

Handam - Refill Station price list (06.2022)

Prices as per 02.06.2022 - they may change due cost price changes. Please enquiry at the shop or message us to confirm.

| beans & pulses | | |
|-------------------------|------|--------|
| Aduki beans organic | 0.55 | / 100g |
| Black eyed beans | 0.35 | / 100g |
| Black turtle beans | 0.33 | / 100g |
| Brown lentils organic | 0.37 | / 100g |
| Bulgur Wheat - Organic | 0.36 | / 100g |
| Butter beans | 0.34 | / 100g |
| Chickpeas | 0.26 | / 100g |
| Dark Speckled Lentils | 0.35 | / 100g |
| Green lentils laird | 0.31 | / 100g |
| Green split peas | 0.23 | / 100g |
| Haricot beans - organic | 0.42 | / 100g |
| Moong Dall | 0.40 | / 100g |
| Mung beans - organic | 0.70 | / 100g |
| Pearl barley | 0.12 | / 100g |
| Red kidney beans | 0.35 | / 100g |
| Red lentils | 0.23 | / 100g |
| Yellow split peas | 0.19 | / 100g |

| Seeds | | |
|--------------------------|------|--------|
| Cacao nibs - organic | 2.68 | / 100g |
| Chia seeds organic | 1.50 | / 100g |
| Linseed brown | 0.50 | / 100g |
| Linseed gold organic | 0.55 | / 100g |
| Popcorn | 0.30 | / 100g |
| Poppy seed - blue | 1.00 | / 100g |
| Pumpkin seeds - organic | 1.10 | / 100g |
| Sesame seeds - organic | 0.96 | / 100g |
| Sunflower seeds -organic | 0.48 | / 100g |
| Tapioca - Seed Pearl | 0.60 | / 100g |

| nuts | | |
|--------------------------------|------|--------|
| Almonds flaked | 1.70 | / 100g |
| Almonds ground | 1.45 | / 100g |
| Almonds whole | 1.69 | / 100g |
| Brazils broken | 1.60 | / 100g |
| Brazils whole | 1.75 | / 100g |
| Cashew pieces | 1.50 | / 100g |
| Hazels whole | 1.50 | / 100g |
| Mixed nuts | 1.80 | / 100g |
| Peanuts roasted unsalted | 0.70 | / 100g |
| Pecan halves | 2.00 | / 100g |
| Pine kernels | 5 | / 100g |
| Pistachio - roasted and salted | 2.5 | / 100g |
| Walnuts broken | 1.6 | / 100g |
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| baking and cooking | | |
|--|------|--------|
| Baking powder | 0.45 | / 100g |
| Baking powder GF | 0.75 | / 100g |
| Bicarbonate of Soda | 0.40 | / 100g |
| Bouillon powder - vegetable organic | 1.20 | / 100g |
| Citric Acid crystals | 0.53 | / 100g |
| Cocoa powder - organic | 1.50 | / 100g |
| Cream of tartar | 1.90 | / 100g |
| Epsom salt | 0.53 | / 100g |
| Instant dry yeast | 1.40 | / 100g |
| Panko breadcrumbs | 0.90 | / 100g |
| Pink himalayan salt coarse | 0.70 | / 100g |
| Sea salt - fine additive free | 0.20 | / 100g |
| Sea salt coarse | 0.20 | / 100g |
| Textured Vegetable Protein - Plain Min | 1.10 | / 100g |
| Vegetarian sausage mix | 1.40 | / 100g |
| Xanthan Gum | 2.00 | / 100g |
| Yeast flakes B12 | 2.44 | / 100g |
| | | |
| baking strands | 1.10 | / 100g |
| | | |
| Caster sugar refined | 0.22 | / 100g |
| Dark muscovado sugar | 0.47 | / 100g |
| Demerara sugar FT fair trade | 0.35 | / 100g |
| Raw cane sugar organic | 0.50 | / 100g |
| Soft light brown sugar | 0.35 | / 100g |
| | | |
| dried fruit | | |
| Apricots unsulphured organic | 1.45 | / 100g |
| Banana chips | 0.65 | / 100g |
| Cherries - Red Glace Added E163 & SO | 0.76 | / 100g |
| Coconut - medium desiccated | 0.60 | / 100g |
| Coconut toasted flakes | 3.00 | / 100g |
| Cranberries - Added Sugar | 1.35 | / 100g |
| Currants | 1.00 | / 100g |
| Dates pitted organic | 1.47 | / 100g |
| Figs organic | 1.20 | / 100g |
| Ginger crystalized | 1.10 | / 100g |
| Mango dried pieces - organic | 2.20 | / 100g |
| Pitted Prunes E202 | 1.15 | / 100g |
| Raisins | 0.6 | / 100g |
| Sultanas organic | 0.65 | / 100g |
| dried mushroom | 6 | / 100g |
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| Pasta | | |
|--------------------------------|------|--------|
| Fusilli Pasta | 0.25 | / 100g |
| Fusilli Wholewheat | 0.29 | / 100g |
| Penne pasta | 0.25 | / 100g |
| Penne wholewheat | 0.29 | / 100g |
| Spaghetti | 0.30 | / 100g |
| Orzo Pasta | 0.25 | / 100g |
| White Macaroni Elbows/Small | 0.22 | / 100g |
| Gluten Free Small Shells - 8Kg | 0.55 | / 100g |

