

### Baking Products

Baking Powder	£0.40
Brownie Mix	£0.60
Chocolate Flavouring	£1.50
Citric Acid	£0.68
Cocoa Powder	£1.30
Cornflour	£0.25
Dark Choc Chunks	£0.90
Desiccated Coconut	£0.58
Milk Choc Chunks	£0.87
Moist Toffee Cake Mix	£0.48
Natural Vanilla Extract	£10.00
Pectin Powder	£7.00
Raw Cacao	£1.50
Skimmed Milk Powder	£0.50
White Choc Nibs	£0.87
Fast action Yeast	£0.95
Bicarbonate of soda	£0.20
Brewers' yeast	£2.00
Cream of Tartar	£2.50
Xanthem gum	£2.00
Mini fudge pieces	£2.00
Choc honeycomb sprinkles	£2.50

### Breakfast cereals

Granola - Oat & Coconut	£0.40
Granola -Plain Organic	£0.70
Mornflake Porridge Oats	£0.15
Jumbo Porridge Oats	£0.15
Kellogg's Cornflakes	£0.35
Kellogg's Rice Crispies	£0.56
Muesli cereal base	£0.30

### Chilled food

Wykes Butter 250g	£2.25
5kg cheese	£35.00

### Liberty Dairy

Whole Milk - Org	£1.40
Milk & Bottle 1 litre	£2.40

### Coffee 918

Decaf	£2.50
Honest (dark)	£2.50
Extra Smooth (medium)	£2.50
In House Hot Chocolate	£0.75

### Freeze Dried Fruit

Blackcurrants	£5.00
Raspberries	£10.00
Strawberries	£10.00

### Dried Fruit

Apple Rings	£1.06
Apricots	£0.60
Banana Chips	£0.65
Cherries. Candied Glace	£0.70
Cranberries	£1.10
Currants	£0.65
Dried Dates	£0.50
Figs	£1.00
Mango Slices	£1.90
Mixed Peel	£0.28
Papaya	£0.84
Pineapple	£1.00
Prunes	£0.75
Raisins	£0.55
Sultana's	£0.40
Mixed Fruit & Peel	£0.40
Pumpkin Pieces. Dried.	£2.50

### Eggs

Six	£1.30
Ten	£2.00
Twelve	£2.50
Fifteen	£2.90

### Flours

Brown rice flour	£0.68
Coconut flour	£0.68
Maize flour (reduced)	£0.19
Plain flour	£0.10
Rye flour	£0.18
Self-raising flour	£0.10
Semolina	£0.20
Spelt flour	£0.25
Strong white flour	£0.12
Seeded bread flour	£0.20
Strong wholemeal flour	£0.20
Wholemeal flour	£0.10

### Food Recipe jars

Christmas cake & marzipan kit	£15.50
Vegan Christmas cake with marzipan kit	£11.70
Apple and pumpkin muffin jar	£3.00
Pumpkin spice biscuit kit	£3.50
Luxury hot chocolate jar	£2.75
Christmas pudding kit	£8.00
Vegan Christmas pudding kit	£5.75

### Peanut Butter

Freshly ground in store	£0.85
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### Grains & Pulses

Aduki beans	£0.40
Black Beans Turtle	£0.40
Blackeye Beans	£0.50
Brown Lentils	£0.20
Bulgar Wheat	£0.22
Cannellini Beans	£0.45
Chick Peas	£0.23
Giant Couscous	£0.44
Couscous	£0.18
Green Lentils	£0.22
Kidney Beans	£0.80
Mung beans organic	£0.50
Pearl Barley	£0.15
Polenta	£0.10
Puy Lentils	£0.40
Quinoa	£0.80
Red Split Lentils	£0.22
Soup Mix	£0.21
Yellow Split Peas	£0.11

### Herbs & Spices

Allspice	£2.00
Arrowroot	£2.00
Basil	£3.00
Bay leaves	£5.00
Cajun seasoning	£1.90
Caraway Seeds	£2.00
Cardamom Pods	£5.70
Cayenne pepper blend	£1.79
Cardamom - Ground	£6.00
Celery salt	£1.00
Cinnamon ground	£2.10
Chinese 5 spice	£2.50
Chives	£15.00
Chillies crushed	£2.90
Chilli - Ground	£1.00
Chillies – Whole	£1.45
Coriander, ground	£2.00
Coriander leaves	£4.00
Coriander seed	£2.50
Cloves whole	£3.00
Cumin ground	£1.50
Cumin seeds	£1.80
Curry Leaves	£6.50
Curry powder mild	£1.00
Medium Madras	£1.00
Hot madras	£0.90
Dill Weed	£5.00
Fajita Seasoning	£1.90
Fennel seed	£2.00
Fenugreek ground	£0.70
Garam masala	£2.00
Garlic powder	£1.40
Garlic granules	£1.00
Ginger ground	£1.60

