



Product List & Order Form

Name:	Contact Number:
Address:	Postcode:

Cereals		Pruned (Pitted) (47p per 100g)		Nuts	
Jumbo Oats (11p per 100g)		Raisins (Seedless) (39p per 100g)		Brazil Nuts	
Porridge Oats (11p per 100g)		Sultanas (Turkish) (32p per 100g)		Pistachio Nuts	
Granola, Malted Flakes (17p per 100g)		Goji Berries (£1.07 per 100g)		Pecan	
Granola, Tropical (29p per 100g)		Mixed Fruit (No Peel) (36p per 100g)		Chopped Mixed Nuts	
Muesli Base (16p per 100g)		Mixed Peel (34p per 100g)		Redskin Peanuts	
Muesli Fruity (17p per 100g)		Pineapple (Diced) (63p per 100g)		Walnuts	
Muesli Deluxe (32p per 100g)		Crystallised Ginger (61p per 100g)		Salted Peanuts	
Bran Flakes (27p per 100g)		Papaya (68p per 100g)		Hazel Nuts	
Bran, Fruit & Fibre (29p per 100g)		Coconut Strip (53p per 100g)		Desert Nut Mix	
Cornflakes (42p per 100g)		Desiccated Coconut (29p per 100g)		Almonds (Whole) (£1.03 per 100g)	
		Cranberries (61p per 100g)		Almonds (Flaked) (£1.17 per 100g)	
		Blueberries		Almonds (Ground)	
Dried Fruit					
Apricots (48p per 100g)		Cherries (Sour)		Salted Cashews (£1.06 per 100g)	
Banana Chips (46p per 100g)		Mango (Strip)		Cashews	
Berry Mix (71p per 100g)		Luxury Mixed Fruit		Mixed Nuts	
Glace Cherries (RED) (44p per 100g)		Dried Mixed Vegetables			
Currants (44p per 100g)					
Dates (Pitted) (27p per 100g)					
Figs (64p per 100g)					

Flour &		Sugar		Coffee	
Plain Flour		Granulated Sugar		1839 Espresso Blend	
Self-raising Flour		Caster Sugar		Bloomsbury Blend	
Strong White Flour		Light Brown Soft Sugar		Brazil Decaffeinated	
Wholemeal Flour		Dark Brown Soft Sugar		Brazil Peabury	
White Rice Flour		Icing Sugar		Columbia	
'00' Flour		Demerara Sugar		Guatemala Todosantera	
Granary Flour					
Coconut Flour				Beans & Pulses	
Rice Flour		Rice		Adzuki Beans	
		Black Rice		Black Turtle Beans	
		Arborio (Risotto) Rice		Blackeye Beans	
		Basmati Rice		Brown Lentils	
		Long Grain Brown Rice		Butter Beans	
Pasta		pudding Rice		Chick Peas	
White Conchiglie (Shells) (20p per 100g)				Green Lentils	
White Fusilli (Twists) (20p per 100g)				Green Split Peas	
White Penne (Tubes) (20p per 100g)		Tea		Haricot Beans	
White Macaroni (20p per 100g)		Assam		Maple Peas	
White Organic Penne		Breakfast Blend		Marrowfat Peas	
Whole wheat Penne		British Brew		Mung Beans	
Whole wheat Fusilli		Chamomile Smile		Pearl Barley	
White Farfalle (Bows) (20p per 100g)		Early Grey		PUY Lentils	
		Herts Delight		Red Kidney Beans	
		Peppa Mint		Red Lentils	
		Simply Red Bush		Soul & Broth Mix	
		Teacaf		Yellow Split Peas	
		Yunnan Green			

