



## Healthy Non-GMO Food and Snacks

### October 2025 Price List

| Description                              | Size | Prys vir elk |
|------------------------------------------|------|--------------|
| <b>Baking Supplies</b>                   |      |              |
| Bake - ALMOND FLAKES                     | 250g | R 75,00      |
| Bake - BAKING POWDER DOUBLE ACTION       | 1kg  | R 52,00      |
| Bake - BAKING POWDER DOUBLE ACTION       | 500g | R 28,00      |
| Bake - BICARBONATE OF SODA               | 1kg  | R 35,00      |
| Bake - BICARBONATE OF SODA               | 500g | R 20,00      |
| Bake - CASTOR SUGAR                      | 1 kg | R 50,00      |
| Bake - CASTOR SUGAR                      | 500g | R 26,00      |
| Bake - COCONUT FLAKES                    | 500g | R 70,00      |
| Bake - COCONUT FLAKES                    | 250g | R 35,00      |
| Bake - ICING SUGAR                       | 1 kg | R 50,00      |
| Bake - ICING SUGAR                       | 500g | R 26,00      |
| Bake - CUSTARD POWDER                    | 500g | R 65,00      |
| Bake - CUSTARD POWDER                    | 250g | R 35,00      |
| FLOUR - ALMOND GROUND                    | 1kg  | R 285,00     |
| FLOUR - ALMOND GROUND                    | 500g | R 145,00     |
| FLOUR - ALMOND                           | 1kg  | R 240,00     |
| FLOUR - ALMOND                           | 500g | R 126,00     |
| FLOUR - BUCK WHEAT WHOLE                 | 1kg  | R 130,00     |
| FLOUR - BUCK WHEAT WHOLE                 | 500g | R 68,00      |
| FLOUR - CHICKPEA                         | 1kg  | R 75,00      |
| FLOUR - CHICKPEA                         | 500g | R 38,00      |
| FLOUR - COCONUT - BAKING FLOUR           | 1 kg | R 78,00      |
| FLOUR - COCONUT - BAKING FLOUR           | 500g | R 41,00      |
| FLOUR - COCONUT - DESICCATED (Fine)      | 500g | R 68,00      |
| FLOUR - CORNFLOUR - Cornstarch (Maizena) | 1kg  | R 28,00      |
| FLOUR - CORNFLOUR - Cornstarch (Maizena) | 500g | R 15,00      |
| FLOUR - LINSEED                          | 1kg  | R 95,00      |
| FLOUR - LINSEED                          | 500g | R 50,00      |
| FLOUR - MILLET WHOLE                     | 1kg  | R 55,00      |
| FLOUR - MILLET WHOLE                     | 500g | R 28,00      |
| FLOUR - OATS                             | 1kg  | R 58,00      |
| FLOUR - OATS                             | 500g | R 32,00      |
| FLOUR - OATS GLUTIN FREE                 | 1kg  | R 88,00      |
| FLOUR - OATS GLUTIN FREE                 | 500g | R 47,00      |
| FLOUR - PEARLED BARLEY WHOLE             | 1kg  | R 50,00      |
| FLOUR - PEARLED BARLEY WHOLE             | 500g | R 26,00      |
| FLOUR - RYE WHOLE                        | 1kg  | R 45,00      |
| FLOUR - RYE WHOLE                        | 500g | R 25,00      |

