




# Organic Foods



**Aug 2022 Week 1**

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Dear Valued Customer,

It has always been our passion to bring sustainable and safe food to the consumer - who has the right to make a conscious, informed choice - whilst fairly compensating and recognizing the farmers who provide it. Spending the past four years cultivating on field with farmers in India, as well as helping associate farmers become sustainable by providing inputs at a ground and strategic level, has only deepened this desire.

The **Tall Tree Organic Foods's** goal is to provide trustworthy, transparent and conscious food to your doorstep. I am honoured to have served over 900 households in this pursuit.

The procedure for ordering organic and natural foods to your doorstep is simple:

1. **Every week** we will personally interact with you and send you an updated **product list** including:
  - Fresh Fruits & Vegetables
  - Fresh Exotics, Herbs & Microgreens
  - A2 Dairy & Probiotic Tonics
  - Condiments & Veggie Crisps
  - Subscription Boxes containing all the above
2. Just have a look and **let us know** what you would like by:
  - a. **Email** ([tanuj@tall-tree.in](mailto:tanuj@tall-tree.in))
  - b. **Over the phone, Whatsapp or SMS** ([+919811905182](tel:+919811905182))
  - c. **Our Website** ([www.tall-tree.in](http://www.tall-tree.in))
  - d. **Our Clickable Form** (<http://bit.ly/ttsmartstore>)
3. I will get working with our associate farms to have **your produce purpose harvested based on your order** and the best part is:
  - The day it gets harvested is the day you receive it – **fresh**.
  - **No old cold storage** preserved vegetables.
  - **Farmers** are compensated and resourced **fairly**, enabling them to expand their operations.
  - You receive artisan-made **natural** and **healthy** gourmet foods, tonics and superfoods.
4. Deliveries will be made **Through The Week** – Tuesday to Sunday Included aiming for the shortest possible turn around for the order – right to your doorstep.

You are not bound to a subscription, **we accept one-off & a la carte orders, too!**

We use **eco-friendly packaging** - good for the planet, the food, and you- and we encourage you to **close the loop** by returning boxes, paper bags, glass bottles and jars so we can recycle them.

As always, I look forward to serving you!

Thanks,

Tanuj  
CEO, Tall Tree

**Produce Boxes**

**100% Organic & Local**

**Unit Weight**

**Price**

**Kitchen Essentials Box**

**600.00**

*Contains:*

Tomatoes	1 kg
Onions	500 g
Potatoes	1 kg
Garlic	200 g
Ginger	200 g
Cucumbers	500 g
Carrot (Mixed Varieties)	500 g
Lemon	250 g

**Seasonal Produce Box**

**1500.00**

*Contains:*

**Kitchen Essentials Box (above) PLUS**

Green Zucchini	500 g
Baby Potatoes	1 kg
Cauliflower	500 g
Beetroot	500 g
French Beans	500 g
Mushrooms	200 g
Green Apples	1 kg
Pears	500 g

**The Tall Tree Fruit Box *\*New***

**1500.00**

*Contains:*

Pears	500 g
Papaya	1 Pc
Bananas	6 pcs
Watermelon	1 Pc
Apples	500 g
Pineapples	1 Pc
Green Apples	500 g
Mangoes	1 kg

**The Tall Munch Box \*New**

*Contains a diverse mix of artisan, made to order comfort food:*

Caramelised Onion Hummus	300 g
Chocolate Peanut Butter	200 g
Tomato Salsa	300 g
Ragi Chips	200 g
Carrot Crudités	500 g
Tomato Rosemary Sauce	300 g

**TT Soup, Sourdough & Salad Box \*New**
**1600.00**

*Contains a diverse mix of artisan soup, salad, bread, condiments & cheese:*

Gazpacho Summer Soup	300 g
Olive Rosemary Sourdough Bread	1 Loaf
Garlic Hummus	200 g
TT Vegan Pesto Pasta Bowl	1 Box (2 Serv.)
Aged Farmhouse Cheddar Cheese	1 Slab(200g)

**TT Everything Box \*New**
**1700.00**

*Contains a little bit of all the things we love:*

Sourdough Choco Chip Cookies	2 pcs
Beetroot Hummus	200 g
Carrot Crudites	250 g
Sourdough Mixed Herb Sea Salt Crackers	100 g
Cut Pineapple	500 g
Tomato Salsa	200 g
Artisan Dressing Taster	3 x 60 g
Blueberry Cheesecake Croissant	1 Pc
Pain Au Chocolat	1 Pc
Banana Walnut Muffin (GF)	1 pc

