

# Johns of Instow & Appledore Order Form

Please enter the Quantity you require into the "Quantity" Column

For **collection** please email your order form as an Excel or pdf document to [orders@johnsofinstow.co.uk](mailto:orders@johnsofinstow.co.uk). We will call you for payment once your order has been picked and is ready for **collection**. Alternatively, call either **Instow 01271 860310** or **Appledore 01237 429065** between 9am and 4pm Monday to Sunday. Our full range of products are still available in both stores, which remain open as usual.

If you do need a **delivery** and live locally our delivery days can be found on our website and a small delivery charge may apply. Please call in store to place an order for *delivery*.

|  |  |
|--|--|
| Name*  |  |
| Telephone Number*                                    |  |
| Email Address*                                       |  |
| Preferred Collection Location (Instow or Appledore)* |  |
| Preferred Collection Day*                            |  |
| Preferred Collection Time (Between 9am - 4pm)*       |  |
| Loyalty Card Number                                  |  |

| BUTCHERY   |         |          |          |
|--|---------|----------|----------|
| PRODUCT  | PRICE   |          | QUANTITY |
| Topside of Beef Joint (Please enter required weight)           | £ 14.95 | Per kg   |          |
| Sirloin of Beef Joint (Please enter required weight)           | £ 25.00 | Per kg   |          |
| Westcountry Sirloin Steaks 2s                                  | £ 8.75  | Per pack |          |
| West Country Rib Eye Steak (Please enter required weight)      | £ 22.95 | Per kg   |          |
| West Country Braising Steak (Please enter required weight)     | £ 9.25  | Per kg   |          |
| Butchers Beef Burger 1/4 Lbers 4s                              | £ 4.00  | Per pack |          |
| Best Minced Steak (Please enter required weight)               | £ 7.95  | Per kg   |          |
| Free Range Local Chicken (Please enter required weight)        | £ 6.75  | Per kg   |          |
| Free Range Chicken Breast (Please enter required weight)       | £ 15.25 | Per kg   |          |
| Free Range Chicken Thighs (Please enter required weight)       | £ 9.95  | Per kg   |          |
| Chicken Breast 2s  | £ 4.99  | Per pack |          |
| Chicken Breast in Bacon  | £ 5.99  | Per pack |          |
| Boneless Loin of Pork Joint (Please enter required weight)     | £ 8.95  | Per kg   |          |
| Pork Steaks (Please enter required weight)                     | £ 8.80  | Per kg   |          |
| Lamb Chops (Please enter required weight)                      | £ 14.21 | Per kg   |          |
| Chinns Gluten Free Sausages 450g                               | £ 4.25  | Per Pack |          |
| Chinns Pork & Leek Sausage 450g                                | £ 4.25  | Per Pack |          |
| Chinns Pork Cumberland Sausage 450g                            | £ 4.25  | Per Pack |          |
| Chinns Pork Sausage Chipolatas 450g                            | £ 4.25  | Per Pack |          |
| Chinns Proper Pork Sausage 450g                                | £ 4.25  | Per Pack |          |
| Gammon Joint   | £ 9.50  | 1kg      |          |
| Gammon Steaks 2s (Please enter required weight)                | £ 3.49  | Per kg   |          |
| Smoked Back Bacon 1/2lb Pack (Please enter required weight)    | £ 9.95  | Per kg   |          |
| Smoked Streaky Bacon 1/2lb Pack (Please enter required weight) | £ 9.95  | Per kg   |          |

