




















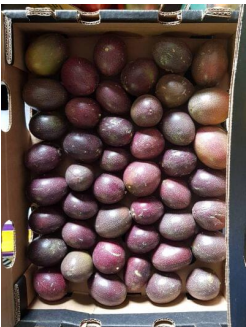









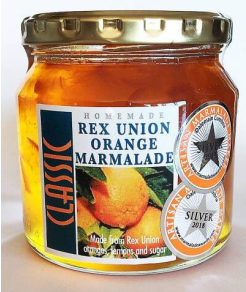
Tues & Fri delivery Price List







No.	Product	Detail	Price
1		Lemon Pepper Spice 125ml	R 28
2		Lamb Rub Spice 125ml	R 28
3		Vegetable & Potato Spice 125ml	R 28
4		Trio of Spices Gift Pack Lamb Rub, Lemon & Pepper, Veg & Potato	R 75
5		Mixed Seeds Pack 500ml pimpkin seeds chai sunflower seeds	R 65








No.	Product	Detail	Price
6		<p>Rocket Bunches locally harvested in Sunnydale</p>	R 20
7		<p>Local harvested Salad Mix (biodegradable bag) Locally harvested in Glencairn. A gorgeous mix of salad greens packed in biodegradable packaging</p>	R 26
8		<p>Large Fuerte Avocado's (Creamy) Probably the best we have yet this season!</p>	R 20
9		<p>Trays of Avos 12 in a tray</p>	R 150
10		<p>Carrots bunch</p>	R 15
11		<p>Spinach bunches</p>	R 15
12		<p>Beetroot bunch</p>	R 15





No.	Product	Detail	Price
13		<p>Kale</p> <p>Kale is a green, leafy, cruciferous vegetable that is rich in nutrients. It may offer a range of health benefits for the whole body... including a high source of calcium</p>	R 20
14		<p>Custard Apples</p>	R 40
15		<p>Blueberries 125g</p>	R 35
16		<p>Uber Flavour: Mango & Vanilla Craft Rooibos Tea</p> <p>Mellow out with the delicious fusion of subtle Mango, enticing Vanilla notes and just a twist of Rooibos tea.</p>	R 38
17		<p>Uber Flavour: Berry & Buchu Rooibos Tea</p> <p>A bright and flavourful blend of nature's sweet superfruits combined with the natural healing properties of Buchu</p>	R 38
18		<p>Uber Flavour: Honey & Lemon Craft Rooibos Ice Tea</p> <p>Enjoy the smoothness of honey, zing of lemon and the tang of rooibos tea.</p>	R 38
19		<p>Stewed Fruit, Yoghurt and Muesli Tubs</p>	R 15







No.	Product	Detail	Price
20		Faircape Full Cream Yoghurt 1kg	R 35
21		Faircape Low Fat Plain Yoghurt 1kg	R 35
22		Faircape 2litre Full Cream	R 30
23		Fresh Cream	R 25
24		Green Coconut	R 35
25		Box of Passion Fruits SPECIAL	R 70
26		Gift Voucher value R250 Purchase as a gift for a friend or family.... Whatsapp address & message for a personalized card to 066 057 4944	R 250









No.	Product	Detail	Price
27		<p>Mixed Fancy Salad Packs 200g</p> <p>A variety of mixed salad leaves in a vaccum sealed pack. weight 150 to 200g</p>	R 25
28		<p>Strawberry Jam 250ml</p> <p>produced in Noordhoek. made from lemon, fresh strawberries, sugar and apple</p>	R 60
29		<p>Lime Marmalade</p>	R 60
30		<p>Large Firewood Bags</p> <p>Bluegum / Blackwattle orders of 10 or more bags and we include 2 packs of eco lighters</p>	R 80
31		<p>Raspberry Jam</p>	R 60
32		<p>Seville Orange Marmelade</p>	R 60
33		<p>Rex Union Orange Marmelade</p>	R 60




