

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
CAKES	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Sea-Salted Caramel Millionaire's Shortbread</b>	White Rose Bakes	£2.20	<b>Milk, Soya</b>	<b>Egg, Gluten, Milk, Nuts, Sesame, Soya, Sulphur Dioxide</b>
<b>Triple Chocolate and Caramel Brownie</b>	White Rose Bakes	£2.00	<b>Egg, Gluten, Milk, Soya</b>	<b>Egg, Gluten, Milk, Nuts, Sesame, Soya, Sulphur Dioxide</b>
<b>Oat, Fruit, Almond and Seed Bar (Vegan Friendly)</b>	White Rose Bakes	£2.20	<b>Nuts (Almonds), Sulphur Dioxide</b>	<b>Egg, Gluten, Milk, Nuts, Sesame, Soya, Sulphur Dioxide</b>
<b>Peanut and Sea-Salted Date Caramel Slice (Vegan Friendly)</b>	White Rose Bakes	£2.20	<b>Peanuts, Soya</b>	<b>Egg, Gluten, Milk, Nuts, Sesame, Soya, Sulphur Dioxide</b>
CEREALS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Bran Flakes</b>	Kellogg's	£0.75	<b>Gluten</b>	
<b>Bran Sticks (Organic)</b>	Suma	£0.60	<b>Gluten</b>	<b>Peanuts, Soya, Nuts, Sesame, Sulphur dioxide.</b>
<b>Coco Pops</b>	Kellogg's	£0.75	<b>Gluten</b>	
<b>Cornflakes</b>	Kellogg's	£0.55	<b>Gluten</b>	
<b>Deluxe Muesli (O)</b>	Suma	£0.60	<b>Gluten, Nuts (almonds, hazelnuts)</b>	<b>Peanuts, Soya, Sesame</b>
<b>Frosties</b>	Kellogg's	£0.75	<b>Gluten</b>	<b>Peanuts</b>
<b>Gluten Free Jumbo Oats (O)</b>	Suma	£0.60		<b>Peanuts, Soya, Nuts, Sesame</b>
<b>Gluten Free Porridge Oats (O)</b>	Suma	£0.60		<b>Peanuts, Soya, Nuts, Sesame</b>
<b>Granola (O)</b>	Wholefoods	£0.90	<b>Gluten, Wheat, Nuts (Almonds)</b>	<b>Packed on premises that handles nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Jumbo Oats</b>	Suma	£0.20		<b>Wheat, Peanuts, Soya, Nuts, Sesame</b>
<b>Malt Crunchies</b>	Weetabix	£0.45	<b>Gluten</b>	
<b>Muesli Base (O)</b>	Suma	£0.45	<b>Gluten.</b>	<b>Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Porridge Oats</b>	Suma	£0.20		<b>Wheat, Peanuts, Soya, Nuts, Sesame</b>
<b>Rice Krispies</b>	Kellogg's	£0.75	<b>Gluten</b>	

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CHOCOLATE	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Chocolate Drops - 70% Dark</b>	Callebaut	£1.00	<b>Soya</b>	
<b>Chocolate Drops - Milk</b>	Callebaut	£1.00	<b>Milk, soya</b>	
<b>Chocolate Drops - White</b>	Callebaut	£1.00	<b>Milk, Soya</b>	
<b>Cocoa Powder (O)</b>	Wholefoods	£1.80		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Raw Cacao Nibs (O)</b>	Suma	£2.50		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
DRIED FRUITS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Apple Rings</b>	Suma	£1.50	<b>Sulphur Dioxide</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame</b>
<b>Apricots</b>	Suma	£1.00	<b>Sulphur Dioxide</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame.</b>
<b>Apricots - chopped</b>	Suma	£1.00	<b>Sulphur Dioxide</b>	<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame.</b>
<b>Apricots (O)</b>	Suma	£1.30		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Banana Chips (O)</b>	Suma	£0.90		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame.</b>
<b>Cherries - Dried (O)</b>	Suma	£2.20		<b>Gluten, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide.</b>
<b>Cherries - Glace</b>	Suma	£1.00	<b>Sulphur Dioxide</b>	<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame</b>
<b>Cranberries</b>	Suma	£1.20		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Crystallised Ginger</b>	Suma	£1.00		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Currants</b>	Suma	£0.75		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Dates - Chopped</b>	Suma	£0.70		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Dates - Medjool (O)</b>	Suma	£2.75		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Dates - Pitted (O)</b>	Suma	£1.10		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide.</b>
<b>Desiccated Coconut - chunky</b>	Suma	£1.20		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>

