



PRICELIST FRESH PRODUCE

22.09.2024 - 28.09.2024

Prices may change without prior notice

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www.freshproduceza.co.za

Product	Quantity	Price	Description			
OTHER						
Eggs (Jumbo)	30	R 100.00	Free Range			
Fresh Farm Jersey Milk	2L	R 34.00	5L	R 81.00		
Olives (Kalamata)	250g	R 65.00	1kg	R 180.00	OUT OF STOCK	
Melkkos Mix	each	R 36.00				
Braai Pie	365g	R 40.00	Cheesy / Garlic			
Hash Brown (Gold Seal)	6 Per Pack	R 35.00				
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 45.00	Brick			
Farm Butter Original	500g	R 70.00	Tub			
YOGURT & DRINKING YOGHURT						
Plain Yoghurt	1kg	R 45.00	Full Cream, Pure, NO Preservatives			
Drinking Yoghurt	250ml	R 10.00	500ml	R 20.00	Strawberry, Peach, Cream Soda, Banana	
CREAM CHEESE						
Cream Cheese	250g	R 32.00	500g	R 55.00	1kg	R 100.00
DANISH FETA						
Danish Feta	400g	R 68.00	3.2kg	R 450.00	Black Pepper / Chilli / Garlic & Herb / Plain	
SOFT SERVE MILK LOLLY RANGE						
Soft Serve	5 Pack	R 26.00	Condensed Milk/Cherry/Strawberry/Chocolate/Bubblegum/Cream Soda/Blueberry/Caramel/Grape/Passion fruit/Banana/English Toffee/Vanilla/Lime/Litchi/Fruits of the Forest			
Soft Serve Mixed Pack	10	R 51.00	Mixed			
FROZEN YOGURT						
Frozen Yogurt	200ml	R 28.00	English Toffee, Amarula, Cheesecake, Litchi, Mango, Mixed Berry, Strawberry, Blackcurrent			
Frozen Yogurt	1Lt	R 90.00				
CHEESE						
Cheese Pack	5	R 315.00	500g of each Gouda, Cheddar, White Cheddar, Mozzarella & 100g Parmesan			
Cheddar	500g	R 75.00	1kg	R 145.00		
Cheddar Grated	1kg	R 150.00				
Matured Cheddar	Per kg	R 118.00	Per kg			
White Cheddar	500g	R 75.00	1kg	R 145.00		
White Cheddar Grated	1kg	R 150.00				
Gouda	500g	R 75.00	1kg	R 145.00		
Gouda Grated	1kg	R 150.00				
Mozzarella	500g	R 75.00	1kg	R 145.00		
Mozzarella Grated	1kg	R 150.00				
Pizza Mix	1kg	R 150.00	Grated Mixture: Cheddar, Gouda, White Cheddar, Mozzarella			
Haloumi	p/kg	R 118.00	Pack Size +/- 300g			
Parmesan Grated	100g	R 28.00	200g	R 48.00	1kg	R 210.00