No.	Product	Detail	Price
34		Brussel Sprouts	R 25
35		Baby Corn 125g	R 25
36		Pumpkin Slice (quarter)	R 20
37		Napoletana Cook in Sauce 1 litre bags fresh onion, garlic, oregano, basil, salt and pepper slowed cooked to a thick chunky pasta sauce.	R 80
38		Pickled Onion Jar 1 litre Portuguese style pickled onion. Deliciously tangy ☐	R 80
39		Oat Milk 1litre DrinkSoma	R 45







No.	Product	Detail	Price
40		Turnips bunch	R 20
41		Strawberries 250g	R 35
42		Almond Milk 1 litre	R 45
43		Garlic (Fresh Bulb)	R 15
44		100% Rye	R 45
45		Ginger fresh root 100g	R 25
46		<p>Saint Sebastian Bay Balsamic Vinegar 500ml</p> <p>A fine blend of quality ingredients from Modena Italu and especially blended for the Greenleaf Olive Company. it Carrie's a smooth sweet intensity, rich aroma and colour. Ideal paired with Greenleaf Olive Oil and drizzled over salads, roasted vegetables and dipping breads.</p>	R 75

No.	Product	Detail	Price
47		<p>Green Leaf Extra Virgin Olive Oil 500ml</p> <p>This cold extracted combination has proved popular as an all purpose extra Virgin olive oil. it is well suited for cooking, making sauces, dressings and marinade or just simply drizzled over your favourite dish.</p>	R 95
48		<p>Untreated Local Honey 330ml</p>	R 80
49		<p>Untreated Local Honey Noordhoek / Creamy Ceres Fynbos 1 litre</p>	R 230
50		<p>50% Rye</p>	R 40
51		<p>Potato Bread made with mashed potato and eureka flour</p>	R 40

No.	Product	Detail	Price
52		Sourdough Brown	R 45
53		Low Fat Milk 1 litre Bottle	R 20
54		Tomatoes 1kg	R 30
55		Green Cabbages Large	R 25
56		1kg The Coffee Guy Bean	R 300
57		new Vegan Fruit and Nut Cluster Ingredients: coconut, rolled oats, goji berries, pumpkin seeds, cranberries, almonds & cacao nibs in dairy	R 22

No.	Product	Detail	Price
58		<p>Afrikoa 37% Milk Chocolate Slab</p> <p>Richer and Creamy....</p>	R 40
59		<p>Afrikoa 55% Semi Sweet Chocolate Slab</p> <p>The award-winning 55% Semi-Sweet Dark Chocolate, which carries a velvety smooth texture and maintains a perfect balance of sweet and bitter.</p>	R 40
60		<p>Afrikoa 70% Dark Chocolate Slab</p> <p>70% Dark Chocolate with tropical fruit flavours</p>	R 40
61		<p>Afrikoa 80% Sugar Free (Banting) Chocolate Slab</p> <p>– 80% Sugar-Free Dark Chocolate, with a smooth and bitter finish that is suitable for diabetics and those on a banting diet</p>	R 40
62		<p>Afrikoa Artisan Chocolates Variety Pack</p> <p>Africa's first Bean to Bar! Variety pack consists of: 1 x 37% Milk Slab 1 x 55% Semi sweet slab 1 x 70% Dark Slab 1 x 80% Sugar Free Slab</p>	R 160
63		<p>Authentic Butter Chicken Cook in Sauce 500ml</p> <p>A beautiful blend of indian spices in a creamy buttery sauce. all you need to do is add you meat or veg</p>	R 55
64		<p>Pocket 5kg Potatoes</p>	R 45
65		<p>10kg Grade 1 Pocket Potatoes</p>	R 90









No.	Product	Detail	Price
66		Iceberg Lettuce	R 15
67		Green beans 250g	R 25
68		Unwashed Potatoes 1kg	R 20
69		Sweet Potato 1kg	R 30
70		Chilli Relish Jar Hugely recommended for pizza... At first a sharp chilli sting that quickly fades with absolute full flavour ps: to make sauce milder, mix with creme fraiche, mayo or a dash of plain yogurt.....delicious!	R 45
71		Papaya Large	R 30
72		Sourdough loaf white	R 45
73		Open Brown Mushrooms 250g	R 35






