

NOW SELLING PALEO FRIENDLY PRODUCTS



Home | Nuts | Paleo Products | Chocolate | Yoghurt | Candy | Seeds | Spices | Dried Fruit | Organic | Muesli

Granola – Komati blend

Nuts

Almonds blanched
Almonds flaked
Almonds ground/floor

Almonds Honey Rst.
Almonds Pink and White
Almonds raw CSSR
Almonds Raw NPS
Almonds roasted plain
Almonds roasted salted

Almonds slivered
Almond /Cashew Combo Raw
Almond Ground
Almond/Cashew Combo roast.plain.or
roast.salt
Brazil
Cashew jumbo w180 raw
Cashew jumbo w180 r/p
Cashew jumbo w180 salt

Cashew Pieces
Cashews Raw w320
Cashews Roasted Plain w320
Cashews Roasted Salted w320

Cashews Peri-Peri w320
Hazel nut Flour new

Hazel blanched
Hazel raw

Hazels roasted
Macadamias roast no salt &with salt
Macadamia flour
Macadamias raw
Mixed Nuts raw
Mixed Nuts roasted plain
Mixed Nuts roasted salted
Real Nut Mix
almonds, pecans hazels walnuts
Peanuts giants peri-peri
Peanuts giants raw
Peanuts giants roasted plain
Peanuts giants roasted salted
Peanuts and raisins
Pecan pieces
Pecan nut flour new
Pecan raw
Pecans roast/salted

Pinenuts
Monkey Nuts
Pistachios in the Shell R/S (USA)
Pistachios Natural (Shelled)
Pistachios Natural Roasted Salted
Redskins Raw
Redskins Roasted Plain
Redskins Roasted Salted
Walnuts

NUT BUTTERS

Almond butter 1 kg
Almond butter 400g
Almond butter 125 ml
Cashew butter 1kg
Cashew butter 400g
Cashew butter 125ml
Hazel butter 1kg
Hazel butter 125 ml
Macadamia butter 1 kg
Macadamia butter 400g

Mixes

Artsource mix

peanuts, pumpkin seed, almonds, cashews & ginger chunks

Cran-mac mix

Contains cranberries and macadamias

Deluxe mix

Contains almonds, hazels, brazils, pecan pieces, cranberries and sultanas

Energy Booster

Contains almonds, peanuts, raisins and astros

Peanuts & Raisins

Multivitamin Mix

Almonds raw, brazils, pistachio natural, pumpkin seed, sunflower seed, cranberries and gojiberrys

Nut Selection

Almonds, Cashews, Peanuts and Pistachios Shelled Roasted & Salted.

Caramel mixed Nuts

Caramelized Cashews, Macadamia, Almond, Peanuts

Yoghurt Mixed Nuts

Almonds, Cashews & Peanuts

Slimmix

linseed, sesame seed, sunflower seed, pumpkin seed, almond slivered

Health Seed Mix

Raisins, Redskins, Sunflower & Pumpkin

Jungle Mix (Trail Mix)

Coconut, Banana chips, Raisins, Mango, Guava Banana, Cashews, Peanuts, Pecan pieces

Berry Tropical Mix

Cranberries, Raisins, Currants, and Sultanas, Glace Pine, Strawberry, & Papaya

Fruity Nut Mix

Cashews, Raisins, Sultanas, Dried Strawberry, Glace Papaya, Glace Pine, Glace Ginger Cubes, Yoghurt Raisins

Tropical Mix

Banana, Guava, Mango

Special Fruit Mix

Figs, Banana Strips, Pears, Dates turkish apricot

Breakfast Mix

cashew pieces, almonds
fruit cubes, sultanas, raisins,
peaches, diced banana guava, mango

Magic Mix

Almonds r/p, cashews r/p, ginger chunks,
mango, guava, banana diced

Ver@y Berry Mix

cranberries gojiberrys.
sultanas, currants raisins.

Snack Attack

peanuts, raisins, sultanas, choc chips,
lemon/passion fruit cubes, sunflower seeds,
cranberries, cashews, yoghurt raisins

WASABI WOW!

wasabi peanuts, sultanas, roasted giants, cranberries, roasted almonds

PEANUT CHOC. SNACK

Peanuts, choc peanuts, Choc Astros and Pretzels

Caramel Products

Caramel almonds
Caramel cashews
Caramel Macadamia
Caramel mixed BANTING Nuts NEW
almonds raw, macadamia, pecans, xylitol, cinnamon, chilli, salt
Caramel mixed Nuts
Caramel peanuts salted
Caramel peanuts with sesame seeds
Caramel Corn Plain

Chocolate Product (Cadburys)

Chocolate Almonds
Chocolate Hazels
Chocolate Espresso Beans
Chocolate Peanuts

Carob Products

Carob Cashew Clusters
Carob Coconut Clusters
Carob Gojiberrys
Carob Peanut Clusters
Carob Raisin Clusters

Carob Dates
Carob Ginger
Carob Banana Strips
Carob Mango
Carob Sunflowerseeds
Carob Pear

