

Apr-2015					
code	prod_desc	qual	unit	inc VAT	Markup
					1.0465
Cereali					
C017E	Amaranth	○	2Kg	£4.55	£4.76
C421P	Amazake, Brown Rice (Clearspring)	○	6 x 380g	£17.51	£18.32
C431P	Amazake, Millet (Clearspring)	○	6 x 370g	£17.51	£18.32
C466P	Amazake, Oat (Clearspring)	○	6 x 360g	£17.51	£18.32
G070B	Barley (UK)	○	5Kg	£5.26	£5.50
C025B	Barley Flakes (UK)	○	5Kg	£4.65	£4.87
C213E	Bran Flakes, Malted	○	2Kg	£4.85	£5.08
C040B	Buckwheat Flakes (Holland)	○	5Kg	£11.70	£12.24
G095B	Buckwheat, Raw (USA)	○	5Kg	£10.10	£10.57
G015B	Bulgar (France)	○	5Kg	£8.40	£8.79
G015X	Bulgar (France)	○	6 x 500g	£6.25	£6.54
B168P	Corn Cakes, Thin with Salt (Kallo)	○	12 x 130g	£11.25	£11.77
G096B	Couscous	○	5Kg	£10.35	£10.83
G096C	Couscous	○	1Kg	£2.45	£2.56
G018B	Couscous, Wholemeal (France)	○	5Kg	£11.15	£11.67
C380B	Crunchy, Fruity (Malted wheat, oats +)	○	5Kg	£13.37	£13.99
C030B	Crunchy, Vegan (Granola no fruit)	○	5Kg	£20.60	£21.56
F753B	Flour, Maize (Doves)	○	5Kg	£3.75	£3.92
F811P	Flour, Malthouse (Doves)	○	5 x 1Kg	£6.00	£6.28
F825P	Flour, Rye (Doves Farm)	○	5 x 1Kg	£4.56	£4.77
F696B	Flour, Rye (Essential)	○	5Kg	£4.25	£4.45
F637P	Flour, Spelt (Doves)	○	5 x 1Kg	£8.50	£8.90
F786X	Flour, Spelt (Doves)	○	6 x 500g	£6.85	£7.17
F632P	Flour, Spelt, White (Doves)	○	5 x 1Kg	£10.60	£11.09
F827P	Flour, White (Doves)	○	5 x 1Kg	£5.11	£5.35
F828P	Flour, White, Self Raising (Doves)	○	5 x 1Kg	£5.25	£5.49
F535P	Flour, White, Self Raising (Marriage's)	○	6 x 1Kg	£6.70	£7.01
F629P	Flour, White, Strong [Doves]	○	5 x 1.5Kg	£7.10	£7.43
F841P	Flour, White, Strong Bread (Shipton Mill)	○	16Kg	£11.65	£12.19
F635P	Flour, Whole BarleyCorn [Doves]	○	5 x 1Kg	£4.56	£4.77
F621P	Flour, Wholewheat, Fine (Doves)	○	25Kg	£11.25	£11.77
F812P	Flour, Wholewheat, Fine (Doves)	○	5 x 1Kg	£3.70	£3.87
F815P	Flour, Wholewheat, Self Raising (Doves)	○	5 x 1Kg	£3.90	£4.08
F701P	Flour, Wholewheat, Semolina (Essential)	○	5Kg	£4.96	£5.19
F619P	Flour, Wholewheat, Strong (Doves)	○	16Kg	£13.00	£13.60
F620P	Flour, Wholewheat, Strong (Doves)	○	25Kg	£12.50	£13.08
F810P	Flour, Wholewheat, Strong (Doves)	○	5 x 1.5Kg	£7.30	£7.64

prices

C214B	Malted Wheat Flakes (Essential)	○	5Kg	£6.15	£6.44
C411P	Maple Frosted Flakes (Whole Earth)	○	10 x 375g	£23.93	£25.04
G035B	Millet (USA)	○	5Kg	£8.50	£8.90
C247P	Millet Rice Flakes (Nature's Path)	○	12 x 375g	£22.41	£23.45
C008B	Muesli, Classic	○	5Kg	£13.60	£14.23
C009B	Muesli, Date & Apricot	○	5Kg	£14.75	£15.44
C390B	Muesli, Delux	○	5Kg	£17.50	£18.31
C056X	Muesli, Exotic Tropical	○	6 x 500g	£17.20	£18.00
C375B	Muesli, Fine	○	5Kg	£11.10	£11.62
C169P	Multi Flakes (Rude Health)	○	8 x 400g	£17.69	£18.51
P711P	Noodles, Soba (Sanchi)	○	6 x 250g	£6.70	£7.01
G045B	Oat groats	○	5Kg	£6.75	£7.06
B070P	Oatcakes (Nairn's)	○	12 x 250g	£11.62	£12.16
C095W	Oats, Jumbo (Mornflake)	○	6 # 1Kg	£8.75	£9.16
C095B	Oats, Jumbo (Mornflake)	○	5Kg	£6.75	£7.06
C135O	Oats, Porridge [Mornflake]	○	25Kg	£26.90	£28.15
C135W	Oats, Porridge [Mornflake]	○	6 # 1Kg	£8.73	£9.14
C135A	Oats, Porridge [Mornflake]	○	10Kg	£12.04	£12.60
C135B	Oats, Porridge [Mornflake]	○	5Kg	£6.73	£7.04
P690P	Pasta, Fusilli w Quinoa (Tradcraft)	○	6 # 500g	£13.07	£13.68
P463P	Pasta, Maize & Rice Fusili (Doves Farm)	○	6 x 500g	£11.20	£11.72
P733P	Pasta, Spelt Cavatappi (La Terra)	OP	12 # 500g	£21.50	£22.50
P731P	Pasta, Spelt Penne (La Terra)	OP	12 # 500g	£21.50	£22.50
P621P	Pasta, White Lasange (La Bio-Idea)	○	12 # 250g	£17.01	£17.80
P902P	Pasta, White Penne (Essential)	○	12 # 500g	£13.05	£13.66
P901P	Pasta, White Spaghetti, (Essential)	○	12 # 500g	£13.05	£13.66
P610P	Pasta, White Tricolore Twists (La Bio-Idea)	○	12 # 500g	£16.11	£16.86
P903P	Pasta, White Twists, (Essential)	○	12 # 500g	£13.05	£13.66
P649P	Pasta, White Verdi Lasange (La Bio-Idea)	○	12 # 250g	£17.01	£17.80
P592P	Pasta, Whole-Wheat Penne (La Terra)	○	12 # 500g	£16.10	£16.85
P906P	Pasta, Whole-Wheat Spaghetti, (Essential)	○	12 # 500g	£13.05	£13.66
P907P	Pasta, Whole-Wheat Twists - Fusilli (Essential)	○	12 # 500g	£13.05	£13.66
P633P	Pasta, Whole-Wheat Twists, Spinach (La Terra)	○	12 # 500g	£20.23	£21.17
P469P	Pasta, Multigrain Penne (Doves)	○	8 # 500g	£16.16	£16.91
G097B	Pollenta (Belgian)	○	5Kg	£4.97	£5.20
G085B	Popcorn (Hungary)	○	5Kg	£5.50	£5.76
G088W	Quinoa (Essential-Bolivia)	○	6 # 1Kg	£45.89	£48.02
C041X	Quinoa Flakes	○	6 x 500g	£42.15	£44.11
B111P	Rice Cakes, w Quinoa (Lima)	○	12 # 100g	£9.81	£10.27
B078P	Rice Cakes, w Sea Veg (Algamar)	○	12 # 120g	£23.55	£24.65
B167P	Rice Cakes, w Sesame & salt (Kallo)	○	6 x 130g	£6.66	£6.97

