

FROZEN FOOD CENTRE PRICE LIST

FROZEN FISH PRODUCTS	COST		
		B/Eye Fish Fingers 28 - Cod	£ 6.76
Skinless Boneless Haddock	£ 13.95 PER KG	Omega 3 Fish Fingers - B.Eye	£ 2.74
Smoked haddock dyed	£ 14.95 PER KG	Fish Fingers in Crispy Batter	£2.40
Smoked Haddock Natural	£14.90 PER KG	FAS Cod Fillets 6.8kg	£ 65.00
Boiling Haddock	£ 9.93 PER KG	Skinless/boneless Haddock 6.35kg	£ 65.00
Jumbo Fish Cakes	£ 0.48	Smoked Haddock Dyed 5kg	£61.10
Smoked Haddock & Mozzarella Fish Cakes	£0.85	Smoked Haddock Natural 5kg	£ 61.10
Frozen at sea cod split case	£ 11.27 PER KG	Breaded Haddock 140-170g JKT	£ 1.20
Breaded wholetail scampi	£ 6.78	Young's Breaded Cod Fish Cakes 4	£ 0.99
Whole Herring	£ 2.39	B/Eye Value Fish Fingers 10	£ 1.00
Herring in Oatmeal	£9.50	Breaded Whitebait 500g	£ 4.50
Smoked Haddock Fish Cakes	£1.38	Hake Fillets 10x200-250g	£28.39
Haddock Fish Cakes	£1.03	Breaded Haddock 20x170-200g	£ 21.45
Peppered Mackerel Fillets	£7.15	FAS Cod Fillets 9kg	£90.00
Smoked Mackerel Fillets	£10.12	Hake Fillets 140-170g Brakes	£41.80
Young Prawns (180g)	£4.00	Youngs Fish Finger (10pk)	£1.00
B/Eye 10 Cod Fish Fingers (280g)	£2.75	B/Eye Haddock Fish Finger (10pk)	£ 3.50
B/Eye 10 Haddock Fish Finger	£ 3.50	Youngs Scampi (220g)	£ 3.00

FROZEN VEG PRODUCTS			COST
Cream Crop Sliced Green Beans	£1.39	Lockwoods Mushy Peas (750g)	£1.00
Casserole Veg / Cream of the Crop	£1.00	Pasfrost Diced Onions 1kg	£1.58
Heritage Petites Pois (500g)	£1.00	Pinguin Diced Swede 1kg	£1.88
Heritage Whole Green Bean (680g)	£ 1.00	Bannister 4 Baked Potatoes	£2.69
Heritage Battered Onion Rings (500g)	£1.50	Sliced Onions Begro 907g	£ 1.90
Heritage Broad Beans (600g)	£1.00	Ready Baked Jacket Potatoes 4	£2.66
Heritage Garden Peas 600g	£1.00	Diced Mixed Pepper E/F 1kg	£ 1.99
B/Eye Garden Peas (375g)	£1.29	Brakes Cauliflower Florets 1Kg	£2.03
Heritage Broccoli Floret (600g)	£1.00	Mini corn on the cob 625g	£1.19
Heritage Cauliflower Florets (500g)	£1.00	Cauliflower /Broccoli/Carrots 640g	£1.00
Heritage Baby Carrots (680g)	£ 1.00	G/Isle Battered Onion rings	£ 1.00
Heritage Sweetcorn (500g)	£1.00	Sliced Peppers-E/Day Favs 1kg	£3.02
Heritage Button Sprouts (680g)	£1.09	Choice Peas E/F 2.5KG	£ 4.35
B/Eye Supersweet Sweetcorn (690g)	£2.39	Mixed Vegetable E/F 2.5KG	£4.23
Heritage Chopped Spinach (750g)	£ 1.00	Parsnip E/F 1kg	£ 2.64
B/Eye Soya Bean (480g)	£2.60	Sweetcorn E/F 2.5KG	£4.86
Sliced Green Beans - Cream of the Crop	£1.41	Diced Onions 1kg E/F	£1.90
Mixed Vegetables (680g)	£1.00	Mini corn on the cob 625g	£ 5.40
Carrot & Swede Mash (500g)	£1.90	Brakes Silver skin Onions 1.5kg	£7.39
Shredded Savoy cabbage 1.5kg	£2.48	Diced Swede E/F 2.5kg	£3.99
Choice Garden Peas 1kg	£2.99	Battered onion rings (454g)	£1.44
Diced Carrots 1kg Brakes	£1.50	Champifri sliced mush 1kg	£2.80
Begro Diced Swede 1kg	£2.16	E/F Cut Leeks 1kg	£1.97

FROZEN SEA FOOD			COST
Resolution Breaded Scampi 450g	£5.92	Arno Baby Squid IQF 1kg	£6.96
O/Catch Japanese Breaded Prawn	£9.33	Arctic Royal King Prawns 1kg	£14.35
Prawns 2.5 kg	£35.44	Whitebait 500g	£4.50
Resolution Scampi 10x450g	£59.35	Youngs Scampi 220g	£3.50

Frozen Poultry			
Goodness Me Crispy Chicken Fillets	£20.97	Goodness Me Chicken Bites 2kg	£ 20.00
B/Eye Chicken Fingers (10)	£2.50	Global Farm Bat Chicken Burger 1.02kg	£6.50
Harvest Chicken Breast Fillet	£3.63	Banham Chicken Drumsticks 1kg	£3.60
C/Mclell Chicken Liver Pate	£1.49	Breaded Spicy Burgers 950g	£5.09
B/Eye Chicken Burger 4 (200g)	£1.99	Duck Cherry Valley 2.4kg	£9.92
B/Eye Chicken Kiev's Garlic & Herb	£2.99	Battered Chicken Chunks 1KG	£5.60
B/Eye Chicken Quarter Pounders	£2.79	Diced Cooked Chicken 2.5g	£14.50
H/House S/Fried Chicken Burgers 960g	£6.41	Duck Breasts 10kg	£99.50
IQF Chicken Fillets 10kg	£49.50	Duck Breast (2 individual)	£6.00
H/House Battered Chicken Bites 1kg	£ 5.40	H/House Battered Chicken Nuggets 1kg	£4.50
Chicken wings 10kg	£22.47	H/House Battered Chicken Steaks 1.02kg	£4.60

FROZEN READY MEALS			
Findus - 4 Cheese Pancakes (220g)	£1.39	Stromness Patties	£5.40
Findus - 4 Beef Pancakes (230g)	£1.39	Willows Patties	£5.80
Findus - 4 Chicken Pancakes (220g)	£1.39		

FROZEN MEAT PRODCUTS			
		Richmond Thick Sausage (364g)	£2.00
42nd Street Burgers	£2.54	McCartney Mini Sausage (320g)	£2.25
42nd Street Sausages	£1.80	B/Matthews Mini Kievs Garlic/H	£2.38
Co-op Cocktail Sausage Rolls	£1.45	Kebab Meat Frozen 4.54kg	£23.99
King Ribs 113g	£0.90	B/Matthews Golden Turkey Drummers	£1.92
Spare Ribs	£ 4.10	Yankee Doner Meat (500g)	£1.99
Square Sausage - Halls (1kg)	£ 2.09	Chefs Cocktail sausage roll 50	£1.89
Chicken Leg Portions	£2.18	Yankee Cheeseburger £1.79 (2)	£1.79
Chicken Drumsticks	£3.60	Onion Rings Aunt Bessie 375g	£1.99
Diced Cooked Chicken 500g	£4.80	B/eye original beef burgers (2	£1.99
Smoked Haddock Patties	£4.95	Chicken Livers - Banham	£0.88
B/Eye Chicken Pies (4pk)	£3.51	Richmond Thick Sausages 8	£2.00
B/Eye Chicken Pies (155g)	£1.00	Pork Sausagemeat 454g	£1.41
Walls Classic Sausage (12)	£2.29	42nd Street Pork Sausages 4.54	£16.24
Cocktail sausages Farmgate	£1.57	King Ribs-Fribo 30x113g	£25.50

FROZEN VEGETAIRAN	COST		
McCartney Mini Pork & Apple Sa	£ 2.25	Quorn Vegan Fishless Finger (2	£ 2.74
McCartney Red Onion/ Rosemary	£ 2.30	McCartney 2 Quater pounder Bur	£ 2.29
McCartney Country Pie (2pk)	£ 2.13	Quorn Chicken Style Family Roa	£ 3.79
McCartney Cheese/ Leek Plait	£ 2.25	Quorn Vegan Hot & Spicy Burger	£ 2.69
Quorn Garlic/ Herb Fillet 2pk	£ 2.96	McCartney Beef Mushroom & Spin	£ 2.25
Quorn Crispy Fillet (2pk)	£ 2.86	Quorn Mince (300g)	£ 2.29
McCartney Pulled Pork Burger	£ 2.29	Sliced Onions - Cream of the C	£ 1.35
McCartney Mozzarella Burgers	£ 2.29	Quorn Bacon Style Rashers (150	£ 2.69
Quorn Gammon Steak (248g)	£ 2.39	Quorn Chicken Style Nuggets (3	£ 2.29
Quorn Vegan Pieces (280g)	£ 2.69	Quorn Southern Fried Bites (30	£ 2.69
A/Bessies Brambley Apple Pie	£ 2.09	Quorn Burgers 300g	£ 2.29
Quorn Cottage Pie (300g)	£ 1.90	Kale & Quinoa Burgers 450g	£ 3.38
Quorn Chicken/ Leek Pie (2pk)	£ 2.77	Quorn S/Fried Burgers 252g	£ 2.42
McCartny Shreaded Hoisin Duck	£ 2.49	Quorn Gammon Steaks 248g	£ 2.39
B/Eye Veggie Finger (10)	£ 1.29	Quorn Sausages	£ 2.29
B/Eye Veggie Burgers (2pk)	£ 1.79	Quorn Chicken Burgers 4pk	£ 2.39
McCartney Veg Sausage (300g)	£ 2.29	Quorn 6 Burgers	£ 2.39
McCartney Veg Sausage Rolls (3	£ 1.89	Quorn Quarter Pounders 2	£ 2.69

