

Fruit	Cooked Meat & Pate
Co-op Blueberries	Co-op British Naw Breaded Ham 120g
Co-op Braeburn Apples Pack	Co-op Elmwood Sliced Chicken 170g
Co-op Easy Peeler Pack	Co-op Irr Topside Beef 100g
Co-op F/t Small Bananas Pack	Co-op Naw Corned Beef 120g
Co-op Raspberries Punnet	
Co-op Red Seedless Grapes 500g	Cream
Co-op Royal Gala Apples Pack	Co-op Fresh Double Cream 300ml
Co-op Strawberries Punnet	Co-op Soured Cream 300ml
Co-op White Seedless Grapes 500g	
	Bacon
Potatoes	Co-op Smoked Rindless Back Bacon 300g
Co-op Baby New Potatoes 750g	Co-op Unsmoked Rindless Back Bacon 300g
Co-op Washed White Potatoes 1.5kg	
	Fresh Beef
Salads	Co-op 4 Beef Qtr Pounders
Co-op Baby Plum Tomatoes 250g	Co-op Beef Roasting Joint Added Fat Av 800g
Co-op Babyleaf Salad Pmp 115g	Co-op Brit Cubed Beef 400g
Co-op Celery Each	Co-op British 5% Beef Mince 500g
Co-op Cherry Tomatoes 330g	Co-op British Beef Rump Steak 227g
Co-op Iceberg Lettuce Each	Co-op Lean Mince Beef 12% Fat 450g
Co-op Irresistible Piccolo Tomatoes 225g	
Co-op Ready Ripened Avocadoes 2s	Fresh Lamb
Co-op Sweet And Crunchy Salad 250g	Co-op Lamb Leg Steaks 320g
Co-op Sweet Pepper Pack 500g	
Co-op Cucumbers Whole . Each	Fresh Meat Sausage
Co-op Tomatoes 6s	Co-op Butchers Choice Cumber Gfree Sausages 454g
	Co-op T/i Pork Sausage 400g
Chilled Prepared Produce	
Co-op Green Veg Medley 260g	Poultry
Co-op Prepared Washed & Rte Spinach 125g	Co-op British Chicken Breast Fillets 600g
Mixed Leaf Salad Bowl 105g	Co-op Medium British Whole Chicken 1.56kg
Vegetables	Fresh Fish
Co-op Broccoli 335g	Co-op 2 Signature Crumbed Cod Fillets 270g
Co-op Carrots 500g	Co-op Natural Salmon Fillets 220g
Co-op Cauliflower Each	Co-op Smoked Haddock Fillets (msc) 220g
Co-op Closed Cup Mushrooms 300g	Co-op Cooked King Prawns 150g
Co-op Garlic 3s	Co-op Smoked Salmon 100g
Co-op Onions 3 Pack	
Co-op Trimmed Fine Beans 170g	Eggs
Sweetheart-cabbage Each	Co-op British Medium Free Eggs 6s
	Co-op Large Free Range Eggs 6s
Cheese	
Cath City Mature Cheddar 350g	Fresh Juice
Co-op 10 Cheese Singles 200g	Co-op Nfc Orange Juice Smooth 1ltr
Co-op British Mature White Cheddar 700g	Co-op Nfc Pressed Apple Juice 1ltr
Co-op Grated Mature Cheddar 200g	
Kraft Philadelphia Original 180g	

Pies & Quiche

Co-op 4 Mini Melton Mowbray Pork Pies 200g
 Co-op 6 Sausage Rolls 360g
 Co-op Cocktail Sausages 250g
 Co-op Steak&ale Puff Pie 550g

Pizza

Co-op Irr Margherita Pizza 510g
 Co-op Thin & Crispy Margherita Pizza 325g
 Co-op Thin And Crispy Pepperoni Pizza 333g

Ready Meals

Co-op Beef Lasagne 400g
 Co-op Chicken Tikka & Rice 425g
 Co-op Garlic Baguette Twin Pack 390g
 Co-op Macaroni Cheese 400g

Salad & Cottage Cheese

Co-op Houmous Dip 200g
 Co-op Irr Coleslaw 300g Val
 Co-op Mixed Olives And Feta 150g
 Co-op Soured Cream+chive Dip 200g

Yellow & White Fats

Anchor Spreadable 500g
 Co-op Creamery Butter 250g
 Co-op Creamery Unsalted Butter 250g
 Lurpak Spreadable Butter

Yogurts & Desserts

Co-op 0% Greek Natural Yogurt 500g
 Co-op Strawberry Trifle 600g
 Danone Activia Bio Strawberry Yogurt 4x120g
 Muller Corner Crunch 4pack 4x130g

Milk

Co-op Semi Skimmed Milk 4pint 2.272ltr
 Co-op Skimmed Milk 4pint 2.272ltr
 Co-op Whole Milk 4pint
 Lactofree Semi Skimmed Milk 1ltr

Ambient Ready Meals

King Pot Noodle.chk/mush 114g

Baby Needs

Co-op Nappies Junior Size 5 27pack
 Co-op Nappies Maxi Size 4 27pack
 Co-op Ultrasoft Baby Wipes Fragrance Free 80pk
 Cow & Gate First Milk 800g
 Milupa Aptamil First Milk 800g

