

FULL NAME	NUMBER	HOUSE #	POSTCODE	TIME	
VEGETABLES		DAIRY		CHEESE	
Baking Potatoes	£1.39/Kg	1 litres Semi Skimmed	£1.35 Ea	Tunworth	£7.49 Ea
Washed Mid Potatoes (Bag)	£1.25/Kg	2 litres Semi Skimmed	£2.15	Barbers Cheddar 300g	£15.99/Kg
5kg All Purpose Potatoes	£5.99 Ea	1 litres Whole Milk	£1.35	Beauvale	£27.99/Kg
Sweet Potatoes	£1.99/Kg	2 litres Whole Milk	£2.15	Black Bomber	£21.75/Kg
Parsnips	£2.49/Kg	1 litre Soya Milk	£2.25	Godminster Cheddar	£29.99/Kg
Swede	£1.70/Kg	2 litres Organic Whole Milk	£3.05	Winslade	£7.50/Ea
White Onions	£2.15/Kg	2 litres Organic Semi Skimmed	£3.05	Gorgonzola Dolce	£33.85/Kg
Red Onions	£1.85/Kg	Clotted Cream	£3.75	Stinking Bishop	£39.99/Kg
Shallots	£2.95/Kg	Ivy House Single Cream	£2.45	Colston Bassett Stilton	£22.10/Kg
Garlic	£1.39 Ea	Ivy House Double Cream	£3.39	Rachel - Hard Goat	£46.65/Kg
Smoked Garlic	£1.99 Ea	Butter (Salted / Unsalted)	£3.59	Dazal Ash Whole/Half	£3.89/7.69
Carrots Bagged (1kg*)	£1.15/Kg			Homewood Hello Ewe Halloumi	£29.99/Kg
Leeks	£2.25/Kg	Buttermilk	£1.69	Afterburn	£17.75/Kg
Butternut Squash	£1.69/Kg	River Cottage (Blackcurrant, Honey, Vanilla, Raspberry)	£2.49	St Ella - soft Ewes	£2.75 Ea
Aubergine	£3.25/Kg	River Cottage Vanilla/Natural Yoghurt	£3.75	Cricket St Thomas Brie 250g*	£17.99/Kg
Red Pepper	£3.99/Kg	Natural Yoghurt Fat Free 450g	£1.39	Parmesan Reggiano	£39.99/Kg
Yellow Pepper	£3.99/Kg	Greek Style Natural Yoghurt	£2.10	Grana Padano	£3.50 Ea
Courgettes	£4.29/Kg	Tims Large Natural Yoghurt	£2.15	Mascarpone 250g	£2.90 Ea
Broccoli	£3.99/Kg	Tims Large Yoghurt(Vanilla, Honey, Raspberry, Blackcurrant)	£2.35	Buffalo Mozzarella/Bocconcini	£2.99 Ea
Purple Sprouting Cauliflower	£2.29 Ea	Tims Small Yoghurt (Natural, Honey, Blackcurrant, Raspberry, Vanilla)	£1.10	Homewood Pickled Ewe (Feta)	£31.50/Kg
Savoy Cabbage	£1.15/Ea	Cottage Cheese	£1.75	Ricotta	1.75 Ea
Savoy Cabbage	£1.15/Ea	Longley Sour Cream	£0.90	BREAD	
White Cabbage	£1.65/Kg	Longley Crème Fraiche	£1.45	Donker	£2.75
Red Cabbage	£0.99/Kg	Longley Cream Cheese	£1.99	Pain au Levain	£2.89
Sweetheart Cabbage	1.25Ea			Sour Dough	£2.89
Sprouts	£1.99/Kg	DELI		Sliced White	£2.15
Spring Greens	£1.49 Ea	Mushroom, Thyme & Cheddar	£7.99	Sliced Granary	£2.79
Pak Choi	£5.19/Kg	Quiche Lorraine	£7.99	Large Wholemeal Uncut	£2.79
Celery	£1.15 Ea	Scotch Egg	£3.65	Split Tin Uncut White	£2.59
Chestnut Mushroom (250g*)	£5.79/Kg	Sausage Roll	£2.25	Ciabatta	£2.49
