

Product *Catalogue* 2025



**From everyday
supplies to
speciality
sourcing**

SUPPORTING FARMERS, SHARING GOODNESS



Introduction

WELCOME TO SHEENA MILLS LTD

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.

Sheena

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Rice

GLOBAL GRAINS, RICH TRADITIONS



Basmati



Brown Basmati



Easy Cook

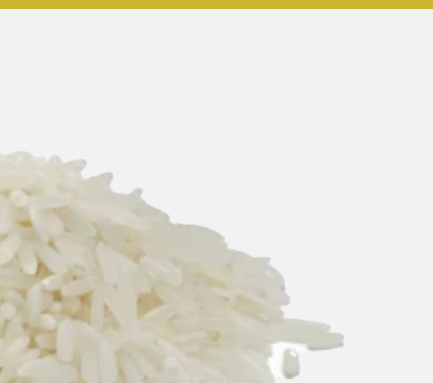




Sella Basmati



Steamed Basmati



Long Grain Rice



Long Grain Brown



Arborio



100% Broken



NUTRITI

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

Our range of Rice

WE BELIEVE IN QUALITY

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.

NUTRITIONAL VALUE

Rice

GLOBAL GRAINS, RICH TRADITIONS

NUTRIENT	BASMATI	SELLA BASMATI	STEAMED BASMATI
Energy (kcal)	358	352	356
Protein (g)	0.6	0.6	0.6
Fat (g)	0.1	0.1	0.1
Sat. Fat (g)	77.7	77.3	77.5
Carbs (g)	0.1	0.1	0.1
Sugars (g)	1	1.6	1.1
Fibre (g)	8	8.5	8
Salt (g)	0.01	0.01	0.01

NUTRIENT	BROWN BASMATI	LONG GRAIN WHITE	LONG GRAIN BROWN
Energy (kcal)	360	360	362
Protein (g)	2.8	0.8	2.7
Fat (g)	0.6	0.2	0.6
Sat. Fat (g)	76	78	76
Carbs (g)	1	0.1	1
Sugars (g)	3.8	0.6	3.5
Fibre (g)	7.5	7	7.5
Salt (g)	0.01	0.01	0.01

NUTRIENT	EASY COOK	ARBORIO	100% BROKEN
Energy (kcal)	352	358	358
Protein (g)	0.8	0.9	0.6
Fat (g)	0.2	0.2	0.1
Sat. Fat (g)	77	78	78.5
Carbs (g)	0.2	0.2	0.2
Sugars (g)	1.5	1	0.6
Fibre (g)	8	7.5	6.8
Salt (g)	0.01	0.01	0.01

Pulses

PROTEIN RICH, NATURALLY WHOLESOME



Green Lentils



Yellow Lentils



Lima Beans





Red Lentils



Chickpeas



Urad Daal



Pigeon Peas



Kidney Beans



Black Eyed Peas

Pulses are nature's
protein-packed
gift - rich in fibre,
low in fat, and
essential for plant-
based diets.

Our range of Pulses

WE BELIEVE IN QUALITY

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.



Pulses

PROTEIN RICH, NATURALLY WHOLESOME

NUTRIENT	GREEN LENTILS	RED LENTILS	CHICKPEAS
Energy (kcal)	352	353	378
Protein (g)	1.1	1.1	6
Fat (g)	0.2	0.2	0.6
Sat. Fat (g)	63	60	63
Carbs (g)	2	2	3
Sugars (g)	10.8	11	12
Fibre (g)	24	27	20
Salt (g)	0.02	0.03	0.02

NUTRIENT	YELLOW LENTILS	URAD DAAL	PIGEON PEAS
Energy (kcal)	347	341	343
Protein (g)	1.3	1.6	1.7
Fat (g)	0.3	0.3	0.3
Sat. Fat (g)	62	59	62
Carbs (g)	2	2	2
Sugars (g)	16	18	15
Fibre (g)	24	24	22
Salt (g)	0.02	0.02	0.02

NUTRIENT	LIMA BEANS	KIDNEY BEANS	BLACK EYED PEAS
Energy (kcal)	338	333	343
Protein (g)	0.7	0.8	0.5
Fat (g)	0.2	0.2	0.1
Sat. Fat (g)	63	60	60
Carbs (g)	2	2	3
Sugars (g)	19	25	10
Fibre (g)	21	24	24
Salt (g)	0.02	0.02	0.02

