

Market Price Information of Thimphu for July, 2022

Sl no	Category	Product	Brand / Trade Name	Country of Origin	Specification (Net weight/ Volume)	Price of goods(Nu)		
						Highest	Lowest	Average
1	Rice, Flour & Pasta	Basmati Rice	Zheychem Dangpa	Bhutan	20kg	1250	950	1134
2		Basmati Rice	Zheychem Chogjur	Bhutan	20kg	1350	1100	1263
3		Basmati Rice	Nawab	India	20kg	1350	1110	1217
4		Basmati Rice	Tibar	India	25 kg	1350	1110	1218
5		Surekha Rice	SK Gold	India	25kg	995	688	763
6		Surekha Rice	SK & Sons	India	25 kg	850	690	744
7		Sortex Rice	Raj Bhog Kumar	India	25kg	1250	950	1048
8		Flour (Atta)	Amrit Bhog	India	1kg	50	35	43
9		Flour (Atta)	Amrit Bhog	India	5kg	230	175	200
10		Flour (Maida)	Amrit Bhog	India	1kg	50	35	43
11		Flour (Maida)	Amrit Bhog	India	5kg	230	175	199
12		Instant Noodle	Koka (Chicken Flavour)	Singapore	85g	35	25	30
13		Instant Noodle	Maggi (Masala)	India	75g	15	9	11
14		Instant Noodle	Wai Wai (Chicken)	India	75g	80	10	13
15		Instant Noodle	Samyang Ramen (Spicy Chicken)	Korea	140g	85	65	80
16		Veg Noodles	Druk Noodles	Bhutan	400g	55	25	41
17		Buckwheat Noodles	Bhutan Ramen (Phuntshok Pal Biew)	Bhutan	-	75	69	74
18		Spaghetti	Gustora Fettucini	India	500g	150	90	116
19		Fusilli Pasta	Finosta	India	500g	160	89	112
20		Elbow Pasta	Keya	India	500g	165	30	101
21	Frozen and Processed Meat Products	Tuna Chunk in Soya Oil	Nautilus Lite	Thailand	125g	570	115	166
22		Tuna in Vegetable oil	Brook	Thailand	125g	155	115	140
23		Chicken Frankfurter Sausage	BLDC, Bhutan	Bhutan	450g	330	260	303
24		Chicken Sausage (Local Flavored)	BLDC, Bhutan	Bhutan	1kg	300	300	300
26		Pork Ham	BLDC, Bhutan	Bhutan	1kg	NA	NA	NA
27		Chicken Sausages	Keventer	India	500g	260	260	260
28		Cornflakes (original)	Kellogs	India	250g	196	90	117

29	Breakfast Cereals & Biscuits	Muesli (Fruit and Nut)	Bagrrys	India	500g	330	300	317
30		Chocoflakes	Shanti	India	375g	190	135	161
31		Good day Biscuit (Butter)	Britannia	India	250g	36	26	30
32		Marie Gold Biscuits	Britannia	India	250g	35	30	32
33		Cream Crackers (original)	Hup Seng	Malaysia	428g	130	100	114
34		Cream Crackers	Munchy	Malaysia	300g	120	90	110
35		White Oat	Bagrrys	India	500g	150	90	102
36	Dairy and Poultry Products	Toned Milk	Amul Taaza	India	1 ltr	70	63	67
37		Toned Milk	Keventer	India	1 ltr	70	60	66
38		Toned Milk	Go	India	1 ltr	70	62	67
39		Toned Milk	Zindra Nutrilife	Bhutan	1 ltr	80	65	69
40		Fresh Milk	Local	Bhutan	1ltr	120	70	84
41		Processed Butter	Amul	India	500g	255	230	243
42		Fresh Butter	Local	Bhutan	1kg	560	480	527
43		Fresh Cheese	Local	Bhutan	1 ball	550	40	236
44		Processed Cheese	Amul Cheese Block	India	1kg	557	460	492
45		Processed Cheese	Britannia Cheese Block	India	1kg	540	449	498
46		Processed Cheese	Go Cheese Block	India	1kg	495	415	473
47		Processed Cheese	Koufuku (Druk Dzambala)	Bhutan	1kg	495	240	457
48		Egg	Local	Bhutan	1 tray (30 eggs)	549	250	427
49	Tea, Coffee, Sweetener & Salt	Milk Powder	Everyday, Nestle	India	800g	430	370	397
50		Milk Powder	Everyday, Nestle	India	400g	400	200	216
51		Milk Powder	Nestle CoffeeMate	Thailand	450g	410	189	273
52		Milk Powder	Nestle CoffeeMate	Thailand	900g	525	390	451
53		Milk Powder	Kreamtop	Thailand	1kg	425	320	380
54		Tea Leaves	Taro Taza Gold	India	500g	290	210	271
55		Tea Leaves	Brooke Bond Red Label	India	500g	255	175	238
56		Refined Sugar	Gobind Crystal Sugar	India	850g	50	39	46
57		Refined Sugar	Amrit Gold Crystal Sugar	India	750g	50	40	47
58		Coffee	Nescafe Classic	India	200gm	310	185	273
59		Coffee	Moccona Classic	Thailand	190gm	700	130	379
60		Coffee	Nescafe Gold	Thailand	100g	NA	NA	NA
61		Salt	TATA	India	1kg	20	12	16
62		Salt	Saffola	India	1kg	45	30	39

