

# CORONAVIRUS INFORMATION AND SUPPORT

## OKEHAMPTON AREA

### Directory of useful services in the Okehampton area including; home delivery information, advice, support and more

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| <b>Okehampton Coronavirus -Covid 19 community support group.</b> | Can help with picking up shopping, urgent supplies, a friendly chat, posting mail, dog walking, signposting to other agencies.                                                                                                                                                                                                                    | Call 07707 565612 or find the group on Facebook                                                                                   |
| <b>Made-Well Meals on Wheels</b>                                 | Freshly cooked meals and desserts delivered to your door. No minimum or maximum weekly meals required. Eat as many times as needed. Food delivered in a heated van.                                                                                                                                                                               | Contact Tracey on 01837 650 887<br>Flyer is in the appendix                                                                       |
| <b>Co-op Food</b>                                                | Opening times for vulnerable groups are 8am –9am Monday - Saturday and 10am-11am on a Sunday                                                                                                                                                                                                                                                      | 01837 53996                                                                                                                       |
| <b>Waitrose</b>                                                  | Opening times for vulnerable groups are 8 - 9am Monday-Saturday and 10am-11am on a Sunday. Home delivery available.                                                                                                                                                                                                                               | 01837 659008                                                                                                                      |
| <b>One Market Street Café</b>                                    | Basic care package:<br>6 large free range eggs<br>250g block salted butter<br>400g chopped tomatoes (in a sealed container due to lack of availability of tins)<br>1 loaf sliced white or granary bread (from Shaldon bakery, please state which one)<br>500g pasta<br>1 onion<br>2 litre semi-skimmed or whole milk (please state which one) £12 | Please place your order by either sending a message on Facebook, phoning on 01837 810 582 or email: onemarketstreetcafe@gmail.com |
| <b>Okehampton Food bank</b>                                      | We help individuals and families in crisis by providing free emergency food, while care agencies help long term.<br><br>We are fine tuning details but will keep you posted on how we will be issuing food parcels. We are available 9-4 daily for enquiries and press comments and via email.                                                    | EMAIL ADDRESS: okefood-bank@gmail.com                                                                                             |
| <b>Martins Butchers</b>                                          | With the recent outbreak of coronavirus if you are unable to get out to the shops we can deliver all your meat, cheese, milk, pies and pasties in and around the Okehampton area.                                                                                                                                                                 | Call 01837 52114                                                                                                                  |

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| <b>Bearslake boxes delivery service</b> | Why not give us a call,<br>Pick some tasty treats off our list,<br>Or ask us for something else???<br>Pay by card and arrange a collection from our pub or a drop of at a time by mutual arrangement.                                                                                                                                                                                                                                                                                                                                                                                                                  | 01837 861 334                                                                                                                                                                                                                                       |
| <b>The George hotel takeaway</b>        | The George Take Away menu! From 5-7pm, telephone orders only. If you CANNOT collect then speak to us about delivery - if we can we will! Card payment over the phone preferred,                                                                                                                                                                                                                                                                                                                                                                                                                                        | 01837 811755. Menu in appendix.                                                                                                                                                                                                                     |
| <b>The Cider Vat</b>                    | All the essentials Bread, fruit & veg, meat and pantry items - we now have secured our supply lines for. You can order, not only our normal range of products, but also other items of household care, personal care, and a wide range of store cupboard essentials not normally for sale through the shop. You can pay by phone or on line or make your payment contactlessly on collection and your order will be made up ready for collection. In this way we can offer low risk / no social contact shopping, for those who are unable to gain a home delivery slot or have concerns about going to a supermarket. | alison@solland.co.uk<br>Call 01837 851 244                                                                                                                                                                                                          |
| <b>Donalds Menswear</b>                 | If an elderly person needs diabetic socks, vests or jumpers because they are cold or even night clothes because they can't wash and dry them quick enough. We can drop it to them.                                                                                                                                                                                                                                                                                                                                                                                                                                     | Our number is 01837 52596.                                                                                                                                                                                                                          |
| <b>Farmer Luxtons</b>                   | From Monday the 23rd March we are commencing a delivery service for those vulnerable people who are stuck in isolation.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Please ring the shop on 01837 54308 and place your order with our lovely staff. The delivery rounds are as follows. We will aim to get you your delivery on the specified day but please bear with us at this time as we are very busy at the shop. |
| <b>Victorian Pantry Tearooms</b>        | Due to the recent announcement by the UK government, we are having to close the doors to the public on the tearooms. However, we are still able to offer various take away meals, sandwiches and other items from our menu. We are also offering a delivery service of our daily specials in Okehampton. For more information please contact Alison.                                                                                                                                                                                                                                                                   | 01837 53988 or 07535187863.                                                                                                                                                                                                                         |

