

## **Food Cupboard**

Heinz beanz 415g - single	€ 1.30	6pk	€ 7.20
Branston beans 410g - single	€ 1.20	4pk	€ 4.40
Campo Largo baked beans 420g			€ 1.00
Heinz beanz & sausages 415g			€ 2.20
Heinz barbecue, chilli, or curry beanz 390g			€ 1.80
Heinz five beanz 415g			€ 2.00
Heinz Weight-Watchers beanz 415g			€ 1.50
Canned red kidney beans 420g			€ 1.00
Italian chick peas, beans & lentils 400g can			€ 1.00
Napolina five bean salad 400g			€ 2.50
Smedley mushy / marrowfat peas 300g can			€ 1.00
Freshona garden peas 410g			€ 1.00
Batchelor's dried marrowfat peas 250g			€ 1.20
Freshona canned plum tomatoes 400g			€ 1.00
Freshona tomato puree tube 200g			€ 1.50
Freshona peeled potatoes 560g			€ 1.00
Freshona sweet corn 340g			€ 1.00
Freshona button mushrooms 290g			€ 1.00
Canned green beans 400g			€ 1.20
Heinz spaghetti 400g			€ 1.20
Heinz mac cheese, spag Bol, ravioli 400g			€ 2.00
Goose fat 320g	€ 4.00	Duck fat 320g	€ 3.50
Fry Light olive oil spray	€ 4.50	sunflower	€ 3.50
Atora suet original and light 200g			€ 2.70
OXO cubes 12pk	€ 2.50	24pk	€ 4.00
Bovril cubes 24pk			€ 2.50
Knorr stockpots & gravypots 4s			€ 2.20
Bisto granules, beef, chicken, or veg 170g			€ 2.20
Goldenfry granules, beef or chicken 170g			€ 2.00
Bisto gravy powder 454g			€ 4.00
Cornflour 250g			€ 1.60
Goldenfry batter & dumpling mixes			€ 1.20
Aunt Bessie's stuffing 280g			€ 4.00
Paxo stuffing 85g	€ 2.00	380g	€ 4.50
Sainsbury's stuffing 130g, many varieties			€ 2.20
Colman's packet sauces and casseroles			€ 1.50
Bisto granules, cheese, parsley, curry 300g			€ 3.50
Maggi seasoning sachets 47g			€ 1.50
Great Scot scotch broth mix 500g			€ 2.00
Great Scot pearl barley 500g			€ 2.00

## **Soup**

Heinz canned soups 400g			€ 1.60
Heinz canned big soups 400g			€ 2.00
Baxter's canned soups 400g			€ 1.80
Crosse & Blackwell canned soups 400g			€ 1.40
Batchelor's condensed canned soups 295g			€ 1.70
Batchelors cup-a-soup 4-pk			€ 1.70
Ainsley's cup soup 3-4pk			€ 2.20
Knorr simmer soup packet			€ 1.50

## **Meat & Fish**

Corned beef large can 340g			€ 4.00
Princes cured ham 325g			€ 4.00
Spam 340g			€ 3.50
Fray Bentos pies			€ 3.50
Fray Bentos steak & kidney puddings			
	small €3.50	large	€ 4.50
Canned steak in gravy or			
steak & kidney in gravy 400g			€ 4.00
Minced beef & onions in gravy 400g			€ 2.50

Chicken in white sauce 400g			€ 2.50
Prince's pilchards 155g	€ 1.50	425g	€ 3.00
Tuna chunks in brine, sunflower oil or spring water			
Single 160g cans	€ 1.80	4pk	€ 7.00
Pink salmon 213g	€ 3.00	418g	€ 4.50
John West red salmon 213g			€ 4.50
Prince's cod roe 200g			€ 3.50
John West mackerel in tomato or oil 125g			€ 1.80
John West sardines in tomato or oil 125g			€ 1.80
Prince's pink crab meat 170g			€ 2.80
John West dressed crab 43g			€ 3.00
Prince's kippers 190g			€ 3.50
Anchovy fillets 50g			€ 1.50
Pickled mussels 155g jar	€ 2.50	Cockles	€ 3.50

