

# **Sustainable Weigh/Siop y Glorian**

## **Home Delivery Shopping List**

Please e-mail your completed list to: [slates-food@outlook.com](mailto:slates-food@outlook.com). Alternatively please call 01286 678717 to place an order.

Upon receipt of your order we will call you to arrange payment before delivery.

Customer Name:		Contact Telephone Number	
Delivery Address: (Please include postcode).			

Item	Price	Qty Req	Item	Price	Qty Req
<b>Unpackaged Products</b>					
<b>Cereals</b>					
Organic Porridge Oats	30p per 100g		Super Muesli	40p per 100g	
Jumbo Oats	20p per 100g		Apricot Muesli	40p per 100g	
Cranberry Crunch	50p per 100g				
<b>Seeds</b>					
Yellow Mustard Seeds	20p per 10g		Pumpkin Seeds	75p per 100g	
Cumin Seeds	10p per 10g		Sunflower Seeds	50p per 100g	
Corriander Seeds	10p per 10g		Linseed	40p per 100g	
Caraway Seeds	10p per 10g		Chia Seeds	£1.00 per 100g	
			Sesame Seeds	60p per 100g	
<b>Seasoning</b>					
Black Peppercorns	£2,50 per 100g		Sea Salt	10p per 100g	
<b>Staples</b>					
White Fusilli	25p per 100g		Long Grain Brown Rice	21p per 100g	
White Penne	25p per 100g		White Basmati Rice	33p per 100g	
Wholewheat Fusilli	25p per 100g		Brown Basmati Rice	33p per 100g	
Wholewheat Penne	25p per 100g		Nerone Black Rice	60p per 100g	
Organic Quinoa	75p per 100g		White Arborio Rice	25p per 100g	
Couscous	30p per 100g		Chickpeas	30p per 100g	
Pearl Barley	25p per 100g		Soup Mix	20p per 100g	
Pinhead Oatmeal <b>NEW!</b>	20p per 100g		Organic Bulgar Wheat <b>NEW!</b>	33p per 100g	
<b>Beans &amp; Lentils</b>					
Butter Beans	45p per 100g		Red Lentils	25p per 100g	
Cannellini Beans	35p per 100g		Puy Lentils <b>NEW!</b>	35p per 100g	
Black Eyed Beans	45p per 100g		Green Lentils	35p per 100g	
Red Kidney Beans	45p per 100g		Yellow Split Peas	40p per 100g	
Mung Beans	45p per 100g		Aduki Beans	45p per 100g	
<b>Dried Fruit</b>					

Banana Chips	75p per 100g		Sultanas	50p per 100g	
Unsulphured Apricots	80p per 100g		Currants	85p per 100g	
Dates	60p per 100g		Raisins	60p per 100g	
Figs	90p per 100g		Cranberries	£1.00 per 100g	
Apple Rings	£1.20 per 100g		Prunes	70p per 100g	
Peaches	£1.00 per 100g				
<b>Nuts</b>					
Cashews	£1.50 per 100g		Brazils <b>PRICE CUT!</b>	£1.50 per 100g	
Almonds	£1.50 per 100g		Walnuts <b>PRICE CUT!</b>	£1.55 per 100g	
Pine Nuts	£3.50 per 100g		Hazlenuts	£1.50 per 100g	
Peanuts (skin on)	70p per 100g		Pecan Nuts	£2.25 per 100g	
Peanuts (roasted & salted)	50p per 100g		Coconut Flakes	£1.00 per 100g	
Flaked Almonds <b>NEW!</b>	£1.50 per 100g				
<b>To Munch</b>					
Peanut & Raisins mix	90p per 100g		Popcorn	50p per 100g	
Tropical Mix	95p per 100g		Crystallised Ginger	85p per 100g	
Bombay Mix	50p per 100g		Sesame Sticks <b>NEW!</b>	30p per 100g	
<b>Sweet Treats</b>					
Chocolate Raisins	70p per 100g		Chocolate Almonds	£1.20 per 100g	
Chocolate Peanuts	70p per 100g		Chocolate Cranberries	70p per 100g	
Chocolate Peanuts & Raisins	70p per 100g		Mint Imperials	50p per 100g	
<b>Baking</b>					
Plain Flour	15p per 100g		White Granulated Sugar	10p per 100g	
Self Raising Flour	15p per 100g		Caster Sugar	30p per 100g	
Gluten Free Plain Flour	35p per 100g		Demerara Sugar	30p per 100g	
Gluten Free Self Raising Flour	35p per 100g		Dark Muscovado Sugar	40p per 100g	
Strong White Bread Flour	20p per 100g		Organic Icing Sugar	60p per 100g	
Cornflour <b>NEW!</b>	20p per 100g		Baking Powder	50p per 100g	
Mixed Peel	50p per 100g		Bicarbonate of Soda	40p per 100g	
Glace Cherries	85p per 100g		Desiccated Coconut	60p per 100g	
Mixed Chopped Nuts	£1.00 per 100g		Ground Almonds	£1.75 per 100g	
Gluten Free Vegetable Suet	50p per 100g		Cocoa Powder	£1.20 per 100g	

