















## Tues & Fri delivery Price List

No.	Product	Detail	Price
1		<b>Garlic Basil Pesto and Mozzarella Baguette</b>	R 40
2		<b>Stir Fry Mix 300g</b>	R 25
3		<b>Italian Arancini Mozzarella Rice Truffle Flavoured Balls (12s)</b> Italian Rice Balls with Mozzarella filling rolled in breadcrumbs... delivered frozen. pack of 12	R 75
4		<b>Fresh Chorizo (Cure Deli)</b> Ingredients: Pork (80% lean meat 20% fat), smoked paprika, paprika, cayenne pepper, black pepper, garlic, salt.  All sausages are made from meat only - we add salt, herbs and spices, that's it. They are gluten free, preservative free, contain no added sugar, no nitrates, no added water and MSG. 4 x 85g sausages	R 55
5		<b>Happy Culture Water Kefir Wild Berries</b>	R 25







No.	Product	Detail	Price
6		<b>Happy Culture Water Kefir Passion Fruit</b>	R 25
7		<b>Happy Culture Combo (2)</b>	R 45
8		<b>Marty's Virgin Mary</b> Blended tomato juice with our own home-made spicy Worcestershire sauce & we bottle in glass. . Marty's contains no added sugar, no preservatives, additives and is vegan. . Delicious Served Neat <input type="checkbox"/> Bloody Mary - add vodka <input type="checkbox"/> Red Snapper - add gin <input type="checkbox"/> Bloody Maria - add tequila <input type="checkbox"/> Michelada - add beer	R 30
9		<b>Gluten Free Pita Breads (3)</b>	R 35
10		<b>Pears 1kg</b> SKU : Varies in variety available	R 25
11		<b>passion fruit box</b>	R 50

No.	Product	Detail	Price
12		Rhubarb 2 bunches for R60 <b>**Special**</b>	R 60
13		Rhubarb bunches	R 35
14		Grated Cheddar Cheese 1kg	R 90
15		Forest Hill Brie Cheese	R 40
16		Chevin 100g Goats Cheese	R 32
17		Ciabatta Rolls	R 12
18		Pumpkin Slice (quarter)	R 15
19		Whole Crown pumpkin	R 40








No.	Product	Detail	Price
20		<b>Carrots bunch</b>	<b>R 15</b>
21		<b>Spinach bunches</b>	<b>R 15</b>
22		<b>Brinjals</b>	<b>R 15</b>
23		<b>Beetroot bunch (please note not in full season)</b>	<b>R 15</b>
24		<b>Green Peppers - Living Hope Harvest</b>	<b>R 15</b>
25		<b>Garlic (Fresh Bulb)</b>	<b>R 15</b>
26		<b>Coriander bunch</b>	<b>R 20</b>
27		<b>Pineapple &amp; Coconut Vegan Cluster</b>	<b>R 22</b>



No.	Product	Detail	Price
28		<p><b>Kimchi 220g</b></p> <p>*Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.</p>	R 45
29		<p><b>Kimchi 400g</b></p> <p>Ingredients: Cabbage, *carrot, daikon radish, ginger, *garlic, tumeric powder, *chilli, brown sugar, salt, filtered water. *Organic source.</p>	R 80
30		<p><b>Spring Onion bunch</b></p>	R 20
31		<p><b>Large Fuerte Avocado's (Creamy)</b></p> <p>Probably the best we have yet this season!</p>	R 25
32		<p><b>Tomatoes farmed/harvested by Living Hope</b></p>	R 25
33		<p><b>Pumpkin Bread with pumpkin seeds</b></p> <p>artisan pumpkin bread made with crown pumpkin and sprinkle of pumpkin seeds ontop</p>	R 45
34		<p><b>Jalapeno and Cheddar Ciabatta</b></p> <p>Slightly warm this one in the oven before eating...</p>	R 45






No.	Product	Detail	Price
35		<b>Stoneground 32cm Pizza Bases</b>	R 35
36		<b>Gluten Free 20cm Pizza bases (3 in a pack)</b>	R 40
37		<b>Kale</b> <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
38		<b>Mixed Fancy Salad Packs 200g farmed at Living Hope</b> <p>A variety of mixed salad leaves in a vaccum sealed pack. weight 150 to 200g</p>	R 25
39		<b>Trays of Avos</b> <p>12 in a tray</p>	R 170
40		<b>Stewed Fruit, Yoghurt and Muesli Tubs</b>	R 15








No.	Product	Detail	Price
41		<b>Fresh Cream</b>	<b>R 25</b>
42		<b>Strawberry Special - 2 for R50</b> 2 x 250g punnets	<b>R 50</b>
43		<b>Strawberries 250g</b>	<b>R 30</b>
44		<b>Turnips bunch</b>	<b>R 20</b>
45		<b>Faircape Full Cream Yoghurt 1kg</b>	<b>R 35</b>
46		<b>Faircape 2litre Full Cream</b>	<b>R 30</b>
47		<b>Gift Voucher value R250</b> Purchase as a gift for a friend or family.... Whatsapp address & message for a personalized card to 066 057 4944	<b>R 250</b>