Whole Spices

BOLD AROMAS, WHOLE FLAVOURS



Cumin



Cloves



Cinnamon sticks

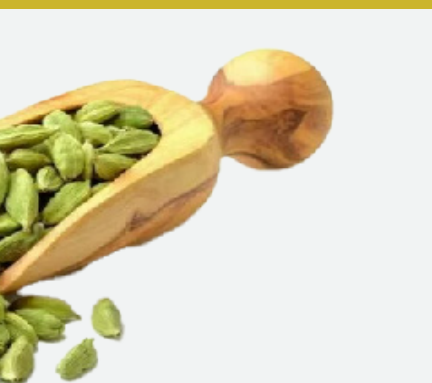




Coriander



Whole Black Pepper



Green Cardomom



Black Cardomom



Bay Leaves



Fennel Seeds



Whole spices
are the soul of
any great dish -
complex, potent,
and deeply
aromatic.

Our range of Spices

WE BELIEVE IN QUALITY

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 flavour release during cooking. Perfect for infusions, pickling, or grinding fresh at home, our whole spices bring kitchens alive with scent and tradition.

ONAL VALUE

Whole Spices

BOLD AROMAS, WHOLE FLAVOURS

NUTRIENT	CUMIN	CORIANDER	BLACK PEPPER
Energy (kcal)	375	298	255
Protein (g)	22.3	17.8	3.3
Fat (g)	1.6	1.4	1.4
Sat. Fat (g)	44	54	64
Carbs (g)	2.4	6.8	0.6
Sugars (g)	10.5	41.9	26.5
Fibre (g)	17.8	12.4	10.4
Salt (g)	0	0	0

NUTRIENT	CLOVES	GREEN CARDAMOM	BLACK CARDAMOM
Energy (kcal)	323	311	299
Protein (g)	13	6.7	11.6
Fat (g)	2.2	0.9	1.8
Sat. Fat (g)	66	68	67
Carbs (g)	2.9	7.5	1.7
Sugars (g)	33.9	28.5	38.2
Fibre (g)	5.9	10.8	6.4
Salt (g)	0	0	0.02

NUTRIENT	CINNAMON STICKS	BAY LEAVES	FENNEL SEEDS
Energy (kcal)	261	313	345
Protein (g)	3.2	7.2	14.9
Fat (g)	0.9	2	1.5
Sat. Fat (g)	79.9	74	52
Carbs (g)	2.2	1.7	16
Sugars (g)	33.4	26	39
Fibre (g)	3.9	7.6	15.8
Salt (g)	0	0	0

Whole Spices

FLAVOUR UNLOCKED, FRESHNESS SEALED



Mustard Seeds

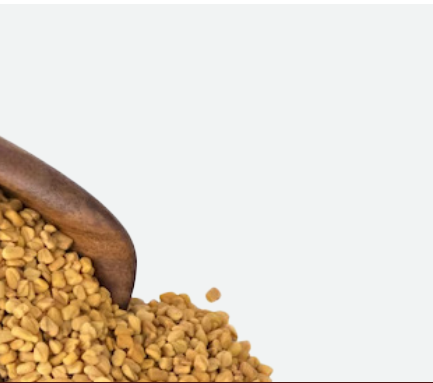


Nigella Seeds



Poppy Seeds





Fenugreek Seeds



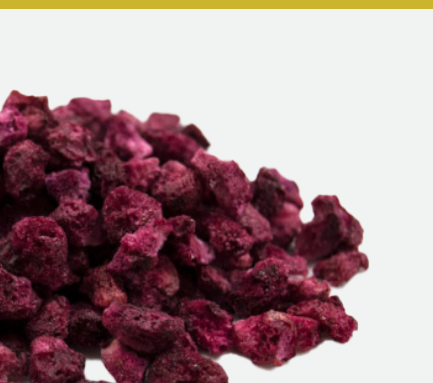
Caron Seeds



Star Anise



Nutmeg



Pomegranate Seeds



Dried Chilli



At Sheena Mills,
we believe in
unlocking flavour
at its peak.

