KEY	GF – Gluten Free	DF – Dairy Free	SD – Contains	NF – Nut Free	SF – Soya Free	
			Sulphur			
			Dioxide			

THE GREEN CUPB PRODUCTS	ITEMS	PRICE	ALLERGY	ORIGIN
INODOCIS	TIENS	TRICE	ALLENGT	Onion
REFILLABLE FOOD				
DRIED FRUIT				
	Apple rings	£0.80/100g	GF DF SD	Italy
	Apricots organic	£1.40/100g	GF DF	Turkey
	Banana chips	£0.70/100g	GF DF	Philippines
	Cranberries	£1.00/100g	GF DF	Canada
-	Currants	£0.45/100g	GF DF	Greece
	Coconut chips	£0.80/100g	GF DF	Several Countries
	Desiccated coconut	£0.60/100g	GF DF SD	Indonesia
	Figs organic	£1.00/100g	GF DF	Turkey
	Mango organic	£1.80/100g	GF DF	Burkina Faso
	Medjool dates organic	£1.70/100g	GF DF	Jordan
	Raisins Organic	£0.50/100g	GF DF	Turkey
	Sultanas Organic	£0.45/100g	GF DF	Turkey
	Pineapple diced	£0.70/100g	GF DF	Thailand
	Prunes organic	£1.00/100g	GF DF	Moldavia
	Glace cherries	£0.60/100g	GF DF	
	Diced peel	£0.50/100g		
	Crystallized ginger	£0.90/100g		
NUTS				
	Almonds blanched organic	£1.80/100g	GF DF	Spain
	Almonds flaked Organic	£1.50/100g	GF DF	Spain
	Almonds ground Organic	£1.80/100g	GF DF	Spain
	Almonds whole organic	£1.70/100g	GF DF	Spain
	Pistachios	£4.00/100g	GF DF	Spain
	Cashew whole organic	£1.60/100g	GF DF	Goa
	Hazelnuts Organic	£1.50/100g	GF DF	Turkey
	Pecans Organic	£2.20/100g	GF DF	South Africa
	Walnuts Organic	£1.80/100g	GF DF	Moldova
	Brazil nuts organic	£1.65/100g	GF DF	Bolivian
	Peanuts	£0.45/100g	GF DF	Several Countries
RICE/PASTA/PULSES/				
GRAINS				
	Arborio rice	£0.25/100g	GF DF	
_	Basmati brown rice organic	£0.40/100g	GF DF	
	Basmati white rice organic	£0.45/100g	GF DF	
	Wild rice	£1.60/100g	GF DF	

	Short grain brown rice Organic	£0.45/100g	GF DF	
	Long grain white rice	£0.20/100g	GF DF	
	Paella rice	£0.35/100g	GF DF	
	Pudding rice	£0.27/100g	GF DF	
	Jasmine rice	£0.25/100g	Gi Di	
	Couscous organic	£0.40/100g	DF	
	Couscous Giant	£0.35/100g	D1	
	Polenta organic	£0.25/100g	GF DF	EU
	Bulgur wheat organic	£0.30/100g	DF	Several Countries
	Pearl barley organic	£0.25/100g	DF	00101010001111100
	Brown lentils organic	£0.50/100g	GF DF	
	Red lentils	£0.28/100g	GF DF	Canda
	Dark speckled lentils/Puy	£0.38/100g	GF DF	
	organic			
	Green lentils	£0.20/100g	GF DF	Turkey
	Butter beans organic	£0.80/100g	GF DF	·
	Black turtle beans	£0.25/100g	GF DF	
	Chickpeas organic	£0.30/100g	GF DF	Turkey
	Kidney beans organic	£0.60/100g	DF	
	White Farfalle organic	£0.45/100g		
	White fusilli pasta organic	£0.40/100g	DF	Italy
	Spaghetti Organic	£1.55/500g	DF	
	Whole wheat penne pasta	£0.40/100g	DF	Italy
	organic			
	Orzo organic	£0.40/100g	DF	
PASTIFICIO CARLESHI				
ORGANIC				
	White spelt mezzo rigatoni	£0.62/100g	DF	UK
	Stoneground spelt conchiglie	£0.62/100g	DF	UK
CEREAL/OATS				
	Rainbow muesli deluxe;Fruit	£0.40/100g	DF	UK
	& nut			
	Oats organic	£0.20/100g		UK
MUSHROOMS				
	Mixed dried mushrooms	£0.50/10g	GF DF	UK
SEEDS				
HODMEDOD'S	Chia seed Organic	£1.10/100g		Suffolk, UK
	Pumpkin seed organic	£1.00/100g		
HODMEDOD'S	Quinoa	£0.90/100g		Suffolk, UK
	Sunflower seeds organic	£0.50/100g		Ukraine
HODMEDOD'S	Golden linseed	£0.60/100g		Suffolk, UK
	Linseed ground organic	£0.60/100g		
	Poppy seeds	£0.80/100g		Serval Countries
	Popcorn kernels	£0.28/100g		Argentina
	Pine nuts	£4.40/100g		China

