

# 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	66.60	Australia
	Aussie - Reg	114	43.85	Australia
	Turkish - Org	115	22.40	Turkey
	Turkish - Reg	116	10.50	Turkey
Banana	Regular	118	26.80	Australia
Cherries	Organic	119	85.15	Australia
Cranberries	Regular	120	16.31	USA
Currants	Org	121	18.70	Australia
	Reg	122	12.35	Australia
Dates	Barhee Honey	176	35.00	Australia
	Chinese Red	143	6.50	China
	Iranian	124	6.60	Iran
	Medjool	125	32.80	Aust & Imp
	Medjool Aus	173	34.30	Australia
	Mixed Australian	175	31.60	Australia
Figs	Turkish - Org	127	18.75	Turkey
Fruit Medley	Regular	129	26.60	Aust & Imp
Fruit Salad	Regular	131	23.70	Aust & Imp
Goji Berries	Organic	132	32.85	China
Inca Berries	organic	126	44.50	Ecuador
Mango	Org	133	191.50	Australia
Mango cheeks	org	134	53.20	Australia
Mixed Fruit	Reg	135	17.05	Aust & Imp
Mixed Peel	Reg	136	9.90	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	12.55	Thailand
Plums	Organic	153	43.75	Australia
Prunes	Org - 250g packet	146	4.20	Australia
	Organic	145	17.00	Australia
	Regular	147	18.00	Chile
Raisins	Org - Diamond M	149	17.05	Australia
	Reg - Flame	130	10.60	Australia
	Reg - Muscatel Cl	148	38.85	Australia
	Reg - Seeded	150	15.80	Australia
sultanas	Biodynamic	152	15.20	Australia

Naturally Dried	151	10.65	Australia
-----------------	-----	-------	-----------

Glace Fruit		PLU	Price	Origin
Apricots	Glace	160	26.50	China
Figs		161	26.00	China
Ginger	Crystallised - reg	163	21.45	Fiji
	Glace	164	20.70	Fiji
Pear	glace	657	24.10	China
Pineapple	Glace	165	20.00	Thailand

Nuts		PLU	Price	Origin
Almond Meal	Blanched	200	18.65	Australia
	Natural	201	17.00	Australia
Almonds	Flaked (Sliced)	202	21.90	Australia
	In Shell	203	13.50	Australia
	Raw - in conversi	204	26.35	Australia
	Raw - Insecticide	205	19.65	Australia
	Roast - Pieces	206	24.70	Australia
	Roast - whole	207	24.05	Australia
	Slivered	208	21.50	Australia
	Tamari	209	24.90	Australia
Brazils	Kernels - Reg	212	34.60	Bolivia
Cashews	Org Dry Roasted	213	37.05	Vietnam
	Organic Raw - Wh	215	28.90	Vietnam
Coconut	Chipped	216	14.05	Phillipines
	Fine	217	11.45	Phillipines
	Org Shr/chip250g	223	7.30	Phillipines
	Organic Dessicate	218	12.05	Phillipines
	Shredded	219	13.30	Phillipines
	Shredded/chippe	184	12.40	Phillipines
Hazel	In Shell	221	11.25	Australia
	Meal	220	48.00	Australia
	Raw Kernels	222	49.00	Australia
	Roasted	210	57.55	Australia
Local Walnuts	In Shell	238	13.50	Australia
Macadamias	In Shell	240	11.25	Australia
	Raw - Reg	226	50.35	Australia
Mixed Nuts	Raw	227	27.00	Aust & Imp
	Roast	228	30.45	Aust & Imp
	Roast with Peanu	229	21.35	Aust & Imp
Peanuts	Raw	231	10.15	Australia
	Roast - Org	232	21.35	Australia
	Roast - Reg	233	11.80	Australia

Pecans	Kernels	235	44.50	Australia
Pine Nuts	org	236	89.90	China
Pistachios	In Shell - Roast	237	39.25	Australia
	Raw Kernels	211	59.65	Australia
Walnuts	Kernels	239	25.10	Australia
Wild Rye	Vollkornbrot	655	9.90	Australia

Nut Butters		PLU	Price	Origin
-------------	--	-----	-------	--------

Almond		250	24.70	Australia
Hazelnut	Butter 230g	258	10.50	Australia
Macadamia	350g	253	20.75	Australia
	700g	257	39.85	Australia
	Raw/Roast 1kg	214	56.90	Australia
Macadamias	225g	252	16.80	Australia
Peanut	Org	254	21.35	Australia
Peanuts	Reg	255	10.45	Australia

