

|                                                                                   |                                                                                                                   |  |  |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--|--|
|  | <b>PRICELIST FRESH PRODUCE</b><br><b>06.07.2025 - 12.07.2025</b><br><b>Prices may change without prior notice</b> |  |  |
|                                                                                   | <a href="mailto:freshproduce@vodamail.co.za">freshproduce@vodamail.co.za</a>                                      |  |  |
|                                                                                   | <b>066 342 5374</b> <a href="http://www.freshproduceza.co.za">www.freshproduceza.co.za</a>                        |  |  |

PAGE 1

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|-----------------------------|-----------------|--------------|------------------------------------------------------------------------|--------------------------|-----------------------------------------------|----------|--|
| Product                     | Quantity        | Price        | Description                                                            |                          |                                               |          |  |
| OTHER                       |                 |              |                                                                        |                          |                                               |          |  |
| Eggs (Jumbo)                | 30              | R 100.00     | Free Range                                                             |                          |                                               |          |  |
| Raw Fresh Farm Jersey Milk  | 2L              | R 36.00      | 5L                                                                     | R 90.00                  |                                               |          |  |
| Hash Brown (Gold Seal)      | 6 Per Pack      | R 37.00      |                                                                        |                          |                                               |          |  |
| Frozen Chips                | 1kg Shoe String | R 61.00      | 1kg choice grade                                                       | R 61.00                  | Shoe Sting = 7mm / Choice Grade = 10mm        |          |  |
| DAIRY                       |                 |              |                                                                        |                          |                                               |          |  |
| FARM BUTTER                 |                 |              |                                                                        |                          |                                               |          |  |
| Farm Butter Salted          | 250g            | R 50.00      | Brick                                                                  |                          |                                               |          |  |
| Farm Butter Original        | 500g            | R 70.00      | Tub                                                                    |                          |                                               |          |  |
|                             |                 |              |                                                                        |                          |                                               |          |  |
| YOGURT & DRINKING YOGHURT   |                 |              |                                                                        |                          |                                               |          |  |
| Plain Yoghurt               | 1kg             | R 55.00      | Full Cream, Pure, NO Preservatives                                     |                          |                                               |          |  |
| CREAM CHEESE                |                 |              |                                                                        |                          |                                               |          |  |
| Cream Cheese                | 250g            | R 35.00      | 500g                                                                   | R 60.00                  | 1kg                                           | R 100.00 |  |
| DANISH FETA                 |                 |              |                                                                        |                          |                                               |          |  |
| Danish Feta                 | 400g            | R 75.00      | 3.2kg                                                                  | R 500.00                 | Black Pepper / Chilli / Garlic & Herb / Plain |          |  |
| CHEESE                      |                 |              |                                                                        |                          |                                               |          |  |
| Cheese Pack                 | 5               | R 320.00     | 500g of each Gouda, Cheddar, White Cheddar, Mozzarella & 100g Parmesan |                          |                                               |          |  |
| Cheddar                     | 500g            | R 80.00      | 1kg                                                                    | R 150.00                 |                                               |          |  |
| Cheddar Grated              | 1kg             | R 155.00     |                                                                        |                          |                                               |          |  |
| Matured Cheddar             | Per kg          | R 120.00     | Per kg                                                                 |                          |                                               |          |  |
| White Cheddar               | 500g            | R 80.00      | 1kg                                                                    | R 150.00                 |                                               |          |  |
| White Cheddar Grated        | 1kg             | R 155.00     |                                                                        |                          |                                               |          |  |
| Gouda                       | 500g            | R 80.00      | 1kg                                                                    | R 150.00                 |                                               |          |  |