## Vegetables & Exotics

100% Organic

	<u>Unit Weight</u>	<u>Price/Unit</u>
Avocado	500 g	395.00
Amaranth Green *New	500 g	100.00
Amaranth Red *New	500 g	100.00
Asparagus *New	250 g	475.00
Baby Spinach	200g	300.00
Baby Corn	1 Box	100.00
Beetroot	1 kg	140.00
Bell Peppers (Red)	500 g	240.00
Bell Peppers (Yellow)	500 g	240.00
Brinjal (Big)	1 kg	120.00
Brinjal (Small)	1 kg	120.00
Brinjal (Long)	1 kg	120.00
Broccoli (Well Graded)	500 g	280.00
Capsicum (Green)	500 g	100.00
Cabbage Green	1 Kg	150.00
Cabbage Red	1 Kg	320.00
Orange Carrots	1 Kg	170.00
Cauliflower	500 g	105.00
Celery	500 g	290.00
Cherry Tomatoes	500 g	350.00
Yellow Cherry Tomatoes	200g	180.00
Corn (Kernels)	500 g	150.00
Sweet Corn on the Cob	1 kg	175.00
Cucumbers (Seedless)	500 g	80.00
Dry Coconuts	Pc	80.00
French Beans	1 kg	220.00
Garlic	250 g	80.00
Peeled Garlic	250 g	100.00
Ginger	250 g	80.00
Green Chilies	100 g	50.00
Iceberg	500 g	395.00
Kale (Varieties)	500 g	450.00
Karela / Bittergourd	1 kg	150.00
Lauki / Bottlegourd	1 kg	110.00
Leeks	500 g	290.00
Lettuce Mix	200g	250.00
Butter Head Lettuce	200g	295.00
Lolorosso Lettuce	200 g	250.00
Lemons	250 g	100.00
Moringa Drumsticks	500 g	180.00
Mushrooms	200 g	95.00

King Oyster Mushrooms	250 g	650.00
Portobello Mushrooms	250 g	650.00
Okra	1 kg	160.00
Onion	1 kg	90.00
Onion (Baby)	1 kg	125.00
Fresh Green Peas	500 g	150.00
Peas (shelled)	500 g	250.00
Potato	1 kg	65.00
Potatoes (Baby)	1 kg	80.00
Pumpkin	1 kg	95.00
Yellow Pumpkin	1 Kg	95.00
Rocket Arugula <b>*New</b>	150 g	295.00
Salad Mix (Summer Mix)	150 g	225.00
Salad Mix (with Microgreens)	150 g	250.00
Salad Mix (Premier)	100 g	275.00
Spinach	500 g	100.00
Spring Onion	500 g	100.00
Tomato	1 kg	145.00
Turmeric (Fresh)	500 g	160.00
Zucchini (Green)	500 g	170.00
Zucchini (Yellow)	500 g	170.00
Moong Sprouts <b>*New</b>	Box	50.00
Garlic Chives <b>*New</b>	200 g	250.00
Elephant Yam - Jimmikand <b>*New</b>	1kg	150.00

## **Fruits**

### **100% Organic**

	<b><u>Unit Weight</u></b>	<b><u>Price/Unit</u></b>
Apples	1 kg	370.00
Green Apples <b>*New</b>	1 kg	370.00
Honey Dew Sun Melon	Kg	260.00
Bananas	Dozen	150.00
Kiwi	2 Pcs	160.00
Papaya	1 kg	150.00
Pineapples	1 kg	225.00
Pomegranate	1 kg	395.00
Pomegranate (Peeled)	500 g	375.00
Raw Papaya	1 kg	130.00
Raw Mango	1 kg	150.00
Watermelon	1 kg	120.00
Mangoes Chausa	1 kg	350.00
Plums	500 g	190.00
Sweet Lime	1 kg	180.00
Pears	1 kg	350.00

**Tall Tree Fine Foods (2 Day Notice) \*New**  
*Dedicated Artisan Bakery, Premium Flours, No Added Yeast, Alkalized Water, 20 hour leavening.*

