



28th May 2018

Fruit

APPLES	Fuji	\$1.30 each
	Pink ladies	\$1.30 each
	Red dels	\$1.10 each
	Granny smith	\$7.50/kg
	juice	\$6/kg
Avocado	bulk	\$14/kg
BANANA	Cavendish	\$4/kg
	Lady fingers	\$7/kg
	ripe	
Grapefruit	ruby	\$7.50/kg
	Yellow	\$6.50/kg
Grapes	Crimson	\$12/kg
LEMONS	EUREKA	\$11/KG
	Meyer	\$8/kg
Limes		\$10/kg
Manderines	imperial	\$12/kg
Kiwi fruit		\$16/kg
ORANGES	navels	\$6/kg
	Navel nets	
	Valencia juice	\$2.50/kg
	Valencia nets	\$9.50
Paw Paw	Red	\$8/kg
Passionfruit		\$20/kg
Pears	Williams	\$10/kg
Pineapples		\$10.50each
Strawberries		\$9 punnet

Vegetables

Asian Greens	pak choi (john's)	\$3.50
	or bok choi (john's)	\$3.50
Beans		\$14/kg
Broad beans		\$10/kg
Broccoli	(johns)	\$8/kg
BEETROOT		\$3.50/kg
Cabbage	drum	\$5 each
	red	\$5
	wombok	\$6
Capsicum	red	\$16/kg
	green	\$10/kg
Cauliflower		\$5 each
Celery	bunch	\$8
CARROTS	Juicing	\$2/kg
	Medium	\$6/kg
	Large	\$3.50/kg
CUCUMBER	Lebonese	\$10/kg
	Green	\$4.50/kg
Eggplant		\$10/kg
Eschallots	(jhn's)	\$4 bunch
Fennel	bunch	\$4

GARLIC	purple	\$50/kg
	Russian	\$40/kg
Ginger		\$40/kg
KALE	Curly (johns)	\$4
	Black (john's)	\$4
LETTUCE	-	\$4.50
	Iceburg	\$4
	mesclun 120g	\$5
	mesclun (our bags)	\$4
	or	\$24/kg
Leeks-	bunch of 3	\$7
MUSHROOM	- buttons	\$28/kg
	crimi	\$30/kg
ONIONS	Brown	\$3.50/kg
	Red	\$7/kg
	Pickling	\$2/kg
Parsnips		\$14/kg
POTATO	Dutch Cream	\$4.50/kg
	Sebago	\$4/kg
	Baby sebago	\$2.50/kg
Pumpkin	Jap	\$2/kg
	Butternut	\$3/kg
Radish	bag	\$5.50
Rhubarb	bunch	\$6
Rocket	120g bag	\$4
	120 punnet	\$5
Silver beet	(john's)	\$5
Snowpeas		\$35/kg
SPINACH	baby 120g bag	\$4
	Bulk loose	\$24/kg
Spinach	baby punnet 100g	\$5
SPINACH	ENG BUNCH	\$5
Squash	button	\$12/kg
Sweet Corn	depends on size	\$2 cob
Sweet pot	gold med	\$6.50/kg
	Small and large	\$4/kg
	Red	\$5.50/kg
TOMATO	roma	\$12.50/kg
	Rounds	\$11/g
	cooking	
	Cherry 250g	\$5
Tumeric		\$50/kg
Turnips		\$8/kg
Zucchini		\$8/kg
	large	\$5/kg

Herbs

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

Salad	250g	\$4.50
Lentil	200g	\$4.50
Mung	200g	\$4.50
Bean shoots		\$4.50
Radish	50g	\$6

Sunflower 100g \$6

Eggs

Large	700g	\$10
Medium	600g	\$8
Small	500g	\$7

Dairy

Milk -BARAMBAH

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

Butter + Cream

Salted Butter 250g	\$5.60
Unsalted butter 250g	\$6.50
Pure Cream 200ml	\$5
Sour Cream 200ml	\$5.50
Ghee 700g	\$21.00

