

BULK BUYING MENU

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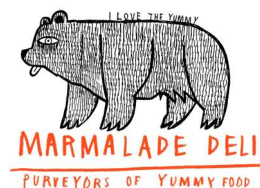
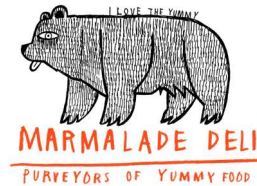


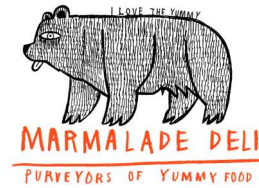
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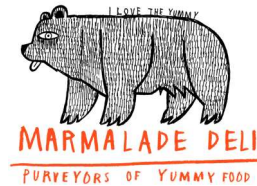


BEANS & PULSES

Aduki Beans - Organic 1x25kg	£75.36	Flageolet Beans 1x3kg	£16.45
Aduki Beans - Organic 1x3kg	£10.94	Haricot Beans 1x25kg	£60.87
Deluxe Bean Mix 1x3kg	£12.25	Haricot Beans 1x3kg	£9.06
Blackeye Beans 1x25kg	£67.03	Haricot Beans - Organic 1x3kg	£10.00
Blackeye Beans 1x3kg	£9.71	Brown Lentils 1x25kg	£42.68
Borlotti Beans 1x3kg	£12.74	Brown Lentils 1x10kg	£19.93
Butter Beans 1x25kg	£98.55	Brown Lentils 1x3kg	£7.25
Butter Beans 1x10kg	£43.40	Organic Beluga (Black) Lentils 1x5kg	£32.82
Butter Beans 1x3kg	£13.77	Brown Lentils - Organic 1x25kg	£72.10
Butter Beans - Organic 1x3kg	£19.85	Brown Lentils - Organic 1x3kg	£11.23
Cannellini Beans 1x25kg	£64.71	Green Lentils - Laird 1x25kg	£49.27
Cannellini Beans 1x10kg	£29.42	Green Lentils - Laird 1x10kg	£23.91
Cannellini Beans 1x3kg	£9.71	Green Lentils - Laird 1x3kg	£8.12
Chickpeas 1x25kg	£42.75	Green Lentils - Organic 1x25kg	£97.10
Chickpeas 1x10kg	£20.43	Green Lentils - Organic 1x3kg	£14.27
Chickpeas 1x3kg	£7.03	Green Lentils - Organic 1x1kg	£5.72
Chickpeas - Organic 1x25kg	£68.11	Dark Speckled Lentils 1x25kg	£48.55
Chickpeas - Organic 1x10kg	£32.24	Dark Speckled Lentils 1x3kg	£7.83
Chickpeas - Organic 1x3kg	£10.87	Dark Speckled Lentils - Organic 1x25kg	£125.36
Chickpeas - Organic 1x1kg	£4.49	Dark Speckled Lentils - Organic 1x3kg	£17.32
Fava Beans - Whole (dried broad beans) 1x2.5kg	£6.45	Dark Speckled Lentils - Organic 1x1kg	£6.59

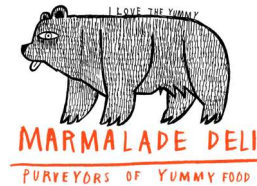


Red Lentils 1x25kg	£34.27	Yellow Split Peas 1x25kg	£31.38
Red Lentils 1x10kg	£16.30	Yellow Split Peas 1x10kg	£15.72
Red Lentils 1x3kg	£5.65	Yellow Split Peas 1x3kg	£5.58
Red Lentils - Organic 1x25kg	£56.52	Yellow Split Peas - Organic 1x3kg	£9.35
Red Lentils - Organic 1x10kg	£26.30	Black Turtle Beans 1x25kg	£61.45
Red Lentils - Organic 1x3kg	£9.20	Black Turtle Beans 1x3kg	£9.35
Red Lentils - Organic 1x1kg	£3.77	Green Split Peas - Organic 1x25kg	£62.32
Marrowfat Peas 1x12.5kg	£17.17	Yellow Split Peas - Organic - UK grown 1x25kg	£62.32
Marrowfat Peas 1x3kg	£5.65	Flageolet 1x25kg	£118.83
Moong Dall - Washed 1x3kg	£10.29	Broth Mix 1x25kg	£35.51
Mung Beans - Organic 1x3kg	£14.42	Broth Mix 1x10kg	£14.85
Mung Beans - Organic 1x1kg	£5.65	Broth Mix 1x3kg	£5.36
Pinto Beans 1x25kg	£53.62	Butter Beans Organic 1x25kg	£143.76
Pinto Beans 1x10kg	£24.42	Haricot/Navy Beans - Organic 1x25kg	£68.11
Pinto Beans 1x3kg	£8.41	Mung Beans Organic 1x25kg	£101.44
Red Kidney Beans 1x25kg	£81.16	Split Fava Beans UK - Organic 1x5kg	£16.96
Red Kidney Beans 1x3kg	£11.59		
Red Kidney Beans - Organic 1x3kg	£13.91		
Soya Beans - Organic 1x25kg	£52.17		
Soya Beans - Organic 1x3kg	£8.33		
Green Split Peas 1x25kg	£34.06		
Green Split Peas 1x3kg	£5.94		
Green Split Peas - Organic 1x3kg	£9.35		