<b>Teas &amp; Coffees</b>					
Welsh Brew Loose Tea	17p per 10g		Ground Honduran Coffee	£2.25 per 100g	
Scotch Breakfast Tea	30p per 10g		Ground Ethiopian Coffee	£2.25 per 100g	
Turkish Apple Tea	35p per 10g		Houndruan Beans	£2.25 per 100g	
Rhubarb Spritzer Tea <b>NEW!</b>	35p per 10g		Ethiopian Beans	£2.25 per 100g	
Earl Grey Tea	35p per 10g		Bird & Wild Espresso Beans	£2.25 per 100g	
Gunpowder Green Tea	35p per 10g		Bird & Wild Seasonal Beans	£2.25 per 100g	
Lapsang Tea	50p per 10g				
<b>Herbs &amp; Spices</b>					
Cinnamon	15p per 10g		Lavender	30p per 10g	
Paprika	15p per 10g		Parsley	15p per 10g	
Smoked Paprika	15p per 10g		Basil	15p per 10g	
Curry Powder	15p per 10g		Mint	15p per 10g	
Mixed Spice	15p per 10g		Comfrey Leaf	15p per 10g	
Ground Ginger	15p per 10g		Sage	15p per 10g	
Yellow Mustard Powder	15p per 10g		Thyme	15p per 10g	
Cayenne Pepper	15p per 10g		Oregano	15p per 10g	
Chilli Powder	15p per 10g		Marjoram	15p per 10g	
Garam Masala	15p per 10g		Bay Leaves	15p per 10g	
Ground Allspice	15p per 10g		Mixed Herbs	15p per 10g	
Ground Cumin	15p per 10g		Bouquet Garni	15p per 10g	
Celery Salt	15p per 10g		Poppy Seeds	15p per 10g	
Turmeric	15p per 10g		Cloves	15p per 10g	
Ground Fenugreek	15p per 10g		Star Anise	15p per 10g	
Nigella Seeds	15p per 10g		Pickling Spices	20p per 10g	
Garlic Powder <b>NEW!</b>	15p per 10g		Onion Powder <b>NEW!</b>	15p per 10g	

<b>Fruit &amp; Veg</b>					
We do stock a limited range of fruit and veg. Due to the seasonal nature of the products it's not possible for us to provide an accurate price list. Please list anything you would like and we will do our best to supply it. We will let you know what we have available for you at time of payment.					
<b>Pre-Packed Products</b>					
<b>Beers &amp; Ciders</b>					
Cwrw Llyn Brenin Enlli 500ml	£2.50		Dark Side of the Moose	£2.80	
Cwrw LlynSeithenyn 500ml	£2.50		Purple Moose Snowdonia Ale	£2.80	
Cwrw Llyn Largo 330ml	£2.20		Purple Moose Elderflower Ale	£2.80	
Cwrw Llyn Port Neigwl IPA 500ml	£2.50		Purple Moose Mwsh 330ml	£2.30	
Bragdy Lleu, Lleu 500ml	£2.60		Jaspels Autumn Spice Cider 500ml <b>NEW!</b>	£3.50	
Bragdy Lleu Blodeuwedd	£2.60		Jaspels Woodland Cider 500ml	£3.50	
Bragdy Lleu Gwydion 500ml	£2.60		Jaspels Hazy Pear 500ml	£3.50	
Bragdy Lleu Bendigeidfran 500ml	£2.60		Pant Du Medium Cider 500ml	£3.25	
Monty's Masquerade (Gluten Free)	£2.60				
<b>Spirits</b>					
Aber Falls Dry Gin 75cl	£25.00		Aber Falls Rhubarb & Ginger Gin 70cl	£25.00	
Aber Falls Orange Marmalade Gin 70cl	£25.00		Aber Falls Violet Liqueur 70cl	£24.00	
Aber Falls Salted Toffee Liqueur 70cl	£24.00		Aber Falls Coffee & Dark Choc Liqueur	£24.00	
Aber Falls 5pk Miniatures Gift Set	£25.00		Penderyn Welsh Whisky 70cl	£36.00	
<b>Household Goods</b>					
4pk Toilet Roll	£2.15		Bio D Floor Cleaner 750ml	£4.25	

