



24th feb 2025

Fruit

APPLES

- Gala, Fuji Pink Ladies \$12/kg
- Red dels \$10/kg
 - Grannies \$9/kg
 - Juice \$7/kg
- Apricots \$22/kg
- Avocado \$16/kg
- BANANA Cavendish \$6.50/kg
 - Lady fingers \$9kg
 - Smoothie 2.50/kg
- Blue & black berries \$9 punnet
- Cherries \$42/kg
- Grapes** ralli \$11/kg
 - sultana \$8/kg
- Grapefruit ruby \$9/kg
- LEMONS Eureka \$16/kg
 - Meyer \$16/kg
 - marked \$12/kg
- Limes \$22/kg
- Nectarine yellow \$22/kg
- ORANGES Valencia \$7/kg
 - juice \$4.50/kg
 - 3kg nets \$15/kg
- Paw Paw Red \$10/kg
- Pears williams \$12/kg
- Peach yellow \$25/kg
- Plums sugar \$20/kg
 - Red candy \$15/kg
- Rockmelon \$6.50/kg
- Strawberries \$10 punnet
- Tangellos \$11/kg
- Watermelon \$4/kg
 - Mini lee \$5/kg

Vegetables

- Asparagus bunch \$9
- Asian Greens pak choi \$5.50
 - or bok choi \$5.50
- Beans \$20/kg
- Broccoli \$15/kg
- Brocolini Bunch \$7.00ea
- BEETROOT med/ lge \$6/kg
- Cabbage drum red/green \$9
- Capsicum red/mixed \$25/kg
 - Green \$16/kg
- Cauliflower \$9 each
- Celery bunch \$10 ea
- Carrots juice \$4/kg
 - Medium \$8
 - Small \$8/kg

- Purple \$12/kg
- Cucumber Lebanese \$7/kg
- Eggplant \$12/kg
 - Rosa bianca \$10/kg
- Eschalots bunch \$6
- Fennel \$5
- Garlic purple \$65/kg
 - Russian \$70/kg
- Ginger \$36/kg
- KALE Curly/black \$5
- LETTUCE -cos iceberg \$6
- Mesclun 100g(our bags) \$4.50
 - 120g (our bags) \$5
- 150g (our bags) \$5.50
- punnet \$6.50
- LEEK(single) bunch \$9
 - each \$3.50
- MUSHROOM - crimi \$42/kg
 - buttons and flats \$42/kg
 - shitake oyster punnet \$9
- ONIONS Brown \$6/kg
 - red \$10/kg
- parsnip \$15/kg
- POTATO dutch cream \$6.50/kg
 - Sebago \$6/kg
 - Chats \$4.50
- Pumpkin Butternut \$3/kg
 - Jap \$3/kg
 - goldernnugget \$2/kg
- Rocket 120g (our bag) \$5
 - 150g (our bag) \$6
 - 200g bag \$7
 - 120g punnet \$6.50
- Rhubarb \$8 bunch
- Radish daikon \$10/kg
- Silver beet \$7 each
- Snow Peas \$40/kg
- SPINACH baby 100g bag \$4.50
 - 120g bag \$5
 - 150g bag \$5.50
 - bunch \$7 ea
- Sweet Corn \$2.50/cob
 - Purple \$10/kg
 - Large \$9/kg
- TOMATO round \$10/kg
 - Roma \$10/kg
 - marked 6/kg
 - Punnet \$6.50ea
 - Cooking \$5/kg
- Tumeric \$40/kg
- Zucchini sm/med \$12/kg

Herbs

- chives, coriander, dill, mint, curly parsley, flat leaf parsley, thyme, lemon grass \$6

