

SOAS FOOD COOP Pricelist

GRAINS	BARLEY	12p / 100g	UK	x=
	COUSCOUS (WHOLEMEAL)	19p / 100g		x<
	MUESLI	33p / 100g		x>
	OATS	12p / 100g	UK	x<
	OAT GROATS	14p / 100g		
	POPPIN CORN	23p / 100g	Argentina	x>
	RICE (brown)	18p / 100g		x>
	RICE (black)	52p/100g		
	RICE (white)	29p / 100g		x>
	RYE FLOUR (pack)	92p / pack		x=
	WHOLEMEAL FLOUR (pack)	94p / pack		x>!
	MILLET	29p / 100g	Ukraine	
SEEDS AND NUTS	PUMPKIN SEED	50p / 100g	China	x<
	SUNFLOWER S.	28p / 100g	China	x=
	NUT MIX	109p / 100g		x<
	COCONUT FLAKES	33p / 100g		x=
	HAZELNUTS	£1.22 / 100g		x>!
	ALMONDS	£1.37p / 100g	USA	x>!! !
	WALNUTS	1.03p / 100g		
	CASHEWS	£1.01 / 100g		
	PISTACHIOS	£1.13 / 100g		
	SUPERSEEDS (punchfoods)	£2.50 each		
NOODLES/PASTA	BROWN RICE NOODLES	£1.40 / pack		x=
	BUCKWHEAT NOODLES	£1.54 / pack		x<
	PASTA (WHOLEMEAL FUSILI)	£1.00 / pack		x<
DRIED FRUITS	APPLE RINGS	£1.71 / 100g	France	x>
	APRICOTS	96p / 100g		
	BANANA CHIPS	37p / 100g	Phillipines	x<
	RAISINS	34p / 100g	USA	x>
	RAISINS (CHOCOLATE)	£1.12 / pack		
	MANGOES	£1.17 / 100g	Burkina Faso	x>
	FIGS	47p / 100g	Turkey	x<
	DATES	50p / 100g	Tunisia	
	CRANBERRIES	95p / 100g		x>
	GOJI	£1.10 / 100g		
PULSES	BEANS (ADUKI)	26p / 100g	China	x=
	BEANS (KIDNEY)	35p / 100g	China	x>!
	BEANS (MUNG)	32p / 100g	China	x>!
	BEANS (BLACK)	13p / 100g		
	CHICKPEAS	22p / 100g	Turkey	x>
	LENTILS (red split)	21p / 100g	Turkey	x>
	LENTILS (green)	21p / 100g		
	SPLIT PEAS (green)	19p / 100g	Canada	x>
	SPLIT PEAS (yellow)	20p / 100g		x>

TINS AND JARS	BAKED BEANS	98p / tin		
	MISO	£3.35 / pack		x>!!
	OAT CAKES	84p / box		x<
	PEANUT BUTTER (salted crunchy)	£2.24 / jar		x>!!
	PEANUT BUTTER (unsalted smooth)	£1.50 / jar		x<
	MIXED NUT BUTTER	£2.47 / jar		
	ALMOND BUTTER	£2.54 / jar		
	PEAR AND APPLE SPREAD	£2.62 / jar		x>
	GOLDEN SYRUP	£2.51 / jar		x=
	AGAVE	£2.39 / bottle	Biona	
	HONEY	£3.74 / jar	Chile	
	TINNED TOMATOES	75p / tin		x<
	SOUP	£1.02 / tin		
	TAHINI	£2.40 / jar	Sunita	
	COCONUT OIL	£3.74 each		
	COCOA powder	£3.37 each		
DRINKS	COFFEE	£3.14 / pack	Bolivia	x>!!
	COFFEE (espresso)	£4 / pack		x>!! !
	TEA: CHAM./ FEN./ PEPMNT	£1.20 / box		x>!!
	TEA YOGI: ALL	£1.72 / box		x=
	TEA: EARL GREY	£1.50 / box		
	TEA - REDBUSH	£1.32 / box		x>
OTHER	ALOE VERA SOAP	£1.37 / bar		
	WASHING UP LIQUID	£1.20 / bottle		
	CHOCOLATE BUTTONS	£1.32 / 100g		
	CACAO NIBS	£1.92 / 100g		x>!! !
	LIQUORICE	£1.17 / 100g		
	SHAMP/CONDIT (jojoba/seaweed)	£3.13 / bottle		
	SHAMPOO (neem/lavend&geran)	£3.21 / bottle		
	TOILET ROLL	£1.27 / pack		
	LAUNDRY LIQUID	£2.67/bottle		

"WHAT NATURE OFFERS" FRUIT AND OLIVE OIL:

Sicilian organic oranges (Tarocco/Moro varieties)
 Sicilian organic lemons (Primofiore variety)
 Sicilian organic pink grapefruits (Star Ruby variety)
 Sicilian organic extra-virgin olive oil (50cl can)

Fruit: 22p / 100g
 Olive Oil: £11 / can