

Category:

Product:

Unit:

Short Description:

PRICE:

BOXES:

Everything on this price list is organic unless stated otherwise

Grow Wild Price List



Category:	Product:	Unit:	Short Description:	PRICE:
BOXES:	Small Mixed Box	1 box	Contains approximately 5 types of veg and 3 types of fruit.	£15.05
	Small Veg Only Box	1 box	Includes a selection of 5-7 types of vegetables.	£15.05
	Small Mediterranean Box	1 box	Contains approximately 5-7 types of veg. May include tomatoes, courgettes, aubergine, peppers, garlic....	£15.05
	Small Fruit Box	1 box	Contains approximately 5 varieties of fruit. Great as a supplement to a veg box, for the office, or for the kids....	£15.05
	UK Box	1 box	This is usually a veg only box, and contains 5-8 different types of veg. When UK rhubarb, apples, pears and plums in season, may contain these!	£17.50
	Medium Mixed Box	1 box	Contains approximately 5-7 types of veg and 3-4 types of fruit.	£20.75
	Medium Veg only Box	1 box	Contains approximately 6-9 types of veg. Suitable for those keen on having great seasonal vegetables.	£20.75
	Medium Mediterranean Box	1 box	Contains approximately 6-9 types of veg. May include tomatoes, courgettes, aubergine, peppers, garlic....	£20.75
	Medium Fruit Box	1 box	Contains approximately 5-8 varieties of fruit. Great as a supplement to a veg box, for the office, or for the kids....	£20.75
	Large Mixed Box	1 box	Contains approximately 7-9 types of veg and approx 4-5 types of fruit.	£29.10
	Large Veg only Box	1 box	Contains approximately 10-14 types of veg. Suitable for larger households and vegetarians.	£29.10
	Large Mediterranean Box	1 box	Contains approximately 9-14 types of veg. May include tomatoes, courgettes, aubergine, peppers, garlic....	£29.10
	Large Fruit Box	1 box	Contains approximately 7-9 varieties of fruit. Great as a supplement to a veg box for a large household, for the office, or for the kids....	£29.10
	Large Family Box	1 box	Great selection for the bigger family! Contains a variety of fruit and veg.	£38.50
	Large Family Veg only Box	1 box	Contains approximately 12-16 types of veg. Suitable for larger households and vegetarians. Larger quantities than the large veg only box.	£38.50
	Large Family Fruit Box	1 box	Contains approximately 8-10 varieties of fruit. Great as a supplement to a veg box for a large household, for the office, or for the kids....	£38.50
Optional Add-Ons to our boxes:	Bag of greens	1 bag	Add 1 good bag of greens - spinach/spring greens/kale/cabbage (depending on availability)	£2.50
	Bananas	7 bananas	Add 7 bananas to your box	£3.00
	Apples	1kg	Organically grown apples from a variety of orchards - UK and overseas	£4.95
	Soup Bag	1 bag	A great bag including seasonal veg, and an organic stock cube to make a great pot of soup! Can be added to a box order	£6.50
	Baby Grow Bag	1 bag	A beautiful bag of fruit and veg for your wee baby! Lots of root veggies for purees.	£6.50
	Toddler Chew bag	1 bag	Get them chewing on some organic fruit and vegetables! May contain: sweet peppers, carrots, celery, cucumber, bananas, apples and pears.	£6.50
Fruit bags:	Small fruit bag	1 bag	A bag of assorted fruit to add to your veg box order	£4.00
	Medium fruit bag	1 bag	A bag of assorted fruit to add to your veg box order	£7.25
	Large fruit bag	1 bag	A bag of assorted fruit to add to your veg box order	£9.50
Juicing:	Juicing Apples	3kg bag	Can be added to any box order - prices may vary	<i>changes weekly</i>
	Juicing Oranges	3kg bag	Can be added to any box order - prices may vary	<i>changes weekly</i>
	Juicing Carrots	3kg bag	Can be added to any box order - prices may vary	<i>changes weekly</i>

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Tatties:	Potatoes	1kg	Variety dependant on availability. These are not included in our box prices, but can be added to a weekly order or on an ad hoc basis.	£1.50
Eggs:	Eggs	box of 1/2 doz	Organic. From happy chickens (all free to roam). Size can vary, but usually large in size.	£2.50
	Eggs	Tray of 30	Organic . From happy chickens (all free to roam). Size can vary, but usually large in size.	£11.00
Butter:	Butter, unsalted	250g	Graham's Dairy. Organic.	£2.75
	Butter, slightly salted	250g	Graham's Dairy. Organic.	£2.75
New	Butter, unsalted	250g	Calon Wen Dairy. Organic.	£3.20
New	Butter, slightly salted	250g	Calon Wen Dairy. Organic.	£3.20
	Butter, spreadable, slightly salted	500g	Graham's Dairy. Comes in a tub. Not organic.	£3.95
Milk:	Milk, full-fat	4 pint	Graham's Dairy. Organic.	£2.40
	Milk, semi-skimmed	4 pint	Graham's Dairy. Organic.	£2.40
	Milk, full-fat	2 pint	Graham's Dairy. Organic.	£1.50
	Milk, semi-skimmed	2 pint	Graham's Dairy. Organic.	£1.50
	Milk, GLASS, semi skimmed	1 pint	McQueens Dairies. Organic.	£1.20
	Milk, GLASS, full fat	1 pint	McQueens Dairies. Organic.	£1.20
Cream:	Double cream	300ml	Graham's Dairy. Organic.	£2.50
Cheeses:	Cheese, Clava	approx 200g	Connage Organic Highland Dairy.It's fantastic to have a home-grown Brie- full of flavour, and wonderful with a great red wine. Scottish.	£4.40
	Cheese, Cromal	approx 250g	Connage Organic Highland Dairy.This artisan Caerphilly cheese has a full and luscious taste, resulting from the cows' clover-rich diet. (240g-280g). Scottish.	£3.50
	Cheese, Crowdie	approx 160g	Connage Organic Highland Dairy. A light and truly-delicious cream cheese. Knocks spots off any others we've tried! Scottish. CURRENTLY N/A	£2.25
	Cheese, Dunlop	approx 200g	Connage Organic Highland Dairy. Likened to a sweetemilk cheese. PASTEURISED. Scottish.	£3.50
	Cheese, Smoked Dunlop	approx 200g	Delicately smoked Dunlop from Connage Highland Dairy. PASTEURISED. Scottish.	£3.50
	Cheese, Extra Mature Cheddar	200g	Calon Wen Extra Mature Cheddar	£3.00
	Cheese, Feta	200g	Cypressa. Organic Feta cheese.Made in Greece. Made from organic cheep's milk and goat's milk.	£3.29
	Cheese, Gouda	200g approx	Connage Organic Highland Dairy. PASTEURISED. A Grow Wild favourite. Scottish.	£3.50
	Cheese, Halloumi	225g	Christis. Organic halloumi. Made in Cyprus using a pasteurised blend of cow, goat and sheep milk. Eat fried, grilled, baked or fresh.	£3.55
	Cheese, Mature Farmhouse Cheddar	245g	Lye Cross Organic Cheese specialists. A fully matured flavoursome cheese.	£3.90
	Cheese, Red Leicester	245g	Lye Cross Organic Cheese Specialists. Red Leicester has a delicate sweet flavour - wonderful for adults and kids alike!	£3.65
Tofu:	Tofu, smoked	200g	Taifun. Organic smoked tofu with almonds and sesame seeds. Made in Germany. Enjoy hot or cold.	£3.76
Fresh Pasta:	Tortellini - with cheese and spinach	250g	Biona fresh green tortellini. Legend has it that this food was inspired by the Roman goddess Venus.	£4.10
Non-Dairy Drinks & Juices:	Almond Drink	1 litre	Provamel Almond Drink. This product is Gluten-free, is Organic and is Vegan	£2.78

