

NUTRA FOODS

Product Catalogue

Effective 1st February 2018

CODE	BEANS & PULSES	Weight
BEANM6	BEAN SALAD MIX – 1Kg	Kg
50BMX6	BEAN SALAD MIX - 500g	500g
ADZUKI	BEANS – ADZUKI – 1Kg	Kg
25ADUK	BEANS - ADZUKI - 250g	250g
BLACKT	BEANS - BLACK TURTLE – 1Kg	Kg
50BLAC	BEANS - BLACK TURTLE - 500g	500g
BLACKE	BEANS – BLACK EYE – 1Kg	Kg
50BEYE	BEANS - BLACK EYE - 500g	500g
BORLOT	BEANS - CRANBERRY (BORLOTTI) – 1Kg	Kg
50BORL	BEANS - CRANBERRY (BORLOTTI) - 500g	500g
HARRBN	BEANS – HARICOT – 1Kg	Kg
50BHAR	BEANS - HARICOT - 500g	500g
KIDDKR	BEANS - KIDNEY DARK RED – 1Kg	Kg
50KIDD	BEANS - KIDNEY DARK RED - 500g	500g
LIMABG	BEANS - LIMA - BABY GREEN – 1Kg	Kg
25LIMG	BEANS - LIMA - BABY GREEN - 250g	250g
50LIMG	BEANS - LIMA - BABY GREEN - 500g	500g
LIMABW	BEANS - LIMA - BABY WHITE – 1Kg	Kg
25LIMB	BEANS - LIMA - BABY WHITE - 250g	250g
50LIMB	BEANS - LIMA - BABY WHITE - 500g	500g
LIMALW	BEANS - LIMA - LARGE WHITE – 1Kg	Kg
25LIML	BEANS - LIMA - LARGE WHITE - 250g	250g
50LIML	BEANS - LIMA - LARGE WHITE - 500g	500g
25MUNG	BEANS - MUNG - 250g	250g
MUNORG	BEANS – MUNG – ORGANIC – 1Kg	Kg
25MUNO	BEANS – MUNG – ORGANIC – 250g	250g
50MUNO	BEANS – MUNG – ORGANIC – 500g	500g
MUNGAU	BEANS – MUNG – 1Kg	Kg
50MUNG	BEANS - MUNG - 500g	500g
PINTOB	BEANS – PINTO – 1Kg	Kg
50PINT	BEANS - PINTO - 500g	500g
PEASCK	CHICKPEAS - (GARBANZO BEANS) – 1Kg	Kg
50CHIC	PEAS - CHICK (GARBANZOS) - 500g	500g
DALCHA	DAHL - CHANA - 1Kg	Kg
50CHAD	DAHL - CHANA - 500g	500g
DALMAS	DAHL – MASOOR – 1Kg	Kg
50MASD	DAHL - MASOOR - 500g	500g
DAHLMU	DAHL – MUNG – 1Kg	Kg
50MUND	DAHL - MUNG - 500g	500g

DAHLTO	DAHL – TOOR – 1Kg	Kg
50TOOR	DAHL - TOOR - 500g	500g
DLURID	DAHL - URID - 1Kg	Kg
50URID	DAHL - URID - 500g	500g
LENTGB	LENTILS - GREEN BROWN – 1Kg	Kg
50LEGB	LENTILS - GREEN BROWN - 500g	500g
LENTSR	LENTILS - SPLIT RED – 1Kg	Kg
50LESR	LENTILS - SPLIT RED - 500g	500g
LENTWR	LENTILS - WHOLE RED – 1Kg	Kg
50LEWR	LENTILS - WHOLE RED - 500g	500g
PEASBW	PEAS - BLUE WHOLE – 1Kg	Kg
50PEAB	PEAS - BLUE WHOLE - 500g	500g
PEASGS	PEAS - GREEN SPLIT -1Kg	Kg
50PEAG	PEAS - GREEN SPLIT - 500g	500g
PEASYS	PEAS - YELLOW SPLIT – 1Kg	Kg
50PEAY	PEAS - YELLOW SPLIT - 500g	500g
50RICA	RICE - ARBORIO - 500g	500g
SOUPMX	SOUP MIX – 1Kg	Kg
50SOUP	SOUP MIX - 500g	500g
CODE	NUTS & SEEDS	
ALMBLG	ALMONDS - BLANCHED GROUND	Kg
10ALBG	ALMONDS - BLANCHED GROUND - 100g	100g
25ALBG	ALMONDS - BLANCHED GROUND - 250g	250g
50ALBG	ALMONDS – BLANCHED GROUND – 500g	500g
ALMBSL	ALMONDS - BLANCHED SLICED	Kg
10ALSL	ALMONDS - BLANCHED SLICED - 100g	100g
ALMBLS	ALMONDS - BLANCHED SLIVERED	Kg
10ALBS	ALMONDS - BLANCHED SLIVERED - 100g	100g
ALMBLW	ALMONDS - BLANCHED WHOLE – 1Kg	Kg
10ALMB	ALMONDS - BLANCHED WHOLE - 100g	100g
10ALMC	ALMONDS - CARMEL - 100g	100g
25ALMC	ALMONDS - CARMEL - 250g	250g
10ALMS	ALMONDS - NATURAL - SUPREME - 100g	100g
25ALMS	ALMONDS - NATURAL - SUPREME - 250g	250g
ALMNAG	ALMONDS - NATURAL GROUND	Kg
10ALNG	ALMONDS - NATURAL GROUND - 100g	100g
25ALMG	ALMONDS - NATURAL GROUND - 250g	250g
50ALMG	ALMONDS - NATURAL GROUND - 500g	500g
ALMNPX	ALMONDS - NATURAL NPX	Kg
ALMSLI	ALMONDS - NATURAL SLICED	Kg
10ALNS	ALMONDS - NATURAL SLICED - 100g	100g
ALMSUP	ALMONDS - NATURAL WHOLE SUPREME	Kg
10ALMR	ALMONDS - ROASTED - 100g	100g
25ALMR	ALMONDS - ROASTED - 250g	250g

BRAZBR	BRAZILS - BROKEN	Kg
10BROK	BRAZILS - BROKEN - 100g	100g
25BROK	BRAZILS - BROKEN - 250g	250g
50BROK	BRAZILS - BROKEN - 500g	500g
BRAZIL	BRAZILS - WHOLE	Kg
10BRAZ	BRAZILS - WHOLE - 100g	100g
25BRAZ	BRAZILS - WHOLE - 250g	250g
50BRAZ	BRAZILS - WHOLE - 500g	500g
10CAWO	CASHEWS - ORGANIC - 100g	100g
25CAWO	CASHEWS - ORGANIC - 250g	250g
CASHRS	CASHEWS - ROASTED 'n SALTED	Kg
10CARS	CASHEWS - ROASTED 'N SALTED - 100g	100g
25CARS	CASHEWS - ROASTED 'N SALTED - 250g	250g
CASHWH	CASHEWS - WHOLE - 1 Kg	Kg
10CAWH	CASHEWS - WHOLE -100g	100g
25CAWH	CASHEWS - WHOLE - 250g	250g
50CAWH	CASHEWS - WHOLE - 500g	500g
CASHWR	CASHEWS - WHOLE ROASTED	Kg
10CAWR	CASHEWS - WHOLE ROASTED - 100g	100g
25CAWR	CASHEWS - WHOLE ROASTED - 250g	250g
50CAWR	CASHEWS - WHOLE ROASTED - 500g	500g
10CHOP	CHOPPED NUTS - 100g	100g
25CHOP	CHOPPED NUTS - 250g	250g
COCOCH	COCONUT - CHIPS	Kg
25COCH	COCONUT - CHIPS - 250g	250g
50COCH	COCONUT CHIPS - 500g	500g
10COCD	COCONUT - DICED - 100g	100g
COCOFI	COCONUT - FINE	Kg
25COFI	COCONUT - FINE - 250g	250g
50COFI	COCONUT - FINE - 500g	500g
COCOLT	COCONUT - LONG THREAD	Kg
25COLT	COCONUT - LONG THREAD - 250g	250g
COCOME	COCONUT - MEDIUM	Kg
25COME	COCONUT - MEDIUM - 250g	250g
50COCM	COCONUT - MEDIUM - 500g	500g
25COCT	COCONUT - TOASTED - 250g	250g
50COCF	COCONUT FLOUR - 500g	500g
COMTSD	COCONUT MEDIUM - WITH TOASTED FLECKS	Kg
25COMT	COCONUT-MEDIUM-WITH TOASTED FLECKS -250g	250g
50COMT	COCONUT-MEDIUM-WITH TOASTED FLECKS -500g	500g
HAZETK	HAZELNUTS	Kg
10HAZE	HAZELNUTS - 100g	100g
25HAZE	HAZELNUTS - 250g	250g
50HAZE	HAZELNUTS - 500g	500g