Seeds & Grains		PLU	Price	Origin
----------------	--	-----	-------	--------

Alfalfa Seeds		300	17.35	Aust & Imp
Amaranth	Seed	301	9.06	Bolivia
Barley	Pearled	303	4.10	Australia
	whole	298	6.05	Australia
Borgal	Coarse	306	4.90	
Buckwheat	Australian Organi	299	11.25	Australia
	Kernals Organic	305	5.30	China
Buckwheat kernals	Organic	482	12.10	Australia
Chia	Bulk Organic	349	16.45	Bolivia
	Regular	345	12.50	
Fenugreek		308	9.65	India
Freekeh	Cracked	302	11.15	Australia
Hemp Seeds	1kg Packet	307	45.50	Australia
	Bulk	313	41.65	Australia
Linseed	Brown - Organic	309	16.50	Australia
	Golden - organic	310	19.40	Australia
	Reg	311	7.15	Canada
Millet	Hulled	312	15.10	Australia
Oats	Kernels	314	6.70	Australia
	Steel Cut Organic	337	9.40	Australia
Pepita	Organic	343	20.20	China
Pepitas	Regular	344	13.20	China
Popping Corn	Organic	316	7.25	Australia
Poppy Seed		317	12.00	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	6.60	India
	Basmati Organic B	334	11.60	India
	Brown - Med Grai	346	7.75	Australia
	Brown M/G rain f	348	8.40	Australia
	Fr Brown - Rain Fe	325	7.10	Australia
	Jasmine Organic	326	9.95	Thailand
	White Basmati - O	322	8.90	Pakistan
	White Med Grain	327	9.00	Australia
Wild	328	30.50	USA	

Rice- Brown	Long Grain	324	6.00	Australia
Rolled	Barley - organic	471	3.65	Australia
Rye	Grain - 5kg	329	29.25	Australia
	grain bulk	330	4.50	Australia

Seed Sprouting Mi		331	7.60	Aust & Imp
Sesame	Black	332	24.25	
	Org - Hulled	333	15.25	Mexico
	Reg	335	9.90	

Spelt Grain	bulk	304	7.25	Australia
Sunflower	kernels - org	338	20.05	Australia
	kernels - reg	339	10.25	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	organic	123	8.20	Australia
Blackeye Beans		351	9.50	USA
Borlotti	Beans	352	7.75	Australia
Broad Beans		360	4.10	Australia
Channa Dal		377	11.55	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	19.60	Australia
	Red - Org - Split	359	15.20	Australia
	Red - Org - Whole	376	14.15	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		366	6.40	USA
Soup Mix	org	367	8.30	Aust & Imp
	reg	368	6.00	Aust & Imp
Soy	Organic	369	6.40	Australia
Split Peas	Green - org	370	15.45	Canada
	Green - reg	371	5.60	Canada
	Yellow - org	372	11.15	Australia
	Yellow - reg	373	5.60	Australia
Turtle/Black		374	5.70	USA

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

Amaranth & Rice	Spaghetti- Bulk	286	15.40	
Amaranth, Quinoa	Fusilli	270	21.99	Bolivia
Buckwheat Soba		271	41.05	
Quinoa & Rice	Penne with VEG	276	24.55	Bolivia
Quinoa & Rice/ A	Penne	272	21.10	Bolivia
Quinoa & Rice	Spaghetti- Bulk	284	16.00	
Spelt	Spirals	274	22.05	Australia

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

3 Grain	Spaghetti 300g	282	8.15	Italy
3 Grain - Brown Ri	Penne 300g	283	7.25	Bolivia
3 Grain Spaghetti	300g	275	7.70	Bolivia
Amaranth & Rice	Spaghetti - 300g	281	7.35	Bolivia
Quinoa & Rice	Spaghetti - 300g	285	7.20	Bolivia
Spelt	Fettuccini	289	9.95	Australia
	spaghetti	290	9.95	Australia

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

Amaranth	Bulk	436	12.50	Bolivia
Barley		402	4.30	Australia
Besan	bulk-org	403	5.60	Australia
Brown Teff Flour		409	12.95	Australia
Buckwheat	5kg	411	54.10	Australia
	5kg Kindred Org	259	66.00	Australia
	Bulk	404	10.80	Aust & Imp
Buckwheat flour	White and Whole	439	15.80	Australia
Coconut Flour		400	8.80	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	13.15	Australia
Potato Starch	reg	413	6.40	Poland
Quinoa		414	14.25	Bolivia
	Flour 1kg	444	15.70	Australia
Rice flour	Brown	415	16.10	Australia

