



## MULTISNACK FACTORY SHOP AND ONLINE PRICE LIST - FEBRUARY 2024

E & OE

Prices can be subject to slight fluctuations from time to time.

Offers valid while stocks last.

| <b>BAKING PRODUCTS</b>      |                   |                  |  |   |
|-----------------------------|-------------------|------------------|--|---|
|                             | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
| Baking Powder Double Acting | 1 kg              | R 39,00          | +/- R63 for 500 g                                    | +/- R126  |
| Bread Crumbs                | 1 kg              | R 30,00          | +/- R30 for 350 g                                    | +/- R86   |
| Buckwheat Flour             | 1 kg              | R 131,00         | +/- R68 for 500 g                                    | +/- R136  |
| Chickpea Flour              | 1 kg              | R 55,00          | +/- R37.50 for 350 g                                 | +/- R107  |
| Coconut Deseccated Fine     | 500 g             | R 26,00          | +/- R77 for 500 g                                    | +/- R154  |
| Coconut Flakes              | 1 kg              | R 48,00          | +/- R66 for 200 g                                    | +/- R330  |
| Coconut Oil Tub             | 1 kg              | R 52,00          | +/- R90 for 1 kg                                     | +/- R90   |
| Custard Powder              | 1 kg              | R 28,00          | +/- R43 for 500 g                                    | +/- R86   |
| Icing Sugar                 | 1 kg              | R 30,00          | +/- R50 for 1 kg                                     | +/- R50   |
| Marie Biscuits              | 150 g             | R 8,00           | +/- R20 for 200 g                                    | +/- R100  |
| Rice Flour White            | 1 kg              | R 34,00          | +/- R50 for 500 g                                    | +/- R100  |
| Sodium Bicarbonate          | 1 kg              | R 24,00          | +/- R34 for 500 g                                    | +/- R68   |
| Tennis Biscuits             | 150 g             | R 10,00          | +/- R25 for 200 g                                    | +/- R125  |
| Whole Meal Spelt Flour      | 1 kg              | R 52,00          | +/- R74 for 1 kg                                     | +/- R22   |

| <b>BANTING PRODUCTS</b> |                   |                  |  |   |
|-------------------------|-------------------|------------------|--|---|
|                         | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
| Almond Baking Flour     | 1 kg              | R 161,00         | +/- R170 for 300 g                                   | +/- R567  |
| Coconut Flour           | 1 kg              | R 58,00          | +/- R70 for 500 g                                    | +/- R140  |
| Macadamia Flour         | 1 kg              | R 120,00         | +/- R150 per kg                                      | +/- R150  |
| Sunflower Flour         | 1 kg              | R 46,00          | +/- R89 per 1 kg                                     | +/- R89   |
| Xylitol                 | 1 kg              | R 121,00         | +/- R200 for 1 kg                                    | +/- R200  |

| <b>DRIED FRUIT PRODUCTS</b>    |                   |                  |  |   |
|--------------------------------|-------------------|------------------|--|---|
|                                | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
| Apricots Turkish Choice Grade  | 1 kg              | R 200,00         | +/- R46 for 100 g                                    | +/- R460  |
| Banana Chips                   | 500 g             | R 45,00          | +/- R199 for 1 kg                                    | +/- R199  |
| Cranberries                    | 1 kg              | R 160,00         | +/- R170 for 1 kg                                    | +/- R170  |
| Currants                       | 1 kg              | R 79,00          | +/- R100 for 1 kg                                    | +/- R100  |
| Dates Pitted                   | 1 kg              | R 38,00          | +/- R24 for 250 g                                    | +/- R96   |
| Dried Fruit Mixed Choice Grade | 1 kg              | R 131,00         | +/- R40 for 250 g                                    | +/- R160  |
| Dried Peaches - Tunnel Dried   | 1 kg              | R 158,00         | +/- R180 for 1 kg                                    | +/- R180  |
| Ginger Chunks                  | 1 kg              | R 166,00         | +/- R180 for 1 kg                                    | +/- R180  |
| Mango Strips Choice Grade      | 500 g             | R 148,00         | +/- R285 for 1 kg                                    | +/- R285  |
| Pears Dried                    | 1 kg              | R 121,00         | +/- R130 for 1 kg                                    | +/- R130  |
| Prunes Pitted                  | 1 kg              | R 172,00         | +/- R83 for 250 g                                    | +/- R332  |
| Raisins Seedless Medium        | 1 kg              | R 35,00          | +/- R37 for 500 g                                    | +/- R74   |