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| <b>Dartmoor Inn</b>                   | Takeaway food, more details to follow soon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Call 01822 820 221 |
| <b>DIY supplies<br/>home hardware</b> | <p>Due to the current situation and concerns regarding coronavirus we understand that some of our customers are unable to come to the shop. If you are self isolating, working from home or do not wish to visit our store, we offer a free delivery service for orders over £15. We stock a wide range of products to get you through this difficult period.</p> <p>You can also phone and pre order, we will have your order ready to collect at your convenience.</p> <p>We have a lovely loyal customer base which we appreciate more than ever.</p> | 01837 52130        |
| <b>Dave Will<br/>Catering</b>         | <p>Take Away is back but now with more to offer and at amazing prices. Running from <a href="#">2 Rivers Restaurant</a> in Okehampton on a pick up basis this week but as of next week we will be able to deliver to your door. DON'T FORGET WE TAKE CARD PAYMENTS TOO. YES AT YOUR DOOR!!! We will be running themed take away from next Wednesday evening. These will be</p> <p>Wednesday Pizza &amp; Pasta<br/>Thursday Thai<br/>Friday Pie and Mash<br/>Saturday Steak night menu</p> <p>Children will eat free with every main course ordered.</p>  | 01837 52981        |
| <b>The Allotment<br/>Club</b>         | Delivering ready meals, cakes, pies, nut butters and pies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 07806 770926       |
| <b>The Meat Box<br/>Company</b>       | <p>Did you know - The Meat Box Company deliver Nationwide and Next Day Delivery is standard. No Queues - No Empty Shelves -</p> <p>No worries of contamination. Just the tastiest frozen meat delivered from our Devon farm to your front door.</p>                                                                                                                                                                                                                                                                                                      | Call 01363 85905   |
| <b>Business<br/>Information Point</b> | <p>With the fast changing nature of the Coronavirus outbreak, this will be a difficult time for businesses in the region. Developments are happening on a daily basis and so we will be keeping local businesses up-to-date with the latest information through regular email updates.</p> <p>We feel this is the best way we can help to keep you informed of the situation from a business perspective and share any news, advice or support, financial or otherwise that becomes available.</p>                                                       |                    |

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| <b>Bow garden centre</b>                                 | YOUR FAVOURITE MEALS, DELIVERED TO YOU<br>Are you in isolation or unable to get out? Take advantage of our meal delivery service thanks to our Waterside Café - Simply call up before 10am for same day delivery of your favourite food, or after 10am will be delivered next day. If you live within 15 miles of the centre, enjoy FREE delivery!                                                                                                                                                                                                                                                     | 01363 460 466<br>Menu in appendix                                         |
| <b>Beanfeast</b>                                         | Beanfeast can deliver within walking distance from the shop<br>New Road up to medical centre.<br>Noth st. to the bottom and up North Field road.<br>Credition rd to and including<br>Wonnacotts Rd,<br>Castle rd. Up to the bridge<br>Kemplly rd.<br>Park row around to the lights at mill rd<br>if you are just outside these we will see what we can do<br>(Please note this is for normal everyday shopping not bulk orders)                                                                                                                                                                        | 01837 52387                                                               |
| <b>Age Concern Okehampton</b>                            | At the moment due to the ongoing situation with Corona Virus, the actual centre opening hours are changeable. I am checking our phone line at least 12 times daily so if you need help please do leave a message.                                                                                                                                                                                                                                                                                                                                                                                      | 01837 55838 or email me on<br>acot@btconnect.com                          |
| <b>Sticklepath stores</b>                                | We have had a few enquires regarding our lasagnes, pies and curry's. We just wanted to let you know they are available to buy frozen from the shop. We will be making fresh once we able to gauge who would like what.<br>Missed something off of your shopping list? Give us a call or a message with the bits you need and we will check our stock for you , we can even deliver them to you free of charge (local only). We have frozen pies, lasagnes , curries and much more that you may recognise from the Taw River. Add this to your list and you can cook from the comfort of your own home? | Mobile 07455211264<br>Shop 01837 840359                                   |
| <b>Ellis bakery</b>                                      | Anyone unable to leave their home, Ellis bakery can make home deliveries while this virus is around,bread,milk and cakes. Oke or Tavy areas. We are able to deliver, lewdon and lifton areas.                                                                                                                                                                                                                                                                                                                                                                                                          | Contact us 01822 613795                                                   |
| <b>Okehampton and District Community Transport Group</b> | Running Transport to medical appointments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Ring 01837 55000 and leave a message, we are checking hourly for messages |
| <b>Whitehouse Services</b>                               | Takeaways                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Tel no to order is 01837 840 101                                          |
| <b>Tors in Belstone</b>                                  | Available for takeaway or delivery to Belstone residents ..If there is enough interest we will look to expand it..Cheers                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 01837 840 689                                                             |
| <b>Okehampton isolators</b>                              | Facebook group supporting people in isolation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Okehampton self isolators group                                           |

