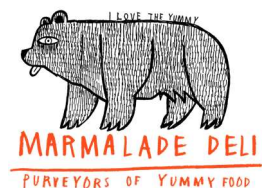


# BULK BUYING MENU

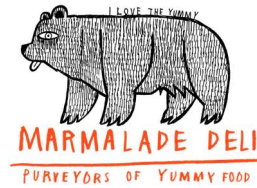
Order in store, via email or over the phone

*Save money. Save the planet.*



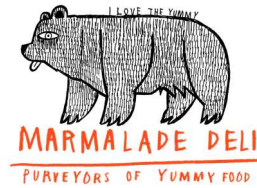
## Table of Contents

Beans & Pulses.....	3
Breakfast Grains.....	4
Snacks.....	5
Flour & Baking.....	6
Groceries.....	7
Herbs & Spices.....	8
Nuts, Fruits & Seeds.....	10
Oils, Salt & Vinegar.....	12
Pasta, Rice & Grains.....	13



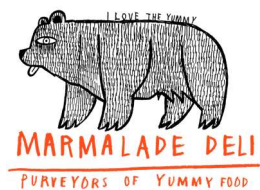
## **BEANS & PULSES**

Aduki Beans - Organic 25kg	£99.99	Mung Beans Organic 25kg	£97.10
Beluga (Black) Lentils - Organic 5kg	£32.82	Pinto Beans 25kg	£76.81
Black Turtle Beans 25kg	£61.45	Red Kidney Beans 25kg	£97.46
Blackeye Beans 25kg	£71.95	Red Lentils - Organic 25kg	£71.74
Brown Lentils - Organic 25kg	£72.10	Red Lentils 25kg	£43.11
Butter Beans 25kg	£101.23	Soya Beans - Organic 25kg	£58.69
Butter Beans Organic 25kg	£181.15	Split Fava Beans UK - Organic 5kg	£19.90
Cannellini Beans 25kg	£86.23	Whole Green Peas - Scottish - Organic 20kg	£50.00
Chickpeas - Organic 25kg	£50.94	Yellow Split Peas - Organic 25kg	£78.45
Chickpeas 25kg	£38.77	Yellow Split Peas 25kg	£31.38
Dark Speckled Lentils - Organic 25kg	£125.36		
Dark Speckled Lentils 25kg	£48.55		
Flageolets 25kg	£118.83		
Green Lentils - Laird 25kg	£50.50		
Green Lentils - Organic 25kg	£79.71		
Green Split Peas - Organic 25kg	£86.27		
Green Split Peas - Scottish - Organic 20kg	£57.24		
Green Split Peas 25kg	£34.06		
Haricot Beans 25kg	£78.04		
Haricot/Navy Beans - Organic 25kg	£94.20		
Marrowfat Peas 12.5kg	£19.27		



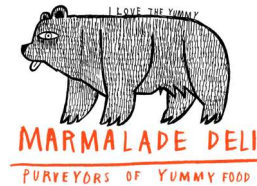
### **BREAKFAST GRAINS**

Barley Flakes - Organic 20kg	£34.56	Porridge Oats (M) 12.5kg	£19.20
Bran Flakes - Organic 10kg	£68.62	Porridge Oats 25kg	£26.59
Bran Sticks - Organic 15kg	£66.66	Porridge Oats 25kg	£28.04
Brown Rice Flakes - Organic 5kg	£32.82	Rye Flakes - Organic 20kg	£32.53
Cornflakes Crunchy - Organic 15kg	£94.20	Wheat Flakes - Organic 20kg	£37.24
Fine Oatmeal 25kg	£28.04	Wheat Flakes - Toasted 20kg	£22.32
Gluten Free Jumbo Oats - Organic 20kg	£70.65		
Gluten Free Porridge Oats - Organic 20kg	£70.65		
Jumbo Oats - Organic 25kg	£52.90		
Jumbo Oats - Organic 25kg	£52.17		
Jumbo Oats - Organic 25kg	£41.30		
Jumbo Oats 12.5kg	£17.46		
Jumbo Oats 25kg	£26.59		
Jumbo Oats 25kg	£28.04		
Medium Oatmeal - Organic 25kg	£48.21		
Medium Oatmeal 25kg	£28.09		
Oat Groats - Organic 25kg	£52.03		
Pinhead Oatmeal - Organic 25kg	£48.21		
Pinhead Oatmeal 25kg	£28.09		
Porridge Oats - Organic 25kg	£51.66		
Porridge Oats - Organic 25kg	£52.90		



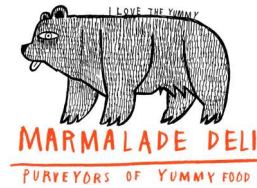
### SNACKS

Bombay Mix - Organic 3kg	£13.77
Bombay Mix 15kg	£52.75
Chilli Rice Crackers 2.5kg	£25.00
Rice Cracker Osumi Mix 7.5kg	£66.45



