

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Feijoa
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarins
Mango
Nectarines
Oranges
Passionfruit
Peaches
Pears
Pineapple
Plums
Prunes
Raisins
Rockmelon
Sultanas
Tamarillo
Watermelon

BERRIES Fresh/Frozen

Blackberry
Blueberry
Goji
Raspberry
Strawberry

ALCOHOL

Beer (All)
Bourbon
Brandy
Gin
Port
Rum
Tequila
Vodka
Whiskey
Wine Red
Wine White /Champagne

List subject to change

DRINKS

Bundaberg Ginger beer
Cadbury drinking chocolate
Caro
Cocoa (Cadbury)
Coffee (all)
Cola (all)
Cranberry Juice (All)
Dandelion tea
Fanta orange
Gingerale (All)
Milo
Just Juice Orange & Mango
Ovaltine
Ribena
Sprite Lemonade
Tea (All Black)
Soda Water
Tonic water

SEAFOOD

Calamari
Fish (white)
Mussels
Paua
Salmon (All)
Shellfish
Sardines in oil
Tuna (All)

HERBAL TEAS

Chamomile Tea
Green Tea
Olive Leaf Tea
Peppermint Tea
Rooibos Tea

CONDIMENTS

Allspice Masterfoods
Bi-carb Soda
Cayenne Pepper
Celic Salt
Chilli
Cinnamon
Cream of Tartar
Cumin
Curry Powder (All)
Dill
Fennel Seeds
Garam masala
Garlic

CONDIMENTS Cont

Gelatine
Ginger
Guar gum
Himalayan Rock Salt
Leggo Tomato Paste
Mixed Spice Masterfoods
Mustard
Nutmeg
Pepper Black & White
Sale Rock Salt
Salt (refined table)
Sea Salt Maldon
Tarragon
Thyme
Turmeric
Vanilla (Pure)
Vinegar All other types
Vinegar Apple cider (All)
Xanthum gum

SAUCES

Best Foods Mayonnaise
Edmonds Whole egg
Mayonnaise
F Whitlock & Sons Bbq Sauce
Smokey
Gregs BBQ sauce
Gregs Mint sauce
Lee Kum Kee Oyster
Royalty Horseradish
Soy sauce (ALL)
Sweet Chilli Gregs
Sweet Chilli Trident
Tomato HEINZ Ketchup
Tomato Paste Leggos
Tomato paste Zito Organic
Tomato Sauce Watties
Watties BBQ sauce
Worcester Homebrand
Worcester Lea & Perrins

MEATS

Bacon
Beef
Canterbury Biltong Bier Sticks
Chicken
Duck
Ham
Lamb
Pork
Turkey
Venison

OILS/FATS

Avocado Oil
Canola oil
Coconut Oil
Ghee
Grape seed oil
Lard
Olive oil
Pams sunflower oil
Rice bran oil
Sesame oil

DAIRY

Butter
Cows cheese (All)
Cows yoghurt (All)
Cream (All types)
Eggs
Organic Eggs
Milk Carnation
Milk Condensed
Milk Extra Trim
Milk Full bodied
Tip Top ice cream (vanilla)
Sheep cheese

DAIRY Alternatives

Alfa One Rice bran spread
Alpro soya custard
Doctors choice Bio Yoghurt
Flora Margarine
Goats cheese (All)
Goats milk (ALL)
Milk Almond Macro Organic
Milk Almond Pure Harvest
Milk Macro Organic Rice
Milk Rice Dream rice
Milk Vitasoy rice
Olivani dairy free spread

SOY Products

Tofu (plain)
Tempeh (plain)

SEEDS

Chia
Linseed/oil/meal
Poppy
Pumpkin /Papitas
Sesame
Sunflower

GREEN VEGETABLES

Asparagus
Beans
Bok Choy
Brussel Sprouts
Cabbage
Celery
Lettuce
Mung Beans
Nori
Parsley
Parsnip
Rocket
Shallots
Snow Peas
Silverbeet
Wakame (Seaweed)
Watercress

