

**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. Please let us have your order by 10 days of your charter start date.

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | $40.00 | $45.00 | $50.00 |
|  | 2 to 3 People | 4-6 People | 7 to 10 |
| Aluminum Foil | 1 | 1 | 1 |
| Dish Liquid | 1 | 1 | 2 |
| Ziploc Bags | 1 | 1 | 1 |
| Plastic Cups | 1 | 2 | 3 |
| Paper Napk.ins (60) | 1 | 2 | 3 |
| Garbage Bags (10) | 1 | 1 | 2 |
| Sponges (pack) | 1 | 1 | 1 |
| Toilet Paper (4 pack) | 1 | 2 | 3 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Bread** | **Unit** | **Price US$** | **Quantity** | **SUB?** |
| Sandwich loaf – white | Sliced | 3.00 |  |  |
| Sandwich loaf - wheat | Sliced | 3.00 |  |  |
| Dinner rolls | 6 pk. | 1.50 |  |  |
| Burger buns | 8 pk. | 3.00 |  |  |
| Pita bread | 5 pk. | 3.95 |  |  |
| Local baguette | 1 | 2.50 |  |  |
| **Tea & Coffee** |  |  |  |  |
| Maxwell ground coffee original blend | 11oz / 326g | 10.70 |  |  |
| Folgers ground coffee Columbian | 11oz / 326g | 15.00 |  |  |
| Instant Nescafe | 4oz / 100g | 11.45 |  |  |
| Tetley premium tea | 80 bags | 10.10 |  |  |
| Earl Grey tea | 20 bags | 8.15 |  |  |
| Peppermint tea | 20 bags | 6.90 |  |  |
| long life milk low fat | 1quart / 1l | 4.05 |  |  |
| long life milk whole | 1quart / 1l | 4.05 |  |  |
| Coffee mate | 6oz | 5.30 |  |  |
| Evaporated milk (can) | 14oz / 410g | 2.30 |  |  |
| **Breakfast Goods** |  |  |  |  |
| Local Organic pure honey | 300ml | 9.55 |  |  |
| Honey (SUE BEE) | 12oz / 340g | 14.20 |  |  |
| Grape Jelly Smucker's | 12oz / 340g | 7.80 |  |  |
| Apricot Jam Smucker's | 12oz / 340g | 10.10 |  |  |
| Strawberry Jam Smucker's | 12oz / 340g | 10.25 |  |  |
| Orange marmalade Smucker's | 12oz / 340g | 7.20 |  |  |
| Peanut butter creamy IGA | 18oz / 510g | 9.25 |  |  |
| Peanut butter crunchy IGA | 18oz / 510g | 9.25 |  |  |
| Pancake Mix Aunt Jemima | 32oz / 907g | 11.85 |  |  |
| Pancake Syrup | 12oz / 355ml | 9.25 |  |  |
| Kellogg's Frosted Flakes | 14oz / 397g | 10.25 |  |  |
| Kellogg's Variety pack | 10 portions | 11.85 |  |  |
| IGA cornflakes | 7oz / 198g | 6.50 |  |  |
| Special K | 14oz / 387g | 13.25 |  |  |
| Raisin Bran | 15oz / 425g | 6.75 |  |  |
| Alpen Muesli | 27oz / 750g | 11.45 |  |  |
| Weetabix | 12 biscuits | 6.70 |  |  |
| **Condiments /Pickles/Oil etc** | **Unit** | **Price US$** | **Quantity** | **SUB?** |
| 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 |  |  |
| **Fresh fruits** |  |  |  |  |
| 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 |  |  |
| **Fresh vegetables & salads** | **Unit** | **Price US$** | **Quantity** | **SUB?** |
| 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 |  |  |
| **Diary products and prepacked cheese** |  |  |  |  |
| 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 |  |  |
| **Cold cuts & prepacked/bacon and eggs** |  |  |  |  |
| 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 |  |  |
| **Fresh/frozen meat** | **Unit** | **Price US$** | **Quantity** | **SUB?** |
| 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 |  |  |
| **Frozen Items** |  |  |  |  |
| 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 |  |  |
| **Frozen seafood** |  |  |  |  |
| Tilapia | 1lb / 454g | 16.85 |  |  |
| Mahi mahi | 1lb / 454g | 19.35 |  |  |
| King fish | 1lb/454g | 13.10 |  |  |
| **Canned vegetables and soups** |  |  |  |  |
| 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 |  |  |
|  |  |  |  |  |
| **Spices** | **Unit** | **Price US$** | **Quantity** | **SUB?** |
| 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 |  |  |
| **Pasta / rice / mashed potatoes** |  |  |  |  |
| 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 |  |  |
| **Sauces** |  |  |  |  |
| 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 |  |  |
| **Sugar** |  |  |  |  |
| 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 |  |  |
| **Cookies** |  |  |  |  |
| 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 |  |  |
| **Non food items** |  |  |  |  |
| 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