Okines Food Co-op Price Lists at DECEMBER 2025			
Item N/A = Not Currently Available	Origin	Non-active price/kg	Active price/kg
Cereals			
premix			
MUESLI - gluten free	local/import	$ 20.50	$ 18.50
MUESLI - normal	local/import	$ 13.00	$ 11.50
MUESLI - ORGANIC	local/import	$ 16.00	$ 14.50
MUESLI - fruit/nut/coconut-free House Mix	local/import	$ 15.00	$ 13.50
processed			
CORN flakes - Cornflakes	Local/Import	$ 17.00	$ 15.25
PUFFED BUCKWHEAT conv NEW	China	$ 31.00	$ 28.00
PUFFED MILLET org NEW	**China**	**$ 33.00**	**$ 29.00**
PUFFED BROWN RICE org	Local/Import	$ 33.00	$ 29.00
RICEBRAN Shred Straws	Australia	$ 15.00	$ 13.75
WHEAT FLAKES conv	Australia	$ 13.00	$ 11.50
raw			
OATS - Rolled Conventional	Australia	$ 5.00	$ 4.50
OATS - rolled FOUR LEAF BIO	Australia	$ 8.75	$ 8.00
OAT BRAN - back in stock	Australia	$ 8.00	$ 7.00
PSYLLIUM husks organic gst	India	$ 60.00	$ 54.00
RICE FLAKES - rolled	Australia	$ 8.00	$ 7.00
SEMOLINA - fine	Australia	$ 3.50	$ 3.00
Condiments			
ground			
CARDAMOM ground	Guatam/India/Indo	$ 158.00	$ 144.00
CAYENNE Pepper	India	$ 16.50	$ 15.00
CHILLI - crushed organic	Zimbabwe	$ 86.00	$ 77.00
CINNAMON Ground organic	India	$ 70.00	$ 63.00
CORIANDER GROUND organic	India	$ 70.00	$ 63.00
GARLIC POWDER	China	$ 15.00	$ 13.50
GINGER - ground	India	$ 23.00	$ 21.00
CUMIN - GROUND organic	India	$ 79.00	$ 71.00
ONION POWDER	India	$ 13.75	$ 12.50
PAPRICA/natural SMOKED conv	Spain	$ 23.00	$ 20.75
PAPRIKA/SWEET organic	China	$ 108.00	$ 97.50
NUTMEG - ground	India	$ 48.00	$ 43.00
PIMENTO/Allspice - ground	Jamaica	$ 30.50	$ 27.00
SUMAC	Turkey	$ 22.00	$ 19.50
TURMERIC/tumeric - ground conventional	India	$ 38.00	$ 34.00

house-made or premix			
CAJUN SPICE MIX	house made	$ 65.00	$ 59.00
Curry Powder MILD MADRAS style	house made	$ 60.00	$ 52.00
GARAM MASALA	house made	$ 74.00	$ 66.50
LEMON PEPPER	Local/Import	$ 25.00	$ 22.50
MIXED SPICE	house made	$ 80.00	$ 72.00
PANCH PHORA	house made	$ 35.00	$ 30.00
SPICE IT UP Co-op Mix	house made	$ 60.00	$ 52.00
SUPER SPICE BLEND	house made	$ 48.00	$ 43.00
herbs			
HERBS - mixed	Egy/Turk/Mor/Chil	$ 27.00	$ 24.00
ITALIAN Mixed Herbs with Tomato	China/India/Indo	$ 26.00	$ 23.00
OREGANO - organic SPECIAL	Turkey	$ 60.00	$ 55.00
salts			
CELTIC SEA SALT fine	France	$ 31.50	$ 28.50
Salt/Murray River PINK FLAKES 500g gst	Australia	$ 15.50	$ 14.00
Salt/Murray River Pink Flakes LOOSE	Australia	$ 22.50	$ 20.25
ROCK-SALT gst	Australia	$ 3.75	$ 3.50
SALT/SEA IODISED	Australia	$ 3.50	$ 3.00
TASMAN SEA SALT Natural Flakes	Tasmania	$ 25.50	$ 22.50
