

# Fresh Thinking Promotions

March 2026

P.8



£13.95

Mango Kombucha

Detailed description: A promotional card for Nexba Mango Kombucha. It features an image of a 12-pack of bottles. The text includes 'P.8', 'nexba KOMBUCHA', 'MANGO', '12 PACK', and '£13.95'. Below the image is the product name 'Mango Kombucha'.

P.11



£8.95

1883 Spicy Cayenne Syrup

Detailed description: A promotional card for 1883 Spicy Cayenne Syrup. It features an image of a bottle of syrup next to red and green chili peppers and lemons. The text includes 'P.11', '1883', and '£8.95'. Below the image is the product name '1883 Spicy Cayenne Syrup'.

P.16



£18.95

Goats Boilie 1Kg

Detailed description: A promotional card for Goats Boilie. It features an image of a clear plastic tub filled with small, round, light-colored boilies. The text includes 'P.16', 'Goats Boilie', and '£18.95'. Below the image is the product name 'Goats Boilie 1Kg'.

In this Issue...

**Fresh Thinking  
Tradeshaw  
March 24th**

*Fresh Update*

**Country Fare**  
Foodservice



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

# BUY A CASE OF 6

AND GET ESSENTIAL MELTS

# FREE



APP ONLY  
DEAL

APP ONLY  
DEAL



# FLOORA

PLANT DOUBLE 8 X  
1LITRE £32.95

**APP ONLY DEAL**



**BUY 2 GET 1 FREE**

**APP ONLY DEAL**



-  **100% RECYCLED PLASTIC**
-  **CRUELTY FREE**
-  **SEPTIC TANK SAFE**
-  **RECYCLABLE BOTTLES**
-  **PHOSPHATE FREE**

-  **PLANT-BASED POWER**
-  **PET SAFE**
-  **ALCOHOL FREE**
-  **VEGAN FRIENDLY**
-  **SUSTAINABLE SUPPLY CHAIN**

**BUY 6 & GET 1 PACK FREE**

**BLUE ROLL FREE**

# Cawston Press



Sparkling- Cloudy Apple  
24 x 330ml



Sparkling- Elderflower  
Lemonade 24 x 330ml



Sparkling- Ginger Beer  
24 x 330ml



Sparkling- Seville Orange  
24 x 330ml



Sparkling- Rhubarb  
24 x 330ml

**CAWSTON**  
— PRESS —

Tonic Water



Soda Water- 24 x 200ml



Indian Tonic Water- 24 x 200ml



Elderflower Tonic Water-  
24 x 200ml



Pink Rhubarb Tonic Water-  
24 x 200ml



Naturally Light Tonic Water-  
24 x 200ml

# Coca Cola



Glass Bottle- Coca-Cola  
24 x 330ml



Glass Bottle- Diet Coke  
24 x 330ml



Pet Bottle- Diet Coke  
24 x 500ml



Pet Bottle- Coca-Cola  
24 x 500ml



Pet Bottle- Fanta Orange  
24 x 500ml



Pet Bottle- Sprite 24 x 500ml

**AUTHENTIC FLAVOUR,  
STRAIGHT FROM MEXICO**



LIME

MANGO

MEXICAN COLA

PINEAPPLE

GUAVA



**£29.95**  
24 x 370ml

  
fresh  
thinking

**Bold. Fruity. Unmistakably Jarritos.**

# Sparkling



**Yew- Crisp Apple Sparkling Water 12 x 440ml**



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



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



**Nexba- Kefir Water Blueberry & Vanilla 12 x 330ml**



**Nexba- Kombucha Sparkling Mango Sugar Free 12 x 330ml**



**Nexba- Kombucha Sparkling Mixed Berry Sparkling 12x330ml**

Forest Feast



£10.95

Belgian Dark Chocolate Sour Cherries- 12 x 40g



£10.95

Dark Chocolate Cashews- 12 x 40g



£10.95

Honey & Sea Salt Cashews & Peanuts- 12 x 40g



£10.95

Valencia Orange Milk Chocolate Almonds-12 x 40g



£10.95

Salted Dark Chocolate Almonds - 12 x 40g



£10.95

Sea Salt & Black Peppercorn Nut Mix- 12 x 40g

From the careful selection of tea leaves to the precision of processing, we oversee every stage to ensure exceptional quality. Managing the whole supply chain from crop to cup is the only way to truly ensure ensure the highest quality.

