



THE MENU MAGAZINE

Issue 26, May/June '18 - Valid to 30th June 2018



 *Love good food?
Love Plassey Food.*

Features
in this issue:

Meats

Poultry

Fish

Pasta

Fruit & Veg

Desserts

Pastry shells

Coffee & Tea

Mediterranean Cuisine

Cheeses

Wexford Strawberries

Packaging



One stop shop to the foodservice industry

Plassey Food & Distribution Co. Ltd., Rathkeale Industrial Estate, Co. Limerick.
Tel: **069 63500** Email: sales@plasseyfood.ie www.plasseyfood.ie

Plassey Food – The Menu Magazine

May/June '18

The summer is on its way!

At the start of the new season we like to tempt you with another fully packed edition of Plassey Food "The Menu magazine". In this edition we feature some of our new as well as and trusted existing suppliers and their fantastic products, like:

- Nina Bakery – perfect pitta bread
- Delifrance – A La Folie pastry shells
- De Graaf – bake-off cookies
- Lawa – pancakes
- And much more!

Let's make it happen this summer! We look forward to a great and busy season with you all.

Best regards,

Don Flynn & Tom Magner
Directors



NEW! Pasta on the GO!

Ready-to-use fresh pasta and sauces, the fresh pasta is already perfectly cooked "al dente" and immediately IQF deep frozen as a natural preservation method.

- Reheating only takes 30 seconds.
- No preservatives
- Long shelf life

More details on page 10 & 11.

THE MENU MAGAZINE

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THE MENU
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NEW Annual Product CATALOGUE



Our all new 2018 Annual Product Catalogue is out now!

We can provide you with an annual product catalogue covering all our products. Contact us and request your copy today!

Sourcing Products

If you are looking for a particular product then please contact Plassey Food, call (069) 63500 and we will assist you in your search to find the required product.



Plassey Food OFFERS

Food Fayres 2018

A big thank you to all visitors and suppliers who attended our 2018 Food Fayres!

Below some impressions of our Fayres in Killarney & Limerick.




Big Al's Gourmet
Hot Dog 90g x 4
Code: 959035
Was €43.00
NOW €35.00

NEW


Big Al's Brioche
Hot Dog Roll 70g x 32
Code: 960623
Was €18.00
NOW €15.50


NEW


Walsh's Bakehouse
Brioche Loaf
440g x 18 pce
Code: 225231
Was €45.00
NOW €37.00


NEW


Walsh's Bakehouse
Blaguettes
Code: 8005
Was €20.50
NOW €17.50

NEW


Leah's Gourmet
Black Pudding 600g
Code: 33340
Was €4.50
NOW €4.00

NEW


Leah's Gourmet
White Pudding 600g
Code: 33341
Was €4.50
NOW €4.00

NEW


Smoked Chicken
Crown 750g
Code: 720141
Was €7.50
NOW €6.00

NEW


Annagh Farms
Bord Bia Medium
Eggs 30 Dozen
Code: 80003
Was €45.00
NOW €36.50

NEW


Turkey Crown
100g x24pce
Code: 26210
Was € 5.50/kg
NOW € 4.95/kg

NEW



Top Rib Rolled & Tied
Code: 60017
Was €8.25/kg
NOW €6.75/kg



8kg Steer Striploin
Code: 60004
Was €18.50/kg
NOW €14.95/kg



8oz Wrapped Fillet
Steaks 5pck
Code: 60025
Was €48.50
NOW €42.00



10oz Striploin Steaks
5pck
Code: 60041
Was €35.50
NOW €30.00



Black Angus 7oz
Burger 20pck
Code: 20005
Was €31.00
NOW €27.50



DAWN MEATS

*Beautiful
Beef*

Looking
for the
best
Beef cuts?

Beef Cuts

Striploin
Roast in the piece or cut into steaks. It is best with some fat covering for flavour. It is also important that it is well aged (2 weeks).

Fillet
Prime cut for grilling, frying or leave in the piece for a special roast.

Sirloin
Prime steak cut, very important that it is well aged for maximum tenderness. Ideal for barbecue kebabs.

Flank
This can be stuffed, rolled and cooked slowly as a pot roast or it can also be marinated (Chinese flavours are very good), then grilled and very thinly sliced.

Brisket
Ideal for pot roasting, long slow cooking.

Neck/Chuck/Shoulder
This is the best cut for mincing, casseroling or braising. Very good flavour, trim well.

Rib of Beef
This has the very best flavour. Roast on a high heat or cut a rib from the joint for the barbecue, one rib will serve two persons.

Rolls Rib
Prime roasting joint, roast at a high heat.

Ball of the Round
This is a popular cut, pot roast or sliced into steaks for braising.

Top Rib/Housekeepers Cut
Roast slowly with small amount of liquid - water, stock or wine. This will help to tenderise the joint, excellent flavour.

We help you to choose
your beef cuts with care
for each dish

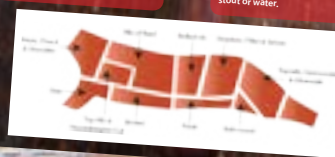


Topside
This is the most tender part of the round, can be thinly sliced and stir-fried.

Eye of the Round
Very lean joint, to pot roast, season and brown in hot oil, then cook slowly with root vegetables in a covered dish with some liquid - wine, stock, stout or water.

