

# 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 06/07/15

ALL FRUIT PRODUCTS CERTIFIED ORGANICALLY GROWN UNLESS STATED OTHERWISE

ORDER QUANTITY	PRODUCT NAME	COUNTRY OF ORIGIN		£	COST
<b>FRUIT &amp; VEG</b>					
	Apples – Breaburn	Austrai	per kg	2.95	
	Apples- Gala	Chile	per kg	2.95	
	Apples- Topaz	UK	per kg	2.95	
	Apricots	Spain	per kg	6.59	
	Aubergines	UK	per kg	5.50	
	Avocado	Peru	per kg	6.50	
	Bananas	Dominican Republic	per kg	2.05	
	Beetroot	Spain	per kg	2.10	
	Blueberries 125 gr	Spain	each	2.50	
	Broad Beans	UK	per kg	2.95	
	Broccoli	UK	per kg	3.80	
	Cabbage – White – New Season	Holland	per kg	2.80	
	Cabbage – Red – New Season	Holland	per kg	2.80	
	Cabbage- Pointed	UK	each	1.75	
	Carrots – Washed	Italy	per kg	2.25	
	Carrots - Unwashed	UK	per kg	1.80	
	Cauliflower	UK	each	1.80	
	Celery	UK	each	1.80	
	Cherries	France	per kg	7.95	
	Chicory	Holland	per kg	6.50	
	Chilli	Spain	per kg	20.00	
	Clementines	Soutrh Africa	per kg	2.95	
	Corn Salad- 100 gr	Italy	per pack	3.10	
	Courgettes	Spain	per kg	2.50	
	Cucumbers	Spain	each	1.25	
	Garlic	Spain	per kg	9.00	
	Ginger	Brazil	per kg	9.90	
	Globe Artichokes	France	per kg	2.95	
	Grapefruit – Ruby	Spain	per kg	2.95	
	Green Beans	UK	per kg	7.50	
	Kale	UK	each	1.50	
	Kiwi Fruit	Chile	per kg	2.95	
	Kiwis - Golden	New Zealand	per kg	6.95	
	Leeks	Holland	per kg	4.50	

Lemons	Italy	per kg	2.50	
Lime	Mexico	per kg	7.95	
Lettuce- Batavia	UK	each	1.60	
Lettuce –Little Gem	UK	each	1.60	
Lettuce- Oakleaf	UK	each	1.60	
Medjoul Dates	America	per kg	21.00	
Mushrooms – Brown	UK	per kg	6.50	
Nectarines	Spain	per kg	4.95	
Oranges	Spain	per kg	2.20	
Onions - Red	Holland	per kg	2.05	
Onions - White	Spain	per kg	2.05	
Parsley –Curly/ Flat	UK	per kg	12.50	
Peaches	Spain	per kg	4.95	
Pears - Bosc	Argentina	per kg	2.95	
Pears - William	Argentina	per kg	2.95	
Peppers – Green	Spain	per kg	4.95	
Peppers - Red	Spain	per kg	5.50	
Pineapples	Costa Rico	each	3.30	
Plums	Spain	per kg	3.95	
Potatoes- Maris Piper – New Potatoes	UK	per kg	1.95	
Potatoes – Sante- White	UK	per kg	1.50	
Raddichio	Italy	per kg	5.95	
Rocket	Italy	per pack	2.70	
Salad Pack	UK	per pack	1.50	
Shallots	France	per kg	6.50	
Spinach pre pack	UK	per pack	1.50	
Spring Onions	UK	each	1.40	
Sprouts – Alfalfa	UK	punnet	1.21	
Sprouts – Mixed	UK	punnet	1.21	
Sprouts – Mung	UK	punnet	3.95	
Squash – Butternut	Argentina	per kg	3.95	
Tomatoes	Holland	per kg	2.50	
Tomatoes – Cherry Plum	UK	per kg	8.50	
Turmeric Root	Peru	per kg	20.00	
Watercress	UK	per pack	1.95	

#### DAIRY & NON DAIRY

Butter – salted / Unsalted	France	250g	2.35	
Goat's butter "Delemare" - non organic	UK	250g	2.07	
Crème Fraiche, Rachels dairy	UK	200g	1.45	
Double Cream, Yeo Valley	UK	227ml	1.09	
Single Cream, Longley farm - non organic	UK	250ml	0.86	
Free Range Eggs – Medium / Large – Soil Association	UK	x 6	2.05	
Fresh Goats' Milk – whole / semi skimmed–non organic	UK	1L	1.99	
Fresh Skimmed Milk – Manor Farm	UK	2 pint	1.40	
Fresh Semi-skimmed Milk – Manor Farm	UK	1 pint	0.82	
Fresh Semi-skimmed Milk – Manor Farm	UK	2 pint	1.40	
Fresh Whole Milk – Manor Farm	UK	1 pint	0.82	
Fresh Whole Milk – Manor Farm	UK	2 pint	1.40	
Goats' Milk Yoghurt – Naturemade	UK	500g	2.70	
Sheep's Milk Yoghurt – Woodlands	UK	450g	2.75	
Yoghurt 'Rachel's Dairy' Low Fat	UK	450g	1.53	
Yoghurt 'Rachel's Dairy' – Greek Style	UK	450g	2.09	
Yoghurt 'Yeo Valley' – Full Fat or Low Fat	UK	500g	1.71	
Yoghurt 'Yeo Valley' • apricot • raspberry • strawberry	UK	500g	1.71	
Yoghurt 'Plaw Hatch' – Full Fat, Demeter	UK	500ml	1.99	
Cottage Cheese – Plain / Low Fat- non organic	UK	250ml	1.26	

	Cottage Cheese with Chives- non organic	UK	250ml	1.01	
	Crème Chocolate – sheep’s milk	France	110gr	0.95	
	Emmental, vegetairan rennet, organic	Switzerland	per kg	18.20	
	Goats Gauda, vegetarian rennet, organic	Netherlands	per kg	24.50	
	Greens Cheddar pasteurised, vegetarian rennet, Organic	UK	per kg	16.50	
	Parmiggiano Reggiano – unpasteurised, animal rennet	Italy	per kg	24.60	
	Wigmore- unpasteurised, vegetarian rennet ewes milk, non organic	UK	per kg	25.00	
<b>NON DAIRY</b>					
	Hummus organic	UK	170g	2.29	
	Hummus organic	UK	375g	3.85	
	Fresh Soya Milk – Alpro	EU	1L	1.69	
	Yofu – soya yoghurt, plain	UK	500 gr	1.85	
	Yofu – soya yoghurt, blueberry, forest fruit , vanilla	UK	500 gr	1.99	
	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	
	Tofutti Creamy Smooth Soya Cheese ( Non Organic )	UK	225 gr	2.85	
<b>CRACKERS – GLUTEN FREE</b>					
	Corn Cakes	Biona	110 gr	£1.29	
	Crispbread ( non organic )	Free”d	160 gr	£2.99	
	Rice cakes salted/unsalted	Kallo	130 gr	£1.69	
	Oatcakes ( non organic )	Nairns	160 gr	£2.15	
	Seasame & Onion Crackers	Amisa	100 gr	£2.89	

*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)

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