FRESH & FROZEN FRUIT FOR SMOOTHY			
Frozen Kale	1kg	R 80.00	
Frozen Apricot	1kg	R 110.00	
Frozen Banana	1kg	R 84.00	
Frozen Blackberry	1kg	R 110.00	
Frozen Black Currant	1kg	R 140.00	
Frozen Blueberry	1kg	R 80.00	
Fresh Blueberry	1kg	R 65.00	Out of Season
Fresh Grapes	1.5kg	R 68.00	Out of Season
Frozen Cranberry	1kg	R 135.00	
Frozen Fig	1kg	R 85.00	
Frozen Gooseberry	1kg	R 90.00	
Frozen Guava	1kg	R 80.00	
Frozen Mango Pieces	1kg	R 108.00	
Frozen Mixed Berry	1kg	R 90.00	
Frozen Papaya	1kg	R 95.00	
Frozen Passionfruit	1kg	R 90.00	
Frozen Peach	1kg	R 105.00	
Frozen Pineapple	1kg	R 85.00	
Frozen Raspberry	1kg	R 115.00	
Frozen Strawberry	1kg	R 65.00	
Fresh Strawberries	1kg	R 70.00	
Frozen Sweet Black Cherry	1kg	R 142.00	
RED MEAT <i>(Grass Fed / Free from Hormones & Antibiotics)</i>			
Lean Mince	Per kg	R 122.00	100 % Beef (+-500g pack size) 90% Meat/10% Fat
Boerewors (Soy Free) Thick	Per kg	R 121.00	Thick (+-500g pack size)
Kalahari Boerewors (Soy Free) Thin	Per kg	R 121.00	Thin (+-500g pack size)
Meat Balls	Per kg	R 120.50	100% Beef (+- 1kg pack size)
Pure Beef Burger Patties	Per kg	R 120.50	100% Beef (+- 1kg pack size) 250g Patties
Pure Beef Strips	Per kg	R 130.00	1kg pack size
Beef Tenderised Steak	Per kg	R 135.00	1kg pack size
Rump	Per kg	R 180.00	(+500g pack size) (Matured 28-36 days)
Sirloin	Per kg	R 188.00	(+500g pack size) (Matured 28-36 days)
T-Bone	Per kg	R 180.00	500g pack size
Fillet Whole	Per kg	R 280.00	1Kg - 1.8Kg pack size
Goulash	Per kg	R 130.00	1kg pack size
Short Rib	Per kg	R 110.00	1kg pack size
Chuck	Per kg	R 120.00	1kg pack size
Brisket	Per kg	R 120.00	1kg pack size
Beef Stew	Per kg	R 120.00	1kg pack size
Oxtail	Per kg	R 180.00	Per Tail
BEEF BILTONG			
Biltong (Wet)	Per kg	R 150.00	Vacuum Packed, (WET, SELF DRY) +- 2kg Pack Size (price p/kg) Spiced or Unspiced
Biltong (Dry)	500g	R 175.00	
Droe Wors	500g	R 175.00	

FRESH MEAT COMBOS			
Budget Meat	Combo	R 650.00	1kg Mince 80/20, 1kg Boerewors (Soy Free), 2 x Chicken Star-Packs, 1kg Pork Loin Chops, 1kg Beef Stew
Carnivore Combo	.	R 1.880.00	4 x Lean Mince 500g, 4 x Boerewors 500g, 1 x Beef Strips 1kg, 1 x Beef Stew 1kg, 2 x Rump 500g, 1 x Riblets 2kg, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Chicken Stirfry 1kg, 2 x Chicken Starpacks, 1 x Crumbed Chicken Schnitzel
Canivore Variety Combo	1kg	R 820.00	2 x Lean Mince 500g, 2 x Boerewors 500g, 1 x Short Rib 1kg, 1 x Tenderised Steak 1kg, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg,
Ultimate Canivore Combo	1kg	R 2.200.00	6 x Lean Mince 500g, 4 x Boerewors 500g, 1 x Pure Beef Burger Patties 1kg, 1 x Goulash 1kg, 2 x T-Bone 500g, 1 x Riblets 2kg, 1 x Meat Balls 1kg, 1 x Beef Strips 1kg, 1 x Pork Loin Chops 1kg, 2 x Chicken Starpacks, 1 x Chicken Fillets Free Range 1kg, 1 x Crumbed Chicken Schnitzel 1kg
Budget Family Meat	Combo	R 1.150.00	2kg Mince 80/20, 2kg Boerewors (Soy Free), 2 x Chicken Star-Packs, 2kg Beef Stew, 2kg Pork Loin Chops
Family Meat Combo	1kg	R 1.600.00	1kg Rump, 2kg Lean Mince, 1kg Beef Stew, 1kg Boerewors (Soy Free), 1kg Crumbed Chicken Schnitzel, 1kg Crumbed Chicken Nuggets, 1 x 1kg Fish Fingers, 2 x Chicken Star-Packs, 1kg Chicken Fillets, 1kg Pork Loin Chops, Marinated Chicken Sosaties, 1 x 500g Sandwich Ham
COLD MEATS			
Beef Pastrami	500g	R 50.00	DISCONTINUED
Cooked Glazed Gammon	500g	R 50.00	
Chargrilled Ham	500g	R 50.00	
Smoked Chicken	500g	R 50.00	
Smoked Roasted Chicken	500g	R 50.00	
Pressed Beef Tongue	500g	R 50.00	
Gypsy Ham	500g	R 50.00	
Smoked Shaved Beef	500g	R 50.00	
Coppa	500g	R 65.00	
Pancetta	500g	R 65.00	
Black Forest Ham	500g	R 65.00	
Smoked Pepproni	500g	R 65.00	
Smoked Italian Salami	500g	R 65.00	
Beef Salami	500g	R 65.00	
Milano Salami	500g	R 65.00	
LAMB			
Lamb Loin Chops	Per kg	R 335.00	4 x 125g Pieces Pack Size
Lamb Rib Chops	Per kg	R 335.00	4 x 125g Pieces Pack Size
PORK			
Catering Bacon	1kg	R 145.00	Sliced in 500g
Bacon Bits	1kg	R 115.00	
Sandwich Ham	500g	R 59.00	
Cheese Grillers Standard	Per kg	R 135.00	
Cocktail Cheese Griller	Per kg	R 140.00	
Pork Loin Chops	Per kg	R 120.00	
Gammon Deboned	Per kg	R 110.00	
FISH (I&J or Sea Harvest)			
Fish Fingers	1kg	R 145.00	20 Pieces - S/H or I & J
Fish Portions	2kg	R 300.00	
Fish Cakes	2kg	R 245.00	40 Pieces - S/H or I & J
Fish Smackaroos	1kg	R 145.00	Per Bag - I & J

