seasoning	150ml	£2.79
Clearspring Umeboshi Paste (og)	150g	£6.49
Clearspring Umeboshi Plums (og)	200g	£9.99
Clearspring Yuzu Ponzu Seasoning	150ml	£4.79
Epicure Chinese Stem Ginger in Syrup	350g	£3.75
Explore Cuisine Edamame Bean Spaghetti (og)	200g	£4.09
King Soba Black Rice Noodles (gf) (og)	250g	£2.55

# Branded Foods

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

Mak Tok BBQ Chilli Sauce	112g	£2.95
Mak Tok Fire Chilli Paste	185g	£4.29
Mak Tok Garlic Chilli Sauce	110g	£2.95
Mak Tok Hot Chilli Sauce	110g	£2.95
Mak Tok Mango Chilli Sauce	112g	£2.95
Mak Tok Rendang Chilli Paste	180g	£4.29
Mak Tok Satay Chilli Paste	190g	£3.95
Mak Tok Sweet Chilli Paste	190g	£3.95
Mak Tok Sweet Soy Sauce	135g	£3.95
Mori-Nu Silken Tofu - Firm	349g	£2.19
Thai Taste Galangal	114g	£1.65
Thai Taste Green Curry Paste	114g	£1.99
Thai Taste Red Curry Paste	114g	£1.99
Thai Taste Sriracha Chilli Sauce	450ml	£2.39
Thai Taste Tamarind Paste	130g	£1.79
Thai Taste Vegan 'Fish' Sauce	180ml	£2.15
Yakso Rice Paper (og)	150g	£3.65
Yakso Seitan in Tamari Sauce (og)	330g	£3.60
Yakso Tempeh - Glass Jar (og)	175g	£3.39
Yutaka Panko Bread Crumbs	180g	£1.89
Yutaka Wasabi Paste	43g	£1.75

## FESTIVE PRODUCTS

Meridian Redcurrant Jelly (og)	284g	£2.99
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## FLAPJACKS

9 Bar Dark Choc Pistachio & Brazil	40g	£0.89
Brynmor Apple & Raspberry Flapjack	80g	£0.69
Brynmor Chocolate Flapjack	80g	£0.79
Brynmor Pecan Flapjack	80g	£0.69
Brynmor Summer Berry Flapjack	80g	£0.69

# Branded Foods

FLAPJACKS ...cont'd...

Cliff Bar Blueberry Crisp	68g	£1.59
Cliff Bar Chocolate Chip Bar	68g	£1.65
Cliff Bar Chocolate Hazelnut Butter	50g	£1.99
Cliff Bar Chocolate Peanut Butter (og)	50g	£1.99
Good Hazelnut & Hemp Heart Bar	30g	£1.99
Good Peanut & Hemp Heart Bar	30g	£1.99
Lottie Shaw's Lottie Shaw's Cherry Flapjack	1	£1.20
Lottie Shaw's Lottie Shaw's Choc Chip Flapjack	1	£1.20
Lottie Shaw's Lottie Shaw's Coconut Flapjack	1	£1.20
Lottie Shaw's Lottie Shaw's Ginger Flapjack	1	£1.20
Lottie Shaw's Lottie Shaw's Lemon Flapjack	1	£1.20
Lottie Shaw's Lottie Shaw's Millionaire's Flapjack	1	£1.80
Lottie Shaw's Lottie Shaw's Millionaire's Shortbread	1	£1.80
Lottie Shaw's Lottie Shaw's Oat Flapjack	1	£1.20
Lottie Shaw's Seriously Good Parkin Flapjack	100g	£1.20
Lottie Shaw's Yorkshire Parkin Mini	1	£1.50
Perfectionery Bakers Vegan Crumbles (various flavours)	1	£2.40

## FLOUR

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	£2.09
Dove's Farm 100% Wholemeal Self Raising [S/R] (og)	1Kg	£1.49
Dove's Farm Fine Plain Wholemeal [FMP] (og)	1Kg	£1.49
Dove's Farm GF Buckwheat Flour	1Kg	£4.75
Dove's Farm Gluten Free Brown Bread Flour (gf)	1Kg	£2.25
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	£2.65
Dove's Farm Malthouse (og)	1Kg	£1.79
Dove's Farm Oat Flour (og)	450g	£4.19
Dove's Farm Plain White (og)	1Kg	£1.65
Dove's Farm Rice Flour (gf)	1Kg	£1.79
Dove's Farm Seeded Bread Flour (og)	1Kg	£3.19
Dove's Farm Self Raising (S/R) White Flour (og)	1Kg	£1.65
Dove's Farm Strong White (og)	1.5Kg	£2.15
Dove's Farm Type '00' Pasta Flour (og)	1Kg	£1.99
Dove's Farm WHITE Spelt Flour (og)	1Kg	£3.69
Dove's Farm Wholegrain Spelt Flour (og)	1Kg	£3.15
Dove's Farm Wholemeal Rye Flour (og)	1Kg	£1.69
Worsbrough Mill Flour Four Seed Malted (og)	1.5kg	£4.20
Worsbrough Mill Flour Rye (og)	1.5kg	£3.78
Worsbrough Mill Flour Unbleached White (og)	1.5kg	£3.38
Worsbrough Mill Flour Wholemeal (og)	1.5kg	£2.84

## FRESH MILK

Acorn Full Fat 1ltr	1ltr	£1.30
Acorn Full Fat 2ltr	2ltr	£2.30
Acorn Full Fat Half Ltr	0.5ltr	£0.75
Acorn Glass Bottle 1pt (og)	1pint	£1.35
Acorn Semi Skimmed 1ltr	1ltr	£1.30
Acorn Semi Skimmed 2ltr	2ltr	£2.30
Acorn Semi Skimmed Half Ltr	0.5ltr	£0.75

# Branded Foods

FRUIT JUICES - Tetrapack ...cont'd...

## FRUIT JUICES - Tetrapack

Cawston Press Apple & Rhubarb Juice	1L	£3.45
Cawston Press Apple Juice	1L	£3.45
Cawston Press English Apple & Elderflower Juice (og)	1L	£3.28
Cawston Press Orange Juice	1L	£3.00

## FRUIT JUICES & DRINKS - Bottled

Beet It Beetroot Juice (og)	750ml	£3.55
Biona Cranberry Juice - 100% Pure (og)	330ml	£5.69
Biona Lemon Juice (og)	200ml	£2.55
Biona Small Pomegranate Juice (og)	200ml	£2.15
Fentiman's Premium Tonic Water	500ml	£2.79
James White Apple & Crushed Ginger (og)	750ml	£3.55
James White Carrot Juice (og)	750ml	£3.55
James White Pear & Raspberry Juice (og)	750ml	£4.89
James White Pear Juice (og)	750ml	£3.55
James White Tomato Juice (og)	750ml	£3.55
Karma Karma Cola (og)	300ml	£1.99
Karma Lemony Lemon (og)	300ml	£1.99
Rabenhorst Prune Juice Drink (og)	750ml	£4.69
Rock's Country Blackcurrant Squash (og)	74cl	£3.69
Rock's Country Lemon Squash (og)	74cl	£3.69
Rock's Country Orange Squash (og)	74cl	£3.69
Suma Apple & Blackcurrant Juice Conc. (og)	400ml	£6.29
Suma Apple Juice Conc. (og)	400ml	£5.69
Thorncroft Elderflower Cordial	330ml	£2.69
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
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# Branded Foods

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

Chillipepperpete Various Dried Chillies	1	£4.50
Essential Ground Black Pepper (og)	25g	£0.95
Essential Ground Black Pepper (og)	25g	£1.55
Hodmedod Coriander Seeds	50g	£1.99
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 Ground	40g	£1.15
Suma Arrowroot Ground	50g	£1.15
Suma Asafoetida Compound	20g	£1.15
Suma Basil (og)	20g	£1.59
Suma Bay Leaves (og)	10g	£1.59
Suma Black Garlic Balsajo	50g	£3.69
Suma Bouquet Garni Sachets	6sachet	£1.15
Suma Cajun Spice	40g	£1.15
Suma Caraway Seeds (og)	30g	£1.59
Suma Cardamom Ground	10g	£1.15
Suma Cardamom Pods	10g	£1.15
Suma Cayenne Pepper	50g	£1.15
Suma Celery Salt	100g	£1.15
Suma Celery Seed	50g	£1.15
Suma Chilli Flakes	25g	£1.15
Suma Cinnamon Bark (og)	15g	£1.59
Suma Cinnamon Ground (og)	30g	£1.59
Suma Coriander Ground (og)	40g	£1.59
Suma Coriander Leaf	10g	£1.15
Suma Coriander Seed (og)	40g	£1.59
Suma Cumin Ground (og)	25g	£1.59
Suma Cumin Seed (og)	25g	£1.59
Suma Curry Leaves	5g	£1.15
Suma Curry Powder - Madras	50g	£1.15
Suma Curry Powder - Mild	50g	£1.25
Suma Dill Herb (og)	15g	£1.59
Suma Fajita Seasoning	40g	£1.15
Suma Fennel Seeds	50g	£1.15
Suma Fenugreek Seeds	50g	£1.15
Suma Five Spice Seasoning	40g	£1.15
Suma Garam Masala	50g	£1.15
Suma Garlic Granules (og)	20g	£1.59

# Branded Foods

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

Suma Ginger Ground (og)	30g	£1.59
Suma Ground Black Pepper	30g	£1.15
Suma Ground Chilli (og)	25g	£1.59
Suma Herbs Mixed (og)	20g	£1.59
Suma Juniper Berries	40g	£1.15
Suma Lime Leaves - Whole	4g	£1.15
Suma Marjoram	10g	£1.15
Suma Methi (Fenugreek) Leaves	7g	£1.15
Suma Mint	20g	£1.15
Suma Mixed Peppercorns	20g	£1.15
Suma Mustard Powder	50g	£1.15
Suma Mustard Seed Black (og)	50g	£1.59
Suma Mustard Seeds - Yellow	50g	£1.15
Suma Nutmeg Ground (og)	20g	£1.59
Suma Nutmeg Whole	20g	£1.15
Suma Onion Seeds	35g	£1.15
Suma Oregano (og)	20g	£1.59
Suma Paprika (og)	25g	£1.59
Suma Parsley (og)	15g	£1.59
Suma Peppercorns - Pink	14g	£1.15
Suma Peppercorns Black (og)	25g	£1.59
Suma Poppy Seed Blue (og)	40g	£1.59
Suma Poppy Seeds	50g	£1.15
Suma Rosemary (og)	20g	£1.59
Suma Sage (og)	25g	£1.59
Suma Spices Mixed (og)	30g	£1.59
Suma Star Anise	25g	£1.15
Suma Tarragon	12g	£1.15
Suma Thyme (og)	25g	£1.59
Suma Turmeric Ground (og)	30g	£1.59
Zaytoun Za'atar - Palestinian Herb Mixture	80g	£3.89
Zaytoun Za'atar Wild Grown Herb Mix	80g	£3.95



