

Table 1

	Name	Phone Number	Products/Services	Area Covered	Delivery Availability	Additional Information
Bakers						
	Bakery At No 4	07500 772134	Brownies, flapjacks, tiffins, shortbreads, sponges, loaves (sweet), cakes.	Kendal & local radius	Dependent on product availability	Currently closed for business.
	Banilla Bakery Vegan Cakes	07706 381797 or email banillabakery@gmail.com	Vegan brownie boxes, cake jars, cupcakes. All products use natural ingredients. Gluten & soya free options are also available on request.	Kendal & local radius	Free delivery	Please contact us via phone, email or Facebook messenger to place your order. Payment taken over the phone. Free non-contact delivery.
	Decadent Bakes	07889 877660	Brownie slices & jars, cakes & cupcakes.	Kendal & local radius	Delivery Friday, free for orders over £10. £1 for smaller orders	Please place orders by 9pm on Thursdays for Friday delivery, via phone or Facebook. Payment over phone.
	Endmoor Bakers	01539 567559 or email clive-jane@hotmail.co.uk	Bakery products.	Endmoor & local radius	Free delivery daily for orders over £10	Please give 24 hours notice.
	Gabe's Vegan Cakes	07588 127353 or email gabesvegancakes@gmail.com	Gluten free, vegan & refined sugar free raw treats, layer cakes, celebration cakes, traybakes & scones.	Kendal & local radius	Free delivery	Please order over the phone or via email. Payment over phone.
	Ginger Bakers	01539 232815	Mixed boxes of tray bakes.	Kendal & local radius	Shop closed. Awaiting delivery setup information	Currently closed for business.
	Little Miss Bakery	01539 736934 or email thelittlemissbakery@hotmail.com	Bread loaves & buns, cakes, scones.	Kendal & local radius	Free delivery Tuesday & Friday	Please email, call or facebook message to place your order by 12pm Monday for a Tuesday delivery or 12pm Thursday for a Friday delivery.
	Lovingly Artisan	01539 736664 or www.caterite.co.uk	Artisanal loaves.	n/a	Collection Tuesday-Saturday 8am until bread is sold or order online using Caterite's click & collect service	Temporarily closed on Mondays. Kendal Plumgarths is open 8.00 am until the bread sold (this may change as we travel through the changes. You can't enter the bakery itself, please come & see us at the shop only. We aren't selling flour; this is way too precious right now, it's our only lifeline. Any bread purchased from us at the moment has been safely pre-bagged & the bakery is currently out of bounds due to social distancing & hygiene concerns, therefore we simply can't accommodate any slicing requests at the moment. Please remember we are social distancing whilst at work. If you come to the bakery, you will notice, only one person will be working at the shop, braving it out, serving our lovely customers at the cost of not seeing their families, so please, please be kind.
	More Artisan Bakery	01539 825110	Bread, cafe menu (sandwiches, cakes).	n/a	Shop closed. Awaiting delivery setup information	Currently closed for business.
	Staff Of Life	01539 738606 staffoflifekendal@gmail.com	Artisanal loaves.	Free delivery to Kendal & local radius	Collection Monday, Wednesday, Friday & Saturday 9am-11am	Orders taken by phone, email & messenger only. Bank payment preferred to cash.

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Beverages						
	Bowness Bay Brewing	07823 347763 or email sales@bownessbaybrewing.co.uk	20% discount on all our bottled beers	Kendal & 5 mile radius	Free delivery	
	Rinaldo's Speciality Coffee & Tea	07947 093226		Kendal & 5 mile radius	Free delivery & collection	Free takeaway hot drinks for all NHS Staff. Free takeaway hot drinks with any purchase of a bag of our coffee or tea.
Butchers						
	Haytons Of Staveley	01539 821363	Meat box delivery only at present, for £20, containing: 400g stew, 400g mince, 8 sausages, 8 rashers of bacon, 4 pork steaks, 4 chicken fillets.	Burnside, Kendal, Staveley	Collection (2 in 2 out policy) or delivery	Payment over the phone.
	Heartwood Poultry	07798 538789 or email knipes.milk@btinternet.com	Free range chicken, chicken portions & chicken sausage all produced & reared on our farm.	Endmoor, Kendal, Levens, Milnthorpe & others by arrangement	Delivery	Payment over the phone. No minimum order. Please email or call to arrange delivery.
	Higginsons	01539 534367	Meat, pies.	From Grange to LA11	Collection (2 in 2 out policy). Some delivery	Payment over the phone.
	Kendal Meat Company	01539 721904	Fine meats, cheese & butter, & eggs. We are now also able to supply mixed fruit & veg boxes from Greenbanks of Kendal. The contents of these boxes will vary each week. Available to order online now for £13.	Limited home delivery to Kendal LA8 & LA9	Delivery only, Tuesday-Friday	Please visit our website to place your order at www.kendalmeatcompany.co.uk . Payment taken online.
	Plumgarths	01539 736300	Meat, fruit & veg, jarred items, dairy, frozen pies. Delivery meat box: 1 whole chicken, 4 beef burgers, 4 chicken fillets, 4 gammon steaks, 4 pork steaks, 2 x 500g mince beef, 12 thin sausages, 6 thick sausages for £29.50.	Kendal & local radius	Collection brought to car. Delivery of meat box	Payment over the phone.
	Watson & Woollard	01539 720198	Locally sourced meat & meat products, including our own recipe sausages & locally produced award winning puddings & pies.	Kendal	Collection 8am-4pm Monday-Saturday. Some home deliveries possible. Please call for info	
Farm Shops, Grocery, Fine Foods & Convenience Stores						

