



Listado de productos ecológicos. Precios vigentes hasta el 24 de junio de 2018

Precios por kilo salvo otra indicación. Gastos de gestión €3.00 Incl IVA

Verdura	Vegetables	Gemüse	€/kg	Origen
Ajo	Garlic	Knoblauch	7,96	Málaga
Zanahoria	Carrots	Karotten	2,86	Cadiz
Apio	Celery	Sellerie	4,26	Malaga
Pepino	Cucumber	Gurke	3,66	Almeria
Lemongrass 250 gr	Lemongrass 250 gr	Lemongrass 250 gr	3,86	Valencia
Bimi 250 gr	Bimi 250 gr	Bimi 250 gr	3,86	Malaga
Esparragos manojo	Asparragus bunch	Spargel Bund	4,12	Valencia
Espinaca baby 170 gr	Baby spinach 170 gr	Baby Spinat 170 gr	2,76	Portugal
Brotos de Ensalada 100 g	Salad mix 100 gr	Salat Mischung 100 gr	2,86	Portugal
Berenjena	Aubergin	Aubergine	4,66	Málaga
Judias	Green beans	Grüne Bohnen	6,26	Valencia
Brocoli	Brocoli	Brocoli	5,56	Malaga
Colirabano	Kohrabi	Kohlrabi	4,75	Malaga
Calabaza	Pumpkin	Kürbis	2,68	Malaga
Lechuga maravilla (pieza)	Lettuce maravilla (unit)	Salat maravilla (stück)	1,75	Málaga
Pimientos verdes	Green peppers	Grüner Paprika	4,66	Málaga
Pimientos rojos	Red peppers	Rote Paprika	5,26	Málaga
Col lombarda	Red cabbage	Rotkohl	3,26	Malaga
Coliflor	Cauliflower	Blumenkohl	3,96	Cadiz
Col verde lisa	Green cabbage	Grüner Kohl	2,96	Cadiz
Kale	Kale	Kale	6,36	Malaga
Rucula mjo	Rocket (bunch)	Rucula (Bund)	3,46	Malaga

Cilantro (mjo)	Coriander (bunch)	Koriander (bund)	2,06 Malaga
Puerro	Leeks	Lauch	4,26 Malaga
Remolacha	Beet root	Rote Beete	3,52 Malaga
Curcuma	Tumeric	Tumeric	16,98 Peru
Jengibre	Ginger	Ginger	8,76 Peru
Calabacín	Courgettes, zucchini	Zucchini	3,96 Málaga
Cebolla	Onions	Zwiebel	2,98 Málaga
Cebolla roja	Red onions	Rote Zwiebel	3,24 Málaga
Patata blanca	White potatoes	Weisse Kartoffeln	2,56 Málaga
Boniato	Sweet potato	Süßkartoffeln	3,56 Malaga
Tomate cherry 250 gr	Cherry tomato 250 gr	Cherry Tomaten 250 gr	2,45 Málaga
Tomate Pera	Plum tomato	Tomaten (birnenförmig)	4,34 Malaga
Tomate Ensalada	Salat tomato	Salat Tomaten	3,44 Malaga
Fruta	Fruit	Obst	
Limon	Lemon	Zitrone	3,46 Malaga
Fresas 250 gr	Strawberries 250 gr	Erdbeeren 250 gr	3,76 Huelva
Frambuesa 125 gr	Raspberry 125 gr	Brombeeren 125 gr	4,86 Huelva
Melocotón	Peach	Pfirsich	6,66 Valencia
Nectarina	Nectarine	Nectarina	5,66 Malaga
Ciruela	Plums	Pflaumen	4,72 Granada
Paraguayo	Paraguayo	Paraguayo	5,86 Granada
Albaricoques	Apricots	Apricose	5,32 Malaga
Cerezas	Cherries	Kirschen	11,56 Castilla
Arandano 125 gr	Blueberries 125gr	Blaubeeren 125 gr	4,86 Huelva
Naranja	Orange	Apfelsine	2,46 Malaga
Mandarina	Mandarin	Mandarine	3,26 Malaga
Dátiles jumbo	Large size dates	Grosse Datteln	21,12 Israel
Kiwi	Kiwi fruit	Kiwi	6,66 Italia
Sandia	Watermelon	Wassermelone	3,56 Malaga
Melón amarillo	Yellow melon	Gelbe Melone	2,88 Málaga
Melón cantalupe	Cantalupe melon	Cantalupe Melone	2,98 Málaga
Manzana Royal Gala	Royal Gala Apples	Äpfel, Royal gala	5,66 Italia
Manzana Golden	Apples, Golden	Äpfel, Golden	5,66 Italia
Piña	Pineapple	Ananas	4,96 Costa Rica

Platano	Banana	Banane	3,66 Canarias
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Huevos

Eggs

Eier

Huevos (6) normales	Eggs (6) normal size	Eier (6) Normale Grösse	2,38 Malaga
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Pan , Tartas y Organic Bread , Brot, Kuchen & Mehl

