## inking romoti

October 2025













MEXICO'S
LEADING
SODA BRAND
AVAILABLE IN
THESE GREAT
FLAVOURS







DEAL



from plant to toast without that weird cow bit

skip the cow

## BOX GET 1 BOX FREE





## DEAL

Introducing Flora 10g portions, a rich and creamy 100% plant-based alternative to dairy butter.







foie royale -classic duck 400g £30.95







#### New Drinks



Botanically Brewed– English
Apple Sparkling Can 12 x 250ml



Botanically Brewed– Orange Blossom 12 x 250ml



Radnor Splash– Watermelon Sugar Free 24 x 500ml



Botanically Brewed– Ginger Beer Sparkling Can 12 x 250ml



Botanically Brewed—Rose Lemonade Can 12 x 250ml



Radnor Splash– Raspberry & Apple Sugar Free 24 x 500ml











## WHAT IS YEW?

SPARKLING WATER WITH ZERO SUGAR AND FULL FRUIT FLAVOUR.

The tallboy can and bold branding make YEW the standout zero-sugar choice that shows up with flavour, presence and personality.



#### RADICALLY SIMPLE

Short Ingredient list, big flavour.

#### DELICIOUS

Tastes better than water, healthier than a soft drink.

#### BETTER FOR YOU

Zero sugar", zero sweetener, no calories, only natural ingredients.

#### MORE TO DRINK

Big can more water.

#### WOMEN BUILT

And proud members of

BUY

WOMEN BUILT

£10.95





#### ZESTY LEMON

parting to any meat



#### PINK RHUBARB

Sweet and nostalgic with juicy retro candy shop vibes



#### Radnor



Heartsease Farm— Apple & Pear 12 x 330ml



Heartsease Farm– Fiery Ginger Beer 12 x 330ml



Heartsease Farm—Wild Elderflower 12 x 330ml



Heartsease Farm- Rhubarb & Apple 12 x 330ml



Heartsease Farm—Traditional Lemonade 12 x 330ml



Heartsease Farm—Raspberry & Lemonade 12 x 330ml











ORIGINA

Available to order now! 12 x 250ml



At Karma Drinks, every bottle begins with a promise - to do right by the people who grow our ingredients and the planet we all share.

We craft premium, organic drinks that are Fairtrade and the top-scoring B-Corp in soft drinks. From the farmers in Sierra Leone to fridges in the UK, we're shaping a path from soil to shelf rooted in respect, transparency and real impact.







Oh So Scrummy-Chocolate Chip 18 x 55g



Golden Wonder- Animal Adventures 36 x 19g



Propercorn–Sweet & Salty 24 x 30g



Oh So Scrummy- Spotted Rainbow 18 x 55g



Pom-Bear- Original 36 x 19g



Real- Veg Crisps Lightly Salted 18 x 35a



Milfresh Speciality— Blonde Hot Chocolate 2Kg



Drink Me Chai— Matcha Chai Latte 1Kg



Jimmy's— Coffee Concentrate
1Litre



Milfresh Speciality– Dark Hot Chocolate 2Kg



Horlicks– Original Add Milk 2Kg



Jimmy's— Chocolate Milk 12 x 500ml









## CHAI LATTE A MENU MUST-HAVE



**POPULARITY SOARING!** 

**DEMAND DRIVEN BY** YOUNG CONSUMERS

\*Chai Latte popularity in +94% growth LY (Mintel - Tea and other hot drinks 2024)

