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| Red Apples
                | 0.34 | 20 | Responsibly Grown. Hand picked and gently ripened with a sweet
flavour.
| Green Apples
                | 0.37 | 20 | Responsibly Grown. Hand picked and gently ripened with a sweet
flavour.
                 | 2.29 | 20 | Delicately hand picked. Carefully selected when ripe for their sweet,
| Strawberries
juicy flavour.
Leeks
             | 0.67 | 20 | Locally grown at farmer Andy's.
| Carrots
              | 0.32 | 20 | Locally grown at farmer Andy's.
| Cauliflower
                | 0.89 | 0 | Locally grown.
| Sea Bream
                8.89 | 17 | These sea bream fillets have a clean, delicate flavour and dense, juicy
flesh. Pan-fried,...they are delicious enjoyed with new potatoes, or steam with ginger and spring
onions and. serve with stir-fried pak choi. |
               | 5.50 | 14 | 2 Defrosted skinless and boneless cod fillets. Line caught fish from well
managed and responsible fisheries.
                | 12.99 | 8 | This prime whole cod is chunky and succulent with a delicate flavour.
I Whole Cod
It's boneless, skinless and easy to oven-bake.
| Smoked Haddock | 7.99 | 15 | Defrosted, dyed, smoked skinless and boneless haddock fillets.
Line caught fish from well managed and responsible fisheries.
| Green Cabbage | 0.49 | 7 | Mild in flavour and slightly earthy. Our organic pointed cabbage
comes from dedicated farmers who work hand-in-hand with nature. They grow vegetables that are
as good for the planet as your plate. Delicious in slaws, roasted or sauteed.
| New Potatoes | 0.12 | 0 | Perfect cold or hot Delicious in a salad or roasted.
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| Beefsteak tomato | 0.87 | 12 | Intensely red beef tomato has a balanced acidity with a hint of
sweetness and slight aroma, being tender yet crisp. Best when sliced or chopped in salads and
sandwiches to give added richness.
                 | 0.81 | 4 | Sweet and colourful. Our organic cabbage comes from dedicated
| Red Cabbage
farmers who work hand-in-hand with nature. They grow vegetables that are as good for the planet as
your plate. Braise red cabbage or shred thinly into slaws.
                | 0.34 | 7 | Sweet and firm. Our organic onions come from dedicated farmers who
| Red Onion
work hand-in-hand with nature to grow vegetables that are as good for the planet as your plate.
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