| <u>Description</u>              | <u>Size</u> | <u>Prys vir elk</u> |          |
|---------------------------------|-------------|---------------------|----------|
| FLOUR - SORGHUM RED             | 1kg         | R                   | 45,00    |
| FLOUR - SORGHUM RED             | 500g        | R                   | 25,00    |
| FLOUR - SPELT WHOLE             | 1kg         | R                   | 80,00    |
| FLOUR - SPELT WHOLE             | 500g        | R                   | 42,00    |
| FLOUR - BROWN TEFF              | 1kg         | R                   | 70,00    |
| FLOUR - BROWN TEFF              | 500g        | R                   | 38,00    |
| FLOUR - BROWN RICE              | 1kg         | R                   | 60,00    |
| FLOUR - BROWN RICE              | 500g        | R                   | 32,00    |
| FLOUR - WHITE RICE              | 1kg         | R                   | 52,00    |
| FLOUR - WHITE RICE              | 500g        | R                   | 28,00    |
| FLOUR - WHOLE WHEAT             | 1kg         | R                   | 65,00    |
| FLOUR - WHOLE WHEAT             | 500g        | R                   | 37,00    |
| RAW CACAO POWDER                | 1kg         | R                   | 400,00   |
| RAW CACAO POWDER                | 500g        | R                   | 210,00   |
| RAW CACAO POWDER                | 250g        | R                   | 110,00   |
| RAW MACA POWDER                 | 500g        | R                   | 215,00   |
| RAW MACA POWDER                 | 250g        | R                   | 115,00   |
| RAW MACA POWDER                 | 100g        | R                   | 50,00    |
| <b>Herbs &amp; Spices</b>       |             |                     |          |
| H&S - ANISEED WHOLE             | 100g        | R                   | 20,00    |
| H&S - BASIL WHOLE/RUBBED        | 80g         | R                   | 20,00    |
| H&S - BASIL WHOLE/RUBBED        | 40g         | R                   | 10,00    |
| H&S - BAY LEAVES                | 20g         | R                   | 15,00    |
| H&S - BLEND-ROSEMARY & OLIVE    | 500g        | R                   | 60,00    |
| H&S - BLEND-ROSEMARY & OLIVE    | 250g        | R                   | 32,00    |
| H&S - BLEND-ROSEMARY & OLIVE    | 100g        | R                   | 15,00    |
| H&S - CARAWAY SEED              | 250g        | R                   | 65,00    |
| H&S - CARAWAY SEED              | 100g        | R                   | 30,00    |
| H&S - CELERY GROUND             | 200G        | R                   | 45,00    |
| H&S - CELERY SEED               | 100g        | R                   | 22,00    |
| H&S - CELTIC SALT - COURSE      | 5kg         | R                   | 3 500,00 |
| H&S - CELTIC SALT - COURSE      | 1kg         | R                   | 750,00   |
| H&S - CELTIC SALT - COURSE      | 500g        | R                   | 390,00   |
| H&S - CELTIC SALT - COURSE      | 250g        | R                   | 200,00   |
| H&S - CELTIC SALT - COURSE      | 100g        | R                   | 95,00    |
| H&S - CELTIC SALT - FINE SHAKER | 80g         | R                   | 130,00   |
| H&S - CELTIC SALT - FINE SHAKER | 40g         | R                   | 75,00    |
| H&S - CINNAMON - CASSIA WHOLE   | 250g        | R                   | 50,00    |
| H&S - CINNAMON - CASSIA WHOLE   | 100g        | R                   | 22,00    |
| H&S - CAYENNE PEPPER            | 250g        | R                   | 40,00    |
| H&S - CAYENNE PEPPER            | 100g        | R                   | 17,00    |
| H&S - CARDAMOM GROUND           | 100g        | R                   | 100,00   |
| H&S - CHILLI - CHOPPED COURSE   | 100g        | R                   | 25,00    |
| H&S - CLOVES GROUND             | 500g        | R                   | 225,00   |
| H&S - CLOVES GROUND             | 250g        | R                   | 125,00   |
| H&S - CLOVES GROUND             | 100g        | R                   | 50,00    |
| H&S - CLOVES WHOLE              | 200g        | R                   | 90,00    |
| H&S - CLOVES WHOLE              | 100g        | R                   | 46,00    |
| H&S - CORIANDER GROUND          | 100g        | R                   | 15,00    |
| H&S - CORIANDER COARSE          | 100g        | R                   | 15,00    |

