

# Fresh Thinking Promotions

January 2025

P.4



£12.95

BOS Sparkling Lemon Tea

P.20



£9.35

Belazu Smokey Tomatoes

P.29



£24.90

Major Beef Stock

In this Issue...



Country Fare  
Foodservice



FRESH | DAIRY | DRY | FROZEN | CHILLED | NON FOOD | PREPARED

A close-up photograph of several strips of thick-cut, smoked streaky bacon. The bacon is glistening with oil and has a rich, golden-brown color. It is arranged on a dark, textured surface, possibly a wooden cutting board or a stone slab. In the background, there are some green herbs and a small red chili pepper, suggesting a gourmet or artisanal setting.

**SMOKED STREAKY BACON**  
**2.27KG**

**APP ONLY  
DEAL**

**BUY  
3 GET  
1 FREE**

**APP ONLY  
DEAL**

**GORAM  
ZERO IPA**  
**12 X 330ML**

A photograph of a bar setting. In the foreground, a hand is holding a glass of beer with a thick head of foam. The glass has the Butcombe logo on it. Next to it is a bottle of Goram Zero IPA. The bottle label is blue and white, featuring a bearded man's face and the text 'GORAM ZERO IPA' and 'ALC < 0.5%'. In the background, another bottle of Goram Zero IPA is visible. The scene is lit with warm, ambient light, creating a cozy atmosphere.

**BUY  
2 GET  
1 FREE**

The logo for Butcombe Brewing Co. features a stylized illustration of a suspension bridge with two towers and a central span. Below the bridge, the text 'BUTCOMBE BREWING Co.' is written in a bold, sans-serif font.

