Fresh Thinking
Promotions

January 2021

P.03

£9.95

Banana Crisp

P.23

£12.80

Koko Coconut Milk

P.26

£13.95

Jimmy's Oat Latte

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GREAT OFFERS

VEGANUARY

LOCAL ARTISAN CHEESE

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Country Fare
Foodservice

fresh thinking

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

Official Sponsor of

VEGANUARY

What's New

£1.14 Each

£39.95

Tony's Chocolonely– Milk Chocolate Bars 35 x 50g

£1.14 Each

£39.95

Tony's Chocolonely– Hazelnuts In Milk Chocolate 35 x 47g

£9.95

Katies Food Co– Salt & Vinegar Banana Crisp 12 x 32g

£9.95

Katies Food Co– Sweet Chilli Banana Crisp 12 x 32g

25p Each

£75.95

Vegware– Large Window Box 18 x 13 x 4cm x 300

£10.95

Callebaut– Ground White Chocolate 1Kg

Vegan Cheese

£2.70

Applewood– Smoked Cheese Block 200g

£2.90

Applewood-Sliced Smoked Cheese 200g

£2.10

Violife– Greek White Feta Cheese 200g

£5.30

Violife– Mature Grated 500g

£2.20

Violife– Mediterranean Halloumi Style Block 200g

£1.70

Violife– Mozzarella Flavour Block 200g

£1.70

Violife– Original Flavour Block 200g

£2.30

Violife– Cocospread 150g

£2.20

Violife– Mozzarella Flavour Grated Cheese 200g

£2.60

Violife– Prosociano Cheese Wedge 150g

£1.90

Violife– Original Flavour Cheese Slices 200g

£1.90

Violife– Creamy Original Flavour Cheese 200g

Violife

Chilled

£1.90

Food Heaven– Vegan Aerosol Spray Cream 200g

£2.90

The Hemp Pantry– Veurre Vegan Butter

£10.50

Organic Press– Almond Milk 12 x 1 Litre

£13.40

Organic Press– Soya Milk 12 x 1 Litre

£12.30

Oatly– Oatly Milk Barista Edition Foamable 6 x 1 Litre

£10.50

Flora– Margarine Portions 10g x 100

£6.95

Whitelake– Driftwood 215g

£5.95

Whitelake– Pave Cobble 200g

Whitelake

£26.95

Whitelake– Rachel Per Kilo

£6.45

Whitelake– Somerset Solstice 200g

£3.90

Whitelake– Little Lilly Goats Cheese 140g

£14.40

Whitelake– Stoney Cross Per Kilo

Cheddar Cheese

£8.25

Barbers– Black Waxed Cheddar Truckle 900g

£4.40

Black Cow– Cheddar Truckle 200g

£4.60

Carron Lodge– Charcoal Cheese 220g

£5.30

James's– Dorset Cheddar Truckle 400g

£33.25

Snowdonia– Black Bomber Approx 2Kg

£6.70

Lancashire Bombs 200g

Cheese

£9.25

Barbers 1833 Vintage Cheddar 1.25Kg

£17.50

Montgomery's Cheddar Per Kilo

£15.40

Westcombe Cheddar Per Kilo

£26.40

Mature Cheddar Cheese 5Kg

£3.30

Book & Bucket– Pratchett 200g

£3.65

Book & Bucket– Hardy's 150g

Blue Cheese

£28.50

Two Hoots– Barkham Blue Per Kilo

£14.90

Dolcelatte– Per Kilo

£9.60

Granarlo- Gorgonzola Per Kilo

£5.60

Isle Of Wight– Soft Blue Cheese 200g

£17.70

L'Abras- Roquefort Per Kilo

£9.50

Tuxford & Tebbutt Stilton Ring per kilo

£4.20

Swaledale– Original Black Waxed Cheddar 200g

£9.95

Swaledale– Blue Cheese 454g

£22.20

Swaledale– Smoked Cheese 1Kg

£17.95

Francais-Per Kilo

£8.45

BV Dairy– Full Fat Soft Cheese 2Kg

£8.95

BV Dairy– Mascarpone 2Kg

Ford Farm

£8.70

Ford Farm- Wookey Hole Cheddar 3.3Kg Per Kilo

£6.60

Ford Farm- Wookey Hole Truckle 600g

£8.10

Ford Farm– Coastal Cheddar Approx. 1Kg

£9.60

Ford Farm- Dorset Red Smoked Cheddar Per Kilo

£3.50

Ford Farm– Wookey Hole Cave Aged Goats Cheese 200g

£2.00

Ford Farm- Truffle Cheese 190g

Cheese

£2.95

Cricket St Thomas– Camembert 220g

£6.95

Hampshire Cheese Company– Tunworth 250g

£18.70