FROZEN FRUIT PROUDUCTS			
Ardo Summer Fruits (500g)	£ 2.45	Cranberries - Greens 1kg	£ 8.29
Ardo Black Forest Fruits (500g)	£ 2.36	Brakes Raspberries 500g	£ 3.10
Raspberries - Ardo (300g)	£ 2.38	Ardo Raspberries 300g	£ 2.39
Blueberries - Ardo (500g)	£ 3.90	The Ice Co Ice Cubes 1kg	£ 1.00
		The Ice Company 2.27kg	£ 1.35
FROZEN INTERNATIONAL RANGE			
M/Flower Sweet/Sour Chicken	£ 2.49	M/ Flower Beef Curry (227g)	£ 2.09
M/ Flower Special Fried Rice	£ 1.69	World Classics Spring Rolls 6	£ 2.00
M/ Flower Chicken & Mushroom	£ 2.19	M/Flower Chinese Curry Sauce	£ 1.69
M/ Flower Chicken Curry (227g)	£ 2.09	M/Flower curry/chips	£ 1.50
M/ Flower Egg Fried Rice (227g)	£ 1.35	Brakes Chinese Pancakes 400g	£ 8.94
M/ Flower Special Chow Mein	£ 2.60	World Classics Veg Spring Roll	£ 2.00
FROZEN BAKERY PRODUCTS			
Seeded Buns 4"	£ 2.32	Co op - Garlic Bread (310g)	£ 1.00
Seeded Buns 5"	£ 1.76	Jumbo Hot Dog Rolls 6	£ 1.16
Frozen Panini	£ 0.67	Heritage Garlic Bread	£ 1.00
Frozen Patti Bread White	£ 1.40	Jus Rol Puff Pastry Sheet 640g	£ 2.91
Frozen Hot Dog Rolls	£ 2.62	Aunt Bessie Yorkshire 370g	£ 2.49
Jus Rol Medium Vol Au Vents	£ 2.00	4" Seeded Buns E/F 4x12	£ 8.83
A/Bessies Yorkshire Pudding	£ 1.85	Chota Naan 2x555g	£ 7.64
Jus Rol Short crust Pastry Bloc	£ 1.70	Ciabatta Rolls 1x30pk	£ 12.57
Jus Rol Short crust Pastry Sheet	£ 2.91	Ciabatta Rolls E/F 1X42pk	£ 17.33
Jus Rol Puff Pastry Block (500	£ 1.70	5" Seeded buns E/F 6X8pk	£ 9.88
W/Burton Crrumpets (6)	£ 1.14	Brioche Buns 4.5" Box	£ 15.94
Filo Pastry - Jus Rol (270g)	£ 1.68	Jus Rol 6 Pastry Cases	£ 2.39

FROZEN PIZZAS		COST	
G/Fellas Deep Pan Orleans Sizz	£ 1.99	Takeaway Pepperoni Stuffed Cru	£ 4.59
G/Fellas Deep Pan Meat Fiesta	£ 1.99	The Sub 2 Meat Supreme	£ 1.76
G/Fellas Thin Cheese Pizza (34	£ 1.99	Findus Ham&Cheese Pizza Pocket	£ 2.29
G/Fella Thin Pepperoni Pizza (£ 1.99	Co op Cheese & Tom Pizza	£ 1.20
G/Fella Deep Cheese Pizza (417	£ 1.99	C/Town Pizza Toastie	£ 1.75
Takeaway Cheese Stuffed Crust	£ 4.59	C/Town Pizza Toastie	£ 1.75
PET PRODUCTS		COST	
Lightweight Cat Litter	£ 3.75	Felix Mixed Selection in Jelly	£ 3.75
Bakers Complete Chicken & Veg	£ 3.69	Go Cat Crunchy Salmon & Tuna	£ 1.99
Selection off Cat & Dog Food Varies			

FROZEN ICE LOLLIES		COST	
Co-op Ice Cubes (2kg)	£ 1.40	Tango Assorted Triangles 62ml	£ 1.39
Choc Ices (£1.09) - Heritage (£ 1.09	Tango Blue Rasp Freeze Pops	£ 1.85
SW/Glace Peak Cones 4pk	£ 3.99	Vimto Lollies 6	£ 1.00
Heritage strawberry cones (4)	£ 1.63	Strawberry Cornetto	£ 2.00
Mr Freeze Assorted Freezepops	£ 1.39	Calippo Mini 6	£ 1.75
Toffee & Vanilla Cones 4pk	£ 1.09	Magnum White Ice lolly	£ 1.90
Walls Mini Milk x 12	£ 2.99	Milk Choc Ices co op	£ 1.20
Strawberry Splits 4 Heritage	£ 1.09	Milk Choc Ices 8pk Heritage	£ 1.00
6 Rocket Lollies Heritage	£ 1.09	Walls Mini Twister 8pk	£ 1.75
4 Valencia Orange Ice Lollies	£ 1.75	Walls Vienetta Vanilla PM	£ 1.00
3 Pineapple Ice Lollies Co op	£ 1.75	Mr Freeze Freeze Pops	£ 0.25
10 Rainbow Bubblegum Lollies	£ 1.25		
ICE CREAMS			
Walls Vanilla Soft Scoop	£ 2.59	Sticky Toffee Pudding Ice Crea	£ 2.25
Vanilla Ice Cream £2.00 - Heritage	£ 2.00	Vanilla Ice Cream 2ltr Co op	£ 1.99
Friky Ice Cream Novelty - Meno	£ 20.27	Franks Straw I/Cream 1lt	£ 2.42
Brakes Vanilla Ice Cream 4ltr	£ 5.40	Oreo Sandwich 220ml	£ 2.00
Swedish Glace Ice Cream 750ml	£ 3.32	Co op R/berry ripple 2 ltr	£ 2.05
Franks Ice Cream 1ltr	£ 2.42	Granellis Vanilla I/cream 4ltr	£ 4.79
Heritage Neapolitan 2ltr	£ 2.00		

FROZEN DESSERTS/SORBETS			
Coppenrath & Wiese Lemon Merin	£ 2.00	Lemon Swirl Cheesecake 445g	£ 2.07
Fusco Mixed Berry Roulade (400	£ 4.65	Walls Viennetta Mint (650g)	£ 2.49
B/Eye Artic Roll Raspberry (26	£ 2.51	Walls Viennetta Vanilla (650g)	£ 1.84
Coppenrath & Wiese Raspberry P	£ 2.69	Ice cream roll co op	£ 1.25
Maltesers Pavlova (300g)	£ 3.59	Aunt Bessie Apple Crumble 240g	£ 1.00
Coppenrath & Wiese Black Fores	£ 2.54	Beechdean Champagne Sorbet 2.5	£ 11.97
Coppenrath & Wiese Strawberry	£ 2.54	Beechdean Mango Sorbet 2.5ltr	£ 11.97
Coppenrath & Wiese Strawberry	£ 2.55	Beechdean Lemon Sorbet 2.5ltr	£ 11.97
Profiteroles - Mr Kings (236g)	£ 1.59	Beechdean Orange Sorbet 2.5ltr	£ 11.97
Raspberry Sorbet-CarteDor 5.5l	£ 27.52	Beechdean Blackcurrant Sorbet	£ 11.97
		Beechdean Strawberry Sorbet 2.	£ 11.97

DISPOSABLE TABLEWEAR			
Nip Glasses 15cl (100)	£ 5.46	Caroline Shot Glasses 3cl (40)	£ 1.99
White Dinner Napkins 39cm Tork	£ 3.95	Caroline Plastic Dessert Spoon	£ 1.89
Red Dinner Napkins 39cm Lotus	£ 4.97	Caroline 20cl Plastic Cups (25)	£ 1.19
Champagne Napkins 39cm Tork 15	£ 4.97	Parteazy 20cl Plastic Cups (25)	£ 1.00
Pine Green Napkins 39cm Lotus	£ 4.97	Caroline Pleastic Teaspoons	£ 1.89
Burgundy Napkins 32cm Lotus 20	£ 5.37	Caroline Plastic Forks (50)	£ 1.89
White Napkins 32cm Tork 200	£ 4.47	RY Plastic Knives (100)	£ 2.44
Caroline 23cm Paper Plates (30)	£ 1.95	RY Plastic Forks (100)	£ 2.44
Swantex Paper Doyles 7.5" (250)	£ 3.48	50 Plates 7" Caterpack Premium	£ 3.50
Caroline Doyleys 24pk	£ 1.35	250 5.5" Paper Doyelys Swantex	£ 2.99
RY Oval Foil Platter 14" (6)	£ 4.84	250 4.5" Paper Doyelys	£ 2.99
Swantex Paper Doyles 3.5" (250)	£ 2.66	250 6.5" Paper Doyelys Swantex	£ 2.99
Bacofoil Turkey Roasting Tray	£ 2.83	Finesse 100 Clear Vinyl Medium	£ 7.50
Ry 9"Paper Plates (100)	£ 5.46	Tork Champ Nap 200 2ply 32cm	£ 5.30
RY 12" Round Foil Platers (4)	£ 6.86	Plastic 15cl Glasses (100)	£ 5.45
Parteazy 18cm Paper Plates (35)	£ 1.49	Dart 20cl Insulated Cups (25)	£ 0.68
Parteazy 23cm Paper Plates (30)	£ 1.49	Hallmark Party Poppers 12	£ 0.50

