

THE STORE CUPBOARD: ORDER SHEET [FEBRUARY 2017]

Collection times: Fridays 11am-4pm & Saturdays 9.30am-3.30pm

Email orders: please send your orders to StoreCupboardCP@gmail.com & include the following info: name, mobile no. & preferred collection day. Please order by 6pm on the day before you wish to collect.

Same day collections: Drop your order list off with us before you do the rest of your local/market shop

& we'll pack it up ready for collection when you return. [Available Friday 11am-4pm, Saturday 9.30am-3.30pm].

Bring your own containers for filling & get **5p OFF** per container.

ALL PRODUCTS ARE CERTIFIED ORGANIC UNLESS OTHERWISE SPECIFIED

G = contains Gluten

BAKING	Price/100g	DRIED FRUIT	Price/100g
Bicarbonate of Soda [not certified organic]	£0.40	Apricots	£1.55
Brown Rice Flour	£0.35	Coconut Chips	£0.62
Coconut Flour	£0.82	Cranberries	£2.15
Buckwheat Flour	£0.47	Crystalised Ginger	£1.56
Ground Almonds	£2.24	Currants	£0.83
Polenta	£0.31	Dates	£0.88
Rye Flour G	£0.32	Dessicated Coconut	£0.69
Spelt Flour White [UK] G	£0.39	Goji Berries	£2.70
Spelt Flour Wholegrain [UK] G	£0.32	Figs	£1.20
Teff Flour [brown]	£1.01	Incan Berries	£2.82
		Mango Strips	£2.16
BEANS & PULSES	Price/100g	Mulberries	£0.99
Aduki Beans	£0.44	Prunes	£1.89
Black Lentils	£0.57	Raisins	£0.58
Black Turtle Beans	£0.30	Sour Cherries	£2.65
Brown Lentils	£0.49	Sultanas	£0.52
Butter Beans	£0.55		
Chickpeas	£0.36	GRAINS	Price/100g
Fava Beans [UK]	£0.33	Amaranth	£0.85
Green Lentils	£0.52	Buckwheat Groats	£0.36
Haricot Beans	£0.41	Bulghur Wheat G	£0.30
Mung Beans	£0.51	Fregola [Giant couscous] G	£0.69
Pinto Beans	£0.36	Millet	£0.31
Puy Lentils	£0.44	Polenta	£0.31
Red Kidney Beans	£0.40	Popping Corn	£0.31
Red Split Lentils	£0.46	Pot Barley G	£0.21
Yellow Split Peas	£0.29	Quinoa	£0.76
		Quinoa [Black]	£0.92
BREAKFAST CEREALS	Price/100g	Quinoa [Red]	£0.81
Barley Flakes G	£0.22	Spelt Grain [UK] G	£0.36
Brown Rice Flakes	£0.61	Teff Grain	£0.81
Buckwheat Flakes	£0.57	Wholemeal Couscous G	£0.31
Rolled Oats [Gluten Free] UK	£0.31		
Jumbo Oats [Gluten Free] UK	£0.31	HERBS & SPICES	Price/25g
Millet Flakes	£0.59	Allspice Berries	£1.43
Quinoa Pops	£2.55	Caraway Seed	£0.95
Spelt Flakes [UK] G	£0.66	Cardamom Pods	£1.60
Toasted Wheat Flakes G	£0.31	Chilli Powder	£1.00
		Cinammon [Ground]	£1.15
		Cinammon [Sticks]	£1.86

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HERBS & SPICES	Price/25g	RICE	Price/100g
Cloves [whole]	£1.30	Arborio Rice	£0.51
Coriander Seed	£0.91	Basmati Rice - Brown	£0.49
Coriander [ground]	£0.99	Basmati Rice - White	£0.50
Crushed Chilli	£1.43	Brown Rice - long grain	£0.34
Cumin Seed	£0.97	Brown Rice - short grain	£0.37
Cumin Seed [Black]	£1.05	Camargue Red Rice	£0.59
Curry Powder [Hot]	£2.34	Jasmine Rice - White	£0.51
Fennel Seed	£0.91	Wild Rice	£1.76
Fenugreek	£0.91	Wild Rice Mix	£0.67
Garam Masala	£1.76		
Ground Ginger	£0.86	SEAWEED	Price/10g
Herbes de Provence	£1.35	The Cornish Seaweed Co.	
Mustard Powder [Yellow]	£0.73	Dulce [UK]	£1.65
Mustard Seed [Brown]]	£0.88	Kombu [UK]	£1.65
Nutmeg [whole]	£2.12	Sea Greens [UK]	£3.75
Oregano	£1.50	Sea Salad [UK]	£1.65
Paprika	£1.19	Sea Spaghetti [UK]	£1.65
Paprika, Smoked	£1.21		
Peppercorns [Black]	£0.99	SEEDS	Price/100g
Psyllium Husk	£0.93	Chia Seed	£0.90
Rosemary	£0.71	Flax Seed	£0.37
Sage	£1.50	Flax Seed, Crushed	£0.73
Star Anise	£1.28	Hemp Seed	£0.36
Thyme	£1.20	Hemp Seed, Dehulled	£3.23
Turmeric Root Powder	£0.87	Omega Seed Mix	£0.68
		Pine Nuts	£5.56
NUTS	Price/100g	Poppy Seeds	£0.94
Almonds [whole]	£2.14	Pumpkin Seeds	£0.72
Almonds [flaked]	£2.56	Sesame Seeds	£0.45
Brazil Nuts	£1.87	Sesame Seeds [Black]	£0.72
Cashew Nuts	£2.46	Sunflower Seeds	£0.32
Hazelnuts	£2.08		
Peanuts	£0.58	Salt	Price/100g
Pecan Nuts	£3.82	Pink Himalayan [Course]	£0.76
Walnuts	£1.81	Pink Himalayan [Fine]	£0.76
Nut Mix:almond,brazil,cashew, walnut	£2.00	Sea Salt	£0.46
hazelnut			
	Price/500ml	Gipsy Hill Herbs Handblended Organic Salts	
OILS AND VINEGARS - Refills*		Fragrant Tuscan Salt	£1.00/25g
Cider Vinegar RAW with the mother	£1.85	Chilli, Coriander & Lime Salt	£1.00/25g
Balsamic Vinegar	£4.25		
Olive Oil: Cold Pressed, Virgin [Spain]	£6.50	Seaweed Salt	£1.00/25g
<i>*Bring your own bottle</i>		[Cornish Seaweed Co.]	
<i>or 250ml & 500ml bottles on sale</i>			
<i>at the stall. Price £1.50</i>			
Coconut Oil [RAW] 210g, Essential Trading	£3.99		
Coconut Oil [RAW] 690g, Essential Trading	£10.99		

