

# Kō Minaya

## ORGANICS & HEALTHFOOD

181 - 187 PALMERSTON ST, WESTPORT 7825  
PHONE: 03 789 8512

### MAIL ORDER CATALOGUE

Email your order to:

[orders@kominaya.co.nz](mailto:orders@kominaya.co.nz)

**Organic:** All our products are either certified organic or organically grown unless specified otherwise. **Prices** may change without notice. **Returns** policy: requests to return damaged or incorrect goods must be made with in 24 hours of receiving the order. **Refunds** will only be offered where the faulty or damaged goods are returned. **Substitutes;** please let us know if you want substitutes if we happen to be out of stock of a particular item. Please consider the **environment** before printing this catalogue.

BULK FOODS	PRICE PER KILO
BAKING SODA	\$5.10
BAKING POWDER	\$9.90
BARLEY PEARLED	\$6.10
BASMATI RICE - BROWN	\$9.90
BASMATI RICE - WHITE	\$9.90
BEANS - BLACK TURTLE	\$9.30
BUCKWHEAT	\$9.40
BULGHUR WHEAT - COURSE	\$8.40
CACAO BUTTER	\$54.00
CACAO NIBS	\$36.00
CACAO POWDER	\$35.00
CANNELINI BEANS	\$9.30
CAROB POWDER	\$45.00
CHICK PEAS	\$10.90
COCOA POWDER	\$27.90
COCONUT CHIPS	\$14.50
COCONUT SUGAR	\$17.90
COFFEE BEANS - KAWATIRI	\$40.00
COUS COUS	\$11.90
GREY SEA SALT (MARLBOROUGH)	\$5.30
GOLDEN SUGAR	\$7.70
LENTILS - BROWN	\$11.20
LENTILS - RED	\$11.00
MILLET - HULLED	\$7.90
MUESLI - KOMINAYA SUPERFOOD SPECIAL	\$15.40
MUNG BEANS	\$11.30
OATS - ROLLED QUICK COOK	\$6.90
OATS - STEEL CUT	\$8.90

	PANELA (JAGERY) SUGAR	\$16.00
	RICE - BROWN MEDIUM GRAIN	\$6.90
	RICE - RED	\$10.99
	RED KIDNEY BEANS	\$9.30
	SPLIT PEAS - GREEN NZ	\$8.50
	SUNDRIED TOMATOES	\$38.90
	TRAIL MIX - KOMINAYA #11	\$25.00
	YEAST FLAKES	\$61.00
	BLACK RICE	\$10.99
	QUINOA FLAKES	\$20.90
	NZ QUINOA	\$15.00
	CHIA SEEDS	\$16.21

<b>DRIED FRUIT</b>		<b>PRICE PER KILO</b>
	APRICOTS	\$25.60
	CRANBERRIES	\$33.20
	TURKISH FIGS	\$21.40
	GOJI BERRIES	\$49.50
	DRIED BANANAS	\$19.50
	RAISINS	\$12.90
	SALTANAS	\$20.80
	DATES WHOLE	\$19.40

<b>NUTS</b>		<b>PRICE PER KILO</b>
	ALMONDS	\$35.20
out of stock	BRAZIL NUTS	\$46.20
	CASHEW NUTS	\$48.24
	PEANUTS	\$13.00
	WALNUTS HALVES NZ	\$58.00

<b>FLOURS</b>		<b>PRICE PER KILO</b>
	WHEAT - WHOLEMEAL	\$4.70
	WHEAT - WHITE	\$5.20
	RYE - WHOLEMEAL	\$4.70
	SPELT - WHOLEMEAL	\$8.40
	SPELT - WHITE	\$10.90
	POTATO STARCH FLOUR	\$12.90
	TAPIOCA FLOUR	\$7.90
	***WHOLE GRAINS AVAILABLE ON REQUEST FOR THE SAME PRICE AS THE FLOUR.	
	**OTHER GRAINS CAN BE MILLED OR KIBBLED ON REQUEST SUCH AS BUCKWHEAT.	

GENERAL		PRICE PER ITEM
	TAHINI (WHOLE) 400 G JAR	\$10.50
	RICE SYRUP 510G JAR	\$7.65
	BLACK TAHINI 400G JAR	\$10.50
	CHILLI BEANS CAN 400G	\$3.55
	CHOPPED TOMATOES CAN 400G	\$2.50
	KIDNEY BEANS CAN 400G	\$2.50
	BLACK BEANS CAN 400G	\$2.50
	SPAGHETTI IN TOMATO SAUCE 400G CAN	\$2.50
	BAKED BEANS IN TOMATO SAUCE 400G CAN	\$2.50
	CHICK PEAS IN SALTED WATER 400G CAN	\$2.50
	BUTTER BEANS IN SALTED WATER 400G CAN	\$2.50
	COCO QUENCH COCONUT MILK 1 LITRE	\$7.90
	COCONUT AMINOS	\$10.95
	COCONUT NECTAR 400G JAR	\$9.30
	COCONUT OIL VIRGIN COLD PRESSED 400ML	\$9.60
	KALE POWDER 100G	\$18.55
	KELP POWER 100G	\$15.95
	SPIRULINA POWDER 100G CHANTAL	\$9.50
	BEETROOT POWDER 100G	\$18.50
	CINNAMON GROUND - CERES 100G	\$7.95
	LINGUINE - LA TERRA WHOLE WHEAT 500G	\$6.90
	PENNE - LA TERRA WHOLE WHEAT 500G	\$6.90
	SPAGHETTI - LA TERRA WHOLE WHEAT 500G	\$6.00
	MAPLE SYRUP 250ML	\$16.90
	PASSATA 680G JAR - CHANTAL	\$4.80
	TOMATO PASTE 200G CHANTAL	\$3.20

TEAS - BULK		PRICE / WEIGHT
	CHAMOMILE TEA LOOSE BULK / 100 G	\$9.00
	DARJEELING LOOSE BULK / 100 G	\$8.40
	GREEN TEA (INDIA) / 100G	\$10.50
	PEPPERMINT TEA / 100G	\$9.90

SEEDS, HERBS & SPICES		PRICE / WEIGHT
	CUMIN SEED WHOLE / 10G	\$0.71
	CHIA / 100G	\$1.50
	LINSEED (BROWN) / 100G	\$1.25
	PUMPKIN SEEDS (PEPITAS) / 100G	\$2.79
	SUNFLOWER / 100G	\$1.39
	WHITE SESAME / 100G	\$1.45
	PEPPERCORNS - WHOLE / 10G	\$1.09
	TURMERIC - GROUND / 100G	\$4.30
	CURRY POWDER / 10G	\$0.45

