



## Customer Product Report

Print Date: 19 Aug 2013 12:37:13

Woolworths, FOODS  
Products that contain or are: Vegetarian (vegan) - No Milk & No Eggs & No Honey.

Product	Product name and barcode (SKU)	Description	Product Mass/ Volume / Quantity
ESS ROOIBOS 80 BAGS: ROOIBOS	1 CUP ROIBOS TEA 80S, 6009101265800	Rooibos A deliciously sweet and caffeine –free tea 160 bleached tagless tea bags Packed in a foil pouches for maximum freshness	160g
ESS ONE CUP 200BG	1 CUP TEA 200S, 6009101265787	ONE CUP Tea Bags 400g A delicious blend of Southern African black teas 200 bleached tagless tea bags Packed in a pouch for maximum freshness	400g
METH CAP CLASSIQUE: Methode Cap Classique	1.5L VILLIERA MCC, 20084813	Quality Chardonnay,Pinot noir and Pinotage blend ideal for the production of Methode Cap Classique Sparkling Wines.Fresh yeasty character with a hint of citrus and apple.Light with refreshing acidity on palate.This wine which includes reserve wines has undergone a second fermentation and yeast maturation in the bottle.	1.5L
MINI PITA BREADS	10 MINI PITA'S, 6001009028594	hand shaped flatbreads made with extra virgin olive oil	10
100 % RYE BREAD	100 PERCENT RYE BREA, 6001009038821	Made with 100% rye flour and a sourdough which gives it a characteristic sour taste and soft moist texture.	400g
ASSORTED TREE NUTS: Roasted & salted	100G ASSTD. NUTS, 20071523	An assortment of oil roasted and salted Almonds, Brazil nuts, Cashew nuts, Macadamia nuts and Pecan nuts.	100g
BLANCHED ALMONDS	100G BLANCHED ALMOND, 6008000627061	Blanched Almonds	100g
BRAZIL NUTS	100G BRAZIL, 6008000642897	Raw uniform brazil nuts  Food for thought: This product is sourced from the finest crops around the world and carefully hand sorted to bring you the freshest and best quality. Nuts provide mainly unsaturated fat and may be included as part of a balanced diet. They are the ideal protein snack for vegeterians.	100 g
MACADAMIA NUTS: Roasted & salted	100G MACADAMIA, 20054496	Macadamia nuts, oil roasted in vegetable oil and salted.	100g
MACADAMIAS	100G MACADAMIA, 6008000642880	Raw Macadamia Nuts, style 2.	100 g
Peri Peri Cashews	100G PERI CASHEWS, 6009101794584	Cashew nuts covered in an orange coloured peri peri spice dusting	100g
PISTACHIOS: Roasted & salted	100G PISTACHIOS, 20025083	Roasted & salted, undyed Pistachio nuts	100g
ALMONDS: Raw & unsalted	100G RAW ALMONDS, 20081966	Raw Almonds, fully formed with smooth, brown to light brown appearance.	100g
ASSORTED TREE NUTS: Raw & unsalted	100G RAW ASSTD MIX, 20159320	An assortment of raw nuts - Almonds(25 %), Brazil nuts(25 %), Cashew nuts(25 %) and Hazelnuts(25 %).	100g
PECAN NUTS: Raw & unsalted	100G RAW SHELLED PEC, 20057572	Raw pecan nuts without shells.	100g
CASHEWS: Roasted & salted	100G SALTED CASHEWS, 20005443	Roasted and Salted Cashew Nuts	100 g
ALMONDS: Roasted & salted	100G SALTED RST ALMO, 20081973	Roasted and Salted Almonds	100g
SWEET & TANGY LETTUCE	100G SWEET AND TANGY, 20184643	Grown in the field and carefully hand picked, this salad mix is a tale of contrasts. A touch of the East and West that will complement your eclectic tastes. Spure it up with roasted peppers, sun dried tomatoes and feta or blue cheese. Also lovely with sashimi and pickled ginger as part of a Japanese salad.	100g
100G WASABI NUTS	100G WASABI NUTS, 6009175413404	Wasabi dough coated, dry roasted Peanuts	100 g
ROASTED RED PEPPER: Hummus	120G RED PEPPER HUMM, 6008000564915	The Deli Roasted Red Pepper Hummus	120g
MANGO: Sun-dried	125G DRIED MANGO, 20165680	Dried mango slices with sulphur dioxide as colour preservative.	125 g
JB SUPERFRUIT 5	125G JB SUPERFRUIT 5, 71567991407	125g Jelly Beans 5 flavour Superfruit gift box	125g
JUICY JELLIES	125G JUICY JELLIES, 20043520	Fruit-shaped, multicoloured soft-eating jellies with fruit flavours covered with sugar in a printed prepack	150 g
SEASONAL FRUIT STRIPS	125G SEASONAL FRUIT, 20205362	Choice and/or standard grade mixture of dried fruit strips of mango, pineapple, apricot and apple that have been cut into strips.	125 g
Tomato	15G TOMATO R/CRACKER, 6009171329624	Rice crackers flavoured with tomato seasoning.	15 g
MELBA TOAST	160G MELBA TOAST, 20067991	Thin slices of melba bread, toasted and packed. Made with wheat flour, salt, sugar, flour improver & yeast	8 x 20g (Total 160g)
190G TOM CUCUM CRISP	190G CRISP SALAD, 6009000564356	Tomato cucumber crisp salad Tomato, lettuce, cucumber, red onion Just add crisp croutons	190g
ROSA TOMATO SALAD	190g ROSA TOMATO, 20158422	Rosa salad. Rosa tomatoes, Sweet peppers, Cucumber	190g
Mixed Nut Bucket	1KG MIXED NUT BAG, 6009101476930	Roasted and salted assorted tree nuts and peanuts - Almonds, Brazils, Macadamias, Cashews, Pecans and Peanuts (50%)	1 kg
CRISP WHITE	1L CRISP WHITE, 20086909	Experience the gentle guava aromas, fragrant melon palate, undertones of pineapple and the notes of grassiness.	1 L
DRY RED	1L DRY RED, 20086947	A soft smooth red wine with fresh fruit flavours.Experience the hints of cinnamon, delicate berry fragrance and smooth red palate.	1L
EVIAN WATER: Mineral	1L EVIAN MIN/WATER, 61314000070	Evian Mineral Water 1L - Plastic bottle	12 bottles per case
LIGHT WHITE	1L LIGHT WHITE, 6009101996131	Fruity blend of 80% Chenin Blanc and 20% Colombar sold in 1L Tetrabrik packaging	1L
OFF-DRY ROSE	1L OFF-DRY ROSE, 6005000300611	Blend of 100% Pinotage with strawberry and cherry aromas and a hint of tropical fruit. This product is sold in a 1L Tetrabrik package.	1L
OAT MILK: Oat Milk	1L ORG OAT MILK, 6009101611225	Oat Drink - A delicious dairy alternative made from oats	12 x 1L
RICE MILK: Organic	1L ORG RICE MILK, 6001009034755	Woolwoths Organic Rice Milk. A delicious alternative to soya drinks and cow's milk made from organically grown rice.	1 L
SWEETENED SOYA MILK: Organic	1L ORG SOYA MILK SWT, 6001009034731	Woolwoths organic soya milk. A delicious alternative to cow's milk, with added calcium . Sweetened with apple concentrate.	1 L
SOYA MILK: Organic	1L ORG SOYA MLK UNSW, 6001009034748	Woolwoths Organic Unsweetened Soya Milk. A delicious alternative to cow's milk made with 100% organically grown soya beans.	1 L
RICE MILK: Rice	1L RICE MILK, 6009101611249	Rice Drink - A delicious milk alternative made from rice	12 x 1L
LATE HARVEST	1L SEMI SWEET, 20086930	A round and fruity white wine with sweet flavour.Experience the ripe melon flavours,citrus fruit aroma and mellow honey richness.	1 L
SOYA MILK CHOC 1L: Chocolate	1L SOYA MILK CHOCLTE, 6009101611232	Chocolate Flavoured Soya Drink - A delicious milk alternative	12 x 1L
SOYA MILK: Soya	1L SOYA MILK SWEETND, 6009101611256	Sweetened Soya Drink - Perfect for use as a dairy alternative	12 x 1L
SOYA MILK: Soya	1L SOYA MILK UNSWEET, 6009101611263	Unsweetened Soya Drink - Perfect for use as a dairy alternative. No added sugar.	12 x 1L
COKE ZERO	1LT COKE ZERO, 5449000133328	COKE ZERO 1LT	1LT
LARGE SEEDED ROLLS	2 LARGE SEEDED ROLLS, 20118969	2 Large seeded rolls	2
2 WHITE SEEDED ROLLS	2 WHITE SEEDED ROLLS, 6009178150191	2 White seeded rolls topped with poppy, lin, sunflower and sesame seeds	2 Pack
NAPOLETANA SAUCE	200G NAPOLETANA SAUC, 20094621	Slow cooked imported Italian tomatoes with fresh basil and a hint of garlic	250 g

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PLAIN KIDS R/CAKES	20G PLN KIDS R/CAKES, 600917582198	Mini rice cakes for little fingers	20g
20G POT S/SALT BAL V	20G POT S/SALT BAL V, 6009175940238	Airbaked potato pop crisps, lightly dusted with a salt & balsamic vinegar seasoning	20 g Slimmers Choice
20G POT SWEET BBQ	20G POT SWEET BBQ, 6009175940207	Airbaked potato pop crisps, lightly dusted with a sweet bbq seasoning	20 g Slimmers choice
RAINBOW SALAD: Coleslaw & Salad Mix	220G RAINBOW SALAD, 6009101743186	Rainbow salad with crisp lettuce, red cabbage, beetroot and carrot	220g
230G HIGH FBRE GRAIN	230g Fibre Grain Len, 6009000539477	Source of Fibre Grain Lentil Salad Bulghar wheat, tomatoes, Cucumber, Zesty Dressing	230g
CARROT & PINEAPPLE SALAD	250G CARROT/PINEAPPL, 20160982	Grated carrot and fresh pineapple slices in a citrus and pineapple dressing	250g
CASHEWS: Roasted & salted	250G CASHEWS, 20111571	Roasted and salted cashew nuts	250g
COOKED BABY BEETROOT: In sweet vinaigrette	250G COOKED BEETROOT, 20173401	Vinaigrette cooked beetroot Beetroot vinaigrette Ideal with Roasted Vegetables	250 g
DRIED FRUIT STRIPS	250G D/FRUIT STRIPS, 20079314	Dried peaches, pears and nectarines that have been cut into strips.	250 g
DRIED FRUIT MIX	250G DRIED FRUIT MIX, 20205348	Mixed dried fruit (Apples, Apricots, Prunes, Peaches and Pears).	250 g
DRIED PEARS: Bon chretien	250G DRIED PEARS, 20024321	Choice grade large or extra large pears, that have been cut into halved and sundried.	250 g
FOUR BEAN SALAD	250G FOUR BEAN SALAD, 20027162	Italian borlotti, red kidney, butter and fresh green beans, with a fresh vinaigrette dressing	250g
JB ASST FRUI 20	250G JB ASST FRUI 20, 71567989381	250g Jelly Beans Beanatural Assorted Fruit 20 flavour gift box	250g
DRIED MANGO	250G MANGO, 6001009015334	Dried mango slices with sulphur dioxide as colour preservative.	250g
Peri Peri Cashew	250G PER PERI CASHEW, 6009101825509	W320 cashew nuts covered in an orange coloured peri-peri spice dusting	250g
CASHEWS	250G RAW CASHEW, 6008000642903	Raw cashew nuts	250 g
HOUSE SALAD	290G HOUSE SALAD, 6009101743193	House salad Lettuce, Tomatoes, Peppers, Carrots, Cucumbers	290g
2L CANOLA OIL: Cooking oil	2L CANOLA OIL, 6001009029058	Canola oil Pantry Basics Oil	2L
Creme Soda	2L CREAM SODA, 6001134087305	Sparletta Creme Soda Soft Drink 2L PET bottle	2L
CAB SAUV MERLOT: Longmarket	2L LMK CAB. MERLOT, 6001009014160	Wine of origin Simonsvlei, Western Cape, wine of South Africa medium bodied, A bright ruby red.Flavours of black and red berries and a soft rounded pallette with smooth fruity tannins.	2L
MERLOT: Longmarket	2L LMK MERLOT, 20157913	Wine of origin Simonsvlei,Western Cape,wine of South Africa .Plum, red berry and cherry aromas. Medium bodied.	2L
2L OROS LEMOS	2L OROS LEMOS, 6001324111896	2L Oros Lemos 6% Apple & Lemon juice blend	2L
PEPSI LIGHT	2L PEPSI LIGHT, 6001240223925	Pepsi Light 2L	2L
PEPSI MAX	2L PEPSI MAX, 6001240226254	Pepsi Max 2L	2L
PEPSI REGULAR	2L PEPSI REGULAR, 6001240223901	Pepsi Regular 2L	2L
COKE ZERO	2LT COKE ZERO, 5449000131843	COKE ZERO 2LT	2LT
JUMBO PEANUTS: Roasted & salted	300G JUMBO P/NUT, 20062231	Roasted & salted jumbo peanuts	300g
CASHEWS: Roasted & salted	30G CASHEWS, 20192624	Roasted and salted cashew nuts	30g
Cashews Blk Pack	30G CASHEWS BLK PACK, 6009101476954	Cashews nuts, oil roasted, with a hint of salt	30g
Peri peri Cashew	30G PER PERI CASHEW, 6009101825493	W320 cashews covered in an orange coloured peri-peri dusting	30g
METH CAP CLASSIQUE: Methode Cap Classique	375ML VILIERA MCC, 20077464	Quality Chardonnay,Pinot noir and Pinotage blend ideal for the production of Methode Cap Classique Sparkling Wines.Fresh yeasty character with a hint of citrus and apple.Light with refreshing acidity on palate.This wine which includes reserve wines has undergone a second fermentation and yeast maturation in the bottle.	375ml
CRISP WHITE	3L CRISP WHITE, 20188894	A fresh and crisp white wine with lively fruity flavours.Experience the gentle guava aromas, fragrant melon palate .Undertones of pineapple and the note of grassines.	3L
DRY RED	3L DRY RED, 20188887	A soft smooth red wine with fresh fruity flavours.Experience the hints of cinnamon, delicate berry fragrance and smooth red palate.	3L
LIGHT RED	3L LIGHT RED, 6009101996148	Blend of 50% Shiraz, 30% Cabernet Sauvignon and 20% Merlot in 3L Bag-in-box packaging. Light bodied wine with hints of spices and berries	3L
LIGHT ROSE	3L LIGHT ROSE, 6001009039187	A natural sweet and lower alcohol wine with lively freshness .Experience the gentle strawberry aromas, fragrant plum palate . undertones of ruby grapefruit and note of cherry.	3L
LIGHT WHITE	3L LIGHT WHITE, 6001009014177	Lower alcohol and crisp, lively freshness for tasty, invigorating enjoyment.Experience the spicy cut grass aroma, bouquet of sliced apple, ripe grape undertones and subtle not of lemon.	3L
4 CIABATTA: Bread sticks	4 CIABATTA STICKS, 6009178510018	4 Ciabatta sticks Soup bread	4 ciabatta bread sticks
4 SOFT RYE ROLLS	4 SOFT RYE ROLLS, 6009178150269	4 soft rye and wheat rolls	4 units
COOKED BEETROOT	400G COOKED BEETROOT, 20179717	Vinaigrette Cooked Beetroot Ideal with Roast Vegetables	400g
MIXED VEGETABLES	400G MIXED VEG, 20149116	Mixed Vegetables Serve with a cheese sauce or use in pasta bakes	400g
TROPICAL FRUIT STRIPS: Fruit selection	40G MANGO, PINE, 20205324	Choice and/or standard grade mixture of dried fruit strips of mango, pineapple, apricot and apple that have been cut into strips.	40 g
PEANUTS & RAISINS	40G NUT AND RAISIN, 20159290	Roasted and Salted cocktail Peanuts with Raisins	40g
ROASTED VEG & COUSCOUS: Salad	430G ROASTED VEG/COU, 6005000177480	Roasted vegetable and couscous salad with red pepper, courgettes and a sundried tomato dressing	430g
JB ASST FRUIT 14	45G JB ASST FRUIT 14, 71567991902	45g Jelly Beans 14 Assorted flavour flip top box	45g
JB SUPERFRUIT 5	45G JB SUPERFRUIT 5, 71567991971	45g Jelly Belly Beans Superfruit flip top box	45g
DRY RED	5 LITRE DRY RED, 20035136	A soft smooth red wine with fresh fruity flavours.Experience the hints of cinnamon, delicate berry fragrance and smooth red palate.	5L
STEIN	5 LITRE STEIN, 20035143	Product of South Africa. Ripe andd fruity with a honey ripeness, flavours of melon and ripe peach. Ripe and fruity.	5 L
FIVE ROSE: English breakfast	5 ROSE ENGL BRKFT 50, 6001156588378	Five Roses English breakfast tagless tea bags	125 grams
FIVE ROSES	5 ROSES TAGLESS 100S, 6001156230253	Tagless Tea Bag	250g
FIVE ROSES TAGLESS: 50 tagless	5 ROSES TAGLESS 50S, 6001156230154	FIVE ROSES 50's TAGLESS TEABAGS	250g
FIVE ROSES: Tagged	5 RSES TGED TEA 100, 6001156592016	FIVE ROSES 100'S TAGGED TEABAGS	250 grams
RAW ALMONDS: Value bag	500G ALMONDS VALUE B, 6001009020673	Raw Almonds, fully formed with smooth brown to light brown appearance.	500 g
COCKTAIL PEANUTS: Roasted & salted	500G COCKTAIL PEANUT, 20078621	Blanched Cocktail Peanuts, roasted in vegetable oil and lightly Salted.	500 g
NUTS & RAISINS: Roasted & salted	500G NUTS AND RAISIN, 20078591	Peanuts, roasted in vegetable oil, lightly salted and packed together in a mix, with raisins.	500g
DRIED ORCHARD FRUIT MIX	500G ORCHARD MIX, 6009171564520	Mixed dried fruit (Apples, Apricots, Prunes, Peaches and Pears).	500g
SUND-DRIED RAISINS	500G RAISINS, 20024345	Raisins Thompson seedless and choice grade.	500 g
COKE ZERO	500ML COKE ZERO, 5449000131836	COKE ZERO 500ML	500ML
NAARTJIE ENERGADE	500ML ENERGADE-NAART, 6001324217253	Energy drink - naartjie flavour	
TROPICAL ENERGADE	500ML ENERGADE-TROPI, 6001324238173	Energy concentrate drink - Tropical flavour	
PEPSI LIGHT	500ML PEPSI LIGHT, 6001240223826	Pepsi Light	500ml
PEPSI MAX	500ML PEPSI MAX, 6001240226216	Pepsi Max 500ml	500ml
PEPSI REGULAR	500ML PEPSI REGULAR, 6001240223802	Pepsi Regular 500ml	500ml
MIXED NUTS: Roasted & salted	550G ASSORT NUT TUB, 20160135	An assortment of roasted and salted Peanuts, Almonds, Brazil nuts, Cashew nuts, Macadamia nuts and Pecan nuts.	550g