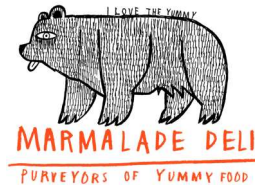
## **FLOUR & BAKING**

85% Granary Flour 16kg	£39.32	Malthouse Flour - Organic 25kg	£41.23
Baker's Bran 12.5kg	£34.78	Medium Brown - Carr's 16kg	£22.82
Bakers Strong White Flour No.4 - Organic 25kg	£33.19	Organic Wheat Gluten QC issue 5kg	£57.46
Biobake Strong White - Organic 25kg	£33.04	Pasta Flour - Organic 16kg	£23.91
Biobake Strong Wholewheat - Organic 25kg	£29.71	Plain White flour - Organic 25kg	£33.33
Brown Rice Flour 25kg	£47.82	Rye Flour - Fulltofta Evolutionary - Organic 16kg	£32.75
Canadian Blend Strong White Bread Flour 16kg	£15.94	Rye Flour - Stone Ground - Organic 25kg	£65.72
Canadian Blend Strong White Bread Flour 25kg	£24.85	Strong Bakers' White Flour - Carr's 16kg	£23.77
Chocolate Drops 60% - Organic 1kg	£15.13	Strong White Flour SG - Organic 15kg	£29.13
Ciabatta Flour SG - Organic 15kg	£30.87	Strong Wholewheat 14% Flour - Organic 25kg	£33.91
Cocoa Powder 10-12% - Organic 25kg	£181.15	Strong Wholewheat flour - Organic SG 25kg	£29.71
Cornflour 25kg	£42.75	Unbleached Plain White - Carrs 16kg	£23.91
Dark Rye Flour - Organic 25kg	£34.42	Unbleached White Self Raising - Carrs 16kg	£24.49
Farmhouse Flour SG - Organic 15kg	£27.90	Vegan White Chocolate Drops - Organic 1kg	£18.69
Fibremalt Flour (Granary) 16kg	£24.71	Vital Wheat Gluten 25kg	£79.71
Fibresum 66 Malted Flour (Berrymeal) 16kg	£25.36	Wheatgerm - Stabilized 15kg	£51.52
Gluten-Free Plain White Flour 16kg	£32.39	White Rice Flour 25kg	£38.40
Gluten-Free White Bread Flour 16kg	£32.39	White Self Raising flour - Organic 25kg	£34.27
Gram Flour 20kg	£38.48	Whole Rye Flour SG - Organic 15kg	£29.13
Light Rye Flour - Organic 25kg	£39.64	Wholemeal Spelt Flour - Organic 25kg	£53.91
Malthouse flour - Organic - SG 25kg	£39.64	Wholemeal Spelt Flour - Organic 25kg	£63.55
		Wholemeal Spelt Flour SG - Organic 15kg	£45.00



## GROCERIES

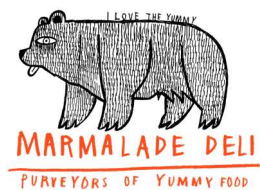
Bicarbonate of Soda 1kg	£2.03
Bicarbonate of Soda 25kg	£23.04
Bouillon Powder - Organic 25kg	£289.84
Bouillon Powder 25kg	£227.52
Coconut Palm Sugar - Organic 20kg	£130.43
Dark Muscovado Sugar 25kg	£82.17
Demerara Sugar *FT* 25kg	£81.95
Fine RawCane Sugar (Golden Caster) - Org 25kg	£99.56
Fish Dressing - Ruskoline 25kg	£59.20
Golden Granulated Sugar *FT* 25kg	£78.76
Icing Sugar - Organic 25kg	£120.28
Light Muscovado Sugar 25kg	£82.82
Panko Breadcrumb Mix 10kg	£33.19
Soft Light Brown Sugar 25kg	£78.26
Sun-Dried Tomato Chopped - Organic 5kg	£65.58
TVP Mince - Organic 10kg	£82.60
Vegevita B12 Yeast Flakes 25kg	£579.68
White Caster Sugar (refined) 25kg	£44.64