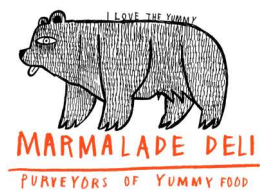


BREAKFAST GRAINS

Bran Flakes - Organic 1x10kg	£65.21	Muesli Base - Organic 1x10kg	£20.22
Gluten Free Jumbo Oats - Organic 1x20kg	£70.65	Muesli Base - Organic 1x3kg	£6.96
Gluten Free Porridge Oats - Organic 1x20kg	£70.65	Deluxe Muesli - Organic 1x25kg	£94.92
Porridge Oats 1x25kg	£26.59	Deluxe Muesli - Organic 1x10kg	£39.49
Oat Bran & Germ 1x25kg	£30.43	Deluxe Muesli - Organic 1x3kg	£12.83
Fine Oatmeal 1x25kg	£28.04	Deluxe Muesli - Organic 1x1kg	£5.00
Pinhead Oatmeal 1x25kg	£28.09	Superfoods Muesli 1x25k	£86.23
Highland Bramble Crunch Muesli 1x7kg	£43.26	Superfoods Muesli 1x10kg	£37.32
Highland Bramble Crunch Muesli 1x3kg	£20.65	Superfoods Muesli 1x3kg	£11.58
Bran Flakes - Organic 1x3kg	£21.74	Super Muesli 1x25kg	£62.53
Banana Bran 1x3kg	£16.38	Super Muesli 1x10kg	£25.87
Bran Sticks - Organic 1x3kg	£15.65	Super Muesli 1x3kg	£8.62
Crunchy Muesli 1x10kg	£26.74	Buckwheat Flakes - Organic 1x3kg	£15.94
Deluxe Muesli 1x25kg	£68.11	Brown Rice Flakes - Organic 1x3kg	£21.01
Deluxe Muesli 1x10kg	£28.26	Quinoa Flakes - Organic 1x1kg	£9.78
Deluxe Muesli 1x3kg	£9.42	Wheat Flakes - Toasted - Organic 1x3kg	£8.70
Exotic Muesli 1x25kg	£84.05	Barley Flakes - Organic 1x10kg	£20.72
Exotic Muesli 1x10kg	£35.51	Barley Flakes - Organic 1x3kg	£6.59
Exotic Muesli 1x3kg	£11.52	Rye Flakes - Organic 1x10kg	£19.49
Five Star Muesli 1x25kg	£82.60	Rye Flakes - Organic 1x3kg	£6.23
Muesli Base - Organic 1x20kg	£38.40	Wheat Flakes - Toasted 1x3kg	£4.85

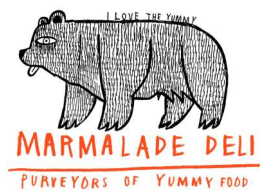


Jumbo Oats 1x25kg	£26.59	Pinhead Oatmeal 1x3kg	£4.78
Jumbo Oats (G) 1x12.5kg	£17.17	Pinhead Oatmeal - Organic 1x25kg	£48.21
Jumbo Oats (G) 1x3kg	£4.71	Pinhead Oatmeal - Organic 1x3kg	£7.54
Jumbo Oats - Organic 1x25kg	£52.90	Porridge Oats 1x25kg	£28.04
Porridge Oats (G) 1x12.5kg	£18.62	Porridge Oats (M) 1x12.5kg	£19.20
Porridge Oats (G) 1x3kg	£4.71	Porridge Oats - Organic 1x25kg	£51.66
Oat Bran - Organic 1x3kg	£9.42	Porridge Oats (M) - Organic 1x12.5kg	£31.52
Oat Bran - Organic 1x1kg	£3.77	Bran Sticks - Organic 1x15kg	£66.66
Fine Oatmeal 1x12.5kg	£15.29	Porridge Oats (C) - Organic 1x12.5kg	£31.52
Fine Oatmeal 1x3kg	£4.71	Porridge Oats (C) - Organic 1x3kg	£8.26
Fine Oatmeal - Organic 1x25kg	£48.21	Porridge Oats - Organic 1x25kg	£52.90
Fine Oatmeal - Organic 1x3kg	£7.54	Jumbo Oats - Organic 1x12.5kg	£31.52
Jumbo Oats 1x25kg	£28.04	Jumbo Oats - Organic 1x3kg	£8.26
Jumbo Oats 1x12.5kg	£17.46	Quinoa Flakes - Organic 1x15kg	£108.69
Jumbo Oats - Organic 1x25kg	£52.17	Barley Flakes - Organic 1x20kg	£31.67
Medium Oatmeal 1x25kg	£28.09	Rye Flakes - Organic 1x20kg	£28.91
Medium Oatmeal 1x3kg	£5.07	Wheat Flakes - Toasted - Organic 1x20kg	£45.65
Medium Oatmeal - Organic 1x25kg	£48.21	Wheat Flakes - Toasted 1x20kg	£20.29
Medium Oatmeal - Organic 1x10kg	£22.46	Cornflakes Crunchy - Organic 1x15kg	£94.20
Medium Oatmeal - Organic 1x3kg	£7.54		
Oat Groats - Organic 1x25kg	£52.03		
Oat Groats - Organic 1x3kg	£8.33		
Pinhead Oatmeal 1x12.5kg	£15.29		



