

Market Price Information of Trongsa for May, 2022

Sl no	Category	Product	Brand / Trade Name	Country of Origin	Specification (Net weight/ Volume)	Price of Goods		
						Highest	Lowest	Average
1	Rice, Flour & Pasta	Basmati Rice	Zheychum Dangpa	Bhutan	20kg	NA	NA	NA
2		Basmati Rice	Zheychum Chogjur	Bhutan	20kg	1350	1340	1345
3		Basmati Rice	Nawab	India	20kg	1400	1300	1350
4		Basmati Rice	Tibar	India	25 kg	1300	1250	1267
5		Surekha Rice	SK Gold	India	25kg	850	730	765
6		Surekha Rice	SK & Sons	India	25 kg	785	785	785
7		Sortex Rice	Raj Bhog Kumar	India	25kg	1100	1000	1058
8		Flour (Atta)	Amrit Bhog	India	1kg	50	40	45
9		Flour (Atta)	Amrit Bhog	India	5kg	210	200	205
10		Flour (Maida)	Amrit Bhog	India	1kg	50	40	46
11		Flour (Maida)	Amrit Bhog	India	5kg	220	200	205
12		Instant Noodle	Koka (Chicken Flavour)	Singapore	85g	30	30	30
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	70	79
16		Veg Noodles	Druk Noodles	Bhutan	400g	65	65	65
17		Buckwheat Noodles	Bhutan Ramen (Phuntshok Pal Biew)	Bhutan	-	NA	NA	NA
18		Spaghetti	Gustora Fettucini	India	500g	160	160	160
19		Fusilli Pasta	Finosta	India	500g	150	150	150
20		Elbow Pasta	Keya	India	500g	140	140	140
21	Frozen and Processed Meat Products	Tuna Chunk in Soya Oil	Nautilus Lite	Thailand	125g	145	140	143
22		Tuna in Vegetable oil	Brook	Thailand	125g	140	140	140
23		Chicken Frankfurter Sausage	BLDC, Bhutan	Bhutan	450g	NA	NA	NA
24		Chicken Sausage (Local Flavored)	BLDC, Bhutan	Bhutan	1kg	NA	NA	NA
25		Pork Ham	BLDC, Bhutan	Bhutan	1kg	NA	NA	NA
26		Chicken Sausages	Keventer	India	500g	NA	NA	NA

27	Breakfast Cereals & Biscuits	Cornflakes (original)	Kelloggs	India	250g	95	95	95
28		Muesli (Fruit and Nut)	Bagrrys	India	500g	130	130	130
29		Chocoflakes	Shanti	India	375g	130	130	130
30		Good day Biscuit (Butter)	Britannia	India	250g	30	30	30
31		Marie Gold Biscuits	Britannia	India	250g	35	30	34
32		Cream Crackers (original)	Hup Seng	Malaysia	428g	120	110	115
33		Cream Crackers	Munchy	Malaysia	300g	120	110	114
34		White Oat	Bagrrys	India	500g	110	95	103
35		Dairy and Poultry Products	Toned Milk	Amul Taaza	India	1 ltr	70	65
36	Toned Milk		Keventer	India	1 ltr	65	65	65
37	Toned Milk		Go	India	1 ltr	70	70	70
38	Toned Milk		Zimdra Nutrilife	Bhutan	1 ltr	NA	NA	NA
39	Fresh Milk		Local	Bhutan	1ltr	NA	NA	NA
40	Processed Butter		Amul	India	500g	245	245	245
41	Fresh Butter		Local	Bhutan	1kg	NA	NA	NA
42	Fresh Cheese		Local	Bhutan	1 ball	480	480	480
43	Processed Cheese		Amul Cheese Block	India	1kg	520	485	498
44	Processed Cheese		Britannia Cheese Block	India	1kg	500	480	491
45	Processed Cheese		Go Cheese Block	India	1kg	NA	NA	NA
46	Processed Cheese		Koufuku (Druk Dzambala)	Bhutan	1kg	NA	NA	NA
47	Egg		Local	Bhutan	1 tray (30 eggs)	330	270	307
48	Tea, Coffee, Sweetener & Salt		Milk Powder	Everyday, Nestle	India	800g	410	390
49		Milk Powder	Everyday, Nestle	India	400g	220	210	213
50		Milk Powder	Nestle CoffeeMate	Thailand	450g	250	210	230
51		Milk Powder	Nestle CoffeeMate	Thailand	900g	420	370	390
52		Milk Powder	Kreamtop	Thailand	1kg	360	340	355
53		Tea Leaves	Taro Taza Gold	India	500g	290	250	274
54		Tea Leaves	Brooke Bond Red Label	India	500g	130	130	130
55		Refined Sugar	Gobind Crystal Sugar	India	850g	50	45	48
56		Refined Sugar	Amrit Gold Crystal Sugar	India	750g	50	45	48
57		Coffee	Nescafe Classic	India	200gm	310	310	310
58		Coffee	Moccona Classic	Thailand	190gm	310	290	300
59		Coffee	Nescafe Gold	Thailand	100g	480	470	475
60		Salt	TATA	India	1kg	45	20	31
61	Salt	Saffola	India		40	20	33	

