

VEG BOXES with extras to add in for home delivery

2023

NOVEMBER

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 £16.50. Orders must include 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				
Basics Veg Box (Potatoes, Carrots, Onions + 4 or 5 other items)	Box	Phantassie	no amendments poss	£12.50
Basics Veg Box 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/ medium eggs / Medium Fruit portion)	Box	Phantassie		£39.50
BESPOKE - choose your own box contents (from £30)	Box	Phantassie	Ask for more info	£30.00
Boxes and bags to add in				
Salad Box - Selection of best value Salad items that week will always inc leaf	Box	Phantassie	no amendments poss	£9.00
Large Salad Box - double size	Box	Phantassie	no amendments poss	£18.00
Mediterranean Box - A selection from Aubergines, Courgettes, Peppers, Cooking Tomatoes & Herbs	Box	Phantassie	no amendments poss	£9.00
Large Mediterranean Box - double size	Box	Phantassie	no amendments poss	£18.00
Very Greens Box - Selection of 4 bags cooking greens, Phantassie Origin when poss	Box	Phantassie	no amendments poss	£8.00
Cook's Seasoning Bag - Garlic, Ginger, Chilli, Lime and Lemon + Bay	bag	Phantassie	no amendments poss	£4.75
Winter Pumpkin Box asstd. 3 kg approx	Box	Phantassie	ASSORTED 3 KG	£10.50
Extra items to add in				
Phantassie Salad bagged - 100g winter size	100g	Phantassie	Winter Size	£2.20
Avocadoes HASS med FT	EACH	Peru FT		£1.80
Avocadoes HASS lge batch of 3	3 single	Peru FT		£5.00
Tomatoes Classic Large Vine	400g	Spain/Italy		£3.00
Tomatoes Cherry Vine	200g	Spain/Italy		£2.00
Mushrooms Chestnut 200g	200g	Ireland		£1.70
Fruit bags and boxes to add in				
Fruit bag MIXED Small - apples, bananas, oranges, kiwis	bag	UK/ Import		£6.50
Fruit bag MIXED Medium - small bag + seasonal extras	bag	UK/ Import		£10.00
Fruit bag MIXED Large - Double small bag + seasonal extras	bag	UK/ Import		£17.50
Apples & Pears 1.5kg	bag	UK		£8.00
CITRUS Fruit BOX - Oranges, Grapefruit, Lemon + other Seasonal citrus when avail	BOX	Spain		£12.50
Fruit				
Apples Various Eater	kg	UK		£5.00
Bananas Fair Trade	650g	D Republic		£2.00
Blueberries 1 punnet	125g	European		£3.80
Blueberries 3 punnets	3 x pnt	European		£10.95
Dates Medjool	150g	USA		£3.80
Lemons Two LARGE or Three SMALL	2 or 3	SP/Italy		£1.40
PORRIDGE OATS Tweedside Organic				
Clifton Hill Porridge	1kg	Borders	Organic Oats	£3.00
Hen's Eggs Organic				
Scottish - Large Eggs - BOX OF 6	1 box	Scotland	Organic	£2.85
Scottish - Medium Eggs - BOX OF 6	1 box	Scotland	Organic	£2.55
Scottish - Medium Eggs - TRAY OF 30	tray/30	Scotland	Organic	£11.75