

Dried Fruit

Apple Rings
Whole Apricots
Chopped Apricots
Banana Chips
Blueberries
Cranberries in Apple Juice
Crystallised Ginger
Currants
Chopped Dates
Organic Pitted Dates
Non-organic Pitted Dates
Figs
Goji Berries
Mango Pieces
Mulberries
Papaya
Diced Pineapple
Pitted Prunes
Raisins
Jumbo Flame Raisins
Sultanas
Sundried Tomatoes

Pulses/Beans

Aduki
Black Turtle
Brown Lentils
Cacao Nibs
Cannelini
Chickpeas
Dark Speckled Lentils
Green Lentils
Green Split Peas
Haricot
Mung
Pinto
Red Kidney
Red Split Lentils
Seven Bean Mix
Soya Beans
Yellow Split Peas
Butter Beans

Nuts and Seeds

Alfalfa

Blanched Almonds

Flaked Almonds

Ground Almonds

Whole Almonds

Amaranth

Whole Brazil Nuts

Broken Brazil Nuts

Cashew Pieces

Roasted and Salted Cashews

Whole Cashews

Chia Seeds

Desiccated Coconut

Raw Coconut Chips

Toasted Coconut Chips

Gourmet Seed Mix

Hazelnuts

Brown Linseed

Golden Linseed

Macadamia

Nut Mix

Omega Mix

Blanched Peanuts

Paleskin Peanuts

Roasted and a Salted Peanuts

Pecan Halves

Pinenuts

Roasted and Salted Pistachios

Raw Pistachios (No Shell)

Psyllium Husk

Pumpkin Seeds

Sesame

Sunflower Seeds

Walnut Pieces

Grains

Raw Buckwheat

Bulgar Wheat

White Couscous

Wholemeal Couscous

Millet

Popcorn

Quinoa

Arborio Rice

Basmati brown Rice

Basmati White Rice

Brown Long-grain Rice

Brown short-grain Rice

Wild Rice

Pearl Barley

Snacks

Bombay Mix

Fried and Salted Corn

Garlic Sticks

Sesame Sticks

Spicy Chickpeas

Fried and Salted Broad Beans

Prepared Foods

Stuffing Mix

Sauce Mix

TVP Chunks

TVP Mince

Orzo Pasta

Whole Wheat Fusilli Pasta

White fusilli pasta

Durum wheat spaghetti

Durum wheat penne

Cereals

Apple and Cinnamon Muesli

Barley Flakes

Bran Flakes

Buckwheat Flakes

Classic Muesli

Deluxe Muesli

Fruit and Nut Muesli

Fruit Crunch

Luxury Tropical Muesli

Millet Flakes

Oat and Coconut Granola

Oat Bran

Oatmeal Medium

Jumbo Oats

Porridge Oats

Quinoa Flakes

Rye Flakes

Spelt Flakes

Super Hi-Fibre Muesli