

## CEREALS

Apple & Strawberry Muesli 500g (GF)	£2.99
Apple & Strawberry Muesli 1kg (GF)	£4.99
Barley Flakes 500g	£2.29
Bran Flakes 350g	£2.99
Buckwheat Flakes 350g	£2.29
Buckwheat Flakes (Gluten Free) 350g	£2.99
Course Oatmeal Pinhead 500g	£1.99
Fruit & Hazelnut Muesli 1kg	£5.29
Fruit & Hazelnut Muesli 500g	£2.69
Gluten Free Jumbo Oats 1kg	£4.99
Gluten Free Jumbo Oats 500g	£2.99
Gluten Free Porridge Oats 1kg	£4.99
Gluten Free Porridge Oats 500g	£2.99
Jumbo Oats 1kg	£2.99
Jumbo Oats 350g	£1.59
Jumbo Oats 500g	£1.79
Millet Flakes 500g	£3.29
Millet Flakes (gluten free) 500g	£3.79
Millet Puffs 125g cereal	£1.99
Muesli Base 500g	£1.85
Oatmeal Fine 500g	£1.99
Oatmeal Medium, 500g	£1.99
Porridge Oats 1kg	£3.09
Porridge Oats 350g	£1.59
Porridge Oats 500g	£1.89
Puffed Rice Pops 125g cereal	£2.39
Quinoa Flakes 350g	£3.89
Quinoa Pops 125g cereal	£3.39
Rice Flakes 350g	£3.30
Rye Flakes 350g	£1.49
Spelt Flakes 350g	£2.59
Steel Cut Oats 500g	£2.49
Wheat Flakes 350g	£1.59

## COATED (non organic)

Carob Coated Brazils - from	£1.79
Carob Coated Ginger - from	£1.39
Carob Coated Raisins - from	£1.29
Dark Chocolate Coated Brazils - from	£1.80
Dark Chocolate Coated Raisins - from	£1.49
Milk Chocolate Coated Brazils - from	£1.90
Milk Chocolate Coated Hazelnuts - from	£1.80
Milk Chocolate Coated Raisins - from	£1.49
Yogurt Coated Almonds - from	£1.59
Yogurt Coated Apricots - from	£1.39
Yogurt Coated Banana Chips - from	£1.39
Yogurt Coated Brazil Nuts - from	£1.69
Yogurt Coated Cashew Nuts - from	£1.79
Yogurt Coated Ginger - from	£1.39
Yogurt Coated Hazelnuts - from	£1.69
Yogurt Coated Raisins - from	£1.39

## RICE

Arborio (white risotto rice) 500g	£3.19
Basmati Brown 1kg	£3.69
Basmati Brown 500g	£2.39
Basmati White 1kg	£4.49
Basmati White 500g	£2.49
Black Rice 500g	£3.59
Jasmine Brown 500g	£2.59
Jasmine White 500g	£2.79
Long Grain Brown 1kg	£3.59
Long Grain Brown 500g	£2.39
Long Grain White 500g	£2.69
Marisma Paella Rice 500g	£3.99
Pudding Rice 500g	£2.29
Red Rice 500g	£3.79
Short Grain Brown Rice 1kg	£3.49
Short Grain Brown Rice 500g	£2.09
Short Grain White Rice 500g	£2.49
Spanish Basmati (Arodelta) Brown Rice 500g	£3.39
Spanish Basmati (Arodelta) White Rice 500g	£3.99
Tri-Colour 500g	£3.29
Wild Rice 250g	£6.69
Wild Rice 500g	£12.99

## SUPERFOODS

Acai Berry Powder 100g	£10.99
Ashwagandha Powder 100g	£3.19
Barley Grass Powder 100g	£3.39
Cacao Beans 200g	£3.59
Cacao Butter 200g	£4.99
Cacao Powder 200g	£4.99
Chlorella Powder 100g	£4.99
Cocoa Powder 500g VEGAN	£4.99
Guarana Powder 100g	£4.79
Hemp Protein Powder 200g	£3.49
Jerusalem Artichoke Powder 200g	£5.59
Maca Powder 200g	£3.59
Moringa Powder 200g	£5.59
Raw Baobab Powder 200g	£5.69
Raw Cacao Nibs 200g	£3.49
Raw Cacao Paste 200g	£3.79
Spirulina Powder 100g	£2.99
Turmeric Powder 100g	£2.79
Wheatgrass Powder 100g	£2.99

## SUGAR & SWEETNERS

Coconut Sugar 250g	£2.79
Raw Cane Sugar 500g	£2.69
Stevia Powder Sweetener 200g	£5.59

