

STOCKLIST

Category	Product	Brand	Price
Tins	chopped tomato	suma	£0.89
Tins	cherry tomato	suma	£1.35
Tins	peeled tomatoes	suma	£0.95
Tins	chopped tomato with basil	suma	£0.99
Tins	chick peas	suma	£1.09
Tins	butter beans	suma	£1.09
Tins	black eye beans	suma	£1.09
Tins	black beans	suma	£1.09
Tins	red kidney beans	suma	£1.09
Tins	sweetcorn	suma	£1.39
Tins	baked beans	suma	£1.25
Tins	berlotti beans	suma	£1.09
Tins	tuscan soup	suma	£1.75
Tins	tomato soup	suma	£1.75
Tins	vegan meatball chili	suma	£2.25
Tins	Minestrone	suma	£1.75
Tins	coconut milk 200ml	amaizin	£1.45
Tins	vegan tofu	marigold	£2.49
Tins	jack fruit	biona	£2.99
Herbs	basil	suma	£1.35
Herbs	bay leaves	suma	£1.35
Herbs	gr black pepper	suma	£1.35
Herbs	cinnamon	suma	£1.35
Herbs	curry leaves	suma	£0.99
Herbs	gr ginger	suma	£1.35
Herbs	marjoram	suma	£0.99
Herbs	mixed herb	suma	£1.35
Herbs	nutmeg	suma	£1.35
Herbs	poppy seed	suma	£1.36
Herbs	smoked paprika	suma	£0.99
Herbs	tarragon	suma	£0.99
Herbs	sage	suma	£1.35
Herbs	parsley	suma	£1.35
Herbs	thyme	suma	£1.35
Pasta	spelt lasagne 500g	biona	£2.89
Pasta	wholewheat fusilli 500g	suma	£1.39
Pasta	white penne 500g	suma	£1.39
Pasta	tricolore	suma	£1.75
Pasta	wholewheat penne 500	suma	£1.39
Pasta	egg noodles	yakso	£1.95
Pasta	egg noodles	biona	£2.59
Pasta	gf brown rice pasta	clearspring	£2.99
Pasta	gf chick pea pasta	pro fusion	£2.99
Pasta	gf red lentil pasta	pro fusiob	£2.99
Pasta	gf maize and rice spaghetti	doves farm	£2.25
Pasta	gf fusilli	perfect gf	£2.99
Pasta	sgf 100% buckwheat soba noodles	clearspring	£3.99
Pasta	sprouted spelt tagliatelle	pro fusion	£3.29

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Category	Product	Brand	Price
Pasta	spagethi white 500g	bio idea	£1.45
Flours/Baking	pasta flour	doves farm	£1.39
Flours/Baking	stong wholemeal	doves farm	£1.65
Flours/Baking	malthouse bread flour	doves farm	£1.59
Flours/Baking	sr wholemeal flour	doves farm	£1.19
Flours/Baking	gf buckwheat flour	clearspring	£2.52
Flours/Baking	gf rice flour	doves farm	£1.85
Flours/Baking	gf sr white flour	doves farm	£2.25
Flours/Baking	gf brown bread flour	doves farm	£2.39
Flours/Baking	gf king powder	doves farm	£1.49
Flours/Baking	gf corn flour	doves farm	£1.79
Flours/Baking	cocoa powder	suma	£3.25
Flours/Baking	molasses	meridian	£1.99
Flours/Baking	yeast 100g	ch	£1.00
Oils	sunlower oil 500ml	meridian	£4.49
Oils	extra virgan olive oil 250ml	helenic	£3.79
Oils	extra virgin olive oil 500ml	suma	£6.50
Oils	virgin sunflowe oil 500ml	suma	£3.45
Oils	liquid coconut oil 250ml	liquid oil	£7.95
Vinegar	apple cider with mother	my organic	£3.35
Vinegar	balsamic vinegar	aspall	£3.59
Tomato Products	ketchup- glass bottke 340g	biona	£2.39
Tomato Products	ketchup squeeze bottle	biona	£2.99
Tomato Products	arrabiata sauce	suma	£1.95
