

# OLD LANDS

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

Asparagus  
Spinach  
Kale  
Salad bags  
Lettuce heads  
Leeks  
Spring Onions  
Squash  
Beetroot  
Potatoes  
Onions  
Purple Sprouting Broccoli  
Rhubarb  
Parsley

## **Other fresh food**

Eggs  
Jams  
Sauerkraut  
Chutneys  
Honey  
Apple juice  
Organic milk in glass bottles  
Organic butter

## **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	