



PROVISIONING & BEVERAGES

Name of Charterer: # of people in party:

Charter start date: Yacht booked:.....

Provisioning Guide:

The following pages are your provisioning order forms. Pre-ordering your provisioning is designed to eliminate the inconvenience of grocery shopping in an unfamiliar place, as well as save you precious vacation time by taking care of the grocery shopping prior to your arrival
On welcoming you to our base, your order will await you on board your boat

Important Notes:

- This form should be completed and returned to us no later than 3 weeks prior to departure.
- All payments must be paid at the base upon your arrival by visa, master card or cash
- All provisioning orders have a \$ 150.00 minimum.
- To eliminate any confusion, please include your last name on the top of each page
- All provisioning orders are subject to a 20% service charge.**

Prices are a guideline and subject to change without notice.

Provision Ordering Tips:

- On average 1 litre of water per person, per day is a good guideline.
- Soft fruit such as bananas and pineapple will ripen more quickly in the heat than citrus fruits.
- The bread can be preserved for 2/3 days.
- Please bear in mind that goods will not stay fresh indefinitely, and that storage space may be limited.
- More goods can be bought en route and you can always visit the local restaurants during your cruise.
- Please note that goods are subject to availability; therefore, it may be necessary for similar products to be substituted.**

Please feel free to add on any particular item you wish to have on board (not provided in the list) and we will endeavour to source it for you.

How to Order:

Please complete the following pages and fax your order to: ++ 250 7140951
or email : info@nanaimoyachtcharters.com

Name:

BREAKFAST GOODS	SIZE/QTY	CND\$	QTY	TOTAL
Bacon – Schneiders sidebacon thick sl	500g	\$6.59		
Golden Valley Extra Large Eggs	Dozen	\$3.29		
Johnsonville Breakfast Sausage	375g	\$4.98		
Aunt Jemina Pancake Mix Buttermilk Complete	1 kg	\$3.89		
Aunt Jemina Original Syrup	375ml	\$2.69		
Kellogg's Variety Pack - 8 boxes	275g	\$4.99		
Kelloggs Corn Flakes	750g	\$6.29		
C.T. Granola cereal honey and almonds	750g	\$4.49		
Croissants	each	\$0.99		
Dempsters sesame bagels	6's	\$3.29		
Plain English muffins	6's	\$1.99		
Dempsters white bread	675g	\$3.15		
Dempsters 100% whole wheat bread	675g	\$3.15		
Dempsters Hamburger Buns	8's	\$2.29		
Dempsters Hamburger Buns	12's	\$2.29		
Tropicana Orange Juice	1.89L	\$4.79		
DAIRY PRODUCTS	SIZE/QTY	CND\$	QTY	TOTAL
Dairyland 2% Milk Jug	4L	\$5.19		
Dairyland Homo Milk Jug	4L	\$5.29		
Dairyland 2% Milk Jug	2L	\$3.85		
Dairyland 2% Milk Jug	1L	\$2.69		
Olympic Natural Yogurt	907g	\$4.15		
Minigo assorted Fruit Flavors	4's	\$3.49		
Fraser Valley Butter Salted	454g	\$4.69		
Fraser Valley Butter Unsalted	454g	\$4.49		
Parkay Margarine	454g	\$2.49		
Olympic Sour Cream	250ml	\$2.49		
TEA, COFFEE & SUGAR	SIZE/QTY	CND\$	QTY	TOTAL
Earl Grey(Twinings)	25 bags	\$3.99		
Orange Peeko	36 bags	\$2.99		
Maxwell House Instant Coffee	200g	\$7.89		
Folgers Ground Coffee	300g	\$4.49		
Illy Ground Medium Roast French Gourmet	250g	\$14.99		
Torrefazione Napoli Coffee Italian	340g	\$11.99		
White Sugar (cubes)	500g	\$1.99		
Sugartwin Sweeteners	100pkt	\$3.79		
JAMS, MARMALADE & HONEY	SIZE/QTY	CND\$	QTY	TOTAL
Golden Valley Apricot Jam	250ml	\$3.49		
Welch's Grape Jelly	250ml	\$2.79		
Golden Valley Strawberry Jam	250ml	\$3.49		
Smuckers Orange Marmalade	250ml	\$3.49		
Elias Liquid Honey	500ml	\$5.99		
Kraft Peanut Butter Crunchy	500g	\$3.99		
Kraft Peanut Butter Smooth	500g	\$3.99		

