

## global refills stock list - october 2021

### cereals

barley flakes (org)  
bran flakes (org)  
buckwheat groats (gf)(org)  
deluxe muesli (org)(vg)  
jumbo oat flakes (org)  
pinhead oatmeal (org)  
rolled oat flakes (org)  
rolled oat flakes (gf)(org)  
super muesli (org) (vg)

### chocolate and sugars

55% dark couverture (org)(vg)  
coconut palm sugar (org)  
light caster sugar (org)  
milk couverture (org)

### dried fruit

apricots whole (org)  
banana chips  
coconut chips (org)  
coconut desiccated (org)  
figs (org)  
crystalised ginger (org)  
goji berries  
hi-energy trail mix (org)(vg)  
mango strips (org)  
medjoul dates (fair trade)  
prunes  
raisins (org)  
sour cherries (org)  
sun-dried tomato halves (org)

### packaged flour / baking

brown bread flour (gf)  
brown rice flour (gf)(org)  
chickpea flour (gf)(org)  
coconut flour (gf)(org)  
malthouse bread flour (org)  
pasta flour (org)  
polenta (gf)(org)  
plain white flour (org)  
plain white flour (gf)  
rye wholemeal flour (org)  
self raising flour (org)  
spelt wholemeal flour (org)  
strong white plain flour (org)  
100% wholemeal flour (org)  
baking powder (gf)  
bicarbonate of soda (gf)  
cocoa (org)(ft)  
cornflour (gf)  
sourdough starter (org)  
vitamin c  
xanthan gum (gf)  
yeast (gf)(org)

### nuts

almonds  
brazil nuts  
cashews  
flaked almonds  
ground almonds  
hazelnuts (org)  
pecan halves  
walnut halves

## pulses and grains

beluga lentils (org)  
black turtle beans (org)  
brown lentils (org)  
bulghur wheat (org)  
butter beans (org)  
chickpeas (org)  
green lentils (org)  
maftoul (org) (ft)  
polenta (gf)  
popping corn (org)  
pot barley (org)  
red kidney beans (org)  
red split lentils (org)  
tri-colour quinoa (org)  
yellow split peas (org)

## rice and pasta

arborio rice (org)  
brown kilombero rice (ft)  
brown long grain rice (org)  
corn&rice caserecce (gf)(org)  
corn&rice conchiglie (gf)(org)  
wheat caserecce (org)  
wheat gomitini (org)  
white basmati rice (org)  
white kilombero rice (ft)  
wholewheat pennette (org)

## seeds

chia (org)  
hulled hemp (org)  
golden linseed (org)  
poppy (org)  
pumpkin seeds (org)  
sesame white (org)  
sunflower (org)

## spices

black peppercorns (org)  
cardamom pods  
caraway seeds (org)  
chillies whole  
cinnamon quills  
cloves whole  
coriander seeds (org)  
cumin seeds (org)  
fennel (org)  
star anise (org)

ft = fair trade gf = gluten free org = organic
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**household liquids (Bio-D, SESI, ecoleaf)**

fabric conditioner  
washing up liquid  
toilet cleaner  
all-purpose sanitiser  
laundry liquid  
sanitising hand wash  
multi surface cleaner  
window & glass cleaner  
bicarbonate of soda  
dishwasher powder  
rinse aid  
white vinegar  
hand & delicate laundry

**toiletries** (faith in nature)

various scents: aloe vera (AV), coconut (Co), grapefruit & orange (G&O), lavender & geranium (L&G), wild rose(WR)  
body lotion: Co  
body wash: AV, G&O, L&G, WR  
conditioner: AV, Co, G&O, L&G, WR  
hand wash: AV & Tea Tree, L&G  
shampoo: AV, Co, G&O, L&G, WR

**ALSO...**

eggs (Beechwood Farm)  
sourdough bread / pastries (Rise Bakehouse)  
organic fruit & veg  
fairtrade / organic wine  
beers & ciders - organic / local  
selection of spirits