



15th April

Fruit

APPLES Gala, Fuji red dels	
	\$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

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)	\$5.10/kg
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
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	\$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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Pane 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

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)
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Rice

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

Leaf Tea - ceylon

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