Harrisa Powder	£1.00
Herbs de province	£4.00
Italian seasoning	£3.50
Jalapeno & Lime seasoning	£1.30
Jamaican jerk seasoning	£2.90
Marjoram	£4.60
Mint	£4.50
Mixed Herbs	£3.10
Mixed peppercorn	£4.00
Mixed Spice	£2.10
Mustard Powder	£2.00
Mustard seed Brown	£0.70
Mustard seed Yellow	£1.15
Nigella black onion seed	£1.90
Nutmeg ground	£2.00
Onion Powder	£1.10
Oregano	£4.00
Organic aniseed	£3.00
Paprika - standard	£1.45
Paprika - Smoked	£1.80
Paprika - Sweet	£1.50
Parsley	£5.80
Peri Peri Seasoning	£1.35
Pickling spice	£2.50
Pumpkin Spice	£2.00
Ras El Hanout (UK)	£2.50
Rosemary	£2.50
Sage	£5.40
Smoked seasoning	£2.00
Star Anise	£5.50
Sumac - Ground	£4.50
Tandoori Curry Powder	£0.80
Tarragon	£10.00
Thyme	£3.10
Turmeric	£1.30

White ground Pepper	£2.30
Peppercorns black	£2.50
Himalayan Pink Salt	£0.45
Ground Pink Salt	£0.65
Table sea salt	£0.12

### Gluten Free

Doves GF Plain Flour	£0.22
Doves GF SR Flour	£0.22
Jumbo Oats GF	£0.40
GF Chocolate granola	£1.35
White corn fusilli pasta	£0.98
Brown rice penne pasta	£1.10
500g Bag GF white bread flour	£2.50
500g Bag GF brown bread flour	£2.80

### Loose Tea

Assam Blatt Tea (Normal tea)	£3.50
Christmas surprise tea	£3.50
English breakfast tea	£4.25
Feel Relaxed Decaf	£3.90
Herb - peppermint	£2.20
Kemun Green Tea (China)	£3.00
Late & Light Decaf Tea	£4.50
Red Fruit	£3.50
Rhubarb Cream	£2.80
Rooibos - Organic	£3.50
Special Earl Grey	£3.25
Mulled wine tea	£3.25

### Montezuma's Chocolate Bars

37% Milk	£2.75
37% Milk Chilli & Lime	£2.75
51% Milk Butterscotch	£2.75
54% Dark Milk choc	£2.75
74% Dark Peppermint	£2.75
74% Dark Orange & Geranium	£2.75
74% Dark Smooth	£2.75
100% Black Orange & Cocoa nibs	£2.75
100% Black Hemp & Sea salt	£2.75
Moo Free Milk choc	£3.00
Moo Free Milk choc Orange	£3.00

### Nuts

Almonds - flaked	£1.10
Almonds - ground	£1.50
Almonds - whole	£1.23
Brazil Nuts	£1.40
Cashews -plain - whole	£1.60
Hazelnuts - whole	£0.80
Mixed Nuts Chopped	£0.80
Mixed nuts Whole	£1.20
Monkey Nuts reduced	£0.25
Peanuts blanched	£0.44
Pecans	£1.90
Pine Kernels, nuts	£4.40
Pistachios	£2.00
Walnut Halves	£1.45

### Cooked Nuts

Honey Roasted Peanuts	£1.15
Salted Peanuts	£0.40
Dry Roasted Peanuts	£0.80

### Snacks

Popping corn	£0.20
Chilli crackers	£1.00
Bombay mix	£0.40
Garlic sticks	£0.40
Prawn crackers	£0.40
Raw Coconut Chips	£0.50

### Oil on tap

Rapeseed extra virgin	£0.45
Chilli infused oil	£1.50
Garlic infused oil	£1.50
Smoked Infused Oil	£1.50
Truffle Infused Oil	£3.80
Olive oil	£1.00