FREE RANGE CHICKEN (A-GRADE QUALITY)			
Free from Hormones & Antibiotics			
Chicken Fillets	1kg	R 110.00	
Whole Chicken Small	Per kg	R 90.00	between 1.2kg - 1.6kg
CHICKEN - NOT FREE RANGE			
Thighs	Per kg	R 75.00	
Skinless Boneless Thighs	Per kg	R 110.00	
Drumsticks	Per kg	R 77.00	
Wings	Per kg	R 83.00	
Filletted Breasts	Per kg	R 95.00	
Summer Surprice Braaipack	Per kg	R 77.00	
Chicken Star-Pack With Skin	Per kg	R 78.00	Drumstick & Thighs
CHICKEN VARIETIES - NOT FREE RANGE			
Chicken Stirfry	Per kg	R 100.00	Not Marinated
Marinated Chicken Stirfry	Per kg	R 106.00	BBQ Marinated Chicken Strip
Marinated Chicken Sosaties	Per kg	R 105.00	4 pieces - BBQ / Honey & Mustard / Lemon & Herb / Sweet & Sour / Sweet Chilli / Peri-Peri
Chicken Espetada Combo	Per kg	R 98.00	1 x of each - BBQ / Lemon & Herb / Peri - Peri
Marinated Chicken Flatties	Per kg	R 75.00	BBQ / Lemon & Herb
Spinach & Feta Pockets	Per kg	R 105.00	Chicken Fillet filled with Feta Cheese & Spinash
Macon: Deboned Thighs Wrapped in Beef Bacon	Per kg	R 105.00	Deboned Thighs wrapped in Beef Back (4 per pack)
Chicken Livers	1kg	R 49.00	1kg
CHICKEN COMBOS			
Variety Chicken Hamper	.	R 630.00	1 Boneless Thighs 500g, 1 Starpack, 1 Free Range Fillets 1kg, 1 Chicken Stirfry 1kg, 1 Marinated Sosatie BBQ, 1 Schnitzel 1kg, 1 x Cheesy Strips 1kg
Chicken Hamper	Combo	R 390.00	1 Flattie, 1 Marinated Fillet 500g, Sosaties 500g, Cocktail Sausage 500g, Spinach & Feta Pocket 500g Available in Lemon & Herb or BBQ
CRUMBED CHICKEN			
Chicken Nuggets	1kg	R 120.00	
Chicken Strips	1kg	R 120.00	
Chicken Schnitzel	1kg	R 125.00	
Chicken Patties	1kg	R 120.00	
Breaded Onion Rings	1kg	R 105.00	
Crumbed Buffalo Wings	1kg	R 125.00	
Chicken Cordon Bleu	2kg	R 270.00	
Crumbed Chicken Fillet	1kg	R 120.00	
CRUMBED CHICKEN COMBOS			
Crumbed Chicken 4kg	Combo	R 415.00	Schintzel, Patties, Strips, Nuggets
Crumbed Chicken Cheesy 4kg	Combo	R 380.00	Schnitzel, Patties, Strips, Bites
CHEESY CRUMBED CHICKEN			
Chicken Cheesy Bites	1kg	R 105.00	
Chicken Cheesy Strips	1kg	R 105.00	
Chicken Cheesy Schnitzel	1kg	R 105.00	
Chicken Cheesy Patties	1kg	R 105.00	