**BUTCOMBE  
BREWING Co.**

# PLANT BASED CHICKEN NUGGETS 2KG

MOVING  
MOUNTAINS

£14.95

APP ONLY  
DEAL



BUY  
4 GET  
1 FREE

EXTRA LARGE  
WHOLETAIL SCAMPI  
450G

APP ONLY  
DEAL

# Soft Drinks



**BOS- Sparkling Lemon Ice Tea**  
12 x 250ml



**BOS- Sparkling Peach Ice Tea**  
12 x 250ml



**Water In A Box- Lemon & Lime**  
12 x 500ml



**Water In A Box- Orange & Peach**  
12 x 500ml



**Water In A Box- Still Spring**  
Water 12 x 500ml



**Water In A Box- Strawberry**  
12 x 500ml

**NEW**

MOBILE APP | WEB | TABLET



**Sparkling Blood Orange & Turmeric 12 x 250ml**



**Sparkling Cucumber & Mint 24 x 250ml**



**Sparkling Mango & Ginger 12 x 250ml**

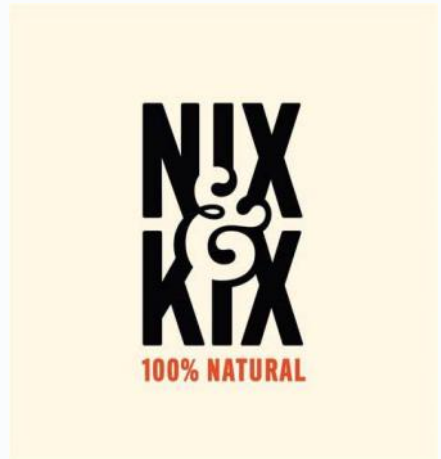


**Sparkling Raspberry & Rhubarb 12 x 250ml**



**Sparkling Watermelon & Hibiscus 12 x 250ml**

**Nix & Kix**



**NEW**

## CBD Infused



**Trip- Elderflower Mint 15Mg CBD  
Infused 12 x 250ml**



**Trip- Lemon Basil 15Mg CBD  
Infused 12 x 250ml**



**Trip- Peach Ginger 15Mg CBD  
Infused 12 x 250g**



**Trip- Raspberry Orange 25Mg  
CBD Infused 12 x 250ml;**

# TRIP

**NEW**

ONLINE ORDERING AVAILABLE NOW



**Butcombe Brewing**



**Goram Zero IPA- Alcohol Free  
Vegan Friendly 12 x 330ml**



**Original Butcombe Beer- 4.5%  
Vegan Friendly 8 x 500ml**



**Gluten Free Golden Ale- Vegan  
4.4% 8 x 500ml**



**Tall Tales Pale Ale- 4.5%  
Vegan Friendly 8 x 500ml**



**Underfall Lager- 4.1% Vegan  
Friendly 8 x 500ml**



**Ashton Press Cider- 4.8% Vegan  
Friendly Medium Dry 8 x 500ml**

# Confectionary



£20.95

Rice Krispie Squares- Choc Caramel 30 x 36g



£20.95

Rice Krispie Squares- Marshmallow 30 x 28g



£8.25

Nestle- Mix-In Aero 500g



£5.80

Nestle- Mix-In Kit Kat Pieces 400g



£7.80

Nestle- Mix-In Milky Bar Pieces 400g



£7.90

Nestle- Mix-In Rolo 400g



Crisp



Cheez-It Snap'd- Double Cheese 20 x 40g



Pom-Bear- Original 36 x 19g



Popchips- Salt & Vinegar 24 x 23g



Popchips- Sour Cream & Onion 24 x 23g



Popchips- Bbq 24x 23g



Popchips- Sea Salt 24 x 23g

# Kellogg's®

- Catering for all -  
your cereal needs

Do you want great quality  
famous brands and a  
wide range at breakfast?



Breakfast is the most important meal of the day.  
Quality & freshness are crucial to achieving satisfaction.

Kellogg's Portion Paks are the way to offer customers their  
favourite cereals in a hygienic, single-serve branded pack.

**£13.95—35p Per Portion**



Nescafe- Latte Gold Tin 1Kg



Nescafe- Gold Latte Sachets x 40



Nescafe- Gold Blend Instant Coffee 750g



Nescafe-Coffee Original Granules 750g



Drink Me Chai- Chai Latte 1Kg



Drink Me Chai- Spiced Chai Latte Sticks 30 x 15g

Hot Beverages

# Hot Beverages



£20.85

Alchemy– Golden Turmeric Elixir 750ml



£20.85

Alchemy– Maho Matcha Elixir 750ml



£20.85

Alchemy– Organic Mumbai Chai Elixir 750ml



£9.45

Twinings String & Tag- English Breakfast Tea Bags x 100



£17.90

Twinings Pyramid– The Earl Enveloped 4 x 15



£17.90

Twinings Pyramid– The Full English Enveloped 4 x 15



Califia Farms– Barista Blend Oat Milk 6 x 1Litre



Oatly– Barista Edition Oat Milk 6 x 1Litre



Frampton's– Foamable Oat Milk 12 x 1Litre



Alpro– Soya Milk No Added Sugar 8 x 1Litre



Alpro– Barista Almond Milk For Professionals 12 x 1Litre



Alpro– Barista Coconut Milk For Professionals 12 x 1Litre

Non Dairy Milk

**CALIFIA**  
FARMS®

It's that time  
of year again.



