



How to refill

[www.ecohealth.online](http://www.ecohealth.online)

1. Place an order for home delivery or click & collect, we will supply in brown paper bags
2. Bring your container to our markets or pop-up's, we will fill them up for you

### Herbs & Spices

Per 10g

Allspice (ground)	£	0.25
Aniseed (ground)	£	0.35
Arrowroot	£	0.18
Basil	£	0.30
Bay Leaves	£	1.75
Cajun Spice	£	0.30
Caraway Seeds	£	0.19
Cayenne Pepper	£	0.19
Celery Salt	£	0.19
Celery Seed	£	0.21
Chilli Flakes	£	0.17
Chilli Powder	£	0.19
Chinese Five Spice	£	0.19
Cinnamon Cassia (ground)	£	0.29
Cinnamon Sticks	£	0.95
Cloves (whole)	£	0.49
Cumin (ground)	£	0.25
Curry Powder (Hot)	£	0.22
Curry Powder (Medium)	£	0.22
Curry Powder (Mild)	£	0.22
Fennel Seeds	£	0.21
Fenugreek (ground)	£	0.22
Garam Masala	£	0.19
Garlic Chips	£	0.25
Garlic Powder	£	0.18
Garlic Salt	£	0.15
Ginger (ground)	£	0.25
Licorice Root	£	0.55
Marjoram	£	0.19
Mixed Herbs	£	0.45
Mixed Spice	£	0.19
Mustard (ground)	£	0.22
Nutmeg (ground)	£	0.30
Onion (kibbled / flakes)	£	0.25
Oregano	£	0.60
Paprika	£	0.19
Paprika (smoked)	£	0.25
Parsley	£	0.50
Peppercorns (black, ground)	£	0.40
Peppercorns (black, whole)	£	0.25
Pickling Spice	£	0.25
Poppy Seed	£	0.19
Rosemary	£	0.29
Sage	£	0.55
Salt - Himalayan Pink, fine or course	£	0.09
Salt - Sea Salt, fine or course	£	0.03
Star Anise	£	0.50
Tarragon	£	0.75
Thyme	£	0.39
Turmeric	£	0.19
Vanilla Pod (each)	£	5.55

### Loose Tea

Hibiscus Flowers	£	0.20
Dandelion Herb Tea	£	0.22
Nettle Leaves Herb Tea	£	0.22
Peppermint Leaves Herb Tea	£	0.24
Rosehip & Hibiscus Blend Tea Flowers	£	0.26
Rosehip Tea Flowers	£	0.28

### Sugar

Per 100g

Cane Sugar (organic)	£	0.40
Demerara	£	0.45
<b>Seeds</b>		
Golden Linseed / Flaxseed (organic)	£	0.60
Pumpkin Seeds (organic)	£	1.05
Sesame Seeds	£	0.60
Sunflower Seeds (organic)	£	0.40
Chia Seeds	£	0.70
<b>Organic Pasta</b>		
Fusilli White	£	0.38
Fusilli Wholemeal	£	0.38
Gluten Free	£	0.45
Penne White	£	0.38
Penne Wholemeal	£	0.38
Spaghetti White	£	0.38
Spaghetti Wholemeal	£	0.38
<b>Pasta</b>		
Fusilli Tri-Colour	£	0.29
Fusilli White	£	0.23
Fusilli Wholemeal	£	0.28
Macaroni	£	0.31
Penne White	£	0.23
Penne Wholemeal	£	0.23
Rigatoni (large tubes) White	£	0.26
Shell	£	0.23
Spaghetti White	£	0.23
Spaghetti Wholemeal	£	0.23
<b>Organic Rice</b>		
Arborio / Risotto White	£	0.46
Basmati Brown	£	0.39
Basmati White	£	0.39
Long Grain Brown	£	0.42
Long Grain White	£	0.48
Pudding White	£	0.45
Short Grain Brown	£	0.48
<b>Organic Nuts</b>		
Almonds	£	1.85
Cashews	£	1.60
Brazils	£	1.50
Mixed Nuts	£	1.56
<b>Oats &amp; Cereals</b>		
Bulgur Wheat (organic)	£	0.40
Cous Cous (organic, wholemeal)	£	0.45
Gluten Free Organic Oats	£	0.47
Organic Deluxe muesli	£	0.65
Organic Porridge / Jumbo Oats	£	0.28
Wheat Bran	£	0.20
<b>Dried Fruit</b>		
Apricot (organic)	£	1.10
Banana Chips (organic, no honey, vegan)	£	0.90
Coconut (dessicated)	£	0.85
Dates (pitted)	£	0.44
Cranberries	£	1.25
Papaya	£	0.70
Pineapple pieces	£	0.63
Prunes	£	1.30
Raisins (organic)	£	0.52
Sultanans (organic)	£	0.52
<b>Lentils &amp; Grains</b>		
Green Lentils (organic)	£	0.25
Red Lentils (organic)	£	0.32
Soup Mix	£	0.30
<b>Treats &amp; Snacks</b>		
Chilli Rice Crackers	£	0.99
Chocolate Raisins (milk or dark)	£	0.59
Tropical Mix	£	0.90
<b>Other</b>		
Citric Acid (food grade)	£	0.35
Bicarbonate of Soda	£	0.56

Codes in hidden cells