

For Earth's Sake SHOPPING LIST

Items in cream are bulk items so please include your container or bottle for these, or we will use paper bags / re-use containers if available

Items in blue are in their own plastic-free packet / packaging

Product description

Price

Quantity

FRUIT & VEG

We have fabulous organic and local fruit and vegetables. Please check our social media each Wednesday, message us, or call us on 01483 497268 for availability and prices.

DAIRY & BREAD

BOOKHAM HARRISON FARMS

South Downs Butter Slightly Salted		£1.45/100g	
South Downs Butter Unsalted		£1.45/100g	
Sussex Charmer Cheese		£2.06/100g	
Twineham Grange Hard Parmesan Style		£2.64/100g	

EPIROS

Greek Feta Cheese P.D.O. 100g	ORG	£1.25/100g	
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TREWITHAN FARM

Semi Skimmed Milk Refill, 1 pint		£0.80	
Semi Skimmed Milk Refill, 1 ½ pint		£1.20	

ALTERNATIVE DAIRY

Oat Milk - Barista by Minor Figures, 1 Litre	VG	£2.29	
Oat Milk - Glebe Farm, PureOaty Creamy, 1 Litre	VG, GF	£2.39	
Creamy Oat (single cream), Oatly 250ml	VG	£1.25	

BREAD by SØDT

Ciabatta		£3.50	
Corn Bread		£3.50	
Donker Rye		£3.50	
Original Sourdough Bread		£3.50	
Seeded Sourdough Bread (4 Seed Sour)		£3.50	

CEREALS

Corn Flakes - No Added Sugar	ORG, VG	78p/100g	
Muesli Base	VG	25p/100g	
Crunchy Apricot Muesli		45p/100g	
Oat Crisp Crunch Granola		32p/100g	
Malt Granola		35p/100g	
Bran Sticks	ORG	35p/100g	
Honey Loops		80p/100g	
Multigrain Choco Shells		75p/100g	
PorrIDGE Oats		15p/100g	
PorrIDGE Oats - Organic	ORG	30p/100g	
PorrIDGE Oats - Gluten Free	GF/ORG	45p/100g	
Jumbo Oats		29p/100g	
Oatmeal (Course - Pinhead)	ORG	25p/100g	

Oatmeal (Medium)	ORG	24p/100g	
Toasted Wheat Flakes	ORG	29p/100g	
Bran (Medium)	ORG	53p/100g	

DRIED FRUIT

Apricots - Whole	ORG	£1.45/100g	
Banana Chips		65p/100g	
Crystallised Ginger		£1.80/100g	
Cherries - Glace		90p/100g	
Sour Cherries		£2.26/100g	
Cranberries with Apple Juice		£2.05/100g	
Currants	ORG	85p/100g	
Raisins	ORG	75p/100g	
Sultanas	ORG	75p/100g	
Dates - Pitted	ORG	65p/100g	
Coconut Chips	ORG	67p/100g	
Desiccated Coconut	ORG	£1.15/100g	
Toasted Coconut Flakes	ORG	75p/100g	
Figs	ORG	£1.35/100g	
Goji Berries		£1.75/100g	
Mango Strips	ORG	£2.05/100g	
Mixed Peel (Seasonal)		50p/100g	
Prunes - Pitted	ORG	84p/100g	
Sun-dried Tomatoes		£1.45/100g	

SAVOURY & SWEET SNACK REFILLS

Bombay Mix		40p/100g	
Chilli Rice Crackers		£1.10/100g	
Smoked Paprika Twists		50p/100g	
Wasabi Coated Peanuts		£1.25/100g	
Dark Chocolate Buttons (55%)	GF, VG	£2.00/100g	
Milk Choc Buttons (34%)	GF	£2.00/100g	
Yoghurt Coated Banana Chips		£1.25/100g	
Yoghurt Coated Honeycomb Bites		£1.25/100g	
Yoghurt Coated Raisins		£1.25/100g	

BEANS & PULSES BULK

Black Turtle Beans	ORG	52p/100g	
Butter Beans	ORG	79p/100g	
Cannellini Beans	ORG	56p/100g	
Haricot Beans	ORG	47p/100g	
Lentils - Brown	ORG	49p/100g	
Lentils - Green	ORG	41p/100g	
Lentils - Puy / Speckled / French	ORG	64p/100g	
Lentils - Red Split	ORG	35p/100g	
Mung Beans	ORG	52p/100g	
Pinto Beans	ORG	52p/100g	
Red Kidney Beans	ORG	60p/100g	
Soya Beans	ORG	35p/100g	
Chickpeas	ORG	55p/100g	

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Split Peas - Green	ORG	42p/100g	
Split Peas - Yellow	ORG	42p/100g	

