



Your Help Yourself Shopping List!

Shopping just got easier!

We now have a selection of our bulk items available for purchase. Everything we have is listed here with the price per pound and the price per ounce. Just decide what you want and how much, then write the amounts of each item in the Order column. Give it to us and we will get it ready for you, simple as that! To reduce waste we encourage you to bring your own containers for us to fill.

Name:

Item **Price per lb** **Price per oz** **Order**

Nuts and Seeds

Almonds	\$ 9.95	\$ 0.62	
Brazil Nuts	\$ 7.80	\$ 0.49	
cashews	\$ 7.00	\$ 0.44	
Pinenuts	\$ 20.75	\$ 1.30	
walnuts	\$ 11.75	\$ 0.73	
Flax Seed	\$ 3.00	\$ 0.19	
Pumpkin Seed	\$ 5.75	\$ 0.36	
Sesame Seed	\$ 3.75	\$ 0.23	
Sunflower Seed	\$ 3.50	\$ 0.22	
Hemp Seed	\$ 11.75	\$ 0.73	
Chia Seed	\$ 14.00	\$ 0.88	

Beans and Legumes **Price per lb** **Price per oz** **Order**

Black Beans	\$ 2.25	\$ 0.14	
Chickpeas	\$ 2.25	\$ 0.14	
White Beans	\$ 2.25	\$ 0.14	
Lentils	\$ 2.25	\$ 0.14	
Split Pea (yellow)	\$ 2.25	\$ 0.14	

Grains **Price per lb** **Price per oz** **Order**

Quinoa	\$ 5.00	\$ 0.31	
Brown Rice	\$ 2.35	\$ 0.15	
Whole Wheat Pasta	\$ 3.50	\$ 0.22	
Udon Noodles (whole wheat)	\$ 5.25	\$ 0.33	
Buckwheat (raw)	\$ 2.25	\$ 0.14	
Oat Groats	\$ 2.00	\$ 0.13	
Rolled Oats	\$ 2.00	\$ 0.13	

Sweeteners

Individually priced

Order

Maple Syrup	\$ 1.15	fl oz	
Agave Nectar	\$ 0.40	fl oz	
Sucanat	\$ 4.15	\$ 0.26	
Brown Rice Syrup	\$ 0.35	fl oz	
Honey (raw, local)	\$ 0.75	fl oz	
Stevia	\$11.25 box	\$0.15 packet	

Flour

Price per lb

Price per oz

Whole grain Spelt	\$ 2.00	\$ 0.13	
Gluten Free	\$ 2.50	\$ 0.16	

Dried Fruits

Price per lb

Price per oz

Coconut	\$ 4.00	\$ 0.25	
Dates	\$ 9.00	\$ 0.56	
Raisins	\$ 6.75	\$ 0.42	
Goji Berries	\$ 16.25	\$ 1.02	

Herbs and Spices

Price per lb

Price per oz

Order

Sea Salt	\$ 3.30	\$ 0.21	
Black Pepper	\$ 15.50	\$ 0.97	
Cumin Powder	\$ 15.50	\$ 0.97	
Chipotle Powder	\$ 15.50	\$ 0.97	
Curry Powder	\$ 14.25	\$ 0.89	
Chilli Powder	\$ 17.90	\$ 1.12	
Cayenne	\$ 7.50	\$ 0.47	
Cinnamon	\$ 7.15	\$ 0.45	
Nutmeg	\$ 29.00	\$ 1.81	
Nutritional Yeast	\$ 9.10	\$ 0.57	
Onion Powder	\$ 11.50	\$ 0.72	
Garlic Powder	\$ 6.75	\$ 0.42	
Red chili Flakes	\$ 7.45	\$ 0.47	

Breads (Frozen)

Price per lb

Price per oz

Order

Whole Wheat Tortilla Pack of 6	\$ 3.50		
Gluten Free Tortilla	\$ 3.50		
Sprouted Grain Bagel, Plain	\$ 4.75		
Sprouted Grain Bagel, Cin raisin	\$ 4.75		