

**Product List: w/c 13th July, 2020**

Email if you need anything off line.....

Item Code	Description	Price	
	<b>SEASONAL BEST &amp; PROMOTIONS</b>		
	Heritage tomatoes	£1.25	250g
	Raspberries	£2.25	Punnet
	Rocket £1.10 125g	£1.10	125g
	British Bunch Carrots	£1.25	Bun
	Corn on the Cob	£0.45	Each
144	Watercress Chalke Farm	£1.25	Bun
195	Cherries	£1.99	Pun
438	Jersey New Potatoes	£0.90	500g
35	Broad Beans	£0.80	Pkt
1764	Peach	£2.80	Pkt
235	Strawberries	£2.85	Pkt
600	Flour Plain	£1.65	1.5kg
	Eggs x6	£1.65	Pkt
252	Bread White Sliced	£1.30	
1769	Coffee Lavazza	£3.49	250g
	<b>FRUIT</b>		
184	APPLES COOKING	£2.40	KG
185	APPLES GOLD. DEL	£0.28	Each
186	APPLES GR. SMITH	£0.28	Each
188	APPLES ROYAL GALA	£0.30	Each
189	READY TO EAT AVOCADO	£1.20	Each
191	Banana	£1.40	KG
192	BLACKBERRIES	£2.85	Pun
194	BLUEBERRIES	£2.40	Pun
198	FIGS FRESH	£0.49	Each
199	GRAPE FRUIT PINK	£0.80	Each
200	Grapes black seedless	£4.80	KG
202	KIWI FRUIT	£0.35	Each
205	Lemon	£0.30	Each
207	LIMES	£0.25	Each
208	MANGOES	£1.95	Each
213	MELON WATER	£4.85	Each
214	NECTARINES	£0.65	Each
216	ORANGES MED	£0.33	Each
217	Oranges Large	£0.49	Each
219	Passion fruit	£0.42	Each
222	Pears	£0.28	Each
223	Physalis	£1.25	Pun
225	PINEAPPLE EX-SWEET	£2.45	Each
226	PLUMS	£0.38	Each
227	Pommegranite L	£1.60	Each

228	RASPBERRIES	£2.95	Pun
233	Clems	£0.30	Each
235	Strawberries	£2.85	Pun
408	Avocado Green Hard	£0.89	Each
1741	Apples - kg	£2.15	KG
1747	Melon	£1.85	Each
1749	Berries Seasonal	£2.85	Pun
<b>VEGETABLES</b>			
19	ARTICHOKE GLOBE LARGE EACH	£1.60	
20	ARTICHOKE JERUSLAM KG	£2.50	
22	Asparagus British	£3.69	
23	ASPARAGUS X/L	£3.95	
25	Aubergine	£2.60	
36	Beans Fine	£7.00	
37	Beetroot Raw	£0.90	
38	Beetroot VAC New Season	£0.52	

1

42	BROCCOLI TENDERSTEM	£4.75	
46	Cabbage Savoy Large Catering	£1.20	
47	Cabbage Primo	£0.85	
48	Donkey Carrots	£0.65	
49	CARROTS HYDRO COOLED	£0.89	
50	VAC CORN X2	£2.20	
51	Chantoney Carrots	£2.45	
52	CAULIFLOWER LARGE	£1.99	
53	Sweet Heart Pointed Cabbage	£0.99	
54	CELERIAC	£1.10	
56	Celery Green	£0.85	
57	Chilli Green	£7.23	
58	Chilli Red	£6.60	
62	Courgette	£1.50	
63	CURLY KALE	£1.99	
64	FENNEL	£2.45	
66	Garlic	£4.15	
67	Garlic Peeled	£5.80	
70	GINGER	£7.30	
71	Horse Radish Large Stk	£1.89	
74	Mange Tout	£8.50	
75	Mooli Large	£1.55	
76	ONIONS	£0.85	
78	Onions Red	£0.80	
80	Parsnips	£0.99	
82	Salsify	£4.15	
83	Shallots Long	£2.40	

