



## PRICELIST FRESH PRODUCE

13.05.2024 - 18.05.2024

Prices may change without prior notice

[www.freshproduceza.co.za](http://www.freshproduceza.co.za)

066 342 5374

[freshproduce@vodamail.co.za](mailto:freshproduce@vodamail.co.za)

Product	Quantity	Price	Description			
<b>OTHER</b>						
Eggs (Jumbo)	30	R 100,00	<b>Free Range</b>			
Fresh Farm Jersey Milk	2L	R 28,00	5L	R 66,00		
Raw Honey	500g	R 98,00				
Olives (Kalamata)	300g	R 65,00	1kg	R 180,00		
Melkkos Mix	each	R 36,00				
Braai Pie	365g	R 40,00	<b>Cheesy / Garlic</b>			
Hash Brown (Gold Seal)	6 Per Pack	R 35,00				
Frozen Chips	1kg Shoe String	R 61,00				
<b>DAIRY</b>						
<b>FARM BUTTER</b>						
Farm Butter Salted	250g	R 45,00	Brick			
Farm Butter Salted	500g	#N/A	Tub			
<b>YOGURT &amp; DRINKING YOGHURT</b>						
Plain Yoghurt	1kg	R 45,00	Full Cream, Pure, NO Preservatives			
Drinking Yoghurt	250ml	R 10,00	500ml	R 20,00	Strawberry, Peach, Cream Soda, Banana	
<b>CREAM CHEESE</b>						
Cream Cheese	250g	R 32,00	500g	R 55,00	1kg	R 100,00
<b>DANISH FETA</b>						
Danish Feta	400g	R 68,00	3.2kg	R 450,00	Black Pepper / Chilli / Garlic & Herb / Plain	
<b>SOFT SERVE MILK LOLLY RANGE</b>						
Soft Serve	5 Pack	R 26,00	Condensed Milk/Cherry/Strawberry/Chocolate/Bubblegum/Cream Soda/Blueberry/Caramel/Grape/Passion fruit/Banana/English Toffee/Vanilla/Lime/Litchi/Fruits of the Forest			
Soft Serve Mixed Pack	10	R 51,00	Mixed			
<b>FROZEN YOGURT</b>						
Frozen Yogurt	200ml	R 28,00	English Toffee, Amarula, Cheesecake, Litchi, Mango, Mixed Berry, Strawberry, Blackcurrent			
Frozen Yogurt	1lt	R 90,00				
<b>CHEESE</b>						
Cheese Pack	5	R 315,00	500g of each Gouda, Cheddar, White Cheddar, Mozzarella & 100g Parmesan			
Cheddar	500g	R 75,00	1kg	R 145,00		
Cheddar Grated	1kg	R 150,00				
Matured Cheddar	Per kg	R 118,00	Per kg			
White Cheddar	500g	R 75,00	1kg	R 145,00		
White Cheddar Grated	1kg	R 150,00				
Gouda	500g	R 75,00	1kg	R 145,00		
Gouda Grated	1kg	R 150,00				
Gouda Red Skin	Per kg	R 118,00	Per kg			
Mozzarella	500g	R 75,00	1kg	R 145,00		
Mozzarella Grated	1kg	R 150,00				
Pizza Mix	1kg	R 150,00	Grated Mixture: Cheddar, Gouda, White Cheddar, Mozzarella			
Haloumi	p/kg	R 118,00	Pack Size +- 300g			
Parmesan Grated	100g	R 28,00	200g	R 48,00	1kg	R 210,00