| Gouda Grated                | 1kg             | R 155.00     |                                                                        |                          |                                               |          |  |
| Mozzarella                  | 500g            | R 80.00      | 1kg                                                                    | R 150.00                 |                                               |          |  |
| Mozzarella Grated           | 1kg             | R 155.00     |                                                                        |                          |                                               |          |  |
| Pizza Mix                   | 1kg             | R 160.00     | Grated Mixture: Cheddar, Gouda, White Cheddar, Mozzarella              |                          |                                               |          |  |
| Haloumi                     | p/kg            | R 120.00     | Pack Size +- 300g                                                      |                          |                                               |          |  |
| Parmesan Grated             | 100g            | R 35.00      | 200g                                                                   | R 55.00                  | 1kg                                           | R 215.00 |  |

| FRESH & FROZEN FRUIT FOR SMOOTHY                           |          |          |                                                                                     |
|------------------------------------------------------------|----------|----------|-------------------------------------------------------------------------------------|
| Frozen Kale                                                | 1kg      | R 88.00  |                                                                                     |
| Frozen Banana                                              | 1kg      | R 84.00  |                                                                                     |
| Frozen Blueberry                                           | 1kg      | R 80.00  |                                                                                     |
| Frozen Gooseberry                                          | 1kg      | R 90.00  |                                                                                     |
| Frozen Mango Pieces                                        | 1kg      | R 110.00 |                                                                                     |
| 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 75.00  |                                                                                     |
| SMOOTHIES                                                  |          |          |                                                                                     |
| Halie Berry                                                | 350ml    | R 40.00  | Blueberries, Raspberries, Low-Fat Yoghurt, Nuts & Honey                             |
| Green Mamba                                                | 350ml    | R 40.00  | Kiwi, Apple, Pineapple, Mint & Banana                                               |
| Strawberry Burst                                           | 350ml    | R 40.00  | Strawberry, Apple Juice, Banana & Yoghurt                                           |
| Peanut Butter Delight                                      | 350ml    | R 45.00  | Peanut Butter, Banana, Lindt Chocolate & Yoghurt                                    |
| Tropic Glo                                                 | 350ml    | R 40.00  | Mango, Pineapple, Passion Fruit & Orange Juice,                                     |
| Klap Gym                                                   | 350ml    | R 40.00  | Peanut Butter, Banana, Yoghurt, Whey Protein, Cinnamon, Honey, Chia Seeds & Almonds |
| Blueberry Protein Power                                    | 350ml    | R 45.00  | Blueberries, Peanut Butter, Dates, Banana & Vanilla Whey Protein                    |
| OSTRICH MEAT                                               |          |          |                                                                                     |
| Ostrich Wors                                               | 500g     | R 90.00  |                                                                                     |
| Ostrich Cheese Wors                                        | 500g     | R 100.00 |                                                                                     |
| Ostrich Cherry Wors                                        | 500g     | R 95.00  |                                                                                     |
| Ostrich Stir-Fry                                           | 500g     | R 90.00  |                                                                                     |
| Ostrich Goulash                                            | 500g     | R 90.00  |                                                                                     |
| Ostrich Lean Mince                                         | 500g     | R 90.00  |                                                                                     |
| Ostrich Burger Patties                                     | 4 x 125g | R 90.00  |                                                                                     |
| Ostrich Steak                                              | 2 x 250g | R 90.00  |                                                                                     |
| Ostrich Fillet                                             | 2 x 200g | R 90.00  |                                                                                     |
| RED MEAT<br>(Grass Fed / Free from Hormones & Antibiotics) |          |          |                                                                                     |
| Lean Mince                                                 | Per kg   | R 182.00 | 100 % Beef (+500g pack size) 90% Meat/10% Fat                                       |
| Boerewors (Soy Free) Thick                                 | Per kg   | R 165.00 | Thick (+500g pack size)                                                             |
| Kalahari Boerewors (Soy Free) Thin                         | Per kg   | R 171.00 | Thin (+500g pack size)                                                              |
| Meat Balls                                                 | Per kg   | R 171.00 | 100% Beef (+ 1kg pack size)                                                         |
| Pure Beef Burger Patties                                   | Per kg   | R 164.00 | 100% Beef (+ 1kg pack size) 250g Patties                                            |
