

<i>Category</i>	<i>Product</i>	<i>price per 100g</i>
<b>Cereals</b>		
	Jumbo Oats	£0.25
	Muesli	£0.35
	Granola Fruit Muesli	£0.35
	Oats	£0.25
	Cornflakes	£0.50
<b>Pulses</b>		
	Puy Lentils	£0.45
	Green Lentils	£0.35
	Red Lentils	£0.48
	Yellow Split Peas	£0.24
	Black Turtle Beans	£0.65
<b>Grains</b>		
	Risotto Rice	£0.42
	White Long Grain Rice	£0.23
	Brown Long Grain Rice	£0.27
	White Basmati Rice	£0.42
	Jasmine Rice	£0.77
	Black Rice	£0.75
	White Pasta	£0.23
	Brown Pasta	£0.48
	White Quinoa	£0.82
	Black Quinoa	£0.92
	Popping Corn	£0.28
	Pearl Barley	£0.35
	Buckwheat (Organic)	£0.64
	Giant Cous-Cous	£0.55
	Polenta	£0.30
	Bulgar Wheat	£0.40
	Spaghetti	£0.33
<b>Nuts</b>		
	Almonds	£2.02
	Flaked Almonds	£1.95
	Brazil	£2.10
	Cashew	£2.26
	Hazel	£1.88
	Pecan Halves	£3.40
	Walnut Halves	£1.90
	Blanched Peanuts	£0.72

	Mixed Nuts	£2.61
<b>Dried Fruit</b>		
	Raisins	£0.54
	Apricots	£0.85
	Pitted Prunes	£0.75
	Banana Chips	£0.58
	Cranberries	£1.00
	Sultanas	£0.62
	Desiccated Coconut	£0.68
	Currants	£0.85
	Golden Sultanas	£0.98
	Pitted Dates	£0.50
<b>Seeds</b>		
	Chia	£0.82
	Poppy	£1.44
	Pumpkin	£0.98
	Sesame	£0.72
	Sunflower	£0.55
	Omega Seed Mix	£0.77
<b>Baking</b>		
	Yeast	£2.00
	White Bread Flour	£0.22
	Wholemeal Bread Flour	£0.22
	White Chocolate (Min cocoa solids 28%)	£1.50
	Milk Chocolate (Min cocoa solids 33.6%)	£1.45
	Dark Chocolate (Min cocoa solids 54.5%)	£1.32
	Ground Almonds	£2.28
	Caster Sugar	£0.22
	Plain Flour	£0.12
	Self-Raising Flour	£0.14
	Baking Powder	£0.50
	Bicarbonate of Soda	£0.50
	Gram Flour	£0.45
<b>Tea</b>		
	Loose Leaf Breakfast	£4.74
<b>Treats</b>		
	Milk Chocolate Coated Honeycomb	£1.19

	Yoghurt Raisins	£0.80
	Korean Chilli Crackers	£1.31
	Japanese Rice Crackers	£1.13
	Milk Chocolate Coated Raisins	£0.90
	Milk Chocolate Peanuts	£0.96
<b><i>Herbs &amp; Spices</i></b>		
	Black Peppercorns	£2.25
	Mixed Peppercorns	£4.16
	Ground Cloves	£2.50
	Whole Cloves	£4.60
	Ground Cinnamon	£1.75
	Cinnamon Sticks	£7.00
	Ground Nutmeg	£4.50
	Whole Nutmeg	£6.73
	Mixed Spice	£2.00
	Ground Ginger	£2.00
	Caraway Seeds	£1.80
	Fennel Seeds	£1.40
	Cumin Seeds	£2.00
	Coriander Seeds	£1.25
	Black Mustard Seeds	£1.00
	Yellow Mustard Seeds	£1.00
	Chinese Five Spice	£1.75
	Pickling Spice	£1.75
	Paprika	£1.50
	Smoked Paprika	£2.25
	Sweet Paprika	£2.25
	Turmeric	£1.50
	Lemon Grass	£3.00
	Bay Leaves	£3.00
	Dill Seeds	£1.50
	Cayenne Pepper	£1.25
	Parsley	£2.75
	Mint	£2.00
	Rosemary	£1.59
	Sage	£2.75
	Thyme	£2.50
	Ground Coriander	£1.00
	Oregano	£2.50
	Sumach	£2.50
	Garam Masala	£1.50
	Fenugreek Seeds	£1.00

	Mixed Herbs	£2.50
	Basil	£2.00
	Juniper Berries	£3.00
	Mild Curry Powder	£1.25
	Medium Curry Powder	£1.25
	Hot Curry Powder	£1.25
	All Spice	£2.00
	Crushed Chillies	£2.00
	Garlic Granules	£1.63
	Ground Cumin	£1.80
	Star Anise	£4.00
	Coarse Sea Salt	£0.35
	Fine Sea Salt	£0.25
	SC Salt- Local from St Martin's	£2.00
<b><i>Non-Food</i></b>		
	Ecoleaf Laundry Liquid	£0.46
	Ecoleaf Fabric Conditioner	£0.25
	Ecoleaf Washing Up Liquid	£0.25