




















Tues & Fri delivery Price List







No.	Product	Detail	Price
1		Happy Culture Water Kefir Wild Berries	R 25
2		Happy Culture Water Kefir Passion Fruit	R 25
3		Happy Culture Combo (2)	R 45
4		<p>Marty's Virgin Mary</p> <p>Blended tomato juice with our own home-made spicy Worcestershire sauce & we bottle in glass.</p> <p>.</p> <p>Marty's contains no added sugar, no preservatives, additives and is vegan.</p> <p>.</p> <p>Delicious Served Neat</p> <p><input type="checkbox"/> Bloody Mary - add vodka</p> <p><input type="checkbox"/> Red Snapper - add gin</p> <p><input type="checkbox"/> Bloody Maria - add tequila</p> <p><input type="checkbox"/> Michelada - add beer</p>	R 30





No.	Product	Detail	Price
5		Gluten Free Pita Pockets (3)	R 35
6		Pears 1kg SKU : Varies in variety available	R 25
7		passion fruit box	R 50
8		Rhubarb 2 bunches for R60 **Special**	R 60
9		Rhubarb bunches	R 35
10		Grated Cheddar Cheese 1kg	R 90
11		Forest Hill Brie Cheese	R 40
12		Chevin 100g Goats Cheese	R 32








No.	Product	Detail	Price
13		Ciabatta Rolls	R 12
14		Pumpkin Slice (quarter)	R 15
15		Whole Crown pumpkin	R 40
16		Carrots bunch	R 15
17		Spinach bunches	R 15
18		Brinjals	R 15
19		Beetroot bunch (please note not in full season)	R 15
20		Green Peppers - Living Hope Harvest	R 15








No.	Product	Detail	Price
21		Garlic (Fresh Bulb)	R 15
22		Coriander bunch	R 20
23		Pineapple & Coconut Vegan Cluster	R 22
24		Kimchi 220g *Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.	R 45
25		Kimchi 400g Ingredients: Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.	R 80
26		Spring Onion bunch	R 20
27		Large Fuerte Avocado's (Creamy) Probably the best we have yet this season!	R 25






No.	Product	Detail	Price
28		Tomatoes farmed/harvested by Living Hope	R 25
29		Pumpkin Bread with pumpkin seeds artisan pumpkin bread made with crown pumpkin and sprinkle of pumpkin seeds on top	R 45
30		Jalapeno and Cheddar Ciabatta Slightly warm this one in the oven before eating...	R 45
31		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
32		Stoneground 32cm Pizza Bases	R 35
33		Gluten Free 20cm Pizza bases (3 in a pack)	R 40

No.	Product	Detail	Price
34		<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
35		<p>Mixed Fancy Salad Packs 200g farmed at Living Hope</p> <p>A variety of mixed salad leaves in a vaccum sealed pack. weight 150 to 200g</p>	R 25
36		<p>Lamb Rub Spice 125ml</p>	R 28
37		<p>Lemon Pepper Spice 125ml</p>	R 28
38		<p>Vegetable & Potato Spice 125ml</p>	R 28
39		<p>Trays of Avos</p> <p>12 in a tray</p>	R 170








No.	Product	Detail	Price
40		Stewed Fruit, Yoghurt and Muesli Tubs	R 15
41		Fresh Cream	R 25
42		Mixed Seeds Pack 500ml pumpkin seeds chia sunflower seeds	R 65
43		Custard Apples	R 40
44		Strawberry Special - 2 for R50 2 x 250g punnets	R 50
45		Strawberries 250g	R 30






No.	Product	Detail	Price
46		Turnips bunch	R 20
47		Faircape Full Cream Yoghurt 1kg	R 35
48		Faircape 2litre Full Cream	R 30
49		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
50		Strawberry Jam 250ml produced in Noordhoek. made from lemon, fresh strawberries, sugar and apple	R 60
51		Lime Marmalade	R 60
52		Large Firewood Bags Bluegum / Blackwattle orders of 10 or more bags and we include 2 packs of eco lighters	R 80








No.	Product	Detail	Price
53		Seville Orange Marmelade	R 60
54		Rex Union Orange Marmelade	R 60
55		Brussel Sprouts	R 25
56		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
57		Oat Milk 1litre DrinkSoma	R 45
58		Almond Milk 1 litre	R 45
59		100% Rye	R 45








No.	Product	Detail	Price
60		<p>Ginger fresh root 100g</p>	R 25
61		<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
62		<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 85
63		<p>Untreated Local Honey 330ml</p>	R 80
64		<p>Untreated Local Honey Noordhoek / Creamy Ceres Fynbos 1 litre</p>	R 230

No.	Product	Detail	Price
65		50% Rye	R 40
66		Potato Bread made with mashed potato and eureka flour	R 40
67		Sourdough Brown	R 45
68		Low Fat Milk 1 litre Bottle	R 20
69		Tomatoes 1kg	R 30
70		Green Cabbages Large	R 25