| Pure Beef Strips                                           | Per kg   | R 193.00 | 1kg pack size                                                                       |
| Beef Tenderised Steak                                      | Per kg   | R 165.00 | 1kg pack size                                                                       |
| Rump                                                       | Per kg   | R 292.00 | (+500g pack size) (Matured 28-36 days)                                              |
| T-Bone                                                     | Per kg   | R 248.00 | 500g pack size                                                                      |
| Goulash                                                    | Per kg   | R 200.00 | 1kg pack size                                                                       |
| Short Rib                                                  | Per kg   | R 188.00 | 1kg pack size                                                                       |
| Chuck                                                      | Per kg   | R 195.00 | 1kg pack size                                                                       |
| Brisket                                                    | Per kg   | R 181.00 | 1kg pack size                                                                       |
| Beef Stew                                                  | Per kg   | R 161.00 | 1kg pack size                                                                       |
| Oxtail                                                     | Per kg   | R 217.00 | Per Tail                                                                            |

| BEEF BILTONG                                                             |        |          |                                                                                                                                              |
|--------------------------------------------------------------------------|--------|----------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Biltong (Wet)                                                            | Per kg | R 225.00 | Vacuum Packed, (WET, SELF DRY) +- 2kg Pack Size (price p/kg) Spiced or Unspiced                                                              |
| Biltong (Dry)                                                            | 500g   | R 215.00 |                                                                                                                                              |
| Droe Wors                                                                | 500g   | R 215.00 |                                                                                                                                              |
| FRESH MEAT COMBOS                                                        |        |          |                                                                                                                                              |
| Carnivore Combo                                                          | 1      | R 790.00 | 2 x Lean Mince 500g, 1 x Rump 500g, 1 x Shortrib 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Chicken Star Pack                                |
| Carnivore Combo                                                          | 2      | R 850.00 | 2x Lean Mince 500g, 2 x Boerewors Thick 500g, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Tenderised Steak 1kg            |
| Carnivore Combo                                                          | 3      | R 930.00 | 2 x Lean Mince 500g, 1 x Rump 500g, 1 x Pork Loin Chops 1kg, 1 x Meatballs 1kg, 1 x Beef Stew 1kg, 1 x Chicken Flattie (BBQ or Lemon & Herb) |
| Carnivore Combo                                                          | 4      | R 860.00 | 2 x Lean Mince 500g, 2 x Boerewors Thick 500g, 1 x Tenderised Steak 1kg, 1 x Beef Stew 1kg, 2 x Chicken Star Packs                           |
| PORK                                                                     |        |          |                                                                                                                                              |
| Bacon Bits                                                               | 1kg    | R 130.00 |                                                                                                                                              |
| Shoulder Bacon                                                           | 1kg    | R 130.00 |                                                                                                                                              |
| Pork Sparerib                                                            | 2kg    | R 275.00 |                                                                                                                                              |
| Sandwich Ham                                                             | 500g   | R 70.00  | Sliced in 500g                                                                                                                               |
| Cheese Grillers Standard                                                 | Per kg | R 135.00 |                                                                                                                                              |
| Cocktail Cheese Griller                                                  | Per kg | R 140.00 |                                                                                                                                              |
| Pork Loin Chops                                                          | Per kg | R 126.00 |                                                                                                                                              |
| Gammon Deboned                                                           | Per kg | R 125.00 |                                                                                                                                              |
| FISH ( I&J or Sea Harvest )                                              |        |          |                                                                                                                                              |
| Fish Fingers                                                             | 1kg    | R 150.00 | 20 Pieces - S/H or I & J                                                                                                                     |
| Fish Portions                                                            | 2kg    | R 330.00 |                                                                                                                                              |
