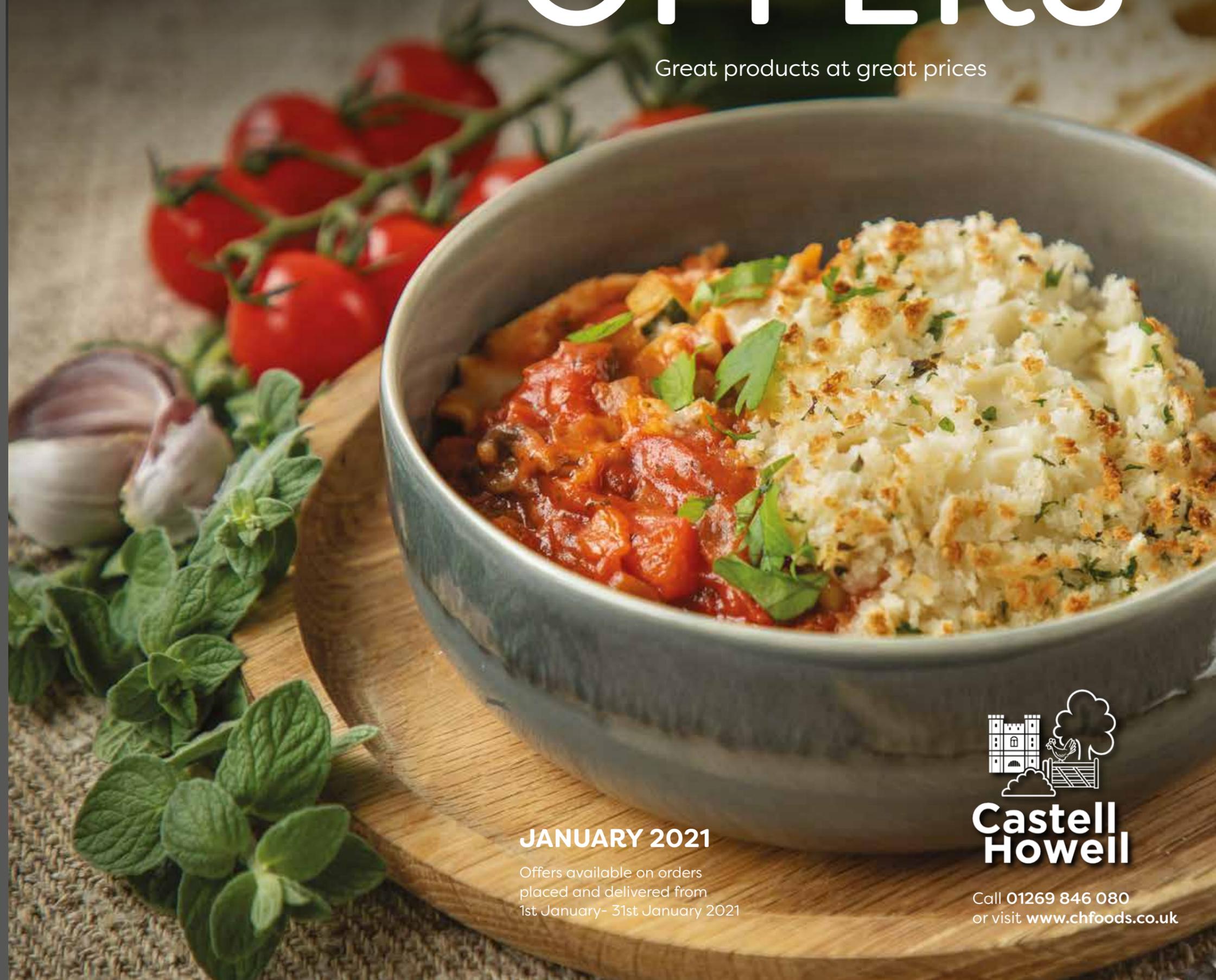


OFFERS

Great products at great prices



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JANUARY 2021

Offers available on orders placed and delivered from 1st January- 31st January 2021



Castell Howell

Call 01269 846 080
or visit www.chfoods.co.uk

In January...

2021 is here and with cautious optimism we're hopeful it will be a better year for all.

We must take this opportunity to thank each and every one of you for your continuous support and kindness – we're blessed to have the most phenomenal customers.

This month we have an array of products from Welsh producers on promotion including Welsh Brew, Celtica Butchery, Wild Trail and The Parsnipship – there's no better time to get a taste of Wales on your menu.

With January, comes Veganuary and we have up to 50% off a wide range of delicious products. Within this section you'll find alternative mains, thaw & serve salads and sweet treats, turn to pages 10 - 12 for more details.

Get ready for Valentine's Day with our tasty menu suggestions – all your food and fizz in one place! See pages 20 - 27 for details.

WHAT'S HAPPENING...

VEGANUARY see pages 10 - 12



VALENTINE'S IDEAS see pages 20 - 27



COFFEE OF THE MONTH see page 32



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Please check Erudus for Product Specifications before serving.

Prep Symbol Key:

Microwave from frozen	Griddle
Oven cook from frozen	Pre-portioned
Deep fry from frozen	Freezer to table
Boil in the bag	Thaw and serve
Boil	Vegetarian
Grill	Vegan
Shallow fry	Gluten Free

Dates for your diary



Did you know ...
Our Ordering App now accepts card payments.
Contact app@chfoods.co.uk to set this up.

COVER IMAGE

For more information on our cover deal see page 15.



TOP TWEETS...



Due to Covid-19 some products may not be available.

All products are subject to availability and may be withdrawn without notice. All details and prices are believed to be correct at time of print and may be subject to change. Please check prices when placing your order.



Thai Whiting fishcakes

Ingredients

For the Fishcakes

- 62090 500g Whiting Fillets
- 5738 ½ Red Pepper chopped
- 86928 2 teaspoon Very Lazy Chopped Red Chilli or 2 chopped red chillies
- 1404 2 tablespoon Coriander chopped
- 6961 3 Spring Onions finely chopped
- 69155 2 teaspoons Very Lazy Chopped Garlic or 2 cloves chopped garlic
- 1 stalk Lemongrass, tender part only, chopped
- 85389 1 tablespoon Fish Sauce
- 26232 125ml Coconut Milk
- 26967 1 whole Egg
- 125g Fine Beans
- Vegetable Oil

For the Thai Cucumber Salad

- 5785 2 Cucumbers peeled, halved lengthways and de-seeded
- 2362 35g Caster Sugar
- 50ml Rice Vinegar
- 2 Hot Chillies, finely diced
- 99653 2 Shallots finely diced
- 1404 2 tablespoon Coriander Leaves, chopped
- 76100 40g Chopped Nuts
- 85389 ½ tablespoon Fish Sauce

Method

Fishcakes

- Cut the fish into small pieces. Place the pepper, chillies, coriander, spring onions, garlic, lemongrass and fish sauce into a food processor and blend to a paste.
- Add the fish pieces to the paste and blend well. Mix to a smooth paste adding coconut milk and egg.
- Place the mixture in a bowl. Slice the beans finely into 3mm (1/8in) and stir into fish paste. Chill in refrigerator overnight or for at least two hours.
- Half-fill a heavy-based frying pan with oil and heat over a medium to high heat. (CAUTION: Hot oil can be dangerous. Do not leave unattended.)
- Shape the chilled paste into small patties with the help of a spoon. Carefully lower the fish patties into the hot oil, in batches (the oil should reach halfway up the sides of the patties). Fry until crisp and brown, turning once during cooking. Remove from the oil using a slotted spoon and set aside to drain on kitchen paper. Repeat the process with the remaining fish patties.

Salad

- Cut the cucumber in to 5mm slices
- Dissolve the sugar in the vinegar and toss the cucumber slices in it. Fold in the chilli, shallot and coriander.
- Sprinkle with the peanuts and fish sauce just before serving.

it's all about the fish

Contact telesales on 01269 846 080 for more information on our fish range



BUTCHERY ESSENTIALS



17603 Celtic Pride 227g Rump Steaks each • £3.81



£3.83

1837 227g Gammon Steaks 1 x 2



£10.49
£5.24 each

33748 Celtic Pride 227g Standard Sirloin Steaks 1 x 2



£13.99
17p each

91050 Pork Sausage 8's 1 x 4.54kg (approx 80 per pack)



£5.99
£1.00 each

1279 Celtic Pride 170g Beefburgers 6 x 170g



£11.99
£4.80 each

28125 Fresh Minced Beef 1 x 2.5kg



£4.99
41p each

50169 Thick Pork Sausages 1 x 1kg (approx 12 per pack)

Kick start the New Year the right way with Welsh Lamb and Welsh Beef



Welsh Lamb and Vegetable Broth
212 calories (kcal) per serving
86784 Welsh Lamb Neck Fillet



Welsh Beef Winter Salad
380 calories (kcal) per serving
2161 Celtic Pride 340g Welsh Beef Rump Steak

UNIQUELY WELSH. IT'S IN THE TASTE.