Flat Mushroom	£5.99/Kg	Newlyns Pasty	£2.75	Large Baguette	£1.69
Mange Tout (150g*)	£2.35 Ea	Family Pork Pie	£3.65	4 Soft White Rolls	£2.10
Fine Beans (150g*)	£2.25 Ea	Individual Pork Pie	£1.75	4 White Finger Rolls	£2.10
Sugar Snaps (150g*)	£2.29 Ea	Cold Roast Beef (slices)	£19.99/Kg	4 Granary rolls	£2.35
Celeriac	£1.75/Kg	Marmalade Cured Ham (slices)	£18.99/Kg	Cakes(Carrot, Chocolate, Coffee, Lemon, Bakewell, Toffee & Apple)	£4.99 Each
Fennel	£3.19/Kg	Sweet Cure Ham (slices)	£18.99/Kg	Belgian Buns	£2.75
Kale	£1.49 Ea	Various Soup (frozen)	£5.49	Rocky Road Slice	£3.15
Beetroot	£1.75/Kg	Newlyns Biltong	£42.00/Kg	4 Hot Cross Buns	£2.55
Bunched Beetroot	£1.75/Kg	Mixed Charcuterie	£6.45	Flapjack Traybake	£4.99
Red Chillies	£8.35/Kg	Suffolk Salami (Fennel, Red Wine, Rosemary) 220g	£6.99 Ea	Millionaire Shortbread Traybake	£4.99
Ginger	£6.69/Kg			FRUIT	
Lemongrass	£1.49 Ea	Frittata Ham& Mushroom		Bananas (bunch)	£2.49/Kg
SALAD		Frittata Vegetable		Nectarine	£0.69 Ea
Cucumber	£1.59 Ea	Mixed Olives	£4.00	Avocado	£1.65 Ea
Baby Gem (2pack)	£1.75 Ea	Garlic & Basil Olives	£4.00	Pink Lady	£0.69 Ea
Cos Lettuce	£1.99 ea	Sundried Tomatoes 200g approx.	£1.99	Dessert Apples	£0.59 Ea
Iceberg Lettuce	£1.19 Ea	Balsamic Onions 250g approx.	£3.49	Lemons	£0.49 Ea
Tomatoes		Marinated White Anchovies	£4.50	Limes	£0.29 Ea
Spring Onions	£0.89Ea	Cooking Chorizo	£3.45	Raspberries 125g	£3.69 Ea
Bag of Spinach	£2.50 Ea	Alejandro Artisan Chorizo	£6.25	Blueberries 125g	£3.09 Ea
Mixed Salad Leaf	£2.99 Ea	Diced Pancetta	£4.69	Rhubarb	£3.09 Ea
Rocket	£2.50 Ea	Smoked Pancetta	£4.89	Figs (4in a pack)	£5.80
Watercress	£2.25Ea	Parma Ham (slices)	£48.49/Kg	Grapefruit	£1.05 Ea
Radish	£1.99	Black Pudding	£6.65/Kg	Naval Orange	£0.79 Ea
Cooked Beetroot 250g	£0.99	Gazpacho 1L	£4.70	White Grapes	£3.99
Padron Peppers	12.99/Kg	Red Fox Souffle (2 for £8)	£4.95	Kiwi	£0.45 Ea
HERBS		Coleslaw (medium pot)	£2.49	COOKED PIES	
Coriander	£1.99 Ea	Classic Houmous 200g	£2.00	Family Steak & Onion Pie	£6.99
Parsley	£1.99 Ea	Potato Salad (medium pot)	£4.50	Family Steak & Kidney Pie	£6.99
Basil	£1.99 Ea	Asian Slaw (medium pot)	£4.50	Family Mince & Onion Pie	£6.99
Rosemary	£1.99 Ea	Greek Style Salad (medium pot)	£4.50	Family Lamb & Mint Pie	£7.99
Thyme	£1.99 Ea	Butter Bean Salad	£4.50	Family Chicken & Mushroom Pie	£6.99
Chives	£1.99 Ea	Bulgar Wheat,Courgette,Aubergine	£4.50	Ind Steak & Onion Pie	£2.99
Mint	£1.99 Ea	Beetroot, Rocket Pesto, Goats Cheese	£4.50	Ind Steak & Kidney Pie	£2.99
