

PLENTIFUL

Plastic Free Shop

Prices - Buy whatever quantity you want! (Doesn't have to be the amount mentioned) Prices subject to change due to suppliers.

Allergens - risk of contamination of gluten, nuts, wheat, soya and dairy in their processing and packing environments. Please tell us over the phone if you have any allergies so we can give you more info.

Dried Goods

Beans & Pulses (approx. price per 500g)

- Dried Chickpeas (organic) - £1.70
- Chana Dal (organic) - £1.85
- Green Lentils (organic) - £1.80
- Red Lentils (organic) - £1.60
- Puy Lentils (organic) - £2.65
- Red Kidney Beans (organic) - £1.60
- TVP (Soya Mince) (vegan) £4.25

Rice & Grains (approx. price per 500g)

- Arborio/Risotto Rice (organic) - £2.30
- White Basmati Rice - £1.45
- Long Grain Brown Rice (organic) - £1.65
- Wholewheat Cous Cous (organic) —£1.50
- Quinoa (organic) - £2.60
- Pearl Barley (organic) - 90p
- Wild Rice Blend (organic) - £2.75
- Giant Cous Cous (organic) - £2.05

Pasta (approx. price per 500g)

- Wholewheat Penne (organic) - £1.40
- White Penne (organic) - £1.40
- White Spaghetti (organic) - £1.70
- Wholewheat Spaghetti (organic) - £1.70
- Gluten Free Vermicelli Noodles - £5 (bulky!)
- Gluten Free Pasta Shells - £5 (bulky!)
- Orzo (organic) - £2
- Lasagne Sheets (organic) - £3

Product list for collection

Call 07857553691

Monday to Wednesday 10am - 3pm
to collect same/next day, or collect Friday if
ordering veg box

Min spend £20

Anything on list plus www.plentifulshop.co.uk

Organic Fruit & Veg Box - £20

(contains 10-14 varieties)

6 Organic Free Range Eggs - £1.90

Breakfast Cupboard (approx. price per 500g)

(All vegan friendly)

- Porridge Oats (organic) £1.25
- Gluten Free Oats (see allergen info) (organic) £1.45
- Granola (organic) £3.95
- Berry Crunch Cereal (organic) £4.25
- Deluxe Muesli (organic) £2.20

Tea & Coffee (price per 100g coffee, 50g tea)

- Coffee Beans (Strength 5, dark, organic) £1.90
- Decaf Coffee Beans (Locally Roasted) £2.10
- Loose Breakfast Tea - £3.25
- Loose Green Tea - £3.25
- Loose Chamomile - £4.50 (a lot of chamomile!)
- Hibiscus and Orange - £2.40

Nuts (approx. price per 200g)

- Almonds (organic) £3.05
- Flaked Almonds (organic) £2.80
- Brazils (organic) £3.50
- Cashews (organic) £3.75
- Hazelnuts (organic) £2.60
- Pecans - £4.90
- Peanuts (organic) - £1.80
- Walnuts (organic) - £3.60
- Salted Peanuts - £2
- Pine Nuts - £3.40 per 100g

More Dried Goods

Seeds (approx. prices per 200g)

- Chia Seeds (organic) £1.60
- Flax/Linseed £1.20
- Sunflower Seeds (organic) £1.60
- Pumpkin Seeds (organic) £1.60
- Poppy Seeds (organic) £2.60
- Sesame Seeds (organic) £2
- Hulled Hemp Seeds (organic) £5

Dried Fruit (approx. prices per 200g)

- Apple Rings £2.70
- Apricots (organic) £1.96
- Banana Chips (organic) £2.40
- Coconut Chips (organic) £2.60
- Currants (organic) £1.70
- Cranberries (organic) £2.60
- Desiccated Coconut £1.40
- Dates (organic, fair trade) £1.80
- Figs (organic) £3.04
- Goji Berries (organic) £4.40
- Mango bits (organic) £4.40
- Raisins (organic) £1.04
- Sultanas (organic) £1.10

Snacks (approx. prices per 200g)

- Chocolate Brazils £2.90
- Chocolate Physalis Berries (vg) £3
- Raw Choc Co. Ginger (vg) £4.60
- Mini Eggs £3
- Yoghurt Raisins £1.80
- Yoghurt Banana Chips £1.80
- Garlic Gathia Sticks £1.70
- Wasabi Peas £3

Chocolate Buttons (approx. per 200g)

- Milk or White £2.70
- Dark (vg) £2.90
- Mint dark (vg, raw & organic) £5.10

Flours & Baking (Prices per kg) Supply Fluctuates

- Plain White Flour (organic) £1.30
- Self Raising Flour (organic) £1.30
- Strong Bread Flour (organic) £1.30/1.90 supplier dependent
- Wholemeal Rye Flour (organic) £1.80
- Buckwheat Flour (organic) £3.85
- Gram Flour £3.40

