



Packed Pricelist

Please use the list below as a guideline, but we cannot guarantee price or availability.

All prices in £ Sterling.

Updated 25-Jan-12

Average of Price		
Category	Product Name	Total
Baking Aids	Arrowroot Organic 100G	0.79
	Baking Powder 100G	0.49
	Baking Powder 250G	0.89
	Bicarbonate Of Soda 1Kg	1.99
	Bicarbonate Of Soda 250G	0.75
Breakfast Cereals	Buckwheat Flakes Organic 250G	2.29
	Buckwheat Flakes Organic 500G	4.29
	Cocoa Porridge With Sultanas Organic 1Kg	3.19
	Crispy Muesli 44% Fruit & Nut 1Kg	3.99
	Crispy Muesli 44% Fruit & Nut 500G	2.09
	Crispy Muesli 44% Fruit & Nut 5Kg	17.99
	Crunchy Cereal 1Kg	2.49
	Crunchy Cereal 500G	1.39
	Crunchy Cereal 5Kg	11.39
	Crunchy Cereal Base Base 1Kg	1.39
	Crunchy Cereal Base Base 5Kg	6.49
	Crunchy Cereal Cashew & Banana 1Kg	2.99
	Crunchy Cereal Cashew & Banana 500G	1.69
	Crunchy Cereal Cashew & Banana 5Kg	13.79
	Muesli Base Crispy Organic 4Kg	6.69
	Muesli Base Crispy Organic 750G	1.49
	Ngi Muesli 2Kg	13.49
	Ngi Muesli 500G	3.59
	Porridge Oats Organic 1Kg	1.19
	Porridge Oats Organic 5Kg	5.49
	Puffed Millet Organic 250G	1.29
	Puffed Millet Organic 500G	2.29
	Puffed Rice Organic 250G	1.19
	Puffed Rice Organic 500G	2.19
	Spelt Flakes Organic 250G	2.59
	Spelt Flakes Organic 500G	4.89
	Unicorn Muesli 41% Fruit & Nut 1Kg	2.99
	Unicorn Muesli 41% Fruit & Nut 500G	1.59
	Unicorn Muesli 41% Fruit & Nut 5Kg	13.49
	Vanilla Porridge Organic 1Kg	2.39
	Wheatflakes Malted Organic 2Kg	3.89
	Wheatflakes Malted Organic 500G	1.09
Wheatflakes Organic With Sultanas 2Kg	5.99	
Wheatflakes Organic With Sultanas 500G	1.59	
Dried Fruit	Apple Rings 1.5Kg	7.39
	Apple Rings 125G	0.69
	Apple Rings 250G	1.29
	Apple Rings 500G	2.49
	Apricots Chopped Organic 1Kg	6.59
	Apricots Chopped Organic 500G	3.49
	Apricots Orange 1Kg	5.19
	Apricots Orange 250G	1.49
	Apricots Orange 3Kg	14.09
	Apricots Orange 500G	2.89

