Product	Cost Per 100g
BAKING ESSENTIALS	
Bread flour	£0.19
Gluten Free Plain – out of stock	£0.19
Plain Flour	£0.14
Self raising wholemeal flour	£0.14
Self Raising Flour	£0.14
Wholemeal flour	£0.14
Wholemeal Spelt flour	£0.21
Corn flour	£0.33
Almond Flour	£1.45
Baking powder - NOT GF	£0.90
Bicarbonate of Soda	£0.32
Caster Sugar - white	£0.14
Caster Sugar - Golden	£0.21
Demerara Sugar	£0.20
Granulated sugar - white	£0.14
Icing sugar	£0.19
Soft Dark Brown	£0.28
Soft Light Brown	£0.27
Vegetable suet	£0.62
Vanilla pods (each 4g) - ORGANIC	£3.06
Citric Acid	£0.34
NUTS	
Almonds - flaked	£1.36
Almonds - ground	£1.45
Almonds - whole	£1.19
Brazils	£1.42
Cashew	£1.50
Coconut - flaked	£0.80
Coconut desiccated	£0.63
Hazelnuts	£1.38
Mixed nuts	£1.62
Peanuts - blanched	£0.58
Peanuts - salted	£0.53
Pecans	£2.00
Pine nut kernels	£3.64
Pistachio kernels	£2.26
Walnuts	£1.18
CEREALS	
Bran flakes	£0.45
Granola - Awesome Almond GLUTEN FREE/VEGAN	£1.05
Granola - Nuts for Chocolate GLUTEN FREE/VEGAN	£1.05
Granola - Nutty GLUTEN FREE/VEGAN (ORGANIC)	£1.16
Muesli Apricot Fig & Seed (ORGANIC)	£0.73
Muesli Nutty (ORGANIC)	£0.58
Pinhead oatmeal (ORGANIC)	£0.37
Porridge oats	£0.19
Porridge oats (ORGANIC)	£0.28
Rice Krispies	£0.59

Product	Cost Per 100g
GRAINS	
Cous Cous	£0.27
Semolina	£0.20
Polenta	£0.20
White Quinoa	£0.66
Red Quinoa	£0.77
BEANS & PULSES	
Black beans	£0.27
Brown Lentils	£0.27
Bulgar wheat	£0.23
Chickpeas	£0.27
Green Lentils (ORGANIC)	£0.32
Mung beans	£0.51
Pearl Barley	£0.11
Red lentils	£0.25
Yellow Split Peas	£0.21
Green Split peas (ORGANIC)	£0.17
Soup mix (red lentils, pearl barley, Yellow and green split peas)	£0.56
Soya Beans (ORGANIC)	£0.38
Brown lentils (ORGANIC)	£0.35
Red Kidney Beans (ORGANIC)	£0.50
SEEDS	
Chia seeds (ORGANIC)	£1.05
Fennell seeds	£2.47
Flax seeds	£0.66
Hemp seeds	£0.77
poppy seeds	£1.02
Pumpkin seeds	£0.73
Sesame seeds	£0.84
Sunflower seeds	£0.69
DRIED FRUIT	20.01
Apple Rings	£0.81
Apricots	£0.95
Banana chips	£0.78
Cranberries	£1.14
Crystalised Ginger	£1.22
Currants Dates	£0.50
	£0.65
Fig	£0.95
Glace cherries	£0.76
Goji Berries	£1.62 £2.28
Mango Mixed peel - candid	£2.28 £0.40
Papaya cubes - candid	£0.40 £0.69
Peach halves	£2.09
Pear halves Pear halves	£2.09
Pineapple – cubed	£0.73
Prunes	£0.66
Raisins	£0.40
Sultanas	£0.40
RICE	10.70
Arborio	£0.37
Brown Basmati ORGANIC	£0.39
Basmati White	£0.32

