



2008 Product Price List

BREAD, ROLLS & WRAPS			CAKES & SLICES (continued)		
FREV250	Frevos Cheese Bread	\$6.50	302	Silly Yak Apple Tart 200g	\$5.75
FREV250G	Frevos Garlic Bread	\$6.50	1234	Silly Yak Choc Raspberry Tart 100g	\$3.20
620066	Freedom Foods Wraps	\$5.50	849	Paisley & Smart- Mozart Torte	\$27.95
3GFW	Empower Wraps 250g	\$6.95	853	Paisley & Smart-Orange Cake	\$27.95
1615	Lifestyle Fruit Loaf	\$8.00	851	Paisley & Smart- Sissi Cake	\$27.95
1617	Lifestyle Lupin Loaf 600g	\$8.00	1675	Paisley & Smart- Cardinal Cake (small)	\$13.00
1612	Lifestyle Multi Grain Loaf 580g	\$7.50	852	Paisley & Smart-Tiramisu Cake	\$27.95
1611	Lifestyle White Sliced Loaf 550g	\$7.50	847	Paisley & Smart-Cardinal Black Forest (seasonal)	\$39.95
1691	Lifestyle White Rolls 4pk	\$6.50	846	Paisley & Smart- Cardinal Cake Raspberry	\$39.95
1609	Lifestyle Wholemeal Loaf 580g	\$6.50	848	Paisley & Smart- Single Mozart Torte Slice	\$3.50
GfBR	Livwell Rolls 4pk	\$8.95	PASTRY & PIES		
GfNB	Livwell Naan Bread 2pk 180g	\$8.60	1134	GFG Pastry- Party sweet tart shells- 12pk 180g	\$8.90
GfPB	Livwell Pitta Bread 4pk 215g	\$10.50	1134	GFG Pastry- Party puff shells- 12pk	\$8.90
GfWB	Livwell White Baguette (single)	\$4.00	1134	GFG Pastry- Individual puff pie shell- 4pk	\$8.90
582	OldTime Bakery- Organic Tannour Bread Wraps 5pcs	\$6.75	1134	GFG Pastry- Large family puff pie shell- 2pk	\$8.90
1145	SD Diegos Corn Tortilla 6pkt	\$3.50	211	Silly Yak Mini Roll Party Pack- Spinach/Ricotta 6pkt	\$10.20
101	Silly Yak Bread Plain White 700g	\$7.95	209	Silly Yak Mini Sausage Roll Party Pack- Meat 6pkt	\$10.20
107	Silly Yak Dinner Rolls 4pkt	\$5.50	210	Silly Yak Mini Roll Party Pack- Veggie 6pkt	\$10.20
105	Silly Yak Fruit Bread 900g	\$6.95	208	Silly Yak Meat Party Pie 6pkt	\$10.20
103	Silly Yak Multigrain Bread 1kg	\$8.50	213	Silly Yak Party Quiche- Spinach 6pk	\$10.20
1649	GFF Dairy Free Fruit Loaf	\$8.00	213	Silly Yak Party Quiche Lorraine 6pk	\$10.20
1651	GFF Dairy Free Kaip Seed Loaf	\$7.50	121	Silly Yak Savoury Veggie Roll	\$3.85
1650	GFF Plain White Bread- Dairy Free	\$7.50	205	Silly Yak Meat Shepherd's Pie	\$5.90
1647	GFF Fruit Loaf	\$8.00	286	Silly Yak Chicken, Leek & Mushroom Pie	\$5.90
1645	GFF Kaip Seed	\$7.50	SYPTYSTEA		
1646	GFF Plain White Bread	\$7.50	1418	Silly Yak Chunky Steak & Mushroom Pie	\$5.90
1648	GFF Savoury Loaf	\$8.00	119	Silly Yak Chunky Beef & Bacon Pie	\$5.90
747	Silly Yak Baguettes 4pkt	\$6.75	SYPTYPUM		
102	Silly Yak Soy & Linseed Bread 700g	\$8.20	122	Silly Yak Pumpkin & Basil Pie	\$5.90
CAKES, MUFFINS & SLICES			124	Silly Yak Sausage Roll	\$3.85
1797	Paisley&Smart Ornge/Almnd Muffin DairyFree 6pk	\$16.65	123	Silly Yak Spinach Quiche	\$5.90
850	P&S Orange & Almond Muffin - Dairy Free- single	\$2.95	120	Silly Yak Spinach & Ricotta Roll	\$3.85
1798	Paisley&Smart- RaspberryChoc Fudge Muffin 6pk	\$16.65	458	Silly Yak Vegie Pie	\$5.90
1703	P&S Raspberry & Choc Fudge Muffin-single	\$2.95	TCP220	Silly Yak Family Pie-(order any pie variety listed above)	\$15.90
1100	Eskal Chocolate Cake 250g	\$6.20	439	GFG Thai Chicken Pie	\$5.20
1101	Eskal Marble Cake 250g	\$6.20	SRC	GFG Pumpkin & Spinach Lasagne	\$8.90
LT	GFG Lemon Tart 30g	\$1.90	GFBL	GFG Spinach & Ricotta Cannelloni	\$8.90
RT	GFG Raspberry Tart 30g	\$1.90	BNS	GFG Beef Lasagne 400g	\$8.90
BM150	GFG Banana Muffin	\$2.95	BEER		
MC120	GFG Choc-Mud Muffin	\$2.95	769	O'Brien Beer-Carton Premium Lager, Brown & Pale Ale	\$89.50
CM150	GFG Chocolate Chip Muffin	\$2.95	768	O'Brien Beer- Single- Prem. Lager/Brown/Pale Ale	\$4.25
1321	GFG Choc-Mud Muffin-Dairy Free	\$2.95		O'Brien Beer- 6 pack " " "	\$24.00
1023	GFG Lemon Slice	\$2.00	857	Silly Yak's Aztec Gold- Case	\$99.50
CM750	GFG Mud Cake 750G	\$16.00	859	Silly Yak's Aztec Gold- 6 pack	\$25.50
1019	GFG Mud Cake 750G- Dairy Free	\$16.00	858	Silly Yak's Aztec Gold- Single	\$4.50
CDB03	GFG Carrot Cake Muffin	\$2.95	PIZZA		
LLMI50	GFG Lemon/Lime Custard Muffin	\$2.95	132	Silly Yak Pizza Base- Small 2pk	\$8.50
1162	Silly Yak Apricot Tart 220g	\$5.75	133	Silly Yak Pizza Base- Medium 2pk	\$10.50
118	Silly Yak Lamington- 2pk	\$6.99	134	Silly Yak Pizza Base- Large 2pk	\$14.75
SYCAKPEC	Silly Yak Pecan Tart 160g	\$5.90	HPP225/ BPP	GFG Ham&Pineapple Pizza OR Basil Pumpkin Pizza	\$5.95ea
SYCAKALM	Silly Yak Almond Tart 140g	\$5.90	RVP/ SP	GFG RoastVeg Pizza OR GFG Spinach Pizza	\$5.95ea
