

Ballarat Wholefoods

Price list

June 2017

Flour - P/H -Wheat Wholegrain (B/D)	\$2.50 /Kg.	Peanuts (O)	\$21.85/Kg.
Flour - P/H -Wheat Sifted (B/D)	\$2.70/Kg.	Pepper Black (O)	\$26.00
Flour - P/H -Rye Wholegrain (B/D)	\$2.50/Kg.	Pasta - spelt (B/D)	\$11.80/Kg.
Flour - P/H -Spelt Wholegrain (B/D)	\$4.00/Kg.	Popcorn – (A/o)	\$4.90/kg
Flour - P/H -Spelt Sifted (B/D)	\$4.50/Kg.	Pumpkin Seeds (A/O)	\$26.50/Kg.
Flour - Premium Bakers (A/O)	\$2.50/kg	Quinoa (A/O)	\$10.50/Kg.
Flour - Rye (O/A)	\$2.60/kg	Raisins (A/O)	\$8.30/Kg.
Flour - Whole Rye (O/A)	\$2.60/kg	Rolled Oats (A/O)	\$4.60/Kg.
Grain - Wheat (A/O)	\$2.00/Kg.	Rolled Spelt (A/O)	\$6.90/Kg.
Grain - Farro (Pearl Spelt) (A/O)	\$5.75/Kg.	Salt - Himalayan	\$5.40/Kg.
Grain - Red Sorghum	\$3.30/Kg	Salt - Mt Zero Pink Lake	\$8.00/kg
Grain - Millet (Aus)	\$5.50/kg	Split Peas (B/D)	\$3.50/Kg.
Grain – Groats (Dads Oats) (A/O)	\$4.90/kg	Soup Mix (B/D)	\$6.00/Kg.
Grain – Spelt (A/O)	\$3.75/Kg.	Sultanas (A/O)	\$8.30/Kg.
Grain – Rye (A/O)	\$3.60/Kg.	Sesame seeds (O)	\$13.00/kg
Grain - Pearl Barley (A/O)	\$2.30/Kg.	Sunflower Seeds (A/O)	\$15.00/Kg.
Rice - Brown/Long Grain (A/O)	\$5.20/Kg.	Tea - Black, Daintree	\$92.00/Kg.
Rice – Koshihikare (A/O)	\$5.75/kg.	Tea - Green	\$110.00/Kg.
Rice – Cakes (A/O)	\$4.00/kg.	Tea - Spearmint & Raspberry	\$130.00/Kg.
Almonds	\$11.50/Kg.	Turmeric (O)	\$/kg
Apple Cider Vinegar - Handmade	\$8.60/Kg.	Vanilla Beans	\$9.00
Apple Cider Vinegar	\$1.80/Kg.	Garlic King Island	\$35.00/kg
Apricots (A/SF)	\$33.95/Kg.	Walnuts - in shell (S-F)	\$11.00/Kg.
Baking Powder (phosephate free)	\$14.40/kg	Walnuts - in shell (S-F)	\$10.00/10kg
Capers (A/O)	\$69.00/Kg.	Membership	\$50.00Ea.
Chia Seeds (A/P-Free)	\$20.70/Kg.	Renewal	\$20.00Ea.
Chickpeas –(A)	\$3.45/Kg.		
Cinnamon (O)	\$35.00/kg	<u>Fruit or Veg</u>	
Chocolate Pumpkin Seeds (A/O)	\$36.00/Kg.	Avos	
Chocolate Hazelnuts (A/O)	\$36.00 /kg	Oranges	
Coconut – shredded (O)	\$6.40/kg	Mandarines	.
Currants (A/O)	\$8.30/Kg.	Garlic -	.
Dates (A/S-F)	\$25.00/Kg.	Raspberries	.
Falafel Mix	\$7.50/Kg.	<u>Ess-Care</u>	
Haricot beans (A)	\$6.00/kg	Chia/Drinking Choc	\$11.95Ea.
Honey (A)	\$13.50/Kg.	Coconut oil /cocoa powder	\$12.00Ea.
Lentils - Green Du Puy (B/D)	\$7.50/Kg.	Coffee	\$12.00Ea.
Lentils – Red (B/D)	\$5.80/Kg.	Coffee lrg	\$40.00Ea.
Lentil Burger Mix	\$8.00/Kg.	White Drinking Choc	\$12.95Ea
		Toothbrushes	\$7.00Ea.
Loving Earth Choc (O)	\$40.00/Kg.	<u>House Hold Products</u>	
Olive Oil (A/O)	\$12.70/Kg.	Bi Carb Soda	\$4.70/Kg.
Olives - Moonamble Gap (A/O)	\$14.80/Kg.	Borax	\$4.90/Kg.
Panela	\$9.00/kg.	Epsom Salts	\$2.90/Kg.
Peanut butter	\$8.00 Ea	Eucalyptus E.O	\$15.00
		Magnesium flakes	\$7.00/kg
		Paper towel	\$16.00/box
		Soap Powder	\$8.40/kg
		Toilet Rolls Icare	\$35.00 box

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