

Oakhouse Grocery Essentials

Prices valid from 1/01/10 until 28/02/10

Our new grocery service means you can now order your essentials from the comfort of your own home. With nearly 300 products on offer there's just about everything you'll need from your weekly shop, and to make life even easier, you can order these along with your frozen meals and desserts and they'll all be delivered together at no extra charge.

BAKING

Code Product	Size	Price	Qty	Total
G133 McDougalls Self Raising Flour	500g	£0.85		
G134 McDougalls Plain Flour	500g	£0.85		
G138 Tate & Lyle Golden Syrup	454g	£1.26		
G139 Heritage Bicarbonate of Soda	100g	£0.60		
G140 Heritage Baking Powder	100g	£0.63		
G162 Tate & Lyle Fair Trade Granulated Sugar	1kg	£0.94		
G163 Tate & Lyle Caster Sugar	500g	£0.77		
G182 Carnation Evaporated Milk	170g	£0.81		

BOTTLES & JARS

G101 Daddies Squeezable Brown Sauce	400g	£1.25		
G114 Heinz Squeezable Tomato Ketchup	342g	£1.35		
G115 Lea & Perrins Worcestershire Sauce	150ml	£1.54		
G116 Hellmanns Squeezable Real Mayonnaise	430ml	£2.75		
G117 Heinz Salad Cream Squeezable	460g	£2.75		
G176 Heinz Sandwich Spread Original	270g	£1.54		
G177 Princes Chicken Paste	75g	£0.81		
G178 Princes Beef Paste	75g	£0.81		
G179 Princes Sardine & Tomato Paste	75g	£0.81		
G118 Heritage Bramley Apple Sauce	270g	£1.02		
G119 Colman's Horseradish Sauce	250ml	£1.12		
G120 Colman's Mint Sauce	250ml	£1.12		
G121 Colman's Tartar Sauce	250ml	£1.12		
G122 Heritage English Mustard	100g	£0.99		
G123 Baxters Sliced Beetroot	340g	£1.17		
G124 Haywards Traditional Pickled Onions	454g	£1.87		
G125 Haywards Piccalilli	460g	£1.42		
G126 Branston Pickle Original	360g	£1.59		
G127 Heritage Malt Vinegar	284ml	£0.65		

Code	Product	Size	Price	Qty	Total
G129	Heritage Sunflower Oil	1 litre	£1.38		
G130	Heritage Vegetable Oil	1 litre	£1.32		
G141	Jif Lemon Juice Bottle	250ml	£1.18		
G164	Hartley's Best Bramble Jelly	340g	£1.54		
G165	Hartley's Best Raspberry Jam	340g	£1.54		
G166	Hartley's Best Strawberry Jam	340g	£1.54		
G167	Stute Diabetic Blackcurrant Jam	430g	£1.82		
G168	Stute Diabetic Strawberry Jam	430g	£1.82		
G169	Stute Diabetic Thick Cut Marmalade	430g	£1.82		
G170	Hartley's Olde English Marmalade	454g	£1.65		
G171	Robertson's Golden Shred Marmalade	227g	£1.15		
G172	Gale's Clear Honey	227g	£1.99		
G173	Gale's Lemon Curd	410g	£1.10		
G174	Sun Pat Crunchy Peanut Butter	227g	£1.68		
G175	Sun Pat Smooth Peanut Butter	227g	£1.68		
G180	Marmite Original	125g	£1.85		

DRY GOODS & PACKETS

G102	Whitworths Ready to Eat Apricots	250g	£2.44		
G103	Whitworths Prunes	250g	£2.46		
G110	Hartley's Orange Jelly	135g	£0.65		
G111	Hartley's Strawberry Jelly	135g	£0.65		
G131	Bisto Best Beef Gravy Granules	200g	£1.99		
G132	Bisto Best Chicken Gravy Granules	200g	£1.99		
G135	Heritage Table Salt Drum	250g	£0.55		
G136	Heritage Ground Black Pepper	25g	£0.65		
G137	Heritage Ground White Pepper	25g	£0.65		
G183	Heritage Long Spaghetti	500g	£0.85		
G184	Heritage Pasta Twists	500g	£0.92		
G128	Uncle Ben's Long Grain Rice - Boil in Bag	250g	£1.94		

