

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)					
Jacket Potatoes/each	-----		King Oyster Mushrooms/kg		
Salad Potatoes/kg			Great Oyster Mushrooms/kg		
King Edward Potatoes/kg	-----	-----	Portobello Mushrooms/kg		
Cyprus New Potatoes/kg			White Cap Mushrooms/kg		
Jersey Royal New Potatoes/ kg			Chestnut Mushrooms/kg		
Cheshire New Potatoes / kg			Shitake Mushrooms/kg		
Sweet Potatoes/kg			Onion Brown/kg		
Leek/kg			Shallots Onion/kg		
Butternut Squash Medium/kg			Onion Red/kg		
Carrots Bunch/each	-----		Garlic/ each	-----	
Carrots Loose/kg			Green Pea/kg		
Parsnip/kg			Runner Beans/kg		
Raw Beetroot bunch/each	-----		Green Pepper/kg		
Beetroot cooked Prepack 250g	-----		Yellow Pepper/kg		
Celeriac/kg			Red Pepper/kg		
Ginger/kg			Chilli Red Hot/Green / each		
Rhubarb/kg			Beef Tomato / each	-----	
Tenderstem Broccoli (200g)	-----		Salad Tomatoes/kg		
Broccoli/kg			Heritage Tomatoes		
Cauliflower/each			Small Vine Tomatoes/kg		
Chinese Cabbage/each	-----		Medium Vine tomatoes/kg		
Cabbage Red /kg			Cucumber mini/each	-----	
Cabbage White/kg			Cucumber /each	-----	
Cabbage Sweetheart/each	-----		Radish bunch or bag/each	-----	
Cabbage Savoy /each	-----		Spring Onion Bunch/each	-----	
Cabbage Summer/each	-----		Oakleaf Lettuce/each	-----	
Spring Green/each	-----		Iceberg Lettuce/each	-----	
Kale/bag	-----		Lettuce Flat/each	-----	
Cavolo Nero/bag	-----		Little Gem Lettuce/twin pack	-----	
Pak Choi/bag	-----		Cos Lettuce/each	-----	
Broad Beans/kg			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/bag	-----		Baby Corn/pack	-----	
Fresh Corn on the Cob/each	-----		Corn on the cob cooked/Packof2	-----	
Peashoots 100g punnet / each	-----		Lemon Grass Stick/stick	-----	
Mooli/each	-----		Kohlrabi/each	-----	
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	-----	
Conference Pear/kg			Pomegranate/each	-----	
Nectarines/each			Kiwi/each	-----	
Peaches/each			Plums/each		
Big Spanish oranges/each			Avocado/each	-----	
Small orange/each			Apricots/each		
Clementine/each	-----	-----	Grapes Red 500g/punnet		
Clementines 2kg box	-----	-----	Grapes Green 500g/punnet		
Satsuma /each			Flat Peaches/each		
Grapefruit Red/each			Blueberry125g /punnet		
Grapefruit Yellow/each			Raspberry 125g/punnet		
Pomelo/each	-----	-----	Strawberries /punnet		
Lemon/each			Fresh Figs/each	-----	
Lime/each			Gooseberries/punnet		
Blood Oranges/kg	-----	-----	Cherries/kg		

			Red Currant /punnet		
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 cardamoms £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**

Name and Delivery address, telephone number:

Please give us at least **2 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: exsqueezemecheester@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**.

