



GREENS DIRECT

Helping people later in life and the less mobile

# The Supermarket that

Listens ♥ Helps ♥ Delivers



Proud to stock the Co-op range

All delivered to your door

No need for taxis or public transport

Working together with Age UK



FREE DELIVERY  
No Minimum Order



# ORDERING IS SIMPLE



## Step 1

Take a look through this catalogue and make your shopping list.



## Step 2

Call and leave a message 24 hours a day, email or text your order to us.



## Step 3

We will call you to advise your delivery day and confirm your initial order.

## Text or WhatsApp

07703 033208

## Call

01403 907888  
07703 033208

## Email

[order@greensdirect.co.uk](mailto:order@greensdirect.co.uk)

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Welcome to

# GREENS DIRECT

Established in 2009, we are a local family run business based in West Sussex.

We are a complete supermarket dedicated to help people later in life or with limited mobility.

Our team are friendly, enthusiastic and love to stop for a chat! In addition, all our team are First Aid trained and adopt all necessary Covid-19 precautions with the highest levels of hygiene. A detailed background check is completed on all our staff. Your safety is paramount to us.

We strive to offer help and support where needed to ensure that our loyal customers can purchase groceries in an organised and relaxed environment within their homes.

Our mission statement is to 'listen, help, deliver'. If you are not happy, we are not happy.

We live by our company mission and values and pride ourselves in our service.

*Chris Mitchell*

*Managing Director*



*We will even deliver a pint of milk!*

 Greens Direct Ltd

 @greensdirect

[greensdirect.co.uk](http://greensdirect.co.uk)





## CAKES SWEET PIES & TARTS

ANGEL LAYER SLAB CAKE EACH	£2.90
APPLE PIES 6PK	£2.40
ASSORTED JAM TARTS 6PK	£2.30
BONNE MAMAN MADELEINE 175G	£3.60
BROWNIE BITES 20 PCS	£2.80
CADBURY CARAMEL CAKE BARS 5PK	£3.30
CADBURY CHOC MINI ROLLS 5PK	£2.90
CADBURY CHOCOLATE MINI ROLLS 10PK	£4.95
CADBURY DAIRY MILK SLICES 5PK	£2.50
CADBURY RASPBERRY MINI ROLLS 10PK	£4.95
CADBURY RASPBERRY MINI ROLLS 5PK	£2.90
CHERRY MADERIA SLAB EACH	£3.10
CHOCOLATE SWISS ROLL EACH	£2.30
CRIMBLES COCONUT MACAROONS 6PK	£2.30
DOUBLE CHOCOLATE MINI ROLLS X 10	£2.50
EGG CUSTARD TARTS X2	£2.00
GENOA SLAB CAKE EACH	£3.10
ICED COFFEE CAKE EACH	£2.90
ICED FAIRY CAKE 12PK	£2.30
ICED FINGER BUNS X 6	£2.80
ICED MADEIRA SLAB CAKE EACH	£2.90
IRREST CARROT CAKE EACH	£4.95
IRREST CHOCOLATE CAKE EACH	£4.95
IRREST COFFEE CAKE EACH	£4.95
IRREST LEMON CAKE EACH	£4.95
LANCASHIRE ECCLES CAKES 4PK	£2.90
LEMON LOAF CAKE	£2.90
LARGE APPLE PIE	£3.50
LEMON SWISS ROLL EACH	£2.30
MADEIRA SLAB CAKE	£3.10
MCVITIES GALAXY CAKE BARS 5PK	£1.80
MCVITIES GOLDEN SYRUP CAKE EACH	£2.80



MCVITIES JAMAICA GINGER CAKE EACH	£2.80
MR KIPLING ALMOND SLICES 6PK	£3.70
MR KIPLING ANGEL SLICES 6PK	£3.70
MR KIPLING APPLE & BLACKCURRANT PIES X6	£3.70
MR KIPLING APPLE PIES 6PK	£3.70
MR KIPLING BAKEWELL SLICES 6PK	£3.70
MR KIPLING BATTENBERG EACH	£3.10
MR KIPLING CHERRY BAKEWELLS 6PK	£3.90
MR KIPLING COUNTRY SLICES X 6	£3.70
MR KIPLING FRENCH FANCIES 8PK	£3.70
MR KIPLING JAM TARTS SELECTION 6PK	£3.40
MR KIPLING LEMON SLICES 6PK	£3.70
MR KIPLING MANOR HOUSE CAKE	£4.50
MR KIPLING MINI BATTENBERG 5PK	£3.70
MR KIPLING MIXED FRUIT PIES X 6	£3.70
MR KIPLING VIENNESE WHIRLS 6PK	£3.70
PARTY CAKE SELECTION 12 PACK	£4.20
PLAIN FAIRY CAKES X 12	£2.00
RASPBERRY & VANILLA SWISS ROLL EACH	£2.80
RASPBERRY JAM SPONGE EACH	£2.80
SWEET BLUEBERRY MUFFINS X 4	£3.10
SWEET CHOC CHIP MUFFINS X 4	£3.30
SWEET CHOCOLATE MUFFINS X 4	£3.30
WALNUT SLAB CAKE	£2.90



## PUDDING

AUNTYS GOLDEN SYRUP PUDDING	£2.60
AUNTYS SPOTTED DICK PUDDING	£2.60
AUNTYS STICKY TOFFEE PUDDING	£2.60
AUNTYS STRAWBERRY PUDDING	£2.60

## SMALL LOAF

FRESH WHITE FARMHOUSE LOAF 400G	£1.80
HOVIS SEED SENSATIONS 400G	£1.80
HOVIS WHOLEMEAL LOAF 400G	£1.90
PREMIUM SOURDOUGH BREAD 400G	£2.60
SCHNEIDERBROT VOLLKORNBROT RYE 500G	£2.30
WARBURTONS HALF & HALF LOAF 400G	£1.80
WARBURTONS MULTI GRAIN & SEEDS LOAF 400G	£3.00
WARBURTONS SMALL DANISH LOAF 400G	£2.30
WARBURTONS SMALL WHITE LOAF 400G	£1.80
WARBURTONS WHITE TOASTIE LOAF 400G	£1.80
WARBURTONS WHOLEMEAL LOAF 400G	£1.80

## LARGE LOAF

ALLINSON THE CHAMPION LOAF 650G	£3.00
BRIOCHE LOAF 500G	£3.10
FRESH UNCUT BREAD 800G	£2.70
HOVIS GRANARY WHOLEMEAL LOAF 800G	£3.10
HOVIS SEED SENSATIONS LOAF 800G	£3.00
HOVIS WHITE MEDIUM 800G	£2.40
HOVIS WHOLEMEAL THICK LOAF 800G	£2.30
LARGE WHITE LOAF 800G	£1.90
MULTI SEEDED BATCH LOAF 800G	£2.30
WARBURTONS FARMHOUSE LOAF 800G	£2.30
WARBURTONS HALF & HALF LOAF 800G	£2.30
WARBURTONS SEEDED BATCH LOAF 800G	£2.80
WARBURTONS THICK HALF & HALF LOAF 800G	£2.30

WARBURTONS TOASTIE 800G	£2.30
WARBURTONS WHITE LOAF 800G	£2.30
WARBURTONS WHOLEMEAL LOAF 800G	£2.30
WHITE FARMHOUSE LOAF 800G	£2.30
WHITE TOASTIE LOAF 800G	£2.30
WHOLEMEAL LOAF 800G	£2.30

## FRESH CREAM CAKES

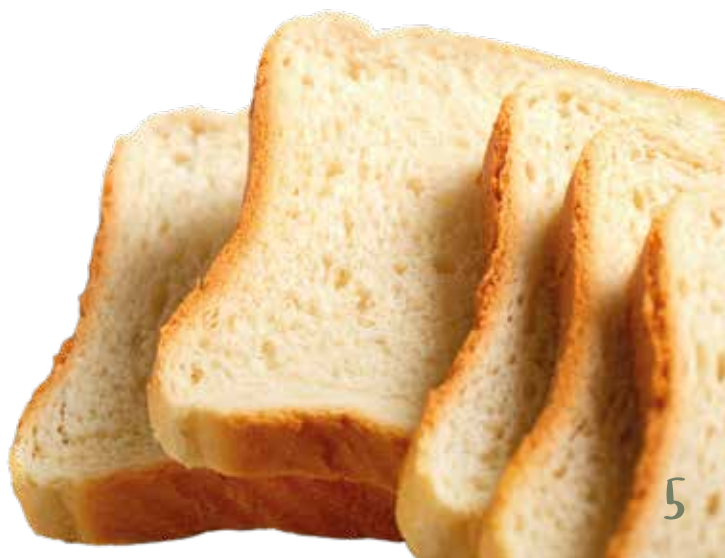
BELGIAN CHOCOLATE ECLAIRS X 2	£2.75
BELGIAN CHOCOLATE ECLAIRS X 4	£3.10
BRAMLY APPLE & CREAM TURNOVER X 2	£3.10
CUSTARD SLICE X2	£2.75
CREAM SLICE X 2	£2.75
PROFITEROLE 12 STACK	£4.95
STRAWBERRY JAM & CREAM SCONES X2	£2.75
VICTORIA FRESH CREAM SPONGE 360G	£4.95
JAM & FRESH CREAM DOUGHNUT X 2	£2.75

## DOUGHNUTS

CUSTARD DOUGHNUTS X 4	£2.30
JAM DOUGHNUTS X 4	£2.30
SUGAR RING DOUGHNUTS X 4	£2.30

## PASTRY

BELGIAN BUNS X 2	£3.00
CINNAMON SWIRL X 2	£2.50
MAPLE & PECAN PLAIT X 2	£2.50
PAIN AUX RAISIN X 2	£2.50
VANILLA CREAM CROWN X 2	£2.50



## CRUMPETS MUFFINS PANCAKES & WAFFLES

ABRA CA DEBORA PANCAKES X 6	£3.80
BELGIAN WAFFLES X 4	£2.95
CRUMPETS X 6	£1.40
ENGLISH MUFFINS X 4 PACK	£2.00
WARBURTONS CRUMPETS X 6	£2.00

## NAAN PITTA PANINI BAGELS & THINS

2 PLAIN NAANS 260G	£2.00
5 ORIGINAL BAGELS	£2.40
8 PLAIN TORTILLA WRAPS	£2.10
PANINI X 2	£2.00
PANINI X4	£2.50
WARBURTONS CINNAMON & RAISIN THIN BAGELS 6PK	£2.80
WARBURTONS THINS WHITE 6 PACK	£2.30
WARBURTONS THINS WHOLEMEAL 6 PACK	£2.30
WHITE PITTAS X 6	£1.50
WHOLEMEAL PITTAS X 6	£1.50

## ROLLS & BAGUETTES

BAKE AT HOME PETIT PAIN 6 PACK	£2.00
BURGER BUNS X 4	£2.20
CHEESE BREAD ROLLS X4PK	£2.20
CIABATTA ROLLS X 4	£2.50
FINGER ROLLS X 6	£2.00
FRESH BAGUETTE	£2.00
JASONS WHITE ROLLS 4PK	£2.50
PART BAKED BAGUETTES 2 PACK	£2.10
PART BAKED PETIT PAINS 6 PACK	£2.10
PREMIUM BRIOCHE BURGER BUNS X 4	£2.30
SLICED FOCACCIA X 4	£2.70
WARBURTONS WHITE SLICED BREAD ROLLS X 12	£3.00
WHITE BATCH ROLLS X 6	£2.00
WHITE BATON 200G	£1.50
WHOLEMEAL BATCH ROLLS X 6	£2.00
WHOLEMEAL DELI ROLLS X4	£2.10

## TEACAKES SCONES CROISSANT FRUIT LOAF

ALL BUTTER CROISSANTS X 4	£2.50
ALL BUTTER SCONES X 6	£2.90
HOT CROSS BUNS X 6	£2.00
PAIN AU CHOCOLAT 4PK	£2.50
SOREEN MALT LOAF 260G	£2.50
SULTANA SCONES X 6	£2.50
WARBURTONS FRUIT LOAF C & R 400G	£2.90
WARBURTONS FRUIT TEACAKES X 4	£2.40





## BISCUITS

BORDER DARK CHOCOLATE GINGERS 150G	£3.00
BORDER LEMON DRIZZLE MELTS 150G	£2.60
BORDER MILK CHOCOLATE GINGERS 150G	£2.90
BORDER MILK CHOCOLATE VIENNESE 150G	£2.90
BOURBON CREAMS 300G	£1.40
CADBURY BOURNVILLE FINGERS 114G	£2.90
CADBURY CHOC CHIP COOKIES 150G	£2.10
CADBURY CRUNCHY MELTS CHOCOLATE 156G	£2.90
CADBURY MILK CHOC FINGERS 114G	£2.90
CADBURY MINI FINGERS 115.8G	£2.00
CADBURY ORANGE FINGERS 114G	£2.90
CAXTON PINK WAFERS 6 PACK	£1.50
CRAWFORD GARIBALDI 100G	£2.10
CUSTARD CREAMS 300G	£1.50
DIGESTIVE BISCUITS 400G	£1.70
FLAPJACKS 20PCS	£3.80
FOXS CHOCOLATEY MILK CHOC ROUNDS 130G	£2.90
FOXS FABULOUSLY BISCUITS 275G	£6.40
FOXS GINGER CRUNCH CREAMS 200G	£2.30
FOXS GOLDEN CRUNCH CREAMS 200G	£2.20
FOXS JAM & CREAMS 150G	£1.80
FRUIT SHORTCAKE 200G	£1.80
GINGER NUTS 200G	£1.20
GRANOLA SQUARES 4PK	£2.90
HILL FIG ROLLS 200G	£1.50
IRREST DBL CHOC ORANGE COOKIE 200G	£3.20
IRREST FRUITY FLAPJACK COOKIE 200G	£3.20
IRREST SHORTBREAD ROUNDS 180G	£4.00
IRREST TRIPLE CHOC COOKIES 200G	£3.30
JACOBS HOVIS DIGESTIVE 250G	£2.60
JAMMIE DODGERS 140G	£2.00
LOTUS BISCOFF 248G	£2.50
MALTED MILK 200G	£1.20

MCVITIE RICH TEA DOUBLE PACK 2 X 300G	£3.60
MCVITIES CARAMEL DIGESTIVES 250G	£2.30
MCVITIES DARK CHOCOLATE DIGESTIVES 266G	£2.30
MCVITIES DARK CHOCOLATE DIGESTIVES 433G	£4.50
MCVITIES DARK CHOCOLATE HOBNOBS 262G	£3.00
MCVITIES DIGESTIVES 360G	£2.90
MCVITIES DIGESTIVES ORIG TWIN 2 X 360G	£4.30
MCVITIES GINGER NUTS 250G	£2.30
MCVITIES GOLD BARS 7PK	£2.90
MCVITIES HOBNOBS 255G	£2.80
MCVITIES JAFFA CAKES 10PK	£2.50
MCVITIES MILK CHOC HOBNOBS 262G	£3.00
MCVITIES MILK CHOCOLATE DIGESTIVES 266G	£2.20
MCVITIES PENGUIN MILK 7PK	£2.90
MCVITIES PENGUIN ORANGE 7PK	£2.90
MCVITIES RICH TEA 300G	£2.90
MCVITIES RICH TEA LIGHT 300G	£2.80
MILK CHOC DIGESTIVE BISCUITS 300G	£1.90
MILK CHOC MALTED MILK BISCUITS 250G	£2.30
NICE BISCUITS 250G	£1.30
RICH TEA BISCUITS 300G	£1.40
RICH TEA FINGERS 250G	£1.80
SHORTBREAD FINGER 380G	£2.20
STEM GINGER COOKIE 200G	£2.90
TUNNOCKS TEACAKES CHOCOLATE 170G	£2.30

## CHOCOLATE

AERO CHOCOLATE BAR 90G	£2.10
AFTER EIGHTS MINT DARK CHOC BOX 300G	£4.50
BOX OF MALTESERS 110G	£3.60
BURTONS WAGON WHEELS JAMMIE 6PK	£2.40
BURTONS WAGON WHEELS ORIGINAL 6PK	£2.40
CADB DAIRY MILK GIANT ORANGE BUTTONS 95G	£2.10
CADBURY BITSA WISPA 95G	£2.10
CADBURY BOURNVILLE 100G	£2.30
CADBURY BOURNVILLE 180G	£3.10
CADBURY BUTTONS GIANT BAG 119G	£3.00
CADBURY CARAMEL 120G	£2.30
CADBURY CRUNCHIE 4PK 128G	£2.40
CADBURY DAIRY MILK 360G	£5.10
CADBURY DAIRY MILK 95G	£2.30
CADBURY DAIRY MILK CRUNCHIE 180G	£3.40
CADBURY DAIRY MILK WHOLENUT 180G	£3.40
CADBURY FLAKE 80G	£2.30
CADBURY FRUIT & NUT 110G	£2.30
CADBURY FRUIT & NUT 180G	£3.40
CADBURY GIANT BUTTONS 95G	£2.80
CADBURY MILK TRAY 360G	£8.00
CADBURY TIMEOUT 6PK	£2.30
CADBURY TWIRL 4PK 135G	£2.90
CADBURY TWIRL BITES 95G	£2.10
CADBURY WISPA BITES BAG 110G	£2.90
FOXES ROCKY CARAMEL 7PK	£2.30
FOXES ROCKY CHOC 7PK	£2.30
GALAXY CARAMEL BLOCK 135G	£2.10
GALAXY MILK BLOCK 100G	£2.10
GALAXY MILK BLOCK 360G	£5.10
GALAXY MINSTRELS STD POUCH 125G	£2.90
GALAXY SMOOTH ORANGE G110	£2.10
KITKAT 2F DARK 9PK	£2.90
KITKAT 2F MILK 9PK	£2.90
KITKAT 2F ORANGE 9PK	£2.90
KITKAT 4 FINGER ORANGE 4 PACK	£2.90
KITKAT CHUNKY 4PK	£2.90



LINDT LINDOR ASSORTED CHOC TRUFFLES 200G	£7.95
LINDT LINDOR DARK CHOC TRUFFLES 200G	£7.95
LINDT LINDOR MILK CHOC TRUFFLES 200G	£7.95
LINDT LINDOR WHITE CHOC TRUFFLES 200G	£7.95
LION BARS 4 X 42G	£2.80
MALTESER STD POUCH 102G	£3.20
MARS 4 PACK	£3.10
MCVITIES GOLD BARS 7PK	£2.90
NESTLE BLUE RIBAND 6PK	£1.80
NESTLE BREAKAWAY 6PK	£1.80
NESTLE MUNCHIES POUCH BAG 104G	£2.30
NESTLE ROLO 4 PACK	£2.40
NESTLE SMARTIES BAG 87G	£1.50
NESTLE TOFFEE CRISP 7PK	£2.50
SMARTIES TUBES 4PK 34G	£2.60
SNICKERS 4 PACK	£3.10
TERRYS CHOCOLATE ORANGE 105G	£2.30
TOBLERONE 200G	£5.50
TUNNOCKS CHOCOLATE CARAMEL WAFERS 4 X 30	£3.00
TWIX BISCUIT 9PK 180G	£3.20
WISPA 4PK	£3.00



## CONFECTIONERY

ALL BUTTER FUDGE 125G	£2.20
ALLSORTS BOX 350G	£6.00
BUTTERKIST TOFFEE POPCORN 170G	£2.90
BUTTERKIST TOFFEE POPCORN 6X20G	£2.60
BUTTERMINTOES 175G	£1.90
CADBURY CHOC ECLAIRS CLASSIC 130G	£2.60
CHOC COATED PEANUTS 150G	£1.90
CHOC RAISINS 150G	£2.25
DOLLY MIXTURES 85G	£1.90
FOXES GLACIER FRUITS 100G	£1.20
FOXES GLACIER MINTS 100G	£1.20
FRUIT JELLIES 200G	£2.20
FRUIT PASTILLES 175G	£1.90
FRUITELLA BERRIES & CHERRY 170G	£2.50
HARIBO STARMIX 160G	£2.00
HARIBO SUPERMIX 175G	£2.00
JELLY BABIES 175G	£1.90
LIQUORICE ALLSORTS 250G	£2.20
MAYNARDS BASSETTS JELLY BABIES 165G	£2.10
MAYNARDS BASSETTS LIQUORICE ALLSORT 165G	£2.10
MAYNARDS BASSETTS MINI GEMS 130G	£2.00
MAYNARDS BASSETTS SHERBET LEMONS 192G	£2.10
MAYNARDS BASSETTS WINE GUMS 165G	£2.60
MENTOS 5 PACK	£2.50
MILK CHOCOLATE ECLAIRS 175G	£1.90
MINI MARSHMALLOWS 100G	£2.25
MINT HUMBUGS 175G	£1.90
MINT IMPERIALS 175G	£1.90