Silverside
It is another cut from the round. Same cooking method as eye of the round (pot roast) or can be very thinly sliced and stuffed for paupiettes.

Diced Shin
This makes a wonderful braised dish. It must have a very long slow cooking time. Add lots of root vegetables, garlic, herbs, plus wine, stock, stout or water.



Our 2018 product
catalogue highlights
the best beef cuts in
the "MEAT" product
section.

Or alternatively, visit
the Plassey food
website:

www.plasseyfood.ie/best-beef-cuts/

THE MENU
MAGAZINE

Sausages, Bacon & Puddings



We are proud to present the all new Glenquin product range of pork and bacon products, which cover: Puddings, Bacon & Sausages.

Our 100% Irish puddings & sausages are traditionally butchered and produced according old Irish recipes for that truly amazing taste. And our bacon rashers are traditionally Irish cured.

Glenquin offers a taste like no other, consistent quality you can count on at a truly great price.

Glenquin offers a taste like no other, consistent quality you can count on at a truly great price.



Glenquin Fresh Sausage 8s
4.54kg – 80pce
Code: 62022
Was €14.50
NOW €12.50



Glenquin Fresh Sausage 12s
4.54kg - 120pce
Code: 62055
Was €14.50
NOW €12.50



Glenquin Fresh Sausage 16s
4.54kg- 160pce
Code: 62023
Was €14.50
NOW €12.50



Glenquin 70% Fresh Sausages 8s
Code: 640061
Was €17.50
NOW €15.00



Glenquin Frozen 8s Sausages
4.54kg - 80pce
Code: 64006
Was €14.50
NOW €12.50



Glenquin Frozen Cocktail Sausages -320pce
Code: 239
Was €14.50
NOW €12.50



Fresh Sliced Black Pudding Tub 9lb (100pce approx.)
Code: 640013
Was €15.00
NOW €13.00



Fresh Sliced White Pudding Tub 9lb (100pce approx.)
Code: 640011
Was €15.00
NOW €13.00



Black Pudding Chubb 1.36kg
Code: 62013
Was €4.20
NOW €3.75



White Pudding Chubb 1.36kg
Code: 62015
Was €4.20
NOW €3.75



Smoked Bacon Loin 4/5kg
Code: 63002
Was €4.35/kg
NOW €3.50/kg



Glenquin Breakfast Burger 120g x 20pce
Code: 640012
Was €19.00
NOW €17.00



Smoked Back Rashers 1.135kg
Code: 630091
Was €7.50
NOW €4.50



Green Back Rashers 5lb
Code: 63009
Was €10.00
NOW €8.00




FREE RANGE CHICKEN




Manor Farm 2 Joint Wings 10kg -180pc
Code: 10099
Was €25.50
NOW €20.00





Manor Farm Mid N Prime Wings 10kg - 316pce
Code: 2066
Was €28.50
NOW €23.50






Manor Farm 1100g Whole Chicken 11pce
Code: 8131
Was €40.00
NOW €30.00






Manor Farm Diced Chicken Fillet 5kg
Code: 190A
Was € 36.50
NOW €32.50





Manor Farm 1400g Double Breast x15pce
Code: 745
Was €47.00
NOW €36.50






Manor Farm Fresh Drumstick 10kg
Code: 460
Was €25.50
NOW €21.50





Manor Farm Chicken Supreme 230g x 40pce
Code: 1588
Was €72.00
NOW €60.00






Manor Farm Irish
Breaded Goujons 5kg
Code: 2528A
Was €40.00
NOW €36.50



Manor Farm Irish
Southern Fried
Goujons 5kg
Code: 2528B
Was €40.00
NOW €36.50



Look for the Quality Mark

Only the Bord Bia Quality Mark means that food has been produced to the highest Bord Bia quality standards and you know where it comes from. This is because it is independently checked at every stage.

Who can use the Bord Bia Quality Mark?

Currently, there are over 47,000 producers and 120 processors and packers certified members across all the Bord Bia Quality Assurance Schemes. They are inspected regularly before they can be certified and allowed use of the Quality Mark.

What are the quality standards behind the Bord Bia Quality Mark?

In addition to meeting legal requirements, farmers are audited against a range of standards including animal health; welfare and traceability; water and feed; pasture management; environmental management and farm safety.

In addition, some of the main requirements for processors and packing plants include product identification and traceability; inspection and testing; hygiene and good manufacturing practice.



Manor Farm Southern
Fried Popcorn
Chicken 5kg
Code: 2531
Was €29.00
NOW €25.00



SUPER SAUCY

Saving the world from B.L.A.N.D.* food, one chip at a time!

Superchips's is to ADD VALUE to your business with a range of great tasting sauces that will ENHANCE YOUR MENU, DELIGHT YOUR CUSTOMERS and INCREASE YOUR PROFITS.

**Boring Lacklustre And Normally Dull*

POWER-UP PROFITS with our Superchip range of sauces

SUPERCHIP SAUCES are designed to give you ease of use, flexibility and, most of all, profitability.

JUST ONE 4.5kg tub of our super concentrate typically converts up to a TWELVE TIMES MARKUP AT POINT OF SALE.

Incredibly this is equal to over €300 PROFIT for your company!