Rye	Bulk	418	3.90	Australia
	Whole Rye Flour -	417	28.15	Australia
Sorghum	Organic	406	11.20	Australia
Soy		419	7.50	Australia
Spelt	White - bulk	434	6.45	Australia
	white - 5kg	435	55.80	Australia
	Whole - 5kg	422	48.40	Australia
	whole - bulk	423	6.30	Australia
Tapioca Starch		401	4.25	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 - 12.	430	48.60	Australia
	Whole wheat- 5k	431	29.70	Australia
	Wholewheat Bak	432	3.70	Australia
	Wheat (Plain Flour	Soft Cake - Bulk	421	3.90
Wheat Flour	White Bakers - 12	433	51.95	Australia
	White Bakers - b	428	3.90	Australia
	White Bakers - 5k	427	31.35	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	11.25	Australia
	Wheat	452	2.10	Australia
LSA		458	11.50	Australia
	Organic	481	21.35	
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	8.95	Australia
Organic Rolled Por	Shop-Made	273	9.60	Australia
Polenta	Bulk	464	11.65	Australia
Psyllium Husks	Organic	465	25.95	India
Puffed	Amaranth - 200g	466	7.20	Bolivia
	Buckwheat	488	30.00	Australia
	Millet - Organic	484	21.95	Holland

<b>Puffed</b>	Millet-org 175pk	467	8.50	Holland
	Rice Brown	470	13.60	USA
<b>Puffed Brown Rice</b>	Organic	469	22.65	Holland
<b>Puffed Quinoa</b>	Organic	468	16.65	Bolivia
<b>Rolled</b>	Amaranth 375gm	486	12.85	Bolivia
	Barley - reg	472	3.65	Australia
	Oats - reg	475	6.30	Australia
	Quinoa - organic	476	16.25	south ameri
	Rice - reg	477	7.65	Australia
	Rye - reg	479	7.40	Australia
	Spelt	489	9.15	Germany
<b>Rolled stabilised</b>	Oats - org - stabili	473	7.70	Australia
<b>Rolled unstabilised</b>	Oats - org - raw tr	474	9.40	Australia
<b>Semolina</b>	Biodynamic	485	4.90	Australia
<b>Tapioca "Pearls"</b>		457	7.35	
<b>Wheat Germ</b>		491	6.50	Australia

<b>Spices &amp; Culinary Herbs</b>		<b>PLU</b>	<b>Price</b>	<b>Origin</b>
<b>Aniseed</b>		500	121.95	Egypt
<b>Asafoetida</b>		199	7.75	India
<b>Basil</b>	Organic	502	147.80	Australia
<b>Bay Leaves</b>		503	166.15	Australia
<b>Caraway Seeds</b>	organic	504	45.90	Egypt
<b>Cardamon</b>	ground	505	129.25	Guatemala
	Pods	506	92.00	Guatemala
<b>Cayenne Pepper</b>	reg	508	10.50	India
<b>Celery Seed</b>		509	109.65	Egypt
<b>Chilli Flakes</b>	Organic	522	51.95	
<b>Chillies</b>	ground	510	25.25	
<b>Chillies - local</b>	whole	511	75.00	Australia
<b>Chinese Five Spice</b>		527	22.55	Aust & Imp
<b>Cinnamon</b>	Cassia - Ground	512	15.75	India
	Cassia - Sticks	513	24.75	India
	True - Ground	598	56.20	Sri Lanka
<b>Cinnamon Organic</b>	True - Quills	559	147.44	Sri Lanka
<b>Cloves</b>	ground	514	29.60	Indonesia/
	whole	515	43.35	Indonesia/
<b>Coriander</b>	ground	516	8.50	India
	whole	517	19.15	India
<b>Coriander Ground</b>	Organic	702	38.10	India
<b>Coriander Seed</b>	Organic	576	38.95	
<b>Cumin</b>	ground	519	17.35	Iran
	seed	520	23.20	Iran
<b>Cumin Seed</b>	Black	518	18.25	Turkey
<b>Cumin Seeds</b>	Organic	533	58.50	India
<b>Curry</b>	hot	521	8.00	India/Indon

	mild	523	8.00	India/Indon
<b>Dill Seed</b>		524	108.20	Egypt
<b>Fennel Seed</b>	Organic	525	39.80	India
<b>Fenugreek</b>	ground	526	9.85	India
<b>Garam Masala</b>		528	20.25	Aust & Imp
<b>Ginger</b>	ground	529	11.20	India
<b>Ground Cumin</b>	organic	599	61.65	India
<b>Juniper Berries</b>		530	112.75	Croatia
<b>Mace</b>	ground	531	79.00	Indonesia
	whole	532	84.00	Indonesia
<b>Mixed Herbs</b>	Italian Style	534	155.45	Australia
<b>Mixed Spice</b>		535	13.90	Aust & Imp
<b>Mustard</b>	ground	536	14.55	India
	whole - yellow	538	5.50	Australia/C
<b>Mustard Seed</b>	whole - brown	537	5.50	Australia
<b>Nutmeg</b>	ground	539	24.00	India
	whole	540	43.40	Indonesia
<b>Oregano</b>	Organic	541	146.20	Australia
<b>Paprika</b>	Smoked	560	15.00	Spain
	Sweet - Organic	495	63.50	China
	Sweet - Regular	542	11.95	USA
<b>Pepper</b>		543	32.85	Vietnam
	Pink	558	74.15	Spain
	Szechuan	563	100.25	India
	White	544	38.50	India
<b>Pepper Black Orga</b>		190	114.35	Tanzania
<b>Pimento</b>	ground	545	19.90	Turkey
	whole	546	20.00	Turkey
<b>Rosemary</b>	Org	547	126.50	Australia
<b>Saffron</b>	1g pkt	557	11.35	Iran
	2g pkt	548	17.00	
<b>Sage</b>		549	120.65	Egypt
<b>Star Anis</b>		551	73.20	
<b>Sumac</b>		550	13.50	
<b>Tamarind Pulp</b>	300gm	552	6.65	
<b>Thyme</b>	org	554	148.85	Egypt
<b>Turmeric</b>	Organic	496	32.75	Indonesia
	reg	555	11.80	India
<b>Zatar</b>		556	13.90	Aust & Imp

