

**This list will change regularly and will not always be up to date**  
**Prices are subject to change and may not be updated on this list**

**\*\* all stock organic unless stated otherwise\*\***  
**\*\* = not organic but unsprayed**

[Please Click Here for order form delivery or collection](#)

**BREAKFAST**

Deluxe Muesli	£0.50	100g
Cornflakes	£0.75	100g
Granola	£0.65	100g
Malted Bran Flakes	£0.60	100g
Naked Barley flakes (Hodmedod's)	£0.40	100g
Oats - Jumbo	£2.00	kg
Oats - Porridge	£2.00	kg
Toasted Wheat Flakes	£0.32	100g
Spelt Flakes	£0.40	100g
Fine Bran	£0.10	100g
Buckwheat flakes	£0.56	100g
Quinoa flakes (Hodmedod's)	£1.20	100g

**NUTS**

Almond Flaked	£2.60	100g
Almond ground	£2.30	100g
Almonds whole	£2.20	100g
Brazil Nuts	£1.50	100g
Cashews	£1.90	100g
Hazel Nuts	£1.60	100g
Pecans	£2.40	100g
Walnut pieces	£1.80	100g
Pine nuts (kernels)	£6.50	100g

**DRIED FRUIT**

Apricots Un-sulphured	£0.95	100g
Apricots Un-sulphured - diced	£0.60	100g
Banana Chips	£0.60	100g
Medjool dates (pips)	£1.10	100g
Dates Pitted (Deglet Nour)	£0.80	100g
Prunes	£1.30	100g
Cranberries in apple juice	£2.00	100g
Crystallised ginger	£0.75	100g
Goji Berries	£2.40	100g
Glacé Cherries**	£0.65	100g
Mixed citrus peel**	£0.40	100g
Mulberries dried	£1.00	100g
Figs	£1.00	100g
Currants	£1.10	100g
Raisins	£0.60	100g
Sultanas	£0.60	100g
Fruit and Nut Mix	£1.20	100g
Dried tomato halves	£1.50	100g
Desiccated Coconut	£0.50	100g
Raw Coconut Chips	£0.65	100g

**SEEDS**

Blue Poppy seeds	£1.62	100g
British chia seeds (Hodmedod's) **	£1.20	100g
Golden Linseed (British) **	£0.50	100g
Hulled hemp seeds	£1.80	100g
Pumpkin Seeds	£0.65	100g
Sesame seeds	£0.64	100g
Sunflower seeds	£0.35	100g
Psyllium Husk	£3.00	100g
Camelina seeds (British) **	£0.80	100g
Sunflower Mince (mince alternative)	£3.20	100g
TVP mince (Soy based mince alternative)	£0.41	100g
TVP chunks (Soy based meat alternative)	£0.47	100g

**BAKING , SUGAR AND OTHER**

Dried Yeast	£1.10	100g
Arrowroot powder	£0.55	100g
Baking powder	£0.50	100g
Bicarbonate soda	£0.30	100g
Xanthan Gum	£0.50	100g
Agar Powder (seaweed gelatine)	£4.63	100g
Milk chocolate drops	£1.20	100g
Chocolate drops VEGAN	£1.20	100g
White chocolate drops	£1.20	100g
Sugar Strands	£1.00	100g
Natural colour choc beans (like mini smarties)	£1.20	100g
Cocoa Powder	£0.90	100g
Raw cacao nibs	£2.00	100g
Raw cacao powder	£2.70	100g
Golden Cane sugar	£0.35	100g
Coconut palm sugar	£0.65	100g
Demerara Sugar	£0.40	100g
Icing Sugar	£0.52	100g
Date sugar	£0.83	100g
Dark soft brown sugar	£0.47	100g

**OTHER CONDIMENTS**

Sea Salt Coarse	£0.20	100g
Dorset salt - chilli	£1.40	100g
Dorset salt - plain	£1.10	100g
Peppercorns Black	£3.60	100g
Marigold Veg Bouillon VEGAN GF	£1.20	100g
Marigold Nutritional Yeast B12	£2.50	100g
Marigold Gravy granules VEGAN	£0.81	100g
Vanilla Custard Powder	£0.65	100g