	<b><u>Unit</u></b>	<b><u>Price/Unit</u></b>
100% Gluten-Free Sourdough	Loaf (6-750g)	550.00
Banana Walnut Gluten Free Muffin	Pc	200.00
Ancient Grain Sourdough	Loaf (6-750g)	450.00
Kalamata Mixed Olive & Italian Parmesan	Loaf (6-750g)	500.00
Roasted Garlic & Herb	Loaf (6-750g)	500.00
Sourdough Everything Bagels	Pc	120.00
Sourdough Everything Bagels – Whole Wheat	Pc	140.00
Sourdough Everything Mini Bagels	6pc/Box	450.00
White Truffle Oil & Pepper Whipped Cream Cheese	200 g	550.00
Garlic & Herb Whipped Cream Cheese	200 g	400.00
Scallion Whipped Cream Cheese	200 g	400.00
Plain Whipped Cream Cheese	200 g	400.00
Cinnamon Raisin Cream Cheese	200g	400.00
Nutella Whipped Cream Cheese	200g	400.00
Sourdough Chewy Choco Chips Cookies	4 Pc/Box	550.00
Sourdough Chewy Choco Chips Cookies with Walnuts	4 Pc/Box	650.00
Sourdough Bagel Chips	150 g	250.00

**Artisan Baked Goodies \*New**  
*Baked On Order*

	<b><u>Unit</u></b>	<b><u>Price/Unit</u></b>
Country Sourdough	Loaf (5-650g)	200.00
Mix Seed Adventure Gluten Free Bread	Loaf (5-650g)	500.00
Brioche Loaf	Loaf (5-650g)	275.00
Seed Feast Sourdough	Loaf (5-650g)	300.00
Multigrain Sourdough	Loaf (5-650g)	250.00
100% Whole Wheat Sourdough	Loaf (5-650g)	250.00
Olive & Rosemary Sourdough	Loaf (5-650g)	300.00
Jalapeno & Cheddar Sourdough	Loaf (5-650g)	400.00
Garlic & Mixed Herb Sourdough	Loaf (5-650g)	300.00
Croissant Loaf	Loaf (5-650g)	275.00
Multigrain Sandwich Bread	Loaf (5-650g)	200.00
Buttercrust Milk Bread	Loaf (5-650g)	250.00
Mountain Rye Sourdough	Loaf (5-650g)	500.00
Sourdough Focaccia with Olives & Cherry Tom. *New	Pc	250.00



Vanilla Cinnamon Streusel Muffin *New	Pc	240.00
Milk & Honey Cruffin	Pc	200.00
Everything Bagels	Pc	200.00
Cinnamon & Raisin Bagels	Pc	220.00
Whole Wheat Everything Bagels	Pc	175.00
Whole Wheat Sesame Bagels	Pc	175.00
Whole Wheat Plain Bagels	Pc	150.00
Jalapeno & Three Cheese Croisstatta	Pc	180.00
Berry Mascarpone Cheese Croissant *New	Pc	220.00
Chocolate Salted Caramel Croissant *New	Pc	220.00
Butter Croissant	Pc	150.00
Herbed Butter Croissant	Pc	180.00
Blueberry Cheesecake Croissant	Pc	200.00
Chocolate & Hazelnut Croissant	Pc	200.00
Pistachio Raspberry Croissant	Pc	220.00
Walnut Praline Brownie Croissant	Pc	220.00
Orange Cinnamon Morning Bun	Pc	200.00
Vanilla Pound Cake	Cake	700.00
Chocolate Streusel Tea Cake Loaf	Cake Loaf	1100.00
Lemon Poppy Tea Cake Loaf	Cake Loaf	1300.00
Mocha Hazelnut Tea Cake Loaf (Gluten Free)*New	Cake Loaf	750.00
Assorted Sourdough Lavaash	150 g	225.00
Assorted Sourdough Crackers	100 g	150.00
Baguette	1 Pc	200.00
Pain Au Chocolate	1 Pc	200.00
Oats & Raisin Cookies	4 pcs	400.00
Almond Oat Choco Chip Cookies	4 pcs	400.00
Brownie Crinkle Cookies	4 pcs	400.00
Lemon Blueberry Muffin	1 Pc	220.00
Double Choc Muffin	1 Pc	240.00

