



## St. Vincent Provisioning tailor-made just for you

Name: \_\_\_\_\_ Yacht Name: \_\_\_\_\_ Charter date: \_\_\_\_\_

Thank you for your order. If you have any preferences that are not listed, please place them on a separate sheet and we will do our best to provide those items for you.

### SOME TIPS

- 1 liter of water per person per day is recommended
- Be careful with the quantity of frozen food you order; while your yacht is equipped with a refrigerator, frozen items will hold for a limited time in it. We will freeze your items over night prior to your charter.
- Soft fruit such as banana, avocado and pineapple will ripen quicker in the heat than citrus fruit.
- A lot of fresh products are seasonal and not always available. ***Please mark 'NO' if you do not wish us to replace your order with something close to the initial product.***
- Package sizes and brand might change without notice. ***Again, please mark 'NO' if you do not want a replacement product.***
- If you buy by weight we will try to get as close to what you ordered but sometimes package sizes do not allow us to get it absolutely accurate.
- Should you rather want to order pieces (e.g. steaks) instead of weight indicate it under 'Quantity' by adding the Unit size you want us to use (e.g. 4 pieces, versus just 4, which would indicate 4lb).
- All prices are listed in US dollars as an indication only. Invoice will be in Eastern Caribbean dollars at cost price which includes 15% VAT plus the 20% service charge due to fluctuating prices of these commodities.
- Once you have completed your list please SAVE as a WORD document not PDF and return to us.

### You will need a Starter Kit

Circle the one you want

### Snack Pack

Circle the one you want

	\$40.00	\$45.00	\$50.00		\$65.00	\$75.00	\$110.00
	2 to 3 People	4-6 People	7 to 10		2 to 3 People	4-6 People	7 to 10
Aluminum Foil	1	1	1	Almonds	1	1	2
Dish Liquid	1	1	2	Cashews	1	1	2
Ziploc Bags	1	1	1	Mixed Nuts	1	2	2
Plastic Cups	1	2	3	Honey Roasted Peanuts	1	1	2
Paper Napk.ins (60)	1	2	3	Pretzels	1	2	2
Garbage Bags (10)	1	1	2	Nacho Chips	1	2	2
Sponges – (Pack)	1	1	1	Salsa: (choose one)	1	1	2
Toilet Paper 4 pack	1	2	3	Hot <input type="checkbox"/>			
				Medium <input type="checkbox"/>			
				Mild <input type="checkbox"/>			

**Please make your choices from the list below**

<u>Bread</u>	<u>Unit</u>	<u>Price US\$</u>	<u>Quantity</u>	<u>NO</u>
Sandwich loaf – white	Sliced	3.00		
Sandwich loaf - wheat	Sliced	3.00		
Dinner rolls	6 pk.	1.50		
Burger buns	8 pk.	3.00		
Pita bread	5 pk.	3.95		
Local baguette	1	2.50		
<u>Tea &amp; Coffee</u>	<u>Unit</u>	<u>Price US\$</u>	<u>Quantity</u>	<u>NO</u>
Maxwell ground coffee original blend	11oz / 326g	10.70		
Folgers ground coffee Columbian	11oz / 326g	15.00		
Instant Nescafe	4oz / 100g	11.45		
Tetley premium tea	80 bags	10.10		
Earl Grey tea	20 bags	8.15		
Peppermint tea	20 bags	6.90		
long life milk low fat	1quart / 1l	4.05		
long life milk whole	1quart / 1l	4.05		
Coffee mate	6oz	5.30		
Evaporated milk (can)	14oz / 410g	2.30		