Biscuits

Mcv Digestive Biscuits 400g
 Mcv Rich Tea Biscuits 300g
 Mcvities Milk Chocolate Digestives 266g
 Mcvities Milk Chocolate Hobnob 262g
 Nestle Kit Kat Milk 2 Finger 9pk

Breakfast Cereals

Kellogg's Coco Pops 480g
 Kellogg's Cornflakes 720g
 Kellogg's Crunchy Nut Cflakes
 Kellogg's Rice Krispies 510g
 Nestle Shreddies 415g
 Weetabix 24s

Canned & Dried Vegetables

Co-op Double Conc Tomato Puree 200g
 Del Napolina 4 Pack Chopped Tomatoes
 Heinz Baked Beans In Tom. Sce 4x415g

Canned & Packet Soup

Heinz Tomato Soup 400g

Canned Fish

Co-op Tuna Chunks In Springwater 3x145g

Canned/powdered Milk

Oatly Barista 1ltr

Confectionery

Cadbury Twirl 4 Pk 136g
 Cadburys Dairy Milk 200g
 Cadburys Dairy Milk Fruit & Nut 200g
 Cadburys Dairy Milk Whole Nut 200g
 Galaxy Milk 110g
 Haribo Starmix 180g
 Mars 4 Pack 157.6g
 Mars Snickers 4 Pack 166.8g
 Maynards Wine Gums 190g Val
 Skittles Fruits Hanging Bag 196g

Cooking Aids

Bisto Best Beef Gravy 250g
 Oxo Chicken Stock Cubes 12
 Knorr Vegetable Stock cubes 8 x 10g