No.	Product	Detail	Price
48		<p><b>Strawberry Jam 250ml</b></p> <p>produced in Noordhoek. made from lemon, fresh strawberries, sugar and apple</p>	R 60
49		<p><b>Lime Marmalade</b></p>	R 60
50		<p><b>Large Firewood Bags</b></p> <p>Bluegum / Blackwattle</p> <p>orders of 10 or more bags and we include 2 packs of eco lighters</p>	R 80
51		<p><b>Seville Orange Marmelade</b></p>	R 60
52		<p><b>Rex Union Orange Marmelade</b></p>	R 60
53		<p><b>Brussel Sprouts</b></p>	R 25
54		<p><b>Napoletana Cook in Sauce 1 litre bags</b></p> <p>fresh onion, garlic, oregano, basil, salt and pepper slowed cooked to a thick chunky pasta sauce.</p>	R 80










No.	Product	Detail	Price
55		<b>Oat Milk 1litre DrinkSoma</b>	<b>R 45</b>
56		<b>Almond Milk 1 litre</b>	<b>R 45</b>
57		<b>100% Rye</b>	<b>R 45</b>
58		<b>Ginger fresh root 100g</b>	<b>R 25</b>
59		<b>Saint Sebastian Bay Balsamic Vinegar 500ml</b> <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>	<b>R 75</b>
60		<b>Untreated Local Honey 330ml</b>	<b>R 80</b>








No.	Product	Detail	Price
61		<b>Untreated Local Honey</b> <b>Noordhoek / Creamy Ceres Fynbos 1 litre</b>	R 230
62		<b>50% Rye</b>	R 40
63		<b>Potato Bread</b> made with mashed potato and eureka flour	R 40
64		<b>Sourdough Brown</b>	R 45
65		<b>Low Fat Milk 1 litre Bottle</b>	R 20

No.	Product	Detail	Price
66		<b>Tomatoes 1kg</b>	<b>R 30</b>
67		<b>Green Cabbages Large</b>	<b>R 25</b>
68		<b>1kg The Coffee Guy Bean</b>	<b>R 300</b>
69		<b>new Vegan Fruit and Nut Cluster</b> Ingredients: coconut, rolled oats, goji berries, pumpkin seeds, cranberries, almonds & cacao nibs in dairy	<b>R 22</b>
70		<b>Afrikoa 37% Milk Chocolate Slab</b> Richer and Creamy....	<b>R 40</b>
71		<b>Afrikoa 55% Semi Sweet Chocolate Slab</b> The award-winning 55% Semi-Sweet Dark Chocolate, which carries a velvety smooth texture and maintains a perfect balance of sweet and bitter.	<b>R 40</b>
72		<b>Afrikoa 80% Sugar Free (Banting) Chocolate Slab</b> – 80% Sugar-Free Dark Chocolate, with a smooth and bitter finish that is suitable for diabetics and those on a banting diet	<b>R 40</b>


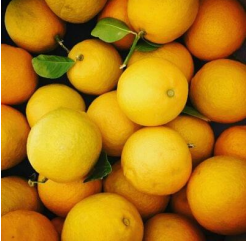






No.	Product	Detail	Price
73		<p><b>Afrikoa Artisan Chocolates Variety Pack</b></p> <p>Africa's first Bean to Bar!  Variety pack consists of:  1 x 37% Milk Slab  1 x 55% Semi sweet slab  1 x 70% Dark Slab  1 x 80% Sugar Free Slab</p>	R 160
74		<p><b>Pocket 5kg Potatoes</b></p>	R 45
75		<p><b>Iceberg Lettuce</b></p>	R 15
76		<p><b>Green beans 250g</b></p>	R 25
77		<p><b>Box of Sweet Potato 6kg</b></p> <p>orange sweet potato</p>	R 60
78		<p><b>Sweet Potato 1kg</b></p>	R 30
79		<p><b>10kg Grade 1 Pocket Potatoes</b></p>	R 90
80		<p><b>Unwashed Potatoes 1kg</b></p>	R 20




No.	Product	Detail	Price
81		<b>Papaya Large</b>	R 30
82		<b>Sourdough loaf white</b>	R 45
83		<b>Open Brown Mushrooms 250g</b>	R 35
84		<b>Spinach &amp; Feta Filled Croissant</b> a delicious buttery croissant filled with spinach and feta. best served slightly warmed	R 28
85		<b>Plain Ciabatta Large Loaf</b>	R 35
86		<b>Artisan Banana Loaf</b> 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
87		<b>Olive &amp; Rosemary Ciabatta Loaf</b>	R 45



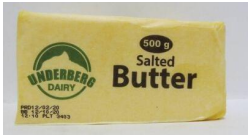





No.	Product	Detail	Price
88		<p><b>Farmers white loaf</b> Farmers white freshly baked bread</p>	R 30
89		<p><b>Gluten Free Loaf</b> The Gluten Free Bread ingredients consist of Rice flour, milk, xanthan gum, salt, eggs and yeast</p>	R 45
90		<p><b>Organic Seeded Brown Loaf</b></p>	R 35
91		<p><b>Free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



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

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



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

No.	Product	Detail	Price
127		<b>Full Cream Bottled 1 litre Milk Lausanne</b>	<b>R 20</b>
128		<b>Green Lite Eco Firelighters pack (4s)</b> Eco friendly fire lighters. Environmentally safe	<b>R 15</b>