



FEBRUARY 2017

### Potatoes

FREPOT001	Bakers 40	15kg	£10.00
FREPOT002	Bakers 50	15kg	£10.00
FREPOT005	Marfona Potatoes/ Elfe/Wilja	25kg	£10.50
FREPOT006	Maris Piper/Bard	25kg	£9.00
FREPOT007	Red Potatoes	25kg	£6.50
FREPOT008	Salad Potatoes	10kg	£10.00
FREPOT009	Washed Red Potatoes	25kg	£12.00
FREPOT010	Washed Whites Potatoes	25kg	£10.00
FREPOT015	Potatoes	7.5kg	£2.10

### Onions

FREGAR001	Garlic	4s	£1.00
FREONI001	Spanish Onions	20KG	£10.00
FREONI002	Red Onions	10kg	£8.00
FREONI003	Onions 60/80	5kg	£3.50

### Vegetables

FREAUB	Fresh Aubergines	1kg	£5.00
FREBEAN	Fine Beans Trimmed	1	£1.30
FREBNSQ	Butternut Squash	1	£1.10
FREBRO001	Broccoli	6kg	£21.00
FRECAB004	Cabbage - green	1	£0.70
FRECAB005	Spring Cabbage	1	£0.60
FRECAB006	Savoy Cabbage	1	£0.70
FRECAB007	Primo Cabbage	1	£0.60
FRECAB009	Dutch white cabbage	Each	£1.00
FRECAR004	Carrots	10kg	£6.00
FRECAU002	Cauli	1	£1.50
FRECOURG	Fresh Courgette	1kg	£4.50
FRELEEK	Fresh Leeks	5kg	£9.00
FREMANGE	Mange Tout	150gm	£1.30
FREMUSH1	Fresh Mushroom Cup- dutch	2.5kg	£6.50
FREMUSH2	Fresh Mushroom Flat	1.8KG	£5.25
FREMUSH3	Fresh Mushroom Button	2.5kg	£5.99
FREPAR002	Washed Parsnips	5kg	£8.00

FRESNAP	Sugar Snap	150gm	£1.30
FRESPRO03	Trimmed Sprouts	2kg	£7.50
FRESWE003	Fresh Swede (Whole)	12.5kg	£7.00

### Salad

FRECEL001	Celery	1	£0.90
FRECRESS	Salad Cress - punnet	1	£0.20
FRECUE001	Cucumber	1	£1.20
FRELET001	Iceberg Lettuce	1	£1.40
FRELET003	Cos lettuce	Each	£1.50
FREPEP001	Green Peppers approx 4	1kg	£5.00
FREPEP002	Red Peppers approx 4	1kg	£5.00
FREPEP003	Yellow Peppers approx4	1kg	£5.00
FREPEP004	Mixed Peppers	1kg	£5.00
FRESAL002	Bryans Leafy Salad	500gm	£3.50
FRESAL004	Mixed Baby Leaf Salad	500gm	£5.50
FRESAL005	Lambs Lettuce	100gm	£1.75
FRESAL006	Rocket Salad	500gm	£5.50
FRESAL007	Watercress	100gm	£1.50
FRESPRO02	Spring Onion bunch	1	£0.60
FRETOM001	Tomatoes	6kg	£16.00
FRETOM002	Cherry Vine Tomatoes	3kg	£18.00
FRETOM003	Tomatoes	3KG	£9.00
FRETOM004	Cherry tomatoes prepack	Each	£1.35

### Herbs

FREBASIL	Fresh Basil	50gm	£1.30
FRECHERVIL	Fresh Chervil	50gm	£1.30
FRECHILG	Fresh Chillies Green	1	£0.15
FRECHILR	Fresh Chillies Red	1	£0.15
FRECHIVES	Fresh Chives	50gm	£1.30
FRECOR	Corriander	50gm	£1.50
FREGINGER	Fresh Root ginger	1kg	£3.50
FREMARJO-RAM	Fresh Marjoram	50gm	£1.30

FREMINT	Fresh Mint	50gm	£1.30
FREPAR1	Fresh Flat Leaf Parsley	100gm	£1.50
FREPAR2	Fresh Parsley	100gm	£1.50
FREPAR3	Fresh Flat Leaf Parsley	1kg	£11.50
FREROSE	Fresh Rosemary	50gm	£1.30
FRESAGE	Sage	50gm	£1.50
FRETHYME	Thyme	50gm	£1.50

### Fruit

FREAPPC	Cooking Apples	1kg	£1.50
FREAPPG	Apples- green	1kg	£1.32
FREAPPR	Apples- Red	1kg	£1.32
FREAVO	Fresh Avocado	1	£1.00
FREBANANA	Fresh Bananas	1kg	£1.20
FREBLUE	Fresh Blueberries	125gm	£2.00
FRECHEST	Fresh Chestnuts	5kg	£15.00
FREGRAG	Grapes Green Seedless	500gm	£2.75
FREGRAP	Fresh Grapefruit - pink	1	£0.60
FREGRAR	Grapes Red Seedless	500gm	£2.75
FREGRAW	Fresh Grapefruit- white	1	£0.60
FRELEM001	Lemons	1	£0.35
FRELIM001	Limes	1	£0.30
FREMELC	Melon - Canteloupe	1	£2.00
FREMELG	Melon - Galia	1	£2.00
FREMELH	Melon - Honeydew	1	£2.00
FREORA001	Oranges -60's	1	£0.40
FREORA002	Satsuma/Mandarin	1	£0.30
FREPASF	Passion fruit	Each	£0.75
FREPEAR	Fresh Pears-Conference	1kg	£1.50
FREPHYS	Fresh Physalis	125gm	£1.00
FREPINE	Pineapple	Each	£1.40
FREPLUM	Fresh Plums	1kg	£2.00
FRERASP	Fresh Raspberries	125gm	£2.50
FRERHUB	Fresh Rhubarb	6kg	£13.50
FRESTRAW	Fresh Strawberries	250g	£2.50

### Prepared Veg

FREBEET	Beetroot vac packed	4s	£0.70
FRECAB001	Shredded Cabbage - pre prepare	2.5kg	£4.00

FRECAB003	Shredded White Cabbage-pre pre	2.5kg	£4.00
FRECAB008	Shredded red cabbage	2.5kg	£4.50
FRECAR001	Baton Carrot - pre prepared	2.5kg	£3.50
FRECAR003	Sliced Carrot - pre prepared	2.5kg	£2.50
FRECAR005	Diced Carrot 1/4" prep	2.5kg	£6.50
FRECAU001	Cauli Floret - pre prepared	2.5kg	£10.00
FRECQL001	Coleslaw mix (cabbage/Carrot)p	2.5kg	£3.50
FREONI004	Diced onion 1/4" prep	2.5kg	£3.00
FREONI005	Sliced Onion - pre prepared	2.5kg	£8.00
FREPAR001	Quarter Parsnip - pre prepared	2.5kg	£9.50
FREPOT011	Whole Potatoes - pre prepared	5kg	£5.00
FREPOT012	Quarter Potato - pre prepared	2.5kg	£3.60
FREPOT013	Potato Wedges pre-prepared	5kg	£4.75
FREPOT014	Potato Chips	6kg	£5.50
FRESWE002	Diced Swede 1/4" prep	2.5kg	£7.50