

# OLD LANDS

## From the walled garden in season now....

Sprouts  
Kale sprouts  
Spinach  
Salad bags  
Celeriac  
Leeks  
Cauliflower  
Squash  
Potatoes  
Carrots  
Onions

## Other fresh food

Eggs  
Jams  
Honey  
Apple juice  
Organic milk in glass bottles

## Frozen local organic meat

Organic beef burgers from animals raised on Gwent Wildlife Trust land  
Organic free range diced pork from Square Farm Shop (2 miles from Old Lands)  
Organic free range pork sausages from Square Farm Shop  
Organic pasture fed lean beef mince from Square Farm Shop

## STORE CUPBOARD

(o)=organic

### Beverages

Ground Coffee (o)	Grumpy Mule	£4.00
Decaf Ground Coffee	Grumpy Mule	£4.50
Detox Herbal Tea (o)	Pukka	£2.50
English Breakfast Tea (o)	Clipper	£2.50

### Breads

Rye Bread (o)	Biona	£2.00
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### Cereals

Granola Honey & Nut	Rude Health	£4.00
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### Cooking Oils

Coconut Oil jars (o)	Essential	£3.50
Olive Oil (on tap)	Abea	

#### Flour

Plain White Flour (o)	Doves Farm	£1.40
Gluten Free Plain Flour (o)	Doves Farm	£2.20

#### Pasta & Rice

Black Rice Noodles (o)	King Soba	£2.35
Buckwheat Noodles (o)	King Soba	£2.35
Fusilli Pasta (o)	Essential	£2.00
Gluten Free Pasta (o)	La Buona Vita	£2.00

#### Sauces & Condiments

Green Olives (o)	Sunita	£3.00
Mustard (Wholegrain) (o)	Essential	£2.15
Passata (o)	Clearspring	£2.00
Pesto (Vegan) (o)	Suma	£2.60
Tahini (o)	Meridian	£2.25
Tamari Soy Sauce (o)	Clearspring	£3.40

#### Snacks & Treats

Milk Chocolate (o)	Eat Your Hat	£3.95
Oatcakes (o)	Nairns	£1.50
Rice Cakes (o)	Kallo	£1.70

#### Spreads

Almond Butter (o)	Meridian	£2.50
Peanut Butter (o)	Meridian	£2.00

#### Tins

Aduki Beans (o)	Biona	£1.10
Baked Beans (o)	Essential	£1.00
Butter Beans (o)	Essential	£1.10
Cannellini Beans (o)	Essential	£1.10
Chickpeas (o)	Biona	£1.10
Tomato & Basil Soup (o)	Suma	£1.55

#### Bulk food (dispensed into cups/tiffins)

Brown Basmati Rice (o)	Essential
White Basmati Rice (o)	Essential
Lentils (Dark Speckled) (o)	Essential
Oats (o)	Essential
Quinoa (UK Grown) (o)	Essential
Sunflower Seeds (o)	Essential

#### Non-food (some dispensed into reusable bottles)

Dishwasher Tabs (single)	Sodasan	£0.25
Toilet Rolls (single)	Essential	£0.55
Fabric Softener	Ecover	
Laundry Liquid	Ecover	
Washing up Liquid	Ecover	