Herbs & Spices	Price 10g/each	sage Bakery & Z	Price 100g/each	Fresh goods	Price 100g/eac
All spice	£0.23	White Penne Pasta Organic	£0.29	Eggs free range x 6	
Baking Powder	£0.70	Wholewheat Penne Pasta Organic	£0.29		£1.25
Basil	£0.36	Corn Fusilli Gluten Free Organic	£0.82	Cooked Ham 250g Corned beef sliced 250g	£3.00
Bay Leaves	£1.00	Arborio White Rice			£3.60
Bicarbonate Of Soda	£0.04	Short Grain Brown Rice Organic	£0.27	Turkey sliced 250g	£3.80
Black Pepper (Ground)	£0.18	Basmati White Organic	£0.31	Back Bacon 500g  Bread various, please ask for available	£3.25
Black Peppercorns Cracked	£0.11	Spaghetti White Organic	£0.34 £0.27		lity
Bouillon Powder Marigold (V)	£0.12	Beans, Pulses & Seeds	EU.27	Frozen goods (unbaked)	64.35
Cardamom (Ground)	£0.50		60.20	Cornish pasty	£1.25
Cayenne Pepper Blend	£0.15	Chickpeas Organic	£0.29	Sausage roll	£0.75
Chilli - Ground	£0.13	Red Kidney Beans Organic	£0.41	Various slices i.e peppered steak,	£1.25
Chillies Crushed	£0.07	Quinoa	£0.52	Cheese & Onion, Chic & Mush etc plea	ise ask for full list
		Cous Cous Organic	£0.26	Dried fruits & Nuts	
Chinese Five Spice	£0.18	Green lentils	£0.32	Cranberries	£0.67
Cinnamon - Ground	£0.29	Brown lentils	£0.32	Sultanas	£0.32
Cinnamon Quills	£0.52	Red Split Lentils Organic	£0.25	Dates - Pitted	£0.25
Cloves Whole Organic	£0.58	Sunflower Seeds	£0.16	Peanuts Redskin	£0.50
Coriander - Ground	£0.10	Sesame Seeds	£0.49	Cashews - Whole	£1.68
Coriander Seed	£0.10	Chia Seeds	£0.78	Walnut Halves	£0.76
Cornflour Organic	£0.06	Linseed/Flaxseed	£0.37	Trail Mix	£0.67
Cumin (Ground)	£0.08	Flour, Sugar & Baking		Apricot dried	£0.73
Cumin Seed	£0.10	Plain White Flour non Organic	£0.10	Mango dried	£1.80
Curry Powder - Madras Hot	£0.10	Strong White bread Flour non Organic	£0.10	Yoghurt Coated Raisins	£0.55
Curry Powder - Madras Medium	£0.10	Plain White Flour Organic	£0.15	Peanuts Red Chilli Chutney	£0.85
Curry Powder Organic	£0.20	Self Raising White Flour Organic	£0.15	Chocolate coated Brazil nuts	£0.95
Fennel Seed	£0.10	Strong White bread Flour Organic	£0.15	Hazelnuts roasted	£1.54
Garam Masala	£0.08	Wholemeal bread flour Organic	£0.19	Almond whole	£1.38
Garlic Granules	£0.15	Caster Sugar Organic	£0.40		
Garlic Powder	£0.15	Granulated Sugar	£0.08		
Ginger - Ground	£0.15	Soft Brown Sugar - Light	£0.29	Tea & Coffee	
Ground Nutmeg Organic	£0.44	Ground Almond	£1.27	Morning Glory Breakfast tea	£4.10
Herbes De Provence	£0.22	Desiccated coconut	£0.50	Good Morning Decaf Tea	£7.43
talian Seasoning	£0.17	Dried Yeast	£1.20	Charming Chatsworth Earl Grey	£4.94
Mustard Seed (Ground)	£0.07	Cocoa Powder Organic	£1.21	Ginger Zinger	£5.74
Oregano	£0.23	Oil & Vinegar		Berry Buxton Fruit tea	£4.52
Paprika - Smoked	£0.15	Sunflower Oil Organic	£0.49	Calm Castleton Camomile	£5.69
Paprika Standard	£0.15	Olive Oil Extra Virgin Organic	£0.92	Totally Minted Mint tea	£3.11
Parsley Organic	£0.54	Cleaning products	20.52	Jazzy Green Green tea	£4.26
Rosemary	£0.13	Washing Up Liquid	£0.21	On the Beet Betroot tea	£5.85
Sage	£0.27	Laundry Liquid Non-Bio			
Sea Salt - Coarse	£0.02	Laundry Liquid Bio	£0.36	Nettle	£3.48
Star Anise	£0.20		£0.36	Stanage Edge	£1.50
Thyme		Fabric Softener	£0.23	Cracken Edge	£1.50
Turmeric	£0.37 £0.15	All Purpose Cleaner	£0.25	Columbian Decaf coffee	£1.50
Tinned foods	10.15	Toilet Cleaner	£0.28	Shampoo, Conditioner etc	
	60.00	Window & Glass cleaner	£0.15	Hand Wash English Rose	£0.67
Organic Tomatoes	£0.99	Ecoleaf Dishwasher tablets x 24	£5.25	Hand wash Antibacterial	£0.67
Organic Beans in tomato sauce	£0.99	Cereal		Body Wash	£1.11
Organic Kidney beans	750755	Oats - Porridge Organic Jumbo		Shampoo (liquid)	£1.26
Organic Mixed beans		Muesli Classic Organic	£0.36	Conditioner (liquid)	£1.26
Organic Jackfruit	£2.90	Oat & Coconut Granola	£0.32	Shampoo Bars	£2.99
				Soap Bars (hand)	£2.50
				Toilet Rolls (max 4 per order)	£0.75

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Please do not order more than you actually need, large quantities will be rejected