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<b>Desiccated Coconut - fine (O)</b>	Suma	£1.20		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Figs (O)</b>	Suma	£1.55		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide.</b>
<b>Goji Berries</b>	Suma	£3.20	<b>Sulphur Dioxide</b>	<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame</b>
<b>Mango</b>	Suma	£3.20		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame</b>
<b>Papaya</b>	Suma	£1.20	<b>Sulphur Dioxide</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame</b>
<b>Pineapple</b>	Suma	£0.60	<b>Sulphur Dioxide</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame</b>
<b>Raisins (O)</b>	Suma	£0.65		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Sultanas (O)</b>	Suma	£0.55		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>GRAINS</b>	<b>Brand</b>	<b>£ per 100g</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Arborio Rice</b>	Suma	£0.50		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Brown Long Grain Rice</b>	Suma	£0.30		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Bulgar (O)</b>	Suma	£0.50	<b>Gluten, Wheat</b>	<b>Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Pearl Barley</b>	Suma	£0.25	<b>Barley grain</b>	<b>Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Polenta</b>	Suma	£0.30		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Popping Corn (O)</b>	Suma	£0.55		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Pudding Rice</b>	Suma	£0.25		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Red Camargue Rice (O)</b>	Wholefoods	£0.95		<b>Packed on premises that handles nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Red Quinoa (O)</b>	Suma	£1.20		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>White Basmati Rice</b>	Suma	£0.30		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>White Jasmine Rice</b>	Tilda	£0.25		
<b>White Quinoa (O)</b>	Suma	£1.00		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>

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<b>Wholemeal Cous Cous (O)</b>	Suma	£0.50		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
HERBS, SPICES AND SEASONINGS	Brand	£ per 10g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Allspice - Ground</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Aniseed</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Arrowroot</b>	Suma	£1.20 / 100g		
<b>Basil (O)</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Bay Leaves (O)</b>	Wholefoods	2p each		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Black Lava Salt</b>	Wholefoods	£4.00 / 100g		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cajun Spice</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Caraway (O)</b>	Suma	£0.20		<b>Egg, Nuts, Sesame</b>
<b>Cardamom - ground</b>	Wholefoods	£0.45		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cardamom - Pods</b>	Wholefoods	£0.50		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cayenne</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Celery Salt</b>	Wholefoods	£0.10	<b>Celery</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Chilli - Birdseye</b>	Wholefoods	£0.55		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Chilli Flakes</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Chilli Powder</b>	Suma	£0.20		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame, Sulphur dioxide</b>

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<b>Chilli Powder - Chipotle</b>	Wholefoods	£0.70		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Chinese Five Spice</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Chives</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cinnamon - Ground</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cinnamon - Sticks</b>	Wholefoods	£0.90		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cloves - Ground</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cloves - Whole</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Coriander - Ground</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Coriander - Seeds</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Cracked black pepper</b>	Suma	£0.36		<b>Peanuts, Nuts, Sesame</b>
<b>Cumin - Ground</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Cumin - Seeds</b>	Suma	£0.40		<b>Peanuts, Nuts, Sesame</b>
<b>Curry Leaves</b>	Wholefoods	£1.00		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Curry Powder</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Dill</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Dill Seeds</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Dried Sliced Forest Mushrooms</b>	Wholefoods	£0.80		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Dried Sliced Shiitake Mushrooms</b>	Wholefoods	£1.00		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>