Find a wide range of recipe inspiration at www.eatwelshlambandwelshbeef.com



WELSH PRODUCE

MURROUGHS
Welsh Brew
TEA. SO NICE TO COME HOME TO...
 Adwell Foods Ltd, Abertawe SA3 4YL p: 01792 363391 e: info@welshbrewtea.co.uk @welshbrewtea www.welshbrewtea.co.uk



FROM
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SAVE
20%

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|----------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 16939 Welsh Brew Mixed Berry String & Tagged Teabags
100 x 2g £6.75 7p each | 33460 Tea Birds Green Tea Teabags
1 x 15 £3.29 22p each | 39181 Welsh Brew Infusions Earl Grey Teabags
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| | 59715 Tea Birds Chamomile Teabags
1 x 15 £3.29 22p each | 79424 Welsh Brew Infusions Green Tea with Coconut Teabags
1 x 20 £1.59 8p each |
| | 61265 Tea Birds Peppermint Teabags
1 x 15 £3.29 22p each | |
| | 26865 Tea Birds Moroccan Mint Teabags
1 x 15 £3.29 22p each | |
| | 19237 Tea Birds Green Rooibos with Orange Teabags
1 x 15 £3.29 22p each | |
| | 95795 Tea Birds Mixed Berry Teabags
1 x 15 £3.29 22p each | |
| | 71022 Tea Birds Welsh Breakfast Teabags
1 x 15 £3.29 22p each | |



£7.29
 41p each

SAVE
25%

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| Wild Trail
98794 Sweet & Salty Fruit & Nut Bars
18 x 46g | 11228 Cacao Fruit & Nut Bars
18 x 46g £7.29 | 99560 Carrot Cake Fruit & Nut Bars
18 x 46g | 18395 Seed & Nut Fruit & Nut Bars
18 x 46g |
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THE PARSNIPSHIP
 Pioneering Vegetarian & Vegan Food

- Parsnipship
- | | |
|--------------------------------------------------------------|----------------------------------------------------------------------|
| 51260 Mixed Vegan Bonbons
40 x 30g £15.99 40p each | 55632 Thai Lentil & Chick Pea Mash Up
20 x 200g £40.99 £2.05 each |
| 92230 Mushroom & Peanut Roast
20 x 200g £41.99 £2.10 each | 48195 Moroccan Roast
20 x 200g £45.29 £2.26 each |

SAVE
15%



CELTIC PRESERVES

CELTIC PRESERVES

Based in Llandeilo, Celtic Preserves are a brand new preserves company already making waves in the Welsh food scene.

The secret lies in keeping one eye on traditional recipes from our Welsh heritage while keeping the other eye on innovation. Such a balance of old and new has allowed the brand to create an ever-expanding range of exciting and delicious products, including jams, chutneys, marmalades, mustard and sauces.

All our products are made at our SALSA approved site.

OFFER PRICE

17513	Celtic Preserves Cranberry Sauce	227g	£1.95
39945	Celtic Preserves Apple Sauce	180g	£1.79
85044	Celtic Preserves Mint Sauce	200g	£1.79
38040	Celtic Preserves Horseradish Sauce	190g	£2.10

ALSO AVAILABLE

53932	Celtic Preserves Piccalilli	280g	£2.79
11378	Celtic Preserves Ale Chutney	285g	£2.69
97600	Celtic Preserves Mango Chutney	300g	£3.49
18559	Celtic Preserves Quince Jelly	225g	£2.45



NEW TO THE RANGE 15% OFF LIST PRICE



www.celticpreserves.co.uk

CLEARANCE LINES

WHILST STOCKS LAST - DON'T MISS OUT!

LIMITED AVAILABILITY

£10.99

33874 Ready Foods 3 Joint Chicken Wings 3 x 1kg

£6.99

64851 Baraka Seasoned Duck Pieces 1 x 1kg

Serving Suggestion

£12.99
64p each

83663 Sykes 136-160g Alaskan Pollock Fillets 1 x 20

£8.99

59115 Paramount Chip Shop Croquettes 2 x 1kg

£7.99
66p each

59230 Capital Cuisine NGCI Chocolate Brownies 1 x 150g

£16.99
94p each

11738 Mademoiselle Desserts Pecan Pull Apart Puddings 1 x 18

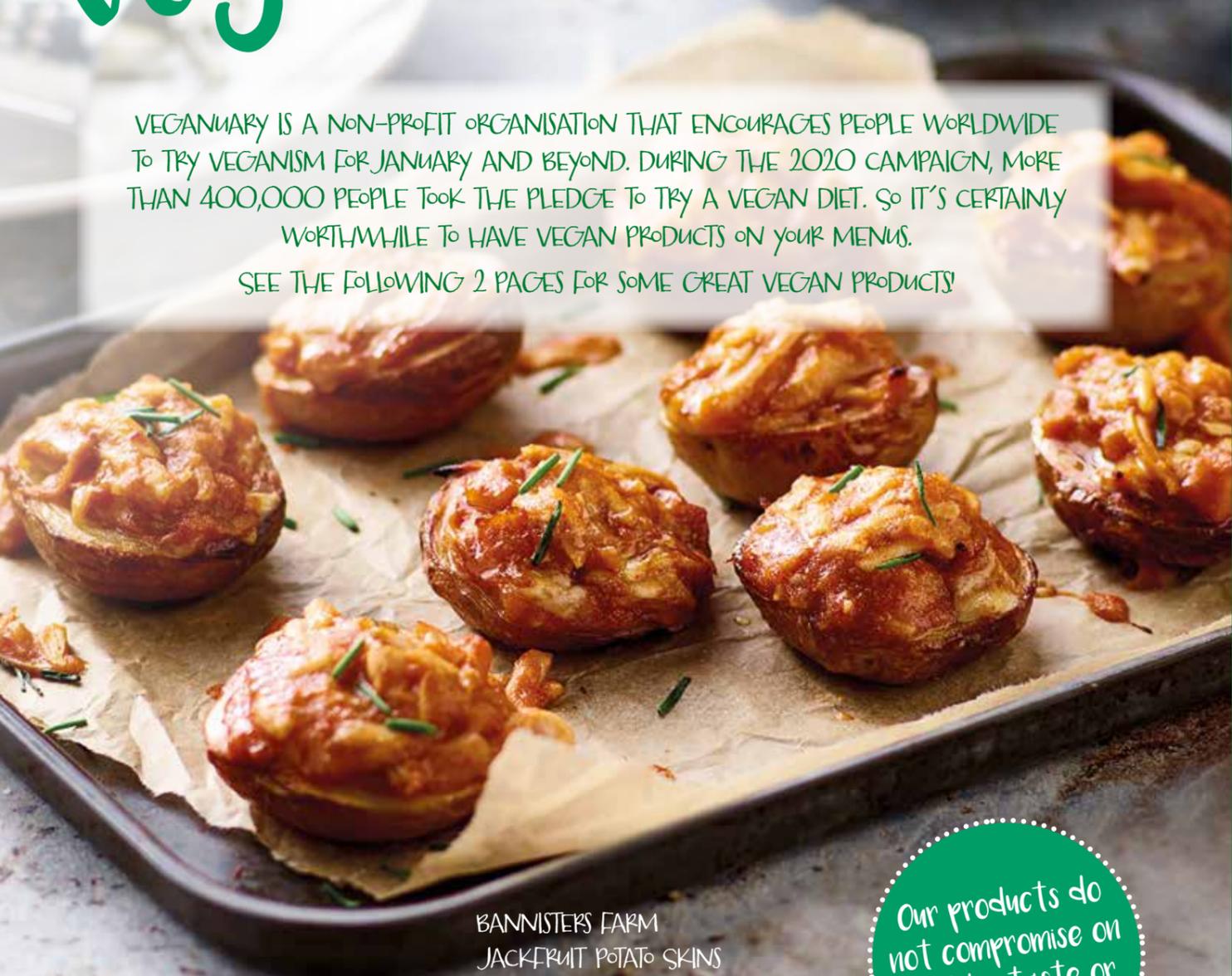
£8.99
44p each

38631 Sidoli Chocolate Brownie Fingers 1 x 20

Veganuary

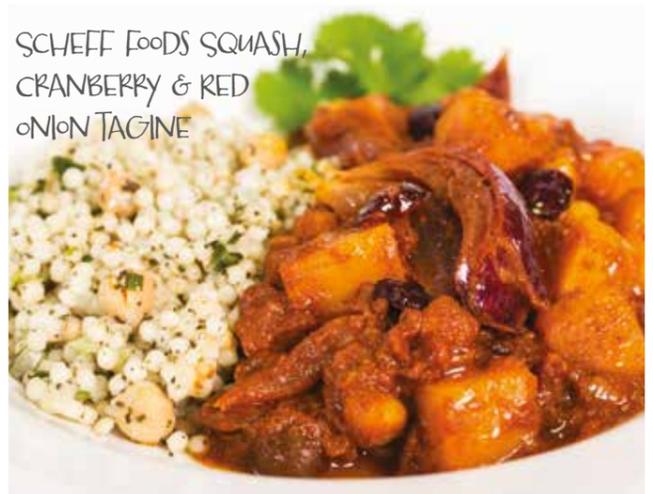
VEGANUARY IS A NON-PROFIT ORGANISATION THAT ENCOURAGES PEOPLE WORLDWIDE TO TRY VEGANISM FOR JANUARY AND BEYOND. DURING THE 2020 CAMPAIGN, MORE THAN 400,000 PEOPLE TOOK THE PLEDGE TO TRY A VEGAN DIET. SO IT'S CERTAINLY WORTHWHILE TO HAVE VEGAN PRODUCTS ON YOUR MENUS.

SEE THE FOLLOWING 2 PAGES FOR SOME GREAT VEGAN PRODUCTS!



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MCCAIN SURECRISP MEDIUM SKIN ON CHIPS

Up to 50% off



SCHEFF FOODS MUSHROOM & WALNUT SPAGHETTI BOLOGNAISE

70528 d'Arta Cuisin' Easy Oriental Style Quinoa & Chickpeas Salad 🌱 🍏 🌾
1 x 1.25kg £4.69 £3.76kg

52874 d'Arta Cuisin' Easy Indian Summer Salad 🌱 🍏 🌾
1 x 1.25kg £7.40 £5.92kg

43275 d'Arta Cuisin' Easy Sunny Vibes Salad 🌱 🍏 🌾
1 x 1.25kg £4.89 £3.92kg

52181 d'Arta Cuisin' Easy Orzo with Mediterranean Vegetables 🌱 🍏 🌾
1 x 1.25kg £3.45 £2.76kg