SYCAKCRU	Silly Yak Apple & Plum Crumble Tart 190g	\$5.90	1824	Lifestyle Bakery Pizza Bases 2pkt 300g	\$6.00

BISCUITS			PASTA		
937	Byron Bay Sticky Date & Ginger Box 150g	\$8.95	1752	Pasta Riviera Fettucine- Pumpkin 250g	\$5.50
478	Byron Bay Date & Ginger Cookie 150g	\$2.50	PR161	Pasta Riviera Fettucine - Garden Herb 250g	\$5.50
513	Byron Bay Lemon & Macadamia Box	\$8.95	PR163	Pasta Riviera Fettucine - Cracked Pepper 250g	\$5.50
512	Byron Bay Triple Chocolate Box	\$8.95	PR162	Pasta Riviera Fettucine - Spinach 250g	\$5.50
509	Byron Bay Triple Chocolate Fudge Cookie- single	\$2.50	1422	Pasta Riviera Fettucine - Plain 250g	\$5.50
510	Byron Bay White Chocolate Box	\$8.95	14F173	Bi-Aglut Maccheroncini (elbows) Pasta 500g	\$9.95
508	Byron Bay WhiteChocChunk &Macadamia-single	\$2.50	14F172	Bi-Aglut Fusilli 500g	\$9.95
507	Byron Bay Lemon & Nut Macadamia Shortbread	\$2.50	14F171	Bi-Aglut Penne 500g	\$9.95
1223	Coconut Crunch Cookies 200g	\$3.90	14F170	Bi-Aglut Spaghetti 500g	\$9.95
99405	Freedom Foods Chocolate Blitz 180g	\$3.95	96564	Basco Fettucine & sauce / or Macaroni & sauce	\$3.50ea
99425	Freedom Foods Crunchy Coconut 180g	\$3.95	GFBL	GFG Beef Lasagne 400g (Fresh, Home-style)	\$8.90
62015	Freedom Foods Triple Treat Brownie Cookies	\$4.95	BNS	GFG Beef Cannelloni (Fresh, Home-style)	\$8.90
JSBH60	GFG Jam Shortbread Hearts	\$2.00	214	Silly Yak Foods Potato Gnocchi	\$6.50
VYY60	GFG Vanilla Yo-Yo Biscuit	\$2.00	1424	Silly Yak Foods Pumpkin & Basil Gnocchi	\$6.50
MC60	GFG Museli Cookie	\$2.00	1777	Silly Yak Foods Sundried Tomato & Chilli Gnocchi	\$6.50
GFGYY	GFG Vanilla Yo-Yo Biscuit Box 220g	\$8.50	75022	Casalare Penne 250g	\$3.90
519	Simply Better Ginger Crunch Cookies 6pkt	\$4.50	454	Casalare Classic Shells 250g	\$3.20
553	Simply Better Shortbread Fingers 6pkt	\$4.50	750150	Casalare Classic Spaghetti 250g	\$4.75
60506	Eskal Milk Choc Coated Wafers- Vanilla	\$3.95	75091	Casalare Cannelloni Shells 125g	\$3.90
60507	Eskal Choc Coated Wafers- Chocolate	\$3.95	GF014	Casalare Classic Fettucine 250g	\$4.95
60505	Eskal Wafer- Lemon	\$3.95	89003	Casalare Spinach Fettucine 250g	\$4.75
71123	Eskal White Choc Wafers with Choc cream	\$3.95	455	Casalare Classic Risoni	\$5.85
71123	Eskal Vanilla Tea Biscuits	\$3.99	600	Casalare Classic Spiral	\$3.55
138	Kez's Almond Toffee 175g	\$5.95	89004	Casalare Garlic & Parsley Spirals 250g	\$3.90
139	Kez's Florentine 185g	\$5.95	75092	Casalare Tomato & Basil Macaroni 250g	\$3.90
19861	Leda Choculence Biscuits	\$4.99	75090	Casalare Lasagne Sheets (3) 250g	\$4.25
19862	Leda Minton Biscuits	\$5.55	75021	Casalare Vegie Penne 250g	\$3.55
1592	Naturally Good Carob Buckwheat bites 200g	\$3.90	89003	Casalare Vegie Shells 250g	\$3.55
8876	Naturally Good Soy/Carob choc ripple 200g	\$3.90	89006	Casalare Rice Macaroni 250g	\$3.55
1223	Naturally Good CoconutCrunch Cookies 200g	\$3.90	503	Casalare Classic Elbow Macaroni	\$3.55
1734	Naturally Good Carob Rice Cake Bites 150g	\$3.90	457	Casalare Rice Noodle	\$3.20
NA17	Naturally Good D'Lush 150g	\$4.55	79002	Eskal Rice Noodles- Vermicelli	\$2.90
93371	Orgran Ameretti Biscotti	\$3.20	79001	Eskal Rice Noodles- Sticks (medium)	\$2.90
93373	Orgran Lemon Poppyseed Biscotti	\$3.20	961	Orgran Buckwheat Pasta	\$3.95
93389	Orgran Outback Animals Choc Cookies	\$3.29	S0020	Orgran Corn Pasta	\$3.35
S2157	Orgran Outback Animals Vanilla Cookies	\$3.29	933333	Orgran Lasagne Mini Sheets 200g	\$4.55
1755	Orgran Outback Animals 8 Multipack- Chocolate	\$4.90	93374	Orgran Rice/Corn Veg Animal Pasta	\$3.55
110	Silly Yak's Anzac Biscuits 5pkt	\$5.50	35022	Orgran Rice & Corn Pasta	\$3.35
111	Silly Yak's Choc Chip Biscuit 2pkt	\$5.50	SOO13	Orgran Rice Pasta	\$3.55
30342	Daisy Kisses 6pk	\$5.50	35097	Orgran Rice, Corn & Vegetable Pasta	\$3.20
30342	Melting Moments 6pk	\$5.50	SOO04	Orgran Rice/Millet Pasta	\$3.35
30340	Monte Cream 6pk	\$5.50	93385	Orgran Spaghetti packet- Italian Style	\$3.70
1781	Almond Chocolate 6pk	\$5.50	93325	Orgran Sphaghetti G/F in Tin 200g	\$2.50
3136	Baker Boys LemonFilled Biscuits(soft centre)180g	\$5.50	6684	Orgran Alternative Grain spaghetti tin 420g	\$2.80
3112	Baker Boys Berry Filled Biscuits (soft centre) 180g	\$5.50	983	Orgran Tomato & Basil Corn Spirals packet	\$3.35
3129	Baker Boys Lime Filled Biscuits (soft centre) 180g	\$5.50	1714	Orgran Vege Rice Pasta 250g	\$3.35
15F345	Bi-Aglut Biscotti 180g	\$8.90	951	Orgran Corn & Spinach Pasta 250g	\$3.35
