

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

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Oat Bran	Suma	£0.30	Gluten	Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Pinhead Oats (coarse oatmeal)	Suma	£0.20	Gluten	Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Porridge Oats	Suma	£0.20		Wheat, Peanuts, Soya, Nuts, Sesame
Psyllium Husks	Wholefoods	£3.30		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten
Rice Krispies	Kellogg's	£0.75	Gluten	
Rye Flakes (O)	Suma	£0.25	Gluten	Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
CHOCOLATE	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Chocolate Drops - 70% Dark	Callebaut	£1.00	Soya	
Chocolate Drops - Milk	Callebaut	£1.00	Milk, soya	
Chocolate Drops - White	Callebaut	£1.00	Milk, Soya	
Cocoa Powder (O)	Wholefoods	£1.80		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Raw Cacao Nibs (O)	Suma	£2.50		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
DRIED FRUITS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Apple Rings	Suma	£1.50	Sulphur Dioxide	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame
Apricots	Suma	£1.00	Sulphur Dioxide	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame.
Apricots - chopped	Suma	£1.00	Sulphur Dioxide	Gluten, Wheat, Peanuts, Soya, Nuts, Sesame.
Apricots (O)	Suma	£1.30		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Banana Chips (O)	Suma	£0.90		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame.
Cherries - Dried (O)	Suma	£2.20		Gluten, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide.
Cherries - Glace	Suma	£1.00	Sulphur Dioxide	Gluten, Wheat, Peanuts, Soya, Nuts, Sesame
Cranberries	Suma	£1.20		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Crystallised Ginger	Suma	£1.00		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide

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Currants	Suma	£0.75		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Dates - Chopped	Suma	£0.70		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Dates - Medjool (O)	Suma	£2.75		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Dates - Pitted (O)	Suma	£1.10		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide.
Desiccated Coconut - chunky	Suma	£1.20		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Desiccated Coconut - fine (O)	Suma	£1.20		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Figs (O)	Suma	£1.55		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide.
Goji Berries	Suma	£3.20	Sulphur Dioxide	Gluten, Wheat, Peanuts, Soya, Nuts, Sesame
Mango	Suma	£3.20		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame
Papaya	Suma	£1.20	Sulphur Dioxide	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame
Pineapple	Suma	£0.60	Sulphur Dioxide	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame
Prunes - Pitted	Suma	£0.70		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Raisins (O)	Suma	£0.65		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Sultanas (O)	Suma	£0.55		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
GRAINS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Arborio Rice	Suma	£0.50		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Brown Long Grain Rice	Suma	£0.30		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Bulgar (O)	Suma	£0.50	Gluten, Wheat	Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Freekeh (Cracked Wheat Grain)	Suma	£1.05	Gluten	Gluten, Wheat, Peanuts, Soya, Nuts, Milk, Sesame, Sulphur dioxide
Pearl Barley	Suma	£0.25	Barley grain	Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Polenta	Suma	£0.30		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide

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Popping Corn (O)	Suma	£0.55		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Pudding Rice	Suma	£0.25		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Red Camargue Rice (O)	Wholefoods	£0.95		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Red Quinoa (O)	Suma	£1.20		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
White Basmati Rice	Suma	£0.30		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
White Jasmine Rice	Tilda	£0.25		
White Quinoa (O)	Suma	£1.00		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Wholemeal Cous Cous (O)	Suma	£0.50		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
HERBS, SPICES AND SEASONINGS	Brand	£ per 10g	Allergens Present	Packaged/Transported in an environment which also handles...
Allspice - Ground	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Aniseed	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Arrowroot	Suma	£1.20 / 100g		
Basil (O)	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Bay Leaves (O)	Wholefoods	2p each		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Black Lava Salt	Wholefoods	£4.00 / 100g		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Bombay mix	Wholefoods	£0.70 / 100g	Peanuts	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cajun Spice	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Caraway (O)	Suma	£0.20		Egg, Nuts, Sesame