TINS

G104	John West Corned Beef	198g	£1.48		
G146	Princes Pork Luncheon Meat	170g	£1.31		
G147	Princes Lunch Tongue	184g	£2.02		
G142	Princes Pilchards in Tomato Sauce	155g	£0.62		
G143	John West Sardines in Sunflower Oil	120g	£0.94		
G144	John West Pink Salmon	213g	£1.80		
G145	John West Tuna Steaks in Oil	200g	£1.86		

Code	Product	Size	Price	Qty	Total
G106	Del Monte Pineapple Slices	220g	£0.86		
G107	Del Monte Pear Halves in Juice	415g	£1.12		
G108	Del Monte Fruit Cocktail in Juice	415g	£1.12		
G109	Del Monte Peach Slices in Juice	415g	£1.12		
G186	Del Monte Grapefruit Segments in Juice	411g	£1.12		
G280	Hartley's Prunes in Syrup	420g	£1.38		
G159	John West Mandarins in Juice	298g	£0.66		
G105	Cirio Peeled Plum Tomatoes	400g	£0.90		
G151	Cirio Chopped Tomatoes	400g	£0.90		
G150	Green Giant Sweet Corn Niblets	198g	£0.79		
G148	Heinz Baked Beans	200g	£0.73		
G149	Heinz Baked Beans	415g	£0.92		
G152	Heinz Spaghetti	200g	£0.59		
G153	Heinz Spaghetti	400g	£0.76		
G154	Heinz Classic Cream of Mushroom Soup	290g	£1.02		
G155	Heinz Classic Cream of Tomato Soup	300g	£1.02		
G156	Heinz Classic Cream of Chicken Soup	290g	£1.02		
G157	Heinz Classic Oxtail Soup	290g	£1.02		
G158	Heinz Classic Vegetable Soup	300g	£1.02		
G160	Ambrosia Devon Custard	425g	£1.14		

BISCUITS

G187	McVitie's Penguin Biscuits	9 pack	£2.17		
G188	McVitie's Homewheat Milk Chocolate Biscuits	300g	£1.89		
G189	McVitie's Homewheat Plain Chocolate Biscuits	300g	£1.89		
G190	Jacob's Fig Rolls	200g	£1.32		
G191	McVitie's Digestive Biscuits	400g	£1.12		
G192	McVitie's Ginger Nut Biscuits	200g	£1.19		
G193	McVitie's Rich Tea Biscuits	200g	£0.92		
G658	McVitie's Jaffa Cakes	24	£1.31		
G194	Crawford's Bourbon Creams	150g	£0.63		
G195	Crawford's Custard Creams	150g	£0.63		
G196	Crawford's Garibaldi Biscuits	100g	£0.73		
G198	Crawford's Tea Time Assorted Biscuits	300g	£1.36		
G199	Walkers Shortbread Fingers	160g	£1.15		
G200	Tunnock's Chocolate Caramel Wafers	4 pack	£0.81		
G201	Tunnock's Chocolate Teacakes	6 pack	£1.04		
G202	Nestlé Milk Chocolate KitKat - 2 Finger	9 pack	£2.10		

BREAKFAST CEREALS

Code	Product	Size	Price	Qty	Total
G204	Kellogg's Cornflakes	375g	£2.17		
G205	Nestlé Shredded Wheat	12	£2.12		
G206	Weetabix	12	£1.56		
G207	Kellogg's Rice Krispies	450g	£3.12		
G208	Quaker Porridge Oats	500g	£1.52		
G209	Kellogg's Bran Flakes	750g	£3.21		
G210	Alpen Original Muesli	375g	£2.30		