Product	Cost Per 100g
PASTA and NOODLES	
HALF RIGATONI - Stoneground SPELT pasta (ORGANIC ~ VEGAN)	£0.55
 FUSILLI - Wholegrain SPELT pasta (ORGANIC ~ VEGAN)	£0.55
CASARECCE - Stoneground EMMER pasta (ORGANIC ~ VEGAN)	£0.57
CONCHIGILIE - White SPELT (ORGANIC ~ VEGAN)	£0.55
SIDANI - Emma and Fava bean (ORGANIC ~ VEGAN)	£0.67
Spaghetti – Durum Wheat (ORGANIC)	£0.31
Lasagna sheets – Durum Wheat (ORGANIC)	£0.53
Orzo Pasta - Durum Wheat (ORGANIC ~ VEGAN)	£0.36
Wheat noodle nests (price per nest)	£0.76
Rice Spaghetti - GLUTEN FREE	£0.67
Rice Noodles - GLUTEN FREE	£1.02
Rice pasta shells - GLUTEN FREE	£0.67
STORECUPBOARD ESSENTIALS	
Vital Wheat Gluten	£0.40
Nutritional yeast flakes	£2.06
Stuffing mix - VEGAN (Contains Gluten)	£0.41
Soya Mince	£0.80
Vegetable stock -VEGAN (Contains Soya)	£1.22
Dried onion flakes	£1.01
CONFECTIONARY	
Gummy fruit mix -VEGAN	£1.60
Fizzy sour mix - VEGAN and GF	£1.60
Salted Caramel Fudge - VEGAN	£1.49
Vanilla Fudge - VEGAN	£1.49
Mini Marshmallows - VEGAN	£2.61
Large Marshmallows – VEGAN – currently unavailable	£1.52
Dark Chocolate Brazils	£1.67
Chocolate peanuts & Raisins	£1.13
Dark Chocolate coated crystalised Ginger - VEGAN	£3.15
Organic dark chocolate couverture choc buttons – VEGAN and GF	£2.14
'Milk' chocolate couverture choc buttons – VEGAN and GF	£1.80
TEMPRD chocolate bar 190g	£5.95
TEMPRD chocolate bar 95g	£3.95
play in choc Toy box - ORGANIC, VEGAN and GF currently unavailable	£2.50
Play in Choc bar 60g - ORGANIC, VEGAN and GF currently unavailable	£3.30
RAW chocolate company chocolate bar 70g	£3.50
RAW chocolate company chocolate gift pack of 4 x 70g bars	£12.00
RAW chocolate dark mint buttons	£2.00
RAW chocolate company spiced chocolate almonds	£3.00
Love Cocoa Champagne truffles	£14.00
SNACKS	
Popping corn	£0.28
Bombay mix - mild (contains nuts)	£0.76
Black Pepper & Sea salt Cashew nuts	£2.16
Chilli nuts (contains wheat and peanuts)	£0.85
Honey & cinnamon Cashew Nuts	£2.10
Rollagranola - Festive Trail mix	£1.35
Rollagranola - Salt and Pepper trail mix	£1.35
Rollagranola - Sweet and Spicy trail mix	£1.35
Just Crisps - Sweet Chilli Fava beans	£0.84
Just Crisps - Sea salt & Black pepper Parsnip Crisps	£2.20
A control of the cont	1
Just Crisps - Root Vegetable crisps	£2.60

HERBS Basil Bay Leaves Herbs De Provence	£0.36 £0.88
Bay Leaves Herbs De Provence	£0.88
Herbs De Provence	
Mint	£0.32
Mint	£0.43
Mixed Herbs	£0.31
Oregano	£0.32
Parsley	£0.55
Rosemary	£0.25
Thyme	£0.39
Marjoram	£0.50
Sage	£0.35
SPICES AND CONDIMENTS	COST Per 10g
Allspice berries	£0.60
Cayenne Pepper	£0.16
Cajun spice blend	£0.25
Caraway seeds	£0.21
Celery seeds	£0.37
Celery Salt	£0.24
Chilli Flakes	£0.26
Chilli Powder	£0.16
Cinnamon - ground	£0.22
Cinnamon - sticks	£0.68
Cloves	£0.27
Coriander seeds	£0.29
Coriander - Ground	£0.19
Cumin - Ground	£0.26
Cumin seeds	£0.35
Curry Powder Med-Hot	£0.19
Fajita Spice blend	£0.25
Fenugreek powder	£0.21
Garam Masala	£0.21
Garlic Powder	£0.21
Ginger - ground	£0.21
Mixed Spice	£0.21
Mustard Seeds - Brown	£0.37
Mustard Powder	£0.23
Nutmeg - Whole	£3.00
Nutmeg - Ground	£0.26
Onion seeds	£0.12
Onion powder	£0.20
Paprika	£0.22
Paprika smoked	£0.22
Peppercorns - Black	£0.23
Pepper - ground Black	£0.23
Pepper - Ground White	£0.22
Piri Piri spice blend	£0.25
Pumpkin Pie spice blend	£0.23
Star Annise	£0.67
Turmeric	£0.20
Suffolk Sea Salt crystals	£0.06
Himalayan pink rock salt crystals (ORGANIC)	£0.08
Himalayan pink rock salt ground (ORGANIC)	20.00
sage	£0.36