Tomato Products	bolognese veg	suma	£1.95
Tomato Products	tomato puree	suma	£1.29
Sauces/Condiments	sweet chillie sauce	biona	£2.79
Sauces/Condiments	worcester sauce	biona	£3.69
Sauces/Condiments	wolegrain mustard	delouis	£2.09
Sauces/Condiments	tikka massala pasta	geo	£2.55
Sauces/Condiments	madras curry paste	geo	£2.75
Sauces/Condiments	miso paste	yotuka	£5.15
Sauces/Condiments	creamed coconut 200g	biona	£1.99
Sauces/Condiments	sundried tomaton	cooks and co	£2.35
Sauces/Condiments	green oloves	mani	£2.69
Sauces/Condiments	green olives	sunita	£2.99
Sauces/Condiments	capers	crespo	£1.75
Sauces/Condiments	vegan green pesto	suma	£2.99
Sauces/Condiments	artichoke	organico	£4.85
Sauces/Condiments	red vegan pesto	suma	£1.75
Sauces/Condiments	pesto alla genovese	suma	£3.49
Sauces/Condiments	pesto rosso vegan	suma	£3.45
Salts	smoked sea salt	maldon	£2.25
Salts	pink mountain	himalayan	£2.79
Salts	herbamare 125g	a vogel	£2.25
Salts	herbamare250g	a vogel	£3.55
Salts	herbamare spicy	a vogel	£2.55
Salts	fine sea salt	geo	£2.69

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Category	Product	Brand	Price
Breads/Other	pizza base	biona	£2.89
Breads/Other	taco sheels	amaizin	£2.69
Breads/Other	tortilla wraps	amaizin	£2.45
Local Suppliers	master tonic	Cultured Club	£8.00
Local Suppliers	kimchi	Cultured Club	£5.00
Cereals/Museli	gf porridge	suma	£4.35
Cereals/Museli	gf jumbo	suma	£2.99
Cereals/Museli	gf cornflakes	doves farm	£2.85
Cereals/Museli	cornflakes	whole earth	£2.48
Cereals/Museli	red fruit crunch	whole earth	£3.59
Cereals/Museli	cocoa crunch	whole earth	£3.59
Cereals/Museli	fruit burst muesli	suma	£3.49
Cereals/Museli	porridge	pimhill	£2.39
Cereals/Museli	jumbo oats	pimhill	£2.39
Cereals/Museli	ultimate muesli	rude health	£5.99
Cereals/Museli	choco coconut granola	biona	£4.19
Bouillon/Stock	vegan bouillon 500g	mari gold	£6.35
Bouillon/Stock	less salt bouillon 140g	mari gold	£2.49
Bouillon/Stock	vegan bouillon cubes 6	mari gold	£1.39
Bouillon/Stock	garlic and herb cubes	kallo	£1.59
Bouillon/Stock	tomato and herb cubes	kallo	£1.59
Pate	classic veg pate tartex	bio	£2.79
Pate	herb pate	suma	£2.65
Pate	lentil tumeric	bonsan	£2.69
Pate	red pepper and cashew	bonsan	£2.69
Dry Goods	chick pea	ch	£1.25
Dry Goods	red lentil	ch	£1.70
Dry Goods	green lentil	ch	£1.62
Dry Goods	cannellini eans	suma	£2.15
Dry Goods	yellow split pea	suma	£1.35
Dry Goods	soya beans	suma	£1.59
Dry Goods	mixed bean	suma	£2.85
Dry Goods	red kidney	suma	£2.39
Dry Goods	aduki beans	suma	£1.84
Dry Goods	pearl barley	suma	£1.35
Dry Goods	broth mix	suma	£1.99
Dry Goods	sg br rice	suma	£3.05
Dry Goods	lg brown rice	suma	£2.19
Dry Goods	amaranth	suma	£2.29
Dry Goods	bulgur wheat	suma	£1.95
Dry Goods	couscous	suma	£2.15
Dry Goods	quinoa	suma	£3.39
Dry Goods	red quinoa	suma	£3.99
