



## Flo's Refill Shop Price List

(O) = Organic

(GF) = Gluten Free

### Pasta (per kilo)

- (O)Pasta White Penne - **£5.57**
- (O)Pasta Brown Fusilli - **£5.81**
- (O) (GF)Pasta Gluten Free - **£5.94**
- (O)Pasta White Pennette - **£5.81**
- (GF)(O)Spaghetti - **£3.98 Packet**

### Rice (per kilo)

- (O)Rice Arborio White - **£7.01**
- (O)Rice White Basmati - **£5.68**
- (O)Rice Brown Short Grain - **£4.04**
- (O)Rice Brown Long Grain - **£4.13**
- (GF)(O)Brown Rice Penne - **£3.09 Packet**
- GF)(O)Brown Rice Noodles- **£2.79 Packet**

### Cereals (per kilo)

- (O)Deluxe Muesli - **£4.57**
- (O)Jumbo Oats - **£2.38**
- (GF) Rolled Oats - **£3.66**
- Oat Honey Crisp - **£4.67**
- (O)Oatmeal Medium -**£1.54 500g bag**

### Beans (per kilo)

- (O)Aduki beans - **£5.08**
- (O)Black Turtle beans - **£4.82**
- Mung beans - **£7.19**
- (O)Cannellini Beans - **£5.94**

### Pulses (per kilo)

- (O)Chickpeas - **£5.02**
- (O)Brown Lentils - **£5.21**
- (O)Green Lentils - **£4.69**
- (O)Red Lentils - **£4.42**
- (O)French Style Lentils - **£6.83**
- (O)Yellow Split Peas - **£4.09**

### Flour (per kilo)

- (O)Flour Strong Wholemeal - **£1.75**
- (O) Flour Strong White Bread - **£2.00**
- (O)Flour Strong white - **£2.60 bag 1.5 Kilo**
- (O)Plain fine White Flour - **£1.63**
- (O)Plain fine Wholemeal Flour - **£1.47**
- (GF) Plain White Flour - **£3.00**
- (O) (GF) Buckwheat flour - **£5.54**

- (O) (GF) Flour Tef White - **£4.08 bag**
- (O) (GF) Flour Tef Brown - **£3.94 bag**
- (O)Spelt Flour Wholemeal - **£2.53 bag**
- (GF) Gram Flour - **£3.00 bag**
- (GF) Plain White Flour - **£3.00 bag**

### Grains (per kilo)

- (O)Bulghur Wheat - **£3.50**
- Couscous - **£2.99**
- (O)Giant Cous Cous - **£5.78**
- (O)Popping Corn - **£3.50**
- Pearl Barley - **£2.38**
- (O) Millet - **£3.40**
- (O) Quinoa - **£5.36**
- (O) (GF) Polenta - **£3.04**
- Buckwheat Groats - **£5.54**

### Nuts (per kilo)

- (O)Almonds - **£17.65**
- Ground almonds- **£10.29**
- (O)Flaked Almonds- **£19.63**
- (O)Blanched Almonds - **£17.65**
- (O)Brazil Nuts - **£8.18**
- (O)Cashews - **£12.55**
- (O)Hazel Nuts -**£18.69**
- (O)Peanuts - **£6.62**
- Pecan halves - **£21.29**
- Pistachios - **£20.54**
- (O)Walnuts - **£11.81**

### Dried Fruit (per kilo)

- (O)Apricots - **£13.26**
- (O)Chopped Apricots **£9.60**
- (O)Dates - **£6.44**
- (O)Raisins - **£5.68**
- (O)Sultanas-**£5.54**
- (O)Currants - **£6.72**
- (O) Sour Cherries - **£25.08**
- (O)Cranberries - **£18.17**
- Candied Mixed Peel - **£9.49**
- Candied Mixed Peel - **£2.25 Tub**



