

Suggested Shopping List

We provide a selection of useful things for you to use while you are staying in our houses from pepper & salt to t-towels – please do check the “[What we provide](#)” section on our website. If you are staying a week or more you will need to buy extra (eg tea bags!) so here is a useful reminder list of things we have often needed/wanted while staying at Tregulland & Co properties – it’s by no means comprehensive, but might help to jog your memory!

NB: We usually buy our meat from the wonderful [Warrens](#) in Launceston, and the best place to buy fresh fish is the [Wet Fish Shop](#) at the Beach House at Widemouth Bay

Dairy etc	Fruit & Veg	Drinks	Meat & Fish	Misc Food	Misc Non-Food
milk cheese butter yoghurt cream Eggs	apples pears oranges bananas lemons avocados salad peppers tomatoes cucumber potatoes broccoli courgette cabbage beans squash onions garlic mushrooms herbs	wine beer lager spirits mixers soft drinks fruit juice squash	steaks sausages chicken lamb bacon Cornish pasties lobster scallops fish	bread pasta tins of tomatoes stock cubes oil vinegar Sriracha/Tabasco ketchup mayonnaise mustard pepper& salt flour cereal soup pizzas frozen pastries marshmallows popcorn coffee & tea sugar chocolate biscuits	bin bags kitchen roll loo paper newspaper