Dried Fruit	Apricots Organic 1Kg	6.89
	Apricots Organic 250G	1.89
	Apricots Organic 3Kg	18.59
	Apricots Organic 500G	3.59
	Baby Figs 1Kg	5.39
	Baby Figs 500G	2.89
	Banana Coins Fairly Traded 250G	1.69
	Banana Coins Fairly Traded 500G	3.19
	Chopped Banana Sun Dried 1Kg	3.69
	Chopped Banana Sun Dried 500G	1.99
	Currants 1Kg	2.89
	Currants 500G	1.49
	Dates 1Kg	1.99
	Dates 3Kg	5.49
	Dates 500G	1.09
	Dates Chopped 1Kg	2.29
	Dates Chopped 3Kg	6.79
	Dates Chopped 500G	1.19
	Dates Organic 1Kg	5.29
	Dates Organic 250G	1.49
	Dates Organic 3Kg	14.39
	Dates Organic 500G	2.89
	Figs Organic 1Kg	5.69
	Figs Organic 3Kg	15.29
	Figs Organic 500G	2.99
	Fruit Salad 1Kg	6.39
	Fruit Salad 500G	3.39
	Jak Fruit Organic 100G	1.49
	Jak Fruit Organic 250G	2.89
	Mango Organic 100G	1.29
	Mango Organic 1Kg	10.99
	Mango Organic 250G	2.99
	Mango Organic 500G	5.89
	Mixed Fruit 1Kg	4.49
	Mixed Fruit 3Kg	12.49
	Mixed Fruit 500G	2.39
	Prunes Pitted Organic 1Kg	4.99
	Prunes Pitted Organic 250G	1.29
	Prunes Pitted Organic 3Kg	14.89
	Prunes Pitted Organic 500G	2.49
	Raisins Argentinian Organic 1Kg	3.99
	Raisins Argentinian Organic 3Kg	10.79
	Raisins Argentinian Organic 500G	2.09
	Raisins Californian Organic 1Kg	3.59
	Raisins Californian Organic 3Kg	9.69
	Raisins Californian Organic 500G	1.89
	Raisins Lexia 1Kg	4.89
	Raisins Lexia 3Kg	13.19
	Raisins Lexia 500G	2.49
	Raisins Turkish Organic 1Kg	4.69
	Raisins Turkish Organic 3Kg	12.79
	Raisins Turkish Organic 500G	2.49
	Sultanas Australian 1Kg	5.88
	Sultanas Australian 3Kg	15.88
	Sultanas Australian 500G	3.11
	Sultanas Turkish Organic 1Kg	3.49

Dried Fruit	Sultanas Turkish Organic 3Kg	9.59
	Sultanas Turkish Organic 500G	1.89
Flakes & Grains	Barley Flakes Organic 1Kg	1.19
	Barley Grain Organic 1Kg	1.19
	Buckwheat Organic 1Kg	1.69
	Buckwheat Organic 500G	0.99
	Bulgar Wheat Organic 1Kg	1.58
	Bulgar Wheat Organic 3Kg	4.39
	Bulgar Wheat Organic 500G	0.89
	Cous-Cous Wholemeal Organic 1Kg	2.19
	Cous-Cous Wholemeal Organic 3Kg	5.99
	Cous-Cous Wholemeal Organic 500G	1.19
	Farro Grain Organic 1Kg	1.89
	Farro Grain Organic 500G	0.99
	Jumbo Oats Organic 1Kg	1.25
	Jumbo Oats Organic 5Kg	5.49
	Millet Flakes Organic 500G	1.49
	Millet Organic 1Kg	1.79
	Millet Organic 3Kg	4.99
	Oatmeal Medium Organic 1Kg	1.19
	Popcorn Organic 1Kg	1.99
	Quinoa Flakes Organic 500G	3.29
	Quinoa Organic 1Kg	4.49
	Quinoa Organic 3Kg	11.99
	Quinoa Organic 500G	2.39
	Quinoa Red Organic 1Kg	7.19
	Quinoa Red Organic 500G	3.79
	Rice Arborio Organic 1Kg	2.59
	Rice Arborio Organic 500G	1.39
	Rice Basmati Organic 1Kg	2.49
	Rice Basmati Organic 3Kg	6.49
	Rice Basmati Organic 500G	1.29
	Rice Flakes Organic 1Kg	2.89
	Rice Flakes Organic 3Kg	7.79
	Rice Jasmine Organic 1Kg	2.69
	Rice Jasmine Organic 3Kg	6.99
	Rice Jasmine Organic 500G	1.39
	Rice Long Grain Organic 1Kg	1.39
	Rice Long Grain Organic 3Kg	3.99
	Rice Red Organic 1Kg	3.49
	Rice Red Organic 500G	1.79
	Rice Short Grain Organic 1Kg	1.59
	Rice Short Grain Organic 3Kg	4.59
	Rice Sweet Organic 1Kg	1.99
	Rice Sweet Organic 500G	1.09
	Rice Wild Organic 1Kg	13.29
	Rice Wild Organic 250G	3.59
	Rye Flakes Organic 1Kg	1.19
	Tapioca Medium Organic 500G	1.79
	Three Rice Mix 1Kg	3.69
	Three Rice Mix 500G	1.99
	Wheat Grain Organic 1Kg	0.89
Flours	Barley Flour Organic 1Kg	0.99
	Buckwheat Flour Organic 1Kg	3.99
	Canadian Flour 1.5Kg	1.99
	Canadian Flour 5Kg	5.89