RY 7" Paper Plates (100)	£ 3.64	Half Pint Tumblers 50	£ 4.72
Caterpack Premium 9" Paper Pla	£ 5.13	Banquet Roll RY 50m	£ 10.78
RY Bendy Straws (40)	£ 0.77	Black Napkins Swantex-25ply	£ 78.23
RY Extra Long Bendy Straws (25	£ 3.48	200 Tea Spoons - RY	£ 2.44
RY Flexi Glo Straws (250)	£ 2.77	Caroline White plates 35pk	£ 2.00
Caterpack Striped Paper Straws	£ 2.61	Catering Bakewell Roll 45cm (7	£ 10.73
Caroline White 2ply Napkins (2	£ 1.49	Caterwrap Cooking Foil 45cm (7	£ 6.09
Caroline Green 2ply Napkins (2	£ 1.39	Caterwrap Cling Flim 30cm (300	£ 5.22
Caroline Red 2ply Napkins (20)	£ 1.39	Caterwrap Cling Film 45cm (300	£ 6.59
Lotus D/Green 2ply 32cm Napkin	£ 5.32	Ry Caterpak Foam Bowls 100	£ 6.24
Tork White 2ply 32cm Napkins (£ 4.47	RY 7oz Plastic Vending Cups	£ 3.06
Caroline Pint Tumbler (10)	£ 1.99	RY 1 Pint Tumbler	£ 3.01

DISPOSABLE CONTAINERS			
Disposable Insulated Cups 20cl	£ 0.68	46 small Foil Trays & Lids RY	£ 5.99
Disposable Insulated Tubs (25)	£ 0.54	Alder Smoker Bag	£ 3.00
Disposable Lids 20cl (100)	£ 1.54	Dart 30cl Insulated Cups 20	£ 0.75
Disposable Lids 30cl (100)	£ 3.13	Dart Lids for 20cl (100)	£ 1.54
Foil Trays & Lids No 6A (10)	£ 1.21	7 oz drinking cups 100 RY	£ 3.06
Foil Trays & Lids No 2A (10)	£ 0.83	Microwave Tubs & Lids 250s	£ 37.50
Microwave Containers & Lids 10	£ 2.00	Large Foil Trays&Lids 10pk R/Y	£ 4.27
Foil Trays & Lids Small (12.5c	£ 5.97	Caroline 17in foil platter	£ 2.45
Foil Trays & Lids Medium (20cm	£ 6.23	Caroline foil platter 35cm	£ 1.25
Cookasheet Cooking Liner Reusa	£ 1.03	Caroline oven dish & lid 9k	£ 1.29
RY Plastic Wine Glasses 15cl (£ 4.87	Caroline foil oven dish 6pk	£ 1.29

FROZEN POTATO PRODUCTS			
E/F 9/16 Chips 2.5KG	£ 3.15	E/F Skin on Fries 4x2.5kg	£ 15.41
9/16 Brakes 2.5kg Chips	£ 3.49	McCain Sweet Potato Fries 500g	£ 2.00
Brakes Julienne Chips 2.5kg	£ 3.29	McCain 7/16 chips 2.27kg	£ 4.16
Chilled Chips 1kg	£ 1.45	McCain S/Fried Wedges 2.5kg	£ 6.05
Brakes 7/16 Chips 2.5KG	£ 3.49	McCain Simply Wedges 2.5kg	£ 5.45
McCain Straight Oven Chips Glu	£ 2.59	Southern Fries McCain 750g	£ 2.48
McCain Straight Oven Chips 1.5KG	£ 2.59	Julienne chips Brakes 4x2.5kg	£ 11.83
Ban/Farm Ready Baked Potatoes	£ 1.89	Stealth Fries L/W 4x2.5kg	£ 21.68
McCain Ready Baked Potato (2pk	£ 1.96	BeefSteak Chips Brakes 6x2.5kg	£ 16.42
McCain Fries to Go (3 x 90g)	£ 3.32	Potato Scones-McGees	£ 1.00
McCain Quick Chips Gluten Free	£ 1.09	Sweet Potato Fries L/W 4X2.5kg	£ 46.65
A/Bessies Roast Potatoes 700g	£ 1.89	Sweet Potato Fries L/W 2.5kg	£ 8.06
A/Bessies Special Duck Fat Roast Pot	£ 3.19	McCain 7/16" Chips 4x2.27kg	£ 15.65
McCain Hash Brown (575g)	£ 1.99	Spicy Lattice Fries 2.5kg	£ 7.10
Sweet Potato Fries - Aviko	£ 2.00	McCain Lattice Fries 4x2.5kg	£ 28.40
Home Chips Crinkle Cut - McCain	£ 2.41	E/F sweet pot fries 2.5kg	£ 9.00
McCain Home Chip	£ 2.50	McCain 1.5kg Home Chips	£ 3.50
Lightly Seasoned Sweet Pot Wedges	£ 2.56	McCain French fries 825g	£ 2.50
Honey Glazed Parsnips A/Bess	£ 1.74	Homestyle Croquettes 550g	£ 1.99
Potato Waffles - B.Eye (10)	£ 1.99	McCain Gastro Chips 700g	£ 2.99
B.Eye Alphabites (456g)	£ 2.00	Potato Gratin 200g	£ 2.00
Freeze Chill 3/8" B/Bros 6x2.5	£ 17.29	Mini Potato Waffles 456g	£ 2.15
7/16 E/F 6x2.5kg	£ 16.63	McCain Roast Potatoes 804g	£ 2.29
Freeze Chill 9/16" B/Bros 6x2.	£ 17.12	E/F Sweet Potato Fries 4x2.5kg	£ 36.06
7/16 E/F 2.5kg Chips	£ 3.42		

FROZEN DAIRY					
Golden Crumb Mozz Sticks 1kg	£	10.14	Cheddar Mix-Frozen 6x2kg	£	66.60
Mozzarella 50/50 Mix 2kg	£	7.40	Cheddar Mix-Frozen 2kg	£	11.05
Golden Crumb Brie Wedges 24	£	12.83	Co-op Bavarian Smkd Cheese Sl	£	2.29
Golden Crumb Breaded Camb	£	7.00			

DISPOSABLE BAGS					
4" x 6" Poly Bags approx 100	£	1.20	12" x 18" Poly Bags approx 50	£	1.68
5" x 7" Poly Bags approx 100	£	1.15	12" x 18" Poly Bags approx 100	£	2.96
6" x 8" Poly Bags approx 100	£	1.94	15" x 20" Poly Bags approx 50	£	2.23
7" x 9" Poly Bags approx 100	£	2.20	15" x 20" Poly Bags approx 100	£	3.94
8" x 12" Poly Bags approx 50	£	1.07	20" x 30" Gauge Poly Bags	£	0.58
8" x 12" Poly Bags approx 100	£	2.02	24" x 36" Gauge Poly Bags	£	0.64
9" x 12" Poly Bags approx 50	£	1.15	Refuse Bags (5)	£	0.95
9" x 12" Poly Bags approx 100	£	2.10	Disposable Piping Bag 280x520m	£	0.45
10" x 12" Poly Bags approx 50	£	1.40	Tie Handle Refuse Sacks - Safe	£	2.50
10" x 15" Poly Bags approx 50	£	1.62	Pedal Bin Liners - Safewrap (3	£	1.97
10" x 12" poly Bags approx 100	£	2.52	Blue Disposable Piping Bags 10	£	21.57
10" x 15" Poly Bags approx 100	£	2.89	Freezer Bags Small Snap & Seal	£	1.65
12" x 15" Poly Bags approx 50	£	2.40	Freezer Bags Large Snap & Seal	£	1.65
12" x 15" Poly Bags approx 100	£	3.00	Cooking Liner Reusable (33x40c	£	1.03