Superchip Southern
Fried Chicken Gravy
4.5kg
Code: 551122
Was €33.00
NOW €24.00



Superchip Pepper
Sauce 4.5kg
Code: 551124
Was €32.50
NOW €25.50



Superchip Curry 27lt
Code: 551123
Was €24.50
NOW €19.00



Superchip Southern
Fried Chicken
Breeding 15kg
Code: 551125
Was €53.50
NOW €43.00



SUPERCHIP
Sauces & Gravies



Glenmar Smoked
Salmon Sides
Code: 75010
Was €29.00/kg
NOW €18.50/kg



Brim Frozen @ Sea
16-32oz Cod 20lb
Code: 76002
Was €93.50
NOW €77.00



Pacific West Tempura
Prawns 500g x20
Code: tt21pw
Was €94.00
NOW €80.00



Panko Coated
Prawns 500g x10pce
Code: pcp21pw
Was €83.00
NOW €63.95



16/20 Raw Peeled &
Deveined Prawns
1kg x10
Code: 76038
Was €125.00
NOW €95.00



u150 Cold Water
Prawns 2kg x5
Code: 76042
Was €112.50
NOW €87.50



Glenmar 70/90
Argentinean Prawns
1kg x12
Code: 76039
Was €235.00
NOW €192.00



A healthy diet with Fish

Fish is Super Food

Fish has long been recognised as one of nature's healthiest foods and with its rich package of nutrients it is one of the few foods that can truly be called a super-food.

Reduce the risk of heart disease by 50%

Fish helps to develop a healthy body, for people of all ages, from teenagers to expectant mothers, and people of more mature years. Heart disease is one of the leading causes of death in Ireland, but people who eat fish can cut their risk of heart disease by up to 50%.

Eat fish at least once a week to get the full benefit for your heart. It also has other benefits for your well being, and this is why nutritionists recommend that we eat fish twice a week. This should include at least one oil-rich fish – such as mackerel, herring, trout and salmon.

Full of Omega 3 Oils

Oil-rich fish is an excellent source of beneficial Omega 3 oils, which can help to prevent blood clots, keep the rhythm of your heart healthy, and may help to lower blood pressure. Fish can also help to develop healthy nervous system, eyes and skin.

Fantastic Flavour and Versatile

Discovering the fantastic flavour and texture of fresh fish and the simple pleasure of cooking it well, is a revelation to so many people. It is also extremely versatile – in many fish dishes you can substitute one type of fish for another, such as haddock or hake, instead of cod or using trout instead of salmon. Try our selection of fabulous recipes and see that cooking with fish doesn't have to be difficult or daunting.

Fish. Surprisingly Simple.

Source: Bord Bia



OFFERS ON PACKAGING



Medium Fish And
Chip Boxes x100pce
Code: 15750
Was €12.99
NOW €9.99



Large Fish And
Chip Boxes x100pce
Code: 80628
Was €16.99
NOW €12.99



Airlaid 4 Fold Napkins
40cm x500pce
Code: ncair4
Was €30.00
NOW €26.00



Airlaid 8 Fold Napkins
40cm x500pce
Code: ncair8
Was €30.00
NOW €26.00



One ply napkins
30x30 5000pce
Code: 12324
Was €26.50
NOW €20.00



Food Grade Blue Roll
170mmx6pce
Code: 1690
Was €10.00
NOW €7.50



Hero refuse sacks
1400mmx990mm
300pce
Code: hd50
Was €31.00
NOW €26.50



Probe wipes 13cm
x18cm 200pce
Code: 12150
Was €2.75
NOW €2.25



Refresher Towels
13cmx18cm
1000pce
Code: 20311a
Was €14.50
NOW €12.50



Enviro-lite Blue J
Cloths x500pce
Code: 12206
Was €39.00
NOW €33.50

Pasta on the Go!

Ready-to-use fresh pasta, perfectly cooked “al dente”

The Smiling Cook offers a range of ready-to-use pasta and pasta sauces. The fresh pasta is already perfectly cooked “al dente” and immediately IQF deep frozen as a natural preservation method. Reheating only takes 30 seconds.

No preservatives and long shelf life

The pasta sauces cater for a broad variety of tastes. They've been conditioned in microwave resistant 1kg-pouches, do not contain any preservatives and have a long shelf life without cooling.



Advantages

1. different reheating methods
2. fast heating
 - from freezer directly into hot water (95°C) for 30 or 75 sec.
3. constant high product quality
 - only use of 100 % natural ingredients
 - Always cooked perfectly “al dente”
 - preservation of the nutritional values by directly freezing
4. never sticks together
 - lightly sprinkled with oil
 - deep frozen individually or in nests (IQF)
5. easy for portioning
 - long cuts are deep-frozen in portions of 30g or 50g
 - short pasta always individually (IQF) deep frozen
 - weight of frozen pasta is nearly identical to the weight of cooked dry pasta
6. fixed food cost
7. no waste
 - only use what is necessary
 - never leftovers or “mise en place” errors
8. food safety
 - processing pasta only at the time of use, so no danger of forming bacteria
 - complete traceability of raw materials
9. savings in time, work and energy costs
 - only needs regeneration/heating therefore ideal for front cooking
 - less handling, less staff needed, no preparations and less water, gas and electricity costs
10. flexible products, reducing stress
 - the extensive range simplifies the task of composing creative and tasty menus with pasta
 - ideal to prepare for both individual servings and large quantities
11. suitable for use directly in cold dishes such as salads



Smiling Cook
Tagliatelle Nest 5g
Code: A10
Was €16.50
NOW €15.00



Smiling Cook
Spaghetti Nest 5g
Code: A15
Was €15.00
NOW €13.50



Smiling Cook
Penne Pasta 10kg
Code: A3
Was €21.50
NOW €19.50



Smiling Cook
Fusilli Pasta 10kg
Code: A1
Was €21.50
NOW €19.50



Smiling Cook Penne
Portions 300g x 15
pieces
Code: A3300
Was €13.50
NOW €12.00





Choose your pasta!