Flours	Cocoa Nibs Organic 100G	1.49
	Cocoa Nibs Organic 250G	3.59
	Cocoa Nibs Organic 50G	0.79
	Cocoa Organic 250G	2.99
	Cocoa Organic 500G	5.69
	Cornflour Organic 500G	0.89
	Maizemeal Organic 1Kg	1.25
	Millet Flour Organic 1Kg	1.49
	Polenta Organic 1Kg	1.99
	Potato Flour Gluten Free Organic 1Kg	3.79
	Potato Flour Organic 500G	1.99
	Rice Flour 1Kg	1.49
	Semolina Organic 1Kg	1.69
	Soya Flour Toasted Organic 500G	1.59
Herbs & Spices	Allspice Ground 50G	0.99
	Allspice Whole 50G	0.99
	Asafoetida 200G	3.19
	Asafoetida 50G	0.98
	Basil Organic 100G	1.19
	Basil Organic 50G	0.79
	Bay Leaves 15G	0.49
	Black Onion Seed Kalonji 50G	0.49
	Caraway Seed Organic 250G	2.49
	Caraway Seed Organic 50G	0.89
	Cardamon Black 25G	1.69
	Cardamon Pods Green Organic 25G	1.99
	Cayenne 250G	2.29
	Cayenne 50G	0.49
	Celery Seed 100G	0.69
	Chilli Crushed 50G	0.49
	Chilli Powder 250G	1.69
	Chilli Powder 50G	0.69
	Chinese Five Spice 50G	0.69
	Chives 25G	0.49
	Cinnamon Organic Ground 250G	2.49
	Cinnamon Organic Ground 50G	0.79
	Cinnamon Sticks 100G	1.79
	Cinnamon Sticks 25G	0.49
	Cloves Whole Organic 50G	1.39
	Coriander Leaves 100G	1.29
	Coriander Leaves 50G	0.69
	Coriander Organic Ground 250G	2.19
	Coriander Organic Ground 50G	0.49
	Coriander Organic Whole 250G	2.19
	Coriander Organic Whole 50G	0.49
	Cumin Ground 250G	1.79
	Cumin Ground 500G	3.19
	Cumin Ground 50G	0.49
	Cumin Organic Whole 100G	1.49
	Cumin Organic Whole 50G	0.79
	Curry Powder Medium 250G	1.79
	Curry Powder Medium 500G	3.49
	Curry Powder Medium 50G	0.49
	Dill Weed 25G	0.69
Fennel Seed Organic 250G	2.49	
Fennel Seed Organic 50G	0.69	

Herbs & Spices		
	Fenugreek Organic Ground 50G	0.79
	Fenugreek Seed 100G	0.49
	Fenugreek Seed 250G	1.19
	Galangal Ground 50G	0.99
	Garam Masala 250G	1.39
	Garam Masala 50G	0.49
	Garlic Powder 250G	1.09
	Garlic Powder 50G	0.49
	Ginger Ground 250G	1.49
	Ginger Ground 50G	0.49
	Ginger Root 50G	0.69
	Herbs De Provence 250G	1.99
	Herbs De Provence 50G	0.49
	Juniper Berries Organic 50G	0.99
	Lavender Dried 100G	1.39
	Lavender Dried 50G	0.75
	Lemongrass 50G	0.79
	Lime Leaves Kaffir 12G	1.19
	Mace Ground 25G	1.29
	Marjoram Rubbed Organic 50G	0.99
	Mint 50G	0.79
	Mixed Herbs 250G	1.59
	Mixed Herbs 50G	0.69
	Mixed Spice 50G	0.49
	Mustard Powder Organic 250G	2.49
	Mustard Seed Organic Black 250G	1.79
	Mustard Seed Organic Black 50G	0.49
	Mustard Seed Organic Yellow 50G	0.49
	Oregano 100G	1.49
	Oregano 50G	0.79
	Panch Phoron Bengali 5 Spice 250G	2.49
	Panch Phoron Bengali 5 Spice 50G	0.59
	Paprika 250G	1.49
	Paprika 500G	2.69
	Paprika 50G	0.49
	Paprika Smoked 100G	0.99
	Parsley 100G	1.19
	Parsley 50G	0.69
	Pepper Szechuan 50G	1.99
	Peppercorns Black, Ground 50G	0.59
	Peppercorns Organic Black 1Kg	12.99
	Peppercorns Organic Black 250G	3.49
	Peppercorns Organic Black 50G	0.79
	Ras-El-Hanout Spice Blend 50G	1.19
	Rosemary Organic 100G	1.49
	Rosemary Organic 50G	0.79
	Sage Organic Rubbed 100G	1.49
	Sage Organic Rubbed 50G	0.79
	Star Anise Ground 25G	0.99
	Star Anise Whole 25G	0.99
	Sumac 50G	0.79
	Tarragon 25G	0.69
	Thyme 100G	0.99
	Thyme 50G	0.69
	Turmeric 250G	1.49
	Turmeric 500G	2.79