Panaderia Ecológica German Traditional Deutsche Bäckerei

Pan integral 500 gr	Wholegrain bread (pumpern	Vollkornbrot 500 gr	2,24
Pan de Centeno con Pipa	Rye bread with sunflower see	Roggen Brot mit Sonnen	4,45
Pan Campeon con semilla	Wheat bread with seeds outs	Weizenbrot mit Samen	4,55
Pan de Cebolla 1 kg	Onion bread	Zwiebelbrot	4,45
Pan de Soja 1 kg	Soya bread	Soya brot	4,75
Pan de Ajo 1kg	Garlic bread	Knoblauchbrot	4,45
Patatas fritas 130 gr	Potato chips 130 gr	Kartoffelchips 130 gr	2,12
Chips con wasabi	Wasabi chips	Wasabi Chips	3,49
Regañas con sesamo	Andalusian crackers	Andalusische Crackers	1,55
Nachos	Nachos	Nachos	1,95
Magdalenas	Muffins	Muffins	4,75
Chips de arroz	Rice chips	Reischips	2,79
Harina blanca 0,5 kg	White flour	Weisses Mehl	1,75
Maicena 250 gr	Maicena 250 gr	Maicena 250 gr	1,79
Harina integral 0.5 kg	Brown flour	Vollkorn Mehl	1,65
Harina de espelta 0,5 kg	Spelt flour	Dinkelmehl	3,96
Harina de algarroba 250 gr	Carob flour 250 gr	Karob Mehl 250 gr	1,65
Harina de Arroz 500 gr	Rice flour	Reis Mehl	2,75
Harina de Centeno 500 g	Rye flour	Roggen Mehl	1,65
Harina de Garbanzos 500 g	Chickpea flour	Kichererbsen Mehl	3,49
Cous-Cous blanco 500 gr	White couscous	Weisse Cous-Cous	2,65
Cous-Cous integral 500 gr	Wholegrain couscous	Braunes Cous-Cous	2,55
Infusiones, Tea & Coffee Tee & Café			
Manzanilla 20 bolsillas	Camomile Tea 20 bags	Kamillen Tee 20 säckchen	2,45
Menta Poleo 20 bolsillas	Mint tea 20 bags	Pferminztee 20 säckchen	2,45
Cacao 250 gr	Cacao	Cacao	4,96
Te negro con frutas del bosque	Black tea with wild fruit 10 bags	Schwarzer tee mit Früchten	1,61
Te blanco 22 bolsillas	White tea 22 bags	Weisser Tee 22 Säckchen	3,36

Te verde sencha bio,15 b	Green tea in teabags	Grüner Tee in Beuteln	2,85
Café molido de Nicaragi	Ground coffee from Nicaragu	Café 250 Nicaragua gr	5,66
Café 100% arab. Améric	100% Arabian coffee blend	100% Arabian Café mix	3,65
Descafeinado amer.sur p	South American decaf	Südamerikanischer desc	5,25

Mermeladas Jams

Mermelada de Mora (330	Blackberry jam (330 gr)
Mermelada de cereza 250	Cherry jam 250 gr
Mermelada de Fresa (370	Strawberry jam (370 gr)
Mermelada de Frambues	Raspberry jam 250 gr
Mermelada de Melocoton	Peach jam 370 gr
Mermelada de Ciruela 370	Plum jam 370 gr
Mermelada de Albericoqu	Apricot jam 370 gr
Mermelada de Arandano	Blueberry jam 250 gr
Mermealda de Frutos Roj	Red berry jam 250 gr
Mermelada de Castaña (260	Chestnut jam (260 gr)
Mermelada de Higo (260	Fig jam (260 gr)
Mermelada de Naranja (260	Marmalade (260 gr)

Zumos

Piña (1L)	Pineapple (1L)
Naranja (1L)	Orange (1L)
Melocotón (1L)	Peach (1L)
Tomate (1L)	Tomato (1L)
Zumo tropical (1L)	Tropical (1L)
Ciruela (1L)	Prune (1L)
Zumo chucrut 750 ml	Chucrut 750 ml
Zumo arandano 300 ml	Blueberry juice 300 ml
Zumo zanahoria 750 ml	Carrot 750 ml
Zumo mandarina 750 ml	Mandarin juice 750 ml
Manzana (750 ml)	Apple 750 ml
Manzana (200 ml)	Apple 200 ml
Multifrutas 200 ml	Fruitmix 200ml
Pera (750 ml)	Pear (750 ml)
Pear 200 ml	Pear 200 ml

Juices

Marmelade

Bormbeeren Mermelade	3,95
Kirschmarmelade 250 gr	3,64
Erdbeermarmelade (370	5,15
Himbeermarmelade 250	4,55
Pfirsich Mermelade 370	4,09
Pflaumen Mermelade 37	4,09
Apricosen Mermelade 37	4,09
Blaubeer Mermelade 250	4,55
Rote Beeren Mermelade	4,55
Kastanien Mermelade (2	4,15
Feigen Mermelade (260	4,15
Orangen mermelade (260	4,15

Fruchtsäfte

Annanas (1L)	2,95
Orangensaft (1L)	3,35
Pfirsich (1L)	2,85
Tomate (1L)	2,95
Tropischer Saft (1L)	3,25
Pflaumensaft (1L)	3,25
Chucrut Saft 750 ml	3,65
Blaubeer saft 300 ml	6,55
Karottensaft 750 ml	4,65
Madarinensaft 750ml	3,09
Apfelsaft (750)	2,95
Apfelsaft (200 ml)	0,75
Fruechtesaft 200ml	1,39
Birnensaft (750ml)	2,95
Brine 200 ml	0,75

Uva (750 ml)	Grape (750 ml)	Traube (750ml)	2,95
Zumo de arándanos bio,3	Blueberry	Heidelbeersaft	5,73

