**Exsqueeze Me “VEG BOX “ - LIST OF FRUITS AND VEGGIES AVAILABLE**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **VEGETABLE NAME** | **Number of kg/g** | | **Number of items** | | | **VEGETABLE NAME** | **Number of kg/g** | | | **Number of items** | |
|  | Red Potatoes/kg ( roasting) |  | |  | | | Rhubarb/kg |  | | |  | |
|  | Jacket Potatoes/each | --------- | |  | | | Butternut Squash Medium/kg |  | | |  | |
|  | Salad Potatoes/kg |  | |  | | | King Oyster Mushrooms/kg |  | | |  | |
|  | Maris Piper Potatoes/kg **n/a** | -------- | | ------- | | | Portobello Mushrooms/kg |  | | |  | |
|  | King Edward Potatoes/kg |  | |  | | | White Cap Mushrooms/kg |  | | |  | |
|  | Jersey Royal / kg **n/a** | ------- | | ------- | | | Chestnut Mushrooms/kg |  | | |  | |
|  | Cheshire New Potatoes / kg **n/a** | ------- | | ------- | | | Ginger/kg |  | | |  | |
|  | Cyprus New Potatoes/kg |  | |  | | | Onion White/kg |  | | |  | |
|  | Marfona Potatoes/kg ( mashing) |  | |  | | | Shallots Onion/kg |  | | |  | |
|  | Sweet Potatoes/kg |  | |  | | | Onion Red/kg |  | | |  | |
|  | Carrots Bunch/each | ------ | |  | | | Garlic/ each | ------ | | |  | |
|  | Carrots Loose/kg |  | |  | | | Jerusalem Artichoke |  | | |  | |
|  | Parsnip/kg |  | |  | | | Globe Artichoke | ------- | | |  | |
|  | Raw Beetroot bunch/each | ------ | |  | | | Green Pepper/kg |  | | |  | |
|  | Beetroot cooked Prepack 250g | ------ | |  | | | Yellow Pepper/kg |  | | |  | |
|  | Celeriac/kg |  | |  | | | Red Pepper/kg |  | | |  | |
|  | Leek/kg |  | |  | | | Chilli Red Hot/Green / each |  | | |  | |
|  | Swede/kg |  | |  | | | Mixed Chilli very hot/punnet | ------- | | |  | |
|  | Tenderstem Broccoli (200g) | ------- | |  | | | Salad Tomatoes/kg |  | | |  | |
|  | Broccoli/kg |  | |  | | | Heritage Tomatoes |  | | |  | |
|  | Romanesco/each | ------- | |  | | | Small Vine Tomatoes/kg |  | | |  | |
|  | Cauliflower/each | ------ | |  | | | Medium Vine tomatoes/kg |  | | |  | |
|  | Cabbage Red /kg |  | |  | | | Beef Tomato / each |  | | |  | |
|  | Cabbage White/kg |  | |  | | | Cucumber /each | -------- | | |  | |
|  | Cabbage Sweetheart/each | ------- | |  | | | Radish /each | -------- | | |  | |
|  | Cabbage Savoy /each | -------- | |  | | | Spring Onion Bunch/each | -------- | | |  | |
|  | Sprouts loose/kg |  | |  | | | Oakleaf Lettuce/each | -------- | | |  | |
|  | Sprout tree | -------- | |  | | | Iceberg Lettuce/each | -------- | | |  | |
|  | Kale/bag | ------- | |  | | | Lettuce Flat/each | -------- | | |  | |
|  | Cavolo Nero/bag | -------- | |  | | | Little Gem Lettuce/twin pack | -------- | | |  | |
|  | Pak Choi/bag | ------- | |  | | | Cos Lettuce/each | --------- | | |  | |
|  | Chinese Cabbage | ------- | |  | | | Spinach 200g/bag | -------- | | |  | |
|  | Fine Green Beans /kg |  | |  | | | Mixed Salad Leaves/punnet | -------- | | |  | |
|  | Mangetout /kg or 150g pack |  | |  | | | Watercress bag | -------- | | |  | |
|  | Sugar Snap/kg or 150 g pack |  | |  | | | Rocket 100g punnet/each | -------- | | |  | |
|  | Courgette/ kg |  | |  | | | Lamb Lettuce 100g/punnet/each | -------- | | |  | |
|  | Aubergine/ each |  | |  | | | Fennel/each | ------- | | |  | |
|  | Asparagus Peru / bunch | -------- | |  | | | Celery/each | -------- | | |  | |
|  | Beansprouts | -------- | |  | | | Baby Corn/pack | ------- | | |  | |
|  | Horseradish root /stick | -------- | |  | | | Corn on the cob cooked/Packof2 | ------- | | |  | |
|  | Peashoots 100g punnet / each | -------- | |  | | | Lemon Grass Stick/stick |  | | |  | |
