**Kundenummer:**

**Abholort:**

**Abholdatum bei Abholung auf dem Wochenmarkt:**

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| **Artikel** | **Mindest-**  **menge** | **€ /100g** | **Bestellmenge** |
| **Getreideprodukte** |  |  |  |
| Bulgur | 250g | 0.90 € |  |
| Couscous | 250g | 0.80 € |  |
| Hirse | 250g | 0.60 € |  |
| **Quinoa -50%** | **250g** | **0.50 €** |  |
| Sesam | 250g | 0.90 € |  |
|  |  |  |  |
| **Reis / Hülsenfrüchte** |  |  |  |
| Basmatireis, weiß | 500g | 0.70 € |  |
| Basmatireis, braun | 500g | 0.70 € |  |
| **Rundkorn-Vollkorn -50%** | **500g** | **0.30 €** |  |
| Milchreis short grain | 500g | 0.60 € |  |
| Risotto-Reis | 500g | 0.80 € |  |
| Kichererbsen | 500g | 0.80 € |  |
| Linsen, rot | 500g | 1.00 € |  |
|  | 500g | 1.30 € |  |
| Kichererbsen | 250g | 1.50 € |  |
| Kidneybohnen | 250g | 1.50 € |  |
| Sojaschnetzel fein | 500g | 1.30 € |  |
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| **Pasta** |  |  |  |
| Suppennudeln | 500g | 0.42 € |  |
| Spiralen Vollkorn | 500g | 0.42 € |  |
| Penne hell Weizen | 500g | 0.42 € |  |
| Penne Vollkorn | 500g | 0.42 € |  |
| Spaghetti Weizen | 500g | 0.50 € |  |
| Spaghetti Vollkorn | 500g | 0.50 € |  |
| Spirelli Dinkel | 500g | 0.85 € |  |
| Rigatoni Dinkel | 500g | 0.85 € |  |
| Hörnle Dinkel | 500g | 0.85 € |  |
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| **Müsli/Flocken/Crunchy** |  |  |  |
| Crunchy Beerentraum | 500g | 1.40 € |  |
| **Amaranth gepoppt -50%** | **200g** | **0.90 €** |  |
| Crunchy Dinkel | 500g | 1.00 € |  |
| Crunchy Hafer | 500g | 1.00 € |  |
| Crunchy Schoko | 500g | 1.00 € |  |
| Haferflocken Großblatt | 500g | 0.35 € |  |
| Haferflocken Kleinblatt | 500g | 0.35 € |  |
| **Dinkel gepoppt -50%** | **200g** | **0.80 €** |  |
| Kokosraspeln | 200g | 1.90 € |  |
| Müsli Basis | 500g | 0.45 € |  |
| Müsli Früchte | 500g | 0.95 € |  |
| Müsli Schoko | 500g | 1.00 € |  |
| Vierkornflocken | 500g | 0.45 € |  |
|  |  |  |  |
| **Müsli Zutaten** |  |  |  |
| Schoko Crispies | 1000g | 0.99 € |  |
| Chia-Samen | 200g | 2.10 € |  |
| Hanfsamen | 200g | 3.50 € |  |
| Cornflakes | 500g | 0.90 € |  |
| Kakao Nibs | 250g | 2.20 € |  |
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| **Nüsse / Kerne** |  |  |  |
| Premium Mix | 250g | 3.99 € |  |
| Cashewbruch | 250g | 2.70 € |  |
| Walnussbruch | 250g | 2.40 € |  |
| Kürbiskerne | 250g | 2.60 € |  |
| Haselnüsse | 250g | 2.80 € |  |
| Mandeln | 250g | 2.80 € |  |
| Leinsamen | 100g | 0.80 € |  |
| Sonnenblumenkerne | 250g | 0.80 € |  |
| Studentenfutter | 250g | 2.40 € |  |
| Paranüsse | 250g | 0.38 € |  |
|  |  |  |  |
| **Backen / Kochen** |  |  |  |
| Backpulver | 50g | 1.60 € |  |
| **Dinkelvollkornmehl -50%** | **1000g** | **0.20 €** |  |
| **Weizenmehl 1050 -50%** | **1000g** | **0.20 €** |  |
| **Roggenmehl -50%** | **1000g** | **0.50 €** |  |
| Schokodrops Zartbitter | 250g | 2.20 € |  |
| Kakao pur 20-22% | 250g | 1.60 € |  |
| Trinkschokolade | 250g | 1.40 € |  |
| Maisstärke | 250g | 0.50 € |  |
| Rohrohrzucker hell | 500g | 0.45 € |  |
| Gemüsebrühe | 250g | 1.20 € |  |
| **Rapsöl nativ** | **500ml** | **1.00€** |  |
| **Bratöl Sonnenblumenöl** | **500ml** | **0.90 €** |  |
| **Olivenöl** | **500ml** | **2.50€** |  |
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| **Trockenfrüchte** |  |  |  |
| Feigen | 250g | 1.90 € |  |
| Aprikosen | 250g | 2.20 € |  |
| Cranberries | 250g | 2.90 € |  |
| Dattel Deglet Noir | 250g | 1.30 € |  |
| Mangostreifen | 250g | 3.10 € |  |
| Sultaninen | 250g | 1.10 € |  |
|  | 100g |  |  |
|  | 100g |  |  |
|  |  |  |  |
| **Kaffee/Tee** |  |  |  |
| Kaffee | 1000g | 3.50€ |  |
| Espresso | 1000g | 3.50€ |  |
| **Darjeeling Second Flush -50%** | **250g** | **7.00 €** |  |
| **Assam Strong Leaf -50%** | **250g** | **4.90 €** |  |
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| **Süßes** |  |  |  |
| Gummibärchen (v) | 250g | 2.00 € |  |
| Lakritzschnecken (v) | 250g | 2.00 € |  |
| Saure Würmer (v) | 250g | 2.00 € |  |
| Weingummis (v) | 250g | 2.00 € |  |
| Veggie Herzen (v) | 250g | 2.00 € |  |
| Saure Pommes (v) | 250g | 2.00 € |  |
| Cola Flaschen (v) | 250g | 2.00 € |  |
| Schoki-Erdnüsse (v) | 250g | 2.95 € |  |
|  | **500g** | **1.30 €** |  |
|  |  |  |  |
| **Special** |  |  |  |
| **Handgemachte Pasta** | **1000g** | **5.00 €** |  |
| **(Versch. Sorten nach Wahl und nach Verfügbarkeit)** |  |  |  |
| **Im Pfandglas** |  |  |  |
| Passata | 2 | 3.15 € |  |
| Tomatenmark | 2 | 3.45 € |  |
| Ketchup | 2 | 3.95 € |  |
| Senf | 1 | 3.15 € |  |
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| **Im Pfandglas** |  |  |  |
| Agavendicksaft | 1 | 8.99 € |  |
| Kichererbsen | 2 | 3.99 € |  |
| Kidneybohnen | 2 | 3.99 € |  |
| Zuckermais | 2 | 3.99 € |  |
| Hafermilch Voelkel | 6er Kiste | 2.19 € |  |
| Mango-Pürree | 2 | 5.90 € |  |