



S H E E N A



2025

Product

Catalogue

From everyday supplies to speciality sourcing



Welcome

Thank you for taking the time to explore the Sheena Mills Ltd. Product Catalogue 2025.

What began as a passion for authentic, quality ingredients has grown into a trusted supply network that now serves chefs, wholesalers, manufacturers, and food professionals across the UK and beyond.

At Sheena Mills, we've always believed that good food starts with honest sourcing—and this catalogue reflects that commitment in every grain, seed, spice, and fruit we offer.

In these pages, you'll find carefully curated products sourced from BRCGS-certified suppliers in the UK, India, Pakistan, and other trusted origins. Every item has been chosen for its purity, flavour, and consistency—backed by food safety standards and tested for the real-world demands of modern kitchens and food production.

Whether you're creating for a customer, scaling for a brand, or simply looking for better ingredients—you'll find our range ready to support your next success.

We're proud to be part of your supply chain, and even prouder to earn your trust.

Safina Hamid
Managing Director





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Rice



Rice



Basmati



Sella Basmati



Steamed Basmati



Brown Basmati



Long Grain White



Long Grain Brown



Easy Cook



Arborio



100% broken

RICE



Global Grains, Rich Traditions

At Sheena Mills, rice isn't just a staple – it's the heart of countless global cuisines.

Our rice selection includes fragrant Basmati from the Punjab region, nutty Brown varieties, creamy Arborio from Italy, and versatile Long Grain and Easy Cook types. Each variety is grown and harvested by BRCGS-certified partners across Pakistan, India, the UK, and beyond, ensuring safety, consistency, and premium quality.

Carefully milled to preserve aroma, texture, and nutritional value, our rice delivers both tradition and innovation to your table – ideal for everything from biryanis to risottos, simple stir-fries to health bowls. Whether you're a professional chef or a home cook, every grain from Sheena Mills promises flavour, fluffiness, and finesse.

Nutrient	1. Basmati	2. Sella Basmati	3. Steamed Basmati
Energy (kcal)	130	130	130
Protein (g)	2.4	2.4	3.5
Fat (g)	0.3	0.3	0.38
Sat. Fat (g)	0.1	0.1	0.09
Carbs (g)	28	28	25.2
Sugars (g)	0.1	0.1	0.05
Fibre (g)	0.4	0.4	0.4
Salt (g)	0	0	0.01