| Sliced Cooked Ham (Please enter required weight)                  | £ 16.95 | Per kg    |          |
|---|---------|-----------|----------|
| Smoked Sliced Ham (Please enter required weight)                  | £ 17.95 | Per kg    |          |
| FRUIT & VEGETABLES  |         |           |          |
| PRODUCT   | PRICE   |           | QUANTITY |
| Apples Bramley (Please enter required weight)                     | £ 2.50  | Per kg    |          |
| Apples Devon Cox 1kg  | £ 1.50  | 1kg       |          |
| Bananas (Please enter required weight)                            | £ 1.69  | Per kg    |          |
| Blueberry Punnet  | £ 3.00  | 125g      |          |
| Lemons  | £ 0.59  | Each      |          |
| Limes   | £ 0.45  | Each      |          |
| Oranges Large   | £ 0.75  | Each      |          |
| Satsumas (Please enter required weight)                           | £ 3.00  | Per kg    |          |
| Grapefruit Pink   | £ 0.85  | Each      |          |
| Grapes Green Punnet   | £ 3.00  | 500g      |          |
| Baby Leaf Salad 100g  | £ 2.00  | 100g      |          |
| Beetroot Vp   | £ 1.25  | Per pack  |          |
| Lettuce Little Gem  | £ 2.00  | Each      |          |
| Cucumber Whole  | £ 1.25  | Each      |          |
| Celery  | £ 1.50  | Each      |          |
| Basil 20g   | £ 2.00  | Per Pack  |          |
| Coriander 20g   | £ 2.00  | Per Pack  |          |
| Thyme 20g   | £ 2.00  | Per Pack  |          |
| Sage 20g  | £ 2.00  | Per Pack  |          |
| Rosemary 20g  | £ 2.00  | Per Pack  |          |
| Peppers Red (Please enter required weight)                        | £ 6.00  | Per kg    |          |
| Spinach 200g  | £ 2.00  | Each      |          |
| Spring Onions   | £ 1.25  | Per Bunch |          |
| Tomatoes Cherry Vine Isle of Wight (Please enter required weight) | £ 7.95  | Per kg    |          |
| Butternut Squash (Please enter required weight)                   | £ 2.50  | Per kg    |          |
| Cabbage Savoy   | £ 2.00  | Each      |          |
| Carrots (Please enter required weight)                            | £ 1.50  | Per kg    |          |
| Cauliflower Local   | £ 1.50  | Each      |          |
| Courgettes (Please enter required weight)                         | £ 4.00  | Per kg    |          |
| Ginger Root (Please enter required weight)                        | £ 10.00 | Per kg    |          |
| Garlic Bulb   | £ 1.50  | Each      |          |
| Leeks Local (Please enter required weight)                        | £ 3.50  | Per kg    |          |
| Potatoes Marfona Local 10kg                                       | £ 5.00  | Per Bag   |          |
| Potatoes Baking Local   | £ 0.50  | Each      |          |
| Potatoes Small Washed Local (Please enter required weight)        | £ 1.75  | Per kg    |          |
| Mushrooms Chestnut (Please enter required weight)                 | £ 6.00  | Per kg    |          |
| Onions Red (Please enter required weight)                         | £ 2.00  | Per kg    |          |
| Onions White (Please enter required weight)                       | £ 2.00  | Per kg    |          |
| Parsnips Local (Please enter required weight)                     | £ 3.25  | Per kg    |          |
| Swedes Local (Please enter required weight)                       | £ 1.40  | Per kg    |          |

