

MAIL ORDER

Price List August 2011

deshima

organic * - macrobiotic - vegan



www.deshima.eu

Price and Mail Order List

deshima

Organic *- Macrobiotic - Vegan

To Order

Go to our webshop www.deshima.eu and place your order.
In case you don't have access to internet, please call our office for further procedure.

Payment Information

Your order must be paid in advance.
Your order will be shipped upon receipt of full payment, including transportation costs.
The payment can be done through our webshop by bank transfer or multisafepay.
We do not accept cheques nor international money orders.

Delivery Charges

Delivery charges can vary according to your location and changes from the shipping company.

Delivery Charge per Order	Parcel Charge	Pallet Charge	Delivery Time
	0-30kg per box	0-250kg 2)	in business days
Group A			
Germany and Luxembourg	€ 21,50	€ 135	2-3
Austria and Denmark	€ 27,00	€ 215	3
Group B			
France and Great Britain	€ 33,50	€ 160	2-4
Spain / Italy / Sweden	€ 50,00	€ 195 / 285 / 325	3-5
Poland / Portugal / Finland	€ 55,00	€ 225 / 250 / 610	4-5
Czech Republic / Ireland, Slovakia and Slovenia	€ 58,00	€ 185 / 275	4-6
Hungary / Estonia / Latvia / Lithuania / Norway 1)	€ 58,00	€ 255 / 275 / 295 / 305 / 285	4-6
Greece / Romania	€ 65,00	€ 330 / 350	3-5

Note:

- 1) Norway may charge additional taxes that are not included in our prices.
- 2) We will kindly assist you with the exact delivery charges for larger orders and info on countries not listed here above.

Delivery Charges for Small Orders Inside Europe

Books and products which can fit through the standard mailbox: € 10,00 up to 2 kg
Small parcels larger than the standard mailbox size:
€ 20-30 up to 5 kg / € 30-40 up to 10kg depending on your country.

Discount

Every customer will receive a discount of 5% applied on the next order placed within 4 weeks.
Large buyers may receive quantity discount.
Please contact our office for detailed information.

Large Orders Inside Europe

Large orders may be delivered by pallet.
To minimize the transport costs you may make collective orders for the friends out of your region.
We can help in connecting you with local macrobiotic friends.
Please contact our office for detailed information.

Organic Quality

Articles marked with * are of organic quality, certified by Skal.

All prices are subject to change without notice.

Deshima

Warehouse / Mail Order / Shop

Herenweg 21a
1935 AA Egmond-Binnen, NL
Tel. office: +31-20-625 75 13
Tel. warehouse: +31-72-507 00 93
Shopping hours: *please, call us first before you visit*
Monday - Friday: 13.00 - 16.00h
Saturday: 10.00 - 15.00h
E-mail: info@deshima.eu
www.deshima.eu

Deshima

Shop / Lunch Service

Weteringschans 65
1017 RX Amsterdam, NL
Tel. shop: +31-20-423 03 91
Tel. lunch service: +31-20-626 99 33
Business hours:
Monday - Friday: 10.00 - 18.00h
Saturday: 10.00 - 17.00h

Rice

Calasparra, brown round rice			
1061 Deshima	Calasparra, short grain brown rice *	500g ES	€ 2,25
1062 Deshima	Calasparra, short grain brown rice *	1kg ES	€ 3,95
1063 Deshima	Calasparra, short grain brown rice *	2kg ES	€ 7,45
1064 Deshima	Calasparra, short grain brown rice *	5kg ES	€ 18,50
1065 Deshima	Calasparra, short grain brown rice *	25kg ES	€ 75,00
Calasparra rice, in linen bag			
1066 Deshima	Calasparra, short brown rice, in linen bag *	1kg ES	€ 4,35
1067 Deshima	Calasparra, short brown rice, in linen bag *	2kg ES	€ 8,25
1068 Deshima	Calasparra, short brown rice, in linen bag *	5kg ES	€ 19,50
Calasparra, half polished			
1101 Deshima	Calasparra, half polished, short grain rice *	500g ES	€ 2,25
1102 Deshima	Calasparra, half polished, short grain rice *	1kg ES	€ 3,95
1103 Deshima	Calasparra, half polished, short grain rice *	2kg ES	€ 7,65
Calasparra, white sushi rice			
1121 Deshima	Calasparra, short white rice, for sushi *	500g ES	€ 2,45
1122 Deshima	Calasparra, short white rice, for sushi *	1kg ES	€ 4,45
1123 Deshima	Calasparra, short white rice, for sushi *	2kg ES	€ 8,15
La Gallinella, round grain			
1051 Deshima	La Gallinella, short grain brown rice *	500g IT	€ 1,90
1052 Deshima	La Gallinella, short grain brown rice *	1kg IT	€ 3,25
1053 Deshima	La Gallinella, short grain brown rice *	2kg IT	€ 5,95
1054 Deshima	La Gallinella, short grain brown rice *	5kg IT	€ 14,75
1415 Deshima	La Gallinella, short grain brown rice *	25kg IT	€ 64,50
La Gallinella, medium grain			
1146 Deshima	La Gallinella, medium grain brown rice *	500g IT	€ 1,95
1147 Deshima	La Gallinella, medium grain brown rice *	1kg IT	€ 3,35
1148 Deshima	La Gallinella, medium grain brown rice *	2kg IT	€ 6,15
1149 Deshima	La Gallinella, medium grain brown rice *	5kg IT	€ 14,50
Sweet brown rice			
1090 Deshima	Sweet, short grain brown rice *	500g US	€ 3,25
1091 Deshima	Sweet, short grain brown rice *	1kg US	€ 5,95
1093 Deshima	Sweet, short grain brown rice *	2kg US	€ 11,20
1094 Deshima	Sweet, short grain brown rice *	5kg US	€ 26,50
1096 Deshima	Sweet, short grain brown rice *	25kg US	€ 125,00
Indica, brown rice			
1171 Deshima	Indica, medium grain brown rice *	500g IT	€ 2,10
1172 Deshima	Indica, medium grain brown rice *	1kg IT	€ 3,79
Jasmin, brown rice			
1166 Deshima	Jasmine, long grain brown rice, risotto *	500g TH	€ 2,75
1167 Deshima	Jasmine, long grain brown rice, risotto *	1kg TH	€ 4,95
1169 Deshima	Jasmine, long grain brown rice, risotto *	5kg TH	€ 18,50
Basmati, brown rice			
1160 Deshima	Basmati, long grain brown rice *	500g IT	€ 2,35
1161 Deshima	Basmati, long grain brown rice *	1kg IT	€ 4,25
Thai, red long grain rice			
1081 Deshima	Thai, long grain red rice *	500g TH	€ 3,15
1082 Deshima	Thai, long grain red rice *	1kg TH	€ 5,85
Sweet Thai, black rice			
1181 Deshima	Sweet Thai, long grain black rice *	500g TH	€ 3,25
1182 Deshima	Sweet Thai, long grain black rice *	1kg TH	€ 5,95
Wild rice			
1190 Deshima	Wild, long grain black rice *	250g CA	€ 6,45
1191 Deshima	Wild, long grain black rice *	500g CA	€ 11,95
Grains			
Sweet millet			
1241 Deshima	Sweet millet *	500g CN	€ 2,25
1242 Deshima	Sweet millet *	1kg CN	€ 3,95
1243 Deshima	Sweet millet *	2kg CN	€ 7,50
1244 Deshima	Sweet millet *	5kg CN	€ 16,95
Millet			
1231 Deshima	Millet *	500g US	€ 2,25
1232 Deshima	Millet *	1kg US	€ 3,95
1233 Deshima	Millet *	2kg US	€ 7,50
1234 Deshima	Millet *	5kg US	€ 16,95
Xiaomi millet			
1236 Deshima	Millet, Xiaomi, small grain *	500g CN	€ 1,95
1237 Deshima	Millet, Xiaomi, small grain *	1kg CN	€ 3,40
1238 Deshima	Millet, Xiaomi, small grain *	2kg CN	€ 6,25
Barley			
1221 Deshima	Barley *	500g DE	€ 1,65
1222 Deshima	Barley *	1kg DE	€ 2,85
1223 Deshima	Barley *	2kg DE	€ 5,40
1224 Deshima	Barley *	5kg DE	€ 13,25

