



12th April

Fruit

APPLES	Fuji	\$10/kg
	Gala	\$10/kg
	Pink ladies	\$15/kg
	Juice	\$6/kg
Avocado		\$14/kg
BANANA	Cavendish	\$4.50/kg
	Lady fingers	\$8/kg
Blueberries	125g punnet	\$9
LEMONS	eureka	\$14/kg
Limes		\$14/kg
Grapes	black muscat	\$11/kg
	crimson	\$14/kg
Grapefruit	ruby	\$8/kg
ORANGES	Valencia	\$5.50/kg
	Juice	\$3.60/kg
	3 kg valencia net	\$10
Paw Paw	Red	\$9/kg
Pears	clapps	\$11.50/kg
Plums	s Blood	\$10/kg
Pineapple		\$6.50 (small)
Strawberries	250g	\$8 punnet
Watermelon	minilee	\$3/kg

Vegetables

Asian Greens	pak choi	\$4
	or bok choi	\$4
Beans		\$10/kg
Broccoli		\$13.50/kg
BEETROOT		\$4/kg
Cabbage	drum	\$8 each
	red	\$8 each
	wombok	\$6
Capsicum	Red	\$14/kg
	green	\$12.50/kg
Cauliflower	small	\$9 each
Celery	bunch	\$7
CARROTS	Juicing	\$2/kg
	Medium/	\$6/kg
	Small	\$5.50/kg
CUCUMBER	Lebonese	\$12/kg
	Green	\$7kg
Eggplant		\$14kg
Eschallots		\$5.50 bunch
Fennel	bunch	\$
GARLIC	purple	\$65/kg
	Russian	\$55/kg
Ginger		\$60/kg
KALE	Curly	\$5.

	Black	\$5
LETTUCE	-cos	\$ 4.50
	Iceburg	\$5
	Oak	\$4.50
mesclun	100g(our bags)	\$3.50
	mesclun 120g (our bags)	\$4
	punnet	\$5
	mesclun 150g (our bags)	\$5
LEEKS	individual	\$3 ea
MUSHROOM	-	
	buttons and flats	\$28/kg
	crimi	\$32/kg
ONIONS	Brown	\$4.50/kg
	Pickling	\$2.50/kg
	red	\$10/kg
Parsnips		\$19/kg
POTATO	dutch cream	\$4/kg
	Sebago	\$4/kg
Pumpkin	Jap	\$2.50/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 each
Snowpeas		\$25/kg
SPINACH	baby 120g bag	\$4
	100g bag	\$3.50
	150g bag	\$5
SPINACH	ENG BUNCH	\$5
Squash	button	\$16/kg
Sweet Corn	\$ 2.40 cob	
Sweet pot	gold med	\$7.50/kg
	Large	\$6/kg
Swede		\$5/kg
TOMATO	round	\$10/kg
	Roma	\$10/kg
	Punnet	\$6
	Cherry	\$18/kg
	Cooking	\$4/kg
Tumeric		\$60/kg
Turnips		\$5/kg
Zucchini		\$6/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 \$11

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	\$5.30
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
Mgc	\$13.50

Specials

Rolled Oats \$5/kg (normally \$5.50)
Dried Figs \$ \$18/kg (normally 20/kg)
Dried apricots \$18/kg (normally \$20/g)

**We can not
guarentee 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
cocoquench 1L	\$6.00
Apple juice clear 1L	\$8
Apple juice cloudy 1L	\$8
Pear juice 1L	\$8
Pear and apple juice 1L	\$8
Sparkling PEAR 330ML	\$4.20
Sparkling apple 330ml	\$4.20

Ginger Kombucha	\$5
-----------------	-----

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 150g	\$11.50
Pinenuts 100g	\$12.60
Peanuts roasted 250g	\$6.40
Walnuts 250g	\$13.50

Seeds

Chia 125g	\$4
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	\$20/kg
banana	\$44/kg
Dates medjool	\$33/kg
Figs	\$20/kg
Prunes 250g	\$3.50
Sultanas	\$14.50/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 450g	\$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	\$12
Mayple syrup 1litre	\$40
Rapadura (panela) 500g	\$6.70
Rice syrup 500mL	\$6.00
Raw sugar	\$5.50/kg
Raw honey 325g	\$13.50
Coconut sugar 700g	\$11

Icypoles

90c each or \$8.80 box

Pasta

Chick pea penne 300g	\$7.30
Soba noodles 200g	\$4.50
Nidi tagialelle	\$7
Gluten free penne	\$6.40
Gluten free spiral	\$6.40
Classic spaghetti 500g	\$3.70
Baby Angellini 250g	\$7.50

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

Coconut

Decicated 200g \$6.40

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

Condiments

Bbq sauce 340g \$6
Sweet chilli sauce 350mL \$5.60
Tomato sauce 350mL \$5.60
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
Traditional mayo 240g \$7.50

GOOD FISH CANS 125g

Tuna in brine \$8
Tuna in olive oil \$8.40
Salmon in brine \$11
Spanish mackerel EVOO \$6.70

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
Corn chips
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 \$3.50

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
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
350g \$15

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
Cacao powder 300g \$13.30

Coffee + drinking chocolate

Sacco and saba 250g
\$16

Coco nut

Decicated 200g \$6.60

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 \$2.50
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
Chai 20bags \$5.90

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

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	\$4.40
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	\$4.40
Mexican seasoning 25g	\$4.40
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	\$6.50

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	\$1.30
Tissues	\$3
Paper towels	\$4
Aluminum foil	\$5.50

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
Foccaccia	\$6
Foccccia 4 rolls	\$7.50
Fruit Vienna	\$12

Alternative Sourdoughs

Spelt vienna	\$10
SpeltMegagrain	\$10
Paleo almond	\$12.50

Gluten free Yeast free sourdoughs

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

Paleo \$12