Herbs & Spices		Five Peppercorns		Onion Powder	
All Spice (Ground Pimento)		Garam Masala		Onion Salt	
Arrowroot Powder		Garlic Flakes		Oregano	
Whole All Spice Berries		Garlic Granules		Paprika	
Basil		Garlic Powder		Parsley	
Bay Leaves		Garlic Salt		Piri Piri	
Black Onion Seeds		Green Peppercorns		Pickling Spice	
Black Peppercorns		Ground Aniseed		Pink peppercorns	
Bouquet Garni		Ground Black Pepper		Poppy Seeds (Blue)	
Cajun Spice		Cardamoms (Whole)		Rosemary	
Caraway Seeds		Ground Cardamoms		Sage	
Cayenne Pepper		Ground Cinnamon		Star Annis	
Celery Salt		Ground Cloves		Cracked Black Pepper	
Celery Seeds		Ground Corriander		Tandoori Masala	
Chilli Powder		Ground Cumin		Tarragon	
Chinese Five Spice		Ground Fenugreek		Tumeric	
Chives		Ground Fennel		Thyme	
Cinnamon Quills (Short)		Ground Ginger		White Peppercorns	
Coriander Leaf		Ground Mace		Whole Long Stem Chillies	
Coriander Seeds		Ground Nutmeg		Whole Birds Eye Chillies	
Cream Of Tartare		Ground White Pepper		Whole Cloves	
Crushed Chillies		Italian Seasoning		Whole Green Aniseed	
Cumin Seeds		Juniper Berries		Whole Green Cardamon	
Curry Leaves		Marjoram		Whole Blade Mace	
Curry Powder (Premium)		Mint		Whole Nutmeg	
Dill Seeds		Mixed Herbs		Smoked Paprika	
Dill Weed		Mixed Spice		Yellow Mustard Powder	
Fennel Seeds		Mustard Seeds (Brown)			
Fenugreek Seeds		Mustard Seeds (Yellow)			

Confectionary					
Yoghurt Peanuts					
Yoghurt Brazils					
Yoghurt Apricots					
Yoghurt Raisins					
Yoghurt Almonds					
Yoghurt Cashews					
Yoghurt Honeycombe					
Yoghurt Hazelnuts					
Yoghurt Banana					
Yoghurt Ginger					
Yoghurt Cranberry					
Yoghurt Pineapple					
Milk Chocolate Peanuts					
Milk Chocolate Brazils					
Milk Chocolate Raisins					
Milk Chocolate Almonds					
Milk Chocolate Cashews					
Milk Chocolate Honeycombe					
Milk Chocolate Hazelnuts					
Milk Chocolate Ginger					
Milk Chocolate Cranberry					
Dark Chocolate Brazils					
Dark Chocolate Cranberry					
Dark Chocolate Ginger					
Dark Chocolate Honeycomb					
Vegan Pick 'n' Mix					
Pick 'n' Mix					

Apples – Braeburn		Mustard Cress		
Apples - Bramley		Nectarines		
Apples - Gala		Onions - Cooking (White)		
Apples - Golden Delicious		Onions - Red		
Apples - Granny Smith		Onions - Spanish		
Apples - Pink Lady		Oranges - Large		
Apricots		Parsnips		
Asparagus		Peaches		
Aubergine		Pears - William		
Avocado		Pears - Conference		
Bananas		Peas - Garden		
Beetroot		Peas - Sugar Snap		
Blueberries		Peppers - Green		
Broccoli - Calabrese		Peppers - Red		
Broccoli - Purple Sprouting		Peppers - Yellow		
Butternut Squash		Pineapple		
Cabbage - Hispi		Plums		
Cabbage - Summer		Potatoes		
Cabbage - Red		Potatoes - Baking		
Cabbage - Savoy		Potatoes - New		
Cabbage - Spring		Potatoes - Salad		
Cabbage - White		Potatoes (10kg)		
Carrots		Raddish		
Cauliflower		Raspberries		
Celeriac		Rhubarb		
Celery		Rocket		
Chillies		Romanesque Cauliflower		
Courgette		Satsumas/ Clementines		
Cucumber		Spinach		
Garlic		Spring Onions		
Ginger		Strawberries		
Grapefruit		Swede		
Grapes - Green		Sweet Potatoes		
Grapes - Red		Tomatoes		
Green Beans		Tomatoes - Cherry Vine		
Kale		Tomatoes - Vine		
Kiwi		Water Cress		
Leeks		Runner Beans		
Lemons		Broad Beans		
Lettuce - Iceberg		Sweet Corn		
Lettuce – Little Gen				£10 Mystery Fruit Box
Limes				£15 Mystery Fruit Box
Mango				£20 Mystery Fruit Box
Melon - Cantalope				£12 Fruit Box
Melon - Galia				£6.50 Soft Fruit Selection
Melon - Honeydew				£20 Essentials Box
Melon - Water				£40 Essentials Box
Mushrooms - Button				£10 Salad Box
Mushrooms - Flat				£15 Veg Box