Entre Mont– Gruyere Per Kilo

£16.95

Jarlsberg– Per Kilo

£14.30

Ogleshield– Per Kilo

£20.15

Swiss Emmental AOP Cave Aged – Per Kilo

Prepared Produce

Sliced Savoy– 2.5Kg

Diced Potaoes 10mm- 2.5kg

Coleslaw- 1Kg

Whole Peeled Carrot- 2.5Kg

Casserole Mix- 1Kg

Vegetable Soup Mix- 1Kg

great taste 2017

NEW PRODUCT – THE COCONUT COLLABORATIVE NATURAL COCONUT YOGURT 600G

★ 90% COCONUT ✓ ABSOLUTELY NO ADDED SUGAR

+103.5% Value Growth vs. YA (Source: IRI Total Market TYD - WE 19.05.20)

£3.95

The Coconut Collaborative - Vegan Coconut Yogurt 600g

THICK & CREAMY

VEGAN

GLUTEN FREE

@coconutcollab
www.coconutco.co.uk

UNBELIEVABLY PLANT-BASED YOGS

Portion Control

£12.10

Heinz– English Mustard x 250

£12.40

Heinz– Mayonnaise x 200

£13.45

HP– Brown Sauce x 200

£12.25

Heinz– Tomato Ketchup x 200

£8.75

Heinz– Malt Vinegar x 200

£7.10

Caterers Kitchen– Tartare Sauce X 198

Table Top Sauces

£12.45

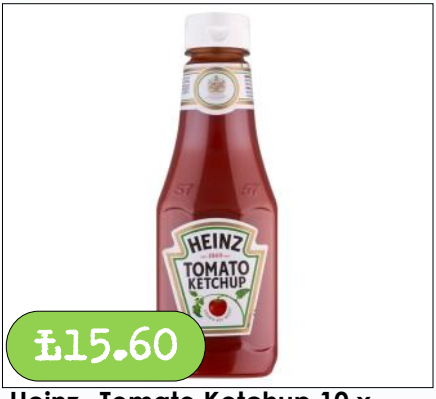
HP– HP Sauce 8 x 285g

£10.25

Heinz– Mayonnaise 10 x 220g

£8.95

Heinz– English Mustard 8 x 220ml



£15.60

Heinz– Tomato Ketchup 10 x 300g

£4.70

Heinz– Malt Vinegar 6 x 250ml

£19.40

Heinz– Salad Cream 10 x 235g

FREE FROM

ARTIFICIAL COLOURS, ARTIFICIAL FLAVOURS, ARTIFICIAL PRESERVATIVES, NO GMO, NO ADDED MSG, SUITABLE FOR A GLUTEN FREE DIET & VEGETARIANS

DOLMIO

For more information on the range of DOLMIO® & UNCLE BEN'S® Ready to Use Sauce and Rice Foodservice products, please contact Aimia Foods Ltd, the sole distributor for Mars Foodservice products in the UK. Call Customer Service **01942 408600**
Email **customer.services@aimiafoods.com**

Uncle Ben's

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Uncle Ben's– Black Bean Sauce 2.2Kg

Uncle Ben's– Sweet & Sour Sauce 2.2Kg

Uncle Ben's– Katsu Curry 2.2Kg

Uncle Bens– Chilli Con Carne

Uncle Ben's– Korma Sauce 2.2Kg

Uncle Ben's– Mexican Salsa 2.2Kg

Fresh Update

January

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 menus choices for the start of the year, my advice is to keep your salad and vegetable options open and seasonal.

Country Fare Foodservice; your local fresh produce specialist is here to advise you. 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 throughout the year.

Our team are always on hand to advise and help you with your menu planning.

Brexit

With a deal now set things are looking much better as we head into 2021. With this in mind we are still working hard to make sure we secure the best stock at the best prices, through the transition period.

Produce coming from Europe maybe effected by price increases and their could be delays whilst in the transition period. Again we are working with our suppliers to make things easier and will keep you up to date as we go.

Fruit

Citrus Fruits are excellent at this time of year, such as **Clementines**. New Season **Cyprus 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. However we should switch to consistent Spanish supply by the end of the month. Prices will remain elevated for most other berries during the height of winter. South African **Lychees** and **Sharon** Fruit are at their best. Exotic fruit like **Dragon Fruit, Starfruit** and **Passion fruit** make an excellent addition to liven up a winter menu. Pomegranates and figs are also right in the middle of the season and looking great this year.

