REAL FOODco
Your One-stop Organic Grocer

Mon to Fri 8:30am to 5:30pm, Sat 9:00am to 13:00pm

2 Fagan St, Hole in the Wall Centre, Somerset West | **Phone: 079 148 0831**

Subject to Availability

Order online OR add your order to the quantity (QTY) column.
Take a photo of this form and WhatsApp it to **079 148 0831**
or email it to info@realfoodco.co.za.

Delivery fee: Orders above R500 is free, smaller orders R29.

ORDER FORM

TITLE	COST	QTY
FRUIT & VEGETABLES		
Angela's Backyard Farming - Alfalfa Sprouts	R21,00	
Angela's Backyard Farming - Brocolli Sprouts	R21,00	
Angela's Backyard Farming - Mixed Leaf Micro Greens	R30,00	
Angela's Backyard Farming - Mung Beans	R21,00	
Angela's Backyard Farming - Pea Shoots	R33,00	
Angela's Backyard Farming - Sunflower Tray	R33,00	
Boschendal - Salad Herb Mix (50g)	R14,30	
Boschendal - Salad Mix Floral (50g)	R14,30	
Boschendal - Salad Mix Mediterranean (150g)	R31,50	
Cape Organics - Potatoes (1kg)	R20,70	
Cape Organics - Shiitake Mushrooms (120g)	R45,90	
Cape Organics - Shimeji Mushrooms (150g)	R39,20	
Hillcrest - Frozen Assorted Berries (1kg)	R98,40	
Hillcrest - Frozen Blueberries (1kg)	R115,30	
JJ Organics - Apples (R/kg)	R30,00	
JJ Organics - Organic Avocado (each)	R24,00	
JJ Organics - Organic Bananas (R/kg)	R33,00	
JJ Organics - Organic Beetroot (each)	R13,50	
JJ Organics - Organic Broccoli (R/kg)	R45,00	
JJ Organics - Organic Butternut (R/kg)	R29,80	
JJ Organics - Organic Cabbage (each)	R22,50	
JJ Organics - Organic Carrots (R/kg)	R24,80	
JJ Organics - Organic Cauliflower (R/kg)	R37,50	
JJ Organics - Organic Celery (Each)	R25,50	
JJ Organics - Organic Coriander (bunch)	R18,00	
JJ Organics - Organic Cucumber (each)	R22,50	
JJ Organics - Organic Garlic (R/kg)	R202,50	
JJ Organics - Organic Gem Squash (R/kg)	R29,80	
JJ Organics - Organic Ginger (R/kg)	R202,50	
JJ Organics - Organic Green Pepper (R/kg)	R37,50	
JJ Organics - Organic Kale Curly Pre-Packed (300g)	R18,00	
JJ Organics - Organic Leeks (bunch)	R13,50	
JJ Organics - Organic Lemons (R/kg)	R33,00	
JJ Organics - Organic Naartjies (R/kg)	R30,00	
JJ Organics - Organic Onions (R/kg)	R26,40	
JJ Organics - Organic Oranges (R/kg)	R33,00	
JJ Organics - Organic Parsley (bunch)	R15,00	
