

Barford 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	Non-Food
Milk Cheese Butter Yoghurt Cream	Apples Pears Oranges Bananas Lemons	Wine Beer Lager Spirits	Steaks Sausages Chicken Lamb Bacon	Bread Bagels Scones Pasta Rice	Bin bags Kitchen roll Loo paper Freezer Bags Skewers
Eggs	Avocados Salad Peppers Tomatoes Cucumber Potatoes Broccoli Courgette Cabbage Beans Squash Onions Garlic Mushrooms Fresh herbs	Mixers Soft drinks Fruit juice Squash	Cornish pasties Lobster Scallops Fish Smoked Salmon	Tins of tomatoes Stock cubes Oil Vinegar Sriracha/Tabasco Soy Ketchup Mayonnaise Mustard Pepper&Salt Coffee&Tea Marmite Jam Honey Sugar Flour Cereal Soup Pizzas Frozen pastries Marshmallows Popcorn Chocolate biscuits	Newspaper