

# Prunelle & Ortie

## Institut de santé holistique magasin général d'alimentation naturelle herboristerie biologique en vrac

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**VOUS DEVEZ ENVOYER VOTRE COMMANDE AVANT 11H00 LUNDI**  
**COMMANDEZ AVEC CE COURRIEL --> [magasingeneral@prunelleortie.com](mailto:magasingeneral@prunelleortie.com)**  
**avec comme sujet "COMMANDE"**

**RÉCEPTION DE LA MARCHANDISE À PARTIR DU MARDI 15H00**

[www.prunelleortie.com](http://www.prunelleortie.com)

## LISTE DE PRIX FRUITS & LÉGUMES BIOLOGIQUE

semaine du 28 septembre 2014 - COMMANDE MINIMUM 40.00\$

**NOUS VOUS OFFRONS NOS PRODUITS MAISON !!**

Produits Maison BIOLOGIQUE		UNITÉ		DÉTAIL
SAUCE À SAGHETTI VÉGÉTALIENNE		900ml		\$10.00
SOUPE AUX LÉGUMES		900ml		\$5.00
PAIN SANS GLUTEN SARRAZIN	mercredi	650gr	(environ)	\$6.50
PAIN SANS GLUTEN AVOINE SARRAZIN	mercredi	650gr	(environ)	\$6.50
PAIN SANS GLUTEN AVOINE SARRAZIN POIS CHICHES	mercredi	650gr	(environ)	\$6.50
PAIN SANS GLUTEN SARRAZIN QUINOA AMANDE	mercredi	500gr	(environ)	\$6.25
PAIN SANS GLUTEN AVOINE SARRAZIN BANANES (SANS SUCRE)	mercredi	500gr	(environ)	\$6.25
PAIN SANS GLUTEN AVOINE SARRAZIN RAISINS NOIX DE GRENOBLE CANELLE	mercredi	500gr	(environ)	\$6.25
PAIN KAMUT	mercredi	625gr	(environ)	\$6.25
PAIN DE BLÉ "FESSES "	mercredi	750gr	(environ)	\$7.50
HUMMUS	mercredi	225gr		\$3.99
POUSSES DE TOURNESOL	<b>SPÉCIAL</b>	100gr		\$3.50
POUSSES DE TOURNESOL	<b>SPÉCIAL</b>	250gr		\$6.25
GERMINATIONS VARIÉES: LENTILLES OU FENUGREC OU POIS CHICHE ET	<b>SPÉCIAL</b>	200gr		\$3.50



**IMPORTANT!! Pour les FRUITS & LÉGUMES**  
**COMMANDES À L'AVANCE = SEULEMENT " CAISSE & DEMI-CAISSE"**  
**VENTE AU DÉTAIL EN MAGASIN / rabais de 10% avec commande minimum**

