

FRUIT

Apples
 Apricot
 Bananas
 Cherries
 Dates
 Feijoa
 Grapefruit
 Grapes
 Honeydew Melon
 Kiwifruit
 Lemon
 Limes
 Lychee
 Mandarins
 Mango
 Nectarines
 Oranges
 Passionfruit
 Peaches
 Pears
 Pineapple
 Plums
 Prunes
 Raisins
 Rockmelon
 Sultanas
 Tamarillo
 Watermelon

BERRIES Fresh & Frozen

Blackberry
 Blueberry
 Goji
 Raspberry
 Strawberry

ALCOHOL

Beer (All)
 Bourbon
 Brandy
 Gin
 Port
 Rum
 Tequila
 Vodka
 Whiskey
 Wine Red
 Wine White / Champagne

OTHER DRINKS

Bundaberg Ginger beer
 Cadbury drinking chocolate
 Caro
 Cocoa (Cadbury)
 Coffee (all)
 Cola (all)
 Cranberry Juice (all)

Fanta orange
 Ginger Ale (all)
 Milo
 Ovaltine
 Ribena
 Sprite Lemonade
 Tea (all black)
 Soda Water
 Tonic water

SEAFOOD

Calamari
 Fish (white)
 Mussels
 Paua
 Salmon (all)
 Shellfish
 Sardines in oil
 Tuna (all)

HERBAL TEAS

Chamomile Tea
 Green Tea
 Olive Leaf Tea
 Peppermint Tea
 Rooibos Tea

CONDIMENTS

Allspice Masterfoods
 Vinegar All other types
 Vinegar Apple cider (all)
 Bi-carb Soda
 Cayenne Pepper
 Celic Salt
 Chilli
 Cinnamon
 Cream of Tartar
 Cumin
 Curry Powder (all)
 Dill
 Fennel Seeds
 Garam masala
 Garlic
 Gelatine
 Ginger
 Guar gum
 Himalayan Rock Salt
 Leggo Tomato Paste
 Mixed Spice Masterfoods
 Mustard
 Nutmeg
 Sale Rock Salt
 Pepper Black & White
 Salt (refined table)
 Sea Salt Maldon
 Tarragon
 Tumeric
 Thyme

Vanilla (Pure)
 Xanthum gum

SAUCES

Greg's BBQ sauce
 Greg's Mint sauce
 Lee Kum Kee Oyster
 Watties BBQ sauce
 Royalty Horseradish
 Best Foods Mayonnaise
 Edmonds Whole egg Mayonnaise
 Soy sauce (all)
 Sweet Chilli Trident
 Sweet Chilli Greys
 Tomato HEINZ Ketchup
 Tomato Paste Leggo's
 Tomato paste Zito Organic
 Tomato Sauce Watties
 Worcester Lea & Perrins
 Worcester Homebrand

MEATS

Bacon
 Beef
 Chicken
 Duck
 Ham
 Lamb
 Pork
 Turkey
 Venison
 Canterbury Biltong Bier Sticks

OILS & FATS

Avocado oil
 Canola oil
 Coconut oil
 Ghee
 Grape seed oil
 Lard
 Olive oil
 Pams sunflower oil
 Rice bran oil
 Sesame oil

DAIRY

Butter
 Cows cheese (all)
 Cows yoghurt (all)
 Cream (all types)
 Eggs
 Organic eggs
 Milk Carnation
 Milk condensed
 Milk extra trim
 Milk full bodied
 Tip Top ice cream (vanilla)
 Sheep cheese

DAIRY ALTERNATIVES

Flora margarine
 Goats cheese (All)
 Goats milk (all)
 Alpro soya custard
 Doctors choice Bio Yoghurt
 Milk Rice dream rice
 Milk Macro organic rice
 Milk Vitasoy rice
 Milk Almond Macro Organic
 Milk Almond Pure Harvest
 Olivani dairy free spread
 Alfa One Rice bran spread

SOY PRODUCTS

Tofu (plain)
 Tempeh (plain)

SEEDS

Chia
 Linseed/oil/meal
 Poppy
 Pumpkin /Papitas
 Sesame
 Sunflower

GREEN VEGETABLES

Asparagus
 Beans
 Bok Choy
 Brussel Sprouts
 Cabbage
 Celery
 Lettuce
 Nori
 Parsley
 Rocket
 Shallots
 Silverbeet
 Wakame (Seaweed)
 Watercress

SPROUTS

Alfalfa
 Mung beans
 Snow peas

OTHER VEGETABLES

Avocado
 Beetroot
 Broccoli
 Button squash
 Capsicum
 Carrot
 Cauliflower
 Corn
 Courgette
 Cucumber

Eggplant
 Kumara
 Leeks
 Maori Potato
 Mushroom
 Olives
 Onion
 Parsnip
 Peas
 Potato
 Pumpkin
 Taro
 Tomato
 Watties Baked Beans
 Yams (all)

NUTS

Almonds/meal
 Brazil
 Cashews
 Hazel
 Macadamia
 Pecans
 Pine Nuts
 Pistachio
 Walnut

HERBS & SPICES

Greggs Basil
 Greggs Chives
 Greggs Coriander
 Greggs Mixed Herbs
 Greggs Oregano
 Greggs Rosemary
 Greggs Sage
 Masterfoods Italian Herbs

BREADS

Bread White
 Bread Wholemeal
 Corn thins Plain
 Crumpets Golden
 Cruskits Arnotts Corn
 Old el Paso Plain Tortillas
 Old el Paso Taco Shells
 Rice crackers Sakata Plain
 Rice Wafers Plain
 World Oven Tortilla
 Venerdi paleo bread
 Mollenberg Toast
 Vogel Spelt & Flaxseed

