

| FULL NAME                    |          | NUMBER  | HOUSE #   | POSTCODE  | TIME       |
|------------------------------|----------|---|-----------|---|------------|
| <b>VEGETABLES</b>            |          | <b>DAIRY</b>  |           | <b>CHEESE</b>   |            |
| 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                     | £3.29/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     | <b>BREAD</b>  |            |
| 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           | 1.89Ea   |   |           | Sour Dough  | £2.89      |
| Spring Greens                | £1.49 Ea | <b>DELI</b>   |           | Sliced White  | £2.15      |
| Pak Choi                     | £5.19/Kg | Mushroom, Thyme & Cheddar   | £7.99     | Sliced Granary  | £2.79      |
| Celery                       | £1.45 Ea | Quiche Lorraine   | £7.99     | Large Wholemeal Uncut   | £2.79      |
| Chestnut Mushroom (250g*)    | £5.79/Kg | Scotch Egg  | £3.65     | Split Tin Uncut White   | £2.59      |
| Flat Mushroom                | £5.99/Kg | Sausage Roll  | £2.25     | Ciabatta  | £2.49      |
| Mange Tout (150g*)           | £2.35 Ea | Newlyns Pasty   | £2.75     | Large Baguette  | £1.69      |
| Fine Beans (150g*)           | £2.25 Ea | Family Pork Pie   | £3.65     | 4 Soft White Rolls  | £2.10      |
| Sugar Snaps (150g*)          | £2.29 Ea | Individual Pork Pie   | £1.75     | 4 White Finger Rolls  | £2.10      |
| Celeriac                     | £1.75/Kg | Cold Roast Beef (slices)  | £19.99/Kg | 4 Granary rolls   | £2.35      |
| Fennel                       | £3.19/Kg | Marmalade Cured Ham (slices)  | £18.99/Kg | Cakes(Carrot, Chocolate, Coffee, Lemon, Bakewell, Toffee & Apple) | £4.99 Each |
| Kale                         | £1.49 Ea | Sweet Cure Ham (slices)   | £18.99/Kg | Belgian Buns  | £2.75      |
| Beetroot                     | £1.75/Kg | Various Soup (frozen)   | £5.49     | Rocky Road Slice  | £3.15      |
| Bunched Beetroot             | £1.75/Kg | Newlyns Biltong   | £42.00/Kg | 4 Hot Cross Buns  | £2.55      |
| Red Chillies                 | £8.35/Kg | Mixed Charcuterie   | £6.45     | Flapjack Traybake   | £4.99      |
| Ginger                       | £6.69/Kg | Suffolk Salami (Fennel, Red Wine, Rosemary) 220g                      | £6.99 Ea  | Millionaire Shortbread Traybake                                   | £4.99      |
| Lemongrass                   | £1.49 Ea | Frittata Ham& Mushroom  |           | <b>FRUIT</b>  |            |
| <b>SALAD</b>                 |          | Frittata Vegetable  |           | Bananas (bunch)   | £2.49/Kg   |
| Cucumber                     | £1.59 Ea | Mixed Olives  | £4.00     | Nectarine   | £0.69 Ea   |
| Baby Gem (2pack)             | £1.75 Ea | Garlic & Basil Olives   | £4.00     | Avocado   | £1.99      |
| Cos Lettuce                  | £1.99 ea | Sundried Tomatoes 200g approx.  | £1.99     | Pink Lady   | £0.69 Ea   |
| Iceberg Lettuce              | £1.19 Ea | Balsamic Onions 250g approx.  | £3.49     | Dessert Apples  | £0.59 Ea   |
| Tomatoes                     |          | Marinated White Anchovies   | £4.50     | Lemons  | £0.49 Ea   |
| Spring Onions                | £0.89Ea  | Cooking Chorizo   | £3.45     | Limes   | £0.29 Ea   |
| Bag of Spinach               | £2.50 Ea | Alejandro Artisan Chorizo   | £6.25     | Raspberries 125g  | £3.69 Ea   |
| Mixed Salad Leaf             | £2.99 Ea | Diced Pancetta  | £4.69     | Blueberries 125g  | £3.09 Ea   |
| Rocket                       | £2.50 Ea | Smoked Pancetta   | £4.89     | Rhubarb   | £11.59/Kg  |
| Watercress                   | £2.25Ea  | Parma Ham (slices)  | £48.49/Kg | Figs (4in a pack)   | £5.80      |
| Radish                       | £1.99    | Black Pudding   | £6.65/Kg  | Grapefruit  | £1.05 Ea   |
