

**Product List-Bulk Foods**

**As prices in this industry readily fluctuate please email or phone for and up to date price.**

**Order as little or as much as you like.**

**There are no packet sizes as everything comes in bulk.**

**GRAIN**

Amaranth Puffs: A great breakfast addition. High in protein!

Aborio Rice: Risotto rice

Barley Bran organic

Barley Flakes

Pearled Barley: Excellent in soups.

Boughal: Cracked wheat for tabouli

Bran Flakes: Like sultanan bran but without the sultanas. Add your own fruit like cranberries!

Bran Straw: like all bran

Wheatbran unprocessed: Just fluffy fibre flakes.

Buckwheat Raw. Good rice substitute or use or cook for porridge or Or add to muesli.

Buckwheat Roasted: A nuttier flavour also called Kasha. Can be eaten just as is as an addition to muesli.

Chia seed: High in antioxidants, anti-inflammatory, happy bowels

Cornflakes: These contain no gluten ingredients.

Cous Cous:

Rice Flakes: Just rice bran and apple juice concentrate. A great g/f brekky.

Israeli Cous Cous. Big fat cous cous. More like a pasta.

Kialla Rolled Oats Organic

Lecithin granules. Can lower cholesterol.

Millet Hulled Organic. Replace rice or porridge.

Millet Meal Organic

Millet Puffs. Breakfast fun.

Gluten Free Muesli. Everyone loves this recipe.

Natural Muesli. Our very own wheat free/ coconut free recipe.

Oatbran

Oatmeal

Honey Toasted Oats. Crunchy breakfast.

Quick Oats: For those who want quick porridge.

Steel cut oats or coarse oatmeal: A slow cook porridge.

Rolled Oats: Stock standard oats Use as a base for muesli or cook for porridge.

Polenta: Corn porridge or bake as a veggie stack base or add to bread or pancakes for a golden crunch.

Organic Popcorn: Pop yourself and grab a dvd.

Psyllium Husks: Silly what? Like Metamucil without the flavouring. Bowel/cholesterol friendly

Quinoa Kernals: Rice substitute, porridge, warm salad, make burgers, usually white, red or black available.

Raw Wheatgerm.

Basmati Rice

Short Grain Org Brown Rice

Rolled Rice: Like a rice gr Rice

Jasmin Rice

Puffed Rice. Great gluten free cereal or muesli additive.

White Rice Short Grain Organic

Wild Rice

Sushi Rice An interesting additive to rice dishes. Takes longer to cook.

Rye Flakes: Rolled rye to make your own porridge or add to bread.

Rye Grain: A rice substitute or mill to make flour

Rye Kibbled: Chopped rye grain to add to bread.

Semolina. Make a wheat porridge.

Seven Grain Mix. Flakes of grains to add to bread, muesli or porridge.

Soy Grits; Chopped up bits of soy beans for bread or porridge additive.

Soy Hulls. The outside of a soy bean.

## BULK LINES

Spelt Grain Organic. Mill for flour, use instead of rice. More nutritious than wheat and less gluten.

Toasted Muesli:

Triticale Flakes. A cross between what and rye. Use for muesli mostly

Wheat Flakes: Like wheaties.

Wheat Grain Organic: Bread additive when kibbled. Mill for flour.

Kibbled Wheat: Add to bread.

## FLOUR

Wholemeal Spelt Flour Organic

White Spelt Flour. More nutritious/less gluten than wheat

SELF RAISING WHITE UNBLEACHED FLOUR

SELF RAISING WHOLEMEAL FLOUR ORGANIC

PREMIUM FLOUR For bread making as higher in protein than cake flour.

