

Raw Food Karen's Rawfood Run

www.teachtheworldraw.org

Price List & Order Form Organic Foods– Conv denotes conventional (not organic) – for certification details on any other produce listed here, please contact me.

Quantity	Item Description	GS T	RRP	Price
	Olive oil, cold pressed organic WA, Reagan's Ridge 500ml – (returnable/recyclable brown glass bottle)		15.90	10.00
Organic Dried Fruit				
	Apricots (Raw, Organic, In Conversion Aust) 150gms	E	\$7.95	\$7.15
	Apricots (Raw, Organic, In Conversion Aust) 2kgs	E	\$89.00	\$80.10
	Bananas (Whole, Organic, Dried At 45°C) 250gms	E	\$8.80	\$7.95
	Bananas (Whole, Organic, Dried At 45°C) 1kg	E	\$29.80	\$26.85
	Cherries (Organic, Aust) 150gms	E	\$12.10	\$10.90
	Currants (Organic, Aust) 2kgs	E	\$19.40	\$17.50
	Currants (Organic, South Africa) 200gms	E	\$5.60	\$5.05
	Dates (Organic, Californian) 200gms	E	\$9.70	\$8.75
	Dates (Organic, Californian) 2kgs	E	\$72.20	\$65.00
	Figs (Black Mission, USA, Organic) 250gms	E	\$9.20	\$8.30
	Figs (Black Mission, USA, Organic) 2kgs	E	\$56.80	\$51.15
	Flame Seedless (Red Grape, Aust, Organic) 200gms	E	\$6.00	\$5.40
	Flame Seedless (Red Grape, Aust, Organic) 500gms	E	\$13.50	\$12.15
	Flame Seedless (Red Grape, Aust, Organic) 2kgs	E	\$42.80	\$38.55
	Goji Berries (Sundried, Organic, China) 200gms	E	\$14.60	\$13.15
	Goji Berries (Sundried, Organic, China) 500gms	E	\$31.50	\$28.35
	Goji Berries (Sundried, Organic, China) 1kg	E	\$52.30	\$47.10
	Mangoes (Premium Grade, Organic, Aust) 100gms	E	\$17.00	\$15.30
	Nectarines (Organic, Aust) 150gms	E	\$8.60	\$7.75
	Nectarines (Organic, Aust) 350gms	E	\$18.70	\$16.95
	Papaya/Paw Paw (Organic, Dried At 45°C) 75gms	E	\$9.90	\$8.95
	Papaya/Paw Paw (Organic, Dried At 45°C) 1kg	E	\$96.00	\$86.40
	Pineapples (Organic, Dried At 45°C) 75gms	E	\$9.90	\$8.95
	Pineapples (Organic, Dried At 45°C) 1kg	E	\$99.25	\$89.35
	Prunes (Organic, Aust) 250gms	E	\$3.80	\$3.45
	Prunes, Dry (Organic, Aust) 1kg	E	\$15.70	\$14.15
	Sultanas (Natural, Organic, Aust) 200gms	E	\$5.00	\$4.50
	Sultanas (Natural, Organic, Aust) 500gms	E	\$10.60	\$9.55
	Sultanas (Natural, Organic, Aust) 2kgs	E	\$32.36	\$29.15
	Sun Muscats (Organic, Aust, Seedless) 200gms	E	\$5.50	\$4.95
	Sun Muscats (Organic, Aust, Seedless) 2kgs	E	\$39.00	\$35.10
Organic Nuts				
	Almonds In Shell (Organic, Aust) 500gms	E	\$14.50	\$13.05
	Almonds (Organic, Aust) 150gms	E	\$8.60	\$7.75
	Almonds (Organic, Aust) 500gms	E	\$24.30	\$21.90
	Almonds (Organic, Aust) 2kgs	E	\$85.20	\$76.70
	Brazil Nut Kernels (Organic, Bolivia) 150gms	E	\$8.40	\$7.60
	Brazil Nut Kernels (Organic, Bolivia) 2kgs	E	\$79.60	\$71.65