Hulled, pearled barley

1206 Deshima	Pearl barley *	500g NL	€ 1,95
1207 Deshima	Pearl barley *	1kg NL	€ 3,45
1210 Deshima	Pearl barley *	25kg NL	€ 65,00
Chinese pearled barley			
1219 Golden Lily	Hato mugli, Chinese	227g CN	€ 2,95
Hato mugli			
1251 Deshima	Hato mugli	500g JP	€ 12,95
1252 Deshima	Hato mugli	1kg JP	€ 24,50
Oats			
1261 Deshima	Oats *	500g DE	€ 2,35
1262 Deshima	Oats *	1kg DE	€ 3,95
1263 Deshima	Oats *	2kg DE	€ 7,50
1264 Deshima	Oats *	5kg DE	€ 18,50
Wheat			
1311 Deshima	Wheat *	500g NL	€ 1,65
1312 Deshima	Wheat *	1kg NL	€ 2,80
1314 Deshima	Wheat *	5kg NL	€ 12,60
Kamut			
1271 Deshima	Kamut *	500g CA	€ 2,25
1272 Deshima	Kamut *	1kg CA	€ 3,95
Spelt			
1301 Deshima	Spelt *	500g NL	€ 2,35
1302 Deshima	Spelt *	1kg NL	€ 4,25
1304 Deshima	Spelt *	5kg IT	€ 18,50
Buckwheat			
1211 Deshima	Buckwheat *	500g CN	€ 2,85
1212 Deshima	Buckwheat *	1kg CN	€ 4,95
1213 Deshima	Buckwheat *	2kg CN	€ 9,45
1214 Deshima	Buckwheat *	5kg CN	€ 22,50
Kasha			
1216 Deshima	Kasha, roasted buckwheat *	500g CN	€ 3,95
1217 Deshima	Kasha, roasted buckwheat *	1kg CN	€ 6,95
Rye			
1291 Deshima	Rye *	500g NL	€ 1,75
1292 Deshima	Rye *	1kg NL	€ 3,10
Quinoa			
1281 Deshima	Quinoa *	500g BO	€ 3,45
1282 Deshima	Quinoa *	1kg BO	€ 6,25
Amaranth			
1201 Deshima	Amaranth *	500g IN	€ 2,25
1202 Deshima	Amaranth *	1kg IN	€ 3,95
Popcorn			
1289 Deshima	Popcorn *	250g HU	€ 2,49
Corn, in glass jar			
1049 De Rit	Sweet corn, in jar *	360g NL	€ 1,29
Cereal products			
Couscous			
1361 Deshima	Couscous, whole wheat *	500g FR	€ 2,25
1362 Deshima	Couscous, whole wheat *	1kg FR	€ 3,95
1364 Deshima	Couscous, whole wheat *	5kg FR	€ 17,50
Bulghur			
1351 Deshima	Bulghur, whole wheat *	500g TR	€ 2,25
1352 Deshima	Bulghur, whole wheat *	1kg TR	€ 3,95
1354 Deshima	Bulghur, whole wheat *	5kg TR	€ 17,75
Oat flakes fine			
1371 Deshima	Oat flakes fine *	500g FI	€ 1,85
1372 Deshima	Oat flakes fine *	1kg FI	€ 3,25
1374 Deshima	Oat flakes fine *	3kg FI	€ 8,75
Oat flakes coarse			
1381 Deshima	Oat flakes coarse *	500g FI	€ 1,85
1382 Deshima	Oat flakes coarse *	1kg FI	€ 3,25
1384 Deshima	Oat flakes coarse *	3kg FI	€ 8,75
Brown rice flakes			
1359 Deshima	Rice flakes *	500g NL	€ 2,75
1377 Deshima	Rice flakes *	1kg NL	€ 5,25
Other flakes			
1357 Deshima	Barley flakes *	500g NL	€ 1,75
1373 Deshima	Buckwheat flakes *	500g NL	€ 2,85
1358 Deshima	Millet flakes *	500g NL	€ 2,95
Buckwheat flour			
1406 Deshima	Buckwheat flour *	500g NL	€ 3,25
Brown rice flour			
1442 Deshima	Brown rice flour *	500g NL	€ 2,65
Rye flour			
1409 Deshima	Rye flour *	500g NL	€ 1,90

Spelt flour				Soba noodles with green tea					
1444	Deshima	Spelt flour *	500g NL	€ 2,95	1556	Terrasana	Soba with green tea	250g JP	€ 4,39
1446	Deshima	Spelt whole-wheat flour *	500g NL	€ 3,25	Soba noodles with jinenjo				
1447	Deshima	Spelt whole-wheat flour *	5kg NL	€ 25,00	1541	Terrasana	Soba with jinenjo, wild mountain root *	250g JP	€ 3,25
Wheat flour 70% whole wheat				Soba noodles with lotusroot					
1431	Deshima	Wheat flour, 70% whole wheat *	500g NL	€ 1,50	1546	Terrasana	Soba with lotus root	250g JP	€ 3,45
1432	Deshima	Wheat flour, 70% whole wheat *	1kg NL	€ 2,45	1545	Terrasana	Soba with lotus root *	250g JP	€ 4,25
1434	Deshima	Wheat flour, 70% whole wheat *	5kg NL	€ 11,25	Bifun, brown rice noodles				
Wheat flour 85% whole wheat				1500 Terrasana Bifun, brown rice glass noodles				150g JP	€ 3,85
1421	Deshima	Wheat flour, 85% whole wheat *	500g NL	€ 1,45	Harusame, glass noodles				
1422	Deshima	Wheat flour, 85% whole wheat *	1kg NL	€ 2,65	1495	Terrasana	Harusame, mung bean glass noodles	70g JP	€ 2,70
1423	Deshima	Wheat flour, 85% whole wheat *	5kg NL	€ 10,75	Japanese ramen				
Wheat flour 100% whole wheat				1569 Terrasana Buckwheat ramen				88g JP	€ 2,80
1412	Deshima	Wheat flour, 100% whole wheat *	1kg NL	€ 2,25	1567	Terrasana	Brown rice ramen	88g JP	€ 2,80
1413	Deshima	Wheat flour, 100% whole wheat *	5kg NL	€ 10,25	1563	Terrasana	Shiitake mushroom ramen	88g JP	€ 2,80
Gluten flour, wheat				1565 Terrasana Wakame sea vegetable ramen				88g JP	€ 2,80
0197	Deshima	Gluten flour, wheat *	250g DE	€ 3,15	Italian whole wheat pasta				
Polenta, corn semolina				1633 La Bio Idea Penne, whole durum semolina *				500g IT	€ 1,15
1401	Deshima	Polenta, corn semolina *	500g NL	€ 2,25	1631	La Bio Idea	Macaroni, whole durum semolina *	500g IT	€ 0,99
1402	Deshima	Polenta, corn semolina *	1kg NL	€ 3,95	1632	La Bio Idea	Spirelli, whole durum semolina *	500g IT	€ 1,15
Nuka, rice bran				1635 La Bio Idea Spaghetti, whole durum semolina *				500g IT	€ 0,99
3290	Deshima	Nuka, rice bran *	500g ES	€ 3,25	Italian millet pasta				
Wheat bran				1611 La Bio Idea Millet macaroni, durum semolina and millet *				500g IT	€ 2,19
1316	Deshima	Wheat bran *	250g NL	€ 1,45	1613	La Bio Idea	Millet spaghetti, durum semolina and millet *	500g IT	€ 2,19
Fresh mochi				1615 La Bio Idea Millet spirelli, durum semolina and millet *				500g IT	€ 2,19
1386	Food for Free	Sweet rice mochi, fresh *	250g BE	€ 3,39	Italian quinoa pasta				
1388	Food for Free	Sweet rice & mugwort mochi, fresh *	250g BE	€ 3,39	1745	La Bio Idea	Quinoa rigatoni, durum semolina and quinoa *	500g IT	€ 2,19
1387	Food for Free	Sweet rice & raisins mochi, fresh *	250g BE	€ 3,39	Gluten-free noodles				
Dried mochi				1496 Terrasana 100% brown rice noodles, gluten-free *				250g CN	€ 2,90
1390	Terrasana	Sweet rice mochi, dried	300g JP	€ 7,40	1497	Terrasana	Pumpkin-ginger noodles, gluten-free *	250g CN	€ 2,90
1392	Terrasana	Sweet rice & millet mochi, dried	300g JP	€ 7,40	1498	Terrasana	Buckwheat noodles with sweet potato *	250g CN	€ 2,90
1395	Terrasana	Sweet rice & mugwort mochi, dried	300g JP	€ 7,40	Soups				
1398	Terrasana	Sweet rice and black beans mochi	300g JP	€ 7,40	Instant miso soup				
Seitan				1801 Terrasana Miso soup, instant				10x8g JP	€ 4,79
1470	Deshima	Seitan, wheat gluten, fresh, in jar	370g CZ	€ 2,75	1794	Terrasana	Miso soup, instant *	6x10g JP	€ 4,65
1472	Deshima	Seitan, wheat gluten, fresh, in jar	690g CZ	€ 5,25	1803	Terrasana	Miso soup, red, instant	70g JP	€ 5,05
Spelt seitan				1805 Terrasana Miso soup, instant, white				10x8g JP	€ 5,55
1475	Terrasana	Spelt seitan, no wheat, fresh, in jar *	440g NL	€ 5,75	Miso soup seaweetables/tofu				
Fu, dried wheat gluten				1796 Clearspring Miso soup with seaweed *				4x10g JP	€ 4,35
1455	Terrasana	Small Fu, zeni, dried wheat gluten	79g JP	€ 3,70	1797	Clearspring	Miso soup, with seaweed, hearty red	4x10g JP	€ 4,35
1451	Manna	Large Fu, kuruma, dried wheat gluten	15pc JP	€ 10,95	1795	Clearspring	Miso soup with tofu, mellow white	4x10g JP	€ 4,35
1453	Terrasana	Flat Fu, shonai, dried wheat gluten	140g JP	€ 5,49	Dashi instant bouillon				
Fu, whole wheat				1851 Terrasana Dashi kombu-shiitake broth powder				10x10g JP	€ 5,90
1457	Terrasana	Large Fu, zenryu, dried whole wheat gluten	12pc JP	€ 4,99	Pumpkin-bean soup				
Crunchy				0450 Deshima Pumpkin soup, with white beans *				375ml NL	€ 3,50
3785	Barnhouse	Crunchy oat, plain *	375g DE	€ 2,99	0451	Deshima	Pumpkin soup, with white beans *	720ml NL	€ 5,95
3787	Barnhouse	Crunchy oat, forest fruit *	375g DE	€ 3,25	Pumpkin-red lentil soup				
3786	Barnhouse	Crunchy, spelt *	375g DE	€ 2,99	0474	Deshima	Pumpkin soup, with red lentils *	375g NL	€ 3,50
Tortilla wraps				0475 Deshima Pumpkin soup, with red lentils *				720g NL	€ 5,95
1740	Fertilia	Tortilla wraps *	4pc NL	€ 2,29	Pumpkin-lentil-tofu soup				
Noodles & pasta				0472 Deshima Pumpkin soup, with red lentils and fried tofu *				375g NL	€ 3,50
Udon, wheat noodles				0473 Deshima Pumpkin soup, with red lentils and tofu *				720g NL	€ 5,95
1503	Terrasana	Udon, whole wheat	250g JP	€ 2,70	Pumpkin-chickpea soup				
1505	Deshima	Udon, whole wheat, in bulk	6kg JP	€ 61,80	0476	Deshima	Pumpkin soep, with chickpeas *	375g NL	€ 3,50
1504	Terrasana	Udon, whole wheat *	250g JP	€ 3,50	0477	Deshima	Pumpkin soep, with chickpeas *	720g NL	€ 5,95
1507	Deshima	Udon, whole wheat, in bulk *	6kg JP	€ 75,25	Beans				
Udon, brown rice noodles				Hokkaido aduki beans					
1506	Terrasana	Udon, brown rice and wheat	250g JP	€ 3,15	2202	Deshima	Hokkaido aduki beans	500g JP	€ 9,95
1508	Deshima	Udon, brown rice and wheat, in bulk	6kg JP	€ 67,95	2201	Deshima	Hokkaido aduki beans	1kg JP	€ 18,50
Somen, thin noodles				2203 Deshima Hokkaido aduki beans				2kg JP	€ 35,50
1515	Terrasana	Somen, thin wheat noodles	250g JP	€ 2,80	2204	Deshima	Hokkaido aduki beans	5kg JP	€ 85,00
1516	Terrasana	Somen, thin wheat noodles *	250g JP	€ 3,45	Hokkaido black beans				
Soba, 100% buckwheat noodles				2212 Deshima Hokkaido black beans				500g JP	€ 9,95
1525	Terrasana	Soba, 100% buckwheat, wheat free	250g JP	€ 5,00	2211	Deshima	Hokkaido black beans	1kg JP	€ 18,50
Soba, 40% buckwheat noodles				2213 Deshima Hokkaido black beans				2kg JP	€ 35,50
1522	Terrasana	Soba, 40% buckwheat and wheat *	250g JP	€ 3,50	2214	Deshima	Hokkaido black beans	5kg JP	€ 85,00
1535	Terrasana	Soba, 40% buckwheat and wheat	250g JP	€ 3,10	Aduki beans				
1523	Deshima	Soba, 40% buckwheat and wheat, in bulk	6kg JP	€ 59,00	2221	Deshima	Aduki beans *	500g BR	€ 2,55
Soba somen noodles				2222 Deshima Aduki beans *				1kg BR	€ 4,65
1527	Terrasana	Soba somen, thin buckwheat noodles	250g JP	€ 2,95	2223	Deshima	Aduki beans *	2kg BR	€ 8,45
Soba noodles with quinoa				2224 Deshima Aduki beans *				5kg BR	€ 19,50
1551	Terrasana	Soba with quinoa	250g JP	€ 2,90	Borlotti beans				
Soba noodles with mugwort				2296 Deshima Borlotti beans, pinto beans *				500g CN	€ 1,95
1531	Terrasana	Soba with mugwort	250g JP	€ 3,45	Brown beans				
1533	Terrasana	Soba with mugwort *	250g JP	€ 3,70	2231	Deshima	Brown beans *	500g NL	€ 2,85
1534	Deshima	Soba with mugwort, in bulk	6kg JP	€ 68,15					