Mantequilla, Le Butter, Milk, Soy Butter, Milch, Soya & Yoghurt

Margarina 500 ml	Margarine 500ml	Margarine 500 ml	3,39
Mantequilla Bio 125 gr	Organic butter 125 gr	Öko. Butter 125 gr	2,35
Leche Entera (1L)	Milk (1L)	Vollmilch (1L)	1,95
Leche Desnatada (1L)	Skimmed milk (1L)	Magermilch (1L)	1,75
Leche Semidesnatada (1L)	Semi-skimmed milk	Halbmager Milch	1,75
Quark 250 gr	Quark 250 gr	Quark 250 gr	1,47
Yogur natural 150 gr (2 u	Plain yoghurt 150 gr (2 units)	Yoghurt 150 gr (2 Stück)	1,95
Soja Natural 1L	Soya juice 1L	Soya Milch 1 L	2,09
Soja c/ calcio 1L	Soya juice & calcium 1L	Soya & Calcium Milch 1 l	1,99
Soja y canela 1L	Soya juice & cinnamon 1L	Soya & Zimt Milch 1 L	2,05
Soja y cacao 1L	Soya juice & cacao 1L	Soya Milch & Kakao 1 L	2,55
Leche de Arroz 1L	Rice Milk 1L	Reis Milch 1L	3,15
Leche de Arroz con calcic	Rice Milk with calcium 1L	Reis Milch mit calcium 1l	3,15
Leche de Almendras 1 L	Almond milk 1L	Mandelmilch 1L	2,95
Leche de Coco 1L	Coconut drink 1L	Kokussnuss Milch 1L	2,95
Leche de Avena 1L	Oat milk 1 L	Haferflockenmilch 1L	2,35
Leche de Avenay calcio 1	Oat milk & Calcium 1 L	Haferflockenmilch & Calc	3,43
Leche de Espelta 1L	Spelt drink 1 L	Dinkelmilch 1L	2,95

Miel & Azúcar Honey & Sugar Honig & Zucker

Miel Retama 1/2 kg	Retama honey	Retama Honig	7,45
Miel de Tomillo 1/2 kg	Thyme honey 1/2kg	Thymian Honig 1/2 kg	7,12
Miel de los Montes 1/2 kg	Hill honey 500 gr	Berg Honig 500 gr	6,45
Miel de los Montes de Má	Malaga hill honey 1Kg	Berg Honig aus Malaga	11,45
Stevia liquida 125 ml	Liquid stevia 125 ml	Flüssige Stevia 125 ml	12,32
Azúcar de caña bio,500 g	Cane Sugar white	Weisser Zuckerrohr Zucl	2,45
Azúcar de caña integral b	Brown cane sugar	Brauer Zuckerrohr Zucke	3,19

Pastas & Arroz Pastas & Rice Nudeln & Reis

Macarrones (500gr)	Macaroni (500 gr)	Macarroni (550gr)	2,25
Espaguetis (500gr)	Spaghetti (500gr)	Spaghetti (500gr)	2,15
Fideos para Wok 250 gr	Wok Noodles 250 gr	Wok Nudeln 250 gr	2,05

Lasagna integral	Wholewheat Lasagna	Vollkorn Lasagne	2,59
Lasagna de trigo	Wheat lasagna	Weizenlasagne	2,59
Lasagna con espinacas	Spinach lasagna	Spinat Lasagne	2,59
Espaguetis de albahaca y	Basil & garlic spaghetti	Basilicim Spagehetti	3,23
Pad thai pasta	Pad thai noodles	Pad thai pasta	4,12
Fusilli tricolore bio,500 g	Three coloured organic fussil	Fusilli tricolore bio,500 g	2,95
Espagueti con albahaca	Basil spaghetti	Basilicum Spaghetti	2,96
2 Bases pizza de trigo 30	Two bases of pizza (flour)	Zwei Pizzaböden (Weiss	2,95
2 Bases pizza de espelta	Two bases of pizza (spelt)	Zwei Pizzaböden (Dinkle	4,79
Arroz largo blanco (500gr	Long corn rice white (500gr)	Lanfkornreis (weiss) (500	2,35
Arroz largo integral (500g	Wholegrain long rice (500gr)	Langkornreis .ungewaschl	2,35
Arroz redondo blanco (50	Round corn rice (white)(500g	Rundkornreis weiss(500g	2,75
Arroz redondo integral (50	Wholegrain round corn rice (Rundkornreis .ungewaschl	2,15
Arroz Jazmín blanco (500	White Jasmine rice (500gr)	Weisse Jazmin Reis (500	3,15
Arroz Jazmín integral (500	Wholegrain jasmine rice (500	Jazmin Reis .ungewaschl	2,95
Arroz basmati blanco (500	White basmati rice (500gr)	Weisser Basmati (500gr)	3,45
Arroz basmati integral (500	Wholegrain basmati rice (500	Basmati .ungewaschen (2,98
Arroz rojo (500 gr)	Red rice (500 gr)	Roter Reise (500 gr)	3,39
Arroz Vaporizado (500 gr)	Steam Rice (500 gr)	Vaporisierter Reis (500 g	2,55
Arroz Salvaje (500 gr)	Wild Rice (500 gr)	Wilder Reis (500 gr)	19,45

Aceite

Oil

Öl

Aceite de Oliva Extra Virg	Cold pressed extra virgin oliv	Kaltgrpresstes Olivenöl C	7,68
Aceite de Oliva Extra Virg	Cold pressed extra virgin oliv	Kaltgrpresstes Extra Virg	38,68
Aceite de coco virgen 325g	Organic Virgin Coconut Oil 325g	Bio Kokosnussöl 325gr	12,32
Aceite de coco virgen 1 lit	Organic Virgin Coconut Oil 1	Bio Kokosnussöl 1 Liter	28,45
Aceite de linaza 250 ml	Flaxseed oil 250ml	Leinsamenoel 250 gr	4,95
Aceite girasol virgen bio,	Sunflower Oil	Sonnenblumen Öl	7,25
Aceite sésamo bio,1/2 l	Sesame Oil	Sesam Öl	7,93
Vinagre Balsamico de Mc	Organic Balsamic Vinegar 250	Bio Balsamico Essig 250	8,25
Vinagre de vino	Wine vinegar	Wein Essig	2,85
Vinagre de manzana(cris	Apple vinegar	Apfelessig	2,45

