

CANDELO BULK WHOLEFOODS CO-OP PRICE LIST

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

Dried Fruit		PLU	Price	Origin
Apple	Organic	162	48.50	
Apricots	Aussie - Org	113	53.50	Australia
	Aussie - Reg	114	43.00	Australia
	Turkish - Org	115	15.50	Turkey
	Turkish - Reg	116	10.50	Turkey
Banana	Regular	118	20.30	Australia
Cherries	Organic	119	83.50	Australia
Cranberries	Regular	120	14.30	USA
Currants	Org	121	17.45	Australia
	Reg	122	10.30	Australia
Dates	Barhee Honey	176	33.55	Australia
	Chinese Red	143	6.50	China
	Iranian	124	5.30	Iran
	Medjool	125	31.95	Australia
	Medjool Aus	173	33.55	Australia
	Mixed Australian	175	31.60	Australia
Figs	Turkish - Org	127	18.50	Turkey
Fruit Medley	Regular	129	26.60	Aust & Imp
Fruit Salad	Regular	131	22.50	Aust & Imp
Goji Berries	Organic	132	41.75	China
Inca Berries	organic	126	42.00	Ecuador
Mango	Org	133	191.50	Australia
	Reg	134	74.95	Australia
Mixed Fruit	Reg	135	11.55	Aust & Imp
Mixed Peel	Reg	136	12.50	Italy
Mulberries, White	Organic	128	29.20	Turkey
Nectarines	Organic	137	38.40	Australia
Paw Paw	Diced	138	12.10	Thailand
Peaches	Organic	154	38.15	Australia
	Reg	140	16.70	South Afric
Pears	Reg	141	16.80	South Afric
Pineapple, pieces	Regular	142	13.70	Thailand
Plums	Organic	153	40.05	Australia
Prunes	Org - 250g packet	146	3.60	Australia
	Organic	145	15.90	Australia
	Regular	147	11.00	Chile
Raisins	Org - Diamond M	149	14.00	Australia
	Reg - Flame	130	9.90	Australia
	Reg - Muscatel Cl	148	39.50	Australia
	Reg - Seeded	150	15.50	Australia
Sultanas	Biodynamic	152	14.20	Australia

Naturally Dried	151	9.50	Australia
-----------------	-----	------	-----------

Glace Fruit		PLU	Price	Origin
Apricots	Glace	160	26.50	China
Figs		161	26.00	China
Ginger	Crystallised - reg	163	19.00	Fiji
	Glace	164	16.50	Fiji
Pear	glace	657	24.10	China
Pineapple	Glace	165	20.00	Thailand

Nuts		PLU	Price	Origin
Almond Meal	Blanched	200	21.25	Australia
	Natural	201	19.20	Australia
Almonds	Flaked (Sliced)	202	24.90	Australia
	In Shell	203	13.50	Australia
	Raw - Insecticide	205	21.60	Australia
	Raw - Org	204	42.70	Australia
	Roast - Pieces	206	29.50	Australia
	Roast - whole	207	25.60	Australia
	Slivered	208	24.90	Australia
	Tamari	209	27.20	Australia
Brazils	Kernels - Reg	212	26.10	Bolivia
Cashew	Organic raw	256	31.65	Vietnam
Cashews	Org Dry Roasted	213	36.25	Vietnam
	Raw - Pieces	214	30.75	Vietnam
	Raw - Whole	215	25.70	Vietnam
Coconut	Chipped	216	9.65	Phillipines
	Fine	217	8.00	Phillipines
	Org Shr/chip250g	223	7.30	Phillipines
	Organic Dessicate	218	12.60	Phillipines
	Shredded	219	8.60	Phillipines
	Shredded Org	184	12.40	Phillipines
Hazel	In Shell	221	11.25	Australia
	Meal	220	48.00	Australia
	Raw Kernels	222	45.80	Australia
	Roasted	210	49.50	Australia
Local Walnuts	In Shell	238	13.50	Australia
Macadamia raw		0		Aust & Imp
Macadamias	In Shell	240	11.25	Australia
	Raw - Reg	226	55.30	Australia
Mixed Nuts	Raw	227	27.65	Aust & Imp
	Roast	228	30.50	Aust & Imp
	Roast with Peanu	229	20.20	Aust & Imp

Peanuts	Raw	231	8.60	Australia
	Roast - Org	232	17.40	Australia
	Roast - Reg	233	11.10	Australia
Pecans	Kernels	235	38.00	Australia
Pine Nuts		236	63.65	China
Pistachios	In Shell - Roast	237	37.40	Australia
	Raw Kernels	211	58.00	Australia
Walnuts	Kernels	239	36.45	Australia
Wild Rye	Vollkornbrot	655	9.90	Australia

Nut Butters		PLU	Price	Origin
Almond		250	29.55	Australia
Hazella	Choc Hazel Sprea	259	8.25	Australia
Hazelnut	Butter 230g	258	10.50	Australia
Macadamia	225g	252	12.65	Australia
	350g	253	19.40	Australia
	700g	257	37.20	Australia
Peanut	Org	254	17.40	Australia
Peanuts	Reg	255	10.20	Australia

