

Market Price Information of Trongsa for July, 2022

Sl no	Category	Product	Brand / Trade Name	Country of Origin	Specificati on (Net weight/ Volume)	Price of goods(Nu)		
						Highest	Lowest	Average
1	Rice, Flour & Pasta	Basmati Rice	Zheychem Dangpa	Bhutan	20kg	1230	1230	1230
2		Basmati Rice	Zheychem Chogjur	Bhutan	20kg	1350	1300	1330
3		Basmati Rice	Nawab	India	20kg	1400	1200	1292.5
4		Basmati Rice	Tibar (Dubar)	India	25 kg	1360	750	1198
5		Surekha Rice	SK Gold	India	25kg	780	736	753.25
6		Surekha Rice	SK & Sons	India	25 kg	785	740	758
7		Sortex Rice	Raj Bhog Kumar	India	25kg	1100	990	1038
8		Flour (Atta)	Amrit Bhog	India	1kg	50	40.04	47
9		Flour (Atta)	Amrit Bhog	India	5kg	250	200	227
10		Flour (Maida)	Amrit Bhog	India	1kg	50	45	48
11		Flour (Maida)	Amrit Bhog	India	5kg	250	200	224
12		Instant Noodle	Koka (Chicken Flavour)	Singapore	85g	35	30	31
13		Instant Noodle	Maggi (Masala)	India	75g	10	10	10
14		Instant Noodle	Wai Wai (Chicken)	India	75g	10	10	10
15		Instant Noodle	Samyang Ramen (Spicy Chicken)	Korea	140g	85	75	80
16		Veg Noodles	Druk Noodles	Bhutan	400g	30	10	20
17		Buckwheat Noodles	Bhutan Ramen (Phuntshok Pal Biew)	Bhutan	-	NA	NA	NA
18		Spaghetti	Gustora Fettucini	India	500g	150	110	123
19		Fusilli Pasta	Finosta	India	500g	150	100	117
20		Elbow Pasta	Keya	India	500g	110	110	110
21	Frozen and Processed Meat Products	Tuna Chunk in Soya Oil	Nautilus Lite	Thailand	125g	170	140	160
22		Tuna in Vegetable oil	Brook	Thailand	125g	170	140	160
23		Chicken Frankfurter Sausage	BLDC, Bhutan	Bhutan	450g	45	45	45
24		Chicken Sausage (Local Flavored)	BLDC, Bhutan	Bhutan	1kg	NA	NA	NA
26		Pork Ham	BLDC, Bhutan	Bhutan	1kg	NA	NA	NA
27		Chicken Sausages	Keventer	India	500g	NA	NA	NA

28	Breakfast Cereals & Biscuits	Cornflakes (original)	Kellogs	India	250g	95	95	95
29		Muesli (Fruit and Nut)	Bagrrys	India	500g	320	280	293
30		Chocoflakes	Shanti	India	375g	130	130	130
31		Good day Biscuit (Butter)	Britannia	India	250g	40	30	33
32		Marie Gold Biscuits	Britannia	India	250g	40	30	33.75
33		Cream Crackers (original)	Hup Seng	Malaysia	428g	120	110	113
34		Cream Crackers	Munchy	Malaysia	300g	120	120	120
35		White Oat	Bagrrys	India	500g	100	65	88
36	Dairy and Poultry Products	Toned Milk	Amul Taaza	India	1 ltr	70	65	68
37		Toned Milk	Keventer	India	1 ltr	75	65	70
38		Toned Milk	Go	India	1 ltr	75	70	72.5
39		Toned Milk	Zimdra Nutrilife	Bhutan	1 ltr	NA	NA	NA
40		Fresh Milk	Local	Bhutan	1ltr	245	245	245
41		Processed Butter	Amul	India	500g	245	245	245
42		Fresh Butter	Local	Bhutan	1kg	NA	NA	NA
43		Fresh Cheese	Local	Bhutan	1 ball	NA	NA	NA
44		Processed Cheese	Amul Cheese Block	India	1kg	500	480	492.5
45		Processed Cheese	Britannia Cheese Block	India	1kg	512	485	492.4
46		Processed Cheese	Go Cheese Block	India	1kg	495	495	495
47		Processed Cheese	Koufuku (Druk Dzambala)	Bhutan	1kg	NA	NA	NA
48		Egg	Local	Bhutan	1 tray (30 eggs)	420	240	292
49	Tea, Coffeee, Sweetener & Salt	Milk Powder	Everyday, Nestle	India	800g	410	370	392.25
50		Milk Powder	Everyday, Nestle	India	400g	220	210	214
51		Milk Powder	Nestle CoffeeMate	Thailand	450g	210	210	210
52		Milk Powder	Nestle CoffeeMate	Thailand	900g	420	380	397
53		Milk Powder	Kreamtop	Thailand	1kg	380	330	350
54		Tea Leaves	Taro Taza Gold	India	500g	290	135	268
55		Tea Leaves	Brooke Bond Red Label	India	500g/250g	285	107	196
56		Refined Sugar	Gobind Crystal Sugar	India	850g	65	45	53
57		Refined Sugar	Amrit Gold Crystal Sugar	India	750g	50	50	50
58		Coffee	Nescafe Classic	India	200gm	310	160	253
59		Coffee	Moccona Classic	Thailand	190gm	650	165	367