Crisps/snacks/nuts

Co-op Irr Salted Crisps 150g Val

Co-op Irr Sea Salt W/vin Crisps 150g Val

Co-op Roasted & Salted Cashews 150g

Co-op Sweet & Salted Popcorn 100g

Doritos Chilli Heatwave 150g

Doritos Tangy Cheese 150g

Kp Real Mccoys Classic Variety Potato Chips 6pack

Pringles Original 200g

Pringles Sour Cream & Onion 200g

Walkers Cheese & Onion Crisps 6x25g

Walkers Quavers Cheese 12pk

Walkers Ready Salted Crisps 6x25g

Walkers Sensations Thai Sweet Chilli 150g

Walkers Variety Crisps 6x25g

Desserts & Puddings

Ambrosia Devon Custard 400g

Foils,wraps,tableware

Co-op Aluminium Foil 300mm 10m

Co-op Tie Handle Refuse Sacks Pmp 15s

Health Foods

Genius Triple Seeded Bread 535g

Home Baking

Co-op Plain White Flour 1.5kg

Co-op Self Raising White Flour 1.5kg

Hot Beverages

Cadbury Instant Chocolate Jar 400g Val

Kenco Smooth Freeze Dried Coffee 200g

Nescafe Azera 100g

Nescafe Gold Blend Coffee 200g

Nescafe Gold Cappuccino 8s

Nescafe Original Coffee 200g

Pg Tips 80 Pyramid 232g

Yorkshire Tea Bags 80s 250g

Household Paper

Co-op Soft Bathroom Tissue White 4 Roll

Co-op Soft Toilet Roll White 9pack

Kleenex For Men Compact 2x44s

Plenty White Kitchen Rolls 100 Shts

Household Products

Co-op All In 1 Cleaner Trigger 500ml

Co-op All In One Lemon Dishwasher Tablets 24s

Co-op Original Thick Bleach 750ml

Co-op Washing Up Liquid 450ml

Fairy Original W/u/l 433ml

International

Co-op Fusilli Pasta Twists 500g

Co-op Plain Naan 260g

Co-op Plain Poppadums 8s

Co-op Spaghetti 500g

Dolmio Orig Bolognese 500g

Old El Paso Fajitas Kit 500g

Co-op Microwave Basmati Rice 250g

Co-op Microwave Long Grain Rice 250g

Co-op Lbu Light Soy Sauce 150ml

Amoy Straight To Wok Med Egg Noodles 2X150G

Co-op Basmati Rice 500g

Laundry And Detergent

Bold 2in1 Lavender & Camomile Gel 888ml

Comfort Fabric Conditioner Hnysckl/sndlwood 1165ml

Petfood

Catsan Cat Litter 10ltr

Co-op Supreme Chunks/jelly Dog Food M/pk 6x400g

Co-op Tasty Chunks/jelly Lamb/cod Cat Food 12x100g

Harringtons Complete Dry Dog Food Turkey/veg 2kg

Whiskas Dry Cat Food With Chicken 825g

Preserves

Co-op Squeezy Clear Honey 340g

Co-op Strawberry Jam 454g

Nutella Hazelnut Choc Spread 400g

Sauces, Pickles, oil

Co-op Pure Olive Oil. 500ml

Co-op Pure Vegetable Oil 1ltr

Heinz Salad Cream 425g

Heinz Tomato Ketchup Top Down 570ml

Hellmanns Real Mayonnaise Squeezy 430ml

Co-op Dijon Mustard 185g

Herbs & Spices

Schwartz Mixed Herbs 11g

Schwartz Oregano 7g

Schwartz Ground Cumin 37g

Schwartz Mild Curry Powder 85g

Soft Drinks

Coca Cola 1.5ltr
 Coca Cola Diet Coke 8x330ml
 Coca Cola Zero Sugar 2ltr
 Coca Cola Zero Sugar 8x330ml
 Coca Cola. 6x330ml
 Coke Diet 2ltr
 Co-op Lemonade 2ltr
 Co-op Whole Orange Nas Dbl Con. Squash 750ml
 Dr Pepper 2ltr
 Lucozade Energy Orange 4x380ml
 Nestle Pure Life Spring Water 12x50cl
 Pepsi 2ltr
 Pepsi Max 12x330ml
 Pepsi Max 2ltr
 Pepsi Max Cherry 12x330ml
 Robinsons Nas Dbl Con Apple/blackcurrant 1.75ltr
 Red Bull 4x250ml
 Schweppes S/line Tonic. Water

Sugar

Tate & Lyle F/t Pure Cane Sugar 1kg

Toiletries

Colgate Toothpaste Cavity Protect 75ml
 Nivea Deodorant Black&white Invisible Clear 250ml
 Head&Shoulders Classic Clean S/poo Plus Cond 450ml
 Sure Men Invisible Deodorant 250ml
 Always Ultra Long Sanitary Towels 12s
 Tampax Compak Regular Tampons 18s
 Hand Sanitiser 60ml
 Sanex Dermo Moisturising Shower Gel 500ml

Bread

Co-op Lbu White Toastie 800g
 Co-op Lbu Wholemeal 800g
 Kingsmill 50/50 Medium Bread 800g
 Kingsmill Soft White Medium 800g
 Warburtons Medium Sliced White 800g
 Warburtons Toastie Slcd White 800g
 Warburtons Seeded Batch 800g

Cakes

Co-op Irr Carrot Cake 5.5 Inch Each
 Co-op T/i Chocolate Cake Each

Canned Fruit

Co-op Pineapple Slices In Juice 227G

Morning Goods

Co-op Large Original Tortilla Wraps 8s
 New York Original Bagels 5s
 Warburtons Crumpets Pack
 Warburtons Fruited Teacake 4s
 Warburtons White Sliced Rolls 8s

Beer/lager & Cider

Brewdog Punk Ipa Can 4x330ml
 Budweiser 12x300ml
 Carling Lager 18x440ml
 Carling Lager 4x440ml
 Fosters 10x440ml
 Fosters Lager 4x440ml
 Guinness Draught. 4x440ml
 Henry Westons Vintage Cider
 John Smiths Extra Smooth Can 4 X 440ml
 Kopparberg Mixed Fruit Cans 4x330ml
 Kronenbourg 1664 Can 4x568ml
 Peroni Nastro Azzuro 4x330ml
 San Miguel Pint Cans 4x568ml
 Stella Artois 4x440ml
 Strongbow Dark Fruit Cans 4x568ml
 Strongbow Original 10x440ml
 Strongbow Original 4x440ml

Red Wine

Barefoot Malbec 75cl
 Campo Viejo Tempranillo Rioja 75cl
 Casillero Del Diablo Cabernet Sauvignon 75cl
 Co-op Aus Lime Tree Merlot 75cl
 Co-op Cape Red Wine 75cl
 Co-op F/t Malbec Argentina 75cl
 Oxford Landing Merlot 75cl
 Signal Post Shiraz 75cl

Rose Wine

Blossom Hill White Zinfandel 75cl
 Maresco Pink Pinot Grigio Ven

White Wine

Barefoot Pinot Grigio 75cl
 Blossom Hill White 75cl
 Brancott Estate Sauvignon Blanc 75cl
 Co-op F/t Chardonnay Viognier South Africa 75cl
 Co-op F/t Tarrantes Chardonnay 75cl
 Co-op Runestone Sauvignon Blanc 75cl
 Co-op Soave White. 75cl
 Co-op Vdt Pinot Grigio 75cl
 Signal Post Chardonnay 75cl

Sparkling/affordable

Co-op Cava Brut. 75cl

Co-op Champagne Les Pioni 75

Co-op Irr Prosecco 75cl

Corte Molino Prosecco 75cl

Spirits

Bacardi Carta Blanca Rum 70cl

Baileys Irish Crm Liquer 70cl

Bells Original Scotch Whisky 1ltr

Co-op Imperial Vodka 1ltr

Co-op London Dry Gin 70cl

Co-op Navy Rum 70cl

Co-op Scotch Whisky 70cl

Co-op White Rum 70cl

Disaronno Amaretto 50cl

Gordons Gin 1ltr

Gordons Pink Gin 70cl

Jack Daniels Tennessee 70cl

Jim Beam Bourbon 70cl

Jura Journey 70cl

Malibu 70cl

Morgans Spiced 1 Ltr

Pimms No 1 70cl

Smirnoff Red Label Vodka 1 Lt

Southern Comfort 70cl

Three Barrels Vsop Brandy 70cl