Vinos, Cava & Wine, Cava & Beer, Weine, Cava & Bier

Tempranillo 5 litros	Red tempranillo wine 5 litres	Roter Tempranillo Wein :	29,85
Verdejo 5 litros	White verdejo wine 5 litres	Weisser Verdejo Wein 5	29,85

Palacio de Aranjuez - Tin	Palacio de Aranjuez - red	Palacio de Aranjuez - R	6,05
Vino de crianza de Navar	Red crianza from Navarra	Roter Crianza aus Navar	7,85
Pinot Noir Rosado	Pinot Noir Rose	Pinot Noir Rose	6,58
Chardonay	Chardonay	Chardonay	18,44
Cava brut nature ,bio.75 c	Cava brut nature ,bio.75 cl	Cava brut nature ,bio.75	12,51
Cerveza budels bier,bio.3	Budel's Beer	Budels Bier	1,65
Sake japones	Japanese sake	Japanischer Sake	12,74
Oloroso de Montilla	Oloroso from Montilla	Oloroso aus Montilla	9,25
Pedro Jimenez	Pedro Jimenez	Pedro Jimenez	8,95
Amontillado	Amontillado	Amontillado	8,76

Legumbres

Organic Pulses

Hülsenfrüchte

Alubia Pinta 500 gr	Pinta beans 500 gr	Pinta Bohnen 500 gr	2,35
Alubia Roja 500 gr	Red beans 500gr	Rote Bohnen 500 gr	3,22
Alubia Negra 500 gr	Black beans 500 gr	Schwarze Bohnen 500 g	3,29
Alubia Blanca Chica 500	White beans (small)500 gr	Weisse Bohnen (kleine)€	2,25
Alubia Blanca grandes 50	White beans (large) 500 gr	Weisse Bohnen (grosse)	4,07
Alubia Azuki 500 gr	Azuki beans 500 gr	Azuki Bohnen 500 gr	2,65
Garbanzos 500 gr	Chickpeas 500gr	Kichererbsen 500 gr	2,25
Lenteja Pardina 500gr	Pardina lentils 500 gr	Pardina Linsen 500 gr	3,75
Lenteja Roja 500gr	Red lentils 500 gr	Rote Linsen 500 gr	3,35
Soja Negra 500 gr	Black soya beans 500 gr	Schwarze Soya 500 gr	2,25
Soja Blanca 500 gr	White soya beans 500gr	Weisse Soya 500 gr	2,25
Soja Verde 500 gr	Green soya beans 500 gr	Grüne Soya 500 gr	3,45

Frutos Secos

Dried Fruit

Trockenobst

Albaricoques (250gr)	Apricots(250gr)	Apricose (250gr)	6,38
Higo seco ((250gr)	Dried figs (250gr)	Feigen (250gr)	5,58
Almendras con cascara 5	Unshelled almonds 500 gr	Mandeln in Schale 500 g	3,12
Almendras con piel 150 g	Whole alomnds with skin 150	Mandeln ungeheudet 150	4,79
Cacahuetes 200 gr	Peanuts 200 gr	Erdnüsse 200 gr	2,99
Nuez Pecana 250 gr	Pecan Nuts 250 gr	Pecan Nuesse 250 gr	3,98
Almendras Pelada 250 gr	Blanched almonds 250 gr	Mandeln geschält 250 gr	6,27
Mezcla de Frutos secos :	Dried fruit mix 225 gr	Trockenobstmix 225gr	4,22
Piñones 100 gr	Pine kernels 100 gr	Pinienkerne 100 gr	8,12

Anacardos (150gr)	Cashew nuts (150gr)	Cashew Nüsse (150gr)	5,75
Avellana pelada (150gr)	Unshelled hazelnut (150gr)	Haselnuss geschält (150g)	6,23
Tomates secados al sol	Sun dried tomatoes un olive	Sonnengetrocknete Tom	5,93

Ciruela sin hueso (250gr)	Pitted prunes (250gr)	Pfaumen entkernt (250gr)	6,94
Nuces peladas (150gr)	Shelled walnuts 150 gr	Wallnuss geschält (150g)	4,09
Pasas sultanas (250gr)	Sultanas (250gr)	Rosinen (250gr)	2,95
Pasas corinto (250gr)	Currants (250 gr)	Kleine Rosinen (250 gr)	4,76

Nutricion

Naturya trocitos cacao	Naturya cacao nibs	Naturya cacao nibs	12,95
Naturya acai en polvo	Naturya acai powder	Naturya acai pulver	29,96
Naturya cañamo en polvo	Naturya hemp protein	Naturya Hanf Pulver	15,95
Naturya chlorella en polvo	Naturya chorella powder	Naturya chorella Pulver	17,75
Naturya esppirulina en po	Naturya spirulina powder	Naturya Spirulina Pulver	15,95
Naturya lucuma en polvo	Naturya lucuma powder	Naturya lucuma Pulver	15,95
Naturya maca en polvo	Naturya maca powder	Naturya Maca Pulver	17,95
Naturya cebada en polvo	Naturya barleygrass powder	Naturya Barleygrass Pulv	12,95
Naturya verde de trigo	Naturya whedgrass powder	Naturya whedgrass Pulv	12,95

