

GROCERY LIST

INSTRUCTIONS:

1. Save a copy to your computer
2. Click on highlighted cell next to item
3. Type in desired #
4. Save document
5. Email to: orderONP@gmail.com

FRESH PRODUCE	Price	Details	Quantity
Arugula- (Good Life Growing)	\$3.50	Sold per 4oz container	
Basil-Dried (Good Life Growing)	\$1.00		
Collard Greens - "F1 Flash" Big Leaf Collards, 8oz Bunched	\$2.75	Sold per 8oz bunch	
Cucumbers - "F1 Olympian" Slicing Cucumber (Good Life Growing)	\$1.00	Sold per each	
Eggplant - "Galine" Italian Eggplant (Good Life Growing)	\$2.00	Sold per each	
Garlic - Small (Good Life Growing)	\$0.50	Sold per each	
Garlic-Large (Good Life Growing)	\$1.00	Sold per each	
Kale - Baby "Premier OG" smoothleaf (4oz) (Good Life Growing)	\$3.50	Sold per 4oz container	
Kale- Curly , Bunched(8oz) (Good Life Growing)	\$2.50	Sold per 8oz bunch	
Lettuce Mix: "Allstar Spring Mix" (Good Life Growing)	\$3.50	Sold per 4oz container	
Lettuce: "F1 Sparx" Romaine (1lb'ish head)	\$3.00	-	
Microgreens - Assorted Varieties (asks whats available and you got it)	\$3.00	Sold per 4oz container	
Mint-Dried (Good Life Growing)	\$1.00	-	
Onions-Red (Good Life Growing)	\$0.99	Sold per pound	
Onions- White (Good Life Growing)	\$0.99	Sold per pound	
Onions- Yellow (Good Life Growing)	\$0.99	Sold per pound	
Peppers - Bell Peppers "F1 King Arthur" (Good Life Growing)	\$1.25	Sold per each	
Peppers - Sweet Peppers "Lunchbox OG" (Good Life Growing)	\$1.50	Sold per 4oz container	
Potatoes-Red Potatoes (Good Life Growing)	\$1.50	Sold per pound	
Potatoes-Russett (Good Life Growing)	\$1.00	Sold per pound	
Potatoes-Sweet (Good Life Growing)	\$1.50	Sold per pound	
Sage-Dried (Good Life Growing)	\$1.00	-	
Spinach- "Baby F1 Seaside" smoothleaf (Good Life Growing)	\$3.50	Sold per 4oz container	
Squash-Butternut (Good Life Growing)	\$1.50	Sold per pound	
Squash (Spaghetti)	\$1.25	Sold per pound	
Swiss Chard - Baby "Bright Lights" (Good Life Growing)	\$3.50	Sold per 4oz container	
Swiss Chard - Bunched "Bright Lights" (Good Life Growing)	\$2.50	Sold per 8oz container	

FRESH FRUIT	PRICE		
Apples- Gala	\$1.99	Sold per pound	
Apples- Red Delicious	\$1.99	Sold per pound	
Apples- Honeycrisp	\$1.99	Sold per pound	
Bananas (Fyffes)	\$1.25	Sold per pound	
Grapes- with seeds (Welchs)	\$2.99	Sold per pound	
Grapes - without seeds (Welchs)	\$2.99	Sold per pound	
Lemon	0.75	Sold per each	
Pears-D'Anjou (Stemilt Rushing Rivers)	\$2.50	Sold per pound	
Strawberries-1lb Pack (Well-Pict)	\$3.50	Sold per pound	

MEATS

*** (Frozen after processing in Missouri to ensure maximum freshness) ***

BEEF (100% Free Range, Grass Fed)