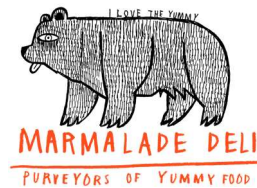
SNACKS

Rice Cracker Osumi Mix 1x7.5kg	£59.13
Bombay Mix 1x3kg	£11.09
Chilli Rice Crackers 1x2.5kg	£25.00
Bombay Mix 1x15kg	£50.72
Wasabi Peas - Spicy 1x2.5k	£31.74



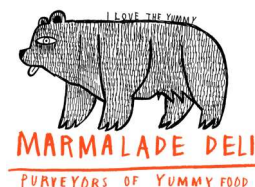
MILK POWDER

Milk Powder 26% Fat - Organic 1x3kg	£41.66
Milk Powder 26% Fat - Organic 1x1kg	£14.78
Skimmed Milk Powder - Organic 1x3kg	£35.72
Skimmed Milk Powder - Organic 1x1kg	£12.74

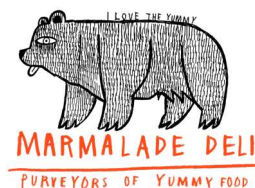


FLOUR & BAKING

Bran - Organic 1x3kg	£6.74	Wholemeal Spelt Flour - Organic SG 1x15kg	
Baker's Bran 1x3kg	£10.87	Strong White Flour - Organic SG 1x15kg	£24.85
Wheatgerm - Stabilized 1x10kg	£37.24	Strong Wholemeal Bread Flour SG - Organic 1x8kg	£15.94
Wheatgerm - Stabilized 1x3kg	£12.32	85% Granary Flour 1x16kg	£34.27
Fibresum 66 Malted Flour (Berrymeal) 1x16kg	£23.40	85% Granary Flour 1x8kg	£21.67
Biobake Strong White - Organic 1x25kg	£33.04	Unbleached White Self Raising - Carrs 1x16kg	£22.54
Biobake Strong White - Organic 1x10kg	£16.16	Strong Bakers' White Flour - Carr's 1x16kg	£21.81
Biobake Strong Wholewheat - Organic 1x25kg	£29.71	Malthouse Flour - Organic 1x25kg	£38.84
Biobake Strong Wholewheat - Organic 1x10kg	£14.71	Malthouse Flour - Organic 1x10kg	£18.84
Malthouse flour - Organic - SG 1x25kg	£39.64	Wholemeal Spelt Flour - Organic 1x25kg	£48.84
Malthouse flour - Organic - SG 1x10kg	£16.96	Wholemeal Spelt Flour - Organic 1x10kg	£23.91
Strong Wholewheat flour - Organic SG 1x25kg	£29.71	Bakers Strong White Flour No.4 - Organic 1x25kg	£31.16
Plain White flour - Organic 1x25kg	£33.33	Bakers Strong White Flour No.4 - Organic 1x10kg	£15.00
Plain White flour - Organic 1x10kg	£15.51	Strong Wholewheat Flour - Organic 1x25kg	£31.16
White Self Raising flour - Organic 1x25kg	£34.27	Strong Wholewheat Flour - Organic 1x10kg	£15.65
White Self Raising flour - Organic 1x10kg	£15.87	Potato Starch (farina) 1x10kg	£26.38
Fine Wholewheat flour - Organic SG 1x25kg	£29.71	Potato Starch (farina) 1x3kg	£8.99
Fine Wholewheat flour - Organic SG 1x10kg	£14.20	Brown Rice Flour 1x3kg	£7.17
Ciabatta Flour - Organic SG 1x15kg	£24.85	Gluten-Free Plain White Flour 1x16kg	£32.39
Farmhouse Flour - Organic - SG 1x15kg	£22.90	Gluten-Free White Bread Flour 1x16kg	£32.39
	£39.27	100% Rye Flour SG 1x25kg	£26.45

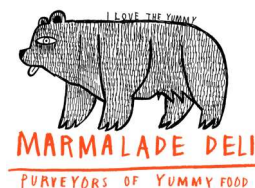


Gram Flour 1x20kg	£38.48	Baking Powder 1x1kg	£3.62
Gram Flour 1x10kg	£22.61	Baking Powder 1x500g	£2.17
Gram Flour 1x3kg	£7.83	Baker's Bran 1x12.5kg	£34.78
Whole Rye Flour SG - Organic 1x15kg	£25.14	Bicarbonate of Soda 1x1kg	£2.03
Rye Flour - Organic -Stone Ground 1x25kg	£65.72	Bicarbonate of Soda 1x25kg	£23.04
Barley Flour - Organic 1x3kg	£9.42	White Rice Flour 1x25kg	£38.40
Light Rye Flour - Organic 1x10kg	£19.78	Vegan White Chocolate Drops - Organic 1x1kg	£18.69
Dark Rye Flour - Organic 1x25kg	£33.19	Fibremalt Flour (Granary) 1x16kg	£22.75
Dark Rye Flour - Organic 1x10kg	£18.19	Medium Brown - Carr's 1x16kg	£21.45
Light Rye Flour - Organic 1x25kg	£37.53	Unbleached Plain White - Carrs 1x16kg	£22.54
Cornflour 1x25kg	£41.01	Vital Wheat Gluten 1x3kg	£12.54
Cornflour 1x10kg	£20.94	Vital Wheat Gluten 1x25kg	£79.71
Cornflour 1x3kg	£7.39		
White Rice Flour 1x10kg	£18.83		
White Rice Flour 1x3kg	£6.74		
Ground White Rice 1x10kg	£18.83		
Ground White Rice 1x3kg	£6.74		
Cocoa Powder - Organic 1x25kg	£173.90		
Organic Wheat Gluten 1x5kg	£57.46		
Cocoa Powder - Organic 1x3kg	£25.00		
Cocoa Powder - Organic 1x1kg	£9.64		
Chocolate Drops 60% - Organic 1x1kg	£15.13		
Baking Powder 1x3kg	£9.93		