1800	Home Baked Co. Gift Box- WhiteChoc&Cranberry	\$8.50	BREAD MIX		
1111	Home Baked Co. Gift Box- Triple Chocolate	\$8.50	179	A-Maizing Gluten Free Bread Mix- Non Dairy 1kg	\$10.00
DESSERT			180	A-Maizing Gluten Free Bread Mix	\$10.00
93207	Basco Choc Pudding 260g	\$4.40	181	A-Maizing Gluten Free Bread Mix- Non Dairy 5kg	\$45.95
99633	Tania Pure Canadian Maple Syrup 250ml	\$9.55	182	A-Maizing Gluten Free Bread Mix-5kg	\$45.95
93377	Orgran Choc Mousse	\$3.45	357732	Basco Bread Mix	\$4.95
93365	Orgran Custard Powder	\$4.75	530	Simply No Knead Freelac Bread Mix- 1kg	\$14.00
30709	Fruit Fusions Very Berry sauce with 4 berries	\$8.50	S2034	Orgran Bread Mix	\$4.45
30709	Fruit Fusions Double Chocolate sauce	\$8.50	93388	Orgran Wholemeal Bread Mix	\$4.45
934	Rob Strawberry Daiquiri Sauce	\$4.95	30393	Well & Good Instant Bread Mix- 3 loaves	\$9.85
412060	Simple-Chocolate Pudding 2pk	\$5.55	1723	Bread Pack- Multigrain Bread Mix 350g	\$5.99
412060	Simple- Golden Syrup Pudding 2pk	\$5.55	1722	Bread Pack- Maize & Soy Bread Mix 350g	\$5.99
274	White Wings Custard Powder	\$2.30	1742	Bread Pack- Wholemeal Bread Mix 350g	\$5.99
770915	Robin's Old Style Brandy Sauce 250ml	\$5.20			

BREAKFAST			CONFECTIONERY (cont'd)		
3FX	Empower- Fibre X Low Carb Cereal 500g	\$12.95	879	Matlow's Butterscotch/ Matlow's Licorice drops	\$2.95
8508	Brookfarm Macadamia Muesli 50g (individual size)	\$2.95	879	Matlow's Barley Sugar/ Barley Sugar twists	\$2.95
5625	Brookfarm Macadamia Muesli 350g	\$9.99	6	TSC Sugarless Caramel	\$3.50
8505	Brookfarm Macadamia Muesli 1kg	\$25.60	6	TSC Sugarless Eucalyptus Menthol	\$3.50
BEL123	Carman's Deluxe Fruit Muesli 400g	\$6.85	6	TSC Sugarless Fruit & Cream	\$3.50
99317	Freedom Foods Ultra Rice 300g	\$6.95	6	TSC Sugarless Nitro Mint	\$3.50
99319	Freedom Foods Rice Flakes & Psyllium 300g	\$6.95	6004	Bonvita Rice Milk Chocolate Dairy Free 100g	\$5.70
99320	Freedom Foods Muesli 500g	\$6.95	6003	Bonvita Rice Milk Chocolate- White-Dairy Free 100g	\$5.70
62045	Freedom Foods CornFlakes with Psyllium 375g	\$6.50	1327	Well Naturally Sugar Free- Rich Dark Choc Bar	\$2.95
7036	Lotus Organic Rice Puffs 175g	\$4.90	1348	Well Naturally Sugar Free- Mint Crisp Choc Bar	\$2.95
6111	Lotus Rice Bran Cereal 250g	\$6.55	1328	Well Naturally Sugar Free- Orange Choc Bar	\$2.95
27280	Lowan Cocoa Bombs 350g	\$3.99	DRPASCRI	Droste Pastilles- Creamy/Milk/White/Extra Dark choc	\$3.60 ea
168185	Lowan Soy Flakes with Apricot & Almond 500g	\$6.99	DRJUSD	Droste Pastilles- 'Just for You'- 3 pk in Decorative tube	\$8.95
168190	Lowan Rice Porridge with Orchard Fruits	\$5.50	71013	Eskal Chocbar (like a big Kit Kat!)	\$1.20
7037	Lotus Organic Millet Puffs	\$5.95	1480	Gran's Fudge- Caramel 40g	\$1.50
71205	Monster Muesli- Free and Lo 500g	\$5.95	1480	Gran's Fudge- English Toffee 40g	\$1.50
64001	Monster Muesli- Free & Lo Individual serve 60g	\$1.50	1480	Gran's Fudge- Macadamia 40g	\$1.50
93338	Orgran Muesli Fruit & Almond Lite & Crunchy500g	\$6.95	911366	Gran's Fudge- Coconut Ice 40g	\$1.00
93339	Orgran Rice Porridge with Apricot 375g	\$3.75	93381	Orgran Licorice 200g	\$3.75
30193	Planet Organic Porridge 500g	\$7.50	232	LicoriceLand Licorice 200g	\$3.10
1PNP49	Planet Organic Muesli 500g	\$7.99	57656	LicoriceLand Carob Licorice Logs	\$3.40
412005	Simple Tropical Light Cereal 360g	\$7.20	1408	Yesteryear Caramel Fudge 50g	\$2.00
41002	Select Naturals Kornie Cornflakes 300g	\$3.99	10765	Jelly'gnite- Dinosaurs	\$2.95
72150	Biogen Muesli 550g	\$6.45	10767	Jelly'gnite- Jelly Babies	\$2.95
41141	Biogenic Puffed Brown Rice 350g	\$5.20	10763	Jelly'gnite- Party Mix	\$2.95
1740	VeitaRise Breakfast Bar-(see 'bars' section for flavours)	\$2.80	1588	Jelly'gnite Strawberries & Cream	\$2.95
99429	Freedom Foods Muesli Breakfast Bar 6x Pack	\$6.55	10762	Jelly'gnite Snakes	\$2.95
BABY & KIDS FOODS			RR25	Springhill Rocky Road Mini 25g	\$2.25
BCBBMM1	Baby Mum-Mum Original Rusks	\$4.45	RR75	Springhill Rocky Road 75g	\$3.50
BCBBMM2	Baby Mum-Mum Vegetable Rusks	\$4.45	5134000	Jelly Belly- Big Bean Assorted Flavours 40g	\$3.95
1591	GFC Organic Rice Baby Cereal 250g	\$4.50	1033	Jelly Belly- Packet Assorted 100g	\$2.95
GF77	GFC Organic Rice Baby Rusks 160g	\$5.50	MJMALMDU	Mr. Mallow- Marshmallow Ducks	\$2.50
1634	Organic Apple & Banana Smooth Babyfood	\$4.70	MJMALPW2	Mr. Mallow- Pink & White Marshmallow	\$2.50