	Sesame seeds organic	£0.70/100g	
BAKING INGREDIENTS			
	Baking powder	£0.90/100g	
	Bicarbonate of soda	£0.50/100g	
	Citric acid	£0.50/100g	
	Cocoa powder organic	£1.20/100g	
	Cacao powder raw organic	£1.40/100g	
	Cacao nibs	£1.50/100g	
	Soft brown light/dark sugar	£2/KG	UK
	Caster sugar	£1.45/KG	UK
	Salt - table	10p/10g	
	Sea salt organic	£1.00/100G	
	Suffolk Sea Salt	£2/250g	Orwell/Stour, UK
HERBS AND SPICES			
	Bay leaves	£0.90/10g	
	Basil	£0.12/10g	
	Cajun spice	£0.15/10g	
	Caraway seeds	£0.10/10g	
	Cardamom - whole	£0.70/10g	Guatemala
	Cardamom - ground	£0.35/10g	
	Cayenne pepper	£0.12/10g	
	Chinese five spice	£0.20/10g	
	Chillis crushed	£0.18/10g	
	Chilli powder	£0.15/10g	
	Chives	£0.20/10g	
	Cinnamon - ground	£0.18/10g	
	Cinnamon sticks	£0.60/10g	Sri Lanka
	Cloves	£0.20/10g	
	Coriander - ground	£0.12/10g	
	Coriander seeds	£0.30/10g	UK
	Cumin - ground	£0.15/10g	
	Cumin seeds	£0.18/10g	India
	Curry powder - medium	£0.12/10g	
	madras	, , ,	
	Dill tips	£0.35/10g	
	Fajita seasoning	£0.15/10g	
	Fennel seeds	£0.10/10g	
	Fenugreek - ground	£0.12/10g	
	Fenugreek - leaves	£0.15/10g	
	Fenugreek - seed	£0.10/10g	
	Garam Masala	£0.18/10g	
	Garlic powder	£0.15/10g	Spain
	Ginger	£0.12/10g	India
	Herbs De Provence	£0.15/10g	maid
	Italian Seasoning	£0.15/10g	Contains sesame seed
	Marjoram	£0.15/10g	

	Mint	£0.12/10g	
	Mixed herbs	£0.18/10g	
	Mixed spice	£0.15/10g	
	Mustard powder	£0.15/10g	
	Mustard seed, black/yellow	£0.10/10g	
	Nutmeg - ground	£0.22/10g	
	Nutmeg whole	£0.15/10g	Grenada
	Onion/nigella seeds	£0.12/10g	India
	Onion powder	£0.12/10g	India
	Oregano	£0.18/10g	
	Paprika	£0.12/10g	Spain
	Paprika - smoked	£0.15/10g	Spain
	Parsley	£0.30/10g	·
	Pepper black - ground	£0.15/10g	
	Peppercorns black	£0.15/10g	Sri Lanka
	Peppercorns mix	£0.30/10g	on zuma
	Peppercorns white	£0.15/10g	
	' '		
	Pickling Spice	£0.13/10g	
	Rosemary	£0.15/10g	
	Sage	£0.20/10g	
	Star anise	£0.20/10g	China
	Tarragon	£0.28/10g	
	Thyme	£0.15/10g	
	Turmeric	£0.10/10g	India
TEA / COFFEE / HOT			
DRINKS	100	62.50/50	
	Afternoon Ceylon	£2.50/50g	
	Decaf breakfast tea	£3.26/50g	
NORFOLK TEA	Breakfast tea	£3.00/100g	
NORFOLK TEA	Green tea	£3.50/100g	
ETUDE	Prelude coffee Beans/ground	£3.00/100g	
ETUDE	Monte San Minas coffee Beans/ground	£3.00/100g	Brazil
ETUDE	Guatemala San Florencio coffee beans/ground	£3.80/100g	Guatemala
ETUDE	Las Pirias Peru coffee	£4.21/100g	Peru
	Beans/ground		
ETUDE	Huila decaf coffee  Beans/ground	£3.64/100g	Colombia
	Tea basket (for loose leaf)	£4.00 each	
	, , , ,		
CONFECTIONERY			
	Dark Chocolate/milk	£1.50/100g	
	chocolate Brazil nuts		
	Chocolate raisins - milk	£0.85/100g	
	Chocolate peanuts- milk	£0.90/100g	
	Dark chocolate ginger	£1.00/100g	
	Dark chocolate coffee beans	£1.10/100g	