Our range of Spices

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Whole Spices

FLAVOUR UNLOCKED, FRESHNESS SEALED

NUTRIENT	MUSTARD SEEDS	FENUGREEK SEEDS	CAROM (AJWAIN)
Energy (kcal)	508	323	357
Protein (g)	36	6	25
Fat (g)	1.7	1.5	5
Sat. Fat (g)	28	58	38
Carbs (g)	6	0.4	0
Sugars (g)	12	24.6	39
Fibre (g)	26	23	16
Salt (g)	0	0	0

NUTRIENT	CLOVES	STAR ANISE	NUTMEG
Energy (kcal)	345	337	525
Protein (g)	15	16	36
Fat (g)	0.5	0.6	25
Sat. Fat (g)	33	50	49
Carbs (g)	1	0	2.9
Sugars (g)	20	14	20
Fibre (g)	17	18	6
Salt (g)	0	0	0

NUTRIENT	POPPY SEEDS	POMEGRANATE SEEDS	DRIED RED CHILLI
Energy (kcal)	525	300	282
Protein (g)	41	3	14
Fat (g)	4.5	0.4	2
Sat. Fat (g)	28	75	50
Carbs (g)	3	36	2.6
Sugars (g)	19.5	15	27.2
Fibre (g)	18	5	12
Salt (g)	0	0	0

Ground Spices

BOLD FLAVORS FOR EVERY DISH



Ginger



Turmeric



Black Pepper





Garlic



Red Chilli



Coriander



Cumin



Garam Masala



White Pepper



Ground to
perfection, Sheena
Mills spices are
a cook's secret
weapon.

Our range of Ground Spices

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Ground Spices

BOLD FLAVORS FOR EVERY DISH

NUTRIENT	GINGER	GARLIC	RED CHILLI
Energy (kcal)	335	331	269
Protein (g)	4	0.5	4
Fat (g)	0.8	0.1	1
Sat. Fat (g)	72	73	54
Carbs (g)	3	72	6.5
Sugars (g)	14	67	34
Fibre (g)	9	17	12
Salt (g)	0	0	0

NUTRIENT	TUMERIC	CORIANDER	CUMIN
Energy (kcal)	354	385	375
Protein (g)	10	17.8	22.3
Fat (g)	2.5	1.4	1.6
Sat. Fat (g)	65	54	44
Carbs (g)	3	6.8	2.4
Sugars (g)	22	41.9	10.5
Fibre (g)	8	12	17.8
Salt (g)	0	0	0

NUTRIENT	BLACK PEPPER	GARAM MASALA	WHITE PEPPER
Energy (kcal)	310	200	296
Protein (g)	3.3	8	3.3
Fat (g)	1.4	1	1.4
Sat. Fat (g)	64	28	54
Carbs (g)	0.6	5	0.6
Sugars (g)	26.5	8	26.5
Fibre (g)	10.4	12	10.4
Salt (g)	0	0	0

Ground Spices

HERBACEOUS, SMOKY, AND WONDERFULLY WARMING



Fenugreek



Basil



Asafoetida





Paprika



Cloves



Oregano



Pomegranate



Thyme



Curry Powder



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 range of Ground Spices

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Ground Spices

BOLD FLAVORS FOR EVERY DISH

NUTRIENT	FENUGREEK	PAPRIKA	CLOVES
Energy (kcal)	323	282	274
Protein (g)	6	13	13
Fat (g)	1.5	2.1	3.3
Sat. Fat (g)	58	55	66
Carbs (g)	0.4	10.3	2.4
Sugars (g)	24.6	34.9	33.9
Fibre (g)	23	14	6
Salt (g)	0	0	0

NUTRIENT	BASIL	OREGANO	POMEGRANATE
Energy (kcal)	251	265	300
Protein (g)	4.1	4.3	3
Fat (g)	1.2	1.6	0.4
Sat. Fat (g)	61	68	75
Carbs (g)	1.7	4.1	36
Sugars (g)	37	42	15
Fibre (g)	14	9	5
Salt (g)	0	0	0

NUTRIENT	ASAFOETIDA	THYME	CURRY POWDER
Energy (kcal)	297	276	325
Protein (g)	1	7.4	14
Fat (g)	0.2	2.7	2.1
Sat. Fat (g)	48	63.9	58
Carbs (g)	0	1.7	3
Sugars (g)	4.1	40	53
Fibre (g)	4	9.1	14
Salt (g)	0	0	0

Grains

ANCIENT GOODNESS, MODERN ENERGY



Wheat



Rye



Maize





Barley



Oats



Millet



Sorghum



Bulgur Wheat



Quinoa



From quinoa's
ancient Andean
origins to hardy
British barley,
our grains
offer nutritious
versatility.

