



Just a husband & wife team, believing in old school service and mentality,
28 years in the business.

Milk (Full, Semi, Skimmed)

CORNISH MILK - sourced from local farming families + processed locally.
From Farm, to Processor, to Me, to Your Doorstep... less than 40 road miles travelled!
(Low carbon footprint).
We no longer sell in glass bottles, as not environmentally friendly as people think.

1 Pint – 89p / 1 Litre - £1.39 / 2 Litre - £2.12



'Cornish' Farm Fresh Eggs

(best eggs in the South West)

Free Range 6 eggs (large) **£1.90**

Boxes can be bagged to protect from weather!



-----All Products below, require at least 48 hours advance notice before delivery-----
or choose to have as a standing order (every or every other week)

Speciality Milk

'Alpro' Almond 1 Litre FRESH Unsweetened	£2.40
'Alpro' Soya 1 Litre UHT (Unsweetened)	£1.85



Lactofree milk 1 Litre UHT (Semi or Skimmed)	£1.85
'Oatly' Oat Milk 1 Litre Original or.... Barista	£1.95 £2.10



'Tim's Dairy' Yogurt

450g - £2.30

175g - £1.20

Greek Natural Greek Natural (200g) £1.20 Greek Low Fat Natural Greek Vanilla Greek Blackcurrant Greek Honey Greek Raspberry Thick Set Cypriot Natural	Greek Blackcurrant Greek Honey Greek Raspberry Greek Vanilla
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'Yeo Valley' Yogurt

450g - £2.30

'NATURAL' 'NATURAL 0% Fat' 'GREEK style with Honey' £2.30 Peach & Apricot	Strawberry Blueberry Raspberry Lemon Curd
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Fruit Juices

(NOT from Concentrate -1 Litre Carton)

Orange / Apple

£1.95 - 'Discover the choice '



Cranberry, Sugar / No Sugar

£1.95 - 'Ocean Spray'



PLEASE SEE OVER



Butter / Spread

Flora Spreadable 500g	£2.35	Yeo Valley 'Organic' Block 250g	£3.40
Clover Spreadable 250g	£2.60	Anchor Spreadable 250g	£2.85
Anchor Block 250g	£2.30	'Lurpak' Block Butter Unsalted 250g	£2.30
Rodda's Farmhouse Hand churned 200g	£2.70	'Muller' Block Butter Salted 250g	£2.30



Bottled Water

'Highland Spring' 1.5 Litre (Sparkling)	99p	'Buxton' 1.5 Litre (Still)	90p
'Highland Spring' 8x 500ml (Sparkling)	£3.30	'Buxton' 8x 500ml (Still)	£2.70



Olives (200g pouch) - £3.80

Pitted Green – As they are!	Jalapeno Stuffed- Jalapeno Pepper
Mix- Orange,Thyme,Corriander seeds	Nocellara – Delicate flavour
Red Hot Chilli in Harissa sauce	Basil Pesto – Basil Marinade
Lemon – Lemon,Tarragon,Parsley	Garlic Stuffed – Chop Garlic
Spicy Pimento-Pepper,Harrisa sauce	Kalamata – King of Olives
Rosemary&Garlic Halkidiki/Kalamata	Black Maroc – Name says it all



Cheese - Favourites

'Cathedral City' 350g (mature)	£4.00	Cornish Blue Wedge 175g	£4.10
'Davidstow' Cornish Classic (Mature or Extra Mature) 200g	£3.50	Cornish Brie 200g	£4.20
'Davidstow' Cornish Classic (Mature or Extra Mature) 350g	£4.50	Peninsula Smoked Cheddar 200g	£3.60



'Barber's' Cheeses 200g

Farmhouse Mature Cheddar	£2.60	Farmhouse Red Leicester	£2.50
Farmhouse Vintage Cheddar	£2.60	Farmhouse Mellow Cheddar	£2.50
1833 Vintage Reserve Cheddar (190g)	£2.70	Feta Cheese	£3.20

Additional Cornish and Continental Cheeses are available.... 200g – 5kg (p.o.a)

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