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BLANC DE BLANC	5L BLANC DE BLANC, 20035150	Product of South Africa. A medium Bodied White Wine, fresh and crisp with good fruit flavours, particularly guava and peach. Crisp and dry.	5 L
COKE ZERO	6 PACK COKE ZERO 330, 5449000131812	COKE ZERO 330ML 6PACK	6 x 330ml
600G BULK ROSA SALAD: BULK	600G ROSA BOWL SALAD, 6009101743230	Rosa salad. Rosa tomatoes, sweet peppers, cucumber. Buy bulk and save	600g
MANGO CHUNKS	60G MANGO CHUNKS, 6009173200020	Died mango pieces	60 grams
ROSEMARY AND OLIVE: CROUTONS	60G ROSEMARY CROUTON, 6009175379618	Rosemary & Olive Croutons. Toss in salads, garnish soups or enjoy as a snack.	60g
680G BULK CRISP SALA: BULK	680G CRISP BOWL SLD, 6009101743223	Tomato cucumber crisp salad. Tomatoes, lettuce, cucumber, red onion. Just add crisp croutons. Buy bulk and save	680g
ASSRTED NUTS	6PK 30G ASSRTED NUTS, 6009173200051	Roasted and salted assorted tree nuts - Almonds, Brazils, Cashews, Macadamias and Pecans	6 x 30 g
CASHEWS	6PK 30G CASHEWS, 6009173200068	Cashews nuts, oil roasted, with a hint of salt	6 x 30 g
MANGO CHUNKS	6PK 60G MANGO CHUNKS, 6009173200037	Dried mango chunks [1.5-1.5cm]	6 x 60 g
METH CAP CLASSIQUE: Methode Cap Classique	750ML VILLIERA MCC, 20006693	Quality Chardonnay.Pinot Noir and Pinotage blend, ideal for the production of methode Cap Clacssique Sparkling Wines.Fresh yeasly character with a hint of citrus and apple.Light with refreshing acidity on palate.	750ml
TORTILLAS	8 TORTILLAS, 20196974	Traditional Mexican style bread for enchiladas, fajitas, quesadillas and wraps	320g
85G POTATO SWEET BBQ	85G POTATO SWEET BBQ, 6009175940313	Airbaked potato pop crisps, lightly dusted with a sweet bbq seasoning	85 g
JB ASST FRUIT 14	90G JB ASST FRUIT 14, 71567991933	Jelly Belly Jelly Beans 90g Beanaturals Assorted Fruit Bag	90g
JB SUPERFRUIT 5	90G JB SUPERFRUIT 5, 71567991650	Jelly Belly Beans 90g Suoerfruit 5 Beanaturals Bags	90g
ACE MAIZE MEAL	ACE MAIZE MEAL 5KG, 6001256000084	Maize	5 kg
APRICOT JAM	AG APRCT JAM 900G CN, 6001059004609	Apricot jam	
CHERRY MENTHOL GUM: Airwaves	AIRWAVES CHERRY MENT, 42102120	Airwaves Cherry Menthol Gum 14 g Supplier is Wrigley	14 g
ALL PURPOSE GRINDER	ALL PURPOSE GRINDER, 6009000106549	A labeled glass jar containing herb and spice blend, with charcoal acrylic grinder.	40g
ALL SPICE BERRIES	ALL SPICE BERRIES, 6009175048385	A glass jar with a red 1 hole fliptop, containing all spice berries	35g
ANISEED	ANISEED, 6009175611756	Non irradiated. A labeled, 97ml glass jar containing whole aniseed, with red, 7-hole fliptop lid.	40g
APPLE BEAR ROOIBOS: Stage 1	APPLE AND PEAR PUREE, 6009000594339	Apple Pear Rooibos	1 x 80g
APPLE/CINNAMON COMP	APPLE/CINNAMON COMP, 6009173777799	Apple & Cinnamon Compote	180g
THAI STIR FRY SAUCE	Aromatic Thai Coconu, 6005000285505	Ready to Wok Thai coconut stir fry sauce	130g
ARRABBIATA CARTON	ARRABBIATA CARTON, 6009175195898	Arrabbiata Pasta Sauce made with chopped Italian tomatoes, red peppers & chilli	380 ml
ARTICHOKES HEARTS	ARTICHOKES HEARTS, 6009175298971	Artichoke hearts in sunflower oil	285g
NUT & RAISIN TUB	ASS NUT/RAISINS TUB, 6009171009915	Assorted Nut and Raisin Mix An assortment of roasted, salted nuts with crimson and large Thompson raisins	900 g
AUNT CAROLINE	AUNT CAROLINE 2KG, 6001231000788	long grain parboiled rice	2 kg
RSTED BEETROOT & APPLE: Fresh soup	B/ROOT + APPLE SOUP, 6009175687478	Fresh Roasted Beetroot & Apple Soup Seasonal fresh roasted beetroot blended with granny smith apples for a light summer soup.	600g
BAKING POWDER	BAKING POWDER 100G, 6009173755322	Use for all your home baking.	100g
PORK RUB	BARBEQUE RUB, 6009171929787	A labeled 180ml PET tub with charcoal lid, filled with herb and spice seasoning.	100g
BASMATI MICROWAVE	BASMATI MICROWAVE, 6009173780348	Our ready prepared aromatic basmati rice offers the ultimate convenience. All you have to do is heat and serve.	250 g
BASMATI RICE	BASMATI RICE 2KG, 6001231081404	Basmati Rice	2kg
BAY LEAVES	BAY LEAVES, 20169824	A labeled, glass jar with a 1 hole green fliptop, containing bay leaves.	4g
BAY LEAVES REFILL BO	BAY LEAVES REFILL BO, 6009173963123	A printed paperboard box, containing a clear, heat sealed sachet filled with bay leaves	4g
SPICY ROAST IN BAG	BBQ ROAST IN A BAG, 6009175382984	A printed box containing a sealed sachet of herb and spice blend and a roasting bag with tie.	30g
BEETROOT & CARROT: Duo	BEETROOT+CARROT DUO, 6009178708491	Fresh Flavour Infused Beetroot Wedges and Thyme Infused Carrot Batons beetroot infused with aniseed and cooked using the 'sous vide' method.	330g
BERLINER RYE BREAD	BERLINER LANDBROT, 20018931	A traditional soft mild German style rye bread made with rye flour and wheat flour.	400g
BEROCCA PERFORMANCE: Effervescent orange	BEROCCA 20'S, 6003787022061	Multivitamin effervescent tablet	
COOLER: Berry	BERRY COOLER 750ml, 20142797	Red wine flavoured with berries of the season,Spicy and very fruity ,flavourful and refreshing sweet.	750ml
BERRY MEDLEY COULIS	BERRY MEDLEY COULIS, 6009173777805	Berry Medley Coulis	180g
BERRY BANANA VANILLA: Stage 2	BERRY+BANANA PUREE, 6009000594346	Fresh Berry Banana Vanilla	1 x 120g
BICARB	BICARB 200G, 6009173755315	Bicarbonate of soda. Use in all your home baking.	200g
BLACK PEPPER REFILL	BLACK PEPPER REFILL, 6009175318204	A printed box conating a clear sealed sachet of whole black peppercorns.	125g
BLACK PEPPERCORNS: Grinder	BLACK PEPPERCORNS, 20043650	A labeled glass jar containing Black peppercorns with a charcoal acrylic grinder.	45g
BLK SUNDRIED TOMATO	BLK SUNDRIED TOMATO, 6009175040273	Top quality sun-dried tomatoes hydrated in a delicious olive oil vinaigrette.	440 g
BON MAMAN 4 FRUITS JAM	BM 4 FRUITS JAM 370G, 3608580713944	Bonne Maman Preserve 4 fruits 370g	370g
BM APRICOT JAM 370GR	BM APRICOT JAM 370GR, 3608580713890	Bonne Maman Preserves Apricot 370g	370g
BM BLAKBERRY JAM 370G	BM BLAKBERRY JAM 370G, 3608580713968	Bonne Maman Preserves Blackberry	370g
BON MAMAN BLUEBERRY JAM	BM BLUEBERRY JAM 370, 3608580713937	Bonne Maman Preserves Blueberry	370g
BM CHERRY JAM 370GR	BM CHERRY JAM 370GR, 3608580714125	Bonne Maman Preserves Cherry 370g	370g
BM FRUT WOOD JM 370G	BM FRUT WOOD JM 370G, 3608580713951	Bonne Manan Preserves Forrest Berries 370g	370g
BON MAMAN MARMALADE	BM MARMALADE 370GR, 3608580713906	Bonne Maman Preserves Orange Marmalade 370g	370g
BON MAMAN PEACH JAM	BM PEACH JAM 370GR, 3608580713920	Bonne Maman Preserves Peach	370g
BM RASPBERRY JAM 370	BM RASPBERRY JAM 370, 3608580713913	Bonne Maman Preserves Raspberry 370g	370g
BM STRWBERRY JAM	BM STRWBERRY JAM 370G, 3608580713883	Bonne Maman Preserves Strawberry 370g	370g
BOMBAY MIX	BOMBAY MIX, 6008000626606	A spicy assortment of peanuts ( redskin peanuts, blanched peanuts), cashews and chickpea noodles.	450 g
Bombay Mix	BOMBAY MIX 200G, 6009101121205	A spicy assortment of peanuts, cashews and pea noodles.	200 g
BOUQUET GARNI	BOUQUET GARNI, 6009000106426	A labeled, glass jar with a 1 hole green fliptop, containing 3-4 bundles of bouquet garni.	8g
BRAAI SEASONING	BRAAI SEASONING, 6008000522168	A 200ml PET bottle containing Braai seasoning sealed with a black shaker top.	175g
BREAD CRUMBS	BREAD CRUMBS, 6009171973933	A labeled PET tub with tamper evident lid, filled with a blend of crumbs.	150g
BROWN DUMPY LOAF	BROWN DUMPY LOAF, 6009175617857	brown dumpy loaf A source of fibre made with brown bread flour.	800g
BROWN HAMBURGER ROLLS	BROWN HAMBURGER ROLL, 20186678	6 Hamburger rolls BROWN HAMBURGER ROLLS	6pack
BROWN HOTDOG ROLLS	BROWN HOTDOG ROLLS, 20019136	Soft and fine textured stays soft and fresh for longer.	6
BROWN LENTILS	BROWN LENTILS 500G, 6001009013569	Lens esculenta - Brown lentils Brown lentils still have their seed coat and have not been split. The most common lentil you will find is the brown lentil, which is grown here in the United States. Brown lentils are the largest of the lentils. Unlike the yellow and red variety, they have an outer shell or hull, so they are rich in fibre and keep their shape during cooking.	500G
BROWN SANDWICH	BROWN SANDWICH, 20067113	BROWN SANDWICH Soft fresh and fine textured	700g
BRUSCHETTA SLICES	BRUSCHETTA SLICES, 6009175359931	Bruschetta Great with: Dips, Hummus, Tzatziki, Chargrilled Artichokes, Grilled Vegetable & Basil Pesto, Charcuterie.	120g
BULK BRAAI	BULK BRAAI, 6009000733332	A 325ml PET bottle, containing a fine blend of herbs & spices. Non Irradiated	280g
BULK HUMMUS: Dip	BULK HUMMUS, 6009000281451	The Deli Hummus	250g
BULK RO GREEK DRESS: Greek	BULK RO GREEK DRESS, 6009175040389	Reduced Oil Greek Dressing	500 ml
SEEDED ROLLS	BULK SEEDED ROLLS, 20110512	made with poppy seed,linseed and sunflower seeds,stays soft and fresh for longer.	12

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BUTTERNUT SOUP: Value pack	BUTTERNUT 1.4KG, 20118990	Butternut soup mix	1.4kg
BUTTERNUT SOUP	BUTTERNUT SOUP 700G, 20167165	Butternut soup mix	700g
CAB SAUV SHIRAZ: Reserve	CAB/SAUV-SHIRAZ RESE, 20095420	Wine of origin Western Cape, wine of South Africa. The forward spice, pepper and wilder red berry flavours of the Shiraz are balanced by the darker berry flavours and elegant backbone of the Cabernet Sauvignon. Maturation in French oak barrels has rounded this wine and given it depth and complexity. The palate is textured with ripe tannins and a long finish.	750 ml
CAJUN SPICE SHAKER	CAJUN SPICE SHAKER, 6009175383516	A labeled, flared 200ml PET jar containing a herb and spice blend with a black flip top lid.	130g
CAMPBELLS TOMATO JUICE	CAMPBELLS JUICE TOMA, 5100000071	Tomato Juice	
CANDEREL STICKS	CANDEREL 200 STICKS, 9321778650800	Canderel Cafe Sticks 200's	
CANDEREL GRN 80 STCK	CANDEREL GRN 80 STCK, 7640110705216		120 g
CANDEREL STICKS	CANDEREL YELL STICK, 7640110703847	Canderel yellow, 100 sticks	100 g (100 sticks)
CANDEREL POWDER	CANDEREL YELL POWDER, 7640110703816	Granular powder, ideal for cooking and baking	125 g
ONE OFF RED	CAPE RED, 6005000593587	Wine of South Africa. Fully and smooth. One off wine provide outstanding value for money with a delicious taste experience. Simply delicious wines, never to be repeated, at amazing prices and available once only. A blend of red cultivars. Wood treatment - none	750ml
ONE OFF WHITE	CAPE WHITE, 6005000593303	Wine of South Africa. Friendly, fruity and fresh. One off wines provide outstanding value for money with a delicious taste experience. Simply delicious wines, never to be repeated, at amazing prices and available once only. A blend of red cultivars. Wood treatment - none	750 ml
CAPER BERRIES	CAPER BERRIES, 6001009023087	Caperberries in wine vinegar	net: 300g; drained: 140g
CARAMEL ESSENCE	CARAMEL ESSENCE 25ML, 6009173755360	Just add a spoonful.	25ml
CARROT BATONS	CARROT BATONS 300G, 6008000680264	Carrot Batons Delicious served with a drizzle of honey	300g
CAYENNE PEPPER	CAYENNE PEPPER, 6009000106495	A labeled glass jar with a 19 hole red fliptop, containing cayenne powder.	50g
CAYENNE PEPPER REFIL	CAYENNE PEPPER REFIL, 6009173963161	A printed paperboard box, containing a clear, heat sealed sachet filled with cayenne pepper.	50g
CHAMOMILE HERBAL	CHAMOMILE HERBAL TEA, 20155209	Chamomile Herbal Infusion A calming blend with sweet floral finish for peaceful sleep. 20 bleached tagged tea bags Packed in a foil pouch for maximum freshness	30g
CHENIN BLC SB: Reyneke	CHENIN BLANC REYNEKE, 6008000838399	Wine of origin of Stellenbosch, wine of South Africa. An elegant and complex wine with chenin blanc providing ripe tropical fruit and minerality. These flavours are complimented by spicy oak nuances.	750ml
CHERMOULA SPICE BLEN	CHERMOULA SPICE BLEN, 6009175383394	A labeled PET tub containing herb and spice blend with charcoal screw cap top.	85g
Chilli Rice Snck	CHILLI RICE SNCK 100G, 6009171361167	Chilli flavoured rice snacks	100 g
CHILLI CHICKEN SEASO	CHILLI CHICKEN SEASO, 6009175383073	A printed box containing a clear sachet filled with flavoured crumb.	125g
CHILLI FLAKES	CHILLI FLAKES, 20167073	A labeled glass jar with a 7 hole red fliptop, containing chilli flakes.	35g
CHILLI FLAKESREFILL	CHILLI FLAKESREFILL, 6009173963222	A printed paperboard box, containing a clear, heat sealed sachet filled with chilli flakes.	35g
CHILLI POWDER	CHILLI POWDER, 6009175048637	A glass jar with a red 19hole fliptop, containing chilli powder	45g
CHINESE 5 SPICE	CHINESE 5 SPICE, 6009175383400	A labeled PET tub containing a blend of herbs and spices, with charcoal screw cap lid.	80g
CHOC FUDGE CREMES	CHOC FUDGE CREMES, 6009175446020	Sandwiched with choc cookies	228 g
CHOC HOT CROSS BUNS	CHOC HOT X BUN, 6009101070084		6
CHOCOLATE CHIPS	Chocolate chips, 6005000164954	A generous handful of Chocolate chips	100g
CHUNKY VEGETABLE: 2go soup	CHUNKY VEG CUP SOUP, 6009178483848	Chunky Vegetable Sip'N Soup	400g
CHUNKY VEG PICKLE	CHUNKY VEG PICKLE, 6009178245194	Chunky vegetables pieces in oil with cumin, coriander and other spices.	6 x 250 g
CHUNKY VEG SOUP	CHUNKY VEG SOUP 700G, 20089986	Chunky vegetable soup mix	700g
CHUNKY VEG/BEAN	Chunky Veg/Bean, 6008000808781	Vegetable & bean Soup in a doy pouch. Serves 2.	600g
WINTER VEGETABLE: Soup	CHUNKY VEGETABLE, 20044503	Canned Chunky vegetable soup. Serves 2. A chunky blend of winter vegetables(20%), lentils (16%) and creamy red kidney beans (6%), with a subtle hint of parsley.	400 g
CHUNKYMANGO PICKLE	CHUNKYMANGO PICKLE, 6009178245187	Chunky mango pieces in oil with cumin, coriander and other spices.	6 x 250 g
CIABATTA	Ciabatta, 2060550000002	Slipper shaped Italian style bread with a crispy crust and characteristic hole formation on the inside.	10 per box
CINMON SUGAR KET 28G	CINMON SUGAR KET 28G, 843571001805	Cinnamon Sugar Kettlecorn	28g
CINNAMON GROUNDREFIL	CINNAMON GROUNDREFIL, 6009173963185	A printed paperboard box, containing a clear, heat sealed sachet filled with ground cinnamon	50g
CINNAMON QUILLS	CINNAMON QUILLS, 6001009013934	A labeled glass jar with a 1 hole red fliptop, containing cinnamon quills.	30g
CINNAMON SHAKER	CINNAMON SHAKER, 6009173755537	Cinnamon sugar	180g
CINNAMON SUGAR: Popcorn	CINNAMON SUGAR PPCRN, 843571001812	Cinnamon and Sugar Popcorn	112
CLOVES	CLOVES, 6001009013972	A labeled glass jar with a 1 hole red fliptop, containing cloves.	30g
CLOVES	CLOVESREFILL BOX, 6009173963239	A printed paperboard box, containing a clear, heat sealed sachet filled with whole cloves	30g
COCKTAIL GHERKINS	Cocktail Gherkins, 6005000184549	Cocktail Gherkins 270g net, 150g drained CHOICE GRADE	270g
COCKTAIL ONIONS	COCKTAIL ONIONS, 6009178245200	Whole silverskin cocktail onions in an acidic pickling brine	24 x 140 g
COCOA POWDER	Cocoa powder, 6005000164947	A generous cup of Cocoa	150g
COLOSSAL CASHEWS	COLOSSAL CASHEWS, 6009000750940	A selection of XXL Cashews, wet roasted and lightly salted.	250 g
COOK 'N BAKE: Olive oil spray	COOK N BAKE O/OIL SP, 5014488001317	Spray cooking oil	
STICKY 3 PEPPER: Cook-in-sauce	COOKIN STICKY 3 PPPR, 20198763	A sticky sweet tangy sauce made with peppadew™, sweet peppers, pineapple and seasoned with pepper. Simply add to chicken, pork, beef or vegetables and cook.	400g
CAPE MALAY: Cook-in-sauce	COOKIN-MALAY, 20127428	A mildly spiced Cape Malay curry sauce. Just add chicken, beef, lamb, fish or vegetables	400 g
MEDITERRANEAN: Cook-in-sauce	COOKIN-MEDITERRANEAN, 20127442	A Mediterranean inspired tomato sauce with mixed herbs. Just add chicken, lamb, fish or vegetables	400 g
SWEET & SOUR: Cook-in-sauce	COOKIN-SWEET/SOUR, 20127435	A sweet and tangy sauce made with soya sauce, pineapple, sweet peppers and ginger. Just add chicken, pork, fish or vegetables	400 g
ITALIAN RUB	Cooks Italian Rub, 6009171929718	A labeled 180ml PET tub with charcoal lid, filled with herb and spice seasoning.	70g
MORROCAN RUB	Cooks Moroccan Rub, 6009171929695	A labeled 180ml PET tub with charcoal lid, filled with herb and spice seasoning.	95g
COPENHAGEN	COPENHAGEN, 6009178142813	4 Cinnamon & raisin copenhagens topped with a sticky fondant icing	4 units
CORIANDER LEAF	CORIANDER LEAF, 6009175048279	A glass jar with a green 7 hole fliptop, containing coriander leaves	15g
CORIANDER SEEDS	CORIANDER SEEDS, 6009000106518	A labeled glass jar with a 7 hole red fliptop, containing coriander seeds.	25g
CORN CAKES	CORN CAKES, 6009000444597	Corn Cakes with Salt	130 g
COUNTRY VEG STOCK CO	COUNTRY VEG STOCK CO, 6009178233245	Convenient, easy to use sachets filled with Country Vegetable Stock Concentrate.	25 g
HOT CROSS BUNS: Cranberry & Orange	CRAN/ORANG HOT X BUN, 6009000038147		6
Cream Cheese & Chives	CREAM CHEESE+CHIVES, 6009000984512	Airpopped cassava crisps lightly dusted with cream cheese & chives seasoning	85 g
CREAM CRACKERS 200G	CREAM CRACKERS 200G, 6001056414296	Cream crackers	1
CREAM OF TARTAR	CREAM OF TARTAR 100G, 6009173755308	Cream of tartar. Use in all your home baking.	100g
CRUSHED PINEAPPLE	CRUSHED PINEAPPLE, 600917377829	Crushed pineapple in a light syrup	432g
CUMIN GROUNDREFILL B	CUMIN GROUNDREFILL B, 6009173963215	A printed paperboard box, containing a clear, heat sealed sachet filled with ground cumin.	50g
CUMIN SEEDS	CUMIN SEEDS, 6009000106525	A labeled glass jar with a 7 hole red fliptop, containing cumin seeds	40g
CUPCAKE KIT MIX	CUPCAKE KIT MIX, 6009173755483	A powdered long life kit that wehn prepared is vanilla cup cakes	670g
CURRIED CHILLIES	CURRIED CHILLIES, 6009178245231	Chillies in oil with cumin, coriander and other spices.	6 x 250 g
HIGH FIBRE BROWN: Complete	D/PLUS BROWN BREAD, 20206413	digest + Helps your digestive system. Prebiotics stimulate the growth of specific "good" bacteria for a well functioning digestive system.	700g
HIGH FIBRE WHOLEWHEAT: Complete	D/PLUS W/WHEAT BREAD, 20206420	Digest + Helps your digestive system. Prebiotics stimulate the growth of specific "good" bacteria for a well functioning digestive system.	700g
HIGH FIBRE WHITE: Complete	D/PLUS WHITE BREAD, 20173852	digest + Helps your digestive system. Prebiotics stimulate the growth of specific "good" bacteria for a well functioning digestive system.	700g
DENTYNE: Strawberry	DENTYNE STRAWBERRY, 6001065680934	Dentyne Strawberry SF 10pc X 18	

