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ID	Name	Type	Description	Price
690	CONNOISSEUR COLLECTION	Desserts	A quality selection of Black Forest tumble pudding, blackcurrant baked cheesecake tumble and raspberry and apple macaroon tumbles. If you like your dessert hot there is no better then these. Instructions: Heat from frozen in microwave for approx 1-1.5 mins make sure product is piping hot and then serve with ice cream, cream or just some fruit. Weight 2.8 kg 15 servings Only £2.93 per serving	£ 43.97
685	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	£ 48.97
683	INDIVIDUAL CHEESECAKE SELECTION	Desserts	A fantastic selection of 3 delicious, differently-flavoured, individual cheesecakes. Featuring Chocolate woodland fruits flavour, Irish Cream flavour, and Zingy Blackcurrant & Lemon. Instructions: Simply defrost 2-3hrs prior to serving Weight 1.9kg 15 cheesecakes (5 of each flavour) Only £2.73 per serving	£ 40.97
686	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
687	ORANGE & LEMON SORBET	Desserts	Whole orange and lemon skins hollowed out and filled with real fresh fruit sorbets. Simply take from the freezer and consume. The illustration shows the lemon sorbet, the orange is just the same but in orange. Weight 2.2 kg 12 servings (6 Lemon, 6 Orange) (price includes VAT)	£ 39.97
688	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 1hr before serving. These products may contain traces of nuts. Not suitable for vegans. Some of these products may contain wheat-based ingredients. Weight 1.5 kg 15 portions Only £2.60 per serving	£ 38.97
571	VANILLA TOFFEE POTS	Desserts	Top quality vanilla ice cream topped with thick sticky toffee and crushed pecan nuts, presented in glazed terracotta dishes. Perfect for putting those decorative candles in after use. Instructions: Serve straight from the freezer. (Allergy advice: Contains nuts) Weight 4 kg 12 pots (price includes VAT)	£ 40.97
693	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 preheated	£ 46.97

			oven (200°C) for 10–15mins. Products may contain wheat-based ingredients. Weight 2.5 kg 6 full racks	
718	BLANCHEBAIT	Entrees	Haven't got time to prepare the whitebait then head for our Blanchebait a lightly-battered whitebait ready for you to fry or deep fry as you prefer. All the flavour and all the taste with none of the preparation.	£ 33.97
692	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 preheated oven at 220°C for 15mins. (Contains wheat based products). Weight 1.8kg approx 30 servings	£ 40.97
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
694	CANNELLONI BOLOGNESE & VERDI	Entrees	Fresh egg pasta rolls, filled with prime 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 tomato and cheese sauce and bake for 25–30mins. Products may contain wheat-based ingredients. Weight 2.4 kg Approx 30 servings	£ 40.97
691	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 a hot oven 200°C for 16–18mins or microwave (850W) 3–5mins. Weight 2.0 kg 20 servings Only £2.05 per kebab	£ 40.97
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 preheated oven 220°C for 20–25mins. Products may contain wheat-based ingredients. Weight 2.1 kg 10 large servings	£ 42.97
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
697	CRISPY AROMATIC DUCK KITS	Entrees	Fully cooked aromatic duck with Chinese-style pancakes and a jar of hoisin sauce. Apart from salad everything is here that you need to make delicious wraps Instructions: Defrost the duck and pancakes as required. Oven bake the duck for 20mins at 180°C. Then simply add the shredded duck, a layer of sauce, sliced spring onion and cucumber to the pancake wrap and serve. Products may contain wheat-based ingredients. Weight 2.0 kg Makes approx. 50 pancakes	£ 42.97
710	CRISPY DUCK SPRING ROLLS	Entrees	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	£ 42.97

