

# EARTH NATURAL FOODS DELIVERY SERVICE

Date ..... Customer name.....

Please deliver to .....

..... Postcode.....

Customer phone..... Customer 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](mailto: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 06/0212

ALL FRUIT PRODUCTS CERTIFIED ORGANICALLY GROWN UNLESS STATED OTHERWISE

ORDER QUANTITY	PRODUCT NAME	COUNTRY OF ORIGIN		£	COST
<b>FRUIT &amp; VEG</b>					
	Apples - Cox	UK	per kg	2.50	
	Apples - Gala	UK	per kg	2.50	
	Apples -Norfolk Beefy ( cookers )	UK	per kg	2.50	
	Aubergines	Spain	per kg	4.50	
	Avocado	Spain	per kg	4.50	
	Bananas	Dominican Republic	per kg	1.95	
	Beetroot	UK	per kg	1.60	
	Broad Beans	Spain	per kg	4.80	
	Broccoli	Spain	per kg	3.50	
	Broccoli – Purple Sprouting	UK	per pack	1.80	
	Brussel Sprouts	UK	per kg	2.95	
	Brussel Sprout Flowers	UK	per kg	5.60	
	Cabbage - Savoy	UK	each	1,10	
	Cabbage – White	UK	per kg	1.50	
	Cabbage - Red	UK	per kg	1.50	
	Carrots -- Unwashed	UK	per kg	1.20	
	Carrots – Washed	UK	per kg	1.50	
	Cauliflower	France	each	2.20	
	Celeriac	UK	per kg	1.95	
	Celery	Spain	each	1.70	
	Chard -	Italy	per pack	2.25	
	Chicory	Holland	per kg	5.95	
	Clementines	Spain	per kg	2.95	
	Corn Salad	Italy	per pack	2.80	
	Coriander -50 gr	Italy	per pack	2.25	
	Courgettes	Italy	per kg	4.80	
	Cucumbers	Spain	each	1.80	
	Fennel	France	per kg	3.50	
	Jerusalem Artichokes	UK	per kg	2.95	
	Garlic	Spain	per kg	9.00	
	Ginger	Brazil	per kg	7.00	
	Grapes – White Seedless	South Africa	per kg	7.50	
	Grapefruit – Ruby	Spain	per kg	2.95	
	Kale	UK	per pack	1.50	
	Kiwi Fruit	Italy	per kg	3.20	
	:Leeks	UK	per kg	2.50	

Lemons	Italy	per kg	2.60	
Lemons - Bergomot	Morocco	per kg	3.80	
Lettuce -Batavia	France	each	1.55	
Lettuce – Oakleaf	France	each	1.55	
Mangoes	Brazil	per kg	4.80	
Medjoul Dates	America	per kg	17.50	
Mushrooms – Brown	UK	per kg	5.95	
Onions – Red	UK	per kg	1.95	
Onions – White	UK	per kg	1.30	
Oranges	Spain	per kg	2.50	
Oranges - Blood	Italy	per kg	2.50	
Oranges - Seville	Italy	per kg	2.95	
Parsley	UK	per kg	18.00	
Parsnip	UK	per kg	1.95	
Passion Fruit	Camaroon	per kg	15.00	
Pears – Conference	UK	per kg	3.50	
Pears - Commice	Holland	per kg	3.50	
Peppers – Green	Italy	per kg	4.50	
Potatoes –Valor Whites	UK	per kg	1.30	
Potatoes–Ramano- Reds	UK	per kg	1.30	
Rocket	Italy	per pack	2.50	
Rosemary-50 gr	Italy	per pack	2.25	
Sage -50 gr	Italy	per pack	2.25	
Salad Pack	UK	per pack	1.90	
Shallots	France	per kg	5.50	
Spinach	France	per kg	5.95	
Spring Onions	Egypt	each	1.60	
Sprouts – Alfalfa	UK	punnet	1.07	
Sprouts – Mixed	UK	punnet	1.07	
Sprouts – Mung	UK	punnet	1.07	
Squash – Butternut	Italy	per kg	2.80	
Squash – Crown Prince Blue	UK	per kg	1.95	
Squash – Red Kuri	Holland	per kg	2.30	
Swede	UK	per kg	1.35	
Sweet Potatoes	Italy	per kg	4.50	
Thyme-50 gr	Italy	per pack	2,25	
Tomatoes	Morroco	per kg	3.10	
Walnuts in Shells	France	per kg	7.95	
Watercress	UK	per pack	1.95	

**DAIRY & NON DAIRY**

Butter – salted / Unsalted	France	250g	1.99	
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	1.91	
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	1.69	
Goats' Milk Yoghurt – Naturemade	UK	500g	2.40	
Sheep's Milk Yoghurt – Woodlands	UK	450g	2.39	
Parmiggiano Reggiano – unpasteurised, animal rennet	Italy	per kg	24.60	
Yoghurt 'Rachel's Dairy' – Full Fat or Low Fat	UK	450g	1.43	
Yoghurt 'Rachel's Dairy' – Greek Style	UK	450g	1.99	
Yoghurt 'Yeo Valley' – Full Fat or Low Fat	UK	500g	1.55	
Yoghurt 'Yeo Valley' • apricot • raspberry • strawberry	UK	500g	1.65	

	Yoghurt 'Plaw Hatch' – Full Fat, Demeter	UK	500ml	1.80	
	Goats Gouda - pasteurised, vegetarian rennet	Holland	per kg	18.60	
	Crème Chocolate – sheep's milk	France	110gr	0.95	
	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	1.39	
	Yofu – soya yoghurt, blueberry, forest fruit , vanilla	UK	500 gr	1.55	
	Raw Desserts – Chocolate Mousse ( Non Organic )	UK	100gr	2.39	
	Raw Desserts – Lemon Cheesecake ( Non Organic )	UK	100 gr	2.89	
	Raw Desserts – Raspberry Cheesecake ( Non Organic )	UK	100 gr	2.89	
<b>SPECIAL OFFERS</b>					
			Usually	Now	
	<b>Organic White Wine</b> <b>Mureda Blanco VDT de Castilla</b> Fresh & fruity & extra punch in the body. Excellent value.Vegan	75cl	£6.79	£5.99	
	<b>Organic Red Wine</b> <b>Mureda Tinto VDT de Castilla</b> Soft & juicy with gentle tannins Vegan	75cl	£6.79	£5.99	
	<b>PROVAMEL soya milks</b> <b>red / green / blue / orange</b>	1litre 12 x 1 litre	£1.49 £19.33	99p 10.70	
	<b>MERIDIAN organic nut butter</b> <b>almond / cashew</b>	170g	£2.99	£2.55	
	<b>HNZ manuka honey UMF10</b>	250g	£8.99	£7.19	
	<b>WYLDWOOD organic cider</b>	500ml	£2.59	£1.99	
	<b>WELEDA cleansing lotion with free toner</b>	Banded pack	£19.95	£9.95	
	<b>COMVITA propolis herbal elixir</b>	100ml	£7.03	£5.98	
	<b>ECOVER</b>				
	<b>toilet cleaner</b>	750ml	£2.03	£1.68	
	<b>multi surface cleaner</b>	500ml	£2.98	£2.38	

*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](http://www.earthnaturalfoods.co.uk)

200 Kentish Town Road  
London  
NW5 2AE