| Fish Cakes                                                               | 2kg    | R 245.00 |                                                                                                                                              |
| Fish Smackaroos                                                          | 1kg    | R 171.00 | Per Bag - I & J                                                                                                                              |
| FREE RANGE CHICKEN (A-GRADE QUALITY)<br>Free from Hormones & Antibiotics |        |          |                                                                                                                                              |
| Chicken Fillets                                                          | 1kg    | R 115.00 |                                                                                                                                              |
| Free Range Chicken Thighs                                                | per kg | R 90.00  |                                                                                                                                              |
| Free Range Chicken Wings                                                 | per kg | R 90.00  |                                                                                                                                              |
| Free Range Chicken Drumsticks                                            | per kg | R 90.00  |                                                                                                                                              |
| Free Range Whole Chicken                                                 | Per kg | R 90.00  | between 2kg - 2.6kg                                                                                                                          |
| CHICKEN - NOT FREE RANGE                                                 |        |          |                                                                                                                                              |
| Thighs                                                                   | Per kg | R 77.00  |                                                                                                                                              |
| Skinless Boneless Thighs                                                 | Per kg | R 113.00 |                                                                                                                                              |
| Drumsticks                                                               | Per kg | R 80.00  |                                                                                                                                              |
| Wings                                                                    | Per kg | R 85.00  |                                                                                                                                              |
| Filletted Breasts                                                        | Per kg | R 98.00  |                                                                                                                                              |
| Summer Surprice Braaipack                                                | Per kg | R 80.00  |                                                                                                                                              |
| Chicken Star-Pack With Skin                                              | Per kg | R 80.00  |                                                                                                                                              |
|                                                                          |        |          | Drumstick & Thighs                                                                                                                           |

| CHICKEN VARIETIES - NOT FREE RANGE          |        |          |                                                                                                                                             |
|---------------------------------------------|--------|----------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken Stirfry                             | Per kg | R 100.00 | Not Marinated                                                                                                                               |
| Marinated Chicken Sosaties                  | Per kg | R 108.00 | 4 pieces - BBQ / Honey & Mustard / Lemon & Herb / Sweet & Sour / Sweet Chilli / Peri-Peri                                                   |
| Chicken Espetada Combo                      | Per kg | R 100.00 | 1 x of each - BBQ / Lemon & Herb / Peri - Peri                                                                                              |
| Marinated Chicken Flatties                  | Per kg | R 80.00  | BBQ / Lemon & Herb                                                                                                                          |
| Macon: Deboned Thighs Wrapped in Beef Bacon | Per kg | R 108.00 | Deboned Thighs wrapped in Beef Back (4 per pack)                                                                                            |
| Chicken Livers                              | 1kg    | R 58.00  | 1kg                                                                                                                                         |
| CHICKEN COMBOS                              |        |          |                                                                                                                                             |
| Chicken Hamper                              | 1      | R 410.00 | 1 x Chicken Flattie, 1 x Mr Magic, 1 x Sosaties, 1 x Skinless Boneless Thighs 500g, 1 x Star Pack (Choose between BBQ or Lemon & Herb only) |
| Chicken Hamper                              | 2      | R 500.00 | 2 x Skinless Boneless Thighs Packs, 2 x Star Packs, 1 x Chicken Star Pack, 1 x Free Range Chicken Fillets 1kg                               |
| CRUMBED CHICKEN                             |        |          |                                                                                                                                             |
| Chicken Nuggets                             | 1kg    | R 125.00 |                                                                                                                                             |