Dragon Fruit (Pitaya)

Salad

Salads are an unseasonal product that we have got used to having on our winter menus. Good Spanish **Tomatoes, Peppers, Aubergines** and **Cherry Tomatoes** this year with good colour and size.

Italian Baby Leaf crops can be expensive and inconsistent at this time of the year; locally grown watercress is still available and makes for a good seasonal and cheaper alternative. **Italian Fennel**, **Chicory** and **Radicchio** are seasonally good this month and make great winter salads. **Lettuces,** especially the French varieties, remain high in price throughout January.

Red and White Chicory

The **Country Fare Fresh** team will be meeting with our local growers to plan the summer salad season. Preparation for planting is essential to ensure we have consistent supply thought the season.

Vegetables

The **Spanish Broccoli** and **Courgette** are very unpredictable at this time of the year as they are susceptible to winter weather. There are other cheaper seasonal alternatives for vegetables. Please call telesales to find out about our ***Carvery/Sunday Roast Weekend Deals*** that are available every weekend. **English Carrots, English Parsnips, English Swede** and **Local Cabbage** are good value at this time of year; however they can suffer the occasional price spike if snow or harsh frosts take their toll on crops. **English Cauliflowers** are often affected by freezing weather and can be small and expensive, the **French Cauliflowers** have been large and good value lately. **Celeriac** is an interesting root vegetable with a unique flavour and at its best. **Cavolo Nero** and **Kales** are in good supply this year and are now Spanish. **Spanish Globe Artichokes** represent good value and pack plenty of peppery taste. Say goodbye to **Brussel Sprouts** as the season draws to an end. **Tenderstem Broccoli** and **Fine Beans** are consistently priced .
Season Ending; **Mixed Chantenay Carrots** and **Rainbow Chard**

Local Produce

- The beauty of purple and green Local **January King Cabbages** warms the soul on a cold winter's day, and they taste as good as they look.
- **Local Jerusalem Artichokes**.
- **Purple Sprouting**. (Limited)

Potatoes

Large Maris Piper have been very good this year with crops being relatively unaffected by the super hot summer. **Koffman 'Chipping' and 'Pier de Tier'** again have been very good quality with bright flesh. Heritage varieties have been unaffected, like **Pink Fir, Ratte** and **Vitelotte.**

Heirloom Potatoes

Yorkshire 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.

It cannot be grown in the warmer summer months. Please reserve the product for your Winter and Spring menus.

