



PRICELIST Sept 08

Prices Subject to Change
GST inclusive Freight extra

Code	Qty	Product	Price/kg
200001		Eye Fillet	44.99
200002		Scotch Fillet	29.99
200003		Sirloin	26.99
200004		Rump	21.99
200010		Topside Mince 100% Lean	14.95
200011		Steak Mince 90% Lean	12.95
200016		Steak Mince 2kgPack	22.50
200007		Schnitzel	20.99
200008		Stir Fry Beef	21.99
200009		Diced Beef	18.99
200019		Corned Silverside Nitrate Free	11.99
200015		Corned Silverside w Nitrates	11.99
200014		Bolar Roast	14.99
200049		Topside Roast	15.99
200047		Rolled Roast Beef	14.50
200018		BBQ Steak	19.50
200012		BBQ Steak Marinated	19.99
200013		Blade Steak	15.50
200020		Cross Cut Blade	15.50
200051		Casserole Steak	13.50
200023		Chuck Steak	14.50
200050		Skirt Steak	14.50
200026		Peppered Steak	17.99
200028		Shin On Bone	11.50
200025		Ox Tail	10.50
200579		Pure Beef Patties (10)	14.50
200582		Beef + Bacon Patties (10)	14.50
200040		Family Steak Pie	ea 7.90
200041		Family Stk + Mushroom Pie	ea 7.90
200042		Family Mince Pie	ea 7.90

200205		Lamb Fillets	42.99
200203		Lamb Backstraps	42.99
200202		Lamb 8 Rib Rack (1 Pair)	39.99
200219		Lamb Cutlets	34.50
200236		Lamb Rumps	34.50
200237		Lamb Mini Roast	25.50
200224		Lamb Leg Bone In	16.25
200206		Lamb Carvery Leg Boneless	19.99
200223		Lamb Leg Butterflied	21.50
200201		Rolled Lamb Shoulder	15.50
200208		Lamb Steaks	26.50
200218		Diced Lamb	26.50
200213		Lamb Mince	18.50
200235		Lamb Shanks	14.50
200234		Lamb Drumsticks	15.50
200216		Lamb Loin Chops	19.99
200214		Lamb Shoulder Chops	14.99
200215		Rich Plum BBQ Chops	15.50
200222		Lamb Neck Chops	6.99
200580		Pure Lamb Patties (10)	14.50
200581		Pure Lamb & Mint Patties (10)	14.50

200420		Pork Fillets	24.99
200418		Pork Scotch	23.99
200404		Pork Cutlets	23.50
200405		Pork Stir Fry	20.50
200414		Diced Pork	20.50
200407		Rolled Shoulder Roast	16.99
200445		Pork Belly	16.50
200412		Pork Slices	16.50
200410		Pork Loin Chops	19.95
200411		Pork Mince	15.99
200427		Middle Bacon	28.50
200429		Shoulder Bacon	23.50
200434		Bacon Hock	7.00

Code	Qty	Product	Price/kg
200754		Chicken Breast	28.00
200756		Chicken Thighs 1kg Pack	ea 21.50
200755		Chicken Drumsticks 1kg Pack	ea 20.75
200757		Chicken Nibbles 1kg Pack	ea 10.50
200753		Chicken Mince 500g Pack	ea 11.00
200759		Chicken Livers 500g Pack	ea 5.95
200758		Whole Chicken #16	ea 22.95
200777		Whole Chicken #18	ea 22.95

200760		Whole Duck #18	ea 24.95
200761		Duck Breast Fillet 1 Pair	ea 17.75

200501		Venison Mince	15.70
200502		Diced Venison	19.95
200504		Venison Denver Leg (when avail)	39.95

TURK5		Turkey Size 5	ea 68.95
TURK6		Turkey Size 6	ea 78.95
TURK7		Turkey Size 7	ea 91.95
TURKBR		Turkey Breast (Crown)	33.95
TURKRST		B/Less Rolled Roast approx 2.5kg	ea 65.95
TURKTHY		Turkey Thigh 1kg pack	ea 18.99