**Tofu & Tempeh \*New**

**Organic, Hand Crafted, Preservative Free**

	<b><u>Unit Weight</u></b>	<b><u>Price/Unit</u></b>
Classic Tofu	200 g	150.00
Carrot & Ginger Tofu	200 g	150.00
Smoked Tofu	200 g	200.00
Himalayan Black Bean Tofu	200 g	200.00
Peanut Tofu	200 g	150.00
Tandoori Tofu	200 g	200.00

**Select Dry, Dairy & Oils**

**Unit Weight**

**Price/Unit**



## Artisan Produced

Almond Milk	500 ml	450.00
Cashew Milk	500 ml	600.00
Cauli-Flour (For Gluten Free Bakes)	300 g	400.00
Coconut Milk	1 L	450.00
Coconut Yoghurt (Vegan)	200 g	550.00
Almond Yoghurt (Vegan)	200 g	550.00
Cold Pressed Coconut Oil	250 ml	250.00
Cold Pressed Mustard Oil	250 ml	150.00
Desi Cow Ghee – A2 (Clarified Butter)	500 ml	988.00
Desi Cow Milk – A2	1 L	140.00
Masala Chai Mix	100 g	400.00
Paneer (Indian Cottage Cheese)	500 g	350.00
White A2 Butter <b>*New</b>	500 g	500.00
Himalayan Red Rice <b>*New</b>	Kg	300.00

## Probiotics & Fermented Foods

**Preservative-free with Organic Ingredients**

	<u>Unit Weight</u>	<u>Price/Unit</u>
Original Kimchi	250 g	450.00
Apple Cinnamon Kombucha	500 ml	550.00
Mint Kombucha	500 ml	550.00
Hibiscus Rose Green Tea Kombucha	500 ml	550.00
Blueberry Lavender Kombucha	500 ml	550.00
Ginger & Lime Kombucha	500 ml	550.00
Strawberry Lemon Kombucha <b>*New</b>	500 ml	550.00
Coconut Water Kefir	500 ml	550.00
Apple Ginger Lemongrass Coco Water Kefir	500 ml	550.00
Coconut Milk Kefir	500 ml	650.00
Pickled Baby Onions	250 g	250.00
Pickled Baby Corn	250 g	300.00
Pickled Pineapple	250 g	300.00
Pickled Beetroot	250 g	250.00
Pickled Cucumbers	250 g	250.00
Pickled Ginger	200 g	300.00
Sauerkraut	250 g	400.00

## Gourmet Dips & Spreads

Preservative-free with Organic Ingredients

	<u>Unit Weight</u>	<u>Price/Unit</u>
Hummus Variety Box (3x200 g Hummus + Ragi Chips)	Box	950.00
Thai Coconut Curry Hummus <b>*New</b>	300 g	400.00
Apple & Cinnamon Spread (Sugarfree)	300 g	400.00
Thai Sweet Chili Sauce	250 g	400.00
Almond Satay Sauce	250 g	600.00
Spiced Pineapple Sauce	300 g	400.00
Thai Peanut Sauce	200 g	350.00
Middle Eastern Garlic Toum Sauce	300 g	400.00
Vegan Garlic Toum Sauce (Almond Milk)	300 g	450.00
Baba Ganoush	300 g	350.00
Yellow Pumpkin Baba Ganoush	300 g	400.00
Vegan Cheesy Baba Ganoush	300 g	400.00
Roasted Chickpea Salsa	300 g	400.00
Roasted Pumpkin Salsa	300 g	400.00
Beetroot & Cherry Tomato Salsa	300 g	400.00
Roasted Carrot & Herb Hummus	300g	400.00
Balsamic Caramelized Onion Hummus <b>*New</b>	300 g	400.00
Roasted Pineapple Hummus	300 g	400.00
Vegan Cashew Curry Hummus	300 g	400.00
Artisan Ketchup Hummus	300 g	400.00
Lentil & Balsamic Root Veg Hummus	300 g	400.00
Lentil & Bals. Yellow Pump. Hummus	300 g	400.00
Thai Green Curry Hummus	300 g	450.00
Roasted Bell Pepper & Beets Hummus	300 g	400.00
Basil Pesto Hummus	300 g	400.00
Beetroot Hummus	300 g	350.00
Beetroot & Goat Feta Hummus	300 g	450.00
Bell Pepper Hummus	300 g	350.00
Black Olive Hummus	300 g	400.00
Roasted Mushroom Hummus <b>*New</b>	300 g	350.00

