



ONLINE SHOP INCL VAT	500g	1kg
<b><u>Almonds</u></b>		
Almonds NPS (RAW / ROASTED SALTED)		158.59
<b><u>Almonds Processed</u></b>		
Almonds Blanched		183.31
Almonds Diced		166.87
Almonds Ground / Flour		172.62
Almonds Sliced / Flaked		181.70
Almonds Slivered		181.70
<b><u>Banana Flour</u></b>		
Banana Flour Green	73.70	
<b><u>Brazil Kernels</u></b>		
Brazils		293.02
<b><u>Cashews</u></b>		
Cashew DW (PERI PERI)		OOS
Cashew W320 (RAW / ROASTED / ROASTED SALTED)		183.31
<b><u>Hazelnuts</u></b>		
Hazelnuts - Natural (with Skin)		208.15
<b><u>Macadamias</u></b>		
Macadamia (RAW / ROASTED SALTED)		267.49
Macadamia Ground		168.02
<b><u>Macadamia Oil</u></b>		
Nature Gold Original Macadamia Oil 750ml		103.50
<b><u>Mixed Nuts</u></b>		
Mixed Nuts Raw (Almond,Brazil,Cashew,Macadamia) RAW / ROASTED SALTED		183.31
Mixed Nuts Raw (Almond,Brazil,Cashew,Macadamia, Pecan) RAW/ROASTED SALTED		193.20
<b><u>Pecans</u></b>		
Pecans - Halves		241.04
Pecans - Pieces		175.03
Pecans - Ground		105.69
<b><u>Pine Kernels</u></b>		
Pine Kernels		OOS
<b><u>Pistacio</u></b>		
Pistachio White		229.54
Pistachio Kernels Green		454.14
<b><u>Walnuts</u></b>		
Walnuts		151.92
Walnuts Pieces		123.86



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<b><u>Dried Fruit</u></b>		
Apple Rings (DISCONTINUED)		142.03
Turkish Apricot		142.03
Apricots Royal		127.19
Bananachips Whole		80.96
Cube Mix (Strawberry, Pineapple, Papaya)		125.47
Dates Pitted		31.40
Mixed Dried Fruit / Fruit Salad - Choice		107.50
Mixed Dried Fruit / Fruit Salad - Standard		82.57
Ginger Cubes		141.22
Guava Strips	83.26	
Mango - Choice Grade		220.10
Papaya Cubes		125.47
Peach Peeled		140.42
Pears		92.58
Pineapple Cubes		125.47
Prunes (without Pip)		166.87
Prunes (with Pip)		92.46
Raisins Bakers Mix		31.40
Raisins Seedless		29.79
Strawberry Cubes		125.47
Raisins Cake Mix		60.03
<b><u>Tomato</u></b>		
Sundried Tomato - Lrg		150.31
<b><u>Sugar Fruits</u></b>		
Fruit Cubes - Small		84.30
Tots		67.74
Fruit Flakes		100.74
<b><u>Berries</u></b>		
Cranberries		117.30
Goji Berry		166.87
Berry Mix		187.80
<b><u>Mixes</u></b>		
Forest Mix Raw		105.69
Forest Mix R/S		105.69
CashewCranberry Mix		183.31
MacCranberry Mix		196.54
Island Mix		166.87
Deluxe Mix		133.86
Breakfast Mix		97.64
Hawaiian Mix		84.30
Super Mix		60.72
Energy Mix		76.02
Jungle Mix		90.85
Antioxidant Mix		90.75



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<b>Coconut</b>		
Coconut Chips		92.58
Coconut Chips Roasted		115.00
Coconut Dessicated		59.46
Coconut Pineapple	59.00	
Coconut BBQ	59.00	
Coconut Cheese & Onion	59.00	
Coconut Chili Garlic	59.00	
<b>Granola &amp; Oats</b>		
Fruity Granola 500g	21.62	
Granola 1kg		34.73
Rolled Oats 1kg		26.45
<b>Seeds</b>		
Pumpkin Seed		120.64
Sunflower Seed		40.60
Sesame Seed		67.74
Linseed		33.01
Seed Mix		59.46
Poppy Seed		115.69
Chia Seed		76.82
<b>Caramelized Products</b>		
Caramel Popcorn		59.46
<b>Sweets</b>		
Cashous Pink		61.90
Jelly Beans		92.58
Jujubes		71.07
Messages		67.62
Multi Moons		60.03
Ouma se Appelkosies		87.63
Pink n White Almonds		130.53
Pink n White Peanuts		60.03
Speckled Eggs		105.69
Tropical Jellies		71.07
<b>Panned Chocolate</b>		
Milk Choc Peanut		94.99
Milk Choc Raisin		94.99
Milk Choc Shortcake		114.31
<b>Yogurt Products</b>		
Yogurt Cashews		232.88
Yogurt Dates		100.74
Yogurt Peanuts		103.50
Yogurt Raisins		103.50



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<b>Corn Products</b>		
Corn Chutney		51.64
Corn BBQ		51.64
<b>Peanuts</b>		
Giant Redskin Peanuts (RAW)		59.50
Giant Blanched Peanuts (RAW / ROASTED SALTED)		59.50
Peanuts & Raisins (ROASTED SALTED)		46.35
Sprinkle Peanuts		55.32
<b>Sev</b>		
Sev & Peanuts		64.52
Sev & Corn		64.52
<b>Quinoa</b>		
Red Quinoa		97.06
White Quinoa		82.60
<b>Xylitol</b>		
Xylitol 1kg		113.00
<b>Passion for Wholeness Range</b>		
	500g	
Active & Busy	73.00	
Muesli	40.00	
Muesli Pink	86.25	
Oat Porridge	40.00	
Carb Concious-Cacao	80.50	
Carb Concious-Tumeric & Cinnamon	80.50	
Training & Racing	57.50	
Healthy Skin Muscle & Bone Smoothie	113.85	
<b>Delivery Fees:</b>		
	Order <15 kg	Orders 15kg to 30kg
Gauteng	R90	R150
Western Cape	R90	R150
Outlying Areas	R120	R180
Orders more than R3500	No Delivery Charge	
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