60	Tea, Coffee, Sweetener & Salt	Coffee	Nescafe Gold	Thailand	100g	495	80	342
61		Salt	TATA	India	1kg	45	15	27
62		Salt	Saffola	India	1kg	40	30	38
63	Fruit Juice and Squash	Apple Juice	Zimdra Nutrilife	Bhutan	1ltr	NA	NA	NA
64		Guava Juice	Zimdra Nutrilife	Bhutan	1ltr	NA	NA	NA
65		Orange Juice	Zimdra Nutrilife	Bhutan	1ltr	NA	NA	NA
66		Litchi Juice	Zimdra Nutrilife	Bhutan	1ltr	NA	NA	NA
67		Mixed Fruit	Zimdra Nutrilife	Bhutan	1ltr	NA	NA	NA
68		Orange Squash	Druk (BFPPL)	Bhutan	1.5ltr	140	110	127
69		Lemon Squash	Druk (BFPPL)	Bhutan	1.5ltr	140	110	127
70		Orange Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	130	130
71		Lemon Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	130	130
72		Apple Juice	Royal Bhutan (BAIL)	Bhutan	1 L	95	90	94
73	Edible Oil	Groundnut oil	Fortune Goldnut	India	5ltr	1080	1020	1050
74		Soyabean oil	Saffola Gold	India	5ltr	1330	1030	1191
75		Soyabean oil	Fortune Refine Oil	India	5ltr	1030	650	895
76		Soyabean oil	Natural Lite	India	4.5 ltr	580	580	580
77		Soyabean oil	Happy Makhu	Bhutan	3.9ltr	650	650	650
78		Olive oil	Oleev Active	India	5ltr	1290	1290	1290
79	Toiletries	Toothpaste	Colgate Max Fresh	India	150g	120	110	113
80		Toothpaste	Colgate Active Salt	India	200g	110	110	110
81		Toothpaste	Dabur Red	India	100g	50	50	50
82		Bathing Soap	RB Dettol	India	125g	55	30	45
83		Bathing Soap	Hul Life Buoy	India	65g	29	25	27
84		Dishwashing Soap	Exo Round Bar	India	500g	50	50	50
85		Dishwashing Soap	E&B Dishwashing Soap	China	400g	180	180	180
86		Detergent	Henko Stain Champion	India	5kg	800	730	765
87		Detergent	Mr White	India	1kg	115	65	90
88		Sanitary Napkin	Stayfree Secure Extra Large	India	-	35	35	35
89		Sanitary Napkin	Stayfree Dry Max	India	-	40	35	37
90		Sanitary Napkin	Orfit	India	-	32	32	32
91		Sanitary Napkin	Sofy	Thailand	-	85	65	72
92		Tissue Roll	Zilk	Thailand	1 roll	25	20	22.5

93	Toiletries	Tissue Roll	Pulppy	Hongkong	1 roll	30	30	30
94		Tissue Roll	Meto	Bhutan	1 roll	25	20	22.5

*The market price has been collected from 8 major grocery shops of the Dzongkhag