23102 McCain Surecrisp Gourmet Chunky Cut Chips 🌱 🍏 🌾
1 x 9.08kg £12.99 £1.43kg

42953 McCain Surecrisp Traditional Thick Cut Chips 🌱 🍏 🌾
1 x 2.27kg £3.25 £1.43kg

50762 McCain Surecrisp Medium Skin On Chips 🌱 🍏 🌾
1 x 9.08kg £13.99 £1.54kg

59194 McCain Surecrisp Julienne Skin On Chips 🌱 🍏 🌾
1 x 9.08kg £13.99 £1.54kg

23800 McCain Surecrisp Thin Skin On Fries 🌱 🍏 🌾
1 x 9.08kg £11.99 £1.32kg

57981 Délifrance Spelt & Quinoa Vegan Croissants 🌱 🍏 🌾
56 x 80g £15.99 29p each

66231 Central Foods KaterVeg Vegan Mince 🌱 🍏
1 x 1kg £4.75

96300 Bannisters Farm Jackfruit Potato Skins 🌱 🍏 🌾
(approx 50 pieces per pack)
1 x 1.98kg £8.25 17p each

35692 Bannisters Farm Tomato & Mozzarella Potato Skins 🌱 🍏 🌾
(approx 50 pieces per pack)
1.98kg £8.25 17p each

16908 Bannisters Farm Jalapeno & Mozzarella Potato Skins 🌱 🍏 🌾
(approx 50 pieces per pack)
1.98kg £8.25 17p each

51740 Scheff Foods Mushroom & Walnut Spaghetti Bolognese 🌱 🍏
12 x 340g £18.99 £1.58 each

85417 Scheff Foods Squash, Cranberry & Red Onion Tagine 🌱 🍏
12 x 350g £20.69 £1.72 each

48938 Scheff Foods Vegan Lasagne 🌱 🍏
12 x 350g £18.25 £1.52 each

54555 KK Fine Foods Carrot & Cashew Nut Wellington 🌱 🍏
12 x 210g £21.99 £1.84 each

27777 d'Arta Edamame Beans 🌱 🍏
1 x 1kg £3.99

66404 d'Arta Cauliflower Rice 🌱 🍏
1 x 2.5kg £5.15 £2.06kg

88503 d'Arta Diced Sweet Potato 🌱 🍏
1 x 1kg £1.69



D'ARTA DICED SWEET POTATO



PLANÈTE PAIN WHITE
TARTUGA ROLLS

- 36124 Speciality Breads Malted Ciapanini 🍏 🌱
40 x 100g £19.10 48p each
- 99842 Speciality Breads White Ciapanini 🍏 🌱
40 x 100g £18.59 46p each
- 14302 Speciality Breads Mini Onion Tin Loaves 🍏 🌱
48 x 55g £14.49 30p each
- 30810 Speciality Breads Mini Rolls Choice 🍏 🌱
100 x 35g £24.39 24p each
- 80322 Planète Pain White Tartuga Rolls 🍏 🌱
60 x 80g £9.99 17p each
- 61249 Planète Pain Seeded Brown
Tartuga Rolls 🍏 🌱
60 x 80g £10.89 18p each
- 33480 Central Foods Baked Earth Oval
Sourdough Wraps 🍏 🌱
24 x 120g £9.99 42p each
- 66706 Eatons Patisserie Individual Chocolate
Raspberry Truffles 🍏 🌱 🌾
1 x 10 £11.99 £1.20 each
- 97081 Eatons Patisserie Individual Chocolate
Orange Tarts 🍏 🌱
1 x 16 £17.49 £1.09 each
- 54792 Eatons Patisserie Bean Cheesecake 🌾 🍏 🌱
1 x 14ptn £13.25 95p ptn
- 21472 Mademoiselle Chocolate &
Raspberry Tart 🌾 🍏 🌱
1 x 14ptn £13.99 £1.00 ptn

- 27457 Propermaid Cookies & Cream Cake 🌾 🍏 🌱
1 x 14ptn £13.39 96p ptn
- 55587 Propermaid Carrot & Ginger Cake 🌾 🍏 🌱 🌾
1 x 14ptn £14.65 £1.05 ptn
- 15130 Propermaid Double Chocolate Cake 🌾 🍏 🌱 🌾
1 x 14ptn £14.65 £1.05 ptn
- 71621 The Bake Shed Dark Chocolate
Brownie 🌾 🍏 🌱 🌾
1 x 14ptn £12.20 87p ptn
- 33935 The Bake Shed Lemon &
Raspberry Slice 🌾 🍏 🌱 🌾
1 x 14ptn £12.59 90p ptn
- 77239 The Bake Shed Dark Chocolate
& Pecan Flapjack 🌾 🍏 🌱 🌾
1 x 14ptn £12.59 90p ptn
- 77781 Cakesmiths Dark & Fruity Flapjack
Traybake 🌾 🍏 🌱
1 x 14ptn £10.39 74p ptn
- 53608 Cakesmiths Blueberry Bakewell 🌾 🍏 🌱
1 x 14ptn £11.49 82p ptn
- 23605 Norseland Vegan Applewood Cheese 🌾 🍏
1 x 200g £1.65
- 60000 Flora Plant Double 🌾 🍏
1 x 1ltr £2.85
- 61041 Bisto Gluten Free Vegan Fine
Gravy Granules 🌾 🍏
1.9kg £10.99



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SCANTILY PRICED, SCAMPIPLY DELICIOUS

Take frozen whole tail scampi caught off UK shores. Add the crispest, breadcrumb coating. Serve with tartare sauce, a wedge of lemon and place on slate. At Chefs' Selections prices, you can afford to be generous.

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£6.55
20p each
SAVE 40%
67430 Innovate Foods Mac & Cheese Bites
1 x 1kg (approx 32 pieces per bag)



£6.99
24p each
SAVE 30%
52919 Innovate Foods Breaded Mozzarella Sticks
1 x 1kg (approx 29 pieces per bag)



£18.60
36p each
SAVE 30%
74255 Paramount Mini Mozzarella Melts
52 x 38g



£7.55
£6.04kg
SAVE 30%
80403 d'Arta Cuisin' Easy Bella Ciao
1 x 1.25kg



£6.99
£5.59kg
SAVE 30%
62346 d'Arta Cuisin' Easy Spartacus Salad
1 x 1.25kg



£17.59
£1.47 each
SAVE 10%
37186 Authentic World Foods Kids Pasta Bolognese
12 x 250g



£3.65
12p each
SAVE 40%
49150 Chefs' Selections Scampi
1 x 450g (approx 30 pieces per bag)



£18.55
52p each
SAVE 30%
2611 Central Foods Mini Chicken Kebab Selection
36 x 30g



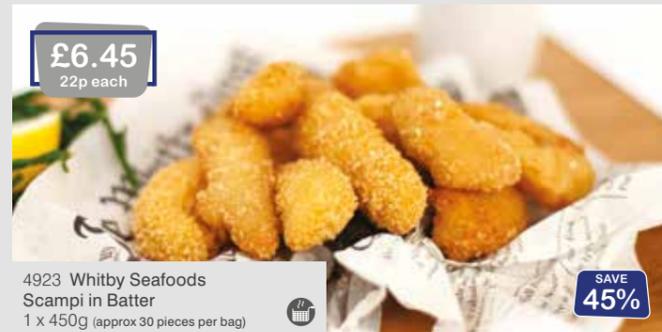
£11.85
47p each
SAVE 35%
90705 Pacific West Panko Coated Prawns
1 x 1kg (approx 25 pieces per pack)



£4.89
£3.91kg
SAVE 30%
50285 d'Arta Cuisin' Easy Green Valley
1 x 1.25kg



£18.25
£1.52 each
SAVE 30%
13746 Authentic World Foods Chicken Curry
12 x 175g



£6.45
22p each
SAVE 45%
4923 Whitby Seafoods Scampi in Batter
1 x 450g (approx 30 pieces per bag)



£28.69
£2.87 each
SAVE 10%
30118 Banner Foods Pinto Pork Casserole
10 x 340g



£31.10
£10.37kg
SAVE 10%
28981 UK Food Hall Cooked Scottish Beef Slices
1 x 3kg



£15.50
£1.94 each
SAVE 30%
9601 Jon the Pieman Chicken & Leek Suet Puddings
8 x 370g



£7.45
25p each
SAVE 35%
99986 Young's Gluten Wheat & Dairy Free MSC Pollock Fillet Fish Fingers
30 x 30g



£19.95
36p each
SAVE 35%
76393 Pacific West Crouton Coated Crab Bites
1 x 1kg (approx 55 pieces per pack)



£11.35
57p each
SAVE 35%
94081 Pacific West Breaded Mackerel Goujons
1 x 1kg (approx 20 pieces per pack)



£13.50
19p each
SAVE 30%
12271 Harvest Farms Buttermilk & Rosemary Chicken Goujons
1 x 2.5kg (approx 70 pieces per pack)



£4.79
SAVE 30%
14663 Pan Euro Smoked Chicken Fillets
1 x 400g



£10.85
60p each
SAVE 35%
38487 Pacific West 40-70g Battered Gurnard
1 x 1kg (approx 18 pieces per pack)



£30.50
£2.03 each
SAVE 10%
62655 Paramount Mac n' Cheese Bakes
15 x 400g



£22.89
£1.91 each
SAVE 35%
67628 KK Fine Foods Mediterranean Vegetable Wellingtons
12 x 226g



£20.89
87p each
SAVE 10%
85462 Celtica Pork with Honey & Mustard Burgers
24 x 170g



£20.89
69p each
SAVE 30%
60113 Rawcliffes Classic 80% Beef Burgers
30 x 168g



Thai Spiced Sweet Potato & Carrot Soup

INGREDIENTS (MAKES 4 SERVING)

- 1 TBSP CREAMED COCONUT (59209)
- 250G CHOPPED WHITE ONION (13445)
- 2 TSP VERY LAZY GARLIC PASTE (85426) OR 2 CLOVES GARLIC, MINCED (5754)
- 3 TSP VERY LAZY GINGER PASTE (79488) OR 1 TBSP FRESH GINGER, MINCED (75505)
- 2 TBSP RED CURRY PASTE (26887)
- 500G VEGETABLE STOCK (59937)
- 30G SMOOTH PEANUT BUTTER (14332)
- 300G CARROTS, PEELED AND DICED (5705)
- 300G GREENS DICED SWEET POTATOES (88503)
- ½ TSP FINE-GRAIN SEA SALT, PLUS MORE TO TASTE (35961)
- GROUND BLACK PEPPER (90160)
- UP TO ¼ TSP CAYENNE PEPPER - OPTIONAL, IF YOU LIKE SPICE (63388)

TOPPINGS

- LIME JUICE (71260)
- FLAKED ALMONDS, LIGHTLY TOASTED (43479)

