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ID	Name	Type	Description	Price
488	CRÈME BRÛLÉE	Desserts	Real crème brûlée topped with pre-caramelised sugar. Instructions: Defrost in a dish and sprinkle with brown sugar, flash under the grill or preferably use blow torch to caramalise and serve. Weight 1.8 kg. 12 servings	£ 45.97
159	LEMON BRÛLÉE	Desserts	Lemon sorbets covered with fresh cream, topped with caramelised sugar. Presented in a terracotta dish. Instructions: place the frozen lemon brûlée under a hot grill for 1–3mins before serving. Weight 3.9 kg 12 servings (price includes VAT)	£ 40.97
162	ORANGE AND LEMON SORBETS	Desserts	Whole orange and lemon skins hollowed out and filled with real fresh fruit sorbets. simply take from the freezer and consume Weight 2.2 kg, 12 servings (6 Lemon 6 Orange) (price includes vat)	£ 39.97
412	PINEAPPLE ICE CREAM	Desserts	Beautiful, smooth, luscious ice cream delicately flavoured with real pineapple flesh. Instructions: Simply remove from the freezer and enjoy! Weight 2.0 kg approx 8 servings	£ 43.97
347	TEMPTATIONS	Desserts	A heavenly selection of cherry charlotte, Irish liqueur cheesecake, rum truffle, strawberry shortcake and a trio of chocolate temptations. Simply defrost in the fridge for approx 1 hour before serving. <b>These products may contain traces of nuts.</b> Not suitable for vegans. <b>some of these products may contain wheat-based ingredients.</b> Weight 1.5 kg 15 portions	£ 38.97
188	VANILLA TOFFEE POTS	Desserts	Top quality vanilla ice cream topped with thick toffee and pecan nuts, presented in glazed terracotta dishes. <b>(contains nuts)</b> Instructions: Serve straight from the freezer.! Weight 4 kg contains 12 pots (price includes VAT)	£ 40.97
494	BARBEQUE RIBS	Entrees	Giant-sized, full racks of pork loin ribs marinated in a delicious barbeque sauce. Precooked, so simply reheat in the microwave, grill or oven. Summertime? Why not light the barbeque? Not for the small of appetite! Sumptuous! Instructions: reheat from frozen in a pre-heated oven (200°C) for 10–15mins. <b>Products may contain wheat-based ingredients.</b> Weight 2.5 kg 7 full racks	£ 40.97
346	BREADED CHICKEN GOUJONS	Entrees	Top quality goujons made with beautiful fresh, moist chicken coated in fresh, light and crunchy breadcrumbs. Simply cook and serve with a light, warm salad! Very popular with the children! Instructions: Cook from frozen, oven bake in a pre-heated oven at 220°C for 15mins. <b>(contains wheat based products)</b> Weight 1.8kg approx 30 servings	£ 39.97
101	CANAPÉS	Entrees	Artichoke and tomato on white bread, apple and foie gras on sweet chestnut bread, prawn and basil flavoured cheese and tomato mini brioche, vegetables on nordic bread, smoked salmon on lemon flavoured cheese and cucumber mini brioche, smoked trout and cucumber on black bread, mandarin and prune with smoked duck on white bread, ham fig butter and pistachio on olive bread. Weight 480g. 48 pieces	£ 42.97

113	CANNELLONI BOLOGNESE AND VERDI	Entrees	Fresh egg pasta, rolled, filled with minced beef, tomatoes and herbs. Also fresh egg verdi pasta rolled and filled with ricotta cheese and spinach. Instructions: Place frozen pasta in an ovenproof dish on a tomato base and cover with cheese sauce and bake for 25-30mins. <b>Products may contain wheat-based ingredients.</b> Weight 2.4 kg approx 30 servings	£ 40.97
460	CHICKEN KEBABS	Entrees	Large, boneless, skinless pieces of delicious pre-cooked breasts. Presented on wooden skewers with a light marinade. Instructions: Cook from frozen in hot oven 200°C for 16-18mins or microwave (850W) 3-5mins. Weight 2.0 kg 20 servings	£ 42.97
507	COQUILES SAINT-JACQUES	Entrees	Our most popular starter, by far! A natural scallop shell filled with tender queen scallops, cold water prawns, Atlantic salmon and white fish topped with a cream and white wine sauce, covered with piped mashed potato and grated Cheddar cheese. Instructions: Remove packaging and cook from frozen in a pre-heated oven 220°C for 20-25min. <b>Products may contain wheat-based ingredients.</b> Weight 2.1 kg 10 large servings	£ 40.97
451	CRAB BOULLE	Entrees	Quality pieces of crab in a delightful light mayonnaise sauce. Hand-shaped into a large ball then packed ready for you to release from the bag and prepare. Instructions: Cook from frozen. Oven bake in pre-heated oven 200°C for 18-20mins or microwave (850W) for 2mins and stand for 1min. <b>Products may contain wheat-based ingredients.</b> Weight 2.0 kg approx 24 boules	£ 50.97
455	CRAB THERMIDOR	Entrees	A large, natural scallop shell filled with a superlative mix of crab meat and mushrooms in a sumptuous rich white wine sauce. Topped with creamed mashed potatoes and sprinkled with Parmesan cheese. Instructions: Remove packaging and cook from frozen in a pre-heated oven 200°C for 25mins. Heavenly! Weight 2.1 kg 12 servings	£ 41.97
107	CREVETTES	Entrees	Large, whole cooked crevettes. As these are pre-cooked, simply defrost and serve. Alternatively, heat gently with a small amount of garlic and serve with lemon wedges. Weight 1.9 kg approx 50-60 crevettes	£ 47.97
110	CRISPY AROMATIC DUCK	Entrees	Fully cooked aromatic duck breasts with 50 Chinese-style pancakes and a jar of hoisin sauce. Instructions: Defrost the duck and pancakes as required. Oven bake the duck for 20mins at 180°C. Then simply add the duck, a layer of sauce, sliced spring onion and cucumber to the pancake and serve. <b>Products may contain wheat-based ingredients.</b> Weight 2.0 kg makes approx. 50 pancakes	£ 41.97
182	FILO KING PRAWNS	Entrees	Top quality king prawns marinated in a soy sauce and wrapped in filo pastry. Instructions: Must be fried without thawing in a pan or deep fat frier using a generous amount of hot oil (160°C) for 2-3mins until golden! <b>Products may contain wheat-based ingredients.</b> Weight 2.0 kg approx 100-120 prawns	£ 40.97
366	NEW ZEALAND GREEN LIPPED MUSSELS	Entrees	Large, New Zealand green-lipped mussels in their half shell. Pre-cooked, so no worries about potential bad mussels. Rumoured to be good for arthritis sufferers, simply defrost, fill the shell with port, sprinkle with grated Stilton and pop under the grill. Serve when cheese has melted. Weight. 2.0 kg 90-120 pieces Price per kilo gram: £17.98	£ 35.97
388	PETIT CROLINES	Entrees	A luxury assortment of ham with cheese, mushroom, and salmon with herb treats in individual decorative puff pastry shapes. Instructions: Cook from frozen in hot oven 220°C for 10-12mins. <b>Products may contain wheat-based ingredients.</b> Weight 1.9 kg approx 90 pieces	£ 40.97
			Top quality, individually quickly frozen, delicious whitebait. Instructions: Defrost, roll	£

