

REFILLABLE FOODS

November 2019



Product	Price per kg
Aduki Beans	£6.00
Almonds- Flaked	£15.70
Almonds- Ground	£16.00
Almonds- Whole	£14.75
Apple Rings	£16.00
Apricots	£8.80
Apricots- Chopped	£8.80
Apricots- Unsulphured	£8.80
Banana Chips	£8.40
Barley Flakes	£1.75
Black Peppercorns	£25.00
Bombay Mix	£4.20
Bran Flakes	£6.50
Bran Sticks	£5.00
Brazil Nuts	£20.00
Bulgur Wheat	£3.00
Cacao Nibs	£25.00
Cashew Nuts	£18.00
Cherries- Natural Glacé	£13.00
Chia Seeds	£8.75
Chickpeas	£3.20
Cinnamon	£16.66
Coconut - Toasted Flakes	£10.00
Coconut- Desiccated	£6.00

Product	Price per kg
Coconut- Flaked	£8.80
Cous Cous	£3.00
Cranberries	£9.50
Currants	£5.60
Dates- Chopped	£4.40
Dates- Stoned	£4.40
Freekeh	£9.60
Ginger- crystallised	£8.59
Goji Berries	£20.00
Golden Linseed	£2.95
Granola- cranberry & apricot	£4.95
Hazelnuts	£18.00
Lentils- Dark Speckled	£3.00
Lentils- Red	£1.90
Mango- Dried	£29.00
Mixed Chopped Nuts	£13.00
Mixed Fruit	£6.50
Mixed Nuts	£17.00
Mixed Peel	£8.00
Mixed Seeds- Five Seeds	£5.65
Mixed Seeds- Pumpkin, Sunflower, Pinenuts.	£14.50
Muesli- Breakfast	£2.84
Muesli- Deluxe	£3.78
Pasta Wholewheat	£2.99

Product	Price per kg
Pasta- GF Penne	£6.30
Pasta- Spaghetti	£2.99
Pasta- White	£2.99
Peanuts	£6.00
Pearl Barley	£2.20
Pecan Nuts	£28.00
Prunes- Pitted	£6.80
Pumpkin Seeds	£7.00
Quinoa	£6.50
Raisins- Californian Seedless	£6.28
Raisins- Chilean Black	£5.29
Raisins- Golden Seedless	£8.70
Rice- Arborio	£3.36
Rice- Brown Long Grain	£3.36
Rice- Brown Short Grain	£3.36
Rice- White Basmati	£3.36
Rye Flakes	£1.75
Sesame Seeds - Hulled	£7.00
Sesame Seeds - Natural	£8.00
Slippery Elm Powder	£129.90
Soya Mince	£6.95
Sultanas	£4.85
Sunflower Seeds	£3.40
Walnuts	£17.40

Bring your own container and receive 5% DISCOUNT

RENO WHOLE FOODS

17 MARKET STREET, WYMONDHAM, NORFOLK

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