METHOD

- TO MAKE THE SOUP: IN A LARGE POT, MELT THE COCONUT CREAM OVER MEDIUM HEAT. ADD THE ONION, GARLIC, AND GINGER AND SAUTÉ FOR 5-6 MINUTES, UNTIL THE ONION IS TRANSLUCENT. STIR IN THE CURRY PASTE.
- IN A SMALL BOWL, WHISK TOGETHER SOME OF THE STOCK WITH THE PEANUT BUTTER. ADD THE MIXTURE TO THE POT, ALONG WITH THE CARROTS, SALT, AND REMAINING VEGETABLE BROTH. STIR UNTIL COMBINED.
- BRING THE SOUP TO A LOW BOIL OVER MEDIUM-HIGH HEAT AND THEN REDUCE THE HEAT TO MEDIUM-LOW. COVER AND SIMMER FOR 15-20 MINUTES AT 10 MINUTES ADD THE FROZEN SWEET POTATO) UNTIL THE POTATOES AND CARROTS ARE FORK-TENDER.
- LADLE THE SOUP CAREFULLY INTO A BLENDER. YOU WILL LIKELY HAVE TO DO THIS IN A COUPLE OF BATCHES, DEPENDING ON THE SIZE OF YOUR BLENDER (NEVER FILL YOUR BLENDER PAST THE MAXIMUM FILL LINE). BEING CAREFUL TO AVOID HOT STEAM ESCAPING FROM THE LID, BLEND ON LOW AND SLOWLY INCREASE THE SPEED UNTIL THE SOUP IS COMPLETELY SMOOTH. (ALTERNATIVELY, YOU CAN USE AN IMMERSION BLENDER AND BLEND THE SOUP DIRECTLY IN THE POT.)
- TASTE AND SEASON WITH SALT AND BLACK PEPPER. IF YOU'D LIKE MORE SPICE, ADD A PINCH OR FULL ¼ TEASPOON CAYENNE PEPPER AND BLEND AGAIN. TRANSFER THE SOUP BACK TO THE POT AND REHEAT IF NECESSARY. IF DESIRED, YOU CAN THIN THE SOUP OUT WITH A BIT MORE STOCK IF IT'S TOO THICK FOR YOUR PREFERENCE.
- TO MAKE THE TOASTED ALMONDS: DRY FRY ALMONDS IN A PAN, TURNING CONSTANTLY UNTIL BROWNED.
- THE ALMONDS WILL HARDEN UP AS THEY COOL. ONCE COOL CRUSH INTO SMALL PIECES.
- LADLE THE SOUP INTO BOWLS AND TOP WITH A SQUEEZE OF LIME JUICE AND TOASTED ALMONDS. THIS SOUP WILL KEEP IN THE FRIDGE FOR UP TO A WEEK, AND FREEZES WELL FOR 1 TO 2 MONTHS.

Cauliflower Rice

INGREDIENTS

- ½ TSP DRIED CHILLI FLAKES
- 1 TSP VERY LAZY CHOPPED GARLIC (69155)
- 1 TBSP OLIVE OIL (52295)
- 450G DARTA CAULIFLOWER RICE (66404)
- BUNCH FRESH CORIANDER (1404)
- 1 TBSP TOASTED FLAKED ALMONDS (43479)
- SQUEEZE OF LEMON JUICE (44960)
- SALT & BLACK PEPPER TO TASTE

METHOD

- WARM THE GARLIC, CHILLI FLAKES AND OLIVE OIL IN A NON-STICK PAN.
- STIR IN THE CAULIFLOWER RICE AND COOK, STIRRING OFTEN, UNTIL THE RICE STARTS TO TURN TENDER AND PICKS UP A LITTLE COLOUR.
- TAKE THE RICE OFF OF THE HEAT, AND THEN STIR IN FRESH CORIANDER, TOASTED SLICED ALMONDS, SQUEEZE OF LEMON JUICE, SALT, AND PEPPER TO TASTE.



Chilli Edamame Beans

INGREDIENTS

- 250G DARTA EDAMAME BEANS (2777)
- ½ TSP DRIED CHILLI FLAKES
- 2 TSP SEA SALT FLAKES (31582)
- ½ TSP SESAME OIL (27631)

METHOD

- MEASURE 250G FROZEN EDAMAME BEANS INTO A SMALL SAUCEPAN AND COVER WITH BOILING WATER AND PUT ONTO A MEDIUM HEAT TO BOIL FOR 3 MINUTES.
- MEANWHILE, ADD ½ TSP DRIED CHILLI FLAKES AND 1 TSP SEA SALT FLAKES INTO A PESTLE AND MORTAR. BASH THE CHILLI AND SALT TOGETHER FOR A MINUTE.
- ADD IN A FURTHER 1 TSP SEA SALT FLAKES AND MIX IN BUT DON'T CRUSH.
- ONCE THE BEANS HAVE BOILED FOR 3 MINUTES, DRAIN THEM AND RETURN TO THE HOT PAN.
- STIR ¾ OF THE CHILLI SALT INTO THE HOT BEANS ALONG WITH ½ TSP SESAME OIL.
- SERVE THE BEANS AND TOP WITH THE REMAINING ¼ CHILLI SALT.



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cuisine
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Castell
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Promotion

Our *vegan* range
Your *special offers*



Code	Product	Case Size	Discount Price
26462	Light Vegetable Stock Mix	1x800g	£13.99
59937	Vegetable Stock Mix	1x800g	£13.99
45166	No1 Savoury Gravy Mix	1x1.5kg	£11.99
10569	Premier Rich Vegetable Jus	1x1kg	£19.49
31381	Miso Broth Base	1x1kg	£10.99
26193	Aromatic Stock Base	1x1kg	£10.99
63295	Wild Mushroom Sauce	1x800g	£15.99

GF Gluten-free ND No declarable allergens V Vegetarian V Vegan
*These products do not contain declarable allergens under the EU regulation 1169/2011 (Annex II)

Offer Valid 1st - 31st January 2021



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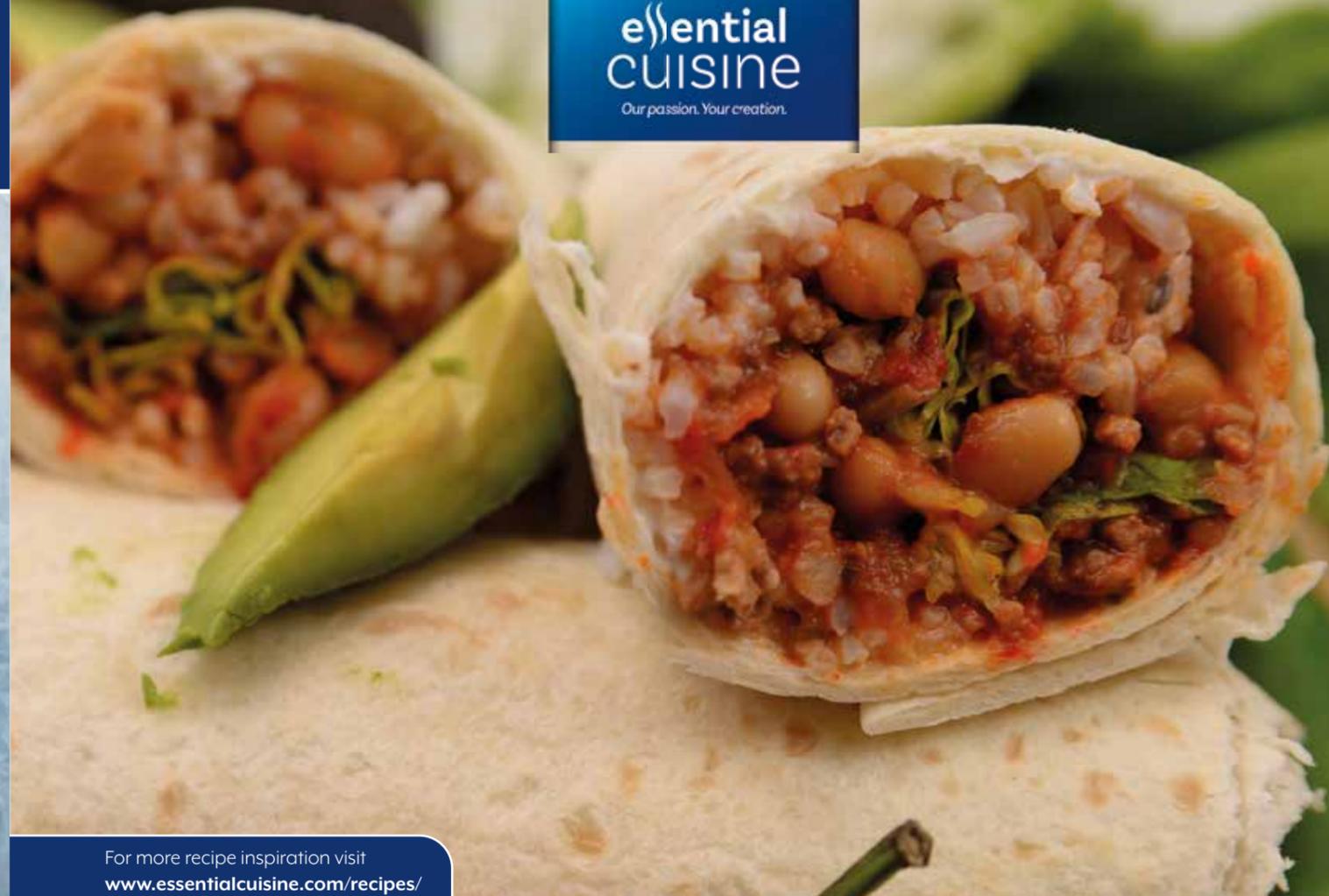
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Vegan Burritos

59937



🕒 PREP TIME 15 MINS ⏱️ COOKING TIME 30 MINS 🍴 SERVES 10

INGREDIENTS

30ml olive oil
15g garlic paste
400g mixed peppers, de-seeded and sliced
250g courgette, grated
30g mild chilli powder
800g tinned chopped tomatoes
800g tinned black beans
800g tinned kidney beans
30g fresh coriander, chopped
10 large tortillas
4 little gem lettuce - shredded
Lime and Red Onion Rice
1 litre water
16g Essential Cuisine Vegetable Stock Mix (59937)
500g rice
80ml lime juice
150g red onion, finely sliced

METHOD

1. Heat the oil in a pan and fry the garlic, peppers and courgettes for 2 minutes. Then stir in the chilli paste.
2. Tip in the tomatoes, stirring until it comes to a simmer. Season with salt, simmer until thickened, add the black beans and kidney beans and stir in the coriander.
3. In a large pot add the litre of water and **Essential Cuisine Vegetable Stock Mix**, bring to the boil.
4. Add the rice, place on a lid and boil for 5 minutes. Then take off the heat and leave for 10 minutes. While still hot, stir in the lime juice and red onion.
5. Lay out the tortillas, place the lettuce, rice and bean mixture. Roll up and serve!