| Description                      | Size | Prys vir elk |
|----------------------------------|------|--------------|
| H&S - CUMIN GROUND               | 1kg  | R 247,00     |
| H&S - CUMIN GROUND               | 500g | R 130,00     |
| H&S - CUMIN GROUND               | 250g | R 70,00      |
| H&S - CUMIN GROUND               | 100g | R 30,00      |
| H&S - CUMIN BLACK                | 100g | R 25,00      |
| H&S - FENUGREEK SEEDS            | 1kg  | R 108,00     |
| H&S - FENUGREEK SEEDS            | 500g | R 56,00      |
| H&S - FENUGREEK SEEDS            | 150g | R 25,00      |
| H&S - GARLIC GROUND              | 200g | R 30,00      |
| H&S - GARLIC GROUND              | 100g | R 16,00      |
| H&S - GINGER GROUND              | 250g | R 60,00      |
| H&S - GINGER GROUND              | 100g | R 26,00      |
| H&S - HIMALAYAN ROCKSALT - FINE  | 1 kg | R 95,00      |
| H&S - HIMALAYAN ROCKSALT - FINE  | 500g | R 50,00      |
| H&S - HIMALAYAN ROCKSALT - FINE  | 250g | R 27,00      |
| H&S - HIMALAYAN ROCKSALT -COARSE | 1 kg | R 60,00      |
| H&S - HIMALAYAN ROCKSALT -COARSE | 500g | R 32,00      |
| H&S - HIMALAYAN ROCKSALT -COARSE | 250g | R 18,00      |
| H&S - MINT                       | 80g  | R 12,00      |
| H&S - MIXED HERBS                | 100g | R 22,00      |
| H&S - MARJORAM RUBBED            | 500g | R 85,00      |
| H&S - MARJORAM RUBBED            | 250g | R 50,00      |
| H&S - MARJORAM RUBBED            | 150g | R 30,00      |
| H&S - MARJORAM RUBBED            | 50g  | R 13,00      |
| H&S - MUSTARD POWDER YELLOW      | 100g | R 22,00      |
| H&S - NUTMEG GROUND              | 500g | R 200,00     |
| H&S - NUTMEG GROUND              | 250g | R 100,00     |
| H&S - NUTMEG GROUND              | 100g | R 45,00      |
| H&S - NUTRITIONAL YEAST          | 200g | R 130,00     |
| H&S - ONION POWDER               | 200g | R 35,00      |
| H&S - ONION POWDER               | 100g | R 18,00      |
| H&S - OREGANO                    | 80g  | R 16,00      |
| H&S - OREGANO                    | 50g  | R 10,00      |
| H&S - PAPRIKA GROUND             | 500g | R 90,00      |
| H&S - PAPRIKA GROUND             | 250g | R 48,00      |
| H&S - PAPRIKA GROUND             | 100g | R 22,00      |
| H&S - PAPRIKA GROUND - SMOKED    | 250g | R 48,00      |
| H&S - PAPRIKA GROUND - SMOKED    | 100g | R 25,00      |
| H&S - PEPPER BLACK COARSE        | 500g | R 145,00     |
| H&S - PEPPER BLACK COARSE        | 100g | R 28,00      |
| H&S - PEPPER BLACK FINE COARSE   | 250g | R 100,00     |
| H&S - PEPPER BLACK FINE COARSE   | 100g | R 40,00      |
| H&S - PEPPER BLACK WHOLE         | 250g | R 100,00     |
| H&S - PEPPER BLACK WHOLE         | 100g | R 40,00      |
| H&S - PEPPER BLACK GROUND PURE   | 100g | R 42,00      |
| H&S - PEPPER WHITE GROUND PURE   | 500g | R 168,00     |
| H&S - PEPPER WHITE GROUND PURE   | 250g | R 85,00      |
| H&S - PEPPER WHITE GROUND PURE   | 100g | R 37,00      |
| H&S - PIMENTO GROUND             | 500g | R 220,00     |
| H&S - PIMENTO GROUND             | 250g | R 115,00     |
| H&S - PIMENTO GROUND             | 100g | R 50,00      |
| H&S - RED BELL PEPPER 3m x 3m    | 200g | R 65,00      |