PIZZERIA						
Mini Pizzas	70g	R 62.00	8 mini pizzas (Cheese Topping)			
Pizza Bases 32cm	5 Pack	R 105.00				
Pizza Special	Combo	R 355.00	5 x Pizza Bases, 500g Mozzarella, 500g Cheddar (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 65.00	1kg	R 122.00	2kg	R 235.00
Chicken Lasagne	400g	R 65.00	1kg	R 122.00	2kg	R 235.00
Chicken Romana	400g	R 65.00				
Fettuccine Alfredo	400g	R 64.00				
Mac Cheese	400g	R 80.00	800g	R 130.00		
Mac Cheese Deluxe with Bacon	400g	R 90.00	800g	R 160.00	2kg	R 360.00
Tuscan Chicken Roll-Ups	400g	R 105.00	800g	R 180.00		
CHICKEN DISHES						
Authentic Thai Chicken Curry	1kg	R 170.00				
Butter Chicken	400g	R 90.00	1kg	R 180.00		
Butter Chicken with Rice	350g	R 75.00				
Chicken-a-la-king	400g	R 100.00	1kg	R 185.00		
Chicken Mayo	1kg	R 170.00				
Durban Chicken Curry	1kg	R 170.00				
Moroccan Apricot Chicken	1kg	R 170.00				
Thai Green Chicken Curry	1kg	R 170.00				
BEEF DISHES						
BBQ Pulled Beef Filling	500g	R 125.00				
Beef Curry	1kg	R 170.00				
Beef Stroganoff	400g	R 95.00	1kg	R 205.00		
Bobotie	400g	R 75.00	1kg	R 150.00		
Bolognaise Mince	1kg	R 155.00				
Cottage Pie	400g	R 75.00	800g	R 130.00	2.8kg	R 325.00
Curry Mince	1kg	R 145.00				
SIDE DISHES						
Boereboontjies (with bacon)	500g	R 90.00				
Cheesy Mash	500g	R 90.00				
Creamed Spinach & Feta	500g	R 100.00				
Papert (Perfect for braai)	800g	R 130.00				
Pumpkin Fritter Pie	800g	R 120.00				
Rice Indian	500g	R 60.00				
Sweet Potato Crumble	800g	R 115.00				
Sweet Potato Crush	500g	R 90.00				
VEGATERIAN DISHES						
Butternut & Feta Pasta Bake	400g	R 80.00	800g	R 140.00		
Mediterranean Lasagne	400g	R 95.00	800g	R 170.00		
Sundried Tomato & Basil Pesto Pasta	400g	R 90.00	800g	R 150.00		
Vegetable Lasagne	400g	R 65.00				
PIES						
Beef Pie	1.2kg	R 180.00				
Butter Chicken Pie	1.2kg	R 210.00				
Chicken Pie	1.2kg	R 190.00				
SOUPS						
Creamy Chicken Soup	1kg	R 130.00				
Creamy Corn and Bacon Soup	1kg	R 160.00				
Roasted Butternut Soup	1kg	R 110.00				

