Fresh Thinking Promotions

October 2026

P.9



£8.95

1883 Pumpkin Spice

P.9



£11.75

Pumpkin Spice Oat Blend

P.42



£25.95

Jessica's Biscoff Blondie

In this Issue...

the Real Soup co.

Fresh Update

Country Fare Foodservice

fresh thinking

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



MEXICO'S FAVOURITE SOFT DRINK

BUY 4 GET 1 FREE



APP ONLY DEAL

MADE IN MEXICO | MADE WITH REAL SUGAR | AUTHENTIC FLAVOURS | LOVED BY MILLIONS AROUND THE WORLD

LOVE STRUCK™

Soups

100% GOOD STUFF

2 of your 5 a day



THREE AMIGOS



GIVE PEAS A CHANCE

£1.24 each



KILLER TOMATO



CAULIFLOWER POWER

£29.95
24X170G

APP ONLY DEAL

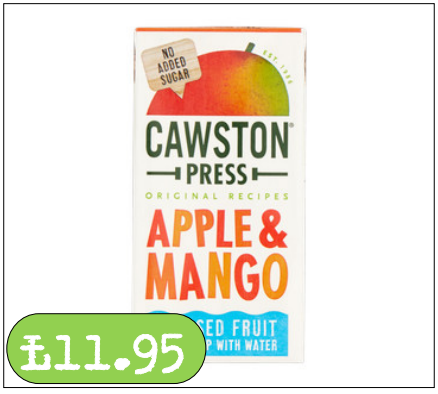
WILTSHIRE SLICED HAM 500G £4.50

APP ONLY DEAL

Cawston Press Juice Water



Cloudy Apple- 18 x 200ml



Apple & Mango- 18 x 200ml



Apple & Pear – 18 x 200ml

CAWSTON PRESS



Sunshine Orange- 18 x 200ml



Apple & Summer Berries- 18 x 200ml



Brilliant Beetroot- 6 x 1Litre



Cloudy Apple- 6 x 1Litre



Pressed Tomato- 8 x 1Litre



Pressed Pink Grapefruit Juice- 8 x 1Litre



Elderflower Lemonade- 24 x 330ml



Cloudy Lemonade- 24 x 330ml

YEW

WHAT IS YEW?

SPARKLING WATER WITH ZERO SUGAR AND FULL FRUIT FLAVOUR.

The 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

YUZU GRAPEFRUIT
Citrusy, tangy and seriously refreshing.

GREEN APPLE
Crisp, juicy and packed with flavour.

PINK RHUBARB
Sweet, sharp and full of character.



ALL NATURAL!



Golden Wonder- Animal Adventures Original 36 x 19g



Pom-Bear- Original 36 x 19g

Crisp



Doritos- Chilli Heatwave Or Cool Original 32 x 44g



McCoy's- Salted,Cheddar,Flame Grilled Or Salt n Vinegar 36 x 45g



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



Propercorn- Sweet & Salty 24 x 30g

Cereal Portions



Alpen- Original Or No Added Sugar Sachets 30 x 45g



Alpen- No Added Sugar 6 x 950g



Just Live A Little- GF Granola Pecan Or Coconut 24 x 45g



Doves Farm- Freee GF Choc Star Or Corn Flakes 20 x 25/30g



Ready Brek- Original 6 x 450g



Weetabix- Portions Individually Wrapped x 96 Catering C



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



1883- Pumpkin Spice Syrup (PET) 1Litre

Hot Beverages



Nescafe- Barista Espresso Blend Coffee Beans 1Kg



Nescafe- Barista Signature Blend Coffee Beans 1Kg



Nescafe- Original Granules 750g



Nescafe- Gold Blend Instant Coffee 750g

Cereal Portions



Nestle- Mini Aero Or Milkybar Pieces 400g



Nestle- Mini KitKat Or Smartie Mix-In 400/500g



Mini Marshmallows- White & Pink 1Kg



Epic- Vegan Toasting Marshmallows 6 x 200g



Food Heaven- Vegan Aerosol Spray Cream 200g



Meadow Churn- Aerosol Spray Cream 500g

Hot Beverages



Nestle- Instant KitKat Hot Chocolate 40 x 28g



Galaxy- Instant Hot Chocolate Add Water 50 x 25g



Mortimer- Instant Hot Chocolate Portions 200 x 25g



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



Say Coffee- Jurassic Ground Filter Coffee Blend 60 x 80g



Twinings- String & Tag English Breakfast Tea Bags 1 x 100

the Real Soup co.™

FAST & EFFICIENT SERVICE GUARENTEED WITH OUR 4KG TUBS

All of the soups in our range are available in handy 4kg 'no mess' microwaveable catering tubs (offering 16 hearty serves), meaning no prep is required and caterers can guarantee accurate portions, peace of mind and complete cost control. Because they are supplied fresh, caterers can simply heat and serve, saving them valuable time which can then be concentrated on more important issues.



