



16th Sept

Fruit

APPLES red dels	\$9/kg
Sundowner	\$1.10 each
Fuji	\$1 each
Grannies	\$6.50/kg
Pink ladies	\$1.60 each
Juice apples	\$6.70/kg
Avocado	\$14/kg
BANANA Cavendish	\$4.50/kg
Lady fingers	\$7.50/kg
Blueberries	\$10
Grapefruit Ruby	\$5.50/kg
LEMONS EUREKA	\$11.50/kg
Limes	\$10/kg
Kiwi fruit	\$11.00/kg
Mandarines afourier	\$9/kg
Daisy	\$7/kg
ORANGES Navels	\$4.50/kg
Juice	\$2.50/kg
Navels 3kg nets	\$10.00 ea
Paw Paw Red	\$7.00 /kg
Peach yellow	\$3.50 each
Pear Packham	\$11/kg
Pineapple	\$10 each
Strawberries	\$7.50 punnet
Tangellos	\$8/kg
Rockmelon	\$5.00 /kg

Vegetables

Asian Greens pak choi	\$3.60
or bok choi	\$3.60
Asparagus	\$7.50 bunch
Beans	\$15/kg
Broad beans	\$10/kg
Broccoli	\$6.50/kg
BEETROOT small	\$4/kg
Cabbage drum	\$8 each
red	\$9.00 each
Capsicum Red	\$20/kg
green	\$14kg
Cauliflower	\$9.00 each
Celery bunch	\$8.50 each
CARROTS Juicing	\$3/kg
Medium/	\$5.00/kg
CUCUMBER Lebonese	\$14/kg
Green	\$9/kg
Eggplant	\$13.70kg
Eschallots	\$3.8 bunch
Fennel bunch	\$4
GARLIC purple	\$50/kg
Russian	\$45/kg

Ginger	\$30/kg
KALE Curly	\$3.50
Black	\$3.50
LETTUCE -cos	\$4
Iceburg	\$4.50
mesclun 120g	\$5.00
mesclun 120g (our bags)	\$4
mesclun 150g (our bags)	\$5
LEEEKS individual	\$3.00 ea
MUSHROOM – buttons	\$28/kg
crimi	\$35/kg
ONIONS Brown	\$5.50kg
Red	\$7/kg
Parsnips	\$19/kg
POTATO dutch cream	\$3.60/kg
Sebago	\$3.60/kg
Pumpkin Jap	\$3.00/kg
Butternut	\$1.00/kg
Radish bunch	\$4
Rhubarb bunch	\$6
Rocket 120g (our bag)	\$4
150g (our bag)	\$5.00
120 punnet	\$5
Silver beet	\$5.50 each
Snowpeas	\$40/kg
Sugar snap peas	\$32/kg
SPINACH baby 120g bag	\$4
Spinach baby 100g bag	\$3.50
Spinach baby punnet100g	\$5
SPINACH ENG BUNCH	\$5
Squash button	\$11.50/kg
Swede	\$10/kg
Sweet Corn	\$2.90 cob
Sweet pot gold med	\$7/kg
Small and large	\$3.50/kg
Red	\$7.00 /kg
TOMATO round	\$7 /kg
Roma	\$7kg
Cherry 250g	\$5
Tumeric	\$28/kg
Turnips	\$8/kg
Zucchini	\$11.00/kg

Herbs

Basil, chives, coriander, dill, mint,	
curly parsley, flat leaf parsley,	
thyme, lemon grass	\$4.00

Sprouts

Salad	250g	\$4.50
Lentil	200g	\$4.50
Mung	200g	\$4.50
Bean shoots		\$4.50
Radish	50g	\$6
Sunflower	100g	\$6
	80g	\$5

Eggs

Large	700g	\$10
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Dairy

Milk -BARAMBAH

2L full cream	\$5.80
2L Skim	\$6.00
2L lactose free	\$6.00

Butter + Cream

Salted Butter 250g	\$6.00
Unsalted butter 250g	\$6.50
Pure Cream 200ml	\$5
Sour Cream 200ml	\$5.50

Yoghurt -BARAMBAH

Natural 500g	\$5
Low Fat 500g	\$6
Lactose free 500g	\$6
Greek 500g	\$6
Natural 1kg	\$8.70
Greek 1kg	\$11.00

Mango, Apple and Cinnamon,
Blueberry, bush honey, cherry, real
banana, real passionfruit,
strawberry, vanilla bean
500g \$6

