

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	43.05	Australia
	Turkish - Org	115	17.10	Turkey
	Turkish - Reg	116	10.50	Turkey
Banana	Regular	118	20.30	Australia
Cherries	Organic	119	82.75	Australia
Cranberries	Regular	120	16.31	USA
Currants	Org	121	18.70	Australia
	Reg	122	11.85	Australia
Dates	Barhee Honey	176	35.00	Australia
	Chinese Red	143	6.50	China
	Iranian	124	5.70	Iran
	Medjool	125	32.80	Aust & Imp
	Medjool Aus	173	34.30	Australia
	Mixed Australian	175	31.60	Australia
Figs	Turkish - Org	127	18.45	Turkey
Fruit Medley	Regular	129	26.60	Aust & Imp
Fruit Salad	Regular	131	23.70	Aust & Imp
Goji Berries	Organic	132	33.20	China
Inca Berries	organic	126	42.00	Ecuador
Mango	Org	133	191.50	Australia
	Reg	134	76.65	Australia
Mixed Fruit	Reg	135	13.75	Aust & Imp
Mixed Peel	Reg	136	13.50	Italy
Mulberries, White	Organic	128	29.20	Turkey
Nectarines	Organic	137	38.15	Australia
Paw Paw	Diced	138	12.10	Thailand
Peaches	Organic	154	38.15	Australia
	Reg	140	20.60	South Afric
Pears	Reg	141	20.60	South Afric
Pineapple, pieces	Regular	142	13.70	Thailand
Plums	Organic	153	39.80	Australia
Prunes	Org - 250g packet	146	4.20	Australia
	Organic	145	15.60	Australia
	Regular	147	11.85	Chile
Raisins	Org - Diamond M	149	17.05	Australia
	Reg - Flame	130	10.40	Australia
	Reg - Muscatel Cl	148	39.50	Australia
	Reg - Seeded	150	15.50	Australia
Sultanas	Biodynamic	152	17.05	Australia

Naturally Dried	151	10.50	Australia
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Glace Fruit		PLU	Price	Origin
Apricots	Glace	160	26.50	China
Figs		161	26.00	China
Ginger	Crystallised - reg	163	18.70	Fiji
	Glace	164	18.66	Fiji
Pear	glace	657	24.10	China
Pineapple	Glace	165	20.00	Thailand

Nuts		PLU	Price	Origin
Almond Meal	Blanched	200	17.05	Australia
	Natural	201	15.90	Australia
Almonds	Flaked (Sliced)	202	20.10	Australia
	In Shell	203	13.50	Australia
	Raw - Insecticide	205	17.20	Australia
	Raw - Org	204	42.70	Australia
	Roast - Pieces	206	27.50	Australia
	Roast - whole	207	21.85	Australia
	Slivered	208	20.10	Australia
	Tamari	209	24.90	Australia
Brazils	Kernels - Reg	212	22.05	Bolivia
Cashews	Org Dry Roasted	213	39.95	Vietnam
	Organic Raw - Wh	215	28.90	Vietnam
	Raw - Pieces	214	30.75	Vietnam
Coconut	Chipped	216	14.05	Phillipines
	Fine	217	10.80	Phillipines
	Org Shr/chip250g	223	7.30	Phillipines
	Organic Dessicate	218	12.05	Phillipines
	Shredded	219	10.90	Phillipines
	Shredded Org	184	12.40	Phillipines
	Hazel	In Shell	221	11.25
	Meal	220	48.00	Australia
	Raw Kernels	222	47.60	Australia
	Roasted	210	55.80	Australia
Local Walnuts	In Shell	238	13.50	Australia
Macadamias	In Shell	240	11.25	Australia
	Raw - Reg	226	54.00	Australia
Mixed Nuts	Raw	227	26.65	Aust & Imp
	Roast	228	28.10	Aust & Imp
	Roast with Peanu	229	21.00	Aust & Imp
Peanuts	Raw	231	10.15	Australia
	Roast - Org	232	21.35	Australia

Peanuts	Roast - Reg	233	11.10	Australia
Pecans	Kernels	235	38.00	Australia
Pine Nuts		236	58.90	China
Pistachios	In Shell - Roast	237	39.15	Australia
	Raw Kernels	211	58.00	Australia
Walnuts	Kernels	239	25.35	Australia
Wild Rye	Vollkornbrot	655	9.90	Australia

