

# Ballarat Wholefoods Price list

March 2018

<b>Flour</b> - P/H -Wheat Wholegrain (B/D)	\$ 2.50 /Kg.
<b>Flour</b> - P/H -Wheat Sifted (B/D)	\$ 2.70/Kg.
<b>Flour</b> - Rye Wholegrain (A/O)	\$ 3.80/Kg.
<b>Flour</b> - Buckwheat Flour (O)	\$ 4.60/Kg.
<b>Flour</b> - P/H -Spelt Sifted (B/D)	\$ 5.80/Kg.
<b>Flour</b> - P/H -Spelt Wholegrain (B/D)	\$ 5.80/Kg.
<b>Flour</b> -Wimmera Wholewheat (A/O)	\$5.75/kg.
<b>Flour</b> - Premium Bakers (A/O)	\$ 2.60/kg
<b>Grain</b> - Farro (Pearl Spelt) (A/O)	\$ 5.75/Kg.
<b>Grain</b> - Groats (B/D)	\$ 4.00/kg
<b>Grain</b> - Millet (Aus)	\$ 5.50/kg
<b>Grain</b> - Pearl Barley (A/O)	\$ 2.30/Kg.
<b>Grain</b> - Red Sorghum	\$ 3.30/Kg
<b>Grain</b> - Rye (A/O)	\$ 3.60/Kg.
<b>Grain</b> - Spelt (A/O)	\$ 3.75/Kg.
<b>Grain</b> - Wheat (A/O)	\$ 2.00/Kg.
<b>Rice</b> - Brown/Long Grain (A/O)	\$ 5.20/Kg.
<b>Rice</b> -Doongara B/W (A/O)	\$ 6.70/Kg.
<b>Rice</b> -Jasmine (A/O)	\$ 6.30/Kg.
<b>Rice</b> - Koshihikare (A/O)	\$ 5.75/kg.
<b>Rice</b> - Cakes (A/O)	\$ 4.00/kg.

## BEANS, PEAS, LEGUMES

Chickpeas -(A)	\$ 4.60/Kg.
Corn Chips-(A)	\$ 5.00 Ea.
Faba Beans (B/D)	\$ 4.60/kg.
Faba Beans split (B/D)	\$ 5.75/kg.
Falafel Mix	\$ 7.50/Kg.
Haricot beans (A)	\$ 6.00/kg.
Lentil Burger Mix	\$ 8.00/Kg.
Lentils - Green Du Puy (B/D)	\$ 7.50/Kg.
Lentils - Red (B/D)	\$ 5.80/Kg.
Lentils-Whole Red (B/D)	\$ 5.80/Kg.
Popcorn - (A/O)	\$ 4.90/kg.
Soup Mix (B/D)	\$ 6.00/Kg.
Split Peas (B/D)	\$ 3.50/Kg.

## CHOCOLATE

Chocolaté Cranberries (O)	\$36.00/kg.
Loving Earth Choc (O)	\$40.00/Kg.
Chocolate Hazelnuts (A/O)	\$36.00 /k.g
Chocolate Pumpkin Seeds (A/O)	\$36.00/Kg.

## COCONUT ITEMS

Coconut-chips	\$10.00/kg.
Coconut - shredded (O)	\$ 6.50/kg.
Coconut cream	\$ 3.00 Ea.
Coconut cream	\$ 1.50 Ea.
Coconut milk	\$ 1.20 Ea.

## DIARY

Inglenook Milk 2Ltr	\$ 4.00Ea.
Inglenook Cream 2ltr	\$13.00Ea.
Inglenook Cream	\$ 1.20Ea.
Inglenook Yoghurt 500ml	\$ 5.00Ea.

## DRIED FRUITS

Apricots (A/SF)	\$40.00/Kg.
Currants (A/O)	\$ 8.30/Kg.
Dates (A/S-F)	\$25.00/Kg.
Goji Berries (O)	\$36.80/kg
Raisins (A/O)	\$ 8.30/Kg
Sultanas (A/O)	\$ 8.30/Kg.

## BAKING AIDS

Baking Powder (phosphate free)	\$13.50/kg
Bi Carb Soda	\$4.70/Kg.

## HERBS & SPICES

Cinnamon (O)	\$35.00/kg.
Cloves (O)	\$107.50/kg.
Coriander (O)	\$45.00/kg.
Cumin (O)	\$42.50/kg.
Ginger (O)	\$37.00/kg.
Mustard Seeds Black (O)	\$29.50/kg.
Nutmeg Whole (O)	\$107.00/kg.
Paprika sweet (O) Isralel	\$36.50/kg.
Pepper Black (O)	\$69.00/kg.
<b>Salt</b> - Himalayan	\$ 5.40/Kg.
<b>Salt</b> - Mt Zero Pink Lake	\$ 8.00/kg.
Star Anise (O)	\$59.00/kg.
Turmeric (O)	\$10.00/kg.
Vanilla Beans	\$ 9.00Ea.

## HONEY, SPREADS & SWEETNERS

Beeswax	\$29.00/Kg.
Honey (A)	\$13.50/Kg.
Maple Syrup (O) 250ml	\$ 6.70Ea.
Maple Syrup (O) 1Ltr	\$ 22.00Ea..
Panela	\$ 9.00/kg
Peanut butter	\$ 8.00 Ea

## NUTS, SEEDS & GRAINS

Almonds	\$12.00/Kg.
Cashew pieces (O)	\$34.00/kg
Chia Seeds (A/ SF)	\$12.70/Kg.
Hazelnuts	\$29.00/kg
Linseed Meal Stoney Creek (A/O)	\$14.00/kg.
Linseed Stoney Creek (A/O)	\$15.30/kg.
Peanuts (O)	\$22.00/Kg.
Pinenuts (O)	\$84.70/kg.
Pistachios (O)	\$96.30/Kg.
Quinoa (A/O)	\$10.50/Kg.
Quinoa Flaked	\$16.00/kg.
<b>Rolled Oats (A/O)</b>	\$ 4.60/Kg.
<b>Rolled Spelt (A/O)</b>	\$ 6.90/Kg.
Pumpkin Seeds (A/O)	\$26.50/Kg.
Sesame seeds (O)	\$10.00/kg.
Sunflower Seeds (A/O)	\$15.00/Kg.
Tahini UnHulled (O) S/America	\$11.50/kg.
Walnuts - in shell (S-F)	\$10.00/1kg.

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