

**VEGETABLES**

Garlic  
Onion  
Dow Miow  
Carrot  
Cucumber  
Capsicums  
Chili  
Tomato  
Corn  
Ginger  
Asparagus  
Bean Sprouts  
Broccoli  
Cauliflower  
Bok Choy  
Choysum  
Wongbok  
Bamboo Shoots  
Lettuce (Salad)  
Celery  
Kangkong (water spinach)  
Dried Mushroom  
Fresh Mushroom  
Tinned Mushroom (Hosen)  
Long Bean  
French Beans  
Cabbage  
Snow/Sweet Pea  
Lemon Grass (Serai)  
Pandan Leaves  
Spring Onion  
Parsley  
Chinese Chives  
Leek  
Pumpkin  
Sweet Potato  
Potato  
Egg Plant (Terung)  
Watercress  
Kai Lan  
Chinese Spinach  
Phuay Leng  
.  
Brinjal  
Chye Sim

**NOODLES / TOFU**

Fortune Instant Noodles  
Hokkien Noodles  
Super Noodles Tom Yam  
Wonton Noodles  
Fortune Silken Tofu  
Fortune Silken Egg Tofu  
Fortune Tau Kwa Tofu  
KOKA inst.Noodle Curry  
SUPER chicken noodles  
KOKA noodles mushroom  
Hosei Miso Udon Noodles  
Maggi noodles chicken  
Maggi noodles asam laksa

**METALS**

Gold (916)  
Silver  
Mercury  
Aluminum

**FRUIT**

Apples  
Oranges  
Mandarines  
Pears  
Grapes  
Banana  
Papaya  
Watermelons  
Mango  
Jambu (Guava)  
Lemon  
Limes  
Pineapple  
Starfruits  
Mangosteen  
Langsat  
Jackfruit  
Strawberry  
Rambutan  
Longans  
Chiku (Sapodilla)  
Rockmelon  
Honeydew  
Kiwi Fruit  
Plums  
Durian  
Sugar Prune  
Dragon fruit

**HAIR/FIBRES**

Wool  
Cotton  
Polyester

**CONDIMENTS /SPICES**

Apple Cider Vinegar  
White Rice Vinegar  
Black Vinegar  
Bovril  
Refined Salt (LTS)  
Sea Salt (Local)  
Pepper (Black and White)  
MSG  
Curry Powder  
Star Anise (Ba Jiao)  
Five Spices (Ng Heong)  
Turmeric (Kunyit)  
Cloves (Bunga Cingkeh)  
Cinnamon (KManis)  
Belacan (Shrimp Paste)  
Tom Yum Paste (Ferry)  
Tomato Ketchup (Heinz)  
Chilli Sauce (SINSIN)  
Chilli Sauce (Maggi)  
Tomato Ketchup (Maggi)  
Dark Soy Sauce (Tiger)  
Light Soy Sauce (Tiger)  
Thick Soy Sauce (Maggi)  
Light Soy Sauce (Maggi)  
Soy Sauce (Kikkomen)  
Teriyaki (Kikkomen)  
Worcestershire Sauce  
Oyster Sauce (Lee Kum Kee)  
Veg. Oyster Sauce (LKK)  
Hoisin Sauce  
KNOR ikanbilis stock cube  
Maggi Chicken Stock cube

**MEATS**

Chicken  
Pork  
Duck  
Beef (Aust)  
Lamb (Aust)  
Tulip Pork Luncheon  
Maling pork luncheon  
Ham

**SEAFOOD**

Fish (Sea)  
Toman Fish  
Crab  
Prawns  
Fresh Salmon  
Sotong (Squid/Octopus)  
Local Fish Balls  
Ayam Tuna Light  
.  
Ikan Bilis (Anchovies)  
Ayam Salmon Spread

**COOKING OILS**

Soya Bean Oil  
Palm Oil  
Blended Oil (Knife)  
Peanut Oil  
Corn Oil (Mazola)  
Sunflower Seed Oil  
Canola Oil  
Olive Oil  
Pure Ghee Sapi (Cow)  
Pure Sesame Oil

**GRAINS/FLOURS /NOODLES**

White Flour (Wheat)  
White Bread  
Wholemeal Bread  
Wholegrain Bread  
Roti Pratha (Springhome)  
Pau bread (yeast free)  
Yeast (Bakers)  
Bi Carb. Soda  
Corn Flour (Butterfly)  
Normal White Rice  
LOTUS Organic Basmati  
Golden Peony brown rice  
Songhe wholegrain rice  
Bee Hun (Rice Vermicelli)  
Oats (Quaker)  
Pasta  
Quaker Crunchy Corn Bran  
Baked Beans (Heinz)  
Nestle KoKo crunch  
Nestle Trix  
Nestle Milo cereal  
Nestle Honey Star  
Alpen Original Muesli  
Peanut Butter Planters  
Green Beans  
Meiji Plain Crackers  
Kraft Ritz Crackers  
Barley (Barli)  
Lentils (Kacang Dhall)  
McVities Digestive Biscuits  
I XL strawberry jam  
Bin Bin Rice Cracker