Nut Butters		PLU	Price	Origin
Almond		250	27.50	Australia
Hazelnut	Butter 230g	258	10.50	Australia
Macadamia	350g	253	20.40	Australia
	700g	257	39.20	Australia
Macadamias	225g	252	16.80	Australia
Peanut	Org	254	21.35	Australia
Peanuts	Reg	255	10.20	Australia

Seeds & Grains		PLU	Price	Origin
Alfalfa Seeds		300	17.00	Aust & Imp
Amaranth	Seed	301	9.06	Bolivia
Barley	Pearled	303	3.90	Australia
	whole	298	5.05	Australia
Borgal	Coarse	306	3.70	
Buckwheat	Australian Organi	299	10.75	Australia
	Kernals Organic	305	5.30	China
Buckwheat kernals	Organic	482	12.10	Australia
Chia	Bulk Organic	349	12.50	Bolivia
	Regular	345	12.50	
Fenugreek		308	9.65	India
Freekeh	Cracked	302	10.95	Australia
Hemp Seeds	1kg Packet	307	45.50	Australia
	Bulk	313	45.35	Australia
Linseed	Brown - Organic	309	16.50	Australia
	Golden - organic	310	19.05	Australia
	Reg	311	6.75	Canada
Millet	Hulled	312	14.70	Australia
Oats	Kernels	314	6.70	Australia
	Steel Cut Organic	337	9.40	Australia
Pepita	Organic	343	17.95	China
Pepitas	Regular	344	12.25	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	13.20	Australia
	White - Bolivian	320	10.40	Bolivia

Rice	Arborio	336	14.50	USA
	Basmati - 5kg	321	28.60	India
	Basmati - Reg	323	6.60	India
	Basmati Organic B	334	8.50	India
	Brown - Med Grai	346	10.00	Australia
	Brown M/G rain f	348	8.40	Australia
	Fragrant Brown -	325	7.10	Australia
	Jasmine Organic	326	9.75	Thailand
	White Basmati - O	322	7.95	Pakistan
	White Med Grain	327	8.40	Australia
	Wild	328	30.50	USA
Rice- Brown	Long Grain	324	6.00	Australia
Rolled	Barley - organic	471	4.40	Australia
Rye	Grain - 5kg	329	29.25	Australia
	grain bulk	330	3.95	Australia
Seed Sprouting Mi		331	7.60	Aust & Imp
Sesame	Black	332	22.95	
	Org - Hulled	333	13.35	Mexico
	Reg	335	9.20	
Spelt Grain	bulk	304	7.25	Australia
Sunflower	kernels - org	338	19.70	Australia
	kernels - reg	339	6.50	Bulgaria
Wheat	bulk	342	3.05	Australia
Wheat Grain	5kg	341	21.00	Australia

Beans & Peas		PLU	Price	Origin
Adzuki	Reg	350	7.60	Australia
Black Turtle Beans		123	8.20	Australia
Blackeye Beans		351	9.50	USA
Borlotti	Beans	352	7.10	Australia
Broad Beans		360	5.30	Australia
Channa Dal		377	9.90	India
Chickpeas	org	353	9.35	Australia
	reg	354	4.65	Australia
Great Northern Be	(American Beans)	355	9.75	USA
Lentils	Blue - Australian	356	6.50	Australia
	Brown	357	7.80	Canada
	French Green - Or	375	19.25	Australia
	Red - Org - Split	359	14.53	Australia
	Red - Org - Whole	376	13.90	Australia
	Red - Reg - Split	361	7.25	Australia
Lima		362	10.15	USA
Mung	Bean	363	10.95	Australia
Mung Dahl		358	6.70	
	Organic	364	9.00	Australia
Navy beans		378	5.65	Australia

Red Kidney Beans	organic	366	10.10	USA
Soup Mix	org	367	8.30	Aust & Imp
	reg	368	6.00	Aust & Imp
Soy	Organic	369	4.60	Australia
Split Peas	Green - org	370	10.80	Canada
	Green - reg	371	5.60	Canada
	Yellow - org	372	11.15	Australia
	Yellow - reg	373	4.10	Australia
Turtle/Black		374	5.70	USA

