

Natural & Organic Food

Please email your order through to
hobart@eumarrah.com.au or
launceston@eumarrah.com.au

detailing items and quantity required and if you
have a preference for organic, as well as your name,
contact details and Eumarrah membership number.

Please enter email subject as: 'Online order' plus your name

***Please note that not all products are available from both our store locations.**

Due to availability and subject to change without notice. Packing fee applies.
Container & paper bag charges apply. Please note that not all our products may be listed -
contact us with product enquiries. We update product lists regularly,
so please download the current lists from our website each time you order.

Online Order Shelf Product List

EUMARRAH DELI SLICES & SWEETS (HOBART ONLY)

Price

APDCGB	EUMARRAH AMARANTH PISTACHIO GRANOLA BAR - SINGLE SLICE (V, GF)	\$5.50
APDCGS	EUMARRAH AMARANTH PISTACHIO GRANOLA - FROZEN SLAB (8 SLICES) (V, GF)	\$39.60
SRBS	EUMARRAH RAW CACAO & CASHEW NUT BROWNIE - SINGLE SLICE (V, GF)	\$5.00
SRBSL	EUMARRAH RAW CACAO & CASHEW NUT BROWNIE - FROZEN SLAB (8 SLICES) (V, GF)	\$36.00
SRCWS	EUMARRAH RAW CARAMEL & WALNUT SLICE - SINGLE SLICE (V, GF)	\$5.50
SRCWSL	EUMARRAH RAW CARAMEL & WALNUT SLICE - FROZEN SLAB (8 SLICES) (V, GF)	\$39.60
SRMS	EUMARRAH RAW MINT SLICE - SINGLE SLICE (V, GF)	\$5.50
SRMSL	EUMARRAH RAW MINT SLICE - FROZEN SLAB (8 SLICES) (V, GF)	\$39.60
SRLS	EUMARRAH RAW LEMON SLICE - SINGLE SLICE (V, GF)	\$5.50
SRLSL	EUMARRAH RAW LEMON SLICE - FROZEN SLAB (8 SLICES) (V, GF)	\$39.60
SSS	EUMARRAH RAW SNICKERS SLICE - SINGLE SLICE (V, GF)	\$5.50
SSSL	EUMARRAH RAW SNICKERS SLICE - FROZEN SLAB (8 SLICES) (V, GF)	\$39.60
ATS	EUMARRAH HEALTHY TWIX SLICE - SINGLE SLICE (V, GF)	\$5.00
ATSL	EUMARRAH HEALTHY TWIX SLICE - FROZEN SLAB (8 SLICES) (V, GF)	\$36.00
ERBB	EUMARRAH RAW BOUNTY BAR SLICE - SINGLE SLICE (V, GF, NUT FREE)	\$5.00
SLCS	EUMARRAH LEMON CURD CRUMBLE SLICE - SINGLE SLICE (GF)	\$4.50
SACS	EUMARRAH APRICOT CITRUS SLICE - SINGLE SLICE (V, GF)	\$5.50
EMBS	EUMARRAH MOCHA BROWNIE SLICE - SINGLE SLICE (V, GF)	\$5.50
AGAC	EUMARRAH APPLE & GINGER CAKE - SINGLE SLICE (V)	\$5.00
APPS	EUMARRAH AUTUMN PUMPKIN PIE SLICE - SINGLE SLICE (V, GF)	\$5.00
ECGC	EUMARRAH CACAO & GINGER NUT COOKIE (V, GF)	\$3.80
EPBCC	EUMARRAH PEANUT BUTTER CHOC CHIP COOKIE (V, GF)	\$3.80
EMCE	EUMARRAH MUESLI COOKIE (V)	\$3.20
EGBB	EUMARRAH XMAS GINGERBREAD COOKIE (Seasonal only) (V, GF)	\$3.80
GBBB	EUMARRAH BLISS BALLS - GINGERBREAD (V, GF)	\$3.00
PBBB	EUMARRAH BLISS BALLS - PEANUT BUTTER BROWNIE (V, GF)	\$3.00
ABBB	EUMARRAH BLISS BALLS - ALMOND BUTTER (V, GF)	\$3.25

MMBB	EUMARRAH BLISS BALLS - CHOC MALT (V, GF)	\$3.25
RKSV	ZOE'S RAINBOW KITCHEN CHOCOLATE BROWNIE (GF)	\$5.20
RKSV	ZOE'S RAINBOW KITCHEN CHOC CARAMEL SLICE (GF)	\$5.20
RKSV	ZOE'S RAINBOW KITCHEN GINGER NUT SLICE (GF)	\$5.20
RKSV	ZOE'S RAINBOW KITCHEN CHOC GINGER WALNUT SLICE	\$5.20
MRBALL	MRS REES HAZELNUT BOMB (V, GF)	\$3.00

EUMARRAH DELI (HOBART ONLY) Price

SKSP	SUMMER KITCHEN SMALL PIE - CHILLI BEAN	\$7.30
SKFP	SUMMER KITCHEN FAMILY PIE - CHILLI BEAN	\$16.70
SKSP	SUMMER KITCHEN SMALL PIE - HOMITY	\$7.30
SKFP	SUMMER KITCHEN FAMILY PIE - HOMITY	\$16.70
SKSP	SUMMER KITCHEN SMALL PIE - HUNZA	\$7.30
SKFP	SUMMER KITCHEN FAMILY PIE - HUNZA	\$16.70
SKSP	SUMMER KITCHEN SMALL PIE - CAULIFLOWER CHEESE	\$7.30
SKFP	SUMMER KITCHEN FAMILY PIE - CAULIFLOWER CHEESE	\$16.70
SKSP	SUMMER KITCHEN SMALL PIE - MADRAS (V)	\$7.30
SKFP	SUMMER KITCHEN FAMILY PIE - MADRAS (V)	\$16.70
SKSP	SUMMER KITCHEN SMALL PIE - LENTIL SHEPHERD (V)	\$7.30
SKFP	SUMMER KITCHEN FAMILY PIE - LENTIL SHEPHERD (V)	\$16.70
SUVQ	BAKED GLUTEN FREE VEGETARIAN QUICHE - SLICE (GF)	\$5.50
SFE1	SANDHYA'S FALAFEL BALLS - EACH (V, GF)	\$1.50
ECMCLS	EUMARRAH CAULIFLOWER MAC'N'CHEESE - LARGE SLICE (SERVES 2 PEOPLE) (V, GF)	\$10.00
ECVPB	EUMARRAH CHEEZY VEGAN POTATO BAKE WITH ZUCCHINI - LARGE SLICE (SERVES 2 PEOPLE) (V, GF)	\$10.00
EVLL	EUMARRAH ROAST VEGETABLE LASAGNE - LARGE SLICE (SERVES 2 PEOPLE) (V, GF)	\$12.00
EVML	EUMARRAH VEGAN MOUSSAKA - LARGE SLICE (SERVES 2 PEOPLE) (V, GF)	\$12.00
ELSP	EUMARRAH LENTIL SHEPHERD'S PIE - LARGE SLICE (SERVES 2 PEOPLE) (V, GF)	\$12.00
ETPP	EUMARRAH TOFU PALAK PANEER WITH BASMATI RICE - LARGE SLICE (SERVES 2 PEOPLE) (V, GF)	\$12.00
ESME	EUMARRAH FRESH DAILY SALAD - MEDIUM BOX (APPROX 400G)	\$10.00

V = VEGAN GF = GLUTEN FREE

**PLEASE NOTE NOT ALL DELI OPTIONS ARE AVAILABLE DAILY.
WHEN PLACING YOUR ORDER, OUR TEAM WILL ADVISE YOU
IF A PRODUCT IS UNAVAILABLE.**



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Online Order Shelf Product List

SHELF DRINKS		Price		
CCW330	ORG C COCONUT WATER 330ML	\$2.50	AGF250	ASHBOLT ANNIE'S GARDEN FRUITS JUICE 250ML \$4.80
CCW330-12	ORG C COCONUT WATER CARTON 12 x 330ML	\$25.95	AEB250	ASHBOLT ELDERFLOWER BLUSH 250ML \$4.80
CCW1	ORG C COCONUT WATER 1L	\$5.95	AEST250	ASHBOLT ELDERFLOWER SPARKLING TRADITIONAL 250ML \$4.80
CCW1-12	ORG C COCONUT WATER CARTON 12 x 1L	\$65.45	ASHEBSP250	ASHBOLT ELDERBERRY SPARKLING 250ML \$4.80
TCW1	TIPCO COCONUT WATER 1L	\$4.40	AEB5700	ASHBOLT ELDERFLOWER SPARKLING 750ML \$14.95
TCW1-12	TIPCO COCONUT WATER CARTON 12 x 1L	\$44.00	ASHSPARK	ASHBOLT ELDERBERRY SPARKLING 750ML \$14.95
TJPCBJ750	TASMANIAN JUICE PRESS 750ML - CITRUS BLEND JUICE (Pineapple, Lemon, Orange, Apple, Ginger)	\$14.00	ATELGT250	ASHBOLT ELDERFLOWER LEMON & GINGER TEA 250ML \$4.90
TJPFBJ750	TASMANIAN JUICE PRESS 750ML - FRUITS BLEND JUICE (Watermelon, Raspberry, Apple, Lemon, Mint)	\$14.00	AEFC375	ASHBOLT ELDERFLOWER CONCENTRATE 375ML \$15.70
TJPGBJ750	TASMANIAN JUICE PRESS 750ML - GREENS BLEND JUICE (Silverbeet, Tuscan Cabbage, Celery, Parsley, Mint, Apple)	\$14.00	AEBC375	ASHBOLT ELDERBERRY CONCENTRATE (NO ADDED SUGAR) 375ML \$19.95
TJPVBJ750	TASMANIAN JUICE PRESS 750ML - VEG BLEND JUICE (Beetroot, Carrot, Ginger, Lemon, Apple)	\$14.00	ASHWFC375	ASHBOLT WATTLE CORDIAL 375ML \$19.80
TJPRBJ750	TASMANIAN JUICE PRESS 750ML - REBOOT BLEND JUICE (Carrot, Lemon, Orange, Ginger, Apple, Turmeric)	\$14.00	RCPK330	ORG REMEDY KOMBUCHA 330ML - CHERRY PLUM \$4.95
LACJ300	LUCASTON PARK CHERRY JUICE 300ML	\$3.50	RRLM330	ORG REMEDY KOMBUCHA 330ML - LEMON LIME & MINT \$4.95
LAJ350	LUCASTON PARK APPLE JUICE 300ML	\$3.40	RGLK330	ORG REMEDY KOMBUCHA 330ML - GINGER LEMON \$4.95
LAJ1	LUCASTON PARK APPLE JUICE 1L	\$4.95	RRL330	ORG REMEDY KOMBUCHA 330ML - RASPBERRY LEMONADE \$4.95
LAJ2	LUCASTON PARK APPLE JUICE 2L	\$5.95	RCWKP330	ORG REMEDY KOMBUCHA 330ML - WILD BERRY \$4.95
OMFBAJ1	ORG OUR MATE'S FARM APPLE JUICE 1L - BRAEBURN	\$9.90	RACK750	ORG REMEDY KOMBUCHA 750ML - APPLE CRISP \$8.95
OMFJAJ1	ORG OUR MATE'S FARM APPLE JUICE 1L - JONAGOLD	\$9.90	RGLK750	ORG REMEDY KOMBUCHA 750ML - GINGER LEMON \$8.95
OMFPLAJ1	ORG OUR MATE'S FARM APPLE JUICE 1L - PINK LADY	\$9.90	RRL750	ORG REMEDY KOMBUCHA 750ML - RASPBERRY LEMONADE \$8.95
PHAJ1	ORG PURE HARVEST APPLE JUICE 1L	\$6.25	AKKP500	ANA'S KITCHEN KOMBUCHA 500ML - PASSIONFRUIT \$9.95
PHAPJ1	ORG PURE HARVEST APPLE & PEAR JUICE 1L	\$6.25	AKKOG500	ANA'S KITCHEN KOMBUCHA 500ML - ORANGE & GINGER \$9.95
LPJO946	ORG LAKEWOOD PINEAPPLE JUICE 946ML	\$21.50	AKKRZ500	ANA'S KITCHEN KOMBUCHA 500ML - RASPBERRY ZINGER \$9.95
WOTCJ	ORG WILD ORGANICS TART SOUR CHERRY JUICE 1L	\$12.50	WKLG330	WAGTAILS KOMBUCHA 330ML - LEMON & GINGER \$5.50
WOBJ	ORG WILD ORGANICS BLUEBERRY JUICE 1L	\$12.50	WKSA330	WAGTAILS KOMBUCHA 330ML - STRAWBERRY & APPLE \$5.50
WOPJ	ORG WILD ORGANICS POMEGRANATE JUICE 1L	\$12.50	WKTS330	WAGTAILS KOMBUCHA 330ML - TASMANIAN SEASONAL FLAVOUR \$5.50
BPCJ1	ORG BIONA TART CHERRY JUICE 1L	\$14.65	FKSM330	FLORA TASMANIAN KOMBUCHA 330ML - STRAWBERRY & MINT \$4.70
BPPJ1	ORG BIONA POMEGRANATE JUICE 1L	\$17.65	FKTB330	FLORA TASMANIAN KOMBUCHA 330ML - TASMANIAN BLACKBERRY \$4.70
BIBJO750	ORG JAMES WHITE BEET IT BEETROOT JUICE 750ML	\$9.45	FKFG330	FLORA TASMANIAN KOMBUCHA 330ML - FRESH GINGER \$4.70
RGC375	ROCKY GARDENS BLACKCURRANT CORDIAL SYRUP 375ML	\$8.90	LYGSBWK330	LOVE YOUR GUTS TASMANIAN WATER KEFIR 330ML - STRAWBERRY & BASIL \$5.95
ASCJ250	ASHBOLT COLD PRESSED SOUR CHERRY JUICE 250ML	\$6.80		



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LYGRMWK330	LOVE YOUR GUTS TASMANIAN WATER KEFIR 330ML - RASPBERRY & MINT	\$5.95
LYGEWK330	LOVE YOUR GUTS TASMANIAN WATER KEFIR 330ML - ELDERFLOWER	\$5.95
HBCSWK330	KEFIE TASMANIAN WATER KEFIR 330ML - STRAWBERRY	\$4.70
HBCEWK330	KEFIE TASMANIAN WATER KEFIR 330ML - ELDERFLOWER	\$4.70
HBCL330	TASPOP TASMANIAN LEMONADE 330ML	\$4.70
HBCC330	TASPOP TASMANIAN PREMIUM COLA 330ML	\$4.40
HBCMLB330	TASPOP TASMANIAN MANDARIN LIME & BITTERS 330ML	\$4.40
SOSLLPS330	SOUTHERN OCEAN SODA CO LEMON, LIME & PEPPERBERRY 330ML	\$3.95
SOSDCS330	SOUTHERN OCEAN SODA CO DRY COLA 330ML	\$3.95
SOSLLPS330	SOUTHERN OCEAN SODA CO LEATHERWOOD HONEY & SEA SALT 330ML	\$3.95
TGB330	TASMANIAN CHILLI BEER COMPANY GINGER BEER 330ML - ORIGINAL (NON ALCOHOLIC)	\$4.95
TGCB330	TASMANIAN CHILLI BEER COMPANY GINGER BEER 330ML - CHILLI (NON ALCOHOLIC)	\$4.95
BACH473	ORG BRAGG APPLE CIDER VINEGAR & HONEY DRINK 473ML	\$5.95
BACGS473	ORG BRAGG APPLE CIDER VINEGAR GINGER SPICE DRINK 473ML	\$5.95
BACL473	ORG BRAGG APPLE CIDER VINEGAR LIMEADE DRINK 473ML	\$5.95
WPASW375	WALLABY AUSTRALIAN SPRING WATER CAN 375ML	\$2.00
TPSW750	TASPURE SPARKLING WATER 750ML	\$5.15
TPSW750.12	TASPURE SPARKLING WATER 750ML (12 PACK)	\$53.80
TPW10LT	TASPURE STILL RAIN WATER 10L	\$9.75

SHELF ALCOHOL - CIDER (HOBART ONLY) Price

SCWC330	SIMPLE CIDER WILD CHERRY CIDER 330ML	\$6.50
SCWC330.4	SIMPLE CIDER WILD CHERRY CIDER 330ML (4 PACK)	\$24.90
SCOP330	SIMPLE CIDER ORANGE PIPPIN CIDER 330ML	\$5.90
SCOP330.4	SIMPLE CIDER ORANGE PIPPIN CIDER 330ML (4 PACK)	\$23.50
SCGG330	SIMPLE CIDER GRANNY SMITH & GINGER CIDER 330ML	\$5.90
SCGG330.4	SIMPLE CIDER GRANNY SMITH & GINGER CIDER 330ML (4 PACK)	\$23.50
SCMC500	SIMPLE CIDER MULLED CHERRY CIDER 500ML (WINTER ONLY)	\$10.50
SCMC500.4	SIMPLE CIDER MULLED CHERRY CIDER 500ML (4 PACK) (WINTER ONLY)	\$39.90
WSACO330	ORG WILLIE SMITH APPLE CIDER BOTTLE 330ML	\$6.50
WSACO330.4	ORG WILLIE SMITH APPLE CIDER BOTTLE 330ML (4 PACK)	\$25.00
WSBDCO330	ORG WILLIE SMITH BONE DRY CIDER BOTTLE 330ML	\$6.50
WSBDCO.4	ORG WILLIE SMITH BONE DRY CIDER BOTTLE 330ML (4 PACK)	\$25.00
WSACO355	ORG WILLIE SMITH APPLE CIDER CAN 355ML	\$6.50
WSACO355-4	ORG WILLIE SMITH APPLE CIDER CAN 355ML (4 PACK)	\$25.00
TMTHDC375	TWO METRE TALL BREWERY HUON DRY CIDER 375ML	\$12.90

Liquor Licensing Act 1990

Licence Number: 64056

WARNING

Under the Liquor Licensing Act 1990 it is an offence:
for liquor to be delivered to a person under the age of 18 years.
Penalty: Fine not exceeding 20 penalty units
for a person under the age of 18 years to purchase liquor.
Penalty: Fine not exceeding 10 penalty units



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BIBCLA500	BRUNY ISLAND BEER CO LIGHTHOUSE ALE (RED ALE) 500ML	\$7.50
BIBCA500	BRUNY ISLAND BEER CO FARM ALE (TASMANIAN PALE ALE) 500ML	\$9.50
BIBCO500	BRUNY ISLAND BEER CO OXYMORON (DARK PALE ALE) 500ML	\$9.50
BIBCWS500	BRUNY ISLAND BEER CO WHEY STOUT (MILK STOUT) 500ML	\$9.50
BIBHPA500	BRUNY ISLAND BEER CO HONEY PALE ALE 500ML	\$10.00
BIBCIPA500	BRUNY ISLAND BEER CO CLOUDY BAY IPA (RAW WHEAT IPA) 500ML	\$10.50
SSSPA500	SEVEN SHEDS BREWERY ST ELLA INDIA PALE ALE 500ML	\$10.90
SSPP750	SEVEN SHEDS BREWERY PARADISE PALE 750ML	\$11.90
SSWWARM	SEVEN SHEDS BREWERY WILLIE WARMER DARK ALE 750ML	\$14.90
SSSROS750	SEVEN SHEDS BREWERY STARK RAVEN OATMEAL STOUT 750ML	\$17.90
TMTCA375	TWO METRE TALL BREWERY CLEANSING ALE 375ML	\$9.90
TMTDSA375	TWO METRE TALL BREWERY DERWENT SPELT FARMHOUSE ALE 375ML	\$9.90
TMTFAGA375	TWO METRE TALL BREWERY FORTH ALL GRAIN FARMHOUSE ALE 375ML	\$9.90
TMTFAA375	TWO METRE TALL BREWERY FORESTER WILD AMBER FARMHOUSE ALE 375ML	\$9.90
TBGFPA375	TWO BAYS BREWING CO GLUTEN FREE PALE ALE CAN 375ML	\$7.50
TBGFPA375--	TWO BAYS BREWING CO GLUTEN FREE PALE ALE CAN 375ML (4 PACK)	\$29.00
HNQXPA355	HEAPS NORMAL NON-ALCOHOLIC BEER QUIET XPA CAN 355ML	\$5.50
HNQXPA355--	HEAPS NORMAL NON-ALCOHOLIC BEER QUIET XPA CAN 355ML (4 PACK)	\$21.00

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Penalty: Fine not exceeding 10 penalty units

SHELF ALCOHOL - WINE (HOBART ONLY) Price

TRO750	ORG TAMBURLAINE RIESLING 750ML	\$18.95
TPG750	ORG TAMBURLAINE PINOT GRIS 750ML	\$18.95
TWCSAUV	ORG TAMBURLAINE CABERNET SAUVIGNON 750ML	\$18.95
TSC750	ORG TAMBURLAINE PRESERVATIVE FREE AU NATURAL CUVÉE 750ML	\$20.95
TRPF750	ORG TAMBURLAINE PRESERVATIVE FREE ROSÉ 750ML	\$19.95
TC750	ORG TAMBURLAINE PRESERVATIVE FREE CHARDONNAY 750ML	\$19.95
TSBPF750	ORG TAMBURLAINE PRESERVATIVE FREE SAUVIGNON BLANC 750ML	\$19.95
TSPFO750	ORG TAMBURLAINE PRESERVATIVE FREE SHIRAZ 750ML	\$19.95
TMCPF750	ORG TAMBURLAINE PRESERVATIVE FREE CABERNET MERLOT 750ML	\$19.95
OHRPF750	ORG ORGANIC HILL PRESERVATIVE FREE ROSÉ 750ML	\$22.95
OHSPPF750	ORG ORGANIC HILL PRESERVATIVE FREE SPARKLING NV 750ML	\$26.95
OHSPF750	ORG ORGANIC HILL PRESERVATIVE FREE SHIRAZ 750ML	\$22.95
OHSBD750	ORG ORGANIC HILL BIODYNAMIC PRESERVATIVE FREE FOUNDERS RELEASE SHIRAZ 750ML	\$41.95
OHCSPF750	ORG ORGANIC HILL PRESERVATIVE FREE CABERNET SAUVIGNON 750ML	\$22.95
OHCSBD750	ORG ORGANIC HILL BIODYNAMIC PRESERVATIVE FREE FOUNDERS RELEASE CABERNET SAUVIGNON 750ML	\$41.95
DAAE750	ORG D'ARENBERG THE ANTHROPOCENE EPOCH MENCIA 750ML	\$32.95
DRO750	ORG D'ARENBERG STEPHANIE THE GNOME WITH ROSE COLOURED GLASSES ROSÉ 750ML	\$29.95
SLC750	STEFANO LUBIANA WINES CHARDONNAY 750ML	\$37.00
SLSB750	STEFANO LUBIANA WINES SAUVIGNON BLANC 750ML	\$37.00
SLPG750	STEFANO LUBIANA WINES PINOT GRIS 750ML	\$37.00
SLR750	STEFANO LUBIANA WINES RIESLING 750ML	\$37.00
SLPN750	STEFANO LUBIANA WINES PINOT NOIR 750ML	\$43.00
SLCH750	STEFANO LUBIANA WINES CHICANE 750ML	\$52.00
PRO750	ORG PARALLAX RIESLING 750ML	\$39.90

Updated 15/4/21



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SHELF GLUTEN FREE CHIPS & SNACKS			Price	SHELF GLUTEN FREE CRACKERS			Price
BCSSPC142	BOULDER KETTLE POTATO CHIPS 142G - SEA SALT		\$5.95	SWSRC75	SPIRAL RICE CRACKERS 75G - WHITE SESAME		\$5.95
BCOOPC142	BOULDER KETTLE POTATO CHIPS 142G - OLIVE OIL SEA SALT		\$6.95	SBSC75	SPIRAL RICE CRACKERS 75G - BLACK SESAME		\$5.95
BCCOPC149	BOULDER KETTLE POTATO CHIPS 149G - COCONUT OIL SEA SALT		\$6.95	MGORIGCRACK	MARYS GONE CRACKERS 184G - ORIGINAL		\$9.95
CCO	ORG YARRA VALLEY SNACK FOODS CORN CHIPS 500G		\$8.95	MGCSSC155	MARYS GONE CRACKERS SUPERSEED 155G - CLASSIC		\$9.95
LJMGCQ	ORG LATE JULY CHIA & QUINOA TORTILLA CHIPS 312G		\$10.45	MGCSSSE155	MARYS GONE CRACKERS SUPERSEED 155G - EVERYTHING		\$9.95
LJSP156	ORG LATE JULY MULTIGRAIN TORTILLA CHIPS 156G - SWEET POTATO		\$8.45	MGCSSBS155	MARYS GONE CRACKERS SUPERSEED 155G - SEAWEED & BLACK SESAME		\$9.95
LJSB155	ORG LATE JULY MULTIGRAIN TORTILLA CHIPS 156G - BLUES		\$8.45	MGCSSHC155	MARYS GONE CRACKERS SUPERSEED 155G - CHIA & HEMP		\$9.95
BCCO100	BAINS CHICKPEA CHIPS 100G - ORIGINAL		\$3.35	DGBRC	ORG DELIGRAINS BROWN RICE CRACKERS 100G - MULTIGRAIN		\$3.80
BCCNC100	BAINS CHICKPEA CHIPS 100G - AUSSIE NACHO CHEESE		\$3.45	DGQC100	ORG DELIGRAINS BROWN RICE CRACKERS 100G - QUINOA		\$3.80
BCCCL100	BAINS CHICKPEA CHIPS 100G - CHILLI & LIME		\$3.45	DGBS100	ORG DELIGRAINS BROWN RICE CRACKERS 100G - BLACK SESAME		\$3.80
BCCRSV100	BAINS CHICKPEA CHIPS 100G - ROSEMARY, SALT & VINEGAR		\$3.45	GKC184	ORG RW GARCIA 3 SEED CRACKERS 184G - KALE		\$9.95
BCCSC100	BAINS CHICKPEA CHIPS 100G - SOUR CREAM & CHIVES		\$3.45	GSPC184	ORG RW GARCIA 3 SEED CRACKERS 184G - SWEET POTATO		\$9.95
HSWSS5G	ORG HONEST SEA SEAWEED SNACKS 5G - SEA SALT		\$2.30	GLTCO184	ORG RW GARCIA 3 SEED CRACKERS 155G - LENTIL & TURMERIC		\$9.95
HSWS5G	ORG HONEST SEA SEAWEED SNACKS 5G - SESAME		\$2.30	S2459	ORGRAN WAFER CRACKERS 65G - BLACK BEAN		\$3.65
HSWG5	ORG HONEST SEA SEAWEED SNACKS 5G - GINGER		\$2.30	S2309	ORGRAN WAFER CRACKERS 100G - QUINOA		\$4.10
HSWT5G	ORG HONEST SEA SEAWEED SNACKS 5G - TERIYAKI		\$2.30	S2324	ORGRAN WAFER CRACKERS 100G - BUCKWHEAT		\$4.10
HSWW5G	ORG HONEST SEA SEAWEED SNACKS 5G - WASABI		\$2.30	S2205	ORGRAN CRISPIBREAD 125G - CORN		\$3.10
PCSC15	PHYTOCRACKERS SEAWEED CHIPPIES 15G		\$4.95	S2196	ORGRAN CRISPIBREAD 125G - BUCKWHEAT		\$3.10
KNCCS	KETO NATURALS CRISPY CAULI BITES 27G - SEA SALT		\$4.95	S2223	ORGRAN CRISPIBREAD 125G - QUINOA		\$3.90
KNCCHG	KETO NATURALS CRISPY CAULI BITES 27G - GARLIC & HERBS		\$4.95	PHRC	ORG PURE HARVEST RICE CAKES 150G		\$2.85
KNCCB	KETO NATURALS CRISPY CAULI BITES 27G - BARBEQUE		\$4.95	PHRCQ150	ORG PURE HARVEST QUINOA RICE CAKES 150G		\$2.85
SGPOC45	ORG SPIRAL GREEN PEA CHIPS 45G		\$6.45	PHRCTSO150	ORG PURE HARVEST SESAME RICE CAKES 150G		\$2.85
SPSSO70	ORG SERIOUS POPCORN 70G - SEA SALT		\$3.95	PHCCTO150	ORG PURE HARVEST CORN CAKES 150G		\$2.85
SPSSO80	ORG SERIOUS POPCORN 80G - SWEET & SALTY		\$3.95	PHCLSTO150	ORG PURE HARVEST LINSEED & SESAME CORN CAKES 150G		\$2.85
ACCAB50	ASHGROVE AMAZEBALLS 50G - CHEDDAR		\$3.95	ETLBCO200	EAT TO LIVE BUCKWHEAT CAKES 200G - ORIGINAL		\$7.50
AHCAB50	ASHGROVE AMAZEBALLS 50G - HAVARTI		\$3.95	ETLBCH200	EAT TO LIVE BUCKWHEAT CAKES 200G - HEMP SEEDS		\$7.50
				FORCAKE	ORG ESKAL RICE CAKES 150G		\$2.95
				FOCCAKE	ORG ESKAL CORN CAKES 120G		\$2.95

