

CANDELO BULK WHOLEFOODS CO-OP PRICE LIST

Prices are per kilogram, litre or packet - as applicable.

Dried Fruit		PLU	Price	Origin
Apple	Regular	112	11.50	China
Apricots	Aussie - Org	113	42.60	Australia
	Aussie - Reg	114	37.50	Australia
	Turkish - Org	115	22.65	Turkey
	Turkish - Reg	116	18.10	Turkey
Bananas	Org	117	34.00	Australia
	Reg	118	17.60	Australia
Cherries	Organic	119	83.50	Australia
Cranberries		120	12.50	USA
Currants	Org	121	14.70	Australia
	Reg	122	9.50	Australia
Dates	Chinese Red	143	6.50	China
	Iranian	124	5.50	Iran
	Org - Fresh	125	32.20	USA
Figs	Turkish - Org	127	16.00	Turkey
Fruit Medley		129	21.00	Aust & Imp
Fruit Salad	Regular	131	20.50	Aust & Imp
Goji Berries	Organic	132	46.00	China
	Regular	123	28.00	China
Inca Berries		126	42.00	Ecuador
Mango	Org	133	162.00	Australia
	Reg	134	80.50	Australia
Mixed Fruit	Reg	135	10.50	Aust & Imp
Mixed Peel	Reg	136	9.70	Italy
Mulberries	White	128	29.80	Turkey
Nectarines	Organic	137	34.20	Australia
Paw Paw	Diced	138	11.50	Thailand
Peaches	Organic	154	34.20	Australia
	Reg	140	16.70	South Afric
Pears	Reg	141	18.00	South Afric
Pineapple	Pieces	142	12.85	Thailand
Plums	Organic	153	36.00	Australia
Prunes	Org - 250g packet	146	3.35	Australia
	Org - Bulk	145	14.50	Australia
	Reg	147	14.00	Australia
Raisins	Flame	130	8.00	Australia
	Muscatel Clusters	148	39.50	Australia
	Organic Diamond	149	14.00	Australia
	Regular Seeded	150	13.00	Australia
Sultanas	Naturally Dried	151	8.00	Australia
	Organic	152	8.20	Australia
Glance Fruit		PLU	Price	Origin

Apricots		160	25.50	China
Figs		161	21.00	China
Ginger	Crystallised - reg	163	19.00	Fiji
	Glance	164	17.50	Fiji
Pineapple		165	20.50	Thailand
Nuts		PLU	Price	Origin
Almond Meal	Blanched	200	21.00	Australia
	Natural	201	20.80	Australia
Almonds	Flaked	202	40.00	Australia
	In Shell	203	13.50	Australia
	Raw - Insecticide	205	19.80	Australia
	Raw - Org	204	44.50	Australia
	Roast - Pieces	206	28.70	Australia
	Roast - whole	207	23.00	Australia
	Slivered	208	23.50	Australia
	Tamari	209	25.00	Australia
Brazils	Kernels - Reg	212	27.00	Bolivia
Cashews	Dry Roasted	213	28.50	Vietnam
	Raw - Pieces	214	25.00	Vietnam
	Raw - Whole	215	24.60	Vietnam
Coconut	Chipped	216	12.00	Phillipines
	Fine	217	7.90	Phillipines
	Organic	218	13.30	Phillipines
	Organic Shredded	223	7.60	Phillipines
	Shredded	219	9.50	Phillipines
Hazel	In Shell	221	8.50	Australia
	Meal	220	48.00	Australia
	Raw Kernels	222	42.00	Australia
	Roasted	210	33.00	Australia
Macadamias	In Shell	240	8.50	Australia
	Raw - Reg	226	46.50	Australia
Mixed Nuts	Raw	227	26.50	Aust & Imp
	Roast	228	32.00	Aust & Imp
	Roast with Peanu	229	19.50	Aust & Imp
Peanuts	Raw	231	7.00	Australia
	Roast - Org	232	17.00	Australia
	Roast - Reg	233	8.50	Australia
Pecans	Kernels	235	40.60	Australia
Pine Nuts		236	65.00	China
Pistachios	In Shell - Roast	237	38.00	Australia
	Raw Kernels	211	68.50	Australia
Walnuts	In Shell	238	12.00	Australia
	Kernels	239	36.50	Australia

Nut Butters		PLU	Price	Origin
Almond		250	35.00	Australia
Brazil	175g	251	8.15	Aust & Imp
Coconut Cashew C	175g	256	10.65	Aust & Imp
Hazella	Choc Hazel Sprea	259	8.25	Australia
Hazelnut	Butter 230g	258	10.50	Australia
Macadamia	225g	252	11.60	Australia
	350g	253	18.40	Australia
	700g	257	35.15	Australia
Peanut	Org	254	17.00	Australia
Peanuts	Reg	255	9.00	Australia