BEANS, VEG & PULSES - TINNED

Aduki Beans (Suma) 400g	ORG, VG	£1.25	
Artichoke Hearts in Brine (Cooks & Co) 400g	GF, VG	£3.79	
Artichoke Bottoms in Brine (Cooks & Co) 400g	GF, VG	£3.55	
Baked Beans (Suma) 400g	ORG, VG	£1.39	
Baked Beans – Low Sugar (Suma) 400g	ORG, VG	£1.39	
Black Beans (Suma) 400g	ORG, VG	£1.25	
Borlotti Beans (Suma) 400g	VG	£0.85	
Butter Beans (Suma) 400g	ORG, VG	£1.15	
Cannellini Beans (Suma) 400g	ORG, VG	£1.25	
Chickpeas (Suma) 400g	ORG, VG	£1.25	
Chickpeas (Suma) 400g	VG	£0.90	
Chilli Beans (Biona) 400g	ORG, VG	£1.69	
Chilli Black Beans (Biona) 400g	ORG, VG	£1.59	
Edamame Beans (Biona) 200g	ORG, VG	£1.69	
Haricot Beans (Suma) 400g	ORG, VG	£1.15	
Hearts of Palm (Cooks & Co) 400g	ORG, VG	£3.85	
Mixed Beans (Suma) 400g	ORG, VG	£1.25	
Pinto Beans (Biona) 400g	ORG	£1.29	
Red Kidney Beans (Suma) 400g	ORG	£1.29	
Black Beluga Lentils (Suma) 400g	ORG, VG	£1.25	
Brown Lentils (Suma) 400g	ORG, VG	£1.25	
Green Lentils (Suma) 400g	ORG, VG	£1.15	
Italian Peas (Suma) 340g	ORG, VG	£1.75	
Supersweet Sweetcorn (Suma) 160g	ORG, VG	£1.45	
Supersweet Sweetcorn - Canned from Fresh (Suma) 340g	ORG, VG	£2.15	

PASTA

White Fusilli	ORG	35p/100g	
Wholewheat Fusilli	ORG	35p/100g	
Tricolore Fusilli	ORG	44p/100g	
Gluten-Free Fusilli	GF	55p/100g	
Wholewheat Gomitini	ORG	35p/100g	
Lasagne Sheets	ORG	50p/100g	
Macaroni		35p/100g	
Orzo	ORG	49p/100g	
White Penne	ORG	35p/100g	
Wholewheat Penne	ORG	35p/100g	
Gluten-Free Penne	GF	55p/100g	
White Penette	ORG	46p/100g	
White Spaghetti	ORG	35p/100g	
Wholemeal Spaghetti	ORG	35p/100g	
No 1 Noodles (Lucky Boat)		55p/100g	

RICE

Arborio Rice	ORG	75p/100g	
Basmati Rice - Brown	ORG	41p/100g	

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Basmati Rice - White	ORG	41p/100g	
Long Grain Rice - Brown	ORG	35p/100g	
Long Grain Rice - White	ORG	52p/100g	
Short Grain Rice - Brown	ORG	38p/100g	
Wild Rice Mix	ORG	69p/100g	

OTHER GRAINS

Bulgur Wheat - Course	ORG	47p/100g	
Couscous - White	ORG	37p/100g	
Couscous - Wholemeal	ORG	29p/100g	
Couscous - Giant		50p/100g	
Orzo	ORG	49p/100g	
Millet	ORG	44p/100g	
Pearl Barley	ORG	29p/100g	
Polenta	VG	30p/100g	
Popping Corn	ORG	46p/100g	
White Quinoa	ORG	80p/100g	

NUT ROAST MIX

Veggies Nut Roast Mix		£1.20/100g	
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FLOURS

PACKET FLOUR

Plain White Flour 1kg (Doves Farm)	ORG, VG	£1.99	
Plain White Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Fine Plain Wholemeal Flour 1kg (Doves Farm)	ORG, VG	£1.79	
Self Raising Flour 1kg (Doves Farm)	ORG, VG	£2.05	
Self Raising Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Coconut Flour 500g (Suma)	ORG, VG	£3.15	
Cornflour 500g (Suma)	VG	£2.29	
Gram Flour 500g (Suma)	VG	£2.25	
Maize Flour 500g (Suma)	ORG, VG	£1.75	
Pasta Flour 1kg (Doves Farm)	ORG, VG	£2.39	
Rice Flour 1kg (Freee by Doves)	GF, VG	£2.55	
Wholemeal Rye Flour 1kg (Doves Farm)	ORG, VG	£1.99	
White Rye Flour 1kg (Doves Farm)	ORG, VG	£2.39	
Semolina Flour 500g (Suma)	VG	£2.25	
White Spelt Flour 1.5kg (Shipton Mill)	ORG, VG	£3.71	
Vital Wheat Gluten Flour 500g (Suma)	VG	£2.99	

BREAD FLOUR

Strong White Bread Flour 1.5kg (Doves Farm)	ORG, VG	£2.75	
Strong Wholemeal Bread Flour 1.5kg (Doves Farm)	ORG, VG	£2.55	
White Bread Flour 1kg (Freee by Doves)	GF, VG	£3.15	
Brown Bread Flour 1kg (Freee by Doves)	GF, VG	£3.29	
Malthouse Bread Flour 1kg (Doves Farm)	ORG, VG	£2.39	

FLOUR REFILLS

Plain Flour, 100g (Heygates)	ORG, VG	0.11	
Self Raising Flour, 100g (Heygates)	ORG, VG	0.11	
Strong White Bread Flour, 100g (Heygates)	ORG, VG	0.18	
Wholemeal Bread Flour, 100g (Heygates)	ORG, VG	0.15	

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Speciality White Flour, 100g (Shipton Mill)	ORG, VG	0.18	
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SEEDS & NUTS REFILLS

NUTS

Almonds - Ground	ORG	£1.90/100g	
Almonds - Flaked	ORG	£1.90/100g	
Almond - Whole	ORG	£1.70/100g	
Brazil Nuts - Broken	ORG	£1.40/100g	
Brazil Nuts - Whole	ORG	£1.80/100g	
Cashew Nuts	ORG	£2.25/100g	
Coconut Chips	ORG	67p/100g	
Toasted Coconut Chips	ORG	67p/100g	
Hazelnuts	ORG	£1.95/100g	
Peanuts	ORG	68p/100g	
Peanuts - Roasted & Salted		68p/100g	
Pecan Halves	ORG	£3.10/100g	
Pine Nuts	ORG	£4.69/100g	
Pistachios - Roasted & Salted	ORG	£1.85/100g	
Walnuts - Halves	ORG	£1.90/100g	

