

THE MENU

Issue No. 16 - July 2016
Valid to 31st July 2016

MAGAZINE



♥ *Love good food?
Love Plassey Food.*



Supplier features
in this issue:

Love Olive

O'Hara's
Craft Beers

Forrestal Wine
Specialist

One stop shop to the foodservice industry

Plassey Food & Distribution Co. Ltd., Rathkeale Industrial Estate, Co. Limerick.
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Plassey Food – The Menu Magazine, July 2016

Going the extra mile!

Plassey Food is all about: service, quality and value for money. And value for money is exactly what we have on offer in our new SuperDeals leaflet.

Have you seen it yet? 100 amazing offers – guaranteed quality but prices as low as we can go!

Besides this we also feature some suppliers & manufacturers in this month's edition of our The Menu Magazine:

- Love Olive
- O'Hara's Craft Beers
- Forrestal Wine Specialist

Enjoy the summer!

Best regards,

Don Flynn & Tom Magner
Directors

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SuperDeals

SuperDeals for the next few weeks

Here are some of our amazing offers:

Bandon Vale Mozzarella - was €45.00 NOW €30.00
From 4/7 till 9/7 only, while stocks last

Fresh 6oz beef burgers x20 - was €20.00 NOW €13.60
From 11/7 till 16/7 only, while stocks last

Maxwell House Coffee 750gr - was €21.00 NOW €15.00
From 18/7 till 23/7 only, while stocks last

View all our special offers online:
<http://plasseyfood.ie/special-offers>



All prices in this leaflet are subject to change without notice. Whilst we make every effort to provide you the most accurate, up-to-date information, errors may occasionally occur.

In the event a product is listed at an incorrect price, Plassey Food shall have the right to refuse or cancel any orders placed for product listed at the incorrect price.



Through their experience and passion, Love Olive has developed a number of personal relationships that have secured the best olive selection in Ireland.

Through independent buyers they source premium quality olives from Europe, the Middle East and beyond providing an unrivalled choice that gives their customers the pick of the best olives from any growing region on earth.

90% of the olives are sourced in Greece as continuity of supply is important. But there is another reason too. Given the varying terrain and temperatures, soil systems and growing conditions, Love Olive considers the Greek olive to be unsurpassed.



Slow Roast
Tomato 1.15kg
Code: 59011
Was €12.95
NOW €9.95



Slow Roast
Cherry Tomato
1.15kg
Code: 59010
Was €13.95
NOW €10.50



Sundried Tomato
Pesto 1kg
Code: 59005
Was €21.35
NOW €16.50



Smoked Tomato
Pesto 1kg
Code: 9856
Was €21.35
NOW €16.50



Chilli & Basil
Hummus 1kg
Code: 59008
Was €12.95
NOW €9.95



Traditional
Hummus 1kg
Code: 59007
Was €9.95
NOW €7.95



Exotic Olive Mix
1kg
Code: 59006
Was €11.50
NOW €9.50



Pepperlicious
Stuffed Peppers
2kg
Code: 49
Was €28.50
NOW €22.50

FACTS ABOUT OLIVES

- Olives are rich in Vitamin E and 'good fat'.
- The olive flower is white and only flowers after four years.
- Olive trees are harvested for the first time after 15 years.
- It takes seven litres of olives to make one litre of olive oil.
- The world consumes about 2.25 million tonnes of olive oil a year.
- The average life of an olive tree is between 300 and 600 years.