Red kidney beans

2251 Deshima	Red kidney beans *	500g	CN	€ 1,95
2252 Deshima	Red kidney beans *	1kg	CN	€ 3,65
2254 Deshima	Red kidney beans *	5kg	CN	€ 16,50

Lemon beans

2268 Deshima	Lemon beans	500g	NL	€ 7,25
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Soybeans, yellow

2261 Deshima	Soybeans, yellow *	500g	CN	€ 1,95
2262 Deshima	Soybeans, yellow *	1kg	CN	€ 3,65
2264 Deshima	Soybeans, yellow *	5kg	CN	€ 16,95

Soybeans, hulled

2272 Deshima	Soybeans, hulled, for tempeh *	5kg	NL	€ 17,50
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Soybeans, black

2277 Deshima	Soybeans, black *	1kg	CN	€ 4,95
2279 Deshima	Soybeans, black *	5kg	CN	€ 22,50

Black turtle beans

2291 Deshima	Black turtle beans *	500g	CN	€ 2,25
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White beans, small

2281 Deshima	White beans, small *	500g	CN	€ 1,95
2282 Deshima	White beans, small *	1kg	CN	€ 3,40
2284 Deshima	White beans, small *	5kg	CN	€ 14,95

White beans, medium

2266 Deshima	White beans, medium *	500g	CN	€ 1,90
2267 Deshima	White beans, medium *	1kg	CN	€ 3,25

White beans, large

2286 Deshima	White beans, large *	500g	CN	€ 2,75
2287 Deshima	White beans, large *	1kg	CN	€ 4,95

Chickpeas, small

2301 Deshima	Chickpea, small *	500g	TR	€ 2,00
2303 Deshima	Chickpeas, small *	1kg	TR	€ 3,75
0134 Deshima	Chickpeas, small *	5kg	TR	€ 15,95

Chickpeas, large

2306 Deshima	Chickpeas, large *	500g	TR	€ 2,25
2307 Deshima	Chickpeas, large *	1kg	TR	€ 3,95
2308 Deshima	Chickpeas, large *	2kg	TR	€ 7,45
2309 Deshima	Chickpeas, large *	5kg	TR	€ 17,95

Splitpeas

2316 Deshima	Splitpeas *	500g	CA	€ 2,45
2317 Deshima	Splitpeas *	1kg	CA	€ 4,45

Brown lentils

2321 Deshima	Brown lentils *	500g	TR	€ 2,35
2322 Deshima	Brown lentils *	1kg	TR	€ 4,15

Du Puy lentils

2327 Deshima	Du Puy lentils, green *	500g	CA	€ 2,95
2326 Deshima	Du Puy lentils, green *	1kg	CA	€ 5,65
2328 Deshima	Du Puy lentils, green *	2kg	CA	€ 9,75

Red lentils

2341 Deshima	Red lentils *	500g	TR	€ 2,85
2342 Deshima	Red lentils *	1kg	TR	€ 5,25
2344 Deshima	Red lentils *	5kg	TR	€ 24,50

Black Beluga lentils

2346 Deshima	Black Beluga lentils *	500g	CA	€ 2,95
2347 Deshima	Black Beluga lentils *	1kg	CA	€ 5,35

Canned beans

2237 La Bio Idea	Brown beans, can *	400g	NL	€ 0,99
2257 La Bio Idea	White beans, large, can *	400g	NL	€ 0,99
2259 La Bio Idea	Red kidney beans, can *	400g	NL	€ 0,99
2250 La Bio Idea	Bean mix, can *	400g	NL	€ 0,99

Canned lentils

2236 La Bio Idea	Brown lentils, can *	400g	NL	€ 0,99
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Canned peas

2256 La Bio Idea	Chickpeas, can *	400g	NL	€ 0,99
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Tofu, tempeh, natto & starters**Tofu, fresh**

2361 Deshima	Tofu, fresh *	250g	NL	€ 2,35
2363 Deshima	Tofu, fresh *	500g	NL	€ 4,10

Tempeh, fresh

2371 Deshima	Tempeh, fresh *	200g	NL	€ 3,40
2372 Deshima	Tempeh, fresh *	300g	NL	€ 3,90

Natto, fresh

2382 Deshima	Natto, fresh *	145g	NL	€ 4,95
2383 Deshima	Natto, fresh *	500g	NL	€ 15,95

Smoked tofu, fresh

2365 Food for Free	Smoked tofu, fresh *	200g	BE	€ 2,89
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Smoked tempeh, fresh

2380 Food for Free	Smoked tempeh, fresh *	200g	BE	€ 3,45
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Yuba, dried bean curd

2353 Golden Lily	Yuba, dried bean curd	200g	CN	€ 3,59
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Brown rice koji, starter

2399 Terrasana	Brown rice koji, starter	500g	JP	€ 11,90
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Natto starter

2398 Deshima	Natto starter	3g	JP	€ 21,95
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Tempeh starter

2394 Deshima	Tempeh starter	50g	BE	€ 16,25
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Nigari, tofu coagulant

2390 Deshima	Nigari, tofu coagulant	100g	JP	€ 1,25
2392 Deshima	Nigari, tofu coagulant	1kg	JP	€ 9,95

Dried whole grain sourdough

2388 Lecker's	Dried whole grain sourdough *	30g	DE	€ 0,95
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Vegetables, mushrooms & pickles**Fresh vegetable**

1940 Udea	Ginger root *	1kg	PE	€ 0,00
2034 Deshima	Ginger root, non organic	1kg	CN	€ 0,00
1980 Deshima	Lotus root, fresh	1kg	CN	€ 0,00
1931 Deshima	Daikon root, non organic	1pc	CN	€ 0,00

Dried daikon root, matchsticks

2112 Deshima	Dried daikonroot, matchsticks	75g	JP	€ 3,69
2113 Deshima	Dried daikonroot, matchsticks	150g	JP	€ 6,95

Dried burdock, fine slices

2100 Deshima	Dried burdock, fine slices	75g	JP	€ 4,95
2101 Deshima	Dried burdock, fine slices	150g	JP	€ 8,95

Dried burdock, coarse slices

2105 Deshima	Dried burdock, coarse slices	75g	JP	€ 4,95
2107 Deshima	Dried burdock, coarse slices	150g	JP	€ 8,95

Dried lotus root, slices

2120 Terrasana	Lotus root, slices	50g	JP	€ 5,75
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Dried tomatoes

2125 Deshima	Dried tomato, pieces *	100g	IT	€ 2,20
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Shiitake Donko, mushroom