| <b>NUT PRODUCTS</b>             |                   |                  |  |   |
|---------------------------------|-------------------|------------------|--|---|
|                                 | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
| Almond Flakes                   | 1 kg              | R 190,00         | +/- R50 for 100 g                                    | +/- R500  |
| Almonds Ground                  | 1 kg              | R 172,00         | +/- R50 for 100 g                                    | +/- R500  |
| Almonds Raw                     | 8 x 250 g         | R 325,00         | +/- R190 for 400 g                                   | +/- R475  |
| Almonds Raw CSSR                | 1 kg              | R 163,00         | +/- R190 for 400 g                                   | +/- R475  |
| Almonds Roasted and Salted CSSR | 1 kg              | R 154,00         | +/- R50 for 100 g                                    | +/- R500  |
| Brazil Nuts Raw                 | 1 kg              | R 291,00         | +/- R133 for 250 g                                   | +/- R532  |
| Cashew Nuts Roasted             | 1 kg              | R 220,00         | +/- R18 for 30 g                                     | +/- R600  |
| Cashew Nuts Roasted and Salted  | 1 kg              | R 222,00         | +/- R65 for 100 g                                    | +/- R650  |
| Cashews Peri Peri               | 1 kg              | R 186,00         | +/- R73 for 100 g                                    | +/- R730  |
| Cashews Raw                     | 1 kg              | R 200,00         | +/- R60 for 100 g                                    | +/- R600  |
| Hazelnuts Roasted Blanched      | 1 kg              | R 259,00         | +/- R57 for 100g                                     | +/- R570  |
| Macadamia Nuts Raw Choice Grade | 1 kg              | R 140,00         | +/- R145 for 250 g                                   | +/- R580  |

|  |      |          |                    |          |
|--|------|----------|--------------------|----------|
| Macadamia Nuts Roasted and Salted Choice Grade | 1 kg | R 132,00 | +/- R67 per 100 g  | +/- R670 |
| Mixed Nuts Exotic Roasted                      | 1 kg | R 200,00 | +/- R126 for 400 g | +/- R315 |
| Mixed Nuts Exotic Roasted and Salted           | 1 kg | R 200,00 | +/- R126 for 400 g | +/- R315 |
| Mixed Nuts with Peanuts Roasted                | 1 kg | R 126,00 | +/- R126 for 400 g | +/- R315 |
| Mixed Nuts with Peanuts Roasted and Salted     | 1 kg | R 126,00 | +/- R126 for 400 g | +/- R315 |
| Peanuts and Raisins Roasted                    | 1 kg | R 68,00  | +/- R60 for 450 g  | +/- R133 |
| Peanuts Blanched and Roasted                   | 1 kg | R 85,00  | +/- R60 for 450 g  | +/- R133 |
| Peanuts Blanched Roasted and Salted            | 1 kg | R 85,00  | +/- R60 for 450 g  | +/- R133 |
| Peanuts Redskin                                | 1 kg | R 78,00  | +/- R28 for 150 g  | +/- R187 |
| Peanuts Redskin Roasted and Salted             | 1 kg | R 77,00  | +/- R28 for 150 g  | +/- R187 |
| Pecan Halves                                   | 1 kg | R 287,00 | +/- R319 per kg    | +/- R319 |
| Pecan Pieces                                   | 1 kg | R 210,00 | +/- R206 per kg    | +/- R206 |
| Pistachio in Shell                             | 1 kg | R 315,00 | +/- R145 for 250 g | +/- R580 |
| Walnut Pieces                                  | 1 kg | R 172,00 | +/- R60 for 100 g  | +/- R600 |
| Walnuts  | 1 kg | R 196,00 | +/- R60 for 100 g  | +/- R600 |

