

Sussex Heights Friday Food Delivery Information

How It Works

Every Thursday you can call up any of the suppliers below before 2pm (as many as you need), place your orders and pay for them by card.

When you order, simply tell them you are part of the **Sussex Heights Friday Delivery group** and ask them to put your name and flat number on your packages to avoid confusion.

The next day, Friday, the suppliers will make one delivery to Sussex Heights with all of our separate orders, packaged individually. Our lovely volunteers will then bring the packages up to you if you are unable to collect them yourselves.

This is with the exception of **MEAT** and **FISH**; these will be delivered straight to your door so please ensure that you or a neighbour is at home to receive it as it will need immediate refrigeration. If a neighbour has agreed to take your delivery please place a note on your door explaining this to the delivery person.

Please note that ordering and payment are your own responsibility and if you have any problems or queries about the products you should contact the supplier directly.

This information can also be found online at www.sussexheights.co.uk/food

Suppliers

Rog-Man Butchers 01273 778786

No product list available. Just ring before 2pm, tell them what you want or ask their advice.

They will then get it for you from the meat market.

Arkwright's Deli 01273 552740

Fresh bread, deli meats and cheeses, fresh vegetables, pastries, juices, tea, coffee, wines and spirits, pickles, sauces, jams and oils, biscuits and pasta. ...incredibly well stocked, too much to list here. Best thing to do is call and ask for what you want.

Wine Barrel 01273 770732

Wine, beer, draft cider and the usual off license offerings.

Hove Fish Hut/ Fish Galore 017412 118115 OR 01273 323216

ORDER ON THURSDAY BEFORE 2PM FOR DELIVERY ON FRIDAY

This list contains our most popular products but if there is anything not showing that you would like then please ask.

Prices of large fresh fish are per kg or part thereof. We can cut this fish to portion sizes of your choosing.

Whole fish is cleaned, gutted and de-scaled.

(All products subject to availability)

PRICE LIST

FRESH FISH & SHELLFISH	£ Unit/weight
Bass Whole Farmed 600 - 800gms	6.00 each
Bass Whole Farmed 400 - 600gms	3.95 each
Bass Fillets Farmed (400 - 600gms fish)	2.50 each
Bream Whole Farmed	3.95 each
Clams Palourde	13.95 1kg Net
Cod Fillet	14.25 per Kg
Fish Pie Mix (Salmon, Cod, Sm. Salmon)	13.95 per Kg
Hake Fillet	13.50 per Kg
Mackerel Fillet s	3.20 2 pieces
Mackerel Whole	8.00 Kg
Monkfish	20.00 Kg
Mussels	4.25 Kg
Oysters	1.00 each
Raw Shell-On King Prawns	20.00 Kg
Salmon Fillet	16.00 Kg
Scallops	29.95 Kg
Trout (whole)	3.50 each
Tuna Loin (sashimi grade)	20.95 Kg

REFRIDGERATED PRODUCTS

Anchovies in oil	4.50 200g tub
Crab Meat (Brown Devon)	6.00 454g pack
Crab Meat (White, Blueswimmer)	13.95 454g pack
Crayfish	4.50 100g
Dressed Crab (Hand picked)	5.95 each (170g)
Peeled Prawns	2.50 100g pot
Rollmops x 2	3.00 each pot
Smoked Salmon	5.50 200g pack
Smoked Salmon	9.95 400g pack
Smoked Salmon Long Slice	21.00 1kg pack
Smoked Salmon D-cut	21.00 1kg pack

OTHER GROCERIES

(On behalf of a local veg supplier)

Fresh veg box containing potatoes, carrots, aubergine, peppers, mushrooms, cucumber, tomatoes and limes	7.00 per box
Additional potatoes	1.00 per kilo
Fruit box containing 4 each of apples, oranges and bananas	5.00 per box
Tray of 30 eggs	8.00 per tray