TASMAN SEA SALT Pepperberry	Tasmania	$ 55.00	$ 50.00
TASMAN SEA SALT Smoked	Tasmania	$ 55.00	$ 50.00
whole			
CARAWAY seed	India	$ 35.00	$ 32.00
CARDAMOM PODS Conventional	Guatamala	$ 160.00	$ 145.00
CASSIA quills conventional	Indonesia	$ 43.00	$ 39.00
CHILLI Rocoto dried organic	Dodges Ferry	$ 120.00	$ 108.00
CINNAMON quills conventional	Sri Lanka	$ 90.00	$ 80.00
CLOVES whole CONVENTIONAL	Indonesia	$ 53.50	$ 48.00
CORIANDER SEED conv.	India	$ 83.00	$ 75.00
CUMIN - SEED conv.	India	$ 26.00	$ 23.00
FENNEL seed organic	China	$ 60.00	$ 53.50
FENUGREEK seed	Australia	$ 10.00	$ 9.00
GARLIC GRANULES conv.	China	$ 18.00	$ 16.00
MUSTARD seed - YELLOW organic	India	$ 53.50	$ 47.00
MUSTARD seed BROWN org	India	$ 53.00	$ 48.00
NIGELLA seed	India	$ 18.50	$ 16.50
NUTMEG whole	India	$ 56.00	$ 50.00
PEPPER CORNS/BLACK conventional	Vietnam	$ 41.00	$ 37.00
PIMENTOS Allspice whole	Jamaica	$ 30.00	$ 26.50
STAR ANISE organic	Vietnam	$ 123.00	$ 110.00

Dried Fruit			
APRICOTS (sulphur free) organic	Turkey	$ 35.00	$ 30.00
BANANA strips Chem-free	Australia	$ 29.00	$ 26.00
CHERRIES red GLACE organic gst	France	$ 32.00	$ 28.00
CITRUS PEEL mixed	Australia	$ 9.80	$ 8.80
CRANBERRIES org	Australia	$ 38.00	$ 34.00
CURRANTS organic	Australia	$ 22.50	$ 20.00
DATES Mixed - Desert Fruit Co. NEW	**Australia**	**$ 47.00**	**$ 40.00**
DATES - Middle East conv.	Iran	$ 6.00	$ 4.50
DATES Medjool organic	Mexico	$ 31.00	$ 29.00
FIGS organic	Turkey	$ 35.00	$ 32.00
GINGER GLACE gst	Fiji	$ 45.00	$ 40.00
MANGO STRIPS - Aust dried Chem-free	Australia	$ 100.00	$ 90.00
MIXED PEEL stock for Christmas cooking	**Italy**	**$ 32.00**	**$ 29.00**
PEACHES Australian dried	Australia	$ 46.00	$ 42.00
PINEAPPLE Glace	Thailand	$ 20.00	$ 18.00
Prunes PITTED Aust	Australia	$ 19.75	$ 17.75
RAISINS sulphur free	Australia	$ 19.00	$ 17.00
SULTANAS - natural conventional	Australia	$ 12.50	$ 11.25
Drinks			
coffee-cacao			
DANDELION Roasted coffee	Australia	$ 76.00	$ 69.00
South Roast coffee BEANS BULK - LOOSE	Tas roasted	$ 49.00	$ 45.00
South Roast coffee GROUND loose per kilo	Tas roasted	$ 49.00	$ 45.00
CEREMONIAL CACAO paste 200g each	Peru/Tas	$ 33.00	$ 30.00
CEREMONIAL CACAO paste 500g each	Peru/Tas	$ 70.00	$ 63.00
house-made			
Okines CHAI Spice Mix	House Mix	$ 148.00	$ 133.00
Okines GROUND Chai Spice Mix	House Mix	$ 120.00	$ 108.00
Okines GOLDEN MYLK Mix organic	House Mix	$ 49.50	$ 44.50
teas: 1 cup dry tea = btw 15g & 50g *depending on density*			
BREAKFAST BLEND BLACK Tea organic	India/SriLan	$ 79.00	$ 68.00
CAMOMILE Tea ROCKYTOP organic	Tasmania	$ 265.00	$ 240.00