Our range of Grains

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Grains

ANCIENT GOODNESS, MODERN ENERGY

NUTRIENT	WHEAT (GRAIN)	BARLEY	OATS
Energy (kcal)	340	354	389
Protein (g)	2.5	2.3	6.9
Fat (g)	0.4	0.5	1.2
Sat. Fat (g)	72	73	66
Carbs (g)	1.6	1	0.9
Sugars (g)	12.2	17.3	10.6
Fibre (g)	13.2	12.5	16.9
Salt (g)	0.01	0.02	0.01

NUTRIENT	RYE	MILLET	SORGHUM
Energy (kcal)	335	378	329
Protein (g)	2.5	4.2	3.4
Fat (g)	0.4	0.6	0.7
Sat. Fat (g)	71	72.9	72
Carbs (g)	0.9	1.2	2.1
Sugars (g)	15.1	8.5	6.7
Fibre (g)	9	11	11.3
Salt (g)	0.02	0.03	0.01

NUTRIENT	MAIZE (CORN, DRY)	BULGUR (DRY)	QUINOA (DRY)
Energy (kcal)	365	342	368
Protein (g)	4.7	1.3	6.1
Fat (g)	0.7	0.3	0.7
Sat. Fat (g)	74	76	64
Carbs (g)	0.6	1.7	0.9
Sugars (g)	7.3	18.3	7
Fibre (g)	9.4	12.3	14.1
Salt (g)	0.01	0.02	0.01

Dried Fruits

SUN-DRIED, NATURALLY SWEET



Apple Rings



Chopped Dates



Dates

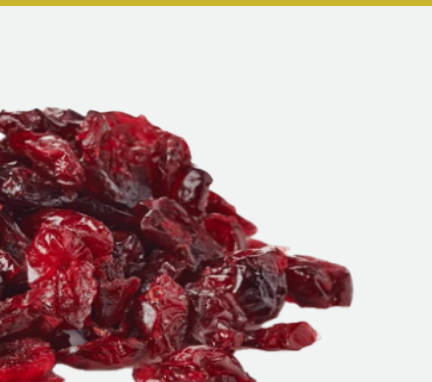




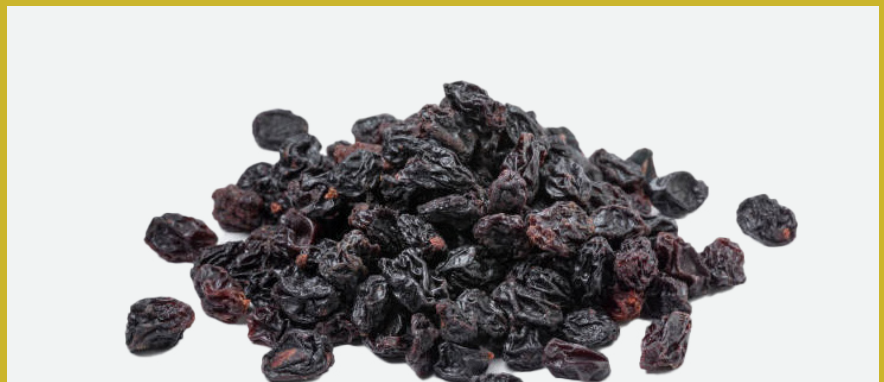
Banana Chips



Mixed Berries



Cranberries



Currants



Crystallised Ginger



Goji Berries



Sweet, chewy,
and delightfully
tangy, our dried
fruits are picked
ripe and dried
gently to preserve
natural sugars and
nutrients.

Our range of Dried Fruit

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Dried Fruit

SUN-DRIED, NATURALLY SWEET

NUTRIENT	APPLE RINGS (DRIED)	BANANA CHIPS (FRIED)	MIXED BERRIES (DRIED)
Energy (kcal)	243	519	317
Protein (g)	0.3	34	1.5
Fat (g)	0.1	10	0
Sat. Fat (g)	63	58	79
Carbs (g)	50	27	50
Sugars (g)	5.7	3.9	6.9
Fibre (g)	2.2	2.5	3
Salt (g)	0	0	0

NUTRIENT	CHOPPED DATES	CRANBERRIES	CURRANTS
Energy (kcal)	314	325	282
Protein (g)	0.5	1	1.4
Fat (g)	0	0	0.2
Sat. Fat (g)	75	82	78
Carbs (g)	63	65	59
Sugars (g)	8	5.6	8.3
Fibre (g)	2.5	0.4	3.8
Salt (g)	0	0	0

