

BAKING		
BAKE CHOCCHIPS BROWN 1 KG	MZN	436.74
BAKE CHOCCHIPS WHITE 1KG	MZN	414.34
BAKING CHOC SLAB DARK 1KG	MZN	456.40
BAKING CHOC SLAB WHITE 1KG	MZN	464.74
BAKING PAPER ROLL 120M	MZN	2,249.46
BAKING POWDER 1KG	MZN	145.32
BAKING POWDER 200G REFILL	MZN	131.23
BICAR OF SODA 1KG	MZN	92.40
COCOA POWDER 1KG	MZN	1,248.80
CONDENSED MILK 385GR	MZN	154.21
CUSTARD 1L	MZN	162.88
CUSTARD POWDER MOIRS 500GR	MZN	196.97
ESSENCE VANILLA 1LTR	MZN	340.62
GELATINE LEAVES 1KG	MZN	2,273.44
MUFFIN BATTER ASSORTED 5X1KG	MZN	1,391.60
SPRAY & COOK 300ML	MZN	213.41
SUGAR CASTOR HULETTS 500G	MZN	243.42
SUGAR CASTOR 1KG	MZN	128.74
SUGAR ICING 1KG	MZN	128.74
YEAST 500G	MZN	229.54
YEAST 48X10G	MZN	951.72
BEVERAGES		
COOLD APPLTIZER 330ML	MZN	79.72
COOLDRINK COKE 330ML	MZN	52.52
COOLDRINK COKE ZERO 330ML	MZN	52.52
COOLDRINK DRY LEMON 200ML	MZN	38.31
COOLDRINK ENERGY DRINK RED BULL 250ML	MZN	72.85
COOLDRINK GINGER ALE 200ML	MZN	42.15
COOLDRINK GRAPETIZER RED 330ML	MZN	79.72
COOLDRINK ICED TEA 330ML	MZN	54.05
COOLDRINK SODA WATER 200ML	MZN	42.15
COOLDRINK SPRITE 330ML	MZN	48.77
COOLDRINK SPRITE Z 330ML	MZN	52.53
COOLDRINK TOMATO COCKTAIL 200ML	MZN	105.16
COOLDRINK TONIC WAT 200ML	MZN	42.15
CORDIAL LIME ROSES 750ML	MZN	225.85
CORDIAL PASSION FRUIT 750ML	MZN	225.85
CORDIAL ROSES KOLA TONIC 750ML	MZN	225.85
HOT CHOCOLATE 1KG	MZN	924.97
JUICE LIQUIFRUIT 1L	MZN	180.12
JUICE MAGALIES ASSORTED 5L	MZN	1,262.29
JUICE MAGALIES TROPICAL 5LT	MZN	1,159.87
JUICE OROS 2L	MZN	243.42

CEREAL		
CEREAL ALL BRAN 1KG	MZN	324.80
CEREAL CORN FLAKES 1KG	MZN	324.80
CEREAL JUNGLE OATS 1KG	MZN	211.68
CEREAL MUESLI CRUNCH 1KG	MZN	292.17
CEREAL RICE KRISPIES 1KG	MZN	485.24
CEREAL WEETBIX 1.35KG	MZN	365.21
COFFEE / TEA / CREAMERS		
COFFEE HOC GRAND ESPRESSO BEANS 1KG	MZN	1,759.13
COFFEE HOC VIP GOLD GROUND 250G	MZN	511.30
COFFEE NESCAFE CAPPUCCINO 10'S	MZN	316.52
COFFEE HOC SPECIAL BLEND 500G	MZN	885.04
COFFEE NESCAFE GOLD 200G	MZN	859.23
COFFEE NESCAFE CLASSIC 200GR	MZN	520.80
COFFEE NESCAFE DECAF SAC 200X1.8G	MZN	1,819.72
COFFEE NESCAFE SAC 200X1.8GR	MZN	1,848.00