178	WHITEBAIT	Entrees	in seasoned flour and fry for that straight-from-the-sea taste! Delightful! Weight 1.8 kg 750 pieces	£ 33.97
384	ARBROATH SMOKIES	Fish	Finest quality Arbroath smokies. The ultimate to enjoy a smoked fish This is prime Haddock the whole fish, bone in for flavour, uniquely smoked, a distinctive taste. Simple to serve, just defrost! Weight 1.9 kg approx 10 servings price per kilo £21.56	£ 40.97
130	WILD HADDOCK FILLETS	Fish	Line-caught to aid conservation, air-frozen at sea, these fabulous fillets are not as flakey as cod but they have a slightly sweeter, stronger taste. Still in plentiful supply! Instructions: Defrost prior to cooking. Weight 2.0kg 16–25 servings Price per kilo gram: £14.99	£ 35.97
465	ATLANTIC SALMON FILLETS	Fish	Prime salmon fillets from the Atlantic, skin on and totally boneless, portioned to size, hand filleted and vacuum packed for freshness and taste. Instructions: Defrost and remove packaging prior to cooking. Weight 2.0 kg 10–14 servings £23.98 /kg	£ 47.97
287	BARRAMUNDI SUPREMES	Fish	Skinless, boneless supremes. Tastes similar to wild sea bass with a texture similar to tuna, i.e., a meaty flesh. Instructions: Defrost before cooking. To serve simply pan-fry or grill and season to taste. Being an 'Aussie' fish, why not get the barbeque going. Weight 1.9 kg 10–15 servings price per kilo £21.56	£ 40.97
172	ESCOLAR STEAKS	Fish	Commonly called the butter fish, this versatile fish has a distinctive buttery taste and is great to curry or stir fry. Many restaurants on the eastern seaboard of the USA specialise in this product. Instructions: Defrost before cooking. Weight 1.9 kg 8–10 pieces £19.46 /kg	£ 36.97
475	GRAVADLAX	Fish	Top quality smoked salmon slices in a dill marinade. This is the best gravadlax on the market .Simply defrost, remove packaging and serve. Weight 1.2 kg approx 60 slices	£ 50.97
425	GUTTED TROUT	Fish	Prime, whole trout, cleaned and gutted. Instructions: Defrost in cool place, rinse and dry before cooking with a nice prawn stuffing and fresh herbs. Weight 2.1 kg 7–14 servings Price per kilo gram: £17.12	£ 35.97
193	MAHI MAHI	Fish	Skinless, boneless, hand-filleted mahi mahi supremes. Flakey texture with a sweet flavour. Ideal for fish pies, on its own or as it is a member of the sardine family of fish, it is great for the barbeque. Instructions: Defrost prior to cooking. Weight 1.6 kg 12–16 servings £24.98 /kg	£ 39.97
288	NEW ZEALAND DORY FILLETS	Fish	Skinless, boneless, delicate Oreo Dory fillets from New Zealand! A suggestion for serving is to simply poach in white wine or lightly fry for 3-5mins. Delicious! Instructions defrost prior to cooking: Weight 1.9 kg approx 15–18 fillets £24.19 /kg	£ 45.97
139	NEW ZEALAND MONKFISH (Stargazer)	Fish	This very popular, strong, sweet-flavoured fish is skinless, filament removed (i.e. totally boneless) and has been frozen at sea for total freshness. Great for searing, roasting or even fish pies, as it stays firm and therefore doesn't become flakey. Instructions: Defrost prior to cooking. (stargazer is the aboriginal name for the monkfish) Weight 1.9 kg. approx 15 servings	£ 40.97

			£21.56 /kg	
133	NORTH ATLANTIC HALIBUT STEAKS	Fish	<p>Top quality North Atlantic fillets. Very tasty, creamy-white, firm meaty flesh. Truly the title "king of fish" sits lightly on the halibuts shoulder superlatives just do not do this fish justice, Simply defrost and cook /poach <u>very very gently</u> in a virgin olive oil (each fillet will make up to 4 servings). Not to be confused with Mock/Greenland/Black halibut (<i>Reinhardtius hippoglossoides</i>) – all names for an inferior species.</p> <p>Weight 1.7 kg 12 servings £28.22 /kg</p>	£ 47.97
396	NORWEGIAN WILD COD LOINS	Fish	<p>Fantastic hand-filleted, pin-boned loins. Guaranteed 100% skinless, 100% boneless! Beautiful chunky pieces of prime cod! Probably the best way to eat cod and guaranteed totally sustainably sourced. Instructions: Defrost prior to cooking, then decide on your recipe !</p> <p>Weight 2.0 kg approx 10–12 servings Price per kilo gram: £19.98</p>	£ 39.97
489	PANGASIUS	Fish	<p>Individually frozen, large, skinless and boneless fillets. An ecological alternative to North Sea cod. Flavour-wise it is very slightly sweeter than cod but not as strong as haddock. Plus you get more fish per pound compared to cod fillets. Instructions: Defrost prior to cooking then treat as you would cod.</p> <p>Weight 2.5 kg 10–15 servings Price per kilo £14.39</p>	£ 35.97
142	RED MULLET	Fish	<p>Delightful, boned and scaled fillets. A full-flavoured fish suitable for pan frying or can be grilled with olive oil and garlic. Defrost prior to cooking.</p> <p>Weight 1.8 kg approx 20 pieces £23.31 /kg</p>	£ 41.97
143	RED SNAPPER	Fish	<p>Superb, frozen at sea, boneless and de-scaled Red Snapper fillets. Pan-fry with garlic, chilli, lime and coriander. Remember, this product requires careful cooking to avoid drying out. This sweet-tasting, meaty fish can be grilled, pan-fried, baked, steamed or even barbequed! Instructions: Defrost before cooking.</p> <p>Weight 1.7kg 6+ large servings £24.10 /kg</p>	£ 40.97
131	SCOTTISH NATURAL OAK-SMOKED HADDOCK	Fish	<p>Simply put, A natural, oak-smoked fillet. <u>No dye!</u> <u>No preservatives!</u> <u>No additives</u> of any sort. Medium fleshed, creamy tasting. Just waiting for brown bread or even a poached egg! Natural for kedgerree. Ideas are endless for this superb fish. Delicious any way it is used! Large fillets. Instructions: Defrost and cook, grill or oven bake.</p> <p>Weight 2.0 kg approx 20 servings £19.48 /kg</p>	£ 38.97
418	SCOTTISH SALMON SUPREMES	Fish	<p>Large skinless, boneless prime fillet supremes (not inferior tailmeat pieces). These are hand filleted and vacuum packed for extra freshness. Without doubt this superb fish can be called our signature fish! Pure unadulterated quality in every fillet. Truly outstanding flavour and taste as it is allowed to swim free in a seawater loch. Instructions: Defrost gently in a fridge and then pan fry or grill to taste.</p> <p>Weight 2.0 kg average 15 servings £26.48 /kg</p>	£ 52.97
327	SEA BASS FILLETS	Fish	<p>Top quality, frozen-at-sea, fillets. Descaled, pin boned. <b>May contain some bones.</b> Sea bass has a distinctive delicious flavour and is rightly regarded as the best fish to eat Instructions: Defrost and cook as a conventional product.</p> <p>Weight 1.8kg 12–15 servings £28.31 /kg</p>	£ 50.97
144	SKATE WINGS	Fish	<p>Top quality, skinless, frozen-at-sea skate wings. This sweet tasting fish can be pan fried, grilled or poached. Instructions: Defrost and remove packaging before cooking.</p>	£