VALENTINE'S 2021

On Arrival: A glass of Prosecco

STARTERS

Ham Hock Terrine

Slow cooked ham hock with flavours of bay leaves and cinnamon.
Served with apple chutney and crusty bread

Garlic & Mushroom en Croute

(vegetarian)

Garlic mushrooms in a garlic and thyme cream sauce, topped with puff pastry.
Served with salad leaves

Salmon & Prawn Timbale

An Asian inspired mousse of salmon with chopped prawns, lemongrass and chilli.
Served with salad leaves, lemon wedge and crusty bread

Tomato & Basil

(vegetarian/gluten free)

Tomato & Basil with carrots, onions and cellery.
Served with crusty bread

SHARING PLATTERS

Seafood

Prawn Twisters
Coated Whitebait
Red Velvet Prawns
Bubble Bobble Red Shrimps
Spicy Crab Cakes
Teriyaki Salmon Skewers
Potato Crispies
Served with a salad garnish, lemon wedges and tartare sauce

Meat

Lemon & Cheese coated
Chicken Goujons
Chinese Duck Bon Bons
Crispy Beef Strips
Crispy Breaded
Mushroom Dippers
Beer Battered Onion Rings
Potato Crispers
Served with a salad garnish and sour cream & chive dip

Antipasti

Slices of Coppa Ham
Milan Salami and Prosciutto Crudo with Kalamata Pitted Olives
Sweet Cherry Peppers stuffed with Ricotta Cheese
Borettane Onions in Balsamic Vinegar
Goat's Cheese
Served with salad leaves a balsamic dressing, extra virgin olive oil and buckwheat bread

Vegetarian

Skin-on Potato Dipsters
Sweetcorn Fritters
BBQ Jackfruit Spring Rolls
Halloumi Fries
Mac & Cheese Bites
Panko Breaded Onion Rings
Served with salad leaves and sweet chilli sauce

MAIN COURSE

Chateaubriand

(to share)

Celtic Pride Welsh PGI Chateaubriand, cooked to your liking.
Served with fondant potatoes, green beans and red wine jus.

Chicken Breast with Whisky Sauce

Roast chicken breast smothered in a delightful cream sauce with black peppercorns and Welsh whisky.
Served with potatoes and mangetout.

Duck Breast with Plum Sauce

Cooked to your liking.
Served with rich plum sauce, potato rosti and broccoli

Minted Lamb Steak

Cooked to your liking.
Served with colcannon mash and Parisian carrots.

Pork Tenderloin with Sage & Bacon

Pork Tenderloin, dusted with sage and wrapped in smoked bacon.
Served with dauphinoise potato, julienne carrots and wild mushroom sauce

Salmon Fillet with White Wine & Seafood Sauce

Oven baked salmon fillet with a white wine sauce, laced with mussels, cockles and prawns.
Served with chunky chips and asparagus spears

Crab, Lobster & Prawn Tortelli

Large ravioli parcels filled with a mixture of crab, prawn and lobster.
Served with lobster sauce and crusty bread

VEGETARIAN & VEGAN OPTIONS

Champagne Oyster Mushroom & Rocket Risotto (vegetarian)

Oyster mushrooms with arborio rice, complimented with champagne and rocket.
Served with a rocket salad and shavings of Italian cheese

Mediterranean Vegetable Tarts (vegan)

Crisp basil and maize pastry case filled with a slow roasted tomato sauce topped with grilled courgettes, red & yellow peppers, red onions and cherry tomatoes, topped with a crumb.
Served with garlic & rosemary potatoes, salad leaves and beetroot & thyme dressing

Mushroom & Walnut Spaghetti (vegan)

Spaghetti pasta in a mushroom and walnut based bolognaise. Served with garlic and herb dough balls

Vegetable Curry with Coconut & Turmeric (vegan/gluten free)

A selection of vegetables in a lightly spiced coconut and turmeric curry sauce.
Served with cauliflower rice and Tuscan flat bread

DESSERTS

Blackcurrant & Prosecco Cheesecake (vegetarian/gluten free)

Gluten free biscuit base topped with luxury baked cheesecake topped with British blackcurrants in a glaze.

Rum & Raisin Cheesecake (vegetarian)

A crunchy biscuit and chocolate base with a smooth creamy rum and raisin baked cheesecake, finished with a gold shimmering glaze. Served with fresh whipped cream.

Chocolate St Honore Gateau

Crunchy biscuit bases with a rich Belgian chocolate truffle studded with cream filled profiteroles, finished with fresh cream, dark chocolate shavings, a cream filled profiterole and chocolate drizzle. Served with fresh cream

Prosecco & Chambord Liqueur Bombe (vegan/gluten free)

Prosecco sorbet bombe with a Chambord Liqueur raspberry liqueur centre

Apple & Caramel Tart (vegan)

A light pastry tart filled with chunky Bramley apples and caramel finished with a crunchy crumble topping. Served with a dollop of clotted cream.

Vanilla Bean Cheesecake with Blueberry Coulis (vegan)

A smooth creamy vanilla bean cheesecake with an oatly fruit and biscuit base. Decorated with blueberry coulis and fresh blueberries and served with vegan cream

Raspberry & Strawberry Tiramisu

Biscuit base steeped in raspberry and strawberry syrup topped with a creamy mascarpone mousse. Another layer of thin sponge topped with raspberry and strawberry gel, finished with a chocolate shard. Served with a selection of fresh fruits and cream

Ruby Chocolate Delice

A ruby chocolate dairy ice cream with chocolate sauce and raspberry Joconde sponge cake. Served with a selection of fresh fruits

Strawberry, White Chocolate & Prosecco Torte (vegetarian)

A vanilla sponge lined torte of strawberry, white chocolate and Prosecco mousse. Served with fresh cream and fresh strawberries.

Strawberry & Prosecco Cone

Strawberry and vanilla mousses centred with Prosecco soaked sponge, strawberry compote and smothered with white chocolate truffle. Decorated with strawberry coulis and fresh strawberries

Sticky Toffee & Date Pudding (vegetarian/gluten free)

A rich toffee and date steamed pudding, heaped with sticky toffee sauce. Served with Mario's Dairy Clotted Vanilla Ice Cream or crème anglaise

Chocolate Fondant (vegetarian)

Rich, intense chocolate crisp outer, with oozing melting chocolate centre. Served with Mario's Dairy Brecon Honey Ice Cream.

CHEESEBOARD

A selection of Welsh cheeses served with crackers and fig chutney.

Selection includes Celtic Promise Cheese (cider ripened), Cenarth Brie, Perl Las (blue cheese) and Organic Cheddar
Why not enjoy a glass of port with your cheese board?

TO FINISH

Tea or Coffee

served with Heart shaped Welsh Cake

LIQUEUR COFFEES

Cream Liqueur

Our freshly brewed coffee laced with Merlyn's Welsh Cream Liqueur

Toffee Vodka

Our freshly brewed coffee laced with Toffoc toffee flavour vodka

Coffee & Chocolate

Our freshly brewed coffee laced with Aber Falls Coffee & Chocolate liqueur

Whisky

Our freshly brewed coffee laced with Penderyn Welsh whisky

Dark Rum

Our freshly brewed coffee laced with Carmarthen Dark Rum

WINE LIST

RED

Las Montanas Merlot

Soft and fruity with plenty of succulent berry and damson flavours and a pleasing hint of cinnamon spice typical of this grape variety. Chile. ABV 13%

Wildwood Shiraz (vegan)

Aromas of ripe blackberries and a touch of spice. On the palate sumptuous blackcurrant with hints of mint tickle the taste buds. This full bodied wine with soft ripe tannins with a rich long finish. USA. ABV 13%

Sentina Merlot

Grapes sourced from selected districts of Veneto, Italy. Deep ruby red, this Merlot has elegant aromas of violets, plums and red fruits. Medium fresh bouquet with delicate red fruit flavours, good balance and structure. Italy. ABV 12%

WHITE

Las Montanas Sauvignon Blanc

Fruity and refreshing with floral, citrus and green apple flavours balanced by a hint of ripe tropical fruit. Chile. ABV 13%

Wildwood Chardonnay (vegan)

Aromas of citrus and fresh cut green apples. On the palate, tropical fruit flavours of pineapples, peaches and ripened lemons, lead the way to a crisp finish, balanced perfectly by mild acidity. USA. ABV 13%

Sentina Pinot Grigio

Grapes sourced from selected districts of Veneto, Italy. Intense straw colour and has an expressive and delightfully fruity bouquet. Dry, soft, full bodied and well balanced. Italy. ABV 12%

ROSE

Las Montanas Merlot Rose

Brilliant lively and clear wine, strawberry in colour. A complex nose of grapefruit, granadilla, guava and peppery nasturtium excites one's senses. A dry lingering palate of pomegranate and berry. Chilean. ABV 13%

Wildwood Zinfandel Rose

A youthful wine with aromas of fresh cherries and watermelon. On the palate, flavours of juicy ripe strawberries and sweet candy are incredibly sumptuous and ever so moreish. USA. ABV 10.5%

Sentina Pinot Grigio Rose

Delicious aroma of strawberries and red berries. Clean, crisp fruitiness and lasting finish, this is an elegant, well balanced rose. Italy. ABV 12.5%

SPARKLING

Moet & Chandon NV Champagne

A harmonious blend of three champagne grape varieties – Chardonnay, Pinot Noir and Pinot Meunier.