SEEDS

Amaranth	ORG	42p/100g	
Chia Seeds	ORG	£1.05/100g	
Hemp - Hulled	ORG	£1.40/100g	
Hemp - Whole	ORG	80p/100g	
Linseed - Brown	ORG	40p/100g	
Linseed - Golden	ORG	40p/100g	
Linseed - Golden & Cracked	ORG	40p/100g	
Omega Four Seed Mix	ORG	67p/100g	
Poppy Seeds - Blue		90p/100g	
Pumpkin Seeds	ORG	86p/100g	
Sesame Seeds - Black	ORG	75p/100g	
Sesame Seeds - Brown/White	ORG	75p/100g	
Sunflower Seeds	ORG	50p/100g	

TEA, COFFEE & SUGAR

LOOSE LEAF

Taylor's Pure Assam Loose Leaf Tea		£2.65/100g	
Taylor's Earl Grey Tea Loose Leaf		£2.08/100g	
Ringtons English Breakfast Loose Leaf Tea		£1.50/100g	
Taylor's English Breakfast Loose Leaf Tea - Decaf		£3.36/100g	
Taylor's Green Tea Loose Leaf Tea		£2.08/100g	
Taylor's Lapsang Souchong Loose Leaf Tea		£3.10/100g	
Yorkshire Loose Leaf Tea		£1.75/100g	

TEA BAGS

CLIPPER (30s)			
Clipper Tea		£3.35	
Clipper Tea, Decaf		£3.99	
DRAGONFLY TEA (20s)			
Cape Rooibos & Honeybush	ORG	£3.09	
Good Balance Turmeric	ORG	£3.09	

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Good Dragon	ORG	£3.09	
Pure Green Mountain	ORG	£3.09	
Mint Garden Digestif	ORG	£3.09	
Moonlight Jasmine	ORG	£3.09	
Moroccan Mint	ORG	£3.09	
Night Sky Calm Bags	ORG	£3.09	
Sweet Rose & Raspberry	ORG	£3.09	
True Clarity Ginger	ORG	£3.09	
HAMPSTEAD TEA (20s)			
Pure Darjeeling		£2.99	
ESSENTIAL TEA			
Camomile		£2.45	
COFFEE			
Horsham Coffee Roaster Rwanda Beans		£2.90/100g	
Surrey Hills Cottage Blend Coffee Beans		£2.60/100g	
Surrey Hills Holmbury Hill Coffee Beans		£2.40/100g	
Douwe Egberts Instant Coffee		£3.85/100g	
Ringtons Fairtrade Espresso No. 1 Beans		£2.80/100g	
Ringtons Decaf Espresso Beans		£3.10/100g	
Percol Rich Americano Ground Coffee, No 4, 200g		£4.75	
Coffee Filters No.2 (If You Care)		£3.14	
Coffee Filters No.4 (If You Care)		£3.14	
HOT CHOCOLATE & COCOA			
Ringtons Hot Chocolate Mix		£1.10/100g	
Ringtons Vegan Hot Chocolate Mix	VG	£1.10/100g	
Cocoa Powder	ORG	£1.50/100g	
Cacao Nibs	ORG	£1.90/100g	
SUGAR			
Caster Sugar		13p/100g	
Golden Caster Sugar		37p/100g	
Demerara Sugar		36p/100g	
Granulated Sugar		10p/100g	
Light Muscavado Sugar		42p/100g	
Soft Brown Sugar		43p/100g	
Icing Sugar		34p/100g	
Coconut Palm Sugar		68p/100g	
OILS, VINEGARS & SOY SAUCE REFILLS			
Philotimo Premium Extra Virgin Olive - Cold Pressed	VG, GF	£1.40/100ml	
Extra Virgin Rapeseed Oil - Cold Pressed	VG, GF	89p/100ml	
Sunflower Oil	ORG, VG	86p/100ml	
Apple Cider Vinegar (Aspall)	ORG	40p/100ml	
Apple Cider Vinegar with Mother	ORG	36p/100ml	
Balsamic Vinegar	ORG	90p/100ml	
Malt Vinegar		40p/100ml	
Red Wine Vinegar (Aspall)		40p/100ml	
White Wine Vinegar (Aspall)		40p/100ml	
Soy Sauce - Shoyu	ORG, VG	99p/100ml	
Soy Sauce - Tamari	GF, VG	89p/100ml	

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GREEK PRODUCTS

OLIVE OILS

Philotimo Greek Olive Oil P.D.O.	VG, GF	£1.40/100ml	
Philotimo Greek Olive Oil P.D.O. 750ml	VG, GF	£10.50	
Philotimo Greek Olive Oil P.D.O. 500ml (Boxed)	VG, GF	£11.50	
Philotimo Premium Extra Virgin Oil P.D.O. 250ml	VG, GF	£5.90	

OLIVES IN GLASS JARS

Green Chalkidiki Almond Stuffed Olives 300g		£3.90	
Green Chalkidiki Garlic Stuffed Olives 300g		£3.80	
Green Chalkidiki Jalapeno Stuffed Olives 300g		£3.80	
Green Chalkidiki Pitted Olives 300g		£3.80	
Green Chalkidiki Red Pepper Stuffed Olives 300g		£3.80	

TAHINI

Organic Light Tahini 270g (Meridian)	ORG	£3.49	
Organic Dark Tahini 270g (Meridian)	ORG	£3.49	
Light Tahini 270g (Meridian)		£3.25	
Dark Tahini 270g (Meridian)		£3.25	

HOMEMADE AT THE LIFE GODDESS (GEORGIOS)