Pastas Bulk		PLU	Price	Origin
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Amaranth & Rice	Spaghetti- Bulk	286	15.40	
Amaranth, Quinoa	Fusilli	270	20.30	Bolivia
Buckwheat Soba		271	41.05	
Quinoa & Rice	Penne with VEG	276	23.80	Bolivia
Quinoa & Rice/ A	Penne	272	19.90	Bolivia
Quinoa & Rice	Spaghetti- Bulk	284	16.00	
Spelt	Spirals	274	21.00	Australia

Pastas - Packaged		PLU	Price	Origin
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3 Grain	Spaghetti 300g	282	7.75	Italy
3 Grain - Brown Ri	Penne 300g	283	7.25	Bolivia
3 Grain Spaghetti	300g	275	7.70	Bolivia
Amaranth & Rice	Spaghetti - 300g	281	7.00	Bolivia
Quinoa & Rice	Spaghetti - 300g	285	7.20	Bolivia
Spelt	Fettuccini	289	9.95	Australia
	spaghetti	290	9.95	Australia

Flours		PLU	Price	Origin
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Amaranth	Bulk	436	12.50	Bolivia
Barley		402	4.30	Australia
besan		0		Aust & Imp
	bulk-org	403	5.05	Australia
Brown Teff Flour		409	12.95	Australia
Buckwheat	15kg	411	10.85	Australia
	5kg Kindred Org	259	62.25	Australia
	Bulk	404	7.15	Aust & Imp
Buckwheat flour	White and Whole	439	15.50	Australia
Coconut Flour		400	8.00	Phillipines
Corn Flour	Gluten Free	420	3.50	Aust & Imp
Deeks	Besan	668	9.90	Australia
Gluten	Bulk	407	5.70	
Gluten Free Flour		408	9.00	Aust & Imp
Millet	500g	438	8.40	Australia
	bulk	410	12.80	Australia
Potato Starch	reg	413	5.30	Poland
Quinoa		414	14.25	Bolivia
	Flour 1kg	444	15.70	Australia

Rice flour	Brown	415	15.85	Australia
Rye	Bulk	418	3.70	Australia
	Whole Rye Flour -	417	28.15	Australia
Sorghum	Organic	406	5.95	Australia
Soy		419	7.50	Australia
Spelt	Unbleached Whit	434	6.15	Australia
	white - 5kg	435	52.60	Australia
	Whole - 5kg	422	45.65	Australia
	whole - bulk	423	6.05	Australia
Tapioca Starch		401	3.50	Thailand
Wheat	Light Sift - 12.5kg	424	57.00	Australia
	Light Sift - bulk	426	3.80	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	54.70	Australia
	Whole wheat Bak	431	28.15	Australia
	Wholewheat Bak	432	3.70	Australia
	Wheat (Plain Flour	Soft Cake - Bulk	421	3.90
Wheat Flour	Unbleached Whit	427	31.35	Australia
	Unbleached Whit	433	57.80	Australia
	Unbleached Whit	428	3.90	Australia

Bread Mixes		PLU	Price	Origin
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7 Grain	5kg	441	29.00	Australia
Spelt	1kg	442	7.80	Australia

Cereals & Meals		PLU	Price	Origin
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Bran	Rice- 450g pkt	451	9.55	
	Straws	449	11.00	Australia
	Wheat	452	2.10	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
Millet Flakes	Bulk	448	15.60	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	11.65	Australia
Psyllium Husks	Organic	465	25.47	India
Puffed	Amaranth - 200g	466	7.20	Bolivia

Puffed	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 - reg	472	2.95	Australia
	Oats - reg	475	5.60	Australia
	Quinoa - White	476	13.77	Bolivia
	Rice - reg	477	7.15	Australia
	Rye - reg	479	7.40	Australia
	Spelt	489	8.90	Germany
Rolled stabilised	Oats - org - stabili	473	7.25	Australia
Rolled unstabilised	Oats - org - raw tr	474	8.15	Australia
Semolina	Biodynamic	485	4.90	Australia
Tapioca "Pearls"		457	5.55	
Wheat Germ		491	6.50	Australia

