



(O) = Organic (L) = Locally Produced
 Prices correct as at 10th November 2020 & subject to change

Dried Fruit	per 100g
Unsulphured Apricots	£0.58
Cranberries	£0.75
Dates	£0.23
Figs (O)	£0.81
Mango (O)	£1.85
Mixed Fruit	£0.49
Pineapple Diced	£0.76
Prunes	£0.38
Jumbo Raisins	£0.44
Sour Cherries	£1.90
Sultanas	£0.33
Pulses	per 100g
Black Eye Beans	£0.38
Butter Beans (O)	£0.48
Chickpeas	£0.21
Green Lentils (O)	£0.36
Kidney Beans (O)	£0.54
Puy-type Lentils	£0.21
Red Lentils	£0.17
Seven Bean Mix (O)	£0.43
Yellow Split Peas	£0.17
Black Turtle Beans (O)	£0.32
Cereals	per 100g
Muesli Supreme	£0.45
Muesli Tropical	£0.28
Jumbo Oats	£0.10
Pasta, Rice & Grains	per 100g
White Pasta	£0.16
Wholewheat Pasta	£0.19
White Arborio Rice (O)	£0.31
Brown Basmati Rice (O)	£0.36
White Basmati Rice	£0.26
Bulgar Wheat	£0.22
Couscous	£0.22
Pearl Barley (O)	£0.14
Quinoa (O)	£0.66

Seasonings	per 10g
Basil (O)	£0.19
Cardamom Ground	£0.54
Cardamom Pods	£0.71
Cayenne Pepper (O)	£0.28
Chilli Ground (O)	£0.34
Chilli Flakes	£0.15
Cinnamon Ground (O)	£0.43
Cloves Ground (O)	£0.44
Coriander Leaf	£0.21
Coriander Ground (O)	£0.13
Cumin Ground (O)	£0.32
Cumin Seed (O)	£0.33
Fajita Seasoning	£0.12
Garam Masala (O)	£0.20
Garlic Granules	£0.10
Ginger Ground (O)	£0.24
Herbes de Provence (O)	£0.17
Italian Seasoning	£0.10
Mixed Herbs (O)	£0.26
Mixed Spice (O)	£0.25
Nutmeg Ground	£0.21
Black Onion Seeds (O)	£0.27
Oregano (O)	£0.17
Paprika Smoked	£0.12
Parsley (O)	£0.41
Peppercorns (O)	£0.22
Poppy Seed (O)	£0.15
Rosemary (O)	£0.17
Thyme (O)	£0.17
Turmeric (O)	£0.13
Fine Sea Salt (O) (per 100g)	£0.15
Coarse Sea Salt (O) (per 100g)	£0.15
Sugar	per 100g
Demerara	£0.32
Golden Granulated	£0.35
Muscovado Dark	£0.37

Nuts, Seeds, Snacks & Oils	per 100g
Almonds Whole (O)	£2.08
Almonds Ground	£1.38
Almonds Flaked	£1.39
Brazils	£1.40
Cashews (O)	£1.61
Coconut Chips (O)	£0.63
Gourmet Nut Mix	£1.47
Hazelnuts	£1.10
Pecans	£2.16
Walnuts	£1.37
Chia Seeds (O)	£0.88
Brown Linseed	£0.28
Pumpkin Seeds	£0.52
Sesame Seeds	£0.43
Sunflower Seeds	£0.30
Bombay Mix	£0.33
Popping Corn	£0.23
Extra Dark Chocolate Buttons 73% (O)	£1.60
Dark Chocolate Buttons 55% (O)	£1.60
Milk Chocolate Buttons (O)	£1.60
Rapeseed Oil 500ml (L)	£4.50
Loose Tea & Coffee	per 100g
Original Blend Breakfast Tea	£0.85
Smugglers' Gold Premium Tea	£1.70
Earl Grey Tea	£2.10
Decaf Tea	£1.68
Redbush Tea	£2.05
SOspecial Wholebean Coffee (L)	£2.20
SOroast Decaf Wholebean Coffee (L,O)	£2.20
Personal Care	each
Bamboo Cotton Buds	£2.55
Organic Deodorant Powder 100g (O)	£8.00
Bamboo Toothbrush - Adult & Junior	£2.75
Toothpaste Tablets 20g*	£2.30

*20g approx 1 month supply for 1 person

SESI Detergents	per 100g
<u>Please make sure your containers are clean!</u>	
Bio Laundry Liquid	£0.33
Non-Bio Laundry Liquid	£0.25
Fabric Conditioner	£0.20
Handwash & Delicates Liquid	£0.70
Washing Up Liquid - Spiced Ginger	£0.22
Washing Up Liquid - Unfragranced	£0.21
All Purpose Cleanser	£0.26
Cream Cleanser	£0.31
Toilet Cleaner	£0.24
Window & Glass Cleaner	£0.19
White Vinegar (cleaning only)	£0.12
Bicarbonate of Soda (cleaning only)	£0.15
Liquid Hand Soap - Fig	£0.50
Liquid Hand Soap - Rose	£0.50
Body Wash - Pomegranate	£1.20
Body Wash - Lime, Basil & Mandarin	£1.20
Household	each
Bamboo Baby Feeding Spoons	£5.50
Bamboo Baby Fork & Spoon	£5.50
Beeswax Wraps 3 Pack (L)	£15.00
Copper Pot Scrubber	£4.75
Dish Brush	£2.95
Replacement Dish Brush Head	£1.95
Coir Washing Up Brush	£2.50
Tea Strainer	£5.00
Plastic-free Toilet Brush	£4.75
Recycled Toilet Roll	£0.60
Soap, Shampoo & Conditioner Bars	each
Cyril's Soap Bar (L)	£4.00
Cyril's Shampoo Bar (L)	£4.50
Friendly Soap Bar	£2.25
Friendly Cleansing Bar	£2.75
Friendly Shaving Bar	£2.75
Friendly Shampoo Bar	£2.75
Friendly Conditioner Bar	£4.95
Intrinsic Soap Bar (L)	£4.00

Wednesdays: 3.30pm - 6pm The Churchill Arms, Alderholt Thursdays: 9am - 11am Harlees Fish & Chips, Verwood

Saturdays: **2nd & 4th Sat of month** High Lea Butchers, Witchampton 9am- 12 noon & **3rd Sat of month** Alderholt Village Hall, 9.30am - 12.30pm

See www.gardenerszerowaste.co.uk for more information.