Sprouts

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

Eggs

- Eggs Large 700g \$15

Dairy

- Milk -2L full cream \$7
 - 2L Skim \$7
 - 2L lactose free \$7
- Butter + Cream
 - Salted Butter 250g \$8
 - Unsalted butter 250g \$8
 - Pure Cream 200ml \$6.50
 - Sour Cream 200ml \$6.80
- Yoghurt -BARAMBAH
 - Natural 500g \$6.50
 - Low Fat 500g \$6.50
 - Lactose free 500g \$6.50
 - Greek 500g \$6.50
 - Natural 1kg \$11.50
 - Greek 1kg \$13
- Mango, Apple and Cinnamon, Blueberry, bush honey, cherry, real banana, real passionfruit, strawberry, vanilla bean 500g \$6.50
- CHEESES
 - Brie, Dble cream 200g \$13
 - Camembert 200g \$13
 - Cheddar 200g \$10
 - Cheddar 500g \$20
 - Feta in Brine \$8.80
 - Feta in marinade \$10.60
 - Haloumi 200g \$13
 - Mozzarella 250g \$11.20
 - Parmesan 150g \$11

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

Vegan Dairy + Cultured

Products

Basil cashew cheese dip	\$15
Chilli cashew cheese dip	\$15
Turmeric cashew cheese	\$15
Sauerkraut Kehoes 250ml	
Traditional	\$15
Kale + carrot	\$15
Fennel + garlic	\$15
beetroot + ginger	\$15
Kimchi original 410g	\$15
Tempeh chilli 225g	\$8.40
Original	\$7.50
Tofu Firm 375g	\$8.50
Tofu Soft 375g	\$7.50
Almond milk 1 litre	\$3.50
Oat Milk 1 litre	\$3.50

Dips (Organic Indulgence)

Hummus 200g	\$8.00
Hummus with Chilli 200g	\$8.00
Hummus 350g	\$11.70
Beetroot honey dip 200g	\$10.20
Green tahini dip 200g	\$12.40
Eggplant kasoundi 350g	\$16
Tomato Salsa	\$5.50

Drinks

Apple juice 1L	\$10
Pear juice 1L	\$10
Pear & Ginger 1L	\$10
Pear and apple juice 1L	\$10
Sparkling apple 330ml	\$5

Nuts and Seeds

Almonds –tamari 200g	\$16.70
Brazil nuts 200 g	\$12.60
Cashews s and roasted	\$11.40
Cashews raw 200g	\$10.50
Chia seeds black	\$20/kg
Pistachios 150g	\$15
Pepitas bulk	\$25/kg
Peanuts roasted 250g	\$7
Walnuts 150g	\$10.80
Sunflower Kernels	\$10
MACADAMIA RAW 200G	\$15
Macadamia r and s	\$19

Nut and seed butters

Mayvers Peanut Butter	
Smooth or crunchy	\$9.60
Tahini 340g hulled	\$10.70
Tahini 340g unhulled	\$10.70

Dried Fruit

Apricots(bulk)	\$28/kg
banana (bulk)	\$44/kg Dates
medjool (bulk)	\$32/kg
Figs (bulk)	\$30/kg
Prunes 250g	\$4
Sultanas (bulk)	\$18/kg
Rasins 500g	\$15

Pulses/legumes

Chick pea (bulk)	\$13.50/kg
Red Lentils(bulk)	\$12.50/kg
Red lentils 500g	\$9.60

Grains AND CEREALS

Basmati white(bulk)	\$9.50/kg
Basmati brown(bulk)	\$9.90/kg
Popping corn 400g	\$6.80
Popping Corn (bulk)	\$8.40/kg
Oats rolled(bulk)	\$6/kg
Steel cut oats	\$9.50/kg
Psyllium Husks 200g	\$11

Flour

Plain unbleached (bulk)	\$7.80/kg
Self raising (bulk)	\$5.30/kg
Spelt White (bulk)	\$10.80/kg
Pizza & bread (bulk)	\$5.10/kg
Wholemeal(bulk)	\$5.50/kg
Rye	\$5.70/kg

Sugar, honey + sweeteners

Maple Syrup (bulk)	\$36/L
Raw sugar (Bulk)	\$5/kg
Raw honey 500g	\$16
Coconut sugar 500g	