144	SKATE WINGS	FISH	Weight 2.0 kg approx 12 servings £18.48 /kg	36.97
394	SMOKED MACKEREL	Fish	Beautiful, pin-boned, oak-smoked fillets. Simply defrost and serve, or, if preferred, heat in bag in boiling water and serve with crusty brown bread. Delightful! Weight 1.5 kg approx 8–16 servings £22.64 /kg	£ 33.97
328	SMOKED SALMON	Fish	Highest quality, oak wood-smoked, premier Scottish smoked salmon. The best smoked salmon on the market. Heavenly taste! forget a salty background taste our smoked salmon is beautifully creamy and is packed especially for us and so is only available from ourselves Instructions: Defrost in pack prior to serving. Weight 1.4 kg 14 packs, each minimum 10 slices £33.55 /kg	£ 46.97
138	SWORDFISH STEAKS	Fish	This superb, strong-flavoured Mediterranean fish is fabulous! A meaty fish similar in texture to tuna. Simply grill, griddle or head for the barbeque. Best taste if cooked on the rare side. Instructions: Defrost and remove packaging prior to cooking. Weight 1.9 kg approx 10 servings £24.72 /kg	£ 46.97
198	TILAPIA FILLETS	Fish	Delicious back fillets which are extremely popular in America and widely used in Asian cuisine. This fish has a firm, white flesh and is similar to sea bass in taste. Excels with a marinade or a good sauce. Instructions: Defrost before cooking. Weight 2.4 kg approx 15 servings £17.49 /kg	£ 41.97
135	TRADITIONAL KIPPERS	Fish	Whole, natural, oak-smoked (no dye) Scottish kippers. By far the most popular kippers we have ever provided. this product does contain bones Instructions: Defrost and cook by grilling, poaching or microwaving. Weight 2.2 kg 8–10 kippers £15.89 /kg	£ 34.97
473	TUNA LOINS	Fish	Dolphin-friendly, line-caught, hand-filleted, boneless, skinless loins. Meaty, rich red flesh. Great on its own or with spices or chilli. Instructions: Defrost and remove packaging before cooking. Simply grill, pan fry or barbeque cook to medium rare for best flavour . Please remember, this can be eaten raw and <u>as it is an oily fish</u> , avoid creamy sauces. Portions individually vacuum packed. Weight 1.9 kg 12–16 servings £21.03 /kg	£ 39.97
466	VR COD FILLETS	Fish	Prime wild cod fillets, skin on, pin boned and hand filleted ( <b>may contain small bones</b> ). Cod is back and stocks are rising. Instructions: Defrost prior to cooking. Weight 1.8 kg approx 11–13 fillets price per kilo £17.20	£ 30.97
467	VR HADDOCK FILLETS	Fish	Prime quality line caught Haddock fillets, hand filleted and pin boned ( <b>may contain small bones</b> ). Individually blast frozen for convenience and taste. Instructions: Defrost prior to cooking. Weight 1.8 kg approx 11–13 fillets £17.20 /kg	£ 30.97
478	WAHOO	Fish	Mild, delicate tasting supremes, skinless and boneless. Instructions: Defrost prior to cooking. Pan fry and season to taste. Serve with seasonal vegetables or a fresh salad Weight 2.0 kg 12 servings £20.98 /kg	£ 41.97
315	WHOLE BABY OCTOPUS	Fish	Top quality, whole, cleaned baby octopus. Simply defrost and serve warm with a vinegar marinade. Weight 2.0 kg £15.98 /kg	£ 31.97

333	WHOLE CLEANED SEA BASS	Fish	Whole, cleaned and gutted. Fully descaled and individually frozen. A whole fish which really brings out the flavour of this stupendous fish, why not fill with our garlic king prawns to create a truly stunning mix (fill fish with prawns wrap with foil and cook in the oven) Instructions: Defrost prior to cooking. Weight 1.9 kg 5–6 whole fish £22.61 /kg	£ 42.97
286	WHOLE CLEANED BABY SQUID	Fish	Individually frozen. Simply defrost and pan fry with garlic and olive oil or stuff and oven bake. Why not just slice for your own calamari? Instructions: Defrost and cook as conventional product. Weight 2.0 kg approx 20 servings price per kilo £16.48	£ 32.97
268	WHOLE DOVER SOLE	Fish	Top quality Dover sole (whole fish – not fillets) with a crisp white flesh, firm to touch with a sweet taste. Instructions: Defrost prior to cooking. Cook whole or it is great skinned and dusted with flour then pan fried. Each fish can make 2 servings. Weight 1.9 kg approx 4–8 whole Dover soles £25.77 /kg	£ 48.97
136	WHOLE SARDINES	Fish	Whole, frozen-at-sea Cornish sardines (spanish when cornish not available) . Ideal for grilling whole and is superb on the barbeque. Defrost slowly and cook to taste. Weight 1.9 kg 20–25 servings £14.19 /kg	£ 26.97
134	WILD HAKE FILLETS	Fish	Deep-frozen at sea, these skinless fillets, very popular in Spain, Portugal and Italy, have a soft to firm flesh with an excellent flavour! A great alternative to cod. <b>May contain some bones.</b> Instructions: Defrost prior to cooking. Weight 2.0 kg 12 servings £18.48 /kg	£ 36.97
322	WILD LEMON SOLE FILLETS	Fish	Top quality fillets. Lemon sole has a sweet, delicate flesh. Great on its own or perfect with a creamy white wine sauce! Instructions: Defrost prior to cooking. Weight 1.9 kg 12 servings £22.61 /kg	£ 42.97
129	WILD PLAICE FILLETS	Fish	Highest quality Dutch fillets. Absolutely the best on the market with a soft mild flesh and creamy flavour. Great for battering and takes sauces and other flavours very well. Excellent value and very versatile. Instructions: Defrost and cook as conventional product. Weight 2.0 kg approx 15 fillets £17.98 /kg	£ 35.97
316	BEER-BATTERED COD FILLETS	Fish Specialities	Superb, quality skin on, boned cod fillets, coated in a light, crispy, real beer batter. Instructions: Oven bake from frozen on a baking tray in a pre-heated oven 200°C for approximately 20mins or can be deep fried at 180°C for 6mins. <b>Products may contain wheat-based ingredients.</b> (some small bones may remain) Weight 2.0 kg approx 12 servings	£ 39.97
183	BEER-BATTERED COD GOUJONS	Fish Specialities	Top quality slices of cod in a light, natural, real beer batter. These are made with real fish not minced or flaked ,skinless and boneless why not serve with tartare sauce a la scampi or use as an alternative to fish fingers for the children. Instructions: Cook from frozen in hot oil for 3mins or oven bake 200°C for 20–25mins. <b>Products may contain wheat-based ingredients.</b> Weight 2.0 kg approx 30 pieces	£ 38.97
397	CHAMPAGNE AND SCALLOP BASKET	Fish Specialities	Top quality queen scallops, North Sea prawns and salmon in a light creamy champagne sauce, wrapped in a light lattice puff pastry basket. Garnished with bay leaves and grapes. Tastes heavenly! Looks fantastic! this product is unique to dining solutions Instructions: Cook from frozen in a preheated oven 200°C for approx 30–35mins. contains wheat based products Weight 2.0 kg 10 servings	£ 41.97

248	COD AND PANCETTA HAM FISHCAKES	Fish Specialities	Large, delicious fishcakes made from prime cod, smoked cod, potato, pancetta ham and herbs. Lightly floured, therefore <b>products may contain wheat-based ingredients.</b> Instructions: Cook from frozen. Oven bake 200°C for 12-15mins. Weight 2.1 kg 25 fishcakes	£ 38.97
203	COQUILLES SAINT-JACQUES	Fish Specialities	A natural scallop shell, filled with tender queen scallops, cold water prawns, Atlantic salmon and white fish in a rich cream and fish bouillon sauce, topped with creamy potato and grated Cheddar cheese. this is really jammed with fish, The classic starter for that special occasion or just as a treat for yourself Instructions: Remove packaging and cook from frozen in a preheated oven at 220°C for 20–25mins. Weight 2.1 kg 10 Portions	£ 40.97
510	COTSWOLD COD LOINS	Fish Specialities	These are unique! A (totally sustainable) skinless boneless chunky cod loin with a cheesy crumb topping.with these in your freezer try not saying "look what I made earlier" as you serve them Cook from frozen, oven bake at 200°c for 18 – 20 minutes Weight 2.2kg 12 servings	£ 41.97
450	CRAB BOULLE	Fish Specialities	Prime blue swimming crab claw meat (reputed to be the best tasting in the world) in a delightful light mayonnaise sauce, then hand-shaped into a large ball. Vacuum packed, so simply release from the bag, to serve defrost and heat delicious with a baby leaf salad. Weight 1.5 kg approx 12 boules	£ 50.97
428	CRAB THERMIDOR	Fish Specialities	This is stunningly different, A large, natural scallop shell filled with a superlative mix of white crab meat and mushrooms in a sumptuous rich white wine sauce. Topped with creamed mashed potatoes and sprinkled with Parmesan cheese. tasty does not do this justice Instructions: Remove packaging and cook from frozen in a pre-heated oven 200°C for approx 25mins. Weight 2.1 kg 12 servings	£ 41.97
365	DRESSED CRAB	Fish Specialities	Delicious, traditionally prepared and dressed crabs from Shetland. Simply defrost and serve. <b>Products may contain wheat-based ingredients.</b> Weight 1.3 kg 10 dressed crab	£ 41.97
410	KILN-ROASTED SMOKED SALMON	Fish Specialities	Succulent kiln-roasted salmon fillets, hot smoked in genuine oak smokeries skin on and boneless. Already cooked so simply defrost and serve with a crispy salad and a twist of lemon. An ideal light lunch. Luxury! <b>Products may contain wheat-based ingredients.</b> Weight 1.7 kg 12 pieces	£ 46.97
422	LEMON AND PEPPER PANGASIOUS	Fish Specialities	Fantastic lemon and black pepper taste to this cod replacement that is an environmentally sustainable white fish. As with our other crumbed fish, simply take from the freezer and cook. Half the price of cod! Instructions: Cook from frozen in a pre-heated oven 200°C for approx 25mins, turning once. <b>Products may contain wheat-based ingredients.</b> Weight 2.5 kg 15 servings	£ 39.97
398	MEDITERRANEAN FILLET	Fish Specialities	Prime skinless, boneless pangasius fillets topped with chunky char-grilled sweet peppers, aubergines, mushrooms and onions in a basil pesto. covered with a crispy breadcrumb and red pepper crust. Pangasius is a sustainable substitute for cod with a slightly sweeter flavour. Instructions: Cook from frozen in a pre-heated oven 200°C for 18–20mins. Ideally on a trivet or rack so base cooks evenly <b>Products may contain wheat-based ingredients.</b> Weight 1.9 kg 10 servings	£ 39.97
239	PLAICE SUPREME (SAI MON)	Fish Specialities	Two skinless, boneless plaice fillets, filled with a creamy salmon mousse, topped with a piece of salmon. Instructions: Cook from frozen in a preheated oven 190°C for 25–30mins, brush with melted butter before cooking. Can be microwaved in the bag for	£ 41.97

