



Nutritious & sustainable produce  
from Conscious Food

**You can expect from us**  
**Cold-Pressed Oils, Iron-Pounded Spices**  
**Stone-Ground Flours, Pure Grains**

Conscious Food has been the pioneer of the Indian organic and natural food world since 1990. In maintaining an ethical stance we source responsibly grown produce, promote indigenous varieties, follow sustainable practices wherever possible and advocate for women's participation in the workforce.

In essence we believe in doing well by doing good.



India's pioneering organic & natural food brand since 1990

# PRICE LIST

	₹		₹
<b>WELLNESS</b>			
Alfalfa Seeds	200g	185	
Awla Powder	100g	114	
After Meal Digestive	100g	126	
Flax Seeds	150g	102	
Ginger Drops	100g	89	
Licorice	100g	330	
Peppermint Drops	100g	89	
Spirulina Powder	100g	307	
Moringa Powder	100g	195	
Masala Tea	50g	233	
Filter Coffee	100g	384	
Green Tea Plus	50g	195	
Herbal Elixir Cha	100g	385	
Cinnamon Powder	100g	140	
Turmeric Powder	100g	97	
Pumpkin Seeds (Plain)	100g	260	
Sunflower Seeds	100g	121	
Seed Mix (Plain)	100g	201	
<b>GHEE &amp; OIL</b>			
Gir Cow Ghee	500g	2449	
Gir Cow Ghee	200g	982	
Coconut Oil	100ml	177	
Coconut Oil	500ml	636	
Sesame Oil	100 ml	118	
Sesame Oil	500ml	397	
Peanut Oil	500ml	294	
Sunflower Oil	500ml	298	
Mustard Oil	500ml	239	
Virgin Coconut Oil	500ml	779	
Apricot Oil	100 ml	667	
Apple Cider Vinegar	500ml	798	
<b>SUGAR &amp; HONEY</b>			
Golden Sugar	500g	132	
Raw Sugar	500g	96	
Wild Forest Honey	200g	210	
Harde Honey	200g	541	
Wild Forest Honey	500g	419	
Harde Honey	500g	1099	
Palm Jaggery	500g	177	
Sugarcane Jaggery	925g	190	
<b>SALT &amp; SPICES</b>			
Rock Salt	500g	69	
Sea Salt	500g	39	
Coriander Powder	100g	73	
Cumin Powder	100g	99	
Kashmiri Red Chilli Powder	100g	114	
Red Chilli Powder	100g	78	
Turmeric Powder	100g	78	
Asafoetida (Hing)	10g	393	
Black Pepper Powder	50g	186	
Cinnamon Powder	50g	73	
3 Spice Mix (Dhania, Jeera & Dalchini)	100g	87	
Black Pepper	100g	275	
Coriander Whole (Dhania)	100g	64	
Cumin Seeds (Jeera)	100g	82	
Fenugreek Seeds	100g	37	
Mustard Seeds (Rai), organic	100g	42	
Indian Bay Leaf (Tej Patta)	10g	28	
Garcinia Indica (Kokum)	200g	159	
<b>TAMARIND &amp; OTHERS</b>			
Tamarind (Imli)	200g	99	
Cardamom	50g	289	
Cinnamon (Dal Chini)	50g	64	
Clove (Lavang)	50g	221	
Bishops Weed (Ajwain)	100g	82	
Aniseed (Saunf)	100g	69	
Sesame Seeds (white)	100g	64	
Sesame Seeds (black)	100g	78	
<b>FLOURS</b>			
Sprouted Ragi Atta Flour	200g	109	
Barley Flour	500g	95	
Bengal Gram Flour (Chana Atta)	500g	159	
Brown Rice Flour	500g	69	
Finger Millet Flour (Ragi Atta)	500g	87	
Pearl Millet Flour (Bajra Atta)	500g	78	
Seven Grain Flour	500g	86	
Six Grain Flour (Wheat Free)	500g	86	
Sorghum Flour (Jowar Atta)	500g	78	
Soyabean Flour	500g	123	
Wheat Flour	500g	64	
Amaranth Flour (Rajgira Atta)	500g	129	
Buckwheat Flour	500g	244	
<b>GRAINS &amp; CEREAL</b>			
Brown Rice (Sikander)	1000g	96	
Red Rice Flakes (Red Poha)	200g	69	
Brown Rice Flakes	500g	69	
Brown Rice (Sikander)	500g	59	
Brown Rice (Indrani)	500g	69	
Red Rice (Patni)	500g	73	
Black Rice	200g	136	
Black Rice	500g	271	
Split Sorghum (Jowar Dhalia)	200g	55	
Split Wheat Dhalia	200g	48	
Sprouted Wheat Dalia	200g	69	
Sprouted Suji	500g	114	
Khichdi Mix	500g	123	
Upma Mix	200g	60	
Dosa Mix	500g	60	
Suji Halwa	200g	73	
Whole Amaranth	500g	132	
Barley	500g	114	
Millet	500g	127	
Kodo Millet	500g	181	
<b>PULSES</b>			
Bengal Gram (Desi Chana)	500g	127	
Chick Peas (Kabuli Chana)	500g	168	
Green Gram (Whole Mung)	500g	114	
Pigeon Pea (Tugar Dal)	500g	145	
Split Bengal Gram (Chana Dal)	500g	136	
Split Black Gram (Urad Dal)	500g	172	
Split Mung Bean (Split Mung Dal)	500g	136	
Yellow Mung Dal	500g	114	
Red Lentil (Masoor Dal)	500g	123	
Whole Red Lentil (Masoor whole)	500g	104	
Super Seven Bean Mix	200g	78	
Rajma	500g	141	
Soyabean	500g	105	
Peanuts	500g	195	
Fox Nut Puffed (Makhana)	50g	123	

Going organic has never been easier

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Visit [www.consciousfood.com](http://www.consciousfood.com)



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