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Cardamom - ground	Wholefoods	£0.45		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cardamom - Pods	Wholefoods	£0.50		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cayenne	Suma	£0.20		Peanuts, Nuts, Sesame
Celery Salt	Wholefoods	£0.10	Celery	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Chilli - Birdseye	Wholefoods	£0.55		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Chilli Flakes	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Chilli Powder	Suma	£0.20		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame, Sulphur dioxide
Chilli Powder - Chipotle	Wholefoods	£0.70		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Chinese Five Spice	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Chives	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cinnamon - Ground	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cinnamon - Sticks	Wholefoods	£0.90		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cloves - Ground	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cloves - Whole	Suma	£0.20		Peanuts, Nuts, Sesame
Coriander - Ground	Suma	£0.20		Peanuts, Nuts, Sesame
Coriander - Seeds	Suma	£0.20		Peanuts, Nuts, Sesame
Cracked black pepper	Suma	£0.36		Peanuts, Nuts, Sesame
Cumin - Ground	Suma	£0.20		Peanuts, Nuts, Sesame

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Cumin - Seeds	Suma	£0.40		Peanuts, Nuts, Sesame
Curry Leaves	Wholefoods	2p each		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Curry Powder	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Dill	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Dill Seeds	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Dried Sliced Forest Mushrooms	Wholefoods	£0.80		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Dried Sliced Shiitake Mushrooms	Wholefoods	£1.00		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Fennel Seeds	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Fenugreek Seeds	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Garam Masala	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Garlic Flakes	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Garlic Powder	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Garlic Salt	Wholefoods	£0.10		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Ginger - Ground	Suma	£0.20		Peanuts, Nuts, Sesame
Herbs de Provence	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Himalayan Rose Pink Salt	Wholefoods	£3.00 / 100g		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.

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Italian Seasoning	Wholefoods	£0.25	Sesame	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Jamaican Jerk Seasoning	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Juniper Berries	Wholefoods	£0.30		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Maca Powder	Suma	£2.50 / 100g		
Marjoram (O)	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Mixed Herbs	Suma	£0.25		Peanuts, Nuts, Sesame
Mixed Spice	Suma	£0.20		Peanuts, Nuts, Sesame
Mulled Wine Spice	Wholefoods	£0.25		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Mustard - powder	Suma	£0.12	Mustard	Peanuts, Nuts, Sesame
Mustard Seeds - brown	Suma	£0.12	Mustard	Peanuts, Nuts, Sesame
Mustard Seeds - yellow		£0.12	Mustard	Peanuts, Nuts, Sesame
Nigella Seeds	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Nutmeg - Ground	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Nutmeg - Whole	Suma	£0.65		Peanuts, Nuts, Sesame
Nutritional Yeast	Wholefoods	£3.45 / 100g		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Onion Powder	Wholefoods	£0.15		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Oregano (O)	Suma	£0.25		Peanuts, Nuts, Sesame
Paprika - Hungarian (mild/sweet)	Wholefoods	£0.16		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Paprika - Smoked	Suma	£0.20		Peanuts, Nuts, Sesame
Paprika - Spanish	Suma	£0.12		Peanuts, Nuts, Sesame

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Parsley	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Peppercorns - Black	Suma	£0.36		Gluten, Wheat, Peanuts, Soya, Milk, Lactose, Nuts, Celery, Mustard, Sesame, Sulphur dioxide
Peppercorns - Green	Wholefoods	£0.80		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Peppercorns - Pink	Wholefoods	£0.50		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Peppercorns - White	Wholefoods	£0.88		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Piri Piri Seasoning	Wholefoods	£0.30		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Ras-El-Hanout	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Rosemary (O)	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Sage	Suma	£0.40		Peanuts, Nuts, Sesame
Sea Salt - Coarse	Suma	£1.20 / 100g		
Sea Salt - Fine	Suma	£1.20 / 100g		
Smoked Oak Salt	Wholefoods	£6.40 / 100g		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Star Anise	Suma	£0.40		Peanuts, Nuts, Sesame
Sumac	Suma	£0.35		
Tarragon	Wholefoods	£0.50		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Thai hot curry powder	Wholefoods	£0.20		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Thyme	Suma	£0.40		Peanuts, Nuts, Sesame
Turmeric	Suma	£0.16		Peanuts, Nuts, Sesame
Zaatar	Wholefoods	£0.40	Sesame	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.