| Chicken Strips                              | 1kg    | R 125.00 |                                                                                                                                             |
| Chicken Schnitzel                           | 1kg    | R 130.00 |                                                                                                                                             |
| Chicken Patties                             | 1kg    | R 125.00 |                                                                                                                                             |
| Breaded Onion Rings                         | 1kg    | R 105.00 |                                                                                                                                             |
| Crumbed Buffalo Wings                       | 1kg    | R 135.00 | OUT OF STOCK                                                                                                                                |
| Chicken Cordon Bleu                         | 2kg    | R 280.00 |                                                                                                                                             |
| Crumbed Chicken Fillet                      | 1kg    | R 120.00 |                                                                                                                                             |
| CRUMBED CHICKEN COMBOS                      |        |          |                                                                                                                                             |
| Crumbed Chicken 4kg                         | Combo  | R 455.00 | Schintzel, Patties, Strips, Nuggets                                                                                                         |
| Crumbed Chicken Cheesy 4kg                  | Combo  | R 410.00 | Schnitzel, Patties, Strips, Bites                                                                                                           |
| CHEESY CRUMBED CHICKEN                      |        |          |                                                                                                                                             |
| Chicken Cheesy Bites                        | 1kg    | R 125.00 |                                                                                                                                             |
| Chicken Cheesy Strips                       | 1kg    | R 125.00 |                                                                                                                                             |
| Chicken Cheesy Schnitzel                    | 1kg    | R 125.00 |                                                                                                                                             |
| Chicken Cheesy Patties                      | 1kg    | R 125.00 |                                                                                                                                             |
| PIZZERIA                                    |        |          |                                                                                                                                             |
| Mini Pizzas                                 | 70g    | R 70.00  | 8 mini pizzas (Cheese Topping)                                                                                                              |
| Pizza Bases 32cm                            | 5 Pack | R 110.00 |                                                                                                                                             |
| Pizza Special                               | New    | R 255.00 | 1 x Pizza Bases Pack (5), 1 x Pizza Mix 1kg                                                                                                 |
| Pizza Special                               | Combo  | R 365.00 | 5 x Pizza Bases, 500g Mozzarella, 500g Cheddar<br>(Choose any 1 of the following toppings: Bacon Bits 1kg / Marinated Chicken Stirfry 1kg ) |
| QUICHE                                      |        |          |                                                                                                                                             |
| Quiche                                      | Each   | R 85.00  | Chicken & Mushroom / Ham & Cheese / Spinach & feta                                                                                          |

| FROZEN READY MEALS (Heat and Eat)                   |         |   |        |                                                                                                             |   |        |     |   |        |
|-----------------------------------------------------|---------|---|--------|-------------------------------------------------------------------------------------------------------------|---|--------|-----|---|--------|
| PASTA DISHES                                        |         |   |        |                                                                                                             |   |        |     |   |        |
| Beef Lasagne                                        | 400g    | R | 70.00  | 1kg                                                                                                         | R | 135.00 | 2kg | R | 260.00 |
| Chicken Lasagne                                     | 400g    | R | 70.00  | 1kg                                                                                                         | R | 135.00 | 2kg | R | 260.00 |
| Chicken Romana                                      | 400g    | R | 70.00  | 1kg                                                                                                         | R | 135.00 |     |   |        |
| Mac Cheese                                          | 400g    | R | 70.00  | 1kg                                                                                                         | R | 135.00 |     |   |        |
| Spaghetti Bolognese                                 | 400g    | R | 70.00  |                                                                                                             |   |        |     |   |        |
| Fettuccine Alfredo                                  | 400g    | R | 70.00  |                                                                                                             |   |        |     |   |        |
| Vegetable Lasagne                                   | 400g    | R | 70.00  |                                                                                                             |   |        |     |   |        |