prices

B660P	Rice Cakes, w Sesame no salt (Kallo FT)	OF	12 x 130g	£11.57	£12.11
C038B	Rice Flakes	O	5Kg	£7.20	£7.53
C200P	Rice Puffs, Brown (Kallo)	O	8 x 225g	£16.14	£16.89
R099B	Rice, Brown - Basmati (Fair-Trade)	OF	5Kg	£13.55	£14.18
R076B	Rice, Brown - Basmati (Pakistan)	O	5Kg	£13.65	£14.28
R076W	Rice, Brown - Basmati (Pakistan)	O	6 # 1Kg	£16.98	£17.77
R040A	Rice, Brown - Long Grain (Italy)	O	10Kg	£11.57	£12.11
R040B	Rice, Brown - Long Grain (Italy)	O	5Kg	£8.45	£8.84
R040W	Rice, Brown - Long Grain (Italy)	O	6 # 1Kg	£17.34	£18.15
R060B	Rice, Brown - Short Grain (Italy)	O	5Kg	£11.35	£11.88
R060A	Rice, Brown - Short Grain (Italy)	O	10Kg	£21.43	£22.43
R060W	Rice, Brown - Short Grain (Italy)	O	6 # 1Kg	£14.21	£14.87
R085E	Rice, Red (Essential)	O	2Kg	£7.80	£8.16
R130E	Rice, Sweet (USA)	O	2Kg	£9.55	£9.99
R120B	Rice, White - Arborio	O	5Kg	£11.50	£12.03
R077B	Rice, White - Basmati (Pakistan)	O	5Kg	£15.20	£15.91
R077W	Rice, White - Basmati (Pakistan)	O	6 # 1Kg	£19.24	£20.13
R110X	Rice, White - Jasmine	O	6 x 500g	£11.70	£12.24
C165B	Rye Flakes (UK)	O	5Kg	£4.20	£4.40
F701B	Semolina, Wholewheat (Essential)	O	5Kg	£3.45	£3.61
G120B	Wheat Grain	O	5Kg	£4.15	£4.34
C287P	Maple Sunrise (Natures Path)	O	4 x 332g	£12.15	£12.71
				£0.00	

Beans and Peas

P025B	7 Bean Mix (Essential)	O	5Kg	£5.35	£5.60
P015B	Aduki Beans (USA)	O	5Kg	£10.85	£11.35
P015C	Aduki Beans (USA)	O	1Kg	£1.75	£1.83
V602P	Baked Beans (Biona)	O	6 x 420g	£4.46	£4.67
C218P	Baked Beans (Geo)	OF	6 x 400g	£5.85	£6.12
V205P	Baked Beans (Whole Earth)	O	12 x 420g	£10.71	£11.21
P240B	Blackeye Beans	O	5Kg	£13.15	£13.76
P223B	Butter Beans	O	5Kg	£13.25	£13.87
P095B	Chick Peas (Turkey)	O	5Kg	£9.10	£9.52
P095W	Chick Peas (Turkey)	O	6 x 1Kg	£14.03	£14.68
P011B	Haricot Beans (China)	O	5Kg	£6.50	£6.80
P004B	Lentils, Brown (Turkey)	O	5Kg	£9.55	£9.99
P005C	Lentils, Dark Speckled (France)	O	1Kg	£3.10	£3.24
P005B	Lentils, Dark Speckled (France)	O	5Kg	£15.30	£16.01
P125B	Lentils, Green (U.S.A.)	O	5Kg	£13.56	£14.19
P125W	Lentils, Green (U.S.A.)	O	6 # 1Kg	£17.56	£18.38
P195B	Lentils, Red (Turkey)	O	5Kg	£11.25	£11.77