CHEESES

Cheddar 200g symons	\$9.20
Cottage cheese 500g	\$8.80
Feta 200g block	\$8
Feta in brine 200g	\$8.30
Feta in Marinade 200g	\$9.30
Feta traditional	\$9.30
Goat cheese 150g	\$5.50
Gouda	\$9.20
Greek feta 150g	\$6
Haloumi 200g	\$9.60
Labna 200g	\$9.30
Pecorino Cheese 150g	\$8
Quark 365g	\$7.80
Shredded cheese 250g	\$10.00
Cheddar sliced 210g	\$8.80
Symons	
Cheddar 500g	\$19
Cheddar 200g	\$9.60
Vintage 150g	\$8.80
Shredded cheddar	\$7.40
Parmesan	\$8.80
Ploughmans	\$8.80
Cashew cheese	\$11.50

Specials

Sr flour \$6 (nor 7.50)
Prunes \$2.50 (nor 3.50)

Vegan Dairy +

Cultured Products

Cashew cheese dip	\$11.50
Sauerkraut Kehoes 650mL	\$19.00
Kale + carrot sauerkraut	\$19.00
Fennel + garlic	\$19.00
beetroot + ginger	\$19.00
curry pepitas 650ml	\$19.00
absolute organic kraut	\$4.70
Tempeh long life	\$9.80
Fresh	\$9.50
Tofu Firm 375g DeliSoy	\$5.50
Kimchi original 650g	\$19.00
Nutritional yeast 150g	\$8.00
Plant based milks 1L	
(soy, almond, oat milk)	\$3.50

Dips (Organic Indulgence)

Hummus 200g	\$8.00
Hummus 350g	\$10.00
Baba Gannouj	\$8.00
Beetroot	\$8.00
Spicy Lentil	\$8.00
Tzatziki	\$8.00

Drinks

coconut water 330mL	\$2.50
cocoquench 1L	\$6.00
Ginger beer 300mL	\$5.30
Ginger beer 750ml	\$12
Turmeric and ginger 350ml	\$6.80
1250 ml	\$18
Lemon lime and bitters	\$5.60
Turmeric and ginger 750ml	\$8.50
kombucha 330mL ginger	\$4.20
750m apple & ginger	\$8.50
Sparkling pear 330mL	\$4.20
Sparkling apple 330ml	\$4.20

Nuts

Almond meal 250g	\$19.00
Almond meal 500g	\$30.50
Almonds raw	\$36/kg
Almond 250g bag	\$14
Almonds -tamari	\$52kg
Activated almonds	\$14
Brazil nuts raw	\$47/kg
Brazil nuts 250g	\$22
Cashews raw	\$32/kg
Cashews 250g	\$14
Hazelnuts 250g	\$10.50
Macadamias raw	\$61/kg
Macadamias raw 150g	\$10.50
Macadamias raw 250g	\$22.00
Macadamia roasted/salted	\$11.20

Macadamia Honey roasted

Pistachios 100g	\$8.00
Pinenuts 100g	\$12.60
Walnuts	\$56/kg
Walnuts 250g	\$13.50

Seeds

Chia 400g	\$9.50
Fennel seeds 250g	\$17
Flax seeds 1 kg	\$12.50
Hemp seeds 100g	\$7.00
Linseeds bulk	\$12.50/kg
Pepitas 250g	\$8.80
Sesame seeds roasted 350g	\$7.50
Sunflower seeds 250 g	\$5.50
Sunflower seeds 450g	\$8
Sunflower seeds bulk	\$11/kg

Dried Fruit

Apricots	\$18/kg
banana 100g	\$5.00
cranberries 140g	\$8.50
250g	\$13.50
Dates medjool	\$33/kg
Figs	\$20/kg
Goji berries 125g	\$12.00
Prunes 250g	\$3.50
Sultanas	\$14/kg
SMALL BOX	60c
Rasins 500g	\$8.80

Pulses/legumes

Chick pea bulk	\$8/kg
Yellow split peas 400g	\$8
Mung beans 400g	\$7.40
Split black peas 400g	\$7.90
red split lentils 500g	\$6.00
Green lentils 400g	\$7.90

Nut and seed butters

ABC nut butter 195g	\$14.
Almond butter 195g	\$14.50
Cashew butter 250g	\$14.00
Peanut butter Absolute Organic smooth and crunchy 350g	\$7.50
Tahini 340g hulled	\$8
Tahini 340g unhulled	\$8
Ceres peanut butter 700g	\$15

Grains AND CEREALS

Rice

Brown medium grain BD	\$7/kg
Brown rice 700g	\$6.40
Basmati 700g bag	\$8
Basmati white	\$7.20/kg
Jasmine Bulk	\$7.50/kg
White	\$4.50/kg
white rice plain 700g	\$6.80