Our matcha is naturally rich in chlorophyll, caffeine, L-theanine, and amino acids, delivering vibrant colour, balanced energy, and authentic taste.



Co-Founder Tom in the fields



#### ALTITUDE & LATITUDE

Perfect for chlorophyll and L-theanine levels.



#### HUMIDITY & RAINFALL

Moisture rich for lush green growth.



#### SHADING

20-30 days using traditional netting to boost amino acids levels.



#### CERTIFICATIONS & QUALITY

Japanese Equipment, BRC Compliant, JAS/EU/UK Organic, COA, Inspection.



**LIQUID**

**1 LITRE**



**POWDER**

**100g**





£8.95

Spicy Cayenne Pepper- 1Litre



£8.95

Lavender Syrup- 1Litre

1883



£8.95

Lemon Syrup- 1Litre



£8.95

Green Mint- 1Litre



£8.95

Passion Fruit Syrup- 1Litre



£8.95

Peach Syrup- 1Litre

# Sweet Treats



£28.95

**Bronte Biscuits– Traditional Mini Packs 100 x 30g**



£23.75

**Nestle– Big Biscuit Mixed Box X 69**



£16.75

**Paterson's– Scottish Cream Shortbread Mini Packs 48 x 40g**



£22.95

**Nutella– Biscuit Packs 28 x 41g**



£16.95

**Tic-Tac– Fresh Mint 24 x 18g**



£7.75

**Werther's Original– Cream Candies 1Kg**

Breakfast



£7.85

Just Live A Little – Granola (GF)  
Cranberry & Apple Nut Free 1Kg



£8.25

Just Live A Little – Granola (GF)  
Maple & Pecan – 1Kg



£19.95

JLAL – Portions Granola (GF)  
Maple & Pecan 24 x 45g



£19.95

JLAL – Portions Granola (GF)  
Raspberry & Coconut Cashew



£9.95

Alpen – Original Sachets  
30 x 45g



£16.75

Ready Brek – Original 6 x 450g

# Eaten Alive



£8.60

**Bread & Butter Pickled Cucumbers – 1Kg**



£10.45

**Classic Spicy Kimchi – 1Kg**



£7.45

**Aka Red Or Shiro White Miso Fermented Paste – 1Kg**



£10.45

**Pickled Hot Peppers – 1Kg**



£7.95

**Pink Sliced Pickled Onions – 1Kg**



£8.85

**Smoky Pink Kraut – 1Kg**



£3.65

Greek White Cheese (Feta) Block – 200g



£3.10

Mediterranean Cheese (Halloumi) Block – 200g



£3.95

Prosociano Cheese Wedge (Parmesan) – 150g



£2.90

Original Flavour Cheese Slices – 200g



£13.95

Mozzarella Cheese Flavour Grated – 1Kg



£13.75

Prosociano Grated – 1Kg

# Cheese



£18.95

Ribblesdale– Goats Boilie In Herbs & Garlic Oil 1Kg



£9.40

Mozzarella Pearls (Bocconcini) 1Kg



£17.95

Ribblesdale– Flowered Goats Log With Honey 6 x 100g



£5.95

Shepherds Purse Cheese - Alex James Blue Monday 180g



£6.95

Godminster - Cheddar Heart Organic Red Waxed 200g



£5.45

Whitelake - Heart Of Gold 180g



£5.95

Retail Pack- Dorset Nduja 200g



£4.70

Retail Pack- Sliced Dorset Bresaola 55g



£3.95

Retail Pack- Sliced Dorset Chorizo Picante 55g



£3.95

Retail Pack- Sliced Dorset Hartgrove Coppa 55g



£13.25

3 Product British Charcuterie Mixed Platter- 200g



£18.75

Sliced 5 Product Mixed Platter 300g



# Fresh

2026 marks a milestone for Country Fare Foodservice as we expand our fresh butchery to offer a wider range of products and support.



# Butchery

Major step forward!  
Service is expanding into  
elevate our offering  
with our chefs.