	Dark chocolate buttons 70.5%	£1.30/100g	DF	
	Milk chocolate buttons	£1.30/100g		
	Plain chocolate buttons 55%	£1.30/100g		
	White chocolate buttons	£1.30/100g		
	Yogurt raisins	£0.85/100g	DF	
	Thai green curry paste	£2,67 each		
OIL/VINEGAR				
YARE VALLEY	Cold pressed rapeseed oil	£0.42/100g		
AEITHALIS	Extra Virgin Olive Oil	£1.15/100g		
ASPALL	Cyder vinegar	£1.60/500g		
EGGS – FREE RANGE				
LOW FARM EGGS	Medium eggs	£1.50 x 6		
HUNTINGFIELD	Large eggs	£1.62 x 6		
REFILLABLE CLEANING				
PRODUCTS				
MINIML	Washing up liquid	£0.32/100g		
	Apple orchard			
	Wild rhubarb & lemon			
MINIML	Laundry liquid	£0.43/100g		
	Fresh linen			
MINIML	Fabric conditioner	£0.30/100g		
	Fresh linen	00.50/100		
MINIML	Washing powder	£0.62/100g		
B A I B I I B A I	Fresh linen	50.22/400-		
MINIML	Toilet cleaner	£0.32/100g		
NAININAI	Peppermint & spearmint Floor cleaner	CO 40/100c		
MINIML	Nutty almond	£0.40/100g		
MINIML	Rinse aid	£0.30/100g		
MINIML	White vinegar	£0.15/100g		
	Sodium percarbonate	£0.50/100g		
	Citric acid	£0.50/100g		
	Sodium bicarbonate	£0.50/100g		
	Statem State Domate	20.00/ 1008		
REFILLABLE BODYCARE				
PRODUCTS				
MINIML	Shampoo/conditioner	£0.80/100g		
	Coconut	'		
	Pink grapefruit & aloe vera			
MINIML	Bodywash/bubble bath	£1.10/100g		
	Coconut			
	Pink grapefruit & aloe vera			
	Tea tree & mint			
MINIML	Body lotion	£1.10/100g		

MINIML	Hand soap Sweet clementine	£0.60/100G	
	French vanilla Cucumber & aloe vera		
MINIML	Hand disinfectant Mighty minty	£0.66/100g	
FAITH IN NATURE	Shampoo/conditioner Wild rose Lavender & geranium Orange & grapefruit Seaweed & citrus Coconut	£1.20/100g	
FAITH IN NATURE	Body wash Fragrance free Orange & grapefruit Lavender & geranium Wild rose	£1.10/100g	
FAITH IN NATURE	Body lotion Orange & grapefruit	£1.20/100g	
FAITH IN NATURE	Hand wash Aloe vera & tea tree	£1.10/100g	

Prices may vary and are subject to change.

If you have any questions regarding our products or you would like to see pictures of any of the above item's, please do not hesitate to contact us via <a href="mailto:Facebook page">Facebook page</a> (@thegreencupboard.uk) or email us at <a href="mailto:thegreencupboard@hotmail.com">thegreencupboard@hotmail.com</a>