

## **LEGUMES, BEANS, & SEEDS**

*Price per kg*

Organic red lentils €3.80  
Organic puy lentils €7.40  
Organic brown lentils €3.65  
Organic black beluga lentils €8.90  
Organic quinoa €7.10  
Organic wholemeal couscous €4.40  
Organic chickpeas €5.00  
Organic mung beans €7.00  
Organic red kidney beans €6.00  
Organic pumpkin seeds €8.00  
Organic sunflower seeds €5.30  
Organic hemp seeds €12.80  
Organic brown linseed €3.20  
Organic sesame seeds €6.50  
Organic poppy seeds €11.50  
Organic basmati rice €4.50  
Organic long grain rice €4.35  
Organic short grain rice €4.35  
Organic penne pasta €3.75  
Organic wholewheat penne pasta €3.90

## **OATS & FLOURS**

*Price per kg*

Organic porridge oats €2.80  
Organic stoneground wholegrain wheat flour €3.20  
Organic extra coarse wholemeal wheatflour €2.00  
Organic stoneground wholemeal spelt €3.50  
Organic stoneground rye €2.50

## **SEASONINGS, NUTS & SNACKS**

*Price per kg*

Organic peppercorns €60.00  
Coarse Sea Salt €1.50  
Organic cacao powder €9.00  
Organic demerara sugar €6.50  
Organic ground cinnamon €28.00  
Organic ground turmeric €15.00  
Organic sundried tomatoes €16.00  
Organic mango slices €27.00  
Organic apricots €10.20  
Organic pitted dates €9.40  
Organic figs €16.20  
Organic raisins €8.40  
Organic popcorn €5.40  
Banana chips €16.50  
Bombay mix €5.40  
Sesame sticks €9.00  
Dark chocolate raisins €7.80  
Almonds €18.90  
Cashews €18.90  
Walnuts €18.90  
Hazelnuts €18.90

## **OILS & VINEGARS**

*Price per 100ml*

Extra Virgin Rapeseed Oil (Wicklow) €0.80  
Extra Virgin Olive Oil (Spain) €1.00  
Extra Virgin Olive Oil (Crete) €1.10  
Balsamic Vinegar (3yr old Modena) €0.80  
Raw Apple Cider Vinegar (Tipperary) €0.45

## COFFEE & TEA

*Price per kg*

Matthew Algie Organic Fairtrade Arabia coffee €27.00  
McCabes Espresso Blend €28.00  
McCabes Wickow Organic €28.00  
McCabes Brazil Fazenda Braga Copaiba €28.00  
McCabes Brazil Organic Hacienda Nossa Senhora de Fatima €28.00  
McCabes Fairtrade & Organic €28.00  
McCabes Sparkling water Decaf, (made without chemicals) €30.00

### **Suki Teas**

Fairtrade Breakfast Tea €32.60  
Fairtrade Belfast Brew €32.60  
Organic Fairtrade Earl Grey Blue Flower €50.00  
Organic Rooibos €43.50  
Organic Fairtrade Darjeeling €65.50  
Green Tea Ginseng €64.50  
Goji Berry & Pomegranate €77.00  
Organic Pink Grapefruit €63.00  
Red Berry €60.80  
Lemongrass & Ginger €62.00

### **Intelligent Tea €100.00 each**

Chamomile  
Chillax  
Cold buster  
Detox  
Digest  
Love  
Nettle  
Peppermint

## HOUSEHOLD

*Price per 100ml*

Ecoleaf Washing-up Liquid €0.25  
Ecoleaf Handwash €0.70  
Lilly's Floor Cleaner €0.43  
Lilly's All Purpose Cleaner €0.60  
Lilly's Toilet Cleaner €0.43  
Eco Leaf Liquid Laundry Detergent €0.46  
Sonett Laundry Powder €8 per kg  
Sonnet Dishwasher Powder €8.35 per kg  
Citric Acid €6.00 per kg  
Sodium Bicarbonate €4.00 per kg

Faith In Nature Shampoo €1.60  
Faith In Nature Conditioner €1.60  
Faith In Nature Shower Gel €1.60