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| <b>Taw River Dairy is going on tour</b> | <p>We are keen to do what we can to help our customers during the weeks ahead and after getting together with some of our favourite local producers we will be launching our mobile shop in the coming days. Our ice cream van will be full of essentials (and ice cream) and driving around local towns and villages.</p> <p>Our delivery days and areas will be:<br/> Monday - Okehampton Route 1 (Giblands, Linden Estate, Persimmon Estates, The Heathers, Balmoral Crescent, Hunters Gate, Leaholes Avenue, Northfield Road, North Road, Fern Meadow)<br/> Tuesday - Folly Gate and Hatherleigh<br/> Wednesday - Okehampton, Route 2 (Okehampton Rugby Club, Upcott Hill, Moyses Meadow, New Road, Mill Road, Castle Road)<br/> Thursday - Sticklepath, South Zeal and Chagford<br/> Friday - North Tawton and Winkleigh</p> <p>On board we will have:<br/> Taw River Dairy Milk - £1.80 Taw River Dairy Ice Cream - £2<br/> Taw River Dairy Soap - £4 Holland Park Eggs - 6 for £1.50 Ellis Bakery Bread - £2 Image Tattoo &amp; Coffee Lounge Okehampton Brownies - £2 Lovaton Farm Sausages - from £2</p> | Call 07525 164805                                                                                                                                   |
| <b>The kings arms south zeal</b>        | <p>Evening takeaways will be available between 5pm and 8pm Tue - Sun. Sat &amp; Sun lunch remains 12-2.</p> <p>During takeaway hours (5-8pm) please PHONE with your order, otherwise it is possible we will miss your messages online and there will be a bit of a flap!</p> <p>As always, regardless of opening hours, if you would like help with anything or just a chat please call us on 01837 840300, we are always here.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 01837 840 300                                                                                                                                       |
| <b>OFC</b>                              | <p>To all our customers, We are trying to avoid too many people waiting around in the shop so we are asking all our customers to please try to pre order over the phone and collect your food at the door. Also with home deliveries you can leave the money on the doorstep in a pot if necessary and we will leave your order and change on the doorstep and then knock the door so that you know its there. This is our way to say thank you to all the NHS staff for all your hard work.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 01837 658888                                                                                                                                        |
| <b>Brickyard Farm shop</b>              | <p>MEAT, FRUIT AND VEG BOX FOR 2 PEOPLE (£30)<br/> Meat: Sausages, mince, chicken pieces, steaks, chops<br/> Veges: Cauliflower, carrots, Broccoli, leaks, potatoes<br/> Fruit: Apples, oranges, bananas<br/> FRUIT AND VEG BOX FOR 2 PEOPLE (£10)<br/> Veges: Cauliflower, carrots, Broccoli, leaks, potatoes<br/> Fruit: Apples, oranges, bananas</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p>Contact details for Brickyard Farm Shop:</p> <p>Tel: 01837 810204 (though there aren't many people around to answer the phone at the moment)</p> |