JJ Organics - Organic Potatoes (R/kg)	R27,00	
JJ Organics - Organic Red Onions (R/kg)	R37,50	
JJ Organics - Organic Red Pepper (R/kg)	R37,50	
JJ Organics - Organic Salad Pre-Packed (each)	R13,50	
JJ Organics - Organic Spinach (each)	R13,50	
JJ Organics - Organic Spring Onions (bunch)	R15,00	
JJ Organics - Organic Sweet Potatoes (R/k	R41,30	
JJ Organics - Organic Tomatoes (R/kg)	R30,00	
JJ Organics - Pears (R/kg)	R33,00	
JJ Organics - Pineapple (each)	R22,50	
DIARY, MILK ALTERNATIVES & EGGS		
Almond Breeze - Almond Milk Unsweetened (1L)	R45,20	
Bolgari - Plain Coconut Milk Yoghurt (500g)	R94,90	
Foxenburg - Kefir Style Fermented Goat Milk (1L)	R71,20	
Foxenburg - Plain Goat Milk Yoghurt Greek Style (350ml)	R35,60	
Foxenburg - Yoghurt Greek Style Strawberry (350ml)	R39,90	
Good Life Organic - Organic Coconut Milk (400ml)	R58,60	
Homegrown Eggs (6)	R22,50	
Meraki - Milk (1L)	R26,60	
Meraki - Milk (2L)	R50,40	
Mysthill - Strawberry Yoghurt (1L)	R53,40	
The Dairy - Greek Yoghurt (700ml)	R54,80	
The Dairy - Kefir (1L)	R46,70	
The Dairy - Milk (1L)	R25,20	
The Dairy - Milk (2L)	R47,60	
The Dairy - Natural Yogurt (1L)	R46,70	
Usana Eggs (12)	R43,40	
Mysthill - Salted Butter (500g)	R73,40	
Mysthill - Unsalted Butter (500g)	R73,40	
SNACKS & CHOCOLATES		
Bea's Rusks - Gluten Free Rusks, Pumkin Seeds (400g)	R59,60	
Coconut Connection - Shortbread Biscuits (150g)	R60,40	
Earth Joy - Chocolate Date & Honey Brownie Bar (35g)	R18,20	
Earthshine - Turkish Rose Cacao Florentine (35g)	R29,20	
Gayleen's Decadence - Mint Slab (100g)	R50,10	
Loafers - Banting Vegan, Blueberry & Almond Rusks	R104,70	
Raw Earth - Cinnamon Rooibos Wholefood Bar (40g)	R23,30	
R'Vive - Blueberry & Chia Coconut Ice (25g)	R12,10	
R'Vive - Cranberry & Vanilla Granola (30g)	R22,50	
FERMENTED FOODS		
Clearspring Bio Kitchen - Organic Sauerkraut (360g)	R67,60	
Rose Estate - Kimchi curry (375 ml)	R61,30	
Rose Estate - Kimchi original (375 ml)	R61,30	
Rose Estate - Kimchi spicy (375 ml)	R61,30	
Rose Estate - Sauerkraut (375 ml)	R63,90	
BAKERY		
Essene Bread (each)	R60,40	
Mano's 100% Rye Bread (each)	R38,90	
Mano's Hamburger Rolls (each)	R4,50	
Mano's Sourdough Bread (each)	R43,40	
Real Food Co - Gluten and Wheat Free Bread (each)	R41,40	