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HDPC150	HEALTH DISCOVERY NUTRIENT CRACKERS 150G - PALEO	\$6.95
HDNCKP150	HEALTH DISCOVERY NUTRIENT CRACKERS 150G - KETO BLACK PEPPER & CHIVES	\$6.95
HDTC150	HEALTH DISCOVERY NUTRIENT CRACKERS 150G - TURMERIC	\$6.95
HDHPC150	HEALTH DISCOVERY NUTRIENT CRACKERS 150G - HEMP & OREGANO	\$6.95
HDRTC150	HEALTH DISCOVERY NUTRIENT CRACKERS 150G - ROSEMARY, THYME & GARLIC	\$6.95
PCOSC120	PHYTOCRACKERS (CHIA, SESAME, FLAXSEED) 120G	\$8.95

SHELF CRACKERS

Price

STRC75	SPIRAL RICE CRACKERS 65G - TAMARI	\$5.95
SBSQC65	SPIRAL QUINOA CRACKERS 65G - BLACK SESAME	\$5.95
DKCBSESP200	ORG DR KARGS CRISPBREAD 200G - SEEDS SPELT	\$7.95
DKCB3S200	ORG DR KARGS CRISPBREAD 200G - 3 SEED	\$7.95
FOSCAKE	ORG FIORENTINI SPELT CAKES 120G	\$3.95
FOKCAKE	ORG FIORENTINI KAMUT CAKES 120G	\$5.20
NSSOO200	ORG NAIRNS OAT CRACKERS 200G - SUPER SEEDS	\$5.95
NOOC	ORG NAIRNS OAT CAKES 250G - ORGANIC WITH ADDED OAT BRAN	\$5.95
NFMOC	NAIRNS OAT CAKES 218G - FINE MILLED	\$5.95
PAC9060	AMOR DI PANE BREAD STICKS 125G - CLASSIC	\$2.80
PAC9059	AMOR DI PANE BREAD STICKS 125G - ROSEMARY	\$2.80
PAC9058	AMOR DI PANE BREAD STICKS 125G - SESAME	\$2.80
PAC9057	AMOR DI PANE BREAD STICKS 125G - PIZZA	\$2.80
PAC2201	SOLOMONS MATZO PLAIN 400G	\$10.90

SHELF BISCUITS

Price

NDCOC200	NAIRNS OAT BISCUITS 200G - DARK CHOCOLATE CHIPS	\$5.95
NSGB	NAIRNS OAT BISCUITS 200G - STEM GINGER	\$5.95
WKFBVO150	ORG WHOLE KIDS FARM ANIMAL BISCUITS VANILLA 150G	\$6.95

SHELF GLUTEN FREE BISCUITS

Price

MRDCB90	MRS REES DATE & CACAO BALLS 3PK 90G	\$7.95
MRJC70G	MRS REES JAFFA CREAMS 2 PACK 70G	\$4.95
MRJC210	MRS REES JAFFA CREAMS 210G	\$9.95
MRAD180	MRS REES ALMOND DELIGHTS 180G	\$9.95
MROP180	MRS REES ORANGE & POLENTA BISCUITS 180G	\$9.95
MRCC180	MRS REES CHOC CHIP & CRANBERRY BISCUITS 180G	\$9.95
MRDGB200	MRS REES DATE & GINGER BISCUITS 200G	\$9.95
NGLCB	D'LUSH DOUBLE CHOC BISCUITS 150G	\$4.35
NGDLOCB	D'LUSH ORANGE CHOC BISCUITS 150G	\$4.35
LCM180	LEDA MINTON CHOC BISCUITS 155G	\$5.45
LCB180	LEDA CHOCULENCE CHOC BISCUITS 180G	\$5.45
LCCC250	LEDA CHOC CHIP COOKIES 250G	\$5.45
LCGC250	LEDA GOLDEN CRUNCH COOKIES 250G	\$5.45
MGCCOOKCC	ORG SERIOUS COOKIES CHOCOLATE CHIP COOKIES 170G	\$7.95
SCCDCO170	ORG SERIOUS COOKIES DOUBLE CHOCOLATE CHIP COOKIES 170G	\$7.95



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SHELF TEA & HOT DRINKS		Price			
NCCS125	NATURE'S CUPPA COFFEE ALTERNATIVE RICH ROAST (CAFFEINE FREE) 125G	\$6.50	PTNET25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - NETTLE	\$5.20
BRDT500	BONVIT ROASTED DANDELION BLEND 500G	\$14.20	POPT25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - PEPPERMINT	\$5.20
BDTB32	BONVIT DANDELION TEA FILTER BAGS 90G (32 BAGS)	\$7.95	PORC25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - RED CHAI	\$5.20
KRDG150	KINTRA ROASTED DANDELION 150G - COARSE BLEND	\$9.95	PORB44	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - ROOIBOS	\$5.20
KRDFB150	KINTRA ROASTED DANDELION 175g - FINE BLEND	\$8.95	PORHB50	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - ROSEHIP HIBISCUS	\$5.20
KFBT250	KINTRA FORMOSAN LOOSE LEAF BLACK TEA 250G	\$8.95	POTUL25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - TULSI	\$5.20
KRATB32	ORG KINTRA ROOIBOS AFRICAN TEA BAGS (32 BAGS)	\$8.95	POTT25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - TURMERIC	\$5.20
KTGB100	KINTRA TURMERIC GOLDEN BLEND POWDER 100G	\$8.95	CCO20	ORG CLIPPER INFUSION TEA BAGS 30G (20 BAGS) - CHAMOMILE	\$6.35
KGTP110	KINTRA MATCHA GREEN TEA POWDER 110G	\$26.20	CLIPDAN	ORG CLIPPER INFUSION TEA BAGS 30G (20 BAGS) - DANDELION	\$6.35
KGTB25	KINTRA MATCHA GREEN TEA BAGS (25 BAGS)	\$13.95	CLIPDECAFEA	ORG CLIPPER TEA BAGS 50G (20 BAGS) - DECAF BLACK TEA	\$6.35
KOMT500	ORG KRAUS YERBA MATE TEA 500G	\$13.80	CLIPDGT25	ORG CLIPPER TEA BAGS 36G (20 BAGS) - DECAF GREEN TEA	\$6.35
APOMT500	ORG ANNA PARK YERBA MATE TEA 500G	\$16.70	AOD20	ORG CLIPPER INFUSION TEA BAGS 40G (20 BAGS) - DETOX	\$6.35
MATTR1	TARAGUI YERBA MATE TEA 1KG	\$24.70	CLIPORGGREEN25	ORG CLIPPER TEA BAGS 50G (26 BAGS) - GREEN TEA	\$6.35
POB20	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - BEDTIME TEA	\$5.20	CLIPLICBAG	ORG CLIPPER INFUSION TEA BAGS 40G (20 BAGS) - LIQUORICE	\$6.35
POCT25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - CALMING TEA	\$5.20	CSETB20	ORG CLIPPER INFUSION TEA BAGS 40G (20 BAGS) - NIGHTY NIGHT	\$6.35
POCS25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - CHAI SPICE	\$5.20	CPO20	ORG CLIPPER INFUSION TEA BAGS 30G (20 BAGS) - PEPPERMINT	\$6.35
POCAM25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - CHAMOMILE	\$5.20	CWTB25	ORG CLIPPER TEA BAGS 34G (20 BAGS) - WHITE TEA	\$6.35
PODT25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - DARJEELING	\$5.20	YVNB15	ORG YARRA VALLEY TEA BAGS (15 BAGS) - NOD OFF (LINDEN FLOWER, APPLE, CHAMOMILE, ELDERFLOWER)	\$7.95
POD25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - DETOX TEA	\$5.20	TTDIG50	TAS TEA LOOSE LEAF TEA 40G - DIGESTIVITY	\$11.20
POEGREY	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - EARL GREY	\$5.20	TTECF50	TAS TEA LOOSE LEAF TEA 50G - ECHINACEA COLD & FLU	\$11.20
POEPT25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - ECHINACEA PLUS	\$5.20	TTLCS0G	TAS TEA LOOSE LEAF TEA 50G - LYMPH CLEANSE	\$11.20
POEBREK	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - ENGLISH BREAKFAST	\$5.20	WPITT45	WILD PEPPER ISLE 45G - TARKINE TEA (Manuka Leaf, Green Tea, Lemon Myrtle, Mountain Pepper)	\$10.50
POGIT25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - GINGER	\$5.20	WPIFIT45	WILD PEPPER ISLE 45G - FOREST INFUSION TEA (Rosehips, Kunzea, Pepperberry)	\$10.50
POGINS25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - GINSENG	\$5.20	WPIZCT45	WILD PEPPER ISLE 45G - ZING CHAI TEA (Black Tea, Anise Myrtle, Mountain Pepper Leaf & Berries, Fennel, Cinnamon, Cloves)	\$10.50
POGT25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - GREEN TEA	\$5.20			
POLS25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - LAPSANG SOUCHONG	\$5.20			
POLIC25	ORG PLANET ORGANIC TEA BAGS (25 BAGS) - LICORICE	\$5.20			

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SHELF TEA & HOT DRINKS (continued)			Price	SHELF COFFEE			Price
CRIST	CHAI RAINBOW CHAI TEA LOOSE LEAF 150G		\$12.90	HCMGO250	ORG TASMANIAN ORGANIC COFFEE CO		
CHO100	ORG CHAI RAINBOW CHAI TEA				COFFEE 250G - MEDIUM GROUND		\$16.95
	LOOSE LEAF 100G		\$16.90	HCMGO1	ORG TASMANIAN ORGANIC COFFEE CO		
CHOTB20	ORG CHAI RAINBOW CHAI TEA BAGS				COFFEE 1KG - MEDIUM GROUND		\$48.00
	50G (20 BAGS)		\$11.30	HCMBO250	ORG TASMANIAN ORGANIC COFFEE CO		
DST	CHAI SPICED DANDELION TEA BAGS 75G				COFFEE 250G - MEDIUM BEANS		\$16.95
	(24 BAGS)		\$12.20	HCMBO1	ORG TASMANIAN ORGANIC COFFEE CO		
CSPT	CHAI SPICED DANDELION 175G		\$19.80		COFFEE 1KG - MEDIUM BEANS		\$48.00
CHRO100	ORG CHAI ROOIBOS TEA LOOSE LEAF 100G		\$16.90	HCDGO250	ORG TASMANIAN ORGANIC COFFEE CO		
CHROTB20	ORG CHAI ROOIBOS TEA BAGS 50G				COFFEE 250G - DARK GROUND		\$16.95
	(20 BAGS)		\$12.20	HCDBO250	ORG TASMANIAN ORGANIC COFFEE CO		
CHOG100	ORG CHAI CHAI GREEN TEA LOOSE LEAF		\$16.90		COFFEE 250G - DARK BEANS		\$16.95
SSCHAI200	GROUNDLED PLEASURES SEVEN SPICE			HCDBO1	ORG TASMANIAN ORGANIC COFFEE CO		
	CHAI TEA 200G		\$12.95		COFFEE 1KG - DARK BEANS		\$48.00
CWBC100	CHAI WALLI CHAI TEA 100G		\$14.90	TBC250	ORG THE BEANSMITH TASMANIAN		
CWCFC100	CHAI WALLI CAFFIENE FREE CHAI TEA 100G		\$14.90		COFFEE BEANS 250G		
CWGC100	CHAI WALLI GOLDEN CHAI TEA 100G		\$14.90		- PAPUA NEW GUINEA PUROSA AX		\$15.95
CWGCFC100	CHAI WALLI CAFFIENE FREE			BBDCG250	ORG BIOBEAN CAFÉ FEMENINO : PERU		
	GOLDEN CHAI TEA 100G		\$14.90		DECAF COFFEE 250G - GROUND		\$15.95
CWTL50	CHAI WALLI TURMERIC LATTE POWDER 50G		\$13.90	BBDB250	ORG BIOBEAN CAFÉ FEMENINO : PERU		
					DECAF COFFEE 250G - WHOLE BEANS		\$15.95
LECDC250	ORG LOVING EARTH DRINKING			BBPD1	ORG BIOBEAN CAFÉ FEMENINO : PERU		
	CHOCOLATE 250G - CREAMY		\$13.50		DECAF COFFEE 1KG - WHOLE BEANS		\$51.80
LEDDC250	ORG LOVING EARTH DRINKING			BBCF1KG	ORG BIOBEAN CAFÉ FEMENINO : PERU		
	CHOCOLATE 250G - DARK		\$13.50		COFFEE 1KG - WHOLE BEANS		\$49.50
CHRSC	ORG RAINBOW SPICED CACAO 150G		\$16.20	BBCOPG	ORG BYRON BAY COFFEE CO PLUNGER		
TBOHCM250	THE BEANSMITH TASMANIAN				- GROUND 250G		\$14.30
	VEGAN HOT CHOCOLATE MIX 250G		\$13.50	BBCPG	ORG BYRON BAY COFFEE CO CLASSIC		
BBGDC	BYRON BAY COFFEE CO DRINKING				PLUNGER - GROUND 250G		\$13.70
	CHOCOLATE 250G		\$8.50	BBHARPG500	ORG BYRON BAY COFFEE CO HARMONY		
IMEC	IBARRA MEXICAN HOT CHOCOLATE				PLUNGER - GROUND 500G		\$24.95
	BOX 540G		\$13.95	BBCOESP	ORG BYRON BAY COFFEE CO ESPRESSO		
					- GROUND 250G		\$14.30
				BBNEG	ORG BYRON BAY COFFEE CO NERO		
					ESPRESSO - GROUND 250G		\$13.70
				BBUTOESG	ORG BYRON BAY COFFEE CO UTOPIA		
					ESPRESSO - GROUND 250G		\$14.30
				BBNEWB	ORG BYRON BAY COFFEE CO NERO ESPRESSO		
					- WHOLE BEANS 250G		\$13.70
				BBCOESP500	ORG BYRON BAY COFFEE CO ESPRESSO		
					- GROUND 500G		\$24.95
				BBCOEWB	ORG BYRON BAY COFFEE CO ESPRESSO		
					- WHOLE BEANS 250G		\$14.30
				BBCEWB500	ORG BYRON BAY COFFEE CO ESPRESSO		
					- WHOLE BEANS 500G		\$24.95
				CLIPCOF100	ORG CLIPPER SUPER SPECIAL INSTANT		
					FREEZE DRIED MEDIUM COFFEE 100G		\$19.50
				CLIPCOFD100	ORG CLIPPER SUPER SPECIAL INSTANT		
					FREEZE DRIED DECAF COFFEE 100G		\$19.95



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NPHG325	ORG NATURE'S PATH HEMP HEARTS GRANOLA 325G	\$8.95	PHNS	ORG PURE HARVEST NATURES SOY MILK ORIGINAL 1L	\$2.95
NPHF	ORG NATURE'S PATH HERITAGE FLAKES 375G	\$9.40	PHNSMF	ORG PURE HARVEST NATURES SOY MILK UNSWEETENED 1L	\$2.95
BSO566G	ORG BOB'S RED MILL SCOTTISH OATMEAL 567G	\$11.60	PHNSE	ORG PURE HARVEST NATURES SOY MILK ENRICHED 1L	\$2.95
BWFRO907G	BOB'S RED MILL OLD FASHIONED ROLLED OATS 907G	\$18.70	PHAM	ORG PURE HARVEST ACTIVATED ALMOND MILK 1L	\$5.85
KROOS5	ORG KIALLA ROLLED OATS 5KG	\$33.95	PHUAM1	ORG PURE HARVEST ACTIVATED ALMOND MILK UNSWEETENED 1L	\$4.45
SHELF GLUTEN FREE CEREALS		Price	PHOM	ORG PURE HARVEST OAT MILK UNSWEETENED 1L	\$2.95
NPCF	ORG NATURE'S PATH FRUIT JUICE CORN FLAKES 300G	\$9.40	PHAD	ORG PURE HARVEST RICE MLK UNSWEETENED 1L	\$2.95
NPMS	ORG NATURE'S PATH MESA SUNRISE 300G	\$9.40	PHADE	ORG PURE HARVEST RICE MLK ENRICHED 1L	\$2.95
S2207	ORGRAN WHOLEGRAIN BUCKWHEAT O'S MAPLE FLAVOUR 300G	\$4.95	PHAQ1	ORG PURE HARVEST ALMOND QUENCH MILK (COCONUT & ALMOND) 1L	\$4.75
S2224	ORGRAN RICE & MILLET O'S WILDBERRY FLAVOUR 300G	\$5.50	PHHQ1	ORG PURE HARVEST HAZEL QUENCH MILK (COCONUT & HAZELNUT) 1L	\$4.95
BGFMGP680G	BOB'S RED MILL GLUTEN FREE MIGHTY TASTY HOT CEREAL 680G	\$12.60	PHCQ1	ORG PURE HARVEST COCO QUENCH MILK (COCONUT) 1L	\$4.45
FJGFPM300	FARMER JO PALEO GLUTEN FREE MUESLI 300G	\$13.80	PHGC1	ORG PURE HARVEST GOLDEN QUENCH MILK (COCONUT & TURMERIC) 1L	\$4.65
LECB400	ORG LOVING EARTH RAW BUCKINIS 400G - CARAMELISED CLUSTERS	\$10.90	BONS	BONSOY SOY MILK 1L	\$4.80
MFELG400	ORG MINDFUL FOODS EROS LOVE & VITALITY GRANOLA 450G	\$18.95	BONS-6	BONSOY SOY MILK CARTON 1L x 6	\$27.80
MFGG450	ORG MINDFUL FOODS GOLDEN GRANOLA 500G	\$18.95	BONSAL	BONSOY ALMOND MILK 1L	\$4.80
MFPPG450	ORG MINDFUL FOODS PALEO PREBIOTIC BIRCHIA 550G	\$21.95	BONSAL-6	BONSOY ALMOND MILK CARTON 1L x 6	\$27.80
SHELF DAIRY MILKS		Price	MMMUI	MILKADAMIA MACADAMIA MILK UNSWEETENED 1L	\$5.95
ODMI	ORG LIVING PLANET DAIRY MILK FULL CREAM 1L	\$2.90	GHSM1	GOOD HEMP SEED MILK 1L	\$6.50
UMLF1	ORG LIVING PLANET DAIRY MILK LOW FAT 1L	\$2.90	AAC250	ALMO ALMOND CREME 250G - ALMOND MILK CONCENTRATE	\$19.60
LOTBMILK	LOTUS BUTTERMILK POWDER 250G	\$9.40	TAFAM	THE ALMOND FARMER DIY ALMOND MILK CONCENTRATE 250G	\$12.95
			SRWC300	SOYATOO! RICE WHIP RICE TOPPING CREAM 300ML	\$6.25
			VPSOTC300	SOYATOO! SOY WHIP SOYA TOPPING CREAM 300ML	\$6.25
			BSP500	ORG BONVIT SOY MILK POWDER 500G	\$9.10
			TOCOMI400	ORG TOPWIL COCONUT MILK 400ML	\$3.20
			TOCOCR400	ORG TOPWIL COCONUT CREAM 400ML	\$3.25
			AOCOMI400	ORG ABSOLUTE ORGANIC COCONUT MILK 400ML	\$3.95
			AOCOCR400	ORG ABSOLUTE ORGANIC COCONUT CREAM 400G	\$3.95
			COCB	MONIKA COCONUT CREAM BLOCK 200G	\$3.95

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SHELF SPREADS		Price			
SHUT375	ORG SPIRAL HULLED TAHINI 375G	\$9.95	RGJOBER150	ROCKY GARDENS JAM 300G - JOSTABERRY	\$7.70
SUHUT375	ORG SPIRAL UNHULLED TAHINI 375G	\$9.95	RGAJ280	ROCKY GARDENS JAM 300G - APRICOT	\$7.10
BTAH375	ORG CARWARI BLACK TAHINI UNHULLED 375G	\$12.95	RGBJ280	ROCKY GARDENS JAM 300G - BLACKBERRY	\$7.10
EHUT375	EUMARRAH HULLED TAHINI 375G	\$8.80	RGSJ280	ROCKY GARDENS JAM 300G - STRAWBERRY	\$7.10
			RGCHER280	ROCKY GARDENS JAM 300G - CHERRY	\$7.70
			RGRJ280	ROCKY GARDENS JAM 300G - RASPBERRY	\$7.10
			RGRRJ280	ROCKY GARDENS JAM 300G - RHUBARB & RASPBERRY	\$7.70
RNABCS250	NOYA ABC (ALMOND, BRAZIL, CASHEW) NUT BUTTER 250G	\$10.95	RGBCJ300	ROCKY GARDENS JAM 300G - BLACKCURRANT	\$7.70
RNAS250	NOYA ALMOND BUTTER 250G	\$9.95	RGWM280	ROCKY GARDENS WHISKEY MARMALADE 300G	\$8.20
RNACS250	NOYA ALMOND CHIA BUTTER 250G	\$9.95			
RNCS250	NOYA CASHEW NUT BUTTER 250G	\$10.95			
RNHS250	NOYA HAZELNUT BUTTER 250G	\$11.95			
RNMACS250	NOYA MACADAMIA NUT BUTTER 250G	\$15.95			
NPNB250	NOYA PISTACHIO NUT BUTTER 250G	\$17.95			
TAFAB250	THE ALMOND FARMER 100% PURE ALMOND BUTTER 250GM - SMOOTH	\$12.95			
TAFABC250	THE ALMOND FARMER 100% PURE ALMOND BUTTER 250GM - CRUNCHY	\$12.95			
NBCAB	NUTTY BRUCE ALMOND BUTTER 250G - CRUNCHY	\$10.65			
NBSAB	NUTTY BRUCE ALMOND BUTTER 250G - SMOOTH	\$10.65			
ERAAB375	EUMARRAH RAW ALMOND BUTTER 375G	\$15.40			
EROAB375	EUMARRAH ROAST ALMOND BUTTER 375G	\$16.50			
RFTPC220	REBEL FOOD P.C PEANUT CRICKET NUT BUTTER 240G	\$10.90			
RFTSCB220	REBEL FOOD P.C PEANUT SMOKED CRICKET NUT BUTTER 240G	\$10.90			
RFTPCC220G	REBEL FOOD P.C PEANUT CRICKET CACAO NUT BUTTER 240G	\$10.90			
WALP250	WALNUTTER WALNUT SPREAD 170G - NATURAL	\$13.95			
COSSB300	ORG CERES ORGANICS SUNFLOWER SEED BUTTER 220G	\$9.45			
COPSB220	ORG CERES ORGANICS PUMPKIN SEED BUTTER 220G	\$9.95			
VPCS200	ORG VEGO PRALINE CHOCOLATE SPREAD 200G	\$9.60			
PHCH240	ORG PURE HARVEST COCO SPREAD 240G - HAZELNUT	\$5.80			
AYS290	AUSSIEMITE YEAST SPREAD 290G	\$8.95			
EMFMF240	EVERYITE FODMAP FRIENDLY SPREAD 240G	\$15.95			
BDS375	BONVIT DATE SPREAD 375G	\$6.30			

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Online Order Shelf Product List