Choose your sauce!



Smiling Cook
Spaghetti Portions
300g x 16 pieces
Code: A15200
Was €18.40
NOW €16.95



Smiling Cook Gluten
Free Rigatoni
300g x 18 pieces
Code: A16300
Was €26.50
NOW €24.50



Smiling Cook Linguine
Nest 5g- 5kg
Code: A19
Was €16.50
NOW €14.50



Smiling Cook Paella
5kg
Code: B7
Was €26.50
NOW €24.50



Smiling Cook
Parpadelle Nest
30g – 4kg
Code: A20
Was €14.50
NOW €12.50



Smiling Cook White
Rice 2.5kg x 4
Code: E1
Was €14.75
NOW €12.50



Smiling Cook White
Rice Portions
200g x 25
Code: E1200
Was €10.50
NOW €8.50



Smiling Cook
Carbonara Sauce 1kg
Code: H8
Was €6.25
NOW €5.00



Smiling Cook Four
Cheese Sauce 1kg
Code: H12
Was €6.25
NOW €5.00



Smiling Cook
Bolognese Sauce 1kg
Code: H22
Was €6.25
NOW €5.00



Cooking instructions

Below are several options for an optimal preparation of our perfect “al dente” pre-cooked and IQF frozen pasta:

Short pasta

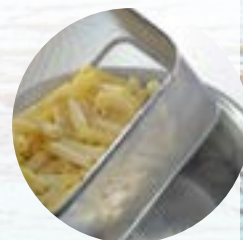
- 30 seconds in lightly salted hot (95°C) water
- 4 minutes in combi steamer
- straight into a wok dish
- straight into a sauce (warm over low heat)

Nests

- 75 seconds in lightly salted hot (95°C) water
- 4 minutes in combi steamer
- straight into a wok dish
- straight into a sauce (warm over low heat)

Sauces

- 2 minutes (microwave 800W), followed by a little massage and an extra warm-up for 30 seconds.
- 12 minutes (combi steamer at 100°C with steam)
- 30 minutes in hot water
- heat the required amount of sauce in a pan
- oven dishes: coat first with cold sauce



ORDER YOUR FREE A2 POSTERS

FABULOUS FRUIT & VEG



Soup Mix Celery,
carrot, leek 5kg
Code: 2023
Was €9.50
NOW €7.50



Large Ratatouille Mix
3kg
Code: 2024
Was €15.50
NOW €12.50



Hand Cut Chips
14mm 5kg
Code: 2027
Was €7.50
NOW €5.50



Country Cut Veg
Diced 5kg
Code: 2022
Was €9.50
NOW €7.50



Calendar of Availability for Vegetables

PRODUCE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
ASPARAGUS												
AUBERGINES												
BEETROOT												
BROAD BEANS												
BROCCOLI												
BRUSSELS SPROUTS												
BUTTERHEAD LETTUCE												
CABBAGE												
CARROTS												
CALIFLOWERS												
CELERY												
CHINESE LEAVES												
COURGETTES												
CUCUMBERS												
ENDIVE												
FENNEL												
FRENCH BEANS												
ICEBERG LETTUCE												
KALE												
KOHL RABI												
LEeks												
LOLLO ROSSO												
MANGETOUT												
MARROWs												
MUSHROOMS												
ONIONS												
PARSNIPS												
PEAS												
PEPPERS												
POTATOES												
RADICCHIO												
RADISH												
RHUBARB												
RUNNER BEANS												
SCALLIONS												
SHALLOTS												
SPINACH												
SWIDES												
SWEETCORN												
TOMATOES												
TURNIPS												

• IN SEASON - BEST VALUE



Hand Cut Chips
10mmx12mm 5kg
Code: 2028
Was €7.50
NOW €5.50



Coleslaw Mix 1kg
Code: 11066
Was €2.75
NOW €2.25



Red Pepper Stirfry
3kg
Code: 2026
Was €15.00
NOW €12.50



Corn On The Cob 20
pieces
Code: 11074
Was €19.50
NOW €15.50



Pink Grapefruit
Segements 5kg
Code: 2036
Was €15.00
NOW €13.50



Fresh Fruit Salad
2.5ltr
Code: 2034
Was €14.50
NOW €12.50



Tri-color Florettes & Vegetable Parcels

Quality ready made vegetable parcels available to order, ideal for all your banqueting needs. Contact your Sales Rep for more information.





ALL fresh fruit & veg has a lead time of 72 hours!



