



PRICE LIST

Rice, Pasta & Pulses

100g

RED KIDNEY BEANS	£0.45
CANNELLINI BEANS	£0.45
BUTTER BEANS	£0.60
ADUKI BEANS	£0.65
MUNG BEANS	£0.80
RED LENTILS	£0.44
PUY LENTILS	£0.55
GREEN LENTILS	£0.45
BROWN LENTILS	£0.53
YELLOW SPLIT PEAS	£0.35
GREEN SPLIT PEAS	£0.44
BROTH MIX	£0.38
MIXED BEANS	£0.60
PEARL BARLEY	£0.28
CHICKPEAS	£0.35
QUINOA (WHITE)	£0.80
BUCKWHEAT	£0.55
BULGAR WHEAT	£0.45
WHITE LONG GRAIN RICE	£0.50
BROWN SHORTGRAIN RICE	£0.45
ARBORIO RICE	£0.60
MACARONI	£0.50
ORZO	£0.53
FREGOLA	£0.52
WHITE COUS COUS	£0.40
WHOLEMEAL COUS COUS	£0.40
POPPING CORN	£0.35
WHITE JASMIN	£0.22
NOODLES	£0.50
SEMOLINA	£0.30
POLENTA	£0.30
TAPIOCA	£0.60

Nuts & Seeds

100g

DESSICATED COCONUT	£1.10
COCONUT CHIPS	£1.10
MIXED SEEDS	£1.10
CHIA SEEDS	£1.10
SUNFLOWER SEEDS	£1.10
POPPY SEEDS	£1.10
SESAME SEEDS	£1.10
MIXED WHOLE NUTS	£1.68
GROUND ALMONDS	£1.68
MIXED CHOPPED NUTS	£1.68
WALNUTS	£1.68
CASHEWS	£1.68
FLAKED ALMONDS	£1.68

Oats & Grain

100g

PORRIDGE OATS	£0.25
SUPER MUESLI	£0.62
MUESLI BASE	£0.35
MEDIUM OATMEAL	£0.55
PINHEAD OATMEAL	£0.35
RUSKOLINE BREADCRUMBS	£0.50
PANKO BREADCRUMBS	£0.80
BICARBONATE OF SODA	£0.50
BAKING POWDER	£0.98
CORNFLOUR	£0.50

Herbs & Spices

20g

BAY LEAVES	£4.40
BASIL	£1.20
SAGE	£1.20
THYME	£1.20
ROSEMARY	£1.20
MARJORAM	£1.20
OREGANO	£1.20
DILL	£1.20
TARRAGON	£0.54
MIXED HERBS	£0.70
PAPRIKA (SPANISH)	£0.54
SMOKED PAPRIKA	£0.54
GROUND CUMIN	£0.54
GROUND CINNAMON	£0.54
GROUND CORIANDER	£0.54
GROUND GINGER	£0.54
GARAM MASALA	£0.54
GROUND CHILLI	£0.54
TURMERIC	£0.54
CURRY POWDER - HOT	£0.54
CURRY POWDER - MEDIUM	£0.54
CURRY POWDER - MALAYSIAN	£0.80
GROUND BLACK PEPPER	£1.20
MIXED PEPPERCORNS	£0.54
GROUND WHITE PEPPER	£0.54
GARLIC POWDER	£0.05
CELERY SALT	£0.18
FINE SEA SALT	£0.07
KALA NAMAK - BLACK SALT	£1.20
PINK HIMALAYAN ROCK SALT	£0.54
ONION POWDER	£1.20
GARLIC SALT	£0.54
NUTMEG WHOLE	£1.30
CAYENNE PEPPER	£0.54
STAR ANISE	£1.20
MUSTARD POWDER	£1.20
CHILLI - CRUSHED	£0.10
CLOVES WHOLE	£0.20

Dried Fruits

100g

BANANA CHIPS	£1.10	WHOLE FIGS	£1.55
APPLE RINGS	£1.30	DATES	£0.55
RAISINS	£0.55	APRICOTS	£1.55
SULTANAS	£0.55	CRANBERRIES	£1.10
CURRANTS	£0.55	DRIED PINEAPPLE	£1.55
MIXED VINE FRUIT	£0.55	DRIED PAPAYA	£1.55