	PRICE		
Beef Jerky (Grazers)	\$3.50	-	
Beef Sticks- Black Angus (Grazer's)	\$2.50	-	
Beef Sticks- Jalapeno & Cheese (Grazer's)	\$2.50	-	
Brisket (Grazer's) note: between 5-7lbs each	\$10.00	Sold per pound	
Chuck Steaks (Grazer's)	\$9.50	Sold per pound	
Cowboy Ribeye Steak (Grazer's)	\$20.00	Sold per pound	
Cubed Steaks (Grazer's)	\$7.00	Sold per pound	
Eye of Round Roast (Grazer's)	\$7.50	-	
Eye of Round Steak (Grazer's)	\$9.50	Sold per pound	
Filet Mignon Steak (Grazer's) note: each filet is roughly 1/4lb	\$20.00	Sold per pound	
Flat Iron Steak (Grazer's)	\$8.00	Sold per pound	
Ground Beef (Grazer's)	\$8.00	Sold per pound	
Ground Beef Patties (Grazer's)	\$8.75	Sold per pound	
Kabob Meat (Grazer's)	\$8.50	Sold per pound	
Liver (Grazers)(don't knock it til you try it)	\$5.00	Sold per pound	
New York Strip Steak (Grazer's)	\$9.00	Sold per pound	

New York Strip Steak (Root 'n Holler)(Individually Priced)	\$9.00	Sold Per Each (1/2lb on average)	
Osso Bucco (Grazers)	\$10.00	Sold per pound	
Oxtail (Grazers)	\$5.00	Sold per pound	
Porterhouse Steak (Grazer's)(Individually Priced)	\$20.00	Sold per Each	
Ribeye Steak (Grazer's)	\$10.50	Sold per pound	
Ribeye Steak (Root 'n Holler, Cape Girardeau MO)(Individually Priced)	\$17.00	Sold Per Each (7/8 lb on average)	
Round Steaks (Grazer's)	\$8.00	Sold per pound	
Short Ribs (Grazer's)	\$9.75	Sold per pound	
Sirlion Steak (Grazer's)(Thick Sliced)	\$10.00	Sold Per Each (7/8 lb on average)	
Sirloin Steak (Grazer's)(Thin Sliced)	\$7.00	Sold Per Each (2/3lb on average)	
Sirloin Tip Steak (Grazer's)	\$10.00	Sold per pound	
Soup Bones (Grazer's)	\$4.00	Sold per pound	
T-Bone Steak (Grazer's)	\$14.00	Sold per Each	
Tongue	\$8.00	Sold per pound	

CHICKEN (100% Pasture Raised, never caged)

Chicken Breast: Boneless/Skinless (Grazer's)	\$9.00	Sold per pound	
Chicken Breast: Young/Boneless/Skinless (Buttonwood Farms)	\$7.50	Sold per pound	
Drumsticks (Grazer's)	\$8.00	-	
Chicken Wings (Grazer's)	\$7.50	Sold per pound	

LAMB (100% Pasture Raised, non GMO feed)

Ground Lamb	\$10.00	Sold per pound	
Lamb Chops (Grazer's)	\$12.00	Sold per pound	
Lamb Steaks (Grazer's)	\$12.00	Sold per pound	

PORK (100% Free Range, non GMO feed)

Bacon - Hickory Smoked (Dad and Me Farms, Breese IL)	\$13.00	Sold per pound	
Bacon- Sugar Cured/Moked Cured (Newman Farm, Myrtle MO)	\$9.00	Sold per pound	
Ground Pork (Grazer's)	\$9.50	Sold per pound	
Ham Steak (Grazer's)	\$9.50	Sold per pound	
Pork Cutlets (Grazer's)	\$5.00	Sold per pound	
Porkchops-Bone-In (Grazer's)	\$18.00	Sold per pound	
Pork Rib Chops (Grazer's)	\$15.00	Sold per pound	
Porksteaks-St. Louis Style (is there any other style?) (Grazer's)	\$9.50	Sold per pound	

