

# Welcome to your artisan pantry

This is an honesty based system, and all items enjoyed will be either deducted from your deposit, or do please leave the cash if you prefer. Please mark down items and quantities enjoyed 😊

ALL items NOT IN THE FITTED KITCHEN CUPBOARDS are to be paid for. All items on the red shelves in the fridge are chargeable and the items on the shelf on the door (milk is free), as are all items in the freezer. All alcohol is charged with the exception of the 2 decanters of gin and whiskey 😊 (ice can be found in the freezer)

In **Bethnal** you will find wines and soft drinks in the black sideboard, beers and lagers in the bottom drawer of the antique pantry and ciders on top of the pantry. Inside the pantry are a multitude of artisan sundries, snacks and sauces to purchase.

In **Bec** you will find wines in the antique sideboard under the TV (rotate the middle section like in a James Bond film) and more wines and beers in the black metal unit. Soft drinks can also be found in the black metal unit. Inside the sideboard pantry are a multitude of artisan sundries, snacks and sauces for you to purchase

We hope you enjoy the products we've sourced for you.

*Vicky & Chris*

Savoury Items	Price	quantity
Zeina cashews / pistachios / almonds	£2.25 per bag	
Nut pots	£2.25 per pot	
RYSP hand baked rye sourdough crisps	£4.00 per bag	
Savoursmith Crisps 150g bag - all flavours	£2.25 per bag	
Savoursmith Crisps 40g bag - all flavours	£1.00 per bag	
Jacobs Cracker bags - all flavours	£2.00 per bag	
Brown bag crisps - potato all flavours	£0.75 per bag	
Toasted Seed pots	£2.25 per pot	

I love snacks - all flavours	£1 per pack	
Avocado oil	£10.95 per bottle	
Captain Cats MoR seasoning	£3.50 per sachet	
Captain Cats Welshmans Caviar / Mermaid Confetti	£4.50 per pot	
A Little Bit fresh rosemary & tomato ketchup / dip / pasta sauce	£3.50 per item	
Cheeky Boy sauces - all flavours	£4.00 per item	
Farradays pickles / relish / mayo	£3.00 per item	
Rubies in the Rubble Ketchups / relish	£3.50 per item	
ZaraMama Pop-a-cob - all flavours	£2.50 per item	
Bohns Rubs & spices	£3.00 per pack	
Napolina chopped tomatoes tinned	£0.85 per tin	
Heinz baked beans	£0.85 per tin	
Geo Organics Black Beluga Lentils	£2.15 per tin	
Suma Chick peas	£0.85 per tin	
Tenuta Marmorelle Gluten Free Rigati	£5.30 per pack	
Seggiano toscani organic pasta	£4.00 per pack	
Farfalle Zebra pasta	£5.30 per pack	
Casale Risotto	£3.90 per pack	
The fine cheese company biscuits - all varieties	£2.95 per pack	
Sweet items		
Willies Cacao 50g boxes	£2.00 per pack	
Willies Cacao pearls	£6.50 per box	

Chocolarder bars - all flavours	£4.00 per pack	
Popcorn shed - all flavours	£1.50 per pack	
Ape snacks - all flavours	£1.30 per pack	
Natural World nut butters - all flavours	£0.50 per pot	
Adonis bars - various flavours	£0.50 per bar	
Quoats - all flavours	£2.00 per tub	
Mienas Nougat	£1.00 per bar	
Georgie Porgie hand made puddings - all flavours	£3.50 per pudding	
Birds eye custard	£1.00 per tin	
Drinks non alcoholic		
What a melon water	£0.50 each	
Soda Folk - all flavours (in the fridge)	£1.75 each	
One juiced water - all flavours	£0.50 each	
Fentimans / Franklins 750ml - all varieties	£2.00 each	
Fentimans / Franklins 500ml - all varieties	£1.80 each	
Schweppes tonic water cans	£1.00 each	
Blossom cordial	£2.00 each	
Tumerlicious - all flavours	£0.50 each	
Ahmad Tea - all boxes	£2.00 per box	
Littlestone Ground coffee bagged - all types	£5.00 per bag	
Drinks alcoholic		
Renegade & Longton Blush elderflower wine	£20.00	