Aromas are radiant, revealing bright, white-fleshed fruits, citrus fruits, floral nuances and elegant blond notes. French. ABV 12%

Borgo Molino Rose

Vibrant pink colour with strawberry and raspberry fruits and a touch of rose petal. Light and fresh with persistent bubbles. Italy. ABV 11%

Freixenet Prosecco

Sophisticated hints of green apple and grapefruit and a smooth finish. Italy. ABV 11%

Lanson Black Champagne

Reminiscent of the straw colour and hints of amber characteristic of the Pinot Noir grape. Bouquets of ripe and citrus fruits for fullness, fruitiness and lightness. France. ABV 12.5%

VALENTINE'S 2021

On Arrival: 40942 • Frexinet Prosecco DOC
ABV 11%
75cl **£7.50**

STARTERS

- 16840 • Capital Cuisine Ham Hock Terrine 🍷
1kg **£15.80**
- 34756 • Capital Cuisine Garlic & Mushroom en Croute 🍷
9 x 125g **£11.09 £1.23 each**
- 52403 • Capital Cuisine Individual Salmon & Prawn Timbale 🍷
12 x 85g **£16.69 £1.39 each**
- 43003 • Redemption Tomato & Basil Soup 🍷
4kg **£10.02 £1.00 ptn**
approx 10-16 portions

SHARING PLATTER

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| <h3>SEAFOOD</h3> <p>98499 • Pacific West Prawn Twisters 🍷
800g £13.25 38p each</p> <p>24293 • Pacific West Red Velvet Prawns 🍷
500g £12.80 64p each</p> <p>25282 • Whitby Bobble Bubble Red Shrimp 🍷
450g £8.99 47p each</p> <p>67915 • Paramount Spicy Crab Cakes 🍷
48 x 30g £23.25 48p each</p> <p>93627 • Pacific West Mini Teriyaki Salmon Skewers 🍷
12 x 6 £37.55 52p each</p> <p>10941 • Lutosa Mini Potato Crispies 🍷
2.5kg £5.50 £2.20kg</p> <p>38318 • Chefs' Selections Tartare Sauce 🍷
2.27lt £8.46</p> | <h3>MEAT</h3> <p>88760 • Golden Farm Lemon & Cheese Chicken Goujons 🍷
1kg £10.69 53p</p> <p>31350 • Scheff Chinese Duck Bon Bons 🍷
50 x 30g £29.25 58p</p> <p>13515 • Harvest Farm Crispy Beef Strips 🍷
1kg £21.45</p> <p>98440 • Chefs' Selections Breaded Mushrooms 🍷
1kg £4.59 7p each</p> <p>85191 • McCain Menu Signature Crispies 🍷
2.27kg £3.50 £1.54kg</p> <p>26664 • Food Fellas Beer Battered Onion Rings 🍷
1kg £5.99</p> <p>74601 • Lion Sour Cream & Chive Dressing 🍷
2.27lt £11.17</p> | <h3>ANTIPASTI</h3> <p>34482 • Villani Antipasti Mixed Meat Pack
120g £3.05</p> <p>89778 • Saponi Kalamata Pitted Olives 🍷
3kg £26.24</p> <p>42641 • Saponi Stuffed Sweet Cherry Peppers 🍷
1kg £8.32</p> <p>89877 • Saponi Cippolle Borettane Balsamic Onions 🍷
3kg £21.60</p> <p>57087 • Pantysgawn Goat's Cheese 🍷
125g £2.25</p> <p>60477 • Capital Cuisine Balsamic Dressing 🍷
1lt £4.34</p> <p>27399 • Monini Extra Virgin Olive Oil 🍷
1lt £6.29</p> <p>98719 • Europastry Buckwheat Loaves
12 x 500g £33.55 £2.79 each</p> | <h3>VEGETARIAN</h3> <p>78013 • Lutosa Skin-On Dipsters 🍷
10kg £16.99 £1.69kg</p> <p>90826 • Paramount Sweetcorn Fritters 🍷
70 x 30g £18.85 26p each</p> <p>8099 • Scheff Cranberry & Brie Wontons 🍷
50 x 18g £23.50 47p each</p> <p>72565 • Chefs' Selections Halloumi Fries 🍷
1kg £16.30</p> <p>67430 • Golden Crumb Mac 'n' Cheese Bites 🍷
1kg £10.95 34p each</p> <p>96738 • Food Fellas Panko Breaded Onion Rings 🍷
4kg £27.75 18p each</p> <p>82261 • Chefs' Selections Thai Sweet Chilli Sauce 🍷
2.27lt £6.99</p> |
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SERVE ON

- 59299 • Acacia 26x18cm Rectangular Board
each **£7.26**
- 59310 • 3oz Oyster Ramekin
each **£3.88**
- 27744 • Porcelite 29x9cm White Square Tray with 3 Square Bowls
each **£9.85**
- 88389 • 24x15cm Natural Slate Tray
each **£4.21**

MAIN COURSES

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| <h3>BEEF DISH</h3> <p>15012 • Celtic Pride PGI Welsh Chateaubriand Centre Cut Beef 🍷
per kg POA</p> <p>90722 • Fresh Fondant Potatoes 🍷
each POA</p> <p>8266 • Medium Whole Green Beans 🍷
1kg £2.20</p> <p>73933 • Essential Cuisine Premier Red Wine Jus 🍷
1.2kg £30.99</p> | <h3>PORK DISH</h3> <p>47083 • Ready Foods Pork Tenderloin with Sage & Bacon 🍷
20 x 270g £66.40 £3.32</p> <p>54659 • Lutosa Gratin Dauphinoise 🍷
2.5kg £8.70 £3.48kg</p> <p>8264 • Julienne Baton Carrots 🍷
1kg £1.25</p> <p>63295 • Essential Cuisine Wild Mushroom Sauce 🍷
800g £24.10</p> | <h3>CHICKEN DISH</h3> <p>58591 • Authentic World Foods Chicken with Whiskey Sauce 🍷
12 x 320g £31.45 £2.62 each</p> <p>3005 • Peka Table Potatoes 🍷
2kg £4.70 £2.35kg</p> <p>4957 • Fresh Mangetout 🍷
150g POA</p> | <h3>DUCK DISH</h3> <p>51165 • Large Double Raw Duck Breast
2 x 300-400g £10.47</p> <p>27938 • Lutosa Potato Rosti 🍷
1kg £2.80 8p each</p> <p>18207 • Lee Kum Kee Plum Sauce 🍷
2.6kg £12.99</p> <p>95083 • Chefs' Selection Broccoli Florets 🍷
2.5kg £6.50 £2.60kg</p> |
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| <h3>LAMB DISH</h3> <p>17581 • 284g Minted Boneless Lamb Steak 🍷
each POA</p> <p>90489 • Farmhouse Colannon Mash 🍷
2.5kg £7.99 £3.19kg</p> <p>51796 • Parisian Carrots 🍷
2.5kg £6.20 £2.48kg</p> | <h3>FISH DISH</h3> <p>30179 • 190-210g Skinless & Boneless Salmon Fillets 🍷
1 x 10 £29.40 £2.94 each</p> <p>8087 • Knorr Garde D'or White Wine Sauce 🍷
1lt £6.67</p> <p>65157 • Cooked Mussel Meat 🍷
454g £3.90</p> <p>36554 • Chefs' Selection 18mm Coated Chips 🍷
4 x 2.5kg £15.15 £1.51kg</p> <p>99062 • Fresh Asparagus Spears 🍷
1 x 12 POA</p> | <h3>PASTA DISH</h3> <p>82203 • Surgital Crab, Lobster & Prawn Tortelli 🍷
3kg £63.75 37p each
Recommended serving 120g
£2.55 per ptn</p> <p>83564 • Essential Cuisine Lobster Sauce 🍷
800g £24.10</p> <p>90560 • Europastry Large Bakers Rustic 🍷
10 x 560g £19.35 £1.93</p> |
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VEGETARIAN & VEGAN DISHES

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| <h3>RISOTTO DISH</h3> <p>34160 • KK Fine Foods Champagne & Oyster Mushroom Risotto 🍷
12 x 340g £39.25 £3.28 each</p> <p>63182 • Italian Rocket 🍷
100g £1.26</p> <p>15842 • Gran Levanto Hard Cheese 🍷
1kg £18.36</p> | <h3>VEGETABLE TART</h3> <p>24708 • Menu Serve Mediterranean Vegetable Tarts 🍷
12 x 260g £32.95 £2.74 each</p> <p>73121 • Bannister Farms Garlic & Rosemary Potatoes 🍷
2kg £8.95 £4.47kg</p> <p>60328 • Capital Cuisine Beetroot & Thyme Dressing 🍷
1lt £5.96</p> | <h3>SPAGHETTI DISH</h3> <p>51740 • Scheff Mushroom & Walnut Spaghetti Bolognaise 🍷
12 x 340g £29.25 £2.43 each</p> <p>88418 • Chicago Town Garlic & Herb Dough Balls 🍷
8 x 12 £21.49 22p</p> | <h3>CURRY DISH</h3> <p>58429 • Paramount Coconut Vegetable Curry 🍷
15 x 300g £30.69 £2.04</p> <p>66404 • Cauliflower Rice 🍷
2.5kg £9.39 £3.75kg</p> <p>87640 • Panesco Tuscan Flat Bread 🍷
36 x 80g £27.95 77p each</p> |
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DESSERTS