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PEA,CORN, CARROT STEAMER	DICED PEAS CARROT CO, 6009000485613	Ready to Micro Diced Carrots, Broccoli, Peas & Sweet Corn	450g
DIJON MUSTARD	DIJON MUSTARD, 6001009017390	A medium, spreadable consistency mustard, light yellow-brown in colour with small brown (bran-like) specs present	135 g
DILL TIPS	DILL TIPS, 6009175048262	A glass jar with a green 7 hole fliptop, containing dill tips.	20g
8 DOLMADES	DOLMADES, 6008000564717	Doimades vine leaves filled with a savoury rice mix, pine nuts & sultanas in a fresh dill dressing	100 g
MOR TOM/LEN SOUP: limited edition	DOY MOR TOM/LEN SOUP, 6009101217762	Limited Edition Moroccan Tomato and Lentil Soup in a doy pouch. Serves 2.	600g
THAI GREEN CURRY: Oriental	DOY THAI GREEN CURRY, 6001009021236	Cook in sauce made with a blend of green chillies, lemon grass, galangal and Lime Leaves.	400g
BALSAMIC VINAIGRETTE: Dressing	DRESSING BALSAMIC VI, 20199944	Balsamic Dressing Vinaigrette	300 ml
GREEK VINAIGRETTE: Dressing	DRESSING CLASSIC GRE, 6001009031280	Greek Dressing Vinaigrette	300 ml
FRENCH LOW OIL DRESSING	DRESSING FRENCH, 20083441	French Dressing Vinaigrette	300 ml
DRIED BREAD CRUMBS	DRIED BREAD CRUMBS, 6009175048668	A fine to medium coarse blend of crumbs and toasted crumbs.	155g
DRIED CRANBERRIES	DRIED CRANBERRIES, 6001009002440	Dried cranberries with bright deep red colour glossy surfaces, and clean sweet, slightly tangy taste.	100g
NAARTJIE ENERGAE: Concentrate	ENERGADE NAARTJIE CO, 6001324194615	Energy drink - naartjie flavour	
TROPICAL ENERGAE: Concentrate	ENERGADE TROPICAL CO, 6001324239224	Energy concentrate drink - Tropical flavour	
ENGLISH MUFFINS	ENGLISH MUFFINS, 20024697	Ideal for breakfast or as a treat	4
STRAIGHT CUT CHIPS	ESS STRAIGHT CUT CHI, 6009000072141	Straight Cut Potato Chips	1kg
EVIAN STILL SPRING WATER	EVIAN MINERAL WATER, 7929885	Water	
EX HOT HAB SAUCE	EX HOT HAB SAUCE, 6009175298926	Extra Hot Habanero Peri Peri Sauce	12 x 250ml
EXCELLENCE DARK 85	EXCELLENCE DARK 85 1, 3046920028363	Dark chocolate	
MANGO: Stage 2	EXPLORER MANGO PUREE, 6009000648261	Fresh Mango	1 x 120g
ROAST VEGGIES: Stage 2	EXPLORER ROAST VEG P, 6009000594353	Fresh Roast Veggies	1 x 120g
EXSTR PICKLEONION	EXSTR PICKLEONION390, 6009173678584	Onions in an extra strong & aromatic pickling brine	12 x 390 g
HOT CROSS BUNS: Extra spicy	EXTRA SPICY HOTCROSS, 20107208	Soft extra spicy hot x buns, packed with sultanas, raisins and currants, candied citrus peel, laced with mixed spice.	6
FARM STYLE LOAF	Farm Style Loaf, 2060560000009	An open top loaf cut and floured on top with a soft crumb and a slightly fermented taste.	24 per box
FD CHILLI FLAKES	FD CHILLI FLAKES, 6009175384278	A labeled glass jar containing slices of red chilli with a black fliptop.	2g
FD CHIVES	FD CHIVES, 6009175384254	A labeled glass jar containing snipped chives with a black fliptop lid.	1.8g
FD CORIANDER	FD CORIANDER, 6009175611749	A labeled glass jar containing flakes of coriander leaf, with a black fliptop lid.	4g
FD CURRY LEAVES	FD CURRY LEAVES, 6009175611725	A labeled glass jar containing pieces of freeze dried curry leaf with a black fliptop lid.	3g
FD DILL	FD DILL, 6009175611718	A labeled glass jar containing dill tips with black fliptop lid.	4g
FD FRENCH TARRAGON	FD FRENCH TARRAGON, 6009175611695	A labeled glass jar containing pieces of french tarragon leaf, with a black fliptop lid.	3g
FD GARLIC FLAKES	FD GARLIC FLAKES, 6009175384285	A labeled glass jar containing pieces of chopped garlic, with a black fliptop lid.	14g
FD GINGER FLAKES	FD GINGER FLAKES, 6009175384292	A labeled glass jar containing pieces of chopped ginger with a black fliptop lid.	5g
FD PARSLEY	FD PARSLEY, 6009175611732	A labeled glass jar containing chopped parsley with a black fliptop lid.	3g
FD THYME	FD THYME, 6009175611701	A labeled glass jar containing thyme leaves with a black fliptop lid.	6g
FINE BLACK PEPPER	FINE BLACK PEPPER, 6009178243428	A labelled glass jar filled with fine black pepper with a red 19 hole flip top	55g
GLUHWEIN: Spicy winter warmer	FIRESIDE GLUHWEIN, 20130602	A spicy flavoured cooler	750ml
FOOD COLOURANTS	FOOD COLOURANTS, 6009173755353	Colourful fun food colours (pink, yellow, blue, green) - mix and match to make any colour you wish!	4x10ml
FREEZE DRIED BASIL	FREEZE DRIED BASIL, 6009175651684	A labeled glass jar containing freeze dried basil flakes, with black flip top lid.	4g
SAGE: Freeze dried	Freeze Dried Sage, 6009171929336	A labeled glass jar, containing pieces of sage, with a black fliptop lid.	3g
FRENCH BAGUETTE	FRENCH BAGUETTE, 2066040000002	White baguette, 5 cuts on the top	32 pieces/box
FRENCH HALF BAGUETTE	FRENCH HALF BAGUETTE, 2066050000009	White baguette, 3 cuts on the top	60 pieces/box
FRENCH: Sauv/Blanc	FRENCH SAUV/BLANC, 6009175700429	Dry white wine	6x750ml
FRENCH TARRAGON	FRENCH TARRAGON, 6009175048248	A glass jar with a green 7 hole fliptop, containing french tarragon	9g
FRESHPAK ROOIBOS: 40 tagless	FRESHPK ROOIBOS 40'S, 6001156905106	Freshpak Rooibos 40's tagless tea bags	100g
FRESHPAK ROOIBOS TEA	FRESHPK ROOIBOS 80'S, 6001156905205	Rooibos Tagless Teabags	6x(4x80's)
FRISCO: Instant coffee	FRISCO 750G, 6001092100207	Instant coffee	
FRISCO GRANULES	FRISCO GRANULES 750G, 6009702440026	Frisco Granulated Coffee Tin 750g	750g
CANNED FRUIT COCKTAIL	FRUIT COCKTAIL 420G, 6001009004444	Fruit Cocktail, canned, packed in syrup	420g
CANNED FRUIT COCKTAIL	FRUIT COCKTAIL 825G, 6001009014931	Fruit Cocktail, canned, packed in syrup	825 g
FRUIT SALAD TOPPER	FRUIT SALAD TOPPER, 6009175383028	A printed box containing a clear sachet filled with a blend of fruit, seeds and flowers.	15g
RAW ASSORTED NUTS: Cranberries & sultanas	FRUIT+ NUT MIX 100G, 20102890	Raw assorted nuts (Almonds, Brazil nuts, Cashew nuts and Hazelnuts) with cranberries and sultanas.	100 g
FRUITED ENGLISH BUNS	FRUITED ENGLISH BUNS, 6001009005304	Soft and delicate buns with a very mild spice and laced with lemon peel	6 pack
G+H MARINADE IN BAG	G+H MARINADE IN BAG, 6009175383004	A printed box containing a clear, sealed sachet of herb and spice blend and a zip seal bag.	80g
DOMAINE GRIER GALAMUS: France	GALAMUS, 6009171651763	30% Ripe red currant and plum flavours with hint of chocolate are supported with spicy notes. The palate is concentrated with a fine tannin structure. Full bodied, wood matured. The wine shows an exciting mix of berry and spice with underlying chocolate. Supported by integrated oak. The fruit translates to the palate and combines with a fine tannin structure to ensure good keeping potential.	750 ml
GARDEN PEAS	GARDEN PEAS 1KG, 20029388	Specially selected for tenderness and sweetness. Frozen within hours of harvesting for locked in freshness.	1 Kg
GARLIC + THYME PERI	GARLIC + THYME PERI, 6009175298933	Garlic & Thyme Peri Peri Sauce	12 x 250 ml
GARLIC FLAKES	GARLIC FLAKES, 6009000106471	A labeled glass jar with a 7 hole red fliptop, containing garlic flakes.	55g
GARLIC FLAKES REFILL	GARLIC FLAKES REFILL, 6009173963147	A printed paperboard box, containing a clear, heat sealed sachet filled with garlic flakes	55g
GARLIC & HERB: Grinder	GARLIC HERB, 20027520	A labeled glass jar containing a blend of herbs and spices with a charcoal acrylic grinder.	45g
GARLIC & ROSEMARY: Basting sauce	GBB OOIL GARLIC ROSE, 20119201	A delicious Mediterranean sauce made with extra virgin olive oil, garlic and rosemary.	200ml
GBB PORTUGUESE PREGO	GBB PREGO SAUCE, 6009173589330	A spicy Portuguese inspired sauce made with extra virgin olive oil, garlic, lemon and four varieties of chillies.	200 ml
GBB SWT STCKY FRUITY	GBB SWT STCKY FRUITY, 6009173589347	A delicious sticky marinade with Apricot Jam and Pineapple.	200 ml
DILL GHERKINS	Gherkins Dill, 6005000184709	Mild Dill Gherkins 780g net, 430g drained CHOICE GRADE	780g
GINGER GROUND	GINGER FINE, 6009000106501	A labeled glass jar with a 19 hole red fliptop, containing fine ginger.	45g
GINGERNUTS	GINGERNUTS 200G, 6001056294003	Ginger Cookies	200g
GLUTEN FREE FUSILLI	GLUTEN FREE FUSILLI, 6008000163712	Free From Gluten Fusilli pasta made from maize and rice flour	250 g
GLUTEN FREE PENNE	GLUTEN FREE PENNE, 6008000163729	Free From Gluten Penne pasta made from maize and rice flour	250 g
GLU FREE SPAGHETTI	GLUTEN FREE SPAGHETT, 6008000163378	Free From Gluten Spaghetti pasta made from maize and rice flour	250 g
GOURMET KETTLECORN: Popcorn	GOURMET KETTLECORN, 181972000516	Kettle popped corn, sprinkled with salt and sugar.	112 g
GREEK LOW OIL DRESSING	GREEK LOW OIL DRESSI, 20083458	Reduced Oil Greek Dressing	300 ml
GREEN CARDAMON	GREEN CARDAMOM, 6001009013965	A labeled glass jar with a 1 red fliptop, containing green cardamom pods.	25g
GREEN OLIVE BREAD	GREEN OLIVE BREAD, 2066660000000	Part baked rustic baguette with green olives	25
GREEN OLIVES IN GLSS	GREEN OLIVES IN GLSS, 6009173211385	Queen Olives in brine	Drained: 160g Nett: 280g

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GREEN P/CORN GRINDER	GREEN P/CORN GRINDER, 6009175257404	A labeled, 97ml glass jar containing whole freeze dried green peppercorns with acrylic grinder.	25g
GREEN PEPPERCORNS	GREEN PEPPERCORNS, 6009175298780	Green peppercorns in brine	100g
TEAVIGO BAR	GREEN TEA BAR, 6009000675595	Mango and Peach Snack Bar with Green Tea Extract and added vitamins.	50 g
GRILLED ARTICHOKE	GRILLED ARTICHOKE, 6009175298797	Grilled artichokes in herbs with sunflower oil	net: 280g; drained: 140g
GRILLED SUNDRIED	GRILLED SUNDRIED TOM, 6008000222822	Sundried tomatoes in oil Net 280g; Drained 180g  Product of Italy	280g
GRN HALKIDIKI OLIVES	GRN HALKIDIKI OLIVES, 6009175301510	Giant Green Halkidiki Olives in Brine	net: 300g; drained: 170g
GRN OLIVE+CHILLI SNK	GRN OLIVE+CHILLI SNK, 6009175379595	Pitted green olives with chilli - greek olives lightly dressed with extra virgin olive and a hint of chilli	70g
GRN SPLITPEA + VEG: Soup	GRN SPLITPEA+VEG, 6009178470022	Fresh Green Split Pea and Vegetable Soup with leeks, carrots, garlic and turnips	600g
GROUND ALL SPICE	GROUND ALL SPICE, 6009175048316	A glass jar with a red 19hole fliptop, containing ground all spice	55g
GROUND CINNAMON	GROUND CINNAMON, 20166984	A labeled glass jar with a 19 hole red fliptop, containing ground cinnamon.	50g
GROUND CORIANDER	GROUND CORIANDER, 20167011	A labeled glass jar with a 19 hole red fliptop, containing ground coriander.	40g
GROUND CUMIN	GROUND CUMIN, 20169794	A labeled glass jar with a 19 hole red fliptop, containing ground cumin.	50g
GROUND NUTMEG	GROUND NUTMEG, 20166991	A labeled glass jar with a 19 hole red fliptop, containing ground nutmeg.	50g
CIABATTA BREAD	H + E CIABATTA BREAD, 20114916	Heat and Eat Ciabatta	1
CIABATTA ROLLS	H + E CIABATTA ROLLS, 20114923	Fresh from your oven in 8 minutes.	8
PORTUGUESE ROLLS: Heat & eat	H+E PORTUGUESE ROLL, 20114237	Fresh from your oven in 6 minutes.	6
SOURDOUGH ROLLS	H+E SOURDOUGH ROLLS, 6009101124084	8 Golden brown rolls with a shiny, rustic appearance and blistering visible on its surface.	8
HALLS: Ice blue	HALLS ICE BLUE, 60061089	Hard-boiled sweets	
HALVED JALAPENOS	HALVED JALAPENOS, 6009178243534		12 x 400 g
SWEET BASIL	HERB BASIL, 20167028	A labeled glass jar with a 7 hole green fliptop, containing sweet basil.	10g
HERB SALAD DRESSING: Herb Salad	HERB SALAD DRESSING, 6009175040419	Herb Dressing	300 ml
HERB STUFFING	HERB STUFFING, 6009173410306	A PET tub filled with a blend of flavoured breadcrumbs.	130g
OPEN TOP WHITE LOAF	High Top White Bread, 6009000547359	Open Top White Loaf	700 g
HL CINNAMON TEA	HL CINNAMON TEA 26GR, 811639040059	HIGHER LIVING Organic Cinnamon Herbal Infusion	26g (15 tea bags)
HL GINGR KCK TEA	HL GINGR KCK TEA 27G, 811639040073	HIGHER LIVING Organic Ginger Kick Herbal Infusion	27g (15 tea bags)
HL LICORICE TEA	HL LICORICE TEA 22GR, 811639040042	HIGHER LIVING Organic Licorice Herbal Infusion	22g ( 15 tea bags)
HOT CHUTNEY	HOT CHUTNEY, 6009178243541	A hot and spicy stone fruit chutney made according to a traditional South African family recipe.	320 g
HOT CURRY	HOT CURRY, 6001009014085	Hot Curry - A spicy and aromatic blend of authentic Indian spices for those who like a little heat. Essential for creating a tasty curry at home.	55g
HOT PEPPADEW CHUTNEY	HOT PEPPADEW CHUTNEY, 6009175613569	A blend of Peppadew piquante peppers, green peppers, onion with spices and sugar.	12 x 430g
HOT PERI PERI SAUCE	HOT PERI PERI SAUCE, 6009175298940	Hot Peri Peri Sauce	12 x 250 ml
HOT RED SAUCE	HOT RED SAUCE, 6009175441414	A hot splash-on sauce made from Peppadew piquante peppers	12 x 125ml
HOT VEG ATCHAR	HOT VEG ATCHAR 380G, 6009173678621	Vegetables pickled in hot & aromatic blend of spices	12 x 380g
HOUSE RED	HOUSE RED, 20202934	Cabernet Sauvignon 22%, Shiraz 68%, Merlot 10%. Wood treatment 4 months treatment with medium French oak staves. From Wamakersvallei Winery, wine origin of Paarl, wine of South Africa. Ripe dark berries, cherries, plums, spice and light oak flavours. Dry medium-bodies with generous fruit flavours. Easy drinking red wine with soft palate.	750ml
HOUSE SWEET	HOUSE SWEET, 20131111	From Simonsvlei, wine of origin Western Cape, wine of South Africa. Late Harvest. Sweet and fruity. This light bodied, semi sweet wine has silky sweet flavours on the palate.	750ml
HOUSE WHITE	HOUSE WHITE, 20202927	Chardonnay 27%, Chenin blanc 49%, Sauvignon blanc 21% and Viognier 3%. Wood treatment limited max 4 months with medium toast french oak staves for 10%. Wine origin of Paarl, wine of South Africa. Melon, ripe peach and spicy vanilla. Dry medium bodies with underlying richness and a round, ripe finish. Fruity, subtle oak undertone to enhance complexity. The Woolworths House Wine embody the Woolworths commitment to quality and value.	750ml
HT MANGO ATCHAR	HT MANGO ATCHAR 400G, 6009173678652	Mangoes pickled in a hot & aromatic blend of spices	12 x 400 g
HUMMUS	HUMMUS, 20173685	The Deli Hummus	120g
HUMMUS	HUMMUS, 6009175298872	Hummus - chickpeas, garlic and spices blended together until smooth	140g
INDIAN DAHL	INDIAN DAHL, 6009173745576	Sweet Potato, Baby Marrow, Spinach, Red onions and Baby corn	315g
INT GRANNY SMITH	INTABA GRANNY SMITH, 6008000464901	Granny Smith Apple Sauce	225g
INT PINK LADY APPL SAU	INTABA PINK LADY APP, 6008000464918	Pink Lady Apple Sauce	225g
ITALIAN MIX: Grinder	ITALIAN BLEND, 20160364	A labeled glass jar containing a blend of herbs and spices with a charcoal acrylic grinder.	35g
ITALIAN HERBS	ITALIAN HERBS, 6009000106419	A labeled glass jar with a 7 hole green fliptop, containing a blend of herbs.	10g
ITALIAN HERBSREFILL	ITALIAN HERBSREFILL, 6009173963208	A printed paperboard box, containing a clear, heat sealed sachet filled with a blend of herbs	10g
ITALIAN SLD DRESSING: Italian	ITALIAN SLD DRESSING, 6009101984664	Italian Dressing Vinaigrette	300 ml
IWISA MAIZE MEAL	IWISA MAIZE MEAL 10, 6001205090456	Maize	
IWISA MAIZE MEAL	IWISA MAIZE MEAL 10K, 6001205090401	Iwisa Super Maize Meal	10kg
IWISA MAIZE MEAL	IWISA MAIZE MEAL 5 K, 6001205051181	Maize	
JALAPENO PEPPER CASHEWS	JALAPENO PEPPER CASH, 6001009024206	Roasted cashew nuts flavoured with Jalapeno Pepper Seasoning.	100g
JALAPENO SAUCE	JALAPENO SAUCE, 6009175298957	Jalapeno Sauce	12 x 250 ml
JALAPENO+TOMATO RELI	JALAPENO+TOMATO RELI, 6009175613620	Jalapeno & Tomato Relish	250 g
JUICY RED	JUICY RED, 20159757	Cabernet sauvignon 24%; Merlot 18%; Pinotage 12%; Shiraz 10%; Ruby Carbenet 8%, Petie Verdot 3%; Viognier 2%; Wood treatment - none. Just pull the cork and enjoy Juicy, fruity, yummy, robust and moreish, smooth.	750ml
JUICY SWEET	JUICY SWEET, 20185992	From De Wel Lategan, Bergsig, Breede, River wine of South Africa, Ripe Barries and exotic spices. A deep rich and medium bodied sweet red wine. This wine is packed with masses of youthful fruity flavour.	750ml
JULIENNE CARROTS	JULIENNE CARROTS 250, 20106553	Julienne Vegetable Stir Fry	400g
JULIENNE MARROW STEAMER	JULIENNE MARROW BEAN, 6009000485620	Julienne Butternut, Carrots, Sweet Potatoes, Green beans & Baby Marrows	450g
JUMBO ALMONDS	JUMBO ALMONDS, 6009000750957	Giant almonds, dry roasted (oven roasted) and lightly salted with sea salt flakes.	250 g
JUNIPER BERRIES	JUNIPER BERRIES, 6009175048613	A glass jar with a red 1 hole fliptop, containing whole juniper berries	30g
KALAMATA TAPENADE	KALAMATA TAPENADE, 6008000249799	Kalamata Olive Tapenade - Kalamata olives, capers, and garlic blended together	140g
KOO BEANS: Beans in tomato sauce	KOO BEANS IN TOMATO, 6001024021228	Baked beans	
KOO FRUIT COCKTAIL: In syrup	KOO FRUIT C/TAIL IN, 6001024052727	Fruit cocktail in syrup	425 g
KOO MIXED VEGETABLES	KOO MIXED VEG 410G, 6001024103184	Mixed vegetables	410g
KOO PEACH SLICES: In syrup	KOO PEACH SLICES IN, 6001024153332	Peach slices	g
KOO PIE APPLES: Sliced	KOO PIE APPLES 385G, 6001024999787	Typical apple colour, firm texture and sweet and slightly sour flavour	385g
MCC KRONE ROSE	KRONE ROSE, 6009173009302	Pinot Noir & Chardonnay	750ml
GRAND ROUGE: La Motte	LA MOTTE GRAND ROUGE, 20071158	Wine of origin Western Cape, wine of South Africa. Wooded. The bouquet is spicy with loads of fruit and subtle oakiness. The medium bodied palet is velvety smooth with lots of ripe fruit and a long finish.	750 ml

