



### **APPRO's advice and suggestions**

In order to be able to free yourselves of all the pressure and waste of time due to buying your provisions for your cruise, we offer – from Guadeloupe, to prepare, pack and deliver your provisions aboard your boat for your arrival day.

To do this, we propose:

A list containing 300 general alimentary products:

An evaluation list of your needs based on 6 people/7days with easy to make menus.

Is elaborating your order posing you a problem?

We can make up, **free of charge**, a pro-forma of your needs according to the number of participants and the duration of your trip.

Would like to have your favourite brands amongst your provisions, a certain packaging that would seem more adapted or specific products such as health foods or baby products: we would only be too happy to help you as much as is locally available.

### **APPRO's advice and suggestions**

**1 litre of drink** this is the minimum that you should count per day per person in the tropics!

**Vacuum packed sliced bread** will keep at least one month. It's one of the products that is well adapted to sailing life. In the south you will be able to find fresh bread from Bequia onwards.

**Buccaneer chicken (smoked)** can be kept for 2 or 3 days and keeps all of its flavour. Useful for sailing lunches.

We can guarantee that our market products will ripen progressively during your cruise. Citrus fruits will accelerate the ripening of other fruit and vegetables if placed next to one another. Check the size of your fridge before completing your fresh fruit order.

**WARNING** The freezer compartment can generally only be used as cold compartment. Provisioning **in the South Caribbean** in market products, meat, and dairy products is limited and expensive.

Make the most of the **shellfish and fish** which will be available to you, they are of good quality

### **GENERAL SELLING CONDITIONS**

Our prices will be charged with VAT included, **no added supplements** for delivery aboard

A minimum order of 100 euros is needed.

Payment on delivery by cash or VISACARD MASTERCARD

Prices in Euros non-binding September 2010.

**A week's delay between your order and delivery is necessary.**

**For pro-formas, please send your requests 20 days before your departure.**

Prices in Euros non-binding september 2010.

CLIENT :

DATE:

BOAT

RENTING AGENT:SPARKLING CHARTER

PAYMENT - CASH VISACARD MASTERCARD



**APPRO MARINE**

AVITAILLEMENT BATEAU

Tel: 0590238337 fax: 0590234159

appromarine@orange.fr

**WATER AND SODAS**

Still water	1lt5 x 6	4,30		0,00
Still water Evian	1lt5 x 6	10,08		0,00
Perrier 1	1litre	1,80		0,00
Sparkling	1l25 x 6	8,05		0,00
Orangina	33cl x 12	8,50		0,00
Sprite	33cl x 12	8,06		0,00
Coca cola	33cl x 12	7,06		0,00
Lipton Ice tea	33cl x 12	10,61		0,00
Coca cola	2 litre	2,42		0,00
Coca cola light	50 cl x 8	7,40		0,00
Schweppes Tonic	33cl x 6	6,25		0,00

**FRUIT JUICE**

Pineapple Rea	1 litre	2,35		0,00
Grapefruit Rea	1litre	3,04		0,00
Apple Rea	1 litre	2,40		0,00
Orange Réa	1 litre	2,30		0,00
V8 vegies jus	1 litre	2,80		0,00
Lemon Pulco	70cl	6,20		0,00

**NECTAR LOCAL FRUITJUICE**

Guava Mont Pele	1 litre	2,70		0,00
Passionfruit Mon Pele	1 litre	2,60		0,00
Fruit Cocktail Mont Pelé	1 litre	2,60		0,00

**CORDIALS**

Mint	75 cl	2,80		0,00
Grenadine	75 cl	2,80		0,00
Sugar Cane	50 cl	4,20		0,00

**BEERS**

Heineken Can	33 cl x 12	14,80		0,00
Kronenbourg can	33 cl x 12	14,30		0,00
Corsaire bottle	33 cl x 12	13,80		0,00
Carib can	33 cl x 12	13,40		0,00

**BISCUITS APERITIFS**

Peanuts	200 g	1,26		0,00
Pistachios	200g	3,40		0,00
Cashew Nuts	125 g	2,18		0,00
Green Olives Stoned	37cl	2,03		0,00
Black Olives	250 g	2,38		0,00
Crisps Lays	150 g	2,73		0,00
Pringles	200 g	3,50		0,00
Crackers premium	250 g	2,48		0,00
Stick	100g	1,15		0,00
Tuc	75 g	1,05		0,00
Salted Mixture	150 g	2,18		0,00
Apérifruits exotic	150 g	1,45		0,00
				0,00