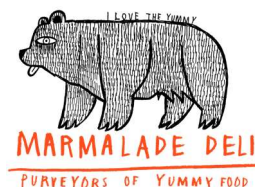
SUGAR

Demerara Sugar *FT* 1x25kg	£77.46	Fine Raw Cane Sugar - Organic 1x1kg	£5.80
Golden Granulated Sugar *FT* 1x25kg	£78.76	White Caster Sugar (refined) 1x25kg	£39.13
Icing Sugar - Organic 1x25kg	£120.28	White Caster Sugar (refined) 1x10kg	£18.48
Dark Muscovado Sugar 1x25kg	£82.17	White Caster Sugar (refined) 1x3kg	£6.74
Light Muscovado Sugar 1x25kg	£82.82		
Soft Light Brown Sugar 1x25kg	£78.26		
Fine Raw Cane Sugar (Golden Caster) - Organic 1x25kg	£99.56		
Coconut Palm Sugar - Organic 1x1kg	£8.33		
Demerara/Raw Cane *FT* 1x10kg	£35.87		
Demerara Sugar *FT* 1x3kg	£11.67		
Golden Granulated Sugar *FT* 1x10kg	£37.32		
Golden Granulated Sugar *FT* 1x3kg	£11.96		
Icing Sugar - Organic 1x3kg	£17.68		
Dark Muscovado (Screened) 1x3kg	£12.39		
Light Muscovado Screened 1x10kg	£38.69		
Light Muscovado Screened 1x3kg	£12.61		
Soft Light Brown Sugar 1x10kg	£35.07		
Soft Light Brown Sugar 1x3kg	£12.68		
Fine Raw Cane Sugar - Organic 1x10kg	£45.65		
Fine Raw Cane Sugar - Organic 1x3kg	£14.64		



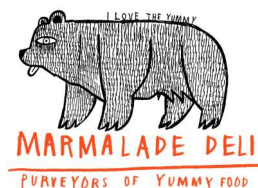
BULK COOKING INGREDIENTS

TVP Mince - Organic 1x5kg	£45.43	Sea Salt - Coarse - Additive Free 1x10kg	£10.36
TVP Mince - Organic 1x1kg	£10.36	Sea Salt - Coarse - Additive Free 1x3kg	£4.20
Sun-Dried Tomato - Halves - Organic 1x2.5k	£28.84	Sea Salt - Fine Additive Free 1x25kg	£18.84
Sun-Dried Tomato - Halves - Organic 1x1k	£12.68	Sea Salt - Fine Additive Free 1x10kg	£10.36
Panko Breadcrumb Mix 1x10kg	£32.90	Sea Salt - Fine Additive Free 1x3kg	£4.20
Panko Breadcrumbs 1x3kg	£12.54		
Bouillon Powder 1x25kg	£179.70		
Fish Dressing - Ruskoline 1x25kg	£56.08		
Fish Dressing - Ruskoline 1x5kg	£14.27		
Burger Mix 1x5kg	£74.13		
Falafel Mix 1x2.5kg	£19.20		
Vegetarian Sausage Mix 1x3kg	£40.22		
Vegevita B12 Yeast Flakes 1x25kg	£541.64		
B12 Yeast Flakes 1x3kg	£71.01		
TVP Mince - Organic 1x10kg	£82.60		
Sun-Dried Tomato Chopped - Organic 1x5kg	£65.58		
Bouillon Powder - Organic 1x25kg	£253.61		
Bouillon Powder - Organic 1x3kg	£37.68		
Sunflower Oil - Deodorised - Organic 1x25lt	£113.04		
Palm Fat Shortening - Organic 1x10kg	£39.85		
Sea Salt - Coarse - Additive Free 1x25kg	£18.84		