POLO 4 PACK 136G	£2.30
ROWNTREES FRUIT PASTILLE 168G	£2.30
ROWNTREES JELLY TOTS 112G	£2.30
TOFFEES 175G	£2.30
TREBOR EXTRA STRONG MINT 165G	£2.30
WERTHERS ORIGINAL BAG 135G	£2.30

## CEREAL

ALPEN ORIGINAL MUESLI 550G	£4.20
AMBROSIA READY EAT PORRIDGE GOLD SYRUP 210G	£1.50
BRAN FLAKES 500G	£3.00
CORNFLAKES 500G	£2.20
FROSTED FLAKES 500G	£2.50
FRUIT & FIBRE 500G	£2.90
HONEY NUT CORN FLAKES 500G	£2.90
HONEY RAISIN & ALMOND GRANOLA 500G	£3.40
JORDANS CC RAISINS 500G	£4.60
JORDANS CC STRAWBERRY 500G	£4.60
JORDANS CC SUPER BERRY 500G	£4.60
JORDANS CRUNCHY GRANOLA TROP FRUIT 750G	£4.60
KELLOGGS ALL-BRAN 750G	£5.20
KELLOGGS BRAN FLAKES 750G	£4.50
KELLOGGS COCO POPS 650G	£5.20
KELLOGGS CORN FLAKES 450G	£4.00
KELLOGGS CRUNCHY NUT CORNFLAKES 1KG	£6.90
KELLOGGS CRUNCHY NUT CORNFLAKES 500G	£3.70
KELLOGGS FROSTIES 470G	£4.95
KELLOGGS FRUIT N FIBRE 375G	£3.40
KELLOGGS FRUIT N FIBRE 500G	£4.00



KELLOGGS RICE KRISPIES 510G	£4.20
KELLOGGS SPECIAL K 440G	£4.00
KELLOGGS SPECIAL K 750G	£5.50
KELLOGGS WHEATS BLUEBERRY 500G	£3.00
KELLOGGS WHEATS APRICOT 500G	£3.00
KELLOGGS SPECIAL K RED BERRY 330G	£4.50
KELLOGGS VARIETY PACK 8PK	£4.00
KITKAT CEREAL 330G	£4.75
MIXED BERRY GRANOLA 500G	£3.40
MIXED FRUIT MUESLI 500G	£3.20
NESTLE BITESIZE SHREDDED WHEAT 500G	£4.50
NESTLE CHEERIOS MULTIGRAIN 390G	£4.50
NESTLE HONEY NUT CHEERIOS 575G	£5.70
NESTLE HONEY SHREDDIES 460G	£2.80
NESTLE SHREDDED WHEAT 30 PK	£5.00
NESTLE SHREDDIES 720G	£5.10
NO ADDED SUGAR SWISS STYLE MUESLI 1KG	£4.00
NUT & MAPLE CRISP 500G	£3.10
ORIGINAL PORRIDGE SACHETS 8PK	£2.00
POST GRAPE NUTS 580G	£5.50
QUAK OAT SIMPLE STRAWB RASP & CRANBERRY 10PK	£4.80
QUAKER BIG BOWL SYRUP GOLDEN SYRUP 6 X 49.6G	£3.75
QUAKER OAT SO SIMPLE APP BLUEBERRY 10PK	£4.80
QUAKER OAT SO SIMPLE GOLDEN SYRUP 10PK	£4.80
QUAKER OAT SO SIMPLE ORIG SACHETS 10PK	£4.80

QUAKER OAT SO SIMPLE ORIGINAL X 20	£5.95
QUAKER OAT SO SIMPLE VARIETY 9PK	£4.80
QUAKER PORRIDGE OATS 1KG	£3.60
QUAKER SIMPLE GOLDEN SYRUP X 20	£5.95
READY BREK 750G	£4.80
RICE SNAPS 375G	£2.10
SCOTTS PORRIDGE OATS 1KG	£4.10
SULTANA BRAN 750G	£4.20
WEETABIX 12	£3.10
WEETABIX 24	£4.50
WEETABIX MINIS FRUIT & NUT 500G	£4.80
WEETABIX OATIBIX 24S	£4.60
WHEAT BISCUITS 24PK	£3.20

## BREAKFAST BARS

ALPEN CHOCOLATE & FUDGE 5 X 19G	£2.80
ALPEN STRAWBERRY & YOGURT 5 X 29G	£2.80
ALPEN SUMMER FRUITS 5 X 19G	£2.80
BELVITA CEREAL BISCUITS 225G	£2.40
BELVITA SOFT BAKE CHOC CHIP 250G	£3.90
BELVITA STRAWBERRY & YOGURT 253G	£3.60
CADBURY BRUNCH BAR CHOC CHIP 5 X 32G	£2.40
CADBURY BRUNCH BAR RAISIN 5 X 32G	£2.40
EAT NATURAL ALMOND & APRICOT 3X50G	£3.60
EAT NATURAL MAPLE SYRUP PECAN 3X45G	£3.60
NATURE VALLEY OAT AND HONEY BARS	£3.50

## CRACKERS

BAKERY DELIGHT CRISP BAKES 125G	£2.00
CARRS MELTS 150G	£2.90
CARRS MELTS CHEESE 150G	£3.10
CHEESE TWISTS 125G	£2.50
CREAM CRACKERS 300G	£1.40
FRENCH TOAST 200G	£2.50
IRREST BISCUITS FOR CHEESE 250G	£5.10
JACOBS CHEDDARS 150G	£2.30
JACOBS CHEDDARS RED LEICESTER 150G	£2.30



JACOBS CORNISH WAFERS 150G	£2.60
JACOBS CREAM CRACKERS 2 X 300G	£4.00
JACOBS CREAM CRACKERS 300G	£2.30
JACOBS KRACKAWHEAT 230G	£3.20
JACOBS MINI CHEDDARDS RED LEIC 6PK	£3.10
JACOBS MINI CHEDDARDS ORIGINAL 6PK	£2.90
MARMITE CHEDDAR CHEESE BITES 75G	£2.50
MELBA TOAST 100G	£2.20
NAIRNS ROUGH OATCAKES 291G	£2.30
ORIGNAL BREADSTICKS 125G	£1.80
POPPY & SESAME THINS 150G	£2.10
RITZ ORIGINAL 150G	£2.30
ROUGH OATCAKES 250G	£1.90
RYVITA CRACKERBREAD 200G	£2.75
RYVITA CRISPBREAD ORIGINAL 250G	£2.80
RYVITA SESAME SEED 250G	£2.60
RYVITA THINS CHEDDAR & BLACK PEPPER 125G	£2.90
RYVITA THINS MULTI SEED 125G	£2.90
SCHAR CRISPBREAD 150G	£2.50
TUC BISCUITS 150G	£2.50
TUC CHEESE SANDWICH 150G	£2.70
WATER BISCUITS 200G	£2.20

## CRISPS & SNACKS

BUTTERKIST TOFFEE POPCORN 170G	£2.90
BUTTERKIST TOFFEE POPCORN 6X20G	£2.60
CHEESE & ONION 6PK	£1.80
CHEESE PUFFS 150G	£2.00
EAT REAL LENTIL CHIPS 95G	£3.00
HULA HOOPS ORIGINAL 6PK	£3.40
HULA HOOPS VARIETY 6PK	£3.40



IRREST LIGHTLY SALT CRISP 150G	£2.60
IRREST MAT CHEDD & ONION CRISPS 150G	£2.60
JACOBS MINI CHEDDARS ORIGINAL 6PK	£2.90
JACOBS TWIGLETS 150G	£3.60
KETTLE LIGHTLY SALTED 130G	£3.40
KETTLE MATURE CHEDDAR & RED ONION 130G	£3.40
KETTLE SALT & BALSAMIC VINEGAR 130G	£3.40
KETTLE SWEET CHILLI CHIPS 130G	£3.40
LIGHTLY SALTED TORTILLA CHIPS 200G	£1.90
MARMITE CRISPS 6PK	£2.95
MEATY VARIETY CRISPS 30 X 25G	£6.10
MONSTER MUNCH PICKLED ONION 6 X 20G	£2.95
POM BEAR ORIGINAL CRISPS 6 X 13G	£2.80
POPCHIPS 85G	£3.50
POPCHIPS BBQ 85G	£3.50
POPCHIPS SOUR CREAM 85G	£3.50
PRINGLES CHEESE & ONION 165G	£3.40
PRINGLES ORIGINAL 165G	£3.40
PRINGLES PRAWN COCKTAIL 165G	£3.40
PRINGLES SALT & VINEGAR 165G	£3.40
PRINGLES SOUR CREAM & ONION 165G	£3.40
PRINGLES TEXAS BBQ 165G	£3.40





QUAVERS CHEESE 6PK	£3.00
READY SALTED CRISPS 6PK	£1.80
SALTED POPCORN 90G	£2.00
SENSATIONS ROAST CHICKEN & THYME 150G	£3.00
SENSATIONS THAI SWEET CHILLI 150G	£3.00
SWEET & SALTED POPCORN 100G	£2.00
SWEET POPCORN 100G	£1.80
TYRELLS SEA SALT & CIDER VINEGAR 150G	£3.50
TYRELLS RED PEPPER & SWEET CHILLI 150G	£3.50
VARIETY CRISPS 6PK	£1.80
WALKERS BAKED CHEESE & ONION 6PK	£2.90
WALKERS BAKED SEA SALT 6PK	£2.90
WALKERS BAKED VARIETY 6PK	£2.90
WALKERS CHEESE & ONION 6PK	£2.90
WALKERS LESS SALT 6PK	£2.90
WALKERS PRAWN COCKTAIL 6PK	£2.90
WALKERS READY SALTED 6PK	£2.90
WALKERS ROAST CHICKEN 6PK	£2.90
WALKERS SALT & SHAKE 6PK	£2.90
WALKERS SALT & VINEGAR 6PK	£2.90
WALKERS SQUARES 6 X 22G	£2.95
WALKERS VARIETY 6PK	£2.90
WOTSITS GIANT CHEESE 130G	£3.25

## NUTS

BRAZIL NUTS 100G	£3.60
CHOPPED MIXED NUTS 200G	£3.00
DRY ROASTED PEANUTS 275G	£2.90
FLAKED ALMONDS 150G	£3.40
GROUND ALMONDS 150G	£3.50
HONEST VALUE SALTED PEANUTS 200G	£1.40
HONEY ROAST CASHEWS & PEANUTS 200G	£3.70
HONEY ROASTED CASHEWS 150G	£3.50
PECAN HALVES 100G	£3.60
PISTACHIOS 100G	£4.00
ROASTED & SALTED CASHEWS 125G	£2.00
SALTED PEANUTS 75G	£2.30
SALTED MIXED NUTS 200G	£4.20
UNSALTED CASHEWS 300G	£4.60
UNSALTED NUTS & RAISINS 200G	£4.00
WALNUT HALVES 100G	£2.80
WHOLE ALMONDS 100G	£2.60
WHOLE HAZELNUTS 100G	£3.10







ROBERTSONS SHREDLESS MARMALADE 454G	£3.20
ROSES LIME MARMALADE 454G	£4.00
STRAWBERRY JAM 420G	£2.30
STREAMLINE R/S ORANGE MARM 340G	£3.00
STREAMLINE REDUCED SUGAR STRAWB JAM 340G	£3.00

## HONEY CURDS & SYRUP

CLEAR HONEY 454G	£3.00
HILLTOP MANUKA HONEY MGO 50 225G	£8.40
IRREST LEMON CURD 320G	£3.40
LEMON CURD 411G	£2.30
MAPLE SYRUP 230G	£4.00
ROWSE SQUEEZY CLEAR HONEY 340G	£4.30
SET HONEY 454G	£3.00
SQUEEZY CLEAR HONEY 340G	£2.90

## SPREADS

CHICKEN SANDWICH PASTE	£1.00
CRUNCHY PEANUT BUTTER 340G	£2.60
MARMITE ORIGINAL 125G	£3.40
MARMITE ORIGINAL 250G	£4.50
NUTELLA JAR 350G	£5.10
SMOOTH PEANUT BUTTER 340G	£2.80



## JAMS & MARMALADES

APRICOT JAM 420G	£2.40
BLACKCURRANT JAM 420G	£2.30
BONNE MAMAN APRICOT CONSERVE 370G	£4.20
BONNE MAMAN BITTER ORANGE MARMALADE 370G	£4.20
BONNE MAMAN BLACK CHERRY CONSERVE 370G	£4.20
BONNE MAMAN BLACKCURRANT CONSERVE 370G	£4.20
BONNE MAMAN RASPBERRY CONSERVE 370G	£4.20
BONNE MAMAN STRAWBERRY CONSERVE 370G	£4.20
BONNE MAMAN WILD BLUEBERRY CONSERVE 370G	£4.20
FINE CUT ORANGE MARMALADE 420G	£2.30
FRANK COOPERS FINE CUT MARMALADE 454G	£4.10
GINGER PRESERVE 340G	£2.30
HARTLEYS SEEDLESS RASP JAM 340G	£2.50
HARTLEYS STRAWBERRY JAM 340G	£2.50
IRREST RASPBERRY CONSERVE 340G	£2.90
IRREST SEVILLE BITT ORANGE MARM 340G	£2.90
IRREST STRAWBERRY CONSERVE 340G	£2.90
RASPBERRY JAM 420G	£2.30
RASPBERRY JAM SEEDLESS 420G	£2.30
ROBERTSONS GOLDEN SHRED MARMALADE 454G	£3.20



## CHUTNEY & PICKLES

BAXTERS CARMALISED ONION CHUTNEY 270ML	£3.10
BAXTERS S/SKIN PICKLED ONION SWEET	£3.90
BRANSTON ORIGINAL PICKLE 360G	£3.20
GEETAS PREMIUM MANGO CHUTNEY 320G	£3.60
IRREST CARAMEL RED ONION CHUT 330G	£3.60
MANGO CHUTNEY 230G	£2.60
PICKLE BABY GHERKINS W SWEET VINEGAR	£2.30
PICKLED GHERKINS IN SWEET VINEGAR 680G	£2.80
PICKLED SWEET SILVSKIN ONION & VIN 440MG	£2.00
PLOUGHMANS PLUM CHUTNEY 295G	£2.50
PREM TOMATO & BIRD EYE CHILLI CHUTNEY 220G	£3.10
SANDWICH PICKLE 295G	£2.40

## TABLE SAUCES

APPLE CIDER VINEGAR 500ML	£4.75
B/DAGON LIGHT SWEET CHILLI DIP SCE 350G	£4.50
BLUE DRAGON SWEET & SOUR STIR FRY 120G	£2.10
BRITISH BRAMLEY APPLE SAUCE 270G	£1.80
BROWN SAUCE 495G	£2.30
COLMANS MUSTARD 100G	£2.70
COLMANS TARTARE SAUCE 144G	£2.70
CRANBERRY SAUCE 190G	£2.30
DIJON MUSTARD 185G	£2.00
ENGLISH MUSTARD 180G	£1.80
GARLIC MAYONNAISE SQUEEZY 250ML	£2.30
HEINZ SALAD CREAM 425G	£4.50

HEINZ SALAD CREAM LIGHT 425G	£4.50
HEINZ TOMATO KETCHUP TOP DOWN 460G	£5.20
HELLMANN'S LIGHT MAYO SQUEEZY 430ML	£3.20
HELLMANN'S LIGHT MAYONNAISE 400ML	£3.20
HELLMANN'S REAL MAYO SQUEEZY 430ML	£3.80
HELLMANN'S REAL MAYONNAISE JAR 400ML	£3.50
HELLMANN'S THOUSAND ISLAND DRESSING 250ML	£3.20
HOT HORSE RADISH SAUCE 175G	£2.30
HP BROWN SAUCE 285G	£3.50
LEA & PERRINS 290ML	£4.20
LEA & PERRINS WORCESTER SAUCE 150ML	£2.90
MALT VINEGAR 568ML	£1.20
MINT JELLY 200G	£2.30
MINT SAUCE 180G	£2.30
NANDOS MEDIUM PIRI PIRI MARINADE 260G	£3.20
REAL MAYONNAISE JAR 500ML	£2.30
REAL MAYONNAISE SQUEEZY 500ML	£2.30
REDCURRANT JELLY 220G	£2.10
SALAD CREAM 470G	£2.30
SARSONS MALT VINEGAR 250ML	£2.30
SARSONS WHITE VINEGAR 568ML	£2.70
SOY SAUCE LIGHT 150G	£1.90
SWEET PICCALILLI 330G	£2.40
TARTARE SAUCE 170G	£2.30
TOMATO KETCHUP 550G	£2.20
WHITE WINE VINEGAR 350ML	£2.40
WHOLEGRAIN MUSTARD 180ML	£2.00

## GRAVY & STOCK

BISTO BEST GRAVY BEEF 230G	£4.50
BISTO BEST GRAVY CHICKEN 230G	£4.50
BISTO GRAVY GRANULES BEEF 190G	£4.00
BISTO GRAVY GRANULES CHICKEN 190G	£4.00
GRAVY GRANULES CHICKEN 170G	£1.80
GRAVY GRANULES MEAT 100G	£1.80
KNORR STOCK CUBE BEEF 80G	£1.90
KNORR STOCK CUBE CHICKEN 80G	£1.90
KNORR STOCK CUBE VEGETABLE 80G	£1.90
OXO CUBES BEEF 72G	£2.90
OXO CUBES CHICKEN 72G	£2.90

## SEASONING HERBS SPICES & INGREDIENTS

BENS ORIGINAL SWEET SOUR SAUCE 450G	£3.50
BLACK PEPPERCORNS DISPOSE MILL 50G	£4.20
BLUE DRAGON SWEET & SOUR STIR FRY 120G	£2.10
BOLOGNESE PASTA SAUCE 500G	£2.30
BREAD SAUCE MIX 40G	£1.20
CHEESE SAUCE MIX 38G	£1.20
CHICKEN TONIGHT CREAMY MUSHROOM 500G	£2.90
CHICKEN TONIGHT CREAMY WHITE WINE 500G	£2.90
COCONUT MILK 200G	£1.20
COLMANS CHICKEN CHASSEUR 43G	£1.80
COLMANS CASSEROLE MIX BEEF 40G	£1.80
COLMANS CASSEROLE MIX CHICKEN 40G	£1.80
COLMANS CASSEROLE MIX SAUSAGE 39G	£1.80
COLMANS CASSEROLE MIX SHEPHERDS PIE 50G	£1.80
COLMANS POUR OVER SAUCE CHEDD CHEESE 40G	£1.80
CORNFLOUR 500G	£3.90
CREAMY TOMATO PASTA SAUCE 500G	£2.30
DOLMIO TOMATO & BASIL STIR IN SAUCE 150G	£2.50
DOLMIO ORIGINAL BOLOGNESE SAUCE 500G	£4.00
DOLMIO SUNDRIED TOMATO STIR IN SAUCE 150G	£2.50

DRIED MIXED HERBS 14G	£1.80
DRIED OREGANO 14G	£1.80
GARLIC PASTE JAR 283G	£2.50
GROUND BLACK PEPPER 25G	£1.80
GROUND CINNAMON 36G	£2.00
GROUND GINGER 35G	£1.80
GROUND PAPRIKA 46G	£1.80
GROUND TUMERIC 45G	£1.80
GROUND WHITE PEPPER 25G	£1.80
ITALIAN SEASONING 18G	£2.00
KORMA SAUCE 450G	£1.80
NANDOS MEDIUM PIRI PIRI MARINADE 260G	£3.20
PASSATA 500G	£1.20
SAXA ROCK SALT 350G	£2.90
SAXA SALT SO LOW 350G	£2.90
SCHWARTZ LAMB CASSEROLE MIX 35G	£2.00
SCHWARTZ PARSLEY SAUCE MIX 26G	£1.80
SEA SALT DISPOSABLE MILL 110G	£4.00
SOY SAUCE LIGHT 150G	£1.90
TABLE SALT DRUM 750G	£2.80
TIKKA SAUCE 450G	£1.80
WHOLE BLACK PEPPERCORNS 100G	£4.00
WHOLE CARDAMOM 30G	£2.00