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| <b>Okehampton Pet Supermarket</b>       | In these difficult times to protect our staff from infection. We ask that you phone us to tell us what you want. Pay by card over the phone. We can put your collection outside for you to be picked up at the time you specify.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Our phone number is 01837 55321                                                                  |
| <b>Dartmoor Food and drink</b>          | <p>Welcome to Dartmoor Food &amp; Drink Moor Food Box Deliveries We have been thinking about ways to keep you busy and do things together whilst at home and we have come up with the following....</p> <p>“Ready steady let’s cook”<br/>You will receive a food box which will create meals for two or four. The concept comes from the tv programme where you need to create dishes out of the items provided.</p> <p>Can you work together or do you want to have a friendly competition? Do you want to show off? Will you wow the audience with your dish! Get the kids involved!</p> <p>The box will have the essentials like meat or fish, vegetables, butter, pasta or rice, eggs, salt &amp; pepper, flour, along with various other items to create delicious meals and we would love for you to create them and then take a picture of your creations and send them to us so we can post them on our page</p> <p>If you would just like a box of all these essential items and do not wish to take part in the creating of dishes and sharing creations that's absolutely fine</p> <p>To order just message us on here or on <a href="#">#Bettycottlesinn</a><br/>A box for 2 is £15 and a box for 4 is £25 and we will deliver these to you.</p> | 01837 55339                                                                                      |
| <b>Community Links SW CIC</b>           | We are a not-for-profit Community Interest Company (CIC) providing services to help families and individuals. We continually look for ways to provide support within communities, and our services evolve to reflect new areas of need. We are open to partnership working and happy to help schools and other organisations access funding to enable them to buy in our services. We work creatively to try and plug the gaps in service provision which exist in the rural south-west.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Email for a referral form :<br>familysupport@communitylinks-sw.co.uk                             |
| <b>Devon County Council social care</b> | You can get support/assessment for social care from 0345 155 1007. This may be helpful for people who may have a carer who gets ill, or where the carer goes into hospital leaving a vulnerable person at home. Ring for all your social care needs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | The Out of Hours number is 0345 600 0388 for emergency social care.                              |
| <b>Okehampton Medical Centre</b>        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 01837 52233                                                                                      |
| <b>111 service</b>                      | <p>If it is not an emergency, the 111 service will help you to find the right care to meet your needs including the Devon Doctors service.</p> <p>The 111 number is free of charge from landlines. It is also free of charge from mobiles but you will need at least 1p credit on your mobile phone.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>111</p>  |



**PLEASE SHOP LOCAL,  
WE NEED YOU!**

As a small business  
we rely on your custom  
so we'd like to help as  
much as we can.

If you would like us to  
deliver goods to your  
home please call us  
on **01837 52130**  
to discuss options.

[www.homehardware.co.uk](http://www.homehardware.co.uk)

## *Victorian Pantry Tearooms Take Away Menu*

Available for delivery and collection within Okehampton.  
Please contact the tearoom on 0183753988 Tuesday to Saturday from 9am until 3pm.

Daily specials - £6 each or £8 including a dessert.

Tuesday – Steak Pie or Roast Chicken, served with roast potatoes and vegetables.  
Wednesday – Cottage pie or Roast Pork, served with roast potatoes and vegetables.  
Thursday – Roast Lamb or Roast Chicken, served with roast potatoes and vegetables.  
Friday – Grilled Salmon or Roast Ham, served with roast potatoes and vegetables.  
Saturday – Roast Beef or Roast Chicken, served with roast potatoes and vegetables.

A selection of desserts served with custard or clotted cream.

Sandwiches - £3 each.

Bacon,  
Sausage,  
Ham,  
Cheese & Pickle or Cheese & Tomato,  
Tuna.  
Served on white or brown bread.

Jacket Potatoes - £5.50 with side salad.

Ham,  
Cheese,  
Baked Beans,  
Tuna.

Selection of cakes - £1.50 per slice.

Victoria Sponge,  
Coffee Cake,  
Fruit Cake,  
Chocolate Cake.

Please note that all items are subject to availability and change. Please contact the  
tearooms to place any orders.

Cash payments on collection or delivery.

Card Payments will be available shortly.