## Seeds (per kilo)

- (O)Chia Seeds - **£10.02**
- (O)Linseed Golden - **£4.59**
- (O)Poppy Seeds - **£11.06**
- AA Grade Pumpkin Seeds - **£8.00**
- (O)Sesame Seeds - **£7.61**
- (O)Sunflower Seeds - **£4.57**
- (O)Hemp Seeds - **£8.88**

## Other

- Almond Butter(170g) - **£5.89 per jar**
- (O)Cashew butter(170g) - **£4.99 per jar**
- (O)(GF)Peanut Butter(250g) - **£3.25 jar**
- (GF) Tahini(280g) - **£2.97 per jar**
- (O)Coconut Oil(470ml)- **£4.89 per jar**
- (O)(GF))Nutritional Yeast flakes - **£6.49**
- (O) Nairns Oatcakes - **£1.78**
- (O)Cyder Vinegar - **£5.04 per Litre**
- (O)White Wine Vinegar - **£5.26 per Litre**
- (O)Balsamic Vinegar - **£11.81 per Litre**
- (O)Sunflower Oil - **£8.40 per Litre**
- (O)Olive Oil - **£14.25 per Litre**
- Rapeseed oil- **£6.50 per Litre**
- Sugar Golden Caster - **£4.71 per kilo**
- Soft Whole Cane Sugar - **£5.59 per kilo**
- Seasalt - **£14.36 per kilo**
- Yeast - **£1.85 per pack**
- Cacao Nibs - **£10.40 per kilo**
- Forest Honey(400g) - **£7.40 per jar**
- Porch Jam & Marmalade- **£3.00 per jar**
- (O)Coconut Blossom(300g) -**£4.99 per jar**
- (O)(GF)Bouillon(8 cubes)- **£1.50**
- Vecon(225g) - **£3.48 per jar**
- (O)Soya Sauce(150ml) - **£4.39**
- (O)(GF) Soya Sauce - **£2.99**
- Freekeh - **£2.05 per box**
- Coffee whole bean - **£28.20 per kilo**
- (O)Pukka Teas - **£4.96**
- (O)Agar Flakes - **£5.98**
- Stevia - **£6.33 tub**
- Himalayan Pink Salt - **£3.99 packet**
- Vanilla Paste - **£15.11tube**
- (GF)Baking Powder - **£1.87Packet**
- Panda Toilet Rolls - **£1.39 Roll**

