

# THE LITTLE FENLAND ECO SHOP

## Quick guide to refilling

Bring your own **clean, empty containers**, or use our **paper bags**

Use our **self-serve scales**, or ask us to help out :)

**Prices are per 100g**, but you can buy as little or as much as you like!

## How it all works!

We love refilling and reusing, so you're very welcome to bring along your own clean, empty containers.

Glass jars, reused tubs, bottles, flour bags, or takeaway pots are all perfect.

Forgot to bring something? No problem at all, **paper bags are available in store**.

(They don't work so well for freshly ground peanut butter, so a jar is best for that!)

We use a **simple self-serve weighing system**, which means you're free to weigh your containers, fill them up, and only pay for what you need. If it's your first time, or you'd just rather not do it yourself, we're always happy to **help, fill, and weigh everything for you**, just ask. Please note that during busier times you may need to wait a short while for assistance.

## Organic vs Standard

Some products appear only in the Organic Column, that's because the price difference was so small that it made sense for us to stock organic only, leaving us shelf space for other yummy products!

Where products appear only in the Standard Column, the organic alternative was significantly more expensive and not something we felt we could offer at a fair price.

## Questions?

If you have any questions at all, feel free to:

Email us at [littlefenlandeco@outlook.com](mailto:littlefenlandeco@outlook.com)

Message us on social media [@thelittlefenlandecoshop](https://www.instagram.com/thelittlefenlandecoshop)

**Pop in store** for a chat! :)

## Grains & Pulses

Product	Standard	Organic	Product	Standard	Organic
Chickpeas	£0.28	£0.57	Muesli Base	~	£0.34
Red Lentils	£0.25	£0.50	Deluxe Muesli	~	£0.54
Quinoa Grain	~	£0.87	Bran Flakes	£0.35	~
Tricolour Quinoa Grain	~	£0.90	Pop Corn	~	£0.45
Jumbo Oats	£0.16	£0.29	Bulgur Wheat	~	£0.47
Porridge Oats	£0.16	£0.29			

## Rice & Pasta

Product	Standard	Organic	Product	Standard	Organic
Basmati Rice	£0.40	£0.64	Penne	~	£0.59
Brown Basmati Rice	£0.49	~	Wholemeal Penne	£0.30	~
Arborio Rice (Risotto Rice)	£0.48	£0.77	Wholewheat Fusilli	~	£0.57
Orzo	£0.33	£0.57	White Cous Cous	~	£0.50
Conchiglie Shells	£0.30	~			

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## Nuts & Seeds

Product	Standard	Organic	Product	Standard	Organic
Chia Seeds	£0.75	£1.40	Cashew Nuts	£1.30	£1.84
Pumpkin Seeds	£0.85	£1.75	Almonds	£1.24	£1.74
Sunflower Seeds	£0.35	£0.77	Almonds (Ground)	£1.25	~
Hemp Seed	~	£2.00	Walnuts (Halves)	£1.20	£1.69
Sesame Seeds Brown	~	£0.80	Hazelnuts	£1.25	£1.83
Flax Seeds (Whole)	~	£0.63	Pecan Halves	£2.20	~
Poppy Seeds	£0.84	£1.29	Brazil Nuts	~	£2.50
Pine Nuts	£3.90	£6.00	Dark Roast Peanut Butter	£0.81	~

## Dried Fruit & Snacks

Product	Standard	Organic	Product	Standard	O
Banana Chips	~	£0.99	Medjoul Dates	£2.04	~
Apricots	£1.00	~	Lerida Figs	£1.29	~
Unsulphured Apricots	~	£2.10	Freeze Dried Strawberry Slices	£10.00	~
Mango Strips	~	£2.00	Freeze Dried Blueberries	£10.00	~
Raisins	£0.48	£0.75	Freeze Dried Raspberry Pieces	£10.00	~
Goji Berries	£1.90	~	Roasted & Salted Pistachios	£2.49	~
Dried Fruit Medley	£0.90	~	Caramel Honey Cashews	£1.77	~
Chopped Dates	£0.64	~	Sea Salt & Black Pepper Cashews	£1.77	~
Coconut Strips	£0.90	~	Wasabi Coated Peas	£0.90	~
			Sweeties (Various - please see in store)	£1.49	~

## Baking

Product	Price / 100g	Product	Price / 100g
Bicarbonate of Soda	£0.38	Icing Sugar	£0.26
Baking Powder	£0.81	Demerara Sugar	£0.25
Cocoa Powder	£1.95	Luxury Mixed Fruit	£0.48
Desiccated Coconut	£1.00	Wholemeal Flour - Past BB	£0.15
Cornflour	£0.50	Plain Flour	£0.20
Caster Sugar	£0.25	Self Raising Flour	£0.20
Dark Soft Sugar	£0.35	Strong White Bread Flour	£0.20
Light Soft Sugar	£0.35		

