

A \* next to an item name denotes the presence of allergens.

**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.

For more detailed information, check out <https://www.refillsontheroad.com/post/how-it-works>

**DRIED FRUIT**
**PRICE PER 100G**

|                         |       |
|-------------------------|-------|
| Apricots (sulphured)*   | £0.75 |
| Apricots (unsulphured)  | £0.85 |
| Banana Chips            | £0.59 |
| Goji Berries*           | £1.40 |
| Cranberries (sweetened) | £0.69 |
| Pitted dates            | £0.40 |
| Dried Turkish figs      | £0.80 |
| Dried Sour Cherries     | £1.00 |
| Crystallised Mango*     | £1.00 |
| Crystallised Ginger*    | £0.70 |
| Pitted prunes           | £0.75 |
| Raisins                 | £0.38 |
| Sultanas                | £0.38 |
| Currants                | £0.45 |
| Mixed Fruit             | £0.40 |
| Glaze Cherries*         | £0.50 |
| Mixed Peel*             | £0.55 |
| Dried Mixed Mushrooms   | £3.75 |

**NUTS & SEEDS**
**PRICE PER 100G**

|                         |       |
|-------------------------|-------|
| Whole almonds*          | £1.25 |
| Ground almonds*         | £1.30 |
| Flaked almonds*         | £1.30 |
| Whole Brazil nuts*      | £1.45 |
| Whole cashews *         | £1.25 |
| Hazelnuts*              | £1.30 |
| Peanuts (redskin)*      | £0.45 |
| Peanuts (salted)*       | £0.55 |
| Peanuts (dry roasted) * | £0.80 |
| Whole pecans*           | £1.60 |
| Walnut pieces*          | £1.10 |
| Mixed Nuts*             | £1.25 |
| Mixed seeds*            | £0.65 |
| Pumpkin seeds           | £0.75 |
| Sesame seeds*           | £0.65 |
| Sunflower seeds         | £0.40 |
| Linseed                 | £0.30 |
| Chia Seeds              | £0.65 |
| Pine Kernels            | £4.00 |

**PASTA & RICE**
**PRICE PER 100G**

|                         |       |
|-------------------------|-------|
| Spaghetti (white)*      | £0.20 |
| Mini Macaroni (white)*  | £0.20 |
| Orzo (white)*           | £0.20 |
| Noodle Nests (white)*   | £0.25 |
| Spaghetti (wholemeal) * | £0.25 |
| Fusili (wholemeal)*     | £0.25 |
| Penne (wholemeal) *     | £0.25 |
| Basmati rice            | £0.28 |
| Long grain brown rice   | £0.28 |
| Risotto rice (Arborio)  | £0.35 |
| Pudding Rice            | £0.22 |

**BAKING INGREDIENTS**
**PRICE PER 100G**

|                                    |       |
|------------------------------------|-------|
| Instant Yeast                      | £2.00 |
| Cocoa Powder (Organic, Fair Trade) | £1.40 |
| 55% Cocoa Choc Pieces              | £1.00 |
| 100's & 1,000's                    | £2.00 |
| Granulated sugar                   | £0.18 |
| Caster sugar                       | £0.19 |
| Icing Sugar                        | £0.18 |
| Light soft brown sugar             | £0.18 |
| Demerara sugar                     | £0.19 |
| Desiccated Coconut                 | £0.50 |
| Baking Powder                      | £0.50 |
| Bicarbonate of Soda                | £0.50 |
| Cornflour                          | £0.30 |
| Polenta (fine)                     | £0.15 |
| Semolina (fine)*                   | £0.22 |

**CEREALS**
**PRICE PER 100G**

|                          |       |
|--------------------------|-------|
| Bran flakes*             | £0.35 |
| Kellogg's Corn Flakes*   | £0.50 |
| Kellogg's Rice Krispies* | £0.65 |
| Granola*                 | £0.60 |
| Porridge oats*           | £0.19 |
| Organic Porridge oats*   | £0.25 |
| GF Porridge oats         | £0.25 |
| Jumbo oats*              | £0.19 |
| Muesli base*             | £0.20 |
| Deluxe muesli *          | £0.36 |