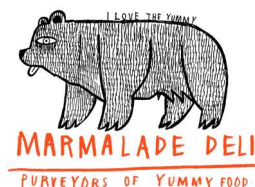


HERBS & SPICES

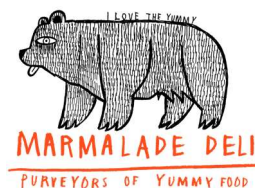
Allspice - Ground 1x1kg	£13.41	Fenugreek Leaves 1x500g	£13.77
Allspice - Whole 1x1kg	£13.41	Chinese Five Spice 1x1kg	£13.91
Basil 1x500g	£4.85	Garlic Granules/Minced 1x1kg	£10.22
Basil - Organic 1x500g	£8.70	Garlic Salt 1x1kg	£5.80
Cardamom Pods - Black 1x500g	£24.42	Ginger - Ground 1x1kg	£12.68
Celery Seed 1x1kg	£9.71	Ginger Ground - Organic 1x500g	£12.25
Chillies - Crushed 1x1kg	£13.04	Juniper Berries 1x1kg	£20.07
Crushed Chillies - Organic 1x500g	£15.87	Ground Mace 1x500g	£22.46
Ground Chilli - Organic 1x500g	£12.54	Mint (Spearmint) 1x500g	£5.29
Chipotle Chillies (crushed) 1x1k	£41.01	Mixed Herbs 1x500g	£7.17
Chives 1x1KG	£24.49	Mixed Herbs - Organic 1x500g	£8.62
Cinnamon Ground - Organic (Ceylon) 1x500g	£18.12	Mixed Spice - Organic 1x500g	£8.84
Cinnamon Sticks - Organic 1x250g	£15.58	Mustard Seed Brown - Organic 1x500g	£7.03
Cloves - Ground (Madagascar) 1x500g	£16.30	Mustard - Ground (Yellow) 1x1kg	£8.84
Cloves - Whole 1x500g	£16.67	Nutmeg - Ground - Organic 1x500g	£36.01
Coriander Ground - Organic 1x500g	£7.17	Paprika - Organic 1x500g	£10.51
Cumin Ground - Organic 1x500g	£20.00	Paprika - Smoked - Organic 1x500g	£16.88
Cumin Whole - Organic 1x500g	£18.69	Parsley 1x500g	£9.42
Curry Leaves - Organic 1x250g	£8.48	Pepper Ground Black - Organic 1x500g	£17.17
Dill Herb 1x500g	£14.27	Pepper - Ground White 1x1kg	£19.56
Fenugreek - Ground 1x1kg	£5.00	Lemon Pepper 1x1kg	£19.56



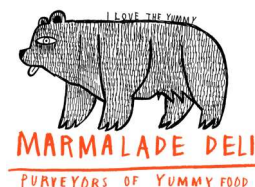
Peppercorns - Black 1x3kg	£36.23
Peppercorns - Black 1x1kg	£13.69
Peppercorns - Pink 1x500g	£20.65
Peppercorns Black - Organic 1x500g	£15.72
Psyllium Husks 1x500g	£13.04
Rosemary - Organic 1x500g	£3.99
Tarragon Leaf 1x500g	£17.25
Turmeric Powder - Organic 1x500g	£7.75
Onion Powder 1x3kg	£20.87
Onion Powder 1x1kg	£7.90
Garlic Granules - Organic 1x1kg	£24.42
Mixed Vegetables 1x10kg	£59.49
Mixed Vegetables 1x3kg	£21.01
Onions (Kibbled) 1x12.5kg	£68.84
Organic Dried Onion 1x500g	£10.80
Porcini Mushrooms 1x1kg	£79.71

**DRIED FRUIT**

Almonds - Whole 1x22.68kg	£282.59	Dates -Pitted - Organic 1x5kg	£35.51
Apple Rings - Added SO2 1x3kg	£33.33	Dates -Pitted - Organic 1x1kg	£9.64
Apricots Chopped - Added SO2 & Rice Flour 1x3kg	£16.30	Dates - Pitted - Freeflow 1x10kg	£27.17
Apricots - Organic - Unsulphured 1x12.5kg	£113.04	Dates - Pitted - Freeflow 1x3kg	£11.38
Apricots - Organic - Unsulphured 1x3kg	£31.52	Figs 1x12.5k	£108.04
Apricots - Organic - Unsulphured 1x1kg	£11.74	Figs 1x3kg	£31.01
Apricots - Whole - Added SO2 1x12.5kg	£67.39	Figs - Organic 1x10kg	£100.72
Apricots - Whole - Added SO2 1x3kg	£20.43	Figs - Organic 1x3kg	£35.87
Banana Chips 1x8kg	£30.80	Figs - Organic 1x1kg	£13.48
Banana Chips 1x3kg	£14.78	Ginger - Crystallised with Raw Cane Sugar 1x5kg	£35.51
Banana Chips 1x1kg	£6.01	Goji Berries 1x1kg	£21.67
Blueberries with Added Sugar 1x1kg	£26.81	Mixed Vine Fruit 1x10kg	£40.58
Cherries - Red Glace Added E163 & SO2 1x5kg	£31.74	Mixed Vine Fruit 1x3kg	£14.20
Cranberries - Added Sugar 1x3kg	£21.88	Mixed Vine Fruit - Organic 1x3kg	£22.82
Cranberries - Added Sugar 1x1kg	£7.90	Mixed Vine Fruit - Organic 1x1kg	£7.90
Currants 1x12.5kg	£68.11	Mixed Peel - Added SO2 1x10kg	£27.32
Currants 1x3kg	£21.38	Papaya - Diced - Added Sugar 1x5kg	£34.06
Currants - Organic 1x12.5kg	£121.01	Papaya - Diced - Added Sugar 1x1kg	£8.70
Currants - Organic 1x3kg	£33.40	Pear Halves - Added SO2 1x3kg	£32.46
Dates - Chopped 1x3kg	£12.32	Pineapple - Diced - Added Sugar 1x5kg	£28.98
Dates Chopped - Organic 1x1kg	£7.97	Pineapple - Diced - Added Sugar 1x1kg	£7.68