#### **Product**

Drink me Chai Spiced Chai Latte Sticks Drink me Chai Artisan Spiced Chai Latte

#### Pack size

30 x 15q 1kg

## CALIFIA FARMS\*

## It's that time of year again.





£10.95

For more information, visit our website CALIFIAFARMS.CO.UK 6 x 1 Litre

### NOBILE APP I WEB I TABLET





Nescafe– Original Granules 750g



Nescafe– Gold Blend Instant Coffee 750g



Alpen– Original Sachets 30 x 45g



Nescafe- Azera 500g



Alpen– No Added Sugar 6 x 950g



Alpen– No Added Sugar Sachets 30 x 45g

### 1883



1883– Armaretto Syrup– 1Litre



1883– Pineapple Syrup 1Litre



1883–Terrys Chocolate Syrup 1Litre



1883– White Chocolate Syrup 1Litre



1883- Pumpkin Syrup 1Litre



1883– Pistachio Syrup 1Litre









## ONLINE ORDERING AVAILABLE NOW





Plenish– Berry Gut Health Shot 12 x 60ml



Plenish– Spirulina Detox Shot 12 x 60ml



Plenish– Ginger Immunity Shot 12 x 60ml



Plenish–Turmeric Defence Shot 12 x 60ml









### Extons-Cheese Slices



Gouda Slices – 50 x 20g 1Kg



Emmental Slices – 50 x 20g 1Kg



Mozzarella Slices – 50 x 20g 1Kg



Burger Slices – Approx 88 Slices 1Kg



Monterey Jack Slices— 50 x 20g 1Kg



Smoked Cheddar Cheese Slices– 50 x 20g 1Kg









Artisanal & Authentic Versatile Day-Part Usage

Low in Salt

Social Eating -Mezze







6 x 200g

### SPREAD, DOLLOP, DIP!

Multi-Sensorial

LABNE

Source of Protein

Elevate / Treat

Sweet & Savoury Application

For more information contact: YAMAS@futura-foods.com · www.yamasdairy.uk · (0) @yamas\_dairy

#### Butlers Cheeses-NEW



Blacksticks Blue- 150a





Parlick- 150g (Sheep)



Ravens Oak Brie- 150g (Goat)



Beacon Blue- 150g (Goat)











## (gome In season this month Mild Duck Portridge Precsont Venison Wild Game Mix



## STRAWBERRY 12 X 80G

The Coconut Collaborative Strawberry Yoghurt now available in a 12-Pack of Single-Serve Cups: Ideal for consumers on the go, each cup is perfectly portioned for a snack, breakfast, or quick treat.

Dairy-Free & Plant-Based: No lactose, no compromise on taste-our velvety coconut base is a favourite among vegans and those with dietary restrictions.



Dairy Free
Low Sugar
No Bits
Thick and Creamy
With Live Cultures







PERFECT FOR SCHOOLS, CANTEENS, HOTELS,
CONTRACT CATERING....

### NOBILE APP I WEB I TABLET



\*

egan



Califia Farms— Pumpkin Spice
Oat Barista Blend 6 x 1 litre



Califia Farms— Oat Milk Barista Blend 6 x 1Litre



Oatly– Oat Milk Pyramid Portion 100 x 20ml



Califia Farms—Pistachio Oa Milk Barista Blend 6 x 1Litre



Califia Farm– Almond Milk Barista Blend 6 x 1Litre



Sproud– Pea Milk Barista 6 x 1Litre

#### Chilled



BV Dairy-Full Fat Soft Cheese 28% Fat 2Kg



Flora- Soft Serve Ice Cream 100% Plant Based 8 x 1Litre



Whitelake-Goats Curd 500g



**Bv Dairy-Set Soured Cream** 18% Fat 2Litres



Yamas– Whipped Feta Cheese 1Kg



Rosary Goat- Goats Curd 1Kg









## ONLINE ORDERING AVAILABLE NOW





Washed Baby Spinach- 500g

£2.95



Red Onion 2mm Sliced-1Kg



Swede- Handcut Diced 20mm 2.5Kg



Red Coleslaw Dry Mix-1Kg



Sliced Potatoes-Saute10mm Sliced 2.5Kg



Baton Carrot- 10mm 5Kg

## This Month

#### October -Time for Change

The Summer has finished and we have pulled the slippers out for another season. September has brought mixed weather but good growing conditions for farmers. Personally, I love the Autumn season and produce wise we have some lovely options.

