

## Pre-packaged produce

correct as at 30 4 2026

Description	Unit	Brand	RRP	Comments	Wholesale
<b>Tea</b>					
various	box 17	Yogi Tea	2.75		y
various	box 25	Qi	various		y
various	various	Clipper	various	Fairtrade	y
various	box 20	Heath & Heather	various		y
various	box 20	Dragonfly tea	various		y
various	1kg	Taylor's of Harrogate	various	loose leaf	y
<b>Coffee</b>					
ground, various	200g	Grumpy Mule	various		y
ground, various	200g	Café Direct	various		y
ground, various	250g	Neptune's Coffee	8.00	local produce	n
beans, various	200g	Grumpy Mule	various		y
beans, various	200g	Café Direct	various		y
beans, various	250g	Neptune's Coffee	8.00	local produce	n
beans, various	1kg	Neptune's Coffee	29.00	local produce	n
beans, Ethiopia Yirgacheffe	1kg	Suma	36.99	Fairtrade	y
beans, Blue mountain	1kg	Kingdom Coffee	26.00	Fairtrade	y
instant, Machu Pichhu, decaf	100g	Café Direct	6.75	Fairtrade	y
instant, Machu Pichhu, 5	100g	Café Direct	6.75	Fairtrade	y
instant, xxx, 5	100g	Café Direct	6.75	Fairtrade	y
<b>Milks and creams</b>					
coconut milk	1L	Rude Health			y
coconut milk		Suma			y
coconut cream		Suma			y
coconut cream	200g	Essential	2.99	organic V	y
oak milk, various	1L	oatly	various		y
barista chai	1L	Yogi Tea	3.50		y
<b>Other instant hot drink powders</b>					
chicory drink powder	100g	The Chicory Co	5.95	organic GF	y
Barley cereal drink powder	100g	Barley Cup	5.59	organic V	y
hot chocolate, instant	350g	Clipper	5.15	Fairtrade	y
hot chocolate, instant, salted caramel	250g	Divine	8.99	Fairtrade V	y
<b>Butters and cheeses</b>					
Vegan cheeses	various	various	various	V	y
cheeses	various	various	various	organic	y
Vegan block	200g	Naturli	2.10	organic V	y
butter, salted and unsalted	250g	herd	3.79	organic	y

## Juices and cordials

Cordials, various	740ml	Rocks	4.15		y
Apple juice	500ml	Torrisoule	4.00	local produce	n
kombucha	275ml	Equinox	2.65		y
kombucha	300ml	Gut Feelings	3.00	local produce	n

## Condiments

sauerkraut, various	475g	Loving Foods	various	organic	y
Kimchi, various	475g	Loving Foods	various	organic	y
mustard, Dijon	200g	Delouis	3.40	organic	y
mustard, wholegrain cider vinegar	180g	Delouis	3.40	organic	y
horseradish sauce	180g	Inspired Dining	2.85	organic V	y
mayonnaise	300g	Suma	4.65	organic	y
Harissa paste	180g	Al'fez	3.49	V	y
Harissa, rose	180g	Al'fez	3.35	V	y
vegetable stock	225g	vecon	4.35	veg	y
seasoning, Za'atar	50g	Suma	1.75		y
seasoning, Piri piri	40g	Suma	1.39		y
chutney, spiced fruit	290g	Huntly Herbs	4.75	organic	n
chutney, corainder	300g	Huntly Herbs	4.75	organic	n
chutney, Strathbogie sizzler	300g	Huntly Herbs	4.75	organic	n
Soya sauce, Yaemon Tamari	200ml	Clearspring	5.99	GF V	y
Miso, brown rice	300g	Clearspring	5.79	organic V	y
Miso, white	270g	Clearspring	4.79	organic V	y
Rice vinegar, brown	150ml	Clearspring	2.69	organic V	y
Soya sauce Shoyu	150ml	Clearspring	2.99	organic V	y
Coconut, creamed block	200g	Suma	3.59	organic V	y
coconut, cream	400ml	Suma	3.19	organic V	y
coconut, milk	400ml	Suma	2.99	organic V	y
nutritional yeast flakes, Vit D B12	100g	Engevita	4.79	GF V	y
nutritional yeast flakes, organic	100g	Engevita	6.49	organic GF	y
Bouillon, reduced salt	500g	Marigold	7.39	GF V	y
Bouillon, organic	150g	Marigold	2.55	organic V GF	y
Bouillon, organic	500g	Marigold	7.75	organic V GF	y
salt, herb sea salt	125g	Herbamare	3.59	organic V	y
salt, xxx sea salt	125g	Herbamare	3.59		y
salt, seaweed sea salt	70g	Cornish Seaweed Co	4.99		y
salt, smoked sea salt	125g	Maldon	3.39		y
salt, Indian black salt (kala namak)	100g	Steenbergs	2.75		y
stock cubes, mushroom	66g	kallo	2.09	GF veg	y
extract, vanilla	100ml	Taylor & Colledge	8.45	Fairtrade Organic	y
extract, almond	60ml	Nielsen Massey	4.85	GF	y
water, rose	100ml	Steenbergs	4.19	organic V	y
water, orange blossom	100ml	Steenbergs	4.19	organic V	y
aminos, liquid	250ml	Marigold	3.98	GF	y
syrup, agave	240ml	Suma	3.99	organic V	y
syrup, date	300g	Clearspring	3.89	organic V	y
pectin, liquid	250ml	Certo	2.99	V	y