Seeds & Grains		PLU	Price	Origin
Alfalfa Seeds		300	17.00	Aust & Imp
Amaranth	Seed	301	13.90	Bolivia
Barley	Pearled	303	3.60	Australia
Borgal	Coarse	306	3.70	
Buckwheat	Australian Organi	299	11.15	Australia
	Kernals Organic	305	5.00	China
Buckwheat kernals	Organic	482	11.00	Australia
Chia	Bulk Organic	349	13.90	Bolivia
	Regular	345	9.10	
Fenugreek		308	11.20	India
Freekeh	Cracked	302	9.50	Australia
Hemp Seeds	1kg Packet	307	45.50	Australia
	Bulk	313	51.15	Australia
Linseed	Brown-Biodynami	309	7.50	Australia
	Golden - organic	310	10.60	Australia
	Reg	311	6.00	Australia
Millet	Hulled	312	8.20	Australia
Oats	Kernels	314	6.90	Australia
	Steel Cut Organic	337	8.60	Australia
Pepita	Organic	343	17.40	China
Pepitas	Regular	344	13.20	China
Popping Corn	Organic	316	6.65	Australia
Poppy Seed		317	15.00	Australia
Pumpkin seed	Australian Activat	654	37.75	Australia
Quinoa	Black	318	13.80	Bolivia
	red	319	14.50	Bolivia

	White - Australian	315	11.95	Australia
	White - Bolivian	320	10.40	Bolivia
Rice	Arborio	336	14.50	USA
	Basmati - 5kg	321	28.60	India
	Basmati - Reg	323	5.80	India
	Basmati Organic B	334	10.65	India
	Brown - Med Grai	346	7.75	Australia
	Fragrant Brown -	325	7.10	Australia
	Jasmine Organic	326	8.55	Thailand
	White Basmati - O	322	9.50	Pakistan
	White Med Grain	327	7.75	Australia
	Wild	328	30.50	USA
Rice- Brown	Long Grain	324	6.00	Australia
Rye	Grain - 5kg	329	29.25	Australia
	grain bulk	330	4.60	Australia
Seed Sprouting Mi		331	7.60	Aust & Imp
Sesame	Black	332	22.00	
	Org - Hulled	333	12.60	Mexico
	Reg	335	10.00	India
Spelt Grain	bulk	304	6.30	Australia
Sunflower	kernels - org	338	12.35	Australia
	kernels - reg	339	5.70	Bulgaria
Wheat	bulk	342	3.05	Australia
Wheat Grain	5kg	341	21.00	Australia

Beans & Peas		PLU	Price	Origin
Adzuki	Reg	350	7.00	Australia
Black Turtle Beans	Organic	123	9.00	China
Blackeye Beans		351	10.80	USA
Borlotti	Beans	352	7.90	Australia
Broad Beans		360	6.50	Australia
Channa Dal		377	9.90	India
Chickpeas	org	353	11.10	Australia
	reg	354	6.95	Australia
Great Northern Be	(American Beans)	355	9.75	USA
Lentils	Blue - Australian	356	6.50	Australia
	Brown	357	5.20	Canada
	French Green - Or	375	19.25	Australia
	Red - Org - Split	359	14.60	Australia
	Red - Org - Whole	376	13.90	Australia
	Red - Reg - Split	361	7.25	Australia
Lima		362	12.30	USA
Mung	Bean	363	7.75	Australia
Mung Dahl		358	6.70	
	Organic	364	11.80	Australia
Navy beans		378	5.65	Australia

Red Kidney Beans	organic	366	9.10	USA
Soup Mix	org	367	8.30	Aust & Imp
	reg	368	6.00	Aust & Imp
Soy	Organic	369	5.40	Australia
Split Peas	Green - org	370	10.80	Canada
	Green - reg	371	5.60	Canada
	Yellow - org	372	11.15	Australia
	Yellow - reg	373	3.20	Australia
Turtle/Black		374	5.70	USA

Pastas Bulk		PLU	Price	Origin
-------------	--	-----	-------	--------

Amaranth & Rice	Spaghetti- Bulk	286	15.40	
Amaranth and Rice	Fusilli	270	19.10	Bolivia
Buckwheat Soba		271	28.50	
Quinoa & Rice	Penne	272	19.20	Bolivia
	Penne with VEG	276	22.90	Bolivia
Quinoa & Rice	Spaghetti- Bulk	284	16.00	
Spelt	Spirals	274	20.35	Australia

Pastas - Packaged		PLU	Price	Origin
-------------------	--	-----	-------	--------

3 Grain	Spaghetti 300g	282	7.30	Italy
3 Grain - Brown Ri	Penne 300g	283	7.25	Bolivia
3 Grain Spaghetti	300g	275	6.80	Bolivia
Amaranth & Rice	Spaghetti - 300g	281	6.50	Bolivia
Quinoa & Rice	Spaghetti - 300g	285	6.70	Bolivia
Spelt	Fettuccini	289	9.60	Australia
	spaghetti	290	9.60	Australia