Pasta

Thai rice noodles 250g	\$11
G F penne/fusilli 340g	\$7.70
Classic spaghetti 500g	\$5
Gluten free spaghetti 340g	\$7.20
Spaghetti (bulk)	\$18.80/kg
Elbows(bulk)	\$18.70/kg
Quinoa and r pasta 300g	\$7.70

Pasta sauces + tomato pastes

Tomato paste 300g	\$6.50
210 g	\$5.10
Tomato passata 700mL	\$6.70
Spicy Tomato 500g	\$7.50
Tomato and basil 500g	\$7.50
Bolognaise 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

Condiments

Bbq sauce 340g	\$6.50
Sweet chilli sauce 250mL	6.50
Tomato sauce 250mL	\$6.50
Worcestershire Sauce 250ml	\$15
Apricot Jam 250g	\$10.30
Mayonaise whole egg 440g	\$12
Mustard Australian	\$15
Tamari Sauce (bulk)	
Own bottle	\$20/l
With Bottle	\$21/l

GOOD FISH CANS 125g

Tuna in brine	\$8.20
Tuna in olive oil	\$8.70
Salmon in brine	\$11
Salmon in oil	\$12
Mackerel in Brine	\$6.20
Mackerel in olive oil	\$7
Sardines in oil	\$6.70

Confectionary

Licorice	\$19/kg
Dark choc licorice (bulk)	\$47/kg
Dark choc ginger (bulk)	\$60/kg
Dark choc almonds (bulk)	\$65/kg
Bulk dark chocolate 70%	\$42/kg
Dark Choc Sultanas (bulk)	\$50/kg
Licorice strap	\$19/kg

Snacks

Corn Chips	
Lightly salted 500g	\$12
Ctn 6 x 500g	\$60
Crackers black sesame	\$4.50
Crackers multigrain	\$4.50
Seeweed 5g	\$2.50

Olives + Preserved Vegetables

Htg Kalamata 295g	\$10
Kalamata 976g \$27	
Mixed stuffed with garlic herb and capsicum 970 g	\$25
Green pitted 295g	\$10

Baking goods

coconut desiccated 250g	\$6.40
bulk	\$12.50/kg
Coconut shredded 200g	\$6.20
Cacao powder (bulk)	\$22/kg
Bulk Flours (see under Bulk)	
Icing Sugar (bulk)	\$11/kg
Almond Meal (bulk)	\$44/kg
Raw Sugar (bulk)	\$4.50/kg

Coffee + drinking chocolate

Neighbours Blend Ground coffee 250g	\$19.00
Neighbours Blend Decaf Ground Coffee 250g	\$19.00
Organic Mountain Columbian Coffee 100g	\$14.00
Organic Mountain Decaf Coffee 100g	\$14.00
Drinking Chocolate 350g	\$10

TINNED GOODS

Adzuki beans	\$3.00
Baked beans	\$4
Baked beans	\$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	\$3.50
Coconut milk 17% fat	\$3.50
Kidney beans red	\$3.50
Lentils	\$3.00
Tomatoes diced	\$3.20
Tomatoes whole	\$3.60
Cherry Tomatoes	\$4.00

Oils + Vinegars

Avocado oil 250ml	\$16.50
Coconut oil 1L	\$13
Olive oil 500ml	\$16
Olive Oil (bulk)	\$25/L
Macadamia Oil (bulk)	\$38/L
Sesame Oil 250ml	\$12.70
Red wine vinegar 500mL	\$6.00
White wine vinegar 500mL	\$5.50
Apple cider vinegar 1L	\$12.50
Balsamic vinegar 500mL	\$8.60

