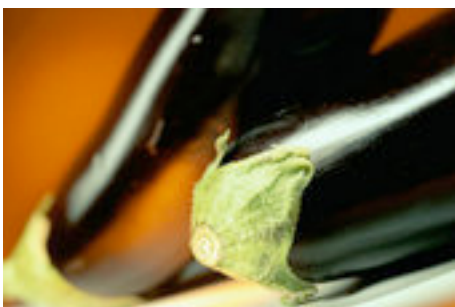


# TRINITY FARM

ORGANIC AND BIODYNAMIC GROWERS

FARM SHOP CATALOGUE  
AUTUMN / WINTER 2005/2006



BDAA ORGANIC STANDARDS UK6 : REGISTRATION NO 457

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## Trinity Box Scheme

You can state up to 2 items you don't want in your box and these will be replaced with alternatives. The options below are a good guide but you require a bigger box you can specify your preferred size and cost. For custom sized boxes a minimum order of £12.50 is required.

Premium Vegetable / Salad / Fruit Mixed Box:

Can be all vegetable, salad, fruit, or a mixture of these .....	£12.50
All Vegetable Box .....	£6.50
All Salad Box .....	£6.50
All Fruit Box .....	£4.50

## Cereal

Organic Deluxe Muesli (500g) .....	£1.55
Gluten Free Museli (1Kg) .....	£4.49
Swiss Style Museli (750g) <i>Whole Earth</i> .....	£2.77
Organic Porridge Oats (500g) .....	99p
Medium Oatmeal (500g) .....	78p
Quinoa Flakes (500g) .....	£2.29
Millet Flakes (500g) .....	£1.89
Barley Flakes (500g) <i>Essential</i> .....	89p
Bran Sticks (250g) .....	£1.09
Morn Flake Porridge Oats (1Kg) .....	£1.68
Cornflakes (375g) <i>Whole Earth</i> .....	£1.69
Maple Frosted Flakes (375g) <i>Whole Earth</i> .....	£2.56
Crispy Rice (284g) <i>Nature's Path</i> .....	£2.29
Mesa Sunrise Flakes (300g) <i>Nature's Path</i> .....	£2.29
Optimum Power (400g) <i>Nature's Path</i> .....	£2.99
Hertage Bites (350g) <i>Nature's Path</i> .....	£2.29
Millet Rice Oatbran (375g) <i>Nature's Path</i> .....	£2.29
Multigrain Oatbran Flakes (375g) <i>Nature's Path</i> .....	£2.29

## Rice, Seeds, Grains & Pulses

*Ground Rice (500g) <i>Whitworths</i> .....	69p
Quiona (500g) <i>Essential</i> .....	£1.35

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Quinoa (1Kg) .....	£2.49
White Basmati Rice (500g) .....	£1.59
White Basmati Rice (1Kg) .....	£2.49
Brown Basmati Rice (500g) .....	£1.34
Brown Basmati Rice (1Kg) .....	£2.94
Brown Long Grain Rice (500g) .....	£1.09
Brown Long Grain Rice (1Kg) .....	£1.59
Arborio Rice (500g) .....	£1.48
Red Rice (250g) <i>Essential</i> .....	.91p
Wild Rice (125g) .....	.99p
Hemp Seeds (250g) .....	.99p
Linseed Gold <i>Essential</i> .....	£1.60
Wheat Bran .....	.69p
Wheat Germ .....	£1.19
Lentils, Red Split (1Kg) .....	£2.28
Brown Lentils .....	£1.25
Green Lentils <i>Essential</i> .....	£1.99
Puy Lentils <i>Essential</i> .....	£1.87
Black Turtle Beans .....	£1.39
Rye Grain .....	.69p
Millet .....	£1.69
Polenta <i>Essential</i> .....	£1.09
Green Split Peas .....	£1.09
Soya Beans .....	.95p
Blackeye Beans .....	£1.49
Pinto Beans .....	.99p
Red Kidney Beans .....	£1.19
Bulgar Wheat .....	£1.19
Buckwheat Roasted .....	£1.19
Sesame Seeds .....	£2.29
Poppy Seeds .....	£1.29
Cous Cous .....	£2.49
Chick Peas (500g) .....	£1.18
Yellow Split Peas (500g) .....	£1.13
Black Eye Beans (500g) .....	£2.02
Adiki Beans (500g) .....	£1.26

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Raw Buckwheat (500g) <i>Essential</i> .....	£1.21
Pumpkin Seeds (500g) .....	£1.44
Popcorn Pips (500g) .....	£1.11

## *Dried Fruit @ Nuts*

Raisins (500g) .....	£1.99
Sultanas (500g) .....	£1.99
Currants (500g) .....	£1.99
Turkish Sultanas (250g) .....	89p
Pitted Prunes (250g) .....	£2.19
Cranberries (125g) <i>Essential</i> .....	£2.33
Apricots (500g) .....	£3.29
Apple Sticks (15g) <i>The 5 A Day Co</i> .....	59p
Ginger Chunks (250g) .....	£1.99
Papaya Chunks (250g) .....	£1.29
Pineapple Chunks (250g) .....	99p
Cantaloupe Melon (250g) <i>The Health Store</i> .....	£1.49
Nut Mix (250g) <i>Essential</i> .....	£2.91
Peanuts (500g) .....	£1.35
Mixed Nuts (1 Kg) .....	£10.49
Cashew Nuts (250g) .....	£2.60
Cashew Pieces (125g) <i>Essential</i> .....	£1.32
Brazil Nuts (250g) <i>Essential</i> .....	£3.12
Pine Nuts (100g) <i>Essential</i> .....	£1.86
Ground Almonds (250g) <i>Essential</i> .....	£4.27
Blanched Almonds (250g) .....	£2.99
Flaked Almonds (125g) .....	£1.79
Whole Almonds (250g) .....	£3.42
Coconut Chips (250g) .....	99p
Desiccated Coconut (125g) .....	74p
Amarantia (500g) <i>Biona</i> .....	£1.89