TITLE	COST	QTY
MEAT		
BEEF		
Familier - Beef Biltong (150g)	R67,30	
Familier - Beef Boerewors (500g)	R80,80	
Familier - Beef Bones (2kg)	R44,90	
Familier - Beef Droewors (150g)	R58,40	
Familier - Lean Beef Mince (500g)	R74,80	
Ryan Boon - Beef Marrow Bones (R/kg)	R52,40	
CHICKEN		
Familier - Chicken Thighs and Drums (R/kg)	R104,70	
Familier - Chicken Whole (R/kg)	R86,80	
Red Barn - Chicken Breast Fillet (500g)	R93,40	
Red Barn - Chicken Livers (500g)	R50,00	
LAMB		
Ryan Boon - Lamb Loin Chops (R/kg)	R254,20	
Ryan Boon - Lamb Mince (R/kg)	R149,50	
PORK		
Red Barn - Streaky Bacon (200g)	R53,20	
Ryan Boon - Pork Mince (R/kg)	R97,20	
Ryan Boon - Streaky Bacon (R/kg)	R269,10	
VENISON		
Ryan Boon - Venison Mince (R/kg)	R89,70	
BONE BROTH		
Naked Bones - Beef Bone Broth (500ml)	R63,90	
Naked Bones - Chicken Bone Broth (500ml)	R63,90	
PIES		
Desert banquet - Free Range Beef Pie	R33,70	
Desert Banquet - Free Range Chicken Pie	R28,50	
PANTRY		
Absolute Organix - Organic Coconut Blossom Sugar (350g)	R86,10	
By Nature - Organic Rolled Oats (1kg)	R89,00	
Carb Smart Mayonnaise (375g)	R59,00	
Carb Smart Tomato Sauce (500g)	R49,20	
Coconut Connection - Coconut Wraps (6)	R112,20	
Coconut Connection - Pizza Bases (6)	R112,20	
Crede - Oh'Mega Macadamia Butter (375g)	R147,60	
Crede - OhMeg'a Sesame Tahini (400g)	R97,00	
Crede - OhMeg'a Smooth Peanut Butter (400g)	R46,70	
Crede - Organic Virgin Coconut Oil (1 liter)	R135,00	
Earthshine - Activated Granola Crunchy Cacao (250g)	R89,70	
Elgin Organics - Apple Cider Vinegar (500ml)	R84,60	
Good Life Organic - Gluten Free Oats (400g)	R70,40	
Good Life Organic - Organic Coconut Milk (400ml)	R58,60	
Good Life Organic - Organic Cornflakes (360g)	R81,90	
Good Life Organic - Organic Dijon Mustard (140g)	R58,20	
Gracious Bakers - Banting Cauliflower Wraps 4's	R77,70	
Grain Mill - Organic Spelt Cake Flour (1kg)	R101,80	
Grain Mill - Spelt Rigatoni (400g)	R58,70	
Grain Mill - Spelt Spaghetti (250g)	R41,40	
Grain Mill - Spelt Tagliatelle (250g)	R41,40	
Health Connection - Quinoa (500g)	R97,00	
Health Connection - Teff Grain (500g)	R35,80	
Health Connection - Unfiltered Apple Cider Vinegar (500ml)	R22,30	
Health Connection - Vanilla Extract (25ml)	R29,20	
Real Food Co - Organic Long Grain Brown Rice (1kg)	R41,60	
Real Food Co - Organic Mieliemeel (1kg)	R31,60	
Real Food Co - Organic Oat Kernels (1kg)	R74,70	
Real Food Co - Organic Rolled Oats (500g)	R57,80	
Real Food Factory - Hemp Seed & Coriander Pesto (130ml)	R72,50	
Rose Estate - Savoury Lentil Burger (4x50g)	R57,00	
Rose Estate - Thai Vegetable Burger (4x50g)	R57,00	
Santa Anna's - Corn Chips (250g)	R43,90	
Santa Anna's - Corn Chips (80g)	R17,20	
TnT - Multi-floral Honey (1kg)	R138,00	
DRIED FRUITS, SEEDS & NUTS		
By Nature - Dried Pineapple (500g)	R120,30	
By Nature - Organic Dried Pitted Dates (1kg)	R120,30	
By Nature - Organic Flax Seeds (500g)	R62,80	
By Nature - Organic Non-Oiled Seedless Raisins (1kg)	R157,00	
By Nature - Organic Pumpkin Seeds (500g)	R172,70	
By Nature - Raw Brazil Nuts (500g)	R230,20	
By Nature - Raw Cashews (500g)	R230,20	
By Nature - Raw Unpasteurised Almonds (500g)	R172,70	
By Nature - Raw Walnuts (500g)	R230,20	
By Nature - Sulphur-Free Dried Black Figs (200g)	R41,90	
Earthshine - Activated Buckwheat (350g)	R67,20	
Earthshine - Activated Sunflower Seeds (350g)	R77,70	
Real Food Co - Organic Dates Pitted (1kg)	R90,80	
Real Food Co - Organic Sunflower Kernels (1kg)	R120,80	
The Figary - Dried Fig Slices (60g)	R21,60	
PETS		
DOGS		
Raw Love Pets - Beef Meal for Dogs (1kg)	R107,00	
Raw Love Pets - Chicken Meal for Dogs (1kg)	R88,90	
Raw Love Pets - Ostrich Meal for Dogs (1kg)	R107,00	
CATS		
Raw Love Pets - Chicken Meal for Cats (250g)	R32,00	
Raw Love Pets - Ostrich Meal for Cats (250g)	R35,40	