SHELF HONEY			Price	SHELF SWEETENERS			Price
MIEBG325	MIELLERIE RAW HONEY 325G - BLUE GUM		\$10.90	AOMASP250	ORG ABSOLUTE ORGANIC		
MIELEA325	MIELLERIE RAW HONEY 325G				MAPLE SYRUP 250ML		\$12.95
	- LEATHERWOOD		\$10.90	GOMSTOP	ORG GLOBAL ORGANICS MAPLE		
MIEPB325	MIELLERIE RAW HONEY 325G				SYRUP 250ML		\$14.50
	- PRICKLY BOX (NOT AVAILABLE 2020)			PHRS	ORG PURE HARVEST RICE MALT SYRUP 500G		\$6.40
MIETTR325	MIELLERIE RAW HONEY 325G - TEA TREE		\$19.40	EAGAVE375	ORG EUMARRAH AGAVE SYRUP 475G		\$12.30
MIELPN325	MIELLERIE RAW HONEY 325G -			MOL600	ORG MELROSE MOLASSES 600G		\$7.60
	LAKE PEDDER'S NECTAR		\$10.90	POMS300	MED FOODS POMEGRANATE		
MIELPN900	MIELLERIE RAW HONEY 900G -				MOLASSES 300ML		\$7.85
	LAKE PEDDER'S NECTAR		\$24.40	EPOMS250	EUMARRAH GRENADINE		
MIEPB900	MIELLERIE RAW HONEY 900G -				POMEGRANATE MOLASSES 250ML		\$7.90
	PRICKLY BOX (NOT AVAILABLE 2020)			LUCP	ORG LOVING EARTH RAW		
MIEBG900	MIELLERIE RAW HONEY 900G - BLUE GUM		\$24.40		LUCUMA POWDER 250G		\$17.90
MIETTR900	MIELLERIE RAW HONEY 900G - TEA TREE		\$41.40	STEV50	ORG STEVIA LIQUID CONCENTRATE 50ML		\$15.20
MIELEA900	MIELLERIE RAW HONEY 900G			LXYL500	LOTUS XYLITOL 500G		\$20.95
	- LEATHERWOOD		\$24.40				
AHHRML400	AMBER HARVEST RAW HONEY 400G						
	- MOUNTAIN LILAC		\$9.30				
AHHRB400	AMBER HARVEST RAW HONEY 400G						
	- STRINGYBARK		\$9.30				
AHHRBG400	AMBER HARVEST RAW HONEY 400G						
	- BLUE GUM		\$9.30				
AHHRPB400	AMBER HARVEST RAW HONEY 400G						
	- PRICKLY BOX (NOT AVAILABLE 2020)		\$9.30				
AHHRML400	AMBER HARVEST RAW HONEY 400G						
	- LEATHERWOOD		\$9.30				
WALH325	WELLINGTON APIARY RAW HONEY 325G						
	- LEATHERWOOD		\$10.90				
WAPBH325	WELLINGTON APIARY RAW HONEY 325G						
	- PRICKLY BOX		\$10.90				
WAWH325	WELLINGTON APIARY RAW HONEY 325G						
	- HOBART WILDFLOWER		\$10.90				
WMCH325	WELLINGTON APIARY RAW HONEY 325G						
	- MEANDER VALLEY CLOVER		\$10.90				
WSBH325	WELLINGTON APIARY RAW HONEY 325G						
	- SMALL BATCH						
	(SEASONAL FLAVOURS VARY)		\$10.90				
CMHONEY250	ORG CRADLE MOUNTAIN						
	LEATHERWOOD HONEY 250G		\$9.90				
CMHONEY500	ORG CRADLE MOUNTAIN						
	LEATHERWOOD HONEY 500G		\$17.90				
TMH380	ORG CRADLE MOUNTAIN TASMANIAN						
	MANUKA HONEY 250G		\$14.90				
CMMH+500	ORG CRADLE MOUNTAIN ACTIVE						
	TASMANIAN MANUKA HONEY 100+ 500G		\$44.90				
TRFWH380	ORG TAVERNERS RAINFOREST						
	WILDFLOWER HONEY 380G		\$15.90				
TMHL380	ORG TAVERNERS MANUKA						
	LEATHERWOOD HONEY 380G		\$17.90				

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SHELF BAKING & DESSERTS		Price			
S2055	ORGRAN GLUTEN FREE PLAIN FLOUR 500G	\$3.95	S2449	ORGRAN GLUTEN FREE INSTANT CUSTARD MIX 200G	\$4.70
S2051	ORGRAN GLUTEN FREE SELF RAISING FLOUR 500G	\$3.95	JWCP100	JUST WHOLEFOODS CUSTARD POWDER VANILLA FLAVOUR 100G	\$3.95
TTWMBM5	TAS TASTE WHOLEMEAL BREAD MIX FLOUR 5KG	\$15.70	JWVJR85	JUST WHOLEFOODS RASPBERRY VEGAN JELLY 85G	\$3.95
TTWF5	TAS TASTE WHOLEMEAL FLOUR 5KG	\$9.90	CCGP200	CHEF'S CHOICE EDIBLE GELATINE POWDER GOLD GRADE 150G	\$8.75
TTWBM5	TAS TASTE WHITE BREAD & ROLL MIX 5KG	\$14.85	LAA3	LOTUS AGAR AGAR 75G	\$21.20
TTWBM12.5	TAS TASTE WHITE BREAD & ROLL MIX 12.5KG	\$32.80	SKAF30	SPIRAL AGAR AGAR FLAKES 30G	\$10.95
TTPF12.5	TAS TASTE PREMIUM BAKERS FLOUR 12.5KG	\$20.25	CITPEC	LOTUS CITRUS PECTIN 100G	\$15.65
TTWF12.5	TAS TASTE WHOLEMEAL FLOUR 12.5KG	\$20.25	MAPC	TANZIA MARZIPAN 150G	\$5.60
TTWMBM12.5	TAS TASTE WHOLEMEAL BREAD MIX FLOUR 12.5KG	\$31.50	GPOVB3	ORG GROUND PLEASURES VANILLA BEANS 3 PACK TUBE	\$10.95
UPFK5	ORG KIALLA UNBLEACHED PLAIN FLOUR 5KG	\$27.95	RFVP30	ORG RAWFOOD FACTORY VANILLA POWDER 30G	\$18.50
USRFK5	ORG KIALLA UNBLEACHED SELF-RAISING FLOUR 5KG	\$27.95	RFVE50	ORG RAWFOOD FACTORY VANILLA EXTRACT 50ML	\$18.50
WMFK5	ORG KIALLA WHOLEMEAL FLOUR 5KG	\$27.95	SOVE59	ORG SIMPLY ORGANIC VANILLA FLAVOURING 59ML	\$23.90
KWHSF5	ORG KIALLA SPELT FLOUR 5KG	\$51.95	SOPF59	ORG SIMPLY ORGANIC PEPPERMINT FLAVOUR 59ML	\$11.50
KWMSF5	ORG KIALLA WHOLEGRAIN SPELT FLOUR 5KG	\$53.95	ROSW	MED FOODS ROSE WATER 300ML	\$5.95
KWBF1	ORG KINDRED BUCKWHEAT WHITE FLOUR 1KG	\$14.80	ORFW	ORANGE BLOSSOM WATER 300ML (ALWADI OR COSTAS)	\$10.95
KQFWO1	ORG KINDRED QUINOA FLOUR 1KG	\$14.80	BFEFB12	BAREFOOT FARM BOTANICAL GOLD EDIBLE FLOWER GARNISH 12G - BLUSH	\$13.50
BAS453G	BOB'S RED MILL GLUTEN FREE ARROWROOT STARCH/FLOUR 453G	\$13.70	BFEFA12	BAREFOOT FARM BOTANICAL GOLD EDIBLE FLOWER GARNISH 12G - INDIGO	\$13.50
HFHFO1	ORG HEMP FOODS AUSTRALIAN HEMP FLOUR 1KG	\$19.95	SHPFSP12	SUMMER HILL PANTRY FRUIT SPARKLES 12G - PASSIONFRUIT	\$9.95
LOAFSF1	LOTUS SUPERFINE ALMOND FLOUR 1KG	\$24.95	SHPFSPB12	SUMMER HILL PANTRY FRUIT SPARKLES 12G - PASSIONFRUIT BLUE SPIRULINA	\$9.95
EIDYST250	EUMARRAH DRIED INSTANT YEAST 250G	\$4.90	SHPFSG12	SUMMER HILL PANTRY FRUIT SPARKLES 12G - PASSIONFRUIT GREEN SPIRULINA	\$9.95
EIDYST500	EUMARRAH DRIED INSTANT YEAST 500G	\$7.90	SHPFSR12	SUMMER HILL PANTRY FRUIT SPARKLES 12G - RASPBERRY	\$9.95
FERYST	FERMEX DRIED INSTANT YEAST 500G	\$6.50	SHPFSPS12	SUMMER HILL PANTRY FRUIT SPARKLES 12G - BLUEBERRY	\$9.95
BBPP397G	BOB'S RED MILL GLUTEN FREE BAKING POWDER 397G	\$11.60	NCCCM320	NATURE'S CHARM VEGAN SWEETENED CONDENSED COCONUT MILK 320G	\$5.25
SSPB200	EUMARRAH SALT SKIP™ GLUTEN FREE POTASSIUM BICARBONATE 200G	\$6.90	NCECM360	NATURE'S CHARM VEGAN EVAPORATED COCONUT MILK 360ML	\$3.95
S10558	ORGRAN GLUTEN FREE NO EGG EGG REPLACER 200G	\$4.90	LECBR250	ORG LOVING EARTH RAW CACAO BEANS 250G	\$12.80
S2445	ORGRAN GLUTEN FREE VEGAN EASY EGG 250G	\$4.90	LMP250	ORG LOVING EARTH MESQUITE POWDER 250G	\$12.90
S10718	ORGRAN GLUTEN FREE BUCKWHEAT PANCAKE MIX 375G	\$4.10	LMP500	ORG LOVING EARTH MESQUITE POWDER 500G	\$23.90
S20218	ORGRAN GLUTEN FREE APPLE CINNAMON PANCAKE MIX 375G	\$3.90	BPBP300	BOTANIKA BASICS PEANUT BUTTER POWDER 300G	\$24.95
S2134	ORGRAN GLUTEN FREE CHOC CAKE MIX 375G	\$4.50			
S2273	ORGRAN GLUTEN FREE CHOC BROWNIE MIX 400G	\$4.95			
OCFBMGF400	ORGRAN GLUTEN FREE CARAMEL FUDGE BROWNIE MIX 400G	\$4.95			



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SHELF NUTS & SEEDS			Price	SHELF FRUIT			Price
KLO1	ORG KINDRED ORGANICS TASMANINA LINSEED/FLAXSEED 1KG		\$11.30	HPRUO250	ORG HILTONA AUSTRALIAN PRUNES (WITH PIT) 250G		\$3.95
KQO1	ORG KINDRED ORGANICS TASMANINA QUINOA 1KG		\$12.95	EPAFD40	EUMARRAH AUSTRALIAN FREEZE DRIED POMEGRANATE ARILS 40G		\$15.00
HFHSO250	ORG HEMP FOODS AUSTRALIAN HEMP SEEDS 250G		\$11.95	NGSTO125	ORG DR SUPERFOODS DRIED STRAWBERRIES 125G		\$9.95
HFHSO1	ORG HEMP FOODS AUSTRALIAN HEMP SEEDS 1KG		\$41.95	FFAW20	FORAGER FRUITS FREEZE DRIED - APPLE WEDGES 20G		\$3.90
AUPHS500	AUSTRALIAN PRIMARY HEMP HEMP SEEDS 500G		\$23.95	FFABW20	FORAGER FRUITS - FREEZE DRIED BLACKCURRANT INFUSED APPLE WEDGES 20G		\$3.90
THSHH250	THE TASSIE HEMP SHOP TASMANIAN HEMP HEARTS (HEMP SEEDS) 250G		\$19.90	FFARW20	FORAGER FRUITS - FREEZE DRIED RASPBERRY INFUSED APPLE WEDGES 20G		\$3.90
SCTGF500	STONE CREEK GOLDEN FLAXSEEDS 500G (CURRENTLY NOT AVAILABLE)			FFBB15	FORAGER FRUITS - FREEZE DRIED BANANA BITES 15G		\$3.90
SCTGF1	STONE CREEK GOLDEN FLAXSEEDS 1KG (CURRENTLY NOT AVAILABLE)			FFDB15	FORAGER FRUITS FREEZE DRIED - BLUEBERRIES 15G		\$3.90
SCTGFM1	STONE CREEK GOLD FLAXSEED MEAL 1KG		\$10.90	FFTC15	FORAGER FRUITS FREEZE DRIED - CHERRIES 15G		\$3.90
SCFMB1	ORG STONEY CREEK BROWN FLAXSEED MEAL 1KG		\$15.85	FFSB15	FORAGER FRUITS - FREEZE DRIED STRAWBERRY BITES 15G		\$3.90
PMSHP120G	PIMP MY SALAD HEMP VEGAN PARMESAN 120G		\$8.95	SHELF SUPPLEMENTS			Price
PMSCP120G	PIMP MY SALAD CASHEW VEGAN PARMESAN 120G		\$8.95	BPR	BEE POLLEN RAW & UNPROCESSED 180G		\$29.95
PMSSW110G	PIMP MY SALAD SEAWEED SUPERFOODS 110G		\$7.95	LEGU50	LOVING EARTH GUBINGE POWDER 50G		\$29.90
PMSSS110G	PIMP MY SALAD SPICED SPROUTED SUNFLOWER SEEDS 110G		\$7.95	LEAP150	ORG LOVING EARTH ACAI POWDER 150G		\$44.90
PMSCB60G	PIMP MY SALAD COCONUT BACON 60G		\$7.95	SLIPELM	LOTUS SLIPPERY ELM BARK POWDER 125G		\$16.95
MFYB250	ORG MINDFUL FOODS YUMMY BEANS 250G		\$14.95	MEGO120	ORG MELROSE ESSENTIAL GREENS BLEND 120G		\$24.95
MFAMN250	ORG MINDFUL FOODS ACTIVATED MIXED NUTS 250G		\$17.50	HFHPO500	ORG HEMP FOODS HEMP PROTEIN 450G		\$24.95
HRH160	HAZELBRAE TASMANIAN HAZELNUTS 160G - ROASTED		\$13.95	LOTWHEY	LOTUS WHEY POWDER 500G		\$6.75
HRSH160	HAZELBRAE TASMANIAN HAZELNUTS 160G - TASMAN SEA SALT		\$13.95	EFC500	EUMARRAH FIRE CIDER TONIC 500ML		\$24.50
HHRH160	HAZELBRAE TASMANIAN HAZELNUTS 160G - HONEY		\$13.95				
CTWALI500	COALDALE TASMANIAN WALNUTS IN SHELL 500G		\$8.90				
TBPRBN45	THE BARU PROJECT ROASTED BARU NUTS 45G		\$6.45				

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SHELF CANNED/PRESERVED VEGE		Price			
CCWTOM	ORG CHEF'S CHOICE WHOLE TOMATOES CAN 400G	\$2.75	BBOAMO370	BYRON BAY OLIVE CO AUSTRALIAN OLIVE COCKTAIL MIX 370G	\$12.20
CCCTOM	ORG CHEF'S CHOICE WHOLE CHERRY TOMATOES CAN 400G	\$3.25	BBPL370	BYRON BAY OLIVE CO PRESERVED LEMONS 370G	\$12.20
CCDIT	ORG CHEF'S CHOICE DICED TOMATOES CAN 400G	\$2.25	AORC465	ORG ABSOLUTE ORGANIC ROASTED CAPSICUM 465G	\$7.95
SWTOM	ORG ABSOLUTE ORGANIC WHOLE PEELED TOMATOES CAN 400G	\$2.95	OGP190	ORG ORGANICO GRILLED PEPPERS 190G	\$8.90
DIT	ORG ABSOLUTE ORGANIC DICED TOMATOES CAN 400G	\$2.95	JOSK720	ORG ABSOLUTE ORGANIC SAUERKRAUT 680G	\$8.45
MGTFR0411	ORG MUIR GLEN FIRE ROASTED DICED TOMATOES CAN 411G	\$6.95	SHELF PULSES		Price
NCYGJ565	NATURES CHARM YOUNG GREEN JACKFRUIT CAN 565G	\$3.70	GOBOB400	ORG GLOBAL ORGANICS BORLOTTI BEANS CAN 400G	\$2.50
NCBBQJ565	NATURES CHARM BBQ JACKFRUIT CAN 565G	\$5.85	GOCPC400	ORG GLOBAL ORGANICS CHICKPEAS CAN 400G	\$2.50
NCBB510	NATURES CHARM BANANA BLOSSOM CAN 510G	\$3.65	GOMB5400	ORG GLOBAL ORGANICS MIXED BEAN SALAD CAN 400G	\$2.50
CCGPC	ORG CHEF'S CHOICE GREEN PEAS IN WATER CAN 400G	\$2.50	CCADBC	ORG CHEF'S CHOICE ADZUKI BEANS CAN 400G	\$2.50
BEBO200	ORG BIONA EDAMAME BEANS IN BRINE CAN 200G	\$6.35	CCBLBC	ORG CHEF'S CHOICE BLACK BEANS CAN 400G	\$2.50
AOSC360	ORG ABSOLUTE ORGANIC SWEETCORN GLASS JAR 350G	\$4.95	CCBEBC	ORG CHEF'S CHOICE BLACK EYED BEANS CAN 400G	\$2.50
AOGP350	ORG ABSOLUTE ORGANIC GARDEN PEAS GLASS JAR 350G	\$4.95	CCBOBC	ORG CHEF'S CHOICE BORLOTTI BEANS CAN 400G	\$2.50
AOBS340	ORG ABSOLUTE ORGANIC BEETROOT SLICES GLASS JAR 340G	\$4.95	CCBUBC	ORG CHEF'S CHOICE BUTTER BEANS CAN 400G	\$2.50
JOHG670	ORG JOLLY WHOLE GHERKINS 670G	\$8.95	CCCABC	ORG CHEF'S CHOICE CANNELLINI BEANS CAN 400G	\$2.50
POWPG680	ORG POLAN WHOLE PICKLED GHERKINS 680G	\$8.80	CCCHP	ORG CHEF'S CHOICE CHICKPEAS CAN 400G	\$2.50
POCS680	ORG POLAN CUCUMBER SALAD 660G	\$8.80	CCRKBC	ORG CHEF'S CHOICE RED KIDNEY BEANS CAN 400G	\$2.50
POSRB710	ORG POLAN SLICED RED BEETS 710G	\$8.80	BLBC	ORG ABSOLUTE ORGANICS BLACK BEANS CAN 400G	\$2.75
PODRB710	ORG POLAN CUBED RED BEETS 710G	\$8.80	CABC	ORG ABSOLUTE ORGANICS CANNELLINI BEANS CAN 400G	\$2.75
SPMGI220	ORG SPIRAL MINCED GINGER 210G	\$4.95	CHPC	ORG ABSOLUTE ORGANICS CHICKPEAS CAN 400G	\$2.75
SPMGA220	ORG SPIRAL MINCED GARLIC 220G	\$6.95	LENC	ORG ABSOLUTE ORGANICS LENTILS CAN 400G	\$2.75
PAC2230	CHALLENGE GOLD CRUSHED CHILLIES 175G	\$4.90	RKBC	ORG ABSOLUTE ORGANICS RED KIDNEY BEANS CAN 400G	\$2.75
PAC2234	CHALLENGE GOLD CRUSHED GARLIC 175G	\$4.90	SBB400	ORG ABSOLUTE ORGANICS BAKED BEANS CAN 400G	\$4.25
DGFBG60	DR GARLIC FERMENTED BLACK GARLIC 60G	\$15.90	CCBBC	ORG CHEF'S CHOICE BAKED BEANS CAN 400G	\$2.50
DGHFG300	DR GARLIC TASMANIAN HONEY FERMENTED GARLIC 300G	\$11.90	RFBC	ORG AMYS TRADITIONAL REFRIED BEANS CAN 437G	\$6.95
OSDTO190	ORG ORGANICO SUNDRIED TOMATOES MARINATED 190G	\$11.90	RFBBC	ORG AMYS REFRIED BLACK BEANS CAN 437G	\$6.95
PAC6102	ORG CERES ORGANICS SUNDRIED TOMATOES 150G	\$7.95	ACMC	ORG AMYS MEDIUM CHILLI CAN 416G	\$7.50
OCB95	ORG ORGANICO ITALAIN SALTED CAPERS IN BRINE 100G	\$5.90			
AOMO330	ORG ABSOLUTE ORGANIC MIXED OLIVES 300G	\$6.65			
AOMO1	ORG ABSOLUTE ORGANIC MIXED OLIVES 980G	\$16.45			
MZAWO300	ORG MT ZERO AUSTRALIAN WILD OLIVES 300G	\$9.75			
MZPKO300	ORG MT ZERO PITTED KALAMATA OLIVES 300G	\$9.75			



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GSHH150	GOOD SAUCE HOT HABANERO SAUCE 150ML	\$9.95	QPCS454	ORG QUE PASA MEXICAN SALSA 454G	
LLOSCS200	ORG LUMLUM SWEET CHILLI SAUCE 200G	\$6.95		- CHIPOTLE MEDIUM	\$9.40
LLSSS200	ORG LUMLUM SWEET & SOUR SAUCE 200G	\$6.95	AOSWS260	ORG ABSOLUTE ORGANIC SALSA 260G	
LLSSS200	ORG WESTCOUNTRY SPICE			- SWEET	\$5.95
	HOISIN SAUCE 175G	\$9.95	AOSPS260	ORG ABSOLUTE ORGANIC SALSA 260G	
				- SPICY	\$5.95
WCVFSO150	ORG WESTCOUNTRY SPICE FISCHY		GO410489	ORG GLOBAL ORGANICS PESTO	
	VEGAN FISH SAUCE 150ML	\$7.95		VEGETALE 120G	\$8.70
NLCTS250	ORG NIULIFE COCOMINO TERIYAKI		AOPEVE190G	ORG ABSOLUTE ORGANIC	
	COCONUT AMINO SAUCE 250ML	\$12.95		ITALIAN TRADITIONAL PESTO 190G	\$7.95
JOAS700	ORG JOLLY UNSWEETENED		PAC8101	PACCHINI RED PESTO 190G	\$4.40
	APPLE SAUCE 700G	\$9.95	PAC8100	PACCHINI BASIL PESTO 190G	\$4.40
MWSO250	ORG MELROSE WORCESTERSHIRE		PAC8102	PACCHINI BASIL PESTO 500G	\$10.60
	SAUCE 250ML	\$6.20			
LTKWS250	LEAN-TO-KITCHEN WORCESTERSHIRE		SHELF MUSTARDS & CHUTNEY		Price
	SAUCE 250ML	\$4.90	AOSM200	ORG ABSOLUTE ORGANIC SEEDED	
SPTKO350	ORG SPIRAL TOMATO KETCHUP 350G	\$5.95		MUSTARD 200G	\$4.65
MGTOMP	ORG MUIR GLEN TOMATO PASTE 170G	\$3.90	GOMUSTSD	ORG GLOBAL ORGANICS	
TOMPST200	ORG GLOBAL ORGANICS			STRONG DIJON MUSTARD 200G	\$6.80
	TOMATO PASTE 200G	\$4.60	GOMUSTWG	ORG GLOBAL ORGANICS	
PIZSCE	ORG MUIR GLEN PIZZA SAUCE 425G	\$6.95		WHOLEGRAIN MUSTARD 200G	\$6.80
SPPSO	ORG SPRIAL PIZZA/PASTA SAUCE 375G	\$5.95	HMO155	HONK MUSTARD 155ML	
SARS	ORG SPRIAL PASTA SAUCE 375G			- ORIGINAL	\$11.90
	- ARRABBIATA	\$5.95	HMGT155	HONK MUSTARD 155ML	
SBGS	ORG SPRIAL PASTA SAUCE 375G			- GARLIC & TARRAGON	\$14.90
	- BASIL & GARLIC	\$5.95	RGTONPB150	ROCKY GARDENS TOMATO	
SFUS	ORG SPRIAL PASTA SAUCE 375G			& NATIVE PEPPERBERRY RELISH 150G	\$5.30
	- FUNGHI	\$5.95	RGTNPR270	ROCKY GARDENS TOMATO	
GOTPP680	ORG GLOBAL ORGANICS PASSATA			& NATIVE PEPPERBERRY RELISH 270G	\$8.20
	DI POMODORE 680G	\$4.40	RGTR270	ROCKY GARDENS TOMATO RELISH 270G	\$7.10
GOBTP680	ORG GLOBAL ORGANICS PASSATA		RCTC270	ROCKY GARDENS TOMATO CHUTNEY 270G	\$7.10
	CON BASILICO 680G	\$4.40	RGAC300	ROCKY GARDENS APRICOT CHUTNEY 300G	\$8.20
GOTP680	ORG GLOBAL ORGANICS PASSATA		AQP100	ASHGROVE QUINCE PASTE 100G	\$6.90
	RUSTICA 680G	\$4.40	WPIPQP135	WILD PEPPER ISLE TASMANIAN	
CCOTP690	ORG CHEF'S CHOICE PASSATA			PEPPY QUINCE PASTE 135G	\$11.25
	COOKING SAUCE 690G	\$4.25			
CCOPP690	ORG CHEF'S CHOICE PASSATA		SHELF DRESSINGS & MAYONNAISE		Price
	DI POMODORO 690G	\$4.25	AOMAYO250G	ORG ABSOLUTE ORGANIC MAYONNAISE	
CCOPR680	ORG CHEF'S CHOICE PASSATA			240G - TRADITIONAL	\$7.95
	RUSTICA CRUSHED TOMATOES 680G	\$4.25	MAYOO6	ORG MELROSE SUNFLOWER	
SPSS709	ORG SPIRAL PRIMAVERA CHUNKY			MAYONNAISE 365G	\$6.90
	PASTA SUGO 709G	\$8.95	AESD187	ASHBOLT ELDERFLOWER	
SASSO709	ORG SPIRAL ARRABBIATA CHUNKY			SALAD DRESSING 187ML	\$10.90
	PASTA SUGO 709G	\$8.95			
SGBSSO709	ORG SPIRAL GARLIC & BASIL CHUNKY		SHELF SOUPS		Price
	PASTA SUGO 709G	\$8.95	ASCM	ORG AMYS KITCHEN	
QPSMI454	ORG QUE PASA MEXICAN SALSA 454G			MUSHROOM SOUP 400G	\$6.95
	- MILD	\$9.40	ASLV	ORG AMYS KITCHEN LENTIL	
QPSME454	ORG QUE PASA MEXICAN SALSA 454G			VEGETABLE SOUP 411G	\$5.95
	- MEDIUM	\$9.40	AKQKRLSO408	ORG AMYS KITCHEN QUINOA,	
				KALE & RED LENTIL SOUP 408G	\$6.95
			AOSBBV	ORG AMYS KITCHEN BLACK BEAN	
				VEGETABLE SOUP 411G	\$6.95



