

	Category	Product	Unit	Short Description	New price
Organic Greengrocer boxes		Small Mixed Box	1 box	Contains approximately 5 types of veg and 3 types of fruit.	£12.95
		Small Veg Only Box	1 box	Includes a selection of 5-7 types of vegetables.	£12.95
		Small Mediterranean Box	1 box	Contains approximately 5-7 types of veg. May include tomatoes, courgettes, aubergine, peppers, garlic....	£12.95
		Small Fruit Box	1 box	Contains approximately 5 varieties of fruit. Great as a supplement to a veg box, for the office, or for the kids....	£12.95
		UK Box	1 box	This is usually a veg only box, and contains 5-8 different types of veg. When UK rhubarb, apples, pears and plums in season, may contain these!	£14.95
		Medium Mixed Box	1 box	Contains approximately 5-7 types of veg and 3-4 types of fruit.	£17.75
		Medium Veg only Box	1 box	Contains approximately 6-9 types of veg. Suitable for those keen on having great seasonal vegetables.	£17.75
		Medium Mediterranean Box	1 box	Contains approximately 6-9 types of veg. May include tomatoes, courgettes, aubergine, peppers, garlic....	£17.75
		Medium Fruit Box	1 box	Contains approximately 5-8 varieties of fruit. Great as a supplement to a veg box, for the office, or for the kids....	£17.75
		Large Mixed Box	1 box	Contains approximately 7-9 types of veg and approx 4-5 types of fruit.	£25.00
		Large Veg only Box	1 box	Contains approximately 10-14 types of veg. Suitable for larger households and vegetarians.	£25.00
		Large Mediterranean Box	1 box	Contains approximately 9-14 types of veg. May include tomatoes, courgettes, aubergine, peppers, garlic....	£25.00
		Large Fruit Box	1 box	Contains approximately 7-9 varieties of fruit. Great as a supplement to a veg box for a large household, for the office, or for the kids....	£25.00
		Large Family Box	1 box	Great selection for the bigger family! Contains a variety of fruit and veg.	£32.95
		Large Family Veg only Box	1 box	Contains approximately 12-16 types of veg. Suitable for larger households and vegetarians. Larger quantities than the large veg only box.	£32.95
	Large Family Fruit Box	1 box	Contains approximately 8 -10 varieties of fruit. Great as a supplement to a veg box for a large household, for the office, or for the kids....	£32.95	

	Category	Product	Unit	Short Description	New price	
New Juicing Box Range		Small Fruit & Root juicing box	1 box	Contains approximately 1.5kg carrots, 0.5kg beetroot, 1kg apples, 1 red grapefruit, 1kg oranges, 0.5kg pears (Makes approx. 1 glass a day for a week*)	£15.00	
		Medium Fruit & Root juicing box	1 box	Contains approximately 2.5kg carrots, 0.5kg beetroot, 1.5kg apples, 1 red grapefruit, 1kg oranges, 0.75kg pears, 1 pineapple, (Makes approx. 2 glasses a day for a week*)	£25.00	
		Green Juicing/Green Smoothie box	1 box	Contains approximately 1kg Carrots, Bag of Kale/Cabbage, Bag of spring greens or green cabbage, Bag of green leaf e.g. turnip/carrot tops/spinach/chard, 2 Beetroot, 1kg apples, 2 lemons, 2 limes, 3 cucumbers, 1 mango, 1 Pineapple (Makes approx. 2/3 glasses a day for a week*)	£30.00	
		Large Fruit, Root & Greens juicing box	1 box	Contains approximately 2.5kg carrots, 0.5kg beetroot, 1 head celery, 2 cucumbers, 1 bag of greens - spinach/spring greens/kale (depending on availability), 1.5kg apples, 2 grapefruit, 2 kiwifruit, 2 lemons, 2kg oranges, 1 mango, 1kg pears, 1 pineapple, (Makes approx. 3 glasses a day for a week*)	£40.00	
Optional Add-Ons to any of our juicing boxes		Bag Greens	1 bag	Add 1 good bag of greens - spinach/spring greens/kale/cabbage (depending on availability) to be added to the juicing box	£2.50	
		Bananas	7 bananas	Add 7 bananas if you want to make smoothies	£2.50	