Dry Goods	wheat grain	suma	£1.85
Dry Goods	banana chips 250g	suma	£2.05
Dry Goods	figs 500g	suma	£4.31
Dry Goods	sultanas 250g	suma	£1.85
Dry Goods	apricot 250g	suma	£6.95

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Dry Goods	dried mango 125g	suma	£3.39
Dry Goods	cristalised ginger 250g	suma	£2.55
Dry Goods	blueberry 125g	suma	£3.05
Dry Goods	golden linseed 250g	suma	£1.39
Dry Goods	sunflower seeds 125g	suma	£0.99
Dry Goods	sesame seeds 125g	suma	£1.09
Dry Goods	raisins 250g	suma	£1.09
Dry Goods	sour cherries 125g	suma	£2.85
Dry Goods	peanuts 125g	suma	£1.09
Dry Goods	broken walnuts	suma	£1.95
Dry Goods	pine kernels 125g	suma	£6.85
Dry Goods	cashew 125g	suma	£2.95
Sugar/Sweeteners	icing sugar	suma	£2.79
Sugar/Sweeteners	cane sugar	suma	£2.75
Sugar/Sweeteners	coconut sugar	suma	£4.49
Sugar/Sweeteners	xylitol	xylitol	£3.09
Sugar/Sweeteners	acacia honey	suma	£3.59
Sugar/Sweeteners	coconut blossom honey	suma	£5.69
Sugar/Sweeteners	clear honey squeeze	rowse	£3.39
Sugar/Sweeteners	maple surup	meridian	£6.99
Sugar/Sweeteners	raw agave	chantico	£3.49
Sugar/Sweeteners	honey set	suma	£2.99
Sugar/Sweeteners	honey clear	suma	£2.99
Sugar/Sweeteners	multiflower	hill top	£3.85
Sugar/Sweeteners	acacia honey	hill top	£4.25
Sugar/Sweeteners	agave syrup 500ml	suma	£7.99
Snacks	halva	sunita	£2.00
Snacks	apple puree 700g	biona	£2.79
Snacks	apple and apricot puree 2x100g	clearspring	£1.59
Snacks	oatcake	clearspring	£2.39
Snacks	honey rice and corn cake	kallo	£2.19
Snacks	corn cake	kallo	£1.79
Snacks	peanut puff	trafo	£1.39
Snacks	pretzel stick	trafo	£1.19
Snacks	gf/vegan hummous chips	eat real	£2.29
Snacks	gf/v veggie straw	eat real	£2.29
Snacks	sea veg cgrisp 2 pack chillie	clearspring	£2.59
Snacks	seaveg chrispies nori	clearspring	£1.59
Snacks	hard ginger	gingin	£2.39
Snacks	chewy ginger	gingin	£2.89
Snacks	juicy peach	jom	£1.83
Snacks	fizzy caramel	jom	£1.83
Snacks	pralini choc 100g	vivani	£2.75
Snacks	very dark choc	equal exchange	£2.79
Snacks	white noughtat crisp minibar	vivani	£1.09
Snacks	strawberry crunch mini bar	vivani	£1.09
Snacks	espresso biscotty mini bar	vivani	£1.09
Snacks	black cherry mini bar	vivani	£1.09

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Category	Product	Brand	Price
Snacks	salted caramel mallows-vegan	mallow puff	£3.49
Snacks	cranberry herbal sweet	ricola	£1.35
Snacks	lemon mint herbal sweet	riciola	£1.35
Snacks	sesame honey bar	sunita	£0.89
Snacks	rye crisp bread	clearspring	£1.39
Coffee 227g	decaff ground	equal exchange	£5.25
Coffee 227g	medium roast ground	equal exchange	£3.89
Coffee 227g	italian roast ground	equal exchange	£3.89
Coffee 227g	ethiopin ground	equal exchange	£5.85
Coffee 227g	medium beans	equal exchange	£4.89
Coffee 227g	italian roast beans	equal exchange	£4.89
Coffee	medium roast beans 1kg	equal exchange	£18.95