DELICATESSEN & CHEESE

| PRODUCT  | PRICE   |        | QUANTITY |
|--|---------|--------|----------|
| Smoked Bacon & Caramalised Onion Quiche                        | £ 3.50  | Each   |          |
| Smoked Salmon & Pea Quiche                                     | £ 3.50  | Each   |          |
| <b>Anna's Quiche (Spinach, Cheddar &amp; Tomato)</b>           | £ 3.50  | Each   |          |
| Spiced Chickpea & Spinach Pie                                  | £ 3.50  | Each   |          |
| Homity Pie Locally Made  | £ 3.50  | Each   |          |
| Goats Cheese, Beetroot and Balsamic Onion Quiche (GF)          | £ 2.75  | Each   |          |
| Pork Pie   | £ 3.00  | Each   |          |
| Scotch Egg (GF)  | £ 2.95  | Each   |          |
| Sausage Roll Pork  | £ 3.50  | Each   |          |
| Chicken, Bacon & Leek Pie                                      | £ 3.50  | Each   |          |
| Chicken Liver Pâté 200g  | £ 5.00  | Each   |          |
| Deli Coleslaw 300g   | £ 3.50  | Each   |          |
| Colston Bassett Stilton (Please enter required weight)         | £ 23.95 | Per kg |          |
| Cornish Yarg (Please enter required weight)                    | £ 22.50 | Per kg |          |
| Devon Blue (Please enter required weight)                      | £ 24.95 | Per kg |          |
| Quickes Mature Cheddar (Please enter required weight)          | £ 22.95 | Per kg |          |
| Sharpham Brie (Please enter required weight)                   | £ 26.50 | Per kg |          |
| Sharpham Rustic Garlic & Chives (Please enter required weight) | £ 20.25 | Per kg |          |
| Vulscombe Herb & Garlic 180g                                   | £ 4.95  | Each   |          |
| Godminster Black Truffle Vintage Organic Cheddar 200g          | £ 7.50  | Each   |          |
| Godminster Oak Smoked Vintage Organic Cheddar 200g             | £ 6.50  | Each   |          |
| Godminster Vintage Organic Cheddar 200g                        | £ 5.85  | Each   |          |
| Godminster Vintage Organic Cheddar 400g                        | £ 10.50 | Each   |          |
| Parmigiano Reggiano 200g                                       | £ 5.50  | Each   |          |
| Pitchfork Cheddar (Please enter required weight)               | £ 29.95 | Per kg |          |
| Boy Laity 165g   | £ 4.00  | Each   |          |
| The Truffler 165g  | £ 4.00  | Each   |          |
| Deli Farm Charcuterie Mixed Packs 100g                         | £ 8.99  | Each   |          |
| Mini Tapas Cocktail Chorizo 300g                               | £ 4.50  | Each   |          |
| Sliced Antipasto 120g  | £ 5.95  | Each   |          |
| Smoked Panchetta Cubes 160g                                    | £ 4.50  | Each   |          |
| Whole Fennel Salame 125g                                       | £ 3.95  | Each   |          |
| Whole Salame Piccante 125g                                     | £ 3.95  | Each   |          |
| Whole Truffle Salame 125g                                      | £ 3.95  | Each   |          |
| Antipasto Mix 170g   | £ 3.50  | Each   |          |
| Basil Pesto 160g   | £ 3.50  | Each   |          |
| Black Olive Tapenade 160g                                      | £ 3.50  | Each   |          |
| Chargrilled Artichokes 180g                                    | £ 3.50  | Each   |          |
| Semi Dried Cherry Tomatoes 200g                                | £ 4.00  | Each   |          |
| Silver & Green Antispasti Mix 185g                             | £ 4.25  | Each   |          |
| Silver & Green Garlic Stuffed Olives 185g                      | £ 4.25  | Each   |          |
| Silver & Green Herb 185g                                       | £ 4.25  | Each   |          |
| Silver & Green Nocellara del Belice 150g                       | £ 4.25  | Each   |          |
| Silver & Green Pitted Kalamata 150g                            | £ 4.25  | Each   |          |
| Silver & Green Sweet Basil & Garlic Olives 185g                | £ 4.25  | Each   |          |

