

EARTH NATURAL FOODS DELIVERY SERVICE

DateCustomer name

Please deliver to.....

.....Postcode.....

Customer phoneCustomer email

PLEASE INDICATE DELIVERY ARRANGEMENTS IF YOU ARE NOT AT HOME:

PHONE or FAX your order on 020 7482 2211 or EMAIL deliveries@earthnaturalfoods.co.uk

Please complete this form clearly in block capitals. Deliveries will be made between 10am and 6pm. **To ensure delivery we must have your order by 12.00 noon on the day before.** OUR WHOLE PRODUCT RANGE is available for inclusion in your delivery. All goods subject to availability. Payment on delivery. Delivery charge: £7. Orders over £60 delivery charge: £4. Prices available for one week. Prices subject to change without notice. For the week commencing 06/09/10

ALL FRUIT PRODUCTS CERTIFIED ORGANICALLY GROWN UNLESS STATED OTHERWISE

ORDER QUANTITY	PRODUCT NAME	COUNTRY OF ORIGIN		£	COST
FRUIT & VEG					
	Apples - Discovery	UK	per kg	2.95	
	Apples – Laxton Fortune	UK	per kg	2.95	
	Apples - Gala	Argentina	per kg	2.95	
	Apples – Breaburn	New Zealand	per kg	2.95	
	Apples – Grenadier (Cookers)	UK	per kg	2.50	
	Aubergines	UK	per kg	3.20	
	Avocado	South Africa	per kg	6.50	
	Bananas	Dominican Republic	per kg	1.95	
	Basil	UK	per pack	1.35	
	Beans - Green	UK	per kg	5.95	
	Beans - Helda	UK	per kg	5.95	
	Beetroot - New Season	UK	per kg	1.60	
	Blueberries – 125 gr	UK	each	2.90	
	Broccoli	UK	per kg	2.95	
	Cabbage - Sweetheart	UK	per pack	1.25	
	Cabbage – White	Holland	per kg	1.90	
	Cabbage - Red	Holland	per kg	1.90	
	Carrots – Washed	UK	per kg	1.70	
	Carrots - Unwashed	UK	per kg	1.60	
	Cauliflower	UK	each	1.60	
	Celery	UK	each	1.60	
	Chard	UK	per pack	1.50	
	Corn Salad	Italy	per pack	2.40	
	Courgettes	UK	per kg	1.80	
	Cucumbers - Large	UK	each	1.50	
	Fennel	Holland	per kg	3.95	
	Figs	Spain	Per kg	15.00	
	Garlic	UK	per kg	7.00	
	Ginger	Brazil	per kg	7.00	
	Grapes –Black- Muscat De Hamberg	France	per kg	6.50	
	Grapes – White Seedless	Italy	per kg	5.95	
	Grapefruit – Ruby	Italy	per kg	2.95	
	Kale	UK	per pack	1.50	
	Kiwi Fruit	New Zealand	per kg	2.95	
	Leeks	UK	per kg	3.50	
	Lemons	South Africa	per kg	3.40	

