



10th feb 2025

Fruit

- APPLES** Gala, Fuji red dets
- Pink Ladies \$12/kg
- Grannies \$9/kg
- Juice \$7/kg
- Apricots \$22/kg
- Avocado \$16/kg

BANANA Cavendish

- \$5/kg**
- Lady fingers \$9kg
- Smoothie 2.50/kg
- Blue & black berries \$9 punnet
- Cherries \$42/kg
- Grapes** ralli \$10/kg
- sultana \$10/kg
- Grapefruit ruby \$9/kg
- LEMONS** Eureka \$16/kg
- Meyer \$16/kg
- marked \$12/kg
- Limes \$22/kg
- Mangoes Tray (54)
- Smoothie (30)
- Nectarine white \$22/kg
- 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
- seconds \$9/kg
- Plums \$22/kg
- Rockmelon \$6.50/kg
- Strawberries \$10 punnet
- 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 \$12/kg
- Broccoli 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 \$3/kg
- Medium \$8
- Small \$8/kg
- Purple \$12/kg
- Cucumber Lebanese \$9/kg
- Eggplant \$14/kg
- Rosa bianca \$10/kg
- Eschalots bunch \$6
- Fennel \$5
- Garlic purple \$65/kg
- Russian \$70/kg
- Ginger \$30/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 \$8
- each \$3
- 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/kg
- Sebago \$6/kg
- 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 \$3.50/cob
- Sweet pot gold med \$10/kg
- Purple \$10/kg
- Large \$8/kg
- TOMATO** round \$16/kg
- Roma \$15/kg
- marked 6/kg
- Punnet \$6.50ea
- Cooking \$4/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
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

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 970g	\$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

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
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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

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