**PASTA/NOODLES**

PC = <https://carleschi.co.uk/pasta/>

Pasta - White Fusilli	£0.40	100g
Pasta - Wholewheat Penne	£0.40	100g
Pasta- Orzo	£0.31	100g
Pasta- Spaghetti white	£0.30	100g
Pasta- Spaghetti wholewheat	£0.30	100g
Pasta - lasanga sheets (white)	£0.50	100g
Pasta - White Spelt Mezzi Rigatoni **PC	£0.65	100g
Pasta- Spelt Fusilli **PC	£0.65	100g
Pasta - Emmer Casaree **PC	£0.65	100g
Pasta - Einkorn Gigli **PC	£0.65	100g
Gomitini (mini macaroni)	£0.30	100g
Vermicelli Rice noodles GF	£1.05	100g
Lucky boat No1 Thick noodles	£1.20	100g
GLUTEN FREE - Brown rice penne	£1.04	100g
GLUTEN FREE - Corn Fusilli	£0.87	100g

**GRAINS**

Rice - Arborio White	£0.50	100g
Rice - Jasmin white rice	£0.50	100g
Rice - Long Grain Brown	£0.40	100g
Rice - White Basmati	£0.40	100g
Rice - Pudding rice (short grain white)	£0.35	100g
Quinoa (British)	£0.65	100g
Bulgar wheat	£0.30	100g
Cous Cous wholemeal	£0.35	100g
Polenta (quick cook)	£0.30	100g
Rye grain British grown	£0.35	100g
Spelt grain British grown	£0.35	100g
Buckwheat groats	£0.37	100g
Millet	£0.40	100g
Pearl Barley	£0.20	100g
Semolina Grain	£0.30	100g
Popping corn	£0.35	100g

**FLOURS**

Plain white flour	£0.13	100g
Self raising white flour	£0.14	100g
Wholemeal bread flour	£0.15	100g
White Bread Flour	£0.15	100g
Malthouse flour	£0.17	100g
Pasta flour 00	£0.15	100g
Semolina flour	£0.30	100g
Rye flour (British)	£0.40	100g
Spelt flour	£0.40	100g
Corn Flour	£0.40	100g
Brown rice flour *gluten free*	£0.40	100g
Gram flour (Chickpea) *gluten free*	£0.25	100g
Wheat Gluten 500g paper bags	£6.50	each

**PULSES**

Aduki beans	£0.40	100g
Black turtle beans	£0.35	100g
Butter Beans	£0.60	100g
Red Kidney beans	£0.50	100g
Pinto kidney beans	£0.30	100g
Chickpeas	£0.30	100g
Mung beans	£0.50	100g
Cannellini beans	£0.50	100g
Red Lentils	£0.30	100g
Split Fava Beans (British)	£0.35	100g
Green lentils (British)	£0.65	100g
Marrowfat peas (British)	£0.40	100g
Yellow Split Peas (British)	£0.30	100g

**OIL/VINEGARS**

£1.00 for 500ml or 1L bottle or bring your own for refill

Apple Cider Vinegar (Barley Wood Orchard)	£0.30	100ml
Balsamic vinegar	£0.60	100ml
Bath Harvest Rapeseed Oil	£0.46	100ml
Coconut oil	£1.50	100g
Tomato ketchup	£0.60	100g
Date nectar	£2.00	100g
Agave syrup	£1.50	100g
Almond oil	£3.30	100ml
Hemp oil	£2.77	100ml
Sesame oil	£2.32	100ml

**OTHER BITS AND GIFT IDEAS**

Waggy wishes dog treats mixed	£2.50	100g
Newspaper coloured pencils x 10	£9.00	
Newspaper with seed pencils	£1.50	
Recycled paper tape thick	£3.25	
Recycled paper tape thin		
Tea ball/Heart infuser	£3.00	
Tea tongs round or heart	£3.00	
Cloth tea bag	£1.50	
Bakers wrapping twine	£1.95	