1635	Organic Carrot/Apple/Parsnip Smooth Babyfood	\$4.70	MJMALMHE	Mr. Mallow- Marshmallow Hearts	\$2.50
1636	Organic Fruit Smoothie- The Purple One	\$3.80	MJMALMB	Mr. Mallow- Marshmallow Bears	\$2.50
1637	Organic Fruit Smoothie- The Red One	\$3.80	441/ 440/ 442	Mondo Cherry Nougat/CrunchyNougat/Soft Vanilla	\$3.25ea
1638	Organic Fruit Smoothie- The Yellow One	\$3.80	30361	Sweet William-Dairy Free Chocolate Bar 100g	\$3.50
93389/S2157	Orgran Outback Animals- Choc or Vanilla cookies	\$3.29ea	30362	Sweet William- White Delight d/f bar 100g	\$3.50
93374	Orgran Rice/Corn Veg Animal Pasta	\$3.55	30376	Sweet William- White cooking Buttons D/F 500g	\$7.00
1633	Whole Kids- Organic Original Corn Chips 35g	\$2.60	30353	Sweet William- Sugar free Dairy Free Choc bar 50g	\$2.50
1632	Whole Kids- Organic Corn Chips- Cheese 35g	\$2.60	30353	Sweet William- s/f d/f Choc Tangerine bar 50g	\$2.50
1628	Whole Kids- Organic Manuka Honey Popcorn	\$2.60	30360	Sweet William- Variety Pack- 3 Flavours	\$4.95
1629	Whole Kids- Organic Sea Salt Popcorn	\$2.60	60515	Tropical Source Rich Dark Chocolate 85g	\$3.20
1638	Whole Kids Organic Apple Juice Carton- single	\$2.00	60510	Tropical Source Hazelnut 85g	\$3.20
30064	Riverside Foods Organic Fruit Funstraps 5pk	\$2.99	60513	Tropical Source Mint Crunch	\$3.20
93321	Orgran Fruit Bars Multipack 6 bars (90g)	\$2.50	60511	Tropical Source Rice Crisp	\$3.20
1755	Orgran Outback Animals 8 Multipack- Chocolate	\$4.90	60512	Tropical Source Toasted Almond	\$3.20
1730	Fantastic Rice Crackers 10 Multipack- BBQ/Orig	\$4.50	585	Tropical Source Raspberry	\$3.20
CONFECTIONERY			1715	Tropical Source Choc Chips 283g	\$4.90
Sue Shepherd Lollies- gluten free, dairy free, egg free and soy free!			6002	Vegan Coconut and Dark	\$2.95
30040	Sue Shepherd's Irresistible Jelly Babies	\$3.70	6001	Vegan Hazelnut Nougat	\$2.95
30040	Sue Shepherd's Irresistible Party Mix	\$3.70	10008882	Yupi Packs-Baby bears	\$2.50
30040	Sue Shepherd's Irresistible Milk Bottles	\$3.70	10008882	Yupi Pack- Cola Party	\$2.50
30040	Sue Shepherd's Irresistible Strawberries & Cream	\$3.70	10008882	Yupi Pack- Hot Dogs	\$2.50
GFF Lolly Bags- Gluten Free & all Great Value at \$2.95!			10008882	Yupi Pack- Mini Burgers	\$2.50
879	Gluten Free Foods- Pink Lady Ginger Bar 45g	\$2.95	466	Yupi Glow Worms 120g	\$2.50
879	Gluten Free Foods- Turkish Delight Bar 45g	\$2.95	465	Yupi Gummi Pizza 25.5g	\$2.50
879	Gluten Free Foods Brand- Assorted Lolly Bags: \$2.95 each		587	Yupi Gummi Lunch Pack	\$2.50
879	Ice cream sprinkles/ Trolli Gummi Bears/ Choc Buttons				
879	Scorched Peanuts/ Peanut Clusters/ Jelly Fruit Salad				
879	ChocPeppermint balls/ ChocOrange Balls/ Fruit Fizzes				

879	X-X Mints/ Matlow's Crystal Mints/ Matlow's Crystal Fruits			
BARS		CAKE & MUFFIN MIXES		
1103B	Artisse Organic- Café Latte Bar	\$3.15	93524	Basco Butter Cake \$4.40
1100B	Artisse Organic Bars- All About Nuts	\$2.85	32237	Empower Choc Rush LO-CARB Muffin Mix \$9.20
1102B	Artisse Organic Bar- Seed Delight	\$2.85	3MM	Empower Muffin Magic \$4.99
1104B	Artisse Organic Bar- ProActive Pomegranate	\$2.85	168020	Basco Choc Cake \$4.40
1627/ 35074	Orgran Apricot Bar /Orgran Blueberry Bar	\$2.50ea	168070	Basco Apple/Cinnamon Muffin Mix \$6.50
30091/ 30096	Go Natural Bars-Carob Macadamia/ Macadamia Dream	\$2.50ea	168015	Basco Carrot Cake \$3.90
101363	Golden Days Dark Choc Sesame Snaps 120g (3x40g)	\$2.75	32252	Empower Triple Choc Muffin \$5.95
30088/30082	Go Natural Almond & Apricot 40g/ or Mixed Bars 35g	\$2.50	93386	Orgran Chocolate Cake \$4.60
412007	Healtheries Simple Cherry Choc Bar	\$2.00	93363	Orgran Muffin Mix- Chocolate \$4.15
412008	Healtheries Simple Coconut Nougat Bar	\$2.00	93364	Orgran Muffin Mix- Lemon Poppyseed \$4.25
412006	Healtheries Simple Choc Peanut Bar	\$2.00	93386	Orgran Vanilla Cake \$4.60
431950/ 432312	Sun Macadamia & Honey Bar/ Yoghurt Fruit&Nut Bar	\$2.50 ea	14106	Select- Vanilla Cake Mix \$3.95
99429	Freedom Foods Muesli Breakfast Bar Multi Pack	\$6.55	14104	Select- Blueberry Muffin Mix \$4.95
829	Go Natural Sesame Crisp	0.75c	30390	Well & Good- Muffin Mix \$5.50
1451	Leda baked Bars- Strawberry multi packet	\$4.90	30391	Well & Good- Mud Cake \$5.50
19855/ 83185	Leda baked Bars- Apple&Cinnamon OR Berry multi pk	\$4.90ea	30392	Well & Good- Multipurpose Cake Mix \$5.50
19852/ 19857	Leda lite 85g Bars- Banana/ or Chocolate & Orange	\$2.50	168080	Basco Mixed Berry Muffin \$6.50