## Skin and Hair care

### Earth Friendly Baby

- Baby Shampoo and Body Wash(250ml) - **£4.08**

Body Lotion(250ml) - **£5.10**

Bubble Bath(300ml) - **£5.49**

### Tooth care

Kids Toothbrush - **£4.11**

Adult toothbrush - **£4.10**

Kingfisher Toothpaste - **£3.35**

Toothpaste Tablets - **£7.29**

### Faith in Nature

### Coconut, Aloe Vera, Lavender and Geranium

Body wash - **£11.88 per Litre**

Shampoo - **£13.54 per Litre**

Conditioner - **£13.54 per Litre**

Shampoo Bars(85g) - **£6.96**

Conditioner Bars(85g) - **£6.96**

### Earth Conscious

Deodorant bar Vegan - **£8.99**

Jasmine and Rose Deodorant - **£6.99**

Grapefruit and Lemon Deodorant- **£6.99**

### Friendly Soap

Fragrance Free Shampoo Bar(95g) - **£2.96**

Wild Rose hand soap(100g) - **£2.99**

Epsom Salt Jar(575g) - **£6.00**

### Lavera

Gentle shaving foam(150ml) - **£7.95**

Aftershave Balm(50ml) - **£7.95**

24 hour Deodorant(50ml) - **£8.95**

Moisturising Cream(30ml) - **£10.95**

3-1 Shower Gel(200ml) - **£6.95**

### Suncream

Shade(100ml) - **£9.71**

Shade (15ml) - **£3.75**

## Hand soap

Fig Hand soap - **£ 5.50 per Litre**

Rose Hand soap - **£5.50 per Litre**

Grapefruit Hand soap - **£4.29 per Litre**

Olive Hand soap(125g) - **£1.92 per bar**

Olive Hand soap(600g) - **£4.16 per bar**



## Household washing and Cleaning (per Litre)

Ecover Washing Up Liquid (Lemon and Aloe vera) - **£3.57**  
Sesi Washing Up Liquid (Spiced Ginger or Unfragranced) - **£3.14**  
Sesi Dishwasher Powder - **£5.42**  
Ecoleaf Dishwasher Tablets (25) - **£5.71**  
Ecover Laundry Liquid - **£8.07**  
Sesi Non Bio Laundry Liquid - **£4.17**  
Sesi Delicates Laundry Liquid - **£6.90**  
Sesi Fabric Conditioner - **£2.77**  
Sesi Rinse Aid - **£4.29**  
Sesi All Purpose Cleaner - **£3.52**  
Sesi Toilet Cleaner - **£3.07**  
Sesi Vinegar for Cleaning - **£1.93**  
Sesi Window and Glass Cleaner - **£2.43**  
Limescale remover - **£5.37**  
Bicarb of Soda Cleaning - **£2.97 per kilo**  
Citric Acid (food and Cleaning) - **£10.89 per kilo**  
Oxygen Bleach - **£7.68 per Kilo**  
Plastic Bottles .5 and 1L - **£1.20**  
Spray cap - **£1.00**  
Pump Cap - **£1.00**

## Herbs and Spices (per 100g)

Allspice - **£2.14**  
Aniseed Star - **£3.07**  
Basil - **£1.00**  
Caraway Seed - **£1.39**  
Cardamom Pods - **£8.28**  
Ground Cardamom - **£7.92**  
Cayenne Pepper - **£1.20**  
Chillies Ground - **£1.03**  
Cinnamon Ground - **£1.31**  
Cinnamon Quills - **£6.77**  
Cloves - **£1.98**  
Ground Cloves - **£1.86**  
(O) Coriander Seed - **64p**  
Coriander Ground - **68p**  
Cumin Seed - **£3.93**

Cumin Ground - **£1.03**  
Curry Medium - **72p**  
Dill - **£3.44**  
Fennel Seed - **£1.12**  
(O) Fenugreek Seed - **£2.17**  
(O)(GF) Flaxseed Ground **£3.07 pack**  
Garam Masala - **£1.43**  
Ginger Ground - **£1.24**  
Mixed Herbs - **£1.38**  
Mixed Spice - **£1.40**  
Mustard Seed Yellow - **64p**  
Mustard Seed Black - **59p**  
Nigella seeds - **£5.30**  
Nutmeg - **£4.99**  
Oregano - **£1.67**  
(O) Paprika - **£1.01**  
(O) Paprika Smoked - **£4.90**  
Peppercorns Black - **£2.39**  
Rosemary - **£1.12**  
Sage - **£1.91**  
(O) Sumac - **£2.48**  
Tarragon - **£6.55**  
Thyme - **£1.69**  
Turmeric Ground - **£1.99**

## Chocolate (per 100g)

**Raw Chocolate - Vegan, Dairy Free**

**Gluten Free and Delicious**

Salted Hazelnut - **£3.50**  
Chocolate Ginger - **£3.00**  
Mint Buttons - **£3.30**  
Chocolate Cherries - **£3.30**  
Spiced Almonds - **£3.50**  
Chocolate Truffle hearts - **£3.50**

## Eggs

**Mayfield Eggs - £2.50 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**

(GF) Small Brown- **£5.18**

## **Milk and alternatives**

Oat Milk (1L) - **£2.14**

Coconut Milk- **£2.18**

## **Kinder**

Beeswax Wraps x3 per pack - **£7.99**

Facial Rounds x12 per pack - **£10.65**

Reusable Breast Pads pair - **£4.50**

Reusable Pad 8" Light - **£8.15**

Reusable Pad 8" Heavy - **£9.65**

Reusable Pad 10" Light - **£8.65**

Reusable Pad 10" Heavy - **£10.40**

Postpartum Ice pads - **£11.65**

Spare ice pack - **£2.99**