# TRUEfoods



£23.95

**TRUEfoods – Mushroom Stock  
2.5Kg**



£15.45

**TRUEfoods – Veal 100% British  
Stock 2.5Kg**



£19.75

**TRUEfoods – Kombu Dashi 2.5Kg**



£19.75

**TRUEfoods – Fragrant Thai Broth  
2.5Kg**



£6.95

**TRUEfoods – Chilled Fat Beef  
450g**



£6.95

**TRUEfoods – Chilled Fat Chicken  
450g**

Fish



£23.95

Chrisfish – Crayfish Tails in Brine – 900g Drained



£21.75

Chalkstream– Cold Smoked Trout Long Slice 600/800g



£19.95

St James – Beefroot & Blood Orange Smoked Salmon – 500g



£19.95

St James – Whiskey & Honey Smoked Salmon – 500g



£27.95

St James – Smoked Salmon Side D Cut – 1Kg Fixed Weight



£29.95

St James – Hot Smoked Salmon Side Weighted

# Anti Pasti



£11.85

Charcuti – Whole Mixed Olives in Brine 1.5Kg



£11.30

Charcuti – Mixed Pitted Olives With Herbs 1.5Kg



£17.95

LI Italian – Grilled Artichoke Hearts in Oil – 1.9Kg



£3.75

Virgilio– Bechamel Sauce 1Litre



£7.95

Sud & Sol – Mushroom & Porcini Tapenade Paste 500g



£7.95

Sunblush – Cherry Tomato Halves Basil Marinade – 500g

Prepared Produce



£8.50

Tropical Fruit Salad – 2Kg



£3.95

Cauliflower – Florets 1Kg



£7.95

Potatoes – Maris Cut Roast – 5Kg



£7.95

Coleslaw – Dry Mix – 5Kg



£4.50

Mixed Peppers – Diced – 1Kg



£6.95

Washed Mixed Leaf Salad – 1Kg

# Fruit

**Local New Forest Strawberries** are due to start this month. There has been a delay this year due to issues on the farm. We are hopeful for their crop to start this month. **Easy Peelers** have already switched from- **Spanish Satsumas/Clementine's** and have been replaced by Moroccan **Ortaniques, Minneola's** and **Nadorcott's**. We mainly stock **Nadorcott's** due to there excellent flavour, colour and ease of peeling. Morocco have a unique provincial protection over the variety.



**Blood Oranges** and **South African Lychees** will finish this month. We will soon be saying goodbye for another year. **English Cox's** and will switch to **Dutch** followed by **New Zealand** supply. **Spanish Strawberries** are considerably cheaper, putting them back into everyday use. **Melons are consistent in quality and price with supply moving from Brazil upto central America.**



**Forced Rhubarb**, not a fruit but is a great British ingredients which is keenly priced in March. A great choice for your Mothers' Day Menu.

**Avocado's** have been problematic through February with delayed vassals and containers due to weather conditions. This has caused an issue with underripe fruit due to reduced ripening time with suppliers

## FRESH PRODUCE MARKET REPORT



## What's Ahead..

**New Forest Fruits**- Asparagus (Green and purple) & Strawberries

**New Forest Mushrooms**- Oyster (Grey, Pink, Yellow), Shitake (standard and speckled), Lions Mane & Coral Tooth

**Hurds**- Organic Watercress

**Sopley**- Outdoor Rhubarb

**Jersey & Cornish New Potatoes**- On the horizon

# Vegetables & Salad

**Jersey Royals** should start for the end of the month. **Cauliflowers** are currently being sourced from U.K and France. A perfect replacement for English Cabbage would be **Spring Greens** they are delicate and delicious or pointed **Portuguese Hispi (Sweetheart Cabbage)**. **Spanish and English Kale** and **English Purple Sprouting** are now available in the market and will remain available in March provided there are no surprise frosts. The first **Italian Peas in the Pod, Broad Beans** and full range or **Artichokes** are available to pre order.

The first new season **English Potatoes** are due in from **Cornwall** and there is some Spanish scrapping potatoes available.

Fresh from **Milan Markets, Monks Beard**, also known as **Agreffi** and lovely violet and globe artichokes. It is now the rainy season in East Africa, this can have an impact on the quality of **Fine Bean, Mangetout** and **Sugar Snap**. If these products are packed wet, they can develop patches of mould in the boxes or brown 'rust' spots on the produce.

Over the winter salads items like **Peppers, Cucumber** and **Tomatoes** have been extremely problematic, high prices and quality issues due to challenging weather conditions. Due to this there has been some produce arriving from **Belgium** and the **Netherlands** which is always excellent quality but commands higher prices. **Watercress, Rocket** and **Spinach** is all great quality. **French Fancy Lettuces** are still expensive and will remain so throughout spring. **English Lettuces** should begin towards the end of the month, they will be small to start with and bulk out as the warmth arrives. .