**DAIRY FOODS**

Butter  
Margarine (Olive Oil)  
Cows Yoghurt  
Cows Cheese  
Coffee Mate  
Healtheries Goat milk  
Nutrisoy Soy Milk  
Vitasoy Soy Milk  
Coconut (Milk/Fresh)  
Carnation Milk  
Condensed Milk  
Magnolia Fresh Milk  
Marigold HL milk  
Ice Cream (Vanilla Nestle)  
Ice Cream (Vanilla Kings)  
Eggs

**SUGARS**

White Sugar  
Brown Sugar  
Equal  
Saccharine  
Rock Sugar  
Palm Sugar  
Honey  
Chocolate (Nestle)  
Chocolate (Cadbury)  
Hersheys Chocolate  
Van Houten chocolate

**DRINKS**

Tiger Beer  
Carlsberg Beer  
Heineken beer  
Anchor beer  
Wine (White & Red)  
Whiskey (Johnnie Walker)  
Coffee - Instant  
Tea (Lipton/Boh)  
Chinese Tea (Jas/Oolong)  
Chinese Tea (Kuan Yin)  
Chrysanthemum Tea  
Green Tea  
Seasons Ice Lemon Tea  
Soy Bean Drink (Yeo's)  
Green Tea (Yeo's)  
JiaJia herbal tea  
Ovaltine  
Milo  
Horlicks  
Almond Powder Drink  
Coke  
Diet Coke  
Sprite  
Sarsi (F&N)  
Ribeena

**NUTS/SEEDS**

Cashews  
Peanuts  
Almonds  
Hazel  
Walnut  
Pistachio  
.  
Sunflower Seeds

**CHEMICALS**

MOZ Away (repellent)  
 Mosquito Coil  
 OFF repellent  
 Newspaper ink  
 Floor Cleaner (KIWI Clean)  
 Floor Cleaner (Bluebell)  
 Softlan Fabric Softener  
 UIC Big Value dish det.  
 Axion Dish Gel  
 MA Ma lemon Antibacterial  
 Dynamo (laundry powder)  
 FAB laundry powder  
 CLOROX lemon bleach  
 Cif Cleaner

**BATHROOM PRODUCTS**

Toothpaste DARLIE grape  
 Toothpaste (Oral B Stages)  
 Listerine MOUTHWASH (ORIG)  
 Toothpaste (Colgate)  
 Talcum Powder  
 Baby Soap (Johnsons)  
 Body Soap (Lux)  
 Simple Facial wash  
 Mild Body Wash Pure Essentials  
 Lactacyd Feminine Hygiene  
 Shokubutsu facial foam  
 Himalaya face wash cream  
 Summers Eve feminine wash

**FOOD COLOURINGS**

Red (E124)  
 Blue (E133)  
 Green (E102/E133)  
 Yellow (E102)  
 Orange (E102/E110)  
 Pandan Flavour  
 Rose Flavour  
 Banana Flavour  
 Vanilla Flavour

**DRIED HERBS**

Oregano  
 Rosemary  
 Coriander  
 Basil  
 Thyme  
 Bay Leaves

**OTHERS**

Tiger Balm  
 Yu Yee Oil  
 Panadol  
 Aspirin  
 Neurofen/children  
 Sancotec (zurtec)  
 Cigarette Smoke  
 Joss Stick Smoke  
 Clarinase  
 Gelusil Plus  
 Campbells Mushroom Soup  
 Mixed FEATHERS

**MORE SINGAPORE ITEMS****OTHER MILKS**

Almond milk ( almond dream)  
 Almond milk unsweetened ( silk)  
 Aloe Vera  
 Coconut cream ( kara)  
 Oat milk ( oat dream)  
 Rice milk ( rice dream )  
 Rice milk (aussie dream)

**GRAINS/SEEDS**

Amaranth  
 Avocado  
 Barley green  
 Chia seeds  
 Couscous  
 Flax seeds  
 Kelloggs crunchy nut  
 Koay teow noodles  
 Macadamia  
 Nestle nestum  
 Pecans  
 Pine nuts  
 Pumpkin seeds  
 Quinoa

**BERRIES**

Blueberries  
 Raspberries

**CONDIMENTS/HERBS**

Chicken rice chilli (singlong)  
 Kraft mayonnaise  
 Miso  
 Mixed herbs  
 Nasi lemak chilli (singlong)  
 Nutella

**ALCOHOL/DRINKS**

Champagne  
 Cognac ( hennessy)  
 Dom ( benedictine)  
 Gin  
 Guinness stout  
 Soda water  
 Tonic water  
 Vodka  
 Yomeishu

**DAIRY**

Feta cheese  
 Goats cheese  
 Iso whey protein

**BATHROOM PRODUCTS**

Banana boat sunscreen  
 Hair bleach ( jolen)  
 Johnson baby shampoo  
 Latex glove  
 Lux body wash

**SNACKS**

Kettle salt and vinegar  
 Lays salt and vinegar  
 Lays sour cream and onion  
 Pop pan crackers  
 Pringles sour cream and onion  
 Quakers oats cookies honey nut  
 Sweet popcorn ( fairprice)

**OILS**

Nordic fish oils  
 Rice bran oil  
 Cod liver oil ( seven seas)

**SEAFOOD**

Sardines ( ayam)  
 Ikan bilis

**SUPPLEMENTS**

Solgar fish oils.  
 Solgar vitamin c  
 Spirulina  
 Wheatgrass  
 Birds nest  
 Stevia  
 Brands chicken essence  
 Basil dry

**VEGETABLES/FRUIT**

Alfalfa sprouts  
 Nori  
 Prunes ( sunkist)  
 Rocket  
 Sour plum ( preserved)  
 Turnip  
 Zucchini  
 Tempeh

**OTHERS**

Chlorine ( pool)

**INDIAN LIST**

.