DRINKS

G262	Nescafé Original Coffee	200g	£6.24		
G263	Nescafé Decaffeinated Coffee	200g	£6.65		
G264	Nescafé Gold Blend Coffee	200g	£7.15		
G235	Heritage Italian Filter Coffee	227g	£2.70		
G265	PG Tips Teabags	80	£2.81		
G266	Tetley Teabags	80	£2.88		
G661	Yorkshire Tea Bags	80	£1.75		
G252	Twinings Earl Grey Teabags	50	£2.62		
G267	Cadbury Cocoa Powder	125g	£1.94		
G268	Cadbury Drinking Chocolate	250g	£1.92		
G269	Ovaltine Original - Add Milk	200g	£1.65		
G270	Horlicks Original Malt	300g	£2.10		
G261	D&G Old Jamaican Ginger Beer	500ml	£0.96		
G254	Lucozade Energy Original	380ml	£0.95		
G271	R White's Lemonade	2 litre	£1.52		
G272	R White's Diet Lemonade	2 litre	£1.52		
G273	Schweppes Tonic Water	1 litre	£1.50		
G274	Schweppes Bitter Lemon	1 litre	£1.50		
G277	Regular Coke	2 litre	£2.20		
G275	Regular Coke	500ml	£1.03		
G278	Diet Coke	2 litre	£2.20		
G276	Diet Coke	500ml	£1.03		
G255	Ribena - Blackcurrant	600ml	£2.55		
G258	Robinson's Lemon Barley Water	1 litre	£2.30		
G260	Robinson's Orange Squash	1 litre	£1.42		
G279	Ocean Spray Cranberry Classic Juice Drink	1 litre	£1.52		
G256	Southern Delight Orange Juice	1 litre	£0.88		
G257	Southern Delight Apple Juice	1 litre	£0.88		

Code	Product	Size	Price	Qty	Total
G112	Sweetex Sweetener Tablets	600	£1.82		
G113	Canderel Granulated Sweetener	40g	£1.56		
G181	Marvel (Dried Skimmed Milk)	198g	£2.84		
G259	Evian Mineral Water 500ml	6 pack	£2.92		
G283	UHT Semi Skimmed Milk	500ml	£0.79		

SNACKS & CONFECTIONERY

G213	Jacob's Cream Crackers	200g	£0.97		
G217	Tuc Biscuits	150g	£1.27		
G218	Carr's Water Biscuits	125g	£1.40		
G659	Jacob's Twiglets	200g	£2.18		
G214	Walkers Crisps - Cheese & Onion 25g	6 pack	£1.79		
G215	Walkers Crisps - Ready Salted 25g	6 pack	£1.79		
G219	Walkers Crisps - Salt & Vinegar 25g	6 pack	£1.79		
G220	Walkers Crisps - Variety Pack 25g	6 pack	£1.79		
G221	Pringles - Original	165g	£2.42		
G282	Pringles - Sour Cream & Onion	165g	£2.42		
G222	KP Salted Peanuts	100g	£0.92		
G223	KP Dry Roasted Peanuts	100g	£1.00		
G226	Cadbury Bournville Bar	200g	£2.24		
G227	Cadbury Crunchie Bar	5 pack	£2.61		
G232	Cadbury Dairy Milk Bar	230g	£2.55		
G233	Cadbury Fruit & Nut Bar	230g	£2.55		
G234	Cadbury Whole Nut Bar	230g	£2.55		
G660	Cadbury Chocolate Fingers	125g	£1.73		
G237	Maltesers Bag	4 pack	£2.38		
G238	Mars Bar	5 pack	£2.33		
G239	Snickers Bar	5 pack	£2.33		
G240	Cadbury Buttons	3 pack	£1.53		
G228	Cadbury Milk Tray	400g	£7.65		
G229	Terrys All Gold Dark	450g	£9.35		
G230	Cadbury Roses Carton	220g	£3.65		
G231	Nestlé Quality Street Carton	400g	£4.84		
G241	Mars Celebrations Carton	420g	£5.61		
G251	Cadbury Heroes Carton	400g	£5.10		
G224	Maynards Wine Gums Bag	215g	£1.79		
G225	Werther's Original Bag	150g	£1.28		
G242	Bassett's Jelly Babies Bag	215g	£1.61		

