

# 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	\$5.11
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
CANNELLINI 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 - BLACK BELUGA	\$11.80
LENTILS - BROWN	\$11.20
LENTILS - RED	\$11.00
MILLET - HULLED	\$7.90
MUESLI - KOMINAYA SUPERFOOD SPECIAL	\$19.00
MUNG BEANS	\$11.30
OATS - ROLLED JUMBO	\$6.90
OATS - ROLLED QUICK COOK	\$6.90

	OATS - STEEL CUT	\$8.90
	PANELA (JAGERY) SUGAR	\$16.00
	RICE - BROWN MEDIUM GRAIN	\$6.90
	RICE - BROWN SWEET	\$13.00
	RICE - RED	\$9.90
	RED KIDNEY BEANS	\$9.30
	SPLIT PEAS - GREEN NZ	\$6.10
	SUNDRIED TOMATOES	\$38.90
	TRAIL MIX - KOMINAYA #11	\$25.00
	YEAST FLAKES	\$61.00
	RICE - BLACK	\$9.90
	QUINOA FLAKES	\$20.90
	WHITE QUINOA	\$22.00

<b>DRIED FRUIT</b>		<b>PRICE PER KILO</b>
	APRICOTS	\$30.70
	CRANBERRIES	\$33.20
	TURKISH FIGS	\$21.40
	GOJI BERRIES	\$49.50
	PINEAPPLE RINGS	\$43.00
	PITCAIRN BANANAS	\$39.50
	TURKISH RAISINS	\$17.10
	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	\$36.80
	PEANUTS	\$13.00
	WALNUTS HALVES NZ	\$5.90

<b>FLOURS</b>		<b>PRICE PER KILO</b>
	WHEAT - WHOLEMEAL	\$4.20
	WHEAT - WHITE	\$4.20
	RYE - WHOLEMEAL	\$4.20
	SPELT - WHOLEMEAL	\$9.95
	SPELT - WHITE	\$9.95
	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.	

<b>PERSONAL CARE / BEAUTY</b>		<b>PRICE PER UNIT</b>
KINGFISHER TOOTHPASTE - FENNEL		\$11.50
KINGFISHER TOOTHPASTE - ALOE		\$11.50
AVALON ORGANICS SHAMPOO - ROSEMARY		\$14.99
AVALON ORGANICS CONDITIONER - ROSEMARY		\$14.99

<b>BULK LAUNDRY AND CLEANING</b>		<b>PRICE PER UNT</b>
ECOSTORE ULTRA SENSITIVE LAUNDRY POWDER BULK / KG		\$8.50
ECOSTORE LEMON DISHWASH BULK / LITRE		\$7.90
ECOSTORE CITRUS MULTI-PURPOSE CONCENTRATE BULK / LITRE		\$12.00
EPSOM SALTS / LITRE		\$4.20

<b>GENERAL GROCERY</b>		<b>PRICE PER ITEM</b>
TAHINI (WHOLE) 400 G JAR		\$10.50
PEANUT BUTTER CRUNCHY 400 G JAR		\$8.95
PEANUT BUTTER CLASSIC 400G JAR		\$7.80
RICE SYRUP 510G JAR - KOMINAYA BRAND		\$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		\$14.95
COCONUT OIL VIRGIN COLD PRESSED 700ML		\$23.80
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		\$5.95
PENNE - LA TERRA WHOLE WHEAT 500G		\$5.95
MACA - SELENO 125G		\$19.95
MAPLE SYRUP 250ML		\$16.90
PASSATA 680G JAR - CHANTAL		\$4.80
TOMATO PASTE 200G CHANTAL		\$3.20
VEGE BOUILLON - REPUNZEL 125G JAR		\$8.25
VEGE BOUILLON - REPUNZEL 84G		\$5.80


