

Milk and Cream**Price**

MOSSFIELD ORGANIC MILK 1L	€2.25
ARRABAWN LOW FAT MILK 1L	€1.45
ARRABAWN MILK 1L	€1.45
ARRABAWN MILK 2L	€2.50
ARRABAWN MILK 500ML	€0.80
ARRABAWN FRESH CREAM 25% EXTRA FREE 250ML	€2.55
CUINNEOG FARMHOUSE BUTTERMILK 1LTR	€1.80
GLENISK FRESH GOATS MILK 1L	€3.45
GLENILEN FARM CREME FRAICHE	€2.90
SOJA NATURAL SOYA MILK 1 L	€2.35
ALPRO ALMOND UNSWEETENED MILK 1L	€3.30

**Chilled Fresh Sauces, Stock, Eggs, Soup, Pasta**

POULATAGGLE ORGANIC EGGS	€3.65
O BRIENS 6 LARGE F/RANGE EGGS	€2.50
GLENFIN 6 FREE RANGE DUCK EGGS	€3.85
ARAN ISLANDS SEAWEED PESTO 180G	€5.75
B/HAVEN SEAFOOD CHOWDER 400G	€4.00
BLAKES FEEL GOOD ORGANIC KEFIR 250ML	€2.15
BLAKES ORGANIC KEFIR 750ML	€5.50
BLUE DRAGON SILKEN TOFU 349G	€3.00
LORD OF TOFU NATURAL TOFU 200G	€2.50
CABOTS BEETROOT & SAGE 190G	€3.90
CABOTS BLACK OLIVE TAPENADE 190G	€4.50
CABOTS CHILLI & LIME HUMMUS 190G	€3.90
CABOTS FRESH PESTO 200G	€4.95
CABOTS NATURAL HUMMUS 190G	€3.90
CAROLS BEEF BONE BROTH 500ML	€5.25
CAROLS FRESH CHICKEN STOCK 500ML	€5.00
CAROLS FRESH BEEF STOCK 500ML	€5.25
CAROLS FRESH VEGETABLE STOCK 500ML	€4.85
HARVEST MOON BASIL HUMMUS 180G	€4.30
HARVEST MOON BASIL PESTO 180g	€5.80
HARVEST MOON NATURAL HUMMUS 180G	€4.30
HARVEST MOON SWEET POT&COR HUMMUS 180g	€4.30
HARVEST MOON VEGAN PESTO 170G	€5.45
HARVEST MOON WALNUT & LENTIL PATE 120G	€4.30
HARVESTMOON SPICY HUMMUS 180G	€4.30
HEALTHY YOU SEAWEED SALAD 100G	€3.95
HEALTHY YOU SEAWEED SALAD THAI GREEN CURRY 100G	€3.95
KINSALE COTTAGE PIE 400g	€5.65
KINSALE FISH PIE 400G	€6.25
KINSALE MUSHROOM SOUP 400G	€3.25
KINSALE POTATO & LEEK SOUP 400G	€3.25
KINSALE SHEPHERDS PIE 400g	€5.65
KINSALE VEGETABLE SOUP 400G	€3.25
MPG BEEF LASAGNE 370G	€5.85
MPG CHEESE/GARLIC POTATOES 600	€5.45
MPG LASAGNE 800G	€9.95
Pasta FRESH EGG PAPPARDELLE 500G	€4.20
Pasta FRESH EGG TAGLIATELLE S MARCO	€2.85
Pasta GIRASOLI FIRE ROASTED 250G	€3.95
Pasta RAVIOLI WITH RICOTTA & SPINACH 250G	€3.95
Pasta RICOTTA SPINACH CANNELLONI 400G	€5.40
Pasta TORTELLINI PARMA HAM 250G	€3.95