2131 Deshima	Shiitake Donko, dried	75g	JP	€ 8,75
2133 Deshima	Shiitake Donko, dried	250g	JP	€ 28,50
2134 Deshima	Shiitake Donko, dried	1kg	JP	€ 107,50

Shiitake China, dried

2135 Deshima	Shiitake China, dried	75g	CN	€ 3,45
2136 Deshima	Shiitake China, dried	250g	CN	€ 10,70
2137 Deshima	Shiitake China, dried	1kg	CN	€ 34,50

Shiitake Japan, dried

2138 Deshima	Shiitake Japan, dried	75g	JP	€ 4,25
2139 Deshima	Shiitake Japan, dried	250g	JP	€ 12,45
2140 Deshima	Shiitake Japan, dried	1kg	JP	€ 45,00

Maitake, dried

2130 Terrasana	Maitake, dried	30g	JP	€ 5,99
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Pickles

3219 Deshima	Salty water pickle *	375ml	NL	€ 3,95
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Tamari onion pickle

3215 Deshima	Tamari onion pickle *	375ml	NL	€ 3,95
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Ume vinegar vegetable pickels

3217 Deshima	Ume vinegar vegetable pickle *	375ml	NL	€ 3,95
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Daikon pickle, 2 pcs.

3232 Clearspring	Daikon pickle, 2pcs.	100g	JP	€ 5,45
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Daikon pickle, sliced

3233 Terrasana	Daikon pickle, sliced	50g	JP	€ 2,95
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Ginger pickle, sliced

3237 Terrasana	Ginger pickle, sliced	60g	JP	€ 2,95
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Shiso leaf pickle

3248 Terrasana	Shiso leaf pickle, pieces	50g	JP	€ 3,25
2295 Arche	Shiso leaf pickle, whole leaves	80g	JP	€ 4,95

Takuan pickle, whole daikon

3257 Terrasana	Takuan pickle, whole daikon root	200g	JP	€ 5,25
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Sour gherkin pickle, jar

3231 Bio Fit	Sour gherkin pickle, jar *	330g	DE	€ 2,29
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Sauerkraut, pasteurized

2090 Eden	Sauerkraut, pasteurized in pvc bag *	500g	DE	€ 1,69
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Nuka, with sea salt

3293 Terrasana	Nuka, rice bran with salt, mix for pickles	2kg	JP	€ 17,85
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Sea vegetable & sea salt**Arame**

2401 Deshima	Arame	100g	JP	€ 6,55
2403 Deshima	Arame	1kg	JP	€ 59,40

Dulse

2413 Deshima	Dulse	75g	FR	€ 5,95
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Hiziki			
2431 Deshima	Hiziki	100g	JP € 8,95
2433 Deshima	Hiziki	1kg	JP € 81,50
Kanten powder, agar agar			
2440 Deshima	Kanten powder, agar agar in jar	80g	MA € 7,75
Kanten flakes, agar agar			
2441 Terrasana	Kanten flakes, agar agar	30g	JP € 5,25
Kanten bars, agar agar			
2442 Deshima	Kanten bars, agar agar	20g	JP € 3,40
Kombu, long pieces			
2451 Deshima	Kombu, long pieces	100g	JP € 6,75
2453 Deshima	Kombu, long pieces	1kg	JP € 59,50
Kombu, short pieces			
2452 Deshima	Kombu, short pieces	100g	JP € 6,99
Ne Kombu, kombu root			
2455 Terrasana	Ne Kombu, kombu root	100g	JP € 18,95
Mekabu, kombu flower			
2465 Terrasana	Mekabu, kombu flour	100g	JP € 5,45
Wakame, long pieces			
2481 Deshima	Wakame, long pieces	100g	JP € 6,25
2483 Deshima	Wakame, long pieces	1kg	JP € 57,20
Wakame, short pieces			
2482 Deshima	Wakame, short pieces	75g	JP € 4,95
Instant wakame, snippets			
2491 Terrasana	Instant wakame, snippets	50g	JP € 5,90
Nori, unroasted			
2471 Terrasana	Nori, unroasted, 10 sheets	25g	JP € 4,60
Nori snippets			
2462 Terrasana	Nori snippets, snippets	25g	JP € 3,80
Nori strips, seasoned			
2463 Terrasana	Nori strips, seasoned	10g	JP € 3,90
Kizami nori, strips			
2467 Deshima	Kizami nori, strips	10g	JP € 3,45
Ao nori, powder			
2477 Deshima	Ao nori, powder	20g	JP € 2,85
Sushi nori, roasted			
2474 Terrasana	Sushi Nori, roasted, 7 sheets	17g	JP € 4,15
2476 Deshima	Sushi Nori, roasted, 50 sheets	125g	CH € 16,75
Mixed sea vegetable salad			
2421 Terrasana	Mixed sea vegetable salad	10g	JP € 3,50
Sea salt, Atlantic, fine			
2752 Deshima	Sea salt, fine, Atlantic Ocean	1kg	PT € 1,35
Sea salt, Atlantic, coarse			
2762 Deshima	Sea salt, coarse, Atlantic Ocean	1kg	PT € 1,35
Hakata sea salt, fine			
2755 Deshima	Hakata sea salt, fine, Pacific Ocean	1kg	JP € 7,95
Izu sea salt, fine			
2767 Deshima	Izu Oshima sea salt, fine, Pacific Ocean	1kg	JP € 23,50

Miso

Yamaki brown rice miso			
2631 Deshima	Yamaki brown rice miso, 2 years fermented *	350g	JP € 6,95
2632 Deshima	Yamaki brown rice miso, 2 years fermented *	750g	JP € 12,95
2633 Deshima	Yamaki brown rice miso, 2 years fermented *	1kg	JP € 16,45
2635 Deshima	Yamaki brown rice miso, 2 years fermented *	8kg	JP € 125,00
Yamaki barley miso			
2611 Deshima	Yamaki barley miso, 2 years fermented *	350g	JP € 6,45
2612 Deshima	Yamaki barley miso, 2 years fermented *	750g	JP € 12,50
2613 Deshima	Yamaki barley miso, 2 years fermented *	1kg	JP € 15,70
2615 Deshima	Yamaki barley miso, 2 years fermented *	8kg	JP € 125,00
Yamaki soybean miso, hatcho			
0124 Deshima	Yamaki hatcho miso, soybeans, 3 years ferm.	350g	JP € 6,95
2652 Deshima	Yamaki hatcho miso, soybeans, 3 years ferm.	750g	JP € 12,95
Yamaki, 4 season miso			
2671 Deshima	Yamaki 4 season miso	350g	JP € 7,45
2672 Deshima	Yamaki 4 season miso	750g	JP € 14,95
Awase miso, barley & rice			
2637 Deshima	Awase miso, barley and rice, 2 years ferm.	350g	JP € 5,95
2638 Deshima	Awase miso, barley and rice, 2 years ferm.	750g	JP € 9,95
Shiro miso, young rice miso			
2661 Deshima	Shiro miso, young white rice, 3 months ferm.	350g	JP € 5,95
2662 Deshima	Shiro miso, young white rice, 3 months ferm.	750g	JP € 11,50
2663 Deshima	Shiro miso, young white rice, 3 months ferm.	1kg	JP € 14,95
Natto miso			
2641 Deshima	Natto miso	350g	JP € 6,45
2642 Deshima	Natto miso	750g	JP € 12,50

Shoyu & tamari

Shoyu			
2562 Deshima	Shoyu *	500ml	NL € 6,95
2563 Deshima	Shoyu *	1l	NL € 12,95
2564 Deshima	Shoyu *	5l	NL € 55,00
Yamaki shoyu			
2511 Deshima	Yamaki shoyu	250ml	JP € 3,75
2512 Deshima	Yamaki shoyu	500ml	JP € 6,95
2513 Deshima	Yamaki shoyu	1l	JP € 12,95
2514 Deshima	Yamaki shoyu	5l	JP € 55,00
Yamaki namashoyu			
2521 Deshima	Yamaki namashoyu *	250ml	JP € 3,75
2522 Deshima	Yamaki namashoyu *	500ml	JP € 6,95
2523 Deshima	Yamaki namashoyu *	1l	JP € 12,95
2524 Deshima	Yamaki namashoyu *	5l	JP € 55,00
Tamari, soy sauce			
2552 Deshima	Tamari soy sauce *	500ml	JP € 8,95
2553 Deshima	Tamari soy sauce *	1l	JP € 16,95
2554 Deshima	Tamari soy sauce *	5l	JP € 77,50