Beautiful BBQ Beef



Fresh 6oz Burgers
x20
Code: 60044
Was €20.00
NOW €16.00



Fresh 8oz Burgers
x 16
Code: 60045
Was €25.60
NOW €20.00



8oz Ribeye Steaks
5pck
Code: 60034
Was €23.25
NOW €18.25



Baby Back Ribs 10kg
Approx.
Code: 62012
Was €6.60/kg
NOW €5.20/kg



8oz Striploin Steaks
5pck
Code: 60040
Was €28.75
NOW €22.25



Chicken



Fresh Chicken
Wings 10kg
Code: 3640
Was €25.00
NOW €20.00



Fresh Chicken
Drumsticks 10kg
Code: 3621
Was €29.50
NOW €22.95



Alfee's Piri Piri
2.5kg
Code: 1316
Was €18.50
NOW €12.95



Alfee's Buffalo Wing
Sauce 2.5kg
Code: 1314
Was €11.95
NOW €8.25



Alfee's Chipotle BBQ
Sauce 2.5kg
Code: 4061
Was €14.95
NOW €8.95



Alfee's Sriracha
Sauce 2.5kg
Code: 1315
Was €11.95
NOW €8.25



Alfee's South Carolina
BBQ Sauce 2.5kg
Code: 1313
Was €10.75
NOW €7.50

Quality Lamb



Boneless Lamb
Chumps
RRP €13.95/kg
NOW €10.85/kg



French Lamb Rack
RRP €23.50/kg
NOW €18.50/kg

Lamb for Roasting
Saddle or loin, best end of neck (rack of lamb), shoulder, leg, breast.

Lamb for Braising
Chump chops, loin, leg.

Lamb for Grilling and Frying
Best end cutlets, loin chops, chump chops, steaks from fillet end of leg.

Lamb for Boiling & Stewing
Knuckle, scrag and middle neck, breast, leg.



Hind Quarter Lamb
Shanks
RRP €9.25/kg
NOW €7.25/kg



Lamb Fillets
RRP €25.75/kg
NOW €19.99/kg



Hand Diced Lamb
2.5kg
RRP €10.75/kg
NOW €8.35/kg



Lamb Leg Boned &
Rolled
Code: 61002
RRP €12.50/kg
NOW €9.50 /kg

Fish - Recipe of the Month



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Baked Fillet of Cod with a Garlic & Herb Crust

By James Bermingham
Head Chef Vienna Woods, Cork

Ingredients

4x 180g cod fillets
50g butter
8 tbsp fresh white bread crumbs
3 tbsp mixed fresh herbs, chopped
– dill, parsley, etc.
2 cloves, crushed
2 tbsp parmesan cheese, shavings
Zest and juice of 1 lemon

Ingredients sauce

1 tbsp fresh dill, chopped
150ml white wine
200ml cream
Sea salt and cracked pepper

Directions

Pre-heat oven to 200°

The fish

Melt the butter in a saucepan over medium heat and add the garlic, herbs and lemon zest. Then stir in the breadcrumbs, parmesan and juice from half of the lemon.

Season the cod pieces, place on a greased baking tray and generously spread the herb crumbs along the top of each one. Place the left over juiced lemons halves between the fillets and place the tray in the oven to bake for 16-18 minutes.

Optional:

Creamy White Wine & Dill sauce

Place the wine in a saucepan over medium heat and boil to reduce slightly, then add the cream and dill and season well with sea salt and black pepper. Bring the sauce to boiling point and allow it to simmer for 2 minutes.

ENJOY!



Cod fillets S&P2kg
Code: 75014
RRP €15.65/kg
NOW €12.75/kg

Cod Fillets

James Bermingham, Head Chef Vienna Woods & Ian Vaughan, Plassey Food



Meadowlands
Professional 250g
x40
Code: 29091902
RRP €32.85
NOW €25.50



Breadcrumbs 15lb
Code: 7168a
RRP €13.95
NOW €10.75



Peeled Garlic 1kg
Code: 9836
RRP €10.75
NOW €8.50



Shaved Gran Moriva
500G
Code: 210040
RRP €8.50
NOW €6.50



Cooking White Wine
3ltr
Code: 10150
RRP €8.65
NOW €6.25



Avamore Fresh
Cream
Code: 96321
RRP €12.50
NOW €10.50

Other Recipe Ingredients

Wine Specialist Ron Forrestal



We are delighted to present our new Portfolio of wines for 2016.

With over 20 years' experience in the wine trade Ron Forrestal has sourced a range of wines for us with three main focuses, top quality wines, value for money and wines not available in retail.