Name:

FRUIT – seasonal	SIZE/QTY	CND\$	QTY	TOTAL
Fresh: Apples – Granny Smiths	Each	\$0.52		
Avocado (seasonal)	Each	\$1.39		
Bananas	Each	\$0.23		
Cantaloupes	Each	\$2.99		
Grapes – Red Seedless	2 lb	\$6.99		
Grapefruit	Each	\$1.29		
Honeydew Melons	Each	\$1.99		
Kiwi Fruit	Each	\$0.79		
Lemons	Each	\$0.40		
Limes	Each	\$0.35		
Oranges	Each	\$0.70		
Pears	Each	\$0.80		
Pineapples	Each	\$5.99		
Mangos	Each	\$0.89		
Strawberries	basket	\$2.99		
Peaches	Each	\$0.79		
Canned in Natural Juices:	SIZE/QTY	CND\$	QTY	TOTAL
Fruit Cocktail in juice	398ml	\$2.89		
Grapefruit Segments	398ml	\$1.99		
Peaches	398ml	\$2.89		
Pears	398ml	\$2.89		
Pineapple slices	398ml	\$1.89		
VEGETABLES	SIZE/QTY	CND\$	QTY	TOTAL
Canned: Asparagus tips	341ml	\$3.69		
Corn – Whole Kernel	341ml	\$1.29		
French Style Green beans	398ml	\$1.29		
Mixed Peas & Carrots	398ml	\$1.29		
Mushrooms – pieces & stems	284ml	\$1.79		
Tomatoes Whole	796ml	\$1.99		
Baked Beans	398ml	\$1.49		
Red Kidney Beans	540ml	\$1.49		
Fresh: Broccoli	1.5lb	\$2.69		
Carrots - baby peeled	453g	\$1.69		
Cauliflower	head	\$2.59		
Cucumber - English long	Each	\$1.99		
Lettuce - Romaine	Each	\$0.79		
Tomatoes Select	Each	\$0.89		
Mushrooms	1.5lb	\$2.99		
Onions - White	Each	\$0.20		
Garlic	head	\$1.09		
Potatoes	5 lb	\$3.99		
LUNCH	SIZE/QTY	CND\$	QTY	TOTAL
Hamburger Patties	3 lb box	\$13.98		
Extra Lean Ground Beef	1lb	\$6.29		
Schneiders Chicken Burgers	3lb box	\$12.98		
Licks Soy Burgers	550g	\$7.79		
Hot Dogs (fletchers)	Pack of 12	\$3.99		
LUNCH	SIZE/QTY	CND\$	QTY	TOTAL
Ham - Black Forest	250g	\$4.75		
Pepperoni Sticks	400g	\$6.25		
Roast Beef	250g	\$4.75		
Salami – Freybe	200g	\$4.39		
Turkey Breast	250g	\$6.95		

Name:

CHEESE	SIZE/QTY	CND\$	QTY	TOTAL
French Brie	200g	\$5.95		
Medium Cheddar	500g	\$7.29		
Swiss gruyere	200g	\$7.75		
Inrternational Blue cheese	113g	\$3.99		
Havarti	200g	\$4.79		
Mozzarella	350g	\$6.99		
Swiss cheese slices	200g	\$5.99		
Camembert	250g	\$6.99		
Gouda	200g	\$5.99		
Kraft Cheese Slices 24's	500g	\$5.99		
Philadelphia Cream Cheese	250g	\$4.09		