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MERLOT: La Motte	LA MOTTE MERLOT, 20104092	Wine of Origin Western Cape, wine of South Africa. Wooded. This wine has a bouquet of red currents and cherry with spicy oakiness. The palate is round and medium bodied with rich fruit flavour and a long pleasing finish.	750 ml
SAUVIGNON BLANC: La Motte	LA MOTTE SAUV BLANC, 6005000989328	Private cellar,Franschoek Valley South Africa. A frequent award winner, this organically grown Sauvignon Blanc is made in a cool climate region, resulting in intensely concentrated flavours of green fruit, limes and mineral richness. It shows great balance and fulness with a lengthy finish.	750ml
LAMB RUB	LAMB RUB, 6009175257077	A labeled PET tub containing a herb and spice blend with a charcoal screw cap.	95g
DOMAINE GRIER L'AQUEDUC: France	L'AQUEDUC, 6009171652111	Imported from France.Carignan 45%, Grenache30%, Syrah 25%.A spicy nose with hints of oak.Succulent ripe berry fruits with tones of aniseed and black pepper.The smooth, dry mouth-feel with generous ripeness.Clearly expresses the terrior.The wine clearly expresses the minerality from the Vineyard and it is supported by fruit and hints of aniseed.It is naturally fresh with good palate weigh and balance.	750 ml
LAYS S/CRM + ONION 3	LAYS S/CRM + ONION 3, 6009510804584	Lays potato chips, Sour Cream and Onion flavoured	36 g
LAYS SALT VINEGA 36G	LAYS SALT VINEGA 36G, 6009510804775	Lays potato Chips, Salt and Vinegar flavoured.	36 g
LIGHTLY SALTED LAYS	LAYS SALTED 125G, 6009510804812	Lays Potato crisps, salted.	125g
LAYS SOUR CREAM 125G: LAYS	LAYS SOUR CREAM 125G, 6001069206611	Simma Lays potao crisps flavoured with cream cheese & onion seasoning	125 g
LEM+HRB ROAST IN BAG	LEM+HRB ROAST IN BAG, 6009175382991	A printed box containing a clear sachet filled with flavoured powder.	30g
LEMON & BLACK PEPPER: Marinade	LEMON B/PEPPER MARIN, 6001009005823	A delicious all purpose marinade with a blend of fresh lemon, black pepper, fresh garlic and aromatic Cape herbs.	750ml
BASIL OIL	Lemon basil infused, 6001009025784	A single-estate extra virgin olive oil from the Olyfberg Estate, Paarl, infused with fresh lemon basil grown by the Beaufort West Hydroponics Project, a community upliftment initiative.	250 ml
LEMON CREAMS	LEMON CREAMS 200G, 6001056411004	Lemon cream biscuits	
LEMON HERB MAR	LEMON HERB MARINADE, 6008000486385	Lemon & Herb Marinade	750 ml
LEMON/LIME PICKLE	LEMON/LIME PICKLE, 6009178243558	Chunky lemon and lime pieces in oil with cumin, coriander and other spices.	6 x 250 g
LENTIL & BARLEY SOUP: Value pack	LENTIL AND BARLEY 1., 20054755	Lentil and barley soup mix	1.2kg
LENTIL & BARLEY SOUP	LENTIL AND BARLEY 70, 20167202	Low GI Lentil & barley soup mix	700g
APPLE & CINNAMON MUESLI: Low gi	LGI APLE CIN MSLI 10, 6009171055318	LOW GI BAKED APPLE & CINNAMON MUESLI. For slow release energy. Packed with thicker cut oat flakes, apple pieces, linseeds, sesame seeds and sunflower seeds. 10 Individual sachets.	450g (10 individual sachets)
FRUIT & NUT SWISS MUESLI: Low gi	LGI FRUT NUT MSLI 10, 6009171055622	Light &crispy Swiss style muesli with a selection of dried fruits, nuts and coconut shavings.	500g
SPIER CHARDONNAY: Low Alcohol	LIGHT CHARD SPIER, 6009101792245	A fruit driven low in alcohol wine with distinctive Chardonnay aromas / flavours on the nose and palate.	750ml
LIGHT CHENIN BLANC	LIGHT CHENIN SPIER, 6009171234744	An easy drinking white wine low in alcohol, this crisp and refreshing wine is packed with ripe tropical fruit, particularly guava.A healthier wine that still offers the ripe, full flavours of Chenin blanc.	750 ml
PINOR NOIR ROSE: Low Alcohol	LIGHT PINOT NOIR ROS, 6009173010544	From Villiera Wines, wine of origin Stellenbosch. This is a low alcohol rose, fresh easy drinking.Peachy flavours with underlying strawberry and finish light and delicate.	750ml
LIGHT SAUVIGNON BLANC	LIGHT SAUV BLANC SPI, 6009171234737	A easy drinking white wine low in alcohol, this crisp and fresh wine is packed with ripe fruit, green pepper and grassy flavours. A healthier wine that still offers the ripe, full flavours of Sauvignon blanc.	750 ml
LIGHT SHIRAZ: Spier	LIGHT SHIRAZ SPIER, 6009171234751	An easy drinking red wine low in alcohol, packed with ripe fruit, plum and spicy flavours.A healthier wine that still offers the ripe, full flavours of Shiraz	750 ml
Lightly Salted	LIGHTLY SALTED, 6009000984529	Crispy Cassava chips lightly dusted with Salt	85 g
SEMILLON: Limited release	LIM REL SEMILLON, 20196325	From Nitida Cellars.Semillon is a complexe blend of ripe fruit made very interesting by suggestion of yellow peppers, fresh dustiness and a pleasing floral tone.Ripe pear, white peach and dried apricots are upfront.	750ml
PINOT NOIR: Limited release	LIM. REL. CM PINOT N, 20179571	Pinot Noir (100%). It is a medium bodied, wood matured dry red wine	750ml
VOIGNIER: Limited release	LIM.REL VIOGNER, 6009171234430	This wine shows enticing peach aromas, with floral and marzipan notes. A full palate shows an excellent balance between juicy fruit and oak derived flavours. A long finish adds to the attraction.	750 ml
BLANC DE NOIR: Longmarket	LMK BLANC DE NOIR, 20024796	Wine of origin Swartland, wine of South Africa.Soft Red berry flavours with lively fresh fruit tones.Off-dry unwooded.	750 ml
MERLOT CB SAUV: Longmarket	LMK CAB SAUV MERLOT, 20130565	The blend of Merlot/Cabernet Franc has mulberry and plum flavours with hints of black peppers and spice.The cabernet Franc adds softness and complexity to this blend.	750 ml
CHARDONNAY VIOGNIER: Longmarket	LMK CHARD VIOGNIER, 6001009034496	This wooded wine is a slight yellow colour with a greenish hue. Aromatic hints of orange blossoms with some elements of citrus and golden delicious apple, lime, butterscotch and oak on the nose.	750 ml
BLANC DE BLANC: Longmarket	LMK SAU BLANC/CHENIN, 20035112	Wine of Stellenbosch, wine of South Africa.Fresh Crispness slightly grassy with tropical fruit undertones, gnradiilla and grassy aromas.Dry and unwooded.Well balanced and medium long finish.	750ml
LONG GRAIN BROWN RICE: Organic	LONG GRAIN BROWN RIC, 6001009039156	Grown in the fertile soil of the Americas. Food for Thought: Our organic long grain rice is grown in various locations throughout the Americas, where the rich fertile soil, temperature, climate and abundance of water create the ideal growing conditions for firm textured flavourful rice.	500g
CHARDONNAY: Longmarket	LONGMARKET CHARD., 20109332	Wine of origin Robertson, wine of South Africa.Africa Aroma of citrus and peach with vanilla and butterscotch coming from the oak.Dry.Lightly wooded.	750 ml
MERLOT: Longmarket	LONGMARKET MERLOT, 20187620	Plum,red berry and cherry aromas with vanilla from oak maturation.	750ml
PINOT GRIGIO: Longmarket	LONGMARKET PINOT GRI, 6001009027221	From Van Loveren,wine of origin Robertson, wine of South Africa.Pinot Grigio originates from Italy and is fast becoming the trendiest white cultivar in many countries.Flavourful, fruit-driven unwooded wine with aromas of white pear and honey.A food-friendly wine.	750 ml
ROSE: Longmarket	LONGMARKET ROSE, 20006501	From Villiera, wine of origin Stellenbosch, wine of South Africa.This rose is a fruity off dry rose wine which gives it fresh fruitiness with loads of tropical fruit and a hint of red berry.Fresh berry fruitiness broader on palate with residual sugar to balance.Finishes off dry.	750ml
SHIRAZ: Longmarket	LONGMARKET SHIRAZ, 20144715	Wine of origin Swartland, wine of South Africa.Spiced flavours with hints of black cherries and tones of black peppers.Bushvines(untrellised)generally yield with less fruit, resulting in more concentrated flavous.Medium bodied-Wood matured.	750ml
CABERNET SAUVIGNON: Longmarket	LONGMRKT CAB. SAUV., 20130541	Fruit-driven style like this wine are very fruity even in their youth.Aromas of black berries, mint and cherries with vanilla aromas from the French oak barrels.	750ml
CHENIN BLANC: Longmarket	LONGMRKT CHENIN BLAN, 20035051	Wine of origin Robertson,wine of South Africa.Tropical aromas of melon and guava and a fresh fruity palate with hints of pineapple.Dry, fruity, unwooded.	750 ml
Low GI Bar	Low GI Bar, 6009000675588	Banana, date and cinnamon snack bar with vitamins.	50 g
LOW GI SEED LOAF	LOW GI SEED LOAF, 6001009017444	low gi Full for longer. Contains all the fibres that your body needs low glycaemic index for slow energy release.	800g
LOW GI SOYA LINSEED	LOW GI SOYA LINSEED, 6001009031198	low gi Fuller for longer. Contains all the fibres that your body needs. low glycaemic index for slow energy release.	800g
MALABAR PEPPER GINDER	Malabar Pepper Grind, 6005000865691	A 325ml labeled PET jar, filled with Black peppercorns, with a irremovable black grinder.	190g
MALTED GRAIN BAGUETT	MALTED GRAIN BAGUETT, 2069610000006	A malted wheat, part baked baguette on average 280mm in length. The product has 2 decorative top cuts and is supplied frozen for bake off by the customer.	4.05KG
MARINATED ARTICHOKES	MARINATED ARTICHOKES, 6008000249805	Marinated artichokes with herbs in sunflower oil	285g
MARINATED KALAMATA	MARINATED KALAMATA, 6009175301541	Marinated pitted Kalamata olives: marinated in red wine vinegar with garlic, herbs, red pepper and chilli.	net: 290g; drained: 160g
MASSIVE MACADAMIAS	MASSIVE MACADAMIAS, 6009000750933	XXL Macadamias, dry roasted with visible sea salt flakes	250 g
STEAK AND CHOPS	MEAT/ CHOPS, 6009000732687	A 200ml PET Jar with a black fliptop cap, containing a blend of herbs & spices.	180g
MEAT+CHOPS SHAKER	MEAT+CHOPS SHAKER, 6009175383493	A labeled 325ml PET jar containing flavoured seasoning with a black flip top lid.	335g
MEDIUM CAPERS	MEDIUM CAPERS, 6009175298889	Medium capers in vinegar	100g
MEDIUM CURRY	MEDIUM CURRY, 6001009014078	Medium Curry - A slightly spicy and aromatic blend of authentic Indian spices essential for creating a tast curry at home.	65g
MELON & GRAPE	MELON GRAPE 360G, 6009171951207	A Selection of freshly prepared melon and grape	360g
MENTHOL EUCALYPTUS GUM: Airwaves	MENTHOL EUCALYPTUS G, 50173167	Airwaves Menthol Eucalyptus Gum Supplier is Wrigley	14 g
MERLOT RESERVE: Morgenhof	MERLOT RESERVE, 6009171245313	Wine of origin Simonberg, wine of South Africa.A special selection of Mongenhof Estate's top Merlot vineyards has been used to create this magnificent wine.	750 ml

