

Johns

café
delicatessen
bakery
local specialities
wine

WINTER OPENING TIMES

Instow

DELI & STORE HOURS

Monday to Sunday: 8.30am-5.00pm

CAFÉ HOURS

Monday to Sunday: 8.30am-4pm

Take away drinks available until 4.30pm

POST OFFICE HOURS

Mon to Fri: 11am-2pm, Sat 11am-12.30pm

Thanks for your continued support 😊

Johns

café
delicatessen
bakery
local specialities
wine

WINTER OPENING TIMES

Appledore

GROCERY HOURS

Monday to Friday: 8.00am-6.00pm

Saturday to Sunday: 8.15am-6.00pm

DELI & HOURS

Monday to Sunday: 8.30am-4.30pm

CAFÉ HOURS

Monday to Sunday: 8.30am-4.30pm