prices

P195W	Lentils, Red (Turkey)	○	6 # 1Kg	£18.55	£19.41
P165B	Mung Beans (China)	○	5Kg	£18.20	£19.05
P225B	Peas, Green Split (U.S.)	○	5Kg	£8.00	£8.37
P230B	Peas, Yellow Split (U.S.)	○	5Kg	£9.40	£9.84
P185B	Red Kidney Beans (China)	○	5Kg	£19.26	£20.16
P185C	Red Kidney Beans (China)	○	1Kg	£2.10	£2.20
P215B	Soya Beans (China)	○	5Kg	£8.55	£8.95
S508P	Soya Drink (Plamil)	○	6 x 1Lt	£8.28	£8.67
S498P	Soya Drink, Banana (Provamel)	○	5x3x250ml	£5.96	£6.24
S532P	Soya Drink, Fresh (Alpro Soya)	○	6 x 1Lt	£7.88	£8.25
S509P	Soya Drink, Strawberry (Provamel)	○	5x3x250ml	£5.96	£6.24
S521P	Soya Drink, Sugar Free (Provamel)	○	16 x 500ml	£11.88	£12.43
S575P	Soya Drink, Sugar Free (Provamel)	○	12 x 1Lt	£13.91	£14.56
S040P	Soya Drink, Sugar Free (Sojade)	○	6 x 1Lt	£5.79	£6.06
S513P	Soya Drink, Vanilla Flavour (Provamel)	○	12 x 1Lt	£14.31	£14.98
S001P	Soya Drink, with AJC (Provamel)	○	16 x 500ml	£10.20	£10.67
S511P	Soya Drink, with AJC (Provamel)	○	12 x 1Lt	£13.91	£14.56
S519P	Soya Drink, with Calcium (Provamel)	○	12 x 1Lt	£11.62	£12.16
F708B	Soya Flour, Toasted	○	5Kg	£15.75	£16.48
S143P	Soya Spreadable Tease	○	8 # 150g	£7.74	£8.10
V550P	Tins of Chick Peas	○	6 x 410g	£4.21	£4.41
V551P	Tins of Red Beans	○	6 x 410g	£4.00	£4.19
V067P	Tofu, (Clear Spot)	○	8 x 280g	£9.43	£9.87
V000P	Tofu, (Clear Spot)	○	6 x 450g	£11.27	£11.79
V039P	Tofu, (Dragonfly)	○	6 x 250g	£9.45	£9.89
V415P	Tofu, (Taifun)	○	8 # 200g	£10.14	£10.61
V041P	Tofu, Smoked (Dragonfly)	○	6 x 200g	£9.72	£10.17
S333P	Yofu, Natural (Provamel)	○	6 x 500g	£8.33	£8.72

Seeds and Nuts

M700Y	3-day Sunny Sprouting Salad Mix	○	6x 250g	£4.25	£4.45
S015C	Alfalfa (USA)	○	1Kg	£5.55	£5.81
S331P	Almond Butter (Meridian)	○	6 # 170g	£20.20	£21.14
S077P	Almond Drink, Unsweetened (Provamel)	○	12 x 1Lt	£23.31	£24.39
N022Z	Almond Flakes (Spain)	○	6 x 125g	£13.20	£13.81
N010B	Almonds (USA)	VX	5Kg	£27.30	£28.57
N021E	Almonds, Ground	○	2Kg	£15.90	£16.64
N015Z	Almonds, Whole (Italy)	○	6 x 125g	£7.30	£7.64
N015E	Almonds, Whole (Italy)	○	2Kg	£15.05	£15.75

prices

N003Y	Brazil Nuts	O	6 x 250g	£9.10	£9.52
N003E	Brazil Nuts	O	2Kg	£10.40	£10.88
S080C	Broccoli Seeds	O	1Kg	£10.15	£10.62
S099P	Cashew Nut Butter (Meridian)	O	6 # 170g	£20.20	£21.14
N025E	Cashew Nuts, Pieces	O	2Kg	£19.90	£20.83
N027E	Cashews, Whole (Sri Lanka)	O	2Kg	£21.89	£22.91
S273P	Chia Seeds (Sun & Seed)	O	20 x 170g	£59.73	£62.51
V568P	Coconut Milk	O	6 x 400g	£6.94	£7.26
V702P	Coconut, Creamed	O	6 x 200g	£8.06	£8.43
N023E	Coconut, Desiccated	O	2Kg	£7.87	£8.24
N029Z	Coconut, Pieces	O	6 x 125g	£3.50	£3.66
N220Z	Hazelnuts (Toasted)	O	6 x 125g	£12.06	£12.62
N205E	Hazelnuts, Whole (Italy)	O	2Kg	£16.55	£17.32
S040C	Hemp Seed	O	1Kg	£4.45	£4.66
F657P	Hemp Seed Flour (Sun & Seed)	O	12 # 500g	£17.91	£18.74
H613C	Linseed, Gold (Canada)	O	1Kg	£3.07	£3.21
N503Z	Nut Mix (No Peanuts)	O	6 x 125g	£6.20	£6.49
N503Y	Nut Mix (No Peanuts)	O	6 x 250g	£13.20	£13.81
N503E	Nut Mix (No Peanuts)	O	2Kg	£24.32	£25.45
S218P	Peanut Butter, Crunchy (Equal Exchange)	OF	6 # 280g	£13.46	£14.09
S166P	Peanut Butter, Crunchy (Essential)	O	1Kg	£5.28	£5.53
S165P	Peanut Butter, Crunchy (Essential)	O	3Kg	£15.50	£16.22
S088P	Peanut Butter, Crunchy + Salt (Essential)	O	1Kg	£5.80	£6.07
S226P	Peanut Butter, Smooth (Equal Exchange)	OF	6 # 280g	£13.46	£14.09
S167P	Peanut Butter, Smooth (Essential)	O	1Kg	£5.80	£6.07
S163P	Peanut Butter, Smooth (Essential)	O	3Kg	£15.50	£16.22
S057P	Peanut Butter, Smooth (Meridian)	O	1Kg	£5.99	£6.27
S086P	Peanut Butter, Smooth + Salt (Essential)	O	1Kg	£5.28	£5.53
S002Z	Pumpkin Seed	O	6 x 125g	£5.65	£5.91
S002E	Pumpkin Seed	O	2Kg	£10.90	£11.41
S055X	Sesame Seeds (China)	O	6 x 500g	£9.81	£10.27
S075W	Sunflower Seeds (China)	O	6 # 1Kg	£14.41	£15.08
S075X	Sunflower Seeds (China)	O	6 x 500g	£8.35	£8.74
S075B	Sunflower Seeds (China)	O	5Kg	£10.90	£11.41
S328P	Tahini Dark (Meridian)	O	6 # 270g	£13.45	£14.08
S302P	Tahini Dark (Sunita)	O	6 # 280g	£15.70	£16.43
S309P	Tahini Dark (Sunita)	O	3Kg	£22.15	£23.18
S327P	Tahini Light (Meridian)	O	6 # 270g	£13.45	£14.08
S391P	Tahini Light (Meridian)	O	6 # 454g	£15.15	£15.85
S301P	Tahini Light (Sunita)	O	6 # 280g	£17.94	£18.77
S308P	Tahini Light (Sunita)	O	3Kg	£26.20	£27.42