**BAKERY**

| <b>PRODUCT</b>                        | <b>PRICE</b> |      | <b>QUANTITY</b> |
|---------------------------------------|--------------|------|-----------------|
| Appledore Bakery Baguette 400g        | £ 2.50       | Each |                 |
| Appledore Bakery Farmhouse Boule 700g | £ 3.00       | Each |                 |
| Appledore Bakery White Boule 700g     | £ 3.00       | Each |                 |
| Chia & Pumpkinseed Bread 380g         | £ 3.50       | Each |                 |
| Sourdough Multigrain Boulot 600g      | £ 3.50       | Each |                 |
| Frozen Multigrain Loaves 2 x 600g     | £ 5.00       | Each |                 |
| Large Brown Farmhouse Sliced 800g     | £ 2.50       | Each |                 |
| Large White Farmhouse Sliced 800g     | £ 2.50       | Each |                 |
| PK 4 Brown Floured Bap                | £ 2.00       | Each |                 |
| PK 4 White Floured Baps               | £ 2.00       | Each |                 |
| 2 Large Homemade Scones               | £ 2.40       | Each |                 |
| Carrot Loaf Cake                      | £ 3.95       | Each |                 |
| Choc Chip Cake                        | £ 3.95       | Each |                 |
| Coffee & Walnut Cake                  | £ 3.95       | Each |                 |
| Fruit Cake                            | £ 3.95       | Each |                 |
| Ginger Cake                           | £ 3.95       | Each |                 |
| Lemon Drizzle Cake                    | £ 3.95       | Each |                 |
| Devon Clotted Cream Tea For 2 Boxed   | £ 7.00       | Each |                 |

**PANTRY ESSENTIALS**

| <b>PRODUCT</b>   | <b>PRICE</b> |      | <b>QUANTITY</b> |
|--|--------------|------|-----------------|
| Full Fat Milk 1 Ltr  | £ 1.15       | Each |                 |
| Full Fat Milk 2 Ltr  | £ 1.50       | Each |                 |
| Semi Skimmed Milk 1 Ltr                                    | £ 1.15       | Each |                 |
| Semi Skimmed Milk 2 Ltr                                    | £ 1.50       | Each |                 |
| Skimmed Milk 1 Ltr   | £ 1.15       | Each |                 |
| Skimmed Milk 2 Ltr   | £ 1.50       | Each |                 |
| Maryland Butter 250g                                       | £ 2.20       | Each |                 |
| Clotted Cream Local 226g                                   | £ 3.00       | Each |                 |
| Double Cream Local 284ml                                   | £ 2.50       | Each |                 |
| Tropicana Orig Orange PM250 850ml                          | £ 2.50       | Each |                 |
| Free Range Eggs Large 6s                                   | £ 1.60       | Each |                 |
| Free Range Eggs Very Large 6s                              | £ 1.70       | Each |                 |
| Roastworks Truth Beans 200g                                | £ 5.99       | Each |                 |
| Roastworks Truth Ground 200g                               | £ 5.99       | Each |                 |
| Roastworks Truth Beans 1kg                                 | £ 22.00      | Each |                 |
| Miles Tea Bags 80s   | £ 2.80       | Each |                 |
| Miles Earl Grey TeaBags 40s X 6                            | £ 2.70       | Each |                 |
| Kokoa Collection Dark Haiti Drinking Chocolate 210g        | £ 6.50       | Each |                 |
| Kokoa Collection Smooth Venezuela Drinking Chocolate 210g  | £ 6.50       | Each |                 |
| Kokoa Collection White Ivory Coast Drinking Chocolate 210g | £ 6.50       | Each |                 |
| T&L Caster Sugar 1kg                                       | £ 1.75       | Each |                 |
| T&L Granulated Sugar 1kg                                   | £ 1.00       | Each |                 |
| Homemade Granola 225g                                      | £ 3.00       | Each |                 |
| Boom Kitchen Ayubowan Sri Lankan Curry Kit (serves 2)      | £ 4.00       | Each |                 |
| Boom Kitchen Jalfrezi Heatwave Curry Kit (serves 2)        | £ 4.00       | Each |                 |
| Boom Kitchen Karma Korma Curry Kit (serves 2)              | £ 4.00       | Each |                 |

