



26th September

Fruit

APPLES	Gala	\$11kg
	Red dels	\$11kg
	Green	\$12kg
	Pink ladies	\$11kg
	Fuji	\$11kg
	Juice	\$8kg
Avocado		\$9kg
BANANA	Cavendish	\$5kg
	Lady fingers	\$9kg
Blueberries		\$12
Chokos		\$7kg
Grapefruit	ruby	\$8.50kg
LEMONS	eureka	\$12kg
	Marked eureka	\$7kg
Limes		\$14kg
Mandarins	imperial	\$12kg
	Daisy	\$12/kg
Nashi		\$14kg
Kiwi fruit		\$17kg
ORANGES	Navels	\$6.50/kg
	Blood	\$7/kg
	Juice	\$3kg
	3 kg navel nets	\$12.50
Paw Paw	Red	\$7kg
Pears	Packham	\$12kg
	William	\$12kg
Passionfruit		\$20kg
Pineapple		
Strawberries	250g	\$8 punnet
Tangellos		\$11kg
Watermelon	mimi lee	\$4.50kg

Vegetables

Asparagus		\$9
Asian Greens	pak choi or bok choi	\$5
Beans		\$16kg
Broccoli		\$16kg
BEETROOT		\$4kg
Cabbage	drum	\$8 each
	red	\$8 each
	wombok	\$10
Capsicum	Red	\$25/kg
	Yellow	\$18/kg
Cauliflower	small	\$8 each
Celery	bunch	\$5 ea
CARROTS	Juicing	\$2.50kg
	Medium/ large	\$8kg
	purple	\$4/kg
	purple	\$4.50/kg
CUCUMBER	Lebonese	\$15kg
	Green	\$10kg
Collard		\$4

Eggplant		\$10kg
Eschallots	bunch	\$6
Fennel	bunch	\$5
GARLIC	purple	\$60kg
	Russian	\$60kg
Ginger		\$30/kg
KALE	Curly	\$5
	Black	\$5
LETTUCE	-cos	\$4
	Iceburg	\$5
	Radicio	\$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	\$6kg
	Large	\$4kg
	red	\$7kg
Parsnips		\$15kg
POTATO	dutch cream	\$6kg
	Sebago	\$5kg
	Chats	\$3.50kg
Pumpkin	Jap	\$3kg
	Butternut	\$5kg
	Sweet Grey	\$3kg
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
Spaghetti Squash		\$5kg
SPINACH	baby 100g bag	\$4.50
	120g bag	\$5
	150g bag	\$5.50
SPINACH	ENG BUNCH	\$5.50
Squash	button	\$16/kg
Sweet Corn		\$3.50cob
Sweet pot gold	med	\$7kg
	Small/Large	\$5kg
TOMATO	round	\$14kg
	Roma	\$15kg
	Punnet	\$6.50ea
	Cherry	\$17kg
	Cooking	\$4kg
Tumeric		\$50kg
Turnips	bunch	\$5.50
Yacon		\$14kg
Zucchini	med-	\$7

Herbs

chives, coriander, dill, mint, curly parsley, flat leaf parsley, thyme, lemon grass \$5.50

Sprouts (ALL)

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

Eggs Large 700g \$12.50

Dairy

Milk -BARAMBAH

2L full cream	\$6
2L Skim	\$6
2L lactose free	\$6

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
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	\$9.60
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	\$8.80
Ploughmans	\$8.80
Cashew cheese	\$12
Mgc	\$13.50
Bulk cheese	\$35/kg

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Vegan Dairy + Cultured Products

Basil cashew cheese dip	\$11.50
Chilli cashew cheese dip	11.50
Turmeric cashew cheese	\$11.50
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	\$6.50
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	\$4.20
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 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 150g	\$11

Seeds

Chia 400g	\$8
Fennel seeds 250g	\$17
Flax seeds 1 kg	\$12.50
Flax seed 400g	\$8
Hemp seeds 100g	\$7.00
Pepitas 250g	\$7
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

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	\$9.70
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	\$8.50
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	\$40
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

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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	\$7.70
Olives mixed with herbs 300g		\$6.40
Green pitted 295g		\$6.40

Savoury Snacks

Salty popcorn 80g	\$4.00
Salty popcorn 25g	\$2.20
<u>Corn chips</u>	
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	
Britts ginger spelt cookies	\$7
Britts Macadamia cookies	\$7
Britts shortbread	\$7
Britts choc maca (spelt)	\$7
Britts ginger GF	\$7
Britts maca & choc chip	\$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

Cornor store coffee medium roast plunger	\$14.50
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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	\$13.00
Olive oil EV 1L	\$30.00
Olive oil EV 500ml (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

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Tea

Ceylon tea
(black) 50 bags \$7.50
loose leaf 200g \$9.60
bulk 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