- 52373 • Eatons Chocolate St Honore Gateau 🍫
14ptn **£22.10** **£1.57ptn**
- 2203 • Fresh Double Cream 🍷
1 pint **£2.02**
- 79879 • Eatons Individual Apple & Caramel Tarts 🍏🍫
1 x 16 **£24.39** **£1.52 each**
- 58543 • Rodda's Clotted Cream 🍷🍫
453g **£5.95**
- 1 45803 • Capital Cuisine Strawberry, White Chocolate & Prosecco Tort 🍷🍫
14ptn **£22.39** **£1.59ptn**
- 2203 • Fresh Double Cream 🍷
1 pint **£2.02**
- 86470 • Fresh Strawberries 🍷
400g **POA**
- 85290 • Eatons Baked Rum & Raisin Cheesecake 🍷🍫
14ptn **£22.45** **£1.60ptn**
- 81972 • Kerrymaid Whipping Cream 🍷
1lt
- 34514 • Traiteur de Paris Raspberry & Strawberry Tiramisu 🍷
16 x 80g **£32.15** **£2.00**
- 2203 • Fresh Double Cream 🍷
1 pint **£2.02**
- 54792 • Eatons Vanilla Bean Cheesecake 🍷🍫
14ptn **£20.39** **£1.45ptn**
- 95521 • Lion Blueberry Coulis 🍷
500g **£5.53**
- 6419 • Fresh Raspberries 🍷
125g **POA**
- 2 50292 • Chantilly Individual Strawberry & Prosecco Cones 🍷
1 x 14 **£24.89** **£1.77 each**
- 90084 • Macphie OTT Strawberry Sauce 🍷
500g **£2.28**
- 86470 • Fresh Strawberries 🍷
400g **POA**
- 3 26950 • Traiteur de Paris Chocolate Fondant 🍷🍫
20 x 100g **£21.69** **£1.08 each**
- 93377 • Mario's Dairy Brecon Honey Ice Cream 🍷
4.74lt **£18.79**
- 4 86911 • Sidoli Blackcurrant & Prosecco Cheesecake 🍷🍫
12ptn **£18.69** **£1.55ptn**
- 60000 • Flora Vegan Plant Based Double 🍷
1ltr **£4.15**
- 2203 • Fresh Double Cream 🍷
1 pint **£2.02**
- 32075 • Mario's Prosecco & Chambord Raspberry Liqueur Bombs 🍷
1 x 24 **£36.00** **£1.50 each**
- 67532 • Mario's Ruby Chocolate Ice Cream Delice 🍷
1 x 12 **£16.55** **£1.37**
- 2203 • Fresh Double Cream 🍷
1 pint **£2.02**
- 2203 • Fresh Double Cream 🍷
1 pint **£2.02**
- 2203 • Fresh Double Cream 🍷
1 pint **£2.02**



CHEESEBOARD

- 1695 • Teifi Farmhouse Celtic Promise Cheese 🍷
each **£10.88**
- 39951 • Caws Cenarth Brie 🍷
per kg **£17.22**
- 8416 • Caws Cenarth Perl Las 🍷
(ave 2.5kg wheel)
per kg **£21.59**
- 43965 • Hafod Organic Cheddar Cheese
(ave 2.5kg wheel)
per kg **£19.29**
- 23430 • Cradocs Checker's Crackers
80g **£2.45**
- 30375 • Jones & Jo Fig Chutney 🍷
300g **£2.99**
- 71170 • Figs 🍷
each **53p**
- 5900 • Green Grapes 🍷
400g **£2.10**
- 1443 • Red Grapes 🍷
500g **£1.65**
- 5743 • Celery 🍷
per bunch **78p**
- 89974 • Celteg Welsh Elderport 🍷
50cl **£12.23**

TO FINISH

- 6 19567 • Blas Y Castell Heart Shaped Welsh Cakes 🍷
1 x 20 **£7.20** **36p each**
- 26331 • Caffé Eto Barista Coffee Beans 🍷
1kg **£9.69**
- 32410 • Chefs' Selections Rainforest Alliance One Cup Teabags 🍷
1 x 1100 **£11.57**

LIQUEUR COFFEES

- 2546 • Merlyn's Cream Liqueur ABV 17%
70cl **£9.96**
- 8744 • Toffoc Flavoured Vodka ABV 27.5%
70cl **£13.00**
- 28010 • Aber Falls Coffee & Chocolate Liqueur ABV 20.6%
70cl **£16.64**
- 1640 • Penderyn Welsh Whisky ABV 45%
70cl **£22.78**
- 77932 • Carmarthen Dark Rum ABV 40%
70cl **£19.38**

TO SERVE

- 5 98841 • 280ml Conic Latte Glass
each **£2.75**
- 19867 • 250ml Elba Latte Glasses
1 x 6 **£12.96** **£2.16 each**
- 10272 • Long Handle Metal Spoons
1 x 12 **£2.63** **21p each**



WINE LIST

RED

- 93725 • Las Montanas Merlot Chile ABV 13%
6 x 75cl **£30.67** **£5.11 each**
- 7 30434 • Wildwood Shiraz USA ABV 13% 🍷
6 x 75cl **£33.91** **£5.65 each**
- 70643 • Sentina Merlot Italy ABV 12%
6 x 75cl **£31.02** **£5.17 each**

WHITE

- 57705 • Las Montanas Sauvignon Blanc Chile ABV 13%
6 x 75cl **£30.67** **£5.11 each**
- 8 91543 • Wildwood Chardonnay USA ABV 13% 🍷
6 x 75cl **£33.91** **£5.65 each**
- 98171 • Sentina Pinot Grigio Italy ABV 12%
6 x 75cl **£31.02** **£5.17 each**

ROSE

- 27949 • Las Montanas Merlot Rose ABV 13%
6 x 75cl **£30.67** **£5.11 each**
- 9 15736 • Wildwood Zinfandel Rose USA ABV 10.5%
6 x 75cl **£33.91** **£5.65 each**
- 76360 • Sentina Pinot Grigio Rose Italy ABV 12.5%
6 x 75cl **£31.02** **£5.17 each**

SPARKLING

- 4414 • Moët & Chandon NV Champagne France ABV 12%
75cl **£29.16**
- 37295 • Borgo Molino Sparkling Rose Wine Italy ABV 11%
200ml **£2.92**
- 39178 • Lanson Black Champagne France ABV 12.5%
75cl **£24.52**
- 40942 • Frexinet Prosecco DOC ABV 11%
75cl **£7.71**

TO SERVE

- 55591 • Exquisit 480ml Red Wine Glasses
1 x 6 **£21.29** **£3.54 each**
- 35055 • Exquisit 350ml White Wine Glasses
1 x 6 **£19.66** **£3.27 each**
- 69827 • Exquisit 175ml Champagne Flutes
1 x 6 **£17.71** **£2.95 each**



£7.99
88p kg
SAVE 50%
75136 McCain Original Choice Thick Cut Chips
1 x 9.08kg



£9.99
£1.10 kg
SAVE 50%
29087 McCain Original Choice Steak Cut Chips
1 x 9.08kg



£5.75
£2.30 kg
SAVE 50%
34272 McCain Menu Signature Sweet Potato Rustics
1 x 2.5kg



£11.10
69p ptn
SAVE 30%
39361 More Foods Snowy Rocky Road Traybake
1 x 16ptn



£11.20
47p each
SAVE 30%
19670 Speedibake Lemon Meringue Filled Muffins
24 x 114g



£15.45
£1.10 ptn
SAVE 35%
77747 Chantilly Patisserie Chocolate Extravaganza
1 x 14ptn



£3.50
£1.54 kg
SAVE 50%
85191 McCain Menu Signature Crispers
1 x 2.27kg



£5.35
£2.68 kg
SAVE 40%
73121 Bannisters' Farm Garlic & Rosemary Roasting Potatoes
1 x 2kg



£3.69
4p each
SAVE 20%
89643 Ming Chinese Pancakes
17 x 6



£15.10
94p ptn
SAVE 35%
28917 Chantilly Patisserie Blackcurrant & Blackberry Frangipan
1 x 16ptn



£16.10
£1.01 ptn
SAVE 15%
95415 Sweet Street Lemon Raspberry Crumb Bar
1 x 16ptn



£15.59
£1.30 ptn
SAVE 35%
24428 Chantilly Patisserie Toffee Profiterole Cheesecake
1 x 12ptn



£19.95
£1.25 each
SAVE 35%
83427 Chantilly Patisserie Individual Chocolate Semifreddo
1 x 16



£18.59
£1.55 each
SAVE 20%
16547 Coopers Steak & Ale Square Pies
12 x 250g



£11.99
£1.00 each
SAVE 20%
75262 Coopers Bombay Pies
12 x 125g



£12.79
£1.06 each
SAVE 20%
91460 Coopers Pork Leek & Sage Sausage Rolls
12 x 185g



£16.85
34p each
SAVE 30%
58116 Planète Pain Pre Sliced Oval Ciabattas
50 x 100g



£15.35
77p each
SAVE 35%
91019 Eatons Patisserie Chocolate Orange Truffle Slice
1 x 20



£20.45
£1.28 ptn
SAVE 30%
41981 Sweet Street Chocolate Peanut Butter Pie with Reese's Peanut Butter Cups
1 x 16ptn



£16.45
14p each
SAVE 30%
97538 Continental Bakery Mini Kaiser Roll Selection
120 x 35g



£32.69
23p each
SAVE 30%
18983 Bridor Mini Gourmandise
1 x 140



£21.59
11p each
SAVE 30%
67175 Europastry Mini Caprice Pastries
200 x 25-30g



£13.39
9p each
SAVE 35%
13370 Cooldelight Desserts Flash Ice Pops (this product is delivered ambient and you freeze to enjoy)
144 x 80ml



£15.99
£1.00 ptn
SAVE 15%
36336 Sweet Street New York Cheesecake
1 x 16ptn



£16.99
94p ptn
SAVE 10%
34029 Cake Smith 'The Fix' Traybake
1 x 18ptn



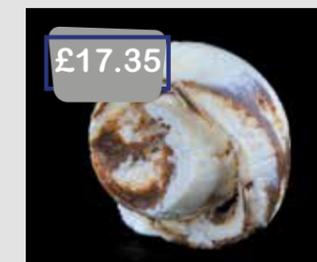
£12.59
90p ptn
SAVE 10%
34649 The Bake Shed Belgian Chocolate Crunch Slice
1 x 14ptn