Flours		PLU	Price	Origin
--------	--	-----	-------	--------

Amaranth	Bulk	436	12.50	Bolivia
Barley		402	4.30	Australia
Besan	bulk-org	403	5.30	Australia
Buckwheat	5kg	411	52.60	Australia
	Bulk	404	7.40	Aust & Imp
	White and Whole	439	15.50	Australia
Coconut Flour		400	8.00	Phillipines
Corn Flour	Gluten Free	420	3.50	Aust & Imp
Gluten	Bulk	407	5.70	
Gluten Free Flour		408	9.00	Aust & Imp
Maize		409	6.20	Australia
Millet	500g	438	8.40	Australia
	bulk	410	12.80	Australia
Potato Starch	reg	413	5.30	Poland
Quinoa		414	13.20	Bolivia
	Flour 1kg	444	15.70	Australia
Rice flour	Brown	415	15.70	Australia
Rye	Bulk	418	4.40	Australia
	Whole Rye Flour -	417	30.95	Australia

Sorghum	Organic	406	5.95	Australia
Soy		419	7.50	Australia
Spelt	Unbleached - 5kg	435	50.30	Australia
	Unbleached Whit	434	8.60	Australia
	Whole - 5kg	422	48.80	Australia
	whole - bulk 12.5	423	8.90	Australia
Tapioca Starch		401	3.50	Thailand
Wheat	Light Sift - 12.5kg	424	60.00	Australia
	Light Sift - bulk	426	4.00	Australia
	Light Sift- 5kg	425	32.00	Australia
	Pasta Flour	416	5.00	Australia
	Soft Cake - 5kg	437	18.00	Australia
	Unbleached Whit	429	5.80	Australia
	whole wheat Bak	430	57.60	Australia
	Whole wheat Bak	431	29.40	Australia
	Wholewheat Bak	432	4.00	Australia
Wheat (Plain Flour	Soft Cake - Bulk	421	3.80	Australia
Wheat Flour	Unbleached Whit	427	32.50	Australia
	Unbleached Whit	433	60.65	Australia
	Unbleached Whit	428	4.20	Australia

Bread Mixes		PLU	Price	Origin
-------------	--	-----	-------	--------

7 Grain	5kg	441	29.00	Australia
Spelt	1kg	442	7.80	Australia

Cereals & Meals		PLU	Price	Origin
-----------------	--	-----	-------	--------

Bran	Rice- 450g pkt	451	9.55	
	Straws	449	11.00	Australia
	Wheat	452	2.10	Australia
Bread Crumbs	Gluten Free - Bulk	456	31.50	Australia
Corn Flakes	Organic	484	17.50	Macedonia
LSA		458	11.50	Australia
	Organic	481	20.75	
Maize Meal		459	5.50	Australia
	500g	405	6.00	Australia
Muesli	Gluten Free	461	13.80	Aust & Imp
	Hans' (reg shop m	462	10.00	Aust & Imp
	Organic	460	7.30	Australia
	wheat/fruit free	463	8.50	Aust & Imp
Oat Bran	Organic	450	8.80	Australia
Organic Rolled Por	Shop-Made	273	9.60	Australia
Polenta	Bulk	464	9.90	Australia
Psyllium Husks	Organic	465	25.50	India
Puffed	Amaranth - 200g	466	7.20	Bolivia
	Buckwheat	488	30.00	Australia
	Millet-org 175pk	467	8.50	Holland
	Rice Brown	470	13.60	USA

Puffed Brown Rice	Organic	469	25.90	Holland
Puffed Quinoa	Organic	468	16.65	Bolivia
Rolled	Amaranth 375gm	486	12.85	Bolivia
	Barley - org	471	4.40	Australia
	Barley - reg	472	3.40	Australia
	Oats - reg	475	5.60	Australia
	Quinoa - White	476	9.00	Bolivia
	Rice - reg	477	8.20	Australia
	Rye - reg	479	6.30	Australia
	Spelt	489	10.35	Australia
Rolled stabilised	Oats - org - stabili	473	7.25	Australia
Rolled unstabilised	Oats - org - raw tr	474	7.20	Australia
Semolina	Biodynamic	485	4.90	Australia
Tapioca "Pearls"		457	4.50	
Wheat Germ		491	6.10	Australia

Spices & Culinary Herbs		PLU	Price	Origin
Aniseed		500	92.20	Egypt
Asafoetida		199	7.75	India
Basil	Organic	502	130.50	Australia
Bay Leaves		503	166.15	Australia
Caraway Seeds	organic	504	45.90	Egypt
Cardamon	ground	505	115.65	Guatemala
	Pods	506	88.75	Guatemala
Cayenne Pepper	reg	508	10.50	India
Celery Seed		509	87.30	Egypt
Chilli Flakes	Organic	522	51.95	
Chillies	ground	510	22.50	
Chillies - local	whole	511	75.00	Australia
Chinese Five Spice		527	22.15	Aust & Imp
Cinnamon	Cassia - Ground	512	15.75	India
	Cassia - Sticks	513	20.30	India
	True - Ground	598	56.20	Sri Lanka
Cinnamon Organic	True - Quills	559	98.50	Sri Lanka
Cloves	ground	514	29.60	Indonesia/
	whole	515	43.35	Indonesia/
Coriander	ground	516	8.50	India
	whole	517	22.00	India
Coriander Ground	Organic	702	38.10	India
Coriander Seed	Organic	576	38.95	
Cumin	ground	519	18.50	Iran
	seed	520	22.50	Iran
Cumin Seed	Black	518	15.00	Turkey
Cumin Seeds	Organic	533	58.50	India
Curry	hot	521	8.00	India/Indon
	mild	523	8.00	India/Indon