Seeds & Grains		PLU	Price	Origin
Alfalfa Seeds		300	17.00	Aust & Imp
Amaranth		301	12.00	Bolivia
Barley	Pearled	303	3.50	Australia
Buckwheat	Hulled - Org	305	6.20	China
	Hulled - Reg	306	5.50	China
Chia	Bulk	345	14.00	Australia
	organic bulk	349	14.50	Bolivia
Fenugreek		308	8.90	India
Freekeh	Cracked	302	9.50	Australia
Hemp Seeds	1kg Packet	307	53.75	Australia
	Bulk	313	56.50	Australia
Linseed	Golden - organic	310	12.50	Australia
	Org - Brown	309	11.00	Australia
	Reg	311	5.60	Australia
Millet	Hulled	312	6.50	Australia
Oats	Kernels	314	5.70	Australia
Pepita	Organic	343	19.40	China
Pepitas	Activated	347	38.25	Austria
	Regular	344	12.50	China
Popping Corn		316	3.00	Australia
Poppy Seed		317	9.00	Australia
Quinoa	Black	318	15.00	Bolivia
	Red	319	19.50	Bolivia
	White - Australia	315	11.50	Australia
	White - Bolivian	320	16.50	Bolivia
Rice	Arborio	336	14.50	USA
	Basmati - 5kg	321	27.90	India
	Basmati - Org	322	8.00	Pakistan
	Basmati - Reg	323	5.70	India
	Basmati Organic	334	8.60	
	Brown - Med Grai	346	6.00	Australia
	Brown - Rain Fed	325	7.60	Australia
	Brown - Rain Fed	348	6.50	Australia
	Jasmine	326	9.00	Thailand
	White Med Grain	327	6.00	Australia

	Wild	328	33.50	USA
Rice- Brown	Long Grain	324	6.00	Australia
Rye	5kg	329	21.00	Australia
	bulk	330	4.00	Australia
Seed Sprouting Mi		331	7.60	Aust & Imp
Sesame	Black	332	18.50	
	Org - Hulled	333	10.80	Mexico
	Reg	335	7.20	India
Spelt		304	7.80	Australia
Sunflower	kernels - org	338	18.50	China
	kernels - reg	339	8.00	Australia
Wheat	5kg	341	17.00	Australia
	bulk	342	2.20	Australia

Beans & Peas		PLU	Price	Origin
Adzuki	Reg	350	6.50	Australia
American	Great Northern b	355	8.00	USA
Blackeye		351	6.00	USA
Borlotti		352	6.70	USA
Broad Beans		360	4.50	Australia
Channa Dal		377	10.50	India
Chickpeas	org	353	13.00	Australia
	reg	354	4.50	Australia
Lentils	Blue - Australian	356	6.50	Australia
	Brown	357	8.50	Canada
	French Green - Or	375	12.50	Australia
	Red - Org - Split	359	11.15	Australia
	Red - Org - Whole	376	11.00	Australia
	Red - Reg - Split	361	5.80	Australia
Lima		362	10.50	USA
Mung		363	8.00	Australia
Mung Dahl		358	6.70	
	Organic	364	9.00	Australia
Navy beans		378	7.90	Australia
Red Kidney		366	6.70	USA
Soup Mix	org	367	10.20	Aust & Imp
	reg	368	6.00	Aust & Imp
Soy	Organic	369	6.00	Australia
Split Peas	Green - org	370	8.00	Canada
	Green - reg	371	5.90	Canada
	Yellow - org	372	8.50	Australia
	Yellow - reg	373	4.00	Australia
Turtle/Black		374	6.00	USA

Pastas Bulk		PLU	Price	Origin
Amaranth & Rice	Spaghetti- Bulk	286	15.40	
Amaranth & Rice P		270	17.50	Bolivia
Buckwheat Soba		271	28.50	
Cannelloni	Gluten Free	273	29.50	Australia

Lasagne Sheets	Gluten Free	279	29.70	Australia
Quinoa & Rice	Penne	272	17.50	Bolivia
	Penne beetroot &	276	21.50	Bolivia
Quinoa & Rice	Spaghetti- Bulk	284	16.00	
Spelt	Spirals	274	17.00	Australia

Pastas - Packaged		PLU	Price	Origin
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		280		
3 Grain Spaghetti	300g	275	6.80	
Amaranth & Rice	Penne 300g	283	5.80	
	Spaghetti - 300g	281	6.00	Bolivia
Corn Spaghetti	500g	282	4.35	Italy
Quinoa & Rice	Spaghetti - 300g	285	6.30	Bolivia
Spelt	Fettuccine	289	8.75	Australia
	spaghetti	290	8.75	Australia

