



Living The Good Life

02/02/2012

PO Box 316

Eaglehawk VIC 3556

Phone: 0433 203 727

Vegetables

A big box of fruit & vegetables - Great as an introduction to our produce	\$50.00 each
A box of mixed vegetables \$20 - Approx. \$24 value	\$20.00 each
A box of mixed vegetables \$30 - Approx. \$36 value	\$30.00 each
Beans Special	\$9.95 kg
Beetroot - By Item	\$4.95 kg
Beetroot - By Weight	\$4.95 kg
Beetroot, Baby Bunched - Tender beetroot with stems and leaves	\$3.95 bunch
Bok Choi	\$2.95 bunch
Broccoli - By weight	\$11.95 kg
Broccoli - By Item	\$11.95 kg
Cabbage, Green	\$5.50 each
Cabbage, Green halves	\$2.95 half
Cabbage, Red	\$5.50 each
Cabbage, Red halves	\$2.95 half
Capsicum, Green	\$11.95 kg
Capsicum, Red	\$17.95 kg
Carrots, 1sts	\$4.95 kg
Carrots, 2nds - 10 & 20kg bags available for juicing POA	\$2.95 kg
Carrots, 2nds, 2kg bags	\$4.00 bag
Carrots, baby 1kg bags SPECIAL	\$3.95 bag
Carrots, coloured bunched	\$4.95 bunch
Cauliflower	\$7.95 each
Cauliflower, halves	\$4.50 half
Celery	\$7.95 each
Celery, halves	\$4.50 half
Corn	\$2.50 each
Cucumber, lebanese	\$11.95 kg
Eggplant	\$11.95 kg
Fennel bulbs	\$2.95 each
Garlic, Purple Clumps - Approx. \$4 value	\$4.00 each
Garlic, Purple Clumps - Approx. \$5 value	\$5.00 each
Ginger - Approx. \$4 value	\$4.00 each
Ginger - Approx. \$5 value	\$5.00 each
Herbs- Basil	\$3.95 bunch
Herbs- Coriander	\$3.95 bunch
Herbs- Parsley, Curly	\$2.95 bunch

Herbs- Parsley, Flat/Italian	\$2.95 bunch
Leeks, 3 for \$6	\$2.50 each
Lettuce, Cos	\$3.95 each
Lettuce, Iceburg	\$3.95 each
Lettuce, mixed 100g - New pre-packed bio-degradable starch bags. Keeps produce fresher, only 30 cents more than petro-plastic.	\$3.25 bag
Mushrooms	\$19.95 kg
Onions, Brown Australian	\$7.95 kg
Onions, Brown PRODUCT OF USA - By weight	\$3.95 kg
Onions, Brown PRODUCT OF USA - By item	\$3.95 kg
Onions, Red	\$7.95 kg
Pak Choi	\$2.95 bunch
Potatoes, Desiree - Pink skin, yellow flesh An excellent all-rounder, perfect for boiling, mashing and baking	\$3.95 kg
Potatoes, Desiree 2kg bags	\$6.00 bag
Potatoes, Dutch Cream - Golden yellow skin, buttery golden yellow flesh Delicious mashed, baked, or steamed in their jackets	\$4.95 kg
Potatoes, Dutch Cream 2kg bag SPECIAL - Golden yellow skin, buttery golden yellow flesh Delicious mashed, baked, or steamed in their jackets	\$7.00 bag
Potatoes, Kipflers - Light yellow skin, with yellow flesh Excellent for roasting and boiling, great for mashing	\$5.95 kg
Potatoes, Nicola - Beige-yellow skin, yellow flesh All-rounder, great for boiling mashing and baking	\$3.95 kg
Potatoes, Nicola 2kg bags - Beige-yellow skin, yellow flesh All-rounder, great for boiling mashing and baking	\$6.00 bag
Pumpkin, Butternuts	\$3.95 kg
Pumpkin, Jap SPECIAL Half Price - New Season	\$1.95 kg
Rocket 100g - New pre-packed bio-degradable starch bags. Keeps produce fresher, only 30 cents more than petro-plastic.	\$3.25 bag
Silverbeet	\$3.95 bunch
Snow Peas 100g	\$2.95 bag
Snow Peas 200g	\$5.00 bag
Spinach, bunched	\$3.95 bunch
Spinach, Loose 100g - New pre-packed bio-degradable starch bags. Keeps produce fresher, only 30 cents more than petro-plastic.	\$3.25 bag