DRESSINGS/OILS/PICKLES	SIZE/QTY	CND\$	QTY	TOTAL
Dressings:				
1000 Islands	250mls	\$2.69		
Creamy Caesar	250mls	\$2.69		
Traditional Italian	250mls	\$2.69		
French	250mls	\$2.69		
Ranch	250mls	\$2.69		
Oils/Vinegar:				
Mazola Oil	946ml	\$4.99		
Olive Oil (Extra Virgin)	500ml	\$7.49		
Balsamic Vinegar	250g	\$3.99		
White Vinegar	1 litre	\$1.99		
Mayonnaise:				
Hellmans Squeeze Bottle	500ml	\$4.99		
Hellmans Lite Squeeze Bottle	500ml	\$4.99		
Pickles and Olives:				
Manzanilla Stuffed Olives	500ml	\$3.95		
Mclaren Sweet Midget Gherkins	375ml	\$3.29		
Clausen Whole Dill Pickles	750ml	\$4.99		

COOKIES/CRACKERS	SIZE/QTY	CND\$	QTY	TOTAL
Christies Chocolate Chips Cookies	350g	\$3.99		
Christies Oreos	350g	\$3.99		
Peek Frean Family Shortcake	350g	\$3.69		
Walker's Shortbread Rounds	150g	\$2.99		
Viero Lady Fingers	400g	\$3.29		
Triscuits	450g	\$4.39		
Ritz Crackers Original	450g	\$4.39		
R/Oval Stonewheat Thins	300g	\$3.29		

SOUPS	SIZE/QTY	CND\$	QTY	TOTAL
Campbells Chunky Seafood Chowder	540ml	\$2.59		
Campbells Chunky Chicken Noodle	540ml	\$2.59		
Campbells Chunky Prime Rib with Vegetable	540ml	\$2.59		
Campbells Ready to Serve Fiesta Vegetable	540ml	\$2.19		

Name:

SEAFOOD	SIZE/QTY	CND\$	QTY	TOTAL
FROZEN AND CANNED				
Digby Scallops	8oz	\$10.95		
Fresh Hand Peeled Shrimp Meat	8oz	\$11.95		
Wild Salmon Filets	8oz	\$5.95		
Clover Leaf Chunk Crab Meat	120g	\$6.99		
Gold Seal Pink Salmon	213g	\$2.59		
Oceans Sockeye Salmon	213g	\$5.79		
Clover Leaf Chunk White Tuna	170g	\$3.69		

POULTRY/MEATS	SIZE/QTY	CND\$	QTY	TOTAL
Chicken Breasts Fam Pack Boneless, Skinless	3 breasts	\$15.95		
Chicken Thighs Family Pack	12 thighs	\$11.95		
Australian NY Striploin Family Pack	4/pack 8oz	\$29.95		
Angus Rib Eye Steaks	8oz each	\$9.95		
New Zealand Lamb Rack	16oz	\$14.95		
Pork Tenderloin Roasts	1lb approx	\$13.95		
Angus T-Bone Steak	12oz each	\$12.95		
Seasoned Boneless Leg Of Lamb	1/2 lb	\$22.95		
Lamb Chops	1/2lb	\$15.95		

PREPARED MEALS	SIZE/QTY	CND\$	QTY	TOTAL
Stong's Own Linqini Alfredo	each	\$4.95		
Stong's Own Spaghetti Tomato Sauce	each	\$4.95		
Que Pasa Chicken & Bean Burritos	360g	\$5.49		
Que Pasa Chicken Fajitas	360g	\$6.59		

RICE/PASTA	SIZE/QTY	CND\$	QTY	TOTAL
Golden Pacific Jasmine Rice	5kg	\$9.99		
Aar Cee Basmati Brown Rice	2kg	\$8.99		
Lancia Penne	900g	\$2.79		
Lancia Spaghetti	900g	\$2.79		
Primo Large Shells	900g	\$2.79		
Olivieri Fresh Rainbow Tortellini	350g	\$3.99		