In business we believe personal service and developing relationships are vital to survival. We are dedicated to providing only the best wines delivered in full, at a time that suits you.

From Ron's background in the catering business we would be delighted to provide training for your staff on the wines they sell and indeed help them to sell more.

We know how important wine can be to your bottom line and we believe we can give you the help needed to maximise this opportunity.

Please speak to your local representative and we can arrange a meeting with our wine specialist Ron Forrestal to get the ball rolling.

Looking forward to working together.

Especially selected for you!



Haut Poitou "La Guirlande" - 12x750ml was €140 NOW €108

Grape: Sauvignon Blanc

Taste: A delightful Loire Sauvignon, think Sancerre only at half the price... Lively punchy citrus notes leap from the glass, lemon, lime and nettle. The finish is generous and long with mineral hints.

La Chablisienne "La Pierrelée" Chablis AC - 12x750ml was €222 NOW €174

Grape: Chardonnay

Taste: A wonderful example of Chablis. Expressive nose of flint, citrus and ripe pear which follows through onto the palate along with some smoky weight and a long refreshing mineral finish.

Domaine Cristian Bernard "Les Cotes" Fleurie -6 x750ml was €108 NOW €84

Grape: Gamay

Taste: One of the best examples of fleurie we have ever come across. Concentrated with wood and gravel mineral notes. Beautifully complex with wonderful balance and harmony.

Chateau Bellevue La Foret Rouge - 12x750ml was €156 NOW €132

Grape: Negrette, Cabernet & Shiraz

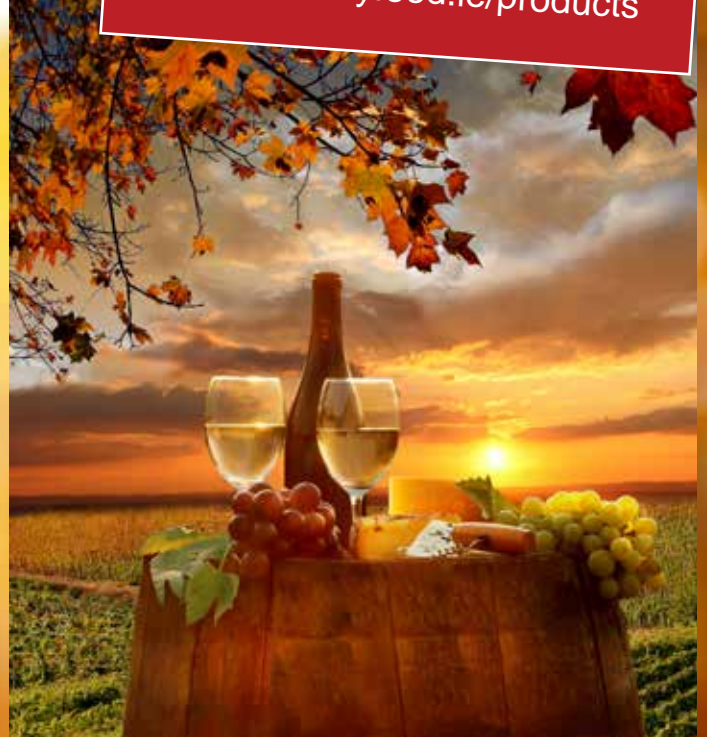
Taste: Run by Irish man Mr.Philip Grant who's vineyard lies just south of Bordeaux. Terrific ripe black fruit flavours matched with beautiful spice box notes. Soft juicy tannin round sour this delicious wine.



What should your wine list offer?

1. A great wine list must first and foremost complement the chef's food and be a good representation of the style and cuisine of the restaurant.
2. It should have options for many different types of wine drinkers, both in terms of price point and style.
3. It must be presented clearly so it's easy to navigate for the guest, the use of colour here is very important.
4. The wine list must be offered to all customers on arrival to ensure you maximise the sales.
5. It must feature wines that are craft products and are made by wineries that are dedicated and love their business.
6. A price point that ensures your margin is maintained yet your customers feel they get value for money.