Code	Product	Size	Price	Qty	Total
G243	Bassett's Liquorice Allsorts Bag	215g	£1.61		
G244	Bassett's Mint Imperials Bag	200g	£1.61		
G245	Bassett's Murray Mints Bag	200g	£1.61		
G249	Rowntrees Fruit Pastilles	205g	£1.50		
G250	Fox's XXX Mints	3 pack	£1.07		
G248	Thorntons Toffee Bag	180g	£1.83		

HAIRCARE

G409	Pantene Classic Care Shampoo	250ml	£2.83		
G417	Head & Shoulders Classic Clean Shampoo	250ml	£3.07		
G913	Faith in Nature Aloe Vera Shampoo	400ml	£3.20		
G918	Faith in Nature Lavender & Geranium Shampoo	400ml	£3.20		
G914	Faith in Nature Aloe Vera Conditioner	400ml	£3.20		
G919	Faith in Nature Lavender & Geranium Conditioner	400ml	£3.20		
G406	Pantene Classic Care Conditioner	200ml	£2.83		

SOAPS & BODY WASHES

G413	Radox Clean & Protect Hand Wash	300ml	£1.23		
G909	Faith in Nature Aloe Vera & Tea Tree Hand Wash	300ml	£2.85		
G916	Faith in Nature Lavender & Geranium Hand Wash	300ml	£2.85		
G915	Faith in Nature Lavender Pure Vegetable Soap	100g	£1.40		
G420	Dove Cream Bar	4 pack	£2.89		
G421	Palmolive Soap Original	4 pack	£1.99		
G901	Faith in Nature Aloe Vera & Ylang Ylang Vegetable Soap	100g	£1.40		
G903	Faith in Nature Purifying Cleansing Lotion	150ml	£4.80		
G905	Faith in Nature Purifying Facial Wash	150ml	£4.80		
G904	Faith in Nature Purifying Face & Body Scrub	150ml	£4.80		
G405	Radox Moisture Shower Gel	250ml	£1.95		

MOISTURISERS

G423	Atrixo Cream	50ml	£2.04		
G424	Johnson's Baby Oil	300ml	£2.39		
G448	Vaseline Petroleum Jelly	50g	£1.35		
G450	Nivea Cream	50ml	£2.02		
G902	Faith in Nature Deep Moisturising Night Cream	50g	£4.95		
G906	Faith in Nature Replenishing Moisturising Cream	50g	£4.95		
G907	Faith in Nature Replenishing Moisturising Body Lotion	150ml	£4.80		
G908	Faith in Nature Restorative Hand Cream	50g	£4.95		

BATHTIME

Code	Product	Size	Price	Qty	Total
G403	Radox Herbal Relaxing Foam Bath	500ml	£1.94		
G912	Faith in Nature Aloe Vera & Ylang Ylang Foam Bath	400ml	£3.36		
G917	Faith in Nature Lavender & Geranium Foam Bath	400ml	£3.36		

WOMEN'S TOILETRIES

G408	Sure Cotton Fresh Spray Deodorant	150ml	£2.52		
G416	Silvikrin Firm Hairspray	250ml	£2.47		
G419	Sure Roll On Cotton Fresh Deodorant	50ml	£1.91		
G422	Disposable Ladies Razors - 3 Blade	4 pack	£2.23		
G426	Nivea Lotion Normal	250ml	£3.58		
G400	Caress Body Puff	Single	£0.90		
G910	Faith in Nature Facial Wipes	25 pack	£2.40		
G911	Faith in Nature Deodorant Stick	100g	£2.63		