Sage	£1.99 Ea			Ind Mince & Onion Pie	£2.99
Tarragon	£1.99 Ea	Farmhouse Pâté	£19.99/Kg	Ind Lamb & Mint Pie	£3.20
		Pistachio Crusted Duck Liver Pâté	£26.99/Kg	Ind Chicken & Mushroom Pie	£2.99
		Chicken Liver Pâté	£24.99/Kg		

THERE IS A £1 HANDLING CHARGE IF YOU USE THE CALL & COLLECT SERVICE

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MEAT		FISH		GROCERY	
500g Mince	£9.99/Kg	Chalkstream Cold Smoked Trout	£5.99	Stokes Mustard & Dill Sauce	£3.75
500g Braising Steak	£10.99/Kg	Pinneys Smoked Salmon 114g	£6.99	Stokes Sticky Pickle	£3.99
Beef Skirt	£11.50/Kg	Pinneys Smoked Salmon 227g	£12.99	Stokes Apple Sauce	£3.75
Brisket	£11.99/Kg	Smoked Salmon Pâté	£5.75	Stokes Sweet & Sticky BBQ	£3.75
Rolled Forerib	£32.99/Kg	Raw peeled tiger prawns (frozen) 1kg	£15.99	Wholegrain Mustard	£6.45
Fillet Steak	£54.99/Kg	Breaded Whitebait (frozen) 454g	£3.99	Garlic Farm Creamy Horseradish	£4.35
Ribeye Steak	£36.99/Kg	Fish Soup	£6.75	Garlic Farm Horseradish Mustard	£4.35
Sirloin Steak	£32.99/Kg	Lobster / Crab Soup	£7.49	Passata	£2.85
Rump Steak	£17.99/Kg	Monkfish Kebabs in Thai Marinade	£3.99 Ea	Tinned Kidney Beans	£1.89
Topside Joint	£16.99/Kg	Tuna Kebab in Japanese Marinade	£3.99 Ea	Tinned Green Lentils	£1.35
Rolled Sirloin	£30.99/Kg	Fishcakes	£3.50 Ea	Tinned Cherry Tomato	£1.85
Pork Chops	£7.50/Kg	FROZEN		Tinned Chopped Tomato	£1.35
Pork Tenderloin	£12.80/Kg	IND Chilli con Carne	£5.49	Concentrate Tomato Puree	£1.49
Belly Pork Slices	£6.99/Kg	IND Hungarian Goulash	£5.49	Local Rapeseed Oil 500ml	£5.99
Pork Leg Joint	£8.99/Kg	IND Lamb Tagine	£5.49	Garlic Farm Chutney	£4.85
Pork Shoulder	£7.50/Kg	IND Bolognese	£5.49	Peanut Butter Slightly Salted/Nutty	£3.99
500g Pork Mince	£7.99/Kg	IND Beef Stew	£5.49	Free Range Organic Eggs x6	£2.45
Duck Breast	£22.99/Kg	STD Lamb Tagine	£10.99	Free Range Eggs x6 (M)	£2.25
Lamb Shoulder	£14.49/Kg	STD Beef Stew	£8.99	Honey: Clear or Set	£6.55
1/2 Lamb Shoulder	£14.49/Kg	STD Bolognese	£8.99	Moonshot Coffee (Ground/Bean)	£6.95
Leg of Lamb	£21.49/Kg	STD Bourguignon	£11.99	Guatemala Coffee (Ground/Bean)	£7.85
1/2 Leg of Lamb	£21.49/Kg	STD Chicken Jalfrezi	£11.99	Colombia Coffee (Ground/Bean)	£7.45
Lamb Cutlets	£26.99/Kg	STD Chicken Leek Crumble	£10.99	English Breakfast 40 Bags	£9.45
Lamb Chump Chops	£22.50/Kg	STD Chilli con Carne	£9.99	IoW Biscuits (Original Butter	£1.89
Lamb Neck Fillet	£23.99/Kg	STD Coq au Vin	£11.99	Crunch, Choc Chip, Ginger)	
