



Only the best from Rocky!

We love to find new & exciting food for you.

For the past few months I have been working with "Dry-It" to develop a range of ready-to-cook meals for Thomas Dux.

"Dry-It" is the brain child of a fruit & vegetable grower that set himself a goal to minimise food waste. The answer? A state-of-the art, energy-efficient dehydrating facility for fruits & vegetables. At Thomas Dux we supported the idea because

- Throughout the dehydration process all nutritional values of the fruits & vegetables are retained.
- The benefits to the environment by reducing food waste.
- We cooked the meals ourselves and they taste delicious!



You can choose from:



- ✓ Ready meals – soups & risottos
- ✓ Marinades & mixes
- ✓ Cooking ingredients for the pantry
- ✓ A range of dried fruits & veg



Fruits & Vegetables	Cooking ingredients	Ready meals	Marinades & mixes
Mango Pineapple Banana Mushrooms Capsicum Sweet Potato Pineapple Lemon Myrtle Banana Wattle Seed Mix	Sliced Mushroom Ground Mushroom Yellow Sweet Chilli Red & Green Chilli Mixed Chilli Red Capsicums	Mushroom Risotto Mushroom Soup Sweet Potato Soup Tomato & Herb Risotto	Omelette Mix Lamb Bake Mix Asian Stir Fry Marinade Mix



www.thomasdux.com.au

62 Burns Bay Road, Lane Cove. T: 9420 4833

220 Glenmore Road, Five Ways, Paddington. T: 9326 9130

Shop 1, 285A Crown Street, Surry Hills. T: 8354 0388

Open Monday-Saturday 7:00am-8:00pm & Sunday 8:00am-8:00pm

THOMAS DUX
Grocer