## COOKING OILS

EXTRA VIRGIN OLIVE OIL 1LTR	£9.95
EXTRA VIRGIN OLIVE OIL 500ML	£8.30
EXTRA VIRGIN ORGAN COCONUT OIL 300ML	£5.60
FRYLIGHT SPRAY SUNFLOWER OIL 1 CAL 190ML	£4.00
MILD & LIGHT OLIVE OIL 500ML	£5.60
OLIVE OIL 500ML	£6.95
PURE SUNFLOWER OIL 1LTR	£3.40
PURE VEGETABLE OIL 1LTR	£3.40

## PASTA NOODLES & LENTILS

AMOY STRAIGHT TO WOK MEDIUM NOODLES 300G	£4.00
BATCHEL PASTA SAUCE CHEESE/LEAK/HAM 99G	£2.30
BACHELORS PASTA SAUCE CHEESE/BROCC 99G	£2.30
BACHELORS PASTA SAUCE CHICK MUSH 99G	£2.30
BACHELORS PASTA SAUCE MAC N CHEESE 99G	£2.30
FUSILLI PASTA 1KG	£2.60
LINGUINE 500G	£1.80
MACARONI PASTA 500G	£1.50
MUG SHOT CAJUN PASTA 56G	£2.00
MUG SHOT CHICK & SWEETCORN NOODLES 54G	£2.00
MUG SHOT CREAMY CHEESE PASTA 68G	£2.00
MUG SHOT MACARONI & CHEESE PASTA 68G	£2.00
MUG SHOT ROAST CHICKEN PASTA 55G	£2.00
MUG SHOT TOMATO & HERB PASTA 64G	£2.00

PASTA N SAUCE CHEESE LEEK HAM 99G	£2.00
PASTA N SAUCE CHICKEN & MUSHROOM 99G	£2.00
PENNE 300G	£2.60
POT NOODLE BEEF & TOMATO 90G	£2.00
POT NOODLE CHICKEN & MUSHROOM 90G	£2.00
POT NOODLE CHOW MEIN 90G	£2.00
POT NOODLE ORIGINAL CURRY 90G	£2.00
POT NOODLE STICKY RIB 114G	£2.20
POT NOODLE SWEET & SOUR 90G	£2.00
RED LENTILS 1KG	£3.50
RICE NOODLES 225G	£2.95
SPAGHETTI 500G	£1.80

## RICE

BASMATI MICROWAVE 250G	£1.80
BASMATI RICE 500G	£2.30
BENS ORIG LONG GRAIN MICRO RICE 220G	£2.30
BENS ORIGINAL BASMATI RICE 220G	£2.30
BENS ORIGINAL CHINESE RICE 250G	£2.80
BENS ORIGINAL EGG FRIED RICE 220G	£2.30
BENS ORIGINAL GOLDEN VEGETABLE RICE 250G	£2.80
BENS ORIGINAL LONG GRAIN RICE 220G	£2.30
BENS ORIGINAL MEXICAN RICE 250G	£2.80
BENS ORIGINAL MIXED PEPPER RICE 250G	£2.80
BENS ORIGINAL PILAU RICE 250G	£2.80
BENS ORIGINAL SAVOURY CHICKEN RICE 250G	£2.80
BENS ORIGINAL SPECIAL FRIED RICE 250G	£2.80
BOIL BAG LONG GRAIN RICE 4PK X 500G	£2.30
BROWN EASY COOK LONG GRAIN RICE 1KG	£3.20
EASY COOK LONG GRAIN RICE 1KG	£2.60
EASY COOK LONG GRAIN RICE 500G	£1.80
EASY COOK LONG GRAIN RICE 500G	£1.80
GOLDEN VEG MICROWAVE RICE 250G	£1.80
MICROWAVE GOLDEN VEG RICE 250G	£1.90
PILAU MICROWAVE RICE 250G	£1.50





## TINNED MEALS

BEEF STEW 392G	£3.75
CHICKEN CASSEROLE 392G	£3.75
CHICKEN IN WHITE SAUCE 392G	£3.75
CHILLI CON CARNE 392G	£3.75
IRISH STEW 350G	£3.75
MILD CHICKEN CURRY 392G	£3.75
MINCE & ONION 392G	£3.75
STEWED STEAK 392G	£4.50

## TINNED FISH

DRAIN TUNA STEAK SPRING WATER 110G	£2.10
DRAIN TUNA STEAK SUNFLOWER OIL 110G	£2.10
GLENRYCK PILCHARDS IN TOMATO SAUCE 155G	£1.30
J WEST FRIDGE POT SALMON 128G	£4.30
J WEST FRIDGE POT TUNA BRINE 110G	£2.90
J WEST FRIDGE POT TUNA SRING WATER 110G	£2.90
J WEST FRIDGE POT TUNA SUNFLWR OIL 110G	£2.90
J WEST RED SALMON TIN 213G	£4.75
MACKEREL FILL IN SUNFLOWER OIL 125G	£1.80
MACKEREL FILLETS IN BRINE 125G	£1.80
MACKEREL FILLETS TOMATO SAUCE 125G	£1.80
PINK SALMON 105G	£2.60



PRINCES TUNA IN SUNFLOWER OIL 4X145G	£5.50
RED SALMON 105G	£3.60
SARDINES IN SUNFLOWER OIL 120G	£1.30
SARDINES IN TOMATO SAUCE 120G	£1.30
TIN BONELESS RED SALMON 105G	£4.00
TUNA CHUNKS IN BRINE 145G	£1.90
TUNA CHUNKS IN SPRING WATER 145G	£1.90
TUNA CHUNKS IN SUNFLOWER OIL 145G	£1.90

## SOUP

BAXTERS CHICKEN BROTH SOUP 400G	£2.60
BAXTERS COCK A LEEKIE SOUP 400G	£2.60
BAXTERS FAV CREAM OF CHICKEN SOUP 400G	£2.60
BAXTERS FAV CREAM OF TOMATO SOUP 400G	£2.60
BAXTERS FAVOURITES ROYAL GAME 400G	£2.80
BAXTERS FRENCH ONION SOUP 400G	£2.60
BAXTERS LEEK & POTATO SOUP 400G	£2.40
BAXTERS LENTIL & BACON SOUP 400G	£2.60
BAXTERS LOBSTER BISQUE SOUP 400G	£4.20
BAXTERS LUXURY BEEF CONSOMME SOUP 400G	£4.20
BAXTERS LUXURY CREAM OF ASPARAGUS 400G	£3.90
BAXTERS MEDITERRANEAN TOMATO SOUP 400G	£2.90
BAXTERS MINESTRONE SOUP 400G	£2.60
BAXTERS PEA & HAM SOUP 400G	£2.60
BAXTERS SCOTCH BROTH SOUP 400G	£2.60
BROCCOLI & STILTON SOUP 400G	£1.70
CAMPBELL COND SOUP CREAM OF CHICKEN 295G	£2.40
CAMPBELL COND SOUP CREAM OF MUSH 295G	£2.40





CAMPBELL COND SOUP CREAM TOMATO 295G	£2.40
COVENT GARDEN CHICKEN SOUP 560G	£3.30
COVENT GARDEN MUSHROOM SOUP 560G	£3.30
COVENT GARDEN VEG SOUP 560G	£3.30
CREAM OF CHICKEN SOUP 400G	£1.40
CREAM OF MUSHROOM SOUP 400G	£1.40
CREAM OF TOMATO SOUP 400G	£1.40
HEINZ BEEF BROTH SOUP 400G	£2.30
HEINZ BIG SOUP BEEF & VEGETABLE 400G	£2.90
HEINZ BIG SOUP CHICKEN & VEGETABLE 400G	£2.90
HEINZ BIG SOUP CHUNKY VEGETABLE 400G	£2.90
HEINZ BIG SOUP LAMB & VEGETABLE 400G	£2.90
HEINZ BIG SOUP SAUSAGE & VEG 400G	£2.90
HEINZ BIG SOUP STEAK & POTATO 400G	£2.90
HEINZ CARROT & CORIANDER SOUP 400G	£2.30
HEINZ CHICKEN & MUSHROOM SOUP 400G	£2.30
HEINZ CHICKEN & SWEETCORN SOUP 400G	£2.30
HEINZ CHICKEN NOODLE SOUP 400G	£2.30

HEINZ CREAM OF CHICKEN SOUP 400G	£2.30
HEINZ CREAM OF MUSHROOM SOUP 400G	£2.30
HEINZ CREAM OF TOMATO SOUP 400G	£2.30
HEINZ LENTIL SOUP 400G	£2.30
HEINZ MINESTRONE SOUP 400G	£2.30
HEINZ MULLIGATAWNY SOUP 400G	£2.30
HEINZ OXTAIL SOUP 400G	£2.30
HEINZ POTATO & LEEK SOUP 400G	£2.30
HEINZ SCOTCH BROTH SOUP 400G	£2.30
HEINZ VEGETABLE SOUP 400G	£2.30
PEA & HAM SOUP 400G	£1.50
VEGETABLE SOUP 400G	£1.40

## CUP A SOUP

AINSLEY SZECHAUN HOT/SOUR CUP SOUP 3PK	£2.20
AINSLEY THAI CHICK/LEM GRAS CUP SOUP 3PK	£2.20
BATCHELORS CUP A SOUP BEEF & TOMATO	£2.60
BATCHELORS CUP A SOUP CHICKEN & LEEK 86G	£2.60
BATCHELORS CUP A SOUP CHICKEN 81G	£2.60
BATCHELORS CUP A SOUP GOLDEN VEG 82G	£2.60
BATCHELORS CUP A SOUP LEEK & POTATO 107G	£2.60
BATCHELORS CUP A SOUP TOMATO 93G	£2.60
BATCHELORS CUP SOUP ASPARAGUS 117G	£2.60
BATCHELORS CUP SOUP CHICK NOODLE 94G	£2.60
BATCHELORS CUP SOUP CREAM OF VEG 120G	£2.60
BATCHELORS CUP SOUP MINESTRONE 94G	£2.60
BATCHELORS CUP SOUP MUSHROOM 99G	£2.60
BATCHELORS CUP SOUP TOM & VEG 104G	£2.60
BROCCOLI & STILTON CUP SOUP 5 PACK 120G	£1.80
TOM & BASIL W CROUTONS CUP SOUP 104G	£1.80
LOW FAT GOLDEN VEG CUP SOUP 72G	£1.80
LOW FAT ROAST CHICKEN CUP SOUP 104G	£1.80
HEINZ TOMATO & BASIL CUP A SOUP 88G	£2.60

## TINNED FAVOURITES

BABY BEETROOT IN VINEGAR 340G	£2.10
BAKE BEANS (RED SALT & SUGAR) 400G	£1.40
BAKE BEANS SAUSAGES W TOM SAUCE 400G	£1.70
BAKED BEANS IN TOMATO SAUCE 400G	£1.20
BAKED BEANS TOMATO SAUCE 210G	£0.80
BATCHELORS MARROWFAT BIGGA PEAS 200G	£1.20
BATCHELORS MUSHY PEAS 300G	£1.20
BAXTERS BABY BEETROOT 567G	£3.50
BAXTERS SLICED BEETROOT 340G	£3.10
BUTTER BEANS IN WATER 400G	£1.40
CHICK PEA IN WATER NO ADD SALT 242G	£1.40
CHOPPED TOMATOES 227G	£1.10
CHOPPED TOMATOES 400G	£0.90
CHOPPED TOMATOES WITH HERBS 400G	£1.20
COCONUT MILK 400ML	£1.80
DAWTONA CARROTS WITH PEAS 510G	£2.30
DBL CONC TOMATO PUREE TUBE 200G	£1.20
GARDEN PEAS 290G	£1.00
HEINZ BAKED BEANZ & PORK SAUSAGES 200G	£2.30
HEINZ BAKED BEANZ 415G	£2.10
HEINZ BAKED BEANZ 4PK 200G	£4.10
HEINZ BAKED BEANZ SNAP POT 800G	£5.00
HEINZ BBQ BEANZ 390G	£2.50
HEINZ BEANZ & PORK SAUSAGES 415G	£2.90
HEINZ BEANZ 200G	£1.70
HEINZ MACARONI CHEESE 400G	£2.90
HEINZ RAVIOLI IN TOMATO SAUCE 400G	£2.90
HEINZ SANDWICH SPREAD 300G	£3.10
HEINZ SPAGHETTI & SAUSAGES 400G	£2.90
HEINZ SPAGHETTI 200G	£1.70
HEINZ SPAGHETTI 400G	£2.10
HEINZ SPAGHETTI BOLOGNESE 400G	£2.90
HEINZ SPAGHETTI HOOPS 205G	£1.80
HEINZ SPAGHETTI HOOPS 400G	£2.30
HON VAL NEW POTATOES IN WATER 540G	£1.20
HONEST VALUE BAKED BEANS 400G	£0.80
HONEST VALUE CARROTS SLICED 300G	£0.90

HONEST VALUE CHOPPED TOMATOES 400G	£0.70
MARROWFAT PROCESSED PEAS 300G	£0.90
MIXED BEAN IN VINEGARETTE FOR SALAD 400G	£1.80
MUSHY PROCESSED PEAS 300G	£0.90
PEELED PLUM TOMATO IN TOM JUICE 400G	£1.20
PEK CHOPPED PORK 300G	£3.90
PEK HAM GREAT VALUE 240G	£2.40
PITTED QUEEN OLIVES 340G	£2.80
PRINCES CORNED BEEF 200G	£3.80
PRINCES HOT DOGS 8S 184G	£2.30
PRINCES ROUND HAM 200G	£2.60
RED KIDNEY BEANS IN WATER 242G	£1.40
SLICED BEETROOT IN VINEGAR 340G	£2.10
SPAGHETTI RINGS IN TOMATO SAUCE 385G	£1.00
SPAM CHOPPED PORK & HAM 200G	£3.70
SPAM CHOPPED PORK & HAM 340G	£4.95
SWEETCORN IN WATER 198G	£1.20
TINNED MUSHROOMS 285G	£2.50
WIKINGER 8 HOT DOGS 550G	£3.40





## FRESH PIZZA PASTIES PIES & QUICHE

CHEESE & BACON QUICHE 400G	£3.10
CHEESE & ONION PASTIES X 4	£3.60
CHEESE & ONION QUICHE 400G	£3.10
CHEESE & ONION QUICHE FOR 1 160G	£2.80
CHEESE & ONION SLICES X 2	£3.20
CHICKEN & BACON PUFF PIE FOR 1 200G	£3.20
CHICKEN & GRAVY PIE FOR 1 200G	£3.20
CHICKEN & MUSHROOM PIE FOR 1 200G	£3.20
CHICKEN & MUSHROOM SLICE X 2	£3.20
CORNISH PASTIES X 4	£3.60
GINSTERS CHEESE & ONION PASTY 180G	£2.95
GINSTERS CHICKEN & MUSHROOM SLICE 170G	£2.95
GINSTERS CHICKEN TIKKA SLICE 170G	£2.95
GINSTERS CORNISH PASTIES X 4	£5.80
GINSTERS CORNISH PASTY 227G	£2.95
GINSTERS FOUR CHEESE & CHIVE SLICE 170G	£2.95
GINSTERS MEATBALL MARINARA BAKE 117G	£2.95
GINSTERS PEPPERED STEAK SLICE 170G	£2.95
HAM & CHEESE SLICES X 2	£4.30
HIGGI ROASTED TOM/BROC & SPINACH QUICHE 380G	£5.95
HIGGI PEAS COURGETTE QUICHE FOR 1 155G	£4.70
HIGGI SPIN FETA & PINENUT PIE FOR 1 270G	£5.80
HIGGI SWEET POTATO & FETA PIE FOR 1 270G	£5.80
PREM BACON & MATURE CHED QUICHE 420G	£5.00
PREM CHED & CARAMEL ONION QUICHE 420G	£5.00
PREM CHICKEN & WILD MUSH PIE FOR 1 250G	£4.70



PREMIUM CHICKEN HAM & LEEK PIE FOR 1 250G	£4.70
PREMIUM STEAK & ALE PIE FOR 1 250G	£4.70
PREMIUM STEAK & STILTON PIE FOR 1 250G	£4.70
PUKKA ALL STEAK PIE FOR 1	£3.20
PUKKA PIE CHICKEN & MUSHROOM FOR 1	£3.20
PUKKA PIE LEEK & POTATO FOR 1	£3.20
PUKKA PIE STEAK & KIDNEY FOR 1 200G	£3.20
QUICHE LORRAINE FOR 1 160G	£2.80
STEAK & ALE PUFF PIE FOR 1 200G	£3.20
STEAK PUFF PIE FOR 1 200G	£3.20
STEAK SLICES X 2	£3.20
STONEBAKED BBQ CHICKEN PIZZA 303G	£4.70
STONEBAKED MARGHERITA PIZZA 252G	£4.70
STONEBAKED PEPPERONI PIZZA 277G	£4.70
STONEBAKED SPINACH & RICOTTA PIZZA 314G	£4.70

Looking for  
frozen pizza?  
See page 37



## COOKED MEAT

BREADED HAM 120G	£3.30
BRITISH ROAST CHICKEN SLICES 120G	£3.30
BRITISH SLICED CHICKEN BREAST 180G	£4.70
COOKED CHICKEN BREAST X2	£4.95
COOKED HAM TRIMMINGS 500G	£3.70
CORNED BEEF SLICES 110G	£3.40
HONEY ROAST HAM 120G	£3.30
IRREST FINELY SLICED HAM 120G	£4.30
IRREST THICK CUT HONEY ROAST HAM 120G	£4.30
PREM APPLE WOOD SMOKED HAM 120G	£4.30
PREMIUM BEEF TOPSIDE SLICES	£4.30
PREMIUM CHICKEN & STUFFING SLICES 120G	£4.30
PREMIUM SALAMI MILANO 90G	£3.90
PREMIUM WILTSHIRE HAM 120G	£4.30
ROAST CHICKEN DRUMSTICKS COOKED 430G	£4.95
SALAMI SLICES X 10	£2.80
PRIME CUTS ROAST BEEF 90G	£3.90
WAFER THIN HAM 100G	£1.70
WHOLE COOKED CHICKEN	£7.00

## SIDES

BOMBAY POTATO 300G	£3.30
BROCCOLI CHEESE 350G	£2.90
BUBBLE & SQUEAK MASH 350G	£2.80
CARROT & SWEDE MASH 450G	£2.50
CAULIFLOWER CHEESE 350G	£2.50
CHEDDAR MASH 450G	£2.50
CHILLED POTATO CROQUETTES 220G	£3.00
DUCK SPRING ROLLS X 4 200G	£3.20
DUMPLING MIX 150G	£1.40
GARLIC CIABATTA SLICES X 6	£3.60
MASHED POTATO 450G	£2.00
ONION BHAJIS 295G	£3.20
PEAS BROCCOLI & GREEN BEANS 250G	£3.20
PLAIN POPPADUMS 8PK	£2.90
POPPADUMS	£2.00
PRAWN TOAST X 4 128G	£3.20



PREM CAULI THREE CHEESE & CHIVE 350G	£3.70
RED CABBAGE & APPLE 300G	£3.20
VEGETABLE SAMOSAS X 4 216G	£3.30
VEGETABLE SPRING ROLLS X 4 200G	£3.20

## SNACKS

CHICKEN SATAY BITES 120G	£3.50
COCKTAIL SAUSAGES 240G	£3.25
HIGGIDY FETA & RED PEPPER ROLLS 160G	£4.50
LARGE PORK PIE 440G	£4.80
MINI SAUSAGE ROLLS X 20 220G	£3.40
PORK EGG & GALA SLICES X 2 250G	£3.70
PUKKA SAUSAGE ROLL 130G	£2.20
QUORN CHICKEN SLICES 100G	£3.60
QUORN EGGS 12 PIECES	£4.00
RUSTLER BBQ PORK RIB SANDWICH 157G	£3.40
RUSTLER CHEESEBURGER 172G	£2.60
RUSTLER SOUTHERN FRIED CHICK 132G	£2.60
SAUSAGE ROLLS X 6 360G	£3.20
SCOTCH EGGS X 2 227G	£2.80
SMALL PORK PIES X 4 200G	£2.80
WALLS JUMBO SAUSAGE ROLL 130G	£2.20