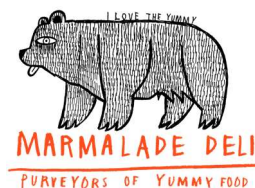
## HERBS & SPICES

Allspice - Ground 1kg	£20.80	Fenugreek - Ground 1kg	£15.43
Allspice - Whole 1kg	£22.10	Fenugreek Leaves 500g	£15.80
Basil - Organic 500g	£14.93	Garlic Granules - Organic 1kg	£24.42
Basil 500g	£7.03	Garlic Granules/Minced 1kg	£11.59
Cardamom Pods - Black 500g	£31.16	Garlic Salt 1kg	£7.68
Celery Seed 1kg	£13.41	Ginger - Ground 1kg	£21.52
Chillies - Crushed 1kg	£21.74	Ginger Ground - Organic 500g	£25.14
Chinese Five Spice 1kg	£21.52	Ground Chilli - Organic 500g	£12.54
Chipotle Chillies (crushed) 1kg	£41.01	Ground Mace 500g	£28.26
Chives 1kg	£35.29	Juniper Berries 1kg	£30.43
Cinnamon Ground - Organic (Ceylon) 500g	£27.97	Lemon Pepper 1kg	£23.77
Cinnamon Sticks - Organic 250g	£27.17	Mint (Spearmint) 500g	£5.29
Cloves - Ground (Madagascar) 500g	£23.33	Mixed Herbs - Organic 500g	£12.32
Cloves - Whole 500g	£17.32	Mixed Herbs - see 500g 1kg	£14.49
Coriander Ground - Organic 500g	£7.17	Mixed Herbs 500g	£12.25
Coriander Whole - Organic 1kg	£17.25	Mixed Spice - Organic 500g	£8.84
Crushed Chillies - Organic 500g	£15.87	Mustard - Ground (Yellow) 1kg	£11.67
Cumin Ground - Organic 500g	£23.19	Mustard Seed Brown - Organic 500g	£11.09
Cumin Whole - Organic 500g	£28.26	Nutmeg - Ground - Organic 500g	£36.01
Curry Leaves - Organic 250g	£11.01	Onion Powder 1kg	£14.27
Dill Herb 500g	£22.90	Paprika - Organic 500g	£10.51
		Paprika - Smoked - Organic 500g	£16.88
		Parsley 500g	£12.32



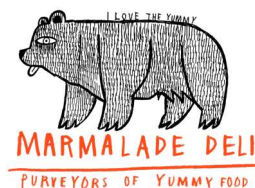


Pepper - Ground White 1kg	£21.01
Pepper Ground Black - Organic 500g	£17.17
Peppercorns - Pink 500g	£35.07
Peppercorns Black - Organic 500g	£15.72
Psyllium Husks 500g	£19.42
Rosemary - Organic 500g	£11.88
Tarragon Leaf 500g	£17.25
Turmeric Powder - Organic 500g	£7.75

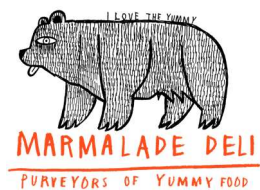


### NUTS, FRUITS & SEEDS

Almonds - Flaked 10kg	£112.31	Coconut - Fine Desiccated 25kg	£118.83
Almonds - Ground 10kg	£108.33	Coconut - Medium Desiccated - Organic 25kg	£139.12
Almonds - Ground 12.5kg	£157.24	Coconut - Medium Desiccated 25kg	£107.60
Almonds - Smoked 12.5kg	£195.64	Coconut Chips - Raw 10kg	£56.52
Almonds - Whole - Organic 10kg	£205.79	Coconut Chips - Raw 11.34kg	£45.29
Almonds - Whole 22.68kg	£224.63	Coconut Chips - Toasted 10kg	£71.74
Apricots - Organic - Unsulphured 12.5kg	£121.01	Coconut Chips - Toasted 8kg	£55.79
Apricots - Whole - Added SO2 12.5kg	£80.79	Cranberries - Added Sugar 11.34kg	£74.71
Banana Chips 8kg	£42.90	Currants - Organic 12.5kg	£121.01
Black Sesame Seeds 1kg	£16.88	Currants 12.5kg	£68.11
Brazils - Broken 20kg	£137.67	Dates - Chopped 12.5kg	£35.29
Brazils - Whole - Organic 20kg	£279.70	Dates - Pitted - Freeflow 10kg	£25.87
Brazils - Whole 20kg	£213.03	Dates - Pitted - Freeflow 12.5kg	£32.39
Caraway Seed 1kg	£13.69	Dates -Pitted - Organic 5kg	£35.51
Cashews - Pieces - Organic 22.68kg	£340.56	Dried Apple Diced SO2 10kg	£98.55
Cashews - Whole - Organic 22.68kg	£398.53	Dried Apple Diced SO2 12kg	£118.25
Cashews - Broken 22.68kg	£126.08	Figs - Organic 10kg	£97.39
Cashews - Whole 22.68kg	£414.47	Ginger - Crystallised with Raw Cane Sugar 5kg	£35.51
Cherries - Dark Red Glace Added E163 & SO2 10kg	£68.11	Hazels - Whole - Organic 10kg	£166.66
Chia Seeds 2kg	£11.45	Hazels - Whole 20kg	£226.08
		Hazels - Whole 25kg	£327.08
		Hazels - Whole Roasted (blanched) 10kg	£142.02
		Hazels - Whole Roasted (blanched) 25kg	£362.30

