












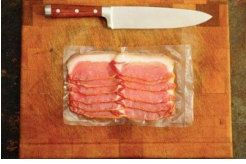














Tues & Thurs delivery Price List







No.	Product	Detail	Price
1		Spiced Tomato Juice	R 25
2		Salted baked large Pretzel	R 12
3		Gingerbread Wooden DIY Homes (Craft / Sugar free / fun for ages 4 years+)	R 350
4		Red Onion 1kg	R 25
5		Halloumi Semi-soft	R 70
6		Grapes Seedless (may vary White or Red)	R 35

No.	Product	Detail	Price
7		Mangoes	R 25
8		Apricots 800g punnets	R 30
9		Plums 800g	R 30
10		Apricots for Jam Making 6.5kg Box	R 85
11		Nectarines 800g	R 30
12		Peaches 800g	R 30
13		Apple/Pear & Bacon Meatballs (free range) 4s	R 70
14		Cure Deli Streally Bacon <p>Cure Deli's bacon is made by hand, in the age-old tradition, from free range pork, which is why it tastes so good. This process takes far longer than the mechanically brined and liquid smoked commercial stuff. The guys at Cure Deli take fresh cuts and rub them with a homemade dry mix, and then leave it to cure in its own time. When this is done the excess cure is wiped off, and the bacon is hung to dry before being slowly cold smoked until ready. Finally, it is chilled, cut, and hand-packed</p>	R 55
15		Cure Deli Back Bacon	R 55



No.	Product	Detail	Price
16		<p>Pork Lardons - Cure Deli</p> <p>Cure Deli's bacon is made by hand, in the age-old tradition, from free range pork, which is why it tastes so good. This process takes far longer than the mechanically brined and liquid smoked commercial stuff. The guys at Cure Deli take fresh cuts and rub them with a homemade dry mix, and then leave it to cure in its own time. When this is done the excess cure is wiped off, and the bacon is hung to dry before being slowly cold smoked until ready. Finally, it is chilled, cut, and hand-packed</p>	R 35
17		<p>Black Friday Special 2 x Pizzas & 3 Arancini Balls</p>	R 70
18		<p>Baby Spinach Pack 300g</p>	R 30
19		<p>Coleslaw Mix Raw 200g Pack</p>	R 25
20		<p>Essential Box Mix</p> <p>SKU : Potatoes, salad mix, onions, garlic, avo, green beans, marrow, carrots, broccoli, cucumber, cocktails and Peppers (Items subj to change due to availability at farms)</p> <p>Potatoes, salad mix, onions, garlic, avo, green beans, marrow, carrots, broccoli, cucumber, cocktails and Peppers (Items subj to change due to availability at farms)</p>	R 220







No.	Product	Detail	Price
21		<p>Watermelon Half</p> <p>Really sweet & crisp for first of the season!</p>	R 60
22		<p>Watermelons (Large)</p>	R 120
23		<p>Italian Melazzane Pie (Roasted Veg & Cheese) Frozen 120g</p>	R 20
24		<p>Gorgonzola Italian Cheese</p>	R 80
25		<p>Cumin 210g</p>	R 69
26		<p>Chevin 100g Goats Cheese</p>	R 32
27		<p>Grated Cheddar Cheese 1kg</p>	R 90


No.	Product	Detail	Price
28		Avocado Reed (Creamy/Ripens quickly)	R 25
29		Avocado Tray/Box (10 to 14 Avo large)	R 230
30		Choc Chip Cookies Large	R 10
31		Carrot Roundels 600g	R 25
32		Stir Fry Mix 300g	R 25
33		Sweet Melon **New Season**	R 30
34		Gluten Free Rolls 6 in a pack	R 45






No.	Product	Detail	Price
35		Gluten Free Pita Breads (3)	R 35
36		Gluten Free 20cm Pizza bases (3 in a pack)	R 40
37		Baby Potatoes 1kg	R 20
38		Blueberries - Tub 125g	R 25
39		Italian Arancini Mozzarella Rice Truffle Flavoured Balls (12s) Italian Rice Balls with Mozzarella filling rolled in breadcrumbs... delivered frozen. pack of 12	R 75
40		Fresh Chorizo (Cure Deli) 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








No.	Product	Detail	Price
41		<p>Pears 1kg SKU : Varies in variety available</p>	R 25
42		<p>Camembert Cheese 125g</p>	R 40
43		<p>Chocolate filled croissants</p>	R 25
44		<p>Ciabatta Rolls</p>	R 12
45		<p>Carrots bunch</p>	R 15
46		<p>Spinach bunches</p>	R 15
47		<p>Brinjals</p>	R 15
48		<p>Beetroot bunch (please note not in full season)</p>	R 20








