Organic & seasonal, honest & ethical, free & easy Abel & Cole : free delivery straight to your door.

#### **Contributors**

Abel & Cole.

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Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org

# What makes us different?

# We offer outstanding service

No silly delivery charges, no need to be in when we deliver and if you call, you'll speak to a real person.

#### We support British farmers

We work with over 60 British farmers, bakers and producers - as well as some further afield (for Fairtrade bananas, coffee and chocolate).

## We work with the seasons

It makes sense (and tastes better) to eat strawberries in June and wonderful root vegetables in the winter. Seasonal variety is healthier for you and the planet!

# We are guided by our ethics

We give a fair deal to farmers, fundraise with local schools and insist on the highest levels of animal welfare. All things we've done for years.

### We look after the environment

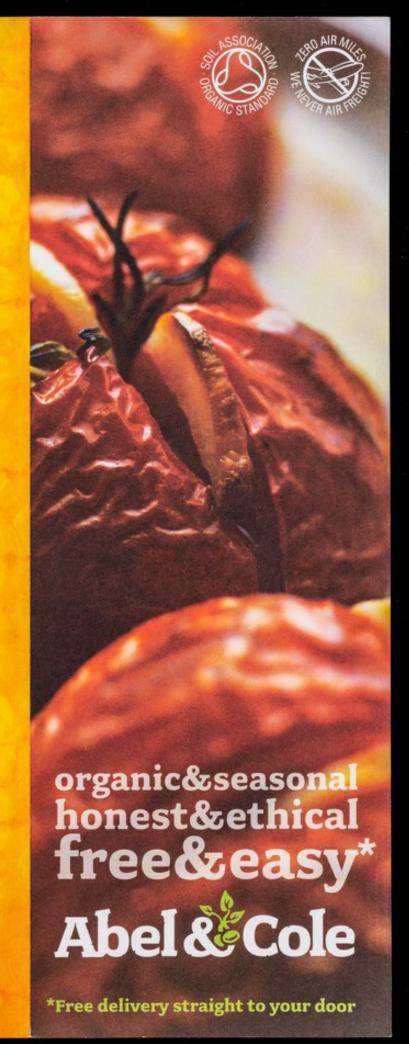
We re-use and recycle our packaging and we never air-freight anything. Ever.

#### www.abelandcole.co.uk 08452 62 62 62

We accept payment by credit or debit card.

Printed on paper from a sustainably managed source.





Pick your box

and don't forget... If you are bored of broccoli or sworn off swede, tell us what you don't want and we'll give you something elsel

It's for... Just a couple of us

Mixed organic box

£14.80

7 types of vegetable 4 types of fruit

Mv growing family...

Family mixed organic box

£22.00

Bigger portions & 10 types of vegetable 4 types of fruit

#### Someone with selective tastebuds

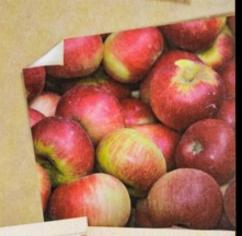
Other boxes to choose from include:

- a baby weaning box
- the deluxe chef's box - a small mixed box for 1

#### Add your firm favourites

Whether you always eat apples, constantly cook with courgettes or are bonkers about bananas, we've got over 60 different types of fruit, veg and herbs - so add your firm favourites to your regular order!

Select your weekly essentials Here's a taster of what we have on offer



#### Dairy & Eggs

Fresh organic milk from Guernsey cows 96p for 1ltr

Organic eggs 6 for £1.65

#### Bakery

Hand made by local bakers. Sliced white loaf from £1.50

#### Meat

Organic, award winning British meat. Beef mince (500g) £4.50

#### Fish

Fresh fish caught by small boats off the Cornish coast. Whole mackerel £3.90

#### Treats& **Tipples**

Organic chocolate, biscuits, wine, cider... Fine wines from £4.99, chocolate treats from 99p



#### Place your order

You can shop online at www.abelandcole.co.uk

or call us on

08452 62 62 62

We would be delighted to help you put together the order that is just right for you.

Abel & Cole
www.abelandcole.co.uk
08452 62 62 62

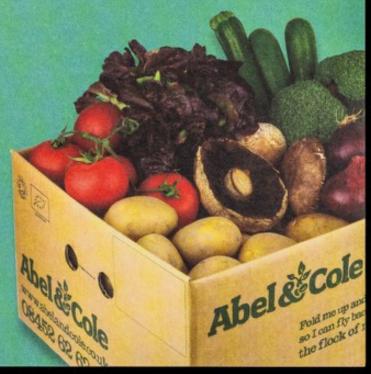
# Eat more UCES

# And get some for free!

Excellently fresh, seasonal, organic food

- Delivered to your door each week
- No need to be in when we deliver
- Great value for you and a fair deal for our farmers

It ticks all the right boxes...



# Abel & Cole

# Weekly inspiration to eat healthily ever after

There's a box to suit every household





- Get a FREE copy of our NEW cookbook (£1299 RRP) with your 1st delivery
- And your 4th seasonal set box for FREE (save up to £25.00)



Enter the code HELLO when you get to the checkout: www.abelandcole.co.uk

Order before Friday 12th October



#### Eat well, shop wisely, stay healthy

www.abelandcole.co.uk or call 08452 62 62 62



Min order just £10 Delivery only 99p