Flours		PLU	Price	Origin
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Amaranth	Bulk	436	12.50	Bolivia
Barley		402	4.30	Australia
Besan	bulk	403	5.00	Australia
Buckwheat	1kg	439	13.35	Australia
	Bulk	404	8.00	Aust & Imp
Coconut	Organic Bulk	400	12.70	Phillipines
Corn	Gluten Free	420	3.50	Aust & Imp
Gluten	Bulk	407	7.00	
Gluten Free Flour		408	6.60	Aust & Imp
Maize		409	6.20	Australia
Millet	500g	438	7.75	Ukraine
	bulk	410	7.50	Australia
Potato Starch	org	412	17.50	
	reg	413	4.50	Poland
Quinoa		414	22.00	Bolivia
Rice	Brown	415	8.30	Australia
Rye	5kg	417	20.20	Australia
	bulk	418	3.85	Australia
Sorghum	Organic	406	6.00	Australia
Soy		419	7.50	Australia
Spelt	White - 5kg	435	40.10	Australia
	White - bulk	434	7.70	Australia
	Whole - 5kg	422	37.50	Australia
	whole - bulk	423	7.50	Australia
Tapioca Starch		401	3.10	Thailand
Wheat	Light - 12.5kg	424	42.50	Australia
	Light - 5kg	425	18.50	Australia
	Light - bulk	426	3.70	Australia
	Pasta Flour	416	5.00	Australia
	Self Raising	429	5.20	Australia
	Soft Cake - 5kg	437	16.30	Australia
	Soft Cake - Bulk	421	4.15	Australia

unbleached Whit	427	20.00	Australia
w/m - 12.5kg	430	41.50	Australia
w/m - 5kg	431	18.00	Australia
w/m - bulk	432	3.60	Australia
White - 12.5kg	433	43.00	Australia
White - bulk	428	3.80	Australia

Bread Mixes		PLU	Price	Origin
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7 Grain	1kg	440	7.30	Australia
	5kg	441	25.90	Australia
Spelt	1kg	442	7.70	Australia

Cereals & Meals		PLU	Price	Origin
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Bran	Oat	450	6.60	Australia
	Rice- 450g pkt	451	9.20	
	Straws	449	11.00	Australia
	Wheat	452	2.10	Australia
Bread Crumbs	Gluten Free - Bulk	456	31.50	Australia
Burghul	Reg	454	4.00	Australia
Corn Flakes	Organic	484	15.90	Macedonia
Couscous	Organic	455	8.50	France
LSA		458	11.50	Australia
Maize Meal		459	5.50	Australia
	500g	405	6.00	Australia
Muesli	Buckinis	480	25.00	Aust & Imp
	Gluten Free	461	13.50	Aust & Imp
	Hans' (reg shop m	462	8.00	Aust & Imp
	Organic	460	7.00	Australia
	wheat/fruit free	463	8.50	Aust & Imp
Polenta	Bulk	464	10.00	Australia
Psyllium Husks		465	24.50	India
Puffed	Amaranth - 200g	466	8.70	Bolivia
	Buckwheat	488	60.00	Australia
	Millet	467	26.00	Holland
	Quinoa	468	33.00	Bolivia
	Rice - org	469	30.20	Holland
	Rice - reg	470	14.40	USA
Rice Flakes	brown	478	11.50	Australia
Rolled	Amaranth	486	9.00	Bolivia
	Barley - org	471	4.00	Australia
	Barley - reg	472	5.00	Australia
	Oats - org - heat r	473	6.20	Australia
	Oats - org - raw	474	6.00	Australia
	Oats - reg	475	4.20	Australia
	Quinoa - White	476	17.00	Bolivia
	Rice - reg	477	7.50	Australia
	Rye - reg	479	4.75	Australia
	Spelt	489	6.85	Australia
Semolina		485	5.00	Australia

Soy Grits	500g pkt	482	5.10	Australia
	Bulk	481	10.20	Australia
Tapioca "Pearls"		457	4.50	
Wheat Germ		491	4.80	Australia