MEN'S TOILETRIES

G402	Gillette Sensitive Shave Gel	200ml	£2.47		
G410	Sure Active Deodorant for Men	150ml	£2.52		
G418	Gillette Sensor Disposable Razors	4 pack	£4.87		

OTHER TOILETRIES

G401	Johnson's Baby Powder	100g	£1.10		
G427	Septona Cotton Wool Balls	100	£0.99		
G428	Septona Cotton Bud Drum	100	£0.92		
G609	Kleenex Ultra Soft Mansize Tissues	54	£3.01		
G404	Colgate Total Toothpaste	100ml	£2.55		
G407	Sensodyne F Total Toothpaste	45ml	£2.73		
G412	Oral B Classic Care Toothbrush	Single	£1.45		
G414	Steradent Tablets Original	30	£1.69		
G415	Listerine Mouthwash Total Care	250ml	£2.76		
G411	Colgate Soft Mint Mouthwash	250ml	£2.53		
G663	Fixodent Fresh Denture Adhesive	40ml	£3.71		

HEALTHCARE

G431	Heritage Paracetamol Extra Tablets*	16 pack	£0.80		
G432	Heritage Ibuprofen Tablets*	16 pack	£0.80		
G433	Beechams Powder Capsules (contains paracetamol)*	10 pack	£2.49		
G434	Lemsip Original Lemon Sachets (contains paracetamol)*	5 pack	£2.49		

Code	Product	Size	Price	Qty	Total
G435	Benylin Chesty Coughs Medicine Sachets	5x25ml	£2.96		
G436	Gaviscon Liquid Peppermint	150ml	£3.79		
G437	Rennie Peppermint	12 pack	£1.68		
G438	Strepsils Honey & Lemon	16 pack	£2.42		
G439	Chapstick Original Lip Balm	Single	£0.98		
G440	Deep Heat Rub	35g	£2.25		
G441	Alka Seltzer Original	10 pack	£2.39		
G442	Savlon Cream	30g	£1.60		
G443	Optrex Multiaction Eyewash	100ml	£4.46		
G444	Fisherman's Friend Original Lozenges	25g	£0.68		
G445	Halls Mentho-Lyptus Blackcurrant	36g	£0.74		
G446	Halls Mentho-Lyptus Original	32g	£0.74		
G447	Blackcurrant Tunes in a Flip Top Box	37g	£0.59		
G429	CMS Fabric Plasters	20 pack	£0.99		

***As a responsible supplier we limit some of the medicines we sell. Please note that we will only sell one packet of ibuprofen tablets and only one product containing paracetamol with each order.**

KITCHEN

G601	Everyday Rubber Gloves Medium	3 pack	£1.20		
G618	Clean N Fresh Washing up liquid	625ml	£0.85		
G619	Fairy Liquid Original	450ml	£1.42		
G662	Finish Dishwasher Cleaner	250ml	£4.18		
G620	Finish Tablets Lemon MAX-in-1	14	£4.67		
G622	Heritage Dishwasher Salt Bag	2 kilo	£1.40		
G621	Dishwasher Rinse Aid	2 litre	£3.71		
G604	Mr Muscle Multi-Task Kitchen	750ml	£2.33		
G605	Heritage Refuse Sacks	20	£1.81		
G638	Heritage Swing Bin Liners - Tie Handle	15	£1.35		
G639	Heritage Pedal Bin Liners	25	£1.16		
G642	Heritage Sponge Scourer	Twin	£0.58		
G643	Heritage Stainless Steel Scourer	Single	£0.68		
G608	White Kitchen Towel	Twin	£1.36		
G640	Heritage Cling Film (300mm)	15m	£0.99		
G641	Heritage Foil (300mm)	5m	£0.99		