October is the beginning of the 'winter vegetable season', new season root crops such as Parsnips, Carrots, Swede and Turnips are young, tender and full of flavour. This month will see a change in the Country origin of most salad items, as English and Dutch produce will be replaced by French, Spanish and Moroccan.

The quality may be variable, and the prices will fluctuate during the cross-over but be assured that Country Fare works closely with supplier to ensure stability across core lines. When one seasonal door closes, plenty more open: Figs, Dates, Local Potatoes, Squash & Pumpkins, Kale and Sprouts are now available, you'll soon be in the mood for Winter!

# Fresh October Update

Locally Grown

Crown Prince
Gem Squash
Hispi Cabbages
Kale (Green and Red)
Cavolo Nero
Bramley Apples

## Pumpkins & Squashes

Orange and Green Kabocha Gem Squash Iron Bark (Muscat) Onion Squash Ornamental Munahkin pumpkins

Carving X-large, Large and Medium

### Fruit & Salad

Local and English fruit begins to decrease over the next few months and has been good in quality and volume. This time of year we start switching over to imported fruit options. Spanish Peaches, **Nectarines and Apricots** have now ended, there are some pockets of availability, but the quality is not good, the next stone fruit available will be Cape Produce from South Africa; in November/ December. South African Lemons are drawing to the end of the season, we will be switching to the Spanish supply. Lemon prices have been consistently high for the past 4 years, European supply will ease the price but we are not expecting cheap prices this season. Brexit added in a new dynamic where Turkey limited exports to the U.K. and send into Europe to avoid the extra costs with now sending produce to the UK. New Forest Strawberries will be available all month but due to the cooler weather, production is lower and punnet size will now be 227g punnets. English Blue-



berries and **Blackberries** 

have finished and will be replaced with European imports for short while, ending up with produce from Peru and Mexico. Our superb Eng-

lish Raspberries will finish this month and will be replaced with Spanish produce, which tends to be very average.

The Easy Peeling Minneola will be replaced with Spanish Satsumas during October. Apples available in October: French Braeburn, Royal Gala, Golden Delicious and Granny Smiths alongside English varieties like Cox, Lambourne, Russets and Spartans. The Dutch salad season will be coming to an end and we will be switching over to Spanish and French produce. Micro Herbs are available, please call telesales to place your orders. Tomatoes, Cucumbers & Aubergines have been expensive over the last few weeks as the Dutch growing season draws to an end.



Fennel and White Chicory are great salad options for this time of year. Some of our local herbs may replaced by imported products the cooler weather slows the growing process.

### Vegetables

All root vegetables are seasonally good at this time of the year, a must for any Autumn menu. Besides the traditional favourites like Swede and Parsnip; don't forget the often neglected roots like: Turnip, Salsify, Jerusalem Artichoke and Celeriac.

English Broccoli is getting easier with supply and price. Cauliflower is coming straight from the Isle of Wight, with excellent quality and low food miles! Local Greens: Dorset Kale, Savoy and Primo Cabbage or New Forest Rainbow Chard and Cavolo Nero will put an Autumnal flavour on any menu. Winter Leeks and new season Brussel

are all Sprouts plentiful. Loose English Golden and Candy Beetroot have started.

Spout Tops are a fantastic winter green that will suit seasonal any Mixed menu.



Chantennay Carrots and Piccolo Parsnip are now available. Vitelotte, Pink Fir and Ratte Potatoes are very interesting heritage potatoes. Also available are Italian Ceps, Polish Chanterelle, Trumpettes, Portuguese Girolles & U.K and European Autumn truffles.



Most of our local sauashes start in October and will be available until mid December. Please do consider these for your Autumn menus.