COFFEE RICOFFY SACHETS 200X2.7G	MZN	1,287.72
COFFEE RICOFFY 1.5KG	MZN	1,704.29
CREAMER CREMORA 750G	MZN	411.60
CREAMER CREMORA SINGLE 200X4GR	MZN	1,394.40
SUGAR BROWN 1KG	MZN	126.36
SUGAR BROWN 10KG	MZN	1,012.62
SUGAR BROWN TUBES 5KG	MZN	873.54
SUGAR WHITE 1KG	MZN	132.69
SUGAR WHITE 10KG	MZN	959.06
SUGAR WHITE TUBES 5KG	MZN	946.40
SWEETNER CANDEREL STICK 1000S	MZN	1,282.40
TEA FIVE ROSES 100X2.5GR	MZN	335.72
TEA FIVE ROSES ENV 200X2GR	MZN	2,071.72
TEA ROOIBOS FRESHPAK 80'S	MZN	279.72
TEA ROOIBOS ENV 200X2GR	MZN	2,687.72
DAIRY		
BUTRO BUTTER 500G	MZN	364.97
BUTTER 500GR	MZN	316.40
BUTTER PORTIONS 240X7G	MZN	2,380.00
BUTTER UNSALTED SPRINGBK 500G	MZN	392.00
CHEESE CHEDDER GRATED 1KG	MZN	501.20
CHEESE BURRATA 250G	MZN	716.80
CHEESE BLUE ROCK 100GR	MZN	164.52
CHEESE BRIE 125GR	MZN	184.80
CHEESE CAMEMBERT 125GR	MZN	184.80
CHEESE CHEDDAR WHITE LOAF /KG	MZN	501.20
CHEESE CHEDDAR LOAF /KG	MZN	476.00
CHEESE CREAM CHEESE 2.5KG	MZN	2,329.60

KG

KG

CHEESE FETA DANISH 3.2KG	MZN	2,044.00	
CHEESE FETA 400G	MZN	304.10	
CHEESE FETA TRAD 3.2 KG	MZN	2,172.80	
CHEESE GOAT 100G	MZN	224.00	
CHEESE GOUDA LOAF KG	MZN	518.00	
CHEESE HALOUMI 3.2KG	MZN	2,520.00	
CHEESE MOZARELLA SMOKED /KG	MZN	756.00	KG
CHEESE MOZARELLA GRATED 1KG	MZN	501.20	
CHEESE MOZARELLA LOAF /KG	MZN	490.00	KG
CHEESE PARMESAN WHOLE /KG	MZN	1,881.60	KG
CREAM FRESH CLOVER 250ML	MZN	148.23	
CREAM LONGLIFE MEADOWLAND 1LT	MZN	318.30	
EGGS 15 DOZ WELDHAGEN	MZN	2,072.00	
EGGS 18S	MZN	210.00	
EGGS 30S WELDHAGEN	MZN	352.80	
ICE CREAM CHOCOLATE 5LT	MZN	498.40	
ICE CREAM STRAWBERRY 5L	MZN	530.76	
ICE CREAM POWDER VANILLA 2KG	MZN	852.15	
ICE CREAM VANILLA 5LT	MZN	442.40	
IDEAL MILK 380G	MZN	161.47	
MARGARINE RAMA 1KG BLOCK	MZN	289.47	
MARGARINE RAMA BLOCK 500G	MZN	121.73	
MILK ALMOND 1L	MZN	160.83	
MILK FL CRM POD PARMALAT 50X20ML	MZN	563.41	
MILK LONGLIFE FULL CREAM CLOVER 6X1L	MZN	548.52	
MILK LOW FAT 2% CLOVER 6X1LT	MZN	587.72	
MILK FRESH FULL CREAM 2L	MZN	201.32	
MILK LONGL FULL CRM6X1LT EVERFRESH	MZN	587.72	
MILK SOYA 1L	MZN	168.78	