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NUTS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Almonds - Blanched	Wholefoods	£2.10	Nuts (Almonds)	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Almonds - Flaked	Suma	£2.30	Nuts (Almonds)	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Almonds - Whole	Wholefoods	£1.50	Nuts (Almonds)	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Brazil nuts	Suma	£2.10	Nuts (Brazil)	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Cashew Nuts	Suma	£2.60	Nuts (Cashew)	Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide
Chopped mixed nuts	Suma	£1.30	Peanuts, Nuts (Almonds, Walnuts)	Gluten, Wheat, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Ground Almonds	Suma	£1.50	Nuts (Almonds)	Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide
Hazelnuts (O)	Suma	£1.85	Nuts (Hazelnut)	Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Hazelnuts - Roasted	Wholefoods	£2.30	Nuts (Hazelnut)	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten
Macadamia	Wholefoods	£5.50	Nuts (Macadamia)	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten
Peanuts (Raw Redskin)	Suma	£0.80	Peanuts	Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide
Peanuts (Roasted)	Suma	£0.80	Peanuts	Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide
Pecans	Suma	£3.85	Nuts (Pecan)	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Pine Kernels	Suma	£4.75	Nuts (Pine)	Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Pistachios	Wholefoods	£4.15	Nuts (Pistachio)	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten
Walnut Halves	Suma	£2.30	Nuts (Walnut)	Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
NUT BUTTERS	Brand	£ per 300g	Allergens Present	Packaged/Transported in an environment which also handles...
Almond Butter	Wholefoods	£4.50	Nuts (Almonds)	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.

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Cashew Butter	Suma	£7.90	Nuts (Cashew)	Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide
Chocolate Hazelnut Butter (Dark Chocolate)	Suma / Callebaut	£4.50 (£5.40 with roasted hazelnuts)	Nuts (Hazelnut), Soya	Gluten, Wheat, Peanuts, Nuts, Sesame, Sulphur dioxide
Chocolate Hazelnut Butter (Milk Chocolate)	Suma / Callebaut	£4.50 (£5.40 with roasted hazelnuts)	Nuts (Hazelnut), Milk, Soya	Gluten, Wheat, Peanuts, Nuts, Sesame, Sulphur dioxide
Chocolate Hazelnut Butter (White Chocolate)	Suma / Callebaut	£4.50 (£5.40 with roasted hazelnuts)	Nuts (Hazelnut), Milk, Soya	Gluten, Wheat, Peanuts, Nuts, Sesame, Sulphur dioxide
Hazelnut Butter	Suma	£5.75 (£7.10 with roasted hazelnuts)	Nuts (Hazelnut)	Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Peanut Butter	Suma	£2.50	Peanuts	Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide
NUT MILKS	Brand	£ per 900ml	Allergens Present	Packaged/Transported in an environment which also handles...
Almond Milk	Wholefoods	£2.95	Nuts (Almonds)	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Cashew Milk	Suma	£3.95	Nuts (Cashew)	Gluten, Wheat, Peanuts, Soya, Sesame, Sulphur dioxide
Hazelnut Milk	Suma	£2.95 (£3.50 with roasted hazelnuts)	Nuts (Hazelnut)	Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
OILS, VINEGARS AND SYRUPS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Agave Syrup (O)	Suma	£1.70		
Balsamic Vinegar (O)	Suma	£1.10		
Black Treacle	Tate and Lyle	£0.30		
Cider Vinegar (O)	Suma	£0.40		
Golden Syrup	Tate and Lyle	£0.40		
Honey	Hugh's Honey	£6.00 (1lb jar)		
Malt vinegar	Suma	£0.35		
Maple Syrup (100% pure Canadian)	Pure Maple	£1.85		
Red wine vinegar	Suma	£0.55		
Sesame Oil	Wing Yip	£1.80	Sesame, Soya	