NUTRIENT	DATES (WHOLE, DRIED)	CRYSTALLIZED GINGER	GOJI BERRIES
Energy (kcal)	282	359	349
Protein (g)	0.4	10	0.4
Fat (g)	0	6	0
Sat. Fat (g)	75	82	69
Carbs (g)	63	72	45
Sugars (g)	6.7	2	13
Fibre (g)	2.5	2.3	14
Salt (g)	0	0	0

Dried Fruits

NATURALLY SWEET, BAKERY-READY, AND BURSTING WITH COLOUR



Mixed Peel



Glace Cherries



Golden Sultana





Raisins



Sultanas



Apricots



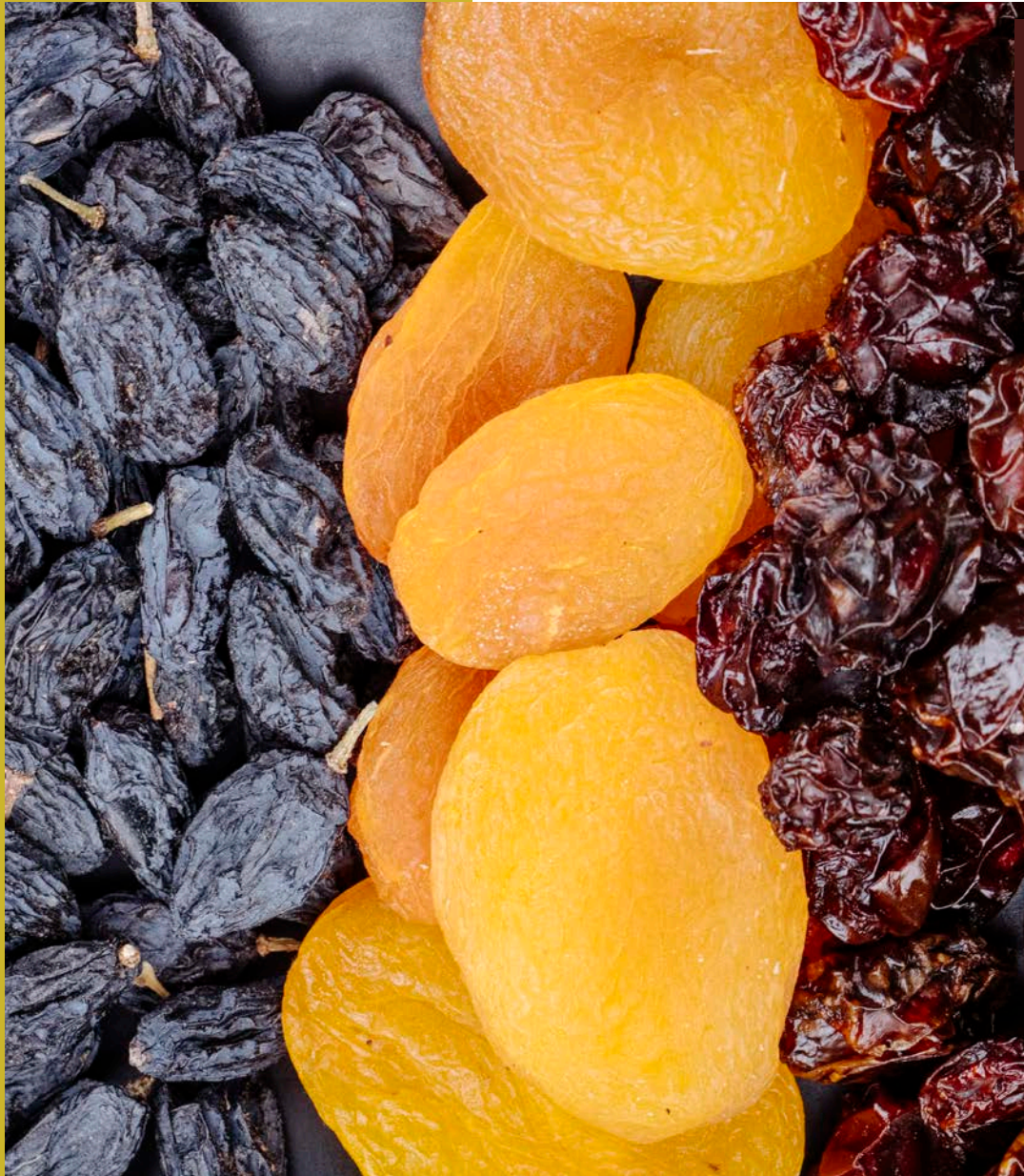
Prunes



Figs



Mango



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.