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## Flours & Baking

Vegetable Suet (250g) <i>Broadland</i> .....	95p
Rice Flour (1kg) <i>Dove'sFarm</i> .....	£1.19
Speciality Rice Flour (1kg) <i>Dove'sFarm</i> .....	£1.19
Self Raising White Flour (1kg) <i>Dove'sFarm</i> .....	98p
Spelt Flour (1kg) <i>Dove'sFarm</i> .....	£1.60
Rye Flour (1kg) <i>Dove'sFarm</i> .....	£1.22
Self Raising White Flour (1.5Kg) <i>Marriage's</i> .....	£1.26
Self Raising Brown Flour (1.5Kg) <i>Marriage's</i> .....	£1.26
Strong Wholemeal Flour (1.5Kg) <i>Marriage's</i> .....	£1.45
*Three Malts & Sunflower Brown Flour (1 Kg) <i>Shipton Mill</i> .....	£1.55
100% Wholemeal Flour (2.5Kg) <i>Shipton Mill</i> .....	£2.99
Strong Plain White Flour (2.5Kg) <i>Shipton Mill</i> .....	£3.05
Red Rose Water (250 ml) <i>Dabui</i> .....	£1.19
Marzipan (250g) <i>Crazy Jack</i> .....	£2.95
*Baking Powder (100g) <i>Lion</i> .....	£1.27
*Bicarbonate of Soda (100g) <i>Lion</i> .....	£1.27
Cream of Tartar (100g) <i>Lion</i> .....	£1.27
Natural Vanilla Flavouring (28.4 ml) <i>Natureland</i> .....	£1.28
Custard Powder (100g) <i>All Natural</i> .....	85p
*Whole Egg Replacer (200g) <i>Allergycare</i> .....	£2.40
Slippery Elm Malted Food (454 g) <i>Thompson's</i> .....	£2.72
Vegetarian, Flavoured Jelly Crystals <i>Just Whole Foods</i> :	
*Tropical Fruits (85g).....	79p
*Lemon (85g).....	79p
*Strawberry (85g).....	79p

## Dairy, Cheese & Eggs

Milk, Non-Homogenised Real Milk. Semi / Full fat (1Pt).....	55p
Semi, Skimmed, Full Fat (1 Ltr) <i>UK</i> .....	89p
Semi, Skimmed, Full Fat (4 Pt) <i>UK</i> .....	£1.89
Cream, Full Fat or Semi Skimmed (284 ml) .....	89p
Vegetable Margarine (500 ml) <i>Biona</i> .....	£1.39
Unsalted Butter (250g) <i>Biona</i> .....	£1.59

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Salted Butter (250g) <i>Castle Dairies</i> .....	£1.78
Danish Unsalted BUTter (250g) <i>Futura</i> .....	£1.80
Danish Slightly Salted Butter (250g) <i>Futura</i> .....	£1.80
Greek Style Natural Yogurt (450g) <i>Rachel's Organic</i> .....	£1.58
Garden Fruit Yogurt (125g) <i>Rachel's Organic</i> .....	49p
Strawberry Yogurt(125g) <i>Rachel's Organic</i> .....	49p
Raspberry (Yogurt 125g) <i>Rachel's Organic</i> .....	49p
Apricot Yogurt(125g) <i>Rachel's Organic</i> .....	49p
Creme Fraiche (200g) <i>Rachel's Organic</i> .....	£1.66
Crannog Fuull Fat Soft Cheese (228g) <i>Loch Arthur Creamery</i> .....	£3.46
Crannog Fuull Fat Soft Cheese with Herbs (228g) <i>Loch Arthur Creamery</i> .....	£3.46
Godminster Vintage Cheddar in Red Wax (400g) <i>Godminster</i> .....	£6.80
Medium Farmhouse Cheddar (248g) <i>Lye Cross Farm</i> .....	£2.95
Cheshire (334g) <i>Lye Cross Farm</i> .....	£3.16
Vintage Farmhouse (245g) <i>Lye Cross Farm</i> .....	£2.93
Red Leicester (245g) <i>Lye Cross Farm</i> .....	£2.25
Double Gloucester (324g) <i>Lye Cross Farm</i> .....	£2.97
Wensley Dale (245g) <i>Lye Cross Farm</i> .....	£1.83
Feta made from Sheeps Milk (200g) <i>Vial</i> .....	£2.59
Cyprus Halloumi (250g) <i>Cypressa</i> .....	£2.39
Organic Brie (150g) <i>Thise Mejeri</i> .....	£2.19
Italian Style Premium Cheese (170g) <i>Twineham Grange</i> .....	£2.58
Parmazano, Grated, Mature Hard Cheese Replace (60g) <i>Florentino</i> .....	£1.06
Eggs (6) <i>HWH Woolley &amp; Sons</i> .....	£1.50

