



Price List:

Call (Store): (613) 463-9004

Call/Text: (613) 929-4247

E-mail:

berakateam@gmail.com

Fresh Bread

Sourdough Bread

Italian	
Loaf/Miche/Belge	\$7.00
Baguette	\$5.00
Buckwheat*	
Loaf	\$7.00
Country Bread*	
Loaf/Miche	\$7.00
100% Red Fife*	
Loaf/Miche	\$8.00
Norwegian*	
Loaf/Miche	\$8.50
9-Grains*	
Loaf	\$7.50
Olives & Herbs*	
Miche	\$7.50

**only available on certain days*

Pastry

Date Square	\$ 3.50
Scone	\$ 3.00
Sourdough Brownie	\$ 3.00
Sourdough Muffin	\$ 3.00
Apple Pie	\$23.00
3-Berries Pie	\$28.00
Pumpkin Pie	\$15.00
Crisp (9-inch)	\$10.00
Grandma's Apple Cake	\$13.00
Maple Syrup Pudding	\$14.00

Yeast Bread

Grandma's Bread	
Loaf	\$6.00
Hamburger Buns (6)	\$6.00
Hot-Dog Buns (6)	\$6.00
Dinner Rolls (12)*	\$10.00
"Real" Cheese	
Loaf	\$8.00
Raisin & Cinnamon Swirl	
Loaf	\$8.00
Date & Raisin*	
Loaf	\$8.00
Cinnamon Buns	
8 Servings	\$10.00

Frozen Pizza

Margherita	\$11.00
Summer Sausage	\$13.00

Meat Products

Beef Bourguignon Casserole	\$18.00
Chicken Pot Pie Casserole	\$16.00
Tourtière (2 lbs.)	\$28.00
4 Beef Hand Pies	\$16.00
4 Chicken Hand Pies	\$16.00
4 "Veggie Taco" Hand Pies	\$16.00
4 Seafood Chowder Hand Pies	\$16.00

Farm Products

Beef	
Ground Beef	\$10/lb
Stewing Cubes	\$12/lb
Goat	
Cubed Bone-In	\$20/lb
Lamb	
Chops	\$20/lb
Ground	\$15/lb
Organic-Fed Chicken	
Breast	\$7/lb
	\$13.50/lb
Leg	\$8/lb
Wings	\$5/lb

Homemade Pasta

Sourdough Vegetable Fusilli	
Size: 400g.	\$8.00
Sourdough Vegetable Shells	
Size: 400g.	\$8.00
Sourdough Fusilli	
Size: 400g.	\$8.00

Biscotti

Almond & Citrus	
Size: 300g.	\$9.00
Cranberries & Pistachio	
Size: 300g.	\$9.00

Mix

Grandma's Pancake Mix	
Size: 3 x 230g.	\$12.00
Muffin/Cake Mix	
Size: 700g.	\$ 6.25
Waffle Mix	
Size: 2 x 375g.	\$12.00

Granola

"Old-Fashioned"

Maple-Walnut	
Size: 500g.	\$10.00
700g.	\$15.00
Totally Fruits	
Size: 500g.	\$10.00
700g.	\$15.00
Hemp & Coconut	
Size: 400g.	\$10.00

Muesli

"overnight oats"

Energy	
Size: 500g.	\$10.00
700g.	\$15.00
Hemp +	
Size: 500g.	\$10.00
700g.	\$15.00

Nuts

raw & sprouted

Almonds	
Size: 300g.	\$15.00
Hazelnuts	
Size: 300g.	\$14.00
Walnuts	
Size: 300g.	\$12.00

Nut Butter

"Stone-Grounded"

Made with sprouted nuts

Almond & Hazelnut	
Size: 200g.	\$14.00
Choco-Hazel	
Size: 230g.	\$12.00

Natural Skin Care Products:

Balm/Salve

Arthritis Salve	\$10.00 ^{+tx}
Baby's Calendula Salve	\$8.00 ^{+tx}
Bug-Be-Gone Balm	\$8.00 ^{+tx}
Calming Balm	\$8.00 ^{+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	\$8.00 ^{+tx}

Foaming Hand Soap

Sweet Peaches Size: 8 oz.	\$5.50 ^{+tx}
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Shower Gel

Size: 8 oz. Price: \$8.00^{+tx}

Hibiscus & Honey	"Sweet Peaches"
Lavender & Mint	"Sunny Mangoes"
"Perfect Men"	

Goat's Milk Soap

Price: \$5.50^{+tx}/Bar

Calendula	Shea Butter
Chamomile & Citrus	Spa Bar
Lavender	Dog's Shampoo
& More...	

Bath Soak

Size: 580ml. Price: \$12.00^{+tx}

Flower Garden	Lavender
Herb Sinus	Sore Muscle

Hand Cream

Size: 4 oz. Price: \$8.00^{+tx}

Citrus	Lemon & Litsea
"Fruit Slices"	Rose
Lavender & Mint	

Laundry Soap Powder

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

Natural Deodorant

Size: 2.5 oz. Price: \$10.00^{+tx}

"Just for Men"	Rose
Lavender	Sweet Pear
Pomegranate	

Soy Candle

Size: 300g. Price: \$10.00^{+tx}

"Apple Pie"	Pomegranate
Chocolate	Sea Breeze
Creamy Peach	Strawberry
Honeycomb	Vanilla & Pear
Pink Lemonade	Winter Frost