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	Another Weigh	01539 721144 or email anne-marie@anotherweigh.uk	Cereals, pulses & legumes, grains, nuts & seeds, dried fruit, herbs & spices, store cupboard, snacks, cleaning cupboard, toiletries, household plastic alternatives.	Kendal	Takeaway & Delivery Tuesday - Saturday 10am-3pm	Orders (whether for collection or delivery) will be prepared in paper bags. If you're collecting an order, you'll be given a specific time to come. Payment can be made by contactless at the door. Orders for delivery can be paid over the phone.
	Cornvale Fine Foods	01524 222420	Fresh locally sourced meat, our own sausages & burgers, fruit & veg, free range milk, bread, dairy products.	Bentham, Ingleton, Kendal, Kirkby Lonsdale, Lune Valley, Melling, Lancaster & the Lune Valley	Monday-Saturday	1. Place an order by phone from 8am-4pm (answer machine outside these hours) or by email sales@cornvalefoods.co.uk . 2. Make sure you include your NAME & ADDRESS including your POSTCODE & PHONE NUMBER. 3. We will call you to arrange delivery date & time & to take payment over the phone. Please note that no card details will be stored & we will need to take them for each order.
	David William Food Hall	01539 736555 or 07850 884051 (Stephen)	Hot & cold food, fresh & frozen food, toiletries (subject to availability).	Kendal & local radius		Payment over the phone.
	Endmoor Village Store	01539 567454 or email clive-jane@hotmail.co.uk	Grocery & newspaper products.	Endmoor & local radius	Free delivery daily for orders over £10 (excludes cigarettes)	Please give 24 hours notice.
	Grape Tree	01539 732413	Health foods & supplements, dried fruits, grains, lentils, nuts, pulses, seeds.	n/a	Collection only, Monday-Saturday 9am-4pm.	
	Heron Hill Spar Shop	01539 723375	Grocery & newspaper products.	n/a	Collection	Taking orders over the phone, which will be boxed ready to collect. Payment by cash only in an envelope. It would help if you are able to put orders in on Mondays & Wednesdays where possible.
	JMP Foodservice	01539 620296	With over 3500 product lines we can supply frozen, chilled, ambient groceries, non-food & cleaning materials all in one delivery.	Dent, Garsdale, Kendal, Kirkby Lonsdale, Sedbergh		Please contact us for details of this service & to register for an online account to be able to browse on our app. Minimum order for home delivery £30 Payment by card. Office hours 8.30am to 5pm
	Kitridding Farm Shop	01539 567484 or 07824 628862	Beef, Burgers, Chicken, Lamb, Meat Pies, Pork, Sausages, Butter, Cheese, Eggs, Milk.	Kendal, Kirkby Lonsdale, Milnthorpe & surrounding areas	Collection Thursday-Saturday 9:30am-3pm or delivery.	Collection from the shop(operating a one in one out system). For delivery, please place orders before the end of day on Wednesday. Payment can be made by BACS or by card over the phone. No minimum order.
	Lakes Specialty Food	01539 822713	Meat, cheese (vegan available), yoghurt.		Free delivery daily	Order before 12pm for next day delivery.