Recycling Boxes

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

Healthy Options

£12.10

Uncle Ben's– Long Grain Rice 5kg

£2.95

Cauldron– Tofu 396g

£4.40

Caterers Kitchen– Wholemeal Pasta 3Kg

£1.50

Triple Lion– Amaranth Seeds 500g

£1.75

Jackfruit In Brine- 565g

£2.25

Banana Blossom In Brine- 565g

£12.80

Koko– Original Coconut Milk Dairy Free 24 x 250ml

£19.95

Eat Natural– Fruit & Nut Bars Assorted Box 28 x 50g

£13.45

Kind– Caramel, Almond & Sea Salt 12 x 40g

£13.45

Kind– Honey Roasted Nuts & Sea Salt 12 x 40g

£13.45

Kind– Dark Chocolate, Nuts & Sea Salt 12 x 40g

£13.45

Kind– Peanut Butter & Dark Chocolate 12 x 40g

Sauces

£13.60

Lion– Vegan Mayonnaise
6 x 1 Litre

£22.10

Gourmet Classics– Vegan Hollandaise 6 x 1 Litre

£9.80

Gyma– Vegan Mayonnaise
5 Litre

£8.40

Gyma– Luxury Mayonnaise
5 Litre

£19.20

Heinz– Tomato Ketchup
2 x 2.15 Litre

£9.95

Atlantics– Deluxe Barbeque Sauce Vegan 3.78 Litre

Gravy

£11.95

Bisto– Original Gravy Granules 1.9Kg

£9.75

Caterers Kitchen– Gluten Free Vegan Gravy Granules 2 Kilos

£13.40

Bisto– Chicken Gravy Granules 1.9Kg

£13.40

Bisto– Turkey Gravy Granules 1.9Kg

£14.25

Knorr– Vegetable Bouillon 1Kg

£9.95

Knorr– Satay Concentrated Vegan Sauce 1.1Litre

Drinks

£11.25

Coca-Cola– 24 x 330ml

£9.95

Diet Cola– 24 x 330ml

£7.45

7-Up Sugar Free– 24 x 330ml

£10.50

Rio– Tropical Sugar Free 24 x 330ml

£13.95

Jimmy's– Iced Coffee Oat Latte 12 x 330ml

£13.45

Jimmy's– Skinny Iced Coffee Fat Free Latte 12 x 330ml

Walkers– Ready Salted 32 x 32g

Walkers– Cheese & Onion 32 x 32g

Walkers– Salt & Vinegar 32 x 32g

Pom-Bear– Original Flavour 24 x 23g

Popchips– Barbeque 24 x 23g

Popchips– Sour Cream & Onion 24 x 23g

Coffee

£21.95

Nescafe– Original Coffee Granules 750g

£16.95

Nescafe– Decaffeinated Coffee Granules 500g

£14.45

Nescafe– Original Coffee Sticks X 200

£15.65

Nescafe– Decaffeinated Coffee Sticks x 200

£7.25

Crawford's– Bourbon Cream 12 x 150g

£7.25

Crawford's– Custard Creams 12 x 150g

Kellogg's– Corn Flakes 4 x 500g

Kellogg's– Rice Krispies
4 x 400g

Kellogg's-Crunchy Nut 4 x 500g

Kellogg's- Coco Pops 4 x 500g

Alpen– Original Portion Sachets
30 x 45g

Kellogg's– Fruit & Fibre Portion
Packs 40 x 45g

Vegan

£29.90

Paramount– Penang Curry 15 x 300g

£22.50

Surgital- Girasoli Rossi With Vegetables and Legumes 3Kg

£14.50

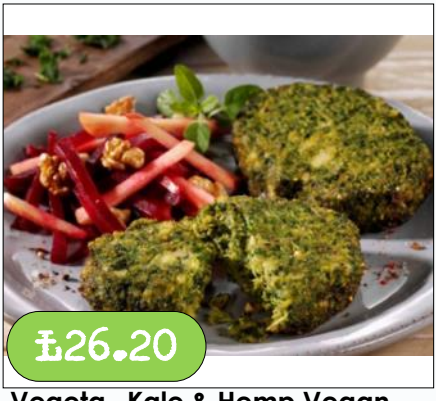
Paramount- Chip Shop Bites Gluten Free 42 x 48g

£10.20

Katerveg– Vegan Sausage Rolls 48 x 65g 4”

£19.90

Scheff– Falafel Vegan Burger With Spinach 24 x 120g



£26.20

Vegeta– Kale & Hemp Vegan Burger 40 x 80g

£19.70

Speciality Bread– Sourdough Saboroso Flatbread 25 x 130g

£29.70

Specialty Bread– Rosemary Focaccia 60mm x 25mm x 5

£25.40

Speciality Bread– Round Ciabatta Roll 40 x 100g

£20.50

Speciality Bread– Large Long Ciabatta Roll 30 x 130g

£13.40

Kara– Gourmet Glazed Burger Bap 48 x 75g

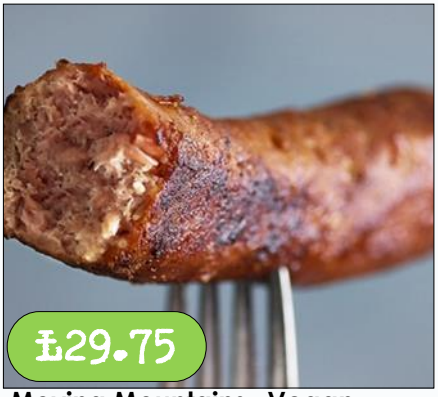
£14.90

Kara– Brioche Style Burger Bap 48 x 84g

Vegan

£31.50

Moving Mountains– Vegan Burger 20 x 114g



£29.75

Moving Mountains– Vegan Bratwurst Sausage 35 x 57g

£29.75

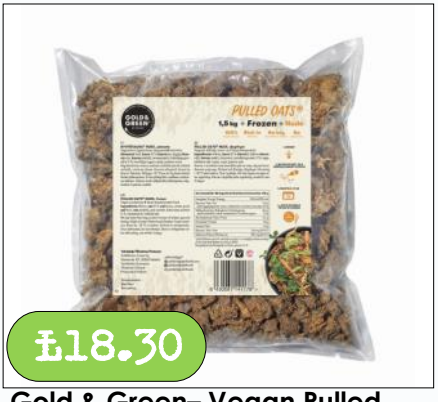
Moving Mountains– Vegan Hot Dog Frankfurter 24 x 90g

