








Farm2Table Home Deliveries

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Date: 31-Aug-2020







Tues & Fri delivery Price List

No.	Product	Detail	Price
1		Forelle Pears 1kg	R 25
2		Rhubarb 2 bunches for R60 **Special**	R 60
3		Rhubarb bunches	R 35
4		Grated Cheddar Cheese 1kg	R 90
5		Forest Hill Brie Cheese	R 40
6		Chevin 100g Goats Cheese	R 32
7		Ciabatta Rolls	R 12







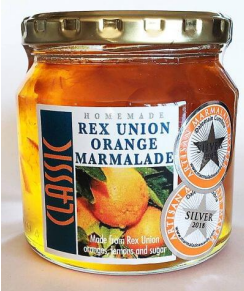

No.	Product	Detail	Price
8		Pumpkin Slice (quarter)	R 15
9		Whole Crown pumpkin	R 40
10		Carrots bunch	R 15
11		Spinach bunches	R 15
12		Brinjals	R 15
13		Beetroot bunch (please note not in full season)	R 15
14		Green Peppers - Living Hope Harvest	R 15
15		Garlic (Fresh Bulb)	R 15
16		Coriander bunch	R 20







No.	Product	Detail	Price
17		Pineapple & Coconut Vegan Cluster	R 22
18		Kimchi 220g *Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.	R 45
19		Kimchi 400g Ingredients: Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.	R 80
20		Spring Onion bunch	R 20
21		Large Fuerte Avocado's (Creamy) Probably the best we have yet this season!	R 25
22		Tomatoes farmed/harvested by Living Hope	R 25
23		Pumpkin Bread with pumpkin seeds artisan pumpkin bread made with crown pumpkin and sprinkle of pumpkin seeds ontop	R 45





No.	Product	Detail	Price
24		Jalapeno and Cheddar Ciabatta Slightly warm this one in the oven before eating...	R 45
25		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
26		Stoneground 32cm Pizza Bases	R 35
27		Gluten Free 20cm Pizza bases (3 in a pack)	R 40
28		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
29		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





No.	Product	Detail	Price
30		Lamb Rub Spice 125ml	R 28
31		Lemon Pepper Spice 125ml	R 28
32		Vegetable & Potato Spice 125ml	R 28
33		Trays of Avos 12 in a tray	R 170
34		Stewed Fruit, Yoghurt and Muesli Tubs	R 15
35		Fresh Cream	R 25









No.	Product	Detail	Price
36		Mixed Seeds Pack 500ml pumpkin seeds chai sunflower seeds	R 65
37		Custard Apples	R 40
38		Strawberry Special - 2 for R50 2 x 250g punnets	R 50
39		Strawberries 250g	R 30
40		Turnips bunch	R 20
41		Faircape Full Cream Yoghurt 1kg	R 35








No.	Product	Detail	Price
42		Faircape 2litre Full Cream	R 30
43		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
44		Strawberry Jam 250ml produced in Noordhoek. made from lemon, fresh strawberries, sugar and apple	R 60
45		Lime Marmalade	R 60
46		Large Firewood Bags Bluegum / Blackwattle orders of 10 or more bags and we include 2 packs of eco lighters	R 80
47		Seville Orange Marmelade	R 60
48		Rex Union Orange Marmelade	R 60
49		Brussel Sprouts	R 25





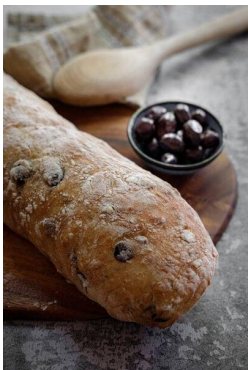

No.	Product	Detail	Price
50		Napuletana Cook in Sauce 1 litre bags fresh onion, garlic, oregano, basil, salt and pepper slowed cooked to a thick chunky pasta sauce.	R 80
51		Oat Milk 1litre DrinkSoma	R 45
52		Almond Milk 1 litre	R 45
53		100% Rye	R 45
54		Ginger fresh root 100g	R 25
55		Saint Sebastian Bay Balsamic Vinegar 500ml 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.	R 75








No.	Product	Detail	Price
56		Green Leaf Extra Virgin Olive Oil 500ml 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.	R 85
57		Untreated Local Honey 330ml	R 80
58		Untreated Local Honey Noordhoek / Creamy Ceres Fynbos 1 litre	R 230
59		50% Rye	R 40
60		Potato Bread made with mashed potato and eureka flour	R 40

