

NUTRI-CENTRE Price list as at April, 2011

S/N	Pasta	Weight (g)	Price in naira (N)
1	GF - Butternut Macaroni	500	1,950
2	Schar Spaghetti	500	2,000
3	Ds Spaghetti	500	2,000
4	GF - Plain Macaroni	500	1,900

S/N	Cereals	Weight (g)	Price in naira (N)
1	Nature's Path Mesa Sunrise	300	1,750
2	Nature's Path Whole Grain Crispy Rice Cereal	284	1,750
3	Free to Enjoy Honey Nut Flakes	375	1,800
4	Free to Enjoy Frosted Flakes	375	1,800
5	Hale & Hearty Jungle Choco Pops	275	1,750
6	Envirokids Gorilla Munch	284	1,750
7	Envirokids Kaola Crisp	325	1,750
8	Luxury GF - Granola	350	1,650
9	Nature's Path Whole O's	325	1,750

S/N	Gluten-Free Flour	Weight (g)	Price in naira (N)
1	GF - Almond Flour	300	1,950
2	GF - Cake Flour	500	1,500
3	GF - Crispy Pizza Mix	350	1,050
4	GF - Crumpet & Pancake Flour	500	1,600
5	GF - High Fibre Bread Flour	500	1,400
6	GF - Sandwich Bread Mix	380	1,350
7	GF - Waffle Flour	500	1,400

S/N	Snacks	Weight (g)	Price in naira (N)
1	GF - Corn Wafers	140	1,200
2	GF - Buttermilk Rusks	300	1,650
3	GF - Sesame & Coconut Rusks	350	1,700
4	Nachos - Avo Lemon & Black Pepper	100	750
5	Nachos - Cajun BBQ	100	750
6	Nachos - Cajun BBQ	250	1,300
7	Nachos - Chilli Ginger & Lime	100	750
8	Nachos - Chilli Ginger & Lime	250	1,300
9	Nachos - Feta Herb & Onion	100	750
10	Nachos - Feta Herb & Onion	250	1,300
11	Nachos - Lightly Salted	100	750
12	Nachos - Paprika Cheese	100	750
13	Nachos - Paprika Cheese	250	1,300
14	Nachos - Spicy Tomato	100	750
15	Snack Pack	170	
16	Jammy Wheels Biscuits	125	950
17	Tru Free Digestive	150	1,000
18	Tru Free Bourbon	125	1,000
19	Tru Free Custard Cream	125	1,000
20	Tru Free Milk & Chocolate Nobble	125	1,000
21	Orgran Chocolate Chips Itsy Bitsy Bears	175	1,300
22	Orgran Outback Animal Vanilla Cookies	175	1,300
23	Orgran Dinosaur Wholefruit Cookies	175	1,300
24	Orgran Outback Animal Chocolate Cookies	175	1,300
25	Orgran Shortbread hearts	150	1,100

S/N	Juices - Health Bev & Dairy Substitutes	Weight (g)	Price in naira (N)
1	Choc Milkshake	450	2000
2	Rice Milk powder	400	2100
3	Soya Milk powder - Cape Creamy	450	2100
4	Strawberry Milkshake	450	1900
5	Swiss Dream Milk Substitute	450	2100
6	Vanilla Toffee Milkshake	450	1700

S/N	Dried Fruit	Weight (g)	Price in naira (N)
1	Dried Cranberries	150	1,300
2	Dried Prunes	200	1,250
3	Fruit & Nut Munch	150	800
4	Mixed Dried Fruit	200	1,050
5	Tropical Fruit Mix	100	750

S/N	Seasonings & Sweetners	Weight (g)	Price in naira (N)
1	Fructose Sugar Substitute	250	900
2	Vegetable Stock	280	1,350

S/N	Herbal & Remedial Products	Weight (g)	Price in naira (N)
1	Bowel Flush	150	1,200
2	Psyllium Colon Cleanse	150	1,900

Please note:

All the above fall under: Gluten Free, Wheat Free, Milk/Casein Free, Lactose Free, Egg Free, Soy Free, Egg Free, Peanut Free, Treenut Free, Yeast Free, Vegan

Bakewise Bakery

Gluten-free breadrolls available fortnightly. Pick up is on Mondays . Minimum order = 6rolls. Price=N200 per roll

Note: Kindly place your orders via text or e-mail on Friday of the preceding week