



14th sept

Fruit

APPLES sundowner	\$1 each or \$1.20
Grannies	\$7/kg
red marked	\$7/kg
juice (pink lady)	\$5/kg
Avocado	\$16/kg
BANANA Cavendish	\$4.50/kg
Lady fingers	\$10/kg
Blueberries 125g punnet	\$8
LEMONS eureka	\$10/kg
Limes	\$14/kg
Grapefruit ruby	\$5.50/kg
Manderine honey mucot	10/kg
Afourier	\$10/kg
Kiwi fruit	\$10/kg
ORANGES navels	\$5/kg
Juice	\$3/kg
3 kg navel net	\$11
Passionfruit	\$20/kg
Paw Paw Red	\$7/kg
Pears packham	\$12/kg
Josephine	\$12/kg
Pineapple	\$10 each
Rockmelon	\$6/kg
Strawberries 250g	\$6 punnet
Tangelo	\$8/kg
Watermelon	\$4/kg

Vegetables

Asian Greens pak choi	\$3.50
or bok choi	\$3.50
Asparagus	\$7 bunch
Beans	\$16/kg
Broad beans	\$12/kg
Broccoli	\$7/kg
BEETROOT l	\$3/kg
Cabbage drum	\$6 each
red	\$6 each
sugarloaf	\$4
wombok	\$6
Capsicum Red	\$24/kg
green	\$18kg
Cauliflower small	\$3 each
Celery bunch	\$2
CARROTS Juicing	\$2/kg
Medium/	\$5.50kg
Small	\$4/kg
CUCUMBER Lebonese	\$16/kg
Green	\$7/kg
Eggplant	\$14/kg
Eschallots	\$4 bunch

Fennel bunch	\$4
GARLIC purple	\$80/kg
Russian	\$60/kg
Ginger	\$50/kg
KALE Curly	\$4.
Black	\$4
LETTUCE -cos	\$3.50
Iceburg	\$3.50
mesclun 100g(our bags)	\$3.50
mesclun 120g (our bags)	\$4
punnet	\$5
mesclun 150g (our bags)	\$5
LEEEKS individual	\$2 ea
MUSHROOM – buttons	\$30/kg
crimi	\$32/kg
ONIONS Brown	\$5.50/kg
Pickling	\$2.50/kg
red	\$7.50/kg
Parsnips	\$19/kg
POTATO dutch cream	\$4/kg
Sebago	\$4/kg
Pumpkin Jap	\$4.00/kg
Butternut	\$2.50/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	\$35/kg
SPINACH baby 120g bag	\$4
100g bag	\$3.50
150g bag	\$5
SPINACH ENG BUNCH	\$5
Squash button	\$16/kg
Sweet Corn \$3 cob	
Sweet pot gold med	\$8.50/kg
large	\$7/kg
Swede	\$10/kg
TOMATO round	
Roma	\$12/kg
Cherry 300g	\$5
Cooking	\$6/kg
Tumeric	\$60/kg
Turnips	\$10/kg
Zucchini	\$12/kg
Large	\$9/kg

Herbs

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

Sprouts

Snow pea 100g	\$6
Sunflower 100g	\$6

Eggs Large 700g **\$10 today**

Dairy

Milk -BARAMBAH

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

Butter + Cream

Salted Butter 250g	\$6 \$6.00
Unsalted butter 250g	\$6.50
Pure Cream 200ml	\$5.30
Sour Cream 200ml	\$5.70

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

Cottage cheese 500g	\$8.80
Feta in brine 200g	\$8.60
Feta in Marinade 200g	\$10.40
Goat cheese 150g	\$6.50
Greek feta 150g	\$6.50
Haloumi 200g	\$9.60
Labna 200g	\$9.30
Pecorino Cheese 150g	\$8
Quark 365g	\$8.60
Shredded cheese 250g	\$10.00
Symons	
Cheddar 500g	\$19.80
Cheddar 200g	\$9.60
Vintage 150g	\$8.80
Parmesan	\$8.80
Ploughmans	\$8.80
Cashew cheese	\$11.50

