

West Down Community Shop Grocery Shopping List

West Down

Tel: 01271 864264

Email: westdowncshop@btconnect.com

Welcome to West Down Community Shop. We are a small general store stocking local produce wherever possible. By shopping with us you will be helping to ensure that we can continue to serve our Community and future Holidaymakers! We are open all year round from 8am until 6pm weekdays and 9am till 4pm Saturdays and 9.00am till 12.30 on Sundays. We are open for reduced hours on Bank Holidays. As well as the items below we hold a good stock of alcohol and confectionary. When placing your order, we request that you give us 3 or 4 days' notice in order to fulfil your requirements. We may also be able to deliver to your holiday home to await your arrival, please contact us to enquire. Prices are correct at printing but may change.

Bakery:

Our bread is from a local bakery. We have fresh bread delivered Tuesday, Thursday and Saturday. Please be aware your bread will need to be collected on Saturday morning from 10.45am.

BAKERY ITEM	PRICE	ORDER	BAKERY ROLLS	PRICE	ORDER
Large Wholemeal f/house (cut /uncut)	£2.30		Wholemeal Baguette	75p	
Small Wholemeal Batch	£1.45		Soft White Roll	39p	
Large Granary f/house (cut /uncut)	£2.45		Wholemeal Roll	43p	
Spelt (cut/uncut)	£2.15		Granary Roll	43p	
Large White Farmhouse (cut/uncut)	£2.10		Small Rye Loaf	£2.20	
Cottage loaf	£1.29		Sour Dough	£1.90	
Small Granary Tin (cut/uncut)	£1.39		Soda Bread	£1.85	
Organic White Farmhouse	£2.10		Teacake	75p	
Tiger Bread	£1.25		Fruit Scone	75p	
Cheese Bread	£2.20		Plain Scone	70p	
Small White Farmhouse (cut/uncut)	£1.25		Cheese Scone	80p	
GI Loaf 400g	£2.30		Jam Doughnut	65p	
White French Stick	£1.25		Croissant	65p	

Jams, Marmalades, Honey and Chutney

Our jams and marmalades are made for us by "Ann, the Jam" at Waterhouse Fayre. They are all made in traditional preserving pans in batches of no more than 18 jars at a time and stirred by hand. Ann says she has the muscles to prove it.

FLAVOUR	PERFECT FOR	PRICE	ORDER
Blackcurrant,	Our croissants	£3.25	
Whortleberry	The Devon name for Bilberries found on Exmoor	£3.45	
Strawberry	Cream teas	£3.39	
Raspberry	An alternative to Strawberry	£3.39	
Medium Cut Seville Marmalade	A Toasty Treat!	£3.39	
Whisky Marmalade		£3.39	
Three fruits Marmalade		£3.45	
Quince Honey Farm			
Devon Flower Set Honey		£5.35	
Devon Flower Clear Honey		£5.35	

Chutney our chutneys are also Devon made

Flavour	PRICE	ORDER
Devon Chutney 225g/500g	£2.05/£3.55	
Devon Fire 225g	£2.05	
Apple Chutney with Cider 225g	£2.00	
Large Mango Chutney 567g	£3.55	
Local Piccalilli	£2.85	
Apple & Mint 225g	£1.95	

COOKED MEATS

Our fresh Cooked Meats are delivered pre-packed twice a week and are price marked depending on weight. We also stock a good mixture of local organic meat. Please email for more information.

COOKED MEAT	PRICE Per Kg	ORDER
Honey Roast	£18.88	
Sandwich Ham	£16.79	
Gammon Ham	£17.96	
Chorizo pack	£12.88	
Pate Ardennes	£12.19	
Pate Brussels	£12.29	
FISH - portions	PRICE	ORDER
We stock a range of locally supplied frozen fish. Prices per kilo do fluctuate		
Salmon Supreme – weight 140g - 170g	£4.35	
Cod Supreme – weight 170g – 200g	£3.29	
Tuna Supreme – weight 140g – 200g	£3.15	
CHICKEN	PRICE	ORDER
Locally supplied tasty chicken is provided frozen. Prices per kilo fluctuate.		
Breast Twin portions 200g – 230g	£4.25	

BUTCHERY

Chinns Sausages are delivered fresh twice a week pre-packed and price marked according to weight. They contain hardly any fat, (unlike supermarkets produce) Pre packed bacon and black pudding are available for that full English breakfast! We have a range of local frozen beef, lamb and pork.