Spices & Culinary Herbs				
		PLU	Price	Origin

Aniseed		500	84.00	Egypt
Asafoetida	50g	501	5.70	
Basil		502	116.50	Australia
Bay Leaves		503	130.00	Australia
Caraway Seeds		504	86.50	Egypt
Cardamon	ground	505	60.40	Guatemala
	Pods	506	52.10	Guatemala
Cayenne Pepper	reg	508	14.00	India
Celery Seed		509	84.00	Egypt
Chillies	ground	510	26.00	
Chillies - local	whole	511	75.00	Australia
Cinnamon	Cassia - Ground	512	18.50	India
	Cassia - Sticks	513	17.00	India
	True - Ground	598	45.00	Sri Lanka
	True - Quills	559	57.00	Sri Lanka
Cloves	ground	514	33.00	Indonesia/
	whole	515	60.35	Indonesia/
Coriander	ground	516	11.00	India
	whole	517	24.60	India
Cumin	black	518	18.00	Turkey
	ground	519	19.80	Iran
	whole	520	25.00	Iran
Curry	hot	521	9.00	India/Indon
	mild	523	10.50	India/Indon
Dill Seed		524	87.00	Egypt
Fennel Seed		525	39.00	India
Fenugreek	ground	526	8.00	India
Five Spice		527	24.50	Aust & Imp
Garam Masala		528	18.50	Aust & Imp
Ginger	ground	529	14.00	India
Juniper Berries		530	112.00	Croatia
Mace	ground	531	79.00	Indonesia
	whole	532	84.00	Indonesia
Mixed Herbs	Italian Style	534	120.00	Australia
Mixed Spice		535	16.00	Aust & Imp
Mustard	ground	536	10.50	India
	whole - brown	537	8.00	Australia
	whole - yellow	538	8.00	Australia/C
Nutmeg	ground	539	27.00	India
	whole	540	57.00	Indonesia
Oregano		541	117.50	Australia
Paprika	Smoked	560	17.00	Spain
	Sweet - Organic	495	54.00	Israel

	Sweet - Regular	542	14.00	USA
Pepper	Black	543	54.00	India
	Pink	558	77.50	Spain
	Szechuan	563	80.00	India
	White	544	54.00	India

Pickling Spice		557	38.00	
Pimento	ground	545	23.00	Turkey
	whole	546	23.00	Turkey

Rosemary		547	115.00	Australia
Saffron	1g pkt	548	7.30	

Sage		549	119.00	Australia
Star Anis		551	39.00	

Sumac		550	16.00	
Tamarind Pulp	454g	552	2.75	

Tarragon		553	130.00	France
Thyme		554	119.00	Australia

Turmeric	Organic	496	45.50	Indonesia
	reg	555	13.50	India

Zatar		556	16.50	Aust & Imp
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Bulk Teas				
		PLU	Price	Origin

Black Tea	Org	562	69.00	Sri Lanka
Calendula	Org	564	117.00	Australia

Ceylon Orange Pek	Org	498	55.00	Sri Lanka
Chai	Beyond - org	769	99.00	Australia

	Bulk Rainbow	565	57.00	Aust & Imp
Chai Spice Mix		591	64.00	Aust & Imp

Chamomile		566	105.00	Egypt
Dandelion	Raw - Org	567	110.00	Australia

	Roast - Org	568	135.00	Australia
	Roast - Reg	569	38.00	

	Spiced	575	77.00	Aust & Imp
Echinacea	Augustifolia root	572	197.50	Australia

	Whole Plant - Org	571	119.00	
Elderflower	Org	573	135.00	Hungary

Green Tea	Org Australian	574	97.00	Australia
Kukicha		561	65.00	

Lemon Balm	Melissa	577	112.00	Australia
Lemon Grass	Org	578	102.00	Australia

Linden Flowers	Org	580	129.50	Germany
Liquorice Root	Org	581	114.00	Australia

Nettle	Local	590	84.00	Australia
	Org	582	120.00	Australia

Peppermint	Org	583	122.00	Australia
Raspberry Leaf	Org	584	116.00	Australia

Red Clover Flower	Org	585	112.00	USA
Rooibos		588	85.00	South Afric

	Chai	586	96.00	
	Earl Grey	597	86.00	

Roobos	Vanilla	587	100.00	
Rosehip	Org	589	98.00	Australia
Spearmint	Org	593	114.00	Australia
St John's Wort	Org	594	108.00	Australia
Valerian Root	Local	596	80.50	Australia
	Org	595	124.50	USA

Packaged Teas		PLU	Price	Origin
Chai	Rainbow - 150g	747	9.40	Australia
	Spice Mix - 150g	748	10.90	Australia
Dandelion	Spiced - 175g	749	14.75	Australia
Formosan Tea	250g	744	7.50	China