## DRIED FRUIT

Apple Rings 250g	£7.49
Apricot Whole Dried Fruit 250g	£3.49
Apricot Whole Dried Fruit 500g	£6.49
Banana Chips 125g	£1.69
Coconut Chips 125g	£1.95
Coconut Chips 250g	£2.69
Crystallised Ginger with Raw Cane Sugar 125g	£1.69
Crystallised Ginger with Raw Cane Sugar 250g	£2.69
Crystallised Ginger with Raw Cane Sugar 500g	£4.99
Currants 250g	£2.99
Dates Pitted 1kg	£4.99
Dates Pitted 250g	£2.19
Dates Pitted 500g	£3.89
Dessicated Coconut 250ge	£2.49
Dried Apple Rings Slices 250g	£7.49
Figs 250g	£3.09
Figs 500g	£5.59
Goji Berries 125g	£3.39
Goji Berries 250g	£6.29
Goji Berries 400g	£8.49
Golden Berries 250g Dried Fruit	£3.99
Juice Infused Cranberries 125g	£2.69
Juice Infused Cranberries 250g	£4.19
Mango Slices 125g	£2.79
Mango Slices 250g	£4.69
Mango Slices 500g	£8.79
Medjool Dates 250g	£4.49
Mixed Vine Fruits 500g	£3.99
Pitted Deglet Nour Dates 250g	£2.39
Pitted Prunes 250g	£3.99
Pitted Prunes 500g	£6.49
Sultanas 250g	£1.79
Sultanas 500g	£3.09
Sundried Tomatoes 125g	£2.49
Sweet Apricot Kernels 200g	£6.49
Sweetened Dried Cranberries 125g	£2.49
Thompson Seedless Raisins 250g	£1.99
Thompson Seedless Raisins 500g	£3.29
Toasted Coconut 125ge	£1.59
White Mulberries 250g	£2.99

## OTHER

GMO free Soya Chunks 350g	£3.69
GMO free Soya Mince 300g	£2.99
Orzo (Risoni) White 500g	£3.79
Shitake Mushrooms 30g	£2.99

## SNACKS (non organic)

Mixed Fruit & Nuts 250g	£3.79
Dark Chocolate Coated Honeycomb 80g	£1.50

## NUTS

Mixed Nuts 250g	£5.99
Mixed Nuts 500g	£8.59
Mixed Nuts 80g	£1.99
Almonds (Whole Nut) 125g	£2.99
Almonds (Whole Nut) 250g	£5.49
Almonds (Whole Nut) 500g	£10.29
BLANCHED Almonds 125g	£3.59
BLANCHED Almonds 80g	£2.49
Broken Brazil Nuts 250g	£3.49
Whole Brazil Nuts 125g	£2.19
Whole Brazil Nuts 250g	£4.19
Whole Brazil Nuts 500g	£8.49
Cashew Nuts Pieces 125g	£2.49
Whole Cashew Nuts 125g	£2.59
Whole Cashew Nuts 250g	£4.49
Whole Cashew Nuts 500g	£8.49
Chopped Dates 250g	£1.99
Flaked Almonds 125g	£3.59
Flaked Almonds 250g	£5.79
Ground Almonds 125g	£3.59
Ground Almonds 220g	£5.49
Ground Almonds 350g	£7.59
Hazelnuts 125g	£2.99
Hazelnuts 250g	£4.49
Macadamia Nuts 125g	£5.79
Macadamia Nuts 250g	£10.99
Pecan Halves 125g	£4.59
Pecan Halves 250g	£8.89
Pecan Halves 50g	£2.49
Pine Nuts 80g	£4.79
Raw Pistachio Nuts 250g	£9.99
Roasted & Salted Pistachios 80g	£3.89
Tiger Nuts 250g peeled	£3.79
Tiger Nuts 80g peeled	£2.49
Walnut Halves 125g	£2.39
Walnut Halves 250g	£4.99
Walnut Pieces 125g	£2.29
Walnut Pieces 250g	£4.29
Roasted Hazelnuts 125g (non organic)	£2.99
Roasted Hazelnuts 250g (non organic)	£4.39

## SALT (cannot be certified organic)

Himalayan Pink Salt Coarse 500g	£3.29
Himalayan Pink Salt Fine 500g	£3.29

## FIBRE & BRAN

Broad Wheat Bran 350g	£1.89
Oatbran 350g	£1.99
Psyllium Husk 200g	£4.99
Psyllium Husk Powder 200g	£4.99