HAZENG	HAZELNUTS - GROUND	Kg
25HAZG	HAZELNUTS TURKISH - GROUND - 250g	250g
MACADA	MACADAMIAS - RAW	Kg
10MACA	MACADAMIAS - RAW - 100g	100g
MACARS	MACADAMIAS - ROASTED & SALTED	Kg
10MARS	MACADAMIAS - ROASTED & SALTED - 100g	100g
NUTMRS	NUT MIX - ROASTED AND SALTED	Kg
10NMRS	NUT MIX - ROASTED & SALTED - 100g	100g
25NMRS	NUT MIX - ROASTED & SALTED - 250g	250g
50NMRS	NUT MIX - ROASTED & SALTED - 500g	500g
NUTMXS	NUT MIX - SUPREME - (No Peanuts)	Kg
10NMXS	NUT MIX - SUPREME - (No Peanuts) - 100g	100g
25NUMS	NUT MIX - SUPREME - (No Peanuts) - 250g	250g
50NMXS	NUT MIX - SUPREME - (No Peanuts) - 500g	500g
PEANBL	PEANUTS - BLANCHED LARGE	Kg
10PEBL	PEANUTS - BLANCHED LARGE -100g	100g
25PEBL	PEANUTS - BLANCHED LARGE - 250g	250g
50PEBL	PEANUTS - BLANCHED LARGE - 500g	500g
PEANBR	PEANUTS - BLANCHED ROASTED (NO SALT)	Kg
10PEBR	PEANUTS - BLANCHED ROASTED - 100g	100g
25PEBR	PEANUTS - BLANCHED ROASTED - 250g	250g
50PEBR	PEANUTS - BLANCHED ROASTED - 500g	500g
PEABRS	PEANUTS - BLANCHED ROASTED & SALTED	Kg
PEAHON	PEANUTS - HONEY ROAST	Kg
10PEHO	PEANUTS - HONEY ROAST - 100g	100g
25PHON	PEANUTS - HONEY ROAST - 250g	250g
50PHON	PEANUTS - HONEY ROASTED - 500g	500g
PEAHOT	PEANUTS - HOT 'N SPICY	Kg
10PEHS	PEANUTS - HOT 'N SPICY - 100g	100g
25PEHS	PEANUTS - HOT 'N SPICY - 250g	250g
50PEHS	PEANUTS - HOT 'N SPICY - 500g	500g
PEANNL	PEANUTS - NATURAL LARGE	Kg
25PENN	PEANUTS - NATURAL LARGE (RAW) - 250g	250g
50PENL	PEANUTS - NATURAL LARGE (RAW) - 500g	500g
25PESH	PEANUTS - ROASTED IN SHELL - 250g	250g
10PERS	PEANUTS - ROASTED 'N SALTED - 100g	100g
25PERS	PEANUTS - ROASTED 'N SALTED - 250g	250g
PEASPA	PEANUTS - SPANISH	Kg
25PESP	PEANUTS - SPANISH - 250g	250g
PECANN	PECAN NUTS	Kg
10PECN	PECANS - 100g	100g
10PINE	PINE NUTS AA LARGE - 100g	100g
PINNUT	PINENUTS - GRADE 'A'	Kg
PISTCC	PISTACHIO NUTS - R & SALT IN SHELL	Kg

10PIST	PISTACHIO NUTS R/SALT IN SHELL - 100g	100g
25PIST	PISTACHIO NUTS -R/SALT IN SHELL - 250g	250g
PISTKE	PISTACHIO RAW KERNELS	Kg
10PISK	PISTACHIO RAW KERNELS - 100g	100g
WALHLV	WALNUT HALVES	Kg
10WALH	WALNUT HALVES - 100g	100g
25WALH	WALNUT HALVES - 250g	250g
50WALH	WALNUT HALVES - 500g	500g
WALCAL	WALNUT HALVES - CALIFORNIAN	Kg
10WALC	WALNUT HALVES - CALIFORNIAN - 100g	100g
25WALC	WALNUT HALVES - CALIFORNIAN - 250g	250g
50WALC	WALNUT HALVES - CALIFORNIAN - 500g	500g
WALCPC	WALNUT PIECES - CALIFORNIAN	Kg
10WALP	WALNUT PIECES - CALIFORNIAN - 100g	100g
25WALP	WALNUT PIECES - CALIFORNIAN - 250g	250g
50WALP	WALNUT PIECES - CALIFORNIAN - 500g	500g
10SUNC	SUNFLOWER - KERNELS - 100g	100g
25SUCH	SUNFLOWER - KERNELS - 250g	250g
50SUNC	SUNFLOWER - KERNELS - 500g	500g
SUNCHI	SUNFLOWER - KERNELS PREMIUM	Kg
SESCHI	SESAME SEEDS	Kg
10SESE	SESAME SEED - 100g	100g
25SESC	SESAME SEED - 250g	250g
10SESB	SESAME SEED - BLACK - 100g	100g
10SEST	SESAME SEED - TOASTED - 10g	10g
25SEST	SESAME SEED - TOASTED - 250g	250g
PBARLE	PEARL BARLEY	Kg
50PBAR	PEARLED BARLEY - 500g	500g
CHIASB	CHIA SEED - BLACK	Kg
10CHBL	CHIA SEED - BLACK - 100g	100g
25CHBL	CHIA SEED - BLACK - 250g	250g
50CHBL	CHIA SEED - BLACK - 500g	500g
CHIASW	CHIA SEED - WHITE	Kg
10CHIA	CHIA SEED - WHITE - 100g	100g
25CHIA	CHIA SEED - WHITE - 250g	250g
50CHIA	CHIA SEED - WHITE - 500g	500g
PUMPAA	PUMPKIN KERNELS - AA	Kg
10PUMP	PUMPKIN KERNELS - AA - 100g	100g
25PUMP	PUMPKIN KERNELS - AA - 250g	250g
50PUMP	PUMPKIN KERNELS - AA - 500g	500g
CODE	DRIED FRUIT	
CAKFRU	ALISON'S FRUIT CAKE MIX - 1Kg	Kg
10APPD	APPLE – DICED – 100g	100g
25APPL	APPLE - RINGS DRIED - 250g	250g

25APPD	APPLE DICED - 250g	250g
APPDIC	APPLE DICED - 5MM	Kg
APPRIN	APPLE RINGS – 1Kg	Kg
25APPS	APPLE SLICE 250g	250g
APPSLI	APPLE SLICES – 1Kg	Kg
10APPL	APPLE SLICES - 100g	100g
10APRA	APRICOTS - SOUTH AFRICAN - 100g	100g
APRSAF	APRICOTS - SOUTH AFRICAN CHOICE – 1Kg	Kg
25APRA	APRICOTS - SOUTH AFRICAN CHOICE - 250g	250g
50APRA	APRICOTS - SOUTH AFRICAN CHOICE - 500g	500g
25APXL	APRICOTS - TURK EXTRA LARGE - 250g	250g
10APRT	APRICOTS - TURKISH - 100g	100g
25APRT	APRICOTS - TURKISH - 250g	250g
50APRT	APRICOTS - TURKISH - 500g	500g
APRTL5	APRICOTS - TURKISH (LOW SULPHUR) – 1Kg	Kg
25APLS	APRICOTS - TURKISH (LOW SULPHUR) - 250g	250g
APRTKD	APRICOTS - TURKISH DICED – 1Kg	Kg
10APRD	APRICOTS - TURKISH DICED 10mm - 100g	100g
25APRD	APRICOTS - TURKISH DICED 10MM - 250g	250g
50APRD	APRICOTS - TURKISH DICED 10mm - 500g	500g
APRTKL	APRICOTS - TURKISH LARGE – 1Kg	Kg
10APLS	APRICOTS TURKISH - (LOW SULPHUR) - 100g	100g
10BNCH	BANANA CHIPS - HONEY DIP - 100g	100g
25BNCH	BANANA CHIPS - HONEY DIP - 250g	250g
BNCHHD	BANANA CHIPS - HONEY DIPPED – 1Kg	Kg
10BLAC	BLACKBERRIES - 100g	100g
BLUBER	BLUEBERRIES – 1Kg	Kg
10BLUE	BLUEBERRIES - 100g	100g
50CAKE	CAKE FRUIT MIX - DELUXE - 500g	500g
MELONC	CANTALOUPE MELON – 1Kg	Kg
25MELN	CANTALOUPE MELON - 250g	250g
10CHEB	CHERRIES - BING - 100g	100g
25CHEB	CHERRIES - BING - 250g	250g
CHERWR	CHERRIES - GLACE – RED – 1Kg	Kg
10CHER	CHERRIES - GLACE - RED - 100g	100g
25CHER	CHERRIES - GLACE - RED - 250g	250g
25CHEN	CHERRIES - GLACE - NATURAL RED - 250g	250g
CGREEN	CHERRIES - GLACE – GREEN – 1Kg	Kg
10CHEG	CHERRIES - GLACE - GREEN - 100g	100g
25CHEG	CHERRIES - GLACE - GREEN - 250g	250g
25SOUR	CHERRIES - SOUR PITTED - 250g	250g
CRANBE	CRANBERRIES - DRIED WHOLE CHOICE – 1Kg	Kg
10CRAN	CRANBERRIES - DRIED WHOLE - 100g	100g
25CRAN	CRANBERRIES - DRIED WHOLE - 250g	250g