# Branded Foods

## HONEY

Equal Exchange Mexican/Nicaraguan Honey - Clear (ft) (og)	500g	£5.90
Equal Exchange Mexican/Nicaraguan Honey - Set (ft) (og)	500g	£5.90
Grindleford Honey Honey	340g	£9.45
Littleover Acacia Honey (og)	340g	£5.69
Littleover Pure Lavender Honey	340g	£4.95
Littleover Wildflower Honey - Set (og)	340g	£3.99
Sheffield Honey Company Bell Heather Honey	340g	£9.98
Sheffield Honey Company Blossom Cut Honey	340g	£8.15
Sheffield Honey Company Blueberry Honey	340g	£9.45
Sheffield Honey Company Borage Honey	340g	£9.45
Sheffield Honey Company Softset Honey	340g	£8.31
Suma Honey - Clear	340g	£2.99
Suma Honey - Set	340g	£2.99
Yorkshire Honey Spring Honey	340g	£5.94
Yorkshire Honey Summer Honey	340g	£5.94

## JAMS & SWEET SPREADS

Clearspring Oat Syrup (og)	300g	£3.79
Hedgerow Preserves Various Varieties	Approx 300g	£3.50
Meridian Apricot Spread (og)	284g	£3.89
Meridian Blackcurrant Spread (og)	284g	£3.89
Meridian Blueberry Spread (og)	284g	£4.39
Meridian Cherries & Berries Spread (og)	284g	£3.89
Meridian Morello Cherry Spread (og)	284g	£3.89
Meridian Raspberry Spread (og)	284g	£4.89
Meridian Seville Orange Spread (og)	284g	£3.89
Meridian Strawberry Spread (og)	284g	£3.89
Suma Pear & Apple Spread	300g	£3.00
Traidcraft Seville Orange Marmalade (ft) (og)	340g	£2.39
Traidcraft Strawberry Jam (ft) (og)	340g	£3.69

# Branded Foods

MAYONNAISE & SALAD DRESSINGS ...cont'd...

## MAYONNAISE & SALAD DRESSINGS

Biona Mayo - Egg Free (og)	230g	£2.65
Inspired Vegan Mayonnaise	205g	£2.39
Inspired Vegan Mayonnaise - Smoked Garlic	210g	£2.39
Simply Delicious Mayonnaise - Plain (og)	300ml	£3.29
Suma Mayonnaise (og)	300g	£2.95

## MILK, MILK SUBSTITUTES & DESSERTS

Provamel Soya Drink Unsweetened (og)	1L	£1.99
Provamel Soya Soleil - Unsweetened [+Calcium]	1L	£1.35
Sojade Soya Milk - Calcium & Apple - BLUE NEW (og)	1L	£1.95
Sojade Soya Milk - Natural Unsweetened - GREEN NEW (og)	1L	£1.65

## NON SOYA DAIRY FREE MILKS

Dug Potato Milk - Original	1L	£1.99
Dug Potato Milk - Unsweetened	1L	£1.99
Glebe Farm Barista Style Oat Drink	1L	£1.99
Good Hemp Drink - Barista	1L	£2.40
Minor Figures Barista Oat Milk [BROWN PACK] (og)	1L	£2.19
Minor Figures Oat Barista + Calcium [WHITE PACK]	1L	£2.15
Rice Dream Original (og)	1L	£2.01
Sojade Rice Drink with Calcium (og)	1L	£2.11
Sproud Barista	1L	£2.10
Sproud Original	1L	£2.10
The Bridge Oat Drink - Barista (og)	1L	£2.09
The Bridge Rice Drink (og)	1L	£1.95

## NUT BUTTERS & SEED SPREADS

Biona Cashew Nut Butter (og)	170g	£5.29
Carley's Almond Nut Butter (raw) (og)	250g	£6.35
Carley's Hazelnut Butter (og)	170g	£4.55
Clearspring Tahini - Black Sesame (og)	170g	£3.29

# Branded Foods

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

Meridian Almond Butter Smooth (ws) (og)	170g	£5.89
Meridian Banoffee Pie Almond Butter	170g	£3.29
Meridian Chocca - Choc & Nut Spread	240g	£3.59
Meridian Cocoa & Hazelnut Butter	170g	£4.19
Meridian Crunchy Cashew Butter (contains Sunflower Oil)	170g	£3.85
Meridian Peanut Butter Crunchy (ns) (og)	1Kg	£10.75
Meridian Peanut Butter Crunchy (ns)	1Kg	£8.49
Meridian Peanut Butter Crunchy (ws) (og)	280g	£3.39
Meridian Peanut Butter Rich Roast Crunchy	280g	£3.49
Meridian Peanut Butter Smooth (ns)	1Kg	£8.49
Meridian Peanut Butter Smooth (ws) (og)	280g	£3.39
Meridian Pumpkin Seed Butter (og)	170g	£4.45
Meridian Smooth Peanut Butter (ns) (og)	1kg	£10.75
Meridian Tahini - Dark (og)	270g	£3.49
Meridian Tahini - Dark	270g	£3.25
Meridian Tahini - Light (og)	270g	£3.49
Meridian Toffee Apple Almond Butter	170g	£3.29
Suma Peanut Butter Crunchy (ns) (og)	340g	£4.09
Suma Peanut Butter Crunchy Jumbo (ws) (og)	700g	£8.09
Suma Peanut Butter Smooth (ns) (og)	340g	£4.09
Suma Peanut Butter Smooth (ws) (og)	340g	£4.09
Suma Peanut Butter Smooth Jumbo (ns) (og)	700g	£8.39
Suma Peanut Butter Smooth Jumbo (ws) (og)	700g	£8.09

## NUT MILKS

Koko Coconut Milk Drink	1L	£1.91
Plenish Almond M*lk (og)	1L	£3.15
Provamel Almond Drink - Unsweetened (og)	1L	£2.69

# Branded Foods

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

## OILS - Vegetable & Seed

Clearspring Avocado Oil (og)	250ml	£8.89
Clearspring Flax Oil Organic (og)	250ml	£4.15
Clearspring FRYING Sunflower Oil [De-odourised] (og)	500ml	£4.49
Clearspring Italian Olive Oil (og)	500ml	£8.89
Clearspring Rapeseed Oil (og)	500ml	£4.20
Clearspring Sunflower Oil (og)	500ml	£3.60
Clearspring Walnut Oil (og)	250ml	£11.99
Equal Exchange Olive Oil - Palestinian (ft)	1L	£21.39
Essential Sesame Oil (cp) (og)	500ml	£6.75
Good Hemp Oil - Original	500ml	£7.50
Hellenic Olive Oil Extra Virgin (cp)	1L	£7.99
Hellenic Olive Oil Extra Virgin (cp)	500ml	£5.05
KTC Almond Oil	200ml	£2.89
KTC Sunflower Oil Refined	1L	£2.79
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	3ltr	£13.50
Oil of Aldborough Cold Pressed Rapeseed Oil	5ltr	£21.60
Oil of Aldborough Cold Pressed Rapeseed Oil	750ml	£4.75
Suma Grapeseed Oil	500ml	£4.45
Zaytoun Palestinian Olive Oil (ft) (og)	500ml	£14.89

## OLIVES

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

# 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	£3.15
Biona Wholegrain Spelt Penne (og)	500g	£2.75
Biona Wholegrain Spelt Spaghetti (og)	500g	£2.75
Blue Dragon Wholewheat Noodles	300g	£1.89
Clearspring Gluten Free Buckwheat Pasta (og)	250g	£2.79
Clearspring Red Lentil & Brown Rice Pasta (og)	250g	£2.80
Clearspring Skinny Soba Somen Noodles (og)	200g	£2.99
Clearspring Soba Noodles (og)	200g	£2.99
Clearspring Udon Noodles Brown Rice (og)	200g	£3.49
Clearspring Udon Noodles Wheat (og)	200g	£2.89
Clearspring Wide Udon Noodles Wheat (og)	200g	£2.99
Difatti Gnocchi- Gluten Free	250g	£2.15
Difatti Spinach Gnocchi - gluten free	250g	£2.15
Difatti Tomato Gnocchi - Gluten Free	250g	£2.15
Dove's Farm Brown Rice Spaghetti (gf) (og)	500g	£2.99
Dove's Farm Maize & Rice Spaghetti (gf) (og)	500g	£2.59
Dove's Farm Maize and Rice Lasagne (og)	250g	£2.49
Essential White Spaghetti (og)	500g	£1.99
Explore Cuisine Chickpea Fusilli (og)	250g	£3.15
Iris/Suma Tricolore Spirals - RETAIL PACK (og)	500g	£1.95
Iris/Suma White Fusilli - RETAIL PACK (og)	500g	£1.59
Iris/Suma White Macaroni - RETAIL PACK (og)	500g	£1.59
Iris/Suma White Penne - RETAIL PACK (og)	500g	£1.59
Iris/Suma White Spaghetti - RETAIL PACK (og)	500g	£1.59
Iris/Suma Wholewheat Fusilli - RETAIL PACK (og)	500g	£1.59
Iris/Suma Wholewheat Penne - RETAIL PACK (og)	500g	£1.59
Iris/Suma Wholewheat Spaghetti - RETAIL PACK (og)	500g	£1.59

# Branded Foods

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

King Soba 100% Brown Rice Noodles (og)	250g	£2.55
King Soba 100% Buckwheat Noodles (og)	250g	£2.55
King Soba Millet & Brown Rice Noodles (og)	250g	£2.55
King Soba Thai Rice Noodles (og)	250g	£2.59
King Soba Vermicelli Noodles (ft) (og)	250g	£2.59
La Bio Idea W/Wheat Elbows - Gomitini (og)	500g	£1.65
La Bio Idea W/Wheat Fettuce [Tagliatelle] (og)	500g	£1.65
La Bio Idea White Lasagne (og)	250g	£1.99
La Terra E El Cielo Fusilli Spirals & Spinach (og)	500g	£2.69
La Terra E El Cielo White Cavatappi (HollowTwists) (og)	500g	£2.49
La Terra E El Cielo White Linguine (og)	500g	£2.39
La Terra E El Cielo White Papperdelle (Nests) (og)	500g	£3.15
Orgran Corn & Vegetable Shells 002 (gf)	250g	£2.35
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 Rummo Stellite Pasta	500g	£2.05
Rummo Semi D'Orzo	500g	£2.05
Suma Brown Rice Penne (og)	500g	£3.25
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	£2.39