FRESH BAKED PIES AND PASTIES

Reeds in Braunton cook our sausage rolls, pork pies, quiches, scotch eggs and pasties fresh each day! They are delivered still hot from the oven. They make a hearty lunchtime treat, or perfect for a quick evening meal! We also have locally made pies from a bakery in Bradworthy called Wessex Pantry. The pies need to be ordered on a Monday for a Thursday delivery. We do sell stock in the store too. The sizes are individual, medium and family. Individual are priced from £2.35, medium from £5.30. Please email for a detailed list.

PASTIES		QUICHES	
Beef, Swede, Potato, Carrot	£2.45	Broccoli & Stilton med/lg	
Cheese & Tom Quiche sm	£1.65	Ham & Broccoli med/lg	
Cheese & Tom quiche lg	£3.80	Ham & Mushroom lg	
Sausage Roll	£1.15	Ham & Leek	
Bacon, sausage, cheese turnover	£1.85	Bacon Cheese & Onion lg	
Scotch Eggs	£1.85	Chicken Tikka Slice	£2.15
Pork Pies	£1.85	Mozzarella Slice	£2.15

YOGHURTS

We can supply Stapleton's Yoghurts. They are based in Torrington. Their yoghurts are delicious and a real treat!

DESCRIPTION	PRICE	ORDER	DESCRIPTION	PRICE	ORDER
150g Size			Greek Style 400g		
Strawberry and Clotted Cream	79p		Natural	£1.35	
Nectarine & Passion fruit	79p		Vanilla	£1.49	
Raspberry	79p		Lemon Curd	£1.49	
Sweet and Sour Cherry	79p		Fig & Date	£1.39	
			Prune & Date	£1.39	

DAIRY

Trewithen deliver to us 3 times per week

TYPE	PRICE	ORDER
1 litre Skimmed	£1.35	
1 litre Semi Skimmed	£1.35	
2 litre Semi Skimmed	£2.00	
1 litre Whole	£1.35	
2 litre Whole	£2.00	
2 pints Whole Organic Unhomogenised	£1.65	
2 pints Semi Skimmed Organic Unhomogenised	£1.65	
CREAM/DAIRY		
	PRICE	ORDER
Double Cream Riverford	£2.40	
Large Clotted Cream Langage	£2.95	
Small Clotted Cream Langage	£1.55	
Maryland Butter	£2.25	
Countrylife	£2.50	
Utterly Butterly 500g	£1.99	
Clover 250g	£2.70	
EGGS		
FARMER BOB'S LOCAL FREE RANGE EGGS		
Medium ½ doz	£1.30	
Large ½ doz	£1.50	
Borough FARM LOCAL ORGANIC FREE RANGE EGGS		
Mixed ½ doz	£2.10	
Very Large ½ doz	£2.25	

FRUIT AND VEGETABLES

Prices for fruit and vegetables fluctuate during the seasons, therefore prices will vary. Our prices are competitive and your fruit and vegetables will be fresh!