| Cooked Beetroot 250g         | £0.99    | Gazpacho 1L   | £4.70     | Naval Orange  | £0.79 Ea   |
| Padron Peppers               | 12.99/Kg | Red Fox Souffle (2 for £8)  | £4.95     | White Grapes  | £3.99      |
| <b>HERBS</b>                 |          |   |           | Kiwi  | £0.45 Ea   |
| Coriander                    | £1.99 Ea | Coleslaw (medium pot)   | £2.49     | <b>COOKED PIES</b>  |            |
| Parsley                      | £1.99 Ea | Classic Houmous 200g  | £2.00     | Family Steak & Onion Pie  | £6.99      |
| Basil                        | £1.99 Ea | Potato Salad (medium pot)   | £4.50     | Family Steak & Kidney Pie   | £6.99      |
| Rosemary                     | £1.99 Ea | Asian Slaw (medium pot)   | £4.50     | Family Mince & Onion Pie  | £6.99      |
| Thyme                        | £1.99 Ea | Greek Style Salad (medium pot)  | £4.50     | Family Lamb & Mint Pie  | £7.99      |
| Chives                       | £1.99 Ea | Butter Bean Salad   | £4.50     | Family Chicken & Mushroom Pie                                     | £6.99      |
| Mint                         | £1.99 Ea | Bulgur Wheat,Courgette,Aubergine                                      | £4.50     | Ind Steak & Onion Pie   | £2.99      |
| Sage                         | £1.99 Ea | Beetroot, Rocket Pesto, Goats Cheese                                  | £4.50     | Ind Steak & Kidney Pie  | £2.99      |
| Tarragon                     | £1.99 Ea | Farmhouse Pâté  | £19.99/Kg | Ind Mince & Onion Pie   | £2.99      |
|                              |          | Pistachio Crusted Duck Liver Pâté                                     | £26.99/Kg | Ind Lamb & Mint Pie   | £3.20      |
|                              |          | Chicken Liver Pâté  | £24.99/Kg | Ind Chicken & Mushroom Pie  | £2.99      |

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

| 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     | £22.99   | 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                                | £3.55 Ea | Tinned Cherry Tomato                | £1.85   |
| Pork Chops                     | £7.50/Kg   | <b>FROZEN</b>                            |          | 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      | £24.99/Kg  | Sage & Onion Stuffing                    | £6.99    | Wessex Strong White Bread Flour     | £2.29   |
| Marinade                       |            | Apricot & Celery Stuffing                | £6.99    | Six Seed Bread Flour                | £3.25   |
| Ginger, Lemon & Chilli         | £9.25/Kg   | Apple & Cranberry Stuffing               | £6.99    | French Bread Flour                  | £3.25   |
| Chicken Portions (4)           |            | <b>FROZEN PUDDINGS</b>                   |          | Mixed Grain Bread Flour             | £3.25   |
| Jamaican Jerk Chicken Breast   | £17.99/Kg  | STD Rhubarb Crumble                      | £4.99    | Pasta & Pizza Flour                 | £3.59   |
| Beef Short Ribs                | £6.99/Kg   | STD Apple Crumble                        | £4.99    |                                     |         |
| Jamaican Jerk Chicken Portions | £9.25/Kg   | STD Apple & Blackberry Crumble           | £4.99    |                                     |         |
| Piri Piri Chicken Breast       | £17.99/Kg  | Family Rhubarb Crumble                   | £8.99    |                                     |         |
| Mexican Beef Stir Fry          | £15.99/Kg  | Family Apple Crumble                     | £8.99    | Fresh Squeezed OJ 1L                | £4.99   |
| Diced Venison                  | £11.90/Kg  | Family Apple & Blackberry Crumble        | £8.99    | Eager Orange Juice Smooth           | £2.95   |