		UK apples	1kg	A wonderful variety of UK apples available for adding to your order...	£3.50	
NB. Without an assorted box, any delivery will carry a £3.50 charge		Soup Bag		A great bag including seasonal veg, and an organic stock cube to make a great pot of soup! Can be added to a box order	£5.00	
		Baby Grow Bag		A beautiful bag of fruit and veg for your wee baby! Lots of root veggies for purees. Can be added to a box order	£5.00	
		Toddler Chew bag		Get them chewing on some organic fruit and vegetables! May contain: sweet peppers, carrots, celery, cucumber, bananas, apples and pears. Can be added to a box order	£5.00	
	fruit bags		Titchie fruit bag	1 bag	A small bag of assorted fruit to add into your veg box order	£2.65
			Small fruit bag	1 bag	A small bag of assorted fruit to add to your veg box order	£3.25
		Medium fruit bag	1 bag	A bag of assorted fruit to add to your veg box order	£5.35	
juicing		Juicing Oranges	3kg bag	Can be added to any box order - prices may vary	changes weekly	
		Juicing Carrots	3kg bag	Can be added to any box order - prices may vary	changes weekly	
Tatties		Potatoes	1kg	Variety dependant on availability. These are not included in our box prices , but can be added to a weekly order or on an ad hoc basis.	£1.50	

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The Cold Store				
eggs	Organic Eggs	box of 1/2 doz	From happy chickens (all free range). Size can vary, but usually large in size. From Phantassie in East Lothian or the Black Isle.	£2.20
NEW	Butter unsalted	250g	Graham's Dairy	£1.79
	Butter slightly salted	250g	Graham's Dairy	£1.79
	Spreadable butter slightly salted	500g	Graham's Dairy. Comes in a tub!	£2.95
milk	Milk full-fat	2 litre	Graham's Dairy	£1.95
	Milk semi-skimmed	2 litre	Graham's Dairy	£1.95
	Milk full-fat	1 litre	Graham's Dairy	£1.15
new product	Milk full-fat <i>blue top</i>	1 litre	Graham's Dairy unhomogenised whole milk. Just like the old days with the cream on the top!	£1.30
	Milk semi-skimmed	1 litre	Graham's Dairy	£1.15
	Milk skimmed	1 litre	Graham's Dairy	£1.15
	Milk full-fat	500ml	Graham's Dairy	£0.85
	Milk semi-skimmed	500ml	Graham's Dairy	£0.85
	Milk skimmed	500ml	Graham's Dairy	£0.85
cream	Double cream	300ml	Graham's Dairy	£1.49
Non-dairy	Unsweetened organic soya milk	1 litre	Provamel. Unsweetened ON OFFER!!	NOW £1.19
	Almond Drink	1 litre	Provamel Almond Drink - Unsweetened, This product is Gluten-free, is Organic and is Vegan	£2.59
	Rice Dream	1 litre	Dairy & Soya free. Rice Dream is naturally lactose free, making it ideal for anyone who may be lactose intolerant or allergic to milk.	£1.79
yoghurt	Organic Natural Yoghurt	500g	Brown Cow. Natural wholemilk yoghurt. Award winning and delicious! Handmade in Somerset	£1.99
Cheeses	Red Leicester Cheese	245g	Lye Cross Organic Cheese Specialists. Red Leicester has a delicate sweet flavour - wonderful for adults and kids alike!	£3.30
	Mature Farmhouse Cheddar	245g	Lye Cross Organic Cheese specialists. A fully matured flavoursome cheese.	£3.45
	Scottish Crowdie (Bronze at World Cheese Awards 2007)	approx 160g	Connage Organic Highland Dairy. A light and truly delicious cream cheese. Knocks spots off any others we've tried!	£2.15
	Scottish Cromal	approx 250g	Connage Organic Highland Dairy. This artisan Caerphilly cheese has a full and luscious taste, resulting from the cows' clover-rich diet. (240g-280g)	£3.40
	Scottish Smoked Dunlop	approx 200g	Delicately smoked Dunlop from Connage Highland Dairy. PASTEURISED	£3.40
	Scottish Dunlop	approx 200g	Connage Organic Highland Dairy. Likened to a sweetmilk cheese. PASTEURISED	£3.50
	Scottish Clava	approx 200g	Connage Organic Highland Dairy. It's fantastic to have a home-grown Brie- full of flavour, and wonderful with a great red wine.	£4.25
