






























Tues & Fri delivery Price List








No.	Product	Detail	Price
1		Kimchi 220g *Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.	R 45
2		Kimchi 400g Ingredients: Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.	R 80
3		Pumpkin Bread with pumpkin seeds artisan pumpkin bread made with crown pumpkin and sprinkle of pumpkin seeds ontop	R 45
4		Jalapeno and Cheddar Ciabatta Slightly warm this one in the oven before eating...	R 45
5		Spring Onion bunch	R 20
6		Brinjals	R 15

No.	Product	Detail	Price
7		Green Peppers - Living Hope Harvest	R 15
8		Baby red cabbage	R 20
9		Homemade vegetable Soup Jar Turnips, Celery, Carrot, Parsley, Leek and Barley slow cooked cooked in a vegetable and chicken broth... +/-750ml Reusable Jar	R 35
10		Tomatoes farmed/harvested by Living Hope	R 25
11		Coriander bunch	R 20
12		Stoneground 32cm Pizza Bases	R 35
13		Gluten Free 20cm Pizza bases (3 in a pack)	R 40
14		Lemon Pepper Spice 125ml	R 28

No.	Product	Detail	Price
15		Lamb Rub Spice 125ml	R 28
16		Vegetable & Potato Spice 125ml	R 28
17		Mixed Seeds Pack 500ml pumpkin seeds chia sunflower seeds	R 65
18		Large Fuerte Avocado's (Creamy) Probably the best we have yet this season!	R 20
19		Trays of Avos 12 in a tray	R 150
20		Carrots bunch	R 15

No.	Product	Detail	Price
21		Spinach bunches	R 15
22		Beetroot bunch (please note not in full season)	R 15
23		Kale 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	R 20
24		Custard Apples	R 40
25		Strawberry Special - 2 for R50 2 x 250g punnets	R 50
26		Strawberries 250g	R 30








No.	Product	Detail	Price
27		Fresh Cream	R 25
28		Stewed Fruit, Yoghurt and Muesli Tubs	R 15
29		Faircape Full Cream Yoghurt 1kg	R 35
30		Faircape 2litre Full Cream	R 30
31		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
32		Mixed Fancy Salad Packs 200g farmed at Living Hope A variety of mixed salad leaves in a vaccum sealed pack. weight 150 to 200g	R 25
33		Strawberry Jam 250ml produced in Noordhoek. made from lemon, fresh strawberries, sugar and apple	R 60









No.	Product	Detail	Price
34		Lime Marmalade	R 60
35		Large Firewood Bags Bluegum / Blackwattle orders of 10 or more bags and we include 2 packs of eco lighters	R 80
36		Seville Orange Marmelade	R 60
37		Rex Union Orange Marmelade	R 60
38		Brussel Sprouts	R 25
39		Pumpkin Slice (quarter)	R 20
40		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








No.	Product	Detail	Price
41		<p>Pickled Onion Jar 1 litre</p> <p>Portguese style pickled onion. Deliciously tangy ☐</p>	R 70
42		<p>Oat Milk 1litre DrinkSoma</p>	R 45
43		<p>Turnips bunch</p>	R 20
44		<p>Almond Milk 1 litre</p>	R 45
45		<p>Garlic (Fresh Bulb)</p>	R 15
46		<p>100% Rye</p>	R 45
47		<p>Ginger fresh root 100g</p>	R 25








No.	Product	Detail	Price
48		<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
49		<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
50		<p>Untreated Local Honey 330ml</p>	R 80
51		<p>Untreated Local Honey Noordhoek / Creamy Ceres Fynbos 1 litre</p>	R 230

No.	Product	Detail	Price
52		50% Rye	R 40
53		Potato Bread made with mashed potato and eureka flour	R 40
54		Sourdough Brown	R 45
55		Low Fat Milk 1 litre Bottle	R 20
56		Tomatoes 1kg	R 30
57		Green Cabbages Large	R 25


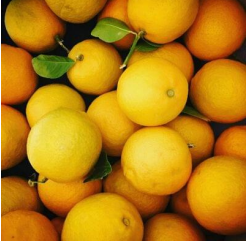






No.	Product	Detail	Price
58		1kg The Coffee Guy Bean	R 300
59		new Vegan Fruit and Nut Cluster Ingredients: coconut, rolled oats, goji berries, pumpkin seeds, cranberries, almonds & cacao nibs in dairy	R 22
60		Afrikoa 37% Milk Chocolate Slab Richer and Creamy...	R 40
61		Afrikoa 55% Semi Sweet Chocolate Slab The award-winning 55% Semi-Sweet Dark Chocolate, which carries a velvety smooth texture and maintains a perfect balance of sweet and bitter.	R 40
62		Afrikoa 70% Dark Chocolate Slab 70% Dark Chocolate with tropical fruit flavours	R 40
63		Afrikoa 80% Sugar Free (Banting) Chocolate Slab – 80% Sugar-Free Dark Chocolate, with a smooth and bitter finish that is suitable for diabetics and those on a banting diet	R 40
64		Afrikoa Artisan Chocolates Variety Pack 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	R 160

