



## Order Form

**Name**.....

**Tel Number**.....

**Date**.....

**Collection (we will contact you when best it will be best to collect)**

Please enter amounts of required items – Please note if purchasing liquids please tick a bottle option if not providing your own. Weights may be slightly over/under. **Allergens in Bold**

Type	Product Name	Sale Price per 100g	Individual Price	Amount Required
<b>Cereal</b>	Tropical Muesli - Flakes ( <b>Oat, Wheat, Barley, Rye</b> , Coconut), Diced (Pineapple, Papaya), Banana Chips, Whole Almonds, Apricots, Sunflower Seeds, (Preservative: E220 <b>Sulphur Dioxide</b> ).	<b>0.45</b>		
<b>Cereal</b>	Country Fruit and Nut Muesli - Flakes (Porridge <b>Oats, Barley, Toasted Wheat, Wheat</b> ) Sultanas, <b>Granola, Hazelnuts</b> , Dates, <b>Brazils</b> , Sunflower Seeds, Coconut.	<b>0.4</b>		
<b>Cereal</b>	Porridge Oats - <b>Oats</b>	<b>0.2</b>		
<b>Cereal</b>	Jumbo Oats - <b>Oats</b>	<b>0.2</b>		
<b>Cereal</b>	Organic Porridge Oats - <b>Oats</b>	<b>0.26</b>		
<b>Cereal</b>	Cornflakes - Maize, Sugar, <b>Barley</b> Malt Flavouring, Salt, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B	<b>0.45</b>		
<b>Cereal</b>	Granola Fruit - Toasted <b>Oats</b> , Dates, Apricots, Banana, Papaya, Pineapple, Coconut, Honey, Coconut Oil, Sugar, Rice Four, Vegetable Oil, (Preservative E220 <b>Sulphur Dioxide</b> )	<b>0.5</b>		
<b>Cereal</b>	Muesli Summerfruits - Flakes ( <b>Oat, Wheat, Barley, Rye</b> ) Vine Fruits, Dates Roasted ( <b>Hazelnuts, Peanuts</b> ) Apricots, Sunflower Seeds, <b>Cashew</b> , Strawberries, Raspberries, Blackcurrants, (Preservative E220 Sulphur Dioxide)	<b>0.4</b>		
<b>Cereal</b>	Muesli Organic Base - Organically Grown <b>Oats</b> , Flakes ( <b>Barley, Wheat, Rye, Malted Wheat</b> )	<b>0.35</b>		
<b>Cereal</b>	Muesli Gluten Free - Rice flakes, Millet flakes, Currants, Raisins, Sunflower Seeds, Sultanas, Chopped Dates, Roasted <b>Hazelnuts, Flaked Almonds, Cashews</b> .	<b>0.65</b>		
<b>Cereal</b>	Rice Krispies - Rice, Sugar, Salt, <b>Barley</b> Malt Flavouring, Niacin, Iron, Vitamin B6, Vitamin B2(Riboflavin), Vitamin B1(Thiamin), Folic Acid, Vitamin D, Vitamin B12.	<b>0.58</b>		
<b>Grains And Rice</b>	Barley Grain - <b>Barley</b> grain	<b>0.2</b>		
<b>Grains And Rice</b>	Bulgar Wheat - Bulgur <b>wheat</b> , (contains <b>gluten</b> ). Social and Fair Trade Standard	<b>0.25</b>		
<b>Grains And Rice</b>	Organic Buckwheat - Organic buckwheat	<b>0.4</b>		
<b>Grains And Rice</b>	Organic Quinoa - Quinoa grain organic	<b>0.65</b>		
<b>Grains And Rice</b>	Cous Cous - Durum <b>Wheat</b> Semolina	<b>0.2</b>		
<b>Grains And Rice</b>	Popping Corn - Corn	<b>0.25</b>		
<b>Grains And Rice</b>	Polenta Fine - Maize	<b>0.15</b>		