YOGURT MIXED 6X100G	MZN	165.32	
YOGURT FRUIT 5L	MZN	767.20	
YOGURT FRUIT 1L	MZN	175.06	
YOGURT GREEK 5L	MZN	868.00	
YOGURT PLAIN 5L	MZN	750.40	
YOGURT PLAIN 1L	MZN	194.78	
DETERGENT / HOUSEHOLD			
AIRFRESH GLADE 180ML	MZN	100.80	
MUFFIN CASES WHITE 1000'S	MZN	740.15	
BOXES PIZZA 100'S	MZN	1,865.08	
BAGS BLACK-20'S	MZN	96.09	
BAGS CARRY WHITE L 100S	MZN	390.48	
BAGS WHEELIE BIN CLEAR 100'S	MZN	1,271.48	
BROOM SOFT	MZN	287.28	
BRUSH SCRUBBING	MZN	73.02	

DET HANDY ANDY 750ML	MZN	121.73
DET HANDY ANDY 5LT	MZN	730.19
DET ALL PURPOSE CLEANER 5LT	MZN	693.51
DET AMMONIATED CLNR H/ B 5LT	MZN	272.49
DET THICK BLEACH 5L	MZN	416.97
DET BLEACH - H/BRAND 5LT	MZN	380.54
DET DISH WASH LIQUID 25LT	MZN	1,844.13
DET DISHWASHING LIQUID SUNLIGHT 750ML	MZN	144.48
DET DISHWASHING LIQUID SUNLIGHT 1.5L	MZN	335.75
DET DISHWASHING LIQUID SUNLIGHT 5L	MZN	951.94
DET DISHWASH LIQUID H/B 5LT	MZN	361.37
DET DOMESTOS 3LTR	MZN	691.26
DET FABRIC SOFTENER 25L	MZN	2,162.66
DET FABRIC SOFTENER 5L	MZN	430.13
DET GERMOTOL 5LT	MZN	271.02
DET HANDSOAP 5L	MZN	415.20
DET OVEN CLEANER 5LT	MZN	571.27
DET VIRUSAN 5L	MZN	1,419.09
DET PEACEFUL SLEEP 150ML	MZN	426.08
DET PINE GEL 5KG	MZN	502.93
DET TILE CLEANER 5L	MZN	326.39
DET TILE&HOUSEHOLD CLEANER 25LT	MZN	1,853.21
DET TOILET BLOCK 2X45G	MZN	277.51
DET VANISH POWDER 1KG	MZN	1,090.53
DET VANISH STAIN REMOVER 2L	MZN	486.95
DET SCOURING POWD VIM 500GR	MZN	209.34
DET WASHING POWDER OMO AUTO 3KG	MZN	705.84
DET WASHING POWDER OMO AUTO 2KG	MZN	540.27
DET WASHING POWDER OMO AUTO 9KG	MZN	1,874.53
DET WASHING POWDER OMO AUTO 4KG	MZN	681.73
DET WASHING PWDR OMO HAND 3KG	MZN	535.40
DET WASHING PWDR SKIP AUTO 9KG	MZN	1,655.40
DET WINDOW CLNR 5LTR H/B	MZN	252.39
DISH CLOTHS 10S	MZN	340.48
DOOM 300ML	MZN	182.60
DOOM MOSQUITO COILS	MZN	106.88
DOOM ROOM 180ML	MZN	239.82
FEATHER DUSTER LONG	MZN	386.30
KIM CLOTH 50S	MZN	301.80
MORTEIN REFIL 236ML	MZN	433.39
STRAWS DRINK WRAPPED CLEAR 2000'S	MZN	432.65
NUTS / DRIED FRUIT		
APRICOT DRIED 1KG	MZN	700.00
BANANA DRIED 500G	MZN	196.00

CHICKPEAS DRIED 1KG	MZN	179.20
