

VEGGIES

ALSO AVAILABLE AT:

BASFORD FRUIT BOWL, NORTH GATE

BASICS, FOXHALL ROAD

BEV'S, 142 HUCKNALL ROAD

BLUE MARLIN, SHAKESPEARE ST

FILL THE GAP TAKE-AWAY, MEADOW LANE

GEORGE'S CHIPPY, 180 BERRIDGE RD, FOREST FIELDS

HIZIKI, 15 GOOSEGATE, HOCKLEY

HYSON GREEN WHOLEFOOD CO-OP, RADFORD ROAD

LENTON FISH & CHIPS, LENTON BOULEVARD

MR CHIPS, LESLIE RD/BERRIDGE RD, FOREST FIELDS

OLD ANGEL, STONEY ST

OMUR'S KEBAB HOUSE, MANSFIELD ROAD

PEACOCK HOTEL, MANSFIELD ROAD

POTTERS HOUSE, MALT CROSS, ST JAMES ST

WILD OATS, 37 MANSFIELD ROAD

THE YORKER PUB, MANSFIELD ROAD

Please ask for 'Veggies' Burgers.

You may wish to check cooking method, and other ingredients used at the above outlets.

LOUGHBOROUGH : Details : (Nottm) 410704

LEICESTER : Wholefood Co-op : 0533 - 512525

MANSFIELD : Wild Oats, 31 Church St. (0623) 654121

NORWICH VEGGIES : 0603 745750

SHEFFIELD VEGGIES : 0742 766138

LONDON DISTRIBUTION :