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	Low Sizergh Barn	01539 560426 or email shop@lowsizerghbarn.co.uk	We have homemade frozen ready meals and puddings, a veg delivery every day, local eggs, local bread, groceries & milk on tap, Higginson's meat, home baking etc. The meals available are individual portion, suitable for freezing. 10 savoury meals for £47.50. 5 puddings for £17.50. Choose from (savoury): cottage pie, beef lasagna, minted lamb casserole, fish pie, lamb hotpot, beef & damson casserole with dumplings, chicken curry, sausage casserole, cherry tomato, spinach & lentil casserole, vegetable lasagne; (sweet): apple & damson crumble, bread & butter pudding, sticky toffee pudding.	Brigsteer, Crosscrake, Crosthwaite, Crooklands, Kendal, Levens, Lyth Valley, Milnthorpe, Natland, Old Hutton, Oxenholme, Sedgwick,	Shop open Tuesday-Saturday 9am-5pm. Free delivery daily for orders over £35	In person, virtual & phone shopping. We'll fill a basket while you talk, take payment over the phone & arrange a time for collection. We'll even pop it on your back seat when you pull up outside – no need to come. Payment over the phone or online.
	McClures Call & Collect	01539 442636	Cash & carry, well stocked with all the essentials.	Windermere	Collection	Minimum order £15. No account required. Call before 5pm, choose option 1 for customer service team to order.
	Momma's Foods	01539 734746 or email Steve at mommasfoods@hotmail.co.uk or via facebook messenger on Momma's Foods page.	Quality frozen main meals & puddings. Some can be cooked from frozen or defrosted in the fridge overnight. Made for pubs & restaurants but now available to you. Individual portions, including a selection of curries, lamb shanks, lasagne, suet puddings & sticky toffee pudding, as well as a great selection of vegetarian & vegan meals.	Kendal & local radius (Monday & Thursday), Kirkby Lonsdale & local radius (Wednesday), South Lakeland (Friday.)	£3 delivery or free for orders over £50	Minimum order £20. Payment by bank transfer preferred but cheque on delivery if needed. We will be cleaning our hands regularly & taking more precautions as appropriate. Delivered to your doorstep to avoid personal contact.
	Premier Lakes Movies	01539 729748	Convenience store selling fresh & grocery produce, alcohol & tobacco.	Kendal & local radius	Free delivery daily, until 5pm or collection Monday-Wednesday 7:30am-10pm, Thursday-Saturday 7:30am-10:30pm, Sunday 9am-10:30pm	Payment over the phone. Call to place an order or message the Facebook page.
	Sandylands Spar Shop	01539 720909	Grocery & newspaper products.	n/a	Collection	Taking orders over the phone, which will be boxed ready to collect. Payment by cash only in an envelope. It would help if you are able to put orders in on Mondays & Wednesdays where possible.
	Fishmongers					
	Kendal Fish & Seafoods	01539 729888	Fresh fish daily, vacuum packed & ready for your freezer.	Kendal & local radius	Free delivery Monday-Friday 8am-4:30pm, Saturday 8am-3pm	Minimum order £25. Same or next day delivery, dependent on product availability & delivery slots. Payment over phone.
	Food Banks & Support Groups					

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	Kings Food Bank	07534 609179	At the moment we are really low on tins of spaghetti in tomato sauce, corned beef, ham, spam, custard, rice puddings, sponge pudding, instant noodles & instant mash.	Kendal & local radius		There are several donation points where non-perishable food items can be taken including some supermarkets where items can be purchased. These are (Kendal): Asda, Booths, Morrisons, Cumbria County Council, County Offices, Kendal Library, Nat West Bank, SLDC South Lakeland House, Wilf's Café (Staveley) & local churches.
	Manna House	01539 725534				Phone only for needs Monday-Friday 9.30am-3pm. Centre closed. There is a box at both Morrisons & Sainsburys, which Manna House staff regularly collect. Additionally, people can leave bags or boxes on our porch at The Stephenson Centre, Ann Street, LA9 6AA Monday-Friday 9.30am-3pm & staff will bring it in & sort it. If they would like us to know who donated when they leave it on our porch, please include name & contact details so we can say thanks.
	People's Cafe	kendalpeoplescafe@hotmail.com	Pre-packed bags with an assortment of veg, fruit & maybe cake or pastries will be shared via 3 collection points around the town on 3 different days. Supplies from supermarkets are fluctuating at the moment so the amount of bags & contents on offer will vary considerably.	Kendal	Collection only, Monday 10am-12pm - Outside In Centre, Beezon Road, Wednesday 4pm-6pm - Outside Hallgarth Community Centre, Friday 4pm-6pm Salvation Army, Gillingate	Bags will be placed on a table outside the door & we ask that you maintain social distancing of 2m (6ft) & adhere to good hand hygiene for collection of one bag per household. The contents of the bag cannot be swapped or altered; we cannot run the risk of spreading the virus. Thanks for your understanding.
Green Grocers						
	Borders Wholesale Fruit & Veg	01524 273817	Fruit & veg boxes, milk, almond milk, local oat milk, butter, cream & cream.	Carnforth & local radius	Collection 8:30am-2pm, Monday to Saturday or delivery	
	Dobsons Fruit & Veg Shop	01539 731208	Fruit, veg & eggs.	Kendal	Collection or free delivery Monday-Saturday	Order before 2pm for next day delivery. Stock availability changes, so please call for details. Payment by BACS (or cheque if absolutely necessary but BACS preferred.) If you are visiting the shop, please be considerate as it is small, so wait outside at a safe distance for your turn.
	Eva's Organics	01697 748331 or email info@evabotanicals.co.uk	Fruit & veg box delivery.	North, West & South Cumbria		Minimum orders £13. Currently at full capacity & not accepting new orders but call to be added to a list.
	Parsons Of Kendal	01539 722131	Fruit & veg box for £10. Basics such as bread, eggs, milk, butter, yoghurts, berries also available at small extra charge.	Kendal & local radius		Currently closed for business. Delivery operation now through McClures Windermere.