Tomato Rosemary Hummus <b>*New</b>	300 g	400.00
Apple & Pomegranate Salsa	300 g	400.00
Apple & Pineapple Salsa	300 g	400.00
Garlic Hummus	300 g	300.00
Thai Peanut Hummus	300 g	350.00
Mango Pickle Hummus	300 g	400.00
Guacamole	300 g	600.00
Harissa & Yellow Pumpkin Hummus	300 g	400.00
Herbed Hummus	300 g	350.00
Honey Mustard Hummus	300 g	350.00
Japanese Inspired Hummus	300 g	350.00
Tomato, Onion & Peanut Chutney	300g	400.00
Beetroot & Apple Chutney	300 g	400.00
Mint & Coriander Chutney	300 g	400.00
Pear Sweet Onion Chutney <b>*New</b>	200 g	300.00
Pineapple & Kiwi Salsa	300 g	400.00
Miso Honey Hummus	300 g	400.00
Pumpkin Hummus	300 g	350.00
Roasted Carrot Hummus	300 g	350.00
Roasted Bell Pepper & Walnut Dip	300 g	450.00
Sweet Corn Salsa	300 g	350.00
Sweet Corn Hummus	300 g	350.00
Tandoori Peri Peri Hummus <b>*New</b>	300 g	350.00
Sundried Tomato Hummus	300 g	400.00
Tomato Salsa	300 g	300.00
Tahini Hung Curd Dip	300 g	500.00
Turkish Hung Curd Dip	300 g	450.00
Vegan Queso Cheese Dip	200 g	500.00
Chipotle Mayo <b>*New</b>	300 g	450.00

### **Artisan Sauces & Condiments**

**Preservative-free with Organic Ingredients**

	<b><u>Unit Weight</u></b>	<b><u>Price/Unit</u></b>
Beetroot Relish	200 g	300.00
Sundried Tomato & Pumpkin Sauce	300 g	500.00
Baby Corn, Pepper & Mushroom Sauce	300 g	450.00

Pumpkin Alfredo Sauce *New	300 g	400.00
Apple Dijon Vinaigrette	250 g	400.00
Pomegranate Vinaigrette Dressing	250 g	400.00
Onion Relish Jam	200 g	300.00
Mixed Fruit Jam	200 g	300.00
Pineapple & Kiwi Jam	200 g	300.00
Thai Peanut Dressing	200 g	350.00
Lemon Oil Dressing	200 g	450.00
Pineapple Zest Dressing	250 g	550.00
Cilantro Zest Dressing	250 g	400.00
Cilantro & Parsley Pesto Verde	300 g	400.00
Miso, Sesame, Citrus Dressing	250 g	400.00
Honey Mustard Dressing	250 g	400.00
Dijon Mustard	200 g	300.00
Green Thai Curry Paste	200 g	450.00
Red Thai Curry Paste	200 g	450.00
Harissa Paste	200 g	450.00
Japanese Carrot Ginger Dressing	250 g	400.00
Japanese Gom-ae Sauce	200 g	350.00
Ketchup (Artisan)	300 g	400.00
Pineapple & Bell Pepper Ketchup	300 g	400.00
Green Olive Tapenade Pesto	200 g	450.00
Basil Pesto	300 g	450.00
Mushroom Pate *New	200 g	300.00
Basil & Green Olive Pesto	300 g	500.00
Red Bell Pepper & Almond Pesto	200 g	450.00
Black Olive Pesto	200 g	450.00
Sundried Tomato & Black Olive Pesto	200 g	500.00
Sundried Tomato Pesto	200 g	450.00
Tahini Cider Dressing	300 g	450.00
Beetroot & Bell Pepper Sauce	300 g	400.00
South Indian Coconut Chutney	200 g	200.00
Creamy Mushroom & Pepper Pasta Sauce	300 g	400.00
Tomato, Garlic & Rosemary Sauce	300 g	400.00
Vegan Béchamel Cheese Sauce	300 g	500.00