Our range of Dried Fruit

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Dried Fruit

NATURALLY SWEET, BAKERY-READY, AND
BURSTING WITH COLOUR

NUTRIENT	MIXED PEEL	RAISINS	SULTANAS
Energy (kcal)	302	299	299
Protein (g)	0.2	0.5	0.5
Fat (g)	0	0.1	0.1
Sat. Fat (g)	79	79	79
Carbs (g)	66	59	59
Sugars (g)	3.2	3.7	3.7
Fibre (g)	1	3.1	3.1
Salt (g)	0	0	0

NUTRIENT	GLACÉ CHERRIES	APRICOTS (DRIED)	PRUNES
Energy (kcal)	320	241	240
Protein (g)	0.2	0.5	0.4
Fat (g)	0.1	0	0.1
Sat. Fat (g)	80	63	64
Carbs (g)	68	53	43
Sugars (g)	0	7.3	7.1
Fibre (g)	0.5	3.4	2.2
Salt (g)	0	0	0

NUTRIENT	GOLDEN SULTANA	FIGS (DRIED)	MANGO (DRIED, SWEETENED)
Energy (kcal)	299	249	319
Protein (g)	0.5	0.9	0.6
Fat (g)	0.1	0.2	0.1
Sat. Fat (g)	79	63	79
Carbs (g)	59	48	48
Sugars (g)	3.7	9.8	1.5
Fibre (g)	3.1	3.3	2.8
Salt (g)	0	0	0

Seeds

SMALL BUT MIGHTY



White Sesame



Chia



Poppy





Black Sesame



Sunflower



Flax



Pumpkin



Hemp



Watermelon



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

Our range of Seeds

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Seeds SMALL BUT MIGHTY

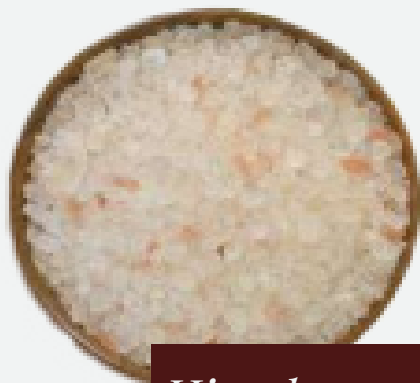
NUTRIENT	WHITE SESAME	BLACK SESAME	SUNFLOWER SEEDS
Energy (kcal)	573	573	584
Protein (g)	50	50	49
Fat (g)	7	7	2
Sat. Fat (g)	23	23	12.3
Carbs (g)	0.3	0.3	2
Sugars (g)	12	12	6.3
Fibre (g)	17	17	22.5
Salt (g)	0	0	0

NUTRIENT	CHIA	FLAX (LINSEED)	PUMPKIN SEEDS
Energy (kcal)	486	534	559
Protein (g)	31	42	49
Fat (g)	3.3	3.7	18
Sat. Fat (g)	42	29	11
Carbs (g)	1	1.5	1.4
Sugars (g)	34	27	6.5
Fibre (g)	17	18	30
Salt (g)	0	0	0

NUTRIENT	POPPY	HEMP	WATERMELON SEEDS
Energy (kcal)	525	553	561
Protein (g)	41	48	47
Fat (g)	4.5	4.6	9
Sat. Fat (g)	28	8	16
Carbs (g)	3	1.5	1
Sugars (g)	19	20	18
Fibre (g)	18	31	28
Salt (g)	0	0	0