TOMATO & BASIL

A smooth and creamy tomato and basil soup.



THAI CHICKEN

A fragrant soup of creamy coconut and chicken blended with lemongrass and red chilli.



MINESTRONE

A classic soup with vegetables and pasta.



LEEK & POTATO

A rustic soup made with leeks and potatoes.



INDONESIAN CHICKPEA

A warming soup with chickpeas, vegetables and aromatic Indonesian spices.



COUNTRY VEGETABLE

A traditional chunky vegetable soup with red lentils and herbs.



CARROT & CORIANDER

A smooth and warming carrot soup with a hint of coriander.



BUTTERNUT & SWEET POTATO

A lightly spiced soup of butternut squash & sweet potato with a hint of rosemary.



Kiwi & Jalapeno Salsa- 1Kg



Mango & Habanero Salsa- 1Kg



Chipotle & Bell Pepper Salsa- 1Kg



Ajo De Andalucia Garlic Puree- 450g



Soy & Black Garlic Glaze- 450g



Parrillada Piri Piri- 450g

Eaten Alive



£7.45

Red Miso Fermented Paste Aka- 1Kg



£7.45

White Miso Fermented Paste Shiro- 1Kg



£7.95

Pink Sliced Pickled Onions- 1Kg



£10.45

Classic Spicy Kimchi- 1Kg



£18.65

Smoked Sriracha Hot Sauce- 1Litre



£17.75

Yuzu Hot Sauce- 1Litre



Reduce complexity in your kitchen

Flora Plant
Salted or Unsalted. A 1:1 swap from dairy, so there's no change to how you operate. You can cook, bake, spread, mash and fry just as you would dairy.

Flora 31%
A dairy cream alternative that is plant based and allergen free that delivers the same creamy richness as dairy. For use wherever you use dairy cream.

Flora Ice Cream Mix
Satisfy your customers from dairy lovers to dairy free. A switch with no compromise on the ice cream experience – whether that's a creamy soft serve or silky gelato.

Flora 15%
Use just like cream to make all your dishes creamy and delicious. An incredibly versatile ingredient that works across an entire menu – savoury or sweet, hot or cold.

FLORA PROFESSIONAL

floraprofessional.com/en-gb

Belazu



Pitted Gordal Olives- 2.5Kg



Smoky Salamanca Pitted Olives- 2.5Kg



Wild Garlic Pesto Vegan- 860g



Green Nut Free Pesto- 1Kg



Sesame Free Houmous- 1.2Kg



Calabrian Chilli Hot Honey Sauce- 450g

Pre-Order



Beef- Topside Roasting Joint (Rolled) Price Per Kilo



Pork Shoulder- Boneless Price Per Kilo



Whole Chicken Large- 1.8Kg Price Per Kilo



Leg Of Lamb (Boneless) UK Price Per Kilo



Beef- Diced Price Per Kilo



Beef- Bavette Steak 6oz Price Per Kilo

Fresh Butchery


Dorset Game
In season this month
Wild Duck
Partridge
Pheasant
Venison
Wild Game Mix



Charmer Blue- 170g



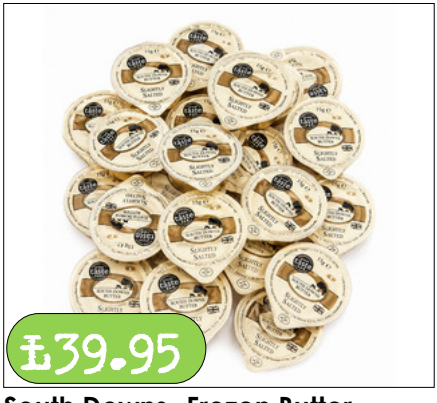
Sussex Charmer Cheddar-Parmesan Style- 800g



Grated Parmesan Style- 500g Twineham Grange



Italian Style Vegetarian Hard Cheese Wedge- 500g Twineham



South Downs- Frozen Butter Portions Slightly Salted x 100



South Downs- Slightly Salted Butter Rolls 12 x 180g

Bookham & Harrison

SOME FAMILY SECRETS SHOULD BE SHARED



When our Grandmother Ivy perfected her vintage Cheddar, it was so good she kept it back for her own table. A century later, we still make it in just the same way, but now you can share it too.

