



AUGUST 2018

Potatoes

FREPOT001	Bakers 40	15kg	£8.50
FREPOT002	Bakers 50	15kg	£9.18
FREPOT005	Marfona Potatoes/ Elfe/Wilja	25kg	£6.70
FREPOT006	Maris Piper/Bard/Markies/ Accord	25kg	£12.00
FREPOT007	Red Potatoes	25kg	£5.61
FREPOT008	Salad Potatoes	10kg	£10.20
FREPOT010	Washed Whites Potatoes	25kg	£7.65
FREPOT015	Potatoes	7.5kg	£2.14
FRESP	Sweet Potatoes	6KG	£11.22

Onions

FREGAR001	Garlic	4s	£1.02
FREONI001	Spanish Onions	20kg	£15.00
FREONI002	Red Onions	10kg	£7.50
FREONI003	Onions 60/80	5kg	£3.57

Vegetables

FREAUB	Fresh Aubergines	1kg	£3.06
FREBEAN	Fine Beans Trimmed	1	£1.33
FREBNSQ	Butternut Squash	1	£1.12
FREBRO001	Broccoli	4.5kg	£8.00
FRECAB004	Cabbage - Green	1	£0.77
FRECAB005	Spring Cabbage	1	£0.61
FRECAB006	Savoy Cabbage	1	£1.63
FRECAB007	Primo Cabbage	1	£0.61
FRECAB009	Dutch White Cabbage	Each	£0.77
FRECAB010	Red Cabbage	1	£1.33
FRECAR004	Carrots	10kg	£10.00
FRECAU002	Cauliflower	1	£0.85
FRECOURG	Fresh Courgette	1kg	£2.75
FRELEEK	Fresh Leeks	5kg	£9.00
FREMANGE	Mange Tout	150gm	£1.33
FREMUSH1	Fresh Mushroom Cup - UK	2.7kg	£7.14
FREMUSH2	Fresh Mushroom Flat	1.8KG	£5.10
FREMUSH3	Fresh Mushroom Button	2.7kg	£7.14

FREPAR002	Washed Parsnips	5kg	£10.20
FRESNAP	Sugar Snap	150gm	£1.33
FRESPRO03	Trimmed Sprouts	2kg	£7.65
FRESWE003	Fresh Swede (Whole)	12.5kg	£12.00

Salad

FRECEL001	Celery	1	£0.85
FRECRESS	Salad Cress - Punnet	1	£0.25
FRECUE001	Cucumber	1	£0.80
FRELETO01	Iceberg Lettuce	1	£0.90
FRELETO03	Cos Lettuce	Each	£1.63
FRELETO05	Little Gem	1	£1.02
FREPEP001	Green Peppers Approx 4	1kg	£3.83
FREPEP002	Red Peppers Approx 4	1kg	£3.83
FREPEP003	Yellow Peppers Approx 4	1kg	£3.83
FREPEP004	Mixed Peppers	1kg	£3.83
FRESAL002	Bryans Leafy Salad	500gm	£3.35
FRESAL004	Mixed Baby Leaf Salad	500gm	£4.00
FRESAL005	Lambs Lettuce	100gm	£1.79
FRESAL006	Rocket Salad	500gm	£4.08
FRESAL007	Watercress	100gm	£1.53
FREPEA001	Pea Shoots - Punnet	1	£0.80
FRESPRO02	Spring Onion Bunch	1	£0.61
FRETOM001	Tomatoes	6kg	£7.25
FRETOM005	Vine Toms	5kg	£11.22
FRETOM002	Cherry Vine Tomatoes	3kg	£10.00
FRETOM003	Tomatoes	3KG	£4.50
FRETOM004	Cherry Tomatoes Prepack	Each	£1.00
FRE RADISH	Radish - Bunch	1	£0.87
FRECORN	Baby Corn	80gm	£1.02

All offers subject to availability. All prices subject to VAT where applicable. All prices / offers are correct at the time of publication, subject to errors and other omissions but may be subject to change without notice. Offer can be withdrawn without notice.