FRUIT	VEGETABLES	Salad	Order
Golden Delicious	Aubergine	Baby Leaf pk	
Granny Smith	Broccoli	Beetroot pk	
Red Apples	Butternut Squash	Cucumber	
Avocado	Cabbage Savoy	Cherry Tomato Punnet	
Bananas	Carrots pk	Little Gem pk2	
Grapefruit	Cauliflower	Mustard Cress	
Green/Red grapes 250g	Celery	Radish	
Kiwi pk2	Courgette	Spring Onions	
Lemon	Garlic	Iceberg Lettuce	
Lime	Leeks	Cherry Vine Punnet	
Mango	Mushrooms pk	Tomatoes pk6	
Melon Gallia	Onions Red	Watercress	
Melon Honeydew	Onions White	Pepper red	
Mixed fruit pk4	Parsnip	Pepper Green	
Oranges	Potatoes 2kg		
Pears pk2	Baking Potatoes		
Pineapple	New Potatoes		
Plums 500g	Stew Pack		
Satsuma's pk6	Swede		
	Sweet Potatoes		

GENERAL We stock a good range of everyday grocery requirements

ITEM	ORDER	ITEM	ORDER
Vinegar	59p	McVities Digestives	£1.29
Cooking Oil (Sun Flower)	£2.25	McVities Chocolate Digestives	£1.50
Olive Oil	£4.49	McVities Hob Nobs	£1.29
Tomato Sauce	£2.05	Chocolate Hob Nobs	£1.50
Mayonnaise	£3.00	Custard Creams	89p
Bisto	£1.59	Bourbons	89p
Tuna (Brine or Oil)	£1.59	Rich Tea	£1.29
Batchelor's Pasta n Sauce Pk	£1.20	Tunnock Caramel Wafers	95p
Baked Beans	79p	Kit Kats	£1.00
Baked Bean and Sausages	£1.45	Penguins	£1.00
Chopped Tomatoes	£1.00	Tunnocks Tea Cakes	£1.15
Chick Peas	£1.20	Miles Hot Chocolate	£3.20
Chicken Pie Tin	£1.99	Nescafe Original	£3.49
Corned Beef Tin	£3.15	Kenco Decaffeinated	£3.79
Couscous	£1.30	Typhoo Tea Bags 40	£1.00
Macaroni	79p	Miles Tea Bags 80	£2.85
Basmati Rice	£1.60	Granulated Sugar 1kg	£1.25
Rice Pudding Rice	£1.25	Soft Brown Sugar	£1.49
Cornflakes	£2.99	Caster Sugar 500g	£1.29
All Bran	£2.99	Icing Sugar 1kg	£2.00
Breakfast Muesli	£3.00	Burt's Salt & Vinegar	75p
Weetabix 24	£2.99	Burt's Plain	75p
Variety Pack	£2.99	Walker Cheese and Onion	60p
Porridge	£1.00	Original Pringles	£2.49
Crunchy Nut	£2.99	Salt and Vinegar Pringles	£2.49
Ambrosia Rice Pudding	£1.49	Sunpride Orange Juice Large Carton	£1.45
Tarka spring water sparkling 500ml	70p	Small Cartons, apple/orange/blackcurrant	49p
Wash Powder	£1.00	Robinsons Apple & Blackcurrant	£1.49
Shower Gel	£1.00	Robinson Orange Squash	£1.49
Shampoo	£1.00	Large Coke	£1.99
Conditioner	£1.00	Large Schweppes Lemonade	£1.49
Tissues	£1.00	Fizzy Cans	Various
Toothpaste	£1.00	Tarka Spring water still 500ml/1.5ltr	70p/£1.00

A range of Bakehouse cakes and cookies, with our own Westdown label attached.

Butterfly Cheese Wings	£2.55
Peanut Topped Cookies	£2.15
Chocolate Chip Cookies	£1.60
Clotted Cream Cookies	£1.60
Butterscotch Cookies	£1.70
Chocolate Orange Cookie	£1.65
Shortbread Fingers	£2.39
Lemon Fudge Cake	£3.40
Carrot Fudge Cake	£3.40
Chocolate Fudge Cake	£3.40
Chocolate Chip & Orange Cake	£3.40
Lemon Drizzle Cake	£3.40
Raspberry Drizzle	£3.39
Whisky Fruit Loaf	£3.00
Somerset Cider Fruit Cake	£2.95