# Your favourite meals, *Delivered* from...

**Waterside café**

## BRUNCH

**BACON BAP** - 2 Rashers of grilled bacon with a fried egg served in a bap - **£4.25**

**SAUSAGE BAP** - 2 Local butchers sausages served in a bap (Vegetarian option available) - **£4.25**

**BACON & SAUSAGE BAP** - 2 Rashers of bacon & a butchers sausage served in a bap - **£5.25**

## LUNCH

**HOMEMADE LASAGNE** - Served with a dressed mixed leaf salad, homemade coleslaw & garlic bread (Vegetarian & Gluten free options available) - **£8.99**

**HOMEMADE CURRY OF THE DAY** - Served with rice, mango chutney & flat bread - **£8.99**

**8OZ PURE BEEF BURGER** - Topped with melted cheese & caramelised red onion chutney, served with chips, a dressed mixed leaf salad & homemade coleslaw - **£9.99**

**CHICKEN BURGER** - Topped with garlic mayo, served with chips, a dressed mix leaf salad & homemade coleslaw - **£9.99**

**MOVING MOUNTAINS VEGAN BURGER** - Served with chips & a dressed mixed leaf salad - **£9.99**

**HUNTERS CHICKEN** - Topped with melted cheddar cheese, BBQ sauce & served with chips & a dressed mixed leaf salad - **£8.99**

**PASTA OF THE DAY** - Served with garlic bread - **from £7.99**

**JACKET POTATOES** - Served with a dressed mixed leaf salad & homemade coleslaw with 1 filling, either: Cheese &/or Baked Beans, Cheese &/or Coleslaw, Tuna Mayo, Prawn Mayo, Homemade Coronation Chicken - **from £6.50**

**CHICKEN CAESAR SALAD** - Served on a bed of dressed mixed leaves with croutons, caesar dressing & cherry tomatoes - **£7.25**

**HOME COOKED GAMMON HAM SALAD** - Served with a dressed mixed leaf salad, cherry tomatoes & homemade coleslaw - **£7.25**

**CHEDDAR CHEESE SALAD** - Served with a dressed mixed leaf salad, cherry tomatoes & homemade coleslaw - **£6.95**

## CHILDREN'S MENU

**CHICKEN GOJONS & CHIPS** - Served with peas or baked beans - **£4.99**

**FISH FINGERS & CHIPS** - 3 Fish fingers with chips & peas or baked beans - **£4.99**

**SAUSAGE & CHIPS** - 2 Sausages served with chips & peas or baked beans - **£4.99**

## DESSERTS

**APPLE CRUMBLE** - **£3.99**

**CHEESECAKE OF THE DAY** - **£3.99**

**DESSERT OF THE DAY** - **£3.99**



### In isolation or unable to get out?

We are here to help you... Make your selection from the choices below, place your order over the phone and we will deliver it to you **free** of charge within 15 miles of the centre. Minimum order value within Bow £10, other areas £20. These meals are delivered ready for re-heating. Dinners should only be re-heated once. Orders before 10 will be delivered same day. Any time after 10 will be delivered next day. To make a minimum order, why not order a few meals & chill them?



**Call to Order:**  
**01363 460466**



# Bearslake Boxes

During this time of crisis and social isolation we have decided to use our vast network of suppliers along with the talents of our team to provide local customers with some vital essentials and as well as some much needed treats! If you would like anything not listed, give us a call.

Free collection  
from the Inn

## Fresh/Frozen essentials

- £4 Loaf of Jacka Sourdough
- £4 8 Pork Sausages
- £3 6 rashers of Dry Cured Bacon
- £4 10 Free Range Hen's eggs
- £10 Two 10oz Rump Steaks
- £5 500g Minced Beef Steak
- £8 500g Wholetail Scampi
- £4 10 Cod Fishfingers
- £4 500g Frozen Peas
- £4 500g Frozen Sweetcorn
- £3 4 ready-to-serve Frozen Croissant
- £6 500g Mature Cheddar
- £2 2 pints of Whole Milk
- £2 2 pints of Semi Skimmed Milk
- £3 250g Unsalted Butter
- £4 3kg multi-use Potatoes
- £10 Mixed Vegetable Box
- £7 Fresh Fruit Box

## Baking at home packs

- £6 Chocolate Chip Cookies
- £6 Chocolate Brownies
- £5 Banana Loaf
- £7 Jam Sponge Cake