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Health & Wellbeing						
	Evolve Yoga	Evolve Yoga Kendal Facebook Page	Free (or donation based if you prefer) live daily & weekly streaming of yoga classes.			Family Yoga - theme-based yoga, including movement, breath practice, relaxation & mindful activities, through music, games, poses, cooperation & good humour. Suitable for children & adults. Mindful Movement - gentle & restorative. Suitable for all abilities, including pregnant ladies/ Mindful Flow - warming yet restful. Suitable for those with some experience / a reasonable level of fitness. Morning practice - this is my own daily practice which you are welcome to join in with.
	Mapdec Cycle Works	01539 267562	Bike shop & gym			Our bicycle workshop is open with a clean room & online payments only, all types of bikes. Our fitness facilities have all moved online & we are offering them for free, just asking for donations if you can. Details are all on our website www.mapdec.com .
Milk, Dairy & Alternatives						
	Chad Tremble Dairyman	07887 501267 or email chadtrembledairyman@hotmail.com	Milk, oat milk, cream, yoghurts, eggs, fresh fruit juices	Aughton, Crooklands, Halton, Kendal, Millhead & Warton		
	Kimi's Gelato	01539 821485 or email info@kimisgelato.co.uk	Range of gelatos & sorbets. We are able to put up to 4 different flavours in a 500g tub for £8.50 & up to 10 flavours in a 1kg tub for £16. These tubs are insulated & can be put straight in your freezer. Flavours change daily.	Staveley & 5 mile radius	Free delivery or collection Wednesday 11am-6pm	On the morning we will be delivering to you we will call to confirm & take card payment over the phone (no details will be kept.) We will deliver to your door & leave it on the doorstep. Our aim is to deliver within 24 hours of receiving your order.
	Paul Newton Milkman	paul.milkman@hotmail.com				
	Stephen Cross	07776 197457, 01539 732741 or email stephencrossdairy@gmail.com	Milk, yoghurt, cream, potatoes.	Kendal & local radius		Changes to orders are done by phoning & leaving a message.
Newspapers						
	Green Road Newsagents	01539 721976	Delivery of newspapers including The Westmorland Gazette & magazines.		Collection or delivery	
Pets						

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	JD Pets Kendal Indoor Market	07964 951568	Pet supplies.	Kendal & local radius	Delivery	Free delivery & just cash payments I'm afraid. You can leave it outside when I'm on my way & then everything is done safely.
	Lake District Raw	07931 347761	Raw pet food & natural treats.	Kendal & local radius	Delivery Monday-Friday, but will try to accommodate outside this if needed. Free delivery over £30	Payment online through PayPal or card. Visit www.lakedistrictraw.co.uk for more information.
	Merely Marvellous	merelymarvellous@gmail.com	Homemade pet food.	Kendal & local radius		Order anytime, baking days Monday-Wednesday.
	Pets At Home	0345 600 9577	Pet supplies as normal, but no animals currently being sold.		Online delivery from www.petsathome.com . Store open Monday-Saturday 9am-6pm, Sunday 10am-4pm	
	WCF Pets & Equestrian	01539 723684	Pet supplies from dog & cat food to leads collars, dog crates & beds, cat litter, horse feed, mucking out equipment, hen & farm feed, including goat, pig, sheep, lamb milk replacement & more.	Kendal	Collection only, Monday-Friday 9am-5pm, Saturday 9am-1pm	We would ask that you only buy absolutely essential items, to help us serve you quickly & safely. We are operating on 2 in 2 out & implementing a queuing system & social distancing, so please be patient if you need to wait for your turn. We offer a phone & collect service available, up to £100 spend. Payment taken over the phone. No cash unless absolutely necessary. We are also offering a 10% discount to any NHS staff; just show your NHS ID.
Pharmacy, Medication & Supplements						
	Captain French Surgery	01539 720241	Now accepting medication requests over the phone.			We ask you call between 10am and 5pm Monday to Friday to account for our busiest call periods. Please ensure you have at least a week's worth of medication in hand when you make your request. The pharmacies are extremely busy at the moment under the current circumstances. You will be asked to nominate a local pharmacy to send your prescription electronically, if you don't already have one nominated. Please bear with us if our phone lines are busy when you try to call. Thank you for your continued support as we adjust to the changing coronavirus situation.
	Lloyds Pharmacy	01539 723988			Collection only, Monday-Friday 9:30am-1pm & 2pm-5pm. Closed between 1pm-2pm	

