

This List is a **SAMPLE** only -

Date

We can supply most Organic Dried Goods at very competitive prices

Please ask for anything you don't see & we'll try to source it in the quantities you wish.

	BULK		ORDER	SINGLES		ORDER
Oils						
Sunflower oil cold pressed Essential	5ltr	£12.34		500ml	£1.99	
Olive oil, extra virgin Essential	5ltr	£41.44		500ml	£4.90	
Fruit Juices						
Fresh pressed apple juice	12 x 75cl	£19.04		75cl	£1.71	
MERIDIAN Apple Concentrate	6 x 250ml	£16.59		250ml	£2.95	
Squashes & Cordials						
ROCKS Orange Squash	6 x 74cl	£11.24		74cl	£1.95	
ROCKS Blackcurrant Cordial	12 x 36cl	£33.49		36cl	£2.90	
Non-food						
Ecover washing powder non-bio	4x1.2kg	£16.75		1.2kg	£4.46	
Ecover Washing-up Liquid	5ltr	£8.30				
Dried Fruit						
Apricots whole unsulphured	5kg	£17.25		500g	£2.18	
Raisins	5Kg	£11.38		500g	£1.87	
Tinned & Stock						
Chopped Tomatoes Essential	12 x 400g	£6.60		400g	£0.60	
Tomato Puree -Double conc.-TUBES	12x150g	£5.56		150g	£0.50	
Veg Stock Cubes-Kallo	15x6x10g	£15.33		6x10g	£1.10	
Nuts						
Almonds whole	2kg	£21.75		250g	£3.24	
Walnuts halves	2kg	£14.88		125g	£1.40	
Sugar						
Natural Cane Sugar	5kg	£8.69		500g	£1.10	
Cereals						
Porridge oats - Mornflake	5kg	£6.69		1kg	£1.82	
Supreme muesli -Essential	5kg	£19.88		500g	£2.32	
Muesli	5kg	£11.69		500g	£1.46	
Pulses&Seeds						
Red Kidney Beans	5kg	£6.94		500g	£1.10	
Red Lentils	5kg	£7.50		500g	£1.18	
Pumpkin Seeds	2kg	£6.56		250g	£1.55	
Teas & Coffees						
Equal Exchange -FairTrade-Dark Roast	6x227g	£16.63		227g	£2.99	
LUAKA English Breakfast Tea bags	6 x 24bag	£6.29		1x24bag	£1.13	
Flour						
Marriages Strong White	5x1.5kg	£6.28		1.5kg	£1.34	
Rice & Grains						
Long Grain Brown	5kg	£7.44		500g	£1.07	
Cous cous	5kg	£10.69		500g	£1.44	