## DELI

CHARGRILLED ARTICHOKE 140G	£4.25
CHEESE & ONION SANDWICH FILLER 250G	£3.10
CHICKEN & BACON SANDWICH FILLER 250G	£3.10
CLASSIC DIPS SELECTION 500G	£4.25
COLESLAW 180G	£2.00
COLESLAW 300G	£2.40
CORONATION CHICKEN SANDWICH FILLER 250G	£3.10
EGG & BACON SANDWICH FILLER 250G	£3.10
EGG MAYONNAISE SANDWICH FILLER 250G	£3.10

IRRESISTIBLE COLESLAW 300G	£2.50
ORGANIC HOUMOUS 200G	£2.80
POTATO & ONION SPANISH OMELETTE	£4.30
POTATO SALAD 300G	£2.20
PRAWN COCKTAIL 170G	£3.60
PREMIUM COLESLAW 180G	£2.30
TARAMASALATA 200G	£2.40
TUNA & SWEETCORN SANDWICH FILLER 250G	£3.10

## PATE

ARDENNES PATE 170G	£2.00
BRUSSELS PATE 170G	£2.20
CHICKEN LIVER PATE 170G	£2.40
CRAB PATE 100G	£3.00
DUDA POULTRY & PORK PATE 300G	£2.50
FARMHOUSE PATE W MUSHROOMS 170G	£2.90
MUSHROOM PATE 100G	£3.00
PREM ARDENNES PATE WITH MUSHROOM 150G	£3.60
PREMIUM BRUSSELS PATE 150G	£3.60
PREMIUM DUCK & SEVILLE ORANGE PATE 150G	£3.60
REDUCED FAT BRUSSELS PATE 170G	£2.40
SMOKED MACKEREL PATE 100G	£3.00
SMOOTH SMOKED SCOTTISH SALMON PATE 100G	£3.00
SMOOTH TUNA PATE 110G	£3.00

## CHEESE

BEL MINI BABYBEL LIGHT NET 120G	£3.50
BEL MINI BABYBEL STD NET 120G	£3.50
BEL PORT SALUT WEDGE 185G	£4.30
BLUE STILTON 200G	£4.50
BONGRAIN SAINT AGUR 125G	£3.90
BOURSAN 6PK 95G	£3.50
BOURSIN SOFT CHEESE GARLIC & HERB 150G	£4.20
BRITISH EX MATURE CHEDD GRATED 250G	£4.00
BRITISH GOATS CHEESE 85G	£3.70
BRITISH LIGHT MAT CHEDD GRATED 250G	£4.00
BRITISH LIGHTER MATURE CHEDDAR 200G	£3.40
BRITISH MATURE CHEDDAR GRATED 250G	£4.00

BRITISH MATURE CHEDDAR SLICES 200G	£4.00
BRITISH MILD CHEDDAR GRATED 250G	£4.00
BRITISH MILD CHEDDAR SLICES 200G	£4.00
CAMBOZOLA CHEESE 170G	£4.10
CAMEMBERT 250G	£3.40
CATHEDRAL CITY EXTRA MATURE CHEDDAR 350G	£4.95
CATHEDRAL CITY GRATED CHEDDAR 320G	£4.95
CATHEDRAL CITY MATURE CHEDDAR 350G	£4.95
CATHEDRAL CITY MATURE SLICES 150G	£3.40
DAIRYLEA CHEESE SPREAD 145G	£3.20
GORGONZOLA 175G	£4.50
GRAHAMS NATURAL COTTAGE CHEESE 300G	£2.60
HARD GOATS CHEESE 200G	£4.50
LAUGHCOW TRIANGLES 16PK 267G	£4.10
LIGHTER MATURE CHEDDAR 400G	£3.90
MATURE CHEDDAR 220G	£3.50
MILD CHEDDAR 400G	£4.00
PHILADELPHIA GARLIC & HERB 165G	£3.40
PHILADELPHIA ORIGINAL 165G	£3.10
PHILADELPHIA PLANT BASED 145G	£3.80
PREMIUM GRATED EXTRA MATURE CHEDDAR 180G	£4.00
PRIMULA TUBE CHIVES 140G	£2.50
PRIMULA TUBE HAM 140G	£2.50
PRIMULA TUBE ORIGINAL 140G	£2.50
SERIOUSLY STRONG SPREADABLE 125G	£2.90
SOMERSET BRIE 160G	£3.30
WENSLEYDALE & APRICOT CHEESE 200G	£4.00
WENSLEYDALE & CRANBERRIES CHEESE 200G	£4.00
WENSLEYDALE CHEESE 220G	£3.60

YOGHURT	
0% FAT GREEK STYLE YOGHURTS 4 X 100G	£2.50
0% FAT GREEK YOGHURT 500G	£2.10
ACTIVIA MIXED RED FRUIT YOGHURTS X 8	£5.50
ACTIVIA PRUNE YOGHURTS X 4	£3.95
ACTIVIA RHUBARB YOGHURT 4 X 115G	£4.10
ACTIVIA STRAWB & MIXED FRUIT YOGHURTS X8	£5.50
ACTIVIA STRAWBERRY 4 X 115G	£4.10
ALPRO YOGHURT BLUEBERRY 500G	£3.00
BENECOL YOGHURT PEACH 4 PACK	£4.80
BENECOL YOGHURT STRAWBERRY 4 PACK	£4.80
FAGE 0% FAT GREEK YOGHURT 450G	£4.50
FAGE 0% FAT GREEN YOGHURT 150G	£2.30
GA APRICOT & MANGO YOGHURT 150G	£1.00
GA CHERRY YOGHURT 150G	£1.00
GA STRAWBERRY YOGHURT 150G	£1.00
GOOSEBERRY FOOL 114G	£1.80
GREEK STYLE HONEY YOGURT 450G	£2.60
GREEK STYLE NATURAL YOGURT 500G	£2.30
GREEK STYLE YOGHURT 500G	£2.10
GREEK STYLE YOGHURTS 100G 4 X 100G	£2.50
IRREST TOFFEE FUDGE YOGURT 150G	£1.40
LOW FAT NATURAL YOGURT 500G	£2.30
MULL CORNER STRAWB PEACH APRICOT 6X136G	£5.50
MULL VANILL BAN CHOC BALLS FLAKES 6X124G	£4.70
MULLER BLISS MASCARPONE CHERRY X 4 110G	£4.20
MULLER CORNER BISCUIT 6PK	£4.70
MULLER CORNER BLISS RASPBERRY 4PK	£2.30
MULLER CORNER BLISS STRAWBERRY 4PK	£2.30
MULLER CORNER CRNUCH BANANA FLAKE 124G	£1.20
MULLER CORNER CRUNCH 4PK	£4.50
MULLER CORNER CRUNCH CHOC BALLS & FLAKES 6PK	£5.50
MULLER CORNER RED FRUITS & BLACKBRY X 6	£5.50

MULLER RICE APPLE & RASPBERRY 6 X 170G	£5.30
NATURAL YOGHURT 500G	£2.00
NESTLE SKI VARIETY 4PK	£3.70
ONKEN CHERRY YOGHURT 450G	£3.10
ONKEN VANILLA YOGHURT 500G	£2.95
OYKOS BLUEBERRY 4PK	£3.60
OYKOS PEACH 4PK	£3.60
OYKOS STRAWBERRY 4PK	£3.60
PREMIUM HAZELNUT YOGURT 150G	£1.80
SKI LEMON MERINGUE X 4	£2.50
ST HELENS NATURAL GOATS MILK YOG 450G	£3.60
YEO VALL GRK STYLE HONEY YOGHURT 4 X100G	£3.60
YEO VALLEY KEFIR NATURAL YOGHURT 350G	£2.80
YEO VALLEY LEMON CURD YOGHURT 450G	£3.10
YEO VALLEY NATURAL YOGHURT 4 X 120G	£3.60
YEO VALLEY RASPBERRY YOGHURT 450G	£3.10
YEO VALLEY RHUBARB YOGHURT 450G	£3.10
YEO VALLEY STRAWBERRY YOGHURT 450G	£3.10

## BUTTER & SPREADS

ANCHOR SALTED BUTTER BLOCK 200G	£3.20
ANCHOR SPREADABLE 400G	£4.95
BENECOL LIGHT SPREAD 500G	£5.95
BENECOL SPREAD BUTTERY 500G	£5.95
BERTOLI ORIGINAL SPREAD 450G	£4.20
BEEF DRIPPING 250G	£2.30
CLOVER ORIGINAL 500G	£3.40



GA 150g Yoghurts  
Mix and Match  
Any 3 for £2.50

FLORA BUTTERY SPREAD 450G	£3.70
FLORA LIGHTER SPREAD 450G	£3.70
FLORA ORIGINAL SPREAD 450G	£3.70
FLORA PRO ACTIV BUTTERY 450G	£5.90
FLORA PRO ACTIV LIGHT 450G	£5.90
GOATS BUTTER 250G	£4.40
I CANT BELIEVE ITS NOT BUTTER 450G	£2.90
KERRYGOLD SALTED BUTTER 250G	£3.60
LACTOFREE BUTTERY SPREAD 250G	£3.50
LURPAK BUTTER SLIGHTLY SALTED 200G	£3.20
LURPAK BUTTER SLT SALTED SPREADABLE 400G	£5.20
LURPAK BUTTER SPREADABLE 250G	£4.20
LURPAK BUTTER UNSALTED 200G	£3.20
LURPAK LIGHT SLT SALT SPREADABLE 400G	£5.20
LURPAK LIGHTER SPREADABLE 250G	£4.20
OLIVE SPREAD 500G	£3.00
SALTED BUTTER BLOCK 250G	£2.90
STORK ORIGINAL 500G	£2.70

## YOGHURT DRINKS

ACTIMEL MULTIFRUIT DRINK 12 X 100G	£6.10
ACTIMEL MULTIFRUIT DRINK 8 X 100G	£5.00
ACTIMEL STRAWB & BLUEBERRY DRINK 12X100G	£6.10
ACTIMEL STRAWBERRY DRINK 8 X 100G	£5.00
BENECOL BLUEBERRY DRINKS 6 X 67.5G	£5.40
BENECOL PEACH & APRICOT DRINK 6 X 67.5G	£5.40
BENECOL RASPBERRY DRINK 6 X 67.5G	£5.40
BENECOL STRAWBERRY DRINK 6X 67.5G	£5.40
YAKULT 7 X 65ML	£4.80

## FRESH MILK

1LTR CRAVENDALE SEMI SKIMMED MILK	£2.50
1LTR CRAVENDALE WHOLE MILK	£2.50
1PT SEMI SKIMMED MILK	£1.30
1PT SKIMMED MILK	£1.30
1PT WHOLE MILK	£1.30
2LTR CRAVENDALE SEMI SKIMMED MILK	£3.50
2LTR CRAVENDALE WHOLE MILK	£3.50
2PT SEMI SKIMMED MILK GREEN	£1.70

2PT SKIMMED MILK RED	£1.70
2PT WHOLE MILK BLUE	£1.70
4PT SEMI SKIMMED MILK	£2.30
4PT SKIMMED MILK	£2.30
4PT WHOLE MILK	£2.30
GOATS MILK SEMI SKIMMED 1LTR	£3.00

## LONG LIFE MILK

UHT SEMI SKIMMED MILK 1LTR	£2.00
UHT SKIMMED MILK 1LTR	£2.00
UHT WHOLE MILK 1LTR	£2.00

## MILK ALTERNATIVE

ALPRO LONG LIFE ALMOND DRINK 1LTR	£3.50
ALPRO LONG LIFE CHOCOLATE DRINK 1LTR	£3.20
ALPRO SOYA FRESH NO SUGAR 1LTR	£3.30
ALPRO SOYA FRESH ORIGINAL 1LTR	£3.30
ALPRO SOYA LONG LIFE ORIGINAL 1LTR	£3.30
ALPRO SOYA NO SUGAR LONG LIFE 1LTR	£3.30
ALPRO UHT ALMOND ORIGINAL 1LTR	£2.90
ALPRO UHT ALMOND UNSWEETENED 1LTR	£2.90
ALPRO UHT HAZELNUT 1LTR	£2.90
ALPRO UHT OAT ORIGINAL 1LTR	£2.90
ALPRO UHT SOYA CHOCOLATE 750ML	£3.00
ALPRO UHT SOYA ORIGINAL 1LTR	£2.90
ALPRO UHT SOYA UNSWEETENED 1LTR	£2.90
ARLA LACTOFREE SEMI SKIMMED 1LTR	£3.00
LACTOFREE LONGLIFE MILK PORTIONS 5X20ML	£2.00

## CREAM

CREME FRAICHE 300ML	£2.10
DOUBLE CREAM 300ML	£2.10
EXTRA THICK DOUBLE CREAM 300ML	£2.60
EXTRA THICK DOUBLE CREAM 600ML	£3.60
LIGHTER CREME FRAICHE 300ML	£1.50
RODDAS CLOTTED CREAM 227G	£3.60
SINGLE CREAM 150ML	£1.80
SINGLE CREAM 300ML	£2.10
SPRAY CREAM 250G	£2.80



## CREAM ALTERNATIVE

ELMLEA ALTERNATIVE TO CREAM DOUBLE 270ML	£2.60
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ELMLEA ALTERNATIVE TO CREAM SINGLE 270ML	£2.60
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## DRIED MILK POWDER

COFFEE MATE 325G	£4.70
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COFFEE MATE LIGHT 450G	£4.70
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SKIMMED MILK POWDER 300G	£4.00
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## DAIRY DESERT

6 CHOCOLATE MOUSSE 6 PK X 60G	£2.50
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6 STRAWBERRY MOUSSE 6 PK X 60G	£2.30
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AERO CHOCOLATE MOUSSE 4 X 59G	£3.20
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AERO MINT MOUSSE 4 X 58G	£3.20
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BONNE MAMAN CHOCOLATE MOUSSE 2PK 140G	£3.50
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BONNE MAMAN CREME BRULEE 2PK 200G	£4.50
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BONNE MAMAN CREME CARAMEL 4 X 100G	£4.50
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BONNE MAMAN STRAWBERRY MOUSSE 2PK 140G	£3.50
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CADBURY MOUSSE CHOCOLATE 4PK	£3.00
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CARAMEL PANNA COTTA 2 X 120G	£3.20
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CREME BRULEE X 2	£3.20
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GU DBL CHOC VANILLA CHEESECAKE 2PK 164G	£5.10
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GU LEMON CHEESECAKE 2PK	£5.10
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GU STRAWBERRY & CREAM CHEESECAKE 2 X 90G	£5.10
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JELLY & CUSTARD DESERT 3 PK 375G	£2.30
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LEMON CHEESECAKE 3X 100G	£3.50
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NESTLE AERO CREATION 4PK	£3.40
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ROLO DESSERT 2PK	£2.30
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STRAWBERRY MOUSSE 6PK	£2.30
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STRAWBERRY TRIFLE 2 X 115G	£2.20
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TIRAMISU 2PK	£3.30
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## PORK

BRATWURST SUASAGES (6) 540G	£4.00
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BURY BLACK PUDDING 230G	£2.30
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CARAMELISED ONION SAUSAGES X 6	£4.30
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HERTA ORIG JUMBO FRANKFURTERS (4) 360G	£4.40
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MAPLE BBQ PORK RIBS 460G	£6.40
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PORK BELLY 500G	£4.50
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PORK CHOPS (2) 450G	£5.60
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PORK CHOPS 700G	£5.30
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PORK LOIN STEAKS (2) 270G	£4.80
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PORK LOIN STEAKS 720G	£5.80
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PORK SAUSAGES X 8 454G	£3.40
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PORK SHOULDER STEAKS 700G	£6.40
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PORKY LIGHTS LOW FAT SAUSAGES (6) 400G	£4.30
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PREMIUM PORK CHIPOLATAS (12) 375G	£4.50
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PREMIUM PORK SAUSAGES (8) 400G	£4.30
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RICHMOND THICK PORK SAUSAGES (8) 410G	£3.60
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RICHMOND THICK SAUSAGES (12)	£4.60
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SMOKED BACK BACON RASHERS 300G	£3.40
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SMOKED GAMMON STEAKS 450G (2)	£5.80
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SMOKED STREAKY BACON 300G	£3.70
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THICK CUT BACON SMOKED 300G	£4.20
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THICK CUT BACON UNSMOKED 300G	£4.20
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UNSMOKED BACK BACON 300G	£3.40
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UNSMOKED GAMMON JOINT 900G	£6.20
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UNSMOKED GAMMON STEAKS (2)	£5.80
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UNSMOKED STREAKY BACON 300G	£3.70
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WALLS THICK SAUSAGES (8) 410G	£3.70
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## CHICKEN

BREADED CHICKEN FILLETS X 2 350G	£5.20
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CHICKEN BREAST FILLETS 300G	£3.90
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CHICKEN KIEV (2) 260G	£4.40
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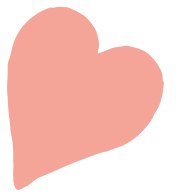
CHICKEN LEGS 1KG	£3.60
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FRESH CHICKEN THIGH FILLETS 600G	£6.40
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SMALL WHOLE CHICKEN 1.2KG-1.6KG	£5.10
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WHOLE CHICKEN MEDIUM 1.2KG-1.5KG	£5.60
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# WHAT SOME OF OUR CUSTOMERS SAY...



“For me, Greens Direct provide a first class food shopping service that I couldn’t do without. It is a very personalised service and they know what my usual preferences are. The delivery guys are both thoughtful and considerate. I have got to know them both very well and can always rely on them, delivering right into my kitchen with due care and attention. They always ask how I am and how my week has been, making me feel quite at ease.”



## Marie Spencer

Caterham



“We have used Greens Direct for 2 years I order for my mother, they are fantastic! Always letting me know of any concerns regarding her health. This service is a god send to me as I live over an hour away, such a good piece of mind someone is checking on her every week. 100% recommend them.”

## Shirley

Billinghurst



## What makes us different?

When a new customer places an order with us, we ask you to complete a registration form. This form helps us understand your requirements, so your delivery driver can provide a tailored service. You can also select to receive a reminder call each week if we haven’t heard from you. We take details of your next of kin, so if there are any concerns we can get in touch with them and offer any help.



