

VEG BOXES with extras to add in for home delivery

2021

November

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

- Free Delivery for all orders over £15 that includes a Vegbox.
- Flexible as ever about allergies and requests. (e.g. Most boxes available without Potatoes etc. Please just ask)
- Packaging... the bare minimum with the max reuse and the most eco-friendly option that works... paper cardboard, cellophane bio plastic.
- Always **ORGANIC PRODUCE**

Product	Unit	Origin	Comments	Price
Organic VEG boxes				
Autumn Basics Box - Potatoes, Carrots, Onions + 4 or 5 other items	Box	Phantassie	no amendments possible	£ 10.00
Small Veg Box - Potatoes, Carrots, Onions and a selection of seasonal cooking veg	Box	Phantassie		£ 15.00
Small Veg Box No Potatoes + Basic Fruit Bag	Box	Phantassie		£ 18.50
Medium Veg Box	Box	Phantassie	Uk veg whenever possible	£ 19.50
Large Veg Box	Box	Phantassie	Best variety	£ 25.00
Value Phantassie Box (Large veg box / Medium Fruit bag / 6 organic eggs)	Box	Phantassie		£ 34.00
Juicing box Medium - Got your own recipe? Why not use our BESPOKE Service?	Box	Phantassie	for GREEN Juice	£ 19.50
Bespoke service from £25. Your own selection from our stores, please ask for more info.	Box	Phantassie	Min spend £25	£ 25.00
Organic Boxes and bags to add in				
Salad Box - Selection of best value Salad items that week. Will always inc leaf	Box	Phantassie		£ 7.50
Large Salad Box - as above with larger portion sizes and variety	Box	Phantassie		£ 17.50
Mediterranean Box - Selection from Aubergines, Courgettes, Peppers, Cooking Tomatoes & Herbs	Box	Phantassie		£ 7.50
Family Mediterranean Box - as above with larger portion sizes and variety	Box	Phantassie		£ 17.50
Cook's Seasoning Bag - Garlic, Ginger, Chilli, Lime, Lemon	bag	Phantassie		£ 4.00
Organic Extra items to add in				
Phantassie Salad bagged - 100g	100g	Phantassie	Winter weight	£ 2.00
Avocados HASS med FT	EACH	Spain		£ 1.80
Avocados HASS lge batch of 3	3 single	Spain		£ 5.00
Tomatoes sundried in oil	200g	Italy		£ 3.95
Tomatoes Classic Large Vine	500g	IOW		£ 2.75
Tomatoes Cherry Vine Piccolo	250g	IOW		£ 2.25
Mushrooms Chestnut 200g	200g	England		£ 1.60
Potatoes - 5kg sacks	5kg	UK	Robinta/ Marfona/ Setanta	£ 6.50
Pumpkin Crown Prince @ £3.00 per kg	kg	UK	min weight 3kg - price from £9	£ 9.00
Pumpkin Musquee de Provence @ £3.00 per kg	kg	UK	min weight 5kg - price from £15	£ 15.00
Organic Fruit bags and boxes to add in				
Fruit bag MIXED Small - A seasonal selection from apples, bananas, oranges, kiwis	bag	UK/ Import	according to seasonal supply	£ 5.00
Fruit bag MIXED Medium - As small bag + seasonal extras	bag	UK/ Import	according to seasonal supply	£ 8.00
Fruit bag MIXED Large - As medium + tropical extras	bag	UK/ Import	according to seasonal supply	£ 13.50
Apples & Pears - 1.65 kg UK Eaters	bag	UK	according to seasonal supply	£ 7.00
CITRUS Fruit BOX - Oranges, Grapefruit, Lemon + other Seasonal Citrus when available	BOX	Spain	according to seasonal supply	£ 10.00
Tropical Fruit BOX - A selection from Mango, Pineapple, Limes, Banana, Kiwi, Melon or Papaya	BOX	Import	according to seasonal supply	£ 10.00
Organic Fruit				
Apples Cooking - Bramley or other	kg	UK	Organic	£ 3.00
Apples Various Eater	kg	UK	Organic	£ 4.40
Bananas Fair Trade	650g	D Republic	Organic	£ 2.00
Lemons LARGE x TWO	2L	Italy	Organic	£ 1.80
Dates Medjool	150g	USA	Organic	£ 3.50
Organic FLOUR Mungowells East Lothian				
M/S 1.5 kg PLAIN Organic	bag	E. Lothian	Organic	£ 3.90
M/S 1.5 kg ST Bread White Organic	bag	E. Lothian	Organic	£ 3.90
M/S 1.5 kg ST Bread Wholemeal Organic	bag	E. Lothian	Organic	£ 3.90
Organic PORRIDGE OATS Tweedside or Pimhill				
Porridge - flakes	1kg	Borders	Organic Oats	£ 2.70
Hen's Eggs Organic				
Scottish - Large Eggs - BOX OF 6	1 box	Scotland	Organic	£ 2.45
Scottish - Pullets Eggs TRAY OF 30	tray/30	Scotland	Organic	£ 5.50
Scottish - Medium Eggs - BOX OF 6	1 box	Scotland	Organic	£ 2.25
Scottish - Medium Eggs - TRAY OF 30	tray/30	Scotland	Organic	£ 10.25

For delicate leafy greens, we now use plant based oxydegradable bags because unlike plastic they will biodegrade eventually. But they are not Compostable so please re-use as small bin liners whenever you can!

Payment in advance by BACS please to PM Stephen & R Curry SC: 83 22 25 Account: 00205925 with postcode and Name as ref. Thank you!