

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

GRANNY SMITH

Product of FRANCE

£1.99

5 a day
Class 1

QUANTITY 4



5 060412 580007

Tel: 020 3538 675 • Mob: 07997 88790
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

MIXED APPLES

Product of FRANCE

£0.99

5 a day
Class 1

QUANTITY 4
1 Red chief
1 Granny smith



5 060412 580014

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GOLDEN DELICIOUS

Product of ITALY

£1.99

5 a day
Class 1

QUANTITY 4



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MIXED APPLES

Product of CHILE
SOUTH AFRICA

£0.99

5 a day
Class 1

QUANTITY 4
1 Pink lady
1 Granny smith



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PINK LADY

PRODUCT OF FRANCE

£2.29

VARIETY CRIPP'S PINK
Class 1

QUANTITY 4



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RED CHIEF

Product of FRANCE

£1.99

5 a day
Class 1

QUANTITY 4



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RED DELICIOUS

Product of ITALY

£1.99

5 a day
Class 1

QUANTITY 4



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ROYAL GALA

Product of POLAND

£1.99

5 a day
Class 1

QUANTITY 4



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APRICOTS

Product of SPAIN

£1.99

5 a day
Class 1

QUANTITY 10



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ASPARAGUS

Product of SPAIN **£1.99**

QUANTITY 100g

Class 1

5 060412 580069

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AUBERGINE

Product of SPAIN **0.99p**

QUANTITY 1

Class 1

5 060412 580076

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AVOCADO

Product of ISRAEL **£0.99**

QUANTITY 1

Class 1

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AVOCADO

Product of ISRAEL **£0.99**

QUANTITY 1

VARIETY HASS

Class 1

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BABY CORN

Product of THAILAND **£1.29**

QUANTITY 80g

Class 1

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BABY LEAF

PRODUCT OF ITALY **£1.99**

QUANTITY 100g

KEEP ME IN FRIDGE

Class 1

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BABY POTATO

Product of U.K. **£0.99**

QUANTITY 400g

Class 1

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BAKING POTATO

Product of U.K. **£1.49**

QUANTITY 2

Class 1

5 060412 580700

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BANANA

Product of COSTA RICA **£1.19**

QUANTITY 3

VARIETY CAVENDISH

Class 1

5 060412 580113

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BEANS

PRODUCT OF EGYPT

£0.99

QUANTITY 100g

Class 1



5 060412 580120

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BLUEBERRIES

Product of CHILE

£1.99

KEEP ME IN FRIDGE QUANTITY 110g

Class 1



5 060412 581097

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BROCCOLI

Product of U.K

£1.49

QUANTITY 1

5 a day WASH BEFORE USE

Class 1



5 060412 580137

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CARROTS

Product of U.K

£0.99

QUANTITY 500g

5 a day WASH BEFORE USE

Class 1



5 060412 580175

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CAULIFLOWER

Product of UK

£1.49

QUANTITY 1

5 a day WASH BEFORE USE

Class 1



5 060412 580182

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CELERY

Product of SPAIN

£1.49

QUANTITY 1

Class 1



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MINI PLUM TOMATO

Product of SPAIN

£0.99

QUANTITY 200g

Class 1



5 060412 580885

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CHERRY ON THE VINE

Product of HOLLAND

£1.99

QUANTITY 200g

Class 1



5 060412 580212

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CHERRY TOMATO

Product of SPAIN

£0.99

QUANTITY 200g

Class 1



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CHERRY

Product of U.K. **£1.99**

QUANTITY 200g

Class 1

5 060412 581165

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CHERRY

Product of SPAIN **£2.49**

QUANTITY 300g

Class 1

5 060412 581172

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CHILLI

PRODUCT OF GHANA **£1.29**

QUANTITY 80g

Class 1

5 060412 580229

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CLEMENTINE

Product of SPAIN **£1.99**

5 a day SELECT FRUITS QUANTITY 5

Class 1