DAIRY: Rolling Lawns Farm in Greenville, IL

***100% Pasture Raised Holstein Dairy Cows,
100+ years of ethical experience

Whole Milk

PRICE

Gallon (128 oz)	\$5.50	-	
Half-Gallon (64 oz)	\$3.25	-	
Quart (32 oz)	\$2.75	-	
Single (12 oz)	\$2.00	-	

Reduced Fat 2% Milk

Gallon (128 oz)	\$5.50	-	
Half-Gallon (64 oz)	\$3.25	-	
Quart (32 oz)	\$2.75	-	
Single (12 oz)	\$2.00	-	

Skim Milk

Gallon (128 oz)	\$4.50	-	
Half-Gallon (64 oz)	\$3.00	-	
Quart (32 oz)	\$2.75	-	

Chocolate Milk

Half-Gallon (64 oz)	\$3.75	-	
Quart (32 oz)	\$3.00	-	
Single (12 oz)	\$2.00	-	

Strawberry Milk

Half-Gallon (64 oz)	\$3.75	-	
Quart (32 oz)	\$3.00	-	
Single (12 oz)	\$2.00	-	

Heavy Cream

Pint	\$10.00	-	
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Half and Half

Pint	\$8.00	-	
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EGGS

Pasture Raised Grade A (Buttonwood, California MO)	\$5.00	Sold per DOZEN	
Pasture Raised Grade A (Good Earth Egg Co., Bon Terre MO)	\$6.00	Sold per DOZEN	

Pre-cooked/Prepared Meals (100% Locally Made in St. Louis MO)**FUL (free of gluten, NO: added sugar, soy, preservatives, or hormones)**

**Fitness inspired meal prep, taste delicious and also nutritious!*

	PRICE		
Beef & Cabbage + Jasmine Rice + Red Bell Pepper Ketchup	\$10.00	-	
Mushroom Chicken and Coconut Rice + Roasted Broccoli	\$9.00	-	
Salt 'n Pepper Pork Tenderloin + Sweet Potato Mash + Steamed Veggies + Tangy BBQ Sauce	\$12.00	-	
Pulled Pork and Egg Breakfast Hash + Sweet Potatos + Shredded Kale	\$11.00	-	
Wild Salmon + Sweet Potato Noodles + Sauteed Kale + Chimchurri Sauce	\$14.00	-	

Kounter Kulter/Field of Fire (Chef Mike Miller)

**Premium products sourced with 100% local proteins and many local veggies*

***These sell FAST. Order ASAP while supplies last*

	PRICE		
Asparagus Cous Cous	\$6.00	-	
Asparagus Soup	\$8.00	(NEW ITEM)	
Beet Hummus	\$6.00	(NEW ITEM)	
Black Beans (Coffee Stewed)	\$7.00	(NEW ITEM)	
Chicken Bacon, Cheddar Mac 'n Cheese	\$8.50	-	
Chicken & Andouille Gumbo	\$10.50	-	
Country Style Pork Gravy (very limited)	\$7.50	-	
French Onion Soup	\$8.00	(NEW ITEM)	
Harissa Chicken Stew (with Buttonwood Chicken)	\$6.50	-	
Hot and Sour Soup (with Buttonwood Chicken)	\$8.00	-	
Kimchi - Winter Cabbage	\$6.00	-	
Korean Beef Ragu	\$11.00	-	
Lamb Spring Ragu	\$11.00	-	
Massaman Curry	\$12.00	-	
Moroccan Chick Pea Stew	\$8.00	New Price	
Mustard BBQ Pulled Pork	\$11.00	-	
Pork Mole Rojo	\$12.00	-	
Saag Paneer(Vegetarian)	\$8.50	-	
Southwest Chicken Noodle Soup	\$8.00	-	
Southwest Vegetable and Quinoa Soup	\$8.50	New Price	
Smoked Cheddar and Bacon Grits	\$9.00	-	
Smoked Pastrami Brisket	\$15.00	-	
Sloppy Joe (Beef)	\$10.00	(NEW ITEM)	
Sloppy Joe (Turkey)	\$10.00	-	
Tofu (Mapo Beef)	\$10.00	(NEW ITEM)	