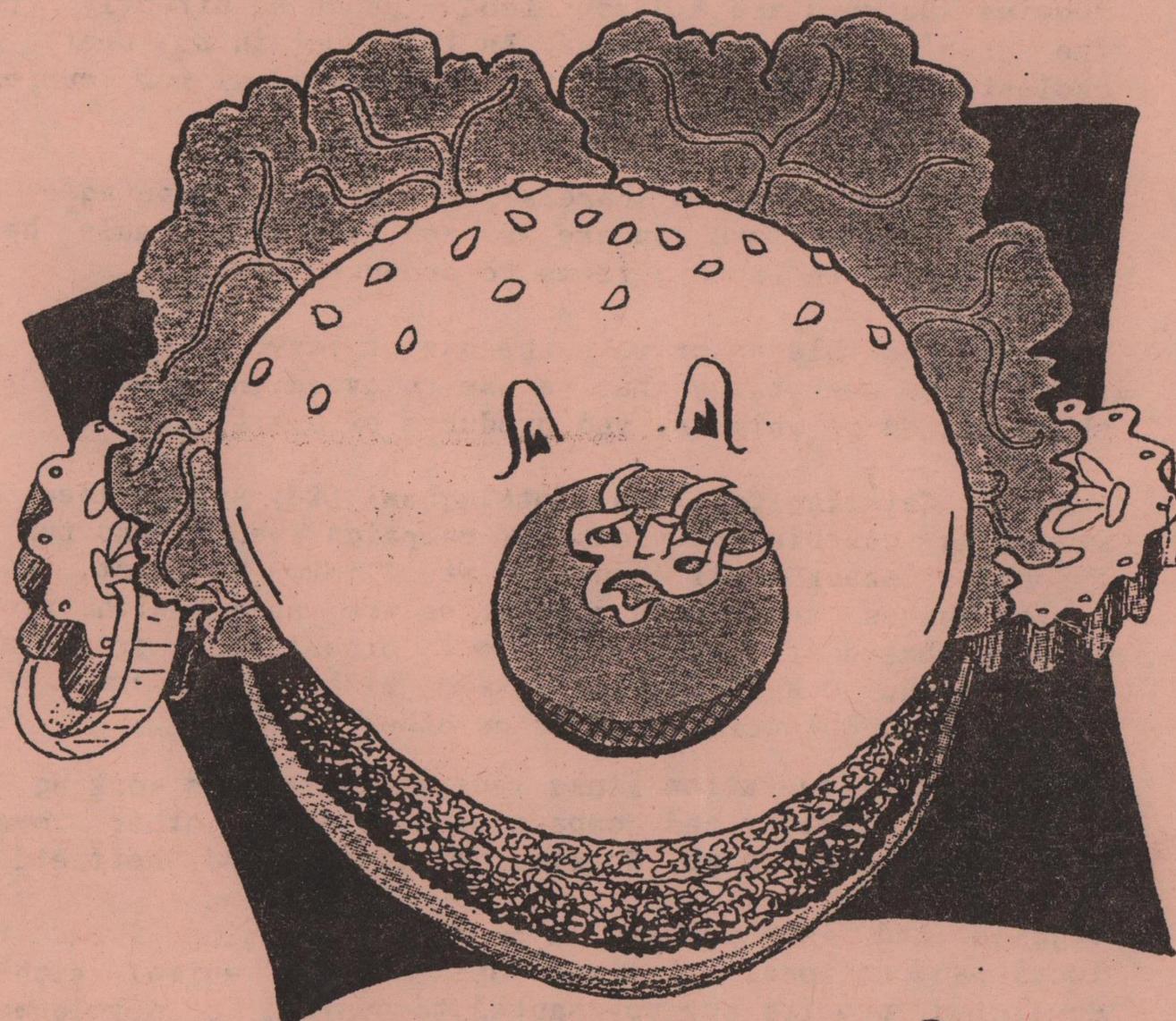
Vegetarian Express 081-954-4361

LOOK OUT FOR VEGGIES CATERING CAMPAIGN

WE CATER AT ALL KINDS OF GOOD EVENTS

VEGGIES

CATERING CAMPAIGN (NOTTINGHAM)



Tasty Wholesome Snacks

**LUNCHTIMES AT
CLINTON STREET WEST**

VEGGIES VEGGIES

VEGGIES LTD is a co-operative, working to inform the public about their health, their relationship with animals and the environment, and the part that their diet plays in the distribution of food world-wide.

Veggies Burgers are a direct food - produced directly from the growing crop, soya beans. As they contain no meat, no cholesterol and no animal fats, they are ideal for current dietary recommendations.

Veggies Not-Dog Sosages share all the dietary advantages of Veggies Burgers, and you are assured that no animals have lived or died in factory farms to produce them.

Wherever possible we promote the use of recycled goods, and investigate everything that we use to avoid animal products, those tested on animals, and products of apartheid.

Veggies Catering Campaign (Nottingham) Ltd, specialises in providing catering services for campaign events, and run a lunchtime snack stall (Mon-Sat) at Clinton St West. Pure fruit juices and fresh vegetables are used, with bread locally baked from wholemeal flour, organically grown and stoneground. Other snacks are made without preservatives, flavourings, colourings, sugar or other additives.

The Veggies Federation links independent groups working to promote a healthy and compassionate diet in other towns, including Loughborough, Norwich, Nottingham and Sheffield.

Veggies Ltd is a workers co-operative, raising funds for local and national campaigns for human and animal rights. Remaining profits are covenanted to Vegfam, a development charity that 'feeds the hungry without exploiting animals'.

ALL VEGGIES FOOD IS VEGAN : IT CONTAINS NO ANIMAL PRODUCTS

VEGGIES LTD, 180 Mansfield Road, Nottingham, NG1 3HU.

Telephone (0602) 585666 / 703040

Established in 1984.

"HELPING PEOPLE TO SAVE THE LIVES OF ANIMALS"

Printed on recycled paper from the Rainbow Centre. Sept '90

VEGGIES VEGGIES

FREEZER SERVICE

| PRICES Nov. '90 | Direct from Veggies 2oz size | Quarterpounder | Shop prices |
|-----------------------------|---------------------------------|----------------|----------------|
| VEGGIES BURGER | 20p | 36p | 22p/40p |
| CHILLI BURGER | 20p | 36p | 22p/40p |
| NUT BURGER | 20p | 36p | 22p/40p |
| VEGGIES SOSAGES (Pack of 4) | 54p | | 60p |
| SAVORY SOSAGES (Pack of 4) | 54p | | 60p |
| WHOLEMEAL BAPS | 12p | Each | 12p |

10% Additional Discount for orders over £10.00
ordered and collected from the address below

Direct purchase together with our discount scheme enables you to act as an agent, on behalf of friends and neighbours.

TO ORDER: Place your orders at THE RAINBOW CENTRE,
180 Mansfield Road or by phone on (Nottm) 585666.

Please give 24 hours notice for orders, which may be collected from Rainbow Centre between 10am & 5pm.

Delivery is sometimes possible - but with reduced discount.
Trade terms on request.

Also available in Leicester, London, Loughborough, Mansfield, Norwich and Sheffield

These prices are effective from November 1990, the previous rise being in June 1990. Customers may be interested to note that Veggies are currently introducing fully biodegradable cellophane packaging. Despite cellulose being a natural, plant-based solution to the environmental problems of plastic bags and wrapping films, the illogical nature of the packaging industry leads it to be four times the price of the plastic equivalents. However we are sure that our customers will continue to support our long-standing policy of minimal packaging.