## SEEDS

Milled Chia Seeds 250g	£2.19
Chia Seeds 250kg	£2.19
Chia Seeds 500kg	£4.49
Golden Linseed 1kg	£6.09
Golden Linseed 250g	£1.99
Golden Linseed 500g	£4.19
Hemp Seeds 250g (hulled)	£3.99
Hemp Seeds 250g (whole)	£2.99
Linseed Brown 1kg	£3.99
Linseed Brown 250g	£1.39
Linseed Brown 500g	£2.49
Milled Flaxseed (Linseed) 500g	£4.99
Omega 3 Seed Mix 250g	£2.49
Omega 3 Seed Mix 500g	£3.99
Poppy Seeds 500g	£5.69
Pumpkin & Sunflower Seeds Mix 125g	£1.39
Pumpkin & Sunflower Seeds Mix 250g	£1.99
Pumpkin Seeds 125g	£1.59
Pumpkin Seeds 1kg	£8.79
Pumpkin Seeds 250g	£2.69
Pumpkin Seeds 500g	£4.79
Sesame Seeds Hulled 125g	£1.39
Sesame Seeds Hulled 250g	£2.10
Sesame Seeds Hulled 500g	£3.69
sesame Seeds Unhulled 250g	£1.99
Sesame Seeds Unhulled 500g	£3.99
Sunflower Seeds 1kg	£4.19
Sunflower Seeds 250g	£1.49
Sunflower Seeds 500g	£2.29

## PULSES, BEANS & LEGUMES

Aduki Beans Destoned & Polished 500g	£1.75
Black Beluga Lentils 500g	£2.89
Black Turtle Beans 500g	£2.19
Brown Lentils 500g	£2.29
Brown Lentils (gluten free) 500g	£2.59
Butter Beans 500g	£3.99
Cannellini (white kidney beans) 500g	£2.76
Chick Peas, 500g	£2.69
Dark Green Speckled Puy Lentils 500g	£2.89
Green Lentils 500g	£2.69
Haricot Beans 500g	£2.49
Mexican Mix (red kidney, pinto, black turtle) 500g	£3.09
Mung Beans 500g	£2.99
Pinto 500g	£2.89
Red Football Lentils 500g	£2.49
Red Lentils 500g	£2.09
Red Kidney Beans 500g	£2.89
Soya Beans 500g	£1.99
Yellow Lentils 500g	£2.59

## GRAINS

Amaranth Grain 500ge	£2.49
Barley Grain 500ge	£1.89
Barley Pearl 500ge	£1.99
Black Quinoa 500g	£3.09
Bulgar Wheat 500g	£2.19
Cous Cous White 500g	£2.19
Cous Cous Wholemeal 500g	£2.09
Millet Grain 500ge	£2.49
Millet Grain (gluten free) 500ge	£2.89
Oat Groats 500g	£1.99
Polenta 500g	£2.29
Popping Corn 500g Popcorn Kernels	£2.39
Quinoa 1kg	£5.99
Quinoa 250g	£2.29
Quinoa 500g	£3.99
Quinoa (gluten free) 500g	£4.29
Red Quinoa 250g	£1.99
Red Quinoa 500g	£2.89
Red Quinoa 500g (gluten free)	£4.29
Roasted Buckwheat 500g	£3.29
Semolina 500g (made from corn)	£2.19
Duram Wheat Semolina 500g	£2.69
Spelt Grain 500ge	£2.49
Teff Grain 500g (brown)	£6.29
Tri-Colour Quinoa 500g	£3.09
Unroasted Buckwheat 500g	£2.99
Vital Wheat Gluten 500g	£5.49
Wheat Grain 500g	£1.59
Wheatgerm 350g	£3.99

## FLOUR

00' Pasta Flour 500g	£1.79
Almond Flour Defatted 500g	£13.99
Barley Flour 500g	£2.49
Brown Rice Flour 500g	£2.69
Cassava Flour 500g all purpose	£2.89
Chestnut Flour 250g	£4.49
Chickpea Flour 500g	£3.99
Coconut Flour 350g	£2.29
Corn Flour 500g	£2.99
Corn Starch Flour 500g	£3.29
Gluten Free Buckwheat Flour 500g	£3.39
Potato Starch Flour 500g	£2.69
Quinoa Flour 500g	£4.79
Raw Tiger Nut Flour 500g fine	£7.99
Rice Flour 500g	£3.69
Rye Flour 500g	£1.89
Soya Flour 500g	£3.49
Tapioca Flour 500g	£2.99
Teff Flour 500g (brown)	£4.79



