

BREAKFASTS	No.	LUNCHEs	No	FROM THE FRIDGE	No-
Bread - Brown		Tuna tinned		Butter - pack	
Bread - White		Mackerel tinned		Flora margarine	
Rolls - 6 pack brown		Soup tinned		Milk 2ltr, 1ltr full-fat	
Rolls - 6 pack white		Soup packet		Milk 2ltr, 1ltr semi-skimmed	
Pack Potato Scones		Pot Noodle		Orkney Mature Cheddar Cheese	
Pack Crumpets		Hellmans Mayonnaise		Eggs - from Rum Chickens	
Jam - assorted flavours		Salad Cream		Yogurts - assorted flavours	
Marmalade		Granovita pate		Ham - packs	
Peanut Butter		Nairns Oatcakes		Bacon - packs	
Marmite		Stockans thick oatcakes		Sausages - packs beef/pork	
Nutella		Ryvita		Beef Mince - packs	
Honey				Haggis	
Porridge Oats		I stock an extensive range of biscuits and cakes. As these can change weekly, please			
Cornflakes		contact me if you are after something specific.			
Weetabix					
Jordan's Granola cereal		<b>DINNER TIME</b>		<b>DINNER TIME</b>	
Tea Bags - box		Pasta		Coconut milk	
Instant Coffee - jar		Rice		Stir fry sauce - Peking lemon	
Cafetiere Coffee		Noodles		Stir fry sauce - sweet and sour	
Sugar		Spaghetti		Pataks curry paste - jar	
Coffee Mate		Cous cous		Pataks curry sauce - jar	
Marvel		Bachelors savoury rice		Olive oil	
Soya Milk		Cheezy Macaroni		Vegetable oil	
		Organic veggie sausage mix		Salt	
<b>ESSENTIALS</b>		Organic veggie burger mix		Pepper	
Washing up liquid		Organic falafel mix		Vinegar	
Scrubbers		Tinned tomatoes		Colemans mustard	
Firelighters		Tomato puree		Branston Pickle	
Kindling		Baked beans			
Wood		Curry in a can (!)		<b>PUDDINGS</b>	
Disposable BBQ		Tinned potatoes		Heinz pudding in a can	
		Tinned mushrooms		Tinned pineapple	
<b>TOILETRIES etc</b>		Tinned peas		Tinned peaches	
Loo roll		Tinned carrots		Tinned fruit cocktail	
Pain relief		Tinned sweetcorn		Ambrosia Devon Custard	
Tampax		Bean Sprouts		Angel Delight (chocolate)	
Shampoo		I keep some Ice Cream in the freezer. As my space is limited, please contact			
		me to see what's in stock as it is very popular.			
I have a broad selection of beers, lagers, ciders,wines and spirits. Please contact me for any large or specific orders.					
My shop is very small and I have limited space, but, if there is something specific that I can get for you, please don't hesitate to ask.					
If you would like to order <b>FRUIT AND VEGETABLES</b> , please contact me for the appropriate form.					
e-mail: <a href="mailto:rumshop@isleofrum.com">rumshop@isleofrum.com</a> or leave me a message on <b>01687 460328</b> and I'll get back to you as soon as possible. Thank you.					