No.	Product	Detail	Price
61		Sourdough Brown	R 45
62		Low Fat Milk 1 litre Bottle	R 20
63		Tomatoes 1kg	R 30
64		Green Cabbages Large	R 25
65		1kg The Coffee Guy Bean	R 300
66		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
67		Afrikoa 37% Milk Chocolate Slab Richer and Creamy....	R 40
68		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
69		Afrikoa 70% Dark Chocolate Slab 70% Dark Chocolate with tropical fruit flavours	R 40
70		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
71		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
72		Authentic Butter Chicken Cook in Sauce 500ml A beautiful blend of indian spices in a creamy buttery sauce. all you need to do is add you meat or veg	R 55
73		Pocket 5kg Potatoes	R 45
74		Iceberg Lettuce	R 15








No.	Product	Detail	Price
75		Green beans 250g	R 25
76		Box of Sweet Potato 6kg orange sweet potato	R 60
77		Sweet Potato 1kg	R 30
78		10kg Grade 1 Pocket Potatoes	R 90
79		Unwashed Potatoes 1kg	R 20
80		Papaya Large	R 30
81		Sourdough loaf white	R 45








No.	Product	Detail	Price
82		Open Brown Mushrooms 250g	R 35
83		Spinach & Feta Filled Croissant a delicious buttery croissant filled with spinach and feta. best served slightly warmed	R 28
84		Plain Ciabatta Large Loaf	R 35
85		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
86		Olive & Rosemary Ciabatta Loaf	R 45
87		Farmers white loaf Farmers white freshly baked bread	R 30

No.	Product	Detail	Price
88		Gluten Free Loaf The Gluten Free Bread ingredients consist of Rice flour, milk, xantham gum, salt, eggs and yeast	R 45
89		Organic Seeded Brown Loaf	R 35
90		Free Range Eggs Tray 30s	R 80
91		Free Range Eggs 12s Mixed variety of sizes of free range eggs	R 40
92		cocktail tomatoes 200g	R 20
93		Guavas punnet	R 25
94		Apples 1kg Variety changes each week... Top Reds / Pink Ladies / Granny Smith's/ Golden Delicious	R 20

No.	Product	Detail	Price
95		Grapefruit Red 1kg	R 30
96		Clementines 1kg	R 25
97		Table Celery bunches	R 25
98		Pineapple	R 35
99		Red Pepper Large large size	R 20
100		Button mushroom 250g punnets	R 25
101		English Cucumbers Med -Large	R 20
102		Baby Marrows 250g	R 25
103		Red Cabbage	R 25

No.	Product	Detail	Price
104		Navel Oranges SPECIAL 2.5kg	R 25
105		Lemons 1kg	R 20
106		The Coffee Guy locally roasted Coffee Beans 250g	R 80
107		The Coffee Guy Decaf local Roast 250g	R 85
108		Leeks bunch	R 25
109		Onions 1kg	R 20
110		Red Chillies 100g	R 20
111		Butternut	R 20
112		Cauliflower heads	R 30

No.	Product	Detail	Price
113		Broccoli heads	R 25
114		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
115		Bananas	R 25
116		Kiwi Fruit 250g	R 25
117		Salted Butter 500g Block	R 70
118		Grated Soup Mix Pack 600g Grated soup Pack suitable for a quick making soup pot. grated turnips, leeks, soup celery, carrot, parsley	R 35
119		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
120		Chef Jean Michel Slow Cooked Napoletana Sauce Slow Cooked to perfection. Perfect for Bolognese, pasta dishes and makes a beautiful pizza base sauce...	R 50

No.	Product	Detail	Price
121		Radish bunch	R 15
122		Green Leaf 1 Litre Virgin Olive Oil Locally produced Olive Oil	R 140
123		Full Cream Bottled 1 litre Milk Lausanne	R 20
124		Lion Toy Fabric Baskets (Set of 3)	R 200
125		Fabric Baskets Floral Set of 3	R 200
126		Handmade Kids Toy baskets (Set of 3) Sea life	R 200
127		Green Lite Eco Firelighters pack (4s) Eco friendly fire lighters. Environmentally safe	R 15