



Vegetables

Eggplant	40 KGS
Potatoes	25 KGS
Daikon	90 KGS
Ginger	240 KGS
Zucchini	30 KGS
White cabbage	15 KGS
Red cabbage	40 KGS
Cauliflower	90 KGS
Peking cabbage from farmer Aden	50 KGS
Broccoli	90 KGS
White onion	80 KGS
Onion	45 KGS
Red onion	65 KGS
Carrot	35 KGS
Local cucumbers from farmer Talas	60 KGS
Musical cucumbers from farmer Tilek	52 KGS
Sweet pepper	45 KGS
Tomatoes from farmer Aden	120 KGS
Pink Tomatoes	105 KGS
Black tomatoes	120 KGS
Cherry tomatoes	200 KGS
Radish	75 KGS
Red radish	40 KGS
Beet	55 KGS
Green beans	40 KGS
Garlic	20 KGS
Green peas	70 KGS



White champignon mushrooms	360 KGS
Royal champignon mushrooms	365 KGS



Green Salad from Ecofarm	350 KGS kg
Cale from Ecofarm	35 KGS
Arugula from Ecofarm	45 KGS
Mint from Ecofarm	50 KGS
Spinach from Ecofarm	35 KGS
Basil green from farmer Aden	80 KGS
Red basil from farmer Aden	80 KGS
Green salad from farmer Aden	300 KGS kg
Lallo Ross Salad from Farmer Aden	450 KGS kg
Mangold from farmer Aden	60 KGS
Arugula from farmer Aden	45 KGS
Parsley curly from farmer Aden	25 KGS
Fennel from farmer Aden	130 KGS
Parsley	15 KGS
Dill	15 KGS
Dzhusay	20 KGS
Cilantro	20 KGS
Green onion	15 KGS
Celery	20 KGS
Celery stalk	230 KGS kg
Spinach	15 KGS
Sorrel	25 KGS
Asparagus	80 KGS



Fruits

Plums	60 KGS
Pears	110 KGS
Melon	50 KGS
Peach	100 KGS
Apricot	90 KGS
Cherries	250 KGS
Local apples	100 KGS
Polish apples	85 KGS
Avocado	120 KGS pcs
Pineapple	190 KGS
Orange	150 KGS
Banana	135 KGS
Grapefruit	210 KGS
Kiwi	180 KGS
Lime	520 KGS
Lemon	170 KGS
Black grapes	100 KGS



Frozen berries

Frozen strawberries	145 KGS
Frozen raspberries	185 KGS
Frozen lingonberries	215 KGS
Fresh-frozen Cherry	115 KGS
Cranberry garden freshly frozen	130 KGS
Sea buckthorn fresh frozen	115 KGS
Freshly frozen blueberries	180 KGS



Unleavened Bread

on natural sourdough

Sprouted Wheat Bread on Hop Ferment from Dobrynia	45 KGS
Half-Bread Bread on Dobrynia Hop Yeast	55 KGS
Rye Bread on the hop sourdough from Dobrynia	46 KGS
Bread Kampan from Kyrgyz Organic	70 KGS
Wheat Flour Baguette from Kyrgyz Organic	60 KGS
Rye Bread from Kyrgyz Organic	70 KGS
Bread with sesame and poppy flax seeds from Kyrgyz Organic	75 KGS
Whole grain wheat bread from from Kyrgyz Organic	70 KGS
Bread Assortment from Kyrgyz Organic	145 KGS
Bread Vermont Family's Bread	100 KGS
Bread Semenyh from Family's Bread	145 KGS
Gluten-free bread made from green buckwheat from Ivanna	100 KGS



Tea 11 herbs in Kraft package from Ecomade	75 KGS
Tea 11 herbs in eco-bag from Ecomade	175 KGS
Tea St. John's wort, thyme and chamomile from Ecomade	80 KGS
Tea Licorice Roots and Yarrow from Ecomade	80 KGS
Tea Leaves of currant, linden and strawberry from Ecomade	80 KGS
Sea-buckthorn tea and mint from Ecomade	80 KGS
Sporysh tea, mint, yarrow and dandelion leaves from Ecomade	80 KGS
Black tea to Amakuru from East Africa	160 KGS
Black Tea Amahor from East Africa	170 KGS