10CRAS	CRANBERRIES SLICED - 100g	100g
25CRAS	CRANBERRIES SLICED - 250g	250g
CRANBL	CRANBERRIES SLICED - BLUEBERRY FLAV. – 1Kg	Kg
25CRAB	CRANBERRIES SLICED - BLUEBERRY FLAV - 250g	250g
CRANSL	CRANBERRIES SLICED – 1Kg	Kg
CURRGK	CURRANTS - GREEK CHOICE – 1Kg	Kg
10CURG	CURRANTS - GREEK CHOICE - 100g	100g
25CURR	CURRANTS - GREEK CHOICE - 250g	250g
50CURR	CURRANTS - GREEK CHOICE - 500g	500g
25DATN	DATES - DEGLET NOOR - PITTED - 250g	250g
DATIRA	DATES - IRAN	Kg
10DAIR	DATES - IRAN - 100g	100g
25DAIR	DATES - IRAN - 250g	250g
50DAIR	DATES - IRAN - 500g	500g
DATMED	DATES – MEDJOOOL – UNPITTED – 1Kg	Kg
25DATM	DATES - MEDJOOOL - UNPITTED - 250g	250g
FIGSTK	FIGS – TURKISH – 1Kg	Kg
10FIGS	FIGS - TURKISH - 100g	100g
25FIGS	FIGS - TURKISH - 250g	250g
50FIGS	FIGS - TURKISH - 500g	500g
FRUMED	FRUIT MEDLEY – 1Kg	Kg
10FRME	FRUIT MEDLEY - 100g	100g
25FRME	FRUIT MEDLEY - 250g	250g
50FRUM	FRUIT MEDLEY - 500g	500g
GINFIJ	GINGER – CRYSTALLISED – 1Kg	Kg
10GIFI	GINGER - CRYSTALLISED - 100g	100g
25GINF	GINGER - CRYSTALLISED - 250g	250g
50GINF	GINGER - CRYSTALLISED - 500g	500g
GINDFI	GINGER - DRAINED GLACE – 1Kg	Kg
25GIND	GINGER - DRAINED GLACE - 250g	250g
50GIND	GINGER - DRAINED GLACE - 500g	500g
10GIND	GINGER DRAINED - 100g	100g
10GINP	GINGER POWDER - 100g	100g
SPGNPO	GINGER POWDER – ORGANIC – 1Kg	Kg
10GNPO	GINGER POWDER - ORGANIC - 100g	100g
GINDWH	GINGER WHOLE – DRIED – 1Kg	Kg
10GINW	GINGER WHOLE - DRIED - 100g	100g
GOJIBE	GOJI BERRIES – 1Kg	Kg
10GOJI	GOJI BERRIES - 100g	100g
25GOJI	GOJI BERRIES - 250g	250g
50GOJI	GOJI BERRIES - 500g	500g
10GOLD	GOLDENBERRIES - ORGANIC - 100g	100g
25GOLD	GOLDENBERRIES - ORGANIC - 250g	250g
GUAVAS	GUAVA STRIPS – 1Kg	Kg

10GUAV	GUAVA STRIPS - 100g	100g
25GUAV	GUAVA STRIPS - 250g	250g
JUNIBE	JUNIPER BERRIES – 1Kg	Kg
50JUNP	JUNIPER BERRIES - 50g	50g
KIWDIC	KIWIFRUIT – DICED – 1Kg	Kg
10KIWD	KIWIFRUIT - DICED - 100g	100g
KIWIFR	KIWIFRUIT – SLICES – 1Kg	Kg
10KIWI	KIWIFRUIT SLICES - 100g	100g
25KIWI	KIWIFRUIT - SLICES - 250g	250g
MANDIC	MANGO - DICED - 10mm – 1Kg	Kg
25MAND	MANGO - DICED - 10mm - 250g	250g
MANSLI	MANGO – SLICES – 1Kg	Kg
10MASL	MANGO - SLICES - 100g	100g
25MANG	MANGO - SLICES - 250g	250g
10NECT	NECTARINES - 100g	100g
25NECT	NECTARINES - 250g	250g
NECTAR	NECTARINES - DRIED HALVES – 1Kg	Kg
PAPDIC	PAPAYA DICED - 10mm	Kg
10PAPD	PAPAYA - DICED - 10mm - 100g	100g
25PAPD	PAPAYA - DICED - 10mm - 250g	250g
PAPCHU	PAPAYA CHUNKS – 1Kg	Kg
10PAPC	PAPAYA CHUNKS - 100g	100g
25PAPA	PAPAYA CHUNKS - 250g	250g
50PAPA	PAPAYA CHUNKS - 500g	500g
PAPLEM	PAPAYA CHUNKS - LEMON - 1Kg	Kg
10PAPL	PAPAYA CHUNKS - LEMON - 100g	100g
25PAPL	PAPAYA CHUNKS - LEMON - 250g	250g
PAPLIM	PAPAYA CHUNKS - LIME - 1Kg	Kg
10PLIM	PAPAYA CHUNKS - LIME - 100g	100g
25PLIM	PAPAYA CHUNKS - LIME - 250g	250g
PAPMAN	PAPAYA - CHUNKS - MANGO – 1Kg	Kg
10PAPM	PAPAYA CHUNKS - MANGO - 100g	100g
25PAPM	PAPAYA CHUNKS - MANGO - 250g	250g
PAPSTR	PAPAYA CHUNKS – STRAWBERRY – 1Kg	Kg
10PAPS	PAPAYA CHUNKS - STRAWBERRY - 100g	100g
25PAPS	PAPAYA CHUNKS - STRAWBERRY - 250g	250g
PAPSPE	PAPAYA SPEARS – 1Kg	Kg
10PAPP	PAPAYA SPEARS - 100g	100g
25PAPP	PAPAYA SPEARS - 250g	250g
50PAPP	PAPAYA SPEARS - 500g	500g
PEACHD	PEACHES - DRIED HALVES – 1Kg	Kg
10PEAC	PEACHES - DRIED HALVES - 100g	100g
25PEAC	PEACHES - LARGE CHOICE - 250g	250g
10PEAR	PEAR HALVES - 100g	100g

25PEAR	PEAR HALVES CHOICE - 250g	250g
PEARSD	PEARS - DRIED HALVES – 1Kg	Kg
PEELEM	PEEL – LEMON – 1Kg	Kg
PEELMX	PEEL – MIXED CITRUS – 1Kg	Kg
25PEEL	PEEL - MIXED CITRUS - 250g	250g
PINDIC	PINEAPPLE - DICED - 10mm	Kg
25PIND	PINEAPPLE - DICED 10mm - 250g	250g
PINERI	PINEAPPLE RINGS – 1Kg	Kg
10PIRI	PINEAPPLE RINGS - 100g	100g
25PIRI	PINEAPPLE RINGS 250g	250g
PINETI	PINEAPPLE TIDBITS – 1Kg	Kg
10PITI	PINEAPPLE TIDBITS - 100g	100g
25PITI	PINEAPPLE TIDBITS - 250g	250g
50PITI	PINEAPPLE TIDBITS - 500g	500g
PRUASH	PRUNES - ASHLOCK PITTED – 1Kg	Kg
10PRUN	PRUNES - ASHLOCK PITTED - 100g	100g
25PRUN	PRUNES - ASHLOCK PITTED - 250g	250g
50PRUN	PRUNES - ASHLOCK PITTED - 500g	500g
RAIMED	RAISIN MEDLEY - RAINBOW COLOURS – 1Kg	Kg
50RAIM	RAISIN MEDLEY - RAINBOW COLOURS - 500g	500g
RAIGOL	RAISINS – GOLDEN – 1Kg	Kg
25RAIG	RAISINS - GOLDEN - 250g	250g
10RAIG	RAISINS - GOLDEN SEEDLESS - 100g	100g
50RAIG	RAISINS - GOLDEN SEEDLESS - 500g	500g
RAICAL	RAISINS - SEEDLESS CALIF. – 1Kg	Kg
10RAIS	RAISINS - SEEDLESS CALIF. - 100g	100g
25RAIS	RAISINS - SEEDLESS CALIF. - 250g	250g
50RAIS	RAISINS - SEEDLESS CALIF. - 500g	500g
RASBER	RASPBERRIES – DRIED – 1Kg	Kg
50RASP	RASPBERRIES - DRIED - 50g	50g
10RASP	RASPBERRIES DRIED - 100g	100g
25RASP	RASPBERRIES DRIED - 250g	250g
STRAWB	STRAWBERRIES – DRIED – 1Kg	Kg
50STRB	STRAWBERRIES - DRIED - 50g	50g
10STRB	STRAWBERRIES - DRIED - 100g	100g
25STRB	STRAWBERRIES - DRIED - 250g	250g
SULTTK	SULTANAS - TURKISH LARGE – 1Kg	Kg
10SULT	SULTANAS - TURKISH LARGE - 100g	100g
25SULT	SULTANAS - TURKISH LARGE - 250g	250g
50SULT	SULTANAS - TURKISH LARGE - 500g	500g
FRSALA	TROPICAL FRUIT SALAD MIX – 1Kg	Kg
10FRSA	TROPICAL FRUIT SALAD MIX -100g	100g
25FRSA	TROPICAL FRUIT SALAD MIX - 250g	250g
50FRSA	TROPICAL FRUIT SALAD MIX - 500g	500g