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	Rowlands Pharmacy	01539 720461			Collection only. Monday-Saturday 10am-1pm & 3pm-6pm	
	Well Pharmacy Helme Chase	01539 737953			Delivery for existing customer delivery base only & collection	Reduced opening hours Monday-Friday 9am-11pm, Saturday 9am-2pm, Sunday 8am-6pm. Between 9am-3pm on weekdays, the door will be locked, dealing with emergencies only. Please ring the bell & we will deal with your request. Please only use this in emergencies as this provision is to allow staff to prepare vital medication ready for collection during the 3pm-11pm period. Please allow a minimum of 4 full working days to process your prescription. Please order your prescription online via Patient Access, or by putting your prescription in the box. If you don't have Patient Access please ask our Care Navigators to set you up. If you do come to the Dispensary at Helme Chase, you will find that we now have a Perspex screen at the desk. If you pay for your prescriptions, please use contactless to pay where possible. Our delivery drivers are working really hard to keep up with the number of medication deliveries with reduced staffing levels. This means that we are unable to take on any new delivery patients at the moment. If your prescriptions are delivered to you please nominate a safe drop off point or keep a distance (2m) between yourself & our delivery driver.
	Shaar Dixon	07787 133864	Whole foods & supplements. Also providing a cycle courier service for anything needed from anywhere else.		Cycle courier delivery daily, free of charge	Shaar is also happy to collect & deliver any additional items needed from stores, pharmacies etc free of charge. Online payment preferred.
Cafes, Pubs & Restaurants						
	Bandito Burrito	01539 444809	Burritos, brownies & soda.	Ambleside, Burneside, Kendal & Staveley £2 delivery Windermere & Bowness (Free)	Delivery only, Friday & Saturday	Menu changes weekly,. Order by Thursday at 10pm for delivery on either night. Payment is contactless, instructions sent once the order is received.
	Beans & Lentils	07469 244067	Freshly prepared, nutritious dishes designed to be popped straight into your freezer, oven or microwave.	Kendal & local radius	Delivery Monday Wednesday & Friday, 2-5pm	Contactless card payment preferred.

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	Big Pan Man Catering	07572 349214	Ready meals (curries, roast beef dinner, cumberland sausage & mash, beef & vegetable stew, lasagne, tomato & basil pasta, deli salad box.)	Appleby, Kendal, Orton, Sedbergh, Ravenstonedale & local radius.	Appleby & Orton Friday, Kendal, Sedbergh & local radius Saturday. Ravenstonedale & 10 mile radius Sunday.	We can also deliver locally during the week so get in touch if you need anything. Payment by phone.
	Brew Brothers	01539 722237	Cafe menu (breakfasts, soups, sandwiches, pizzas, sides, cakes.)	n/a	Takeaway only, Monday - Thursday & Saturday 8am-6pm, Friday 8am-7pm, Sunday 9am-5pm	Currently closed for business.
	Comida	01539 732082	Restaurant menu (breakfast, brunch, Spanish tapas, cakes.)	Kendal	Takeaway from 12pm. Delivery from 6pm	Currently closed for business.
	Corner 124	01539 724843 or corner124kendal@gmail.com	French fusion.	Kendal	Takeaway & Delivery Friday-Saturday 6pm-8pm. Delivery is £2	Call or email to place an order. Strict hygiene precautions have been taken in both the preparation & delivery of food. Payment taken over the phone.
	Eastern Balti Kendal	01539 724074	Indian.	Kendal & local radius	Collection 5pm-11pm, Delivery 5pm-10:45pm	Where possible, please order online for contactless payment.
	Factory Tap	01539 482541	Pub menu (street food.)	n/a	Takeaway only, daily 4pm-8pm	
	Frydays Of Kendal	01539 729227	Fish & chips.		Takeaway & Delivery Tuesday 5pm-9pm, Wednesday 5pm-9pm, Thursday 5pm-9pm, Friday 11.30am-1.30pm & 5pm-9.30pm, Saturday 5pm-9pm, Sunday 4pm-8.30pm	Currently closed for business.
	The Greedy Gringo	07843 081607	South American ready meals (Choripan, Cargado Fries, Red Chimichurri Chicken Wings.)	Kendal & 5 mile radius	Delivery Friday afternoon	Order via phone or WhatsApp, leaving your name, address & order. Arrives chilled with cooking instructions. Payment over the phone.
	Heron Pub	01539 737571	Pub menu (Burgers, Chilli, Lasagne, Quiches, Chicken Nuggets, Fries.)	n/a	Takeaway daily, 2pm-6pm	Please order over the phone. Payment also over phone.
	India Restaurant	01539 722711	Restaurant menu (Indian.)	n/a	Takeaway only, Friday & Saturday 5:30pm-9pm	Currently closed for business.