OTHER VEGETABLES

Avocado
Beetroot
Broccoli
Button squash
Capsicum
Carrot
Cauliflower
Corn
Courgette
Cucumber
Eggplant
Kumara
Leeks
Maori Potato
Mushroom
Olives
Onion
Parsnip
Peas
Snap Peas
Potato
Pumpkin
Taro
Tomato
Watties Baked Beans
Yams (all)

SPROUTS

Alfalfa
Mung beans
Snow peas

NUTS

Almonds/meal
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

HERBS & SPICES

Countdown Chilled Pesto Basil &
Pinenuts
Cummin
Greggs Basil
Greggs Chives
Greggs Coriander
Greggs Mixed Herbs
Greggs Oregano
Greggs Rosemary
Greggs Sage
Masterfoods Italian Herbs
Mixed Herbs

BREADS & CRACKERS

Bread White
Bread Wholemeal
Corn thins Plain
Crumpets Golden
Cruskits Arnotts Corn
Olina's Gluten Free Crackers
Pepita Seed
Olina's Gluten Free Crackers
Cranberry Pumpkin
Olina's Gluten Free Crackers
Olina's Gluten Free Crackers
Sunflower Seed
Health Discovery Crackers Hemp
Old el Paso Plain Tortillas
Old el Paso Taco Shells
Rice crackers Sakata Plain
Rice Wafers Plain
World Oven Tortilla
Venerdi paleo bread
Mollenberg Toast
Vogel Spelt & Flaxseed

SPREADS

Bakers Apricot Jam
Bakers Raspberry Jam
Cottees Blackberry Jam
Cottees Marmalade
Craigs Raspberry jam
Marmite
Mother Earth strawberry
St Dalfours Marmalade
Vegemite

STOCK/GRAVY

Beef stock Aus Own org
Beef Stock (Massel)
Beef Stock Campbell's
Bonox
Chicken Stock Massel
ChickenStockCampbell
Vege stock Aus Own org
Vege Stock Massel
Gravox (All)
Gravy mix Massel
Gravy Mix Orgran
Miso (All)

DRIED VEGETABLES

Chick Peas
Dried Beans (All)
Lentils
Split Peas

FLOURS & GRAINS

Besan Chic flour
Cornflour
Cornflour [wheat free]
ORGRAN Buckwheat Flour
Potato flour
Quinoa flour
Rice Brown (ALL)
Rice White (ALL)
Rye flour
Spelt flour
Tapioca flour
White flour P&SR
Wholemeal flour

PASTA SAUCES

Dolmio Chicken Carbonara
Dolmio Clas. Tom Pasta Sauce
Hokkien Noodles
Old El Paso Taco Sauce
Pasta (Durham Wheat)
Rice noodles (All)
Watties original pasta sauce
Watties Spaghetti
Watties Tomato Puree
Watties Tomato Sauce

CEREALS

Crunchy Nut
Ceres organic Polenta
Kellogs cornflakes
Kellogs Just right
Kellogs Nutrigrain
Kellogs Rice bubbles
Kellogs Special K
Kellogs Sultana bran
Oat Bran
Pams light & fruity
Uncle Toby Rolled Oats
Weetbix

SUGARS/ Sweeteners

Agave
Golden Syrup
Honey
Manuka Honey
Maple Syrup
Palm Sugar
Rice Syrup
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol

SPREAD/PASTE

St Dalfours GF jam
Vegemite/ Ozemite
ABC spread Melrose
Coco Hazlenut Pure Harvest
Dijon Mustard (All)
Hommus
Tahini Unhulled (All)
Vege spread Freedom

