

Business	Contact details	Home delivery	Comments
John Hockridge & Son	01271 345144	yes	Milk delivery, eggs, potatoes, fruit juice Early morning delivery
Han Court		yes	Every day from 5pm-9pm Delivery charge- from £1
Costcutter	01271 375192	yes	
Sainsburys	01271 325 498	yes	
Johns of Instow and Appledore	01271 860310	yes	Delivery Monday to Saturday, order with 24 hours notice. Minimum spend £20, £2.50 delivery charge.
Iceland	01271 375330	yes	Online delivery to Fremington, Bickington, Roundswell and parts of Yelland