<b>FRESH &amp; FROZEN FRUIT FOR SMOOTHY</b>			
Frozen Kale	1kg	R 80,00	
Frozen Apricot	1kg	R 110,00	
Frozen Banana	1kg	R 84,00	
Frozen Blackberry	1kg	R 110,00	
Frozen Black Currant	1kg	R 140,00	
Frozen Blueberry	1kg	R 65,00	
Fresh Blueberry	1kg	R 65,00	Out of Season
Fresh Grapes	1.5kg	R 68,00	Out of Season
Frozen Cranberry	1kg	R 135,00	
Frozen Fig	1kg	R 85,00	
Frozen Gooseberry	1kg	R 90,00	
Frozen Guava	1kg	R 80,00	
Frozen Mango Pieces	1kg	R 100,00	
Frozen Mixed Berry	1kg	R 90,00	
Frozen Papaya	1kg	R 95,00	
Frozen Passionfruit	1kg	R 90,00	
Frozen Peach	1kg	R 105,00	
Frozen Pineapple	1kg	R 85,00	
Frozen Raspberry	1kg	R 115,00	
Frozen Strawberry	1kg	R 65,00	
Fresh Strawberries	1kg	R 65,00	
Frozen Sweet Black Cherry	1kg	R 125,00	
<b>RED MEAT</b> <i>(Grass Fed / Free from Hormones &amp; Antibiotics)</i>			
Lean Mince	Per kg	R 130,00	100 % Beef (+-500g pack size) 90% Meat/10% Fat
Boerewors (Soy Free) Thick	Per kg	R 125,00	Thick (+-500g pack size)
Kalahari Boerewors (Soy Free) Thin	Per kg	R 125,00	Thin (+-500g pack size)
Meat Balls	Per kg	R 120,50	100% Beef (+- 1kg pack size)
Pure Beef Burger Patties	Per kg	R 120,50	100% Beef (+- 1kg pack size) 250g Patties
Pure Beef Strips	Per kg	R 150,00	1kg pack size
Beef Tenderised Steak	Per kg	R 140,00	1kg pack size
Rump	Per kg	R 195,00	(+500g pack size) (Matured 28-36 days)
Sirloin	Per kg	R 200,00	(+500g pack size) (Matured 28-36 days)
T-Bone	Per kg	R 185,00	500g pack size
Fillet Whole	Per kg	R 335,00	1Kg - 1.8Kg pack size
Goulash	Per kg	R 140,00	1kg pack size
Short Rib	Per kg	R 117,00	1kg pack size
Chuck	Per kg	R 125,00	1kg pack size
Brisket	Per kg	R 120,00	1kg pack size
Beef Stew	Per kg	R 120,00	1kg pack size
Oxtail	Per kg	R 205,00	Per Tail
<b>BEEF BILTONG</b>			
Biltong (Wet)	Per kg	R 150,00	Vacuum Packed, (WET, SELF DRY) +- 2kg Pack Size (price p/kg) Spiced or Unspiced
Biltong (Dry)	500g	R 175,00	
Droe Wors	500g	R 175,00	

<b>FRESH MEAT COMBOS</b>			
Budget Meat	Combo	R 650,00	1kg Mince 80/20, 1kg Boerewors (Soy Free), 2 x Chicken Star-Packs, 1kg Pork Loin Chops, 1kg Beef Stew
Carnivore Combo	.	R 1 860,00	4 x Lean Mince 500g, 4 x Boerewors 500g, 1 x Beef Strips 1kg, 1 x Beef Stew 1kg, 2 x Rump 500g, 1 x Riblets 2kg, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Chicken Stirfry 1kg, 2 x Chicken Starpacks, 1 x Crumbed Chicken Schnitzel
Canivore Variety Combo	1kg	R 935,00	2 x Lean Mince 500g, 2 x Boerewors 500g, 1 x Short Rib 1kg, 1 x Tenderised Steak 1kg, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg,
Ultimate Canivore Combo	1kg	R 2 200,00	6 x Lean Mince 500g, 4 x Boerewors 500g, 1 x Pure Beef Burger Patties 1kg, 1 x Goulash 1kg, 2 x T-Bone 500g, 1 x Riblets 2kg, 1 x Meat Balls 1kg, 1 x Beef Strips 1kg, 1 x Pork Loin Chops 1kg, 2 x Chicken Starpacks, 1 x Chicken Fillets Free Range 1kg, 1 x Crumbed Chicken Schnitzel 1kg
Budget Family Meat	Combo	R 1 150,00	2kg Mince 80/20, 2kg Boerewors (Soy Free), 2 x Chicken Star-Packs, 2kg Beef Stew, 2kg Pork Loin Chops
Family Meat Combo	1kg	R 1 600,00	1kg Rump, 2kg Lean Mince, 1kg Beef Stew, 1kg Boerewors (Soy Free), 1kg Crumbed Chicken Schnitzel, 1kg Crumbed Chicken Nuggets, 1 x 1kg Fish Fingers, 2 x Chicken Star-Packs, 1kg Chicken Fillets, 1kg Pork Loin Chops, Marinated Chicken Sosatias, 1 x 500g Sandwich Ham
<b>COLD MEATS</b>			
Beef Pastrami	500g	R 50,00	
Cooked Glazed Gammon	500g	R 50,00	
Chargrilled Ham	500g	R 50,00	
Smoked Chicken	500g	R 50,00	
Smoked Roasted Chicken	500g	R 50,00	
Pressed Beef Tongue	500g	R 50,00	
Gypsy Ham	500g	R 50,00	
Smoked Shaved Beef	500g	R 50,00	
Riblets	2kg	R 225,00	<b>OUT OF STOCK</b>
Coppa	500g	R 65,00	
Pancetta	500g	R 65,00	
Black Forest Ham	500g	R 65,00	
Smoked Pepproni	500g	R 65,00	
Smoked Italian Salami	500g	R 65,00	
Beef Salami	500g	R 65,00	
Milano Salami	500g	R 65,00	
<b>LAMB</b>			
Lamb Loin Chops	Per kg	R 335,00	4 x 125g Pieces Pack Size
Lamb Rib Chops	Per kg	R 335,00	4 x 125g Pieces Pack Size
<b>PORK</b>			
Catering Bacon	1kg	R 145,00	
Bacon Bits	1kg	R 105,00	
Back Bacon	Per kg	R 145,00	
Sandwich Ham	500g	R 59,00	
Cheese Grillers Standard	Per kg	R 135,00	
Cocktail Cheese Griller	Per kg	R 140,00	
Riblets	2kg	R 225,00	
Pork Loin Chops	Per kg	R 120,00	
Gammon Deboned	Per kg	R 110,00	
<b>FISH ( I&amp;J or Sea Harvest )</b>			
Fish Fingers	1kg	R 145,00	
Fish Portions	2kg	R 300,00	
Fish Cakes	2kg	R 213,00	
Fish Smackaroos	1kg	R 145,00	