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<b>Fennel Seeds</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Fenugreek Seeds</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Garam Masala</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Garlic Flakes</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Garlic Powder</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Garlic Salt</b>	Wholefoods	£0.10		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Ginger - Ground</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Herbs de Provence</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Himalayan Rose Pink Salt</b>	Wholefoods	£3.00 / 100g		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Italian Seasoning</b>	Wholefoods	£0.25	<b>Sesame</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Jamaican Jerk Seasoning</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Juniper Berries</b>	Wholefoods	£0.30		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Marjoram (O)</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Mixed Herbs</b>	Suma	£0.25		<b>Peanuts, Nuts, Sesame</b>
<b>Mixed Spice</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Mulled Wine Spice</b>	Wholefoods	£0.25		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Mustard - ground</b>	Suma	£0.12	<b>Mustard</b>	<b>Peanuts, Nuts, Sesame</b>

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<b>Mustard Seeds - brown</b>	Suma	£0.12	<b>Mustard</b>	<b>Peanuts, Nuts, Sesame</b>
<b>Mustard Seeds - yellow</b>		£0.12	<b>Mustard</b>	<b>Peanuts, Nuts, Sesame</b>
<b>Nigella Seeds</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Nutmeg - Ground</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Nutmeg - Whole</b>	Suma	£0.65		<b>Peanuts, Nuts, Sesame</b>
<b>Nutritional Yeast</b>	Wholefoods	£3.45 / 100g		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Oregano (O)</b>	Suma	£0.25		<b>Peanuts, Nuts, Sesame</b>
<b>Paprika - Hungarian (mild/sweet)</b>	Wholefoods	£0.16		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Paprika - Smoked</b>	Suma	£0.20		<b>Peanuts, Nuts, Sesame</b>
<b>Paprika - Spanish</b>	Suma	£0.12		<b>Peanuts, Nuts, Sesame</b>
<b>Parsley</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Peppercorns - Black</b>	Suma	£0.36		<b>Gluten, Wheat, Peanuts, Soya, Milk, Lactose, Nuts, Celery, Mustard, Sesame, Sulphur dioxide</b>
<b>Peppercorns - Green</b>	Wholefoods	£0.80		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Peppercorns - Pink</b>	Wholefoods	£0.50		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Peppercorns - White</b>	Wholefoods	£0.88		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Piri Piri Seasoning</b>	Wholefoods	£0.30		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Ras-El-Hanout</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>

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<b>Rosemary (O)</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Sage</b>	Suma	£0.40		<b>Peanuts, Nuts, Sesame</b>
<b>Sea Salt - Coarse</b>	Suma	£1.20 / 100g		
<b>Sea Salt - Fine</b>	Suma	£1.20 / 100g		
<b>Smoked Oak Salt</b>	Wholefoods	£6.40 / 100g		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Star Anise</b>	Suma	£0.40		<b>Peanuts, Nuts, Sesame</b>
<b>Sumac</b>	Suma	£0.35		
<b>Tarragon</b>	Wholefoods	£0.50		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Thai hot curry powder</b>	Wholefoods	£0.20		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Thyme</b>	Suma	£0.40		<b>Peanuts, Nuts, Sesame</b>
<b>Turmeric</b>	Suma	£0.16		<b>Peanuts, Nuts, Sesame</b>
<b>Zaatar</b>	Wholefoods	£0.40	<b>Sesame</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>NUTS</b>	<b>Brand</b>	<b>£ per 100g</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Almonds - Blanched</b>	Wholefoods	£2.10	<b>Nuts (Almonds)</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Almonds - Flaked</b>	Suma	£2.30	<b>Nuts (Almonds)</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Almonds - Whole</b>	Wholefoods	£1.50	<b>Nuts (Almonds)</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Brazil nuts</b>	Suma	£2.10	<b>Nuts (Brazil)</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Cashew Nuts</b>	Suma	£2.60	<b>Nuts (Cashew)</b>	<b>Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide</b>
<b>Chopped mixed nuts</b>	Suma	£1.30	<b>Peanuts, Nuts (Almonds, Walnuts)</b>	<b>Gluten, Wheat, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Ground Almonds</b>	Suma	£1.50	<b>Nuts (Almonds)</b>	<b>Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide</b>
<b>Hazelnuts (O)</b>	Suma	£1.85	<b>Nuts (Hazelnut)</b>	<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>