Spices & Culinary Herbs		PLU	Price	Origin
Aniseed		500	121.95	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	129.25	Guatemala
	Pods	506	129.23	Guatemala
Cayenne Pepper	reg	508	10.50	India
Celery Seed		509	101.25	Egypt
Chilli Flakes	Organic	522	51.95	
Chillies	ground	510	25.25	
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	24.75	India
	True - Ground	598	56.20	Sri Lanka
Cinnamon Organic	True - Quills	559	147.44	Sri Lanka
Cloves	ground	514	29.60	Indonesia/
	whole	515	43.35	Indonesia/
Coriander	ground	516	8.50	India
	whole	517	19.15	India
Coriander Ground	Organic	702	38.10	India
Coriander Seed	Organic	576	38.95	
Cumin	ground	519	17.35	Iran
	seed	520	23.20	Iran
Cumin Seed	Black	518	18.25	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	Organic	525	39.80	India
Fenugreek	ground	526	9.85	India
Garam Masala		528	16.00	Aust & Imp
Ginger	ground	529	11.20	India
Ground Cumin	organic	599	61.65	India
Juniper Berries		530	116.35	Croatia
Mace	ground	531	79.00	Indonesia
	whole	532	84.00	Indonesia
Mixed Herbs	Italian Style	534	135.90	Australia
Mixed Spice		535	13.90	Aust & Imp
Mustard	ground	536	14.55	India
	whole - yellow	538	5.50	Australia/C
Mustard Seed	whole - brown	537	5.50	Australia
Nutmeg	ground	539	24.00	India
	whole	540	43.40	Indonesia
Oregano	Organic	541	139.05	Australia
Paprika	Smoked	560	14.50	Spain
	Sweet - Organic	495	63.50	China
	Sweet - Regular	542	11.00	USA
Pepper		543	32.85	Vietnam
	Pink	558	74.15	Spain
	Szechuan	563	98.45	India
	White	544	38.50	India
Pepper Black Orga		190	114.35	Tanzania
Pimento	ground	545	19.90	Turkey
	whole	546	20.00	Turkey
Rosemary	Org	547	126.50	Australia
Saffron	1g pkt	557	8.10	Iran
	2g pkt	548	17.00	
Sage		549	131.45	Australia
Star Anis		551	73.20	
Sumac		550	13.50	
Tamarind Pulp	300gm	552	5.05	
Tarragon		553	120.00	France
Thyme	org	554	139.05	Egypt
Turmeric	Organic	496	32.75	Indonesia
	reg	555	11.80	India
Zatar		556	13.90	Aust & Imp

Bulk Teas		PLU	Price	Origin
Black Tea	Org	562	73.75	Sri Lanka
Calendula	Org	564	120.00	Australia
Calendula Flowers	local dried	347	75.00	Australia

Ceylon Orange Pek		478	78.00	
Chai	Bulk Rainbow	565	72.50	Aust & Imp
Chai Spice Mix	Bulk	591	84.24	Aust & Imp
Chamomile	-Organic	566	113.10	Egypt
Dandelion	Raw - Org	567	113.60	Australia
	Roast - Org	568	142.25	USA
	Spiced - Bulk	575	91.45	Aust & Imp
Dandelion and Chi	Roast - Reg	569	35.35	
Earl Grey	Organic	167	103.40	Sri Lanka
Echinacea	Augustifolia root	572	134.80	Australia
Elderflower	Org	573	129.75	Hungary
Fennel	Ground	507	10.20	Aust & Imp
Green Tea	Australian	574	126.45	Australia
Hawthorn Berries	Wildcrafted	570	114.95	Australia
Hibiscus	org	280	118.00	Egypt
Kukicha		561	65.60	
Lemon Balm	Melissa	577	133.75	Australia
Lemon Grass	Org	578	115.10	Australia
Linden Flowers	Org	580	134.70	Bulgaria
Liquorice Root	Org	581	126.05	Australia
Nettle	Local	590	84.00	Australia
	Org	582	127.25	Australia
Peppermint	Org	583	105.55	Australia
Raspberry Leaf	Org	584	122.85	Australia
Red Clover Flower	Org	585	122.00	Australia
Rooibos	Chai	586	106.50	
	org	588	100.15	South Afric
	Vanilla	587	110.25	
Rosehip	Org	589	116.35	Australia
Spearmint	Org	593	108.80	Australia
St John's Wort	Org	594	113.65	Australia
Valerian Root	Org	595	131.45	Poland

Packaged Teas		PLU	Price	Origin
Chai	Rainbow - 150g	747	11.66	Australia
	Rainbow Turmeri	750	18.60	Aust & Imp
	Spice Mix - 150g	748	14.15	Australia
Chai - Of the Earth	100g packets	763	11.25	Australia
Dandelion	Spiced - 175g	749	17.80	Australia
Echinacea	Whole Plant - Org	571	137.00	