<u>Breakfast Goods</u>				
Local Organic pure honey	300ml	9.55		
Honey (SUE BEE)	12oz / 340g	14.20		
Grape Jelly Smucker's	12oz / 340g	7.80		
Apricot Jam Smucker's	12oz / 340g	10.10		
Strawberry Jam Smucker's	12oz / 340g	10.25		
Orange marmalade Smucker's	12oz / 340g	7.20		
Peanut butter creamy IGA	18oz / 510g	9.25		
Peanut butter crunchy IGA	18oz / 510g	9.25		
Pancake Mix Aunt Jemima	32oz / 907g	11.85		
Pancake Syrup	12oz / 355ml	9.25		
Kellogg's Frosted Flakes	14oz / 397g	10.25		
Kellogg's Variety pack	10 portions	11.85		
IGA cornflakes	7oz / 198g	6.50		
Special K	14oz / 387g	13.25		
Raisin Bran	15oz / 425g	6.75		
Alpen Muesli	27oz / 750g	11.45		
Weetabix	12 biscuits	6.70		
<b><u>Mayo / mustard / condiments /</u></b>	<b><u>Unit</u></b>	<b><u>Price</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
<b><u>pickles/ salad dressing / oil</u></b>		<b><u>US\$</u></b>		
Mayonnaise real	8oz / 237ml	4.30		
Mayonnaise real	15oz / 443ml	7.85		
Mayonnaise light	30oz	14.30		
Blue cheese salad dressing	237ml	5.60		
French salad dressing	16oz / 473ml	8.00		
Italian salad dressing	237ml	5.60		
Thousand Island salad dressing	8OZ / 237ml	5.60		
Ranch salad dressing	8oz / 237ml	5.30		
French's mustard	8oz / 266g	7.80		
Dijon mustard	10oz / 283g	9.25		
Wholegrain mustard	7oz / 207g	7.85		
Heinz Apple cider vinegar	16oz / 473ml	4.95		
Balsamic vinegar	8oz / 237ml	6.90		
olive oil	1lt	25.50		
olive oil	500ml	15.35		
Canola oil Wesson	24oz / 0.7l	7.05		
Vegetable oil Wesson	24oz / 0.7l	7.05		
Black olives	7oz	5.75		
Green olives	7oz	5.75		
Mango chutney	12oz	10.25		
Branston Pickle	10oz	8.60		
Hamburger dill pickles	16oz / 473ml	7.00		
Sweet hotdog relish	10oz / 296ml	7.50		
BBQ Sauce original	18oz / 510g	7.45		

BBQ Sauce Honey	18oz / 510g	5.10		
BBQ Sauce smoked	18oz / 510g	5.10		
Ketchup HEINZ	36 fl oz	9.10		
<b><u>Fresh fruits</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Gala Apples	2lb	13.95		
green apples - granny smith	Each	2.35		
Golden apples	Each	2.35		
Red apples	Each	2.35		
Black grapes	1lb / 454g	6.20		
White Grapes	1lb / 454g	8.60		
Pears	each	4.20		
Melon Cantaloupe or Honey	1lb / 454g	2.45		
Water Melon	1lb / 454g	2.80		
Mango (seasonal)	1	2.20		
Papaya (seasonal)	1lb / 454g	1.50		
Plantains	1lb / 454g	1.45		
Bananas	1lb / 454g	1.30		
Pineapple	1lb / 454g	2.80		
Oranges (seasonal)	1			
Grapefruit (seasonal)	1			
Lime	1lb / 454g	1.45		
Lemon	4	1.45		

<b><u>Fresh vegetables &amp; salads</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Broccoli	1lb / 454g	8.60		
Avocado (seasonal)	1			
Cucumber	1lb / 454g	1.90		
Green pepper	1lb / 454g	3.75		
Yellow pepper	1lb / 454g	9.75		
Red pepper	1lb / 454g	6.75		
Tomatoes	1lb / 454g	3.75		
Local carrots	1lb / 454g	3.75		
Baby carrots	1lb / 454g	4.50		
Local lettuce	1	1.55		
Iceberg lettuce	1	4.80		
Roman lettuce	3 pack	10.60		
Celery Bunch	1	3.75		
White cabbage	1lb / 454g	2.20		
Green onions (bunch)	1	1.55		
Yellow onions	1lb / 454g	1.40		