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Soya Sauce (Tamari)	Suma	£2.20	Soya	
Sunflower Oil	Suma	£0.60		
White Wine vinegar	Suma	£0.40		
Yorkshire Rapeseed Oil	Yorkshire Rapeseed Oil	£0.40		
Yorkshire Rapeseed Oil - Chilli	Yorkshire Rapeseed Oil	£0.60		
Yorkshire Rapeseed Oil - Garlic	Yorkshire Rapeseed Oil	£0.60		
PASTA	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Brown Fusilli Pasta	Lupa	£0.25	Gluten, Wheat	
Brown Penne Pasta	Lupa	£0.25	Gluten, Wheat	
Brown Spaghetti	Lupa	£0.25	Gluten, Wheat	
Chifferetti	Lupa	£0.25	Gluten, Wheat	
Farfalle	Lupa	£0.25	Gluten, Wheat	
Gluten Free Fusilli Pasta	Sotelli	£0.35		
Gluten Free Macaroni	Sotelli	£0.35		
Gluten Free Penne Pasta	Sotelli	£0.35		
Large conch shells	Lupa	£0.25	Gluten, Wheat	
Noodles	Lucky Dragon	£0.50 each	Gluten, Wheat	
Orzo	Lupa	£0.25	Gluten, Wheat	
White Fusilli Pasta	Lupa	£0.25	Gluten, Wheat	
White Penne Pasta	Lupa	£0.25	Gluten, Wheat	
White Spaghetti	Lupa	£0.25	Gluten, Wheat	
PULSES	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Black Beans (O)	Suma	£0.50		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Black Eye Beans	Suma	£0.50		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Butter Beans	Suma	£0.70		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Cannellini Beans	Suma	£0.50		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide

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Chickpeas	Suma	£0.40		Gluten, Wheat, Soya, Nuts, Sesame, Sulphur dioxide
Haricot Beans (O)	Suma	£0.55		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Kidney Beans (O)	Suma	£0.70		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Lentils - Green	Suma	£0.40		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Lentils - Puy	Suma	£0.50		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Lentils - Red	Suma	£0.30		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Marrowfat Peas	Suma	£0.25		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Pinto Beans	Suma	£0.30		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Split Peas - Green (O)	Suma	£0.45		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Split Peas - Yellow (O)	Suma	£0.50		Gluten, Wheat, Peanuts, Soya, Nuts, Milk, Sesame, Sulphur dioxide
SEEDS	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Black Sesame (O)	Wholefoods	£1.60	Sesame	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Chia	Suma	£1.20		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Flax	Suma	£0.60		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Poppy	Suma	£1.60		Peanuts, Nuts, Sesame
Pumpkin (O)	Suma	£1.60		Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide
Sunflower (O)	Suma	£0.60		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
White Sesame (O)	Wholefoods	£1.00	Sesame	Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
SUGAR, FLOUR AND BAKING	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Arrowroot	Suma	£1.20		
Baking Powder	Chef William	£0.60	Gluten, wheat.	
Bicarbonate of Soda	Chef William	£0.60		

Product Name	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Bread Flour - White (O)	Doves Farm	£0.20	Gluten, wheat.	
Bread Flour - Wholemeal (O)	Doves Farm	£0.20	Gluten, wheat.	
Brown Sugar - Dark	Tate and Lyle	£0.35		
Brown Sugar - Light	Tate and Lyle	£0.35		
Caster Sugar	Tate and Lyle	£0.20		
Coconut Flour	Suma	£0.65		May contain traces of Gluten, Wheat, Peanuts, Soya, Milk, Nuts, Sesame, Sulphur dioxide.
Coconut Sugar	Suma	£1.25		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Cornflour	Chef's Larder	£0.30		
Custard Powder	Birds	£0.60		Milk
Demerara Sugar	Wholefoods	£0.40		Packed on premises that handles nuts, seeds, cereals, soya & products containing gluten.
Golden Granulated Sugar	Suma	£0.45		Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Granulated Sugar	Tate and Lyle	£0.15		
Icing Sugar	Tate and Lyle	£0.30		
Pasta Flour	Doves Farm	£0.20	Gluten, wheat.	
Plain Flour (GF)	Doves Farm	£0.25		
Plain Flour (O)	Doves Farm	£0.20	Gluten, wheat.	
Plain Flour - Wholemeal	Doves Farm	£0.20	Gluten, wheat.	
Rice Flour - Brown	Doves Farm	£0.25		
Rye Flour - Wholemeal	Doves Farm	£0.25	Gluten, wheat.	
Self-Raising Flour (GF)	Doves Farm	£0.25		
Self-Raising Flour (O)	Doves Farm	£0.20	Gluten, wheat.	
Semolina	Suma	£0.25	Gluten, wheat.	Peanuts, Soya, Nuts, Sesame, Sulphur dioxide
Spelt Flour - Wholemeal	Doves Farm	£0.35	Gluten, wheat.	
Vital Wheat Gluten	Suma	£0.60	Gluten	
Xanthan Gum	Doves Farm	£2.80		

