

CLEAN 15 & DIRTY DOZEN

CLEAN 15

ONIONS
SWEETCORN
PINEAPPLE
AVOCADO
CABBAGE
PEAS
ASPARAGUS
MANGOES
AUBERGINE
KIWI
MELON
SWEET POTATOES
GRAPEFRUIT
WATERMELON
MUSHROOMS

DIRTY DOZEN

APPLES
CELERY
PEPPERS
PEARS
STRAWBERRIES
GRAPES
SPINACH
LETTUCE
CUCUMBERS
POTATOES
GREEN BEANS
KALE