## **Spreads & Preserves**

Heinz sandwich spread 270g			€ 2.70
Sun-Pat peanut butter 340 g			€ 3.50
Marmite 250g			€ 4.50
Prince's meat/fish pastes, various 75g			€ 1.20
Cadbury's chocolate spread 400g			€ 4.50
Gales lemon curd 410g			€ 2.50
Duerr's marmalade 454g thick & thin cut			€ 3.00
Golden/Silver Shred marmalade 454g			€ 3.00
Roses marmalade, various 454g			€ 3.50
Frank Cooper Oxford marmalade 454g			€ 3.50
Hartley's jams 340g			€ 2.50
Stute diabetic jams / marmalade 430g			€ 3.00

## **Condiments and Pickles**

HP brown sauce 450g			€ 3.30
Daddie's brown sce & tomato ketchup 400g			€ 2.80
Heinz tomato ketchup 400ml			€ 3.30
Heinz salad cream 460g			€ 3.30
Hellman's mayonnaise squeezey 430ml			€ 3.00
Branston pickle 360g			€ 3.00
Baxter's chutneys 312g			€ 2.50
Baxter's mint or redcurrant jelly 210g			€ 2.50
Colman's mustard 100g jar			€ 2.50
Colman's mustard powder 57g tin			€ 3.50
Colman's mint, tartare, bramley apple, seafood, horseradish, & cranberry sauces 250ml			€ 2.20
Lea & Perrin's Worcester sauce 290ml			€ 4.00
Henderson's relish 284ml			€ 4.00
Tabasco sauce 57ml			€ 3.50
Malt vinegar pint bottle	€ 1.00	5L carton	€ 7.00
Distilled vinegar pint bottle	€ 2.00	5L carton	€ 7.00
Hayward's piccalilli 280g			€ 2.50
Berton's piccalilli 439g			€ 3.00
Mrs Elswood pickled cucumbers 670g			€ 2.50
Various traditional pickled onions including silverskin and shallots		from	€ 1.80
Baxter's pickled beetroot – baby beets, crinkle-cut or sliced 455g			€ 2.50
Heinz pickled red cabbage 440g			€ 2.50
Pickled eggs 340g			€ 3.00
Lo salt 350g			€ 3.00
Saxa black or white ground pepper			€ 1.50
Salt, black pepper and herb-mix grinders			€ 2.20

## Home Baking, Cakes & Desserts

Robertson's mincemeat 454g	€ 3.00
Currants and raisins 500g	€ 3.00
Sultanas, mixed dried fruit 500g	€ 2.50
Mixed peel 200g € 2.50	Glace cherries 200g € 3.50
BeRo plain & self-raising flour 1kg	€ 2.50
Belbake wholemeal & strong white flour 1kg	€ 2.00
Hovis and Allinson speciality flours	from € 2.50
Allinson's easy-bake yeast 42g	€ 2.00
Tate Lyle brown sugars 500g	€ 2.50
Tate Lyle icing sugar 500g	€ 2.00
Tate Lyle caster sugar 500g	€ 1.50
Lyle's golden syrup 454g	€ 2.50
Lyle's black treacle 454g	€ 2.50
Carnation caramel 397g	€ 3.00
Aunt Bessie's shortcrust pastry mix 500g	€ 2.50
Betty Crocker cake mixes	€ 3.50
Jamaica ginger cake, golden syrup cake	€ 2.50
Soreen malt loaf	€ 2.50
Green's dessert mixes	from € 2.00
Bird's custard powder 300g	€ 2.50
Ambrosia rice pudding 400g	€ 1.70
Ambrosia Devon custard 400g	€ 1.70
Hartley's jellies 135g	€ 1.20
Canned fruit fillings 395g	€ 2.50
Various canned fruits including rhubarb, pineapple, gooseberries, mandarins, grapefruit	€ 1.20 - € 2.70
Various steamed puddings 2pk	€ 2.80