Tea	tea 80bag	ridgeway	£2.79
Tea	nettle	heath and heather	£3.09
Tea	green tea	heath and heather	£3.19
Tea	chamomile	hambledem	£3.49
Tea	rosehip	hambledem	£3.49
Tea	lemongrass ginger	Pukka	£2.99
Tea	love	Pukka	£2.99
Tea	tulsi clarity	Pukka	£2.99
Tea	revitalise	Pukka	£2.99
Tea	peace	Pukka	£2.99
Tea	relax	Pukka	£2.99
Tea	woman kind	Pukka	£2.99
Tea	tumeric gold	Pukka	£2.99
Tea	three mint	Pukka	£2.99
Tea	after dinner	Pukka	£2.99
Tea	feel new	Pukka	£2.99
Tea	motherking pregnancy	Pukka	£2.99
Tea	wild apple cinnamon	Pukka	£2.99
Tea	green collection	Pukka	£2.99
Tea	black currant beauty	Pukka	£2.99
Tea	hearbal collection	Pukka	£2.99
Tea	mint matcha green	Pukka	£2.99
Tea	sweet chili	Yogi	£2.39
Tea	immuno support	Yogi	£2.39
Tea	heart warming	Yogi	£2.39
Tea	classic	Yogi	£2.39
Tea	cranberry hibiscus	Yogi	£2.39
Tea	ginger lemon	Yogi	£2.39
Tea	ginger	Yogi	£2.39
Tea	white tea	Yogi	£2.39
Tea	green energy	Yogi	£2.39
Tea	decaf tea	Clipper	£2.53
Tea	earl grey	Clipper	£2.53
Jams & Spreads	sdairy free dark cho cpread	so free	£3.15
Jams & Spreads	milk chocolate haxrl	biona	£4.39
Jams & Spreads	carob hazel spread	biona	£4.39

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Category	Product	Brand	Price
Jams & Spreads	peanut butter	whole earth	£3.09
Jams & Spreads	peanut butter smooth 1kg	meridian	£6.99
Jams & Spreads	peanut butter smooth 500g	meridian	£3.99
Jams & Spreads	raspberry jam	bionova	£2.65
Jams & Spreads	strawberry jam	bionove	£2.65
Jams & Spreads	seville orange spread	meridian	£2.99
Jams & Spreads	morello cherry spread	meridian	£2.99
Jams & Spreads	blackcurrant spread	meridian	£2.99
Jams & Spreads	thick orange cut marmalade	dalfour	£2.49
Jams & Spreads	Courgette & Date chutney	Camphill Hollywood	£2.50
Jams & Spreads	Red cabbage chutney	Camphill Hollywood	£2.50
Jams & Spreads	Aubergine & Pepper chutney	Camphill Hollywood	£2.50
Jams & Spreads	Banana chutney	Camphill Hollywood	£2.50
Jams & Spreads	Cucumber Relish	Camphill Hollywood	£2.50
Jams & Spreads	Pineapple chutney	Camphill Hollywood	£2.50
Jams & Spreads	Chunky Tomato & Cucumber Relish	Camphill Hollywood	£2.50
Jams & Spreads	Green Tomato Chutney	Camphill Hollywood	£2.50
Jams & Spreads	Pickled Sprout Chutney	Camphill Hollywood	£2.50
Jams & Spreads	Curried Cauliflower chutney	Camphill Hollywood	£2.50
Jams & Spreads	Tomato Relish	Camphill Hollywood	£2.50
Jams & Spreads	Carrott & Parship Chutney	Camphill Hollywood	£2.50
Jams & Spreads	Root & Fruit Chutney	Camphill Hollywood	£2.50
Jams & Spreads	Mixed Winter Veg Chutney	Camphill Hollywood	£2.50
Jams & Spreads	Roasted Root Veg Chutney	Camphill Hollywood	£2.50
Jams & Spreads	Beetroot & Fennel Chutney	Camphill Hollywood	£2.50
Jams & Spreads	Banana Spread	Camphill Hollywood	£3.00
Jams & Spreads	Orange Curd	Camphill Hollywood	£3.00