	Hazelnuts (Turkish, Organic) 150gms	E	\$6.10	\$5.50
	Hazelnuts (Turkish, Organic) 2kgs	E	\$54.60	\$49.15
	Macadamias (In Shell, Chemical Free, Aust) 2 kgs	E	\$27.00	\$24.30
	Macadamias (Raw, Organic, Aust, Wodonga Park)150g	E	\$9.50	\$8.55
	Macadamias (Raw, Organic, Aust, Wodonga Park)500g	E	\$27.90	\$25.15
	Macadamias (Raw, Organic, Aust, Wodonga Park)2kg	E	\$96.60	\$86.95
	Peanuts (Raw, Organic, Aust) 200gms	E	\$4.50	\$4.05
	Peanuts (Raw, Organic, Aust) 2 kgs	E	\$28.40	\$25.60
	Pecans (In Shell, Organic, Aust) 1 kg	E	\$26.50	\$23.85
	Pecans (Raw, Organic, Aust) 150gms	E	\$8.50	\$7.65
	Pecans (Raw, Organic, Aust) 1 kg	E	\$44.00	\$39.60
	Pine Nuts (Organic, China) 150gms	E	\$14.60	\$13.15
	Pistachios (Natural, Organic, Australian) 125gms	E	\$9.50	\$8.55
	Pistachios (Natural, Organic, Australian) 1 kg	E	\$57.60	\$51.85
	Walnut Kernels (USA, Organic) 150gms	E	\$8.90	\$8.05
	Walnut Kernels (USA, Organic) 500gms	E	\$25.00	\$22.50
	Walnut Kernels (USA, Organic) 2 kgs	E	\$86.60	\$77.95
	Walnuts (In Shell, Chemical Free) 2 kgs Conv	E	\$61.20	\$55.10
Seeds. Beans Viable (all may be sprouted – best kept refrigerated)				
	Adzuki Beans (Organic, Aust) 250gms	E	\$7.90	\$7.15
	Alfalfa Seeds (Organic, Aust) 250gms	E	\$13.90	\$12.55
	Broccoli Seeds (Organic, Aust) 75gms	E	\$30.90	\$27.85
	Chia Seed (Chemical Free) 500gms Conv	E	\$14.50	\$13.05
	Chia Seed (Chemical Free) 2kgs Conv	E	\$46.40	\$41.80
	Fenugreek Seeds (Organic, Aust) 375gms	E	\$4.90	\$4.45
	Linseed (A Grade Organic, Australian) 500gms	E	\$7.90	\$7.15
	Linseed (A Grade Organic, Australian) 5kgs	E	\$55.50	\$49.95
	Mung Beans (Organic, Aust) 250gms	E	\$4.40	\$4.00
	Mung Beans (Organic, Aust) 2 kgs	E	\$23.60	\$21.25
	Pepitas (Organic, Product of Austria) 150gms	E	\$8.80	\$7.95
	Pepitas (Organic, Product of Austria) 2 kgs	E	\$88.40	\$79.60
	Sesame Seeds (Unhulled, China) 250gms	E	\$5.80	\$5.25
	Sunflower Kernels (In Conversion Organic, Aust) 500g	E	\$9.40	\$8.50
	Sunflower Kernels (Organic, China)250gms	E	\$4.40	\$4.00
	Sunflower Kernels (Organic, China) 2kgs	E	\$21.20	\$19.10
Ground Seeds, Nuts (LSA, LSSA & LPA) – Refrigeration Recommended				
	Linseed, Ground (Barrier Bag, Organic, Aust) 500g	E	\$10.90	\$9.85
	LSA (Grnd Linseed, Sunflower, Alms, Organic)250g	E	\$6.80	\$6.15
	LSA (Barrier Bag With Oxygen Absorber, Organic)500g	E	\$11.70	\$10.55
	LSSA (Ground Linseed, Sesame, Alms, Organic)250g	E	\$6.80	\$6.15
	LSSA (Barrier Bag With Ox Absorber, Organic) 500gms	E	\$11.70	\$10.55
	LPA (Ground Linseed, Pepitas, Alm, Organic) 250gms	E	\$8.60	\$7.75
	LPA (Barrier Bag With Ox Absorber, Organic) 500gms	E	\$15.20	\$13.70
Chemical Free Conventional Produce				
	Honey (Jarrah Mix, Raw, Kept Below 35°C)680g Conv	E	\$12.90	\$11.65
	Honey (Jarrah Mix, Raw, Kept Below 35°C)1.4kg Conv	E	\$21.20	\$19.10
	Honey (Unfiltered, Raw, Kept Below 35°C)680g Conv	E	\$14.60	\$13.15
	Honey (Unfiltered, Raw, Kept Below 35°C)1.4kgs Conv	E	\$23.90	\$21.55