Vegetable Medley Minestrone	\$8.00	(NEW ITEM)	
Umami Bone Broth (Made with Buttonwood Chicken Bones)	\$8.00	-	

House Specials (Filipino Inspired)

**Family Recipes passed down from Bicol Region Phillipines*

	PRICE		
Chicken Adobo w/white rice	\$8.00	-	
Pork Adobo w/white rice	\$8.00	-	
Chicken Adobo w/brown rice	\$8.00	-	
Pork Adobo w/brown rice	\$8.00	-	
"Chow Chow" Chicken w/noodles (braised with sweet peppers and onions)	\$8.00	-	
Chow Chow Pork w/noodles (braised with sweet peppers and onions)	\$8.00	-	
Pork Cutlets "Adobo Sytle" w/white rice	\$8.00	-	
Chicken Noodle Soup	\$5.00	-	
Pork Egg Roll: 7 per pack (the best egg rolls on earth, seriously)	\$8.00	-	
Chicken Garlic Fried Rice	\$6.50	-	
Ham Garlic Fried Rice	\$6.50	-	
Vegetarian Garlic Fried Rice	\$5.00	-	
Sweet Sticky Rice Cake (A great dessert!)	\$2.50	-	
White Rice- Long Grain (Cooked/Frozen)	\$2.00	-	

	PRICE		
BREAKFAST OPTIONS			
Cereal (Flax Red Berry, Crunch Honey, Crunchy Vanilla, Maple Pecan)	\$5.50	-	
Praline French Toast x2	\$5.00	-	
Praline French Toast x2 w/veggie Quiche	\$7.00	-	
Praline French Toast x2 w/locally raised bacon (2 strips)	\$7.00	-	
Mighty Cricket Protein Powder, 1/4 lb (St. Louis, MO)	\$9.00	-	
Mighty Cricket Protein Powder, 1/2 lb (St. Louis, MO)	\$15.50	-	
High Protein Instant Oatmeal Cups, Dark Cocoa, single serving (Mighty Cricket)	\$5.50	-	
High Protein Instant Oatmeal Bags, Dark Cocoa, 4 servings (Mighty Cricket)	\$15.00	-	

CANNED GOODS/ JARS TOO

	PRICE		
CANNED VEGETABLES			
Beans- Garbanzo (Cadia Organic/Dakota Pride)	\$2.50	-	
Beans- Black (Cadia Organic/Dakota Pride)	\$2.50	-	
Beans- Great Northern (Cadia Organic/Dakota Pride)	\$2.50	-	
Beans-Kidney (Cadia Organic/Simply Nature/Full Circle)	\$2.50	-	
Beans- Red Kidney (Cadia Organic/Simply Nature/Full Circle)	\$2.50	-	
Beans-Pinto (Cadia Organic/Simply Nature/Full Circle)	\$2.50	-	
Beets - Pickled (Hilty's Bee Yards, Bowling Green MO)	\$6.50	-	
Corn-Sweet (Cadia)	\$2.50	-	
Green Beans -Cut (Happy Harvest)	\$2.50	-	
Green Beans- French Style	\$2.50	-	
Green Beans - Spicy Pickled (Hilty's Bee Yards, Bowling Green MO)	\$3.75	-	
Olives- Kalamata	\$5.00	-	
Olives - Pimento Stuffed	\$5.00	-	
Olives - Pitted Green (Divina Organic)	\$5.00	-	
Peppers- Pickled Hot Peppers (Florence)	\$3.50	-	
Pickles - Dill (Two Men in a Garden, St. Louis, MO)	\$6.00	-	
Pickles - Spicy Dill (Two Men in a Garden, St. Louis, MO)	\$6.00	-	
Pickles - Bread & Butter (Two Men in a Garden, St. Louis, MO)	\$6.00	-	
Pickles - Zesty Bread & Butter (Reinneck Ranch)	\$5.00	-	
Sweet Peas (Cadia Organic)	\$2.50	-	
Tomatoes - Large (Hilty's Bee Yards, Bowling Green MO)	\$7.00	-	
Tomatoes w/ Green Chiles-Diced (Rotel)	\$1.25	-	
Tomatoes w/ Green Chiles-Diced (Casa Mamita)	\$1.25	-	

