



21st November

Fruit

APPLES Gala	\$11kg
Red dels	\$11kg
Grannies	\$11kg
Pink ladies	\$11kg
Fuji	\$11kg
Juice	\$8kg
Avocado	\$10/kg
BANANA Cavendish	\$5kg
Lady fingers	\$9kg
Blueberries	\$11
Grapefruit ruby	\$8.50kg
LEMONS eureka	\$12kg
Limes	\$16kg
Mandarins avana	\$14kg
Mango (88)	
ORANGES Navels	\$7/kg
Juice navel	\$3kg
3 kg navel nets	\$12.50
Paw Paw Red	\$8kg
Pears Packham	\$7/kg
Passionfruit	\$20kg
Rockmelon	\$6/kg
Strawberries 250g	\$9 punnet
Tangellos	\$11kg
Watermelon seedless	\$5/kg

Vegetables

Artichoke, Globe	\$3.00
Asparagus	\$6
Asian Greens pak choi or bok choi	\$5
Beans	\$11/kg
Broccoli	\$16kg
Bunch	\$6.50
BEETROOT	\$10kg
Cabbage drum red	\$9 each
wombok	\$10
Capsicum Red	\$25/kg
Mixed	\$20/kg
Cauliflower	\$9 each
Celery bunch	\$5 ea
CARROTS Juicing	\$2.50kg
Medium/	\$7/kg
large	\$4/kg
small	\$6/kg

CUCUMBER Lebanese	\$8/kg
Green	\$9kg
Eggplant	\$14/kg
Eschallots bunch	\$6
Fennel bunch	\$5.50
GARLIC purple	\$80kg
Russian	\$60kg
Ginger	\$30/kg
KALE Curly	\$6
Black	\$6
LETTUCE -cos	\$6
Iceburg	\$5
mesclun 100g(our bags)	\$3.50
120g (our bags)	\$4
150g (our bags)	\$5
punnet	\$6
LEEK(single)	\$2 ea
MUSHROOM – crimi	\$39kg
buttons and flats	\$39kg
ONIONS Brown	\$7/kg
red	\$12/kg
Parsnips	\$14kg
POTATO dutch cream	\$6kg
Sebago	\$6kg
Chats	\$3.50kg
Pumpkin Jap	\$5kg
Butternut	\$5kg
Radish bunch	\$4
Rhubarb bunch	\$6
Rocket 120g (our bag)	\$5
150g (our bag)	\$6
120 punnet	\$6
Silver beet	\$5 each
Snowpeas	\$37kg
Sugar snap peas	\$37/kg
SPINACH baby 100g bag	\$4.50
120g bag	\$5
150g bag	\$5.50
SPINACH ENG BUNCH	\$5.50
Sweet Corn	\$3/cob
Sweet pot gold med	\$8kg
Large	\$6/kg
TOMATO round	\$12/kg
Roma	\$15kg
Punnet	\$6.50ea
Cherry	\$20kg
Cooking	\$4kg
Tumeric	\$50kg
Yacon	\$12/kg
Zucchini med-	\$12/kg

Herbs

chives, coriander, dill, mint, curly parsley, flat leaf parsley, thyme,

lemon grass \$6

Sprouts (ALL)

Snow pea 100g	\$8
Sunflower 100g	\$8
Mung Bean	\$8

Eggs Large 700g \$12.50

Dairy

Milk -BARAMBAH

2L full cream	\$6.50
2L Skim	\$6.50
2L lactose free	\$6.50

Butter + Cream

Salted Butter 250g	\$6.50
Unsalted butter 250g	\$7.50
Spreadable butter 250g	\$8.80
Pure Cream 200ml	\$6.50
Sour Cream 200ml	\$6

Yoghurt -BARAMBAH

Natural 500g	\$6
Low Fat 500g	\$6
Lactose free 500g	\$6
Greek 500g	\$6.50
Natural 1kg	\$10
Greek 1kg	\$11

Mango, Apple and Cinnamon, Blueberry, bush honey, cherry, real banana, real passionfruit, strawberry, vanilla bean

500g \$6.00

CHEESES

Cottage cheese 500g	\$11
Feta in brine 200g	\$8.80
Feta in Marinade 200g	\$10.40
Goat cheese 150g	\$6.50
Greek feta 150g	\$6.50
Blue vane cheese	\$11.40
Haloumi 200g	\$12
Labna 200g	\$9.30
Pecorino Cheese 150g	\$8
Quark 365g	\$8.60
Shredded cheese 250g	\$10
Symons	
Cheddar 500g	\$19.80
Cheddar 200g	\$9.60
Vintage 150g	\$8.80
Parmesan	\$10
Ploughmans	\$8.80
Cashew cheese	\$12
Mgc	\$13.50
Bulk cheese	\$36/kg

We cannot guarantee that all the grocery items are available every week

Vegan Dairy + Cultured Products

Basil cashew cheese dip	\$11.50
Chilli cashew cheese dip	11.50
Turmeric cashew cheese	\$12.50
Sauerkraut Kehoes 250mL	\$10.50
Kale + carrot	\$11.00
Fennel + garlic	\$11.00
beetroot + ginger	\$11.00
Kimchi original 410g	\$12.00
absolute organic kraut	\$4.70
Tempeh long life	\$9.80
Fresh	\$9.50
Tofu Firm 375g DeliSoy	\$8.30
Smoked tofu	\$8
Nutritional yeast 150g	\$8.00
Plant based milks 1L	
(soy, almond, oat milk)	\$3.50
Jolly sauerkraut 680g	\$6.40