| Description                         | Size | Prys vir elk |
|-------------------------------------|------|--------------|
| H&S - ROSEMARY                      | 80g  | R 24,00      |
| H&S - ROSEMARY                      | 40g  | R 13,00      |
| H&S - PARSLEY                       | 80g  | R 20,00      |
| H&S - PARSLEY                       | 40g  | R 11,00      |
| H&S - STOCK BEEF- MSG FREE          | 500g | R 72,00      |
| H&S - STOCK BEEF- MSG FREE          | 200g | R 30,00      |
| H&S - STOCK CHICKEN - MSG FREE      | 500g | R 72,00      |
| H&S - STOCK CHICKEN - MSG FREE      | 200g | R 30,00      |
| H&S - SUMAC                         | 250g | R 40,00      |
| H&S - SUMAC                         | 100g | R 20,00      |
| H&S - Turmaric 5%                   | 250g | R 55,00      |
| H&S - Turmaric 5%                   | 100g | R 22,00      |
| H&S - THYME RUBBED                  | 100g | R 30,00      |
| H&S - THYME RUBBED                  | 50g  | R 17,00      |
| <b>Grains, Seeds &amp; Beans</b>    |      |              |
| BEANS - ADZUKI BEANS                | 1kg  | R 75,00      |
| BEANS - ADZUKI BEANS                | 500g | R 40,00      |
| BEANS - BLACK BEANS                 | 1kg  | R 75,00      |
| BEANS - BLACK BEANS                 | 500g | R 40,00      |
| BEANS - BLACK EYE BEANS             | 1kg  | R 62,00      |
| BEANS - BLACK EYE BEANS             | 450g | R 33,00      |
| BEANS - CRANBERRY BEANS             | 1kg  | R 60,00      |
| BEANS - CRANBERRY BEANS             | 500g | R 33,00      |
| BEANS - HARICOT (SMALL WHITE) BEANS | 1kg  | R 75,00      |
| BEANS - HARICOT (SMALL WHITE) BEANS | 500g | R 40,00      |
| BEANS - KIDNEY BEANS RED            | 1kg  | R 75,00      |
| BEANS - KIDNEY BEANS RED            | 500g | R 39,00      |
| BEANS - SUGAR                       | 1kg  | R 82,00      |
| BEANS - SUGAR                       | 500g | R 44,00      |
| BEANS - MUNG BEANS                  | 1kg  | R 50,00      |
| BEANS - MUNG BEANS                  | 500g | R 26,00      |
| AMARANTH                            | 1kg  | R 105,00     |
| AMARANTH                            | 500g | R 55,00      |
| BUCK WHEAT DEHULLED                 | 1kg  | R 108,00     |
| BUCK WHEAT DEHULLED                 | 500g | R 56,00      |
| BULGAR WHEAT                        | 1kg  | R 55,00      |
| BULGAR WHEAT                        | 500g | R 29,00      |
| CHIA SEED                           | 1kg  | R 190,00     |
| CHIA SEED                           | 500g | R 100,00     |
| CHIA SEED                           | 150g | R 30,00      |
| CHICK PEAS - Medium                 | 1kg  | R 76,00      |
| CHICK PEAS - Medium                 | 500g | R 40,00      |
| COUSCOUS - WHOLE WHEAT              | 1kg  | R 92,00      |
| COUSCOUS - WHOLE WHEAT              | 500g | R 48,00      |
| GREEN PEAS - SPLIT                  | 1kg  | R 48,00      |
| GREEN PEAS - SPLIT                  | 500g | R 25,00      |
| GREEN PEAS - WHOLE                  | 1kg  | R 44,00      |
| GREEN PEAS - WHOLE                  | 500g | R 24,00      |
| HEMP HEARTS                         | 1kg  | R 365,00     |
| HEMP HEARTS                         | 500g | R 195,00     |
| HEMP HEARTS                         | 250g | R 102,00     |