## World Foods

Patak's curry sauces 450g	€ 3.00
Patak's curry pastes and pickles 283g	€ 3.50
Tilda and other microwave rices 250g	€ 2.50
Geeta's Indian chutneys 320g	€ 3.00
Kanpur Garden mango chutney 370g	€ 2.20
Sharwood's mango chutney 360g	€ 4.00
Sharwood's cooking sauces 425g	€ 3.00
Uncle Ben's cooking sauces 450g	€ 3.00
Coconut milk large can 400ml	€ 1.80
Canned bamboo shoots 225g	€ 2.00
Water chestnuts 225g	€ 2.50
Beansprouts 410g	€ 2.00
Blue Dragon & Amoy stir-fry sauces 120g	€ 1.50
Flava-It marinade sachets 45g	€ 1.50
Chopped chilli, garlic & ginger 220g	€ 1.80
Blue dragon dried egg noodles 200g	€ 2.50
Amoy straight-to-wok noodles 2 x 150g	€ 2.50
Blue Dragon dark & light soy sauces 150ml	€ 2.50
Blue Dragon sweet chilli dipping sauce 380g	€ 3.00
Encona hot pepper sauce 142ml	€ 2.80
Old El Paso jalapenos 215g jar	€ 2.80
Chilli con carne cooking sauce 500g	€ 2.50
Anisley's packet flavoured cous cous 100g	€ 1.50
Pita breads, plain or wholemeal 6pk	€ 1.50
Naan breads 2pk	€ 2.00
Tortilla wraps, plain or wholemeal 8pk	€ 2.00
Chicken Tonight sauces 500g	€ 2.50
Napolina pasta bake sauces 445g	€ 2.50
Sacla pesto 190g	€ 3.00
Napolina 4 mini pizza bases	€ 2.80
Napolina grated Parmesan 80g	€ 2.50
Italian filled pasta 250g	€ 3.00

## Confectionary

Single Chocolate bars – Mars, Wispa, Flake, Crunchie, Twirl, Lion, and many more	€ 1.00
Chocolate bar multi-packs	from € 2.00
Dairy milk, Caramel and other big bars 200g	€ 3.00
Aero bars 100g	€ 2.00
Bassetts liquorice allsorts, jelly babies, Maynards wine gums, fruit pastilles 130g	€ 2.00
Tucker's fudge, butterscotch & liquorice toffee	€ 1.50
Pick & Mix selection per 100g	€ 1.00
Jakeman's throat & chest 100g	€ 1.50
Fisherman's Friend	€ 1.00

## Crisps & Snacks

Walkers single packs – crisps, French fries & quavers	€ 0.80
Walker's variety six-packs	€ 3.00
Kettle chips, many varieties 150g	€ 2.50
Guinness crisps original or chilli beef 140g	€ 2.50
Butterkist popcorn 100g	€ 1.50
Butterkist microwave popcorn 3 x 70g	€ 2.50
Twiglets, sharing pack € 2.50	6pk € 3.00
Cofresh bombay mix & balti mix 200g	€ 2.50
Pringles, small 40g € 1.00	large 175g € 2.50
Fish & chips, sharing pack	€ 2.00
Mini Cheddars, sharing pack € 2.50	7pk € 3.00
Deluxe vegetable crisps 100g	€ 2.50
KP dry-roasted peanuts 70g	€ 1.50
Pot Noodles many flavours 90g	€ 1.70
Batchelors super rice 120g	€ 1.20
Batchelor's super noodles 100g	€ 1.20
Batchelor's super pasta 'n' sauce 110g	€ 1.20

