

## **Price List for Ingredients**

### **Fruit and Vegetables:**

Basil: 90p for a bunch  
Bean sprouts: 24p for 100g  
Canned tomatoes: 37p per can  
Carrots: 12p for 100g or 15p each  
Celery sticks: 18p each  
Cherry tomatoes: 27p for 100g  
Coconut: £2 each  
Coriander: 80p for a bunch  
Garlic: 7p per clove  
Lemon: 35p each  
Lemongrass: 40p per stalk  
Lettuce: 50p each  
Lime: 40p each  
Mint: 90p per bunch  
Mushrooms: 4p each or 12p for 100g  
Onions: 8p for 100g or 12p each  
Plum tomatoes: 23p for 100g  
Potatoes: 13p for 100g, or 18p each  
Spring onions: 15p each  
Strawberries: 40p for 100g  
Sun-dried tomatoes: £1.89 for a can  
Thyme: 89p for a bunch  
Tomatoes: see Canned Tomatoes or Plum Tomatoes  
Tomato Puree: 49p for 100ml

### **Meat and Fish:**

Bacon: 35p per rasher  
Beef: £2.30 for 500g  
Chicken: £12 for 1kg  
Cod fillets: £1.80 for a 175g fillet  
Cooked prawns: £7.90 per kg  
Pigeons: £2.40 each  
Pork spare ribs: £4.50 for 8  
Rib of beef: £18 per kg  
Stewing beef: 45p for 100g

### **Other Items:**

Brandy: £1.50 per 100ml  
Caster sugar: 21p for 100g  
Chocolate digestives: 60p per pack  
Coconut milk: £1.30 for 400ml  
Cream cheese: £1.20 for 300g  
Crème fraiche: 60p for 100g  
Dark brown sugar: 13p for 100g  
Dark chocolate: 90p for 100g  
Double cream: 15p per 100ml  
Eggs: £1.20 for 6  
Flour: 11p for 100g  
Lager: 27p for 100ml  
Light Muscavado Sugar: £1.30 for 500g  
Milk: 13p for 100ml  
Red wine: £1 for 100ml  
Rice: £1.60 for 1kg  
Shortcrust pastry: 31p for 100g  
Single cream: 12p for 100ml  
Spaghetti (Dried): 23p for 100g  
Spring roll wrappers: £1.80 for a pack of 16  
Stock: £1.10 for 500ml  
Vanilla pod: £1.30 each  
Vegetable stock: £1.10 for 500ml  
White chocolate: 90p for 100g

### **Ingredients Listed in Tbsp or Tsp**

Salt, Pepper, sugar, vinegar, Worcestershire sauce, Tomato Puree, Five-spice powder, cumin, mayonnaise, olive oil, oregano, corn flour, Thai green curry paste, active dried yeast, honey, oyster sauce, light soy sauce, and any other ingredient in tbsp or tsp:

5p per tsp

15p per tbsp