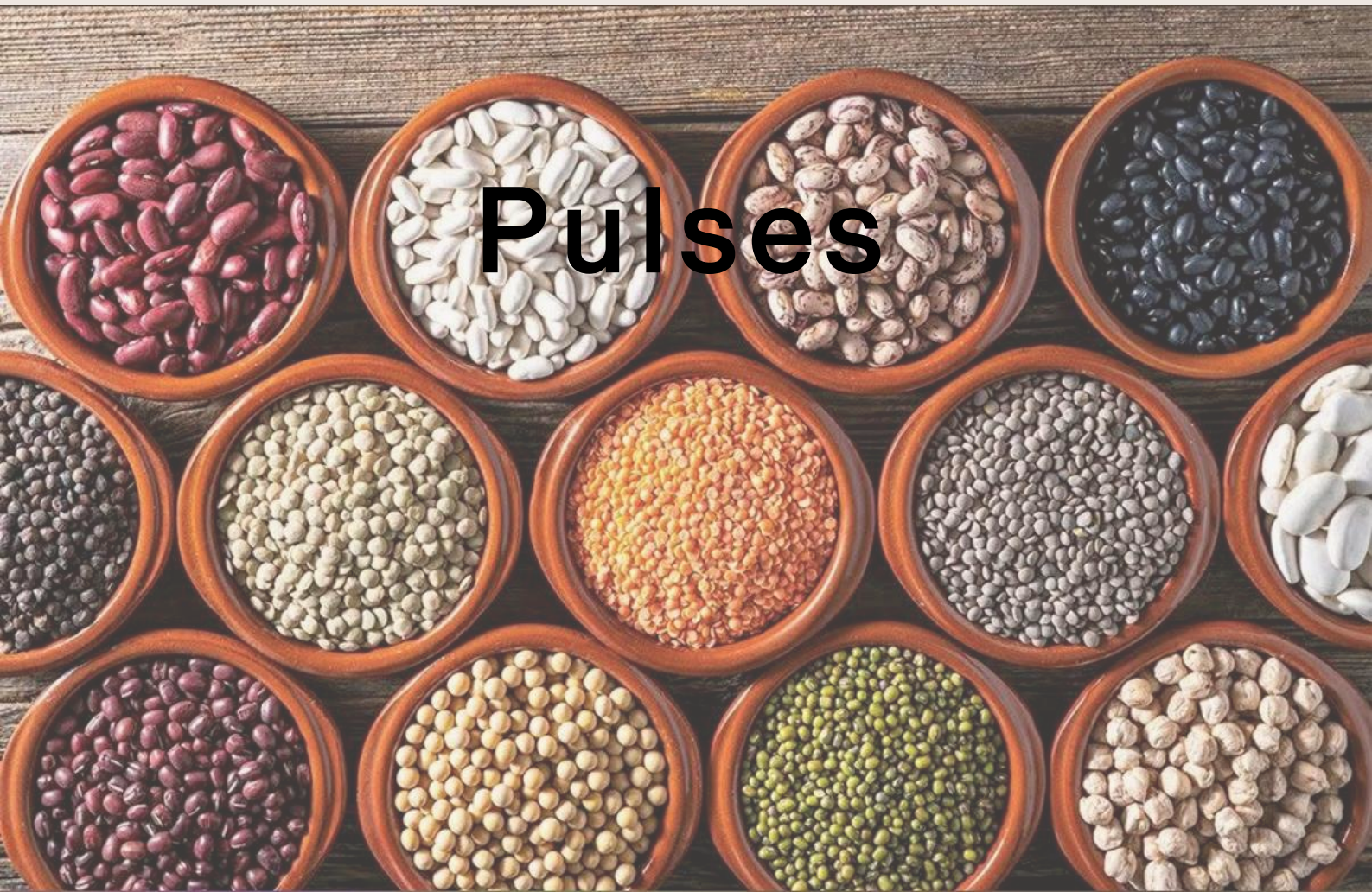
Nutrient	4. Brown Basmati	5. Long Grain White	6. Long Grain Brown
Energy (kcal)	112	130	112
Protein (g)	2.6	2.4	2.6
Fat (g)	1	0.3	1
Sat. Fat (g)	0.2	0.1	0.2
Carbs (g)	23	28	23
Sugars (g)	0	0.1	0
Fibre (g)	1.6	0.4	1.6
Salt (g)	0	0	0

Nutrient	7. Easy Cook	8. Arborio	9. 100% Broken
Energy (kcal)	130	130	130
Protein (g)	2.4	2.4	2.4
Fat (g)	0.3	0.3	0.3
Sat. Fat (g)	0.1	0.1	0.1
Carbs (g)	28	28	28
Sugars (g)	0.1	0.1	0.1
Fibre (g)	0.4	0.4	0.4
Salt (g)	0	0	0



S H E E N A

Pulses



Pulses



Green Lentils



Red Lentils



Chickpeas



Yellow Lentils



Urad Daal



Pigeon Peas



Lima Beans



Kidney Beans



Black Eyed Peas

PULSES



Protein-Rich, Naturally Wholesome

Pulses are nature's protein-packed gift – rich in fibre, low in fat, and essential for plant-based diets. Sheena Mills brings you a curated variety: velvety chickpeas, earthy green lentils, nutty black-eyed peas, and bold pigeon peas – all responsibly sourced from BRCGS-accredited farms across South Asia, Africa, and Europe.

Every pulse is triple-cleaned, dried under controlled conditions, and packaged to lock in taste and nutrition. Whether for dhals, soups, stews, or salads, our pulses are celebrated for their consistent size, fast cooking, and robust flavour. They reflect not just health, but heritage.

Nutrient	1. Green Lentils	2. Red Lentils	3. Chickpeas
Energy (kcal)	116	116	164
Protein (g)	9	9	14.5
Fat (g)	0.4	0.4	2.6
Sat. Fat (g)	0.1	0.1	0.3
Carbs (g)	20	20	45
Sugars (g)	1.8	1.8	7.9
Fibre (g)	7.9	7.9	12.5
Salt (g)	0	0	0

Nutrient	4. Yellow Lentils	5. Urad Daal	6. Pigeon Peas
Energy (kcal)	116	336	343
Protein (g)	9	25	22
Fat (g)	0.4	1.9	3.5
Sat. Fat (g)	0.1	0.2	0.5
Carbs (g)	20	59	61
Sugars (g)	1.8	3.4	2.7
Fibre (g)	7.9	18	15
Salt (g)	0	0	0

