



PRICE LIST  
MARCH 2023

**BAKING**

Baking powder GF	£0.85 / 100g
Bicarbonate of soda GF	£0.50 / 100g
Cornflour	£0.40 / 100g
Cacao nibs raw (org)	£2.00 / 100g
Cacao powder raw (org)	£2.00 / 100g
Caster sugar golden	£0.40 / 100g
Coconut sugar (org)	£0.80 / 100g
Demerara brown sugar	£0.38 / 100g
Granulated sugar golden (org)	£0.38 / 100g
Icing sugar	£0.22 / 100g
Dark muscovado sugar	£0.47 / 100g
Light muscovado sugar	£0.35 / 100g
Dried instant yeast	£1.00 / 100g
Doves Farm plain flour (org)	£0.19 / 100g
Doves Farm self raising flour (org)	£0.19 / 100g
Doves Farm strong white bread flour (org)	£0.19 / 100g
Doves Farm strong wholemeal flour (org)	£0.19 / 100g
Sharpham Park white spelt flour (org)	£0.34 / 100g
Hodmedod's wholemeal spelt flour (org)	£0.30 / 100g
Doves Farm white rye flour (org)	£2.40 / 1kg
Doves Farm wholemeal rye flour (org)	£2.00 / 1kg
00 flour (prepacked)	£2.60 / 1kg
Tapioca flour (org)	£0.40 / 100g
Vanilla extract (Nielsen-Massey, org)	£7.50 / 50g
Panko breadcrumbs	£1.00 / 100g

**CEREALS**

Bran flakes (org)	£0.73 / 100g
Chocolate stars (Doves's Farm, org)	£0.85 / 100g
Jumbo oatflakes (org)	£0.26 / 100g
Pinhead oatmeal	£0.16 / 100g
Rolled oatflakes GF (org)	£0.35 / 100g
Muesli base (org)	£0.28 / 100g
Pecan & maple granola	£0.65 / 100g
Rollagranola awesome almond granola GF	£1.20 / 100g
Rollagranola nuts for chocolate granola GF	£1.20 / 100g
Rollagranola cool raspberry granola GF	£1.70 / 100g

**COFFEE (CORBAN COFFEE) Beans or Ground**

Ethiopia - Rocko Mountain Tariku Lot 1	£7.50 / 250g
El Salvador - Renacer Blend	£8.00 / 250g
Decaf Colombia	£7.00 / 250g

**DRIED FRUIT & VEG**

Apple rings	£1.60 / 100g
Banana chips	£0.70 / 100g
Cranberries (org)	£2.00 / 100g
Currants (org)	£0.95 / 100g
Dates medjoul	£1.50 / 100g
Desiccated coconut (org)	£0.87 / 100g
Dried oyster mushrooms	£4.00 / 25g
Toasted coconut chips (org)	£1.10 / 100g
Dried apricots (org)	£1.30 / 100g
Figs whole (org)	£1.30 / 100g
Glacé cherries	£1.30 / 100g
Goji berries	£1.80 / 100g
Mango strips (org)	£2.20 / 100g
Mixed peel	£0.60 / 100g
Pitted prunes (org)	£2.00 / 100g
Raisins (org)	£0.65 / 100g
Sour cherries (org)	£2.50 / 100g
Sultanas (org)	£0.60 / 100g
Sundried tomato halves (org)	£1.30 / 100g

**DRINKS**

Harry's hot chocolate (vegan): 44% chocolate or 70% dark	£1.50 / 100g
Biona tart cherry juice 1 litre	£6.00
Rock's Organic Squash 740ml Blackcurrant or Orange	£3.70
Gimber ginger concentrate 500ml	£20.99
Whole Earth nocaf (org)	£3.00

**GRAINS**

Arborio rice (org)	£0.68 / 100g
Brown basmati rice (org)	£0.43 / 100g
Brown long grain rice (org)	£0.40 / 100g
Buckwheat groats (org)	£0.60 / 100g
Bulgur wheat (org)	£0.40 / 100g
Cous cous wholemeal (org)	£0.34 / 100g
Giant cous cous (org)	£0.55 / 100g
Paella rice (Calasparra)	£0.45 / 100g
Pearl barley (org)	£0.36 / 100g
Polenta (org)	£0.60 / 100g
Popping corn (org)	£0.32 / 100g
White basmati rice (org)	£0.52 / 100g
White jasmine rice (org)	£0.43 / 100g
Tricolour quinoa (org)	£0.60 / 100g
Puffed quinoa (org)	£1.50 / 100g
Wild rice mix (org)	£0.80 / 100g

