






















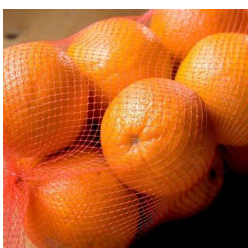


Delivery Price List

No.	Product	Detail	Price
1		Italian Melazane (Roasted Veg & Cheese) Frozen	R 80
2		Creamy Spinach & Feta (Frozen)	R 75
3		Roasted Lamb Family Pie (Frozen)	R 90
4		Chicken Curry Family Size (Frozen)	R 85
5		Pepper Steak Family Size (Frozen)	R 80
6		Plain Chicken Family Pie (Frozen)	R 85
7		Bobotie Pie Family Size (Frozen)	R 85
8		Marrows 250g	R 25









No.	Product	Detail	Price
9		Brinjals	R 20
10		Turnips a bunch	R 20
11		Carrot per bunch (large average weight 1.2kg a bunch)	R 20
12		Beetroot bunch (large 3 to 4/5 bulbs per bunch)	R 20
13		Shredded Spinach 300g Pack	R 20
14		Spinach bunches	R 15
15		Broccoli & Cauli Mix 300g	R 35








No.	Product	Detail	Price
16		Grannysmith Apples 1kg	R 30
17		Museli and Yoghurt Tubs 124ml (each)	R 15
18		Blueberries 125g	R 35
19		Seeded White Burger Buns Pack of 6s	R 25
20		Rocket Pack	R 25
21		Mint (Fresh herb)	R 15
22		Donation a Food Parcel: 5kg carrot, 1 large Cabbage, 7kg potato, 7kg onion	R 200

No.	Product	Detail	Price
23		Pizza Bases (with mozzarella topping. thin base / large)	R 40
24		Natural Honey 500g Unfiltered Jar (Local Multiflora Kommetjie, Scarborough, Noordhoek) local beekeeper Andrew has hives between Scarborough to Noordhoek. Pure unfiltered Honey (Multiflora)	R 85
25		150 Piece Dry Blackwattle Wood Delivered and packed	R 500
26		Chilli pack	R 15
27		strawberries 200g (*New Season)	R 35
28		Eggs Free Range 18s	R 50
29		Pocket of Oranges +/-7kg	R 40



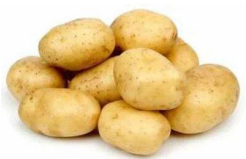





No.	Product	Detail	Price
30		Orange Marmalade	R 55
31		Lemon Marmalade	R 55
32		10 x 30kg Large Bags of Blackwattle Wood incl delivery, packing/stacking and Eco Lighters)	R 1000
33		Guavas +/- 1kg punnets	R 30
34		Coffee Guy Grounded Beans 250g	R 85
35		Salted butter 500g	R 75






No.	Product	Detail	Price
36		Low fat 1 litre Sachet Milk	R 15
37		Full Cream 1 Litre Sachet Milk	R 15
38		Half Dozen Eggs Free Range	R 30
39		Shredded cabbage	R 35
40		Papaya (large) **if small in size, will send 2**	R 35
41		Cubed Butternut Chunks 1kg Pack	R 35
42		Naartjies 1kg	R 25









No.	Product	Detail	Price
43		Cauliflower, Broccoli, Carrot Mix Pack 300g	R 35
44		Cos lettuce pillow pack	R 25
45		Sweet Potato	R 25
46		Oranges 1kgs	R 25
47		Avocado each.	R 20
48		Avocado Tray 10 to 12 in a tray	R 220
49		Buttery Croissant	R 20
50		Soup Mix 650g Carrot, Turnip, Leeks, Celery, Parsley	R 35









No.	Product	Detail	Price
51		Apples 1kg (Variety may vary Pink Ladies, Goldens or Grannysmith)	R 30
52		Gem Squash 1kg	R 25
53		Sweet Spicy Onion & Tomato Relish Jar Perfect for burgers, with mash and sausages or on eggs! Slow cooked onions in mild spices and fresh tomato. Refrigerate once jar is opened. Use within 5 days	R 55
54		100% Pure Orange Juice 1litre	R 55
55		Mixed Fancy Salad Packs 200g A variety of mixed salad leaves in a vacuum sealed pack. weight 150 to 200g	R 25
56		Ginger & Lemon Immune Booster Shot 100ml made with fresh Root ginger, organic lemon and a hint of cayenne pepper	R 30
57		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



No.	Product	Detail	Price
58		Spring Onion bunch	R 20
59		Coriander bunch	R 20
60		Baby Spinach Pack 300g	R 30
61		Yellow Pepper med-large	R 20
62		Bananas 1kg	R 25
63		Red Pepper (at times we send mediums)	R 20
64		Cauliflower Med to large heads	R 25
65		Broccoli heads	R 25
66		Coleslaw Mix Raw 200g Pack	R 25

No.	Product	Detail	Price
67		Stir Fry Mix 300g	R 25
68		Iced Raisin Danish	R 25
69		Baby Potatoes 1kg	R 20
70		Chocolate filled croissants	R 30
71		Ciabatta Rolls	R 12
72		Green Peppers - Living Hope Harvest	R 15
73		Garlic (Fresh Bulb)	R 15
74		100% Rye	R 45

No.	Product	Detail	Price
75		Ginger fresh root 100g	R 25
76		50% Rye	R 40
77		Sourdough Brown	R 45
78		Tomatoes 500g	R 20
79		Green Cabbages Large	R 25

No.	Product	Detail	Price
80		1kg The Coffee Guy Bean	R 290
81		Vegan Mixed Fruit and Nut Coconut Cluster Ingredients: coconut, rolled oats, goji berries, pumpkin seeds, cranberries, almonds & cacao nibs in dairy	R 25
82		Unwashed Potatoes 1kg	R 20
83		Iceberg Lettuce	R 15
84		Green beans 250g	R 25
85		Sourdough loaf white	R 45
86		Spinach & Feta Filled Croissant a delicious buttery croissant filled with spinach and feta. best served slightly warmed	R 28
87		Plain Ciabatta Large Loaf	R 35

No.	Product	Detail	Price
88		Olive & Rosemary Ciabatta Loaf	R 45
89		Farmers white loaf Farmers white freshly baked bread	R 30
90		Organic Seeded Brown Loaf	R 35
91		cocktail tomatoes 200g	R 30
92		Pineapple - medium to large	R 25
93		Button mushroom 250g punnets	R 25
94		Leeks bunch large	R 20
95		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

No.	Product	Detail	Price
96		English Cucumbers Med -Large	R 20
97		Lemons 1kg	R 20
98		Radish bunch	R 15
99		The Coffee Guy Decaf local Roast 250g	R 85
100		Onions 1kg	R 20
101		Butternut	R 20