Category:

Product:	Unit:	Short Description:	PRICE:
Hazlenut Drink	1 litre	Rude Health. Organic, gluten-free, unsweetened, with rice, without thickeners. Vegan.	£2.99
Cashew Nut Cream	200ml	EcoMil cuisine organic dairy-free cashew milk cooking cream alternative to dairy and soya single creams. Tetra Brik 200ml. Does not curdle when cooking. You can boil it and also mix it with acid ingredients (lemon,wine,mustard) Perfect for wok recipes, in sauces,pastas,vegetables,and desserts,as well as in tea and coffee.	£1.39
Almond Nut Cream	200ml	EcoMil Cuisine is a non dairy cream made from almonds. It has no soya, no dairy and no cholesterol. This non-dairy cream has a fantastic nutty taste. It has the consistency of pouring cream and can be used in drinks and in baking.	£1.39
Apple Juice	1litre carton	Biona Apple Juice. Not made from concentrate. Tetra Pack	£3.49
Belvoir Elderflower Presse	250ml	Elderflowers have a delicate, refreshing scent and make a delicious drink. Dilute with sparkling water for a spritzer or add to white wine or fruit salads.	£1.75
Cordial, Blackcurrant	740 ml	Rocks. We Squish and Squeeze every last drop of fruitiness from British Blackcurrants. The result is a delicious drink bursting with flavour that truly Rocks. No artificial sweeteners, colours, flavours. Just add water, to make 6.6L of delicious juice drink. This product is Organic and is Vegan.	£3.69
Cordial, Orange	740 ml	Rocks. We Squish and Squeeze every last drop of fruitiness from British Blackcurrants. The result is a delicious drink bursting with flavour that truly Rocks. No artificial sweeteners, colours, flavours. Just add water, to make 6.6L of delicious juice drink. This product is Organic and is Vegan.	£3.69
Cordial, Elderflower	500ml	Belvoir Elderflower Cordial makes sensational spritzers with white wine and sparkling water, or add a dash to enliven a gin or vodka and tonic.	
Cordial, Lemon	740 ml	Rocks' pure juice concentrates are made as they should be made, naturally without any added sugar, artificial sweeteners, colours, flavours or preservatives	£3.49
The Bridge Oat Cream	200ml	A healthy oat, dairy-free alternative to cream. This product is Vegan and is Organic.	£1.29
Rude Health Oat Drink	1 litre	Get all the goodness of gluten free oats the easy way, any time, any place. This drink is made with whole grains, including the soluble fibre oats are famous for. The satisfying oaty flavour is subtly balanced with pure mountain spring water and a touch of cold-pressed sunflower oil.	£2.29
Rude Health Barista Oat Drink	1 litre	Organic Barista Oat Drink. Made for coffee. Dairy free and naturally frothable. This product is Organic and is Vegan.	£2.49
Minor Figures Organic Oat Drink	1 litre	The first Organic Barista Product in the world. We worked on this for years to get it to steam perfectly for coffee. Balance sweetness and acidity in a perfectly clean certified organic label. The perfect solution for any customer who wants healthy/organic options but also loves coffee.	£2.09
Orange Juice	750ml bottle	Biona - 100% organic pressed oranges (not from concentrate) - The oranges are carefully selected from organic citrus farms and freshly squeezed immediately after harvest to capture all their zesty sweetness	£4.99
Peach, Apricot & Apple Juice	1 litre	Biona. Organic. Vegan	£4.25
Rice Dream	1 litre	Dairy & Soya free. Rice Dream is naturally lactose free, making it ideal for anyone who may be lactose intolerant or allergic to milk.	£2.10
Soya milk	1 litre	Rude Health. Less is moreish with Rude Health's Soya Drink. It's got water, sustainably sourced, organic soya beans and sea salt. That's it. It's creamy and gently flavoured, which means it pairs well with just about anything. This product is Vegan and Gluten Free!	£2.00
Sparkling, Cranberry	330 ml	Whole Earth Mountain Cranberry. Whole Earth Organic Cranberry made with fruit juice, the yummy organic cranberries are carefully selected from around the world and then gently crushed to release their super tangy fruity flavour!	£1.35

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Tea & Coffee:

Category	Product	Unit	Short Description	PRICE
Tea & Coffee:	Sparkling, Elderflower	330 ml	Whole Earth Organic Elderflower made with fruit juice. This delicious mix of organic elderflowers with a blend of juices gives a subtly floral, refreshing taste without being too sweet!	£1.35
	Sparkling, Ginger	330 ml	Whole Earth Organic Ginger Sparkling Drink made with fruit juice - ginger extract provides body, and a little capsicum enhances the fiery hot throat sensation that all lovers of ginger drinks crave - add a little spice to your lives!	£1.35
	Sparkling, Lemonade	330 ml	Whole Earth Organic Lemonade made with fruit juice - the sparkling organic lemonade combines the sun-ripened juices of zesty luscious lemons to give a traditional yet tangy taste sensation. This product is Organic and is Vegan.	£1.35
	Sparkling, Orange and Lemon	330 ml	Whole Earth Organic Orange and Lemonade made with fruit juice. This product is Organic and is Vegan.	£1.35
	Coffee, Grumpy Mule Colombian	227g bag	Ground coffee. Roasted a little darker, this is a fantastically flavoursome coffee with notes of dark chocolate and toasted hazelnuts. The medium acidity and body grant the coffee a delightfully smooth flavour and lingering finish.	£5.39
	Coffee, Grumpy Mule Decaffeinated	227g bag	Ground coffee. Swiss water process. Part of the product range 'Roast & Ground Coffees'. This product is Fairly traded, is Organic and is Vegan	£6.19
	Coffee, Grumpy Mule Espresso	227g bag	Ground coffee. Grumpy Mule Espresso - Landscape Blend, Organic, Fairtrade.	£5.89
	Coffee, Instant	100g	Clipper Fairtrade Organic Instant Coffee. Medium Roast. This product is Fairly traded, is Organic and is Vegan.	£5.54
	Coffee, Instant, Decaf	100g	Clipper Fairtrade Organic Instant Coffee. Medium Roast. This product is Fairly traded, is Organic and is Vegan.	£6.11
	Tea, Dandelion	20g (20 bags)	Clipper. A light, distinctive and naturally caffeine-free infusion.	£2.08
	Tea, English Breakfast	125g (40 bags)	Clipper. Fair-trade. A superior blend of Assam and Ceylon teas with a bright, refreshing flavour	£2.89
	Tea, Green Tea with Lemon	20g (20 bags)	Clipper. Bright and zippy. This product is Organic, is Fairly traded and is Vegan.	£1.99
	Chocolate & Snacks:	Tea, Loose Leaf Assam	125g	Clipper. Loose Leaf Tea - Assam is both bright and full-bodied tea with the distinctive malty character from estates in India. Vegan
Tea, Loose Leaf English Breakfast		125g	Clipper. Loose Leaf tea - A bright and robust tea that delivers a full bodied flavour, great for your first cup and all through the day. Blended from fine Fairtrade certified estates in India, Africa and Sri Lanka, Vegan	£2.89
Tea, Peppermint		20g (20 bags)	Clipper. Light, distinctive and naturally caffeine free.	£1.44
Chocolate, Butterscotch Milk Chocolate		100g	Spotch - butterscotch milk chocolate. Montezuma. Innovative British Chocolate. From the luxury bar range. 51% Cocoa.	£2.49
Chocolate, Dark Chocolate		100g	Fitzroy - rich and smooth dark chocolate. Montezuma. Innovative British Chocolate. From the luxury bar range. 74% Cocoa.	£2.49
Chocolate, Milk Chocolate		100g	Smooth Operator - rich and creamy milk chocolate. Montezuma. Smooth Milk Innovative British Chocolate. From the luxury bar range. 37% Cocoa.	£2.49
Chocolate, Milk Chocolate with Salted Caramelised Hazelnuts		100g	Happiness - milk chocolate with salted caramelised hazelnuts. Montezuma. Innovative British Chocolate. From the luxury bar range. 35% Cocoa.	£2.49
Chocolate, Orange & Geranium Dark Chocolate		100g	Happy Hippy - orange & geranium dark chocolate. Montezuma. Innovative British Chocolate. From the luxury bar range. 74% Cocoa.	£2.49
Chocolate, White Chocolate with Orange and Butterscotch		100g	Orangutan - white chocolate with Orange & Butterscotch. Montezuma. Innovative British Chocolate. From the luxury bar range. 35% Cocoa.	£2.49
Chocolate Buttons, Dark Chocolate		180g	Giant dark chocolate buttons. Montezuma. 74% Cocoa.	£3.99
Chocolate Buttons, Milk Chocolate	180g	Giant milk chocolate buttons. Montezuma. 38% Cocoa.	£3.99	
Chocolate Buttons, White Chocolate	180g	Giant white chocolate buttons. Montezuma.	£3.99	

