

Fresh Thinking Promotions

January 2026

P.7



£15.95

Protein Coffee 12 x 250ml

P.15



£9.95

Oatly Pyramid Portion

P.45



£29.95

Frozen Mixed Soups

In this Issue...

Country Fare
Foodservice

Fresh Update



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

APP ONLY
DEAL

BUY ANY 2
CASES GET
1 FREE



WELCOME TO THE BUTCOMBE BREWING CO.

Meet The Range - We've been proudly brewing our delicious beers for over 40 years and are proud to introduce you to our full range. Including Lager, Cider, IPA's, Pale Ales and Zero options.

Bristol born and proud to stand out - we are the Butcombe Brewing Co.

BUY
2 GET
1 FREE



APP ONLY
DEAL



BUBBLE

PACIFIC
WEST

PRAWNS

SWEET CHILLI 500G

£7.50

APP ONLY
DEAL

BUY 1 SOUP
RAMEN BASE &
GET NOODLES FREE

free

Easy!!

Ratio - Soy Sauce Soup : Hot water 1:10
[One serving-Soup 30g, Water 300g]

Flavor - An authentic Soy Ramen soup created
by umami from kelp and spring onion oil

APP ONLY
DEAL

Water In A Box



Berry– 12 x 500ml



Apple & Elderflower– 12 x 500ml



Still Spring Water– 12 x 500ml



Orange & Peach– 12 x 500ml



Lemon & Lime– 12 x 500ml

£1
each

£11.95

**Yew– Pink Rhubarb Sparkling
Water 12 x 440ml**

£1
each

£11.95

**Yew– Zesty Lemon Sparkling
Water 12 x 440ml**

£1.14
each

£13.65

**BOS– Peach Ice Tea Rooibos
12 x 250ml**

£1.14
each

£13.65

**BOS– Lemon Ice Tea Rooibos
12 x 250ml**

£1.20
each

£14.45

**Nexba– Kombucha Mixed Berry
Sparkling 12 x 330ml**

£1.20
each

£14.45

**Nexba– Kombucha Mango
Sparkling 12 x 330ml**

Nix & Kix



Watermelon & Hibiscus Sparkling- 12 x 250ml



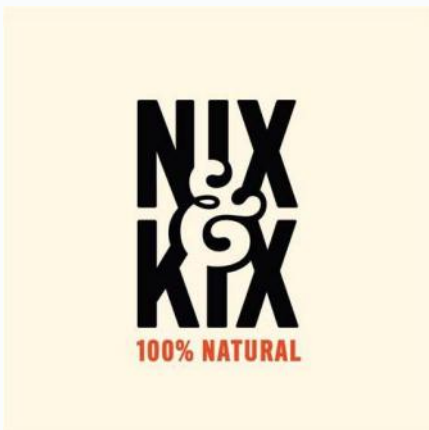
Raspberry & Rhubarb Sparkling- 12 x 250ml



Mango & Ginger Sparkling- 12 x 250ml



Blood Orange & Turmeric Sparkling- 12 x 250ml



Cucumber & Mint Sparkling- 24 x 250ml



£7.95

Coffee Concentrate- 1Litre



£1.50
each

£17.95

Chocolate Milk- 12 x 500ml



£1.33
each

£15.95

Jimmy's MyProtein- Original
Iced Coffee 12 x 250ml



£1.66
each

£19.95

Bottlecan- Original Iced
Coffee 12 x 275ml



£1.48
each

£17.70

Extra Shot- Strong Slim Can
12 x 275ml



£1.39
each

£16.70

Oat- 12 x 250ml

Snacks



£14.95

Kellogg's- Marshmallow
30 x 28g



£14.95

Kellogg's- Chocolate Caramel
30 x 36g



£8.95

Pringles- Texas BBQ 12 x 40g



£8.95

Pringles- Sour Cream & Onion
12 x 40g



£8.95

Pringles- Salt & Vinegar
12 x 40g



£8.95

Pringles- Paprika 12 x 40g



£3.75



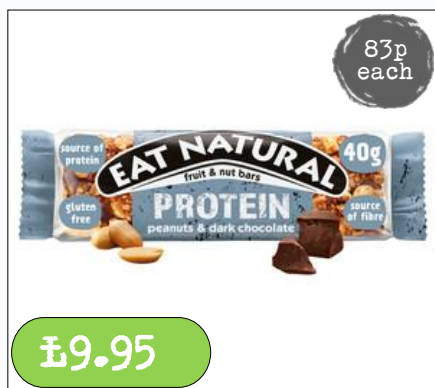
£3.95



£3.75

**CRUSHIN' IT
SINCE THE
1950'S**

Snacks



£9.95

Eat Natural– Protein Peanut & Dark Chocolate GF 12 x 40g



£9.95

Eat Natural– Almond & Apricot With Yoghurt Bar 12 x 45g



£26.95

Kinder Bueno Duo– White Chocolate Bar 30 x 43g



£26.95

Kinder Bueno Duo– Milk Chocolate Bar 30 x 43g



£20.95

Nutella– Nutella Biscuit Packs 28 x 41g



£15.95

Oreo– Oreo Cookie Snack Packs 20 x 66g



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.