		Specialities	approx 5mins. <b>Products may contain wheat-based ingredients.</b> Weight 1.7 kg 10 good servings	
513	SALMON AND MOZZARELLA FISHCAKES	Fish Specialities	A lightly dusted fishcake whose ingredients of prime salmon pieces, mozzarella cheese and red peppers. Part of our new range of exclusive fishcakes pushing the boundaries even further out, try them ! we think you'll be very impressed Instructions: Cook from frozen oven bake at 200c for 15-18 minutes Weight 1.8kg. Servings 15	£ 38.97
294	SALMON COINTREAU	Fish Specialities	Looks stunning, tastes stunning, our skinless, boneless, prime salmon fillets, smothered in a creamy prawn and Cointreau sauce, wrapped in puff pastry and topped with a colourful lemon zest and orange garnish. Instructions: Cook from frozen in a pre-heated oven 220°C for 25–30mins. <b>Products may contain wheat-based ingredients.</b> Weight 2.2 kg 10 portions	£ 40.97
449	SALMON REGATTA	Fish Specialities	Tender, skinless, boneless fillets of salmon with tarragon seasoning. flavoured with spinach and enclosed in a light puff pastry, kept moist with a crayfish and dill cream sauce. Lovely! Instructions: Cook from frozen in a pre-heated oven 200°C for approx 20mins. Weight 1.7 kg 12 servings	£ 45.97
199	SALMON SHANTIS	Fish Specialities	Prime salmon pieces with broccoli florets in a creamy dill sauce, encased in golden breadcrumbs. Instructions: Cook from frozen in a pre-heated oven 220°C for 20–24mins, can be deep fried for approx 15mins.turning frequently Weight 2.0 kg 12 large shantis	£ 37.97
512	SALMON, PEA AND MINT FISHCAKES	Fish Specialities	Chunks of prime skinless, boneless salmon blended with fresh garden peas and with a hint of mint, coated in fresh breadcrumbs to create yet another delicacy to cogitate over from our fantastic fish cake range Cook from frozen, oven bake at 200c for 15 – 18 minutes Weight 1.6kg 15 servings	£ 38.97
503	SCALLOP AND CRAB COQUILLE	Fish Specialities	A truly exquisite combination of scallops and white crab meat in a lobster, cream and brandy sauce, presented in a large crab shell topped with piped mashed potato and prawns. These not only look stunning they taste even better this is fast becoming one of our customers favourite dishes. Instructions: Cook from frozen in a pre-heated oven 200°C for 30–35mins. Weight 1.8 kg 8 servings	£ 40.97
514	SMOKED HADDOCK AND CHEDDAR FISHCAKES	Fish Specialities	A lightly dusted fishcake created with prime smoked haddock fillet pieces, potato rosti, mature cheddar cheese, parmesan cheese and chives.these are really something else and take the humble fishcake into a dining experience Instructions: Cook from frozen oven bake at 200c for 15-18 minutes Weight 1.8kg. Servings 15.	£ 38.97
511	SMOKED HADDOCK AND GRUYERE FISHCAKES	Fish Specialities	Breaded prime smoked haddock and gruyere fishcakes.These fishcakes extend the flavour experience even further no more will bland fishcakes be accepted full of smoked haddock and light gruyere cheese truly a match made in heaven Cook from frozen in hot oven 200c for 15 – 18 minutes weight 1.7kg 15 servings	£ 38.97
249	SMOKED HADDOCK FISHCAKES	Fish Specialities	Pieces of smoked haddock, spring onion, with mashed potato and herbs. Hand-shaped and floured, A real tasty variation on the traditional fishcake <b>products contain wheat-based ingredients.</b> Instructions: Cook from frozen in a pre-heated oven 220°C for 25 - 30 mins. Weight 1.8 kg 14 servings	£ 36.97
			Skinless, boneless Scottish smoked haddock in a rich cheese sauce with spinach and	

330	SMOKED HADDOCK WELLINGTON	Fish Specialities	<p>English mustard, wrapped in a hand-made puff pastry topped with a dressing of cranberries. These deliver to the max on taste and presentation with a "look what I made earlier" appeal Instructions: Cook from frozen in a pre-heated oven 200°C for 30–35mins.</p> <p>Weight 2.5 kg 12 servings</p>	£ 41.97
454	CANAPÉS	Hors D'oeuvres	<p>The perfect finger food chicago style canapes featuring Artichoke tomato on white bread, apple and foie gras on sweet chestnut bread, prawn - basil flavoured cheese and tomato mini brioche, vegetables on nordic bread, smoked salmon on lemon flavoured cheese and cucumber mini brioche, smoked trout and cucumber on black bread, mandarin and prune with smoked duck on white bread, ham fig butter and pistachio on olive bread.(individual items may vary due to supply an availability)</p> <p>Weight 480g. 48 pieces</p>	£ 42.97
290	CRISPY DUCK SPRING ROLLS	Hors D'oeuvres	<p>Shredded pieces of crispy aromatic duck, with spring onion and hoisin sauce, wrapped in filo pastry. Also comes with packets of sweet plum sauce for dipping. Perfect for snacks, with a glass or two of dry white wine and pleasant company! warning these are very very more-ish</p> <p>Instructions: Cook from frozen in pre-heated oven 200°C for 15–17mins. <b>Products may contain wheat-based ingredients.</b></p> <p>Weight 1.9 kg 8 packs (10 spring rolls per pack) plus 8 sachets of sauce</p>	£ 42.97
386	PETIT CROLINES	Hors D'oeuvres	<p>A luxury assortment of individual decorative puff pastry shapes filled with either mushroom, ham and cheese or salmon. the perfect nibble for formal or informal occasions</p> <p>Serve hot or cold.Instructions: Cook from frozen in pre-heated oven 220°C for 10–12mins. <b>Products may contain wheat-based ingredients.</b></p> <p>Weight 1.9 kg approx 90 pieces</p>	£ 40.97
389	ROYAL THAI DIM SUM	Hors D'oeuvres	<p>A truly delectable selection of Royal Thai dim sum featuring an assortment of :Thai-style breaded fish balls, Thai money bags, Thai style corn fritters and Thai-style seafood spring rolls. Instructions: Cook from frozen in pre-heated oven 160°C for 4–6mins until brown for that fresh-from-the-Orient taste. <b>Products may contain wheat-based ingredients.</b></p> <p>Weight 2.0 kg approx 100 assorted dim sum</p>	£ 46.97
481	BREADED CHICKEN GOUJONS	Kids	<p>Top quality goujons made with beautiful fresh, moist chicken coated in fresh, light and crunchy breadcrumbs. Instructions: Cook from frozen in a preheated oven 220°C for 15mins, serve with a light, warm salad. Very popular with the children!</p> <p>Weight 1.6 kg</p>	£ 39.97
378	BREADED HADDOCK FISH FINGERS	Kids	<p>Prime haddock in light crunchy breadcrumbs. These are scrumptious! Fish is MINCED TO AVOID ANY BONES. Grill, fry or oven bake to your personal preference. At this weight you get lots of fish for your money!</p> <p>Weight 3.2 kg 120 fish fingers</p>	£ 34.97
487	CHICKEN CHUNKS	Kids	<p>Tender pieces of moist, full-flavour, prime breast meat (not minced) in a natural breadcrumb. Instructions: Cook from frozen in pre-heated oven 210°C for approx 15mins (can be deep fried). Ordinary High Street outlet nuggets just don't have a chance against our chunks!</p> <p>Weight 1.8 kg approx 80 pieces</p>	£ 37.97
392	COD AND PANCETTA FISHCAKES	Kids	<p>Highest quality fishcakes made from pieces of prime cod, smoked cod, mashed potato, pancetta ham and parsley, then lightly dusted in potato flour.Ideal product for kids using proper prime fish</p> <p><b>Products may contain wheat-based ingredients.</b></p> <p>Instructions: Cook from frozen in a preheated oven at 200°C for 12–15mins.</p> <p>Weight 2.1 kg 25 servings</p> <p>Prime haddock pieces, totally skinless and boneless, coated in golden breadcrumbs</p>	£ 38.97