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MEXICAN TUB	MEXICAN TUB, 6009173401328	An assortment of peanuts and peanoodles, flavoured with paprika, cumin and cayenne pepper	400 g
CHENIN BLANC: M'Hudi	MHUDI CHENIN BLANC, 6009173010537	Chenin blanc with a ripe richness with a hint of spice. Ripe tangy flavours of pineapple, citrus, guava and underlying spice with a fresh dry finish.	750ml
PINOTAGE: M' Hudi	MHUDI PINOTAGE, 6009000519394	Wine of origin Stellenbosch, wine of South Africa. A plummy richness with a hint of spice. Well rounded on taste with the potential to improve with age. Medium bodied, wood matured. Bouquet shows good strawberry and dark berry with a hint of cigar box. The oak spice lingers onto the palate which is structured silky textured. It is balanced with good length and finish.	750ml
MILD CURRY	MILD CURRY, 6001009014061	Mild Curry - A mild and aromatic blend of authentic Indian spices essential for creating a tasty curry at home.	65g
PEPPADEW CHUTNEY	MILD PEPPADEW CHUTNY, 20002817	A blend of Peppadew Piquante Peppers, Green Peppers, Onion with Spices and Sugar.	430g
MILD PERI PERI SAUCE	MILD PERI PERI SAUCE, 6009175298964	Mild Peri Peri Sauce	12 x 250 ml
MILD PICKLED ONION 7	MILD PICKLED ONION 7, 6009173678577	Onions in a mild & aromatic pickling liquid	6 x 780g
MILD PICKLED ONIONS	MILD PICKLED ONIONS, 6009173678607	Onions in a mild & aromatic pickling brine	12 x 390 g
PEPPACHITA SAUCE	MILD RED SAUCE, 20150297	A mild splash-on sauce made from Peppadew piquante peppers	12 x 125ml
MILD VEG ATCHAR	MILD VEG ATCHAR 380G, 6009173678638	Vegetables pickled in a mild & aromatic blend of spices	12 x 380g
MINESTRONE SOUP	MINESTRONE 650G, 20167172	Minestrone soup mix	650g
MINESTRONE SOUP: Value pack	MINESTRONE BULK 1KG, 20070922	Minestrone soup mix	1kg
MINI CHELSEA BUNS	MINI CHELSEA BUNS, 20168278	12 Mini chelsea buns Sweet, soft bread spirals filled with cinnamon sugar and succulent raisins.	12
MINI SALT & PEPPER SET	MINI SALT + PEPPER S, 6001009014047	A banded pack consisting of a mini salt grinder and a mini black pepper grinder.	Sea salt - 60g; Black pepper - 30g
MIX BERRY SORBET LOLLY	MIX BERRY SORB LOLLY, 6009175129084	Extremely fruity...mixed berry sorbet stick a refreshing, dairy-free Italian-style sorbet made with mineral water and packed with crushed blueberries, strawberries, raspberry and blackberries	65g per stick
MIXED HERBS	MIXED HERBS, 20160456	A labeled glass jar with a 7 hole green flip top, containing a blend of mixed herbs.	15g
MIXED HERBS REFILL B	MIXED HERBS REFILL B, 6009173963093	A printed paperboard box, containing a clear, heat sealed sachet, filled with a blend of herbs.	15g
MIXED OLIVES SNACK	MIXED OLIVES SNACK, 6009175379601	Pitted Kalamata and green olives - authentic Greek olives lightly dressed with extra virgin olive oil	70g
MLD MANGO ATCHAR	MLD MANGO ATCHAR 400G, 6009173678669	Mangoes pickled in a mild & aromatic blend of spices	12 x 400g
MLD MANGO ATCHAR	MLD MANGO ATCHAR 780G, 6009173678645	Mangoes pickled in a mild & aromatic blend of spices	6 x 780g
MLTIGRN ENTR CRACKER	MLTIGRN ENTR CRACKER, 6009101884360	Flaky, crisp circular crackers with grains and light salt topping	170g
MORINAGA TOFU	MORINAGA TOFU 297G, 4902720044738	Morinaga Firm Tofu 297g	12 x 297g
VEGGIE POT MOROCCAN	MOROCCAN POT, 6009173745545	MOROCCAN COUSCOUS VEGGIE POT: RED ONIONS, PEAS, PEPPERS, CAULIFLOWER AND SPINACH	325g
SUNDRIED TOMATOES	MRINATED SD TOM QRTS, 20044725	Top quality sun-dried tomatoes hydrated in a delicious olive oil vinaigrette.	240 g
MRS BALLS CHUTNEY: Peach	MRS BALLS PEACH CHUT, 6001092500151	Condiment	
RICE CAKES: Multigrain	MULTIGRAIN RICE CAKE, 20169961	Multigrain rice cakes made with corn, red millet & quinoa	120g
MULTISEED RUSTICATA	MULTISEED RUSTICATA, 2069620000003	Part baked rustic baguette with seeds	25 Multiseed Rustica per large outer carton
MULTISEED RYE BREAD	MULTISEED RYE, 6009173925473	Made with 100% rye flour, pumpkin, sesame, poppy sunflower and linseeds	300g
ENGLISH MUSTARD	MUSTARD ENGLISH, 20042820	A medium to thin, spreadable consistency mustard with a creamy shiny appearance. Bright yellow in colour with a green tinge and tiny dark (husk-like) specs present.	12
MUSTARD POWDER	MUSTARD POWDER, 6009175048644	A glass jar with a red 19hole flip top, containing yellow mustard powder	50g
WHOLEGRAIN MUSTARD	MUSTARD WHOLEGRAIN, 20042837	A moist spreadable consistency mustard which has a creamy appearance with yellow and black mustard seeds present and crushed yellow mustard bits.	12
NAPOLITANA PASTA SAU	NAPOLITANA PASTA SAU, 6008000321341	Made with sweet Italian tomatoes, cherry tomatoes and fresh herbs.	370 ml
NATURAL SWEET RED	NATURAL SWEET RED, 6009171442033	A soft, delicate red wine packed with strawberry and raspberry flavours with bursts of plum.	750 ml
NATURAL SWEET ROSE	NATURAL SWEET ROSE, 6009171442026	A deliciously refreshing Rose packed with ripe red berry fruits with plummy flavours.	750 ml
NATURAL SWEET WHITE	NATURAL SWEET WHITE, 6009171442019	A delightfully fragrant wine with lots of tropical fruit aromas that carries through to the palate. Subtle hints of Muscat.	750 ml
NESTLE CHEERIOS	NES CHEERIOS CERAL 3, 7613032167967	Nestle Cheerios Cereal	375g
NESTLE CHEERIOS	NES CHEERIOS CERAL 5, 7613032167998	Nestle Cheerios Cereal	550g
MILO	NES MILO PWDER 500GR, 6001068480401	Milo	
NESTLE PEPPERMINT CRISP	NES PEP CRISP LARGE, 60058041	Peppermint crisp chocolate	49g
RICOFFY: Instant coffee	NES RICOFFY 750GR, 6001068323500	Instand coffee	
NESCAF CLAS DECA 200: Decaffeinated	NESCAF CLAS DECA 200, 6001068654000	NESCAFE CLASSIC Decaffeinated Coffee	200g
NESCAFE CLASSIC: Instant coffee	NESCAFE CLASSIC 100G, 6001068360901	Instant coffee	
NESCAFE GOLD	NESCAFE GOLD 100G, 8801055706518	instant coffee	100g
NESCAFE GOLD EDEN JA: Instant coffee	NESCAFE GOLD EDEN JA, 8801055706525	Instant coffee	200G
NON PAREILS CAPERS	NON PAREILLES CAPER, 6001009023070	Non Pareilles Capers in vinegar	100g
NSCFE CLAS DECAF	NSCFE CLAS DECAF 100, 7613033724473	NESCAFE Classic Decaf Coffee	100g
NSCFE GRN BLEND	NSCFE GRN BLEND 100G, 7613033685101	Nescafe Green Blend	100g
NURTURME APPLE	NURTURME APPLE, 856349002034	Dried organic baby food in 8 convenient pouches	8 x 13 g
NURTURME PEAS	NURTURME PEAS, 856349002003	Dried organic baby food in 8 convenient pouches	8 x 13 g
NURTURME SWEET POT	NURTURME SWEET POT, 856349002010	Dried organic baby food in 8 convenient pouches	8 x 11 g
NUTS IN SHELL	NUTS IN SHELL, 20195373	Almonds, Brazil nuts, Hazelnuts, Pecan nuts.	500 g
NYALA MAIZE MEAL	NYALA MAIZE MEAL 10K, 6001205151003	Nyala Maize meal	10kg
NYALA: Maize meal	NYALA MAIZE MEAL 10K, 6001205151423	Maize	
NYALA: Maize meal	NYALA MAIZE MEAL 5KG, 6001205151355	Maize	
RICE CAKES: Oat & sesame	OAT+SESAME R/CAKE, 20093020	Rice cakes made with rolled oats & toasted sesame seeds	120
OATS & HONEY: white bread	OATS + HONEY WHITE B, 6009000547465	oats & honey flavoured WHITE BREAD	700g
OLIVE CARTON	OLIVE CARTON, 6009175195881	Tomato & Olive Pasta sauce made with Italian chopped tomatoes, green & black olives	380 ml
OLIVE CIABATTA	OLIVE CIABATTA, 6008000395861	HEAT & EAT OLIVE CIABATTA	1
OLIVE CROSTINI	OLIVE CROSTINI, 6008000179928	olive crostini  mini bruschetta made from Italian bread, flavoured with extra virgin olive oil, green and black olives	120g
OLIVE OIL BREADSTICK	OLIVE OIL BREADSTICK, 6009173667250	Olive Oil Breadsticks Crispy breadsticks made with extra virgin olive oil	125g
OLIVE PASTA SAUCE	OLIVE PASTA SAUCE, 6008000321365	Made with sundried tomatoes, sliced olives, capers and fresh basil.	212 ml
OLLI MANGO JAR 80ML	OLLI MANGO JAR 80ML, 6009693390072	The product has a fresh mango flavour, smooth texture and is yellow to orange in colour.	80 ml
OLLI ORGANIC: Rice Apple Pear Cereal	OLLI RICE APPLE PEAR, 6009693390843	The product has a powdery, off-white to light cream colour and a slightly sweet typical roasted rice flavour	100 g
OMEGA 3 BROWN ROLLS	OMEGA 3 BROWN ROLLS, 6008000498852	4 Golden brown hamburger rolls with bran and linseeds visible on the surface and evenly distributed throughout the crumb.	4
ONION & MATURE CHEDDAR: Flavourmax	ONION + MATURE CHEDD, 6001009011251	CARAMELISED ONION & MATURE CHEDDAR FLAVOURED CRISPS	125g
ONION AND CHIVE DIP	ONION AND CHIVE DIP, 6009175383349	A printed box containing a clear sachet filled with a powdered blend.	20g
ORANGE ESSENCE	ORANGE ESSENCE 25ML, 6009173755377	Just add a spoonful.	25ml
ORANGE JELLY	ORANGE JELLY, 6009171974060	4X120g Orange flavoured jelly	4 x 120g
ORBIT: Strawberry	ORBIT ENV STRAWBERRY, 42174479	Orbit Envelope Strawberry Gum 27g	27 g
ORBIT PROFESSIONAL: Mint	ORBIT PROFL MINT 14G, 42102021	Orbit Professional Fresh Mint Gum 14g	14 g
ORBIT PROFESSIONAL: White	ORBIT PROFL WHITE 14, 42113478	Orbit Professional White Gum 14g	14 g
OREGANO	OREGANO, 20167042	A labeled glass jar with a 7 hole green flip top, containing dried oregano.	15g

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OREGANO REFILL BOX	OREGANO REFILL BOX, 6009173963109	A printed paperboard box, containing a clear, heat sealed sachet filled with dried oregano	15g
BABY BISCUITS: ORGANIC	ORG BABY BISCUITS, 6009693390966	Product has a sweet, typical wheat flavour, hard "rusk" texture has a light golden brown colour with darker base with "Olli" imprint.	100 g
HONEYBUSH TEA: Organic	Org Honeybush Tea, 6009171041373	A deliciously fragrant herbal infusion made from the scented flowers and leaves of the honeybush plant. 40 unbleached tagless teabags packed in 2 pouches to ensure full flavour and freshness until ready to enjoy.	100 g
ORG RICE DELIGHT 180	ORG RICE DELIGHT 180, 6009693390881	The product has a fresh apple and peach flavour and coarse texture. It is golden to brown in colour with visible black specks and off-white rice granules dispersed in-between.	180 ml
ORG SAUV BLANC BRUT	ORG SAUV BLANC BRUT, 6008000838597	A dry sparkling wine made from organic Sauvignon Blanc grapes, bottled in a 750ml sparkling wine bottle, with cork stopper and tie wire. Presented with a self-adhesive paper body and back label.	6 x 750ml
ORG TOMATO SAUCE 565: Organic	ORG TOMATO SAUCE 565, 6009000922217	A sweet and tangy blend made with organic tomatoes.	665g
ORGANIC ANIMAL BISC	ORGANIC ANIMAL BISC, 6009175446068	Vanilla flavoured whole grain animal-shaped cookies	170 g
ITALIAN CHIANTI: Organic	ORGANIC CHIANTI DOCG, 6009175097987	Dry Red Wine	750mlx6
ORGANIC PLAIN RICE CAKES	Organic Plain Rice C, 6009171988517	Delicious rice cakes made with the finest organic brown rice.	100g
ITALIAN PRIMITIVO: Organic	ORGANIC PRIMITIVO, 6009175098496	Dry Red Wine	750mlx6
ROSE: Organic	ORGANIC ROSE NSA, 6005000649659	Dry Shiraz Rose- 100% Shiraz	750ml
SHIRAZ: Organic	ORGANIC SHIRAZ, 20169336	This Wine will show fresh plum and spice characters with pepper, cherry and vanilla tones on the finish, just as nature intended. The colour and structured tannins will allow it to age well. The wine is smooth and approachable.	750ml
WHOLEWHEAT LINGUINI: Organic	ORGANIC W/WHEAT LING, 6001009035905	Narrow, flat, long pasta ribbons. Light brown colour with visible dark brown and white specks. Made from organic 100% durum wheat.	500 g
WHITE BASMATI RICE: Organic	ORGANIC WHITE BASMATI, 6001009039163	Grown in the fertile soil of India Food for Thought: Our organic basmati rice grows in the rich fertile soils of India, where the tropical climate and long growing seasons produce some of the finest quality rice. An essential part of Indian cooking, Basmati has since grown in popularity around the world, and is now used in a wide array of dishes.	500g
ORIENTAL CHICKEN	ORIENTAL CHICKEN, 6009000570463	Potato crisps, plain cut, fried in vegetable oil and seasoned with oriental chicken flavour.	125 g
ORIGINAL BRAAI: Marinade	ORIGINAL BRAAI MARIN, 6001009005847	Original Braai Marinade	750 ml
ORIGINAL SNACKER BIS	ORIGINAL SNACKER BIS, 6009101884339	Flaky, crisp circular crackers. Savoury butter-like flavour with a light salt topping	200g
ORIGINAL WTER CRACKER	ORIGINAL WTER CRACKER, 6009101884407	Thin, crisp circular water cracker.	125g
PAD THAI NOODLES	PAD THAI NOODLES, 20175573	Asian Essentials PAD THAI NOODLES , A versatile rice noodle. Add to south east asian soups and noodles Essential for South East Asian Cooking	250 g
PAPRIKA	PAPRIKA, 20166977	A labeled glass jar with a 19 hole red flip top, containing ground paprika.	45g
PAPRIKAREFILL BOX	PAPRIKAREFILL BOX, 6009173963178	A labeled paperboard box, containing a clear, heat sealed sachet filled with paprika powder	45g
PARSLEY	PARSLEY, 20197056	A labeled glass jar with a 7 hole green flip top, containing parsley.	8g
PARSLEY REFILL BOX	PARSLEY REFILL BOX, 6009173963116	A printed paperboard box, containing a clear, heat sealed sachet filled with dried parsley.	8g
COOLER: Passion fruit	PASSION FRUIT COOLER, 20159825	White wine flavoured with orange, granadilla and mango. Exotic and very fruity, flavourful and refreshing sweet.	750 ml
PASSION FRUIT COULIS	PASSION FRUIT COULIS, 6009173777812	Passion Fruit Coulis	180 g
PEAS, CARROTS & CORN	PEA/CARROT/CORN 1KG, 20012502	Garden peas, baby carrots & sweetcorn Snap frozen to lock in freshness	1kg
PEACH IN MANGO JELLY	PEACH IN MANGO JELLY, 6009171974107	4X120g Peaches in mango flavoured jelly	4 x120g
CANNED PEACH SLICES	PEACH SLICES 420G, 6001009004451	Peach slices, canned, packed in syrup.	420 g
CANNED PEACH SLICES	PEACH SLICES 825G, 6001009014924	Peach Slices, canned, packed in syrup	825 g
ASSORTED PEANUT WHEEL	PEANUT WHEEL, 6005000288889	A plastic wheel with 6 compartments, containing 2 of Roasted salted cocktail peanuts, 2 compartments with cocktail peanuts and raisins and 2 compartments with jalapeno peanuts.	640 G
CANNED PEAR HALVES	PEAR HALVES 420G, 6001009004482	Pear halves, canned, packed in syrup.	420 g
PEAR IN RASPBERRY JELLY	PEAR IN RASP JELLY, 6009171974121	4X120g Pears in raspberry flavoured jelly	4 x120g
PEAR BANANA: Stage 2	PEAR+BANANA PUREE, 6009000648520	Fresh Pear Banana	1 x 120g
PEARL BARLEY	PEARL BARLEY 500G, 6001009013460	Pennisetum glaucum Pearl barley is a whole kernel of the mild-tasting grain that has been polished four to six times, resulting in a smooth surface and a pearl-like, lustrous grey finish.	500G
PEAS / CORN	PEAS / CORN, 6001009008237	baby peas and supersweet corn extra sweet and juicy	750 g
PEPPADEW+GINGER RELI	PEPPADEW+GINGER RELI, 6009175613583	Ginger & Peppadew Relish	250 g
PEPSI LIGHT	PEPSI LIGHT 330ML, 6001240225295	Pepsi Light 330ml	330ml
PEPSI LIGHT	PEPSI LIGHT 6 PACK, 6001240225301	Pepsi Light 6 pack	6pk
PERI - PERI MARINADE	PERI - PERI MARINADE, 6009175040334		500 ml
PORTUGUESE PERI PERI	PERI PERI CHICKEN, 6009000733318	A 200ml Pet Jar with a black flip top cap, containing a blend of fine herbs & spices.	160g
PHYLLO PASTRY	PHYLLO PASTRY, 6009178807309	Delicate sheets of Phyllo Pastry in two convenient rolls	500g
PICKLED GHERKINS	Pickled Gherkins, 6005000184761	Mild Dill Gherkins Choice Grade 385g net, 215g drained	385g
PICKLED PEPPERS	PICKLED PEPPERS, 20146283	Farm fresh red and yellow peppers pickled and matured with garlic and chilli in an olive oil dressing.	245 g
CANNED PINEAPPLE PIECES	PINEAPPLE PIECES 440, 6001009004468	Pineapple pieces in a light syrup	440g
PITA BREAD: white	PITTA BREAD, 20018771	6 White Pita breads	6
PITTED KALAMATA OLIVES	PITTED KALAMATA OLIV, 6005000290394	Pitted Kalamata Olives in brine made with red wine vinegar	NET: 300g; DRAINED: 170g
PLAIN GUACAMOLE	PLAIN GUACAMOLE, 6008000033138	A blend of Avocado pulp	200 grams
PLAIN POPPADUMS	PLAIN POPPADUMS, 6001097048009	Mayfair Plain Poppadums are brought to you from Madras, acknowledged as the home of these most delicious and versatile of Indian Savouries. An indispensable part of any Indian meal, they are equally delicious served as a cocktail accompaniment or simply as a snack.	110 g
MAYFAIR POPPADUMS PL	PLAIN POPPADUMS, 6001097479209	Mayfair Plain Poppadums are brought to you from Madras, acknowledged as the home of these most delicious and versatile of Indian Savouries. An indispensable part of any Indian meal, they are equally delicious served as a cocktail accompaniment or simply as a snack.	110 g
RICE CAKES	PLAIN RICE CAKES, 20084806	Rice cakes made with white and wholegrain brown rice	100 g
PLAIN RUSTICATA	PLAIN RUSTICATA, 2069630000000	Part baked rustic baguette	25 Plain Rustica per large outer carton
PLAIN SAVORY CRACKER	PLAIN SAVORY CRACKER, 6009101884353	Flaky, crisp circular crackers. Savoury butter-like flavour with a light salt topping	200g
BROCCOLI	PnM BROCCOLI VF1, 6008000179966	Broccoli	70g
CARROT BATONS	PnM CARROT BATTON, 6008000179973	Carrots	100g
MIXED VEGETABLES	PnM VEG WITH HERB, 6008000180009	Mixed Vegetables Butternut, cauliflower & baby marrow with fresh herbs	100g
WHOLEWHEAT PRONUTRO: Original	PNTRO 500G WWHT ORG, 6001156920208	Wholewheat cereal	500g
POPCORN	POPCORN 500G, 6001009013453	Popcorn - Zea Mays, unpopped yellow popcorn seeds	500G
PORTUGUESE JOB: Boplaas	PORTUGUESE JOB, 6008000154024	This creative and innovative wine is a blend of cultivars traditionally used in the making of port and with the addition of Cabernet Sauvignon. The firm structure with spice and mineral flavour, packed with black berry fruit and surrounded with oak notes, makes this blend deliciously appealing.	750ml
POTATO ROAST SSONING	POTATO ROAST SSONING, 6009175383066	A printed box containing a clear, sealed sachet filled with herb and spice semolina blend.	60g
POTATO SCOOP: Sea salt & vinegar	POTATO SCOOP SALT VIN, 6001009006905	Crisp and Light Oval potato based snacks with Salt and Vinegar flavour	125g