Organic
Fairtrade
B-Corp
Vegan

Plastic Free 250ml cans
Ethical supply chain
No artificial preservatives



100%
NATURAL



Hot Chocolate



£15.20

**Galaxy– Instant Hot Chocolate
Add Water 2Kg**



£16.60

**Galaxy– Hot Chocolate Add
Milk 2Kg**



£13.25

**Mortimer– Natural Cocoa
Powder 1Kg**



£17.45

**Galaxy– Instant Hot Chocolate
Portions 50 x 25g**



£3.65

**Epic– Giant Toasting
Marshmallows 500g**



£3.95

**Meadow Churn– Chilled
Aerosol Spray 500g**



Original Coffee Granules- 750g

Gold Blend Instant Coffee-
750g

Nescafe



Gold Latte Sachets- x 40



Latte Tin- 1Kg



Original Coffee Sticks- x 200

Decaffeinated Coffee Sticks-
X 200

183

MAISON ROUTIN
FRANCE

DEPUIS
1883
MAISON
ROUTIN



183

MAISON ROUTIN
FRANCE



SIROP / SYRUP
SAVEUR
DUBAI CHOCOLATE

1L - 33.8 FL OZ



£9.95



£11.75

Sproud- Barista Pea Milk
6 x 1Litre



£9.95

Oatly- Oat Milk Pyramid
Portions 100 x 20ml



£11.40

Califia Farms- Pumpkin Spice
Barista Oat Blend 6 x 1Litre



£10.55

Califia Farms- Pistachio Barista
Oat Blend 6 x 1Litre



£14.95

Framptons Professional-
Barista Coconut Milk 12 x 1Litre



£10.55

Califia Farms- Almond Barista
Blend 6 x 1Litre

GRAB & GO SOUPS

AVAILABLE HERE



the
Real Soup
co.



Grated Original Flavour- 175g



Grated Mozzarella Flavour- 200g



Mediterranean- Halloumi Block 200g



Greek White- Feta Block 200g



Grated- Prosciutto 1Kg



Grated- Mature Flavour 500g

THE
Coconut
COLLAB®

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



£8.60

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



£7.85

Coconut Collaborative– Natural Coconut Yoghurt 1Kg



£2.85

Coconut Collaborative– Vanilla Custard 400g



£43.55

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



£2.10

Food Heaven– Vegan Aerosol Cream 200g



£18.55

Flora– Soft Serve Plant Based Ice Cream Mix 8 x 1Litre



£26.95

Flora– Original Portions 200 x 10g

from plant to
toast without that
weird cow bit skip the cow



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

Made with 6 natural ingredients, Flora tastes and spreads just like butter does, and solves your diners' dietary and allergen requirements. Now available in a hygienic and easy to serve aluminium foil wrapped 10g serving size.

Serve everyone



Better for the planet



Product details

SKU's	192 x 10g Individually Wrapped Portions
Measurements	Unit: 40 x 30 x 10cm Outer Carton: 243 x 82 x 11cm (16 x 10g)
Variant	Salted
Shelf Life	22 Weeks
Storage	Keep chilled 2-8 Celsius
Ingredients	Plant oils (sunflower, rapeseed in varying proportions), coconut fat, water, sea salt (1.7%), fava bean preparation, emulsifier (sunflower lecithin), natural flavourings, colour (carotenes)