Dill Seed		524	99.10	Egypt
Fennel Seed		525	39.80	India
Fenugreek	ground	526	5.50	India
Garam Masala		528	16.00	Aust & Imp
Ginger	ground	529	11.20	India
Ground Cumin	organic	599	61.65	India
Juniper Berries		530	113.20	Croatia
Mace	ground	531	79.00	Indonesia
	whole	532	84.00	Indonesia
Mixed Herbs	Italian Style	534	130.00	Australia
Mixed Spice		535	12.60	Aust & Imp
Mustard	ground	536	8.20	India
	whole - yellow	538	5.50	Australia/C
Mustard Seed	whole - brown	537	5.50	Australia
Nutmeg	ground	539	24.00	India
	whole	540	54.00	Indonesia
Oregano	Organic	541	126.20	Australia
Paprika	Smoked	560	14.50	Spain
	Sweet - Organic	495	63.50	Israel
	Sweet - Regular	542	11.00	USA
Pepper	Black	543	31.50	Vietnam
	Pink	558	77.50	Spain
	Szechuan	563	98.45	India
	White	544	38.50	India
Pimento	ground	545	19.90	Turkey
	whole	546	20.00	Turkey
Rosemary	Org	547	126.50	Australia
Saffron	1g pkt	557	6.50	Iran
	2g pkt	548	17.00	
Sage		549	125.00	Australia
Star Anis		551	47.00	
Sumac		550	13.50	
Tamarind Pulp	300gm	552	2.75	
Tarragon		553	120.00	France
Thyme	org	554	130.50	Egypt
Turmeric	Organic	496	32.75	Indonesia
	reg	555	13.80	India
Zatar		556	13.90	Aust & Imp

Bulk Teas		PLU	Price	Origin
Black Tea	Org	562	79.00	Sri Lanka
Calendula	Org	564	120.00	Australia
Calendula Flowers	local dried	347	75.00	Australia
Ceylon Orange Pek		478	68.30	
Chai	Bulk Rainbow	565	72.50	Aust & Imp
Chai Spice Mix	Bulk	591	85.50	Aust & Imp

Chamomile	-Organic	566	111.00	Egypt
Dandelion	Raw - Org	567	113.60	Australia
	Roast - Org	568	134.80	Poland
	Roast - Reg	569	35.35	
	Spiced - Bulk	575	92.70	Aust & Imp
Earl Grey	Organic	167	102.40	Sri Lanka
Echinacea	Augustifolia root	572	134.80	Australia
	Whole Plant - Org	571	137.00	
Elderflower	Org	573	129.75	Hungary
Fennel	Ground	507	10.20	Aust & Imp
Green Tea	Org Australian	574	120.20	Australia
Hawthorn Berries	Wildcrafted	570	110.70	Australia
Hibiscus	org	280	118.00	Egypt
Kukicha		561	65.60	
Lemon Balm	Melissa	577	133.75	Australia
Lemon Grass	Org	578	114.30	Australia
Linden Flowers	Org	580	134.20	Germany
Liquorice Root	Org	581	124.00	Australia
Nettle	Local	590	84.00	Australia
	Org	582	117.53	Australia
Peppermint	Org	583	119.00	Australia
Raspberry Leaf	Org	584	120.75	Australia
Red Clover Flower	Org	585	120.00	Australia
Rooibos	Chai	586	106.50	
	org	588	94.85	South Afric
	Vanilla	587	104.00	
Rosehip	Org	589	114.30	Australia
Spearmint	Org	593	125.30	Australia
St John's Wort	Org	594	114.90	Australia
Valerian Root	Local	596	80.50	Australia
	Org	595	135.00	Holland

Packaged Teas		PLU	Price	Origin
Chai	Rainbow - 150g	747	11.85	Australia
	Rainbow Turmeri	750	18.60	Aust & Imp
	Spice Mix - 150g	748	14.15	Australia
Dandelion	Spiced - 175g	749	17.80	Australia

Sweets & Nibbles		PLU	Price	Origin
Australian Mix		600	35.50	Australia
Bombay Mix		601	13.30	Aust & Imp
Carob	Banana	609	47.50	Aust & Imp
	Ginger	602	36.95	Aust & Imp
	Honeycomb	603	25.65	Aust & Imp
Carob Buttons	Milk	604	11.40	Aust & Imp
	Peppermint	605	15.00	Aust & Imp
Choc Chip cookies		866	3.50	Aust & Imp

