

To update/amend please email: jeni.mcconnell@gmail.com KEY: [W](#) website [F](#) Facebook [E](#) Email

Wonderful Peninsula Providers:				25/03/2020	- last updated
Name	Delivery Collection	Telephone	Location	Postcode	Contact Details
DRINKS - ALCOHOL					
Cartmel Drink Shop	D	07966 681706	Cartmel	LA11 6PG	F Cartmel Drinkshop & Wine Snug E Cartmeldrinkshop@yahoo.com/
Fell Brewery	DC	015395 58980	Flookburgh	LA11 7NG	F FellBrewery
MILK					
Horsfall Dairies	D	015395 33916	Flookburgh	N/A	
Woodhead Dairies	D	015395 33646	Grange	n/a	
BAKERIES					
Fat Flour Bakery	D	015395 59069	Flookburgh	LA11 7LA	F Fat Flour Bakery
Grange Bakery	D	015395 36802, 07436 077690	Grange	LA11 7EY	F Grange Bakery W grangebakery.co.uk
The Hazelmere Bakery	D	015395 32972	Grange	LA11 6ED	F Hazelmere Grange W thehazelmere.co.uk
BUTCHERS, FISH, CHEESES					
Higginsons Butchers & Pie Makers	D	015395 34367	Grange	LA11 6AB	F Higginsonsbutchers W higginsonsofgrange.co.uk
Proctors Butchers	D	015395 32062	Grange	LA11 7HF	
Cartmel Cheeses	D	015395 34307	Cartmel	LA11 6PG	W cartmelcheeses.co.uk
Furness Fish	D	015395 59544	Flookburgh	LA11 7	F Furness Fish W morecambabayshrimps.com
FOOD - Fruit & Veg					
Fletchers Fruit & Veg	D	015395 32518	Grange	LA11 7EY	W fletchersfruitandveg.co.uk
Growing with Grace	D	015242 51723	Clapham	LA2 8ER	F Growing With Grace W growingwithgrace.org.uk
Hargans	D	015395 59058	Flookburgh	LA11 7LS	F BE HARGAN LTD
FOOD - Groceries					
78 Main Street - Jam, Eggs, Chutney	C	n/a	Flookburgh	LA11 7LB	
Booths Ulverston			Ulverston	LA12 7LY	W booths.co.uk
Cartmel Village Shop & Sticky Toffee Puddings	C	015395 36280/ 58300	Cartmel	LA11 6QB	F Cartmel Village Shop W cartmelvillageshop.co.uk

Cockles	D	07920 853499	Cartmel	LA11 6PR	☎ Cockles in Cartmel
Cockles	D	07920 853499, 015395 36268	Flookburgh	LA11 7JX	☎ CocklesConvenienceStore
Coop		015395 32115	Grange	LA11 7EY	
Cut the Wrap	D	01229 581299	Ulverston	LA12 7BH	☎ cutthewrap 🌐 cutthewrap.co.uk
Londis Cark	CD	015935 58960	Cark	LA11 7BT	
Low Sizergh Barn	C	015395 60426	Sizergh	LA8 8AE	☎ lowsizerghbarn
SPAR	D	015395 36997	Grange	LA11 6BA	☎ spargrange
Tesco Express		0345 610 6763	Grange	LA11 7EY	
FOOD TAKEAWAY					
Akhi Indian	D	015395 36583	Grange	LA11 6DP	🌐 akhiindian.co.uk
At Home Bistro	D	015395 34400	Grange	LA11 6AB	☎ GlennandVic 🌐 athomecafebistro.co.uk
Grange Charcoal Grill	D	015395 38853	Grange	LA11 6BA	☎ Grange-Charcoal-Grill
Hampsfell House Hotel	D	015395 32567	Grange	LA11 6	☎ Hampsfell-House-Hotel 🌐 hampsfellhouse.co.uk
Hazelmere Grange	D	015395 32972	Grange	LA11 6ED	☎ jo.hayes.1291 🌐 thehazelmere.co.uk 📧 hannahwilkin93@hotmail.co.uk
Keg & Kitchen	D	07715 418467	Grange	LA11 6AB	☎ TheKeg77
Rose & Crown	D	015395 58535	Cark	LA11 7NU	☎ roseandcrownark 🌐 roseandcrownarkinn.co.uk
Simon Rogan	C		Cartmel	LA11 6PZ	🌐 simonrogan.co.uk
Thornleigh Hotel	D	015395 32733	Grange	LA11 7HH	☎ thornleighhotel 🌐 thornleigh.org
Thyme Out	D	015395 34079	Grange	LA11 6DP	☎ thymeoutgrangeltld 🌐 thymeoutgrange.com
Waste Not, Want Not	C		Cartmel	LA11 6PH	☎ wastenotwantnotcartmelpeninsula
FUEL					
BP Services, A590		015395 52418	Witherslack	LA11 6RJ	
Gulf, Ulverston		01229 585030	Ulverston	LA12 7LA	
Newby Bridge Services		015395 31253	Newby Bridge	LA12 8ND	☎ newbybridgeservices
Newland Garage (Murco), Newland, Ulverston		01229 582142	Ulverston	LA12 6QG	
Shell, Oubas Hill, Ulverston		01229 581951	Ulverston	LA12 7LA	
HEALTH					
Nutwood Medical Practice		01539 715500	Grange	LA11 7DJ	☎ nutwoodmedical 🌐 nutwoodmedicalpractice.nhs.uk
Well Health Centre	D	015395 32024	Grange	LA11 7DJ	
Flookburgh Pharmacy	D	015395 58298	Flookburgh	LA11 7JU	
Well Pharmacy	CD	015395 32993	Grange	LA11 7EY	

South Lakes Mobility	D	01539 734600	Grange	LA11 6BA	📞 southlakesmobility
PETS					
Brooke Hardware & Pet Supplies	D	015395 58510	Flookburgh	LA11 7LS	📞 brookesupplies 📧 info@brookesupplies.co.uk
Little Beasties	D	01229 582220	Ulverston	LA12 9AU	📞 littlebeasties.ulverston
Ruffe and Ready dog walker	D	07920 853499	Peninsula	N/A	
Abi & Toms Garden Plants	D	015395 33510, 015395 52946	Grange		📞 halecatnursery 🌐 abiandtom.co.uk 📧 info@halecatplants.co.uk
POST OFFICES					
Flookburgh Post Office			Flookburgh		
Grange Post Office			Grange	LA11 6AA	
Lindale Post Office	D	015395 32231	Lindale	LA11 6LT	📞 LindalePostOffice