	Produits	UNITÉ	PROV.	DETAIL	+2 caisses	1 caisse	1/2 caisse
	<b>AIL BLANC 10lbs</b>	<b>Kg</b>	ONTARIO	<b>22.05</b>	78.05	82.05	44.44
	<b>AIL BLANC 10lbs</b>	<b>Kg</b>	QUEBEC	<b>27.56</b>	97.56	102.56	55.56
	<b>ARTICHAUTS x 24ct</b>		CALIFORNIE	<b>2.49</b>	41.46	43.59	23.61
	<b>ASPERGES 11lbs</b>		ARGENTINA	<b>9.66</b>	82.93	87.18	47.22
	<b>AUBERGINE 10lbs</b>	<b>Kg</b>	QUEBEC	<b>10.33</b>	36.59	38.46	20.83
	<b>BETTEACARDE RAINBOW x24ct</b>		ONTARIO	<b>2.34</b>	43.90	46.15	25.00
	<b>BETTEACARDE ROUGE x24ct</b>		QUEBEC	<b>2.34</b>	43.90	46.15	25.00
	<b>BETTEACARDE VERT x24ct</b>		QUEBEC	<b>2.34</b>	43.90	46.15	25.00
	<b>BETTERAVE EN FEUILLE 24ct</b>		ONTARIO	<b>2.60</b>	48.78	51.28	27.78
	<b>BETTERAVE JAUNE 12x2lbs</b>		QUEBEC	<b>4.95</b>	46.34	48.72	26.39
	<b>BETTERAVE JAUNE 25lbs</b>	<b>Kg</b>	QUEBEC	<b>4.96</b>	43.90	46.15	25.00
	<b>BETTERAVE ROUGE 25lbs</b>	<b>Kg</b>	CALIFORNIE	<b>4.13</b>	36.59	38.46	20.83
	<b>BETTERAVE ROUGE 12x2lbs</b>		QUEBEC	<b>4.69</b>	43.90	46.15	25.00
	<b>BETTERAVE ROUGE CUIT SOUS-VIDE 12x500gr</b>		France	<b>3.39</b>	31.71	33.33	18.06
	<b>BLÉ D'INDE 5dz</b>		QUEBEC	<b>12.50</b>	48.78	51.28	27.78
	<b>BOK CHOY BABY 10lbs</b>	<b>Kg</b>	ONTARIO	<b>8.96</b>	31.71	33.33	18.06
	<b>BOK CHOY BABY 20lbs</b>	<b>Kg</b>	ONTARIO	<b>7.58</b>	53.66	56.41	30.56
	<b>BROCOLI x14ct</b>		CALIFORNIE	<b>5.13</b>	56.10	58.97	31.94
	<b>CAROTTE A JUS 25lbs</b>	<b>Kg</b>	QUEBEC	<b>2.76</b>	24.39	25.64	13.89
	<b>CAROTTE CELLO 24x2lbs MULTICOULEURS</b>		CAL-O CALIFORNIE	<b>3.39</b>	63.41	66.67	36.11
	<b>CAROTTE CELLO 24x2lbs</b>		QUEBEC	<b>2.60</b>	48.78	51.28	27.78
	<b>CAROTTE CELLO 10x5lbs</b>		ONTARIO	<b>6.25</b>	48.78	51.28	27.78
	<b>CAROTTE EN FEUILLE 24ct</b>		ONTARIO	<b>2.21</b>	41.46	43.59	23.61
	<b>CAROTTE MINI 30X1lbs</b>		CALIFORNIE	<b>1.88</b>	43.90	46.15	25.00
	<b>CELERI x24 CELLO</b>		CALIFORNIE	<b>2.34</b>	43.90	46.15	25.00
	<b>CHAMPIGNON BLANC</b>	<b>12x8oz</b>	ONTARIO	<b>2.60</b>	24.39	25.64	13.89
	<b>CHAMPIGNON CAFÉ</b>	<b>12x8oz</b>	ONTARIO	<b>2.60</b>	24.39	25.64	13.89
	<b>CHAMPIGNON PORTOBELLO CAP</b>	<b>6x6oz</b>	ONTARIO	<b>5.21</b>	24.39	25.64	13.89
	<b>CHAMPIGNON SHITAKEE</b>	<b>6x4oz</b>	ONTARIO	<b>5.21</b>	24.39	25.64	13.89
	<b>CHAMPIGNON PORTOBELLINI</b>	<b>6x12oz</b>	ONTARIO	<b>5.21</b>	24.39	25.64	13.89
	<b>CHOUFLEUR x12</b>		QUEBEC	<b>5.21</b>	48.78	51.28	27.78
	<b>CHOUFLEUR x16</b>		QUEBEC	<b>3.52</b>	43.90	46.15	25.00