<b>FREE RANGE CHICKEN (A-GRADE QUALITY)</b>			
<i>Free from Hormones &amp; Antibiotics</i>			
Chicken Fillets	1kg	R 110,00	
Whole Chicken Small	Per kg	R 90,00	between 1.2kg - 1.6kg
<b>CHICKEN - NOT FREE RANGE</b>			
Thighs	Per kg	R 75,00	
Skinless Boneless Thighs	Per kg	R 110,00	
Drumsticks	Per kg	R 77,00	
Wings	Per kg	R 83,00	
Filletted Breasts	Per kg	R 95,00	
Summer Surprice Braaipack	Per kg	R 77,00	
Chicken Star-Pack With Skin	Per kg	R 78,00	Drumstick & Thighs
<b>CHICKEN VARIETIES - NOT FREE RANGE</b>			
Chicken Stirfry	Per kg	R 100,00	Not Marinated
Marinated Chicken Stirfry	Per kg	R 106,00	BBQ Marinated Chicken Strip
Marinated Chicken Sosaties	Per kg	R 105,00	4 pieces - BBQ / Honey & Mustard / Lemon & Herb / Sweet & Sour / Sweet Chillli / Peri-Peri
Chicken Espetada Combo	Per kg	R 98,00	1 x of each - BBQ / Lemon & Herb / Peri - Peri
Marinated Chicken Flatties	Per kg	R 75,00	BBQ / Lemon & Herb
Spinach & Feta Pockets	Per kg	R 105,00	Chicken Fillet filled with Feta Cheese & Spinash
Macon: Deboned Thighs Wrapped in Beef Bacon	Per kg	R 105,00	Deboned Thighs wrapped in Beef Back (4 per pack)
Chicken Livers	1kg	R 49,00	1kg
<b>CHICKEN COMBOS</b>			
Variety Chicken Hamper	.	R 630,00	1 Boneless Thighs 500g, 1 Starpack, 1 Free Range Fillets 1kg, 1 Chicken Stirfry 1kg, 1 Marinated Sosatie BBQ, 1 Schnitzel 1kg, 1 x Cheesy Strips 1kg
Chicken Hamper	Combo	R 390,00	1 Flattie, 1 Marinated Fillet 500g, Sosaties 500g, Cocktail Sausage 500g, Spinach & Feta Pocket 500g Available in Lemon & Herb or BBQ
<b>CRUMBED CHICKEN</b>			
Chicken Nuggets	1kg	R 120,00	
Chicken Strips	1kg	R 120,00	
Chicken Schnitzel	1kg	R 125,00	
Chicken Patties	1kg	R 120,00	
Crumbed Buffalo Wings	1kg	R 125,00	
Chicken Cordon Bleu	2kg	R 270,00	
Crumbed Chicken Fillet	1kg	R 120,00	
<b>CRUMBED CHICKEN COMBOS</b>			
Crumbed Chicken Tikka Variety Mix	6x500g	R 220,00	Nuggets, Pops, Strips, Triangles, Sticks, Cheesy Bites
Crumbed Chicken 4kg	Combo	R 415,00	Schnitzel, Patties, Strips, Nuggets
Crumbed Chicken Cheesy 4kg	Combo	R 380,00	Schnitzel, Patties, Strips, Bites
<b>CHEESY CRUMBED CHICKEN</b>			
Chicken Cheesy Bites	1kg	R 105,00	
Chicken Cheesy Strips	1kg	R 105,00	
Chicken Cheesy Schnitzel	1kg	R 105,00	
Chicken Cheesy Patties	1kg	R 105,00	