	PRICE		
CANNED FRUIT			
Apple Sauce-Chunky (Hilty's Bee Yards, Bowling Green MO)	\$4.50	-	
Fruit Cocktail (Sweet Harvest)	\$1.25	-	
Jackfruit (Chaokoh)	\$3.00	-	

Jackfruit - Young Green (Nature's Charm)	\$3.75	-	
Jackfruit - Young Green (Aroy-D, Chaokoh)	\$2.50	-	
Peaches - Large (Hilty's Bee Yards, <i>Bowling Green MO</i>)	\$6.50	-	

CANNED SEAFOOD

PRICE

Tuna-Albacore (Cadia)	\$2.00	-	
Tuna-Tongol (Cadia)	\$1.50	-	
Sadrines in Tomato Sauce (Ligo)	\$1.50	-	
Sardines (Wild Planet)	\$3.00	-	

CHILI/SOUPS/STOCKS/etc

PRICE

Base - Roasted Beef (Better Than Bouillon)	\$3.85	-	
Bouillon - Chicken(Large) (Better Than Bouillon)	\$6.50	-	
Broth- Veggie	\$3.50	-	
Chili - Medium, Spicy (Amy's Organic Chili)	\$4.00	-	
Chili - Medium w/ Veggies, Black Bean (Amy's Organic Chili)	\$4.00	-	
Curry - Coconut (Pacific)	\$4.00	-	
Soup - Alphabet, NO Chicken Noodle (Amy's Organic Soups)	\$3.50	-	
Soups - Split Pea, Veggie Barley (Amy's Organic Soups)	\$3.50	-	
Soups - Chicken Noodle, French Onion, Tomato Basil (Pacific)	\$4.00	-	
Stocks -Veggie (unsalted) (Kitchen Basics)	\$3.50	-	
Stocks - Beef (Kitchen Basics)	\$3.50	-	
Stocks - Chicken (unsalted)(Kitchen Basics)	\$3.50	-	

SPREADS (BUTTERS and HONEY)

PRICE

Almond Butter-Smooth w/ no salt (EastWind)	\$4.25	-	
Apple Butter (Hilty's)	\$4.00	-	
Honey-Natural, Raw (Hilty's Bee Yards)	\$6.00	-	
Peanut Butter - Valencia Crunchy no salt (EastWind)	\$4.25	-	
Peanut Butter - Valencia Smooth no salt (EastWind)	\$4.25	-	
Peanut Butter - Valencia Smooth w/ salt (EastWind)	\$4.25	-	
Pear Butter (Hilty's Bee Yards)	\$4.00	-	

