

The Eco Larder Product List

PULSES/LEGUMES/BEANS

per 500g

Chickpeas	£1.75
Red Kidney Beans	£2.10
Black Turtle Beans	£2.00
Yellow Split Peas	£0.95
Red Lentils	£1.10
Pinto Beans	£2.00
Butter Beans	£2.50
Haricot Beans	£1.60
Cannellini Beans	£2.10
Green Lentils - Laird	£1.65
Puy Lentils (Dark Speckled Lentils)	£1.50
Organic Soya Beans	£1.55

CEREALS

per 500g

Organic rye flakes	£1.10
Organic porridge oats	£1.45
Organic gluten-free porridge oats	£2.75
Jumbo Oats	£0.70
Organic muesli base	£1.50
Organic Granola	£2.95
Deluxe Muesli	£2.10
Organic bran flakes	£5.05
Popcorn	£1.20

GRAINS

per 500g

White basmati rice	£1.40
brown long grain rice	£1.00

White Jasmine Rice	£2.10
Arborio rice	£2.10
Black rice	£4.15
Organic white quinoa	£3.65
Organic red quinoa	£4.95
Organic tri colour quinoa	£5.70
Organic wholewheat cous cous	£1.90
Pearl Couscous	£2.15
Organic bulgur wheat	£1.85
Pearl barley	£0.65
Fine Polenta	£0.70
Organic millet	£1.90

VEGAN SPECIALITIES

per 100g

Yeast Flakes	£3.30
Vital Wheat Gluten	£0.50
OatMilk 500ml	£1.00
OatMilk 1L	£2.00

PASTA

per 500g

Wholewheat Penne	£1.95
Organic White Penne	£2.10
Organic White Fusilli	£2.10
Wholewheat Fusilli	£1.95
Spaghetti	£2.00
Fagioli Macaroni Pasta	£1.10
Lucky boat thick noodles	£4.95
Lucky boat thin noodles	£4.95
Organic Corn Fusilli (Gluten Free)	£5.00

NUTS**per 100g**

Peanuts	£0.49
Broken Cashews	£1.90
Walnut halves	£2.10
Whole Hazelnuts	£2.00
Ground hazelnut	£4.69
Organic almonds (whole)	£2.05
Ground Almonds	£2.00
Flaked almonds	£2.03
Pecan halves	£3.45
Brazil nuts (whole)	£1.90
Pine Nuts	£3.60
Macadamia nuts	£5.88

SEEDS**per 200g**

Chia seeds	£2.02
Golden linseed/flax seeds	£0.42
Organic Pumpkin seeds	£1.82
Organic sunflower seeds	£0.88
Organic hemp seeds	£3.10
Organic raw cacao nibs	£5.40
Poppy Seeds	£3.08
Fenugreek Seed	£1.58
Organic sesame seeds	£1.68

DRIED FRUIT**per 100g**

Apple rings	£1.41
Organic Dried apricots	£1.18
Banana chips	£0.60
Organic Cranberries	£1.13
chopped dates	£0.44

Organic figs	£2.17
Goji berries	£2.44
Raisins	£0.76
Organic Pitted Prunes	£2.20
Organic fine desiccated coconut	£0.89
Organic Sultanas	£0.78

OILS & VINEGARS *Bottle purchase required additionally***** **per 250ml**

Organic Sunflower Oil	£1.80
Tamari Soy Sauce	£2.58
Balsamic Vinegar	£1.23
Organic Biona cyder Vinegar	£1.53
Organic white wine vinegar	£1.30
Aspalls red wine vinegar	£1.13
Agave Syrup	£3.50
Scottish Rapeseed Oil	£1.98
Golden Syrup	£2.95
Grade A Amber Maple Syrup	£6.00
Clear Honey	£2.83
Extra Virgin Olive Oil	£2.50

BAKING PRODUCTS **per 500g**

Organic plain white flour	£1.20
Organic self raising white flour	£1.25
Organic Strong Wholemeal Bread Flour **Price Increase**	£1.95
Organic Strong White Flour **Price Increase**	£2.00
Gluten Free Plain White Flour	£1.55
Organic Wholemeal Spelt flour	£2.05
Organic raw cacao powder	£6.45
White caster sugar (refined)	£1.45
Soft light brown sugar	£2.70

Organic Coconut sugar	£6.45
Organic demerara sugar	£3.70
Suma Bicarbonate of Soda	£3.30
Baking powder	£2.60

HERBS

per 50g

Basil	£0.70
Bay leaves	£1.50
Mixed herbs	£1.10
Oregano	£1.45
Parsley	£1.55
Rosemary	£0.55
Sage	£1.35
Thyme	£1.10
Dill	£2.20
Marjoram	£0.85