## OATS, MUESLI AND GRANOLA PRODUCTS

|                            | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
|----------------------------|-------------------|------------------|--|---|
| Gluten Free Oats           | 1 kg              | R 67,00          | +/- R76 for 1 kg                                     | +/- R76   |
| Granola                    | 1 kg              | R 41,00          | +/- R50 for 750 g                                    | +/- R67   |
| Granola with Seeds         | 1 kg              | R 42,00          | +/- R78 for 750 g                                    | +/- R104  |
| Luxury Muesli              | 1 kg              | R 70,00          | +/- R76 per kg                                       | +/- R76   |
| Muesli with Fruit and Nuts | 1 kg              | R 45,00          | +/- R78 for 750 g                                    | +/- R104  |
| Muesli with Mixed Fruit    | 1 kg              | R 46,00          | +/- R78 for 750 g                                    | +/- R104  |
| Quick Oats                 | 1 kg              | R 26,00          | +/- R44 for 1 kg                                     | +/- R44   |
| Rolled Oats                | 1 kg              | R 28,00          | +/- R77 for 1 kg                                     | +/- R77   |

## SEEDS, GRAIN AND PULSE PRODUCTS

|                                | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
|--------------------------------|-------------------|------------------|--|---|
| Black Beans                    | 1 kg              | R 41,00          | +/- R51 per kg                                       | +/- R51   |
| Black Eyed Beans               | 1 kg              | R 43,00          | +/- R30 for 500 g                                    | +/- R60   |
| Bulgar Wheat                   | 1 kg              | R 34,00          | +/- R43 for 500 g                                    | +/- R86   |
| Chia Seeds                     | 1 kg              | R 121,00         | +/- R80 for 200 g                                    | +/- R400  |
| Chickpeas                      | 1 kg              | R 44,00          | +/- R43 for 500 g                                    | +/- R86   |
| Couscous                       | 1 kg              | R 70,00          | +/- R80 for 1 kg                                     | +/- R80   |
| Dehulled Blackwheat            | 1 kg              | R 80,00          | +/- R96 per kg                                       | +/- R96   |
| Green Split Peas               | 1 kg              | R 32,00          | +/- R22 for 500 g                                    | +/- R44   |
| Haricot Beans                  | 1 kg              | R 36,00          | +/- R49 per 400 g                                    | +/- R123  |
| Lentils Brown                  | 1 kg              | R 38,00          | +/- R30 for 500 g                                    | +/- R60   |
| Lentils Red Split              | 1 kg              | R 39,00          | +/- R30 for 500 g                                    | +/- R60   |
| Linseeds                       | 1 kg              | R 56,00          | +/- R64 for 500 g                                    | +/- R128  |
| Millet                         | 1 kg              | R 35,00          | +/- R48 per kg                                       | +/- R48   |
| Mung Beans                     | 1 kg              | R 29,00          | +/- R35 per kg                                       | +/- R35   |
| Pearled Barley                 | 1 kg              | R 21,00          | +/- R16 for 500 g                                    | +/- R32   |
| Pine Seed Kernels              | 1 kg              | R 665,00         | +/- R121 per 100 g                                   | +/- R1 210  |
| Polenta                        | 1 kg              | R 24,00          | +/- R34 for 500 g                                    | +/- R68   |
| Pumpkin and Sunflower Seed Mix | 1 kg              | R 97,00          | +/-R178 per kg                                       | +/- R178  |
| Pumpkin Seeds                  | 1 kg              | R 137,00         | +/- R150 for 500 g                                   | +/- R300  |
| Red Kidney Beans               | 1 kg              | R 47,00          | +/- R94 for 500 g                                    | +/- R188  |
| Red Quinoa                     | 1 kg              | R 89,00          | +/- R59 for 250 g                                    | +/- R236  |
| Red Sugar Beans                | 1 kg              | R 48,00          | +/- R30 for 500 g                                    | +/- R60   |
| Seed Mix                       | 1 kg              | R 70,00          | +/- R55 for 250 g                                    | +/- R220  |
| Sesame Seeds                   | 1 kg              | R 94,00          | +/- R105 for 500 g                                   | +/- R210  |
| Soup Mix                       | 1 kg              | R 29,00          | +/- R19 for 500 g                                    | +/- RXX   |
| Spelt Grain                    | 1 kg              | R 46,00          | +/- R48 per kg                                       | +/- R48   |
| Sunflower Seeds                | 1 kg              | R 54,00          | +/- R98 per kg                                       | +/- R98   |
| White Quinoa                   | 1 kg              | R 73,00          | +/- R59 for 250 g                                    | +/- R236  |