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Online Order Shelf Product List

SHELF GLUTEN FREE GRAINS		Price	SHELF GLUTEN FREE PASTA & NOODLES		Price
CCOU	ORG CHEF'S CHOICE CHICKPEA COUSCOUS 500G	\$10.50	AOMBF	ORG ECO ORGANICS MUNG BEAN FETTUCCINI 200G	\$5.45
SHELF PASTA & NOODLES		Price	AOCPF200	ORG ECO ORGANICS CHICKPEA FETTUCCINI 200G	\$5.45
GKWP500	ORG GIROLOMONI KHORASAN WHEAT PENNE RIGATE 500G	\$9.45	AOBBS	ORG ECO ORGANICS BLACK BEAN SPAGHETTI 200G	\$5.45
GSP500	ORG GIROLOMONI SPELT PENNE RIGATE 500G	\$9.45	EOBRPT200	ORG ECO ORGANICS BROWN RICE PAD THAI NOODLES 200G	\$5.25
GWMSF500	ORG GIROLOMONI WHOLEMEAL SPELT PENNE RIGATE 500G	\$9.45	OG150	ORG OLIVE GREEN 3 GRAIN PENNE 300G	\$7.45
GSF500	ORG GIROLOMONI SPELT FUSILLI 500G	\$9.45	OG608	ORG OLIVE GREEN AMARANTH & RICE PENNE 300G	\$6.95
GWMSF500	ORG GIROLOMONI WHOLEMEAL SPELT FUSILLI 500G	\$9.45	OG117	ORG OLIVE GREEN ROYAL QUINOA & RICE PENNE 300G	\$6.95
GSS500	ORG GIROLOMONI SPELT SPAGHETTI 500G	\$9.45	OG837	ORG OLIVE GREEN 3 GRAIN SPAGHETTI 300G	\$7.45
GWMS500	ORG GIROLOMONI WHOLEMEAL SPELT SPAGHETTI 500G	\$9.45	OG615	ORG OLIVE GREEN AMARANTH & RICE SPAGHETTI 300G	\$6.95
GKWS500	ORG GIROLOMONI KHORASAN WHEAT SPAGHETTI 500G	\$9.45	OG118	ORG OLIVE GREEN ROYAL QUINOA & RICE SPAGHETTI 300G	\$6.95
LILPO200	ORG L'ABRUZZESE INSTANT LASAGNE SHEETS 200G (8 SHEETS) - PLAIN	\$5.65	OG204	ORG OLIVE GREEN BABY ANELLINI (QUINOA & RICE WITH BEETROOT & SPINACH) 250G	\$7.45
LILSO200	ORG L'ABRUZZESE INSTANT LASAGNE SHEETS 200G (8 SHEETS) - SPELT	\$5.65	LGFLFO375	ORG L'ABRUZZESE GF FETTUCCINI 375G - LENTIL & MAIZE	\$7.65
LPSO375	ORG L'ABRUZZESE SPAGHETTI 375G - PLAIN	\$6.65	LMPO375	ORG L'ABRUZZESE GF FETTUCCINI 375G - MUNGBEAN & CHICKPEA	\$5.95
LWSO375	ORG L'ABRUZZESE SPAGHETTI 375G - WHOLEMEAL	\$6.65	LSOO375	ORG L'ABRUZZESE GF PENNE 375G - BESAN & BUCKWHEAT	\$6.95
LKSO375	ORG L'ABRUZZESE SPAGHETTI 375G - KAMUT KHORASAN	\$6.65	S0008	ORGRAN BUCKWHEAT SPIRALS 250G	\$3.85
LSSPO375	ORG L'ABRUZZESE SPAGHETTI 375G - SPELT	\$7.95	S0014	ORGRAN VEGETABLE RICE SPIRALS 250G	\$3.55
LWFO375	ORG L'ABRUZZESE FETTUCCINI 375G - WHOLEMEAL	\$6.65	S2269	ORGRAN QUINOA SPIRALS 250G	\$3.55
LKFO375	ORG L'ABRUZZESE FETTUCCINI 375G - KAMUT KHORASAN	\$6.65	S1045	ORGRAN CORN & VEGETABLE SHELLS 250G	\$3.55
LMOLO375	ORG L'ABRUZZESE MIXED OLIVE LEAVES 375G	\$6.65	S2169	ORGRAN QUINOA PENNE 250G	\$2.50
LGMOO375	ORG L'ABRUZZESE MIXED ORECCHIETTE 375G	\$6.35	S2079	ORGRAN RICE & CORN PENNE 250G	\$2.10
LSPTO375	ORG L'ABRUZZESE WHOLEGRAIN SPELT TWISTS 375G	\$6.65	S2035	ORGRAN RICE & CORN MACARONI 250G	\$2.10
LABSEO375	ORG L'ABRUZZESE WHOLEGRAIN SPELT ELBOWS 375G	\$7.65	S2106	ORGRAN MINI LASAGNE SHEETS 200G	\$4.70
LKPO375	ORG L'ABRUZZESE WHOLEGRAIN KAMUT KHORASAN PENNE 375G	\$6.65	S2171	BUONTEMPO GLUTEN FREE PENNE 250G	\$1.90
SOSOB300	ORG SPIRAL SOBA NOODLES 300G	\$4.45	S2036	BUONTEMPO GLUTEN FREE SPIRALS 250G	\$1.90
SOUO300	ORG SPIRAL UDON NOODLES 300G	\$4.45	S2038	BUONTEMPO GLUTEN FREE SHELLS 250G	\$1.90
HBUN270	ORG HAKU BAKU UDON NOODLES 270G	\$5.50	O2270	BUONTEMPO GLUTEN FREE SPAGHETTI 500G	\$3.80
HBSN270	ORG HAKU BAKU SOBA NOODLES 270G	\$5.50	SWRNO250	ORG SPIRAL WHITE RICE NOODLES 250G	\$6.95
HBSON270	ORG HAKU BAKU SOMEN NOODLES 270G	\$5.50	SBRRNO250	ORG SPIRAL BROWN RICE NOODLES 250G	\$6.95
AMNSO250	ORG ALB GOLD MIE-NOODLES - SPELT 250G	\$8.40	SBRNO250	ORG SPIRAL BLACK RICE NOODLES 250G	\$6.95
			SSOB100250	SPIRAL 100% BUCKWHEAT SOBA NOODLES 200G	\$8.95
			ESON250	EUMARRAH 100% BUCKWEHAT SOBA NOODLES 200G	\$7.95
			KSOBRN280	ORG KING SOBA BUCKWHEAT RAMEN NOODLE CAKES 280G (4 PACK)	\$9.95

Updated 15/4/21



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SHELF OILS, VINEGARS & LIQUIDS

Price

EOO250	ORG EUMARRAH AUSTRALIAN EXTRA VIRGIN OLIVE OIL 250ML	\$10.90
EOO500	ORG EUMARRAH AUSTRALIAN EXTRA VIRGIN OLIVE OIL 500ML	\$18.90
FIOO250	ORG FLINDERS ISLAND EXTRA VIRGIN OLIVE OIL 250ML	\$21.50
POEVO500	ORG PENNA ORGANICS EXTRA VIRGIN OLIVE OIL 500ML	\$27.75
AOEVOO500	ORG ABSOLUTE ORGANIC EXTRA VIRGIN OLIVE OIL 500ML	\$17.95
AOSUNOIL500	ORG ABSOLUTE ORGANIC SUNFLOWER OIL 500ML	\$9.50
THSHH500	THE TASSIE HEMP SHOP TASMANIAN HEMP SEED OIL 250ML	\$19.90
AORSO250	ORG ABSOLUTE ORGANIC TOASTED SESAME OIL 250ML	\$11.95
SPNSOO500	ORG SPIRAL NATURAL SESAME OIL 500ML	\$13.95
SPTSOO500	ORG SPIRAL TOASTED SESAME OIL 500ML	\$12.95
MSA500	MELROSE COLD PRESSED SWEET ALMOND OIL 500ML	\$13.95
MOM250	ORG MELROSE MACADAMIA OIL 250ML	\$8.75
PKN001	ORG MELROSE PUMPKIN SEED OIL 250ML	\$24.95
MAVOIL250	ORG MELROSE AVOCADO OIL 250ML	\$15.60
MCOFREE380	ORG MELROSE COCONUT OIL 380ML - FLAVOUR FREE	\$6.95
AOCOIL300G	ORG ABSOLUTE ORGANIC EXTRA VIRGIN COCONUT OIL 300G	\$8.95
AOCOIL900G	ORG ABSOLUTE ORGANIC EXTRA VIRGIN COCONUT OIL 900G	\$21.95
EVICOO1	ORG EUMARRAH EXTRA VIRGIN COCONUT OIL 1L	\$17.70
MROVCO700	ORG MURRAY RIVER ORGANICS VIRGIN COCONUT OIL 700ML	\$16.00
COCOOXV4L	ORG MARETAI ORGANICS VIRGIN COCONUT OIL 4L	\$55.90
NLCC500	ORG NIULIFE CREAMED COCONUT BUTTER 500G	\$17.85
THN375	TAVERNER'S HONEY NECTAR 375ML	\$16.90
BACV473	ORG BRAGG APPLE CIDER VINEGAR 473ML	\$8.95
BACV946	ORG BRAGG APPLE CIDER VINEGAR 946ML	\$13.95
SACV500	SPREYTON APPLE CIDER VINEGAR 500ML	\$6.90
SACV2L	SPREYTON APPLE CIDER VINEGAR 2L	\$19.95
WSOACV500	WILLIE SMITH APPLE CIDER VINEGAR 500ML	\$9.95
SOWWV250	ORG SPIRAL WHITE WINE VINEGAR 250ML	\$6.95
AOWWV500	ORG ABSOLUTE ORGANIC WHITE WINE VINEGAR 500ML	\$10.95
SORWV250	ORG SPIRAL RED WINE VINEGAR 250ML	\$6.95
SOBV250	ORG SPIRAL BALSAMIC VINEGAR 250ML	\$8.95

AOBV500	ORG ABSOLUTE ORGANIC BALSAMIC VINEGAR 500ML	\$12.95
SBO250	STICKY BALSAMIC VINEGAR 250ML - ORIGINAL	\$18.90
SBRVO250	ORG SPIRAL BROWN RICE VINEGAR 250ML	\$8.95
SPSV250	ORG SPIRAL SUSHI VINEGAR 250ML	\$7.95
SPRM	SPIRAL RICE MIRIN 250ML	\$8.95
UMPV	SPIRAL PLUM VINEGAR 250ML	\$4.95
SMPON250	SPIRAL PONZU CITRUS SAUCE 250ML	\$7.95
PHSH250	ORG PURE HARVEST SHOYU 250ML	\$5.95
PHSH500	ORG PURE HARVEST SHOYU 500ML	\$9.85
SPSRT250	SPIRAL SALT REDUCED TAMARI 250ML	\$7.95
PHTA250	ORG PURE HARVEST TAMARI 250ML	\$6.95
PHTA500	ORG PURE HARVEST TAMARI 500ML	\$11.90
ETAM250	ORG EUMARRAH TAMARI 250ML	\$7.95
ETAM500	ORG EUMARRAH TAMARI 500ML	\$12.35
TOCAS250	ORG TOPWIL COCONUT AMINO SAUCE 250ML	\$7.45
NLCAS250	ORG NIULIFE COCONUT AMINO ORIGINAL SAUCE 250ML	\$10.95
VOGKEL85	A.VOGEL KELPAMARE SEASONING 85ML	\$8.90

SHELF CANNED FISH

Price

OG290	GOOD FISH MACKEREL FILLETS IN BRINE 120G	\$5.65
OG289	GOOD FISH MACKEREL FILLETS IN EXTRA VIRGIN OLIVE OIL 120G	\$6.35
OG288	GOOD FISH MACKEREL FILLETS IN EXTRA VIRGIN OLIVE OIL 195G	\$11.75
OG293	GOOD FISH SALMON IN BRINE 120G	\$9.95
OG292	GOOD FISH SALMON FILLETS IN EXTRA VIRGIN OLIVE OIL 120G	\$10.75
OG287	GOOD FISH TUNA FILLETS IN BRINE 120G	\$7.65
OG286	GOOD FISH TUNA FILLETS IN EXTRA VIRGIN OLIVE OIL 120G	\$7.95
OG285	GOOD FISH TUNA FILLETS IN EXTRA VIRGIN OLIVE OIL 195G	\$14.95
OG294	GOOD FISH SARDINES IN EXTRA VIRGIN OLIVE OIL 120G	\$6.35
OG291	GOOD FISH SALMON FILLETS IN EXTRA VIRGIN OLIVE OIL 195G	\$16.15
OG296	GOOD FISH SARDINE FILLETS IN EXTRA VIRGIN OLIVE OIL 260G	\$11.65
LTTSW290	LITTLE TUNA AUSTRALIAN TUNA STEAK IN SPRING WATER 290G	\$14.90
LTTOO290	LITTLE TUNA AUSTRALIAN TUNA STEAK IN OLIVE OIL 290G	\$14.90
LTSCO290	LITTLE TUNA AUSTRALIAN TUNA STEAK IN OIL & CHILLI 290G	\$14.90
AOO95	FISH 4 EVER ANCHOVY FILLETS IN ORGANIC OLIVE OIL 95G	\$14.90



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GOAS25	ORG GOURMET ORGANIC HERBS ALL SPICE 25G	\$4.25	GOGAR40	ORG GOURMET ORGANIC HERBS GARLIC GRANULES 40G	\$4.25
GOANI30	ORG GOURMET ORGANIC HERBS ANISEED WHOLE 30G	\$4.25	GOGIN30	ORG GOURMET ORGANIC HERBS GINGER GROUND 30G	\$4.25
GOBAS10	ORG GOURMET ORGANIC HERBS BASIL 10G	\$4.25	GOHER15	ORG GOURMET ORGANIC HERBS HERB DE PROVENCE 15G	\$4.25
GOBAY5	ORG GOURMET ORGANIC HERBS BAY LEAVES 5G	\$4.25	GOITA20	ORG GOURMET ORGANIC HERBS ITALIAN HERB MIX 15G	\$4.25
GOBIR20	ORG GOURMET ORGANIC HERBS BIRD'S EYE CHILLI 20G	\$4.25	GOJUN25	ORG GOURMET ORGANIC HERBS JUNIPER BERRIES 25G	\$4.25
GOCAB25	ORG GOURMET ORGANIC HERBS CAJUN BLEND 25G	\$4.25	GOLEP20	ORG GOURMET ORGANIC HERBS LEMONGRASS POWDER 20G	\$4.25
GOCAR30	ORG GOURMET ORGANIC HERBS CARAWAY SEED 30G	\$4.25	GOMAC30	ORG GOURMET ORGANIC HERBS MACE GROUND 30G	\$4.25
GOCARD25	ORG GOURMET ORGANIC HERBS CARDAMOM PODS 25G	\$4.25	GOMAR10	ORG GOURMET ORGANIC HERBS MARJORAM GROUND 10G	\$4.25
GOCAY30	ORG GOURMET ORGANIC HERBS CAYENNE PEPPER 30G	\$4.25	GOMES25	ORG GOURMET ORGANIC HERBS MEXICAN SEASONING 25G	\$4.25
GOCHF20	ORG GOURMET ORGANIC HERBS CHILLI FLAKES 20G	\$4.25	GOMEB30	ORG GOURMET ORGANIC HERBS MIDDLE EASTERN BLEND 30G	\$4.25
GOCHS30	ORG GOURMET ORGANIC HERBS CHINESE 5 SPICE 30G	\$4.25	GOSPM30	ORG GOURMET ORGANIC HERBS MIXED SPICE 30G	\$4.25
GOCIG30	ORG GOURMET ORGANIC HERBS CINNAMON GROUND 30G	\$4.25	GOMSB40	ORG GOURMET ORGANIC HERBS MUSTARD SEED BROWN 40G	\$4.25
GOCIQ20	ORG GOURMET ORGANIC HERBS CINNAMON QUILLS 20G	\$4.25	GOMSY40	ORG GOURMET ORGANIC HERBS MUSTARD SEED YELLOW 40G	\$4.25
GOCLO30	ORG GOURMET ORGANIC HERBS CLOVES WHOLE 30G	\$4.25	GONUG30	ORG GOURMET ORGANIC HERBS NUTMEG GROUND 30G	\$4.25
GOCOG30	ORG GOURMET ORGANIC HERBS CORIANDER GROUND 30G	\$4.25	GOONF30	ORG GOURMET ORGANIC HERBS ONION FLAKES 30G	\$4.25
GOCOW20	ORG GOURMET ORGANIC HERBS CORIANDER SEEDS WHOLE 20G	\$4.25	GOORE10	ORG GOURMET ORGANIC HERBS OREGANO 10G	\$4.25
GOCUG30	ORG GOURMET ORGANIC HERBS CUMIN GROUND 30G	\$4.25	GOPAR10	ORG GOURMET ORGANIC HERBS PARSLEY 10G	\$4.25
GOCUS30	ORG GOURMET ORGANIC HERBS CUMIN SEED 30G	\$4.25	GOPAP30	ORG GOURMET ORGANIC HERBS PAPRIKA SWEET 30G	\$4.25
GOCUI30	ORG GOURMET ORGANIC HERBS CURRY POWDER INDIAN 30G	\$4.25	GOPBG40	ORG GOURMET ORGANIC HERBS PEPPER BLACK CRACKED 40G	\$4.25
GOCUM30	ORG GOURMET ORGANIC HERBS CURRY POWDER MADRAS 30G	\$4.25	GOPBLG40	ORG GOURMET ORGANIC HERBS PEPPER BLACK GROUND 40G	\$4.25
GOCUL5	ORG GOURMET ORGANIC HERBS CURRY LEAF 5G	\$4.25	GOPBW40	ORG GOURMET ORGANIC HERBS PEPPER BLACK WHOLE 40G	\$4.25
GODIT10	ORG GOURMET ORGANIC HERBS DILL TOPS 10G	\$4.25	GOPEM30	ORG GOURMET ORGANIC HERBS PEPPER MILL MIX 30G	\$4.25
GOFEG20	ORG GOURMET ORGANIC HERBS FENNEL GROUND 20G	\$4.25	GOPWG40	ORG GOURMET ORGANIC HERBS PEPPER WHITE GROUND 40G	\$4.25
GOFEN30	ORG GOURMET ORGANIC HERBS FENNEL SEED 30G	\$4.25	GOPWW40	ORG GOURMET ORGANIC HERBS PEPPER WHITE WHOLE 40G	\$4.25
GOGAM30	ORG GOURMET ORGANIC HERBS GARAM MASALA 30G	\$4.25	GOROS10	ORG GOURMET ORGANIC HERBS ROSEMARY 10G	\$4.25



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SHELF HERBS & SPICES			Price	SHELF STOCK & BROTHS			Price
GOSAG10	ORG GOURMET ORGANIC HERBS SAGE 10G		\$4.25	POBBC240	ORG PACIFIC CHICKEN BROTH 240ML		\$5.30
GOSTA10	ORG GOURMET ORGANIC HERBS STAR ANISE 10G		\$4.25	MCS500	MOMO'S MEALS FREE RANGE CHICKEN STOCK 500ML		\$7.90
GOTHY10	ORG GOURMET ORGANIC HERBS THYME 10G		\$4.25	MBS500	MOMO'S MEALS FREE RANGE BEEF STOCK 500ML		\$8.70
GOTUR40	ORG GOURMET ORGANIC HERBS TURMERIC 40G		\$4.25	BBOBBC350	BEST OF BROTH BONE BROTH CONCENTRATE 375g - ORIGINAL		\$29.90
SMRAH100	THE SPICE MERCHANT RAS EL HANOUT BLEND 100G		\$7.95	BBIHGC350	BEST OF BROTH BONE BROTH CONCENTRATE 375g - ITALIAN HERBS & GARLIC		\$29.90
WPIWS	WILD PEPPER ISLE WATTLESEED ROASTED & GROUND 50G		\$11.25	BBTGBC350	BEST OF BROTH BONE BROTH CONCENTRATE 375G - TURMERIC & GINGER		\$29.90
WPIKA	WILD PEPPER ISLE KUNZEA DRIED LEAF 40G		\$11.25	NOCBBP100	ORG NUTRA ORGANICS BROTH POWDER CHICKEN - ORIGINAL 100G		\$29.95
WPILML	WILD PEPPER ISLE LEMON MYRTLE DRIED LEAF 40G		\$10.50	NOCBBPT100	ORG NUTRA ORGANICS BROTH POWDER CHICKEN - TURMERIC 100G		\$29.95
SAFS	SAFFRON STRANDS 1G		\$9.50	NOCBBMR100	ORG NUTRA ORGANICS CHICKEN BONE BROTH - MISO RAMEN 100G		\$29.95
PLEASE NOTE: WE HAVE SOME GOURMET ORGANIC HERBS & SPICES AVAILABLE AS 1KG BAGS - PLEASE ENQUIRE TO FIND OUT WHICH VARIETIES WE STOCK. RECEIVE A 20% DISCOUNT WHEN YOU PURCHASE A 1KG BAG. FOR VARIETIES NOT AVAILABLE IN-STOCK, PLEASE PLACE A CUSTOMER ORDER (DEPOSIT REQUIRED).				NOBBBP100	ORG NUTRA ORGANICS BROTH POWDER BEEF - HEARTY ORIGINAL 100G		\$24.95
SHELF CONDIMENTS			Price	NOBBBPT100	ORG NUTRA ORGANICS BROTH POWDER BEEF - TURMERIC 100G		\$24.95
DGBGD50	DR GARLIC BLACK GARLIC DUKKAH 50G		\$8.90	NOBBBMR100	ORG NUTRA ORGANICS BEEF BONE BROTH - MISO RAMEN 100G		\$24.95
DGSGD50	DR GARLIC SMOKED GARLIC DUKKAH 50G		\$8.90	NOVBPLFV100	ORG NUTRA ORGANICS BROTH POWDER VEGETABLE - LOW FODMAP 100G		\$19.95
DGLMS100	DR GARLIC GREEN GARLIC & LEMON MYRTLE SALT 100G		\$15.00	NOVBBMR100	ORG NUTRA ORGANICS VEGETABLE BROTH - MISO RAMEN 100G		\$19.95
DGPPS100	DR GARLIC ROASTED GARLIC & PINK PEPPERCORN SALT 100G		\$15.00	MUCVSR	MASSEL ULTRACUBES STOCK CUBES 105G - SALT REDUCED VEGETABLE		\$3.95
DGPS100	DR GARLIC SMOKED GARLIC & PEPPERBERRY SALT 100G		\$15.00	MUCCSR	MASSEL ULTRACUBES STOCK CUBES 105G - SALT REDUCED CHICKEN STYLE		\$3.95
BSKD76	ORG BRAGG SEA KELP DELIGHT SEASONING 76.5G		\$9.95	SSDVS200	EUMARRAH SALT SKIP™ VEGETABLE STYLE STOCK POWDER 200G		\$7.90
VHO125	ORG A.VOGEL HERBAMERE SEA SALT ORIGINAL 125G		\$8.60	SSDCS200	EUMARRAH SALT SKIP™ CHICKEN STYLE STOCK POWDER 200G		\$7.90
VHO250	ORG A.VOGEL HERBAMERE SEA SALT ORIGINAL 250G		\$11.25	SSDBS200	EUMARRAH SALT SKIP™ BEEF STYLE STOCK POWDER 200G		\$7.90
VHSP125	ORG A.VOGEL HERBAMARE SEA SALT WITH CHILLI 125G		\$8.10	SEVSLF160	ORG SAN ELK LOW FODMAP VEGETABLE STOCK 160G		\$11.95
VT250	ORG A.VOGEL TROCOMERE SEA SALT 250G		\$11.80	SECS160	ORG SAN ELK CHICKEN STOCK 160G		\$11.95
TSSF250	TASMAN SEA SALT FLAKES 250G		\$8.65	SEBBS160	ORG SAN ELK BEEF STOCK 160G		\$11.95
TSW80	TASMAN SEA SALT WAKAME 80G		\$10.20	MSVBPO150	ORG MARIGOLD SWISS VEGETABLE VEGAN BOUILLON POWDER 150G		\$13.45
TSPB80	TASMAN SEA SALT PEPPER BERRY 80G		\$10.20				
ASAW	L.G ASAFOETIDA POWDER 100G		\$5.40				
GHP250	SICAM HARISSA PASTE 140G		\$6.95				
VECON125	ORG BIONA HARISSA CHILLI RELISH 125G		\$9.95				