**BEANS, GRAINS, PULSES**
**PRICE PER 100G**

|                    |       |
|--------------------|-------|
| Moong beans        | £0.35 |
| Black turtle beans | £0.30 |
| Butter beans       | £0.40 |
| Red kidney beans   | £0.45 |
| Haricot Beans      | £0.32 |
| Pearl barley*      | £0.22 |
| Chickpeas          | £0.23 |
| Cous cous*         | £0.25 |
| Quinoa             | £0.60 |
| Yellow Split Peas  | £0.22 |
| Green Lentils      | £0.27 |
| Red split lentils  | £0.25 |
| Puy style lentils  | £0.30 |
| TVP mince*         | £0.36 |

**SEASONINGS**
**PRICE PER 100G**

|                        |       |
|------------------------|-------|
| Marigold Organic Vegan | £1.50 |
| Bouillon (Less Salt)   |       |
| Knorr Chicken Bouillon | £1.75 |
| Marigold Engevita B12  | £2.80 |
| Yeast Flakes           |       |

| <b>SNACKS</b>                 | <b>PRICE PER 100G</b> | <b>DRIED HERBS</b>      | <b>PRICE PER 15G</b> |
|-------------------------------|-----------------------|-------------------------|----------------------|
| 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                |
| Giant chilli corn             | £1.00                 | Oregano                 | £0.87                |
| Desperado*                    | £0.85                 | Parsley                 | £1.80                |
| Popping corn                  | £0.26                 | Rosemary                | £0.45                |
| Sea Salt Potato Crisps        | £1.60                 | Sage                    | £0.87                |
|                               |                       | Thyme                   | £0.66                |
| <b>COFFEE BEANS</b>           | <b>PRICE PER 250G</b> | <b>SPICES</b>           | <b>PRICE PER 30G</b> |
| AzorieBlue Italian Roast      | £4.75                 | All Spice               | £0.60                |
| AzorieBlue Brazilian Roast    | £4.75                 | Caraway Seed            | £0.45                |
| AzorieBlue Decaffeinated      | £5.00                 | Cayenne                 | £0.54                |
| <b>LOOSE LEAF TEA</b>         | <b>PRICE PER 100G</b> | 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                |
| Cha Cha Chai                  | £5.00                 | Cumin (ground)          | £0.45                |
| 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                 | Fajita Spice            | £0.53                |
| Peppa Mint (per 30g)          | £3.85                 | Fennel (seed)           | £0.45                |
| Red Berry Infusion            | £5.50                 | Fenugreek (ground)      | £0.26                |
| <b>SEASONAL/TEMPORARY</b>     | <b>PRICE PER 100G</b> | Garam Masala            | £0.30                |
| Luxury Mixed Fruit in         | £0.40                 | Garlic Powder           | £0.21                |
| Brandy                        |                       | 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<br>REFILLS            | PRICE PER<br>100G |
|--|----------------|---|-------------------|
| SESI Washing-up liquid<br>(Unfragranced) | £0.21          |   |                   |
| Miniml Non-bio liquid                    | £0.30          | <u>Miniml Refills – Made in Yorkshire</u> |                   |
| Miniml Fabric Conditioner                | £0.24          | Shampoo                                   | £0.60             |
| SESI Non-bio powder                      | £0.48          | Conditioner                               |                   |
| SESI Bio laundry liquid                  | £0.38          | Body Wash                                 |                   |
| SESI Delicate/hand wash                  | £0.75          | Pink Grapefruit & Aloe Vera               |                   |
| Miniml Toilet Cleaner                    | £0.24          | Coconut                                   |                   |
| SESI Multi-surface cleaner               | £0.30          |   |                   |
| SESI Bicarbonate                         | £0.20          | Vanilla Hand & Body Lotion                | £1.25             |
| Miniml Vinegar                           | £0.15          | Liquid Hand Soap                          | £0.50             |
| SESI Glass cleaner                       | £0.15          | Cucumber & Aloe Vera                      |                   |
| SESI Dishwasher powder                   | £0.43          |   |                   |
| SESI Dishwasher Rinse Aid                | £0.35          | <u>Unfragranced Body Care</u>             |                   |
| Dishwasher Salt                          | £0.05          | SESI Bath, Shower, Hands                  | £0.50             |
|  |                | SESI Organic Hand & Body<br>Lotion        | £1.25             |

**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.

For more detailed information, check out <https://www.refillsontheroad.com/post/how-it-works>