Herbs & Spices	Turmeric 50G	0.49
	Vanilla Pods Organic Each	0.99
Household Items	Soap Flakes Vegetable 500G	1.35
Nuts	Almonds 100G	0.69
	Almonds 1Kg	6.29
	Almonds 250G	1.69
	Almonds 3Kg	16.99
	Almonds Blanched Ground 100G	0.79
	Almonds Blanched Ground 1Kg	6.59
	Almonds Blanched Ground 250G	1.89
	Almonds Blanched Ground 500G	3.59
	Almonds Flaked 100G	0.79
	Almonds Flaked 1Kg	6.59
	Almonds Flaked 250G	1.89
	Almonds Flaked 500G	3.59
	Almonds Organic 100G	0.99
	Almonds Organic 1Kg	8.49
	Almonds Organic 250G	2.39
	Almonds Organic 500G	4.58
	Apricot Kernels Sweet Variety 100G	0.99
	Apricot Kernels Sweet Variety 250G	2.29
	Brazils Broken 1Kg	6.69
	Brazils Broken 250G	1.89
	Brazils Broken 3Kg	18.49
	Brazils Broken 500G	3.69
	Brazils Whole 1Kg	9.69
	Brazils Whole 250G	2.69
	Brazils Whole 500G	5.29
	Cashew Large Pieces 1Kg	8.99
	Cashews Large Pieces 250G	2.49
	Cashews Large Pieces 500G	4.89
	Cashews Organic 100G	1.49
	Cashews Organic 1Kg	12.99
	Cashews Organic 250G	3.59
	Cashews Organic 500G	6.99
	Chestnuts Dried 250G	2.59
	Chestnuts Dried 500G	4.99
	Coconut Chips Toasted Organic 250G	1.49
	Coconut Chips Toasted Organic 500G	2.89
	Coconut Chips Toasted Organic 750G	4.19
	Coconut Desiccated Organic 1Kg	3.99
	Coconut Desiccated Organic 250G	1.09
	Coconut Desiccated Organic 500G	2.09
	Hazelnuts Organic 100G	1.09
	Hazelnuts Organic 1Kg	9.89
	Hazelnuts Organic 250G	2.69
	Hazelnuts Organic 500G	5.29
	Hazelnuts Roasted Organic 100G	1.49
	Hazelnuts Roasted Organic 1Kg	13.49
	Hazelnuts Roasted Organic 250G	3.69
	Hazelnuts Roasted Organic 500G	7.29
	Mixed Nuts Chopped 1Kg	4.89
	Mixed Nuts Chopped 250G	1.35
Mixed Nuts Chopped 3Kg	13.19	
Mixed Nuts Chopped 500G	2.59	
Mixed Nuts Whole 1Kg	9.89	

