



**Vegan Pantry**



# Spices

- allspice
- basil
- bay leaves
- chili powder/ flakes
- chinese 5 spice
- cinnamon
- cumin
- curry powder
- mustard
- Sea salt
- garam masala
- garlic powder
- Ginger
- Cardamom
- ground cloves
- ground coriander seed
- ground nutmeg
- marjoram
- mustard seeds
- nutmeg
- onion powder
- oregano
- Paprika
- peppercorns
- rosemary
- smoked paprika
- Sumac
- thyme
- turmeric



# Oils

- Cold pressed Extra Virgin Olive Oil
- Canola oil
- sesame oil
- extra virgin coconut oil



# Vinegars

- Apple Cider Vinegar
- Rice Vinegar
- Balsamic Vinegar
- Red Wine Vinegar



*white balsamic  
vinegar*



*red wine  
vinegar*



*balsamic  
vinegar*



*apple cider  
vinegar*



*white vinegar*

# Baking Goods

- Whole wheat flour
- Self raising flour
- Spelt flour
- Oat flour
- Baking soda
- Baking powder
- Apple sauce
- Corn starch or arrowroot flour
- Almond meal
- Hazelnut meal
- Coconut butter
- Raw Agave
- Black strap Molasses
- Maple Syrup
- Dark Brown Sugar
- Cane Sugar
- Coconut Sugar
- Cocoa nibs
- Cocoa Powder
- whole wheat pastry flour



# Grains

- Quinoa
- Brown rice
- Couscous
- Buckwheat
- Rolled Oats
- Millet
- Wild rice
- Pearl Barley
- Whole wheat pasta
- Wheat lasagne sheets



# Beans and Legumes

- French Lentils
- Red Lentils
- Green/ brown Lentils
- Black Beans
- Chickpeas
- Red kidney beans
- Four bean mix
- Firm organic, non-GMO tofu





# Nuts, Seeds and dried fruit

- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- Chia Seeds
- Flax Seeds
- Sesame seeds
- Dried Cranberries
- Raisins
- Sultanas
- Dried apricots
- Medjool Dates



# Bits and Bobs

- Nut butters ( peanut butter, almond butter, cashew butter)
- Almond Milk ( unsweetened)
- Soy milk (Bonsoy and Soymilky are the nicest)
- Full fat coconut milk
- Light coconut milk
- Nutritional Yeast
- Canned Tomatoes
- Low-Sodium veggie bouillon cubes
- Tamari
- Rice paper rolls
- Nori sheets
- Rice noodles
- Chilli sauce

*Pantry*



# Teas

- Dandelion Tea
- Dandelion Chai
- Camomile Tea
- Peppermint Tea
- Black Tea
- Green Tea
- Lemon Myrtle Tea
- Liquorice Tea