## Tonics & Sweeteners

### Natural & Unfiltered

	<u>Unit Weight</u>	<u>Price/Unit</u>
Apple Cider Vinegar Vitality Shot Mix	500 ml	350.00
Apple Cider Vinegar (from Himachal)	250 ml	275.00
Raw Honey (Multiflora)	240 g	300.00
Raw Honey – Litchi <b>*New</b>	240 g	325.00
Raw Honey - Tulsi/Holy Basil <b>*New</b>	240 g	325.00

## Unsweetened Nut Butters

### Natural, Preservative-free & Artisanal

	<u>Unit Weight</u>	<u>Price/Unit</u>
Cacao Coconut Almond Butter <b>*New</b>	200 g	625.00
Coconut Almond Butter	200 g	575.00
Almond Butter	200 g	550.00
Coconut Butter	200 g	400.00
Coconut Cashew Butter	200 g	500.00
Cashew Nut Butter	200 g	450.00
Honey Roasted Cashew Butter	200 g	550.00
Cinnamon Jaggery Peanut Butter	200 g	400.00
Cardamom Honey Peanut Butter	200 g	400.00
Dark Chocolate Almond Butter	200 g	600.00
Dark Chocolate Peanut Butter	200 g	450.00
Mixed Nut Butter	200 g	500.00
Coconut & Banana Spread <b>*New</b>	200 g	400.00
Peanut Butter & Banana Spread <b>*New</b>	200 g	375.00
Peanut Butter	200 g	300.00
Cinnamon Jaggery Pumpkin Seed Butter <b>*New</b>	200 g	500.00

## Artisan Kitchen

### Preservative-free with Organic Ingredients

	<u>Unit Weight</u>	<u>Price/Unit</u>
TT Caesar Salad Bowl w Ranch Dressing	1 Box(2 serv.)	500.00
TT Green Salad Citrus w/ Miso Dress.	1 Box(2 serv.)	400.00
TT Rocket Feta Avo Salad w/ Hung Curd Dress <b>*New</b>	1 Box(2 serv.)	550.00
TT Avo & Pom Salad w/ Honey Mus.	1 Box(2 serv.)	450.00
TTCrisp Greens & Olive Salad w/ Lem Oil	1 Box(2 serv.)	450.00

TT Immunity Salad Bowl w/ Dressing	1 Box(2 serv.)	450.00
TT Quinoa & Chickpeas Salad w/ Lem Oil	1 Box(2 serv.)	450.00
TT Raw Papaya Peanut Honey Miso Salad	1 Box(2 serv.)	450.00
TT Roasted Pumpkin, Sunflower Quinoa Salad Bowl	1 Box(2 serv.)	500.00
TT Roasted Veggies & Quinoa Salad Bowl <b>*New</b>	1 Box(2 serv.)	500.00
TT Mixed Fruit Salad Bowl w/ Honey Lime	1 Box(2 serv.)	500.00
TT Veg Biryani Bowl w/ Chutney	1 Box(2 serv.)	450.00
TT Pineapple Pom Salad w/ Honey Mustard <b>*New</b>	1 Box(2 serv.)	450.00
TT Asian Tofu Quinoa Bowl <b>*New</b>	1 Box(2 serv.)	550.00
TT Quinoa Earth Bowl Tahini Dress. <b>*New</b>	1 Box(2 serv.)	500.00
Vegan Cashew Korma Curry	500 g	650.00
Yellow Pumpkin Puree	500 g	400.00
Bone Broth (Chicken)	1 L	1400.0
Bone Broth (Mutton)	1 L	1400.0
Roasted Carrot Coconut Soup <b>*New</b>	500 g	500.00
Roasted Butternut Squash Soup <b>*New</b>	500 g	650.00
Veg Minestrone Soup	500 g	550.00
Red Bell Pepper and Sweet Potato Soup	500 g	550.00
Coco,Peas, Mint, Sweet Potato Soup	500 g	600.00
Creamy Corn, Pumpkin & Lentil Soup	500 g	550.00
Thai Curry & Beetroot Soup	500 g	550.00
Roasted Bell Pepper & Cauli Soup	500 g	650.00
Roasted Cauli, Kale & Peanut Soup	500 g	650.00
Broccoli Leek and Sweet Potato Soup	500 g	650.00
Roasted Bell Pepper, Tomato & Lentil Soup	500 g	600.00
Creamy Mushroom & Sweet Corn Soup	500 g	650.00
Coconut Curry & Roasted Cauli Soup	500 g	550.00
Spicy Peanut & Kale Soup	500 g	600.00
Leek, Sweet Potato & Pumpkin Soup	500 g	650.00
Roasted Carrot & Cilantro Soup	500 g	550.00
Broccoli Miso Immunity Soup	500 g	600.00
Creamy Sweet Corn Soup Chowder	500 g	600.00
Creamy Mushroom Umami Soup	500 g	650.00
Spiced Carrot & Lentil Soup	500 g	600.00
Green Peas & Mint Soup	500 g	600.00
Vegan Pumpkin Rosso Pasta Sauce	300 g	500.00
Honey Lime Cashews (Air-fried)	200 g	600.00
Carrot, Green Peas & Pumpkin Soup	500 g	550.00
Red Lentil & Peanut Soup	500 g	550.00
Yellow Lentil Soup (Mulligatawny)	500 g	500.00
Tomato, Basil, Garlic & Herb Soup	500 g	500.00
Spicy Peanut & Spinach Soup	500 g	600.00