Salt & Sugar

CRYSTALS OF PURITY, SWEETNESS OF NATURE



Himalayan Light Pink



Hi



White Salt - Coarse

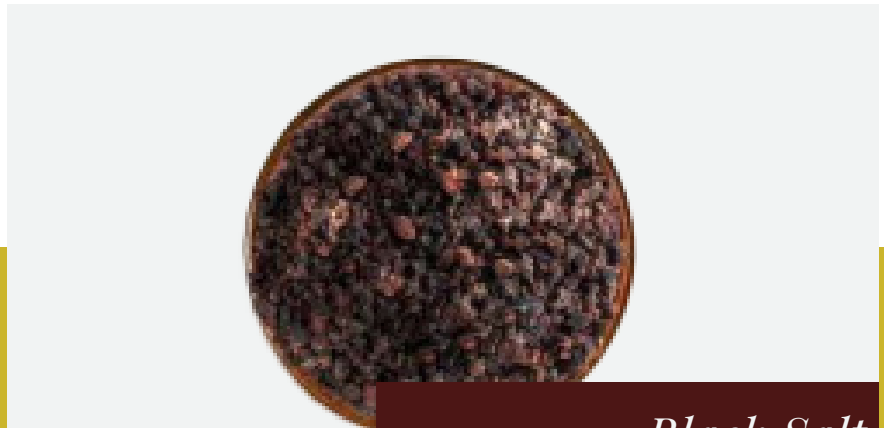


White Sugar

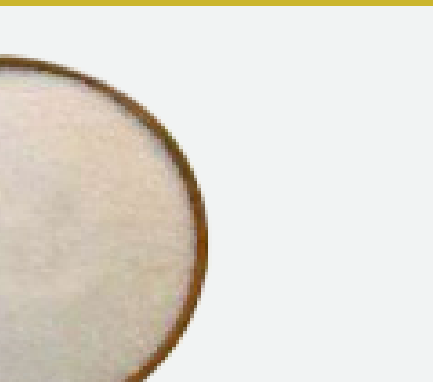




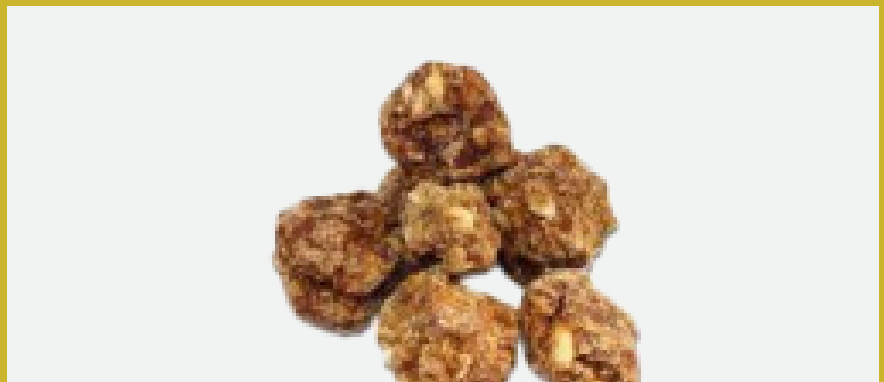
Himalayan Dark Pink



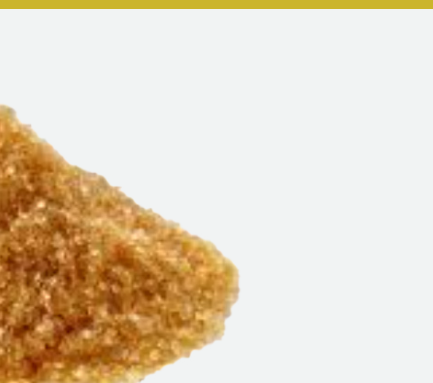
Black Salt



White Salt - Fine



Jaggary - Unrefined Sugar



Brown Sugar



Icing Sugar



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

Our range of Salt & Sugar

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Salt & Sugar

CRYSTALS OF PURITY, SWEETNESS OF NATURE

NUTRIENT	HIMALAYAN PINK SALT (LIGHT)	HIMALAYAN PINK SALT (DARK)	BLACK SALT (KALA NAMAK)
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	WHITE SALT (COARSE)	WHITE SALT (FINE)	JAGGERY (UNREFINED SUGAR)
Energy (kcal)	0	0	383
Protein (g)	0	0	0
Fat (g)	0	0	0
Sat. Fat (g)	0	0	98
Carbs (g)	0	0	98
Sugars (g)	0	0	0
Fibre (g)	0	0	0.3
Salt (g)	38	38	0

NUTRIENT	WHITE SUGAR	BROWN SUGAR	ICING SUGAR
Energy (kcal)	387	380	389
Protein (g)	0	0	0
Fat (g)	0	0	0
Sat. Fat (g)	100	98	100
Carbs (g)	100	98	100
Sugars (g)	0	0	0
Fibre (g)	0	0	0
Salt (g)	0	0	0

Nuts

RICH, CREAMY, AND NATURALLY SATISFYING



Almonds



Coconut



Peanuts





Brazils



Cashews



Hazelnuts



Macadamia



Pecans



Pine Nuts

NUTRITI



From buttery cashews to earthy walnuts, our nuts are sourced from the world's top growers - - all certified to BRCGS standards.