	Kelp Granules (Washed Australian) 180gms Conv	E	\$28.50	\$25.65
	Kelp Granules (Washed, Australian) 350gms Conv	E	\$47.40	\$42.70
Rawfood Speciality Items				
	Agave, Dark Syrup (Organic, Mexico, 60°C) 250gms	E	\$8.00	\$7.20
	Agave, Dark Syrup (Organic, Mexico, 60°C) 500gms	E	\$14.60	\$13.15
	Agave, Dark Syrup (Organic, Mexico, 60°C)1 kg	E	\$26.00	\$23.40
	Agave, Light Syrup (Organic, Mexico, 60°C)250gms	E	\$8.00	\$7.20
	Agave, Light Syrup (Organic, Mexico, 60°C)500gms	E	\$14.60	\$13.15
	Agave, Light Syrup (Organic, Mexico, 60°C)1kg	E	\$26.00	\$23.40
	Alaria Leaf (Wakame, Sea Vegetable) 56gms	E	\$14.60	\$13.15
	Almond Butter (Raw, organic, USA) 454gms	E	\$49.90	\$44.95
	AlmondsActivated (Sprouted & Dried, Plain) 260gms	E	\$21.00	\$18.90
	Bladderwrack (Sea Vegetable) 75gms	E	\$17.30	\$15.60
	Brazil Nut Kernels (Low Temp, Organic, Peru) 250gms	E	\$19.40	\$17.50
	Brazil Nut Kernels (Low Temp, Organic, Peru) 500gms	E	\$37.00	\$33.30
	Brazil Nut Kernels (Low Temp, Organic, Peru) 2 kgs	E	\$71.00	\$63.90
	BkfastCereal Simply Granola (Buckwt, Fruit)290g Conv	E	\$13.60	\$12.25
	BkfastCere Super Granola (Nuts,Fruit, Buck.)290gConv	E	\$17.40	\$15.70
	Cacao Beans (Whole, Dried, <45°C, Organic, Peru)250g	E	\$15.60	\$14.05
	Cacao Butter (Below 45°C, Organic, Peru) 250g	E	\$25.20	\$22.70
	Cacao Butter (Below 45°C, Organic, Peru) 500gms	E	\$42.00	\$37.80
	Cacao Butter (Below 45°C, Organic, Peru) 1kg	E	\$72.40	\$65.20
	Cacao Nibs (Dried, Below 45°C, Organic, Peru) 250gms	E	\$17.70	\$15.95
	Cacao Powder (Organic, Ecuador, Below 45°C)250gms	E	\$14.60	\$13.15
	Cacao Powder (Organic, Ecuador, Below 45°C)500gms	E	\$25.60	\$23.05
	Cacao Powder (Organic, Ecuador, Below 45°C)1kg	E	\$34.00	\$30.60
	Caigua (Wild Cucumber Powder, Peru)150gms	E	\$22.30	\$20.10
	Camu Camu Powder Extract (With Manioc Root)50g	E	\$31.50	\$28.35
	Carob Powder (Wildcrftd, Raw, 38°C, Sp)250g Conv	E	\$8.60	\$7.75
	Carob Powder (Wildcrftd, Raw, 38°C, Sp)800g Conv	E	\$23.90	\$21.55
	Carob Powder (Wildcrftd, Raw, 38°C, Sp)2kg Conv	E	\$50.20	\$45.20
	Carob, Kibbled (Chipped, Seedless, Organic, Aust)250g	E	\$4.50	\$4.05
	Carob, Kibbled (Organic, Aust) 2kg	E	\$24.60	\$22.15
	Cashew Butter (Raw, Organic) 454g	E	\$33.00	\$29.70
	Cashews (Really Raw, Organic, Indonesia)250g	E	\$13.55	\$12.20
	Cashews (Really Raw, Organic, Indonesia)1kg	E	\$45.90	\$41.35
	Cherries (Raw, Organic, Aust) 250g	E	\$22.00	\$19.80
	Coconut Oil (Loving Earth "Butter", Raw)900g	E	\$28.00	\$25.20
	Coconut Oil (Loving Earth "Butter", Raw)500ml	E	\$15.60	\$14.05
	Coconut Oil (Loving Earth "Butter", Raw)5L	E	\$133.60	\$120.25
	Coconut (Shredded, Raw, Organic)2kg	E	\$36.00	\$32.40
	Coconut (Shredded, Raw, Organic)500g	E	\$11.90	\$10.75
	Coconuts (Fresh, Young, Organic Not Cert) Conv	E	\$5.00	\$4.50
	Coconuts (fresh) for carton of 9 Conv	E	\$3.90	\$35.10
	Corn Extract (Purple, Peru)25g	E	\$20.90	\$18.85
	Corn Extract (Purple, Peru)50g	E	\$37.50	\$33.75