Overnight Cashew Honey Oats (GF)	300 g	350.00
Spicy Peanut & Yellow Pumpkin	500 g	600.00
Roasted Beets, Cauli & Peanut Soup	500 g	600.00
Vegan Beetroot & Pumpkin Soup	500 g	500.00
Vegan Spiced Yellow Pumpkin Soup	500 g	400.00
Thai Yellow Pumpkin & Carrot Soup	500 g	500.00
Coconut Ginger Tomato Soup	500 g	600.00
Thai Curry & Broccoli Soup	500 g	650.00
Spanish Gazpacho Soup	500 g	500.00
Ragi Chips	200 g	200.00
Mixed Seed and Quinoa Crackers (GF) <b>*New</b>	120 g	625.00
Baked Keto Crackers – Grain Free (GF) <b>*New</b>	120 g	700.00

### **Fresh Edible Flowers**

**100% Organic & Local**

	<b><u>Unit</u></b>	<b><u>Price/Unit</u></b>
Edible Flower Seasonal Mix	Box/Cut	350.00

### **Live Micro-Green Boxes & Cuts**

**100% Organic & Local**

	<b><u>Unit</u></b>	<b><u>Price/Unit</u></b>
Beetroot	Live Box/Cut	275.00
Carrots	Live Box/Cut	275.00
Coriander	Live Box/Cut	275.00
Microgreen Mix	Cut Box	300.00
Mustard	Live Box/Cut	275.00
Pea-shoot	Live Box/Cut	275.00
Purple Radish	Live Box/Cut	275.00
Red Cabbage	Live Box/Cut	275.00
Red Amaranth	Live Box/Cut	275.00
Radish	Live Box/Cut	275.00
Sunflower	Live Box/Cut	275.00
Wheatgrass	Live Box/Cut	200.00

### Aged Artisan Cheese \*New

Organic & Handcrafted in the Hills & in Chennai  
(Kase)

Gruyere	200 g	410.00
Aged Gouda	200 g	410.00
Aged Farmhouse Cheddar	200 g	410.00
Montasio	200 g	410.00
Zarai (Mountain Spice Rub)	200 g	410.00
Tomme	200 g	410.00
Aged Parmesan	200 g	450.00

### Free Range Goat Cheese \*New

Free Range Goat Milk, hand crafted in Bikaner  
Rajasthan

Goat Milk Feta	200 g	500.00
Feta with Sun-Dried Tomatoes *New	200 g	500.00
Feta with Mixed Olives *New	200 g	500.00
Goat Milk Chevre – Classic	200 g	500.00
Goat Milk Chevre – with Dill	200 g	500.00
Goat Milk Chevre – with Chives	200 g	500.00
Goat Milk Yoghurt	500 ml	500.00
Goat Milk Ghee	200 ml	740.00
Goat Milk Paneer *New	200 g	390.00
Goat Milk Butter *New	200 g	590.00

### Fresh Herbs

100% Organic & Local

	<u>Unit Weight</u>	<u>Price/Unit</u>
Coriander/Cilantro	100 g	100.00
Curry Leaves	100 g	100.00
Mint	100 g	100.00
Parsley	100 g	125.00
Basil *New	100 g	100.00
Sage *New	100 g	100.00





100% Free Range, Antibiotic & Hormone Free

Brown Eggs	10 pcs	175.00
White Eggs	10 Pcs	145.00