## Biscuits

Jacobs cream crackers 300g	€ 2.50
Tower Gate cream crackers 300g	€ 1.50
Jacobs selection for cheese 250g	€ 3.50
Ritz crackers 200g	€ 3.00
Ryvita original & dark rye	€ 2.50
Ryvita varieties & Ryvita thins 125g	€ 3.00
Water biscuits	€ 1.80
Scottish oatcakes 300g	€ 1.80
Club biscuits, orange or mint 8pk	€ 1.80
Fox's Rocky chocolate or caramel 8pk	€ 1.80
Cadbury chocolate fingers 114g	€ 1.50
Chocolate digestives, milk or dark 400g	€ 2.00
McVitie's jaffa cakes 12pk	€ 2.00
All-butter shortbread fingers 210g	€ 2.00
Weight Watchers' cookies, 3 varieties 114g	€ 2.00
Traditional biscuit varieties – digestives, gingernuts, bourbons, custard creams, rich tea, jam & cream, malted milk, oaties, fruit shorties, chocolate chip cookies	€ 1.20

## **Breakfast Cereals & Bars**

Shredded wheat 10pk	€ 2.50
Shredded wheat bitesize 500g	€ 4.00
Shreddies 750g	€ 5.00
Kellogg's cornflakes 750g	€ 5.50
Kellogg's crunchy nut cornflakes 375g	€ 4.00
Kellogg's rice krispies 340g	€ 4.00
Kellogg's special K varieties 300g	€ 4.00
Jordan's crunchy oat granola 500g	€ 5.00
Jordan's muesli 620g & country crisp 500g	€ 4.50
Alpen original & no added sugar 560-750g	€ 5.00
Weetabix 12pk € 2.00 24pk € 4.00 36pk	€ 5.50
Weetabix golden syrup / chocolate 24pk	€ 4.50
Weetabix crispy minis 600g various	€ 4.00
Weetabix weetaflakes 375g	€ 3.00
Heritage wheat biscuits 24pk	€ 3.00
Kellogg's branflakes 500g	€ 4.00
Heritage fruit & fibre 500g	€ 3.50
Oat-so-simple original, golden syrup, variety	€ 4.00
Porridge oats 500g	€ 1.50
Readybrek original 250g € 2.00 450g	€ 3.00
Alpen bars – singles	€ 0.80
Nature Valley bars – 10pk	€ 3.00

## **Tea & Hot Drinks**

PG Tips 160s	€ 7.00	240s	€ 9.00
Tetley tea 80s	€ 4.00	240s	€ 8.00
Tetley decaf 80s			€ 4.00
Tetley Earl Grey 50s			€ 3.50
Typhoo 80s	€ 4.00	240s	€ 8.00
Yorkshire tea 80s			€ 4.00
Yorkshire leaf tea original & gold 250g			€ 4.50
Twining's fruit & speciality tea bags 20s-25s			€ 3.50
Ovaltine 300g			€ 4.50
Horlicks light large tub 500g			€ 8.00
Options drinking chocolate, various 220g			€ 4.50
Malteser & Galaxy drinking chocolates			€ 3.50
Cadbury drinking chocolate 250g			€ 3.00
Bournville cocoa powder 125g			€ 3.00
Coffee-Mate 500g			€ 4.50
Kenco coffee, rich, smooth, or decaff 100g			€ 5.50
Kenco coffee, rich, or smooth 200g			€ 9.00

## **Cold Drinks**

Heritage 1L mixers – tonic water, soda, dry ginger, bitter lemon, including slimlines	€ 1.50
Schweppes 1L mixers – tonic, soda, Canada dry, including slimlines	€ 2.50
Schweppes 2L lemonade & diet lemonade	€ 2.50
Dandelion & burdock, bitter shandy 500ml	€ 1.20
Old Jamaica ginger beer 330ml cans	€ 1.20
Old Jamaica ginger beer 330ml 6pk	€ 6.00
Coca-cola & lite single cans 330ml	€ 1.00
Coca-cola & lite cans 30pk	€ 18.00
Large bottles Coke, Pepsi, Fanta	€ 1.80-€ 2.50
Lucozade 380ml	€ 1.50
1L	€ 2.50