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SHELF COOKING		Price
ECBM300G	EUMARRAH DRIED CAMPING MEAL - BIRCHER MUESLI 300G (2 SERVES)	\$10.90
ECGFP330G	EUMARRAH DRIED CAMPING MEAL - GLUTEN FREE PORRIDGE 330G (2 SERVES)	\$10.90
ECCLD195G	EUMARRAH DRIED CAMPING MEAL - CURRIED LENTIL DHAL 195G (2 SERVES)	\$12.90
ECCVN265G	EUMARRAH DRIED CAMPING MEAL - COCONUT VEGIE NOODLES 265G (2 SERVES)	\$15.90
ECGFVP250G	EUMARRAH DRIED CAMPING MEAL - GLUTEN FREE VEGIE PASTA 250G (2 SERVES)	\$15.90
ECMR180G	EUMARRAH DRIED CAMPING MEAL - MUSHROOM RISOTTO 180G (2 SERVES)	\$15.90
SVL115	STRIVE DRIED MEAL - VEGETABLE LAKSA 125G	\$10.95
SCVP145	STRIVE DRIED MEAL - CREAMY VEGETABLE PASTA 112G	\$10.95
SBMC140	STRIVE DRIED MEAL - BEEF MASSAMAN CURRY 140G	\$10.95
SPB180	STRIVE DRIED MEAL - PASTA BOLOGNESE 131G	\$10.95
SHM135	STRIVE DRIED MEAL (GLUTEN FREE) - HEARTY MINESTRONE 135G	\$10.95
SLCD130	STRIVE DRIED MEAL (GLUTEN FREE) - LENTIL CURRY DHAL 130G	\$10.95
SCVR180	STRIVE DRIED MEAL (GLUTEN FREE) - CHEESE,CORN & VEGETABLE RISOTTO 150G	\$10.95
SMCB95G	STRIVE DRIED MEAL (GLUTEN FREE) - MEXICAN CHIILI BEEF 95G	\$10.95
SFAL200	ORG SAMIR'S GLUTEN FREE FALAFEL MIX 200G	\$5.60
PAC5600	KINGS FALAFEL MIX 200G	\$3.10
PAC5602	KINGS FALAFEL MIX 1KG	\$8.90
MHFM200	MORLIFE GLUTEN FREE HEMP FALAFEL MIX 200G	\$11.95
SFSMO76	ORG SUNFLOWER FAMILY SUNFLOWER MINCE 76G	\$9.95
S2402	ORGRAN GLUTEN FREE CRISPI PREMIUM BREADCRUMBS 300G	\$4.50
PAC2215	SOLOMONS BREADCRUMBS 250G	\$5.30
MGPS	MASSEL INSTANT GRAVY SUPREME 130G	\$4.30
MGPC	MASSEL INSTANT GRAVY GRANULES CHICKEN STYLE 130G	\$4.20
S2016	ORGRAN GLUTEN FREE VEGETABLE GRAVY MIX 200G	\$3.90

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SHELF INTERNATIONAL		Price		
MMSRSO10	ORG MERU MISO SWEET RED MISO SACHETS 10 X 12G	\$13.20	PAPSM	MAHARAJAH'S CHOICE PAPPADAMS 100G \$2.50
MMSWSO10	ORG MERU MISO SWEET WHITE MISO SACHETS 10 X 12G	\$13.20	MCSR	MAHARAJAH'S CHOICE READY MEAL - SAFFRON RICE 250G (GLUTEN FREE) \$4.35
MMMYCSO10	ORG MERU MISO MILD YELLOW CHICKPEA MISO SACHETS 10 X 12G	\$13.20	MCBB	MAHARAJAH'S CHOICE READY MEAL - BAIGAN BHARTA 283G (GLUTEN FREE) \$3.95
SSYRMO	ORG SPIRAL MISO 300G - SHIRO WHITE RICE	\$14.95	MCMMM	MAHARAJAH'S CHOICE READY MEAL - METHI MUTTAR MALAI 283G (GLUTEN FREE) \$4.35
SHSMO	ORG SPIRAL MISO 300G - HATCHO SOYBEAN	\$14.95	MCDT	MTR READY MEAL - BISIBELE BHATH 300G (GLUTEN FREE) \$4.50
SMBMO	ORG SPIRAL MISO 400G - MUGI BARLEY	\$14.95	MCPC	MTR READY MEAL - CHANA MASALA 300G (GLUTEN FREE) \$4.50
SGBRMO	ORG SPIRAL MISO 400G - GENMAI BROWN RICE	\$15.95	MCDM	MTR READY MEAL - DHAL MAKHANI 300G (GLUTEN FREE) \$4.50
SOIM60	ORG SPIRAL INSTANT MISO SOUP 5 X 10G	\$10.95	MCVB	MTR READY MEAL - MIXED VEGETABLE CURRY 300G (GLUTEN FREE) \$4.50
SP03920	SPIRAL INSTANT MISO SOUP - WHITE 10 X 7G	\$13.95	MCPP	MTR READY MEAL - PALAK PANEER 300G (GLUTEN FREE) \$4.50
SP03910	SPIRAL INSTANT MISO SOUP - RED 10 X 7G	\$13.95	MCPTM	MTR READY MEAL - PANEER TIKKA MASALA 300G (GLUTEN FREE) \$4.50
SPIMDB	SPIRAL KOMBU SHIITAKE DASHI WITH BONITIO 8 X 10G	\$12.95	FPAK	FERNS CURRY PASTE 380G - KORMA \$5.65
SPIMSV	SPIRAL KOMBU SHIITAKE DASHI VEGAN 8 X 10G	\$12.95	FPAV	FERNS CURRY PASTE 380G - VINDALOO \$5.65
BUCR	SPRIAL INSTANT RAMEN - BUCKWHEAT 88G	\$5.45	FCMS	FERNS MANGO CHUTNEY - SWEET 440G \$5.65
SWRPO200	ORG SPIRAL WHITE RICE PAPER 200G	\$5.95	FPIB	FERNS BRINJAL PICKLE 380G \$5.65
SBRPO200	ORG SPIRAL BROWN RICE PAPER 200G	\$5.95	BBP280	BOLSTS BRINJAL EGGPLANT PICKLE 280G \$8.30
HYN10	HAICHAO SUSHI NORI SHEETS (10) 25G	\$4.40	MLGTP100	ORG MEKHALA LEMONGRASS TURMERIC PASTE 100G \$6.95
SYNT25	SPIRAL SUSHI NORI SHEETS (10) 25G	\$8.95	MTGCP100	ORG MEKHALA GREEN CURRY PASTE 100G \$6.95
SYN50	SPIRAL SUSHI NORI SHEETS (50) 125G	\$32.95	MMCP100	ORG MEKHALA MASSAMAN CURRY PASTE 100G \$6.95
SCNK10	SPIRAL CRISPY NORI KRINKLES 10G	\$6.95	MTYP100	ORG MEKHALA TOM YUM PASTE 100G \$6.95
SARA50	ORG SPIRAL ARAME 50G	\$12.95	LLOYCP100	ORG LUMLUM YELLOW CURRY PASTE 100G \$6.95
WAKS	ORG SPIRAL WAKAME 50G	\$19.95	LLORCP100	ORG LUMLUM RED CURRY PASTE 100G \$6.95
KUZR	ORG SPIRAL MUSO KUZU ROOT 100G	\$10.95	LLOPTS100	ORG LUMLUM PAD THAI SAUCE 100G \$6.95
SUPG	SPIRAL PICKLED GINGER 60G	\$6.45	CFTGCP180	CHURCH FARM THAI GREEN CURRY PASTE 180G \$15.90
SUMEP150	ORG SPIRAL UMEBOSHI PLUMS 150G	\$16.95	CFTRCP180	CHURCH FARM THAI RED CURRY PASTE 180G \$15.90
UMEP	ORG SPIRAL UMEBOSHI PUREE 150G	\$13.95		
SWAPA	SPIRAL WASABI PASTE 43G	\$5.95		
TSWP8G	SHIMA TASMANIAN WASABI POWDER 8G	\$9.90		
SPGM400	ORG SPIRAL BROWN RICE MOCHI 300G	\$13.95		
SSHM50	ORG SPIRAL SHITAKE MUSHROOMS 50G	\$13.95		
CFOG215	ORG CORE ORGANICS GHEE 250ML	\$19.95		
GHGO225	GOLDEN HEART GHEE 225G - ORIGINAL	\$19.50		
GHGO400	GOLDEN HEART GHEE 400G - ORIGINAL	\$31.50		
NLCG350	ORG NIULIFE VEGAN COCONUT GHEE 350ML	\$15.95		

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BACBB15G	THE CAROB KITCHEN BANJO CAROB BEAR 15G	\$1.50	VPCB65	ORG VEGO HAZELNUT CHOCOLATE BAR 65G	\$5.25
BCBCB15	THE CAROB KITCHEN BANJO CAROB COCONUT BEAR 15G	\$1.50	VPCB150	ORG VEGO HAZELNUT CHOCOLATE BAR 150G	\$8.45
BACBMB15G	THE CAROB KITCHEN BANJO CAROB MINT BEAR 15G	\$1.50	VAWC50	ORG VEGO ALMOND WHITE CHOCOLATE 50G	\$5.25
CKMK80	THE CAROB KITCHEN CAROB MILK BAR 80G	\$6.95	VDCNBO85	ORG VEGO DARK CHOCOLATE NUTS & BERRIES BAR 85G	\$6.35
CKMI80	THE CAROB KITCHEN CAROB MINT BAR 80G	\$6.95	VHCP180	ORG VEGO FINE NOUGAT PRALINES 180G	\$13.95
CKAB80	THE CAROB KITCHEN CAROB ALMOND BAR 80G	\$6.95	LEDC30	ORG LOVING EARTH CHOCOLATE 30G - DARK	\$2.75
CKCB80	THE CAROB KITCHEN CAROB COCONUT BAR 80G	\$6.95	LECC30	ORG LOVING EARTH CHOCOLATE 30G - CARAMEL	\$2.75
HMCH160	HAZELBRAE MILK CHOCOLATE COATED TASMANIAN HAZELNUTS 160G	\$13.95	LESC45	ORG LOVING EARTH CHOCOLATE 45G - SALTED CARAMEL	\$4.95
HDCH160	HAZELBRAE DARK CHOCOLATE COATED TASMANIAN HAZELNUTS 160G	\$13.95	LEBB45	ORG LOVING EARTH CHOCOLATE 45G - VERY BUCK N BERRY	\$4.95
DBAMB50	ORG THE DAILY BAR SNACK BAR 50G - ANTIOXIDANT	\$4.95	LETD45	ORG LOVING EARTH CHOCOLATE 45G - TURKISHLY DELIGHTFUL	\$4.95
DBHEF50	ORG THE DAILY BAR SNACK BAR 50G - CHOC COCONUT FUDGE WITH HEMP	\$4.95	LENM45	ORG LOVING EARTH CHOCOLATE 45G - NUTTY MR MAPLE	\$4.95
DBCCM50	ORG THE DAILY BAR SNACK BAR 50G - CREAMY COCONUT MANGO	\$4.95	LECCO80	ORG LOVING EARTH CHOCOLATE 80G - CARAMEL	\$6.90
DBPBD50	ORG THE DAILY BAR SNACK BAR 50G - CRUNCHY PEANUT BUTTER & DARK CHOC	\$4.95	LELCCO80	ORG LOVING EARTH CHOCOLATE 80G - LEMON CHEESECAKE CARAMEL	\$6.90
GGSL250	ORG GREEN GROVE SPELT LICORICE 180G	\$7.50	LECMDCO80	ORG LOVING EARTH CHOCOLATE 80G - CRUNCHY MINT	\$6.90
OTLG35	ORG ORGANIC TIMES LITTLE GEMS 35G	\$2.95	LESCCO80	ORG LOVING EARTH CHOCOLATE 80G - SALTED CARAMEL	\$6.90
SHELF VEGAN CHOCOLATE, BARS & SWEETS		Price	LECMC80	ORG LOVING EARTH CHOCOLATE 80G - CASHEW MYLK	\$6.90
TCCOHHB15	THAT CHOCOLATE VEGAN HAPPY BELLY BUNYIP 15G	\$1.80	LEWC80	ORG LOVING EARTH CHOCOLATE 80G - WHITE CHOCOLATE	\$7.90
BVCB15	THE CAROB KITCHEN BANJO VEGAN CAROB BEAR 15G	\$1.50	LEHMC080	ORG LOVING EARTH CHOCOLATE 80G - HAZEL MYLK	\$7.90
BVCBC15	THE CAROB KITCHEN BANJO VEGAN CAROB COCONUT BEAR 15G	\$1.50	LEACC80	ORG LOVING EARTH CHOCOLATE 80G - ALMOND CRUNCH	\$7.90
CKVCB80	THE CAROB KITCHEN VEGAN CAROB BAR 80G	\$7.95	LERASP80	ORG LOVING EARTH CHOCOLATE 80G - RASPBERRY	\$7.90
CKVCCB80	THE CAROB KITCHEN VEGAN CAROB COCONUT BAR 80G	\$7.95	LEBCE100	ORG LOVING EARTH BOOBOOK CHOCOLATE EGGS 100G	\$14.95
TRF71305	ESKAL NOBLE CHOICE DAIRY FREE CHOCOLATE 85G - DARK	\$3.90	PSD80	ORG PICO CHOCOLATE 80G - SUPER DARK	\$6.95
TRF71302	ESKAL NOBLE CHOICE DAIRY FREE CHOCOLATE 85G - ALMOND	\$3.90	PMC80	ORG PICO CHOCOLATE 80G - MINT	\$6.95
TRF71303	ESKAL NOBLE CHOICE DAIRY FREE CHOCOLATE 85G - MINT	\$3.90	PSS80	ORG PICO CHOCOLATE 80G - SEA SALT	\$6.95
			PSC80	ORG PICO CHOCOLATE 80G - SALTED CARAMEL	\$6.95
			AEDQ	ORG ALTER ECO CHOCOLATE 75G - CRISP MINT 90%	\$6.25
			AEDQ	ORG ALTER ECO CHOCOLATE 80G - DEEP DARK QUINOA CRUNCH 60%	\$6.25

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SHELF VEGAN CHOCOLATE, BARS & SWEETS

Price

PHM80	ORG PICO CHOCOLATE 80G - HAZELNUT M*LK	\$6.95
PAM80	ORG PICO CHOCOLATE 80G - ALMOND M*LK	\$6.95
PCM80	ORG PICO CHOCOLATE 80G - COCONUT M*LK	\$6.95
CCOCCR40	CHOW CACAO CHOCOLATE 40G - CHEWY RASPBERRY	\$5.90
CCOCHB40	CHOW CACAO CHOCOLATE 40G - HAZELNUT BUTTER CRUNCH	\$5.90
CCOCPB40	CHOW CACAO CHOCOLATE 40G - PEANUT BUTTER SLAB	\$5.90
CCORR150	CHOW CACAO ROCKY ROAD CHOCOLATE CLUSTERS 150G	\$12.50
BBHC23	ORG BOOJA BOOJA CHOCOLATE TRUFFLES 23G (2 PACK) - HAZELNUT CRUNCH	\$3.75
BBASC23	ORG BOOJA BOOJA CHOCOLATE TRUFFLES 23G (2 PACK) - ALMOND SALTED CARAMEL	\$3.75
BBASC69	ORG BOOJA BOOJA CHOCOLATE TRUFFLES 69G (6 PACK) - ALMOND SALTED CARAMEL	\$11.65
BBASC92	ORG BOOJA BOOJA CHOCOLATE TRUFFLES 92G (8 PACK) - ALMOND SALTED CARAMEL	\$13.95
CCCHOC	CONSTANT CRAVING CHOCOLATES - EACH	\$1.95
CCGB	CONSTANT CRAVING CHOCOLATES ASSORTED GIFT BOX 10PK	\$18.50
BB125	DR SUPERFOODS - DARK CHOCOLATE WILD BLUEBERRIES 125G	\$9.95
DCCB125	DR SUPERFOODS - DARK CHOCOLATE TART CHERRIES 125G	\$9.95
DCR125	DR SUPERFOODS - DARK CHOCOLATE RASPBERRIES 125G	\$10.95
DCST125	DR SUPERFOODS - DARK CHOCOLATE STRAWBERRIES 125G	\$10.95
NBPCA50	NUTTY BRUCE NUT BUTTER BAR 50G - ROASTED PEANUT & CARAMEL	\$3.60
NBPCH50	NUTTY BRUCE NUT BUTTER BAR 50G - PEANUT CHOCOLATE	\$3.60
NBPCB70	NUTTY BRUCE NUT BUTTER BALLS 70G - PEANUT & CACAO	\$3.65
NBSCB70	NUTTY BRUCE NUT BUTTER BALLS 70G - SALTED CARAMEL	\$3.65
NBCCB70	NUTTY BRUCE NUT BUTTER BALLS 70G - DARK CHERRY CHOCOLATE	\$3.65
NCCB35	NAKD RAW FRUIT & NUT BAR 35G - CASHEW COOKIE	\$3.60

NCDB35	NAKD RAW FRUIT & NUT BAR 35G - COCOA DELIGHT	\$3.60
NCOB35	NAKD RAW FRUIT & NUT BAR 35G - COCOA ORANGE	\$3.60
NGBB35	NAKD RAW FRUIT & NUT BAR 35G - GINGER BREAD	\$3.60
NRCB35	NAKD RAW FRUIT & NUT BAR 35G - RHUBARB & CUSTARD	\$3.60
NPBKCCD40	NAKED KETO WHOLEFOODS BAR 40G - CHOC CHIP COOKIE DOUGH	\$3.95
NPBKPBC40	NAKED KETO WHOLEFOODS BAR 40G - PEANUT BUTTER CHOCOLATE	\$3.95
NPBBC65	NAKED PALEO BAR 65G - BERRY CITRUS	\$4.95
DBSC50	ORG THE DAILY BAR SNACK BAR 50G - SALTED CARAMEL	\$4.95
DBMCC	ORG THE DAILY BAR SNACK BAR 50G - FUDGY PB CACAO	\$4.95
LBBB85	LEDA GLUTEN FREE BANANA SNACK BAR 85G	\$2.95
LBFBTB190	LEDA GLUTEN FREE BAKED FRUIT FILLED BARS 190G (5 PACK) - TRIPLE BERRY	\$5.45
HGEM18	HONEST GUM NATURAL CHEWING GUM 18G (12 PIECES) - EUCALYPTUS MINT	\$3.95
HGGL18	HONEST GUM NATURAL CHEWING GUM 18G (12 PIECES) - GINGER LEMON	\$3.95
JWVFJO100	ORG JUST WHOLEFOODS VEGEBEARS FRUIT JELLIES 100G	\$4.95
JWFJO100	ORG JUST WHOLEFOODS FROOTY FRUITS FRUIT JELLIES 100G	\$4.95
FCSM75	FREEDOM MALLOWS - STRAWBERRY MARSHMALLOWS 75G	\$6.65
DNVM283	DANDIES VEGAN VANILLA MARSHMALLOWS 283G	\$12.95
ESHSUC200	EAST STREET CO TASMANIAN HALVA 200G - SUNFLOWER CHOCOLATE	\$9.90
ESHSEC200	EAST STREET CO TASMANIAN HALVA 200G - SESAME CHOCOLATE	\$10.50
ESHSES200	EAST STREET CO TASMANIAN HALVA 200G - SESAME STRAWBERRY	\$10.50
ESHSEP200	EAST STREET CO TASMANIAN HALVA 200G - SESAME PISTACHIO	\$10.50



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SHELF SOAPS		Price		
NPUS	OLIVE & ASH OLIVE OIL SOAP (UNPACKAGED) - UNSCENTED SENSITIVE	\$7.95	DRB12626	ORG DR BRONNERS LIQUID CASTILE SOAP 237ML - LAVENDER \$11.95
NPAS	OLIVE & ASH OLIVE OIL SOAP (UNPACKAGED) - SANDALWOOD, AVOCADO OIL, ALOE VERA	\$7.95	DRB12627	ORG DR BRONNERS LIQUID CASTILE SOAP 946ML - LAVENDER \$29.95
NPRG	OLIVE & ASH OLIVE OIL SOAP (UNPACKAGED) - DAMASK ROSE, GERANIUM, PAPRIKA	\$7.95	DRB12628	ORG DR BRONNERS LIQUID CASTILE SOAP 3.8L - LAVENDER \$94.80
NPLG	OLIVE & ASH OLIVE OIL SOAP (UNPACKAGED) - LAVENDER & GOATS MILK	\$7.95	DRB12630	ORG DR BRONNERS LIQUID CASTILE SOAP 237ML - PEPPERMINT \$11.95
NPUS	OLIVE & ASH OLIVE OIL SOAP (UNPACKAGED) - LEMON MYRTLE, MANUKA HONEY, TEA TREE	\$7.95	DRB12631	ORG DR BRONNERS LIQUID CASTILE SOAP 946ML - PEPPERMINT \$29.95
SLWS100	ORG SANCTUM ORGANICS LEMONGRASS & WITCH HAZEL SOAP 100G	\$4.95	DRB12633	ORG DR BRONNERS LIQUID CASTILE SOAP 3.8L - PEPPERMINT \$94.80
ANACS100	AUSTRALIAN NATURAL SOAP COMPANY SOAP BAR 100G - ACTIVATED CHARCOAL	\$10.95	DRB12638	ORG DR BRONNERS LIQUID CASTILE SOAP 237ML - ROSE \$13.95
ANAPCS100	AUSTRALIAN NATURAL SOAP COMPANY SOAP BAR 100G - AUSTRALIAN PINK CLAY	\$8.95	DRB12639	ORG DR BRONNERS LIQUID CASTILE SOAP 946ML - ROSE \$32.95
ANCS100	AUSTRALIAN NATURAL SOAP COMPANY SOAP BAR 100G - CALAMINE (ZINC)	\$8.95	DRB12598	ORG DR BRONNERS LIQUID CASTILE SOAP 237ML - SANDALWOOD & JASMINE \$11.95
ANLMS100	AUSTRALIAN NATURAL SOAP COMPANY SOAP BAR 100G - LEMON MYRTLE	\$8.95	DRB12594	ORG DR BRONNERS LIQUID CASTILE SOAP 946ML - SANDALWOOD & JASMINE \$29.95
ANSCPLS100	AUSTRALIAN NATURAL SOAP COMPANY SOAP BAR 100G - PEPPERMINT & LAVENDER	\$9.95	SOA030	ORG MELROSE LIQUID CASTILLE PUMP SOAP 500ML - ORIGINAL \$12.65
ANSCPMS100	AUSTRALIAN NATURAL SOAP COMPANY SOAP BAR 100G - PURE MACADAMIA	\$9.95	CSLAR500	ORG MELROSE LIQUID CASTILLE PUMP SOAP 500ML - LAVENDER \$12.65
ANSCS100	AUSTRALIAN NATURAL SOAP COMPANY SOAP BAR 100G - SALT (WITH MAGNESIUM)	\$10.95	SOA033	ORG MELROSE LIQUID CASTILLE PUMP SOAP 500ML - PEPPERMINT \$12.65
DRB12604	ORG DR BRONNERS CASTILE SOAP BAR 140G - BABY UNSCENTED	\$8.95	SOA031	ORG MELROSE LIQUID CASTILLE PUMP SOAP 500ML - ROSEMARY \$12.65
DRB12608	ORG DR BRONNERS CASTILE SOAP BAR 140G - CITRUS	\$8.95	CASLAVP	ORG MELROSE LIQUID CASTILLE PUMP SOAP REFILL 500ML - LAVENDER \$12.25
DRB12603	ORG DR BRONNERS CASTILE SOAP BAR 140G - LAVENDER	\$8.95	CSOOR500	ORG MELROSE LIQUID CASTILLE PUMP SOAP REFILL 500ML - ORANGE \$12.25
DRB12606	ORG DR BRONNERS CASTILE SOAP BAR 140G - PEPPERMINT	\$8.95	PLS500	CLEAN CONSCIOUS HAND & BODY SOAP 500ML - LEMON MYRTLE \$16.25
DRB12607	ORG DR BRONNERS CASTILE SOAP BAR 140G - ROSE	\$8.95	DRB12690	ORG DR BRONNERS HAND SANITISER 59ML - LAVENDER \$8.95
DRB12611	ORG DR BRONNERS CASTILE SOAP BAR 140G - SANDALWOOD & JASMINE CASTILE SOAP	\$8.95	DRB12689	ORG DR BRONNERS HAND SANITISER 59ML - PEPPERMINT \$8.95
DRB12619	ORG DR BRONNERS LIQUID CASTILE SOAP 237ML - BABY UNSCENTED	\$11.95	OTHS280	DISTILLING CO COROWA LIQUID HAND SANITISER 280ML \$16.95
DRB12620	ORG DR BRONNERS LIQUID CASTILE SOAP 946ML - BABY UNSCENTED	\$29.95		
DRB12621	ORG DR BRONNERS LIQUID CASTILE SOAP 3.8L - BABY UNSCENTED	\$94.80		
DRB12599	ORG DR BRONNERS LIQUID CASTILE SOAP 237ML - CHERRY BLOSSOM	\$10.90		
DRB12613	ORG DR BRONNERS LIQUID CASTILE SOAP 237ML - CITRUS	\$11.95		
DRB12614	ORG DR BRONNERS LIQUID CASTILE SOAP 946ML - CITRUS	\$29.95		



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Online Order Shelf Product List

SHELF CREAMS, LOTIONS & BALMS

Price

DRB12646	ORG DR BRONNERS MAGIC BALM 57G - ARNICA-MENTHOL	\$15.95
DRB12647	ORG DR BRONNERS MAGIC BALM 57G - BABY UNSCENTED	\$15.95
MSCS200	MY SHAY 6AM COFFEE SCRUB 200G	\$17.60
BONNV50	BODY OF NATURE NATURAL VEGAN MOISTURISER 50G	\$24.95
ODCLMO120	ORG OVIEARTH DAY CREAM 120ML - LEMON MYRTLE	\$25.95
ODCYGO120	ORG OVIEARTH DAY CREAM 120ML - YLANG YLANG & GERANIUM	\$25.95
ODCYLO120	ORG OVIEARTH DAY CREAM 120ML - YLANG YLANG & LEMONGRASS	\$25.95
ONCLMO60	ORG OVIEARTH NIGHT CREAM 60ML - LEMON MYRTLE	\$21.95
ONCYGO60	ORG OVIEARTH NIGHT CREAM 60ML - YLANG YLANG & GERANIUM	\$21.95
ONCYLO60	ORG OVIEARTH NIGHT CREAM 60ML - YLANG YLANG & LEMONGRASS	\$21.95
OCYGO125	ORG OVIEARTH CLEANSING LOTION 125ML - YLANG YLANG & GERANIUM	\$19.95
SGFC75	ORG SANCTUM GENTLE FACE EXFOLIANT 75G	\$19.95
LARC	ORG LAVERA ALL-ROUND CREAM 150ML	\$16.95
LMC50	ORG LAVERA MOISTURISING CREAM 50ML	\$20.95
LAANC50	ORG LAVERA ANTI-AGING NIGHT CREAM 50ML	\$29.95
LMBL200	ORG LAVERA MOISTURISING BODY LOTION 200ML	\$20.95
LACMS125	ORG LAVERA CLEANSING MILK 2 IN 1 125ML	\$16.95
HOBM300	MELROSE HEMP OIL BODY MILK 300ML	\$10.95
TAFASO135	THE ALMOND FARMER 100% PURE ALMOND OIL 135ML	\$9.95
TEHS90	TROUBLESMTHS EPIC HAND SALVE 90G	\$25.00
LUNM100	LITTLE URCHIN NATURAL DAILY MOISTURISER 100G	\$19.95
LUNS100	LITTLE URCHIN NATURAL SUNSCREEN SPF30 100G	\$24.95
SBNSS100	SUNBUTTER NATURAL SUNSCREEN SPF50 100G	\$29.95
BNSZPL	BODY OF NATURE SURF ZINC PASTE 55G - LIGHT TINT	\$24.90
BNSZPM	BODY OF NATURE SURF ZINC PASTE 55G - MEDIUM TINT	\$24.90
BNSZPD	BODY OF NATURE SURF ZINC PASTE 55G - DARK TINT	\$24.90
BNVLP	BODY OF NATURE NATURAL VEGAN LIP BALM 10G	\$8.90
TLBN10	TROUBLESMTHS NATURAL LIP BALM 10G	\$5.00