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<b>Macadamia</b>	Wholefoods	£5.50	<b>Nuts (Macadamia)</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten</b>
<b>Peanuts (Raw Redskin)</b>	Suma	£0.80	<b>Peanuts</b>	<b>Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Peanuts (Roasted)</b>	Suma	£0.80	<b>Peanuts</b>	<b>Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Pecans</b>	Suma	£3.85	<b>Nuts (Pecan)</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Pine Kernels</b>	Suma	£4.75	<b>Nuts (Pine)</b>	<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Pistachios</b>	Wholefoods	£4.15	<b>Nuts (Pistachio)</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten</b>
<b>Walnut Halves</b>	Suma	£2.30	<b>Nuts (Walnut)</b>	<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>NUT BUTTERS</b>	<b>Brand</b>	<b>£ per 300g</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Almond Butter</b>	Wholefoods	£4.50	<b>Nuts (Almonds)</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cashew Butter</b>	Suma	£7.90	<b>Nuts (Cashew)</b>	<b>Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide</b>
<b>Chocolate Hazelnut Butter (Dark Chocolate)</b>	Suma / Callebaut	£4.50	<b>Nuts (Hazelnut), Soya</b>	<b>Gluten, Wheat, Peanuts, Nuts, Sesame, Sulphur dioxide</b>
<b>Chocolate Hazelnut Butter (Milk Chocolate)</b>	Suma / Callebaut	£4.50	<b>Nuts (Hazelnut), Milk, Soya</b>	<b>Gluten, Wheat, Peanuts, Nuts, Sesame, Sulphur dioxide</b>
<b>Chocolate Hazelnut Butter (White Chocolate)</b>	Suma / Callebaut	£4.50	<b>Nuts (Hazelnut), Milk, Soya</b>	<b>Gluten, Wheat, Peanuts, Nuts, Sesame, Sulphur dioxide</b>
<b>Hazelnut Butter</b>	Suma	£5.75	<b>Nuts (Hazelnut)</b>	<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Peanut Butter</b>	Suma	£2.50	<b>Peanuts</b>	<b>Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>NUT MILKS</b>	<b>Brand</b>	<b>£ per 900ml</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Almond Milk</b>	Wholefoods	£2.95	<b>Nuts (Almonds)</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Cashew Milk</b>	Suma	£3.95	<b>Nuts (Cashew)</b>	<b>Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide</b>

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Hazelnut Milk</b>	Suma	£2.95	<b>Nuts (Hazelnut)</b>	<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>OILS, VINEGARS AND SYRUPS</b>	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Agave Syrup (O)</b>	Suma	£1.70		
<b>Balsamic Vinegar (O)</b>	Suma	£1.10		
<b>Black Treacle</b>	Tate and Lyle	£0.30		
<b>Cider Vinegar (O)</b>	Suma	£0.40		
<b>Golden Syrup</b>	Tate and Lyle	£0.40		
<b>Honey</b>	Hugh's Honey	£6.00 (1lb jar)		
<b>Malt vinegar</b>	Suma	£0.35		
<b>Red wine vinegar</b>	Suma	£0.55		
<b>Sesame Oil</b>	Wing Yip	£1.80	<b>Sesame, Soya</b>	
<b>Soya Sauce (Tamari)</b>	Suma	£2.20	<b>Soya</b>	
<b>Sunflower Oil</b>	Suma	£0.60		
<b>White Wine vinegar</b>	Suma	£0.40		
<b>Yorkshire Rapeseed Oil</b>	Yorkshire Rapeseed Oil	£0.40		
<b>PASTA</b>	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Brown Fusilli Pasta</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	
<b>Brown Penne Pasta</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	
<b>Chifferetti</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	
<b>Farfalle</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	
<b>Gluten Free Fusilli Pasta</b>	Sotelli	£0.35		
<b>Gluten Free Macaroni</b>	Sotelli	£0.35		
<b>Gluten Free Penne Pasta</b>	Sotelli	£0.35		
<b>Large conch shells</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	
<b>Noodles</b>	Lucky Dragon	£0.50 each	<b>Gluten, Wheat</b>	
<b>Orzo</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	
<b>White Fusilli Pasta</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	
<b>White Penne Pasta</b>	Lupa	£0.25	<b>Gluten, Wheat</b>	