Oil, vinegar & mirin

Sunflower oil			
3082 Deshima	Sunflower oil *	1l	FR € 4,69
Deep-frying oil			
3023 Deshima	Deep-frying oil, deodorized sunflower oil *	1l	FR € 6,45
3024 Deshima	Deep-frying oil, deodorized sunflower oil *	5l	FR € 28,50
Hot oil, sesame-chili			
3001 Muso	Hot oil, sesame-chili	45ml	JP € 5,95
Olive oil, Portugal			
3040 Deshima	Olive oil, extra virgin *	500ml	PT € 9,95
Olive oil, Italy			
3036 La Bio Idea	Olive oil, extra virgin *	500ml	IT € 7,49
Olive oil with lemon			
3045 Sommariva	Olive oil with lemon	100ml	IT € 5,95
Sesame oil			
3062 Deshima	Sesame oil *	500ml	NL € 5,79
3063 Deshima	Sesame oil *	1l	NL € 9,39
3065 Deshima	Sesame oil *	5l	NL € 43,95
Toasted sesame oil			
3070 Deshima	Toasted sesame oil	250ml	JP € 5,95
3072 Deshima	Toasted sesame oil	500ml	JP € 10,95
3073 Deshima	Toasted sesame oil	1l	JP € 19,95
Orange oil			
3075 Deshima	Orange oil *	250ml	IT € 15,95
Brown rice vinegar			
2801 Deshima	Brown rice vinegar *	250ml	JP € 3,45
2802 Deshima	Brown rice vinegar *	500ml	JP € 6,45
2803 Deshima	Brown rice vinegar *	1l	JP € 12,45
Sweet rice vinegar			
2807 Deshima	Sweet rice vinegar	250ml	JP € 4,45
2808 Deshima	Sweet rice vinegar	500ml	JP € 7,80
2809 Deshima	Sweet rice vinegar	1l	JP € 13,95
Yamaki ume vinegar			
2815 Deshima	Yamaki ume vinegar	250ml	JP € 2,95
2816 Deshima	Yamaki ume vinegar	500ml	JP € 5,45
2817 Deshima	Yamaki ume vinegar	1l	JP € 9,95
Ohindo ume vinegar			
2851 Deshima	Ohindo ume vinegar	250ml	JP € 2,95
2852 Deshima	Ohindo ume vinegar	500ml	JP € 4,95
2853 Deshima	Ohindo ume vinegar	1l	JP € 7,95
2854 Deshima	Ohindo ume vinegar	5l	JP € 35,00
Mirin, sweet cooking rice wine			
2961 Deshima	Mirin, sweet rice cooking wine	250ml	JP € 4,35
2962 Deshima	Mirin, sweet rice cooking wine	500ml	JP € 7,95
2963 Deshima	Mirin, sweet rice cooking wine	1l	JP € 14,95
2964 Deshima	Mirin, sweet rice cooking wine	5l	JP € 65,00
Lemon juice			
4541 La Bio Idea	Lemon juice *	250ml	IT € 1,50
Yuzu, lemon vinegar			
2811 Muso	Yuzu, lemon vinegar	100ml	JP € 8,45

Umeboshi products

Umeboshi plum			
3101 Deshima	Umeboshi plum *	200g	JP € 9,95
3102 Deshima	Umeboshi plum *	400g	JP € 17,90
3103 Deshima	Umeboshi plum *	650g	JP € 29,95

Ohindo umeboschi plum				3397 Deshima	Gomashio 1:20, black sesame, bag *	125g	NL	€ 3,95
3121 Deshima	Ohindo umeboschi plum	180g	JP € 9,95	3817 Deshima	Gomashio 1:20, black sesame, jar *	125g	NL	€ 4,65
3122 Deshima	Ohindo umeboschi plum	350g	JP € 17,90	Hiziki-shiitake-tofu				
3123 Deshima	Ohindo umeboschi plum	650g	JP € 32,50	3818 Deshima	Hiziki-shiitake-tofu condiment, jar	175g	NL	€ 3,95
Yamaki umeboschi plum				Pumpkin peel condiment				
3126 Deshima	Yamaki umeboschi plum	180g	JP € 7,95	3879 Deshima	Pumpkin peel, condiment *	185g	NL	€ 2,95
3127 Deshima	Yamaki umeboschi plum	350g	JP € 14,95	Shio kombu condiment				
3128 Deshima	Yamaki umeboschi plum	650g	JP € 24,95	3819 Deshima	Shio kombu condiment, jar	175g	NL	€ 5,35
Mini umeboschi plum				Nori condiment				
3131 Deshima	Mini umeboschi plum	170g	JP € 12,95	3877 Deshima	Nori condiment, jar	175g	NL	€ 6,95
3133 Deshima	Mini umeboschi plum	350g	JP € 24,95	Yukari shiso powder				
Umeboschi paste				3520 Terrasana	Yukari shiso powder, with ume vinegar, bag	50g	JP	€ 3,75
3111 Deshima	Umeboschi paste	200g	JP € 5,95	Furikake shiso powder				
3112 Deshima	Umeboschi paste	400g	JP € 10,45	3521 Terrasana	Furikake shiso powder, with citric acid, bag	50g	JP	€ 3,55
3113 Deshima	Umeboschi paste	800g	JP € 19,50	Tekka miso				
Umeboschi plum pills, Meitan				3522 Terrasana	Tekka miso, bag	80g	JP	€ 4,25
3151 Terrasana	Umeboschi plum pills, Meitan	10g	JP € 4,80	Horse radish				
Ume concentrate pills				2925 Vitam	Horse radish spread, tube	50g	DE	€ 1,85
3153 Terrasana	Ume concentrate pills, salt free	65g	JP € 15,00	Wasabi				
Umeboschi san				2918 Clearspring	Wasabi powder, can	25g	JP	€ 4,45
3152 Terrasana	Umeboschi san, ume plum pills, small, sealed	18g	JP € 5,65	2921 Terrasana	Wasabi paste, japanese horse radish, tube	43g	JP	€ 6,65
Ume concentrate				Mustard Dijon, fine				
3191 Terrasana	Ume concentrate	40g	JP € 13,85	2951 Deshima	Mustard Dijon, fine *	200g	FR	€ 3,25
Thickening- & rising agents				2952 Deshima	Mustard Dijon, fine *	400g	FR	€ 4,95
Kuzu				Ginger powder				
2151 Deshima	Kuzu, medicinal binding agent *	250g	JP € 12,95	2718 Sonnentor	Ginger powder *	35g	AT	€ 2,09
2152 Deshima	Kuzu, medicinal binding agent *	500g	JP € 24,95	Vanilla powder				
2153 Deshima	Kuzu, medicinal binding agent *	1kg	JP € 49,95	2161 Sonnentor	Vanilla powder *	10g	AT	€ 5,50
2155 Deshima	Kuzu, medicinal binding agent *	5kg	JP € 226,00	Japanese chili pepper				
Arrowroot				2922 Lucullus	Japanese Chili pepper, nanami togarashi	15g	JP	€ 3,25
2171 Deshima	Arrowroot *	250g	IN € 2,95	Seeds, nuts & fruits				
2173 Deshima	Arrowroot *	500g	IN € 5,40	Brown linseeds				
Corn starch				3524 Deshima	Brown linseeds *	500g	UA	€ 2,60
2191 Deshima	Corn starch *	250g	AT € 1,85	Golden linseeds				
2192 Deshima	Corn starch *	500g	AT € 2,95	3527 Deshima	Golden linseeds *	500g	US	€ 2,95
Tartar baking powder				Lotus seeds				
1452 Deshima	Tartar baking powder	100g	NL € 2,75	3530 Golden Lily	Lotus seeds	170g	CN	€ 4,95
Condiments & herbs				Pumpkin seeds				
Roasted sesame seeds				3532 Deshima	Pumpkin seeds, light green *	500g	CN	€ 6,95
3853 Deshima	Roasted sesame seeds, white *	150g	NL € 2,39	3533 Deshima	Pumpkin seeds, light green *	1kg	CN	€ 12,95
3855 Deshima	Roasted sesame seeds, brown *	150g	NL € 2,39	Sesame seeds, brown				
3837 Deshima	Roasted sesame seeds, black *	150g	NL € 3,95	3542 Deshima	Sesame seeds, brown *	500g	IN	€ 2,95
3858 Deshima	Roasted sesame seed mix, black & brown *	150g	NL € 2,95	3543 Deshima	Sesame seeds, brown *	1kg	IN	€ 5,45
Pumpkin seed, ground				3544 Deshima	Sesame seeds, brown *	5kg	IN	€ 24,50
3820 Deshima	Pumpkin seed, ground, with sea salt, bag *	125g	NL € 3,49	Sesame seeds, black				
3828 Deshima	Pumpkin seed, ground, with sea salt, in jar *	125g	NL € 3,95	3551 Deshima	Sesame seeds, black *	250g	JP	€ 4,25
3821 Deshima	Pumpkinseed, ground, without sea salt, bag *	125g	NL € 3,49	3552 Deshima	Sesame seeds, black *	500g	JP	€ 7,95
3832 Deshima	Pumpkin seed, ground, without sea salt, jar *	125g	NL € 3,95	3553 Deshima	Sesame seeds, black *	1kg	JP	€ 15,40
Suikato, watermelon concentrate				Sesame seeds, white				
3182 Terrasana	Suikato, watermelon concentrate, in jar	120g	JP € 55,00	3547 Deshima	Sesame seeds, white *	500g	IN	€ 2,85
Yansen, dandelion concentrate				Sunflower seeds				
3181 Terrasana	Yansen, dandelion concentrate, in jar	50g	JP € 39,50	3592 Deshima	Sunflower seeds *	500g	CN	€ 2,75
Goma chili				3593 Deshima	Sunflower seeds *	1kg	CN	€ 4,95
3410 Deshima	Goma chili, brown sesame, bag *	125g	NL € 3,25	3594 Deshima	Sunflower seeds *	5kg	CN	€ 22,50
3822 Deshima	Goma chili, brown sesame, jar *	125g	NL € 3,95	Almonds				
Goma kombu				3601 Deshima	Almonds *	250g	ES	€ 4,20
3415 Deshima	Goma kombu, brown sesame, bag *	125g	NL € 3,25	3602 Deshima	Almonds *	500g	ES	€ 7,80
3823 Deshima	Goma kombu, brown sesame, jar *	125g	NL € 3,95	3603 Deshima	Almonds *	1kg	ES	€ 14,45
Goma nori				Almond flour				
3430 Deshima	Goma nori, brown sesame, bag *	125g	NL € 2,95	3615 Deshima	Almond flour *	100g	ES	€ 2,25
3810 Deshima	Goma nori, brown sesame, jar *	125g	NL € 3,25	Almond shavings				
Goma shiso				3611 Deshima	Almond shavings *	100g	ES	€ 2,45
3425 Deshima	Goma shiso, brown sesame, bag *	125g	NL € 3,65	Hazelnuts				
3813 Deshima	Goma shiso, brown sesame, jar *	125g	NL € 3,95	3641 Deshima	Hazelnuts *	250g	TR	€ 4,60
Goma tekka				Pinenuts				
3412 Deshima	Goma tekka, brown sesame, bag *	125g	NL € 3,65	3655 Deshima	Pinenuts *	125g	CN	€ 8,95
3812 Deshima	Goma tekka, brown sesame, jar *	125g	NL € 3,95	3656 Deshima	Pinenuts *	300g	CN	€ 19,50
Goma wakame				Peanuts, shelled				
3435 Deshima	Goma wakame, brown sesame, bag *	125g	NL € 3,65	3662 Deshima	Peanuts, shelled *	500g	CN	€ 2,95
3814 Deshima	Goma wakame, brown sesame, jar *	125g	NL € 3,95	Walnuts				
Gomashio				3681 Deshima	Walnuts *	250g	IN	€ 5,95
3393 Deshima	Gomashio 1:16, brown sesame, bag *	125g	NL € 1,95	3682 Deshima	Walnuts *	500g	IN	€ 10,95
3815 Deshima	Gomashio 1:16, brown sesame, jar *	125g	NL € 2,45	Chestnuts, dried				
3394 Deshima	Gomashio 1:20, brown sesame, bag *	125g	NL € 1,95	3653 Primeal	Chestnuts, dried *	500g	FR	€ 8,25
3816 Deshima	Gomashio 1:20, brown sesame, jar *	125g	NL € 2,45	Chestnuts, cooked				
				3654 Deshima	Chestnuts, cooked	150g	CN	€ 2,45

