

**A \*** next to an item name denotes the presence of allergens.

**How it works:**

Bring your own containers for refills on cupboard staples, cleaning products, shampoo/conditioner/shower gel, and other plastic-free products.

**Tips:**

- Wide mouth jars/bottles are easiest to fill
- Make sure your container is CLEAN and DRY for best results (Dry is very important – any moisture in your container will breed bacteria and spoil your food.)
- Any container goes - bread bags, biscuit tins, food storage containers, whisky bottle tubes (great for spaghetti), squeeze mayo bottles (great for shower gel).. if you are happy you can get it home without spilling, bring it along
- For liquid refills, bring a like-for-like container. We reserve the right to refuse to fill a container if it is not suitable to the contents (for example, we won't put shampoo into a toilet cleaner bottle!)
- Everything is filled by weight, that's why our liquids are priced in grams. We weigh your container, fill it, weigh it again, and charge you for the contents only.

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<b>DRIED FRUIT</b>	<b>PRICE PER 100G</b>	<b>BAKING INGREDIENTS</b>	<b>PRICE PER 100G</b>
Apricots (sulphured)*	£0.95	Instant Yeast	£2.00
Apricots (unsulphured)	£0.85	Cocoa Powder (Organic, Fair Trade)	£1.40
Banana Chips	£0.59	55% Cocoa Choc Pieces	£1.00
Goji Berries*	£1.40	100's & 1,000's	£2.00
Cranberries (sweetened)	£0.69	Granulated sugar	£0.12
Pitted dates	£0.40	Caster sugar	£0.16
Figs (Turkish)	£0.80	Icing Sugar	£0.18
Sour Cherries	£1.00	Light soft brown sugar	£0.17
Crystallised Mango*	£1.00	Demerara sugar	£0.19
Crystallised Ginger*	£0.70	Desiccated Coconut	£0.60
Pitted prunes	£0.85	Baking Powder	£0.50
Raisins	£0.36	Bicarbonate of Soda	£0.33
Sultanas	£0.36	Cornflour	£0.26
Currants	£0.45	Polenta (fine)	£0.15
Mixed Fruit (no peel)	£0.35	Semolina (fine)*	£0.22
Glace Cherries*	£0.50		
Mixed Peel*	£0.35	<b>CEREALS</b>	<b>PRICE PER 100G</b>
Dried Mixed Mushrooms	£3.75	Bran flakes*	£0.30
		Kellogg's Corn Flakes*	£0.50
<b>NUTS &amp; SEEDS</b>	<b>PRICE PER 100G</b>	Kellogg's Rice Krispies*	£0.65
Whole almonds*	£0.95	Granola*	£0.40
Ground almonds*	£1.19	Porridge oats*	£0.12
Flaked almonds*	£1.18	Organic Porridge oats*	£0.25
Whole Brazil nuts*	£1.45	GF Porridge oats	£0.25
Whole cashews *	£1.15	Jumbo oats*	£0.12
Hazelnuts*	£1.30	Muesli base*	£0.18
Peanuts (redskin)*	£0.43	Deluxe muesli *	£0.36
Peanuts (salted)*	£0.47		
Peanuts (dry roasted) *	£0.45	<b>BEANS, GRAINS, PULSES</b>	<b>PRICE PER 100G</b>
Whole pecans*	£1.60	Black turtle beans	£0.30
Walnut pieces*	£1.10	Pinto beans	£0.46
Mixed Nuts*	£1.15	Butter beans	£0.45
Mixed seeds*	£0.45	Red kidney beans	£0.45
Pumpkin seeds	£0.75	Haricot Beans	£0.32
Sesame seeds*	£0.65	Pearl barley*	£0.16
Sunflower seeds	£0.40	Chickpeas	£0.24
Golden Linseed	£0.28	Cous cous*	£0.25
Chia Seeds	£0.60	Quinoa	£0.47
Pine Kernels	£4.00	Yellow Split Peas	£0.22
		Green Lentils	£0.27
<b>PASTA &amp; RICE</b>	<b>PRICE PER 100G</b>	Red split lentils	£0.25
Spaghetti (white)*	£0.20	Puy style lentils	£0.40
Fusilli (white)*	£0.20	TVP mince*	£0.45
Mini Macaroni (white)*	£0.20		
Orzo (white)*	£0.20	<b>SEASONINGS</b>	<b>PRICE PER 100G</b>
Noodle Nests (white)*	£0.25	Marigold Organic Vegan	£1.50
Spaghetti (wholemeal) *	£0.25	Bouillon <i>Less Salt</i>	
Fusili (wholemeal)*	£0.25	Knorr Chicken Bouillon	£1.75
Penne (wholemeal) *	£0.25	Marigold Engevita	£2.80
Basmati rice	£0.25	<i>B12 Yeast Flakes</i>	
Long grain brown rice	£0.28		
Risotto rice (Arborio)	£0.31		
Pudding Rice	£0.22		