Nutrient	7. Lima Beans	8. Kidney Beans	9. Black-Eyed Peas
Energy (kcal)	338	333	114
Protein (g)	21	24	8
Fat (g)	0.7	0.8	0.5
Sat. Fat (g)	0.2	0.2	0.1
Carbs (g)	62	60	21
Sugars (g)	2.3	1.2	1.1
Fibre (g)	10	7.4	8
Salt (g)	0	0	0



S H E E N A

Whole Spice



Whole Spices



Cumin



Coriander



Whole black pepper



Cloves



Green Cardomom



Black Cardomom



Cinnamon sticks



Bay Leaves



Fennel Seeds

WHOLE SPICES



Bold Aromas, Whole Flavors

Whole spices are the soul of any great dish – complex, potent, and deeply aromatic. Sheena Mills offers a diverse range, from smoky black cardamom to sweet fennel seeds, spicy cloves to citrusy coriander. Sourced from India, Sri Lanka, Turkey, and beyond, every batch comes from BRCGS-certified suppliers to guarantee quality, purity, and traceability.

These spices are hand-graded for optimal size and oil content, ensuring longer shelf life and fuller flavor release during cooking. Perfect for infusions, pickling, or grinding fresh at home, our whole spices bring kitchens alive with scent and tradition.

Nutrient	1. Cumin	2. Coriander	3. Black Pepper
Energy (kcal)	375	298	255
Protein (g)	17.8	12.4	10.4
Fat (g)	22.3	17.8	3.3
Sat. Fat (g)	1.6	1.4	1.4
Carbs (g)	44	54	64
Sugars (g)	2.4	6.8	0.6
Fibre (g)	10.5	41.9	26.5
Salt (g)	0	0	0

Nutrient	4. Cloves	5. Green Cardamom	6. Black Cardamom
Energy (kcal)	323	311	299
Protein (g)	5.9	10.8	6.4
Fat (g)	13	6.7	11.6
Sat. Fat (g)	2.2	0.9	1.8
Carbs (g)	66	68	67
Sugars (g)	2.9	7.5	1.7
Fibre (g)	33.9	28.5	38.2
Salt (g)	0	0	0

Nutrient	7. Cinnamon	8. Bay Leaves	9. Fennel Seeds
Energy (kcal)	261	313	345
Protein (g)	3.9	7.6	15.8
Fat (g)	3.2	7.2	14.9
Sat. Fat (g)	–	–	1.5
Carbs (g)	79.9	74	52
Sugars (g)	–	–	16
Fibre (g)	–	26	39
Salt (g)	0	0	0

Whole Spices



Mustard Seeds



Fenugreek seeds



Caron seeds



Nigella Seeds



Star Anise



Nutmeg



Poppy seeds



Pomegranate seeds



Dried red chilli

WHOLE SPICES



Flavour Unlocked, Freshness Sealed

At Sheena Mills, we believe in unlocking flavour at its peak. That's why our ground spices are milled in small batches from freshly harvested, whole spices and immediately packed to seal in aroma and colour.

Our range—spanning earthy fenugreek, vibrant pomegranate, zesty mustard seeds, and bold red chilli—offers dependable quality and intensity. Whether you're spicing a stew, marinating a roast, or dusting over vegetables, our ground spices bring professional-grade flavour to every kitchen.

Nutrient	1. Mustard Seeds	2. Fenugreek Seeds	3. Carom Seeds
Energy (kcal)	508	323	357
Protein (g)	26	23	16
Fat (g)	36	6	25
Sat. Fat (g)	1.7	1.5	5
Carbs (g)	28	58	38
Sugars (g)	6	0.4	0
Fibre (g)	12	24.6	39
Salt (g)	0	0	0

Nutrient	4. Nigella Seeds	5. Star Anise	6. Nutmeg
Energy (kcal)	345	337	525
Protein (g)	17	18	6
Fat (g)	15	16	36
Sat. Fat (g)	0.5	0.6	25
Carbs (g)	33	50	49
Sugars (g)	1	0	2.9
Fibre (g)	20	14	20
Salt (g)	0	0	0

Nutrient	7. Poppy Seeds	8. Pomegranate Seeds	9. Dried Red Chilli
Energy (kcal)	525	83	282
Protein (g)	18	3.7	12
Fat (g)	42	1.2	14
Sat. Fat (g)	4.5	0.1	2
Carbs (g)	28	19	50
Sugars (g)	3	14	2.6
Fibre (g)	19.5	4	27.2
Salt (g)	0	0	0



S H E E N A

Ground Spice



Ground Spices



Ginger



Garlic



Red Chilli



Turmeric



Coriander



Cumin



Black pepper



Garam Masala



White Pepper

GROUND SPICES



Bold Flavors for Every Dish

Ground to perfection, Sheena Mills spices are a cook's secret weapon. Each spice is selected for its essential oil content and ground only when demand calls—ensuring bold, bright, and aromatic powders with maximum flavour retention.

