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# global refills stock list february 2021

## cereals

barley flakes  
bran flakes  
deluxe muesli  
jumbo oat flakes  
pinhead oatmeal  
rolled oat flakes  
rolled oat flakes gf  
super muesli

## chocolate and sugars

55% dark couverture  
coconut palm sugar  
light caster sugar  
milk couverture

## dried fruit

apricots whole  
banana chips  
coconut desiccated  
figs  
crystalised ginger  
goji berries

medjoul dates

prunes  
raisins  
sour cherries  
sun-dried tomato halves  
hi-energy trail mix

## packaged flour / baking

brown rice flour gf  
buckwheat flour gf  
coconut flour gf  
white flour  
white flour gf  
whole rye flour  
100% wholewheat flour  
strong white flour  
wholemeal spelt flour  
chestnut flour gf  
baking powder gf  
bicarbonate of soda gf  
xanthan gum  
vitamin c



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## nuts

almonds  
brazil nuts  
cashews  
flaked almonds  
ground almonds  
hazelnuts  
pecan halves  
walnut halves

## pulses and grains

beluga lentils  
black turtle beans  
brown lentils  
buckwheat groats  
bulghur  
butter beans  
chickpeas  
green lentils  
maftoul  
polenta gf  
popping corn  
pot barley

red kidney beans  
red split lentils  
teff grain whole gf  
tri-colour quinoa  
yellow split peas

## rice and pasta

arborio rice  
brown basmati  
brown long grain  
caserecce  
corn & rice caserecce  
kilombero rice  
wholewheat pennette

## seeds

chia  
hulled hemp  
white sesame  
golden linseed  
pumpkin seeds  
sunflower seeds



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## household liquids and toiletries

faith in nature  
shampoos, conditioners  
and body wash:  
grapefruit & orange  
lavender & geranium  
wild rose

coconut shampoo and  
conditioner

Bio-d  
fabric conditioner  
washing up liquid  
toilet cleaner  
all-purpose sanitiser  
laundry liquid  
sanitising hand wash

## SESI

surface cleaner  
window & glass cleaner  
bicarbonate of soda  
dishwasher powder  
rinse aid  
white vinegar  
hand rub sanitiser  
hand & delicate laundry

ALSO...

fairtrade cocoa powder  
eggs (Beechwood Farm)  
sourdough bread /  
pastries (Rise Bakehouse)  
organic fruit & veg  
fairtrade / organic wine  
local beers & ciders  
selection of spirits