			company! Warning these are very very moreish. Instructions: Cook from frozen in preheated oven 200°C for 15–17mins. Products may contain wheat-based ingredients. Weight 1.9 kg 8 packs (10 spring rolls per pack) plus 8 sachets of sauce	
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! Products may contain wheat-based ingredients. Weight 2.0 kg approx 100–120 prawns	£ 42.97
720	GRAVADLAX	Entrees	Fantastic original Scandinavian gravadlax salmon, (marinated in dill) with a dill sauce sachet attached. Beautiful prime salmon slices lovingly prepared to the highest standard, ready for you to open sachet, defrost and serve.	£ 50.97
698	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. Reputed to be beneficial for easing the effects of rheumatism. Weight. 2.0 kg approx 90–120 pieces £17.98 per kg	£ 35.97
533	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. Products may contain wheat-based ingredients. Weight 1.9 kg approx 90 pieces	£ 41.97
696	WHITEBAIT	Entrees	Top quality, individually quickly frozen, delicious whitebait. Instructions: Defrost, roll in seasoned flour and fry for that straight-from-the-sea taste! Delightful! Weight 1.8 kg approx: 750 pieces	£ 33.97
384	ARBROATH SMOKIES	Fish	Finest quality Arbroath smokies. The ultimate to enjoy a smoked fish. This is prime whole fish Haddock, bone in for flavour, uniquely smoked, a distinctive taste. Simple to serve, just defrost! Weight 1.9 kg approx 10 servings £23.66 per kilo	£ 44.97
587	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 1.8 kg 10–14 servings £22.20 per kg	£ 42.97
717	BARRAMUNDI	Fish	Beautiful Barramundi Steaks, lovely meaty fish perfect for the barbie, as you would expect from an Aussie fish. We provide this fantastic fish totally skinless, totally boneless, in large plate-size steaks. Ideal in fish pies, grilled or oven baked, if the weather is not conducive to getting the barbie out.	£ 40.97
561	COTSWOLD COD LOINS	Fish	These are unique to us! Totally sustainable, 100% skinless, 100% boneless, chunky cod loins with a cheesy Cheddar crumb topping. With these in your freezer try not saying "look what I made earlier" as you serve them! Instructions: Cook from frozen, oven bake at 200°C for 18–20mins. Weight 2.2 kg 12 servings	£ 41.97
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	£ 36.97

			product. Instructions: Defrost before cooking. Weight 1.9 kg 8–10 pieces £19.46 per kg	
594	GUTTED RAINBOW TROUT	Fish	Prime, whole trout, cleaned and gutted. Instructions: Defrost in a cool place, rinse and dry before cooking with a nice prawn stuffing (ask your fishman for the best prawns) and fresh herbs. Weight 2.1 kg 7–14 servings £17.12 per kg	£ 35.97
722	HAKE	Fish	Totally skinless, boneless, prime hake fillet. Not widely available but a very under-rated fish, beautiful flavour (not over powering but a tad more flavour than cod). Once tasted you'll never go back.	£ 36.97
723	KINGFISH	Fish	A Caribbean fish commonly caught as a game fish, meaty in texture and similar flavour to swordfish ideal grilled or barbequed. A truly "taste of the West" bought to you with all the prep work done.	£ 36.97
547	MAHI MAHI SUPREMES	Fish	Skinless, boneless, hand-filleted mahi mahi supremes. Flaky texture with a sweet flavour. Ideal for fish pies, on its own, or, as it is a member of the sardine family, it is great for the barbeque. Instructions: Defrost prior to cooking. Weight 1.6 kg 12–16 servings £24.98 per 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 per kg	£ 45.97
536	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. Flavourwise it is very similar to scampi. Stargazer is the aboriginal name for the monkfish. Instructions: Defrost prior to cooking. Weight 1.9 kg. approx 15 servings £21.56 per kg	£ 40.97
588	NORTH ATLANTIC HALIBUT STEAKS	Fish	Top quality North Atlantic fillets. Very tasty, creamy-white, firm meaty flesh. Truly the title "king of fish" sits lightly on the halibut's shoulder, superlatives just do not do this fish justice. Instructions: Simply defrost and cook in the oven or grill, but is best poached very very gently at a temperature you can just feel with your finger in 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. Weight 1.7 kg 12 servings £28.22 per kg	£ 55.97
582	NORWEGIAN WILD COD LOINS	Fish	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! Weight 2.0 kg approx 10–12 servings £19.98 per kilo	£ 39.97
601	PANGASIUS	Fish	Individually frozen, large, skinless and boneless fillets. An ecological alternative to North Sea cod. Flavourwise 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. Weight 2.0 kg 10–15 servings £14.98 per kilo	£ 32.97