Sweets & Nibbles		PLU	Price	Origin
Milk Chocolate Co	Sultanas	612	49.30	Aust & Imp
Bombay Mix		601	13.85	Aust & Imp
Carob	Banana	609	52.20	Aust & Imp
	Ginger	602	40.54	Aust & Imp
	Honeycomb	603	27.10	Aust & Imp

carob bar	80g mint/original	600	6.80	Australia
	vegan	596	7.25	Australia
Carob Buttons	Milk	604	12.45	Aust & Imp
	Peppermint	605	16.60	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	10.25	Australia
	Loving Earth 80g	626	8.20	Aust & Imp
Chocolate Bulk	Bulk dark- Vanuat	616	58.30	Vanuatu
	Loving Earth - 85	630	63.00	Aust & Imp
Chocolate Coated	Almonds - dark	617	74.90	Aust & Imp
	Almonds - milk	618	67.50	Aust & Imp
	cherries - dark	619	84.70	Aust & Imp
	Cherries - Milk	608	81.45	Aust & Imp
	Coffee Beans 180	614	16.60	Aust & Imp
	Cranberries - Dark	696	69.00	Aust & Imp
	Ginger- dark	621	62.55	Aust & Imp
	Ginger- Milk	656	62.55	Aust & Imp
	Liquorice - Dark	607	47.40	Aust & Imp
	Liquorice - milk	622	43.20	Aust & Imp
	Macadamias	624	76.15	Aust & Imp
	Macadamias- Mil	783	82.65	Aust & Imp
	Muscateles	625	52.50	Aust & Imp
Chocolate coated a	White	689	76.60	Aust & Imp
Chocolate Frogs an	dark/milk/white	112	1.75	Vanuatu
Corn Chips	Bulk	628	21.25	Australia
	Chipman 230g	629	5.95	Australia
	Mexicana 500g	627	10.65	Australia
Dark Chocolate Inc		695	75.35	Aust & Imp
Dark chocolate sul		649	48.95	Aust & Imp
Easter Egg	NAS/Soy Medium	611	7.70	Aust & Imp
	NAS/Soy small	610	5.90	Aust & Imp
Fruit and Nut Snac		834	4.20	Aust & Imp
Liquorice	Spelt	633	20.30	Australia
	Wheat	606	20.00	Australia
Macadamia Mix		635	16.00	Aust & Imp
Merrita's Fruit Cak	1/2kg Pudding	634	29.10	Australia
	1kg pudding	615	53.00	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	17.95	Australia
Tahini Treats		867	4.30	Australia
Bread				
		PLU	Price	Origin
Charlie Bakers	Pumpkin/Sesame	191	12.00	Australia
Deeks	Baguette	685	8.80	Australia
	Buckwheat Paleo	166	11.70	Aust & Imp
	Date & Walnut	687	11.35	Australia
	Fruit Log	671	10.95	Australia
	Fruit Mince Tarts	171	19.80	Australia
	Multiseed	669	10.55	Australia
	Olive & Herb brea	686	9.40	Australia
	Potato Bread	188	11.70	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
GF Bread Charlie	Seedy Pumpkin	897	12.00	Australia
GF Fruit Melody Lo	Charlie Bakers	456	14.00	Australia
Gluten Free Wraps	250g	786	6.80	Australia
Honor Bread	Wholewheat	684	9.00	Aust & Imp
Honorbread	Country	156	8.50	Australia
	Dark rye 100%	660	10.00	Australia
	Fig and Walnut	659	9.00	Australia
	Golden Raisin	661	9.00	Australia
	Kardemummabull	663	5.00	Australia
	Olive and rosema	667	9.00	Australia
	Rye and Caraway	157	9.00	Australia
	Seedy White	155	9.00	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	8.45	Australia
Grape	Red - 1L	692	16.20	Australia
	White 1L	693	11.35	Australia
Norfolk Punch Orig	700ml	644	15.60	Australia
Pear Juice	1L Greenwood	699	8.45	Australia
Pomegranate Juice	Organic 700ml	650	15.05	USA
Sour Cherry	organic 700ml	653	14.00	Turkey
Sparkling Grape	Ginger 330ml	694	4.15	Australia
	Ginger 750ml	640	10.40	Australia
	Mango Tango 750	641	10.40	Australia
	Passion 750ml	643	9.10	Australia
	Premier Muscat 7	645	10.25	Australia
	Ruby - 330ml	642	4.20	Australia
	Ruby 750ml	647	10.40	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	14.70	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	21.30	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
eco floss	Mint/Bamboo/Ch	766	7.50	Australia
Agar Agar	75g	700	23.30	Japan
Almond Milk	1L	179	5.70	Aust & Imp
Arame Seaweed	50gm packet	765	21.00	Japan
Barley Flour	Organic-500gm	440	8.50	Australia
BBQ/Tomato Sauc	Good Sauce 270g	729	9.95	Aust & Imp
Bone Broth Paste	260g	782	37.91	Australia
Boomerang bags		718	2.50	Australia
Bouillon Cubes	Green 84g	709	8.10	Switzerland
	Red 84g	710	8.10	Switzerland
Bouillon Powder	Green 150g	774	11.15	Switzerland
	Green 500g	734	31.80	Switzerland
	Red 500g	775	40.40	Switzerland
Buckinis muesli	400gm packet	707	15.65	Aust & Imp
Cacao Nibs	500g	871	20.90	Peru
Carob kibble nibbl	200gm pkt	183	8.60	Australia

