

# THE MENU

Issue No. 15 - June 2016  
Valid to 30 June 2016

## MAGAZINE



♥ *Love good food?  
Love Plassey Food.*



Supplier features  
in this issue:

**Favoloso  
Pizza**

**Bluebell Falls  
Goats Cheese**

**Valentia Island  
Ice Cream**

**Prestige Foods  
Artisan Desserts**

**One stop shop to the foodservice industry**

Plassey Food & Distribution Co. Ltd., Rathkeale Industrial Estate, Co. Limerick.  
Tel: **069 63500** Email: [sales@plasseyfood.ie](mailto:sales@plasseyfood.ie) [www.plasseyfood.ie](http://www.plasseyfood.ie)

# Plassey Food – The Menu Magazine, June 2016

## We are committed to giving you the best price possible!

It this month's edition of The Menu Magazine we introduce the best offers we have for you, marked with the following:



This month we feature the following suppliers:

- FavoLoso – Italian Style Pizza
- Bluebell Falls - Goats Cheese
- Valentia Island - Ice Cream & Sorbets
- Prestige Foods - Artisan Desserts

And if you love good food ....do try the tasty pork loin with Prosciutto, Emmental cheese and sage recipe on page 3.

Best regards,

Don Flynn & Tom Magner  
Directors



## Amazing food from local suppliers

Plassey Food is all about bringing you amazing food from local suppliers.

And that is just what we have for you in this edition of The Menu Magazine with great goats cheese from County Cork and fabulous desserts and ice cream from Co. Kerry.



## Continuous improvements

Our ultimate goal is to provide you - our customer - with a quality experience, meeting or exceeding your expectations, with each and every order placed.

In order to do just that we are working continuously to improve our service to you, as our service is what makes us different.

Soon we will start with a new picking system in our warehouse facility in Rathkeale to improve efficiencies when preparing your orders for delivery. This new picking system will reduce the error margin of orders going wrong and will even further improve our success rate for on-time deliveries.

## Sourcing Products

If you are looking for a particular product then please contact Plassey Food, call our Telesales staff on (069) 63500 or contact your regional sales representative – see [www.plasseyfood.ie](http://www.plasseyfood.ie) for details - and we will assist you in your search to find the required product.

 *Love good food?  
Love Plassey Food.*

# Tasty Chicken



Fresh Chicken  
Supreme 8oz x 20  
Code: 70001  
Was €28.00  
**NOW €25.00**



Fresh Chicken  
Supreme 10oz x 20  
Code: 70002  
Was €35.00  
**NOW €30.00**



1400g Double  
Breast 15pce  
Code: 3235  
Was €43.50  
**NOW €35.50**



1600g Double  
Breast 15pce  
Code: 3245  
Was €54.00  
**NOW €44.00**



1400g Tray Pack  
Chicken x 6  
Code: 1020  
Was €32.00  
**NOW €22.00**



## Sourcing Products

Chicken is an excellent source of protein in the diet. It is naturally low in carbohydrates. Chicken is a good source of Vitamin B3 and Vitamin B6 and is also a good source of minerals including iron.

Generally chicken breast meat contains the lowest level of fat, followed by skinless thigh and drumsticks. Removing the skin from the chicken portion considerably lowers the overall fat content of the meat.

# Skeaghanore Duck

## The Highest Quality

Skeaghanore ducks, from West Cork, are hand-reared, bedded on straw, and fed on a 100% natural cereal-based diet.

The end product is exceptionally succulent and tasty. What's more, chefs also point out another secret ingredient: the salt-laden air from nearby Roaring Water Bay, which lends an intriguing salty taste to Skeaghanore ducks.

It is no wonder that Skeaghanore ducks are a regular feature on the menus of top chefs in the Southwest of Ireland for many years.