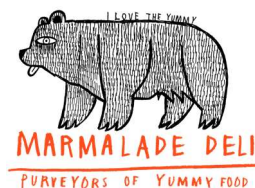


Prunes - 20/30 - Sorbated with stones 1x12.5kg	£85.50	Mixed Nuts 1x1kg	£16.30
Prunes - 20/30 - Sorbated with stones 1x3kg	£24.64	Peanuts and Raisins 1x3kg	£15.80
Pitted Prunes - Organic 1x2.5kg	£37.53	Trail Mix 1x3kg	£22.90
Pitted Prunes - Organic 1x1kg	£16.16	Tropical Mix 1x3kg	£22.90
Pitted Prunes - E202 1x10kg	£40.94		
Pitted Prunes - E202 1x3kg	£17.03		
Raisins - Black Flame - Jumbo 1x10kg	£45.87		
Raisins - Black Flame - Jumbo 1x3kg	£17.54		
Raisins - Organic 1x12.5kg	£67.75		
Raisins - Organic 1x3kg	£20.00		
Raisins - Organic 1x1kg	£7.17		
Raisins 1x12.5kg	£50.72		
Raisins 1x3kg	£16.16		
Raspberries - Freeze-Dried 1x1kg	£109.41		
Fruit Salad - Added SO2 1x10kg	£94.20		
Fruit Salad - Added SO2 1x3kg	£29.71		
Sultanas Golden 1x1kg	£8.87		
Sultanas - Organic 1x12.5kg	£57.61		
Sultanas - Organic 1x3kg	£17.83		
Sultanas - Organic 1x1kg	£6.30		
Sultanas - No. 9's 1x3kg	£14.93		
Sultanas Australian 1x14kg	£83.69		
Mixed Nuts 1x3kg	£46.23		

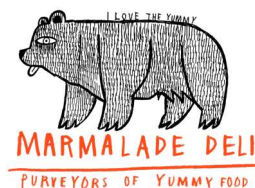


NUTS & SEEDS

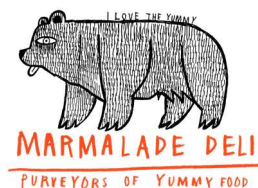
Almonds - Blanched 1x3kg	£41.74	Brazils - Whole - Organic 1x3kg	£55.00
Almonds - Flaked 1x3kg	£47.53	Brazils - Whole - Organic 1x1kg	£20.07
Almonds - Flaked 1x1kg	£16.88	Brazils - Whole - Organic 1x500g	£11.59
Almonds - Flaked - Organic 1x3kg	£66.66	Cashews - Broken 1x22.68kg	£173.90
Almonds - Flaked - Organic 1x1kg	£23.69	Cashews - Broken 1x10kg	£103.84
Almonds - Ground 1x10kg	£137.67	Cashews - Broken 1x3kg	£32.90
Almonds - Ground 1x3kg	£46.16	Cashews - Broken 1x1kg	£12.32
Almonds - Ground 1x1kg	£16.45	Cashews - Pieces - Organic 1x3kg	£63.04
Almonds - Ground - Organic 1x3kg	£68.98	Cashews - Pieces - Organic 1x1kg	£22.61
Almonds - Ground - Organic 1x1kg	£24.06	Whole Cashews - Roasted & Salted 1x2.5kg	£52.17
Almonds - Whole 1x12.5kg	£168.83	Whole Cashews - Roasted & Salted 1x1kg	£22.61
Almonds - Whole 1x3kg	£42.24	Cashews - Whole 1x3kg	£61.59
Almonds - Whole 1x1kg	£15.14	Cashews - Whole 1x1kg	£21.71
Almonds - Whole - Organic 1x3kg	£56.16	Cashews - Whole - Organic 1x22.68kg	£427.51
Almonds - Whole - Organic 1x1kg	£20.07	Cashews - Whole - Organic 1x3kg	£65.21
Brazils - Broken 1x20kg	£215.93	Cashews - Whole - Organic 1x1kg	£23.91
Brazils - Broken 1x3kg	£38.26	Coconut Chips - Raw 1x10kg	£39.85
Brazils - Broken 1x1kg	£14.20	Coconut Chips - Raw 1x3kg	£16.67
Brazils - Whole 1x20kg	£253.61	Coconut - Fine Desiccated 1x25kg	£104.34
Brazils - Whole 1x3kg	£43.33	Coconut - Fine Desiccated 1x7kg	£34.06
Brazils - Whole 1x1kg	£15.65	Coconut - Fine Desiccated 1x3kg	£15.43