FRESH DAIRY					
ORKNEY S/SKIM MILK 1ltr	£	1.00	Cravendale Fresh Semi Skimmed	£	0.65
Yeo Valley Lemon Curd	£	2.00	Seriously Spreadable - Origina	£	1.95
Primula Cheese Spread Prawn	£	1.84	Grimbister Cheese Whole	£	14.00
Primula Cheese Spread Original	£	1.84	Orkney red mat cheese	£	7.97
Meadowland 1tr	£	4.23	Orkney white mat cheese	£	7.97
Yazoo - Milk Chocolate 1L	£	1.00	Orkney Red Cheese	£	7.85
Banana Shakers - Heritage	£	0.98	Russells Cheese Whole	£	5.40
Strawberry Shakers - Heritage	£	0.98	Russells Cheese Half	£	3.25
Chocolate Shakers - Heritage	£	0.79	Crantit Double Cream 10oz	£	0.98
Elmlea Double Cream	£	1.00	Mild White Cheddar 2.44kg E/F	£	20.25
Elmlea Single Cream	£	1.00	Strawberry Mousse 4x55g	£	1.00
Elmlea Whipping Cream	£	1.24	Grated Mozzarella 200g	£	1.71
Aerosol Cream - Heritage	£	1.95	Lemon Muller Light 4x120g	£	2.36
Raspberry Coulis Squeezy - Ku-	£	4.21	Mullerice - Strawberry 180g	£	0.89
Yop Raspberry	£	1.19	Mullerice - Ltd Edition 180g	£	0.89
Yogurt Blueberry - Longley Far	£	0.57	Chocolate Mousse - Somerset Va	£	1.00
Yogurt Caramel - Longley Farm	£	0.57	Greek Feta - Heritage (200g)	£	2.75
Longley Farm Flav Yogurt 150g	£	0.55	Parmigiano Reggiano - Galbani	£	4.99
Activia Raspberry Yogurts	£	2.15	Edam Cheese - Heritage (230g)	£	2.09
Cravendale Fresh S/skim 2ltr	£	2.25	Co op Lard 250g	£	0.49
Cravendale Fresh Whole Milk	£	2.25	Philadelphia 1.65kg	£	19.66
Cravendale Semi Skimmed 1.4lit	£	1.49	Green Valley Sour Cream 2kg	£	9.12
Actimel Strawberry 8x100g	£	3.20	President Petit Camembert 145g	£	2.10
Bird Bro 6pk Eggs	£	0.85	Philadelphia Caramelised Onion	£	2.48
Activia Straw 4pk	£	2.15	Alpro Soya Unsweetened 1ltr	£	1.55
Activia Cherry NAS 4pk	£	2.15	Alpro Single Soya UHT Cream 25	£	1.49
Activia Rhubarb Bio 4pk	£	2.15	Yeo Valley Creme Fraiche 0% Fa	£	1.30
Nestle Ski 4x120g	£	1.50	Heritage Mild Cheddar Cheese S	£	1.98
Pineapple Yogurt Longley Farm	£	0.57	Muller Rice Raspberry 180g	£	0.89
Mandarin yogurt 150g Longley	£	0.57	Muller Rice Apple 180g	£	0.89

Fage fat Free Blueberry yog	£ 1.10	Orkney S/Skim Milk 0.5ltr	£ 0.53
Philadelphia 280g	£ 2.89	Orkney whole milk 0.5ltr	£ 0.53
Boursin soft cheese 150g	£ 2.79	Alpro Soyal Milk 1ltr	£ 1.45
Babybel 240g	£ 3.29	Yeo Valley Lemon Curd Yog 450g	£ 1.67
Dairylea cheese slices 200g	£ 1.70	Flora Original 250g	£ 1.09
Port Salut Cheese 185g	£ 2.29	Kerry Maid Cheese Slices 1.4kg	£ 7.44
Heritage Blue Stilton 150g	£ 2.10	Heritage French Brie 200g	£ 2.00
Grimbister Quarter	£ 14.86	Grated Parmesan 50g Co op	£ 1.29
Orkney Whole Milk 1ltr	£ 1.00	Utterly Butterly 1kg	£ 3.50
Cheese Slices 10 Slices Co op	£ 1.20	Co op salted butter 250g	£ 1.75
Heritage Scotch Egg	£ 1.00	Birdie's 10 eggs	£ 1.50
Alpro Soya Yogurt 4pk	£ 1.90	Happy Egg Co 10pk	£ 2.00
Arla Case S/Skim 12x1tr	£ 13.23	Munch Bunch Squashums	£ 1.50
Dip Selection Co op	£ 2.29	Mr Kipling Almond Slices	£ 1.99
Primula Roasted Garlic Dip	£ 1.49	Chocolate Brownie Slices	£ 1.00
Cottage Bakery Ripple Roll	£ 2.00	Longley Farm Natural Yogurt	£ 0.55
Bramley Apple Pies	£ 1.99	Muller Corner Peach & Apricot	£ 0.89
Muller Corner Rasp & Blackcu	£ 0.89	Muller Corner Choco Digestive	£ 0.89
Muller Corner Strawberry	£ 0.89	Activia Rhubarb	£ 2.15
Activia 4pk yoghurts	£ 2.15	Stork 250g	£ 1.08
Heritage Lard	£ 0.53	Austrian Smoked Cheese - Herit	£ 1.43
Salted Butter Heritage	£ 1.80	Kraft Philadelphia	£ 1.99
Crisp n' Dry Block	£ 0.81	Crème de Brie Tub - President	£ 2.09
Lurpak Spreadable 500g	£ 3.87	Mozzarella Block - Discover	£ 1.92
Utterly Butterly	£ 1.89	Galloway Spreadable Cheese	£ 0.97
Summer County	£ 3.47	Wensleydale - Heritage	£ 1.89
Flora Light	£ 1.00	Danish Blue - Heritage	£ 1.70
Flora Original	£ 1.00	Primula Cheese Spread Chives	£ 1.84
BirdBros Eggs	£ 0.85	Primula Cheese Spread Jala	£ 1.84
Happy Eggs 6pk	£ 1.00	Primula Cheese Spread Ham	£ 1.84
Butter Portions - Dale Farm	£ 6.39	Paesano Grated - Galbani	£ 1.59
Cottage Cheese - Longley	£ 1.60	Brie President	£ 2.79
Cheese Slices - Heritage	£ 1.30		

FRESH MEAT			
Chicken Liver Pate - MacLellan	£ 1.29	Wafer Thin Cooked Ham Co op	£ 1.60
Smoked Duck Pate - MacLellan	£ 1.79	DFE Chicken roll 200g	£ 1.00
Black Pudding Slices	£ 12.42	Mattessons smoked saus with garlic	£ 1.99
Black Pudding Whole	£ 11.40	Caula Chorizo Mild 200g	£ 2.49
Pork Pie with Egg (SLICES available)	£ 6.96	Heritage Back Bacon	£ 2.50
Farmstead Unsmoked Bacon 2.27k	£ 11.25	Heritage smoked bacon 300g	£ 2.39
Hot & Spicy Meatballs - DFE	£ 1.00	Co op Pate 175g	£ 0.99
Swedish Style Meatballs- DFE (£ 1.00	Unsmoked Gammon Joint 625g	£ 4.00
Farmstead Smoked Bacon 2.27kg	£ 14.43	British Silverside Beef Co op	£ 1.89
Farmstead Streaky Bacon 1.36kg	£ 7.49	Heritage Gammon Steak 240g	£ 3.00
Bernard Matthew Turkey Breast	£ 1.00	Heritage Cooked Ham 105g	£ 1.00
Co-op Irresistible Turkey 120g	£ 2.50	B/M Wafer Thin Turkey Ham 120g	£ 1.00
Mattessons Smoked Pork Sausage	£ 1.99	Co op Outdoor Bred Ham 180g	£ 1.65
DFE Ham 90g	£ 1.00	Mattessons Smoked Saus 9x200g	£ 15.38
Danish Twin pack bacon	£ 3.00	Black Pudding Whole 1.3kg	£ 11.40
		DFE Garlic Sausage 90g	£ 1.00

CLEANING PRODUCTS					
Thick Bleach Original - Herita	£	0.86	Marigold Wiper Upper		
Clean n Fresh Thick Bleach (2L	£	1.45	Marigold No More Elbow Grease		
Dispel Thick Bleach (5L)	£	4.00	Marigold Oops Away		
Dispel Washing up Liquid (5L)	£	3.50	Super Bright 10 Sponge Scourer		
Fairy Liquid Original (£1.29)	£	1.00	Heritage 3 Sponge Scourers		
Descaler All Purpose - Oust (3	£	2.19	Super Bright Non Scratch 10		
Dishwasher Salt - Opal 2kg	£	1.59	Heritage 2 scouring pads		
Milton Sterlising Fluid 500ml	£	2.75	Marigold Clean & Gleam		
Clean N Fresh Dishwasher Tabs	£	2.05	J Cloth		
Finish All in 1 Dishwasher Tab	£	2.99	Heritage Medium Rubber Gloves		
Finish Rinse Aid 250ml	£	2.50	Everyday Rubber Gloves L		
Clean N Fresh Rinse Aid Lemon	£	1.15	Heritage Stainless Steel Scour		
Finish Dishwasher Powder Lemon	£	4.11	Brillo Pads 10		
Liquid Soda Crystals 500ml	£	1.00	8 Zincote Scourers		
Dri Pak Soda Crystals 1kg	£	1.21	Swirl Tumble Dryer Sheets		
Flash All Purpose Lemon 500ml	£	1.15	Flash All Purpose 5ltr		
Cif Cream Lemon 250ml	£	1.49	Heritage Swing Bin Liners XL		
Deepio Spray 750ml	£	3.30	Heritage Pedal Bin Liners XL		
Fairy Liquid 1150ml	£	2.00	Cif Cream Lemon 500ml		
Dettol Surface Cleanser 500ml	£	1.69	Clear Vinyl P/Free Disp Gloves		
Dettol Power & Pure Kitchen 75	£	1.87	Co op anti bac handwash 250ml		
Flash Bathroom Spray 500ml	£	2.34	Cumfies Large Rubber Gloves	£	0.75
Febreze Classic 500ml	£	2.99	Marigold Large Rubber Gloves	£	2.75
Pledge Classic Polish	£	1.62	Heritage Large Rubber Gloves	£	1.85
Neutradol Room Spray 300ml	£	1.49	Heritage Small Rubber Gloves	£	1.85
Neutradol Original Room Spray	£	1.49	Everyday Medium Rubber Gloves	£	0.65
Big D Oven & Grill Cleaner 300	£	1.69	Marigold Clean Me Softly		
Neutradol Carpet Deodoriser 40	£	1.00			

