

# MACKNADE

FOOD, FAMILY AND FRIENDS SINCE 1847

## ESSENTIALS BOX

Here is an example of the contents in one of our essentials boxes, perfect for couples & small families. The value is approximate and the exact products will vary on each order. Please let us know if you would prefer us not to include any meat or if you have any dietary requirements.

1x Bunch Bananas

4x Oranges

6x Apples

2x Lemons

2x Limes

2x Avocados

1kg Potatoes

500g Carrots

500g Greens

500g Salad Vine Tomatoes

2x Onions

1x Garlic Bulb

1x Butternut Squash

1x Bag Salad Leaves

1x Cucumber

12x Free Range Eggs

2litres Semi Skimmed Milk

1x Butter

1x Crème Fraiche

2x Tins of Tomatoes

2x Pasta

1x Rice

1x Pack of Biscuits

1x Tea

1x Coffee

1x Loaf Cake

1x Fresh Bread

6x Macknade Butchery Sausages

6x Rashers Home Cured Bacon

2x Pork Chops

**Approx. £65**

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