Sweets & Nibbles		PLU	Price	Origin
Australian Mix		600	35.50	Australia
Bombay Mix		601	12.50	Aust & Imp
Carob	Banana	609	42.50	Australia
	Ginger	602	35.00	Aust & Imp
	Honeycomb	603	24.40	Aust & Imp
Carob Buttons	Milk	604	11.00	Aust & Imp
	Peppermint	605	14.00	Aust & Imp

Choc Chip cookies		866	3.20	Aust & Imp
Choc. Fruit balls		832	2.25	Aust & Imp
Chocolate Blocks	Loving Earth 80g	626	6.70	Aust & Imp
Chocolate Bulk	Cocolo - Dark 70	616	33.00	Switzerland
	Loving Earth - Ra	630	50.50	Aust & Imp

Chocolate Coated	Almonds - dark	617	69.50	Aust & Imp
	Almonds - milk	618	73.50	Aust & Imp
	Cherries - Dark	619	76.50	Aust & Imp
	Cherries - Milk	608	76.50	Aust & Imp
	Coffee Beans 180	614	17.00	Aust & Imp
	Ginger	621	65.00	Aust & Imp
	Liquorice - Dark	607	50.00	Aust & Imp
	Liquorice - milk	622	53.00	Aust & Imp
	Liquorice - White	623	54.00	Aust & Imp
	Macadamias	624	79.50	Aust & Imp
	Muscateles	625	56.50	Aust & Imp

Corn Chips	Bulk	628	18.00	Australia
	Chipman 230g	629	4.70	Australia
	Mexicana 500g	627	8.95	Australia

Date & Coconut R		631	24.50	USA
Easter bilby	NAS/Soy	612	4.00	Aust & Imp
Easter Egg	NAS/Soy Medium	611	5.50	Aust & Imp
	NAS/Soy small	610	3.90	Aust & Imp
Fruit and Nut Snac		834	3.20	Aust & Imp
Liquorice	Spelt	633	22.00	Australia
	Wheat	606	20.00	Australia
Macadamia Mix		635	16.00	Aust & Imp
Merrita's Fruit Cak	1/2kg Pudding	634	24.00	Australia

	1kg pudding	615	42.00	Australia
	Large	637	30.20	Australia
	Medium	620	15.95	Australia
	Small	636	8.40	Australia
Organic Easter egg	Dark Chocolate	632	4.90	Australia
	Milk Chocolate	613	4.90	Australia
Soy Crisps		638	15.50	Australia
Tahini Treats		867	3.70	Australia

Herbal Remedies		PLU	Price	Origin
Calendula	large 55ml	651	23.30	Australia
	Small 33ml	650	19.15	Australia
Chest Formula		652	20.75	Australia
Digestion Formula		653	20.75	Australia
Echinacea	large 55ml	655	23.30	Australia
	small 33ml	654	20.80	Australia
Energy Tonic		656	20.80	Australia
Female Cycle		657	20.75	Australia
Liver Detoxifier		658	20.75	Australia
Nerve Tonic		659	19.15	Australia
Teeth Gum & Thro		660	20.75	Australia
Urinary Tract Form		661	20.75	Australia

Bread		PLU	Price	Origin
Deeks	Baguette	685	8.50	Australia
	Besan	668	10.70	Australia
	Date & Walnut	687	11.75	Australia
	Fruit Log	671	11.50	Australia
	Multiseed	669	11.40	Australia
	Olive & Herb brea	686	8.80	Australia
	Pumpkin	672	11.40	Australia
	Quinoa	670	10.95	Australia
	Rolls - pkt of 4	673	10.50	Australia
Gluten Free Wraps	250g	786	6.30	Australia
Honor	Olive and rosema	667	8.95	Australia
Honor Bread	Wholemeal	684	8.45	Aust & Imp
Honorbread Sourd	Country	156	7.80	Australia
	Rye and Caraway	157	8.45	Australia
	Seedy White	155	8.45	Australia
Wild Ryes	Authentic Turkish	674	4.80	Australia
	Baguette - Olive	675	5.10	Australia
	Ciabatta	676	5.20	Australia
	Croissant	666	2.95	Aust & Imp
	Fruit and nut	677	8.95	Australia
	Mini Panini	678	0.55	Australia
	Panini	679	1.10	Australia
	Pizza Base	688	4.00	Australia
	Rye - Light	680	7.95	Australia
	Seeded Sourdoug	681	7.95	Australia