190	HADDOCK NUGGETS	Kids	(proper fish not minced nuggets so the kids eat good food as well). Instructions: For best results cook from frozen in pre-heated oven 200°C for 15–20mins or can be deep fried at 180°C for 4–5mins. Weight 2.0 kg approx 80 nuggets	£ 38.97
155	LINCOLNSHIRE FISHCAKES	Kids	Cod and haddock with chopped parsley, blended with mashed potato and coated in fine crunchy breadcrumbs. Superb! Basic, no frills fishcake. Lots for your money! Instructions: Cook from frozen in pre-heated oven 200°C for 20mins, can be grilled. Weight 2.9 kg approx 60 fishcakes	£ 30.97
146	6 oz FILLET STEAK	Meat	Prime, pure English beef (no South American substitutes). Succulent and tender, marbled for full flavour. These steaks are hung for 28 days before being cut. Instructions: Defrost and remove packaging before cooking and then grill gently and serve as required. Weight 1.7 kg. 10 steaks £38.80 /kg	£ 65.97
149	BONELESS PORK TENDERLOINS	Meat	Juicy, boneless, prime pork loins (no marinade). A succulent choice cut of meat, individually vacuum packed for your convenience. Instructions: Cook from frozen (remove packaging) in pre-heated oven 220°C for 20mins or grill to taste. Weight 2.0 kg 12 servings £20.48 /kg	£ 40.97
304	BRITISH FREE RANGE DUCK BREASTS	Meat	Prime, boneless duck breast (no marinade). Very large breasts with all the flavour expected from a free-range product. Vacuum packed. A truly unique product. Instructions: Defrost before cooking and remove all packaging. Weight 1.8 kg 10 duck breasts £27.20 /kg	£ 48.97
402	CORN-FED CHICKEN	Meat	Prime French free range, non GM corn-fed, skin-on, boneless breasts. Sourced from traditional breeds (used for centuries). A truly delightful flavour. Once tasted you will not want to eat ordinary chicken breasts again! These birds are a minimum of 84 days old. In the UK, the average conventionally-raised chickens sold are only 39 to 40 days old and free range only a maximum of 56 days, whilst some organics are only up to 70 days old. Instructions: Defrost remove packaging before cooking to taste. Weight 1.8 kg approx 10 breasts £24.42 /kg	£ 43.97
508	DRY AGED SIRLOIN STEAK	Meat	The finest sirloin steak dry aged for a minimum of 28 days prior to being cut by hand. Quick frozen and vacuum packed to retain all the flavour which is truly awesome. These steaks will make you re-think your meat choices. Instructions: Defrost and remove packaging prior to cooking. Weight: 1.7kg. 10 Servings: £32.92 /kg	£ 55.97
348	FREE RANGE GUINEA FOWL	Meat	This fantastic guinea fowl has a distinctive, succulent, slightly richer flavour than chicken, whilst still being incredibly healthy. Because of its delicate flavour do not pair with ingredients that are overpowering. Instructions: Defrost prior to cooking, make sure juices run clear before consuming. Weight 1.8 kg 10 portions £26.09 / kg	£ 46.97
148	MINTED LAMB	Meat	Tender, boneless prime chump chops in a delicious mint marinade. Individually vacuum pouched for your convenience. Excellent grilled, oven baked or barbequed, this lamb expands as it cooks. Definitely can be classed as one of our signature lines. <b>Products may contain wheat-based ingredients.</b> Instructions: Defrost and remove packaging prior to cooking in a preheated oven 220°C for 20mins or can be grilled. Weight 1.8 kg 10 good-sized servings	£ 47.97

			£26.65 /kg	
381	OSTRICH STEAKS	Meat	<p>Top quality, tender ostrich steaks, very low in fat and cholesterol, high in iron, calcium and protein. Drizzle with olive oil or melted butter, then gently fry. Instructions: Defrost prior to cooking. Best served medium rare or rare to keep tender and succulent never overcook. Takes light, fruit-flavoured sauces well!</p> <p>Weight 1.5 kg 10 steaks £40.64 /kg</p>	£ 60.97
259	PORK ORANGE AND BASIL	Meat	<p>Prime boneless loin chops marinated in our special orange and basil sauce and garnished with an orange slice. Simply the best tasting pork possible. Heavenly! Instructions: Defrost prior to cooking, remove from vacuum pack and cook in a preheated oven 220°C for 20mins. <b>Products may contain wheat-based ingredients.</b></p> <p>Weight 2.0 kg 12 large steaks : £20.48 /kg</p>	£ 40.97
372	PORK ROSEMARY & GARLIC	Meat	<p>Beautiful, tender loin steaks in our rosemary and garlic marinade. Defrost, remove from pouch and grill or oven bake. Truly tasty with a peppery watercress salad or serve with traditional fresh vegetables. Instructions: Defrost prior to cooking, remove packaging and cook in a preheated oven 220°C for 20mins, can also be grilled if preferred.</p> <p>Weight 2.0 kg 12 large steaks £20.48 /kg</p>	£ 40.97
158	PRIME BEEFBURGERS	Meat	<p>A full 226 g/8 oz beefburger made with 100% prime Aberdeen Angus beef steak. Each one being a meal on its own! Serve with chips and relish, or in a very large bun. <b>Products may contain wheat-based ingredients.</b> Instructions: Cook thoroughly until juices run clear.</p> <p>Weight 2.5 kg approx 12 burgers £14.78 /kg</p>	£ 36.97
274	PRIME LAMB CHUMP CHOPS	Meat	<p>Quality, boneless English lamb chump chops. Great grilled, baked or barbequed! Vacuum pouched for your convenience. Prime lamb, no marinade. Instructions: Defrost prior to cooking, remove packaging and cook in a preheated oven 220°C for approx 20mins, can be grilled if required.</p> <p>Weight 2.0 kg 10 large servings £23.98 /kg</p>	£ 47.97
306	PRIME MINTED LAMB BURGERS	Meat	<p>Massive burgers made with prime English lamb, sprinkled with a few herbs. Each burger is a full 226 g/8 oz (with zero rusk). A fabulous alternative to a beefburger. Instructions: Defrost prior to cooking, cook thoroughly until juices run clear.</p> <p>Weight 2.5 kg 12 burgers £14.38 /kg</p>	£ 35.97
367	RIB EYE STEAKS	Meat	<p>Mature, rib eye steaks, beautifully marbled for that juicy steak flavour. Considered the best steak cut for flavour. All our steaks are hung for 28 days before being cut. Defrost and remove packaging prior to cooking. For best results pan fry with a little butter. fry each side for 2 minutes or until desired. They are absolutely divine on the barbie</p> <p>Weight 2.7 kg 12 steaks £20.72 /kg</p>	£ 55.97
237	ROSEMARY AND GARLIC LAMB	Meat	<p>Tender, boneless lamb chump chop in a special rosemary and garlic marinade. This chop grows as it is cooked! Average portion 226 g/8 oz. Instructions: Defrost prior to cooking, remove packaging and cook in a preheated oven 180°C or grill.</p> <p>Weight 2.2 kg 10 good servings £21.80 /kg</p>	£ 47.97
			<p>NEW! Our quality, bone in, prime beef t-bone steaks. Seriously large steaks for serious eaters! Each steak is approx 340 g (that's a 10-12 oz steak). Instructions:</p>	

