

EARTH nuts & confectionery list

Nuts (from gondola)	PRICE PER KILO
Apricots Hunza	9.00
Almonds.....	14.00
Almonds roasted & salted	16.00
Almonds & raisins.....	11.00
Banana chips organic.....	8.00
Brazils whole Organic.....	13.00
Brazils broken.....	9.00
Cacao Nibs raw organic.....	15.00
Cashews whole	12.00
Cashews broken	9.00
Cashews roasted & salted	16.00
Chia Seeds.....	13.00
Hazels organic	19.00
Hazels roasted.....	20.00
Hemp seed organic	5.50
Linseed organic	5.50
Mixed nuts.....	11.50
Mixed nuts & raisins.....	10.50
Mixed nuts roasted & salted	10.00
Peanuts pale organic	5.50
Peanuts & raisins.....	3.30
Pecans.....	16.00
Pistachios roasted & salted.....	16.00
Pumpkin seed organic.....	9.50
Sesame seed organic.....	6.00
Sunflower seed organic	4.80
Trail mix.....	11.00
Walnuts USA.....	15.00

Nuts (in jars)	PRICE PER KILO
Almonds Organic	14.00
Almonds Organic Ground	16.00
Almonds Organic Flaked	16.00
Almonds Organic Blanched	16.00
Almonds Ground	14.00
Cashews Organic Broken	11.00
Cashews Organic Whole	14.00
Macadamia Raw.....	26.00
Pine Nuts	35.00
Pistachios Raw Kernel	28.00
Walnuts Organic	16.00

CONFECTIONERY (JARS)	PRICE PER KILO
Chocolate coated ginger.....	12.50
Yogurt coated mixed nuts & raisins.....	10.00
Yogurt coated peanuts.....	8.50
Yogurt coated raisins.....	8.00
Chocolate coated Raisins.....	10.00

Ginger crystallised Chinese	7.00
Milk chocolate macadamias	15.00
Milk chocolate brazils	12.00
Papaya sugar-coated.....	6.00
Pineapple sugar-coated	4.50
Milk chocolate macadamias.....	15.00
Milk chocolate dusted almonds organic.....	20.00
Dark chocolate almonds organic.....	20.00
Caramelised almonds organic.....	20.00
Milk chocolate cinnamon almonds organic.....	20.00

BEANS PRICE PER KILO (10% OFF FOR 3KG+)

Aduki Beans.....	2.80
Beluga Lentils.....	4.60
Black Beans	2.50
Blackeye Beans.....	2.60
Beluga Lentils.....	4.60
Brown Lentils.....	1.60
Butter Beans.....	3.50
Cannellini Beans.....	4.90
Chick Peas.....	1.60
Green Lentils.....	1.60
Green Split Peas	1.70
Haricot Beans.....	2.60
Marrowfats	1.60
Mung Beans.....	3.00
Pinto Beans	2.20
Puy Lentils.....	1.90
Red Lentils	1.60
Red Kidney Beans	4.60
Yellow Split Peas	1.50

GRAINS PRICE PER KILO (10% OFF FOR 3KG+)

Cous-cous White OG French.....	3.00
Cous-cous Wholemeal OG French	3.00
Millet Organic USA.....	3.00
Quinoa Ecuador.....	8.00
Rice Short Grain OG Italian	2.20
Rice Long Grain OG Italian	2.20
Rice Basmati Brown OG FT Indian.....	3.40
Rice Basmati White OG FT Indian.....	3.90
Rice Red Camargue OG.....	5.60
Pearl Barley.....	2.50
White Risotto Rice.....	3.70

Soya	
Soya Chunks non GM	4.00