Spring Onions	\$3.95 bunch
Sprouts, Alfalfa - 125g	\$3.95 punnet
Sprouts, Mung Beans - 200g	\$3.95 punnet
Sprouts, Salad	\$3.95 punnet
Sweet Potatoes - By weight	\$7.95 kg
Sweet Potatoes - By Item	\$7.95 kg
Tomatoes - By Item	\$9.95 kg
Tomatoes - By Weight	\$9.95 kg
Tomatoes, 1kg bags SPECIAL	\$6.00 bag
Tomatoes, Cherry - 250g Punnets	\$5.95 punnet
Tumeric, fresh 100g	\$3.00 each
Wheatgrass - Large trays for juicing	\$14.95 tray
Zucchini - By Item	\$7.95 kg
Zucchini - By Weight	\$7.95 kg
Zucchini, 2nds Special	\$4.00 kg

Fruit

A box of mixed fruit \$20	\$20.00 each
Apples, Gala 1sts - By Item	\$9.95 kg
Apples, Gala 1sts - By Weight	\$9.95 kg
Avocados, SPECIAL 3 for \$5	\$2.00 each
Bananas - By Weight	\$3.95 kg
Bananas - By Item	\$3.95 kg
Bananas, Lady Finger	\$7.95 kg
Berries, Blackberries	\$7.95 punnet
Berries, Blueberries	\$7.95 punnet
Berries, Raspberries	\$8.95 punnet
Cherries, fresh	\$24.95 kg
Grapefruit	\$4.95 kg
Grapefruit	\$4.95 kg
Grapes, green seedless	\$6.95 kg
Grapes, Red Seedless	\$6.95 kg
Kiwifruit 7 for \$4.00 - Italian	\$0.60 each
Lemons	\$7.95 kg
Mangoes, large sized	\$3.95 each
Nashi - By item	\$9.95 kg
Nectarines	\$9.95 kg
Orange Juice, 2lt Fresh Organic	\$5.95 bottle
Oranges, Valencias 3kg nets SPECIAL	\$7.95 net
Oranges, Valencias SPECIAL - By Weight	\$2.95 kg
Oranges, Valencias SPECIAL - By Item	\$2.95 kg
Peaches	\$9.95 kg
Pears, Clapps Early	\$9.95 kg

Plums	\$4.95 kg
Rockmelon	\$6.95 each
Rockmelon, halves	\$3.95 half
Strawberries 250g punnets	\$6.95 punnet
Watermelon, Seeded quarters - priced per kg. Select 2 quarters for half, 4 for whole.	\$3.95 kg

Other Products

Bread - Aegean - Sprout Bakery - Vienna Style. Organic unbleached white flour, salt, organic sourdough culture, small bit of baker's yeast for a nice fluffy organic loaf.	\$5.95 loaf
Bread - Light rye- Sprout Bakery - Vienna style, rye/wheat blend	\$5.95 loaf
Bread - Multigrain - Sprout Bakery - Vienna style	\$5.95 loaf
Bread - Spelt - Sprout Bakery	\$5.95 loaf
Bread - White block - Sprout Bakery	\$5.95 loaf
Bread - White Casalinga - Sprout Bakery - Vienna Style. Organic unbleached white flour, organic stoneground unbleached white flour, salt, organic wholemeal sourdough culture	\$5.95 loaf
Bread - Wholemeal block - Sprout Bakery - Tinned Style. Organic stoneground wholemeal flour, salt, organic wholemeal sourdough culture, organic sprouted wheat	\$5.95 loaf
Canned Products - Baked Beans 400g	\$3.00 can
Canned Products - Bean Salad 400g	\$3.00 can
Canned Products - Borlotti Beans 400g	\$3.00 can
Canned Products - Cannellini Beans 400g	\$3.00 can
Canned Products - Chick Peas 400g	\$3.00 can
Canned Products - Coconut Cream 400ml	\$3.00 each
Canned Products - Coconut Milk 400ml	\$3.00 each
Canned Products - Corn Kernels 410g	\$3.00 can
Canned Products - Green Peas 410g	\$3.00 can
Canned Products - Lentils 400g	\$3.00 can
Canned Products - Lima Beans 400g	\$3.00 can
Canned Products - Peach Slices 410g	\$3.00 can
Canned Products - Red Kidney Beans 400g	\$3.00 can
Canned Products - Tomato & Basil Soup 400g - REALLY YUMMY!	\$1.50 can
Bulk Deal: 12 for \$12	
Canned Products - Tomatoes, Diced 400g - slab price available	\$3.00 each
Canned Products - Tomatoes, Whole 400g	\$3.00 each
Chocolate, Gift Boxed- Almonds 150g	\$12.00 packet
Chocolate, Gift Boxed- Almonds Dark 150g	\$12.00
Chocolate, Gift Boxed- Coffee Beans 150g	\$12.00 packet
Chocolate, Gift Boxed- Coffee Beans Dark 150g	\$12.00