## HERBS & SPICES

Allspice	£0.64 / 20g
Basil (org)	£0.80 / 20g
Bay leaves	£0.50 / 10g
Black peppercorns	£2.00 / 100g
Black pepper ground (org)	£3.80 / 100g
Bouillon powder vegan	£1.40 / 100g
Cardamom pods	£2.10 / 20g
Cayenne pepper	£0.34 / 20g
Chilli flakes	£0.60 / 20g
Chilli powder	£0.70 / 20g
Cinnamon ground	£0.44 / 20g
Cinnamon sticks	£0.99 / 20g
Cloves ground	£0.90 / 20g
Coriander ground	£0.45 / 20g
Coriander seeds	£0.64 / 20g
Cumin ground	£0.50 / 20g
Cumin seeds	£0.92 / 20g
Curry powder	£0.54 / 20g
Fennel seeds	£0.60 / 20g
Fenugreek seeds	£0.40 / 20g
Garam masala	£0.50 / 20g
Garlic granules	£0.32 / 20g
Ginger powder (org)	£0.60 / 20g
Gravy granules (vegan)	£1.00 / 100g
Himalayan pink salt coarse	£0.50 / 100g
Mixed herbs	£1.00 / 20g
Mixed spices	£0.50 / 20g
Mustard seeds yellow (org)	£2.50 / 100g
Nigella seeds (org)	£0.56 / 20g
Nutmeg ground	£0.55 / 20g
Nutritional Yeast with B12	£3.70 / 100g
Onion powder	£0.30 / 20g
Oregano (org)	£0.90 / 20g
Paprika	£0.80 / 20g
Paprika smoked	£0.37 / 20g
Parsley	£0.80 / 20g
Rosemary (org)	£0.52 / 20g
Sage (org)	£0.99 / 20g
Sea salt fine (org)	£0.30 / 100g
Sea salt flakes (Maldon)	£1.50 / 100g
Star anise	£1.60 / 20g
Sumac	£0.40 / 20g
Thyme (org)	£0.80 / 20g
Turmeric	£0.40 / 20g

## NUTS

Almonds whole	£1.40 / 100g
Almonds flaked	£1.20 / 100g
Almonds ground	£1.35 / 100g
Brazil nuts (org)	£2.00 / 100g
Cashews whole (org)	£2.50 / 100g
Roasted hazelnuts (org)	£2.00 / 100g
Macadamia nuts	£2.50 / 100g
Peanuts (org)	£0.90 / 100g
Roasted peanuts	£0.80 / 100g
Pecans	£2.45 / 100g
Pine kernels (org)	£4.50 / 100g
Pistachios	£2.90 / 100g
Walnut halves (org)	£2.00 / 100g
Peanut butter	£0.80 / 100g
Almond butter	£1.80 / 100g

## OILS, SAUCES & VINEGARS

Olive oil (contains rosemary)	£1.25 / 100g
Rapeseed oil cold-pressed	£0.75 / 100g
Garlic Rapeseed oil cold-pressed	£0.75 / 100g
Sunflower oil (org)	£0.90 / 100g
Toasted sesame oil	£1.50 / 100g
Coconut Merchant coconut oil (org)	£1.60 / 100g
English truffle oil (prepacked) 100ml	£7.00
Maple syrup (org, grade A dark)	£1.90 / 100g
Rubies in the Rubble tomato ketchup	£0.70 / 100g
Tamari soy sauce GF (org)	£1.75 / 100g
Tahini (org)	£1.35 / 100g
Apple cider vinegar (with the mother, org)	£0.75 / 100g
Balsamic vinegar of Modena (org)	£1.00 / 100g
Red wine vinegar (org)	£0.50 / 100g
White wine vinegar (org)	£0.50 / 100g
Lemon juice (org)	£0.80 / 100g

## PASTA

White farfalle	£0.28 / 100g
White fusilli (org)	£0.33 / 100g
White penne	£0.25 / 100g
White macaroni	£0.25 / 100g
White spaghetti	£0.28 / 100g
White lasagne sheets (org)	£0.48 / 100g
Wholewheat fusilli (org)	£0.33 / 100g
Wholewheat pennette	£0.28 / 100g
Wholewheat macaroni (org)	£0.49 / 100g
Wholewheat spaghetti	£0.28 / 100g
Wholewheat spelt fusilli (org)	£0.70 / 100g
Orzo	£0.25 / 100g
Noodles (vegan)	£0.43 / 100g
Gluten free spaghetti	£0.65 / 100g

