**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

Cereals

Granola Honey & Nut Rude Health £4.00

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