Chocolate, Gift Boxed- Ginger 150g	\$12.00 packet
Chocolate, Gift Boxed- Licorice 150g	\$12.00 packet
Chocolate, Gift Boxed- Licorice Dark 150g	\$12.00
Chocolate, Gift Boxed- Macadamia Nuts 150g	\$12.00 packet
Chocolate, Gift Boxed- Macadamia Nuts Dark 150g	\$12.00
Chocolate, Gift Boxed- Sultanas 150g	\$12.00 packet
Chocolate, Gift Boxed- Sultanas Dark 150g	\$12.00
Cocoa Powder (Organic Times) 200g	\$8.50 pack
Coconut, grated 250g	\$5.95 packet
Dairy- Butter, Salted 250g - New Zealand	\$4.95 pack
ECOVER- Cream Cleanser 500ml	\$4.95 each
Eggs - 700g dozen Local free range SPECIAL 2 for \$9 - Not Organic	\$4.95 pack
Eggs- 700g dozen Organic	\$8.95 pack
Honey- 1kg	\$15.95 jar
Honey- 500g	\$7.95 jar
Honey- Raw 1kg	\$17.40 jar
Honey- Raw 500g	\$8.95 jar
Jams & Spreads - 100% Almond spread 250g	\$11.95 jar
Jams & Spreads - Brazil Nut & Linseed Spread 250g	\$9.00 jar
Jams & Spreads - Hazelnut Spread 250g	\$11.95 jar
Jams & Spreads - Macadamia Spread 250g	\$13.40 jar
Juice- Apple & Pear Juice 2lt - Yarra Organics	\$7.95 bottle
Juice- Apple Juice 2lt - Yarra Organics	\$7.95 bottle
Juice- Sparkling Lambrusco Wine - Non-Alcoholic, Robinvale Wines	\$7.95 bottle
Juice- Sparkling Mango & Grape Wine - Non-Alcoholic, Robinvale Wines	\$7.95 bottle
Juice- Sparkling Muscat Wine - Non-Alcoholic, Robinvale Wines	\$7.95 bottle
Juice- Sparkling Passionfruit Wine - Non-Alcoholic, Robinvale Wines	\$7.95 bottle
Juice- Sparkling Strawberry Wine - Non-Alcoholic, Robinvale Wines	\$7.95 bottle
Nutrition - Olive Leaf Extract 100ml - peppermint	\$17.95 bottle
Nutrition - Olive Leaf Extract 200ml - Great for keeping away winter colds	\$27.95 bottle
Nutrition - Olive Leaf Extract 500ml - peppermint	\$42.45 bottle
Nuts - Organic Brazil Nuts 110g	\$4.95 pack
Nuts - Organic Pine Nuts 50g	\$4.95 pack
Nuts- Almonds Biodynamic 125g	\$4.95 pack
Nuts- Apricot kernals 80g - These are not organic	\$4.95 each
Nuts- Organic Cashews, Raw 120g	\$4.95 pack
Nuts- Organic Cashews, Roasted 110g	\$4.95 pack
Nuts- Organic Hazel Nuts 140g	\$4.95 pack
Nuts- Organic Macadamia Nuts, Raw 80g	\$4.95 each
Nuts- Organic Walnuts 90g	\$4.95 pack
Nuts- Peanuts, roasted 250g	\$4.95 pack
Oil- Olive 500ml - Extra Virgin Locally grown	\$16.95 bottle
Pasta - Organic Lasagne 250g	\$5.60 packet
Pasta - Organic Rigatoni 500g	\$2.95 packet