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
Cheddar- Barambah	\$10.50
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 180g	\$10.60
Labna 200g	\$9.30
Pecorino Cheese 150g	\$8
Quark 365g	\$7.80
Shredded cheese 250g	\$10.00
Cheddar sliced 210g	\$8.80
Cheddar 500g	\$19
Symons cheddar bulk	\$32/kg
Vintage 150g	\$8.80
Shredded cheddar	\$7.40
Parmesan	\$8.80
Cashew cheese	\$11.50

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 50g	\$7.50
Plant based milks 1L	
(soy, almond, oat milk)	\$3.50

Dips (Organic Indulgence)

Chilli Hommus	\$8.00
Hommus	\$8.00
Baba Gannouj	\$8.00
Beetroot	\$8.00
Spicy Lentil	\$8.00
Tzatziki	\$8.00

Drinks

coconut water 330mL	\$2.50
coconut water 1L	\$6.00
Ginger beer 350mL	\$5.30
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
spring water 600mL	\$0.80
spring water 1.5L	\$1.50
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
Almonds -tamari	\$52kg
Activated almonds	\$14
Brazil nuts raw	\$47/kg
Brazil nuts 250g	\$22
Cashews raw	\$32/kg
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	\$99/kg
Walnuts	\$56/kg
Walnuts 250g	\$13.50
Walnuts activated 200g	\$14.00

Seeds

Chia 250g	\$7,50
Fennel seeds 250g	\$17
Flax seeds 1 kg	\$12.50
Hemp seeds 100g	\$7.00
Linseeds bulk	\$12.50/kg
Pepitas 500g	\$14.50
Pepitas bulk	\$20/kg
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	\$31/kg
Figs	\$20/kg
Goji berries 125g	\$12.00
Prunes 250g	\$3.50
Sultanas	\$11/kg
SMALL BOX	60c
Rasins 300g	\$9

Pulses/legumes

Chick pea bulk	\$8/kg
Yellow split peas 400g	\$8
Mung beans 400g	\$6.60
Split black peas 400g	\$7.90
red split lentils	\$8/kg
Green lentils 400g	\$6.70

Nut and seed butters

ABC nut butter 195g	\$14.40
Almond butter 195g	\$14.50
Cashew butter 250g	\$14.00
Peanut butter Absolute Organic	
smooth and crunchy 240g	\$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
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Basmati white	\$7.50/kg
Basmati white 750g	\$10.00
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
Quinoa royal 454g	\$10.00
Popping corn	\$5/kg
Samir's falafel mix 200g	\$5.40
Oats rolled	\$4.50/kg
Psyllium husks 175g	\$7
Ceres bircher muesli	\$15
ceres chia rice lsa	\$13.50
cous cous wholemeal 400G	\$5.50
quinoa flakes 300g (lotus)	\$8.50
(nature first) 250g	\$5.50

Flour

Plain white 1kg	\$6.90
wholegrain 1kg	\$6.90
Buckwheat 500g	\$7.90
Besan flour 500g	\$8.70

Special

Brown rice flour GF BD \$5/kg

Coconut flour	\$4.50/kg
Plain white unbleached	\$5/kg
Spelt white 1kg	\$8.00
Spelt white 700g	\$9.00
Stoneground SR	\$6.50/kg
Stoneground wholemeal	\$6.60/kg
Spelt wholemeal 1kg	\$10.50

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

80c each or \$8 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	\$3.60
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	\$6.50
Quinoa + Rice penne	\$6.00
Quinoa + Rice spaghetti	\$6.00
Tri-grain penne	\$6.00
Tri-grain spaghetti	\$6.00

Noodles

Brown rice pad thai	\$4.50
Beetroot noodles 200g	\$4.00
Charcoal noodles 200g	\$4.00
Soba noodles 200g	\$4.00
Spirulina noodles 200g	\$4.00
Udon noodles 200g	\$4.00
Bulk gf pasta	\$16/kg

