

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		DINNER TIME		DINNER TIME	
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	
ESSENTIALS		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 (!)		PUDDINGS	
Disposable BBQ		Tinned potatoes		Heinz pudding in a can	
		Tinned mushrooms		Tinned pineapple	
TOILETRIES etc		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 FRUIT AND VEGETABLES , please contact me for the appropriate form.					
e-mail: rumshop@isleofrum.com or leave me a message on 01687 460328 and I'll get back to you as soon as possible. Thank you.					