Natural sugar substitutes

Cane sugar unrefined "Demerara"	1000 g	235 KGS
Palm sugar "HOM-D"	100 g	170 KGS
Jerusalem artichoke syrup (rosehip taste, cranberries, natural)	250 ml	330 KGS
Chicory syrup	400 ml	180 KGS



Nut and Seed Paste

Ecomade Peanut Paste	100 350 g	150 320 KGS
Ecomade Walnut Paste	100 350 g	205 420 KGS
Almond paste from Ecomade	100 350 g	205 420 KGS
Urbech from the pulp of coconut "Meralad"	230 g	350 KGS
Urbech from golden flax "Meralad"	230 g	210 KGS
Urbech white sesame "Meralad"	230 g	295 KGS
Urbech Hazelnut "Meralad"	230 g	650 KGS
Hummus	200 g	200 KGS



Dried fruits and nuts

from local farmers

Eco Trail - Ecomade Mix (ready mix from organic, organic dried fruits and nuts)	100 300 g	155 330 KGS
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Dried organic apricot	100 300 500 gr	115 290 470 KGS
Pitted prunes	100 300 500 gr	90 300 500 KGS
Almonds	100 300 500 gr	120 300 500 KGS
Walnuts	80 300 450 gr	115 290 470 KGS
Pistachios	100 gr	165 KGS
Black raisins	100 gr	75 KGS
Dried apples from Ecomade	250 gr 1 kg	250 375 KGS



Honey

Mountain eco honey from Ecomade	100 450 g	100 250 KGS
Honey with pistachios	280 g	590 KGS
Honey with figs	280 g	240 KGS
Honey At-Bashi	200 350 500 g	100 190 215 KGS
Honey "Esparcet"	350 g	165 KGS
Honey with currants	300 g	195 KGS
Premium set: Honey 2 in 1 from "Honey Shop"		975 KGS
Premium set: Honey 4 in 1 from "Honey Shop"		1560 KGS
Perga packaged	100 g	260 KGS
Packed pollen	100 g	185 KGS



Milk products

Cow's milk	0,5 L	26 KGS
Camel milk	0,5 L	169 KGS

Goat Cheese	kg	1040 KGS
Cottage cheese (quark) made from goat milk	pcs	156 KGS
Milk-cheese from Uncle Misha	150 g	130 KGS
Chees Feta		235 KGS
Dairy Spring butter	pcs	90 KGS
Salted butter Dairy Spring	pcs	95 KGS
Ghee	400 g	300 KGS
Mozzarella Cheese in Dairy Spring Brine	150 g	88 KGS
Mozzarella Cheese in Dairy Spring Brine	125 g	90 KGS
Cheese "Wisingold" Dairy Spring	kg	810 KGS
Grüntal Cheese Dairy Spring	kg	810 KGS
Sour cream from Uncle Misha	kg	320 KGS
Curd mass with raisins from Uncle Misha	kg	235 KGS
Ricotta from Uncle Misha	kg	650 KGS
Mozzarella home from Uncle Misha	kg	875 KGS



Vegetable milk

Soy milk "Healthy menu"	0,5 1 L	80 140 KGS
Wheat milk "Healthy menu"	0,5 1 L	80 140 KGS
Milk oatmeal "Healthy menu"	1 L	140 KGS
Rice milk "Healthy menu"	0,5 1 L	80 140 KGS
Coconut milk Aroy-d	200 500 1000 mL	130 200 355 KGS
Rice based almond drink Green Milk	1 L	210 KGS
Rice based hazelnut drink Green Milk	1 L	210 KGS




Groats

from Kyrgyz farmers

Buckwheat green	1 kg	150 KGS
Buckwheat	1 kg	90 KGS
Quinoa from farmer Azamat	300 g	300 KGS
Semolina	500 g	65 KGS
Oatmeal flakes	500 g	85 KGS
Organic rice Uzgen	1 kg	165 KGS
Sprouting oats	1 kg	135 KGS