Wild Ryes	Spelt loaf	682	9.95	Australia
	Stoneground Sou	683	7.95	Australia

Juices		PLU	Price	Origin
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Apple	250ml	648	2.10	Australia
	Cook - 1L	690	7.75	Australia
	Greenwood - 1L	691	7.75	Australia
	Sparkling 330ml	639	3.80	Australia
Grape	Red - 1L	692	10.75	Australia
	White 1L	693	10.20	Australia
Norfolk Punch Elix	700ml	644	12.30	Australia
Orange	1L	698	5.85	Australia
	250ml	697	2.10	Australia
Pear	1L	699	7.75	Australia
Prune	1L	689	10.65	Australia
Sparkling Grape	Ginger 330ml	694	3.40	Australia
	Ginger 750ml	640	8.25	Australia
	Mango Tango 750	641	8.95	Australia
	Passion 750ml	643	8.25	Australia
	Ruby - 330ml	642	3.75	Australia
	Ruby 750ml	647	8.95	Australia
	Strawberry 750ml	646	8.25	Australia

Coffee		PLU	Price	Origin
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Ethiopia Yiracheffe	250gm ground			
Jasper - 250g	East Timor - Deca	158	18.35	East Timor
	East Timor Maubi	861	13.50	East Timor
	Ethiopia Yirgachef	875	14.85	Ethiopia
	Honduras - Groun	860	14.90	Honduras
	Peru - Cafe Feme	862	15.15	Peru
	Peru - Decaf	863	18.90	Peru
Wild Ryes	Ground Coffee 25	887	12.00	Aust & Imp
	Whole Coffee Bea	888	12.00	Aust & Imp

Manufactured / Packaged		PLU	Price	Origin
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Agar Agar	75g	700	19.50	Japan
Apple Juice Conce	360ml	702	11.50	
Barley Malt Syrup	500g	708	9.10	EU
Boomerang bags		718	2.50	Australia
Bouillon Cubes	Green 84g	709	7.35	Switzerland
	Red 84g	710	6.30	Switzerland
Bouillon Powder	Green 150g	774	10.60	Switzerland
	Green 500g	734	29.90	Switzerland
	Red 500g	775	37.00	Switzerland
Buckinis muesli	500gm packet	707	12.70	Aust & Imp
chocolate hens		662	6.95	
Chocolate Coconut	175g	793	8.60	Aust & Imp
	550g	794	19.15	Aust & Imp
Corn Thins		717	3.30	Aust & Imp
Drinking Chocolate	500g	791	22.50	Aust & Imp

Guar Gum	75g	740	4.90	India
Honey	500g	720	7.90	Australia
Hot Chocolate	300gm	721	16.15	Italy
Jam	330g	723	9.00	Australia
Kelp Meal	180g	724	22.50	Australia
	350g	725	37.50	Australia

Lupin Flour	400g	443	5.20	
Maple Syrup	250ml	728	14.80	Canada
Mayonnaise	Melrose 365g	715	6.75	Australia
Miso	Shiro	768	11.00	
Mustard	Dijon 140g	726	4.40	Aust & Imp
	Seeded 140g	733	4.40	Aust & Imp

Nori Sheets	Yaki - 28g	730	2.95	China
Nut Milk Bags		722	9.70	Australia
Olives	Rosnay - 2 Litre	968	55.00	Australia
	Rosnay 375ml	789	11.90	Australia
	Rosnay 500ml - K	788	13.95	Australia
	Rosnay- 500ml Gr	787	13.50	Australia
	Willunga Hills 500	735	18.55	Australia

Pasta Sauce	Basil & Garlic - 37	736	5.35	Aust & Imp
Pizza / Pasta Sauce	375g	737	5.35	Aust & Imp
Rice Cakes		738	3.30	Aust & Imp
Rice Milk	1L	772	4.05	Australia
Seaweed	Dulse 50g	711	10.00	Canada
	Wakame Flake 50	712	8.00	Canada

Soy Milk	Bonsoy - each	742	4.95	Japan
	Bonsoy - Slab of 6	743	28.75	Japan

Sweet Chilli Dressi	250ml	782	6.60	Aust & Imp
Toilet paper	Earthcare	969	1.10	Australia
Tomato Paste	200g	758	4.40	Italy
Tomato Puree	700ml	759	4.70	Italy
Umeboshi Plums	150g	760	17.85	Japan
Vanilla Paste	100ml	762	24.90	New Zealan
Vanilla Syrup	250ml	719	18.25	New Zealan
Whey Powder	1kg	763	54.60	Australia
Yeast	Dried - 500g	767	9.90	France

Sundry - Bulk		PLU	Price	Origin
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Agave Syrup	Dark per KG	854	12.60	Mexico
Baking Powder		800	16.50	Aust & Imp
Brown Rice Syrup		826	11.50	Australia
Cacao Beans	500g packet	872	22.95	Peru
	Bulk	855	45.90	Peru
Cacao butter		230	38.00	Peru
Cacao Nibs	1kg Packet	871	38.30	Peru
	Bulk	869	38.30	Peru
Cacao Powder - Ra		856	21.80	Peru
Carob Kibble Nibbl		865	35.50	Australia
Carob Powder		801	10.00	Italy