£22.95

12p each



£3.25

Applewood– Smoked Vegan Cheese Block 200g



£3.20

Applewood– Sliced Smoked Cheese 200g



£18.65

Belazu– Ve-Du-Ya Vegan Nduja 1.1Kg



£12.95

Belazu–Premium Vegan Basil Pesto 900g



£6.95

Belazu– Vegan Pectorissa 430g



£54.95

Violife– Vegan Creamy Original Flavour Cheese 5Kg

Plenish



£1.33
each

£15.95

Turmeric Defence Shot-
12 x 60ml



£1.33
each

£15.95

Spirulina Detox Shot-
12 x 60ml



£1.33
each

£15.95

Ginger Immunity Shot-
12 x 60ml



£1.33
each

£15.95

Berry Gut Health Shot-
12 x 60ml

Plenish



£3.50

Washed Rocket- 500g



£3.95

Stir Fry Mix- 1Kg



£2.95

Roast Vegetable Mix- 1Kg



£2.50

Vegetable Soup Mix- 1Kg



£13.95

Orange Segments- 2Kg



£8.95

Hand Cut Chips- 5Kg

Prepared Produce

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 menus 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 **Apri-cots**, **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 unseasonal products 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 **Brussel 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

We have seen a vast turn around this season with positive yields from Farmers after the Autumn harvest. All potatoes are now stored in temperature controlled areas to last through the winter and spring.

Prices have reflected this as well and we have seen a welcome return to affordable produce through the Autumn and Winter so far. Quality has also been good with very little defect or dehydration caused from the summer heat wave.

Vegan Sauces



Hellmann's- Vegan Mayonnaise
5Litres



Kenny's- Vegan Mayonnaise
5Litres



Gyma- Vegan Mayonnaise
5Litres



Lion- Vegan Mayonnaise
1Litre



Hellmann's- BBQ Sauce Jerry
Can 4.8Litre



Henderson's- Strong & Northern
Relish 1Litre

RUBIES IN THE RUBBLE

**PROUDLY SAVING
WONKY FRUIT & VEG**
from going to waste



YOUR IMPACT TO DATE*

144,709

FRUITS AND VEGGIES SAVED FROM GOING TO WASTE.

**TO FIND OUT WHAT YOU COULD SAVE
EMAIL MILLY@RUBIESINTHERUBBLE.COM**

RR

*Based on Country Fare Sales to date May 2024 until January 2025



UP TO
20%
CHEAPER*

without compromising on
performance. Marvellous savings,
marvellous results!

8/10

**COULDN'T TELL THE
DIFFERENCE****

between Essential Melts and
traditional cheese



**Mozz
Melt**

1.8kg

**Coloured
Melt**

2kg

**Mature
Melt**

2kg



£29.95

Paramount- Massaman Curry
Gluten Free 15 x 300g



£33.95

Paramount- Penang Curry
Gluten Free 15 x 300g



£42.70

Scheff- Candied Vegetable &
Seed Roast 12 x 300g



£42.95

Menuserve- Cajun Spice
Sweet Potato Roulade 16x195g



£6.75

Katerveg- Vegan Mince
Gluten Free 1Kg



£19.95

Paramount- Aromatic Garden
Burger Gluten Free 20 x 150g

Moving Mountains



£21.60

No Meat- Meatballs 2Kg 17g



£17.95

No Fish- Fish Finger x 64 2Kg



£18.55

No Chicken- Chicken Nugget
2Kg 21g



£20.55

No Chicken- Chicken Burger
18 x 125g



£32.95

No Meat- Burger 20 x 114g



£32.95

Vegan Frankfurter- 24 x 90g

한국 음식 맛의 핵심

KEYS TO KOREAN TASTE



Vegan Rolls



£17.45

Kara- Gourmet Potato Bun
48 x 86g



£14.60

Kara- Gourmet Habanero Hot Bun 48 x 65g



£34.25

Speciality Breads- Eden Glazed Seeded Burger Bun 45 x 90g



£34.95

Speciality Breads- Rosemary Focaccia Roll 40 x 100g



£31.95

Speciality Breads- Eden Potato Burger Bun 45 x 90g



£29.95

Speciality Breads- Eden Glazed Potato Hotdog Roll 36 x 95g



**Chunk Of Devon- Ruby Murray
Veggie Pasty 20 x 272g**



**Chunk Of Devon- Chunki
Roast Veg Pasty 20 x 272g**



**Baked To Taste- Ruby Murray
Gluten Free x 8**



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



**Proper Cornish- Mexican Bean
Pasty 20 x 283g**



**Mud Foods- Squash, Spinach &
Feta Pies 12 x 270g**

Vegan Pasties & Pies

A BLEND OF AUTHENTIC JAPANESE MISO

日本食研

NIPPON SHOKKEN

MISO SAUCE 1L

Delicious as a finishing sauce!