Greek Hummus, approx 300g		£3.00	
Mixed Olives, approx 250g		£3.25	
Spinach & Feta Pie Slice (Spanakopita)		£4.00	
Spinach & Feta Whole Pie (Spanakopita) - FROZEN		£36.00	
Philotimo Balsamic Vinegar with Chilli 650ml		£6.00	
Philotimo White Balsamic Vinegar with Honey 650ml		£6.00	

FISH

FISH4EVER

Mackerel Fillets in Organic Spicy Tomato Sauce 120g		£2.95	
Mackerel Fillets in Sunflower Oil 125g		£3.09	
Mackerel Fillets in Spring Water 125g		£2.50	
Wild Pacific Pink Salmon 213g	GF	£4.45	
Wild Pacific Pink Salmon in Brine 160g		£4.15	
Azores Tuna Flakes in Brine 160g		£2.50	
Skipjack Tuna Chunks in Brine 160g		£2.50	
Skipjack Tuna Steaks in Spring Water 160g		£3.19	
Skipjack/Azores Tuna Chunks in Olive Oil 160g		£3.99	
Yellowfin Tuna Chunks in Olive Oil 160g		£3.99	

SOUPS (TINNED)

FREE & EASY

Butternut Squash and Ginger	GF, ORG, VG	£2.39	
Carrot & Coconut	GF, ORG, VG	£2.39	
Lentil & Red Pepper	GF, ORG, VG	£2.39	
Pea & Mint	GF, ORG, VG	£2.39	
Sweet Potato & Chia Seeds	GF, ORG, VG	£2.39	

SUMA

Tuscan Bean Soup	ORG, VG	£2.09	
Spicy Lentil Soup	ORG, VG	£2.15	
Minestrone Soup	ORG, VG	£2.29	

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Mushroom Soup	ORG, VG	£2.39	
Pea Soup	ORG, VG	£2.29	
Pea & Ham Soup	ORG, VG	£2.25	
Tomato Soup	ORG, VG	£2.15	
Rustic Vegetable Soup	ORG, VG	£2.29	

MEALS (TINNED)

FREE & EASY

Bean Cassoulet	GF, ORG, VG	£3.19	
Three Bean Chilli	GF, ORG, VG	£3.19	
Chickpea & Bean Tagine	ORG, VG	£3.19	
Chickpea & Veg Curry	GF, ORG, VG	£3.19	
Middle Eastern Chickpea Casserole	GF, ORG, VG	£3.19	
Vegetable Balti	GF, ORG, VG	£3.19	
Vegetable Hotpot	GF, ORG, VG	£3.19	

GEO

Bombay Potatoes 400g	ORG, VG	£2.15	
Chickpea & Apricot Tagine 400g	ORG, VG	£3.25	
Chickpea & Lentil Dahl 400g	ORG, VG	£2.45	
Moroccan Chickpea Tagine 400g	ORG, VG	£2.55	
Tasty Tadka Dahl 400g	ORG	£2.45	

SUMA

Baked Beans	ORG, VG	£1.45	
Baked Beans - Low Sugar	ORG, VG	£1.45	
Vegan Meatballs	VG	£2.55	
Vegetable Stew with Dumplings (400g)	VG	£2.15	

TOMATO & ITALIAN PRODUCTS

Chopped Tomatoes (Suma) 400g - Tin		£1.29	
Cherry Tomatoes (Suma) 400g - Tin		£1.39	
Peeled Plum Tomatoes (Suma) 400g - Tin	ORG	£1.29	
Tomato Puree (Suma) - Tube	ORG	£1.49	
Italian Tomato Puree (Mr Organic) 200G	ORG	£2.39	
Organic Passata (Suma) 690g	ORG	£1.99	
Sundried Tomatoes (Cooks & Co) 295g		£3.19	
Sundried Tomatoes	GF, VG	£1.50/100g	

PESTO

Basil Pesto (Mr Organic) 130g	ORG, VG	£2.99	
Basil Pesto (Zest) 165g	ORG, VG	£2.99	
Chilli & Garlic Pesto (Mr Organic) 130g	ORG, VG	£2.99	
Italian Sun Dried Tomato Pesto (Mr Organic) 130g	ORG, VG	£2.79	
Pesto Alla Genovese (Suma) 190g	ORG	£3.99	
Grilled Pepper Pesto (Mr Organic) 130g	ORG, VG	£3.29	

ITALIAN SAUCES

Olive & Capers Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.09	
Cherry Tomato Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.09	
Napoletana Sauce (Suma) 350g	ORG, VG	£2.69	
Roasted Garlic Pasta Sauce (Mr Organic) 350g	ORG, VG, GF	£3.09	
Tomato & Herb Pasta Sauce (Meridian) 350g	VG	£3.39	
Lentil Ragu (Mr Organic)	ORG, VG	£3.29	

JAMS, MARMALADES, SPREADS & HONEY (Seasonal; Varieties can vary)

DEBBIE'S JAMS - Seasonal

Apricot 340g	£4.25	
Apricot & Cherry 340g	£4.25	
Blackberry & Apple 340g	£4.25	
Blackcurrant 340g	£4.25	
Blueberry & Blackcurrant 340g	£4.25	
Damson 340g	£4.25	
Fig 340g	£4.25	
Ginger 340g	£4.25	
Gooseberry 340g	£4.25	
Greengage 340g	£4.25	
Plum 340g	£4.25	
Plum & Fig 340g	£4.25	
Quince 340g	£4.25	
Raspberry 340g	£4.25	
Rhubarb & Ginger 340g	£4.25	
Strawberry 340g	£4.25	

STUTE JAMS (No Sugar Added Suitable for Diabetics)