<b>CHOUFLEUR ORANGE x12</b>		QUEBEC	<b>4.95</b>	46.34	48.72	26.39
<b>CHOUX VERT 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.15</b>	39.02	41.03	22.22
<b>CHOUX ROUGE 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.15</b>	39.02	41.03	22.22
<b>CHOUX SAVOIE 35lbs</b>	<b>Kg</b>	CALIFORNIE	<b>3.94</b>	48.78	51.28	27.78
<b>CONCOMBRE ANGLAIS X12ct</b>		ONTARIO	<b>4.95</b>	46.34	48.72	26.39
<b>CONCOMBRE DE CHAMPS 36ct</b>		CALIFORNIE	<b>1.65</b>	46.34	48.72	26.39
<b>COLLARDS x24ct</b>		CALIFORNIE	<b>2.60</b>	48.78	51.28	27.78
<b>COURGE ACORN 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE BUTTERNUT 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE BUTTERCUP 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE DELICATA 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE KABOCHA 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE POTIRON ( CITROUILLE ) 35lbs</b>	<b>Kg</b>	QUEBEC	<b>2.95</b>	36.59	38.46	20.83
<b>COURGE RED KURI 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE STRIPHETTI 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE SPAGHETTI 35lbs</b>	<b>Kg</b>	ONTARIO	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE SWEET DUMPLING 35lbs</b>	<b>Kg</b>	QUEBEC	<b>3.35</b>	41.46	43.59	23.61
<b>COURGE ZUCCHINI VERT 22lbs</b>	<b>Kg</b>	CALIFORNIE	<b>6.89</b>	53.66	56.41	30.56
<b>CORIANDRE 30ct</b>		CALIFORNIE	<b>1.46</b>	34.15	35.90	19.44
<b>DAIKON 25lbs</b>	<b>Kg</b>	CAL-O CALIFORNIE	<b>5.24</b>	46.34	48.72	26.39
<b>ÉCHALOTES FRANÇAISES 12x150gr</b>		CALIFORNIE	<b>3.13</b>	29.27	30.77	16.67
<b>ÉCHALOTES FRANÇAISES 10lbs</b>	<b>Kg</b>	CALIFORNIE	<b>8.27</b>	29.27	30.77	16.67
<b>ÉCHALOTTES 48ct</b>		CALIFORNIE	<b>0.98</b>	36.59	38.46	20.83
<b>ENDIVES 10x300gr</b>		QUEBEC	<b>3.13</b>	24.39	25.64	13.89
<b>EPINARD EN BOTTE 24ct</b>		ONTARIO	<b>2.47</b>	46.34	48.72	26.39
<b>FENOUIL x12ct</b>		QUEBEC	<b>3.65</b>	34.15	35.90	19.44
<b>GINGEMBRE BLANC 5lbs</b>	<b>Kg</b>	PERU	<b>22.05</b>	39.02	41.03	22.22
<b>GOURGANE 10lbs ( FAVA BEANS )</b>	<b>Kg</b>	QUEBEC	<b>6.20</b>	21.95	23.08	12.50
<b>HARICOTS VERTS 25lbs</b>	<b>Kg</b>	CALIFORNIE	<b>7.72</b>	68.29	71.79	38.89
<b>KALE NOIR x24ct</b>		ONT / CALIF	<b>2.34</b>	43.90	46.15	25.00
<b>KALE ROUGE x24ct</b>		QUEBEC	<b>2.34</b>	43.90	46.15	25.00
<b>KALE VERT x24ct</b>		QUEBEC	<b>2.34</b>	43.90	46.15	25.00
<b>LAITUE CLAM ARUGULA</b>	<b>8x5oz</b>	CALIFORNIE	<b>3.52</b>	21.95	23.08	12.50
<b>LAITUE CLAM BEBE EPINARD</b>	<b>8x5oz</b>	CALIFORNIE	<b>3.52</b>	21.95	23.08	12.50
<b>LAITUE CLAM BEBE ROMAINE</b>	<b>8x5oz</b>	CALIFORNIE	<b>3.52</b>	21.95	23.08	12.50
<b>LAITUE CLAM SPRING MIX</b>	<b>8x5oz</b>	CALIFORNIE	<b>3.52</b>	21.95	23.08	12.50
<b>LAITUE CLAM MELANGE VITALITÉ</b>	<b>8x5oz</b>	CALIFORNIE	<b>3.52</b>	21.95	23.08	12.50
<b>LAITUE CŒUR DE ROMAINE 12x3un</b>		CALIFORNIE	<b>5.73</b>	53.66	56.41	30.56