SPICES

per 50g

Whole black peppercorn	£1.45
Cardomom pods	£3.10
Ground cardomom (black)	£2.70
Cayenne pepper	£0.70
Chillies crushed	£0.95
Ground cinnamon	£0.90
Cinnamon sticks	£4.85
Whole cloves	£2.60
Ground cloves (Madagascar)	£2.50
Coriander seeds	£0.55
Ground coriander	£0.45
Ground Ginger	£0.85
Ground Cumin	£0.90

Medium curry powder	£0.55
Hot curry powder	£0.55
Fennel seeds	£0.75
Garam masala	£0.85
Spanish paprika	£0.65
Mixed spice	£1.10
Ground Nutmeg	£2.80
Whole nutmeg	£3.25
Organic vegetable bouillon	£1.10
Himalayan pink coarse salt	£1.15
Himalayan pink fine salt	£1.00
Fine sea salt additive free	£0.35
Unrefined coarse sea salt	£0.35
Garlic salt	£0.35
Onion Powder	£0.79
Garlic Powder	£0.85
StarAnise	£1.69
Turmeric Powder	£0.65

TEA	per 50g
Granny's Garden	£1.70
Fennel	£2.40
Sleepy Tea	£3.60
Turmeric & Cinnamon Ayurvedic	£1.60
Lemon Balm	£2.30
Triple Mint	£2.40
Raspberry Leaf	£1.90
Pai Mu Tan - White Peony	£5.65
Hibiscus	£2.15
Christmas Tea (Rooibos based)	£2.25
Vanilla Chai	£3.25

Rooibos	£2.30
China (Green) with Jasmine Flowers	£3.35
China Gunpowder	£1.85
Mate Green	£1.70
Lemon Earl Grey	£2.65
Earl Grey Blue Flower	£2.65
English Breakfast	£1.65
Assam Cherideo Purbat	£3.55
Lapsang Souchong	£3.00
Rose Earl Grey	£2.65
Chai	£3.25

COFFEE

per 100g

Organic Arabic (Medium) Beans or Ground please specify	£2.13
Decaf (Cocoa & Toasted Marshmallow) Beans or Ground please specify	£3.15
Santu no.1 (Nutty & Creamy) Beans or Ground please specify	£3.15

BREAD (All Vegan from Company Bakery)

Ciabatta Loaf (800g)	£3.50
Large Baguette	£1.75
Small Baguette	£1.25
Sourdough Boule	£3.50
Seeded Rye	£3.50

FRUITS and VEGETABLES (organic)

Seasonal Veg Box 1	£15
Seasonal Fruit & Veg Box 1	£20
Seasonal Fruit & Veg Box 2	£25
Half a Dozen Eggs	£2.50

CLEANING PRODUCTS *Bottle purchase required additionally*** per 500ml**

EcoLeaf Non Bio Standard Laundry Liquid	£2.05
EcoLeaf Gentle Fabric Conditioner	£2.65
Dew Superclean	£1.20
Dew Disinfectant	£1.20
Bio-D toilet cleaner	£1.80
Ecoleaf Dishwasher Tablets (25)	£6.99

LAUNDRY PRODUCTS *without the need for additional bottles*****

Soapnuts living naturally laundry washing nuts (per 100g)	£3.50
Soapnuts 500g Bag with muslin bag (240 washes)	£18.50
Natural Stain Remover Block living naturally	£4.50

CLEANING DEVICES

Organic Bamboo Heavy Duty Sponge	6.50
Coconut fibre scourer (set of 2)	5.40
Eco Coconut washing up brush	5.80
Eco Coconut Bottle Brush	5.80
Wooden Washing Up Brush	£4.50
Small Muslin Bags	1.00

ECO LIFESTYLE PRODUCTS

If you Care aluminium foil	£3.25
If you care parchment paper	£4.50
If you care 48 sandwich bags	£4.50
Bamboo straw	1.50
Stainless steel straw angled	1.99
Straw brush	1.50
Set of 3 Beeswax Wraps	£15.00
Family Pack of 5 Beeswax Wraps	£25.00
Organic Cotton Facemask SustainRetain	£11.50

SOAP BARS

Friendly Lavender and Tea Tree Shampoo Bar	£3.50
Friendly Lavender and Geranium Shampoo Bar	£3.50
Friendly Orange & Lavender Shaving Bar	£3.50
Friendly Lemongrass & Hempseed Soap Bar	£3.50
Friendly Shea Butter Soap & Face Bar	£3.50
Friendly Detox Rosemary & Lime Soap & Body Bar	£3.50
Zero Waste Path Oatmeal Soap Bar	£6.50
Zero Waste Path Activated Charcoal Soap Bar (great after shave)	£6.50
Coconut Milk Shampoo Bar ZWP	£6.50
Rosemary Mint Shampoo Bar ZWP	£6.50
Aloe Vera Shampoo Bar ZWP	£6.50
Dog Shampoo Bar ZWP	£6.50