J2O bottles 275ml 4pk	€ 4.40
Robinson's fruit squash, many flavours 1L	€ 2.50
Robinson's double conc. squash 1.25L	€ 5.00
Bottle Green cordials 500ml	€ 4.00
Bottle Green sparkling 750ml	€ 3.50
Lime cordial 1L	€ 2.00
Robinson's lime cordial	€ 4.00
Ribena original & no-added-sugar 850ml	€ 4.50
Pure fruit juice cartons 1L, various	€ 2.50
Cranberry juice drink 1L	€ 2.50

## **Beers Wines & Spirits**

Large selection of British 500ml bottled real ales, stouts & ciders from many brewers	€ 3.00
Abbott, Old Speckled Hen, John Smiths cans	€ 2.00
Boddington's cans 440ml	€ 2.00
12pk	€ 20.00
Draught Guinness cans 440ml	€ 2.50
8pk	€ 17.50
Strongbow cider 440ml	€ 1.50
12pk	€ 15.00
French, Italian & Australian wines 70 cl from	€ 4.00
French sparkling wine, medium or dry	€ 2.50
Hardy's or Stowell's 3L wine box	€ 18.00
Porto Aguila port 70cl	€ 10.50
Various sherries 70cl & 1L	from € 10.00
Stone's ginger wine 70cl	€ 11.00
Budget spirits – vodka, gin, brandy, rum, scotch whisky, bourbon 70cl	from € 10.50
Top branded spirits 70cl	from € 15.00

## **Pet Foods**

Pedigree cans – gravy, jelly, loaf 400g 6pk	€ 6.00
Pedigree vital biscuit 3kg	€ 8.00
Pedigree treats - tasty bites, dentasticks, markies, gravy bones, milky bones, jumbones	€ 2.50
Winalot bonios 650g & shapes 800g	€ 3.00
Baker's complete 1kg	€ 4.50
5kg	€ 14.50
Webbox chub roll, chicken, rabbit, beef 800g	each € 2.00
3 for	€ 5.00
Caesar trays 150g	€ 1.00
Misfits dog chews	€ 2.50
Whiskas cans 390g 6pk meat in jelly, Fish in jelly, or supermeat	€ 7.00
Whiskas pouches 12pk many varieties – jelly, gravy, bite & chew, braised, steamed	€ 5.50
Whiskas complete biscuit 825g	€ 3.50
Whiskas temptations 60g	€ 1.80
Sheba pouches 12pk	€ 7.00
Felix cans 400g 12pk	€ 12.00
Felix pouches 12pk	€ 5.50
Felix as good as it looks pouches 12pk	€ 6.50
Felix goody bags 60g	€ 1.80
Dreamies treats 60g	€ 1.80
Gourmet mon petit pouches 6x50g	€ 2.50
Go-Cat complete biscuit 825g	€ 3.50

### Health & Beauty

Anadin, Nurofen	€ 2.50
Paracetamol, aspirin, ibuprofen 16pk	€ 1.00
Alka Seltzer, Gaviscon, Rennies	€ 2.50
Savlon & Germolene antiseptic creams 30g	€ 3.00
Tea-tree oil antiseptic cream 25g	€ 3.00
Care ibuprofen gel 100g	€ 3.00
Multivitamins and various supplements	€ 2.50
Lemsip 5pk & cough linctus	€ 3.00
TCP liquid 100ml	€ 4.00
Colgate toothpaste 125ml	€ 2.00
Steradent 30 tablets	€ 2.50
Listerine mouth wash 250ml € 3.00 500ml	€ 5.00
Sure, Right Guard and other deodorants	€ 2.50
Radox, Dove and Imperial Leather bath and shower products, huge range	€ 2.50
Lynx shower gels 250ml	€ 3.00
Tresemme shampoos & conditioners 500ml	€ 5.00
Alberto Balsam shampoos & conditioners	€ 2.50
Insette hair spray 300ml	€ 3.00
Andrex toilet tissue 4pk € 3.00 9pk	€ 6.00