<b>Bulk Teas</b>		<b>PLU</b>	<b>Price</b>	<b>Origin</b>
<b>Black Tea</b>	Org	562	84.65	Sri Lanka
<b>Calendula</b>	Org	564	120.00	Australia
<b>Ceylon Orange Pek</b>		478	78.00	
<b>Chai</b>	Bulk Rainbow	565	72.60	Aust & Imp
<b>Chai Spice Mix</b>	Bulk	591	85.80	Aust & Imp

Chamomile	-Organic	566	142.25	Egypt
Dandelion	Raw - Org	567	113.60	Australia
	Roast - Org	568	142.25	USA
	Spiced - Bulk	575	93.15	Aust & Imp
Dandelion and Chi	Bonvit - Reg	569	35.35	
Dill Tips	organic	347	70.35	Australia
Earl Grey	Organic	167	109.25	Sri Lanka
Echinacea	Augustifolia root	572	134.80	Australia
	Whole Plant - Org	571	149.45	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	118.85	Australia
Hibiscus	org	280	123.55	Egypt
Kukicha		561	65.60	
Lemon Balm	Melissa	577	136.80	Australia
Lemon Grass	Org	578	120.30	Australia
Linden Flowers	Org	580	145.15	Bulgaria
Liquorice Root	Org	581	135.65	Australia
Nettle	Org	582	136.50	Australia
Peppermint	Org	583	123.55	Australia
Raspberry Leaf	Org	584	130.00	Australia
Red Clover Flower	Org	585	122.00	Australia
Rooibos	Chai	586	106.50	
	org	588	104.10	South Afric
	Vanilla	587	110.25	
Rosehip	Org	589	121.80	Australia
Spearmint	Org	593	108.80	Australia
St John's Wort	Org	594	122.50	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	15.50	Australia
Chai - Of the Earth	100g packets	763	11.25	Australia
Dandelion	Spiced - 175g	749	17.80	Australia

Sweets & Nibbles		PLU	Price	Origin
Chocolate Coated	inca berries	695	69.95	Aust & Imp
	sultanas-dark	649	44.60	Aust & Imp
Milk Chocolate Co	Sultanas	612	49.30	Aust & Imp
Carob	Banana	609	58.65	Aust & Imp
	Ginger	602	45.55	Aust & Imp
	Honeycomb	603	24.20	Aust & Imp
carob bar	80g mint/original/	600	7.25	Australia
	vegan	596	7.75	Australia

carob buds	coconut/dark/mi	590	42.20	Australia
Carob Buttons	Milk	604	18.05	Aust & Imp
	Peppermint	605	20.00	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	eel Mylk and Dark	117	8.30	Aust & Imp
Chocolate Block	500gm Vanuatu la	139	32.65	Australia
Chocolate Blocks	dark/milk/white 1	144	10.90	Australia
	Loving Earth 80g	626	8.20	Aust & Imp
Chocolate Bulk	Bulk dark- Vanuat	616	59.40	Vanuatu
	Loving Earth - 85	630	63.00	Aust & Imp
Chocolate Coated	Almonds - milk	618	67.50	Aust & Imp
	cherries - dark	619	89.85	Aust & Imp
	Cherries - Milk	608	85.00	Aust & Imp
	Coffee Beans 180	614	16.60	Aust & Imp
	Cranberries - Dark	696	69.00	Aust & Imp
	Ginger- dark	621	63.90	Aust & Imp
	Ginger- Milk	656	63.87	Aust & Imp
	Liquorice - Dark	607	44.00	Aust & Imp
	Liquorice - milk	622	44.00	Aust & Imp
	Macadamias	624	80.85	Aust & Imp
Muscateles	625	52.50	Aust & Imp	
sultanas - dark	617	69.45	Aust & Imp	
Chocolate coated a	White	689	69.75	Aust & Imp
Corn Chips	Bulk	628	24.90	Australia
	Chipman 230g	629	5.95	Australia
	Mexicana 500g	627	12.45	Australia
Easter eggs	mini/med/soy/pa	783	8.20	Aust & Imp
Fruit and Nut Snac		834	4.20	Aust & Imp
Liquorice	Spelt	633	18.05	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	41.05	Australia
	Medium	620	22.30	Australia
	Small	636	12.05	Australia
Mumbai Mix		601	13.85	Aust & Imp
Organic Easter egg	Dark Chocolate	632	4.90	Australia
	Milk Chocolate	613	4.90	Australia
Potato Chips	Chipman-100gm	648	5.15	Australia
Tahini Treats		867	4.30	Australia
Wasabi Peas		638	15.10	Australia