## Not so essential essentials

- £12 Bottle of Bearslake Red 750ml
- £12 Bottle of Bearslake White 750ml
- £8 4 Peroni Lagers 330ml
- £10 4 Dartmoor Ales 500ml
- £14 Two bottles of Prosecco 200ml
- £36 Bottle of Papillion Gin 500ml
- £44 Bottle of Copper Frog Gin 500ml
- £6 4 Luscombe Tonic Water or Mixers
- £2 Gin/Cocktail Garnishes and Ice
- £2 Appletiser/Luscombe Juices and Fizz
- \*\*\*lots of other drinks available too\*\*\*
- £2 Cured Meats for One
- £10 Cold Smoked Salmon and Blinis
- £4 6 BIG scoops of Ice Cream

## Cupboard essentials

- £1 415g Baked Beans
- £3 1kg Basmati rice
- £2 1kg Plain or SR Flour
- £3 1kg dried pasta
- £3 700ml fruit cordial
- £1 800g chopped tomatoes
- £1 Two Toilet Rolls

Please give our team a call to talk about specific items that are not listed or to ask about delivery times. Card payments will be taken over the phone at time of ordering. Please allow 12-24 hours for delivery and subject to availability.

Delivery charged at £1 per mile after the first 3 miles

# Deliver | Dine | Relax

01837 861 334

# Beanfeast

Fresh Fruit & Vegetables  
Wholefoods  
Herbs & Spices  
Fruit & Herb Teas

50.725520 | -3.957432



## BUGGER!

We are sorry but due to this bloody awful virus and to protect our staff, customers and ultimately reduce the spread of Covid-19 to the local community we have no choice but to shut the pub.

We will keep ourselves busy re-decorating and preparing for when this has all blown over.

We look forward to welcoming you back once we get the 'all clear' for re-opening.

We are offering a delivery menu for any of the Belstone residents that are currently self-isolating.

Please check our Facebook page or call us on 01837 840689 to book and pay for your meal and we drop it to your front door.

Stay safe and we'll see you on the other side.

Kindest Regards

DICKY, ERIN & JAZZ.

www.thetorsinn.co.uk

## Okehampton Coronavirus-Covid 19 Community Support Group

Are you currently self-isolating for any reason?

Do you live in Okehampton, Hatherleigh or surrounding area?

We can help with things like

- Picking up shopping
- Urgent supplies
- Posting mail
- Dog walking
- A friendly phone call
- Signposting you to other agencies for help and support

Please call our contact number where we can assess what we can do to help

07707 565612

please note: we cannot offer any medical advice but we can direct you to reliable sources of information where necessary.

## Elderly & Vulnerable Priority Shopping Hours

|                    |                                                                          |
|--------------------|--------------------------------------------------------------------------|
| <b>Sainsbury's</b> | Thursday - the first hour of opening.                                    |
| <b>TESCO</b>       | Monday, Wednesday and Friday,<br>9am - 10am.<br>(except Express stores). |
| <b>ASDA</b>        | Friday - from store opening until 9am.                                   |
| <b>M&amp;S</b>     | Monday and Thursday - the first hour<br>of opening.                      |
| <b>Iceland</b>     | The first hour of opening, every day.                                    |
| <b>Morrisons</b>   | Monday to Saturday, 9am - 10am.                                          |
| <b>Waitrose</b>    | The first hour of opening, every day.                                    |
| <b>ALDI</b>        | Check local stores.                                                      |
| <b>LIDL</b>        | Check local stores.                                                      |

## Meals on Wheels

We Provide a meals on wheels service in Okehampton delivering freshly cooked meals and desserts right to your door. No minimum or maximum weekly meals required, eat as many times a week as needed.

We operate 7 days a week, 365 days a year.

We are here to ease the stresses of cooking for yourself, friend or relative, there are no age limits.