ivys-reserve.com



£19.95

Woodlands Dairy Dorset- Sheep Milk Yoghurt Natural 6x450g



£19.95

Woodlands Dairy Dorset- Goats Milk Yoghurt Natural 6x450g



£21.95

Woodlands Dairy Dorset- Organic Sheep Yoghurt Natural



£7.95

Coconut Collaborative- Natural Coconut Yoghurt 1Kg



£9.85

BV Dairy- Greek Style Yoghurt 5Kg



£6.60

BV Dairy- Low Fat Natural 5Kg

Cotteswold Dairy

Since 1938

Proud to supply Country Fare Foodservice



Cotteswold Dairy was started by Harry Workman in 1938, with a churn of milk and a ladle. Now in its fourth generation, Cotteswold Dairy remains a family-run business, supplying a full range of milk and cream, with a focus on quality products and exceptional service.

Being at the heart of a responsible and sustainable dairy community.

cotteswold-dairy.co.uk



£2.25

Red Coleslaw- Dry Mix 1Kg



£3.25

Red Onion 2mm Sliced- 1Kg



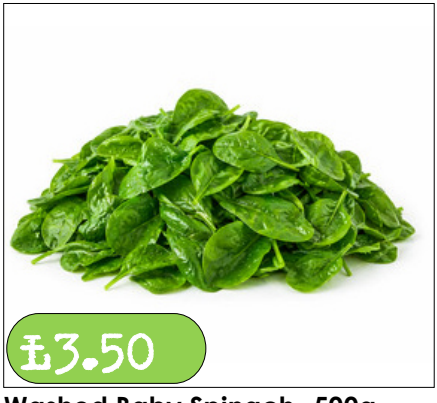
£4.75

Sliced Potatoes- Saute 10mm Sliced 2.5Kg



£6.50

Swede- Diced 20mm 2.5Kg



£3.50

Washed Baby Spinach- 500g



£8.50

Baton Carrot- 10mm 5Kg

October

FRESH PRODUCE
MARKET REPORT

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!



Crown Prince
Gem Squash
Onion Squash
Romanesco
Purple Sprouting Broccoli
Cauliflower
Rainbow Chard

Orange and Green Kaoch
Gem Squash
Iron Bark Pumpkin
Onion Squash
Ornamental
Munchkin Pumpkins
Carving Pumpkins, x-large, large and medium

Pumpkins & Squashes

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 this year has been very low due to large import volumes.

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 Blueberries and **Blackberries** have finished and will be re- placed with **European** imports for a shortwhile, ending up with producefrom **Peru** and **Mexico**. Our superb **English Raspberries** will finish this month and will be replaced with Spanish produce, which tends to be very average.



English Apples

The **Easy Peeling Nadorcotts** 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 Span- ish and French produce. Micro Herbs are availa- ble, please call telesales to place your orders.

Fennel and **White Chicory** are great options for this time of year alongside **Radicchio's**, standard, Treviso and Tardivio. They bring colour and excellent flavour to salads or cooked dishes.

Also switching over will be salad such as **Rocket, Spinach and Cos**. The swtich over to Spanish will add costs due to transport and import charges.



Fennel

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 **Pri- mo Cabbage** or **New Forest Rainbow Chard and Cavolo Nero** will put an Autumnal flavour on any menu. **Winter Leeks** and new season **Brussel Sprouts** are all plentiful. **Loose English Golden** and **Candy Beetroot** have started.



New Forest Crown Prince

Spout Tops are a fantastic winter green that will suit any seasonal menu. **Mixed Chantennay C**arrots 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.**

All of our local squahes are available through October until mid December. **Crown prince** will carry on longer into the new year.



Celeriac Root

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.

Ella's Kitchen



Dairy Free- Banana, Strawberry Rice Pudding 6 x 80g



Dairy Free- Banana Yoghurt From 6 Months 6 x 90g



Melty Puffs- Strawberry & Banana From 6 Months 4 x 20g



Melty Puffs- Tomato & Leek From 6 Months 4 x 20g



Squash, Carrots, Apples & Prune Puree From 4 Months 7 x 120g



Sweet Potato, Broccoli & Carrot Puree From 4 Months 7 x 120g

Santa Maria





ICONIC SAUCES. AUTHENTIC FLAVOURS.

We travelled to the epicentre of craft BBQ, where people wait for hours to get a taste of what's raved about. We teamed up with top pitmasters. And created a range of sauces that capture the flavours from BBQ hotspots around the world. Discover the products, the stories and the ways to put those flavours on your menu.

