

Item Name	Price
Corn Cakes	2.55
Oats, rolled	6.30
Puffed Brown Rice	20.00
Walnuts	41.00
Rice, Basmati white	6.95
Yeast, Nutritional Flakes	13.25 50% off
Pasta tomato and spinach fusili	7.50
Coffee Beans, Colombia	34.70
Coffee Beans, Ermera	34.70
Honey New Tub	27.55
Multi Puffs	16.60 20% off
Quinoa, Flaked	12.95 25% off
Salt, Pink Lakes Fine	9.00
Black Turtle Beans	7.00
Spelt Pasta	1.45
Flour - Besan	7.50
Almonds, Insecticide free	15.00
Channu Dahl	6.70
Apricots	12.80
Sultanas - Sultana Girl	11.65
Popping Corn	3.90 20% off
Rice, Jasmine White	6.25
Olives, Kalamata	17.45
Pearl Barley	5.35
Tamari Soy Organic	10.00
Flour Spelt	5.20
Canola Oil	5.00
Apple Cider Vinegar	7.55
Flour, Whole Rye	6.00
Rice Cakes	2.55
Lentils - Black	7.00
Coconut cream	3.00
Lentils, Red Split	10.65
Olive Oil, Manna Hill	16.85
Flour, Wholemeal	3.65
Cashews	23.15
Flour - Laucke	1.45
Dates	21.00
Sugar, Rapadura	7.00
Sugar, Raw	3.60
Rice, Basmati Brown Organic	7.70
Quinoa	5.85 25% off
Lentils Green	5.50 25% off
Chick Peas	8.05
Out of Stock	
Corn Cakes	2.55
Oats, rolled	6.30
Puffed Brown Rice	20.00
Walnuts	41.00