



Flo's Refill Shop Price List

Pasta White Penne - **£4.83 per kilo**
Pasta Brown Fusilli - **£2.70 per kilo**
Pasta Gluten Free - **5.09 per kilo**
Rice Brown Short Grain - **£2.50 per kilo**
Rice Brown Long Grain - **£2.48 per kilo**
Rice White Basmati - **£4.56 per kilo**
Rice Arborio White - **£3.38 per kilo**
Quinoa - **£5.65 per kilo**
Jumbo Oats - **£2.10 per kilo**
Rolled Oats - **£3.00**

Red Lentils - **£3.00 per kilo**
Brown Lentils - **£3.63 per kilo**
Green Lentils - **£3.03 per kilo**
Deluxe Muesli - **£4.50 per kilo**
Flour Strong Wholemeal - **£1.14 per kilo**
Flour Strong White Bread - **£1.29 per kilo**
GF Buckwheat flour - **£3.86 per kilo**
Flour Gluten Free white - **£2.10 per kilo**
Cous Cous - **£1.92 per kilo**

Almonds - **£20.00 per kilo**
Brazil Nuts - **£7.44 per kilo**
Raisins - **£5.67 per kilo**
Cashews - **£14.92 per kilo**
Pumpkin seeds - **£5.57 per kilo**
Sunflower seeds - **£3.36 per kilo**
Sesame Seeds - **£6.38 per kilo**
Chia Seeds - **£4.37 per kilo**
Poppy Seeds - **£11.25 per kilo**
Peanuts - **£3.53 per kilo**
Walnuts - **£15.21 per kilo**
Pistachios - **£18.68 per kilo**

Aduki Beans - **£2.94 per kilo**
Mung Beans - **£3.48 per kilo**
Chickpeas - **£3.00 per kilo**
Popping Corn - **£2.10 per kilo**

Cyder Vinegar - **£4.05 per Litre**
Olive Oil - **£9.90 per Litre**
Sunflower Oil - **£4.43 per litre**
Dates - **£7.05 per kilo**
Apricots - **£11.33 per kilo**
Sugar Golden Caster - **£3.30 per kilo**
Seasalt - **£1.07 per kilo**

Faith in Nature Coconut, Aloe Vera, Lavender and Geranium

Body wash - **£8.65 per litre**
Shampoo - **£8.65 per litre**
Conditioner - **£8.65 per litre**

Cole and Cole Pomegranate, Lime- Basil and Manderin

Body Wash - **£13.20 litre**
Shampoo - **£13.20 litre**
Conditioner - **£13.20**
Ecover Washing Up Liquid - **£2.07 per litre**
Non Bio Laundry Liquid - **£2.92 per litre**
Ecover Laundry Liquid - **£3.51 per litre**
All Purpose Cleaner - **£2.73 per litre**
Toilet Cleaner - **£2.67 per litre**
Vinegar for Cleaning - **£1.39 per litre**

Fabric Conditioner - **£2.09 per litre**
Spiced Ginger Washing Up Liquid - **£2.39**
Bicarbonate of Soda for Cleaning - **£1.61**
Fig Hand soap - **£ 5.00 per litre**
Rose Hand soap - **£5.00 per litre**
Grapefruit Handsoap - **£3.38 per litre**
Bottles **£1.00**
Olive Hand soap - **£3.66**
Midi Nappies (5-8kg) - **£9.50**
Maxi Nappies Size 3 - **£9.50**

People, Place and Participation Ltd. Community Benefit Society Number: 7713
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Herbs and Spices

- Caraway Seed - **£11.55 per kilo**
- Cardamom Pods - **£84.90 per kilo**
- Cayenne Pepper - **£10.05 per kilo**
- Chillies Ground - **£8.55 per kilo**
- Chilli flakes - **£30.45 pe kilo**
- Cinnamon Ground - **£11.93 per kilo**
- Coriander Seed - **£4.43 per kilo**
- Coriander Ground - **£6.60 per kilo**
- Cumin Seed - **£31.13 per kilo**
- Cumin Ground - **£10.95 per kilo**
- Curry Medium - **£6.00 per kilo**

- Fennel Seed - **£7.43 per kilo**
- Flaxseed Ground **£2.28 per pack**
- Garam Masala - **£11.10 per kilo**
- Ginger Ground - **£10.05 per kilo**
- Lemongrass - **£16.05 per kilo**
- Mixed Herbs - **£9.83 per kilo**
- Mixed Spice - **£11.70 per kilo**
- Mustard Seed Yellow - **£4.20 per kilo**
- Mustard Seed Black - **£3.82 per kilo**

- Oregano - **£14.63 per kilo**
- Paprika - **£8.40 per kilo**
- Paprika Smoked - **£50.25 per kilo**
- Peppercorns Black - **£15.15 per kilo**
- Thyme - **£12.38 per kilo**
- Turmeric Ground - **£5.30 per kilo**

Chocolate

- Salted Hazelnut - **£35.00 per kilo**
- Chocolate Ginger - **£30.00**
- Mint Buttons - **£33.00**

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