Skeaghanore  
Whole Duck  
2200g  
Code: 72012  
Was €6.95/kg  
**NOW €5.75/kg**



Skeaghanore  
Fresh Duck  
Breast 4 pck  
Code: 72013  
Was €24.00/kg  
**NOW €19.95/kg**



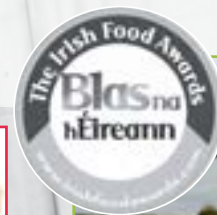
Skeaghanore  
Confit of Duck 6 pck  
Code: 72014  
Was €24.00/kg  
**NOW €19.95/kg**



Skeaghanore  
Fresh Duck Legs  
6 pck  
Code: 72015  
Was €19.20  
**NOW €15.90**



Skeaghanore  
Smoked Duck  
Breast 220gx6  
Code: 72016  
Was €52.00  
**NOW €40.00**





Pork Steak Fillet  
Code: 62004  
Was €9.40/kg  
**NOW €7.30/kg**



Pork Loin Chops  
Code: 62005  
Was €6.15/kg  
**NOW €4.70/kg**



Pork Mince 2.5kg  
Code: 62010  
Was €12.40/2.5kg  
**NOW €9.60/2.5kg**



Baby Back Loin Ribs  
Code: 62012  
Was €6.60/kg  
**NOW €5.00/kg**



Pork Loin  
Code: 62001  
Was €5.20/kg  
**NOW €3.20/kg**

## Recipe of the Month

# Pork Loin with Prosciutto, Emmental Cheese & Sage

Prep time 10 minutes  
Cook Time 75 minutes  
Serves 8 people

All details on:  
<http://plassefood.ie/pork-loin-prosciutto>



Pulled Pork 1kg  
Code: 959031  
Was €10.75  
**NOW €8.50**



Pork & Leek Sausages 5kg  
Code: 620201  
Was €21.50  
**NOW €16.70**



Pork & Black Pepper Sausage 5kg  
Code: 62018  
Was €21.50  
**NOW €16.70**



Pork & Apple Sausage 5kg  
Code: 62019  
Was €21.50  
**NOW €16.70**

## Beautiful Bacon



Bacon Loin  
Code: 630011  
Was €4.30/kg  
**NOW €2.95/kg**



Boned And Rolled Gammon  
Code:63005  
Was €4.40/kg  
**NOW €2.95/kg**



Bacon Gammon Horseshoe  
Code: 63003  
Was €3.95/kg  
**NOW €3.00/kg**



Bacon Collar  
Code: 630002  
Was €4.55/kg  
**NOW €3.60/kg**



Smoked Bacon Loin  
Code:63002  
Was €5.55/kg  
**NOW €4.30/kg**



Smoked streaky bacon 2.27kg (raw)  
Code:236  
Was €6.45/kg  
**NOW €5.00/kg**



Fresh Cooked Streaky Bacon 1kg  
Code: 19200  
Was €17.00  
**NOW €14.00**



Smoked Bacon Lardons 1kg  
Code:63011  
Was €6.50  
**NOW €6.25**



Chilled Rindless Back Bacon 2.27kg  
Code: 63009  
Was €10.00  
**NOW €8.50**



# FavoLoso Authentic Italian Style Pizza's

Absolutely Fabulous Foods pizza bases are handmade in Ireland daily. Our bases are made using the traditional Italian method to produce fabulous tasting pizza.

They are part baked and blast frozen directly from our stone ovens to trap in all the flavour.

If you love simplicity you'll love our system. Simply choose the required pizza from our extensive pizza range, remove packaging and place in the stone oven and serve perfect pizza in just 3 1/2 minutes.

They can also be cooked in a Merry Chef or turbo chef in just 2 minutes or a convection oven, the time depends on the model.

## Existing Customers

launching our newly branded

## FavoLoso Pizza

*The same great pizza with our fresh new look.*

### EARLY SEASON OFFER

*(limited to 2 purchases per customer)*

Buy any **3 cases of sauced bases** and receive **2 cases (10 Units) x 12" ready made FREE** or Buy any **6 cases ready made** and receive **2 different ones FREE**



## New Customers

- 1 x Twin glass oven
- 1 x ven install and staff training
- 1 x Pizza Paddle
- 1 x Pizza Cutter
- 12 Menu Cards customised
- 3 A2 posters
- 3 A3 posters

6 cases of ready made 12" pizzas

or 2 cases pizza bases and a case of mozzarella

Normal RRP €3350.50

EARLY SEASON OFFER

**€2850** incl. VAT

Save €500

Call for a free Demo today.  
Offer available while stocks last.