**HERBS AND SPICES**

Basil	£0.50	10g
Bay Leaves	£0.50	10g
Coriander leaf or powder or seed	£0.50	10g
Dill	£0.50	10g
Marjoram	£0.50	10g
Mint	£0.50	10g
Mixed Herb Leaf	£0.50	10g
Oregano	£0.50	10g
Parsley	£0.50	10g
Rosemary	£0.50	10g
Sage	£0.50	10g
Tarragon	£0.50	10g
Thyme	£0.50	10g
Chives	£0.50	10g
Allspice	£0.50	10g
Anupreet's golden blend	£0.50	10g
Anupreet's digestive blend	£0.50	10g
Anupreet's Garam Masala Powder	£0.50	10g
Cardamon pods or powder	£0.50	10g
Chilli powder (Cayenne)	£0.50	10g
Chillies whole or seeds	£0.50	10g
Cinnamon Quills or powder	£0.50	10g
Cloves powder or whole	£0.50	10g
Coriander powder or seed	£0.50	10g
Cumin Powder or seed	£0.50	10g
Fennel Seeds	£0.50	10g
Fenugreek powder	£0.50	10g
Garlic powder	£0.50	10g
Ginger powder	£0.50	10g
Mixed spice powder	£0.50	10g
Mustard powder *ALLERGEN	£0.50	10g
Mustard seeds black or yellow *ALLEG	£0.50	10g
Nutmeg whole or powder	£0.50	10g
Onion powder	£0.50	10g
Paprika	£0.50	10g
Smoked Paprika	£0.50	10g
Sumac	£0.50	10g
Turmeric Root Powder	£0.50	10g
curry powder	£0.50	10g
Star Anise	£0.50	10g
Caraway seeds	£0.50	100g
Ras El Hanout	£0.50	100g
Beetroot powder	£0.50	100g

**SNACKS/TREATS**

Bombay mix	£0.50	100g
Paprika peas	£0.80	100g
Fava beans & peas salt & pepper	£0.80	100g
Fava beans chilli and lime	£0.80	100g
Fava beans roasted unsalted	£0.80	100g
Fava beans salt and vinegar	£0.80	100g
Mixed choc Raisins (Nailsea)	£2.40	100g
Dark Chocolate Goji Berries *VGN (Nai	£2.40	100g
Dark Chocolate Hazelnuts *VGN (Nails	£2.40	100g
Cocoa Brazil nuts *VEGAN (Nailsea)	£2.40	100g
Dark choc coffee beans *VEGAN (Nails	£2.40	100g
Ginger batons *VEGAN (Nailsea)	£2.40	100g
White choc strawberries (Nailsea)	£2.40	100g
Gummie Sweets assorted *VGN	£0.80	100g
Mixed fizzie sour sweets *VGN	£0.80	100g
Mixed Fizzie gluten free sweets *VGN	£0.80	100g
Mixed boiled sweets *GF *VGN	£0.80	100g
Cinnamon sugar roasted almonds *lim	£2.80	100g
Roasted salted almonds *limited	£2.80	100g
Marshmallows mini or large	£1.90	100g

**Cupboard Essentials (and some that aren't)**

Essential light Tahini 340g jar	£4.70	
Essential Tomato paste tubes	£1.20	
Biona Tofu in a jar 500g	£4.20	
Barley malt extract- Rayners	£3.29	
Biona Banana blossom	£2.30	
Clearspring japanese rice wine vinegar	£3.29	
Essential organic coconut milk can	£1.80	
Liberty Apple Syrup	£7.00	
Rubies in the Rubble Vegan Mayo plai	£3.50	
Rubies in the Rubble Banana ketchup	£3.50	
Tinned Organic Jackfruit	£1.99	
Norty nut butters maple bacon	£4.50	
Norty nut butters choc hazelnut	£4.50	
Norty nut butter salted caramel cashe	£4.50	
Norty nut butter peanut	£4.50	
Nutcessity treenut butter date and wa	£6.00	
Nutcessity treenut butter coffee and v	£6.00	
Nutcessity treenut butter Carmel cas	£6.00	
Nutcessity treenut butter gingerbread	£6.00	
Nutcessity treenut choc haz braz	£6.00	

## TEAS

Black Assam	£0.40	10g
Chamomile flower	£0.40	10g
Darjeeling Black Tea	£0.40	10g
Earl Grey Blend	£0.40	10g
Elderberry and Quince	£0.40	10g
English Breakfast Blend	£0.40	10g
Green - Dooars	£0.40	10g
Ceylon Decaff tea	£0.40	10g
Jasmin Green Tea	£0.40	10g
Lemongrass and Ginger	£0.40	10g
Liquorice, Peppermint and Spearmint	£0.40	10g
Peppermint	£0.40	10g
Raspberry leaf tea	£0.40	10g
Rooibos Super Grade	£0.40	10g
Tumeric Chai Blend	£0.40	10g
Wild Fruits	£0.40	10g
Ginger, orange and cinnamon	£0.40	10g
White tea Pai Mu Tan	£0.40	10g
Rose bud and cardamon	£0.40	10g

## Coffee - All whole beans

**\*\*Grinding available - state course/medium/fine\*\***

<https://www.girlswhogrindcoffee.com/>

AMACA coffee beans	£3.25	100g
Kindera Woman's Peace coffee	£3.80	100g
Girl Crush coffee (Espresso)	£2.85	100g
Decaff Guatemala Coffee	£4.15	100g
Hot chocolate chunks or powder VGN	£1.90	100g