Herbs, Teas, Spices +++					
S400P	Agar Agar, Algamar	O	16 # 50g	£55.98	£58.58
H905D	Arrowroot	O	500g	£6.00	£6.28
Z425P	Cacao Powder, raw	OF	6 # 200g	£22.46	£23.50
H910D	Chilli, Ground	O	500g	£4.65	£4.87
H831D	Cinnamon (Zimbabwe)	O	500g	£2.85	£2.98
H900D	Cinnamon Quills	O	500g	£5.35	£5.60
B406P	Cocoa (Green and Black)	OF	12 # 125g	£19.72	£20.64
F0002W	Cocoa Nibs	O	6 # 1Kg	£80.75	£84.50
B177P	Coffee, Granules (Clipper)	OF	6 x 100g	£17.80	£18.63
B445P	Coffee, Machu Picchu (Café Direct)	OF	6 x 227g	£19.90	£20.83
H839D	Cumin, Ground	O	500g	£7.82	£8.18
H615D	Fajita Seasoning	X	500g	£2.50	£2.62
H832D	Paprika (Spain)	O	500g	£6.05	£6.33
H833D	Peppercorns, Black (Madagascar)	O	500g	£8.44	£8.83
H922P	Peppercorns, Black (Madagascar)	OF	6 x 25g	£6.00	£6.28
H649C	Poppy Seeds	O	1Kg	£6.15	£6.44
H660D	Quasia Chips (West Indies)	X	500g	£3.00	£3.14
Z516P	Spirulina (Synergy)	O	500g	£29.96	£31.36
H810D	Star Anise	O	500g	£4.10	£4.29
B593P	Tea, Assam (Equal Exchange)	O	6 x 125g	£10.35	£10.83
B076P	Tea, Breakfast (Clipper)	O	6 x 50	£8.96	£9.38
B081P	Tea, Chamomile (Essential)	O	6 x 20	£5.35	£5.60
BC52P	Tea, China Green (Pukka)	O	6 x 25	£8.94	£9.36
B667P	Tea, Decaf (Clipper)	O	6 x 40	£12.11	£12.67
B483P	Tea, Earl Grey (Clipper)	O	6 x 50	£11.66	£12.20
B516P	Tea, Fair Trade (Equal Exchange)	OF	1 x 440	£12.59	£13.18
B083P	Tea, Fennel (Essential)	O	6 x 20	£5.35	£5.60
B865P	Tea, Fruit & Herbal Mix (Twinning's)	O	4 x 5 x 5	£5.37	£5.62

prices

B659P	Tea, Green Energy with Kombucha (Yogi)	O	6 x 17	£10.30	£10.78
B957P	Tea, Jasmine Green (Equal Exchange)	O	6 x 25	£6.53	£6.83
B779P	Tea, Lemon and Ginger (Clipper)	O	6 x 20	£8.07	£8.45
B134P	Tea, Licorice (Clipper)	O	6 x 20	£8.07	£8.45
B652P	Tea, Nettle (Clipper)	O	6 x 20	£5.63	£5.89
B922P	Tea, Rooibos (Equal Exchange)	OF	6 x 40	£11.67	£12.21
B923P	Tea, Rooibos (Equal Exchange)	OF	6 x 100	£23.31	£24.39
B780P	Tea, Wild Berry (Clipper)	O	6 x 20	£8.07	£8.45
H845D	Turmeric	O	500g	£3.00	£3.14
H919P	Vanilla Pods (Madagascar)	OF	12 x 1	£10.04	£10.51
				£0.00	£0.00
				£0.00	£0.00
				£0.00	£0.00
				£0.00	£0.00

Olives and Salty Things

C419P	Miso, Genmai – Brown Rice (Clearspring)	O	6 # 300g	£17.96	£18.80
C412P	Miso, Hatcho – 100% Soya (Clearspring)	O	6 # 300g	£19.76	£20.68
C418P	Miso, Mugi -Barley (Clearspring)	O	1Kg	£10.94	£11.45
O285P	Olives, Black Pitted, Kalamata (Sunita)	O	2Kg	£14.08	£14.73
O284P	Olives, Black, Kalamata (Sunita)	O	2Kg	£14.67	£15.35
O286P	Olives, Green, Pitted (Sunita)	O	1.8Kg	£10.93	£11.44
C629B	Sea Salt, Fine (Atlantic)	O	5Kg	£4.55	£4.76
C724P	Shoyu (Clearspring)	O	2.5Lt	£17.62	£18.44
C528P	Shoyu (Essential)	O	2Lt	£16.80	£17.58
C524P	Tamari (Essential)	O	6 # 500ml	£35.78	£37.44
C525P	Tamari (Essential)	O	2Lt	£25.00	£26.16
S713P	Yeast Extract, Vitam R (Essential)	O	6 # 150g	£42.95	£44.95
S216P	Yeast Extract, with B12 (Meridian)	X	6 # 340g	£17.95	£18.78
E016P	Yeast Extract, with B12 - low salt (Meridian)	X	6 x 340g	£17.95	£18.78

Oils

Z445P	Cocoa Butter (Raw Choc. Co.)	O	6 # 240g	£30.01	£31.41
V700P	Coconut Oil, (Essential)	O	6 # 690ml	£36.40	£38.09
O004P	Hemp Oil (Clearspring)	O	8 x 250ml	£35.94	£37.61
O032P	Olive Oil (Essential)	O	5Lt	£30.50	£31.92
O031P	Olive Oil (Essential)	O	6 # 500ml	£23.34	£24.43
O113P	Olive Oil, Extra Virgin - Greek, (Sunita)	O	5Lt	£38.35	£40.13
O112P	Olive Oil, Extra Virgin, (Sunita)	O	6 # 1Lt	£49.81	£52.13
O165P	Olive Oil, Italian (Clearspring)	O	6 # 1Lt	£44.96	£47.05
O184P	Olive Oil, Tunisian (Clearspring)	O	6 # 1Lt	£44.51	£46.58