**NO
MSG
ADDED**

Grilled Miso Cod



£48.95

Ravioli- Scallops & North Sea
Prawns Panciotti 2Kg



£32.95

Ravioli- Ricotta & Sicilian
Pistachio Bauletti 2Kg



£38.95

Lasagne Sheet- Prontosfoglia
5 x 2Kg



£17.95

Risotto Rice- Carnaroli 4 x 1Kg



£32.65

Cannelloni- With Meat 3Kg



£33.95

Tortelloni- Cappelletti With
Parma Ham 3Kg

Pizza



£2
each

£79.95

Passione Pizza– Tonda Rossa 12"
Romana Artisan Pizza Base x 40



£3.41
each

£109

Passione Pizza– Romana Teglia
Pizza Slab 30x40cm x 32



£2.53
each

£37.95

White Rabbit– GF 12" Sourdough
Vegan Pizza Bases x 15



£2
each

£29.95

White Rabbit– GF 10" Sourdough
Vegan Pizza Bases x 15



£2.73
each

£109

Passione Pizza– Pala Long & Thin
Slab 20x60cm x 40

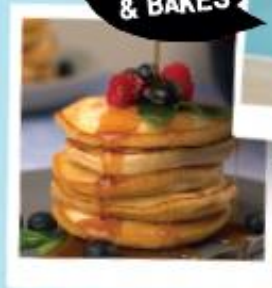


£8.20

Mutti– Diced Cubi Tomatoes
2.5Kg

LEAD THE WAY IN PLANT-BASED INNOVATION WITH OGG'S[®] LIQUID EGG ALTERNATIVE

COCKTAILS,
MOUSSES,
BATTERS,
MERINGUES
& BAKES



JOIN THE GANG

MILDREDS

CÔTE
BRASSERIE

las
IGUANAS

NOW AVAILABLE TO ORDER

LOVEOGGS.COM

£5.75

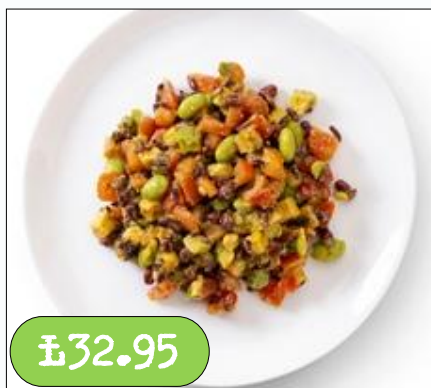


Darta Cuisin' Easy



£26.90

Sunny Vibes Salad Mix– Quinoa & Kale 4 x 1.25Kg



£32.95

Mambonito Salad Mix– Black Rice & Azuki Beans 4 x 1.25Kg



£32.70

Kousama Salad Mix– Freekeh & Harissa 4 x 1.25Kg



£33.95

Spartacus Salad Mix– Black Rice & Feta 4 x 1.25Kg



£33.95

Bella Ciao Salad Mix– Pasta & Pesto 4 x 1.25Kg



£33.95

Indian Summer Salad Mix– Quinoa & Chickpeas 4 x 1.25Kg



£27.95

Green Valley Salad Mix- Broad Beans & Buckwheat 4 x 1.25Kg



£19.50

Bruschetta- Tomato & Red Onion Topping 4 x 1.25Kg



£4.45

Mediterraneo- Grilled Mediterranean Style 1.2Kg



£3.95

Chargrilled- Diced Vegetable Mix 1Kg



£3.35

Edamame- Soy Beans 1Kg



£3.95

Tomato- Diced 10mm 2.5Kg

Vegan Desserts



£32.95

Mademoiselle- Chocolate & Raspberry Tart 14 Portions



£26.40

HCC- Triple Layer Choc Fudge X14 Portions



£29.95

Mademoiselle- Choc Salted Caramel Cheesecake x 14



£25.95

Mademoiselle- Bakewell Tart 14 Portions



£23.95

HCC- GF Praline Chocolate Brownie 15Portions



£28.75

Mademoiselle- Pecan Pie 16 Portion

CORNWALL GOLD

INDULGENT GOLD TOP

Our 5% fat Cornwall Gold milk delivers the rich, indulgent taste you'd expect from traditional gold top milk, but with a smooth, creamy texture from the top layer of cream being perfectly blended throughout. The result is a beautifully balanced golden milk that captures all the goodness of Cornwall's lush pastures in every sip, delivering that premium gold top experience with a rich, creamy consistency from start to finish.

100% CORNISH MILK

Made from the finest Cornish milk, from cows grazing within 25 miles of our dairy, this is a modern take on a classic. Whether you're enjoying our Cornwall Gold straight from the glass or elevating your morning cereal to something truly special, our gold top milk is perfect for those who appreciate a moment of luxury in their everyday.

