



Flo's Refill Shop Price List

Pasta

- Pasta White Penne - **£5.40 per kilo**
- Pasta Brown Fusilli - **£2.87 per kilo**
- Pasta Gluten Free - **5.42 per kilo**
- Pasta White Pennette - **2.31 per kilo**

Rice

- Rice Arborio White - **£4.00 per kilo**
- Rice White Basmati - **£5.18 per kilo**
- Rice Brown Short Grain - **£3.04 per kilo**
- Rice Brown Long Grain - **£3.04 per kilo**

Cereals

- Deluxe Muesli - **£4.59 per kilo**
- Jumbo Oats - **£2.24 per kilo**
- Rolled Oats - **£3.20**
- Oat Honey Crisp - **£4.53**

Beans

- Aduki beans - **£4.93 per kilo**
- Black Turtle beans - **£3.26 per kilo**
- Mung beans - **£5.76 per kilo**

Pulses

- Chickpeas - **£3.58 per kilo**
- Brown Lentils - **£3.42 per kilo**
- Green Lentils - **£4.42 per kilo**
- Red Lentils - **£3.20 per kilo**

Flour

- Flour Strong Wholemeal - **£1.22 per kilo**
- Flour Strong White Bread - **£1.38 per kilo**
- GF Buckwheat flour - **£4.74 per kilo**
- Flour Gluten Free white - **£2.16 per kilo**

Grains

- Bulghur Wheat - **£3.39 per kilo**
- Couscous - **£2.50 per kilo**
- Popping Corn - **£2.82 per kilo**
- Pot Barley - **£1.76 per kilo**
- Millet - **£2.75 per kilo**
- Quinoa - **£5.19 per kilo**

Nuts

- Almonds - **£20.47 per kilo**
- flaked almonds - **£18.36 per kilo**
- Brazil Nuts - **£14.81 per kilo**
- Cashews - **£13.80 per kilo**
- Hazel Nuts - **12.84 per kilo**
- Peanuts - **£6.81 per kilo**
- Pecan halves - **£18.84**
- Pistachios - **£19.92 per kilo**
- Walnuts - **£16.22 per kilo**

Dried Fruit

- Apricots - **£12.09 per kilo**
- Dates - **£8.16 per kilo**
- Raisins - **£6.05 per kilo**
- Sultanas - **5.00 per kilo**

Seeds

- Chia Seeds - **£9.71 per kilo**
- Linseed Golden - **4.32 per kilo**
- Poppy Seeds - **£12.00 per kilo**
- Pumpkin seeds - **£8.11 per kilo**
- Sesame Seeds - **£6.80 per kilo**
- Sunflower seeds - **£4.11 per kilo**

Other

- Almond Butter - **£5.89 per jar**
- Cashew butter - **£4.89 per jar**
- Nutritional Yeast flakes - **£5.99 per jar**
- Cyder Vinegar - **£4.62 per Litre**
- Sunflower Oil - **£4.43 per litre**
- Olive Oil - **£9.90 per Litre**
- Sugar Golden Caster - **£3.63 per kilo**
- Seasalt - **£13.92 per kilo**
- Yeast - **£1.24 per pack**
- Cacao Nibs - **£10.09 per kilo**
- Forest Honey - **£ 7.40 per jar**
- Coconut Blossom - **£4.23 per jar**
- Caramel - **£3.99 per jar**



Skin and Hair care

Faith in Nature

Coconut, Aloe Vera, Lavender and Geranium

- Body wash - **£11.52 per litre**
- Shampoo - **£11.52 per litre**
- Conditioner - **£11.52 per litre**
- Shampoo Bars - **£4.60**
- Conditioner Bars - **£5.55**

Cole and Cole

Pomegranate, Lime, Bazil and Manderin

- Body Wash - **£14.08 litre**
- Shampoo - **£14.08 litre**
- Conditioner - **£14.08**

Earth Conscious

- Jasmine and Rose Deodorant - **£6.99**
- Lemon and Rosemary Deodorant- **£6.99**

Friendly Soap

- Fragrance Free Shampoo Bar - **£2.96**

Lavera

- Gentle shaving foam - **£7.95**
- Aftershave Balm - **£7.95**
- 24 hour Deodorant - **£7.95**
- Moisturising Cream - **£10.95**
- 3-1 Shower Gel - **£6.95**

Hand soap

- Fig Hand soap - **£ 5.34 per litre**
- Rose Hand soap - **£5.34 per litre**
- Grapefruit Handsoap - **£3.60 per litre**
- Olive Hand soap - **£4.19 per bar**

