



| Product  | Quantity / Weight      | Price   |
|--|------------------------|---------|
| Organic Milk - pasteurised, unpasteurised and skim | 2 litres our bottle    | R35.00  |
| Organic Milk - pasteurised, unpasteurised and skim | 2 litres your bottle   | R30.00  |
| Cream  | 250ml                  | R35.00  |
| Cream  | 500ml                  | R65.00  |
| Butter   | 500g                   | R75.00  |
| Butter   | 250g                   | R55.00  |
| Kefir (natural probiotic)                          | 500ml                  | R25.00  |
| Kefir (natural probiotic)                          | 1 litre                | R40.00  |
| Kefir (natural probiotic)                          | 2 litres               | R65.00  |
| Kefir culture grains                               | 1 table spoon          | R100.00 |
| Plain strained Greek yoghurt (NO preservatives)    | 1 litre (Double thick) | R65.00  |

*Dairy*



| Product  | Quantity / Weight | Price   |
|--|-------------------|---------|
| Whole Chicken  | Per Kilogram      | R88.00  |
| Braai Pack   | Per Kilogram      | R88.00  |
| Star Pack (4 x Drums, 4 x Thighs)                      | Per Kilogram      | R88.00  |
| Fillet Breast (no skin, no bones)                      | Per Kilogram      | R105.00 |
| Liver  | Per Kilogram      | R45.00  |
| Kalahari Prawn (BBQ, Peri Peri and Moroccan flavoured) | Per Kilogram      | R45.00  |
| Thighs or Legs only                                    | Per Kilogram      | R88.00  |
| Thighs (Skinless)                                      | Per Kilogram      | R95.00  |

**Organic Free range 100% pure Beef and Lamb, grass fed, no hormones, no brine water injected, no routine antibiotics. Hung for three weeks.**

| Product                          | Weight         | Price   |
|----------------------------------|----------------|---------|
| Sirloin                          | Per Kilogram   | R212.00 |
| Rump                             | Per Kilogram   | R212.00 |
| Patties                          | Four in a pack | R78.00  |
| Mince                            | Per Kilogram   | R112.00 |
| Boere Wors                       | Per Kilogram   | R130.00 |
| Boere Wors (Pepper Dew and Feta) | Per Kilogram   | R141.00 |
| Shin                             | Per Kilogram   | R130.00 |
| Stewing beef                     | Per Kilogram   | R135.00 |
| <b>Lamb</b>                      |                |         |
| Leg of Lamb                      | Per Kilogram   | R195.00 |
| Chops                            | Four in a pack | R170.00 |
| Ribs                             | Four in a pack | R170.00 |
| Stewing meat                     | Per Kilogram   | R170.00 |

*Chicken & Meat*



| Product                       | Quantity | Description   | Price    |
|-------------------------------|----------|---|----------|
| <b>Macadamia Oil</b>          | 500ml    | Lowers cholesterol level, contains Omega 6 & 3. Nice as a salad dressing.   | R 110.00 |
| <b>Sesame Oil</b>             | 250ml    | As one of the healthiest alternatives to common vegetable oil, Sesame Oil offers a host of wholesome benefits while also lending its delicious flavour to Asian cuisines.   | R 75.00  |
| <b>Organic Coconut Oil</b>    | 1 litre  | Increases metabolism, healthy for skin/hair/nails, increases energy levels, immune system support, improves digestion   | R 195.00 |
| <b>Organic Coconut Oil</b>    | 250ml    | Can be used as a moisturizer on skin, for cracked heels. Apply to the hair for longer, thicker and faster growth.   | R 70.00  |
| <b>Himalayan Crystal Salt</b> | 400g     | Detoxifies the body, improves hydration, reduces muscle cramps, helps balance blood sugar   | R 32.00  |
| <b>Sutherlandia 350mg</b>     | 60 caps  | Boosts the immune system and helps to purify the blood, helps the body to deal with all sorts of physical and mental stress. Taken as a supplement, Big Tree Sutherlandia helps to restore appetite, ease pain and relieve fatigue, while lifting the mood as well.                   | R 119.00 |
| <b>Sceletium 100mg</b>        | 60 caps  | Sceletium elevates mood and decreases anxiety, stress and tension as well as being a very effective antidepressant  | R 135.00 |
| <b>Warburgia 100mg</b>        | 60 caps  | Helps to fight infections, anti-bacterial, antifungal, antimycobacterial, antioxidant, anti-inflammatory, antifeedant, antiplasmodial, antileishmanial, anthelmintic, cytotoxic and molluscicidal activities.   | R 95.00  |
| <b>Organic Turmeric</b>       | 60 caps  | Potential to prevent heart disease, Alzheimer's, cancer. Potent anti-inflammatory, antioxidant may also help improve symptoms of depression and arthritis.  | R 95.00  |
| <b>Organic Cinnamon</b>       | 60 caps  | Stabalises blood sugar levels, anti-inflammatory, antibacterial. Great for those with high cholesterol or high blood sugar.   | R 95.00  |
| <b>Organic Cayenne</b>        | 60 caps  | A great detoxing agent, excellent for promoting weight loss, easing arthritic pain, fighting colds and 'flu, and protecting the health of your heart. Boosts the metabolism, relieves joint pain and inflammation, helps to keep your body's blood pressure and cholesterol in check. | R 95.00  |