Choc Fruit balls	(or fruit and nut b	832	3.30	Aust & Imp
Choc. Block	Hazel Mylk and D	117	8.30	Aust & Imp
Chocolate Block	500gm Vanuatu la	139	32.00	Australia
Chocolate Blocks	dark/milk/white 1	144	9.80	Australia
	Loving Earth 80g	626	7.20	Aust & Imp
Chocolate Bulk	Bulk dark- Vanuat	616	58.30	Vanuatu
	Loving Earth - 85	630	63.00	Aust & Imp
Chocolate Coated	Almonds - dark	617	80.60	Aust & Imp
	Almonds - milk	618	80.60	Aust & Imp
	Cherries - Dark	619	81.45	Aust & Imp
	Cherries - Milk	608	81.45	Aust & Imp
	Coffee Beans 180	614	16.60	Aust & Imp
	Ginger	621	67.30	Aust & Imp
	Liquorice - Dark	607	43.20	Aust & Imp
	Liquorice - milk	622	43.20	Aust & Imp
	Macadamias	624	90.30	Aust & Imp
	Muscatels	625	52.50	Aust & Imp
Chocolate Frogs an	dark/milk/white	112	1.60	Vanuatu
Corn Chips	Bulk	628	21.85	Australia
	Chipman 230g	629	5.95	Australia
	Mexicana 500g	627	10.95	Australia
Easter Egg	NAS/Soy Medium	611	7.70	Aust & Imp
	NAS/Soy small	610	5.90	Aust & Imp
Easter Mini Eggs 1	NAS	612	9.70	Aust & Imp
Fruit and Nut Snac		834	4.20	Aust & Imp
Liquorice	Spelt	633	18.25	Australia
	Wheat	606	20.00	Australia
Macadamia Mix		635	16.00	Aust & Imp
Merrita's Fruit Cak	1/2kg Pudding	634	25.00	Australia
	1kg pudding	615	49.70	Australia
	Large	637	36.50	Australia
	Medium	620	20.00	Australia
	Small	636	10.85	Australia
Organic Easter egg	Dark Chocolate	632	4.90	Australia
	Milk Chocolate	613	4.90	Australia
Potato Chips	Chipman-100gm	648	5.15	Australia
Soy Crisps		638	16.25	Australia
Tahini Treats		867	4.30	Australia

Bread		PLU	Price	Origin
Bagel		187	3.30	Australia
Deeks	Baguette	685	8.80	Australia
	Besan	668	10.20	Australia
	Buckwheat Paleo	166	12.00	Aust & Imp
	Date & Walnut	687	11.35	Australia
	Fruit Log	671	10.95	Australia

Deeks	Fruit Mince Tarts	171	19.80	Australia
	Multiseed	669	10.85	Australia
	Olive & Herb brea	686	9.40	Australia
	Potato Bread	188	12.00	Aust & Imp
	Pumpkin	672	10.85	Australia
	Quinoa	670	10.40	Australia
	Rolls - pkt of 4	673	10.10	Australia
	Xmas Date Puddin	169	9.80	Australia
	Xmas Fruit Puddin	168	7.50	Australia
	Xmas Pudding 70	170	31.25	Australia
Gluten Free Wraps	250g	786	6.80	Australia
Honor Bread	Wholewheat	684	8.00	Aust & Imp
Honorbread	Country	156	8.00	Australia
	Dark rye 100%	660	10.00	Australia
	Fig and Walnut	659	8.00	Australia
	Golden Raisin	661	9.00	Australia
	Kardemumabull	663	5.00	Australia
	Olive and rosema	667	9.00	Australia
	Rye and Caraway	157	8.00	Australia
	Seedy White	155	8.00	Australia
	Tiberkes	191	5.00	Australia
Sechskornbrot		177	12.00	Australia
Wholemeal sourdo		662	10.50	Australia
Wild Ryes	Authentic Turkish	674	5.00	Australia
	Baguette - Olive	675	5.40	Australia
	Ciabatta	676	5.45	Australia
	Croissant	666	3.80	Aust & Imp
	Fruit and nut	677	9.10	Australia
	Mini Panini	678	0.55	Australia
	Panini	679	1.25	Australia
	Pizza Base	688	4.90	Australia
	Rye - Light	680	8.05	Australia
	Seeded Sourdoug	681	7.95	Australia
	Spelt loaf	682	9.95	Australia
	Stoneground Sour	683	8.60	Australia

Juices		PLU	Price	Origin
Apple	Cook - 1L	690	7.75	Australia
	Sparkling 330ml	639	4.40	Australia
Apple Juice	Greenwood - 1L	691	7.90	Australia
Grape	Red - 1L	692	15.20	Australia
	White 1L	693	12.75	Australia
Norfolk Punch Elix	750ml	644	14.75	Australia
Pear Juice	1L Greenwood	699	8.00	Australia
Pomegranite & Pe	Greenwood 1L	650	11.40	Australia
Sparkling Grape	Ginger 330ml	694	4.15	Australia

Ginger 750ml	640	10.25	Australia
Mango Tango 750	641	10.05	Australia
Passion 750ml	643	9.10	Australia
Premier Muscat 7	645	10.25	Australia
Ruby - 330ml	642	4.20	Australia
Ruby 750ml	647	10.60	Australia
Strawberry 750ml	646	10.25	Australia

Coffee		PLU	Price	Origin
Jasper - 250g	East Timor - Decaf	158	19.90	East Timor
	East Timor Maubi	861	14.60	East Timor
	Ethiopa Yirgacheff	875	17.70	Ethiopia
	Honduras - Groun	860	14.60	Honduras
	Nicaragua Mataga	881	15.50	Nicaragua
	Peru - Cafe Feme	862	16.50	Peru
	Peru - Decaf	863	21.10	Peru
Wild Ryes	Ground Coffee 25	887	12.10	Aust & Imp
	Whole Bean - Bul	198	48.00	Aust & Imp
	Whole Coffee Bea	888	12.10	Aust & Imp