COWS FREE TO GRAZE

Our Cornish dairy cows (which include Jersey cows) are famed for producing some of the richest, most golden milk. They have been grazing Cornwall's coastal pastures for generations, naturally producing milk with a higher butterfat content. It is the teamwork between us and our farmers which ensures the cows have the right diet, care and attention to produce perfectly balanced milk every time.

SIZES AVAILABLE:

- 1 Litre • 2 Litre



**Delicious dairy
done right.**

trewithen

Vegan Ice Cream



£34.20

Purbeck- Vanilla Bean 4Litre



£34.20

Purbeck- Chocolate & Raspberry 4Litre



£16.45

New Forest Ice Cream- Salted Caramel 2.4Litre



£26.95

New Forest Ice Cream- Sorbet Blackcurrant 24 x 120ml



£17.15

New Forest Ice Cream- Vanilla Pod 2.4Litre



£26.95

New Forest Ice Cream- Raspberry Ripple 24 x 120ml



Just add 200ml
apple juice & blitz
for 30 seconds

Smoothies

- PASH'N'SHOOT
- BERRY-GO-ROUND
- BIG 5
- STRAWBERRY SPLIT
- COCO LOCO
- MIXED FRUIT
- AVO GO GO
- DETOX-ZING
- KALE KICK

£1 each

£29.95

FROZEN TO 'Fresh' IN A FLASH™

Makes a perfect serving every time.

Shakes and disposables

- VA VA VANILLA
- TOP BANANA
- LIVIN LA VIDA COCOA
- STRAWBERRY GLORY
- PRINTED PAPER CUPS
- PRINTED PAPER LID

£29.95

£1.20 each



Just add 150ml
milk & blitz for
20 seconds



Piddle Brewery



£17.95

Breaking Wave Can- Dorset Pilsner 12 x 330ml 4.5%



£17.45

Piddle Can- Dorset Amber Ale 12 x 330ml 4.1%



£24.95

Slasher- Dorset Blonde Beer- 5.1% 12 x 500ml



£24.95

Cocky- 12 x 500ml 4.3%



£24.95

Dorset Rogue- Dorset Bitter 12 x 500ml 3.9%



£27.95

Breaking Wave Bottle- Dorset Pilsner 12 x 500ml 4.5%



100% Natural Dog Chews– Pigs In A Blanket x 25



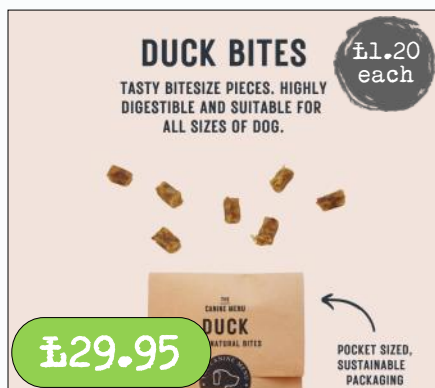
Happy Dog Hampers– x 6



100% Natural Dog Chews– Boar x 25



100% Natural Dog Chews– Rabbit x 25



100% Natural Dog Treats– Duck Bites x 25



Brewery Bites– 5Kg

Disposables



Caterpack– Wooden Wrapped Cutlery Set x 250



Combinations– 1Ply Napkins 30cm x 5000



Caterpack– Soup Bowls Kraft 12oz x 500



Caterpack– Kraft Lid For Soup Bowls x 500



Vegware– Sandwich Platter 45x31x8cm x 25



Vegware– Splitable Card Cup Carrier x 130



£6.95

**Magic Towel- Kitchen Towel
6 x 40 Meters**



£7.95

**Pristine- Hygiene Pearl Hand
Wash Soap 5Litre**



£17.25

Fairy- Washing Up Liquid 5Litre



£8.45

**Comfort- Fabric Softener Blue
Skies 5Litre 240 Wash**



£23.65

**Finish- Quantum Pro Dishwasher
Tabs x 125**



£22.45

**Persil- Laundry Detergent Wash-
ing Powder Bio7.5Kg 150Washes**

Mega Deals



£13.95

Pacific West- Chunky Battered Cod Bites 20-30g 1Kg



£27.95

Lamb Weston- Seasoned Waffle/Crisscut Skin On 10Kg



£23.95

Nescafe- Azera Instant Coffee 500g



£11.95

Firefly- Peach & Green Tea Botanical Drink 12 x 330ml



£11.95

Nippon Shokken- Kara-age Batter Mix 2Kg



£5.95

Charm- Rice Berry Thai Rice 1Kg