Others

Andean grain mix 454g	\$10.00
Buckwheat hulled 400g	\$4.50
Buckwheat activated 450g	\$8.00
Popping corn	\$5/kg
falafel mix 200g	\$5
Oats rolled	\$5.00/kg
Psyllium husks 175g	\$7
Quinoa Red 400g	\$8.00
Quinoa White 400g	\$6.90
Ceres bircher muesli	\$15
ceres chia rice lsa	\$13.50
cous cous wholemeal400G	\$5.60
quinoa flakes300g (lotus)	\$8.50
(nature first)250g	\$5.50

Flour

Plain white Unbleached1kg Kialla	\$7.50
SR Unbleached 1kg Kialla	\$7.50
wholegrain 1kg	\$6.90
Buckwheat 1 kg	\$11.70
Besan flour 500g	\$8.70
Brown rice flour GF BD	
Coconut Flour 500g	\$5.60
Plain white unbleached	\$5/kg
Spelt white 1kg	\$11.00
Stoneground SR	\$6.50/kg
Stoneground wholemeal Kialla 1kg	\$7.50
Spelt wholemeal 1kg	\$11.00

Sugar, honey +

sweeteners

Agave syrup 500mL	\$8.50
Coconut sugar 250g	\$6.00
Coconut sugar banaban 500g	\$11
Coconut sugar 700g	\$11
Honey absolute 500g	\$12
Honey absolute 1kg	\$23.00
Maple syrup 250mL	\$11.00
Rapadura (panela) 500g	\$5.00
Rice syrup 500mL	\$6.00
Raw sugar	\$3.50/kg

Juice

Apple juice clear 1L	\$7
Apple juice cloudy 1L	\$7
Pear juice 1L	\$8
Pear and apple juice 1L	\$8

Icypoles

90c each or \$8.80 box

Pasta

Fettuccine GF 375g	\$8.30
Fettuccine spelt 375g	\$8.30
Fusilli 500g	\$4.50
Fusilli 500g wholewheat	\$4.50
Fusilli 340g GF	\$6.00
Lasagne sheets spelt	\$8.30
Lisci 500g	\$6.00
Penne – bronze cut	\$4.50
Penjne 500g wholewheat	\$4.50
Penne 500g tricolour	\$4.50
Penne brown rice	\$4.80
Penne spelt 375g	\$8.30
Rigatoni 500g	\$6.00
Spaghetti 500g	\$3
Spaghetti bronze cut	\$3.80
Spaghetti wholemeal	\$3.80
Spaghetti GF 340g	\$6.00
Spaghetti khorasan 375g	\$8.30
Spaghetti spelt 375g	\$8.30

Olive Green Gluten free range

Baby anellini 250g	\$6.80
Quinoa + Rice penne	\$6.00
Quinoa + Rice spaghetti	\$6.00
Tri-grain penne	\$6.00
Tri-grain spaghetti	\$6.00
Bulk gf pasta	\$16/kg

Noodles all \$4.50

Brown rice pad thai
Beetroot noodles 200g
Charcoal noodles 200g
Soba noodles 200g
Spirulina noodles 200g
Udon noodles 200g

Pasta sauces + tomato pastes

Tomato spring veg	\$5.00
Tomato paste 300g	\$3.50
Tomato passata 700mL	\$3.50

Tomato and chilli 300g	\$5.50
Tomato and basil 300g	\$5

Curry Sauces

Butter chicken 375g	\$5.50
Roghan Josh 375g	\$5.50
Thai Green 375g	\$5.50
Thai Red 375g	\$6.50
Tikka Masala 375g	\$5.00
Moroccan spice lamb	\$6.50
Moroccan lemon chicken	\$5.50

Condiments

BBQ sauce 250mL	\$5.50
Bbq sauce 340g	\$6
Sweet chilli sauce 250mL	\$5.50
Tomato sauce 250mL	\$5.50
Avocado dressing 250mL	\$5.50
Balsamic dressing 250mL	\$5.50
Caesar dressing 250mL	\$5.50
Lemon myrtle dressing	\$5.50
French dressing	\$5.50
Italian dressing	\$5.50
Smokey BBQ marinade	\$4.70
Honey soy garlic marinade	\$4.70
Tamari sauce 250mL	\$9.00
Tamari sauce 500mL	\$14.50
Tomato ketchup 340g	\$6
Salsa Absolute spicy	\$4.00
Salsa Ozganics 310g	\$5.00
Mayonaise whole egg 440g	\$11
Mustard seeded	\$4
Mustard French	\$4
Vegan mayo 240g	\$6.40
Coconut aminos 250g	\$10