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	Joey's Cafe	07775 735753	Wholesome meals, cooked in our 5 star rated kitchen. No minimum meal order required. Each meal is £15 & will serve up to 4 people. Or buy 4 meals for £50. Meals will arrive cooked & chilled so all you have to do is reheat when you need it or refrigerate/freeze. Our menu changes weekly. You will soon be able to add bottled beer from Bowness Bay Brewing to your order & our fabulous coffees.	Kendal	Delivery for £3 or free for orders over £15, Tuesday-Saturday 3pm-7pm	Text on 07775 735753 or direct message by 3pm the day before you want delivery with your name, order & address. Payment over phone.
	Joshua Tree Bistro	01539 737223	Meals on wheels for the freezer delivery.	Kendal & local radius	Delivery Wednesday & Friday	Please call or contact via Facebook to place your order. We are card or BACS only; no cash please. We are limiting contact with people. Door step delivery only.
	La Pekora Nera Italian Pub	01539 733510	Italian menu (Panuozzo (Pizza Bread Panini), Pizzas, Lasagna, Tiramisu, Cheesecake).	Kendal & local radius	Delivery Friday, Saturday. Sunday 12pm-2pm & 5pm-7pm. £1 delivery charge.	Please order one day in advance via phone or Facebook. Minimum order £10. Payment over phone.
	Mumbai Restaurant	01539 723787	Restaurant menu (Indian.)	n/a		Currently closed for business.
	Cafe Olive	01539 721444	Restaurant menu (Mediterranean, Turkish.)	Kendal & local radius (Lakeside taxis will deliver further afield)	Takeaway & Delivery Monday - Saturday 11am - 7pm	Currently closed for business.
	Pedro's Casa	01539 722332	Restaurant menu (Mexican, Spanish.)	Kendal	Takeaway 12pm-2:30pm, 5pm-11pm. Delivery 5pm-9pm	Currently closed for business.
	Punchbowl Crosthwaite	01539 560267	Pub menu, wine & mint drinks.	Crosthwaite & local radius	Takeaway & Delivery daily from 2pm-7pm	Order before 12pm daily online or from 12pm daily by phone (please don't leave any orders on the answer machine.)
	Ruby's Chinese Takeaway	01539 740388	Chinese takeaway menu (no chip shop.)	n/a	Collection only Monday, Tuesday & Thursday-Sunday 4pm-8pm	Phone orders only. Payment on delivery as cash (correct amount only.)
	Sandylands Fish & Chips	01539 721555	Fish & chips.			Currently closed for business.
	Stramongate Fish Shop	01539 723152	Fish & chips.		Delivery only, Monday-Wednesday 5pm-8pm, Thursday-Saturday 5pm-9pm. Delivery charges will be £2.50 for orders under £25, free for orders over £25	DeliveryMates Kendal will be providing a contactless home delivery service. All food will be cooked to order & we will be strictly observing hygiene & social distancing within the shop. We will not be able to serve customers directly at Stramongate Chip Shop & will be operating as home delivery only.