62	Fruit Juice and Squash	Apple Juice	Zimdra Nutrilife	Bhutan	1ltr	85	80	83
63		Guava Juice	Zimdra Nutrilife	Bhutan	1ltr	80	80	80
64		Orange Juice	Zimdra Nutrilife	Bhutan	1ltr	65	60	63
65		Litchi Juice	Zimdra Nutrilife	Bhutan	1ltr	100	80	93
66		Mixed Fruit	Zimdra Nutrilife	Bhutan	1ltr	80	80	80
67		Orange Squash	Druk (BFPPL)	Bhutan	1.5ltr	130	115	123
68		Lemon Squash	Druk (BFPPL)	Bhutan	1.5ltr	130	100	115
69		Orange Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	130	130
70		Lemon Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	130	130
71		Apple Juice	Royal Bhutan (BAIL)	Bhutan	1 L	95	90	92
72		Edible Oil	Groundnut oil	Fortune Goldnut	India	5ltr	1080	1080
73	Soyabean oil		Saffola Gold	India	5ltr	1145	1120	1137
74	Soyabean oil		Fortune Refine Oil	India	5ltr	880	880	880
75	Soyabean oil		Natural Lite	India	4.5 ltr	670	650	657
76	Soyabean oil		Happy Makhu	Bhutan	3.9ltr	NA	NA	NA
77	Olive oil		Oleev Active	India	5ltr	NA	NA	NA
78	Toiletries	Toothpaste	Colgate Max Fresh	India	150g	110	100	105
79		Toothpaste	Colgate Active Salt	India	200g	110	100	105
80		Toothpaste	Dabur Red	India	100g	60	60	60
81		Bathing Soap	RB Dettol	India	125g	50	50	50
82		Bathing Soap	Hul Life Buoy	India	65g	10	10	10
83		Dishwashing Soap	Exo Round Bar	India	500g	50	50	50
84		Dishwashing Soap	E&B Dishwashing Soap	China	400g	180	180	180
85		Detergent	Henko Stain Champion	India	5kg	760	740	750
86		Detergent	Mr White	India	1kg	NA	NA	NA
87		Sanitary Napkin	Stayfree Secure Extra Large	India	-	42	35	39
88		Sanitary Napkin	Stayfree Dry Max	India	-	95	90	93
89		Sanitary Napkin	Orfit	India	-	40	32	36
90		Sanitary Napkin	Sofy	Thailand	-	65	40	53
91		Tissue Roll	Zilk	Thailand	1 roll	30	20	23
92		Tissue Roll	Pulppy	Hongkong	1 roll	30	30	30
93	Tissue Roll	Meto	Bhutan	1 roll	25	25	25	

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