**#2**  
BARISTA  
BRAND



£11.75 — £1.96 Per Litre

Violife



£2.80

Creamy Original Flavour Cheese- 200g



£3.35

Greek White Cheese Block- 200g



£2.65

Mozzarella Flavour Block- 200g



£2.95

Grated Original Flavour- 200g



£13.75

Grated Prosociano Flavour- 1Kg



£3.75

Prosociano Wedge- 150g

# Real Soup



Grab & Go Soup– Butternut & Sweet Potato 6 x 380ml



Grab & Go Soup– Thai Chicken 6 x 380ml



£14.95

Country Vegetable– GF Vegan 4Litre



£17.75

Indonesian Chickpea– GF Vegan 4Litre



£14.60

Leek & Potato– GF Vegan 4Litre



£14.45

Minestrone– Vegan 4Litre



Vegan



Coconut Collaborative–  
Coconut Double Cream 400g



Coconut Collaborative–  
Natural Coconut Yoghurt 1Kg



Coconut Collaborative– Vanilla  
Coconut Custard 400g



Food Heaven– Vegan Aerosol  
Cream 200g



Flora– Plant Based Double  
Cream 31% Fat 8 x 1Litre



Flora– Original Margarine 2Kg

# Chilled Vegan



Crackd- No Egg Egg 6 x 346g



Oggs- Aquafaba Egg White Alternative 1 Litre



Maitre Andre- Chilled Rolled Vegan Puff Pastry 4.2Kg



Dragonfly- Marinated Tofu 300g



Dragonfly- Smoked Tofu 300g



Dragonfly- Super Firm Tofu



£6.80

Wild Duck Breasts- x 4



£12.20

Venison- Diced Price Per Kilo



£6.30

Partridge- Dressed



£14.80

Venison Haunch- Price Per Kilo



£11.95

Handmade Venison Sausages Price Per Kilo



£11.95

Handmade Wild Game Sausages Price Per Kilo

Dorset Game Larder

# Belazu



£7.40

Roasted Garlic Paste- 1.1Kg



£13.45

Vegan Super Green Pesto- 1Kg



£9.35

Smokey Semi Dried Tomatoes-  
1.15Kg



£17.85

Smokey Cucumbers- 1.8Kg



£19.95

Apricot Harissa- 1Kg



£17.95

Chimichurri- 850g

Juices



£1.41 each

£1.41 each

£16.95

Plenish- Berry Gut Health Shot  
12 x 60ml



£16.95

Plenish- Ginger Immunity Shot  
12 x 60ml



£1.41 each

£16.95

Plenish- Spirulina Detox Shot  
12 x 60ml



£1.41 each

£16.95

Plenish- Turmeric Defence Shot  
12 x 60ml



£17.95

Village Press- Fresh Pink  
Grapefruit Juice 2 x 2.27Litre



£12.95

Village Press- Fresh Apple Juice  
2 x 2.27Litre

# Cheese



£18.75

Wyke Farms– Mature Cheddar Block 2.5Kg



£21.45

Wyke Farms– Extra Mature Cheddar Block 2.5Kg



£13.80

Wyke Farms– Grated 100% Mature Cheddar 2Kg



£13.95

Mozzarella Grated 100%- 2Kg



£7.75

Mozzarella Slices– 1Kg



£16.95

Mozzarella Block– 2.3Kg

Prepared Produce



£1.95

Sliced White Onion- Rings 1Kg



£3.95

Diced Leek- 1Kg



£3.95

Diced Potato 10mm- 2.5Kg



£6.95

Diced Sweet Potato- 10mm  
2.5Kg



£ 3.95

Washed Spinach- 500g



£10.85

Melon- Mixed Chunks 2Kg

Fresh

January

Update

THIS MONTH

BACK IN SEASON

## Plan and Prepare

The beginning of the year pricing can be notoriously unpredictable due to post Christmas shortages/gluts or severe weather conditions. However when planning menu choices for the start of the year, my advice is to keep your salad and vegetable options open and seasonal.

**Country Fare Foodservice**; are here to advise you throughout the year on menu choices and guidance. With many years of experience in the trade we are able to purchase effectively ensuring you get the best from local producers and produce markets across the seasons. Our team are always on hand to advise and help you with your menu planning. Speak with telesales or your account manager.



## Fruit

Citrus Fruits are excellent at this time of year, such as **Clementine's**. New Season **Cyprus and Turkish Grapefruit** have made an appearance in the markets. **Seville Oranges** are now available, the



season is very short. **Italian Blood Oranges** are excellent quality. Supplies of South African Cape **Apricots, Peaches, Nectarines** and

**Cherries** are available, however, supplies are not consistent and expensive. **Strawberries** currently from Egypt and Spain. This year 'New Forest Fruits' are growing a winter crop which will be available on a pre order basis. Pop Berry is the variety and it tastes and smells like mid summer fruit, they are worth a try! **Pomegranates** from Spain and **Figs** from Brazil are also right in the middle of the season and looking great this year.

## salad

Salads items are an unseasonal product that we have got used to having on our winter menus. Why not replace these items with



seasonal alternatives. Swap salads with lettuce for roast vegetables with pulses, beans and grains. Add roasted sliced beetroot into burgers rather than tomato. There are simple switches to make which can also save money and improve GP

**Tomatoes, Peppers, Aubergines** and **Cherry Tomatoes** are all still arriving from Spain and Morocco. We are stocking best brands where possible **Italian Baby Leaf** is arriving 3 times a week for freshness and quality. **Italian Fennel, Chicory** and **Radicchio** are seasonally good this month and make great winter salads.