Cream of Tartar		804	42.00	
Drinking Chocolate		859	30.00	Aust & Imp
Falafel Mix		805	13.30	Aust & Imp
Ghee		807	21.50	Australia
Golden Syrup		822	5.50	Australia
Honey	Black Range Farm	808	9.00	Australia
	Eden Beeline	809	12.00	Australia
Icing Sugar		877	9.95	New Zealan
Kuzu		824	101.00	Japan
Lecithin		811	23.00	Germany
Maca Powder	organic	874	42.00	Aust & Imp
Maple Syrup	Per L	880	34.00	Canada
Mirin		814	22.50	Japan
Miso	Barley - Mugi - Ja	815	29.50	Japan
	Barley Miso - Aus	803	24.00	Australia
	Brown Rice - Gen	816	30.50	Japan
	Brown Rice- Austr	878	24.00	Australia
	Natto	817	25.50	Japan
Molasses	Organic	864	5.00	
	Regular	818	3.00	Australia
Mushrooms	Shiitake	820	74.00	Japan
Oil	Almond	819	18.70	
	Coconut	868	24.00	
	Macadamia	821	21.50	
	Olive - Biodynami	850	20.80	Australia
	Olive regular	799	20.25	Australia
	Peanut	853	12.50	
	Safflower - Regul	813	17.00	
	Sesame	825	28.00	
	Sunflower	836	14.00	
Salt	Celtic	827	17.00	Spain
	Hand Harvested F	831	10.40	Spain
	Murray River Flak	828	42.00	Australia
	Pink Lake Coarse	857	10.50	Australia
	Pink Lake Fine	858	10.50	Australia
	Rock (Sea)	829	1.70	Australia
	Sea fine	830	1.10	Australia
Seaweed	Dulse	851	202.00	Canada
	Golden Kelp Meal	833	135.00	Australia
	Wakame	835	51.00	Australia
Slippery Elm		592	99.50	USA
Sodium Bicarbonat	Aluminium Free	852	20.60	Australia
Soy Sauce	Shoyu	837	21.00	Japan
	Tamari - Organic	838	27.00	Japan
	Tamari - Reg	839	17.00	Japan
Sugar	Coconut	812	9.80	Indonesia
	Dark Brown	840	5.00	Australia
	Rapadura	841	8.50	Columbia

	Raw - Organic	842	4.80	Brazil
	Raw - Regular	806	2.20	Australia
	White - Organic	843	4.75	Brazil
	White - Regular	823	2.70	Australia
Tahini	Hulled	844	15.00	
	Unhulled	845	16.00	
Vanilla Pods		846	2.35	Tonga
Vanilla Powder		870	382.00	India
Vinegar	Apple Cider	802	12.30	Australia
	Balsamic	876	27.00	Italy
	White	879	1.60	Australia
Whey Powder		849	54.60	Australia
Xanthan Gum		810	38.50	China
Yeast	Bakers	847	19.75	France
	Brewers	848	32.00	Estonia

Refrigerated goods		PLU	Price	Origin
Cheese - South Co	Super blue	917	41.50	Australia
Bread - Sprouted	Essene	900	9.35	Australia
	Essene - Date &	901	11.00	Australia
	Ezekiel 4:9	930	11.50	Australia
	Khorasan	902	11.50	Australia
	Rye	903	9.90	Australia
Butter	Dairy Farmers 25	898	5.85	Australia
	Organic Times 25	899	6.95	Australia
Cheese - Dairy Far	Cheddar - 200g	919	8.50	Australia
Cheese - Highland	Fetta 250g	946	8.60	Australia
	Ricotta 400g	904	10.10	Australia
Cheese - Meredith	Chevre - 150g	909	9.20	Australia
	Marinated in Oil	798	14.60	Australia
Cheese - Mungalli	Fetta - 300g	907	12.95	Australia
	Ricotta - 325g	966	11.20	Australia
Cheese - South Co	Bellbrook Fetta p	936	28.95	Australia
	Brie -150g	922	9.95	Australia
	Camembert - 150	958	9.95	Australia
	Haloumi - per kg	947	28.95	Australia
	Parmesan - per kil	957	27.00	Australia
	Tasty - per kilo	951	21.90	Australia
	Vintage - Per Kilo	956	31.80	Australia
Cream	Tilba 500ml	959	7.95	Australia
Cream - Barambah	Fresh - 200ml	912	5.95	Australia
	Sour - 200ml	914	6.40	Australia
Dips	Org Indulgence 2	915	6.80	Australia
Flaxseed Oil	1.5L	953	47.70	Australia
	Per L	952	26.50	Australia
Kraut	Classic and Crims	929	19.50	Australia
Milk	Demeter - 2L	920	6.99	Australia
	Organic Valley - 1	921	3.65	Australia
	South Coast Dairy	950	3.50	Australia