## *Deli*

Baguette Salami (200g) <i>The Organic Chef</i> .....	£4.79
Felino Salami (200g) <i>The Organic Chef</i> .....	£4.79
Organic Children's Salami (220g) <i>The Organic Chef</i> .....	£4.07
Organic Garlic Salami (220g) <i>The Organic Chef</i> .....	£4.07
Organic Chilli & Pepper Salami (220g) <i>The Organic Chef</i> .....	£4.07
4 Glamorgan Leek & Cheesr Veggie Sausages (165g) <i>Cauldron</i> .....	£1.74
2 Spicy Soya & Black Bean Burgers (175g) <i>Cauldron</i> .....	£2.05
Sweet Roasted Parsnip & Carrot Pate (115g) <i>Cauldron</i> .....	£1.70

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Fragrant Moroccan Chickpea Pate (115g) <i>Cauldron</i> .....	£1.70
Soft & Creamy Mushroom Pate (115g) <i>Cauldron</i> .....	£1.70
*Pasta Vegetable Salad (175g) <i>St Dalfour</i> .....	£1.59
*Cous Cous Salad (175g) <i>St Dalfour</i> .....	£1.59
*Three Bean Salad (175g) <i>St Dalfour</i> .....	£1.59

## *Tofu*

Five grain Tofu & Nut Burgers (175g) <i>Pauls</i> .....	£1.79
Five grain Tofu 'Bengal' Burgers (175g) <i>Pauls</i> .....	£1.79
Wheat Free Five Grain Tofu & Herb Burgers (175g) <i>Pauls</i> .....	£1.79
Tofu (200g) <i>Taifun</i> .....	99p
Smoked Tofu with Almond & Sesame Seeds (200g) . <i>Taifun</i> .....	£2.15
Basil Tofu with Five Herbs (200g) <i>Taifun</i> .....	£1.79
Tofu Rosso made with Bio-Dynamically Grown Soya Beans (200g) <i>Taifun</i> .....	£1.79
Tofu Grill Herb Sausages (250g) <i>Taifun</i> .....	£2.49
Tofu Grill Sausages (250g) <i>Taifun</i> .....	£2.59
Silken Tofu (400g) <i>Taifun</i> .....	£2.15

## *Soya @ Alternative Milks*

Organic Oat Drink (1Ltr) <i>Oatly</i> .....	£1.35
100% Organic Almond Drink (1Ltr) <i>Ecomil</i> .....	£2.15
Organic Soya Drink (1Ltr) <i>Sojasun</i> .....	£1.25
Organic Rice Drink (1Ltr) <i>Provamel</i> .....	£1.49
Soya Milk Unsweetened (1Ltr) <i>Alpro Soya</i> .....	£1.29
Rice Dream Brown Rice Drink (1Ltr) <i>Rice Dream</i> .....	£1.49
*Soya Milk, Calcium & Vitamins (1 Ltr) <i>Alpro Soya</i> .....	£1.29
Soya Milk, UnSweet , Calcium & Vitamins (1Ltr) <i>Alpro Soya</i> .....	£1.29
*Caramel Flavour Desert (4x125g) <i>Provamel from Alpro Soya</i> .....	£1.39
*Chocolate Flavour Desert (4x125g) <i>Provamel from Alpro Soya</i> .....	£1.39
*Vanilla Flavour Desert (4x125g) <i>Provamel from Alpro Soya</i> .....	£1.39

## Oils @ Vinegar

White Wine Vinegar (500 ml) <i>Aspall</i> .....	£1.69
Red Wine Vinegar (500 ml) <i>Clearspring</i> .....	£1.69
Unrefined Sunflower Oil (500 ml) <i>Clearspring</i> .....	£1.99
Extra Virgin Olive Oil (1Ltr) <i>Clearspring</i> .....	£7.79
Sunflower Oil (1Ltr) <i>Clearspring</i> .....	£3.49
Sunflower Frying Oil (1Ltr) <i>Clearspring</i> .....	£3.79
Walnut Oil (250 ml) <i>Clearspring</i> .....	£6.99
Balsamic Vinegar (500ml) <i>Clearspring</i> .....	£4.25
Toasted Sesame Oil (250 ml) <i>Clearspring</i> .....	£2.49
Toasted Pumpkin Seed Oil (250 ml) <i>Clearspring</i> .....	£6.99
Sesame Oil (500 ml) <i>Clearspring</i> .....	£3.29
White Wine Vinegar (500 ml) <i>Clearspring</i> .....	£1.69
Organic Cyder Vinegar(1Ltr) <i>Aspall</i> .....	£2.79
White Wine Vinegar (500 ml) <i>Aspall</i> .....	£1.69
Organic Tamari Soya Sauce (250 ml) <i>Essentials</i> .....	£3.09
Organic Shoyu Soya Sauce (250 ml) <i>Essentials</i> .....	£2.39
*Rice Mirin Japanese Seasoning (150 ml) <i>Clearspring</i> .....	£2.49
Mirin Japanese Seasoning (150 ml) <i>Clearspring</i> .....	£3.99
Tomato Ketchup (340g) <i>Whole Earth</i> .....	£1.47
Premium Balanced Oil Blend (500 ml) <i>Organic Choice</i> .....	£12.99
Fresh Cold Pressed Hemp Oil, Cannabis Sativa (250ml ) <i>Biona</i> .....	£7.49

## Tinned Vegetables @ Soups

Vegetable Hotpot (420g) <i>Granovita</i> .....	£1.47
Parsnip Soup (400g) <i>Mr Bean's</i> .....	£1.19
Lentil & Red Pepper Soup (400g) <i>Mr Bean's</i> .....	£1.19
Tomato & Chilli Soup (400g) <i>Mr Bean's</i> .....	£1.19
Green Pea Soup (400g) <i>Mr Bean's</i> .....	£1.19
Pea & Lemon Soup(400g) <i>Mr Bean's</i> .....	£1.19
Minestrone Soup (350g) <i>Seeds of Change</i> .....	£1.39
Carrot & Corriander Soup (350g) <i>Seeds of Change</i> .....	£1.39
Creamy Tomato Soup (350g) <i>Seeds of Change</i> .....	£1.39
Spicy Lentil Soup (350g) <i>Seeds of Change</i> .....	£1.39
Fairly Traded Aduki Beans (400g) .....	92p