Apricot 430g	£3.69	
Blackcurrant 430g	£3.69	
Strawberry 430g	£3.69	

MARMALADES

Debbie's Ginger	£3.75	
Debbie's Pink Grapefruit	£3.75	
Debbie's Three Fruit	£3.75	

NUT BUTTERS, CHOCOLATE SPREADS & YEAST EXTRACT

Smooth Almond Butter (Meridian) 170g	VG	£2.99	
Smooth Cashew Butter (Meridian) 170g	VG	£3.85	
Crunchy Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09	
Crunchy Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter No Salt (Suma) 340g	ORG, VG	£4.09	
Smooth Peanut Butter Salted (Suma) 340g	ORG, VG	£4.09	
Barley Malt Extract (Meridian) 340g	VG	£2.85	
Yeast Extract + B12, No Salt (Meridian) 340g	VG	£4.99	

CRANLEIGH HONEY (Raw)

Small	£7.50	
Large	£9.00	

SAVOURY JELLIES, CHUTNEYS & RELISH

DEBBIE'S JELLIES - Seasonal

Chilli 220g	£3.25	
Mint 220g	£3.25	
Quince 220g	£3.25	
Redcurrant 220g	£3.25	

DEBBIE'S CHUTNEYS - Seasonal

Apple & Chilli 340g	£4.25	
Balsamic Fig 340g	£4.25	
Beetroot & Horseradish 340g	£4.25	

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Spiced Beetroot 340g		£4.25	
Gooseberry 340g		£4.25	
Mango 340g		£4.25	
Mediterranean Vegetable 340g		£4.25	
Piccalilli 340g		£4.25	
Ploughmans 340g		£4.25	
Tomato & Chilli 340g		£4.25	

TRACKLEMENTS - Seasonal

Apricot & Ginger Chutney 320g		£4.20	
Apple & Sage Jelly 250g	GF, VG	£3.50	
Beetroot & Horseradish Relish 220G	GF, VG	£3.75	
British Beer Mustard 140g		£2.30	
Quintessential Brown Sauce 230g		£3.40	
Caramelised Onion Marmalade 210g	GF, VG	£4.00	
Caramelised Red Onion Relish 300g	GF, VG	£4.20	
Fresh Chilli Jam 210g	GF, VG	£4.35	
Smoky Chilli Sauce 230ml	GF, VG	£3.80	
English Crabapple Jelly 250g	GF, VG	£3.50	
Sticky Fig Relish 250g	GF, VG	£3.95	
Mango Chutney 335g	ORG, VG	£3.80	
Aromatic Medlar Jelly 220g	ORG, VG	£3.50	
Fresh Mint Jelly 250g	GF, VG	£3.25	
Traditional Mint Sauce 150g	GF, VG	£2.65	
Sweet Mustard Ketchup 290ml		£3.95	
Smooth Dijon Mustard 140g	GF, VG	£2.30	
Robust Wholegrain Mustard 140g		£2.30	
Piccalilli Large	GF, VG	£6.05	
Perfect Ploughman's Pickle 295g	GF, VG	£3.95	
Rich Redcurrant Jelly 250g	GF, VG	£3.45	
Zingy Rosemary Jelly 250g	GF, VG	£3.30	
Creamy Tartare Sauce 160g	GF, VG	£4.05	

SAUCES

Organic Mayonnaise (Suma) 300g	ORG	£4.65	
Egg Free Mayonnaise (Biona) 230g	ORG	£2.85	
Quintessential Brown Sauce (Tracklements) 230g		£3.40	
Italian Ketchup (Mr Organic) 480g	ORG, VG	£3.49	
Italian Ketchup Nat Sweetnd (Mr Organic) 480g	ORG, VG	£3.49	
Italian Ketchup with Chilli (Mr Organic) 480g	ORG, VG	£3.79	
Worcestershire Sauce by Geo Organics 150ml	ORG, GF	£2.99	

WORLD FOODS

Mango Chutney (Geo) 370g	ORG, VG	£4.59	
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COCONUT THINGS

Coconut Cream (Suma) 400ml	ORG, VG	£2.59	
Coconut Milk (Suma) 400ml	ORG, VG	£2.19	
Light Coconut Milk (Biona) 400ml	ORG, VG	£1.99	
Coconut Oil (Suma) 320ml	ORG, VG	£3.45	

PASTES

Thai Green Curry Paste (Geo) 180g	GF, ORG, VG	£3.95	
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Thai Red Curry Paste (Geo) 180g	GF, ORG, VG	£3.95	
Thai Yellow Curry Paste (Geo) 180g	ORG, VG	£3.95	
Indonesian Rendang Curry Paste (Geo) 180g	ORG, VG	£2.99	
Korma Curry Paste (Geo Organics) 180g	ORG, VG	£3.95	
Tamarind Paste (Thai Taste) 130g	GF, VG	£1.99	

SAUCES

Rose Harissa (Al'fez) 95g		£3.35	
Harissa Chilli Sauce Jar (Harry Brand) 210g		£3.99	
Korma Cooking Sauce (Meridian Free From) 350g	VG	£2.89	
Tikka Masala Cooking Sauce (Meridian) 350g	GF, VG	£2.89	

