

Milks	Measure	Price	Quantity	Bread/Pastry	Price	Quantity
Full Cream	2 lt	\$4.80				
Lite Milk	2 lt	\$5.00		White Sourdough	\$6.50	
Coconut Milk	1 lt	\$5.00		Rye Sourdough	\$7.00	
Almond Milk	1 lt	\$6.00		Multigrain Sourdough	\$7.00	
BonSoy	1 lt	\$6.00		Muffins	\$5.00	
Maca Milk	1 lt	\$6.00		Cookies	\$3.50	
Coconut Water	1 lt	\$6.50		Slices	\$5.50	
Butter	250g	\$5.00				
Honey	Tub	\$14.00		Meat Pack Includes:	\$180.00	
Honey	Jar	\$9.00		2kg Beef mince		
Kimchi	Jar	\$12.00		2kg Chicken Breast		
Eggs	12per	\$8.50		2kg Chicken Thigh		
Coffee Beans	250 gr	\$15.00		1kg Beef Rump Steak		
Greek youghert	1lt	\$5.50		2kg Chicken Wings		
Tast Cheese	500g	\$9.00		2kg Sausages		
Shreded Cheese	500g	\$8.00				
Merideth Goat	Jar	\$12.00				

Ready to go dinners

Frozen

Moroccan Lamb with cous sous	\$18.00				
Broccoli Dahl	\$15.00				
Butter Chicken and Rice	\$17.00		Pesto Mac n' Cheese + Bolognese	\$16.50	
Panang Red Curry Chicken	\$17.00		Lamb Moussaka	\$17.00	
Mushroom and Buckwheat on Mash	\$16.50		Samosas	\$10.00	
Veggie Lasagna GF	\$16.50		Carrot and Capsicum Soup	\$8.50	
			Thai Yellow Chicken Curry + Rice	\$17.00	
			Mexican Beef and Bean Soup	\$8.50	

*Market Prices can change daily, I will endeavor to keep them as close as possible

Please feel free to let us know if there is something else your looing for

Contact Jess at thebeachhouseprovidore@gmail.com