<b>Grains And Rice</b>	Arborio Rice - Rice	<b>0.35</b>		
<b>Grains And Rice</b>	Basmati Premium - Basmati Rice	<b>0.35</b>		
<b>Grains And Rice</b>	Long Grain Brown/White - Long Grain Rice	<b>0.25</b>		
<b>Grains And Rice</b>	Pudding Rice - White Pudding Rice	<b>0.25</b>		
<b>Organic Pasta</b>	Organic Whole wheat/White - Italian durum whole <b>wheat flour*</b> , water. * denotes product of organic farming.	<b>0.3</b>		
<b>Pasta White</b>	White Pasta - Penne/Fusilli - Italian Durum <b>Wheat</b>	<b>0.2</b>		
<b>Pasta Whole wheat</b>	Whole wheat Pasta - Penne/Fusilli - Italian Durum <b>Wheat</b>	<b>0.25</b>		
<b>Gluten Free Pasta</b>	Gluten Free Pasta - Corn Flour, Water	<b>0.3</b>		
<b>Pulses/Beans</b>	Bean Mix - Aduki, Blackeye, Haricot, Mung, Butter, Turtle, Red Kidney, Borlotti	<b>0.45</b>		
<b>Pulses/Beans</b>	Butter Bean - Butter Bean	<b>0.35</b>		
<b>Pulses/Beans</b>	Chickpeas - Chickpea	<b>0.35</b>		
<b>Pulses/Beans</b>	Haricot Beans - (Truro Only) - Haricot Bean	<b>0.3</b>		
<b>Pulses/Beans</b>	Kidney Beans - Kidney Bean	<b>0.35</b>		
<b>Pulses/Beans</b>	Lentils Green - Green Lentils	<b>0.3</b>		
<b>Pulses/Beans</b>	Lentils Red - Red Lentils	<b>0.25</b>		
<b>Nuts</b>	Almonds Whole - <b>Almonds</b>	<b>1.5</b>		
<b>Nuts</b>	Almonds Flaked - <b>Almonds</b>	<b>1.3</b>		
<b>Nuts</b>	Ground Almonds - <b>Almonds</b>	<b>1.3</b>		
<b>Nuts</b>	Broken Brazils - <b>Brazil Nuts</b>	<b>2</b>		
<b>Nuts</b>	Cashew Whole - <b>Cashew Nuts</b>	<b>2.1</b>		
<b>Seeds</b>	Chia Seeds - Chia Seeds	<b>1</b>		
<b>Baking</b>	Coconut Desiccated - Coconut	<b>1</b>		
<b>Baking</b>	Coconut Flakes - Coconut	<b>0.8</b>		
<b>Nuts</b>	Roasted Hazelnuts - <b>Hazelnuts</b>	<b>2</b>		
<b>Seeds</b>	Linseed/Flax - Linseed	<b>0.3</b>		
<b>Nuts</b>	Salted and Roasted Peanuts - <b>Peanuts</b> , Salt, Sunflower Oil	<b>0.65</b>		
<b>Nuts</b>	Pecan Nuts - <b>Pecan Nuts</b>	<b>2</b>		
<b>Nuts</b>	Pine Kernels - Pine Kernels	<b>3</b>		
<b>Seeds</b>	Pumpkin Seeds - Pumpkin Seeds	<b>0.7</b>		
<b>Seeds</b>	Sunflower Seeds -Sunflower Seeds	<b>0.55</b>		
<b>Seeds</b>	Sesame Seeds - (Goonhavarn Only) - <b>Sesame</b> Seeds			
<b>Nuts</b>	Walnuts Halves and Pieces - <b>Walnuts</b>	<b>1.5</b>		
<b>Nuts</b>	Nut Mix - <b>Peanuts, Brazils, Hazelnuts, Walnuts, Almonds</b>	<b>1.3</b>		
<b>Nuts</b>	Nuts and Raisins - <b>Peanuts</b> , Raisins, Vegetable Oil	<b>0.8</b>		
<b>Fruit and Nuts</b>	Island Mix - Pumpkin Seeds, Sunflower Seeds, <b>Cashews</b> , Raisins, <b>Redskin Peanuts</b>	<b>0.7</b>		
<b>Snacks</b>	Bombay Mix Mild - Green Lentils, Gram Flour, Potato Starch, Corn Flour, <b>Peanuts</b> , Vegetable Oil (RAPESEED OIL) Salt & Spices.(Cumin Powder, Coriander Powder, Salt & Chilli Powder) (THIN SEV NOODLES 47%, LENTILS 39%, <b>PEANUTS</b> 13%)	<b>0.4</b>		
<b>Snacks</b>	Chocolate Raisins - Raisins (45%), Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Vegetable Oil, Whey powder (from <b>MILK</b> ), Emulsifier Lecithin (E322), Glazing agents-Shellac (E904), Gum Arabic (E414), Flavouring	<b>0.6</b>		
<b>Snacks</b>	Chocolate Peanuts - <b>PEANUTS</b> (43%), Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Vegetable Oil, Whey powder (from <b>MILK</b> ), Emulsifier Lecithin (E322), Glazing agents-Shellac (E904), Gum Arabic (E414), Flavouring	<b>0.6</b>		
<b>Snacks</b>	Yoghurt Raisins - Raisins (35%), Sugar, Vegetable Oil, Whey powder (from <b>MILK</b> ), rice flour, yoghurt powder ( <b>MILK</b> ) (5%),	<b>0.6</b>		