<b>BEEF</b>	
BURGERS QUARTER POUNDER 4PK	£4.00
BEEF RUMP STEAK 255G	£5.40
FILLET STEAK 180G	£7.50
LEAN DICED BEEF 400G	£5.70
LEAN MINCED BEEF 500G	£4.50
PREMIUM BEEF BURGERS (2) 340G	£4.50
PREMIUM BEEF STEAK BURGERS 454G	£5.80
PREMIUM DICED BEEF 400G	£6.90
RIB EYE STEAK 227G	£6.75
SIRLOIN STEAK 227G	£6.30
<b>LAMB</b>	
DICED LAMB LEG 300G	£7.50
LAMB CHOPS 300G	£6.40
LAMB NECK FILLET 300G	£10.00
LAMB SHANK IN MINT GRAVY 450G	£6.90
<b>FISH</b>	
BATTERED COD FILLET BITES 200G	£3.70
BONELESS SALMON FILLETS 260G (2)	£6.20
BREADED COD FILLETS 300G (2)	£5.50
COD FISH CAKES (2) 270G	£3.10
COLD WATER PRAWNS 150G	£3.70
FRESH FISH PIE MIX 340G	£5.90
HADDOCK FISH CAKES X2	£3.10
LIGHTLY DUSTED COD FILLETS 255G (2)	£5.80
LIGHTLY DUSTED PLAICE FILLETS 265G	£5.30
PRAWNS IN TEMPURA BATTER 200G	£4.20
PREM COD & PARSLEY FISH CAKES 290G (2)	£4.20
PREM SALMON SPIN & LEMON F CAKES(2) 290G	£4.20
PREMIUM SALMON LEMON FISH CAKES 290G (2)	£4.20
SKINLESS & BONELESS BASA FILLETS 250G	£4.70
SMOKED HADDOCK 280G	£6.40

SMOKED KIPPER WITH BUTTER 0.18KG	£2.80
SMOKED MACKEREL 0.24KG	£5.00
SMOKED SALMON 100G	£4.95
<b>PREMIUM READY MEALS</b>	
PREM BEEF CHIANTI ROSEMARY POTATOES 450G	£6.00
PREM BEEF STROGANOFF & RICE 450G	£6.00
PREM CHICKEN MADEIRA MUSHROOM RICE 450G	£6.00
PREM CHICKEN PRAWN CHORIZO PAELLA 475G	£6.00
PREM KING PRAWN TIKKA MASALA & RICE 450G	£6.00
PREM PORK SAUSAGE RAGU & PASTA 400G	£6.00
PREM STEAK RAGU PARPADELLE 400G	£6.00
PREM THAI INSP. GREEN CHICKEN CURRY 410G	£6.00
PREMIUM BEEF LASAGNE 400G	£6.00
PREMIUM CHICKEN & PANCETTA BAKE 400G	£6.00
PREMIUM CHICKEN CHOW MEIN 380G	£6.00
PREMIUM CHICKEN JALFREZI & RICE 450G	£6.00
PREMIUM CHICKEN TIKKA MASALA & RICE 450G	£6.00
PREMIUM COTTAGE PIE 400G	£6.00
PREMIUM CREAMY FISH PIE 400G	£6.00
PREMIUM HADDOCK RISOTTO 395G	£6.00
PREMIUM HAM HOCK POTATO GRATIN 400G	£6.00
PREMIUM KING PRAWN CHILLI NOODLES 400G	£6.00
PREMIUM KING PRAWN LINGUINE 400G	£6.00
PREMIUM MACARONI CHEESE 400G	£6.00
PREMIUM MOUSSAKA 350G	£6.00
PREMIUM PULLED BEEF & CREAMY MASH 450G	£6.00
PREMIUM SAUSAGE & MASH 450G	£6.00
PREMIUM SHEPHERDS PIE 400G	£6.00
PREMIUM SPAGHETTI BOLOGNAISE 400G	£6.00
PREMIUM SPAGHETTI CARBONARA 400G	£6.00
PREMIUM SWEET & SOUR & RICE 400G	£6.00

2 Premium  
Ready Meals  
for £11.00

Room for  
dessert?  
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## READY MEALS

BAKED POTATO WITH CHEDDAR 450G	£3.70
BEEF CASSEROLE & DUMPLINGS 450G	£4.70
BEEF CHILLI & RICE 400G	£4.70
BEEF LASAGNE 400G	£4.70
BRAISED BEEF & MASH 450G	£4.70
BUTTER CHICKEN & RICE 400G	£4.70
CHARLIE BIGHAMS CHICKEN TIKKA 403G	£7.80
CHARLIE BIGHAMS COTTAGE PIE 325G	£7.80
CHARLIE BIGHAMS FISH PIE FOR 1 340G	£7.80
CHICKEN & BACON PASTA BAKE 400G	£4.70
CHICKEN & BLACK BEAN SAUCE 460G	£4.70
CHICKEN CASSEROLE & DUMPLINGS 450G	£4.70
CHICKEN JALFREZI & RICE 400G	£4.70
CHICKEN KORMA & RICE 400G	£4.70
CHICKEN TIKKA & RICE 400G	£4.70
CHICKEN TIKKA MASALA - NO RICE 460G	£5.50
CHINESE CHICKEN CURRY EGG RICE 400G	£4.70
COTTAGE PIE 375G	£4.70
CUMBERLAND PIE 450G	£4.70
FISH PIE 450G	£4.70
HAM & MUSHROOM TAGLITELLE 400G	£4.70
HAM HOCK IN MUSTARD SAUCE 450G	£4.70
LIVER BACON & MASH 450G	£4.70
LOW CAL CHICK TIKKA MASALA RICE 400G	£4.70
LOW CAL CHICKEN BROAD BEAN & PEA RISOTTO 380G	£4.70
LOW CAL CHICKEN IN MUSHROOM SAUCE 370G	£4.70
LOW CAL CHICKEN ROAST DINNER 380G	£4.70
LOW CAL COD MORNAY MASH & PEAS 380G	£4.70
LOW CAL MUSHROOM RISOTTO 380G	£4.70
LOW CAL SWEET SOUR CHICK RICE 380G	£4.70
LOW CAL TOMATO & BASIL CHICKEN 380G	£4.70

LOW CALORIE BEEF CHILLI & RICE 400G	£4.70
LOW CALORIE BEEF LASAGNE 400G	£4.70
LOW CALORIE COTTAGE PIE 350G	£4.70
LOW CALORIE SPAGHETTI BOLOGNAISE 380G	£4.70
LOW CALORIE SPAGHETTI CARBONARA 380G	£4.70
MACARONI CHEESE READY MEAL 400G	£4.70
MINCE BEEF HOTPOT 450G	£4.70
MINCED LAMB HOTPOT 450G	£4.70
PRAWN TIKKA MASALA 400G	£4.70
ROAST CHICKEN DINNER 400G	£5.40
SAUSAGE & MASH 400G	£4.70
SHEPHERDS PIE 450G	£4.70
SPAGHETTI BOLOGNAISE READY MEAL 400G	£4.70
SPAGHETTI CARBONARA 400G	£4.70
SPINACH & RICOTTA CANELLONI 400G	£4.70
SWEET SOUR CHICKEN & RICE 400G	£4.70
THAI GREEN CHICKEN CURRY & RICE 400G	£4.70
TOAD IN THE HOLE 340G	£4.70
TOMATO & MOZERELLA PASTA BAKE 400G	£4.70
TUNA PASTA BAKE 400G	£4.70

3 Standard  
Ready Meals\*  
for £12.50  
\*excluding Charlie  
Bighams Range





## BEER ALES & CIDERS

BOX HEN WESTN VINT CIDER 500MLX6 BOTTLES	£13.80
BUDWEISER 20 X 300ML BOTTLES	£18.70
CROFTERS APPLE CIDER 2LTR BOTTLE	£4.40
GUINNESS CAN 440ML EACH	£2.40
HEINEKEN 0% ALCOHOL BEER 12X330ML BTLs	£14.10
HOLSTEN PILS LAGER 4 X 440ML CANS	£6.60
INCHES CIDER 500ML BOTTLE	£3.70
KOPPBRG 0% ALC MIXED FRUIT 4X330ML CANS	£6.10
KOPBRG 0% ALC STRAWB LIME 4X330ML CANS	£6.10
SAN MIGUEL 10 X 440ML CANS	£15.40
STELLA ARTOIS LAGER 18 X 440ML CANS	£22.00
STELLA ARTOIS LAGER 20 X 284ML BOTTLES	£18.70
THATCHERS KATY CIDER 500ML BOTTLE	£3.70
ABBOT ALE 10 X 440ML	£15.20
BUDWEISER LAGER CANS 10 X 440ML	£13.90
JOHN SMITH EXTRA SMOOTH CAN 18 X 440ML	£23.20
BUDWEISER 4 X 440ML	£6.50
FOSTERS 4PK	£6.00
PERONI BEER 4 X 440ML	£8.00
SAN MIGUEL LAGER 4 X 440ML	£7.00

## WHITE WINE

CHABLIS 75CL	£17.00
CHARDONNAY 75CL	£8.30
HARDYS CHARDONNAY 75CL	£8.80
LAMBRUSCO BIANCO 75CL	£5.50
PINOT GRIGIO 75CL	£8.30
SAUVIGNON BLANC 75CL	£8.30
SOAVE WHITE WINE 75CL	£8.30
VINEYARDS ZESTY WHITE WINE 75CL	£6.90

## RED WINE

HARDYS SHIRAZ VARIETAL RANGE 75CL	£8.90
LOW ALCOHOL TEMPRANILLO RED 75CL	£6.60
MERLOT 75CL	£8.30
PREMIUM RED WINE 75CL	£12.00
RIOJA 75CL	£8.30
SHIRAZ 75CL	£8.30

## ROSE WINE

ROSE BLUSH 75CL	£8.30
WHITE ZINFANDEL 75CL	£8.30

## BOXED WINE

BOX OF CHARDONNAY WINE 2.25LTR	£18.20
BOX OF COUNTRY MANOR WINE 2.25L	£10.20
BOX OF ITALIAN BLUSH ROSE 2.25LTR	£18.20
BOX OF LA VIEILLE FERME ROSE 2.25LTR	£27.00
BOX OF PINOT GRIGIO 2.25LTR	£18.20
BOX OF ZESTY WHITE WINE 3LTR	£19.30

## SPARKLING WINE & PROSECCO

CAVA BRUT 75CL	£9.90
PROSECCO FRIZZANTE 75CL	£9.90

## PORT SHERRY VERMOUTH & FORTIFIED WINE

CREAM SHERRY 1LTR	£12.70
CROFT ORIGINAL SHERRY 1LTR	£17.20
GINGER WINE 70CL	£6.10
GONZALEZ TIO PEPE SHERRY 75CL	£16.00
MARTINI VERMOUTH DRY 75CL	£13.80
MEDIUM DRY SHERRY 1LTR	£12.10
RUBY PORT 75CL	£11.60
STONES GINGER WINE 70CL	£9.90

## SPIRITS

BACARDI CARTA BLANCA RUN 1LTR	£29.00
BAILEYS IRISH CREAM 1LTR	£28.00
BELLS SCOTCH WHISKY 1LTR	£30.00
BELLS SCOTCH WHISKY 70CL	£21.50
BOMBAY SAPPHIRE GIN 1LTR	£33.00
BRANDY 1LTR	£27.00
BRANDY 35CL	£12.00
FAMOUS GROUSE WHISKY 1LTR	£28.00
FAMOUS GROUSE WHISKY 35CL	£14.00
FAMOUS GROUSE WHISKY 70CL	£22.00
GORDONS GIN 1LTR	£30.00
LAMBS NAVY RUM 1LTR	£28.00
LONDON DRY GIN 35CL	£12.00
LONDON GIN & TONIC CAN INDIV 250ML	£2.40
LOW CALORIE GIN & TONIC 4 X 250ML	£6.10
SMIRNOFF RED LABEL VODKA 1LTR	£30.00
VODKA 1LTR	£27.00
WHISKY 1LTR	£27.00
WHITE RUM 35CL	£12.00

## TEA

50 FAIRTD ENGLISH BFAST TEA 125G	£2.80
CAMOMILE TEA 20S 30G	£2.80
CO OP FAIRTRADE 99 TEA BLEND 80PK	£2.50
FAIRTD 99 DECAF 80S TEA BAGS 250G	£2.50
FAIRTRADE 20 PURE GREEN TEABAGS 50G	£1.90
FAIRTRADE 99 240S TEA BAGS 750G	£4.50
FAIRTRADE PEPPERMINT TEA 40G	£1.90
IRREST FAIRTD 50 EARL GREY TEA 125G	£2.80
PG TIPS DECAF TEABAGS 35S 100G	£2.90
PG TIPS DECAF TEABAGS 70S 200G	£4.70
PG TIPS PYRAMID TEABAGS X 40	£2.70
PG TIPS PYRAMID TEABAGS X 80	£4.40
PG TIPS TEABAGS 210PK	£7.80
PREMIUM EARL GREY TEABAGS X 100	£4.20
PREMIUM ENGLISH BREAKFAST TEABAGS X 100	£4.30
ROOIBOS TEABAGS X 80	£3.90
TEA BAGS X 80	£2.10
TETLEY DECAFFEINATED TEABAGS X 160	£6.20



TETLEY PURE GREEN TEABAGS X 50	£3.40
TETLEY TEABAGS 120S	£5.00
TETLEY TEABAGS 240S	£7.20
TETLEY TEABAGS X 80	£4.40
TWININGS ASSAM LOOSE TEA 125G	£3.80
TWININGS BLACKNT BLUEBERRY TEABAGS X20	£4.20
TWININGS CRAN & RASP TEABAGS X 20	£4.20
TWININGS EARL GREY 80 BAGS	£5.60
TWININGS ENGLISH BREAKFAST TEABAGS X 80	£7.20
TWININGS EVERYDAY TEA 80PK	£7.30
TWININGS IMMUNE SUPPORT TEABAGS X 20	£5.30
TWININGS STRAWB & RASP TEABAGS X 20	£4.20
YORKSHIRE DECAFFEINATED TEABAGS X 80	£5.30
YORKSHIRE TEA DECAF TEA BAGS 40S	£2.40
YORKSHIRE TEABAGS X 210	£7.00
YORKSHIRE TEABAGS X 40	£3.10
YORKSHIRE TEABAGS X 80	£4.40

## COFFEE

CAFE CLASSIC CAPPUCCINO 112G	£1.40
CAFE CLASSIC COFFEE 80G	£1.50
CAFE CLASSIC LATTE 112G	£1.40
CLASSIC INSTANT COFFEE 200G	£3.00
COFFEE WHITENER 460G	£3.75
DECAFFEINATED COFFEE 200G	£4.50
FAIRTRADE GOLD ROAST COFFEE 100G	£3.80
GOLD INSTANT COFFEE 200G	£4.70
HON VAL F/TRADE INSTANT COFFEE 100G	£2.30
HOUSE BLEND COFFEE BEANS 227G	£4.20
IRREST FAIRTD COLOMB COFFEE 100G	£5.20

ITALIAN INSPIRED GROUND COFFEE (4) 454G	£6.90
ITALIAN ROAST GRND COFFEE 454G	£6.70
KENCO 2 IN 1 COFFEE SACHETS 70G	£2.30
KENCO 3 IN 1 COFFEE W SUGAR SACH 100G	£2.30
KENCO 3 IN 1 SMOOTH SACHETS X 5	£2.30
KENCO CAPPUCCINO INSTANT COFFEE SACH 8PK	£3.10
KENCO DECAFF INSTANT COFFEE 100G	£6.20
KENCO ICED OR HOT LATTE 8 X 20.3G	£2.90
KENCO LATTE INSTANT COFFEE SACHETS 8PK	£3.10
KENCO MILLICANO TIN 100G	£7.50
KENCO RICH INSTANT COFFEE 200G	£10.60
KENCO RICH REFILL 150G	£6.00
KENCO MILLICANO AMERICANO DECAFF 100G	£6.90
MELITTA COFFEE FILTER PAPERS 1X4 40 PK	£2.30
MELLOW BIRDS COFFEE 200G	£8.20
NESCAFE 2-1 SACHET	£2.00
NESCAFE AZERA AMERICANO 90G	£7.70
NESCAFE CAPPUCCINO 8 SACHETS 124G	£3.10
NESCAFE CAPPUCCINO UNSWEET SACHETS X 8	£3.10
NESCAFE CARAMEL LATTE SACHETS X 8	£3.10
NESCAFE DOLCE GUSTO AMERICANO PODS X 16	£6.20
NESCAFE DOUBLE CHOC MOCHA 8S	£3.10
NESCAFE GOLD BLEND 200G	£7.70
NESCAFE GOLD BLEND DECAFF 200G	£8.30
NESCAFE GOLD BLEND REFILL 150G	£6.20
NESCAFE GOLD CAPP DECAF UNSWEETENEDE 8 S	£4.00
NESCAFE GOLD CAPP UNSWEETEN 8 SACHETS	£3.10
NESCAFE GOLD CAPPUCCINO 8 SACHETS	£3.10
NESCAFE GOLD ESPRESSO INSTANT 95G	£6.40
NESCAFE GOLD LATTE 8 SACHETS	£3.10
NESCAFE ORIGINAL 100G	£4.50
NESCAFE ORIGINAL 300G	£8.80
NESCAFE ORIGINAL DECAF 200G	£7.80
STARBUCKS ESPRESSO ROAST PODS X 10	£5.60

## HOT CHOCOLATE & MALTED

CADBURY DRINKING CHOCOLATE 300G	£5.40
FAIRTRADE INSTANT HOT CHOCOLATE 400G	£3.90
GALAXY INSTANT HOT CHOCOLATE 275G	£3.50
HORLICKS ORIGINAL 400G	£5.10
OPTIONS BELGIAN CHOC JAR 220G	£5.40
OVALTINE ORIGINAL ADD MILK 300G	£5.40
OVALTINE ORIGINAL ADD WATER 300G	£5.40

## SWEETENER

CANDEREL RED GRANULATED SPOONFUL X 75	£4.00
CANDEREL TABLETS X 300	£4.50
SPLENDA GRANULES 75G	£3.50
SWEETEX TABLETS X 1200	£4.40

## SQUASH & CORDIAL

APPLE & BLACKCURRENT NO ADD SUG 1.5LTR	£3.00
APPLE & MANGO HIGH JUICE 1LTR	£2.50
BLACKCURRANT HIGH JUICE 1LTR	£2.50
BLACKCURRANT SQUASH QUAD 1.5LTR	£3.00
BOTTLE GREEN ELDERFLOWER CORDIAL 500ML	£5.60
CHERRIES BERRIES DBL STRENGTH 750ML	£2.60
HIGH JUICE APPLE & ELDERFLOWER 1LTR	£2.50
HIGH JUICE APPLE 1LTR	£2.50
HON VAL APP & BLACK SQSH 1.5LTR	£2.80
LEMON SQUASH 1.5LTR	£3.00
LEMON SQUASH QUADRUPLE STRENGTH 1.5LTR	£3.00
LIME SQUASH QUADRUPLE STRENGTH 750ML	£2.60
ORANGE MANGO N A SUG DBL CONC 750ML	£2.60
ORANGE NO ADD SUG DBL CONC 1.5LTR	£3.00
RIBENA BLACKCURRANT 850ML	£4.50
ROBINSON FRUIT BARLEY PINK GRAPEFRUIT 1LTR	£2.90
ROBINSON CREATION LEMON & RASPBERRY 1LTR	£3.30
ROBINSONS APPLE & BLACKCURRANT 1LTR	£3.10
ROBINSONS APPLE & PEAR 1LTR	£3.00
ROBINSONS BARLEY WATER LEMON 850ML	£3.30

ROBINSONS FRUIT & BARLEY ORANGE 1LTR	£3.00
ROBINSONS FRUIT & BARLEY PEACH 1LTR	£3.00
ROBINSONS FRUIT BARLEY SUM FRUITS 1LTR	£3.00
ROBINSONS LEMON 1LTR	£2.90
ROBINSONS ORANGE 1LTR	£1.90
ROBINSONS SUMMER FRUIT 1LTR	£3.10
SUM FRUIT NO ADD SUG DBL CONC 1.5LTR	£3.00

## FIZZY

7 UP LEMON & LIME SUGAR FREE 8 X 330ML	£5.30
APPLETISER 750ML	£4.30
CLOUDY LEMONADE X6	£2.80
COKE CAFFIENE FREE 8PK X 330ML	£6.50
COKE DIET 12PK X 330ML	£8.40
COKE DIET 8PK X 330ML	£6.50
COKE REGULAR 8PK X 330ML	£7.20
COKE ZERO 12PK X 330ML	£8.40
COKE ZERO CHERRY 8PK X 330ML	£6.20
COLA 2LTR	£1.40
CREAM SODA 2LTR	£1.40
CREAM SODA X6PK	£2.80
DIET CLOUDY LEMONADE 2LTR	£1.40
DIET COKE 150ML 12PK	£7.00
DIET COKE 24 X 330ML	£13.30
DIET COKE 2LTR	£3.20
DIET COLA 2LTR	£1.40
FANTA FRUIT TWIST 8X330ML	£5.20
FANTA ORANGE CAN 8 X 330ML	£5.60
FANTA ORANGE ZERO 2LTR	£3.00
FEV-TREE INDIAN TONIC WATER 8PK X 150ML	£7.30
FEV-TREE REFRESH LIGHT LEM TONIC 500ML	£3.00
GINGER BEER CANS 4 X 330ML	£2.80
INDIAN TONIC WATER 1LTR	£1.40
INDIAN TONIC WATER WITH LEMON 1LTR	£2.30
LEMON & LIME SPARKLING WATER 1LTR	£1.80
LEMONADE CANS 4 X 330ML	£3.10
LOW CAL INDIAN TONIC WATER 1LTR	£1.40
LOW CALORIE BITTER LEMON 1LTR	£1.40
LOW CALORIE GINGER ALE 1LTR	£1.40