Lettuce – Batavia	UK	each	1.35	
Lettuce - Cos	UK	each	1.35	
Lettuce – Little Gem	UK	each	1.35	
Limes	Mexico	pr kg	5.50	
Medjool Dates	USA	per kg	15.00	
Melons - Charantais	France	per kg	3.95	
Mushrooms – Brown	UK	per kg	5.95	
Onions – Red	Holland	per kg	2.50	
Onions – White	UK	per kg	1.50	
Oranges	South Africas	per kg	2.50	
Pak Choi	UK	each	1.95	
Parsley	UK	per kg	10.50	
Pears – Guyot	France	per kg	2.95	
Peppers – Green	UK	per kg	4.95	
Peppers – Red	Spain	per kg	5.95	
Peppers - Yellow	UK	per kg	5.95	
Plums - Red Fortune	Spain	per kg	4.00	
Plums - Victoria	UK	per kg	4.00	
Potatoes – New Season –Red /White	UK	per kg	1.50	
Potatoes – Pink Fir	UK	per kg	2.30	
Radish – Black / Red	France	per kg	3.90	
Redcurrants – 175gr	UK	each	2.95	
Rocket	Italy	per pack	2.40	
Salad Packs	UK	per pack	1.50	
Shallots	France	per kg	5.60	
Spinach p/p	UK	per pack	1.50	
Sprouts – Alfalfa	UK	punnet	1.07	
Sprouts – Mixed	UK	punnet	1.07	
Sprouts – Mung	UK	punnet	1.07	
Squash – Butternut	Italy	per kg	2.50	
Squash – Hokaido / Red Kuri	UK	per kg	2.50	
Tomatoes	UK	per kg	3.20	
Tomatoes – Cherry	UK	per kg	5.95	
Watercress	UK	per pack	1.80	
DAIRY & NON DAIRY				
Butter – salted / Unsalted	France	250g	1.89	
Free Range Eggs – Large – Soil Association	UK	x 6	2.05	
Free Range Eggs – Medium – Soil Association	UK	x 6	1.95	
Fresh Goats' Milk – whole / semi skimmed– non organic	UK	1L	1.72	
Fresh Semi-skimmed Milk – Manor Farm	UK	500ml	0.65	
Fresh Semi-skimmed Milk – Manor Farm	UK	1L	1.10	
Fresh Whole Milk – Manor Farm	UK	500ml	0.65	
Fresh Whole Milk – Manor Farm	UK	1L	1.10	
Fresh Soya Milk – Alpro	EU	1L	1.59	
Goats' Milk Yoghurt – Naturemade	UK	500g	2.05	
Sheep's Milk Yoghurt – Woodlands	UK	450g	2.32	
Parmiggiano Reggiano – unpasteurised, animal rennet	Italy	per kg	24.60	
Yoghurt 'Rachel's Dairy' – Full Fat or Low Fat	UK	450g	1.32	
Yoghurt 'Rachel's Dairy' – Greek Style	UK	450g	1.82	
Yoghurt 'Yeo Valley' – Full Fat or Low Fat	UK	500g	1.50	
Yoghurt 'Yeo Valley' • apricot • raspberry • strawberry	UK	500g	1.60	
Yoghurt 'Plaw Hatch' – Full Fat, Demeter	UK	500ml	1.75	
Crème Chocolate – sheep's milk	France	110gr	0.95	
Gouda – goats milk, pasteurised, vegetarian rennet	Holland	per kg	18.60	
Montgomery Cheddar – unpasteurised, animal rennet, -non organic	UK	per kg	13.50	
Dorset Blue Vinney – unpasteurised, vegetarian rennet – non organic	UK	per kg	12.30	

NON DAIRY					
	Yofu – soya yoghurt, plain	UK	500 gr	1.35	
	Yofu – soya yoghurt, blueberry, forest fruit , vanilla	UK	500 gr	1.49	
	Raw Desserts – Chocolate Mousse (Non Organic)	UK	90 gr	2.19	
	Raw Desserts – Lemon Cheesecake (Non Organic)	UK	100 gr	2.89	
	Raw Desserts – Pumpkin Pie (Non Organic)	UK	100 gr	2.89	
SPECIAL OFFERS					
				Usually	Now
	Organic Rosé Wine Le Soleiller Rosé Vin de Pays de l Herault Clean, fruity & versatile, all too easy to drink. Vegan	75cl	£6.55	£5.99	
	Organic Red Wine Mont'albano Nero d'Avola/Syrah ITALY Soft & plummy with sweet tannins & subtle spices.. Vegan	75cl Case of 6	£6.89	£6.25 £35.50	
	RICE DREAM Organic	1 litre case of 12	£1.99 £21.50	99p £10.80	
	EUNATURE Organic Plum Tomatoes	400g	89p	69p	
	ANNA Organic Passata di pomodoro	690g	£1.25	99p	
	DOVES FARM OG Plain White Flour	1kg	£1.12	99p	
	NAIRN'S Organic Rough Oatcakes	250g	£1.29	99p	
	KALLO Fair-trade OG Rice Cakes salted / no salt	130g	£1.49	£1.09	
	WHOLE EARTH SO CRISPY SNACKS soya & rice baked crisp, baked, not fried Smokey Paprika/Salt & Balsamic/Cheese & Onion	28g	69p	2 for £1.00	
	JASON Tea Time Moisturiser Anti-agingfacial moisturiser	125g	£10.99	£8.25	
	MANUKA HONEY 12+ Australian £3 of every jar goes to YES TO LIFE charity giving natural therapies for cancer patients	250g	£7.95	£5.95	

Your local supplier of Biodynamic, Demeter, Macrobiotic, Vegetarian, Vegan, Gluten Free, Wheat Free, whole and natural foods, drinks, household supplies and personal care products. Organic whole foods for London!

www.earthnaturalfoods.co.uk

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