

Cafes & Restaurants

Community Soup Kitchen	Deliveries	
Soulshine café	Takeaway and delivery	01308 422821
Beach & Barnicott	Takeaway and delivery	01308 807002
Longs Fish and chips	Takeaway and delivery	01308 423199
The Green Yard Café	Takeaway and delivery	01308 459466
Windy Corner Café	Eat in and takeaway	01308 459221
Aleksandra's chocolate café		01308 458770
Red Brick Café	Takeaway and delivery	07868 752329
L&F Fish and Chip Van	Deliveries	07803 257674

Shops

Groves	Deliveries	01308 422654
West Country Catch	Deliveries over £20	01305 259135
Nick Tett Butchers Ltd	Deliveries	01308 862253
Framptons	Deliveries	01308 422995
Bridgets Market	Deliveries	01308 427096
Kernow Pantry	Deliveries	01308 422833
The Wobbly Cottage Bakery	Deliveries	01308 867748

Pubs

The half Moon Melplash	Takeaway and delivery	01308 488321
Spyway	Takeaway and delivery	01308 485250
Three Horseshoes	Takeaway and delivery	01308 897259
lchester Arms	Takeaway and delivery	01308 422600
DarkBear	Deliveries	01308 538338
The pursuit of hoppiness	Deliveries	01308 427111

Health and Wellbeing

The 1:1 Diet -		07938 569959
Yogowithleah	Offering 1:1's	07877 615190
Naturalife	Deliveries	01308 459690
Yarn	Deliveries	01308 455669
Dee B Yoga		01308 807007
Charlotte Grace Pilates		07846 388627

Pets

Animal House pet shop	Free deliveries	01308 424349
Haydon Vets	Free deliveries	01308 456808
Pets Direst & Aquatics		01308 420747
Bredy Vets		01308 456771