Wexford Strawberries
Punnet 250g x5
Code: 11058
Was €13.20
NOW €10.25



Fresh Tomato 6kg
Code: 11053
Was €10.00
NOW €8.50



Fresh Lemons 60pce
Code: 11054
Was €14.50
NOW €12.75



Mixed peppers 5kg
Code: 11052
Was €13.50
NOW €10.50



Fresh Mushrooms
2.27kg
Code: 11054
Was €8.50
NOW €5.95



We offer an amazing range of fresh fruit & vegetables:

Apple Golden Del 100's	Garlic Bag 4kg	Pak Choi Box 10's
Apple Granny Smith 100's	Garlic Peeled Box kg	Pak Choi Box 1kg
Apple Pink Lady Box 72's	Garlic String Single 1kg	Papaya
Apple Red Box 100's	Ginger Fresh Box 1kg	Parsnip Box 5kg
Artichoke Jerusalem Box 5kg	Grape Green Box 10x500g	Parsnip Rustic x 5Kg
Asparagus Green 11x454g	Grape Red Seedless Box 10x500g	Passion Fruit Box 2kg
Asparagus White Bunch 500g	Grapefruit Ruby Box 40's	Pear William Box 44's
Aubergine Box 5kg	Grapefruit White Box 40's	Peaches
Avocado Ready To Eat Box 20	Grapfruit Segments 5kg	Pepper Red Box 5kg
Baby Beetroot 1kg	Sliced Cookers 10kg	Pepper Yellow Box 5kg
Baby Carrot Irish Box 1kg	Herb Basil 1kg	Pepper Mixed Box 5Kg
Baby Carrot Rainbow Box 1kg	Herb Basil Pack 100gr	Physalis Box 12x100g
Baby Corn 12x125g	Herb Chervil Pack 100gr	Pineapple Xtra Sweet Box 8's
Baby Gem Box 10x2	Herb Chive 1kg	Pineapple Chunks 5kg
Baby Leek Box 1kg	Herb Chive Pack 100gr	Plum Red Box 5kg
Baby Spinach Box 1kg	Herb Coriander 1kg	Plum 5KG
Baby Turnip Irish x 1kg	Herb Dill Pack 100gr	Pommegranates Box 12's
Banana Box 13kg	Herb Fennel Punnet Pack 100gr	Potato Baby Box 10kg
Beans Extra Fine Box 1.5kg	Herb Flat Parsley 1kg	Potato Baby Peeled 9kg
Beans Fine T&T Box 1.5kg	Herb Flat Parsley Pack 100gr	Potato Bakers Bag 10kg
Beansprout Punnet 227g	Herb Marjoram Punnet Pack 100gr	Potato Chateau Each
Beetroot Cooked Box 18 x 250g	Herb Mint Pack 100gr	Potato Pont Neuf each
Beetroot Fresh 10kg	Herb Mint 1kg	Potato Fondants Loose Each
Beetroot Golden Box 5kg	Herb Oregano Punnet Pack 100gr	Potato Peeled Bag 9kg
Blackberry Punnet 125g	Herb Parsley Curly 1kg	Potato Rooster Bag 10kg
Blueberry Punnet 125g	Herb Rosemary Pack 100gr	Potato Chips 14ml Plus 16ml
Broccoli Florets x 2kg	Herb Sage Pack 100gr	Potato Chips Family Cut10mm/12mm x 5kg
Broccoli Box 6kg	Herb Sorrell Punnet Pack 100GR	Potato Chips Jenga 25 x 25 mm
Broccoli Tenderstem Box 4x500g	Herb Tarragon Punnet Pack 100gr	Potato Chips Handcut x 5kg
Brussel Sprouts Prep 5kg	Herb Thyme Pack 100gr	Potatoe Wafer Sliced 5kg
Brussel Sprouts Bag 10x450g	Horse Radish Single 500g	Ratatouille x 3kg Tub
Butternut Squash 10kg	Kiwi Box 123	Radish Box 20x125g
Cabbage Red 10kg	Kumquat Box 2kg	Raspberries Punnet 12 x 125g
Cabbage Savoy 10's York	Lambs Lettuce Box 10's	Red Chard Box 1kg
Cabbage White 25kg	Leek Net 5kg	Red Currant Punnet 12 x 125g
Carrot Baton 5kg Hand Cut	Lemon Box 18kg	Rhubarb Bgs 10 bunches
Carrot Chantenay	Lemon Grass Box 1.5kg	Rocket Box 1kg
Carrot Rustic 5Kg	Lettuce Curly Endive Box 10's	Rustic Veg Mix Chunky x5kg
Celeriac Diced 5Kg	Lettuce Cos 10's	Samphire Box 1kg
Carrot Grated 1Kg	Lettuce Iceberg Box 12's	Scallion 12's
Carrot Medium Bag 10kg	Lettuce Sakura Mix	Shallot Banana Bag 5kg
Carrot Whole Peeled x 5kg	Lettuce Mixed Baby Leaf 1kg BOX	Soup Mix x 5kg
Cauliflower Box 8's	Lettuce Oakleaf Box 12's	Shallot Round Bag 5kg
Cauliflower Florets 2kg	Lime Box 4kg	Squash Butternut Box 10kg
Celeriac Rustic 5kg	Lolo Biondi Box 12's	Red Pepper Stir Fry 6mm x 3kg Tub
Celeriac 10kg bag	Lolo Rossa Box 12's	Strawberry Punnet 10 x 250g
Celery Box 16's	Mange Tout Box 1.5kg	Sugar Snap Box 1.5kg
Cherries 2Kg	Mango Box 9's	Sweet Potato Box 10kg xxi
Chilli Green Box 1kg	Melon Charentais Box 9's	Tomato Box 6kg
Chilli Green Box 3kg	Melon Galia Box 6's	Tomato Heirloom Box 3.5kg
Chilli Red Box 1kg	Melon Cantelope 6's	Tomato Plum Vine Box 5kg
Chilli Red Box 3kg	Melon Honeydew Box 9's	Tomato Red Cherry Box 9x250g
Chinese Leaf 8's	Melon Water Box 6's	Tomato Vine Box 5kg
Clementine Box 165	Melon Balls 5kg	Tomato Vine Cherry Box 3kg
Country Cut Veg Mix 20ml x 5kg	Mooli Single	Tomato Yellow Cherry 9 x 250g
Coleslaw Mix x 1kg	Mushroom Button Box 2.27kg	Tomato Beef 7kg
Coriander Punnet 100gr	Mushroom Cepe 1kg	Turnip Rustic 5Kg
Corn On The Cob Box 20's	Mushroom Grolle Box 1kg	Turnip Bag x 10
Courgette Baby Box 1kg	Mushroom Oyster Box 1.5kg	Watercress Bunches Box 12's
Courgette Box 5kg	Mushroom Portobello 1.5kg	
Cress Pea Shoot Box 12	Mushroom Shitake Box 1kg	
Cucumber Box 14's	Nectarines	
Curly Kale 10x250g	Onion Red Bag 10kg	
Edible Flower Punnet 30g	Onion SPANISH Bag 20kg	
Fennel Bulb Box 5kg	Onion White Sliced 2kg	
Fennel Baby 6x200g	Orange Box 60's	
Fig Box 24's	Orange Juice 2ltr	
Fruit Salad 5kg	Orange Segments 5kg	
Galangal 2Kg	Pachoi Ireland Mini x1Kg	