**TABLE WINE COULEURS DU SUD**

<b>Rouge</b> Cabernet Sauvignon	75 cl	4,40		0,00
Merlot	75 cl	4,40		0,00
<b>Rosé</b> Grenache	75 cl	4,40		0,00
<b>Blanc</b> Sauvignon	75 cl	4,54		0,00
Chardonnay	75 cl	4,54		0,00
				0,00

**Bag in box Rouge**

Merlot rouge	5 litres	23,70		0,00
Sauvignon rouge	5 litres	23,70		0,00

**Bag in box rosé**

	5 litres	23,70		0,00
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**Bag in box blanc**

	5 litres	23,70		0,00
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**VIN ROUGE**

Bordeaux	75cl	6,77		0,00
Côtes du Rhône	75cl	7,76		0,00
Bourgogne	75cl	9,90		0,00
Brouilly	75cl	15,35		0,00
St Emilion	75cl	15,02		0,00

**VIN ROSE**

Côtes de Provence	75cl	4,85		0,00
Tavel	75cl	12,45		0,00

**VIN BLANCS**

Muscadet	75 cl	7,52		0,00
Bordeaux Entre deux mer	75 cl	8,24		0,00
Riesling	75 cl	9,88		0,00
Bourgogne Chardonnay	75 cl	17,47		0,00
Sancerre	75 cl	20,53		0,00

**CHAMPAGNES**

Jacquard	75 cl	30,66		0,00
Feuillate Brut 1er cru	75 cl	34,10		0,00
Moët Chardon	75 cl	48,17		0,00
Cidre brut	75 cl	2,30		0,00

**APERITIFS**

White Rum50°Marie Galante	1 litre	8,50		0,00
Cub White Rum Père Labat 59	3 litre	34,10		0,00
Old Rum44° 6 years	70 cl	14,70		0,00
Campari	1 litre	23,05		0,00
Whisky W L	70 cl	16,45		0,00
Whisky J & B	70 cl	22,88		0,00
Martini red/white	1 litre	12,80		0,00
Port	70 cl	14,35		0,00
Gin Gordon	70 cl	18,44		0,00
Pastis 51 (Aniseed)	1 litre	27,44		0,00
Vodka Smirnoff	70 cl	17,50		0,00
Piña colada	70 cl	8,40		0,00
Punch coco	70cl	8,88		0,00

0,00

0,00

Peas-Carrots EF	800 g	2,03		0,00
Peas (small)	800 g	2,00		0,00
Cooked Lentils	800 g	1,47		0,00
Green French Beans	800 g	1,82		0,00
Artichoke bottoms	1/2	2,60		0,00
Kidney beans	400g	1,52		0,00
Peeled Tomatoes	390 g	0,75		0,00
Mixed vegetables	800 g	1,82		0,00
couscous vegetables	800 g	2,80		0,00
Flageolets	800 g	2,00		0,00
Chick Peas	400 g	1,95		0,00
Mushrooms (paris)	400 g	2,00		0,00
Corn	340 g	0,92		0,00
palm hearts	400 g	2,46		0,00
Asparagus	33 cl	2,56		0,00
Ratatouille	375 g	1,15		0,00
Soya Beans	400 g	1,35		0,00
Sauce Bolo./basil	350g	1,65		0,00
Tomato pulp	400 g	1,55		0,00
Tuna (In water)	142 g	1,60		0,00
Sardines	115 g	0,66		0,00
Mackerel white wine	180 g	2,15		0,00
Crab chunks	170 g	1,70		0,00
Prawn Cocktail	200 g	2,30		0,00
Corned beef	200g	2,60		0,00
Pâté de campagne /liver	120 g	1,97		0,00
Strasbourg Sausages	800g	4,86		0,00
Ravioli Panzani	800 g	3,71		0,00
Couscous W.Saurin	760 g	4,30		0,00
Taboulé Garbit	525 g	3,75		0,00
Chili con carne W.S	800 g	5,59		0,00
Paella Garbit	700 g	4,50		0,00
Noix Epaule	450g	4,56		0,00
Duck Gésiers	385 g	6,95		0,00