prices

O177P	Rapeseed Oil (Clearspring)	O	6 # 500ml	£17.96	£18.80
O035P	Sesame Oil (Essential)	O	6 # 500ml	£24.05	£25.17
O153P	Sesame Oil, Toasted (Meridian)	O	6 # 500ml	£24.70	£25.85
O034P	Sunflower Oil (Essential)	O	5Lt	£13.10	£13.71
Dried Fruit, Sugar and Sweeties					
Bakes					
B141P	Biscuits, Digestive (Doves)	O	12 x 400g	£21.48	£22.48
B064P	Biscuits, Fruity/Oat (Doves)	O	18 x 200g	£17.64	£18.46
B765P	Chewy Rice Pop and Chocolate Bars (Doves)	O	12 x 5 x 35g	£17.00	£17.79
M760P	Flapjacks, Mixed Case Vegan	O	20 x 100g	£14.88	£15.57
Confectionery					
M330P	Blackcurrant Fruitus Bites (lyme Regis)	O	2 x 12 x 25g	£11.88	£12.43
M565P	Chocolate, Coverture (Organica)	O	12 x 100g	£24.60	£25.74
BD29P	Chocolate, Drops, (Plamil)	OF	1Kg	£9.61	£10.06
M916P	Chocolate, Espresso (Seed and Bean)	O	8 x 85g	£16.14	£16.89
M960P	Chocolate, Hazelnut, Raw, Vanoffe	O	12 x 44g	£18.69	£19.56
M060P	Chocolate, Mint (Plamil)	O	6 x 100g	£9.28	£9.71
M713P	Chocolate, Raw, Vanoffe	O	12 x 44g	£17.90	£18.74
M632P	Chocolate, Rice, (Vivani)	O	10 x 100g	£17.94	£18.77
F162Y	Ginger, Crystalized (China)	O	6 x 250g	£9.55	£9.99
M507P	Golden Coconut Delight, (Organica)	O	24 x 40g	£17.82	£18.65
M482P	Halva, Grape Juice & Sultanas (Sunita)	X	1 x 2.5Kg	£19.79	£20.71
M515P	Hazelnut Nougat, Delight (Organica)	O	24 x 40g	£17.82	£18.65
M024P	Mixed Berry Fruitus Bar (Lyme Regis)	O	24 x 35g	£10.80	£11.30
M935P	White Choc Macadamia (Clif)	X	12 x 68g	£11.96	£12.52
Deserts					
V570P	Pineapple Chunks (Essential)	O	6 # 400g	£8.95	£9.37
S043P	Soya Desert, coffee (Sojade)	O	16 x 530g	£16.15	£16.90
S046P	Soya Desert, vanilla (Sojade)	O	16 x 530g	£16.15	£16.90
S292P	Yofu, Blueberry (Provamel)	O	6 # 4 x 125g	£8.96	£9.38
S293P	Yofu, Cherry (Provamel)	O	6 # 4 x 125g	£8.96	£9.38
S282P	Yofu, Peach & Mango (Provamel)	O	6 # 4 x 125g	£8.96	£9.38
S061P	Yofu, Strawberry (Sojade)	O	8 x 125g	£3.89	£4.07
S306P	Yofu, Vanilla (Provamel)	O	6 # 500g	£8.96	£9.38
Dried Fruit					
F010Z	Apple Rings	O	6 x 125g	£9.55	£9.99
F045B	Apricots, Whole - Unsulphered (Turkey)	O	5Kg	£21.10	£22.08
F045Y	Apricots, Whole - Unsulphered (Turkey)	O	6 x 250g	£8.25	£8.63
B136C	Blueberries (USA)	O	1Kg	£16.85	£17.63
F027Z	Cranberries (sweetened w sugar)	O	6 x 125g	£12.65	£13.24
F144Y	Dates (Tunisia)	OF	6 x 250g	£10.70	£11.20

prices

F133W	Dates (Tunisia)	O	6 # 1Kg	£28.22	£29.53
F133O	Dates (Tunisia)	O	5Kg	£24.22	£25.35
F144O	Dates (Tunisia)	OF	5Kg	£28.32	£29.64
Z272P	Durian, Raw (InSpire)	O	1 x30g	£3.23	£3.38
F155B	Figs (Turkey)	O	5Kg	£33.15	£34.69
F270Z	Mango, Slices	O	6 x 125g	£9.25	£9.68
F205B	Mixed Fruit, Dried (Essential)	O	5Kg	£11.00	£11.51
F205Y	Mixed Fruit, Dried (Essential)	O	6 x 250g	£6.00	£6.28
F019Y	Mulberries	O	6 x 250g	£13.10	£13.71
F390O	Prunes, Pitted (Chile)	O	10Kg	£61.17	£64.01
F325B	Raisins, Seedless (Thompson)	O	5Kg	£22.01	£23.03
F325W	Raisins, Seedless (Thompson)	O	6 # 1Kg	£33.92	£35.50
F400B	Raisins, Seedless (Turkey)	O	5Kg	£13.78	£14.42
F360O	Sultanas (Turkey)	O	12.5Kg	£41.70	£43.64
F360B	Sultanas (Turkey)	O	5Kg	£18.35	£19.20
F360W	Sultanas (Turkey)	O	6 # 1Kg	£22.59	£23.64
				£0.00	£0.00
				£0.00	£0.00

Juice, Jams & Jellies

J116P	Conc. Juice, Apple & Blackcurrant (Suma)	O	6 x 400ml	£22.48	£23.52
J118P	Conc. Juice, Apple (Suma)	O	6 x 400ml	£12.64	£13.22
J217P	Spread, Pear and Apple (Biona)	O	6 # 450g	£16.61	£17.38
S600P	Jelly Crystals, Lemon (Just Wholefoods)	X	12 x 85g	£10.68	£11.18
S601P	Jelly Crystals, Raspberry (Just Wholefoods)	X	12 x 85g	£10.68	£11.18
S602P	Jelly Crystals, Strawberry (Just Wholefoods)	X	12 x 85g	£10.68	£11.18
S604P	Jelly Crystals, Tropical (Just Wholefoods)	X	12 x 85g	£10.68	£11.18

Sugar

H239B	Sugar, Cane (Paraguay)	OF	5Kg	£12.14	£12.70
H238B	Sugar, Caster (Brazil)	O	5Kg	£15.75	£16.48
H238C	Sugar, Caster (Brazil)	O	1Kg	£5.30	£5.55
H215B	Sugar, Demerara (Guatemala)	O	5Kg	£16.75	£17.53
H215C	Sugar, Demerara (Guatemala)	O	1Kg	£3.70	£3.87
H226B	Sugar, Light Soft Brown (Brazil)	O	5Kg	£15.52	£16.24
H250X	Sugar, Rapadura (Costa Rica)	O	6 x 500g	£13.02	£13.63
H227B	Sugar, Soft Brown, Dark (Brazil)	O	5Kg	£15.25	£15.96
				£0.00	£0.00
				£0.00	£0.00

