

KEY	GF – Gluten Free	DF – Dairy Free	SD – Contains Sulphur Dioxide	NF – Nut Free	SF – Soya Free		
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THE GREEN CUPBOARD				
PRODUCTS	ITEMS	PRICE	ALLERGY	ORIGIN
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		
	Couscous organic	£0.40/100g	DF	
	Couscous Giant	£0.35/100g		
	Polenta organic	£0.25/100g	GF DF	EU
	Bulgur wheat organic	£0.30/100g	DF	Several Countries
	Pearl barley organic	£0.25/100g	DF	
	Brown lentils organic	£0.50/100g	GF DF	
	Red lentils	£0.28/100g	GF DF	Canda
	Dark speckled lentils/Puy organic	£0.38/100g	GF DF	
	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 organic	£0.40/100g	DF	Italy
	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 & nut	£0.40/100g	DF	UK
	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 madras	£0.12/10g		
	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		
	Italian Seasoning	£0.15/10g		Contains sesame seed
	Marjoram	£0.15/10g		

	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 HUNTINGFIELD	Medium eggs Large eggs	£1.50 x 6 £1.62 x 6		
REFILLABLE CLEANING				
PRODUCTS				
MINIML	Washing up liquid Apple orchard Wild rhubarb & lemon	£0.32/100g		
MINIML	Laundry liquid Fresh linen	£0.43/100g		
MINIML	Fabric conditioner Fresh linen	£0.30/100g		
MINIML	Washing powder Fresh linen	£0.62/100g		
MINIML	Toilet cleaner Peppermint & spearmint	£0.32/100g		
MINIML	Floor cleaner 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		
REFILLABLE BODYCARE PRODUCTS				
MINIML	Shampoo/conditioner Coconut Pink grapefruit & aloe vera	£0.80/100g		
MINIML	Bodywash/bubble bath Coconut Pink grapefruit & aloe vera Tea tree & mint	£1.10/100g		
MINIML	Body lotion	£1.10/100g		

MINIML	Hand soap Sweet clementine French vanilla Cucumber & aloe vera	£0.60/100G		
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 [Facebook page](#) (@thegreencupboard.uk) or email us at thegreencupboard@hotmail.com