

# GLOBAL REFILLS STOCKLIST

JULY 2023



### cereals

barley flakes (org)  
bran flakes (org)  
deluxe muesli (org)(vg)  
jumbo oat flakes (org)  
pinhead oatmeal (org)  
rolled oat flakes (org)  
rolled oat flakes (gf)(org)  
super muesli (org) (vg)

### chocolate and sugars

55% dark couverture (org)(vg)  
coconut palm sugar (org)  
golden caster sugar (org)  
milk couverture (org)  
raw cacao nibs (org)

### dried fruit

apricots whole (org)  
banana chips  
coconut chips (org)  
coconut desiccated (org)  
cranberries in apple juice (org)  
figs (org)  
crystalised ginger (org)  
goji berries  
hi-energy trail mix (org)(vg)  
mango strips (org)  
medjoul dates (fair trade)  
prunes (org)  
raisins (org)  
sour cherries (org)  
sun-dried tomato halves (org)

### packaged flour / baking

brown bread flour (gf)  
buckwheat flour (gf) (org)  
chickpea flour (gf)(org)  
coconut flour (gf)(org)  
malthouse bread flour (org)  
pasta flour (org)  
plain white flour (org)  
plain white flour (gf)  
rye wholemeal flour (org)  
self raising flour (gf) (org)  
self raising flour (org)  
spelt wholemeal flour (org)  
strong white plain flour (org)  
teff wholegrain flour (gf) (org)  
100% wholemeal flour (org)  
baking powder (gf)  
bicarbonate of soda (gf)  
cocoa (org)(ft)  
cornflour (gf)  
sourdough starter (org)  
vitamin c  
xanthan gum (gf)  
yeast (gf)

### nuts

almonds  
brazil nuts (org)  
caramelised cinnamon almonds  
cashews  
flaked almonds (org)  
ground almonds  
hazelnuts (org)  
pecan halves  
pistachio roasted in shell  
walnut halves (org)

### pulses and grains

aduki beans (org)  
buckwheat groats (gf) (org)  
bulghur wheat (org)  
butter beans (org)  
chickpeas (org)  
green lentils (org)  
maftoul (org) (ft)  
mung beans (org)  
polenta (org)  
popping corn (org)  
red kidney beans (org)  
red split lentils (org)  
tri-colour quinoa (org)  
yellow split peas (org)

### rice and pasta

arborio rice (org)  
black rice (org)  
brown long grain rice (org)  
corn&rice caserecce  
(gf)(org)  
wheat caserecce (org)  
wheat gomitini (org)  
wheat orzo (org)  
white basmati rice (org)  
white kilombero rice (ft)  
wholewheat fusilli (org)

### seeds

chia (org)  
hulled hemp (org)  
golden linseed (org)  
pine nut kernels (org)  
poppy (org)  
pumpkin seeds (org)  
sesame white (org)  
sunflower (org)

### spices

black peppercorns (org)  
cardamom pods  
caraway seeds (org)  
chillies whole  
cinnamon quills  
cloves whole  
coriander seeds (org)  
cumin seeds (org)  
fennel (org)  
star anise (org)

ft = fair trade
gf = gluten free
org = organic

**household liquids (Bio-D, miniml, ecoleaf)**

all-purpose sanitiser  
bathroom cleaner  
bicarbonate of soda  
dishwasher powder & tablets  
dishwasher rinse aid  
fabric conditioner  
floor cleaner  
laundry liquid & pods  
limescale remover  
multi surface cleaner  
sanitising hand wash  
toilet cleaner  
washing up liquid  
white vinegar

**toiletries** (faith in nature)

various scents: aloe vera (AV), coconut (Co), grapefruit & orange (G&O), lavender & geranium (L&G), wild rose(WR)  
body lotion: Co  
body wash: AV, Co, G&O, L&G, WR  
conditioner: AV, Co, G&O, L&G, WR  
hand wash: AV & Tea Tree, L&G  
shampoo: AV, Co, G&O, L&G, WR  
hand disinfectant gel

ALSO...

eggs (Beechwood Farm)  
sourdough bread / pastries (Rise Bakehouse)  
organic fruit & veg  
fairtrade / organic wine  
beers & ciders - organic / local  
selection of spirits  
chilled kombucha, iced tea, water