



18th November 2024

Fruit

APPLES	
Gala, Fuji red dels	\$11/kg
Pink Ladies	\$11/kg
Grannies	\$9/kg
Juice	\$7/kg
Avocado	\$12.50/kg
Apricots	\$22/kg
BANANA Cavendish	\$6/kg
Lady fingers	\$9/kg
Smoothie	\$2.50/kg
Blueberries	\$9 punnet
Grapefruit ruby	\$8/kg
Kiwifruit	\$19/kg
LEMONS Eureka	\$14/kg
Marked	\$12/kg
Limes	\$25/kg
Mandarine imperial	\$14/kg
Mangoes bulk	\$9/kg
1st each	
Nectarine yellow	\$22/kg
White	\$22/kg
ORANGES Navels	\$7/kg
Special 3kg nets	\$12.50
Juice	\$4/kg
Valencia juice	\$4/kg
Paw Paw Red	\$8/kg
Peach	\$22/kg
Pears packham	\$10/kg
Peach	\$22/kg
Tangello	\$11/kg
Watermelon (Champagne)	\$5/kg
Mimi lee	\$5/kg
Vegetables	
Asparagus Bunch	\$5
Asian Greens pak choi	\$5
or bok choi	\$5
Beans	\$15/kg
Broccoli	\$15/kg
Broccolini Bunch	\$7.00ea
BEETROOT med	\$8/kg
Cabbage drum red/green	\$8
Capsicum red/mixed	\$25/kg
Green	\$16/kg
Cauliflower	\$8 each
Celery bunch	\$11 each
Carrots juice	\$3

Medium	\$7
Purple juice	\$3/kg
Cucumber Lebanese	\$10/kg
Eggplant	\$15/kg
Eschalots bunch (Suttons)	\$5
Fennel	\$5
Garlic purple	\$80/kg
Russian	\$75/kg
Ginger	\$30/kg
KALE Curly/black (suttons)	\$5
LETTUCE -cos	\$7
Mesclun 100g(our bags)	\$4.50
120g (our bags)	\$5
150g (our bags)	\$5.50
punnet	\$6.50
LEEK(single) bunch	\$7
each	\$3
MUSHROOM – crimi	\$42/kg
buttons and flats	\$42/kg
shitake oyster punnet	\$10
ONIONS Brown	\$6/kg
red	\$10/kg
parsnip	\$15/kg
POTATO dutch cream	\$5/kg
special sebago	\$4/kg
Pumpkin Butternut	\$6/kg
Jap	\$6/kg
Goldern nugget	\$6/kg
Radish Bunch	\$6.50ea
Rocket 120g (our bag)	\$5
150g (our bag)	\$6
200g bag	\$7
120g punnet	\$6.50
Rhubarb	\$8 bunch
Silver beet	\$7 each
Snow Peas	\$50/kg
Shelling Peas	\$20/kg
SPINACH baby	100g bag \$4.50
120g bag	\$5
150g bag	\$5.50
120g punnet	\$6.50
SPINACH ENG BUNCH	\$7 ea
Sweet Corn	\$3.50/cob
Sweet pot gold med	\$10/kg
Purple	\$9/kg
Large	\$6.50/kg
Swede	\$10/kg
Taro	\$15/kg
Turnips	\$10/kg
TOMATO round	\$14/kg
Marked	\$6/kg
Roma	11/kg
Cherry	\$21/kg

Punnet	\$6.50ea
Cooking	\$3/kg
Tumeric	\$40/kg
Zucchini sm/med	\$7/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

Dairy

Milk -BARAMBAH

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	\$11
Cheddar 500g	\$20
Feta in Brine	\$8.80
Feta in marinade	\$10.60
Haloumi 200g	\$11
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

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

Forest Apple & Pear 1L	\$9
Apple juice 1L	\$10
Pear juice 1L	\$10
Pear & Lemon 1L	\$10
Pear and apple juice 1L	\$10
Sparkling apple 330ml	\$5

Nuts and Seeds

Almonds (unpasteurised) 1kg	\$35
Brazil nuts 200g	\$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
Macadamias raw 200g	\$15
Macadamias R&S 200g	\$19

Nut and seed butters

Peanut Butter 375g	
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

Red Lentils (bulk)	\$12.50/kg
Chickpeas (bulk)	\$13.50/kg

Grains AND CEREALS

Basmati white (bulk)	\$9.50/kg
Basmati brown (bulk)	\$9.90/kg
Oats rolled (bulk)	\$6/kg
Steetcut 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 325g	\$13
500g	\$16

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	\$6.50
Tomato paste 210g	\$5.10
Tomato passata 700mL	\$6.50
Spicy Tomato 500g	\$7.50
Tomato and basil 500g	\$7.50
Bolognese 500g	\$7.50
Tomato pesto 190g	\$8.70

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	\$6.80
Worcestershire Sauce 250ml	\$15
Apricot Jam 250g	\$10.30
Mayonaise whole egg 440g	\$12
Mustard Australian	\$15
Tamari Sauce (bulk)	\$21
Balsamic Vinegar 500ml	\$16

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)	\$65/kg
Dark choc almonds (bulk)	\$65/kg
Bulk dark chocolate 70%	\$42/kg
Dark Choc Sultanas (bulk)	\$50/kg

250g	\$25.00
500g	\$39.00
1kg	\$65.00

Lumo Decaf Coffee ground/beans:

250g	\$32
500g	\$48
1kg	\$79

Snacks

Savoury

Corn Chips	
Lightly salted 500g	\$12
Ctn 6 x 500g	\$60
Crackers black sesame	\$4.50
Crackers multigrain	\$4.50
Seaweed 5g	\$2

Olives + Preserved Vegetables

Kalamata pitted 295g	\$10
Kalamata Pitted 970g	\$27
Green Pitted 295g	\$10
Stuffed Green 300g	\$10
Mixed with Garlic, herb & capsicum	
300g	\$10
980g	\$15.50

Baking goods

coconut desiccated 250g	\$6.40
bulk	\$12.50/kg
Coconut shredded 200g	\$6.20
Cacao powder (bulk)	\$22/kg
Cacao Nibs 200g	\$18.50
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
Lumo Coffee Ground or Beans:	

Drinking Chocolate 350g \$10

TINNED GOODS

Adzuki beans	\$3.00
Baked beans	\$4.00
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	\$3.20
Coconut cream 22% fat	\$3.50
Coconut milk 17% fat	\$3.50
Kidney beans red	\$3.50
Lentils	\$3.00
Tomatoes diced	\$3.60
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

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
Tumeric 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	\$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

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
Pane 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
Mega grain: T	\$10

Paleo	\$12.50
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Bulk

Almond Meal	\$44/kg
Cacao Powder	\$22/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

Icing Sugar	\$11/kg
Raw	\$4.50/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/L
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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
Loco chai	\$50/kg