RICE FLOUR BROWN ORGANIC

RICE FLOUR WHITE

RYE FLOUR ORGANIC

Dark Rye Bread Mix (Carol Bates Brand)

Light Tye Bread Mix (Carol Bates Brand)

MAIZE FLOUR WHITE ORGANIC

MILLET FLOUR ORGANIC

PLAIN WHOLEMEAL FLOUR

POTATO FLOUR

BUCKWHEAT FLOUR ORGANIC

CORN FLOUR Gluten Free: Made from Corn

DEBITTERED SOY FLOUR NON ORG

DURUM WHEAT FLOUR ORGANIC Flour for Pasta Making

GLUTEN FLOUR Add to bread recipes to give extra stretch

MAIZE FLOUR ORGANIC

WHEAT GRAIN ORGANIC; also used for wheat heat packs

WHEAT KIBBLED ORGANIC Add to bread

ARROWROOT FLOUR Like tapioca. Thickener or gluten free cooking

BARLEY FLOUR ORGANIC

BESAN FLOUR - ORGANIC Also called chickpea

## NUTS

ALMOND ROASTED

ALMOND SLIVERED

ALMOND SMOKEHOUSE

AUST PEANUTS RST SALTED

AUST PEANUTS RST UNSALTED

ALMOND RAW

ALMOND BLANCHED

ALMOND FLAKED

ALMOND GARLIC

ALMOND MEAL

WALNUT RAW

WASABI MACADAMIAS

PINENUT

PISTACHIO RAW

PISTACHIO ROASTED SALTED IN SHELL

NIBBLY NUTS

PEANUT RAW WT SKIN ON

PEANUTS MUSSAMAN CURRY

PECAN RAW

HAZELNUT RAW

HAZELNUT ROASTED

## BULK LINES

MACADAMIA RAW  
MACADAMIA ROASTED SALTED  
MIXED NUTS RAW  
MIXED NUTS ROASTED NO PEANUTS  
BRAZIL RAW  
CASHEW RAW  
CASHEW ROASTED NO SALT  
CASHEW ROASTED SALTED  
HAZELNUT MEAL

### COOKING

SUGAR RAW ORGANIC  
SUGAR VANILLA  
SUGAR WHITE  
WHEY POWDER  
XANTHAN GUM  
YEAST BREWERS  
STOCK FLAVOUR BEEF  
STOCK FLAVOUR CHICKEN  
STOCK FLAVOUR VEGETABLE      Massel Brand  
SUGAR BROWN DARK  
SUGAR CASTER  
SUGAR ICING MIX  
SLIPPERY ELM POWDER  
STEVIA EXTRACT  
GUAR GUM  
MASSEL CHICKEN STOCK G/F  
MILK POWDER SKIM  
MUSHROOM SLICED AUSTRALIAN  
ONION FLAKES  
FALAFEL  
GARLIC FLAKES  
GARLIC GRANULES  
GELATINE  
GRAVY POWDER  
CAROB POWDER ORGANIC  
CITRIC ACID  
CITRUS PECTIN  
COCOA POWDER  
COCONUT MILK POWDER  
ALPINE GOAT MILK POWDER  
BAKING POWDER  
BICARBONATE SODA

### FRUIT

CHERRIES GLACE RED  
COCONUT DESICATED  
COCONUT FLAKED  
COCONUT SHREDDDED  
CURRANTS  
DATES CHINESE  
APRICOT HALVES  
APRICOT ORGANIC  
APRICOT TURKISH  
BANANA CHIPS  
APPLE RINGS

## BULK LINES

APRICOT DICED  
APRICOT GLACE  
PINEAPPLE GLACE  
PINEAPPLE RINGS  
PRUNES  
RAISINS AUSTRALIAN  
RAISINS MUSCATEL ON STALK  
RAISINS SOUTH AMERICAN OR AFRICAN DEPENDING  
ORGANIC RAISINS  
PAW PAW DICED  
PAW PAW SPEARS  
PEACHES  
PEARS  
PINEAPPLE DICED  
MIX FRUIT WT CHERRIES  
MIX PEEL  
MIX SUMMER FRUITS  
MIX TROPICAL  
GINGER IN RICE FLOUR  
MANGO SPEARS  
MIX FRUIT & NUT  
MIX FRUIT MEDLEY  
DATES IRANIAN  
DATES MEDJOOOL ORGANIC  
FIGS ORGANIC  
GINGER CHRYSTALISED  
GINGER GLACE - LARGE DICES  
GINGER GLACE - SMALL DICES  
SULTANAS LIGHT  
SULTANAS ORGANIC