## WHAT ARE THE BENEFITS

- High Profit
- Quality Italian built stone oven
- Extends food service hours (late night)
- National Distribution
- No Royalties
- Low cost oven payment plan available
- Cooks from frozen in just 3 minutes
- 100% natural ingredients

## REQUIREMENTS

- Low skill needed - in store training provided
- No extraction needed
- Suitable for front of house use
- Fits on most counters
- Wall mountable oven
- Oven plug and play install
- No food wastage
- Full POS package supplied

**No Wastage, No hassle just High Margins. Some hotels are reporting margins of up to 85% !! Now your staff can serve perfect pizza, any time, any place. Now is the time for you to get your slice of the pizza market.**



# Pizza Toppings



Italian Pizza Sauce  
15kg  
Code:ts120  
Was €21.99  
**NOW €17.50**



Love Olive Mixed  
Olives 1kg  
Code: 63009  
Was €11.25  
**NOW €9.35**



Sliced jalapeños 2.8kg  
Code:371  
Was €7.80  
**NOW €6.00**



Smoked Julienne 1kg  
Code: 1198  
Was €6.75  
**NOW €5.00**



Pepperoni 1kg  
Code: 7159  
Was €10.25  
**NOW €8.00**



Pineapple Chunks  
24x850g  
Code: 381  
Was €40.00  
**NOW €32.00**



## Sample Profit Forecast

### Ready Made Pizza

<b>70 x 12" ready made pizza per week @ sales price of €10</b>	<b>€700</b>	<b>100 x 12" ready made pizza per week @ sales price of €12.95</b>	<b>€1295</b>
Cost of Stock	€217	Cost of Stock	€310
Electricity (average)	€14	Electricity (average)	€14
Extra labour cost	€0	Extra labour cost	€0
Profit per week	€413	Profit per week	€971

### Annual Profit

**€21,475**

### Annual Profit

**€50,492**

### Sauced Bases

<b>80 x 12" ready made pizza per week @ sales price of €10</b>	<b>€800</b>
Cost of Stock	€168
Electricity (average)	€14
Extra labour cost	€0
Profit per week	€618

### Annual Profit

**€32,136**

<b>120 x 12" ready made pizza per week @ sales price of €10</b>	<b>€1200</b>
Cost of Stock	€372
Electricity (average)	€14
Extra labour cost	€0
Profit per week	€814

### Annual Profit

**€42,328**

# The Perfect Lunch



Cheese & Herb Subroll  
12" x 28  
Code: 959024  
Was €16.50  
**NOW €13.50**



Maize Topped Subroll  
12" x 28  
Code: 959014  
Was €14.50  
**NOW €11.75**



9 Grain Subroll  
12" x 28  
Code: 959013  
Was €14.50  
**NOW €11.75**



Sesame & Nigella  
Panini 130g x 18  
Code: 28100  
Was €7.50  
**NOW €6.25**



Salud Plain Tortilla  
Wraps 25cm x 144  
Code: 37125  
Was €25.50  
**NOW €19.50**



Onion Oval Bap  
85g x 48  
Code: 1663  
Was €21.95  
**Now €17.50**



Premium Sliced  
Ham 500g  
Code: 63215  
Was €3.35  
**NOW €2.75**



Sliced Italian  
Prosciutto 500g  
Code: 732001  
Was €14.30  
**Now €9.95**



Sliced Milano  
Salami 500g  
Code: 73205  
Was €10.25  
**Now €7.95**



Alfees Real Mayo 10kg  
Code: 1301  
Was €23.00  
**Now €17.50**



Ballymaloe Country  
Relish 5kg  
Code: 73523  
Was €30.00  
**Now €24.00**



Love Olive  
Cherry Tomatoes 1.15kg  
Code: 59010  
Was €13.50  
**Now €10.50**





# Bluebell Falls

[www.bluebellfalls.ie](http://www.bluebellfalls.ie) Goats Cheese



## Award-winning goats cheese From county Cork

Fresh goats cheese straight from the farm produced by Bluebell Falls, a family business run by Victor & Breda O'Sullivan in Newtownshandrum, Co. Cork.

Breda, the cheesemaker, is overseeing every aspect of production and packaging. Morning and evening milk is used to make each daily batch of fresh Bluebell Falls cheese.

Production is a traditional natural process, with milk transferred direct from the milking parlor to the dairy each day. Milk is chilled, pasteurised, and made into curds with vegetarian rennet.

## Is goat cheese good for you? We say YES!

Goat cheese, like goat milk, is easier on the human digestive system and lower in calories, cholesterol and fat than its bovine counterpart. The fats found in goat milk products are high in middle chain fatty acids, which are easier for the body to process than those found in cow's milk.