200438		Christmas Ham WHOLE Approx 7kg	17.99
200438		Christmas HALF Ham Approx 4kg	17.99

		All Preservative + Gluten Free	
200551		Pure Beef Sausages	12.50
200554		Pure Lamb Sausages	12.50
200557		Pure Pork Sausages	12.50
200578		Pure Venison Sausages	12.50
200553		Pre Cook Beef Sausages	12.50
200563		Beef & Onion Pre Cook Sausages	12.50
200552		Sausage Meat (approx 500g tubes)	12.50
200566		Borewors	13.50
200575		Chroizo Sausages	13.25

Name:	
email:	
Home Ph:	Other:
Freight Charge: 10.00 / 12.50 / 18.00 / 30.00 / Other	
Payment Details: You will be contacted for details before despatch	
Comments:	
Date of Delivery:	
Delivery Instructions:	<u>OK TO LEAVE</u> if nobody home
Delivery Address:	



PRICELIST Sept 08

Prices Subject to Change
GST inclusive Freight extra

Flour			
10174		Wholemeal Flour 1.5kg Pack	10.00
10175		White Plain Flour 1.5kg Pack	10.54
11144		Self Raising Flour 700g WFGF	9.78
11261		White Rice Flour 1kg WFGF	4.44
11041		Brown Rice Flour 1kg WFGF	4.99
10800		Cornflour (Maize) 1kg	6.45
10874		Spelt Wholemeal Flour 1kg	8.93

Baking			
CP15475		Baking Powder 340g WFGF	11.94
10388		Vanilla Extract 50ml	11.69
10730		Icing Sugar 350g	5.62
10370		Sugar 500g Unrefined Golden	3.50
10372		Sugar 500g Demerara	3.60
10723		Coconut Dessicated 225g	5.00
11044		Choc Chip Cookie Mix	6.75
11045		Pancake Mix Buttermilk	9.43
11046		Pancake Mix Flax+ Multigrain	10.42
10377		Maple Syrup 236ml A Grade	12.81
11321		Chocolate Syrup 440g	7.54
STAMS		Apple Syrup Organic 250ml	14.95

Nuts+Seeds			
10727		Almonds Whole 250g	9.95
10879		Almonds Tamari Roasted 150g	5.91
10941		Brazil Nuts 250g	8.42
10880		Cashew Nuts 100g Roasted	4.44
10798		Peanuts Roasted 300g	3.87
11459		Pistachio Roasted 150g	5.53
10819		Pumpkin Seeds 300g	4.86
10184		Sesame Seeds Hulled 400g	5.99
10182		Sunflower Seeds 300g	5.88
11260		Flaxseed Whole 450g	3.20
11398		LSA 250g	5.95

Dried Fruit			
10719		Banana Chips 200g	3.18
10722		Apricots Dried 350g	7.29
10186		Sultanas 300g	4.45
10187		Raisins 300g	5.27
10185		Prunes 300g	4.61
10885		Ginger Crystallised 125g	4.46

Breakfast			
SWBIR		Swiss Bircher Muesli 750g	7.90
10327		Muesli Original 1kg	9.26
10332		Muesli Honey Roasted 1kg	9.26
10965		Oats Rolled Jumbo 1kg	6.45
10843		Oats Quick Cook 1kg	6.45
10335		Puffed Rice 170g WFGF	5.30
10339		Oaty Bites 375g WFGF	7.30
10340		Blueberry Almond Muesli 305g	6.50
10343		Corn Flakes 300g WFGF	6.21
11052		Variety Hot Pack (6) 320g	7.41
MKAHNY		Manuka Honey 1kg	22.95
11218		Marmalade Orange 283g Organic	8.03
11219		Raspberry Fruit Spread 283g	8.03
11217		Blueberry Fruit Spread 283g	8.03
10038		Rice Dream Original 946ml	4.63
10051		Nature's Soy Original 1ltr	3.74
10052		Almond Milk Non Dairy Beverage 946ml	6.08

