

### EGGS

1 Dozen (A/O) Pasture fed \$ 7.00

### FRUIT & VEG

Avocados  
Basil  
Cucumbers  
Garlic  
Grapes  
Oranges  
Raspberries

Available in season

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

### ESSENTIAL-CARE

Drinking Choc/Mint/Cinnamon \$11.30Ea.  
Chia/Noir/Vanilla Drinking Choc \$12.80Ea.  
Cocoa/White drinking choc \$12.95Ea.  
Coconut oil 500g \$10.00Ea.  
cacao powder 250g \$ 6.00Ea.  
Coffee 250g \$12.00Ea.  
Coffee Lg \$40.00Ea.

Toothbrushes \$ 7.00Ea.  
Balms \$10.00 Ea.  
Deodorant \$ 8.00Ea.  
Bianca Slade recipe book \$25.00Ea.  
Beeswax wraps \$26.00Ea.  
Beeswax wraps 2 for \$40.00

### Abréviations

(A) -Australian  
(O) - Organic  
(B/D) - Bio Dynamic  
(S/F) - Sprayfree

### OILS & OLIVES

Eucalyptus E.O 200ml \$12.00Ea.  
Eucalyptus E.O 200ml refill \$11.00Ea.  
Flaxseed Oil Stoney Creek (A/O) 500ml \$29.00 Ea  
Olive Oil Manna Hill (A/O) \$12.70/Kg.  
Olives - Moonamble Gap (A/O) \$14.80/Kg.  
Sesame Seed Oil Ex/Virgin (O) Mexico \$13.50/kg

### PASTA

Quinoa and Rice Penne \$20.50/kg  
Quinoa and Rice Spagetti \$20.50/kg  
spelt (B/D) \$11.80/Kg.

### OTHER

Borax \$4.90/Kg.  
Capers (A/O) \$69.00/Kg.  
Epsom Salts \$2.90/Kg.  
Magnesium flakes \$ 7.00/kg.  
Paper towel \$ 18.00Ea.  
Soap Powder \$ 8.40/kg.  
Tree Free Toilet Roll 2 pkt \$ 2.10Ea.  
Toilet Rolls Who Gives a Crap Bamboo \$35.00 box  
Wakame (Tas) \$115.00/kg.  
Yeast Flakes (O) \$20.00/Kg.

### TEA

Australian Alpine \$104.00/kg.  
Black, Daintree \$ 52.00/Kg.  
Daintree forest \$ 92.00/kg.  
Detox \$148.00/kg  
Green \$110.00/Kg.  
Jasmine (O) China \$ 90.00/Kg  
Peppermint \$138.00/kg  
Raspberry \$ 40.00/Kg.  
Relax \$138.00/kg  
Spearmint & Raspberry \$138.00/Kg.

### VINEGAR

Apple Cider Vinegar - Handmade \$ 8.60/Kg.  
Apple Cider Vinegar \$ 1.80/Kg.  
Vinegar Balsamic (O) \$37.00/kg

### BOOKS

Recipe Book member \$15.00Ea.  
Recipe Book Non Member \$18.00Ea.

### Workshops

### MEMBERSHIPS

Membership \$50.00Ea.  
Renewal Financial year \$20.00Ea