## Squashes

- Gem Squash (Short season) small green squash. Ideal for filling, has a loose yellow flesh, similar to spaghetti squash.
- Kabocha Squash -medium size, dense orange flesh with a green or orange skin.
- Crown Prince Squash Blue grey skin with a flesh similar to Butternut.
- Acorn Squash green skin with a sweet yellow/ orange flesh.
- Onion Squash Small, orange skin and flesh.
- Spaghetti Squash large yellow squash with a stringy flesh that can resemble spaghetti.

### Dry Stores



Cardinis'- Original Caesar Salad Dressing 1.1Litre



Maggi– Bechamel Sauce Powder Mix 2Kg



Maggi– Rich & Rustic Tomato Sauce 6 x 3Kg



Mutti– Cubi Diced Tomatoes 2.5Kg



Maggi– Powdered Coconut Mix 2Kg



Maggi– Rich &Rustic Tomato Sauce 12 x 950g









## ONLINE ORDERING AVAILABLE NOW



Hellmann's- Mayonnaise 5Litre



Sarson's– Vinegar Table Top 12 x 300ml



Dino's— Classic American Mustard 12 x 250ml



HP– Brown Sauce Table Top 8 x 285g



Hellmann's– Table Top Squeezy Mayonnaise 8x430ml



Dino's—Spicy Tomato Ketchup 12 x 250ml



### KARA-AGE BATTER MIX NO.1

Soft on the inside, Pastasing: Shalf life. crispy on the outside ∡ky bags Easy to use! Storage: Store in a cool dry place, away from direct sunlight. Just add water

Servings: 50 servings (based on 200g ingredients) "Use equal parts KARA-AGE BATTER MIX to water, by weight

Consistent flavour everytime



Follow us on Instagram! @nihonshokken\_uk

NIHON SHOKKEN HOLDINGS CO., LTD.

### WEB





Zero Tall Tales—0% Pale Ale 12 x 330ml



Goram IPA- Zero Alcohol 0% 12 x 330ml



Gold-Gluten Free Ale 4.4% 8 x 500ml



Tall Tales – Pale Ale 4.5% 8 x 500ml



Underfall– Lager 4.1% 8 x 500ml



Aston Press-Gluten Free Cider 4.8%

#### Mud Pies



Chicken, Ham & Leek 12 x 270g



Steak & Kidney- 12 x 270g



Venison & Red Wine- 12 x 270g



Steak & Ale- 12 x 270g



Squash, Spinach & Feta-Vegan 12 x 270g



Squiche— Hot Smoked Trout & Watercress x 12









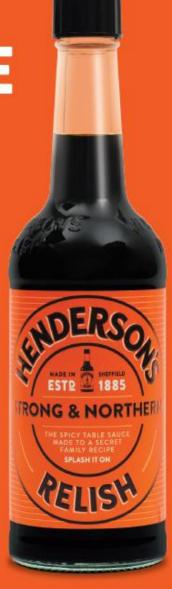
THE SPICY
TABLE SAUCE
MADE IN
SHEFFIELD
SINCE 1885

From home-cooked, family meals to Michelin star creations, our blend of tamarinds, cayenne peppers, vinegar, garlic and cloves adds a unique, spicy flavour to any dish.

Splash it on everything from poached eggs to shepherd's pie, or simply stir it into your favourite recipes. It's great for sauces, gravies, marinades and salad dressings. Even Bloody Mary cocktails too.

We're not simply an alternative to Worcestershire Sauce, Henderson's Relish is Sheffield's answer to it. So splash it on and find out what the locals have cherished for generations.

**HENDO'S** A great-tasting, soya and potato popped snack. Perfect for a taste of Henderson's Relish on the go!





1Litre & 284ml

## GLUTEN FREE VEGAN







28g (1oz) IQF Pork Meatballs 4.54kg 160 Qty

## YOU SHOULD USE THEM BECAUSE...

Super versatile quick and easy 🗸

Premium quality sausage meat 🗸

Made with fresh, British pork 🗸

Cook from frozen,

100% compostable packaging 🗸

Great in an air fryer 🗸

Traditional Pork

FREE SAMPLE BOXES AVAILABLE

For more information on our sustainability commitments, visit our website.