| Flours | | |
|--------------------------------------|------|--------|
| White strong flour organic | 1.60 | / 1kg |
| White plain flour organic | 1.50 | / 1kg |
| White self raising flour organic | 1.50 | / 1kg |
| Wholewheat strong flour organic dove | 1.70 | / 1kg |
| wholewheat fine flour organic doves | 1.50 | / 1kg |
| | | |
| Dark rye flour organic 1kg | 1.70 | / 1kg |
| Light rye flour organic 1kg | 2.00 | / 1kg |
| Spelt white flour 1kg | 3.10 | / 1kg |
| Spelt wholewheat flour 1kg | 2.85 | / 1kg |
| Cornflour | 3.00 | / 1kg |
| Plain 00 flour 1kg | 2.00 | / 1kg |
| Seeded white flour organic | 2.85 | / 1kg |
| Coconut flour organic | 7.40 | / 1kg |
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| | | |
| Gluten Free white self raising flour | 2.25 | / 1kg |
| Gluten Free brown bread flour | 2.40 | / 1kg |
| Gluten Free white plain flour | 2.60 | / 1kg |
| Gluten Free white bread flour | 2.25 | / 1kg |
| Gluten Free buckwheat flour | 4.70 | / 1kg |
| Gluten Free rice flour 1kg | 1.85 | / 1kg |
| Gluten free gram flour | 2.60 | / 1kg |
| Cereals | | |
| Porridge oats organic | 0.20 | / 100g |
| Jumbo Oats | 0.22 | / 100g |
| Bran - organic | 0.30 | / 100g |
| Bran flakes - organic | 0.68 | / 100g |
| Cornflakes organic | 0.65 | / 100g |
| Deluxe muesli | 0.35 | / 100g |
| Tropical muesli | 0.50 | / 100g |
| Puffed brown rice organic | 1.20 | / 100g |
| Millet organic | 0.50 | / 100g |
| Muesli base organic | 0.25 | / 100g |
| Medium Oatmeal | 0.25 | / 100g |
| Oatmeal Fine organic | 0.32 | / 100g |
| Pinhead oatmeal | 0.3 | / 100g |
| Polenta medium | 0.25 | / 100g |
| Semolina fine | 0.22 | / 100g |
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| herbs (quite lightweight) | | |

| Grains | | |
|----------------------------------|------|--------|
| Basmati rice | 0.40 | / 100g |
| Brown basmati rice organic | 0.42 | / 100g |
| Buckwheat organic | 0.47 | / 100g |
| Pudding rice | 0.40 | / 100g |
| Quinoa - organic | 0.69 | / 100g |
| Risotto rice | 0.47 | / 100g |
| Short Grain Brown Rice - Organic | 0.36 | / 100g |
| Sushi rice white | 0.32 | / 100g |
| Wholewheat couscous - organic | 0.45 | / 100g |

| snacks, sweets | | |
|-------------------------------------|------|--------|
| White chocolate alternative organic | 2.20 | / 100g |
| Milk chocolate alternative- Organic | 1.50 | / 100g |
| | | |
| Raw vanoffee cashew | 3.50 | / 100g |
| Raw Chocolate cherries | 2.40 | / 100g |
| Raw chocolate raisins | 2.20 | / 100g |
| Raw chocolate hazels | 3.4 | / 100g |
| Raw chocolate ginger | 3.50 | / 100g |
| Raw chocolate goji | 3.50 | / 100g |
| Raw chocolate coffee | 3.80 | / 100g |
| | | |
| Milk choc mini egg | 1.10 | / 100g |
| Dark chocolate brazils | 1.60 | / 100g |
| Milk chocolate brazils | 1.45 | / 100g |
| Milk chocolate raisins | 1.00 | / 100g |
| Milk choc bananas | 1.90 | / 100g |
| Milk chocolate peanuts | 1.00 | / 100g |
| Yoghurt Raisins | 1.00 | / 100g |
| Yogurt almonds | 1.25 | / 100g |
| Yogurt sunflower seeds | 0.65 | / 100g |
| Mashmallows | 1.20 | / 100g |
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| Bombay mix | 0.55 | / 100g |
| Paprika noodle twists | 0.55 | / 100g |
| Rice Chilli crackers | 1.50 | / 100g |
| Sesame soya sticks | 1.50 | / 100g |
| spiced roasted chickpeas | 1.00 | / 100g |

