

Class Code	Description	Unit	*Price
Nuts and Dried Food			
f008	Almonds	kg	13.80
f011	Cashews	kg	23.15
f046	Dates Pitted	kg	20.30
f007	Sultanas	kg	9.00
f052	Walnuts	kg	37.00
Olives & Olive Oil			
f045	Olive Oil Mount Zero	kg	16.85
f005	Olive oil Manna Hill	kg	16.85
f044	Olives Kalamatta Pitted	kg	17.45
Pulses			
f015	Chick Peas	kg	8.05
f057	Haricot Beans	kg	6.75
f039	Lentil - Black	kg	7.00
f037	Lentil - Green	kg	7.30
f038	Lentil - Red	kg	3.95
Processed Goods			
f051	Apple Cider Vinegar	kg	7.55
f036	Corn Thins	pkt	2.55
f024	Honey tub (new)	tub	27.55
f024	Honey tub (old)	tub	25.50
f058	Nutritional Yeast	kg	26.50
f035	Rice Cakes	pkt	2.55
f012	Sugar - Raw	kg	3.60
f013	Sugar Rapadura	kg	7.05
f019	Tamari Soy Sauce	kg	13.25

Class Code	Description	Unit	*Price
Flour / Oats			
f001	Flour Laucke general	kg	1.45
f003	Flour spelt	kg	4.70
f026	Flour wholemeal	kg	3.65
f004	Spelt pasta	kg	12.85
f010	Oats - Rolled	kg	4.20
Grain / Rice			
f041	Barley	kg	5.35
f059	Multi Puffs	kg	20.80
f047	Popcorn	kg	4.85
f056	Puffed Brown Rice	kg	21.65
f050	Quinoa	kg	7.80
f018	Rice Basmati Brown	kg	9.00
f023	Rice medium grain white	kg	5.40
Teas / Coffees			
f053	Coffee - beans	kg	34.70
f054	Coffee - Espresso	pkt	12.25
f055	Coffee - Plunger	pkt	12.25

*prices subject to change without notice

*2% discount for members paying cash