COCONUT DESICATED 500G	MZN	252.00
CRANBERRIES DRIED 1KG	MZN	644.00
COUS COUS 1KG	MZN	291.20
DATES PITTED 1KG	MZN	168.00
FLOUR ALMOND 1KG	MZN	868.00
FRUIT MIXED 1KG	MZN	616.00
LENTILS BROWN WHOLE 500GR	MZN	162.28
LENTILS RED 500GR	MZN	132.04
MANGO PUREE FROZEN 1KG	MZN	2,469.60
MANGO DRIED 500G	MZN	588.00
NORI SHEETS 10S	MZN	196.00
PINEAPPLE DRIED 1KG	MZN	644.00
QUINOA RED 1KG	MZN	436.80
QUINOA WHITE 1KG	MZN	470.40
RAISINS SEEDLESS 1KG	MZN	302.40
TACO SHELLS 156G	MZN	559.95
WHEAT BULGAR 1KG	MZN	151.20
FLOUR / MAIZE		
BRAAIPAP 2.5KG	MZN	223.72
FLOUR BREAD BROWN 12.5KG	MZN	923.72
FLOUR BREAD BROWN 2.5KG	MZN	268.52
FLOUR BREAD WHITE 12.5KG	MZN	1,035.72
FLOUR BREAD WHITE 2.5KG	MZN	257.32
FLOUR CAKE 12.5KG	MZN	951.72
FLOUR CAKE 5KG	MZN	408.52
FLOUR CAKE 2.5KG	MZN	195.72
FLOUR CORN H/B 1KG	MZN	113.40
FLOUR GLUTEN FREE 4kg	MZN	1,205.36
FLOUR NUTTY WHEAT 2.5KG	MZN	267.58
FLOUR SELF RAISING 1KG	MZN	94.85
FLOUR SELF RAISING 2.5KG	MZN	243.23
POLENTA 500G	MZN	167.94
MAIZE MEAL 10KG	MZN	587.72
MEALIE SAMP 5KG	MZN	391.72
POPCORN 500GR	MZN	64.91
RICE BASMATI 5KG	MZN	1,176.00
RICE BASMATI TASTIC 1KG	MZN	363.72
RICE PAPER	MZN	364.00
RICE RISOTTO 1KG	MZN	503.94
RICE SUSHI 1KG	MZN	190.08
RICE TASTIC 2KG	MZN	279.72
RICE VERMICELLI 400G	MZN	179.20
FROZEN FRUIT & VEGETABLES		

BABY CARROT 1KG FROZEN	MZN	243.04
BEANS GREEN FROZEN 1KG	MZN	218.34
BERRY MIXED FROZEN 1KG	MZN	356.10
BROCCOLI FROZEN 1KG	MZN	235.14
CHIPS FROZEN 2.5KG	MZN	419.99
CAULIFLOWER FROZEN 1KG	MZN	235.14
MIXED VEG FROZEN 1KG	MZN	239.40
PEAS FROZEN 1KG	MZN	277.20
RASPBERRY FROZEN 1KG	MZN	537.60
SPINACH FROZEN 1KG	MZN	207.14
STIRFRY FROZEN 1KG	MZN	184.74
STRAWBERRY FROZEN 1KG	MZN	385.44
CORN CUT FROZEN 1KG	MZN	234.75
NUTS / SEEDS		
NUTS ALMOND 1KG	MZN	728.00
NUTS ALMONDS FLAKED 1KG	MZN	868.00
NUTS CASHEW 1KG	MZN	980.00
NUTS MACADAMIA 1KG	MZN	845.60
NUTS PECAN 1KG	MZN	3,052.00
NUTS PINE KERNEL 1KG	MZN	3,164.00
NUTS PEANUTS 1KG	MZN	364.00
NUTS PISTACHIO 1KG	MZN	2,464.00
NUTS WALNUT 1KG	MZN	772.80
SEEDS CHIA 250G	MZN	501.51
SEEDS LINSEED 1KG	MZN	156.80