BATHROOM

G600	Andrex Toilet Tissue (White)	4 rolls	£3.45		
G602	Blue 3-in-1 Toilet Block Lemon	Single	£1.69		

Code Product	Size	Price	Qty	Total
G603 Mr Muscle Multi-Task Bathroom	750ml	£2.33		
G629 Toilet Duck Citrus Burst	700ml	£1.35		
G630 Parozone Toilet Wipes	40	£1.59		

LAUNDRY

G611 Aerial Biological Washing Powder	800g	£4.33		
G612 Daz Regular Automatic Washing Powder	680g	£3.49		
G613 Daz Regular Washing Tablets	30	£5.09		
G614 Comfort Regular Fabric Softener	750ml	£2.26		
G615 Heritage Clothes Pegs - Plastic	36	£1.20		
G610 Dreft Hand Wash	690g	£2.83		

CLEANING

G617 Dettol Antiseptic Liquid	500ml	£3.16		
G616 Clean 'n' Fresh Bleach	750ml	£0.99		
G623 Pledge Multi Surface Spray Cleaner	375ml	£2.16		
G624 Clean 'n' Fresh All Purpose Liquid	500ml	£0.99		
G626 Mr Muscle Window Cleaner	500ml	£1.89		
G625 Cif All Purpose Wipes Lemon	60	£2.02		
G627 Clean Up Floor Wipes	20	£1.00		
G628 Shake 'n' Vac Citrus Blossom	400g	£1.16		
G631 Jeyes Fluid	300ml	£3.85		
G632 Brillo Soap Pads	10	£1.36		
G633 Pledge Springtime Polish	300ml	£1.67		
G634 Airwick Aqua Essence Fresia & Jasmine	300ml	£2.60		
G644 Yellow Dusters	Twin	£0.98		
G606 J Cloths Blue	5	£1.44		
G607 Cleaning Cloths	Twin	£0.99		
G645 Heritage Sponge Cloths	Twin	£0.98		

BATTERIES

G646 Ever Ready Silver AAA	4 pack	£1.10		
G647 Ever Ready Silver AA	4 pack	£1.10		
G648 Ever Ready Silver C	2 pack	£1.10		
G649 Ever Ready Silver D	2 pack	£1.10		
G650 Ever Ready Silver 9v	Single	£1.10		

LIGHTING

Code	Product	Size	Price	Qty	Total
G653	White Household Candles	6	£1.16		
G654	Status Low Energy Light Bulb 12W Bayonet Cap	Single	£2.57		
G655	Status Low Energy Light Bulb 12W Screw In	Single	£2.57		
G656	Status Light Bulb 40W Bayonet Cap	4 pack	£1.06		
G657	Status Light Bulb 60W Bayonet Cap	4 pack	£1.06		

MISCELLANEOUS

G651	Firstpost 30 Leaf Writing Pad	Single	£1.24		
G652	Firstpost DL Envelopes	20 pack	£1.50		
G635	Raid Fly & Wasp Killer	400ml	£1.99		
G636	Cherry Blossom Shoe Polish - Black	50ml	£0.59		
G637	Cherry Blossom Shoe Polish - Dark Tan	50ml	£0.59		

PETS

G800	Pedigree Original	400g	£0.85		
G801	Pedigree Mixer	630g	£1.50		
G802	Winalot Shapes	800g	£1.91		
G803	Whiskas Sachets in Jelly - Favourites	12	£4.97		
G805	Whiskas Jelly Assorted Cans	6	£5.14		
G804	Heritage Clumping Cat Litter	5 litre	£2.40		
Grand total Grocery Essentials					

HOW TO ORDER

To place your order please call us or complete the form above and either pop it in the post or hand it to your Oakhouse Foods delivery driver.

Please complete your details below.

Name:

Address:

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Postcode: Telephone:

Customer number (if known):

All prices are correct at time of going to print, but may be subject to change.