## PESTO & COOKING SAUCES

Bay's Kitchen Range of Low FODMAP Cooking Sauces	260g	£3.50
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# Branded Foods

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

Brindisa Fritada Pepper & Tomato Sauce	1	£2.75
Mr Organic Grilled Aubergine Add-in (og)	190g	£2.69
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
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
Suma Green Pesto - Vegan (og)	160g	£3.15
Suma Pesto Alla Genovese (og)	190g	£3.99
Suma Pesto Siciliano (og)	190g	£3.99
Suma Red Pesto - Vegan (og)	160g	£3.15
Zest Foods Pesto (Vegan)	165g	£2.95
Zest Foods Pesto (Vegan)	340g	£5.09

## RICE CAKES

Kallo Ancient Grain Corn Cakes (og)	150g	£2.19
Kallo Beetroot Veggie Cakes	122g	£3.25
Kallo Blueberry & Vanilla Rice & Corn Cakes	131g	£2.39
Kallo Caramelised Onion Veggie Cakes	122g	£3.25
Kallo Corn Cakes - Thin Slice [With salt] - CC10 (og)	130g	£1.99
Kallo Rice Cakes - Thick Slice [No salt] - RC32 (og)	130g	£1.89
Kallo Rice Cakes - Thick Slice [With salt] - RC31 (og)	130g	£1.89
Kallo Rice Cakes & Sesame - Thick Slice [With salt] - RC130 (og)	130g	£1.65
Kallo Sea Salt & Balsamic Rice Cakes	127g	£1.79
Kallo Spinach & Pesto Veggie Cakes	122g	£3.25
Kallo Thin Slice Rice Cake + Dark Chocolate (og)	90g	£2.25
Kallo Tomato Salsa Lime Veg Cakes	122g	£3.25

## SAVOURY SNACKS

Cypressa Roasted and Salted Broad Beans	150g	£1.40
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# Branded Foods

SAVOURY SNACKS ...cont'd...

Hodmedod Hodmedod Roasted Fava Bean Chilli and Lime	1	£2.99
Hodmedod Hodmedod Roasted Pea and Bean, Black Pepper	1	£2.99
Hodmedod Hodmedod Roasted Yellow Peas Smoked Paprika	1	£2.99
Hodmedod Roast Fava Bean Salt & Vinegar	300g	£2.99
Hodmedod Roasted Fava Beans Sea Salted	300g	£2.99
Howdah Snacks Bakarwadi	150g	£2.50
Howdah Snacks Masala Dippers	150g	£2.50
Howdah Snacks Onion Bhaji	150g	£2.50
Howdah Snacks Tandoor Chilli Chips	150g	£2.50
Suma Bombay Mix	125g	£1.15
Traidcraft Liberation Chilli and Lime Cashew, peanuts and corn	90g	£1.80
Traidcraft Liberation Salted Cashew and Peanut	90g	£1.80

## SAVOURY SPREADS & PATES

Essential Vitam-R Yeast Extract (ls)	125g	£4.35
Granovita Tofu Spicy Mexican (Tubes) (og)	200g	£3.35
Mani Organics Sun Dried Tomato Spread (og)	180g	£3.69
Meridian Yeast Extract + B12 [WITH SALT]	340g	£4.99
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 - Classic (og)	200g	£2.79
Tartex Pate - Herb & Garlic (og)	200g	£2.79
Tartex Pate - Mushroom (og)	200g	£2.79

## SEA VEGETABLES

Clearspring Arame	30g	£4.79
Clearspring Atlantic Agar Flakes (Gelling Agent) (og)	30g	£5.79
Clearspring Hijiki	30g	£7.99
Clearspring Kombu	40g	£5.49
Clearspring Sushi Nori (Toasted)	17g	£3.29
Clearspring Wakame (og)	25g	£3.99



# Branded Foods

SEA VEGETABLES ...cont'd...

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	£1.94
Free & Easy Butternut Squash & Ginger Soup (og)	400g	£2.09
Free & Easy Carrot & Coconut Soup (og)	400g	£2.09
Free & Easy Lentil & Red Pepper Soup (og)	400g	£2.09
Free & Easy Pea & Mint Soup (og)	400g	£2.09
Free & Easy Sweet Potato & Quinoa Soup Low Salt (og)	400g	£2.09
Suma Minestrone Soup (og)	400g	£1.75
Suma Mushroom Soup (og)	400g	£2.09
Suma Pea & Vegan Ham Soup	400g	£1.79
Suma Rustic Vegetable Soup (og)	400g	£1.75
Suma Spicy Lentil Soup (og)	400g	£1.75
Suma Tomato Soup Recipe (og)	400g	£1.75
Suma Tuscan Bean Soup (og)	400g	£1.75

## SUGAR

Billington's Dark Muscovado Sugar	500g	£1.87
Billington's Golden Granulated (Caster Grade) Sugar (og)	500g	£2.32
Billington's Golden Granulated Sugar (ft)	500g	£1.85
Billington's Light Muscovado Sugar	500g	£1.86
Billington's Natural Caster Sugar (og)	500g	£2.75
Biona Rapadura Sugar (og)	500g	£4.25
Equal Exchange Raw Cane Sugar (ft) (og)	500g	£2.39
Traidcraft Demerara Sugar (ft)	500g	£1.89
Xylitol UK Total Sweet	225g	£2.99

## SWEET SNACKS

Chewsy Cinnamon Gum	15g	£1.29
Chewsy Lemon Gum	15g	£1.29
Chewsy Peppermint Gum	15g	£1.29
Chewsy Spearmint Gum	15g	£1.29

# Branded Foods

SWEET SNACKS ...cont'd...

Cypressa Choc. Almond Halva Bar	40g	£0.99
Fabulous Fudge Factory Chocovered S/Salt Fudgee Bites	65g	£1.89
Fabulous Fudge Factory Dairy Free Chocolate Raisins	75g	£1.69
Free From Fellows Mini Pink and White Vanilla	105g	£1.89
Free From Fellows Vanilla Mallows	105g	£1.89
Freedom Vegantics - Large Mallows	105g	£1.99
Fruitina Variety Pack (No Wildberry- Crop Shortage)	15g	£0.65
Gastone Lago Chocolate Poker Wafer Bar	45g	£0.75
Gastone Lago Hazelnut Poker Wafer Bar	45g	£0.75
Gastone Lago Vanilla Poker Wafers	45g	£0.75
JealousSweets Berry Foams	125g	£2.99
JealousSweets Berry Sours	125g	£2.99
JealousSweets Fizzy Friends	40g	£1.49
JealousSweets Juicy Foams	125g	£2.99
JealousSweets Tangy Worms	40g	£1.49
JealousSweets Tropical Wonder	40g	£1.49
JealousSweets Zingy Sours	125g	£2.99
Just Wholefoods Frooty Fruits (og)	70g	£1.99
Just Wholefoods VegeBears (og)	70g	£1.99
Just Wholefoods VegeHogs (og)	70g	£1.99
Lottie Shaw's Lottie Shaw's Boxed Truffles	1	£9.95
Lottie Shaw's Lottie Shaw's Parkin Loaf 325g	1	£2.95
Maxon Sweets Yorkshire Sweets 250g	1	£1.75
Panda Bear Shapes	125g	£1.65
Panda Liquorice Bars	32g	£0.69
Panda Liquorice Cuts	240g	£2.20
Panda Liquorice Torpedos	100g	£1.69
Panda Mix	200g	£2.39
Panda Raspberry Chew	32g	£0.69
Peppersmith English Peppermint Mints	15g	£1.59
Sapori Almond Biscotti Toscani	175g	£2.95

# Branded Foods

SWEET SNACKS ...cont'd...

Sesame Snaps Choc [Box]	24x30g	£0.45
Sesame Snaps Coconut [Box]	24x30g	£0.41
Sesame Snaps Plain [Box]	24x30g	£0.39
Sesame Snaps Yoghurt Coated [Box]	24x30g	£0.45
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	£1.75
Traidcraft Traidcraft Chocolate Coated Raisins	150g	£2.20

## SWEETENERS

Biona Coconut Palm Sugar (og)	250g	£3.05
Clearspring Rice Malt Syrup (og)	330g	£3.29
Honea Plant Based Fennel Honea - Vegan	230ml	£4.99
Marigold Pomegranate Molasses	150ml	£4.19
Meridian Date Syrup	330ml	£3.25
Meridian Maple Syrup (og)	330g	£8.99
Meridian SMALL - Blackstrap Molasses (ft) (og)	350g	£2.29
Nature's Charm Coconut Caramel Sauce	200g	£3.79
Rayner's Barley Malt Extract (og)	340g	£4.05
Rayner's Golden Syrup (ft) (og)	340g	£4.25
Rayner's Molasses aka Black Treacle (og)	340g	£2.79
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

Birdhouse Tea Company Ltd Loose Leaf Teas (various flavours)	1	£4.75
Celestial Seasonings Bengal Spice	20b	£3.29
Celestial Seasonings Ginger & Turmeric Tea Bags (og)	20b	£3.29
Celestial Seasonings Madagascar Vanilla Rooibos	20b	£3.19
Celestial Seasonings Sleepytime Tea Bags	20b	£2.99
Celestial Seasonings Tension Tamer	20b	£2.99

# Branded Foods

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

Clearspring Matcha Sencha Green Tea Bags (og)	20b	£3.69
Clearspring Sencha Green Tea Bags (og)	20b	£3.99
Clipper After Dinner Mint Tea (og)	20b	£2.49
Clipper Assam Tea Bags (ft) (og)	50b	£2.53
Clipper Berry Burst Tea Bags - ENVELOPES (og)	25b	£3.35
Clipper Chamomile Tea Bags (ft) (og)	20b	£2.20
Clipper Dandelion Tea Bags (og)	20b	£2.20
Clipper Decaffeinated Green (ft) (og)	40b	£3.49
Clipper Decaffeinated Tea (ft) (og)	40b	£3.49
Clipper Earl Grey (ft) (og)	40b	£2.89
Clipper Earl Grey Tea Bags (ft) (og)	80b	£3.99
Clipper English Breakfast (ft) (og)	80b	£3.99
Clipper English Breakfast Tea [Loose] (ft) (og)	125g	£2.99
Clipper Everyday Blend Tea Bags - 80's [Green Box] (og)	80b	£3.48
Clipper Everyday Teabags (ft) (og)	80b	£3.85
Clipper Fairtrade Green Tea (ft) (og)	40b	£2.89
Clipper Fennel Tea Bags (og)	20b	£2.20
Clipper Green Tea (ft) (og)	100g	£2.99
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	£2.20
Clipper Liquorice Tea Bags (og)	20b	£2.15
Clipper Nettle Tea Bags (og)	20b	£2.20
Clipper Redbush (Rooibos) Tea Bags (og)	80b	£3.99
Clipper Sleep Easy Tea Bags (og)	20b	£2.20
Clipper Snore & Peace (og)	20b	£2.49
Clipper White Tea Bags with Peppermint (og)	26b	£1.90

