



Price List:

Call/Text: (613) 929-4247

E-mail:

berakateam@gmail.com

Fresh Bread

Sourdough Bread

Italian	
Loaf	\$6.00
Miche/Belge	\$6.00
Baguette	\$4.00
Buckwheat	
Loaf	\$6.00
Miche/Belge	\$6.00
Rye	
Loaf	\$6.00
Miche/Belge	\$6.00
9-Grains	
Loaf	\$6.50
Miche/Belge	\$6.50
Olives & Herbs	
Miche	\$6.50

Frozen Pizza

Margherita	\$9.00
Summer Sausage	\$11.00

Meat Products

Chicken Pot Pie Casserole	\$15.00
Tourtière (2 lbs.)	\$25.00
4 Mini Chicken Hand Pies	\$15.00
6 Mini Meat Hand Pies	\$15.00

Biscotti

Hazelnuts & Chocolate	
Size: 225g.	\$7.00

Yeast Bread

Grandma's Bread	
Loaf	\$5.00
Kaiser (6)	\$5.50
"Real" Cheese	
Loaf	\$7.00
Raisins + Cinnamon Swirl	
Loaf	\$7.00
Dark Chocolate Swirl	
Loaf	\$7.00
Cinnamon Buns	
Family Size	\$8.00

Muffins

Yogurt & Blueberries	\$2.00
Yogurt & Chocolate	\$2.00

Scones

Apple Pie	\$2.00
Blueberries	\$2.00
Cranberries & Chocolate	\$2.00

Other Pastry

Apple Pie	\$18.00
Crisp (9-inch)	\$ 9.00
Grandma's Apple Cake	\$12.00
Pumpkin Pie	\$12.00
Maple Syrup Pudding	\$12.00

Farm Products

Beef

Ground Beef	\$8/lb
Sirloin Steak	\$15/lb
Stewing Cubes	\$10/lb
T-Bone Steak	\$16/lb
Wing Steak	\$14/lb

Pork

Ground Pork	\$8/lb
Pork Chops	\$10/lb

Organic-fed Chicken \$7/lb

Fresh Organic Eggs
1 Dozen \$7.00

Granola

"Old-Fashioned"

Maple-Walnut	
Size: 500g.	\$8.00
2 kg.	\$25.50

Totally Fruits	
Size: 500g.	\$8.00
2 kg.	\$25.50

Hemp & Coconut <small>(Gluten-Friendly)</small>	
Size: 400g.	\$8.00

Muesli

"overnight oats"

Energy	
Size: 500g.	\$8.00
2 kg.	\$25.50

Hemp +	
Size: 500g.	\$8.00
2 kg.	\$25.50

Trail Mix

The Athletic	
Size: 300g.	\$12.00

Homemade Pasta

Fusilli "veggies"
Size: 400g. \$6.00

Shells "veggies"
Size: 400g. \$6.00

Caserecce "plain"
Size: 500g. \$6.00

Nuts

raw & sprouted

Almonds
Size: 300g. \$12.00

Hazelnuts
Size: 300g. \$12.00

Walnuts
Size: 300g. \$12.00

Nut Butter

"Stone-Grounded"

Made with sprouted nuts

Almond & Hazelnut
Size: 300g. \$16.00

Choco-Hazel
Size: 350g. \$16.00

3 Nuts
Size: 350g. \$16.00

Mix

Grandma's Pancake Mix
Size: 3 x 230g. \$8.00

Waffle Mix
Size: 2 x 375g. \$8.00

Chocolate Muffin Mix
Size: 950g. \$10.00

Natural Skin Care Products:

Balm/Salve

Arthritis Salve	\$10.00 ^{+tx}
Baby's Calendula Salve	\$6.00 ^{+tx}
Bug-Be-Gone Balm	\$6.00 ^{+tx}
Calming Balm	\$6.00 ^{+tx}
Chest Balm	\$8.00 ^{+tx}
Eczema Balm	\$10.00 ^{+tx}
Migraine Relief Salve	\$13.00 ^{+tx}
Relief Balm	\$8.00 ^{+tx}
Regenerating Rose Balm	\$12.00 ^{+tx}
Sore Muscle Salve	\$6.00 ^{+tx}

Foaming Hand Soap

Sweet Peaches Size: 8 oz.	\$5.50 ^{+tx}
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Hand Cream

Citrus Size: 4 oz.	\$8.00 ^{+tx}
Fruit Slices Size: 4 oz.	\$7.00 ^{+tx}
Lavender & Mint Size: 4 oz.	\$7.00 ^{+tx}

Goat's Milk Soap

Lavender	\$5.50 ^{+tx}
Acai Berry	\$5.50 ^{+tx}
Kombucha Face Bar	\$5.50 ^{+tx}
Wintergreen	\$5.50 ^{+tx}
Cocoa-Mint	\$5.50 ^{+tx}
Spa Bar	\$5.50 ^{+tx}
Gentle Baby	\$3.00 ^{+tx}

Shower Gel

Lavender & Mint Size: 8 oz.	\$8.00 ^{+tx}
"Perfect Man" Size: 8 oz.	\$8.00 ^{+tx}
"Sweet Peaches" Size: 8 oz.	\$8.00 ^{+tx}
"Sunny Mangoes" Size: 8 oz.	\$8.00 ^{+tx}

Laundry Soap Powder

with Ess. Oil: Orange Size: 2 kg.	\$20.00
with Fragrance Size: 2 kg.	\$20.00

Natural Deodorant

Lime & Bergamot Size: 2.5 oz.	\$8.50 ^{+tx}
Lavender Size: 2.5 oz.	\$8.50 ^{+tx}
Rose Size: 2.5 oz.	\$8.50 ^{+tx}
Sweet Pear Size: 2.5 oz.	\$8.50 ^{+tx}

Soy Candle

Apple Pie Size: 500g.	\$16.00 ^{+tx}
Creamy Chocolate Size: 500g.	\$16.00 ^{+tx}
Fruit Slices Size: 500g.	\$16.00 ^{+tx}
Sugar Bush Size: 500g.	\$16.00 ^{+tx}