

## Order form

### Provisions

#### Wholegrain cereals

No.	Item	Unit	Price EUR
	spelt	1,000 g	4.60
	wheat	1,000 g	2.10
	oat	1,000 g	4.40
	oat flakes (gluten-free)	475 g	4.20
	millet (gluten-free)	1,000 g	5.60
	unripe spelt	500 g	4.80
	buckwheat (gluten-free)	1,000 g	6.50
	couscous	500 g	3.20
	bulgur	500 g	3.00
	quinoa, white (gluten-free)	250 g	6.10
	quinoa, red (gluten-free)	250 g	6.50
	amaranth (gluten-free)	500 g	4.10
	polenta (gluten-free)	500 g	2.90

#### Pulses

No.	Item	Unit	Price EUR
	red lentils	500 g	3.90
	chick peas	500 g	3.20
	mungo beans	500 g	4.00

#### Rice

No.	Item	Unit	Price EUR
	risotto rice	500 g	3.60
	basmati rice, brown	1,000 g	6.50
	red rice	500 g	2.60

#### Seeds and nuts

No.	Item	Unit	Price EUR
	sunflower seeds	500 g	3.90
	pumpkin seeds	500 g	9.80
	sesame seeds	500 g	5.90
	linseeds, yellow	250 g	2.90
	cashews, raw, whole nuts	250 g	7.20

#### Oil

No.	Item	Unit	Price EUR
	sunflower oil	500 ml	7.20
	quatuor oil (blend of rapeseed, pumpkin, sesame, olive)	500 ml	8.90
	linseed oil	250 ml	6.10
	pumpkin seed oil	250 ml	12.70
	almond oil	250 ml	11.80
	sesame oil	250 ml	4.80
	olive oil "Biolivum"	500 ml	8.90
	olive oil "Biolivum"	1 l	15.90
	coconut oil (suitable for high temperatures)	400 ml	6.40

#### Vinegar

No.	Item	Unit	Price EUR
	apple cider vinegar	750 ml	3.50
	raspberry vinegar	500 ml	8.60
	crema di balsamico	250 ml	9.95
	aceto balsamico bianco	500 ml	9.70
	aceto balsamico	500 ml	9.70

#### Asian cuisine

No.	Item	Unit	Price EUR
	tamari strong	500 ml	9.20
	ume su	250 ml	5.80
	genmai su	250 ml	5.70
	wasabi	50 g	5.90
	rice noodles (gluten-free)	250 g	4.90
	buckwheat and sweet potato noodles (gluten-free)	250 g	4.90
	brown rice, pumpkin and ginger noodles (gluten-free)	250 g	4.90
	nori seaweed for sushi, 10 leaves	25 g	9.10
	Wholegrain sushi rice	500 g	3.70

Pesto			
No.	Item	Unit	Price EUR
	pesto "Toscano"	180 g	5.10
	pesto "Vegan"	180 g	5.90
	pesto "Arrabiata"	130 g	4.30
	pesto "Rosso"	130 g	4.30

Spices			
No.	Item	Unit	Price EUR
	seasoning granules	250 g	7.10
	golden curry India (medium hot)	50 g	5.80
	green curry (medium hot)	55 g	5.80
	red curry Thailand (hot)	55 g	5.80
	"Mykonos"	65 g	5.80
	"Toscana"	65 g	5.80
	harissa	70 g	5.80
	ras el hanout	60 g	5.80
	vanilla	10 g	21.00

Savoury sandwich spreads			
No.	Item	Unit	Price EUR
	pumpkin	180 g	5.10
	asparagus	180 g	6.30
	tomato spread	180 g	5.40
	pepper	180 g	5.10
	aubergine, mild	180 g	5.10
	aubergine, spicy	180 g	5.10
	artichoke	180 g	6.30
	nut and pepper	250 g	4.90

Mustard			
No.	Item	Unit	Price EUR
	Dijon mustard (hot)	350 g	5.90

Honey & sweet spreads			
No.	Item	Unit	Price EUR
	sweet chestnut honey	500 g	14.20
	lime blossom honey	500 g	12.60
	forest honey	500 g	14.90
	blossom honey	500 g	10.80
	acacia honey	500 g	12.80
	brown almond puree	500 g	15.60
	mixed nutbutter 4 nuts	250 g	9.60