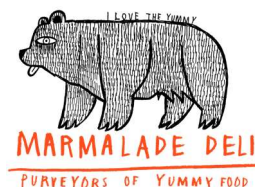
Coconut - Fine Desiccated - Organic 1x3kg	£17.61	Peanuts - Paleskin 45/55 1x10kg	£32.24
Coconut - Fine Desiccated - Organic 1x1kg	£6.74	Peanuts - Paleskin 45/55 1x3kg	£10.65
Coconut - Medium Desiccated 1x25kg	£79.71	Peanuts - Redskin 1x25kg	£92.02
Coconut - Medium Desiccated 1x7kg	£27.03	Peanuts - Redskin 1x10kg	£41.52
Coconut - Medium Desiccated 1x3kg	£12.54	Peanuts - Redskin 1x3kg	£13.41
Coconut - Medium Desiccated - Organic 1x3kg	£17.61	Peanuts - Roasted & Salted 1x2.5kg	£17.03
Coconut - Medium Desiccated - Organic 1x1kg	£6.74	Pecan Halves 1x13.6kg	£304.33
Hazelnuts - Ground 1x1kg	£32.90	Pecan Halves 1x3kg	£74.78
Hazels - Whole Roasted 1x3kg	£45.94	Pecan Halves 1x1kg	£26.23
Hazels - Whole Roasted 1x1kg	£16.38	Pine Kernels 1x12.5kg	£475.34
Hazels - Whole 1x25kg	£301.43	Pine Kernels 1x3kg	£121.88
Hazels - Whole 1x10kg	£130.07	Pine Kernels 1x1kg	£42.03
Hazels - Whole 1x3kg	£40.79	Pine Kernels 1x500g	£21.30
Hazels - Whole 1x1kg	£14.56	Pistachios - Roasted & Salted 1x10kg	£192.02
Hazels - Whole - Organic 1x3kg	£50.72	Pistachios - Roasted & Salted 1x2.5kg	£55.72
Hazels - Whole - Organic 1x1kg	£18.26	Pistachios - Roasted & Salted 1x1kg	£23.62
Macadamia Nuts - Raw 1x1k	£37.90	Pistachio Kernels - Raw 1x3kg	£102.89
Mixed Nuts - Chopped 1x12.5kg	£105.07	Pistachio Kernels - Raw 1x1kg	£35.43
Mixed Nuts - Chopped 1x3kg	£28.40	Walnuts - Broken 1x3kg	£35.87
Mixed Nuts - Chopped 1x1kg	£10.36	Walnuts - Broken 1x1kg	£12.90
Peanuts - Blanched 1x3kg	£12.97	Walnuts - Broken 1x10kg	£106.30
Peanuts - Organic 1x3kg	£14.56	Walnuts - Light Halves 1x3kg	£49.64
Peanuts - Paleskin 45/55 1x25kg	£71.01	Walnuts - Light Halves 1x1kg	£17.75



Walnuts - Halves - Organic 1x3kg	£63.76	Poppy Seed - Blue - Organic 1x3kg	£44.20
Walnuts - Halves - Organic 1x1kg	£22.46	Poppy Seed - Blue - Organic 1x1kg	£15.58
Walnuts - Broken - Organic 1x10kg	£126.08	Pumpkin Seeds - Organic 1x25kg	£166.66
Walnuts - Broken - Organic 1x5kg	£72.82	Pumpkin Seeds - Organic 1x10kg	£73.55
Walnuts - Broken - Organic 1x1kg	£16.16	Pumpkin Seeds - Organic 1x3kg	£23.33
Wild Bird Mix 1x20kg	£20.58	Pumpkin Seeds - Organic 1x1kg	£8.84
Wild Bird Mix 1x10kg	£12.54	Black Sesame Seeds 1x1kg	£10.80
Wild Bird Mix 1x3kg	£4.56	Sesame Seeds - Organic 1x25kg	£130.43
Caraway Seed 1x1kg	£10.51	Sesame Seeds - Organic 1x10kg	£57.82
Chia Seeds 1x2kg	£11.45	Sesame Seeds - Organic 1x3kg	£18.04
Linseed 1x25kg	£34.06	Sesame Seeds - Organic 1x1kg	£6.81
Linseed Brown - Organic 1x25kg	£60.87	Sunflower Seeds - Organic 1x25kg	£76.08
Linseed Brown - Organic 1x3kg	£10.00	Sunflower Seeds - Organic 1x10kg	£34.49
Linseed Brown - Organic 1x1kg	£4.28	Sunflower Seeds - Organic 1x3kg	£11.30
Linseed 1x3kg	£6.01	Sunflower Seeds - Organic 1x1kg	£4.56
Linseed 1x1kg	£2.83	Brazils - Whole - Organic 1x20kg	£333.32
Linseed Golden - Organic 1x25kg	£92.75	Coconut - Medium Desiccated - Organic 1x25kg	£120.28
Linseed Golden - Organic 1x3kg	£13.26	Coconut Chips - Toasted 1x10kg	£65.21
Linseed Golden - Organic 1x1kg	£5.29	Cashews - Whole 320 1x22.68kg	£414.47
Omega Seed Mix - Organic 1x3kg	£16.59	Peanuts - Blanched 1x25kg	£84.05
Omega Seed Mix - Organic 1x1kg	£6.52	Sultanas - No. 9's 1x12.5kg	£47.10
Poppy Seed - Blue 1x3kg	£25.58	Cranberries - Added Sugar 1x11.34kg	£69.56
Poppy Seed - Blue 1x1kg	£9.42	Almonds - Flaked 1x10kg	£142.02

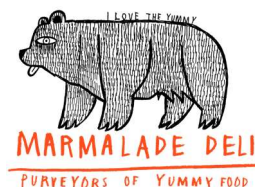


Almonds - Smoked 1x12.5kg	£195.64
Dates - Chopped 1x10kg	£28.26
Almonds - Whole - Organic 1x10kg	£179.70
Coconut Chips - Raw 1x11.34kg	£45.29
Hazels - Whole - Organic 1x25kg	£333.32
Cashews - Pieces - Organic 1x22.68kg	£369.55
Peanuts - Organic 1x25kg	£88.76
Walnuts - Light Halves 1x11.34kg	£166.66
Hazels - Whole Roasted (blanched) 1x10kg	£142.02
Banana Chips 1x7kg	£28.91
Hazels - Whole 1x12.5kg	£152.17
Pot Barley - Organic 1x3kg	£7.97