Carob Powder	200gm pkt	801	8.60	Australia
Chocolate Coconut	175g	793	8.75	Aust & Imp
	550g	794	19.60	Aust & Imp
Corn Thins	Sesame	717	3.40	Aust & Imp
Cous Cous organic	500g pkt	480	5.85	
Deodorant	Woohoo - 60g stic	103	16.95	Holland
Formosan tea	250gm pkt	744	9.50	China
Gluten Flour	500g	713	9.90	China
Green Banana Flou		727	17.00	Australia
Guar Gum	75g	740	7.26	India
Habanero hot sauc	good sauce 150m	737	11.15	Aust & Imp
Homeopathics	Remedies	791	17.80	Australia
Honey	500g	720	9.75	Australia
Jam	330g	723	9.40	Australia
Jam-Sunny Creek	Organic 310g	958	10.85	Australia
Kelp Meal	150g	724	28.50	Australia
	300g	725	52.50	Australia
Lupin Flour	400g	443	7.65	Australia
Mackerel in Olive	195g Jar	260	12.35	Spain
Maple Syrup	250ml	728	12.30	Canada
Mayo	Good Fat 280g	708	15.65	Aust & Imp
Mayonnaise	Organic 300g	716	7.80	Holland
Mayonnaise Egg-Fr	Organic 240g	715	6.80	Australia
Mustard	Dijon 200g	726	7.60	Aust & Imp
	Seeded 140g	733	4.45	Aust & Imp
Mustard Wh/gr +	200gm	279	7.40	Australia
Nori Flakes	50g	731	9.95	Canada
Nori Sheets	25g	730	6.25	China
Nut Milk Bags		722	10.96	Australia
Olive Paste	Rosnay 212ml	788	8.95	Australia
Olives	2 Litre	890	49.60	Australia
	Rosnay 375ml	789	11.10	Australia
	Rosnay- 500ml	787	12.90	Australia
	Willunga Hills 500	735	18.60	Australia
Olives Mt Zero	Kalamata - 2 Litre	968	46.35	Australia
Pasta Sauce	pizza/pasta /Basil	736	6.30	Aust & Imp
Pectin	100g pkt	187	16.40	Italy
PIP Calendar		189	17.75	Australia
Pip Magazine		951	14.00	Australia
Rice and Quinoa C		180	3.72	Aust & Imp
Rice cakes	150g	738	3.60	Aust & Imp
Rice Milk	1L	772	4.25	Australia
Rice Paper	Spiral organic veg	193	6.50	Vietnam
Royal Quinoa	Puffed	919	32.80	Bolivia
Sardines in Olive O	195g	261	12.05	Spain
Seaweed	Dulse 40g	711	15.35	Canada

