

Vogel's "Original Mixed Grain" - only one without Canola Oil

Note: we prefer the very thin toast version

- Pam's Wheat Biskits
- Grain Vita-Brits
- Sanitarium Weetbix
- Tasti Raw Snacking nuts - whole range
- Bluebirds chips excluding copper kettle range - uses Palmolein oil
- Proper Crisps - use high oleic sunflower oil
- Pam's Rice Crackers - uses Palm Oil
- Farrah's Wraps - uses Palm Oil
- Jamie Oliver "Tomato and basil pasta sauce" - olive oil
- Five Brothers "Oven roasted garlic and onion sauce" - no oil
- Heinz "Seriously Good Alfredo pasta sauce" - no oil
- Arnott's Water Crackers - sustainable palm oil
- Diamond Rice Risotto, Indian & Thai Green Curry's - high oleic sunflower oil
- CeresOrganics - Almond Butter
- CeresOrganics - Tahini
- CeresOrganics - Cashew Butter
- Exotic Food Tamarind Paste
- Obento Rice Wine Vinegar
- Poonin Fish Sauce
- Campbells Stock Range
- Davis Gelatine
- Cadbury Bournville Cocoa Powder
- Pam's Cocoa Powder
- Fair Trade Baking Cocoa
- Edmonds Custard Powder
- CeresOrganics Coconut Cream
- Trident Coconut Milk
- Thai Coconut Milk
- Delmaine French Mustard

- Masterfoods Hot English Mustard
- Nestlé Reduced Cream
- Liddells Lactose Free Milk
- So Good Almond Milk
- Rempah Dhall Curry
- Pam's Alfredo Sauce
- Pam's Carbonara Sauce
- Latina Creamy Carbonara Fresh Sauce
- Leggos Carbonara Creamy Pasta Sauce
- La Fiammante Passata
- Watties Tomato Paste
- Trident Udon Noodles
- Pams Udon Noodles
- Pams Hokken Noodles
- Oak Spaghetti in Tomato Sauce
- Pams Spaghetti in Tomato Sauce
- FogDog Easy Beer Batter
- FogDog Perfect Fritter Mix
- Primo Salami Range
- Kapiti Artisan Foccacia Bread
- New World Bakery French Pave
- Giannis Pita Pockets
- Pams Pita Bread
- Alamir Pita Bread Chips - sea salt variety
- Quality Baker Crumpets
- Pams Crumpets
- Liberte Bread Crumbs - Gluten Free
- Orgran Multigrain Crumbs
- Genoese Basil Pesto
- BioFarm Natural Organic Yoghurt
- Plain Unsweetened Yoghurt
- Retro Organics Greek Yoghurt
- Yoplait Yoplus Natural Yoghurt
- Gopala Natural Yoghurt

- EasiYo Unsweetened Organic Yogurt
- Kraft Vegemite
- Uncle Toby's Rolled Oats
- Nicola's Organics Oat Singles
- Harraways Organic Rolled Oats
- Pams Coconut Range
- Semolina
- Popping Corn
- Whitecrest Arrowroot Substitute (Tapioca Starch)
- Tararua Buttermilk
- Edmonds Butter Puff Pastry
- Baby Food - Only Organic number of products - check sugar levels
- Farex Rusks
- King Glucose
- Queen Glucose syrup
- Dextrose
- Mono hydrate Dextrose - from Home Brew supplies
- Mother Earth nuts range – excluding fruits – high oleic sunflower oil
- Maltexo
- Barley Malt Syrup
- Healtheries Simple Wheat & Gluten Free Baking Mix
- Blue Coconut - Coconut Cooking Oil
- Chefade
- Home Gourmet Duck Fat
- Soprano Limoncello sugar free version - contact Bryan at sopranolimoncello@xtra.co.nz