Sipsmith Gin	£17	
Amori Pinot Grigio / blush	£10	
Zenato	£13.50	
Alto Los Romeros	£13.50	
Lugana	£13.50	
Racine Rose	£17	
All Spanish Red Rioja	£8.50	
Veuve Clicquot	£50	
Codorniu Cava	£15	
Prosecco DOC Treviso Extra Dry	£17.50	
Old Vodka - made 1 mile away at Church Farm	70cl £22 50cl £18 5cl £6	
Cider - Aspoll & Bulmers	£2.00	
Brewdog lager bottles - all varieties	£1.75 each	
Brewdog lager cans - all varieties	£1.50 each	
<b>In the fridge</b>		
The curry company sachets	£2.00 each	
Freedom Fresh sauces All flavours	£4.40 per sauce	
<b>Delicatzza</b> The Italian pantry made in the UK. Made fresh every week for us • Fresh Arrabbiata sauce - in jar	£2.50	
<b>Church Farm</b> • Smoked bacon • Pork&apple sausages	• £4.75 • £4.25	
<b>In the freezer</b>		
<b>Delicatzza</b> The Italian pantry made in the UK. Made fresh every week for us • Gnocchi Sorrentina • Organic Red Thai curry sauce	• £4.00 • £3.00	

<p><b>Surrey Spice range</b>  Everything that is cooked in the Surrey Spice kitchen, has fresh produce, family recipes and lots of love as the main ingredients. There are no preservatives or unpronounceable bits and every dish comes with a personal story.</p> <ul style="list-style-type: none"> <li>• Chicken Biriyani</li> <li>• Chicken Kaju Dhania murgh</li> <li>• Chicken Xacuti</li> <li>• Lemon rice</li> <li>• Vegetable Biriyani</li> <li>• Chana masala</li> <li>• Lehsuni Dal</li> </ul>	<ul style="list-style-type: none"> <li>• £9.50</li> <li>• £9.50</li> <li>• £9.50</li> <li>• £6.50</li> <li>• £7.50</li> <li>• £6.50</li> <li>• £6.50</li> </ul>	
<p><b>Love Food Range</b>  For every meal you buy, we will donate a meal to a child in need. How are we doing this? By teaming up with <u>The Shonda Project</u>, a small UK charity (1075035) who are dedicated to helping the children of Mombasa, Kenya, by providing food and education.</p> <ul style="list-style-type: none"> <li>• Beef Bourguignon</li> <li>• Butternut squash lasagne</li> <li>• Cottage pie</li> <li>• Fish pie</li> <li>• Lamb moussaka</li> <li>• Lamb tagine</li> <li>• Beef lasagne</li> <li>• Macaroni cheese with bacon</li> <li>• Macaroni cheese with leeks &amp; cauliflower</li> <li>• Sweet potato wedges</li> <li>• Potato dauphinoise</li> <li>• Cauliflower cheese</li> </ul>	<ul style="list-style-type: none"> <li>• £6.50</li> <li>• £5.00</li> <li>• £5.50</li> <li>• £5.50</li> <li>• £5.50</li> <li>• £6.50</li> <li>• £6.50</li> <li>• £4.50</li> <li>• £4.50</li> <li>• £4.50</li> <li>• £4.00</li> <li>• £4.00</li> </ul>	

<p><b>Lodge farm range</b> Lodge Farm Kitchen is a family business founded in 2009, which, for the first 5 years, was located on their farm nestled in a valley in rural Herefordshire. On the farm they grow many of their own vegetables and herbs, and they keep a herd of Dexter cattle. All of which are used in their meals</p> <ul style="list-style-type: none"> <li>• Meatballs in tomato concasse</li> <li>• Coq au vin</li> <li>• Thai green curry</li> <li>• Fishcakes</li> <li>• Squash curry, coconut &amp; coriander</li> <li>• Lancashire hotpot</li> </ul>	<ul style="list-style-type: none"> <li>• £6.50 each</li> </ul>	
<p><b>Samosa company</b></p>	<p>£2.00 each</p>	
<p><b>Church Farm</b> organic local meat (1 mile away)</p> <ul style="list-style-type: none"> <li>• organic chicken breast</li> <li>• organic cod</li> <li>• organic pork rib chops</li> <li>• luxury fish cakes</li> <li>• traditional pork sausages</li> <li>• Pork &amp; Leek sausages</li> <li>• Minted lamb steaks</li> <li>• Organic salmon</li> </ul>	<ul style="list-style-type: none"> <li>• £4.95</li> <li>• £4.00</li> <li>• £6.50</li> <li>• £4.00</li> <li>• £4.00</li> <li>• £4.00</li> <li>• £4.50</li> <li>• £2.50</li> </ul>	
<p><b>Saffron Walden ice cream</b> - all flavours 120ml (made 15 miles away)</p> <ul style="list-style-type: none"> <li>• Finest vanilla pod</li> <li>• Traditional chocolate</li> <li>• Summer strawberries &amp; cream</li> <li>• Simply ginger</li> <li>• Handpicked blackberry</li> <li>• Summerdown farm mint chocolate</li> <li>• Sherbet lemon sorbet</li> </ul>	<p>£1.80 per tub</p>	
<p><b>Saffron Walden ice cream</b> - all flavours 400ml (made 15 miles away)</p> <ul style="list-style-type: none"> <li>• Henham honey &amp; lavender</li> <li>• Salted butter caramel</li> <li>• Finest vanilla pod</li> <li>• Traditional chocolate</li> <li>• Sherbet Lemon sorbet</li> </ul>	<ul style="list-style-type: none"> <li>• £4.80 per tub</li> </ul>	

