



8<sup>th</sup> july

## Fruit

APPLES Gala, Fuji red dets	\$11/kg
Grannies	\$9/kg
Pink Ladies	\$12/kg
Juice	\$6/kg
Avocado	\$10/kg
BANANA Cavendish	\$5/kg
Lady fingers	\$9/kg
Smoothie	\$2.50/kg
Blueberries	\$14 punnet
Kiwifruit	\$19/kg
LEMONS Eureka/meyer	\$14/kg
Limes	\$18/kg
Mandarine imperial	\$14/kg
ORANGES Juice	\$4/kg
Navels	\$7/kg
Cara cara	\$8/kg
3kg nets	\$15/kg
Paw Paw Red	\$10/kg
Pineapple	\$11 ea
Pears packham	\$11/kg
Strawberries	\$11 punnet
Tangello	\$8/kg

## Vegetables

Asian Greens pak choi	\$5
or bok choi	\$5
Beans	\$18/kg
Broccoli	\$10/kg
Broccolini Bunch	\$7.00ea
BEETROOT med/ lge	\$6/kg
Cabbage drum red/green	\$8
Wombok	\$8
Capsicum red/mixed	\$25/kg
Green	\$14/kg
Cauliflower	\$8 each
Celery bunch	\$8 ea
Carrots juice	\$3
Medium	\$7
Small/large	\$7
Purple	\$8/kg
Cucumber Lebanese	\$15/kg
Eggplant	\$15/kg
Eschalots bunch (Suttons)	\$5
Fennel	\$5
Garlic purple	\$60/kg
Russian	\$65/kg

Ginger	\$35/kg
KALE Curly/black (suttons)	\$5
LETTUCE -cos	\$3
Mesclun 100g(our bags)	\$3.50
120g (our bags)	\$4
150g (our bags)	\$5
punnet	\$6.50
LEEK(single) bunch	\$8
each	\$3.60
MUSHROOM – crimi	\$40/kg
buttons and flats	\$40/kg
shitake oyster punnet	\$9
ONIONS Brown	\$5/kg
red	\$8/kg
parsnip	\$14/kg
POTATO dutch cream	\$5/kg
Nicola	\$5/kg
Sebago	\$5/kg
Pumpkin Butternut	\$3/kg
<b>Jap</b>	<b>\$2/kg</b>
Rocket 120g (our bag)	\$5
150g (our bag)	\$6
200g bag	\$7
120g punnet	\$6.50
Silver beet	\$5 each
Snow Peas	\$50/kg
SPINACH baby 100g bag	\$4.50
120g bag	\$5
150g bag	\$5.50
SPINACH ENG BUNCH	\$6.50 ea
Sweet Corn	\$3.50/cob
Sweet pot gold med	\$8/kg
Purple	\$8/kg
Large	\$6/kg
Swede	\$10/kg
Turnips	\$10/kg
TOMATO round	\$14/kg
Roma	\$14/kg
Cherry	\$22/kg
Punnet	\$6.50ea
Cooking	\$5/kg
Tumeric	\$40/kg
Zucchini sm/med	\$14/kg
Lge	\$9/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

Eggs Large 700g	\$15
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## Dairy

### Milk -BARAMBAH

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

### Butter + Cream

Salted Butter 250g	\$7.50
Unsalted butter 250g	\$7.50
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	\$12.50
Chilli cashew cheese dip	\$12.50
Turmeric cashew cheese	\$12.50
Sauerkraut Kehoes 250ml	
Traditional	\$12.00
Kale + carrot	\$12.00
Fennel + garlic	\$12.00
beetroot + ginger	\$12.00
Kimchi original 410g	\$12.00
Tempeh chilli 225g	\$8.40

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	\$9.60
Pear juice 1L	\$9.60
Pear & Ginger 1L	\$9.60
Pear and apple juice 1L	\$9.60
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

## Nut and seed butters

Mayvers Peanut Butter	
Smooth or crunchy	\$8.60
Tahini 340g hulled	\$10.70
Tahini 340g unhulled	\$10.70

## Dried Fruit

Apricots(bulk)	\$28/kg
banana (bulk)	\$44/kg
Dates medjool (bulk)	\$30/kg
Figs (bulk)	\$26/kg
Prunes 250g	\$4
Sultanas (bulk)	\$16/kg
Rasins 500g	\$15

## Pulses/legumes

Chick pea (bulk )	\$8
Red Lentils(bulk)	\$12.50/kg

## 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)

\$5/kg special

Psyllium Husks 200g	\$11
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## 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)	\$35/L
Raw sugar (Bulk)	\$5/kg
Raw honey	
500g	\$16
Coconut sugar 500g	\$11.50

## Pasta

Thai rice noodles 250g	\$11
Gluten free penne/fusilli	
340g	\$7
Classic spaghetti 500g	\$5
Gluten free spaghetti 340g	\$7
Spaghetti (bulk) \$18.80/kg	Aust
Elbows(bulk) \$18.70/kg	Made
Quinoa and r pasta 300g	\$7.70

## Pasta sauces + tomato pastes

Tomato paste 300g	\$6
Tomato passata 700mL	\$6.20
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
Tuna in olive oil	\$8.70
Salmon in brine	\$11
Salmon in oil	\$11.40
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)	\$50/kg
Dark choc almonds (bulk)	\$65/kg
Bulk dark chocolate 70%	\$42/kg
Dark Choc Sultanas (bulk)	\$50/kg

## Snacks

### Savoury

Corn Chips	
Lightly salted 500g	\$11
Ctn 6 x 500g	\$60
Crackers black sesame	\$4.50
Crackers multigrain	\$4.50
Seaweed 5g	\$1.80

## Olives + Preserved Vegetables

Kalamata 300g	Black	\$14
Htg Kalamata 300g		\$10
Greek green stuffed with almonds		
	300g	\$8

## Baking goods

coconut desiccated 250g	\$6.40
bulk	\$12.50/kg
Coconut shredded 200g	\$6.20
Cacao powder (bulk)	\$20/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	\$3.70
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	\$3.20
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

## 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	\$10.00
Paprika 40g	\$6.00
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
Turmeric powder 40g	\$4.20

## Animal food

Cat food 1kg	\$10.00
Dog adult dry food	\$6/kg
Dog adult food dry 8kg	\$40.00
Chook grain	\$40

## 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

Who Gives a Crap Toilet paper	\$1.50
Yarnn Toilet Paper	\$1.70

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:	\$10
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Pain De Casa Multigrain	\$10
Olive and Thyme 880gms	\$10
Pumpkin and Pepita	\$10
Light Rye:Vienna 650gms	\$ 10
Focaccia	\$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
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Mega grain: T	\$10
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Paleo	\$12.50
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## Bulk

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

Apricots	\$28/kg
Figs	\$22/kg
Dates –Medjool	\$30/kg
Sultanas	\$16/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
Popping Corn	\$8.40/kg

### Muesli

Fruit & Nut	\$13/kg
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### 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
Sesame seeds	\$15/kg

### Spices and salt

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

### Sugar and sweet stuff

Raw	\$5/kg
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**Icing Sugar \$9/kg**

**special (normally 11)**

Maple Syrup	\$35/L
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### 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	\$21/litre (or \$20/kg including bottle)
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### Rice

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

### Leaf Tea - ceylon \$40/kg

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