SEEDS MIXED 1KG	MZN	436.82
SEEDS POPPYSEEDS 1KG	MZN	504.00
SEEDS PUMPKIN 1KG	MZN	588.00
SEEDS SESAME WHITE 1KG	MZN	375.20
SEEDS SUNFLOWER 1KG	MZN	168.00
OIL		
OIL CRISPA 20 LTR	MZN	4,031.72
OIL OLIVE EXTRA VIRGIN 1LTR	MZN	1,119.72
OIL PALM 20LTR	MZN	3,488.80
OIL SUNFLOWER 20LTR	MZN	3,864.00
OIL SUNFLOWER 5LT	MZN	895.72
PASTA / NOODLES		
PASTA CHINESE EGG NOODLE 480G	MZN	188.06
PASTA FARFALLE 500G	MZN	91.82
PASTA FETTUCINE 500G	MZN	93.03
PASTA FUSILLI 500GR	MZN	112.00
PASTA LASAGNE 500GR	MZN	155.75
PASTA LINGUINI 500G	MZN	85.40
PASTA MACARONI 500GR	MZN	98.93

PASTA PENNE 500GR	MZN	111.72
PASTA SPAGHETTI 500GR	MZN	98.93
PASTA TAGLIATELLE 500G	MZN	211.17
PASTRIES		
PASTRY CROISSANT 70X80G	MZN	4,956.00
PASTRY DANISH MINI SELECTION 42GX115	MZN	5,096.00
PASTRY MUFFINS ENGLISH 48'S	MZN	1,467.20
PASTRY PAIN AUX CHOC 75GX70	MZN	6,311.20
PASTRY PHYLLO 500GR	MZN	201.60
PASTRY PUFF 2KG	MZN	515.20
PASTRY PUFF 400G	MZN	97.14
PASTRY SAMOOSA 500G	MZN	257.60
PASTRY SPRING ROLL 40S	MZN	330.40
PASTRY WAFFELS 80GX36	MZN	2,588.37
WRAPS TORTILLA PACK OF 100	MZN	2,100.00
PRESERVED / CANNED		
ARTICHOKE HEARTS A10	MZN	1,285.20
BEANS BAKED HOUSEBRAND 3.06KG	MZN	403.20
BEANS BAKED KOO 410G	MZN	81.20
BEANS BAKED HOUSEBRAND 410GR	MZN	61.60
BEANS BUTTER 410GR	MZN	84.93
BEANS BUTTER IN BRINE 3.06KG	MZN	559.72
BEANS RED KIDNEY 2.6KG	MZN	443.00
BEANS RED KIDNEY 410GR	MZN	88.20
FRUIT COCKTAIL A10	MZN	638.40
CAPERS IN BRINE 1KG	MZN	273.66
CHICK PEAS 410GR	MZN	58.80
COCONUT CREAM 410GR	MZN	101.50
COCONUT MILK 400ML	MZN	87.96
CUCUMBER DILL A10	MZN	495.64
FISH TUNA 170GR	MZN	84.67
GHERKINS DILL 380G	MZN	214.01
GRANADILLA PULP 110GR	MZN	72.80
GUAVA HALVES 410G	MZN	140.22
GUAVA HALVES A10	MZN	655.52
CORN WHOLE KERNEL 410GR	MZN	88.66
MUSHROOM STEMS&PIECES A10	MZN	522.66
OLIVES BLACK SLICED 3KG	MZN	976.26
OLIVES BLACK WHOLE A10	MZN	692.20
OLIVES CALAMATA 200G	MZN	126.36
OLIVES CALAMATA 5KG BUCKET	MZN	700.00
OLIVES GREEN PITTED 200G	MZN	106.88
OLIVES GREEN WHOLE 3.15KG	MZN	1,312.22
PEACH HALVES 410GR	MZN	123.20

PEPPERDEW 5.5KG	MZN	1,157.29
