

# --- Food Products ---

## Baking

Baking Powder  
Bicarbonate Of Soda  
Cacao Nibs  
Citric Acid  
Cocoa Powder  
Desiccated Coconut (O)  
Flour | Chickpea/Gram  
Spelt  
Strong White  
Wholemeal  
White (GF)  
White (O)  
Ground Almonds  
Sugar | Caster  
Coconut Palm (O)  
Demerara  
Granulated  
Soft Light Brown

## Beans

Black Turtle Beans (O)  
Butter Beans  
Haricot Beans  
Red Kidney Beans

## Cereals

Barley Flakes  
Cornflakes  
Jumbo Oats (UK)  
L&J Granola (VG)  
Oat Clusters, Toasted  
Rolled Oatflakes (GF, O)

## Dried Fruit

Apple Rings  
Apricots | With sulphur  
Without sulphur  
(O)  
Banana Chips  
Cranberries  
Dates – Pitted  
Figs (O)  
Goji Berries  
Mango Cheeks (O)  
Pineapple Rings  
Prunes – Pitted  
Raisins  
Sultanas

## Grains

Buckwheat Groats (O)  
Bulgar Wheat (O)  
Chickpeas  
Couscous | Giant  
Wholewheat  
(O)  
Green  
Puy  
Red Split  
Lentils | Millet Grain  
Pearl Barley  
Popcorn  
Quinoa | Red  
Wholegrain  
Rice | Arborio White  
Brown Basmati  
White Basmati  
Wild Mix (O)

## Nuts

Almonds | Nuts  
Flaked  
Ground  
Salted & Roasted  
Brazil Nuts  
Cashews  
Hazelnuts (O)  
Macadamia Nuts  
Peanuts  
Pecans  
Pine Nuts  
Raw Pistachio Kernels  
Walnuts

## Pasta/Noodles

GF Pasta | Fusilli (GF)  
Small Shell (GF)  
Macaroni (GF)  
Wheat (VG)  
Vermicelli (VG, GF)  
White Fusilli (O)  
White Penne (O)  
Wholewheat  
Penne (O)  
Noodles

## Seeds

Blue Poppy  
Chia  
Golden Linseed  
Pumpkin (O)  
Sesame  
Sunflower

## Herbs and Spices

Allspice  
Arrowroot  
Basil  
Bay Leaves  
Cajun Spice  
Cardamom Pods  
Cayenne Pepper  
Chillies | Crushed  
Whole  
Whole  
Ground  
Sticks  
Ground  
Seeds  
Cloves  
Cinnamon  
Coriander  
Curry Powder, Medium Madras  
Fennel Seed  
Garam Masala  
Garlic Salt  
Ginger  
Marjoram  
Mint  
Mixed Herbs  
Mustard Seeds | Brown  
Ground  
Whole  
Oregano  
Paprika | Smoked  
Standard  
Parsley  
Peppercorns | Black, Whole  
Rosemary  
Sage  
Salt | Sea, Course  
Thyme  
Turmeric  
Vegetable Stock (VG)  
White Pepper | Ground

## Other

Sosmix

# --- Food Products ---

## Snacks

### **Savoury**

Almonds – Roasted & Salted  
Bombay Mix  
Chilli Rice Crackers  
Smoked Paprika Chickpeas  
Toasted Coconut Chips  
Two Farmers Crisps – Various Flavours

### **Sweet**

Carob Raisins	
Crystallised Ginger	
Dark Chocolate	Brazils Buttons (VG) Coffee Beans Ginger Honeycomb Bites
Milk Chocolate	Banana Chips Buttons Honeycomb Bites Mini Eggs Raisins
White Chocolate	Buttons
Yoghurt	Banana Chips Cranberries Honeycomb Bites Raisins Raspberry Clusters

## Tea and Coffee

Assam Leaf Tea  
Black Tea – Decaf (DC)  
Chamomile Tea (DC)  
Coffee – Decaf (DC)  
Coffee – Synergy  
English Breakfast Tea  
Golden Milk Tea  
Green Keemun Congou Tea  
Lemon & Ginger Green Tea  
Peppermint (DC)  
Pure Jinja (DC)  
Red Fruit Pudding (DC)  
Rhubarb Cream (DC)  
Rooibos (DC, O)  
Special Earl Grey

DC = Decaf

GF = Gluten Free from source. Once any comes out the packet/sack it arrives in, we cannot guarantee 100% Gluten Free due to the nature of our shop.

O = Organically sourced. The products are organic on arrival, but once they come out of their packet/container, we are not legally allowed to label it 'Organic'

VG = Vegan