OTHER

Miso Brown Rice (Clearspring) 300g	ORG, VG	£5.79	
Japanese White Miso (Clearspring) 270g	ORG, VG	£4.29	
Kimchi (Loving Foods) 500g	ORG	£6.85	
Sauerkraut (Loving Foods) 500g	ORG	£6.35	
Ruby Kraut - Red Cabbage/Beetroot (Loving Foods) 500g	ORG	£6.95	
Tofu - Firm (Biona) 500g	ORG	£5.05	
Tempeh (Biona) 400g	VG, ORG	£4.45	
Young Jackfruit Chunks (Suma) 400g	GF, ORG, VG	£2.99	
Mango Chunks in pure juice (Essential Organic) 400g	ORG, GF, VG	£2.55	
Pineapple Chunks In Juice (Essential Organic) 400g	ORG, GF, VG	£2.99	
Tropical Fruits In Juice (Essential Organic) 400g	ORG, GF, VG	£2.49	
Agave Syrup (Suma) 240ml	ORG	£3.99	
Date Syrup (Meridian) 330g	GF	£3.19	
Vermont Maple Syrup 250ml	VG	£5.25	
Vine Leaves - Stuffed (Cooks & Co) 400g	VG	£3.25	

CHOCOLATE & SNACKS

DIVINE

70% Dark Chocolate 90g	VG	£3.30	
41% Dark with Hazelnut 90g	VG	£3.30	
70% Dark Chocolate with Mint 90g	VG	£3.30	
70% Dark Chocolate with Raspberries 90g	VG	£3.30	
38% Milk Chocolate with Salted Caramel 90g		£3.30	
70% Dark 35g	VG	£1.25	
Milk Chocolate 35g	VG	£1.40	

PLAYin CHOC - Seasonal

Endangered Animals Organic Chocolate + Surprise Toy		£2.25	
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TWO FARMERS (Hereford Crisps)

Lightly Salted 40g	VG	£0.90	
Lightly Salted 150g	VG	£2.75	
Cider Salt 40g	VG	£0.90	
Cider Salt 150g	VG	£2.75	
Hop Cheese & Onion 40g		£0.90	
Hop Cheese & Onion 150g		£2.75	
Mushroom & Wild Garlic 40g	VG	£0.90	
Mushroom & Wild Garlic 150g	VG	£2.75	

CHEWSY Chewing Gum

Peppermint	VG	£1.29	
Cinnamon	VG	£1.29	

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BAKING

Arrowroot		10p/10g	
Baking Powder		£1/100g	
Baking Powder (Freee by Doves)	GF	£1/100g	
Bicarbonate of Soda (Lähde)		42p/100g	
Ginger Juice (Biona) 200ml	ORG, VG	£5.49	
Lemon Juice (Biona) 200ml	ORG, VG	£2.19	
Lime Juice (Biona) 200ml	ORG, VG	£3.05	
Polenta - Bulk	VG	30p/100g	
Xanthan Gum (Lähde)	GF	£1.90/100g	
Quick Yeast (Doves Farm) 125g	GF, VG	£1.75	

SALT & STOCK

Fine Sea Salt	GF	20p/100g	
Coarse Sea Salt	GF	20p/100g	
Fine Pink Himalayan Rock Salt	GF	78p/100g	
Coarse Pink Himalayan Rock Salt	GF	78p/100g	

KALLO

Garlic and Herb Stock Cubes 66g	ORG, GF, VG	£2.05	
Mushroom Stock Cubes 66g	ORG, GF, VG	£2.05	
Low Salt Vegetable Stock Cubes 60g	ORG, GF, VG	£2.05	
Yeast Free Vegetable Stock Cubes 66g	GF, VG	£2.05	

SUMA

Vegetable Bouillon 150g	ORG, GF, VG	£2.65	
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MARIGOLD

Swiss Vegetable Bouillon Cubes 84g	ORG, VG	£1.49	
Swiss Vegetable Bouillon Powder	GF, VG	15p/10g	
Engevita Yeast Flakes with B12	GF, VG	£4.25	
Engevita Yeast Flakes with B12	GF, VG	35p/10g	

HERBS & SPICES

Allspice		38p/10g	
Basil		20p/10g	
Bay Leaves		30p/10g	
Caraway Seeds		22p/10g	
Cardamom (Ground)		72p/10g	
Cardamom (Whole)		37p/10g	
Cayenne Pepper		14p/10g	
Celery Salt		10p/10g	
Chilli Powder		20p/10g	
Chilli Flakes		18p/10g	
Chinese Spice		28p/10g	
Chives		27p/10g	
Cinnamon (Ground)		17p/10g	
Cinnamon (Quills)		65p/10g	
Cloves (Whole)		30p/10g	
Coriander (Ground)		12p/10g	
Coriander Seeds		25p/10g	
Cumin (Ground)		18p/10g	

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Cumin Seeds		22p/10g	
Curry Leaves		48p/10g	
Curry Powder		12p/10g	
Dill Seeds		14p/10g	
Fennel Seeds		25p/10g	
Fenugreek		10p/10g	
Garam Masala		23p/10g	
Garlic Powder		14p/10g	
Garlic Salt		20p/10g	
Ginger (Ground)		20p/10g	
Juniper Berries		20p/10g	
Lemongrass		19p/10g	
Lime Leaves (Suma) 4g		£1.25	
Marjoram		40p/10g	
Mint		30p/10g	
Mixed Herbs		25p/10g	
Mixed Spice		16p/10g	
Mustard Powder		10p/10g	
Mustard Seeds (Black)		10p/10g	
Nigella Seeds		20p/10g	
Nutmeg (Ground)		36p/10g	
Nutmeg (Whole)		37p/10g	
Onion Powder		20p/10g	
Oregano		20p/10g	
Paprika (Spanish)		13p/10g	
Paprika (Smoked)		14p/10g	
Parsley		25p/10g	
Peppercorns (Black)		21p/10g	
Peppercorns (White)		28p/10g	
Pepper (Black, Ground)		23p/10g	
Pepper (White, Ground)		23p/10g	
Poppy Seeds - Blue		9p/10g	
Ras El Hanout 42g		£2.25	
Rosemary		19p/10g	
Sage		19p/10g	
Star Anise		20p/10g	
Sumac		24p/10g	
Tarragon		60p/10g	
Thyme		15p/10g	
Turmeric (Ground)		13p/10g	
Zaytoun Za'atar Zesty Thyme Herb Mix 80g	VG	£4.65	

