

Market Price Information for Trongsa from October till date

Sl no	Category	Product	Brand / Trade Name	Country of Origin	Specificati on (Net weight/ Volume)	Price of Goods		
						Highest	Lowest	Average
1	Rice, Flour & Pasta	Basmati Rice	Zheychem Dangpa	Bhutan	20kg	1230	1170	1200
2		Basmati Rice	Zheychem Chogjur	Bhutan	20kg	1330	1264	1295
3		Basmati Rice	Nawab	India	20kg	1450	1200	1295
4		Basmati Rice	Tibar (Dubar)	India	25 kg	1280	965	1186
5		Surekha Rice	SK Gold	India	25kg	860	732	770
6		Surekha Rice	SK & Sons	India	25 kg	760	740	750
7		Sortex Rice	Raj Bhog Kumar	India	25kg	1100	980	1040
8		Flour (Atta)	Amrit Bhog	India	1kg	50	40	46
9		Flour (Atta)	Amrit Bhog	India	5kg	200	200	200
10		Flour (Maida)	Amrit Bhog	India	1kg	50	40	47
11		Flour (Maida)	Amrit Bhog	India	5kg	200	200	200
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	80	70	76
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	130
19		Fusilli Pasta	Finosta	India	500g	150	108	123
20		Elbow Pasta	Keya	India	500g	NA	NA	NA
21	Frozen and Processed Meat Products	Tuna Chunk in Soya Oil	Nautilus Lite	Thailand	125g	140	140	140
22		Tuna in Vegetable oil	Brook	Thailand	125g	140	140	140
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	180	170	177
29		Muesli (Fruit and Nut)	Bagrrys	India	500g	320	320	320
30		Chocoflakes	Shanti	India	375g	99	99	99
31		Good day Biscuit (Butter)	Britannia	India	250g	30	27	30
32		Marie Gold Biscuits	Britannia	India	250g	35	30	31
33		Cream Crackers (original)	Hup Seng	Malaysia	428g	120	100	110
34		Cream Crackers	Munchy	Malaysia	300g	120	100	110
35		White Oat	Bagrrys	India	500g	100	65	83
36	Dairy and Poultry Products	Toned Milk	Amul Taaza	India	1 ltr	76	65	69
37		Toned Milk	Keventer	India	1 ltr	70	60	66
38		Toned Milk	Go	India	1 ltr	70	65	68
39		Toned Milk	Zimdra Nutrilife	Bhutan	1 ltr	65	65	65
40		Fresh Milk	Local	Bhutan	1ltr	NA	NA	NA
41		Processed Butter	Amul	India	500g	245	225	234
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	490
45		Processed Cheese	Britannia Cheese Block	India	1kg	490	480	488
46		Processed Cheese	Go Cheese Block	India	1kg	NA	NA	NA
47		Processed Cheese	Koufuku (Druk Dzambala)	Bhutan	1kg	NA	NA	NA
48	Egg	Local	Bhutan	1 tray (30 eggs)	420	400	413	

49	Tea, Coffee, Sweetener & Salt	Milk Powder	Everyday, Nestle	India	800g	390	365	380
50		Milk Powder	Everyday, Nestle	India	400g	210	200	205
51		Milk Powder	Nestle CoffeeMate	Thailand	450g	250	210	230
52		Milk Powder	Nestle CoffeeMate	Thailand	900g	420	350	385
53		Milk Powder	Kreamtop	Thailand	1kg	380	350	363
54		Tea Leaves	Taro Taza Gold	India	500g	290	290	290
55		Tea Leaves	Brooke Bond Red Label	India	500g	285	225	248
56		Refined Sugar	Gobind Crystal Sugar	India	850g	50	45	48
57		Refined Sugar	Amrit Gold Crystal Sugar	India	750g	45	45	45
58		Coffee	Nescafe Classic	India	200gm	310	310	310
59		Coffee	Moccona Classic	Thailand	190gm	290	285	288
60		Coffee	Nescafe Gold	Thailand	100g	475	450	463
61		Salt	TATA	India	1kg	20	15	17
62		Salt	Saffola	India	1kg	40	40	40
63		Fruit Juice and Squash	Apple Juice	Zimdra Nutrilife	Bhutan	1ltr	95	95
64	Guava Juice		Zimdra Nutrilife	Bhutan	1ltr	95	95	95
65	Orange Juice		Zimdra Nutrilife	Bhutan	1ltr	95	95	95
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	130	110	123
69	Lemon Squash		Druk (BFPPL)	Bhutan	1.5ltr	130	110	123
70	Orange Squash		Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	100	115
71	Lemon Squash		Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	100	115
72	Apple Juice		Royal Bhutan (BAIL)	Bhutan	1 L	95	85	92

73	Edible Oil	Groundnut oil	Fortune Goldnut	India	5ltr	580	580	580
74		Soyabean oil	Saffola Gold	India	5ltr	1285	950	1179
75		Soyabean oil	Fortune Refine Oil	India	5ltr	1030	880	972
76		Soyabean oil	Natural Lite	India	4.5 ltr	600	580	590
77		Soyabean oil	Happy Makhu	Bhutan	3.9ltr	580	580	580
78		Olive oil	Oleev Active	India	5ltr	NA	NA	NA
79	Toiletries	Toothpaste	Colgate Max Fresh	India	150g	110	100	105
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	40
83		Bathing Soap	Hul Life Buoy	India	65g	25	10	18
84		Dishwashing Soap	Exo Round Bar	India	500g	50	47	49
85		Dishwashing Soap	E&B Dishwashing Soap	China	400g	180	180	180
86		Detergent	Henko Stain Champion	India	5kg	765	730	742
87		Detergent	Mr White	India	1kg	110	110	110
88		Sanitary Napkin	Stayfree Secure Extra Large	India	-	36	30	34
89		Sanitary Napkin	Stayfree Dry Max	India	-	40	40	40
90		Sanitary Napkin	Orfit	India	-	43	43	43
91		Sanitary Napkin	Sofy	Thailand	-	85	85	85
92		Tissue Roll	Zilk	Thailand	1 roll	25	25	25
93		Tissue Roll	Pulppy	Hongkong	1 roll	30	30	30
94		Tissue Roll	Meto	Bhutan	1 roll	25	20	23

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