|  |        |      |  |
|--|--------|------|--|
| Boom Kitchen Tikka Tarka Masala Curry Kit (serves 2) | £ 4.00 | Each |  |
| FC Walnut Honey & EVOO Crackers 125g                 | £ 3.00 | Each |  |
| Sea Salt & Ex Virgin Olive Oil Crackers              | £ 3.00 | Each |  |
| FC Lemon, Sea Salt & EVOO Crackers 125g              | £ 3.00 | Each |  |
| FC GF Sea Salt & EVOO 100g                           | £ 3.25 | Each |  |
| Stag Stornoway Savoury Cheese Board Selection 200g   | £ 5.00 | Each |  |
| Stag Stornoway Water Biscuit Salt & Black Peppe 150g | £ 3.00 | Each |  |
| Stag Stornoway Water Biscuits Original 150g          | £ 3.00 | Each |  |
| Two Farmers Ready Salted 150g                        | £ 2.50 | Each |  |
| Two Farmers Herefordshire Sausage & Mustard 150g     | £ 2.50 | Each |  |
| Two Farmers Salt Vinegar 150g                        | £ 2.50 | Each |  |
| Wessex Mill Cobber Flour 1.5kg                       | £ 3.00 | Each |  |
| Wessex Mill Onion Bread Flour 1.5kg                  | £ 3.00 | Each |  |
| Wessex Mill Six Seed Bread Flour 1.5kg               | £ 3.00 | Each |  |
| Wessex Mill Strong White Bread Flour 1.5kg           | £ 2.20 | Each |  |
| Wessex Mill Wholemeal Plain Flour 1.5kg              | £ 2.20 | Each |  |
| McD Plain Flour PM159 1.1kg                          | £ 1.59 | Each |  |
| McD Self Raising Flour PM159 1.1kg                   | £ 1.59 | Each |  |
| Instant Dried Yeast 500g                             | £ 3.50 | Each |  |
| Arrabiata Hot Cherry Tomato Sauce 330g               | £ 3.00 | Each |  |
| Traditional Cherry Tomato Sauce 330g                 | £ 3.00 | Each |  |
| Rummo Gluten Free Mezzi Rigatoni Pasta 400g          | £ 3.50 | Each |  |
| Rummo Organic Wholemeal Spaghetti 500g               | £ 3.00 | Each |  |
| Olive Taggiasca Focaccia Toasts 100g                 | £ 3.00 | Each |  |
| Waterhouse Fayre Devon Apple Chutney 340g            | £ 3.95 | Each |  |
| Waterhouse Fayre Fig Tomato & Onion Relish 340g      | £ 3.95 | Each |  |
| Waterhouse Fayre Seville Marmalade 340g              | £ 3.95 | Each |  |
| Waterhouse Fayre Strawberry Extra Jam 340g           | £ 3.95 | Each |  |
| Waterhouse Fayre Lemon Curd 300g                     | £ 3.95 | Each |  |
| Waterhouse Fayre Raspberry Extra Jam 340g            | £ 3.95 | Each |  |
| Waterhouse Fayre Traditional Pickled Onions 420g     | £ 3.99 | Each |  |
| Cartmel Sticky Toffee Pudding 390g                   | £ 5.50 | Each |  |
| Cartmel Sticky Toffee Sauce 170g                     | £ 2.55 | Each |  |
| Fairy Liquid Original 443ml                          | £ 1.45 | Each |  |
| Andrex Classic Clean White PM250 4pk                 | £ 2.50 | Each |  |

### FISH

| PRODUCT                                  | PRICE  |      | QUANTITY |
|--|--------|------|----------|
| Blakewell Cold Sliced Smoked Salmon 100g | £ 5.95 | Each |          |
| Blakewell Hot Smoked Salmon 100g         | £ 5.95 | Each |          |
| Blakewell Smoked Trout Fillets 2s        | £ 6.15 | Each |          |
| Smoked Trout Pate 200g                   | £ 5.00 | Each |          |
| Devon Crab Meat 50/50 227g               | £ 9.00 | Each |          |
| Devon Dressed Crab 170g                  | £ 7.50 | Each |          |
| Anchovy Fillets 245g                     | £ 5.95 | Each |          |