Golden Caster Sugar (unrefined, organic) £3.90

- Soft Brown Sugar £3.90
- Demerara Sugar £4.70
- Coconut Sugar (organic) £1.25/100g
- Ground Almonds (organic) £1.49/100g
- Cacao Powder (organic) £1.90/100g
- Cacao Nibs (organic) £2.50/100G

- Baking Powder 75p/100g
- Bicarb 43p/100g
- Dried Yeast 30p/10g

Dried Herbs (all 60p/10g)

- Basil
- Mixed Herbs
- Oregano
- Sage
- Thyme
- Rosemary
- Tarragon
- Parsley

Seasoning (per 100g)

- Cornish Sea Salt 90p
- Black Peppercorns £2.10
- Veg Bouillion (vg) £1.10
- Nutritional Yeast w/B12 £2.20

Spices (approx. 30p/10g)

- Chilli Powder
- Chilli Flakes
- Chipotle Chilli Flakes
- Chinese 5 Spice
- Cinnamon
- Coriander Ground
- Coriander Seeds
- Cumin
- Cumin Seeds
- Curry Powder
- Fennel Seed
- Garam Masala
- Garlic Powder
- Ginger
- Mixed Spice
- Black Mustard Seed
- Nutmeg (ground)
- Onion Powder
- Paprika
- Smoked Paprika
- Turmeric

Staple Tins (organic unless stated)

(vegan friendly)

Suma Baked Beans £1.19
Suma Low Sugar Baked Beans £1.19
Suma Baked Beans & Vegan Sausages £2.09
Suma Baked Beans & Vegan Burgers £2.09
Suma Chickpeas 79p
Suma Coconut Milk £1.89
Suma Chopped Tomatoes 99p
Suma Kidney Beans £1.19
Biona Chilli Beans £1.20
Suma Sweetcorn £1.39

Suma Organic Jackfruit £2.79
Braised Tofu £2.59
Mo-Du (Mock Duck) £2.35
Tunah Alternative £3.09

Organic Condiments, Sauces and Cooking

Passata (Suma) £1.75 vg
Tomato Puree (Suma) £1.49 vg
Houmous (Alfez 160g) £2.15 vg
Harissa (Alfez 100g) £2.50 vg
Tahini (Alfez 160g) £2.15 vg
Mustard - Classic/Coarse 180g £2.09 vg
Mayonnaise (Simply Delicious) £3.29
Vegenaise £3.09 vg
Green Pesto - Zest £2.80 vg
Red Pepper Pesto (Mr Organic) £2.99 vg
Miso (Clearspring) £2.99 vg
Essential Yeast Extract (125g) £3.75 vg
9 Meals From Anarchy Stock £3.59 vg
Brown Sauce (British) £2.35 vg
Ketchup (Biona) £2.39 vg
Sweet Chilli Sauce (Biona) £2.35 vg
Soy Sauce (Clearspring) £2.19 vg
BBQ Sauce £2.35 vg
Fiery Chilli Sauce (Bonsan) £3.49 vg
Worcestershire Sauce £2.99 vg

Spreads (vg)

Vego Choc Hazelnut Spread £3.55
Almond Butter - Smooth (Meridian) £3.69
Peanut Butter - Crunchy (Meridian) £2.49
Sunflower Seed Butter (Meridian) £2.99

Local Honey £6.50 (not vegan)
Local Raw Honey £7.50 (not vegan)

Vegan Block (Vg Butter) £1.99

Plant Based Milks:

Oatly Barista Oat Milk 1l £2.09
Minor Figures Oat Milk 1l £1.99
Rude Heath Tiger Nut Milk 1l £2.99

Oils & Vinegars:

Culinary Coconut Oil (Suma) £3.49 vg
Rapeseed Oil (Clearspring) £3.99 vg
Apple Cider Vinegar 1L £4.39 vg
Balsamic Vinegar (Aspall) £3.59 vg
Olive Oil (Suma EV) £5.99 vg

Other Jars:

Kalamata Olives £2.85 vg
Green Olives £2.99 vg
Sauerkraut £1.99 vg
Seitan (Yakso) £3.59 vg
Tofu (Biona) £3.99 vg

Crisps £1

40g Salted vg
40g Salt & Vinegar vg
40g Cheese & Onion
40g Bullshot

Share Size Chocolate Bars

Seed & Bean Org, FT, (various flavours)
iChoc (vegan, various flavours)

Cleaning Products

Supplied in glass bottles for £1 extra, refills not currently available.