HAIR & BODY CARE REFILLS

HAIR CONDITIONERS

ALTER/NATIVE

Clear & Simple	CF, VG	72p/100ml	
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MINIML

Pink Grapefruit & Aloe Vera	CF, VG	72p/100ml	
Tea Tree & Mint	CF, VG	72p/100ml	

HAIR SHAMPOOS

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ALTER/NATIVE

Clear and Simple	CF, VG	72p/100ml	
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MINIML

Pink Grapefruit & Aloe	CF	72p/100ml	
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Tea Tree & Mint	CF	72p/100ml	
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BODYWASH & HANDSOAP

ECOLEAF - Handsoap

Grapefruit Twist	CF, VG	45p/100ml	
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MINIML - Bodywash + Bubble Bath

Pink Grapefruit & Aloe Vera	CF, VG	72p/100ml	
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Tea Tree & Mint	CF, VG	72p/100ml	
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CLEANING - REFILLS

Ecoleaf Washing Up Liquid		34p/100ml	
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Ecoleaf Washing Powder		46p/100g	
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Miniml Laundry Liquid - Fresh Linen		44p/100ml	
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Ecoleaf Fabric Conditioner		32p/100ml	
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Miniml Anti-bac Surface Cleaner - French Lavender		32p/100ml	
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Miniml Floor Cleaner		34p/100ml	
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Ecoleaf Toilet Cleaner - Citrus		34p/100ml	
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Bicarbonate of Soda (Lähde)		40p/100g	
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Distilled Vinegar		30p/100ml	
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Dishwasher Rinse Aid		19p/100ml	
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Dishwasher Salt		14p/100g	
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Citric Acid 1Kg		£10.85	
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Percarbonate of Soda 1Kg		£7.25	
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DENTAL CARE

ENVIRONMENTAL

Bamboo Toothbrush – Soft or Medium		£3.15	
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Bamboo Toothbrush – Child		£3.15	
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BEN & ANNA

Natural Toothpaste - White 100ml	VG	£8.95	
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Natural Toothpaste - Sensitive 100ml	VG	£8.95	
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HUMBLE & CO

Bamboo Interdental Brush 0.7mm (Yellow)		£4.15	
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Bamboo Interdental Brush 0.6mm (Blue)		£4.15	
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Bamboo Interdental Brush 0.4mm (Pink)		£4.15	
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Cotton Swabs		£1.99	
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TOILET PAPER & TISSUES

WHO GIVES A CRAP

Single Roll – Standard 100% Recycled		£1.06	
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Single Roll – Premium Bamboo		£1.20	
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6-Pack – Standard 100% Recycled		£6.25	
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48-Pack Box - Standard 100% Recycled		£44.00	
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48-Pack Box – Premium Bamboo		£48.00	
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Box of Tissues – 100% Recycled		£1.70	
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ECOLEAF

4-Pack		£3.39	
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9-Pack		£7.35	
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SOAP BARS (Palm Oil, SLS, Parabens Free)

ALTER/NATIVE (Handmade - Round Glycerine)

Rose and Geranium 90g	VG	£2.15	
White Lavender 90g	VG	£2.15	
Yellow Mandarin & Tonka Bean 90g	VG	£2.15	

ALTER/NATIVE (Handmade - Rectangular Glycerine)

Rose and Geranium 90g	VG	£3.15	
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FAITH IN NATURE

Aloe Vera Soap Bar 100g		£2.28	
Fragrance Free Soap Bar 100g		£2.28	
Grapefruit Soap Bar 100g		£2.28	
Orange Soap Bar 100g		£2.28	
Rosemary Soap Bar 100g		£2.28	

OLIVA

Olive Oil Soap with Aloe Vera 100g		£2.00	
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SHAMPOO, CONDITIONER & SHAVING BARS (Palm Oil, SLS, Parabens Free)

SHAMPOO BAR - ALTER/NATIVE

Pink Grapefruit 90g	VG	£6.50	
Rose and Geranium 95g	VG	£6.50	

CONDITIONER BAR - ALTER/NATIVE

Coconut & Argan Oil 90g	VG	£5.45	
Pink Grapefruit 90g	VG	£5.45	
Rose and Geranium 95g	VG	£5.45	

SHAVING BAR - FRIENDLY

Orange & Lavender, 95g	VG	£2.95	
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FACE & BODYCARE

LOOFCO

Bath Time Loofah - Heart Shaped		£3.59	
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PUREMESS

Deodorants 70ml - Various Essential Oil Fragrances	VG	£9.00	
Hand Cream 100ml - Lemongrass / Rosewood		£8.50	
Body Scrub 200ml - Grapefruit		£11.00	
Lip Balms 15ml - Geranium / Lemon / Orange		£4.50	
Body Custard 200ml - Lemongrass		£18.00	
Rejuvenating Face Cream 50ml		£17.50	
Oat & Mandarin Cleanser 150ml		£10.50	
Sleep Balm 50ml		£9.60	
Balancing Skin Toner 150ml		£9.00	

FEMININE CARE

MOONCUP

Menstrual Cup – Size A		£22.40	
Menstrual Cup – Size B		£22.40	

NATRACARE

Organic Cotton Ultra Pads – Super (12)		£2.95	
Organic Cotton Ultra Pads – Long (10)		£2.65	