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COOKING APPLE

Product of U.K. **£1.49**

5 a day QUANTITY 2

Class 1

5 060412 580250

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COS LETTUCE

PRODUCT OF U.K. **£1.49**

QUANTITY 1

Class 1

5 060412 580434

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COURGETTES

Product of SPAIN **£1.49**

QUANTITY 2

Class 1

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CUCUMBER

Product of SPAIN **£0.99**

QUANTITY 1

Class 1

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CURLY KALE

Product of U.K. **£1.49**

5 a day WASH BEFORE USE QUANTITY 250g

Class 1

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DONUT NECTARINE

Product of SPAIN

£1.99

QUANTITY
500g

Class 1



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DONUT PEACHES

Product of SPAIN

£1.99

QUANTITY
500g

Class 1



5 060412 581011

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FINE BEANS

Product of KENYA

£1.99

QUANTITY
150g

Class 1

5 a day WASH BEFORE USE



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ORANGE

Product of EGYPT

£0.99

VARIETY VALENCIA

QUANTITY
2

Class 1

FRESH CITRIC



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GINGER

PRODUCT OF CHINA

0.99p

QUANTITY
100g

Class 1



5 060412 580311

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GRAPEFRUIT

Product of TURKEY

£1.49

QUANTITY
2

Class 1

1 of your 5 a day



5 060412 580335

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GRAPES

Product of INDIA

£2.49

QUANTITY
400g

Class 1



5 060412 580342

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GREEN CABBAGE

Product of U.K

£1.39

QUANTITY
1

Class 1

5 a day WASH BEFORE USE



5 060412 580144

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FRESH HERBS CORIANDER

PRODUCT OF U.K

0.99p

QUANTITY
1

Class 1

KEEP ME IN FRIDGE



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MIXED FRUITS

Product of
FRANCE
FRANCE
EGYPT

£1.49

QUANTITY
1 Red chief
1 Granny smith
1 Orange

Class 1 5 a day



5 060412 580526

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MIXED PEPPER

Product of
SPAIN

£1.39

QUANTITY
2

Class 1 5 a day



5 060412 580656

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MIXED SALAD

Product of
UK

£1.99

QUANTITY
200g

Freshness
guaranteed
Class 1



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MUSHROOM

Product of
HOLLAND

£1.39

QUANTITY
200g

Class 1 5 a day

KEEP ME IN FRIDGE



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NECTARINE

Product of
CHILE

£1.99

QUANTITY
5

Class 1



5 060412 580564

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ONION

Product of
HOLLAND

£0.49

QUANTITY
2

Class 1



5 060412 580588

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ONION

Product of
HOLLAND

£0.89

QUANTITY
4

Class 1



5 060412 580595

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ORANGE

Product of
EGYPT

£0.99

VARIETY
VALENCIA

QUANTITY
2

Class 1 FRESH CITRIC



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PARSNIPS

Product of
U.K

£1.49

QUANTITY
2

Class 1 5 a day



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FRESH HERBS

MINT

PRODUCT OF MOROCCO

0.99p

KEEP ME IN FRIDGE QUANTITY

1

Class 1



5 060412 580366

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FRESH HERBS

PARSLEY

PRODUCT OF ITALY

£0.99

KEEP ME IN FRIDGE QUANTITY

1

Class 1



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HOT PEPPER

PRODUCT OF UGANDA

£1.29

QUANTITY

80g

Class 1



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ICEBERG

PRODUCT OF SPAIN

£0.99

QUANTITY

1

Class 1



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JALAPENO PEPPERS

PRODUCT OF SPAIN

£1.29

QUANTITY

5

Class 1



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KAKI FRUIT

Product of SPAIN

£1.99

QUANTITY

500g

Class 1



5 060412 580960

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KIWI FRUITS

Product of ITALY

£1.99

5 a day SELECT FRUITS QUANTITY

6

Class 1



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1st Fresh Foods LTD Freshness at its best
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LEEKs