### SAVOURY

SOUR CREAM AND CHIVE SOY CRISP  
RICE CRACKERS BBQ FRIED  
RICE CRACKERS JAPANESE SEAWEED  
RICE CRACKERS SALAD MIX  
RICE CRACKERS YOSHINO PEANUT MIX  
SAVOURY HOT MIX  
MILLENIUM MIX  
PEAS JAPANESE WASABI  
PEAZ  
RICE CRACKERS ALMOND  
BHUJA MIX  
HIKING MIX  
SOY CRISPS PLAIN  
SPICY BOMBAY CHIPS  
VEGIE CHIPS  
WASABI CASHEW  
SOY CHIPS TACO  
SOY CRISPS CHILLI & LIME SWEET  
SOY CRISPS CHILLI HOT  
SOY CRISPS HONEY & DIJON  
SOY CRISPS MONTEREY JACK

### SEEDS

PUMPKIN SEED

SESAME SEED  
SLAP MIX  
SUNFLOWER SEED  
LINSEED ORGANIC  
LSA  
POPPY SEED

**BEANS**

MUNG BEANS ORGANIC  
PEAS GREEN SPLIT  
PEAS GREEN WHOLE  
PEAS YELLOW SPLIT  
PINTO BEANS  
LENTIL DUPUY  
LENTIL GREEN  
LENTIL RED  
LIMA BEANS  
MIX BEANS  
MIX SOUP  
CANNELINI BEANS  
CHICK PEAS  
DAHL CHANNA  
DAHL MOONG  
DAHL TOOR  
HARRICOT BEANS  
ADZUKI BEANS  
BERLOTTI BEANS  
BLACK TURTLE BEANS  
BLACKEYE BEANS  
BROADBEAN  
RED KIDNEY BEANS  
SOYA BEANS ORGANIC  
TIC PEAS

**COFFEE** JASPER FAIR TRADE  
NICARAGUAN ORGANIC COFFEE  
OKAPA FAIRTRADE ORGANIC COFFEE  
PERU ORGANIC DECAF COFFEE  
PERU ORGANIC FEMININO COFFEE  
COLOMBIAN EXCELSIOR COFFEE  
EAST TIMOR MAUBISSE COFFEE  
ETHIOPIA YIRGACHEFFE ORG COFFEE

**CONFECTIONERY**

LICORICE DUTCH SCHOOL CHALK  
LICORICE DUTCH WITCHES  
MILK CHOCOLATE RASPBERRIES  
LICORICE BULLETS  
LICORICE DUTCH BLACK CATS  
LICORICE DUTCH DIAMOND SMALL  
LICORICE DUTCH DOUBLE SALT  
LICORICE DUTCH HERRINGS  
LICORICE DUTCH MUNTEN DROPS  
CHOCOLATE STRAWBERRIES  
CINNAMON ALMONDS

## BULK LINES

DUTCH LICORICE FARM ANIMALS  
DUTCH LICORICE SALMIAK TUBES  
DUTCH NAPOLEON BALL  
JELLY BEANS  
CHOCOLATE COOKING DARK  
CHOCOLATE COOKING MILK  
CHOCOLATE COOKING WHITE  
CHOCOLATE GINGER  
CHOCOLATE PEANUTS  
CHOCOLATE ROCKS  
CHOC COATED ALMONDS  
CHOC COATED CASHEWS  
CHOC COATED MACADAMIA  
CHOC COATED SULTANAS  
CHOC RASPBERRY BULLETS  
CHOCOLATE BLUEBERRY  
APRICOT LOGS  
BLACK JELLY BEANS  
CAROB BUTTONS NAS  
CAROB DATES  
CAROB GINGER  
CAROB PEPPERMINT WHIRLS  
APRICOT DELIGHT  
YOGHURT BABIES  
YOGHURT BUDS NAS  
YOGHURT FROGS  
SOUR MANDARINS  
SOY CAROB BUTTONS  
SWEETENED YOGHURT BUD  
TARZAN DROPS  
WHITE CHOCOLATE RASPBERRIES  
NAS CHOCOLATE CARAMELS  
PEPPERMINTS EXTRA STRONG  
ROSS'S AFTER DINNER MINTS  
YOGHURT SULTANAS  
YOGHURT SULTANAS NAS