No.	Product	Detail	Price
65		<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
66		<p>Pocket 5kg Potatoes</p>	R 45
67		<p>Iceberg Lettuce</p>	R 15
68		<p>Green beans 250g</p>	R 25
69		<p>Box of Sweet Potato 6kg</p> <p>orange sweet potato</p>	R 60
70		<p>Sweet Potato 1kg</p>	R 30
71		<p>10kg Grade 1 Pocket Potatoes</p>	R 90
72		<p>Unwashed Potatoes 1kg</p>	R 20








No.	Product	Detail	Price
73		Papaya Large	R 30
74		Sourdough loaf white	R 45
75		Open Brown Mushrooms 250g	R 35
76		Spinach & Feta Filled Croissant a delicious buttery croissant filled with spinach and feta. best served slightly warmed	R 28
77		Plain Ciabatta Large Loaf	R 35
78		Artisan Banana Loaf 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.	R 30
79		Olive & Rosemary Ciabatta Loaf	R 45



No.	Product	Detail	Price
80		<p>Farmers white loaf Farmers white freshly baked bread</p>	R 30
81		<p>Gluten Free Loaf The Gluten Free Bread ingredients consist of Rice flour, milk, xanthan gum, salt, eggs and yeast</p>	R 45
82		<p>Organic Seeded Brown Loaf</p>	R 35
83		<p>Free Range Eggs Tray 30s</p>	R 80
84		<p>Free Range Eggs 12s Mixed variety of sizes of free range eggs</p>	R 40
85		<p>cocktail tomatoes 200g</p>	R 20
86		<p>Guavas punnet</p>	R 30

No.	Product	Detail	Price
87		<p>Apples 1kg</p> <p>Variety changes each week... Top Reds / Pink Ladies / Granny Smith's/ Golden Delicious</p>	R 20
88		<p>Grapefruit Red 1kg</p>	R 30
89		<p>Clementines 1kg</p>	R 25
90		<p>Table Celery bunches</p>	R 25
91		<p>Pineapple</p>	R 35
92		<p>Red Pepper Large</p> <p>large size</p>	R 20
93		<p>Button mushroom 250g</p> <p>punnets</p>	R 25
94		<p>English Cucumbers Med -Large</p>	R 20
95		<p>Baby Marrows 250g</p>	R 25

No.	Product	Detail	Price
96		Red Cabbage	R 25
97		Navel Oranges SPECIAL 2.5kg	R 25
98		Lemons 1kg	R 20
99		The Coffee Guy locally roasted Coffee Beans 250g	R 80
100		The Coffee Guy Decaf local Roast 250g	R 85
101		Leeks bunch	R 25
102		Onions 1kg	R 20
103		Red Chillies 100g	R 20

No.	Product	Detail	Price
104		Butternut	R 20
105		Cauliflower heads	R 30
106		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
107		Broccoli heads	R 30
108		Bananas	R 30
109		Kiwi Fruit 250g	R 25
110		Extra Virgin Green Leaf Olive Oil 2 litte box with tap	R 260
111		Salted Butter 500g Block	R 75
112		Grated Soup Mix Pack 600g Grated soup Pack suitable for a quick making soup pot. grated turnips, leeks, soup celery, carrot, parsley	R 35

No.	Product	Detail	Price
113		<p>Parsley bunch</p> <p>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.</p>	R 15
114		<p>Chef Jean Michel Slow Cooked Napoletana Sauce</p> <p>Slow Cooked to perfection. Perfect for Bolognese, pasta dishes and makes a beautiful pizza base sauce...</p>	R 50
115		<p>Radish bunch</p>	R 15
116		<p>Green Leaf 1 Litre Virgin Olive Oil</p> <p>Locally produced Olive Oil</p>	R 150
117		<p>Full Cream Bottled 1 litre Milk Lausanne</p>	R 20
118		<p>Lion Toy Fabric Baskets (Set of 3)</p>	R 200
119		<p>Fabric Baskets Floral Set of 3</p>	R 200

No.	Product	Detail	Price
120		Handmade Kids Toy baskets (Set of 3) Sea life	R 200
121		Green Lite Eco Firelighters pack (4s) Eco friendly fire lighters. Environmentally safe	R 15