CAROB ALMOND

Yoghurt Products

Yoghurt Almonds
Yoghurt Banana
Yoghurt Cranberries
Yoghurt Cashews
Yoghurt Dates

Yoghurt Peanuts
Yoghurt Raisins
Yoghurt Mixed Nuts
Yoghurt Mango

Yoghurt Apple Rings
Yoghurt Sunflower Seed Clusters

Candy Products

Candy and Chocolate Coated
Sunflower Seeds
Candy Peanuts
Candy Fennel
CHOC EGGS speckled
JELLY BABIES
JELLY BEANS
MESSAGES SWEETS
WINE GUMS
LIQUORICE
FRUIT SALAD SWEETS
CHOC ASTROS
CHOC BUTTONS [smarties]
Tri Choc Peanuts [3 colours]

Miscellaneous

Rice Crackers (Japanese)
Corn roasted - salt, bbq, chutney
Soy Roasted Sunflower Seeds
Apricot Kernels
Wasabi Peas NEW
WASABI PEANUTS NEW

Oats and Grains

Oats Rolled (raw)
Oats Whole

Oats Quick
Oats quick GLUTEN FREE
Oats rolled GLUTEN FREE
Oats STEEL CUT GLUTEN FREE
Potato Flour
Tapioca Flour
Pearl Barley
Rice basmati brown
Rice basmati white
Rice black
Rice fragrant white
Rice glutenous
Rice health
Rice jasmine

Macadamia butter 125ml
Peanut butter 1kg
Peanut butter 400g
Pecan butter 400g
Pistachio butter 1kg
Pistachio butter 125ml
walnut butter 400g
Walnut butter 125 ml

Seeds

Alfalfa
Caraway seeds
Chia Seeds
Chickpeas
Fenugreek
Health Seed Mix
Linseed Flour
Linseed Golden
Linseed Brown
Mung beans
Onion
Poppy Seeds
Pumpkin Seeds
Sesame Seeds
Sesame Seeds Black
Sunflower Seeds
Sunflowerseed flour

Dried Fruits

Apple rings
APRICOTS
Banana chips

Banana strips
Cake Mix
Super Cake Mix [with nuts]
Coconut desiccated
Coconut Flakes
Coconut Flour
Cranberries
Currants
Dainties
Dates
Fruit Fingers
Figs Turkish
Ginger chunks
Ginger diced
Ginger slices /with icing sugar
Guava
Goji Berries
Kiwi whole slice
Kumquats sugared
Mango Strips
Mixed Peel
Mebos Reg and Sugared
Mixed Fruit
NECTARINES CHOICE
Nectarines
Peaches Elberta

Chocolate Raisins
Chocolate Shortcake
Chocolate Whispers
Astros

PEACHES CHOICE

Peaches Standard
PEARS CHOICE
Pineapple core
Pineapple
Prunes Choice
Prunes pitted
Raisins medium
Raisins jumbo
Raisins Stalk
Strawberries DEHYD.WHOLE
Sultanas
Sun-dried Tomato
Sweet Malatyas (Turkish Apricots)

ORGANIC CERTIFICATION ECCOCERT 137026ZA1400z1e(EOS)

Organic Almonds

Organic Almonds Raw .
Organic Cashew **out of stock**
Organic Cashew **out of stock**
Organic Cashew **out of stock**
Organic Banana Chips **NEW**
Organic Pecans

Organic Raisins medium
Organic dates
Organic Figs
UNSULPHURED MANGO

Seeds And Legumes

Organic Amaranth
Organic Adzuki Beans
Organic Biorletti Beans
Organic Black Kidney Beans
Organic couscous
Organic Buckwheat hulled green
Organic Cocoa
Organic Sesame Seeds [hulled]
Organic Sunflower Seeds
Organic Linseed Brown
Organic Pumpkin Seeds
Organic oat Bran
Organic Oats – Rolled
Organic Mung Beans
Organic Red Speckled Beans

Rice short G brown
Rice shushi
Rice Flour
Teff Grain
BULGAR WHEAT
Peas Green
Spelt Flakes
Quinoa Red
Quinoa Regular
Organic Brown Basmati Rice
Organic White Basmati Rice
Organic Red Lentils
Organic Green lentils
Organic Brown Lentils
Organic Bulgar Wheat
Organic Amaranth
Organic Red Quinoa **NO STOCK**
Organic Quinoa **NO STOCK**
Organic Brown Sugar
Organic Rice short grain brown
Organic Rice Long Grain Brown
Organic wheat kernels
Organic spelt kernels
Organic Spelt Flour
Organic Spelt [hulled]
Organic Millet
Organic Barley Flakes
Organic Soy Beans
Organic Chickpeas **NO STOCK**
Organic Polenta
Organic split peas **NO STOCK**

ALL THE ABOVE ORGANIC PRODUCTS ARE CERTIFIED

ORGANIC

Glace Fruit Products

Glace Apricots
Glace Cherries
Glace Figs
Glace Ginger
Glace Melon
Glace Orange
Glace Tropical mix
Glace Pears
Glace Pineapple Rings
Ginger slices /with icing sugar
Ginger chunks/
Glace Diced Strawberry

FRUIT ROLLS