GROCERY INTERNATIONAL		
Leicester Garlic & Coriander Naan	£	1.89
Leicester Handmade Plain Naan	£	1.89
Leicester Handmade Spicy Naan	£	1.75

CEREALS/CEREAL BARS				
Porridge Oats (Oatflakes) - C.	£	3.93	Nestle shredded wheat bitesize	2
Alpen Original Muesli (1.3kg)	£	4.79	Kelloggs Multigrain cereal	2.89
Weetabix Alpen Granola (450g)	£	2.00	Nestle Cheerios 375g	2.69
Weetabix (24)	£	3.01	Rice & Corncake Blueberry & Va	1.79
Weetaflakes (£1.00) - Weetabix	£	1.00	Sea Salt & Balsamic Vin Rice Rice Cakes	1.79
Scotts Porage Oats (1kg)	£	2.71	Rice Cakes Low Fat - Kallu (13	1.49
Scotts So Easy Porage (12)	£	3.00	Co op Salt & Vinegar Rice Cake	1
Kellogg's Just Right (500g)	£	3.42	Co op unsalted rice cakes 100g	0.79
Kellogg's All Bran (500g)	£	2.38	Ryvita Crackerbread	1
Kelloggs Fruit & Fibre 750g	£	2.99	Ryvita Protein	1.85
Kelloggs - Corn Flakes (1.2kg)	£	3.50	Alpen Milk & Dark Chocolate Ba	1.82
Sultana Bran Co-op (500g)	£	1.69	Special K choc chewy delight	1.99
Kellogg's Bran Flakes	£	2.99	Kelloggs C/Nut Cranberry	0.89
Kelloggs - Crunchy Nut Honey C	£	2.16	Kelloggs Krispie Square Choc C	0.49
Kelloggs Frosties (500g)	£	2.99	Kelloggs Krispie Mallow	0.49
Kelloggs Special K	£	2.99	Alpen Bar 29g	0.49
Kelloggs Crunchy Nut (1kg)	£	4.00	Kellogg Peanut Butter Clusters	3.25
Kelloggs Rice Krispies 750g	£	2.99	Weetabix 12pk	1.59
Honey Monster Puffs £1.99 (320	£	1.99	Kelloggs All Bran 750g	3.59
Kellogg's Coco Pops £2.99 (510	£	2.99	Cornflakes 790g	2.75
Honey Monster Wheat Puffs 520g	£	3.19	Weetabix 12's	1.60
Weetabix Crunchy Bran 375g	£	2.44		
Kellogg's Variety Pack Cereals	£	2.56		
Kelloggs Crunchy Nut variety Pa	£	3.25		

FRESH DAIRY CONT			
Delphi Houmous Dip	£ 1.99	Muller light greek style	£ 1.44
Alpro Soya light Milk 1ltr	£ 1.80	Cheese & onion quiche 400g	£ 2.85
Cravendale PM S/SKIM 2ltr	£ 1.59	Mars drink 470ml	£ 1.49
W/Dale Glou/Onion/Chives Slice	£ 1.99	Yoplait straw yoghurt 500g	£ 1.25
Askam Cheese/Onion Sticks	£ 1.00	Raspberry Coulis (kul-li) 300g	£ 2.00
Longley Farm Pouring Cream	£ 0.89	Cheesecakes Co op 2	£ 1.50
Co op s/skim 2pnt	£ 1.13	Co-op Rasp Cheesecake Slice	£ 1.20
Cravendale 1.3ltr	£ 1.29	Cottage Desserts Straw Trifle	£ 1.00
Muller Crunch Corner 130g	£ 0.89	Gu Mango & Passion C/Cake	£ 1.90
Muller Fruit Corner Cherry	£ 0.89	Gu York Cheesecake 2pk	£ 13.23
Lancashire Farm Straw Yog	£ 1.29	Carbonara Sauce Co op 300g	£ 1.49
Somerset Brie 135g	£ 1.69	Diane Sauce Co op 180g	£ 1.99
Lurpak Spreadable 250g	£ 2.49	Co-op Red Pepper Humous	£ 1.80
Longley Farm Double Cream 150m	£ 0.99	Co-op Cheese & Chive Dip	£ 1.59
Natural Fromage Frais 200g	£ 0.99	Co-op Houmous Dip	£ 1.99
Countrylife Spreadable 250g	£ 1.70	Mango Ku-li 300g	£ 1.00
Grana Padano Parmesan 1kg	£ 17.62	Heritage Just Tuna Sandwich	£ 1.13
Creme Fraiche G/Valley 2kg	£ 10.25	Strawberry Milkshake- Delamere	£ 0.99
J/Berg Cheese Block 190g	£ 2.35	Blackberry&Rasp Muller 150g	£ 0.89
Strawberry Milkshake- Delamere	£ 0.99	Soya Soleil Uht Milk 1 Litre	£ 1.09
Blackberry&Rasp Muller 150g	£ 0.89	Anchor squirty cream	£ 2.40
Soya Soleil Uht Milk 1 Litre	£ 1.09	Lacto free Straw Yog 4x125g	£ 1.00
Anchor squirty cream	£ 2.40	Snak Pot Cheese Slices 1.4kg	£ 6.50
Lacto free Straw Yog 4x125g	£ 1.00	Dairylea Strip Cheese	£ 1.85
Snak Pot Cheese Slices 1.4kg	£ 6.50	Dairylea Cheese Spread 145g	£ 1.35
Dairylea Strip Cheese	£ 1.85	Ubley Nat Yogurt 150g	£ 0.49
Dairylea Cheese Spread 145g	£ 1.35	Co op 4pnt s/skim milk	£ 1.27
Ubley Nat Yogurt 150g	£ 0.49	Muller fruit corner blueberry	£ 0.89
Co op 4pnt s/skim milk	£ 1.27	Cottage Desserts Cheesecake 2	£ 1.20
Muller fruit corner blueberry	£ 0.89	Muller light greek style	£ 1.44
Cottage Desserts Cheesecake 2	£ 1.20		

BISCUITS/CHOC BISCUITS	
Jam N Cream Biscuits 150g	Kit Kat 3x41.5g
Border Biscuits 100 mini packs	Oreo Cookies Vanilla (154g)
Jaffa Cakes 10 cakes	Kit Kat 3x4 finger
Tunnocks Caramel Wafer 8pk	Breakaway 6 + 2 Free - Nestle
Ryvita Black Pepper	Twix 4 x 2 (160g)
Nutella & Go	Club Orange - Jacob (8)
Ryvita Crispbread Dark Rye	Penguin - McV (8)
W/Meal Digestive Bisc 400g	Kit Kat (2 finger) £1.00 - Nes
Rich T Biscuits 300g	McVities Hobnob Slices (5)
Cadbury Cookies 150g	Coop Sea Salt Scallop Crackers
Stag Water Biscuits 150g	McVities Hobnob Slices £1 (5)
Mc V Gold 8pack	McVities Digestive Caramel Sli
Ginger Nuts 250g	McV Hobnob Vanilla Creams (200)
McVities Choc Digestives	Krisprolls Wholegrain (225g)
Viscount Biscuits 98g	Krisprolls Golden (255g)
Party Rings 125g	Carrs Melts (150g)
Club Mint - Jacobs (8)	Carrs Cheese Melts (150g)