19854	Leda Lite Bar Snack 50g	\$2.00	PSW070	Choc Brownie Packet \$9.95
93319/ 93321	Orgran Fruit Bar with Figs/ Orgran Fruit Bar	\$2.75	BREADCRUMBS, BATTER & MULTI-MIXES	
314352	Sun Oxi-Plus Antioxidant Bar with Goji Berry	\$2.50	1712	Lifestyle Bakery Bread Crumbs \$5.75
1575	KettleValley Organic Fruitstrip strawberry	\$1.40	99662	Casalare Rice Crumbs 330g \$5.20
7812	Kettle Valley Organic Fruitstrip blueberry	\$1.40	93341	Orgran All Purpose Rice Crumbs 300g \$4.55
71810	Kettle Valley Organic Fruitstrip cranberry	\$1.40	1030	G&C Crispy Batter- 15kg carton \$70.00
1440	Veita Rise Breakfast bar Fig/walnut&orange 45g	\$2.80	99667	G&C Crispy Batter- 375g box \$4.55
1740	Vieta Rise- Breakfast bar-Hazelnut & date 45g	\$2.80	93367	Orgran Coating & Stuffing Mix \$2.95
1740	Vieta Rise B'fast bar-Date/macadamia & ginger	\$2.80	483305	Basco Multi-Purpose Mix \$5.85
1740	Vieta Rise Breakfast bar- Apricot & almond 45g	\$2.80	93366	Orgran Pasta Flour Mix- 375g \$4.25
1805	Wallaby LO-CARB Yoghurt Bar	\$2.60	93307	Orgran Pizza & Pastry Mix 375g \$3.95
40048	Sandra Cabot's Quick Loss Lo Carb Caramel bar	\$3.60	14108	Select Pizza Dough \$3.20
7011	Springhill G-Free Fruit finger (choc top) 50g	\$1.95	947	Orgran Falafel Mix 200g \$3.99
5011	Springhill D'Light Date based fruit finger 40g	\$1.95		
COOK BOOKS		CRACKERS		
62126	Freedom Cookbook: Ruth Maier	\$26.95	79197	Corn Thins- Sesame \$2.95
667/ 1673	Gluten Free & Easy 1- Robyn Russell	\$29.95	79198	Real Foods Multigrain Corn Thins \$2.95
1673	Gluten Free & Easy 2: Robyn Russell	\$29.95	1725	Real Foods Corn Thins- Original \$2.95
1205	Great Food, Gluten Free	\$29.99	945	Orgran Rice Crispbread 200g \$4.35
1507	Gluten Free Italian Cookbook: P. Rigoli & Nicolaci	\$25.00	980	Orgran Corn Crispbread 200g \$4.35
983	Gluten Free Traditional Italian Cuisine: P.Rigoli & Nicolaci	\$25.00	1772	Orgran CrispiBites- Sea Salt Original 100g \$3.25
838	Irresistibles for the Irritable: Sue Shepherd	\$35.50	1772	Orgran CrispiBites- Lightly Seas'd Balsamic Herb \$3.25
941	Irresitibles for the Irritable 2: Sue Shepherd	\$35.50	1772	Orgran CrispiBites- Lightly Seas'd Onion & Chives \$3.25
1674	Gluten-Free Cooking: Sue Shepherd	\$39.95	326C	Millet Cakes \$3.50
658	Wheat Free World: Lola Wokman	\$39.95	326B	Buckwheat Biscuit \$3.50
860	Bread, Buns and Breakfasts: Lola Wokman	\$39.95	15029	EatRite Tamari S/Weed Brown Rice Crackers \$3.99
941	Sharing Sweet Secrets GF & Wheat free: Pam Moriaty	\$29.95	15028	EatRite Chilli/Salsa Brown Rice Crackers \$3.99
40108	Wheat and Gluten Free: Jody Vassallo	\$26.50	71120	Eskal Deli Crackers 200g \$4.39
93301	Cakes, Loaves & Muffins: Ruby M Brown	\$29.95	71122	Eskal Deli Crackers Onion 200g \$4.39
BAKELINERS- Stop	Cross-Contamination of your food!		1209	Gemfreez Box \$24.70
961	B/L Bake Tray Liner	\$12.95	32380	Gemfreez Single- 2pk 0.30c
959	B/L BBQ Plate Liner	\$19.95	15F347	Bi-Aglut Crackers \$9.95
960	B/L Toasty Bags (for toaster)	\$19.95	15F028	Bi Aglut Tostate \$7.95
1569	B/L Heavy Duty Oven Liner	\$19.95	1730	Fantastic Rice Crackers 10 Multipack- BBQ/Orig \$4.50
DELI		PANCAKES		
1298	Best Field- Rice Bran Spread	\$6.50		
36500	Tofutti- Better Than Cream Cheese- Plain	\$4.75		
36520	Tofutti- Better Than Cream Cheese- Sour Supreme	\$4.75	99330	Freedom Foods Pancake Shake 150g \$4.20
1831	Tofutti- Better Than Cream Cheese- French Onion	\$4.75	93396	Basco Pancake Shake \$4.35
36512	Tofutti- Better Than Cream Cheese-Herb & Chives	\$4.75	168040	Basco Pancake Mix \$3.99
36550	Tofutti- Mozzarella Soy Cheese slices	\$4.95	75063	Casalare Pancake Mix \$6.20
2001	Cheezy- Cheddar style	\$8.95	942	Orgran Buckwheat Pancake Mix \$3.95
2005	Cheezy- Edam style	\$8.95	93376	Orgran Sorghum Pancake Mix 250g \$4.15
2004	Cheezy- Mozzarella style	\$8.95	93306	Orgran Apple & Cinnamon Pancake Mix \$3.95

SAUCES & DRESSINGS			SAUCES & DRESSINGS continued		
610	Passage to India- Butter Chicken sauce 200g	\$3.90	1658	Yakandandah Black Bean Simmer sauce	\$4.85
452	Passage to India- Korma curry sauce 200g	\$3.99	99714	Yakandandah Honey & Lemon Ginger Simmer sauce	\$4.85
611	Passage to India- Rogan Josh sauce 200g	\$3.99	99701	Yakandandah Honey Soy Simmer sauce	\$4.85
614	Passage to India- Tikka Masala sauce 200g	\$3.99	99713	Yakandandah Sesame Honey Simmer sauce	\$4.85
ADSFC150X	Chang's Stir Fry- Sweet Manchurian sauce 2pk	\$2.79	99702	Yakandandah Spicy Plum Simmer sauce	\$4.85