Pr	oduct	Per 100g
	DRINKS	
As	ssam loose leaf tea	£3.29
Br	eakfast Blend loose leaf tea	£3.29
Br	itish Brew loose leaf tea	£3.29
Cł	namomile loose tea	£4.52
Co	oco powder	£0.89
Co	offee beans	£3.00
Co	offee Beans Decaf	£3.00
Ea	ırl Grey loose leaf tea	£4.25
Fr	uity Tea infusion	
	unnan Green loose leaf tea	£4.60
Не	earts delight loose leaf tea	£3.29
	eppermint leaves	£3.15
	mply red bush loose leaf tea (100% caffeine free Rooibos)	£3.29
	piced loose leaf tea (Black tea with fruit and spices)	£4.25
	eacaf loose leaf tea (naturally decaffeinated to 0.2%)	£4.25
	arry's Hot Chocolate Outrageously Orangey (Vegan)	£2.74
	arry's Hot Chocolate Marvellously Minty (Vegan)	£2.74
	arry's Hot Chocolate Peppermint (Vegan)	£2.74
	arry's Hot Chocolate Wondrously white with butterscotch	£2.74
	arry's Hot Chocolate The Dark one 70% (Vegan)	£2.74
	arry's Hot Chocolate Tremendously Chocolatley (Vegan)	£2.74
	arry's Hot Chocolate Gingerbread (Vegan)	£2.74
	QUID Products	Per 100ml
	OIL and VINEGAR	1 61 1001111
R	apeseed oil - Extra Virgin cold pressed from the UK	£0.75
	nilly infused - Extra virgin cold pressed Rapeseed oil	£2.25
	arlic infused Rapeseed oil	£1.50
	arlic & Rosemary infused Rapeseed oil	£1.50
	ack truffle infused Rapeseed oil	£1.98
	dek trume mused hapeseed on	11.50
Fig	g Balsam vinegar	£1.24
	aspberry Balsam vinegar	£1.24
	alsamic Vinegar du Moderna	£1.17
	ople Cider vinegar with Mother	£0.64
	alt Vinegar with Mother	£1.00
101	ait vinegai with Mother	11.00
	LOVE YOUR BODY	
Fid	g Hand soap	£0.50
	and and body lotion	£1.21
	nampoo by Miniml – nourishing coconut	£0.62
	onditioner by Minimi – nourishing coconut	£0.62
	ody Wash by Minimi – nourishing coconut	£0.62
	estile Soap	£0.65
	and sanitiser (80% alcohol to WHO standards)	£1.40
	osom Salts - per 100g	£1.40 £0.22
	eodorant refill - Pit Balm - per 30g	£0.22 £4.00
Se	ett Surf mineral sun cream	£8.34

Product	Per 100ml
CLEANING	
Citric Acid per 100g	£0.34
Bicarbonate of Soda	£0.32
Washing up liquid Spiced Ginger	£0.26
Laundry liquid - non bio	£0.33
Fabric conditioner	£0.24
Multi Surface cleaner	£0.29
Toilet cleaner	£0.26
White vinegar for cleaning	£0.17
glass/window cleaner	£0.16
Dish washer Rinse aid	£0.52
Distribution (Miles and	20.52
Herbal homes drain freshener per 100g	£1.76
The sale medical restriction per 1995	