**Grains, Lentils, Beans**

Aval (Puffed /Flattened Rice)  
 Bajra Flour  
 Besan (Dhal Flour)  
 Black Channa  
 Black Whole Urad  
 Black-Eyed Bean  
 Broad Beans  
 Broken Wheat  
 Channa Dhal  
 Corn Flour (Makki Ka Atta)  
 Dried Green Peas  
 Horsegram  
 Kidney Beans  
 Maida (Plain Flour)  
 Masoor  
 Moong Dahl Green  
 Moth  
 Ragi Flour  
 Rice - Basmati Rice  
 Rice - Brown  
 Rice - Fragrant  
 Rice - Parboiled  
 Rice - Ponni Parboiled  
 Rice - Thai White  
 Rice Flour  
 Roasted Channa Dhal  
 Sago  
 Semiya (Wheat Vermicelli)  
 Semolina (Cream Of Wheat)  
 Soy Nuggets  
 Toor Dahl  
 Urad [All]  
 White Channa  
 Wholewheat Flour (Atta)  
 Yellow Mung Dahl [All]

**Prayer Items**

Indian (Holy) Basil - Dark/Green  
 Karpooram (Soodam)  
 Kum Kum  
 Rose Water  
 Saambri Incense  
 Sandalwood Paste  
 Vibhooti

**Spices**

Aniseed  
Fennel seeds  
Asafoetida (Powder)  
Thymol Seeds [Omam]  
Black Pepper  
Dried Old Ginger- Suklu  
Dried Red Chillies (Long)  
Fenugreek Seeds  
Jeera (Cumin Seed)  
Mustard Seed - Black  
Pachai Karpuram  
Pomegranate Seed & Powder  
Poppy Seeds  
Saffron Threads  
Sesame Seed - Black  
Sesame Seed - White  
Small Green Cardamom  
Star Anise  
Black Cummin Seeds

**Spice Mixes, Seasonings**

Black Salt Rock  
Chaat Masala  
Channa Masala  
Chicken Curry Masala  
Chilli Powder Coarse-Fine  
Coconut (Grated)  
Fish Curry Masala  
Garam Masala Powder  
Idli/Thosai Powder  
Kokam ( Garcinia Indica)  
Mutton Curry Masala  
Rasam Powder  
Rock Salt [Black] Ground  
Sambhar Powder  
Tamarind Paste

**Sweet Stuff: Confectionery**

Jaggery  
Kalkandu (Rock Sugar)  
Red Sugar

**Vegetables & Greens**

Banana Flower  
Bottlegourd  
Butter Beans  
Curry Leaf  
Fenugreek Leaf (Methi)  
Green Mango  
Indian Yam  
Radish  
Raw (Green) Banana  
Raw Papaya  
Snake Gourd

**Fruit**

Custard Apple  
Dates  
Mango (Canned)  
Sugarcane

**Cooked Foods**

Appalam, Pappadam  
Idli  
Murukku [Rice Flour Stick]  
Roti Pratha  
Vadai

**Beverages**

Bru Coffee  
Ginger Tea  
Jaljeera  
Masala Tea

**Oils**

Coconut Oil  
Ghee  
Mustard Oil  
Sesame Oil [Til]

**Pickles**

Amla (Indian Gooseberry)  
Green Mango  
Lemon pickle  
.  
Mixed Veg  
Young (Green) Pepper

**Toiletries**

Chandrika Bath Soap  
Henna Powder For Hair Colouring  
Herbal Toothpaste Vicco  
Mehendi Powder  
Mysore Sandal Soap  
Sandal Wood Powder  
Toothpaste [Dabur Meswak]

**Others**

Chyawanprash  
Paakku, Seeval-Betel Nut  
Paneer (Amul - Processed)  
.  
Samahan Ayurvedic Powder  
Supari For Poosa  
.  
.  
.  
.  
.  
.

**ADDITIONAL ITEMS**

Amaranth leaves  
Bitter gourd  
Dried figs  
Fresh alfonzo mango  
Fresh coconut water and cream.  
Fresh mint leaves  
Guar  
Himalya pink salt  
Nigella seeds ( black seeds)  
Okra  
Prickly heat powder  
Psyllium husk  
Raisins/sultanas  
Rose brand rose syrup  
Sabjha seeds  
Pantanjali Toothpaste  
Nyle Herbal Shampoo