

LOOSE FOODS

Organic Jumbo Oats GLUTEN FREE	per 100g	50p	Sugar Caster	per 100g	20p
Porridge Oats	per 100g	25p	Sugar Demerara	per 100g	20p
Jumbo Oats	per 100g	25p	Sugar Granulated	per 100g	10p
Oatbran	per 100g	27p	Sugar Soft Light Brown	per 100g	30p
Deluxe Muesli	per 100g	50p	Sugar Soft Dark Brown	per 100g	30p
Fruity Muesli	per 100g	40p	Sugar Light Muscovado	per 100g	36p
			Organic Coconut Palm Sugar	per 100g	80p
Corn & Rice Fusilli GLUTEN FREE	per 100g	50p	Yamoto Rice Crackers	per 100g	£1.00
Macaroni	per 100g	30p	Giant Chilli Corn	per 100g	£1.00
Penne	per 100g	30p	Bombay Mix	per 100g	50p
Wholemeal Fusilli	per 100g	40p	Chilli Rice Crackers	per 100g	£1.00
White Fusilli	per 100g	30p	Apricots Diced	per 100g	80p
Organic White Spaghetti	per 100g	30p	Apricots Whole	per 100g	80p
Organic Brown Spaghetti	per 100g	30p	Banana Chips	per 100g	70p
Arborio Rice	per 100g	35p	Berry Mix		
White Basmati Rice	per 100g	35p	(Cranberry, Blueberry, Tart Cherries)	per 100g	80p
Brown Basmati Rice	per 100g	35p	Currants	per 100g	50p
White Easy Cook Rice	per 100g	25p	Crystallised Ginger	per 100g	80p
Brown Easy Cook Rice	per 100g	25p	Goji Berries	per 100g	£1.50
Organic White Jasmine Rice	per 100g	50p	Sultanas	per 100g	50p
Organic Brown Jasmine Rice	per 100g	50p	Raisins	per 100g	50p
Pudding Rice	per 100g	20p	Dried Cranberries	per 100g	£1.10
			Coconut Desiccated	per 100g	50p
Almonds Whole	per 100g	£1.20	Coconut Strips	per 100g	60p
Almonds Flaked	per 100g	£1.30	Chopped Dates	per 100g	70p
Almonds Blanched	per 100g	£1.50	Organic Dried Mango	per 100g	£1.50
Almonds Ground	per 100g	£1.30	Popcorn Kernels	per 100g	30p
Brazil Nuts - Broken	per 100g	£1.00	Green Lentils	per 100g	22p
Cashews Whole	per 100g	£1.50	Red Lentils	per 100g	30p
Cashews Cajun	per 100g	£1.00	Pearl Barley	per 100g	12p
Hazelnuts	per 100g	£1.20	Quinoa	per 100g	33p
Mixed Nuts - Chopped	per 100g	75p	Soup/Broth Mix	per 100g	24p
Peanuts - Chilli	per 100g	60p	Split Peas Yellow	per 100g	20p
Peanuts - Dry Roasted	per 100g	50p	Stuffing Mix Sage & Onion	per 100g	25p
Peanuts - Salted	per 100g	50p	Honest Toil - Extra Virgin Olive Oil	per 100g	£1.10
Pecan	per 100g	£1.80			
Pinenuts	per 100g	£3.60			
Pistachio (slightly salted)	per 100g	£1.50			
Walnut Halves	per 100g	£1.50			
Chia Seeds Black	per 100g	80p			
Chick Peas Dried	per 100g	25p			
Cous Cous	per 100g	25p			
Pumpkin Seeds	per 100g	35p			
Sunflower Seeds	per 100g	50p			
Sesame Seeds	per 100g	70p			
Golden Linseed	per 100g	35p			
Himalayan Fine Pink Salt	per 100g	50p			
Baking Powder	per 100g	40p			
Cornflour	per 100g	30p			
Custard Powder	per 100g	30p			
Flour - Plain	per 100g	8p			
Flour - Self Raising	per 100g	8p			
Flour - Wholemeal	per 100g	15p			
Flour - Gram	per 100g	22p			
Glace Cherries	per 100g	75p			
Mixed Fruit with Brandy (Raisins, sultanas, currants, apricots, cherry, mixed peel)	per 100g	50p			
Mixed Peel	per 100g	40p			

