



VEGETABLES	QUANTITY	Daily Price
Broccoli	kg	£3.50
Brussel sprout stalk	Each	£2.00
Butternut Squash	kg	£1.60
Cabbage – white, red	kg	£1.20
Cabbage seasonal	Each	
Cauliflower	Each	
Carrots	kg	£1.00
Carrot bunch	Each	£1.50
Courgettes	kg	£3.60
Garlic	Each	60p
Leeks	kg	£3.50
Onions white	kg	£1.00
Onions red	kg	£1.30
Parsnips	kg	£2.40
Swede	kg	£1.20
Sweet Potatoes	kg	£3.80

Every Day Goods

Bread white Hovis	Loaf	£1.50
Bread wholemeal Hovis	Loaf	£1.50
Butter block salted	Block	£1.80
Butter block unsalted	Block	£1.80
Milk Semi Skimmed	2 ltr	£1.80
Milk Whole	2 ltr	£1.80
Cheese	500g	£7.50

POTATOES

	Bag 2.5kg £1.60	Bag 5 kg £3.00	½ Sack 12.5kg £4.50	Full Sack £8.00
Desiree (Red)				
Nadine (White)				
Maris Piper (White)				

EGGS

PRICE

QUANTITY

Free range eggs Medium	Half dozen	£1.50
Free range eggs Large	Half dozen	£1.70
Free range eggs XL	Half dozen	£1.80

SALAD		QUANTITY	Daily Price
Beetroot Cooked	Pack		90p
Cucumber	whole		
Celery	Head		£1.20
Lettuce Little Gem	Pack of 2		£1.30
Mushrooms	250g		95p approx
Peppers	Each		
Spring Onions	Bunch		£1.00
Tomatoes Pearl Vine	vine		

FRUIT		QUANTITY	Daily Price
Apples Cox, Gala, Russet	kg		£2.20
Apples for cooking - Bramley	kg		£2.20
Apricots	Packet		£2.50
Bananas	kg		£1.70
Dates	Packet		£2.50
Figs	Packet		£2.50
Lemons	Each		60p
Oranges Large	Each		65p
Oranges - clementines	X6		£1.20
Pears Conference	Kg		£2.20

SELECTION of HOMEMADE CAKES (varies daily)		QUANTITY	Daily Price
Victoria Sponge	Round		£4.95
Chocolate	Round		£4.95
Coffee and Walnut	Round		£4.95
Carrot cake	Round singlelayer		£4.95
Cherry and Almond	Loaf		£4.75
Fruit	Loaf		£4.75
Lemon drizzle	Round singlelayer		£3.99
Bakewell slices	Box of 4		£3.99
Date Slices	Box of 4		£3.99
Rocky Road	Box		£3.99
Flapjack drizzled with Chocolate	Box		£3.50
Chocolate Brownies	Box		£4.50
GlutenFree Chocolate Brownies	Box		£4.75
Gluten Free Lemon Slices	Box		£4.25
Cheese Straws	Pack of 8		£1.20
Cheese Rusks	Pack of 8		£3.80
Sausage Rolls	Pack of 4		£3.95

Stokes Sauces	PRICE	SIZE	QUANTITY	For Our Use
Ketchup Tomato (large)	£3.90	580g		
Ketchup Tomato	£2.98	300g		
Bloody Mary Ketchup	£3.25	300g		
Curry Ketchup (Tom)	£3.25	300g		
Chipotle Ketchup (Tom)	£3.25	300g		
Chilli Ketchup (Tom)	£3.25	300g		
Brown Sauce	£3.30	320g		
Mint Sauce	£3.20	245g		
Creamed Horseradish	£3.95	220g		
Classic English Mustard	£3.20	210g		
Real Mayonnaise	£3.35	345g		
Red Currant Jelly	£3.65	250g		
Red Onion Marmalade	£3.60	265g		
Cranberry & Orange	£3.70	270g		
Sticky Pickle	£3.60	430g		
Piccalilli	£3.60	380g		
Spiced Apricot Chutney	£3.40	225g		
Sweet Chilli Sauce	£3.30	320g		
Tomato Chutney	£3.30	250g		
BBQ Sauce Original	£3.30	315g		
Cocktail Sauce	£3.45	350g		
Coronation Sauce	£3.65	360g		

Homemade and Local Honey and Marmalade	PRICE	SIZE	QUANTITY	For Our Use
Suffolk Honey	£7.00	454g Jar		
Suffolk Honey	£3.80	227g Jar		
Orange Marmalade	£2.40	420g Jar		
Orange and Lemon Marmalade	£2.40	420g Jar		

Fruits of Suffolk	PRICE	SIZE	QUANTITY	For Our Use
Strawberry Jam	£3.50	340g		
Raspberry Jam	£3.50	340g		
Victoria Plum Jam	£3.50	340g		
Damson Jam	£3.50	340g		
Raspberry & Redcurrant Jam	£3.50	340g		
Blackberry and Apple	£3.50	340g		
Blackcurrant Jam	£3.50	340g		
Lemon Curd	£3.50	320g		
Cherry Jam	£3.50	340g		