Syrups

H108P	Syrup, Agave, Golden (Chantico)	O	8 # 335g	£17.92	£18.75
H110P	Syrup, Agave, Original (Chantico)	O	8 # 335g	£17.92	£18.75

prices

H159P	Syrup, Barley (Rayners Essential)	O	5Kg	£16.12	£16.87
H160P	Syrup, Barley (Rayners Essential)	O	6 # 340g	£9.85	£10.31
H018P	Syrup, Brown Rice (Lima)	O	6 # 420g	£19.57	£20.48
H032P	Syrup, Date (Biona)	O	6 # 350g	£13.01	£13.61
H280P	Syrup, Golden (Rayner's)	O	5Kg	£24.74	£25.89
H280P	Syrup, Golden (Rayner's)	OF	6 # 340g	£15.07	£15.77
H301P	Syrup, Maple (Acadian)	O	6 # 1Lt	£97.14	£101.66
H141P	Syrup, Maple (Meridian)	O	6 # 330g	£29.20	£30.56
V373P	Syrup, Maple (Yakso)	O	6 # 250ml	£27.40	£28.67
H144P	Syrup, Molasses, Blackstrap (Meridian)	O	6 # 350g	£8.95	£9.37
Baby Food					
B252P	Apple & Pear, 4 Months	O	6 x 125g	£3.72	£3.89
L135P	Broccoli Pear & Pea (Ella's Kitchen)	O	7 x 120g	£5.25	£5.49
B912P	Crunchy Stick Carrot (Organix)	O	8 x 20gm	£4.68	£4.90
B932P	Crunchy Sweetcorn Rings (Organix)	O	8 x 20gm	£4.69	£4.91
B916P	Gingerbread Men (Baby Organix)	O	6 x 110gm	£10.18	£10.65
B926P	Saucy Tomato O's & X's and (Organix)	O	6 x 15g	£2.51	£2.62
L155P	Smoothie, Green (Ella's Kitchen)	O	12 x 90g	£7.11	£7.44
L131P	Smoothie, Purple (Ella's Kitchen)	O	12 x 90g	£7.11	£7.44
L130P	Smoothie, Red (Ella's Kitchen)	O	12 x 90g	£7.11	£7.44
L132P	Smoothie, Yellow (Ella's Kitchen)	O	12 x 90g	£7.11	£7.44
L136P	Sweet Potato, Blueberry (Ella's Kitchen)	O	7 x 120g	£5.25	£5.49
C150P	Tomato & Basil (La Terra E Cielo)	O	12 x 300g	£20.25	£21.19
B926P	Tomato Noughts & Crosses (Organix)	O	10 x 15g	£3.56	£3.73
L175P	Tomato-y Pasta (Ella's Kitchen)	O	7 x 190g	£10.45	£10.94
BA14P	Vegetable Sauce, Garden (Peter Rabbit)	O	6 x 300g	£9.87	£10.33
BA15P	Vegetable Sauce, Italian (Peter Rabbit)	O	6 x 300g	£11.84	£12.39
L174P	Very Tasty Veg Bake (Ella's Kitchen)	O	6 x 140g	£6.70	£7.01
				£0.00	
				£0.00	
				£0.00	
				£0.00	
Miscellaneous Food					
V509P	Artichoke Hearts in Oil (Organico)	O	6 # 250g	£21.83	£22.85
V554P	Baked Beans (Essential)	O	12 x 400g	£9.00	£9.42
M001O	Bombay Mix	O	2.5Kg	£6.65	£6.96
V251P	Falafel Mix (Just Wholefoods)	O	6 x 120g	£5.63	£5.89
M002O	Gathia	O	2.5Kg	£6.75	£7.06
C626P	Gravy Powder (Marigold)	O	6 x 110g	£8.96	£9.38
M653P	Chickpea Puffs, Che&Lov (Hippeas)	O	10 x 100g	£14.95	£15.65
C572P	Mayonaise, Egg Free, Plain (Plamil)	O	6 # 315g	£13.28	£13.90
C193P	Mayonaise, Rice (Plamil)	O	6 # 315g	£11.57	£12.11

prices

C295P	Mustard, Dijon	○	1Kg	£3.74	£3.91
V542P	Passata (Essential)	○	12 # 700g	£14.30	£14.96
S208P	Pate, Mushroom - Ready Spread (Granovita)	○	12 # 200g	£25.11	£26.28
S212P	Pate, Mushroom (Tartex)	○	12 # 200g	£25.11	£26.28
C571P	Pesto, Vegan (Zest)	✗	6 x 340g	£17.70	£18.52
X075P	BluRisella, (MozzaRisella)	✗	6 # 200g	£21.54	£22.54
V357P	Seitan in Tamari Sauce (Yakso)	○	6 x 350g	£8.94	£9.36
V263P	Seitan, Ginger & Soy (Biona)	○	6 # 350g	£15.71	£16.44
M097O	Sesame Sticks	○	2.5Kg	£6.65	£6.96
V234P	Soup, Carrot and Corriander (Suma)	○	12 # 400g	£16.68	£17.46
V240P	Soup, Leak and Potato (Suma)	○	12 # 400g	£9.94	£10.40
V281P	Soup, Lentil and Red Pepper (Free and Easy)	○	6 # 400g	£7.65	£8.01
V082E	Sosmix, Chorizo	✗	2Kg	£11.83	£12.38
V086E	Sosmix, Piri Piri	✗	2Kg	£11.83	£12.38
V081E	Sosmix, Tomato and Basil	✗	2Kg	£11.80	£12.35
S143P	Soya Spreadable Tease	○	8 # 150g	£11.94	£12.50
V358P	Tempeh (Yakso)	○	6 # 175g	£9.65	£10.10
V010P	Tofu, Braised (Marigold)	○	12 # 225g	£21.51	£22.51
C551P	Tomato Ketchup (Meridian)	○	6 x 285	£12.94	£13.54
V546P	Tomato Puree, (Essential)	○	12 x 130g	£10.80	£11.30
V541P	Tomatoes, Chopped - Tinned (Essential)	○	12 x 400g	£8.55	£8.95
V294C	Tomatoes, Sun Dried Halves (Turkey)	○	1Kg	£13.94	£14.59
V540P	Tomatoes, Tinned (Essential)	○	12 x 400g	£8.55	£8.95
C530P	Ume Su, Red Plum Vinegar (TerraSana)	✗	6 # 250ml	£12.84	£13.44
B556P	Vecon (Modern Health)	✗	1Kg	£9.15	£9.58
C620P	Vegetable Buillon (Marigold)	○	900g	£8.10	£8.48
C634P	Vegetable Buillon (Marigold)	○	6 x 150g	£10.12	£10.59
V102P	Vine Leaves, Stuffed (Infinity)	○	12 # 283g	£22.25	£23.28
C583P	Vinegar, Brown Rice (Clearspring)	○	6 # 500ml	£22.46	£23.50
C044P	Vinegar, Cider (Aspall)	○	6 # 500ml	£8.54	£8.94
C677P	Vinegar, Cider (Byodo Bioland)	○	5Lt	£10.86	£11.36
C676P	Vinegar, White Wine (Byodo Bioland)	○	5Lt	£7.90	£8.27
B088P	Wraps, Tortilla (Amaizin)	○	16 # 240g	£27.00	£28.26
C169P	Yeast Flakes, Engivita (Marigold)	○	6 x 125g	£19.30	£20.20
C281P	Yeast Flakes, w B12 Engivita (Marigold)	✗	6 x 125g	£14.80	£15.49
V580P	Young Jack Fruit, Salted water (Essential0	○	6 # 400g	£13.45	£14.08
Drinks					
J036P	Cola (Whole Earth)	○	24 x 330ml	£14.16	£14.82
J715P	Ginger Cordial (Belvoir)	○	6 # 500ml	£22.01	£23.03
C592P	Lemon Juice (Sunita)	○	6 # 1Lt	£32.43	£33.94
C593P	Lime Juice (Sunita)	○	12 # 250ml	£20.06	£20.99