Tea

Black tea bags 100	\$8.80
Loose leaf tea (Bulk)	\$40/kg
Eng. breakfast tea bags 25	\$4.50
Chai bulk	\$85/kg
Chai tea bags 20	\$12
Ginger Tea bags 25	\$6.80
Turmeric tea bags 20	\$6
Chamomile tea bags 25	\$4.80
Peppermint tea bags 25	\$4.60
Chai tea bags	\$5.50
Green tea bags	\$5.50

Spices, Salt + Stock

Black Mustard Seed 40g	\$2.80
Cardomons 40g	\$10
Caraway seeds 30g	\$3.60
Cayenne pepper 80g	\$6.00
30g	\$4.20
Cumin 40g	\$6
Cinnamon ground 40g	\$6
Cloves 40g	\$6
Chilli flakes 20g	\$4.20
Coriander ground 30g	\$4.20
Fennel seed 40g	\$3.60
Ginger powder 80g	\$6.00
Garam masala	\$6
Italian Herb Mix 15g	\$4.40
Mexican seasoning 25g	\$4.40
Mustard seed 80g black	\$5.60
OREGANO ground 10g	\$6.00
Paprika 40g	\$10.00

Black pepper 80g	\$6.00
Staranise 10g	\$4
Himalayan rock salt 600g	\$9.30

Animal food

Cat food 1kg	\$10.00
Dog adult dry food	\$6/kg
Dog adult food dry 8kg	\$40.00
Chook grain	\$42

Cleaning Products

KinKin Naturals	
Dishwashing liquid	\$10/L
Laundry Liquid	\$10/L
Dishwasher powder 2.5kg	\$24.00
Laundry soak powder	\$10.80/kg

Toiletries

Handmade Soap	\$3
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Paper

Yarnn Toilet Paper	\$1.70
Paper towels	\$4.50
Aluminum foil	\$5.50

Sesame seeds \$15/kg
Linseeds/flax \$15/kg

Spices and salt

Celtic Sea Salt \$18/kg
Peppercorns, Black 60/kg

Sugar and sweet stuff

Raw \$5/kg
Icing Sugar \$11/kg
Maple Syrup \$40/L

Oils

Olive Oil \$25/L
Macadamia Oil \$34/L
Sunflower oil \$19/L

Pasta

elbows \$18.70/kg
Spaghetti \$18.80/kg

Sauce

Tamari soy sauce \$23/litre
(or \$20/kg including
bottle)

Rice

Brown Basmati \$9.50/kg
White Basmati \$9.90/kg

Leaf Tea –

ceylon \$40/kg
Chai Massala spice 60/kg
Loco chai \$50/kg

Sol Breads

Naturally Leavened Organic
Sourdough. (orders must be in by
7am Sunday)
Pain De Campagne: \$10
Pane De Casa Multigrain \$10
Olive and Thyme 880gms \$10
Pumpkin and Pepita \$10
Light Rye:Vienna 650gms \$ 10
Foccaccia \$10
Dark Rye \$10
Alternative Sourdoughs
SpeltMegagrain \$10
Paleo almond \$12.50
Gluten free Yeast free sourdoughs
Rice and Pumpkin: \$10
Rice and Chia \$10
Mega grain: T \$10
Paleo \$12.50

Bulk

Almond Meal \$44/kg
Almonds raw \$40/kg
Coconut decicated \$12.50/kg

Dried fruit

Apricots \$28/kg
Figs \$30/kg
Dates –Medjool \$30/kg
Sultanas \$18/kg

Flour

Plain \$5.50/kg
Spelt \$10.80/kg
Rye \$5.70/kg
Wholemeal \$5.50/kg
Bread Flour \$5.10/kg
Self raising flour \$5.30/kg

Grains

Steel Cut Oats \$9.50/kg
Rolled Oats \$6/kg

Muesli

Fruit & Nut \$13/kg

Pulses

Dried Chickpeas 13.50/kg
Soya beans \$5.30/kg
Red Lentils \$12.50/kg

Seeds

Chia Seeds \$22/kg
Hemp Seeds \$40/kg
Pepitas \$25/kg