# 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 Rooibos Earl Grey (og)	40b	£3.10
Dragonfly Tea Rooibos Vanilla (og)	40b	£2.90
Dragonfly Tea Swirling Mist White Tea Bags (og)	20b	£2.69
Essential Chamomile Herbal Infusion (og)	20b	£2.19
Essential Peppermint Herbal Infusion (og)	20b	£2.19
Hampstead Tea Chamomile (og)	20b	£2.79
Hampstead Tea Lavender Valerian (og)	20b	£2.79
Hampstead Tea Rosehip Hibiscus (og)	20b	£2.79
Heath & Heather Apple & Cinnamon (og)	20b	£2.49
Heath & Heather Chamomile (og)	20b	£2.49
Heath & Heather Dandelion Burdock & Hawthorn (og)	20b	£2.95
Heath & Heather Nettle (og)	20b	£2.95
Heath & Heather Peppermint (og)	20b	£2.49
Heath & Heather Raspberry Leaf (og)	20b	£3.55
Heath & Heather Turmeric Root Brew (og)	20b	£2.99
Tick Tock Relax Chai	40b	£2.15
Wistbray 11 O'Clock Rooibos Tea Bags (og)	40b	£2.20

# Branded Foods

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

Yogi Bedtime Tea Bags (57%) (og)	17b	£2.59
Yogi Black Chai Tea Bags (og)	17b	£2.59
Yogi Breathe Deep Tea Bags (70%) (og)	17b	£2.59
Yogi Choco Tea Bags (og)	17b	£2.59
Yogi Classic [Cinnamon] Tea Bags (og)	17b	£2.59
Yogi Echinacea Special Formula Tea Bags (og)	17b	£2.59
Yogi Finest Selection (og)	18b	£2.79
Yogi Ginger Orange with Vanilla Tea Bags (og)	17b	£2.59
Yogi Ginger Tea Bags (og)	17b	£2.59
Yogi Ginger/Lemon Tea Bags (80%) (og)	17b	£2.59
Yogi Heartwarming Tea Bags (og)	17b	£2.59
Yogi Liquorice Tea Bags (og)	17b	£2.59
Yogi Maca Chai (og)	17b	£2.59
Yogi Moon Salutation (og)	17b	£2.59
Yogi Natural Energy (og)	20b	£2.99
Yogi Relax Tea Bags (Calming) (og)	17b	£2.69
Yogi Rose Tea Bags (og)	17b	£2.59
Yogi Stomach Ease Tea Bags (76%) (og)	17b	£2.59
Yogi Sweet Chai Tea Bags (og)	17b	£2.59
Yogi Sweet Chilli Mexican Spice Tea Bags (og)	17b	£2.69
Yogi Throat Comfort Tea Bags (94%) (og)	17b	£2.59
Yogi Turmeric Chai (og)	17b	£2.59
Yogi Wellbeing (og)	17b	£2.59
Yogi Women's Energy Tea Bags (og)	17b	£2.59

## TINNED CONVENIENCE FOOD

Biona Brown Lentil Curry (og)	400g	£1.49
Free & Easy Bean Cassoulet (og)	400g	£2.75
Free & Easy Three Bean Chilli (og)	400g	£2.75
Free & Easy Vegetable Balti - Tinned Ready Meal (og)	400g	£2.75
Free & Easy Vegetable Hotpot - Tinned Ready Meal (og)	400g	£2.75
Granovita Nut Luncheon (tin)	400g	£2.99

# Branded Foods

TINNED CONVENIENCE FOOD ...cont'd...

Marigold Braised Tofu	225g	£2.85
Marigold Mo-Du Braised Seitan Slices	225g	£2.39
Suma Spicy Chorizo Style Stew	400g	£2.09
Suma Vegetable Stew & Dumplings	400g	£2.09

## TINNED FRUIT

Cooks & Co Pitted Black Cherries	425g	£1.95
Essential Pineapple Chunks in juice (og)	400g	£2.45
Essential Young Jackfruit in Salted Water (og)	400g	£2.59
Suma Young Jackfruit Chunks (og)	400g	£2.79

## TINNED PULSES

Biona Baked Beans in Tom. Sauce (og)	400g	£1.39
Biona Chilli Black Beans (og)	400g	£1.39
Geo Organics Edamame Beans in Water	400g	£2.49
Hodmedod Fava Beans - Whole (og)	400g	£1.29
Hodmedod Hodmedod British Baked Beans	1	£1.39
Hodmedod Vaal Dhal - British (og)	400g	£1.89
Navarrico Butter Beans Jar	700g	£4.40
Navarrico Chickpeas Jar	700g	£2.95
Navarrico Haricot Beans Jar	720g	£2.95

# Branded Foods

TINNED PULSES ...cont'd...

Suma Aduki Beans (og)	400g	£1.09
Suma Baked Beans (og)	400g	£1.29
Suma Baked Beans - Low Sugar (og)	400g	£1.29
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 Green Lentils (og)	400g	£1.09
Suma Haricot Beans (og)	400g	£1.09
Suma Mixed Beans (og)	400g	£1.09
Suma Pinto Beans (og)	400g	£1.09
Suma Red Kidney Beans (og)	400g	£1.09
Whole Earth Baked Beans (og)	400g	£1.19

## TOMATO PRODUCTS

Cooks & Co Sundried Tomatoes in Sunflower Oil	280g	£2.49
Essential Passata (og)	690g	£1.95
Suma Cherry Tomatoes (og)	400g	£1.39
Suma Passata - Basil (og)	690g	£1.99
Suma Tomato Puree [tubes] (og)	200g	£1.29
Suma Tomatoes - Chopped (og)	400g	£1.15
Suma Tomatoes - Whole (og)	400g	£1.15

## VINEGAR

Aspall Balsamic Vinegar (og)	350ml	£3.89
Aspall Cyder Vinegar (og)	500ml	£2.49
Aspall Raw Unfiltered Cyder Vinegar (og)	500ml	£2.95
Aspall Red Wine Vinegar (og)	350ml	£1.95
Aspall White Wine Vinegar (og)	350ml	£1.95



# Branded Foods

VINEGAR ...cont'd...

Clearspring Brown Rice Vinegar (og)	150ml	£2.49
Clearspring Japanese Rice Vinegar (og)	250ml	£3.29
Suma Red Wine Vinegar (og)	500ml	£2.29
Suma White Wine Vinegar (og)	500ml	£2.29

# Branded Non-Food

listing produced on 10/05/2022

## CLEANING PRODUCTS - Household

Bio D Bathroom Cleaner Spray	500ml	£2.99
Bio D Fabric Conditioner	1L	£2.59
Bio D Fabric Conditioner with Lavender	1L	£2.99
Bio D Floor Cleaner + Linseed Soap	750ml	£4.25
Bio D Laundry Liquid	1L	£5.69
Bio D Multi Surface Sanitiser	750ml	£2.85
Bio D Toilet Cleaner - Nozzle Bottle	750ml	£2.59
Bio D Washing Up Liquid	750ml	£2.39
Dish O Matic Heavy Duty Kitchen Scourer Green [3s]	3pack	£1.25
Dish O Matic Non-Scratch Kitchen Scourer [3s]	3pack	£1.25
Dish O Matic Recycled Super Absorbent Cloth	2pack	£1.25
Eco Egg Laundry Egg - Spring Blossom	1egg	£11.49
Eco Egg Refill Pack	50 washes	£5.79
Ecoleaf Cling Film - Home Compostable	1	£3.79
Ecoleaf Dishwasher Tablets	25tabs	£5.69
Ecoleaf Fabric Conditioner	1.5L	£3.99
Ecoleaf Fabric Conditioner Concentrate	750ml	£2.29
Ecoleaf Laundry Liquid	1.5L	£6.35
Ecoleaf Liquid Stain Remover	500ml	£2.69
Ecoleaf Multi Surface Cleaner (Anti-Bacterial)	500ml	£2.39
Ecoleaf Toilet Cleaner	750ml	£1.69
Ecoleaf Toilet Cleaner - Cool Blue	750ml	£1.69
Ecoleaf Washing Up Liquid	1L	£2.75

# Branded Non-Food

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

Ecoliving Bicarb of Soda-All Purpose Cleaner	750g	£5.00
Ecoliving Citric Acid	750g	£6.99
Ecoliving Compostable Sponge Cleaning Cloths	6pack	£7.00
Ecoliving Compostable Sponge Cleaning Cloths	4pack	£5.50
Ecoliving Natural Bleach-Percarbonate of Soda	750g	£5.99
Ecoliving Steel Scourers 3pack	3pack	£2.85
Ecoliving Super Scrubbing Brush with Natural Bristles	1	£5.95
Ecoliving Sustainable Cleaning Starter Kit	Setof 5	£29.99
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
Ecovibe Washing Machine Detox Tabs	6 tabs	£4.99
Ecozone Appliance Descaler	500ml	£4.25
Ecozone Compostable Caddy Liner 10L	22bags	£3.39
Ecozone Dishwasher Tablets All In One	72tabs	£7.49
Ecozone Enzymatic Drain Sticks	23g	£7.99
Ecozone Limescale Remover - Tough	500ml	£3.75
Ecozone Mould Remover	500ml	£4.99
Ecozone Multi Surface Wipes - Anti Bac	40	£1.89
Ecozone Non-Bio Laundry Capsules	500g	£8.39
Ecozone Plughole Hair Unblocker	250ml	£7.99
Ecozone Rinse Aid	500ml	£2.25
Friendly Soap Laundry Powder	1kg	£9.75
Iron & Velvet Plastic Free Water Soluble Cleaning Sachets	pack of 5	£10.00
LoofCo Bath-Time Loofah	1	£3.29
LoofCo Body Loofah	1	£3.05
LoofCo Bottle Brush	1	£3.29
LoofCo Washing Up Pad	1	£2.95
LoofCo Washing-Up Brush with Handle	1	£3.29

# Branded Non-Food

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

Miniml Eco White Vinegar Spray	750ml	£3.00
Miniml Multi Surface Cleaner	500ml	£3.50
Miniml Washing Up Liquid-Apple (Glass Bottle)	500ml	£4.25
Miniml Washing Up Liquid-Rhubarb & Lemon (Plastic Bottle)	500ml	£3.45
Planet Detox Carpet Freshener Pine/Lavender	500g	£9.95
Plastic Phobia BamboO Dishcloth	1	£1.49

