



THE APPLE & PEAR PEOPLE

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WHOLEFOODS

NUTS

Almonds – Whole, Blanched, Flaked, Ground, Roast & Salted.

Brazils – Broken, Whole.

Cashews – Whole, Pieces, Roast `no salt`, Roasted & Salted, Honey Roast.

Coconut – Dessicated, Flaked, Long Thread.

Hazelnuts – Whole.

Mixed Nuts – Whole, Deluxe(no peanuts), Chopped, Roasted & Salted.

Peanuts – Redskin, Superior, Blanched, Roasted(no salt), Roasted & Salted, Dryroast.

Pecans – Halves.

Pinenuts

Pistachios – Raw, Roasted & Salted.

Tigernuts

Walnuts – Californian, Superior, Halves.

DRIED FRUIT

Angelica

Apple Rings

Apricots – Whole, Chopped, Jumbo, Unsulphured.

Banana – Chips, Sundried, Natural Coins.

Blueberries

Cherries – Red Glace, Mixed Glace, Sour.

Cranberries

Currants

Dates – Pitted, Chopped.

Figs – Baby, Large.

Fruit Salad

Ginger – Crystalised

Glace Fruits – Mixed.

Goji Berries

Mango – Natural Slices.

Mixed Vine Fruits

Papaya – Natural slices, Crystalised.

Peach Halves
Pear Halves
Peel – Mixed Chopped, Whole Citron, Whole Lemon, Whole Orange.
Pineapple – Natural Diced, Natural Slices, Crystalised Rings & Diced.
Prunes – Jumbo, Pitted.
Raisins – Jumbo Crimson, Californian, Lexia, Flame Seedless.
Strawberries
Sultanas – Turkish, Australian.

CEREALS

Barley Flakes
Bran Flakes, Sticks
Honey/Almond/Raisin Crunchy
Luxury Granola Mix
Oatbran
Oatflakes Large, Regular
Oatmeal Fine, Medium, Pinhead
Orange Walnut Crunch
Rice Flakes
Rye Flakes
Wheat Flakes
Toasted Malted Wheat Flakes
Wheatbran
Wheatgerm Stabilised

MUESLI

Muesli Deluxe (Rich Fruit)
Muesli Base Deluxe

SEEDS

Alfalfa
Breadmaking Seed Mix
Linseed (Brown)
Golden Linseed
Omega Seed and Nut Mix
Poppy Seed
Pumpkin Seeds
Seedtastic Mix
Sesame Seed Natural, White
Sunflower Seeds
Super Seed Mix

GRAINS

Barley Pearl, Pot
Buckwheat
Bulgar Cracked Wheat
Cous Cous
Millet
Popping Corn
Quinoa

Sago
Tapioca

RICE

Basmati Brown, White
Thai Fragrant Rice
Glutinous Rice Thai
Long Grain Brown Rice, White USA
Mexican Savoury Rice
Pudding Rice
Red Rice
Risotto Rice
Curry Savoury Rice
Vegetable Savoury Rice
Shushi Rice
Wild & Brown Rice
Wild Rice Black

BEANS

Aduki
Black Beans (Turtle)
Black Eye Beans
Butter Beans
Cannellini Beans
Flageolet Beans
Haricot Beans
Mixed Beans
Mung Beans
Pinto Beans
Red Kidney Beans
Soya Beans

PEAS

Chick Peas
Country Casserole Mix
Marrowfat Peas
Soup Mix
Green Split Peas
Yellow Split Peas

LENTILS

Brown
Green
Mixed
Puy
Red Split

DRIED VEGETABLES

Dried Mushroom
Onion Nibbed

Dried Tomatoes

SOYA PROTEIN

Soya Mince

Soya Mince Savoury GMO Free

CHOCOLATE COATED PRODUCTS

Luxury Coated Brazil Mix

Milk Chocolate & Yogurt Supris

Milk Chocolate Almonds

Milk Chocolate Banana

Milk Chocolate Brazils

Milk Chocolate Cashews

Milk Chocolate Ginger

Milk Chocolate Hazels

Honeycomb Milk Chocolate

Milk Chocolate Medley

Milk Chocolate Orange

Milk Chocolate Peanut and Raisins

Milk Chocolate Peanuts

Milk Chocolate Walnuts

Milk Chocolate Turkish Delight

Plain Chocolate Brazils

Plain Chocolate Ginger

Plain Chocolate Peanuts

Plain Chocolate Raisins

Triple Choc Chocolate

White Chocolate Raisins

CHOCOLATE FLAVOURED

Choc Dates

Coconut Macaroons

Nut Cluster

YOGHURT COATED PRODUCTS

Apricots

Banana

Brazils

Fruit Raisins

Ginger

Orange

Peanut and Raisins

Peanuts

Pineapple

Raisins

Sunflower

Honeycombe Bites

CAROB COATED

Drops

Peanuts
Raisins

INDIAN/CHINESE SNACKS

Bombay Mix
Bombay Mix Extra Hot
Chilli Nuts
Korean Chilli Crackers
Korean Curry Crackers
Rice Crackers (Japanese)
Garlic Sticks
Gathia Noodles
Peanut Crackers
Punjabi Mix
Sesame Sticks

