

Market Price Information for Thimphu from October till date

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	Zheychem Dangpa	Bhutan	20kg	1250	950	1136
2		Basmati Rice	Zheychem Chogjur	Bhutan	20kg	1300	1100	1259
3		Basmati Rice	Nawab	India	20kg	1350	1110	1218
4		Basmati Rice	Tibar	India	25 kg	1350	1140	1217
5		Surekha Rice	SK Gold	India	25kg	850	688	753
6		Surekha Rice	SK & Sons	India	25 kg	850	661	736
7		Sortex Rice	Raj Bhog Kumar	India	25kg	1250	914	1039
8		Flour (Atta)	Amrit Bhog	India	1kg	50	35	43
9		Flour (Atta)	Amrit Bhog	India	5kg	230	162.5	198
10		Flour (Maida)	Amrit Bhog	India	1kg	50	35	42
11		Flour (Maida)	Amrit Bhog	India	5kg	230	175	198
12		Instant Noodle	Koka (Chicken Flavour)	Singapore	85g	35	28	31
13		Instant Noodle	Maggi (Masala)	India	75g	25	10	11
14		Instant Noodle	Wai Wai (Chicken)	India	75g	12	10	10
15		Instant Noodle	Samyang Ramen (Spicy Chicken)	Korea	140g	85	62	79
16		Veg Noodles	Druk Noodles	Bhutan	400g	55	35	43
17		Buckwheat Noodles	Bhutan Ramen (Phuntshok Pal Biew)	Bhutan		85	69	76
18		Spaghetti	Gustora Fettucini	India	500g	150	100	119
19		Fusilli Pasta	Finosta	India	500g	145	100	113
20		Elbow Pasta	Keya	India	500g	110	100	102
21	Frozen and Processed Meat Products	Tuna Chunk in Soya Oil	Nautilus Lite	Thailand	125g	160	130	142
22		Tuna in Vegetable oil	Brook	Thailand	125g	155	115	140
23		Chicken Frankfurter Sausage	BLDC, Bhutan	Bhutan	450g	330	320	325
24		Chicken Sausage (Local Flavored)	BLDC, Bhutan	Bhutan	1kg	300	250	275
26		Pork Ham	BLDC, Bhutan	Bhutan	1kg	333	333	333
27		Chicken Sausages	Keventer	India	500g	280	260	267

28	Breakfast Cereals & Biscuits	Cornflakes (original)	Kellogs	India	250g	120	90	99
29		Muesli (Fruit and Nut)	Bagrrys	India	500g	330	300	317
30		Chocoflakes	Shanti	India	375g	190	140	166
31		Good day Biscuit (Butter)	Britannia	India	250g	36	25.9	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	100	111
35		White Oat	Bagrrys	India	500g	120	90	99
36		Dairy and Poultry Products	Toned Milk	Amul Taaza	India	1 ltr	70	62.5
37	Toned Milk		Keventer	India	1 ltr	70	60	65
38	Toned Milk		Go	India	1 ltr	70	61.69	67
39	Toned Milk		Zimdra Nutrilife	Bhutan	1 ltr	70	65	68
40	Fresh Milk		Local	Bhutan	1ltr	80	60	73
41	Processed Butter		Amul	India	500g	245	230	241
42	Fresh Butter		Local	Bhutan	1kg	550	320	493
43	Fresh Cheese		Local	Bhutan	1 ball	65	40	51
44	Processed Cheese		Amul Cheese Block	India	1kg	559	460	491
45	Processed Cheese		Britannia Cheese Block	India	1kg	525	470	500
46	Processed Cheese		Go Cheese Block	India	1kg	495	415	473
47	Processed Cheese		Koufuku (Druk Dzambala)	Bhutan	1kg	495	470	484
48	Egg		Local	Bhutan	1 tray (30 eggs)	465	410	437

49	Tea, Coffeee, Sweetener & Salt	Milk Powder	Everyday, Nestle	India	800g	430	370	397
50		Milk Powder	Everyday, Nestle	India	400g	210	200	206
51		Milk Powder	Nestle CoffeeMate	Thailand	450g	295	220	253
52		Milk Powder	Nestle CoffeeMate	Thailand	900g	450	390	421
53		Milk Powder	Kreamtop	Thailand	1kg	425	330	383
54		Tea Leaves	Taro Taza Gold	India	500g	290	240	273
55		Tea Leaves	Brooke Bond Red Label	India	500g	255	230	245
56		Refined Sugar	Gobind Crystal Sugar	India	850g	50	39	46
57		Refined Sugar	Amrit Gold Crystal Sugar	India	750g	50	40	46
58		Coffee	Nescafe Classic	India	100gm	310	280	300
59		Coffee	Moccona Classic	Thailand	100gm	329	300	315
60		Coffee	Nescafe Gold	Thailand	100g	510	475	493
61		Salt	TATA	India	1kg	20	12	16
62		Salt	Saffola	India	1kg	45	15	36
63	Fruit Juice and Squash	Apple Juice	Zimdra Nutrilife	Bhutan	1ltr	130	105	122
64		Guava Juice	Zimdra Nutrilife	Bhutan	1ltr	130	110	123
65		Orange Juice	Zimdra Nutrilife	Bhutan	1ltr	150	110	134
66		Litchi Juice	Zimdra Nutrilife	Bhutan	1ltr	145	110	124
67		Mixed Fruit	Zimdra Nutrilife	Bhutan	1ltr	130	115	124
68		Orange Squash	Druk (BFPPL)	Bhutan	1.5ltr	140	100	122
69		Lemon Squash	Druk (BFPPL)	Bhutan	1.5ltr	138	100	123
70		Orange Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	100	122
71		Lemon Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	100	123
72		Apple Juice	Royal Bhutan (BAIL)	Bhutan	1 L	96	89	93

73	Edible Oil	Groundnut oil	Fortune Goldnut	India	5ltr	1000	950	980
74		Soyabean oil	Saffola Gold	India	5ltr	1270	950	1190
75		Soyabean oil	Fortune Refine Oil	India	5ltr	1100	850	956
76		Soyabean oil	Natural Lite	India	4.5 ltr	690	550	606
77		Soyabean oil	Happy Makhu	Bhutan	3.9ltr	590	515	556
78		Olive oil	Oleev Active	India	5ltr	1395	1120	1326
79		Toiletries	Toothpaste	Colgate Max Fresh	India	150g	100	65
80	Toothpaste		Colgate Active Salt	India	200g	110	86.09	101
81	Toothpaste		Dabur Red	India	100g	100	20	57
82	Bathing Soap		RB Dettol	India	125g	53.74	28	39
83	Bathing Soap		Hul Life Buoy	India	65g	30	30	30
84	Dishwashing Soap		Exo Round Bar	India	500g	65	45	50
85	Dishwashing Soap		E&B Dishwashing Soap	China	400g	100	70	82
86	Detergent		Henko Stain Champion	India	5kg	740	683.21	716
87	Detergent		Mr White	India	1kg	110	75	95
88	Sanitary Napkin		Stayfree Secure Extra Large	India		36	32	35
89	Sanitary Napkin		Stayfree Dry Max	India		95	90	91
90	Sanitary Napkin		Orfit	India		45	30	36
91	Sanitary Napkin		Sofy	Thailand		55	30	39
92	Tissue Roll		Zilk	Thailand	1 roll	25	18.75	22
93	Tissue Roll		Pulppy	Hongkong	1 roll	40	25	31
94	Tissue Roll		Meto	Bhutan	1 roll	40	20	26

*The market price has been collected from 45 major grocery shops of the dzongkhag