

From the walled garden in season now....

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

Eggs
Jams
Honey
Apple juice
Organic beef burgers from animals raised on Gwent Wildlife Trust land
Organic milk in glass bottles

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	