Product Name	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
TEA/COFFEE	Brand	£ per 100g	Allergens Present	Packaged/Transported in an environment which also handles...
Assam Leaf Blend	Hebden Tea	£4.00		
Breakfast Tea	Hebden Tea	£4.00		
Camomile	Hebden Tea	£5.00		
Colombia Excelsior Decaf Coffee (Beans)	York Coffee Emporium	£3.00		
Darjeeling	Hebden Tea	£5.00		
Decaf Assam	Hebden Tea	£6.00		
Decaf Sencha	Hebden Tea	£8.00		
Earl Grey	Hebden Tea	£4.00		
Hot Chocolate	Cadbury	£1.00		
Instant Coffee	Douwe Egberts	£2.85		
Japan Sencha Cherry	Hebden Tea	£4.00		
Lady Hebden	Hebden Tea	£5.00		
Lullaby	Hebden Tea	£5.00		
Mocha Java (Beans/ Ground)	York Coffee Emporium	£3.00		
Peppermint	Hebden Tea	£4.00		
Peru Tunki (Beans/ Ground)	York Coffee Emporium	£4.00		
Rooibos Tea	Hebden Tea	£4.00		
Sencha Lemon Ginger	Hebden Tea	£6.00		
Winter Warmer	Hebden Tea	£4.00		
HOMEWARES	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Bamboo Chopsticks	Bambu	£2.00		
Bamboo Cutlery Set	Bambaw	£10.95		
Beeswax Wrap - 1 40x30	Starfish Living	£10.00		
Beeswax Wrap - 1 50x50	Starfish Living	£15.00		
Beeswax Wrap - 2 midi	Starfish Living	£10.00		
Beeswax Wrap - 3 small, medium, large	Starfish Living	£15.00		
Bin Liners	Maistic	£3.65		
Coconut Scourer (Twin Pack)	Eco Coconut	£4.75		

Product Name	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Fat Balls		£0.25		
Firelighters	Starfish Living	£0.10		
Hand Carved Wooden Spoons	Wood Wyrn	Individually Priced	Treated with Walnut oil	
Huskup 400ml	Huskup	£10.00		
Huskup 400ml - Harry Potter	Huskup	£10.95		
Loofah Scouring Pad	Loofah Co	£3.95		
Stainless Steel Straw	Plastic Phobia	£1.50		
Recycled Kitchen Paper - dbl length roll	Who Gives a Crap	£3.85		
Straw Cleaning Brush	Plastic Phobia	£0.50		
Stainless Steel 500ml Thermal Water Bottle	Qwetch	£17.50		
Stainless Steel 2-tier rectangular lunch box	A Slice of Green	£22.00		
Stainless Steel 2-tier round lunch box	A Slice of Green	£15.00		
Stainless Steel lunch box - XL	A Slice of Green	£25.00		
Tea Egg	Hebden Tea	£5.95		
Tea Tongs	Hebden Tea	£5.50		
HOUSEHOLD CLEANING	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Dishwasher Tablets (25s)	Eco Leaf	£4.95		
Fabric Conditioner	Bio D	£0.30 / 100g		
Laundry Detergent	Bio D	£0.40 / 100g		
Loo Cleaner	Bio D	£0.30 / 100g		
Multi-Surface Sanitiser	Bio D	£0.35 / 100g		
Washing Up Liquid	Eco Leaf	£0.30 / 100g		
TOILETRIES	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Bamboo Cotton Buds	Plastic Phobia	£2.50		
Bamboo Plasters	Patch	£6.95		