Pasta sauces + tomato

pastes

Tomato spring veg	\$5.00
Tomato paste 300g	\$3.50
Tomato passata 700mL	\$3.00
Tomato and chilli 300g	\$5.50
Tomato and basil 300g	\$5
Tomato paste tin 70g	90c

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	\$8.00
(lotus)	\$6.50
Tamari sauce 500mL	\$14.50
(lotus)	\$10.50
Tomato ketchup 340g	\$6
Salsa Absolute spicy	\$4.00
Salsa Ozganics	\$5.00
Mayonaise whole egg 440g	\$11
Mustard seeded	\$4
Mustard French	\$4
Vegan mayo 240g	\$5.50
Coconut aminos 250g	\$10

GOOD FISH CANS 125g

Tuna in brine	\$6.60
Tuna extra virgin OO	\$6.90
Salmon in brine	\$8.80
Sardines Extra vigin OO	\$5.70
Salmon Extra virgin OO	\$9.50
Spanish mackerel EVOO	\$5.50

Olives + Preserved

Vegetables

Gherkins 670g	\$7.20
Sliced beetroot	\$4.50
Kalamata 300g	\$10.50
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	\$4.5
Kale and spirulina	\$6
<u>Corn chips</u>	
Lightly salted 230g	\$4.50
Lightly salted 500g	\$6.50
Splendid cheese 230g	\$4.50
Quinotos snaks	\$4

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
Dr Karrgs 3 seed thins	\$7.50
Dr Karrgs muesli thins	\$7.50
Dr Karrgs spelt snaps	\$5.50
Super seed crackers 155g	\$10.50
Herb crackers 150g	\$10.50
<u>Kitz Raw crackers</u>	
Chilli salsa 100g	\$10.50
Herb dulce + spirulina	\$10.50
Herb Italian + garlic	\$10.50
Mexican buckwheat 100g	\$10.50
Mini pizza crackers 100g	\$10.50
Rosemary crackers 100g	\$10.50
Southern BBQ 100g	\$10.50
Ceres rice crackers 100g	\$4
Britts spelt crispbread	\$7.50

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

Qunitos coconut honey	\$4.00
Qunitos chocolate	\$4.00
Sweet + salty popcorn 40g	\$2.40
Sweet + salty popcorn 120g	\$5.40

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

Kitz raw vegan treats

Coconut dream cranberry	\$112.50
Coconut dream limesublime	\$12.50
Coconut dream caramel	\$12.50
Coconut banana cacao	\$12.50
Apricot and almond chunks	\$12.50
Chewy choc fudge chunks	\$12.50
Banana date walnut chunk	\$12.50
Quinoa choc brownie	\$10.95
Quinoa carob brownie	\$10.95
Super charged granola	\$13.50
Simply delicious granola	\$11.95
Choi jo granola	\$13
Paleo granola	\$15
Fig and maca	\$12.50
Naughty but nice	\$12.50
Choc chip and goji	\$12.50
Individual treats	\$3.50

Chocolate

Cocolo milk 100g	\$5.00
Cocolo dark 100g	\$5.50
Seeds and beans	\$8
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 shredded 200g	\$5.00
coconut desiccated 200g	\$5.00
coconut chips 200g	\$5.00
LE cacao powder 1kg	\$32.00
LE cacao powder 300g	\$13.00
LE cacao butter 250g	\$17.00
LE cacao nibs 500g	\$20.50
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
Tuscan bean soup	\$3
Tomato and basil soup	\$4

Minestrne soup	\$3.50
Quinoa vegetable soup	\$4

Oils + Vinegars

Avocado oil 250ml	\$16.50
Coconut oil EV 1L	\$19.00
Coconut oil 300g	\$8.20
Coconut oil 1L tasteless	\$16.00
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 2L	\$45.00
Olive oil EV Mt Zero 500ml	\$19.50
Olive oil EV Wyman 1L	\$28.00
Sunflower oil 500ml	\$9
Sesame oil 250g	\$7