Household washing and

Cleaning

- Ecover Washing Up Liquid -**£2.61 per litre**
- Spiced Ginger Washing Up Liquid - **£2.55**
- Sesi Non Bio Laundry Liquid - **£2.87 litre**
- Ecover Laundry Liquid - **£5.60 per litre**
- Fabric Conditioner - **£2.23 per litre**
- Rinse Aid - **£4.05 per litre**
- All Purpose Cleaner - **£3.19 per litre**
- Toilet Cleaner - **£2.87 per litre**
- Cream Cleaner - **£4.05 per litre**
- Vinegar for Cleaning - **£1.87 per litre**
- Bicarbonate of Soda for Cleaning - **£1.72**

- Plastic Bottles .5 and 1L - **£1.00**

Herbs and Spices

- Aniseed Star- **£30.60 per kilo**
- Basil - **£9.52 per kilo**
- Caraway Seed - **£13.09 per kilo**
- Cardamom Pods - **£96.22 per kilo**
- Cayenne Pepper - **£11.39 per kilo**
- Chillies Ground - **£9.69 per kilo**
- Cinnamon Ground - **£12.41 per kilo**
- Cloves - **£16.58 per kilo**
- Coriander Seed - **£6.04 per kilo**
- Coriander Ground - **£6.38 per kilo**
- Cumin Seed - **£10.80 per kilo**
- Cumin Ground - **£6.80 per kilo**
- Curry Medium - **£6.80 per kilo**
- Fennel Seed - **£8.42 per kilo**
- Flaxseed Ground **£2.28 per pack**
- Garam Masala - **£12.58 per kilo**
- Ginger Ground - **£11.73 per kilo**
- Lemongrass - **£18.19 per kilo**
- Mixed Herbs - **£11.14 per kilo**
- Mixed Spice - **£13.26 per kilo**
- Mustard Seed Yellow - **£5.61 per kilo**
- Mustard Seed Black - **£5.27 per kilo**
- Nigella seeds - **£50.07 per kilo**
- Nutmeg - **£47.09 per kilo**
- Oregano - **£16.58 per kilo**
- Paprika - **£9.52 per kilo**
- Paprika Smoked - **£46.24 per kilo**
- Peppercorns Black - **£23.89 per kilo**
- Rosemary - **£10.54 per kilo**
- Sumac - **£23.46 per kilo**
- Thyme - **£15.05 per kilo**
- Turmeric Ground - **£7.14 per kilo**

Chocolate

- Raw Chocolate - Vegan, Dairy Free
- Gluten Free and Delicious
- Salted Hazelnut - **£35.00 per kilo**
- Chocolate Ginger - **£30.00**
- Mint Buttons - **£33.00**
- Chocolate Cherries **£33.00**



Eggs

Mayfield Eggs- £1.90 Box of 6 medium size - Very Free Range

Bread

Cornfield Bakery

Small Wholemeal- **£2.66**

Small Sourdough- **£3.93**

Small Multi seed- **£3.63**

Small Maltbran- **£2.66**

Small GF Brown- **£5.18**

Dairy and Vegan

Alternatives

Tim's Dairy - Cow' Milk

Greek style Honey Yogurt 175g - **99p**

Greek style Vanilla Yogurt 175g - **99p**

Greek style Honey Yogurt 450g - **£2.05**

Greek style Vanilla Yogurt 450g - **£2.05**

Low fat Natural Yogurt 500g - **£1.49**

Artisan Cheese

Nettlebed Dairy

Bix 100g - **£4.50**

Highmoor semi soft 150g - **£4.25**

Witheridge 160g - **£4.95**

Norton and Yarrow

Sinoden Hill 200g - **£6.50**

Brightwell Ash 140g - **£5.50**

Violife and Sheese

Halloumi Alternative - **£3.95**

Mild Vegetarian Block - **£3.33**

Grated Vegetarian Mozzarella - **£4.46**

Milk and alternatives

Oat Milk - **£1.90 per Litre**

Nettlebed Milk - **£1.48 per Litre**

Nettlebed Kefir - **£5.60 per Litre**

Nettlebed butter - **£5.60 per 200g**

Glass Bottles

Oil Bottle 1Litre - **£5.00**

Small Bottle 500ml - **£1.15**

Small Jar 530ml - **£1.60**

Large Jar 925ml - **£1.98**

Picnic Cutlery

Rice Husk reusable cutlery - **£3.00**