Roasted almonds

3839 Deshima	Roasted almonds, with tamari *	150g	NL	€ 3,75
3851 Deshima	Roasted almonds, with umesu *	150g	NL	€ 3,75
3844 Deshima	Roasted almonds, plain *	150g	NL	€ 3,49

Roasted pumpkin seeds

3850 Deshima	Roasted pumpkin seeds, with tamari *	150g	NL	€ 3,25
3854 Deshima	Roasted pumpkin seeds, with umesu *	150g	NL	€ 3,25
3852 Deshima	Roasted pumpkin seeds, plain *	150g	NL	€ 2,95

Roasted sunflower seeds

3868 Deshima	Roasted sunflower seeds, with tamari *	150g	NL	€ 2,25
3871 Deshima	Roasted sunflower seeds, with umesu *	150g	NL	€ 2,25
3864 Deshima	Roasted sunflower seeds, plain *	150g	NL	€ 1,95

Roasted seed mix

3863 Deshima	Roasted seed, nut & fruit mix*	150g	NL	€ 3,25
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Apricots, unsulphured

3701 Deshima	Apricots, unsulphured *	250g	TR	€ 3,95
3702 Deshima	Apricots, unsulphured *	500g	TR	€ 7,55
3703 Deshima	Apricots, unsulphured *	1kg	TR	€ 14,35

Apricots pieces, unsulphured

3706 Deshima	Apricot pieces, unsulphured *	250g	TR	€ 2,95
3707 Deshima	Apricot pieces, unsulphured *	500g	TR	€ 5,65

Apple pieces, diced

3708 Deshima	Apple, diced *	100g	AT	€ 3,40
3709 Deshima	Apple, diced *	250g	AT	€ 7,90

Cherrie

3754 Deshima	Cherries, with apple juice concentrate *	100g	CA	€ 3,25
3768 Deshima	Cherries, with apple juice concentrate *	250g	CA	€ 7,20

Blueberries

4720 Deshima	Blueberries, with apple juice concentrate *	100g	CA	€ 3,65
4721 Deshima	Blueberries, with apple juice concentrate *	250g	CA	€ 7,95

Cranberries

3725 Deshima	Cranberries, with apple juice concentrate *	100g	CA	€ 2,45
3729 Deshima	Cranberries, with apple juice concentrate *	250g	CA	€ 4,95

Mulberry

4723 Deshima	Mulberries *	100g	TR	€ 2,95
4724 Deshima	Mulberries *	250g	TR	€ 5,95

Dates, pitted

3746 Deshima	Dates, pitted *	250g	TN	€ 2,60
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Date pieces

3748 Deshima	Date pieces *	250g	TN	€ 2,20
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Gojiberry

3738 Deshima	Gojiberry	100g	CH	€ 2,95
3739 Deshima	Gojiberry	250g	CH	€ 5,95

Prunes, pitted

3741 Deshima	Prunes, pitted *	250g	FR	€ 4,45
3742 Deshima	Prunes, pitted *	500g	FR	€ 8,25

Currants

3731 Deshima	Currants *	250g	GR	€ 3,45
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Sultana raisins

3761 Deshima	Sultana raisins *	250g	TR	€ 2,25
3762 Deshima	Sultana raisins *	500g	TR	€ 3,85
3763 Deshima	Sultana raisins *	1kg	TR	€ 6,95

Blue Thompson raisins

3764 Deshima	Blue Thompson raisins *	250g	AR	€ 2,35
3766 Deshima	Blue Thompson raisins *	500g	AR	€ 4,25
3767 Deshima	Blue Thompson raisins *	1kg	AR	€ 7,95

Tea & grain coffee**Bancha, 3 year tea**

4100 Deshima	Bancha, 3 year tea, leaves & twigs, loose *	100g	JP	€ 4,99
4101 Deshima	Bancha, 3 year tea, leaves and twigs, loose *	250g	JP	€ 11,90

Hojicha, tea leaves

4123 Deshima	Hojicha, tea leaves, loose *	100g	JP	€ 5,95
4124 Deshima	Hojicha, tea leaves, loose *	250g	JP	€ 13,95

Hojicha with 20% kukicha

4114 Deshima	Hojicha, with 20% kukicha, loose *	100g	JP	€ 5,25
4115 Deshima	Hojicha, with 20% kukicha tea, loose *	250g	JP	€ 12,45

Kukicha twig tea

4111 Deshima	Kukicha, twig tea, loose *	100g	JP	€ 3,65
4112 Deshima	Kukicha, twig tea, loose *	250g	JP	€ 7,95
4113 Deshima	Kukicha, twig tea, loose *	1kg	JP	€ 27,55

Mu tea, 16 herbs

4153 Deshima	Mu tea, 16 herbs, loose	100g	JP	€ 10,95
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Genmaicha, tea with rice

4131 Terrasana	Genmaicha, roasted rice & twig tea, loose	100g	JP	€ 3,00
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Sencha, green tea

4143 Terrasana	Sencha, green tea, loose *	100g	JP	€ 4,95
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Kohren, lotus root powder

2147 Terrasana	Kohren, lotus root powder	50g	JP	€ 6,35
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Hojicha, tea bags

4106 Terrasana	Hojicha, leaf & twig tea mix, tea bags *	10x2g	JP	€ 2,09
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Kukicha, tea bags

4121 Terrasana	Kukicha, twig tea, teabags *	24x5g	JP	€ 5,60
4119 Terrasana	Kukicha, twig tea, teabags *	10x2g	JP	€ 1,90

Kukicha bags in paper box

4118 Lima	Kukicha, twig tea, paper carton, tea bags *	15g	JP	€ 2,45
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Hato mugicha, tea bags

4107 Terrasana	Hato mugicha, pearl barley tea, tea bags	28x6g	JP	€ 6,90
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Ume-sho-ban, instant

4110 Terrasana	Ume-sho ban, instant umeboshi shoyu tea	20x8g	JP	€ 18,45
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Mu tea, teabags

4158 Lima	Mu tea, paper carton, tea bags	15g	JP	€ 4,25
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Bancha, teabags

4127 Lima	Bancha, tea leaves, paper carton, tea bags *	15g	JP	€ 2,75
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Sencha, teabags

4144 Lima	Sencha, green tea, paper carton, tea bags *	15g	JP	€ 2,75
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Yannoh instant

4223 Lima	Yannoh instant *	125g	BE	€ 5,49
4225 Lima	Yannoh instant *	250g	BE	€ 8,95

Yannoh instant, refill

4227 Lima	Yannoh instant, refill *	250g	BE	€ 8,19
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Yannoh instant, vanilla

4229 Lima	Yannoh instant vanilla *	150g	BE	€ 6,09
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Juices & drinks**Apple juice concentrate**

4614 Ekoland	Apple juice concentrate *	700ml	NL	€ 5,49
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Pear concentrate

4651 Ekoland	Pear juice concentrate *	400ml	NL	€ 5,29
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Raspberry-strawberry conc.