Red onions	1lb / 454g	1.90		
White onions	1lb / 454g	1.55		
Garlic	500g	2.95		
Potatoes	1lb / 454g	1.45		
Sweet potatoes	1lb / 454g	1.90		
Yam (seasonal)	1lb / 454g	1.90		
Squash (seasonal)	1lb / 454g	2.10		
Pumpkin (seasonal)	1lb / 454g	1.90		
<b><u>Diary products and prepacked cheese</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Sour cream	8oz / 227g	5.25		
Cream cheese	8oz / 227g	5.05		
Fruit yoghurts assorted flavors	1 small	2.80		
Plain yoghurts	1 large	8.70		
Butter salted	9oz / 250g	4.90		
Butter unsalted	9oz / 250g	4.90		
Margarine	8oz / 220g	2.60		
Sharp cheddar cheese	8oz/227g	6.75		
grated Parmesan KRAFT	8oz / 227g	6.45		
Feta cheese	8oz / 227g	9.25		
President Camembert	227g	14.30		
President Brie	227g	22.50		
American Cheese white	1lb	6.00		
American Yellow Cheese	1lb	6.00		
<b><u>Cold cuts &amp; prepacked / bacon and eggs</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Eggs	1 doz	7.50		
Bacon Oscar Mayer	8oz / 227g	9.45		
Bacon Oscar Mayer	16oz / 454g	16.15		
Hard salami	8oz / 227g	9.60		
Cooked ham	6oz / 170g	6.60		
Smoked ham	6oz / 170g	7.50		
Smoked turkey	6oz / 170g	7.00		
Hot dogs	8	6.00		
Black forest smoke turkey	1lb	20.50		
Gourmet chicken breast	1lb	17.75		
Carando Virginia ham	1lb	12.30		
Carando Genoa salami	1lb	12.80		
<b><u>Fresh/frozen meat</u></b>				
Ground beef	1lb / 454g	9.00		
Beef burger patties	8			
Round Eye steak	1lb / 454g	11.50		
Chicken breast	1lb / 454g	9.75		
Chicken drumsticks	1lb / 454g	5.95		
Chicken legs	1lb / 454g	5.95		

Chicken thighs	1lb / 454g	5.95		
Pork chops	1lb / 454g	10.75		
Pork tenderloin	1lb / 454g	14.75		
<b><u>Frozen Items</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Bagels plain	5	5.70		
Bagels cinnamon	6	5.85		
Single serving pizza	2 pk.	11.25		
Pepperoni pizza 12"	1	20.30		
Stir fry mix vegetables	2lb	8.60		
Corn cobs	12	11.05		
Country blend mix vegetables	507g	7.10		
Frozen peas		5.60		
Frozen sweet corn		5.60		
<b><u>Frozen seafood</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>		
Tilapia	1lb / 454g	16.85		
Mahi mahi	1lb / 454g	19.35		
King fish	1lb/454g	13.10		
<b><u>Canned vegetables and soups</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Heinz baked beans	15oz/425g	5.25		
Green beans	15oz / 425g	5.10		
Mixed vegetables	15oz / 425g	4.95		
Mushrooms sliced	13oz / 376g	5.80		
Red kidney beans	15oz / 425g	3.55		
Sweet corn	15oz / 425g	3.35		
Sweet peas	15oz / 425g	3.20		
Sweet peas and carrots	9oz / 241g	3.35		
Tomato soup	11oz / 305g	4.10		
Mushroom soup	11oz / 305g	5.95		
Chicken soup	11oz / 305g	5.95		
Canned fish and seafood	Unit	Price US\$		
Anchovies Flat Fillets	2oz / 56g	6.30		
Smoked oysters	3oz / 85g	4.75		
Mackerel in tomato sauce	15oz / 425g	4.00		
Sardines in oil	4oz / 120g	1.75		
Pink salmon	8oz / 213g	5.70		
Tuna chunk in oil	6oz / 170g	3.45		
Tuna chunk in water	6oz / 170g	3.45		
Tuna solid in oil	6oz / 170g	4.75		
Tuna solid in water	6oz / 170g	4.75		
<b><u>Spices</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Salt and pepper	4oz / 113g			
Soy Sauce Kikkoman	10oz / 296ml	3.85		
Tabasco sauce	1	5.10		