CODE	SNACKS, CAROB & CONFECTIONERY	
ANTIOX	ANTIOXIDANT MIX (NUTS 'N BERRIES)	Kg
10ANTI	ANTIOXIDANT MIX (NUTS 'n BERRIES) - 100g	100g
25ANTI	ANTIOXIDANT MIX (NUTS 'n BERRIES) - 250g	250g
BARMIX	BAR MIX (TM)	Kg
10BARM	BAR MIX (TM) - 100g	100g
25BARM	BAR MIX(TM) - 250g	250g
25BNMX	BHUJA MIX - 250g	250g
BHUJMH	BHUJA MIX - HOT	Kg
25BMXH	BHUJA MIX - HOT - 250g	250g
BHUJMX	BHUJA MIX - MILD	Kg
10CSCR	CASHEWS & CRANS - 100g	100g
25CSCR	CASHEWS & CRANS - 250g	250g
CASRAI	CASHEWS & RAISINS	Kg
10CASR	CASHEWS 'N RAISINS - 100g	100g
25CASR	CASHEWS 'N RAISINS - 250g	250g
15CROT	CROUTONS - SOURDOUGH GARLIC & OLIVE OIL	150g
10ENME	ENERGISE ME - 100g	100g
ENERGI	ENERGISE ME - TROPICAL FRUITS & NUTS	Kg
25ENME	ENERGIZE ME - 250g	250g
GRANNY	GRANNY'S TREAT - 1Kg	Kg
10GRAN	GRANNY'S TREAT - 100g	100g
25GRAN	GRANNY'S TREAT - 250g	250g
HLUNCH	HEALTH LUNCH MIX - 1Kg	Kg
10HLUN	HEALTH LUNCH MIX - 100g	100g
25HLUN	HEALTH LUNCH MIX - 250g	250g
JAPRIC	JAPANESE RICE SNACKS	Kg
10JAPR	JAPANESE RICE SNACKS - 100g	100g
25JAPR	JAPANESE RICE SNACKS - 250g	250g
LEBLRS	LEBLEBI - CHICKPEAS - ROAST SALTED	Kg
10LEBL	LEBLEBI - CHICKPEAS - ROAST SALTED	100g
LEBLSW	LEBLEBI - CHICKPEAS - SWEET	Kg
10LEBS	LEBLEBI - CHICKPEAS - SWEET	100g
NUTRAI	NUTS RAISINS AND CASHEWS	Kg
10NUTR	NUTS RAISINS AND CASHEWS - 100g	100g
25NUTR	NUTS RAISINS AND CASHEWS - 250g	250g
10PEAS	PEAS – HOT & SPICY – 100g	100g
25PEAS	PEAS - HOT & SPICY - 250g	250g
PIRATE	PIRATE'S TREASURE - 1Kg	Kg
10PIRA	PIRATE'S TREASURE - 100g	100g
25PIRA	PIRATE'S TREASURE - 250g	250g
PRETZE	PRETZEL BOWS	Kg
10PRET	PRETZEL BOWS - 100g	100g
25PRET	PRETZEL BOWS - 250g	250g

10RBBQ	RICE CRACKERS BBQ 100g	100g
25RBBQ	RICE CRACKERS BBQ 250g	250g
RICHER	RICE SNACKS - NATURAL HERB	Kg
10RHER	RICE SNACKS - NATURAL HERB - 100g	100g
25RHER	RICE SNACKS - NATURAL HERB - 250g	250g
RSNSPY	RICE SNACKS - SPICY - 1Kg	Kg
10RICY	RICE SNACKS - SPICY - 100g	100g
25RICY	RICE SNACKS - SPICY - 250g	250g
RICSAV	RICE SNACKS - SWEET & SAVOURY	Kg
10RSAV	RICE SNACKS - SWEET & SAVOURY - 100g	100g
25RSAV	RICE SNACKS - SWEET & SAVOURY - 250g	250g
SCROGG	SCROGGIN	Kg
10SCRO	SCROGGIN - 100g	100g
25SCRH	SCROGGIN - 250g	250g
WASPEA	WASABI PEAS	Kg
10WASP	WASABI PEAS - 100g	100g
25WASP	WASABI PEAS - 250g	250g
CUAPRD	CAROB (NAS) – APRICOTS – 1Kg	Kg
10CUAD	CAROB (NAS) - APRICOTS - 100g	100g
25CUAD	CAROB (NAS) - APRICOTS - 250g	250g
50CUAD	CAROB (NAS) - APRICOTS - 500g	500g
CFCOCR	CAROB (NAS) - COCONUT ROUGH	Kg
10CUCO	CAROB (NAS) - COCONUT ROUGH - 100g	100g
25CUCR	CAROB (NAS) - COCONUT ROUGH - 250g	250g
CUGIND	CAROB (NAS) - GINGER	Kg
10CUGD	CAROB (NAS) - GINGER - 100g	100g
25CUGD	CAROB (NAS) - GINGER - 250g	250g
50CUGD	CAROB (NAS) - GINGER - 500g	500g
CUSTRB	CAROB (NAS) - STRAWBERRIES	Kg
10CFST	CAROB (NAS) - STRAWBERRIES - 100g	100g
25CFST	CAROB (NAS) - STRAWBERRIES - 250g	250g
CSAPRD	CAROB (SW) - APRICOT DIPS	Kg
10CSAP	CAROB (SW) - APRICOTS - 100g	100g
25CSAD	CAROB (SW) - APRICOTS - 250g	250g
25CSGD	CAROB (SW) - GINGER DIPS	250g
CSGIND	CAROB (SW) - GINGER DIPS	Kg
CFALMO	CAROB ALMONDS (With Lactose)	Kg
10CFAL	CAROB ALMONDS (With Lactose) - 100g	100g
25CFAL	CAROB ALMONDS (With Lactose) - 250g	250g
CFBUTT	CAROB BUTTONS (N.A.S.)	Kg
10CFBU	CAROB BUTTONS (N.A.S.) - 100g	100g
25CFBU	CAROB BUTTONS (N.A.S.) - 250g	250g
50CFBU	CAROB BUTTONS (N.A.S.) - 500g	500g
CSBUTT	CAROB BUTTONS (SWEETENED)	Kg

10CSBU	CAROB BUTTONS SWEET - 100g	100g
25CSBU	CAROB BUTTONS SWEET - 250g	250g
CSCHIP	CAROB CHIPS	Kg
10CUCH	CAROB CHIPS - 100g	100g
25CUCH	CAROB CHIPS - 250g	250g
CARPOW	CAROB POWDER	Kg
25CARP	CAROB POWDER - 250g	250g
CUR AIS	CAROB RAISINS (With Lactose)	Kg
10CSRA	CAROB RAISINS (With Lactose) - 100g	100g
25CARA	CAROB RAISINS (With Lactose) - 250g	250g
25CHBD	CHOC COMPOUND BUTTONS - DARK - 250g	250g
ZCHGIB	CHOCOLATE - GINGER DIPS	Kg
10CHGD	CHOCOLATE - GINGER DIPS - 100g	100g
25CHGD	CHOCOLATE - GINGER DIPS - 250g	250g
ZCHALM	CHOCOLATE ALMONDS	Kg
10CHAL	CHOCOLATE ALMONDS - 100g	100g
25CHAL	CHOCOLATE ALMONDS - 250g	250g
10CHAD	CHOCOLATE APRICOT DIPS - 100g	100g
25CHAD	CHOCOLATE APRICOT DIPS - 250g	250g
ZCHDDR	CHOCOLATE BUTTONS/DROPS/DARK	Kg
CHMDRO	CHOCOLATE BUTTONS/DROPS/MILK	Kg
25CHDR	CHOCOLATE CHIP DROPS - 250g	250g
ZCHCHP	CHOCOLATE CHIPS	Kg
25CHCP	CHOCOLATE CHIPS - 250g	250g
50CHCP	CHOCOLATE CHIPS - 500g	500g
25CHBU	CHOCOLATE COMPOUND BUTTONS - MILK - 250g	250g
10CHMA	CHOCOLATE MACADAMIAS - 100g	100g
ZCHPEA	CHOCOLATE PEANUTS	Kg
10CHPE	CHOCOLATE PEANUTS - 100g	100g
25CHPE	CHOCOLATE PEANUTS - 250g	250g
ZCHRAI	CHOCOLATE RAISINS - REAL CHOCOLATE	Kg
10CHRE	CHOCOLATE RAISINS REAL CHOCOLATE - 100g	100g
25CHRE	CHOCOLATE RAISINS - REAL CHOCOLATE - 250g	250g
25JUNG	JUNGLE MIX - 250g	250g
25SSMI	SUPER SOUR MIX - 250g	250g
YOGBUT	YOGHURT - BUTTONS	Kg
10YOB U	YOGHURT - BUTTONS - 100g	100g
25YOB U	YOGHURT - BUTTONS - 250g	250g
YOGSUL	YOGHURT - RAISINS	Kg
10YOSU	YOGHURT - RAISINS - 100g	100g
25YOSU	YOGHURT - RAISINS - 250g	250g
CODE	SPICES & HERBS	
50AJWN	AJWAIN (CAROM) SEEDS - 50g	50g
50ALSG	ALLSPICE - GROUND - 50g	50g