FROZEN

| PRODUCT                          | PRICE   |      | QUANTITY |
|----------------------------------|---------|------|----------|
| Frozen Steak Pasties x3          | £ 11.55 | Each |          |
| Frozen Cheese & Onion Pasties x3 | £ 11.55 | Each |          |
| Frozen Vegan Pasties x3          | £ 11.55 | Each |          |
| Frozen Jumbo Sausage Rolls x5    | £ 12.50 | Each |          |
| Frozen Croissants x6             | £ 6.00  | Each |          |
| Beef & Ale Pie 900g              | £ 12.29 | Each |          |
| Beef Bourguignon 350g            | £ 5.29  | Each |          |
| Beef Bourguignon 700g            | £ 9.95  | Each |          |
| Beef Lasagne 350g                | £ 4.89  | Each |          |
| Beef Lasagne 700g                | £ 9.29  | Each |          |
| Beef Stew & Dumplings 700g       | £ 9.95  | Each |          |
| Cauliflower Cheese 350g          | £ 2.99  | Each |          |
| Chicken Casserole 640g           | £ 8.99  | Each |          |
| Chicken Pie 900g                 | £ 12.29 | Each |          |
| Cottage Pie 350g                 | £ 3.99  | Each |          |
| Cottage Pie 700g                 | £ 7.79  | Each |          |
| Dauphinoise Potatoes 350g        | £ 2.29  | Each |          |
| Fish Pie 350g                    | £ 5.49  | Each |          |
| Fish Pie 700g                    | £ 9.89  | Each |          |
| Macaroni Cheese 700g             | £ 5.59  | Each |          |
| Vegetable Lasagne 350g           | £ 4.79  | Each |          |
| Vegetable Lasagne 700g           | £ 8.99  | Each |          |

DRINKS & ALCOHOL

| PRODUCT  | PRICE   |      | QUANTITY |
|--|---------|------|----------|
| Atlantic Spirit #1 Hibiscus Gin 70lc             | £ 40.00 | Each |          |
| Atlantic Spirit #2 Lemon & Thyme Gin 70cl        | £ 40.00 | Each |          |
| Atlantic Spirit #3 Samphire Gin 70cl             | £ 42.50 | Each |          |
| Atlantic Spirit #4 Lundy Gin 70cl                | £ 40.00 | Each |          |
| Atlantic Spirit #5 Thai Basil Gin 70cl           | £ 42.50 | Each |          |
| Atlantic Spirit #6 Laver Gin 70cl                | £ 42.50 | Each |          |
| Wicked Wolf Gin 70cl                             | £ 39.00 | Each |          |
| Wicked Wolf Silver 70cl                          | £ 6.00  | Each |          |
| Wicked Wolf Silver Bullet 70cl                   | £ 57.00 | Each |          |
| Jack Ratt Lugger Rum 70cl                        | £ 40.00 | Each |          |
| Pull The Pin Rum 70cl                            | £ 38.00 | Each |          |
| Sandford Orchard Cider Multi Devon Red 8 x 440ml | £ 10.99 | Each |          |
| Country Life Ales Gift Pack 3 x 500ml            | £ 10.00 | Each |          |
| Golden Pig 500ml                                 | £ 2.80  | Each |          |
| Old Appledore 500ml                              | £ 2.80  | Each |          |
| Exeter Brewery Gift Pack 4 x 500ml               | £ 10.00 | Each |          |
| Exeter Brewery Avocet Ale 500ml                  | £ 3.00  | Each |          |
| Exeter Brewery County Best Ale 500ml             | £ 3.00  | Each |          |
| Exeter Brewery Ferryman Ale 500ml                | £ 3.00  | Each |          |
| Exeter Brewery Fraid Not Ale 500ml               | £ 3.00  | Each |          |
| Sams Autumn Scrumpy 2.5ltr                       | £ 12.00 | Each |          |
| Sams Autumn Scrumpy 500ml                        | £ 3.00  | Each |          |