EARL GREY Tea organic	Ind/SriL/Italy	$ 77.00	$ 69.00
FRENCH Earl Grey Tea organic	Aus/Import	$ 85.00	$ 75.00
GINGER BLUSH Herbal Tea Mix organic	Aus/Import	$ 77.00	$ 69.00
GREEN Tea organic SRI LANKA	Sri Lanka	$ 72.00	$ 65.00
IMMUNE & LUNG Tonic Rockytop org	Tasmania	$ 225.00	$ 210.00
MINTY Tea - organic	Aus/Import	$ 115.00	$ 105.00
PEPPERMINT Tea Rockytop org	Tasmania	$ 160.00	$ 145.00
PERSIAN DIGESTIF Herbal Tea Mix Org	Aus/Import	$ 96.00	$ 86.50
SPICED CHAI + Aus tealeaf	Aus/Import	$ 88.00	$ 79.00
STRESSLESS SLEEP Herbal Tea Mix Org	Aus/Import	$ 144.00	$ 130.00
TULSI Tea Rockytop org	Tasmania	$ 225.00	$ 210.00

Flours			
gluten			
BREAD flour LIGHTSIFTED Van Diemen ChemFree	Tasmania	$ 4.00	$ 3.50
BREAD flour WHOLEGRAIN Van Diemen ChemFree	Tasmania	$ 3.30	$ 2.90
CAKE Premium WHITE flour Organic	Australia	$ 4.50	$ 4.00
RYE flour WHOLEGRAIN organic	Australia	$ 6.00	$ 5.25
SPELT flour LIGHTSIFTED Van Diemen Chem Free	Tasmania	$ 10.00	$ 9.25
SPELT flour WHOLEMEAL Van Diemen Chem Free	Tasmania	$ 9.50	$ 8.75
gluten-free			
BESAN (Chickpea) fl brown KIALLA org	Australia	$ 12.00	$ 11.00
BUCKWHEAT flour WHITE Kindred org	Tasmania	$ 14.00	$ 12.50
BUCKWHEAT fl WHOLEGRAIN Kindred org	Tasmania	$ 13.50	$ 12.20
COCONUT flour organic	Sri Lanka	$ 9.25	$ 8.25
CORN/MAIZE flour	NewZealand	$ 6.00	$ 5.50
GLUTEN FREE flour (Orgran) org	Australia	$ 10.00	$ 9.50
MACA POWDER organic	Peru/Bolivia	$ 32.00	$ 29.00
MASA FLOUR WHITE corn	Mexico	$ 10.00	$ 9.00
POLENTA coarse organic	Australia	$ 9.00	$ 8.00
POTATO STARCH conv	Poland	$ 7.50	$ 6.50
RICE flour - Brown organic	Thailand	$ 11.00	$ 10.00
SORGHUM (RED) Flour	Australia	$ 5.50	$ 5.00
TAPIOCA Flour/Starch bulk	Thailand	$ 5.50	$ 4.90
TEFF Flour - ivory	Australia	$ 12.00	$ 10.75
Grains			
gluten			
BARLEY pearled organic	Australia	$ 8.50	$ 7.50
BARLEY BLACK	USA	$ 12.00	$ 10.50
BURGHUL coarse	Turkey	$ 6.25	$ 5.75
BURGHUL fine	Turkey	$ 6.25	$ 5.50
COUSCOUS WHOLEWHEAT organic	Italy	$ 9.50	$ 8.50
COUSCOUS whole wheat PEARL organic	Israel	$ 10.00	$ 9.00
FARRO Roasted	Australia	$ 14.50	$ 13.25
FREEKEH Cracked Greenwheat	Australia	$ 11.50	$ 10.40
RYE whole grain	Australia	$ 6.75	$ 6.00
SPELT wholegrain	Australia	$ 11.00	$ 9.75
WHEAT wholegrain organic	Australia	$ 4.50	$ 4.00
gluten-free			
AMARANTH white	India	$ 10.00	$ 9.00
BUCKWHEAT BUCKINIS ACTIVATED org	China	$ 23.00	$ 21.00
BUCKWHEAT GROATS RAW Kindred org	Tasmania	$ 12.50	$ 11.25
BUCKWHEAT GROATS ROASTED conv	Australia	$ 14.00	$ 13.00
MILLET - hulled CONV	Australia	$ 11.00	$ 9.75
POPCORN conv.	Australia	$ 6.25	$ 5.50