|  | **FRESH HERB NAME** | **Number of kg/g** | | **Number of items** | | | **FRESH HERB NAME** | **Number of kg/g** | | | **Number of items** | |
|  | Rosemary 25g/bunch | **----------** | |  | | | Thyme 25g/bunch | **---------** | | |  | |
|  | Basil 25g /bunch | -------- | |  | | | Oregano 25g/bunch | --------- | | |  | |
|  | Sage 25g/bunch | -------- | |  | | | Dill/bunch | --------- | | |  | |
|  | Mint 25g/bunch | -------- | |  | | | Coriander/bunch | --------- | | |  | |
|  | Chives 25g /bunch | -------- | |  | | | Bay Leaves 25g /bag | --------- | | |  | |
|  | Tarragon 25g /bunch | -------- | |  | | | Parsley Flat/bunch | -------- | | |  | |
|  | **FRUIT NAME** | **Number of kg or g** | | **Number of items** | | | **FRUIT NAME** | **Number of kg or g** | | | **Number of items** | |
|  | Braeburn Apple/each |  | |  | | | Pineapple/each | -------- | | |  | |
|  | Bramley Apple/each |  | |  | | | Banana/kg |  | | |  | |
|  | Pink Lady Apple/each |  | |  | | | Galia Melon/each | -------- | | |  | |
|  | Russet Apple/each |  | |  | | | Honeydew Melon/each | --------- | | |  | |
|  | Cox Apple UK/each |  | |  | | | Cantaloupe Melon/each | -------- | | |  | |
|  | Granny apple/each |  | |  | | | Mango/each | --------- | | |  | |
|  | William Pear/each |  | |  | | | Pomegranate/each | --------- | | |  | |
|  | Conference Pear/kg |  | |  | | | Kiwi/each | --------- | | |  | |
|  | Comice Pear / each |  | |  | | | Plums/each |  | | |  | |
|  | Big Spanish oranges/each |  | |  | | | Avocado/each | ------- | | |  | |
|  | Small orange/each |  | |  | | | Persimmon(Kaki)/each | -------- | | |  | |
|  | Clementine/each |  | |  | | | Grapes Red 500g/punnet |  | | |  | |
|  | Clementines 2kg box |  | |  | | | Grapes Green 500g/punnet |  | | |  | |
|  | Satsuma /each |  | |  | | | Cranberry250g/punnet |  | | |  | |
|  | Grapefruit Red/each |  | |  | | | Blueberry125g /punnet |  | | |  | |
|  | Grapefruit Yellow/each |  | |  | | | Raspberry 125g/punnet |  | | |  | |
|  | Pomelo/each | --------- | |  | | | Strawberries 400g /punnet |  | | |  | |
|  | Lemon/each |  | |  | | | Fresh Figs/each | --------- | | |  | |
|  | Lime/each |  | |  | | | Chestnuts/1kg bag |  | | |  | |
|  | Blood Oranges/kg |  | |  | | |  |  | | |  | |
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|  |  |  | |  | | |  |  | |  | | |
| **Non-Perishables**  **LIMITED ITEMS** | | |  | |  | **Non-Perishables**  **LIMITED ITEMS** | | |  |  | |  |
| **Herbs & spices** | | | **Number of items** | | | **Herbs & spices** | | | **Number of items** | | |  |
| Himalayan pink salt £2.50 each | | |  | | | Ground pepper £1.20 | | |  | | |  |
| Mixed peppercorns £1.20 | | |  | | | Crushed chillies £1.20 | | |  | | |  |
| Whole cloves £1.20 | | |  | | | Whole allspice £1.20 | | |  | | |  |
| Ground nutmeg £1.20 | | |  | | | Ground ginger £1.20 | | |  | | |  |
| Ground cinnamon £1.20 | | |  | | | Cinnamon sticks £1.20 | | |  | | |  |
| Bay leaves £1.20 | | |  | | | Caraway seeds £1.20 | | |  | | |  |
| Whole cardamons £1.20 | | |  | | | Mixed herbs £1.20 | | |  | | |  |
| Chinese 5 Spice mix £1.20 | | |  | | | Rosemary £1.20 | | |  | | |  |
| Oregano £1.20 | | |  | | | Mild curry powder £1.20 | | |  | | |  |
| Cajun spice £1.20 | | |  | | | Hot curry powder £1.20 | | |  | | |  |
| Cayenne pepper £1.20 | | |  | | | Turmeric £1.20 | | |  | | |  |
| Paprika £1.20 | | |  | | |  | | |  | | |  |
| **Jars and tins** | | | **Number of items** | | | **Jars and tins** | | | **Number of items** | | |  |
| Garden peas **organic** | | |  | | | Sweetcorn Jar **organic** | | |  | | |  |
