

Pauls Weigh outs		
Category	Product	per 100 g
NUTS		
	Almonds Whole	1.40p
	Almonds Flaked	1.50p
	Brazils	1.40p
	Brazils (Broken)	.80p
	Cashews	1.40p
	Coconut Chips	.80p
	Dessicated Coconut	.80p
	Hazlenuts	1.90p
	Hazlenuts Roasted	2.80p
	Mixed Nuts	2.00p
	Peanuts (Redskin)	.46p
	Peanuts (Paleskin)	.46p
	Salted Peanuts	.80p
	Pecans	4.00p
	Pine Nuts	5.50p
	Pistachios	4.00p
	Roasted Pistachios	4.00p
	Walnut Light Halves	1.60p
DRIED FRUIT		
	Apple Rings	1.45p
	Apricots (Whole)	2.00p
	Apricots (SO2 Sulphured)	1.26p
	Banana Chips	.70p
	Blueberries	3.60p
	Cherries ( Sour)	2.60p
	Cranberries	1.20p
	Currants	.90p
	Dates (Pitted)	.40p
	Elderberries	2.80p
	Figs	1.40p
	Fruit Cake Mix	1.00p
	Fruit Salad	1.60p
	Ginger (with Sugar)	1.00p
	Goji Berries	2.60p
	Juniper Berries	1.60p
	Mango Slices	3.50p
	Pears	1.60p
	Peaches	1.40p
	Papaya	1.10p
	Pineapple	1.20p
	Prunes (Pitted)	.80p
	Jumbo Raisins	.60p
	Sultanas	.80p
	Tomato Halves Dried	1.80p
SEEDS		
	Alfalafa Seeds	1.40p
	Caraway Seeds	.90p

	Coriander Seeds	.60p
	Chia Seeds	1.10p
	Cumin Seeds	1.10p
	Fennel Seeds	.75p
	Fenugreek Seeds	.50p
	Hemp Seeds	.80p
	Linseeds Brown	.20p
	Golden Linseeds	.40p
	Mustard Seeds Yellow	.80p
	Omega Seed Mix	.63p
	Black Peppercorns	1.60p
	Peppercorn Five Mix	1.80p
	Poppy Blue Seeds	.60p
	Pumpkin Seeds	.80p
	Seed & Bean Sprout Mix	.50p
	Sesame Seeds	.56p
	Sunflower Seeds	.34p
GRAINS		
	Buckwheat	.42p
	Bulgar	.32p
	Cous Cous	.30p
	Cous Cous Wholemeal	.40p
	Millet Grain	.55p
	Polenta	.20p
	Psyllium Husks	1.90p
	Quinoa	.70p
	Quinoa Red	1.00p
	Rye Grain	.25p
	Spelt Grain	.40p
	Wheat Grain	.20p
TREATS		
	Dark Chocolate Honeycomb	.88p
	Dark Chocolate Coffee Beans	1.00p
	Dark Chocolate Raisins	.88p
	Dark Chocolate Peanuts	.88p
	Dark Chocolate Ginger	.80p
	Dark Chocolate Cranberries	.90p
	Dark Chocolate Brazils	1.22p
	Yoghurt Apricots	.80p
	Yoghurt Banana	.88p
	Yoghurt Brazils	1.22p
	Yoghurt Cranberries	.80p
	Yoghurt Ginger	.88p
	Yoghurt Honeycomb	.85p
	Yoghurt Peanuts	.80p
	Yoghurt Raisins	.80p
	Carob Brazils	1.00p
	Carob Ginger	.88p
	Carob Peanuts	.80p
	Carob Raisins	.88p