| Description                               | Size  | Prys vir elk |
|-------------------------------------------|-------|--------------|
| LENTILS RED SPLIT                         | 1kg   | R 60,00      |
| LENTILS RED SPLIT                         | 500g  | R 32,00      |
| LENTILS BROWN WHOLE                       | 1kg   | R 60,00      |
| LENTILS BROWN WHOLE                       | 500g  | R 32,00      |
| LENTILS BROWN WHOLE                       | 5kg   | R 280,00     |
| LINSEED (FLAXSEED)                        | 5kg   | R 330,00     |
| LINSEED (FLAXSEED)                        | 1kg   | R 76,00      |
| LINSEED (FLAXSEED)                        | 500g  | R 40,00      |
| LINSEED GOLDEN                            | 1kg   | R 82,00      |
| LINSEED GOLDEN                            | 500g  | R 44,00      |
| LINSEED GOLDEN                            | 5kg   | R 350,00     |
| MILLET - DEHULLED                         | 1kg   | R 58,00      |
| MILLET - DEHULLED                         | 500g  | R 30,00      |
| GRANOLA WITH SEEDS                        | 1kg   | R 66,00      |
| MUESLI - MIXED FRUIT & SEEDS              | 1kg   | R 68,00      |
| MUESLI - NUTS, SEEDS & RAISINS (Original) | 1kg   | R 66,00      |
| OAT BRAN                                  | 1 kg  | R 50,00      |
| OAT BRAN                                  | 500g  | R 27,00      |
| OATS - DEHULLED (GROATS)                  | 1kg   | R 48,00      |
| OATS - DEHULLED (GROATS)                  | 500g  | R 26,00      |
| OATS - DEHULLED (GROATS)                  | 5kg   | R 210,00     |
| OATS - ROLLED                             | 1kg   | R 48,00      |
| OATS - ROLLED                             | 500g  | R 25,00      |
| OATS QUICK - SMALL FLAKES                 | 1kg   | R 50,00      |
| OATS QUICK - SMALL FLAKES                 | 500g  | R 26,00      |
| OATS (GLUTEN FREE) - ROLLED FLAKES        | 1kg   | R 82,00      |
| OATS (GLUTEN FREE) - ROLLED FLAKES        | 500g  | R 44,00      |
| OATS QUICK (GLUTEN FREE) - SMALL FLAKES   | 1kg   | R 70,00      |
| OATS QUICK (GLUTEN FREE) - SMALL FLAKES   | 500g  | R 38,00      |
| PEARL BARLEY                              | 1kg   | R 38,00      |
| PEARL BARLEY                              | 500g  | R 20,00      |
| POLENTA                                   | 1kg   | R 30,00      |
| POLENTA                                   | 500g  | R 16,00      |
| POPCORN - BUTTERFLY NON-GMO               | 1kg   | R 78,00      |
| POPCORN - BUTTERFLY NON-GMO               | 500g  | R 40,00      |
| POPCORN - BUTTERFLY                       | 1kg   | R 42,00      |
| POPCORN - BUTTERFLY                       | 500g  | R 22,00      |
| POPCORN - MUSHROOM                        | 1kg   | R 45,00      |
| POPCORN - MUSHROOM                        | 500g  | R 24,00      |
| POPPY SEED                                | 1kg   | R 215,00     |
| POPPY SEED                                | 500g  | R 115,00     |
| POPPY SEED                                | 200g  | R 50,00      |
| PRIDE GMO-FREE BRAAI PAP                  | 2.5kg | R 44,00      |
| PUMPKIN SEED                              | 1kg   | R 244,00     |
| PUMPKIN SEED                              | 500g  | R 128,00     |
| PUMPKIN SEED                              | 200g  | R 54,00      |
| QUINOA - BLACK                            | 1kg   | R 165,00     |
| QUINOA - BLACK                            | 500g  | R 86,00      |
| QUINOA - RED                              | 1kg   | R 140,00     |
| QUINOA - RED                              | 500g  | R 74,00      |
| QUINOA - WHITE                            | 1kg   | R 140,00     |
| QUINOA - WHITE                            | 500g  | R 74,00      |