Eggs \$10

Brown biodynamic rice
\$7.50/kg normally \$9/kg

White Basmati
rice \$7.50/kg normally \$9/kg

Chick pea (with rosemary) 350 g glass jar \$2 (normally \$3.50) or 4 for \$7

**We can not
guareentee that all
the grocery items are
available every week**

Vegan Dairy + Cultured Products

Basil cashew cheese dip	\$11.50
Chilli cashew chees dip	11.50
Turmeric cashew chees	\$11.50
Sauerkraut Kehoes 470mL	\$11.00
Kale + carrot	\$11.00
Fennel + garlic	\$11.00
beetroot + ginger	\$11.00
Kimchi original 410g	\$11.00
absolute organic kraut	\$4.70
Tempeh long life	\$9.80
Fresh	\$9.50
Tofu Firm 375g DeliSoy	\$5.50
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
Beetroot honey dip200g	\$8.70
Green tahini 200g	\$8.70
Eggplant kasoundi 350g	\$14.50
Madbukka Moroccan salsa350g	\$12.50
Zhug 110g	\$11.50

Drinks

coconut water 330mL	\$2.50
cocoquench 1L	\$6.00
Apple juice clear 1L	\$8
Apple juice cloudy 1L	\$8
Pear juice 1L	\$8
Pear and apple juice 1L	\$8

Nuts

Almond meal 250g	\$19.00
Almond meal 500g	\$30.50
Almonds raw	\$40/kg
Almonds -tamari 250gbag	\$15
Brazil nuts 250 g	\$11.20
Cashews salted and roasted 250g	\$10.70
Macadamias raw 150g	\$10.50
Macadamias raw 250g	\$22.00
Pistachios 100g	\$8.00
Pinenuts 100g	\$12.60
Peanuts roasted 250g	\$6.40
Walnuts 250g	\$13.50

Seeds

Chia 400g	\$8
Fennel seeds 250g	\$17
Flax seeds 1 kg	\$12.50
Hemp seeds 100g	\$7.00
Pepitas 250g	\$10
Sesame seeds 150g	\$3.80
Sunflower seeds 150 g	\$4.30
Sunflower seeds 400g	\$8
Sunflower seeds bulk	\$11/kg
Flax seed 400g	\$6.70

Dried Fruit

Apricots	\$18/kg
banana	\$44/kg
Dates medjool	\$33/kg
Figs	\$20/kg
Prunes 250g	\$3.50
Sultanas	\$14/kg
Rasins 250g	\$6.50

Pulses/legumes

Chick pea 400g	\$8
Yellow split peas 400g	\$8
Mung beans 400g	\$7.40
Split black peas 400g	\$7.90
red split lentils 400g	\$4.80
250g	\$6
Green lentils 400g	\$8.300

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	\$8
500g	\$9.80
Tahini 340g hulled	\$9.40
Tahini 340g unhulled	\$9.40

Grains AND CEREALS

Rice

Basmati white	\$9/kg
Brown rice	\$9/kg
Popping corn	\$5/kg
falafel mix 200g	\$5.60
Oats rolled	\$5.50/kg
Psyllium husks 175g	\$8.80
Quinoa Red 400g	\$8.00
Quinoa White 400g	\$6.90

Flour

Plain kialla 1kg	\$8.50
Self raising kialla 1kg	\$8.50
Spelt wholegrain Kialla 700g	\$13.50

Besan flour	\$10.50
Coconut Flour 500g	\$5.60

Sugar, honey + sweeteners

Agave syrup 500mL advance order	
Kangaroo island 500g	\$22
Maple syrup 250mL	\$11.60
Mayple syrup 1litre	\$35
Rapadura (panela) 500g	\$6.70
Rice syrup 500mL	\$6.00
Raw sugar	\$5.50/kg