No.	Product	Detail	Price
74		<p>Spinach & Feta Filled Croissant</p> <p>a delicious buttery croissant filled with spinach and feta. best served slightly warmed</p>	R 28
75		<p>Plain Ciabatta Large Loaf</p>	R 35
76		<p>Artisan Banana Loaf</p> <p>make way for the real banana bread in town! no artificial banana flavour ants but made with real ripe naturally grown bananas and stone ground flour.. the way it should be.</p>	R 30
77		<p>Olive & Rosemary Ciabatta Loaf</p>	R 45
78		<p>Farmers white loaf</p> <p>Farmers white freshly baked bread</p>	R 30
79		<p>Gluten Free Loaf</p> <p>The Gluten Free Bread ingredients consist of Rice flour, milk, xanthan gum, salt, eggs and yeast</p>	R 45

No.	Product	Detail	Price
80		Organic Seeded Brown Loaf	R 35
81		Free Range Eggs Tray 30s	R 80
82		Free Range Eggs 12s Mixed variety of sizes of free range eggs	R 40
83		cocktail tomatoes 200g	R 20
84		Guavas punnet	R 30
85		Apples 1kg Variety changes each week... Top Reds / Pink Ladies / Granny Smith's/ Golden Delicious	R 20
86		Grapefruit Red 1kg	R 30

No.	Product	Detail	Price
87		Clementines 1kg	R 25
88		Table Celery bunches	R 25
89		Pineapple	R 25
90		Red Pepper Large large size	R 20
91		Button mushroom 250g punnets	R 25
92		English Cucumbers Med -Large	R 20
93		Baby Marrows 250g	R 25
94		Red Cabbage	R 25
95		Navel Oranges SPECIAL 2.5kg	R 25
96		Lemons 1kg	R 20

No.	Product	Detail	Price
97		The Coffee Guy locally roasted Coffee Beans 250g	R 80
98		The Coffee Guy Decaf local Roast 250g	R 85
99		Leeks bunch	R 25
100		Onions 1kg	R 20
101		Red Chillies 100g	R 20
102		Butternut	R 20
103		Cauliflower heads	R 30
104		Hamper Pack... ☕ The Coffee Guy Coffee Beans / Ground 🍝 Jar of Chef Jean Michels Slowcooked Pasta Sauce 🌶️ Jar of Chef Jean Michel Chilli Sauce 🍫 70% Afrikoa Dark chocolate & Semi Sweet Slab	R 350

No.	Product	Detail	Price
105		Broccoli heads	R 30
106		Bananas	R 30
107		Kiwi Fruit 250g	R 25
108		Extra Virgin Green Leaf Olive Oil 2 litre box with tap	R 260
109		Salted Butter 500g Block	R 75
110		Grated Soup Mix Pack 600g Grated soup Pack suitable for a quick making soup pot. grated turnips, leeks, soup celery, carrot, parsley	R 35
111		Parsley bunch Parsley has a clean and peppery taste with a touch of earthiness, making it a great all-rounder in the kitchen. Running through each leaf is a natural aromatic oil, and it's this which is responsible for its unmistakable flavour.	R 15
112		Passion Fruit (6) Passionate about Passion Fruits! 6 included for R20	R 20

No.	Product	Detail	Price
113		<p>Chef Jean Michel Slow Cooked Neapolitan Sauce</p> <p>Slow Cooked to perfection. Perfect for Bolognese, pasta dishes and makes a beautiful pizza base sauce...</p>	R 50
114		<p>Radish bunch</p>	R 15
115		<p>Green Leaf 1 Litre Virgin Olive Oil</p> <p>Locally produced Olive Oil</p>	R 150
116		<p>Full Cream Bottled 1 litre Milk Lausanne</p>	R 20
117		<p>Green Lite Eco Firelighters pack (4s)</p> <p>Eco friendly fire lighters. Environmentally safe</p>	R 15