| Description                      | Size | Prys vir elk |
|----------------------------------|------|--------------|
| QUINOA - WHITE, BALACK & RED MIX | 1 kg | R 152,00     |
| QUINOA - WHITE, BALACK & RED MIX | 500g | R 80,00      |
| RAW CACAO NIBS                   | 5kg  | R 3 700,00   |
| RAW CACAO NIBS                   | 1kg  | R 750,00     |
| RAW CACAO NIBS                   | 500g | R 380,00     |
| RAW CACAO NIBS                   | 150g | R 120,00     |
| SAGO                             | 1kg  | R 75,00      |
| SAGO                             | 500g | R 39,00      |
| SESAME SEED - BLACK              | 500g | R 75,00      |
| SESAME SEED - BLACK              | 200g | R 38,00      |
| SESAME SEED - DEHULLED           | 1 kg | R 153,00     |
| SESAME SEED - DEHULLED           | 500g | R 80,00      |
| SESAME SEED - DEHULLED           | 200g | R 34,00      |
| SORGHUM - RED                    | 1kg  | R 38,00      |
| SORGHUM - RED                    | 500g | R 20,00      |
| SORGHUM - RED                    | 5kg  | R 165,00     |
| SOUP MIX                         | 1kg  | R 38,00      |
| SOUP MIX                         | 500g | R 20,00      |
| SPELT GRAIN                      | 1kg  | R 68,00      |
| SPELT GRAIN                      | 500g | R 35,00      |
| SPELT GRAIN                      | 5kg  | R 300,00     |
| SUNFLOWER SEED DEHULLED          | 1kg  | R 75,00      |
| SUNFLOWER SEED DEHULLED          | 500g | R 40,00      |
| SUNFLOWER SEED DEHULLED          | 200g | R 18,00      |
| TEFF BROWN                       | 1kg  | R 60,00      |
| TEFF BROWN                       | 500g | R 32,00      |
| THAI BLACK RICE                  | 1kg  | R 118,00     |
| THAI BLACK RICE                  | 500g | R 62,00      |
| THAI JASMINE RICE                | 1kg  | R 55,00      |
| THAI JASMINE RICE                | 500g | R 29,00      |
| THAI JAPANESE (SUSHI) RICE       | 1kg  | R 75,00      |
| THAI JAPANESE (SUSHI) RICE       | 500g | R 40,00      |
| BROWN BASMATI RICE               | 1kg  | R 75,00      |
| BROWN BASMATI RICE               | 500g | R 40,00      |
| WHITE BASMATI RICE               | 1kg  | R 70,00      |
| WHITE BASMATI RICE               | 500g | R 38,00      |
| VEGGI PASTA                      | 1kg  | R 135,00     |
| VEGGI PASTA                      | 500g | R 70,00      |
| RYE WHOLE                        | 1kg  | R 26,00      |
| RYE CRUSHED                      | 1 kg | R 35,00      |
| RYE CRUSHED                      | 500g | R 20,00      |
| WHEAT WHOLE - HARD RED           | 1kg  | R 55,00      |
| WHEAT WHOLE - HARD RED           | 500g | R 30,00      |
| WHEAT CRUSHED                    | 1 kg | R 38,00      |
| WHEAT CRUSHED                    | 500g | R 20,00      |
| YELLOW PEA PROTEIN POWDER        | 1kg  | R 205,00     |
| YELLOW PEA PROTEIN POWDER        | 500g | R 108,00     |
| YELLOW PEA PROTEIN POWDER        | 250g | R 58,00      |
| SUNDRIED TOMATOES Grade A        | 1kg  | R 280,00     |
| SUNDRIED TOMATOES Grade A        | 500g | R 150,00     |
| SUNDRIED TOMATOES Grade B        | 1kg  | R 210,00     |
| SUNDRIED TOMATOES Grade B        | 500g | R 110,00     |