Product of BELGIUM

£1.29

5 a day WASH BEFORE USE QUANTITY

1

Class 1



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LEMON&LIME

Product of SPAIN MEXICO

£0.89

FRESH CITRIC QUANTITY

2

Class 1



5 060412 581127

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LEMON

Product of SPAIN **£0.89**

FRESH CITRIC **QUANTITY 2**

Class 1

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LIME

Product of MEXICO **£0.89**

FRESH CITRIC **QUANTITY 2**

Class 1

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LITTLE GEM

Product of U.K. **£1.49**

QUANTITY 2

Class 1

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LONG SWEET PEPPER

Product of SPAIN **£1.49**

QUANTITY 2

Class 1

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LYCHEES

Product of SOUTH AFRICA **£1.99**

QUANTITY 250g

Class 1

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MANDARIN

Product of MOROCCO **£1.99**

5 a day **SELECT FRUITS QUANTITY 8**

Class 1

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MANDARIN

Product of MOROCCO **£1.99**

5 a day **SELECT FRUITS QUANTITY 8**

Class 1

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MANGETOUT

Product of KENYA **£1.99**

QUANTITY 150g

Class 1

5 060412 580847

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MINI SWEET PEPPER

Product of ISRAEL **£1.49**

QUANTITY 200g

Class 1

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PEACHES

Product of SOUTH AFRICA **£1.99**

QUANTITY 5

Class 1



5 060412 580632

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PEARS

Product of BELGIUM **£1.49**

1 of your 5 a day

QUANTITY 3

VARIETY CONFERENCE

Class 1



5 060412 580649

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PICKLED ONION

Product of HOLLAND **0.99p**

5 a day

QUANTITY 300g

Class 1



5 060412 581042

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PLUMS

Product of SOUTH AFRICA **£1.99**

QUANTITY 6

Class 1



5 060412 580670

Tel: 020 338 8715 • Mob: 07997 88790
Web: www.wasfreshfoods.com • Email: info@istfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

POINTED CABBAGE

Product of U.K. **£1.39**

5 a day

WASH BEFORE USE

QUANTITY 1

Class 1



5 060412 580144

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Web: www.wasfreshfoods.com • Email: info@istfreshfoods.com

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POMEGRANATE

Product of SPAIN **£1.49**

5 a day

QUANTITY 2

Class 1



5 060412 580687

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Web: www.wasfreshfoods.com • Email: info@istfreshfoods.com

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PRICKLY PEARS

Product of ITALY **£1.99**

QUANTITY 500g

Class 1



5 060412 581165

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RASPBERRY

Product of SPAIN **£1.99**

QUANTITY 125g

Class 1



5 060412 581080

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RED CABBAGE

Product of U.K. **£0.99**

5 a day

WASH BEFORE USE

QUANTITY 1

Class 1



5 060412 580168

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RED CABBAGE

Product of U.K. **£1.29**

5 a day WASH BEFORE USE QUANTITY 1

Class 1



5 060412 580151

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RED CABBAGE

Product of U.K. **£1.39**

5 a day WASH BEFORE USE QUANTITY 1

Class 1



5 060412 580151

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SPANISH ONION

PRODUCT OF SPAIN **£1.29**

QUANTITY 2

Class 1



5 060412 580762

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Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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RED ONION

Product of HOLLAND **£0.99**

QUANTITY 2

Class 1



5 060412 580601

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Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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SHALLOT ONION

Product of HOLLAND **0.99p**

5 a day QUANTITY 300g

Class 1



5 060412 581059

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Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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SPANISH ONION

PRODUCT OF SPAIN **£1.29**

QUANTITY 2

Class 1



5 060412 580762

Tel: 020 5538 875 • Mob: 0797 88790
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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BABY SPINACH

Product of ITALY **£1.99**

Wash Before Use QUANTITY 200g

Class 1



5 060412 580779

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SPRING GREEN

Product of U.K. **£1.39**

5 a day WASH BEFORE USE QUANTITY 1

Class 1



5 060412 580922

Tel: 020 5538 875 • Mob: 0797 88790
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1st Fresh Foods LTD Freshness at its best
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SPROUTS & PARSNIPS

Product of U.K. **£1.29**

5 a day QUANTITY 1

Class 1



5 060412 580991

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Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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SPROUTS

Product of U.K.

0.99p

5 a day

QUANTITY 200g

Class 1

5 060412 580793

Tel: 020 5538 675 • Mob: 0797 88720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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STEW PACK

Product of U.K.

£1.69

5 a day

QUANTITY 1

Class 1

5 060412 580823

Tel: 020 5538 675 • Mob: 0797 88720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
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STRAWBERRIES

Product of BELGIUM

£2.49

QUANTITY 400g

Class 1

5 060412 580816

Tel: 020 5538 675 • Mob: 0797 88720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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STRAWBERRIES

Product of SPAIN

£1.99

QUANTITY 250g

Class 1

5 060412 580809

Tel: 020 5538 675 • Mob: 0797 88720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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STRAWBERRIES

Product of SPAIN

£1.49

QUANTITY 200g

Class 1

5 060412 581158

Tel: 020 5538 675 • Mob: 0797 88720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
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SUGAR SNAP PEAS

Product of EGYPT

£1.99

QUANTITY 150g

Class 1

5 060412 580830

Tel: 020 5538 675 • Mob: 0797 88720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

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SWEDES

Product of U.K.

