

# Grill wisely with Good for you!



## GOOD for YOU

Specialising in healthy food

## SPRING PROMOTIONS

Offer ends on 5th June 2016

Office: 0208 728 2652

Mobile Eva: 0758 122 3486

Email: eva.good4you@gmail.com

# SPRING PROMOTIONS

Offer ends on 5th June 2016  
Grill in healthy style



£1.59 /kg



Polish tomatoes

£1.59 /kg



Fresh cucumber

£0.29



Parsley

£0.29



Chives

£0.79



Young beetroot



£3.49 /kg

MEGA PROMO

HIT!



£2.99 /kg

Bacon lusk



£1.99 /kg

Black pudding

JBB

£2.49 /kg

JBB

HIT!  
MEGA PROMO



Torunska sausage

MEGA PROMO

£0.85



900ml

FARMA  
Rapeseed oil

£0.74

KAMIS  
Premium mustards  
No preservatives

£0.62

KOTLIN  
Premium ketchup  
No preservatives

£0.36

LIPTON  
Ice Lipton tea  
All flavours

£0.69

BOBO FRUIT  
Bobo fruit juice  
All flavours

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## Coconuts sweets

**Coconut waffle** £4.40 (28x48g) **Coconut flour** £1.99 (1kg) **Coconut sugar** £6.99 (1kg) **Coconut virgin oil** £6.59 (900ml) **Coconut cookies** £3.79/kg (No preservatives)

**HIT!**

## Health and beauty

**Cranberry juice 100%** £1.79 (200ml) **Nettle juice 100%** £1.79 (200ml) **Acai juice 100%** £2.39 (200ml) **Elderberry juice 100%** £1.39 (200ml) **Sea buckthorn juice 100%** £1.39 (200ml)

**Healthy bladder and kidney** **Strong hair and detox** **Vitality and slim** **Vitality and detox** **Healthy complexion and shiny hair**

**Millet expanded** £0.59 (100g) **Buckwheat expanded** £0.59 (60g) **Wheat expanded** £0.49 (80g) **Oats expanded** £0.79 (80g) **Rice wafers with brown rice BIO** £0.49 (110g)

**LESTELLO**

**MEGA PROMO**

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## Novelty



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## Novelty

£1.99

1kg



Splake flakes

£1.99

1kg

Carrot & pumpkin from 7th month



Teddy mini crisps Bio

£2.79

250ml



Linseed organic virgin oil

£2.59

500ml

perfect for frying in high temperature (230°C)!



Rice Oil

£1.59

150g



Organic vegetable broth

£1.69

250g



DietWital  
Green coffee beans or green ground coffee

£5.69

200g

Natural green energy



Guarana BIO

£4.89

245ml



Coconut Body lotion BIO

£5.29

500ml



Shower Gel BIO

£4.19

250ml

Nordic birch shampoo BIO

£6.99

100ml

Natural



Organic body oil for babies BIO

£2.29

75ml



Natural Aloe vera toothpaste

£2.29

75ml

Natural Toothpaste for kids tuttifrutti BIO

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# SPRING PROMOTIONS

Offer ends on 5th June 2016  
High quality meat and sausages  
No preservatives!

## Dry thin sausage from wild boar



£7.79 /kg

## Noble bacon



£8.99 /kg



£6.89 /kg

## Traditional premium loin



£8.99 /kg

## Real podwawelska sausage



£3.29 /kg

## Dry sausage from Krakow



£3.79 /kg

## Fillet from the oven



£3.79 /kg

## Knight's sausage



£5.99 /kg

£4.49 /kg



"Kaja" ham for children

£5.99 /kg

VICTORIA the highest quality Premium ham

92%



£5.02 /kg

£4.64 /kg

Budapest sausage

£4.79 /kg

Premium loin no polyphosphates



£4.59 /kg

Premium ham no polyphosphates



£3.49 /kg

Cooked chicken no polyphosphates



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Offer ends on 5th June 2016  
High quality meat and sausages

No preservatives!

Traditional  
village's  
smoked bacon



£4.79  
/kg



£4.79  
/kg

Traditional  
village's  
smoked  
sausage

Noble ham



£6.17  
/kg

Traditional  
village's  
thin sausage



£6.99  
/kg

Pork  
sausage  
with veal



£5.99  
/kg

£3.79  
/kg

Sausage głogowska  
roasted



£6.79  
/kg

£4.49  
/kg

Pork neck  
from granary

£1.99  
400g

Pork knucle  
in the jar

£5.69  
/kg

Traditional  
ham



£4.69  
/kg

Chicken  
from Bobrownik



Vienna style  
(parowkowa)  
Sausage  
from Bobrownik

£2.24  
/kg



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