### HERBS AND SPICES

AJWAN SEEDS  
ALFALFA SEEDS ORGANIC  
ALLPURPOSE SEASONING  
ALLSPICE GROUND  
ALLSPICE WHOLE  
ANISEED WHOLE  
ASAFOETIDA  
BASIL SWEET  
BAY LEAVES  
CORIANDER WHOLE  
CUMIN GROUND  
CUMIN SEED BLACK  
CUMIN WHOLE  
CHIVES  
CINNAMON GROUND  
CINNAMON STICK  
CLOVES GROUND  
CLOVES WHOLE

## BULK LINES

CORIANDER GROUND  
CELERY SALT  
CELERY SEED  
CHILLIES CRUSHED  
CHILLIES GROUND HOT  
CHILLIES WHOLE LARGE  
CARAWAY WHOLE  
CARDAMON GROUND  
CARDAMON PODS BROWN  
CARDAMON PODS GREEN  
CARDAMON SEEDS  
CAYENNE PEPPER  
PARSLEY FLAKES  
NUTMEG GROUND  
NUTMEG WHOLE  
ONION POWDER  
OREGANO RUBBED  
PAPRIKA HOT  
PAPRIKA SWEET  
MINT FLAKES  
MIXED HERBS  
MIXED SPICE  
MUSTARD SEED BLACK WHOLE  
MUSTARD SEED YELLOW GROUND  
MUSTARD SEED YELLOW WHOLE  
LEMON MYRTLE  
MACE FLAKES  
MACE GROUND  
MANGO POWDER  
MARJORAM RUBBED  
MC BLACK SALT 100G  
GINGER GROUND  
HIMALAYAN CRYSTAL SALT  
ITALIAN MIXED HERBS  
JUNIPER BERRIES  
KAFFIR LIME LEAVES  
LAOS POWDER  
FENUGREEK GROUND  
FENUGREEK SEED ORGANIC  
FIVE SPICE CHINESE  
GARAM MASALA  
GARLIC POWDER  
CURRY VINDALOO  
DILL SEED  
DILL TIPS  
DUKKAH SPICE  
FENNEL GROUND  
FENNEL WHOLE SEED  
CURRY MILD  
CURRY MILD BOLSTS  
CURRY MILD KORMA  
CURRY TANDOORI  
CURRY THAI  
CURRY VEGETABLE  
CURRY HOT  
CURRY HOT BOLSTS

## BULK LINES

CURRY MADRAS  
CURRY MALAYSIAN  
CURRY MEAT  
CURRY CEYLON ROASTED  
CURRY FISH  
VEGETABLE SALT  
STAR ANISE WHOLE  
SUMAC  
TARRAGON  
THYME  
TUMERIC  
SAFFRON POWDER  
SAGE  
SALT CELTIC SEA  
SALT ROCK  
SALT SEA FINE  
SESAME SEED BLACK  
PEPPERCORN BLACK WHOLE  
PEPPERCORN GREEN WHOLE  
PEPPERCORN MELANGE  
PEPPERSTEAK LEMON SEASONING  
PICKLING SPICE  
ROSEMARY  
PEPPER SZECHUAN  
PEPPER WHITE GROUND  
PEPPER WHITE WHOLE  
PEPPERCORN BLACK CRACKED  
PEPPERCORN BLACK GROUND

## TEA

CARAMEL TEA  
CHAI HARI HAR TEA  
CHAI JEFFERSONS TEA  
CHAI POWDER BONDI  
CHINA GUNPOWDER TEA  
ALMOND TEA  
ARCTIC FIRE TEA  
ASSAM TEA  
CAMMOMILE  
VANILLA CLASSIC  
PEPPERMINT TEA ORGANIC  
RASPBERRY LEAF TEA  
RED CLOVER TEA  
ROOIBOS OF AFRICA TEA  
ROSEHIP GRANULES  
DANDELION ROOT TEA ROASTED  
GINGER TEA  
JAPANESE GARDEN TEA  
JASMINE TEA  
LEMONGRASS & GINGER TEA  
CHINESE SENCHA GREEN TEA