Bread		PLU	Price	Origin
Charlie Bakers	Pumpkin/Sesame	191	12.00	Australia

<b>Deeks</b>	Baguette	685	8.80	Australia
	Buckwheat Paleo	166	13.25	Aust & Imp
	Date & Walnut	687	11.35	Australia
	Fruit Log	671	13.65	Australia
	Fruit Mince Tarts	171	19.80	Australia
	Multiseed	669	12.45	Australia
	Olive & Herb brea	686	9.40	Australia
	Potato Bread	188	13.25	Aust & Imp
	Pumpkin	672	12.40	Australia
	Quinoa	670	11.65	Australia
	Rolls - pkt of 4	673	10.80	Australia
	Xmas Date Puddin	169	9.80	Australia
	Xmas Fruit Puddin	168	7.50	Australia
	Xmas Pudding 70	170	31.25	Australia
<b>GF Bread Charlie</b>	Seedy Pumpkin	897	12.00	Australia
<b>GF Fruit Melody Lo</b>	Charlie Bakers	456	14.00	Australia
<b>Gluten Free Wraps</b>	250g	786	6.80	Australia
<b>Honor Bread</b>	Wholewheat	684	9.00	Aust & Imp
<b>Honorbread</b>	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
<b>Sechskornbrot</b>		177	12.00	Australia
<b>Wholemeal sourdo</b>		662	10.50	Australia
<b>Wild Ryes</b>	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
<b>Apple</b>	Cook - 1L	690	7.75	Australia
	Sparkling 330ml	639	4.40	Australia
<b>Apple Juice</b>	Greenwood - 1L	691	8.60	Australia
<b>cranberry juice</b>	1 litre	553	17.95	Turkey

<b>Grape</b>	Red - 1L	692	16.20	Australia
	White 1L	693	16.20	Australia
<b>Norfolk Punch Orig</b>	700ml	644	20.65	Australia
<b>Pear Juice</b>	1L Greenwood	699	8.45	Australia
<b>Pomegranate Juice</b>	Organic 1 litre	650	17.15	USA
<b>Sour Cherry</b>	organic 1litre	653	17.15	Turkey
<b>Sparkling Grape</b>	Ginger 330ml	694	4.15	Australia
	Ginger 750ml	640	11.40	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
<b>Jasper - 250g</b>	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
<b>Wild Ryes</b>	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
<b>eco floss</b>	Mint/Bamboo/Ch	766	7.50	Australia
<b>Agar Agar</b>	75g	700	23.30	Japan
<b>Almond Milk</b>	1L	179	5.80	Aust & Imp
<b>Arame Seaweed</b>	50gm packet	765	21.00	Japan
<b>Bakers Yeast</b>	granulated - 100g	767	4.95	China
<b>Barley Flour</b>	Organic-500gm	440	8.50	Australia
<b>BBQ/Tomato Sauc</b>	Good Sauce 270g	729	10.10	Aust & Imp
<b>Bone Broth Paste</b>	390g	782	38.90	Australia
<b>Boomerang bags</b>		718	2.50	Australia
<b>Bouillon Cubes</b>	purple 84g	792	8.30	Australia
	Green 84g	709	8.10	Switzerland
	Red 84g	710	7.05	Switzerland
<b>Bouillon Powder</b>	Green 150g	774	11.35	Switzerland
	Green 500g	734	31.80	Switzerland
	Red 150g	768	14.40	Switzerland
	Red 500g	775	40.40	Switzerland
<b>Buckinis muesli</b>	400gm packet	707	15.65	Aust & Imp
<b>Cacao Nibs</b>	500g	871	20.90	Peru
<b>Carob kibble nibbl</b>	200gm pkt	183	9.00	Australia