	dextrose emulsifier, lecithin(E322), glazing agents shellac(E904), gum Arabic(E414), flavouring			
<b>Dried Fruit</b>	Apple Rings - Dried apple, Preservative ( <b>Sulphur Dioxide</b> )	<b>0.75</b>		
<b>Dried Fruit</b>	Apricots (unsulphured) - Apricots	<b>0.8</b>		
<b>Dried Fruit</b>	Banana Chips - Banana, Coconut Oil, Sugar, Honey	<b>0.7</b>		
<b>Dried Fruit</b>	Cranberries - Cranberries, sugar, sunflower oil	<b>0.8</b>		
<b>Dried Fruit</b>	Dates Whole Pitted - Dates, Sunflower Oil	<b>0.5</b>		
<b>Dried Fruit</b>	Figs - (Truro Only) - Figs, Vegetable Oil	<b>0.75</b>		
<b>Dried Fruit</b>	Mango Diced (Truro Only) - Mango, Sugar, (Preservative: E220 <b>SULPHUR DIOXIDE</b> )	<b>1.8</b>		
<b>Dried Fruit</b>	Pineapple Diced (Goonhavern Only) - Pineapple, Sugar, (Preservative: E220 <b>SULPHUR DIOXIDE</b> )			
<b>Dried Fruit</b>	Prunes - Prunes, Vegetable Oil, (Preservative: E220 <b>Sulphur Dioxide</b> )	<b>0.6</b>		
<b>Dried Fruit</b>	Raisins - Raisins, Vegetable Oil	<b>0.4</b>		
<b>Dried Fruit</b>	Sultanas - Sultanas, Vegetable Oil	<b>0.4</b>		
<b>Snacks</b>	Belgian Chocolate Buttons - Sugar, Coco Butter, Whole <b>Milk</b> powder, Cocoa Mass, Emulsifiers: <b>Soya</b> Lecithin, Natural Vanilla	<b>1.2</b>		
<b>Herbs</b>	Mixed Herbs - Marjoram, Sage, Thyme, Basil, Mint	<b>2.5</b>		
<b>Herbs</b>	Oregano - Oregano	<b>2.5</b>		
<b>Herbs</b>	Sage - Sage	<b>2.5</b>		
<b>Herbs</b>	Thyme - Thyme	<b>2.5</b>		
<b>Herbs</b>	Basil - Basil	<b>2</b>		
<b>Herbs</b>	Bay Leaves - Bay Leaves	<b>3</b>		
<b>Herbs</b>	Parsley - Parsley	<b>3</b>		
<b>Herbs</b>	Rosemary - Rosemary	<b>2</b>		
<b>Herbs</b>	Mint - Mint	<b>2</b>		
<b>Spices</b>	Cayenne Pepper - Cayenne Pepper	<b>1.5</b>		
<b>Spices</b>	Chilli Powder	<b>1.5</b>		
<b>Spices</b>	Cinnamon Ground - Cinnamon	<b>2</b>		
<b>Spices</b>	Coriander Ground - Coriander	<b>2</b>		
<b>Spices</b>	Cumin Ground - Cumin	<b>2</b>		
<b>Spices</b>	Garlic Powder - Garlic	<b>1.3</b>		
<b>Spices</b>	Ginger - Ginger	<b>2</b>		
<b>Spices</b>	Nutmeg - Nutmeg	<b>2</b>		
<b>Spices</b>	Paprika Smoked - Paprika	<b>1.5</b>		
<b>Spices</b>	Pepper - Whole - Black Peppercorns	<b>3</b>		
<b>Seasoning</b>	Turmeric Ground - Turmeric	<b>1.5</b>		
<b>Seasoning</b>	Sea Salt Course - Sea Salt Kosher	<b>0.2</b>		
<b>Spices</b>	Seat Salt Fine - Sea Salt Kosher	<b>0.2</b>		
<b>Spices</b>	Curry Powder Mix - Coriander, Turmeric, Chilli, Black Pepper, Ginger, Salt, Pimento, Cumin, Cloves, Garlic	<b>1.2</b>		
<b>Spices</b>	Mix Spice - GROUND Coriander, Cinnamon, Ginger, Nutmeg, Fennel, Cloves & Cardamom	<b>1.5</b>		
<b>Spices Whole</b>	Caraway Seeds - Caraway Seeds	<b>2</b>		
<b>Spices Whole</b>	Cardamoms - Green cardamoms	<b>3.6</b>		
<b>Spices Whole</b>	Cloves - Cloves	<b>2.9</b>		
<b>Spices Whole</b>	Coriander Seeds - Coriander Seeds	<b>2</b>		
<b>Spices Whole</b>	Cumin Seeds - Cumin seeds	<b>2</b>		
<b>Spices Whole</b>	Juniper Berries - Juniper Berries	<b>2.5</b>		
<b>Spices Whole</b>	Chilli Flakes - Chilli Flakes	<b>1.5</b>		
<b>Spices Whole</b>	Fennel seeds - Fennel Seeds	<b>2</b>		
<b>Spices Whole</b>	Cinnamon Quills - Cinnamon Quills	<b>6</b>		
<b>Spices Whole</b>	Black Mustard Seeds - Black <b>Mustard</b> Seeds	<b>1</b>		
<b>Spices Whole</b>	Yellow Mustard Seeds - Yellow <b>Mustard</b> Seeds	<b>1</b>		