prices

B492P	Oat Drink (Oatly)	O	12 x 1Lt	£14.56	£15.24
B493P	Rice Dream, Original	O	12 x 1Lt	£17.91	£18.74
B491P	Rice Dream, Vanilla	O	12 x 1Lt	£18.81	£19.68
J824P	Cordial, Blackcurrant (Rocks)	O	6 # 36cl	£15.70	£16.43
J805P	Cordial, Elderflower (Rocks)	O	6 # 36cl	£15.70	£16.43
J855P	Squash, Lemon (Rocks)	O	6 # 74cl	£15.70	£16.43
J856P	Squash, Orange (Rocks)	O	6 # 74cl	£15.70	£16.43
W017P	Water, Sparkling (Brecon)	X	12 x 1.5Lt	£6.42	£6.72
W005P	Water, Still (Brecon)	X	6 x 2Lt	£3.66	£3.83

Non-food Items

Body Care and Soaps

X756P	Aloe Vera Gel (Aloe Pura)	X	200ml	£3.40	£3.55
BG31P	Body Lotion, Aloe Vera (Urtekram)	O	6 # 245ml	£26.26	£27.48
BG32P	Body Lotion, Rose (Urtekram)	O	6 # 245ml	£26.26	£27.48
X885P	Calendula Ointment (Weleda)	X	1 x 25g	£3.22	£3.37
X548P	Colibri Anti Insect Body Lotion	X	1 x 100ml	£3.36	£3.52
X550P	Colibri Anti Insect Body Spray	X	1 x 130ml	£4.20	£4.40
T129P	Deodorant Roll on Stone, Aloe & Cuc	X	1 x 85ml	£3.76	£3.93
T223P	Hemp Moisturising Cream,	X	12 x 56g	£48.67	£50.94
T760P	Soap, Ayurvedic (Chandrika)	X	10 x 75g	£5.58	£5.84
T184P	Soap, Children's (Urtekram)	O	12 # 100g	£13.73	£14.37
T540P	Soap, Lavender (Urtekram)	O	12 # 175g	£23.94	£25.05
T605P	Soap, Liquid Hand - Aloe & Tea Tree (Faith)	X	5Lt	£36.00	£37.67
T606P	Soap, Liquid Hand - Lav & Ger (Faith)	X	5Lt	£36.00	£37.67
T600P	Soap, Liquid Hand – Rose (Urtekram)	O	6 # 480ml	£25.09	£26.26
T728P	Soap, Olive Oil - Body Soap; (Oliva)	X	6 x 125g	£4.42	£4.62
T236P	Soap, Orange - Unwrapped (Faith)	X	18 x 100g	£20.92	£21.89
T180P	Soap, Rose (Urtekram)	O	12 # 100g	£13.73	£14.37
T750P	Soap, Sandalwood (Mysore)	X	10 x 75g	£6.78	£7.10
T183P	Soap, Tea Tree (Urtekram)	O	12 # 100ml	£13.73	£14.37
T240P	Soap, w org Tea Tree (Faith in Nature)	X	18 x 100g	£20.92	£21.89

Baby and Women Stuff

X638P	Baby Wipes, Fragrance free (Beaming Baby)	O	12 # 72	£34.18	£35.77
X375P	Nappies, Mini-1 2-6Kg (Beaming Baby)	B	8 x 20	£32.95	£34.48
X376P	Nappies, Midi-2 5-8Kg (Beaming Baby)	B	4 x 40	£34.47	£36.07
X377P	Nappies, Maxi-3 7-11Kg (Beaming Baby)	B	4 x 34	£34.47	£36.07
X378P	Nappies, Maxi Plus :9-15Kg (Beaming Baby)	B	4 x 34	£38.97	£40.78