474	T-BONE STEAK	Meat	Defrost and remove packaging prior to cooking. Weight 2.7 kg 8 large steaks £22.58 / kg	£ 60.97
340	VENISON STEAK	Meat	This venison has a rich, fresh flavour and is best cooked rare to maintain its succulent flavour. Individually vacuum packed for your convenience. Instructions: Defrost prior to cooking. Weight 2.0 kg 10 large steaks £35.48 /kg	£ 70.97
495	BARBEQUE RIBS	Meat Specialities	Giant-sized, full racks of pork loin ribs marinated in a delicious barbeque sauce. Precooked, so simply reheat in the microwave, grill or oven. Summertime? Why not light the barbeque? Not for the small of appetite! Sumptuous! Instructions: reheat from frozen in a pre-heated oven (200°C) for 10–15mins. <b>Products may contain wheat-based ingredients.</b> Weight 2.5 kg 7 full racks	£ 43.97
502	BEEF WELLINGTON	Meat Specialities	Prime Aberdeen Angus fillet steak, topped with wild mushroom and wrapped in Ardennes pâté, encased in a delicious double-lattice puff pastry. Garnished with a sprinkling of parsley and basil leaves . A classic dish individually sized for convenience. Instructions: Cook from frozen in a preheated oven 220°C for approx 40mins. Weight 2.0 kg 12 individual Wellingtons	£ 56.97
371	BRITISH ORANGE & BASIL DUCK	Meat Specialities	Large, boneless breasts in our own special orange and basil marinade. Simply defrost in the fridge overnight, remove from packaging then oven bake for a succulent meal! Instructions: Defrost and remove from bag prior to cooking in a preheated oven 200°C for 20–25mins. Weight 1.9 kg 10 large servings	£ 48.97
275	BRITISH ROSEMARY AND GARLIC DUCK	Meat Specialities	Large, boneless, prime duck breasts in a delicious rosemary and garlic marinade. Instructions: Defrost and remove from pouch before cooking in a preheated oven 200°C for 20–25mins. Weight 1.8 kg 10–20 servings £27.20 /kg	£ 48.97
496	Duck Confit	Meat Specialities	This delightful confit (which is French for preserved) is fully cured in salt then poached in duck fat. Instructions: Defrost and remove packaging prior to cooking in a preheated oven 200°C for 15–20mins or boil in the bag for 20–25mins then grill to crisp skin. Heavenly! Weight 2.2 kg 10 servings	£ 44.97
357	HONEY LAMB ROASTS	Meat Specialities	Beautiful, succulent tender, French cut individual racks of lamb in a special honey glaze. Simply defrost and oven bake and serve with new potatoes and fresh garden peas. Instructions: Defrost prior to cooking in a preheated oven 200°C for 20–25mins. Weight 2.1 kg 10 racks	£ 54.97
243	INDIAN SELECTION (MEAT)	Meat Specialities	A top-quality selection of lamb samoza, chicken tikka samoza, chicken pakoras and onion bhajis, together with hot pakora sauce sachets. Cook from frozen by either deep frying or oven bake until golden brown. <b>Products may contain wheat-based ingredients.</b> Weight 2.0 kg approx 120 pieces	£ 44.97
279	LAMB EN CROÛTE	Meat Specialities	Tender pieces of prime lamb in a rich mint and rosemary sauce, wrapped in a hand-made puff pastry purse. A truly succulent way to eat English lamb. Instructions: Cook from frozen on a preheated tray in an oven 180°C for 40–45mins, increase time slightly if more than 1 being cooked. Weight 2.6 kg 10 servings	£ 47.97
		Meat	Prime lamb shanks in our beautiful mint and rosemary flavoured gravy. simply defrost and microwave in the bag or remove bag and reheat in an oven proof dish, serve with seasonal veg and a few roasties then sit back and recieve the plaudits. Instructions:	£

497	LAMB SHANKS	Meat Specialities	Defrost before reheating to a core temperature of 75c° weight 3.7 kg 8 large lamb shanks	£ 46.97
459	NOUVEAU BEEF WELLINGTON	Meat Specialities	A delicious new variation on the traditional Wellington. Prime fillet of beef topped with wild boar pâté blended with ginger and rum, encased in individual parcels of quality puff pastry. A truly bespoke and unique product that will set your dinner party apart from all the others! Serve with seasonal vegetables and a very light sauce. Instructions: Defrost in fridge for 24hrs, remove packaging and cook in a preheated oven 200°C for 20–25mins. Weight 2.5 kg 10 servings	£ 56.97
458	STEAK AND ALE EN CROÛTE	Meat Specialities	Tender pieces of steak, moistened in a rich ale sauce, all wrapped up in a light egg-washed puff pastry purse. Truly delicious! Once tasted, never forgotten! A great favourite with all of our customers. Go on, join its appreciation society! It is without doubt one of our signature lines Easy to prepare. Instructions: Cook from frozen in a preheated oven 180°C for 40–45mins. Weight 3.0 kg 10 servings	£ 47.97
482	BREADED CHICKEN GOUJONS	Poultry Specialities	Top quality goujons made with beautiful fresh, moist chicken coated in fresh, light and crunchy breadcrumbs. Instructions: Cook from frozen in pre-heated oven 220°C for 15mins and serve with a light, warm salad. Very popular with the children! Weight 1.8 kg approx 30 servings	£ 39.97
349	CAJUN CHICKEN	Poultry Specialities	Skinless, boneless, butterflied double chicken breast, marinated with traditional Cajun spices. Not pumped with anything, simply cook from frozen. Lovely! Instructions: Cook from frozen on a greased tray in a preheated oven 200°C for 25–30mins. Weight 2.0kg 10–20 servings	£ 39.97
499	CAYENNE CHICKEN	Poultry Specialities	Tender chicken breast with leaks chorizo sausage and thyme in a cream encased in delicate puff pastry. Preheat the oven to 180c and cook on a baking tray for 30 minutes. Weight 2.0kg 12 Servings.	£ 41.97
338	CHEESE AND SPRING ONION CHICKEN	Poultry Specialities	A boneless breast filled with a delightful combination of Cheddar cheese and fresh spring onion, wrapped in bacon and basted in butter and parsley. Wonderful! Instructions: Cook from frozen in a preheated oven 180–190°C for approx 40mins. Weight 1.9 kg 10 breasts	£ 43.97
504	CHICKEN AND PANCETTA WELLINGTON	Poultry Specialities	Prime Chicken breast fillet in a creamy pancetta, pea and tarragon sauce wrapped in flaky puff pastry. Cook from frozen, place on a baking tray in a preheated oven at 200c for 40 minutes. Weight 1.8kg 8 Servings	£ 38.97
427	CHICKEN BALINT	Poultry Specialities	Prime breasts in a barbeque marinade, filled with cheese and ham, wrapped in smoked bacon and garnished with herbs. Instructions: Cook from frozen in a pre-heated oven 200°C for approx 40mins. . Weight 2.0 kg 10 servings	£ 45.97
263	CHICKEN CALEDONIA	Poultry Specialities	Skinless, boneless breasts filled with top quality haggis, soaked in Whisky and Drambuie, then wrapped in quality smoked back bacon. Garnished with parsley. Instructions: Cook from frozen in a preheated oven 200°C for 25–30mins. Products may contain wheat-based ingredients. Weight 2.0 kg 10 large breasts	£ 45.97
351	CHICKEN CHAMPIGNON	Poultry Specialities	Whole skinless, grade a, boneless chicken breasts, filled with a cream, brandy and peppercorn sauce, coated in golden breadcrumbs. Instructions: Cook from frozen in a preheated oven 200°C for 30mins.	£ 42.97

