

	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
	Fennel 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	
	Apple Rings	£0.81
	Apricots	£0.95
	Banana chips	£0.78
	Cranberries	£1.14
	Crystalised Ginger	£1.22
	Currants	£0.50
	Dates	£0.65
	Fig	£0.95
	Glace cherries	£0.76
	Goji Berries	£1.62
	Mango	£2.28
	Mixed peel - candid	£0.40
	Papaya cubes - candid	£0.69
	Peach halves	£2.09
	Pear halves	£2.09
	Pineapple – cubed	£0.73
	Prunes	£0.66
	Raisins	£0.40
	Sultanas	£0.40
	RICE	
	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 crystallised 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
	Just Crisps - Root Vegetable crisps	£2.60
	Just Crisps - Sea salt Crisps	£1.66

	Product	cost 10g
	HERBS	
	Basil	£0.36
	Bay Leaves	£0.88
	Herbs De Provence	£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)	
	sage	£0.36

	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
	Herbal homes drain freshener per 100g	£1.76