Rocky Chocolate - Foxs (8)	Carrs Table Water (200g)
Nestle Blue Riband	Crispbreads Mixed Grain - Jaco
McVities Milk Choc Digest 266g	Crispbreads Chive - Jacob's (5
McV Carmel Digestives 267g	Ryvita Crispbread Cheese (125g
McV Milk Choc Hobnob 262g	Breadsticks 69p - Heritage (12
Penguin Mini Biscuits 6pk	Ryvita Dark Rye £1.00 (200g)
Tunnocks Caramel Wafer 4pk	Ryvita Fruit Crunch (200g)
Kit Kat Lemon Drizzle	Ryvita Original (200g)
Cadbury Caramel Biscuits	Ryvita Deli Sweet Onion Rye Cr
McV Gold Biscuit 6pack	Ryvita Sesame (250g)
Rocky Caramel 8 bars	Brodies All Butter S/Bread 28g
Heritage Cream Crackers	Kit Kat 2f 16pk
McVities Jaffa Cakes	Blue Riband 6+2
Heritage Ginger Nuts 300g	McVities Digestive Twists 276g
Heritage Shortcake Biscuits 20	McVitie Digestive Nibble White
Digestive - Heritage (400g)	Milk Choc Digestives Co-op
McV Rich Tea (300g)	McVities Club Orange 6pk
McV Digestives (400g)	Mc V Trio 6pk
Cream Crackers - Jacobs	Viennese half coated thins
Choice Grain Crackers - Jacob'	Kit Kat 9pk nestle
McV Tuc Sandwich (150g)	McV Dark Chc Digest
Cornish Wafers - Jacob's (150g)	Heritage Rich Tea Fingers
McV Cheddars (150g)	Heritage Malted Milk Biscuit
Cadbury Fabulous Fingers (110g	Heritage Morning Coffee Biscui
Cadbury Raspberry Mini Rolls (Chocolate Creams - Hill (150g)
Heritage Morning Biscuit (250g	Orange Creams - Hill (150g)
Heritage Malted Milk Bisc (200	Coconut Creams - Hill (150g)
Heritage Nice Biscuits 200g	Digestive Creams - Hill (150g)
Custard Creams - Hill (150g)	Fig Rolls Co-Op (200g)
	Gingerbread Men - Hill (210g)

BISCUITS/OATCAKES		
Adamsons Oatcakes 150g	£ 2.18	Rendalls Tarts 4pk
Jaffa cakes mcv 10pk		Rendalls Syrup Cake
Mlk Choc Hobnob		Nevis Cherry Cake
Foxs J&C 150g		Nevis Fruit Ginger Cake
Walkers Fine Oatcakes 280g	£ 1.35	Nevis Sultana Cake
McK Oatcakes 200g	£ 1.25	Nevis Toffee Cake
Stockans Thick Oatcakes 200g	£ 0.92	Goodwyn Almond Fingers
Stockans Thin Oatcakes 200g	£ 0.55	Cottage Bakery Carrot Cake
Stockans Mini Cocktail Oatcake	£ 0.95	Tear & Share Brioche St Pierre
Crusty White Rolls - Paul Holl	£ 1.65	Cottage Bakery 9 Madeira Fairy
Mr Kipling Mini Battenbergs (5	£ 1.93	Cottage Bakery 9 Fruit Fairy C
Mr Kipling Viennese Whirls (6)	£ 1.75	Baker St 4 Toasting Teacakes
McVities Jaffa Cakes (219g)	£ 1.00	The Deli 4 Fruit Teacakes
Danesita Sponge Fingers - Boud	£ 1.64	Special K biscuit moments choc
Cottage Bakery Jam Swiss Roll	£ 1.00	Cottage Bakery Chocolate Swiss
Co Op Italian Breadsticks 125g	£ 1.00	Special K Biscuit Moments Stra
		Sreen Malt Loaf 190g

Club Honeycomb Cake Crunchies	1.89	McV Hobnob Flapjacks 5
Ryvita Multi Grain 250g	1.65	Jam Swiss Roll Cottage Bakery
Tunnocks Tea Cakes 6	1.09	Ryvita Deli Pumpkin Seeds And
Heritage Caramel Shortcake 5	1.29	Ryvita Thins Multi Seed (125g)
Rendalls Fruit Quarters 2	0.7	Flatbreads Mixed Seeds - Jacob
Nevis Bakery Cakes 360g	2.99	Flatbreads Salt & Black Pepper
Nevis Ginger Cake	2.89	Co op - Dark Chocolate Ginger

BAKING PRODUCTS			
Demerara Sugar - Tate & Lyle		Crystalised Stem Ginger	11.94
Soft Dark Brown Sugar 3kg T&L		Very Lazy Garlic (200g)	£ 2.63
Soft Light Brown Sugar 3KG T&L		Very Lazy Ginger (190g)	£ 2.71
Icing Sugar - T&L 3kg		Very Lazy Red Chillies (190g)	£ 2.71
Caster Sugar - Tate & Lyle		Cajun Spice - E.F (500g)	£ 5.87
Jam Sugar - Tate & Lyle		Bay Leaves - E.Fav (40g)	£ 8.48
Perruche Brown Sugar Cubes		Black Pepper Cracked - E.Fav (£ 11.96
Perruche White Sugar Cubes		Black Peppercorns - E.Fav (500	£ 9.66
Granulated Sugar - Tate & Lyle		Chive Flakes - E.F (40g)	£ 5.64
Caster Sugar - Tate & Lyle		Cumin Ground - E.F (450g)	£ 5.80
Icing Sugar - T/L		Ground Turmeric (550g)	£ 4.70
Regal Ice Ready to Roll - Dr O		Mild Madras Curry Powder - E.F	£ 4.99
Dr Oetker Marzipan		Cinnamon Ground - Heritage (40	£ 1.05
Soft Dark Brown Sugar 500g T&L		Chilli Powder Hot - Heritage (£ 1.10
Demerara Sugar - Tate & Lyle		Chillies Crushed - Heritage (2	£ 0.98
Mixed Fruit C/W 3kg		Ginger Ground - Heritage (36g)	£ 0.95
Raisins - C.W		Mixed Spice Ground - Heritage	£ 0.99
Cornflour - C.W		Nutmeg Ground - Heritage (45g)	£ 1.98
Currants - C.W		Paprika - Heritage (50g)	£ 1.05
Strong Wholemeal Bread Flour -		Basil - Heritage (14g)	£ 0.79
Cornflour - Brown & Polson		Saffron - C.W (1g)	£ 6.99
SR Flour - Heritage		Chives - Heritage (4g)	£ 1.05
Plain Flour - Heritage		Mixed Herbs - Heritage (12g)	£ 0.98
Strong White Flour - Allinson		Oregano - Heritage (14g)	£ 0.75
Medium Oatmeal - Brakes		Parsley - Heritage (11g)	£ 0.79
Medium Oatmeal - Mornflake		Rosemary - Heritage (25g)	£ 0.87
White Sugar Portions 50		Turmeric Ground - Heritage (45	£ 1.05
Demerara Sugar Portions 50		Bay Leaves - Schwartz (6g)	£ 1.55
Brown Sugar Portions 50		Table Salt - Heritage (70g)	£ 0.37
Evaporated Milk - Carnation		Garlic Salt - Heritage (100g)	£ 1.24
Carnation Caramel - Nestle		Cayenne Pepper - Schwartz (26g	£ 1.70
Condensed Milk - Nestle		Cinnamon Ground - Schwartz (33	£ 1.89
Condensed Milk - Farmlea		Cinnamon Sticks - Schwartz (13	£ 1.89
Evaporated Milk - Farmlea		Cumin Ground - Schwartz (28g)	£ 1.85
Canderel - Jar		Crushed Chillies - Schwartz (2	£ 2.05
Canderel		Chilli Powder Mild - Schwartz	£ 2.05
Beremeal 1.5kg		Chilli Powder Hot - Schwartz (£ 2.05
Glace Cherries - E.F (1kg)		Paprika - Schwartz	£ 1.85
Mixed Peel - Heritage (200g)		Turmeric - Schwartz (31g)	£ 1.83
Cocktail Cherries - Opies (225		Basil - Schwartz (10g)	£ 1.75
Stem Ginger in Syrup - Opies (Dill - Schwartz (10g)	£ 2.15
Mini Marshmallows - Epic (150g		Mixed Herbs - Schwartz (9g)	£ 1.79