<b>Spices Whole</b>	Garam Masala - GROUND coriander, cumin, black pepper, salt, pimento, nutmeg, fenugreek, cloves, aniseed, cinnamon, cardamom, bay leaves	<b>2</b>		
<b>Spices Whole</b>	Star Anise - Chinese Star Anise	<b>1.9</b>		
<b>Sesi Fabric Conditioner</b>	Fabric Conditioner	<b>0.28</b>		
<b>Sesi Laundry Liquid Bio</b>	Laundry Liquid Bio	<b>0.38</b>		
<b>Sesi Laundry Liquid Non-Bio</b>	Laundry Liquid Non Bio	<b>0.32</b>		
<b>Sesi Washing Up Liquid</b>	Washing Up Liquid	<b>0.28</b>		
<b>Sesi All Surface Cleaner</b>	Multi Surface Cleaner	<b>0.28</b>		
<b>Ecoleaf Antibacterial Hand Wash</b>	Ecoleaf Handwash	<b>0.35</b>		
<b>Shampoo</b>	Rose and Geranium, Tea Tree and Aloe or Coconut and Argan Oil	<b>0.95</b>		
<b>Conditioner</b>	Rose and Geranium, Tea Tree and Aloe or Coconut and Argan Oil	<b>0.95</b>		
<b>Shower Gel</b>	Grapefruit and Orange	<b>0.5</b>		
<b>Sesi Dishwasher Powder</b>	SESI Dishwasher Powder	<b>0.48</b>		
<b>Sesi White Vinegar</b>	White Vinegar for Cleaning	<b>0.15</b>		
<b>Vinegar</b>	Balsamic Vinegar	<b>0.65</b>		
<b>Vinegar</b>	Cyder Vinegar Organic	<b>0.5</b>		
<b>Oil</b>	Extra Virgin Honest Oil Greek Olive Oil	<b>0.65</b>		
<b>Oil</b>	Rapeseed Oil - Cold Pressed - Wales	<b>0.55</b>		
<b>Baking</b>	Organic Self Raising Flour - Organic <b>Wheat</b>	<b>0.15</b>		
<b>Baking</b>	Organic Plain Flour - Organic <b>Wheat</b>	<b>0.15</b>		
<b>Baking</b>	Strong Wholemeal Bread Flour - WHOLEMEAL <b>WHEAT FLOUR</b>	<b>0.15</b>		
<b>Baking</b>	White Bread Flour - (Goonhavern Only) - <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), <b>Wheat Gluten</b> , Amylase.	<b>0.15</b>		
<b>Baking</b>	Bicarbonate Of Soda - Sodium Hydrogen Carbonate (Baking Soda)	<b>0.6</b>		
<b>Baking</b>	Demerara Sugar - Demerara Sugar	<b>0.3</b>		
<b>Baking</b>	Baking Powder - <b>WHEAT</b> Flour, Disodium dihydrogen diphosphate E450, Sodium hydrogen carbonate	<b>0.8</b>		
<b>Baking</b>	Golden Granulated Sugar - Golden Granulated Sugar	<b>0.3</b>		
<b>Baking</b>	Coco Power 10/12 Nat - Cocoa Powder	<b>1</b>		
<b>Baking</b>	Caster Sugar - Caster Sugar	<b>0.25</b>		
<b>Baking</b>	Doves Gluten Free Plain Flour - Rice, potato, tapioca, maize, buckwheat	<b>0.2</b>		
<b>Baking</b>	Doves Gluten Free Self Raising Flour - Flour blend (rice, potato, tapioca, maize & buckwheat), raising agents (mono calcium phosphate, sodium bicarbonate), xanthan gum.	<b>0.2</b>		
<b>Baking</b>	Corn Flour	<b>0.2</b>		
<b>Baking</b>	Spelt flour - Wholemeal <b>spelt</b> flour	<b>0.24</b>		
<b>Baking</b>	Mixed Peel - Orange Peel, Lemon Peel, Sugar, Glucose, Syrup, Salt, (Preservative: E220 <b>SULPHUR DIOXIDE</b> )	<b>0.45</b>		
<b>Baking</b>	Mixed Vine Fruit - Sultanas, Raisins, Currants, Vegetable Oil	<b>0.55</b>		
<b>Soap</b>	Cut Your Own Soap Bar	<b>2</b>		
<b>Soap</b>	Bath Salts - Bulk - Lavender and Ylang Ylang	<b>0.75</b>		
<b>Friendly Soap Bars</b>	Shampoo/Travel Bars/Shaving		<b>3.5</b>	
<b>Friendly Soap Bars</b>	Conditioner Bar		<b>5.8</b>	
<b>Loose Tea</b>	English Breakfast Tea	<b>2</b>		
<b>Loose Tea</b>	Earl Grey	<b>2.2</b>		