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**Pasta, Rice, Pulses,
Grains & Dried Beans:**

Hummus chips, Sea Salt	100g	Eat Real. Organic Hummus Chips, Sea Salt. Gluten Free & Vegan.	£2.49
Lentil chips, Sea Salt	100g	Eat Real. Organic Lentil Chips, Sea Salt. Gluten Free & Vegan.	£2.29
Veggie straws, Sea Salt	100g	Eat Real. Organic Veggie Straws, Sea Salt. Gluten Free & Vegan.	£2.29
Flapjack. Chocolate Chip Flapjack - Multipack	4 x 35g	Baked in our dedicated gluten free Wiltshire bakery that does not use gluten, milk, peanut, egg or soya, these delicious flapjacks do not contain processed crystal sugar. Our flapjacks are dairy-free so we use sustainable palm oil.	£2.89
Pasta, Brown Rice Penne	500g	Suma. This pasta is made in Italy by a company that specialises in gluten-free foods. The factory is completely gluten-free. Suitable for coeliacs, those who are gluten sensitive or just prefer a gluten-free diet. It has a great texture that sauce loves to stick to, ensuring more flavour with every mouthful. Perfect as a fuss-free evening meal or in a salad for lunch.	£2.99
Pasta, Fusili, spelt	500g	Biona. Spelt fusili. Organic wholegrain - an ancient grain.	£3.15
Pasta, Lasagne	250g	La Bio-Idea. Organic lasagne sheets. Can be pre-cooked or used straight from the packet	£1.99
Pasta, Macaroni, white	500g	Suma. Italian organic pasta made by Iris Bio in Lombardy, Northern Italy. Iris Bio have been a workers' cooperative since 1978. They make pasta about 10km away from the farm using bronze dies (pasta shaping tools) which help to create a texture that holds a sauce much better than conventional methods	£1.39
Pasta, Penne, white	500g	La Bio Idea. Traditional Sicilian penne, slowly dried for wonderful texture and flavour.	£1.45
Pasta, Red Lentil Penne	250g	Gluten Free. This Red Lentil Penne is a quick meal and perfect if you are looking to add protein and fibre into your diet. Not only gluten and egg free but also organic. Made in Italy with 100% red lentils and delicious served hot with a sauce or as a salad is not only for lentil lovers.	£3.05
Pasta, Spaghetti, white	500g	La Bio Idea. Organic Sicilian spaghetti.	£1.65
Pasta, Tricolore Spirals	500g	Suma. Italian organic pasta made by Iris Bio in Lombardy, Northern Italy. Iris Bio have been a workers' cooperative since 1978. They make pasta about 10km away from the farm using bronze dies (pasta shaping tools) which help to create a texture that holds a sauce much better than conventional methods	£1.95
Noodles, Basmati White Rice	250g	King Soba. Organic. Gluten Free. Basmati is considered to be the 'king of rice'. Lovingly crafted in Thailand.	£2.59
Noodles, Brown Rice	250g	King Soba. Organic. Gluten Free. These fine brown rice noodles are delicious served in a Japanese style vegetable soup.	£2.59
Noodles, Thai	250g	Noodles made from fairly traded organic brown rice. A staple of Eastern food culture, the humble noodle is one of the most versatile and nourishing fast foods on earth. Use Pad Thai Noodles in stir fry dishes, soups and salads.	£2.59
Noodles, Vermicelli	250g	Fine noodles made from fairly traded organic brown rice. A staple of Eastern food culture, the humble noodle is one of the most versatile and nourishing fast foods on earth. Use Vermicelli Noodles in stir fry dishes, soups and salads.	£2.45
Rice, Arborio Rice	500g	Arborio rice is a round white rice, renowned for its ability to absorb large quantities of liquid without becoming mushy. This product is Organic and is Vegan.	£3.19
Rice, Brown Basmati	500g	Suma Rice - basmati, brown organic.	£2.85
Rice, Brown Long Grain	500g	Suma. A dry light rice that separates nicely. Has a richer chewier texture than white rice, with a sweet nutty flavour. Vegan. Grown in Italy. Packed in the UK	£2.25
Rice, White Long Grain	500g	Perfect base for most Eastern and Middle Eastern dishes...and organic too, so good for the environment	£2.65
Rice, Brown Short Grain	500g	Suma. Stickier softer texture than long grained rice. Richer and chewier than white rice, with a sweet nutty flavour. Vegan. Grown in Italy. Packed in the UK	£2.25