LOOSE FOODS Herbs & Spices

Allspice Berries	per 10g	80p
Basil	per 5g	50p
Bay Leaves	(10)	20p
Cajun Spice	per 10g	25p
Cardamom Pods (Green)	per 10g	50p
Cayenne Pepper	per 10g	25p
Chilli Powder	per 10g	25p
Crushed Chilli Flakes	per 10g	25p
Cinnamon Ground	per 10g	25p
Cinnamon Quills	per 10g	60p
Cloves Whole	per 10g	35p
Coriander Ground	per 10g	25p
Coriander Leaf	per 10g	50p
Coriander Seeds	per 10g	30p
Cumin Ground	per 10g	25p
Cumin Seeds	per 10g	25p
Curry Leaves	per 10g	£1.00
Curry Powder	per 10g	25p
Fennel Seeds	per 10g	25p
Garam Masala	per 10g	25p
Garlic Powder	per 10g	25p

SWEETS

Pick n Mix per 100g £1.00

• Mini Marshmallows • Jazzies & Snowies • Haribo Jelly Babies • Yoghurt Brazil Nuts • Yoghurt Peanuts • Yoghurts Raisins • Milk Chocolate Honeycomb • Milk Chocolate Cranberry • Milk Chocolate Raisins • Milk Chocolate Peanuts

Vegan Pick n Mix Sweets per 100g £1.00

• Giant Strawberries • Fizzy Tongues • Space Mix • Mermaids • Jelly Meerkats • Tongue Painters • Cola Bottles • Bubs Sour Octopus • Pontefract Cakes • Bubs Blueberry & Raspberry • Bubs Tutti Frutti Sours • Fizzy Cola Skulls • Bubs Sour Mini Skulls •

LOOSE TEA

West Country Tea

Earl Grey		
• (Naturally Caffeinated)	per 10g	45p
English Breakfast	per 10g	45p
Moroccan Mint		
• (Naturally Caffeinated Green Tea)	per 10g	45p
Peppermint • (Caffeine Free)	per 10g	45p
Camomile & Elderflower • (Caffeine Free)	per 10g	70p
Nettle & Rose • Caffeine Free)	per 10g	70p

Tea From The Manor

Assam	per 10g	48p
Rooibos • (Caffeine Free)	per 10g	48p
Sencha	per 10g	48p
Silver Needle	per 10g	£1.90

Bird & Blend Christmas

Salted Caramel Lebkuchen		
• (Black Tea - Medium Caffeine)	per 10g	£1.05
Mulled Cider • (Fruit Tea - Caffeine Free)	per 10g	£1.05
Apple Strudel • (Rooibos - Caffeine Free)	per 10g	£1.05
Spiced Pumpkin Pie		
• (Black Tea - Medium Caffeine)	per 10g	£1.05
Dozy Girl • (Herbal Tea - Caffeine Free)	per 10g	80p
Gingerbread Chai • (Rooibos - Caffeine Free)	per 10g	80p
Morning Kick • (Yerba Mate - Medium Caffeine)	per 10g	80p
Strawberry Lemonade • (Fruit Tea - Caffeine Free)	per 10g	80p

PLASTIC FREE TEA BAGS

West Country Tea

All Day Tea	per bag	12p
Decaffeinated	per bag	12p

Ginger Ground	per 10g	25p
Italian Seasoning	per 10g	50p
Mixed Herbs	per 10g	50p
Mixed Spice	per 10g	25p
Mustard Powder	per 10g	25p
Mustard Seeds Brown	per 10g	14p
Mustard Seeds Yellow	per 10g	14p
Nutmeg Ground	per 10g	35p
Onion Powder	per 10g	25p
Oreganic	per 10g	50p
Parsley	per 10g	50p
Pepper Black Cracked	per 10g	25p
Pepper Black Ground	per 10g	25p
Peppercorns Whole Black	per 10g	20p
Piri Piri	per 10g	25p
Rosemary	per 10g	50p
Paprika Smoked	per 10g	25p
Paprika Sweet	per 10g	25p
Star Anise	per 10g	65p
Tandori Masala	per 10g	25p
Tarragon	per 10g	80p
Thyme	per 10g	50p
Turmeric	per 10g	25p
Zaatar	per 10g	40p

Gluten Free & Vegan Pick n Mix Sweets per 100g £1.00

• Marshmallows • Bubs Strawberry Cheesecake • Bubs mini Banana & Toffee • Bubs Fizzy Raspberry & Lemon • Funky Fruits • Fizzy Mix • Turkish Delight • Flying Saucers •