From the fiery punch of chilli to the subtle taste of coriander and the warmth of garam masala, our spices elevate every cuisine. Milled and packed under strict food safety standards in BRCGS-compliant facilities, every pouch delivers safety, purity, and punch.

Nutrient	1. Ginger	2. Garlic	3. Red Chilli
Energy (kcal)	335	331	269
Protein (g)	9	17	12
Fat (g)	4	0.5	4
Sat. Fat (g)	0.8	0.1	1
Carbs (g)	72	73	54
Sugars (g)	3	72	6.5
Fibre (g)	14	67	34
Salt (g)	0	0	0

Nutrient	4. Turmeric	5. Ground Coriander	6. Ground Cumin
Energy (kcal)	354	385	375
Protein (g)	8	12	17.8
Fat (g)	10	17.8	22.3
Sat. Fat (g)	2.5	1.4	1.6
Carbs (g)	65	54	44
Sugars (g)	3%	6.8	2.4
Fibre (g)	22	41.9	10.5
Salt (g)	0	0	0

Nutrient	7. Black Pepper Powder	8. Garam Masala	9. White Pepper
Energy (kcal)	310	200	296
Protein (g)	10.4	12	10.4
Fat (g)	3.3	8	3.3
Sat. Fat (g)	1.4	1	1.4
Carbs (g)	64	28	54
Sugars (g)	0.6	5	0.6
Fibre (g)	26.5	8	26.5
Salt (g)	0	0	0

Ground Spices



Fenugreek



Paprika



Cloves



Basil



Oregano



Pomegranate



Asafoetida



Thyme



Curry powder

GROUND SPICES



Herbaceous, Smoky, and Wonderfully Warming

From the Mediterranean fields to the spice bazaars of South Asia, Sheena Mills brings you a world of flavour in its most aromatic form. Our carefully ground oregano and thyme preserve the earthy, floral complexity of dried herbs, while paprika delivers deep, smoky warmth and curry powder offers a balanced blend of bold, warming spices.

These ground seasonings are ideal for infusing soups, sauces, and roasted vegetables with layers of flavour. Every ingredient is milled in BRCGS-audited facilities and batch-tested for purity, ensuring every spoonful is safe, consistent, and intensely flavourful.

Whether creating a rustic tomato sauce or a fragrant lentil curry, our herb and spice blends are a staple for everyday excellence.

Nutrient	1. Fenugreek	2. Paprika	3. Cloves (ground)
Energy (kcal)	323	282	274
Protein (g)	23	14	6
Fat (g)	6	13	13
Sat. Fat (g)	1.5	2.1	3.3
Carbs (g)	58	55	66
Sugars (g)	0.4	10.3	2.4
Fibre (g)	24.6	34.9	33.9
Salt (g)	0	0	0

Nutrient	4. Basil	5. Oregano	6. Pomegranate
Energy (kcal)	251	265	~300
Protein (g)	14	9	5
Fat (g)	4.1	4.3	3
Sat. Fat (g)	1.2	1.6	0.4
Carbs (g)	61	68	75
Sugars (g)	1.7	4.1	36
Fibre (g)	37	42	15
Salt (g)	0	0	0

Nutrient	7. Asafoetida	8. Thyme	9. Curry Powder
Energy (kcal)	297	276	325
Protein (g)	4	9.1	14
Fat (g)	1	7.4	14
Sat. Fat (g)	0.2	2.7	2.1
Carbs (g)	48	63.9	58
Sugars (g)	0	1.7	3
Fibre (g)	4.1	40	53
Salt (g)	0	0	0



Grains



Grains



Wheat



Barley



Oats



Rye



Millet



Sorghum



Maize



Bulgur wheat



Quinoa

GRAINS



Ancient Goodness, Modern Energy

From quinoa's ancient Andean origins to hardy British barley, our grains offer nutritious versatility. Packed with fibre, B vitamins, and slow-release carbs, Sheena Mills' grains are ideal for wholesome living. Sourced from global BRCGS-accredited growers, each grain is polished, cleaned, and tested for quality.

Whether for breakfast porridge, artisan bread, or protein bowls, our grains blend tradition with wellness. They are environmentally sustainable, and a smart swap in any meal plan.