Fairfield Farm Crisps	PRICE	SIZE	QUANTITY	For Our Use
Lightly Sea Salted	80p	40g		
Sea Salt & Aspal Cider Vinegar	80p	40g		
Cheese & Onion	80p	40g		
Bacon & Tomato	80p	40g		
Sea Salt & Black Pepper	80p	40g		

Apple & Pear Juice	PRICE	SIZE	QUANTITY	For Our Use
Russet (Sweet)	£2.99	750ml		
Jonnagold (Medium)	£2.99	750ml		
James Grieve (Dry)	£2.99	750ml		
Cox (Medium)	£2.99	750ml		
Bramley (Dry)	£2.99	750ml		
Discovery (Fresh)	£2.99	750ml		
Worcester Permain	£2.99	750ml		
Charles Ross	£2.99	750ml		
Early Windsor (Sweet)	£2.99	750ml		
Spartan (refreshing)	£2.99	750ml		
Pear	£2.99	750ml		

Farmer Brown Rapeseed Oil	PRICE	SIZE	QUANTITY	For Our Use
Extra Virgin Rapeseed Oil	£4.95	500ml		
Extra Virgin Rapeseed Oil	£3.25	250ml		

Nahida's Chutneys / Pickles / Jams	PRICE	SIZE	QUANTITY	For Our Use
£3.70 each or 3 for £10.00				
Chilli Pickles (Very Hot)		227g		
Mango / Tamarind Pickle (Hot)		227g		
Brinjal Pickles		227g		
Courgette & Tomato Chutney		227g		
Lemon Achar		227g		
Lime Achar		227g		
Murabba (mango jam with red chilli)		227g		
Mango Achar (Sweet)		227g		
Date Chutney		227g		
Mango Chutney		227g		
Plum Chutney		227g		
Red Onion Chutney		227g		
Sweet Beetroot Preserve		227g		
Pear & Walnut Chutney		227g		
Fig & Apple Chutney		227g		
Melon & Grated Ginger		227g		
Plum & Blueberry Jam		227g		
Gooseberry Jam		227g		
Rhubarb & Raspberry Jam		227g		
Plum &Chilli Jam		227g		

Curry with Love – Authentic Spices	PRICE	QUANTITY	For Our Use
Tikka Masala	£3.95		
Korma	£3.95		
Rogan Josh	£3.95		
Dhansak	£3.95		
Thai Red Curry	£3.95		
Curry with Love	£3.95		

Bhuna	£3.95	
Jalfrezi	£3.95	
Balti	£3.95	
Ceylon	£3.95	
Turkey Curry	£3.95	
Madras	£3.95	
Vindaloo	£3.95	
Bombay Potatoes	£2.50	
Tandoori Mix	£3.00	
Spicy Spinach Potatoes	£1.50	
Bhaji Mix	£3.00	
Pilau Rice	£1.20	
Lentils with Garlic & Chilli	£1.20	

Cottage Delight	SIZE	PRICE	QUANTITY	For Our Use
Condiments				
Clotted Cream	170g	£3.99		
Lemon Curd	315g	£3.49		
Boozy brandy Butter	200g	£3.99		
Indian Mango Chutney	340g	£2.99		
Oak Aged Balsamic Vinegar	100ml	£4.29		
Roasted Garlic & Basil Dipping Oil	100ml	£4.29		
Just add water				
Moroccan Spiced Couscous	250g	£3.99		
Smoked Paprika & Saffron Paella	250g	£3.99		
Pine nut and Basil Risotto	250g	£4.49		
Wild Porcini & Parmesan Risotto	250g	£4.49		
Savoury treats				
Cheese Palmiers	150g	£3.49		
Italian Crostino Crackers	170g	£2.10		
Rosemary Italian Crostino Crackers	170g	£2.10		
Percorino Cheese Italian Crostino	170g	£2.10		
Sweet Treats				
Chunky Chocolate and Orange All Butter Biscuits	200g	£2.99		
Stem Ginger and Oat Biscuits Gluten Free	200g	£2.59		
Traditional Honey Oat All Butter Biscuits	200g	£2.99		
Dipped Coconut Macaroons	200g	£2.99		

Hazelnut and Choc wafers	200g	£2.99		
Fudge Luxury Choc, Creamy Vanilla, All Butter, Salted Caramel	150g	£3.40		

BIRD FOOD	PRICE	QUANTITY	For Our Use
Peanuts	£2.60	1kg	
Sunflower Hearts	£2.50	1kg	
Sunflower seeds	£1.40	1kg	
Niger seeds	£2.60	1kg	
Mixed Bird seed	£1.00	1kg	
Mealworms	£3.99	200g	
Fat Balls	£1.50	5 balls	
Chicken Food	£10.99	20kg	

FUEL

Logs - Kindling - Coal - Smokeless coal

OTHER ESSENTIALS

Hay and straw bales and bags

Sawdust Bales

Salt for de-icing paths

Salt Tablets for dishwasher

PRICES AND AVAILABILITY MAY VARY