63	Fruit Juice and Squash	Apple Juice	Zimdra Nutrilife	Bhutan	1ltr	130	90	118	
64		Guava Juice	Zimdra Nutrilife	Bhutan	1ltr	129	90	115	
65		Orange Juice	Zimdra Nutrilife	Bhutan	1ltr	150	60	123	
66		Litchi Juice	Zimdra Nutrilife	Bhutan	1ltr	145	90	119	
67		Mixed Fruit	Zimdra Nutrilife	Bhutan	1ltr	130	70	119	
68		Orange Squash	Druk (BFPPL)	Bhutan	1.5ltr	165	97	124	
69		Lemon Squash	Druk (BFPPL)	Bhutan	1.5ltr	165	97	124	
70		Orange Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	165	97	123	
71		Lemon Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	165	97	124	
72		Apple Juice	Royal Bhutan (BAIL)	Bhutan	1 L	100	89	93	
73		Edible Oil	Groundnut oil	Fortune Goldnut	India	5ltr	1000	950	980
74			Soyabean oil	Saffola Gold	India	5ltr	1280	1100	1200
75	Soyabean oil		Fortune Refine Oil	India	5ltr	1100	620	895	
76	Soyabean oil		Natural Lite	India	4.5 ltr	690	445	585	
77	Soyabean oil		Happy Makhu	Bhutan	3.9ltr	690	515	579	
78	Olive oil		Oleev Active	India	5ltr	1395	1120	1328	
79	Toiletries	Toothpaste	Colgate Max Fresh	India	150g	100	95	98	
80		Toothpaste	Colgate Active Salt	India	200g	110	86	101	
81		Toothpaste	Dabur Red	India	100g	58	45	53	
82		Bathing Soap	RB Dettol	India	125g	210	28	65	
83		Bathing Soap	Hul Life Buoy	India	65g	30	24	29	
84		Dishwashing Soap	Exo Round Bar	India	500g	65	45	49	
85		Dishwashing Soap	E&B Dishwashing Soap	China	400g	100	70	82	
86		Detergent	Henko Stain Champion	India	5kg	740	683	716	
87		Detergent	Mr White	India	1kg	110	48	70	
88		Sanitary Napkin	Stayfree Secure Extra Large	India	-	36	32	35	
89		Sanitary Napkin	Stayfree Dry Max	India	-	95	25	54	
90		Sanitary Napkin	Orfit	India	-	60	30	38	
91		Sanitary Napkin	Sofy	Thailand	-	55	30	37	
92		Tissue Roll	Zilk	Thailand	1 roll	25	19	22	
93		Tissue Roll	Pulppy	Hongkong	1 roll	40	25	31	
94		Tissue Roll	Meto	Bhutan	1 roll	25	20	24	

*The market price has been collected from 46 major grocery shops of the Dzongkhag