| <u>Description</u>                | <u>Size</u> | <u>Prys vir elk</u> |
|-----------------------------------|-------------|---------------------|
| <b>Nuts &amp; Snacks</b>          |             |                     |
| ALMONDS RAW - CSSR                | 1kg         | R 265,00            |
| ALMONDS RAW - CSSR                | 500g        | R 140,00            |
| ALMONDS RAW - CSSR                | 250g        | R 74,00             |
| ANTIOXIDANT TRAIL MIX             | 1 kg        | R 164,00            |
| ANTIOXIDANT TRAIL MIX             | 500g        | R 86,00             |
| ANTIOXIDANT TRAIL MIX             | 150g        | R 33,00             |
| APRICOTS TURKISH CHOICE GRADE     | 250g        | R 60,00             |
| BANANA CHIPS                      | 1kg         | R 135,00            |
| BANANA CHIPS                      | 450g        | R 65,00             |
| BANANA CHIPS                      | 200g        | R 30,00             |
| BRAZIL NUTS - RAW                 | 500g        | R 240,00            |
| BRAZIL NUTS - RAW                 | 200g        | R 102,00            |
| CASHEW NUTS - PIECES              | 1kg         | R 215,00            |
| CASHEW NUTS - PIECES              | 500g        | R 110,00            |
| CASHEW NUTS - PIECES              | 250g        | R 60,00             |
| CASHEW NUTS - WHOLE (SW)          | 1kg         | R 305,00            |
| CASHEW NUTS - WHOLE (SW)          | 500g        | R 160,00            |
| CASHEW NUTS - WHOLE (SW)          | 150g        | R 50,00             |
| CASHEW NUTS - ROASTED & SALTED    | 1kg         | R 320,00            |
| CASHEW NUTS - ROASTED & SALTED    | 500g        | R 165,00            |
| CASHEW NUTS - ROASTED & SALTED    | 150g        | R 50,00             |
| CORN SNACK - CHUTNEY              | 1kg         | R 105,00            |
| CORN SNACK - CHUTNEY              | 500g        | R 55,00             |
| CORN SNACK - CHUTNEY              | 200g        | R 23,00             |
| DATES PITTED                      | 1kg         | R 70,00             |
| DATES PITTED                      | 500g        | R 37,00             |
| DATES WHOLE DRIED                 | 1kg         | R 110,00            |
| DATES WHOLE DRIED                 | 500g        | R 55,00             |
| DRIED CRANBERRIES                 | 1kg         | R 210,00            |
| DRIED CRANBERRIES                 | 500g        | R 113,00            |
| DRIED CRANBERRIES                 | 250g        | R 59,00             |
| GINGER SLICES                     | 1kg         | R 260,00            |
| GINGER SLICES                     | 500g        | R 140,00            |
| GINGER SLICES                     | 200g        | R 60,00             |
| HAZEL NUTS                        | 250g        | R 110,00            |
| HAZEL NUTS BLANCHED               | 200g        | R 75,00             |
| MACADAMIA NUTS - ROASTED & SALTED | 1 kg        | R 285,00            |
| MACADAMIA NUTS - ROASTED & SALTED | 500g        | R 150,00            |
| MACADAMIA NUTS - ROASTED & SALTED | 150g        | R 50,00             |
| MACADAMIA NUTS - PERI PERI        | 500g        | R 150,00            |
| MACADAMIA NUTS - PERI PERI        | 150g        | R 50,00             |
| MACADAMIA NUTS - CHUTNEY          | 500g        | R 150,00            |
| MACADAMIA NUTS - CHUTNEY          | 150g        | R 50,00             |
| MACADAMIA NUTS - HONEY            | 500g        | R 150,00            |
| MACADAMIA NUTS - HONEY            | 150g        | R 50,00             |
| MACADAMIA NUTS - BBQ              | 500g        | R 150,00            |
| MACADAMIA NUTS - BBQ              | 150g        | R 50,00             |
| MACADAMIA NUTS -RAW               | 1 kg        | R 220,00            |
| MACADAMIA NUTS -RAW               | 500g        | R 115,00            |
| MACADAMIA NUTS -RAW               | 150g        | R 40,00             |

| <u>Description</u>                   | <u>Size</u> | <u>Prys vir elk</u> |        |
|--------------------------------------|-------------|---------------------|--------|
| MANGO STRIPS                         | 500g        | R                   | 185,00 |
| MANGO STRIPS                         | 200g        | R                   | 80,00  |
| MIXED DRIED FRUIT CHOICE             | 1kg         | R                   | 190,00 |
| MIXED DRIED FRUIT CHOICE             | 500g        | R                   | 100,00 |
| MIXED NUTS RAW                       | 1kg         | R                   | 280,00 |
| MIXED NUTS RAW                       | 500g        | R                   | 145,00 |
| MIXED NUTS RAW                       | 150g        | R                   | 45,00  |
| PEANUTS & RAISINS SALTED             | 1kg         | R                   | 117,00 |
| PEANUTS & RAISINS SALTED             | 500g        | R                   | 58,00  |
| PEANUTS BLANCHED, RAW                | 1kg         | R                   | 100,00 |
| PEANUTS BLANCHED, RAW                | 500g        | R                   | 55,00  |
| PEANUTS BLANCHED, ROASTED AND SALTED | 1kg         | R                   | 120,00 |
| PEANUTS BLANCHED, ROASTED AND SALTED | 500g        | R                   | 63,00  |
| PECAN NUT PIECES                     | 1kg         | R                   | 260,00 |
| PECAN NUT PIECES                     | 500g        | R                   | 138,00 |
| PECAN NUT PIECES                     | 200g        | R                   | 60,00  |
| PISTACHIO NUTS in Shell              | 250g        | R                   | 127,00 |
| RAISINS MEDIUM SEEDLESS (Choice)     | 1kg         | R                   | 110,00 |
| RAISINS MEDIUM SEEDLESS (Choice)     | 500g        | R                   | 58,00  |
| SUNDRIED PEACHES                     | 1kg         | R                   | 190,00 |
| SUNDRIED PEACHES                     | 500g        | R                   | 100,00 |
| SUNDRIED PEACHES                     | 250g        | R                   | 55,00  |
| SUNDRIED NECTARINES                  | 1kg         | R                   | 205,00 |
| SUNDRIED NECTARINES                  | 500g        | R                   | 108,00 |
| SUPER TRAIL MIX with CRANBERRIES     | 500g        | R                   | 95,00  |
| SUPER TRAIL MIX with CRANBERRIES     | 250g        | R                   | 50,00  |
| SUPER TRAIL MIX with RAISINS         | 500g        | R                   | 80,00  |
| SUPER TRAIL MIX with RAISINS         | 250g        | R                   | 45,00  |
| SULTANAS                             | 1kg         | R                   | 115,00 |
| SULTANAS                             | 500g        | R                   | 60,00  |
| TRAIL MIX                            | 1kg         | R                   | 155,00 |
| TRAIL MIX                            | 500g        | R                   | 82,00  |
| TRAIL MIX                            | 250g        | R                   | 43,00  |
| WALNUT PIECES                        | 500g        | R                   | 120,00 |
| WALNUT PIECES                        | 250g        | R                   | 60,00  |
| <b>Herbal Remedies</b>               |             |                     |        |
| ANTI-INFLAMATORY                     | 120 Cap     | R                   | 120,00 |
| ANTI-VIRAL & BACTERIAL               | 120 Cap     | R                   | 120,00 |
| CAYENNE PEPPER                       | 120 Cap     | R                   | 120,00 |
| MORINGA SEED & LEAF                  | 120 Cap     | R                   | 120,00 |
| IMMUNE BOOSTER                       | 120 Cap     | R                   | 120,00 |