## PERSONAL GROOMING

natural soap pouch	£4.00	
Bamboo soap dish curved or square	£3.50	
Brushfresh tooth tablets with fluoride	£2.50	20g
Brushfresh toothbrush adult - green and blue	£3.00	
Toothbrushes childrens red or blue	£4.00	
Vegan dental floss refill	£2.50	
Vegan dental floss with bottle	£5.00	
Your nature deodorant	£7.95	
Sandalwood & Bergamot		
Lavender & bergamot		
Lemongrass & teatree		
Cedarwood & Grapefruit		
Lemon & May Chang or unscented		
Cacao pow deodorant 55g	£10.00	
Loofah duck/dolphin/teddy/heart	£2.25	
Konjac sponge	£3.75	
Hydrophil cotton tips	£2.50	
NORSE Shaving soap and tin	£12.00	
NORSE hand salve	£12.00	
NORSE razor blades 5 pack	£0.80	
NORSE safety Razor chrome	£40.00	
NORSE safety Razor horn	£40.00	
NORSE shaving brush and holder	£30.00	
NORSE men's beard bar	£8.50	
Toilet paper- naked per roll	£0.70	

## BATHROOM LIQUIDS (bring containers)

**\*\*Containers can be supplied for £1.00 deposit\*\***

**\*\*or Bring your own for refill\*\***

Cole and Co body lotion - Lime, Basil and Mandarin	£2.60	100ml
Cole and Co body wash	£1.20	100ml
Lavender, Rosemary & Spearmint		
Lime, Basil & Mandarin		
Cole and Co conditioner or conditioner	£1.20	100ml
Geranium, Neroli & Ylang Ylang		
Lime, Basil & Mandarin		
Lavender, Rosemary & Spearmint		
SESI hand and body wash unscented	£4.00	1l
SESI hand soap English rose or fig	£4.00	1l
Greenwyse soap bars	£3.80	each
Geranium, Lemongrass, Lavender or Unscented		
North Somerset bar soaps	£5.50	
scents vary contact to discuss		
North Somerset shampoo bar	£7.00	
oily/normal hair		
dry/normal hair		
North Somerset Conditioner bar	£7.00	

## HOUSEHOLD CLEANERS

**\*\*Containers can be supplied for £1.00 deposit\*\***

**\*\*or Bring your own for refill\*\***

Greenscents Floor cleaner herbal	£10.00	1L
Greenscents laundry conditioner nonscents	£10.00	1l
Greenscents laundry liquid nonscents	£9.20	1l
Greenscents loo cleaner minty	£8.10	1l
Greenscents multi-surface cleaner herbal	£9.00	1l
Greenscents washing up liquid citrus	£8.00	1l
Greenscents Castille Soap	£2.00	100ml
SESI Hardwater dishwasher rinse aid	£2.00	1L
SESI white vinegar (cleaning only)	£1.00	1l
Dish washing up bar	£4.50	
Bio D laundry bleach 400g	£2.10	
Suma Eco-Leaf dishwasher 70 tablets	£13.70	
Suma Eco-Leaf dishwasher 25 tablets	£5.35	

## KITCHEN ACCESSORIES

Hives and herbals 2 x large wax wraps	£13.00
Hives and herbals medium x 2 wax wraps	£11.00
Hives and herbals medium/large wax wraps	£12.00
Hives and herbals s/m/l wax wraps	£15.00
If you care foil heavy duty	£4.70
If you care parchment paper	£4.70
Keep leaf sandwich baggies	£6.00
Kwirky krafts household cloth	£6.30
Kwirky krafts scrubber	£6.30
Pot brush	£4.25
Loofco Bottle Brush	£3.25
Loofco Cleaning pad	£2.90
Loofco Washing up Scraper	£2.50
Loofco Washing up pad	£2.75
Loofco washing up brush	£2.50
Pegs 20 pack	£4.00
Bamboo Sporks	£2.40
Bamboo Washing up brush REFILL	£2.50
Bamboo washing up brush	£5.00
Stainless steel bent straw	£2.00
Stainless steel thick straw	£2.40
Stainless steel straws mini	£2.00
Straw cleaning brush	£2.30
Straws - Bamboo	£2.00

**This list is not exhaustive and new stock is always arriving.  
If you can't see it on the list please do just ask as I may have it  
and it just hasn't made it to the list yet.  
Stay safe and well and thank you for your support**

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