

## Items

<b>Item Name</b>	<b>Price</b>	<b>Quantity in Stock</b>
Almonds	30.00	3.38
Almonds, Insecticide free	15.00	5.00
Apple Cider Vinegar	7.55	5.00
Beans, Black Turtle	7.00	5.00
Beans, Haricot	6.75	5.00
Canola Oil	5.00	7.00
Cashews	23.15	7.48
Channu Dahl	6.70	4.50
Chick Peas	8.05	7.39
Coconut, Flakes	9.40	2.50
Coffee Beans, Colombia	34.70	1.00
Coffee Beans, Ermera	34.70	1.00
Corn Cakes	2.55	26.00
Dates	20.30	2.83
Flour - Besan	7.50	8.59
Flour - Laucke	1.45	44.35
Flour Spelt	5.20	27.90
Flour, Whole Rye	6.00	4.91
Flour, Wholemeal	3.65	14.50
Green Lentils	7.30	16.76
Honey, New Tub	27.55	1.00
Honey, Tub	25.50	0.00
Lentils - Black	7.00	10.20
Lentils, Red	3.95	0.00
Lentils, Red Split	10.65	0.00
Multi Puffs	20.80	1.57
Oats, rolled	6.30	14.50
Olive Oil, Manna Hill	16.85	10.95
Olive Oil, Mt Zero	16.85	0.00
Olives, Kalamata	17.45	4.54
Pasta - Spelt Pack 375g	5.45	18.00
Pasta tomato and spinach fusili	7.50	2.74
Pasta, Fusili 2kg	15.00	3.00
Pasta, Travel	7.30	2.41
Pasta, Travel 2kg	14.60	4.00
Pearl Barley	5.35	0.00
Popping Corn	4.85	11.56
Puffed Brown Rice	20.00	2.58
Quinoa	7.80	19.77
Quinoa, Flaked	17.25	2.07
Rice Cakes	2.55	0.00
Rice, medium organic	5.40	0.00

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Rice, Basmati Brown Organic	7.70	0.00
Rice, Basmati white	6.95	4.72
Rice, Jasmine White	6.25	25.00
Salt, Pink Lakes Fine	9.00	4.80
Spelt Pasta	1.45	1.47
Sugar, Rapadura	6.60	0.00
Sugar, Raw	3.60	10.81
Sultanas	9.00	0.00
Tamari Soy Organic	10.00	4.79
Tea, Black	21.95	1.00
Walnuts	41.00	0.22
Yeast, Nutritional Flakes	26.50	1.26