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	Rice, White Basmati	500g	Suma. Organic white basmati rice from Pakistan.	£2.95
	Couscous	500g	Suma. Organic wholemeal couscous.	£2.39
	Lentils, Brown	500g	Suma. Organic brown lentils.	£2.39
	Lentils, Green	500g	Suma. Organic green lentils.	£2.45
	Lentils, Red	500g	Suma. Organic red lentils.	£2.45
	Mung Beans	500g	Suma. Organic Mung beans.	£2.95
	Quinoa	500g	Suma. Organic Quinoa.	£3.45
	Yellow split peas	500g	A cup of yellow split peas cooked, blended and added to a vegetable soup creates a terrific rich broth.	£2.19
	Chickpeas, Dried	500g	Suma. Great in curries, mash with onions and spices for savoury falafels. This product is Vegan and is Organic.	£2.19
Flour:	Flour, Doves Farm Malthouse Bread Flour	1kg	Dove's Farm. Organic Malthouse mixed grain bread flour.	£1.79
	Flour, Doves Farm Plain Flour	1kg	Dove's Farm. Organic all purpose white plain flour.	£1.65
	Flour, Doves Farm Spelt White Flour	1 kg	Milled spelt grain, triticum speltum, is sieved from coarse outer layers of bran to create this creamy white flour. Spelt flour is ideal for speciality pastry, yeast cookery and bread making.	£3.70
	Flour, Doves Farm White Flour - Self Raising	1 kg	Dove's Farm.	£1.49
	Flour, Doves Farm Spelt Wholemeal Flour	1kg	Doves Farm. Organic & Vegan Wholegrain spelt flour This 100% wholegrain flour has complex flavours and bakes a delicious loaf.	£3.15
	Flour, Doves Farm White Strong Bread Flour	1.5 kg	Dove's Farm. Organic. Ideal for bread making.	£1.99
	Flour, Doves Farm Wholemeal Strong Bread Flour	1.5 kg	Dove's Farm. Organic. Ideal for bread making.	£2.14
	Flour, Mungoswells Farm Strong White Bread Flour	1.5kg	Mungoswells. This flour is made entirely of wheat grown in East Lothian. Unlike commercial white flour, this flour has small darker flecks in it. These are tiny particles of bran.	£5.60
	Flour, Mungoswells Farm Strong Wholemeal Bread Flour	1.5kg	Mungoswells. This flour is made entirely of wheat grown in East Lothian. The wholemeal flour has nothing taken out, or put in, and the flakes of bran can be seen throughout.	£4.70
	Flour, Mungoswells Farm White Plain Flour	1.5kg	Mungoswells. This flour is made entirely of wheat grown in East Lothian. Unlike commercial white flour, this flour has small darker flecks in it. These are tiny particles of bran.	£5.71
	Flour, Shipton Mill Italian '00' White Flour	1kg	The whitest grade of flour used in the production of some of the finest Italian breads and pastas. In every country of Europe this rare grade of flour has a different name. As only a very small fraction of the whole wheat berry can be used to make this pure flour, it is treated with great respect and is very precious. Type --00-- is best used for making bread and pasta	£2.19
Baking stuff:	Baking Powder	130g	Doves Farm. Free from Gluten. Free from gluten, milk, peanut, egg and soya. Not organic*	£1.50
	Bicarbonate of Soda	200g	Doves Farm. Free from Gluten. Home baking raising agent. Free from gluten, milk, peanut, egg and soya. Not organic*	£1.38
	Cocoa	250g	Equal Exchange. Equal Exchange Hispaniola Cocoa Powder - organic. Adults and kids alike will love this!	£4.49
	Cacao Powder	250g	Naturya's cacao powder comes from a Fairtrade supplier in Africa who selects the finest cocoa beans from the best farming cooperatives in the country. Vegan	£6.99
	Quick Yeast	125g	Doves Farm. Free from Gluten. Free from gluten, milk, peanut, egg and soya. Not organic*	£1.30
	Raw Cane Sugar	500g	Organically grown sugar from Mauritius. Granulated. Good all purpose sugar	£2.95

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Dried Fruit, Nuts and Seeds:	Yeast Flakes	125g	Organic Engevita yeast provides a rich source of fibre, folic acid and protein. It is a natural food grown on organic molasses under carefully controlled conditions. Organic Engevita is a primary inactive yeast of the genus <i>Saccharomyces cerevisiae</i> , entirely free from <i>Candida albicans</i> yeast. This product is Gluten-free, is Organic and is Vegan	£5.99	
	Almonds	250g	Suma, Organic & Vegan. Origin Spain	£6.38	
	Apricots	250g	These apricots may look unusual as they have not been treated with a colour preservative. Organic and Vegan	£3.23	
	Brazil Nuts	125g	Brazil Nuts add a richness to many sweet and savoury dishes. They are also a delicious snack on their own. Organic and Vegan	£3.45	
	Cashew Nuts	125g	Suma, Organic & Vegan. An ideal ingredient for most stir-fry dishes, cashew nuts are also used in desserts and cakes.	£2.65	
	Cranberries	125g	Suma. This product is Fairly traded, is Organic and is Vegan.	£1.79	
	Dates, Pitted	250g	Suma. This product is Fairly traded, is Organic and is Vegan.	£2.39	
	Figs	250g	Suma. Figs have a high natural sugar content as well as being rich in B vitamins, calcium and magnesium. This product is Organic and is Vegan.	£3.05	
	Hazelnuts	125g	Suma, Organic & Vegan. Origin Turkey	£2.25	
	Omega Mixed Seeds	125g	Suma. Organic Omega mix. A mix of pumpkin, sunflower, linseed & sesame seed.	£1.35	
	Prunes, Pitted	250g	Suma, Organic & Vegan. A dried plum. Add to cereals, stew with other fruit or just eat them as they are.	£3.85	
	Pumpkin Seeds	125g	Suma, Organic pumpkin seeds tend to be darker and stronger in flavour than non organic pumpkin seeds. Organic & Vegan	£1.49	
	Raisins	250g	Suma. Raisins are dried grapes, the different varieties of grape producing differing raisins. This product is Organic and is Vegan.	£1.99	
	Sesame Seeds	125g	A source of Omega 3, proteins, vitamins and minerals. Use in baking, add to cereals or toast and sprinkle on salads. This product is Organic and is Vegan.	£1.19	
	Sultanas	250g	Suma. A dried white grape, more succulent than raisins or currants with a high natural sugar content. This product is Organic and is Vegan.	£1.99	
	Sunflower Seeds	125g	Suma, This versatile seed appears in a very wide range of recipes, from salads and nut roasts to biscuits. Organic and Vegan	£1.25	
	Walnuts	125g	Suma, Organic & Vegan. Origin Moldova	£2.35	
	Breakfast:	Cornflakes, Classic Golden	375g	Whole Earth's organic Corn Flakes are a great way to start the day. Crispy and crunchy, these natural flakes of corn are not only tasty, but are also low in fat and saturates and are naturally gluten free. This product is Gluten-free, is Organic and is Vegan.	£2.49
		Cornflakes, Maple Frosted	375g	Splash over some cold milk, and why not try topping with bananas	£3.29
		Oatmeal, coarse	1kg	Golspie Mill Sutherland Oats from the Highlands! The rougher texture of this oatmeal lets the nutty flavour through. Perfect for those who like their porridge 'with bits in', it also makes excellent skirlie.	£3.40
Oatmeal, medium		1kg	Golspie Mill Sutherland Oats from the Highlands! This medium-ground oatmeal is perfect for traditional porridge, soaked over night to create a wholesome and delicious breakfast. It's great toasted to make Cranachan, or in oatcakes, stuffing or a variety of other uses.	£3.57	
Oats, Gluten Free Jumbo		750g	Suma. GF oats have been grown and harvested in the rich agricultural lands of Scotland. Powered by an ancient waterwheel and milled using age-old traditional methods, the oats develop a wonderful nutty flavour This product is Gluten-free, is Organic and is Vegan.	£3.99	
Oats, Jumbo Porridge	850g	Pimhill's organic Jumbo Oats are the perfect way to start the day and are fabulous for making flapjacks.	£2.55		

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PRICE:

Jams, spreads & preserves:

Oats, Regular Porridge	850g	Pimhill's organic Porridge Oats are tasty and healthy, delicious at any time of day.	£2.55
Agave syrup	250g	Biona Light Agave Syrup. A low-GI sweetener squeezed from Mexican agave plants. This product is Organic and is Vegan.	£3.69
Almond Butter	170g	Meridian. Ideal as a bread spread, in baking and also in sweets and desserts.	£5.89
Hazelnut Spread, Milk Chocolate	350g	Biona Milk Choc Hazel Spread. Organic.	£4.55
Chocolate Spread, Dark	350g	Biona Dark Choc Spread. Organic. Vegan.	£3.65
Honey, Equal Exchange	500g	This product is Fairly traded, Organic, and positively buzzing.	£4.89
Honey, Wildflower	340g	Littleover Apiaries. A very light mild tasting honey, coldextracted, cold filtered and unblended to protect the natural proteins and enzymes.	£3.99
Honey, Wildflower	340g	Suma. A beautiful clear honey perfect, for use in cooking, baking, adding to cereals and hot drinks. We use it for burns - honey is the magic cure! Not organic.	£2.99
Honey, Wildflower, set	340g	Littleover Apiaries. A very light mild tasting honey, coldextracted, cold filtered and unblended to protect the natural proteins and enzymes.	£3.99
Peanut Butter, Crunchy	340g	Suma. Organic. Salted.	£3.99
Peanut Butter, Crunchy	340g	Suma. Organic. Unsalted.	£4.09
Peanut Butter, Crunchy	1 kg	Meridian Peanut Butter Crunchy-Organic. Organic Peanuts are roasted in their natural brown skins before being ground to a crunchy texture with nothing added. Contains naturally occurring sugar No added salt.	£7.59

Biscuits & Oatcakes:

Biscuits, Fruity Oat	200g	Doves Farm organic fruity oat biscuits.	£1.79
Biscuits, Ginger Oat	200g	Doves Farm organic ginger oat biscuits.	£2.09
Biscuits, wholemeal digestive	400g	Doves Farm organic wholemeal digestive biscuits. Baked with organic wholemeal flour and high in fibre.	£2.44
Crispbread, original rye	200g	Clearspring. Organic Original Rye Crispbread. High in fibre, low saturated fat. No added yeast. Vegan	£1.29
Crispbread, sesame rye	200g	Clearspring. Organic Sesame Rye Crispbread. High in fibre, low saturated fat. No added yeast. Vegan	£1.49
Hebridean Oatcakes	150g	Made on the Island of Benbecula in the Outer Hebrides, these oatcakes are wonderful! Organic, wheat free, made with olive oil, with a light and crisp texture. 12 oatcakes	£2.26
Rice Cakes	130g	Kallo Original Organic Wholegrain. Salted. This product is Gluten-free, is Vegan and is Organic.	£1.76
Rye Bread, Amaranth and Quinoa	500g	Biona's organic Rye Bread with Amaranth and Quinoa is traditionally made in Germany by organic bakers. It is crammed full of crunchy, nutty wholegrains which are an essential part of a healthy, fibre-rich diet. Amaranth and quinoa are native to South America and both have a high protein content.	£2.29
Rye Bread, Chia and Flax	500g	Biona. Rye Bread, no added yeast. This product is Organic and is Vegan.	£2.39
Rye Bread, Sunflower Seed	500g	Biona. Rye Bread, no added yeast. Biona's organic Rye Bread with Sunflower Seeds is traditionally made in Germany by organic bakers. It is crammed with crunchy, nutty wholegrains which are an essential part of a healthy, fibre-rich diet. Sunflower seeds are known for their health promoting properties. This product is Organic and is Vegan.	£2.09

Purees, Tins, Sauces & Soups:

Tomato Puree	200g	Suma. Organic. Vegan. Organic.	£1.29
Tomatoes, chopped	400g	100% Italian tomatoes. Just yummy naked goodness. Organic. Suma.	£1.11
Passata	690g	Suma Organic Passata. Fast forward to fantastico with this rich and tomatoey friend. Makes Italian, Spanish and Moroccan dishes a breeze - you'll never be let down with this in your kitchen cupboard. This product is Vegan and is Organic.	£1.95

Category:

Product:

Unit:

Short Description:

PRICE:

Product	Unit	Short Description	PRICE
Coconut Milk	400g	Biona, From pressed coconut kernel, From a cooperative in Sri Lanka. Suitable for vegans .	£1.89
Creamed Coconut	200g	Suma Creamed Coconut Organic. Delicious, creamy and exotic. Made from coconuts from a farming co-operative in Sri Lanka which adds value back into their communities. This product is Organic and is Vegan.	£2.09
Baked Beans	400g	Biona Baked beans, Organic and Vegan	£1.29
Borlotti Beans	400g	Borlotti beans are widely used in Italian cooking. They have a sweetish flavour with a creamy texture and are ideal for soups casseroles and salads	£1.09
Butter Beans	400g	Simple butter beans in water. Just yummy naked goodness, Suma	£1.09
Cannellini Beans	400g	Simply Cannellini beans in water. Ideal for soups, casseroles, chilli and salads	£1.09
Chickpeas	400g	Simply chick peas in water. Just yummy naked goodness. Suma	£1.09
Mixed Beans	400g	Suma. Contains chick peas, pinto beans, red kidney beans and cannellini beans. Ideal for soups, casseroles, chilli and salads.	£1.09
Red Kidney Beans	400g	Simply red kidney beans in water. Just yummy naked goodness. Suma	£1.09
Sweetcorn	340g	Contains only natural sugars. Sweetcorn kernels, water, Italian sea salt. 285g drained weight. Delicious & organic.	£1.39
Pasta Sauce, Arrabiata	350g	MR. ORGANIC. Arrabiata Chilli Sauce - Organic	£2.65
Pasta Sauce, Mediterranean	350g	MR. ORGANIC. Mediterranean Pasta Sauce - Healthier Choice - Organic	£2.89
Pasta Sauce, Olive and Capers	350g	MR. ORGANIC. PUTTANESCA SAUCE - OLIVE & CAPERS- ORGANIC	£2.49
Pasta Sauce, Roasted Garlic	350g	MR. ORGANIC. Marinara Pasta Sauce - Organic	£2.65
Salsa, Coconut and Turmeric Salsa	200g	Mr Organic Coconut & Turmeric Salsa has a delightfully exotic taste. The perfect balance of organic tomatoes, coconut and turmeric, makes this salsa uniquely delicious. Perfect for dipping!	£2.35
Soy Sauce, Sanchi Tamari	150ml bottle	Wheat free. Great dipping sauce for sushi, Marinades and other culinary uses. Naturally brewed. This product is Organic and is Vegan	£3.79
Soup, Chunky Tomato Soup	400g	Amy's Kitchen. Amy's dad says this is even tastier than the original Cream of Tomato Soup. Amy added tender chunks of vine ripened tomatoes to a smooth creamy tomato base to create a full flavoured soup you're sure to enjoy. This product is Gluten-free and is Organic.	£2.25
Soup, Split Pea Soup	400g	Amy's Kitchen. This traditional soup, made from organic split peas and veggies, gets a delicate lift in flavour from basil, garlic, and bay leaf. Gluten free/dairy free/lactose free/soy free/corn free/tree nut free/vegan/kosher/plant based.	£2.25
Bouillon Stock cubes	84g (8)	Marigold. Organic stock cubes. Dairy free, gluten free	£1.29
Bouillon Stock powder	150g	Marigold. Organic stock powder in a tub .Dairy free, gluten free	£2.40
Salt, Atlantic Sea Salt	500g	Geo. Organic fine salt	£2.69
Salt, Pink Himalayan Salt	300g	Organic coarse pink salt.	£2.79
Salt, Sea Salt Flakes	250g	Non organic, hand crafted sea salt flakes. Maldon	£2.95
Salt, Blackthorn Scottish Sea Salt	240g	Blackthorn. Using Centuries of tradition combined with the knowledge of today to create natural ,sustainable salt crystals. Not Organic	£6.40
Peppercorns, Black	25g	Green City. Organic whole peppercorns. Product of Sri Lanka	£1.59
Coriander Seed	40g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.43
Coriander, Ground	40g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.59
Cumin Seed	25g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.43
Cumin, Ground	25g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.55
Fenugreek Seeds	50g	Green City. Part of the product range 'Whole Spices, This is not organic	£1.30
Garam Masala	50g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.55