GOOD FISH CANS 125g

Tuna in brine	\$6.60
Tuna in olive oil	\$7.10
Salmon in brine	\$8.80
Sardines Extra virgin OO	\$5.70
Spanish mackerel EVOO	\$5.50
Macarel in brine	\$4.80

Olives + Preserved

Vegetables

Gherkins 670g	\$7.20
Sliced beetroot	\$4.50
Kalamata 300g	\$10.80
Green olives	\$6.50
Black olives	\$6.20
Capers	\$5
Dried tomatoes	\$8
Sweet corn 330g	\$4.50
Minced garlic 220g	\$7.50

Savoury Snacks

Salty popcorn 80g	\$4.00
Salty popcorn 25g	\$2.20
<u>Potato chips</u>	
Lightly salted 100g	\$4.10
Cracked pepper 100g	\$4.00
Rosemary + thyme 100g	\$4.00
Sweet chilli 100g	\$4.00
Root chips sweet potato	\$6
Kale and spirulina	\$6
<u>Corn chips</u>	
Lightly salted 230g	\$4.50
Lightly salted 500g	\$8
Splendid cheese 230g	\$4.50

Crackers, crisps and thins

GF rice crackers	\$4
Crackers black sesame	\$3.50
Crackers multigrain	\$3.50
Rice cakes 340g	\$3.50
Corn thins	\$3.50
Brown rice crackers	
with Chia115 g	\$4
green tea and seaweed	\$4
Super seed crackers 155g	\$10.50
Herb crackers 150g	\$10.50

Jams

Blueberry jam sugar free	\$9.50
Strawberry jam sugar free	\$9.50
Orange marmalade	\$5.50
Fig and marmalade	\$9.50
Ozganics marmalade 300g	\$6.80

Confectionary

Liquorice	\$16/kg
Spelt licorice	\$18/kg

Sweet Snacks

Sweet + salty popcorn120g	\$5.70
Salty popcorn	
Britts ginger spelt cookies	\$7
Britts Macadamia cookies	\$7
Britts shortbread	\$7
Britts choc maca (spelt)	\$7
Britts ginger GF	\$7
Britts maca & chocchip	\$7
Britts spelt anzacs	\$7

Chocolate

Dark choc liquorice	\$40/kg
Dark choc ginger	\$50/kg
Dark choc almonds	\$60/kg
Bulk dark chocolate 70%	\$40/kg
Milk chocolate ginger	\$56/kg

Vegan chocolates

Loving earth coconut milk	\$7.70
Loving earth dark	\$7.70
Loving earth lemon	\$7.70
Loving earth mandarin	\$7.70
Loving earth dark mint	\$7.70
Loving earth salted caramel	\$7.00
Le choc 45g	\$5
Le hazelnut 80g	\$8
Drinking chocolate 375g	\$15
Vegan choc chips	\$40/kg

Baking goods

coconut desiccated 200g	\$5.40
Coconut shredded 200g	\$6.20
Cacao nibs	\$25/kg
Le cacao powder 500g	\$17
GF baking powder 125g	\$6
Bi carb soda 500g	\$5

TINNED GOODS

Adzuki beans	\$3.00
Baked beans	\$3.00
Baked beans whole earth	\$5.00
Bean mix	\$3.00
Black beans	\$3.00
Borlotti beans	\$3.00
Butter beans	\$3.00
Cannellini beans	\$3.00
Cherry tomatoes	\$3.00
Chickpeas	\$3.00
Coconut cream 22% fat	\$3.00
Coconut milk 17% fat	\$3.00
Kidney beans red	\$3.00
Lentils	\$3.00
Tomatoes diced	\$2.00
Tomatoes whole	\$3.00

Oils + Vinegars

Avocado oil 250ml	\$16.50
Coconut oil EV 1L	\$19.00
Coconut oil 1L tasteless	\$18.00
Olive oil EV 1L	\$30.00
Olive oil EV 2L	\$47.00
Olive oil EV 500ml (ab org)	\$13.50
Olive oil EV Mt Zero 500mL	\$19.50

Sunflower oil 500ml	\$9
Red wine vinegar 500mL	\$6.00
White wine vinegar 500mL	\$5.50
Apple cider vinegar 500mL	\$8.20

Balsamic vinegar 500mL	\$9.50
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Tea