| HEAT AND EAT COMBOS                                 |         |   |        |                                                                                                             |   |        |     |   |        |
| Heat and Eat Combo                                  | 400g    | R | 330.00 | Beef Lasagne; Chicken Lasagne; Fettuccini Alfredo; Chicken Romana; Mac & Cheese                             |   |        |     |   |        |
| Family of 4 Ready to Eat Combo                      | 1kg     | R | 725.00 | Beef Lasagne; Chicken Lasagne; Mac & Cheese; Chicken Romana; Spaghetti Bolognese; Mini Pizza (8)            |   |        |     |   |        |
| Heat to Eat 1kg Combo                               | .       | R | 540.00 | Beef Lasagne; Chicken Lasagne; Mac & Cheese; Spaghetti Bolognese                                            |   |        |     |   |        |
| Home Alone Combo                                    | 400g    | R | 380.00 | Beef Lasagne; Chicken Romana; Mac & Cheese; Spaghettyi Bolognese; Cheese & Garlic Braai Pie; Mini Pizza (8) |   |        |     |   |        |
| BRAAI PIES                                          |         |   |        |                                                                                                             |   |        |     |   |        |
| Biltong Garlic Braai Pie                            | 365g    | R | 48.00  |                                                                                                             |   |        |     |   |        |
| Cheese Garlic Braai Pie                             | 365g    | R | 45.00  |                                                                                                             |   |        |     |   |        |
| Olive Rosemary Braai Pie                            | 365g    | R | 48.00  |                                                                                                             |   |        |     |   |        |
| SAMOOSAS                                            |         |   |        |                                                                                                             |   |        |     |   |        |
| Samoosas                                            | 10 each | R | 55.00  | Beef, Chicken, Cheese & Corn                                                                                |   |        |     |   |        |
| Combo Pack                                          | Combo   | R | 150.00 | Combo - 10 of each flavor only                                                                              |   |        |     |   |        |
| BAKERY                                              |         |   |        |                                                                                                             |   |        |     |   |        |
| Koeksisters (Large)                                 | Dozen   | R | 60.00  | LARGE                                                                                                       |   |        |     |   |        |
| Koeksisters (Cocktail)                              | Dozen   | R | 40.00  | COCKTAIL                                                                                                    |   |        |     |   |        |
| FRESH PRODUCE: CLEANING PRODUCTS                    |         |   |        |                                                                                                             |   |        |     |   |        |
| Bleach (Jik)                                        | 2L      | R | 45.00  | 5L                                                                                                          | R | 70.00  |     |   |        |
| Thick Bleach                                        | 2L      | R | 48.00  | 5L                                                                                                          | R | 85.00  |     |   |        |
| Handy Clean                                         | 2L      | R | 45.00  | 5L                                                                                                          | R | 86.00  |     |   |        |
| Pine Cleaner (Germatol)                             | 5L      | R | 98.00  | (Germatol) Disinfect all services (dissolve 500ml in a bucket of water)                                     |   |        |     |   |        |
| Pine Gel                                            | 5L      | R | 135.00 | Golden Product - (Quality)                                                                                  |   |        |     |   |        |
| Dishwash Lemon                                      | 2L      | R | 50.00  | 5L                                                                                                          | R | 90.00  |     |   |        |
| Combo 2 (Thick Bleach, Dishwash Lemon, Handy Clean) | 3 x 5L  | R | 249.00 | Golden Product - (Quality)                                                                                  |   |        |     |   |        |

| FROZEN VEGGIES                                                                                                       |      |   |        |
|----------------------------------------------------------------------------------------------------------------------|------|---|--------|
| Cut Corn                                                                                                             | 1kg  | R | 70.00  |
| Carrot Julienne                                                                                                      | 1kg  | R | 55.00  |
| Broccoli                                                                                                             | 1kg  | R | 58.00  |
| Mixed Veggies                                                                                                        | 1kg  | R | 55.00  |
| Peas                                                                                                                 | 1kg  | R | 70.00  |
| Spinach                                                                                                              | 1kg  | R | 54.00  |
| Country Mix                                                                                                          | 900g | R | 55.00  |
| Beans                                                                                                                | 1kg  | R | 55.00  |
| Cauliflower                                                                                                          | 1kg  | R | 55.00  |
| Baby Carrots                                                                                                         | 1kg  | R | 65.00  |