Groats

Manka rice "Garnets"	450 g	175 KGS
Manca corn "Garnets"	450 g	120 KGS
Buckwheat "Vegan"	300 g	256 KGS
Spelled crushed "Breadbasket of Health"	400 g	130 KGS
Bulgur	500 g	165 KGS
Couscous	200 g	250 KGS
Bulgur and Quinoa	200 g	250 KGS
«Venera» black rice	500 g	470 KGS
Brown rice	500 g	200 KGS



Legumes

Mash	1 kg	175 KGS
Pea Nut	1 kg	230 KGS



Lentils	300 g	300 KGS
White beans	500 g	65 KGS
Red beans	500 g	85 KGS
Split peas	1 kg	165 KGS
Whole peas	1 kg	135 KGS



Flour

from Kyrgyz farmers

Wheat wholegrain flour	1 kg	75 KGS
Rye wholegrain flour	1 kg	75 KGS
Buckwheat flour	1 kg	155 KGS
Oatmeal flour	1 kg	175 KGS



Gluten free flour

Rice flour "Vegan"	700 g	160 KGS
Corn flour	700 g	130 KGS
Buckwheat flour "Vegan"	700 g	170 KGS
Chickpea flour "Garnets"	500 g	175 KGS
Linen flour "Vegan"	500 g	145 KGS
Garnet universal gluten free flour	600 g	250 KGS
Almond flour	500 g	680 KGS
Almond petals	500 g	700 KGS
Coco Dolphin Coconut Flour	1 kg	600 KGS
Corn starch	400 g	119 KGS
Tapioca starch	500 g	163 KGS



Healthy Seed Flour

Amaranth flour "Breadbasket of Health"	300 g	190 KGS
Milk thistle flour "Breadbasket of Health"	300 g	194 KGS
Hemp flour "Breadbasket Health"	300 g	223 KGS
Sesame seed flour "Breadbasket of Health"	300 g	160 KGS
Black cumin flour "Breadbasket of Health"	300 g	130 KGS



Superfoods

Thistle Seed "Breadbasket of Health"	210 g	130 KGS
White sesame	100 g	45 KGS
Sesame black	100 g	55 KGS
Flax seeds	100 300 g	50 120 KGS
Chia seeds	100 300 g	180 500 KGS
Cannabis seeds "Breadbasket of Health"	210 g	175 KGS
Amaranth	100 g	220 KGS
Cumin black "Breadbasket of Health"	250 g	179 KGS
Sunflower seeds	200 g	26 KGS
Pumpkin seeds	200 g	84 KGS



Oils and sauces

Refined Olive Oil Regina	1 L	520 KGS
Olive oil La Espanola Extra Virgin	1 L	800 KGS
Olive oil Carapelli il Frantolio Delicato	1 L	1 120 KGS

Bertolli Olive Oil	1 L	1 125 KGS
Olive oil Turri Olio Extra Virgin	0,5 L	780 KGS
Olive oil Classico de Cecco Extra Virgin	1 L	950 KGS
Coconut Oil Dolphin Coco	500 ml	980 KGS
Coconut oil Aroy-d	180 450 ml	365 650 KGS
Coconut oil for frying Roy Thai	1 L	365 KGS
Tabasco classic sauce	60 ml	250 KGS
Tabasco Green Sauce	60 ml	200 KGS
Sweet Chili Sauce for Chicken	0,92 ml	330 KGS
Aroy-d Fish Sauce	240 g	130 KGS
Oyster Pearl River Bridge Sauce	148 g	150 KGS
Pesto Rosso Piacelli Sauce	190 g	210 KGS
Pesto Verde Piacelli Sauce	190 g	200 KGS
Pasta Tom Yam	400 g	270 KGS
Curry Pasta red, yellow, green	400 g	235 KGS
Tomato paste Cirio	700 g	150 KGS
White wine vinegar, red De Nigris	500 g	230 KGS
Balsamic vinegar Il Torrione	500 ml	300 KGS



Frozen harvesting for "Eco Detox" smoothies

"Green" smoothie	230 g	200 KGS
"Berry" smoothie	230 g	170 KGS
"Peach-Apricot" smoothie	230 g	140 KGS
"Super Energy" smoothie	230 g	345 KGS
"Currant" smoothie	230 g	200 KGS
Cocoa smoothie	230 g	175 KGS