**PULSES**

Black beans (org)	£0.45 / 100g
Butter beans (org)	£0.65 / 100g
Cannellini beans (org)	£0.50 / 100g
Chickpeas (org)	£0.45 / 100g
Haricot beans (org)	£0.40 / 100g
Red kidney beans (org)	£0.42 / 100g
Black lentils (org)	£0.60 / 100g
Green lentils (org)	£0.40 / 100g
Puy lentils (org)	£0.55 / 100g
Red lentils	£0.27 / 100g
Yellow split peas (org)	£0.40 / 100g

**SEEDS**

Chia seeds	£1.00 / 100g
Hemp seeds hulled (org)	£1.60 / 100g
Linseed Golden	£0.60 / 100g
Pumpkin seeds (org)	£0.95 / 100g
Sesame seeds (org)	£0.80 / 100g
Sunflower seeds	£0.75 / 100g
Omega seed mix (org) (contains linseed, pumpkin seed, sunflower seed, SESAME seed)	£0.75 / 100g

**TEA**

Blueberry oolong	£6.00 / 100g
Breakfast blend	£5.00 / 100g
Double mint	£5.00 / 100g
Earl Grey lychee	£6.00 / 100g
Green sencha	£5.00 / 100g
Castle Farm Sleepy tea	£5.00 / 50g
Spiced berry	£6.00 / 100g
Reusable cotton tea bag	£1.50
Tea basket	£4.00

**SNACKS & SWEETS**

Chilli rice crackers	£1.50 / 100g
Roasted fava beans (lightly salted)	£0.90 / 100g
Roasted yellow peas (smoked paprika)	£0.90 / 100g
Crisps (loose) add your own seasoning	£1.90 / 100g
Salted pretzels	£0.70 / 100g
Shiitake crunch	£1.20 / 20g
The Raw Chocolate Company: (org, vegan, GF)	
Raw chocolate m*lk buttons	£3.80 / 100g
Raw chocolate 72% dark buttons	£3.20 / 100g
Raw chocolate ginger	£3.50 / 100g
Raw chocolate salted vanoffee cashews	£3.50 / 100g
Raw chocolate salted hazelnuts	£4.00 / 100g
Raw chocolate sour cherries	£3.10 / 100g
Cinnamon & maple caramelised cashews	£2.00 / 100g
Dark chocolate honeycomb (contains milk)	£1.25 / 100g
Goupie original	£3.00 / 100g
Tony's Chocolonely 180g bars (various flavours)	£4.00
Miller's Raw Chocolate Slabs (vegan, GF) (snickers or cinnamon swirl)	£3.00 each or 4 for £10
Vegan pic n mix sweets (gummies or sour mix)	£1.00 / 100g

**VEGAN ALTERNATIVES**

Sunflower mince (org, vegan, GF)	£3.50 / 100g
Naturli vegan block 200g (org)	£2.00

## PACKAGED FOODS

Chickpeas 400g (org)	£1.20
Coconut milk 400g (org)	£2.00
Chopped tomatoes 400g (org)	£1.10
Passata 680g (org)	£1.90
Tofu 500g (org)	£4.50
Roasted tomato pesto (vegan)	£3.95
Oak smoked tomatoes	£4.95
Brown rice miso paste 150g	£3.30

## DENTAL

Georganics beechwood toothbrush (Soft / medium / firm / kids)	£4.40
Georganics natural toothpaste (peppermint / spearmint)	£6.90
PARLA toothpaste tablets (with fluoride)	£4.20 / 20g

## TOILETRIES

Bamboo cotton earbuds (200 pack)	£3.99
Body loofah	£3.50
Reusable cotton rounds 8 pack (organic)	£11.95
Cotton rounds storage bag	£1.50
Reusable nail varnish remover pads 5 pack	£5.25
Epsom salts	£0.30 / 100g
Toilet roll (2-ply recycled paper): single roll	£0.90
Toilet roll (2-ply recycled paper): Box of 24 rolls	£20.00

## Earth Conscious

Deodorant stick / tin 60g (unscented, grapefruit & lemon, jasmine & rose, lavender & tea tree, lemon & rosemary, peppermint & spearmint)	£7.00
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## The Kentish Soap Company - last of stock

Bath salts bottle (blissful or enchantment)	£9.00
Bath salts loose (lavender or enchantment)	£2.00 / 100g
Soap & body butter gift box (blissful, lavender or enchantment)	£14.00

## Mutiny Shaving

Safety razor with 5 blades (rose gold or steel)	£15.00
Shaving set (1 x safety razor, 1 x shaving soap, 5 x blades)	£15.00 *ON SALE*
Shaving soap (orange & lavender or seaweed & patchouli)	
Replacement blades 5 pack	£1.20