Organic General Grocer Juices	Orange Juice - Biona	1 litre bottle	Biona - 100% organic pressed oranges (not from concentrate) - The oranges are carefully selected from organic citrus farms and freshly squeezed immediately after harvest to capture all their zesty sweetness	£4.26
	Apple Juice	1litre carton	Biona Apple Juice. Not made from concentrate. Tetra Pack	£2.89
	Organic Elderflower Cordial	360ml bottle	Elderflowers have a delicate, refreshing scent and make a delicious drink. Dilute with sparkling water for a spritzer or add to white wine or fruit salads.	£3.49

	Category	Product	Unit	Short Description	New price
	hot drinks	Grumpy Mule Colombian Coffee	227g bag	Roasted a little darker, this is a rantly flavoured coffee with notes of dark chocolate and toasted hazelnuts. The medium acidity and body grant the coffee a delightfully smooth flavour and lingering finish.	£4.49
		English breakfast tea	125g (40 bags)	Clipper. Fair-trade. A superior blend of Assam and Ceylon teas with a bright, refreshing flavour	£2.55
		Earl Grey Tea	125g (50 bags)	Clipper. Fair-trade. A delicious, light and fragrant tea with the refreshing citrus aroma of natural bergamot flavour.	£2.55
	pasta	Organic Peppermint Tea	20g (20 bags)	Clipper. Light, distinctive and naturally caffeine free.	£1.43
		Spaghetti, white	500g	La Bio Idea. Organic Sicilian spaghetti.	£1.39
		Penne	500g	La Bio Idea. Traditional Sicilian penne, slowly dried for wonderful texture and flavour.	£1.39
	flours, rice,sugar	Lasagne	250g	La Bio-Idea. Organic lasagne sheets. Can be pre-cooked or used straight from the packet	£1.89
		Organic Basmati Rice (white)	750g	Suma. Organic white basmati rice from Pakistan.	£3.39
		Arborio Rice	500g	Suma.	£2.85
		Organic wholemeal Couscous	500g	Suma. Organic wholemeal couscous.	£1.99
		Organic Red Lentils	500g	Suma. Organic red lentils.	£2.15
		Strong wholewheat strong bread flour	1.5kg	Dove's Farm. Organic. Ideal for bread making.	£1.95
		Plain white strong bread flour	1.5kg	Dove's Farm. Organic. Ideal for bread making.	£1.95
		Flour - self raising flour	1kg	Dove's Farm. Organic all purpose self raising flour.	£1.45
		Flour - Malthouse bread flour	1kg	Dove's Farm. Organic Malthouse mixed grain bread flour.	£1.59
		Flour - plain unbleached flour	1kg	Dove's Farm. Organic all purpose white plain flour.	£1.39
	jams, spreads & preserves	Raw Cane Sugar	500g	Organically grown sugar from Mauritius.Granulated. Good all purpose sugar	£2.55
		Organic 'wildflower' Honey	340g	Littleover Apiaries. A clear honey from hives placed in certified organic wildflower meadows. It has all the scent and taste of summer in a jar.	£3.75
	biscuits & oatcakes	Crunchy Peanut Butter	340g	Suma. Organic. Unsalted.	£2.89
		Organic Almond Butter	170g	in sweets and desserts.	£5.49
		Hebridean Oatcakes	150g	Made on the Island of Benbecula in the Outer Hebrides, these oatcakes are wonderful! Organic, wheat free, made with olive oil, with a light and crisp texture. 12 oatcakes	£1.79
	cans, purees, sauces	Wholewheat Digestives	400g	Doves Farm. Wholewheat digestives - great taste awards 2011	£1.99
		Organic Tomato Puree	200g	Suma. Double concentrated.	£1.25
		Organic Chopped Tomatoes	400g	100% Italian tomatoes. Just yummy naked goodness. Suma	£0.85
		Organic Red Kidney Beans	400g	Simply red kidney beans in water.Just yummy naked goodness. Suma	£0.95
		Organic Chickpeas	400g	Simply chick peas in water.Just yummy naked goodness. Suma	£0.95
		Organic Butter Beans	400g	Simple butter beans in water. Just yummy naked goodness, Suma	£0.95
		New product	Organic Coconut Milk	400g	Biona, From pressed coconut kernel, From a cooperative in Sri Lanka. Suitable for vegans .