Herbs, spices, condiments, & oils:

Category:

Product:	Unit:	Short Description:	PRICE:
Ginger, Ground	25g	Ginger Ground - Boxes - Organic	£1.43
Mustard Seed, Black	50g	Part of the product range 'Whole Spices - organic'. This product is Vegan.	£1.09
Oregano	20g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.43
Paprika	25g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.43
Thyme	25g	Part of the product range 'Whole Spices - organic'. This product is Organic and is Vegan.	£1.59
Turmeric, Ground	25g	Turmeric - Boxes - Organic	£1.59
Capers	100g	An essential ingredient for many Mediterranean dishes. This product is Organic and is Vegan.	£1.95
Cornichons	330g	Biona Organic Cornichons With Dill & Mustard Seeds 330g	£4.05
Harissa, Chilli Relish	125g	Biona. Traditional hot condiment from North Africa. Organic. Vegan	£2.99
Mayonnaise, free from Eggs, Garlic Mayo	180g	Mr Organic. A deliciously light and creamy, egg and dairy-free mayonnaise. A deliciously light and creamy, egg and dairy free mayonnaise. Mr Organic have come up with the perfect blend so that everyone can enjoy their favourite classic. And with 30% less fat than traditional mayo, it's guilt-free too! Chips at the ready!	£2.79
Mayonnaise, with free range Organic Eggs	300g	Suma. Gluten Free. A thick and creamy mayonnaise for salads and sandwiches, chips or dips.	£2.39
Mustard, Dijon	200g	Delouis. This product is Organic and is Vegan.	£2.49
Mustard, Wholegrain	200g	Delouis. This product is Organic and is Vegan. Made with Organic Cider vinegar.	£2.49
Oil, Coconut Oil	320g	Suma. Odourless. Great for baking, roasting, and frying. In a glass jar	£3.49
Oil, Extra Virgin Olive Oil	500ml bottle	Suma, this cold pressed oil is unrefined and free from additives, Rich in oleic acid. Delicious. French.	£6.35
Oil, Extra Virgin Olive Oil	1 litre bottle	Aleco's. Product of Greece. Organic.	£11.50
Oil, Extra Virgin Olive Oil	1 litre bottle	Finca et Alebrechar. Product of Spain. Organic.	£11.50
Oil, Rapeseed Oil	500ml bottle	Its rich golden colour is matched by a full flavour, which is slightly nutty and sweet. Ideal for dressings, sauces and soups.	£4.20
Oil, Sesame Oil	500 ml bottle	Clearspring Sesame Oil organic. The rich and nutty flavour will enhance all your favourite recipes. Sesame oil is an essential ingredient in Asian and macrobiotic cuisine. Recommended maximum heating: 180°C. This product is Vegan and is Organic.	£6.79
Oil, Sunflower Oil	500ml bottle	Clearspring. Cold pressed oil, ideal for dressings and marinades. Not suitable for deep frying.	£3.99
Olives, Black	280g	Organico, Black olives in a moroccan marinade - These olives are organic and vegan.	£3.95
Olives, Garlic Stuffed	200g	Hand-stuffed premium organic olives. Ideal for cocktails, snacks, and appetisers.	£4.75
Olives, Kalamata	300g	Gaea Kalamata Olives come from the famous Kalamata region of Greece. They are plump, fleshy olives that are full of flavor.	£2.95
Olives, Mixed Marinated	300g	A selection of 3 different varieties of Organic handpicked olives, green from Chalkidiki, Kalamata and Black	£2.59
Pesto, Basil	130g	A regional speciality pesto using the typical Sicilian ingredients of lemons and almonds. This product is Organic and is Vegan.	£3.15
Pesto, Red Pepper	130g	This delicious Red Pepper Pesto is made with selected organic peppers from Puglia, ideal for pasta but also great as a dip or topped on bruschetta. As all the Mr Organic pestos, it's suitable for vegetarians and vegans.	£2.99
Tahini, Light	280g	Sunita. Organic Hulled Sesame Seeds are carefully selected before being roasted and milled into this traditional creamy paste.	£3.99
Tahini, Dark	470g	Meridian. Made using organic sesame seeds which are roasted and ground into a creamy paste. Gluten and Dairy free. Vegetarian. Vegan	£3.49
Tomato Ketchup, Italian	480g bottle	We think that Mr Organic ketchup is an absolute smasher! Like all our tomato products, we produce this little award winner at our factory in Pontinia.	£2.65
Vinegar, Balsamic	350ml bottle	Aspall. Ideal for marinades, sauces, dressings and other culinary uses.	£3.89

Category:

Product:

Unit:

Short Description:

PRICE:

Tinned fish:

Vinegar, Brown Rice	150ml bottle	Clearspring. Traditionally aged, full bodied classic vinegar is perfect for salad dressings and a key ingredient in sushi - making. This product is Organic and is Vegan.	£2.49
Vinegar, Red Wine	350ml bottle	Aspall. Ideal for marinades, sauces, dressings and other culinary uses.	£1.95
Vinegar, White Wine	350ml bottle	Aspall. Ideal for marinades, sauces, dressings and other culinary uses.	£1.89
Yeast Extract	340g	This natural yeast extract is full of flavour and goodness with high levels of protein and vitamins in particular B vitamins.	£4.49
Mackerel Fillets in Organic Olive Oil	120g	Pan Do Mar. Mackerel fillets without skin and bones from sustainable and controlled fishery stocks. Caught by the North Spanish Atlantic traditional inshore fishery using the fish-hook and hand-line method directly upon the shoal and without nets, avoiding the capture of non commercial or protected species during the migration of Mackerel towards the North European waters.	£2.95
Sardine Fillets in Organic Olive Oil	50g	Pan do Mar. Sardines from sustainable and controlled fishery stocks, are caught by the Northeast Atlantic traditional inshore fishery, hand cleaned and canned in extra virgin olive oil from certified Spanish organic agriculture.	£3.95
Sardines in Organic Tomato Sauce	120g	Pan Do Mar. Sardines from sustainable and controlled fishery stocks, are caught by the Northeast Atlantic traditional inshore fishery, hand cleaned and canned in extra virgin olive oil from certified Spanish organic agriculture.	£1.95
Skipjack Tuna in Organic Olive Oil	120g	Pan do Mar. Skipjack Tuna loins from sustainable and controlled fishery stocks, rod-caught by the Eastern Middle Atlantic traditional inshore fishery, hand cleaned and canned in extra virgin olive oil from Spanish organic agriculture.	£2.95
White Tuna in Organic Olive Oil	120g	Pan do Mar. White Tuna "Bonito del Norte loins from sustainable and controlled fishery stocks, rod-caught by the North Spain traditional inshore fishery, hand cleaned and canned in extra virgin first cold pressed olive oil from Spanish organic agriculture.	£4.50

Cleaning Stuff:

Biodegradable Refuse Sacks	Pack of 10	D2W. 100% Biodegradable Refuse Sacks (70litre)	£1.59
Biodegradable Refuse Sacks	Pack of 20	D2W. 100% Biodegradable Refuse Sacks (70litre)	£2.29
Dishwasher Tablets	25 tabs	Ecoleaf Dishwasher tablets	£5.69
Fabric Conditioner	750ml bottle	Fresh linen scent from Ecoleaf.	£2.29
Fabric Conditioner	(5l)	Fresh linen scent from Ecoleaf.	£9.99
Fabric Conditioner - Refill	charged per litre	Send your bottle back for a refill - Mark it with your name and volume of the container - we'll do the rest!	£2.25
Kitchen Towel	1 jumbo roll	Ecoleaf Kithchen towel. This super-absorbent, great value jumbo roll lasts as long as three regular kitchen rolls. We work in partnership with Treeresponsibility to minimize the environmental impact of our products.	£2.45
Laundry Liquid	(1.5l)	Summer rain scent from Ecoleaf	£5.39
Laundry Liquid	(5l)	Summer rain scent from Ecoleaf	£23.15
Laundry Liquid - Refill	charged per litre	Send your bottle back for a refill - Mark it with your name and volume of the container - we'll do the rest!	£3.40
Multisurface Cleaner	500ml bottle	Ecoleaf Multisurface Cleaner	£2.39
Multisurface Cleaner	5l bottle	Ecoleaf Multisurface Cleaner	£12.25
Multisurface Cleaner - Refill	charged per litre	Send your bottle back for a refill - Mark it with your name and volume of the container - we'll do the rest!	£3.40
Stain Remover	500g	Ecoleaf Stain Remover	£2.89
Toilet Cleaner	750ml bottle	Ecoleaf	£1.99
Toilet Cleaner	5l bottle	Ecoleaf	£11.99
Toilet Cleaner - Refill	charged per litre	Send your bottle back for a refill - Mark it with your name and volume of the container - we'll do the rest!	£2.25
Toilet Paper	4 pack	Ecoleaf Toilet Paper	£2.59
Washing Up Liquid	1l bottle	Ecoleaf Washing Up Liquid	£2.75
Washing Up Liquid	5l bottle	Ecoleaf Washing Up Liquid	£10.79

Category:

Product:

Unit:

Short Description:

PRICE:

Soaps, Body Wash, Shampoos & Conditioners:

Category:	Product:	Unit:	Short Description:	PRICE:
	Washing Up Liquid - Refill	charged per litre	Send your bottle back for a refill - Mark it with your name and volume of the container - we'll do the rest!	£2.25
	Body Wash, Coconut	400ml	Faith in Nature.	£5.79
	Body Wash, Grapefruit & Orange	400ml	Faith in Nature.	£5.79
	Body Wash, Lavender & Geranium	400ml	Faith in Nature.	£5.79
	Body Wash - Refill	charged per litre	Send your bottle back for a refill - Mark it with your name and volume of the container - we'll do the rest! AVAILABLE REFILLS: Coconut, Grapefruit & Orange, Lavender & Geranium	£11.50
	Hand Soap	500ml bottle	Ecoleaf Hand Soap	£3.89
	Hand Soap	5l bottle	Ecoleaf Hand Soap	£16.15
	Hand Soap - Refill	charged per litre	Send your bottle back for a refill - Mark it with your name and volume of the container - we'll do the rest!	£4.00
	Soap, Coconut & Ylang Ylang	95g	Suma. Pure white bar with oatmeal pieces A richly lathering exotically fragrant soap made with coconut milk to moisturise, and added oatmeal to calm irritated skin. Perfectly balanced with ylang ylang essential oil for an all over pamper sensation. Vegan	£2.55
	Soap, Grapefruit & Mandarin	95g	A citrusy-crisp scented bar filled with tangy fragrances to lift the spirit while refreshing rejuvenating and clearing the mind. Infused with gentle and soothing calendula petals a treat for tired skin. Handmade 100% natural palm free soap. Made with essential oils - Our cruelty-free body care range is created using the natural powers of plants that love your skin and respect our planet. ALTER/NATIVE by Suma.	£2.55
	Soap, Lavender & Lime	95g	A relaxing blend of lavender and crisp lime essential oils. The lavender helps promote a sense of calm and relaxation while the lime provides an uplifting refreshing zing creating a refreshing soap with a warm floral scent. Handmade 100% natural palm free soap. Made with essential oils - Our cruelty-free body care range is created using the natural powers of plants that love your skin and respect our planet. ALTER/NATIVE by Suma	£2.29
	Soap, Lemongrass & Chamomile	95g	A beautiful peach coloured bar infused with chamomile flowers. The lemongrass and chamomile combine to make a wonderfully refreshing soap that will leave your skin thoroughly moisturised with a refreshingly clean and toned feeling. Handmade 100% natural palm free soap. Made with essential oils - Our cruelty-free body care range is created using the natural powers of plants that love your skin and respect our planet. ALTER/NATIVE by Suma.	£2.55
	Soap, Rose and Geranium	95g	Subtle pink hue with rose petals. A wonderful richly moisturising soap bar with a subtle rose geranium fragrance very much like turkish delight. This soap creates a gentle and relaxing cleansing experience, perfect for looking after dry skin. Vegan	£2.29
	Soap, Rosemary & Lavender	95g	Suma. A natural coloured bar with rosemary leaves. Lavender essential oil soothes the mind and spirit while rosemary leaves and essential oil combine to waken and refresh, leaving your skin feeling toned, gently exfoliated and thoroughly revived. Vegan.	£2.29
	Soap, Tea Tree & Eucalyptus	95g	Suma. A lovely green flecked bar. Tea tree renowned for its superb antiseptic qualities, and eucalyptus for its antibacterial action, combine to create a wonderfully aromatic soap for deep cleansing. This is a fresh and soft soap, with added nettle leaf to soothe tired skin. Vegan	£2.29
	Shampoo Bar - Lavender & Geranium	95g	Friendly Soap - Made with Castor oil, A long-lasting and compact alternative to plastic bottled liquid shampoos. The essential oils of lavender and rose geranium are both favoured for their natural stress relieving qualities, Each bar is handmade with Castor Oil, Coconut Oil, Olive Oil, Lavender and Rose Geranium essential oils, water. And nothing else. All our soaps are Free from Palm Oil, Parabens, Sulphates, Triclosan, Phthalates and Cruelty.	£2.95

Category:

