

VEG BOXES with extras to add in for home delivery 2022 MAY

Telephone: 01620 861 531 Email: veg@phantassie.co.uk "NEVER AIR-FREIGHTED" www.phantassie.co.uk ORGANIC CERTIFICATION GB-Org-06 • BDAA No.315 •

- Free Delivery for all orders over £15.00 that includes a Vegbox.
- Packaging... the bare minimum with the max reuse and the most eco-friendly option that works... paper cardboard, cellophane bio plastic.

Product	Unit	Origin	Comments	Price
VEG boxes - Flexible about intolerances & requests. (e.g. Most boxes available without Potatoes etc. Please just ask)				
Basics Veg Box (Potatoes, Carrots, Onions + 4 or 5 other items)	Box	Phantassie	no amendments possible	£ 10.00
Small Veg Box	Box	Phantassie		£ 15.00
Small Veg Box No Potatoes + Basic Fruit Bag	Box	Phantassie		£ 18.50
Medium Veg Box	Box	Phantassie		£ 19.50
Large Veg Box	Box	Phantassie		£ 25.00
Value Phantassie Box (Large veg box/ half a dozen eggs/ Medium Fruit portion)	Box	Phantassie		£ 34.00
BESPOKE - choose your own box contents (from £25)	Box	Phantassie	Ask for more info	£ 25.00
Juicing Medium box - for Green Juice	Box	Phantassie		£ 19.50
Boxes and bags to add in				
Salad Box - Selection of best value Salad items that week will always inc leaf	Box	Phantassie	no amendments possible	£ 7.50
Large Salad Box - as above with larger portion sizes and variety	Box	Phantassie	no amendments possible	£ 17.50
Mediterranean Box - A selection from Aubergines, Courgettes, Peppers, Cooking Tomatoes & Herbs	Box	Phantassie	no amendments possible	£ 7.50
Family Mediterranean Box - as above with larger portion sizes and variety	Box	Phantassie	no amendments possible	£ 17.50
Very Greens Box - Selection of 4 bags cooking greens, Phantassie Origin when poss	Box	Phantassie	no amendments possible	£ 7.50
Cook's Seasoning Bag - Garlic, Ginger, Chilli, Lime and Lemon	bag	Phantassie	no amendments possible	£ 4.00
Tomato Medley - 600g Mix of Isle of Wight - VARIOUS sizes and colours	bag	Phantassie	contents various	£ 5.00
Extra items to add in				
Phantassie Salad bagged - 125g	125g	Phantassie	Summer Size	£ 2.00
Asparagus - 250g bunch	bunch	England	While available	£ 4.25
Asparagus 2 x 250g bunch	bunch	England		£ 8.00
Avocados HASS med FT	EACH	Spain		£ 1.80
Avocados HASS lge batch of 3	3 single	Spain		£ 5.00
Tomatoes Classic Large Vine	400g	IOW		£ 2.50
Tomatoes Cherry Vine Piccolo	200g	IOW		£ 2.00
Tomatoes Heirloom	500g	IOW	mix of colour/shape	£ 4.80
Tomatoes Mini Plum Red/gold mix	200g	IOW		£ 2.00
Mushrooms Chestnut 200g	200g	Ireland		£ 1.60
Fruit bags and boxes to add in				
Fruit bag MIXED Small - apples, bananas, oranges, kiwis	bag	UK/ Import		£ 5.00
Fruit bag MIXED Medium - small bag + seasonal extras	bag	UK/ Import		£ 8.00
Fruit bag MIXED Large - medium + tropical extras	bag	UK/ Import		£ 13.50
Apples & Pears 1.5kg	bag	Europe	pears will be Argentinian	£ 7.50
Summer Stone Fruit Medley - selection from Plums, Apricots, Nectarines, Peaches	min 600g	Europe	available from JUNE	£ 5.00
CITRUS Fruit BOX - Oranges, Grapefruit, Lemon + other Seasonal citrus when avail	BOX	Spain		£ 10.00
Tropical Fruit BOX - selection from Mango, Pineapple, Limes, Banana, Kiwi, Melon or Papaya	BOX	Import	exotics are Fairtrade	£ 13.50
Fruit				
Apples Various Eater	kg	European		£ 4.50
Bananas Fair Trade	650g	D Republic		£ 2.00
Blueberries 1 punnet	125g	European		£ 3.50
Blueberries 3 punnets	3 x pnt	European		£ 9.80
Dates Medjool	150g	USA		£ 3.50
Lemons LARGE x TWO	2L	Italy		£ 1.20
Rhubarb	kg	Phantassie		£ 3.50
FLOUR Mungowells East Lothian Organic				
M/S 1.5 kg PLAIN	bag	East Lothian	Organic Flour	£ 4.20
M/S 1.5 kg SELF RAISING	bag	East Lothian	Organic Flour	£ 4.20
M/S 1.5 kg ST Bread White	bag	East Lothian	Organic Flour	£ 4.20
M/S 1.5 kg ST Bread Wholemeal	bag	East Lothian	Organic Flour	£ 4.20
PORRIDGE OATS Tweedside Organic				
Clifton Hill Porridge	1kg	Borders	Organic Oats	£ 2.70
Hen's Eggs Organic				
Scottish - Large Eggs - BOX OF 6	1 box	Scotland	Organic	£ 2.65
Scottish - Medium Eggs - BOX OF 6	1 box	Scotland	Organic	£ 2.45
Scottish - Medium Eggs - TRAY OF 30	tray/30	Scotland	Organic	£ 10.60