

## SPECIALS

# MARKET UPDATES

25th-31st July, 2023

- Avocado, Ripe Tray \$19.80
- Brussel Sprout, Green 10Kg Bag \$28.80
- Lettuce, Cos Box \$13.50
- Truffle, Premium Gram (Minimum 50g) \$1.20
- Truffle, Class 1 Gram (Minimum 30g) \$0.80



**Avacado**



**Brussel Sprouts**



**Cos Lettuce**



**Truffle Premium**



**Truffle Class 1**



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## Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- Baby Beetroots
- Silverbeet
- Green Cabbage
- Red Cabbage
- Green Kale
- Tuscan Kale
- Flat/Field Mushroom
- Cherry Tomato
- Cherry Medley Tomato
- Round Tomato
- Bok Choy
- Choy Sum
- Green Shallots
- Zucchini
- Broccoli
- Cauliflower
- Brussel Sprouts
- Fioretto
- Citrus
- Mandarins
- Japanese Pumpkin
- Butternut Pumpkin
- Parsnip
- Sweet Potato

## Expensive/Finishing for Season/Short in Supply

- **Horse Radish** – expensive.
- **Finger Limes** – expensive.
- **Thai Basil** – expensive, due to the cold weather.
- **Betel Leaves** – expensive, short supply due to cold weather.
- **Pineapple** – expensive, but price is slowly coming down.
- **Roma Tomatoes** – expensive due to the cold weather. It is recommended to use a Round Tomato as an alternative.
- **Lebanese Cucumber** – expensive due to the cold weather. It is recommended to use a Telegraph Cucumber as an alternative.
- **Limes** – expensive, shortage due to season transition.
- **Australian Grapes** – season finishing soon.
- **Society Garlic Flower & Elder Flower** – now end of season, starting in Spring.
- **USA Cherry and USA Stone Fruit** – expensive.

## Products of Interest/In Season

- **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.
- **Fioretto** – plenty supply around, sweet in taste.
- **Oyster Mushroom** – come in a 2.5kg box.
- **Cape Goosebery** – bittersweet, slightly tart, and quite juicy. Perfect for baked goods and jams.
- **Blood Limes** – great for garnishing.
- **Purple Brussel Sprouts** – new season.
- **Truffle** – in season now.
- **Blood Oranges** – season starting now.
- **Mandarins** – Australian season, taste sweet and have a nice firmness. Good value.
- **Cara Cara Orange** – great quality and great supply. Sweetest orange variety.
- **Dolci Navel Orange** – great quality now, also a good substitute for juicing oranges due to high sugar contents.
- **Baby Artichoke Jerusalem/Globe** – great quality and great supply.
- **Starfruit** – juicy tropical fruit.



## Truffle Season

Indulge in the earthy aroma of truffles, adding a touch of sophistication to your menu.



# MARKET UPDATES

## Notice

**Cucumber Lebanese is expensive at the moment  
(Recommended to use Telegraph Cucumber)**



**Roma Tomato is expensive at the moment  
(Recommended to use Round Tomatoes)**