LUCOZADE ENERGY ORIGINAL 900ML	£2.50
LUCOZADE ORANGE 4 X 380G	£4.40
LUCOZADE ORANGE 900ML	£2.50
LUCOZADE ORIGINAL 4 X 380ML	£4.40
OLD JAMAICA GINGER BEER 2LTR	£3.10
PEPSI DIET 1.25LTR	£2.50
PEPSI DIET 2LTR	£2.30
PEPSI DIET 8PK X 330ML	£5.60
PEPSI DIET 8PK X 330ML	£5.60
PEPSI MAX 1.25LTR	£2.50
PEPSI MAX 12 X 330ML	£7.00
PEPSI MAX 2LTR	£2.30
PEPSI MAX 8PK X 330ML	£5.60
PEPSI REGULAR 2LTR	£2.70
PEPSI REGULAR 8PK X 330ML	£5.60
SCHWEPES CANADA DRY GINGER ALE 12X150ML	£2.75
SCHWEPES LEMONADE 12X150ML	£7.00
SCHWEPES SLIM TONIC 1L	£2.75
SCHWEPES TONIC WATER 1LTR	£2.90
SODA WATER 1LTR	£1.40
SPARKLING DIET LEMONADE 2LTR	£1.40
SPARKLING LEMONADE 2LTR	£1.40
TANGO APPLE 8PK X 330ML	£6.20
TANGO ORANGE 8PK X 330ML	£6.20
TANGO SUGAR FREE DARK BERRY 8PK X 330	£6.20



## FRUIT JUICES

APPLE & MANGO JUICE 1LTR	£2.40
APPLE JUICE 1LTR	£2.10
BIG TOM TOMATO JUICE 750ML	£4.50
CHILLED APPLE JUICE 1LTR	£2.10
CHILLED ORANGE JUICE 1LTR	£2.40
COPELLA APPLE & ELDERFLOWER 1.35LTR	£4.60
COPELLA APPLE JUICE 1.35LTR	£4.60
CRANBERRY & RASPBERRY JUICE 1LTR	£2.40
CRANBERRY JUICE DRINK 1LTR	£2.40
GRAPEFRUIT JUICE 1LTR	£2.10
INNOCENT APPLE & MANGO 1.35LTR	£5.30
INNOCENT ORANGE JUICE WITH BITS 1.35LTR	£5.60
JAMES WHITE CARROT JUICE 1LTR	£4.00
OCEAN SPRAY CRANBERRY CLASSIC 1LTR	£3.10
ORANGE JUICE SMOOTH STYLE 1LTR	£2.10
PINEAPPLE JUICE 1LTR	£2.40
POMEGRANATE JUICE 1LTR	£2.40
POMEGREAT POMEGRANATE JUICE 1LTR	£3.10
PRUNE JUICE 1LTR	£4.95
PURE SQUEEZED ORANGE JUICE 1LTR	£2.90
PURE SQUEEZED ORANGE JUICE BITS 1LTR	£3.10
RUBICON MANGO JUICE 1LTR	£3.10
TOMATO JUICE 1LTR	£2.40
TROPICANA ORANGE & MANGO JUICE 850ML	£4.50
TROPICANA ORANGE JUICE EXTRA BITS 1.5LTR	£6.10
TROPICANA SMOOTH ORANGE JUICE 1.5LTR	£6.10
V8 VEGETABLE JUICE 1LTR	£4.40

## WATER

BUXTON MINERAL WATER 8PK X 500ML	£4.50
BUXTON SPARKLING WATER 8 X 500ML	£5.00
EVIAN MINERAL WATER 1.5LTR	£2.10
EVIAN MINERAL WATER 500ML	£1.20
EVIAN MINERAL WATER 6 X 1.5LTR	£7.30
EVIAN MINERAL WATER 6PK X 500ML	£5.10
LEMON & LIME STILL WATER 1LTR	£1.70
NATURAL MINERAL WATER INDIVIDUAL 2LTR	£1.70
SPARKLING SPRING WATER 500ML	£0.90
STILL NATURAL MINERAL WATER 12PK X 500ML	£3.40
STILL NATURAL WATER 500ML	£0.90
STILL WATER 6 X 500ML	£2.50
STRAWBERRY & KIWI STILL WATER 1LTR	£1.20
SUM FRUIT STILL SPRING WATER 1LTR	£1.20
VOLVIC 6 X 1.5LTR	£5.60
VOLVIC MINERAL WATER 1.5LTR	£1.50
VOLVIC MINERAL WATER 500ML	£1.10
VOLVIC MINERAL WATER 6PK X 500ML	£4.70
VOLVIC TOUCH OF LEMON 1.5L	£2.40





# Fruit & Veg

## FRESH FRUIT

APRICOTS 320G	£3.60
BAG OF 6 SMALL BANANAS	£2.20
BAG OF SATSUMAS 600G	£2.50
BLACK GRAPES 500G	£3.30
BLACKBERRIES 150G	£3.20
BLUEBERRIES 150G	£3.20
BLUEBERRIES 250G	£4.50
BRAEBURN APPLES MINIMUM 5 PACK	£3.30
BRAMLEY COOKING APPLE EACH	£1.30
BRITISH APPLES 4PK	£2.50
CHERRIES FRESH 200G	£3.80
CLEMENTINE SWEET EASY PEELER 600G	£2.50
CONFERENCE PEARS 610G	£2.90
FIGS 3 PACK	£3.10
FLAT PEACH 4PK	£3.00
FRESH MANGO CHUNKS 250G	£3.60
FRESH PINEAPPLE CHUNKS 300G	£3.60
GALA APPLES MINIMUM 5 PACK	£2.90
GOLDEN DELICIOUS APPLES MINIMUM 5 PACK	£3.10
GRANNY SMITH APPLES MINIMUM 5 PACK	£3.10
GRAPES HALF GREEN HALF RED	£3.30
GREEN GRAPES 500G	£3.30
KIWI 6 PACK	£2.10
LARGE ORANGE EACH	£0.70
LARGE RIPE AVOCADO EACH	£1.80
LEMONS 4 PACK	£2.10
LIMES 5 PACK	£2.50

LOOSE LARGE BANANA EACH	£0.50
LOOSE SMALL BANANA EACH	£0.40
MELON MEDLEY 300G	£3.70
MELON WEDGES 550G	£4.20
NECTARINES MINIMUM 3 PACK	£3.30
PACK OF SMALL APPLES 6 PACK	£2.10
PACK OF SMALL PEARS 550G	£2.30
PEACHES MINIMUM 4 PACK	£3.50
PEARS HALVES IN JUICE 410G	£2.40
PINK LADY APPLE EACH	£1.40
PINK LADY APPLES MINIMUM 5 PACK	£4.20
PLUMS PACK 400G	£2.50
RASPBERRIES 150G	£3.20
RED GRAPEFRUIT EACH	£1.00
RED GRAPES 500G	£3.30
RIPE MANGO EACH	£1.90
SMALL APPLE LOOSE EACH	£0.60
SMALL LOOSE LEMON EACH	£0.70
SMALL PEAR SMALL EACH	£0.70
STRAWBERRIES PUNNET 227G	£3.40
TOMATOES ON THE VINE 500G	£2.40
TOMATOES ON THE VINE SWEET RIPENED 255G	£2.40
WHOLE CANTALOUPE MELON	£3.10
WHOLE GALIA MELON	£3.10
WHOLE HONEYDEW MELON	£2.80
WHOLE MINI WATERMELON	£3.60
WHOLE PINEAPPLE	£2.00
WHOLE WATERMELON EACH	£4.40





## FRESH VEGETABLES

ASPARAGUS TIPS 125G	£3.40
AUBERGINE EACH	£1.80
BABY LEAF SALAD 90G	£2.30
BABY PLUM TOMATOES 250G	£1.80
BABY POTATOES 750G	£2.10
BABY POTATOES WITH HERB BUTTER 360G	£2.30
BABY SPINACH 220G	£2.10
BAG OF CARROTS 800G	£1.70
BAKING POTATOES 4 PACK	£1.70
BEEF TOMATO EACH	£1.90
BROCCOLI 375G	£1.90
BROWN ONIONS 1KG	£1.90
BUNCHED SPRING ONIONS 100G	£1.90
BUTTERHEAD LETTUCE	£1.70
CARROT LOOSE EACH	£0.40
CASSEROLE VEGETABLES 700G	£2.80
CAULIFLOWER EACH	£2.00
CHANTENAY CARROTS 500G	£2.00
CHERRY TOMATOES 300G	£1.90
CHESTNUT BABY BUTTON MUSHROOMS 150G	£2.10
CHESTNUT MUSHROOMS 250G	£2.10
CHICORY 270G	£2.80
CHILLED ROAST POTATOES 450G	£3.70
CHINESE LEAF	£2.40
CLOSED CUP MUSHROOMS 300G	£2.10
COOKED BEETROOT 250G	£1.80

CORN ON THE COB TWIN PACK	£2.40
COURGETTE LOOSE EACH	£1.10
CUCUMBER EACH	£1.70
CURLEY KALE 180G	£1.90
DICED ONIONS 400G	£2.10
FINE BEANS 200G	£2.30
FRESH CORIANDER 30G	£1.70
FRESH LEEK EACH	£1.40
FRESH MINT 30G	£1.50
FRESH SWEDE MIN 400G	£1.90
FRESH WHOLE GREENS 500G	£1.60
GREEN PEPPER EACH	£1.40
GROWING SALAD CRESS	£1.00
HALF CUCUMBER	£1.00
HAND SHELLLED PEAS 160G	£2.40
ICEBERG LETTUCE EACH	£1.70
JERSEY ROYAL POTATOES 450G **SEASONAL**	£2.80
KING EDWARD POTATOES 2KG	£2.80
LARGE BAKING POTATO EACH	£1.00
LARGE FLAT MUSHROOMS 250G	£2.20
LARGE GARLIC EACH	£1.70
LITTLE GEM LETTUCE 2 PACK	£2.00
LOOSE BROWN ONION	£0.50
MARIS PIPER POTATOES 1.25KG	£2.50
MARIS PIPER POTATOES 2KG	£3.00
MEDIUM BAKING POTATO EACH	£0.80
MIXED CHILLIES 65G	£1.70
MIXED FRESH PEPPERS 375G	£2.50
MIXED LEAF SALAD 120G	£2.10
ORGANIC CARROTS 700G	£2.20



PACK OF SALAD TOMATOES 6 PACK	£2.20
PARSNIP LOOSE EACH	£0.90
PARSNIPS 500G	£1.80
PEELED BRUSSELS SPROUTS 200G	£2.60
PREMIUM PICCOBELLA TOMATOES 220G	£3.10
PREMIUM SWEET FIERY BEETROOT 180G	£2.80
PREMIUM TOMATOES ON THE VINE 450G	£3.60
PREPARED GREEN BEANS 80G	£2.10
PREPARED MIXED FRESH VEG 225G	£2.80
RADISH PACK 240G	£1.70
RED CABBAGE EACH	£1.70
RED ONION EACH	£0.50
RED ONIONS 1KG	£1.90
RED PEPPER EACH	£1.40
RHUBARB FRESH (SEASONAL)	£3.80
RIPE & READY AVOCADO 2 PACK	£2.90
ROMAINE LETTUCE HEARTS TWIN PACK	£2.10
SALAD TOMATO LOOSE EACH	£0.60
SAVOY CABBAGE EACH	£1.90
SHALLOTS ONIONS 400G	£2.50
SLICED RUNNER BEANS 160G	£2.80
SLICED SPRING GREENS 200G	£2.60

SPINACH 500G	£3.10
STIR FRY VEG 320G	£2.50
STRINGLESS FLAT BEANS 180G	£2.40
SWEET CRISP SIDE SALAD 128G	£2.60
SWEET POTATO EACH	£1.20
SWEETHEART CABBAGE EACH	£1.50
TENDERSTEM BROCCOLI 200G	£2.70
TENDERSTEM MIXED VEGETABLES 160G	£2.90
UNCUT GREEN BEANS 220G	£2.00
UNPEELED BRUSSELS SPROUTS 500G	£3.10
WATERCRESS 85G	£2.60
WHITE CABBAGE	£1.70
WHOLE CELERY	£1.50
YELLOW PEPPER EACH	£1.40







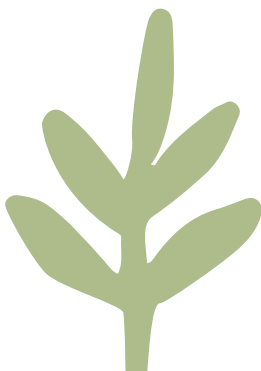
## FROZEN READY MEALS

FROZEN AUNT BESSIES TOAD IN THE HOLE 190G	£3.50
FROZEN BEEF LASAGNE 400G	£3.00
FROZEN CALORIE CONTROLLED LASAGNE 350G	£3.00
FROZEN CHICKEN ARRABBIATA 400G	£3.00
FROZEN CHICKEN CHOW MEIN 375G	£3.00
FROZEN CHICKEN HOTPOT 400G	£3.00
FROZEN CHICKEN KORMA WITH PILAU RICE 400G	£3.00
FROZEN CHICKEN TIKKA MASALA PILAU RICE 400G	£3.00
FROZEN ALL DAY BREAKFAST 350G	£3.50
FROZEN CHICKEN CURRY & RICE 400G	£3.00
FROZEN CLASSIC CHICKEN DINNER 400G	£3.50
FROZEN MACARONI CHEESE 400G	£3.00
FROZEN ROAST BEEF DINNER 400G	£3.50
FROZEN SHEPHERDS PIE 375G	£3.00
FROZEN SPAGHETTI BOLOGNAISE 400G	£3.00
FROZEN SWEET SOUR CHICKEN & RICE 400G	£3.00
FROZEN HEALTH CHICKEN CURRY AND RICE 350G	£3.00
FROZEN KERALAN STYLE CHICKEN CURRY 400G	£3.00
FROZEN MINCED BEEF HOTPOT 400G	£3.00
FROZEN PREMIUM BEEF BOURGUIGNON 400G	£4.30
FROZEN PREMIUM BEEF LASAGNE 400G	£4.30



FROZEN PREMIUM CHICKEN TIKKA MASALA & BASMATI RICE 400G	£4.30
FROZEN PREMIUM LAMB MOUSSAKA 400G	£4.30
FROZEN SAUSAGE AND MASH 400G	£3.00
FROZEN SPAGHETTI CARBONARA 400G	£3.00
<b>FROZEN PIZZA</b>	
CHICAGO TOWN CHEESE PIZZA 2 X 148G	£3.10
CHICAGO TOWN HAM & PINEAPPLE 2 X 161G	£3.10
CHICAGO TOWN MEGA MEATY 2 X 157G	£3.10
CHICAGO TOWN PEPPERONI PIZZA 2 X 148G	£3.10
DEEP PAN MEAT FEAST PIZZA 386G	£2.30
DR OETKER HAWAII PIZZA 355G	£4.30
GOODFELLAS THIN MARGHERITA 345G	£3.60

Looking for  
fresh pizza?  
See page 20



## FROZEN MEAT & PIES

BIRDS EYE CHICKEN DIPPERS X 38	£6.70
FROZEN CHICKEN & VEGETABLE PIES X 4 484G	£3.10
FROZEN CHICKEN BREAST 1KG	£7.80
FROZEN CHICKEN THIGHS 1.5KG	£6.50
FROZEN MINI SAUSAGE ROLLS X50	£2.50
FROZEN PUKKA CHICKEN PIES 2 PK	£4.50
FROZEN PUKKA PIE BEEF & VEGETABLE X4	£4.70
FROZEN SOUTHERN FRIED CHICKEN STEAKS 380G	£3.50
FROZEN STEAK & KIDNEY PUDDINGS X4	£4.70
MR BRAINS FAGGOTS X6	£2.00

## FROZEN FISH

10 BIRDS EYE FISH FINGERS 280G	£4.20
10 FISH FINGERS 300G	£2.80
BIRDS EYE 6 CHUNKY FISH FINGERS XL 360G	£5.30
BIRDS EYE BATTERED COD X4	£8.30
BIRDS EYE BREADED COD X4	£8.30
BIRDS EYE COD FISH FINGERS X 10	£5.00
BIRDS EYE COD FISH FINGERS X 30	£9.70
BIRDS EYE SEEDED CRUST FISH FILLET X2	£4.20
FISH PIE MIX FROZEN 400G	£5.80
FROZEN BREADED PLAICE 4PK	£7.00

FROZEN BREADED SOLE LEMON PARSLEY 250G	£4.70
FROZEN COD FILLETS 360G	£5.00
FROZEN KING PRAWNS 170G	£5.00
FROZEN SALMON FILLETS 500G	£7.50
FROZEN SMOKED HADDOCK FILLETS 360G	£5.80
FROZEN WHITE FISH FILLETS 520G	£4.00
PREMIUM CHUNKY COD FISH FINGERS 400G	£5.00
SALMON PARCELS 275G	£4.20
WHOLETAIL BREADED SCAMPI 280G	£4.70
YOUNGS 2 BASA FILLETS IN TEMPURA 310G	£5.60
YOUNGS 4 OMEGA 3 FISH CAKES 200G	£2.10
YOUNGS CHIP SHOP FISH FILLETS X4	£5.50
YOUNGS COD IN BUTTER SAUCE X4	£7.50
YOUNGS COD IN PARSLEY SAUCE X4	£7.50
YOUNGS GASTRO 2 SMOKED HADDOCK CHUNKY FISH CAKES 270G	£5.00

## FROZEN VEGETABLES

AUNT BS ROAST PARSNIP HONEY GLAZE 500G	£3.60
BIRD EYE FRAGRANT GOLDEN VEG RICE X2 380G	£3.60
BIRDS EYE MED VEG RICE X 2 380G	£3.60
BIRDS EYE PETIT POIS 545G	£3.40
CAULIFLOWER CHEESE FROZEN	£3.60
CO-OP MIXED FROZEN VEG 750G	£2.40
FROZEN 4 STEAM BAGS RICE WITH MIXED VEGETABLES 600G	£3.35
FROZEN BROAD BEANS 650G	£2.50
FROZEN BROCCOLI FLORETS 750G	£2.20
FROZEN BRUSSEL SPROUTS 1KG	£2.30
FROZEN BUTTERNUT SQUASH CHUNKS 500G	£2.40
FROZEN BUTTON BRUSSELS SPROUTS 1KG	£2.15
FROZEN CASSEROLE VEGETABLES 1KG	£2.35
FROZEN CAULIFLOWER CHEESE BAKE 680G	£3.25
FROZEN CAULIFLOWER FLORETS 900G	£2.00
FROZEN CHOPPED OKRA 300G	£2.50
FROZEN DICED ONIONS 500G	£2.00





FROZEN LEAF SPINACH 900G	£3.00
FROZEN MIXED PEPPERS 500G	£2.30
FROZEN PEAS 750G	£2.20
FROZEN SLICED CARROTS PEELED & CUT 1KG	£1.75
FROZEN SLICED GREEN BEANS 850G	£2.25
FROZEN SLICED LEEKS 700G	£2.50
FROZEN SLICED MUSHROOMS 500G	£2.25
FROZEN SLICED RED ONIONS 500G	£2.15
FROZEN SWEET POTATO CHUNKS 600G	£2.50
FROZEN SWEETCORN 1KG	£2.80
MIXED VEGETABLE STEAM BAGS X 4 640G	£3.60
PETIT POIS FROZEN 1KG	£2.50

## FROZEN FRUIT

BLACKBERRIES 350G	£3.30
BLUEBERRIES 350G	£3.30
CHERRIES FROZEN PITTED DARK SWEET 480G	£4.20
FROZEN BLUEBERRIES 350G	£3.60
FROZEN MIXED BERRIES 1KG	£4.20
FROZEN PINEAPPLE 450G	£3.50
FROZEN STRAWBERRIES 350G	£3.50
MANGO CHUNKS 500G	£3.30
RASPBERRIES 300G	£3.30

## FROZEN CHIPS & POTATOES

AUNT BESSIES ROASTIES 720G	£3.60
CRINKLE CUT CHIPS 1.5KG	£3.50
FROZEN FRENCH FRIES 1.5KG	£3.70
FROZEN MASHED POTATO 900G	£2.80
FROZEN POTATO WEDGES 750G	£3.00
FROZEN ROAST POTATOES 800G	£1.90
HASH BROWNS 750G	£3.00
MCCAIN CRISPY FRENCH FRIES 900G	£4.70
MCCAIN EXTRA CHUNKY HOME CHIPS 1KG	£4.50
MCCAIN FROZEN JACKETS X4	£4.80
MCCAIN MICRO CHIPS X4 100G	£4.00
MCCAIN NAKED OVEN CHIPS 900G	£3.00
MCCAIN SKIN ON FRIES 800G	£4.70
POTATO CROQUETTES 700G	£2.35
SPICY POTATO WEDGES 750G	£2.35
STEAK CUT OVEN CHIPS 1.5KG	£3.10
STRAIGHT CUT OVEN CHIPS 750G	£2.80
SWEET POTATO OVEN CHIPS 500G	£4.00