PICKLED GINGER 3KG	MZN	1,172.97
PINEAPPLE PIECES 3.06KG	MZN	453.00
PINEAPPLE RINGS 440G	MZN	167.72
PINEAPPLE PIECES 440GR	MZN	126.00
SWEETCORN CREAM 415GR	MZN	87.69
TOMATO CHOPPED 400G	MZN	106.12
TOMATO PASTE A10	MZN	730.80
TOMATO PUREE 410G	MZN	86.33
TOMATO PUREE A10	MZN	550.66
TOMATO SUNDRIED 1KG	MZN	924.41
TOMATO WHOLE PEELED 400G	MZN	88.60
TOMATO WHOLE PEELED 2.55KG	MZN	442.40
TOMATO & ONION MIX 410G	MZN	72.80
TOMATO&ONI MIX 3.06KG	MZN	389.20
SAUCES		
JUICE LEMON CHEF 2LT	MZN	198.80
JUICE LEMON H/B 5LT	MZN	229.32
CHUTNEY MRS BALLS 470GR	MZN	177.73
MAYONNAISE 750GR C&B	MZN	247.46
MAYONNAISE HELLMANS 800G	MZN	681.69
MAYONNAISE NOLA 3KG	MZN	791.78
MAYONNAISE QP 450G	MZN	588.00
MUSTARD DIJON 215G	MZN	235.42
MUSTARD HOT ENG 168GR	MZN	253.90
MUSTARD WHOLE GRAIN 156GR	MZN	204.18
PASTE CHERMOULA 500G	MZN	661.70
PASTE CHIMMICHURRI 500G	MZN	624.03
PASTE HARISSA 500G	MZN	632.80
PESTO BASIL 500G	MZN	890.40
SAUCE BARBEQUE 5LT	MZN	352.52
SAUCE FISH 750ML	MZN	280.00
SAUCE HP 255 ML	MZN	215.60
SAUCE PERI PERI MOZAMBIQUE - KNORR 2LT	MZN	738.92
SAUCE PIZZA MUTTI 4.1 KG	MZN	1,175.72
SAUCE SALAD DRESSING 340ML KNORR	MZN	171.65
SAUCE SOYA 5LT H/B	MZN	335.44
SAUCE SOYA KIKKOMAN 1 LT	MZN	1,052.80
SAUCE SOYA KIKKOMAN 1.6LT	MZN	812.00
SAUCE SWEET CHILLI WELLINGTON 500ML	MZN	194.53
SAUCE SWEET CHILLI 700ML	MZN	243.23
SAUCE SWEET CHILLI WELLINGTON 2L	MZN	532.00
SAUCE TABASCO GREEN 60ML	MZN	253.73
SAUCE TABASCO RED 60ML	MZN	253.56

SAUCE TOMATO ALL GOLD 4.5LT	MZN	1,233.06
SAUCE TOMATO ALL GOLD 350ML	MZN	122.64
SAUCE TOMATO ALL GOLD 700ML	MZN	192.69
SAUCE WORCHESTER 250ML	MZN	117.60
SAUCE WORCHESTER 500ML	MZN	209.14
STOCK BEEF 1KG H/BRAND	MZN	218.12
STOCK BEEF CUBES 24S	MZN	109.56
STOCK CHICKEN 1KG H/B	MZN	218.12
STOCK CHICKEN CUBES 24S	MZN	109.56
STOCK VEGETABLES KNORR 1KG	MZN	783.94
SYRUP MILKSHAKE ASSORTED 1L	MZN	169.23
VINEGAR APPLE CIDER 375ML	MZN	140.97
VINEGAR BALSAMIC 1LT	MZN	343.46
VINEGAR BALSAMIC 500ML	MZN	291.93
VINEGAR BALSAMIC 5LT	MZN	1,204.00
VINEGAR RICE 600ML	MZN	538.94
VINEGAR SUSHI 300ML	MZN	235.20