Ask your sales rep for a copy of our extensive wine catalogue!
Or view online:
www.plasseyfood.ie/products



Coto Mayor Rioja Crianza - 6 x 750ml

was €78 NOW €60

Grape: Tempranillo

Taste: A classic Rioja Crianza. Wonderful ripe red berry fruits beautifully balanced with oak and vanilla hints. A terrific wine.

Casal Garcia Vinho Verde - 6 x 750ml

was €78 NOW €60

Taste: The quintessential Portuguese white wine.

Wonderfully light and refreshing, with clean ripe citrus notes and a slight sense of effervescent bubbles on the tongue. A must try wine...

La Marca Prosecco Spumante - 6x750ml

was €112 NOW €93

Taste: Gorgeous bubbles, full textured and persistent.

On the nose the wine brings fresh citrus with hints of honey and white flowers. Fresh and clean, with ripe citrus, lemon, green apple, and touches of grapefruit, minerality, and some toast. The finish is light, refreshing, and crisp.



Train your staff to increase revenue from wine!

If you want to increase revenue from wine sales, you are probably better off training your staff first.

In fact, studies show that for every €1 invested in wine training for staff in a restaurant the gains can be as high as €14! That is an incredible return on investment. Not to mention the increased customer satisfaction that comes from servers feeling confident about recommending wines that actually compliment your dishes and being able to sell more expensive wines because they now feel that they have the knowledge to do so!

Restaurants are constantly looking for ways to stay ahead of competition and having staff with a little wine knowledge is also a great way to create a unique identity for your restaurant, café or wine bar.

We will be happy to arrange a time that suits you and your staff. Just call your local Plassey Food Sales Representative to make arrangements

Refreshingly Tasty!

At Carlow Brewing Company, also known as O'Hara's Brewery, we craft brew traditional Irish beers and our own interpretation of international beer styles, including our stouts and ales, wheat beers and lagers, all carrying the brewery founders family name O'Hara's.

Each beer is crafted using classic brewing methods to create the traditional Irish beers styles that have long since been forgotten by many of the larger breweries. We use just four main ingredients; water, malts, hops and yeast to produce the highest quality craft beer range.

Our brewers also enjoy the opportunity to produce seasonal and limited editions each year. We hope you share in our passion, taste our beers and enjoy the experience.



O'Hara's Irish Stout has a robust roast flavour complemented by a full-bodied and smooth mouth feel. The generous addition of Fuggle hops lends a tart bitterness to the dry espresso-like finish. Rich complex coffee aromas mingled with light liquorice notes. The combination of traditional stout hops with an extra pinch of roast barley allows us to stay true to Irish tradition.
Style: Traditional Dry Irish Stout - ABV: 4.3%

O'Hara's Red Ale - This Red stands out in this beer style category. The malt body is as impressive as a bock, albeit in a uniquely Irish way. With an incredibly smooth malt body complimented by caramel tones and perfectly balanced in bitterness, this Irish Red is much more complex than it's mainstream rivals.
Style: Traditional Red Ale - ABV: 4.3%

O'Hara's Pale Ale - A Contemporary style IPA with an Irish twist. Combining the balance of European IPAs with the generous dry hopping of American pale ales (APAs). Zesty and refreshingly bitter, the finish is long. With a copper toned body topped with a lightly carbonated head, the dry hopping brings an intense aroma and lasting array of fruit and floral notes.
Style: Contemporary Style IPA - ABV: 5.2%

O'Hara's Leann Folláin - being the Gaelic for "wholesome stout", our full-bodied extra Irish stout is a fantastic example of how good stout can taste. Flavours of dark chocolate tones with a hint of vanilla combine with the mild mocha aroma.
Style: Extra Irish Stout - ABV: 6.0%