| Baby Marrow                                                                                                          | 1kg  | R | 57.00  |
| Stir Fry Hawain                                                                                                      | 700g | R | 90.00  |
| Butternut                                                                                                            | 1kg  | R | 55.00  |
| Sweet Potato                                                                                                         | 1kg  | R | 59.00  |
| Frozen Veggie Combo                                                                                                  | .    | R | 300.00 |
| Beans; Butternut; Mixed Veggies; Broccoli, Frozen Chips                                                              |      |   |        |
| FRESH VEGS P/KG                                                                                                      |      |   |        |
| Baby Marrow Wheels                                                                                                   | /kg  | R | 45.00  |
| Broccoli Whole                                                                                                       | /kg  | R | 145.00 |
| Broccoli - Long Stem                                                                                                 | /kg  | R | 325.00 |
| Baby Gems                                                                                                            | /kg  | R | 80.00  |
| Beetroot                                                                                                             | /kg  | R | 45.00  |
| Baby Beetroot                                                                                                        | /kg  | R | 60.00  |
| Baby Butternut                                                                                                       | /kg  | R | 88.00  |
| Beans-Green Whole                                                                                                    | /kg  | R | 65.00  |
| Cabbage-Chinese                                                                                                      | /kg  | R | 45.00  |
| Cabbage-Red                                                                                                          | each | R | 85.00  |
| Cabbage-White                                                                                                        | /kg  | R | 20.00  |
| Carrots-Whole                                                                                                        | /kg  | R | 30.00  |
| Cauliflower                                                                                                          | /kg  | R | 145.00 |
| Garlic-Crushed                                                                                                       | /kg  | R | 110.00 |
| Garlic-Whole                                                                                                         | /kg  | R | 215.00 |
| Ginger                                                                                                               | /kg  | R | 210.00 |
| Peppers-Green                                                                                                        | /kg  | R | 60.00  |
| Peppers-Red                                                                                                          | /kg  | R | 105.00 |
| Peppers-Yellow                                                                                                       | /kg  | R | 140.00 |
| Spinach Baby 200g                                                                                                    | pct  | R | 90.00  |
| Sweet Corn                                                                                                           | /kg  | R | 55.00  |
| Mushroom White 200g                                                                                                  | pct  | R | 55.00  |
| FRESH CUT VEGS 1KG                                                                                                   |      |   |        |
| Baby Marrow Sliced                                                                                                   | /kg  | R | 70.00  |
| Beans Cut                                                                                                            | /kg  | R | 120.00 |
| Broccoli Floret                                                                                                      | /kg  | R | 170.00 |
| Butternut Cut                                                                                                        | /kg  | R | 40.00  |
| Butternut Diced                                                                                                      | /kg  | R | 40.00  |
| Cabbage Shredded                                                                                                     | /kg  | R | 38.00  |
| Cauliflower Florets                                                                                                  | /kg  | R | 170.00 |
| Carrots Sliced                                                                                                       | /kg  | R | 40.00  |
| Carrots Diced                                                                                                        | /kg  | R | 40.00  |
| Mixed Veg                                                                                                            | /kg  | R | 65.00  |
| Onion Sliced                                                                                                         | /kg  | R | 60.00  |
| Onion Diced                                                                                                          | /kg  | R | 60.00  |
| Onion Peeled                                                                                                         | /kg  | R | 60.00  |
| Peppers Sliced                                                                                                       | /kg  | R | 210.00 |
| Peppers Diced                                                                                                        | /kg  | R | 210.00 |
| Potatoes Sliced                                                                                                      | /kg  | R | 55.00  |
| Potatoes Diced                                                                                                       | /kg  | R | 55.00  |
| Roast Mix Veggies                                                                                                    | /kg  | R | 70.00  |
| Soup Mix                                                                                                             | /kg  | R | 90.00  |