<b>PIZZERIA</b>						
Mini Pizzas	70g	R 62,00	8 mini pizzas (Cheese Topping)			
Pizza Bases 32cm	5 Pack	R 105,00				
Pizza Special	Combo	R 350,00	5 x Pizza Bases, 500g Mozzarella, 500g Cheddar (Choose any 1 of the following toppings: Bacon Bits 1kg / Marinated Chicken Stirfry 1kg )			
<b>QUICHE</b>						
Quiche	Each	R 85,00	Chicken & Mushroom / Ham & Cheese / Spinach & feta			
<b>FROZEN READY MEALS (Heat and Eat)</b>						
<b>PASTA DISHES</b>						
Beef Lasagne	400g	R 65,00	1kg	R 122,00	2kg	R 235,00
Chicken Lasagne	400g	R 65,00	1kg	R 122,00	2kg	R 235,00
Chicken Romana	400g	R 65,00				
Fettuccine Alfredo	400g	R 64,00				
Mac Cheese	400g	R 80,00	800g	R 130,00		
Mac Cheese Deluxe with Bacon	400g	R 90,00	800g	R 160,00	2kg	R 360,00
Tuscan Chicken Roll-Ups	400g	R 105,00	800g	R 180,00		
<b>CHICKEN DISHES</b>						
Authentic Thai Chicken Curry	1kg	R 170,00				
Butter Chicken	400g	R 90,00	1kg	R 180,00		
Butter Chicken with Rice	350g	R 75,00				
Chicken-a-la-king	400g	R 100,00	1kg	R 185,00		
Chicken Mayo	1kg	R 170,00				
Durban Chicken Curry	1kg	R 170,00				
Moroccan Apricot Chicken	1kg	R 170,00				
Thai Green Chicken Curry	1kg	R 170,00				
<b>BEEF DISHES</b>						
BBQ Pulled Beef Filling	500g	R 125,00				
Beef Curry	1kg	R 170,00				
Beef Stroganoff	400g	R 95,00	1kg	R 205,00		
Bobotie	400g	R 75,00	1kg	R 150,00		
Bolognaise Mince	1kg	R 155,00				
Cottage Pie	400g	R 75,00	800g	R 130,00	2.8kg	R 325,00
Curry Mince	1kg	R 145,00				
<b>SIDE DISHES</b>						
Boereboontjies (with bacon)	500g	R 90,00				
Cheesy Mash	500g	R 90,00				
Creamed Spinach & Feta	500g	R 100,00				
Papert (Perfect for braai)	800g	R 130,00				
Pumpkin Fritter Pie	800g	R 120,00				
Rice Indian	500g	R 60,00				
Sweet Potato Crumble	800g	R 115,00				
Sweet Potato Crush	500g	R 90,00				
<b>VEGATERIAN DISHES</b>						
Butternut & Feta Pasta Bake	400g	R 80,00	800g	R 140,00		
Mediterranean Lasagne	400g	R 95,00	800g	R 170,00		
Sundried Tomato & Basil Pesto Pasta	400g	R 90,00	800g	R 150,00		
Vegetable Lasagne	400g	R 65,00				
<b>PIES</b>						
Beef Pie	1.2kg	R 180,00				
Butter Chicken Pie	1.2kg	R 210,00				
Chicken Pie	1.2kg	R 190,00				