O'Hara's Curim Gold - Inspired by an old Celtic word for Beer, "Curmi/Cuirim", this delightfully refreshing wheat beer with a higher hop rate than the mainstream wheat beers which leaves a slight tart residue, enough to balance the delicate fruity flavours of peach, banana and plum.
Style: Celtic Wheat Beer - ABV: 4.3%

O'Hara's Double IPA - A full-bodied, full on Double I.P.A. combining caramel and malt flavours with a well-balanced and substantial bitterness. Light carbonation allows the full flavour of this Double IPA to shine through. At 7.5% abv, the high alcohol content is balanced with a caramel sweetness and a full bodied malt character
Style: Bold Double IPA - ABV: 7.5%

O'Hara's Curim Gold 500ml x12 66600	was €32.50	NOW €25.50	O'Hara's Leann Folláin Irish Stout 500ml x12 66604	was €34.50	NOW €26.75
O'Hara's Double Irish Pale Ale 500ml x12 77110	was €35.95	NOW €27.95	O'Hara's Pale Ale 500ml x12 66603	was €32.50	NOW €26.50
O'Hara's Irish Stout 500ml x12 66601	was €34.50	NOW €26.75	O'Hara's Red Ale 500ml x12 66602	was €32.50	NOW €26.50





Galway Hooker Irish Pale

Ale 500ML - ABV 4.3%

Galway Hooker Irish Pale Ale is hand crafted in small batches to create the perfect balance of slowly developed malt and hop flavours.

The result is a fresh and tangy flavour to savour with a light, citrus aroma.

Galway Hooker Pale 500ml x12

Code: 78986

was €34.75 **NOW €26.95**



Orchard Thieves

500ML x 12 – ABV 4%

Code: 56860

was €32.75 **NOW €25.50**



Franciscan Red Rebel Ale

330ML - ABV 4.3%

Our Rebel Red is proud to be different. It has been crafted to impart an exceptional Irish taste, creating a more accessible red ale that's distinctively different. It offers the drinker a pronounced caramel and biscuit finish, together with a balanced hop/malt profile and a full mouth feel. It is perfect for sharing with friends and pairing with food. The Rebel is an exceptionally crafted Irish ale that adds colour to any conversation.

Franciscan Rebel Red 330ml x12

Code: 77231

was €26.50 **NOW €21.00**

Stonewell Irish Craft Ciders

Stonewell's first cider blends were created with historic equipment, and the realisation that craft cider could be in demand from Ireland's cider drinkers inspired the brewers to keep going.

Apples are conscientiously sourced from Good Food Ireland Approved Producer Cornelius Traas in Tipperary as well as other apple growers in Cork, Waterford and Kilkenny. Five varieties are used to make these carefully created blends, including cider apples which have the required tannins to give depth of flavour.

Stonewell Irish Craft Ciders: 'We wanted to create a product with integrity – nothing added but time. It didn't make sense that a country of cider drinkers had no access to a quality artisan product, especially when we have the raw ingredients on the doorstep. Why wouldn't you go and make a great local drink that has no additives whatsoever, supports Irish apple farmers, and reduces carbon footprint'.

Stonewell Dry Cider 500ml x12 Code: 78910

was €48.50 **NOW €38.50**

Stonewell Med Cider 500ml x12 Code: 78902

was €48.50 **NOW €38.50**



Finger Food Special



McCain
Mozzarella Sticks
6kg
Code: 5927
Was €58.00
NOW €40.00



McCain Spicy
Wedges 10kg
Code: 170400
Was €14.95
NOW €11.00



McCain Onion
Rings 10kg
Code: 110601
Was €22.95
NOW €18.50



McCain Fry N Dip
12.5kg
Code: 400005
Was €21.00
NOW €16.50



King Prawns in
Filo 500g
Code: 76046
Was €7.50
NOW €4.85



Chipotle Coated
Prawns 1kg
Code: 76036
Was €17.60
NOW €13.75



Mississippi BBQ
Wings 5kg
Code: 70065
Was €29.50
NOW €22.95



Beckers Mini Veg
Spring Roll 60x20g
Code: 5221
Was €16.25
NOW €12.50