| <u>Description</u>                                 | <u>Size</u> | <u>Prys vir elk</u> |
|----------------------------------------------------|-------------|---------------------|
| <b>Sweets</b>                                      |             |                     |
| CARAMEL POPCORN                                    | 1kg         | R 105,00            |
| CARAMEL POPCORN                                    | 250g        | R 30,00             |
| CARAMEL POPCORN                                    | 100g        | R 15,00             |
| PEANUTS CARAMEL COATED                             | 1kg         | R 125,00            |
| PEANUTS CARAMEL COATED                             | 500g        | R 70,00             |
| PEANUTS CARAMEL COATED                             | 150g        | R 25,00             |
| SPECKLED EGGS                                      | 1kg         | R 195,00            |
| SPECKLED EGGS                                      | 250g        | R 52,00             |
| JELLY BEANS                                        | 1kg         | R 145,00            |
| JELLY BEANS                                        | 250g        | R 38,00             |
| <b>Raw Honey</b>                                   |             |                     |
| RAW HONEY (Mixed Floral)                           | 1kg         | R 150,00            |
| RAW HONEY (Mixed Floral)                           | 500g        | R 80,00             |
| RAW HONEY (BLOEKOM)                                | 1kg         | R 150,00            |
| RAW HONEY (BLOEKOM)                                | 500g        | R 80,00             |
| <b>Peanut Butter - (Only Peanuts nothing else)</b> |             |                     |
| PEANUT BUTTER - SMOOTH                             | 1kg         | R 110,00            |
| PEANUT BUTTER - SMOOTH                             | 500g        | R 65,00             |
| PEANUT BUTTER - CRUNCHY                            | 1kg         | R 110,00            |
| PEANUT BUTTER - CRUNCHY                            | 500g        | R 65,00             |
| <b>Tea</b>                                         |             |                     |
| HONEYBUSH TEA FERMENT - LOOSE                      | 200g        | R 60,00             |
| HONEYBUSH TEA FERMENT - TEA BAGS                   | 40 bags     | R 60,00             |
| HONEYBUSH TEA GREEN - TEA BAGS                     | 40 bags     | R 60,00             |

To enquire about any unlisted items, WhatsApp us at 079 248 6831. Please note that prices and availability may be subject to change. All Herbs & Spices are not irradiated and the Grain, Seeds & Beans are Non-GMO.

**Order Online - Website:** [www.newhi.co.za](http://www.newhi.co.za)

**WhatsApp:** 079 248 6831

**e-mail:** [business@newhi.co.za](mailto:business@newhi.co.za)

**New Heights Bank Details**

FNB Cheque Account/Rek Nommer: 62 874 217 526

Branch Code/Takkode: 250655

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