Herbs			
FREBASIL	Fresh Basil	50gm	£1.33
FRECHILG	Fresh Chillies Green	1	£0.15
FRECHILR	Fresh Chillies Red	1	£0.15
FRECHIVES	Fresh Chives	50gm	£1.33
FRECOR	Corriander	50gm	£1.75
FREGINGER	Fresh Root Ginger	1kg	£3.57
FREMINT	Fresh Mint	150gm	£1.75
FREPAR1	Fresh Flat Leaf Parsley	150gm	£1.75
FREPAR2	Fresh Parsley	150gm	£1.75
FREPAR3	Fresh Flat Leaf Parsley	1kg	£11.73
FREROSE	Fresh Rosemary	50gm	£1.33
FRESAGE	Sage	50gm	£1.53
FRETHYME	Thyme	50gm	£1.53
Fruit			
FREAPPC	Cooking Apples (Bramley)	1kg	£1.53
FREAPPG	Apples- Green	1kg	£2.25
FREAPPR	Apples- Red	1kg	£2.25
FREAVO	Fresh Avocado	1	£1.53
FREBANANA	Fresh Banana's	1kg	£1.22
FREBLUE	Fresh Blueberries	125gm	£2.04
FRECHEST	Fresh Chestnuts	5kg	£18.36
FREGRAG	Grapes Green Seedless	500gm	£2.81
FREGRAP	Fresh Grapefruit - Pink	1	£0.70
FREGRAR	Grapes Red Seedless	500gm	£2.81
FREGRAW	Fresh Grapefruit- White	1	£0.61
FRELEM001	Lemons	1	£0.35
FRELIM001	Limes	1	£0.29
FREMELC	Melon - Canteloupe	1	£2.04
FREMELG	Melon - Galia	1	£2.04
FREMELH	Melon - Honeydew	1	£2.04
FREORA001	Orange's -60'S	1	£0.41
FREORA002	Satsuma/Mandarin	1	£0.31
FREPASF	Passion Fruit	Each	£0.65
FREPEAR	Fresh Pears-Conference	1kg	£2.20
FREPHYS	Fresh Physalis	125gm	£1.02
FREPINE	Pineapple	Each	£1.73
FREPLUM	Fresh Plums	1kg	£2.04
FRERASP	Fresh Raspberries	125gm	£2.04
FRERHUB	Fresh Rhubarb	6kg	£13.77
FRESTRAW	Fresh Strawberries	400gm	£2.00

Prepared Veg			
FREBEET	Beetroot Vac Packed	4s	£0.71
FRECAB001	Shredded Cabbage - Pre Prepare	2.5kg	£4.08
FRECAB003	Shredded White Cabbage-	2.5kg	£4.08
FRECAB008	Shredded Red Cabbage	2.5kg	£9.18
FRECAR001	Baton Carrot - Pre Prepared	2.5kg	£3.57
FRECAR003	Sliced Carrot - Pre Prepared	2.5kg	£2.55
FRECAR005	Diced Carrot 1/4" Prep	2.5kg	£6.63
FRECAU001	Cauli Floret - Pre Prepared	2.5kg	£11.22
FRECOL001	Coleslaw Mix (Cabbage/Carrot)P	2.5kg	£3.57
FREONI004	Diced Onion 1/4" Prep	2.5kg	£3.06
FREONI005	Sliced Onion - Pre Prepared	2.5kg	£6.12
FREPAR001	Quarter Parsnip - Pre Prepared	2.5kg	£9.69
FREPOT011	Whole Potatoes - Pre Prepared	5kg	£5.10
FREPOT012	Quarter Potato - Pre Prepared	2.5kg	£3.67
FREPOT013	Potato Wedges Pre-Prepared	5kg	£4.85
FREPOT014	Potato Chips	6kg	£6.12
FRESWE002	Diced Swede 1/4" Prep	2.5kg	£7.65