<b>Loose Tea</b>	Ceylon	<b>2</b>		
<b>Loose Tea</b>	Decaffeinated tea	<b>2.5</b>		
<b>Coffee Beans</b>	Black Chough	<b>2</b>		
<b>Coffee Beans</b>	Lusty Glaze	<b>1.8</b>		
<b>Coffee Beans</b>	Decaffeinated	<b>2.2</b>		
<b>Bamboo Toothbrushes</b>	Fete Adult Toothbrush		<b>3.99</b>	
<b>Bamboo Toothbrushes</b>	Fete Children's Toothbrush		<b>3.99</b>	
<b>Bamboo Toothbrushes</b>	Fete Family Multipack		<b>14</b>	
<b>Reusable Coffee Cup</b>	Rcup 12oz		<b>12</b>	
<b>Reusable Coffee Cup</b>	Rcup 8oz		<b>11</b>	
<b>Cleaning Products</b>	Safix Scrub		<b>2.2</b>	
<b>Body care</b>	Kutis Natural Deodorants		<b>6.5</b>	
<b>Body care</b>	Pretty Green Things - Make Up Remover Pads		<b>6</b>	
<b>Body care</b>	Acala Cotton Swabs		<b>3.5</b>	
<b>Body care</b>	Refill Store Soap Tin		<b>2.5</b>	
<b>Body care</b>	Mutiny Shaving Set		<b>24.5</b>	
<b>Body care</b>	Mutiny Single Razor and Blades		<b>12.99</b>	
<b>Body care</b>	Shark Stainless Razor Blade X5 pack		<b>1.75</b>	
<b>Body care</b>	Aclala Dental Floss		<b>4.9</b>	
<b>Body care</b>	Acala Dental Floss Refills (x2 refills included)		<b>7.2</b>	
<b>Glass Jar</b>	Small Spice		<b>0.7</b>	
<b>Glass Preserving Jar</b>	500ml Preserving Jar		<b>3.5</b>	
<b>Glass Preserving Jar</b>	1L Preserving Jar		<b>4.5</b>	
<b>Glass Preserving Jar</b>	2l Preserving Jar - Tare		<b>5.8</b>	
<b>Glass Bottles</b>	Amber bottles screw lid 250ml		<b>1.4</b>	
<b>Glass Bottles</b>	Amber bottles screw lid 500ml		<b>1.8</b>	
<b>Bag</b>	Cotton Tote Bag		<b>2.5</b>	
<b>Bag</b>	Small Cotton Bag		<b>1.1</b>	
<b>Bag</b>	Medium Cotton Bag		<b>1.2</b>	
<b>Bag</b>	Large Cotton Bag		<b>1.4</b>	
<b>Bag</b>	3 Pack Cotton Bags		<b>3.5</b>	
<b>Bag</b>	XL Cotton Bag		<b>2</b>	
<b>Accessories</b>	Who Gives A Crap Loo Roll		<b>0.8</b>	
<b>Accessories</b>	Bumboo Loo Roll		<b>0.8</b>	