syrup, maple, canadian, dark	330g	St Lawrence	8.54	organic V	y
syrup, maple, canadian, amber	330g	St Lawrence	8.54	organic V	y
salt, Himalayan pink coarse	500g	Pro-Fusion	4.05		y
salt, Himalayan pink fine	500g	Pro-Fusion	4.05		y
seaweed, dulse	20g	The Cornish Seaweed Co	5.59	organic	y
worcester sauce	140ml	Biona	4.35	organic V	y
tomato ketchup	560g	Biona	4.45	organic	y
peppers, red roasted	460g	cooks&co	3.25	V	y
peppers, sweet red drop	150g	cooks&co	4.29	V	y
tamarind paste	130g	Thai Taste	2.05	V	y
olives, green whole	330g	hellenic sun	2.90	organic	y
olives, kalamata, pitted	290g	Gaea	3.65	organic	y
pate, kidney bean & red pepper	140g	Suma	2.59	organic V	y
chillies, green frenk	300g	cooks&co	2.09	V	y
chillies, red frenk	300g	cooks&co	2.09	V	y
beetroot & horseradish spread	130g	Bonsan	3.05	organic V	y
dukkah spiced	90g	Olives et al	5.99	V GF	y
pesto green	130g	Suma	2.89	organic V	y
pesto red	130g	Suma	2.89	organic V	y
pate, mushroom	200g	Tartex	4.15	GF V	y
pate, herbs	200g	Tartex	4.55	GF V	y
pate, classic	200g	Tartex	4.15	GF V	y
pate, herbs & garlic	200g	Tartex	4.15	GF V	y
pate, mushroom	125g	granoVita	1.99	V	y
tamari sauce	250ml	Clearspring	3.99		y
vinegar, apple cider with mother	750ml	Suma	3.10	organic V	y
vinegar, balsamic	350ml	Aspall	4.45	organic	y
vinegar, red wine	350ml	Aspall	2.29	organic	y

### Cereals

cornflakes	325g	freee	3.15	organoc V	y
granola, oat	375g	Biona	6.59	organic	y
granola, wild berry	375g	Biona	6.59	organic	y
honey spelt puffs	175g	Rude Health	3.49	organic	y

### Sweets and treats

Biscuits, various	200g	Doves farm	various	organic	y
Biscuits, various	150g	Freee	various	GF V	y
Cake, ginger	465g	Speciaite locale	4.65	V	y
Chocolate, various	35g	Divine	1.40	Fair Trade	y
Chocolate, various	90g	Divine	3.50	Fair Trade	y
Chocolate, various	90g	Montezuma's	3.79		y
Flapjacks, various	80g	Brynmoor	0.90	GF	y
Halva, various	75g	Sunita	various	V	y
Marsh mallows	105g	Free From Fellows	2.25	GF V	y
Crisps, various	40g	Brown Bag	0.89	GF V	y
Crisps, various	40g	Brown Bag	1.49	GF V	y
Crisps, various	150g	Brown Bag	2.69	GF V	y

Crisps, various	45g	Eat real	0.89	GF V	y
Crisps, various	95g	Eat real	2.19	GF V	y
Midget gems	100g	Free From Fellows	2.09	GF V	y
Boiled sweets	70g	Free From Fellows	2.09	GF V	y
chocolate, cooking	200g	Vivani	5.99	organic V	y

### Pasta

various	various	The Pasta Tree	2.99	local produce	n
penne, brown rice flour	500g	Suma	3.25	organic GF	y
fusili, brown rice flour	500g	Suma	3.25	organic GF	y
fusili, tricolore	500g	Suma	2.49	organic Fairtrade	y
spaghetti, wholegrain, spelt	500g	biona	3.05	organic	y
spaghetti, white, spelt	500g	biona	2.95	organic	y
casarecce, oat pasta	340g	Suma	2.99	organic V GF	y