# Vegetables

**Spanish Broccoli** and **Courgette** can be very unpredictable at this time of the year as they are susceptible to winter weather and our ever changing seasons. There are other cheaper seasonal alternatives for vegetables. Please call telesales to find out about our **Weekly Fresh Deals** that are available for Thursday to Saturday deliveries. **English Carrots, Parsnips, & Swede** are all excellent at this time of year and good value. **Hispi Cabbage** has moved over to Portuguese quality had been good and price is reasonable, **U.K. Savoy** remains better value currently.

**Celeriac** is an interesting root vegetable with a unique flavour and at its best, this comes without the top as standard, but we can order the full head with top, if required. **Cavolo Nero** and **Kales** are in good supply this year and are sourced from the **UK and Spain**. **Spanish Globe Artichokes** represent good value and pack plenty of peppery taste. Say goodbye to **Brusel Sprouts** as the season draws to an end. **Tenderstem Broccoli** remains good quality and we are working with our supplier to maintain a good price throughout the month. **Rainbow Chard** from Italy is also in the middle of the season.

## Recycling Boxes

Yes! We do reuse boxes- please give them to your delivery driver. Unfortunately we cannot accept wet or damaged boxes.



## Forced Rhubarb

Grown and harvested in the dark, **Forced Rhubarb** is known for its delicate flavour and striking crimson stalks, but it is a fragile crop with few growers left. Unlike outdoor varieties, forced roots are grown in fields for two years, where they store energy and are moved into forcing sheds after November frosts.

They are then grown in complete darkness and harvested by candlelight, to avoid photosynthesis turning them green and tough. This product is only available for a few months.



## Potatoes

You will have seen the issues faced by Farmers last summer and Autumn with harvesting potatoes. The outlook for the spring/ start of summer 2024 isn't positive. Up to now **White Washed Potatoes** seem to have been less effected and we have been sourcing from Scotland as Lancashire and Lincolnshire were worst effected by the excessive rainfall in the Autumn. It is very hard to predict what will happen as we go as markets change daily and quality and prices jump without notice. As ever speak with telesales and keep an eye on the '**Weekly Fresh Update**'.