|                                |            | Banoffee Pie                             | £12.99   | Eager Pineapple Juice               | £3.25   |
|                                |            | Treacle Tart                             | £9.49    | Hill Farm Apple Juice               | £2.99   |
| Salmon Fillet                  | £23.75 Kg  | Lemon & Ginger Crunch                    | £9.49    | Fevertree Tonic Water 500ml         | £2.49   |
| Salmon Fillet in Lemon Ginger  | £3.99 Ea   | Chocolate Roulade Whole                  | £19.75   | Fevertree Light Tonic Water 500ml   | £2.49   |
| Cod fillet                     | £21.99     | Chocolate Roulade Half                   | £10.75   | Belvoir Cordial (Elderflower,       | £5.35   |
| Haddock Fillet                 | £19.99/Kg  | Raspberry Roulade Half                   | £10.75   | Raspberry & Lemon)                  |         |
| Smoked Haddock                 | £24.99/Kg  | Raspberry Roulade Whole                  | £19.75   | Rude Oat/Almond Drink               | £2.99   |
| Tuna Loin                      | £31.99/Kg  | Fruit Salad/Cherry Berry                 | £5.69/Kg | Rude Hazelnut/Coconut Drink         | £3.55   |
| Whole Bass                     | £11.99/Kg  | <b>GROCERY</b>                           |          | Kokoh Chocolate 38g(Noir, Pink Sea  | £2.00   |
| Sea Bass Fillet                | £3.99 each | Strawberry Jam                           | Various  | Salt, Orange, Milk                  |         |
| Sea Bass in Sweet Pepper       | £3.99 Ea   | Raspberry Jam                            | Various  | Burts Crisps Large Various Flavours | £2.65   |
| Monk Fish                      | £24.99/Kg  | Marmalade                                | Various  | Tomatillo Tortilla Crisps           | £2.35   |
| Sea Bream Garlic and Herb      | £3.99 Ea   | Stokes Coronation Sauce                  | £3.85    | Torres EVO/Truffle Crisps           | £4.55   |
| Whole Sea Bream                | £11.99/Kg  | Stokes Tomato Ketchup                    | £4.50    | Tyrells Mixed Veg Crisps 600g       | £15.99  |
| Sea Bream Fillet               | £3.99 Ea   | Stokes Tomato Ketchup (Small)            | £3.75    | Pork Scratchings                    | £1.00   |
| Plaice                         | £9.95      | Stokes Mayonnaise (Original,Chilli)      | £3.75    | Caster Sugar 500g                   | £1.49   |
| Trout Fillet                   | £20.99/Kg  | Stokes Horse Radish                      | £4.25    | Golden Castor Sugar                 | £2.35   |
| Scallops                       | 46.95/Kg   | Stokes Brown Sauce                       | £3.75    | Golden Granulated                   | £2.25   |
| Fish Pie Mix                   | £20.99/Kg  | Stokes English Mustard                   | £3.75    | Cooking Chocolate (Milk, Dark,      | £1.99   |
| Kippers                        | £8.49/Kg   | Stokes Tartare                           | £3.75    | White)                              |         |
| Lemon Sole                     | £18.99/Kg  | Stokes Mint Sauce                        | £3.99    |                                     |         |
| Smoked Mackerel Fillets        | 14.55/kg   | Stokes Beetroot Relish                   | £4.25    |                                     |         |
| Hot Smoked Trout               | £6.75      | Stokes Ketchup (Chilli, Curry, Chipotle) | £3.75    |                                     |         |
|                                |            | Stokes Burger Relish                     | £3.99    |                                     |         |
|                                |            | Stokes Redcurrant                        | £3.99    |                                     |         |