	Wakame Flake 50	712	15.35	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	good sauce 260g	922	11.20	Australia
Toilet paper	Earthcare	969	1.40	Australia
Tomato Ketchup	Good Sauce 270g	732	9.95	Aust & Imp
Tomato Passata	Organic 400g	759	3.65	Italy
	Organic 680g	761	4.35	Italy
Tomato Paste	200g	758	4.85	Italy
Tomato Sauce	Organic 500g	878	6.90	Australia
Toothbrush		769	3.30	China
Toothpaste	Propolis-100g	936	5.35	New Zealan
	Herbal-100g sensi	917	7.50	New Zealan
	Organic Herbal 10	792	10.50	Australia
	Red seal	918	5.35	New Zealan
Umeboshi Plums	150gm	760	17.50	Japan
Vanilla	Baking blend 60m	251	8.42	Tonga
Vanilla Paste	65g	762	21.70	New Zealan
Vanilla Syrup	250ml	719	22.30	New Zealan
Wakame	Sea vegetable 50g	453	21.95	Japan
Yeast	Dried - 500g	767	8.90	China

Sundry - Bulk		PLU	Price	Origin
Agave Syrup	Dark per KG	854	12.70	Mexico
Baking Powder	Aluminium Free	800	20.35	Aust & Imp
Black Strap Molass	Organic	864	5.60	
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	47.50	Peru
Cacao Powder - Ra		856	20.30	Peru
Carob Kibble Nibbl		865	29.30	Australia
Carob Powder	Organic	859	10.60	Aust & Imp
Coconut Aminos		849	17.95	Phillipines
Couscous Wholew	Organic	455	8.05	Italy
Cream of Tartar		804	36.40	
Dishwashing powd	Glisten	623	12.30	Aust & Imp
Falafel Mix	organic	805	14.90	Aust & Imp
Ghee		807	42.75	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	133.35	Japan

Lecithin		811	22.10	Germany
Maca Powder	organic	874	41.80	Aust & Imp
Maple Syrup	Per L	880	33.90	Canada
Mirin		814	22.50	Japan
Miso	Brown Rice - Gen	816	29.45	Japan
	Natto	817	25.37	Japan
Molasses	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	27.52	
	Olive - Biodynami	850	22.80	Australia
	Olive regular Nug	799	15.40	Australia
	Peanut	853	21.05	
	Safflower - Regula	813	17.00	
	Sesame	825	29.00	
	Sunflower	836	21.05	
Olive Oil Cockatoo		631	22.80	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	11.30	Australia
	Pink Lake Fine	858	11.30	Australia
	Rock (Sea)	829	1.95	Australia
	Sea fine	830	1.35	Australia
Seaweed	Dulse	851	16.15	Canada
	Golden Kelp Meal	833	165.00	Australia
Slippery Elm	Powder	592	128.11	USA
Sodium Bicarbonat	Aluminium Free	852	6.25	Australia
Soy Sauce	Shoyu	837	18.10	Japan
	Tamari - Organic	838	27.20	Japan
	Tamari - Reg	839	16.85	Japan
Sugar	Coconut	812	10.65	Indonesia
	Dark Brown	840	3.25	Australia
	Rapadura	841	8.90	Columbia
	Raw - Organic	842	4.95	Brazil
	Raw - Regular	806	2.50	Australia
	White - Organic	843	5.00	Brazil
	White - Regular	823	2.50	Australia
Tahini	Hulled	844	16.45	
	Unhulled	845	17.50	
Vanilla Pods		846	4.25	madagascar
Vanilla Powder		870	624.75	India
Vinegar	Apple Cider	802	11.15	Australia

	Balsamic	876	27.00	Italy
	White	879	1.80	Australia
	White Wine Org	835	13.60	France
Xanthan Gum		810	41.65	China
Yeast	Bakers bulk	847	19.10	China
	Brewers	848	32.95	Estonia

Refrigerated goods		PLU	Price	Origin
Bread - Sprouted	5 Seeds gluten fre	904	15.00	Australia
	Essene - Date &	901	15.20	Australia
	Essene Supreme	900	11.95	Australia
	Ezekiel 4:9	930	13.90	Australia
	GF/6 seed	967	15.00	Australia
	Khorasan	902	13.25	Australia
	Rye	903	13.05	Australia
Butter	True Organics 250	898	7.15	Australia
Cheddar - Symons	Organic 200gm	579	9.50	Australia
	Organic 500g	186	18.30	New Zealan
	VINTAGE Organic	194	9.08	Australia
Cheese	Brie/ camembert	947	10.20	Australia
Cheese - Meredith	Ash/Chevre - 150	909	8.40	Australia
	Goat Cheese, in	798	14.75	Australia
Cheese - Mungalli	Fetta - 300g	907	10.55	Australia
	Ricotta - 325g	966	9.90	Australia
Cheese Symons	Mozarella Organic	192	10.95	Australia
Cheese-Meredith	Chevre Pepperber	111	7.60	Australia
coconut milk yogh	coyo 500g	938	11.65	Australia
Cream	Tilba 300ml	899	5.25	Australia
Cream - Barambah	Fresh - 200ml	912	8.10	Australia
	Sour - 200ml	914	8.75	Australia
Crème Fraiche	200g Mungalli	454	7.75	Australia
Dip - Paleo	Kehoe's Beetroot	957	12.50	Australia
Dips	Org Induglence 40	946	10.95	Australia
	Org Induglence 20	915	7.25	Australia
Fetta-Marrook	200gm	956	8.15	Australia
Hemp Oil	250ml	721	17.95	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	5.75	Australia
Kraut	700gm jar	929	16.90	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