CHOCOLATE / SWEETS

Cadbury
Carob
Lindt
Liquorice
Nestle
Sweet William DF
Whittakers

METALS

Aluminium
Gold
Mercury
Silver
Copper
Stainless Steel

SPELT Bread

Alpine Spelt & Sprouted
Ancient Grain Tigris
Bakers Delight Spelt
Bodhis DinklebrotW
Healthybake WM Spelt & sourdo.
Kamut bread
Naturis organic spelt

RYE Bread

Bodhi's Wupper
Burgen Rye bread
Helgas Light Rye
Abbott's Rye
Pumpernickel 100% Rye

SOURDOUGH Bread

Alpine Spelt & Barley
Bills Org Spelt SD
Brasserie Sourdough
Healthybake FH Rye
Zeally Bay Sourdough

SPROUTED Bread

Bodhis Sprouted mixed grain
Pure Life Sprouted Spelt
ESSENE sprouted bread
Pure Life Bio.D.ezekiel 4:9

GLUTEN FREE Bread

Abbots Mixed Seeds GF
Bodhis GF Multi Grain
Bodhis GF Yeast free
Bodhis Lupin loaf
Burgen GF Soy Lin
Burgen GF sunflower chia
Burgen GF White
Country Life Yeast GF
Helgas GF bread
Naturis GF rice loaf
Precinct GF Quinoa & Soy
Precinct GF Market Loaf
Precinct GF Fruit Loaf
Pure life GF 5 seeds
Strange Grains GF

OTHER Bread

Bakers Delight Low Fodmap
Naturis Buckwheat bread
Venerdi Paleo Almond
& Linseed
Venerdi Paleo Super Seed

WRAPS/BASES

Corn tortilla
GF wraps
Plain wheat wraps
Quinoa wraps
Rice Thins
Rice Paper wraps
Spelt wraps
Sourdough Pizza Bases

BARS

Carman's Muesli fruit free bar
Carman's Dark Cranberry
Go Natural Fruit & Nut bar

FLOURS

Flour Amaranth
Flour Arrowroot
Flour Banana
Flour Barley
Flour Besan
Flour Buckwheat
Cornflour [wheat free]
Flour Cassava
Flour Coconut
Flour GF Plain & SR
Flour Potato
Flour Quinoa
Flour Rye
Flour Sorghum
Flour Spelt
Flour Wheat Plain& SR

CRISPS

Macro org Corn chips
Macro Root Vege chips

CHOCOLATE / SWEETS

Cacao Butter
Cacao raw powder
Carob
Chocolate (Lindt)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haigs SA)
Chocolate (Nestle)
Chocolate (Sweet William)
Frey Dark Choc
Green & BlackOrgDarkChoc
Liquorice
Loving Earth Choc
Loving Earth Dk Org Choc
Pana Chocolate

HEALTH SHOP Products

Acai powder
Almond Meal
Betonite clay
Bone broth (All)
Beef Gelatin/collagen
Barley Grain
Bean Adzuki
Beans Black
Bean Borlotti
Bean Broad
Bean Cannellini
Beans Edamame
Bean Kidney
Bean Lima
Blackstrap Molasses
Braggs All purpose seasoning
Burghal
Coconut MCT Oil
Camu Camu
Cous Cous
Cranberries Dried
Dulse (All)
Falafel
Flaxseed meal/oil
Guar Gum
Goji Berries
Hemp seed
Hemp seed oil
Hemp Protein powder
Maca Powder
Millet Grain
Nori
Nutrition Yeast(All)
Quinoa Grain
Wakame Flakes
Xanthum gum

COMMON Supplements

Aloe Vera
Barley Green
Chlorella
Fish oil Capsules
Fish oil (practitioner)
Oregano oil
Krill Oil
Psyllium
Slippery Elm Powder
Spirulina
Wheat grass

STOCK

Beef Stock Campbells
Beef Stock (Massel)
Bonox
Chicken Stock Campbells
Chicken Stock (Massel)
Miso