RED RIce	Sri Lanka	$ 8.25	$ 7.50
Rice ARBORIO	Spain	$ 10.00	$ 9.00
Rice BASMATI BROWN organic	Australia	$ 9.50	$ 8.40
Rice BASMATI WHITE organic	India	$ 8.00	$ 7.50
Rice BROWN Bio MEDIUM-GRAIN org	Australia	$ 7.80	$ 7.00
Rice WHITE Bio MEDIUM-GRAIN org	Australia	$ 8.25	$ 7.50
Grocery			
cooking			
BAKING POWDER - Salt Skip	local/import	$ 27.00	$ 24.00
CACAO powder - raw organic	Peru	$ 46.00	$ 41.00
Chocolate DARK COUVERTURE org	Germany	$ 70.00	$ 65.00
COCOA powder ROASTED organic	Domin. Rep.	$ 45.00	$ 40.00
FALAFEL mix	local/import	$ 11.00	$ 10.00
KELP meal organic	Tasmania	$ 48.00	$ 43.00
STOCK pdr- Massel/BEEF style	Australia	$ 30.00	$ 27.00
STOCK pdr- Massel/CHICKEN style	Australia	$ 30.00	$ 27.00
STOCK pdr- Massel/VEGGIE	Australia	$ 30.00	$ 27.00
TVP textured vegetable protein	Aus/Import	$ 13.00	$ 11.50
YEAST- nutritional flakes	USA	$ 65.00	$ 58.00
cooking-dehydrated vegetables			
Dried CARROT diced/flaked	China	$ 17.50	$ 15.75
Dried GREEN PEAS	Hungary	$ 31.00	$ 28.00
MUSHROOMS mixed dried	France	$ 125.00	$ 110.00
MUSHROOMS PORCINI dried	France	$ 220.00	$ 195.00
Dried ONION FLAKES Chopped/Kibbled	China	$ 15.30	$ 13.75
Dried RED CAPSICUM	China	$ 35.00	$ 31.00
Dried SWEETCORN N/A	New Zealand	$ 63.00	$ 56.50
Dried TOMATO	France	$ 43.00	$ 38.50
general			
BICARB SODA NATURAL	Germany	$ 4.50	$ 4.00
BUTTER Ashgroves Farmhouse NO BULK DISC	Tasmania	$ 21.00	$ 19.50
CACAO BUTTER organic	Peru	$ 90.00	$ 80.00
COCONUT AMINO Sauce Nuilife 250ml	Philippines	$ 14.00	$ 12.54
COCONUT CHIPS/FLAKES organic	Sri Lanka	$ 18.00	$ 16.00
COCONUT Fine DESSICATED organic	Sri Lanka	$ 15.00	$ 13.50
COCONUT SHREDDED organic	Sri Lanka	$ 25.00	$ 22.50
PECORINO cheese Milel	Australia	$ 40.00	$ 37.00
TAHINI BLACK Carwari 375g jar	Import/Aus	$ 15.50	$ 14.00
TAHINI HULLED organic N/A	Import/Aus	$ 18.50	$ 16.50
TAHINI UNHULLED organic N/A	Import/Aus	$ 18.50	$ 16.50
TAMARI Spiral organic	Japan	$ 30.00	$ 26.00
Vinegar APPLE CIDER organic	Tasmania	$ 12.50	$ 11.00
Vinegar white NATURAL	Australia	$ 2.25	$ 2.00

PRESERVES/KOMBUCHA/BISCUITS: request variety			
Local Preserves prices may vary LARGE	Dodges	$ 10.00	$ 10.00
Local Preserves prices may vary SMALL	Dodges	$ 7.50	$ 7.50
Dinki Di Kombucha 250ml,750ml,1lt N/A	$ 2.50	$ 7.00	$ 9.50
Yuwanna biscuit?: Singles and packets N/A	range of varieties and prices $1.25-$10		
Household			
cleaning			
cleaning products are locally made & non-toxic			
LIQUID CONCENTRATE	Tas-made	$ 22.50	$ 20.50
use to mix all other cleaners: see recipe sheet in store			
LAUNDRY POWDER	Tas-made	$ 15.00	$ 13.50