Drinks	hot chocolate	green and black	£4.29
Drinks	apple corial 400ml	suma	£5.69
Drinks	apple black currant cordial	suma	£6.29
Drinks	ginger cordial	belvior	£5.49
Alternative Milks	soya no- sugar	provamel	£1.99
Alternative Milks	soyaw calcium	provamel	£1.99
Alternative Milks	coconut drink	rude health	£2.99
Alternative Milks	almond	rude health	£2.49
Alternative Milks	soya vanilla	provamel	£2.05
Alternative Milks	rice drink	the bridge	£1.75
Alternative Milks	hemp	soyade	£2.39
Alternative Milks	aloe white grape	simple	£3.39
Juice	apple tetra pack	biona	£3.49
Juice	beet it	james white	£2.99
Juice	orange juice	sunita	£5.55
Frozen - Soup	lentil tom and veg	Camphill Hollywood	£2.00
Frozen - Soup	cream of mushroom	Camphill Hollywood	£2.00
Frozen - Soup	Sweet potato squash and coconut	Camphill Hollywood	£2.00
Frozen	mushroom pie	clive	£2.99
Frozen	chestnut bean pie	clive	£2.99
Frozen	gf veg chillie pie	clive	£3.15

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Frozen	hungarien veg goulash	clive	£2.99
Frozen	hazelnut choc truffle mini	booja booja	£2.05
Frozen	fruity ice squeezer	pip	£0.95
Frozen - Fruit/Veg	blueberry 300g	natural cool	£3.49
Frozen - Fruit/Veg	raspberry 300g	natural cool	£3.85
Frozen - Fruit/Veg	sour cherry 300g	natural cool	£3.49
Frozen - Fruit/Veg	pommes frires 600g	natural cool	£2.39
Frozen - Fruit/Veg	veg mix	natural cool	£2.35
Frozen - Fruit/Veg	peas	natural cool	£2.35
Frozen - Pastry	puff pastry	dorset	£6.59
Dairy	2lt semi skimmed	dale	£1.76
Dairy	1lt semi skimmed	dale	£0.94
Dairy	2lt whole milk	dale	£1.76
Dairy	1lt whole milk	dale	£0.94
Dairy	butter	yeo valley	£2.75
Dairy	raspberry white choc 150g	Clandeboye	£0.99
Dairy	strawberry 150g	Clandeboye	£0.99
Dairy	blueberry	Clandeboye	£0.99
Dairy	eggs	Clandeboye	£2.60
Dairy	polenta	sunita	£1.99
Dairy	sunflower spread 500g	suma	£1.59
Chilled	grill sausages tofu	taifun	£4.59
Chilled	feta cheese	cypressa	£3.29
Chilled	mature cheddar 245 g	lye cross	£3.65
Chilled	mild cheddar	lye cross	£3.49
Chilled	choc truffles	booja booja	£3.99
Household	shampoo bar	alternative	£3.55
Household	shaving soap-coffe and cedarwood	alternative	£2.85
Household	shampoo bar-coconut and argan oil	alternative	£3.55
Household	toilet cleaner 750ml	ecoleaf	£1.59
Household	soap nuts 250g	green frog botanic	£4.49
Household	70 dishwash tablets	ecover	£14.55
Household	bathroom cleaner	bio d	£2.99
VEGETABLE PRICES SUBJECT TO WEEKLY CHANGE			
Vegetables	spinach	*Per kilo, in bags	£7.31
Vegetables	lettuce fancy	*Per head	£1.80
Vegetables	leeks	per kg	£3.85
Vegetables	cucumber	each	£1.80
Vegetables	fit potatoes	per kg	£1.73
Vegetables	fennel	per kg	£3.11
Vegetables	sweet potato	per kg	£4.30
Vegetables	lemon	per kg	£2.97
Vegetables	red onion	per kg	£3.50
Vegetables	white onion	per kg	£1.59