

# KITCHEN ESSENTIALS

---

## Fruit/Vegetables/Herbs

- Raspberries
- Strawberries
- Lime
- Avocado
- Tomato
- Mushrooms
- Courgettes
- Cauliflower
- Green beans
- Broccoli
- Asparagus
- Onion
- Baby Spinach
- Coleslaw
- Sugar Snap Peas
- Yellow Pepper
- Mixed Leaves
- Fresh Chives
- Fresh Parsley
- Garlic
- Head of Lettuce

## Nuts & Seeds

- Mixed nuts
- Flaked almonds
- Hazelnuts
- Pecan nuts
- Walnuts
- Pumpkin seeds
- Sunflower seeds

## Dairy

- Greek Yogurt
- Parmesan
- Goat's Cheese
- Cheddar Cheese
- Buffalo Mozzarella
- Fresh Cream
- Eggs
- Cream Cheese
- Kerrygold
- Shredded Mozzarella Cheese
- Full Fat Philadelphia
- Garlic & Herb Cream Cheese

## Meat/Fish

- King Prawns
- Salmon Fillet
- Ham
- Chicken Breast
- Rib Eye Steaks
- Organic Mince Beef
- Unsmoked Rashes
- Italian Sausage
- Haddock Fillets
- Trout Fillets

## Canned Good & Sundries

- Dark Chocolate >80%
- Passata
- Extra Virgin Olive Oil
- Balsamic Vinegar
- Paprika
- Green Curry Paste
- Dijon Mustard
- Ketchup (reduced sugar)
- Cayenne
- Coconut Cream
- Jalapenos
- White Wine Vinegar
- Tomato Sauce - Unsweetened
- Dried Oregano
- Stock Cubes
- Ground Coffee
- Cinnamon
- Appled Cider Vinegar
- Siracha Sauce
- Chillies