ADSFJ150/6	Chang's Stir Fry- Beijing sauce 2pk	\$2.79	1306	Yakandandah Tandoori Simmer sauce	\$4.85
ADSF150	Chang's Stir Fry- Black Bean sauce 2pk	\$2.79	99705	Yakandandah Teryaki & Sesame Simmer sauce	\$4.85
ADSFT150	Chang's Stir Fry- Spicy Sichuan sauce 2pk	\$2.79	99700	Yakandandah Thai Satay Simmer sauce 390g	\$4.85
ADSF150	Chang's Stir Fry- Mongolian sauce 2pk	\$2.79	9200	Eat Me I'm Wild- Wild Wattleseed Satay 250ml	\$7.00
ADSFT150	Chang's Stir Fry- Tasty Sichuan 2pk	\$2.79	9201	Eat Me I'm Wild- Wild Roast Veg & Tomato 250ml	\$7.00
ADSSD150	Chang's Soy Sauce 150ml	\$2.20	9202	Eat Me I'm Wild- Rich Tomato & Cumin 250ml	\$7.00
ADSS150	Chang's Sweet Soy Sauce 150ml	\$2.20	FLOUR		
630	Chang's Tamari Black Bean Sauce- wheat free 150ml	\$2.20	448	Casalare Baking Flour- Plain	\$6.95
633	Chang's Fish Sauce 300ml	\$2.90	940	Casalare Plain Flour	\$6.95
629	Chang's Tamari Hoisin Sauce- wheat free 150ml	\$2.50	99665	Casalare Self Raising Flour	\$6.95
635	Chang's Tamari Light Soy Sauce-wheat free 500ml	\$3.20	78107	MC Amaranth Flour	\$5.25
628	Chang's Oyster Sauce	\$2.50	1621	FG Roberts Plain Flour 1kg	\$7.50
ADOSC430	Chang's Oyster Sauce 430ml	\$4.95	1622	FG Roberts Self-Raising Flour 1kg	\$7.90
1449	Chang's Tamari Oyster Sauce	\$2.45	63912	Lotus Organic Quinoa Flour 500g	\$7.70
631	Chang's Sesame Oil 150ml	\$3.30	9708	Kialla Organic Buckwheat Flour	\$4.95
632	Chang's Sesame Oil 280ml	\$5.20	63805	Lotus Organic Maize Flour	\$4.95
634	Chang's Sweet Chilli Sauce- wheat free	\$3.50	1726	Lotus Besan Flour 500g	\$5.75
649	Chang's Hot Chilli Sauce	\$2.30	93316	Orgran Plain Flour 500g	\$3.70
1234	Chang's Noodle Salad Dressing	\$3.20	93311	Orgran Self-Raising Flour 500g	\$4.35
SD001	Emelia's Crustacean Dressing	\$7.99	24045	Select-Brown Rice Flour 500g	\$3.95
1567	Emelia's Mint & Coriander	\$7.95	24050	Select-Buckwheat Flour 500g	\$5.50
64009	Eskal Tomato & Mushroom Pasta sauce	\$5.90	24260	Select-Rice Flour 500g	\$3.95
64008	Eskal Tomato, Garlic & Basil Pasta sauce	\$5.90	24230	Select- Potato Flour 500g	\$4.80
36784	Fountain Steak Sauce 250ml	\$2.85	24300	Select- Soya Flour 500g	\$3.20
36580	Fountain Tomato Sauce 600ml	\$3.00	1735	Select- Organic Rice Flour 500g	\$6.70
692	Cornwall's Thick Mint Sauce	\$2.40	682551	White Wings Corn Cornflour	\$2.95
1194	King Valley- Capsicum & Chilli pasta sauce	\$7.45	CHIPS & SNACKS		
1268	King Valley- Chardonnay & Mushroom pasta sauce	\$7.45	1698	Cobs Organic Popcorn- Classic Sea Salt 25g	\$1.95
1201	King Valley- Tomato Courgette with Basil	\$7.45	30281	Cobs Organic Popcorn- slightly sweet & salty 35g	\$2.00
1249	King Valley Vegetable & Shiraz pasta sauce	\$7.45	30280	Cobs Organic Popcorn- slightly sweet & salty 125g	\$4.25
1324	Garnisha Green Curry	\$6.75	197115	Byron Bay Toasted Corn Chips	\$3.55
1325	Garnisha Harissa Paste	\$6.75	100518	Byron Bay Medium Red Bean Salsa	\$3.95
LEO1	Garnisha Lime & Pickle	\$6.75	MACRA200	Majhan's Bhujia Cracker Mix 200g	\$2.99
1326	Garnisha Mango Chutney	\$6.75	1732	Majhan's Bhujia Fruit Mix	\$2.99
103S	Pure Harvest Tamari Sauce	\$6.70	1731	Majhan's Bhujia Nut Mix	\$2.99
390201	Spring Gully Wocestershire Sauce	\$2.85	269TCC50	Thomas Chipman- Cheese Corn Chips	\$2.00
150770	Health Minders- Organic Tamari sauce	\$7.95	269TC050	Thomas Chipman- Corn Chips	\$2.00
356605	S&W Whole Egg Mayonnaise 880g	\$8.35	TCMPL	Thomas Chipman- Corn Chips 230g	\$3.50
1113	Emelia's Magic Salad Dressing	\$7.99	296TCPO	Thomas Chipman- Original Potato Chips 100g	\$3.30
1112	Emelia's Tropical Chutney	\$7.99	296TCCP	Thomas Chipman- Cracked Pepper Potato Chips 100g	\$3.30
1115	Emelia's Honey Mustard	\$7.99	296TCPRT	Thomas Chipman- Rosemary & Thyme Chips 100g	\$3.30
1109	Emelia's Sweet Serendipity	\$7.99	71121	Eskal Pretzels 75g	\$2.50
135	PurePeninsulaHoney(Morn.Peninsula)Yellow Box	\$6.95	99255	Freedom Foods Potato Chips 100g	\$3.35
1795	Pure Peninsula Honey- Ginger Honey 350g	\$6.50	99242	Freedom Foods Corn Chips 250g	\$3.95
1760	Pure Peninsula Honey- Red Gum	\$4.20	8302	Ajita's Vege Chips- Herb & Garlic 100g	\$3.70
1759	Pure Peninsula Honey- Single Honey Straw	0.40c	8312	Ajita's Vege Chips- Sweet & Sour 100g	\$3.70
1448	Taylor's Italian Dressing	\$3.80	8301	Ajita's Vege Chips- BBQ flavour 100g	\$3.70
1448/ 1595	Taylor's Balsamic Vinaigrette Dressing	\$3.80	412107	Healtheries Rice Wheels Multipack x10 -Chicken	\$5.75