DEODARANTS

Lavendar & Tea Trea Deodarant in a tin	£7.50
Grapefruit & Lemongrass Deodarant in a tin	£7.50
Cool Rose Roll On Deodorant	£12.00
Summer Citrus Roll On Deodorant	£12.00

REFILL SHAMPOOS ***Bottle purchase required additionally***

	per 500ml
Alter/Native Coconut & Argan Oil Shampoo	£4.96
Alter/Native Coconut & Argan Oil Conditioner	£4.96
Alter/Native Tea Tree & Aloe Vera Shampoo	£4.96
Alter/Native Tea Tree & Aloe Vera Conditioner	£4.96

ZERO WASTE TOILETRIES

Zero Waste Stainless Steel Razor	£21.00
Gin & Tonic Happy Holistics Lip Balm	£4.50
Sweet Vanilla Happy Holistics Lip Balm	£4.50
Soothing Happy Holistics Lip Balm	£4.50

Pepperminty Lip Balm	£3.90
Bitter Orange Lip Balm	£3.90
Organic Flower Power Body Butter [Soil Association]	£9.50
Organic Super Nutter Body Buter [Fair Trade]	£9.50
Beauty Balm Chamomile & Rose Living Naturally	£12.50
Man Balm Fragrance Free Living Naturally	£12.50
Rugged Nature Hair Wax unscented	£8.99
Rugged Nature Hair Wax Lemongrass	£8.99
Rugged Nature Beard Balm Natural	£7.99
Rugged Nature Beard Balm Sandalwood	£7.99
Moisturiser Cool Rose	£12.00
Moisturiser Summer Citrus	£12.00
Organic Cotton Make up Rounds Plain [set of 5]	£6.50
Organic Cotton Make up Squares with Pattern [set of 5]	£10.00
Organic Compostable Cotton Buds (200)	£2.50
Plastic Free Hairties (5)	£10.00
"Who Gives a Crap" Toilet paper per roll	£1.00

DENTAL

Bamboo toothbrushes kids	4.50
Bamboo toothbrushes adult	4.50
English Peppermint Toothpaste (60ml)	6.90
Activated Charcoal Toothpaste (60ml)	6.90
Mouthwash Tablets - English Peppermint (180 tablets)	£8.90
Toothtabs with Tin (62 tabs with fluoride)	£5.00
Toothtabs Refill (62 tabs with fluoride)	£3.00

MENTSTRUAL

Menstrual Cup Large or Small with Bag	12.50
Reusable Pads - pack of 5 with wet bag - Medium	£37.50
Reusable Pads - pack of 5 with wet bag - Large	37.50

Single Reusable Pad Medium	£7.00
Single Reusable Pad Large	£8.00

BABY

NewBorn Nappy	£10.95
One Size Nappy	£14.95
Organic Bamboo Baby Wipes [pack of 5]	5.50

BOTTLES BAGS & CONTAINERS

Upycled Rice Bag Tote Bag	£4.50
Classic Sting Net Shopping Bag	£4.50
Produce Bag [organic cotton GOTS] - small	3.00
Produce Bag [organic cotton GOTS] - medium	3.20
Produce Bag [organic cotton GOTS] - large	3.40
1140ml clip top jar	3.85
580ml clip top jar	3.50
500ml screw top jar	£2.50
spice jar	1.50
Olive Oil Bottle 375ml	1.85
500ml Orange Juice / Nut Milk Bottle **Price Increase**	£2.00
1L Orange Juice / Nut Milk Bottle **Price Increase**	£2.90
Small Rose Gold Tin	£1.50
Large Rose Gold Tin	£2.00

SWEETS

per 100g

Dark Chocolate Buttons	£1.50
Vanilla Fudge	£1.70
Aberfeldy Tablet	£3.00
Vegan Turkish Delight	£2.49
Vegan Chocolate Buttons	£2.20
Vegan Cocoa Nutties	£2.36

Vegan Vanilla Fudge	£2.75
Vegan Mermaid Juice	£2.04
Vegan Cherry Mania	£2.04
Vgan Sunshine Mix	£2.04
Vegan Bombay Mix	£0.79
Vegan Mixed Nuts	£2.40
Vegan Brownie	£2.50
Vegan Almond Tartlet	£2.50
Vegan Tripple Chocolate Cake slice	£3.75
Vegan Blackcurrent & Vanilla Cake slice	£3.75

FRESH MILKS & ORANGE JUICE*Bottle purchase required additionally*****

Milk 500ml (Organic Mossgiel farm Semi Skimmed)	£0.75
Milk 1L (Organic Mossgiel farm Semi Skimmed)	£1.50
Freshly Squeezed Orange Juice 500ml	£2.25
Orange Juice 1L	£4.50
OatMilk 500ml	£1.00
OatMilk 1L	£2.00