HEAT AND EAT COMBOS			
Family Heat and Eat Combo	1kg	R 950.00	Beef Lasagne; Butter Chicken; Cottage Pie; Ham & Cheese Quiche; Beef Pie; Sweet Potato Crumble; Chicken Lasagne;
Bachelor's Combo	400g	R 418.00	Beef Lasagne; Fettucini Alfredo; Cottage Pie; Butter Chicken; Mac Cheese; Mini Pizza
Mini Monthly Heat and Eat Combo	400g	R 1.400.00	Beef Lasagne, Chicken Lasagne, Ham & Cheese Quiche, Chicken Nuggets 1kg, Mac Cheese, Braai Pie x 2, Cottage Pie, Beef Stroganoff, BBQ Pulled Beef, Butter Chicken with Rice, Cheesy Chicken Strips, Tuscan Roll Ups, Beef Samosas, Fettuccine Alfredo, Mini Pizza, Durban Chicken Curry with Rice, Cheesy Mash, Indian Rice, Breakfast Rusks 500g.
My Favorite Heat and Eat Combo	1kg	R 980.00	Chicken Pie, Cottage Pie, Crumbed Cheesy Strips, Beef Lasagne, Beef Curry, Pumpkin Fritter Pie, Belgian Choc Mouse
Maxi Monthly Heat and Eat Combo	1kg	R 2.850.00	Beef Lasagne, Chicken Lasagne, Beef Pie 1.2kg, Chicken Pie 1.2kg, Riblets 2kg, Butter Chicken, Beef Curry, Cheesy Strips, Chicken Schnitzel, Ham & Cheese Quiche, Chicken a la King, Beef Stroganoff, Cottage Pie, Sweet Potato Crumble, Pumpkin Fritter Pie, Indian Rice, Braai Pie x 2, Creamed Spinach & Feta, Boereboontjies, Butterschotch Malva Pudding.
Heat and eat Combo	400g	R 300.00	Beef Lasagne; Chicken Lasagne; Vegetable Lasagne; Fettuccini Alfredo; Chicken Romana
Vegetarian Heat and Eat Combo	400g	R 390.00	Butternut & Feta Pasta Bake; Mac & Cheese; Sundried Tomato & Basil Pesto Pasta; Vegetable Lasagne; Spinach & Feta Quiche
The Best Heat and Eat Combo	1kg	R 980.00	Beef Lasagne; Butter Chicken; Sweet Potato Crumble; Ham & Cheese; Beef Pie; Moroccan Apricot Chicken; BBQ Pulled Beef Filling.
DESERTS			
Apple Caramel Crumble	700g	R 130.00	
Butterschotch Malva Pudding	570g	R 130.00	
Salted Crème Caramel	760g	R 160.00	
Traditional Malva Pudding		R 105.00	
White Chocolate & Hazelnut Malva	570g	R 130.00	
SAMOOSAS			
Samosas	10 each	R 53.00	Beef, Chicken, Cheese & Corn
Combo Pack	Combo	R 150.00	Combo - 10 of each flavor only
BAKERY			
Koeksisters (Large)	Dozen	R 58.00	LARGE
Koeksisters (Cocktail)	Dozen	R 38.00	COCKTAIL

FRESH PRODUCE: CLEANING PRODUCTS							
Bleach (Jik)	1L	R 26.00	2L	R 35.00	5L	R 66.00	
Thick Bleach	1L	R 26.00	2L	R 40.00	5L	R 81.00	
Handy Clean	1L	R 26.00	2L	R 45.00	5L	R 86.00	
Pine Cleaner (Germatol)	5L	R 96.00	(Germatol) Disinfect all services (dissolve 500ml in a bucket of water)				
Pine Gel	5L	R 135.00	Golden Product - (Quality)				
Tile Cleaner	1L	R 26.00	2L	R 45.00	5L	R 86.00	
Dishwash Lemon	1L	R 26.00	2L	R 45.00	5L	R 88.00	
Germ Kill Hand Wash	5L	R 106.00	Golden Product - (Quality)				
All Purpose Cleaner	5L	R 101.00	Golden Product - (Quality)				
Fabric Softener	5L	R 86.00	2L	R 45.00			
Laundry Liquid	2L	R 60.00	5L	R 121.00			
Oven Cleaner	1L	R 26.00	5L	R 81.00			
Toilet Cleaner	5L	R 96.00	Golden Product - (Quality)				
Window Cleaner	1L	R 26.00	5L	R 96.00			
Bubble Bath (De Luxe)	5L	R 106.00	Golden Product - (Quality) Red Cherry, Pink English Rose, Marine, Lavender				
Showergel	5L	R 106.00	Golden Product - (Quality) Marine, English Rose				
Pet Shampoo	5L	R 106.00	Golden Product - (Quality)				
Hand Sanitizer 70%	5L	R 231.00					
Combo 1 (Thick Bleach, Dishwash Lemon, Handy Clean, Jik)	4 x 1L	R 91.00	Golden Product - (Quality)				
Combo 2 (Thick Bleach, Dishwash Lemon, Handy Clean)	3 x 5L	R 241.00	Golden Product - (Quality)				

