

Ballarat Wholefoods Price list

June 2017

Flour - P/H -Wheat Wholegrain (B/D)	\$2.50/Kg.	Olive Oil (A/O)	\$12.70/Kg.
Flour - P/H -Wheat Sifted (B/D)	\$2.70/Kg.	Olives - Moonamble Gap (A/O)	\$14.80/Kg.
Flour - Rye Wholegrain (A/O)	\$3.80/Kg.	Panela	\$9.00/kg
Flour - P/H -Spelt Wholegrain (B/D)	\$5.00/Kg.	Peanut butter	\$8.00
Flour - P/H -SpeltSifted (B/D)	\$5.80/Kg.	EaPeanuts (O)	\$22.00/Kg.
Flour - Premium Bakers (A/O)	\$2.60/kg	Pepper Black (O)	\$69.00/kg
Grain - Wheat (A/O)	\$2.00/Kg.	Pasta - spelt (B/D)	\$11.80/Kg.
Grain - Farro (Pearl Spelt) (A/O)	\$5.75/Kg.	Pasta- Quinoa and Rice	\$20.50/kg
Grain - Red Sorghum	\$3.30/Kg	Pinenuts (O)	\$84.70/kg
Grain - Millet (Aus)	\$5.50/kg	Pistachios (O)	\$96.30
Grain – Groats (B/D)	\$4.00/kg	Popcorn – (A/o)	\$4.90/kg
Grain – Spelt (A/O)	\$3.75/Kg.	Pumpkin Seeds (A/O)	\$26.50/Kg.
Grain – Rye (A/O)	\$3.60/Kg.		
Grain - Pearl Barley (A/O)	\$2.30/Kg.	Quinoa (A/O)	\$10.50/Kg.
Rice - Brown/Long Grain (A/O)	\$5.20/Kg.	Quinoa Flaked	\$16.00/kg
Rice –Koshihikare (A/O)	\$5.75/kg.	Raisins (A/O)	\$8.30/Kg
Rice – Cakes (A/O)	\$4.00/kg.	Rolled Oats (A/O)	\$4.60/Kg.
Almonds	\$12.00/Kg.	Rolled Spelt (A/O)	\$6.90/Kg.
Apple Cider Vinegar - Handmade	\$8.60/Kg.	Salt - Himalayan	\$5.40/Kg.
Apple Cider Vinegar	\$1.80/Kg.	Salt - Mt Zero Pink Lake	\$8.00/kg
Vinegar Balsamic (O)	\$37.00/kg	Split Peas (B/D)	\$3.50/Kg.
Apricots (A/SF)	\$33.95/Kg.	Soup Mix (B/D)	\$6.00/Kg.
Baking Powder (phosephate free)	\$13.50/kg	Sultanas (A/O)	\$8.30/Kg.
Capers (A/O)	\$69.00/Kg.	Sesame seeds (O)	\$15.00/kg
Cashew pieces (O)	\$34.00/kg	Star Anise (O)	\$59.00/kg
Chia Seeds (A/P-Free)	\$12.70Kg.	Sunflower Seeds (A/O)	\$17.50/Kg.
Chickpeas –(A)	\$3.45/Kg.	Tahini Hulled (O)	\$11.50/kg
Cinnamon (O)	\$35.00/kg	Tea - Black, Daintree	\$52.00/Kg.
Chocolate Pumpkin Seeds (A/O)	\$36.00/Kg.	Tea - Green	\$110.00/Kg.
Chocolate Hazelnuts (A/O)	\$36.00 /kg	Tea - Spearmint & Raspberry	\$138.00/Kg.
Cloves (O)	\$107.50/kg	Tea-Daintree forest	\$92.00/kg
Coconut– shredded (O)	\$6.50/kg	Tea Australian Alpine	\$104.00/kg
Coconut-chips	\$10.00/kg	Tea-Detox	\$148.00/kg
Coconut cream	\$3.00 Ea	Tea-Relax	\$138.00/kg
Coriander (O)	\$45.00/kg	Tea-Peppermint	\$138.00/kg
Cumin (O)	\$42.50/kg	Turmeric (O)	\$27.50/kg
Currants (A/O)	\$8.30/Kg.	VanillaBeans	\$9.00
Dates (A/S-F)	\$25.00/Kg.	Garlic King Island	\$35.00/kg
FabaBeans (B/D)	\$4.60/kg	Wakame (Tas)	\$115.00/kg
FabaBeanssplit (B/D)	\$5.75/kg	Walnuts - in shell (S-F)	\$11.00/Kg.
Falafel Mix	\$7.50/Kg.	Walnuts - in shell (S-F)	\$10.00/10kg
Garlic (King Island)	\$35.00/kg		
Ginger (O)	\$37.00/kg	Membership	\$50.00Ea.
Goji Berries (O)	\$36.80/kg	Renewal	\$20.00Ea
Haricot beans (A)	\$6.00/kg		
Hazelnuts	\$29.00/kg		
Honey (A)	\$13.50/Kg.		
Lentils - Green Du Puy (B/D)	\$7.50/Kg.		
Lentils – Red (B/D)	\$5.80/Kg.		
Lentil Burger Mix	\$8.00/Kg		
Linseed (O) (A)	\$4.80/kg		
Loving Earth Choc (O)	\$40.00/Kg.		
Mustard Seeds Black (O)	\$29.50/kg		
Nutmeg Whole (O)	\$107.00/kg		

Due to seasonal changes and suppliers prices can be subject to changes without notice.

Ess-Care

Chia/Drinking Choc	\$11.95Ea.
Coconutoil /cacaopowder	\$12.00Ea.
Coffee	\$12.00Ea.
Coffee Irg	\$40.00Ea.
White Drinking Choc	\$12.95Ea
Toothbrushes	\$7.00Ea.

House Hold Products

Bi Carb Soda	\$4.70/Kg.
Borax	\$4.90/Kg.
Epsom Salts	\$2.90/Kg.
Eucalyptus E.O 200ml	\$11.00
Magnesium flakes	\$7.00/kg
Paper towel	\$16.00/box
Soap Powder	\$8.40/kg
Toilet Rolls Icare	\$35.00 box

Fruit or Veg

Available in season

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