Sunflower Oil	1 litre	1,68		0,00
Olive Oil Lessieur	500 ml	5,25		0,00
Wine Vinegar	25 cl	2,09		0,00
Balsamic Vinegar	25 cl	2,73		0,00
Sauce Cruidity Lesieur	500ml	3,30		0,00
Salt	750 g	1,10		0,00
Black Pepper Ducros	18g	1,11		0,00
Mustard	300 g	1,09		0,00
Gerkins	37cl	1,37		0,00
Ketchup Amora	285g	2,30		0,00
Mayonnaise	235g	1,99		0,00
Tomato Paste	100 g	0,83		0,00
Spaghetti	500 g	1,20		0,00
Tagliatelle Panzani	500 g	3,32		0,00
Macaroni / torsades	500 g	1,15		0,00
Rice long grain Suriname	1 kg	2,50		0,00
Rice Basmati	1 kg	5,20		0,00
Flour	1 kg	1,26		0,00
Couscous Grain	500 g	1,30		0,00
Mash Potato	4x125 g	4,09		0,00
Tabasco	57 ml	3,51		0,00
Soya Sauce	125 ml	1,15		0,00
Créoline barbecue	360ml	3,54		0,00
French Herbs	40g	1,12		0,00
Parsley / basil	8g 15 g	1,12		0,00
Chives/ tarragon	6 g 7 g	1,15		0,00
Garlic / curry	58g 35 g	1,12		0,00
Colombo Powder	100 g	1,12		0,00
Paprika / safran	45 g	1,20		0,00
Thyme	20 g	1,20		0,00
Stock Cube Maggi	120g	2,30		0,00

Dark Chocolate Nestlé	100 g	1,57		0,00
Milk Chocolate Nestlé	100 g	1,79		0,00
Cooking Chocolate	200 g	1,80		0,00
Mint Sweets	165 g	2,44		0,00
Mixed Sweets,	165 g	1,68		0,00
Prunes	250 g	1,35		0,00
Raisins	125 g	1,35		0,00
Shortbread Biscuits Lu	200g	2,27		0,00
Coconut Biscuits	125g	0,85		0,00
Biscuit choco Petit Price	330g	2,99		0,00
Custard vanill-choc	510 g	3,85		0,00
Butter Sponge Cake	500g	4,60		0,00
Fruit Cake	250 g	2,55		0,00
Ginger carke Lu	470g	4,07		0,00
Fruit Cocktail	800 g	2,53		0,00
Pineapple in Syrup	500 g	1,06		0,00
Pears in Syrup	810 g	2,55		0,00
Dessicated Coconut	125 g	0,95		0,00
Peaches/Apricot in syrup	850 g	2,52		0,00
Apple Compote	4 x 100 g	3,14		0,00
Coconut milk	400 ml	2,60		0,00
Conc Milk Unsweetened	410 g	2,23		0,00
Conc, Milk Sweetened	397 g	2,80		0,00

0,00

Sugar Cane	1 kg	1,85		0,00
White Sugar Beghin's	1 kg	3,79		0,00
Sugar Lumps	1 kg	2,75		0,00
Ground coffee local Chaulet	250 g	3,68		0,00
Decafinated coffee	250 g	4,13		0,00
Instant Coffee Ness	100 g	4,84		0,00
Chocolate Powder Nesquik	450 g	4,05		0,00
Tea Lipton Yellow	x 25	2,70		0,00
Tea Earl Grey Lipton	x 20	3,90		0,00
Honey mixed flower	250g	3,60		0,00
Nutella Ferrero	350 g	3,91		0,00
Jam strawberry/raspberry	370 g	2,60		0,00
Pineapple	325 g	2,45		0,00
Guava/Banana	325 g	2,45		0,00
Apricot	370 g	2,15		0,00
Toasted bread Heudebert	300 g	3,25		0,00
Sliced Bread	300g	2,60		0,00
Suedish rusks	225 g	3,75		0,00
Corn Flakes Kellogs	375 g	3,50		0,00
Spécial K kelloggs	350 g	4,90		0,00
Fitness Kellogs cereals	375 g	5,17		0,00
Sliced Brioche (sweetbread)	550g	4,90		0,00
Frech Baguette	450g	1,6		0,00

0,00

Semi skim, milk UHT bridel	1 litre	1,47		0,00
Whole milk UHT Bridel	1 litre	1,76		0,00
Butter Bridel	250 g	3,65		0,00
Salted Butter Bridel	250 g	3,65		0,00
Margarine	250 g	1,91		0,00
Natural Yogurts	125 g x 8	3,10		0,00
Petits suisses (fruit flav)	60 g x 8	4,90		0,00
Danette chocolate UHT	100g x 4	5,49		0,00
Fresh Cream UHT Pres	20 cl	2,38		0,00
Fresh Cream UHT Pres	1 litre	5,25		0,00
Eggs	x 6	2,94		0,00
Whipped Cream	250 ml	4,30		0,00
Pastry short / flakey		3,10		0,00