FROZEN VEGGIES			
Cut Corn	1kg	R	57.00
Carrot Julienne	1kg	R	55.00
Broccoli	1kg	R	57.00
Mixed Veggies	1kg	R	48.00
Peas	750g	R	63.00
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	58.00
Baby Marrow	1kg	R	57.00
Stir Fry Hawain	700g	R	90.00
Butternut	1kg	R	55.00
Sweet Potato	1kg	R	59.00
FRESH CUT VEGGIES			
Baby Marrow Wheels	500g	R	43.00
Butternut Grated	500g	R	22.00
Butternut Cut	500g	R	22.00
Cabbage Sliced	500g	R	22.00
Cabbage Grated	500g	R	20.00
Cabbage Mix (Cabbage, Onion, Potato)	500g	R	20.00
Carrot Baby	500g	R	24.00
Carrot Diced	500g	R	22.00
Carrot Julienne Slices	500g	R	22.00
Carrot Grated	500g	R	20.00
Carrot Wheels	500g	R	22.00
Carrot Mix	500g	R	28.00
Coleslaw Bag Mayo	500g	R	22.00
Coleslaw Bag No Mayo	500g	R	22.00
Gems Halved	500g	R	35.00
Green Beans Cut Short	500g	R	50.00
Green Beans Long Cut	500g	R	50.00
Green Bean Mix (Beans, Onion, Potato)	500g	R	40.00
Green Pepper Diced	500g	R	55.00
Green Pepper Julienne	500g	R	52.00
Hubbard Pumpkin	500g	R	25.00
Mixed Veggies	500g	R	32.00
Onion Diced	500g	R	22.00
Onion Sliced	500g	R	25.00
Baby Onions	500g	R	20.00
Potjie Mix	500g	R	32.00
Pumpkin Cut	500g	R	18.00
Soup Mix Diced	500g	R	20.00
Soup Mix Grated	500g	R	20.00
Spinach	500g	R	25.00
Spinach Mix (Spinach, Onion, Potato)	500g	R	24.00
Stirfry	500g	R	30.00
Stirfry Hawain	500g	R	33.00
Sweet Potato Cut	500g	R	22.00
FRESH SALADS			
Carrot & Pine Salad Bucket	500g	R	30.00
Coleslaw Salad Bucket	500g	R	35.00
Potato Salad Bucket	500g	R	45.00
Butternut Salad Bucket	500g	R	35.00
Fruit Salad Bucket	500g	R	55.00

FRESH CUT FROZEN VEGGIES

FRESH CUT VEGGIES

FRESH CUT

NUTS						
Product	Size	Price	Size	Price	Size	Price
Almond Natural / Roasted & Salted	200g	R 50.00	400g	R 95.00	1kg	R 220.00
Cashews Natural / R/S / Peri Peri	200g	R 50.00	400g	R 90.00	1kg	R 225.00
Mixed Nuts Natural / Roasted & Salted	200g	R 55.00	400g	R 95.00	1kg	R 245.00
Walnuts Pieces	200g	R 50.00	400g	R 88.00	1kg	R 185.00
Walnuts Halves	200g	R 55.00	400g	R 105.00	1kg	R 245.00
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
Muesli	Granola, Mixed Nuts, Cranberries, Pumpkin Seed, Sunflower Seed		500g	R 65.00	1kg	R 120.00
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 36.00	400g	R 75.00	1kg	R 145.00
Forest Mix R/S & N	200g	R 40.00	400g	R 70.00	1kg	R 160.00
Peanuts & Raisins			400g	R 35.00	1kg	R 90.00
DRIED FRUITS						
Product	Size	Price	Size	Price	Size	Price
Banana Chips	200g	R 35.00	400g	R 55.00	1kg	R 120.00
Cranberry	200g	R 45.00	400g	R 85.00	1kg	R 180.00
Dates	200g	R 25.00	400g	R 40.00	1kg	R 70.00
Fruit Salad	200g	R 38.00	400g	R 75.00	1kg	R 143.00
Fruit Snack Mix	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Ginger Cubes	200g	R 53.00	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 70.00	1kg	R 170.00
Peaches Peeled	200g	R 45.00	400g	R 85.00	1kg	R 220.00
Peaches	200g	R 40.00	400g	R 78.00	1kg	R 200.00
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 68.00
SPECIALTIES						
Product	Size	Price	Size	Price	Size	Price
Choc Peanuts	200g	R 40.00	400g	R 70.00	1kg	R 160.00
Choc Raisins	200g	R 38.00	400g	R 66.00	1kg	R 155.00
Choc Shortbread	200g	R 44.00	400g	R 78.00	1kg	R 195.00
Mini Fruit Cubes (Sugar Tots)	200g	R 29.00	400g	R 56.00	1kg	R 116.00
Pink/White Almonds	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Pink/White Peanuts	200g	R 30.00	400g	R 50.00	1kg	R 115.00
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 130.00
Pumpkin Seed	200g	R 50.00	400g	R 80.00	1kg	R 180.00
Sunflower Seed	200g	R 25.00	400g	R 40.00	1kg	R 80.00
Seed Mix	200g	R 30.00	400g	R 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 110.00
JuJubes	200g	R 28.00	400g	R 55.00	1kg	R 110.00