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.

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

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| Item | Price | Qty Req | Item | Price | Qty Req |
| **Unpackaged Products** | | | | | |
| **Cereals** | | | | | |
| 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 |  |  |  |  |
| **Seeds** | | | | | |
| 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 |  |
| Carraway Seeds | 10p per 10g |  | Chia Seeds | £1.00 per 100g |  |
|  |  |  | Sesame Seeds | 60p per 100g |  |
| **Seasoning** | | | | | |
| Black Peppercorns | £2,50 per 100g |  | Sea Salt | 10p per 100g |  |
| **Staples** | | | | | |
| White Fusilli | 25p per 100g |  | Long Grain Brown Rice | 21p per 100g |  |
| White Penne | 25p per 100g |  | White Basmati Rice | 33p per100g |  |
| 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 |  |
| **Beans & Lentils** | | | | | |
| Butter Beans | 45p per 100g |  | Red Lentils | 25p per 100g |  |
| Cannellini Beans | 35p per 100g |  | Brown Lentils | 25p per 100g |  |
| Black Eyed Beans | 45p per 100g |  | Green Lentils | 35p per100g |  |
| Red Kidney Beans | 45p per 100g |  | Yellow Split Peas | 40p per 100g |  |
| Mung Beans | 45p per 100g |  | Aduki Beans | 45p per 100g |  |
| **Dried Fruit** | | | | | |
| 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 |  |  |  |  |
| **Nuts** | | | | | |
| Cashews | £1.50 per 100g |  | Brazils | £2.00 per 100g |  |
| Almonds | £1.50 per 100g |  | Walnuts | £1.70 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 |  |
| **To Munch** | | | | | |
| Peanut & Raisins mix | 90p per 100g |  | Popcorn | 50p per 100g |  |
| Tropical Mix | 95p per 100g |  | Crystalised Ginger | 85p per 100g |  |
| Bombay Mix | 50p per 100g |  |  |  |  |
| **Sweet Treats** | | | | | |
| 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 |  |
| **Baking** | | | | | |
| Plain Flour | 15p per 100g |  | White Granulated Sugar | 10p per 100g |  |
| Self Raising Flour | 15p per 100g |  | Caster Sugar | 30p per 100g | unavailable |
| 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 |  |
| Wholemeal Bread Flour | 20p per 100g | unavailable | 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 |  |
| Free Range Eggs | 25p EACH |  |  |  |  |
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| **Teas & Coffees** | | | | | |
| 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 |  |
| Pear & Cinnamon Tea | 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 |  |  |  |  |
| **Herbs & Spices** | | | | | |
| 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 |  |
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| **Fruit & Veg** | | | | | |
| 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. | | | | | |
| **Pre-Packed Products** | | | | | |
| **Beers & Ciders** | | | | | |
| 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 |  | Purple Moose Glaslyn A;e | £2.80 |  |
| 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 |  |  |  |  |
| **Spirits** | | | | | |
| 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 |  |
| **Household Goods** | | | | | |
| 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 |  |  |  |  |
| **Milk Alternative Products** | | | | | |
| 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 |  |
| **Two Farmers Crisps** | | | | | |
| Lighly Salted 150g | £2.09 |  | Cheese & Onion 150g | £2.09 |  |
| Salt & Vinegar 150g | £2.09 |  |  |  |  |
| **Tony’s Chocoloney** (slavery free chocolate) | | | | | |
| 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. | | |
| **Store Cupboard Essentials** | | | | | |
| 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 |  |  |  |  |
| Meridian Yeast Extract 340g | £2.99 |  |  |  |  |
| Meridian Dark Molasses 330g | £2.39 |  |  |  |  |
| **Soups** | | | | | |
| 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 Squash & Sweet Pot Soup | £1.75 |  |  |  |  |
| **Free From** | | | | | |
| 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 |  | Vegenaise 340g | £3.09 |  |
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| 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. | | | | | |