We will be working with Nutbourne Nurseries with supply of local tomatoes again and are hopeful for the first few boxes towards the end of the month.

## Nutbourne Nursery Ltd

**Local Asparagus** has started. We are truly privileged that our microclimate has brought on the asparagus this early. The season will continue on to mid- June.



# Riverdene Jam



£11.45

Apricot Jam – 3Kg



£11.45

Mixed Fruit Jam – 3Kg



£16.75

Raspberry Jam – 3Kg



£11.45

Strawberry Jam – 3Kg



£10.30

Marmalade – 3Kg



£19.95

Nutella – Hazelnut Spread – 3Kg



£18.95

Meridian – Smooth Almond Butter – 1Kg



£10.85

Marmite – Yeast Extract – 600g Tub



£12.95

Lotus - Biscoff Spread Smooth 1.6Kg



£22.95

Nutella - Portions 120 x 15g



£29.95

Marmite– Tumble Portion 100 x 8g

# Description



£26.95

**Major- Cheddar Cheese Base Concentrated Base 1Kg**



£36.95

**Major - Lobster Stock Base Concentrated Paste 1Kg**



£18.45

**Maggi - Béchamel Sauce Powder Mix 2Kg**



£24.80

**Maggi - Demi-Glace Sauce Powder Mix 1.5Kg**



£8.95

**Santa Maria - Korean Kimchi Chilli & Garlic Paste 790g**



£6.75

**Tajin - Chilli & Lime Seasoning 400g**

NEW

# Authentic Italian Béchamel. Ready When You Are.



## Premium Virgilio Béchamel - 1 Litre

Made in Mantua, Italy

- ✓ Fresh milk & butter
- ✓ Smooth, consistent texture
- ✓ Ready to use (UHT)
- ✓ Ideal for lasagne & gratins

£3.75

Foodservice Ready | 1 Litre UHT | Consistent Results

Country Fare  
Foodservice



# Paramount



£34.20

**Thai-Style Cod & Prawn  
Fishcakes- 24 x 114g**



£29.95

**Sea Bass, Ginger & Lime  
Fishcake 20 x 100g**



£26.45

**Smoked Haddock & Mozzarella  
Fishcakes- 24 x 100g**



£35.45

**Salmon & Dill Fishcakes-  
24 x 114g**



£31.85

**Massaman Curry Vegan (GF)  
15 x 300g**



£38.75

**Penang Curry Vegan (GF)  
15 x 300g**



£12.85

Squid with Tentacles Lightly  
Dusted 1Kg



£29.45

Pacific West – Breaded  
Salmon Strips 3Kg



£45.45

Pacific West – Seafood Basket  
(Coated) 12x200g



£9.95

Pacific West– Chilli & Mango  
Prawns 500g



£29.70

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



£11.85

Seahawk – Whole Cooked  
Crevettes (Prawns) 20/30 1Kg

# Mains



£39.95

Little & Cull – Chicken & Smkd  
Ham Hock Terrine 3x500g



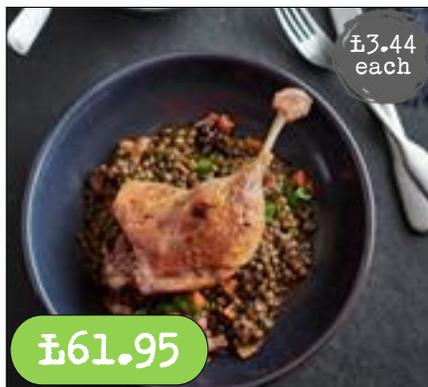
£36.85

Little & Cull – Honey & Mustard  
Ham Hock Terrine 3x500g



£59.95

Foodfellas – Lamb Shank in  
Rosemary & Red Wine 7 x 475g



£61.95

Gressingham – Confit Duck Leg  
18 x 280g



£23.95

Quorn – Plain Fillets Vegan 2Kg  
(69g)