Contact your sales rep for more details!

Tempting Desserts



Baileys & Toffee
Gateaux 12 Portion
Code: 2503
Was €20.00
NOW €16.50



Red Velvet Gateaux
12 Portion
Code: 2504
Was €17.85
NOW €14.50



Strawberry Gateaux
14 Portion
Code: SG
Was €16.80
NOW €12.95



Fine desserts since 1998

At Patisserie Royale we began producing our fine quality desserts and cakes back in 1998 in Dublin city centre. The company was founded by Derek Cowley and Kevin Murphy, who with many years of experience between them, brought substantial knowledge of the industry.

Since then we have consistently grown our client base and increased our product range to serve demand and in 2006 moved to larger premises in the newly built South City Business Park in Tallaght, South Dublin.

Handcrafted pâtisseries

We now produce a wide variety of handcrafted pâtisseries from cheesecakes to gateaux, tarts, pies and mousses, both large and individual, along with our luxurious range of assiettes. We combine traditional pastry methods and recipes with our ability to produce large volumes.



Lemon Meringue Pie
12 Portion
Code: LMP
Was €15.00
NOW €12.50



Strawberry Cheese
cake 12 Portion
Code: CHS
Was €15.00
NOW €12.50



Individual Apple
Crumble 12 portion
Code: IBQAC
Was €16.80
NOW €14.00



Individual Apple Berry
Crumble 12 Portion
Code: IBQABC
Was €16.80
NOW €14.00



Chocolate Brownie
Traybake 44 portions
Code: TBCBW44
Was €28.60
NOW €24.50



Carrot Cake Traybake
44 portions
Code: TBCC44
Was €28.60
NOW €24.50



PATISSERIE ROYALE

EST.1998

Pancakes & Waffles



- Best quality: most % eggs, less % water.
- No preservatives or artificial flavours.
- No Palm oil (new trend!)
- IQF - Individual Quick Frozen
- Competitive price



Lawa American Pancakes 60 x 70 pieces
Code: 0876
Was €15.50
NOW €13.50



Lawa Natural Pancakes 60g x 60g
Code: 0988
Was €10.95
NOW €9.25



Dely Waffles 80g x 24pce
Code: 1072
Was €11.00
NOW €8.50



Polenghi Lemon Juice 6x1 ltr
Code: su0127
Was €11.00
NOW €8.50

Freshly baked Cookies at any time!



Bake Off American Cookie Choc Chunk 80gx100 Pieces
Code: 01427
Was €34.00
NOW €30.00



Bake Off American White Choc - Macadamia Cookies 80gx100 Pieces
Code: 01428
Was €46.00
NOW €40.00



Bake Off American Double Choc Cookie 80gx100 pieces
Code: 01429
Was €42.00
NOW €36.50



Bake Off American Oatmeal Cookies 110g x 60 Pieces
Code: 01430
Was €37.50
NOW €32.00



The Wicked Desserts PROMISE

We promise not to compromise on quality or taste, and to produce cakes and desserts that we would love to eat with our friends and families.

