



**15th April**

## Fruit

APPLES Gala, Fuji red dets	\$11/kg
Grannies	\$9/kg
Pink Ladies	\$12.50/kg
Juice	\$6/kg
Avocado	\$14/kg
Smalls	\$8/kg
BANANA Cavendish	\$5.50/kg
Lady fingers	\$9/kg
Smoothie	\$2.50/kg
Blueberries	\$10 punnet
Dragon fruit	\$18/kg
Grapes Crimson	\$18/kg
Muscat	\$10/kg
LEMONS Eureka/meyer	\$11/kg
Lemonade fruit	\$9/kg
Limes	\$20/kg
ORANGES Valencia	\$6.60/kg
Juice	\$4/kg
3 kg nets	\$14
Paw Paw Red	\$8/kg
Pears packham	\$11/kg
Persimmons	\$14/kg
Rockmelon	\$6/kg
Strawberries	\$10 punnet
Watermelon	\$4/kg

## Vegetables

Asian Greens pak choi	\$5
or bok choi	\$5
Beans	\$18/kg
Broccoli	\$12/kg
Broccolini Bunch	\$7.00ea
BEETROOT med/ lge	\$6/kg
Cabbage drum red/green	\$9
Capsicum red	\$20/kg
Green	\$14/kg
Cauliflower	\$12 each
Celery bunch	\$10 ea
Carrots juice	\$3
Medium	\$7
Small	\$6.50
Purple	\$10/kg
Cucumber Lebanese	\$12/kg
green	\$6/kg
Eggplant	\$12/kg
Eschalots bunch (Suttons)	\$5

Fennel	\$5
Garlic purple	\$60/kg
Russian	\$65/kg
Ginger	\$35/kg
KALE Curly/black (suttons)	\$5
LETTUCE -cos	\$4.50
Mesclun 100g(our bags)	\$3.50
120g (our bags)	\$4
150g (our bags)	\$5
punnet	\$6.50
LEEK(single) bunch	\$8
	\$3.60 ea
MUSHROOM – crimi	\$40/kg
buttons and flats	\$40/kg
shitake oyster punnet	\$9
ONIONS Brown	\$4/kg
red	\$8/kg
parsnip	\$14/kg
POTATO dutch cream	\$5/kg
Nicola	\$5/kg
Sebago	\$5/kg
Pumpkin Butternut	\$4/kg
Jap	\$2.50/kg
Rocket 120g (our bag)	\$5
150g (our bag)	\$6
200g bag	\$7
120g punnet	\$6.50
Silver beet	\$5.50 each
SPINACH baby 100g bag	\$4.50
120g bag	\$5
150g bag	\$5.50
SPINACH ENG BUNCH	\$6.50 ea
Sweet Corn	\$3/cob
Sweet pot gold med	\$8/kg
Purple	\$7/kg
Large	\$6/kg
Swede	\$10/kg
Turnips	\$10/kg
TOMATO round	\$11/kg
Roma	\$14/kg
Cherry	\$20/kg
Punnet	\$6.50ea
Cooking	\$5/kg
Tumeric	\$40/kg
Zucchini sm/med	\$10/kg

## Herbs

chives, coriander, dill, mint, curly parsley, flat leaf parsley, thyme, lemon grass	\$6
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## Sprouts (ALL)

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

## EGGS

Eggs Large 700g	\$14
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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	\$11

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	\$11.50
Chilli cashew cheese dip	\$11.50
Turmeric cashew cheese	\$12.50
Sauerkraut Kehoes 250ml	
Traditional	\$10.50
Kale + carrot	\$11.00
Fennel + garlic	\$11.00
beetroot + ginger	\$11.00
Kimchi original 410g	\$12.00
Tempeh chilli 225g	\$8.40

Tofu Firm 375g	\$8.50
Smoked tofu 375g	\$10.00

## 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 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 Kernals	\$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)	\$5.50/kg

Psyllium Husks 200g	\$11
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## Flour

Plain unbleached 1kg	\$7.80
Self raising (bulk)	\$5.30/kg
Spelt White (bulk)	\$10.50/kg
Pizza & bread (bulk)	\$5.10kg
Wholemeal(bulk)	\$5.50/kg

## Sugar, honey + sweeteners

Maple Syrup (bulk)	\$35/L
Raw sugar (Bulk)	\$\$4.50/ 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	\$4.10
Gluten free spaghetti 340g	\$6.10
Spaghetti Aust. made	\$18.80/ kg
Quinoa and r pasta 300g	\$7.70

## Pasta sauces + tomato pastes

Tomato paste 300g	\$6
Tomato passata 700mL	\$6.20
Spicy Tomato 500g	\$6.50
Tomato and basil 500g	\$6.50
Bolognaise 500g	\$

## 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 250mls	\$15

Mayonaise whole egg 440g	\$12
Mustard Australian	\$15

## 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

## Snacks

### Savoury

Corn Chips  
Lightly salted 500g \$11  
Ctn 6 x 500g \$60  
Crackers black sesame \$4.00  
Crackers multigrain \$4.00  
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 \$12.00  
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 \$4.00  
Tomatoes whole \$4.20

## 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  
Rainbow Chai Leaf 100g \$18  
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 \$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  
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	\$9
Focaccia	\$10
Dark Rye	\$9

### 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
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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	

### 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
Icing Sugar	\$11/kg
Maple Syrup	\$35/kg

### Oils

Olive Oil	\$25/L
Macadamia Oil	\$34/L

### Pasta

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

### Sauce

Tamari soy sauce \$21/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