Product Name	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Bamboo Soap Dish	Plastic Phobia	£3.95		
Bamboo Toothbrush (Adult)	Georganics	£3.99		
Bamboo Toothbrush (Adult)	Plastic Phobia	£1.95		
Bamboo Toothbrush (Junior)	Curanatura	£3.25		
Bath bomb (O)	Happy Holistics	£3.00		
Bath Salts	Bramley	£3.00 / 100g		
Body Butter (O)	Happy Holistics	£12.00		
Body Lotion	Bramley	£2.50 / 100g		
Body Wash	Faith in Nature	£1.30 / 100g		
Bubble Bath	Bramley	£2.00 / 100g		
Conditioner	Faith in Nature	£1.30 / 100g		
Cotton Baby Wipes (10pk)	Little Green Wood	£18.00		
Dent Tabs (Toothpaste tabs)	Plastic Phobia	£4.00 / 25g		
Dental Floss	Georganics	£4.90		
Dental Floss - Refills x 2	Georganics	£6.90		
Deodorant	Kutis	£7.50		
Facial Bar	Friendly Soap	£3.50		
Hand Lotion	Bramley	£2.50 / 100g		
Lipbalm	Cosy Cottage	£3.80		
Liquid Hand Soap	Eco Leaf	£0.40 / 100g		
Loofah	Loofah Co	£3.95		
Make-Up Pads (10pk)	Little Green Wood	£12.00		
Massage Bar (O)	Happy Holistics	£6.75		
Menstrual Cup	Moon Cup	£20.00		
Mouth Wash Tabs	Georganics	£8.90		
Safety Razor (with 5 blades included)	Mutiny	£13.50		

Product Name	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Safety Razor - Replacement Blades x 5	Mutiny	£1.20		
Shampoo Bar	Cosy Cottage	£3.50	Nuts (almonds)	
Shampoo	Faith in Nature	£1.30 / 100g		
Shaving Brush	Mutiny	£13.50		
Shaving Soap	Friendly Soap	£3.50		
Soap	Cosy Cottage	£3.50	Nuts (almonds)	
Tissues - Boxes of 65	Who Gives a Crap	£1.95		
Toilet Roll - Premium Bamboo - Double Length Roll	Who Gives a Crap	£1.30		
Toilet Roll - Recycled Paper - Double Length Roll	Who Gives a Crap	£1.00		
Tooth Powder	Georganics	£8.90		
Washable Sanitary Pads - 3 x midi + bag	Bloom and Nora	£24.00		
Washable Sanitary Pads - 4 x mini/midi/maxi/mighty + bag	Bloom and Nora	£32.00		
CONTAINERS AND BAGS	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
1 litre milk bottle	Spinks	£3.00		
Clip top glass jar - 500ml	Spinks	£4.50		
Clip top glass jar - 750ml	Spinks	£5.25		
Clip top glass jar - 1000ml	Spinks	£5.75		
Glass Jar - Extra Large - 1.8l	Spinks	£4.00		
Glass Jar - Large - 500ml	Spinks	£2.00		
Glass Jar - Medium - 370ml	Spinks	£1.50		
Glass Jar - Small - 190ml	Spinks	£1.00		
Metal Tin - Large	The Box UK	£3.00		

Product Name	Brand	£ per unit	Allergens Present	Packaged/Transported in an environment which also handles...
Metal Tin - Medium	The Box UK	£2.50		
Metal Tin - Small	The Box UK	£2.00		
Metal Tin - Spice	The Box UK	£1.00		
Printed Canvas Bag	Clever Baggers	£3.00		
Printed Jute Bag	Clever Baggers	£6.00		
Produce Bags - Large 25x35	Clever Baggers	£2.50		
Produce Bags - Medium 20x24	Clever Baggers	£2.00		
Produce Bags - Small 15x20	Clever Baggers	£1.50		
Reusable Cotton Gift Bags	Handmade in York	£3.75 - £7.50		
Swing-Top Glass Bottle 250ml	Spinks	£3.00		
Swing-Top Glass Bottle 500ml	Spinks	£3.50		