Corn Flour (Purple, Peru)250g	E	\$15.60	\$14.05
Dulse Flakes (Maine Coast, Organic, USA)113g	E	\$17.70	\$15.95
Dulse Flakes (Maine Coast, Organic, USA)300g	E	\$39.30	\$35.40
Dulse Flakes (Maine Coast, Organic, USA)1kg	E	\$118.00	\$106.20
Dulse Leaf 56g	E	\$16.50	\$14.85
Dulse Powder (Maine Coast, Organic, USA)150g	E	\$23.70	\$21.35
Dulse Powder (Maine Coast, Organic, USA)300g	E	\$43.10	\$38.80
Dulse Powder (Maine Coast, Organic, USA)3.64kg	E	\$126.30	\$113.70
Goji Berry Powder (Sundried, Organic, China)200g	E	\$30.70	\$27.65
Kelp (Wild Atlantic Kombu, Organic, USA) 56g	E	\$14.20	\$12.80
Lucuma Fruit Powder (Sweet, Peru) 250g	E	\$25.20	\$22.70
Lucuma Fruit Powder (Sweet, Peru) 500g	E	\$42.00	\$37.80
Maca Powder (Raw, Processed Below 40°C, Peru)250g	E	\$17.60	\$15.85
Maca Powder (Raw, Processed Below 40°C, Peru)500g	E	\$26.04	\$23.45
Mesquite Powder (High In Fibre, Peru)250g	E	\$15.60	\$14.05
Mesquite Powder (High In Fibre, Peru)500g	E	\$26.00	\$23.40
Nama Shoyu (Raw, Organic, Japan) O/S296ml	E	\$20.50	\$18.45
Nama Shoyu (Raw, Organic, Japan) O/S 947ml	E	\$48.90	\$44.05
Nopal Powder (Organic, Mexico) 250g	E	\$15.60	\$14.05
Nopal Powder (Organic, Mexico) 500g	E	\$26.00	\$23.40
Nori Sheets (Raw, Maine Coast, Organic, China) 10	E	\$16.50	\$14.85
Nori Sheets (Raw, Maine Coast, Organic, China) 100	E	\$123.30	\$111.00
Olives, Black (Willunga, Brine & Vinegar, Raw, Au)500g	E	\$15.90	\$14.35
Pistachios (Raw, Organic, Aust, Below 40°C) 125g	E	\$9.50	\$8.55
Pistachios (Raw, Organic, Aust) 1kg	E	\$57.60	\$51.85
Pistachios (Raw, Organic, Aust) 10kg	E	\$530.00	\$477.00
Salt, Himalayan Crystal 400g Conv	E	\$10.50	\$9.45
Salt, Himalayan Crystal 5kg	E	\$15.70k g	\$70.75
SunBread (Raw, Organic not cert)4 slices Conv	E	\$9.95	\$9.00
SunBread (Raw, Organic not cert) 8 slices Conv	E	\$17.95	\$16.20
Tahini (Raw, Organic)450g	E	\$20.50	\$18.45
Triple Blend Flakes (Dulse, Laver, Sea Lettuce)28g	E	\$9.30	\$8.40
Vanilla Pods (Raw, Wildcraft, Sundried)10 pods Conv	E	\$13.50	\$12.15
Wakame (Sea Vegetable, Aust (Tas)150g	E	\$13.90	\$12.55
Walnuts (Activated, Agave & Cinnamon)100g	E	\$8.90	\$8.05
Yacon Powder (High Potassium, Organic)150g	E	\$13.50	\$12.15
Yacon Syrup (High Potassium, Low GI, Organic)250g	E	\$25.40	\$22.85
Yacon Syrup (High Potassium, Low GI, Organic) 1kg	E	\$62.20	\$56.00
Rawfood Karen's Rawfood Products – organic ingredients used, not certified			
Italian flax crackers 125gms	GS T		\$8.00
Carrot flax/buckwheat cracker 125gms	GS T		\$8.00
Buckwheat toast 125gms	GS T		\$8.00
Dehydrated buckwheat sprouts 250gms	E		\$10.00
Buckwheat pizza bases (personal delivery only)	GS T		\$20.00

	Raw vegan pizzas (personal delivery only)	GS T		\$40.00
	Cashew fudge balls (personal delivery only)	GS T		\$2.80

Fax number available soon. First deliveries July 16th/17th Orders should be placed by email by Friday for delivery the following week. Orders over \$150 free delivery in metro Perth. Orders less than \$150 or from out of metro area can be collected from Leederville by prior arrangement or sent by post or freight at your expense. Delivery Northern/Eastern suburbs Thursdays, City/Fremantle Fridays. Prepayment required on all orders (see next page) unless prior arrangements made to pay COD.

Billing Information			
Payment Type: <input type="checkbox"/> Cash	<input type="checkbox"/> Credit Card <input type="checkbox"/> Cheque <input type="checkbox"/> Direct Deposit	Credit Card: <input type="checkbox"/>  <input type="checkbox"/> 	CVC:
Name On Card:		Card Number:	Expiry Date: /

Direct Deposit Details

Bendigo Bank

Raw Living Foods

BSB: 633 108

Account #: 1307 82246

Rawfood Karen ☺