Local hot sauce	1	4.45		
Worcestershire sauce	1	6.10		
<b><u>Pasta / rice / mashed potatoes</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Basmati rice	18oz/ 500g	12.30		
Regular rice long grain	2lb / 907g	4.50		
Spaghetti	1lb / 454g	4.70		
Linguine	1lb / 454g	4.70		
Fettuccine	1lb / 454g	4.90		
Pasta shells	1lb / 454g	5.05		
Penne Rigate	1lb / 454g	4.30		
Fusilli	1lb / 454g	4.70		
Mashed potatoes	13oz / 369g	6.75		
Mashed potatoes	27oz / 757g	12.00		
<b><u>Tins and Jars</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Teriyaki marinade	8oz	10.60		
Pesto sauce	7oz / 190g	14.30		
Tomato and basil sauce	12oz / 350g	9.75		
Alfredo sauce	15oz / 425g	10.95		
Tomato & mushroom sauce	15oz / 425g	10.95		
Local seasoning marinade	7oz	5.60		
<b><u>Sugar</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Brown Sugar	2lb	2.60		
White Sugar	2lb	2.60		
White Sugar cubes	18oz / 500g			
Sugar substitute SWEET'N'LOW	50 pk.s	3.45		
Sugar substitute Splenda	50 pk.s	7.00		
<b><u>Cookies</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Ginger nut cookies	150 gr	6.20		
Oreos	18oz	10.30		
Maryland choco chip	150gr	3.70		
Custard creams	Small pk.	1.45		
Chocolate creams	Small pk.	1.45		
Coconut creams	Small pk.	1.45		
Vanilla creams	Small pk.	1.45		
Planters mixed nuts deluxe	10oz / 283g	18.95		
Sour cream & onion chips	8oz / 219g	7.10		
BBQ chips	8oz / 219g	7.10		
Classic potato chips	8oz / 219g	7.10		
Salt & vinegar chips	8oz / 219g	7.10		
Nachos corn chips	9oz / 245g	6.35		
Pretzels	6oz / 163g	7.20		
<b><u>Non food items</u></b>	<b><u>Unit</u></b>	<b><u>Price US\$</u></b>	<b><u>Quantity</u></b>	<b><u>NO</u></b>
Aluminum foil	75 sq ft	11.25		

Plastic wrap	100 sq ft	5.60		
Plastic cups (100)	7oz	7.10		
Plastic cups (50)	16oz	8.60		
Zip locker bags (gallon size)	15	8.85		
garbage bags (13gal/34l)	15	7.20		
Dishwashing liquid Palmolive	13oz / 384ml	7.10		
House cleaner Fabuloso	28oz / 828ml	4.90		
Sponge Scotch Brite	1	3.75		
Paper Napkins	1 pk.	3.10		
Paper towel Bounty	1	8.25		
Toilet paper	1	1.90		
Charcoal	5lb / 2.27kg	17.25		
Charcoal lighter fluid	16oz / 473ml	10.80		
Insect killer BAYGON	9oz / 260g	5.60		
OFF insect repellent	6oz / 177ml	18.30		

HOME MADE SELECTION :

Fresh Frozen meals : 4 person serving size  
Lasagne (beef or veg) US\$31.25

Curry (chicken or veg) US\$27.50 (curry only)

12 » Pizza (pepperoni, veg or cheese) US\$27.50

Fresh baked cakes : Available in 2 sizes  
Chocolate Cake US\$25.00 or US\$45.00  
Vanilla Songe cake US\$25.00 or US\$45.00

Cheesecake (passion fruit or lemon) US\$36.25

Speciality cakes/desserts for occasions available on request