£42.70

Scheff – Candied Vegetable &  
Seed Roast (Vegan) 12 x 300g

Versatile  
Day-part  
usage

Authentic  
Greek Flavour  
Profile

Low Salt

Re-sealable  
Tub

# YAMAS!

Share the Mediterranean

CONTAINS  
**LIVE**  
CULTURES

**DIVE**.into  
**DELICIOUSNESS!**



£13.95

**SPREAD SOME  
MEDITERRANEAN JOY!**

1Kg

Source of  
Protein

Provenance  
Ingredients

Multi-Seasonal

Whipped  
Texture

For more information contact: [YAMAS@futura-foods.com](mailto:YAMAS@futura-foods.com) • [www.yamasdairy.uk](http://www.yamasdairy.uk) •  @yamas\_dairy

# Frozen Loaves



£43.95

**Panesco – Lateral Sliced  
Tramezzino White Bread x6**



£43.95

**Panesco – Lateral Sliced  
Tramezzino Wheat & Rye Bread**



£3.93  
each

£31.45

**Speciality Breads – Olive  
Mediterranean Bread 8 x 600g**



£4.24  
each

£33.95

**Speciality Breads – Tomato  
Mediterranean Bread 8 x 600g**



£6.16  
each

£36.95

**Panesco – Rustic Sourdough  
Bloomer Multigrain 6x1.1Kg**



£4.99  
each

£29.95

**Panesco – Rustic Sourdough  
Bloomer White 41cm 6x1.1Kg**

Frozen Rolls



£13.95

Speciality Breads – Mini Tin Loaf Granary 48 x 58g



£13.95

Speciality Breads – Mini White Tin Loaf 48 x 58g



£30.95

Planete Pain – French Bakers Basket Mini Rolls 150 x 50g



£19.95

PanESCO – Mini Rolls Classic Mix 100 x 35g



£19.85

Planete Pain – Bretzel Round Roll Pre-Sliced 35 x 65g



£18.40

Kara – Gourmet Milk Bun 48 x 69g

# English Oak Vineyard



**Sparkling Wine- Englemann  
Cuvee 6 x 750ml**



**Sparkling Wine- Chinkapin  
Rose 6 x 750ml**



**Sparkling Wine- Wainscot Blanc  
De Noirs 6 x 750ml**



**Sparkling Wine- San Gabriel  
Blancs De Blancs 6 x 750ml**



**ENGLISH OAK  
VINEYARD**

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





£33.95

La Tua – Goats Cheese & Beetroot Gnocchi 3x1Kg



£29.95

La Tua – Tri Colour Gnocchi Vegan 3x1Kg



£42.95

La Tua – Pea & Shallot Ravioli Vegan 3x1Kg



£134.9

La Tua – Crab & Mascarpone Tortelloni 3x1Kg



£53.95

La Tua – Cacio & Pepe Tortelloni 3x1Kg



£53.95

La Tua – Pumpkin, Sage & Ricotta Tortelloni 3x1Kg

**NEW**

# MUSTARD. BUT GOODER.

We've taken sweet potatoes and mustard seeds surplus that could've gone to waste and turned them into a bold, tangy classic with a twist. Smooth, zesty, and ever so slightly sweet, this mustard is a game-changer for your burgers, sandwiches, and dressings. Packed with flavour, sustainability, and a little extra goodness in every squeeze.

It's American  
Mustard.  
But Gooder.



**£18.95** 8 x 285ml



# Lutosa



**£21.95**

18x18mm  
10kg

**£21.25**

10x10mm  
10kg

These fries retain their texture and flavour for **30 minutes**, making them perfect for **foodservice** and **takeaway**. Their special coating reduces oil absorption during frying and offers **unmatched crunch** in every bite.