TITLE	COST	QTY
SUPERFOODS		
Good Life Organic - Green Bang Superfood Blend (100g)	R91,50	
Good Life Organic - Organic Moringa Powder (200g)	R106,70	
Good Life Organic - Organic Spirulina Powder (120g)	R154,40	
Soaring Free Superfoods - Organic Baobab Powder (200g)	R138,00	
Soaring Free Superfoods - Organic Cacao Powder (200g)	R138,00	
Soaring Free Superfoods - Organic Hemp Powder (200g)	R63,90	
Soaring Free Superfoods - Organic Hemp Seeds (200g)	R139,80	
Soaring Free Superfoods - Organic Maca Powder (200g)	R131,10	
Soaring Free Superfoods - Super Oats Chocolate (200g)	R88,00	
Soaring Free Superfoods - Super Shake Choc Boost (200g)	R158,70	
Soaring Free Superfoods - Supershake Green (200g)	R158,70	
The Real Thing - Veggie Superfoods (270g)	R319,20	
Wazoogles - Chocolate Moondust (33g)	R25,30	
SUPPLEMENTS		
Bioflora - Intestiflora (90 capsules)	R223,40	
Bioflora - Kiddieforte (30 capsules)	R104,80	
Good Health - Congest X (40 capsules)	R222,00	
Good Health - Iron Chews (30 tablets)	R200,80	
Good Health - Muscle & Cramp Relief (150g powder)	R408,60	
Good Health - Omega 3 Fish Oil 1000mg (150 capsules)	R232,10	
Good Health - Opti-C 1000mg (50 tablets)	R228,00	
Good Health - Pro Olive (30 capsules)	R228,00	
Good Health - Viralex (60 capsules)	R496,40	
Good Health - Vitamin D3 (120 tablets)	R264,40	
The Real Thing - Mega Omega 3+6+9 (60 capsules)	R181,20	
AIM		
AIMega (120 capsules)	R298,00	
Barley Life (280 capsules)	R495,00	
Barley Life (360g)	R499,00	
Composure (60 capsules)	R192,00	
Herbal Fibreblend (280 capsules)	R427,00	
Herbal Fibreblend Raspberry (375g)	R322,00	
Just Carrots (400g)	R413,00	
Para 90 (90 capsules)	R225,00	
Para 90 (90 capsules)	R225,00	
RediBeets (250g)	R327,00	
Renewed Balance Cream (56g)	R333,00	
BODY RANGE		
Earthsap - Citrus & Grapefruit Body Wash (400ml)	R68,70	
Earthsap - Garden Carrot Face Wash (250ml)	R60,40	
Earthsap - Pomegranite & Soy Conditioner (250ml)	R62,40	
Earthsap - Pomegranite & Soy Shampoo (250ml)	R62,40	
Nature Fresh - Herbal Toothpaste (100ml)	R36,60	
Pure Beginnings -Baby Wipes (192 wipes)	R104,50	
The Victorian Garden - Sandalwood Deo Roll On (80ml)	R113,90	
CLEANING PRODUCTS		
Earthsap - All Purpose Cream Scrub (750ml)	R37,10	
Earthsap - Automatic Dishwasher Gel (500ml)	R66,50	
Earthsap - Citrus Dishwashing Liquid (750ml)	R43,00	
Earthsap - Peppermint Toilet Bowl Disinfectant (750ml)	R40,80	
Triple Orange - Bio Det Laundry Cream (1kg)	R107,60	
Your Green Box - Good Stuff Laundry detergent (2kg)	R138,00	
BEVERAGE		
Dewlands - 100% Apple Juice (200ml)	R5,70	
Dewlands - 100% Orange Juice (200ml)	R5,70	
Juice Revolution - Chloro-Fill (340ml)	R32,50	
Juice Revolution - Coconut Heaven Lolly	R20,70	
Juice Revolution - Cream of Berry (340ml)	R34,40	
Juice Revolution - Fab Four (340ml)	R28,50	
Juice Revolution - Muscle Memory (340ml)	R41,90	
Juice Revolution - Smashing Strawberry Lolly	R20,70	
Pete Evans Pure Natural Raw C - Coconut Water (1L)	R60,40	
Rose Estate - Blueberry Kombucha (500ml)	R38,00	
Rose Estate - Ginseng Kombucha (500ml)	R44,90	
Rose Estate - Original Kombucha (500ml)	R31,10	
Single Batch - Water Kefir Original (1L)	R41,40	
Soga Organic - Frozen Orange Ice (100ml)	R14,70	
OTHER (Write in additional products for your order)		