Nuts	Mixed Nuts Whole 250G	2.69
	Mixed Nuts Whole 500G	5.19
	Peanuts Organic 1Kg	3.29
	Peanuts Organic 250G	0.89
	Peanuts Organic 3Kg	8.89
	Peanuts Organic 500G	1.69
	Pecan Nuts 100G	1.59
	Pecan Nuts 1Kg	14.89
	Pecan Nuts 250G	3.79
	Pecan Nuts 500G	7.49
	Pine Nuts 100G	2.49
	Pine Nuts 250G	5.99
	Pistachios Raw Kernels 100G	1.99
	Pistachios Raw Kernels 250G	4.89
	Pistachios Toasted In Shell 100G	1.09
	Pistachios Toasted In Shell 1Kg	9.99
	Pistachios Toasted In Shell 250G	2.59
	Pistachios Toasted In Shell 500G	5.09
	Walnut Halves Organic 100G	1.89
	Walnut Halves Organic 1Kg	16.59
	Walnut Halves Organic 250G	4.69
	Walnut Halves Organic 500G	8.69
	Walnut Pieces Organic 100G	1.69
	Walnut Pieces Organic 1Kg	14.39
	Walnut Pieces Organic 250G	3.99
	Walnut Pieces Organic 500G	7.59
Oil & Seasonings	Bouillon Yeast-Free Vegetable Stock 100G	1.09
	Bouillon Yeast-Free Vegetable Stock 250G	2.59
	Sea Salt Coarse 1Kg	0.89
	Sea Salt Coarse 500G	0.49
	Sea Salt Fine 1Kg	0.89
	Sea Salt Fine 500G	0.49
Olives/Mediterranean	Sun-Dried Tomatoes Tomatoes Organic 100G	1.09
	Sun-Dried Tomatoes Tomatoes Organic 1Kg	9.49
	Sun-Dried Tomatoes Tomatoes Organic 250G	2.59
Prepared Foods	Bouillon Powder Vegetable Stock 100G	1.09
	Bouillon Powder Vegetable Stock 250G	2.59
	Breadcrumbs White Organic 500G	1.15
	Breadcrumbs Wholewheat Organic 500G	1.39
	Falafel Mix Organic 250G	1.69
	Falafel Mix Organic 500G	2.99
	Latkes Organic Potato Pancakes 250G	2.19
	Latkes Organic Potato Pancakes 500G	4.19
	Leek Pancakes Organic Baba Laffal 250G	2.29
	Leek Pancakes Organic Baba Laffal 500G	4.29
	Nut Roast Unicorn 1Kg	6.49
	Nut Roast Unicorn 250G	1.79
	Nut Roast Unicorn 3Kg	17.79
	Nut Roast Unicorn 500G	3.49
	Sosage Mix Made W/ Organic Ingredients 1Kg	8.39
	Sosage Mix Made W/ Organic Ingredients 250G	2.29
	Sosage Mix Made W/ Organic Ingredients 3Kg	22.49
	Tabouleh Organic 250G	2.25
	Tabouleh Organic 500G	4.25
	Tvp / Soya Organic 250G	1.59
Tvp / Soya Organic 500G	2.99	