# Rubies In The Rubble



£19.85

Table Top- Tomato Ketchup  
6 x 485ml



£21.85

Table Top- Vegan Mayonnaise  
8 x 285ml



£35.60

Classic Vegan Mayonnaise-  
5 Litre



£27.65

Tomato Ketchup- Jerry Can  
5 Litre



£52.20

Cryovac Refill Bags- Tomato  
Ketchup 3 x 3Kg



£66.85

Cryovac Refill Bags- Vegan  
Mayonnaise 3 x 2.5kg



£29.95

Dino's- Crispy Fried Onions  
12 x 250g



£17.95

Dino's- Ketchup Or Classic  
American Mustard Table Top



£4.95

Branston- Baked Beans 2.65kg



£13.95

Hellmann's- Vegan  
Mayonnaise 5 Litre



£20.95

Sweet Pepper Drops—Roquito  
Peppers 2.93Kg



£12.95

Delsol- Whole Green Tomatillos  
2.8Kg

# Chinese Flavourings



£56.80

**Kikkoman- Gluten Free Tamari Soy Sauce 20Litre**



£5.35

**Kikkoman- Gluten Free Soy Sauce Tamari 1Litre**



£5.55

**Kikkoman- Low Salt Soy Sauce 975ml**



£16.85

**Kikkoman- Table Top Soy Sauce 6 x 150ml**



£11.45

**Lee Kum Kee- Hoisin Sauce 2.45Kg**



£11.45

**Lee Kum Kee- Oyster Sauce Gluten Free 2.31Kg**



Concentrated Paste– Beef Stock Base 1Kg



Concentrated Paste– Mushroom Stock Base 1Kg



Concentrated Paste– Vegetable Stock Base 1Kg



Concentrated Paste– Lobster Stock Base 1Kg



Concentrated Paste– Cheddar Cheese 1Kg



Poultry Gravy Granules With Vit D Vegan– 2Kg

# Local Spirits



£33.75

Portsmouth Distillery- 1812  
3 Year Old Aged Rum 43% 70cl



£27.95

Portsmouth Distillery- 1968  
White Rum 41% 70cl



£28.95

Portsmouth Distillery- Cinnabar  
Spiced Rum 41% 70cl



£27.95

Conker Spirit- Conker Coffee  
Liqueur 22% 70cl



£17.95

Conker Spirit- Bowser Leaf 0%  
Alcohol Free 70cl



£33.95

Conker Spirit- Dorset Dry Gin  
40% 70cl



£24.95

English Oak Vineyard-  
Englemann Sparkling Wine



£24.95

English Oak Vineyard-  
Chinkapin Sparkling Rose



£33.95

English Oak Vineyard- San  
Gabriel Sparkling Chardonnay



£33.95

English Oak Vineyard-  
Wainscot Pinot Noir



£23.95

Dorset Wasabi- Vodka 40% 50cl



£25.50

Black Cow- English Strawberry  
Vodka

Crafted Locally



# Attention to detail in every pack

A delicious plate of pasta awaits with our selection of Durum Wheat, Whole Wheat and Tri-Colour Pasta ranges

**MADE FROM 100% DURUM WHEAT SEMOLINA**



*Piero Fornelli*

Discover more at [pieroformelli.com](http://pieroformelli.com)