PASTA/PASTA SAUCE/RICE

PRICE

Pasta - Bucatini (Racconto)	\$2.50	-	
Pasta - Cavatappi (Racconto)	\$2.50	-	
Pasta - Ditali (Racconto)	\$2.50	-	
Pasta - Egg Dumplings (Racconto)	\$2.75	-	
Pasta - Elbows_ Organic (Dakota Growers)	\$3.00	-	
Pasta - Extra Broad Egg Noodles (Racconto)	\$2.75	-	
Pasta -Fusilli_ Whole Wheat (Cadia Organic)	\$3.00	-	
Pasta -Fusilli (Anna)	\$4.50	-	
Pasta - Linguine (Racconto)	\$2.50	-	
Pasta - Penne_ Organic (Dakota Growers)	\$3.00	-	
Pasta - Rotini_ Organic (Dakota Growers)	\$3.00	-	
Pasta - Rotini (Racconto)	\$2.50	-	
Pasta - Shells (Racconto)	\$2.50	-	
Pasta - Spaghetti_ Organic (Dakota Growers)	\$3.00	-	
Pasta - Spaghetti (Racconto)	\$2.50	-	
Rice - Basmati_ 5lb bag (Royal)	\$5.50	-	
Rice - Brown_ 5lb bag (Homai)	\$4.50	-	
Rice -Long Grain, 5lb bag (Purple Dragon)	\$3.50	-	
Rice - Stick Noodle (Hsinchu, Excellent)	\$3.25	-	
Rice- Stick Noodles (Three Ladies)	\$3.25	-	
Rice -Sweet, 5lb bag (Three Ladies)	\$8.75	-	
Sauce - Alfredo (Taste of the Hill, <i>St. Louis, MO</i>)	\$5.50	-	
Sauce- All Purpose (Large) (Mang Thomas)	\$3.00	-	
Sauce- All Purpose (Small) (Mang Thomas)	\$2.50	-	
Sauce- All Purpose_ Hot & Spicy (Small) (Mang Thomas)	\$2.50	-	
Sauce-Banana (Jufran)	\$2.50	-	
Sauce - Pasta: Four Cheese (Taste of the Hill, <i>St. Louis, MO</i>)	\$5.50	-	
Sauce - Pasta: Garlic+Basil (Vivianos, <i>St. Louis, MO</i>)	\$4.25	-	

Sauce- Pasta Sauce (<i>Taste of the Hill, St. Louis, MO</i>)	\$5.50	-	
Sauce- Tomato Alfredo (<i>Taste of the Hill, St. Louis, MO</i>)	\$5.50	-	
Sauce -Tomato (Cadia Organic)	\$1.25	-	

CONDIMENTS/DIPS/SAUCES

PRICE

A-1 Steak Sauce - 10oz	\$5.50	-	
Fish Sauce (Thai Kitchen)	\$4.00	-	
MILD Ghetto Sauce (Freddie Lee's): It's an all purpose BBQ style sauce (St. Louis MO)	\$5.00	-	
SPICY Ghetto Sauce (Freddie Lee's): It's an all purpose BBQ style sauce (St. Louis MO)	\$5.00	-	
Hot Chili Sauce-Large (Sriracha)	\$3.50	-	
Hot Chili Sauce-Small (Sriracha)	\$2.25	-	
Hot Sauce - Louisiana (Louisiana)	\$1.50	-	
Hot Sauce (Frank's Red Hot)	\$1.50	-	
Hot Sauce (Cholula)	\$2.50	-	
Hot Sauce-Salsa Picante (Valentina's)	\$2.50	-	
Ketchup (Heinz)	\$2.50	-	
Ketchup (Cadia Organic)	\$3.25	-	
Mayo	\$9.00	-	
Mustard-Yellow (Heinz)	\$2.25	-	
Mustard-Yellow (Cadia Organic)	\$3.25	-	
Mustard - Spicy Brown (Cadia)	\$3.25	-	
Oyster Sauce (Lee Kum Kee)	\$6.90	-	
Pepper Sauce-Hot Red (Ozark Forest)	\$5.00	-	
Salsa-Hot Mango (<i>Two Men in a Garden, St. Louis MO</i>)	\$6.00	-	
Salsa- Strawberry (Two Men in a Garden, St. Louis MO)	\$6.00	-	
Salsa- Mild (Two Men in Garden, St. Louis MO)	\$6.00	-	
Salsa- Medium (Two Men in Garden, St. Louis MO)	\$6.00	-	
Salsa-Hot (<i>Two Men in Garden, St. Louis MO</i>)	\$6.00	-	
Salsa - Mild Taco (Christine's Salsa, Edwardsville)	\$7.00	-	
Soy Sauce-Ponzu Citrus (Lime) (Kikoman)	\$3.50	-	
Sweet Chili-Large (Mae Ploy)	\$4.45	-	
Sweet Chili-Small (Mae Ploy)	\$2.50	-	
Worcestershire Sauce (Annie's Organic)	\$4.00	-	