TO FIND OUT MORE SCAN BELOW

PAULIG PRO

UNLOCK A WORLD OF FLAVOUR

Dry Stores



£14.95

Maggi- Powdered Coconut Milk Yield 5Litre 1Kg



£51.95

Maggi- Rich & Rustic Tomato Sauce Yield 30 Pints 6x3Kg



£8.95

Cooks & Co- Ginger Puree 1Kg



£3.25

Et Voila- Garlic Puree 1Kg



£26.95

Pomi- Tomato Passata 12 x 1Kg



£15.25

Bisto- Original Gravy Granules 1.9Kg



Dino's- Big Dog Pork Hot Dogs 6x360g



Bannisters- Jacket Potatoes 35x250g



Dino's- American Mustard Or Ketchup 12x250ml



Rubies- Squeezy Mustard 8x285ml Or Ketchup 6x485ml



Caterers Kitchen- Ketchup Or Brown Sauce x 200



Dino's- Crispy Fried Onions 8x150g

Big Dogs & Big Flavours

Diggers®

SOY & GINGER CRISPY SHREDDED CHICKEN

Tender chicken breast strips coated in a crispy soy & ginger batter

OVEN

DEEP FRY

MADE WITH 100% CHICKEN FILLET



Serving Suggestion

SCAN HERE FOR RECIPES

Diggers® DELICIOUSLY TASTY



Prawn Twister (Spring Roll Pastry)- 800g



Large Battered Cod Fillets MSC 16 Portions 200-230g- 3.2Kg



Seafood Basket (Coated)- 12 x 200g



Katsu Prawns (Battered)- 500g



Sweet Chilli Squid Bites- 1Kg



Chilli & Mango Prawns (Hand Crumbed)- 500g

Fentimans



Elderflower Tonic Water- 24x200ml



Pink Rhubarb Tonic Water- 24x200ml



Indian Tonic Water- 24x200ml



Naturally Light Tonic Water- 24x200ml



Soda Water- 24x200ml



Botanically Brewed Ginger Beer- 12x275ml



Cherry Tudor Pink Gin 37.5%- 70cl



Cinnabar Spiced Rum 41%- 70cl

Portsmouth Distillery





Fort Gin Portsmouth Dry 41%- 70cl



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

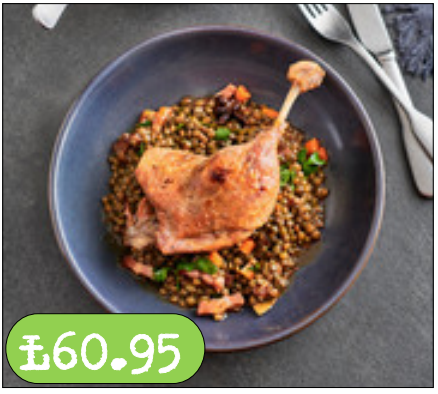


1968- Portsmouth White Rum 41%- 70cl

Frozen Meat Selection



Gressingham- Duck Breast 250-280g x 10



Gressingham- Confit Duck Leg 18 x 280g



Gressingham- Shredded Duck 1Kg



Foodfellas- Lamb Shank In Rosemary & Red Wine 7 x 475g



Midland Bacon Co- Barr Gammon Steaks 20 x 2 x 4oz



Midland Bacon Co- Horseshoe Gammon Steak 8 x 2 x 10oz



Ravioli- Asparagus & Ricotta Tortelli 3Kg



Cannelloni With Meat- 3Kg



Gnocchetti Sardi- Malloreddus Pasta 3Kg



Ravioli- Scallops & North Sea Prawns Panciotti 2Kg



Ravioli- Nduja Pork & Pecorino Raviolacci 3Kg



Ravioli- Ricotta & Sicilian Pistachio Bauletti (Vegetarian)

Darta



Diced Potato 10 x 10mm- 2.5Kg



Diced Potato 20 x 20mm- 2.5Kg



Rib-Shaped Half Corn Cobs- 1Kg



Avocado Topping Guacamole Mix- 1.25Kg



Red Onion Sliced- 2.5Kg



Romanesco Florets- 2.5Kg

LOUIS POMMERY

England

HAMPSHIRE SPARKLING WINE

CRAFTED WITH CHAMPAGNE SAVOIR-FAIRE



GREAT TASTE AWARD WINNING RANGE

MOVING MOUNTAINS

PLANT BASED FOOD FOR A BRIGHTER TOMORROW

SMALL SWAPS MOVE MOUNTAINS

Delicious, plant-based favourites for chefs who want great food that's better for people and the planet.