Carob Powder	200gm pkt	801	8.60	Australia
Carob Syrup	250ml organic	480	13.00	Australia
Chocolate Coconut	175g	793	8.75	Aust & Imp
	550g	794	19.60	Aust & Imp
Corn Thins	Sesame	717	3.40	Aust & Imp
Deodorant	Woohoo - 60g stic	103	17.50	Holland
Formosan tea	250gm pkt	744	9.85	China
Gluten Flour	500g	713	10.50	China
Green Banana Flou		727	17.00	Australia
Guar Gum- organic	75g	740	7.70	India
Habanero hot sauc	good sauce 150m	737	11.15	Aust & Imp
Homeopathics	Remedies	791	19.95	Australia
Honey	500g	720	9.75	Australia
Jam	330g	723	9.40	Australia
Jam-Sunny Creek	Organic 310g	958	12.05	Australia
Kelp Meal	150g	724	36.00	Australia
	300g	725	60.00	Australia
Lecithin	450g packets	811	28.75	India
Lupin Flour	400g	443	7.65	Australia
Mackerel in Olive	195g Jar	260	12.95	Spain
Maple Syrup	250ml	728	17.10	Canada
Mayo	Good Fat 280g	708	15.90	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	10.45	China
Nut Milk Bags		722	11.15	Australia
Olive Paste	Rosnay 212ml	788	11.45	Australia
Olives	2 Litre	890	49.60	Australia
	Rosnay 375ml	789	11.30	Australia
	Rosnay- 500ml	787	13.10	Australia
	Willunga Hills 500	735	18.60	Australia
Olives Mt Zero	Kalamata - 2 kg	968	48.25	Australia
orange blossom	water 330ml	732	5.55	lebanon
Pasta Sauce	pizza/pasta /Basil	736	6.30	Aust & Imp
Pectin	100g pkt	187	16.40	Italy
pickled ginger	spiral - 60g	917	7.15	Japan
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	4.35	Australia
Rice Paper	Spiral organic veg	193	3.25	Vietnam

Royal Quinoa	Puffed	919	32.80	Bolivia
Sardines in Olive O	195g	261	13.45	Spain
Seaweed	Dulse 40g	711	15.35	Canada
	Wakame Flake 50	712	15.35	Canada
Soap Cakes	Charlie Bee's	803	9.30	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 Passata	Organic 400g	759	4.00	Italy
	Organic 680g	761	5.25	Italy
Tomato Paste	200g	758	5.55	Italy
Tomato Sauce	Organic 500g	878	6.90	Australia
Toothbrush	adult/kids soft	769	4.30	China
Toothpaste	Propolis-100g	936	5.35	New Zealan
	Red seal	918	5.35	New Zealan
Umeboshi Plums	150gm	760	18.05	Japan
Vanilla	extract 50ml	251	17.10	New Zealan
Vanilla Paste	65g	762	21.70	New Zealan
Vanilla Syrup	250ml	719	22.30	New Zealan
Wakame	Sea vegetable 50g	453	22.95	Japan

Sundry - Bulk		PLU	Price	Origin
Agave Syrup	Dark per KG	854	12.70	Mexico
Baking Powder	Aluminium Free	800	23.10	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	31.55	Peru
Cacao Nibs	Bulk	869	47.50	Peru
Cacao Powder - Ra		856	23.65	Peru
Carob Kibble Nibbl		865	29.30	Australia
Carob Powder	Organic	859	10.60	Aust & Imp
Chocolate Frogs an	dark/milk/white	112	1.80	Vanuatu
Coconut Aminos		849	18.25	Phillipines
Couscous Wholew	Organic	455	8.05	Italy
Cream of Tartar		804	35.30	
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

<b>Maca Powder</b>	organic	874	41.80	Aust & Imp
<b>Maple Syrup</b>	Per L	880	36.30	Canada
<b>Mirin</b>		814	22.90	Japan
<b>Miso</b>	Brown Rice - Gen	816	29.45	Japan
	Natto	817	25.37	Japan
<b>Molasses</b>	Regular	818	2.91	Australia
<b>Mushrooms</b>	Shiitake - organic	820	16.20	Japan
<b>Nutritional Yeast F</b>	Toasted	483	41.85	
<b>Oil</b>	Almond	819	17.00	
	Coconut	868	18.50	
	Macadamia	821	23.10	Australia
	Olive - Biodynami	850	22.80	Australia
	Olive regular Nug	799	15.70	Australia
	Peanut	853	21.05	
	Safflower - Regula	813	17.00	
	Sesame	825	26.70	
	Sunflower	836	15.40	
<b>Olive Oil</b>	Organic	631	23.20	Australia
<b>Red Wine Vinegar</b>		697	20.00	
<b>Salt</b>	Celtic	827	17.00	Spain
	Macrobiotic sea s	831	10.80	Spain
	Murray River Flak	828	29.20	Australia
	Pink Lake Coarse	857	11.50	Australia
	Pink Lake Fine	858	11.30	Australia
	Rock (Sea)	829	1.95	Australia
	Sea fine	830	1.75	Australia
<b>Seaweed</b>	Dulse	851	16.15	Canada
	Golden Kelp Meal	833	180.00	Australia
<b>Slippery Elm</b>	Powder	592	205.68	USA
<b>Sodium Bicarbonat</b>	Aluminium Free	852	5.85	Australia
<b>Soy Sauce</b>	Shoyu	837	23.35	Japan
	Tamari - Organic	838	27.20	Japan
	Tamari - Reg	839	16.85	Japan
<b>Sugar</b>	Coconut	812	10.35	Indonesia
	Dark Brown	840	5.25	Australia
	Rapadura	841	8.90	Columbia
	Raw - Organic	842	4.95	Brazil
	Raw - Regular	806	3.15	Australia
	White - Organic	843	5.00	Brazil
	White - Regular	823	3.00	Australia
<b>Tahini</b>	Hulled	844	18.00	
	Unhulled	845	19.20	
<b>Vanilla Pods</b>		846	1.25	tahiti
<b>Vanilla Powder</b>		870	624.75	India
<b>Vinegar</b>	Apple Cider	802	11.15	Australia
	Balsamic	876	27.00	Italy