Camembert	240 g	3,10		0,00
Emmental	220 g	3,18		0,00
Blue d'Auvergne (Blue)	125 g	3,21		0,00
Brie	200 g	4,28		0,00
Fêta	150 g	5,98		0,00
Goats cheese	150 g	3,70		0,00
Mozzarella	125 g	3,80		0,00
Reblochon	240 g	6,90		0,00
Gouda Slices	200g	4,58		0,00
Baby bel	200 g	4,17		0,00
Dairylea	x12	3,18		0,00
Garlic and herbes	125 g	5,77		0,00
Gruyère grated	200 g	2,63		0,00
Parmesan grated	40g	1,10		0,00
Roquefort	100 g	4,90		0,00
Apéricube	X 24	2,90		0,00

#### HYGENIC PRODUCTS

Coffee Filter	x 40	0,75		0,00
Cling Film	20 m	1,55		0,00
Aluminium	30 m	2,52		0,00
Kitchen Roll	2 roller	1,65		0,00
Toilet Paper	4 roller	2,10		0,00
Kitchen roll compact	2 roller = 6	4,60		0,00
Toilet Paper compact	4 roller	4,90		0,00
Bin Bags	30 lt x20	2,66		0,00
Bin Bags	50 lt x15	2,50		0,00
Bin Bags	100 lt x15	4,85		0,00
Paper napkins	x 100	2,37		0,00
Plastic Plates	x 20	1,75		0,00
Plastic Cups	x 25	0,85		0,00

**0,00**

#### FRUITS AND VEG

Potatoes	2,5kg			
Onions	kg			
garlic	x3			
Tomatoes	kg			
Lettuce	saches			
Chayote	pcs			
Peppers	pcs			
Sweet Potatoes	pcs			
Chives	botte			
courgettes	pcs			
advocado	pcs			
egg plant	pcs			

Dried Sausage	200 g	6,31		0,00
Garlic Sausage	200 g	2,31		0,00
White Ham vacuum packed	x 4	6,26		0,00
Raw Ham	x 4	5,49		0,00
Bacon	x 10	4,05		0,00
Pate campagne	250 g	2,72		0,00
Salami	200g	3,00		0,00
Bacon Bits	200 g	1,80		0,00
Boudin créole spicy blk pud	kg	13,86		0,00
Buccaneered Chicken	pièce	14,70		0,00
Roast Chicken	pièce	11,90		0,00
Stuffed Crab	pièce	3,29		0,00
Smoked Salmon	100 g	3,35		0,00
Anchovy Fillets	60 g	3,50		0,00

#### FROZEN PRODUCTS

Ribsteak	kg	10,30		0,00
Beef Skewers	x 10	17,40		0,00
Minced Steaks	x 10	9,13		0,00
Pork Chops	kg	7,93		0,00
Lamb Chops	kg	6,24		0,00
Shoulder of Lamb Boned	pc	14,69		0,00
Chicken Legs	kg	4,62		0,00
Duck Filets 2 fillets	kg	22,81		0,00
Roast Turkey	kg	6,80		0,00
Chicken Escalope	kg	9,10		0,00
Merguez (spicy sausage)	kg	8,62		0,00
Chipolata	kg	9,60		0,00
Salmon Fillets	125g	4,50		0,00
Prawns whole	kg	20,99		0,00
Red Snapper Fillets	kg	16,10		0,00
Sea Bream Steaks	kg	9,55		0,00

#### CLEANING PRODUCTS

Cleaning Cream	500 ml	1,36		0,00
Bleach	250 ml	0,78		0,00
Bleach	1 liter	1,60		0,00
Spray Bleach	500 ml	2,95		0,00
Washing up liquid	500 ml	1,50		0,00
Washing Liquid (clothes)	250 ml	2,86		0,00
Scouring Sponge	x 2	1,15		0,00
Soft Sponge	x 2	1,72		0,00
Matches	x 10	0,97		0,00
Lighter	1liter	3,27		0,00
Charcoal	2kg	3,50		0,00
Mosquito Spray OFF	100ml	4,79		0,00
Tissues	x 150	1,55		0,00

**0,00**

#### PRODUCTS PRICE DEPENDING ON SEASON

cucumber	pcs			
carrots	kg			
plantain bananas	pcs			
Bananas	kg			
Limes	kg			
Apples	kg			
Pineapples	pcs			
Mangoes	pcs			
Melons	pcs			
Watermelon	pcs			
Grapefruit	pcs			
Oranges	pcs			

**TOTAL**

**0,00**