£9.85
41p each
SAVE 30%
44582 Europastry Dark Deco Filled Dots
24 x 75g



£8.99
SAVE 35%
71802 Mario's Continental Chocolate Ice Cream
1 x 2.5ltr



£17.35
SAVE 35%
80112 Mario's Dulce de Leche Ice Cream
1 x 4.74ltr



£16.99
SAVE 35%
32709 Mario's Mascarpone & Amarena Ice Cream
1 x 4.74ltr



£5.65

SAVE 35%

2742 Flora Original Margarine
1 x 2kg



£1.25

SAVE 20%

26352 DairyLea Triangles
1 x 125g



£2.10

SAVE 20%

62830 DairyLea Tub
1 x 270g



£1.25

SAVE 20%

25390 DairyLea Light Triangles
1 x 125g



£7.25
60p each

SAVE 10%

Purdey's
81236 Edge Cans 12 x 250ml
97992 Rejuvenate Cans 12 x 250ml



£9.15
76p each

SAVE 10%

Drench
55648 Peach & Mango 12 x 500ml
16864 Pear & Blueberry 12 x 500ml



FROM £12.89

SAVE 30%

5652 Coca-Cola Icon Glass Bottles 24 x 330ml • £16.65 69p each
8678 Diet Coke Icon Glass Bottles 24 x 330ml • £14.15 59p each
93060 Coca-Cola Zero Sugar Icon Glass Bottles 24 x 330ml • £12.89 54p each
9732 Fanta Icon Glass Bottles 24 x 330ml • £14.20 59p each
8729 Sprite No Sugar Icon Glass Bottles 24 x 330ml • £14.20 59p each



£13.29

SAVE 35%

5185 Philadelphia Cream Cheese
1 x 1.65kg



£20.39

SAVE 10%

87893 Nescafé Original Coffee Granules
1 x 750g



£22.99

SAVE 20%

55293 Nescafé Gold Blend Coffee Granules
1 x 750g



£4.89
61p each

SAVE 30%

41334 Nescafé & Go Gold Blend Black Coffee Cups
1 x 8



£4.89
61p each

SAVE 30%

58063 Nescafé & Go Gold Blend White Coffee Cups
1 x 8



£15.49
8p each

SAVE 40%

9267 Nescafé Original Decaff Coffee Sticks
200 x 1.8g



£13.05
7p each

SAVE 40%

2804 Nescafé Original Coffee Sticks
200 x 1.8g



£8.29
69p each

SAVE 15%

24589 Lipton Iced Tea Lemon
12 x 500ml



£6.69
28p each

SAVE 10%

42922 Glaceau Smart Water Still
24 x 600ml



FROM £6.65

SAVE 10%

Fruitypot
90959 Mandarin Pieces in Fruit Juice (with spoon) 18 x 113g • £7.75 43p each
17796 Peach & Pear Pieces in Fruit Juice (with spoon) 18 x 113g • £6.65 36p each



£4.55
57p each

SAVE 30%

74409 Nescafé & Go Aero Hot Chocolate Cups
1 x 8



£8.85
55p each

SAVE 30%

29233 Nescafé & Go Tetley Tea Cups
1 x 16



£12.69

SAVE 40%

3015 Kenco Westminister Ground Coffee
1 x 1kg



£12.69

SAVE 35%

72068 Kenco Westminister Medium Roast Cafetiere Coffee
1 x 1kg



£20.79
87p each

SAVE 25%

939 McVitie's Rich Tea Biscuits
24 x 200g



£13.99
£1.17 each

SAVE 15%

3664 McVitie's Ginger Nuts Biscuits
12 x 250g



COFFEE OF THE MONTH CAFFE ETO ESPRESSO



BEAN OVERVIEW

A blend of carefully selected Robusta coffee beans from Vietnam.

ROASTER'S NOTES

Coffee with a balanced taste, intense body and notes of nuts and wood.

PRODUCT CODE:

73210 - 1kg Bags

SPECIAL OFFER

Single Bags - **£8.99**
(NORMAL £10.99)

BUY 2-4 CASES
£8.49 per bag

BUY 6 CASES
£7.99 per bag
1 CASE = 6 BAGS

COFFEE MACHINE SERVICING

We are always at hand to help. Our fully trained engineers are always happy to help and are able to visit your site to repair your coffee machines. From seals to total breakdowns, we have the expertise to get you back up and running and serving coffee again.

SERVICE PRICING:

- 1 Group Machine - **£250.00** + VAT
- 2 Group Machine - **£300.00** + VAT
- 3 Group Machine - **£350.00** + VAT

SERVICE INCLUDES:

- Boiler check
- Change Safety Valve
- Change Washers in all Steam Arms, Water Arms and all Valves.
- Change Water Filter Cartridge
- Change Group Head Seals & Filters
- Ensure Machine is working correctly and all pressures are correct.



For further information please email us @ caffeeto@chfoods.co.uk or customerservice@chfoods.co.uk

Heartsease Farm



90553

12581

48852

80623

91776

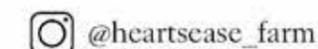
62139

21381

89647

Our team have been getting their boots muddy searching for the best ingredients for our brand new recipes.

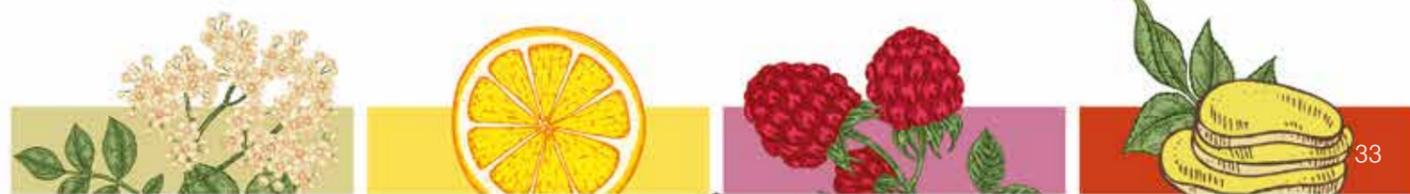
Made with love on our farm.



INTRODUCTORY OFFER

GLASS BOTTLES 12 x 330ml **£8.99 75p each** (normal £11.43 95p each)

PET BOTTLES 12 x 425ml **£6.79 56p each** (normal £8.51 71p each)



£13.99



SAVE 30%

9738 Maggi Béchamel Sauce Mix
1 x 2kg (makes 13ltr)

£10.99



SAVE 45%

7348 Bisto Gravy Mix
1 x 2.06kg (makes 30ltr)

£10.99



SAVE 45%

Bisto (makes 25ltr)

£9.25



SAVE 45%

Bisto (makes 50ltr)

£5.29
9p each



SAVE 45%

OXO (makes 17ltr)

£11.65



SAVE 45%

8003 Bisto Gravy Powder
1 x 3kg (makes 40ltr)

- 6876 Original Gravy Granules 1 x 1.9kg
- 3093 Chicken Gravy Granules 1 x 1.9kg
- 22732 Reduced Salt Gravy Granules 1 x 1.9kg
- 5233 Vegetarian Gravy Granules 1 x 1.9kg
- 34464 Turkey Gravy Granules 1 x 1.9kg

- 69261 Vegetable Bouillon Paste 1 x 1kg
- 17087 Beef Bouillon Paste 1 x 1kg
- 46638 Chicken Bouillon Paste 1 x 1kg

- 9053 Chicken Cubes 1 x 60
- 5917 Beef Cubes 1 x 60
- 9686 Vegetable Cubes 1 x 60

FROM £14.25



SAVE UP TO 40%

Hellmann's

£10.45
£2.09 kg



SAVE 45%

11611 Tilda Brown & White Rice
1 x 5kg



£7.59



SAVE 10%

58007 Kitchenmaster Bathroom & Washroom Cleaner
1 x 5ltr

£2.25



SAVE 10%

33652 Kitchenmaster Bathroom Cleaner
1 x 750ml

£10.55



SAVE 10%

17060 Kitchenmaster Combi Oven Cleaner
1 x 5ltr

FROM £2.45



SAVE 10%

Kitchenmaster

- 88056 Mould & Mildew Cleaner 1 x 750ml • £2.45
- 18295 Odour Sorb 1 x 750ml • £3.09

£8.89



SAVE 10%

42602 Kitchenmaster Bacterial Washing Up Liquid
1 x 5ltr

£6.69



SAVE 40%

Uncle Ben's

- 4176 Sweet & Sour Sauce (No Vegetables) 1 x 2.43kg
- 1801 Sweet & Sour Sauce with Vegetables 1 x 2.3kg
- 4363 Szechuan Sauce 1 x 2.32kg
- 4361 Black Bean Sauce 1 x 2.3kg
- 72588 Sweet Thai Chilli Sauce 1 x 2.54kg
- 77151 Katsu Curry Sauce 1 x 2.23kg

£3.99



SAVE 40%

Knorr

£11.99
7p ptn



SAVE 30%

Maggi (makes 167 portions)

- 8087 Garde D'Or White Wine Sauce 1 x 1ltr
- 8083 Garde D'Or Hollandaise Sauce 1 x 1ltr
- 8088 Garde D'Or Red Wine Sauce 1 x 1ltr
- 8082 Garde D'Or Pepper Sauce 1 x 1ltr
- 82343 Garde D'Or Bechamel Sauce 1 x 1ltr

- 51975 Chicken Soup 1 x 2kg
- 57773 Leek & Potato Soup 1 x 2kg
- 73136 Minestrone Soup 1 x 2kg
- 39903 Thick Country Veg Soup 1 x 2kg
- 15909 Tomato Soup 1 x 2kg
- 20958 Wild Mushroom Soup 1 x 2kg

£12.85



SAVE 10%

99030 Kitchenmaster Laundry Medio Liquid
1 x 5ltr

£5.95
6p each



SAVE 40%

2476 Le Cube Dustbin Liners
1 x 100

£6.55
13p each



SAVE 45%

2475 Le Cube Garden Refuse Sacks
1 x 50

£8.55
4p each



SAVE 40%

51639 Le Cube Freezer Bags
1 x 200

£7.65
4p each



SAVE 35%

2473 Le Cube Swing Bin Liners
1 x 200

£6.45
9p each



SAVE 35%

2474 Le Cube Tie Handle Refuse Sacks
1 x 75

FROM £2.55



SAVE 10%

Kitchenmaster

- 33670 No. 6. Reload Glass & Stainless Steel Cleaner 1 x 2ltr • £16.65
- 20950 No. 5 Reload Trigger Bottle each • £2.55