### Flour

coconut flour	500g	Doves Farm	3.95	organic	y
oat flour	450g	Doves Farm	4.50	organic V	y
pasta flour 00	1kg	Shipton Mill	2.29	organic	y
3 malts sunflower brown flour	1kg	Shipton Mill	2.69	organic	y
spelt white	1kg	Shipton Mill	3.71	organic	y
bread flour, white GF	1kg	freee	3.15	GF	y
bread flour, brown GF	1kg	freee	3.29	GF	y
plain wholemeal fine	1kg	Doves Farm	1.79	organic	y
self raising, white, GF	1kg	freee	3.15	GF	y
plain white GF	1kg	freee	3.15	GF	y
rice flour, GF	1kg	freee	2.55	GF	y
cornflour	500g	suma	2.29	V	y
plain white	1kg	Doves Farm	1.99	organic GF	y
self raising, white	1kg	Doves Farm	2.05	organic	y
rye, stoneground	1.5kg	Bacheldre	2.59	organic	y
wholemeal stoneground strong	1.5kg	Bacheldre	2.95	organic	y
malted blend stoneground strong	1.5kg	Bacheldre	3.15	organic	y

### Sauces

pasta sauces, various	330g	The Pasta Tree	4.25	local produce	n
passata	690g	Suma	2.09	organic V	y
tomato puree	200g	Suma	1.99	organic	y
pesto, garlic chilli	190g	Mr Organic	3.89	organic V	y
tagine, apricot coriander	450g	Alfez	3.15	V	y
cream of tartar	70g	Steenbergs	2.59		

### Tins

butter beans	400g	Suma	1.45	organic veg	y
cannellini beans	400g	Suma	1.29	organic veg	y
red kidney	400g	Suma	1.35	organic veg	y
black beans	400g	Suma	1.29	organic veg	y
chickpeas	400g	Suma	1.29	organic veg	y

mixed beans	400g	Suma	1.29	organic veg	y
chickpeas, black	400g	Suma	1.29	organic veg	y
sweetcorn	340g	Suma	2.25	organic veg	y
baked beans, low sugar	400g	Suma	1.49	organic V	y
baked beans	400g	Suma	1.45	organic V	y
tomatoes, plum, peeled	400g	Suma	1.35	organic V	y
tomatoes, chopped	400g	Suma	1.35	organic V	y
fava beans	400g	Hodmedods	1.89	organic	y
Dolmades	280g	Zanae	3.09		y
stuffed tomato & pepper	280g	Zanae	3.19		y
giant beans, in tomato sauce	280g	Zanae	2.49		y
okra in tomato sauce	280g	Zanae	3.39	V	y

### Oils

coconut	320ml	Suma	4.19	organic V	y
olive, extra virgin	500ml	Suma	10.49	organic	y
pumpkin seed oil	250ml	Essential	6.50	organic V	y

yeast, quick yeast	125g	Doves Farm	1.75		y
freekeh	200g	Zaytoun	3.95		y
breadcrumbs, brown rice	250g	Clearspring	4.79	organic V	y
dumpling mix	135g	freee	1.59	GF	y

### Bread

rye bread, sunflower seed	500g	Biona	2.85	organic	y
rye bread, pumpkin seed	500g	Biona	2.95	organic	y

mushrooms, shiitake dried	30g	cooks&co	3.29	V	y
chestnuts, ready to eat	200g	St Dalfour	4.69		y

rice, cauliflower	200g	FullGreen	2.49	GF V	y
rice, wild rice mix	500g	biona	4.45	organic	y

### Jams and spreads

various	225ml	St Dalfour	various		y
honey	340g	Bogmoon Bees	8.50	local produce	n
marmalade	340g	bionova	3.59	organic	y
chocolate spread, milk	350g	vego	5.69	Fairtrade	y

chocolate spread, dark					
tahini, light	280g	Suma	4.35	organic veg	y
tahini, dark	280g	Suma	4.35	organic veg	y
yeast extract	340g	Meridian	5.99	GF V	y
barley malt extract	370g	Meridian	3.69	V	y
molasses blackstrap	350g	Meridian	2.59	V	y
molasses, pomegranate	250ml	Belazu	9.99		y
butter, almond, crunchy	170g	Meridian	3.29	V	y
butter, almond, smooth	170g	Meridian	5.89	organic V	y
butter, pumpkin	250g	Carley's	5.59	organic GF V	y
butter, sunflower		Carley's	2.75	organic GF V	y
butter, peanut, crunchy, salted	340g	Suma	4.09	organic V	y
butter, peanut, crunchy	700g	Suma	8.09	organic V	y
butter, peanut, smooth	700g	Suma	8.09	organic V	y
milled flax seed	200g	Linwoods	3.79	organic GF	y