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Mixed Beans (400g) .....	89p
Sweetcorn (340g) .....	79p
Butter Beans In Water (400g) .....	79p
Chickpeas in Water (400g) <i>Nature Organic</i> .....	49p
Baked Beans (420g) <i>Whole Earth</i> .....	94p
Baked Beans (400g) <i>Biona</i> .....	79p
Italian Chopped Tomatoes (400g) <i>Essential</i> .....	59p
Nuttolene Peanut Based Vegetarian Loaf (400g) <i>Grandse</i> .....	£1.95
Lentils, Smoked Tofu & Vegetables (525g) <i>Le Moulin d' Andiran</i> .....	£2.49
Hot Vegetarian Chilli (525g) <i>Le Moulin d' Andiran</i> .....	£2.49
Ratatouille (525g) <i>Le Moulin d' Andiran</i> .....	£2.49

### *Tomato Free Products*

Pasta Sauce (340g) <i>Nomato</i> .....	£1.79
Nomato Ketchup (340g) <i>Nomato</i> .....	£1.47
Baked Beans (340g) <i>Nomato</i> .....	£1.49
Vegetarian Chili (340g) <i>Nomato</i> .....	£1.49
Nomato Soup (340g) <i>Nomato</i> .....	£1.69

### *Cooking Sauces & Pesto*

Spanish Olive Pasta Sauce (440g) <i>Medidian</i> .....	£1.55
Mushroom Pasta Sauce (440g) <i>Medidian</i> .....	£1.55
Tomato & Herb Pasta Sauce (440g) <i>Medidian</i> .....	£1.55
Tomato Puree (200g) .....	69p
Organic Vegan Red Pesto (160g) .....	£2.46
Organic Vegan Green Pesto (160g) .....	£2.46
Pesto Genovese (130g) <i>Sunita</i> .....	£2.17

### *Pasta*

E Il Cielo Pasta Shells (500g) <i>La Terra</i> .....	£1.94
E Il Cielo Pasta Twists (500g) <i>La Terra</i> .....	£1.94
E Il Cielo Pasta Tubes (500g) <i>La Terra</i> .....	£1.94

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E Il Cielo Long Spaghetti (500g) <i>La Terra</i> .....	£1.94
Conchiglie (500g) <i>La Bio Idea</i> .....	.89p
Fusilli (500g) <i>La Bio Idea</i> .....	.89p
Farfalle (500g) <i>La Bio Idea</i> .....	.89p
Lasagne Verdi Sheets (250g) <i>La Bio Idea</i> .....	.99p

## *Asian @ Oriental*

Creamed Coconut (200g) <i>Biona</i> .....	.78p
Coconut Milk (400 ml) <i>Biona</i> .....	£1.15

## *Sauces @ Stocks*

Dairy Free Cheese Flavour Sauce Mix (130g) <i>Free &amp; Easy</i> .....	£1.59
Gluten Free Bread Flavour Sauce Mix (100g) <i>Free &amp; Easy</i> .....	£1.59
Vegetable Bouillon Powder (150g) <i>Marigold Swiss</i> .....	£2.25
Vegetable Bouillon Powder - Reduced Salt(150g) <i>Marigold Swiss</i> .....	£2.25
Vegetarian Organic Gravy Powder (110g) <i>Marigold Swiss</i> .....	£1.99
Vegetable Gluten & Dairy Free Stock Cubes <i>Marigold Swiss</i> .....	.95p
Vegetable Low Salt Gluten Free Stock Cubes <i>Marigold Swiss</i> .....	£1.15
Beef Stock Cubes (72g) <i>Kallo</i> .....	£1.09
Chicken Stock Cubes (72g) <i>Kallo</i> .....	£1.09

## *Rice Cakes @ Biscuits*

Corn Cakes, Thin Slice, Lightly Salted (130g) <i>Kallo</i> .....	£1.32
Rice Cakes, Thick Slice, No Added Salt (130g) <i>Kallo</i> .....	£1.02
Rice Cakes, Thick Slice, Savoury (110g) <i>Kallo</i> .....	£1.49
Rice Cakes, Thin Slice, No Added Salt (130g) <i>Kallo</i> .....	£1.05
Rice Cakes, Lightly Salted with Sesame (130g) <i>Kallo</i> .....	£1.05
Rice Cakes, Slightly Salted (130g) <i>Kallo</i> .....	£1.05
Rice Cakes with Sesame (130g) <i>Clearspring</i> .....	£1.95
Rice Cakes with Black & White Sesame (130g) <i>Clearspring</i> .....	£1.95
Rice Cakes with Sea Vegetable (130g) <i>Clearspring</i> .....	£1.95

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Wholewheat Digestives (400g) <i>Doves Farm</i> .....	£1.69
Wholewheat Digestives (200g) <i>Doves Farm</i> .....	.86p
Handmade Delicious Biscuits (200g) <i>Miller's Damsel</i> :	
Lemon.....	£1.48
Ginger.....	£1.48
Butter Shortbread.....	£1.48
Chocolate Chip.....	£1.48