<b>HEAT AND EAT COMBOS</b>			
Family Heat and Eat Combo	1kg	R 950,00	Beef Lasagne; Butter Chicken; Cottage Pie; Ham & Cheese Quiche; Beef Pie; Sweet Potato Crumble; Chicken Lasagne;
Bachelor's Combo	400g	R 418,00	Beef Lasagne; Fettucini Alfredo; Cottage Pie; Butter Chicken; Mac Cheese; Mini Pizza
Mini Monthly Heat and Eat Combo	400g	R 1 400,00	Beef Lasagne, Chicken Lasagne, Ham & Cheese Quiche, Chicken Nuggets 1kg, Mac Cheese, Braai Pie x 2, Cottage Pie, Beef Stroganoff, BBQ Pulled Beef, Butter Chicken with Rice, Cheesy Chicken Strips, Tuscan Roll Ups, Beef Samosas, Fettuccine Alfredo, Mini Pizza, Durban Chicken Curry with Rice, Cheesy Mash, Indian Rice, Breakfast Rusks 500g.
My Favorite Heat and Eat Combo	1kg	R 980,00	Chicken Pie, Cottage Pie, Crumbed Cheesy Strips, Beef Lasagne, Beef Curry, Pumpkin Fritter Pie, Belgian Choc Mouse
Maxi Monthly Heat and Eat Combo	1kg	R 2 850,00	Beef Lasagne, Chicken Lasagne, Beef Pie 1.2kg, Chicken Pie 1.2kg, Riblets 2kg, Butter Chicken, Beef Curry, Cheesy Strips, Chicken Schnitzel, Ham & Cheese Quiche, Chicken a la King, Beef Stroganoff, Cottage Pie, Sweet Potato Crumble, Pumpkin Fritter Pie, Indian Rice, Braai Pie x 2, Creamed Spinach & Feta, Boereboontjies, Butterschotch Malva Pudding.
Heat and eat Combo	400g	R 300,00	Beef Lasagne; Chicken Lasagne; Vegetable Lasagne; Fettuccini Alfredo; Chicken Romana
Vegetarian Heat and Eat Combo	400g	R 390,00	Butternut & Feta Pasta Bake; Mac & Cheese; Sundried Tomato & Basil Pesto Pasta; Vegetable Lasagne; Spinach & Feta Quiche
The Best Heat and Eat Combo	1kg	R 980,00	Beef Lasagne; Butter Chicken; Sweet Potato Crumble; Ham & Cheese; Beef Pie; Moroccan Apricot Chicken; BBQ Pulled Beef Filling.
<b>DESERTS</b>			
Apple Caramel Crumble	700g	R 130,00	
Butterschotch Malva Pudding	570g	R 130,00	
Salted Crème Caramel	760g	R 160,00	
Traditional Malva Pudding		R 105,00	
White Chocolate & Hazelnut Malva	570g	R 130,00	
<b>SAMOOSAS</b>			
Samosas	10 each	R 53,00	Beef, Chicken, Cheese & Corn
Combo Pack	Combo	R 150,00	Combo - 10 of each flavor only
<b>BAKERY</b>			
Koeksisters (Large)	Dozen	R 58,00	LARGE
Koeksisters (Cocktail)	Dozen	R 38,00	COCKTAIL