Lamb Noisettes	£34.99/Kg	STD Cottage Pie	£9.99	Gingerbread Biscuits (Pig,	£2.45
Diced Lamb	£19.99/Kg	STD Fish Pie	£11.99	Landrover, Sheep)	
Minted Lamb Chops	£26.99/Kg	STD Hungarian Goulash	£9.99	Bronze Drawn Penne	£2.95
Whole Free-range Chicken	£8.29/Kg	STD Lamb Mousakka	£11.99	Bronze Drawn Papadelle	£5.35
Chicken Thighs	£9.55/Kg	STD Lasagne	£10.99	Brown basmati Rice 1Kg	£6.59
Chicken Breasts	£17.99/Kg	STD Mediterranean Veg Stew	£8.99	Risotto (Mushroom, Saffron, Olive,	£4.49
Olde English Sausages (6)	£9.49/Kg	STD Sausage Casserole	£8.99	Asparagus)	
Olde English Chipolatas (12)	£10.99/Kg	STD Shepherds Pie	£9.99	Curry Sauces (Korma, Balti, Madras,	£4.49
Caramelised Onion Sausages(6)	£9.49/Kg	STD Sweet & Sour Pork	£8.99	Jalfrezi, Thai Green, Makhani)	
Pork & Leek Sausages (6)	£9.49/Kg	STD Vegetarian Lasagne	£8.99	Pasta Sauces (Tomato & Basil,	£5.15 -
Honey & Mustard (6)	£9.49/Kg	FAMILY Lamb Tagine	£10.99	Bolognese, Spicy)	£5.65
Smokey Joe Sausages (6)	£9.49/Kg	FAMILY Beef Stew	£17.99	Folded Rice Noodles	£1.59
Boerewors Sausage	£9.57/Kg	FAMILY Bolognese	£17.99	Vermicelli Noodles	£1.59
Unsmoked Back Bacon	£13.50/Kg	FAMILY Bourguignon	£23.99	Thai Red / Green Curry Paste	£2.39
Unsmoked Streaky Bacon	£10.99/Kg	FAMILY Chicken Jalfrezi	£23.99	Coconut Milk Tin	£2.65
Smoked Back Bacon	£14.50/Kg	FAMILY Chicken Leek Crumble	£21.99	Naan Bread	£2.55
Smoked Streaky Bacon	£11.99/Kg	FAMILY Chilli con Carne	£19.99	Cous Cous 500g	£1.69
Unsmoked Gammon	£9.99/Kg	FAMILY Coq au Vin	£21.99	Rye Crispbread Crackers	£2.19
Duck Breast in Plum Sauce	£24.28/Kg	FAMILY Cottage Pie	£19.99	Olive Oil Cheese Crackers	£2.85
Gladiator Burgers (4)	£7.40	FAMILY Fish Pie	£23.99	Beef/ Veg/Chicken Stock	£2.75
Beef Burgers (4)	£6.00	FAMILY Hungarian Goulash	£19.99	A&P Potts Chicken Gravy	£2.85
Lamb Grill Stick (4)	£6.00	FAMILY Lamb Mousakka	£23.99	A&P Beef,Wine, Thyme Gravy	£3.65
Terikaye Steak Kebab	£4.35	FAMILY Lasagne	£21.99	Wholemeal Bread Flour	£3.25
Chicken Kiev	£15.45/Kg	FAMILY Shepherds Pie	£19.99	Wessex Plain Flour	£2.15
Greek Lamb Steaks	£25.49/Kg	FAMILY Sweet & Sour Pork	£19.99	Wessex Self Raising Flour	£2.15
Butterfly Leg Lamb w/Mint Marinade	£24.99/Kg	Sage & Onion Stuffing	£6.99	Wessex Strong White Bread Flour	£2.29
Ginger, Lemon & Chilli Chicken Portions (4)	£9.25/Kg	Apricot & Celery Stuffing	£6.99	Six Seed Bread Flour	£3.25
