

**[Red Box]** = DELIVERING ; Greyed out = no reply;

### Groceries

**'La Patisserie'** in Llandovery is offering anyone who needs help they can delivery fresh bread, milk, cheese, eggs etc. Selection of dried good, tea, coffee, Jacket Pots pasties, hot savouries. They can also provide lunch or afternoon tea as a treat on the day if someone needs it, call 07947899126, 01550 720375, 6.00am – 11.00am for that days delivery. VERIFIED

**Fruits of Eden**, Llanelli Market precinct, fruit and veg, eggs, honey, pickles, delivery Carmarthen and surrounding areas phone line will be open until 10pm. For delivery on Thursdays. Please ring, voicemail or leave a text message with your order before 10pm tonight, 07917114222. Payments can be taken by contactless if desired but if you absolutely need no contact we can take payment over the phone just before drop off and then drop to your door.2hr delivery slot for Thursday's delivery. VERIFIED

**The Pit Stop**- Marsh Rd, Pendine, Carmarthen SA33 4NY, If you're over 70 or vulnerable & wish to distance yourself from risk we are happy to take grocery orders & payments over the phone & deliver the goods to your doorstep later in the day.We can cover Brook, Llanmiloe, Pendine, Marros, Tavernspite, Llanddowror, Llanteg etc with ease. Phone orders through on 01994 453553 9am - 6.30pm. VERIFIED

**Rogers & Son Butchers**, 19-20 Lammas St, Carmarthen SA31 3AL, 01267 238736, non-contact home delivery, pay over the phone and a drive through for a period of time. VERIFIED

**Crown Stores (Old Spar Shop)**, Mr Patel, 56 New Road, Llandeilo, SA19 6DF, will deliver groceries, newspapers to people who cannot get out as far as Llangadog, contact 01558823592.VERIFIED.

**Cardigan Bay Trading**, 01239 710703, Fruit & vegetables free local delivery, Cardigan, Crwmch, Saron, Llandysul, ~~Lampeter~~, dependant on customers. 8.00am – 5.00pm or online Facebook out of hours <https://www.facebook.com/cnesupplies/> VERIFIED

**Riverside Health**, Newcastle Emlyn SA38 9EE, 01239 711440, Food Deliveries, groceries, fresh food, frozen, also on face book, 9.30am – 6.00pm. VERIFIED

**Dewi James Butchers**, 38 High St, Cardigan SA43 1HE, 01239 612063 Free delivery and shopping online, [www.dewijamesbutchers.co.uk](http://www.dewijamesbutchers.co.uk) 01239 612063 Elin VERIFIED

~~**Gwalia and Tanderdy Garage**, Delivery service for people who are isolated only, Carmarthen Town and approx. 4 mile radius , Minimum order £20. Orders for collection can be placed for foods and household goods including locally sourced and supplied bread, milk, fresh vegetables, tinned foods, pasta and rice, frozen food and fresh meat , Payment should be by credit or debit card where possible. 7.00am – 4.00pm, contact 01267 236203~~

**Storfa JJ'S Premier shop**, Rivendell, Pentre-cwrt, Llandysul SA44 5AT, contact 01559363747 local delivery of groceries 15 mile radius, order over £30 free, or £3.00 delivery charge, call 8.00am- 1.00 for delivery between 4.00pm – 6.00pm. VERIFIED

**The Village Stores/Siop y Pentref** – Llansteffan, High Street/Stryd Fawr, Llansteffan, 01267 241367, Grocery Shopping at Stores/Hot Meals/Order and Deliveries open every morning until 12 noon, when you can buy groceries from outside the entrance. Entry to the shop is not permitted. Every afternoon a delivery service is available for both groceries and hot meals. Please telephone to order your groceries and hot food for delivery or collection.

**Cwmdu shop and post office**, Cwmdu, Llandeilo, 01558 685156, (also see facebook page,Cwmdu Inn,Shop and Post Office) <https://www.facebook.com/CwmduInn/> ,reduced opening hours, Tues - Fri 9.30am to 1.30pm,not open on Saturday morning.The Post Office counter will be available Tuesday, Wednesday & Friday 9.30am to 1.30pm with reduced hours on Thursday 9.30am - 11am.We apologise for any inconvenience this may cause but look forward to your continued support through these difficult times.For basic groceries/milk/fresh bread on tuesdays/some meat and baked goods, and some vegetables,either call in in person (either 1 person in shop,or preorder and volunteers will pack goods ready for collection)Some post office services,depending on availability of volunteers-check on day. Also limited delivery service to those unable to collect  
VERIFIED

**Brechfa Community Shop/Bryn Stores** – is open – from Monday March 30, the opening hours will reduce to 7am to noon. Anyone self-isolating locally can arrange for doorstep delivery or shop-door collection by ringing 01267 202333 between 10am and noon or email [Brechfashop@aol.com](mailto:Brechfashop@aol.com) or by dropping in a list with their requirements and contact details. This service will continue even if the shop has to close its doors temporarily for some shifts.

