

## 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](#) in the Beach house at Widemouth Bay

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