Icypoles

90c each or \$8.80 box

Pasta

Chick pea penne 300g	\$7.30
Soba noodles 200g	\$4.50
Nidi taglielle	\$7
Gluten free penne	\$6.40
Gluten free spiral	\$6.40
Classic spaghetti 500g	\$3.70

Pasta sauces + tomato

pastes

Tomato paste 300g	\$4.30
Tomato passata 700mL	\$3.80
Spicey tomato 500g	\$5.60
Tomao and chilli 300g	\$5.50
Tomato and basil 500g	\$6.60

Curry Sauces 500g

Butter chicken	\$6.60
Roghan Josh	\$6.60
Thai Green	\$6.60
Thai Red	\$6.60
Tikka Masala	\$6.60

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Condiments

Bbq sauce 340g	\$6
Sweet chilli sauce 350mL	\$5.60
Tomato sauce 250mL	\$5.50
Balsamic dressing 250mL	\$5.50
Caesar dressing 250mL	\$5.50
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	\$4.80
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 vigin OO	\$5.70
Spanish mackerel EVOO	\$5.50
Macarel in brine	\$4.80

Olives + Preserved Vegetables

Kalamata 300g	Black
olives black	\$8
Olives mixed with herbs 300g	\$6.40

Savoury Snacks

Salty popcorn 80g	\$4.00
Salty popcorn 25g	\$2.20
<u>Corn chips</u>	
Lightly salted 500g	\$9.50
cheese corn chips 160g	\$6.40
corn chips 160g	\$5

Crackers, crisps and thins

Crackers black sesame	\$3.50
Crackers multigrain	\$3.50
Sesame rice cake thins	\$2.70

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
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
Choc chips	\$40/kg

Sweet Snacks

Sweet + salty popcorn	120g \$5.20
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

Baking goods

coconut desiccated 200g	\$5.40
Coconut shredded 200g	\$6.20
Cacao nibs	\$25/kg

Coffee + drinking chocolate

Sacred ground espresso	\$15
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TINNED GOODS

Adzuki beans	\$3.00
Baked beans	\$3.00
Baked beans whole earth	\$4.60
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 EV500ml (ab org)	\$17.50
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	\$8.60

Tea

Ceylon tea (black) 50 bags	\$6.50
Chai bulk g	\$85/kg
English breakfast	\$85/kg
English breakfast 25 bags	\$4.50
Green loose leaf 80g	\$3.50
Green tea loose leaf 125g	\$5.80
Green chai 25 tea bags	\$6.80
Ginger Tea 25 bags	\$6.80
Turmeric 20's	\$6

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Spices, Salt + Stock

Cardomon pods 25g	\$4.00
Caraway seeds 30g	\$3.60
Cayenne pepper 80g	\$6.00
30g	\$4.20
Cumin seeds 30g	\$6
Cinnamon ground 30g	\$4.20
Cloves 40g	\$6.50
Chilli flakes 20g	\$4.20
Coriander ground 30g	\$4.20
Fennel seed 60g	\$6
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

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	out of stock
Laundry soak powder	\$8/kg

Toiletries

Out of stock

Paper

Baking paper	\$8.80
Who Gives a Crap Toilet paper	out of stock
Tissues	\$3
Paper towels	\$4

Sol Breads

Naturally Leavened Organic
Sourdough. (orders must be in by
7am Sunday)

Wheat Sourdoughs

Pain De Campagne:	\$9.50
Pane De Casa Multigrain	\$9.50
Olive and Thyme 880gms	\$10
Pumpkin and Pepita	\$10
Light Rye:Vienna 650gms	\$ 9
Focaccia	\$6
Foccccia 4 rolls	\$7.50
Fruit Vienna	\$12

Alternative Sourdoughs

Spelt vienna	\$10
SpeltMegagrain	\$10

Gluten free Yeast free sourdoughs

Rice and Pumpkin:	\$9
Rice and Chia	\$9
Mega grain: T	\$9