	White	879	2.10	Australia
	White Wine	835	22.80	France
<b>Xanthan Gum</b>		810	41.65	China
<b>Yeast</b>	Bakers bulk	847	19.10	China
	Brewers	848	32.95	Estonia

Refrigerated goods		PLU	Price	Origin
<b>Bread - Sprouted</b>	5 Seeds gluten fre	904	15.30	Australia
	Essene - Date &	901	16.20	Australia
	Essene Supreme	900	13.30	Australia
	Ezekiel 4:9	930	15.10	Australia
	GF/6 seed	967	15.00	Australia
	Khorasan	902	14.55	Australia
	Rye	903	14.15	Australia
<b>Butter</b>	True Organics 250	898	7.60	Australia
<b>Cheddar - Symons</b>	Organic 200gm	579	9.95	Australia
	Organic 500g	186	20.50	New Zealan
	Vintage/parmesa	194	9.90	Australia
<b>Cheese</b>	Brie/ camembert	947	10.20	Australia
<b>Cheese - Meredith</b>	Ash/Chevre - 150	909	8.95	Australia
	Goats Cheese, in	798	14.60	Australia
<b>Cheese - Mungalli</b>	Fetta - 300g	907	12.15	Australia
	Ricotta - 325g	966	10.90	Australia
<b>Cheese Symons</b>	Mozarella Organic	192	10.95	Australia
<b>Cheese-Meredith</b>	Chevre Pepperber	111	7.60	Australia
<b>coconut milk yogh</b>	coyo 500g	938	11.65	Australia
<b>Cream</b>	Tilba 300ml	899	5.40	Australia
<b>Cream - Barambah</b>	Fresh - 200ml	912	9.65	Australia
	Sour - 200ml	914	11.35	Australia
<b>Crème Fraiche</b>	200g Mungalli	454	7.75	Australia
<b>dark choc mousse</b>	Yalla 300g	611	9.65	Aust & Imp
<b>Dip - Paleo</b>	Kehoe's Beetroot	957	12.75	Australia
<b>Dips</b>	Org Induglence 40	946	11.65	Australia
	Org Indulgence 20	915	8.05	Australia
<b>Fetta-Marrook</b>	200gm	956	8.15	Australia
<b>Hemp Oil</b>	250ml	721	17.95	Aust & Imp
<b>Kefir</b>	Golden Milk 700	174	9.25	Australia
	Milk 700ml	178	8.20	Australia
<b>Kefir Water</b>	Kerrin	225	6.50	Australia
<b>Kombucha</b>	Faraway Farm 33	597	5.75	Australia
<b>Kraut</b>	700gm jar	929	17.95	Australia
<b>Milk</b>	Demeter - 2L	920	7.30	Australia
	Organic Living Pla	921	3.85	Australia
	Tilba 1L Full Crea	940	3.50	Australia
	Tilba 1L Low Fat	949	3.80	Australia
	Tilba 2L Full Crea	925	5.85	Australia