LAITUE CHOU NAPPA 35lbs	Kg	CALIFORNIE	4.33	53.66	56.41	30.56
LAITUE FRISEE ROUGE 24ct		QUEBEC	1.82	34.15	35.90	19.44
LAITUE FRISEE VERTE 24ct		QUEBEC	1.82	34.15	35.90	19.44
LAITUE ROMAINE 24ct		QUEBEC	1.82	34.15	35.90	19.44
LAITUE RADICCHIO 12ct		ONTARIO	3.39	31.71	33.33	18.06
OIGNON JAUNE 16x3lbs		WASHINGTON	3.91	48.78	51.28	27.78
OIGNON ROUGE 16x3lbs		WASHINGTON	3.91	48.78	51.28	27.78
PANAIS 12x2lbs		QUEBEC	5.73	53.66	56.41	30.56
PANAIS 25lbs	Kg	QUEBEC	5.79	51.22	53.85	29.17
PATATE BLANCHE 10x5lbs		QUEBEC	5.94	46.34	48.72	26.39
PATATE JAUNE 10x5lbs		QUEBEC	5.94	46.34	48.72	26.39
PATATE ROUGE 10x5lbs		QUEBEC	5.94	46.34	48.72	26.39
PATATE YAMS JEWEL # 1 40lbs	Kg	CALIFORNIE	5.17	73.17	76.92	41.67
PERSIL ITALIEN 15ct		QUEBEC	2.29	26.83	28.21	15.28
PERSIL ITALIEN 30ct		QUEBEC	1.56	36.59	38.46	20.83
PERSIL FRISE 15ct		QUEBEC	2.29	26.83	28.21	15.28
PERSIL FRISE 30ct		QUEBEC	1.56	36.59	38.46	20.83
PIMENT HONGROIS FORT 11lbs	Kg	QUEBEC	10.65	41.46	43.59	23.61
PIMENT JALAPENO 10lbs	Kg	ONTARIO	11.71	41.46	43.59	23.61
PIMENT JAUNE 11lbs	Kg	QUEBEC	10.65	41.46	43.59	23.61
PIMENT MAUVE 11lbs	Kg	ONTARIO	10.65	41.46	43.59	23.61
PIMENT MINI MIX 8x1		QUEBEC	6.64	41.46	43.59	23.61
PIMENT ORANGE 11lbs	Kg	QUEBEC	10.65	41.46	43.59	23.61
PIMENT ROUGE 11lbs	Kg	QUEBEC	10.65	41.46	43.59	23.61
PIMENT ROUGE DE CHAMPS 11lbs	Kg	QUEBEC	9.39	36.59	38.46	20.83
PIMENT VERTS 22lbs	Kg	QUEBEC	5.32	41.46	43.59	23.61
PISSENLIT ROUGE 12ct		ONTARIO	3.13	29.27	30.77	16.67
PISSENLIT VERT 12ct		ONTARIO	3.13	29.27	30.77	16.67
POIREAUX 20lbs	Kg	QUEBEC	6.20	43.90	46.15	25.00
NAVET JAPONAIS 12x1		QUEBEC	3.65	34.15	35.90	19.44
RADIS NOIR 12x2lbs		ONTARIO	4.43	41.46	43.59	23.61
RABIOLE 12x2lbs		QUEBEC	4.43	41.46	43.59	23.61
RABIOLE 25lbs	Kg	QUEBEC	4.41	39.02	41.03	22.22
RADIS EN FEUILLE 24ct		CALIFORNIE	2.34	43.90	46.15	25.00
RUTABAGAS 12x2lbs		QUEBEC	4.17	39.02	41.03	22.22
RUTABAGAS 25lbs	Kg	QUEBEC	3.58	31.71	33.33	18.06
TOMATE CARPACCIO 12x454gr	BIOLOGICO	QUEBEC	4.43	41.46	43.59	23.61
TOMATE CERISE 12x1		QUEBEC	4.17	39.02	41.03	22.22

TOMATE CERISE JAUNE 12x1				QUEBEC	4.17	39.02	41.03	22.22	
TOMATE DE SERRE 15lbs				Kg QUEBEC	6.43	34.15	35.90	19.44	
TOMATE VIGNE 11lbs				Kg BIOLOGICO QUEBEC	8.14	31.71	33.33	18.06	
CURCUMA 5lbs				Kg PERU	35.27	48.78	51.28	27.78	
CURCUMA 35lbs				Kg PERU	27.72	268.29	282.05	152.78	
Produits				UNITÉ	PROV.	DETAIL	+2 caisses	1 caisse	1/2 caisse
ANANAS x 7-8ct				COSTA RICA	4.91	26.83	28.21	15.28	
AVOCADO x 12-14ct				Mexique	2.34	21.95	23.08	12.50	
AVOCADO x 16-18ct				Mexique	2.15	26.83	28.21	15.28	
BANANE 40lbs				EQUICOSTA Kg EQUITABLE PERU	2.99	43.90	46.15	25.00	
BLEUETS 12x4.4oz				ARGENTINE	5.73	53.66	56.41	30.56	
CANNEBERGES 12x213gr				QUEBEC	3.65	34.15	35.90	19.44	
CITRON XF 100-113ct				AFRIQUE DU	1.09	85.37	89.74	48.61	
DATTES MEDJOOL 11lbs				Kg CALIFORNIE	21.92	97.56	102.56	55.56	
KIWI 20x1lbs				CHILI	3.13	48.78	51.28	27.78	
MELON D'EAU SANS PEPIN				Kg QUEBEC	2.41	0.85	0.90	0.49	
MELON MIEL x6ct				CALIFORNIE	8.33	39.02	41.03	22.22	
ORANGE NAVEL 72ct				AFRIQUE DU	0.82	46.34	48.72	26.39	
ORANGE VALENCIA 72-88ct				AFRIQUE DU	0.82	46.34	48.72	26.39	
ORANGE VALENCIA 105ct				AFRIQUE DU	0.57	46.34	48.72	26.39	
ORANGE VALENCIA 10x3lbs				CALIFORNIE	6.56	51.22	53.85	29.17	
PAMPLEMOUSSE 48ct				MEXIQUE	1.37	51.22	53.85	29.17	
PECHES JAUNE x40ct				B.C	1.17	36.59	38.46	20.83	
POIRE ANJOU 100ct				WASHINGTON	1.06	82.93	87.18	47.22	
POIRE ANJOU 12x3lbs				WASHINGTON	7.81	73.17	76.92	41.67	
POIRE ANJOU ROUGE 50ct				WASHINGTON	1.25	48.78	51.28	27.78	
POIRE BARTLETT 110ct				WASHINGTON	0.74	63.41	66.67	36.11	
POIRE BARTLETT 12x3lbs				WASHINGTON	6.51	60.98	64.10	34.72	
POIRE BOSC 110ct				WASHINGTON	0.82	70.73	74.36	40.28	
POIRE BOSC 12x3lbs				WASHINGTON	6.51	60.98	64.10	34.72	
POMME GRENADES 34-36ct				CALIFORNIE	2.11	56.10	58.97	31.94	
POMME FUJI 100-110ct				ARGENTINE	1.09	85.37	89.74	48.61	
POMME FUJI 12x3lbs				ARGENTINE	7.81	73.17	76.92	41.67	
POMME CRIPPS PINK 100ct				ARGENTINE	1.09	85.37	89.74	48.61	
POMME CRIPPS PINK 12x3lbs				ARGENTINE	7.81	73.17	76.92	41.67	
POMME GRANNY SMITH 100ct				WASHINGTON	1.25	97.56	102.56	55.56	