<b>SNACKS</b>	<b>PRICE PER 100G</b>	<b>DRIED HERBS</b>	<b>PRICE PER 15G</b>
Chocolate raisins*	£1.15	Basil	£0.60
Yoghurt raisins*	£0.75	Bay Leaf	£1.50
Chocolate peanuts*	£1.15	Coriander Leaf	£0.60
Chocolate Brazil nuts*	£1.45	Curry Leaves (per 5g)	£0.50
Dark choc Brazil nuts*	£1.10	Dill Weed	£0.75
Bombay mix*	£0.55	Mixed herbs	£0.60
Giant chilli corn	£1.00	Mint	£0.75
Desperado*	£0.85	Oregano	£0.87
Popping corn	£0.18	Parsley	£1.80
Sea Salt Potato Crisps	£1.60	Rosemary	£0.45
		Sage	£0.87
		Thyme	£0.66
<b>COFFEE BEANS</b>	<b>PRICE PER 250G</b>	<b>SPICES</b>	<b>PRICE PER 30G</b>
AzorieBlue Italian Roast	£4.75	All Spice	£0.60
AzorieBlue Brazilian Roast	£4.75	Caraway Seed	£0.45
AzorieBlue Decaffeinated	£5.00	Cardamom Pods	£2.10
		Cayenne	£0.54
<b>LOOSE LEAF TEA</b>	<b>PRICE PER 100G</b>	Chilli Flakes	£0.60
British Brew	£3.85	Chilli Powder	£0.33
Breakfast Blend	£3.85	Cinnamon (ground)	£0.60
Assam	£3.85	Cinnamon sticks	£1.65
Earl Grey	£5.00	Cloves (whole)	£0.84
Cha Cha Chai	£5.00	Coriander (ground)	£0.60
Decaf English B'fast	£7.00	Coriander (seed)	£0.60
Chamomile (per 30g)	£3.85	Cumin (ground)	£0.45
Red Bush Tea	£5.00	Cumin (seed)	£0.54
Peppa Mint (per 30g)	£3.85	Curry powder (medium)	£0.21
Red Berry Infusion	£5.50	Fajita Spice	£0.53
		Fennel (seed)	£0.45
<b>SEASONAL/TEMPORARY</b>	<b>PRICE PER 100G</b>	Fenugreek (ground)	£0.26
Habas fritas	£0.35	Garam Masala	£0.30
Salt & Vinegar Selection*	£0.50	Garlic Granules	£0.38
		Garlic Powder	£0.21
		Ginger (ground)	£0.60
		Mixed Spice	£0.45
		Mustard Powder (yellow)	£0.30
		Mustard Seed (brown)	£0.30
		Nutmeg (whole)	£0.99
		Paprika	£0.53
		Smoked Paprika	£0.53
		Pickling Spice	£0.30
		Poppy Seeds	£0.60
		Black Peppercorns	£0.48
		Sea salt (coarse)	£0.25
		Sea salt (fine)	£0.20
		Turmeric	£0.20

CLEANING	PRICE PER 100G	HAIRCARE & SKINCARE REFILLS	PRICE PER 100G
SESI Washing-up liquid (Unfragranced)	£0.25		
Miniml Non-bio liquid	£0.30	<u>Miniml Refills – Made in Yorkshire</u>	
Miniml Fabric Conditioner	£0.24	Shampoo	£0.60
SESI Non-bio powder	£0.48	Conditioner	
SESI Bio laundry liquid	£0.38	Body Wash	
SESI Delicate/hand wash	£0.75	<i>All available in <b>Pink Grapefruit &amp; Aloe Vera</b> or <b>Coconut</b> fragrances</i>	
Miniml Toilet Cleaner	£0.24		
SESI Multi-surface cleaner	£0.30	Vanilla Hand & Body Lotion	£1.25
SESI Bicarbonate	£0.20	Liquid Hand Soap	£0.50
Miniml Vinegar	£0.15	<i>Cucumber &amp; Aloe Vera</i>	
SESI Glass cleaner	£0.30		
SESI Dishwasher powder	£0.43	<u>Unfragranced Body Care</u>	
SESI Dishwasher Rinse Aid	£0.35	SESI Organic Shower, Hands	£0.90
Dishwasher Salt	£0.13	SESI Organic Hand & Body Lotion	£1.25

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