Milk	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	55.40	
Olives	Rosnay Bulk- per	948	21.15	Australia
Quark	Mungalli - 325g	913	9.90	Australia
Tempeh	Byron Bay	181	14.20	Aust & Imp
	Primasoy 225gm	185	6.40	Australia
	Seasoned Tally Ho	924	9.20	Australia
Tofu	Biodyn T.Ho 400g	412	9.15	Australia
	Earth Source - FIR	926	6.65	Australia
	Earth Source - SIL	927	5.55	Australia
	Earth Source - SO	928	5.55	Australia
	Earth source SMO	953	8.15	Australia
Yoghurt - Marrook	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 - Meredit	Goat- Plain 500g	941	7.60	Australia
	Goats plain 1kg	886	13.25	Australia
	Sheep - 1kg	943	13.25	Australia
	Sheep - 500g	944	8.30	Australia
Yoghurt - Mungalli	Flavoured 500g	916	7.30	Australia
	Greek 750g	934	10.70	Australia
	Greek Flavoured	937	7.35	Australia
	Plain 1kg	955	11.15	Australia
	Plain 500g	954	6.40	Australia
Yoghurt - Tilba	1kg	911	8.50	Australia
	500g	908	5.10	Australia
Yoghurt coconut	Pure and Free 500	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	4.30	UK
	Whole Earth - Sla	706	47.85	UK
Coconut cream	400ml	714	3.75	
Coconut cream x 6	6 pack tins	698	22.10	Australia
Coconut Milk	400g	701	3.40	Thailand
Coconut milk x 6	6 pack tins	815	20.15	Sri Lanka
Tomato - Diced	Each	755	2.65	Italy
	Slab of 12	756	30.10	Italy
Tomato - Whole	Each	757	2.65	Italy
	Slab of 12	739	29.50	Italy

Cleaning Products		PLU	Price	Origin
Castiile Soap Unsc	Dr Planet	959	25.80	Australia
Conditioner	Normal/Dry & Se	104	12.10	Australia
Dish Brush	eco/coconut/bot	262	5.90	Aust & Imp
Dishwashing Liqui	Simply Clean Lem	961	10.40	Australia
Dishwashing Powd	Simply Clean Lem	962	11.00	Australia
Epsom salts	Magnesium Sulph	964	4.80	China
Hand Sanitiser	Stony Creek Farm	110	26.75	Australia
Laundry Liquid	Herbon	963	7.00	Australia
Laundry Washing	Naturally Clean	965	9.30	Australia
Pot Brush	White Magic eco	889	6.45	Aust & Imp
Shampoo Bar	Dry/Oily/Sensitive	102	10.50	Australia
	Original	101	8.20	Australia
Sodium Bicarbonat		960	3.05	Australia

Jars & Bottles		PLU	Price	Origin
Bottles	Amber - 500ml	970	3.20	China/Mala
	Soy Sauce - 500ml	971	1.90	China/Mala
	Soy Sauce 250ml	979	1.60	China/Mala
Jar	65ml	987	1.05	Australia
Jars	1L	976	4.80	China/Mala
	250ml	972	1.10	China/Mala
	2L	977	7.90	China/Mala
	375ml	973	1.75	China/Mala
	500ml	974	2.35	
	750ml	975	3.60	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	19.80	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	2.35	
Paper Bags 2 wide	small square x 10	993	0.03	
Paper Bags 4lb bro	large square x 100	994	4.50	
Paper Bags 6lb bro	large x 100	995	6.45	

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
	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