POMME GRANNY SMITH 12x3lbs		WASHINGTON	9.11	85.37	89.74	48.61
POMME GOLDEN DELICIEUSE 88-100ct		WASHINGTON	1.17	80.49	84.62	45.83
POMME GOLDEN DELICIEUSE 12x3lbs		WASHINGTON	7.81	73.17	76.92	41.67
POMME HONEYCRISP 100ct		WASHINGTON	1.72	134.15	141.03	76.39
POMME ROUGE DELICIEUSE 100-113ct		WASHINGTON	0.97	75.61	79.49	43.06
POMME ROYAL GALA 100ct		B.C	1.03	80.49	84.62	45.83
POMME ROYAL GALA 12x3lbs		B.C	7.03	65.85	69.23	37.50
POMME ROYAL GALA 100ct		WASHINGTON	1.03	80.49	84.62	45.83
POMME ROYAL GALA 12x3lbs		WASHINGTON	7.03	65.85	69.23	37.50
POMME SUNRISE 100ct		B.C	0.94	73.17	76.92	41.67
POMME SUNRISE 12X3lbs		B.C	7.29	68.29	71.79	38.89
POMME COURTLAND 35lbs	Kg	QUEBEC	4.92	60.98	64.10	34.72
POMME COURTLAND 12x3lbs		QUEBEC	7.03	65.85	69.23	37.50
POMME LOBO 35lbs	Kg	QUEBEC	4.92	60.98	64.10	34.72
POMME LOBO 12x3lbs		QUEBEC	7.03	65.85	69.23	37.50
POMME MACINTOSH 35lbs	Kg	QUEBEC	4.92	60.98	64.10	34.72
POMME MACINTOSH 12x3lbs		QUEBEC	7.03	65.85	69.23	37.50
POMME PAULARED 35lbs	Kg	QUEBEC	4.92	60.98	64.10	34.72
POMME PAULARED 12x3lbs		QUEBEC	7.03	65.85	69.23	37.50
POMME SUNRISE 35lbs	Kg	QUEBEC	4.92	60.98	64.10	34.72
POMME SPARTAN 35lbs	Kg	QUEBEC	4.92	60.98	64.10	34.72
POMME SPARTAN 12x3lbs		QUEBEC	7.03	65.85	69.23	37.50
PRUNE JAUNE 20lbs	Kg	ESPAGNE	5.86	41.46	43.59	23.61
RAISIN VERT 8x1.5L		QUEBEC	8.20	51.22	53.85	29.17
RAISIN BLEU 8x1L		QUEBEC	8.20	51.22	53.85	29.17
RAISIN ROUGE FLAME 18lbs	Kg	CALIFORNIE	8.04	51.22	53.85	29.17
RAISIN VERT LUISCO 18lbs	Kg	CALIFORNIE	8.04	51.22	53.85	29.17