## *Bread & Cakes*

Breadsticks (125g) <i>Kallo</i> .....	£1.18
Wholemeal Wraps 9" <i>Pauls</i> .....	£1.49
Tortilla Wraps, White 9" <i>Pauls</i> .....	£1.49
Spelt Wraps 9" <i>Pauls</i> .....	£1.89
Mixed Seeded Bread <i>Pauls</i> .....	£2.00
Unbeached White Bread (800g) <i>Pauls</i> .....	£1.78
Unbleached White Bread (400g) <i>Pauls</i> .....	£1.22
Pain de Champagne (800g) <i>Pauls</i> .....	£2.05
Pain de Champagne (400g) <i>Pauls</i> .....	£1.10
Sechskorn Bread (800g) <i>Pauls</i> .....	£1.78
Seeded Bread (400g) <i>The Real Bread Bakehouse</i> .....	£1.40
White Bread (800g) <i>The Real Bread Bakehouse</i> .....	£1.60
Light Wholemeal Bread with Sesame (800g) <i>The Real Bread Bakehouse</i> .....	£1.60
Rye & Caraway Bread (800g) <i>The Real Bread Bakehouse</i> .....	£1.60
Spelt Bread (800g) <i>The Real Bread Bakehouse</i> .....	£1.80
Slice Cherry Crumble Flapjack (Non Organic) <i>The Real Bread Bakehouse</i> .....	95p
All Butter Flapjack (Non Organic) <i>The Real Bread Bakehouse</i> .....	95p

## *Chocolate*

Dark Chocolate Twin Pack (200g) <i>Green &amp; Blacks</i> .....	£1.99
Butterscotch Chocolate (150g) <i>Green &amp; Blacks</i> .....	£2.99
Caramel Chocolate (100g) <i>Green &amp; Blacks</i> .....	£1.69
Cherry Chocolate (150g) <i>Green &amp; Blacks</i> .....	£2.99
Ginger Chocolate (150g) <i>Green &amp; Blacks</i> .....	£2.99

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Cooking Chocolate 72% (150g) <i>Green &amp; Blacks</i> .....	£2.19
Mint Chocolate (100g) <i>Green &amp; Blacks</i> .....	£1.69
Milk Chocolate (100g) <i>Green &amp; Blacks</i> .....	£1.69

## *Preserves, Spreads & Honey*

Yeast Extract (340g) <i>Meridian</i> .....	£3.40
Golden Peach (100g) <i>St Dalfour</i> .....	£1.40
Orange Spread, Thick Cut (100g) <i>St Dalfour</i> .....	£1.40
Strawberry (100g) <i>St Dalfour</i> .....	£1.40
Raspberry (100g) <i>St Dalfour</i> .....	£1.40
Imperial Pear (100g) <i>St Dalfour</i> .....	£1.40
Blackcurrant (100g) <i>St Dalfour</i> .....	£1.40
Cherry (100g) <i>St Dalfour</i> .....	£1.40
Cranberry with Blueberry (100g) <i>St Dalfour</i> .....	£1.40
Strawberry Fruit Spread (290g) <i>Clearspring</i> .....	£1.69
Sour Cherry Fruit Spread (290g) <i>Clearspring</i> .....	£1.69
Blackcurrant Spread - No Added Sugar (290g) <i>Clearspring</i> .....	£1.79
Tropical Forest Honey (454g) <i>Tropical Forest</i> .....	£2.95
Nottinghamshire Honey (454g) <i>Produced on Trinity Farm</i> .....	£1.79
Active UMR 10+Manuka Honey (500g) <i>Medi Bee</i> .....	£7.99
Organic Forest Honey (454g) <i>Tropical Forest</i> .....	£2.95
White Almond Butter (250g) <i>Biona</i> .....	£3.25
Hazelnut Butter (250g) <i>Biona</i> .....	£1.29
Cashewnut Butter (250g) <i>Biona</i> .....	£3.49
Walnut Butter (170g) <i>Meridian</i> .....	£3.29
Peanut Butter (350g) <i>Essential</i> .....	£1.79
Peanut Butter, Crunchy with added salt (350g) <i>Essential</i> .....	£1.79
Peanut Butter, Smooth with no added salt (350g) <i>Essential</i> .....	£1.79
Organic Barley Malt Extract (340g) <i>Natural Foods</i> .....	£1.55
Tahini Creamed Sesame (340g) <i>Sunita</i> .....	£1.86
Light Tahini Creamed Sesame (340g) <i>Sunita</i> .....	£1.86
Light Tahini Creamed Sesame (340g) <i>Meridian</i> .....	£1.63
High Fruit Content Spread <i>St Dalfour</i> (284g) :	
Blackberry. ....	£1.40
Orange and Ginger.....	£1.40

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Golden Peach.....	£1.40
Thick Cur Orange.....	£1.40
Mirabelle Plum.....	£1.40
Raspberry.....	£1.40
Blackcurrant.....	£1.40
Black Cherry.....	£1.40
Pineapple & Mango.....	£1.40
Four Fruits.....	£1.40
Fig Royale.....	£1.40
Imperial Pear.....	£1.40
Cranberry Sauce (210g) <i>Meridian</i> .....	£1.49