50ALSP	ALLSPICE - WHOLE - 50g	50g
ANISTA	ANISE – STAR – WHOLE – 1Kg	Kg
50ANIS	ANISE SEED - 50g	50g
SPANSP	ANISE STAR - POWDER - 1Kg	Kg
50ANSP	ANISE STAR POWDER - 50g	50g
50ANST	ANISE STAR WHOLE - 50g	50g
SPASAF	ASAFOETIDA - 500g	500g
50ASAF	ASAFOETIDA - 50g	50g
20BASI	BASIL - 20g	20g
20BAYL	BAY LEAVES - 20g	20g
50BBQS	BBQ STEAK SEASONING - 50g	50g
10BULB	BEEF STOCK - 100g	100g
SPCAJN	CAJUN SEASONING	Kg
10CAJN	CAJUN SEASONING - 100g	100g
CAPSIC	CAPSICUM - RED	Kg
10CAPS	CAPSICUM - RED - 100g	100g
CAPSGR	CAPSICUM - GREEN	Kg
10CAPG	CAPSICUM - GREEN - 100g	100g
10CARA	CARAWAY SEED - WHOLE - 100g	100g
SPCARG	CARDAMOM GROUND - 1Kg	Kg
50CARG	CARDAMOM - GROUND - 50g	50g
50CARP	CARDAMOM GREEN PODS - 50g	50g
50CASB	CASSIA BARK - 50g	50g
SPCAYE	CAYENNE PEPPER - 1Kg	Kg
10CAYE	CAYENNE PEPPER - 100g	100g
SPCELS	CELERY SALT	Kg
10CELS	CELERY SALT - 100g	100g
SPCELE	CELERY SEED - 1Kg	Kg
10CELE	CELERY SEED - 100g	100g
10BULC	CHICKEN STOCK - 100g	100g
10CHIP	CHILI - POWDER - 100g	100g
SPCHIH	CHILI POWDER - HOT - 1Kg	Kg
10CHPH	CHILI POWDER - HOT - 100g	100g
10CHIF	CHILLI FLAKES - 100g	100g
SPCHIM	CHILLI POWDER - MILD	Kg
10CHIL	CHILLIES - CRUSHED - 100g	100g
SPCHIW	CHILLIES - WHOLE RED	Kg
20CHIW	CHILLIES - WHOLE RED - 20g	20g
20CHIB	CHILLIES BIRDSEYE - 20g	20g
20CHIV	CHIVES - 20g	20g
20CILA	CILANTRO - 20g	20g
SPCINP	CINNAMON POWDER - 1Kg	Kg
50CINN	CINNAMON POWDER - 50g	50g
10CINP	CINNAMON POWDER - 100g	100g

SPCIPO	CINNAMON POWDER - ORGANIC	1Kg
50CIPO	CINNAMON POWDER - ORGANIC - 50g	50g
10CIPO	CINNAMON POWDER - ORGANIC - 100g	100g
SPCINS	CINNAMON QUILLS - 1Kg	Kg
50CINQ	CINNAMON QUILLS - 50g	50g
SPCNQP	CINNAMON QUILLS - BROKEN PIECES	Kg
50CINP	CINNAMON QUILLS - BROKEN PIECES - 50g	50g
SPCIQO	CINNAMON QUILLS - ORGANIC	Kg
50CIQO	CINNAMON QUILLS - ORGANIC - 50g	50g
50CLOP	CLOVE POWDER - 50g	50g
SPCLOP	CLOVE POWDER	Kg
SPCLOW	CLOVES - WHOLE - 1Kg	Kg
50CLOV	CLOVES - WHOLE - 50g	50g
SPCORW	CORIANDER WHOLE - 1Kg	Kg
50CORW	CORIANDER - WHOLE - 50g	50g
SPCORP	CORIANDER POWDER - 1Kg	Kg
10CORP	CORIANDER POWDER - 100g	100g
50CORP	CORIANDER POWDER - 50g	50g
10CORW	CORIANDER SEEDS - 100g	100g
10CUMP	CUMIN POWDER - 100g	100g
CUMORG	CUMIN SEED - ORGANIC - 1Kg	Kg
10CUMO	CUMIN SEEDS - ORGANIC - 100g	100g
SPCUMS	CUMIN SEED - 1Kg	Kg
10CUMS	CUMIN SEED - WHOLE - 100g	100g
CURRYH	CURRY - HOT	Kg
CURRYM	CURRY - MILD	Kg
10CURL	CURRY LEAVES - 10g	10g
10CURH	CURRY POWDER - HOT - 100g	100g
10CURM	CURRY POWDER - MILD - 100g	100g
20DILL	DILL LEAVES - 20g	20g
DILLEF	DILL LEAVES - DRIED	Kg
SPDILL	SPICE - DILL SEED	Kg
50DILS	DILL SEED - 50g	50g
SPFENN	FENNEL SEED - 1Kg	Kg
10FENN	FENNEL SEED - 100g	100g
50FENN	FENNEL SEED - 50g	50g
SPFEPO	FENNEL SEED - GROUND - 1Kg	Kg
10FENG	FENNEL SEED - GROUND - 100g	100g
50FENP	FENNEL SEED - GROUND - 50g	50g
SPFENO	FENNEL SEED - ORGANIC	Kg
10FENO	FENNEL SEED - ORGANIC - 100g	100g
FENGKO	FENUGREEK - ORGANIC - 1Kg	Kg
10FNKO	FENUGREEK - ORGANIC - 100g	100g
SPFENP	FENUGREEK POWDER	Kg

10FENP	FENUGREEK POWDER - 100g	100g
10FENR	FENUGREEK ROASTED - 100g	100g
SPFENS	FENUGREEK SEED - ROASTED (NON SPROUT)	Kg
10FENS	FENUGREEK SPROUTABLE - 100g	100g
FENGRK	FENUGREEK SPROUTING SEED	Kg
10FIVE	FIVE SPICE - CHINESE - 100g	100g
SPGARA	GARAM MASALA - 1Kg	Kg
10GARM	GARAM MASALA - 100g	100g
50GARW	GARLIC - WHOLE DRIED - 50g	50g
SPFLAG	GARLIC FLAKES - 1Kg	Kg
10GARF	GARLIC FLAKES - 100g	100g
SPGARG	GARLIC GRANULES	Kg
10GARG	GARLIC GRANULES - 100g	100g
SPGARP	GARLIC POWDER - 1Kg	Kg
10GARL	GARLIC POWDER - 100g	100g
GARSLT	GARLIC SALT - 1Kg	Kg
10GARS	GARLIC SALT - 100g	100g
SPGINP	SPICE - GINGER POWDER	Kg
10GINP	GINGER POWDER - 100g	100g
SPGNPO	GINGER POWDER - ORGANIC - 1Kg	Kg
10GNPO	GINGER POWDER - ORGANIC - 100g	100g
20HERB	HERBS - MIXED - 20g	20g
10HORS	HORSERADISH ROOT - 100g	100g
50HORS	HORSERADISH ROOT - 50g	50g
ITALHB	ITALIAN HERB SEASONING - 1Kg	Kg
50ITAL	ITALIAN HERB SEASONING - 50g	50g
20LEMG	LEMON GRASS - 20g	20g
MACAPD	MACA ROOT POWDER – 1Kg	Kg
10MACP	MACA ROOT POWDER – 100g	100g
25MACP	MACA ROOT POWDER – 250g	250g
MACPOW	MACE POWDER	Kg
10MACE	MACE POWDER - 100g	100g
50MAGD	MAGIC DUST - 50g	50g
20MARJ	MARJORAM - RUBBED - 20g	20g
SPMINT	MINT LEAVES	Kg
SPMROC	MOROCCAN SEASONING	Kg
10MROC	MOROCCAN SEASONING - 100g	100g
10MUSH	MUSTARD FLOUR - HOT - 100g	100g
10MUSF	MUSTARD FLOUR - MILD - 100g	100g
SPMUPO	MUSTARD POWDER	Kg
MUSTAR	MUSTARD SEED - YELLOW	Kg
10MUSY	MUSTARD SEED - YELLOW - 100g	100g
MUSTBL	MUSTARD SEEDS - BROWN	Kg
10MUSB	MUSTARD SEEDS - BROWN - 100g	100g

50NIGO	NIGELLA SEEDS - ORGANIC - 50g	50g
SPNUTP	NUTMEG POWDER - 1Kg	Kg
50NUTP	NUTMEG - POWDER - 50g	50g
50NMPO	NUTMEG POWDER - ORGANIC - 50g	50g
SPNUTW	NUTMEG - WHOLE	Kg
50NMEG	NUTMEG - WHOLE - 50g	50g
50NMGO	NUTMEG - WHOLE - ORGANIC - 50g	50g
FLAONI	ONION FLAKES	Kg
10ONFL	ONION FLAKES - 100g	100g
ONPOWD	ONION POWDER	Kg
10ONPO	ONION POWDER - 100g	100g
10BULO	ONION STOCK - 100g	100g
SPOREG	OREGANO	Kg
20OREG	OREGANO LEAVES - 20g	20g
10MXSW	PANCH PURAN (MIXED SPICE WHOLE) - 100g	100g
SPPAPR	PAPRIKA - SWEET - 1Kg	Kg
10PAPR	PAPRIKA - SWEET - 100g	100g
50PAPR	PAPRIKA - SWEET - 50g	50g
SPPAPS	PAPRIKA SMOKED - 1Kg	Kg
50PAPS	PAPRIKA - SMOKED - 50g	50g
SPPARS	PARSLEY - 1Kg	Kg
20PARS	PARSLEY - 20g	20g
SPPEBC	PEPPER BLACK CRACKED - 1Kg	Kg
10PEPB	PEPPER - BLACK CRACKED - 100g	100g
10PEPP	PEPPER - BLACK GROUND - 100g	100g
50PEBG	PEPPER - BLACK GROUND - 500g	500g
10PEPL	PEPPER - LEMON - 100g	100g
10PEPW	PEPPER - WHITE GROUND - 100g	100g
PEPCOR	PEPPERCORNS - BLACK - ORGANIC	Kg
PEPPCB	PEPPERCORNS - BLACK WHOLE	Kg
10PEPG	PEPPERCORNS - GOURMET - 100g	100g
10PEPO	PEPPERCORNS - BLACK - ORGANIC - 100g	100g
PEPPCW	PEPPERCORNS - WHITE	Kg
10PPCW	PEPPERCORNS - WHITE - 100g	100g
50PCWO	PEPPERCORNS - WHITE - ORGANIC - 50g	50g
10PEPC	PEPPERCORNS - WHOLE - 100g	100g
50PEPO	PEPPERCORNS BLACK - ORGANIC - 50g	50g
50PEPC	PEPPERCORNS BLACK - WHOLE - 50g	50g
10PICK	PICKLING SPICE - 100g	100g
PICKLE	PICKLING SPICE - 1Kg	Kg
POPPYS	POPPY SEED	Kg
10POPP	POPPY SEED - 100g	100g
SPROSE	ROSEMARY - 1Kg	Kg
10RASH	RAS EL HANOUT - 100g	100g