Breaded Plaice Goujons- 450g



Gluten Free Wholetail Scampi- 600g



Breaded Garlic & Herb King Prawn- 450g



Breaded Hot & Spicy Prawn- 450g



Extra Large Wholetail Scampi- 450g



Glorious Grains Wholetail Scampi 450g

# Moving Mountains



Vegan Burger- 20 x 114g



Brunch Patties- 44 x 56g



Vegan Sausage- 50 x 40g



No Chicken- Chicken Burger  
18 x 125g



No Chicken- Chicken Nugget  
2Kg



No Fish- Fish Finger x 64



£22.25

No Meat- Meatballs 2Kg



£1.37 each

£32.95

Vegan Hot Dog- Frankfurter  
24 x 90g



£2.85 each

£39.95

Vegan- Sliced Bacon 14 x 120g



£1 each

£19.95

Paramount- Aromatic Garden  
Burger GF Vegan 20 x 150g



66p each

£15.95

Paramount- Luxury Vegan  
Veggie Burgers 24 x 100g



58p each

£13.95

Goodlife- Spicy Vegan Bean  
Burger 24 x 113g

Moving Mountains

# Flatbreads, Pies & Pasties



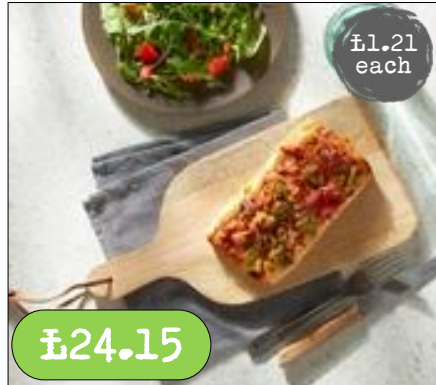
Chunk Of Devon- Homify Pies  
20 x 265g



Chunk Of Devon- Clucking  
Curry Pies 20 x 272g



Chunk Of Devon- Wholemeal  
Cheese & Onion Pies 20 x 272g



La Lorraine- Jalapeno & Minced  
Pork Topped Flatbread 20x 170g



La Lorraine- Spiced Chicken  
Topped Flatbread 20 x 165g



La Lorraine- Veggie Topped  
Flatbread 20 x 165g

Frozen Pies



£31.95

Baked To Taste- Gluten Free  
Cheese & Onion Pasty x 8



£31.95

Baked To Taste- Gluten Free  
Chicken & Chorizo Pasty x 8



£31.95

Baked To Taste- GF Vegan  
Murray Curry Pasty x 8



£71.65

Seven-Ate-Nine- Traditional  
Greek Chicken Pie 5 x 1.6Kg



£64.20

Seven-Ate-Nine- Traditional  
Feta Greek Pie 5 x 1.6Kg



£59.70

Seven-Ate-Nine- Traditional  
Feta & Spinach Greek Pie 5x1.6K

# Kingsmill



£11.95

Square Sandwich- Malted 19+2  
8 x 800g



£11.20

Square Sandwich- White 19+2  
8 x 800g



£12.55

Sandwich Bread- Wholemeal  
Medium 18+2 8 x 800g



£12.55

Sandwich Bread- White Thick  
16+2 8 x 800g



£12.45

Bloomer- Malted Sliced 12+2  
6 x 700g



£12.45

Bloomer- White Sliced 12+2  
6 x 700g

Speciality Breads



£33.65

Eden- Glazed Seeded Burger Bun Vegan 45 x 90g



£16.95

Brioche- Mini Slider Vegan 60 x 30g



£30.85

Pan Rustic- Rolls Vegan 40 x 100g



£31.65

Eden- Potato Burger Bun Vegan 45 x 90g



£34.65

Ciabatta- Round Roll Vegan 40 x 100g



£36.45

Sourdough- Roll Vegan 40 x 100g

# The *Italian* BAKERY

*With Tradition and Passion*  
HANDMADE FOR YOU



Our Italian Bakeries are nestled in the stunning Isle of Purbeck along Dorset's iconic Jurassic Coast. With one located in the historic town of Wareham and the other in the picturesque coastal town of Swanage, all our bread is freshly crafted at our production facility in Swanage and delivered across the Purbeck region.

Our Artisan Sourdough Loaves are freshly baked, frozen for freshness, and now available through Country Fare.



Large white Sourdough (1000g)



Chilli & Cheddar Cheese (500g)

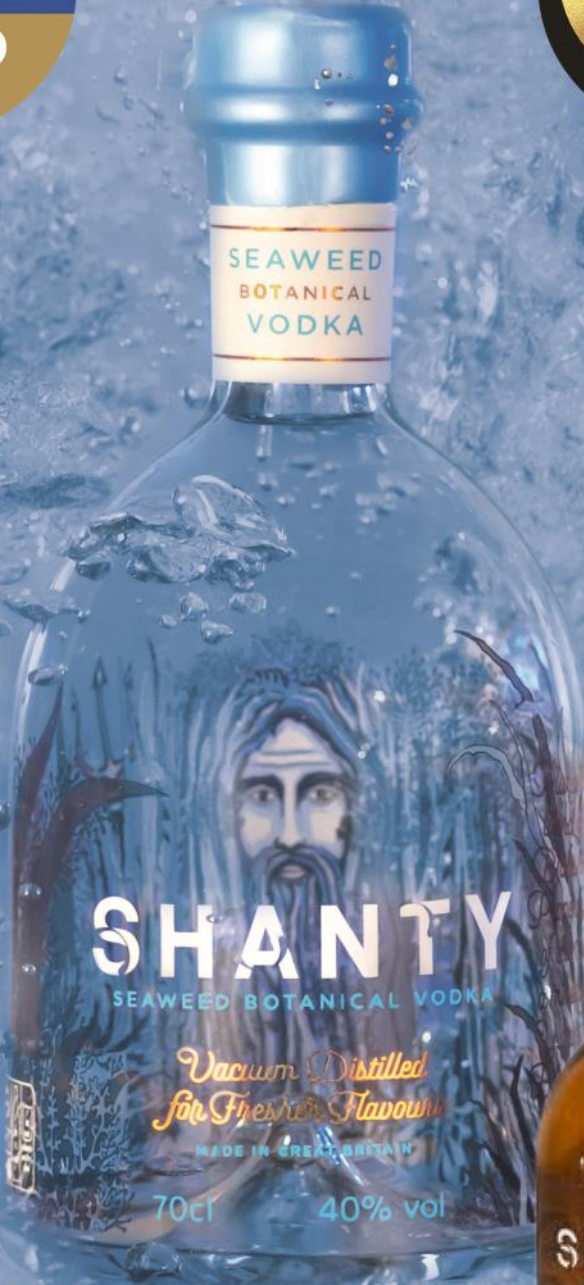


Italian herb & Olive (500g)

25 North Street, Wareham, Dorset BH20 4AD | 8 Institution Road, Swanage, Dorset BH19 1BX

[www.theitalianbakery.co.uk](http://www.theitalianbakery.co.uk)