Manufactured / Packaged		PLU	Price	Origin
Agar Agar	75g	700	23.30	Japan
Almond Milk	1L	179	5.50	Aust & Imp
Arame Seaweed	50gm packet	765	15.00	Japan
Barley Flour	Organic-500gm	440	8.50	Australia
BBQ Sauce	Good Sauce 270g	729	9.00	Aust & Imp
Bone Broth Paste	260g	782	39.00	Australia
Boomerang bags		718	2.50	Australia
Bouillon Cubes	Green 84g	709	7.70	Switzerland
	Red 84g	710	6.70	Switzerland
Bouillon Powder	Green 150g	774	10.60	Switzerland
	Green 500g	734	31.50	Switzerland
	Red 500g	775	38.50	Switzerland
Buckinis muesli	400gm packet	707	14.80	Aust & Imp
Cacao Nibs	500g	871	39.50	Peru
Carob kibble nibbl	200gm pkt	183	7.60	Australia
Chocolate Coconut	175g	793	8.75	Aust & Imp
	550g	794	19.60	Aust & Imp
Corn Thins	Sesame	717	3.30	Aust & Imp
Cous Cous organic	500g pkt	480	5.85	
Deodorant	60g	103	17.95	Holland
Formosan tea	250gm pkt	744	8.60	China
Gluten Flour	500g	713	9.90	China
Green Banana Flou		727	17.00	Australia
Guar Gum	75g	740	6.50	India
Homeopathics	Remedies	791	17.80	Australia
Honey	500g	720	8.25	Australia

Jam	330g	723	9.40	Australia
Jam-Sunny Creek	Organic 310g	958	9.90	Australia
Kelp Meal	180g	724	27.00	Australia
	350g	725	45.00	Australia
Lupin Flour	400g	443	7.50	Australia
Mackerel in Olive	195g Jar	260	11.60	Spain
Maple Syrup	236ml	728	11.20	Canada
Mayo	Good Fat 280g	708	13.95	Aust & Imp
Mayonnaise	Organic 300g	716	7.80	Holland
Mayonnaise Egg-Fr	Organic 240g	715	6.80	Australia
Mustard	Dijon 200g	726	7.00	Aust & Imp
	Seeded 140g	733	4.45	Aust & Imp
Mustard Wholegra	200gm	279	7.00	Australia
Nori Flakes	50g	731	9.95	Canada
Nori Sheets	25g	730	6.25	China
Nut Milk Bags		722	9.50	Australia
Olive Paste 190g		890	9.80	
Olives	Rosnay 375ml	789	11.10	Australia
	Rosnay 500ml - K	788	13.70	Australia
	Willunga Hills 500	735	18.55	Australia
Olives Kalamata	Rosnay- 500ml	787	12.90	Australia
Olives Mt Zero	Kalamata - 2 Litre	968	46.35	Australia
Pasta Sauce	Basil & Garlic - 37	736	6.30	Aust & Imp
Pickled Ginger	60g	889	6.90	
PIP Calendar		189	17.75	Australia
Pip Magazine		951	12.95	Australia
Pizza / Pasta Sauce	375g	737	6.25	Aust & Imp
Rice and Quinoa C		180	3.60	Aust & Imp
Rice cakes		738	3.30	Aust & Imp
Rice Milk	1L	772	4.10	Australia
Royal Quinoa	Puffed	919	32.80	Bolivia
Salmon in Olive Oil	195g	262	16.10	Spain
Sardines in Olive O	260g	261	12.10	Spain
Seaweed	Dulse 50g	711	10.00	Canada
	Wakame Flake 50	712	8.00	Canada
Soap Cakes	Charlie Bee's	803	8.50	Australia
Soy Milk	Bonsoy - each	742	5.10	Japan
	Bonsoy - Slab of 6	743	30.00	Japan
Sweet Chilli Sauce	250gm	922	11.50	Australia
Toilet paper	Earthcare	969	1.15	Australia
Tomato Ketchup	Good Sauce 270g	732	9.00	Aust & Imp
Tomato Passata	Organic 400g	759	3.65	Italy
	Organic 680g	761	4.60	Italy
Tomato Paste	200g	758	4.85	Italy
Tomato Sauce	Organic 350ml su	878	11.50	Australia
Toothbrush		769	3.70	China

Toothpaste	Herbal-100g sensi	917	7.50	New Zealan
	Mint and mint/Pr	918	4.50	New Zealan
	Organic Herbal 10	792	10.50	Australia
	Propolis-100g	936	7.95	New Zealan
Umeboshi Plums	150gm	760	17.30	Japan
Vanilla Paste	65g	762	22.20	New Zealan
Vanilla Syrup	250ml	719	22.30	New Zealan
Wakame	Sea vegetable 50g	453	22.50	Japan
Whey Powder	1kg	763	54.60	Australia
Yeast	Dried - 500g	767	10.60	China