## *Pickles & Sauces*

Pickled Gherkins (680g) <i>Essentials</i> .....	£1.69
Sauerkraut (700g) <i>Essential</i> .....	£1.27
Pickled Shallots (300g) <i>Garners</i> .....	£2.29
Sliced Beetroot (240g) <i>Essential</i> .....	84p
Mint Sauce (300g) <i>Simply Delicious</i> .....	£1.99
Horseradish Sauce (300g) <i>Simply Delicious</i> .....	£1.79
Seafood Sauce (300g) <i>Simply Delicious</i> .....	£1.89
Aubergine Vegetarian Caviar (200g) <i>Mr Beans</i> .....	£1.59
Artichoke Hearts (250g) <i>Organics</i> .....	£3.15
Black Olives (250g) <i>Organics</i> .....	£2.60
Green Olives (250g) <i>Organics</i> .....	£2.29
Kalamata Olives (330g) <i>Rapunzel</i> .....	£4.85
Black Olive Pate (160g) <i>Biona</i> .....	£2.95
Cool Salsa (300g) <i>Meridian</i> .....	£1.45
English Mustard (110g) <i>Gordons</i> .....	£1.09
Brown Sauce (275g) <i>Gran-O-Vita</i> .....	£1.05

## *Drinks & Cordials*

Rocks Organic Cordial *Rocks* :

Lime (360 ml) .....	£2.95
Blackcurrant (360 ml) .....	£2.95

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Elderflower (360 ml) .....	£2.95
Tangerine (360 ml) .....	£2.95
Ginger (360 ml) .....	£2.95
Summer Fruits (360 ml) .....	£2.95
Cranberry (360 ml) .....	£2.95
Apple & Nettle Cordial (250 ml) <i>Free Natural</i> .....	89p
Elderflower Cordial (375 ml) <i>Belovoir</i> .....	£2.95
Cranberry Juice (331 ml) <i>Biona</i> .....	£3.29
Blueberry Juice (331 ml) <i>Biona</i> .....	£3.89
Beetroot Juice (750 ml) <i>Eden</i> .....	£3.06
Vegetable Cocktail (750 ml) <i>Eden</i> .....	£3.06
Carrot Juice (750 ml) <i>Eden</i> .....	£3.06
Celery Juice (500 ml) <i>Biotta</i> .....	£2.49
*Elderberry & Lemon (750 ml) <i>Ame</i> .....	£2.49
*Raspberry & Blackberry (750 ml) <i>Ame</i> .....	£2.49
*Grape & Apricot (750 ml) <i>Ame</i> .....	£2.49
*Apple, Grape & Passion Fruit (750 ml) <i>Ame</i> .....	£2.49
Apple Concentrate (250 ml) <i>Meridian</i> .....	£2.95
100% Pure Organic Juice (1 Ltr) <i>Grove Fresh</i> :	
Apple.....	£2.59
Orange.....	£2.59
Ruby Orange.....	£2.59

## Tea & Coffee

Eleven O'Clock	
Rooibosch Tea (40 bags / 100g).....	£1.75
Rooibosch Tea (20 Sachets / 40g).....	£1.29
Rooibosch Tea (80 bags / 200g).....	£3.49
Clipper Organic	
Decaffeinated Organic Tea (40 bags).....	£2.99
Organic Tea (80 bags).....	£2.69
Organic Assam Loose Tea (125g).....	£1.99
Organic English Breakfast Loose Tea (125g).....	£1.99
Organic Lapsong Souchong Loose Tea (125g).....	£2.39
Organic Darjeeling Single Estate Loose Leaf Tea (125g) <i>Hampstead</i> .....	£2.29

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Yogii Bahajan's Ancient Herbal Formula	
Women's Balance (15 bags / 30g).....	£1.82
Echinacea (15 bags / 30g).....	£1.82
Throat Comfort(15 bags / 30g).....	£1.82
Calming Tea (15 bags / 30g).....	£1.82
Heath & Heather	
Nettle Herb Infusions (20 bags / 20g).....	£1.19
Echinacea (20 bags / 20g).....	£1.19
Essential Organic	
Organic Fennel (20 bags / 30g).....	£1.19
Organic Camomile (20 bags / 30g).....	£1.19
Twinings	
Elderflower, Strawberry & Rose Fennel (20 bags).....	£1.09
Wild Blackberry & Nettle (20 bags).....	£1.09
Organic Fair Trade White Christmas Tea (25 bags) <i>Qi</i> .....	£1.69
Nothing But Tea Organic	
Camomile & Spearmint (Single Individually Wrapped Bags).....	10p
Celtic Breakfast (Single Individually Wrapped Bags).....	10p
Camomile & Spearmint (100 Individually Wrapped Bags).....	£7.99
Celtic Breakfast (100 Individually Wrapped Bags).....	£7.99
Clipper Organic Coffee	
Decaffeinated Arabica (100g).....	£3.99
Coffee Granules (100g).....	£2.49
Arabica (100g).....	£3.59
Mount Hagen Organic	
Freeze Dried Instant Coffee (100g).....	£3.99
Roast & Ground (250g).....	£3.29
Green & Black's	
Hot Chocolate Drink (300g).....	£3.25
Cocoa Powder (125g).....	£1.69
<i>Sugar</i>	
Demerara (500g) <i>Essential</i> .....	£1.34
Rapadura (500g) <i>Essential</i> .....	£1.63
*Unrefined Dark Muscavado (500g) <i>Billingtons</i> .....	£1.06

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\*Unrefined Light Muscavado (500g) *Billingtons*.....£1.06

## *Ice Creams*

Organic Ice Cream (500 ml) *Green & Blacks* :

Chocolate.....	£3.99
Chocolate Orange.....	£3.99
Vanilla Caramel Nut.....	£3.99
Chocolate Mint.....	£3.99
Vanilla.....	£3.99

Mother Hemp (500ml) :

Scrummy Strawberry Hemp Ice cream.....	£3.99
Double Dare Choc Chunk.....	£3.99
Thriller Vanilla.....	£3.99
Mmm Mint Choc Chip.....	£3.99

