

VEG BOXES with extras to add in for home delivery

Prices from 12th MAY 2025

Email: veg@phantassie.co.uk "NEVER AIR-FREIGHTED" 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. £5.00 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
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 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 £35)	Box	Phantassie	Ask for more info	£ 35.00
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	£ 10.00
Salad LARGE Box - Double of the regular size	Box	Phantassie	no amendments poss	£ 20.00
Mediterranean Box - A selection from Aubergines, Courgettes, Peppers, Cooking Tomatoes & Herbs	Box	Phantassie	no amendments poss	£ 10.00
Mediterranean LARGE Box - Double of the regular size	Box	Phantassie	no amendments poss	£ 20.00
Very Greens Box - Selection of 4 bags cooking greens, Phantassie Origin when poss	Box	Phantassie	no amendments poss	£ 9.00
Cook's Seasoning Bag - Garlic, Ginger, Chilli, Limes and Lemon	bag	Phantassie	no amendments poss	£ 5.50
Extra items to add in				
Phantassie Salad bagged - 100g	100g	Phantassie		£ 2.20
Avocados HASS med FT	EACH	Spain		£ 1.90
Avocados HASS lge batch of 3	3 single	Spain		£ 5.50
Tomatoes Classic Large Vine	400g	Spain		£ 2.50
Tomatoes Cherry Vine	200g	Spain		£ 2.00
Tomatoes Classic large Vine	400g	IOW		£ 3.00
Tomatoes Cherry Vine	200g	IOW		£ 2.50
Tomato Medley	650g	IOW		£ 7.50
Mushrooms Chestnut 200g	200g	Ireland		£ 1.80
Fruit bags and boxes to add in				
Fruit bag MIXED Small - a selection from apples, fair trade bananas, oranges, kiwis	bag	Import		£ 7.50
Fruit bag MIXED Medium - as small bag + seasonal extras	bag	Import		£ 12.00
Fruit bag MIXED Large - as medium + tropical extras	bag	Import		£ 19.50
Apples & Pears 1.6kg	bag	Import		£ 9.00
Fruit				
Apples Various Eater	kg	Uk/Euro		£ 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		£ 1.40
PORRIDGE OATS Tweedside Organic				
Clifton Hill Porridge	1kg	Borders	Organic Oats	£ 3.00
Clifton Hill Jumbo Oats	1kg	Borders	Organic Oats	£ 3.00
HONEY East Lothian Non Organic				
Honey - CLEAR unfiltered	340g	E. Lothian	HONEY Non Org	£ 9.50
Honey - Soft SET unfiltered	340g	E. Lothian	HONEY Non Org	£ 9.50
Hen's Eggs Organic				
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