

GREENER GREENS
WHOLEFOOD CATALOGUE
DECEMBER 2016 - ADJUSTED

PRODUCT DESCRIPTION	PRODUCER	COMMENT	PRICE
Covenience Foods			
Creamed Coconut 200g	Biona		£1.79
Biona ORG Chopped Tomatoes	Biona		£0.99
San Am ORG Houmous with Pumpkin Seeds 170g	San Amvrosia	Pre-order	£2.35
San Am Small Fresh Avocado Houmous 142g	San Amvrosia	Pre-order	£1.65
San Am Small Artichoke Dip 142g	San Amvrosia	Pre-order	£2.58
San Am Medium Fresh Avocado Houmous 228g	San Amvrosia	Pre-order	£2.23
San Am ORG Small Fresh Houmous 170g 170g	San Amvrosia	Pre-order	£2.29
San Am ORG Large Fresh Houmous 340g 340g	San Amvrosia	Pre-order	£3.85
Chilli Miso Brown Rice Ramen x80g	King Soba		£1.73
San Am ORG Sun Tom/Olive Houmous SMALL 170g	San Amvrosia	Pre-order	£2.75
San Am Spicy Pinto Bean Dip 142g	San Amvrosia	Pre-order	£2.12
Marigold Braised Tofu in Cans	Marigold		£2.39
Haricot Beans in tins 400g	Biona		£1.09
Fair Trade Black Beans 400g	Suma		£1.19
Fair Trade Black Beans 400g	Suma		£1.09
Suma ORG Sweetcorn in Cans	Suma		£1.25
Chickpeas in tins 400g	Biona		£0.99
Butter Beans in tins 400g	Biona		£1.09
Green Lentils in tins 400g	Biona		£0.99
Biona ORG Red Kidney Beans Can	Biona		£1.09
Biona ORG Mixed Beans in Cans	Biona		£1.09
Cannellini Beans 400g	Suma		£0.95
Pinto Beans in tins 400g	Biona		£1.09
Whole Earth ORG Baked Beans (NAS)NOW 400g	Whole Earth		£1.19
Minestrone Soup 400g	Suma		£1.29
Pea Soup 400g	Suma		£1.29
Spicy Lentil Soup 400g	Suma		£1.29
Carrot & Coriander Soup 400g	Suma		£1.29
Biona ORG Baked Beans in Tomato Sauce	Biona		£1.19
Essential ORG Pineapple Chunks in Juice Can	Essential		£1.99
Biona ORG Coconut Milk	Biona		£1.69
Pasta			
White Lasagne (no pre-cooking) 250g	La Bio		£1.77
La Terra ORG White Cavatappi (Hollow Twists)	La Terra Il Cello		£1.89
White Spaghetti 500g	Organico		£1.45
Wholewheat Macaroni Gomitini 500g	La Bio Idea		£1.20
Biona ORG Wholewheat Penne	Biona		£1.49
Biona ORG Wholewheat Spaghetti	Biona		£1.39
Biona ORG Wholewheat Fusilli	Biona		£1.49
White Macaroni Penne 500g	La Bio-Idea		£1.20
Lasagne Verde 250g	La Bio-Idea		£1.77
Brown Rice Spaghetti - GF 500g	Doves Farm		£2.49
Vermicelli Noodles - GF 250g	King Soba		£2.05
Chilli Miso Brown Rice Ramen x80g	King Soba		£1.73
Millet & Rice Noodles 250g	King Soba		£1.95
100% Buckwheat Soba Noodles 200g	Clearspring		£3.99
Spelt Lasagne - wholemeal 250g	Biona		£2.69
Spelt Penne - wholemeal 500g	Biona		£2.29
White Spelt Fusilli 500g	Biona		£2.49

Spelt Lasagne - wholemeal 250g	Biona	£2.69
Spelt Spaghetti - wholemeal 500g	Biona	£2.29
Kamut Spaghetti 500g	Lima	£3.95
Kamut Penne 500g	Lima	£3.95
Kamut Spirelli 500g	Lima	£3.95
Kamut Tagliatelli 500g	Lima	£3.95
Penne - wholewheat 500g	Biona	£1.49
Biona ORG White Penne	Biona	£1.49