Coffee & tea			
No.	Item	Unit	Price EUR
	"Bambu" grain coffee	200 g	9.80
	apple peel tea	1,000 g	28.00
	Darjeeling black tea	20 x 2 g	3.90
	evening dream tea	20 x 1.5 g	2.60
	ginger and orange tea	20 x 1.5 g	2.60
	rosehip and hibiscus tea	15 x 1.5 g	3.90
	herbal dream tea	20 x 1.5 g	2.60
	rooibos ginger and lemon tea	15 x 1.5 g	3.30
	lemon balm tea	20 x 1.5 g	2.60
	Lemon Grass & Hooray	20 x 1.5 g	3.90
	Lemon Balm & Home	20 x 1.5 g	3.90

Fresh bread from the bakery			
No.	Item	Unit	Price EUR
	whole grain bread with walnuts	1,000 g	4.90
	whole grain bread "Pfundskur"	500 g	3.00
	whole grain rye bread	1,000 g	4.00
	whole grain bread with seeds	750 g	3.50

Bread			
No.	Item	Unit	Price EUR
	crispbread "delicacy"	250 g	2.90
	crispbread "Amaranth"	250 g	3.60
	crispbread "Sesam"	250 g	2.80
	"Bio Granello + Sunflower" seeds (gluten-free)	500 g	5.40
	"Bio Rustico + Amaranth" (gluten-free)	500 g	5.90
	"Bio Black Forest + Teff" (gluten-free)	500 g	5.90

From our Buchinger Wilhelmi kitchen			
No.	Item	Unit	Price EUR
	vegetable antipasti aubergine	190 g	4.95
	vegetable antipasti pepper	190 g	4.95
	vegetable antipasti courgette	190 g	4.95
	tomato soup with chili	340 g	3.20
	parsnip soup with coconut	340 g	3.20
	carrot soup with lemongrass	340 g	3.20
	vegetable jus	340 g	3.80
	apple compote	190 g	2.10
	Buchinger Wilhelmi Reset Box (1 reset day)	1	18.50

## Kitchen utensils

Grain mills & flakers			
No.	Item	Unit	Price EUR
	grain mill "Cerealo"	1	249.00
	hand crank grain flaker "Campo"	1	149.00

Vegetable slicers & mixers			
No.	Item	Unit	Price EUR
	personal blender	1	86.00
	"Foodmatic" personal mixer	1	99.00

Juicer			
No.	Item	Unit	Price EUR
	"Foodmatic" personal juicer	1	269.00

Vegetable slicers & utensils			
No.	Item	Unit	Price EUR
	Combi Chef, stainless steel, and holder	1	79.90
	vegetable slicer V5 and holder	1	54.90
	grater for raw food	1	18.90
	swiss hash-brown grater	1	16.90
	curly grater	1	14.90
	serrated cutter	1	18.90
	multi-purpose grater	1	16.90
	fruit or vegetable holder	1	8.90
	"Multimaker" slice and serve bowl	1	29.90

Attachments for Kitchen Aid Artisan			
No.	Item	Unit	Price EUR
	grain mill	1	119.00
	grain flaker	1	119.00
	vegetable slicer	1	79.00

Attachments for Kitchen Aid Artisan			
No.	Item	Unit	Price EUR
	additional drum set	1	59.00

Pans			
No.	Item	Unit	Price EUR
	pan VULCANO Cera Plus, Ø 20 cm	1	69.00
	pan VULCANO Cera Plus, Ø 24 cm	1	79.00
	pan VULCANO Cera Plus, Ø 28 cm	1	99.00

Useful equipment			
No.	Item	Unit	Price EUR
	sprouting jar	1	6.90
	glass bowl, Ø 6 cm	1	0.90
	glass bowl, Ø 7,5 cm	1	1.10
	glass bowl, Ø 9 cm	1	1.20
	soufflé mould, stainless steel	1	6.60
	rice ring	1	16.90
	parisienne cutter	1	11.00
	"fast-breaking" soup bowl	1	18.20
	jug for salad dressing	1	5.80

Please send the order form to [kueche@buchinger-wilhelmi.com](mailto:kueche@buchinger-wilhelmi.com) or send it by fax to +49 75 51 807-889.

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How would you like to pay?

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Shipping costs are calculated based on valid postal/DHL charges.

The shipping risk is assumed by Buchinger Wilhelmi for goods sent within the EU, and by the customer for shipments outside the EU. Orders outside the EU may incur additional costs (import sales tax, custom duties, import tax). These costs are not covered by Buchinger Wilhelmi.

Date	
Signature	

Send the order form

**BUCH/NGER  
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**FASTING  
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