FRUIT AND NUT MIXES

Exotic Fruit Mix
Fruit and Nut Mix
Fruitlicious Mix
Lunch Mix
Malibu Mix (Sugar Free)
Mixed Nuts and Raisins, Deluxe
Paradise Mix
Peanut and Raisin
Peanuts Blanched & Raisins
Dessert Raisin and Sultana Mix
Sunshine Mix
Tropical Delight
Tropical Island Mix
Tropical Mix

TRADITIONAL SWEETS

ABC Letters
Acid Drops
Sugared Almonds
American Hard Gums
Aniseed Balls, Drops
Army and Navy
Barley Sugars
Buttermints
Butterscotch
Candy Sticks
Cherry Menthol
Chocolate Cinder Toffee
Cinder Toffee
Clove Drops
Coconut Mushrooms
Cough Drops
Dolly Mixture

Chocolate Eclairs
Fried Eggs
Fruit Bonbons
Fruit Drops
Fruit Pastilles
Fudge
Humbugs
Jelly Babies
Jelly Beans
Koff Kandy Twists
Lemon Bonbons
Liquorice Torpedoes
Marshmallows
Milk Bottles
Mint Imperials
Mintoes
Black and White Mints
Everton Mint Sweets
Extra Strong Mints
Old English Chocolate Fudge
Peanut Brittle
Pear Drops
Pontefract Cakes
Red Lips
Rhubarb and Custard
Sherbet Fruits
Sherbet Lemons
Soft Fruit Jellies
Sprogs
Treacle Toffee
Turkish Delight
Twin Cherries
Water Melons
Wine Gums

SALT

Monosodium Glutamate
Fine Sea Salt
Coarse Sea Salt

COOKING INGREDIENTS

Vegetable Suet Short Cut

HERBS

Basil
Bay Leaves
Bouquet Garni, Sachets
Chervil
Chives
Dill Herb

Herb Seasoning
Herbs de Poissons
Herbs Provencal
Italian Herbs
Italian Seasoning
Lemon Grass, Thyme
Marjoram
Mint
Mixed Herbs
Oregano
Parsley
Pizza Herb Mix
Rosemary
Sage
Savoury Herb
Tarragon
Thyme

SPICES

All Purpose Seasoning
Allspice Whole, Ground
Amchur Powder
Anise 5 Star
Aniseed
Arrowroot
Cajun Spice
Savoury Squash Mix
Cardamon Pods, Ground, Whole Black
Caraway Seeds
Casia Bark, Ground
Cayenne Pepper
Celery Salt, Seed
Chicken Seasoning
Chilli Flakes
Chillies Ground, Whole
Chinese 5 Spice
Cinnamon Ground, Quills
Cloves Whole, Ground
Coriander Ground, Leaves, Seeds
Cumin Ground, Seeds
Curry Leaves
Curry Powder Hot, Medium, Vindaloo, Mild
Balti Curry Powder
Dill Seed
Fennel Seed
Fenugreek Ground, Leaves, Seeds
Galangal Powder
Garam Masala
Garlic Flakes, Granules, Powder, Salt
Ginger Ground, Whole

Grilling Spice
Herb Salt
Horesradish Ground
Jerk Seasoning
Juniper Berries
Lime Leaves
Liquorice Root
Lovage (Ajwain)
Mace Blades, Ground
Mixed Spice
Mulled Wine Spice
Mustard Powder, Seed Black, Seed Yellow
Nutmeg Ground, Whole
Onion Seed Black
Paprica Hungarian, Spanish, Smoked
Pepper Black Coarse Ground, Black Ground, White Ground, Lemon, Garlic
Peppercorns black, Green, Mixed, Pink, White, Szechwan
Peri Peri Spice
Pickling Spice
Pomegranate Seeds
Poppy Seeds White
Saffron
Tandoori Masala
Thai Sir Fry Mix
Tikka Masala
Tumeric
Vanilla Pods