**The Angel, Llansawel is running a shop/shopping service** – opening between 10am and 4pm with one person in the shop at a time- any one waiting to come in must stay 2 meters apart, basics such as bread, milk, eggs, flour tinned stuff bacon, sausage. Also draught beer, cider, lager Guinness please bring your own containers. as well as savoury snacks.  
Please if you have any symptoms or feel unwell please don't come to the shop let us know what you need and we will deliver in a box to you Tel: 01558 685296.

**Brechfa Market** – monthly Stall Holder Market – Saturday, April 4, from 10am to 12 noon outside Brechfa Church Hall – it will run with a limited food-only outdoor stalls with Cothi Valley products, Bill from Fiveaday Fruit and Vegetables, Rona's Tasty Local Cakes and Sam's Rare Breeds Meat.. From these amazing producers you can get Goatilicious milk, bread, pasties, pastries and pies, fresh rare breed meat, fresh fruit and vegetables including large bags plus Rona from Tasty local cakes with gluten free cakes. You can preorder and collect. Trying to self-isolate? Contact them to discuss **pre-order and collect** from outside Brechfa Hall between 10am - 12am. Contacts: [fiveadayshop@hotmail.com](mailto:fiveadayshop@hotmail.com), Cothi Valley on 01558 685555. Sam's on 01550 777244. Rona on [tastylocalcakes@outlook.com](mailto:tastylocalcakes@outlook.com) . People can pre-order and collect. Keep an eye on "Brechfa Market" Facebook page for other stallholders and to get in touch with Lorna ring 07765 497930 We will providing a **takeaway service** We will be providing our high standard of restaurant dishes for you to enjoy at home.

Keep an eye on FB and our website [www.thebelle.co.uk](http://www.thebelle.co.uk) for details VERIFIED

**Dryslwyn Community Shop** – continuing to be open from 8.30am to 12 noon Monday to Saturday – serving one person at a time - We are only serving one customer at a time but we do have our marquee up in case of rain. Please consider giving us a ring on 01558 668221 to pre order your

shopping which will save you time. We are setting up a local delivery service. Please let us know if you would like to have a delivery. Up to Date Info on Facebook page  
<https://www.facebook.com/dryslwyncommunityshop/>

**Whitland Co-op:** Central delivery number to call 03300 417784

deliveries of fresh food and groceries. Call the central number to arrange this from your local shop. This is a new delivery service, with the call centre in Manchester. There is a minimum basket of £20, no alcohol or tobacco. Contact the call centre for more details. The shop itself is also open close to normal hours, with social distancing in place.

**Allsortz,** Household items contact 01994 241143

Delivery service after shop hours – contact them for more information. They will update on Facebook any short term information such as high demand stock items,  
<https://www.facebook.com/Allsortz-Allsortz-Plus-Whitland-614123625394755/>

**Mark John Butchers, Meat & Groceries, 01994 240397**

Providing meat, cheese, eggs and vegetables, can offer a delivery service – contact for details. operating a 'one in, one out' basis to minimise contact and infection risk.

**J Williams Farm Shop , Vegetables and fruit, 07415 829896**

They are open as normal, and can provide fruit and vegetables. Contact them direct about delivery.

**London House Butchery , Meat, Deli & Groceries, 01994 240055**

The shop is open on a one in and one out basis .They will take orders for collection or delivery on the above phone number. Free local delivery (**only 2 mile radius**) for orders over £10.00.

**Whitland Stores/Post Office , Groceries and Papers , 01994 240531**

Hours change , weekdays closing at 5.00pm, Saturdays 4.00pm. PO open at 9.00am. Operating a one in one out system. If you need to authorise someone to collect your pension please ring the above number first. The shop is also available providing newspapers and groceries.

**Central Garage, 01994 240264**

Are open. Please ring first to find out what services they are able to provide.

**Aardvark Alternatives** Home delivery or collection from the shop - 01267233445  
[fofororganics@gmail.com](mailto:fofororganics@gmail.com)

**Rhosyn Farm Produce** - Home delivery or stall collection of meat, eggs [rhosynfarm@gmail.com](mailto:rhosynfarm@gmail.com)  
 07787951780

**Rogers & Son Butchers** - Home delivery, pay over the phone and a drive through at shop –  
 01267238736

**Tanerdy Garage** – Food, Drinks, Bread, etc – Home delivery – [admin@tanerdygarage.co.uk](mailto:admin@tanerdygarage.co.uk)  
 01267236203

**Coopers the Butchers**, 4 Carmarthen Street, Llandeilo

<https://www.facebook.com/CoopertheButchers/> Llandeilo, meats and sausages disposable bbq's and much more call in or phone 01558 823463 to place your order , Monday to Thursday 9am-2pm, Friday 9am-3pm , Sat 9am-2pm. VERIFIED

**Eric Davies & Son** - Butcher - Home Delivery and Collection from Shop - 01267 236799 - Unit 1, Market Way, Carmarthen

**Hafod Bakery** - door to door delivery of bread and other basic food essentials - 01267211419 - vulnerable people

**Blasus Delicatessen** Food, Wine, Pasta, Bread, etc. Shop collection – Carmarthen 01267233811

**The Angel Public House, Salem, Llandeilo SA19 7LY**, are now doing takeaway meals and grocery order service **for collection**, times for contact tbc, contact if you want anything they will try and provide. Narelle 01558 822982 VERIFIED