			Weight 2.0 kg 12 servings	
501	CHICKEN CORDON BLEU	Poultry Specialities	Whole, skinless, boneless breasts filled with ham and cheese in golden breadcrumbs. Instructions: Cook from frozen in a preheated oven 160°C for 30–35mins. Weight 2.0 kg 12 servings	£ 44.97
492	CHICKEN COTSWOLD	Poultry Specialities	Prime chicken breast in a stilton and bacon filling wrapped in puff pastry. Cook from frozen in a pre-heated oven at 200c for approx 30 - 35minutes. Weight 2.6 kg. 12 servings	£ 45.97
498	CHICKEN CREMOSA	Poultry Specialities	Tender Chicken breast with a brandy mushroom and spring onion cream sauce wrapped in a delicate puff pastry. Cook from frozen in a pre-heated oven at 180c on a baking tray for roughly 30 minutes. 12 Servings. Weight 2.0 kg.	£ 41.97
509	CHICKEN HAWAIIAN	Poultry Specialities	Whole, skinless, boneless prime chicken breasts, filled with ham, cheese and pineapple, coated in golden breadcrumbs. Instructions: Cook from frozen on a hot tray in a pre-heated oven 160°C for 30–35mins. Weight 2.2 kg 12 servings	£ 44.97
373	CHICKEN ITALIANO	Poultry Specialities	Large breasts filled with ham and Parmesan cheese, coated in a rich sun-dried tomato marinade topped with mozzarella, spinach and sweet peppers. Instructions: Cook from frozen in a pre-heated oven 180°C for 30–35mins or microwave on full power (800w) for 5mins then on medium power (400w) for 3mins. Products may contain wheat-based ingredients. Weight 2.0 kg 10 servings	£ 41.97
477	CHICKEN JAMAICAN	Poultry Specialities	Chicken breast in a spicy citrus crust. Instructions: Cook from frozen on a baking tray in a preheated oven 200°C for 25–30mins. Weight 1.9 kg 17–19 servings	£ 39.97
361	CHICKEN KEBABS	Poultry Specialities	Large, boneless, skinless chunks of delicious pre-cooked breasts. Presented on wooden skewers with a subtle marinade. Ideal for barbeques as they are already cooked, so need minimum preparation. Instructions: Cook from frozen in a preheated oven 200°C for 16–18mins or microwave (850w) for 3–5mins. Weight 2.0 kg 20 large skewers	£ 40.97
437	CHICKEN KIEV	Poultry Specialities	Whole, boneless, skinless breasts, filled with a delicious garlic and herb butter, then coated in light, crispy breadcrumbs. Instructions: Cook from frozen in a preheated oven 160°C for 30–35mins. Weight 1.8 kg 10 servings	£ 42.97
374	CHICKEN MEXICANO	Poultry Specialities	Large skinless, boneless breasts, filled with a blend of cheeses, sweet peppers and red beans. Coated with a spicy Cajun sauce, sprinkled with a Mexican-flavoured crumb and topped with tortilla chips and red peppers. Instructions: Remove packaging and cook from frozen in a preheated oven 180°C for 30–35mins or microwave on full power (800w) for 5mins then on medium power for 3mins. Products may contain wheat-based ingredients. Weight 1.8 kg 10 servings	£ 41.97
344	CHICKEN SATAY	Poultry Specialities	Top quality, ready-cooked prime chicken satays. Instructions: Cook from frozen in a preheated oven 200°C for 20–25mins, we suggest serving with a hot peanut butter dip. Weight 2.4 kg 120 satay sticks	£ 47.97
152	CHICKEN TENDERLOINS	Poultry Specialities	Prime quality A grade, skinless, boneless inner fillets of chicken breast. Beautifully moist and tender! Individually frozen, not pumped with preservatives or water. Great for any recipes, stir fry, curries or warm salads. A truly versatile primary ingredient! Instructions: Defrost prior to cooking.	£ 38.97

			Weight 2.4 kg 20–25 servings price per kilo£16.23	
228	CHICKEN WELLINGTON	Poultry Specialities	Breast fillets in a rich, creamy, mushroom and brandy sauce, wrapped in hand-made puff pastry and garnished with sliced mushrooms and fine herbs. Instructions: Cook from frozen in a preheated oven 220°C for approx 40mins. Weight 2.2 kg 12 servings	£ 43.97
350	COQ AU VIN	Poultry Specialities	Whole, boneless, skinless breasts stuffed with red wine, mushrooms and onions, wrapped in smoked streaky bacon. Instructions: Remove packaging and cook from frozen in a preheated oven 190°C for approx 40mins. Weight 2.2 kg 10 servings	£ 41.97
216	HONEY AND MUSTARD CHICKEN	Poultry Specialities	Skinless, boneless, butterflied double chicken breasts glazed with a marinade of clear honey and Dijon mustard. Instructions: Cook from frozen on a greased baking tray in a preheated oven 200°C for 25–30mins. Products may contain wheat-based ingredients. Weight 2.0 kg 10–20 servings	£ 39.97
345	LEMON AND PEPPER CHICKEN	Poultry Specialities	Skinless, boneless, butterflied double chicken breasts marinated with fresh lemon and sweet peppers. Instructions: Cook from frozen in preheated oven 200°C for 25–30mins. Products may contain wheat-based ingredients. Weight 2.0 kg 10–20 servings	£ 40.97
218	LIME AND CHILLI CHICKEN	Poultry Specialities	Skinless, boneless, butterflied double chicken breasts marinated with fresh lime and chilli. Instructions: Cook from frozen in preheated oven 200°C for 25–30mins. Products may contain wheat-based ingredients. Weight 2.0 kg 10–20 servings	£ 39.97
255	SOUTHERN FRIED CHICKEN FILLETS	Poultry Specialities	Top quality, skinless, boneless, breast fillets in a delicious crunchy southern fried coating. shallow fry or oven bake. Serve with salad, dips and potato wedges. A much better quality substitute for the average High Street chicken ! Instructions: Cook from frozen in preheated oven 200°C for 25mins Weight 2.0 kg 15–20 servings	£ 41.97
231	STILTON AND PORT CHICKEN	Poultry Specialities	Whole, boneless, skinless breast fillets filled with Stilton and port, then wrapped in smoked streaky bacon. Instructions: Remove packaging and cook from frozen in preheated oven 200°C for approx 40mins. Weight 2.1 kg 10 servings	£ 43.97
362	TURKEY SUPREMES	Poultry Specialities	Skinless, boneless, English turkey fillets rolled around a filling of pork sausage meat, cranberry with sage and onion stuffing. Instructions: Cook from frozen in preheated oven 200°C for approx 40mins (remove ties before serving). Weight 2.5 kg 12 servings	£ 46.97
491	Woodland Chicken Wellington	Poultry Specialities	Chicken in a creamy woodland mushroom and cider sauce wrapped in flaky puff pastry this is definitely taste in crust . Cook from frozen in a pre-heated oven at 200c for 40 minutes. Weight 2.0kg 8 Large Servings	£ 38.97
185	BREADED KING PRAWNS	Shellfish	Tail-on, large king prawns coated in crunchy breadcrumbs. Ideal as a starter or just treat yourself to a snack! Instructions: Cook from frozen in hot oil 180°C for approx 3mins. Weight 1.9 kg 90–120 pieces £21.56 /kg	£ 40.97
195	COCKLES	Shellfish	Ready cooked and shelled. Individually quick frozen. Instructions: Defrost and serve with vinegar dip or as a tasty addition to any sea food dish. Weight 1.95 kg approx 40 servings £22.03 /kg	£ 42.97
422	CREVETTES	Shellfish	Large, prime, ready cooked, shell-on, crevettes. Simply defrost then either serve cold or warm gently and then serve on a fresh seasonal salad.	£