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Organic Cotton Panty Liners – Curved (30)	£2.09	
Organic Cotton Panty Liners – Long (16)	£1.89	
Super Non-Applicator Organic Cotton Tampons (20)	£2.85	
Super Non-Applicator Organic Cotton Tampons – Super (20)	£3.15	
Super Applicator Organic Cotton Tampons – Super (16)	£3.15	

OTHER

Shade All-Natural Sunscreen SPF25 100ml	ORG	£9.75	
Absolutink Susie Sue Soap Saver		£2.90	

HOUSEHOLD

IF YOU CARE

Food Waste Bags		£5.15	
Parchment Baking Sheets		£4.35	
Large Baking Cups x60		£1.65	
Recycled Aluminum Foil, 10m		£4.99	
Extra Strong Aluminium Foil, 7m		£6.79	
Parchment Baking Paper		£5.19	
Paper Snack & Sandwich Bags 48 Pack		£4.95	
Tall Kitchen Bags x12		£5.30	
Ecoleaf Cling Film (Home Compostable), 30m		£3.99	

OTHER

Tea Light - single		£0.24	
Tea Light - box of 24		£5.65	

CLOTHING

BAM

Bamboo Socks Striped 4-7		£4.50	
Bamboo Socks Striped 8-11		£4.50	
Bamboo Socks Black 4-7		£4.25	
Bamboo Socks Black 8-11		£4.25	

FOOD BAGS & BIN LINERS

d2w Drawtape Swing Bin Liners x15		£2.15	
d2w Drawtape Refuse Bags x20		£2.49	
d2w Freezer Bags x200		£1.85	
d2w Pedal Bin Liners x30		£2.25	

TABLEWARE

Bamboo Dinner Set (Bee)		£11.95	
Bamboo Dinner Set (Cow)		£11.95	
Bamboo Dinner Set (Fox)		£11.95	
Bamboo Dinner Set (Unicorn)		£11.95	
Cane Straws, 10 Pack (The Cane Straw Company)		£2.50	
Paper Straws, 10 Pack		£1.00	
Paper Straws, 20 Pack		£1.50	

WASHING UP & CLEANING

LoofCo Root Vegetable Scrubber		£2.95	
LoofCo Washing-up Pad - One Pad		£2.95	
LoofCo Cleaning Pad		£2.95	
Loofco Washing-up Brush with Handle		£3.55	
Loofco Bottle Brush with Rubberwood Handle		£3.79	
Seep Bamboo All Purpose Cloth		£3.50	
Ecoleaf Kitchen Roll Twin Pack, 3-Ply		£3.85	

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EcoLeaf DishWasher Tablets, 25 tablets	£5.69	
EcoLeaf DishWasher Tablets, 70 tablets	£14.15	

PET CARE

Denzel's Pumpkin Dog Treats 15 x 50g	£2.00	
Mini Compostable Poo Bags x80 (Fetch It)	£5.49	
Tie Handle Compostable Poo Bags x120 (Fetch It)	£10.49	
Paw & Nose Balm (Bee Friends)	£9.00	

FIRE RELATED PRODUCTS

Wealden British Barbecue Charcoal	£7.50	
Coffee Logs 8kg	£7.40	
If You Care Firelighters x28	£2.59	

OTHER

Kite Paper Packing Tape - 25mm	£2.00	
Kite Paper Packaging Tape - 50mm	£2.25	
String Bag (Various colours)	£3.80	

THE BEE BAY

Furniture Polish (With Lavender / Without Lavender)	£5.20	
Beeswax Leather Conditioner	£6.50	
Homemade Nesting House	£15.00	
Bee/Insect Hotel	£25.00	

SOFT DRINKS

BELVOIR

Sparkling Elderflower 250ml	£2.50	
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FENTIMANS

Cherry Cola 275ml	£2.25	
Curiosity Cola 275ml	£2.05	
Dandelion & Burdock 275ml	£2.05	
Ginger Beer 275ml	£2.25	
Rose Lemonade 275ml	£2.25	
Victorian Lemonade 275ml	£2.25	
Mandarin & Seville Orange Jigger 275ml	£2.25	
Botanically Brewed Light Tonic 500ml	£2.79	

FRANKLIN & SONS

1886 Cola 275ml	£1.49	
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LUSCOMBE

English Apple Juice 270ml	£2.65	
Citrus Crush (formerly St Clements) 270ml	£2.45	
Elderflower Bubbly 270ml	£2.40	

SUMA

Ginger Kombucha, 250ml can	£1.75	
Elderflower & Lemon Kombucha, 250ml can	£1.75	

ALCOHOL (Strictly Over 18s only)

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Silent Pool Gin 70cl	£38.00	
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BEER

FIREBIRD

Bohemia - Lager 330ml	GF, VG	£2.60	
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Festive 51 - Strong Ale 500ml	GF, VG	£2.85	
Heritage - Ale 500ml	GF, VG	£2.70	
Pacific Gem - Single Hop Pale Ale 500ml	GF, VG	£2.70	
CIDER			
SILLY MOO			
Cowfield Cider, 330ml		£2.95	
Unfiltered Cider, 330ml		£2.95	
WINE			
BELLE & CO			
Alcohol-Free Sparkling Wine		£6.59	
BOLNEY			
Lychgate Bacchus White 2019		£20.00	
Lychgate Red 2018		£20.00	
DENBIES			
Flint Valley Wine (White)		£11.50	
Surrey Gold Wine (White)		£11.50	
Rosehill Wine (Rose)		£11.50	
Redlands Wine (Red)		£14.95	
Whitedown (Sparkling)		£21.95	

Prices correct as at 11 March 2025. E&O.

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