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POTATO SCOOP: Sea salt	POTATO SCOOPS SALTED, 6001009006912	Crisp and Light Oval potato based snacks – lightly salted	125 g
PRINGLES LIGHT	PRINGLES LIGHT 160G, 5410076028252	Crisps	
PRINGLES ORIGINAL	PRINGLES ORIGINAL, 5410076068067	Pringles Crisps.	165 g
PRONUTRO: Original	PRNTRO ORGNL 1.5KG, 6001021064532	Pronutro Original 1.5kg	1.5kg
ORIGINAL PRONUTRO	PRNTRO ORIGNL 750G, 6001021064525	Pronutro Original 750g	750g
ENERGY PUMPKIN RYE: Wheat free	Pumpkin Seed Rye, 20155261	Made with 100% rye flour, sourdough and pumpkin seeds which give a characteristic sour flavour, buttery taste and soft moist texture.	300g
PURITY	PUR BANANA CERAL 2ND, 6001107392849	Purity Banana Flavoured Cereal 2nd Foods	200g
PURITY	PUR MAIZE CEREAAL 1ST, 6001059949757	Purity Maize Cereal 1st Foods	200 g
PURITY	PUR ORG APLE PER 2ND, 6009516202001	Purity Organic Apple & Pear 2nd Foods	125ml
PURITY	PUR ORG APRT GRP 3RD, 6009516202124	Purity Organic Apricot & Grape 3rd Foods	200 ml
PURITY	PUR ORG BAN APT GR 3, 6009516202100	Purity Organic Banana, Apricot & Grape 3rd Foods	200 ml
PURITY	PUR ORG BANA GRP 2ND, 6009516202049	Purity Organic Banana & Grape 2nd Foods	125 ml
PURITY	PUR ORG FRUT SLD 3RD, 6009516202087	Purity Organic Fruit Salad 3rd Foods	200ml
PURITY	PUR ORG GRP APLE 3RD, 6009516202063	Purity Organic Grape & Apple 3rd Foods	200 ml
PURITY	PUR ORG PEAR GRP 2ND, 6009516202025	Purity Organic Pear & Grape 2nd Foods	125 ml
PURITY	PUR ORG PER BANA 2ND, 6009516201981	Purity Organic Pear & Banana 2nd Foods	125 ml
PURITY	PUR ORG PUMP PER 2ND, 6009516201868	Purity Organic Pumpkin & Pear 2nd Foods	125 ml
PURITY	PUR ORG PUMPKIN 1ST, 6009516201783	Purity Organic Pumpkin 1st Foods	80 ml
PURITY 3RD FOUR FRUI	PURITY 3RD FOUR FRUI, 6001107308505	The product has a slightly coarse/grainy texture, brownish colour and is free from excessive dark specks. The product has a typical fresh, ripe fruit flavour that is neither too sweet nor too acid	200 ml
PURITY	PURITY RICE CEREAAL 1, 6001059949764	Purity Rice Cereal 1st Foods	200 g
PURITYBANANA 80ML	PURITYBANANA 80ML, 6001059944714	The product has a smooth, almost creamy texture and is cream-yellow in colour. The product has a typical fresh ripe banana flavour.	80 ml
RECKLESS RED	RACY RED, 6001009012890	Cabernet Sauvignon 48%, Cinsaut 39%, Ruby Cabernet 8% and Shiraz 5%.Wood treatment-none. Wine of origin Paarl,wine of South Africa.A racy blend of selected red cultivars.layered with lively fruit.	750 ml
RAINBOW PEPPERCORNS: Grinder	RAINBOW PEPPERCORNS, 20160463	A labeled glass jar containing a blend of peppercorns with a charcoal acrylic grinder.	45g
RASPBERRY JELLY	RASBERRY JELLY, 6005000389227	4X120g Raspberry flavoured jelly	12x120g
RAW ALMONDS	RAW ALMONDS PROMO, 6001009025135	Raw almonds, fully formed with smooth brown to light brown appearance.	250 g
RAW FLAKED ALMONDS	RAW FLAKED ALMONDS, 6001009027924	Raw Flaked Almonds	100 g
RAW PEACON NUTS	RAW PECAN PROMO, 6001009025128	Raw, shelled (i.e. without shells), extra large or large pecan halves with golden to brown appearance.	200 g
RAW PINE NUTS	RAW PINE NUTS, 6001009027955	Raw Pine nut kernels	100 g
RAW PISTACHIOS	RAW PISTACHIOS, 6001009027962	Raw Pistachio nuts with no shells.	100 g
RAW WALNUTS	RAW WALNUTS, 6001009027948	Raw Walnut Halves	100 g
HOKKEIN NOODLES: Oriental	READY 2 COOK-HOKKIEN, 6001009023247	A soft yellow medium sized noodle. Ready to stir-fry.	2 x 200g
RED FRUIT GUM	Red Fruit Gum, 6009000382400	Sugar free gum Red Fruit Flavoured  Aspartame Free  Produced in Switzerland	13.8g
SUGAR BEANS	RED SPECKLED BEANS, 6001009013507	Grade 1, Flat, Medium, Red Speckled Beans.	500G
REDCURRANT JELLY	REDCURRANT JELLY, 6009178244111	Redcurrant Jelly with redcurrant pieces	150 g
REDUCED FAT HUMMUS	REDUCED FAT HUMMUS, 6001009027740	The Deli Reduced Fat Hummus	120g
REGULAR CHUTNEY	REGULAR CHUTNEY, 6009178245262	A stone fruit chutney made according to a traditional South African family recipe.	320 g
RHINE RIESLING: Villiera	RHINE RIESLING, 20136215	Wine of origin Stellenbosh, wine of South Africa.A lime freshness overlaid with honey and melon flavours that will increase the bottle age. Off - dry,unwooded.	750 ml
RICE NOODLES	RICE NOODLES, 6009173239624	Ready to Wok Rice Noodles	300 g
RICE/QUINOA MICRO	RICE/QUINOA MICRO, 6009173780119	WITH A NUTTY FLAVOUR AND CHEWY TEXTURE THE LOVELY COMBINATION OF QUINOA AND BROWN RICE IS A GREAT ALTERNATIVE TO RICE ALONE.	250 g
RICOFFY: Instant coffee	RICOFFY 250G, 6001068323005	Instant coffee	
Risotto Orig	RISOTTO 100G ORIG, 6009171361150	Light textured, crunchy rice snack.	100 g
RO BALSAMIC DRESSING: Ro Balsamic	RO BALSAMIC DRESSING, 6009175040402	Reduced Oil Balsamic Dressing	300 ml
ROAST LAMB & HERB: Flavourmax	ROAST LAMB/HERB, 6001009011268	Potato crisps, straight cut, oil-fried and flavoured with roast lamb seasoning.	125 g
ROASTED & SALTED CASHEWS: Value bag	ROASTED + SALTED CAS, 6001009020659	Roasted and salted cashew nuts	500 g
NUTS & RAISINS: Roasted & salted	ROASTED NUTS/RAISINS, 20005467	Roasted & salted cocktail peanuts with raisins.	150 g.
ROMANY CREAMS: Original	ROMANY CREAM ORIGINAL, 6001125001877	Biscuit	
ROSEMARY	ROSEMARY, 6001009014023	A labeled glass jar with a 1 hole green fliptop, containing dried rosemary.	15g
ROSEMARY CROSTINI	ROSEMARY CROSTINI, 6008000179911	rosemary crostini  mini bruschetta made from Italian bread, flavoured with extra virgin olive oil, rosemary and sage	120g
ROSEMARY REFILL BOX	ROSEMARY REFILL BOX, 6009173963130	A printed paperboard box, containing a clear, heat sealed sachet filled with rosemary	15g
COLA TONIC: Rose's cordial	ROSES KOLA TONIC 750, 60056696	Kola tonic cordial drink	
LIME: Rose's cordial	ROSES LIME 750ML, 60056733	Lime cordial drink	
PASSION FRUIT: Rose's cordial	ROSES PASSION FRUIT, 60063434	Passion fruit cordial drink	
ROSEMARY & SAGE: Grinder	ROSMARY/SAGE, 20160395	A labeled glass jar containing a blend of herbs and spices with a charcoal, acrylic grinder.	50g
ROYAL BAKING POWDER	ROYAL BAKING POWDER, 6001015506017	Baking Powder	200 g
RST CHICK SEASON	RST CHICK SEASONING, 6008000522052	A 200ml PET bottle containing Roast Chicken Seasoning sealed with a black shaker top.	175g
BABY POTATOES: WASHED AND READY	RTC BABY POTATO BG, 6008000415170	Baby potatoes	500g bag
WHOLE RYE SUNFLOWER: Wheat free	Rye and Sunflower, 20071790	Made with 100% rye flour, a sourdough which gives a characteristic sour flavour and soft moist texture and sunflower seeds.	300g
S P SEASONING	S P SEASONING, 6008000522045	A labeled, 200ml PET bottle containing Salt and Pepper seasoning sealed with a black, fliptop shaker lid.	230g
S/DRIED CHERRY TOM	S/DRIED CHERRY TOM, 6008000222662	Sun dried cherry tomatoes in oil Net 280g; Drained 170g  Product of Italy	280g
SAFFRON	SAFFRON, 20169800	A printed box containing 4 envelopes each containing 100mg of saffron filaments.	400mg
SALT AND PEPPER FOCACCIA: Soup bread	SALT+PEPPER FOCACCIA, 6009178510599	Focaccia dough topped with Salt and Pepper	330g
SALT+PEPPER GRINDER	SALT+PEPPER GRINDER, 6009175048200	A 75ml glass jar with a black grinder, containing a blend of sea salt and black peppercorns.	60g
SALTICRAX BLACK PEPP	SALTICRAX BLACK PEPP, 6001056414548	Bakers Salticrax Black Pepper	200 G
SALTICRAX RSTD ONION	SALTICRAX RSTD ONION, 6001056414883	Bakers Salticrax Roasted Onion	200 G
WHITE SANDWICH	SANDWICH WHITE BREAD, 20033897	WHITE SANDWICH BREAD Soft fresh and fine textured	700g
COOLER: Summer sangria	SANGRIA COOLER, 20134556	Red wine flavoured with orange, apple and pineapple.spicy and very fruity, fresh flavourful.Ideal for summer.Refreshing and zesty.Sweet	750ml
CHUNKY VEGETABLE: Pasta sauce	SAUCE CHUNKY VEGETAB, 20156251	simply add pasta	375 ml
MILD MUSTARD SAUCE	SAUCE MUSTARD, 20119126	A tangy, sweet and mild mustard	225 g

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SAUVIGNON BLANC SEMILLON: Longmarket	SAUVIGNON BLANC SEMI, 6001009021359	A lively crisp medium bodied wine with grassy and bracingly fresh tropical aromas on the nose that carries through to the palate. A well balanced complex wine, with a lingering aftertaste.	750ml
SAVOURY RICE MIX	SAVOURY RICE MIX, 6009173621740	Long grain rice with petit pois, sweetcorn and fried onion	12x1kg
CREAM CHEESE/CHIVES	SC CREAM CHS/CHIVES, 6009000984567	Airpopped cassava crisps lightly dusted with cream cheese & chives seasoning	20g
LIGHTLY SALTED	SC LIGHTLY SALTED, 6009000984574	Airpopped cassava crisps lightly dusted with salt seasoning	20g
VINEGAR/LEMON PEPPER	SC VINEGAR/LEMON PEP, 6009000984550	Airpopped cassava crisps lightly dusted with Vinegar & Lemon Pepper seasoning	20 g
SEA SALT CROSTINI	SEA SALT CROSTINI, 6009101884988	Sea salt crostini Mini bruschetta made from Italian bread, flavoured with extra virgin olive oil and sea salt	120g
SEAWEED SALAD TOPPER	SEAWEED SALAD TOPPER, 6009175383011	A printed box containing a clear sachet of dried vegetables, fruit and spices.	15g
SELATI CASTOR SUGAR	SELATI CASTOR SNOW, 6001345020054	Selati Castor Sugar	
SELATI ICING SUGAR	SELATI ICING SNOW, 6001345020047	Selati Icing Sugar	
SESAME JASMINE STIR FRY	SESAME JASMINE ASPAR, 6009000485545	Ready to Wok Sesame Stir Fry  Asparagus, baby corn & red pepper with jasmine rice & toasted sesame seeds  Aromatic oil included	465g
SEVEN GRAIN MICRO	SEVEN GRAIN MICRO, 6009173780324	Seven grain mix is a rich blend of grains which has been combined to cook evenly and easily for your convenience.	250 g
PEPPERMINT GUM	SF PEPPERMINT GUM, 6009000601273	Sugar Free Gum Peppermint flavoured  Aspartame free  Produced in Switzerland	14.2 g
SALT & VINEGAR: Lays	SIMBA LAYS SALT/VINE, 6001069206581	Lays 125g Salt and Vinegar.	125 g
SHIRAZ: Simonsvlei	SIMONSVLEI SHIRAZ, 6005000300048	Rich and spicy with plums and blackberry flavours on the palate. Charming velvety smoothness and an appealing ripe fruitiness lingers on the finish. This shiraz shows depth with classic varietal characters.	750ml
COKE ZERO	SINGLE COKE ZERO 330, 5449000131805	Coco Cola Zero 330ml	330ml
SKORDALIA DIP	SKORDALIA DIP, 6009175383356	A printed box containing a clear sachet, filled with a powdered blend.	25g
SLICED JALAPENOS	SLICED JALAPENOS, 6009178245279	Hot sliced jalapenos in sweet pickling brine.	12 x 400 g
100 SLICED MUSHROOMS: CANS & SAUCES	SLICED MUSHROOMS, 6009173929969	Canned Sliced Mushrooms in brine	285 g
CHUNKY VEGETABLE SOUP: Slimmers choice	SLIM CHNKY VEGETABLE, 6005000788150	Canned Slimmers choice, Chunky, Vegetarian Vegetable soup. Serves 2. A blend of fresh winter vegetables, lentils and creamy red kidney beans, with a subtle hint of parsley	400g
SLIMMERS CHUTNEY	SLIMMERS CHUTNEY, 6009178245286	A kilojoule reduced stone fruit chutney made according to a traditional South African family recipe.	320 g
SMKD MIXED TREE NUTS	SMKD MIXED TREE NUTS, 6009000750964	An assortment of smoked tree nuts and peanuts, dry roasted and lightly salted with sea salt flakes.  Food for thought: These XXL nuts are the highest grade and largest size in their class. We have made use of "dry roasting" which means that these nuts have been oven baked with no added oil and a sprinkling of sea salt, these nuts should be the perfect tasting snack for entertaining or just enjoyed on your own.	250 g
SMOKED CHILLI FLAKES	SMOKED CHILLI FLAKES, 6009175048293	A glass jar with a red 7 hole fliptop, containing smoked chilli flakes.	40g
SMOKED PAPRIKA	SMOKED PAPRIKA, 6001009013989	A labeled jar containing smoked paprika powder with a red, 19 hole fliptop lid.	50g
SMOKEY BARBECUE: Marinade	SMOKEY BBQ MARINADE, 20165888	Smokey BBQ Marinade	750 ml
SNIPPED CHIVES	SNIPPED CHIVES, 6009000106402	A labeled glass jar with a 7 hole green fliptop, containing dried chives	10g
NUTTY WHEAT FLOUR	SNOWFLAKE NUTTY WHEA, 6001205118648	Nutty wheat flour	1 kg
SNOWFLAKE FLOUR: Self raising	SNOWFLAKE SELF RAISI, 6001205126742	Self raising cake flour	250 g
S/FLAKE C/FLOUR	SNWFLAKE C/FLOUR 1KG, 6001205102722	Cake flour	
CHUNKY VEGETABLE SOUP: Low fat	SOUP:LF CHUNKY VEG60, 20139919	Fresh Chunky Vegetable soup A hearty vegetables soup with tomatoes, split peas and lentils	600g
SOURDOUGH BREAD	SOURDOUGH BREAD, 6009101124077	Heat & Eat SOURDOUGH BREAD	1
SOUTHERN FRY COATING	SOUTHERN FRY COATING, 6009175383332	A printed box, containing a clear sachet filled with flavoured crumb.	125g
SOYA LINSEED ROLLS	SOYA LINSEED ROLLS, 6008000498876	4 Golden brown hamburger rolls with linseeds and soya bean cuts visible on the surface and evenly distributed throughout the crumb.	4
SP GREEK RO DRESSING	SP GREEK RO DRESSING, 6009175040372	Reduced Oil Greek Dressing	23 ml
SP HERB DRESSING	SP HERB DRESSING, 6009175040358	Herb Dressing	23 ml
SPANISH: Tempranillo	SPANISH TEMPRANILLO, 6009175700443	Dry Red Wine	6
SPEARMINT GUM	SPEARMINT GUM, 6009000381939	Sugar free gum Spearmint flavoured  Aspartame free  Produced in Switzerland	14.2g
SPICE FOR RICE SHKR	SPICE FOR RICE SHKR, 6009175383509	A labeled 200ml PET jar containing a herb and spice blend with a black fliptop lid.	120g
CAPE MALAY	SPICE MALAY CURRY, 20167080	Cape Malay Curry - An aromatic blend of 14 spices with all the flavour, diversity and tradition of the Cape. Essential in creating dishes such as biryani or bobotie.	70g
SPICED GINGER MUSTRD	SPICED GINGER MUSTRD, 6009175283212	A thick spreadable consistency mustard. Golden brown in colour with dark brown (husk-like) visual specs and yellow bits of mustard present.	12
SPICY POPPADUMS	SPICY POPPADUMS, 6001097479308	Mayfair Spiced Poppadums are brought to you from Madras, acknowledged as the home of these most delicious and versatile of Indian Savouries. An indispensable part of any Indian meal, they are equally delicious served as a cocktail accompaniment or simply as a snack.	110 g
VEG SALAD TOPPER	SPICY ROAST IN BAG, 6009175382977	A printed box containing a clear sachet filled with flavoured powder.	30g
VEGGIE POT SPANISH	SPICY SPANISH POT, 6009173745552	SPANISH SPICY RICE VEGGIE POT: CARROTS, BROCCOLI AND SPINACH	325g
CHENIN BLANC: Spier	SPIER CHENIN BLANC, 6009171188443	The wine shows hints of Apricots, citrus and stewed fruit aromas. The creamy of this wooded wine rewards with a balance between generous fruit and a crisp lasting finish. Semi-dry, wooded.	750 ml
STAR ANISE	STAR ANISE, 6009000106532	A labeled glass jar with a 1 hole red fliptop, containing whole star anise.	20g
STEAK HOUSE CHIPS	STEAK HOUSE CHIPS, 6009173621801	Coated with a crisp batter. Suitable for oven baking or frying	1Kg
STEAK+CHOP MARINADE	STEAK+CHOP MARINADE, 6009175293686	Steak & Chop Marinade	750 ml
STEAKHOUSE SEASON	STEAKHOUSE SEASONING, 6008000522137	A 200ml PET bottle containing Steakhouse seasoning sealed with a black shaker top.	175g
STICK PACK BALSAMIC	STICK PACK BALSAMIC, 6009175040365	Reduced Oil Balsamic Dressing	23 ml
STICKY BBQ MARINADE	STICKY BBQ MARINADE, 6009175040303	Sweet Sticky BBQ Marinade	500 ml
STICKY CHICKEN: Marinade	STICKY CHICKEN MARIN, 6001009005830	Sweet Sticky Chicken Marinade	750 ml
STICKY RIB MARINADE	STICKY RIB MARINADE, 6009175040310	Sweet Sticky Rib Marinade	500 ml
STIMOROL: Wild cherry	STIMOROL WILD CHERRY, 57005157	Sugar free chewing gum with wild cherry flavour	
STIRFRY SAUCE	STIRFRY SAUCE 210ML, 6009173611925	Stir-fry sauce Ideal for Chinese cooking	210ml
VEGETABLE STOCK	STOCK VEG., 20081126	A delicious vegetable blend that dissolves easily in boiling water. Adds colour and flavour.	150g
STRAIGHTCUTCHIPS	STR CUT OVENBAKE CHI, 6009175018661	Potato chips for oven baking	1Kg
STRAIGHTCUT SWEET PO	STRAIGHTCUT SWEET PO, 6009173621795	Sweet potato chips coated with a crispy batter. Suitable for oven baking and frying	1 Kg
STRONG PICKLE ONION3	STRONG PICKLE ONION3, 6009173678591	Onions in a strong & aromatic pickling brine	12 x 390 g
STUFFED GREEN OLIVES: Red pepper	STUFFED GRN OLIVES P, 6005000179743	Greek olives stuffed with red peppers in brine	net: 300g; drained: 180g
STUFFED GREEN OLIVES: Sundried tomatoes	Stuffed Grn Olives T, 6005000290387	Greek Halkidiki olives stuffed with sundried tomatoes in oil	290g NET / 180g DRAINED
SUPER SUN MAIZE MEAL	SUPER SUN MAIZE MEAL, 6001695561207	Super Sun Maize Meal	10kg
SUPER MAIZE MEAL: SUN	SUPER SUN SUPER MAIZ, 6001695205613	Maize	