Pasta Sauce- Tomato Puree 680ml - Bulk deal: 12 for \$36	\$3.95 bottle
Pasta- organic penne 500g	\$4.95 packet
Pasta- organic spaghetti 500g	\$4.95 packet
Pasta- organic spiralli 500g	\$4.95 packet
Personal Care, Biologika Deoderant Mist - Dream Life 125 ml	\$10.95 bottle
Personal Care, Biologika Deoderant Mist - Out of Africa 125 ml	\$10.95 bottle
Personal Care, Biologika Deoderant Mist - Passion Rose 125 ml	\$10.95 bottle
Personal Care, Biologika Roll on Deoderant - Evening Bliss 70 ml	\$10.95 bottle
Personal Care, Biologika Roll on Deoderant - Lavender 70 ml	\$10.95 bottle
Personal Care, Biologika Roll on Deoderant - Live it up 70 ml	\$10.95 bottle
Personal Care, Biologika Roll on Deoderant - Mystic Wish 70 ml	\$9.95 bottle
Personal Care, Biologika Roll on Deoderant - Vanilla Kiss 70 ml	\$10.95 bottle
Personal Care, Miessense Ancient Spice Deoderant 60 ml	\$10.95 bottle
Personal Care, Miessense Aroma Free Deoderant 60 ml	\$10.95 bottle
Personal Care, Miessense Tahitian Breeze Deoderant 60 ml	\$10.95 bottle
Personal Care, Sukin Aloe Vera Gel 125 ml - Organic Australia Skincare	\$9.95 bottle
Personal Care, Sukin Botanical Body Wash 250 ml	\$7.95 bottle
Personal Care, Sukin Cleansing Hand Wash 1 ltr	\$19.95 bottle
Personal Care, Sukin Cream Cleanser 125 ml	\$9.95 bottle
Personal Care, Sukin Facial Scrub 125 ml	\$9.95 bottle
Personal Care, Sukin Hydrating Body Lotion 500 ml	\$19.95 bottle
Personal Care, Sukin Purifying Facial Mask 100ml	\$15.95
Personal Care, Sukin Shampoo 1 lt	\$19.95 bottle
Personal Care, Sukin Shampoo 250ml	\$7.95 bottle
Polenta -Instant/organic -500g	\$4.95 pack
Popcorn- Cobs 125g - Lightly Salted, Slightly Sweet.	\$4.00 packet
Popcorn- Cobs Sea Salt 80g	\$4.00 each
Rice, BD Australian white 1kg	\$8.95 pack
Rolled Oats- 1 kg - Biodynamic	\$6.95 pack
Salt, Himalayan Chunks 500g	\$12.95
Salt, Himalayan Fine 500g	\$11.95
Sauces & Chutneys - Organic Shoyu Soy Sauce 250ml	\$5.95 bottle
Sauces & Chutneys - Organic Shoyu Soy Sauce 500ml	\$9.95 bottle
Sauces & Chutneys - Organic Tamari Wheat-Free Soy Sauce 250ml	\$6.95 bottle
Sauces & Chutneys - Organic Tamari Wheat-Free Soy Sauce 500ml	\$11.40 bottle
Sweetener - Apple Juice 360ml Concentrate 8:1	\$11.95 jar
Sweetener - Pear Juice 360ml Concentrate 8.5:1	\$9.95 jar
Tahini - Unhulled 375g	\$9.50 jar
Tahini- Hulled 375g	\$8.95 jar
Tea, Bedtime x 25 bags - Planet Organic	\$4.95 pack
Tea, Calming x 25 bags - Planet Organic	\$4.95 pack
Tea, Chai spice x 25 bags - Planet Organic	\$4.95 pack
Tea, Chamomile x 25 bags - Planet Organic	\$4.95 pack
Tea, Darjeeling x 25 bags - Planet Organic	\$4.95 pack

Tea, Detox x 25 bags - Planet Organic	\$4.95 pack
Tea, Earl Grey Green Tea x 25 bags - Planet Organic	\$4.95 pack
Tea, Earl Grey x 25 bags - Planet Organic	\$4.95 pack
Tea, Echinacea with Green Tea x 25 bags - Planet Organic	\$4.95 pack
Tea, English Breakfast x 25 bags - Planet Organic	\$4.95 pack
Tea, Female balance x 25 bags - Planet Organic	\$4.95 pack
Tea, Ginkgo Plus with Green Tea x 25 bags - Planet Organic	\$4.95 pack
Tea, Ginseng Plus x 25 bags - Planet Organic	\$4.95 pack
Tea, Green Chai x 25 bags - Planet Organic	\$4.95 pack
Tea, Jasmine Green x 25 bags - Planet Organic	\$4.95 pack
Tea, Lemongrass x 25 bags - Planet Organic	\$4.95 pack
Tea, Licorice x 25 bags - Planet Organic	\$4.95 pack
Tea, Oolong x 25 bags - Planet Organic	\$4.95 pack
Tea, Rooibos x 25 bags - Planet Organic	\$4.95 pack
Tea, Rosehip Hibiscus x 25 bags - Planet Organic	\$4.95 pack
Tea, Spearmint x 25 bags - Planet Organic	\$4.95 pack
Tea, St. John's Wort x 25 bags - Planet Organic	\$4.95 pack
Tea, Wintertime with Olive Leaf & Echinacea x 25 bags - Planet Organic	\$4.95 pack
Vinegar- Organic Balsamic 250ml	\$9.95 bottle
Water, 10 litre spring water	\$9.95 each