Medium Egg Noodles - 4 minute 250g	Blue Dragon	£1.57
Brown Rice Udon Noodles 200g	Clearspring	£2.49
Rice Quinoa Spaghetti 250g	BioFair	£2.79
Dried beans		
Aduki Beans 500g	Infinity	£1.89
Butter Beans 500g	Infinity	£2.29
Split Fava Beans - non organic 500g	Hodmedod	£1.55
Haricot Beans 500g	Infinity	£1.39
Mung Beans 500g	Infinity	£2.15
Red Kidney Beans 500g	Infinity	£1.75
Chickpeas 500g	Infinity	£1.60
Green Split Peas 500g	Infinity	£1.63
Yellow Split Peas 500g	Infinity	£1.35
Brown Lentils 500g	Infinity	£2.15
French Type Lentils 500g	Infinity	£2.10
Green Lentils 500g	Infinity	£2.19
French Type Lentils 500g	Infinity	£2.10
Red Split Lentils 500g	Infinity	£2.10
Nuts		
Flaked Almonds 125g	Infinity	£2.80
Almonds 500g	Infinity	£8.41
Almonds 250g	Infinity	£5.07
Nut Mix 250g	Infinity	£4.69
Brazil Nuts 500g	Infinity	£7.92
Brazil Nuts 250g	Infinity	£4.13
Cashews Whole 250g	Infinity	£5.44
Hazelnuts 250g	Infinity	£3.99
Fruit & Nut Mix 250g	Infinity	£3.19
Walnut Halves - Extra Light 250g	Infinity	£4.35
Pine Kernels 125g	Infinity	£6.59
Cashews Whole 500g	Infinity	£10.53
Pecan Halves 250gm	Infinity	£8.60
Desiccated Coconut 250gm	Infinity	£1.78
Rice & seeds		
Arborio Rice - white 500g	Biona	£2.89
Risotto Rice - Brown 500g	Biona	£2.59
Brown Rice Short Grain 1kg	Infinity	£2.95
Brown Rice Short Grain 2kg	Infinity	£5.69
White Jasmine Rice 500gm	Infinity	£2.30
Brown Rice Long Grain 500g	Infinity	£1.69
Brown Rice Long Grain 1kg	Infinity	£3.09
Brown Basmati 500g	Infinity	£2.05
White Basmati 500g	Infinity	£2.10
Brown Basmati 1kg	Infinity	£3.79
Bulghur 500g	Infinity	£1.55
Arborio Rice - white 500g	Infinity	£2.30
White Cous Cous 450g	Infinity	£1.29
Wholemeal Cous Cous 450g	Infinity	£1.45

Kamut Cous Cous 500g	Lima	£4.95
Popping Corn 500g	Infinity	£1.39
Quinoa Flakes 500g	Infinity	£3.19
Quinoa Flakes 500g	Infinity	£3.19
White Pudding Rice 500g	Infinity	£2.29
Amaranth Seed 500g	Infinity	£2.49
Wild Rice 250g	Infinity	£4.25
Wild Rice Mix 500g	Biona	£2.80
Pearl Barley 500gm	Infinity	£1.06
Pumpkin Seeds 250g	Infinity	£1.85
Pumpkin Seeds 500g	Infinity	£3.35
Sunflower Seeds 500g	Infinity	£1.69
Sunflower Seeds 250g	Infinity	£1.10
Linseed Brown 450g	Infinity	£1.50
Linseed Gold 500g	Biona	£2.79
Hulled Hemp Seeds 250gm	Sun & Seed	£5.99
Condiments		
Mustard - Wholegrain 200g	Biona	£2.29
Madras Curry Paste 180g	Geo	£2.19
Sunita ORG Pesto Genovese GF Vegan	Sunita	£3.75
Mustard - Dijon 200g	Biona	£2.19
Korma Curry Paste 180g	Geo Organics	£2.19
English Mustard 170g	Carleys	£2.15
Raw Kalamata Olives (in e.v. olive oil) 330g	Raw Health	£5.99
Kalamon Olive Pâté 135g	Sunita	£2.63
Mayonnaise 235g	Infinity Foods	£2.53
Gherkins - sml 350g	Biona	£2.49
Worcester Sauce 40ml	Biona	£3.29
Sauerkraut - sml 350g	Biona	£1.89