Our range of Nuts

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Nuts

RICH, CREAMY, AND
NATURALLY SATISFYING

NUTRIENT	ALMONDS	BRAZILS	CASHEWS
Energy (kcal)	578	656	553
Protein (g)	50.6	66	44
Fat (g)	3.9	15	7.8
Sat. Fat (g)	19.7	12	30
Carbs (g)	4.8	2	5.2
Sugars (g)	11.8	7.5	3.3
Fibre (g)	21.3	14	18
Salt (g)	0	0	0

NUTRIENT	COCONUT (DESICCATED)	HAZELNUTS	MACADAMIA
Energy (kcal)	660	628	718
Protein (g)	64	61	76
Fat (g)	57	4.5	12
Sat. Fat (g)	24	17	14
Carbs (g)	6.2	4.3	4.6
Sugars (g)	9	9.7	8.6
Fibre (g)	6.9	14	8
Salt (g)	0	0	0

NUTRIENT	PEANUTS	PECANS	PINE NUTS
Energy (kcal)	567	691	673
Protein (g)	49	72	68
Fat (g)	7	6.2	4.9
Sat. Fat (g)	16	14	13
Carbs (g)	4.7	10	4.4
Sugars (g)	8.5	9.6	3.7
Fibre (g)	25	9.2	13.7
Salt (g)	0	0	0



Pistachio



Our nuts are more
than just snacks—
they're nutrient
powerhouses,
culinary staples,
and indulgent
treats.

Our range of Nuts

WE BELIEVE IN QUALITY

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.

Nuts

EARTHY, CREAMY, AND FULL OF CHARACTER



NUTRITIONAL VALUE

NUTRIENT	WALNUTS	PISTACHIOS	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

Snacks & Sweets

SWEET, SPICY, CRUNCHY AND RICH



Bhel Mix



Papdi



Rasmalai





Bombay Mix



Thin Sev



Pani Puri



Gulab Jamun



Ladoo



Falebi



Asian sweets and
snacks offer a
vibrant taste of
tradition

Our range of Sweets

WE BELIEVE IN QUALITY

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.

Snacks & Sweets

SWEET, SPICY, CRUNCHY AND RICH

NUTRIENT	BHEL MIX	BOMBAY MIX	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	PAPDI	PANI PURI	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	RASMALAI	LADDOO	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

FOUNDATIONAL, VERSATILE, AND NATURALLY WHOLESOME





Gram Flour



Corn Flour



Rice Flour



Wheal Flour



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

Our range of Flour

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Flour

FOUNDATIONAL, VERSATILE,
AND NATURALLY WHOLESOME

NUTRIENT	WHEAT FLOUR	GRAM (BESAN) FLOUR	BARLEY FLOUR
Energy (kcal)	364	387	354
Protein (g)	1	6.7	2
Fat (g)	0.2	0.7	0.3
Sat. Fat (g)	76.3	57.8	73.5
Carbs (g)	0.3	10.8	0.8
Sugars (g)	2.7	10.8	15.6
Fibre (g)	10.3	22.4	10.5
Salt (g)	0	0	0

NUTRIENT	MAIZE (CORN) FLOUR	MILLET FLOUR	RICE FLOUR
Energy (kcal)	361	378	366
Protein (g)	3.9	4.2	1.4
Fat (g)	0.5	0.7	0.4
Sat. Fat (g)	76.9	72.9	80.1
Carbs (g)	1.6	1.2	0.1
Sugars (g)	7.3	8.5	2.4
Fibre (g)	6.9	11	6
Salt (g)	0	0	0

Oils

PURE, PRESSED, AND KITCHEN-READY



Canola



Peanut



Sunflower Oil





Corn



Mustard



Sesame



Soybean



Vegetable



Olive



Oils are not just cooking mediums—they're carriers of flavour, texture, and nutrition.

Our range of Oils

WE BELIEVE IN QUALITY

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.

ONAL VALUE

Oils PURE, PRESSED, AND KITCHEN-READY

NUTRIENT	CANOLA	CORN	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	54
Cholesterol (mg)	0	0	0
Salt (g)	0	0	0

NUTRIENT	PEANUT	SESAME	BARLEY FLOUR
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

NUTRIENT	CANOLA	GRAM (BESAN) FLOUR	BARLEY FLOUR
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:

UK Head Office: Unit 3 Bridge Court,
Liverpool New Rd, Preston, PR4 5BF

Pakistan Office: 1 Noor Ghula mandi,
Bucheki, Nankana Sahib, Punjab

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:

procurement@sheenamillsltd.com

Thank You

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SHEENA

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