



Shopping List

Zero Waste - Fill, weigh, pay

WhatsApp Orders – 072 4816693

37 Hilton Avenue, Hilton



Flour

- Organic Mielie Meal Yellow
- Organic Rye Flour Stone Ground
- Organic Wheat Flour Stone Ground
- Gluten Free Brown Bread Flour
- Gluten Free Self raising Flour
- Coconut Flour

Beverages

- Kombucha
- Rice Milk Powder

Seeds, Nuts & Berries

- Sunflower Seed
- Linseeds
- Chia Seeds
- Dehusked Sesame Seeds (Hulled)
- Organic Pumpkin Seeds Green
- Goji Berries
- Cranberries
- Poppy Seeds
- Pumpkin Seeds
- Almonds
- Flaxseed Powder (Linseed Powder)
- Black Seeds
- Basil Seeds

Home Care & Detergents

- Oxygen Bleach (Natural)
- Dishwasher Salts
- Citric Acid (Non GM)
- Citrus Infused Vinegar Cleaner
- Laundry Salts with Lavender & Grapefruit
- Epson Salts/Bicarbonate of Soda
- DDM Diatomaceous Earth

Superfoods

- Spirulina Powder
- Maca Powder Organic
- Organic Moringa Leaf Powder
- Organic Broccoli Powder
- Organic Moringa Powder
- Organic Spirulina Powder
- Chia Seeds
- Leafy Green
- Whole Green pea protien powder
- Organic Hemp Powder 30% Protein
- Nutritional Yeast Flakes

Grains & Pasta

- Organic Rice Basmati White
- Organic Rice Long-Grain Brown
- Unpolished Basmati rice
- Organic Quinoa
- Organic Jasmine Red Rice
- Organic Cous Cous

Vinegars & Oils

- Apple Cider Vinegar Clear
- Organic Balsamic Vinegar

Breakfast

- Puffed Brown Rice
- Seed & Nut Muesli
- Maca Chia Oats
- Muesli Gluten-Free
- Rolled oats

As Well As...

- Free Range Eggs
- Soya Mince Organic

Beans & Legumes

- Black Eye Beans
- Organic Black Turtle Beans
- Organic Pinto Beans
- Organic Mung Beans
- Organic Aduki Beans
- Organic Chick Peas
- Chickpeas
- Organic Lentils Brown
- Whole Green Peas
- Kidney Beans
- Barlotti Beans

Sugar & Alternatives

- Organic Sugar Brown
- Erythritol & Stevia Blend
- Xylitol

Baking

- Coconut Desiccated
- Organic Baobab Baking Powder
- Organic Cocoa

Snacks

- Non GMO pop Corn
- Coconut Smiles
- Apricots Cape Dried Organic
- Pitted Dates
- Mangoes

Tea

- Organic Tulsi Tea
- Organic Chamomile Calm Tea
- Organic Rosehip Shell
- Organic Peppermint Leaf

Seasoning

- Gourmet Vegetable Stock Powder
- Organic Himalayan Coarse Salt
- Organic Black peppercorns

Nut Butter

- Macadamia Butter

Herbs & Spices

- Organic Parsley
- Organic Rosemary
- Organic Sage
- Organic Thyme
- Organic Oreganonum
- Organic Mixed Herbs
- Organic Coriander Powder
- Organic Sweet Paprika
- Organic Cayenne pepper
- Organic Tumeric Powder
- Organic Cumin Powder
- Organic Ginger Powder
- Organic Cinnamon Powder

Heirloom Sprout Seeds

- Yellow Mustard sprouting seeds
- Buckwheat sprouting seeds
- Tsai Tsai Radish
- Coralette Radish
- Mung Beans
- Broccoli Sprouts
- Wheatgrass sprouting seeds
- Sunflower sprouting seeds