Full range now available at ECo, order online or by phone. Deliveries every Tuesday or Click & Collect

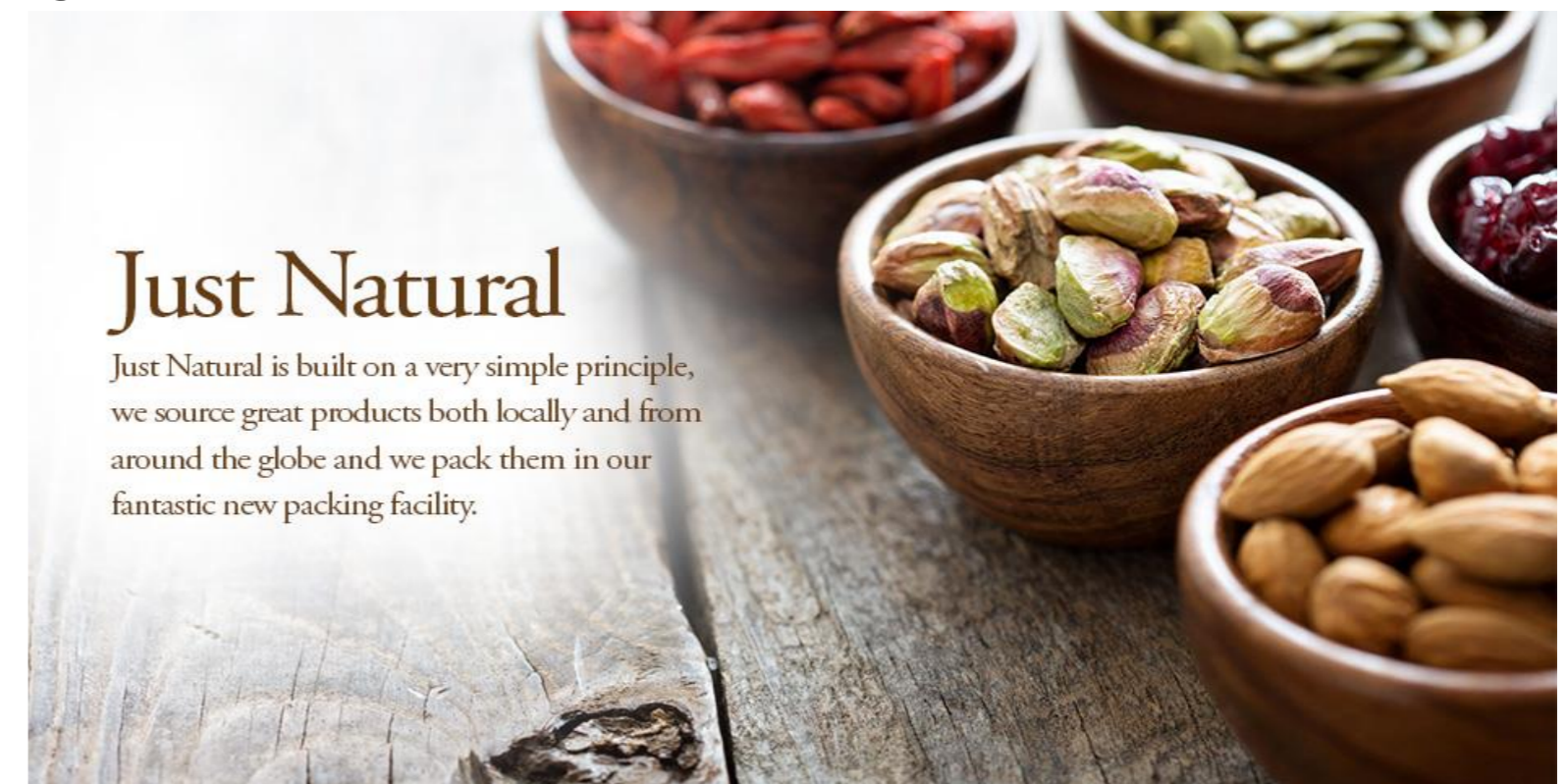
Plastic Free!

# Just Natural Organic

Huge choice  
of over 100  
organic  
wholefoods,  
all in home  
compostable  
bags



Healthy,  
wholesome  
and packed  
full of  
nutrition.  
0%  
chemicals



last updated: 21/02/23

Eat better,

Eat Organic,

Order now!

**eCo**  
ethical, caring, organic

07549 556681

02476 342747

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