LAUNDRY SOAKER natural bleach	Tas-made	$ 14.00	$ 12.50
SODA ASH natural		$ 10.50	$ 9.50
containers			
Spray bottle each		$ 2.50	$ 2.50
general			
Air Freshener REFILL (bottles available)	Tas-made	$ 12.00	$ 10.80
EPSOM SALTS Natural gst	Germany	$ 8.00	$ 7.00
WGAC Kitchen Towel SINGLE roll	China/Aus	$ 4.00	$ 4.00
WGAC Tissues SINGLE Packet	China/Aus	$ 3.00	$ 3.00
WGAC Toilet Paper SINGLE roll	China/Aus	$ 2.00	$ 2.00
bulk cartons - when available			
WGAC Dream Cloths pack of 3	China/Aus	$ 11.00	$ 11.00
WGAC Kitchen Towel CARTON X 6 rolls	China/Aus	$ 20.00	$ 20.00
WGAC Tissues CARTON x 12 packets	China/Aus	$ 24.00	$ 24.00
WGAC Toilet Paper CARTON x 48 rolls	China/Aus	$ 60.00	$ 60.00
personal all prices are per item			
Deodorant Stick - Vegan	Tasmania	$ 15.00	$ 15.00
Face Serum Oil RiverRich 25ml/50ml set price	Tasmania	$ 25.00	$ 40.00
HILLBILLY Fire Cider Throat Spray	Tasmania	$ 12.50	$ 12.50
HILLBILLY Tassie Tiger Balm	Tasmania	$ 20.00	$ 20.00
LEAPFUL Face Cream	Tasmania	$ 45.00	$ 45.00
LEAPFUL Hand Cream	Tasmania	$ 29.00	$ 29.00
Lip Balm - Body of Nature	Tasmania	$ 8.00	$ 8.00
Moisturiser RiverRich 100ml	Tasmania	$ 40.00	$ 40.00
Moisturiser RiverRich 50ml	Tasmania	$ 27.00	$ 27.00
SHAMPOO BAR All Washed Up	Tasmania	$ 7.00	$ 7.00
SOAP BAR All Washed Up	Tasmania	$ 7.00	$ 7.00
TOOTHBRUSH Enviro ADULT Black Soft gst	China	$ 4.50	$ 4.50
TOOTHBRUSH Enviro CHILD Black Soft gst	China	$ 4.50	$ 4.50
TOOTHPASTE Grants MILD MINT & PROPOLIS gst	Australia	$ 4.50	$ 4.00

Milks					
COCONUT milk powder VEGAN organic	Sri Lanka	$	32.00	$	29.00
PUREHARVEST SOY milk UNSWEETENED 1ltr ea.	**Aus/Import**	**$**	**3.00**	**$**	**3.00**
SOY milk Bonsoy org BOX of 6: ea PREORDER only	Australia	$	30.00	$	28.00
Nuts					
meal/butter					
ALMOND MEAL unhulled chem-free	Australia	$	32.00	$	28.50
PEANUT BUTTER - conventional	Australia	$	15.00	$	13.50
whole/pieces					
ALMONDS RAW WHOLE chem free	Australia	$	29.00	$	26.00
Almonds ROASTED chem free gst	Australia	$	33.00	$	29.00
BRAZIL nuts organic	Bolivia	$	75.00	$	68.00
CASHEWS raw whole - ORG	Vietnam	$	36.00	$	32.00
CASHEWS ROASTED unsalted gst	Viet/Switz	$	37.00	$	33.00
CASHEWS Roasted SKIN ON	Vietnam	$	47.00	$	43.00
HAZELNUTS ROASTED - *SUPER SPECIAL*	Tasmania	$	60.00	$	60.00
MACADAMIA Nuts WHOLE salted	Australia	$	70.00	$	65.00
PEANUTS roasted unsalted CONV gst	Australia	$	12.50	$	11.25
PECAN nuts HALVES	Australia	$	50.00	$	44.00
PINENUTS organic	China	$	85.00	$	75.00
PISTACHIO NUTS in shell/salted	Australia	$	45.00	$	40.00
CHOC-TURMERIC Walnuts	Australia	$	80.00	$	70.00