84	Shallots Round	£2.20	
87	Sugar Snaps	£7.17	
90	Top & Tail Beans	£1.50	
167	Lemon Grass	£1.60	
335	Banana Leaf 500g	£6.25	
338	GOLDEN BEET	£2.80	
339	CANDY BEET	£2.80	
474	COOKED BEETROOT	£2.95	
482	Cavolo Nero	£4.30	
575	Padron Pepper	£8.75	
746	Tofu 450g	£1.40	
1737	Cabbage - Each	£1.38	
1738	Broccoli - Each	£1.65	
1740	Butternut Squash - Each	£1.70	
1743	Leeks - Single	£0.90	
49	Carrots Hydro Cooled	£0.89	
50	Vac Corn x 2	£2.20	
51	Chantoney Carrots	£2.45	
52	Cauliflower Large	£1.99	
53	Sweet Heart Pointed Cabbage	£1.20	
54	Celeriac	£1.10	
56	Celery Green	£0.79	
57	Chilli Green	£7.23	
58	Chilli Red	£6.60	
71	Horse Radish Large Stk	£1.89	
1743	Leeks - Single	£0.90	
74	Mange Tout	£8.50	
<b>Dairy &amp; Cheese</b>			
260	Milk Whole (blue) 2 ltr	£1.29	
261	Milk Skimmed 2 ltr	£1.29	
269	CHEESE SLICED CHEDDAR 1KG	£5.98	
270	GRATED CHEDDAR 2KG	£11.50	
271	EGGS MEDIUM 5X12	£10.71	

2

277	CHEESE PARMESAN(HARD) 1KG	£13.85	
278	Cheese Goats1x1kg	£10.75	
279	Cheese Mozzarella Balls 125g	£0.95	
282	Cheese Feta 1x1kg	£7.65	
283	Cheese Brie 1x1kg	£6.61	
285	Cream Aerosol 1x1	£2.85	
298	Chopped Tomato	£3.00	
301	Cheese Ricotta Cheese 1.5kg	£6.60	

302	Milk Organic Soya Milk 1ltr	£1.35	
303	FULL FAT SOFT CHEESE 2KG	£8.60	
306	Halloumi 250Gm	£2.85	
594	Eggs 1x12	£3.10	
598	Natural Yogurt 425gm	£1.80	
652	Pancetta Affumicata 300g	£4.95	
686	Coconut Milk 400ml	£1.40	
687	Unsalted Butter 250g	£1.89	
742	Hummus	£3.95	
825	Milk Semi 1ltr	£0.89	
1127	Orange Juice - Carton 1ltr	£1.25	
1129	Johnsons Orange Juice 2.27Ltr	£4.60	
1166	Professional Coconut Milk 1ltr	£2.85	
1187	Ice Cream 1ltr - Vanilla	£5.75	
1212	Greek Yougurt 0.5 Ltr	£1.89	
1224	Oat Milk	£2.20	
1289	Professinol Almond Milk	£2.85	
1346	Grated Cheddar 1kg	£5.85	
1715	Milk Whole 1ltr	£0.89	
262	Milk Organic Semi2 ltr	£1.85	
263	Milk Organic Whole 2 ltr	£1.85	
215	Cornflour	£7.50	
600	Plain Flour 1.5kg	£1.15	
600	Plain Flour 1.5kg	£1.15	
826	Almond Flakes	£13.20	
853	Quino White	£7.65	
854	Quino Black	£8.50	
1280	Lingvini Pasta 3kg	£10.50	
1286	Dark Brown Sugar	£7.70	
1350	Arborio Risotto Rice 1kg	£2.70	
1391	Breadcrumbs	£3.60	
1430	Granolo	£3.20	
1434	Self Raising Flour 1.5kg	£1.55	
1445	Icing Sugar	£4.75	
1490	Bulgur Wheat	£2.85	
1563	Oreo 66g	£0.65	
1600	Sugar Brown Cube	£3.85	
1601	Sugar White Cubes	£3.85	
1648	Granulated White Sugar	£1.05	
1751	Guava Juice 1ltr	£1.45	
1757	Pumpkin Seeds 430g	£4.30	
1758	Gluten Free Self Raising Flour	£2.25	