Product:	Unit:	Short Description:	PRICE:
Shampoo Bar - Lavender & Tea Tree	95g	Friendly Soap - Made with Castor oil combined this with coconut oil and olive oil to produce a rich, moisturising shampoo. The essential oils of lavender and tea tree are favoured for their antibacterial qualities and promoting healthy hair growth. Each bar is handmade with Castor Oil, Coconut Oil, Olive Oil, Lavender and Tea Tree essential oils, water. And nothing else. All our soaps are Free from Palm Oil, Parabens, Sulphates, Triclosan, Phthalates & Cruelty.	£2.75
Conditioner Bar, Lavender & Geranium	95g	Our handy little bar is kinder to the planet, gentler on your scalp, and leaves your hair super-duper soft and marvellously manageable. For our conditioners we use a special blend of cocoa butter and castor oil to give you fabulous and frizz-free results with every wash. The boffins call it cationic, but all you really need to know is that its positively charged particles help this bar leave your hair softer to touch, simpler to manage and even more sensational to look at. At the same time, we've used essential oils of Lavender and Rose Geranium to add calming and anti-bacterial to its long list of benefits.	£4.95
Conditioner Bar, Lavender & Tea Tree	95g	Relax--our all-natural conditioner has calming essential oils as well as leaving your hair softer, fuller and wonderfully frizz-free. Now you can literally wash bad hair days away, because our Lavender and Tea Tree Conditioning Bar uses a nourishing blend of cocoa butter and castor oil for amazing results. We won't go too geeky on you, but the bar's cationic positive charges help leave hair softer, less tangled and altogether more manageable. Meanwhile, its Lavender will help you relax and the anti-fungal Tea Tree will gently cleanse and moisturise your scalp. All this from a handy little bar that comes in planet-friendly box, not a plastic bottle. You won't find even the smallest smidgen of parabens, sulphates, triclosan or phthalates in any of our conditioner bars; all we add is feel-good factor. Our plastic-free boxes are recycled and recyclable, and we're also registered with The Vegan Society and Cruelty Free International. We've even earned a 'Best' rating with Ethical Consumer.	£4.95
Shaving Bar, Orange & Lavender	95g	Combine our shaving soap with hot water, a brush and a bowl to whip up a velvety lather that softens your beard and nourishes your skin. Each bar is handmade with castor oil, shea butter, olive oil, kaolin clay, lavender and orange essential oils, aloe vera, water and strictly nothing else. All our soaps are free from palm oil, parabens, sulphates, triclosan, phthalates and cruelty, as well as being boxed in plastic free recycled (and recyclable) packaging. We are also registered with The Vegan Society, Cruelty Free International and have a Best rating with Ethical Consumer.	£2.75
Shampoo, Coconut	400ml	Faith in Nature.	£5.79
Shampoo, Grapefruit & Orange	400ml	Faith in Nature.	£5.79
Shampoo, Lavender & Geranium	400ml	Faith in Nature.	£5.79
Conditioner, Coconut	400ml	Faith in Nature.	£5.79
Conditioner, Grapefruit & Orange	400ml	Faith in Nature.	£5.79
Conditioner, Lavender & Geranium	400ml	Faith in Nature.	£5.79
Shampoo/Conditioner - Refill	charged per litre		£13.25
Organic Meat & Poultry from Sascha Grierson:			
Pork:	price/kg:	Chicken:	price/kg:
Diced Pork	£19.88	Breast (minimum pack of 2)	£29.48
Leg Steaks	£25.84	Chicken carcasses (pack of 2)	£4.77
Loin Chops	£36.07	Drumsticks (minimum pack of 4)	£11.19
Pork belly	£18.52	Goujons	£29.48
Pork Gigot (Bone in)	£20.73	Leg quarters (minimum pack of 2)	£14.71
Pork Loin Roast	£32.60	Oysters	£25.86
Pork Mince	£19.88	Thighs (minimum pack of 2)	£18.34
Pork Sausages	£19.88	Whole	£12.44
Pork Tenderloin	£41.46	Wings (minimum pack of 6)	£8.47
Rolled Leg of Rare breed Pork	£23.80	Chicken Livers	£19.26

Category:

Product:	Unit:	Short Description:	PRICE:
Rolled Shoulder	£19.26		
Dry Cured Gammon Steaks (pack of 2)	£36.30		
Gammon Joint	£27.70		
Bacon:	price/kg:	Beef:	price/kg:
Back Bacon (150g)	£35.22	Beef Burgers	£18.40
Streaky bacon (150g)	£32.55	Boiling beef	£18.05
Lamb:	price/kg:		
Chump Chops	£32.83	Braising Steak	£20.85
Diced Lamb	£24.76	Featherblade	£20.96
Double Loin Chops	£26.87	Quick Fry Steak	£33.91
Kidneys (per pair)	£2.67	Rib of beef on Bone	£32.89
Lamb Mince	£22.32	Rolled Brisket	£20.28
Lamb Shanks	£16.19	Rolled Rib Roast	£40.44
Lamb shoulder on the bone	£17.61	Rolled Silverside	£22.15
Leg of Lamb Bone in	£24.76	Rolled Sirloin Roast	£44.25
Leg Steaks	£30.96	Rolled Topside	£24.59
Neck Fillet	£29.37	Rump Steak	£31.07
Rack of Lamb (? chop)	£32.83	Sirloin on the Bone	£39.93
Rolled Lamb Noisette	£32.83	Sirloin Steak	£44.25
Rolled Shoulder	£22.32	Steak Mince	£18.91
		Stewing Steak	£20.16

PLEASE NOTE THE FOLLOWING MAY BE FROZEN OR FRESH DEPENDING ON SUPPLY:
LOCAL & FREE RANGE (Not organic)

Pheasant:	Pheasant breast FROZEN	pack of 2	From local West Lothian Estates. Vac packed. Shot, prepared and frozen within a day.	£4.50
	Pheasant FROZEN	whole bird	From local West Lothian Estates. Vac packed. Shot, prepared and frozen within a day.	£4.50
	Pheasant, brace FROZEN	2 birds	From local West Lothian Estates. Vac packed. Shot, prepared and frozen within a day.	£8.00
Partridge:	Reared red-legged Partridge FROZEN	Whole bird	From local West Lothian Estates. Known as 'Frenchies'. Vac packed. Not certified organic. Shot, prepared and frozen within a day. Once defrosted, good for a week.	£3.95
Venison:	Roe deer diced	500g	Please enquire - we have venison from time to time when a local roe deer is shot. We have other cuts too! May be fresh or frozen	£6.75/ pack
	Roe deer mince	500g	Please enquire - we have venison from time to time when a local roe deer is shot. We have other cuts too! May be fresh or frozen	£6.75/ pack
	Roe deer loins	various cuts	Please enquire - we have venison from time to time when a local roe deer is shot. The vary in size. May be fresh or frozen.	£37.50/kg
	Roe deer Haunch Joint Bone in		Please enquire - we have venison from time to time when a local roe deer is shot. The vary in size. May be fresh or frozen.	£18.50/kg
	Roe deer Haunch Joint Boned and Rolle		Please enquire - we have venison from time to time when a local roe deer is shot. The vary in size. May be fresh or frozen.	£22.50/kg
Hare & Rabbit:	Hare		AVAILABLE ON REQUEST In short supply - but please do check in with us!	£12.50 each
	Rabbit		AVAILABLE ON REQUEST In short supply - but please do check in with us!	£6.75 each
Puddledub - Pork and Fifehire Bacon:	Bacon, Dry Cured Back	priced per kg	High welfare, home reared pork. Middle bacon, perfect for a bacon sandwich.	£16.48
	Bacon, Dry Cured Streaky	priced per kg	High welfare, home reared pork.	£15.94
	Bacon, Oak Smoked Back	priced per kg	High welfare, home reared pork.	£19.66
	Bacon, Oak Smoked Streaky	priced per kg	High welfare, home reared pork.	£17.36
	Chorizo	priced per kg	High welfare, home reared pork. Try cooking this up for an exotic evening of Spanish Tapas	£10.23
	Pork Loin Steaks	priced per kg	High welfare, home reared pork. No frills pork steaks. No bone.	£9.44
	Pork Mince	priced per kg	High welfare, home reared pork. A high-protein alternative to beef mince, great for meatballs.	£6.61
	Sausages, Honey Mustard GF	approx 8 in a pack. Priced per kg	High welfare, home reared pork.	£9.90

Category:

Product:	Unit:	Short Description:	PRICE:
Sausages, Orange Marmalade GF	approx 8 in a pack. Priced per kg	High welfare, home reared pork.	£9.90
Sausages, Plain	approx 8 in a pack. Priced per kg	High welfare, home reared pork. Cook these with some mash, and apple sauce for a mid-week treat	£8.94
Sausages, Pork & Leek	approx 8 in a pack. Priced per kg	High welfare, home reared pork.	£8.94