<b>FRESH PRODUCE: CLEANING PRODUCTS</b>						
Bleach (Jik)	1L	R 26,00	2L	R 35,00	5L	R 66,00
Thick Bleach	1L	R 26,00	2L	R 40,00	5L	R 81,00
Handy Clean	1L	R 26,00	2L	R 45,00	5L	R 86,00
Pine Cleaner (Germatol)	5L	R 96,00	(Germatol) Disinfect all services (dissolve 500ml in a bucket of water)			
Pine Gel	5L	R 135,00	Golden Product - (Quality)			
Tile Cleaner	1L	R 26,00	2L	R 45,00	5L	R 86,00
Dishwash Lemon	1L	R 26,00	2L	R 45,00	5L	R 88,00
Germ Kill Hand Wash	5L	R 106,00	Golden Product - (Quality)			
All Purpose Cleaner	5L	R 101,00	Golden Product - (Quality)			
Fabric Softener	5L	R 86,00	2L	R 45,00		
Laundry Liquid	2L	R 60,00	5L	R 121,00		
Oven Cleaner	1L	R 26,00	5L	R 81,00		
Toilet Cleaner	5L	R 96,00	Golden Product - (Quality)			
Window Cleaner	1L	R 26,00	5L	R 96,00		
Bubble Bath (De Luxe)	5L	R 106,00	Golden Product - (Quality) Red Cherry, Pink English Rose, Marine, Lavender			
Showergel	5L	R 106,00	Golden Product - (Quality) Marine, English Rose			
Pet Shampoo	5L	R 106,00	Golden Product - (Quality)			
Hand Sanitizer 70%	5L	R 231,00				
Combo 1 (Thick Bleach, Dishwash Lemon, Handy Clean, Jik)	4 x 1L	R 91,00	Golden Product - (Quality)			
Combo 2 (Thick Bleach, Dishwash Lemon, Handy Clean)	3 x 5L	R 241,00	Golden Product - (Quality)			

<b>FROZEN VEGGIES</b>			
Cut Corn	1kg	R	57,00
Broccoli	1kg	R	57,00
Mixed Veggies	1kg	R	48,00
Peas	1kg	R	61,00
Spinach	1kg	R	54,00
Country Mix	1kg	R	52,00
Beans	1kg	R	55,00
Cauliflower	1kg	R	55,00
Baby Carrots	1kg	R	55,00
Baby Marrow	1kg	R	57,00
Stir Fry Hawain	700g	R	57,00
Butternut	1kg	R	55,00
Sweet Potato	1kg	R	59,00
<b>FRESH CUT VEGGIES</b>			
Baby Marrow Wheels	500g	R	43,00
Butternut Grated	500g	R	22,00
Butternut Cut	500g	R	22,00
Cabbage Sliced	500g	R	22,00
Cabbage Grated	500g	R	20,00
Cabbage Mix (Cabbage, Onion, Potato)	500g	R	20,00
Carrot Baby	500g	R	24,00
Carrot Diced	500g	R	22,00
Carrot Julienne Slices	500g	R	22,00
Carrot Grated	500g	R	20,00
Carrot Wheels	500g	R	22,00
Carrot Mix	500g	R	28,00
Coleslaw Bag Mayo	500g	R	22,00
Coleslaw Bag No Mayo	500g	R	22,00
Gems Halved	500g	R	30,00
Green Beans Cut Short	500g	R	44,00
Green Beans Long Cut	500g	R	46,00
Green Bean Mix (Beans, Onion, Potato)	500g	R	40,00
Green Pepper Diced	500g	R	55,00
Green Pepper Julienne	500g	R	52,00
Hubbard Pumpkin	500g	R	25,00
Mixed Veggies	500g	R	32,00
Onion Diced	500g	R	22,00
Onion Sliced	500g	R	25,00
Baby Onions	500g	R	20,00
Potjie Mix	500g	R	32,00
Pumpkin Cut	500g	R	18,00
Soup Mix Diced	500g	R	20,00
Soup Mix Grated	500g	R	20,00
Spinach	500g	R	22,00
Spinach Mix ( Spinach, Onion, Potato)	500g	R	24,00
Stirfry	500g	R	30,00
Stirfry Hawain	500g	R	33,00
Sweet Potato Cut	500g	R	22,00
<b>FRESH SALADS</b>			
Carrot & Pine Salad Bucket	500g	R	30,00
Coleslaw Salad Bucket	500g	R	35,00
Potato Salad Bucket	500g	R	45,00
Butternut Salad Bucket	500g	R	35,00
Fruit Salad Bucket	500g	R	55,00