1452	Taylor's BBQ Sauce	\$3.80	ICE CREAM- ALL dairy free!		
1473	Taylor's Caesar Salad Dressing	\$3.80	1529	Eskal Ice Cream Cone box- 12pk	\$6.00
1472	Taylor's French Dressing	\$3.80	480920	Purely Dec. Choc-coated Vanilla bar 3pk- dairy free	\$9.99
1269	Taylor's Honey Mustard Dressing	\$3.99	M120	Mototo Chocolate Icecream (dairy free) 500ml	\$7.50
1217	Taylor's Avocado & Garlic Dressing	\$3.99	M110/M130	Mototo Vanilla or Mango&Passionfruit(dairy free)500ml	\$7.50ea
4111	3, Six, 9 Flax Oil Food Dressing- Miso 250ml	\$8.40	SL/ SR	Serendipity SuperPremiumSorbet- Lime or Raspberry 500ml	\$7.50ea
4110	3, Six, 9 Flax Oil Food Dressing- Tamari 250ml	\$8.40	1593	Turtle Mtn- Purely Decadent Cherry Nirvana d/f 473ml	\$7.95
4112	3, Six, 9 Flax Oil Food Dressing- Mustard 250ml	\$8.40	1721	Turtle Mtn- Purely Decadent Cookie Dough d/f 473ml	\$7.95
1563	Yakandandah Cranberry sauce	\$5.20	93100	Turtle Mtn- Purely Decadent Turtle Trails d/f 473ml	\$7.95
MEALS & MEAL ACCOMPANIMENTS			SPREADS		

168100	Basco Macaroni & Cheese packet	\$3.50	356605	S&W Whole Egg Mayonnaise 880g	\$8.35
\$2131	Orgran Pasta & Tomato sauce packet	\$2.60	60330	Charles Jacquin- Thick Apricot jam (no sugar added)	\$4.95
93325	Orgran Tinned Spaghetti 200g	\$2.50	1586	Charles Jacquin- Raspberry jam (no sugar added)	\$4.95
6684	Orgran Alternative Grain Spaghetti T/Basil 420g	\$2.80	99353	Freedom Foods Vege Spread 285g (like vegemite)	\$5.55
30196	Planet Organic- Vegetarian Mince	\$5.45	30373	Sweet William Choc Almond Spread	\$6.95
947	Orgran Falafel mix	\$3.99	71199	Eskal Freenut Butter- Smooth	\$4.99
ADPTC100	Chang's Prawn Tubes	\$1.50	1259	Yakandandah 3 Fruits Marmalade 370g	\$4.95
ADPCC100	Chang's Prawn Cracker- Colour	\$1.50	1260	Yakandandah Apricot & Almond Jam 370g	\$4.95
636	Chang's Chinese Vermicelli	\$1.95	1261	Yakandandah Strawberry Jam 370g	\$4.95
640	Chang's Poppadums- Plain	\$1.90	1601	Yakandandah Fig& Ginger Jam 370g	\$4.95
637	Chang's Rice Vermicelli 250g	\$1.95	1600	Yakandandah Raspberry Jam 370g	\$4.95
638	Chang's Thai- Style Rice Noodles	\$1.95	1605	Yakandandah Lemon Curd 350g	\$4.95
ADFNR100	Chang's Fried Noodles	\$1.50	135	PurePeninsulaHoney(Morn.Peninsula)Yellow Box	\$6.95
412011	Healthies Simple- Mushroom Risotto (microwave)	\$7.95	1795	Pure Peninsula Honey- Ginger Honey 350g	\$6.50
412013	Healthies Simple- Vegetable Tagine (microwave)	\$7.95	1760	Pure Peninsula Honey- Red Gum	\$4.20
OMS5003	N Organic Cuisine- Creamy M'room & Bacon (MW)	\$8.00	1759	Pure Peninsula Honey- Single Honey Straw	0.40c
OMS004	N Organic Cuisine-GourmetSausages&Mild Curry (MW)	\$8.00	99633	Canadian Maple Syrup	\$9.55
OMS500	N Organic Cuisine-Lamb, Fetta&Olive meatballs (MW)	\$8.00	STOCKS & GRAVY		
OMS001	N Organic Cuisine- Beef Bolognaise (MW)	\$8.00	83718	Massel Liquid Stock- Chicken 1lt	\$4.35
OM5002	N Organic Cuisine-Chicken&MildThai GreenCurry (MW)	\$8.00	83719	Massel Liquid Stock- Vegetable 1lt	\$4.35
VBK 4PK	VBK- Veggie Burgers 4pk (Onion Free)	\$9.99	3410	Massel Beef 7 Stock Cube	\$1.20
SYNDIAN Range- Gluten Free, Dairy Free & Vegan			8350	Massel Beef Stock Cube	\$3.50
AZUK4	Syndian- Adzuki Bean & Kumara Burger- 4pk	\$9.95	8351	Massel Chicken Stock Cube	\$3.50
981	Syndian- Brown Rice & Veg Burger- 4pk	\$9.95	8352	Massel Vegetable Stock Cube	\$3.50
CHICK4	Syndian- Grilled Chickpea & Pumpkin Burger- 4pk	\$9.95	83700	Massel Beef Stock Powder 168g	\$3.75
LB4	Syndian- Lentil Burger- 4pk	\$9.95	83701	Massel Chicken Stock Powder 168g	\$3.75
1042	Syndian- Grilled Tofu & Almond Burger- 4pk	\$9.95	83702	Massel Stock Powder Veg 168g	\$3.75
980	Syndian- Curried Pumpkin Bites- 250g (20 pcs)	\$6.95	83704	Massel Gourmet Stock Powder	\$3.99
1037	Syndian- Lentil Bites- 250g (20 pcs)	\$6.95	3418	Massel Easy Garlic Tablets- (no mess!)	\$3.20
FFCB300	Syndian- Falafel Bites (25 pcs)	\$6.95	3417	Massel Easy Onion Tablets- (no tears!)	\$3.20
1594	Syndian- Bean & Chilli Patties- 300g (12 pcs)	\$6.95	83706	Massel Chicken Gravy 140g	\$3.75
FFC300	Syndian- Falafel Patties- 300g (9 pcs)	\$6.95	83708	Massel Supreme Gravy	\$3.75
101280	Tilda Steamed Rice- Basmati 250g (microwave)	\$3.95	35063	Orgran Gravy Mix 200g	\$3.99
101276	Tilda Steamed Rice- Egg Fried 250g (microwave)	\$3.95			
101277	Tilda Steamed Rice- Lime & Coriander 250G (MW)	\$3.95	GOURMET MORSELS- Herb and Spice Connoisseurs		
101278	Tilda Steamed Rice- Mushroom 250g (microwave)	\$3.95	1622	Gourmet Morsels- Cajun Spice mix	\$9.95