## COOKWARE & UTENSILS

Agreena 3 in 1 Silicone Sheet Wrap	1	£20.89
Bambaw Lunch Box-VariouS Colours	1	£14.99
Ecoliving Vegetable Brush	1	£5.50
Ecoliving Whisk-Wooden Handle	1	£5.00
Ecoliving Wooden Bottle Opener	1	£3.70
Ecoliving Wooden Cheese Slicer	1	£4.90
Ecoliving Wooden Cutlery Bundle	1	£6.99
Ecoliving Wooden Lemon Reamer	1	£3.20
Ecoliving Wooden Potato Peeler	1	£3.20
Ecoliving Wooden Rolling Pin	1	£10.00
Huski Rice Husk Lunch Box Pink/Green/Blue/Lilac	1	£14.99
Jungle Culture Bamboo Cutlery Roll	1	£10.50
Moopops Resusable Milk Bottle Tops	pack of 3	£4.99
Moopops Reusable Yogurt Tops	pack of 2	£5.99
Oakdale Bees Beeswax Board & Bowl Restore	1	£11.50
Oakdale Bees Food Wraps Large	single	£7.50
Oakdale Bees Food Wraps Multi Pack	pack	£12.99
Plastic Phobia Coconut Bowl	1	£6.50
Zero Waste Club Coffee Filter 70% Recycled Steel	1	£14.99
Zero Waste Club Metal Coffee Scoop & Sealer	1	£6.99
Zero Waste Club Organic Kitchen Cloth Large Green/Burgundy/Brown	1	£6.50
Zero Waste Club Recycled Plastic Bag Coasters	pack of 4	£12.50
Zero Waste Club Tea Strainer 70% Recyled Steel	1	£8.99

## DEODORANTS

Heavenly Organics Deodorant Powder-Lemon & Mint	100g	£8.99
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# Branded Non-Food

DEODORANTS ...cont'd...

Lavandi Deodorants-Variou Scents	1	£7.95
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

Amour Natural Lavender Pillow & Room Spray	1	£6.50
Bag It Don't Bin It Beanies Cloth Bag Colour	1	£7.50
Bag It Don't Bin It Beanies Cloth Bags Black & white	1	£2.99
Bags2keep Cotton Produce Bag	each	£1.00
Bags2keep Cotton String Bag - Various Colours	each	£2.99
Ecoliving Dishbrush Replacement Heads	1	£2.20
Ecoliving Dishbrush- Various Colours	1	£5.50
Ecoliving Gloves- Various Sizes	1	£3.00
Ecovibe Compostable Scourers	pack of 2	£3.99
Ecovibe Compostable Sponges	pack of 2	£3.99
Ecovibe Cotton Mesh Produce Bags	pack of 9	£15.50
Ecovibe Glass Pump/Spray Bottles Brown and Clear	500ml	£3.99
Happy Earth Face Masks	1	£6.99
If You Care Firelighters	72pack	£4.99
If You Care Firelighters 100% Biomass	28	£2.25
If You Care Heavy Duty Recycled Aluminium Foil	pack	£4.35
If You Care Recycled Aluminium Foil	pack	£3.19
If You Care Unbleached Baking Cups - Large	each	£1.81
If You Care Unbleached Paper Sandwich Bags	48bags	£4.15
If You Care Unbleached Parchment Paper	each	£4.65
If You Care Wax Paper - Unbleached	1	£5.25
Plastic Phobia Bamboo Straw	1	£1.25
Plastic Phobia Brushes for metal straws	1	£0.50
Plastic Phobia Metal Straws	1	£1.49
Tuffy Degradable Medium Freezer Bags	100bag	£1.75
Tuffy Swing Bin Liners - Biodegradable	15bags	£1.99
Tuffy Totally Degradable Refuse Sacks (18"x29"x34")	10bags	£1.69

# Branded Non-Food

ECOLOGICAL PRODUCTS ...cont'd...

Zero Waste Club Reusable Produce Bags pack of 9 £15.50

## ESSENTIAL OILS & BURNERS

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 Stone Melt Burner	1	£9.95
Ancient Wisdom Wax Melts	1	£0.75

## GIFTWARE

A Life of Design Greetings Cards-Variou	1	£2.95
Amour Natural Clip-On Car Diffuser	1	£9.95
Avocado Cards	1	£2.50
Badibidu Local Design Mug	1	£10.95
Bewilderbeest Greetings Cards-Variou	1	£2.99
Cat's Cards Large Greetings Cards-Variou	1	£2.99
Cat's Cards Small Greetings Cards-Variou	1	£2.50
Eco Glitter Fun Glitter	pack of 2	£6.90
Eco Glitter Fun Glitter Blends Boxed Kit	6x4ml	£23.90
Eco Glitter Fun Glitter Blends Kit Pack 3	3pack	£12.90
Felt So Good Animal Keyrings-Rabbit/Squirrel/Pig	1	£4.99
FOSH Bottle Patterned	1	£22.50
FOSH Bottle Plain	1	£22.50
Fran Halsall Large Cards	each	£2.00
Hannah Penn Greetings Cards-Variou	1	£2.00
Liz Cook Charts Various Charts	chart	£5.95
Musker Sherwood Designs Greeting Cards	each	£3.55
Musker Sherwood Designs Greeting Cards With Knitting	each	£3.95
Printed By Us Beanies Mug	1	£10.00

# Branded Non-Food

GIFTWARE ...cont'd...

rCups rCup Short	8oz	£10.00
rCups rCup Tall	12oz	£11.00
Sheffield Yoga School Greetings Cards	each	£2.00
Urban Eccentric Socks-Various designs	1	£4.99

## HAIR CARE

Alter/native Clear & Simple Conditioner	5L	£41.99
Alter/native Clear & Simple Shampoo	5L	£41.99
Alter/native Hair Conditioner Bar - Coconut	90g	£5.45
Alter/native Hair Conditioner Bar - Rose	90g	£5.45
Faith Coconut & Shea Butter Hair Mask	300ml	£6.99
Faith Conditioner - Coconut	5L	£57.00
Faith Conditioner - Coconut	400ml	£6.50
Faith Conditioner - Grapefruit & Orange	5L	£57.00
Faith Conditioner - Jojoba	400ml	£6.50
Faith Conditioner - Lavender & Geranium	400ml	£6.50
Faith Conditioner - Rosemary	400ml	£6.50
Faith Conditioner - Tea Tree	400ml	£6.50
Faith Shampoo - Coconut	400ml	£6.50
Faith Shampoo - Grapefruit & Orange	5L	£57.00
Faith Shampoo - Jojoba	400ml	£6.50
Faith Shampoo - Jojoba	5L	£57.00
Faith Shampoo - Lavender & Geranium	400ml	£6.50
Faith Shampoo - Rosemary	400ml	£6.50
Faith Shampoo - Tea Tree	400ml	£6.50
Faith Shampoo - Wild Rose	400ml	£6.50
Faith Wild Rose & Chamomile Hair Mask	300ml	£6.99
Friendly Soap Conditioner Bar - Lavender & Tea Tree	95g	£4.95
Friendly Soap Conditioner Bar-Lav & Geranium	95g	£4.95
Friendly Soap Hair Selection - Shampoo & Conditioner	380g	£14.95
Friendly Soap Shampoo Bar - Fragrance Free	95g	£2.75
Friendly Soap Shampoo Bar Peppermint Eucalyptus	95g	£2.75
Rugged Nature Natural Hair Wax	90g	£9.50

# Branded Non-Food

## HEALTHCARE & SUPPLEMENTS

Ricola Elderflower - sugar free	45g	£1.55
Ricola Original Swiss Herb Drops with Stevia (box)	45g	£1.59
Weleda Arnica Ointment	25g	£8.25

## 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 Orange Blossom Incense	12 sticks	£2.00
Greater Goods Patchouli Incense	12sticks	£2.00
Greater Goods Sandalwood	12stick	£2.00
Greater Goods Vanilla Incense	12 sticks	£2.00
Moorlands Mixed Pairs Multi-coloured Candles	11pairs	£2.89
Moorlands Rainbow Selection Standard	50pairs	£2.25
Oakdale Bees Beehive Skep Candle Set	set of 2	£8.00
Oakdale Bees Bees Wax Rolled Candles	box of 8	£14.99
Oakdale Bees Beeswax Candles	pair	£4.99
Oakdale Bees Giftbox Pinecone Candle plus 2 Skep Candles	each	£9.99
Oakdale Bees Spring Faberge Egg Candles Boxed	each	£9.99
The Yorkshire Candle Company Candles (various scents)	1	£5.95

## ORAL HEALTHCARE

Aloe Dent Aloe Vera Mouthwash	250ml	£4.99
Ben & Anna Toothpaste - Sensitive (og)	100ml	£8.95
Biomed Toothpaste - Sensitive	100g	£2.95



# Branded Non-Food

ORAL HEALTHCARE ...cont'd...

Ecoliving Eco Floss - Plant-Based Vegan Dental Floss	2pack	£3.25
Ecoliving Mouthwash Tablets in Tin	1	£5.50
Ecoliving Mouthwash Tablets Refill Pack	1	£5.50
Ecoliving Toothpaste Tablets in Tin-Raspberry/Orange/Peppermint	1	£3.50
Ecoliving Toothpaste Tablets Refill Pack	1	£5.50
F.E.T.E Bamboo Interdental Sticks-Size 4	pack of 4	£5.25
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
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
LiveCoco Recyclable Toothbrush Heads	pack of 2	£8.99
Plastic Phobia Bamboo Toothbrush Holder	Single	£2.99
Sarakan Toothpaste	50ml	£2.89
Weleda Toothpaste - Salt	75ml	£5.25

## PAPER PRODUCTS - Recycled

Bamboo Bobbi Toilet Roll	1 x 6 pack	£3.10
Ecoleaf "RETAIL" - Toilet Tissue	4rolls	£2.89
Ecoleaf JUMBO Kitchen Towel	1roll	£2.75
Ecoleaf Kitchen Towels 3 Ply	2rolls	£2.35
If You Care Unbleached Coffee Filters No 4 [Large]	100pack	£3.24
The Cheeky Panda Bamboo Facial Tissue Flat Box	box	£2.29
The Good Roll Individual Toilet Rolls	1	£0.75

## SANITARY PRODUCTS

&Sisters Nudie Period Cup Small/Med	each	£24.95
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# Branded Non-Food

SANITARY PRODUCTS ...cont'd...

