

PANTRY ESSENTIALS

SPICES & HERBS

- Salt with iodine
- Peppercorns
- Bay Leaves
- Cumin
- Chilli Flakes
- Cinnamon
- Turmeric
- Sage
- Oregano
- Nutmeg
- Smoked Paprika
- Sumac
- Harissa
- Ginger, ground
- Cloves, whole

CANS & JARS

- Black Beans
- Chickpeas & Lentils
- Diced Tomatoes
- Coconut Cream
- Patak Rogan Josh
- Corn

OILS & VINEGARS ETC.

- Canola Oil
- Olive Oil
- Sesame Oil
- Apple Cider Vinegar
- Balsamic Vinegar
- Worcestershire Sauce
- Soy Sauce, light
- Maple Syrup
- Kecap Manis

OTHER

- Bi Carb Soda
- Cocoa Powder
- Cornstarch
- Plain Flour
- Self Raising Flour
- Caster Sugar
- Demerara Sugar
- Tomato Paste
- Stock, Chicken, Beef & Veg
- Vanilla Essence
- Rice, Quinoa, Cous Cous
- Panko Breadcrumbs