

Beans, Lentils & Pulses

- Black eyed beans
- Black turtle beans
- Brown lentils
- Bulgur wheat (organic)
- Butter beans
- Broth mix
- Chickpeas
- Dark speckled lentils
- Green lentils
- Green split peas
- Haricot beans (organic)
- Red kidney beans
- Red lentils
- Yellow split peas

Dried Fruit

- Apple diced
- Apricots (unsulphured, organic)
- Banana chips
- Red glace cherries (added E163 & SO2)
- Cranberries (added sugar)
- Currants
- Dates pitted (organic)
- Figs organic
- Crystallised ginger
- Dessicated medium coconut
- Dried mango pieces (organic)
- Pitted prunes (added E202)
- Raisins
- Sultanas (organic)
- Mixed peel
- Dried mushroom

Chocolate, Snacks & Sweets

- Milk chocolate alternative (organic)
- Raw vanoffee cashews
- Raw chocolate hazels
- Raw chocolate ginger
- Yoghurt raisins
- Chocolate raisins
- Milk chocolate mini egg
- Dark chocolate brazil nuts
- Milk chocolate brazil nuts
- Bombay mix
- Paprika noodle twists
- Happi chocolate bars
- Crisps

Nuts

- Flaked almonds
- Ground almonds
- Whole almonds
- Broken brazilnut pieces
- Cashew pieces
- Whole hazelnuts
- Pecan halves
- Roasted & salted pistachios
- Broken walnut pieces

Seeds

- Chia seeds (organic)
- Brown linseed
- Popcorn
- Pumpkin seeds (organic)
- Sesame seeds (organic)
- Sunflower seeds (organic)

Baking & Cooking

- Baking powder
- Bicarbonate of soda
- Vegetable bouillon powder (organic)
- Cocoa powder (organic)
- Baking yeast
- Panko breadcrumbs
- Coarse pink Himalayan salt
- Fine sea salt (additive free)
- Course sea salt coarse
- Plain textured vegetable protein mince (TVP) (organic)
- B12 yeast flakes
- Refined caster sugar
- Dark muscovado sugar
- Demerara sugar (Fair Trade)
- Soft light brown sugar

Flours

- Cornflour
- White strong flour (organic)
- White plain flour (organic)
- White self raising flour (organic)
- Wholewheat strong flour (organic)
- Wholewheat fine flour (organic)
- Dark rye flour organic 1kg bag
- Light rye flour organic 1kg bag
- Spelt white flour 1kg bag
- Spelt wholewheat flour 1kg bag
- Plain 00 flour 1kg
- Gluten Free white self raising flour 1kg bag
- Gluten Free white plain flour 1kg bag
- Gluten Free buckwheat flour 1kg bag
- Gluten Free rice flour 1kg bag
- Gluten free gram flour 1kg bag

Cereals

- Porridge oats (organic)
- Jumbo oats
- Pinhead oatmeal
- Bran flakes (organic)
- Tropical muesli
- Muesli base (organic)
- Fine polenta
- Fine semolina

Grains

- Basmati rice
- Brown basmati rice
- Buckwheat (organic)
- Pudding rice
- Risotto rice
- Sushi rice white
- Wholewheat couscous (organic)
- Pearl barley

Pasta

- Fusilli Pasta
- Wholewheat fusilli
- Penne pasta
- Wholewheat penne
- Small white macaroni elbows

Herbs

- Basil (organic)
- Bay leaves
- Chives
- Dill
- Herbes de Provence
- Italian seasoning
- Marjoram leaf (organic)
- Mint (pesticide free)
- Mixed herbs

- Oregano leaf (organic)
- Parsley (organic)
- Rosemary (organic)
- Sage
- Tarragon
- Thyme (organic)

Spices

- Ground allspice / pimento
- Whole allspice / pimento
- Cajun seasoning
- Caraway seed (organic)
- Ground green cardamom
- Green cardamom pods
- Cayenne pepper
- Chilli flakes
- Ground chilli
- Chinese 5 spice
- Ground cinnamon (organic)
- Cinnamon sticks
- Ground cloves
- Whole cloves
- Coriander seeds (organic)
- Ground coriander (organic)
- Ground cumin
- Cumin seed
- Curry leaves (organic)
- Medium curry powder
- Fennel seeds
- Ground fenugreek
- Fenugreek seeds
- Garam masala
- Ground ginger (organic)
- Harissa spice mix
- Juniper berries
- Mixed spice (organic)
- Brown mustard seed (organic)

- Ground yellow mustard
- Yellow mustard seed
- Nigella seeds (organic)
- Ground nutmeg
- Whole nutmeg
- Paprika (organic)
- Paprika smoked (organic)
- Ground black pepper
- Ground lemon pepper
- Black peppercorns
- Pickling spice
- Ras el hanout
- Star anise
- Sumac
- Turmeric powder (organic)
- Zaatar spice

Local Producers

- Perthshire honey
- Maldon honey
- Farmton free range eggs (organic)