DRB12657	ORG DR BRONNERS LIP BALM 4G - NAKED	\$5.95
DRB12655	ORG DR BRONNERS LIP BALM 4G - PEPPERMINT	\$5.95
DRB12656	ORG DR BRONNERS LIP BALM 4G - LEMON & LIME	\$5.95
DRB12654	ORG DR BRONNERS LIP BALM 4G - ORANGE & GINGER	\$5.95

SHELF HAIR CARE

Price

AOSL325	ORG AVALON SHAMPOO 325ML - LAVENDER	\$10.50
AOSR325	ORG AVALON SHAMPOO 325ML - ROSEMARY	\$10.50
AOSP325	ORG AVALON SHAMPOO 325ML - PEPPERMINT	\$10.50
AOCL325	ORG AVALON CONDITIONER 325ML - LAVENDER	\$10.50
AOCR325	ORG AVALON CONDITIONER 325ML - ROSEMARY	\$10.50
AOCP325	ORG AVALON CONDITIONER 325ML - PEPPERMINT	\$10.50
MHOS	MELROSE HEMP OIL SHAMPOO 300ML	\$10.95
MHOC	MELROSE HEMP OIL CONDITIONER 300ML	\$10.95
SSN200	ORG SANCTUM SHAMPOO 200G - NORMAL	\$10.95
SCN200	ORG SANCTUM CONDITIONER 200G - NORMAL	\$10.95
LSS200	ORG LAVERA SHAMPOO 250ML - MOISTURE & CARE	\$15.95
HTS250	HOT TRESSES REHAB SHAMPOO 250ML	\$24.65
HTC250	HOT TRESSES REHAB CONDITIONER 250ML	\$24.65
HTIB150	HOT TRESSES INDIGO BABE TREATMENT 150ML	\$29.95
HTLT150	HOT TRESSES MOISTURISING REHAB LEAVE-IN 150ML	\$29.95
BNVSP100	BODY OF NATURE NATURAL VEGAN SHAMPOO PASTE 100G	\$24.95
BONVLINCP100	BODY OF NATURE NATURAL VEGAN LEAVE IN CONDITIONER PASTE 100G	\$24.95
ANSSO100	AUSTRALIAN NATURAL SOAP COMPANY SOLID SHAMPOO BAR 100G - ORIGINAL	\$8.95
ANSSS100	AUSTRALIAN NATURAL SOAP COMPANY SOLID SHAMPOO BAR 100G - SENSITIVE	\$10.95
ANSCND100	AUSTRALIAN NATURAL SOAP COMPANY SOLID CONDITIONER BAR 100G - NORMAL/DRY	\$14.95
ANSCSO100	AUSTRALIAN NATURAL SOAP COMPANY SOLID CONDITIONER BAR 100G - SENSITIVE	\$14.95
ADSAH58	ORG ACURE DRY SHAMPOO - ALL HAIR TYPES	\$16.95



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SHELF SANITARY

Price

NCTAMP	NATRACARE COTTON TAMPONS (20 PACK) - REGULAR	\$7.40
NCTAMPS	NATRACARE COTTON TAMPONS (20 PACK) - SUPER	\$7.40
PADRW14	NATRACARE ULTRA PADS WINGS - REGULAR (14 PACK)	\$7.25
PADSW12	NATRACARE ULTRA PADS WINGS - SUPER (12 PACK)	\$7.25
TOCTR16	TSUNO ORGANIC COTTON TAMPONS (16 PACK) - REGULAR	\$6.95
TOCTS16	TSUNO ORGANIC COTTON TAMPONS (16 PACK) - SUPER	\$6.95
TNBPLU20	TSUNO ULTRA THIN PANTY LINERS (20 PACK)	\$6.25
NMP10	TSUNO ULTRA THIN REGULAR PADS WINGS (10 PACK)	\$6.95
TNBPOW8	TSUNO ULTRA THIN OVERNIGHT PADS WINGS (8 PACK)	\$6.75
JMC1	JUJU REUSABLE MENSTRUAL CUP X 1 - MODEL 1 (UNDER 30 & NOT GIVEN BIRTH)	\$55.00
JMC2	JUJU REUSABLE MENSTRUAL CUP X 1 - MODEL 2 (OVER 30 OR HAVE GIVEN BIRTH)	\$55.00
JCW125	JUJU CLEANSING WASH LEMON MYRTLE 125ML	\$9.90
OMCSA	ORGANICUP REUSABLE MENSTRUAL CUP X 1 - SIZE A (NOT GIVEN BIRTH VAGINALLY)	\$35.95
OMCSB	ORGANICUP REUSABLE MENSTRUAL CUP X 1 - SIZE B (GIVEN BIRTH VAGINALLY)	\$35.95
HP12166	HANNAH PAD FABRIC PAD POUCH	\$7.50
HP12161	HANNAH PAD FABRIC REUSABLE PAD X 2 - SMALL	\$34.95
HP12162	HANNAH PAD FABRIC REUSABLE PAD X 1 - MEDIUM	\$23.95
HP12164	HANNAH PAD FABRIC REUSABLE PAD X 1 - ULTRA OVERNIGHT	\$32.95
SO6PK	SAFE TOILET PAPER (6 PACK)	\$5.40
WGC6	WHO GIVES A CRAP TOILET PAPER (6 PACK)	\$7.80
WGC	WHO GIVES A CRAP TOILET PAPER (SINGLE ROLL)	\$1.50
WGCT	WHO GIVES A CRAP TISSUES BOX	\$2.60
NARFW	NANA ARCHIE REUSABLE FACE WIPES (2 PACK)	\$9.80
TTPBW70	TOM ORGANIC TOOSHIES PURE WATER BABY WIPES (70 PACK)	\$6.95
WOFW25	WOTNOT PURIFYING FACIAL WIPES OILY/COMBINATION (25 PACK)	\$8.95
WSFW25	WOTNOT PURIFYING FACIAL WIPES NORMAL/SENSITIVE (25 PACK)	\$8.95
WBW70	WOTNOT BABY WIPES (70 PACK)	\$6.70

PABBN25

PATCH ADHESIVE BAMBOO BANDAGES
(25 PACK) - NATURAL \$6.95

PABBA25

PATCH ADHESIVE BAMBOO BANDAGES
(25 PACK) - ALOE VERA \$6.95

SHELF DEODORANTS

Price

MSNDP30	MY SHAY NATURAL DEODRANT PASTE 30G - ORIGINAL	\$7.95
MYLMD30	MY SHAY DEODORANT PASTE 30G - LEMON MYRTLE	\$7.95
MSND65	MY SHAY NATURAL DEODRANT PASTE 65G - ORIGINAL	\$15.95
MYLMD65	MY SHAY DEODORANT PASTE 65G - LEMON MYRTLE	\$15.95
MSSD65	MY SHAY NATURAL DEODORANT PASTE 65G - SENSITIVE	\$17.95
BNLMD50	BODY OF NATURE ROLL ON DEODORANT 50G - LEMON MYRTLE & GRAPEFRUIT	\$14.90
BNCJD50	BODY OF NATURE ROLL ON DEODORANT 50G - CEDARWOOD & JUNIPER BERRY	\$14.90
BNLCSD50	BODY OF NATURE ROLL ON DEODORANT 50G - LAVENDER & CLARY SAGE	\$14.90
BNRGSOD50	BODY OF NATURE ROLL ON DEODORANT 50G - ROSE GERANIUM & ORANGE	\$14.90
BNLBD50	BODY OF NATURE ROLL ON DEODORANT 50G - LIME & BERGAMOT	\$14.90
BNYGD50	BODY OF NATURE ROLL ON DEODORANT 50G - YLANG YLANG & GRAPEFRUIT	\$14.90
BNSD50	BODY OF NATURE ROLL ON DEODORANT 50G - SENSITIVE	\$15.90
SWD75	ORG SANCTUM WOMEN'S ROLL ON DEODORANT 75G	\$10.60
DODHOR50	DR ORGANIC ROLL ON DEODORANT 50ML - HEMP OIL	\$12.95
DODLR50	DR ORGANIC ROLL ON DEODORANT 50ML - LAVENDER	\$12.95
LCDS75	DR ORGANIC ROLL ON DEODORANT 50ML - MANUKA HONEY	\$12.95
DODVER50	DR ORGANIC ROLL ON DEODORANT 50ML - VITAMIN E	\$12.95
GCDN100	GRANTS NATURAL CRYSTAL DEODORANT 100G	\$9.50

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SHELF DENTAL CARE			Price	SHELF HOME CLEANING & LAUNDRY			Price
EVTC	ENVIRO TOOTHBRUSH - CHILD		\$3.30	SCLMDL1	SIMPLY CLEAN LEMON MYRTLE		
EVTS	ENVIRO TOOTHBRUSH - ADULT SOFT		\$3.30		DISH WASHING LIQUID 1L		\$15.90
EVTM	ENVIRO TOOTHBRUSH - ADULT MEDIUM		\$3.30	ELDWL500	ECOSTORE LEMON DISH WASHING		
ETBC	ECO TOOTHBRUSH CHARCOAL				LIQUID 500ML		\$5.40
	TOOTHBRUSH - CHILD		\$3.40	SCLMDP1	SIMPLY CLEAN LEMON MYRTLE		
ETBS	ECO TOOTHBRUSH CHARCOAL				DISH WASHER POWDER 1KG		\$15.90
	TOOTHBRUSH - ADULT SOFT		\$3.40	ELDWP1	ECOSTORE LEMON DISH WASHER		
					POWDER 1KG		\$12.60
ETBM	ECO TOOTHBRUSH CHARCOAL			SCLMLL1	SIMPLY CLEAN LEMON MYRTLE		
	TOOTHBRUSH - ADULT MEDIUM		\$3.40		LAUNDRY LIQUID 1L		\$15.90
BIOWST	BRUSH IT ON WHEAT STRAW TOOTHBRUSH			SCLSR51	SIMPLY CLEAN FRAGRANCE FREE		
	- ADULT SOFT		\$2.95		LAUNDRY STAIN REMOVER & SOAKER 1KG		\$13.95
BIOTS	BRUSH IT ON BAMBOO TOOTHBRUSH			ANSDL5B100	AUSTRALIAN NATURAL SOAP COMPANY		
	- ADULT SOFT		\$3.95		SOLID DISH & LAUNDRY SOAP BAR 200G		\$14.95
BIOTUSK	BRUSH IT ON BAMBOO TOOTHBRUSH			TRHSG140	THAT RED HOUSE CHUNKY DISHWASHING		
	- CHILD ULTRA SOFT		\$3.95		SOAP BLOCK 140G - PINK GRAPEFRUIT		\$11.95
GRTPH110	GRANTS TOOTHPASTE 110G - MILD MINT		\$4.45	TRHLS55	THAT RED HOUSE LAUNDRY STICKS 55G		
GRTPEF110	GRANTS TOOTHPASTE 110G - FRESH MINT		\$4.45		(2 STICKS) - LEMON MYRTLE		\$8.95
GRPTP110	GRANTS TOOTHPASTE 110G - PROPOLIS		\$4.45	TRHOSB250	ORG THAT RED HOUSE SOAP BERRIES 250G		\$19.95
GRTPW110	GRANTS TOOTHPASTE 110G - WHITENING		\$4.45	TRHOSB500	ORG THAT RED HOUSE SOAP BERRIES 500G		\$31.45
GRTPS110	GRANTS TOOTHPASTE 100G - SENSITIVE		\$6.25	EWA5500	EUMARRAH WASHING SODA		
GRKNT75	GRANTS KIDS TOOTHPASTE 75G				(SODIUM CARBONATE) 500G		\$6.90
	- BLUEBERRY		\$4.25	MOB900	MIECO OXYGEN BLEACH 900G		\$19.95
DRB12696	DR BRONNERS TOOTHPASTE 140G			CCCL	CLEAN CONSCIENCE CREAMY CLEANSER		
	- PEPPERMINT		\$13.65		130ML - LEMON MYRTLE		\$7.60
DRB12697	DR BRONNERS TOOTHPASTE 140G			BAPC400	BON AMI POWDER CLEANSER 400G		\$3.95
	- CINNAMON		\$13.65	DRB12641	DR BRONNER'S SAL SUDS		
MST60	MY SHAY NATURAL TOOTHPASTE 65G		\$16.50		BIODEGRADABLE CLEANER 946ML		\$34.95
GPTT120	GEORGANICS NATURAL TOOTH TABLETS			CC500	CITRO CLEAN MULTI-PURPOSE		
	120 TABLETS 62.4G - ENGLISH PEPPERMINT		\$24.95		CLEANER SPRAY 500ML		\$16.90
BBACP300	BOTANIKA BASICS ACTIVATED			SCLMSD500	SIMPLY CLEAN LEMON MYRTLE		
	CHARCOAL POWDER 300G		\$19.95		SPRAY & WIPE 500ML		\$10.90
BIOACTP40	BRUSH IT ON ACTIVATED CHARCOAL			SCLMD1	SIMPLY CLEAN LEMON MYRTLE		
	TOOTH POWDER TIN 40G - MINT		\$9.95		DISINFECTANT CLEANER 1L		\$14.40
BIOACTP50	BRUSH IT ON PEARL TOOTH POWDER			SCTC500	SIMPLY CLEAN EUCALYPTUS		
	TIN 50G - PEPPERMINT		\$13.95		TOILET CLEANER 500ML		\$10.90
BIOCDF30	BRUSH IT ON 100% COMPOSTABLE			SCLMNM500	SIMPLY CLEAN SIMPLY NO MOULD		
	DENTAL FLOSS (CORN STARCH) 30M		\$7.45		SPRAY 500ML		\$10.90
BIOCDFR	BRUSH IT ON 100% COMPOSTABLE			SCLMAF125	SIMPLY CLEAN LEMON MYRTLE		
	DENTAL FLOSS REFILLS (CORN STARCH)				AIR FRESHENER 125ML		\$6.90
	2 X 30M		\$10.95	AFLM130	CLEAN CONSCIENCE AIR FRESHENER		
NBDFS35	ORG NOOSA BASICS CHARCOAL				500ML - LEMON MYRTLE		\$9.25
	DENTAL FLOSS 35M		\$12.95	ESPMT	ENVIROSAFE PANTRY MOTH TRAP (2 PACK)		\$11.95
GRXNMW500	GRANTS NATURAL MOUTHWASH 500ML		\$11.95	BBBL8	BIOBAG HOME COMPOSTABLE		
					BIN LINERS 8L (75 PACK)		\$13.20
				BBBL20	BIOBAG HOME COMPOSTABLE		
					BIN LINERS 20L (20 PACK)		\$6.95
				BBCDWB40	BIOBAG HOME COMPOSTABLE		
					DOG WASTE BAGS (40 PACK)		\$7.95
				IYCTB	IF YOU CARE LARGE TRASH BAGS (10 PACK)		\$12.95
				WGCP	WHO GIVES A CRAP PAPER TOWELS		\$4.40

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SHELF HOME CLEANING & LAUNDRY			Price	SHELF GIFTWARE			Price
IYCSC	IF YOU CARE SPONGE CLOTHS (5 PACK)		\$9.60	CWUCGP	CHAI WALLI ULTIMATE CHAI TREATS		
RKDC1	RETROKITCHEN BIODEGRADABLE				GIFT PACK		\$64.90
	DISH CLOTH (SINGLE)		\$8.35	TGRCC175	TROUBLESMTITHS 100% SOY CANDLE 175G		
ECBB	ECOCOCONUT BOTTLE BRUSH		\$6.95		- GINGER ROOT		\$15.00
EDB	ECOCOCONUT DISH BRUSH		\$6.95	TRCCC175	TROUBLESMTITHS 100% SOY CANDLE 175G		
ECFS	ECOCOCONUT SCOURER (2 PACK)		\$6.95		- ROSE CEDAR		\$15.00
BIOCKL	BRUSH IT ON COMPOSTABLE			TRCC175	TROUBLESMTITHS 100% SOY CANDLE 175G		
	KITCHEN LOOFAH (LUFFA PLANT FIBRE)		\$4.95		- REFLECTING		\$15.00
IYCMG	IF YOU CARE HOUSEHOLD GLOVES - MED		\$9.20	QBTLC	QUENTON'S TASMANIAN BEESWAX		
IYCLG	IF YOU CARE HOUSEHOLD GLOVES - LARGE		\$9.20		TEA LIGHT CANDLE (EACH)		\$2.25
SGFD739	THAT RED HOUSE STAINLESS STEEL			QTBPC	QUENTON'S TASMANIAN BEESWAX		
	SOAP CAGE		\$29.95		PYRAMID CANDLE (EACH)		\$34.95
PSSP30	PEGZ STAINLESS STEEL CLOTHES PEGS			MWLEP	MADE WITH LOVE EYE PILLOW		\$15.00
	30 PACK - SILVER		\$36.95	MWLHP	MADE WITH LOVE HEAT PILLOW		\$28.00
PRSP30	PEGZ STAINLESS STEEL CLOTHES PEGS			MMTC	MYRTLE & ME GIFT CARD (VARIOUS PRINTS)		\$4.50
	30 PACK - RAINBOW		\$39.95	MMTC-6	MYRTLE & ME GIFT CARD 6 PACK		
					(VARIOUS PRINTS)		\$25.00
SHELF OTHER			Price	CGC	CHRISTINA GRAHAM GIFT CARD		
IYCPB48	IF YOU CARE PAPER SNACK				(VARIOUS TASMANIAN BIRD PRINTS)		\$5.90
	& SANDWICH BAGS (48 PACK)		\$8.45	KTWWS	KEEP TASSIE WILD WARATAH STICKER		\$5.00
LBC60	IF YOU CARE BAKING CUPS (60 CUPS)		\$3.80	KTWSP	KEEP TASSIE WILD SWIFT PARROT STICKER		\$5.00
TRF79503	IF YOU CARE PARCHMENT BAKING SHEETS			KTWJMS	KEEP TASSIE WILD JUNK MAIL STICKER		\$5.00
	NON STICK (24 SHEETS)		\$8.20	KTWSPP	KEEP TASSIE WILD SWIFT PARROT PATCH		\$10.00
IYCBPR	IF YOU CARE PARCHMENT BAKING PAPER		\$10.65	KTWWP	KEEP TASSIE WILD WARATAH PATCH		\$10.00
TRF79501	IF YOU CARE RECYCLED ALUMINIUM FOIL		\$7.90	KTWHEP	KEEP TASSIE WILD HANDFISH ENAMEL PIN		\$15.00
IYCESF	IF YOU CARE RECYCLED ALUMINIUM						
	FOIL EXTRA STRONG		\$7.90				
CCCW30	COMPOSTIC HOME COMPOSTABLE						
	CLING WRAP 30M		\$6.95				
CCRBS20	COMPOSTIC HOME COMPOSTABLE						
	RESEALABLE SNACK BAGS (20 PACK)		\$5.95				
CCRBM15	COMPOSTIC HOME COMPOSTABLE						
	RESEALABLE SANDWICH BAGS (15 PACK)		\$5.95				
MMMC1M	MAD MILLIE MUSLIN CLOTH 1M		\$4.65				
MMKCS1G	MAD MILLIE KEFIR CULTURE SACHET 1G		\$7.95				
MMGBY15G	MAD MILLIE GINGER BEER YEAST						
	SACHET 15G		\$7.95				
MMSS8.1G	MAD MILLIE SOURDOUGH CULTURE						
	SACHET 8.1G		\$8.95				
MMYCS2.5G	MAD MILLIE YOGHURT CULTURE						
	SACHET 2.5G		\$9.95				
MMKK	MAD MILLIE KOMBUCHA KIT		\$44.95				
MMVCK	MAD MILLIE VEGAN CHEESE KIT		\$59.95				

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G300JL	EUMARRAH REUSABLE GLASS JAR WITH LID 300ML - SMALL	\$1.75	TSRTB4	THE SWAG REUSABLE COTTON TEA BAGS (4 PACK)	\$16.95
G375JL	EUMARRAH REUSABLE GLASS JAR WITH LID 375ML - MEDIUM	\$2.10	EENMB	EVER ECO NUT MILK BAG (SINGLE)	\$16.95
G750JL	EUMARRAH REUSABLE GLASS JAR WITH LID 750ML - LARGE	\$2.50	EECPB4	EVER ECO REUSABLE ORGANIC COTTON NET PRODUCE BAGS (4 PACK)	\$19.95
GBWL500	EUMARRAH REUSABLE AMBER GLASS BOTTLE WITH LID 500ML	\$3.90	EECPBM4	EVER ECO REUSABLE ORGANIC COTTON PRODUCE BAGS MIXED NET & MUSLIN (4 PACK)	\$19.95
GBWTS500	EUMARRAH REUSABLE AMBER GLASS SPRAY BOTTLE 500ML	\$6.40	OBFBAS	ONYA REUSABLE BULK FOOD BAG SMALL - AQUA	\$7.80
EMBB8	ECO AND ME TASMANIAN BEESWAX REPAIR BLOCK 8G	\$3.00	OBFBAM	ONYA REUSABLE BULK FOOD BAG MEDIUM - AQUA	\$8.80
EMBB70	ECO AND ME TASMANIAN BEESWAX BLOCK DIY 70G	\$21.00	OBFBAL	ONYA REUSABLE BULK FOOD BAG LARGE - AQUA	\$9.80
EMBW5P	ECO AND ME REUSABLE TASMANIAN BEESWAX WRAP SET (3 PACK)	\$34.50	OBFBCL	ONYA REUSABLE BULK FOOD BAG LARGE - CHARCOAL	\$9.80
TBWM	TROUBLESMTHS REUSABLE BEESWAX WRAP SET (3 PACK)	\$34.50	OBBC	ONYA REUSABLE BREAD BAG - AQUA	\$19.80
EERSFC6	EVER ECO REUSABLE SILICONE FOOD COVERS (SET OF 6)	\$24.95	NAMBB	NANNA ARCHIE REUSABLE BREAD BAG - MEDIUM	\$23.80
SSSS	EVER ECO STAINLESS STEEL DRINKING STRAW SILVER (SINGLE)	\$4.00	NASB	NANNA ARCHIE REUSABLE SANDWICH BAG	\$19.80
SSOTGK	EVER ECO ON-THE-GO-KIT (1 X SILVER STAINLESS STEEL DRINKING STRAW, 1 X CLEANING BRUSH, 1 X COTTON POUCH)	\$8.40	NAMW	NANNA ARCHIE REUSABLE MULTI-WRAP	\$19.80
SSSS4	EVER ECO STAINLESS STEEL DRINKING STRAW SILVER (4 PACK)	\$15.90	ESTRSH	ESTRING BAG - SHORT HANDLE (ASSORTED COLOURS AVAILABLE)	\$4.65
EWSSSS4	EVER ECO STAINLESS STEEL SMOOTHIE STRAW SILVER (4 PACK)	\$15.90	ESBLH	ESTRING BAG - LONG HANDLE (ASSORTED COLOURS AVAILABLE)	\$4.65
RGSSS	EVER ECO STAINLESS STEEL DRINKING STRAW ROSE GOLD (SINGLE)	\$4.95	GCB	EUMARRAH CANVAS TOTE BAG	\$7.50
RGSCB	EVER ECO STAINLESS STEEL DRINKING STRAW ROSE GOLD + CLEANING BRUSH (2 PACK)	\$11.95	BIOKS	BRUSH IT ON KONJAC SPONGE	\$7.95
SSCB1	EVER ECO STAINLESS STEEL STRAW CLEANING BRUSH (SINGLE)	\$3.50	SFBCSP	SAFIX COCONUT FOOT & BODY CARE SCRUB PAD	\$3.95
SSCB2	EVER ECO STAINLESS STEEL STRAW CLEANING BRUSH (2 PACK)	\$6.50			
EICS8	ECO ISLE PLAIN COLOURED STAINLESS STEEL DRINKING STRAW	\$4.50			
SSSS1	ECO ISLE RAINBOW STAINLESS STEEL DRINKING STRAW	\$4.50			
EICS12	ECO ISLE SILVER STAINLESS STEEL SMOOTHIE STRAW	\$5.00			
EIRS12	ECO ISLE RAINBOW STAINLESS STEEL SMOOTHIE STRAW	\$5.00			
WBF16	EVER ECO BAMBOO SPORK	\$4.95			
EICS	ECO ISLE HANDCRAFTED EBONY WOODEN SPOON	\$4.00			
EICB	ECO ISLE HANDCRAFTED COCONUT BOWL	\$12.50			
MKPC	MARK KNIGHT POTTERY MY CUPS (ASSORTED COLOURS/PATTERNS)	\$32.00			