VINEGAR WHITE 750ML	MZN	63.06
VINEGAR WHITE 5LT	MZN	166.54
WASABI TUBE 43G	MZN	187.21
SNACKS / SWEETS		
BISCUIT MARIE 200GR	MZN	81.12
BISCUIT OREO 176G	MZN	79.52
BISCUIT SALTICRAX 200GR	MZN	146.08
BISCUIT SNACKTIME 400G	MZN	314.03
BISCUITS PROVITA 250G	MZN	170.19
BISCUIT TENNIS 200GR	MZN	105.05
BISCUITS BAKERS MINI 6X33GR	MZN	214.01
CHIPS LAYS/SIMBA 120GR	MZN	106.88
CHIPS LAYS/SIMBA 36GR	MZN	36.73
CHIPS NIK NAKS 150G	MZN	67.93
POPPADUM 100G	MZN	77.00
PRETZELS 500G	MZN	255.65
RUSKS OUMA ASSORTED 500G	MZN	218.88
RUSKS OUMA 1KG ASSORTED	MZN	535.60
SWEETS BAR ONE 55GR	MZN	53.56
SWEETS FIZZ POPS 40S	MZN	335.75
SWEETS JELLY TOTS 41GR	MZN	48.79
SWEETS LUNCHBAR 62GR	MZN	87.40
SWEETS WINE GUMS 75G	MZN	54.78
SPICES		
SALT COARSE 1KG	MZN	31.64
SALT FINE 1 KG	MZN	31.64
SALT FLASK 500G	MZN	121.49

SALT MALDON SEA 250G	MZN	584.29
SPICE AROMAT 1KG KNORR	MZN	688.52
SPICE BARBEQUE H/BRND 1KG	MZN	128.52
SPICE BAYLEAVE 500G	MZN	402.92
SPICE BBQ ROBERTSONS 1KG	MZN	738.92
SPICE CAJUN 1KG H/BRAND	MZN	274.12
SPICE CAJUN ROB 1KG	MZN	1,020.85
SPICE CAYENNE PEPPER 1KG	MZN	290.17
SPICE CHICKEN 1KG	MZN	134.12
SPICE CHICKEN ROB 1KG	MZN	755.72
SPICE CHILLI FLAKES H/B 1KG	MZN	766.92
SPICE CHILLI POWDER 1KG	MZN	503.72
SPICE CINNAMON GRND 1KG	MZN	503.72
SPICE CINNAMON STICKS 1KG	MZN	671.72
SPICE CORIANDER GROUND 1KG	MZN	251.72
SPICE CUMIN GROUND 1KG	MZN	839.72
SPICE CURRY MED RAJAH 800G	MZN	766.92
SPICE FISH H/BRND 1KG	MZN	184.52
SPICE FISH ROB 1KG	MZN	738.92
SPICE GARLIC POWDER 1KG H/B	MZN	251.72
SPICE MEAT TENDERISER 1KG ROB	MZN	839.72
SPICE MIXED HERBS 1KG	MZN	503.72
SPICE NUTMEG GROUND 1KG	MZN	1,400.00
SPICE ORIGANUM 1KG RUBBED	MZN	408.52
SPICE PAPRIKA 1KG	MZN	285.32
SPICE PEP BLACK COARSE 1KG	MZN	1,399.72
SPICE PEPPER BLACK CORN 1KG	MZN	1,231.72
SPICE PEPPER BLACK FINE 1KG	MZN	486.92
SPICE PEPPER GRINDER	MZN	89.60
SPICE RICE 1KG	MZN	218.12
SPICE RICE ROBERTSON 1KG	MZN	1,020.85
SPICE SALT GRINDERS COARSE	MZN	63.00
SPICE STEAK&CHOP H/BRND 1KG	MZN	134.12
SPICE STEAK&CHOPS ROB 1KG	MZN	755.72
SPICE TUMERIC GROUND 1KG	MZN	223.72
