

<b>DRIED FRUIT</b>	<b>PRICE PER 100G</b>	<b>BAKING INGREDIENTS</b>	<b>PRICE PER 100G</b>
Apricots (sulphured)*	£1.10	Instant Yeast	£2.00
Apricots (unsulphured)	£1.10	Cocoa Powder (Organic, Fair Trade)	£1.40
Banana Chips	£0.59	55% Cocoa Choc Pieces	£1.05
Goji Berries*	£1.40	100's & 1,000's	£2.00
Cranberries (sweetened)	£1.05	Granulated sugar	£0.12
Pitted dates	£0.40	Caster sugar	£0.16
Figs (Turkish)	£0.85	Icing Sugar	£0.22
Sour Cherries	£1.00	Light soft brown sugar	£0.21
Crystallised Mango*	£1.00	Demerara sugar	£0.19
Crystallised Ginger*	£0.70	Desiccated Coconut	£0.60
Pitted prunes	£0.90	Baking Powder	£0.60
Raisins	£0.36	Bicarbonate of Soda	£0.33
Sultanas	£0.36	Cornflour	£0.27
Currants	£0.45	Polenta (fine)	£0.20
Mixed Fruit (no peel)	£0.38	Semolina (fine)*	£0.25
Glace Cherries*	£0.58		
Mixed Peel*	£0.35	<b>CEREALS</b>	<b>PRICE PER 100G</b>
Dried Mixed Mushrooms	£3.75	Bran flakes*	£0.35
		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	Deluxe Granola*	£0.43
Ground almonds*	£1.19	Porridge oats*	£0.13
Flaked almonds*	£1.18	Organic Porridge oats*	£0.23
Whole Brazil nuts*	£1.45	GF Porridge oats	£0.25
Whole cashews *	£1.15	Jumbo oats*	£0.13
Hazelnuts*	£1.30	Muesli base*	£0.21
Peanuts (redskin)*	£0.43	Deluxe muesli *	£0.43
Peanuts (salted)*	£0.47		
Peanuts (dry roasted) *	£0.65	<b>BEANS, GRAINS, PULSES</b>	<b>PRICE PER 100G</b>
Whole pecans*	£2.25	Black turtle beans	£0.34
Walnut pieces*	£0.90	Pinto beans	£0.46
Mixed Nuts*	£1.15	Butter beans	£0.45
Mixed seeds*	£0.45	Red kidney beans	£0.40
Pumpkin seeds	£0.75	Haricot Beans	£0.32
Sesame seeds*	£0.58	Pearl barley*	£0.18
Sunflower seeds	£0.30	Chickpeas	£0.28
Golden Linseed	£0.28	Cous cous*	£0.35
Chia Seeds	£0.90	Quinoa	£0.47
Pine Kernels	£4.00	Yellow Split Peas	£0.22
		Green Lentils	£0.35
<b>PASTA &amp; RICE</b>	<b>PRICE PER 100G</b>	Red split lentils	£0.29
Spaghetti (white)*	£0.20	Puy style lentils	£0.49
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	£0.30	<i>B12 Yeast Flakes</i>	
Brown Basmati	£0.32		
Risotto rice (Arborio)	£0.38		
Pudding Rice	£0.35		

<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
Desperado*	£0.85	Mint	£0.75
Popping corn	£0.20	Oregano	£0.87
Sea Salt Potato Crisps	£1.60	Parsley	£1.80
		Rosemary	£0.45
<b>COFFEE BEANS</b>	<b>PRICE PER 250G</b>	Sage	£0.87
AzorieBlue Italian Roast	£4.75	Tarragon	£0.90
AzorieBlue Brazilian Roast	£4.75	Thyme	£0.66
AzorieBlue Decaffeinated	£5.00		
		<b>SPICES</b>	<b>PRICE PER 30G</b>
<b>LOOSE LEAF TEA</b>	<b>PRICE PER 100G</b>	All Spice	£0.60
British Brew	£3.85	Cajun Spice	£0.60
Breakfast Blend	£3.85	Caraway Seed	£0.45
Assam	£3.85	Cardamom Pods	£2.10
Earl Grey	£5.00	Cayenne	£0.54
Cha Cha Chai	£5.00	Chilli Flakes	£0.60
Decaf English B'fast	£7.00	Chilli Powder	£0.33
Chamomile (per 30g)	£3.85	Cinnamon (ground)	£0.60
Red Bush Tea	£5.00	Cinnamon sticks	£2.20
Peppa Mint (per 30g)	£3.85	Cloves (whole)	£0.84
Red Berry Infusion	£5.50	Coriander (ground)	£0.60
		Coriander (seed)	£0.60
<b>SEASONAL/TEMPORARY</b>	<b>PRICE PER 100G</b>	Cumin (ground)	£0.45
Habas Fritas	£0.35	Cumin (seed)	£0.54
		Curry powder (medium)	£0.21
		Fajita Spice	£0.53
		Fennel (seed)	£0.45
		Fenugreek (seeds)	£0.18
		Garam Masala	£0.30
		Garlic Granules	£0.38
		Garlic Powder	£1.10
		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
		Ras el Hanout	£0.66
		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 (Ginger or Unfragranced)	£0.25		
Miniml Non-bio liquid	£0.35	<u>Miniml Refills – Made in Yorkshire</u>	
Miniml Fabric Conditioner	£0.26	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	£0.30		
SESI Multi-surface cleaner	£0.30	Vanilla Hand & Body Lotion	£1.25
SESI Bicarbonate	£0.20	Liquid Hand Soap	£0.50
Miniml Vinegar	£0.17	<i>Cucumber &amp; Aloe Vera</i>	
SESI Glass cleaner	£0.30		
SESI Dishwasher powder	£0.43		
SESI Dishwasher Rinse Aid	£0.35	<u>Unfragranced Body Care</u>	
Dishwasher Salt	£0.13	SESI Organic Shower, Hands	£0.90
		SESI Organic Hand & Body Lotion	£1.25

**Allergens Statement:** Whilst all reasonable precautions are taken to avoid cross-contamination of allergens when packaging and serving food, due to the fact that all foods are packaged in the same area, we cannot guarantee the absence of allergens from our products. If you or someone in your family has a life-threatening food allergy, we ask that you not shop for food at Refills on the Road.

For more detailed information, check out <https://www.refillsontheroad.com/post/how-it-works>

**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.