| Product                              | Quantity | Description   | Price    |
|--------------------------------------|----------|---|----------|
| <b>Organic Ginger</b>                | 60 caps  | Assists in digestive problems, nausea and the common cold fight inflammation and provide natural pain relief, the spice is also known for its immune-boosting properties.   | R 95.00  |
| <b>Calcium 750mg</b>                 | 60 caps  | Calcium, magnesium, zinc: Cal/Mag (calcium and magnesium) is an excellent combination for building strong bones, while zinc is a must-have nutrient for pregnant moms and boron boosts the immune system.   | R 140.00 |
| <b>Fish Oil 1000mg</b>               | 90 caps  | Omega-3 fatty acids reduce pain and swelling, assist to lower blood pressure, can assist in preventing and managing heart disease.  | R 140.00 |
| <b>Salmon Oil 1000mg</b>             | 90 caps  | The intake of EPA and DHA reduces the risk of cardiovascular disease, the intake of these fatty acids is key to good health and longevity. EPA/DHA rich salmon oil has been found to repress production of inflammatory agents found in rheumatoid arthritis and psoriasis. | R 140.00 |
| <b>CLA 1000mg</b>                    | 120 caps | CLA is a naturally occurring fatty acid, also a popular dietary supplement that is sold with claims of helping people lose fat, maintain weight loss, retain lean muscle mass, and control type 2 diabetes – the type of diabetes that is often associated with obesity.    | R 180.00 |
| <b>Qi Organic Teas</b>               |          |   | R 52.00  |
| <b>Vegan Smoothie</b>                | 400g     | The ideal vegan meal on the go for busy people or anyone wanting a highly nutritious protein shake or smoothie addition. Sweetened with erythritol, which has zero-kilojoules and will not cause insulin to spike, making it great for diabetics as well.                   | R 210.00 |
| <b>Dairy Smoothie</b>                | 400g     | This is the ideal meal on the go for busy people or anyone wanting a highly nutritious protein shake or smoothie addition. Sweetened with erythritol, which has zero-kilojoules and will not cause insulin to spike, making it great for diabetics as well.                 | R 210.00 |
| <b>Organic Coconut Blossom Sugar</b> | 700g     | The Truefood Organic Coconut Blossom Sugar is a natural and unrefined alternative to table sugar.   | R 95.00  |



| Product                     | Quantity  | Description  | Price    |
|-----------------------------|-----------|--|----------|
| Organic Apple Cider Vinegar | 1 litre   | Apple Cider Vinegar Benefits, regulates blood sugar levels, enhances weight loss, lowers cholesterol, improves skin health, reduces blood pressure, relieves acid reflux.  | R135.00  |
| Organic Lip Ice             | 7 mg      |  | R 22.00  |
| Hand Sanitizer              | 100ml     |  | R 35.00  |
| Happy Water Glass Bottle    |           |  | R 35.00  |
| Happy Water Drops           | 250ml     | Happy Water is a concentrated solution of Kalahari Crystal Salt in ultra-purified water that has been re-energized and re-vitalized to create structured or living water. Just a few drops of Happy Water will imbue your water with the vibrational energies and elemental balance of living water. | R        |
| Large Free Range            | 30        |  | R 80.00  |
| Jumbo Free Range Eggs       | 30        |  | R 95.00  |
| Organic Raw Honey           | 1.5 litre |  | R 155.00 |