

## VEG BOXES with extras to add in for home delivery

2024

Dec-24

Email: [veg@phantassie.co.uk](mailto:veg@phantassie.co.uk) "NEVER AIR-FREIGHTED" [www.phantassie.co.uk](http://www.phantassie.co.uk) ORGANIC CERTIFICATION GB-Org-06 • BDA UK No.315 •

- Free Delivery for all orders over £16.50 THAT INCLUDES A VEGBOX. £3.00 delivery OTHERWISE.
- 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
<b>VEG boxes - Flexible about intolerances &amp; requests. (e.g. Most boxes available without Potatoes etc. Please just ask)</b>				
Basics Veg Box (Potatoes, Carrots, Onions + 4 or 5 other items)	Box	Phantassie	no amendments poss	£ 12.50
Basics Vegbox without potatoes + small fruit portion	Box	Phantassie	no amendments poss	£ 19.50
Small Veg Box	Box	Phantassie		£ 16.50
Medium Veg Box	Box	Phantassie		£ 22.50
Large Veg Box	Box	Phantassie		£ 28.50
Value Phantassie Box (Large veg box/ half a dozen eggs/ Medium Fruit portion)	Box	Phantassie		£ 39.50
BESPOKE - choose your own box contents (from £30)	Box	Phantassie	Ask for more info	£ 30.00
<b>Boxes and bags to add in</b>				
Salad Box - Selection of best value Salad items that week will always inc leaf	Box	Phantassie	no amendments poss	£ 9.00
Salad LARGE Box - Double of the regular size	Box	Phantassie	no amendments poss	£ 18.00
Mediterranean Box - A selection from Aubergines, Courgettes, Peppers, Cooking Tomatoes & Her	Box	Phantassie	no amendments poss	£ 9.00
Mediterranean LARGE Box - Double of the regular size	Box	Phantassie	no amendments poss	£ 18.00
Very Greens Box - Selection of 4 bags cooking greens, Phantassie Origin when po	Box	Phantassie	no amendments poss	£ 8.00
Cook's Seasoning Bag - Garlic, Ginger, Chilli, Lime and Lemon	bag	Phantassie	no amendments poss	£ 5.00
<b>Extra items to add in</b>				
Phantassie Salad bagged - 100g	100g	Phantassie	Autumn Size	£ 2.20
Avocadoes HASS med FT	EACH	spain		£ 1.80
Avocadoes HASS lge batch of 3	3 single	spain		£ 5.00
Tomatoes Classic Large Vine	400g	spain		£ 2.50
Tomatoes Cherry Vine	200g	spain		£ 2.00
Mushrooms Chestnut 200g	200g	Ireland		£ 1.70
<b>Fruit bags and boxes to add in</b>				
Fruit bag MIXED Small - a selection from apples, fair trade bananas, oranges, kiwi	bag	Import		£ 6.50
Fruit bag MIXED Medium - as small bag + seasonal extras	bag	Import		£ 10.00
Fruit bag MIXED Large - as medium + tropical extras	bag	Import		£ 17.50
Apples & Pears 1.5kg	bag	UK		£ 8.00
<b>Fruit</b>				
Apples Various Eater	kg	UK		£ 4.80
Bananas Fair Trade	650g	D Republic		£ 2.20
Dates Medjool 200g - fresh	200g	Palestine	200g dates	£ 3.50
Dates Medjool 450g BOX - fresh	box	Palestine	450g dates	£ 7.40
Lemons LARGE x TWO	2L	SP/Italy		£ 1.30
<b>PORRIDGE OATS Tweedside Organic</b>				
Clifton Hill Porridge	1kg	Borders	Organic Oats	£ 3.00
Clifton Hill Jumbo Oats	1kg	Borders	Organic Oats	£ 3.00
<b>HONEY East Lothian Non Organic</b>				
Honey - CLEAR unfiltered	340g	E. Lothian	HONEY Non Org	£ 9.50
Honey - Soft SET unfiltered	340g	E. Lothian	HONEY Non Org	£ 9.50
<b>Hen's Eggs Organic</b>				
Scottish - Medium Eggs - BOX OF 6	1 box	Scotland	Organic	£ 2.75
Scottish - Medium Eggs - TRAY OF 30	tray/30	Scotland	Organic	£ 12.00
Scottish - Large Eggs - BOX OF 6	1 box	Scotland	Organic	£ 2.95