### NOBILE APP I WEB I TABLE





Kuhne- Pickled Gherkin 2.45g



Kuhne- Sauerkraut 810g



Rost-Zwiebeln— Real Crispy Fried Onion Bits 1Kg



Kuhne– Sandwich Long Sliced Gherkins 2.9Kg



Macphie – Nacho Cheese Sauce 1Litre



French's—Table Top American Yellow Mustard 8 x 226ml

#### Frozen Coated



Paramount– Pop-A-Loumi GF Halloumi Popcorn 2x990g



Whitby– Gluten Free Wholetail Scampi 600g



Pacific West– Chilli & Mango Prawns Hand Crumbed 500g



Diggers– Breaded Garlic Mushrooms 1Kg



Whitby— Extra Large Wholetail Scampi 450g



CP– Ebi Fry Breaded Japanese Style King Prawns 700g











## PERI PERI CHICKEN FILLETS

Tender chicken fillets coated in a peri peri breadcrumb



#### Bannisters



Baby Hasselback Potatoes-2 x 2.1Kg



Cheese & Chive Mini Filled Potato Skin 2 x 1.9Kg



**Garlic & Rosemary Roast** Potatoes-2 x 2Kg



Large Baked Jacket Potatoes-35 x 250g



Chef's Classic Roast Potatoes-10Kg



Potato Skin Halves- 4 x 20











### The ONLY Isle of Wight Extra Virgin Oilseed Rape oil!

## **ISLAND GOLD**

Isle of Wight Grain is a Cooperative, representing Island farmers. We are proud to bring you this golden oil, produced exclusively from island grown rapeseed – bringing the taste of our sun-drenched isle to every drop!

By cold pressing the seeds, we are able to preserve the natural goodness and flavour of the oil inside. The result is a very different oil, of extra virgin quality, that has the lowest saturated fat of any oil, and a higher level of polyunsaturated fat which lowers cholesterol, and considerable more vitamin E than olive oil (and in many instances is considered superior due to its high smoke point, meaning it does not lose its nutritional credentials during cooking) – plus you can see it growing in our countryside.

Perfect for Cooking, Baking and drizzling

# Now available in 500ml bottles Now available in 5 Litre bottles

High cooking temperature - Rapeseed oil has a high smoke point, which means it won't burn until about 400 degrees F. That makes it a good choice for frying or roasting.

Mild flavour - Because rapeseed oil is almost flavourless, you can use it in a variety of dishes. It works great in dips, salad dressings, baking, pan-frying, and deep-frying. You can serve it at room temperature or cook with it.