Sundry - Bulk		PLU	Price	Origin
Agave Syrup	Dark per KG	854	12.70	Mexico
Baking Powder	Aluminium Free	800	20.35	Aust & Imp
Brown Rice Malt S		826	10.60	Australia
Cacao Beans	500g packet	872	22.95	Peru
	Bulk	855	47.00	Peru
Cacao butter		230	38.50	Peru
Cacao Nibs	Bulk	869	41.75	Peru
Cacao Powder - Ra		856	19.95	Peru
Carob Kibble Nibbl		865	29.30	Australia
Carob Powder		801	11.50	Italy
Couscous Wholew	Organic	455	8.05	Italy
Cream of Tartar		804	45.20	
Dishwashing powd	Glisten	623	12.30	Aust & Imp
Drinking Chocolate		859	33.60	Aust & Imp
Falafel Mix	organic	805	14.90	Aust & Imp
Ghee		807	38.00	Australia
Golden Syrup		822	5.50	Australia
Honey	Black Range Farm	808	18.00	Australia
	Eden Beeline	809	18.00	Australia
Icing Sugar		877	9.90	New Zealan
Kuzu		824	101.00	Japan
Lecithin		811	22.10	Germany
Maca Powder	organic	874	41.80	Aust & Imp
Maple Syrup	Per L	880	34.00	Canada
Mirin		814	22.50	Japan
Miso	Brown Rice - Gen	816	30.20	Japan
	Natto	817	30.95	Japan
Molasses	Organic	864	5.40	
	Regular	818	2.91	Australia
Mushrooms	Shiitake	820	77.00	Japan
Nutritional Yeast F	Toasted	483	37.10	
Oil	Almond	819	17.00	
	Coconut	868	18.50	
	Macadamia	821	25.00	

Oil	Olive - Biodynami	850	22.80	Australia
	Olive regular	799	21.00	Australia
	Peanut	853	12.50	
	Safflower - Regula	813	17.00	
	Sesame	825	31.34	
	Sunflower	836	23.70	
Olive Oil Cockatoo		631	20.85	Australia
Red Wine Vinegar		697	14.20	
Salt	Celtic	827	17.00	Spain
	Macrobiotic sea s	831	10.80	Spain
	Murray River Flak	828	29.20	Australia
	Pink Lake Coarse	857	11.10	Australia
	Pink Lake Fine	858	11.30	Australia
	Rock (Sea)	829	1.40	Australia
	Sea fine	830	1.30	Australia
Seaweed	Dulse	851	202.00	Canada
	Golden Kelp Meal	833	137.75	Australia
Slippery Elm	Powder	592	117.50	USA
Sodium Bicarbonat	Aluminium Free	852	19.50	Australia
Soy Sauce	Shoyu	837	18.10	Japan
	Tamari - Organic	838	27.00	Japan
	Tamari - Reg	839	17.30	Japan
Sugar	Coconut	812	10.80	Indonesia
	Dark Brown	840	5.20	Australia
	Rapadura	841	11.70	Columbia
	Raw - Organic	842	4.80	Brazil
	Raw - Regular	806	2.20	Australia
	White - Organic	843	5.00	Brazil
	White - Regular	823	2.50	Australia
Tahini	Hulled	844	13.60	
	Unhulled	845	16.30	
Vanilla Pods		846	5.90	Tonga
Vanilla Powder		870	624.75	India
Vinegar	Apple Cider	802	15.00	Australia
	Balsamic	876	27.00	Italy
	White	879	1.80	Australia
	White Wine Org	835	13.60	France
Whey Powder		849	50.70	Australia
Xanthan Gum		810	41.65	China
Yeast	Bakers bulk	847	20.85	China
	Brewers	848	32.95	Estonia
Refrigerated goods				PLU Price Origin
		938		Australia
Bone Broth	Beef/Chicken Brot	190	14.90	Australia
Bread - Sprouted	Essene - Date &	901	14.70	Australia

	Essene Supreme	900	10.65	Australia
	Ezekiel 4:9	930	12.75	Australia
	Khorasan	902	12.60	Australia
	Rye	903	11.60	Australia
Butter	True Organics 250	898	6.50	Australia
Cheddar - Mungalli	MILD 250gm	192	11.80	Australia
	TASTY 250gm	193	12.55	Australia
Cheddar - Symons	Organic 200gm	579	9.00	Australia
	Organic 500g	186	18.30	New Zealan
	VINTAGE Organic	194	8.15	Australia
Cheese	Brie/ camembert	947	10.20	Australia
Cheese - Meredith	Chevre - 150g	909	9.25	Australia
	Goat Cheese, in	798	14.75	Australia
Cheese - Mungalli	Fetta - 300g	907	10.55	Australia
	Ricotta - 325g	966	9.50	Australia
Chevre Pepperberr		111	9.95	Australia
Cream	Tilba 300ml	899	5.25	Australia
Cream - Barambah	Fresh - 200ml	912	6.30	Australia
	Sour - 200ml	914	7.80	Australia
Crème Fraiche	200g Mungalli	454	7.75	Australia
Dip - Paleo	Kehoe's Beetroot	957	11.70	Australia
	Kehoe's Cheese/T	653	10.70	
Dips	Org Induglence 40	946	7.05	Australia
	Org Indulgence 20	915	6.95	Australia
Fetta-Marrook	200gm	956	8.15	Australia
Hemp Oil	250ml	721	17.70	Aust & Imp
Kefir	Golden Milk 700	174	9.25	Australia
	Milk 700ml	178	8.20	Australia
Kefir Water	Kerrin	225	6.50	Australia
Kombucha	Faraway Farm 33	597	5.50	Australia
Kraut	700gm jar	929	16.10	Australia
Milk	Demeter - 2L	920	7.30	Australia
	Organic Living Pla	921	3.85	Australia
	Tilba 1L Full Crea	940	3.30	Australia
	Tilba 1L Low Fat	949	3.50	Australia
	Tilba 2L Full Crea	925	5.20	Australia
	Tilba 2L Low Fat	945	5.60	Australia
Miso	Mild Yellow Chick	652	24.20	Aust & Imp
	Shiro	768	16.50	
	Sweet Red	651	24.20	Australia
	Sweet White	658	24.20	Australia
Oil	Flaxseed organic	873	54.00	
Olives	Rosnay Bulk- per	948	21.20	Australia
Quark	Marook-400gm	913	10.60	Australia
Tempeh	Byron Bay	181	14.20	Aust & Imp
	Primasoy 225gm	185	6.40	Australia