## In the Bathroom

### **AVEDA haircare & skincare**

When you choose Aveda, you help care for the world you live in:

#### **CRUELTY-FREE. NO ANIMAL TESTING**

We do not test on animals and never ask others to do so on our behalf. Our products are "people-tested".

#### **WIND-POWERED MANUFACTURER**

All of our products are manufactured with 100% wind power

#### **WITH NATURALLY DERIVED INGREDIENTS**

We strive to create our formulas with the highest percentage of naturally-derived ingredients possible; from plants, non-petroleum minerals or water.

- Shampure Shampoo • £14.50
- Shampure Conditioner • £16.50
- Rosemary Mint body lotion • £18.50
- Rosemary Mint hand & bodywash • £24.00

### **Alpine Bath Bomb**

- £2.00

## **Doggie Pantry (Bethnal only)**

<p><b>Green&amp;Wilds</b>  Are all about natural, healthy products you can trust, with good wholesome honest ingredients. There are no fillers or bulkers in our food - only nice natural stuff!  Our mission is to bring good, healthy food, chews, treats and snacks to our pets</p> <ul style="list-style-type: none"> <li>• Venison Deli snacks</li> <li>• Salmon roll bakes</li> <li>• Chewroot small</li> <li>• Original antler dog chew</li> <li>• Desmond the Duck</li> <li>• Funny bone</li> </ul>	<ul style="list-style-type: none"> <li>• £4.95</li> <li>• £3.29</li> <li>• £8.49</li> <li>• £8.95</li> <li>• £6.45</li> <li>• £4.99</li> </ul>	
<p><b>Woof &amp; Brew</b>  The home of healthy, herbal teas, tonics and treats!</p> <ul style="list-style-type: none"> <li>• Bottom sniffer Beer</li> <li>• Pawsecco</li> <li>• Herbal tonics</li> </ul>	<ul style="list-style-type: none"> <li>• £3.00</li> <li>• £3.00</li> <li>• £8.00</li> </ul>	

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## Your staples pantry

We've provided for your personal use complimentary items for you to enjoy. They are all the items that are in the KITCHEN CUPBOARDS and on the CLEAR shelf in the fridge. These include:

- Cornflakes
- Shreddies
- Quick cook white Rice
- Pasta
- Spaghetti
- Vermicelli Rice noodles
- White flour
- Heinz tomato ketchup



- Heinz mayonnaise
- Stock cubes (meat & vegetable)
- Gravy granules
- Salt
- Pepper
- Mixed herbs
- Garlic
- Dried chillies
- Olive oil
- Black teabags
- Green teabags
- Assortment infusion teas
- Instant coffee
- Ground coffee
- Hot chocolate
- Small pot of Jam
- Small pot of pickle
- Fresh Bread from Buntingford
- Smoked bacon (4 rashers)
- Tomatoes
- Mushrooms
- Potatoes
- Onion
- 2 x free range hen eggs
- 2 x free range duck eggs (from our 3 ducks)
- 1 can Heinz baked beans
- 1 pint semi skimmed milk
- Small portion of butter
- Small portion of mature cheddar cheese
- Gin
- Whiskey

- Washing up liquid
- Kitchen cleaner
- Tea towel
- Dishwasher tabs
- Kitchen roll
- Toilet roll
- Bath crème
- AVEDA Shampure shampoo (available to purchase)
- AVEDA Shampure conditioner (available to purchase)
- AVEDA Rosemary & Mint body wash (available to purchase)
- AVEDA Rosemary & Mint body lotion (available to purchase)
- Cotton pads & cotton buds

Enjoy 😊