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BOOKS		Price		
FGWFL	A FAMILY GUIDE TO WASTE-FREE LIVING - LAUREN & OBERON CARTER	\$34.95	STSSA	SEED TO SEED - SUZANNE ASHWORTH \$43.90 Australian title. Seed to Seed is a complete seed-saving guide that describes specific techniques for saving the seeds of 160 different vegetables.
IQPBKN	I QUIT PLASTICS - KATE NELSON \$32.95 Kate Nelson has been disposable-plastic free for a decade. Her book is an inspiring and practical guide to reducing your use of plastics, with 60+ lifestyle recipes to cut waste, live clean and change the world.		TVB	A TABLE IN THE VALLEY - ELAIN REEVES & STEVE CUMPER \$44.95 Tasmanian title. Food stories and recipes from Tasmania's Huon Valley.
WNER	WASTE NOT - ERIN RHODS \$31.95 Australian title. Full of waste-free tips, tricks, recipes and resources.		TKSGF	TOMATO KNOW SOW GROW FEAST - JANICE SUTTON, KAREN SUTHERLAND, PENNY WOODWARD \$59.90 Tasmanian title. Celebrating Australian heirloom tomatoes.
AZWLA	A ZERO WASTE LIFE - ANITA VAN DYKE \$27.50 Australian title. The ultimate guide to radically reducing your waste, without losing your lifestyle. A great thirty-day challenge included.		GFC	GARLIC FEAST - JANICE SUTTON \$69.90 Tasmanian title. Featuring more than 100 delicious garlic-inspired recipes and everything you need to know about garlic and cooking with garlic, how to grow garlic, the new superfood black garlic,
EYIM	LESS STUFF - LINDSAY MILES \$25.95 Australian title. A guide for people who find it difficult to declutter and don't want to see things go to waste. Explore finding your 'enough', learn how to let go and eventually break the cycle of stuff.		EWTB	EAT WILD TASMANIA - REES CAMPBELL \$55.00 Tasmanian title. THE FIRST of its kind, Eat Wild Tasmanian de-mystifies the botanical larder of the Tasmanian bush. Find where plants grow, which parts to harvest and when, which ones will suit your garden, and what to do with the produce once you have picked it!
PSNFHH	HOME BY NATURAL HARRY - HARRIET BIRRELL \$32.95 Australian title. A comprehensive collection of DIY recipes, tips, tricks and hacks for a calm, resourceful and tox-free existence.		UNFH	MORE PLANTS, LESS WASTE - MAX LA MANNA \$44.95 Delicious plant-based recipes to waste less food! Max La Manna, low waste chef and climate activist, bridges the gap between vegan food and waste-free cooking - inviting us to embrace the MORE PLANTS LESS WASTE mindset.
TVRB	MILKWOOD - KIRSTEN BRADLEY, NICK RITAR \$67.50 Australian title. A gathering of skills and knowledge for down-to-earth living - five subjects to get you started on a hand-made, home-made life: The Tomato, Mushroom Cultivation, Natural Beekeeping, Seaweed, Wild Food.		HVPM	THE HOMEMADE VEGAN PANTRY - MIYOKO MISHIMOTO \$46.50 A guide to creating vegan versions of staple ingredients to stock the fridge and pantry - from dairy and meat substitutes to mustards, dressings, crackers, pasta sauces, cookies, and more.
TAOFH	THE ART OF FRUGAL HEDONISM - ANNIE RASER-ROWLAND & ADAM GRUBB \$33.95 Your leisurely guide to a life that both makes sense, while indulging the senses; how to live lightly but luxuriantly.		ACVSD	SMITH AND DAUGHTERS A COOKBOOK THAT HAPPENS TO BE VEGAN - SHANNON MARTINEZ \$52.90 A cookbook that is unconventionally, unintentionally vegan - with a killer take on plant-based cooking.
BKWFG	A WINK FROM A GURU - AARON SCHULTZ \$28.95 Australian title. Aaron shares how he got into unhealthy habits, poor mental and physical health, workplace stress and burnout and how he overcame them to become healthy, happy and well.		EYYC	EAT MORE VEGAN - LUKE HINES \$39.95 Australian title. In Eat More Vegan, Luke shares 100 plant-based recipes that are packed with flavour, full of vibrant colour and bursting with nutrition.
FHD	FERMENT - HOLLY DAVIS \$49.90 Australian title. Bursting with practical guidance and recipes for delicious live probiotic dishes and ideas for their use.		KKKB	KENKO KITCHEN - KATE BRADLEY \$29.95 Kate Bradley shares a range of healthy and delicious foods that are sugar-free, gluten-free and vegan.
WFSK	WILD FERMENTATION - SANDOR ELIX KATZ \$48.90 Sandor Ellix Katz has experimented with Wild Fermentation and his book explains to others how to take advantage of natural fermentation processes to produce bread, yogurt, cheese, beer, wine, miso, sauerkraut, kimchi, and other fermented food.		BBKB	BLISS BITES - KATE BRADLEY \$24.95 A celebration of the taste and flavour sensations that are possible with dairy and refined sugar-free snacks.
GVSA	GROWING VEGETABLES SOUTH OF AUSTRALIA - STEVE SOLOMAN \$29.95 Australian title. Year round Tasmanian food gardening. A guide to producing a 12-month long abundance of fresh vegetables and helps the gardener to understand Tasmania's unique conditions, problems and opportunities. An in-depth approach to veggie gardening.		FTRLS	FEEDING THE RESISTANCE - LISA SEARLE & BOB BROWN FOUNDATION \$49.95 Tasmanian title. Lisa Searle's superb vegan meals have been powering activists on the frontlines for years. Lisa, together with the Bob Brown Foundation, has put together a book of these recipes so now you can enjoy these delicious meals at home, or with your own campaign crew.

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JMRWSV	ORG JACKMAN & MCROSS WHITE SOURDOUGH (FRI DELIVERY)	\$6.40	SKSWS	ORG SUMMER KITCHEN SPROUTED WHEAT SOURDOUGH (TUE, WED & THU DELIVERY)	\$7.30
JMRPLR	JACKMAN & MCROSS PLAIN RYE LOAF (FRI DELIVERY)	\$6.40	SKPUTS	ORG SUMMER KITCHEN PUTANESCA SOURDOUGH (SAT DELIVERY)	\$7.40
JMRMGL	ORG JACKMAN & MCROSS 16 HOUR MULTIGRAIN LOAF (FRI DELIVERY)	\$6.40	SKFNS	ORG SUMMER KITCHEN FRUIT & NUT SOURDOUGH (WED, THU & SAT DELIVERY)	\$7.50
PWC	PIGEON WHOLE BAKERS CIABATTA (SAT DELIVERY)	\$4.50	SKEB	ORG SUMMER KITCHEN HOT CROSS BUNS 6 PACK	\$9.90
PWFB	PIGEON WHOLE BAKERS FICELLE BAGUETTES (SAT DELIVERY)	\$4.50	AGHM600	ORG ANCIENT GRAINS 100% MILLET BREAD 550G (MON DELIVERY)	\$7.50
PHSD	PIGEON WHOLE BAKERS STONEGROUND SOURDOUGH (MON, TUE, THU & SAT DELIVERY)	\$6.50	AGMSS550	ORG ANCIENT GRAINS MILLET & SPELT SOURDOUGH 550G (MON DELIVERY)	\$8.50
PHRYMO	PIGEON WHOLE BAKERS RYE & MOLASSES SOURDOUGH (MON, TUE, THU & SAT DELIVERY)	\$6.50	AGRB600	ORG ANCIENT GRAINS RICE BREAD SOURDOUGH 550G (MON DELIVERY)	\$6.50
PWML	PIGEON WHOLE BAKERS MALT & LINSEED SOURDOUGH (TUE, THU & SAT DELIVERY)	\$6.50	AGBW550	ORG ANCIENT GRAINS BABEL SPELT ANCIENT GRAINS WHOLEMEAL SOURDOUGH 550G (MON DELIVERY)	\$9.20
PWMLR	PIGEON WHOLE BAKERS MALT & LINSEED ROLL (SINGLE) (MON, THU & SAT DELIVERY)	\$1.00	AGSC580	ORG ANCIENT GRAINS SPELT CHIA LOAF 580G (MON DELIVERY)	\$9.40
PWB	PIGEON WHOLE BAKERS BAGEL (SINGLE) - PLAIN/SESAME/POPPY/EVERYTHING (TUE & SAT DELIVERY)	\$2.00	AGWMCHIA	ORG ANCIENT GRAINS SPELT WHOLEMEAL CHIA LOAF 580G (MON DELIVERY)	\$9.40
PWCR	PIGEON WHOLE BAKERS CROISSANT (SINGLE) (CUSTOMER ORDER ONLY)	\$4.00	AG7	ORG ANCIENT GRAINS ASSUR HEARTY 7 GRAINS RYE SOURDOUGH 680G (MON DELIVERY)	\$7.70
PWPAC	PIGEON WHOLE BAKERS PAIN AU CHOCOLAT (SINGLE) (CUSTOMER ORDER ONLY)	\$4.30	AOS	ORG ANCIENT GRAINS TIGRIS SPELT SOURDOUGH 680G (MON DELIVERY)	\$9.20
PWD	PIGEON WHOLE BAKERS DANISH (SINGLE) - RHUBARB OR PEAR (CUSTOMER ORDER ONLY)	\$4.30	AGRS600	ORG ANCIENT GRAINS WHOLEGRAIN SPELT RUSTIC LOAF 680G (MON DELIVERY)	\$9.40
SKRS	ORG SUMMER KITCHEN 100% RYE SOURDOUGH (WED DELIVERY)	\$7.40	AGSW	ORG ANCIENT GRAINS SUMER WHOLEGRAIN SPELT SOURDOUGH 680G (MON DELIVERY)	\$9.20
SK3S	ORG SUMMER KITCHEN 3 SEED SOURDOUGH (SAT DELIVERY)	\$7.40	AGKW	ORG ANCIENT GRAINS GIZA WHITE KAMUT SOURDOUGH 680G (MON DELIVERY)	\$9.20
SK5G	ORG SUMMER KITCHEN 5 GRAIN, 3 SEED SOURDOUGH (SAT DELIVERY)	\$7.50	AGK	ORG ANCIENT GRAINS WHOLEMEAL KAMUT SOURDOUGH 680G (MON DELIVERY)	\$9.20
SKWM	ORG SUMMER KITCHEN BAKERS CREEK WHOLEMEAL SOURDOUGH (TUE, THU & SAT DELIVERY)	\$7.30	AGBS680	ORG ANCIENT GRAINS BARLEY SOURDOUGH COBB 680G (MON DELIVERY)	\$8.50
SKWS	ORG SUMMER KITCHEN HUON VALLEY SOURDOUGH (TUE, WED, THU, FRI & SAT DELIVERY)	\$7.30	AGHO600	ORG ANCIENT GRAINS HONEY OAT COBB 680G (MON DELIVERY)	\$8.50
SKSS	ORG SUMMER KITCHEN SPELT SOURDOUGH (FRI & SAT DELIVERY)	\$7.40	AGOAT	ORG ANCIENT GRAINS EUPHRATES OAT SOURDOUGH 680G (MON DELIVERY)	\$8.50
SKSR	ORG SUMMER KITCHEN SPROUTED RYE SOURDOUGH (TUE, WED, THU, FRI & SAT DELIVERY)	\$7.40	AGBB	ORG ANCIENT GRAINS MARI RYE BREAKFAST BREAD 680G (MON DELIVERY)	\$9.50
SKPS	ORG SUMMER KITCHEN PUMPKIN SOURDOUGH (SAT DELIVERY)	\$7.40	AGR	ORG ANCIENT GRAINS NIPPUR RYE GRID SOURDOUGH 700G (MON DELIVERY)	\$7.70
			AGRC700	ORG ANCIENT GRAINS RYE CYPRUS SEED SOURDOUGH 700G (MON DELIVERY)	\$7.70

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SHELF BREAD & WRAPS		Price			
HBAG	ORG HEALTHYBAKE ANCIENT GRAINS & SEED SOURDOUGH 600G (THU DELIVERY)	\$8.90	HBRW	ORG HEALTHYBAKE WHOLEMEAL RYE SOURDOUGH 700G (THU DELIVERY)	\$8.90
HBBSD	ORG HEALTHYBAKE BAVARIAN SOURDOUGH 600G (THU DELIVERY)	\$7.90	HBWS	ORG HEALTHYBAKE SPELT SOURDOUGH 700G (THU DELIVERY)	\$8.90
HBASD600	ORG HEALTHYBAKE AMARANTH SOURDOUGH 600G (THU DELIVERY)	\$8.90	HBSWG	ORG HEALTHYBAKE WHOLEGRAIN SPELT SOURDOUGH 700G (THU DELIVERY)	\$8.90
HBMS	ORG HEALTHYBAKE MILLET SOURDOUGH 600G (THU DELIVERY)	\$8.50	HBWMK	ORG HEALTHYBAKE WHOLEMEAL KHORASAN SOURDOUGH 700G (THU DELIVERY)	\$8.90
HBHBO	ORG HEALTHYBAKE HEMP SOURDOUGH 600G (THU DELIVERY)	\$9.30	HBSS	ORG HEALTHYBAKE SESAME SPELT SOURDOUGH 700G (THU DELIVERY)	\$8.90
HBSFSD600	ORG HEALTHYBAKE SUPERFOODS SOURDOUGH 600G (THU DELIVERY)	\$8.90	HBSWR	ORG HEALTHYBAKE SPELT SOURDOUGH ROLLS 500G (THU DELIVERY)	\$8.90
HBPSD600	ORG HEALTHYBAKE PROTEIN SOURDOUGH 600G (THU DELIVERY)	\$8.90	HBSWMR	ORG HEALTHYBAKE WHOLEMEAL SPELT SOURDOUGH ROLLS 500G (THU DELIVERY)	\$8.90
HBOAB	ORG HEALTHYBAKE OATBRAN SOURDOUGH 600G (THU DELIVERY)	\$8.90	HBKR	ORG HEALTHYBAKE KHORASAN SOURDOUGH ROLLS 500G (THU DELIVERY)	\$8.90
HBOSD	ORG HEALTHYBAKE OAT COBB SOURDOUGH 600G (THU DELIVERY)	\$8.90	HBSFB	ORG HEALTHYBAKE SPELT FRUIT BUNS 500G (THU DELIVERY)	\$9.95
HBOMCSO	ORG HEALTHYBAKE OAT MULTIGRAIN COBB SOURDOUGH 600G (THU DELIVERY)	\$9.30	NLCW200	NATUREEN LOW CARB WRAPS 220G (5 PACK)	\$8.20
HBODC600	ORG HEALTHYBAKE OAT, DATE & CHIA SOURDOUGH 600G (THU DELIVERY)	\$8.90	HMCOSC	HUON ME CRUMPET CO ORIGINAL SOURDOUGH CRUMPETS 6 PACK	\$10.00
HBQSD600	ORG HEALTHYBAKE QUINOA SOURDOUGH 600G (THU DELIVERY)	\$8.90	HMCVSC6	HUON ME CRUMPET CO VEGAN SOURDOUGH CRUMPETS 6 PACK	\$10.00
HBFH	ORG HEALTHYBAKE FARMHOUSE RYE SOURDOUGH 600G (THU DELIVERY)	\$7.90			
HBRC	ORG HEALTHYBAKE RYE & CARAWAY SOURDOUGH 600G (THU DELIVERY)	\$8.50			
HBSW	ORG HEALTHYBAKE WHOLEMEAL SPELT SOURDOUGH 600G (THU DELIVERY)	\$8.90			
HBSFL	ORG HEALTHYBAKE SPELT FRUIT LOAF SOURDOUGH 600G (THU DELIVERY)	\$9.90			
HBSRF	ORG HEALTHYBAKE RYE FRUIT NUT & SEED SOURDOUGH 650G (THU DELIVERY)	\$9.80			
HB7SC	ORG HEALTHYBAKE SEVEN SEED COB SOURDOUGH 700G (THU DELIVERY)	\$8.90			
HBAGW	ORG HEALTHYBAKE WHOLEMEAL ANCIENT GRAINS & SEED SOURDOUGH 700G (THU DELIVERY)	\$8.90			
HBWK	ORG HEALTHYBAKE KHORASAN SOURDOUGH 700G (THU DELIVERY)	\$8.90			
HBKS700	ORG HEALTHYBAKE KHORASAN & SEEDS SOURDOUGH 700G (THU DELIVERY)	\$8.90			
HBRS	ORG HEALTHYBAKE RYE GRID SOURDOUGH 700G (THU DELIVERY)	\$7.90			

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SHELF GLUTEN FREE BREAD & WRAPS		Price			
SUBW	BAKED GLUTEN FREE BETTY WHITE LOAF (MON, WED & FRI DELIVERY)	\$9.20	NRCW70	ORG NUCO GLUTEN FREE COCONUT WRAPS 70G (5 PACK)	\$13.65
SUSSB	BAKED GLUTEN FREE SUPER SEEDY LOAF (MON, WED & FRI DELIVERY)	\$9.20	NRTCW70	ORG NUCO GLUTEN FREE TURMERIC COCONUT WRAPS 70G (5 PACK)	\$12.95
SUFNB	BAKED GLUTEN FREE PUNCHY FRUIT & NUT LOAF (MON, WED & FRI DELIVERY)	\$11.60	NGFPW200	NATUREEN GLUTEN FREE FLAXSEED PALEO WRAPS 200G	\$8.20
SUBW	BAKED GLUTEN FREE FOCACCIA PACK (MON, WED & FRI DELIVERY)	\$6.50	NGFLW200	NATUREEN GLUTEN FREE BUCKWHEAT LOW FODMAP WRAPS 200G	\$8.20
GFPML600	GF PRECINCT GLUTEN FREE MARKET LOAF 600G (MON & WED DELIVERY)	\$8.50	GFPW4	GF PRECINCT GLUTEN FREE WRAPS 260G (4 PACK) (MON & WED DELIVERY)	\$7.90
GFPBC600	GF PRECINCT GLUTEN FREE BUCKWHEAT & CHIA LOAF 600G (MON & WED DELIVERY)	\$8.50	GFPPB	GF PRECINCT GLUTEN FREE PIZZA BASE 380G (2 PACK) (MON & WED DELIVERY)	\$7.90
GFPQS650	GF PRECINCT GLUTEN FREE QUINOA & SOY LOAF 650G (MON & WED DELIVERY)	\$8.80	VPPB380	VITALITY GLUTEN FREE PIZZA BASE 380G (2 PACK) - PLAIN WITH SEA SALT	\$9.20
GFPSL650	GF PRECINCT GLUTEN FREE SPROUTED LOAF 650G (MON & WED DELIVERY)	\$8.80	VTPB420	VITALITY GLUTEN FREE PIZZA BASE 420G (2 PACK) - SUN RIPENED TOMATO	\$9.20
GFPFF720	GF PRECINCT GLUTEN FREE FRUIT LOAF 720G (MON & WED DELIVERY)	\$9.50	VPCPB580	VITALITY GLUTEN FREE PIZZA BASE 580G (2 PACK) - PESTO & CHEESE	\$9.20
GFPBB400	GF PRECINCT GLUTEN FREE BUCKWHEAT BURGER BUNS 400G (4 PACK) (MON & WED DELIVERY)	\$6.80	GFFSPB2400	VENERDI GLUTEN FREE FANCIER SOURDOUGH PIZZA BASES 400G	\$6.95
VSSS680	ORG VENERDI GLUTEN FREE CRAFTED SEED & SOUR SOURDOUGH BREAD 680G	\$13.90	SDB4PK	VENERDI GLUTEN FREE CLASSIC SOURDOUGH BAGELS 4 PACK	\$8.20
VKBH490	VENERDI GLUTEN FREE KETO BREAD 490G - HEMP & LINSEED	\$13.90	LCRUM240	LIBERATE GLUTEN FREE CRUMPETS 240G	\$6.95
VPBSS520	VENERDI GLUTEN FREE PALEO BREAD 550G - SUPER SEEDED	\$13.90	FRIDGE VEGAN YOGHURT		Price
VPBAL580	VENERDI GLUTEN FREE PALEO BREAD 550G - ALMOND LINSEED	\$13.90	CCYVB500	COYO COCONUT YOGHURT 500G - VANILLA BEAN	\$12.50
GFSPS535	VENERDI GLUTEN FREE SWEET POTATO SOURDOUGH BREAD 535G	\$9.95	CYSCY500	COYO COCONUT YOGHURT 500G - SALTED CARAMEL	\$12.50
ZMSGF700	ZEHNDER BAKEHOUSE GLUTEN FREE BREAD 700G - MULTISEED (FROZEN)	\$9.50	CYN400	COYO COCONUT YOGHURT 500G - NATURAL	\$12.50
ZWMGF700	ZEHNDER BAKEHOUSE GLUTEN FREE BREAD 700G - WHOLEMEAL (FROZEN)	\$9.50	CNY1	COYO COCONUT YOGHURT 1KG - NATURAL	\$20.90
ZPGF700	ZEHNDER BAKEHOUSE GLUTEN FREE BREAD 700G - PUMPKIN (FROZEN)	\$9.50	ENCY210	ORG EDEN COCONUT YOGHURT 500G - NATURAL	\$11.30
LTCT220	LA TORTILLERIA GLUTEN FREE CORN TORTILLAS 220G (8 PACK)	\$6.30	EVBCYO500	ORG EDEN COCONUT YOGHURT 500G - VANILLA BEAN	\$11.30
LTCT330	LA TORTILLERIA GLUTEN FREE CORN TORTILLAS 330G (15 PACK)	\$9.90	WHNCY500	WESTHAVEN COCONUT YOGHURT 500G - NATURAL	\$9.50
			KLSYMPO250	KINGLAND SOY YOGHURT 250G - MANGO & PEACH	\$4.90
			KLSYSO250	KINGLAND SOY YOGHURT 250G - STRAWBERRY	\$4.90
			KLSYB250	KINGLAND SOY YOGHURT 250G - BERRIES	\$4.90
			KPSY500	KINGLAND SOY YOGHURT 500G - PLAIN	\$6.50

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FRIDGE DAIRY YOGHURT			Price	FRIDGE DAIRY MILKS & CREAMS			Price
EYW500	ORG ELGAAR NATURAL YOGHURT 500ML		\$9.70	ASHMILK1	ORG ASHGROVE MILK 1L		\$3.45
BLFNY500	ORG BARAMBAH YOGHURT 500G - LACTOSE FREE		\$6.25	RIMI2	RICHMOND MILK 2L		\$4.20
BFFYO500	ORG BARAMBAH YOGHURT 500G - LOW FAT		\$6.55	PYMI1.5	PYENGANA MILK 1.5L		\$3.60
BMYO500	ORG BARAMBAH YOGHURT 500G - MANGO		\$6.95	EBWM750	ORG ELGAAR BIO MILK CREAM-ON-TOP 750ML		\$5.80
BSYO500	ORG BARAMBAH YOGHURT 500G - STRAWBERRY		\$6.95	MBCRM750	MADE BY COW COLD PRESSED RAW MILK CREAM ON TOP 750ML		\$3.95
BFFYO1000	ORG BARAMBAH YOGHURT 1KG - LOW FAT		\$9.65	CCPRM750	MADE BY COW COLD PRESSED RAW JERSEY MILK CREAM ON TOP 750ML		\$4.95
BNYO1	ORG BARAMBAH YOGHURT 1KG - NATURAL		\$10.45	RFGM1LT	ROBUR FARM GOATS MILK 1L		\$4.70
BSGYO1	ORG BARAMBAH YOGHURT 1KG - SWEETENED GREEK		\$10.65	MVBM600	MEANDER VALLEY BUTTERMILK 600ML		\$3.95
BSGYO1	ORG BARAMBAH YOGHURT 1KG - LOW FAT		\$8.80	MVDC200	MEANDER VALLEY DOUBLE CREAM 200ML		\$4.65
BBHY1	ORG BARAMBAH YOGHURT 1KG - BUSH HONEY		\$10.65	MVPC200	MEANDER VALLEY POURING CREAM 200ML		\$3.95
SOYN500	ORG SCHULZ NATURAL YOGHURT 500G		\$6.90	MVBC200	MEANDER VALLEY BRANDY CREAM 200ML (XMAS ONLY)		\$4.95
SNY1	ORG SCHULZ NATURAL YOGHURT 1KG		\$9.90	MVCC200	MEANDER VALLEY CHOCOLATE CREAM 200ML (XMAS ONLY)		\$4.95
SGY500	ORG SCHULZ GREEK YOGHURT 500G		\$6.90	ETCRM	ORG ELGAAR FRESH CREAM 250ML		\$7.60
SGY1	ORG SCHULZ GREEK YOGHURT 1KG		\$9.90	BPCO200	ORG BARAMBAH PURE CREAM 200G		\$5.95
WHYNATSY500	WESTHAVEN SILKY YOGHURT 500G - NATURAL		\$4.95	ESL300	ORG ELGAAR SOUR CREAM 300G		\$10.50
WHONY500	WESTHAVEN OMEGA 3 YOGHURT 500G - NATURAL		\$5.25	BSCO200	ORG BARAMBAH SOUR CREAM 200G		\$5.95
WHGYN	WESTHAVEN GOAT YOGHURT 500G - NATURAL		\$4.95	TMTPKO1	ORG THE MILK THIEF PROBIOTIC KEFIR 1KG		\$9.85
MBSYO500	MEREDITH SHEEP YOGHURT 500G		\$8.60	BABNAT	ORG BABUSHKA KEFIR 500G - NATURAL		\$6.60
MGSYO1	MEREDITH PROBIOTIC SHEEP YOGHURT 1KG		\$14.80	BABM&H	ORG BABUSHKA KEFIR 500G - MILK & HONEY		\$6.40
MRNY1	MOUNTAIN RIVER YOGHURT 1KG - NATURAL		\$9.75	BABS&C	ORG BABUSHKA KEFIR 500G - STRAWBERRY & CREAM		\$5.90
MRSCY1	MOUNTAIN RIVER YOGHURT 1KG - SWEET & CREAMY		\$9.75	BCKY500	ORG BABUSHKA KEFIR 500G - COCONUT		\$6.60
FRIDGE VEGAN MILKS & CREAMS			Price	BABNAT1	ORG BABUSHKA KEFIR 1KG - NATURAL		\$12.90
NBAMA1	ORG NUTTY BRUCE ACTIVATED ALMOND MILK 1L - ORIGINAL		\$6.50	BBCY1000	ORG BABUSHKA KEFIR 1KG - COCONUT		\$12.90
NBUAM1	ORG NUTTY BRUCE ACTIVATED ALMOND MILK 1L - UNSWEETENED		\$6.50				
SSMO750	ORG SOYOYOY SOY MILK 750ML		\$5.90				
GCKO475	ORG GAGA'S VEGAN COCONUT KEFIR 500ML		\$10.70				
GCKTO475	ORG GAGA'S VEGAN COCONUT KEFIR GINGER TURMERIC 500ML		\$10.70				
DVSC300	DIBBLE VEGAN SOUR CREAM 300G		\$9.50				

