

### Warning

ALL foods purchased by weight are dispensed in the same area as other foods containing nuts and other allergens. Cross contamination can not be ruled out as all foods are also manufactured, packed or stored alongside other allergen containing ingredient.

If you have severe allergies I do not recommend shopping at Ecowulf.

## Product

Pasta and Rice and Oats		Price per 100g	Allergen Info
White Non Organic Penne		0.26	Gluten
Wholewheat Organic Fusilli	Please Note: Some prices are subject to change, due to changes in suppliers and commodity price increases. I do endeavor to update stock list regularly but this is not always possible. New things are added weekly, this list is not exhaustive.	0.32	Gluten
Non Organic Macaroni		0.27	Gluten
Organic White Fusilli		0.32	Gluten
Tri Colour Fusilli		0.27	Gluten
White Organic Gluten Free Fusilli		0.64	
Organic White Spaghetti		0.32	Gluten
White Basmati		0.25	
Brown basmati		0.46	
Arborio Rice (non-organic)		0.42	
White Self Raising Flour		0.17	Wheat
White Plain Flour		0.17	Wheat
non organic Couscous		0.27	
UK Grown Red&White quinoa		1.35	
UK Grown Quinoa		0.74	
Gluten Free Organic Oats		0.49	
organic Porridge Oats		0.25	
EcoWulf Organic Luxury Muesli Mix		1	nuts, wheat,gluten
Muesli Base		0.52	
Organic Cornflakes		£0.80	
Organic Bulgur Wheat		0.41	
<b>Pulses and Legumes</b>		0	
UK grown Chickpeas		0.64	
Cannelini Beans		0.5	
Mung Beans		0.74	
Pearl Barley		0.27	
Red Lentils		0.29	
UK Grown green lentils		0.92	
UK Grown Yellow Split Peas		0.47	
Organic Fava Beans		0.39	
Beluga Lentils		0.46	
organic Kidney Beans		0.54	
Flavoured Textured Vegetable Protein		0.88	
Black Eye Beans		0.5	
Black Turtle Beans		0.38	
		0	
<b>Nuts, Seeds and Snacks</b>		0	
Cashews (non organic)		2.14	cashews
Ground Almonds (non organic)		2.12	almonds
Flaked Almonds		2.36	almonds
Almonds (non organic)		1.45	almonds

Light Walnut Halves	1.97	walnuts
Chocolate Coated Brazil nuts (contains milk)	1.45	brazil nuts
Chocolate Coated Peanuts (contains mlk)	1.04	peanuts
Pecans	£2.61	Pecans
Brazil Nuts (non organic)	1.33	brazil nuts
Pistachio Kernals	3.64	pistachio kernels
Wasabi Peanuts	1.37	peanuts
Wasabi Peas	1.33	
Paprika Twists (Back by popular demand)	0.63	
Bombay Mix	0.53	peanuts
Organic Sesame Seeds	4.25	Sesame Seeds
UK grown Chia Seeds	1.39	
Organic oMega Seed mix	1	Sesame Seeds
Hemp Seeds	1.03	
organic Pumpkin Seeds	1.03	
Organic Sunflower Seeds	0.65	
Pine Kernals	4.22	pine kernels
Organic Popcorn Seeds	0.53	
Moo Free Chocolate Buttons	2.55	
Golden Linseed Uk Grown	0.75	
Raw Cacao Nibs	1.9	
organic raw cacao powder	1.88	
Organic Maca Powder	1.05	
Hemp Protein Powder	3.85	
Chocolate Coated Honeycomb	1.25	milk
Fudge (vegan)	1.2	
Jellybean Factory Jellybeans	1.2	
Pick N Mix - All Vegan (contains wheat)	1.2	wheat
<b>Dried Fruit</b>		
Organic Dessicated Coconut	1.02	
organic Banana Chips	0.94	honey
Fruit Salad	1.03	so2
Organic Dried Apricots	1.44	
Dried apple rings	1.34	so2
Diced Pineapple	0.94	so2
organic dried cranberries	1.95	
Organic Sultanas	0.87	
Goji Berries	2.11	
Medjool Dates (Produce of Jordan)	1.54	
Organic Prunes	£1.79	
Organic Figs	1.38	
Organic Raisins	0.87	
Yoghurt Coated Raisins	1.25	milk
Chocolate Coated Raisins	1.25	milk
<b>Spices, Seasonings and misc</b>		
Paprika	1.72	
Organic Smoked paprika	3.73	
Mixed Spice	0.9	
Garlic Powder	1.55	
Ginger Powder	2.85	