20ROSM	ROSEMARY - LEAVES - 20g	20g
SAFFRN	SAFFRON - .5g	.5g
20SAGE	SAGE - 20g	20g
20MINT	SPEARMINT LEAVES - 20g	20g
10SPMX	SPICE - MIXED - 100g	100g
50SPIN	SPINACH FLAKES - 50g	50g
50SUMC	SUMAC - 50g	50g
10TAND	TANDOORI SPICE MIX - 100g	100g
20TARR	TARRAGON - 20g	20g
SPTARR	TARRAGON LEAVES	Kg
20THYM	THYME - 20g	20g
TOMPOW	TOMATO POWDER	Kg
10TOMP	TOMATO POWDER - 100g	100g
TOMSUN	TOMATOES - SUNDRIED	Kg
10TOMS	TOMATOES - SUNDRIED - 100g	100g
25TOMS	TOMATOES - SUNDRIED - 250g	250g
SPTURM	TURMERIC - GROUND	Kg
10TURM	TURMERIC - GROUND - 100g	100g
SPTUMO	TURMERIC - ORGANIC	Kg
10TUMO	TURMERIC - ORGANIC - 100g	100g
TURMWH	TURMERIC - WHOLE	Kg
10TURW	TURMERIC - WHOLE - 100g	100g
2VANIL	VANILLA BEANS - 2	10g
VANPOW	VANILLA POWDER - 1Kg	Kg
20VANP	VANILLA POWDER - 20g	20g
VANPOR	VANILLA POWDER - ORGANIC	Kg
20VANO	VANILLA POWDER - ORGANIC - 20g	20g
10BULV	VEGETABLE STOCK – BOULLION – 100g	100g
CODE	HEALTH & SUPERFOODS	
AMARGR	AMARANTH - GROUND – ORGANIC – 1Kg	Kg
10AMOG	AMARANTH - GROUND - ORGANIC - 100g	100g
25AMOG	AMARANTH - GROUND - ORGANIC - 250g	250g
AMARAN	AMARANTH - WHOLE – ORGANIC – 1Kg	Kg
10AMOW	AMARANTH - WHOLE - ORGANIC - 100g	100g
25AMOW	AMARANTH - WHOLE - ORGANIC - 250g	250g
50AMOG	AMARANTH - GROUND - ORGANIC - 500g	500g
50AMOW	AMARANTH - WHOLE - ORGANIC - 500g	500g
10ASCA	ASCORBIC ACID - VITAMIN C	100g
25ASCA	ASCORBIC ACID - VITAMIN C	250g
VITAMC	ASCORBIC ACID - VITAMIN C	Kg
50ASCA	ASCORBIC ACID - VITAMIN C - 500g	500g
BENTON	BENTONITE (MONTMORILLONITE)	Kg
10BENT	BENTONITE (MONTMORILLONITE) - 100g	100g
25BENT	BENTONITE (MONTMORILLONITE) - 250g	250g

50BENT	BENTONITE (MONTMORILLONITE) - 500g	500g
CACNIB	CACAO NIBS - ORGANIC - Kg	Kg
25CACN	CACAO NIBS - ORGANIC - 250g	250g
CACPOW	CACAO POWDER - ORGANIC - Kg	Kg
25CACO	CACAO POWDER - ORGANIC - 250g	250g
CALCAS	CALCIUM ASCORBATE - VITAMIN C	Kg
10CALC	CALCIUM ASCORBATE - VITAMIN C - 100g	100g
25CALC	CALCIUM ASCORBATE - VITAMIN C - 250g	250g
50CALC	CALCIUM ASCORBATE - VITAMIN C - 500g	500g
CAMUPO	CAMUCAMU POWDER - ORGANIC - Kg	Kg
10CAMU	CAMU CAMU POWDER - ORGANIC - 100g	100g
CHIASB	CHIA SEED - BLACK	Kg
10CHBL	CHIA SEED - BLACK - 100g	100g
25CHBL	CHIA SEED - BLACK - 250g	250g
50CHBL	CHIA SEED - BLACK - 500g	500g
CHIASW	CHIA SEED - WHITE	Kg
10CHIA	CHIA SEED - WHITE - 100g	100g
25CHIA	CHIA SEED - WHITE - 250g	250g
50CHIA	CHIA SEED - WHITE - 500g	500g
10CITR	CITRIC ACID - 100g	100g
EPSOMS	EPSOM SALTS - 1Kg (Only Available in Bulk - 3Kg or more)	Kg
25EPSF	EPSOM SALTS - 250g	250g
35EPSF	EPSOM SALTS - 350g	350g
50EPSM	EPSOM SALTS - 500g	500g
90EPSM	EPSOM SALTS - 900g	900g
KELPOC	KELP GRANULES	Kg
50KELG	KELP GRANULES - 50g	50g
10KELG	KELP GRANULES - 100g	100g
25KELG	KELP GRANULES - 250g	250g
KELPOW	KELP POWDER - (ACADIAN ASCOPHYLLIUM NODOS)	Kg
50KELP	KELP POWDER - 50g	50g
10KELP	KELP POWDER - 100g	100g
25KELP	KELP POWDER - 250g	250g
5KELPP	KELP POWDER - 500g	500g
LBCDGR	L.S.A. - LIVER BOWEL CLEANSER	Kg
25LBCD	L.S.A. - LIVER BOWEL CLEANSER - 250g	250g
50LBCD	L.S.A. - LIVER BOWEL CLEANSER - 500g	500g
LECITH	LECITHIN GRANULES - (GE FREE)	Kg
10LECI	LECITHIN GRANULES - (GE FREE) - 100g	100g
25LECI	LECITHIN GRANULES - (GE FREE) - 250g	250g
50LECI	LECITHIN GRANULES - (GE FREE) - 500g	500g
LINSGR	LINSEED - FRESHLY GROUND MEAL	Kg
25LING	LINSEED - GROUND - 250g	250g
50LING	LINSEED - GROUND - 500g	500g

LINSWH	LINSEED (FLAXSEED) - WHOLE	Kg
25LINS	LINSEED - (FLAXSEED) - WHOLE - 250g	250g
50LIWH	LINSEED - (FLAXSEED) - WHOLE - 500g	500g
10MACP	MACA ROOT POWDER - ORGANIC - 100g	100g
25MACP	MACA ROOT POWDER - ORGANIC - 250g	250g
10MESQ	MESQUITE POWDER - ORGANIC - 100g	100g
25MESQ	MESQUITE POWDER - ORGANIC - 250g	250g
MILFLK	MILLET FLAKES - 1Kg	Kg
25MILF	MILLET FLAKES - 250g	250g
50MILF	MILLET FLAKES - 500g	500g
MILLGR	MILLET - GROUND - ORGANIC	Kg
25MILG	MILLET - GROUND - ORGANIC - 250g	250g
50MIGR	MILLET - GROUND ORGANIC - 500g	500g
MILORG	MILLET - HULLED - ORGANIC	Kg
25MILO	MILLET - HULLED - ORGANIC - 250g	250g
50MILO	MILLET - HULLED - ORGANIC - 500g	500g
PSYLLI	PSYLLIUM HUSKS (COARSE)	Kg
10PSYL	PSYLLIUM HUSKS (COARSE) - 100g	100g
25PSYL	PSYLLIUM HUSKS (COARSE) - 250g	250g
50PSYL	PSYLLIUM HUSKS (COARSE) - 500g	500g
PSYLF	PSYLLIUM HUSKS (FINE)	Kg
10PSYF	PSYLLIUM HUSKS (FINE) - 100g	100g
25PSYF	PSYLLIUM HUSKS (FINE) - 250g	250g
50PSYF	PSYLLIUM HUSKS (FINE) - 500g	500g
QUNBLK	QUINOA - ORGANIC - BLACK - 1Kg	Kg
50QUNB	QUINOA - ORGANIC - BLACK - 500g	500g
25QUNB	QUINOA - ORGANIC - BLACK - 250g	250g
QUNRED	QUINOA - ORGANIC - RED - 1Kg	Kg
10QUNR	QUINOA - ORGANIC - RED - 100g	100g
25QUNR	QUINOA - ORGANIC - RED - 250g	250g
50QUNR	QUINOA - ORGANIC - RED - 500g	500g
QUINOA	QUINOA - ORGANIC - WHITE	Kg
10QUNO	QUINOA - ORGANIC - WHITE - 100g	100g
25QUNO	QUINOA - ORGANIC - WHITE - 250g	250g
50QUNO	QUINOA - ORGANIC - WHITE - 500g	500g
QUNFOR	QUINOA FLAKES - ORGANIC	Kg
25QNFO	QUINOA FLAKES - ORGANIC - 250g	250g
50QNFO	QUINOA FLAKES - ORGANIC - 500g	500g
SALTRC	SALT - NATURAL SEA - COARSE	Kg
35SALC	SALT - NATURAL SEA - COARSE - 350g	350g
60SALC	SALT - NATURAL SEA - COARSE - 600g	600g
SALTFI	SALT - NATURAL SEA - FINE	Kg
35SALT	SALT - NATURAL SEA (FINE) - 350g	350g
60SALT	SALT - NATURAL SEA (FINE) - 600g	600g