### Did you know?

**Goats cheese is half the fat  
and double the protein!**  
*Compared to cows milk*

## The healthy facts about goats cheese:

### It has fewer calories than cow's cheese.

Goat cheese clocks in at just 75 calories per ounce—significantly less than popular cow cheeses like mozzarella (85), Brie (95), Swiss (108), and cheddar (115).

### It also has more vitamins and minerals than cow's cheese

Goat's milk is richer in essential nutrients vitamin A, vitamin B, riboflavin, calcium, iron, phosphorus, magnesium, and potassium.

### It's easier to digest.

Goat milk has less lactose and a slightly different protein structure than cow's milk. These subtle shifts actually make a big difference: Even people who are allergic to cow's milk can usually drink goat's milk without issue.

### Goats are easier on the earth.

Since they're smaller than cows, they require less space and less food. Goats can also survive in places where other dairy animals literally can't: They're opportunistic foragers who happily munch on a wide variety of plants that cows won't eat, like desert scrub, weeds, trees, shrubs, and aromatic herbs.



Bluebell Falls original  
500g  
Code: 77004  
Was €10.50  
Now €7.65



Bluebell Falls honey  
500g  
Code: 77005  
Was €11.50  
Now €8.50



Bluebell Falls pepper  
500g  
Code: 77006  
Was €11.50  
Now €8.50

# Valentia Island Farmhouse Ice Cream

## Pure Pleasure!



Valentia Island Farmhouse Ice Cream a family business run by Joe and Caroline Daly in Co. Kerry. They daily produce the most fantastic ice cream made from full fat milk and cream from their own herd, with no artificial flavourings, colours or preservatives.

### Pure pleasure

The moment you take a spoonful, you can taste pureness on the tongue. It is all made in a dairy on site not far from where the cows are grazing!

### Exciting flavours

Valentia Farmhouse Ice Creams come in a great variety of exciting flavours. They also produce a good range of non-dairy ices and sorbets like zingy lemon, tropical mango or pineapple and a mouth-watering strawberry.

As Joe says "You name it we can make it!"



Madagascar Vanilla Ice Cream	2.5ltr	Was €16.95	Now €13.25
Guinness Ice Cream	2.5ltr	Was €16.95	Now €13.25
Baileys Ice Cream	2.5ltr	Was €16.95	Now €13.25
Tiramisu Ice Cream	2.5ltr	Was €16.95	Now €13.25
Rum & Raisin Ice Cream	2.5ltr	Was €16.95	Now €13.25
Pistachio Ice Cream	2.5ltr	Was €16.95	Now €13.25
Brown Bread Ice Cream	2.5ltr	Was €16.95	Now €13.25
Salted Caramel Ice Cream	2.5ltr	Was €16.95	Now €13.25
Sea Salt Ice Cream	2.5ltr	Was €16.95	Now €13.25
Buttermilk Ice Cream	2.5ltr	Was €16.95	Now €13.25
Coconut Ice Cream	2.5ltr	Was €16.95	Now €13.25
Blue Berry Ice Cream	2.5ltr	Was €16.95	Now €13.25
Bubble-gum & Marshmallow	2.5ltr	Was €16.95	Now €13.25
Champagne Sorbet	2.5ltr	Was €16.95	Now €13.25
Gin & Tonic Sorbet	2.5ltr	Was €16.95	Now €13.25
Vodka & Red Bull Sorbet	2.5ltr	Was €16.95	Now €13.25
Lemon Sorbet	2.5ltr	Was €16.95	Now €13.25
Strawberry Sorbet	2.5ltr	Was €16.95	Now €13.25
Raspberry Sorbet	2.5ltr	Was €16.95	Now €13.25
Blackberry Sorbet	2.5ltr	Was €16.95	Now €13.25

And over 400 more flavours available on request!



Serving suggestion

# Dessert inspiration!

## Hand crafted artisan desserts

Deliciously creamy artisan desserts. Made in Listowel, Co. Kerry from the highest quality ingredients, hand finished and individually portioned.

Taste the difference!