SNACK FOODS		
	Bombay Mix	.50p
	Garlic Sticks	.85p
	Sesame Sticks	.60p
	Spicy Noodles	.82p
	Popping Corn (Popcorn)	.20p
HERBS		
	Basil	.84p
	Chamomile Flowers	1.40p
	Dandelion	.80p
	Dill Herb	1.80p
	Elderflower	3.60p
	Lavender	4.00p
	Mixed Herbs	1.20p
	Nettle	1.40p
	Oregano	1.20p
	Parsley	1.40p
	Peppermint	1.80p
	Rosemary	.80p
	Sage	1.40p
	Spearmint	1.20p
	Thyme	1.30p
	Valerian	2.80p
SPICES		
	All Spice Ground	1.20p
	Black Pepper Ground	1.10p
	Cajun Seasoning	1.40p
	Cardamom Pods Green	£8.00p
	Cardamom Ground	3.50p
	Cayenne Blend	.90p
	Chilli Powder	.90p
	Chillies Whole (Dried)	2.20p
	Cinnamon Ground	2.20p
	Cinnamon Quills	3.00p
	Cloves (Whole)	2.20p
	Coriander Ground	.50p
	Cumin Ground	.86p
	Curry Powder - Mild	.70p
	Curry Powder - Medium	.70p
	Curry Powder - Hot	.70p
	Fenugreek Ground	.60p
	Garam Masala	1.05p
	Garlic Powder	.90p
	Ginger Root Ground	.90p
	Jamaican Jerk Seasoning	1.50p
	Licorice Root Sticks	2.00p
	Marjoram	.90p
	Mixed Spice	.96p
	Mustard Ground	.90p
	Nutmeg Ground	1.80p

	Onion Powder	.90p
	Paprika	.80p
	Paprika (Noble Sweet)	1.20p
	Paprika Smoked	1.40p
	Star Anise (Aniseed)	2.30p
	Turmeric	.66p
<b>PULSES &amp; BEANS</b>		
	Aduki Beans	.40p
	Black Eye Beans	.40p
	Broth/Soup Mix	.60p
	Butter Beans	.40p
	Cannellini Beans	.40p
	Chick Peas	.40p
	Haricot Beans	.34p
	Kidney Beans ( Red)	.40p
	Lentils Brown	.30p
	Lentils Green	.40p
	Lentils Red	.30p
	Green Split peas	.20p
	Yellow Split Peas	.20p
	Marrowfat Peas	.25p
	Seven Bean Pot Mix	.40p
	Mung Beans	.40p
	Pinto Beans	.30p
	Soya Beans	.30p
	Turtle Beans Black	.40p
	Puy Lentils	.50p
	Beluga Lentils	.46p
<b>SALTS</b>		
	Celery Salt	.30p
	Himalayan Pink Salt (Fine)	.35p
	Sea Salt (Coarse)	.12p
	Himalayan Pink Salt (Coarse)	.35p
<b>MEAT 'LESS'</b>		
	Burger Mix (Vegan)	1.80p
	Sausage Mix (Sosmix)	1.20p
	Nut Roast Mix (V. GF)	1.40p
	Savoury Nut Roast (V)	1.30p
	Soya Mince (Caramel)	.84p
	Soya Chunks	1.00p
<b>BAKING AIDS</b>		
	Baking Powder	.40p
	Bicarbonate of Soda	.20p
	Cocoa Powder	1.20p
	Cocoa Nibs	2.20p
<b>PASTA</b>		
	Penne White	.34p
	Penne Wholewheat	.38p
	Fusilli Wholewheat	.38p
	Macaroni	.60p

TEAS		
	Caramel Cream Flavoured	4.00p
	Apple and Cinnamon Flavoured	4.00p
	Cream Earl Grey	4.00p
	English Breakfast Tea	3.60p
	French Lavender Earl Grey	4.00p
	Jasmine Blossom Green Tea	3.60p
	Lemon and Ginger Flavoured	4.00p
	Lemon and Lime Green Tea	3.60p
	Mayfair Breakfast Tea	3.60p
	Rose Congo Superior	4.00p
	Scottish Breakfast Tea	3.60p
	Summer Strawberry Green Tea	3.60p
	Sweet Cherry and Almond Flavoured	4.00p
	Yorkshire Blend Everyday Tea	3.60p
	Palm Paradise	4.00p
	Orchard Dawn	3.60p
	Earl Grey Tea	4.00p
	Best Lancashire Blend	3.60p
	Body Boost	5.00p
	Darcy's Pride	4.00p
	Duchess Earl Grey Tea	4.00p