## FROZEN EXTRAS

10 GARLIC BREAD SLICES 260G	£2.25
2 GARLIC BAGUETTES 338G	£2.25
FROZEN AUNT B YORKSHIRES X 10	£3.50
FROZEN B EYE STEAMFRESH CREAMY CHEESE PASTA 4PK	£4.80
FROZEN HUMZA MEAT SAMOSAS 650G	£6.00
FROZEN ONION RINGS 300G	£3.00
FROZEN YORKSHIRE PUDDINGS X12	£2.00

## FROZEN ICE CREAM & DESSERTS

4 FREE FROM CHOCOLATE ECLAIRS 100G	£3.50
6 CHOCOLATE ECLAIRS 160G	£2.85
BISCOFF ICE CREAM STICKS 3PK	£5.80
CADBURY CARAMEL ICE CREAM 480ML	£4.70
CADBURY DAIRY MILK CARAMEL ICE CREAM STICKS 4X90ML	£4.50
CADBURY DAIRY MILK ICE CREAM STICKS 4X90ML	£4.25
CADBURY FLAKE 99 ICE CREAM CONES 4 X 125ML	£5.05
CARTE D'OR CHOCOLATE ICE CREAM 900ML	£5.25
CARTE D'OR SALTED CARAMEL ICE CREAM TUB 900ML	£5.25
CARTE D'OR STRAWBERRY ICE CREAM 900ML	£5.25
CARTE D'OR VANILLA ICE CREAM 900ML	£5.25
CORNETTO ICE CREAM CONES 6 X 90ML	£4.70
CORNETTO MINT ICE CREAM CONES 6 X 90ML	£4.70
CORNETTO STRAWBERRY ICE CREAM CONES 6X90ML	£4.70
FROZEN MACARONS 12PK	£5.00
FROZEN MORELLO CHERRY BAKEWELL TART 410G	£3.70

HAAGEN-DAZS SALTED CARAMEL ICE CREAM 460ML	£6.50
HAAGEN-DAZS STRAWBERRY CHEESECAKE ICE CREAM 460ML	£6.50
LEMON SWIRL CHEESECAKE 375G	£2.00
MAGNUM DOUBLE GOLD CARAMEL BILLIONAIRE ICE CREAM STICKS 3X85ML	£4.85
MAGNUM ICE CREAM STICKS 3X X100ML	£5.00
MAGNUM MINI CLASSIC 6 X 55ML	£6.00
MAGNUM WHITE CHOCOLATE ICE CREAM STICKS 3X100ML	£4.50
MARS ICE CREAM X4	£3.90
MINI CHOCOLATE ICE CREAMS 8 X 50ML	£4.10
NEW YORK CHEESECAKE 450G	£3.75
ROWNTREES PUSH UPS 4X90ML	£3.75
SNICKERS ICE CREAM 4 X 50.3 ML	£3.50
SOLERO ICE CREAM STICKS X3	£4.10
STRAWBERRY CHEESECAKE 500G	£3.75
TWIX ICE CREAM BARS 4X43.1ML	£3.50
VIENETTA VANILLA 650ML	£2.80

## FROZEN PASTRIES

4 MAPLE & PECAN PLAITS 350G	£3.85
4 ALMOND CROISSANTS 322G	£3.85
4 PAIN AU CHOCOLAT 320G	£3.85
PORTUGUESE CUSTARD TARTS 4 PACK 208G	£3.85







# Tinned Fruit & Baking



## EGGS

6 BRITISH LARGE EGGS	£2.60
6 PREMIUM FREE RANGE EGGS	£3.50
6 BRITISH MEDIUM EGGS	£2.10

## FLOUR

ALLINSON WHOLEMEAL BREAD FLOUR 1KG	£2.90
ALLINSONS VERY STRONG WHOLEMEAL BREAD FLOUR 1KG	£2.60
PLAIN FLOUR 1.5KG	£1.80
SELF RAISING WHITE FLOUR 1.5KG	£1.50
STRONG WHITE BREAD FLOUR 1.5KG	£2.10
WHOLEMEAL BREAD FLOUR 1.5KG	£2.10

## BAKING AIDES AND MIXES

BORWICKS BAKING POWDER 102G	£1.80
BORWICKS BICARBONATE OF SODA 100G	£1.80
EVAPORATED MILK 170G	£1.50
EVAPORATED MILK 410G	£2.30
FARMLEA SWEETENED CONDENSED MILK 397G	£2.30
GOLDEN SYRUP 680G	£2.60
JUS-ROLL SHORTCRUST BLOCK 500G	£2.60
LEMON JUICE 250ML	£1.50
LIME JUICE 250ML	£1.50
LYLES GOLDEN BREAKFAST SYRUP 340G	£2.90
MERINGUE NESTS X 8	£2.90
MINCEMEAT 411G	£2.30

OPIES STEM GINGER 350G	£4.70
PANCAKE & BATTER MIX 128G	£1.20
PREMIUM COCOA POWDER 200G	£4.90
SPONGE FINGERS 125G	£2.30
TATE & LYLE GOLDEN SYRUP 454ML	£2.50
VANILLA SPONGE MIX 400G	£2.10

## BAKING FRUITS & NUTS

CURRENTS 500G	£2.90
DESICCATED COCONUT 200G	£2.50
DRIED FRUIT 500G	£2.95
ISLAND MIX 300G	£2.50
MIXED FRUIT 500G	£2.90
MIXED PEEL 200G	£1.80
READY TO EAT APRICOTS 500G	£5.00
READY TO EAT PRUNES 500G	£4.60
READY TO EAT SOFT PITTED PRUNES 250G	£4.00
SEEDLESS RAISINS 500G	£3.10
SOFT APRICOTS READY TO EAT 250G	£5.10
SOFT EAT FIGS READY TO EAT 250G	£3.40
SOFT PITTED DATES READY TO EAT 250G	£3.40
SULTANAS 500G	£3.10
SWEETENED CRANBERRIES 170G	£4.00

## SUGAR

CASTER SUGAR 1KG	£2.90
DEMERARA SUGAR 500G	£2.20
FAIRTRADE DARK BROWN SUGAR 500G	£2.90
GOLDEN GRANULATED SUGAR 1KG	£3.60
PURE CANE CASTER SUGAR 1KG	£3.20
SILVER SPOON ICING SUGAR 1KG	£3.60
SUGAR CUBES 500G	£2.60
T&L GRANULATED SUGAR 1KG	£2.30
T&L GRANULATED SUGAR 500G	£2.00
TATE & LYLE ICING SUGAR 500G	£2.20

## CUSTARD & RICE

AMBROSIA CUSTARD 400G	£2.50
AMBROSIA DEVON CUSTARD CARTON 500G	£3.00
AMBROSIA DEVON CUSTARD POTS X4	£4.00
AMBROSIA LIGHT DEVON CUSTARD 400G	£2.50
AMBROSIA LIGHT DEVON CUSTARD POT X4	£4.00
AMBROSIA LIGHT RICE PUDDING 400G	£2.50
AMBROSIA RICE PUDDING 400G	£2.50
AMBROSIA RICE PUDDING POTS X4	£4.00
AMBROSIA SEMOLINA 400G	£2.90
AMBROSIA TAPIOCA 385G	£3.40
BIRDS CUSTARD POWDER 350G	£3.40
BIRDS INSTANT CUSTARD ORIGINAL 3 X 75G	£3.10
CUSTARD CARTON 500G	£2.00
CUSTARD READY TO SERVE 400G	£1.50
RICE PUDDING 400G	£1.80

## ANGEL DELIGHT

ANGEL DELIGHT BANANA SACHET	£1.90
ANGEL DELIGHT BUTTERSCOTCH SACHET	£1.90
ANGEL DELIGHT CHOCOLATE SACHET	£1.90
ANGEL DELIGHT STRAWBERRY SACHET	£1.90

## TINNED FRUIT

APPLE SLICES IN JUICE	£2.90
APRICOTS IN JUICE 411G	£2.20
FRUIT COCKTAIL IN JUICE 410G	£2.20
GRAPEFRUIT IN JUICE 411G	£2.00
GRAPEFRUIT IN JUICE RUBY RED 411G	£2.00
MANDARIN SEGMENTS IN JUICE 298G	£2.10
MANGO PULP 850G	£3.60
MANGO SLICES IN SYRUP 425G	£2.80
PEACH SLICES IN JUICE 410G	£2.30
PEAR HALVES IN JUICE 410G	£2.10
PINEAPPLE CHUNKS IN JUICE 425G	£2.30
PINEAPPLE RINGS IN JUICE 425G	£2.20
PITTED PRUNES IN JUICE 290G	£2.10
PRINCES APPLE PIE FILLING 395G	£3.00
PRINCES BLACK CHERRY FRUIT FILLING 410G	£3.00
PRINCES GOOSEBERRIES 145G	£2.60
PRINCES TINNED RHUBARB 540G	£2.60
PRUNES IN JUICE 410G	£2.40
STRAWBERRIES IN SYRUP	£2.70





# Meat Free & Vegan

## MEAT FREE BACON & SAUSAGES

HECK MEAT FREE CHIPOLATAS 300G	£3.60
MEAT FREE SAUSAGES (8)	£3.60
NAKED WITHOUT THE OINK BACON 150G	£4.00
QUORN VEGAN SAUSAGES 270G	£3.60

## MEAT FREE READY MEALS

MEAT FREE SPAGHETTI BOLOGNAISE 400G	£4.50
MUSHROOM STROGANOFF & RICE 400G	£4.50
QUORN COTTAGE PIE 400G	£4.50
QUORN LASAGNE 400G	£4.50
QUORN TIKKA MASALA 400G	£4.50
VEGETABLE LASAGNE 400G	£4.70
VEGETABLE TIKKA MASALA & RICE 400G	£4.50

## VEGETARIAN

LINDA MC MOZZARELLA BURGERS X 2 227G	£3.70
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LINDA MC VEG QUATER POUNDERS X 2 227G	£3.70
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## QUORN

QUORN FAMILY ROAST 454G	£5.30
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QUORN MEAT FREE PEPPERED STEAKS 196G (2)	£4.50
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QUORN VEGAN CHICKEN FREE SLICES 100G	£3.10
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QUORN VEGAN CRUNCHY FILLET BURGERS 190G	£3.60
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QUORN VEGAN SMOKEY HAM FREE SLICES 100G	£3.10
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QUORN VEGAN STEAK BAKES 300G	£3.60
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QUORN VEGAN TAKEAWAY CRUNCHY STRIPS 245G	£4.20
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## COTTON WOOL & BUDS

FAIRTRADE COTTON WOOL PADS SQUARE X 50	£3.20
FAIRTRADE COTTON BUDS X 200	£2.20
FAIRTRADE COTTON WOOL PADS 50PK	£3.10

## FACE WIPES MOISTURISERS & CREAM

AFTERSUN 200ML	£4.80
BIODEGRADABLE FACE WIPES X 25	£2.30
CHAPSTICK ORIGINAL LIP BALM	£1.40
DOVE HAND WASH CREME 250ML	£2.60
E45 CREAM TUB 125G	£5.50
E45 DAILY LOTION 400ML	£8.50
GARNIER AMB SOL SUN LOTION SPF30 200ML	£4.70
GARNIER AMB SOL SUN LOTION SPF50 200ML	£4.70
HAND CREAM 75ML	£2.60
NIVEA CREAM 200ML	£5.30
NIVEA HAND PROTECT CREAM BEESWAX 75ML	£2.30
NIVEA LIP CARE ORIGINAL 4.8G	£2.80
NIVEA Q10 DAY CREAM 50ML	£15.00
NIVEA Q10 NIGHT CREAM 50ML	£15.00
NIVEA RICH NOURISHING BODY LOTION 250ML	£6.20
NIVEA SOFT CREAM 500ML	£7.00
SIMPLE CLEANSING BIODEGRAD WIPES X 25	£3.60
SIMPLE MICELLAR FACE WIPES X 20	£5.60
SIMPLE RICH MOISTURISER 125ML	£4.00
VASELINE ALOE SOOTHE BODY LOTION 400ML	£6.00
VASELINE HAND STRONGER NAIL CREAM 75ML	£3.10
VASELINE LIP THERAPY WITH ALOE VERA 20G	£2.90
VASELINE ORIGINAL LIP TIN 20G	£2.50
VASELINE PETROLEUM JELLY 50ML	£2.50

## DENTAL CARE

6-IN-1 MOUTHWASH 500ML	£2.80
AQUAFRESH ACTIVE WHITE 125ML	£1.80
AQUAFRESH TRIPLE PROTECTION 100ML	£2.80
COLGATE CAVITY PROTECT 75ML	£3.10
COLGATE PLAX COOLMINT ALCOHOL FREE 250ML	£4.10
COLGATE TOTAL ADVANCED FRESH 125ML	£6.00
COLGATE TOTAL WHITENING PUMP 100ML	£4.95
COLGATE TRIPLE ACTION MOUTH WASH 500ML	£3.10
COLGATE TRIPLE ACTION TOOTH PASTE 75ML	£2.10
CORSODYL MOUTHWASH 300ML	£6.50
DENTAL FLOSS	£2.10
FAMILY TWIN TOOTHBRUSH	£1.90
FIXODENT ORIGINAL 40G	£4.70
FIXODENT PLUS BEST DENTURE 40G	£5.00
FRESH MINT MOUTHWASH 500ML	£2.00
LISTERINE MOUTHWASH COOLMINT 500ML	£4.50
LISTERINE MOUTHWASH TOTAL CARE 500ML	£6.60
POLIGRIP ESSENTIAL FIXATIVE 40ML	£2.80
STERADENT TABLETS FRESH X 30	£2.30
STERADENT TABLETS ORIGINAL X 30	£2.30

## ANTIPERSPIRANT DEODORANT

ANTI PERSP DEOD MEN 250ML	£2.30
ANTI-PERSP DEOD LADIES 250ML	£2.30
DOVE ADVANCED CARE ROLL ON ORIGINAL 50ML	£4.10
DOVE DEODRANT MENS 200ML	£5.50
DOVE SPRAY LADIES 200ML	£5.50
SANEX ROLL ON INVISIBLE DRY 50ML	£2.00
SURE LADIES DEOD 250ML	£4.80
SURE MEN INVISIBLE ICE DEOD 200ML	£4.00
SURE ROLL ON COTTON FRESH 50ML	£2.30



## EYE CARE

MURINE DRY & TIRED EYE DROPS 15ML	£4.50
OPTREX INTENSIVE EYE DROPS 10ML	£6.20
OPTREX MULTI ACTION EYE WASH 100G	£6.20

## HAIRCARE

2 IN 1 ANTI DANDRUFF SHAMPOO 300ML	£2.30
BALSAM CONDITIONER APPLE 350ML	£1.80
BALSAM CONDITIONER COCONUT 350ML	£1.80
BALSAM CONDITIONER RASPBERRY 350ML	£1.80
BALSAM SHAMPOO APPLE 350ML	£1.80
BALSAM SHAMPOO COCONUT 350ML	£1.80
BALSAM SHAMPOO RASPBERRY 350ML	£1.80
DOVE CONDITIONER INTENSIVE CARE 200ML	£4.80
EXTRA FIRM HOLD HAIRSPRAY 300ML	£2.10
HAIR MOUSSE VO5	£5.50
HEAD & SHOULDERS CLASSIC SHAMPOO 400ML	£6.50
HEAD SHOULD 2IN1 CLASSIC CLEAN 400ML	£6.20
LOREAL ELNETT EXTRA HOLD HAIRSPRAY 200ML	£7.20
LOREAL ELNETT NORMAL HAIRSPRAY 200ML	£7.20
PANTENE 3IN1 CLASSIC CLEAN 300ML	£5.30
VO5 MEGA HOLD GEL SPRAY 200ML	£5.80

## HYGIENE

ALWAYS DAILIES LINER NORMAL X 20	£1.80
ALWAYS DAILIES LONG + PANTYLINERS X 24	£3.20
ALWAYS DAILIES NORMAL PANTYLINER X 32	£3.60
ALWAYS DISC SENS BLAD CONT SMALL PAD X20	£4.40
ALWAYS DISC SENS BLAD ULTRA NIGHT X 6	£3.70
ALWAYS DISC SENS BLAD/INCONTINENCE X 8	£3.90
ALWAYS DISC UNDERWEAR PANTS PLUS XL X 7	£8.40
ALWAYS DISCREET LARGE PANTS X 10	£9.50
ALWAYS DISCREET LONG PADS X 10	£3.60
ALWAYS DISCREET NORMAL PADS X 12	£3.90
ALWAYS DISCREET PADS X 12	£3.90

AVEENO BABY WIPES X 72	£2.90
CAREFREE COTTON PANTYLINER FRESH X 20	£2.30
CAREFREE COTTON PANTYLINER UNSCENT X20	£2.30
CAREFREE PANTY LINERS 20 PACK	£2.30
CHAIR & BED MATS X 10	£7.70
COMFORT FIT FOR HER LARGE X 10	£8.30
MEN ACTIVE INCON PANTS LARGE SUPER X 10	£10.50
MENS ACTIVE PANTS LARGE SUPER X 10	£10.50
NAPPY BAGS FRAGRANCE FREE X 75	£1.80
NAPPY SACKS	£2.00
TENA DISCREET MINI X 20	£3.75
TENA LADY DISCREET EXTRA PADS X 10	£4.00
TENA LADY DISCREET NORMAL X 12	£4.00
TENA LADY EXTRA PLUS X 8	£4.20
TENA LIGHTS LONG LIGHT LINER X 28	£3.60
TENA LIGHTS LONG LINERS X 20	£4.00
TENA MAN ACTIVE PANTS PLUS MEDIUM X 9	£11.30
TENA MAN PREMIUM L4 LARGE X 8	£11.30
TENA MEN ACTIVE FIT PANTS LARGE X 8	£11.70
TENA MEN PROTECTIVE SHIELD X 14	£6.30
TENA PANTS EXTRA PLUS XL X 12	£16.00
TENA PANTS PLUS - LARGE 8PK	£16.00

## GENERAL HEALTHCARE & MEDICINES

ANADIN EXTRA 16 CAPSULES	£3.90
ANTI HISTAMINE 30S	£4.00
ANUSOL 43G	£8.60
ASPIRIN 300MG 16 TABLETS	£1.70
BATH SPONGE	£2.00
BENYLIN CHESTY COUGH 300ML	£11.00
BENYLIN COUGH MIXTURE 150ML	£7.00
CAPSULES PARACETAMOL 500MG X 16	£1.90
COVONIA DRY TICKLY 150ML	£6.40
DEEP FREEZE PAIN RELIEF COLD SPRAY 150ML	£7.70
DEEP HEAT RUB 67G	£4.70
FABRIC DRESSING STRIP 100X60MM 10PK	£2.30
FABRIC PLASTERS 40PK	£2.20

FOOT BLISTER MED 5PK	£4.50
GALPHARM 500MG PARACETAMOL X 16 TABLETS	£1.90
GAVISCON DOUBLE ACTION TABLETS X 24	£8.30
GAVISCON PEPPERMINT HEARTBURN LIQ 600ML	£16.00
GAVISCON TABS X 24	£8.00
GERMOLENE ANTISEPTIC CREAM 55G	£3.60
HALLS MENTHOL ORIGINAL SUGAR FREE 32G	£1.20
HALLS SOOTHERS BLACKCURRANT 45G	£1.20
HALLS SOOTHERS HONEY & LEMON 45G	£1.20
IBUPROFEN TABLETS 200MG X16	£1.80
IMODIUM INSTANTS X 12	£8.80
IMODIUM ORIGINAL RELIEF 12 TABLETS	£7.70
JAKEMANS HONEY & LEMON 73G	£1.40
JAKEMANS THROAT & CHEST 73G	£1.40
JOHNSONS BABY POWDER 200G	£3.30
LEMSIP LEMON 10 SACHETS	£6.90
LEMSIP MAX COLD & FLU CAPSULES X16	£5.80
LOCKETS HONEY & LEMON 43G	£1.20
NUROFEN IBUPROFEN 200MG X 16	£3.40
NUROMOL TABLETS X 16	£6.70
NYTOL ONE A NIGHT 21 TABLETS	£8.90
PRO PLUS 48S	£5.00
RENNIE X 24	£4.20
SAVLON ANTISEPTIC CREAM 100G	£5.90
SELF ADHESIVE DRESSING 5PK	£2.50
STREPSILS HONEY & LEMON X 36	£7.80
SUDOCREM LITTLE SUDOCREM HANDY PACK 22G	£3.40
VOLTAROL 1.16% GEL 50G	£10.10
WATERPROOF CLEAR PLASTERS 40PK	£2.10
WATERPROOF PLASTERS 40PK	£2.10