Treacle - T/Lyle (454g)		Oregano - Schwartz (7g)	£ 1.75
Golden Syrup - T/L (907g)		Parsley - Schwartz (3g)	£ 1.79
Vanilla Flavouring - Dr Oetker		Rosemary - Schwartz (18g)	£ 1.77
Certo (250ml)		Tarragon - Schwartz (5g)	£ 1.80
Jif Lemon Juice (250ml)		Thyme - Schwartz (11g)	£ 1.79
Lime Juice - Realime (250ml)		Curry Powder Mild - Heritage (£ 0.95
Mincemeat - E.F (3kg)		Curry Powder Hot - Heritage (5	£ 0.95
Desiccated Coconut - E.F (2kg)		Sharwoods Medium Curry Powder	£ 1.39
Flaked Almonds - E.F (1kg)		Curry Powder Medium - Schwartz	£ 1.79
Sweetex		Knorr Stock Pot - Beef (4)	£ 1.85
Pink Gel Food Colouring - Dr O		Knorr Stock Pot - Vegetable (4	£ 1.85
Food Colouring - Dr Oetker Blu		Knorr - Chicken Stock Pot (8)	£ 1.50
Orange Gel Food Colouring - Dr		Oxo Beef Cubes (12)	£ 1.56
Green Gel Food Colouring - Dr		Oxo Beef Cubes (24)	£ 2.32
Baking Powder - Heritage (100g		Knorr Vegetable Bouillon (1kg)	£ 20.97
Baking Powder - Borwicks (102g		Knorr Beef Bouillon (1kg)	£ 18.91
Bicarbonate of Soda - Borwicks		Knorr Chicken Bouillon (1kg)	£ 21.28
Cream of Tartar Sachets - Dr O		Aromat Sprinklers (90g)	£ 1.15
Gelatine Sachets - Dr Oetker (Knorr Lamb Stock Cubes (1x8)	£ 1.99
Vanilla Extract - Dr Oetker (3		Knorr Beef Stock Cubes (1x8)	£ 1.99
Hundreds & Thousands - Dr Oetk		Knorr Vegetable Stock Cubes (1	£ 1.99
Sugar Strands - Dr Oetker (55g		Knorr Fish Stock Cubes (1x8)	£ 1.99
Chocolate Strands - Dr Oetker		Knorr Chicken Stock Cubes (1x8	£ 1.99
Chocolate Chips Plain - Dr Oet		Ground Arrowroot C/W 500G	£ 3.16
Chocolate Chips Milk - Dr Oetk		Ground All Spice C/W 5kg	£ 67.79
Walnuts - Whitworths (55g)		Baking Powder C/W 800g	£ 2.70
Almonds - Whitworths (80g)		Bay Leaves C/W 50g	£ 1.69
Ground Almonds - Whitworths (1		Bicarbonate of Soda C/W 1kg	£ 2.22
Desiccated Coconut - W.W (200g		Whole Black Peppercorns C/W 50	£ 5.63
Easy Bake Yeast - Allinson (6x		Cracked Black Peppercorns C/W	£ 5.68
Easy Bake Yeast Drum - Allinso		Ground Black Pepper C/W 525g	£ 5.06
Batter Mix - Greens (125g)		Broth Mix C/W 1kg	£ 3.63
Lemon Pie Filling - Greens		Cajun Seasoning C/W 500g	£ 4.00
Cheesecake Mix - Greens (259g)		Caraway Seeds C/W 500g	£ 4.82
Dr Oetker Muffin Cases		Whole Green Cardamon C/W 285g	£ 10.38
Yellow Food Colouring Dr Oetke		Cayenne Pepper C/W 450g	£ 3.60
Red Food Colouring Dr Oetker 1		Chinese Five Spice C/W 405g	£ 4.80
Peppermint Extract Dr Oetker 3		Crushed Chillies C/W 260g	£ 2.85
Dr Oetker Almond Extract 35ml		Chive Flakes C/W 40g	£ 2.13
Askeys Pompadour Fan Wafers		Chilli Powder C/W 450g	£ 3.35
Hovis Granary Bread Flour 1kg		Cinnamon Sticks C/W 180g	£ 8.31
McD's White Choc Chips 1.1kg		Whole Cloves C/W 360g	£ 11.30
McD's Pizza Base Mix 3.5kg		Cornflour C/W 3.5kg	£ 4.26
McD's Mini Marshmallows 450g		Ground Coriander C/W 450g	£ 2.04
McD's Fish Batter Mix 3.5kg		Cream of Tartar C/W 800g	£ 10.37
McD's Dark Choc Chips 1.1kg		Ground Cumin C/W 450g	£ 3.71
Mango Coulis 300g (kul-li)		Cumin Seeds 500g	£ 4.42
Marshalls Semolina 500g		Mild Madras Curry Powder C/W 4	£ 3.04
Maple Syrup - Clarks (180ml)		Hot Curry Powder C/W 450g	£ 3.28
Saucy Syrup Squeezy Strawberry		Currants C/W 3kg	£ 14.78
Treat Strawberry Syrup - Askey		Garlic Powder C/W 500g	£ 3.26
Treat Toffee Syrup - Askey's (Garam Masala C/W 405g	£ 3.42
Treat Raspberry Syrup - Askey'		Ground Cinnamon C/W 450g	£ 3.60
Treat Chocolate Syrup - Askey'		Ground Giinger C/W 500g	£ 3.72

Pastry Case Sweet - Edlers		Green Split Peas C/W 3kg	£ 3.83
Pastry Case Savoury - Edlers		Italian Seasoning C/W 180g	£ 3.56
McVities Orange Club Cake Crun		Juniper Berries C/W 300g	£ 8.00
Mornflake Superfast Oat 3kg		Long Grain Rice C/W 3kg	£ 5.23
Golden Syrup T&L 454g		Macaroni C/W 3kg	£ 3.26
Light Soft Brown Sugar 500g		Marrowfat Peas Dried C/W 3kg	£ 3.91
Hovis Strong W Bread Flour 1.5		Mixed Fruit C/W 3kg	£ 13.34
Butterscotch Syrup T&L		Mixed Herbs C/W 140g	£ 1.96
Askeys Waffle Cones 10		Mint C/W 140g	£ 1.75
Askeys 21 Cup Cones		Mixed Spice C/W 450g	£ 3.52
Whitworths Ground Rice 500g		Yellow mustard seeds C/W 700g	£ 3.29
Nature valley nut butter 152g		Ground Nutmeg C/W 450g	£ 6.77
Bicarbonate of Soda Dr O 200g		Oatflakes C/W 3kg	£ 4.13
Whitworths Flaked Almonds 150g		Onion Powder C/W 500g	£ 3.63
Whitworths Apricots 100g		Oregano C/W 190g	£ 2.65
Co op sponge fingers 125g		Paprika C/W 500g	£ 3.21
Allinson Easy Bake Yeast 2x7g		Ground Smoke Paprika C/w 450g	£ 4.32
Whitworths Chopped nuts 200g		Pasta Twists Large C/W 3kg	£ 4.27
Whitworths Walnut pieces 100g		Pearl Barley C/W 3kg	£ 3.67
Splenda Granules 75g		Pink Peppercorns C/W 200g	£ 8.47
Co op 75 Muffin Cases		Poppy Seeds C/W 500g	£ 5.31
Desiccated Coconut 1kg C/W		Pumpkin Seeds C/W 430g	£ 3.54
Heritage Currants 500g		Raisins C/W 3kg	
E/F Chopped mixed nuts 1kg		Semolina C/W 3kg	
E/F Walnut Halves 1kg		Sesame Seeds C/W 590g	
Eat Natural 50g bars		Short Grain Rice C/W 3kg	
Sultanas E/F 3kg		Sultanas C/W 3kg	
Glace Cherries 200g Co op		Sunflower Seeds C/W 3kg	
Splenda Granulated 125g		Tapioca C/W 3kg	
Pecan Halves 1kg		Thyme C/W 210g	
Golden Breadcrumbs 3.5kg Brake		Ground Turmeric C/W 550g	
Brodies Sugar Sticks 1000		Ground White Pepper C/W 550g	
E/F Crumble Mix 3.5kg		Whole White Peppercorns C/W	
Marcantonio Sugar Cones		Yellow Split Peas C/W 3kg	
N/Selection Chopped Dates		Schwartz Mild Curry Powder 85g	
Allinson Strong White Bread Fl		Schwartz Fajita Seasoning 530g	
N/selection chopped dates 200g		Co-op Fresh Coriander 25g	
Bournville cocoa 250g		E/F Sesame Seeds 590g	
Golden Syrup - Lyles 7.257kg		Maldon Sea Salt Flakes 250g	
Bicarb of Soda 100g Heritage		Tidmans Natural Rock Salt 500g	
Extra Dark Fine Cooks 150g		Schwartz Bouquet Garni 5g	
Co op Clear Honey 454g		Schwartz Italian Seasoning 11g	
Askeys Cafe Curls 320		Celery Salt C/W 850g	
Dr Oetker Cupcake Cases 50		Marjoram C/W 125g	
Suet Beef - Atora		Herbs de Provence C/W 130g	
Suet Vegetable - Atora Light		Garlic Granules C/W 500g	
Milk Cooking Chocolate - Dr Oe		Sage C/W 240g	
Plain Cooking Chocolate - Dr O		English Leaf Parsley C/W 80g	
White Fine Cooks Dr Oet		Rosemary Needles C/W 205g	
Dr Oetker Milk Fine Cooks		Basil C/W 150g	
Milk Cooking Chocolate - Dr Oe		Whole Cumin Seeds C/W 500g	
Mincemeat - Robertsons (411g)		Cracked Black Peppercorn 450g	
Mincemeat - Robertsons (1.36kg)		Cumin Seeds C/W 700g	
Demerara Sugar 1kg T&L		Fajita Seasoning S/M 504g	