<b>Milk</b>	Tilba 2L Low Fat	945	5.60	Australia
<b>Miso</b>	Mild Yellow Chick	652	24.20	Aust & Imp
	Sweet Red	651	24.20	Australia
	Sweet White	658	24.20	Australia
<b>Oil</b>	Flaxseed organic	873	55.40	
<b>Olives</b>	Rosnay Bulk- per	948	21.15	Australia
<b>Quark</b>	Mungalli - 325g	913	10.75	Australia
<b>Tempeh</b>	Byron Bay	181	14.20	Aust & Imp
	Primasoy 225gm	185	7.15	Australia
	Seasoned Tally Ho	924	10.35	Australia
<b>Tofu</b>	Biodyn T.Ho 400g	412	9.45	Australia
	Earth Source - FIR	926	8.45	Australia
	Earth Source - SIL	927	7.15	Australia
	Earth Source - SO	928	7.00	Australia
	Earth source SMO	953	9.95	Australia
<b>yalla</b>	green tahini 350g	610	7.95	Aust & Imp
<b>Yoghurt - Marrook</b>	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
<b>Yoghurt - Meredit</b>	Goat- Plain 500g	941	8.05	Australia
	Goats plain 1kg	886	14.30	Australia
	Sheep - 1kg	943	15.05	Australia
	Sheep - 500g	944	8.30	Australia
<b>Yoghurt - Mungalli</b>	Flavoured 500g	916	7.75	Australia
	Greek 750g	934	12.50	Australia
	Greek Flavoured	937	8.25	Australia
	Plain 1kg	955	13.00	Australia
	Plain 500g	954	6.40	Australia
<b>Yoghurt - Tilba</b>	1kg	911	8.50	Australia
	500g	908	5.30	Australia
<b>Yoghurt coconut</b>	coyo	910	15.45	Australia

Tinned Goods		PLU	Price	Origin
<b>Baked Beans</b>	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
<b>Coconut cream</b>	400ml	714	3.80	
<b>Coconut cream x 6</b>	6 pack tins	698	23.80	Australia
<b>Coconut Milk</b>	400g	701	3.50	Thailand
<b>Coconut milk x 6</b>	6 pack tins	815	22.30	Sri Lanka
<b>Tomato - Diced</b>	Each	755	3.70	Italy
	Slab of 12	756	41.50	Italy
<b>Tomato - Whole</b>	Each	757	3.70	Italy
	Slab of 12	739	40.20	Italy

Cleaning Products		PLU	Price	Origin
<b>Castiile Soap Unsc</b>	Dr Planet	959	25.80	Australia
<b>Conditioner</b>	Normal/Dry & Se	104	12.10	Australia
<b>Dish Brush</b>	eco/coconut/bot	262	6.50	Aust & Imp
<b>Dishwashing Liqui</b>	Simply Clean Lem	961	10.95	Australia
<b>Dishwashing Powd</b>	Simply Clean Lem	962	11.40	Australia
<b>Epsom salts</b>	Magnesium Sulph	964	4.80	China
<b>Hand Sanitiser</b>	Stony Creek Farm	110	24.30	Australia
<b>Laundry Liquid</b>	Herbon	963	7.15	Australia
<b>Laundry Washing</b>	Naturally Clean	965	9.30	Australia
<b>Pot Brush</b>	White Magic eco	889	6.45	Aust & Imp
<b>Shampoo Bar</b>	Dry/Oily/Sensitive	102	10.50	Australia
	Original	101	8.20	Australia
<b>Sodium Bicarbonat</b>		960	6.25	Australia

Jars & Bottles		PLU	Price	Origin
<b>Bottles</b>	Amber - 500ml	970	3.55	China/Mala
	Soy Sauce 250ml	979	1.60	China/Mala
<b>Jar</b>	65ml	987	1.05	Australia
<b>Jars</b>	1L	976	4.80	China/Mala
	250ml	972	1.50	China/Mala
	2L	977	8.50	China/Mala
	375ml	973	1.85	China/Mala
	500ml	974	2.35	
	750ml	975	4.30	China/Mala
<b>Sprouting Lids</b>		971	4.45	Australia
<b>White Lids</b>		978	0.40	China/Mala

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

Packaging		PLU	Price	Origin
<b>Beeswax Wraps</b>	Basics	182	24.75	Aust & Imp
	Large	501	19.80	Australia
	Medium	196	16.50	Aust & Imp
<b>Black Barrel</b>	30L	984	39.00	
<b>Calico Tie Bag</b>		988	4.20	Australia
<b>Carry Bags</b>	Calico	990	5.20	Australia
	Paper 2wide x100	991	2.45	
<b>Paper Bags</b>		952	0.05	Australia
	small x 100 (11b)	992	2.35	
<b>Paper Bags 2 wide</b>	small square x 10	993	0.03	
<b>Paper Bags 4lb bro</b>	large square x 100	994	4.50	
<b>Paper Bags 6lb bro</b>	large x 100	995	6.45	

<b>Plastic Bags</b>	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	
<b>Plastic Tubs</b>	C10 - Medium- bi	996	0.36	Australia
	Large- bio.	997	0.52	Australia
<b>Produce Bag</b>	Individua	159	1.50	Australia
<b>Produce bags</b>	Cotton Tulgeen	195	3.50	Australia
	Pack of 4 org cott	197	24.25	Australia