

'Fill your own' Healthy Box. Order form

Complete your name and address on FRONT cover

Please indicate total number required in coloured boxes.

VEGETABLES

Potatoes (washed)	1kg (salad)	£1.25	
	2.5kg	£2.20	
	7.5kg	£5.00	
Baking Potato	x4	£1.35	
Sweet Potatoes	400g	99p	
Curly Kale	200g	£1.10	
Sprouts	500g	£1.25	
Cabbage x1	Green (Sweetheart)	£1.00	
	Savoy	£1.00	
	White 600g	£1.10	
	Red 600g	£1.10	
Spring Greens	500g	£1.00	
Cauliflower	Each	£1.25	
Broccoli	Head x1	80p	
Fine Beans	200g	£1.30	
Runner Beans	180g	£1.40	
Stringless Beans	180g	£1.40	
Mange Tout	150g	£1.20	

Sugarsnaps	150g	£1.60	
Onions (large)	Red x1	40p	
(individual)	White x1	40p	
Shallots	300g	£1.50	
Carrots	600g	75p	
	1kg	£1.00	
Parsnips	500g	75p	
Courgettes	500g	£1.60	
Leeks	500g	£1.40	
Asparagus	250g Bundle	£2.00	
Butternut Squash	x1	£1.50	
Mushrooms (300g)	Baby Button (200g)	£1.25	
	Closed Cup	£1.25	
	Flat (large)	£1.25	
	Chestnut (250g)	£1.25	
Aubergine	Each	70p	
Swede	Each	£1.20	
COOKED Beetroot	300g Prepacked	99p	

SALAD

Lettuce	Iceburg x1 (small)	90p	
	Sweet Gems x2	£1.30	
	Romaine x2	£1.50	
Tomatoes	Vine x4	£1.45	
	Cherry (250g)	90p	
	Baby Plum (250g)	£1.30	
Cucumber x1	Whole	75p	
	Half	45p	
Celeriac	x1 (750g)	£1.30	
Root Ginger	150g	95p	
Mixed Chillies	65g	£1.10	

Peppers x1	Red	75p	
	Green	75p	
	Yellow	75p	
Spring Onions	100g	70p	
Celery	Head x1	90p	
Spinach	200g	£1.40	
Rocket	70g	£1.40	
Growing Cress	Small growing pack	38p	
Radish	240g	70p	
Pointed Peppers	200g	£1.90	
Garlic Bulb <small>New</small>	X1	50p	

FRUIT

Apples (450g)	Gala x3	£1.40	
	Braeburn x3	£1.50	
	Granny Smith x3	£1.40	
	Jazz x6	£2.50	
	Pink Lady x6	£2.95	
Cooking Apples	x2	£1.25	
Bananas	Medium x4	£1.20	
Oranges (small)	600g (Easy Peelers)	£1.50	
Clementines	600g	£1.80	
Oranges (large)	x1	40p	
Lemon	Each	45p	
Passion Fruit	x3	£1.55	
Pineapple	x1	£1.10	
Grapefruit	Pink x1	60p	

Melon x1	Honeydew (each)	£2.10	
	Galia (each)	£2.10	
Avocado	Large x1	£1.40	
Mango	x1	£1.20	
Pears	Rocha (600g) Funsized	£1.30	
	Conference x3(Large)	£1.50	
Grapes	Green 500g	£2.50	
	Red 500g	£2.50	
Plums	400g	£1.10	
Blueberries	125g	£1.80	
Raspberries	125g	£2.20	
Strawberries	225g	£2.40	
Kiwi	x6	£1.80	
Dates (eat me)	200g	£1.75	

ORGANIC

Potatoes	1.5kg	£2.00	
Sweet Potatoes	750g	£2.50	
Butternut Squash	x1 small	£2.20	
Carrots (with tops)	700g	£1.80	
(No tops)	700g	£1.70	
Raw Beetroot	450g	£2.00	
Broccoli	Head (300g)	£1.35	
Cauliflower	Each	£2.25	
Cucumber	Whole x1	£1.20	
Tomatoes	Cherry 225g	£1.85	
	Large x4	£1.95	
Celery	Head x1	£1.50	
Courgettes	X3	£2.00	
Spring Onions	100g	£1.10	
Lettuce x2	(Little Gems)	£1.50	

Onions	Red (500g)	£1.30	
	White (500g)	£1.30	
Apples	Gala x4	£2.50	
	Braeburn x4	£2.50	
Orange	x3	£2.00	
Leeks	400g	£2.25	
Mushrooms	Button (150g)	£1.50	
	White (250g)	£1.50	
	Chestnut (250g)	£1.55	
Pears	x4	£2.50	
Mango	x1	£1.75	
Lemons	x3	£1.50	
Bananas	x6	£1.60	
	Fun size pack (small)	£1.60	
Strawberries	300g	£3.50	

See over page for more items