Nutrient	1. Wheat	2. Barley	3. Oats
Energy (kcal)	340	354	389
Protein (g)	13.2	12.5	16.9
Fat (g)	2.5	2.3	6.9
Sat. Fat (g)	0.4	0.5	1.2
Carbs (g)	72	73	66
Sugars (g)	1.6	1	0.9
Fibre (g)	12.2	17.3	10.6
Salt (g)	0.01	0.02	0.01

Nutrient	4. Rye	5. Millet	6. Sorghum
Energy (kcal)	335	378	329
Protein (g)	9	11	11.3
Fat (g)	2.5	4.2	3.4
Sat. Fat (g)	0.4	0.6	0.7
Carbs (g)	71	69	72
Sugars (g)	0.9	0.5	2.1
Fibre (g)	15.1	8.5	6.7
Salt (g)	0.02	0.03	0.01

Nutrient	7. Maize	8. Bulgur	9. Quinoa
Energy (kcal)	365	342	368
Protein (g)	9.4	12.3	14.1
Fat (g)	4.7	1.3	6.1
Sat. Fat (g)	0.7	0.3	0.7
Carbs (g)	74	76	64
Sugars (g)	0.6	1.7	0.9
Fibre (g)	7.3	18.3	7
Salt (g)	0.01	0.02	0.01



S H E E N A

Dried Fruit



Dried Fruits



Apple rings



Banana Chips



Mixed Berries



Chopped Dates



Cranberries



Currants



Dates



Crystallised Ginger



Goji Berries

DRIED FRUITS



Sun-Dried, Naturally Sweet

Sweet, chewy, and delightfully tangy, our dried fruits are picked ripe and dried gently to preserve natural sugars and nutrients. From apricots and Californian raisins to exotic goji berries and crystallized ginger, Sheena Mills dried fruits are sourced globally from audited suppliers to ensure chemical-free, additive-free goodness.

Perfect for snacking, baking, or adding texture to cereals and desserts, our fruits are a vibrant addition to both sweet and savoury dishes.

Nutrient	1. Apple Rings	2. Banana Chips	3. Mixed Berries
Energy (kcal)	243	519	317
Protein (g)	2.2	2.5	3
Fat (g)	0.3	34	1.5
Sat. Fat (g)	0.1	10	0
Carbs (g)	63	58	79
Sugars (g)	50	27	50
Fibre (g)	5.7	3.9	6.9
Salt (g)	0	0	0

Nutrient	4. Chopped Dates	5. Cranberries	6. Currants
Energy (kcal)	314	325	282
Protein (g)	2.5	0.4	3.8
Fat (g)	0.5	1	1.4
Sat. Fat (g)	0	0	0.2
Carbs (g)	75	82	78
Sugars (g)	63	65	59
Fibre (g)	8	5.6	8.3
Salt (g)	0	0	0

Nutrient	7. Dates	8. Crystallized Ginger	9. Goji Berries
Energy (kcal)	282	359	349
Protein (g)	2.5	2.3	14
Fat (g)	0.4	10	0.4
Sat. Fat (g)	0	6	0
Carbs (g)	75	82	69
Sugars (g)	63	72	45
Fibre (g)	6.7	2	13
Salt (g)	0	0	0

Dried Fruits



Mixed Peel



Raisins



Sultanas



Glace cherries



Apricots



Prunes



Golden Sultana



Figs



Mango

DRIED FRUITS



Naturally Sweet, Bakery-Ready, and Bursting with Colour

Sheena Mills' dried fruits are selected for their vibrancy, flavour depth, and natural sweetness—making them a favourite for bakers, confectioners, and home cooks alike. In this special selection, our mixed peel offers citrusy zing, raisins bring rich, caramel-like notes, glacé cherries add bright colour and soft texture, and dried figs deliver chewy sweetness with a satisfying crunch from their seeds.

Each fruit is sun-dried or gently preserved at peak ripeness, sourced from BRCGS-certified producers and minimally processed to retain their flavour, nutrients, and aesthetic appeal.

Perfect for festive fruitcakes, granola blends, or a luxurious topping on yogurt and pastries.

