

FRESHA OPTIONS

FRUIT & VEG

Your needs and preferences are important to us

Your assistance to enable us to tailor our service to suit your individual family is greatly appreciated.

We endeavour to provide high quality, fresh fruit and vegetables for your family, with the convenience of delivery to your door helping you to save both time and money.

Please take the time to fill in this customer preference sheet (both sides) and place it in your empty box for us to collect at your next delivery so that we can provide you with fruit and vegetables to suit your needs. Alternatively, please fax the form to us on 43847835.

A \$37 box of fruit and vegetables contains between 15 and 17 different varieties of fresh fruit and vegetables. This is made up of 10 standard varieties provided each time you get a box and 5 to 7 other varieties of fruit and vegetables depending on market price, availability and what is in season.

Please **CROSS OUT** the varieties your family **DO NOT EAT** and suggest an alternative your family eat regularly and we will endeavour to supply it for you. If your family usually eat more or less of any variety, state the quantity you would prefer to receive.

Each standard \$37 box of fresh fruit and vegetables contains all of these listed varieties in the quantities stated:

VARIETY SUPPLIED	QUANTITY SUPPLIED	QUANTITY YOU WOULD PREFER IN YOUR BOX	SUBSTITUTE (IF YOU DO NOT EAT A VARIETY)
POTATOES	1.5 KG – 2 KG		
ONIONS	3 – 4 MEDIUM		
PUMPKIN	1 KG		
CARROTS	600 - 700 GM		
BROCCOLI	1 HEAD		
TOMATOES	500 – 600 GM		
ORANGES	4 – 6		
GREEN APPLES	4 - 6		
RED APPLES	4 - 6		
BANANAS	1 KG		

NAME:

ADDRESS:

PHONE: MOBILE:

FAX: EMAIL:

Each \$37 box of fruit and vegetables also contains 5-7 varieties (selected by us depending on what is in season) of the following. Please **CROSS OUT** the varieties your family **DO NOT EAT** and name a substitute.

VARIETY	SUBSTITUTE	VARIETY	SUBSTITUTE
ASIAN VEGETABLE		APRICOT	
ASPARAGUS		AVOCADO	
BEANS		CHERRIES	
BUTTON SQUASH		GRAPES RED	
BRUSSEL SPROUTS		GRAPES WHITE	
CABBAGE		HONEYDEW	
CAPSICUM – GREEN		KIWI FRUIT	
CAPSICUM – RED		LEMONS	
CAULIFLOWER		MANDARINS	
CELERY		MANGOS	
CHOKO		NECTARINES	
CORN		PASSIONFRUIT	
CUCUMBER		PEACHES	
LEEK		PEARS	
LETTUCE ICEBURG		PINEAPPLE	
LETTUCE, OTHER VARIETIES		PLUMS	
MUSHROOM		ROCKMELON	
SHALLOTS		STRAWBERRIES	
SNOW PEAS		WATERMELON	
SPANISH ONION			
SPINACH		HERBS	
SPRING ONIONS		GARLIC	
SWEET POTATO			
ZUCCHINI			

Ask us about any other varieties not listed above.

Our aim is to supply you with high quality, market fresh fruit and vegetables, tailoring our service to suit your household.

We can supply bulk bags and boxes of fruit and vegetables with any regular delivery.....we are happy to discuss your needs and give you a quote.

We can also supply fresh **FREE RANGE** eggs for \$5.00 per dozen with any delivery of fruit and veg.

PLEASE PHONE GLEN OR STACEY IF YOU NEED ANY FURTHER INFORMATION

Phone/Fax 43847835