Bloom & Nora Bloom Singles Reusable Pads - Midi	1	£6.65
Bloom & Nora Bloom Singles Reusable Pads - Mini	1	£6.29
Mooncup Size A	each	£19.99
Mooncup Size B	each	£19.99
Natracare [1000] Tampons - Regular (og)	20pack	£2.75
Natracare [2000] Tampons - Super (og)	20pack	£2.69
Natracare [2002] Tampons - Super Plus (og)	20pack	£2.95
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	£2.39
Natracare [8002] Tampons - Regular Applicator (og)	16pack	£3.05
Natracare [9002] Tampons - Super Applicator (og)	16pack	£3.15

## SOAPS & HANDWASHES

Alter/native Cinnamon & Orange Soap	95g	£2.29
Alter/native Detox Soap Bar - Charcoal	95g	£3.25
Alter/native Glycerine Shampoo Bar Coconut & Argan Oil	90g	£3.89
Alter/native Glycerine Soap - Grapefruit & Aloe Vera	90g	£1.85
Alter/native Glycerine Soap - Rose & Geranium	90g	£1.85
Alter/native Shampoo Bar - Rose & Geranium	95g	£3.25
Alter/native Soap Gift Set - Botanical	set	£12.45
Alter/native Soap Gift Set - Floral	set	£14.95
Bio D Sanitising Handwash - Lime & Aloe Vera	5L	£19.99
Bio D Sanitising Handwash - Unfragranced	5L	£16.99
Bio D Sanitising Handwash - Unfragranced	500ml	£3.95
Faith Loose Soap - Coconut	100g	£2.28
Faith Loose Soap - Grapefruit	100g	£1.82
Faith Loose Soap - Orange	100g	£1.82

# Branded Non-Food

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

Friendly Soap Cleansing Bar - Cocoa Butter	95g	£2.75
Friendly Soap Cleansing Bar - Shea Butter	95g	£2.75
Friendly Soap Detox Bar	95g	£2.95
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	£2.95
Friendly Soap Shaving Bar - Fragrance Free	95g	£2.75
Friendly Soap Soap - Aloe Vera Fragrance Free (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Cinnamon & Cedarwood (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Lavender (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Lemongrass & Hemp (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Orange & Grapefruit (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Patchouli & Sandalwood (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Peppermint & Poppyseed (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Rose & Geranium (Palm Oil Free)	95g	£2.45
Friendly Soap Soap - Tea Tree & Turmeric (Palm Oil Free)	95g	£2.45
Friendly Soap Soap Selection - 4 flavours	380g	£9.49
Friendly Soap Travel Selection - 4 Flavours	380g	£10.49
Miniml Hand Soap Sweet Clementin	500ml	£3.50
Miniml Hand Soap-Cucumber & Aloe	500ml	£3.50
Plastic Phobia Bamboo Soap Dish	1	£4.99
Rampal-Latour Unwrapped Olive Oil Soap [10 Pack]	600g	£7.89
Tanjero Soaps Soap Double	1	£3.00
Tanjero Soaps Soap Single	1	£2.55

## TOILETRIES & BODYCARE PRODUCTS

Agnes + Cat Lip Balm	1	£4.99
Aloe Pura Aloe Vera After Sun Lotion	200ml	£8.49
Alter/native Cotton Soap Bag (og)	each	£1.95

# Branded Non-Food

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

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 Bomb Set	Set of 3	£8.95
Ancient Wisdom Bath Bombs-Variou Scents	1	£3.00
Ancient Wisdom Vegan Shaving Brush Pack	1	£2.75
Ancient Wisdom Wheat Bags	1	£11.95
Bolzano SuperInox Stainless Double Edge Razor Blades	5pack	£1.25
Croll & Denecke Bamboo Soap Dish	1	£4.99
Croll & Denecke Risk Husk Soap Travel Container	1	£4.99
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
Ecoliving Plastic Free Safety Razor plus Blades	1	£25.00
Ecoliving Vegan Shaving Brush	1	£2.75
Ecovibe Bamboo & Cotton Resuable Makeup Remover Pads	pack of 16	£13.50
Ecovibe Patch Bamboo Hypoallergenic Plasters	pack of 25	£6.99
Ecovibe Resuable Makeup Remover Pads	pack of 16	£5.99
F.E.T.E Konjac Sponge	1	£5.99
Faith Body Wash - Dragon Fruit	400ml	£5.79
Faith Body Wash - Grapefruit & Orange	400ml	£5.79
Faith Body Wash - Jojoba	400ml	£5.79
Faith Body Wash - Lavender & Geranium	400ml	£5.79
Faith Body Wash - Tea Tree	5L	£40.00
Faith Body Wash - Wild Rose	400ml	£5.79
Friendly Soap Konjac Sponge	1	£5.99

# Branded Non-Food

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

Heavenly Organics Beard Oil-Cedarwood	50ml	£10.60
Heavenly Organics Beard Oil-Orange & GF	50ml	£10.60
Heavenly Organics Body Butter-Lavender	100g	£9.99
Heavenly Organics Body Butter-Rose Geranium	1	£9.99
Heavenly Organics Eye & Face Cream - Chamomile	25g	£8.99
Heavenly Organics Eye & Face Cream - Rose & Geranium	25g	£8.99
Heavenly Organics Facial Oil Grapefruit	50ml	£10.99
Heavenly Organics Facial Oil-Tea Tree	50ml	£10.99
Heavenly Organics Facial Scrub - Rose Geranium	100g	£9.59
Heavenly Organics Lavender Eye & Face Cream	25g	£8.99
Heavenly Organics Lavender Facial Oil	50ml	£10.99
Heavenly Organics Rose Geranium Facial Cleanser	110g	£8.99
Heavenly Organics Rose Geranium Facial Cleanser In A Tin	110g	£8.99
Last Object LastSwab Reusable Swab Basic	each	£8.99
Last Object LastSwab Reusable Swab Beauty	each	£8.99
Miniml Body Lotion-Vanilla & Shea Butter	500ml	£6.95
Miniml Body Wash/Bubblebath-Coconut	500ml	£5.50
Miniml Bodywash/Bubblebath-GF & Aloe	500ml	£5.50
Plastic Phobia Bamboo Comb	1	£2.50
Plastic Phobia Ceramic Soap Dish Blue/White	1	£7.99
Shade All Natural Sunscreen	100ml	£9.95
Shade All Natural Sunscreen	15ml	£3.75
Simply Gentle Cotton Buds (og)	200pack	£2.48
Simply Gentle Cotton Wool Pads (og)	100pck	£2.15
Smallwood Bees Lip Balms Original/Lemon	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
St Clements Bath Salts	500g	£10.00
The Cheeky Panda Baby Wipes - Bamboo	64wipes	£2.99
Weleda Shaving Cream	75ml	£12.50

# Branded Non-Food

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

Yaoh Hemp Seed Oil Sun Lotion SPF 15 (og)	240ml	£9.95
Yaoh Hemp Seed Oil Sun Lotion SPF 30 (og)	240ml	£10.75
Zero Waste Club Organic Cotton Face Cloth	1	£4.99
Zero Waste Club Razorblade Disposal Tin	1	£4.50

# Chilled Goods

listing produced on 10/05/2022

## BURGERS & SAUSAGES

Fry's Burgers	320g	£3.95
Fry's Hot Dogs	360g	£4.20
Fry's Polony - Slicing Saus.	500g	£4.55
Fry's Sausage Rolls	400g	£3.90
Fry's Traditional Sausages	380g	£4.35
Taifun Wiener/Frankfurters (og)	300g	£5.59
Topas "Salami" Slices (og)	100g	£2.55
Topas Gran Chorizo (og)	200g	£6.20

## 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)	450g	£3.85
Naturli Vegan Butter Block (og)	200g	£2.00
Suma Olive Spread	500g	£2.35
Suma Soya Spread	500g	£2.05
Yeo Valley Butter - Salted (og)	250g	£3.40
Yeo Valley Butter Unsalted (og)	250g	£3.40

## CHEESE & CHEESE SUBSTITUTES

... Flower Marie Ewes Cheese	1	£7.95
... Halloumi Cows Milk	1	£1.92
... Merci Chef Soignon	1	£2.70
... Norfolk White Lady	1	£5.90
... Somerset Camembert	each	£3.75
... Yorkshire Wensleydale	1	£3.95
Apetina Paneer Cheese	1	£2.75
Barncliffe Brie	1	£4.25
Bookham Fine Foods Sussex Charmer	200g	£3.70
Bookhams Vegetarian Pasta Cheese	150g	£3.50
Carron Lodge Cheddar Block	454	£5.18

# Chilled Goods

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

Collebianco Buffalo Mozzarella	1	£3.60
Cotswold Organic Brie	240g	£5.92
Cotswold Organic Smoked Brie	140g	£4.70
Cricket St Thomas Capricorn Goats Cheese	100g	£2.44
Cypressa Feta (og)	200g	£3.29
Cypressa Halloumi Organic (og)	225g	£3.55
David South Quickes Red Devonshire	1	£3.44
Epui Cheeses Marscapone	1	£2.00
Epui Cheeses Ricotta	1	£1.13
Ethical Dairy Fleet Valley Blue	1	£5.29
Ethical Dairy Rainton Tomme	1	£5.00
Godminster Cheddar Cheese - Oak Smoked	200g	£5.99
Goldsteig Mozzarella	1	£0.86
Hellim Grill Cheese	1	£2.16
High Weald Dairy Brighton Blue Cheese (og)	150g	£4.20
Kolios Feta	200g	£3.15
Leagram Creamy Cheese	250g	£4.50
Leagram Crumbly Cheese	250g	£4.50
Leagram Goats Cheese	250g	£4.47
Leagram Organic Soft Lancashire	1	£3.22
Leagram Sheeps Cheese	1	£4.47
Longley Farm Cottage Cheese	250g	£1.07
Longley Farm Cottage Cheese Chives	250g	£1.07
Longley Farm Full Fat Soft Cheese	200g	£1.11
Lye Cross Mature Cheddar Cheese - Set Weight Pieces (og)	245g	£3.30
Lye Cross Medium Cheddar Cheese - Set Weight Pieces (og)	245g	£3.20
Lye Cross Vintage Cheddar Cheese - Set Weight Pieces (og)	245g	£4.10
Shorrocks Lancashire Bomb	1	£5.99



# Chilled Goods

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

Snowdonia Amber Mist	1	£4.25
Snowdonia Beechwood 200g	1	£3.82
Snowdonia Black Bomber	1	£4.25
Snowdonia Red Devil	1	£3.96
Snowdonia Red Storm Vintage Red Leicester	1	£3.96
Snowdonia Ruby Mist	1	£4.25
Tyras Feta	1	£2.28