Nutrient	1. Mixed Peel	2. Raisins	3. Sultanas
Energy (kcal)	302	299	299
Protein (g)	1	3.1	3.1
Fat (g)	0.2	0.5	0.5
Sat. Fat (g)	0	0.1	0.1
Carbs (g)	79	79	79
Sugars (g)	66	59	59
Fibre (g)	3.2	3.7	3.7
Salt (g)	0	0	0

Nutrient	4. Glacé Cherries	5. Apricots	6. Prunes
Energy (kcal)	320	241	240
Protein (g)	0.5	3.4	2.2
Fat (g)	0.2	0.5	0.4
Sat. Fat (g)	0.1	0	0.1
Carbs (g)	80	63	64
Sugars (g)	68	53	43
Fibre (g)	0	7.3	7.1
Salt (g)	0	0	0

Nutrient	7. Golden Sultana	8. Dried Figs	9. Dried Mango
Energy (kcal)	299	249	319
Protein (g)	3.1	3.3	2.8
Fat (g)	0.5	0.9	0.6
Sat. Fat (g)	0.1	0.2	0.1
Carbs (g)	79	63	79
Sugars (g)	59	48	48
Fibre (g)	3.7	9.8	1.5
Salt (g)	0	0	0



Seeds



Seeds



White Sesame



Black Sesame



Sunflower



Chia



Flax



Pumpkin



Poppy



Hemp



Watermelon

SEEDS



Small But Mighty

Seeds are nutrient-dense powerhouses rich in omega-3, plant protein, and antioxidants.

Sheena Mills seeds – from golden flax to crunchy pumpkin – are carefully cleaned, tested, and packed to retain their raw energy and natural crunch.

Used in breads, salads, smoothies, and cereals, our seeds are ideal for modern superfood diets. All are grown on BRCGS-audited farms with a focus on regenerative practices and clean processing..

Nutrient	1. White Sesame	2. Black Sesame	3. Sunflower
Energy (kcal)	573	573	584
Protein (g)	17	17	22.5
Fat (g)	50	50	49
Sat. Fat (g)	7	7	2
Carbs (g)	23	23	12.3
Sugars (g)	0.3	0.3	2
Fibre (g)	12	12	6.3
Salt (g)	0	0	0

Nutrient	4. Chia	5. Flax	6. Pumpkin
Energy (kcal)	486	534	559
Protein (g)	17	18	30
Fat (g)	31	42	49
Sat. Fat (g)	3.3	3.7	18
Carbs (g)	42	29	11
Sugars (g)	1	1.5	1.4
Fibre (g)	34	27	6.5
Salt (g)	0	0	0

Nutrient	7. Poppy	8. Hemp	9. Watermelon Seeds
Energy (kcal)	525	553	561
Protein (g)	18	31	28
Fat (g)	41	48	47
Sat. Fat (g)	4.5	4.6	9
Carbs (g)	28	8	16
Sugars (g)	0.5	1.5	1
Fibre (g)	19	20	18
Salt (g)	0	0	0



Sugar & Salt



Salt & Sugar



Himalayan light pink



Himalayan Dark Pink



Black Salt



White salt - coarse



White salt - fine



Jaggery –unrefined sugar



White Sugar



Brown Sugar



Icing Sugar

SALT & SUGAR



Crystals of Purity, Sweetness of Nature

Sheena Mills salt and sugar offerings bring authenticity and depth to cooking.

Our Himalayan pink salt is hand-mined and mineral-rich, while our jaggery and brown sugar retain the molasses and character lost in refined varieties. All products are lab-tested, free from bleaching agents, and packed to preserve their raw integrity.

These pantry staples are ideal for conscious consumers looking for unprocessed, naturally sourced flavour enhancers.

Nutrient	1. Himalayan Light Pink	2. Himalayan Dark Pink	3. Black Salt
Energy (kcal)	0	0	0
Protein (g)	0	0	0
Fat (g)	0	0	0
Sat. Fat (g)	0	0	0
Carbs (g)	0	0	0
Sugars (g)	0	0	0
Fibre (g)	0	0	0
Salt (g)	38	38	38

Nutrient	4. White Salt Coarse	5. White Salt Fine	6. Jaggery
Energy (kcal)	0	0	383
Protein (g)	0	0	0.3
Fat (g)	0	0	0
Sat. Fat (g)	0	0	0
Carbs (g)	0	0	98
Sugars (g)	0	0	98
Fibre (g)	0	0	0
Salt (g)	38	38	0

Nutrient	7. White Sugar	8. Brown Sugar	9. Icing Sugar
Energy (kcal)	387	380	389
Protein (g)	0	0	0
Fat (g)	0	0	0
Sat. Fat (g)	0	0	0
Carbs (g)	100	98	100
Sugars (g)	100	98	100
Fibre (g)	0	0	0
Salt (g)	0	0	0



S H E E N A

Nuts



Nuts



Almonds



Brazils



Cashews



Coconut



Hazelnuts



Macadamia



Peanuts



Pecans



Pine Nuts

NUTS



Rich, Creamy, and Naturally Satisfying

From buttery cashews to earthy walnuts, our nuts are sourced from the world's top growers – all certified to BRCGS standards. Available raw, roasted, flaked, chopped, or as creamy pastes, they offer both indulgence and nutrition.