Planet Teas			
10239		Earl Grey	4.70
10240		English Breakfast	4.50
10275		Peppermint	4.50
10285		Green Tea	4.02
11090		Green Chai	5.15
11402		Green Jasmine	4.20
10930		White Tea	5.30
TEABSA		Sth African Black Tea Loose 200g	8.50

Meal Ingredients			
11408		Tamari Soy Sauce 250ml	6.15
CP14178		Worcestershire Sauce 250ml	9.95
CP14171		Balsamic Vinegar Organic 250ml	9.45
BVCRM		Balsamic Vinegar Crème	12.23
10446		Rice Wine Vinegar 250ml	8.40
10988		Red Wine Vinegar 500ml	7.29
10989		White Wine Vinegar 500ml	7.29
10452		Braggs Apple Cider Vinegar 946ml	9.43
FLXOL		Flax Seed Oil 250ml	11.95
BR0BC		Rice Bran Oil 500ml	8.72
VPBA50		Village Press Olive Oil Barnea 500ml	14.20
VPGA25		Village Press Garlic Olive Oil 250ml	11.50
RNSSKR		Redmond Natural Salt 225ml Shaker	8.50
RNSPCH		Redmond Natural Salt 737ml Pouch	15.50
10155		Mustard Dijon 226g	3.95
10443		Mustard Stoneground 226g	3.56

10876		Arrabiata Pasta Sauce 690g	6.50
10878		Puttanesca Pasta Sauce 690g	6.50
10535		Chopped Tomatoes 400g	2.26
11451		Tomato Ketchup 575ml	6.25
10536		Tomato Puree 350g	2.50
10537		Tomato Paste 190g	3.13

10169		Rice Basmati White 500g	5.07
10173		Rice Basmati Brown 500g	4.86
10170		Rice Brown Long Grain 500g	2.95
10945		Rice Sushi 500g	5.84
10852		Quinoa Grain 450g	4.17
11453		Quinoa Grain Inca Red 400g	4.20
4UQPRG		Quinoa Puffs 400g	8.35
10580		Quinoa Cereal (Ground) 400g	5.68
10579		Polenta 400g	3.73
11396		Couscous W/Meal 400g	5.46
11263		Buckwheat 450g Gluten Free	2.80
10507		Rice Crumbs White 330g WFGF	8.42
11389		Rice Crumbs Brown 330g WFGF	9.72

10163		Baked Beans 420g	3.79
CP12026		Spaghetti 220g WFGF	3.40
11057		Red Kidney Beans 425g	2.85
11058		Salad Beans 425g	2.25
11054		Black Beans 425g	2.25
11055		Chickpeas Garbanzo 425g	2.45
CP15160		Bullion Tub 150g	16.65
CP12016		Gravy Mix 200g Vege Based	5.95

10904		Coconut Oil 290g	8.34
7CROOK		Deodorised Coconut Oil 700ml	7.60
CP14700		Coconut Cream 400ml	3.00
CP14701		Coconut Milk 400ml	2.75
10850		Pineapple Chunks 400g in juice	3.79
10851		Fruit Salad 400g Tropical	3.80
10374		Molasses 472ml	8.91
CP17210		Stevia Liquid 15ml	9.95
11180		Agave Syrup 345ml	8.93

Sweets +Snax			
11481		Toaster Pastry (12Pack) Strawberry	14.58
11482		Toaster Pastry (12Pack) Blueberry	14.58
11483		Toaster Pastry (12Pack) Cherry	14.58
11340		Larabar Cerry	2.59
11345		Larabar Chocolate	2.95
11346		Larabar Coffee Chocolate	2.95
DAMON		Dagoba Mon Cheri 56g	4.95
DAMIN		Dagoba Dark Mint 56g	4.95