No.	Product	Detail	Price
71		1kg The Coffee Guy Bean	R 300
72		new Vegan Fruit and Nut Cluster Ingredients: coconut, rolled oats, goji berries, pumpkin seeds, cranberries, almonds & cacao nibs in dairy	R 22
73		Afrikoa 37% Milk Chocolate Slab Richer and Creamy...	R 40
74		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
75		Afrikoa 70% Dark Chocolate Slab 70% Dark Chocolate with tropical fruit flavours	R 40
76		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
77		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






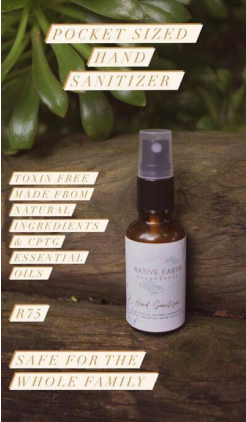

No.	Product	Detail	Price
78		<p>Authentic Butter Chicken Cook in Sauce 500ml</p> <p>A beautiful blend of indian spices in a creamy buttery sauce. all you need to do is add you meat or veg</p>	R 55
79		<p>Pocket 5kg Potatoes</p>	R 45
80		<p>Iceberg Lettuce</p>	R 15
81		<p>Green beans 250g</p>	R 25
82		<p>Box of Sweet Potato 6kg</p> <p>orange sweet potato</p>	R 60
83		<p>Sweet Potato 1kg</p>	R 30
84		<p>10kg Grade 1 Pocket Potatoes</p>	R 90
85		<p>Unwashed Potatoes 1kg</p>	R 20









No.	Product	Detail	Price
86		Papaya Large	R 30
87		Sourdough loaf white	R 45
88		Open Brown Mushrooms 250g	R 35
89		Spinach & Feta Filled Croissant a delicious buttery croissant filled with spinach and feta. best served slightly warmed	R 28
90		Plain Ciabatta Large Loaf	R 35
91		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
92		Olive & Rosemary Ciabatta Loaf	R 45




No.	Product	Detail	Price
93		<p>Farmers white loaf Farmers white freshly baked bread</p>	R 30
94		<p>Gluten Free Loaf The Gluten Free Bread ingredients consist of Rice flour, milk, xanthan gum, salt, eggs and yeast</p>	R 45
95		<p>Organic Seeded Brown Loaf</p>	R 35
96		<p>Free Fange Eggs Tray 30s</p>	R 80
97		<p>Free Range Eggs 12s Mixed variety of sizes of free range eggs</p>	R 40
98		<p>cocktail tomatoes 200g</p>	R 20
99		<p>Guavas punnet</p>	R 25

No.	Product	Detail	Price
100		<p>Apples 1kg</p> <p>Variety changes each week... Top Reds / Pink Ladies / Granny Smith's/ Golden Delicious</p>	R 20
101		<p>Grapefruit Red 1kg</p>	R 30
102		<p>Clementines 1kg</p>	R 25
103		<p>Pineapple</p>	R 35
104		<p>Table Celery bunches</p>	R 25
105		<p>Red Pepper Large</p> <p>large size</p>	R 20
106		<p>Button mushroom 250g</p> <p>punnets</p>	R 25
107		<p>English Cucumbers Med -Large</p>	R 20
108		<p>Baby Marrows 250g</p>	R 25

No.	Product	Detail	Price
109		Red Cabbage	R 25
110		Navel Oranges SPECIAL 2.5kg	R 25
111		Lemons 1kg	R 20
112		The Coffee Guy locally roasted Coffee Beans 250g	R 80
113		The Coffee Guy Decaf local Roast 250g	R 85
114		Leeks bunch	R 25
115		Onions 1kg	R 20
116		Red Chillies 100g	R 20

No.	Product	Detail	Price
117		Butternut	R 20
118		Cauliflower heads	R 30
119		Broccoli heads	R 25
120		Native Earth Happy Skin Moisturizer (essential oils)	R 180
121		Native Earth All Purpose cleaner (Essential Oils)	R 90
122		Native Earth Hand Sanitizer (Essential Oils)	R 75
123		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
124		Bananas	R 25
125		Kiwi Fruit 250g	R 25
126		Salted Butter 500g Block	R 70
127		Grated Soup Mix Pack 600g Grated soup Pack suitable for a quick making soup pot. grated turnips, leeks, soup celery, carrot, parsley	R 35
128		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
129		Chef Jean Michel Slow Cooked Neapolitan Sauce Slow Cooked to perfection. Perfect for Bolognese, pasta dishes and makes a beautiful pizza base sauce...	R 50
130		Radish bunch	R 15
131		Green Leaf 1 Litre Virgin Olive Oil Locally produced Olive Oil	R 140

No.	Product	Detail	Price
132		Full Cream Bottled 1 litre Milk Lausanne	R 20
133		Lion Toy Fabric Baskets (Set of 3)	R 200
134		Fabric Baskets Floral Set of 3	R 200
135		Handmade Kids Toy baskets (Set of 3) Sea life	R 200
136		Green Lite Eco Firelighters pack (4s) Eco friendly fire lighters. Environmentally safe	R 15