



## 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 - **£3.21 per kilo**  
Green Lentils - **£3.03 per kilo**  
Deluxe Muesli - **£4.50 per kilo**  
Oat Honey Crisp - **£3.20**  
Flour Strong Wholemeal - **£1.14 per kilo**  
Flour Strong White Bread - **£1.29 per kilo**  
GF Buckwheat flour - **£4.44 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**  
Hazel Nuts - **£14.44 per kilo**  
Pecan halves - **£19.76**  
Pumpkin seeds - **£5.87 per kilo**  
Sunflower seeds - **£3.59 per kilo**  
Sesame Seeds - **£6.38 per kilo**  
Chia Seeds - **£4.37 per kilo**  
Linseed Golden - **£3.45**  
Poppy Seeds - **£11.25 per kilo**  
Peanuts - **£5.60 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 - **£2.64 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 - **£3.40 per kilo**  
Seasalt - **£13.05 per kilo**

### Faith in Nature

#### Coconut, Aloe Vera, Lavender and Geranium

Body wash - **£10.80 per litre**  
Shampoo - **£10.80 per litre**  
Conditioner - **£10.80 per litre**

### Cole and Cole

**Pomegranate, Lime- Basil and Mandarin** Body Wash - **£13.20 litre**  
Shampoo - **£13.20 litre**  
Conditioner - **£13.20**

Ecover Washing Up Liquid - **£2.45 per litre**  
Spiced Ginger Washing Up Liquid - **£2.39**  
Sesi Non Bio Laundry Liquid - **£2.92 litre**  
Ecover Laundry Liquid - **£6.18 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**  
Cream Cleaner - **£3.80 per litre**  
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 - **£3.93 per bar**  
Ceam Cleaner - **£ 3.80 per litre**

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

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## Herbs and Spices

- Aniseed Star - **£27.00 per kilo**
- 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 per kilo**
- Cinnamon Ground - **£11.93 per kilo**
- Cloves - **£1.50 per batch**
- 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 - **£10.35 per kilo**
- Lemongrass - **£16.05 per kilo**
- Nutmeg - **£41.55 per kilo**
- Mixed Herbs - **£9.83 per kilo**
- Mixed Spice - **£11.70 per kilo**
- Mustard Seed Yellow - **£4.20 per kilo**
- Mustard Seed Black - **£4.58 per kilo**
  
- Oregano - **£14.63 per kilo**
- Paprika - **£8.40 per kilo**
- Paprika Smoked - **£38.48 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**

Mayfield Eggs- **£1.80 Box of 6 medium size - Very Free Range**

### Cornfield Bakery

- Small Wholemeal- **£2.66**
- Small Sourdough- **£3.93**
- Small Multi seed Sourdough- **£4.83**
- Small Multi seed- **£3.63**
- Small Maltbran- **£2.66**
- Small GF Brown- **£5.18**

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