

GROUP	PRICE	WEIGHT
GRAINS/100g		
Arobio rice	£0.30	100g
Cous cous	£0.23	100g
Cous Cous Wholemeal (Organic)	£0.40	100g
Long Grain White	£0.18	100g
Long Grain Brown	£0.24	100g
Pearl Barley	£0.11	100g
Bulgar Wheat	£0.22	100g
Popping Corn	£0.24	100g
Basmati White (Organic)	£0.35	100g
Quinoa White (Organic)	£0.75	100g
PASTA/100g		
Penne White Rigatte	£0.20	100g
Penne Wholemeal Organic	£0.32	100g
Fusilli White (Organic)	£0.32	100g
Fusilli Wholemeal (Organic)	£0.32	100g
White Spaghetti (Organic)	£0.32	100g
Wholewheat Spaghetti (Organic)	£0.32	100g
Macaroni	£0.20	100g
Orzo	£0.20	100g
Fusilli (Gluten Free)	£0.65	100g
Noodles	£0.65	100g
Artisan Spelt Pasta	£0.70	100g
NUTS/100g		
Almonds Whole (Skin on)	£1.64	100g
Almonds Ground	£1.51	100g
Almonds Flaked	£1.57	100g
Brazil Nuts Whole	£1.79	100g
Cashew Pieces Large	£1.39	100g
Hazelnuts Roasted	£1.59	100g
Mixed Nuts	£1.70	100g
Peanuts Roasted & Salted	£0.52	100g
Peanuts Roasted & Unsalted	£0.52	100g
Pine Nuts/10g	£0.53	10g
Chilli Peanuts	£0.56	100g
Walnut Halves	£1.61	100g
Cereal/100g		
Super Deluxe Muesli	£0.48	100g
Muesli Base	£0.19	100g
Muesli Organic	£0.36	100g
Granola Fruit	£0.41	100g
Granola Base	£0.25	100g
Jumbo Oats	£0.15	100g
Porridge Oats (Organic)	£0.25	100g
Kellogs Coco Pops	£0.61	100g
Kellogs Cornflakes	£0.46	100g
Gluten Free Oats	£0.40	100g

Gluten Free Muesli	£0.55	100g
Pulses/100g		
Bean Mix	£0.40	100g
Black Turtle Beans	£0.32	100g
Butter Beans	£0.50	100g
Chickpeas	£0.27	100g
Green Lentils	£0.24	100g
Haricot Beans	£0.28	100g
Kidney Beans	£0.33	100g
Dark Speckled Lentils	£0.31	100g
Red Lentils	£0.22	100g
Soup Mix	£0.23	100g
Soya Beans	£0.26	100g
Yellow Split Peas	£0.22	100g
Flour & Baking/100g		
Pizza & ciabatta flour	£0.33	100g
GF plain white flour	£0.36	100g
White flour self raising (organic)	£0.23	100g
White flour (Organic)	£0.23	100g
Wholewheat strong (Organic)	£0.23	100g
Strong white bread flour	£0.23	100g
Wholewheat flour bread (Organic)	£0.23	100g
Baking powder	£0.50	100g
Bicarb Soda	£0.30	100g
Cocoa (Organic)	£1.20	100g
Cornflour	£0.23	100g
Fine White Sugar	£0.22	100g
Caster Sugar (Organic)	£0.52	100g
Soft brown	£0.25	100g
Dried Yeast	£0.10	10g
Sage & Onion Stuffing	£0.40	100g
Spices/10g		
All spice	£0.20	10g
Basil	£0.24	10g
Bay Leaves	£0.71	10g
Cardamons ground	£0.82	10g
Cardamoms	£0.70	10g
Cajun	£0.16	10g
Cayenne Pepper	£0.15	10g
Celery seeds	£0.60	10g
Chilli powder	£0.15	10g
Chillies crushes	£0.15	10g
Chives	£0.40	10g
Cloves	£0.50	10g
Cinnamon	£0.15	10g
Cinnamon quills	£0.60	10g
Coriander ground	£0.15	10g
Coriander seeds	£0.15	10g

Cumin	£0.15	10g
Cumin seeds	£0.15	10g
Curry powder medium	£0.13	10g
Dill Weed	£0.27	10g
Fajita seasoning	£0.15	10g
Fennel Seeds	£0.15	10g
Garam Masala	£0.16	10g
Garlic powder	£0.15	10g
Harrisa powder	£0.22	10g
Ginger	£0.15	10g
Italian	£0.26	10g
Lemongrass	£0.23	10g
Marjoram	£0.25	10g
Mint	£0.15	10g
Mixed herbs	£0.25	10g
Mixed spice	£0.15	10g
Mustard seeds	£0.10	10g
Oregano	£0.25	10g
Paprika	£0.15	10g
Parsley	£0.30	10g
Peppercorns black	£0.22	10g
Rosemary	£0.25	10g
Sage	£0.20	10g
Ras El Hanout	£0.20	10g
Tarragon	£0.50	10g
Thyme	£0.25	10g
Tumeric	£0.15	10g
Sea Salt - fine	£0.10	10g
Sea Salt - Coarse	£0.10	10g
Onion Powder	£0.15	10g
Smoked Paprika	£0.20	10g
Ground White Pepper	£0.20	10g
Chinese 5 Spice	£0.24	10g
Nutmeg	£0.35	10g
Star Inise	£0.40	10g
Seeds/100g		
Chia seeds	£0.72	100g
Omega seed mix	£0.57	100g
Sunflower Seeds	£0.64	100g
Pumpkin Seeds	£0.90	100g
Sesame Seeds	£0.80	100g
Flax Seeds	£0.50	100g
Snacks/100g		
Chilli Crackers	£1.10	100g
Bombay mix	£0.40	100g
Chocolate covered brazils	£1.20	100g
Yoghurt Raisins	£0.80	100g
Chocolate covered Honeycomb	£1.00	100g
White chocolate buttons	£0.80	100g