### Cleaning, Laundry & Household

Persil bio, non-bio & colours liquid 25wash	€10.50
Persil 20 washing capsules	€ 8.50
Persil non-bio liquid 5 litre 67 wash	€18.00
Surf bio liquid 5 litre 67 wash	€18.00
Comfort fabric softener 750ml € 3.00 5 litre	€ 6.00
Lenor fabric softener 1.1L	€ 4.50
Fairy fabric softener 1.1 L	€ 5.00
Vanish stain-removal spray 400ml	€ 4.50
Vanish in-wash stain-removal liquid 1L	€ 3.50
Calgon tablets 15pk	€ 7.50
Soda crystals 1kg	€ 2.50
Febreze fabric spray 500ml	€ 4.00
Fairy dish washing liquid 383ml	€ 2.00
Finish dishwasher cleaner	€ 3.50
Flash floor cleaner 600ml	€ 3.50
Domestos bleach 2L	€ 3.00
Domestos spray bleach 750ml	€ 2.50
Zoflora 3-in-1 disinfectant 56ml	€ 2.00
Dettol original liquid 500ml	€ 4.50
Dettol cleaning wipes 36pk	€ 2.50
Cif, Dettol, Flash & Cillit Bang kitchen, bathroom & multipurpose sprays	€ 2.50 - € 3.50
Pledge & Mr Sheen furniture polish 250ml	€ 2.50
Air-freshener and automatic refill sprays	€ 2.50
Vapona fly spray 250ml	€ 3.00
Cleaning cloths, scourers, brushes, etc from	€ 1.00
Light bulbs, screw & bayonet fittings	€ 1.20
Panasonic batteries AAA, AA, C, D, & 9v	€ 1.50

### Chilled & Fresh

Britannia dripping 250g	€ 1.50
Lard 250g	€ 1.20
Anchor butter 250g € 2.50 500g	€ 5.00
Creamery salted butter 250g	€ 2.00
Clover 500g	€ 3.00
Wide range of British and continental cheeses – mature Cheddars, Stilton, Wensleydale, Mexicana, Applewood, Bavarian, and many more from	€ 3.00
Home-made onion bhajis, samosas, each	€ 1.00
Home-made pies and pasties, each from	€ 2.00
Fresh seasonal vegetables – parsnips, swede and Bramley apples when available.	
Smoked and unsmoked back bacon	€ 3.00 - € 3.50
Black pudding	€ 3.00

### Frozen

Frozen vegetables, pizzas, chips and ice cream now in stock.

Massive range of bread and morning goods, fish, pies, desserts and much, much more available from December.

### Christmas Specials

Now in stock...

Tubs of Celebrations, Heroes, Roses, and Quality Street	€10.00
Mince pies 12pk	€ 3.00
Christmas puddings	
Christmas cakes	
Huge range of biscuits, sweets and chocolates.	

Coming soon - Crackers, decorations, wrapping paper, cards and much more, available through December.

**We are happy to take orders and reserve goods for you, or arrange to deliver locally. Email us on [greengibble@gmail.com](mailto:greengibble@gmail.com), or call 6957 301760 to place an order. Coming soon – weekly deliveries to Chania and Rethymno areas.**

**This is just a selection of what we sell and have new lines arriving regularly. If you haven't found what you require, please ask. If we don't have it we will try to get it for you.**

**Keep in touch through facebook and our website, [greengibble.co.uk](http://greengibble.co.uk) where you can sign up for our regular newsletter.**