## Miniml Refills

Shampoo (coconut or grapefruit & aloe vera)	£0.75 / 100g
Conditioner (coconut or grapefruit & aloe vera)	£0.75 / 100g
Body wash & bubble bath (coconut or grapefruit & aloe vera)	£0.75 / 100g

## Hairy Jayne

Nourishing shampoo (floral)	£3.50 / 100g
Cream conditioner (floral)	£3.50 / 100g
Treatment conditioner (floral or musk)	£3.50 / 100g

## SKINCARE

UpCircle Beauty	
Cleansing balm 50ml	£18.99
Face scrub 100ml (floral or herbal)	£14.99
Face toner 100ml	£17.99
Face serum	£14.99
Face moisturiser 50ml	£18.99
Clarifying face mask 60ml	£18.99
Face SPF 25 60ml	£24.99

Upcircle refills (cleansing balm / moisturiser / face mask)	£12.50 / 50g
Upcircle refills (face toner)	£13.00 / 100g
Upcircle refills (face serum)	£12.00 / 30g
Upcircle refills (SPF 25)	£15.00 / 50g
Rose water hydrolat	£4.00 / 100g

## HOUSEHOLD CLEANERS

Blanche toilet fizzies	£4.00 / 100g
Castile soap	£0.75 / 100g
Fill hand soap (fig leaf)	£0.45 / 100g
Fill washing up liquid (ginger)	£0.45 / 100g
Fill non bio laundry powder (petitgrain)	£0.65 / 100g
Fill non bio laundry liquid (neroli)	£0.55 / 100g
Fill fabric conditioner (neroli)	£0.40 / 100g
Fill floor cleaner (bergamot)	£0.40 / 100g
Fill rinse aid (unscented)	£0.32 / 100g
Miniml all-purpose antibacterial cleaner (lavender)	£0.40 / 100g
Miniml toilet cleaner (spearmint & peppermint)	£0.27 / 100g
Miniml white cleaning vinegar	£0.18 / 100g
SESI hand wash & delicates liquid	£0.80 / 100g
Ecoleaf dishwasher tablets 25 pack	£6.00
Dishwasher salt	£1.25 / 1kg
Citric acid (food grade)	£1.00 / 100g
Oxygen bleach powder	£0.65 / 100g
Soda crystals	£0.32 / 100g
Laundry stain soap bar	£4.50

## HOUSEHOLD ITEMS

Aluminium foil (100% recycled)	£3.50
Baking parchment (home compostable)	£4.75
Reusable baking liner	£13.00
Food waste bags x 30 (home compostable)	£5.60
Bamboo dishcloth	£1.50
Pot brush	£4.50
Wooden dish brush	£4.00
Brush replacement head	£2.50
Scrubbies (2 pack)	£6.50
Coconut soap rest	£2.50
Amber glass bottles / pots (with pump, spray or lid)	
500ml bottle	£4.00
300ml bottle	£3.00
60ml pot	£2.00
Blue glass bottles (with pump or atomiser)	
100ml bottle	£4.00
50ml bottle	£3.00
Scentessentials:	
Room diffuser 75ml (happy days / sleepy head)	£13.00
Diffuser refills (happy days / sleepy head)	£9.50 / 100g
Sevenoaks Candle Company:	
Soy candle medium (black pomegranate, fresh linen, sea salt & verbena, lemon cupcake)	£8.00
Incense sticks 12 pack (various scents)	£2.00
Smoothie straw	£2.50
Straw Cleaner	£1.00
Paper tape (19mm width)	£2.00
Paper parcel tape (50mm width)	£4.00

## CLOTHING

Turtles Doves	
Recycled cashmere fingerless gloves 1 pair	£29.00
Thought clothing	
Bamboo / cotton socks 1 pair	£6.95
Wool blend socks 1 pair	£12.00
Cabin socks 1 pair	£11.95

## PETS

Puppy food - cold pressed sea fish & chicken	£5.30 / 1kg
Dog food - cold pressed chicken & sweet potato	£5.30 / 1kg
BrewBix dog treats	£2.50 / 100g
Dog poo bags x 120 (home compostable)	£10.50

## BOOKS

Clean & Green by Nancy Birtwhistle	£14.99
Live Green by Jen Chillingsworth	£8.99
Grow Green by Jen Chillingsworth	£8.99
Organic Gardening the Natural No Dig Way by Charles Dowding	£19.99
The Complete Book of Vegan Compleating by Ellen Tout	£14.99
Mr Men & Little Miss Go Green	£3.99