Onion Powder	1.11	
cumin	0.9	
coriander	1.75	
organic cinnamon	1.61	
Turmeric	1.25	
peppercorns	1.08	
Crushed chillies	0.53	
Garam Masala	1.16	
Mixed Herbs	1.35	
mulled wine spice	2.14	
juniper berries (dried)	2.14	
Madras Powder	0.52	
Arrowroot Powder	0.89	
Himalayan Pink Sea Salt	0.85	
Course Sea Salt	0.55	
<b>Baking Ingredients &amp; Misc</b>		
Bicarbonate Soda Food Grade	0.94	
Baking Powder	1.08	
Nutritional Yeast	3.49	
Organic Coconut Palm Sugar	0.84	
Dark Muscavado Sugar	0.48	
Organic Icing Sugar	£0.77	
Demerara Sugar	0.35	
Paxo Stuffing Mix	0.88	wheat flour
knorr gravy granules (vegetarian)	0.83	
Gluten Free Veg Suet	0.62	
<b>Frozen (by weight)</b>		
Peas	£0.32	
Spinach	£0.30	
Hash Browns	£0.33	
Sweet Potato Fries	£0.57	
Steak House Fries	£0.23	
Farmhouse Vegetables	£0.29	
Tuscan Roasting Vegetables	£0.67	
Blueberries	£0.70	
Cherries	£0.58	
Mango Chunks	£0.50	
Raspberries	£0.76	
Strawberries	£0.43	
Woodland Fruits (straberries, raspberries, blackcurrants, blackberries)	£0.65	
<b>Frozen Individual items</b>	Per Item	
Proper Cornish Pasty Vegan	£2.79	
Pizza/Focaccia Dough	£0.75	
Potato Gratin	£0.85	
Quinoa, Beetroot and Edamame Burger	£1.10	
Lentil & Vegetable Burger	£0.99	
Goats Cheese, spinach and olive purse	£3.55	
All Butter Croissant	£0.36	
Cinnamon Swirl	£0.75	
Pain au Chocolate	£0.49	

Chocolate Chip Cookies	£0.59	
<b>Oils and Vinegars</b>		
Sunflower Oil	£0.49	
Rapeseed Oil	0.61	
Agave Syrup Organic	1.6	
<b>Coffee Beans and Loose Leaf Teas</b>		
Triple Cert Coffee Beans	1.84	
Fairtrade Organic Decaf	2.08	
Decaf Tea	2.55	
Rooibos loose Leaf	3.29	
Assam Loose Leaf	2.17	
Green Tea	3.94	
English Breakfast Tea	1.57	
Earl Grey	1.86	
Peppermint	3.84	
Apple and Lemon	£1.70	
Orange and passionfruit	£3.36	
Pear and Peach	£2.20	
chamomile	3.89	
<b>Cleaning Products</b>		
SESI Washing Up Liquid Spice Ginger	0.22	
All Purpose Cleaner	0.22	
SESI biological Detergent	0.33	
SESI non Bio	£0.30	
SESI White Vinegar (for cleaning purposes only)	£0.10	
Bio D laundry bleach 400g	£3.00	
Bio D fragrance free fabric conditioner	£0.25	
SESI Toilet Cleaner	£0.26	
SESI cream Cleaner	£0.26	
SESI Fabric Conditioner	£0.22	
<b>Jars and Bottles</b>		
Mr Organic Tomato Ketchup	£3.40	
Suma Organic Passata	£2.15	
Bonsan CocoMayo	£3.45	
Bonsan Vegan Aioli	£2.75	
Bonsan Vegan Caesar Dressing	£3.25	
Vegan Bleu Cheese Salad Dressing	£4.15	
Simply Mayo Organic	£4.00	
Yutaka Miso Paste (Organic)	£5.15	
Belvoir Sparkling Pink Lady Apple Juice	£2.90	
Rocks Squash Blackcurrent/Orange/lemon	£3.00	
Rawhealth Apple Cider Vinegar 1l	£4.35	
<b>Packets</b>		
Chocolarder Bars See (Description to right)	4.99	
Two Farmers Crisps salt and cider vinegar & lightly salted & cheese &	£1.00	
<b>Wholemeal Flour 1.5kg</b>	£3.00	
<b>Wholemeal Spelt Flour 1kg</b>	£3.00	
plain gluten free flour 1kg	£2.25	
self raising gluten free 1kg	£2.25	
Gluten Free Bread Flour	£2.25	

