



## WHOLESALE

PRODUCTS & PRICELIST

AUGUST 2017

**ORDERS BEFORE 1PM DAY BEFORE**

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HOUSE MADE HEALTH SWEETS & TREATS	WHOLESALE	RRP	LIFE	STORE	ORDER
MUFFINS OF THE DAY (2 DAILY FLAVOURS)	\$2.50	\$4.50	1-2 Days	Ambient	
OAT BRAN MUFFIN OF THE DAY	\$2.80	\$4.50	1-2 Days	Ambient	
COOKIE	\$2.00	\$4.00	7 Days	Ambient	
BANANA BREAD - Per Slice	\$2.50	\$5.50	3 Days	Ambient	
RASPBERRY COCONUT & PEAR BREAD	\$2.50	\$5.50	3 Days	Ambient	
FRANKS HEALTH SLICE (rsf, df, contains egg)	\$3.00	\$5.50	3 Days	Ambient	
PALEO CAKE (rsf,gf, df, contains egg)	\$3.00	\$5.50	4 Days	Ambient	
BANANA & BLUEBERRY PALEO CAKE (rsf,gf, df, contains egg)	\$3.20	\$5.50	3 Days	Ambient	
HUMMINGBIRD CAKE "Pineapple & Coconut Cake"	\$3.20	\$5.50	3 Days	Ambient	
VEGAN SLICE (rsf, gf, veg)	\$3.40	\$5.00	3 Days	0-4 Degrees	
CHOCOLATE RASPBERRY BROWNIE (gf)	\$3.50	\$5.50	3 Days	Ambient	
HEALTH "BLISS" BALLS (MIN 4 PER ORDER)	WHOLESALE	RRP	LIFE	STORE	ORDER
PEANUT BUTTER (gf, rsf, veg)	\$2.20	\$3.50	3 Days	Ambient	
KEY LIME (gf, rsf, veg)	\$2.20	\$3.00	3 Days	Ambient	
OAT BALL OF THE WEEK (df, rsf, veg)	\$2.20	\$3.00	3 Days	Ambient	
HIGH PROTEIN CACAO (gf, df, rsf, veg)	\$2.20	\$3.50	3 Days	Ambient	
JAFFA "CHOC ORANGE" (gf, rsf, df, veg)	\$2.20	\$3.00	3 Days	Ambient	
TRADITIONAL TRIANGLE SANDWICHES GRAIN, WHOLEMEAL, LIGHT RYE & WHITE	WHOLESALE	RRP	LIFE	STORE	ORDER
SHAVED LEG HAM, TASTY CHEESE & TOMATO	\$3.70	\$6.80	1-2 Days	0-4 Degrees	
SHAVED LEG HAM, BASIL PESTO (NUT FREE) & SALAD	\$3.70	\$6.80	1-2 Days	0-4 Degrees	
EGG, MAYO & LETTUCE	\$3.20	\$6.20	1-2 Days	0-4 Degrees	
LEMON TUNA SMASH, LEMON ZEST, RED ONION, CAPERS & LETTUCE	\$3.40	\$6.40	1-2 Days	0-4 Degrees	
GRILLED BREAST CHICKEN, MAYO & LETTUCE	\$3.70	\$6.70	1-2 Days	0-4 Degrees	
GRILLED BREAST CHICKEN, ROAST PUMPKIN, FETTA & ROCKET	\$3.90	\$6.90	1-2 Days	0-4 Degrees	
GOURMET WRAPS	WHOLESALE	RRP	LIFE	STORE	ORDER
AVO CHEESE & SALAD GRATED MIXED SALAD, AVOCADO & SWISS CHEESE	\$5.20	\$9.50	1-2 Days	0-4 Degrees	
SMOKED SALMON W RICOTTA, DILL, SPANISH ONION & ROCKET	\$5.40	\$9.50	1-2 Days	0-4 Degrees	
TANDOORI CHICKEN MARINATED CHICKEN BREAST w CUCUMBER, TOMATO, CAPSICUM, YOGHURT & MINT DRESSING w LETTUCE	\$5.40	\$9.50	1-2 Days	0-4 Degrees	
CHICKEN CAESAR CHICKEN BREAST, BACON, PARMESAN, COS LETTUCE w LBF's CAESAR DRESSING	\$5.40	\$9.50	1-2 Days	0-4 Degrees	
CHARGRILLED VEGETABLES w HUMMUS, FETTA & BABY SPINACH	\$5.20	\$9.50	1-2 Days	0-4 Degrees	
GRILLED BREAST CHICKEN, ROAST PUMPKIN, FETTA & ROCKET	\$5.40	\$9.50	1-2 Days	0-4 Degrees	
TURKEY BRIE & CRANBERRY WITH BABY SPINACH	\$5.80	\$9.80	1-2 Days	0-4 Degrees	
TURKISH MELTS	WHOLESALE	RRP	LIFE	STORE	ORDER
PROSCUITTO, SUNDRIED TOMATO, CHEESE & ROCKET	\$5.50	\$9.50	1-2 Days	0-4 Degrees	
GRILLED CHICKEN w BACON, SWISS CHEESE, BABY SPINACH & AOILI	\$5.50	\$9.50	1-2 Days	0-4 Degrees	
CHARGRILL VEGETABLES w CARAMELISED ONION, PESTO, FETTA & ROCKET	\$5.50	\$9.50	1-2 Days	0-4 Degrees	
GRILLED CHICKEN w PESTO, GRILLED CAPSICUM, DRIED TOMATO, CUCUMBER & ROCKET	\$5.50	\$9.50	1-2 Days	0-4 Degrees	
SEEDED BAGELS	WHOLESALE	RRP	LIFE	STORE	ORDER
HAM, CHEESE, TOMATO, PESTO & ROCKET	\$6.00	\$11.00	1-2 Days	0-4 Degrees	
SCRAMBLED EGG, BACON & BABY SPINACH w TOMATO CHUTNEY	\$6.00	\$11.00	1-2 Days	0-4 Degrees	
GRILLED CHICKEN, PESTO, SWISS CHEESE & ROCKET	\$6.00	\$11.00	1-2 Days	0-4 Degrees	