MUSTARDS/SAUCES	SIZE/QTY	CND\$	QTY	TOTAL
French's Dijon Mustard Squeeze Bottle	325g	\$2.79		
Kraft BBQ Sauce	455g	\$2.99		
Heinz Tomato Ketchup Squeeze Bottle	1L	\$4.79		
L&P Worcestershire Sauce	142ml	\$2.69		
Tabasco Sauce	57ml	\$3.19		
Salt & Pepper Kit Windsors	155g	\$4.19		

SNACKS/ICE	SIZE/QTY	CND\$	QTY	TOTAL
Potato Crisps - Plain (Lays)	270g	\$3.99		
Potato Crisps - BBQ (Lays)	270g	\$3.99		
Tortilla Chips (Tostitos)	340g	\$3.99		
Cheezies (Hawkins)	220g	\$3.99		
Pretzel Twists	407g	\$4.29		
Pringle Crisps	170g	\$3.49		
Cashew Nuts - Dry Roasted	275g	\$9.99		
Pistachios - Natural	350g	\$8.99		
Peanuts - Cocktail	300g	\$3.99		
Creamy Onion Dip (Kraft)	227g	\$3.39		
Ice Cubes	2.7kg	\$2.99		
Ice Block	4.5kg	\$2.99		

Name:

NON-FOOD ITEMS	SIZE/QTY	CND\$	QTY	TOTAL
Brillo Pads(SOS)	4 Pads	\$1.99		
Glad Sandwich Bags - ziploc	50 bags	\$2.99		
Glad KitchenTrash Bags (Medium)	24 Bags	\$2.99		
Facial Tissues	x100	\$1.99		
Lysol Disinfectant	350g	\$4.99		
Paper Towels	2 roll	\$3.49		
Scotch brite sponge no scratch	x 2	\$2.19		
Tide Laundry Detergent Liquid	1.8 L	\$9.99		
Toilet Paper	4 rolls	\$5.49		
Aluminium Foil	25ft	\$2.49		
Cling film (Glad)	30m	\$2.09		
BEVERAGES	SIZE/QTY	CND\$	QTY	TOTAL
JUICES				
Sun Rype Blue Apple Juice	1L	\$2.09		
Sun Rype Blue Apple Juice	6L	\$9.99		
Ocean Spray Cranberry Cocktail	1.14L	\$3.49		
Tropicana Grapefruit	1.89L	\$4.69		
Bothouse Fresh Fruit Smoothies all Natural	1L	\$4.49		
Minute Maid Orange Juice	1.89L	\$3.89		
Fruitopia Chilled Fruit Explosion Juice	1.89L	\$2.99		
Dole Pineapple Juice	1L	\$2.19		
Utopia Tomato Juice	1.36L	\$1.79		
V-8 Juice Vegetable Plastic	1.89L	\$4.89		
Motts Clamato	1.89L	\$5.19		
SODA	SIZE/QTY	CND\$	QTY	TOTAL
Coca Cola	12 pack	\$7.99		
Diet Coke	12 pack	\$7.99		
Pepsi	12 pack	\$7.99		
Diet Pepsi	12 pack	\$7.99		
7-Up	12 pack	\$7.99		
Diet 7-Up	12 pack	\$7.99		
Ginger Ale	12 pack	\$7.99		
Iced Tea	12 pack	\$7.99		
WATER	SIZE/QTY	CND\$	QTY	TOTAL
Drinking Water Whistler	1.5 litre	\$3.52		
Spring Water (Evian)	1.5L	\$3.39		
Polaris Water	9.5L	\$3.39		
San Pellegrino Sparkling Water	1L	\$4.52		
MISC BEVERAGE	SIZE/QTY	CND\$	QTY	TOTAL
Mikes Hard Lemonade	4pack	\$12.50		
Smirnoff Ice	12pack	\$31.95		
BEER	SIZE/QTY	CND\$	QTY	TOTAL
Granville Island Lager	12pack	\$23.95		
Corona	12pack	\$27.95		
Becks	6pack	\$14.95		
Heineken	12pack	\$26.95		
Molson Canadian	12pack	\$21.95		
Labatts Classic	12pack	\$23.50		
Coor's Light	12pack	\$21.50		
Sleeman's Honey Brown Lager	12pack	\$25.50		