<b>Seasonal Frozen Produce</b>			
307	FROZ SOYA (EDAMME) BEANS KG	£3.95	
313	FROZ SWEETCORN 1KG	£2.80	
314	FROZ PEAS 1KG	£1.85	
318	FROZ Raspberry 1kg	£7.50	
319	FROZ Strawberry 1kg	£4.30	
320	FROZ Mix Berries 1kg	£5.20	
321	FROZ SPINACH 1KG	£2.95	
323	FROZ Blueberries 1kg	£8.00	
411	BIRDS EYE PEAS	£3.25	
814	Froz Spinach Leaf 2.5kg	£6.75	
1201	Sweet Potato Fries 2.5kg Frozen	£9.81	
<b>Dried Goods</b>			

3

197	Dried figs	£12.15	
329	Vanilla POD	£2.75	
362	SUNDRIED TOMATO	£19.50	
363	SUNBLUSHED TOMATO 1KG	£17.50	
425	DATES MEDJULE	£8.80	
696	Whole Almonds	£18.00	
739	Capers	£11.61	
758	Wasabi Paste	£1.95	
770	Dried Prune	£11.40	
820	Green Olives Small	£2.85	
837	Cashew Nuts	£17.20	
841	Pistachios Shelled	£24.50	
842	Peanut	£6.50	
959	Dried Apricot	£12.30	
1327	Whole Gherkins 2.45kg	£4.25	
1403	Whole Olive Green 750g	£8.60	
1429	Maple Syrup 1ltr	£16.60	
1557	Cinamon Sticks 400g	£7.36	
1558	Maple Syrup Pure 250g	£3.95	
1577	Bakespray 500ml	£7.50	
1587	Polenta	£2.50	
1616	Misso Paste 500g	£2.89	
1635	Red Pesto 1.2kg	£13.50	
1636	Green Pesto 1.2kg	£13.50	
1639	Hazelnut Blanched	£14.30	
1642	Pitted Dates	£5.99	
1657	Meridian Smooth Peanut butter 1kg	£7.99	
61	Pure Honey 3.17kg	£16.70	

1231	Almond Butter 1Kg	£14.40	
1383	Red Onion Marmalade (small)	£2.50	
1404	Apple & Pear Chutney Small	£2.50	
1574	Cadburys Drinking Choc 2kg	£16.15	
1580	Easy Squeezy Honey 340g	£2.49	
1677	Golden Syrup 750g	£2.50	
744	Plum Sauce	£2.40	
1399	HP Brown Sauce 2ltr	£11.00	
1561	Hollandaise Sauce 1ltr	£6.98	
1602	Tobasco red sauce 57ml	£2.49	
1750	Mint Sauce 240g	£1.89	
<b>HERBS</b>			
157	Fresh Cut Basil Large	£0.90	
158	THAI BASIL	£2.80	
159	SAVORY	£1.80	
160	Bay Leaves	£1.24	
161	Fresh Cut Chervil	£0.95	
162	Fresh Cut Chives	£0.95	
163	Coriander	£1.10	
164	Fresh Cut Dill	£1.20	
165	Flat Parsley Large	£1.29	
166	Curly Parsley	£1.29	
168	Thyme	£0.95	
169	Mint	£1.10	
171	Oregano	£0.95	
172	Fresh Cut Rosemary Large	£0.95	
173	Sage	£0.95	
175	Fresh Cut Tarragon	£0.95	
176	Fresh Cut Thyme	£0.95	
182	Kaffia Lime Leaves	£8.50	
372	SAMPHIRE	£11.50	
409	LAVENDER	£7.50	
554	MARJORAM	£1.10	
<b>MIRCO HERBS - see website for full list</b>			
178	MICRO HERBS	£2.55	

4

501	MICRO MIXED CRESS	£2.55	
502	MICRO CORIANDER CRESS	£2.55	
503	MICRO RED AMARANTH CRESS	£2.55	
504	MICRO RED BASIL CRESS	£2.55	
506	MICRO PEASHOOT CRESS	£2.55	