Happi Oat Mylk Chocolate Buttons per 100g £2.20

Also available pre-boxed Fudge £3.99

Dairy Free Vegan & Palm Oil Free • Biscoff •

Gluten Free, Dairy Free Vegan & Palm Oil Free • Baileys Almande • Chocolate Orange • Christmas Cake • Tiramisu •

No1 COFFEE BEANS - whole or fresh ground

Espresso Blends	per 100g	£2.50
• Funky Barista • Tres Amigo •		
Organic Colombian	per 100g	£3.50
Organic Peruvian	per 100g	£3.50
Columbian Swiss Water Decaf	per 100g	£3.50

TRUESTART COFFEE BEANS - whole or fresh ground

Ethiopian	per 100g	£3.50
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TRUESTART INSTANT

Barista Grade	per 100g	£5.50
Barista Grade Decaffeinated	per 100g	£5.50

TRUESTART COFFEE BAGS

Barista Ground	per bag	30p
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HARRY'S HOT CHOCOLATE - GLUTEN FREE

Tremendously Chocolatey VEGAN	per 100g	£1.20
Marvellously Minty VEGAN	per 100g	£1.20
Outrageously Orangey VEGAN	per 100g	£1.20
Wondrous White & Butterscotch	per 100g	£1.20

KOKOA HOT CHOCOLATE - GLUTEN FREE

58% Smooth Venezuela VEGAN	per 100g	£2.25
70% Classic Ecuador VEGAN	per 100g	£2.25
White Ivory Coast	per 100g	£2.25

Horlicks Original	per 100g	70p
Cocoa Powder	per 100g	80p

CLEANING PRODUCTS

per 100g

Bicarb	40p
Citric Acid	60p
De-Stainer	50p
Cleaning Vinegar	40p
Fill Kitchen Clean - Grapefruit	40p
Fill Dishwasher Powder	70p
Fill Rinse Aid	30p
Fill Wash Up - Ginger	40p
Fill Wash Up - Unscented	40p
Fill Bathroom Clean - Eucalyptus	40p
Fill Toilet Clean - Eucalyptus	40p
Fill All Purpose - Honeysuckle	40p
Fill Floor Clean - Bergamot	40p
Fill Steel & Glass Clean - Geranium	40p
Taylor Made Refills - Daily Shower Spray	50p
Taylor Made Refills - Cream Cleanser	£1.50
Mix - Multi Mix Clean	40p

Toilet Bombs - Lemongrass or Tea Tree 40p each

Disinfect

per 100g

Dew - Hand Sanitiser	50p
Dew - Disinfect	50p
Dew - Air	50p

Laundry

per 100g

Fill Non-Bio Laundry Liquid - Neroli	55p
Fill Non-Bio Laundry Liquid - Unscented	55p
Fill Fabric Conditioner - Neroli	40p
Fill Fabric Conditioner - Unscented	40p
Sesi Bio Laundry Liquid - Fragranced	40p
Taylor Made Refills Laundry Powder • Rosemary & Lavender	60p

GARDENINGShropshire Seaweed Multi-Purpose
Organic Fertiliser per 100g £1.20**PERSONAL CARE**

Hand Sanitiser 70% Alcohol per 100g 50p

Faith in Nature Shampoo & Conditioner per 100g £1.00
• Aloe Vera • Coconut • Dragon Fruit • Jojoba • Grapefruit & Orange • Lavender & Geranium • Rosemary • Seaweed & Citrus • Tea Tree • Wild Rose •

Faith in Nature Body Wash per 100g £1.00

• Aloe Vera • Coconut • Dragon Fruit • Tea Tree • Grapefruit & Orange • Lavender & Geranium • Seaweed & Citrus • Wild Rose • Fragrance Free

Miniml Body Wash per 100g 50p

• Pink Grapefruit & Aloe • Tea Tree & Mint •

Faith in Nature Hand Wash per 100g £1.00

• Coconut • Dragon Fruit • Lavender & Geranium • Wild Rose

Fill Hand Soap - Fig per 100g 60p

Bio-D Hand Wash per 100g 50p

• Plum & Mulberry (Sanitising) • Geranium & Grapefruit •

Miniml Hand Wash per 100g 50p

• Sweet Clementine (Anti-bacterial) •

Faith in Nature Hand/Body Lotion per 100g £1.20

• Coconut • Grapefruit & Orange • Lavender & Geranium

Bath Salts per 100g 50p

• Fine Pink Himalayan • Epsom Salts • Dead Sea Salts • Magnesium Flakes

Toothpaste Tablets each 4p

• Fluoride or non-fluoride • Fresh Mint or Peppermint •