SMOKED SALMON, CREAM CHEESE & BABY SPINACH	\$6.00	\$11.00	1-2 Days	0-4 Degrees	
ROAST PUMPKIN, FETTA & ROCKET	\$6.00	\$11.00	1-2 Days	0-4 Degrees	
<b>STANDARD WEEKLY SALADS</b>					
CHICKEN CAESAR	\$6.00	\$10.00	1-2 Days	0-4 Degrees	
GREEK SALAD	\$6.00	\$10.00	1-2 Days	0-4 Degrees	
TERIYAKI CHICKEN	\$6.00	\$10.00	1-2 Days	0-4 Degrees	
GRILLED HEALTH CHICKEN SALAD	\$6.00	\$10.00	1-2 Days	0-4 Degrees	
TUNA NICOISE	\$7.00	\$11.00	1-2 Days	0-4 Degrees	
<b>MASSAGED KALE WITH QUINAO, BACON &amp; APPLE</b>	\$7.00	\$11.00	1-2 Days	0-4 Degrees	
PESTO PASTA SALAD w ROASTED PINENUTS & SEMI DRIED TOMATO	\$7.00	\$11.00	1-2 Days	0-4 Degrees	
MOROCAN ROAST VEG & CHICKPEA	\$7.00	\$11.00	1-2 Days	0-4 Degrees	
<b>QUICK HEALTHY GRAB MENU</b>	<b>WHOLESALE</b>	<b>RRP</b>	<b>LIFE</b>	<b>STORE</b>	<b>ORDER</b>
FRESH SEASONAL FRUIT SALAD POT	\$3.50	\$5.50	2-3 Days	0-4 Degrees	
YOGHURT & MIXED BERRY COMPOTE POT	\$3.80	\$5.90	2-3 Days	0-4 Degrees	
GRANOLA, YOGURT & FRESH FRUIT POT	\$3.80	\$5.90	2-3 Days	0-4 Degrees	
CHIA, MANGO & GRANOLA POT (gf, veg)	\$4.20	\$7.00	2-3 Days	0-4 Degrees	
CROSSIANT - HAM & CHEESE	\$4.20	\$6.50	1-2 Days	0-4 Degrees	
CROSSIANT - AVOCADO & CHEESE	\$4.20	\$6.50	1-2 Days	0-4 Degrees	
SAVOURY TART - CARAMELISED ONION, SUNDRIED TOMATO & FETTA CHEESE (min 4 order)	\$3.80	\$6.00	2-3 Days	0-4 Degrees	
SAVOURY TART - BACON, BASIL & TASTY CHEESE (min 4 order)	\$3.80	\$6.00	2-3 Days	0-4 Degrees	
RICE PAPER ROLLS (2 PACK)	\$4.20	\$6.80	1-2 Days	0-4 Degrees	
SUSHI ROLLS (2 PACK) - 1. CHICKEN & AVOCADO 2. TUNA MAYO & CUCUMBER 3. VEGETARIAN	\$4.50	\$7.00	1-2 Days	0-4 Degrees	
<b>HOT FOOD MENU</b>					
<b>WHOLESALE 650ML (SEE ROTATING MENU)</b>					
<b>RICE DISH</b>	<b>\$6.50</b>	<b>\$11.00</b>			
<b>PASTA &amp; BAKES</b>	<b>\$6.50</b>	<b>\$11.00</b>			
<b>WHOLESALE</b>					
<b>SOUP &amp; ROLL ORDER</b>	<b>\$5.50</b>	<b>\$8.50</b>			
<b>L B F WHOLEFOODS - HOT MEAL ROTATING MENU OPTIONS</b>					
<b>MEAT</b>	JERK CHICKEN	GREEN CHICKEN CURRY	BEEF STROGANOFF	BUTTER CHICKEN	BEEF KORMA
<b>&amp;</b>	CHICKEN KORMA	BEEF MASSAMAN	APRICOT CHICKEN	LAMB ROGAN JOSH	CHICKEN CACCIATORE
<b>RICE</b>	RED CHICKEN CURRY	INDIAN BEEF CURRY	SPANISH CHICKEN	VEGETABLE RATATOUILLE	CHICKEN & MUSHROOM RISOTTO
<b>PASTA</b>	SPINACH & RICOTTA CANNELLONI	FETTUCINI BOSCIOLA	PESTO GNOCCHI	SILKY PENNE CARBONARA	TUNA & SWEET CORN BAKE
<b>&amp;</b>	VEGETARIAN LASAGNE	CHICKEN & SWEET POTATO BAKE	SPAGHETTI BOLOGNESE	SHEPHERDS PIE	HEALTHY MAC & CHEESE WITH SPINACH
<b>BAKES</b>	CHILLI CHICKEN PASTA	CHICKEN SPIRAL PASTA w ROAST CAPSICUM, PESTO, SNOWPEAS & SPANISH ONION	BEEF LASAGNE	PENNE MATRICIANA	VEAL RAVIOLI w CREAM SAUCE OF MUSHROOM & THYME