



How to refill

1. Place an order for home delivery & we supply in paper
2. Click & Collect (either paper bags or bring containers)
3. Bring your container / tubs / food bags / anything!
to our markets or pop-up's, we will fill them up for you
4. Book the eCo van & fill up on your doorstep

	Per 10g	Quantity	
		Required	
Herbs & Spices			
Allspice (ground)	£ 0.25		
Aniseed (ground)	£ 0.35		
Arrowroot	£ 0.18		
Basil	£ 0.30		
Bay Leaves	£ 0.95		
Cajun Spice	£ 0.30		
Caraway Seeds	£ 0.19		
Cayenne Pepper	£ 0.19		
Celery Salt	£ 0.19		
Celery Seed	£ 0.21		
Coriander (ground or seed)	£ 0.36		
Chilli Flakes	£ 0.17		
Chilli Powder	£ 0.19		
Chinese Five Spice	£ 0.19		
Cinnamon (ground)	£ 0.29		
Cinnamon Sticks	£ 0.65		
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 / Granules	£ 0.25		
Garlic Powder	£ 0.18		
Garlic Salt	£ 0.15		
Ginger (ground)	£ 0.25		
Licorice Root (wood / sticks)	£ 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)	£ 0.20		
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	£ 0.04		
Star Anise	£ 0.60		
Tarragon	£ 0.75		
Thyme	£ 0.39		
Turmeric	£ 0.19		
Vanilla Pod (each)	£ 5.55		
Other			
Citric Acid (food grade)	£ 1.65		
Baking Powder (per 10g)	£ 0.11		
Bicarbonate of Soda	£ 0.56		
Epsom Salt Salts	£ 0.56		
Loose Tea			
Hibiscus Flowers	£ 0.20		
Peppermint Leaves Herb Tea	£ 0.24		
Rosehip Tea Flowers	£ 0.28		
Sugar			
	Per 100g		
Cane Sugar (organic)	£ 0.40		
Demerara	£ 0.45		

Lower price was £1.75

Now ceylon at no extra cost!

New!

New!

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Seeds

	£	Quantity
Golden Linseed / Flaxseed (organic)	£ 0.60	
Pumpkin Seeds (organic)	£ 1.25	
Sesame Seeds	£ 0.60	
Sunflower Seeds (organic)	£ 0.40	
Chia Seeds	£ 0.99	
Omega 3 Seed Mix	£ 0.80	

Organic Pasta

	£	Quantity
Fusilli (White or Wholemeal)	£ 0.38	
Gluten Free (Penne or Fusilli)	£ 0.45	
Lasagne (White)	£ 0.49	
Penne (White)	£ 0.38	
Penne (Wholemeal)	£ 0.48	
Shells (small)	£ 0.48	
Spaghetti (White or Wholemeal)	£ 0.38	

Pasta

	£	Quantity
Fusilli Tri-Colour	£ 0.29	
Fusilli White	£ 0.40	
Fusilli Wholemeal	£ 0.28	
Macaroni	£ 0.31	
Penne White	£ 0.40	
Penne Wholemeal	£ 0.40	
Rigatoni (large tubes) White	£ 0.26	
Spaghetti White	£ 0.23	
Orzo	£ 0.29	

Organic Rice

	£	Quantity
Arborio / Risotto White	£ 0.65	
Basmati Brown	£ 0.46	
Basmati White	£ 0.61	
Long Grain Brown	£ 0.42	
Long Grain White	£ 0.48	
Pudding White	£ 0.45	
Short Grain Brown	£ 0.48	

Organic Nuts

	£	Quantity
Almonds	£ 1.85	
Cashews	£ 1.60	
Brazils	£ 1.80	
Mixed Nuts	£ 1.56	
Walnuts	£ 1.25	

Nuts

	£	Quantity
Pecans	£ 2.10	
Hazelnuts (roasted)	£ 1.90	

Organic Oats & Cereals

	£	Quantity
Bulgur Wheat	£ 0.60	
Cous Cous (wholemeal)	£ 0.45	
Gluten Free Oats - Porridge / Jumbo	£ 0.47	
Deluxe muesli	£ 0.65	
Porridge / Jumbo Oats	£ 0.28	
Wheat Bran	£ 0.20	
Oat Bran	£ 0.50	
Malt Granola (non-organic)	£ 0.55	

Dried Fruit

	£	Quantity
Apricot (organic) no sulphur dioxide	£ 1.20	
Banana Chips (organic, no honey, vegan)	£ 0.90	
Coconut (dessicated)	£ 0.85	
Dates (pitted)	£ 0.35	
Cranberries	£ 0.99	
Papaya	£ 0.95	
Pineapple pieces	£ 0.69	
Prunes	£ 0.95	
Raisins (organic)	£ 0.58	
Sultanans (organic)	£ 0.60	

Lentils & Grains

	£	Quantity
Green Lentils (organic)	£ 0.39	
Red Lentils (organic)	£ 0.55	
Tri Colour Quinoa	£ 0.60	
Soup Mix	£ 0.36	

Treats & Snacks

	£	Quantity
Chilli Rice Crackers	£ 0.99	
Chocolate Raisins (milk or dark)	£ 0.89	
Milk Chocolate Hazelnut	£ 1.65	
Milk Chocolate Brazils	£ 1.80	
Yogurt Cashews	£ 1.29	
Yogurt Banana Chips	£ 1.20	
Yogurt Raisin	£ 1.10	