### Packaged

Almond Milk	£2.49
Chocolate Hazelnut	£3.49
Coconut Drink	£2.99
Hazelnut Milk	£2.99
Oat Milk	£2.30
Almond extract	£8.75
Coconut Oil	£6.50
Honey large	£7.50
Jam Gift Pack 4	£5.75
Jam & Chutney	£3.00
Nut roast	£3.50
Parsnip crisps bucket	£18.00
Tinkers blackcurrant ACV	£5.50
Tinkers apple juice	£2.95
Potato crisps bucket	£20.00
Tinned Coconut Milk	£1.90

### Pantry dried food

Beef gravy browning	£0.35
Golden breadcrumbs	£0.35
Kibbled onion	£1.00
Nutritional yeast nooch	£3.40
Sosmix	£1.00
Sundried tomatoes	£2.00
Stuffing	£0.20
TVP soya mince flakes	£0.50
Veg Bouillon Red	£0.75
Vegetarian suet	£0.60

### Pasta

Lasagne Sheets	£0.30
Linguine	£0.15
Lucky Boat Noodles	£0.40
Macaroni Pasta	£0.20
Orzo	£0.15
White Farfalle Bows	£0.25
White Fusilli Organic	£0.30
White Penne Organic	£0.30
White Spaghetti O	£0.30
Whole wheat Spaghetti	£0.18
Whole wheat Penne	£0.25
Whole wheat Fusilli O	£0.35

### Rice

Arborio risotto	£0.30
Brown Basmati O	£0.48
Long Grain	£0.22
Pudding Rice	£0.25
Short Grain Brown	£0.24
White Basmati	£0.31
Wild rice (pure)	£1.91

### Sauces and vinegar

Balsamic vinegar	£1.00
Soy sauce	£1.00
Lemon Juice	£0.40
Apple cider vinegar	£0.50
Apple Balsamic	£5.50

### Seeds

Chia Seeds	£0.79
Ground Flaxseed	£0.85
Linseed	£0.26
Poppy Seed	£0.90
Pumpkin seeds	£0.90
Sesame seeds	£0.80
Sunflower Seeds	£0.50

### Sprinkles

Dinosaurs	£3.00
Glimmer Stars	£3.00
Unicorns	£3.00
Chocolate vermicelli	£0.90
Rainbow vermicelli	£1.10
Silver Christmas trees	£1.00
Christmas mix	£3.00
Halloween vermicelli	£1.10
Halloween mix	£3.00

### Sugar & Sweeteners

Caster sugar	£0.16
Demerara sugar	£0.20
Granulated sugar	£0.09
Icing sugar	£0.16
Soft brown sugar	£0.16
Dark brown soft sugar	£0.25
Golden Caster Sugar	£0.22
Golden Syrup	£0.23
Black treacle	£0.25

### Sweets & Chocolate loose

Choc Peanuts	£0.80
Choc Raisins	£0.80
Crystallised Ginger	£1.20
Dark Choc Coffee Beans	£1.20

Vegan choc fava beans	£2.05
Milk Chocolate Brazils	£1.35
Milk chocolate beans (smarties)	£1.00
Yogurt peanuts	£0.76
Yogurt raisins	£0.76
Mini marshmallows	£0.75
Vegan pick n mix	£1.00
Vegan fudge	£1.50
Yogurt apricots	£0.75
Choc honeycomb bites	£1.00

### West country Tea Co teabags

All Day Tea	£3.00
Earl Grey	£3.00
Darjeeling	£3.00
Lemongrass & Ginger	£3.00
Sencha Green Tea	£3.00
Rooibos	£3.00
Peppermint	£3.00
Masala Chai	£3.00
Camomile	£3.00
Lemon Verbena	£3.00
Camomile & Elderflower	£3.00
Moroccan Mint	£3.00
Peppermint Sage & Thyme	£3.00
Spiced Winter Rooibos	£3.00
Spiced Winter Tea	£3.00
Yerba Mate	£3.00
Lapsang Souchong	£3.00
Nettle & Rose	£3.00
Peppermint & Rosemary	£3.00
Lavender & Lemon Verbena	£3.00

### Frozen

Pizza base	£1.60
Butter croissant	£0.45
Almond croissant	£1.00
Chocolate hazelnut croissant	£0.75
Vegan raspberry croissant	£0.55
Chocolate twist	£0.55
Cheese and onion twist	£0.75
Mini Danish pastries	£0.45
Sausage roll	£0.50
Vegan sausage roll	£0.50
Cornish steak pasty	£2.60
Vegan pasty	£1.00

### Frozen loose

Sweetcorn	£0.20
Mixed sliced peppers	£0.20
Chopped spinach	£0.20
Diced onions	£0.20
Plum halves	£0.30
Gooseberries	£0.30
Soya Beans	£0.35