

Grain	Rye
	Wheat
	Buckwheat
	Barley
	Oats
	Millet
	Flax seeds
	Amaranth
	Quinoa
Seasonal fruits	Apples
	Pears
	Mangos
	Peaches
	Plums
	Grapes
	Bananas
Berries	Blueberries
	Strawberries
	Raspberries
Nuts	Hazelnuts
	Walnuts
	Almonds
	Cashews
	Brazil nuts
	Macadamia
	Peanuts
Other	Honey
	Organic eggs