507	MICRO WATERCRESS	£2.55	
508	MICRO BASIL CRESS	£2.55	
<b>Seeds and Nuts</b>			
838	Sunflowers Seeds	£4.60	
937	Pistachio Nuts	£31.25	
938	Hazelnuts	£18.57	
939	Shelled Almonds	£15.65	
940	Flaked Almonds	£17.15	
941	Ground Almonds	£16.95	
943	Sultanas	£9.05	
951	Chia Seeds	£5.70	
952	Coconut Chips	£12.50	
<b>MUSHROOMS - see website for dried Mushroom Range</b>			
92	Mushroom Giant (Catering)	£2.80	
93	Mushrooms Button	£1.80	
94	Mushrooms Chestnut	£3.30	
95	Mushrooms Cup	£2.50	
96	Mushrooms Flat 1 kg	£5.45	
sal97	Mushrooms Froz Cep	£25.00	
101	Mushrooms Mix Wild	£12.50	
104	Mushrooms Portabella	£3.90	
105	Mushrooms Shimeji	£2.40	
<b>Potatoes</b>			
4	Potato Jackets 40's	£0.55	
8	Potato Mids	£1.30	
9	Potato Baby Salade Imported	£1.20	
11	Potatoes Fenland Pipers x25Kg	£15.50	
16	Potatoes Red	£1.20	
17	Potatoes Sweet	£1.65	
18	POTATOES WASHED GENERAL	£0.85	
1748	Potatoes	£1.10	
<b>Prep Vegetables</b>			
240	Grated Carrots	£1.40	
242	Diced Carrot	£1.45	
243	Diced Onions	£1.60	
244	Sliced Celery	£3.40	
251	FRUIT SALAD 2KG	£11.50	
392	SHREDDED WHITE CABBAGE 1KG	£1.85	
393	SHREDDED RED CABBAGE 1KG	£1.85	
578	Fresh Orange Juice	£4.80	

773	Peeled Red Potato	£10.50	
1122	Shedded Celeriac	£4.50	
1132	Agria Skin On Chips 12mm	£2.20	
1176	Sliced Fennel	£4.50	
<b>SALADS</b>			
107	Baby Spinach	£1.50	
108	BEAN SPROUTS	£0.80	
109	BOK CHOI BABY LEAF	£3.50	
110	Chicory	£2.80	
111	CHICORY RED	£1.35	
112	Cucumber	£0.60	
114	Lettuce Cos	£1.50	
116	Lettuce Biondo	£1.50	
117	Lettuce Frisee Large	£1.80	
118	Lettuce Iceberg	£0.98	
119	Lettuce Lt Gem	£1.20	
120	Lettuce Oak Leaf	£1.50	

5

121	Lettuce Radicchio	£1.50	
122	LOLLO ROSSO	£1.50	
123	Lettuce Round	£0.85	
125	MIX SALAD SEASONAL 500GM	£3.85	
126	BABY MIX LEAF	£4.40	
131	Peppers Green	£2.40	
132	Peppers Mixed	£2.95	
135	Peppers Red	£2.98	
137	Peppers Yellow	£2.98	
139	RADISH	£0.60	
140	Breakfast Radish	£2.20	
141	LETTUCE RED CHARD 500GM	£5.00	
143	Spring Onion	£0.58	
144	WATERCRESS	£1.50	
146	Lettuce Rocket Salad	£4.75	
639	Baby Spinach 500g	£3.75	
671	Rocket Salad 125g	£1.10	
672	Baby Mixed Salad 125g	£1.10	
827	Jalapeno	£11.50	
<b>Tomatoes</b>			
148	Tomato Beef	£0.75	
149	Tomato Cherry	£0.89	
150	Tomato Cherry on Vine	£4.75	
151	Tomato M Large	£1.90	



152	TOMATO MM/MMM	£2.40	
153	Tomato Plum Vine	£2.85	
154	Tomato Plum	£2.60	
155	Tomato Vine	£2.40	
156	TOMATO YELLOW CHERRY	£1.95	
484	Cherry Plum Vine Toamatoes	£7.85	
557	Heritage Cherry Tomato	£6.50	