

Item	category	per 100g	per TSB	per TSP
All spice berries	spice		£0.30	£0.10
Arrowroot	baking		£0.30	£0.10
Baharat Spice	seasoning		£0.35	£0.15
Baking Powder	baking		£0.15	£0.05
Basil	herb		£0.30	£0.10
Beetroot powder	powder		£0.25	£0.10
Bicarbonate of Soda	baking	£0.40	£0.15	£0.05
Black Beans Trurtle	dried	£0.30		
Black pepper - corns	seasoning		£0.40	£0.15
Black pepper - cracked	seasoning		£0.40	£0.15
Black pepper - ground	seasoning		£0.40	£0.15
Black salt - Kala Namak Fine	seasoning		£0.25	£0.10
Black Sesame seeds	dried		£0.25	£0.10
Cocoa powder - organic	powder	£1.45		
Cacao nibs - organic	baking	£1.65		
Cajun seasoning	spice		£0.25	£0.10
Carob - organic	powder	£1.00		
Cassave flour - Tapioca	powder	£0.80		
Cayenne pepper	seasoning		£0.25	£0.10
Chia seeds	dried	£1.00		
Chickpeas	dried	£0.30		
Chilli Powder Blend	spice		£0.25	£0.10
Chillies - flakes	spice		£0.25	£0.10
Chinese mixed spice	spice		£0.25	£0.10
Chives	herb		£0.30	£0.15
Cinnamon - ground	spice		£0.25	£0.10
Coconut nectar sugar - organic	baking	£0.70		
Coriander - ground	spice		£0.25	£0.10
Corriander - seed	spice		£0.15	£0.05
Corriander - leaf	herb		£0.40	£0.15
Cream of Tartar	baking		£0.25	£0.10
Cumin - ground	spice		£0.25	£0.10
Cumin - whole	spice		£0.25	£0.10
Curry powder	spice		£0.25	£0.10
Date sugar - organic	baking	£1.00		
Dates pitted free flow	dried	£0.35		
Dill weed	herb		£0.45	£0.15
Fajita seasoning	spice		£0.25	£0.10
Fenugreek - powdered	herb		£0.25	£0.10
Flax (linseed) - brown	dried	£0.50		
Garam Masala	spice		£0.25	£0.10
Garlic Granules	seasoning		£0.30	£0.15
Garlic Powder	seasoning		£0.25	£0.10
Garlic salt	seasoning		£0.25	£0.10
Ginger - ground	spice		£0.25	£0.10
Haricot beans - (white kidney) organic	dried	£0.35		
Harissa Spice Mix	seasoning		£0.25	£0.10
Hemp seed - shelled, organic	dried	£1.70		
Himalayan Pink Salt - fine	seasoning	£0.75		
Italian herbs	herb		£0.30	£0.15
Lentils - brown	dried	£0.30		
Lentils - red split	dried	£0.35	£0.15	£0.05

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Maca powder - organic	powder	£1.50		
Marjorum	herb		£0.30	£0.15
Madras curry powder	spice		£0.25	£0.10
Mint - pesticide free	herb		£0.25	£0.10
Mixed herbs	herb		£0.30	£0.15
Mixed spice	spice		£0.25	£0.10
Mixed Mushrooms	dried	£5.50		
Mustard seed - brown	spice		£0.25	£0.10
Mustard seed - yellow	spice		£0.25	£0.10
Nutritional yeast flakes	powder	£2.50		
Oats - 100% wholemeal jumbo UK	dried	£0.25		
Onion powder	seasoning	£0.85	£0.25	£0.10
Onion granules	seasoning		£0.30	£0.10
Onion salt	seasoning		£0.30	£0.10
Oregano	herb		£0.35	£0.15
Paprika - smoked	spice		£0.25	£0.10
Paprika - Spanish	spice		£0.25	£0.10
Paprika - sweet			£0.25	£0.10
Parsley	herb		£0.40	£0.15
Pink peppercorns	seasoning	£2.50	£0.50	£0.35
Piri Piri seasoning	spice		£0.15	£0.05
Poppy seeds	dried		£0.25	£0.10
Pumpkin seeds - organic	dried	£0.70	£0.15	£0.05
Red Kidney Beans - organic	dried	£0.40		
Red wine vinegar	cond	£0.30		
Rice - brown basmati, organic	dried	£0.35		
Rice - short grain, organic	dried	£0.40		
Rosemary	herb		£0.30	£0.15
Sage	herb		£0.35	£0.15
Sea salt crystals	seasoning	£1.80		
Sesame - seeds black	dried		£0.35	£0.15
Sesame seeds white	dried		£0.35	£0.15
Soya beans - organic	dried	£0.30		
Soya whey protein	powder	£1.00		
Sun Dried Tomatoes	dried	£1.85		
Sunflower seeds organic	dried	£0.35		
Tapioca starch / flour	flour	£0.80		
Tamari	seasoning	£1.25		
Tarragon Leaves	herb		£0.40	£0.15
Thyme	herb		£0.30	£0.15
Tiger nuts	dried	£1.60		
Tikka masala	spice		£0.25	£0.10
Turmeric - ground	spice		£0.25	£0.10
Vinegar - balsamic	cond	£0.50		
Vinegar - brown	cond	£0.20		
Vinegar - apple cider with mother	cond	£0.45		
Vinegar - red wine	cond	£0.30		
Vinegar - white spirit	cond	£0.20		
Vinegar - white wine	cond	£0.30		
Wheat gluten - Vital	baking	£0.45		
White pepper - ground	spice		£0.30	£0.15
Whole bay leaves	herb			10p per 5

Item	category	per 100g	per TSB	per TSP
Z - Jelly Mini Mix	sweets	£0.80		
Z- Funky fruits	sweets	£0.80		
Z - Fizzy cola bottles	sweets	£0.80		
Z - Royale Liquiroce twists	sweets	£0.80		
Z - Sour blue stars	sweets	£0.80		
Z- Sour Twin Cherries	sweets	£0.80		
BKK - Toasted seeds	deli			£2.00 per tub
BKK - Tzeak	deli			£1.50 each
BKK - Vastrami	deli			£1.80 per 100g
BKK - Viltong	deli			£1.80 per 50g
BKK- Zalmon (Pre-order only)	deli			£3.50 per tub (frozen only)
BBK - Cream cheese (Pre-order only)	deli			£1.80 per 100g
Cheese - Cheddar	deli			£1.40 per 100g
Cheese - Gouda	deli			£1.40 per 100g
Cheese - Mozzarella	deli			£1.40 per 100g
Cheese - Pizza	deli			£1.40 per 100g
Vegenaise	cond			£0.80 per 100g
Flora spread	deli			£0.35 per 100g