Tofutti Ice Cream

Chocolate Cookies Supreme(500 ml).....	£2.50
Mango & Passion Fruit (750 ml).....	£1.99
Strawberry (750 ml) .....	£1.99

Swedish Glace (750 ml)

Smooth Vanilla.....	£2.50
Strawberry.....	£2.50
Raspberry.....	£2.50

## *Frozen Foods*

Shortcrust Pastry (375g) <i>Dorset Pastry</i> .....	£3.14
Subdried Tomato Pastry (375g) <i>Dorset Pastry</i> .....	£3.14
Puff Pastry (375g) <i>Dorset Pastry</i> .....	£3.14
Cumin Seed Pastry (375g) <i>Dorset Pastry</i> .....	£3.14

## *Fish*

Sustainably Fished Tuna Fillet in Sunflower Oil (120g) <i>Fish 4 Ever</i> .....	£2.69
Sustainably Fished Tuna Fillet in Brine (120g) <i>Fish 4 Ever</i> .....	£1.75

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Sustainably Sardine Fillets in Sunflower Oil (120g) <i>Fish 4 Ever</i> .....	£2.25
Sustainably Sardine With Skin & Bones in Olive Oil (120g) <i>Fish 4 Ever</i> .....	£2.25
Herring Fillets in Tomato Sauce (200g) <i>Fish 4 Ever</i> .....	£2.46
Herring Fillets in Baltic Sauce (200g) <i>Fish 4 Ever</i> .....	£2.44
Mackrel Fillets in French Herb Dressing (200g) <i>Fish 4 Ever</i> .....	£2.54
Anchovy Filets (95g Jar) <i>Fish 4 Ever</i> .....	£2.14

# *Butchery : Craig Farm Organics*

## *Poultry*

	<i>Price Per Kg</i>	<i>Approx Price</i>	<i>Approx Weight (Kg)</i>
Whole Birds	£7.80	-	-
Breast Fillets	£24.66	£6.17	0.25 Kg 1/pk
Diced	£18.69	£7.47	0.45 Kg
Thighs	£11.75	£2.36	0.2 Kg 2/pk
Drumsticks (4)	£8.72	£4.37	0.5 Kg 4/pk
Wings Bumper Pack	£3.44	£3.44	+/- 1Kg

## *Pork*

	<i>Price Per Kg</i>	<i>Approx Price</i>	<i>Approx Weight (Kg)</i>
Leg (Bone In)	£11.60	variable	variable
Leg (Bones & Rolled)	£13.37	variable	variable
Tenderloin	£15.80	£3.95	0.20-00.3 Kg
Bacon (Long Back)	£14.94	£3.74	-

## *Beef*

	<i>Price Per Kg</i>	<i>Approx Price</i>	<i>Approx Weight (Kg)</i>
Topside	£13.94	-	1 - 3 Kg
Fillet Steak	£36.31	£3.62	100-150g 1/pk
Sirloin Steak	£26.61	£5.32	100-250g 1/pk
Rump Steak	£21.75	£9.78	450g
Frying Steak	£13.93	£6.28	450g
Stewing Steak	£10.23	£4.60	450g
	£10.48	£2.40	225g
Steak Mince	£10.23	£4.01	450g
	£9.15	£2.06	225g
Mince	£8.37	£3.77	450g
	£8.57	£1.92	225g

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## *Lamb & Mutton*

	<i>Price Per Kg</i>	<i>Approx Price</i>	<i>Approx Weight (Kg)</i>
Leg (Whole)	£14.38	£28.77	2 Kg
Leg (Half)	£14.38	£14.38	1 Kg
Leg (Boned 7 Rolled)	£19.41	£29.12	1.5 Kg
Shoulder	£7.86	£15.72	2 Kg
	<i>Price Per Kg</i>	<i>Approx Price</i>	<i>Approx Weight (Kg)</i>
Rack (French Trim)	£15.02	£9.02	+/- 600g
Breast (B&R)	£5.07	£3.04	+/- 600g
Chump	£15.17	£5.32	2x170g
Loin	£16.85	£5.05	2x150g
Leg Steak	£19.81	£3.36	1x170g
Diced	£15.87	£7.15	450g
Mince	£13.28	£5.99	450g
Liver	£8.59	£1.93	225g
Kidney	£8.59	£1.29	300g in 2s
Stewing Neck	£4.68	£2.11	450g
Welsh Mutton Leg	£9.58	£19.18	2 Kg
Diced Mutton	£10.09	£4.54	450g

## *Organic Sausages*

	<i>Price Per Kg</i>	<i>Approx Price</i>	<i>Approx Weight (Kg)</i>
<i>Plain Pork</i>	£9.78	£4.40	450g
<i>Pork &amp; Apple</i>	£9.78	£4.40	450g
<i>Spicy Pork</i>	£9.78	£4.40	450g
<i>Plain Beef</i>	£8.20	£3.69	450g
<i>Lamb &amp; Mint</i>	£8.64	£3.89	450g
<i>Chicken &amp; Herb</i>	£15.30	£6.88	450g
<i>Pork Sausage Meat</i>	£8.95	£4.02	450g

## Organic Burgers

	<i>Price Per Kg</i>	<i>Approx Price</i>	<i>Approx Weight (Kg)</i>
<i>Pork &amp; Apple</i>	£9.78	£4.40	450g - Pack of 4
<i>Lamb &amp; Mint</i>	£8.64	£3.89	450g - Pack of 4
<i>Chicken &amp; Herb</i>	£15.30	£6.88	450g - Pack of 4

## Game

Please note that due to its 'free to roam' nature, game cannot be certified as organic.