# Frozen Cakes



£16.45

HCC- Blackcurrant Crumble GF  
Vegan Traybake x 15Ptn



£20.85

HCC- Praline Chocolate GF  
Brownie Vegan 15Ptn



£22.45

HCC- Vegan Choc Fudge Triple  
Layer Cake x 14Ptn



£26.95

HCC- Raspberry & Almond Slice  
GF 18 x 70g



£24.80

Mademoiselle- Bakewell Tart  
Vegan 14Ptn



£32.85

Mademoiselle- Banoffee Pie  
12Ptn



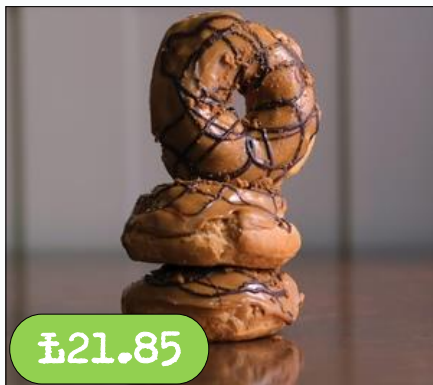
£28.85

Vegan Choc Salted Caramel Cheesecake- 14Ptn



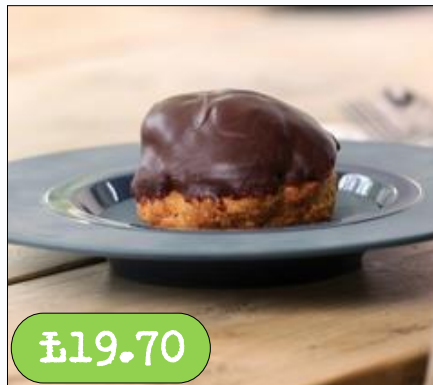
£31.45

Vegan Chocolate & Raspberry Tart 14Ptn



£21.85

Chouxnut Caramelised Biscuit- 12 x 83g



£19.70

Giant Profiterole- 12 x 113g



£31.65

Chocolate Orange Roulade- 12Ptn



£20.25

Sticky Toffee Cream Cake- 14Ptn

Mademoiselle

Premium  
*Sorbet*

MADE WITH ITALIAN FRUIT PUREE



Mango Sorbet

*Five Luxurious  
Flavours*

Lemon

Orange

Raspberry

Mango

Champagne





**Fruit Smoothie— Cherry Poppins**  
30 x 140g



**Fruit Smoothie— Mixed Fruit Box**  
30 x 140g



**Fruit Smoothie— Wild Wild Zest**  
30 x 140g



**Vegetable Smoothie— Detox-zing**  
30 x 140g



**Vegetable Smoothie— Kale Kick**  
30 x 140g



**Smoothie Paper Cups**  
12oz x 1000

Love Struck

# Disposables



**Vegware– Baguette Hot Bag  
With Window 10Inch x 1000**



**Brown Paper Bag– Handled  
3 Sizes Available x 250**



**Caterers Kitchen– Blue Catering  
Apron 100% Cotton**



**Caterers Kitchen– Dishcloths  
Colour Coded Blue x 10**



**Caterers Kitchen– Tea Towels  
70% Cotton x 10**



**Caterers Kitchen– Heavy Duty  
X 5**

Disposables



£22.65

Prowrap- Foil Sheets x 500



£22.75

Prowrap- Refill Aluminium Foil Speedwrap 30cmx90mx3



10p each

£47.75

Caterpack- Soup Bowls 16oz x 500



20p each

£9.95

Caterpack- Compartment Box 20 x 22cm x 50



33p each

£99.95

Stagione Kraft Lined Tray- 750ml x 300



15p each

£45.65

Stagione Tray Lid- Clear x 300

# Mega Deals



£29.95

**Paramount- Florentine Fishcake**  
24 x 114g



£1.4

**D'arta- Battered Onion Rings**  
450g



£14.95

**Campfrio- Chorizo Gran Doblon**  
Approx 2Kg



£9.95

**Belazu- Chilled Preserved Lemons**  
720g



£4.75

**Roger Descours- Cooked Vac-Pac Chestnuts**  
400g



£74.95

**Passione Pizza- Romana**  
Artisan 9" Pizza Base x 50

