

			Usually	Now	
	Organic White Wine Mureda Blanco VDT de Castilla Fresh & fruity & extra punch in the body. Excellent value. Vegan	75cl	£6.79	£5.99	
	Organic Red Wine Mureda Tinto VDT de Castilla Soft & juicy with gentle tannins Vegan	75cl	£6.79	£5.99	
	PROVAMEL soya milks red / green / blue / orange	1litre 12 x 1 litre	£1.49 £19.33	99p 10.70	
	MERIDIAN organic nut butter almond / cashew	170g	£2.99	£2.55	
	HNZ manuka honey UMF10	250g	£8.99	£7.19	
	WYLDWOOD organic cider	500ml	£2.59	£1.99	
	WELEDA cleansing lotion with free toner	Banded pack	£19.95	£9.95	
	COMVITA propolis herbal elixir	100ml	£7.03	£5.98	
	ECOVER	toilet cleaner multi surface cleaner	750ml 500ml	£2.98 £2.38	

Your local supplier of Biodynamic, Demeter, Macrobiotic, Vegetarian, Vegan, Gluten Free, Wheat Free, whole and natural foods, drinks, household supplies and personal care products. Organic whole foods for London!

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