**Black Ox**- 44 High St, Abergwili, Carmarthen SA31 2JB, 01267 237370, meal deliveries, elderly and anyone in difficulty who are self-isolating, Wed 4.00pm – Sun 4.00pm. VERIFIED

**The Dovers**- 106 Lammas St, Carmarthen SA31 3AP, call Bobby 01267 237667, 07966588365, meal deliveries, to anyone Carmarthen town possible surrounding areas, all week, 9.00am onwards, breakfast, lunch and dinner available. VERIFIED

**What's cooking @ No14 –14** St John Street. Whitland. Carmarthenshire. SA34 0AN, Have all meals available to be picked up from the cafe ready to take re- heat or freeze at home. Full menu available £5.00 for two course meal. Can deliver radius 5 mile. Taking bulk orders, please call if you are outside this remit they will be willing to consider anything to support. 01994 241143, contact 9.00am – 2.00pm. VERIFIED

**The Llwyndafydd Inn**- Saron, Llandysul SA44 5DR, 01559 371048, delivery's or takeaways meals, contact for more details. 5.00pm – 10.00pm,12.00 – 10.00pm Sundays closed Mon and Tues VERIFIED **DELIVERING ONLY TO RESIDENTS OF SARON.**

**Ginhaus Deli**- Market St, Llandeilo SA19 6AH, 01558 823030, delivery to Llandeilo, hot meals, and basic essentials, can grab basic medication if needed. 8.00am - 5.00pm closed Sundays. VERIFIED

**Old Market Square Delicatessen** , 6 Notts Square, Carmarthen SA31 1PG, 01267 236175, delivery service of bread milk eggs , light bites, up to 10-15 miles, 9.00-4.00 Mon – Sat. VERIFIED,

**Goose & Cuckoo**, Queens Square, Llangadog SA19 9EE, 01550 777359, delivery of frozen based meals, if needed can do shopping, 9.00 – 12.00pm to get order for that day, but available to call outside these hours. VERIFIED

**Belle Vue Inn** , Carmarthen Rd, SA40 9SQ Llanybyther, 01570 480495, delivery main meals, 2 course meals, 5.30pm – 8.00 pm evening for next day delivery or email [info@thebelle.co.uk](mailto:info@thebelle.co.uk) We will providing a takeaway service We will be providing our high standard of restaurant dishes for you to enjoy at home.

Keep an eye on FB and our website [www.thebelle.co.uk](http://www.thebelle.co.uk) for details VERIFIED

**The Gwili Café**, 89 Rhosmaen St, Llandeilo SA19 6HD, 01558 823236, 9.00am – 11.00pm Mon – Sun for deliveries Sunday, meals on wheels around Llandeilo, open to all, full 2 course menu and sandwiches for night, Café open from 10.00am - 2.00 for take away lunches. VERIFIED

**Café 139**, 139 Rhosmaen St, Llandeilo SA19 6EN, 01558 823444, 9.00am – 4.00pm, health food shop stocking basics, bakery, milk and eggs, homemade pasties, quiches etc and cawl, Llandeilo and surrounding villages. VERIFIED

**Ty Mawr Country Hotel, Carmarthen SA32 7RA** 01267 202332,, <https://www.wales-country-hotel.co.uk/> takeaway collection for wider area, full menu and drink service, **free delivery in Brechfa** Village only for orders over £10. pre order for next day if you can, 11.00am – 8.30pm. Ty Mawr can also offer accommodation to key workers at greatly reduced rate VERIFIED

**Cowpots** , 01994 240790

Open Wednesday to Saturday inclusive between 4.00pm and 8.00pm for takeaway pizza. Ring them to order and pay over the phone.

They also currently have ice cream tubs on offer - see the Facebook Cowpots ice cream page for the latest details. <https://www.facebook.com/cowpotsicecream/>

**Peppino's Pizzas** , 01994 240033

Order online <https://peppinoswhitland.com/index.php> - deliveries possible.

**Roadhouse Restaurant**, 01994 241193

They are doing a small selection of hot meals for takeaway in the evenings - contact them by phone for further details.

**Station House**, 01994 240556

They are providing takeaway meals only – contact them for more information.

**Traditional No 8**. Facebook. <https://www.facebook.com/traditionalno8/> Tel: 07432 595 471

Mondays, Tuesdays, Wednesdays, Fridays only. Cooked meals, scaled down menu, only taking orders online - card payment online. Deliveries after 6.00pm, collection arranged before 6.00pm on the basis of time slots.

**Mirchi** - Brewery Road, Carmarthen - Collections, home deliveries of Takeaway Food - Open 7 days a week. tel: 01267 220211

**Boars Head Hotel Home delivery** Sunday Lunch 07779857904 / 01267222789

**Dexters SteakHouse**, Carmarthen Meat sold and full 3 course Dexter's steak dinner from home £20pp 01267223000

**Drovers Arms Hotel, Carmarthen** - Meal Deliveries 9am, breakfast, lunch, dinner. 01267 237646 or 07966588365