Ecoleaf:

Laundry Liquid - 42p/100ml or £3.15/750ml

Fabric Softener - 25p/100ml or £1.99 per 750ml

Washing Up Liquid - 27p/100ml or £2.03/750ml

Dishwasher Tablets x 25 (£4.99) or **x 70** (£13.49)

Bio-D:

Concentrated Multi-Surface Sanitiser (dilute 1:100 to clean or use neat to sanitise) 45p/100ml or £3.38 per 750ml

Toilet Cleaner - 30p/100ml or £2.25 per 750ml

Sanitising Hand Wash - 70p/100ml

Iron & Velvet Cleaning Sachets (dilute one sachet in a bottle/spray bottle of water and becomes full sized product.)

1 = £4, 3 = £7, 5 = £10

Can Mix and Match.

- **Antibacterial Kitchen Cleaner**

- **Antibacterial Bathroom Cleaner**

- **Oven Cleaner**

- **Floor Cleaner**

- **Glass & Mirror Cleaner**

Hair & Body Care

(Alter/Native—all £1.10/100ml):

Tea Tree, Aloe & Lime Shampoo

Tea Tree, Aloe & Lime Conditioner

Coconut & Argan Oil Shampoo

Coconut & Argan Oil Conditioner

Lavender & Geranium Shampoo

Lavender & Geranium Conditioner

Body Wash (variety dependent on stock, just ask)

Other Household Essentials **(and anything you find on plentifulshop.co.uk)**

- Double Length Loo Roll - 95p

- LoofCo Cleaning Scrubber £2.95

- Loofco Washing Scrubber £2.95

- Washing up Brushes (wooden with replaceable heads) £4.99

- If You Care Tin Foil £3.15

- If You Care Baking Paper £4.15 XL

- Compostable Waste Bags 30L £3.30

Bathroom Essentials

- Reusable Face Wipes (5) £6.99

- Washable Baby Wipes £8

- Shampoo Bars £3.75-£6.50

- Conditioner Bars £7.99

- Bamboo Cotton Buds £2.49

- Earth Conscious Deodorant £7.75

Bars of Soap (Lavender, Aloe Vera, Orange or Patchouli) £2.89

Foaming Soap Pouches £3.99

Bamboo Soap Dishes £4.50

Bamboo Toothbrush (Adult/Child) £2.99

TruthPaste Natural Toothpaste 40g/120g
£3.99-£7.99

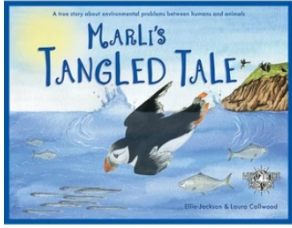
Toothpaste Tablets (With Fluoride)

EcoFemme Washable Period Pads &
Pantyliners (kits or singles) £8-£27

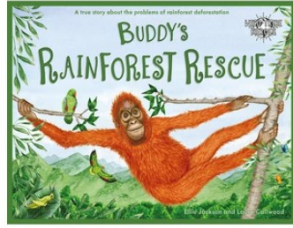
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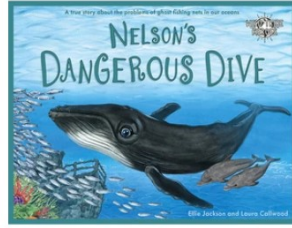
Misc bits to keep busy and make sustainable steps!
See www.plentifulshop.co.uk for more.



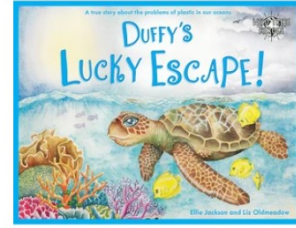
'Marli's Tangled Tale' Signed Book
£7.99



'Buddy's Rainforest Rescue' Signed Book
£7.99



'Nelson's Dangerous Dive' Signed Book
£7.99



'Duffy's Lucky Escape!' Signed Book
£7.99



Blueberry Bay Children's Book & Free Audiobook
£7.99



Seedbom for Butterflies
£4.50



Seedbom for Bees
£4.50



Wilderbom Pastels Seedbom
£4.50



DIY Wax Wrap Kit (Vegan)
£15.00

Reusable Safety Razor Kit £24.99



Stainless Steel Tea Strainer
£7.99



MoonCup £22.99



Play Press Talent Show
£4.99



Play Press Rescue Team
£4.99



Play Press RNLI People
£5.99



Play Press RNLI Lifeboat
£9.99



Play Press Space Ranger
£8.99



Play Press Space Station
£14.99

Press Play Plastic Free Build-a-sets