

**How it works:**

Bring your own containers for refills on cupboard staples, cleaning products, shampoo/conditioner/shower gel, and other plastic-free products.

**Tips:**

- Wide mouth jars/bottles are easiest to fill
- Make sure your container is CLEAN and DRY for best results (Dry is very important – any moisture in your container will breed bacteria and spoil your food.)
- Any container goes - bread bags, biscuit tins, food storage containers, whisky bottle tubes (great for spaghetti), squeeze mayo bottles (great for shower gel).. if you are happy you can get it home without spilling, bring it along
- For liquid refills, bring a like-for-like container. We reserve the right to refuse to fill a container if it is not suitable to the contents (for example, we won't put shampoo into a toilet cleaner bottle!)
- Everything is filled by weight, that's why our liquids are priced in grams. We weigh your container, fill it, weigh it again, and charge you for the contents only.

**Allergens Statement:** Whilst all reasonable precautions are taken to avoid cross-contamination of allergens when packaging and serving food, due to the fact that all foods are packaged in the same area, we cannot guarantee the absence of allergens from our products. If you or someone in your family has a life-threatening food allergy, we ask that you not shop for food at Refills on the Road.

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<b>DRIED FRUIT</b>	<b>PRICE PER 100G</b>	<b>BAKING INGREDIENTS</b>	<b>PRICE PER 100G</b>
Apricots (sulphured)*	£0.60	Instant Yeast	£2.00
Apricots (unsulphured)	£0.85	Cocoa Powder (Organic, Fair Trade)	£1.40
Goji Berries*	£1.40	55% Cocoa Choc Pieces	£1.00
Cranberries (sweetened)	£0.69	100's & 1,000's	£2.00
Pitted dates	£0.40	Granulated sugar	£0.18
Dried Turkish figs	£0.80	Caster sugar	£0.19
Crystallised Mango*	£1.00	Icing Sugar	£0.18
Crystallised Ginger*	£0.70	Light soft brown sugar	£0.18
Pitted prunes	£0.55	Demerara sugar	£0.19
Raisins	£0.38	Desiccated Coconut	£0.50
Sultanas	£0.38	Baking Powder	£0.50
Currants	£0.45	Bicarbonate of Soda	£0.50
Mixed Fruit	£0.40	Cornflour	£0.30
Glace Cherries*	£0.50	Polenta (fine)	£0.15
Mixed Peel*	£0.55	Semolina (fine)*	£0.17
Dried Mixed Mushrooms	£3.75		
<b>NUTS &amp; SEEDS</b>	<b>PRICE PER 100G</b>	<b>CEREALS</b>	<b>PRICE PER 100G</b>
Whole almonds*	£1.25	Bran flakes*	£0.35
Ground almonds*	£1.30	Kellogg's Corn Flakes*	£0.50
Flaked almonds*	£1.30	Kellogg's Rice Krispies*	£0.65
Whole Brazil nuts*	£1.45	Granola*	£0.60
Whole cashews *	£1.25	Porridge oats*	£0.19
Hazelnuts*	£1.30	Organic Porridge oats*	£0.25
Peanuts (redskin)*	£0.45	GF Porridge oats	£0.25
Peanuts (salted)*	£0.55	Jumbo oats*	£0.19
Peanuts (dry roasted) *	£0.80	Muesli base*	£0.20
Pecan pieces*	£1.30	Deluxe muesli *	£0.44
Walnut pieces*	£1.10		
Mixed Nuts*	£1.25	<b>BEANS, GRAINS, PULSES</b>	<b>PRICE PER 100G</b>
Mixed seeds*	£0.65	Moong beans	£0.35
Pumpkin seeds	£0.75	Black turtle beans	£0.30
Sesame seeds*	£0.65	Butter beans	£0.40
Sunflower seeds	£0.40	Red kidney beans	£0.45
Linseed	£0.30	Haricot Beans	£0.32
Chia Seeds	£0.65	Pearl barley*	£0.22
Pine Kernels	£4.00	Chickpeas	£0.23
<b>PASTA &amp; RICE</b>	<b>PRICE PER 100G</b>	Cous cous*	£0.25
Spaghetti (white)*	£0.20	Quinoa	£0.60
Mini Macaroni (white)*	£0.20	Yellow Split Peas	£0.22
Orzo (white)*	£0.20	Green Lentils	£0.26
Noodle Nests (white)*	£0.25	Red split lentils	£0.20
Spaghetti (wholemeal) *	£0.25	Puy style lentils	£0.30
Fusili (wholemeal)*	£0.25	<b>SEASONINGS</b>	<b>PRICE PER 100G</b>
Penne (wholemeal) *	£0.25	Marigold Organic Vegan	£1.50
Gluten free Fusili	£0.25	Bouillon	
Basmati rice	£0.28	Knorr Chicken Bouillon	£1.75
Long grain brown rice	£0.28	Marigold Engevita B12	£2.80
Risotto rice (Arborio)	£0.35	Yeast Flakes	
Pudding Rice	£0.22		