Lensi Gluten Free Lasagne Sheets	£2.69	
Lensi Gluten Free Spaghetti	£2.20	
Lensi Gluten Free Penne	£2.20	
Tapioca Starch/flour 500g	£2.00	
Nut Roast Mix (340g)	£3.65	
Polenta	£1.63	
Engevita Nutritional Yeast Flakes with B12 125g (temporary stock)	£4.15	
Cornflour (500g)	£1.90	
Organic Bread Flour	£2.55	
Vital Wheat Gluten (500g)	£3.60	
<b>Tins &amp; Jars</b>		
Suma Chopped tomatoes (organic)	£0.99	
Suma Organic Peeled Tomatoes	£1.05	
Suma Organic Red Kidney Beans	£1.09	
Suma Green Lentils (organic)	£1.09	
Suma Organic Jackfruit Chunks	£2.79	
biona organic Coconut Milk light	£1.79	
Biona organic golden coconut milk	£1.99	
Suma Organic Butter Beans	£1.30	
Geo Organics Edamame Beans	£2.46	
Suma Organic mixed beans	£1.30	
Suma Baked Beans (organic)	£1.20	
Suma Beans and Vegan Sausages (Organic)	£2.30	
Suma Organic Chickpeas	£1.10	
Suma Organic Beans and Vegan Sausages	£2.30	
so free Alt to milk Chocolate Spread	£4.50	
Meridian Smooth Organic Peanut Butter (no salt) (280g)	£3.25	
Equal Exchange Organic Crunchy Peanut Butter	£3.60	
WE Organic Smooth Peanut Butter (227g)	£3.75	
Coconut Merchant Organic Coconut Butter	£4.49	
Carleys Cashew Butter	£4.90	
Carleys Raw White Almond Butter	£3.95	
<b>Non Foods</b>		
Hey Girls Pads Daytime & Night time	£3.25	
Hey Girls Tampons Reg and Super	£3.15	
Hey Girls Mentrual Cup	£9.99	
Cloth Sanitary Pads (day & night)	£5.00/£7.00	
Sunflower Gifts Soaps (strawberry, bubble gum, ice princess)	£2.50	
Sunflower Gifts Kids Soaps (dinosaur Bubblegum unicorn strawberry)	£1.50	
Sunflower Gifts Bath Bombs (Ice Princess/strawberry)	£3.50	
Agnes and Cat Bath Salts (rose petal & ylang/Lavender)	£7.99	
Alternative Soaps (charcoal, pink grapefruit, cocoa butter facial, hem	£3.50	
Fit Pit Deodorant 25ml	£4.20	
Fit Pit 100ml	£10.30	
Fushi Moisturiser PER 100ML	£3.10	
Green Cream Day	£16.00	
Green Cream Night	£18.00	
Green Cream Body	£15.00	
Shade Sunscreen	4.50/9.95	
Bambooth Toothbrushes	£4.50	

Bambooth Toothbrushes kids	£4.50	
Bambooth Tootbrushes 4 pack	£17.50	
Interdental Brushes (pack of 8) 4 sizes available	£3.25	
Ben and Anna Toothpaste jars (sensitive/whitening)	£8.95	
washable makeup remover wipes and machine bag	£13.50	
Nail Brush	£5.50	
Back and Body Brush	£10.00	
Toothpaste Tablets	£3.00 per 20g (approx 60 tabs)	
Who Gves A Crap Toilet Roll individual	£1.00	
Ecoleaf pack 4 Toilet Rolls	£2.50	
Ecoleaf Pack 2 Kitchen Roll	£1.85	
Cat Litter	£6.50	
loofah washing up brush	£4.00	
Loofah Washing up pads and body loofah	£3.60	
Dishwasher Tablets (72)	£14.50	
Vegan Food Wraps (sml/med/lrg packs)	£11.00/£20.00/£31.00	
Bamboo Clothes Pegs	£5.00	
Toilet Brush and Holder	£10.00	
Compostable Reusable Dish Sponge (pack of 4)	£6.50	
SholeXEcoWulf 600ml Aluminium bottle	£18.99	
<b>Shampoo, Condtioner and Bodywash</b>		
ALTER/NATIVE Tea Tree & Aloe Vera Shampoo(for normal/oily hair)	£0.96	
ALTERN/NATIVE Coconut & Argan Oil Shampoo (for Normal/dry hair)	£0.96	
Faith in Nature Lavender & Geranium Shampoo (normal/dry hair)	£1.24	
Faith in Nature Coconut Shampoo (Normal/Dry)	£1.24	
Faith in Nature Grapefruit & Orange (Normal/Oily)	£1.24	
ALTER/NATIVE Tea Tree & Aloe Vera Conditioner (for normal/oily hai)	£0.96	
ALTER/NATIVE Coconut & Argan Conditioner (Normal/Dry)	£1.24	
Faith in Nature Lavender & Geranium Conditioner (normal/dry hair)	£1.24	
Faith in Nature Coconut Conditioner (Normal/Dry)	£1.24	
Faith in Nature Grapefruit & Orange Conditioner (Normal/Oily)	£1.24	
ALTER/NATIVE Lavender and Geranium Bodywash	£0.96	
ALTER/ATIVE Coffee & Cedarwood Bodywash	£0.96	
ALTER/NATIVE Coconut & Argan Bodywash	£0.96	
Cole&CoXSESI Pomegranate Bodywash	£1.20	
Faith in Nature Grapefruit & Orange Bodywash	£0.26	
Faith in Nature Dragonfruit Bodywash	£1.26	
Faith in Nature Aloe Vera Bodywash	£1.26	
SESI Fig Handwash	£0.56	
Bio D Unfragranced Handwash	£0.58	
Hand Sanitiser in Refillable aluminum Spray Bottle 200ml	£5.00	
200ml Hand sanitiser refill	£2.80	