£12.50

Paramount– Luxury Vegan Burger Gluten Free 24 x 100g

£18.30

Gold & Green– Vegan Pulled Oats Veggie Balls 1.5Kg



£18.30

Gold & Green– Vegan Pulled Oats Veggie Mince 1.5Kg

Speciality Bread– Mini Granary Tin Loaf 48 x 58g

Specialty Bread– Mini White Tin Loaf 48 x 58g

Speciality Bread- Eden Hot Dog Roll 36 x 95g

Speciality Bread– Eden Burger Bun 45 x 90g

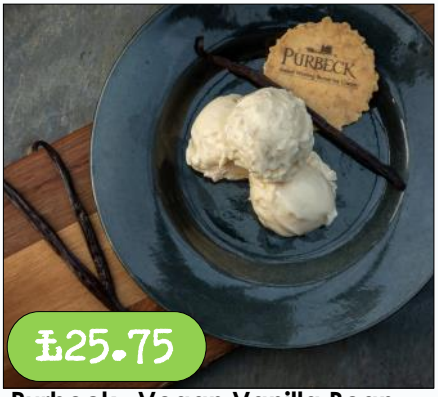
Speciality Bread– Pan Rustic Roll 40 x 100g

Speciality Bread– Sourdough Roll 40 x 100g

Vegan Desserts

£25.75

Purbeck– Vegan Very Cherry Ice-Cream 4 Litres



£25.75

Purbeck– Vegan Vanilla Bean Ice-Cream 4 Litres

£3.30

Jus Rol– Shortcrust Pastry Block 1.5Kg

£3.45

Jus Rol– Puff Pastry Block 1.5Kg

£4.50

Orgran– Natural Vegan Egg Substitute 200g

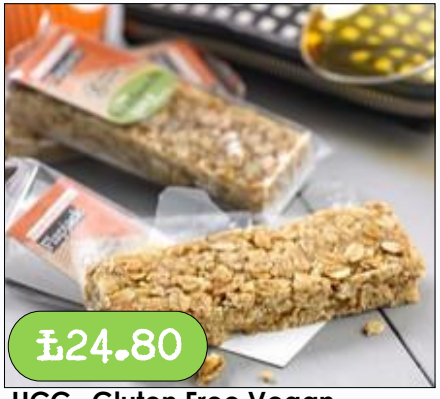
£2.80

Schlagfix– Vegan Whipping Vegetable Cream 1 Litre

Vegan- Chocolate Gluten Free Praline Brownie 15 Portion

HCC– Vegan Blackcurrant Gluten Free Crumble 15 Ptn

HCC– Vegan Chocolate Fudge Triple Layer 14 Slices



HCC– Gluten Free Vegan Flapjack 18 x 65g

DWBH– Almighty Vegan Donut Individually Wrapped 1 x 60

DWBH– Strawjelly Jam 1 x 12

Disposables

£89.95

Vegware– Large Window Box
18 x 13 x 4cm x 300

£32.80

Microwave Containers With Lids
17 x 12cm x 250

£27.95

Single Folding Sandwich Wedge
X 500

£4.50

Caterpack—Food Box
17 x 12cm x 50

£24.80

Ripple Cups 8oz—x 500

£3.75

Wooden Fork x 100

£5.20

Caterers Kitchen– Cling Film Cutterbox 45cm x 300m

£5.90

Caterers Kitchen– Kitchen Foil 450mm x 75m

£17.45

Hand Towels—2 Ply Z-Fold 21 x 24cm x 3000

£6.95

Blue Centre Feed Roll x 6

£3.95

Caterers Kitchen– Baking Parchment 45cm x 50m

£14.75

Prowrap –Foil Sheet 270 x 300mm x 500 Sheets

Essentials

£14.95

Fairy– Washing Up Liquid 5 Litres

£12.70

Premium– Toilet Tissue 4 x 10 3Ply 320 Sheets

£8.90

Suresan– Instant Hand Sanitiser 500ml

£1.60

Sanitiser– Anti-Bacterial Cleaner Spray 750ml

£24.95

Disposable Blue Medical Grade Face Mask x 50

£14.95

Disposable Black Face Mask x 50

SIMPLY ADD WATER

PORTABLE CONCENTRATE SPRAY SYSTEM FROM **CLEENOL**

PART OF THE EVOLUTION RANGE

CLEENOL

Mega Deals

£11.95

Hellmann's– Mayonnaise 5 Litre

£15.95

Heinz– Baked Beans 6 x 2.6Kg

£6.75

Flora– Original 2Kg

£10.95

Maggi– Bechamel 2Kg

£4.95

Caterers Kitchen - Vegetable Bouillon Paste 1kg

£9.95

Belazu– Super Green Pesto 1Kg

Country Fare Foodservice

2 Sunburst House, Elliott Road,
Bournemouth BH11 8JP

fresh thinking