10SALF	SALT FLAKES - 100g	100g
SLIPPE	SLIPPERY ELM	Kg
50SLIP	SLIPPERY ELM - 50g	50g
10SLIP	SLIPPERY ELM - 100g	100g
25SLIP	SLIPPERY ELM - 250g	250g
5SLIPP	SLIPPERY ELM - 500g	500g
SODASC	SODIUM ASCORBATE - VITAMIN C	Kg
10SODA	SODIUM ASCORBATE - VITAMIN C - 100g	100g
25SODA	SODIUM ASCORBATE - VITAMIN C - 250g	250g
50SODA	SODIUM ASCORBATE - VITAMIN C - 500g	500g
SPIRLO	SPIRULINA - HAWAIIAN ORGANIC	Kg
10SPRO	SPIRULINA - HAWAIIAN ORGANIC - 100g	100g
20SPRO	SPIRULINA - HAWAIIAN ORGANIC - 200g	200g
50SPRO	SPIRULINA - HAWAIIAN ORGANIC - 500g	500g
SPIRUL	SPIRULINA - HAWAIIAN PACIFICA	Kg
10SPIR	SPIRULINA - HAWAIIAN PACIFICA - 100g	100g
20SPIR	SPIRULINA - HAWAIIAN PACIFICA - 200g	200g
50SPIR	SPIRULINA - HAWAIIAN PACIFICA - 500g	500g
WHEATG	WHEATGERM	Kg
25WHEG	WHEATGERM - 250g	250g
50WHEG	WHEATGERM - 500g	500g
WHEYPD	WHEY POWDER - SWEET	Kg
10WHEY	WHEY POWDER SWEET - 100g	100g
25WHEY	WHEY POWDER SWEET - 250g	250g
50WHEY	WHEY POWDER - SWEET - 500g	500g
WHEYPC	WHEY PROTEIN INSTANT - CONCENTRATE - 80%	Kg
10WPIC	WHEY PROTEIN INSTANT - CONCENTRATE - 100g	100g
25WPIC	WHEY PROTEIN INSTANT - CONCENTRATE - 250g	250g
50WPCM	WHEY PROTEIN INSTANT - CONCENTRATE - 500g	500g
WHEYPI	WHEY PROTEIN INSTANT - ISOLATE - 94%	Kg
10WPPI	WHEY PROTEIN INSTANT - ISOLATE - 100g	100g
25WPPI	WHEY PROTEIN INSTANT - ISOLATE - 250g	250g
50WPPI	WHEY PROTEIN INSTANT - ISOLATE - 500g	500g
YEASRD	YEAST - (BREWERS) UNSALTED ROLLED DRIED	Kg
10YERD	YEAST - (BREWERS) UNSALTED ROLLED DRIED - 100g	100g
25YERD	YEAST - (BREWERS) UNSALTED ROLLED DRIED - 250g	250g
50YERD	YEAST - (BREWERS) UNSALTED ROLLED DRIED - 500g	500g
YESEVT	YEAST - SAVOURY - ENGEVITA TOASTED	Kg
10YEST	YEAST - SAVOURY - ENGEVITA TOASTED -100g	100g
YEATSF	YEAST - SAVOURY FLAKED	Kg
10YESF	YEAST - SAVOURY FLAKED - 100g	100g
25YEAT	YEAST - SAVOURY FLAKED - 250g	250g
50YESF	YEAST - SAVOURY FLAKED - 500g	500g
YESTEN	YEAST - SAVOURY FLAKED - ENGEVITA	Kg

10YEAS	YEAST - SAVOURY FLAKED - ENGEVITA - 100g	100g
25YEAS	YEAST - SAVOURY FLAKED - ENGEVITA - 250g	250g
CODE	FLOURS & BAKING	
50BAKG	BAKER'S GOLD - 500g	500g
BAKPOW	BAKING POWDER	Kg
BAKSOD	BAKING SODA	Kg
FLABAR	BARLEY FLAKES	Kg
BESANF	BESAN (CHICK PEA) FLOUR - 1Kg	Kg
BRANXX	BRAN	Kg
25BRAN	BRAN - 250g	250g
50BRAN	BRAN - 500g	500g
25BRFL	BRAN FLAKES - 250g	250g
50BRFL	BRAN FLAKES - 500g	500g
50BREB	BREADCRUMBS - BROWN - 500g	500g
BREADW	BREADCRUMBS - FINE WHITE	Kg
50BREC	BREADCRUMBS - FINE WHITE - 500g	500g
40BRPK	BREADCRUMBS - PANKO - 400g	400g
10BUCO	BUCKWHEAT - HULLED - ORGANIC - 100g	100g
25BUCO	BUCKWHEAT - HULLED - ORGANIC - 250g	250g
50BUCO	BUCKWHEAT - HULLED - ORGANIC - 500g	500g
FLBUCK	BUCKWHEAT FLAKES	Kg
25FLBU	BUCKWHEAT FLAKES - 250g	250g
50FLBU	BUCKWHEAT FLAKES - 500g	500g
50BUCF	BUCKWHEAT FLOUR - 500g	500g
BESANF	CHICK PEA FLOUR - (BESAN) - 1Kg	Kg
50BESN	CHICK PEA FLOUR - (BESAN) - 500g	500g
POWCOC	COCOA POWDER	Kg
25COCA	COCOA POWDER - 250g	250g
CORNGR	CORN - GRITS	Kg
25COGR	CORN - GRITS - 250g	250g
50COGR	CORN - GRITS - 500g	500g
CORNCO	CORN - MEAL - COARSE (POLENTA)	Kg
25COMS	CORN - MEAL - COARSE (POLENTA) - 250g	250g
50COME	CORN - MEAL - COARSE (POLENTA) - 500g	500g
CORNME	CORN - MEAL - FINE (POLENTA)	Kg
25COMF	CORN - MEAL - FINE - (POLENTA) - 250g	250g
50COMF	CORN - MEAL - FINE - (POLENTA) - 500g	500g
CORNPO	CORN - POPPING	Kg
25COPO	CORN - POPPING - 250g	250g
CORNFL	CORN - STARCH (CORNFLOUR) - Kg	Kg
50COFL	CORN - STARCH (CORNFLOUR) - 500g	500g
POWCUS	CUSTARD POWDER	Kg
25CUST	CUSTARD POWDER - 250g	250g
50FLOG	FLOUR - GLUTEN FREE - 500g	500g

KIALLA	FLOUR – UNBLEACHED - ORGANIC - 1Kg	Kg
KIALL2	FLOUR – UNBLEACHED - ORGANIC - 2Kg	2Kg
50FLOP	FLOUR – UNBLEACHED - ORGANIC - 500g	500g
50RYFL	FLOUR - RYE - 500g	500g
50SELF	FLOUR - SELF RAISING - 500g	500g
FLOSEL	FLOUR – SELF RAISING – 1Kg	Kg
50FLOS	FLOUR - STANDARD BAKER'S - 500g	500g
FLOWHI	FLOUR - WHITE STANDARD	Kg
FLOWOS	FLOUR - WHOLEMEAL ORGANIC STONEGROUND	Kg
25FLOW	FLOUR - WHOLEMEAL ORGANIC STONEGROUND - 250g	250g
50FLOW	FLOUR - WHOLEMEAL ORGANIC STONEGROUND - 500g	500g
FLOWO2	FLOUR - WHOLMEAL - STONEGROUND - 2KG	2Kg
BAKERG	FRUIT - BAKERS GOLD	Kg
GLUTEN	GLUTEN FLOUR	Kg
MILKSK	MILK POWDER - SKIM MILK	Kg
50MPSK	MILK POWDER - SKIM MILK - 500g	500g
MILKWH	MILK POWDER - WHOLE MILK	Kg
50MPWH	MILK POWDER - WHOLE MILK - 500g	500g
ZZPYFE	PEA FLOUR - YELLOW	Kg
50PFYE	PEA FLOUR - YELLOW - 500g	500g
PBARLE	PEARL BARLEY	Kg
50PBAR	PEARLED BARLEY - 500g	500g
PIRATE	PIRATE TREASURE	Kg
10PIRA	PIRATE'S TREASURE - 100g	100g
25PIRA	PIRATES TREASURE - 250g	250g
FLAKEP	POTATO FLAKES	Kg
50FLAP	POTATO FLAKES - 500g	500g
FLOPOT	POTATO FLOUR - STARCH	Kg
50POTF	POTATO FLOUR (STARCH) - 500g	500g
QUNFLO	QUINOA FLOUR	Kg
FLORIC	RICE FLOUR	Kg
50FLOR	RICE FLOUR - 500g	500g
RICFLB	RICE FLOUR - BROWN	Kg
50RIFB	RICE FLOUR - BROWN - 500g	500g
FLARYE	RYE FLAKES	Kg
FLORYE	RYE FLOUR	Kg
50SELO	SELF RAISING FLOUR - ORGANIC - 500g	500g
SEMOLI	SEMOLINA - CORN	Kg
SEMOWH	SEMOLINA - WHEAT	Kg
25SEMO	SEMOLINA (WHEAT) - 250g	250g
50SEMO	SEMOLINA (WHEAT) - 500g	500g
SPELWO	SPELT FLOUR - WHITE ORGANIC	Kg
50SPLT	SPELT FLOUR - WHITE ORGANIC - 500g	500g
SPELTW	SPELT FLOUR - WHOLEMEAL ORGANIC	Kg