## SNACK PRODUCTS

|                        | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
|------------------------|-------------------|------------------|--|---|
| Antioxidant Trail Mix  | 1 kg              | R 129,00         |  |   |
| Breakfast Booster      | 1 kg              | R 105,00         |  |   |
| Cashews Caramel Coated | 1 kg              | R 271,00         |  |   |
| Cashews Peri Peri      | 1 kg              | R 186,00         |  |   |
| Choice Grade Cubes     | 1 kg              | R 64,00          |  |   |
| Corn Chilli            | 1 kg              | R 65,00          |  |   |

|                                   |      |          |                   |          |
|-----------------------------------|------|----------|-------------------|----------|
| Corn Chutney                      | 1 kg | R 64,00  |                   |          |
| Corn Salt and Vinegar             | 1 kg | R 65,00  |                   |          |
| Corn Tomato                       | 1 kg | R 59,00  |                   |          |
| Cranberry, Pumpkin and Almond Mix | 1 kg | R 158,00 |                   |          |
| Lollies Choice Grade              | 1 kg | R 71,00  |                   |          |
| Munch 4 Fun                       | 1 kg | R 60,00  |                   |          |
| Nut and Cranberry Mix             | 1 kg | R 140,00 |                   |          |
| Peanuts Caramel                   | 1 kg | R 86,00  |                   |          |
| Peanuts Chocolate                 | 1 kg | R 96,00  |                   |          |
| Peanuts Yoghurt                   | 1 kg | R 104,00 |                   |          |
| Raisins Chocolate                 | 1 kg | R 87,00  |                   |          |
| Trail Mix                         | 1 kg | R 83,00  | +/- R80 for 300 g | +/- R267 |
| Tropical Munch                    | 1 kg | R 58,00  |                   |          |
| Wasabi Peanuts                    | 1 kg | R 95,00  | +/- R48 for 250 g | +/- R192 |

### SWEETS PRODUCTS

|                                | Multisnack Weight | Multisnack Price | Normal Retail Price Equivalent as at 21 January 2024 | Normal Retail Price Equivalent per Kg as at 21 January 2024 |
|--------------------------------|-------------------|------------------|--|---|
| Chocolate Shortbread           | 1 kg              | R 103,00         |  |   |
| Desqueti Chocolate Discs Large | 1 kg              | R 150,00         |  |   |
| Desqueti Chocolate Discs Mini  | 1 kg              | R 150,00         |  |   |
| Jelly Beans                    | 1 kg              | R 105,00         | +/- R28 for 125 g                                    | +/- R224  |
| Jelly Drops                    | 1 kg              | R 82,00          |  |   |
| Mallow Apricots                | 500 g             | R 57,00          | +/- R39 for 400 g                                    | +/- R98   |
| Multimoons                     | 1 kg              | R 71,00          |  |   |
| Peanuts Pink and White         | 1 kg              | R 72,00          |  |   |
| Popcorn Caramel                | 500 g             | R 41,00          | +/- R25 for 150 g                                    | +/- R167  |
| Speckled Eggs                  | 1 kg              | R 147,00         | +/- R56 for 200 g                                    | +/- R280  |

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