Stem Ginger 330gm	Biona	£5.99
Passata 680g	Biona	£1.49
Tomato Purée - jar 200g	Biona	£1.29
Pasta Sauce Tomato & Herb 440g	Meridian	£2.79
Tomato Ketchup 285g	Meridian	£1.99
Cider Vinegar - raw & mother 750ml	Biona	£2.79
Red Wine Vinegar 500ml	Clearspring	£2.76
White Wine Vinegar 500ml	Aspall	£1.53
Balsamic Vinegar 500ml	Biona	£3.99
Mango Chutney with Ginger & Roast Cumin 320g	Real Nature	£3.99
Shoyu Soya Sauce 500ml	Clearspring	£4.99
C/Spring ORG Japan TAMARI Soya 150ml	Clearspring	£3.19
C/Spring ORG Japanese TAMARI Soya Sauce 500ml	Clearspring	£8.99
Sun-dried Tomatoes in EV Olive Oil 170g	Biona	£4.19
Vegetable Suet	Community	£1.72
Basil Pesto 130gm	Mr Organic	£2.99
Green olives in jar (unpitted) 360ml	Sunita	£2.49
Liquid Aminos 473ml	Braggs	£6.29
Cereals		
Oat Groats 500g	Infinity	£1.12
Millet Flakes 500g	Infinity	£2.90
Jumbo Oats - bags 850g	Infinity	£2.35
Super Muesli 500g	Infinity	£2.39
Active Muesli - gluten-free FairTrade 400g	Alara	£4.99
Rolled Oatflakes 1kg	Infinity	£2.12
Muesli 600gm	PimHill Farm	£3.13
Muesli 850kg	PimHill Farm	£3.72

Mesa Sunrise - gluten-free 355g	Natures Path	£3.79
Buckwheat Flakes 500g	Infinity	£2.99
Coarse Oatmeal (Pinhead) 500g	Infinity	£1.34
Millet Rice Flakes 375g	Natures Path	£3.30
Biona ORG Honey Hazel Crunchy Cereal	Biona	£3.69
Beverages		
Instant Coffee 100g	Mount Hagen	£4.99
In Nature Loose Tea Dong Fang MeiRen Floral Oolong	In Nature	£6.59
Emerald Mountain Green Tea (teabags)	Dragonfly	£2.59
Women Grew This Coffee ground beans 227g	Equal Exchange	£4.45
Peppermint Tea Bags 20bgs	Hambleden	£1.67
Rooibos Tea Bags 40bgs	Tick Tock	£1.97
Hampstead ORG Rosehip/Hibiscus tbags	Hampstead Tea	£2.35
Yannoh - instant 125g	Lima	£4.95
G&B ORG Fairtrade Cocoa FT	Green & Blacks	£2.53
G&B ORG Hot Chocolate Drink	Green & Blacks	£4.39
Breakfast 40 Tea Bags 40bgs	Clipper	£2.53
Breakfast Tea Loose 125g	Clipper	£2.53
Ridgway Tea Bags 40bgs	Ridgeway	£2.59
Classic Blend Yogi Tea 17bgs	Yogi	£2.39
Ginger Hibiscus Tea 17bgs	Yogi	£2.39
Sweet Chai Yogi Tea 17bgs	Yogi	£2.39
Licquorice Blend Yogi Tea 17bgs	Yogi	£2.39
Bedtime Tea 17bgs	Yogi	£2.39
Dried Fruit		
Goji Berries 250g	Infinity	£6.39
Dried Sweet Cherries 100g	Pearls of Samarkan	£2.49
Cranberries with Apple Juice 250g	Infinity	£4.65
Apricots Whole 500g	Infinity	£5.80
Dates - pitted 500g	Infinity	£3.80
Figs 500g	Infinity	£4.80
Prunes - pitted 500g	Infinity	£5.35
Raisins 500g	Infinity	£2.45
Sultanas 250g	Infinity	£1.45
Juices & drinks		
Coconut Water - small 30ml	VitaCoco	£1.75
Pomegranate Juice - pure 6x1l	Biona	£4.79
Elderflower Pressé 50ml	Belvior	£2.58
Lemonade Pressé 50ml	Belvior	£2.58
Ginger Beer 50ml	Belvior	£2.58
Orange Juice 6x1l	Biona	£4.39
Apple Juice	Crone	£2.90
Pear Juice 6x1l	Oakwood Farm	£3.21