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
PULSES	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Black Beans (O)</b>	Suma	£0.50		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Black Eye Beans</b>	Suma	£0.50		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Butter Beans</b>	Suma	£0.70		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Cannellini Beans</b>	Suma	£0.50		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Chickpeas</b>	Suma	£0.40		<b>Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Haricot Beans (O)</b>	Suma	£0.55		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Kidney Beans (O)</b>	Suma	£0.70		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Lentils - Green</b>	Suma	£0.40		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Lentils - Puy</b>	Suma	£0.50		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Lentils - Red</b>	Suma	£0.30		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Marrowfat Peas</b>	Suma	£0.25		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Pinto Beans</b>	Suma	£0.30		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Split Peas - Green (O)</b>	Suma	£0.45		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Split Peas - Yellow (O)</b>	Suma	£0.50		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Milk, Sesame, Sulphur dioxide</b>
SEEDS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Black Sesame (O)</b>	Wholefoods	£1.60	<b>Sesame</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Chia</b>	Suma	£1.20		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Flax</b>	Suma	£0.60		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>
<b>Poppy</b>	Suma	£1.60		<b>Peanuts, Nuts, Sesame</b>
<b>Pumpkin (O)</b>	Suma	£1.60		<b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide</b>

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Sunflower (O)</b>	Suma	£0.60		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>White Sesame (O)</b>	Wholefoods	£1.00	<b>Sesame</b>	Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
SUGAR, FLOUR AND BAKING	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Arrowroot</b>	Suma	£1.20		
<b>Baking Powder</b>	Chef William	£0.60	<b>Gluten, wheat.</b>	
<b>Bicarbonate of Soda</b>	Chef William	£0.60		
<b>Bread Flour - White (O)</b>	Doves Farm	£0.20	<b>Gluten, wheat.</b>	
<b>Bread Flour - Wholemeal (O)</b>	Doves Farm	£0.20	<b>Gluten, wheat.</b>	
<b>Brown Sugar - Dark</b>	Tate and Lyle	£0.35		
<b>Brown Sugar - Light</b>	Tate and Lyle	£0.35		
<b>Caster Sugar</b>	Tate and Lyle	£0.20		
<b>Coconut Flour</b>	Suma	£0.65		May contain traces of <b>Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide.</b>
<b>Coconut Sugar</b>	Suma	£1.25		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Cornflour</b>	Chef's Larder	£0.30		
<b>Demerara Sugar</b>	Wholefoods	£0.40		Packed on premises that handles <b>nuts, seeds, cereals, soya &amp; products containing gluten.</b>
<b>Golden Granulated Sugar</b>	Suma	£0.45		<b>Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Granulated Sugar</b>	Tate and Lyle	£0.15		
<b>Icing Sugar</b>	Tate and Lyle	£0.30		
<b>Pasta Flour</b>	Doves Farm	£0.20	<b>Gluten, wheat.</b>	
<b>Plain Flour (GF)</b>	Doves Farm	£0.25		
<b>Plain Flour (O)</b>	Doves Farm	£0.20	<b>Gluten, wheat.</b>	
<b>Rye Flour - Wholemeal</b>	Doves Farm	£0.25	<b>Gluten, wheat.</b>	
<b>Self-Raising Flour (GF)</b>	Doves Farm	£0.25		
<b>Self-Raising Flour (O)</b>	Doves Farm	£0.20	<b>Gluten, wheat.</b>	