No.	Product	Detail	Price
49		Green Peppers - Living Hope Harvest	R 15
50		Garlic (Fresh Bulb)	R 15
51		Coriander bunch	R 20
52		Spring Onion bunch	R 20
53		Stoneground 32cm Pizza Bases	R 35
54		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
55		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
56		Fresh Cream	R 25







No.	Product	Detail	Price
57		<p>Strawberry Special - 2 for R50</p> <p>2 x 250g punnets</p>	R 50
58		<p>Strawberries 250g</p>	R 30
59		<p>Faircape Full Cream Yoghurt 1kg</p>	R 35
60		<p>Faircape 2litre Full Cream</p>	R 35
61		<p>Strawberry Jam 250ml</p> <p>produced in Noordhoek. made from lemon, fresh strawberries, sugar and apple</p>	R 60
62		<p>Lime Marmalade</p>	R 60










No.	Product	Detail	Price
63		<p>Large Firewood Bags</p> <p>Bluegum / Blackwattle</p> <p>orders of 10 or more bags and we include 2 packs of eco lighters</p>	R 80
64		<p>Seville Orange Marmelade</p>	R 60
65		<p>Oat Milk 1litre DrinkSoma</p>	R 45
66		<p>Almond Milk 1 litre</p>	R 45
67		<p>100% Rye</p>	R 45
68		<p>Ginger fresh root 100g</p>	R 25
69		<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
70		Untreated Local Honey 330ml	R 80
71		Untreated Local Honey Noordhoek / Creamy Ceres Fynbos 1 litre	R 230
72		50% Rye	R 40
73		Potato Bread made with mashed potato and eureka flour	R 40
74		Sourdough Brown	R 45





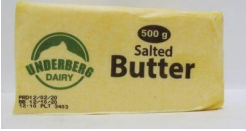



No.	Product	Detail	Price
75		Low Fat Milk 1 litre Bottle	R 20
76		Tomatoes 1kg	R 25
77		Green Cabbages Large	R 25
78		1kg The Coffee Guy Bean	R 300
79		Vegan Mixed Fruit and Nut Coconut Cluster Ingredients: coconut, rolled oats, goji berries, pumpkin seeds, cranberries, almonds & cacao nibs in dairy	R 25
80		Afrikoa 37% Milk Chocolate Slab Richer and Creamy....	R 45
81		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 45


No.	Product	Detail	Price
82		Pocket 5kg Potatoes	R 45
83		Iceberg Lettuce	R 15
84		Green beans 250g	R 25
85		10kg Grade 1 Pocket Potatoes	R 90
86		Unwashed Potatoes 1kg	R 20
87		Papaya Large	R 30
88		Sourdough loaf white	R 45
89		Open Brown Mushrooms 250g	R 35

No.	Product	Detail	Price
90		<p>Spinach & Feta Filled Croissant</p> <p>a delicious buttery croissant filled with spinach and feta. best served slightly warmed</p>	R 28
91		<p>Plain Ciabatta Large Loaf</p>	R 35
92		<p>Artisan Banana Loaf</p> <p>make way for the real banana bread in town! no artificial banana flavourants but made with real ripe naturally grown bananas and stone ground flour.. the way it should be.</p>	R 30
93		<p>Olive & Rosemary Ciabatta Loaf</p>	R 45
94		<p>Farmers white loaf</p> <p>Farmers white freshly baked bread</p>	R 30
95		<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
96		Organic Seeded Brown Loaf	R 35
97		Free Range Eggs Tray 30s	R 85
98		Free Range Eggs 12s Mixed variety of sizes of free range eggs	R 50
99		cocktail tomatoes 200g	R 20
100		Apples 1kg Variety changes each week... Top Reds / Pink Ladies / Granny Smith's/ Golden Delicious	R 20
101		Grapefruit Red 1kg	R 30
102		Pineapple	R 25
103		Table Celery bunches	R 25
104		Red Pepper (Med to large) at times we will give 2 for R20 large size	R 20

No.	Product	Detail	Price
105		Button mushroom 250g punnets	R 25
106		English Cucumbers Med -Large	R 20
107		Red Cabbage	R 25
108		Lemons 1kg	R 20
109		The Coffee Guy locally roasted Coffee Beans 250g	R 80
110		The Coffee Guy Decaf local Roast 250g	R 85
111		Leeks bunch large	R 20
112		Onions 1kg	R 20
113		Butternut	R 20

No.	Product	Detail	Price
114		Cauliflower heads	R 25
115		Broccoli heads	R 25
116		Bananas	R 25
117		Kiwi Fruit 250g	R 25
118		Salted Butter 500g Block	R 70
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		Radish bunch	R 15
121		Green Leaf 500ml Virgin Olive Oil Locally produced Olive Oil	R 85

No.	Product	Detail	Price
122		Full Cream Bottled 1 litre Milk Lausanne	R 20