SPREADS

Cottees Blackberry Jam
 Cottees Marmalade
 Craigs Raspberry jam
 Mother Earth strawberry
 Bakers Raspberry Jam

Bakers Apricot Jam
 St Dalfours Marmalade
 Vegemite
 Marmite

DRIED VEGETABLES

Chick Peas
 Dried Beans (all)
 Lentils
 Split Peas

FLOUR & GRAINS

Cornflour (wheat free)
 Rice Brown (all)
 Rice White (all)
 Cornflour
 Besan Chic flour
 ORGRAN Buckwheat Flour
 Quinoa flour
 Spelt flour
 Potato flour
 Rye flour
 Tapioca flour
 White flour plain & self-raising
 Wholemeal flour

PASTA & SAUCES

Dolmio Chicken Carbonara
 Dolmio Clas. Tom Pasta Sauce
 Hokkien Noodles
 Old El Paso Taco Sauce
 Pasta (durham wheat)
 Rice noodles (all)
 Watties original pasta sauce
 Watties Spaghetti
 Watties Tomato Puree

Supermarket CEREALS

Crunchy Nut
 Ceres organic Polenta
 Kellogs cornflakes
 Kellogs Just right
 Kellogs Nutrigrain
 Kellogs Rice bubbles
 Kellogs Special K
 Kellogs Sultana bran
 Oat Bran
 Pams light & fruity
 Uncle Toby Rolled Oats
 Weetbix

SUGARS & SWEETENERS

Agave
 Golden Syrup
 Honey
 Manuka Honey
 Maple Syrup
 Palm Sugar

Rice Syrup
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol

CHOCOLATE & SWEETS

Cadbury
Carob
Lindt
Liquorice
Nestle
Sweet William DF
Whittaker's

METALS

Aluminium
Gold
Mercury
Silver
Copper

STOCK

Beef Stock Campbells
Beef Stock Massel
Bonox
Chicken Stock Campbells
Chicken Stock Massel
Miso
Massel Gravy mix
Vegetable Stock Massel
OXO beef cubes
OXO chicken cubes
Rapunzel Vege Bullion Powder

COCONUT PRODUCTS

Coconut Cream/milk
Coconut Yoghurt All
Coconut Desiccated
Coconut Water All
Coconut Flour
Coconut sugar

GLUTEN FREE

GF Bread crumbs
GF Weet-Bix
Greens Pancake mix
Fantastic Chicken Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
Go Natural Fruit & Nut bar
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti Tom Sauce

SanRemo GF Pasta
Burgen GF Bread
Vogel GF bread
Venerdi GF Brown

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fab
Fabric Softener Cuddly
Fabric Softener Fluffy
Lux Flakes (laundry)
Napisan
Persil
Radiant
Sard Wonder Soaker
Surf
Mr Muscle Window Cleaner
Wool Mix M.Gardner

ECOSTORE Products

Laundry powder top and front
Laundry liquid
Fabric softener
Dishwashing liquid
Dish washer tablets
Multi purpose spray
Bath shower spray
Body wash
Soap lemongrass

EARTHWISE Products

Shampoo/conditioner (all)
Laundry powder (all)
Laundry liquid
Multi-surface cleaning spray
Dishwasher tablets
Dishwashing liquid
Oxygenated whitener
Disinfectant
Cleaning wipes

DEODORANTS & SUNSCREEN

Cancer Society sunscreen
Crystal stick deodorant
Dove deodorant
Lynx deodorant (all)
Mum deodorant
Nivea sensitive deodorant
Rexona sport deodorant

BATHROOM CHEMICALS

Dettol hand sanitiser
Dettol hand wash
Dettol spray cleaner apple
Gillette shaving foam

Health Basics body wash
Johnsons body wash
Johnsons holiday skin
Lynx shower gel PH neutral
Nivea shaving gel
Palmolive gold soap
Palmolive shower milk
Pears soap
Radox shower gel

SHAMPOO & CONDITIONER

Head 'n' Shoulders
Johnson's baby shampoo
Pantene
Sunsilk

CLEANING PRODUCTS

Ajax spray & wipe
Domestos
Exit Mould
Insect Spray (all)
Jif
Morning fresh
Palmolive dish liquid
Shower power
Sunlight dish liquid
Ajax floor apple
Dettol floor lemon

TOOTHPASTE

Colgate (all)
MacLeans (all)
Red Seal herbal
Sensodyne
Steradent

HAIR/FIBRES

Cotton
Mixed feathers
Polyester
Wool
Bamboo

COMMON SUPPLEMENTS

Ammodine
Aloe Vera
Chlorella
Fish Oil capsules
Inner Health Plus
Inner Health plus dairy free
Krill Oil
Rose Hip Oil
Lugol
Nordic Fish Oils
Psyllium
Slippery Elm Powder
Spirulina
Barley Green

Wheat grass
Herbal Fibre blend
ISOwhey Protein Powder
Nuzest Protein Powder
Good Green Stuff

PETRO CHEMICALS

Diesel
Kerosene
Methylated Spirits
Petrol
Engine oil
Cigarette Smoke

CHEMIST PRODUCTS

Aspro
Demazin Cold & Flu
Nurofen
Nurofen Plus
Panadine
Paracetamol Heron
Paracetamol Panadol

MIESSENCE Products (Web)

InLiven Probiotic Superfood
Mint Toothpaste
Lemon Toothpaste
Sunflower Body Wash
Aroma Free Roll-on Deodorant
Shampoo & Conditioner (all)
Complete Protein powder
BioPure Probiotic Cleaning Conc.
Dishwashing Concentrate