Please feel free to contact one of our team at Castle Hams on 01837 650887



## **The George Take Away Menu.**

**Available 5pm to 7pm daily. Telephone orders ONLY on 01837 811755**

Fish, chips, peas, tartare sauce. £10.50

House steak burger, brioche bun, salad, fries. £9.95 (add Emmental cheese for £1 extra)

Home-made Mexican bean burger, chilli jam, brioche bun. (v) £9.95

Scampi, chips, peas, home-made tartare sauce. £10.50

Panko-crumbed chicken, garlic butter, fries, salad. £9.50

Jacket Potatoes with -

Cheese £6.95

Tuna & cheese £6.95

Beans & cheese £6.95

Prawn & cocktail sauce £7.50

Chicken, bacon & mayo £7.50

Topping of the day £7.50

### **Pizzas**

Margarita (v) Tomato, mozzarella, basil. £8.50

The Abattoir A selection of meaty things! £12.50

The Forestiere (v) Mixed mushrooms, garlic, parsley. £10

The Pig Slow roasted belly pork, smoky BBQ sauce. £10

Italian Job Salami, pepperoni, prosciutto ham. £11.50

Pigs On Holiday Proper ham, pineapple. £10

Capra (v) Goats cheese, red onion, spinach. £10.50

Full English Sausage, bacon, black pudding, mushrooms, egg. £13

The Garden (v) Lots of vegetables, topped with fresh herbs. £10.50

Additional toppings –

Mushrooms, peppers, red onion, roasted tomato, hot chillies, jalapenos, olives, pineapple, BBQ sauce, fresh basil pesto - 75p each

Ham, ground beef, pork belly, salami, Parma ham, chorizo, chicken, bacon, prawns, smoked salmon, extra mozzarella - £1.25 each

**The George, 5 Market St, Hatherleigh. 01837 811755**

# Dartmoor Food & Drink

## VIEW MOOR ONLINE

[www.dartmoorfoodanddrink.co.uk](http://www.dartmoorfoodanddrink.co.uk)

### Frozen

- 500G Dartmoor Beef Mince **£4.00**
- 2 Chicken Breast **£3.00**
- 8 Pork Sausages **£3.50**
- 8 Bacon Rashers **£3.50**
- 1 Gammon Steak **£2.00**
- 500G Frozen Peas **£4.00**
- 500G Frozen Scampi **£6.00**
- 2 Lamb Loin Chops **£2.00**
- 4 Ciabatta **£2.00**
- 10 Onion Onion Rings **£2.00**
- 6 Mozzarella Sticks **£2.00**

### Chilled and Ambient

- 6 Eggs **£1.50**
- 250g Butter **£2.50**
- 500g Rice **£2.50**
- 500g Pasta **£2.50**
- 500g Cheddar **£4.50**
- 6 Peppers **£1.50**
- 6 Tomatoes **£1.50**
- 500g Plain flour **£1.50**
- 4kg Baby potatoes **£3.50**
- 4 large baking potatoes **£3.00**
- 200g Mushrooms **£2.00**
- 4 Tortilla Wraps **£1.50**
- 4kg Fresh Veg Box **£6.00**

**CALL 01837 55339 TO ORDER**

### Soft Drinks

- 4 Bottle Green sparkling 275ml **£4.00**
- 4 Bottle Green sparkling Elderflower **£4.00**
- 2 Cranberry Juice cartons 1 litre **£1.00**
- 2 Pineapple Juice cartons 1 litre **£1.00**

### Alcohol

- 4 Corona Bottles 330Ml **£8.00**
- 4 Peroni Bottles 330Ml **£7.00**
- 4 Budweiser Bottles 330Ml **£7.00**
- 4 San Miguel Bottles 330Ml **£7.00**
- 4 Birra Moretti Bottles 330Ml **£7.00**
- 4 Desperados Bottles 330Ml **£6.00**
- 4 Cruzcampo Bottles 330Ml **£6.00**
- 4 Heineken Zero Bottles 330Ml **£5.00**
- 4 Magners Bottles 568Ml **£9.50**
- 4 Norcotts Cider Bottles Rasperey & Orange 500Ml **£9.00**
- 4 Koppaberg Bottles Mixed Fruit 500Ml **£9.00**
- 4 Koppaberg Bottles Strawberry & Lime **£9.00**
- 4 Old Mout Bottles Pineapple & Raspberry **£9.00**
- 4 Old Mout Bottles 500Ml Berries & Cherries **£9.00**
- 4 Old Mout Bottles 500Ml Alcohol Free Berries & Cherries **£6.50**
- 4 Kronenbourg 1664 Cans 440Ml **£5.00**
- 4 Coors Light Cans 500Ml **£5.50**
- 4 Red Stripe Cans 440Ml **£5.00**
- 4 Old Speckled Hen Gluten Free Bottles 500Ml **£9.00**