Hierbas Aromá Dried Herbs

Albahaca 15 gr	Basil 15 gr	Basilicim 15 gr	1,65
Eneldo 30 gr	Dill 30 gr	Dill 30 gr	2,25
Hojas Eucaliptus 50 gr	Eucalyptus leaves 50 gr	Eucaliptus Blätter 50 gr	2,35
Hierba Buena 20 gr	Spearmint leaves 20 gr	Minze 20 gr	2,15
Menta Piperita 25 gr	Peppermint leaves 25 gr	Pfeffermnze	2,25
Orégano 14 gr	Oregano 14 gr	Oregano 14 gr	1,95
Perejil 25 gr	Parsley 25 gr	Petersilie 25 gr	2,45
Regaliz 50 gr	Liquorice root 50 gr	Lakritz 50 gr	2,95
Romero 30 gr	Rosemary 30 gr	Rosmarin 30 gr	2,25
Salvilla 20 gr	Sage 20 gr	Salbei 20 gr	2,45
Tomillo 30 gr	Thyme 30 gr	Thymian 30 gr	2,45
Sésamo crudo bio 500 g	Sesame seeds	Sesam Samen	4,25

Especias

Cayena 30 gr	Cayenne pepper 30 gr	Cayenne Pfeffer 30 gr	2,25
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Nutrition

Nutrition

Getrocknete Kräuter

Gewürze

Cilantro semillas 30 gr	Coriander Seeds 30 gr	Kroriander Samen 30 gr	2,15
Comino molido 15 gr	Ground cumin 15 gr	Gemahlener Kuemmelm	1,65
Curcuma 100 gr	Curcuma 100 gr	Curcuma 100 gr	6,25
Curry 45 gr	Curry 45 gr	Curry 45 gr	4,83
Laurel 10 gr	Bay Leaf 10 gr	Lorbeerblätter 10gr	2,15
Ajo 50 gr	Garlic	Knoblauch	2,55
Canela molida 33gr	Ground cinnamon 33 gr	Gemalener Zimt 33 gr	2,15
Estragon 8 gr	Tarragon	Estragon	1,95
Hierbas Provencales 20 g	Herbes de Provence 20 gr	Herbes de Provence 20 g	2,45
Pimenton Dulce 75 gr	Sweet chili powder	Süsse chilie Pulver	3,31
Nuez Moscada Molida 50	Ground nutmeg 50 gr	Muskatnuss 50 gr	4,85
Pimenton Picante 40 gr	Ground chilies	Chilie Pulver	2,95
Flor de sal 75 gr	Flower of salt 75 gr	Blumen des Salzes 75gr	4,75
Sal fina 500 gr	Fine salt 500 gr	Feines Salz 500 gr	3,75
Sal de hierbas 75 gr	Salt of herbs 75 gr	Krautersalz 75gr	2,95
Pimienta blanca molida 33gr	Ground white pepper 33gr	Gemahlener weisse Pfeffer	2,49
Pimienta negra molida 25	Ground black pepper 25 gr	Gemahlener schwarzer Pfeffer	1,65
Pimienta Negra en Grano	Black peppercorns 40 gr	Schwarze Pfeffer Körner	3,58

Conservas

Tinned food

Tomate frito casero bio,3l	Tomato sauce
Tomate entero 400 gr	Whole tomatoes 400 gr
Aceitunas Arbequinas 200	Arbequina olives 200 gr
Aceitunas cocktail	Cocktail Olives
Judias blancas garndes	Butter beans
Tzaziki 170 gr	Tzaziki 170 gr
Sirope de Arce 1 L	Maple Syrup 1 Litre
Leche dec oco 400 ml	Coconut milk 400 ml
Crema de coco 200 ml	Coconut cream 200ml
Alcaparas 100 gr	Capers 100 gr
Aioli 170 gr	Aioli 170 gr
Gazpacho	Gazpacho
Ensalada de humus 100 g	Humus dip 100gr
Tortilla wrap (6)	Tortilla wrap (6)
Pimiento piquillo	Picillo peppes
Wasabi en polvo	Wasabi powder

Konserven

Tomatensosse	3,85
Ganze Tomaten 400 gr	1,75
Arbequina Oliven 200 gr	2,49
Cocktail Oliven	3,33
Grosse weisse Bohnen	1,61
Tzaziki 170 gr	3,63
Ahornsirup 1 L	31,61
Kokussnuss Milch 400ml	3,25
Kokussnuss Cream 200	2,52
Kapern 100 gr	4,27
Aioli 170 gr	3,27
Gazpacho	3,64
Humus dip 100 gr	1,88
Tortilla wrap (6)	3,04
Piquillo Paprika	5,19
Wasabi Pulver	4,19