Dips (Organic Indulgence)

Hummus 200g	\$8.00
Hummus with Chilli 200g	\$8.00
Beetroot honey dip 200g	\$8.70
Green tahini 200g	\$8.70
Eggplant kasoundi 350g	\$14.50
Madbukka Moroccan salsa 350g	\$12.50
Zhug 110g	\$11.50

Drinks

coconut water 330mL	\$2
coconut water 1l	\$6
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	\$4.40
Ginger Kombucha	\$5

Nuts

Almond meal 250g	\$19.00
Almond meal 500g	\$30.50
Almonds raw \$46/kg	
Almonds -tamari 250g bag	\$15
Brazil nuts 200 g	\$10.50
Cashews s and r 200g	\$10.40
Macadamias raw 200g	\$19
Pistachios 150g	\$14.50
Pinenuts 100g	\$12.60
Peanuts roasted 250g	\$5.90
Walnuts 250g	\$18.60

Seeds

Quinoa white	\$10
Chia seeds 400g	\$8
Fennel seeds 250g	\$17
Flax seeds 1 kg	\$12.50
Flax seed 400g	\$8
Hemp seeds 400g	\$21
Pepitas 250g	\$7.60
150g	\$4.50
Sesame seeds 150g	\$3.80
Sunflower seeds 150 g	\$4.30
Sunflower seeds 400g	\$8
Sunflower seeds bulk	\$11/kg

Dried Fruit

Apricots	\$20/kg
banana	\$44/kg
Dates medjool	\$30/kg
Figs	\$20/kg
Prunes 250g	\$4
Sultanas	\$16kg
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	\$8.30
Lupin beans	\$5.40

Nut and seed butters

ABC nut butter 195g	\$14.
Almond butter 195g	\$14.50
Cashew butter 170g	\$14.00
Peanut butter Absolute Organic smooth and crunchy 350g	\$10
500g	\$9.80
Tahini 340g hulled	\$10.70
Tahini 340g unhulled	\$10.70

Grains AND CEREALS

White rice	\$9/kg
Basmati white	\$9/kg
Basmati brown	\$9.60/kg
Brown rice 650g	\$9
Popping corn 400g	\$6.70
falafel mix 200g	\$5.60
Oats rolled	\$5.50/kg
Psyllium husks 175g	\$9.80
Quinoa Red 400g	\$8.00
Quinoa White 400g	\$6.90
Quinoa mixed 400g	\$8.70

Flour

Plain kialla 1kg	\$8.50
Self raising kialla 1kg	\$9
Spelt Kialla 700g	\$13.50
Pizza and bread flour 700g	\$8.50
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	\$46
Rapadura (panela) 500g	\$6.70
Rice syrup 500mL	\$8.20
Raw sugar	\$4.50/kg
Raw honey 325g	\$13.50
500g	\$19.50
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	\$4.500
Tomato passata 700mL	\$4
Spicy tomato 500g	\$5.60
Tomato and chilli 300g	\$5.50
Tomato and basil 500g	\$7.50

Curry Sauces 500g

Butter chicken	\$7.50
Roghan Josh	\$7.50
Thai Green	\$7.50
Thai Red	\$7.50
Tikka Masala	\$7.50

Coconut

Decicated	200g	\$6.40
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Condiments

Bbq sauce 340g	\$6
Sweet chilli sauce 350mL	\$5.60
Tomato sauce 250mL	\$6.60
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	\$8.80
Olives mixed with herbs 300g	\$6.40
Green pitted 295g	\$6.40

Savoury Snacks

Salty popcorn 80g	\$4.00
Salty popcorn 25g	\$2.20
Corn chips cheese corn chips	
160g \$6.40	corn chips 160g
\$5 Lightly salted 500g	\$9.50
	Ctn 6 x 500g \$45

Crackers, crisps and thins

Crackers black sesame	\$4.00
Crackers multigrain	\$4.00
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

Licorice	\$16/kg
Spelt licorice	\$18/kg
chocolate	
Dark choc licorice	\$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
Weka bars 75g	\$4.30

Sweet Snacks

Sweet + salty popcorn	120g \$5.20
Salty popcorn	\$5.10

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 250g	\$6.40
Coconut shredded 200g	\$6.20
Cacao nibs	\$25/kg
Cacao powder 300g	\$13.30

Coffee + drinking chocolate

Cornor store coffee medium roast plunger	\$14.50
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Coco nut

Decicated 200g	\$7.20
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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	\$3.00
Tomatoes whole	\$3.00

Oils + Vinegars

Avocado oil 250ml	\$16.50
Coconut oil EV 1L	\$19.00
Coconut oil 1L tasteless	\$13.00
Olive oil EV 1L	\$30.00
Olive oil EV500ml (ab org)	\$14.50
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	\$7.50
loose leaf 200g	\$9.60
bagged by us	\$40/kg
English breakfast 25 bags	\$4.50
Chai bulk g	\$85/kg

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
Planet Chamomile 25s	\$4.80
Planet Peppermint 25s	\$4.60

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
Celtic sea salt course 650g	\$8.50
Fine 650g	\$12.30
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	\$9/L
Laundry Liquid	\$9/L
Laundry Liquid 5L	\$52.00
Dishwasher powder 2.5kg	\$24.00
Laundry soak powder 1.2kg	\$13.00

Toiletries

Out of stock

Paper

Baking paper	\$8.80
Who Gives a Crap Toilet paper	
	\$1.50
Tissues	\$3
Paper towels	\$4.50
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
Focaccia	\$6
Focaccia 6 rolls	\$12.50
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