	<i>Price Per Kg</i>	<i>Approx Weight (Kg)</i>
<i>Farmed Free Range Wild Boar Haunch</i>	£19.21	1 - 4 Kg
<i>Farmed Free Range Wild Boar Haunch (B&amp;R)</i>	£21.31	1 - 3.5 Kg
<i>Farmed Free Range Wild Boar Loin (B&amp;R)</i>	£22.46	1 - 3 Kg
<i>Local Fallow Wild Venison Haunch</i>	£19.18	1 - 2 Kg
<i>Local Fallow Wild Venison Haunch (B&amp;R)</i>	£19.39	1 - 1.5 Kg
<i>Local Fallow Wild Venison Shoulder (B&amp;R)</i>	£10.92	1 - 2 Kg
<i>Local Fallow Wild Venison Saddle</i>	£17.40	1 - 2 Kg
<i>Local Fallow Wild Venison Loin (B&amp;R)</i>	£23.63	0.7 - 1.4 Kg
<i>Local Fallow Wild Venison Steaks</i>	£16.76	300g in 2s
<i>Local Fallow Wild Venison Diced</i>	£12.78	450g
<i>Local Fallow Wild Venison Noisettes</i>	£27.17	440g in 4s
<i>Local Fallow Wild Venison Mince</i>	£11.40	0.7 - 1.4 Kg
<i>Wild Rabbit Whole &amp; Oven Ready</i>	£5.62	0.5 - 1 Kg
<i>Pheasant Whole Bird</i>	£6.74	
<i>Partridge Whole Bird</i>	£5.47	

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## *Kitchen & Bathroom Toiletries*

Please note that not all cleaning products can be certified as organic, though they may contain organic ingredients. Where products are marked \* in this section, they are registered with the Soil Association Standard.

Heavy Duty Hand Cleaner <i>Ecover</i> .....	£1.89
Aloe Vera Juice <i>Aloe Pura</i> .....	£7.99
Aloe Vera Shampoo <i>Aloe Pura</i> .....	£4.99
Aloe Vera Conditioner <i>Aloe Pura</i> .....	£4.99
Aloe Vera Sun Lotion SP15 <i>Aloe Pura</i> .....	£8.99
Aloe Pura Sun Lotion SP8 <i>Aloe Pura</i> .....	£8.99
Deep Cleansing Soap <i>Organic Options</i> .....	£2.99
Smoothing Soap <i>Organic Options</i> .....	£2.99
Calming & Moisturising Soap <i>Aloe Pura</i> .....	£2.99
Rejuvenating Soap <i>Aloe Pura</i> .....	£2.99
Hand Soap <i>Ecover</i> .....	£2.99
Shower Gel <i>Ecover</i> .....	£3.49
Cotton Buds <i>Simple Organics*</i> .....	£2.19
Tissues Box <i>Cotton Soft</i> .....	£1.80
PK 6 Tissue Packs <i>Cotton Soft</i> .....	£1.59
Extra Large Paper Napkins <i>Cotton Soft</i> .....	89p
Cotton Pleat <i>Simple Organics*</i> .....	£1.99
Cotton Balls <i>Simple Organics*</i> .....	£1.99
Bathroom Toilet Roll 4 Pk <i>Cotton Soft</i> .....	£2.07
Kitchen Towels 2 Pk <i>Cotton Soft</i> .....	£1.99
Dishwasher Rinse Aid <i>Ecover</i> .....	£2.85
Dishwasher Tablets <i>Ecover</i> .....	£4.29
Non-Bio Washing Powder <i>Ecover</i> .....	£5.25
Bio Washing Powder <i>Ecover</i> .....	£5.95
Ecological Non-Bio Laundry Liquid <i>Ecover</i> .....	£5.01
Fabric Softener <i>Ecover</i> .....	£2.50
Laundry Bleach <i>Ecover</i> .....	£1.55
Washing Up Liquid <i>Ecover</i> .....	£3.29
Toilet cleaner <i>Ecover</i> .....	£1.65
Cream Cleaner <i>Ecover</i> .....	£1.25
Floor Soap <i>Ecover</i> .....	£2.69
Squirt Gun <i>Ecover</i> .....	£2.42

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Squirt Gun Refil <i>Ecover</i> .....	£2.19
Washing Up Liquid Camomile & Marigold <i>Ecover</i> .....	£1.95
Washing Up Liquid Aloe Vera & Lemon <i>Ecover</i> .....	£1.95
Stain Remover <i>Ecover</i> .....	£2.49
Cotton Tampons Super Plus 20 <i>All Nature Care</i> *.....	£2.59
Cotton Tampons Super 20 <i>All Nature Care</i> *.....	£2.49
Cotton Tampons Regular 20 <i>All Nature Care</i> *.....	£2.39
Cotton Tampons With Applicator Super 16 <i>All Nature Care</i> *.....	£2.69
Cotton Tampons With Applicator Regular 16 <i>All Nature Care</i> *.....	£2.59
Cotton Tampons Regular 10 <i>All Nature Care</i> *.....	£1.39
Natural Ultra Pads 14 <i>All Nature Care</i> .....	£1.99
Night Times 10 <i>All Nature Care</i> .....	£1.79
Panty Liners 30 <i>All Nature Care</i> .....	£1.39
Natural Pads 14 <i>All Nature Care</i> .....	£1.49
Natural Press on Pads Super 12 <i>All Nature Care</i> .....	£1.69
Natural Pads 12 <i>All Nature Care</i> .....	£1.39

