



Bulk Foods

Nuts, Seeds & Proteins:

	\$/KG
Almond Meal	\$30.00
Raw Whole Almonds	\$30.00
Tamari Almonds	\$30.00
Blanched Slivered Almonds	\$30.00
Cashew Pieces	\$30.00
Walnut Pieces	\$30.00
Macadamia	\$45.00
Salted Pistachios with Shell	\$40.00
Pistachio Kernels	\$45.00
Pecan Halves	\$52.00
Roasted Peanuts	\$15.00
Raw Whole Hazelnuts	\$40.00
Organic Coconut Flakes	\$14.00
Desiccated Coconut	\$14.00
Pine Nuts	\$60.00
Candied Macadamias	\$60.00
Candied Cashews	\$30.00
Sunflower Seeds	\$8.00
Buckwheat Kernels	\$6.00
Black Chia Seeds	\$20.00
Poppy Seeds	\$15.00
White Sesame Seeds	\$15.00
Black Sesame Seeds	\$20.00
Whole Linseeds	\$8.00
Ground Linseeds	\$8.00
Hemp Seeds	\$50.00
Pumpkin Seeds	\$16.00
Organic Raw Sprouted Pea Protein	\$30.00
Organic Hemp Protein Powder	\$70.00

Beans & Pulses:

Split Yellow Peas	\$5.00
Split Green Peas	\$5.00
White Kidney Beans	\$7.00

Black Beans	\$7.00
Red Kidney Beans	\$8.00
Large Chickpeas	\$9.00
Borlotti Beans	\$8.00
Green Mung Beans	\$7.00
Puy Lentils	\$12.00

Syrups, Oils & Vinegars:

Coconut Oil	\$25.00
Honey (Local)	\$18.00
Maple Syrup	\$40.00
Agave Nectar	\$20.00
White Wine Vinegar	\$7.00
Malt Vinegar	\$5.00
Apple Cider Vinegar	\$5.00
Red Wine Vinegar	\$7.00
Balsamic Vinegar	\$6.00
Coconut Vinegar	\$15.00
Extra Virgin Olive Oil	\$30.00
Vegetable Oil	\$15.00
Coconut Milk	\$3.00
Organic Extra Virgin Sesame Oil	\$25.00
Tahini	\$12.00
Tamari	\$25.00
Brown Rice Syrup (Rice Malt Syrup)	\$10.00

Flours & Salts:

Rye Flour	\$5.00
Besan Flour (Chickpea)	\$8.00
Baker's Flour	\$3.00
Strong Baker's Flour	\$3.00
Self Raising Flour	\$3.00
Wholemeal Flour	\$4.00
Organic Buckwheat Flour	\$8.00
Brown Rice Flour	\$8.00
Coconut Flour	\$8.00
Spelt Flour	\$8.00
Tapioca Flour	\$8.00
Potato Flour	\$8.00
Himalayan Sea Salt (Fine)	\$8.00
Celtic Sea Salt (Coarse)	\$15.00
Epsom Salt - Magnesium Sulphate	\$4.00

Baking Powder	\$15.00
Wheatgerm	\$5.00
Psyllium Husk	\$24.00
Semolina	\$8.00

Grains & Oats:

Tri-colour Quinoa	\$20.00
White Quinoa	\$14.00
Long Grain Brown Rice	\$6.00
Arborio Risotto Rice	\$6.00
Fine Bulgur	\$5.00
Couscous	\$8.00
Jasmine Rice	\$5.00
Black Rice	\$16.00
Soba Noodles	\$5.00
Pearl Barley	\$5.00
Wild Rice	\$32.00
Puffed Quinoa	\$90.00
Tapioca Pearls (Sago)	\$8.00
Organic Orecchiette Mixed Pasta	\$25.00
Buckwheat Pasta Spirals	\$20.00
Rolled Oats	\$5.00
Oat Groats	\$6.00
Sushi Rice	\$8.00
Polenta	\$6.00
Nutritional Yeast Flakes	\$45.00
Pearl Couscous	\$8.00

Sugars, Chocolate & Confectionery:

Castor Sugar	\$7.00
Brown Sugar	\$7.00
Coconut Sugar	\$25.00
Organic Rapadura Sugar	\$10.00
Milk chocolate Freeze Dried Raspberries	\$55.00
Milk Chocolate Freeze Dried Strawberries	\$55.00
Dark Chocolate Almonds	\$50.00
Loving Earth Mylk Cacao Nibs	\$60.00
Loving Earth Mylk Incan Berries	\$60.00
Organic Natural Muesli	\$25.00
Golden Chai Granola	\$70.00
Buckini Nut & Seed Cereal	\$25.00
Paleo Berry & Choc Cereal	\$35.00
Organic Cacao Butter Wafers	\$40.00

Organic Raw Sugar	\$5.00
Organic Cocoa Powder	\$25.00
Organic Carob Powder	\$15.00

Dried Fruits:

Dates	\$26.00
Dried Whole Cranberries	\$15.00
Dried Papaya (Paw Paw)	\$12.00
Currants	\$12.00
Sultanas	\$12.00
Pitted Dried Plums (Prunes)	\$16.00
Dried Pineapple	\$80.00
Dried Lerida Figs	\$20.00
Sun-dried Mango Cheeks	\$90.00
Sun-dried Strawberries	\$140.00
Mixed Dried Fruits	\$25.00
Dried Apricots	\$35.00
Goji Berries	\$40.00
Organic White Mulberries	\$40.00
Apricot Delight	\$15.00
Candied Ginger	\$30.00
Raisins	\$15.00

Teas:

Ginger Glow	\$80.00
Earl Grey	\$75.00
English Breakfast	\$80.00
Sencha Green	\$80.00
Rooibos	\$70.00
Herbs & Roses	\$100.00
Calming Blend	\$90.00
Black Chai	\$90.00

Spices & Superfoods:

Fennel Seeds	\$30.00
Sweet Paprika	\$30.00
Smoked Paprika	\$30.00
Ground Ginger	\$30.00
Chilli Flakes	\$30.00
Dried Chilli Peppers	\$30.00
Ground Chilli Powder	\$30.00
Garam Masala	\$40.00
Moroccan Spice Mix	\$30.00
Turmeric Powder	\$40.00

Ground Cumin	\$30.00
Cumin Seeds	\$30.00
Ground Black Pepper	\$50.00
Whole Black Pepper	\$50.00
Cardamom Pods	\$80.00
Coriander Seeds	\$30.00
Yellow Mustard Seeds	\$30.00
Thyme	\$40.00
Whole Cloves	\$80.00
Ground Cloves	\$80.00
Onion Powder	\$30.00
Garlic Powder	\$30.00
Caraway Seeds	\$25.00
Bay Leaves	\$100.00
Curry Leaves	\$20.00
Sumac	\$40.00
Black Sesame Seeds	\$20.00
Cinnamon Sticks	\$40.00
Ground Cinnamon	\$40.00
Ground Nutmeg	\$100.00
Kibbled Pepper	\$50.00
Fenugreek Seeds	\$20.00
Nigella Seeds	\$30.00
Ground Mustard	\$30.00
Organic Beetroot Powder	\$60.00
Organic Açai Powder	\$230.00
Activated Charcoal Powder	\$80.00
Organic Spirulina Powder	\$80.00
Slippery Elm	\$40.00
Maca Powder	\$40.00

Home & Body:

Lemon Myrtle Dishwasher Liquid	\$15.00
Lemon Myrtle Disinfectant Cleaner	\$14.00
Lemon Myrtle Laundry Powder	\$14.00
Lemon Myrtle Hand & Body Wash	\$20.00