prices

X379P	Nappies, Junior : 15Kg + (Beaming Baby)	B	4 x 31	£37.47	£39.21
X709P	Panty Liners, Curved (Natracare)	X	16 x 30	£19.39	£20.30
X710P	Pussy Pads, Regular (Natracare)	X	12 x 14	£17.64	£18.46
X712P	Pussy Pads, Super (Natracare)	X	12 x 12	£17.64	£18.46
Internal Supplements					
Z020P	Echinacea Tincture (Hambleden)	X	100ml	£5.99	£6.27
Z738P	Glucosamine Hydrochlorde (Nature's Own)	X	1 x 60 tabs	£6.12	£6.40
Z036P	Pilewort Ointment (Comfrey & Calendula)	O	1 x 30g	£3.71	£3.88
Z379P	Pukka Guggul Plus	O	1 x 90 tabs	£8.57	£8.97
Z389P	Pukka, Valerian & Ashaganha	O	1 x 90 tabs	£8.98	£9.39
Z239P	Ricola, Lemon	XP	24 x 37g	£11.48	£12.02
Z238P	Ricola, Original	XP	24 x 37g	£11.48	£12.02
Z237P	Ricola, Mixed Berry	XP	12 x 70g	£14.36	£15.03
Z028P	Valerian Tincture (Hambleden)	O	100ml	£5.90	£6.18
Z306P	Zinc, Synergistic (Quest)	X	1 x 90 tabs	£5.14	£5.37
Hair Care					
T671P	Hair Conditioner, Aloe Vera (Faith)	X	6 x 400ml	£13.69	£14.33
T172P	Hair Conditioner, Rose (Urtekram)	O	6 # 250ml	£19.69	£20.61
T795P	Henna , Copper (Henne)	X	6 x 90g	£6.55	£6.86
T799P	Henna , Fiery Red (Henne)	X	10 x 90ml	£12.00	£12.56
T630P	Henna Liquid, Copper (Henna Color)	X	3 x 90ml	£12.24	£12.81
T631P	Henna Liquid, Golden Blonde (Henna Color)	X	3 x 90ml	£12.24	£12.81
T632P	Henna Liquid, Mahogany (Henna Color)	X	6 x 90ml	£12.24	£12.81
T666P	Herbatint Brown (Herbatint)	X	1 off	£6.06	£6.34
T170P	Shampoo, Aloe Vera (Urtekram)	O	6 # 250ml	£17.11	£17.91
T169P	Shampoo, Childrens - Calendula (Urtekram)	O	6 # 250ml	£17.11	£17.91
T744P	Shampoo, Lavender and Geranium (Faith)	X	6 # 400ml	£16.86	£17.64
T581P	Shampoo, No Perfume (Urtekram)	O	6 # 250ml	£17.11	£17.91
T166P	Shampoo, Rose (Urtekram)	O	6 # 250ml	£17.11	£17.91
T224P	Shampoo, Rosemary (Faith)	X	6 # 400ml	£16.86	£17.64
T171P	Shampoo, Tea Tree (Urtekram)	O	6 # 250ml	£17.11	£17.91
T135P	Shampoo, Mint (Faith)	X	6 # 400ml	£23.11	£24.19
Household & Cleaning					
C023P	Dishwasher Tablets (Sodasan)	X	5 x 25	£24.91	£26.07
C982P	Disinfectant, Eucalyptus (Bio-D)	X	5Lt	£6.40	£6.69
C296P	Fabric Conditioner, Lavender (Bio-D)	X	5Lt	£7.60	£7.95
C920P	Floor soap, concentrated (Ecover)	X	5Lt	£10.98	£11.49
C943P	Laundry Liquid (Bio D)	X	5Lt	£15.83	£16.56

prices

C795P	Laundry Liquid (Ecoleaf)	X	5Lt	£13.49	£14.12
C933P	Loo Cleaner (Urtekram)	X	6 x 1Lt	£11.02	£11.53
C956P	Multi-surface Cleaner (Bio D)	X	5Lt	£9.07	£9.49
X445P	Poo Rolls - Recycled (Essential)	X	1 x 36	£14.76	£15.45
X444P	Poo Rolls - Recycled (Essential)	X	10 x 4	£18.30	£19.15
T729P	Soap, Olive Oil - Big Soap; (Oliva)	X	6 x 600g	£15.68	£16.41
I119P	Strong Industrial Cleaner - A12 (Ecover)	X	5Lt	£16.51	£17.28
C956P	Surface Cleaner, Multisurface (Bio D)	X	5Lt	£9.07	£9.49
C959P	Toilet Cleaner (Bio D)	X	5Lt	£6.78	£7.10
C948P	Washing Powder (Bio D)	X	8 # 2Kg	£43.82	£45.86
C947P	Washing Powder (Bio D)	X	10 # 1Kg	£27.30	£28.57
C937P	Washing Powder (Ecover)	X	4 x 1.2Kg	£16.10	£16.85
C940P	Washing Powder, Non-Bio (Ecover)	X	10Kg	£24.11	£25.23
C904P	Washing-up Liquid (Bio D)	X	12 # 1Lt	£16.90	£17.68
C909P	Washing-up Liquid (Bio D)	X	5Lt	£7.28	£7.62
C861P	Washing-up Liquid (Clear Spring)	X	12.5Kg	£29.05	£30.40
C788P	Washing-up Liquid (Ecoleaf)	X	5Lt	£8.24	£8.63
C941P	Washing-up Liquid, Aloe Vera & Lemon (Ecover)	X	5Lt	£8.14	£8.51
				£0.00	£0.00
				£0.00	£0.00
Miscellaneous					
X328P	Coffee Filters, Unbleached (Sumbi)	X	1 x 80	£0.72	£0.75
X174P	Gloves, Large Gardening (Traidcraft)	FT	5 pairs	£15.38	£16.10
X168P	Gloves, Medium Gardening (Traidcraft)	FT	5 pairs	£15.38	£16.10
X176P	Gloves, Rubber (Traidcraft)	FT	12 pairs	£9.76	£10.21
X411P	Paper Laser(Copier), 80gms White - Recycled	X	Ream	£5.05	£5.29
X401P	Refuse Bags, Biodegradeable	X	200	£21.00	£21.98
X308P	Water Filter, Limescale and Lead (Kenwood)	X	3 x 1	£5.45	£5.70
Essential Oils & Incense					
T373P	Essential Oil, Citronella (Natural by Nature)	O	10ml	£3.06	£3.20
T331P	Essential Oil, Eucalyptus (Aqua Oleum)	O	10ml	£3.32	£3.48
T379P	Essential Oil, Geranium (Natural by Nature)	O	10ml	£4.76	£4.99
T380P	Essential Oil, Ginger (Natural by Nature)	O	10ml	£4.76	£4.99
T076P	Essential Oil, Lavender (Natural by Nature)	O	10ml	£2.89	£3.03
T074P	Essential Oil, Lavender (Natural by Nature)	O	30ml	£6.80	£7.12
T330P	Essential Oil, Lavender (Aqua Oleum)	O	10ml	£4.93	£5.16
T333P	Essential Oil, Lemon (Aqua Oleum)	O	10ml	£2.65	£2.78
T366P	Essential Oil, Orange (Natural by Nature)	O	10ml	£2.56	£2.67
T367P	Essential Oil, Patchouli (Natural by Nature)	⊖	40ml	£2.89	£3.03
T376P	Essential Oil, Tee Tree (Natural by Nature)	O	10ml	£2.89	£3.03