Ceylon tea (black) 50 bags	\$6.50
Earl gray 50 bags	\$6.50
Ceylon bulk	\$40/kg
Chai bulk \$8.50 per 100g	
English breakfast \$8.50/100g	
Ceylon 200g basket	\$8.50
Chai Rainbow loose 100g	\$15.00
Chai spicy 80g	\$8.00
Chai spicy 250g	\$25.00
Chai warm 80g	\$8.00
Chai warm 250g	\$25.00
English breakfast 25 bags	\$4.50
Green loose leaf 80g	\$3.50
Green tea + mint	\$6.00
Green tea loose leaf 125g	\$5.80
Green chai 25 tea bags	\$5.00
Liquorice 25 tea bags	\$5.50
Ginger Tea 25 bags	\$6.80
Pukka tea blends	\$8.00
Rooibos	\$6.00
Dandelion 20 tea bags	\$5.50
Tielka peppermint	\$80/kg
Decaf green tea	\$6

Coffee + drinking chocolate

PNG beans 250g	\$13.50
PNG plunger	\$13.50
Ground medium 250g	\$13.50
Ground dark 250g	\$13.50
Ground espresso 250g	\$13.50
Ground filter 250g	\$13.50
Drinking choc Jasper 375g	\$15.90

Spices, Salt + Stock

Cardomon pods 25g	\$4.00
Caraway seeds 30g	\$3.60
Cayenne pepper 80g	\$6.00
30g	\$4.20
Cumin seeds 30g	\$4.20
Cinnamon ground 30g	\$4.20
Cloves 40g	\$6.50
Chilli flakes 20g	\$4.20
Coriander ground 30g	\$4.20

Ginger powder 80g	\$6.00
Garam masala	\$4.20
Italian Herb Mix 15g	\$4.00
Mexican seasoning 25g	\$4.00
Mustard seed 80g black	\$5.60
OREGANO 10g	\$4.00
Black pepper 80g	\$6.00
Staranise 10g	\$4
SALT OF THE EARTH 650G	\$15.50
Pink salt fine 600g	\$9.50
Salt of the earth & Grinder 80g	\$15.50
Tumeric powder 40g	\$4.20

Stock

Vegetable stock cubes	\$4.50
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Animal Feed

Cat food 1kg	\$10.00
Dog adult dry food	\$6/kg
Dog adult food dry 8kg	\$40.00

Cleaning Products

KinKin Naturals

Dishwashing liquid	\$8/L
Dishwasher powder	\$8/kg
Laundry liquid	\$8/L
Laundry soak powder	\$8/kg
Wool + delicates 500mL	\$8.30

Toiletries

Conditioner 500mL citrus rose or lemon myrtle biologika	\$9.50
Coconut biologika	\$9.50
Deodorant Jozi roll on 80mL Ylang ylang, African citrus, or Ivory vanilla	\$11.00
Hand and body wash 250mL coconut	\$6.50
Shampoo 500mL citrus rose or lemon myrtle Biologika	\$9.50
Coconut Biologika	\$9.50
Soap bar biologika	\$4.00
Toothbrush soft	\$3
Toothbrush medium	\$3
Toothbrush children	\$3
Charcoal toothbrush	\$3.50
Toothpaste herbal 100g	\$10.00
Toothpaste minty 100g	\$10.00
Tampons	\$6.50
Floss	\$8

Paper

Who Gives a Crap Toilet paper	\$1.20/roll
Tissues	\$3

Sol Breads

Naturally Leavened Organic Sourdough. Casual Orders must be in a week before.

Regular weekly or fortnightly set orders are 50c a loaf cheaper

Wheat Sourdoughs

Pain De Campagne:	
Freeformloaf850gmsliced 850gms	\$8.70
Pane De Casa Multigrain	
Free form sliced 720gms	\$9.00
Olive and Thyme: Free form loaf 880gms	\$8.80
Pumpkin and PepitaTinned loaf 570gms	
not sliced	\$ 7.70
sliced	\$8
Pumpkin and pepita 720g	\$9.70
Light Rye:Vienna 650gms	\$ 8.70

Easy-Gest Sourdoughs

Easy Gest High TopTinned loaf 500gms	\$7
Sliced	\$ 7.30

Alternative Sourdoughs

Spelt WholemealTinned loaf 650gms	\$9.10
Sliced	\$9
SpeltMegagrainTinnedloaf600gms	\$10.20
sliced	\$9.60
Spelt FruitTinned loaf 600gms	\$9.70
Sliced	\$ 8.50
SpeltKamut: Viennaloaf 600gms	\$8.
Gluten free Yeast free sourdoughs	
Rice and Pumpkin: Sliced 770gms	\$8.70
Rice and Chia: Tinned loaf sliced 770gms	\$8.70
Mega grain: Tinned loaf Sliced 750gms	\$9.10
Fruit loaf Tinned loaf sliced 770gms	\$9.50
Quinoa (sliced)	\$8.70