## Speciality Breads



Large Loaf Brioche- 5 x 430g



Potato Burger Eden Bun- Vegan 45 x 90g



Tennessee Grillhouse Glazed Sliced Bun-48 x 80g



Fruited Vegan Teacake-45 x 110g



Glazed Seeded Eden Burger Bun-Vegan 45 x 90g



Ciapanini Roll– 40 x 100g











Kingsmill– Square Sandwich Malted Bread 19+2 6 x 800g



Panesco– Lateral Sliced Wheat Rye Tramezzino Bread x 6



Kingsmill– Sliced Bloomer Malted 6 x 700g 12+2



Kingsmill– Square Sandwich White Bread 19+2 6 x 800g



Panesco– Lateral Sliced White Tramezzino Bread x 6



Kingsmill– Sliced Bloomer White 6 x 700g 12+2

### Honey



Hilltop Honey– Agave Nectar 100 x 25g



Hilltop Honey- Hot Honey With Chilli 720g



Hilltop Honey– Manuka Honey MGO 100+ 225g



Hilltop Honey– Blossom Honey Sticks 200 x 15g



Hilltop Honey– Cut Comb Honey Slab 200g



Global Harvest—Truffle Acacia Honey 220g









# MOBILE APP 1 WEB 1 TABLET





Bun 'N' Roll– Croissant/Roll 50 x 85g



Cinnamon Swirl Roule Ultra Kanel– 60 x 100g



Pain Au Chocolate- 70 x 75g



Amand Almond Croissant-60 x 95g



Mini Pastries Gourmet Mix— X 140



Pastel De Nata– Custard Tart 60 x 65g

### Mademoiselle



Passion Fruit & Lime Cake-14 Portions



Basque Cheesecake– 12 Portions



Sticky Toffee Cream Cake-14 Portions



Peach & Raspberry Bakewell Traybake– 15 Portions



Honeycomb Cheesecake-14 Portions



Pecan Pie-Vegan 16 Portions









# ONLINE ORDERING AVAILABLE NOW





Pie Punks- Chocolate Cake GF Pre Cut x 14 Portions



HCC- Lemon Drizzle Slice Traybake x 15 Portions



Jessica's- Dark Chocolate Millionaire Shortbread x 18 Ind



Pie Punks-Lemon Cake GF Pre Cut x 14 Portions



HCC-Pecan & Walnut Slice Traybake x 15 Portions



Jessica's— Chocolate Brownie X 18 Individually Wrapped



Soups

100% GOOD STUFF

2 of your 5 a day



### KILLER TOMATO

A DANGEROUSLY GOOD COMBINATION OF JUICY TOMATOES, ROASTED PEPPERS B. A DASH OF CREAM, 185 Cals



#### THREE AMIGOS

SPICE UP YOUR LIFE (& TASTEBUDS) WITH THIS WARMING MIX OF ROASTED SWEET POTATO, RED PEPPER & CHILLE 198 Cals



### CAULIFLOWER POWER

THE CLASSIC COMBO, CAULIFLOWER & CHEESE UNITED TO BRING THE WORLD A SUPER-STRONG HUG IN A BOWL 287 Cals



#### GIVE PEAS A CHANCE

FRESH TASTING, SUPER FILLING & PACKED WITH NOTHING BUT MINTY GARDEN GOODNESS, THIS SOUP IS ALLABOUT THE PEAS & LOVE MAN. 285 Cals











love-struck.com Clove\_struck G-G

ADULTS MIED AROUND 2000 KEALS PELDAY

## MOBILE APP I WEB I TABLET





Caterpack—Soup Bowls 12oz x 500



Lid For Soup Bowls— Fits 12-16oz x 500



Prowrap– Pre Cut Foil Sheets 300mm x 50m



Caterpack—Soup Bowls 16oz x 500



Caterpack – Wooden Wrapped Cutlery Set – x 250



Prowrap— Cutterbox Baking Pro Parchment 300mm x 50m

## Cleaning & Hygiene



Microfibre Cloths— Green x 10 40 x 40cm



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



Magic Towel– Kitchen Towel 6 x 40 Metres 2 Ply



General Purpose—Lightweight
Blue J Cloth x 50



Mini Jumbo Toilet Roll-90mm x 150m 60mm Core x 12



Purdi– Premium Toilet Tissue 4 Rolls x 10 3Ply 160 Sheets







# ONLINE ORDERING AVAILABLE NOW





Finish— Quantum Pro Dishwasher Tabs x 125



Comfort— Blue Skies Fabric Softener 5Litres 240 Washes



Fairy– Washing Up Liquid 5Litres



Vanish– Oxi Action Stain Remover Colour Pro 2.4Kg



Persil– Biological Washing Powder 7.5Kg 150 Washes



Nilco- Food Odour Fresh Linen 6 x 750ml

### Mega Deals





Seahawk– 15% Glaze XL 125/175 Cold Water Prawns 2Kg



Suncream Dairies— Dialuxe Low Fat & Sugar Ice Cream 2Litre



Mademoiselle– Flapjack X 12 Portions



Caterers Kitchen– Premium
Coated Chip 9x9 4 x 2.27Kg



Mortimer– Natural Cacao Powder 1Kg



Delicias De Santa— Quince Paste Membrillo 400g