Tomato Juice 6x1l	Biona	£3.30
Cranberry Juice Drink 50ml	Biona	£4.59
Vegetable Juice - Tetra 00ml	Biona	£1.99
Red Grape Juice 6x1l	Biona	£3.99
Raspberry Sparkle Juice	Organico	£4.95
Blueberry Sparkle Juice	Organico	£4.95
Flour		
Spelt Flour - Whole 1kg	Infinity	£2.00
Self-Raising White Flour Marriages 1kg	Marriages	£2.85
Plain White Flour Marriages 1kg	Marriages	£1.49
Strong White Bread Flour Marriages 1kg	Marriages	£1.59
Strong Wholemeal Bread Flour Marriages 1kg	Marriages	£1.59
Light Brown Plain Flour 1kg	Marriages	£1.49

Country Fayre Malted Brown Bread Flour 1kg	Marriages		£1.69
Kamut "Khorasan" Flour - wholegrain 1kg	Doves		£3.39
Chickpea Flour 500g	Infinity		£2.80
Fresh Seaweed			
Eco-Zone ORG Fresh Nori 120g	Eco-Zone	Pre-order	£3.65
Eco-Zone ORG Fresh Sea Spaghetti 120g	Eco-Zone	Pre-order	£2.49
Eco-Zone ORG Fresh Kombu 120g	Eco-Zone	Pre-order	£2.69
Eco-Zone Fresh Wakame 120g	Eco-Zone	Pre-order	£3.19
Nori - 10 sheets x25g	Clearspring		£3.49
Red Miso Soup - instant x10g	Clearspring		£3.59
Barley Mugi Miso 200g	Sanchi		£3.53
Umeboshi Plums	Clearspring	Pre-order	£8.99
Oils			
Omega Blend Oil 60ml	Granovita		£9.35
Biona ORG Raw Virgin Coconut Oil 200g	Biona		£4.39
Biona ORG Raw Virgin Coconut Oil 400g	Biona		£7.99
Biona ORG Raw Virgin Coconut Oil 800g	Biona		£14.89
Olive Oil Greek - Extra Virgin 500ml	Sunita		£5.99
Olive Oil Greek - Extra Virgin 6x1l	Sunita		£11.10
Olive Oil Greek - Extra Virgin - tin 1x5l	Sunita	Pre-order	£50.10
Italian Extra Virgin Olive Oil 500ml	Biona		£7.89
Italian Extra Virgin Olive Oil 1l	Biona		£12.99
Sesame Oil 500ml	Clearspring		£5.89
Sesame Oil - Toasted 250ml	Clearspring		£3.79
Sunflower Oil - for Frying 6x1l	Clearspring		£7.49
Sunflower Oil 6x1l	Clearspring		£5.99
Flax Seed Oil 260ml	Grano Vita		£8.84
Peanut Oil 250ml	Bio Planete		£7.95
Snacks			
Ruby Roots Beetroot Chip Dippers x85g	Raw Health		£3.99
R/Health ORG GF Brown Rice Crackers	Rude Health		£2.39
Spelt Crispbread - Sesame & Sunflower Seed 200g	Amisa		£2.79
R/Health ORG GF Multigrain Crackers	Rude Health		£2.59
Spelt Cantuccini - Almonds & Honey 150g	Amisa		#N/A
Spelt Crackers 100g	Schnitzer		£1.99
Unsalted Rice Cakes (No.2) 130g	Kallo		£1.69
Village Bakery ORG Oatcakes	Village Bakery		£2.09
Natural Corn Chips (sml) 75g	Amaizin		£1.17
Blue Corn Tortilla Chips	R W Garcia		£2.69
Veggie Tortilla Chips	RW Garcia		£2.69
Vivani ORG Praline Milk Choc	Vivani		£2.39
Vivani ORG Superior Ecuador 70% Dark Choc	Vivani		£2.39
Vivani ORG Superior PANAMA 92% Dark Choc	Vivani		£2.39
Vivani ORG Kuverture Cook MILK Choc	Vivani		£3.70
Vivani ORG Kuverture Cook DARK Choc	Vivani		£3.70
Maya Gold chocolate bar 35ml	Green & Blacks		£0.89
Dairy Products			
Cheezly - Red Cheddar 190g	Cheezly	Pre-order	£2.19