9pk Toilet Roll	£4.90		Bio D Multi Surface Cleaner 750ml	£2.85	
Recycled Plastic Refuse Sacks 8pk	£1.29		Bio D Washing Up Liquid 750ml	£2.29	
Ecoleaf Dishwasher Tablets 25pk	£4.89		Bio D Bathroom Spray	£2.99	
Ecoleaf Dishwasher Tablets 70pk	£12.99		Bio D Laundry Liquid 1litre	£5.39	
Recycled Plastic Clothes Pegs	£1.35		Bio D Toilet Cleaner 750ml	£2.49	
Bamboo Cotton Buds	£1.99		Bio D Fabric Conditioner 750ml	£2.49	
Adult Bamboo Toothbrush	£2.99		Bio D Sanitizing Hand Wash 500ml	£3.59	
Child Bamboo Toothbrush	£2.99		Bio D Washing Powder 2kg <b>NEW!</b>	£8.89	
Cheeky Panda Dry Wipes 100pk <b>NEW!</b>	£5.75		Cheeky Panda Bamboo Tissues <b>NEW!</b>	£1.99	
Cheeky Panda Surface Wipes 100pk <b>NEW</b>	£5.75				
<b>Prepack Baking</b>					
Suma Gram Flour 500g <b>NEW!</b>	£2.09		Suma Semolina Flour 500g <b>NEW!</b>	£1.59	
Suma Brown Rice Flour 500g <b>NEW!</b>	£1.99		Suma Coconut Flour 500g <b>NEW!</b>	£2.99	
Doves Wholemeal Bread Flour 1.5kg <b>NEW</b>	£1.95		Doves Malthouse Bread Flour 1kg <b>NEW!</b>	£1.95	
Doves White Bread Flour 1.5kg <b>NEW!</b>	£1.95		Wessex Mill Pasta Pizza Flour 1.5kg <b>NEW</b>	£2.75	
Wessex Mill Six Seed Bread Flour <b>NEW!</b>	£2.75		Wessex Mill Multi Grain Flour 1.5kg <b>NEW</b>	£2.75	
Free Range Eggs	25p EACH £1.40 for 6		Organic Eggs <b>NEW!</b>	35p Each £2.00 for 6	
<b>Cordials (Glass bottles)</b>					
Rocks Blackcurrant Cordial <b>NEW!</b>	£2.79		Rocks Lemon Cordial <b>NEW!</b>	£2.79	
Rocks Orange Cordial <b>NEW!</b>	£2.79				
<b>Beverages</b>					
Welsh Brew Tea Bags 40pk <b>NEW!</b>	£1.40		Welsh Brew Loose Tea 125g <b>NEW!</b>	£1.40	
Welsh Brew Decaf Tea Bags 80pk <b>NEW!</b>	£3.99		Clipper Organic Instant Coffee 100g <b>NEW</b>	£4.99	
Pendragon Hot Chocolate Flakes <b>NEW!</b>	£3.99		Pendragon Cinnamon Choc Flakes <b>NEW!</b>	£3.99	
Pendragon Salted Caramel Flakes <b>NEW!</b>	£3.99				
<b>Milk Alternative Products</b>					
Good Hemp Seeds Milk 1 litre	£2.40		Oatly Milk Drink 1 litre	£1.75	
Good Hemp Barista Milk 1 litre	£2.40		Oatly Barista Style 1 litre	£2.09	
Oatly Creamy Oat 250ml	£1.09		Oatly Chocolate Drink 1 litre	£1.99	
Oatly Organic Milk 1 Litre <b>NEW!</b>	£1.75				