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SPREADS, BUTTERS, SAUCES		Herbal Teas contd	Price/50g
Almond Butter 425g £6.95			
Unpasteurised Brown Rice Miso 150g £3.45		Lavender Flower	£4.00
Peanut Butter [Crunchy] 340g £2.99		Lemon Grass	£2.00
Pear and Apple Spread 450g £4.45		Lemon Verbena	£4.50
Natural Dark Tahini [Fair Trade] 270g £3.45		Liquorice Root	£2.30
Tamari [Strong] 1ltr £10.95		Marigold Flower	£2.90
Tamari, Japanese 150ml [Clearspring] £3.18		Nettle Leaf	£2.70
		Olive Leaf	£3.25
SUPERFOODS	Price/25g	Peppermint	£2.10
		Pink Rose Petal	£7.60
Acai Powder [NOT IN STOCK]	TBA	Raspberry	£2.20
Ascophyllum Granules	£1.20	Red Clover Flower	£5.00
Astragalus Root Powder	£2.16	Rooibos Leaf	£3.00
Baobob Fruit Powder	£1.13	Rosehip	£2.80
Bee Pollen	£1.76	Sage	£3.00
Chlorella Powder	TBA	Thyme	£2.40
Maca Powder	£0.93		
Matcha Powder	£4.45	'Gipsy Hill Herbs' Handblended Herbal Teas	Price/50g
Spirulina Powder	£2.12		
Cacao Butter Cold Pressed	£1.80/50g	Chamomile, Linden Flower, Passion Flower, Rose	£3.75
Cacao Nibs RAW	£1.73/100g	Nettle & Black Peppermint	£3.75
Cacao Powder RAW	1.52/50g	Chamomile, Peppermint & Fennel	£3.75
		Meadowsweet, Cinnamon & Liquorice	£3.75
		Nettle, Peppermint, Dandelion, Red Clover & Liquorice	£3.75
SWEETENERS	Price/100g		
Carob Bean Powder	£1.48	ECO CLEANING PRODUCTS	
Coconut Palm Sugar	£1.24	*Please supply your own containers*	
Granulated Cane Sugar	£0.39		Price/ltr
	Price/jar	All Purpose Cleaner	£2.50
Maple Syrup [250ml] £5.50	£5.50	Fabric Conditioner	£2.40
Wildflower Honey [RAW] 340g £5.00	£4.50	Laundry Liquid	£2.34
<i>[Includes 50p refundable deposit on jar]</i>		Toilet Cleaner	£2.20
		Washing Up Liquid	£2.60
TEAS & HERBAL TEAS	Price/50g	Home & Garden Sanitiser bioD	£2.60
Black: Nam Lanh [Fair Trade]	£2.32	BREADBREAD - only on Saturdays	
Green Jasmine	£2.74	100% Organic Sourdough Bread	
Oolong	£4.50	Cafone	£4.50
Sencha Green Leaf	£3.52	Cocchiotta	£0.65
Yerba Maté	£2.62	Focaccia*	£2/qtr
		German Rye	£4.50
Herbal Teas: Caffeine Free		Organic Long [Rye Starter]	£4.80
Ashwaganda Root	£2.70	Pagnotta*	£10.00
Chamomile Flower	£3.00	Seeded Tin	£3.50
Dandelion Leaf	£2.20	Walnut and Rye	£4.80
Echinacea Leaf	£5.00	*Sold as whole, half [£5.60] or quarter [£2.80] loaf.	
Eyebright	£2.00	Please specify when ordering.	
Golden Rod	£2.10		
Hibiscus	£2.10		