## CHEESE SUBSTITUTE - Branded

Applewood Smoked Cheese Block	200g	£2.80
Bute Island "CREAMY" Sheese - Cheddar [Non-Hydrogenated Fats]	255g	£2.65
Bute Island "CREAMY" Sheese - Garlic & Herb [Non-Hydrogenated Fats]	255g	£2.65
Bute Island "CREAMY" Sheese - Original [Non-Hydrogenated Fats]	255g	£2.65
Bute Island "CREAMY" Sheese - with Chives [Non-Hydrogenated Fats]	255g	£2.65
Bute Island Grated Mature Cheddar Style	200g	£3.10
Bute Island Grated Mozzarella Style	200g	£3.10
Bute Island Mature Cheddar Block Made From Coconut	200g	£2.95
Bute Island Red Leicester Style	200g	£2.70
Bute Island Sheese - Caramelised Onion	200g	£2.70
Bute Island Sheese - Greek Feta Style	200g	£2.45
Follow Your Heart Medium Cheddar	200g	£2.89
Follow Your Heart Parmesan - Grated	142g	£4.65
I AM NUT OK Bluffalo Notzarella-Vegan Mozzarella	200g	£4.99
I AM NUT OK C'e Dairy? Vegan Mature Cheddary Cheese	120g	£6.99
I AM NUT OK Crack On - Vegan Black Pepper Cheese Log	120g	£5.99
I AM NUT OK Fetamorphosis Marinated Vegan Feta	260g	£7.99
I AM NUT OK G.O.A.T Vegan Herby Goat Cheese	120g	£6.99
I AM NUT OK Meltdown Vegan American Style Melty Cheese	200g	£5.49
I AM NUT OK MinerThreat Vegan Smoky Charcoal Cheese	120g	£6.99
I AM NUT OK NeroMinded Vegan Black Truffle Cheese	120g	£7.29
I AM NUT OK Oh Grate! - Vegan Grated Italian Cheese	100g	£4.99
I AM NUT OK PapaRica Smoked Chedda	120g	£6.99
Koko Cheddar Cheese Alternative	200g	£2.10

# Chilled Goods

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

Mexicana Spicy Mexican Cheddar Style	200g	£2.80
Mouse's Favorite Camembert Blue Style	135g	£9.35
Mouse's Favorite Camembert Style	135g	£9.00
Nush Almond & Chive Ch*ese Spread	150g	£2.99
Nush Natural Almond Ch*ese Spread	150g	£2.99
Tyne Cheese Applewood Cheese	150g	£8.95
Tyne Cheese Ethiopian Spice Cheese	150g	£7.95
Tyne Cheese Garlic Cheese	160g	£7.95
Tyne Cheese Marinara Cheese	160g	£8.95
Tyne Cheese Original Cheese	150g	£7.95
Tyne Cheese Smoked Cheese	150g	£7.95
Tyne Cheese Truffle Cheese	150g	£8.95

## CHILLED DRINKS

Bio-tiful Mango Kefir	250ml	£1.70
Bio-tiful Original Kefir	250ml	£2.15
Bio-tiful Strawberry Kefir	250ml	£1.70
Cocos Natural Coconut Milk Kefir (og)	500ml	£3.95
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
Sodada Kombucha Elderflower	330ml	£2.50
Sodada Kombucha Ginger	330ml	£2.50
Sodada Kombucha Hops	330ml	£2.57
Sodada Kombucha Rhubarb	330ml	£2.50
Sojade Blueberry & Cherry Soya Kefir (og)	250ml	£1.85
Sojade Natural Soya Kefir (og)	250ml	£1.80

## CHILLED GOODS - General Items

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	£2.25

# Chilled Goods

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

Dragonfly Tofu Marinated Super Firm (og)	200g	£3.20
Dragonfly Tofu Natural Super Firm (og)	300g	£2.75
Florentin Falafel (og)	250g	£4.10
Follow Your Heart Garlic Veganaise (og)	340g	£2.79
Follow Your Heart Original Vegenaise	340g	£3.09
Food Heaven Heavenly Whipped Spray Cream - Keep Below 20°C	200ml	£2.29
Loving Foods Classic Kimchi (og)	500g	£6.85
Loving Foods Classic Sauerkraut (og)	500g	£6.35
Loving Foods Turmeric & Black Pepper Kimchi (og)	500g	£6.85
Macsween's Vegetarian Haggis	400g	£4.70
Macsween's Vegetarian Haggis	200g	£2.40
Mayan Catering Onion/Spinach Bhajis	1	£1.50
Mayan Catering Samosas	1	£1.50
Origin Kitchen Basil Pesto Spread	150g	£2.99
Origin Kitchen Mushroom & Dill Spread	150g	£2.99
Origin Kitchen Sun-dried Tomato Spread	150g	£2.99
Raw Vibrant Living Fresh Sauerkraut (og)	410g	£4.45
The Bury Black Pudding Co Vegan Black Pudding	220g	£1.65
This Isn't Bacon Rashers	120g	£3.65

# Chilled Goods

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

Tideford Carrot & Ginger Soup (og)	600g	£3.05
Tideford Creamy Mushroom Soup (og)	600g	£3.05
Tideford Farmhouse Soup (og)	600g	£3.05
Tideford Jamaican Spicy Jackfruit Soup (og)	600g	£3.05
Tideford Lentil and Spinach Dahl (og)	600g	£3.49
Tideford Mediterranean Risotto (og)	360g	£3.19
Tideford Minestrone 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 Thai Green Curry Veg Pot (og)	360g	£3.19
Tideford Winter Spiced Parsnip Soup (og)	600g	£3.05
Topas Space Bar - Chorizo (og)	40g	£1.30
Topas Space Bar with Hemp (og)	40g	£1.49
Topas Vegan Chorizo Slices (og)	80g	£2.50
Topas Wheaty Merguez Sausage (og)	200g	£4.39
Tummy Tonics Beetroot, Fennel, Orange Sauerkraut	300g	£4.50
Tummy Tonics Celeriac & Red Onion Sauerkraut	300g	£4.50
Tummy Tonics Farmhouse Sauerkraut	300g	£4.50
Tummy Tonics Kimchi	300g	£4.50
Vork Pies Maple Glazed Pie	240g	£3.78
Vork Pies The Original Pie	240g	£3.78
Vork Pies The Piri Piri Pie	240g	£3.78

## EGGS

... Organic Eggs (og)	1	£2.30
... Organic Eggs XL	1	£2.40
Elliot Eggs Ltd Dozen Medium Free Range	1	£2.10
Elliot Eggs Ltd Large Eggs	6 box	£1.15
Elliot Eggs Ltd Med Eggs	6 Box	£1.05

# Chilled Goods

FRESH BREAD ...cont'd...

## FRESH BREAD

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
Depot Bread Vegan Quinoa Croissant	1	£1.65
Gerrys Bread Cromwell Seeded Large	1	£3.10
Gerrys Bread Dark Rye with Poppy Seeds	1	£3.30
Gerrys Bread Hoolemeal Large	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

## FROZEN CONVENIENCE FOOD

Clives Pies Beefy Ale Puff Pie (og)	235g	£3.40
Clives Pies Chickeny Puff Pie (og)	235g	£3.24
Clives Pies Creamy Cauliflower Pie (og)	250g	£3.25
Clives Pies Mushroom & Leek Pie - Gluten Free (og)	235g	£3.35
Clives Pies Nut Roast (GF) (og)	280g	£5.45
Good Life Mushroom & Spinach Kiev	250g	£3.40
Good Life Nut Burger with Cashew, Carrot & Parsnip	320g	£3.30
Good Life Spicy Bean Burger	454g	£2.70
Naturli Pizza Capriciosa	350g	£4.15
Naturli Pizza Mexicana	350g	£4.05
Naturli Schnitzel	300g	£4.25
Naturli Vegan Balls	300g	£3.50
Strong Roots Sweet Potato Fries	500g	£3.80

# Chilled Goods

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

Vamaya Beetroot Paneer Ready Meal	450g	£6.58
Vamaya Cashew Cauliflower Tikka Masala Ready Meal	450g	£7.89
Vamaya Sweet Potato Chickpea Ready Meal	450g	£6.68
Yutaka Vegetable Gyoza Dumplings	240g	£3.50

## FROZEN FOODS - General Items

Clives Pies Aloo Gobi Pie (gf) (og)	260g	£3.25
Clives Pies Broccoli & Green Pesto Quiche (og)	165g	£2.99
Clives Pies Cauliflower Quiche (og)	165g	£2.99
Clives Pies Chickpea Tagine Pie (gf) (og)	260g	£3.35
Clives Pies French Cassoulet Pie (gf) (og)	260g	£3.25
Clives Pies Lentil & Olive Pie (gf) (added sugar) (og)	260g	£3.35
Clives Pies Quiche Lorraine (og)	165g	£2.85
Clives Pies Roasted Red Pepper & Tomato Quiche (og)	165g	£2.85
Clives Pies Veg. Chilli Pie (gf) (og)	260g	£3.25
Good Life 14 Falafel with Cumin	280g	£2.50
Impulse Tempeh (og)	227g	£3.00
Mabel's Vegan Yorkshires GF Yorkshire Puddings	Pack of 4	£6.00
Mabel's Vegan Yorkshires Yorkshire Puddings	Pack of 4	£6.00
Naturli Vegan Mince	325g	£3.35
Naturli Vegan Sausages	300g	£4.30
Theo's Filo Pastry	400g	£1.90

## FROZEN FRUIT & VEG

Bio Inside Frozen Peas- SMALL PACK (og)	300g	£1.55
Bio Inside Frozen Sweetcorn (og)	300g	£1.89
Natural Cool Berry Mix (og)	300g	£4.35
Natural Cool Blueberries (og)	300g	£4.82
Natural Cool Cut Green Beans - Demeter (og)	450g	£2.64
Natural Cool Raspberries (og)	300g	£5.95
Natural Cool Sour Cherries (og)	300g	£3.90
Natural Cool Spinach - Demeter (og)	450g	£2.70
Natural Cool Strawberries (og)	300g	£3.90
Windmill Hill British Summer Fruits	330g	£3.60

# Chilled Goods

FROZEN FRUIT & VEG ...cont'd...

Yutaka Shelled Edamame Beans	500g	£2.70
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## ICE CREAM

Booja Booja Caramel Pecan Praline Ice Cream (og)	110ml	£2.10
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	£5.10
Booja Booja Hunky Punky Chocolate SMALL - Stuff in a Tub (og)	110ml	£2.10
Booja Booja Keep Smiling Vanilla M'Gorilla - Stuff in a Tub (og)	500ml	£5.69
Booja Booja Raspberry Ripple Ice Cream (og)	110ml	£2.10
Booja Booja Raspberry Ripple Ice Cream (og)	500ml	£5.69
Booja Booja Vanilla M'Gorilla - NO SPLIT CASES (og)	110ml	£2.10
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	£4.55
Yeo Valley Sea Salted Caramel Ice Cream (og)	500ml	£4.55
Yeo Valley Vanilla Ice Cream (og)	500ml	£4.55

## MEAT SUBSTITUTES

Beyond Meat Burgers	226g	£5.20
Beyond Meat Sausages	200g	£5.20
Fry's Chicken Style Strips	380g	£4.00
Heura Chorizo	216g	£2.95
Heura Mediterranean Chunks	160g	£3.69
Heura Original Burger	220g	£3.45
Heura Original Sausages	216g	£2.95
V Bites All Day BCN Streaky Style Rashers	115g	£2.60
V Bites Velicious Hmm Ham Slice	100g	£1.85

# Chilled Goods

PATES, DIPS & SPREADS ...cont'd...