Miso con edamame	Miso with edamame	Miso mit Edamame	4,12
Wakame	Wakame	Wakame	5,96
Falafel fresco 250 gr	Fresh falafel 250 gr	Frische Falafel 250 gr	4,69
Baba Ganoush de berenja	Baba Ganouch aubergine sp	Baba Ganoush Obergine	3,85
Tapa del Sol 150 gr	Tapa de Sol 150 gr	Tapa de Sol 150 gr	4,48
Pesto	Pesto	Pesto	5,04
Pesto rosso	Pesto rosso	Pesto rosso	4,75
Champoñon laminado 34	Sliced mushrooms 340 gr	Champions geschnitten :	4,82
Pepinillos 680 gr	Gherkins 680 gr	Gurken in Essig 680 gr	3,85
Caldo Verduras Bio de Ar	Vegetable stock 1L	Gemüsebrühe 1L	5,25
Caldo de Pollo Bio de Ar	Chicken stock 1L	Hühnerbrühe 1L	5,45
Caldo vegetal c/sal bio, 6,	Vegetable stock	Vegetarische Brühwürfel	2,25
Ketchup bio,270 g	Ketchup	Ketchup	3,59
Mostaza dijon bio, 200 g	Dijon mustard	Dijon Senf	2,95
Chucrut	Chucrut	Sauerkraut	2,74
Mayonesa	Majonnaise	Majonnaise	3,85
Temphe 310 gr	Temphe 310 gr	Temphe 310 gr	4,77
Pickels de jengibre	Ginger pickel	Ginger pickel	4,42
Pickels de takua	Taku pickel	Taku pickel	8,05
Salsa Soja 500 ml	Soysauce 500 ml	Sojasosse 500 ml	10,15
Garbanzos 660 gr	Chickpeas 660gr	Kichererbsen 660 gr	3,15
Pimientos Piquillo 215 gr	Piquillo peppers 215 gr	Piquillo Paprika 215 gr	5,25
Melocoton en almibar 440	Peaches 440 gr	Pfirsich 440 gr	4,25
Remolacha 345 gr	Beetroot 345 gr	Rote Beete 345 gr	2,25
Castañas en almibar 275	Chestnut 275 gr	Kastanien 275 gr	4,95
Crema de castañas 275 g	Chestnut soup 275 gr	Kastaniensuppe 275 gr	4,95
CREMA DE CACAHUETI	Peanutbutter 330 gr	Erdnussbutter 330 gr	5,29
Crema de almendras blar	White almond spread 330 gr	Weisser Mandelaufstrich	16,12
Crema de almendras 330	Almond spread 330 gr	Mandelaufstrich 330 gr	15,75
Crema de anacardos	Cashew spread 330 gr	Cashew Aufstrich 330 gr	10,42
Aceitunas aliñadas 345 g	Green olives 345 gr	Grüne Oliven 345 gr	2,75
Tahini crema de sésamo	Tahini 330 gr	Tahini 330 gr	5,97
Bio Desayunos Organic Breakfast Öko-frühstück			
Muesli frutas biológico,50	Muesli with fruit	Früchtemüsli	2,64
Muesli con chocolate bio,	Muesli with Chocolate	Schokoladen Müsli	3,43

Copos de avena 500 gr	Oat flakes 500 gr	Haferflocken	2,25
Quínoa biológica,500 g	Quinoa	Quinoa	7,75
Semillas de lino 500gr	Linseeds 500 gr	Leinsamen 500 gr	2,79
Semillas de chía 250 gr	Chia seeds 250 gr	Chiasamen 250 gr	5,34
Corn flakes bio,375 g	Corn flakes bio,375 g	Corn flakes bio,375 g	4,13

Queso

Cheese

Käse

Queso de cabra tipo gouda	Goat cheese Gouda type 380g	Ziegenmilchkäse Gouda	11,67
Cheddar mature 135 gr	Cheddar mature 135 gr	Cheddar mature 135 gr	5,85
Cheddar vintage 135 gr	Cheddar vintage 135 gr	Cheddar vintage 135 gr	5,85
Feta 180 gr	Feta 180 gr	Feta 180 gr	5,03
Queso en lonchas150gr	Cheese in slices 150gr	Scheibenkäse 150 gr	3,45
Camembert 100 gr	Camembert 100 gr	Camembert 100 gr	2,13
Queso de cabra red lable	Goat cheese red lable	Ziegenkäse Red Lable	4,95
Queso de cabra black lab	Goat cheese black lable	Ziegenkäse Black Lable	5,25
Brie 200 gr	Brie 200 gr	Brie 200 gr	4,93
Queso para untar con hierbas	Cheese with herbs to spread	Kräuterkäse	2,03
Queso curado de oveja 380g	Cured sheep cheese 380 gr	Schafskäse 380 gr	13,69
Medallas de queso de cabra	Goat's cheese in olive oil 130g	Ziegenkäse in Oliven Öl	8,95
Parmesano 300 gr	Parmesan Cheese 300 gr	Parmesan Kaese 300 gr	11,95
Queso semi curado de cabra	Semi cured goat cheese 400g	Ziegenkäse 400gr	5,95

Pesacado en lata

Tinned fish

Fisch in Dosen

Filetes de Caballa c/aceite	Mackerel in olive oil 120 gr	Mackrele in Olivenöl 120	3,34
Calamares 120 gr	Squid 120 gr	Tintenfisch 120 gr	2,83
Sardinias 115 gr	Sardines 115 gr	Sardinen 115 gr	2,55
Melva 195 gr	Melva 195 gr	Melva 195 gr	6,63
Salmon 195 gr	Salmon 195 gr	Lachs 195 gr	8,65
Ventresca de atun 120 gr	Tuna belly 120 gr	Tunfishbauch 120 gr	4,55
Mejilliones 120 gr	Mussels 120 gr	Miesmuscheln 120 gr	3,78
Atun en aceite de oliva 120g	Tuna in olive oil 120 gr	Tunfish in Olivenöl 120 g	3,54
Atun en aceite de oliva 500g	Tuna in olive oil 500 gr	Tunfish in Olivenöl 500 g	8,65
Anchoas Ortiz Eco 47gr	Anchovies Ortiz 47 gr	Sardellen Ortiz 47 gr	3,95
Mejillinos 500 gr	Mussels 500 gr	Miesmuscheln 500gr	6,95
Bacalao desmigado 200g	Cod shavings 200gr	Bacalao desmigado 200	3,66