4602 Ekoland	Raspberry-strawberry juice concentrate *	400ml	NL	€ 5,29
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Yellow fruits concentrate

4671 Ekoland	Yellow fruits, orange juice concentrate *	400ml	NL	€ 5,29
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Bonsoy

4351 Terrasana	Bonsoy	1l	JP	€ 3,49
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Sake, rice wine

4711 Deshima	Sake, rice wine *	250ml	JP	€ 7,95
4712 Deshima	Sake, rice wine *	500ml	JP	€ 14,95
4793 Deshima	Sake, rice wine *	1l	JP	€ 27,95

Shizengo sake

4713 Clearspring	Shizengo sake	720ml	JP	€ 23,75
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Sweeteners**Barley malt syrup**

4012 Deshima	Barley malt syrup, fully fermented *	250g	BE	€ 2,65
4011 Deshima	Barley malt syrup, fully fermented *	450g	BE	€ 3,75
4013 Deshima	Barley malt syrup, fully fermented *	900g	BE	€ 5,95

Rice & barley malt syrup

4019 Deshima	Rice and barley malt syrup, fully fermented *	250g	NL	€ 2,65
4021 Deshima	Rice and barley malt syrup, fully fermented *	450g	NL	€ 3,75
4022 Deshima	Rice and barley malt syrup, fully fermented *	900g	NL	€ 5,95

Rice syrup

4030 Deshima	Rice syrup *	250g	BE	€ 2,75
4031 Deshima	Rice syrup *	450g	BE	€ 3,85
4033 Deshima	Rice syrup *	900g	BE	€ 6,25
4034 Deshima	Rice syrup *	6,5kg	BE	€ 35,00

Rice malt syrup

4032 Deshima	Rice malt syrup, fully fermented *	250g	BE	€ 2,95
4036 Deshima	Rice malt syrup, fully fermented *	450g	BE	€ 3,95
4037 Deshima	Rice malt syrup, fully fermented *	900g	BE	€ 6,75
4040 Deshima	Rice malt syrup, fully fermented*	6,5kg	BE	€ 37,50

Rice malt, table dispenser

4041 Lima	Rice malt, table dispenser *	420g	BE	€ 4,19
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Amazake

3999 Muso	Brown rice amazake *	250g	JP	€ 5,95
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Maple syrup, glass

4042 Deshima	Maple syrup, grade C *	250g	CA	€ 5,95
4050 Deshima	Maple syrup, grade C *	450g	CA	€ 9,45
4048 Deshima	Maple syrup, grade C *	900g	CA	€ 17,45
4046 Deshima	Maple syrup, grade C *	5l	CA	€ 110,00

Maple syrup, plastic jar

4047 Terrasana	Maple syrup, grade C *	1l	CA	€ 22,95
4066 Terrasana	Maple syrup, grade C *	250ml	CA	€ 7,39
4044 Terrasana	Maple syrup, grade C *	500ml	CA	€ 13,45

Jams & spreads

Blueberry jam				
4893 Fiordifrutta	Blueberry jam *	250g	IT	€ 3,29
Lemon jam				
4894 Fiordifrutta	Lemon jam *	260g	IT	€ 3,29
Orange jam				
4912 Fiordifrutta	Orange jam *	260g	IT	€ 3,29
Apricot jam				
4892 Fiordifrutta	Apricot jam *	250g	IT	€ 3,29
Strawberry jam				
4891 Fiordifrutta	Strawberry jam *	250g	IT	€ 3,29
Apple & pear butter				
5031 Poiret	Apple & pear butter	450g	NL	€ 2,59
Tahini with white sea salt				
0206 Deshima	Tahini, with white sea salt *	200g	NL	€ 2,75
0207 Deshima	Tahini, with white sea salt *	350g	NL	€ 3,95
0219 Deshima	Tahini, with white sea salt *	650g	NL	€ 6,45
Tahini without salt				
0208 Deshima	Tahini, without added salt *	200g	NL	€ 2,75
0214 Deshima	Tahini, without added salt *	350g	NL	€ 3,95
0220 Deshima	Tahini, without added salt *	650g	NL	€ 6,45
White tahini without salt				
0210 Deshima	White tahini, without added salt *	200g	NL	€ 3,55
0211 Deshima	White tahini, without added salt *	350g	NL	€ 5,35
0212 Deshima	White tahini, without added salt *	650g	NL	€ 8,95
Peanut butter with sea salt				
0200 Deshima	Peanut butter, with white sea salt *	200g	NL	€ 2,65
0201 Deshima	Peanut butter, with white sea salt *	350g	NL	€ 3,75
0202 Deshima	Peanut butter, with white sea salt *	650g	NL	€ 5,95
Peanut butter without salt				
0203 Deshima	Peanut butter, without added salt *	200g	NL	€ 2,65
0204 Deshima	Peanut butter, without added salt *	350g	NL	€ 3,75
0205 Deshima	Peanut butter, without added salt *	650g	NL	€ 5,95
Peanut butter, crunchy, salt				
0216 Deshima	Peanut butter crunchy, with white sea salt *	200g	NL	€ 1,00
0215 Deshima	Peanut butter crunchy, with white sea salt *	350g	NL	€ 1,00
0213 Deshima	Peanut butter crunchy, with white sea salt *	650g	NL	€ 1,00
White almond paste without salt				
4813 Deshima	White almond paste, without added salt *	200g	NL	€ 4,95
4811 Deshima	White almond paste, without added salt *	350g	NL	€ 7,65
Carobella hazelnut				
3982 Molenaarje	Carobella hazelnut *	350g	NL	€ 3,45
Carobella duo				
3981 Molenaarje	Carobella duo *	350g	NL	€ 3,45
Chocolate spread, corn syrup				
3991 Chocoreale	Chocolate spread, with corn syrup *	270g	NL	€ 2,99

Snacks savory & sweet

Wasabichips				
1778 Terrasana	Wasabi chips, hot	75g	JP	€ 2,49
Japanese rice crackers				
1726 Deshima	Rice cracker, square *	80g	JP	€ 2,10
1718 Deshima	Rice cake, round *	80g	JP	€ 2,10
1722 Deshima	Rice crackers, mixed *	80g	JP	€ 2,10
1725 Deshima	Rice cakes, rectangular *	50g	JP	€ 1,49
Muesli bar apricot				
3913 Fit	Muesli bar apricot *	30g	CZ	€ 0,79
3918 Fit	Muesli bar apricot *	24x30g	CZ	€ 17,25
Muesli bar raspberry				
3919 Fit	Muesli bar raspberry *	30g	CZ	€ 0,79
3920 Fit	Muesli bar raspberry *	24x30g	CZ	€ 17,25
Muesli bar apple				
3925 Fit	Muesli bar apple *	30g	CZ	€ 0,79
3927 Fit	Muesli bar apple *	24x30g	CZ	€ 17,25
Muesli bar pear				
3932 Fit	Muesli bar pear	30g	CZ	€ 0,79
3934 Fit	Muesli bar pear	24x30g	CZ	€ 17,25
Muesli bar hazelnut				
3936 Fit	Muesli bar hazelnut	30g	CZ	€ 0,79
3937 Fit	Muesli bar hazelnut	24x30g	CZ	€ 17,25
Muesli bar juicy				
3938 Fit	Muesli bar juicy	30g	CZ	€ 0,79
3939 Fit	Muesli bar juicy	24x30g	CZ	€ 17,25
Soyabella carob bar				
3948 Molenaarje	Soyabella carob bar *	100g	NL	€ 2,35
0299 Molenaarje	Soyabella hazelnut carob bar *	50g	NL	€ 1,35

Terrasana candies

4073 Terrasana	Ginger candies	130g	JP	€ 4,29
4075 Terrasana	Lotus candies	130g	JP	€ 4,29
4052 Terrasana	Green tea candies	30g	JP	€ 1,99
Meitan ume plum candies				
4071 Meitan	Ume plum candies	60g	JP	€ 3,49
Clearspring candies				
4051 Clearspring	Ginger candies, sweetened with rice malt	50g	JP	€ 2,50
4053 Clearspring	Peppermint candies, sweetened with rice malt	50g	JP	€ 2,50
4054 Clearspring	Sour Plum candies, sweetened with rice malt	50g	JP	€ 2,50
4059 Clearspring	Vanilla candies, sweetened with rice malt	50g	JP	€ 2,50
4058 Clearspring	Lotus candies, sweetened with rice malt	50g	JP	€ 2,50
Arche candies				
4055 Arche	Lemon candies	50g	JP	€ 2,35
4056 Arche	Orange candies	50g	JP	€ 2,35
4057 Arche	Peppermint candies	50g	JP	€ 2,35
Creamy waffles				
3906 Molenaarje	Creamy waffles lemon *	100g	NL	€ 1,49
3909 Molenaarje	Creamy waffles vanilla *	100g	NL	€ 1,49
3907 Molenaarje	Creamy waffles choco *	100g	NL	€ 1,49
Syrup waffles				
3915 Molenaarje	Syrup waffles, hazelnut *	175g	NL	€ 1,89
Ginger cake				
3910 Terrasana	Ginger cake *	380g	GB	€ 4,99
Filled cookie				
3965 Billy's Farm	Filled cookie almond & apricot *	175g	NL	€ 2,55
Spelt cookies				
3959 Billy's Farm	Spelt cookie ginger & walnut *	175g	NL	€ 2,55
Apple rings, dried				
3712 Ekoland	Apple rings, dried *	125g	DE	€ 2,99
Soy dessert, vanilla				
4473 Provamel	Soy dessert vanilla *	500ml	BE	€ 1,85
Soy dessert, choco				
4472 Provamel	Soy dessert choco *	500ml	BE	€ 1,85
Oat-raisin cookie				
0424 Deshima	Oat-raisin cookie *	1pc	NL	€ 1,50
Rice snack almond-raisin				
3957 Deshima	Almond-raisin rice snack *	100g	NL	€ 2,75
Halva with rice syrup				
3947 Deshima	Halva with rice syrup *	100g	NL	€ 2,75