Wicked
DESSERTS



Individual Triple
Chocolate Mousse
100g x 28
Code:840004
Was €44.80
NOW €39.50



Individual Chocolate
Pudding
100g x 20 Pieces
Code:840009
Was €25.00
NOW €22.00



Individual Date &
Butterscotch Pudding
115g x 15 Pieces
Code:840008
Was €16.50
NOW €14.50



Peanut Butter &
Salted Caramel
Cheesecake -
1500g x 2 Pieces
Code:840015
Was €35.00
NOW €31.00



Wild Berry
Cheesecake
1440g x 2 Pieces
Code:840013
Was €37.50
NOW €33.00



White Chocolate &
Raspberry
Cheesecake - 1300g
Code:840012
Was €19.50
NOW €17.50



Baileys & Chocolate
Cake 1360g
Code:840003
Was €17.00
NOW €15.00



Ind Baileys &
Malteser Cheesecake
95G x 28 piece
Code:840005
Was €42.00
NOW €37.00



TASTY TREATS

"Made with premium ingredients, and hand-crafted by chefs, À la Folie! allows every chef to create more than food; they can create art. perfect for fine dining settings, entertaining and receptions"

Délicrance
à la folie!



Vanilla Tartlet
Shell Round
3.8cm 6g x
240 pieces
Code:78441
Was €58.50
NOW €48.50



Vanilla Tartlet
Shell Round
5cm 11g x
100 pieces
Code:78442
Was €30.00
NOW €24.50



Vanilla Tartlet
Shell Round
7.6cm 30g x
60 pieces
Code:78443
Was €37.50
NOW €28.50



Chocolate
Tartlet Shell
Round 3.8cm
6g x 240 pieces
Code:78448
Was €58.50
NOW €45.00



Chocolate
Tartlet Shell
Round 5cm
12g x 100 pieces
Code:78449
Was €39.00
NOW €31.50



Chocolate
Tartlet Shell
Round 10cm
54g x 40 pieces
Code:78450
Was €37.50
NOW €31.50



Savoury Tartlet
Shell Round
3.8cm 7g x 240
pieces
Code:78453
Was €63.00
NOW €53.00



Savoury
Tartlet Shell
Round 5cm
10g x 100
pieces
Code:78454
Was €42.00
NOW €33.00



THE MENU
MAGAZINE

GREAT TASTING COFFEE



Strong & Smooth

Café Melhor offers great tasting, strong espresso from beans which are roasted in small batches in Cork City. Perfectly roasted full beans with a wonderful characteristic flavour and superb consistency for the perfect strong and smooth taste we all love!

We are passionate about the flavour potential of coffee from around the world and seek out the unique, the unusual and the beautiful to share with you.

Brewing Guide: Espresso

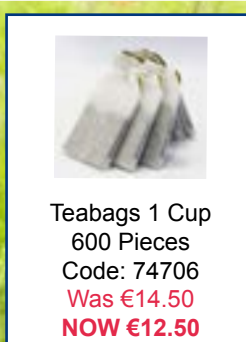
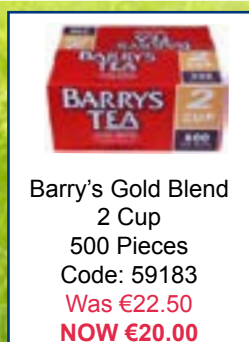
Use approx. 19g of fine ground coffee. Aim to yield 38g (ml) of espresso extracted in approx. 25 seconds. Generally, try a ratio of 1:2 i.e. 19g in, yielding 38g out.ve!

Brewing guide: French Press

Carafes vary in size, but the measure is the same: about 2 round tablespoons per 8oz of water – more precise 7 grams per cup. For a 20oz French Press use 50 grams of coffee.



Refreshing Tea



MEDITERRANEAN cuisine



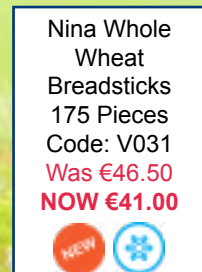
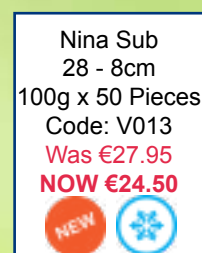
A TASTE OF SOL



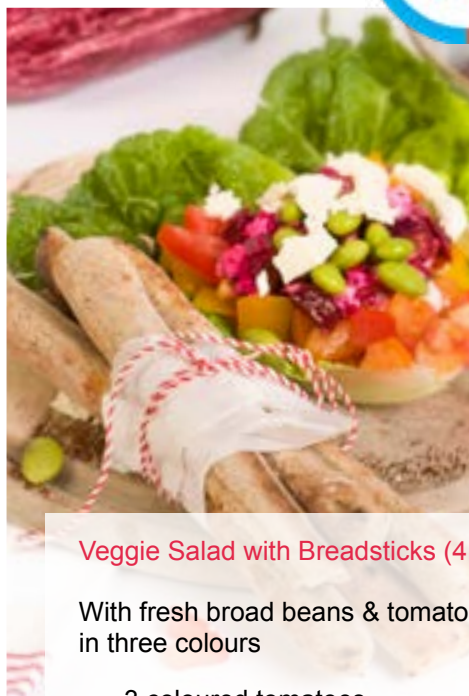
Global supplier of real Pita bread

The Nina Family Story starts with Nasri Nehmeh, who founded Nina Bakery in Haifa-Palestine, back in 1936.