SALAD DRESSINGS

PRICE

Creamy Balsamic. (Brianna's)	\$5.00	-	
Honey Mustard (Brianna's)	\$5.00	-	
Asiago Caesar (Brianna's)	\$5.00	-	
French Vinegrett (Brianna's)	\$5.00	-	
Ranch (Brianna's)	\$5.00	-	
Black Wine Vinegrette (Brianna's)	\$5.00	-	
Poppy (Brianna's)	\$5.00	-	
Imos: House Italian Dressing/Marinade (St. Louis)	\$5.00	-	
Fortels Pizza Den: Lite Creamy Italian (St. Louis, MO)	\$5.00	-	
Lonzerotti's: Sweet Italian (Jacksonville, IL)	\$5.00	-	
Zia's: Sweet Italian Oil & Vinegar (St. Louis)	\$5.00	-	
Rich & Charlie's: Italian (St. Louis)	\$5.00	-	

BAKING/COOKING OILS/SEASONING/SPICES/VINGEGAR

PRICE

5 Spice Powder Seasoning (Frontier)	\$4.00	-	
Adobo Seasoning (Frontier)	\$4.00	-	
All Spice Seasoning (Frontier)	\$4.00	-	
Balsamic Vinegar (Bonavita)	\$11.50	-	
Basil (Simply Organic)	\$2.50	-	
Breading-Chicken. Fish-Red, Fish-Yellow (Andy's, St. Louis MO)	\$2.50	-	
Brown Sugar-Light (Wholesome Organic)	\$6.00	-	
Cayenne (Simply Organic)	\$2.50	-	
Chia Seeds (Badia)	\$7.00	-	
Chili Powder (Simply Organic)	\$2.50	-	
Coconut Milk (Chaokoh)	\$2.50	-	

Corn Syrup (Chestnut Hill)	\$2.00	-	
Dill Weed (Simply Organic)	\$2.50	-	
Garam Masala Seasoning (Frontier)	\$4.00	-	
Ginger (Simply Organic)	\$2.50	-	
Lemon Pepper Seasoning (Simply Organic)	\$5.00	-	
Liquid Aminos (Bragg)	\$6.00	-	
Olive Oil-Extra Virgin (Bragg)	\$11.00	-	
Onion Powder (Simply Organic)	\$2.50	-	
Paprika-Smoked (Simply Organic)	\$5.00	-	
Peanut Oil (Spectrum)	\$8.25	-	
Salt-Real (Redmond's)	\$5.00	-	
Salt+Pepper Combo (Frontier)	\$8.50	-	
Sase Seasoning (Diversity Spice Blend)	\$2.50	-	
Sesame Oil (Spectrum)	\$6.00	-	
Sucanat (Wholesome Organic)	\$7.00	-	
Tarragon (Simply Organic)	\$2.50	-	
Vinegar-Apple Cider(Small) (Bragg)	\$6.00	-	
Vinegar-Apple Cider(Large) (Bragg)	\$9.00	-	
Vinegar-White (Spectrum Organic)	\$7.50	-	