GLUTEN FREE

Burgen G.F. Bread
Fantastic Chicken Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
G.F. Weet-Bix
GF Bread crumbs
Go Natural Fruit & Nut bar
Greens Pancake mix
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti Tom Sauce
SAN REMO Glut Free Pasta
Venerdi GF Brown
Vogel G.F. bread

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fab
Fabric Softener Cuddly
Fabric Softener Fluffy
Lux Flakes (laundry)
Napisan
Persil
Radiant
Sard Wonder Soaker
Surf
Mr Muscle Window Cleaner
Wool Mix M.Gardner

ECO Products

laundry powder top and front
laundry liquid
fabric softener
dishwashing liquid
dish washer tablets
multi purpose spray
bath shower spray
body wash
Soap lemongrass

EARTHWISE Products

Cleaning wipes
Dishwasher tablets
Dishwashing liquid
Disinfectant
Laundry liquid
Laundry powder all
Multi-surface cleaning spray
Oxygenated Whitener
Shampoo/conditioner all

DEODORANTS/SUNSCREEN

Cancer Society Sunscreen
Crystal stick deodorant
Dove deodorant
Lynx deodorant (All)
Mum Deodorant
Nivea sensitive deodorant
Rexona sport deodorant

BATHROOM CHEMICALS

Dettol hand wash
Dettol Spray Cleaner apple
Gillette shaving foam
Health Basics Body Wash
Johnsons body wash
Johnsons holiday skin
Lynx shower gel PH neutral
Nivea shaving gel
Palmolive gold soap
Palmolive Shower milk
Pears soap
Radox shower gel

DEODORANTS

Head n Shoulders
Johnson's baby shampoo
Pantene
Sunsilk

SHAMPOO-Conditioner

Banana Boat Every day
Cancer Council
Moo Goo Sunscreen
Soleo Sun screen
UV Triplegard
Wotnot SPF

CLEANING PRODUCTS

Ajax Spray & Wipe
Domestos
Exit Mould
Insect Spray (all)
Jif
Morning Fresh
Palmolive Dish Liquid
Shower Power
Sunlight Dish Liquid

TOOTHPASTE

Colgate (all types)
McLeans (all types)
Oral B (all types)
RED SEAL Herbal
Sensodyne
Steradent

HAIR/FIBRES

Bamboo
Cotton
Mixed Feathers
Polyester
Silk
Wool

SUPPLEMENTS

Ammodine
Barley Green
Chlorella
Fish oil Capsules
Good Green Stuff
Herbal Fibre blend
Inner Health Plus
Inner Health plus Dairy free
ISOwhey Protein Powder
Krill Oil
Lugol
Nordic Fish Oils
Nuzest Protein Powder
Psyllium
Rose Hip Oil
Slippery Elm Powder
Spirulina
Tea Tree Oil
Wheat grass

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol

CHEMIST PRODUCTS

Aroma Free Roll-on Deodorant
Aspro
BioPure Probiotic Cleaning Conc.
Cider Alcohol
Codral Cold and Flu
Complete Protein powder
Demazin Cold & Flu
Dishwashing Concentrate
InLive Probiotic Superfood
Lucas PawPaw Ointment
Nurofen
Nurofen Plus
Panadine
Paracetamol Heron
Paracetamol Panadol
Talcum Powder

Miessence Products (Web)

Mint Toothpaste
Shampoo & Conditioner (All)
Sunflower Body Wash

PAMS

Baby Spinach
Countdown Cranberry Sauce
Energise Museli
Fragata Capers Spanish
Glow Muesli
Oak Baked beans
Power Muesli
Vitality Muesli

HAND SANITISER

Dettol Antibacterial Instant
Hand Sanitiser Refresh
Essence Hand Sanitiser Clear Ice
Health Basics Hand Sanitiser
Lifebuoy Hand Sanitiser
Palmolive Hand Sanitiser
Japanese Cherry Blossom
Thank You Hand and Surface
Sanitiser Spray