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	Restaurant Roadsters	01539 724322 or 07935 469628	Homemade ready meals from two local chefs, using the finest local ingredients (menu changes regularly). 2 x 2 courses for £10.95 or 2 x 3 courses for £12.95. Also available for are fruit & vegetable boxes, free range eggs, pasta, rice, tinned food. Household objects available soon.	Bowness On Windermere & Kendal	20% discount & free delivery offered to all NHS staff, vulnerable & elderly clients. For all other orders, delivery is £1. All orders delivered between 2pm-6pm the day after your order has been placed.	To place your order, please send us message please call, send a text message or contact us on Facebook messenger. Order the day before for next day delivery. Please include your order details, postcode, address & contact number Please pay by BACS where possible or, if absolutely necessary, cash in an envelope outside your door.
	Station Inn Oxenholme	01539 724094	Pizzas & pub meals. Also, if you have a clean empty milk carton then we can fill that up with beer. We will be sourcing other beer takeaway cartons ASAP.	n/a	Takeaway only, daily from 12pm-9pm	
	Teayempo	01539 726757	Restaurant menu (Japanese.)	Kendal & 5 mile radius	Delivery available for £3 from 4pm-8pm or free for orders over £40	Currently closed for business.
	Thai Kitchen	07768 808249	Restaurant menu (Thai.)	n/a	Takeaway only Thursday - Friday 12pm-2pm & 5pm-9pm, Saturday 5pm-9pm	No contact drive-thru operation. We ask that, wherever possible you drive to collect your food. We will bring your food out to your car. If you are walking then you will be asked to wait outside and your order will be brought to you. NHS staff 20% discount.
	The Wagtail Kitchen	07804 918348 or email steve@wagtailcatering.co.uk	Frozen pies. The pies are an individual portion with around 140g of a variety of tasty fillings. Minimum order of 6 pies (1 box) £17, 2 boxes £30. Pick & mix from the following: chicken, ham & leek, chicken & mushroom, chicken balti, steak & ale, steak & mushroom, steak & blackstick blue, steak & kidney, BBQ pork, cheesy winter vegetable, roasted cauliflower, chickpea & spinach, roasted cauliflower, chickpea, spinach & paneer, Moroccan vegetable, cheese & onion, broccoli, leek & blackstick blue, beef & potato pasty.	Kendal	Wednesday 4pm-6pm	Currently closed for business.
	Waltons	01539 736342		Kendal	Monday-Saturday 12pm-9pm	Currently closed for business.
	Waterside Cafe	01539 729743	Vegetarian & vegan quiches, curries, savoury baklavas, salads, hummus, cakes, bars, flapjacks & pastries.	Kendal & local radius	Wednesday & Saturday. Delivery over £20 free	Menu changes weekly. Payment over phone.
Specialty Services						
	Lakes Medics	07450 962554	Frontline medical cover, medical aids, first aid supplies & much more. Also continuing training courses, both online and in person following government guidelines, to key workers.	Kendal & local radius	Free delivery	

	Name	Phone Number	Products/Services	Area Covered	Delivery Availability	Additional Information
	Lakeland Mobility Services	01539 734600 or email sales@southlakesmobilityshop.co.uk	Walking aids, daily living aids, bathing aids, bed & chair care, household & kitchen aids, incontinence aids, prescription items.	Kendal	Non-contact deliveries, free of charge	
Supermarkets						
	Asda					Dedicated shopping from opening to 9am for vulnerable customers.