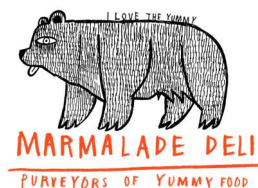


RICE & PASTA GRAINS

Barley Grain - Pearl 1x25kg	£24.64	Millet - Organic 1x1kg	£4.13
Barley Grain - Pearl 1x10kg	£12.97	Polenta - Fine (fine cornmeal) 1x25kg	£21.74
Barley Grain - Pearl 1x3kg	£4.64	Polenta - Fine 1x10kg	£12.32
Buckwheat - Organic 1x25kg	£58.69	Polenta - Fine 1x3kg	£4.19
Buckwheat - Organic 1x3kg	£9.42	Polenta - Medium 1x25kg	£29.71
Bulgur Wheat - Organic 1x25kg	£60.14	Polenta - Medium 1x10kg	£14.81
Bulgur Wheat - Organic 1x10kg	£27.17	Polenta - Medium 1x3kg	£5.58
Bulgur Wheat - Organic 1x3kg	£9.13	Popcorn 1x10kg	£17.54
Bulgur Wheat - Organic 1x1kg	£3.55	Popcorn 1x3kg	£5.94
Roasted Buckwheat - Organic 1x3kg	£13.77	Popcorn - Organic 1x25kg	£72.10
Pearl Couscous 1x15kg	£41.88	Popcorn - Organic 1x3kg	£11.01
Pearl Couscous 1x3kg	£10.07	Popcorn - Organic 1x1kg	£4.20
Wholewheat Couscous - Organic 1x10kg	£31.38	Quinoa - Organic 1x25kg	£137.67
Wholewheat Couscous - Organic 1x3kg	£10.58	Quinoa - Organic 1x3kg	£20.07
Wholewheat Couscous - Organic 1x1kg	£4.28	Quinoa - Organic 1x1kg	£7.46
Spelt Couscous - Organic 1x3kg	£20.65	Red Quinoa - Organic 1x3kg	£22.61
White Couscous - Organic 1x3kg	£11.35	Red Quinoa - Organic 1x1K	£8.26
Greenwheat Freekeh 1x3kg	£19.96	Tricolour Quinoa - Organic 1x3kg	£24.20
Millet - Organic 1x25kg	£66.16	Tricolour Quinoa - Organic 1x1kg	£8.99
Millet - Organic 1x10kg	£30.07	Rye Grain - Organic 1x3kg	£6.45
Millet - Organic 1x3kg	£9.78	Semolina - White 1x25kg	£42.03



Semolina - White 1x3kg	£6.23	Short Grain Brown Rice - Organic 1x3kg	£11.01
Fine Semolina - Organic 1x16kg	£23.26	Short Grain Brown Rice - Organic 1x1kg	£4.56
Spelt Grain Organic 1x25kg	£64.49	Camargue Red Rice - Organic 1x3kg	£18.98
Spelt Grain - Organic 1x3kg	£9.85	Camargue Red Rice - Organic 1x1kg	£7.22
Tapioca - Seed Pearl 1x3kg	£13.12	White Sushi Rice 1x3kg	£12.32
Wheat Grain - Organic 1x25kg	£29.71	White Jasmine Rice - Organic 1x3kg	£15.22
Wheat Grain - Organic 1x10kg	£14.93	White Basmati Rice - Organic 1x25kg	£94.20
Wheat Grain - Organic 1x3kg	£5.14	White Basmati Rice - Organic 1x10kg	£43.26
Brown Basmati Rice 1x25kg	£75.36	White Basmati Rice - Organic 1x3kg	£14.20
Brown Basmati Rice 1x10kg	£33.77	White Basmati Rice - Organic 1x1kg	£5.29
Brown Basmati Rice 1x3kg	£10.87	White Basmati Rice 1x3kg	£10.65
Brown Basmati Rice - Organic 1x25kg	£86.95	White Basmati Rice 1x10kg	£32.82
Brown Basmati Rice - Organic 1x10kg	£39.85	Long Grain White Rice - Organic 1x25kg	£91.30
Brown Basmati Rice - Organic 1x3kg	£13.19	Long Grain White Rice - Organic 1x10kg	£31.16
Brown Basmati Rice - Organic 1x1kg	£5.14	Long Grain White Rice - Organic 1x3kg	£10.36
Black Rice - Organic 1x3kg	£15.94	Short Grain White Pudding Rice 1x25kg	£62.32
Long Grain Brown Rice 1x25kg	£36.66	Short Grain White Pudding Rice 1x3kg	£9.42
Long Grain Brown Rice 1x10kg	£17.25	Wild Rice 1x3kg	£63.55
Long Grain Brown Rice 1x3kg	£5.94	Wild Rice 1x1kg	£22.32
Long Grain Brown Rice - Organic 1x25kg	£79.34	Roasted Buckwheat - Organic 1x25kg	£94.20
Long Grain Brown Rice - Organic 1x10kg	£35.36	Arborio (Risotto) Rice 1x5kg	£13.55
Long Grain Brown Rice - Organic 1x3kg	£11.52	Wholewheat Couscous - Organic 1x25kg	£68.11
Short Grain Brown Rice - Organic 1x25kg	£71.74	White Kilombero Rice *FT* 1x25kg	£80.50



White Couscous - Organic 1x25kg	£67.92
British Grown Quinoa (grown in Essex) - Organic 1x3kg	£23.84
Red Quinoa - Organic 1x25kg	£147.82
Camargue Red Rice - Organic 1x25kg	£132.60
Popcorn 1x25kg	£36.52
White Basmati Rice 1x20kg	£56.52
Paella Rice 1x20kg	£42.75
Paella Rice 1x3kg	£7.61
Arborio Rice - Organic 1x20kg	£98.55