Swizzles cupcake kit	£	5.94	Cinnamon Sticks E/F 170g	
Soft Dark Brown Sugar 3kg T&L	£	7.97	Whole Coriander WOS 300g	
Soft Light Brown Sugar 3KG T&L	£	8.26	Brakes Ground Coriander 450g	
Icing Sugar - T&L 3kg	£	5.75	WOS Celery Salt 1kg	
Caster Sugar - Tate & Lyle	£	3.04	Knorr Ham Stock Cubes 8	
Jam Sugar - Tate & Lyle	£	2.12	Schwartz Mixed Spice 28g	
Perruche Brown Sugar Cubes	£	3.97	Schwartz Coriander Leaf 7g	
Perruche White Sugar Cubes	£	3.97	Knorr Chicken Stock Pot 4	
Granulated Sugar - Tate & Lyle	£	0.80	Flat Leaf Parsely Fresh 25g	
Caster Sugar - Tate & Lyle	£	1.24	Heritage Sage 13g	
Icing Sugar - T/L	£	1.29	Blackened Cajun Seasoning 550g	
Regal Ice Ready to Roll - Dr O	£	2.16	Co-op Sunflower Seeds	
Dr Oetker Marzipan	£	3.00	Coriander Ground Heritage 36g	
Soft Dark Brown Sugar 500g T&L	£	1.49	Pepper Sachets-Coronet	
Demerara Sugar - Tate & Lyle	£	1.44	Salt Sachets-Coronet 2000	
Mixed Fruit C/W 3kg	£	11.00	Chillies Crushed 400g WOS	
Raisins - C.W	£	9.83	Madras Curry Powder 500g C/W	
Cornflour - C.W	£	4.47	Co op Table salt 750g	
Currants - C.W	£	12.35	Black Pepper Grinder - Spice I	
Strong Wholemeal Bread Flour -	£	1.97	White Pepper Ground - Saxa (25	
Cornflour - Brown & Polson	£	1.75	Black Pepper Ground - Saxa (25	
SR Flour - Heritage	£	1.50	Black Peppercorns - Heritage (
Plain Flour - Heritage	£	1.37	Black Pepper Ground - Heritage	
Strong White Flour - Allinson	£	1.91	Coarse Black Pepper - Schwartz	
Medium Oatmeal - Brakes	£	6.30	Tarragon C/W 90g	
Medium Oatmeal - Mornflake	£	1.14	C/W fennel seeds 330g	
White Sugar Portions 50	£	1.00	Fresh Mint 25g	
Demerara Sugar Portions 50	£	1.06	C/W freeze dried chives 40g	
Brown Sugar Portions 50	£	1.00	Triple Lion Green Split Peas	
Evaporated Milk - Carnation	£	1.38	Co op sesame seeds 100g	
Carnation Caramel - Nestle	£	2.45	Batter Mix - Greens (125g)	£ 0.70
Condensed Milk - Nestle	£	1.97	Lemon Pie Filling - Greens	£ 0.75
Condensed Milk - Farmlea	£	1.30	Cheesecake Mix - Greens (259g)	£ 1.15
Evaporated Milk - Farmlea	£	0.90	Dr Oetker Muffin Cases	£ 1.37
Canderel - Jar	£	2.34	Yellow Food Colouring Dr Oetke	£ 1.26
Canderel	£	1.39	Red Food Colouring Dr Oetker 1	£ 1.26
Beremeal 1.5kg	£	4.73	Peppermint Extract Dr Oetker 3	£ 1.68
Glace Cherries - E.F (1kg)	£	7.42	Dr Oetker Almond Extract 35ml	£ 1.99
Mixed Peel - Heritage (200g)	£	1.00	Askeys Pompadour Fan Wafers 20	£ 28.69
Cocktail Cherr s - Opies (225	£	1.79	Hovis Granary Bread Flour 1kg	£ 1.57
Stem Ginger in Syrup - Opies (£	2.95	McD's White Choc Chips 1.1kg	£ 15.73
Mini Marshmallows - Epic (150g	£	1.10	McD's Pizza Base Mix 3.5kg	£ 10.80
Treacle - T/Lyle (454g)	£	1.29	McD's Mini Marshmallows 450g	£ 7.22
Golden Syrup - T/L (907g)	£	2.50	McD's Fish Batter Mix 3.5kg	£ 9.49
Vanilla Flavouring - Dr Oetker	£	4.25	McD's Dark Choc Chips 1.1kg	£ 7.85
Certo (250ml)	£	2.79	Mango Coulis 300g (kul-li)	£ 4.21
Jif Lemon Juice (250ml)	£	1.19	Marshallis Semolina 500g	£ 1.55
Lime Juice - Realime (250ml)	£	0.85	Maple Syrup - Clarks (180ml)	£ 2.87
Mincemeat - E.F (3kg)	£	12.85		
Desiccated Coconut - E.F (2kg)	£	12.54	Treat Strawberry Syrup - Askey	£ 1.40
Flaked Almonds - E.F (1kg)	£	14.77	Treat Toffee Syrup - Askey's (£ 1.40
Sweetex	£	2.45	Treat Raspberry Syrup - Askey'	£ 1.40
Pink Food Colouring	£	1.00	Treat Chocolate Syrup - Askey'	£ 1.40
Food Colouring - Dr Oetker Blu	£	1.42	Pastry Case Sweet - Edlers	£ 1.54

Orange Gel Food Colouring - Dr	£ 1.00	Pastry Case Savoury - Edlers	£ 1.54
Green Gel Food Colouring - Dr	£ 1.00	McVities Orange Club Cake Crun	£ 1.00
Baking Powder - Heritage (100g	£ 0.78	Mornflake Superfast Oat 3kg	1.7
Baking Powder - Borwicks (102g	£ 1.00	Golden Syrup T&L 454g	1.99
Bicarbonate of Soda - Borwicks	£ 1.00	Light Soft Brown Sugar 500g	1.29
Cream of Tartar Sachets - Dr O	£ 1.38	Hovis Strong W Bread Flour 1.5	1.4
Gelatine Sachets - Dr Oetker (£ 1.38	Butterscotch Syrup T&L	1.35
Vanilla Extract - Dr Oetker (3	£ 1.81	Askeys Waffle Cones 10	1.35
Hundreds & Thousands - Dr	£ 1.36	Askeys 21 Cup Cones	2.89
Chocolate Strands - Dr Oetker	£ 1.36	Plain Cooking Chocolate - Dr O	
Chocolate Chips Plain - Dr Oet	£ 1.40	Bicarbonate of Soda Dr O 200g	1.29
Chocolate Chips Milk - Dr Oetk	£ 1.40	Whitworths Flaked Almonds 150g	1
Walnuts - Whitworths (55g)	£ 1.29	Whitworths Apricots 100g	0.45
Almonds - Whitworths (80g)	£ 1.29	Co op sponge fingers 125g	2.25
Ground Almonds - Whitworths	£ 2.26	Allinson Easy Bake Yeast 2x7g	2.25
Desiccated Coconut - W.W (200g	£ 2.09	Whitworths Chopped nuts 200g	2.49
Easy Bake Yeast - Allinson	£ 1.41	Whitworths Walnut pieces 100g	1.05
Easy Bake Yeast Drum - Allinso	£ 1.42	Splenda Granules 75g	5.3
Allinson Strong White Bread Flour		Co op 75 Muffin Cases	1.99
N/selection chopped dates 200g		Desiccated Coconut 1kg C/W	14.18
Bournville cocoa 250g		Heritage Currants 500g	15.2
Golden Syrup - Lyles 7.257kg		E/F Chopped mixed nuts 1kg	0.89
Bicarb of Soda 100g Heritage		E/F Walnut Halves 1kg	9.8
Extra Dark Fine Cooks 150g		Eat Natural 50g bars	1.69
Co op Clear Honey 454g		Sultanas E/F 3kg	3.19
Askeys Cafe Curls 320		Glace Cherries 200g Co op	4.49
Dr Oetker Cupcake Cases 50		Splenda Granulated 125g	6.68
Suet Beef - Aтора		Pecan Halves 1kg	14.77
Suet Vegetable - Aтора Light		Golden Breadcrumbs 3.5kg	8
Milk Cooking Chocolate - Dr Oe		Brodies Sugar Sticks 1000	18.77
White Fine Cooks Dr Oet		Mincemeat - Robertsons (1.36kg	
Dr Oetker Milk Fine Cooks		Demerara Sugar 1kg T&L	
Milk Cooking Chocolate - Dr Oe		Mincemeat - Robertsons (411g)	

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LOCAL MEAT & MEAT PRODUCTS

Sliced Cooked Meat in assorted packet sizes

Beef Mince, Beef Sausages, Pork Sausages, White Pudding

Shoulder Stew, Steak Mince, Diced Pork, Minute Steak, Pork Chops

Sirloin Steak, Pot Roast, etc - SELECTION IN SHOP & TO ORDER

LOCAL SANDWICHES

Fresh Chilled Sandwiches from Donaldsons Monday to Friday.

LOCAL PASTRY PRODUCTS

Fresh Pastry Products from Donaldsons
and Rendalls Monday to Friday.

FRESH FRUIT & VEGETABLES

Prices vary from day to day - Prices on request.

Apples (Braeburn, Golden Del, Granny Smith, Mac Reds or Royal Gala), Bananas, Baking Potatoes, Broccoli, Cabbage, Carrots
Cauliflower, Celery, Cherry Tomatoes, Cooking Apples,
Courgettes, Cress, Cucumber, Garlic, Ginger Root, Grapefruit
Grapes, Iceberg, Kiwi Fruit, Leeks, Lemons, Melons, Mushrooms
Onions, Oranges, Parsley, Pears, Peppers, Plums, Potatoes,
Potatoes (25kg), Shallots, Spring Onions, Sweet Potatoes,
Tomatoes & Turnips.

Fresh fruit & veg delivered direct from fruit market 2 to 3

CONFECTIONERY

We always have a large selection of chocolate bars, chewing gum ,
crisps

and small confectionary items in stock. Details on request.

BROWN'S BAKERY,

WESTRAY

Fresh selection of Bread and Baking available Monday to
Friday.

RENDALL'S BAKERY

Fresh selection of Bread and Baking available Monday to
Saturday.

We always have a large selection of carbonated cans &
bottles,
bottled water/flavoured
water, fruit juices, squash,
tonic waters,
energy drinks in stock
details on request

**ALL ORDERS ARE
SUBJECT TO AVAILABILITY**

**PRICES ARE SUBJECT TO
ALTERATION WITHOUT
NOTICE**