Red wine vinegar 500ml	\$6.00
White wine vinegar 500ml	\$5.50
Apple cider vinegar 1L	\$9.00
Apple cider vinegar 500ml	\$7
Apple cider bragg 473ml	\$7.90
Balsamic vinegar 500ml	\$9.50

Tea

Ceylon tea (black) 50 bags	\$6.50
Earl gray 50 bags	\$6.50
Ceylon bulk	\$40/kg
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

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

\$3.90/ packet

Spices, Salt + Stock

Bay leaves 5g	\$4.00
Cardomon pods 25g	\$4.00
Caraway seeds 30g	\$3.60
Cayenne pepper 80g	\$6.00
30g	\$4.20
Cumin powder 80g	\$6.00
Cumin seeds 30g	\$4.20
Curry powder 80g	\$6.00
Cinnamon quills 20g	\$4
Cinnamon ground 30g	\$4.20
Cinnamon ground 80g	\$6.00
Cloves 30g	\$4.20
Chilli flakes 20g	\$4.20
Coriander ground 30g	\$4.20
Fennel seeds 30g	\$4.20
Garlic granules	\$4.00
Ginger powder 80g	\$6.00
Garam masala	\$4.20
Mexican seasoning 25g	\$4.00
Mustard seed 40g	\$4.00
Nutmeg ground 30g	\$4.00
Black pepper 40g	\$3.50
Black pepper 80g	\$6.00
Rosemary	\$4.00
Staranise 10g	\$4
Salt 650g	\$9.00
SALT OF THE EARTH 650G	\$15.50
Stock cubes vegetable	\$6.50
Fennel seeds 30g	\$4.00
Paprika 30g	\$4
Pink salt fine 600g	\$9.50
Pink salt coarse 600g	\$9.50
Peruvian pink salt in grinder 100g	
Refillable container	\$7.50
Salt of the earth & Grinder	
80g	\$15.50
Himalayan salt 250g	\$6.00
Tumeric powder 40g	\$4.20
Turmeric powder 80g	\$6.00
Vanilla powder 10g	\$10.00

Stock	
Beef stock 1L	\$4.50
Chicken stock 1L	\$4.50
Vegetable stock 1L	\$4.50
Vegetable stock cubes	\$6.00

Animal Feed

Cat food 1kg	\$10.00
Dog adult dry food	\$6/kg
Dog adult food dry 8kg	\$40.00
Poultry feed coarse 20kg	\$36.00
Poultry feed fine 20kg	\$36.00

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

Our Eco Home

Air freshener lemon	\$9.50
Air freshener rose	\$9.50
Air freshener zesty	\$9.50
Bicarb cleaning paste	\$12.50
Cleaning gel	\$9.50
Disinfectant spray 500mL	\$9.50
Floor cleaner 500mL	\$9.50
Mould spray 500mL	\$9.50
Multipurpose spray	\$9.50
Toilet bowl cleaner	\$9.50
Timber furniture polish	\$8.50

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
Parchment baking paper	\$8.50/roll
Tissues	\$3

Tampons \$6.50

Eden seeds

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:	
Freeformloaf850gms	sliced 850gms \$8.70
Pane De Casa Multigrain	
Free form sliced 720gms	\$8.70
Olive and Thyme: Free form loaf 880gms	\$8.80
Pumpkin and Pepita Tinned loaf 570gms	
not sliced	\$ 7.70
sliced	\$8
Pumpkin and pepita 720g	\$9.10
Light Rye:Vienna 650gms	\$ 7.20

Easy-Gest Sourdoughs

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

Alternative Sourdoughs

Spelt WholemealTinned loaf 650gms	\$8
Sliced	\$9
SpeltMegagrainTinnedloaf650gms	\$9.40
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 770gms	\$8.70
Fruit loaf Tinned loaf sliced 770gms	\$9.50
Quinoa (sliced)	\$8.70

Stainless steel water containers

350 ml	\$15
500ml	\$18.50
750ml	\$21.50
1l	\$23

Tea infuser	\$5.20
Automatic electric oil vapourizer	\$43