Jamaican Jerk Chicken Breast	£17.99/Kg	Apple & Cranberry Stuffing	£6.99	French Bread Flour	£3.25
Beef Short Ribs	£6.99/Kg	FROZEN PUDDINGS		Mixed Grain Bread Flour	£3.25
Jamaican Jerk Chicken Portions	£9.25/Kg	STD Rhubarb Crumble	£4.99	Pasta & Pizza Flour	£3.59
Piri Piri Chicken Breast	£17.99/Kg	STD Apple Crumble	£4.99		
Mexican Beef Stir Fry	£15.99/Kg	STD Apple & Blackberry Crumble	£4.99		
Diced Venison	£11.90/Kg	Family Rhubarb Crumble	£8.99		
Salmon Fillet	£23.75 Kg	Family Apple Crumble	£8.99	Fresh Squeezed OJ 1L	£4.99
Salmon Fillet in Lemon Ginger	£3.99 Ea	Family Apple & Blackberry Crumble	£8.99	Eager Orange Juice Smooth	£2.95
Cod fillet	£19.99/Kg	Banoffee Pie	£12.99	Eager Pineapple Juice	£3.25
Haddock Fillet	£19.99/Kg	Treacle Tart	£9.49	Hill Farm Apple Juice	£2.99
Smoked Haddock	£24.99/Kg	Lemon & Ginger Crunch	£9.49	Fevertree Tonic Water 500ml	£2.49
Tuna Loin	£30.99/Kg	Chocolate Roulade Whole	£19.75	Fevertree Light Tonic Water 500ml	£2.49
Whole Bass	£11.99/Kg	Chocolate Roulade Half	£10.75	Belvoir Cordial (Elderflower,	£5.35
Sea Bass Fillet	£3.99 each	Raspberry Roulade Half	£10.75	Raspberry & Lemon)	
Sea Bass in Sweet Pepper	£3.99 Ea	Raspberry Roulade Whole	£19.75	Rude Oat/Almond Drink	£2.99
Monk Fish	£24.99/Kg	Fruit Salad/Cherry Berry	£5.69/Kg	Rude Hazelnut/Coconut Drink	£3.55
Sea Bream Garlic and Herb	£3.99 Ea	GROCERY		Kokoh Chocolate 38g(Noir, Pink Sea	£2.00
Whole Sea Bream	£11.99/Kg	Strawberry Jam	Various	Salt, Orange, Milk)	
Sea Bream Fillet	£3.99 Ea	Raspberry Jam	Various	Burts Crisps Large Various Flavours	£2.65
Plaice	£10.95/Kg	Marmalade	Various	Tomatillo Tortilla Crisps	£2.35
Trout Fillet	£19.99/Kg	Stokes Coronation Sauce	£3.85	Torres EVO/Truffle Crisps	£4.55
Scallops	£39.95/Kg	Stokes Tomato Ketchup	£4.50	Tyrells Mixed Veg Crisps 600g	£15.99
Fish Pie Mix	£20.99/Kg	Stokes Tomato Ketchup (Small)	£3.75	Pork Scratchings	£1.00
Kippers	£8.49/Kg	Stokes Mayonnaise (Original,Chilli)	£3.75	Caster Sugar 500g	£1.49
Lemon Sole	£18.99/Kg	Stokes Horse Radish	£4.25	Golden Castor Sugar	£2.35
Smoked Mackerel Fillets	£19.31/Kg	Stokes Brown Sauce	£3.75	Golden Granulated	£2.25
Hot Smoked Trout	£6.75	Stokes English Mustard	£3.75	Cooking Chocolate (Milk, Dark,	£1.99
		Stokes Tartare	£3.75	White)	
		Stokes Mint Sauce	£3.99		
		Stokes Beetroot Relish	£4.25		
		Stokes Ketchup (Chilli, Curry, Chipotle)	£3.75		
		Stokes Burger Relish	£3.99		
		Stokes Redcurrant	£3.99		

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