| Gherkins **Organic** (salt pickled) /1kg bag | | |  | | | Gherkins jar **organic** (vinegar pickled) | | |  | | |  |
| Kalamata pitted black olives jar | | |  | | | Green pesto **Free From** | | |  | | |  |
| Green pitted Cyprus olives | | |  | | | Sundried tomatoes **organic** | | |  | | |  |
| Red chillies jar pickled | | |  | | | **Organic** cherry tomatoes tin | | |  | | |  |
| Roasted red peppers | | |  | | | Tomato & herb pasta sauce **organic & free from** | | |  | | |  |
| **Organic** basil tomatoes tin | | |  | | | Basil passata **organic** | | |  | | |  |
| **Organic** tomato puree | | |  | | | Almond Butter | | |  | | |  |
| “Whole earth” peanut butter smooth | | |  | | | “Whole earth” peanut butter crunchy | | |  | | |  |
| Dark tahini | | |  | | | Prune Juice | | |  | | |  |
| **Organic** wholegrain mustard | | |  | | | Red onion chutney | | |  | | |  |
| Beetroot and horseradish chutney | | |  | | | Brown rice Miso **Organic** | | |  | | |  |
| **Organic** veg stock | | |  | | | **Organic** Set Honey | | |  | | |  |
| Cold Pressed Oils Range | | |  | | | Warrington Honey | | |  | | |  |
| Raw Apple Cider Vinegar | | |  | | | Kalamata ExtraVirginOlive Oil | | |  | | |  |
| Lucy's Dressing Range | | |  | | | Tamari Soy Sauce Gluten Free | | |  | | |  |
| “Ollies Orchard” apple juice | | |  | | | Kidney beans in water | | |  | | |  |
| Hodmedod's Fava Beans in water | | |  | | | Hodmedod's Harricot Beans in water | | |  | | |  |
| Hodmedod's Carlin Peas in water | | |  | | | Edamame Beans/tin | | |  | | |  |
| Rude Health Almond Drink | | |  | | | Rude Health Cashew Drink | | |  | | |  |
| Rude Health Coconut Drink | | |  | | | Rude Health Brown Rice Drink | | |  | | |  |
| Rude Health Oat Drink | | |  | | | Rude Health Turmeric Latte | | |  | | |  |
| **DELICACIES** | | | **Number of kg/g** | | | **DELICACIES** | | | **Number of kg/g** | | |  |
| Whole Almonds | | |  | | | Dried Apricots | | |  | | |  |
| Whole Hazelnuts | | |  | | | Dried Crystallised Ginger | | |  | | |  |
| Walnuts Halves | | |  | | | Pineapple Rings | | |  | | |  |
| Pistachio Kernels | | |  | | | Pine Nuts | | |  | | |  |
| Cashew pieces | | |  | | | Golden Raisin | | |  | | |  |
| Dried Mullberries | | |  | | | Goji Berries | | |  | | |  |
| Dates | | |  | | | Banana Chips | | |  | | |  |
| Raisins | | |  | | | Dried Figs | | |  | | |  |
| Dried Pears | | |  | | | Brown Rice | | |  | | |  |
| Dried Prunes | | |  | | | Brown Basmati Rice | | |  | | |  |
| Dried Mango | | |  | | | Wild Rice | | |  | | |  |
| Goji Berries | | |  | | | Gluten Free Organic Oats | | |  | | |  |
| Poppy Seeds | | |  | | | Buckwheat | | |  | | |  |
| Sesame Seeds | | |  | | | Couscus | | |  | | |  |
| Pumpkin Seeds | | |  | | | Sunflower Seeds | | |  | | |  |
| Linseeds | | |  | | | Chia Seeds | | |  | | |  |
| Poppy Seeds | | |  | | | Quinoa Seeds Mixed | | |  | | |  |
| Red Lentils | | |  | | | Dark Speckled Lentils | | |  | | |  |
| Dried Fava Beans | | |  | | | Dried Carlin Beans | | |  | | |  |
| Dried Broad Beans | | |  | | | Dried Green Pea | | |  | | |  |
| Dried Yellow Pea | | |  | | | Quinoa White | | |  | | |  |
| Corn Flakes | | |  | | | **Organic** Wholegrain Granola | | |  | | |  |
| Rice Cakes Range | | |  | | | Gluten Free Pasta Range | | |  | | |  |
| Oatcakes Range | | |  | | | Ombar Raw Chocolate Range | | |  | | |  |
| **Organic** Muesli | | |  | | |  | | |  | | |  |
| Cheshire **organic free range large eggs** £2.65 half doz | | |  | | | Welsh Yogurt Bio Live Natural  500g | | |  | | |  |