	Name	Phone Number	Products/Services	Area Covered	Delivery Availability	Additional Information
	Booths	01539 742370 or call our central team on 0800 2218086 Monday-Friday, 8am-4pm to place your order and pay over the telephone.	<p>Maximum of 3 items on any grocery product and a maximum of 1 on the most popular grocery products. These products will be highlighted as you shop, but include (max 1 item per customer): long life milk, fresh milk, hand soap, hand sanitiser, toilet paper, multipacks of beer.</p> <p>Limited delivery service (20 slots per store per day), designed only for those who are unable to get to the shops/send someone. You can choose from the following boxes, selected boxes comes in 2 sizes, designed for 2 people or 4. Please state on ordering if you require the 2 person box or 4 person:</p> <p>Booths Essentials Box £12 / £18: Bread, 2 person 800g / 4 person 800g Milk, 2 person 2 pints / 4 person 4 pints Eggs, 2 person 6 pack / 4 person 12 pack Butter, 2 person 250g / 4 person 250g Teabags, 2 person 100 pack / 4 person 100 pack Instant Coffee, 2 person 100g / 4 person 100g Sugar, 2 person 500g / 4 person 1kg</p> <p>Booths Fruit & Veg Box £10 / £20: Available in both boxes: Baking Potatoes, 4 pack Carrots, 500g Large Onions, 3 pack Closed Cup Mushrooms, 250g Salad Tomatoes, 6 pack Iceburg Lettuce, each Whole Cucumber, each 1 x for small box / 2 x for large box Small Bananas, 5 pack / 10 pack for large box Lemons, each 3 x for small box / 5 x for large box Red Apples, 6 pack Available in only in larger box, including the above: Cauliflower, each Broccoli, each Red pepper, each x 2 Strawberries, 400g Clemengold Mandarins, 600g Seedless Red Grape, 500g</p> <p>Booths Meat Box £12.50/£20 Lean Beef Steak Mince, 400g Chicken Fillets, 3 pack / 2 x for larger box Skin on Salmon Portions, 2 pack / 2 x for larger box Cumberland Sausages, 750g</p> <p>Booths Grocery Box £27 / £45 Pasta, 2 person 500g / 4 person 1kg Tinned Chopped Tomatoes, 2 person 400g / 4 person 2x400g Baked Beans, 2 person 2x415g / 4 person</p>	3 mile radius of Booths stores	Free delivery	<p>Monday-Saturday 8am-7pm (Kendal), Sunday 10am-4pm. Priority shopping for NHS, police, fire services, army personnel, social care workers & teachers, Booths Dedicated shopping from 7am-8am & 7pm-8pm (Kendal) Monday-Friday & Sunday from 9am-10am. Priority shop for elderly & vulnerable customers from 9:30am-11am</p> <p>When placing an order for delivery, your bundle will be delivered to you by the next day if possible. If we are unable to deliver the following day we'll advise you of the next date we can deliver. If you call Friday, your order will be delivered on Monday Our teams will be practicing social distancing on delivery, and will leave your delivery at the door, ring or knock to let you know your bundle has arrived, and walk away to a safe distance to ensure their safety and yours. They will wait until you answer before leaving.</p>

	Name	Phone Number	Products/Services	Area Covered	Delivery Availability	Additional Information
	Iceland	01539 733421				Dedicated shopping for elderly customers for the first hour of opening daily.
	Morrisons	01539 734554	Maximum of 2 of the following: hand sanitiser, baby wipes, baby milk powder, toilet paper, facial tissues, rice, pasta flour, bread mix, corned beef, free from milk. Maximum of 4 of the following: canned beans & pasta, caned vegetables, hand wash, bar soap, long life milk. Maximum of 6 of the following: bleach, cleaning. Morrisons are also offering food boxes for £30, with a £5 delivery fee, which contain a selection of everyday items (these are dependent on availability, not specified) for both food (meat or vegetarian) & household goods. They should feed two adults for a week.			Anyone with NHS ID will be able to shop from 7am-8am every day from Monday-Saturday.
	Sainsbury's	01539 871980			Priority delivery slots are being made available to vulnerable customers. Call to register	Anyone with NHS ID will be able to shop from 7.30am-8am every day from Monday-Saturday. In addition to this, every Monday, Wednesday and Friday, all our supermarkets will dedicate 8am-9am to serving elderly customers, disabled customers and carers.
Transportation & Delivery Services						
	Blue Star Taxis	01539 723670	Collection & delivery of any groceries, prescriptions & takeaways for the cost of the fare. If you state promo 50, it will be for half price fare.			
	Herdwick Travel	01539 644048	Delivery of any local supplies needed to your door.	Kendal & local radius		
	Lakeside Taxis	01539 239239				Currently closed for business.
	LD Private Hire Taxis	01539 879969 or 01539 628131	Delivery of any groceries & prescriptions for elderly & vulnerable customers, for the cost of a donation towards fuel. 25% discount on services to all.	Kendal & local radius		
	K Cars Kendal	01539 731000	Collection & delivery of any groceries & prescriptions for a fixed price fare. If you state promo 50, it will be for half price fare.			
	Mountain Goat Shuttle Bus Service	01539 445161	Free shop transportation for the vulnerable, elderly & their carers.	Hawkshead, Langdale, Lyth Valley to Booths, Windermere.		

	Name	Phone Number	Products/Services	Area Covered	Delivery Availability	Additional Information
	Public Bus Transportation		Older & disabled people are able to use their bus passes before 9.30am on weekdays for free travel in Cumbria.			Cumbria County Council is changing the current rules on concessionary passes in the county to help older & vulnerable people access the early priority shopping hours provided by supermarkets. The change will initially apply until the end of July 2020. We hope this gesture will enable pensioners & disabled people who have no other option but to go shopping, to do so at quieter times, reducing their risk of catching the coronavirus from larger groups. People travelling on public transport are asked to follow Government guidance on social distancing to protect themselves.