FRESH CUT FROZEN VEGGIES

FRESH CUT VEGGIES

FRESH CUT



<b>NUTS</b>						
Product	Size	Price	Size	Price	Size	Price
Almond Natural / Roasted & Salted	200g	R 46,00	400g	R 80,00	1kg	R 210,00
Cashews Natural / R/S / Peri Peri	200g	R 50,00	400g	R 90,00	1kg	R 225,00
Mixed Nuts Natural / Roasted & Salted	200g	R 55,00	400g	R 95,00	1kg	R 245,00
Walnuts Pieces	200g	R 50,00	400g	R 90,00	1kg	R 220,00
Walnuts Halves	200g	R 55,00	400g	R 105,00	1kg	R 245,00
<b>MIXES</b>						
Product	Size	Price	Size	Price	Size	Price
Anti Oxidant Mix (Goji Berrie, Cranberry, Raisins)	200g	R 35,00	400g	R 57,00	1kg	R 130,00
Muesli	Granola, Mixed Nuts, Cranberries, Pumpkin Seed, Sunflower Seed		500g	R 65,00	1kg	R 120,00
Granola (Natural)	1kg	R 65,00				
Granola/Nut/Fruit/Seed Mix	1kg	R 78,00				
Rolled Oats	1kg	R 60,00				
Breakfast Mix	200g	R 36,00	400g	R 75,00	1kg	R 145,00
Forest Mix R/S & N	200g	R 40,00	400g	R 70,00	1kg	R 160,00
Peanuts & Raisins			400g	R 35,00	1kg	R 90,00
<b>DRIED FRUITS</b>						
Product	Size	Price	Size	Price	Size	Price
Banana Chips	200g	R 35,00	400g	R 55,00	1kg	R 120,00
Cranberry	200g	R 45,00	400g	R 85,00	1kg	R 185,00
Dates	200g	R 25,00	400g	R 40,00	1kg	R 70,00
Fruit Salad	200g	R 38,00	400g	R 75,00	1kg	R 140,00
Fruit Snack Mix	200g	R 45,00	400g	R 80,00	1kg	R 190,00
Ginger Cubes	200g	R 40,00	400g	R 70,00	1kg	R 165,00
Ginger Slices	200g	R 40,00	400g	R 70,00	1kg	R 165,00
Mango	200g	R 45,00	400g	R 80,00	1kg	R 190,00
Pears	200g	R 38,00	400g	R 70,00	1kg	R 160,00
Peaches Peeled	200g	R 45,00	400g	R 85,00	1kg	R 200,00
Peaches	200g	R 40,00	400g	R 78,00	1kg	R 165,00
Prunes with PiP	200g	R 38,00	400g	R 70,00	1kg	R 155,00
Prunes Without PiP	200g	R 50,00	400g	R 95,00	1kg	R 220,00
Raisins Seedless	200g	R 25,00	400g	R 40,00	1kg	R 65,00
<b>SPECIALTIES</b>						
Product	Size	Price	Size	Price	Size	Price
Choc Peanuts	200g	R 38,00	400g	R 66,00	1kg	R 150,00
Choc Raisins	200g	R 38,00	400g	R 66,00	1kg	R 150,00
Choc Shortbread	200g	R 44,00	400g	R 78,00	1kg	R 190,00
Mini Fruit Cubes (Sugar Tots)	200g	R 29,00	400g	R 56,00	1kg	R 116,00
Pink/White Almonds	200g	R 45,00	400g	R 80,00	1kg	R 190,00
Pink/White Peanuts	200g	R 30,00	400g	R 50,00	1kg	R 110,00
Yogurt Dates	200g	R 40,00	400g	R 68,00	1kg	R 150,00
<b>SEEDS</b>						
Product	Size	Price	Size	Price	Size	Price
Chia Seed	200g	R 35,00	400g	R 60,00	1kg	R 140,00
Pumpkin Seed	200g	R 50,00	400g	R 80,00	1kg	R 180,00
Sunflower Seed	200g	R 25,00	400g	R 40,00	1kg	R 80,00
Seed Mix	200g	R 30,00	400g	R 55,00	1kg	R 110,00
<b>SWEETIES</b>						
Product	Size	Price	Size	Price	Size	Price
Angel Kisses	200g	R 26,00	400g	R 50,00	1kg	R 95,00
Caramel Popcorn	200g	R 27,00	400g	R 50,00	1kg	R 105,00
Messages	200g	R 28,00	400g	R 55,00	1kg	R 110,00
Corn Chutney	200g	R 26,00	400g	R 50,00	1kg	R 100,00
Corn BBQ	200g	R 26,00	400g	R 50,00	1kg	R 100,00
Jelly Beans	200g	R 32,00	400g	R 65,00	1kg	R 150,00
Jelly Tots	200g	R 28,00	400g	R 55,00	1kg	R 110,00
JuJubes	200g	R 28,00	400g	R 55,00	1kg	R 110,00