	Bouillon Stock cubes		84g (8)	Marigold. Organic stock cubes.Dairy free, gluten free	£1.19
	Bouillon Stock powder		150g	Marigold. Organic stock powder in a tub .Dairy free, gluten free	£2.25

Category	Product	Unit	Short Description	New price
	Organic Baked Beans	420g	WholeEarth. With no artificial ingredients. Suitable for vegetarians, vegans and coeliacs - gluten free. Contains soya. Sweetened with fruit juice.	£1.19
	Organic Extra Virgin Olive Oil	500ml bottle	Suma, this cold pressed oil is unrefined and free from additives, Rich in oleic acid. Delicious	£5.75
	Organic Sunflower Oil	500ml bottle	Clearspring. Cold pressed oil, ideal for dressings and marinades. Not suitable for deep frying.	£3.49
	Organic Cyder Vinegar	500ml bottle	Aspall. Ideal for marinades, sauces, dressings and other culinary uses.	£1.59
	Organic Balsamic Vinegar	250ml bottle	Aspall. Ideal for marinades, sauces, dressings and other culinary uses.	£3.50
	Mayonnaise with free range Organic Eggs	300g	Suma Mayonnaise, is Gluten Free. A thick and creamy mayonnaise for salads and sandwiches, chips or dips.	£2.79
Meat & poultry	Pork	price/kg	Chicken	price/kg
	Pork Tenderloin	£31.75	whole	£9.75
	Loin Chops	£24.95	breast	£26.10
	Leg Steaks	£19.85	thighs	£13.55
	Diced Pork	£15.35	drumsticks	£8.95
	Pork Mince	£15.35	leg quarters	£12.45
	Pork Sausages	£15.35	wings	£6.75
	Rolled Leg of Rare breed P	£18.75	stock carcass (2 in pack)	£3.75
	Rolled Shoulder	£14.75	livers	£15.35
	Pork Loin Roast	£24.95	goujons	£26.10
	Pork Gigot (Bone in)	£15.95	oysters	£21.05
	pork belly	£14.75		
	Bacon <i>(sometimes n/a)</i>	price/kg	Beef	price/kg
	Back Bacon (150g)	27.25	Sirloin Steak	£36.45
	Streaky bacon (150g)	24.95	Rump Steak	£24.95
	Lamb	price/kg	Quick Fry Steak	£28.15
	Double Loin Chops	£21.45	Braising Steak	£16.95
	Chump Chops	£24.95	Stewing Steak	£16.45
	Leg Steaks	£23.40	Steak Mince	£15.34
	Lamb Mince	£15.85	Beef Burgers	£14.71
	Diced Lamb	£17.60	Beef Burgers	£14.71
	Rolled Lamb Noisette	£25.50	Rolled Topside	£19.95
	Rack of Lamb	£25.50	Rolled Silverside	£18.75
	Rolled Shoulder	£15.95	Rolled Brisket	£15.85
	Lamb Shanks	£12.45	Rolled Rib Roast	£30.65
	Neck Fillet	£22.65	Rolled Sirloin Roast	£36.30
	kidneys (per pair)	£2.00	Sirloin on the Bone	£31.75
	lamb shoulder on the bone	£13.65	Rib of beef on Bone	£26.15
	Leg of Lamb Bone in	£19.25	boiling beef	£11.95
			Featherblade	£16.95
			Shin of Beef	£16.95
...cleaning stuff	Non Bio Laundry Liquid	(1.5l)	Ecover	£6.95
	Non Bio Laundry Liquid	(5l)	Ecover Laundry Liquid - Bag in Box	£20.35
	Fabric Softener	bottle	(Fragranced with lavender). Pink lid	£2.09
	Dishwasher Tablets (25 tabs)	500g	Ecover. Ecological dishwasher tablets - dual action - effective cleaning and degreasing.	£5.79
	All Purpose Cleaner	litre bottle	Ecover. Natural lemon fragrance. Cleans all hard washable surfaces.	£2.85
	Washing-up Liquid	litre bottle	Ecover. Ecological washing-up liquid with camomile and marigold. Naturally mild on your hands.	£2.65
	Biodegradable Refuse Sacks	Pack of 10	D2W. 100% Biodegradable Refuse Sacks (70litre)	£1.39
shampoo & Conditioners	Rosemary Shampoo <i>(Normal to greasy hair)</i>	400ml	Faith in Nature. made with organic Rosemary known for its astringent and restorative qualities and great for stimulating hair and scalp, and as an effective treatment against dandruff. Infused with traditional herbal aromas to uplift and energise your day.	£5.35

	Category	Product	Unit	Short Description	New price
No Parabens, SLES, artificial colours or fragrances		Rosemary Conditioner	400ml	Faith in Nature. Made with organic Rosemary known for its astringent and restorative qualities and great for stimulating hair and scalp, and as an effective treatment against dandruff. Infused with traditional herbal aromas to uplift and energise your day.	£5.35
pH balanced and biodegradable.		Seaweed & Citrus Shampoo (<i>Normal Hair</i>)	400ml	Faith in Nature. This lovely shampoo blends wild harvested Seaweed from the unpolluted deep seas with added aromatherapy oils, including aromatic Lemon, to condition, regenerate and promote healthy hair, and stimulate the hair shaft.	£5.35
		Seaweed & Citrus Conditioner	400ml	Faith in Nature. Faith in Nature Rosemary Conditioner helps to add shine and strength to hair.	£5.35