| Spinach Deveined                                                                                                     | /kg  | R | 88.00  |
| Stirfry                                                                                                              | /kg  | R | 120.00 |
| Sweet Potato Sliced                                                                                                  | /kg  | R | 75.00  |
| Sweet Potato Diced                                                                                                   | /kg  | R | 75.00  |
| Fresh Cut Variety Combo                                                                                              | 8kg  | R | 530.00 |
| Fresh Cut Weekly Combo                                                                                               | 7kg  | R | 500.00 |
| Fresh Cut Veggies Combo                                                                                              | 6kg  | R | 430.00 |
| Butternut Cut, Cabbage Sliced, Carrots Diced, Beans Cut, Onion Diced, Roast Mix Veggies, Stirfry, Sweet Potato Diced |      |   |        |
| Butternut Cut, Mixed Veggies, Stirfry, Carrot Diced, Green Beans Cut, Sweet Potato Sliced, Roast Mix Veggies         |      |   |        |
| Mixed Veggies, Green Beans Cut, Butternut Cut, Carrot Sliced, Sweet Potato Sliced, Stirfry                           |      |   |        |

| NUTS                                               |      |         |      |          |      |          |
|----------------------------------------------------|------|---------|------|----------|------|----------|
| Product                                            | Size | Price   | Size | Price    | Size | Price    |
| Almond Natural / Roasted & Salted                  | 200g | R 60.00 | 400g | R 118.00 | 1kg  | R 291.00 |
| Cashews Natural / R/S / Peri Peri                  | 200g | R 55.00 | 400g | R 105.00 | 1kg  | R 265.00 |
| Mixed Nuts Natural / Roasted & Salted              | 200g | R 60.00 | 400g | R 115.00 | 1kg  | R 295.00 |
| Walnuts Pieces                                     | 200g | R 60.00 | 400g | R 120.00 | 1kg  | R 270.00 |
| Walnuts Halves                                     | 200g | R 68.00 | 400g | R 130.00 | 1kg  | R 310.00 |
| MIXES                                              |      |         |      |          |      |          |
| 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 |
| Granola (Natural)                                  | 1kg  | R 70.00 |      |          |      |          |
| Granola/Nut/Fruit/Seed Mix                         | 1kg  | R 80.00 |      |          |      |          |
| Rolled Oats                                        | 1kg  | R 60.00 |      |          |      |          |
| Breakfast Mix                                      | 200g | R 40.00 | 400g | R 88.00  | 1kg  | R 172.00 |
| Forest Mix R/S & N                                 | 200g | R 48.00 | 400g | R 90.00  | 1kg  | R 190.00 |
| Peanuts & Raisins                                  |      |         |      |          | 1kg  | R 95.00  |
| DRIED FRUITS                                       |      |         |      |          |      |          |
| Product                                            | Size | Price   | Size | Price    | Size | Price    |
| Banana Chips                                       | 200g | R 35.00 | 400g | R 60.00  | 1kg  | R 130.00 |
| Cranberry                                          | 200g | R 45.00 | 400g | R 85.00  | 1kg  | R 180.00 |
| Dates                                              | 200g | R 25.00 | 400g | R 40.00  | 1kg  | R 75.00  |
| Fruit Salad                                        |      |         |      |          | 1kg  | R 150.00 |
| Fruit Snack Mix                                    | 200g | R 48.00 | 400g | R 85.00  | 1kg  | R 200.00 |
| 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 55.00 | 400g | R 75.00  | 1kg  | R 180.00 |
| Peaches Peeled                                     | 200g | R 48.00 | 400g | R 95.00  | 1kg  | R 240.00 |
| Peaches                                            | 200g | R 45.00 | 400g | R 80.00  | 1kg  | R 220.00 |
| Prunes with PiP                                    | 200g | R 38.00 | 400g | R 70.00  | 1kg  | R 155.00 |
| Prunes Without PiP                                 | 200g | R 50.00 | 400g | R 90.00  | 1kg  | R 200.00 |
| Raisins Seedless                                   | 200g | R 25.00 | 400g | R 40.00  | 1kg  | R 75.00  |
| SPECIALTIES                                        |      |         |      |          |      |          |
| Product                                            | Size | Price   | Size | Price    | Size | Price    |
| Choc Peanuts                                       | 200g | R 45.00 | 400g | R 78.00  | 1kg  | R 180.00 |
| Choc Raisins                                       | 200g | R 40.00 | 400g | R 75.00  | 1kg  | R 175.00 |
| Choc Shortbread                                    | 200g | R 52.00 | 400g | R 90.00  | 1kg  | R 222.00 |
| Mini Fruit Cubes (Sugar Tots)                      | 200g | R 29.00 | 400g | R 56.00  | 1kg  | R 120.00 |
| Pink/White Almonds                                 | 200g | R 50.00 | 400g | R 90.00  | 1kg  | R 218.00 |
| Pink/White Peanuts                                 | 200g | R 30.00 | 400g | R 58.00  | 1kg  | R 125.00 |
| Yogurt Dates                                       | 200g | R 45.00 | 400g | R 75.00  | 1kg  | R 175.00 |
| SEEDS                                              |      |         |      |          |      |          |
| Product                                            | Size | Price   | Size | Price    | Size | Price    |
| Chia Seed                                          | 200g | R 35.00 | 400g | R 60.00  | 1kg  | R 135.00 |
| Pumpkin Seed                                       | 200g | R 50.00 | 400g | R 80.00  | 1kg  | R 185.00 |
| Sunflower Seed                                     | 200g | R 25.00 | 400g | R 40.00  | 1kg  | R 80.00  |
| Seed Mix                                           | 200g | R 30.00 | 400g | R 50.00  | 1kg  | R 110.00 |
| SWEETIES                                           |      |         |      |          |      |          |
| 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 28.00 | 400g | R 50.00  | 1kg  | R 110.00 |
| Messages                                           | 200g | R 28.00 | 400g | R 55.00  | 1kg  | R 120.00 |
| 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 155.00 |
| Jelly Tots                                         | 200g | R 28.00 | 400g | R 55.00  | 1kg  | R 115.00 |
| JuJubes                                            | 200g | R 28.00 | 400g | R 55.00  | 1kg  | R 110.00 |

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