Lomo de bacalao salado : Salted cod loin 500 gr	Lomo de bacalao salado	22,96
Trucha ahumada 100 gr Smoked trout 100 gr	Geraeucherte Forelle 100 gr	7,56

Pesacado fresco Fresh fish

Lubina grande Large sea bass	Grosser Wolfsbarsch	29,86
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Embutidos y Jambon Organic Ham and Jambon Öko Schinken und Würste

Salchichon Extra 80 gr	Salchichon Extra 80 gr	Salchichon Extra 80 gr	3,25
Chorizo Extra 80 gr	Chorizo Extra 80 gr	Chorizo Extra 80 gr	3,25
Salchicha Frankfurt 2 uni	Frankfurter sausage 2 units	Frankfurter Würstchen 2	4,56
Fuet extra 180 gr	Fuet extra 180 gr	Fuet extra 180 gr	5,75
Butifarra blanca 400 gr	Butifarra (white) 400 gr	Weisse Butifarra 400 gr	9,45
Butifarra de huevo 200 gr	Egg butifarra 200 gr	Ei.butifarra 200 gr	6,45
Butifarra negra 200 gr	Black butifarra 200 gr	Schwarze Butifarra 200 gr	5,65
Longaniza extra 200 gr	Longaniza extra 200 gr	Longaniza extra 200 gr	11,95
Bacon 100 gr	Bacon 100 gr	Speck 100 gr	3,95
Pate de hierbas finas 100 gr	Pate of fine herbs 100 gr	Pate mit feien Kräutern 100 gr	3,95
Jamon dulce 80 gr	Cooked ham 80 gr	Gekochter Schinken 80 gr	4,35
Jamon curado 100 gr	Sliced smoked ham 100 gr	Geräucherter Schinken 100 gr	6,55

Carne Fresca Fresh Organic Meat (€ /kg) Ökologisches Fleisch (€/kg)

Ternera	Beef & Veal	Kalb	
Solomillo de Ternera	Veal fillet	Kalbsfillet	49,92
Ternera para wok	Veal for wok	Kalb für den wok	21,86
Carne picada de ternera	Minced calve's meat	Hackfleisch vom Kalb	17,76
Chuletas de Ternera	Veal Chops	Kalbskotlett	23,56
Costilla de Ternera	Veal ribs	Kalbsrippen	12,26
Ternera para Estofado	Veal stew	Kalbsgulasch	19,96
Butifarra con pavesano	Butifarra with parmesan 2 uni	Butifarra mit Parmesan	7,56
Filetes de Ternera	Veal filets	Kalbsschnitzel	22,96
Hamburguesas	Hamburgers	Hamburger	16,68
Hamburguesas con piñón	Hamburgers with pine kernel	Hamburger mit Pinienkern	16,96
Entecote	Entrecote	Entecote	39,96
Carpaccio 200 gr	Carpaccio 200 gr	Carpaccio 200 gr	6,25
Roast Beef	Roast Beef	Roast Beef	19,55
Costilla de Ternera	Veal ribs	Kalbsrippen	8,95

Churrasco	Churrasco	Churrasco	15,55
Ossobuco	Ossobuco	Ossobuco	16,96
Hígado de Ternera	Veal liver	Kalbsleber	15,46
Riñones de Ternera	Veal Kidney	Kalbsnieren	11,46
Lengua de Ternera	Veal tongue	Kalbszunge	16,86
Pollo	Chicken	Huhn	
Medio pollo	Half chicken	Halbes Huhn	15,05
Pollo Entero	Chicken whole	Huhn (ganz)	12,95
Pechuga de Pollo	Chicken breasts	Hühnerbrust	28,96
Hamburguesas de Pollo	Chicken burgers	Huhn Hamburger	28,96
Pinchos de Pollo	Chicken skewer	Huühnerspiess	23,46
Pollo relleno	Filled chicken	Gefülltes Huhn	22,75
Jamonicitos de Pollo	Chicken legs	Hühnerbeine	19,76
Higado de pollo	Chicken liver	Hühnerleber	15,56
Picada de pollo	Chicken mince	Hühnerhack	26,46
Salchichas de Pollo cocid	Chicken sausages	Hühnerwürstchen	19,75
Pechuga de pollo cocida	Cooked chicken breast (pack	Gekochte Hühnerbrust ir	7,95
Alas de Pollo	Chicken wings	Hühnerflügel	9,86
Cordero	Lamb	Lamm	
Pierna de Cordero Ecológ	Leg of lamb	Lamm Hackse	28,96
Cordero Entero	Whole lamb	Lamm (ganz)	19,26
Higado de cordero	Lamb liver	Lammleber	22,68
Pinchos de cordero	Lamb skewers	Lammspiess	26,75
Chuletas de Cordero	Lamb chops	Lamm Kotletts	32,76
Pavo	Turkey	Truthahn	
Pavo fresco entero	Fresh turkey whole	Frische Truthahn (ganz)	19,96
Jamonicitos de Pavo	Turkey legs	Truthahn Beine	15,66
Contramuslo sin hueso	Thigh & leg deboned	Ober & Unterschenkel of	21,96
Alas de Pavo	Turkey wings	Truthahn Flügel	8,36
Salchichas de pavo	Turkey sausage	Truthahn Wuerste	32,76
Picada de pavo	Turkey mince	Truthahnhack	35,66
Hamburguesa de pavo	Turkey burgers	Truthahn Burger	35,66
Pinchos de pavo	Turkey skewers	Truthahnspiess	34,26
Pechuga de pavo fresco	Fresh turkey breast	Frische Truthahnbrust	35,66
Pechuga de pavo cocido	Cooked turkey breast sliced (Gekochten Truthahnbrus	6,55