BEVERAGES

PRICE

Almond-Plant Based (Pacific)	\$4.00	-	
Calamansi Juice (Sweet Memories of Cebu)	\$1.25	-	
Coconut Milk (Chaokoh)	\$1.80	-	
Coffee (Breviary)	\$8.25	-	
Coffee-Papa New Guinea (Switch Coffee)	\$9.00	-	
Dr. Pepper (Reg. & Diet)	\$1.50	-	
Fitz's (Cardinal Red Cream, Grape, Regular Cream)	\$1.50	-	
Fitz's (Black Cherry, Orange, Root Beer)	\$1.50	-	
Gatorade 12oz. (Small)	\$1.25	-	
Gatorade 20oz. (Large)	\$1.75	-	
Grape Juice-White (Santa Cruz)	\$4.50	-	
Green Tea (16.9oz)	\$1.50	-	
Hazelnut- Plant Based (Pacific)	\$4.00	-	
Jumex (Mango, Straw. Ban., Guava)	\$1.00	-	
Mango Juice Nectar (Sweet Memories of Cebu)	\$1.25	-	
Orange Mango Juice (Santa Cruz)	\$4.50	-	
Orange Soda (Sunkist)	\$1.50	-	
Pear Juice Nectar (Santa Cruz)	\$4.50	-	
Pineapple Juice (Sweet Memories of Cebu)	\$1.25	-	
Pineapple Juice-Pure (Lakewood)	\$4.50	-	
Pomegranate Juice (Foco)	\$1.50	-	
San Pellegrino- Blood Orange, Clementine	\$1.50	-	
Soy-Plant Based (Pacific)	\$4.00	-	
Tea- Black (Equal Exchange)	\$4.50	-	
Water-1 ltr. (Bai)	\$2.25	-	
Water-500 ml (Fiji)	\$1.50	-	
Water-16.9 oz	\$1.00	-	

CHIPS/PROTEIN BARS/SNACKS

PRICE

Almonds (Mound City, St. Louis MO)	\$7.50	-	
Beef Stick - Orignal (Grazer's)	\$2.50	-	
Beef Stick - Jalepeno Cheddar (Grazer's)	\$2.50	-	
Beff Jerky - Original (Grazers)	\$3.50	-	
Candy (Butter Scotch, Strawberry, Assorted Fruits)	\$1.50	-	
Cassava Strips-Toasted/Salted (Tumbis)	\$7.00	-	
Cheese Wheel-Baby (Babybel)	\$0.50	-	
Chips (Red Hot Riplets)	\$1.00	-	
Chips-Original, Jalapeno, Voodoo (Zapp's)	\$1.00	-	
Chips- Dill(Large) (Zapp's)	\$1.50	-	
Crackers- Sharp White Cheddar, Extra Big (Cheez-It)	\$3.95	-	
Crackers- Itanlian 4 Cheese, Extra Big (Cheez-It)	\$3.95	-	

Crackers-Pita (Townhouse)	\$3.95	-	
Cracker Nuts-Hot, Original	\$2.00	-	
Plantain Chips- Regular, Sweet (Tumbi's)	\$1.25	-	
Plantain Chips- Chili & Lemon (Tumbi's)	\$1.25	-	
Plantain Chips- Lemon & Salt (Tumbi's)	\$1.25	-	
Plantain Strips-Original (Tumbis)	\$7.00	-	
Plantain Strips- Ripe/Sweet (Tumbis)	\$7.00	-	
Protein Bar- Crunch Peanut Butter (Cliff)	\$2.00	-	
Protein Bar- Chocolate Chip (Cliff)	\$2.00	-	
Protein Bar-Dark Chocolate Chunk (Kind)	\$2.00	-	
Protein Bar-Peanut Butter and Chocolate (RX)	\$2.00	-	
Protein Bar- Chocolate Chip (RX)	\$2.00	-	
Protein Bar- Sea Salt (RX)	\$2.00	-	

MISCELLANEOUS

PRICE

Boxed Mushroom Meal-Jungle Curry (Thai flavored)(Ozark Forest)	\$6.00	-	
Boxed Mushroom Meal- Mushroom Monsoon (Indian Flavored)(Ozark Forest)	\$6.00	-	
Potted Succulent Plant (cloned/graphed in St. Louis MO by Good Life Growing)	\$12.00	-	