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SWEET CINAMON BUTTERNUT	SWEET BUTTERNUT 350G, 6009101471430	Ready to Micro Cinnamon Butternut	300g
SWEET ONION RELISH	SWEET ONION RELISH, 6009175613576	Sweet Onion Relish	250 g
SWEET POTATO	SWEET POTATO 100G, 6009178949634	Sweet potato sliced and cooked in a unique process to retain natural sweet flavour. The result is a sweet potato crisp that is crispier and crunchier than a normal traditional potato chip	100g
SWEET POTATO	SWEET POTATO 36G, 6009178949658	sweet potato crisps sliced and cooked in a unique process to retain natural sweet flavour. the result is a sweet potato crisp that is crispier and crunchier than normal traditional potato crisps	36 g
SWEET & TANGY GHERKINS	SWEET TANGY GHERKINS, 6005000184723	Sweet & Sour Gherkins 385g net, 215g drained Choice Grade	385g
Sweet & Spicy BBQ	SWEET+SPICY BBQ 120G, 6009000827321	Sweet and spicy BBQ flavoured puffs, a maize snack made by extrusion process with a fluffy, melt-in-the-mouth texture.	120 g
SWEETCORN: Creamstyle	SWEETCORN CREAMSTYLE, 20039462	Creamstyle Sweetcorn - canned CHOICE GRADE	420g
SWT CHIL POP CRISPS	SWT CHIL POP CRISPS, 6009173504630	Crispy Cassava chips lightly dusted with Sweet Chilli Flavour	85 g
DOM GRIER SYRAH CARIGNAN: France	SYRAH CARIGNAN, 6009171652128	Imported from France.An elegant wine, fruit driven with hints of oak spice.The palate is medium bodied, with delicious flavours of red cherry and plum, backed by soft tannins.Medium bodied, wood matured.The berry fruit flavours are complemented by grape derived spiciness.On the palate the wine is naturally fresh with abundant soft tannins and good length.	750 ml
SYRUP WAFFLES	SYRUP WAFFLES, 20107017	6 Syrup waffles - Ideal for breakfast or as a treat	6
SELENIUM CRUSHED WHEAT	TANTE ANNE BREAD, 6001009031341	Tante Anna Crushed Wheat Bread	700g
TASTIC RICE	TASTIC 10KG, 6001231009811	Rice	
TASTIC RICE	TASTIC 1KG, 6001231000276	Rice	
TASTIC RICE	TASTIC RICE 2KG, 6001231000191	Rice	2 kg
TASTIC RICE	TASTIC RICE 5KG, 6001231012798	Rice	
TELLI PEPPER: Refill	TELLICHERY PEPPER, 6005000864861	Printed box containing a clear, sealed sachet filled with crushed/cracked black pepper.	120g
TERIYAKI SAUCE	TERIYAKI SAUCE, 6009000485521	Ready to Wok Teriyaki Stir fry sauce	130g
CHARDONNAY: The Abacus	TERROIR CHARDONAY, 6009171440862	Rich aromas of citrus fruit and oak complemented by apple and vanilla notes.Rich citrus features on elegant palate with a freshening acid and subtle oak.	750ml
SAUVIGNON BLANC: Lonely Blue Gum	TERROIR SAUV. BLANC, 6009171440879	Pale green in hue, the wine is rich with aromas of green figs, grass and tropical fruit.These aromas follow through to a lively crisp palate with a long herbaceous finish.	750ml
TETRA CHOP TOM HERB: CANS & SAUCES	TETRA CHOP TOM HERB, 6009175115285	Italian Chopped Tomatoes with Herbs	390 g
TETRA CHOPPED TOMATO: CANS & SAUCES	TETRA CHOPPED TOMATO, 6009175115278	Italian Chopped Tomatoes in Tomato Juice	390 g
TETRA TOM BAS/ONION: CANS & SAUCES	TETRA TOM BAS/ONION, 6009175115315	Italian Finely Chopped Tomato seasoned with Basil & Onion	390 g
THAI 7 SPICE BLEND	THAI 7 SPICE BLEND, 6009175383417	A labeled PET tub containing spice blend with a charcoal screw cap top.	65g
BROWN TOASTER	THICK SLICE BROWN, 6001009005168	A thick sliced 15mm brown sandwich bread ideal for toast.	700g
WHITE TOASTER	THICK SLICE WHITE, 20018702	Thick slice white bread	700g
THYME HERB JAR	THYME HERB JAR, 6009175048231	A glass jar, with a green 7 hole flip top, containing thyme.	15g
TNGY TOM CHTNEY	TNGY TOM CHTNEY 430G, 6009173678614	A blend of tomato, green pepper, onion with spices & sugar	430 g
TOMATO AND HERB	TOMATO AND HERB 750G, 6009000866153	A delectable pasta sauce made with tomatoes; hint of sweetness and background taste of onion, carrots, celery and aftertaste of herbs	750 ml
TOMATO SAUCE	TOMATO SAUCE, 6009101058617	Tomato sauce, no thickener, preservatives or colourants added	565g
NEOPOLITAN PASTA SAUCE	TOMATO/BASIL 375ML, 20130350	simply add pasta	375 ml
NEOPOLITAN: Banded pack	TOMATO/GARLIC BANDED, 6001009023285	A full flavoured Low Fat Pasta Sauce made with Plum Tomatoes, Garlic, Basil and Olive Oil.	
HOT CROSS BUNS: Traditional	TRADITIONAL HOTCROSS, 20019228	Moist, soft buns with juicy sultanas, raisins & currants, candied citrus peel & a hint of mixed spice.	6pack
TRAIL MIX	TRAIL MIX 100G, 20195267	Trail Mix - A mixture of dried fruits (papaya, pineapple, banana), dried berries (cranberries, sultanas), raw tree nuts (Almonds, Brazil nuts, Cashew nuts) and Coconut flakes.	100g
TROPICAL FRUIT: In juice	TROPICAL FRUIT, 6009171974169	4X120g Tropical fruit salad	4 x 120g
TROPICAL FRUIT: Stage 2	TROPICAL PUREE, 6009000594360	Fresh Tropical Fruit	1x120g
TUMERIC	TUMERIC, 20167004	A labeled glass jar with a 19 hole red flip top, containing ground turmeric.	55g
TURMERIC	TURMERICREFILL BOX, 6009173963192	A printed paperboard box, containing a clear, heat sealed sachet filled with turmeric powder	55g
CHICKEN RUB	Ultimate Chicken Rub, 6009171929770	A labeled 180ml PET tub with charcoal lid, filled with herb and spice seasoning.	95g
FISH RUB	Ultimate Fish Rub, 6009171929749	A labeled 180ml PET tub with charcoal lid, filled with herb and spice seasoning.	80g
MEAT RUB	Ultimate Meat Rub, 6009171929725	A labeled 180ml PET tub with charcoal lid, filled with herb and spice seasoning.	90g
VANILLA CREMES	VANILLA CREMES, 6009175446037	Sandwiched with crisp cookies	228 g
VANILLA ESSENCE	VANILLA ESSENCE 50ML, 6009173755391	Vanilla essence. Just add a spoonful.	50ml
VANILLA EXTRACT	VANILLA EXTRACT, 6009171979638	A dark brwn coloured liquid with a sweet vanilla aroma and distinct vanilla taste.	50 ml
VANILLA PASTE	VANILLA PASTE, 6009171981990	The product has a brown translucent colour with vanilla pods. It is a sweet smelling thick liquid paste with distinct notes of vanilla.	50ml
VANILLA POD POWDER	VANILLA POD POWDER, 6009175382816	A labeled jar containing vanilla powder, with black flip top lid.	25g
VANILLA PODS	VANILLA PODS, 20169817	A labeled transparent vacuum sealed bag, containing a single vanilla pod.	2g
VANILLA SUGAR SHAKER	VANILLA SUGAR SHAKER, 6009173755520	Vanilla sugar	170g
VEG & BARLEY SOUP	VEG + BARLEY SOUP, 6005000811803	Fresh Vegetable & Barley Soup. Packed with fresh leeks, carrots, turnips, sweet potatoes, and nourishing barley.	600g
VEGETARIAN: 4 vegan schnitzels	VEG 4 SCHNITZELS, 6009178649350	VEGETARIAN - VEGAN - 4 SCHNITZELS in a golden crumb, ready to heat	4 schnitzels per pack
VEGETARIAN: 6 vegan sausages	VEG 6 SAUSAGES, 6009178649343	VEGETARIAN - VEGAN - 6 SAUSAGES Flavoured with sun-dried tomatoes & vegan cheese, ready to heat	6 sausages per pack
VEGETABLE & BARLEY SOUP	VEG AND BARLEY BULK, 6009101101047	Fresh Vegetable & Barley Soup Packed with fresh leeks, carrots, turnips, sweet potatoes and nourishing barley Serves 4	1.2Kg
VEG AND POTATO	VEG AND POTATO, 6009000733325	A 200ml PET jar with a black dual flip top cap, containing a blend of herbs & spices.	180g
VEG ROAST SEASONING	VEG ROAST SEASONING, 6009175383387	A printed box containing a clear, sealed sachet of herb and spice semolina based blend.	60g
VEG SALAD TOPPER	VEG SALAD TOPPER, 6009175382830	A printed box containing a clear, heat sealed sachet filled with a blend of vegetables, seeds and spices.	15g
VEGGIE CRISPS: Handcooked	VEGETABLE CRISPS, 6001009006875	Vegetable crisps made up of mixed vegetables sliced and cooked in a unique process to retain natural sweet flavour. The result is a veggie crisp that is crispier and crunchier than traditional potato crisps	125 g
BRUT ROSE: Methode Cap Classique	VILLIERA BRUT ROSE, 20089375	Quality Chardonnay, Pinot noir and Pinot Meunier and Pinotage blend.Ideal for the production of Methode Classique sparkling wines.This Wine which includes reserve wines has undergone a second fermentation and yeast maturation in the bottle.Salmon pink colour with copper tint.Delicate aroma of fresh strawberries with a hint of baked apple and underlying yeastiness which persists onto the palate.It is lively and refreshing with a balanced,dry finish.	750 ml
BLANC DE BLANC: Methode Cap Classique	VILLIERA BLANC DE BL, 6001009017635	Wine of origin Villiera, Stellenbosch, wine of South Africa. This wine has undergone a second fermentation and yeast maturation in this bottle. MCC Brut. Fresh yeasty character with a hint of citrus. Light with refreshing acidity on palate.	750 ml
BRUT NATURAL: Methode Cap Classique	VILLIERA BRUT NATURA, 6001009017628	Villiera.wine of origin Stellenbosch, wine of South Africa.Chardonnay.Fermented using the grape's natural yeast.Matured in the bottle without the addition of sulphur dioxide.No dosage (sweetening age).Golden colour, fine bubble, brilliant clear.Hint of citrus fruit include apples with prominent yeasty character on nose.Fresh and lively on palate with dry finish.	750ml
CABERNET SAUVIGNON: Villiera	VILLIERA CABERNET SA, 20095413	A vibrant ruby colour.The bouquet is berry-rich slight minty nuances and lovely tones of French oak.The palate is packed with fruit.Slightly spicy which is structured and silky texture.Its is balanced with good length on finish.	750ml
CUVEE TEN BRUT: Methode Cap Classique	VILLIERA CUVEE TEN M, 6008000585569	2000 Brut Rose - Dry bottle fermented sparkling wine.	1.5L
MERLOT: Villiera	VILLIERA MERLOT, 20179564	Wine of origin Stellenbosch, wine of South Africa.Brilliant deep red.The bouquet is typical of plum and red berries with a hint of choc/mint.The oak spice lingers onto the palate which is well structured and silky texture.It is balanced with length on finish.	750 ml

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VILLIERA RIESLING	VILLIERA NATURAL WHI, 6009173010513	No SO2 added Riesling. A limy finish overlaid with honey and meringue flavour developing a nuttiness with age. Made without the addition of SO2	750ml
CAP CLASSIQUE RES: Methode Cap Classique	VILLIERA VINTAGE RES, 20104351	Wine of origin Stellenbosch, wine of South Africa. This wine has undergone a second maturation and lengthy yeast maturation (a minimum of four and half years) in this bottle. Deep gold colour, evolved yeasty character with a hint of citrus and red fruit character. Rich with refreshing acidity on palate. Balanced.	750 ml
Vinegar & Lemon Pepper	VINEGAR+LEMON PEPPER, 6009000984505	Airpopped cassava crisps lightly dusted with Vinegar & Lemon Pepper seasoning	85 g
BERRY DUO	W BERRY DUO 410G, 6009178471586	Duo berries in syrup (Blackberries and Raspberries)	410 g
PLAIN GRANOLA CEREAL: GRANOLA	W BKD PLAIN GRNL 750, 6009000119563	Healthy plain oven roasted granola  Food for thought:  We have selected the finest ingredients from around the world to bring you the tastiest granola	750g
VANILLA/SEED GRANOLA: VANILLA SEED	W BKD VANLA GRNL 750, 6009000120347	Healthy oven baked granola clusters with seeds and vanilla essence  Food for thought: We have selected the finest ingredients from around the world to bring you the tastiest granola.	750g
CHAI TEA: Black	W BLACK CHAI TEA 40, 6009175229722	Chai Tea A strong black tea with sweet traditional spices 40 bleached tagless tea bags Packed in 2 foil pouches for maximum freshness	80g
BLUEBERRIES	W BLUEBERRIES 410G, 6009178471562	Blueberries in syrup	410 g
W BRANFLAKES	W BRANFLAKES 500GR, 6009101343102	Bran flakes - Crunchy wholewheat flakes.	500g
W BRANFLAKES	W BRANFLAKES 750GR, 6009101343126	Bran flakes - Crunchy wholewheat flakes. BUY BULK AND SAVE.	750g
BREAKFAST BLEND: Filter coffee	W BREAKFST GRD 250GR, 20003357	Ground Coffee Your morning wake-up call Mild, bright roast A blend of coffee, from Guatemala and Africa Grown in the highlands of Central America, Guatemalan coffee has a vibrant acidity and complexity. Add to this the zesty citrus notes and spicy injections of African coffee and the result is an interchange of bright, crisp spring flavours and aromas that will liven up any morning.	250g
BREAKFAST GRND: BREAKFAST	W BREAKFST GRD 500GR, 6009000520406	Ground Coffee Your morning wake-up call Mild, bright roast A blend of coffee, from Guatemala and Africa Grown in the highlands of Central America, Guatemalan coffee has a vibrant acidity and complexity. Add this to the zesty citrus notes and spicy injections of an African coffee and the result is an interchange of bright, crisp spring flavours and aromas that will liven up any morning.	500g
W CAFE FT BEANS	W CAFE FT BEANS 250G, 6009175199940	Espresso Beans Fairtrade and Organic All African Coffee 100% Arabica Coffee A silky, rich, full-bodied blend of organic Ethiopian and Tanzanian coffee beans-as served in our cafés	250g
W CAFE FT DECAF	W CAFE FT DECAF 250G, 6009175199926	Decaf Ground Fairtrade and Organic Single Origin Filter Coffee 100% Arabica coffee A smooth, rich Peruvian coffee-as served in our cafés	250g
W CAFE FT GROUND	W CAFE FT GROUND 250, 6009175199933	Espresso Ground Fairtrade and organic All African filter coffee 100% Arabica coffee A silky, rich, full bodied blend of organic Ethiopian and Tanzanian coffee-as served in our cafés	250g
W CAFE G ESPRESSO	W CAFE G ESPRSO 100G, 6009175211321	Cafe Gold Espresso is made from 100% Spray Dried Soluble Coffee.	200g
CAFE GOLD: Filter coffee	W CFE GOLD GRD 250GR, 20197261	Ground Coffee a rush of goodness Flavourful, medium roast A Blend of coffee, from Guatemala and Africa Guatemalan coffee is renowned to be one of the most flavourful, bright and nuanced cups in the world, containing layers of woody and nutty flavours and aromas. We've balanced it with coffee grown high up in the mountains of Zimbabwe which adds earthy richness, laced with a spicy complexity.	250g
W CHOC COFE GRND	W CHOC COFE GRND 250, 6009175199988	Chocolate flavoured coffee 100% Arabica Ground coffee Rich, smooth, Brazilian coffee with a creamy and sweet chocolate flavour	250g
DECAFFEINATED: Filter coffee	W COLOMBN DCAF 250GR, 20077662	Ground Coffee full-on flavour, without the attitude Balanced, Medium bodied roast Decaffeinated coffee from Colombian beans Colombian coffee is a pleasing, balanced and consistent coffee with good body, acidity and flavour. The CO2 decaffeination method is chemical free, does not alter the flavour of the bean and the by-products are natural and 100% recyclable. Ideal for the decaf consumer who wants the same pleasure of drinking regular coffee without compromising on quality and taste.	250g
COLOMBIAN COFFEE: Filter coffee	W COLOMBN GRD 250GR, 6008000215077	Ground Coffee Colombian Single Origin Producer: Grupo de Cafes Sostenibles de Risaldo Region: Eastern Slopes of Western Cordillera Mountain range, Risalda Region, Colombia Varietal: 60% Caturra, 40% Colombia Variety Harvest: April to July Processing: Natural Sun Dried Altitude: 1300-1900m Flavour: Sweet, fruity and balanced aftertaste, with an aura of elegance and refreshing quality. Full bodied, pleasing and bright.	250g
COLOMBIAN COFFEE: Instant coffee	W COLUMBIAN SNG 100G, 6005000947359	Woolworths Freeze Dried Instant Coffee, Colombian Single origin	100g
ESPRESSO BEANS: Filter coffee	W CONTINTL BNS 250GR, 6008000215152	Coffee Beans Full of beans Dark, Full bodied roast A dark roasted blend of American and African coffees Central and Southern American beans are largely responsible for the fantastic body and crema of this blend. They add a complex zest, including intense dark chocolate and buttery flavours and aromas and are balanced in flavour by the traditional earthy, spicy character of the African beans.	250g
ESPRESSO BEANS 500G: Filter coffee	W CONTINTL BNS 500GR, 6008000215176	Coffee Beans Full of beans Dark, Full bodied roast A dark roasted blend of American and African coffees Central and Southern American beans are largely responsible for the fantastic body and crema of this blend. They add a complex zest, including intense dark chocolate and buttery flavours and aromas and are balanced in flavour by the traditional earthy, spicy character of the African beans.	500g
ESPRESSO BLEND: Filter coffee	W CONTINTL GRD 250GR, 6008000215046	Ground Coffee Survive the daily grind Dark, Full bodied roast A dark roasted blend of American and African coffees Central and Southern American beans are largely responsible for the fantastic body and crema of this blend. They add a complex zest, including intense dark chocolate and buttery flavours and aromas and are balanced in flavour by the traditional earthy, spicy character of the African beans.	250g
W CORN FLAKES	W CORN FLAKES 500GR, 6009101343171	Corn flakes - Toasted golden crispy flakes made from real corn.	500g
W CORN FLAKES	W CORN FLAKES 750GR, 6009101343188	Corn flakes - Toasted golden crispy flakes made from real corn. BUY BULK AND SAVE	750g
W CRAN RAIS LGI	W CRAN RAIS LGI 10'S, 6009175241403	Low GI Raisin, Sultana and Cranberry breakfast bar. Packed with a selection of raisins, sultanas and cranberries.	10 x 42g
W LOW GI	W CRAN RAIS LGI 5X42, 6009175241434	Low GI Raisin, sultana and cranberry breakfast bar. Packed with a selection if raisins, sultanas and cranberries.	5 x 42g
PEANUT BUTTER	W CRCHY PNT BTR 400G, 20026677	Woolworths Crunchy Peanut Butter	400g
PEANUT BUTTER: Crunchy	W CRCHY PNT BTR 800G, 6009178089507	Woolworths Crunchy Peanut Butter	800g
CRAN, APPLE & CINNAMON	W CRN APLE CINMN 20S, 20193027	Cranberry Apple and Cinnamon Fruit Infusion a sweet spicy blend with hibiscus and rose hip 20 bleached tagged tea bags Packed in a foil pouch for maximum freshness	40g