423	CREVETTES	Shellfish	Weight 1.95 kg approx 55 prawns in every box £24.60 /kg	47.97
320	GARLIC KING PRAWNS	Shellfish	Delicious raw king prawns in our special cheese and garlic sauce. Simply cook in a dry pan, wait until cheese has melted and prawns are pink, then serve on a bed of lettuce. Once tasted never forgotten Alternatively, split a crusty baguette in half and pour the sauce on the bread for an instant side dish of garlic bread! <b>Products may contain wheat-based ingredients.</b> Weight 1.4 kg approx 120 pieces £29.31/kg	£ 43.97
358	GIANT RAW GAMBAS	Shellfish	Excellent, giant, shell-on, raw black tiger prawns (commonly called gamba's). To serve, simply defrost first and fry gently with garlic butter. Alternatively these monsters are ideal for the barbeque. Do not consume until all the meat is pink Weight 1.8 kg 20-24 pieces £28.32 /kg	£ 50.97
184	GOURMET SCAMPI	Shellfish	You will struggle to find this delicacy any where else ! Large, de shelled, whole-tail scampi. These are fabulous! Whole langoustine tails, de-shelled and deep frozen. Instructions: Defrost and cook to taste (ensure cooked before eating). Weight 1.4 kg approx 80 pieces £31.41 /kg	£ 43.97
463	JUMBO CREVETTES	Shellfish	Quality prime jumbo-sized crevettes. Seriously large cooked shell-on shellfish. Instructions: Defrost at room temperature for 2-3hrs or overnight in the fridge and use straightaway Weight 1.95 kg approx 40-60 pieces £25.62 /kg	£ 49.97
115	KING PRAWNS	Shellfish	Our very popular, tail-on, large king prawns. Pre-cooked, de-shelled de-veined and de-headed. All the hard work has been done, simply defrost and serve with a dip or drop into a curry .enhance your fish pie or try stir-frying! These are pre-cooked, but if you prefer why not try our fuller-flavoured raw king prawns. Weight 1.8 kg approx 90-120 prawns £23.32/kg	£ 42.97
118	KING SCALLOP	Shellfish	Quality, roe-on, king-sized scallops with a perfect texture and flavour. Individually frozen so no added water no additives or preservatives what you see is what you get when defrosted Instructions: Defrost prior to cooking. Weight 1.6 kg approx 30 servings £28.73/kg	£ 45.97
376	LARGE, WHOLE CLAMS	Shellfish	Top quality, whole North East Atlantic clams. Instructions: Boil from frozen then pan fry with virgin olive oil and garlic, then add to boiled rice.as with any shellfish if the shell does not open discard and do not eat any unopened shells Weight 3.9 kg enough for approx 20 meals £10.25 /kg	£ 39.97
462	LIME AND GINGER MUSSELS	Shellfish	Fresh uncooked prime quality mussels in a creamy lime and ginger sauce. Instructions: Cook from frozen, pierce pouch 2-3 times and microwave for 2mins, stand for 2mins, heat for further 2mins. Alternatively remove packaging and heat on hob in lidded pan for 3-4mins on high then simmer for 2mins, stirring gently. Weight 1.8 kg approx 15 servings £19.43/kg	£ 34.97
122	LOBSTER TAILS	Shellfish	Large, raw, shell-on, rock lobster tails. As the rock lobster does not have claws you are left with prime large 100% tail meat! Simply defrost, remove packaging and cook until pink. Weight 1.4 kg approx 7 tails Price per kilo: £57.83	£ 80.97

117	LUXURY SALAD PRAWNS	Shellfish	Very large, single, frozen-at-sea, prawns from the ice-cold waters of the North Atlantic. These prawns are preservative- and additive-free with no added water. Already cooked and peeled, so simply defrost and serve. Try these prawns and see if these are not the best tasting you have ever tried? Instructions: Defrost at room temperature for 2–3hrs or overnight in the fridge. if you cant wait then eat as is, they are already cooked so ideal for refreshingly cold salad on a hot day Weight 2.0 kg approx 40 servings £18.99/kg	£ 38.97
364	NEW ZEALAND GREEN LIP MUSSELS	Shellfish	Large New Zealand green lipped mussels in a half shell. Pre-cooked, so no wastage! A large box full of succulent mussels Simply defrost and serve as desired. perhaps fill the shell with port and crumble stilton on top place under a hot grill and wait for stilton to melt then enjoy Weight 2.0 kg approx 90–120 mussels £17.98/kg	£ 35.97
124	OVEN BAKE WHOLE TAIL SCAMPI	Shellfish	Whole (tail of the langoustine) scampi, in natural cooked breadcrumbs. Designed to be oven baked for a healthier option. Instructions: Cook from frozen in a preheated oven 220°C for 20–25mins until golden brown. Weight 1.5 kg approx 100+ pieces £25.31/kg	£ 37.97
116	RAW KING PRAWNS	Shellfish	Headless, shell-on very large raw king prawns. A 'must' for the barbeque or simply fry with cream, port, peppercorns and garlic. Instructions: Defrost and cook until pink. The most popular large king prawn in our range. Weight 1.8 kg 45–65 pieces £22.76 /kg	£ 40.97
121	SCOTTISH LANGOUSTINES	Shellfish	Whole, cooked, Scottish langoustines. Simply defrost and split from head to tail with a sharp knife, serve or to serve warm baste flesh with garlic butter and grill gently flesh side up. Weight 1.9 kg approx 30–40 pieces Price per kilo: £21.56	£ 40.97
452	SEAFOOD COCKTAIL	Shellfish	A splendid combination of squid, shrimp, octopus, prawns, cockles and mussels and more. All pre-cooked for ease of preparation. Great for an instant paella add just before rice is ready to serve or in a warm seafood salad. Instructions: Defrost and serve, can be served cold or warmed up. Weight 1.9 kg 25 servings Price per kilo gram: £21.56	£ 40.97
120	WHOLE MUSSELS	Shellfish	Rope-cultured, whole Chilean shell-on mussels. Seriously large mussels, blanched to facilitate freezing. Simply defrost and flash fry with garlic! Also ideal for the paella! REMEMBER, if any mussel remains closed DO NOT OPEN. Discard at once. DO NOT EAT IT! Weight 2.0 kg 10–20 servings £15.98 /kg	£ 31.97
123	WHOLE COOKED LOBSTER	Shellfish	Cold-water, whole lobsters. Pre-cooked, so simply defrost and serve. succulent taste prime lobster delicacy Weight 1.2 kg 4 whole lobsters £35.80 /kg	£ 42.97
382	CANNELLONI VERDI	Vegetarian	Delightful, very large pasta rolls filled with ricotta cheese and fresh spinach. Ideal vegetarian dish or for something lighter than the meat-filled version. Instructions: Cook from frozen in ovenproof dish on a tomato base and cover with cheese sauce, then bake in a preheated oven 180°C for 25–30mins. Weight 2.4 kg approx 30 servings	£ 40.97

A selection of vegetable and spinach pakoras, vegetable samosas and onion bhajis.

180	INDIAN SELECTION (VEGETABLE)	Vegetarian	Comes with sachets of hot pakora sauce. Instructions: Cook from frozen by deep frying 170° for 3–4mins until golden brown. Onion bhaji and pakora can be microwaved (600w) for 20–30secs each. <b>Products may contain wheat-based ingredients.</b> Weight 2.2 kg approx 80 pieces	£ 42.97
448	PORTOFINO WELLINGTON	Vegetarian	Succulent goats cheese with peppers, olives and basil with a fantastic onion marmalade, then wrapped in crisp puff pastry. Instructions: Cook from frozen in a preheated oven 190°C for 18–20mins. may contain wheat based products Weight 1.4 kg 12 servings	£ 43.97
409	VEGETABLE SPRING ROLLS	Vegetarian	Traditional light filo pastry rolls filled with a selection of vegetables including cabbage, green beans, carrots, and potatoes with added spices to flavour. Generous portions, so plenty for everyone. Instructions: Cook from frozen in hot oil for 6mins. <b>Products may contain wheat-based ingredients.</b> Weight 1.8 kg approx 90 rolls	£ 34.97
493	WOODLAND MUSHROOM WELLINGTON	Vegetarian	Filo pastry bundles filled with a mix of mushrooms and onions in a creamy cider sauce. Instructions: Remove packaging and cook from frozen in an oven at 200°C for 25–30mins. Contains wheat based products Weight 2.3 kg 12 servings	£ 44.97