Milk	Tilba 1L Full Crea	940	3.15	Australia
	Tilba 1L Low Fat	949	3.45	Australia
	Tilba 2L Full Crea	925	4.90	Australia
	Tilba 2L low fat	945	5.30	Australia
Noodles	Hokkien 400g	923	5.10	Australia
Oil	Flaxseed organic	873	35.50	
Pesto	Org Indulgence 2	906	8.20	Australia
Quark	Baramba 370g	913	10.65	Australia
Tempeh	Seasoned	924	8.15	Australia
Tofu	Earth Source - Fir	926	6.20	Australia
	Earth Source - Silk	927	4.70	Australia
	Earth Source - Sof	928	4.70	Australia
Yeast	Fresh - Per Kg	931	7.00	Australia
Yoghurt - Alpine	Coconut 500g	939	10.75	Australia
	Goat- Flavoured 5	942	9.20	Australia
Yoghurt - Marrook	Greek 375g	934	8.20	Australia
	Lemon Myrtle 37	935	5.85	Australia
	Maple Vanilla - 37	905	6.15	Aust & Imp
	Plain - 1kg	932	10.80	Australia
	Plain - 375g	933	4.90	Australia
Yoghurt - Meredit	Goat- Plain 500g	941	8.30	Australia
	Sheep - 1kg	943	14.15	Australia
	Sheep - 500g	944	8.30	Australia
Yoghurt - Mungalli	Flavoured 500g	916	8.95	Australia
	Greek 375g	937	7.80	Australia
	Plain 1kg	955	10.30	Australia
	Plain 500g	954	6.40	Australia
Yoghurt - Tilba	1kg	911	8.50	Australia
	500g	908	5.50	Australia

Tinned Goods		PLU	Price	Origin
Baked Beans	Italian	703	5.40	
	Italian - Slab of 12	704	60.00	
	Whole Earth - eac	705	5.05	UK
	Whole Earth - Sla	706	56.20	UK
Coconut Cream	400ml	714	2.90	
Coconut Milk	400g	701	2.95	Thailand
Tomato - Diced	Each	755	2.80	Italy
	Slab of 12	756	31.70	Italy
Tomato - Whole	Each	757	2.75	Italy
	Slab of 12	739	30.80	Italy

Cleaning Products		PLU	Price	Origin
Dishwashing Liqui	Herbon	961	7.70	Australia
Dishwashing Mach	Herbon	962	12.00	Australia
Epsom salts	Magnesium Sulph	964	3.00	China
Laundry Liquid		963	7.80	Australia
Sodium Bicarbonat		960	3.00	Australia
Washing Powder	Naturally Clean	965	9.00	Australia

Jars & Bottles		PLU	Price	Origin
Bottles	Amber - 500ml	970	2.20	China/Mala
	Soy Sauce - 500m	971	1.90	China/Mala
	Soy Sauce 250ml	979	1.40	China/Mala
Green oil bottle	500ml	967	2.30	
Jars	1L	976	3.60	China/Mala
	250ml	972	1.00	China/Mala
	2L	977	5.30	China/Mala
	375ml	973	1.35	China/Mala
	500ml	974	1.45	
	750ml	975	2.35	China/Mala
White Lids		978	0.40	China/Mala

Recycled Containers		PLU	Price	Origin
Buckets & Lids	10L	981	5.00	
	20L	980	8.00	
Plastic Drums	20L - no tap	982	5.00	
	20L - with tap	983	7.00	

Packaging		PLU	Price	Origin
Black Barrel	30L	984	39.00	
Calico Tie Bag		988	4.20	Australia
Carry Bags	Calico	990	5.20	Australia
	Paper	991	0.40	
Paper Bags	1F x 100	992	2.40	
	2W x 100	993	2.90	
	4F x 100	994	4.00	
	6F x 100	995	6.25	
Plastic Bags	8 x 4 - 10 of	998	0.25	
	9 x 13 - 10 of	985	0.60	
	9 x 6 - 10 of	999	0.35	
	Produce Roll	989	12.50	
	Small Resealable -	986	0.20	
Plastic Tubs	C10 - Medium- bi	996	0.36	Australia
	C4 - Small	897	0.16	Australia
	Large- bio.	997	0.52	Australia