Kitchen & household products

WMF pressure cookers				
6111 WMF	Pressure cooker 2,5l, Perfect Special Offer	1pc	DE	€ 129,00
6113 WMF	Pressure cooker 3l, Perfect Special Offer	1pc	DE	€ 139,00
WMF pressure cooker set				
6118 WMF	2,5l + 3l Pressure cooker, Perfect Spec. Offer	1 set	DE	€ 259,00
WMF sealing rings				
6121 WMF	Sealing ring, for 2,5l cooker, 18cm	1pc	DE	€ 15,90
6123 WMF	Sealing ring, for 3/4,5/6,5l press.cooker, 22cm	1pc	DE	€ 15,90
WMF rubber cap				
6125 WMF	Rubber cap, universal	1pc	DE	€ 7,95
Glass teapot				
6401 Simax	Glass tea pot Eva, with filter 1l	1l	CZ	€ 11,90
6402 Simax	Glass tea pot Jana, 0,6l	0,6l	CZ	€ 8,90
6403 Simax	Glass tea pot Marta, with filter 1,5l	1,5l	CZ	€ 12,90
Glass cooking pot				
6404 Simax	Cooking pot, with lid and cork trivet	1l	CZ	€ 17,90
6405 Simax	Cooking pot, with lid and cork trivet	1,5l	CZ	€ 18,50
6406 Simax	Cooking pot, with lid and cork trivet	2l	CZ	€ 19,50
Glass cooking pot with spout				
6407 Simax	Cooking pot, Madonna, with spout and lid	2l	CZ	€ 19,50
Glass storage dish				
6408 Simax	Storage dish with plastic lid, 15x15 cm	1pc	CZ	€ 6,25
6409 Simax	Storage dish with plastic lid, 18x18 cm	1pc	CZ	€ 7,50
6410 Simax	Storage dish with plastic lid, 21x21 cm	1pc	CZ	€ 8,50
Glass loaf/cake dish				
6411 Simax	Glass loaf/cake dish	1pc	CZ	€ 6,90
Hokiyama vegetable knife				
6015 Hokiyama	Vegetable knife rectangular	1pc	JP	€ 48,70
6013 Hokiyama	Vegetable knife pointed	1pc	JP	€ 48,70
6011 Hokiyama	Vegetable knife curved	1pc	JP	€ 48,70
Hokiyama fruit knife				
6017 Hokiyama	Fruit knife	1pc	JP	€ 40,25
Caddie vegetable knife				
6035 Terrasana	Caddie knife, square	1pc	JP	€ 29,90
6033 Terrasana	Caddie knife, round	1pc	JP	€ 29,90

Salad press

6463 Deshima	Salad press 1l	1pc	JP	€ 11,55
6464 Deshima	Salad press 1,6l	1pc	JP	€ 27,45
6465 Deshima	Salad press 3l	1pc	JP	€ 30,10

Chopsticks for cooking

6219 Deshima	Cooking chopsticks, bamboo	1pc	CN	€ 1,95
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Tempura strainer

6595 Deshima	Tempura strainer, stainless steel	1pc	JP	€ 3,95
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Gomashio mill

6594 Deshima	Gomashio mill, PVC	1pc	JP	€ 6,95
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Sushi mat

6241 Deshima	Sushi mat, bamboo	1pc	JP	€ 2,45
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Bamboo brush

6341 Deshima	Bamboo brush, for suribachi	1pc	JP	€ 2,70
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Vegetable combi slicer

6062 Benriner	Japanese vegetable slicer, width 9,5cm	1pc	JP	€ 34,60
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6162 Benriner	Japanese vegetable slicer, width 14,5cm	1pc	JP	€ 39,55
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Grater, round holes

6590 Cronim	Grater, half round with round holes	1pc	DE	€ 9,90
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Ginger grater, porcelain

6589 Deshima	Ginger grater, porcelain	1pc	JP	€ 4,95
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Flame deflector

6597 Deshima	Flame deflector small, 16 cm diameter	1pc	NL	€ 3,95
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6598 Deshima	Flame deflector large, 19 cm diameter	1pc	NL	€ 4,25
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Heavy wok, cast iron

6161 Deshima	Heavy wok 25 cm, cast iron	1pc	CN	€ 37,50
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Body care**Toothpaste**

7524 Paradontax	Parodontax toothpaste	75ml	NL	€ 3,99
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7505 Vicco	Toothpaste, unsweetened	100g	IN	€ 5,95
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7504 Vicco	Toothpaste, sweetened with corn extract	100g	IN	€ 5,95
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7503 Terrasana	Dentie toothpaste	80g	JP	€ 6,75
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Dentie powder

7501 Terrasana	Dentie powder	50g	JP	€ 3,95
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Sanitary pads

8717 Natracare	Sanitary pads, ultra, with wings, 14pcs. *	1x14pc	GB	€ 3,45
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Pregnancy computer

5065 Uebe	Cyclotest baby	1pc	DE	€ 189,00
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Moxa stick

8111 Deshima	Moxa stick	1pc	CN	€ 1,10
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Haramaki, kidney warmer

8051 Deshima	Haramaki, kidney warmer, M	1pc	JP	€ 19,95
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8052 Deshima	Haramaki, kidney warmer, L	1pc	JP	€ 19,95
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Literature**Cook books NL**

9040 Genmai	Complete gids v/d makrobiotische keuken	A. Kushi	NL	€ 31,50
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Food & Healing NL

9242 Genmai	De geneeswijzer	Michio Kushi & Alex Jack	NL	€ 44,90
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9054 Kl of Europe	De natuurlijke huisapotheek	Michio Kushi	NL	€ 19,50
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9113 Kl of Europe	Ideale voedingspatroon poster	Adelbert Nelissen	NL	€ 4,50
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9050 Merlijn	Makrobiotische geneeskunde	Michio Kushi	NL	€ 34,50
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9241 OWC	Suikerween - Sugar Blues	William Dufty	NL	€ 21,40
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Philosophy NL

9051 Genmai	De makrobiotische weg	Michio Kushi	NL	€ 24,50
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9006 Genmai	Een wereld van vrede	Michio Kushi	NL	€ 17,50
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9007 Ankh-Hermes	Makrobiotiek, de universele weg	Michio Kushi	NL	€ 29,90
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Cook books ENG

9502 Welness	Complete Guide to Macrobiotic Cooking	A. Kushi	US	€ 24,95
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9141 Kodansha	Mayumi's Kitchen	Mayumi Nishimura	US	€ 26,95
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9039 Kl of Europe	Summer Conference Cookbook	Wieke Nelissen	NL	€ 16,50
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Family and Macrobiotics ENG

9022 Square One	Embracing Menopause Naturally	Gabrielle Kushi	US	€ 19,95
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9777 Japan Public.	Macrobiotic Childcare & Family Health	M & A Kushi	US	€ 36,50
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9656 Japan Public.	Macrobiotic Home Remedies	Michio Kushi	US	€ 31,50
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9772 Japan Public.	Macrobiotic Pregnancy	Michio and Aveline Kushi	US	€ 36,50
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9807 Avery	Raising Healthy Kids	Michio Kushi	US	€ 16,95
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9018 Cedar Tree	Macro Magic for Kids and Parents	Sheri L. DeMaris	US	€ 31,50
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Macrobiotic Healing ENG

9661 Japan Public.	A Natural Approach to Arthritis	Michio Kushi	US	€ 21,90
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9781 Japan Public.	Diabetes and Hypoglycemia	Michio Kushi	US	€ 21,90
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9663 Japan Public.	Infertility and Reproductive Disorders	Michio Kushi	US	€ 24,50
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9626 St. Martin's	Cancer Prevention Diet	Michio Kushi	US	€ 26,75
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9152 Balantine	Macrobiotic Path to Total Health	Michio Kushi	US	€ 24,90
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9616 Grand Central	Sugar Blues	William Dufty	US	€ 9,90
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9304 Avery	The Macrobiotic Way	Michio Kushi	US	€ 17,90
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Oriental Medicine ENG

9035 Square One	Your Body Never Lies	Michio Kushi	US	€ 19,95
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Shiatsu & Do-In ENG

9702 Japan Public.	Barefoot Shiatsu	Shizuko Yamamoto	US	€ 29,90
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9106 Fireside	Book of Shiatsu, a Complete Guide	Paul Lundberg	US	€ 17,90
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9032 Square One	The Do-In Way	Michio Kushi	US	€ 19,95
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Philosophy ENG

9375 OPW	Nine Star Ki	Michio Kushi	US	€ 19,90
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9072 St. Martin's	One Peaceful World	Michio Kushi	US	€ 36,50
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9300 Japan Public.	The Book of Macrobiotics	Michio Kushi	US	€ 24,90
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Nutrition & Food Processing ENG

9132 Kl of Europe	Ideal Food Pattern Poster	Adelbert Nelissen	NL	€ 4,50
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9031 Benbella	The China Study, hardcover	T. Colin Campbell	US	€ 24,95
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French books

9280 Tredaniel	Guide Complet de la Cuisine Macrobiotique	A. Kushi	FR	€ 25,00
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9282 Tredaniel	Livre de la Cuisine Macrobiotique	Lima Ohsawa	FR	€ 18,30
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9253 Tredaniel	Livre de la Macrobiotique	Michio Kushi	FR	€ 14,90
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9287 Tredaniel	Livre du Diagnostic Oriental	Michio Kushi	FR	€ 17,00
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9289 Tredaniel	Remèdes Macrobiotiques Familiaux	Michio Kushi	FR	€ 21,80
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9268 Tredaniel	Sucre qui Vous Veut du Mal	William Dufty	FR	€ 16,80
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9254 Tredaniel	Un Monde de Paix	Michio Kushi	FR	€ 21,50
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German books

9175 Oost West	Das Buch der makrobiotischen Küche	A. Kushi	DE	€ 24,50
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9205 Oost West	Makrobiotischen Ernährung & Lebensweise	M. Kushi	DE	€ 21,45
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9211 Oost West	Die Makrobiotische Hausapotheke	M. Kushi	DE	€ 19,50
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