Tempeh	Seasoned Tally Ho	924	8.50	Australia
Tofu	Earth Source - FIR	926	6.90	Australia
	Earth Source - SIL	927	5.20	Australia
	Earth Source - SO	928	5.20	Australia
	Earth source SMO	953	7.30	Australia
Yoghurt - Marrook	Greek 375g	934	8.20	Australia
	Lemon Myrtle 37	935	5.85	Australia
	Maple Vanilla - 37	905	6.15	Aust & Imp
	Mild - 1kg	932	11.00	Australia
	Mild - 375g	933	4.90	Australia
Yoghurt - Meredith	Goat- Plain 500g	941	8.30	Australia
	Sheep - 1kg	943	14.20	Australia
	Sheep - 500g	944	8.30	Australia
Yoghurt - Mungalli	Flavoured 500g	916	8.00	Australia
	Greek Flavoured	937	8.00	Australia
	Plain 1kg	955	11.00	Australia
	Plain 500g	954	6.40	Australia
Yoghurt - Tilba	1kg	911	8.50	Australia
	500g	908	5.10	Australia
Yoghurt coconut	Pure and Free 550	910	11.30	Australia

Tinned Goods		PLU	Price	Origin
--------------	--	-----	-------	--------

Baked Beans	Italian	703	5.40	
	Italian - Slab of 12	704	60.00	
	Whole Earth - eac	705	2.60	UK
	Whole Earth - Sla	706	28.50	UK
Coconut Cream	400ml	714	3.45	
Coconut cream x 6	6 pack tins	698	20.50	Australia
Coconut Milk	400g	701	3.10	Thailand
Coconut milk x 6	6 pack tins	815	19.50	Sri Lanka
Tomato - Diced	Each	755	2.95	Italy
	Slab of 12	756	33.00	Italy
Tomato - Whole	Each	757	3.00	Italy
	Slab of 12	739	36.50	Italy

Cleaning Products		PLU	Price	Origin
-------------------	--	-----	-------	--------

Conditioner	Normal/Dry & Se	104	12.10	Australia
Dishwashing Liqui	EnviroClean	961	7.00	Australia
Dishwashing Powd	Herbon	962	12.00	Australia
Epsom salts	Magnesium Sulph	964	3.50	China
Hand Sanitiser	Stony Creek Farm	110	38.15	Australia
Laundry Liquid	Herbon	963	7.00	Australia
Laundry Washing	Naturally Clean	965	9.60	Australia
Shampoo Bar	Dry/Oily/Sensitive	102	10.50	Australia
	Original	101	8.20	Australia
Sodium Bicarbonat		960	2.50	Australia

Jars & Bottles		PLU	Price	Origin
----------------	--	-----	-------	--------

Bottles	Amber - 500ml	970	2.40	China/Mala
	Soy Sauce - 500ml	971	1.90	China/Mala
	Soy Sauce 250ml	979	1.40	China/Mala
Green oil bottle	500ml	967	2.30	
Jar	65ml	987	1.05	Australia
Jars	1L	976	3.95	China/Mala
	250ml	972	1.10	China/Mala
	2L	977	7.60	China/Mala
	375ml	973	1.30	China/Mala
	500ml	974	1.60	
	750ml	975	2.55	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
-----------	--	-----	-------	--------

Beeswax Wraps	Basics	182	24.75	Aust & Imp
	Large	501	16.50	Australia
	Medium	196	16.50	Aust & Imp
Black Barrel	30L	984	39.00	
Calico Tie Bag		988	4.20	Australia
Carry Bags	Calico	990	5.20	Australia
	Paper 2wide x100	991	2.45	
Paper Bags		952	0.05	Australia
	small x 100 (11b)	992	1.75	
Paper Bags 2 wide	small square x 10	993	0.03	
Paper Bags 4lb bro	large square x 100	994	4.25	
Paper Bags 6lb bro	large 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
Produce Bag	Individua	159	1.50	Australia
Produce bags	Cotton Tulgeen	195	3.50	Australia
	Pack of 4 org cott	197	24.25	Australia