### Features and Benefits

- High-quality ingredients
- Hand crafted & decorated
- Made fresh then instantly blast frozen to ensure freshness and preserve flavours
- Defrost & serve
- Easy to further decorate if preferred



Serving suggestion



Baked Vanilla Cheesecake Portion  
Code: 84007  
Was €26.50  
Now €18.50



Lemon Coldfill Cheesecake Portion  
Code: 84010  
Was €26.50  
Now €18.50



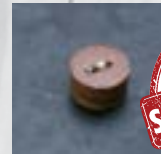
Baked Belgian Chocolate Cheesecake  
Code: 84001  
Was €26.00  
Now €18.50



Baked Vanilla Cheesecake Mini  
Code: 84008  
Was €26.75  
Now €18.75



Lemon Coldfill Cheesecake Mini  
Code: 84011  
Was €26.75  
Now €18.75



Baked Belgian Chocolate Cheesecake Mini  
Code: 84002  
Was €26.75  
Now €18.75

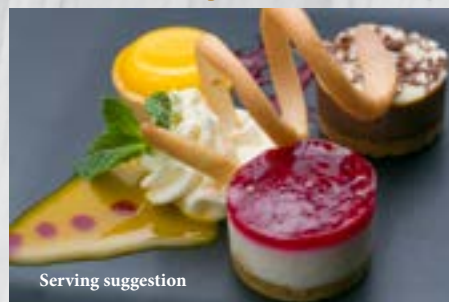


Serving suggestion

See product catalogue for all available varieties:

- Raspberry cheesecake / Strawberry cheesecake
- Chocolate tartlet / Lemon tartlet
- Italian chocolate Amaretti dessert

## Made by Chefs for Chefs



Serving suggestion



Serving suggestion



Serving suggestion

# House Wine Special



## Chile

**Brisa Rose Cabernet Sauvignon/Merlot - 12x750ml was €108 NOW €96**

*This is a brilliant pink wine with slight hints of cherry-red. Its aromas are reminiscent of red fruits such as blackberries and raspberries. It is refreshing and balanced on the palate, with a medium body, pleasant acidity and persistent fruit flavours.*

**Vista Brisa Cabernet Sauvignon - 12x750ml was €108 NOW €96**

*It presents a red colour with violet highlights. In the nose the outstanding aromas are of blackberries, plums and black cherries, blended with hints of vanilla. In the mouth there are smooth, rounded tannins and flavours of red and black fruits, enhanced with notes of caramel.*

**Vista Brisa Chardonnay - 12x750ml was €108 NOW €96**

*This is a pale yellow wine with golden highlights. It offers us aromas of tropical fruits surrounded by gentle wood aromas. It is fresh and rounded in the mouth, with great intensity: the fruit flavours found in the nose mingle with exquisite touches of vanilla and caramel.*

**Vista Brisa Sauvignon Blanc - 12x750ml was €108 NOW €96**

*This is pale yellow in colour with greenish highlights. It possesses strong aromas of tropical fruits such as passion fruit, white flowers, such as jasmine and orange blossom and touches of citrus. It is juicy in the mouth with a delicious acidity, making it a fresh and attractive wine.*

**Vista Brisa Merlot - 12x750ml was €108 NOW €96**

*This wine is deep red in colour with violet highlights. It offers intense aromas of red fruits and plums, overlaid with pleasant notes of wood. It tastes fruity on the palate, with rounded tannins, which, together with a delicious acidity, go to make up a long, delightful finish, plenty of mature fruits.*

## Romania

**Calusari Pinot Grigio - 6 x 750ml was €54 NOW €48**

*Lovely, opulent aromas of grapefruit and peach follow through to a lithe body, with loads of fruit as well as abundant melon and apple character and citrusy acidity.*

**Calusari Sauvignon Blanc - 6 x 750ml was €54 NOW €48**

*A cracking wine from Romania that needs to be tasted. An excellent Sauvignon blanc with a dry crisp finish, perfect with any seafood dishes or summer salads.*

**Calusari Pinot Noir - 6 x 750ml was €54 NOW €48**

*Light, soft and welcoming nose of autumn fruits. Soft smooth & spicy flavours throughout with generous soft red fruit flavours & a lovely elegant finish.*



## Argentina

**Don Apro Chardonnay - 12x750ml was €108 NOW €96**

*Very brilliant yellow-greenish tonalities. Fair bearing and very delicate aromas that reminds green apples, pineapple and mango fruit. Good acidity and lot of softness and greasiness at the time.*

**Don Aparo Malbec - 12x750ml was €108 NOW €96**

*Colourful and lightly perfumed with big, juicy blackberry flavours, and overtones of plum and black cherry. A good accompaniment to pasta, red meat or even pizza*