Packed with healthy fats, protein, and fibre, Sheena Mills nuts are perfect for snacking, baking, or gourmet cooking.

Carefully processed to retain oils and crunch, they offer consistent size, low breakage, and superb taste.

Nutrient	1. Almonds	2. Brazils	3. Cashews
Energy (kcal)	578	656	553
Protein (g)	21.3	14	18
Fat (g)	50.6	66	44
Sat. Fat (g)	3.9	15	7.8
Carbs (g)	19.7	12	30
Sugars (g)	4.8	2	5.2
Fibre (g)	11.8	7.5	3.3
Salt (g)	0	0	0

Nutrient	4. Coconut	5. Hazelnuts	6. Macadamia
Energy (kcal)	660	628	718
Protein (g)	6.9	14	8
Fat (g)	64	61	76
Sat. Fat (g)	57	4.5	12
Carbs (g)	24	17	14
Sugars (g)	6.2	4.3	4.6
Fibre (g)	9	9.7	8.6
Salt (g)	0	0	0

Nutrient	7. Peanuts	8. Pecans	9. Pine Nuts
Energy (kcal)	567	691	673
Protein (g)	25	9.2	13.7
Fat (g)	49	72	68
Sat. Fat (g)	7	6.2	4.9
Carbs (g)	16	14	13
Sugars (g)	4.7	10	4.4
Fibre (g)	8.5	9.6	3.7
Salt (g)	0	0	0

Nuts



Pistachio



Walnuts



Mixed Nuts

NUTS



Earthy, Creamy, and Full of Character

Our nuts are more than just snacks—they're nutrient powerhouses, culinary staples, and indulgent treats. Sheena Mills offers a hand-selected range of walnuts, known for their brain-boosting omega-3s and rich, earthy flavour; pistachios, celebrated for their creamy crunch and vibrant green hue; and mixed nuts, a chef's and snacker's favourite for variety, texture, and nutrition.

Each variety is sourced raw or roasted from BRCGS-certified farms and processed under strict quality controls to retain freshness, crunch, and natural oils. Available shelled or whole, blanched or chopped, our nut collection is ideal for everything from trail mixes and baked goods to curries and artisanal desserts.

Nutrient	1. Walnuts.	2. Pistachios	4. Mixed Nuts
Energy (kcal)	654	562	607
Protein (g)	15	20	18
Fat (g)	65	45	54
Sat. Fat (g)	6	6	9
Carbs (g)	14	28	20
Sugars (g)	2	7	8
Fibre (g)	6.7	10	7
Salt (g)	0	0	0



S H E E N A

Sweets and Snacks



Snacks & Sweets



Bhel Mix



Bombay Mix



Thin Sev



Papdi



Pani Puri



Gulab Jamun



Rasmalai



Ladoo



Jalebi

SWEETS & SNACKS



Sweet, Spicy, Crunchy and Rich

Asian sweets and snacks offer a vibrant taste of tradition. From golden Laddoo's and fragrant Barfi's to crispy namkeen mixes and spiced Sev, each bite reflects regional recipes and centuries of festive culture.

Made using premium ingredients like chickpea flour, lentils, and aromatic spices, these delights are perfect for celebrations, gifting, or everyday indulgence.

Nutrient	1. Bhel Mix	2. Bombay Mix	3. Thin Sev
Energy (kcal)	538	550	500
Protein (g)	9.5	10	9
Fat (g)	27.5	30	28
Sat. Fat (g)	12.8	15	14
Carbs (g)	60.2	55	50
Sugars (g)	4.4	5	5
Fibre (g)	6	7	5
Salt (g)	1.5	2	2

Nutrient	4. Papdi	5. Pani Puri	6. Gulab Jamun
Energy (kcal)	450	120	310
Protein (g)	7	2	7
Fat (g)	25	1	17
Sat. Fat (g)	12	0.2	8
Carbs (g)	52	20	36
Sugars (g)	4	3	24
Fibre (g)	4	1	1
Salt (g)	1.8	0.5	0.2

Nutrient	7. Rasmalai	8. Laddoo	9. Jalebi
Energy (kcal)	240	400	300
Protein (g)	7	7	4.2
Fat (g)	10	22	4.3
Sat. Fat (g)	6	9	0.6
Carbs (g)	22	45	62.4
Sugars (g)	15	20	42.8
Fibre (g)	1	3	1
Salt (g)	0.1	0.5	0.15



Flour



Flour



Barley Flour



Gram Flour



Corn Flour



Millet Flour



Rice Flour



Wheat Flour

FLOUR



Foundational, Versatile, and Naturally Wholesome

Flour is the heart of countless global cuisines—from flatbreads and batters to desserts and thickeners.

