

Item Name	Price
Almonds, Insecticide free	15.00
Apple Cider Vinegar	7.55
Apricots	12.80
Black Turtle Beans	7.00
Canola Oil	5.00
Cashews	23.15
Channu Dahl	6.70
Chick Peas	8.05
Coconut, Flakes	9.40
Coffee Beans, Colombia	34.70
Dates	21.00
Flour - Besan	7.50
Flour - Laucke	1.45
Flour Spelt	5.20
Flour, Whole Rye	6.00
Green Lentils	7.30
Honey New Tub	27.55
Honey Tub	25.50
Lentils - Black	7.00
Lentils, Red	3.95
Lentils, Red Split	10.65
Multi Puffs	20.80
Oats, rolled	6.30
Olive Oil, Manna Hill	16.85
Olives, Kalamata	17.45
Pasta - Spelt Pack 375g	5.45
Pasta tomato and spinach fusili	7.50
Pasta, Fusili 2kg	15.00
Pasta, Travel	7.30
Pasta, Travel 2kg	14.60
Popping Corn	4.85
Puffed Brown Rice	20.00
Quinoa	7.80
Quinoa, Flaked	17.25
Rice Cakes	2.55
Rice, medium organic	5.40
Rice, Basmati Brown Organic	7.70
Rice, Basmati white	6.95
Rice, Jasmine White	6.25
Salt, Pink Lakes Fine	9.00
Spelt Pasta	1.45
Sugar, Rapadura	6.60
Sugar, Raw	3.60
Tamari Soy Organic	10.00
Walnuts	41.00

Yeast, Nutritional Flakes

26.50