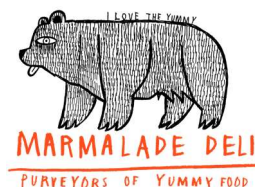


Linseed 25kg	£34.06	Raisins - Black Flame 10kg	£48.11
Linseed Brown - Organic 25kg	£64.49	Raisins - Organic 10kg	£55.36
Linseed Golden - Organic 25kg	£97.82	Raisins 12.5kg	£43.48
Mixed Nuts - Chopped 12.5kg	£106.52	Sesame Seeds - Organic 25kg	£130.43
Mixed Peel - Added SO2 10kg	£32.10	Sultanas - No. 9's 12.5kg	£47.10
Mixed Vegetables 10kg	£65.81	Sultanas - Organic 12.5kg	£60.79
Onions (Kibbled) 12.5kg	£82.04	Sultanas Australian 14kg	£88.04
Onions (Kibbled) 14kg	£91.88	Sunflower Seeds - Organic 22.68kg	£63.00
Papaya - Diced - Added Sugar 5kg	£34.06	Sunflower Seeds - Organic 25kg	£84.78
Peanuts - Blanched 25kg	£96.81	Walnuts - Broken - Organic 10kg	£126.08
Peanuts - Organic 25kg	£127.53	Walnuts - Broken 10kg	£104.34
Peanuts - Paleskin 45/55 25kg	£71.74	Walnuts - Broken 12.5kg	£171.01
Peanuts - Redskin 25kg	£92.02	Walnuts - Light Halves 10kg	£123.18
Peanuts - Roasted & Salted 12.5kg	£71.74	Walnuts - Light Halves 11.34kg	£152.17
Peanuts - Roasted UNSALTED 12.kg	£71.74	Walnuts - Light Halves 12.5kg	£161.22
Pecan Halves 13.6kg	£268.10	Wild Bird Mix 20kg	£22.25
Pine Kernels 12.5kg	£475.34		
Pineapple - Diced - Added Sugar 5kg	£38.40		
Pistachio Kernels - Raw 5kg	£157.24		
Pistachios - Roasted & Salted 10kg	£192.02		
Pitted Prunes - E202 10kg	£47.03		
Prunes - 20/30 French - with pit 12.5kg	£85.50		
Pumpkin Seeds - Organic 25kg	£191.29		



### OILS, SALT & VINEGAR

Palm Fat Shortening - Organic 10kg	£46.01
Sea Salt - Coarse - Additive Free 25kg	£19.13
Sea Salt - Fine Additive Free 25kg	£19.13
Sunflower Oil - Deodorised - Organic 25 ltr	£108.69
Vinegar (Spirit - White) 12% - Organic 10 ltr	£28.62



### RICE & PASTA GRAINS

Arborio (Risotto) Rice 5kg	£13.55	Semolina - White 25kg	£42.75
Arborio Rice - Organic 20kg	£98.55	Short Grain Brown Rice - Organic 25kg	£68.11
Barley Grain - Pearl 25kg	£26.09	Short Grain White Pudding Rice 25kg	£65.07
Brown Basmati Rice - Organic 25kg	£78.04	Spelt Grain Organic 25kg	£69.56
Buckwheat - Organic 25kg	£68.98	Wheat Grain - Balcaskie Landrace - Organic 16kg	£23.91
Buckwheat - Roasted - Organic 25kg	£104.34	White Basmati Rice - Organic 25kg	£94.20
Bulgur Wheat - Organic 25kg	£60.14	White Basmati Rice 20kg	£62.32
Camargue Red Rice - Organic 25kg	£141.30	White Couscous - Organic 25kg	£67.92
Fine Semolina - Organic 16kg	£24.49	White Jasmine Rice - Organic 25kg	£118.83
Long Grain Brown Rice - Organic 25kg	£71.45	White Sushi Rice 10kg	£28.19
Long Grain Brown Rice 25kg	£40.07	Wholewheat Couscous - Organic 25kg	£71.88
Long Grain White Rice - Organic 25kg	£91.30		
Millet - Organic 25kg	£66.16		
Pearl Couscous 15kg	£41.88		
Polenta - Fine (fine cornmeal) 25kg	£22.69		
Polenta - Medium 25kg	£29.71		
Popcorn - Organic 25kg	£69.56		
Popcorn 25kg	£36.52		
Quinoa - Organic 25kg	£137.67		
Red Quinoa - Organic 25kg	£147.82		
Rye Grain - Fulltofta Evolutionary - Organic 16kg	£24.49		