

**Truly fresh organic produce straight from the grower to your table : at truly affordable prices / Abel & Cole.**

**Contributors**

Abel & Cole.

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*With a loyal following of  
over 3000 customers,  
Abel & Cole is London's favourite  
organic home delivery service.  
So what is so special about us?*

#### **Super fresh**

Our produce comes straight from the farm  
and straight out to you - no central  
distribution delays or wasteful packaging.  
Taste the difference it makes!

#### **Affordable**

Very cost-effective compared to supermarkets  
and other home delivery companies.

#### **Convenient**

A flexible service that never places you  
under any obligation.

#### **Personalised**

Our weekly selections are tailored to your  
needs. We never send produce you dislike!

#### **Carefully selected**

We have strong relationships with a network  
of farmers in Britain and Europe, enabling us  
to bring you unrivalled quality at superb  
prices.

#### **Seasonal**

Our wonderful weekly selections will keep  
you in touch with the changing seasons:  
parsnips and clementines in winter;  
strawberries, salads and fresh herbs in the  
summer.

#### **Responsible**

We don't smother our produce in layers of  
packaging or fly it in from around the world.  
We maintain high levels of environmental  
and social responsibility in our business.

**Try us once and taste the difference!**

**TEL: 020 7737 3648**

Website: [www.abel-cole.co.uk](http://www.abel-cole.co.uk)

*Printed on recycled paper*

Truly fresh  
**ORGANIC** produce  
straight from the  
grower to your table



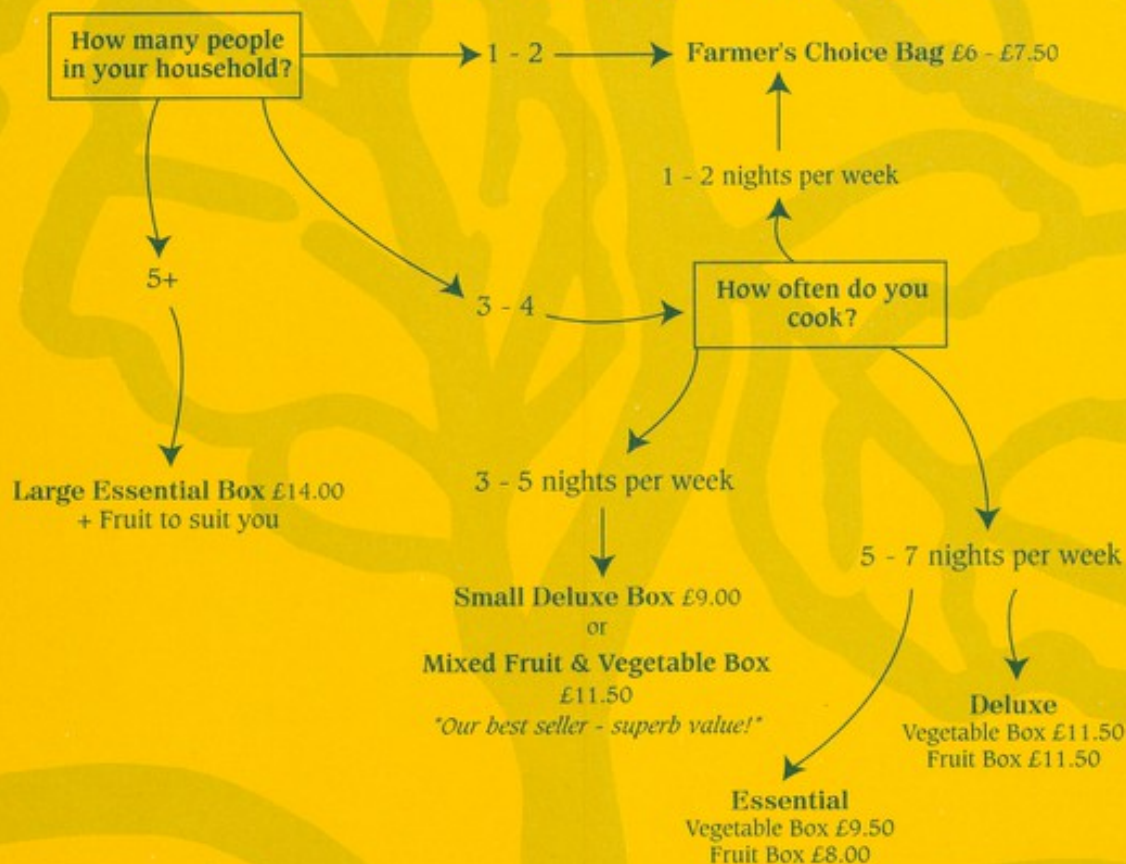
**At truly affordable prices**



- 100% organic home deliveries
- 
- Vegetables, fruits, meats & breads
- 
- Competitive prices
- 
- Free delivery
- 
- 80% British produce
- 
- 100% flexible - no commitment
- 
- Established 1988

## Fresh organic boxes

Weekly selections of the freshest seasonal produce, tailored to suit your household and delivered FREE to your door. Pick a box to suit you!



## Organic meats, breads and dairy goods

**From the bakery:** Freshly baked every day, our range of 100% organic breads includes wheat free and fruit loaves as well as a wide selection of wheat breads.

**From the butcher:** Delicious meats, all reared organically in the UK. Choose from an extensive range of chicken, lamb, beef and pork cuts as well as sausages, bacon and ham.

**From the dairy:** Semi skimmed and full cream organic milk and farmer Kit Barker's organic free range eggs

**Organic pantry goods:** Rock's fruit cordials, Suffolk apple juice, Llanlyr spring water, balsamic vinegar and extra virgin olive oil.

For full details of our range, please call us or visit our website

## How to order

1. Give us a call on 020 7737 3648. Tell us about your requirements and we will be glad to suggest products to suit you.
2. We will set up your order with you, take your address and delivery instructions, and tell you your delivery day.
3. We'll send you a letter of confirmation, giving your delivery driver's name and number.
4. Payment is by credit or debit card. We will ask you for these details when you call, but you will only be charged once your delivery is received.

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