At Sheena Mills, we supply a carefully milled range of flours including traditional wheat, gluten-free rice and gram, and high-fibre ancient grains like barley, millet, and maize. Each flour is finely ground, tested for purity, and packed to preserve freshness—ready to elevate recipes with both texture and nutrition.

Sourced from BRCGS-certified partners, our flours meet the rigorous demands of bakeries, kitchens, and food manufacturers seeking consistent performance and clean-label assurance.

Nutrient	1. Wheat Flour	2. Gram (Besan)	3. Barley Flour
Energy (kcal)	364	387	354
Protein (g)	10.3	22.4	10.5
Fat (g)	1	6.7	2
Sat. Fat (g)	0.2	0.7	0.3
Carbs (g)	76.3	57.8	73.5
Sugars (g)	0.3	10.8	0.8
Fibre (g)	2.7	10.8	15.6
Salt (g)	0	0	0

Nutrient	4. Maize Flour	5. Millet Flour	6. Rice Flour
Energy (kcal)	361	378	366
Protein (g)	6.9	11	6
Fat (g)	3.9	4.2	1.4
Sat. Fat (g)	0.5	0.7	0.4
Carbs (g)	76.9	72.9	80.1
Sugars (g)	1.6	1.2	0.1
Fibre (g)	7.3	8.5	2.4
Salt (g)	0	0	0



Oil



Snacks & Sweets



Canola



Corn



Mustard



Peanut



Sesame



Soybean



Sunflower



Vegetable



Olive

OILS



Pure, Pressed, and Kitchen-Ready

Oils are not just cooking mediums—they're carriers of flavour, texture, and nutrition. At Sheena Mills, we offer a trusted selection of premium cooking oils sourced from BRCGS-compliant processors and cold-pressed or refined for clarity, stability, and purity.

Our range includes light, neutral options like canola and vegetable oil, as well as character-rich choices like mustard and sesame—each suited to different cuisines and applications.

Whether you're frying, sautéing, dressing, or formulating at scale, our oils are quality-assured, long-lasting, and rich in essential fatty acids. Available in a variety of formats and packaging sizes to suit trade and manufacturing needs.

Nutrient	1. Canola	2. Corn	3. Mustard
Energy (kcal)	884	884	884
Protein (g)	0	0	0
Fat (g)	100	100	100
Sat. Fat (g)	7	13	12
Monounsaturated (g)	63	25	60
Polyunsaturated (g)	28	58	21
Omega-3 (g)	9.1	1.2	5.4
Cholesterol (mg)	0	0	0
Salt (g)	0	0	0

Nutrient2	4. Peanut	5. Sesame	6. Soybean
Energy (kcal)	884	884	884
Protein (g)	0	0	0
Fat (g)	100	100	100
Sat. Fat (g)	17	14	16
Monounsaturated (g)	46	40	24
Polyunsaturated (g)	32	41	58
Omega-3 (g)	0	0.3	7.5
Cholesterol (mg)	0	0	0
Salt (g)	0	0	0

Nutrient3	7. Sunflower	8. Vegetable Oil	9. Olive Oil
Energy (kcal)	884	884	884
Protein (g)	0	0	0
Fat (g)	100	100	100
Sat. Fat (g)	10	15	14
Monounsaturated (g)	20	45	73
Polyunsaturated (g)	66	39	11
Omega-3 (g)	0	1	0.8
Cholesterol (mg)	0	0	0
Salt (g)	0	0	0



Thank you for exploring the 2025 catalogue

Every grain, spice, fruit and seed featured reflects our commitment to sourcing with integrity and delivering with care.

If you didn't find exactly what you were looking for – just ask!

We specialise in hard to source, niche and regional ingredients and were always happy to explore custom supply solutions for our customers.

Customer Trade and Bulk Enquiries welcome: -



Head Office:

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Supplier Enquiries

Please note we can only accept supplier enquiries from holders of valid food safety certifications recognised by the GFSI

These include BRCGS, IFS, SQF, ISO22000 or equivalent.

Enquiries to:



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