Updated 15/4/21



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Online Order Shelf Product List

FRIDGE DAIRY CHEESE

Price

MGCO150	MEREDITH GOAT CHEVRE 150G - NATURAL	\$8.40
MGCOD150	MEREDITH GOAT CHEVRE 150G - DILL	\$8.40
MGCOA150	MEREDITH GOAT CHEVRE 150G - ASH	\$8.40
MGMF320	MEREDITH MARINATED GOAT FETA 320G	\$13.90
WHGFET	WESTHAVEN MARINATED GOAT FETA 230G	\$10.65
WHCFETT	WESTHAVEN MARINATED COW FETA 350G	\$10.95
PCSS	TAS FOOD CO SALT SKIP CHEDDAR 150G	\$7.50
PMCP	TAS FOOD CO MILD CHEDDAR 150G	\$7.50
BCS200	BRUNY ISLAND CHEESE - SAINT 190G	\$19.50
BICGE	BRUNY ISLAND CHEESE - GEORGE (WEIGHTED PRE-CUT PIECES)	\$99.00/kg
BICGE	BRUNY ISLAND CHEESE - TOM (WEIGHTED PRE-CUT PIECES)	\$99.00/kg
BICT	BRUNY ISLAND CHEESE - RAW MILK C2 (WEIGHTED PRE-CUT PIECES)	\$119.00/kg
DOCB160	ORG DERRY-O CREAMY BLUE 160G	\$10.95
TOBRIE150	ORG TRUE ORGANICS BRIE CHEESE 200G	\$10.65
DDOB200	ORG DIVINE DAIRY BRIE CHEESE 200G	\$10.95
DDOB160	ORG DIVINE DAIRY BLUE CHEESE 160G	\$9.75
TOHC200	ORG TRUE ORGANICS HALOUMI CHEESE 200G	\$9.95
WHHC200	WESTHAVEN HALOUMI CHEESE 200G	\$8.90
BTCO250	ORG BARAMBAH TASTY CHEDDAR CHEESE 250G	\$8.65
BGCO250	ORG BARAMBAH GRATED CHEDDAR CHEESE 250G	\$8.45
BCCLF500	ORG BARAMBAH LOW FAT COTTAGE CHEESE 500G	\$8.85
NNCS250	NORCO CHEESE CO ELBO STYLE CHEESE SLICED 250G	\$6.65
NNCB500	NORCO CHEESE CO ELBO STYLE CHEESE BLOCK 500G	\$9.95
EMO330	ORG ELGAAR MASCARPONE 300G	\$13.50
SCQO375G	ORG SCHULTZ QUARK 365G	\$6.90
WHQ500	WESTHAVEN QUARK 500G	\$9.80

FRIDGE VEGAN CHEESE

Price

AK120	ARTISA KUNANYI CHEESE 120G	\$12.50
ASC120	ARTISA ST CLAIR CHEESE 120G	\$12.50
ACR120	ARTISA THE DERWENT CHEESE 120G	\$12.50
AG120	ARTISA GLADSTONE CHEESE 120G	\$12.95
ATBC130	ARTISA TASMAN BLACK CHEESE 120G	\$14.95
ABL200	ARTISA BEN LOMOND CHEESE 120G	\$18.95

LACC115	LAUDS AGED CASHEW CHEESE 120G	\$10.00
LSOPC180	LAUDS SMOKED OAT PEPPERBERRY CHEESE 180G	\$10.00
LAWC115	LAUDS ASHED WALNUT CHEESE 120G	\$10.50
LMMC400	LAUDS MELT ME CHEESE 400G	\$11.50
LTOMC300	LAUDS TASTY OAT MELT CHEESE 300G	\$11.50
LPSF220	LAUDS PERSIAN STYLE FETA 300G	\$13.50
LAGF200	LAUDS GREEK FETA STYLE CHEESE 200G	\$13.50
STF200	ORG SOYOYOY MARINATED TOFU FETA 200G	\$14.50
YMF200	YAY MARINATED FETA CHEESE 200G	\$16.60
DDAC250	DAMONA AMERICAN CHEDDAR 250G	\$11.95
DDPJ250	DAMONA PEPPERJACK CHILLI 250G	\$11.95
DDCB250	DAMONA COW BOCCONCINI 240G	\$12.40
DDCAF200	DAMONA COW BAKED ALMOND FETA 200G	\$14.95
GVDFCS180	GREEN VIE VEGAN CHEESE SLICES 180G - CHEDDAR	\$6.35
GVGSVB250	GREEN VIE VEGAN CHEESE BLOCK 250G - GOUDA	\$7.20
GVMSVB250	GREEN VIE VEGAN CHEESE BLOCK 250G - MOZZARELLA	\$6.95
GVBWVC200	GREEN VIE VEGAN BLUE STYLE CHEESE 200G	\$8.40
GVVVH200	GREEN VIE VEGALLOUMI VEGAN HALOUMI 200G	\$7.90
GVGP100	GREEN VIE GRATED VEGAN PARMESAN CHEESE 100G	\$4.75
FYHVP142	FOLLOW YOUR HEART VEGAN PARMESAN 142G	\$10.95
KKCCT250	ORG KEHOES KITCHEN CASHEW CHEESE 250G - TASTY TUMERIC	\$13.70
KKCCP250	ORG KEHOES KITCHEN CASHEW CHEESE 250G - BASIL PESTO	\$13.70
NBGCC270	NUTTY BAY CASHEW CHEESE 270G - GARLIC	\$14.90
NBCCC270	NUTTY BAY CASHEW CHEESE 270G - CHIVES & SHALLOTS	\$14.90
NBMCC270	NUTTY BAY CASHEW CHEESE 270G - MUSHROOM	\$14.90
NBOOCC270	NUTTY BAY CASHEW CHEESE 270G - OLIVE & OREGANO	\$14.90
NBTBCC270	NUTTY BAY CASHEW CHEESE 270G - TOMATO & BASIL	\$14.90



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FRIDGE MEAT

Price

BBWFB	BOKS BACON - WOOD FIRED SMOKED BACON MIDDLE/SHORT 180G	\$9.65
BBHB	BOKS BACON - WOOD FIRED SMOKED BUSH HONEY BACON 180G	\$8.95
BBSCB	BOKS BACON - DRY CURED STREAKY BACON 180G	\$8.95
BBBA	BOKS PORK BURGERS (PRE PACKED WEIGHTS & PRICES)	
BBPFS	BOKS PORK SAUSAGES (PRE PACKED WEIGHTS & PRICES)	
BIHDWP	BRUNY ISLAND HAND DICED WALLABY PIECES (PRE PACKED WEIGHTS & PRICES)	
BIPWM	BRUNY ISLAND PREMIUM WALLABY MINCE (PRE PACKED WEIGHTS & PRICES)	
BIWS	BRUNY ISLAND WALLABY SHANKS (PRE PACKED WEIGHTS & PRICES)	
BIWT	BRUNY ISLAND WALLABY TOPSIDE (PRE PACKED WEIGHTS & PRICES)	
KBBQ	ORG KELTY BARBECUE STEAK (PRE PACKED WEIGHTS & PRICES)	
KMIN	ORG KELTY BEEF MINCE (PRE PACKED WEIGHTS & PRICES)	
KSMB	ORG KELTY BEEF SAUSAGE MINCE (PRE PACKED WEIGHTS & PRICES)	
KSAUS	ORG KELTY BEEF SAUSAGES (PRE PACKED WEIGHTS & PRICES)	
KBPSAU	ORG KELTY BEEF-PORK SAUSAGES (PRE PACKED WEIGHTS & PRICES)	
KS Rib	ORG KELTY BEEF SHORT RIB (PRE PACKED WEIGHTS & PRICES)	
KBLR	ORG KELTY BLADE ROAST (PRE PACKED WEIGHTS & PRICES)	
KBLST	ORG KELTY BLADE STEAK (PRE PACKED WEIGHTS & PRICES)	
KBRIS	ORG KELTY BRISKET (PRE PACKED WEIGHTS & PRICES)	
KCSR	ORG KELTY CORNED SILVERSIDE ROAST (PRE PACKED WEIGHTS & PRICES)	
KEYEFIL	ORG KELTY EYE FILLET STEAK (PRE PACKED WEIGHTS & PRICES)	
KBUR	ORG KELTY HAMBURGERS (PRE PACKED WEIGHTS & PRICES)	
KPORT	ORG KELTY PORTERHOUSE STEAK (PRE PACKED WEIGHTS & PRICES)	

KOF	ORG KELTY OFFAL (PRE PACKED WEIGHTS & PRICES)
KOB	ORG KELTY OSSO BOCCO (PRE PACKED WEIGHTS & PRICES)
KOX	ORG KELTY OX TAIL (PRE PACKED WEIGHTS & PRICES)
KRIB	ORG KELTY RIB EYE STEAK (PRE PACKED WEIGHTS & PRICES)
KPROAST	ORG KELTY ROLLED PORK ROAST (PRE PACKED WEIGHTS & PRICES)
KROR	ORG KELTY ROUND ROAST (PRE PACKED WEIGHTS & PRICES)
KROU	ORG KELTY ROUND STEAK (PRE PACKED WEIGHTS & PRICES)
KRUM	ORG KELTY RUMP STEAK (PRE PACKED WEIGHTS & PRICES)
KSCTCH	ORG KELTY SCOTCH FILLET (PRE PACKED WEIGHTS & PRICES)
KSHIN	ORG KELTY SHIN BEEF (PRE PACKED WEIGHTS & PRICES)
KSTEW	ORG KELTY STEWING STEAK (PRE PACKED WEIGHTS & PRICES)
KTOPSD	ORG KELTY TOPSIDE ROAST (PRE PACKED WEIGHTS & PRICES)
KTOPS	ORG KELTY TOPSIDE STEAK (PRE PACKED WEIGHTS & PRICES)

PLEASE NOTE: NOT ALL MEAT VARIETIES ARE AVAILABLE EVERY
WEEK. FOR SPECIFIC PRODUCTS PLEASE CONTACT OUR TEAM
TO PLACE A PRE-ORDER (SUBJECT TO SUPPLIER AVAILABILITY).

FRIDGE SEAFOOD

Price

TFPOO12	ORG TASMANIAN OYSTER CO FRESH TASMANIAN PACIFIC OYSTERS 1 DOZEN (HALF SHELLS)	\$21.95
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FRIDGE TOFU & MEAT ALTERNATIVES

		Price
HTC	NUTRISOY VEGAN TOFU 200G - TERIYAKI	\$5.95
HSC	NUTRISOY VEGAN TOFU 200G - SPICY	\$5.95
HLTT	NUTRISOY VEGAN TOFU TEMPEH 350G	\$5.95
HTMS	NUTRISOY VEGAN TEMPEH 300G - MILDLY SPICED	\$5.95
NSTB200	NUTRISOY VEGAN TEMPEH BURGER 200G	\$5.95
NSTTB	NUTRISOY VEGAN TOFU & TEMPEH BURGER 200G	\$5.95
BLSEI	BLUE LOTUS VEGAN SEITAN 350G	\$8.20
ETGVCS300	EATY GOURMET VEGAN CHICKEN SNAGS 300G	\$8.95
VCGS210	ORG VIANA VEGAN COWGIRL VEGGIE STEAKS 210G	\$9.95
VVSD200	VEGUSTO VEGAN VEGI SLICES DELI STYLE 200G	\$9.95
SWPS300	SEITANIC WORSHIP VEGAN SPICY SALAMI 180G	\$12.65
SWP300	SEITANIC WORSHIP VEGAN PASTRAMI 180G	\$12.65
SWUS300	SEITANIC WORSHIP VEGAN UNADULTERATED SEITAN 300G	\$12.65
SWSBF300	SEITANIC WORSHIP VEGAN STICKY BBQ PORK 280G	\$12.65

FRIDGE GLUTEN FREE TOFU & MEAT ALTERNATIVES

		Price
BLPST250	BLUE LOTUS VEGAN SILKEN TOFU 300G	\$3.70
BLT250	ORG BLUE LOTUS VEGAN TOFU 250G	\$4.90
BLT500	ORG BLUE LOTUS VEGAN TOFU 500G	\$7.50
BLTC	ORG BLUE LOTUS VEGAN BRAISED TOFU CUTLETS 240G	\$7.60
BLTNSC	BLUE LOTUS VEGAN TOFU NUGGETS SWEET CHILLI 350G	\$6.90
BLTNSE	BLUE LOTUS VEGAN TOFU NUGGETS SESAME 350G	\$6.90
BLRB	BLUE LOTUS VEGAN RICE BURGERS 400G	\$8.40
BLTB	BLUE LOTUS VEGAN TOFU BURGERS 400G	\$8.40
EBOT375	ORG EARNEST BEAN VEGAN TOFU 375G	\$5.80
EBST300	ORG EARNEST BEAN VEGAN SMOKED TOFU 300G	\$9.80
NST350	ORG NUTRISOY VEGAN TOFU 350G	\$5.95
HTEP	ORG NUTRISOY VEGAN TEMPEH 300G - PLAIN	\$5.95
HTTT	NUTRISOY VEGAN TEMPEH 300G - TASTY	\$5.95
STO300	SOYOYOY TASMANIAN SOY TEMPEH 230G	\$8.50

WGFBKZ210	WILDLY GOOD VEGAN KALE & ZUCCHINI FRITTER BITES 210G	\$6.55
WGFBS210	WILDLY GOOD VEGAN SWEETCORN FRITTER BITES 210G	\$6.55
WGBSC250	WILDLY GOOD VEGAN SMOKEY CAULIFLOWER BURGERS 250G	\$6.65
WGBSPK250	WILDLY GOOD VEGAN SWEET POTATO KIMCHI BURGERS 250G	\$6.65
LFPCB	LARDERFRESH VEGAN ROAST PUMPKIN & CHICKPEA BURGER 250G	\$6.60
LFCKB	LARDERFRESH VEGAN ROAST CARROT, KALE & CHICKPEA BURGER 250G	\$6.60
LFBRMB	LARDERFRESH VEGAN BROWN RICE & MUSHROOM BURGERS 250G	\$6.60
LFFALO	ORG LARDERFRESH VEGAN READY MADE FALAFEL 250G	\$8.60
LFFAL	LARDERFRESH VEGAN READY MADE FALAFEL 250G	\$6.60

FRIDGE DIPS & SPREADS

		Price
OIT200	ORG ORGANIC INDULGENCE DIP 200G - TZATZIKI	\$7.50
OIBP150	ORG ORGANIC INDULGENCE DIP 200G - BASIL PESTO	\$9.90
WTKSHP220	WILD THYME KITCHEN HAZELNUT & SPINACH PESTO 220G	\$12.95

FRIDGE VEGAN DIPS & SPREADS

		Price
OIH200	ORG ORGANIC INDULGENCE DIP 200G - HOMMUS	\$7.50
OICHH200	ORG ORGANIC INDULGENCE DIP 200G - CHILLI HOMMUS	\$7.50
OI3BH200	ORG ORGANIC INDULGENCE DIP 200G - 3 BEAN HOMMUS	\$7.50
OIB200	ORG ORGANIC INDULGENCE DIP 200G - BEETROOT	\$7.50
OIBG200	ORG ORGANIC INDULGENCE DIP 200G - BABA GHANNOUJ	\$7.50
OISL200	ORG ORGANIC INDULGENCE DIP 200G - SPICY LENTIL	\$7.50
OICC220	ORG ORGANIC INDULGENCE DIP 200G - CARROT & CORIANDER	\$7.50
WTKVCCP220	WILD THYME KITCHEN VEGAN CORIANDER & CHILLI PESTO 220G	\$12.95
MMSW350	ORG MERU MISO PASTE 350G - SWEET WHITE MISO	\$14.95
MMMYC350	ORG MERU MISO PASTE 350G - MILD YELLOW CHICKPEA MISO	\$14.95
MMSR350	ORG MERU MISO PASTE 350G - SWEET RED MISO	\$14.95



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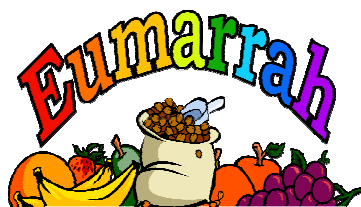
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FRIDGE OILS & DRESSINGS		Price	FRIDGE VEGETABLES		Price
HFHOO250	ORG HEMP FOODS AUSTRALIAN HEMP OIL 250ML	\$15.95	LYGTRK500	LOVE YOUR GUTS KIMCHI 500ML - DAIKON RADISH & TURMERIC	\$14.50
HFHOO500	ORG HEMP FOODS AUSTRALIAN HEMP OIL 500ML	\$29.95	LYGBGS500	LOVE YOUR GUTS SAUERKRAUT 500ML - BEETROOT & GINGER	\$14.50
AUPHO350	AUSTRALIAN PRIMARY HEMP HEMP OIL 350ML	\$25.50	LYGCCDS500	LOVE YOUR GUTS SAUERKRAUT 500ML - CARROT, CARAWAY & DILL	\$14.50
AUPHO1000	AUSTRALIAN PRIMARY HEMP HEMP OIL 1 LITRE	\$32.00	LYGPFS500	LOVE YOUR GUTS SAUERKRAUT 500ML - FENNEL & NATIVE PEPPERBERRY	\$14.50
SCFOBO500	ORG STONEY CREEK BROWN FLAXSEED OIL 500ML	\$33.45	KKKS650	ORG KEHOES KIMCHI 410G - TRADITIONAL	\$13.95
SCFOG500	ORG STONEY CREEK GOLDEN FLAXSEED OIL 500ML	\$29.90	KKTRS410	ORG KEHOES SAUERKRAUT 410G - TRADITIONAL	\$13.95
SCTGFO500	STONEY CREEK GOLDEN FLAXSEED OIL 500ML	\$20.80	KKTS410	ORG KEHOES SAUERKRAUT 410G - TURMERIC	\$13.95
MOO200	ORG MELROSE 3-6-7-9 OMEGA OIL 200ML (FLAXSEED, HEMP SEED, SACHA INCHI, AVOCADO & MACADAMIA OILS)	\$16.95	KKBGS410	ORG KEHOES SAUERKRAUT 410G - BEETROOT & GINGER	\$13.95
MFO500	ORG MELROSE FLAXSEED OIL 500ML	\$24.95	KKFGS410	ORG KEHOES SAUERKRAUT 410G - FENNEL & GARLIC	\$13.95
FYHVB454	FOLLOW YOUR HEART VEGAN VEGENAISE 340G - ORIGINAL	\$8.95	KKKCS410	ORG KEHOES SAUERKRAUT 410G - KALE & CARROT	\$13.95
FYHVRG454	FOLLOW YOUR HEART VEGAN VEGENAISE 340G - ROASTED GARLIC	\$8.95			
FYHVO454	ORG FOLLOW YOUR HEART VEGAN VEGENAISE 454G	\$9.95			
NBVM435	NAKED BYRON FOODS VEGAN MAYO 435G	\$9.95			
NBVCM435	NAKED BYRON FOODS VEGAN MAYO 435G - CHIPOTLE	\$9.95			
NBVA435	NAKED BYRON FOODS VEGAN AIOLI 435G	\$9.95			
FRIDGE BUTTER		Price	FRESH EGGS		Price
OTBS250	ORG ORGANIC TIMES SALTED BUTTER 250G	\$7.50	EGG12	ORG BUSHDRIFT HENZEN FARM FREE RANGE EGGS 1/2 DOZEN (DELIVERED MON & SAT)	\$6.90
OTBU250	ORG ORGANIC TIMES UNSALTED BUTTER 250G	\$7.50	EGG12	ORG BUSHDRIFT HENZEN FARM FREE RANGE EGGS 1 DOZEN (DELIVERED MON & SAT)	\$12.90
TOSB250	ORG TRUE ORGANICS SALTED BUTTER 250G	\$6.95	TABFE	ASHBRITTLE FARM FREE RANGE SINGLE EGGS (EACH) (DELIVERED WED & THU)	\$0.90
TOUB250	ORG TRUE ORGANICS UNSALTED BUTTER 250G	\$6.95	TABFE	ASHBRITTLE FARM FREE RANGE EGGS 1 DOZEN (DELIVERED WED & THU)	\$10.80
MVSCB250	MEANDER VALLEY SALTED CULTURED BUTTER 250G	\$8.90	BFFRE	BANTICKS FARM FREE RANGE EGGS 1 DOZEN (DELIVERED MON)	\$8.50
MVUCB250	MEANDER VALLEY UNSALTED CULTURED BUTTER 250G	\$8.90	EGGMG6	MOORVILLE GARDEN FREE RANGE EGGS 1/2 DOZEN (DELIVERED FRI)	\$4.00
AFHB250	ASHGROVE FARMHOUSE BUTTER 250G	\$5.45	EGGMG12	MOORVILLE GARDEN FREE RANGE EGGS 1 DOZEN (DELIVERED FRI)	\$7.90
FRIDGE VEGAN BUTTER		Price	EG6	CHURCHILL FREE RANGE EGGS 1/2 DOZEN (DELIVERED MON)	\$3.80
LCOB270	LAUDS CULTURED OAT BUTTER 270G	\$9.50	EG12	CHURCHILL FREE RANGE EGGS 1 DOZEN (DELIVERED MON)	\$6.90
NBCVB270	NUTTY BAY CULTURED VEGAN BUTTER 170G	\$10.25	TVE6	TAMAR VALLEY PASTURED FREE RANGE JUMBO EGGS 1/2 DOZEN (DELIVERED THU)	\$5.50
			TVE12	TAMAR VALLEY PASTURED FREE RANGE JUMBO EGGS 1 DOZEN (DELIVERED THU)	\$10.50



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Due to availability and subject to change without notice. Packing fee applies.
 Container & paper bag charges apply. Please note that not all our products may be listed -
 contact us with product enquiries. We update product lists regularly,
 so please download the current lists from our website each time you order.

Online Order Shelf Product List

FROZEN FOODS		Price			
HL570	HERBISAURUS VEGAN LASAGNE 570G	\$14.95	CFVIB45	CASHEW FUSION VEGAN ICE CREAM BAR 45G - VANILLA	\$5.25
AARSGF400	ORG AVS AWESOME FROZEN GLUTEN FREE VEGAN VEGETABLE SPINACH ROLLS 400G (3 PACK)	\$16.40	CFSIB45	CASHEW FUSION VEGAN ICE CREAM BAR 45G - STRAWBERRY	\$5.25
AARGF400	ORG AVS AWESOME FROZEN GLUTEN FREE VEGAN VEGETABLE SAUSAGE ROLLS 400G (3 PACK)	\$16.40	CFCHIB45	CASHEW FUSION VEGAN ICE CREAM BAR 45G - CHOCOLATE	\$5.25
SSKCS370	SUZY SPOON VEGAN SAUAGES 370G (6 PACK) - KALE & CAULIFLOWER	\$15.90	CFMIB45	CASHEW FUSION VEGAN ICE CREAM BAR 45G - MINT	\$5.25
SSSHS370	SUZY SPOON VEGAN SAUAGES 370G (6 PACK) - SUNDAY HERBED (MADE FROM NON GLUTEN INGREDIENTS)	\$15.90	CFCIB45	CASHEW FUSION VEGAN ICE CREAM BAR 45G - COFFEE	\$5.25
SSSR5300	SUZY SPOON VEGAN SMOKEY RASHER SEITAN 320G	\$15.90	EPVAN500	ORG EDEN VEGAN ICE CREAM 500ML - VANILLA	\$12.95
LFFAL1KG	LARDER FRESH GLUTEN FREE VEGAN READY MADE FALAFEL 1KG	\$22.80	EPTM500	ORG EDEN VEGAN ICE CREAM 500ML - TROPICAL MANGO	\$12.95
ACPSO400	ORG AMAZONIA AÇAI PURE UNSWEETENED PACK 4 X 100G	\$10.95	EPPC500	ORG EDEN VEGAN ICE CREAM 500ML - PERUVIAN CHOC	\$12.95
AAEOTGO400	ORG AMAZONIA AÇAI ON-THE-GO ENERGY PACK 4 X 80G (GUARANA BLEND)	\$11.95	EPGE500	ORG EDEN VEGAN ICE CREAM 500ML - TASMANIAN GIN & ELDERFLOWER	\$13.95
MFB1	MOUNTAIN VALE TASMANIAN CHEM FREE FROZEN BLUEBERRIES 1KG	\$18.90	EPTSC500	ORG EDEN VEGAN ICE CREAM 500ML - TASMANIAN STOUT & CACAO	\$13.95
MFR1	MOUNTAIN VALE TASMANIAN CHEM FREE FROZEN RASPBERRIES 1KG	\$20.90	BICCPO500	ORG BOOJA BOOJA VEGAN ICE CREAM 500ML - CARAMEL PECAN PRALINE	\$16.20
EORB350	ORG ELGIN FROZEN RASPBERRIES 350G	\$9.90	BICMCTO500	ORG BOOJA BOOJA VEGAN ICE CREAM 500ML - HEAVEN'S ON EARTH (MINT CHOCOLATE TRUFFLE)	\$16.20
EOSB350	ORG ELGIN FROZEN STRAWBERRIES 350G	\$9.90	FMB475	FRULATO 475ML - MIXED BERRY (VEGAN)	\$10.95
EOBL350	ORG ELGIN FROZEN BLACKBERRIES 350G	\$9.90	FP475	FRULATO 475ML - PASSIONFRUIT (VEGAN)	\$10.95
EOMB350	ORG ELGIN FROZEN MIXED BERRIES 350G	\$9.90			
EOMC350	ORG ELGIN FROZEN MANGO HALVES 350G	\$9.90			
EOM1	ORG ELGIN FROZEN MANGO CHUNKS 1KG	\$22.50			
EOWB1	ORG ELGIN FROZEN WILD BLUEBERRIES 1KG	\$22.50			
EOMB1	ORG ELGIN FROZEN MIXED BERRIES 1KG	\$22.50			
EOGP600	ORG ELGIN FROZEN PEAS 600G	\$9.90			
EOCK600	ORG ELGIN FROZEN CORN KERNELS 600G	\$9.90			
EOGB600	ORG ELGIN FROZEN GREEN BEANS 600G	\$9.90			

Updated 15/4/21