## PATES, DIPS & SPREADS

Delphi Avocado Hummus Dip	150g	£2.10
Delphi Chargrill Red Pepper Hummus	170g	£1.30
Delphi Fresh Aubergine Dip - NO SPLIT CASES	170g	£2.10
Delphi Hummus Fresh	170g	£1.05
Delphi Lemon & Coriander Hummus	170g	£1.30
Florentin Hummus (og)	200g	£3.40

## READY MEALS & SNACKS - Chilled

Forest Foods Curried Sweet Potato Wrap - Wrapped	each	£2.48
Forest Foods Vegan Chilli Cheese Burrito - Wrapped	each	£2.90

## TOFU & TOFU BASED PRODUCTS

Better Nature Tempeh (og)	200g	£2.55
Better Nature Tempeh Rashers (og)	120g	£3.29
Better Nature Tempeh Smoked (og)	170g	£2.80
Clear Spot Tofu Plain (Large) (og)	450g	£3.15
Clear Spot Tofu Plain [Small] (og)	280g	£1.99
Clear Spot Tofu Sea Cakes (2) (og)	190g	£1.70
Taifun Basil Tofu (og)	200g	£4.19
Taifun Smoked Almond/Sesame Tofu Slice (og)	200g	£4.25
Taifun Tofu Filets - Japanese (og)	160g	£3.49
Taifun Tofu Filets - Mild Wild Garlic (og)	160g	£3.85
Taifun Tofu Rosso (og)	200g	£4.25
Viana Smoked Tofu (og)	250g	£3.30

## YOGHURT, CREAM & NON-DAIRY SUBSTITUTES

Acorn Cream (og)	1	£1.75
Bergerie Sheeps Greek-Style Yoghurt (og)	250g	£1.65
Bio-tiful Kefir - Cultured Milk Drink (og)	250ml	£1.40
Bio-tiful Kefir - Cultured Milk Drink (og)	500ml	£2.30



# Chilled Goods

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

Koko Coconut & Lemon Yoghurt (added sugar)	2x125g	£1.40
Koko Peach & Passionfruit Yoghurt (added sugar)	2x125g	£1.40
Koko Raspberry Yoghurt Alternative (added sugar)	2x125g	£1.40
Koko Strawberry Yoghurt Alternative (added sugar)	2x125g	£1.40
Longley Farm Buttermilk	500ml	£1.04
Longley Farm Crème Fraiche	200g	£0.86
Longley Farm Greek Yoghurt Lemon & Ginger	450g	£1.50
Longley Farm Greek Yoghurt Plain	450g	£1.30
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	£1.00
Longley Farm Natural Yoghurt Large	450g	£1.00
Longley Farm Small Fruit Yoghurt	150g	£0.45
Yeo Valley Yeo Natural (og)	500g	£1.90
Yeo Valley Yogurt - Greek Style Natural (og)	450g	£2.20

## YOGURT SUBS

Cocos Natural Coconut Milk Yoghurt (og)	400g	£5.40
Koko Plain Yoghurt Alternative	500g	£1.85
Origin Kitchen Chocolate	85g	£2.30
Origin Kitchen Forest Fruits	85g	£2.30
Origin Kitchen Mango & Passionfruit	85g	£2.30
Origin Kitchen White Chocolate	85g	£2.30
Sojade Apricot Soya Yogurt (og)	400g	£2.20
Sojade Banana & Passion Soya Yoghurt (og)	400g	£2.75
Sojade Blueberry Soya Yoghurt (og)	400g	£2.20
Sojade Mango & Peach Soya Yogurt (og)	400g	£2.20
Sojade Natural Soya Yogurt + Bifidus (og)	400g	£1.40
Sojade Soya Yogurt - Greek Style Natural (og)	400g	£2.20
The Coconut Collaborative Creme Fraiche	200g	£3.00

# Prepacks

listing produced on 10/05/2022

## PREPACKED COMMODITIES

Almonds Flaked	125g	£1.85
Almonds Ground (og)	125g	£3.39
Almonds Ground	125g	£1.95
Almonds Whole (og)	125g	£2.99
Almonds Whole	125g	£2.15
Apple Rings (SO <sub>2</sub> )	150g	£1.79
Apricots Whole (og)	250g	£3.25
Barley Grain (Pearl)	500g	£1.25
Billington's Cane Sugar (og)	500g	£2.55
Biofair Black Quinoa Grain - DISCO (og)	400g	£4.75
Biona Amaranth Seed (og)	500g	£2.75
Biona Red Camargue Rice (og)	500g	£3.75
Biona Risotto Brown Rice (og)	500g	£3.35
Biona Wild Rice Mix (og)	500g	£3.85
Bran Sticks - Malted (og)	250g	£1.75
Brazilnuts Whole (og)	125g	£3.45
Brazilnuts Whole	125g	£2.95
Buckwheat Flakes (og)	500g	£3.96
Calasparra White Paella Rice	500g	£2.95
Cashew LWP	250g	£2.85
Cashew Salted	125g	£3.55
Cashew Whole (og)	250g	£5.45
Cherry Natural Coloured Glace (store below 20°C)	200g	£2.59
Chia Seeds	250g	£2.55
Chia Seeds Black (og)	250g	£2.75
Chopped Mixed Nuts	250g	£2.65
Coconut Chips	150g	£1.65
Crazy Jack Ready To Eat Figs (og)	200g	£2.29
Crazy Jack Ready To Eat Prunes [plums] (og)	200g	£3.99
Crazy Jack RTE Soft Dates (og)	200g	£2.15
Crazy Jack Soft Apricots (og)	200g	£3.19

# Prepacks

PREPACKED COMMODITIES ...cont'd...

Currants (og)	250g	£2.15
Dates Medjool - Ready to Eat (og)	250g	£4.25
Dove's Farm Gram Flour	500g	£2.15
Dove's Farm Spelt Grain (og)	500g	£2.02
Figs (og)	250g	£2.99
Fruit Salad	250g	£3.05
Ginger Cryst. + Raw Cane Sugar	125g	£1.65
Goji Berries	100g	£2.25
Hazelnuts Whole (og)	125g	£2.25
Hazelnuts Whole	125g	£1.99
Hemp Seed (og)	250g	£2.39
Hodmedod Chia Seeds	300g	£2.99
Hodmedod Fava Beans - Split Dried (og)	500g	£1.89
Hodmedod Hodmedod British Quinoa	1	£3.49
Hodmedod Hodmedod Brown Linseed	1	£2.99
Hodmedod Hodmedod Whole Fava Beans	1	£1.99
Hodmedod Mix no.3 All The Peas	500g	£2.35
Linwoods Flax Almond Braz ilWalnut Q10	360g	£6.55
Linwoods Flaxseed (og)	200g	£3.49
Macadamia Nuts	125g	£4.49
Marrowfat Peas	500g	£1.45
Merchant Gourmet Chestnut Puree Pouch	200g	£2.09
Mixed Nuts	250g	£3.99
Peanuts Paleskin (og)	500g	£3.75
Peanuts Roasted	250g	£2.09
Peanuts Salted	250g	£2.25
Pecan Nuts	125g	£2.99
Pine Nuts (og)	100g	£5.22
Pine Nuts (og)	125g	£6.85
Pine Nuts	125g	£5.99
Pistachio Nuts Raw Kernels	125g	£4.49
Pistachio Nuts Roasted & Salted	125g	£2.69

# Prepacks

PREPACKED COMMODITIES ...cont'd...

Polenta (og)	500g	£1.96
Popping Corn (og)	500g	£2.29
Prunes Pitted (og)	250g	£3.85
Psyllium Husks	200g	£6.69
Rice Jasmine White (og)	500g	£3.89
Rice Sushi	500g	£1.79
Rice Wild	125g	£2.65
Seeds - Omega Mix (og)	250g	£2.19
Sesame Seeds (og)	250g	£1.96
Soya Beans (og)	500g	£2.15

# Prepacks

PREPACKED COMMODITIES ...cont'd...

Suma Almonds - Blanched	125g	£2.59
Suma Bombay Mix w/ Coriander & Lime	250g	£1.59
Suma Cacao Nibs (og)	100g	£1.99
Suma Coconut Flour (og)	500g	£2.99
Suma Cornflour	500g	£1.65
Suma Demerara Sugar (og)	500g	£2.99
Suma Icing Sugar (og)	500g	£3.99
Suma Mixed Peel- keep refrigerated to avoid blowing (og)	200g	£3.19
Suma Moong Dahl [Yellow Split Peas]	500g	£2.49
Suma Nut Roast Mix (gf)	340g	£3.49
Suma Polenta	500g	£1.55
Suma Potato Flour	500g	£1.95
Suma Quinoa Tricolore (og)	500g	£3.49
Suma Rice - black	500g	£2.95
Suma Rice Crackers	125g	£1.85
Suma Rice Flakes Brown (og)	500g	£3.95
Suma Semolina Flour - Fine	500g	£1.89
Suma Smoked Paprika Noodle Twists	125g	£1.15
Suma Suet - Vegetarian	250g	£2.25
Suma Super Seed And Berry Mix	125g	£2.15
Suma Tapioca	500g	£1.95
Suma Tapioca Flour	500g	£1.85
Suma Vegan Burger Mix	350g	£6.15
Suma Vegan Sausage Mix	350g	£5.65
Suma Vital Wheat Gluten	500g	£2.99
Suma Walnuts - light halves	125g	£2.15
Suma Wasabi Peas - Spicy	75g	£1.39
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

# Prepacks

PREPACKED COMMODITIES ...cont'd...

TVP Caramel Coloured Soya Mince	250g	£2.25
TVP Flavoured Soya Mince	500g	£2.69
TVP Natural Coloured Soya Chunks	500g	£2.53
Urban Fruit Snack Pack - Mango	35g	£0.99
Urban Fruit Snack Pack - Pineapple	35g	£0.99
Walnuts Broken (og)	125g	£2.35
Yaoh Hulled Hemp Seeds (og)	125g	£3.88
Zaytoun Maftoul Palestinian Cous Cous (ft)	200g	£3.65