If you would like to place your order using this order form provided, in the box next to every item put amount of **kilos** or **number of items, bags, punnets,** etc.

Fine Green Beans /kg kilos or number of items for example 3 kg of carrots or 10 carrots.

**You do not have to use this form to place an order. You can just share with us your shopping list. Do not forget to include in your message:**

**Date when order ready …../....../.......**

**Delivered ⃰ Picked up from the shop**

**⃰ Delivery Service not available on Christmas Eve**

**Name and Delivery address, telephone number:**

Please give us at least **3 working days notice** so we could **read your email, stock up and order.** We will try our best to make everything available for you but please bear in mind that some of the products could be limited.

If there is anything not mentioned on the list which you would like us to provide, please let us know and we’ll try our best to get it for you. Prices on the market where mainly we source our products are changeable, due to that I’m not able to give you exact prices of raw products. Anyway we are trying to keep our prices as low as possible.

**Payment information:**

We would like you and us to stay healthy. So please keep the distance.

Preferable form of payment is a **bank transfer**. With your delivery box you will get a **receipt** attached with **our bank details and reference number.** **Please use your reference number while paying your bill.** This help us to save time.

If you are not familiar with internet banking, we could accept payment by **cheque** or **cash**.

We are experiencing a high demand for deliveries so please try to **contact us only via email:** [**exsqueezemechester@gmail.com**](mailto:exsqueezemechester@gmail.com)

If you are not able to send us an email then ring us but only if it is necessary.

My name is **Kriss** and this is my mobile **07496464715** Shop number **01244637960**

Address **13 Handbridge CH4 7JE.**

**Christmas and New Year opening Times:**

Monday 21st December Closed

Tuesday 22nd December 10am – 4pm

Wednesday 23rd December 10am – 4pm

Thursday 24th December **Christmas Eve** 9am – 1pm **COLLECTION ONLY**

Friday 25th December **Christmas Day** Closed

Saturday 26th December Closed

Sunday 27th December Closed

Monday 28th December Closed

Tuesday 29th December 10am – 4pm

Wednesday 30th January 10am – 4pm

Thursday 31st January **New Year’s Eve** 9am – 1pm

Friday 1st January **New Year’s Day** Closed

Saturday 2nd January Closed

Sunday 3rd January Closed

Monday 4th January Closed