Walnuts - WEBSTERS	Tasmania	$	27.00	$	24.00
Walnuts COALDALE IN SHELL	Tasmania	$	16.50	$	15.00
Walnuts COALDALE PIECES chem free	Tasmania	$	59.00	$	53.00
Oils					
COCONUT oil - virgin org 900g/1lt jar **ea**	Sri Lanka	$	16.00	$	14.00
OLIVE OIL Olive Groves of Tas **per kilo** 1kg=1.1lt	Tasmania	$	30.00	$	27.00
PEANUT oil Spiral organic 500g btle ea	Australia	$	18.50	$	16.00
SESAME oil Spiral organic 500g bottle ea	Mexico	$	21.00	$	19.00
Pulses					
ADZUKI Beans conv.	Australia	$	9.00	$	8.00
BLACK TURTLE Beans	Canada	$	5.50	$	5.00
BLACKEYED Peas	USA	$	8.20	$	7.50
BORLOTTI Beans	USA/Canada	$	9.50	$	8.50
CANNELLINI Beans	Australia	$	9.50	$	8.50
CHICKPEAS conventional	Australia	$	9.50	$	8.50
YELLOW SPLIT PEAS conv. NEW	**Australia**	**$**	**5.60**	**$**	**5.00**
HARICOT/NAVY Beans	Canada	$	8.00	$	7.25
LENTILS Brown-Green	Canada	$	10.50	$	9.50
LENTILS French PUY ORGANIC	Canada	$	16.00	$	14.50
LENTILS Red Split CONV	Turkey	$	5.00	$	4.50
LIMA Beans large	USA	$	13.00	$	11.50
MUNG beans	Australia	$	8.00	$	7.00

SOY BEANS organic	Australia	$ 9.25	$ 8.25
RED KIDNEY beans	Canada	$ 10.50	$ 9.50
Seeds			
ALFALFA Seed	Australia	$ 32.00	$ 29.00
CHIA seeds ORG - BLACK	Paraguay	$ 13.00	$ 11.50
HEMP SEED Aus CONVENTIONAL	Australia	$ 43.40	$ 39.00
LINSEED Kialla organic	Australia	$ 15.00	$ 13.00
POPPY seed	Australia	$ 28.00	$ 25.00
PUMPKIN/Pepita seed ORG China	China	$ 16.50	$ 14.50
QUINOA wholegrain Kindred organic	Tasmania	$ 14.00	$ 12.50
QUINOA RED wholegrain organic	Peru	$ 15.00	$ 13.50
SESAME seed BLACK	India	$ 19.00	$ 17.00
SESAME seeds HULLED org	India	$ 15.50	$ 14.00
SESAMED Seeds UNHULLED ROASTED org	Ethiopia	$ 16.50	$ 14.50
SPROUTING mix seeds	Aust/India	$ 16.00	$ 14.50
SUNFLOWER seeds conventional	Bulgaria	$ 11.50	$ 10.25
TAPIOCA seed	Thailand	$ 8.00	$ 7.00
Treats/Snacks			
Treats/Sweet			
CHOCOLATE drops DARK organic	Germany	$ 70.00	$ 65.00
CHOCOLATE drops MILK organic N/A	Germany	$ 75.00	$ 70.00
CHOC-RASP LICORICE organic	Australia	$ 79.00	$ 71.00
SALMIAK Rock - Licorice	Holland	$ 41.00	$ 37.00
Snacks			
Banana CHIPS dried	Philippines	$ 15.00	$ 13.50
Chickpeas SALTED	Australia	$ 20.00	$ 18.00
SOY CRISPS plain	Aust/Import	$ 28.00	$ 25.00
Sweeteners			
Honey BUSH now with fill your own option	Tasmania	$ 17.50	$ 15.00
Honey LEATHERWOOD	Tasmania	$ 17.50	$ 15.00
K Bee W Honey NEW 1kg, 500g, 300g N/A	Local	$22, $11.50, $8 set price	
MAPLE syrup 100% organic	Canada	$ 31.00	$ 27.00
Sugar COCONUT organic	Indonesia	$ 12.40	$ 10.50
Sugar RAW organic	Australia	$ 5.00	$ 4.50
Sugar RAPADURA organic	Sri Lanka	$ 9.50	$ 8.75