| spices | | |
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| Basil - organic | 0.30 | / 10g |
| Bay leaves | 0.70 | / 10g |
| Chives | 1.50 | / 10g |
| Dill | 0.90 | / 10g |
| Herbes de Provance leaf | 0.41 | / 10g |
| Italian seasoning | 0.40 | / 10g |
| Marjoram leaf - organic | 0.55 | / 10g |
| Mint - pesticide free | 0.46 | / 10g |
| Mixed Herbs | 0.50 | / 10g |
| Oregano leaf organic | 0.50 | / 10g |
| Parsley organic | 0.43 | / 10g |
| Rosemary - organic | 0.30 | / 10g |
| Sage | 0.37 | / 10g |
| Tarragon leaves | 1.00 | / 10g |
| Thyme leaf - organic | 0.33 | / 10g |
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| cleaning products | | |
| Bio D Washing up liquid | 0.22 | / 100g |
| Bio D fabric conditioner | 0.22 | / 100g |
| Bio D laundry liquid | 0.43 | / 100g |
| Bio D laundry liquid LAVENDER | 0.50 | / 100g |
| Bio D toilet cleaner | 0.43 | / 100g |
| Bio d hand wash geranium | 0.50 | / 100g |
| Bio D hand wash lime and aloe vera | 0.50 | / 100g |
| Bio D hand multi surface sanitiser | 0.30 | / 100g |
| Bio D laundry bleach box | 2.10 | |
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| Multipurpose sheets Simple Living (30) | 10.99 | |
| Blue earth clean laundry stripes (24) | 7.50 | |
| Blue earth clean laundry stripes scented | 7.50 | |
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| Toilet rolls luxury (3ply) | 0.80 | |
| Toilet rolls eco plus (2ply) | 0.65 | |
| compostable caddy liner 10 l | 2.60 | |
| compostable caddy liner 5 l | 2.00 | |
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| Ocean saver dissolvable pods | 1.65 | |
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| TMR dishwasher tablets | 0.20 | |
| TMR Toilet bombs | 0.40 | |
| TMR washing powder 1kg | 7.00 | |

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| All spice ground (pimento) | 0.43 | / 10g |
| All spice whole (pimento) | 0.43 | / 10g |
| Cajun seasoning | 0.21 | / 10g |
| Caraway Seed - Organic | 0.23 | / 10g |
| Cardamom green - ground | 0.90 | / 10g |
| Cardamom pods - green | 0.90 | / 10g |
| Cayenne pepper | 0.24 | / 10g |
| Chilli flakes | 0.30 | / 10g |
| Chilli ground | 0.21 | / 10g |
| Chinese 5 spice | 0.31 | / 10g |
| Cinnamon ground organic | 0.40 | / 10g |
| Cinnamon Sticks | 1.00 | / 10g |
| Cloves - ground | 0.46 | / 10g |
| Cloves - Whole | 0.52 | / 10g |
| Coriander - seeds organic | 0.22 | / 10g |
| Coriander ground organic | 0.40 | / 10g |
| Cumin ground | 0.45 | / 10g |
| Cumin seed - | 0.40 | / 10g |
| Curry leaves organic | 0.60 | / 10g |
| Curry powder medium | 0.23 | / 10g |
| Fennel seeds | 0.25 | / 10g |
| Fenugreek ground | 0.42 | / 10g |
| Fenugreek seed | 0.30 | / 10g |
| Garam masala | 0.30 | / 10g |
| Garlic granules | 0.40 | / 10g |
| Garlic salt | 0.25 | / 10g |
| Ginger Ground - Organic | 0.38 | / 10g |
| Harissa spice mix | 0.38 | / 10g |
| Juniper berries | 0.30 | / 10g |
| Mixed spice organic | 0.31 | / 10g |
| Mustard seed brown organic | 0.32 | / 10g |
| mustard yellow ground | 0.33 | / 10g |
| Nigella seeds organic | 0.25 | / 10g |
| Nutmeg ground | 0.50 | / 10g |
| Nutmeg whole | 0.60 | / 10g |
| Paprika organic | 0.46 | / 10g |
| Paprika smoked organic | 0.58 | / 10g |
| pepper black ground | 0.26 | / 10g |
| pepper lemon ground | 0.28 | / 10g |
| Peppercorns - black | 0.21 | / 10g |
| Peppercorns - mix | 0.50 | / 10g |
| peppercorns - white | 0.39 | / 10g |
| Pickling spice | 0.20 | / 10g |
| Ras el hanout | 0.41 | / 10g |
| Star anise | 0.62 | / 10g |
| Sumac | 0.30 | / 10g |
| Turmeric Powder - Organic | 0.35 | / 10g |
| Zaatar spice | 0.40 | / 10g |