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## Herbs & Spices

Product	Price / 100g	Product	Price / 100g
Basil	£4.50	Mixed Herbs	£5.00
Bay Leaves	£11.35	Mixed Spice	£2.70
Cayenne Pepper	£2.00	Mustard (Ground)	£3.80
Celery Salt	£2.00	Nutmeg (Ground)	£8.00
Chilli Flakes	£3.50	Onion Powder	£1.90
Chilli Powder	£2.00	Onion Salt	£0.60
Chinese Five Spice	£2.70	Oregano	£6.50
Chives	£20.00	Smoked Paprika (Sweet & Mild)	£2.10
Cinnamon Ground	£2.79	Paprika (Spanish)	£2.00
Coriander (Ground)	£2.50	Parsley	£9.10
Cumin (Ground)	£2.30	Black Peppercorns	£2.60
Cumin Seeds	£2.70	Black Pepper (Ground)	£3.00
Curry Powder (Medium)	£1.60	Rosemary	£3.50
Curry Powder (Hot)	£1.60	Fine Atlantic Sea Salt - Organic	£0.40
Dill Weed	£14.00	Maldon Sea Salt Flakes	£2.00
Fennel Seed	£2.79	Sage	£8.00
Fenugreek (Ground)	£6.00	Tarragon	£12.70
Garam Masala	£2.60	Trapani Sea Salt	£0.60
Garlic Powder	£2.10	Turmeric (Ground)	£2.20
Garlic Granules	£1.80	White Pepper (ground)	£2.50
Garlic Salt	£1.10	Thyme	£3.19
Ginger (Ground)	£2.60	Gravy (Instant Powder)	£1.60
Marjoram	£7.00	Nutritional Yeast (Nooch)	£3.90
Mint	£6.00	Bouillon	£1.53
Mixed Herbs	£5.00	Sage & Onion Stuffing	£0.88

## Coffee Beans - Roasted in St Neots, Cambs.

Product	RRP per 100g
Bohemia Roast 100% Arabica Blend - Strength 4	£4.60
Santos Sunshine 100% Arabica Single Origin - Strength 2	£4.10

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## Loose Leaf Teas

Product	Price / 100g	Product	Price / 100g
Assam	£4.63	Peppa Mint	£15.43
Breakfast Blend	£4.63	Ginger Root N' Lemon	£5.02
British Brew	£4.63	Apple Spiced Fruit Tea	£5.80
Herts Delight	£4.63	Milk Oolong	£15.28
Early Grey	£5.80	Irish Breakfast	£5.67
Yunnan Green	£5.80	Darjeeling Tea	£8.27
Teacaff	£5.80	Jasmine Blossom Green Tea	£6.25
Cha Cha Chai	£5.80	Ceylon Tea Lovers Leap	£6.35
Chamomile Smile	£15.43	Duchess Earl Grey	£6.17
Hibiscus Flower	£6.25		

## Laundry Products

Product	Price / 100g
Laundry Liquid (Neroli)	£0.56
Fabric Conditioner (Neroli)	£0.40
Fabric Refresher (Neroli) - Replaces ironing water, febreze spray etc	£0.70
Laundry Power (Petitgrain)	£0.68
Destainer Powder	£0.50

## Household Cleaning

Product	Price / 100g	Product	Price / 100g
Wash up (Ginger)	£0.40	Mattress Freshener Powder	£4.00
Kitchen Clean (Grapefruit)	£0.40	Dishwasher Powder	£1.05
All Purpose (Honeysuckle)	£0.40	Scrub Powder	£0.50
Rinse Aid (Unscented)	£0.40	Vegetable Glycerin	£1.20
Dishwasher Salt	£0.22	Castile Soap	£1.20
Steel & Glass (Geranium)	£0.40	Cleaning Vinegar	£0.15
Floor Clean (Bergamot)	£0.40	Natural Bleach	£0.56
Bathroom Clean (Eucalyptus)	£0.40	Bicarbonate of Soda	£0.35
Toilet Clean (Eucalyptus)	£0.40	Soda Crystals	£0.33
Drain Fresh Powder	£2.30	Citric Acid	£0.60
WM & DW Freshener	£2.30	Everything Clean (Bergamot)	£0.70

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## Hand & Body

Product	Price / 100g	Product	Price / 100g
Hand Soap - Cucumber & Aloe Vera	£0.60	Hand Soap - Fig Leaf	£0.48
Hand Soap - Lime, Basil & Mandarin	£0.60	Body Wash - Fig Leaf	£0.82
Anti Bacterial Hand Soap - Sweet Clementine	£0.60	Hand Cream - Fig Leaf	£2.75
Body Wash & Bubble Bath - All Scents	£0.60	Hand Gel - Fig Leaf	£0.62
Hand & Body Lotion - All Scents	£1.50	Bath Soak - Forest	£0.96

## Haircare

Product	Price / 100g	Product	Price / 100g
Hair Wash - Orange Peel	£0.65	All Miniml Shampoo & Conditioners	£0.60
Conditioner - Orange Peel	£0.40	Shampoo Creme - UpCircle	£14.99
Conditioner - Palmarosa	£0.40	Conditioner Creme - UpCircle	£14.99
Hair Wash - Palmarosa	£0.65		

## Skincare

Product	Price / 100g	Product	Price / 100g
Face Scrub (UpCircle)	£13.49	Face Serum (UpCircle)	£49.97
Cleansing Balm (UpCircle)	£28.62	Eye Cream (UpCircle)	£109.95
Cleansing Milk (UpCircle)	£12.49	SPF 25 (UpCircle)	£23.32
Face Toner (UpCircle)	£14.99	Micellar Water (Flawless)	£3.00
Peptide Serum (UpCircle)	£62.47	Hydrating Toner (Flawless)	£3.60
Night Cream (UpCircle)	£29.98	Double Balancing Cream (Flawless)	£11.66
Face Moisturiser (UpCircle)	£27.48		

Please note; due to the unpacked nature and handling of our produce, we are unable to guarantee that cross contamination from other allergens in the shop does not arise.

We therefore recommend that our products are not suitable for people with severe allergies or sensitivities.

Please thoroughly wash and dry your containers prior to bringing them in store to be refilled. The Little Fenland Eco Shop does not accept any liability for any contamination from previous products held within your containers.

All containers purchased at The Little Fenland Eco Shop are new and unused. The Little Fenland Eco Shop cannot accept any liability caused by decanting into customers own containers.

Please ensure that refilled cleaning products are clearly labelled and kept out of reach of children and animals.

The Little Fenland Eco Shop can provide additional Safety Labels for containers you may wish to decant into if required.