Prepared Foods	Unicorn Gravy Mix 100G	1.29
	Unicorn Gravy Mix 1Kg	9.79
	Unicorn Gravy Mix 200G	2.49
	V-Dog 1Kg	1.99
	V-Dog 3Kg	4.99
	Yeast Flakes Organic 100G	2.29
	Yeast Flakes Organic 250G	4.99
Pulses, Beans & Lentils	Aduki Beans Organic 1Kg	2.19
	Bean Mix Organic 1Kg	2.49
	Black Turtle Beans Organic 1Kg	1.39
	Blackeye Beans 1Kg	1.99
	Butter Beans Organic 1Kg	2.89
	Cannelini Beans Organic 1Kg	1.58
	Chick Peas Organic 1Kg	1.99
	Field Beans 1Kg	0.99
	Flageolet Beans 500G	1.39
	Haricot Beans Organic 1Kg	1.41
	Kidney Beans Red Organic 1Kg	1.99
	Lentils Broth Mix 1Kg	2.39
	Lentils Brown Organic 1Kg	1.59
	Lentils Green Organic 1Kg	2.19
	Lentils Puy Type Organic 1Kg	2.99
	Lentils Red Split Organic 1Kg	1.79
	Lentils Red Split Organic 3Kg	4.99
	Lentils Red Split Organic 500G	0.99
	Marrowfat Peas 1Kg	0.99
	Mung Beans Organic 1Kg	2.69
	Pintos Organic 1Kg	1.59
	Soya Beans Organic 1Kg	1.39
	Split Peas Green Organic 1Kg	1.39
Split Peas Yellow Organic 1Kg	1.39	
Seeds	Alfalfa Seed Organic 100G	0.79
	Alfalfa Seed Organic 1Kg	6.19
	Alfalfa Seed Organic 250G	1.69
	Linseed Organic 1Kg	2.39
	Linseed Organic 3Kg	6.39
	Linseed Organic 500G	1.29
	Poppy Seed Organic 1Kg	4.99
	Poppy Seed Organic 250G	1.39
	Pumpkin Seed Organic 1Kg	6.29
	Pumpkin Seed Organic 250G	1.69
	Pumpkin Seed Organic 3Kg	16.99
	Pumpkin Seed Organic 500G	3.29
	Sesame Seed Organic 1Kg	2.79
	Sesame Seed Organic 250G	0.79
	Sesame Seed Organic 3Kg	7.69
	Sesame Seed Organic 500G	1.49
	Sprouting Mix Organic Mixed 500G	1.49
	Sunflower Seeds Organic 1Kg	2.49
	Sunflower Seeds Organic 250G	0.69
	Sunflower Seeds Organic 3Kg	6.49
Sunflower Seeds Organic 500G	1.29	
Sweet and Savoury Mixes	Almonds Roasted & Salted 100G	1.09
	Almonds Roasted & Salted 1Kg	9.49
	Almonds Roasted & Salted 250G	2.59
	Bombay Mix Organic 100G	0.59

Sweet and Savoury Mixes	Bombay Mix Organic 1Kg	2.99
	Bombay Mix Organic 250G	0.98
	Cashews Black Pepper 100G	1.19
	Cashews Black Pepper 250G	2.89
	Cashews Black Pepper 500G	5.49
	Cashews Garlic 100G	1.19
	Cashews Garlic 250G	2.89
	Cashews Garlic 500G	5.49
	Cashews Roasted 100G	1.19
	Cashews Roasted 1Kg	9.99
	Cashews Roasted 250G	2.89
	Cashews Roasted 500G	5.49
	Cashews Spicy 100G	1.19
	Cashews Spicy 250G	2.89
	Cashews Spicy 500G	5.49
	Chick Pea Noodles 1.5Kg	2.95
	Chick Pea Noodles 100G	0.49
	Chick Pea Noodles 500G	1.19
	Fruit & Nut Mix Organic 1Kg	4.99
	Fruit & Nut Mix Organic 250G	1.39
	Garlic Sticks 1.5Kg	2.95
	Garlic Sticks 100G	0.49
	Garlic Sticks 500G	1.19
	Macadamia Nuts Roasted & Salted 100G	2.09
	Macadamia Nuts Roasted & Salted 250G	5.19
	Macadamia Nuts Roasted & Salted 50G	1.09
	Mixed Nuts Roasted & Salted 100G	0.98
	Mixed Nuts Roasted & Salted 1Kg	6.50
	Mixed Nuts Roasted & Salted 250G	2.15
	Mountain Mix 1Kg	5.49
	Mountain Mix 250G	1.49
	Mountain Mix 3Kg	14.99
	Peanuts Roasted 1Kg	3.69
Peanuts Roasted 250G	0.98	
Sesame Sticks 100G	0.49	
Sesame Sticks 250G	0.89	
Trail Mix 1Kg	6.69	
Trail Mix 250G	1.89	
Trail Mix 3Kg	17.99	
Sweeteners	Malt Powder Organic 1Kg	5.39
	Malt Powder Organic 250G	1.49
Teas & Drinks	Choc-O-Malt Hot Drink 200G	1.49
	Choc-O-Malt Hot Drink 500G	2.99