## ULTRA CRUNCHY

# Sweet Treats



£39.50

**La Tua – Sweet Gnocchi  
Chocolate Hazelnut 3x1Kg**



£39.45

**La Tua – Sweet Gnocchi  
Speculoos Vegan 3x1Kg**



£23.95

**Mademoiselle– Passion Fruit  
Meringue Stack Indivi 12 x100g**



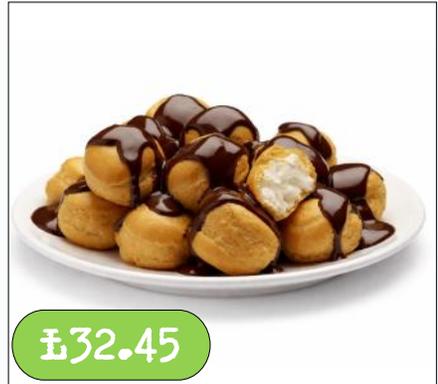
£34.95

**La Lorraine – Apple Frangipane  
Tartlet 28x98g**



£26.95

**Mademoiselle– Apple Filled  
Mini Beignets 70x19g**



£32.45

**Poppies – Profiteroles with  
Chocolate Sauce x134**



£22.40

**Mademoiselle – Raspberry & Apricot Frangipane Tart 12 Ptn**



£35.95

**Mademoiselle – Chocolate & Raspberry Tart Vegan 1x14 Cut**



£38.85

**Frank Dale – Mini Chocolate Cup Selection 4x12**



£32.95

**Frank Dale – Mini Strawberry & Cream Scones 48x26g**



£23.90

**Mademoiselle– Millionaire Caramel Tarts x 15**



£27.75

**Prestige– Mini Cheesecake Selection 35g 4 x 12**

# Suncream Dairies



£32.75

**Gelato Lusso - Bourbon Vanilla  
6Litre**



£32.95

**Gelato Lusso - Chocolate  
Bianco & Strawberry 6Litre**



£32.95

**Gelato Lusso - Doppio  
Cioccolato 6Litre**



£32.95

**Gelato Lusso - Pink Candy Floss  
& Blue Bubblegum 6Litre**



£32.95

**Gelato Lusso - Mint Cioccolato  
6Litre**



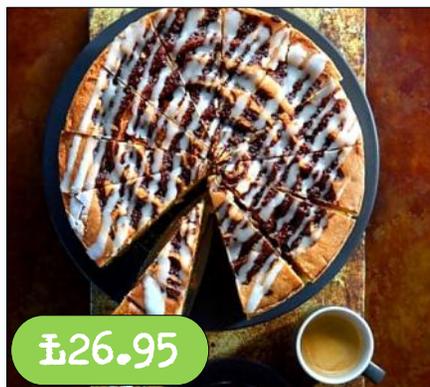
£32.95

**Gelato Lusso - Sea Salted  
Caramello 6Litre**



£21.95

**Mademoiselle – Raspberry & White Chocolate Torte 14 Ptns**



£26.95

**Mademoiselle – Cinnamon Swirl Cheesecake 14 Portions**



£26.95

**Mademoiselle – 6 Layer Chocolate Fudge Cake 14 Portions**



£32.95

**Madem – Vegan Chocolate Salted Caramel Cheesecake**



£31.45

**Mademoiselle – Honeycomb Cheesecake 14 Portions**



£24.95

**Mademoiselle – Raspberry Trifle Cheesecake 12 Portions**

# Pastries



**PanESCO – Salted Caramel Plait**  
48 x 95g



**Bridor – Pistachio Croissant**  
50 x 85g



**Bridor – Mini Pastries Gourmet Mix x 140**



**Bridor – Mini Croissant 29% Butter**  
225 x 25g



**Bridor – Cinnamon Swirl Roule**  
Ultra Kanel 60 x 100g



**Bridor – Vegan Raspberry Filled Croissant**  
44 x 90g

# STRAWJELLY JAM

OOOH BOY,  
THAT'S MY JAM!



£9.95 x 12

**DONUT**  
worry be  
**happy**

Country Fare  
Foodservice

# Food Wrap



£28.95

**Prowrap– Eco Cling Film Rolls**  
Speedwrap 450mm x 200m x 3



£31.95

**Prowrap– Baking Paper Sheets**  
450x750mm x 500



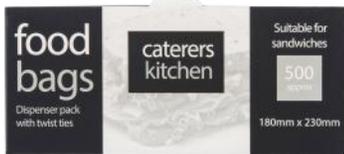
£6.45

**Caterers Kitchen– Aluminium Foil Cutterbox**  
450mm x 75m



£11.75

**Prowrap– Refill Parchment**  
Speedwrap 300mmx50mx3



£5.75

**Caterers Kitchen– Sandwich Food Bags Dispenser Pack**  
x500



£17.95

**Prowrap– Foil Sheets x 500**  
270x300mm

# EVOLUTION X2

SUPER CONCENTRATES

Certified



95% less CO<sub>2</sub> emissions



1 cartridge = 12 x 750ml bottles



85% less energy used

# CLEENOL

# Country Fare<sup>leaves</sup>

Foodservice

TRADESHOW

24/3/2026

9:30 - 15:30



MEET THE TEAM  
LIVE CHEF DEMO'S  
OVER 90 SUPPLIERS  
EXCLUSIVE DEALS ON THE DAY