Pato	Duck	Ente	
Pato fresco entero	Fresh duck whole	Frische Ente (ganz)	22,86
Pechuga de pato	Duck's breast	Entenbrust	42,96
Jamonicitos de pato	Duck's legs	Entenbeine	24,96
Cerdo	Pork	Schwein	
Lomo de Cerdo	Pork loin	Schweinerücken	23,06
Magro de Cerdo	Pork for stew	Schweinefleisch zum Ko	16,62
Chuletas de Cerdo	Pork chops	Schweineschnitzel	19,68
Solomillo de Cerdo	Pork fillet	Schweinefillet	29,96
Costillas de Cerdo	Pork ribs	Schweinerippen	12,86
Hamburguesas de Cerdo	Pork burgers	Schweine Hamburger	14,99
Redondo de cerdo	Pork roast	Schweinebraten	16,85
Butifarra de cerdo 2	Pork butifarra 2	Schweine Butifarra 2	4,95
Butifarra con setas 2 unid	Butifarra with mushrooms 2 u	Butifarra mit Pilzen 2 Stü	6,86
Salchichas de cerdo 6	Pork sausage 6	Schweinewürste 6	8,95
Sobrasada 350 gr	Sobrasada 350 gr	Sobrasada 350 gr	5,65
Picada de Cerdo	Minced pork	Schweinehackfleisch	18,12
Manitas de Cerdo	Pork feet	Schweinefüsse	6,55
Chorizo fresco	Fresh Chorizo	Frischer Chorizo	12,35
Morcilla	Black pudding	Blutwurst	12,86
Albóndigas	Meatballs	Klopse	13,46
Croquetas	Croquettes	Kroketten	14,55
Potro	Horse	Pferd	
Bistec de potro	Horse steak	Pferde Steak	25,66
Entecote de potro	Horse entrecote	Pferde Entrecote	31,96
Churrasco de potro	Horse churrasco	Pferde Churrasco	16,66
Estofado de potro	Horse stew	Pferde Gulasch	21,56
Hamburguesa de potro	Horse burgers	Pferde Burger	22,66
Conejo	Rabbit	Kaninchen	
Conejo entero	Whole rabbit	Ganzes Kanninchen	21,96
Precocinados Ready to eat		Fertigessen	
Buñelos de bacalao 190 g	Cod doughnuts 190 gr	Buñelos de bacalao 190	4,76
Croquetas de bacalao 350 g	Cod croquettes 350 gr	Croquetas de bacalao 350	6,84
Croquetas de espinacas	Spinach croquettes 350 gr	Spinatkroketten 350gr	6,84

Croquetas de setas 350 g	Mushroom croquettes 350 gr	Pilz Krokette 350gr	6,84
Estofado de ternera 600 g	Beef stew 600gr	Kalbsgulasch 600 gr	10,56
Canalones de espinacas	Canaloni with spincach (6 un	Canaloni mit Spinat (6 S	8,96
Canalones de carne 6 un	Meat canaloni (6 units)	Fleisch Canaloni (6 Stüc	10,12
Lasaña de verduras 320 g	Vegetable lasagna 320 gr	Gemüselasagna 320 gr	8,56

Productos Lim House Cleaning | Öko Haushaltsreiniger

Ecotech energic (deseng)	Degreaser	Fett Entferner	4,45
Ecotech floor (limp. Suelc	Floor cleaner	Boden Reiniger	3,95
Ecotech gel toilet (ecolim)	WC cleaner	WC Reiniger	4,85
Ecotech baño Bio, 750 m	Bathroom cleaner	Bad Reiniger	4,35
Ecotech lavavajilla bio, 75	Washing up liquid 750 ml	Abwaschmittel 750 ml	4,55
Ecotech multi (limp. Multi	General purpose cleaner	Rundum Reinigungsmittl	3,95
Ecover WC 750 ml	Ecover WC 750 ml	Ecover WC750ml	3,09
Ecover Baño 500 ml	Ecover Bathroom 500 ml	Ecover Bad 500 ml	4,99
Ecover Vidrios 500ml	Ecover Glass 500ml	Ecover Glass 500ml	5,05
Ecover Pastillas Lavaplat	Ecover dishwasher tabs	Ecover Spülmaschiene	7,89
Ecover Abrillantador	Ecover rinse aid	Ecover Klarspüler	3,39
Ecover Jabon liquido mar	Ecover liquid hand wash 250	Ecover flüssiges Handse	4,17
Ecover Detergente Polvo	Ecover washing powder white	Ecover Waschmittel weis	10,56
Ecover Detergente polvo	Ecover washing powder color	Ecover Waschmittel Bun	10,56
Ecover Quitamanchas	Ecover stain remover	Ecover Fleckenentferner	4,01
Ecover Blamqueador oxig	Ecover laundry bleach 400 g	Ecover laundry bleach 40	3,29
Ecover Prendas delicada:	Ecover fine fabrics 1L	Ecover Feinwäsche 1L	5,02
Ecover Suavizante 1000 l	Ecover softener 1000 ml	Ecover Weichspüler 100	4,29
Ecover Detergente liquido:	Ecover laundry liquid 850 ml	Ecover flüssiges Waschr	8,98

Donacion SER HUMANO

Cesta de fruta y verdura	Fruit and vegetable box	Gemüse Kiste	2,99
Cesta de fruta y verdura	Fruit and vegetable box	Gemüse Kiste	9,99
Cesta de fruta y verdura	Fruit and vegetable box	Gemüse Kiste	19,99