Pasta

Pasta beshbarmak from Mama Pasta	200 g	130 KGS
Cuttlefish Ink Paste by Mamma Pasta	200 g	200 KGS
Nut paste from Mamma Paste	200 g	170 KGS
Beet paste from Mamma Paste	200 g	170 KGS
Whole Grain Paste by Mamma Paste	200 g	170 KGS
Spinach Paste by Mamma Pasta	200 g	170 KGS
Pasta BIO Children's Dalla Costa	300 g	185 KGS
Wheat noodles Wheat Village "Udon"	300 g	140 KGS
Buckwheat Noodles Wheat Village Soba	300 g	140 KGS
Buckwheat Noodles Kekeshi	300 g	75 KGS
Noodle rice Aroy-d 5 mm	454 g	165 KGS
Penne Rigate Gluten Free Pasta Granoro	400 g	310 KGS
Gluten Free Stelline Pasta Granoro	400 g	310 KGS
Granoro Gluten Free Spaghetti Pasta	400 g	310 KGS
Buckwheat Pasta Gluten Free McMaster	300 g	178 KGS



Wine

Wine Eughenes Sibiliana red, dry	0,75 L	870 KGS
Wine Lacryma Christi Rosso red, dry	0,75 L	1500 KGS
Wine Lacryma Christi Bianco white, dry	0,75 L	1400 KGS
Luberon white wine, dry	0,75 L	750 KGS
Marius wine white, red, pink, dry	0,75 L	790 KGS
White wine Prosecco white, dry	0,75 L	1200 KGS
Wine Albente Feudi Di white, dry	0,75 L	950 KGS
Wine Marius Grenaj red	0,75 L	990 KGS
Le Mesonie red wine	0,75 L	2200 KGS



Healthy Breakfasts and desserts

from Ecomade and partners

Ecomade Granola	300 500 g	265 390 KGS
Granola Orchard	280 500 g	200 300 KGS
Granola Nut Heaven	280 500 g	245 355 KGS
Granola bars Kyrgyz Organic with berries	pcs	55 KGS
Bars fruit and nut Bio Elite	pcs	85 KGS
Chocolate with walnuts, raisins, dried apricots milk uiko	pcs	80 KGS
Chocolate with kurut Kyrgyz chocolates	pcs	150 KGS
Chocolate black Kyrgyz Chocolates	pcs	150 KGS
Dessert "Bounty" from MukiNet	pcs	80 KGS
Oreo Dessert by MukiNet	pcs	100 KGS
Dessert "Cakes" from MukiNet	pcs	300 KGS
Dessert "Snickers" from MukiNet	pcs	100 KGS
Chocolates Assorted "Supara Talkan"	150 g	520 KGS
Chocolates Assorted "Supara Talkan"	75 g	295 KGS
Chocolates Assorted "Supara Talkan" with pistachios	50 g	180 KGS
Chocolates Assorted "Supara Talkan" with raisins and walnut kernels	50 g	120 KGS
Torrone Nougat (Almond Walnut Hazelnut)	60 90 g	70 110 KGS
Assorted Nougat (Almonds Pistachios Hazelnuts)	90 g	130 KGS
Dessert "Bounty" from Yammi	pcs	92 KGS
Dessert "Vita" from Yammi	pcs	92 KGS
Vegan Cookies by Yammy	pcs	120 KGS
Candy mix from Frutochips	pcs	80 KGS
Candy mix from Frutochips	pcs	180 KGS



Ecomade Gifts

Box of healthy candies (big)	9 pcs	395 KGS
Box of healthy candies (small)	4 pcs	195 KGS



Natural juices

Apple juice apple-carrot	0,25 0,75 3 L	46 95 280 KGS
apple-beetroot		
tomato straight press juice		



Poultry and eggs

from farmer Natalia

Broth chicken	under 1,2 kg	600 700 KGS
Roast chicken	under 1,8 kg	500 KGS
Roast chicken	1,8 - 2,0 kg	600 KGS
Roast chicken	2,0 - 2,3 kg	700 KGS
Homemade eggs	6 12 pcs	75 130 KGS
Chicken Tobacco	pcs	270 KGS pcs



Fish

Trout small big		585 685 KGS kg
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