

SPECIALS

MARKET UPDATES

2nd-8th May, 2023

- Sea Vegetable, Beach Banana (Karkalla) Punnet \$5.80
- Lettuce, Radicchio Round Tray \$16.80
- Fioretto (10-15kg) Big Box \$36.00
- Beetroot, Baby Purple Bunch \$1.50
- Assorted Dried Japanese Seaweed Pack \$8.80



**Beach Banana
(Karkalla)**



**Lettuce
Radicchio**



Fioretto



**Beetroot
Baby Purple**



**Assorted Dried
Japanese Seaweed**



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Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- Baby Beetroots
- Hydro Lettuce
- Silverbeet
- Green Cabbage
- Red Cabbage
- Green Beans
- Green Kale
- Tuscan Kale
- Green Oak Lettuce
- Flat/Field Mushroom
- Button Mushroom
- Cherry Tomato
- Cherry Medley Tomato
- Yellow Grape Tomato
- Cherry Truss Tomatoes
- Bok Choy
- Chinese Broccoli
- Choy Sum
- Green Shallots
- Lebanese Eggplant
- Zucchini
- Broccoli
- Cauliflower
- Grapes (Red, Green, Black)
- Rockmelon
- Honeydew
- Green Pear
- Red Papaya
- Thai Eggplant
- Brussel Sprouts
- Premium and Juicing Green Apples

Expensive/Finishing for Season/Short in Supply

- **Cherry Eggplant** – short in supply due to inconsistent weather.
- **Yellow & White Peach** – end of season.
- **Yellow & White Nectarines** – end of season.
- **Cherries** – end of season.
- **Queen Garnet** – end of season.
- **Sugar Plum** – stone fruits now coming to end of season.
- **Green Sour Mango** – stock now imported from Vietnam, meaning increase in price.
- **Yellow Mango** – season coming to an end, now is ideal to remove from menu.
- **Round and Roma Tomatoes** – short in supply due to poor weather, meaning prices will increase.
- **White Dragon Fruit** – experiencing increase in price, due to weather and logistics.
- **Society Garlic Flower** – inconsistent supply due to cold weather.
- **Asparagus** – imported from Mexico, meaning prices will increase.
- **Pineapple** – short in supply.
- **Red & White Witlof** – inconsistent supply due to weather.

Products of Interest/In Season

- **Finger Limes** – AUS season, its fresh citrus flavour is great for dressings, garnishes, sauces and jams.
- **Vanilla Bean** – shipment has arrived from Papua New Guinea.
- **Sea Grapes** – comes in 100gr pack, often referred to as green caviar for its fish roe like appearance, but is part of the seaweed variety.
- **Australian Grapes** – available in green, black and red. Quality and price is getting better.
- **Dried Seedless Grapes** – in good quality, comes in a 5 kg box.
- **Fioretto** – plenty supply around, sweet in taste.
- **Cumquats** – locally grown in Queensland.
- **Artichoke Jerusalem** – season starting, great quality and great supply.
- **Chestnut** – new season coming and good quality.
- **Sea Vegetable Karkalla** – specially grown in VIC for us. Great for garnishes.
- **Sea Vegetable Wild Samphire** – sourced from VIC.
- **Pine Mushrooms** – sourced from VIC, 3.5 kg box.
- **Hass Avocados** – season starting, going strong till next year. Good in flavour and quality.
- **Oyster Mushroom** – come in a 3.5 kg box.
- **Shiitake Mushroom** – come in a 4 kg box.
- **Brown Pear** – new season coming.
- **Feijoa** – sweet and flowery, suitable for desserts or in salads.
- **Star Fruit** – season starting, great quality and great supply.
- **Gourd Pumpkin** – great quality and supply.
- **Sugar Loaf Cabbage** – sweet and firm variety of cabbage.
- **Turkish Chillies** – locally grown.
- **Spaghetti Squash** – slightly sweet, perfect for baking. Sold by kg and tray.
- **Cipollini Onion** – round, flat Italian onions. Taste slightly sweeter than regular brown onion.
- **Imperial Mandarin** – Australian season, taste sweet and have a nice firmness. Good value.