<b>Two Farmers Crisps</b>					
Lighly Salted 150g	£2.19		Cheese & Onion 150g	£2.19	
Salt & Vinegar 150g	£2.19				
<b>Quick Meals (All vegan)</b>					
Suma Cheesy Pasta Pot 400g <b>NEW!</b>	£2.19		Suma Meatball Chilli 400g <b>NEW!</b>	£2.19	
Suma Beans & Burgers 400g <b>NEW!</b>	£2.19		Suma Ravioli 400g <b>NEW!</b>	£2.85	
<b>Tony's Chocoloney (slavery free chocolate)</b>					
Milk Choc 50g	£1.49		Milk Choc & Hazlenut 47g	£1.49	
Milk Choc, Almond & Sea Salt 47g	£1.49		Large bars available. Enquire for varieties in stock.		
<b>Store Cupboard Essentials</b>					
Vegetable Bouillon (Vegan) 150g	£2.39		Suma Green Pesto 160g	£2.99	
Meridian Dark Tahini 270g	£2.49		Suma Red Pesto 160g	£2.99	
Meridian Light Tahini 270g	£2.49		Suma Passata 690g	£1.75	
Welsh Lady Ketchup 285g	£2.40		Suma Tinned Chopped Tomatoes 400g	99p	
Welsh Lady Brown Sauce 285g	£2.40		Suma Tinned Plum Tomatoes 400g	99p	
Welsh Lady Strawberry Preserve 340g	£2.75		Suma Organic Baked Beans 400g	£1.09	
Welsh Lady Orange Marmalade 340g	£2.75		Suma Organic Haricot Beans 400g	£1.09	
Welsh Lady Lemon Curd 311g	£2.75		Suma Organic Mixed Beans 400g	£1.09	
Welsh Lady Apple & Cinnamon Curd 311g	£2.75		Suma Organic Black Beans 400g	£1.09	
Welsh Lady Farmer Jones Relish 311g	£2.49		Suma Organic Green Lentils 400g	£1.09	
Welsh Lady Apple Chutney 311g	£2.59		Suma Organic Jackfruit Chunks 400g	£2.75	
Welsh Lady Ale Chutney 285g	£2.59		Suma Organic Sweetcorn 340g	£1.39	
Afon Mel Heather Honey 227g	£6.59		Suma Organic Coconut Milk 400ml	£1.99	
Afon Mel Borage Honey 227g	£6.59		Suma Chickpeas 400ml	£1.09	
Meridian Smooth Peanut Butter 280g	£1.85		Blodyn Aur Balsamic Dressing 250ml	£3.99	
Meridian Cocoa & Peanut Butter 280g	£2.79		Suma Red Kidney Beans 400g <b>NEW!</b>	75p	
Meridian Yeast Extract 340g	£2.99		Suma Coconut Oil 320g <b>NEW!</b>	£3.45	
Meridian Dark Molasses 330g	£2.39		Meridian Almond Butter 170g <b>NEW!</b>	£2.09	
<b>Soups</b>					
Suma Pea & Ham Soup (vegan) 400ml	£1.75		Suma Rustic Veg Soup (vegan) 400ml	£1.75	
Free & Easy Sweet Pot & Quinoa Soup	£1.75		Free & Easy Broccoli & Kale Soup 400ml	£1.75	

Free & Easy Tomato Soup <b>NEW!</b>	£1.75				
<b>Free From</b>					
Doves Farm Cereal Flakes 375g	£2.79		Doves Farm Choc Chip Cookie Mix	£2.99	
Doves Farm Fibre Flakes 375g	£2.79		Doves Farm Brownie Mix	£2.99	
Vego Chocolate Spread 200g	£3.55		Vegeaise 340g	£3.09	
Free & Easy Egg Replacer 135g <b>NEW!</b>	£2.49		Free & Easy Cheese flavour sauce 130g <b>NEW!</b>	£1.99	
<p>If there is anything else you've seen in our shop that is not included on the list please make a note of it here and we'll do our best to get it to you.</p>					