SPICE TUMERIC ROB. GROUND 800G	MZN	833.64
SPICE VEG ROB. 1KG	MZN	856.52
STICKS CINNAMON 1KG	MZN	671.72
SPREADS		
HONEY 500ML	MZN	234.92
JAM APRICOT 450GR	MZN	145.84
JAM MARMELADE SEVILLE 460G	MZN	184.99
JAM PORTIONS ASSORTED 200X15GR	MZN	1,596.00
JAM STRAWBERRY 450GR	MZN	193.46

PEANUTBUT BLACK CAT 400G	MZN	243.23
PEANUTBUT SMTH BLACK CAT 800G	MZN	389.32
SPREAD BOVRIL 250GR	MZN	306.53
SPREAD NUTELLA NUT 350G	MZN	554.88
SYRUP GOLDEN 500GR	MZN	204.27
SYRUP MAPLE 500GR	MZN	186.65
PETS		
CATFOOD CATMOR 4KG	MZN	890.88
CATFOOD MONTEGO 5KG	MZN	1,733.53
CATFOOD WHISKAS 85GX12	MZN	608.69
DOG FOOD MONTEGO ADULT 10KG	MZN	1,441.32
DOGFOOD MONTEGO ADULT25KG	MZN	3,262.56
CLEANING / HOUSEHOLD		
MOP COMPLETE	MZN	297.92
MOP HEAD REFILL	MZN	238.61
OIL FILTERS 50'S	MZN	595.48
MUTTON CLOTH 400G	MZN	172.63
PAPER PLATES 50'S	MZN	277.32
PAPER KITCHEN TOWEL 2S	MZN	82.01
POT SCOURER 36S	MZN	207.48
SERVIENTTES 1PLY 1000	MZN	500.08
SERVIENTTESS 2PLY 1000	MZN	1,104.81
SPONGE SCOURER 3	MZN	53.20
STEELWOOL 1KG	MZN	462.61
BRASSO 100ML	MZN	567.23
CHARCOAL 4KG	MZN	207.20
CANDLE TEALIGHT WHITE *100	MZN	604.83
CLINGWRAP 380X1000M / V	MZN	1,652.00
KEBAB STICKS 250'S 3X200	MZN	126.11
CUPS RIPPLE 100'S 250ML	MZN	954.40
DISPOSABLE APRONS 100S	MZN	178.24
FIRE LIGHTERS	MZN	78.40
GLOVES YELLOW HOUSEHOLD	MZN	82.76
GLOVES LATEX 100	MZN	532.00
GLOVES TRANSPARENT 100S	MZN	31.92
MATCHES LION 10 X 10	MZN	360.10
SHAMPOO 5L H/B	MZN	236.64
SHOWER GEL A - Z 5LT	MZN	360.31
SOAP DETTOL 175G	MZN	77.47
SOAP PROTEX 175GR	MZN	95.34
SOAP WRAPPED HOTEL 288X20GR	MZN	3,403.80
TISSUES KLEENEX 100S	MZN	123.25
TOOTH PICKS WRAPPED 1000S	MZN	164.92
FOIL ALUM. H/DUTY 440MMX70M	MZN	746.94

FOMO 40 - 75S	MZN	321.21
FOMO 41 - 75S	MZN	321.21
FOMO CUPS 250ML 1000S	MZN	2,420.60
INTERFOLD PAPER	MZN	214.64
FOIL CONTAINER 4153 890ML 500'S	MZN	4,226.76
FOIL CONTAINER LIDS 4153 890ML 500'S	MZN	3,360.00
CUTLERY PACK 5 IN 1 250'S	MZN	1,372.56
JUMBO ROLL	MZN	952.28
TOILET PAPER		
TOILETPAPER 1PLY 48	MZN	872.48
TOILET PAPER 2 PLY BABYSOFT 18'S	MZN	827.77
TOILETPAPER 2 PLY 48	MZN	1,675.80