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19th January 2017

Healthy and Tasty Ltd
139 Churchbury Lane
Enfield,
Middlesex
EN1 3HH

Presented by: Julia Gill
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Contact Number: 0121 336 4973

Dear Grisha

We're the nations most innovative and customer focused carrier...

Please find enclosed our competitive rates for you to take a look at.

Interlink Express is **the leading supplier of express parcel delivery services** in the UK and throughout the rest of the world, offering a fast, reliable and secure service. When you choose Interlink Express though, you are getting **so much more than just a parcel carrier**.

Unrivalled local knowledge – thanks to our extensive depot network, with nearly **100** strategically located sites around the UK, our franchisees are close to you and ideally positioned to provide the best local customer care,

- **Cutting edge technology** – thanks to our **Predict** and **Follow My Parcel** services, your customers will receive **one hour delivery windows** via SMS and email, while they will also be able to track the progress of their drivers on **real time maps**.
- **Environmentally friendly** – our **Total Zero** initiative means we are a **carbon neutral** express carrier, at absolutely **no extra cost** to you.
- Giving your customers **what they want, when they want it** – thanks to our impressive range of **weekend services**, we are able to offer you our industry leading services 7 days a week.

I'll contact you in the **next couple of days** with a formal quotation for you to approve. Once the formalities are sorted, you'll be all set to start trading with the nation's most innovative and customer focused express parcel carrier!

If you have any queries, please don't hesitate to contact me.

Yours sincerely,

Julia Gill
Senior Direct Sales Executive

Interlink Proposed Rates for:

Healthy and Tasty Ltd

Profile Information	Parcel's per week	Parcel's Per Con	Revenue Per Week
Next Day	10	1	£70.00
Premium	1	1	£9.00
International			
Total	10	1	£70.00

UK Services			
Service	Express pak 1 1KG Mailbag	Express pak 5 5KG Mailbag	Parcels
Next Day			£7.00 to 10 kilos and 30p per additional kg
Next Day by 10.30			£16.00 to 10 kilos and 40p per additional kg
Next Day by 12 (Includes £1000 free liability cover)			£9.00 to 10 kilos and 30p per additional kg
Saturday			£12.00 to 10 kilos and 40p per additional kg
Saturday (10.30)			
Saturday (12.00)			
Sunday			£12.00 to 10 kilos and 40p per additional kg
Reverse-IT			n/a
Third Party Collection			£7.50 Surcharge

Offshore Services Northern Ireland, Channel Isles	
Service	Parcels
Two Day	£16.00 per consignment, to include the first 10 kilos, then thereafter 85p per kilo
Next Day	£21.00 per consignment, to include the first 10 kilos, then thereafter £1.25 per kilo

Isle of Wight	
Service	Parcels
Next Day	£10.00 per consignment, to include the first 10 kilos, then thereafter 75p per kilo

Scottish Islands, Isle of man, Scilly Isles	
Service	Parcels
Two Day	£16.00 per consignment, to include the first 10 kilos, then thereafter 85p per kilo

Scottish Highlands	
Service	Parcels
Two Day	£10.00 per consignment, to include the first 10 kilos, then thereafter 75p per kilo

For Offshore and Highlands postcodes please see our website