£1.29

5 a day

QUANTITY 1

Class 1

5 060412 580854

Tel: 020 5538 675 • Mob: 0797 88720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

SWEET CORN

Product of U.K.

£1.49

QUANTITY 2

Class 1

5 060412 580953

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SWEET POTATOS

Product of U.S.A

£1.49

QUANTITY 2

Class 1

5 060412 580939

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Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

**PLUM TOMATOES
ON THE VINE**

Product of
BELGIUM

£1.49

QUANTITY
3

Class 1

5 060412 580908

Tel: 020 5538 675 • Mob: 0797 83720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

TOMATO

Product of
SPAIN

£1.29

QUANTITY
4

Class 1

5 060412 580915

Tel: 020 5538 675 • Mob: 0797 83720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

TOMATOES MIX

Product of
SPAIN

£1.49

QUANTITY
300g

Class 1

5 060412 581158

Tel: 020 5538 675 • Mob: 0797 83720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

VINE TOMATO

Product of
HOLLAND

1.49p

QUANTITY
3

Class 1

5 060412 580908

Tel: 020 5538 675 • Mob: 0797 83720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

WHITE CABBAGE

Product of
U.K

0.99p

QUANTITY
1

Class 1

5 060412 580168

Tel: 020 5538 675 • Mob: 0797 83720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1st Fresh Foods LTD Freshness at its best
Specialists in pre-packed fruits & vegetables

WHITE CABBAGE

Product of
U.K

£1.39

QUANTITY
1

Class 1

5 060412 580168

Tel: 020 5538 675 • Mob: 0797 83720
Web: www.1stfreshfoods.com • Email: info@1stfreshfoods.com

1ST FRESH FOODS LTD
**WATER MELON
SLICE**

£1.29

5 060412 580502

1ST FRESH FOODS LTD
POMEGRANATE

£1.49

5 060412 580687

1ST FRESH FOODS LTD
PINEAPPLE

£1.99

5 060412 580663

1ST FRESH FOODS LTD
TOFFEE APPLE

£1.29

5 060412 581141

1ST FRESH FOODS LTD
PLUMS

£1.99

5 060412 580670

1ST FRESH FOODS LTD
PEACHES

£1.99

5 060412 580632

1ST FRESH FOODS LTD
CHOCOLATE APPLE

£1.29

5 060412 581141

1ST FRESH FOODS LTD
MUSHROOM

£1.39

5 060412 580557

1ST FRESH FOODS LTD
NECTARINE

£1.99

5 060412 580564

1ST FRESH FOODS LTD
RADISH

£1.29

5 060412 580724

ST FRESH FOODS LTD
PAPAYA



£1.99

1ST FRESH FOODS LTD
GREEN JALAPENO



£1.29

ST FRESH FOODS LTD
APRICOT



£1.99

1ST FRESH FOODS LTD
COOKED BEETROOT

0.99p



1ST FRESH FOODS LTD
BUTTERNUT SQUASH



£1.49

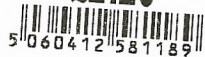
ST FRESH FOODS LTD
HERRY ON THE VINE



£1.99

1ST FRESH FOODS LTD
CORN ON THE COB

£2.29



1ST FRESH FOODS LTD
DATES



0.99p

1ST FRESH FOODS LTD
FINE BEANS

£1.99



ST FRESH FOODS LTD
GALLIA MELON



£1.49

1ST FRESH FOODS LTD
GALLIA MELON

£1.99



1ST FRESH FOODS LTD
GARLIC



£1.39

1ST FRESH FOODS LTD
SUGARSNAP PEAS



£1.99

1ST FRESH FOODS LTD
GRAPES

£2.49



1ST FRESH FOODS LTD
HALLOWEEN PUMPKIN



£2.49

1ST FRESH FOODS LTD
KIWI FRUIT



£1.99

1ST FRESH FOODS LTD
MANGO



£1.49

1ST FRESH FOODS LTD
MANGO



£0.99