Nina Bakery's unique and varied choice in pita bread is the ideal choice for foodservice and retail throughout the world. After winning the local customers in Israel since 1936, Nina Bakery has gone global, with customers from the USA to Japan and throughout Europe. Nina Bakery's growth goes steady and strong.



Nina
BAKERY



Veggie Salad with Breadsticks (4 persons)

With fresh broad beans & tomatoes
in three colours

- 3 coloured tomatoes
- handful of fresh broad beans
- diced beetroot
- Feta cheese
- 1 head lettuce Romano

Dressing

- Balsamic vinegar
- olive oil
- salt & pepper

PERFECT
PITTA
BREAD

THE MENU
MAGAZINE

SERVE A GREAT CHEESE BOARD



Irish Cheese Board Selection

Cashel Blue, Cooleeney, Vintage Cheddar,
Gubbeen & Knockanore Smoked 765g

Code: 3200

Was €20.00 NOW €17.50



TIP: Choose Complementing Cheeses

- Make sure to have a selection of cheeses which ranges from mild to strong. That will give the most variety in the tastes and textures (soft, semi-soft and hard), and will ensure that every guest finds something he or she likes.
- **For a selection of 3 cheeses;** we like a mild cheese such as fresh or aged goat cheese, a semi-soft alpine cheese or a soft-ripened (or bloomy rind) cheese (like Brie, Camembert), and a blue cheese. Some cheese mongers recommend including 2 or 3 types of milk (goat, cow and sheep).
- **For a larger selection;** we like to add 1 or 2 of the cheeses mentioned above, a hard cheese like a Swiss style cheese or cheddar, and a stronger tasting cheese option.
- **Make it visually attractive;** Choose a cheese tray of contrasting colour, such as a black slate, and accompaniments with vivid and contrasting colours. Imagine the contrast of the black slate with the light colours of most cheeses and the warm colours of fruits, such as a nice pear, fresh raspberries, kiwis and dried apricots.
- **How much per person?** For a party of 6 to 8, we recommend to select 3 cheeses, and a larger selection for larger groups. Estimate serving approx. 90 grams (3 oz) of cheese per person (30gr per cheese per person).
- **Accompaniments;** Also keep the accompaniments simple: the choice of 2 fruits, 2 nuts and 2 preserves make for a nice mix.



Cashel Blue Wedge
1.5kg Approx x2 Pieces

Code: 12570

Was €14.25/kg

NOW €11.95/kg



Grana Padano
Shavings 1kg

Code: 12590

Was €15.00

NOW €13.00



Brie Wheel 3kg Approx

Code: 1005

Was €6.95/kg

NOW €5.75/kg



Haloumi 85g

Code: 333751

Was €9.50

NOW €7.75



Dairy Free Vegan
Mozzarella 1kg

Code: 114

Was €11.50

NOW €9.95



Applewood Sliced 500g

Code: 1064

Was €8.25

NOW €6.75



Goats Cheese Log 1kg

Code: 71250

Was €10.95

NOW €9.95



La Brique Brie
900g

Code: 71250

Was €10.85

NOW €8.95

Refreshingly Tasty Purees & Coulis

**FRUITS
ROUGES
& Co.**

FRUITS ROUGES & Co. has been specialised in the production and sale of a wide range of fresh berries, frozen fruits and processed fruits (including purees and coulis), intended for food industry professionals.

Since inception, FRUITS ROUGES & Co. has been committed to providing the highest quality fruit, ensuring quality in every aspect of the production process. This expertise is underpinned by a strict selection of fruit varieties, partnering only with specialised growers, the development of a production/packaging subsidiary in Morocco, and through tangible commitments to sustainable development.

NEW



Fresh Blackcurrant
Puree 1KG
Code: 321128
Was €6.65
NOW €5.95

NEW



Fresh Strawberry
Puree 1KG
Code: 321228
Was €7.00
NOW €6.00

NEW



Fresh Exotic
Fruit Puree 1KG
Code: 321228
Was €7.00
NOW €6.00

NEW



Fresh Pineapple
Puree 1KG
Code: 3203226
Was €7.50
NOW €6.50

NEW



Fresh Raspberry
Puree 1KG
Code: 3213225
Was €7.00
NOW €6.00

NEW



Fresh Passionfruit
Puree 1KG
Code: 5651
Was €7.50
NOW €6.50

NEW



Fruit Rouges
Raspberry Puree 1KG
Code: 2213226
Was €5.65
NOW €5.00

NEW



Fruit Rouges
Strawberry Puree
1KG
Code: 221229
Was €5.50
NOW €5.00

NEW



Fruit Rouges
Blackcurrant Puree
1KG
Code: 2205221
Was €5.50
NOW €5.00

NEW



Apricot Couli 500ml
500mls
Code: 2773
Was €9.25
NOW €7.75

NEW



Red Berries Couli
500ml
Code: 2780
Was €9.25
NOW €7.75

NEW



Fruit Rouges
Kiwi Puree 1KG
Code: 2221221
Was €5.20
NOW €4.50

NEW



Fruit Rouges
Blackcurrant Puree 1KG
Code: 2205221
Was €5.50
NOW €5.00

NEW



Fruit Rouges
Red Berry Puree 1KG
Code: 2227223
Was €5.20
NOW €4.50