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Semolina</b>	Suma	£0.25	<b>Gluten, wheat.</b>	<b>Peanuts, Soya, Nuts, Sesame, Sulphur dioxide</b>
<b>Spelt Flour - Wholemeal</b>	Doves Farm	£0.35	<b>Gluten, wheat.</b>	
<b>Xanthan Gum</b>	Doves Farm	£2.80		
TEA/COFFEE	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Assam Leaf Blend</b>	Hebden Tea	£4.00		
<b>Breakfast Tea</b>	Hebden Tea	£4.00		
<b>Camomile</b>	Hebden Tea	£5.00		
<b>Colombia Excelsior Decaf Coffee (Beans)</b>	York Coffee Emporium	£3.00		
<b>Darjeeling</b>	Hebden Tea	£5.00		
<b>Decaf Assam</b>	Hebden Tea	£6.00		
<b>Decaf Sencha</b>	Hebden Tea	£8.00		
<b>Earl Grey</b>	Hebden Tea	£4.00		
<b>Hot Chocolate</b>	Cadbury	£1.00		
<b>Instant Coffee Original Blend</b>	Nescafe	£3.20		
<b>Japan Sencha Cherry</b>	Hebden Tea	£4.00		
<b>Lady Hebden</b>	Hebden Tea	£5.00		
<b>Lullaby</b>	Hebden Tea	£5.00		
<b>Mocha Java (Beans/ Ground)</b>	York Coffee Emporium	£3.00		
<b>Peppermint</b>	Hebden Tea	£4.00		
<b>Peru Tunki (Beans/ Ground)</b>	York Coffee Emporium	£4.00		
<b>Rooibos Tea</b>	Hebden Tea	£4.00		
<b>Sencha Lemon Ginger</b>	Hebden Tea	£6.00		
<b>Winter Warmer</b>	Hebden Tea	£4.00		
HOMEWARES	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Bamboo Chopsticks</b>	Bambu	£2.00		
<b>Bamboo Cutlery Set</b>	Bambaw	£10.95		
<b>Beeswax Wrap - 1 40x30</b>	Starfish Living	£10.00		
<b>Beeswax Wrap - 1 50x50</b>	Starfish Living	£15.00		
<b>Beeswax Wrap - 2 midi</b>	Starfish Living	£12.00		

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Beeswax Wrap - 3 small, medium, large</b>	Starfish Living	£15.00		
<b>Bin Liners</b>	Maistic	£3.65		
<b>Coconut Scourer (Twin Pack)</b>	Eco Coconut	£4.75		
<b>Fat Balls</b>		£0.25		
<b>Firelighters</b>	Starfish Living	£0.10		
<b>Hand Carved Wooden Spoons</b>	Wood Wyrn	Individual ly Priced	Treated with <b>Walnut</b> oil	
<b>Huskup 400ml</b>	Huskup	£10.00		
<b>Huskup 400ml - Harry Potter</b>	Huskup	£10.95		
<b>Loofah Scouring Pad</b>	Loofah Co	£3.95		
<b>Stainless Steel Straw</b>	Plastic Phobia	£1.50		
<b>Recycled Kitchen Paper - dbl length roll</b>	Who Gives a Crap	£3.85		
<b>Straw Cleaning Brush</b>	Plastic Phobia	£0.50		
<b>Stainless Steel 500ml Thermal Water Bottle</b>	Qwetch	£17.50		
<b>Stainless Steel 2-tier rectangular lunch box</b>	A Slice of Green	£22.00		
<b>Stainless Steel 2-tier round lunch box</b>	A Slice of Green	£15.00		
<b>Tea Egg</b>	Hebden Tea	£5.95		
<b>Tea Tongs</b>	Hebden Tea	£5.50		
<b>HOUSEHOLD CLEANING</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Dishwasher Tablets (25s)</b>	Eco Leaf	£4.95		
<b>Fabric Conditioner</b>	Bio D	£0.30 / 100g		
<b>Laundry Detergent</b>	Bio D	£0.40 / 100g		
<b>Loo Cleaner</b>	Bio D	£0.30 / 100g		
<b>Multi-Surface Sanitiser</b>	Bio D	£0.35 / 100g		
<b>Washing Up Liquid</b>	Eco Leaf	£0.30 / 100g		