Cheezly - White Cheddar 190g	Cheezly	Pre-order	£2.19
Vegusto No Moo Herb Cheese (Vegan) 200g	Vegusto	Pre-order	£4.99
Vegusto No Moo Classic Cheese (Vegan) 200g	Vegusto	Pre-order	£4.99
Good Hemp Milk x 1ltr	Good Hemp Foods		£1.99
Ecomil ORG Coconut Milk Sugar Free x 1ltr	EcoMil		£3.29
Ecomil ORG Almond NAT.(White Red) NAS x 1ltr	EcoMil		£3.15
Sojade ORG Natural Soya DrinkNAS GREEN 1ltr	Sojade - Vegan		£1.26
Sojade ORG Rasp Passion Soya Yogurt SMALL 125g	Sojade - Vegan	Pre-order	£1.99

Sojade ORG MangoPeach Soya Yogurt SMALL 125g	Sojade - Vegan	Pre-order	£3.29
Taifun ORG Tofu Natural 400g	Taifun		£1.40
Taifun ORG Tofu Curry Mango 200g	Taifun		£2.99
Taifun ORG Tofu Rosso 200g	Taifun		£2.99
Impulse ORG Seaweed Tempeh Fresh 200g	Impulse		£2.69
Taifun ORG HERB Sausages 250g	Taifun		£3.79
Taifun ORG Tofu Smoked Almond & Sesame 200g	Taifun		£3.19
Taifun ORG GRILL Sausages 250g	Taifun		£3.69
Taifun ORG Frankfurters (Wieners) 300g	Taifun		£4.29
Spreads			
Damson Jam 340g	Thursday Cottage		£2.98
Strawberry Jam 340g	Thursday Cottage		£2.98
Marmalade - Orange - medium cut 340g	Thursday Cottage		£2.77
Hazelnut Chocolate Spread 400g	Essential		£2.59
Peanut Butter Smooth Unsalted - sml 250g	Biona		£2.39
Almond Butter - small - unblanched 170g	Biona		£4.99
Sunflower Spread (salted) 330g	Monki		£3.30
Cashew Butter 170g	Biona		£4.49
Hazel Butter 170g	Biona		£5.99
Acacia Honey - clear 340g	GFM		£5.79
Clover Honey - set 340g	GFM		£9.99
Raw Tahini Light 250gm	Carleys		£3.25
Seasonings			
Himalayan Rose Pink Salt - fine 500g	Profusion		£3.39
Himalayan Rose Pink Salt - coarse 500g	Profusion		£3.39
Marigold ORG Swiss Veg Bouillon 150g Red	Marigold		£2.25
Marigold ORG Low Salt Bouillon CUBE Purple	Marigold		£1.39
Engevita with B12 Yeast Flakes BLUE	Marigold		£2.99
Peppercorns - Black x21g	Kitchen Garden		£1.39
Ground Coriander x30g	Kitchen Garden		£0.66
Oregano x11g	Kitchen Garden		£0.66
Cardamom Pods x25g	Kitchen Garden		£2.00
Ground Cinnamon x35g	Kitchen Garden		£2.99
Cumin - ground x50g	Crazy Jack		£2.44
Cloves - whole x30g	Kitchen Garden		£1.50
Ground Ginger - FT x26g	Kitchen Garden		£1.19
Nutmeg - Whole x50g	Crazy Jack		£6.49
Mustard Seed - black x50g	Crazy Jack		£1.54
Mustard Seed - Yellow x65g	Crazy Jack		£1.54
Ground Turmeric x45g	Kitchen Garden		£1.25
Sugars			
Blackstrap Molasses 350g	Meridian		£1.99
Blackstrap Molasses 740g	Meridian		£2.99
Rapadura Cane Sugar 500g	Biona		£2.99
Golden Granulated Sugar 500gm	Billington's		£2.17
Caster Sugar 500g	Billington's		£2.25
Demerara Sugar 500g	Billington's		£1.53
Maple Syrup - glass 250ml	Shady Maple		£6.91
Agave Syrup 350ml	Biona		£4.49
Golden Syrup - FairTrade 340g	Rayners		£3.49
Bodycare			
Jason Powersmile Toothpaste			