SNACKS	PRICE PER 100G	DRIED HERBS	PRICE PER 15G
Chocolate raisins*	£1.15	Basil	£0.60
Yoghurt raisins*	£0.75	Bay Leaf	£1.50
Chocolate peanuts*	£1.15	Coriander Leaf	£0.60
Chocolate Brazil nuts*	£1.45	Dill Weed	£0.75
Dark choc Brazil nuts*	£1.10	Mixed herbs	£0.60
Bombay mix*	£0.55	Mint	£0.75
Chilli crackers*	£1.00	Oregano	£0.87
Desperado*	£0.85	Parsley	£1.80
Japanese Rice Crackers*	£0.85	Rosemary	£0.45
<b>NEW!</b> Chilli Peanuts*	£0.45	Sage	£0.87
Popping corn	£0.26	Thyme	£0.66
Sea Salt Potato Crisps	£1.60		
COFFEE BEANS	PRICE PER 250G	SPICES	PRICE PER 30G
AzorieBlue Brazilian Roast	£4.75	All Spice	£0.60
AzorieBlue Decaffeinated	£5.00	Caraway Seed	£0.45
		Cayenne	£0.54
LOOSE LEAF TEA	PRICE PER 100G	Chilli Flakes	£0.60
British Brew	£3.85	Chilli Powder	£0.33
Breakfast Blend	£3.85	Cinnamon (ground)	£0.60
Assam	£3.85	Cinnamon sticks	£1.65
Earl Grey	£5.00	Coriander (ground)	£0.60
Yunan Green Tea - <b>SALE</b>	<b>£3.85</b>	Coriander (seed)	£0.60
<b>NEW!</b> Cha Cha Chai	£5.00	Cumin (ground)	£0.45
<b>NEW!</b> Decaf English B'fast	£7.00	Cumin (seed)	£0.54
Chamomile (per 30g)	£3.85	Curry powder (medium)	£0.21
Red Bush Tea	£5.00	<b>NEW!</b> Fajita Spice	£0.53
<b>NEW!</b> Peppa Mint	£5.00	Fennel (seed)	£0.45
<b>NEW!</b> Red Berry Infusion	£5.50	Fenugreek (seed)	£0.26
		Garam Masala	£0.30
		Garlic Powder	£0.21
		Ginger (ground)	£0.60
		Mixed Spice	£0.45
		Mustard Powder (yellow)	£0.30
		Mustard Seed (brown)	£0.30
		Nutmeg (ground)	£1.20
		Nutmeg (whole)	£0.99
		Paprika	£0.53
		Smoked Paprika	£0.53
		Poppy Seeds	£0.60
		Black Peppercorns	£0.54
		Sea salt (coarse)	£0.25
		Sea salt (fine)	£0.20
		Turmeric	£0.20

CLEANING	PRICE PER 100G	HAIRCARE & SKINCARE REFILLS	PRICE PER 100G
Miniml Washing-up Liquid (Apple Blossom)	£0.20		
SESI Washing-up liquid (Unfragranced)	£0.21	<u>Miniml Refills – Made in Yorkshire</u>	
Miniml Non-bio liquid	£0.30	Shampoo	£0.60
Miniml Fabric Conditioner	£0.24	Conditioner	
SESI Non-bio powder	£0.48	Body Wash	
SESI Bio laundry liquid	£0.38	Pink Grapefruit & Aloe Vera	
SESI Delicate/hand wash	£0.75		
Miniml Toilet Cleaner	£0.24	Vanilla Hand & Body Lotion	£1.25
SESI Multi-surface cleaner	£0.30	Liquid Anti-bac Hand Soap	£0.50
SESI Bicarbonate	£0.20	Clementine	
Miniml Vinegar	£0.15	<u>Unfragranced Body Care</u>	
SESI Glass cleaner	£0.15	SESI Bath, Shower, Hands	£0.50
SESI Dishwasher powder	£0.43	SESI Organic Hand & Body	£1.25
SESI Dishwasher Rinse Aid	£0.35	Lotion	
Dishwasher Salt	£0.05		

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