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
TOILETRIES	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
<b>Bamboo baby/ face cloth</b>	Just Little Changes	£3.00		
<b>Bamboo Cotton Buds</b>	Plastic Phobia	£2.50		
<b>Bamboo Plasters</b>	Patch	£6.95		
<b>Bamboo Soap Dish</b>	Plastic Phobia	£3.95		
<b>Bamboo Toothbrush (Adult)</b>	Plastic Phobia	£1.95		
<b>Bamboo Toothbrush (Junior)</b>	Curanatura	£3.25		
<b>Bath bomb (O)</b>	Happy Holistics	£3.00		
<b>Body Butter (O)</b>	Happy Holistics	£12.00		
<b>Body Wash</b>	Faith in Nature	£1.40 / 100g		
<b>Conditioner</b>	Faith in Nature	£1.40 / 100g		
<b>Dent Tabs (Toothpaste tabs)</b>	Plastic Phobia	£4.00 / 25g		
<b>Deodorant</b>	Ben and Anna	£9.95		
<b>Facial Bar</b>	Friendly Soap	£3.50		
<b>Lipbalm</b>	Cosy Cottage	£3.80		
<b>Liquid Hand Soap</b>	Eco Leaf	£0.40 / 100g		
<b>Loofah</b>	Loofah Co	£3.95		
<b>Make-Up Pads (10pk)</b>	Little Green Wood	£12.00		
<b>Massage Bar (O)</b>	Happy Holistics	£6.75		
<b>Safety Razor (with 5 blades included)</b>	Mutiny	£13.50		
<b>Safety Razor - Replacement Blades x 5</b>	Mutiny	£1.20		
<b>Shampoo Bar</b>	Cosy Cottage	£3.50	<b>Nuts (almonds)</b>	
<b>Shampoo</b>	Faith in Nature	£1.40 / 100g		
<b>Shaving Soap</b>	Friendly Soap	£3.50		

<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Soap</b>	Cosy Cottage	£3.50	<b>Nuts (almonds)</b>	
<b>Tissues - Boxes of 65</b>	Who Gives a Crap	£1.95		
<b>Toilet Roll - Premium Bamboo - Double Length Roll</b>	Who Gives a Crap	£1.30		
<b>Toilet Roll - Recycled Paper - Double Length Roll</b>	Who Gives a Crap	£1.00		
<b>CONTAINERS AND BAGS</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>1 litre milk bottle</b>	Spinks	£3.00		
<b>Clip top glass jar - 500ml</b>	Spinks	£4.50		
<b>Clip top glass jar - 750ml</b>	Spinks	£5.25		
<b>Clip top glass jar - 1000ml</b>	Spinks	£5.75		
<b>Glass Jar - Extra Large - 1.8l</b>	Spinks	£4.00		
<b>Glass Jar - Large - 500ml</b>	Spinks	£2.00		
<b>Glass Jar - Medium - 370ml</b>	Spinks	£1.50		
<b>Glass Jar - Small - 190ml</b>	Spinks	£1.00		
<b>Metal Tin - Large</b>	The Box UK	£3.00		
<b>Metal Tin - Medium</b>	The Box UK	£2.50		
<b>Metal Tin - Small</b>	The Box UK	£2.00		
<b>Metal Tin - Spice</b>	The Box UK	£1.00		
<b>Printed Canvas Bag</b>	Hello Print	£3.00		
<b>Printed Jute Bag</b>	Clever Baggers	£6.00		
<b>Produce Bags - Large 25x35</b>	Clever Baggers	£2.50		
<b>Produce Bags - Medium 20x24</b>	Clever Baggers	£2.00		
<b>Produce Bags - Medium (Fancy Fabrics)</b>	Handmade in York	£3.75		



<b>Product Name</b>	<b>Brand</b>	<b>£ per unit</b>	<b>Allergens Present</b>	<b>Packaged/Transported in an environment which also handles...</b>
<b>Produce Bags - Small 15x20</b>	Clever Baggers	£1.50		
<b>Swing-Top Glass Bottle 250ml</b>	Spinks	£3.00		
<b>Swing-Top Glass Bottle 500ml</b>	Spinks	£3.50		