



CALL 688-2908 or
email lahavebakery@gmail.com with your order

Dried goods list
Order in increments of \$5, \$10 or \$20.

Apricots, dried, organic: 14.20/1kg
Almonds, sliced: 23.50/1kg
Almonds, whole blanched: 29.25/1kg
Baking powder: 6.75/1kg
Baking soda: 5.70/1kg
Banana chips: 9.00/1kg
Barley, pearl: 4.80/1kg
Black turtle beans, dried: 4.10/1kg
Canola Oil: 3.00/L
Chia seeds: 21.00/1kg
Chickpeas, dried: 3.90/1kg
Chocolate chips, pure: 11.40/1kg
Cocoa (22/24): 18.75/1kg
Coconut, sweetened shredded: 8.20/1kg
Coconut flour, organic: 6.60/1kg
Coconut Oil, organic: 18.00 per 1000ml jar
Coconut Milk: 5.00 per can
Coffee, any whole bean: 32.50/1kg (JAVA BLEND or QUEST)
Cornmeal: 2.75/1kg
Cornstarch: 3.50/1kg
Couscous (medium): 16.50/1kg
Cracked wheat: 1.80/1kg
Cranberries, dried: 9.40/1kg
Dates, whole pitted: 4.20/1kg
Egg noodle: 11.60/1kg
Flax, milled: 2.90/1kg
Flax, whole: 3.00/1kg
Flour, all purpose, unbleached, organic: 3.40/1kg
Flour, dark rye: 1.46/1kg
Flour, Spelt, organic: 4.50/1kg
Flour, unbleached: 1.30/1kg

Lentils, green, organic: 5.10/1kg
Lentils, red, organic: 8.60/1kg
Macaroni, elbows: 1.58/1kg
Macaroni, elbows, whole grain: 9.40/1kg
Macaroni, brown rice: 13.20/1kg
Maseca flour: 9.75 per 2 kg bag
Milk Powder, skim: 13.05/1kg
Molasses, fancy: 3.40/1kg
Mustard powder: 4.40/1kg
Mustard seed, brown:
Mustard seed, yellow:
Oats, organic, rolled, GF: 4.00/1kg
Oats, instant: 2.40/1kg
Oats, rolled: 2.40/1kg
Orzo pasta: 6.60/1kg
Parchment paper: 0.30 per sheet.
Peanuts, salted: 7.50/1kg
Peanut butter, smooth sweetened: 9.00/1kg
Pecans, pieces: 44.00/1kg
Poppyseeds: 12.50/1kg
Pumpkin seeds: 12.35/1kg
Quinoa seeds, white, organic: 11.40/1kg
Raisins, golden: 8.30/1kg
Raisins, sultana: 5.78/1kg
Rice, basmati, organic: 9.80/1kg
Rice, brown, long grain, organic: 5.60/1kg
Rice, wild: 32.00/1kg
Salt, fine sea: 1.60/1kg
Sesame seeds: 7.23/1kg
Sesame seed oil: 41.55 per can
Split Peas, green: 3.50/1kg
Split peas, yellow:
Sugar, brown: 0.95/1kg
Sugar, cane, white: 2.03/1kg
Sugar, icing: 2.33/1kg
Sugar, raw cane: organic: 4.20/1kg
Sunflower seeds: 5.61/1kg
Tahini sesame paste: 12.00 per 2 lb jar
Toilet paper, 100% recycled: \$2 per roll
Tomato, sundried: 15.00/1kg
Vinegar, apple cider: 13.80 /5L
Vinegar, red wine: 14.40/5L jug
Vinegar, white: 8.75/5L jug
Walnuts, pieces: 23.76/1kg
Yeast: 6.10 PER PKG

DRIED HERBS AND SPICES, ask for availability.

SQUARES \$3.00 each, as available.

Lemon, Naniamo, Date, Brownies, Butter Tarts, Carrot Cake, Molly Bars, Toffee Bars.

Cookies: 5 pk for 6.00, as available.

Chocolate Chip, Mixed Seed.

Oatcakes: 5 pk for 7.50

Assorted Higgins & Burke Teas, box of 20 bags: 5.75

Take-Home Dinners (frozen)

Large:20 Small:10

Thai Vegetable Curry

Macaroni and Cheese

Lentil Shepherd's Pie

Beef Shepherd's Pie

Beef Lasagna

Roasted Butternut Squash Lasagna

Chicken Au Gratin

Haddock Au Gratin

All Butter Crust Pies

Large:30 Small:16

Chicken

Coconut Curried Chicken

Beef Steak

Scallop

Tourtiere

Assorted Dessert Pies

Frozen pasta sauces

1L: 18.00, 500mL: 10.00

Italian Meatballs in Tomato Sauce

Sundried Tomato

Butter Chicken

House Made Mustards: 5.75 each

Honey & Tarragon, Hot Honey Horseradish, Hot Horseradish, Devil's (made with sriracha), Honey & Ginger, Lime

House Made Dressings: 5.75 each

Honey Mustard Vinaigrette

Herbed Balsamic Vinaigrette

Wildflower Honey 6.00 each. (250ml.)

Maplewood Maple Syrup
250ml: 10.00
500ml: 15.00
750ml: 20.00

House Made Jams: 6.75 each
Strawberry, Banberry, Sour Cherry, Peach, Mango Jalapeno Jelly

Seville Orange Marmalade: 7.75 each

DOWN EAST soaps 6.00/1L
Laundry, Hand & Body, Dish

ONEKA cedar & sage: 9.00 per 500 ml bottle
Shampoo and Conditioner

Meats from Martock Glen (Assorted pricing)
Lean Ground Beef (1lb), Italian Sausages (4 pk), Smoked Applewood Bacon, Whole Chickens,
Chicken legs, Chicken thighs, Chicken Breast.

SCALLOPS

MILK, BUTTER, EGGS, CHEESE, sour cream, cream cheese.

Condiments (mayo, dijon)

ASSORTED PRODUCE

FRESH BREAD EVERYDAY! \$4.75 per loaf!

yesterday's bread and freezer bread is also available. ASSORTED ONLY!

We are still taking orders for birthday cakes!

Double layer, 9 inch round

Chocolate with Chocolate Icing 38.00

Carrot Cake with Cream Cheese Icing 42.00

Butter Pound with Buttercream Icing 48.00