101281	Tilda Steamed Rice- Sun Dried Tomato 250g (MW)	\$3.95	1626	Gourmet Morsels- Naughty Nuts blend	\$9.95
GFBL	GFG Beef Lasagne 400g (just like Home made!)	\$8.90	1624	Gourmet Morsels- Southern Chicken Blend	\$9.95
BNS	GFG Beef Cannelloni (Home made)	\$8.90	1620	Gourmet Morsels- Souvlaki	\$9.95
439	GFG Pumpkin & Spinach Lasagne (Home made)	\$8.90	1625	Gourmet Morsels- Tasty Chicken Salt	\$9.95
SRC	GFG Spinach & Ricotta Cannelloni (Home made)	\$8.90	1610	Gourmet Morsels- Lemon Myrtle & Dill Rub	\$9.95
SOUP			1621	Gourmet Morsels- Spicy Bush Dukkah	\$9.95
40901895	Basco Pumpkin Soup	\$1.95	1611	Gourmet Morsels- Salt & Pepper Squid blend	\$9.95
408818	Basco Creamy Chicken & Vegetable Soup	\$1.95	1612	Gourmet Morsels- Tasmanian Spicy Bush blend	\$9.95
93361	Orgran Sweet Corn soup	\$3.20	1613	Gourmet Morsels- Happy Berries blend	\$9.95
93362	Orgran Tomato soup	\$3.20	1614	GM- Cashew za'atar with Bush Tomato Dukkah	\$9.95
93360	Orgran Vegetable soup	\$3.20	1623	GM- Macadamia & Lemon Myrtle Dukkah	\$9.95
1793	Trident Chicken Thai soup with noodles	\$1.20	1618	Gourmet Morsels- Dukkah Australian Blend- 5 in 1	\$24.95
1792	Trident Hot & Spicy Thai soup with noodles	\$1.20	MEAT AND SMALL GOODS		
0G15	OZ Ganics Pumpkin Soup	\$6.80	1389	Crumbed Chicken Schnitzel- 2pk	\$6.95
0G16	OZ Ganics Tomato Soup	\$6.80	275	Gourmet Coeliac Sausages- 6pk	\$4.75
1769	OZ Ganics Vegetable Soup	\$6.80	1808	Hansa Butchery GypsyHam DarkSliced250g	\$5.85
SEASONAL- subject to availability			1817	Hansa Butchery GypsyHam Dark Sliced 500g	\$8.95
1643	Simply Better Hot Cross Buns 6pk/ Choc Chip 6pk	p.o.a.	1809	Hansa Butchery Pastrami Sliced 250g	\$5.20
	Simply Better Hot Cross Buns 6pk- dairy free	p.o.a.	1809	Hansa Butchery Pastrami Sliced 500g	\$8.40
	Dairy Free/Gluten Free Easter Eggs	p.o.a.	1816	Hansa Butchery Chicken Kabana 2pk	\$3.20
	Dairy Free/Gluten Free Easter Bunnies	p.o.a.	1811	Hansa Mint Herb & Rosemary Sausages 4pk	\$5.00
	Christmas Puddings and Cake	p.o.a.	1810	Hansa SunDried Tomato& Basil sausages 4pk	\$5.00
	Christmas Shortbread	p.o.a.	1814	ProPan Premium Smallgoods Prosciutto100g	\$5.00
	Hampers made to order- any occasion	p.o.a.	1813	ProPan Premium Smallgoods Pancetta 100g	\$3.80
	Gift Vouchers available- any amount	p.o.a.			
	Gift boxes- cookies, chocolates	p.o.a.			
GROCERY			DRINKS		
100001	Flax Fibre- Organic Nutritious Fibre from N.Z. 550g	\$8.95	1701	Edge- Chocolate Big M	\$3.60

90100	Amaranth 200g	\$5.50	1700	Edge- Coffee Big M	\$3.60
41141	Biogenic- Puffed Rice	\$5.20	ECOAL	Ecomil Almond Drink	\$9.95
668303	CSR Pure Icing Sugar	\$1.90	ECOAL200	Ecomil Almond Drink- 200ml individual	\$3.35
183	Fermex Yeast 500g	\$5.00	1233A	Aussie Dream Rice Milk- 1lt	\$3.20
6063	Lotus Guar gum	\$3.50	717002	Eskal Pomedelicious	\$6.50
6133	Lotus Xanthan gum	\$7.99	717001	Eskal Pomegranate	\$6.50
6051	Lotus Almond meal	\$5.55	7172003	Eskal Pome & Blueberry	\$6.50
7037	Lotus Organic Millet Puffs	\$5.95	SMKALICH	Kali Drinking Chocolate	\$8.90
1565	Lotus Arrowroot	\$3.00	62109	Freedom Foods Energy Drinking Chocolate	\$5.90
6094	Lotus Baking Powder 150g	\$4.55	30197	Planet Organic- Cocoa	\$6.95
6181	Lotus Lecithin Granules	\$5.55	17934	Schweppes Lemonade/ Sprite/ Sunkist 375ml	\$1.40ea
6107	Lotus Rice Bran- fine	\$5.35	10010565	Bickford's Creamy Soda	\$2.00
6112	Lotus Rice Bran- granules 500g	\$5.25	10010560	Bickford's Lemon Lime	\$2.00
6128	Lotus Rolled Rice flakes 500g	\$3.95	10010560	Bickford's Ginger Beer	\$2.00
638545	Lotus Organic Quinoa	\$7.70	10010565	Bickford's Sarsparilla	\$2.00
0	Organics Rice Bio-Dynamic	\$5.45	10010548B	Esprit Mineral Water- Blueberry 300ml	\$2.00
93369	Orgran Gluten Substitute	\$4.55	10010554	Esprit Mineral Water- Orange Tangerine 300ml	\$2.00
941	Orgran No Egg 200g	\$3.85	10010555	Esprit Mineral Water- Passionfruit 300ml	\$2.00
947	Orgran Falafel Mix 200g	\$3.99	10010564	Esprit Mineral Water- Raspberry 300ml	\$2.00
GC OIL	Rice Oil 375ml	\$8.50	10010572	Water- Aqua Pura 600ml	\$1.40
1566	Select Arrowroot	\$3.00	10010559	Flavoured Water- Aqua Pura Wildberry	\$2.00
24040	Select Bi-Carb Soda	\$2.50	10010557	Flavoured Water- AquaPura Citrus	\$2.00
30122	Select Psyllium Husks	\$3.30	10010558	Flavoured Water- AquaPura Tropical	\$2.00
30210	Select Soya Grits	\$3.90			
30220	Select Tapioca 500g	\$3.60			
B90232	Select Polenta- 500g	\$3.50			
B90260	Soland Soya grits 500g	\$3.15			
100002	Basco Apricot Chicken Recipe Mix 40g (serves 4)	\$1.80			

Gluten Free Foods Mornington

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