## SHOWER GEL SOAP BUBBLE BATH HANDWASH

ALOE VERA ANTI-BAC HANDWASH 500ML	£1.80
CAREX HAND GEL ALOE 50ML	£2.10
CAREX HANDWASH 250ML	£2.30
CAREX HANDWASH ALOE VERA 250ML	£2.30
CAREX REFILL 1LTR	£4.30
CAREX SENSITIVE 250ML	£2.30
DOVE ALMOND BATH CREAM 450ML	£4.40
DOVE BODYWASH SHEA BUTTER 225ML	£3.50
DOVE DEEPLY NOURISHING BODY WASH 225ML	£3.50
DOVE MEN SHOWER GEL 400ML	£3.50
FLANNEL	£2.00
HAND HYGIENE GEL 50ML	£2.20
HANDWASH LARGE 500ML	£2.80
IMPERIAL LEATHER SOAP 4 X 100G	£3.30
LIFEBUOY ANTIBAC HAND SANITISER 50ML	£2.10
NIVEA SHOWER CASHMERE 250ML	£2.50
PALMOLIVE ORIGINAL BAR SOAP X 4	£4.00
RADOX BATH MUSCLE SOAK 100ML	£2.30
RADOX BATH MUSCLE THERAPY 500ML	£2.10
RADOX BATH STRESS RELIEF 500ML	£2.10
RADOX SHOWER ACTIVE 225ML	£1.90
RADOX SHOWER FOR MEN AWAKE 225ML	£1.90
RADOX SHOWER REFRESH 250ML	£1.90
SANEX MICELLAR HYPO ALL SHOWER GEL 515ML	£6.00
SIMPLE MOISTURISING FACIAL WASH 150ML	£3.40
SIMPLE SHOWER GEL 450ML	£2.75
SOAP PURE TWIN PACK 200G	£1.70

## VITAMINS & MINERALS

CALCIUM & VITAMIN D TABLETS X90	£3.90
COD LIVER OIL & GLUCOSAMINE SULPHATE X30	£4.70
COD LIVER OIL 500MG X90	£8.30
MULTI VITAMINS & IRON 30 TABLETS	£3.90
VITAMIN D TABLETS X 120	£5.90



## BATHROOM

ANTIBAC BATHROOM & TOILET WIPES X 40	£2.10
BLOO IN CISTERN BLOCKS X 2	£2.90
BLOO POWER ACTIVE GEL FLOWERS 700ML	£1.80
BLOO POWER ACTIVE RIM BLOCK X 2	£3.60
DAILY SHOWER SPRAY 750ML	£2.80
DETTOL MOULD & MILDEW 750ML	£4.95
DOMESTOS BLEACH 750ML	£2.20
DOMESTOS POWER FOAM 450ML	£4.00
DOMESTOS RIM BLOCK 55G	£2.80
ECOVER TOILET CLEANER PINE & MINT 750ML	£2.90
FEBREEZE BATHROOM FRESHENER 7.5ML	£3.50
HARPIC LIMESCALE REMOVER 750ML	£2.90
HARPIC POWER PLUS ORIGINAL 750ML	£3.70
MR MUS 5IN1 BATHROOM/TOILET CLEAN 500ML	£2.90
MR MUSCLE BATHROOM SPRAY 500ML	£2.90
TOILET DUCK 5 IN 1 LIQUID MARINE 750ML	£2.60
TOILET DUCK 5 IN 1 LIQUID PINE FRESH	£2.60
TWIN BLUE IN CISTERN 90G	£1.90
VIKAL BATHROOM SPRAY 500ML	£3.90

## KITCHEN

ALL PURPOSE CLOTHS X 10	£2.90
ALL IN 1 DISHWASHER LEMON TABS X 24	£4.40
ALUMINIUM FOIL 300MM 10MTRS	£4.00
ANTIBAC MULTI-SURF WIPE LEMON X40	£2.10
BAKING PAPER 12MTRS	£3.70
BIO CADDY LINERS X 15	£4.00
BRILLO SOAP PADS	£2.90
CALGON GEL 750ML	£8.90
CALGON POWER LIMESCALE TABS X 30 390G	£13.20
CAROLINE PAPER STRAWS X 25	£1.80
CIF CREAM LEMON 500ML	£3.10
CIF FLOOR CLEANER OCEAN 950ML	£3.10
CLEANING CLOTHS X 3	£2.50
DETTOL ALL IN 1 DISIN SPRAY 300ML	£3.50
DETTOL ANTI BAC SURF CLEANS TRIGG 500ML	£3.40
DETTOL ANTIBAC SURF CLEANS TRIGGER 750ML	£5.60
DETTOL ANTIBAC SURFACE CLEANSER 440ML	£2.70
DETTOL CITRUS BIO WIPES X 72	£5.10
DETTOL MULTI SURF POWER CITRUS SPRY 1LTR	£5.60
DETTOL WASHING MACHINE CLEANER 250ML	£6.20
DISH CLOTHS X 3	£2.50
DISHWASHER RINSE AID LEMON 400ML	£4.20
ECOVER DISHWASHER TABS LEMON CIT 500ML	£8.40
ECOVER WASHING UP LIQUID 950ML	£4.70
EXTRA THICK FOIL 300MM 7.5MTRS	£4.70
FAIRLY TRADED LARGE HOUSEHOLD GLOVES	£3.00
FAIRLY TRADED MED HOUSEHOLD GLOVES	£3.00
FAIRY PLAT ALLIN1 DISHWASH TAB LEMON X21	£7.80
FAIRY PLATINUM ANTI BAC 820ML	£4.20



FAIRY WASHING UP LIQ LEMON 320ML	£1.90
FAIRY WASHING UP LIQ ORIGINAL 320ML	£2.00
FAIRY WASHING UP LIQUID LEMON 654ML	£3.70
FAIRY WASHING UP LIQUID ORIGINAL 654ML	£3.70
FINISH DISHWASHER FRESHENER LEMON 1LTR	£5.50
FINISH LEMON RINSE AID 400ML	£4.70
FINISH QUANT ALL IN 1 DISHWASH TABS X72	£15.40
FLASH SPRAY WITH BLEACH 500ML	£3.40
FLASH WIPE CLEAN KITCHEN 800ML	£3.80
HOUSEHOLD GLOVES SMALL	£3.20
LARGE REFUSE BAGS X 10	£3.40
LEMON DISHWASHER TABS X 30	£5.50
MED FOOD & FREEZER SEALABLE BAG X 20	£3.40
MEDIUM FOOD BAGS X 60	£3.70
MR MUSCLE 5IN1 KITCHEN CLEANER 500ML	£2.90
MR MUSCLE OVEN CLEANER 300ML	£4.40
MR MUSCLE SINK PLUG 100% EXTRA FREE LTR	£6.30
MULTI SURFACE CLEANER LEMON 1LTR	£2.50
NO SCRATCH SPONGE X 4	£2.30
NON PVC CLING FILM 45MTRS	£3.40
PEDAL BIN LINERS 30PK	£3.40
SANDWICH BAGS X 70	£3.40
SCOURING PADS X 4	£2.10
SELF SEAL ICE CUBE BAGS X 20	£3.40
SINK & DRAIN UNBLOCKER 500ML	£3.60
SMALL FOIL TRAYS WITH LIDS X 10	£3.40
SMALL RESEALABLE FOOD BAGS X 25	£3.40
SODA CRYSTALS 1KG	£3.10
SPONGE SCOURING PADS X 4	£2.20
SPONGE WIPES X 3	£2.00
SPONTEX TOUGH SCOURERS X 4	£3.50
STAINLESS STEEL SCOURERS 3	£2.40
SURFACE CLEANER 500ML	£2.30
SWING BIN LINERS X 25	£3.40
TEA TOWELS 5PK	£8.50
TIE HANDLE REFUSE SACKS X 15	£4.00
WASHING UP LIQUID LEMON 450ML	£1.70
WASHING UP LIQUID ORIGINAL 450ML	£1.70
WHITE NAPKINS 3PLY 20PK	£3.70

## KITCHEN ROLL

JUMBO KITCHEN ROLL 240 SHEET	£2.40
PLENTY ORIGINAL KITCHEN TOWEL 2 ROLL	£6.50
REGINA XXL ABSORB 1 ROLL	£4.30
ULTRA KITCHEN TOWELL 2PK	£4.00
WHITE KITCHEN TOWEL 2 ROLL	£3.30

## LAUNDRY

ARIEL COLOUR PODS X 33	£10.60
ARIEL ORIGINAL WASHING LIQUID GEL 858ML	£9.00
ARIEL ORIGINAL PODS X 33W	£10.60
ARIEL ORIGINAL WASH POWDER 27W 1.75LTR	£9.50
ARIEL ORIGINAL WASHING LIQUID 1.22LTR	£9.50
ARIEL ORIGINAL WASHING LIQUID 1.78LTR	£10.60
BOLD ALL IN ONE PODS 25 WASH	£7.90
BOLD LAVENDER & CHAMOMILE GEL 40W	£11.10
BOLD WASHING PODS 33 WASHES	£9.50
COMFORT CONC BLUE 33W 990ML	£3.70
COMFORT CONC PURE 33W 990ML	£3.70
COMFORT CONC SUNFRESH 33W 990ML	£3.70
COMFORT PURE 83 WASH 2490ML	£6.00
DETTOL LAUNDRY CLEANSER 3LTR	£9.60
DR BECKMANN MAGIC LEAVES LAUNDRY X 25	£4.75
DR BECKMANN NON BIO SHEETS 25G	£4.75
DYLON COLOUR CATCHER X 24	£4.50
DYLON COLOUR CATCHER X 60 SHEETS	£6.60
ECOVER AUTO BIO POWDER 10W 750ML	£6.20
ECOVER AUTO NON BIO POWDER 10W 750ML	£6.20
ECOVER NON BIO LAUND LIQ 1.5LTR 42 WASH	£12.10
FABRIC COND BLUE SKIES 21W 630ML	£2.40

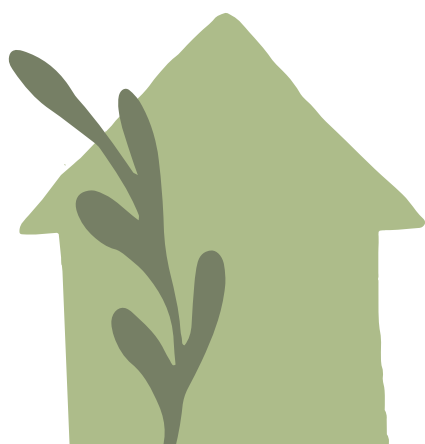




FABRIC COND PURE GENTLE 21W 630ML	£2.40
FAIRY FABRIC CONDITIONER 33W 1.15LTR	£5.10
FAIRY NON BIO GEL 26 WASH 858ML	£8.00
FAIRY NON BIO PODS X 25	£8.40
FAIRY NON BIO PODS X 33W	£10.60
FAIRY PLATINUM NON BIO 29PODS	£9.50
IRONING WATER 1L	£2.20
LENOR FAB CON SPRING AWAKE 33W 1.15LTR	£5.10
LENOR FAB CON SUMMER BRZ 33W 1.15LTR	£5.10
NON BIO GEL 24W 720ML	£5.10
NON BIO LAUNDRY LIQUID 32W 960ML	£5.90
PERSIL NON BIO LAUND LIQ 68 WASH	£13.90
PERSIL NON BIO LIQUID 31 WASH	£9.00
PERSIL NON BIO LIQUID 53 WASH	£12.50
PERSIL NON BIO PODS 36 WASH	£10.50
PERSIL NON BIO POWDER 3KG	£12.50
PERSIL POWDER 2.1KG	£9.50
PERSIL SILK & WOOL 14W 700ML	£5.60
SILK DELICATE HANDWASHING 17W 750ML	£5.10
SURCARE NON BIO WASHING LIQUID 980ML	£7.20
THICK BLEACH LIME 750ML	£1.40
TUMBLE DRYER SHEETS 40S	£3.75
VANISH BAR X 1	£6.20
VANISH OXIAC PINK GOLD STAIN REM 470G	£6.10
VANISH OXIAC WHITE GOLD STAIN REM 470G	£6.10
VANISH GOLD POWERGEL 200ML	£7.70
VANISH OXIATION WHITE GOLD POWDER 470G	£8.10
VANISH STAIN REMOVER 850G	£9.00
WOOLITE HAND WASHING CLASSIC 750ML	£6.20

## TOILET ROLL

ANDREX CLASSIC CLEAN 4ROLL	£4.30
ANDREX CLASSIC CLEAN WASHLETS 36 SHEET	£2.80
ANDREX GENTLE TOILET TISSUE 4 ROLL	£3.90
ANDREX TOILET ROLL SUPREME QUILT 16 ROLL	£13.30
ANDREX TOILET TISS GENTLE CLEAN 24 ROLL	£14.80
ANDREX TOILET TISS SUPREME QUILTS 4 ROLL	£4.40
ANDREX TOILET TISS SUPREME QUILTS 9 ROLL	£7.90
ANDREX TOILET TISSUE CLASSIC CLEAN 9ROLL	£7.20
ANDREX TOILET TISSUE GENTLE CLEAN 9 ROLL	£7.20
HUGGIES WET WIPES 48S	£2.00
KLEENEX WATER HAND WIPE ANTIBAC 26 S	£2.60
QUILTED TOILET TISSUE 4 ROLL	£3.60
QUILTED TOILET TISSUE 6 LONG ROLL	£6.60
WET WIPES 64 PACK	£2.00
WHITE TOILET TISSUE 16 ROLL	£8.90
WHITE TOILET TISSUE 4 ROLL	£3.10
WHITE TOILET TISSUE 9 ROLL	£6.30



<b>TISSUES</b>	
FACIAL TISSUE POCKET PACK 72 SHEET	£2.90
KLEENEX BALSAM MEGA BOX 112 SHEETS	£4.50
KLEENEX BALSAM XL TISSUES 40 SHEET	£4.30
KLEENEX EXTRA LARGE TWIN 180 SHEET	£6.10
KLEENEX MANSIZE TISSUES TWIN PK 88 SHEET	£3.40
KLEENEX ORIG TISSUES MEGA PK 112 SHEET	£4.00
KLEENEX ULTRA SOFT XL TISSUES 40 SHEET	£3.60
KLEENEX XL SINGLE BOX 90 SHEETS	£2.60
LARGE TISSUES 2PLY 90 SHEET	£2.80
SOFT TISSUES 3PLY 72 SHEET	£2.30
ULTRA SOFT BALM TISSUE 3PLY 130 SHEET	£3.80
<b>GENERAL HOUSEHOLD</b>	
AIR WICK FRESHMATIC REFILL 250ML	£4.70
AIRWICK PLUG IN REFILL	£4.75
ANTIBACTERIAL FLOOR WIPES X 25	£3.10
ANTISEPTIC DISINFECTANT 500ML	£2.80
BRASSO WADDING	£6.40
CLEAN YELLOW DUSTER	£2.95
COTTON FRESH AIR FRESHENER 300ML	£1.90
DETTOL ANTISEPTIC DISIN LIQUID 750ML	£4.80
DETTOL DISINFECTANT FRESH COTTON 250ML	£3.30
DR BECKN CARPET CLEANER & BRUSH 650ML	£4.70
FAIRY LIQUID MAX POWER 640ML	£4.00
FEBREEZE FABRIC REFRESHER 375ML	£3.90
FEBREZE COTTON FRESH AIR FRESHNER 300ML	£4.00
FLASH ALL PURPOSE CLEANER LEMON 1.2LTR	£3.60
FLASH POWER MOP LIQUID REFILL 1.25LTR	£5.80
FLASH SPEED MOP REFILL WIPES X 12	£5.30
FLASH SPEED MOP STARTER KIT	£14.60
GLADE LINEN AIR FRESHENER 300ML	£3.00
MICROFIBRE CLOTHS X 2	£2.50
MR MUSCLE SINK UNBLOCKER 1LTR	£5.90
MR SHEEN POLISH 250ML	£2.50
MULTI SURFACE POLISH 300ML	£1.90

OUST DESCALER	£2.60
PEDAL BIN LINERS 30PK	£3.40
POWER MOP PADS REFILL X 8	£4.70
RAID FLY & WASP KILLER 300ML	£5.50
RAID FLY WASP MOSQUITO KILLER 300ML	£6.10
THICK BLEACH ORIGINAL 750ML	£1.40
THICK DISINFECTANT PINE 1LTR	£2.50
VANISH OXIACTION CARPET SPRAY 500ML	£6.70
VANISH POWER FOAM CARPET 600ML	£6.70
WD 40 450ML	£8.80
WINDOLENE TRIGGER SPRAY 750ML	£3.10
WIPE N DRY CLOTHS X 3	£1.90

## **LIGHT BULBS**

HAND THE BULBS YOU WOULD LIKE REPLACING, TO YOUR DRIVER AND WE WILL REPLACE THE FOLLOWING WEEK. FROM £6.00

## **BATTERIES**

DURACELL 2023 2PK	£6.50
DURACELL C BATTES X 4	£10.00
EVEREADY SUPER HEAVY DUTY AA FSB44	£2.30
EVEREADY SUPER HEAVY DUTY AAA FSB44	£2.30
HEAVY DUTY 9V X2	£5.00

## **STATIONERY**

BIC CRISTAL PENS BLUE 10PK	£4.50
BIC CRISTAL PENS BLACK 10PK	£4.50
ENVELOPES C5	£3.00
LOCTITE BRUSH GLUE 5G	£4.50
NAVIGAT UNIV OFFICE PAPER A4 400 SHEET1	£7.80
PRITT STICK 22G	£2.90
REPORTERS NOTEBOOK 160 PAGES	£3.10
SELLOTAPE GOLD 24MM X 50MM	£2.90
SELLOTAPE MATT TAPE WITH DISPENSER	£4.00
STICKY TACK	£2.30
SUPER GLUE LOCTITE 3G	£4.40
WHITE PAPER PLATE 20PK	£4.10

<b>STAMPS</b>	
FIRST CLASS STAMPS X 8	£15.00
SECOND CLASS STAMPS X 8	£8.00
<b>FLOWERS</b>	
BUNCH OF ROSES	£6.70
SEASONAL BOUQUET OF FLOWERS	£10.50
SIZZLE FLOWERS COLOURFUL BOUQUET	£7.20
<b>BIRDS</b>	
BIRD SEED 1KG	£2.90
EVERYDAY WILD BIRDSEED 4KG	£6.40
WILD BIRD FOOD 4KG	£7.70
WILD BIRD PEANUTS 1KG	£5.00
<b>CATS</b>	
CATSAN CAT LITTER 10LTR	£8.90
DREAMIES CAT TREAT SELECTION 200G	£4.30
GO CAT SENIOR CHICKEN & TURKEY MIX 750G	£4.40
GOURMET PERLE CAT FOOD CHEF 40 X 85G	£22.10
PERFECT FIT SENSITIVE ADULT CAT 750G	£6.70
PURINA ONE ADULT DRY CAT FOOD CHICKEN 800G	£6.50
SENIOR CAT POOD WET POULTRY 12 X 100G	£4.00

SENIOR CHICKEN & VEG DRY CAT FOOD 2KG	£4.00
SHEBA CAT FOOD SOUP 4 X 40G	£3.50
SHEBA FRESH CHICK & TURK IN GRAVY 6X50G	£3.90
<b>DOGS</b>	
DOG BISCUITS 800G	£3.30
DOG TREATS DUMBELLS 90G	£3.50
<b>MAGAZINES PAPERS AND PUZZLES</b>	
BELLA MAG	£2.50
BEST MAG	£3.10
CHAT MAGAZINE	£2.10
DAILY MAIL NEWSPAPER	£1.60
INSIDE SOAP	£4.10
RADIO TIMES	£5.50
TAKE A BREAK	£2.50
THATS LIFE MAGAZINE	£1.70
TV CHOICE	£1.40
TV TIMES	£3.00
WHATS ON TV	£1.40
WOMANS WEEKLY	£3.30
WORDSEARCH POCKET	£4.25



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*Thank you.*



**GREENS DIRECT**  
Helping people later in life

Listen ♥ Help ♥ Deliver

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