50SPEW	SPELT FLOUR - WHOLEMEAL - ORGANIC - 500g	500g
CODE	GRAINS, CEREALS AND PASTAS	Weight
FLARIC	RICE FLAKES	Kg
50RIFL	RICE FLAKES - 500g	500g
RICBAS	RICE - BASMATI - 1Kg	Kg
50RIBA	RICE - BASMATI - 500g	500g
RICBLK	RICE - BLACK – ORGANIC – 1Kg	Kg
50RICB	RICE - BLACK - ORGANIC - 500g	500g
50RILB	RICE - BROWN - LONG GRAIN - 500g	500g
50RICS	RICE - BROWN - SHORT GRAIN - 500g	500g
50RICO	RICE - BROWN ORGANIC - FRAGRANT - 500g	500g
RICCOU	RICE - COUNTRY WILD – 1Kg	Kg
50RICC	RICE - COUNTRY WILD - 500g	500g
RICFRA	RICE – FRAGRANT – 1Kg	Kg
50RIFO	RICE - FRAGRANT - ORGANIC - 500g	500g
RICJAS	RICE - JASMINE - FRAGRANT – 1Kg	Kg
50RICF	RICE - JASMINE FRAGRANT - 500g	500g
RICLGB	RICE - LONG GRAIN BROWN – 1Kg	Kg
RILGBO	RICE - LONG GRAIN BROWN - ORGANIC	Kg
RICLGW	RICE - LONG GRAIN WHITE – 1Kg	Kg
50RLGW	RICE - LONG GRAIN WHITE - 500g	500g
RICOBF	RICE - ORGANIC - BROWN - FRAGRANT - 1Kg	Kg
RICOWF	RICE - ORGANIC WHITE FRAGRANT – 1Kg	Kg
RICRED	RICE - RED - ORGANIC - 1Kg	Kg
50RICR	RICE - RED - ORGANIC - 500g	500g
RICSGB	RICE - SHORT GRAIN BROWN – 1Kg	Kg
RICSGW	RICE - SHORT GRAIN WHITE – 1Kg	Kg
50RILW	RICE - WHITE - LONG GRAIN – 500g	500g
50RWSG	RICE - WHITE - SHORT GRAIN – 500g	500g
RICSN2	RICE - WHITE S/G - 2Kg - SUNRICE AUST	2Kg
10RIWI	RICE – WILD – 100g	100g
25RIWI	RICE - WILD - 250g	250g
25QUNB	QUINOA - ORGANIC - BLACK - 250g	250g
QUNRED	QUINOA - ORGANIC RED	Kg
10QUNR	QUINOA - ORGANIC - RED - 100g	100g
25QUNR	QUINOA - ORGANIC - RED - 250g	250g
50QUNR	QUINOA - ORGANIC - RED - 500g	500g
QUINOA	QUINOA - ORGANIC - WHITE	Kg
10QUNO	QUINOA - ORGANIC - WHITE - 100g	100g
25QUNO	QUINOA - ORGANIC - WHITE - 250g	250g
50QUNO	QUINOA - ORGANIC - WHITE - 500g	500g
COUSCO	COUSCOUS	Kg
25COUS	COUSCOUS - 250g	250g
COUSIS	COUSCOUS - ISRAELI	Kg

25COIS	COUSCOUS - PEARLED - 250g	250g
25FARO	FARRO - ORGANIC SPELT GRITS - 250g	250g
50FARO	FARRO - ORGANIC SPELT GRITS - 500g	500g
FIBRAN	FIBRE-BRAN CEREAL - 1Kg	Kg
50FIBB	FIBRE-BRAN CEREAL - 500g	500g
FLAK3C	FLAKES - 3 CEREAL - 1Kg	Kg
50FL3C	FLAKES - 3 CEREAL MIXED - 500g	500g
50FLBA	FLAKES - BARLEY - 500g	500g
50FLRY	FLAKES - RYE - 500g	500g
FLAWHE	FLAKES - WHEAT	Kg
50FLWH	FLAKES - WHEAT - 500g	500g
PEAPRO	GOLDEN PEA PROTEIN ISOLATE	Kg
25PEAP	GOLDEN PEA PROTEIN ISOLATE - 250g	250g
50PEAP	GOLDEN PEA PROTEIN ISOLATE - 500g	500g
MILLGR	MILLET - GROUND - ORGANIC	Kg
25MILG	MILLET - GROUND - ORGANIC - 250g	250g
50MIGR	MILLET - GROUND ORGANIC - 500g	500g
MILORG	MILLET - HULLED - ORGANIC	Kg
25MILO	MILLET - HULLED - ORGANIC - 250g	250g
50MILO	MILLET - HULLED - ORGANIC - 500g	500g
25MILF	MILLET FLAKES - 250g	250g
50MILF	MILLET FLAKES - 500g	500g
MUENAT	MUESLI - NATURAL	Kg
50MUNA	MUESLI - NATURAL - 500g	500g
75MUNA	MUESLI - NATURAL - 750g	750g
OATBRA	OATBRAN	Kg
25OATB	OATBRAN - 250g	250g
50OABR	OATBRAN - 500g	500g
OATMEA	OATMEAL	Kg
25OATM	OATMEAL - 250g	250g
50OAME	OATMEAL - 500GM	500g
50OATO	OATS - ORGANIC - QUICK - 500g	500g
50OTJO	OATS - ORGANIC JUMBO (WHOLEGRAIN) - 500g	500g
OATORG	OATS - QUICK - ORGANIC - 1KG	Kg
OATROL	OATS - QUICK COOK - ROLLED	Kg
80OATQ	OATS - QUICK COOK ROLLED - 800g	800g
50OARO	OATS - ROLLED QUICK COOK - 500g	500g
50OATJ	OATS - WHOLEGRAIN (JUMBO) - 500g	500g
OATJUM	OATS - WHOLEGRAIN (JUMBO) - ROLLED	Kg
OATJOR	OATS - WHOLEGRAIN (JUMBO) ORGANIC 1Kg	Kg
80OATJ	OATS - WHOLEGRAIN JUMBO ROLLED - 800g	800g
25SAGO	SAGO - SMALL TAPIOCA - 250g	250g
50SAGO	SAGO - SMALL TAPIOCA - 500g	500g
SAGOWH	SAGO - WHOLE	Kg

SUGBRO	SUGAR - BROWN	Kg
50SUGB	SUGAR - BROWN SOFT - 500g	500g
SUGCAS	SUGAR - CASTOR	Kg
50SUGC	SUGAR - CASTOR - 500g	500g
25SUCO	SUGAR - COCONUT - 250g	250g
50SUCO	SUGAR - COCONUT - ORGANIC - 500g	500g
SUGICE	SUGAR - ICING	Kg
50SUGI	SUGAR - ICING - 500g	500g
SUGMUS	SUGAR - MUSCAVADO - ORGANIC - 1Kg	Kg
25SUGM	SUGAR - MUSCAVADO - ORGANIC - 250g	250g
50SUGM	SUGAR - MUSCAVADO - ORGANIC - 500g	500g
SUGORG	SUGAR - ORGANIC	Kg
50SUGO	SUGAR - ORGANIC - 500g	500g
SUGRAW	SUGAR - RAW	Kg
50SUGR	SUGAR - RAW - 500g	500g
SUGWHI	SUGAR - WHITE	Kg
50SUGW	SUGAR - WHITE - 500g	500g
TAPIOC	TAPIOCA	Kg
25TAPI	TAPIOCA - 250g	250g
50TAPI	TAPIOCA LARGE - 500g	500g
TAPIOS	TAPIOCA STARCH	Kg
50TAPS	TAPIOCA STARCH - 500g	500g
VERMIC	VERMICELLI - NOODLES	Kg
25VERM	VERMICELLI NOODLES - 250g	250g
10BUCO	BUCKWHEAT - HULLED - ORGANIC - 100g	100g
25BUCO	BUCKWHEAT - HULLED - ORGANIC - 250g	250g
50BUCO	BUCKWHEAT - HULLED - ORGANIC - 500g	500g
FLBUCK	BUCKWHEAT FLAKES	Kg
25FLBU	BUCKWHEAT FLAKES - 250g	250g
50FLBU	BUCKWHEAT FLAKES - 500g	500g

FREIGHT CHARGES

	Orders over \$100 (excl. GST) Freight Free for Auckland
	Otherwise: -
North	Upper N.I - (Northland - Rotorua - Excl. Metro Auck.) - \$7.90 per carton
	Lower N.I - (Taupo South) - \$8.90 per carton
Island	Wellington - \$9.80 per carton
South	\$17.80 per carton
Island	N.B Carton weight does not exceed 20kgs