Milk chocolate buttons	£0.80	100g
Haribo Strawbs	£0.80	100g
Vegan fizzie sweets	£0.80	100g
Dried fruit/100g		
Banana chips	£0.51	100g
Currants	£0.60	100g
Raisins	£0.40	100g
Sundried tomatoes	£1.30	100g
Dates loose pack	£0.42	100g
Coconut chips	£0.95	100g
Desiccated Coconut	£0.65	100g
Apricots	£0.63	100g
Cranberries	£1.10	100g
Crystallised Ginger	£1.00	100g
Sultanas	£0.45	100g
Diced Apricots	£0.63	100g
Mixed peel	£0.40	100g
Glace Cherries	£0.80	100g
Oil/Vinegar/100ml		
Rapeseed oil	£0.35	100ml
Organic Cyder Vinegar	£0.50	100ml
Soy Sauce	0.80p	100ml
Upcircle		
Face Balm	£18.99	
Moisturiser	£18.99	
Face Serum	£14.99	
Toner	£17.99	
Face Scrub	£12.99	
Cinnamon & Ginger Face Soap	£4.99	
Miniml/100ml		
Shampoo - grapefruit	£0.55	100g
Conditoner - grapefruit	£0.55	100g
Body & bubble wash	£0.50	100g
Hand soap - Cucumber & Aloe	£0.40	100g
Washing up liquid - Wild Rhubarb &	£0.25	100g
All purpose Cleaner - lavender	£0.40	100g
Toilet cleaner - Peppermint	£0.35	100g
Laundry Liquid - Linen	£0.30	100g
Fabric Conditioner - Coconut	£0.22	100g
Hand and Body Lotion	£0.90	100g
Dishwasher Powder	£0.50	100g
Glass Bottle with lid	£2.50	100g
Plastic Bottle with lid	£1.50	100g
House hold goods		
Huski Lunch box	£13.99	
Rice Husk reuseable cup	£9.99	
Soluble cleaning sachets	£9.99	

Amber glass bottle	£3.99	
Pack 5 Razor blades	£1.99	
Stainless steel Razor	£17.99	
Bamboo toothbrush M	£3.90	
Organic muslin face cloth	£2.49	
Wooden dish brush	£5.20	
Head replacement	£3.80	
Hand held Scourer	£4.60	
Compostable sponge duo pack	£3.99	
Sponge and scourer duo pack	£3.99	
Soap saver bag	£1.99	
Organic Grocery bags	£6.99	
Natural Deodorant	£7.95	
Menstrual Cup	£25.00	
Make up pads	£7.00	
Alternative soap bars	£2.99	
Bowl Covers	£17.95	
Parcel tape 24mm	£2.49	
Breast Pads /Night Heavy	£4.95	
Reuseable menstrual pad	£9.95	
Cotton Pouch Bag	£8.00	
Shampoo Bar	£6.99	
Conditioner Bar	£6.99	
Soap Tray	£3.95	
Nail Polish Pads	£4.50	
Cotton Shower Pouf	£6.95	
EcoLiving Toothpaste Tabs - Tin	£4.99	
EcoLiving Toothpaste Tabs - Refill	£6.99	
Bath Loof	£3.00	
Salty Soap	£6.00	
FOSH Bottle - Plain	£20.00	
FOSH Bottle - Patterned	£25.00	
Coconut Scourer	£4.99	
Bees Wax Wraps - 12 inch	£7.00	
Reuseable Cloth Wipes - 3 Pack	£10.00	
Wall Dryer Balls	£15.00	
Baking Sheet - Silicone	£14.00	
Silicone Lids - 6 Pack	£10.00	
Ear Buds	£9.00	
Lip Balm	£4.95	
Micella Water / Aloe & Lavender	£5.95	
Shaving Bar	£2.95	
Soap Tins	£2.95	
Laundry Sheets	£12.75	
Make Your Own Christmas Crackers	£5.00	
Christmas Tape	£3.00	
Recycled Parcel Bows	£3.00	
Rugged Nature - Mens Care		
Rugged Nature - Hair Clay	£9.50	
Rugged Nature - Beard Oil	£13.50	
Rugged Nature - Beard Balm	£8.50	

Rugged Nature - Moisturiser	£14.50	
Rugged Nature - Shampoo Bar	£5.00	
Rugged Nature - Small Combe	£3.50	