Jason Healthy Mouth Toothpaste	Jasons		£4.99
Natural Toothpaste 50ml	Jasons		£4.99
Hemp Shampoo 240ml	Sarakan		£2.60
Hemp Conditioner 240ml	Yaoh		£5.99
	Yaoh		£5.99

Hemp Shower Gel 240ml	Yaoh	£5.99
Pleated Cotton Wool x 100g	Simply Gentle	£1.99
Cotton Wool Balls 100pcs	Simply Gentle	£1.99
Super Applicator Tampons 16	Natracare	£2.99
Regular Applicator Tampons 16	Natracare	£2.89
Super Tampons 20	Natracare	£2.69
Regular Tampons 20	Natracare	£2.59
Super Plus Tampons 20	Natracare	£2.79
Regular Pads 14	Natracare	£2.19
Super Pads 12	Natracare	£2.19
Curved Panty Liners 30	Natracare	£1.79
Almond Soap 150g	Oleanat	£7.95
Honey Soap 150g	Oleanat	£7.95
Lavender Soap 150g	Oleanat	£7.95
Ear Candles Plain	Le Myosotis	£6.99
Babycare & Pregnancy		
Baby Wash & Shampoo - Lavender 150ml	Green People	£7.50
Baby Salve - Lavender 100ml	Green People	£10.50
Nappy Cream Baby Balm 50ml	Green People	£10.50
Chamomile Baby Oil 200ml	purepotions	£11.99
Neuner's ORG Pregnancy Tea	Neuner	£4.69
Household		
Toilet cleaner 750ml Refill Scheme	Bio D	£1.85
Washing Up Liquid 1Ltr Refill Scheme	Ecover	£2.45
Washing up liquid 5Ltr Refill Scheme	Ecover	£10.85
Laundry Liquid 1.5Ltr Refill Scheme	Ecover	£4.60
Laundry Liquid 5Ltr Refill Scheme	Ecover	£15.00
Fabric Softener liquid 5Ltr Refill Scheme	Ecover	£11.90
Fabric Softener liquid 750ml Refill Scheme	Ecover	£1.87
Food Waste Bags - 43x39cm 2bgs	If You Care	£4.99
Tall Kitchen Bags - 61x64.5cm	If You Care	£4.89
Aluminium Foil - 100% recycled - 12mx30cm 12x1	If You Care	£2.99
Parchment Paper - unbleached - 19.8mx33cm 12x1	If You Care	£4.15
Citrus washing up liquid 750ml	Greenscents	£3.83
Nonscents laundry liquid 750ml	Greenscents	£5.49
Laundry Liquid Lavender 750ml	Greenscents	£5.49
Multi Surface Spray Citrus 750ml	Greenscents	£4.35
Washing tablets 32tablets	Ecover	£6.43
All purpose cleaner 1ltr	Ecover	£2.81
Stain Remover 500ml	Ecover	£3.05
Limescale Remover Spray 500ml	Ecover	£2.99
Furniture Polish with orange & olive oil Spray 500ml	Earth Friendly	£3.90
Home & Garden Sanitiser (was "Disinfectant") 1x5l	Bio D	£9.04
Multi-Surface Sanitiser 50ml	Bio D	£2.46
Cream Cleaner 500ml	Ecover	£1.53
Multi Action Spray 500ml	Ecover	£2.81
Bathroom Cleaner 500ml	Ecover	£2.97
Laundry Bleach 400g	Ecover	£2.09
Dishwash Tablets - sml x20g	Ecover	£2.97
Toilet Cleaner Ocean Waves 750ml	Ecover	£1.61
Floor Soap 1l	Ecover	£3.30
Delicate - new size 750ml	Ecover	£3.48
Bio-D Rinse Aid 750ml	Bio D	£3.17
Dishwasher Gel 5l	Faith in Nature	£35.62
Suma Ecoleaf Toilet Tissue 4 pack	Suma	£2.03
Suma Ecoleaf Toilet Tissue 9 pack	Suma	£4.48

Suma Ecoleaf Kitchen Towel(recycled)	Suma	£1.59
Suma Refuse Sacks (recycled)	Suma	£1.47
Ecoleaf Facial Tissues - boxed 4x1p	Suma	£1.49