HIGH IN PROTEIN

SOURCE OF FIBRE

BETTER FOR PLATE AND PLANET

GOOD FOOD FUELS CHANGE

OUR PLANT-BASED RANGE
GREAT TASTE. REAL IMPACT.

SAME GREAT TASTE A BRIGHTER TOMORROW



VEGAN BURGER
20 x 114g



VEGAN SAUSAGE
50 x 40g (2Kg)



VEGAN BRUNCH PATTIES
44 x 56g



NO MEAT MEATBALLS
17g (2Kg)



NO CHICKEN NUGGETS
21g (2Kg)



NO CHICKEN BURGER
18 x 125g



SLICED BACON
14 x 120g



HOT DOG FRANKFURTER
24 x 90g



NO FISH FINGERS
x64 (2Kg)

HIGH IN PROTEIN | SOURCE OF FIBRE | LOW IN SAT' FATS | LOW SUGAR | GLUTEN FREE | FREE FROM SOY

BETTER FOR PLATE AND PLANET

hello@movingmountainsfoods.com | movingmountainsfoods.com


SATISFY THOSE
SWEET CRAVINGS!
DONUT worry be happy



Speciality Breads- Dirty Chai & Matcha Traycake x18 Portions



Speciality Breads- Cherry Blossom Traycake x18 Portions



Speciality Breads- Hot Honey & Pear Traycake x18 Portions



Speciality Breads- Peach & Turmeric Traycake x18 Portions



Cake- Biscoff Millionaire Shortbread Traybake x15



Mademoiselle- Chocolate & Cherry Cake 14 Portions

Jessica's - Individually Wrapped



Iced Fruit Cake Slice- x18



Biscoff Blondie- x18



Brookie- x18



Chocolate Brownie GF- x18



Date & Apple Flapjack Vegan GF- x18



Raspberry Blondie- x18

PURBECK
Award Winning Dorset
Ice Cream

Ube - (Oo-Bay)

Meet ube – a naturally vibrant purple yam from the Philippines with a smooth, creamy flavour and subtle notes of vanilla and coconut.



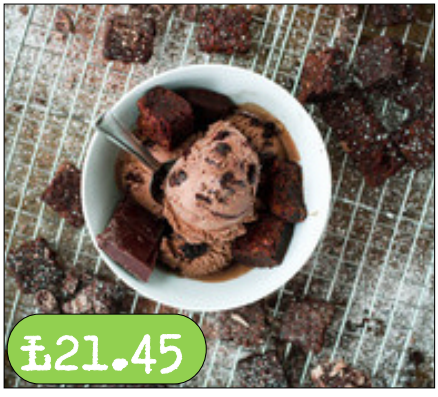
Ice Cream



Brimbles- Chocolate Ice Cream Pots 60 x 80ml



Brimbles- Strawberry Ice Cream Pots 60 x 80ml



Marshfield- Napoli Chocolate Fudge Brownie 4.5Litre



Marshfield- Napoli Funky Banana 4.5Litre



Marshfield- Honey & Stem Ginger 12 x 125ml



Marshfield- Plant Based Vanilla 12 x 125ml



Beef With Veg- Ready Meals For Dogs 1 x 8



Turkey With Veg- Ready Meals For Dogs 1 x 8



Pig In A Blanket- 100% Natural Dog Chews x 25



Duck Bites- 100% Natural Dog Treats x 25



Branded Dog Bowls Enamel x 5



Adios- Compostable Dog Poo Bags 50 Rolls x 15

Delphis



Delphis- Active Dish Washing Up Liquid Concentrate 5Litres



Delphis- Multi Purpose Cleaner Concentrate 5Litres



Delphis- Drain Cleaner & Maintainer 20 Bio Fizzy Tablets



Delphis- Cream Cleaner 500ml



Delphis- Chewing Gum & Graffiti Remover 700ml Spray Bottle



Delphis- Scented Air Neutraliser 700ml Spray Bottle



Majestic- Hot Cup Sip Lids Fits 12oz-16oz Cups x 1000



Majestic- Black Ripple Wall Cups 12oz x 500



Vegware- Christmas Cup Double Wall 12oz x 500 89 Series



Vegware- 89 Series Hot Cup Sip Lids x 1000



Caterpack- Wooden Wrapped Cutlery Set x 250



Grab & Go- 12 Or 16oz Soup Cup & Lid x 250

Country Fare
Foodservice

Fresh Food Brighter Ideas

SAVE THE DATE

fresh thinking

TRADE SHOW

09.03.27