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GREEN TEA: DeCaf	W DECAF GREEN TEA, 6009175229548	Green Tea A refreshing medium-bodied, decaffeinated green tea 40 bleached tagless tea bags Packed in two foil pouches for maximum freshness	80
EARL GREY TEA	W EARL GREY TEA 40S, 20064952	A deeply aromatic tea with bold Bergamot citrus flavour 40 bleached tagless tea bags Packed in 2 foil pouches for maximum freshness	100g
ENGLISH BREAKFAST TEA	W EGLSH BRKFT BX 100, 20003319	a refreshing, vibrant, medium-bodied blend, made from the finest Southern African teas. 100 unbleached tagless tea bags. Packed in 3 sealed foil pouches to ensure maximum flavour and freshness until ready to enjoy.	250g
ENGLISH TEA: Breakfast	W ENG BRKFST TEA 40, 6009175958493	English breakfast Tagged Tea 100g An anytime full-bodied satisfying tea with deep undertones 100 bleached tagless tea bags Packed in 3 foil pouches for maximum freshness	100g
EXTRA STRONG TEA	W EXTRA STRONG 100S, 20003326	Extra Strong Black tea A robust tea that delivers satisfying strength 100 bleached tagless tea bags Packed in 3 foil pouches for maximum freshness	250g
W FT INST BLND	W FT INST BLND 100GR, 6009175235419	100% Freeze Dried Arabica Coffee granules produced from Fair Trade coffee beans.	100g
W FT ORG ESPRS BOT 2	W FT ORG ESPRS BOT 2, 6009175199957	All African Dark Roast Espresso Blend Coffee Beans 100% Organic Arabica Coffee	250g
W FT PAPUA BLND	W FT PAPUA BLND 100G, 6009175235457	Fair Trade, freeze dried coffee granules produced from coffee beans sourced from Papua New Guinea.	100g
CAFE GOLD DECAF: Instant coffee	W GLD ROST DECF 100G, 6005000947700	Woolworths Instant Coffee, Cafe Gold Decaffeinated, 100% Arabica Coffee Beans - Freeze Dried	100g
GOLDEN SYRUP	W GLDN SYRP 500GR, 20059361	A concentrated viscous syrup with a rich dark golden colour	500g
CAFE GOLD: Instant coffee	W GOLD ROAST 100GR, 20181758	Instant Coffee Cafe Gold; 100% Arabica Coffee Beans, Freeze Dried to lock in flavour; Mild Smooth Flavour	100g
GOOSEBERRIES	W GOOSEBERRIES 425G, 6009178471579	Gooseberries in syrup	425 g
GREEN TEA	W GREEN TEA 40S, 6001009035028	Green Tea Vibrant sencha green tea, with fresh leafy notes 40 bleached tagless tea bags Packed in two foil pouches for maximum freshness	80g
GREEN FIG PRES	W GRN FIG PRSVE 290G, 6008000440820	Whole Green Fig Preserve	290g
W HAZLNT COFE GRND	W HAZLNT COFE GRND 2, 6009175199971	Hazelnut Flavoured Coffee 100% Arabica Ground Coffee Rich, smooth coffee with a creamy hazelnut flavour	250g
ROOIBOS & HONEYBUSH	W HNY BSH ROIBOS 40S, 20130060	Honeybush Rooibos A delicately flavoured, slightly sweet blend of rooibos and select honeybush tea. 40 bleached tagless tea bags Packed in two foil pouches for maximum freshness	100g
W INS OAT PLN	W INS OAT PLN 10S, 6009101343324	Original Instant Oats - delicious creamy oats. Just add boiling water. No added salt and sugar. 10 individual sachets.	10 x 50g (500g)
W INSTANT OATS	W INSTANT OATS 750G, 6009101343287	Woolworths Original Instant Oats - Delicious Creamy Oats. Just add Boiling water.	750g
ITALIAN BLEND: Filter coffee	W ITALIAN GRD 250GR, 20059644	Ground Coffee A cup of la dolce vita Intense, bold roast A Blend of coffee from Central America and Africa An intense spicy, smoky and chocolaty blend of the finest Arabica coffee beans grown in Central America and Africa. African coffees add rich, earthy and spicy flavours and aromas, which are perfectly balanced with the complex zestiness of the Central American coffees. The characteristic Italian profile is created through the rich, dark roast.	250g
ITALIAN BLEND: Filter coffee	W ITALIAN GRD 500GR, 6008000253024	Ground Coffee A cup of la dolce vita Intense, bold roast A Blend of coffee from Central America and Africa An intense spicy, smoky and chocolaty blend of the finest Arabica coffee beans grown in Central America and Africa. African coffees add rich, earthy and spicy flavours and aromas, which are perfectly balanced with the complex zestiness of the Central American coffees. The characteristic Italian profile is created through the rich, dark roast.	500g
ITALIAN ROAST: Instant coffee	W ITALIAN ROST 100GR, 20147273	Woolworths Instant Coffee Cafe Italian (freeze dried) 3 Strong Strength	100g
ITALIAN ROAST: Instant coffee	W ITALIAN ROST 200GR, 6005000948257	Woolworths Cafe Italian 200g (freeze dried)	200g
GREEN TEA WITH JASMINE	W JASMNE GRN TEA 40S, 6001009035066	Green Tea with Jasmine A vibrant sencha tea flavoured with fragrant jasmine 40 bleached tagless tea bags Packed in two foil pouches for maximum freshness	80g
KENYAN SINGLE ORIGIN: Filter coffee	W KENYAN GRD 250GR, 6008000599474	Ground Coffee Kenyan Single Origin Producer: KiriMiri Coffee Estate Region: Thika Region, Kenya Varietal: Bourbon Catimor (SL28, SL34, K7 and Ruiru 11) Harvest: April to June Altitude: 1500m Processing: Wet processed coffee Flavour: complex and fragrant, with grapefruit and chocolate notes, highlighted by a strong body and bright acidity	250g
KIWI SLICES	W KIWI SLICES 410G, 6009178471555	Kiwi slices in syrup	410 g
LEMON, HONEY & GINGER	W LEMN HNY GNDR 20S, 20193034	Lemon & Ginger fruit infusion A unique, soothing blend with hint of honey flavour 20 bleached tagged tea bags Packed in a foil pouch for maximum freshness	40g
W LO GI BRY BLZ	W LO GI BRY BLZ 750G, 6009101343218	Low GI Wild Berry Baked Muesli. For slow release energy. Packed with thicker cut oat flakes, a selection of berries, linseeds, sesame seeds & sunflower seeds.	750g
MOCHA JAVA: Filter coffee	W MCHA JVA GRD 250GR, 20060251	Ground Coffee all day pick-me-up Subtle, medium bodied roast A perfect all day blend of Ethiopian coffee which adds vibrant, exotic spice notes, balanced with the complexities and richness of the Sumatran coffee, known for its slightly sweeter, fruitier flavour.	250g
MOCHA JAVA GRND: MOCHA JAVA	W MCHA JVA GRD 500GR, 6009000520390	Ground Coffee all day pick-me-up Subtle, medium bodied roast A perfect all day blend of Ethiopian coffee which adds vibrant, exotic spice notes, balanced with the complexities and richness of the Sumatran coffee, known for its slightly sweeter, fruitier flavour.	500g
W MEDITERN LGI	W MEDITERN LGI 10' S, 6009175241571	Low GI Mediterranean breakfast bar. Packed with an exotic mix of nuts and dried fruit	10 x 42g.
W MEDITERN LGI	W MEDITERN LGI 5X42, 6009175241410	Low GI Mediterranean breakfast bar. Packed with an exotic mix of seeds and nuts.	5 x 42g
GREEN TEA WITH MINT	W MINT GREEN TEA 40S, 6001009035035	Green Tea Vibrant sencha green tea, with an infusion of peppermint 40 bleached tagless tea bags Packed in two foil pouches for maximum freshness	80g
W MLD RICH ROAST	W MLD RICH ROAST 100, 6009175211314	Brown agglomerated coffee granules, brown liquid when prepared.	100g
WW MPLE FLAV SRP500	W MPLE FLAV SRP 500G, 6009178090886	A concentrated viscous syrup with a rich dark golden colour	500g
MAPLE SYRUP	W MPLE SYRP 250ML, 6008000738255	100% pure Grade A dark amber maple syrup. Delicious over pancakes, waffles and crumpets.	250ml
1KG ESSP COFFEE BEAN	W OG AFR ESPR BN 1KG, 6009173417237		1kg
ROAST ESSPRESSO COFFEE: Organic	W OG AFR ESPR BN 250, 6001009036230	Organic Coffee Beans: Espresso	250g
CRUNCHY PEANUT BUTTER: Organic	W ORG CRCHY PNT BTR, 6001009035929	A delicious peanut butter made from 100% roasted peanuts Food for Thought: After ripening in rich organic soil, our peanuts are carefully harvested, shelled and selected. We then dry roast them, to extract their intensely nutty flavour, before grinding them into a delicious peanut butter.	500g
W ORGANIC DECAF	W ORG DECAF 100GR, 6009175235426	Freeze dried organic decaffeinated coffee granules.	100g
GREEN TEA: Organic	W ORG GREEN TEA 40S, 6009171041380	Green Tea A delicately fragrant traditional tea from the finest tea gardens in the Wujian region of China 40 unbleached tagless tea bags Packed in two foil pouches for maximum freshness	80 g
INSTANT COFFEE: Organic	W ORG INSTNT 100GR, 20202415	Woolworths Organic Instant coffee freeze dried ground coffee from organically grown beans.	100g
MAPLE SYRUP: Organic	W ORG MPLE SYR 250ML, 6001009039286	Spring harvested, certified organic, grade A dark amber maple syrup from the wild forests of Quebec.	12 X 250ml
SMOOTH PEANUT BUTTER: Organic	W ORG SMTH PNT BTR 4, 6001009035936	A delicious peanut butter made from 100% roasted peanuts Food for Thought: After ripening in rich organic soil, our peanuts are carefully harvested, shelled and selected. We then dry roast them, to extract their intensely nutty flavour, before grinding them into a delicious peanut butter.	500g
PEPPERMINT INFUSION	W PEPPERMINT TEA 20S, 6005000661927	Peppermint Herbal Infusion 30g An invigorating infusion with real peppermint leaves 20 bleached tagged tea bags Packed in a foil pouch for maximum freshness	30 g

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W POMEGRANATE RBOS	W POMEGRANATE RBOS 20, 6009173201836	Strandveld Rooibos and Pomegranate flavour infusion A fruity and floral rooibos and pomegranate flavoured infusion 20 bleached tagged tea bags Packed in a foil pouch for maximum freshness	20 units
W PUFFED RICE	W PUFFED RICE 400GR, 6009101343195	Puffed Rice - Golden toasted crisp rice.	400g
W QUIK OATS	W QUIK OATS 1KG, 6009101343270	Quick Oats - cooks in 2 minutes. A quick delicious cereal made using the finest oat flakes	1kg
W DCAF RICH RST	W RCH RST DECF 200GR, 6009175211338	100% Agglomerated Instant Decaffeinated Coffee granules	200g
GRAPE FRUIT MAR	W RED GRPFRT MAR 290, 6008000442053	Grape fruit Marmalade	290g
W ROLLED OATS	W ROLLED OATS 1KG, 6009101343263	Rolled Oats - cooks in 5 minutes. Classic rolled and flakes oats.	1kg
WW ROOIBOS BOX	W ROOIBOS BOX 80 BG, 6009101265770	Rooibos A refreshingly sweet, full-bodied Rooibos tea. Rooibos tea is caffeine-free. 80 bleached tagless tea bags Packed in four foil pouches for maximum freshness	200g
CHAI TEA: Rooibos	W ROOIBOS CHAI 40S, 6009175229579	Rooibos Chai Tea Earthly taste of rooibos with warm aromatic spices 40 bleached tagless tea bags Packed in four foil pouches for maximum freshness	80 g
ROOIBOS: Tagless	W ROOIBOS TGLSS 40, 6009175958486	Rooibos A refreshingly sweet, full-bodied naturally caffeine free tea. 40 bleached tagless tea bags Packed in two foil pouches for maximum freshness	100g
SLIMMER'S CHOICE MUESLI: Baked	W SC BAKED MSLI 500G, 20175474	Slimmers Choice - Low Fat and Kilojoule Controlled Baked Muesli - 667 kJ per serving.	500g
SC CRAN CHERRY 500GR	W SC CRAN CHERRY 500, 6009101383214	Slimmers Choice - Low fat and kilojoule controlled - cranberries and cherry cereal with 690 kJ per serving.	500g
SLIMMER'S CHOICE MUESLI: Swiss style	W SC SWIS MUSLI 500G, 20179878	Slimmers choice - Low Fat Kilojoule Controlled Swiss Muesli - 638 kJ per serving	500g
SUGAR FREE PEANUT BUTTER	W SGR FRE CRCHY 400G, 6001009012685	No added sugar Peanut Butter Low in Salt	400g
SMOOTH PEANUT BUTTER	W SMTH PNT BTR 400GR, 20026660	Woolworths Smooth Peanut Butter	400g
SMOOTH PEANUT BUTTER	W SMTH PNT BTR 800GR, 20204389	Woolworths Smooth Peanut Butter	800g
W SPEC CHC	W SPEC CHC 500GR, 6009101343140	Special Choice - Multigrain flakes made with rice and wheat.	500g
W SPEC CHC BERI	W SPEC CHC BERI 300G, 6009101343157	Special Choice with berries. Multigrain flakes with raspberries, strawberries and cranberries.	300g
W VANILA COFE GRND	W VANILA COFE GRND 2, 6009175199995	French Vanilla Flavoured coffee 100% Arabica Ground coffee Rich, smooth coffee with a sweet and caramelised french vanilla flavour	250g
VANILLA CHAI	W VNILA CHAI TEA 40S, 6005000661910	Vanilla Chai Tea Warmly spiced tea with sweet vanilla accents 40 bleached tagless tea bags Packed in 2 foil pouches for maximum freshness	80.0g
Wasabi	WASABI, 6009000591635	Potato crisps, fried in vegetable oil and flavoured with wasabi seasoning	125 g
WASABI DIP	WASABI DIP, 6009175383370	A printed box containing a clear sachet filled with powdered blend.	20g
WASABI POWDER	WASABI POWDER, 6009175048606	A glass jar, with a red, 19 hole fliptop, containing wasabi powder	40g
WATER CRACKER HERB	WATER CRACKER HERB, 6009101884414	Thin, crisp circular water cracker with herb and garlic flavour.	125g
WATER CRACKER HERB	WATR CRCKER PEPPER, 6009101884544	Thin, crisp circular water cracker with black pepper topping	125g
WEETBIX	WEETBIX 450G, 6001052001018	Weetbix cereal	450g
WEETBIX 1.35KG	WEETBIX 1.35KG, 6001052003906	Weetbix	1.35kg
WEETBIX	WEETBIX 900G, 6001052001049	wheat biscuit cereal	900g
WET ROCK SAUVIGNON BLANC: Longmarket	WET ROCK SAUVIGNON B, 6001009016546	Estate Wine of origin Breedeekloof, wine of South Africa.As icy cold mountain water splashes on sun kissed rocks.This fresh sizzling release of flinty black pepper burst forth.Zesty aromas of a youthful Sauvignon Blanc Dry, crisp and unwooded.	750 ml
MERLOT: What	WHAT MERLOT, 6001009010629	100% Merlot.Wood treatment - French toast 10 - 12 months(barrels).French medium toast 4 months staves.From Wamakersvallei Winery Ltd.Wine of origin Coast Region,wine of South Africa.Black berry,cherry,plums,raspberry,red current,spice.A medium bodied wooded red wine with plastic Merlot character.Lasting palate with subtle undertones of oak and vanilla flavours.	750 ML
SAUVIGNON BLANC: What	WHAT- SAUVIGNON BLAN, 6001009012807	From Bergsig Estate,wine of origin Breedeekloof,wine of South Africa.Sauvignon comes from French word for wild.This describes the forward, green fruit and pepper flavours of this sprightly grape.Grassy, green pepper, passion fruit, capsicum, gooseberry.A crisp unwooded white wine with typical Sauvignon Blanc characteristics.	750 ml
WHEAT THINS RST PEP	WHEAT THINS RST PEP, 6009101884315	Thin, crisp, bite size square crackers. Golden brown in colour with flecks of whole wheat and red seasoning. Roasted red pepper flavour with a light salt topping.	250g
WHITE HAMBURGER ROLLS	WHITE HAMBURGER ROLL, 20019068	White Hamburger rolls	6
WHITE HOT DOG ROLLS	WHITE HOTDOG ROLLS, 20019006	6 Hotdog rolls	6pack
MINI BURGER BUN	WHITE MINI H/BURGER, 6009175411622	12 mini hamburger rolls	12
WHITE P/CORN GRINDER	WHITE P/CORN GRINDER, 6009175257411	White Peppercorns in a grinder	60g
PEPPER FINE WHITE	WHITE PEPPER FINE, 6009000106488	A labeled glass jar with a 19 hole red fliptop, containing fine white pepper.	55g
WHITE PEPPER REFILL	WHITE PEPPER REFILL, 6009173963154	A printed paperboard box, containing a clear, heat sealed sachet filled with white pepper.	55g
WHITE ROUND LOAF	WHITE ROUND LOAF, 2071730000002	Large crusty white round loaf cross cut on top to form light and dark golden brown tones. Should be moist eating with the flavour of well fermented bread.	18 pieces/box (CROSS CUT POLKA BREAD)
WHITE STAR	WHITE STAR 2.5KG, 6001571015596	Super Maize Meal	2.5kg
WHITE STAR	WHITE STAR 5KG, 6001571015602	Super Maize Meal	5 kg
WHOLE MUSHROOMS: CANS & SAUCES	WHOLE MUSHROOMS, 6009173929976	Canned Whole Mushrooms in brine	285 g
WHOLEWHEAT CROSTINI	WHOLEWHEAT CROSTINI, 6009173419668	Crostino is a light, airy textured wholewheat bread. The bread is therefore cut and the obtained slices are toasted.	120g
WHOLEWHEAT SANDWICH	WHOLEWHEAT SANDWICH, 20018849	WHOLEWHEAT SANDWICH BREAD Soft fresh and fine textured.	700g
WILD WHITE	WILD WHITE, 6001009012883	Chardonnay 52%, Sauvignon blanc 31%, Chenin blanc 14% and Hanepoot 3%.Wood treatment - none.Wine of origin Paarl, wine of South Africa.A wild blend of selected white cultivars.Fruity, lively and fresh.	750ml
WILLOW CREEK 750ML	WILLOW CREEK 750ML, 6009681271000	Extra Virgin Olive Oil	750 ml
WEETBIX BITE: chocolate	WTBIX BITE CHOC 450G, 6001052008536	Weet Bix Bites Chocolate 450g	450g
CABERNET SAUVIGNON: Like it is	WW CAB SAUV, 6005000300307	Wine of breede kloof, Wine of South Africa. It is a delightful surprise of fruitabulous flavours at a pocket friendly price.Ripe fruit, real flavour.	750ml
CHARONNAY: Like it is	WW CHARD, 6005000300116	PRODUCT DESCRIPTION (Blend & Varieties): Wine of origin Breede Kloof, wine of South Africa.Tell it like it is.It is a delightful surprise of fruitabulous flavours at a pocket friendly price.Ripe fruit and real flavour.	750ml
MERLOT: Like it is	WW MERLOT, 6005000300598	Wine of origin Wellington, wine of South Africa. Produced by Phambill. 100% Merlot It is a delightful surprise of fruitabulous flavours of a pocket friendly price. Ripe fruit, real flavour. Wooded - 14 Months in barrels/3 Months on staves (Wooded - 30%)	750ml
ROOIBOS: Peach	WW ROOIBOS PEACH 20S, 6009178089439	Rooibos and Peach flavour infusion A sweet, reviving rooibos and peach flavoured infusion 20 bleached tagged tea bags Packed in a foil pouch for maximum freshness	40g
SAUVIGNON BLANC: Like it is	WW SAUV BLANC, 6005000300604	Wine of origin Breedeekloof,wine of South Africa,it is a delightlysurprise of fruitabulous flavours at a pocket friendly price.Ripe fruit, real flavour.	750ml
XYLITOL SACHETS	XYLITOL SACHETS 5G, 6009900111711	White crystalline sugar in sachet	36x5g
YEAST	YEAST, 6009173755292	Instant dry yeast.	5x10g
YELLOW MUSTARD SEEDS	YELLOW MUSTARD SEEDS, 6001009013958	A labeled glass jar with a 7 hole red fliptop, containing yellow mustard seeds.	65g
ZESTY GUACAMOLE	ZESTY GUACAMOLE, 6008000033145	A zesty blend of avocado pulp	200g
PERKY PINK	ZESTY ROSE, 20177287	Wine of origin Bergsig, Breeriver, wine of South Africa Crisp, fresh, fun, casual and cheeky alfresco.	750ml
SASSY SWEET	ZESTY SWEET, 20197568	Wine of South Africa, fruity semi-fruit.Style:Sunny,sassy,sweetish and refreshing.	750ml
ZESTY WHITE	ZESTY WHITE, 20159764	Chenin blanc 61% and Colombar 39%.Wood treatment-none. Wine of South Africa.Friendly, zesty, lively, refreshing and fun.Crisp-lively.	750ml

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