583	PREMIER SCOTTISH 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 per kg	£ 46.97
600	RED MULLET FILLETS	Fish	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. Weight 1.8 kg approx 20 pieces £23.31 per kg	£ 42.97
602	RED SNAPPER	Fish	Superb, frozen at sea, boneless and descaled 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 barbecued! Instructions: Defrost before cooking. Weight 1.7kg 6+ large servings £24.10 per kg	£ 40.97
585	SCOTTISH NATURAL OAK-SMOKED HADDOCK	Fish	Simply put, a natural, oak-smoked fillet. No dye! No preservatives! No additives of any sort. Medium fleshed, creamy tasting. Just waiting for brown bread or even a poached egg! Natural for kedgeree. Ideas are endless for this superb fish. Delicious any way it is used! Large fillets. (May contain bones) Instructions: Defrost and cook, grill or oven bake. Weight 2.0 kg approx 20 servings £19.48 per kg	£ 38.97
599	SCOTTISH SALMON SUPREMES	Fish	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. Weight 2.0 kg average 15 servings £26.48 per kg	£ 55.97
592	SEA BASS FILLETS	Fish	Top quality, frozen-at-sea fillets. Descaled, pin boned. May contain some bones. 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. Weight 1.8kg 12-15 servings £28.31 per kg	£ 50.97
586	SKATE WINGS	Fish	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. Weight 2.0 kg approx 12 servings £18.48 per kg	£ 37.97
584	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 per kg	£ 33.97
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	£ 46.97

			£24.72 per kg	
580	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, is skinless, boneless and individually frozen. Excels with a marinade or a good sauce. Instructions: Defrost before cooking. Weight 2.4 kg approx 15 servings £17.49 per kg	£ 41.97
598	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 per kg	£ 34.97
597	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, as it is an oily fish, avoid creamy sauces. Portions individually vacuum packed. Weight 1.9 kg 12–16 servings £21.03 per kg	£ 39.97
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 per kg	£ 41.97
714	WHITE FISH SELECTION	Fish	Unsure which fish you'll like, then try our white fish selection: a couple of prime cod fillets; a couple of prime haddock fillets; and 3 or 4 prime Dutch plaice fillets, the perfect sampler pack. All fish are boneless skin on. (We use skinless when we can get them.)	£ 37.97
591	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 £19.49 per kilo	£ 38.97
581	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 per kg	£ 42.97
590	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 per kg	£ 48.97
559	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 per kg	£ 26.97
595	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:	£ 36.97

			Defrost prior to cooking. Weight 2.0kg 16–25 servings £18.48 per kg	
593	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 per kg	£ 43.97
596	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 per kg	£ 35.97
644	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 preheated oven 200°C for approximately 20mins, or can be deep fried at 180°C for 6mins. Products may contain wheat-based ingredients. (Some small bones may remain). Weight 2.0 kg approx 12 servings Only £3.33 per serving	£ 39.97
641	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. Products may contain wheat-based ingredients. Weight 2.0 kg approx 30 pieces Only £1.29 per serving	£ 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
648	COD AND CHORIZO FISHCAKES	Fish Specialities	Luxury cod and chorizo fishcakes in a lightly seasoned sea salt and black pepper flour dusting. Something delicious and unusual just for you. Instructions: for best results grill, griddle or shallow fry for approx 6–9mins or deep fry for 5–7 mins. Weight 2.6 kg 24 servings Only £1.66 per serving	£ 39.97
637	COD AND PANCETTA HAM FISHCAKES	Fish Specialities	Large, delicious fishcakes made from prime cod, smoked cod, potato, pancetta ham and herbs. Lightly floured, therefore, products may contain wheat-based ingredients. Instructions: Cook from frozen. Oven bake 200°C for 12–15mins. Weight 2.1 kg 25 fishcakes Only £1.55 per serving	£ 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	£ 42.97
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 preheated 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. Products may contain wheat-based ingredients. Weight 1.3 kg 10 dressed crab	£ 56.97
643	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! Products may contain wheat-based ingredients. Weight 1.7 kg 12 pieces Only £4.16 per piece	£ 49.97
645	LEMON AND PEPPER PANGASIUUS	Fish Specialities	Fantastic lemon and black pepper taste to this cod replacement which 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 preheated oven 200°C for approx 25mins, turning once. Products may contain wheat-based ingredients. Weight 2.5 kg 15 servings Only £2.66 per serving	£ 39.97
647	LEMON AND PEPPER PLAICE	Fish Specialities	Plaice fillets coated in lemon and cracked black pepper crumb, tastes amazing. Cook from frozen in a preheated oven on a preheated tray at 200°C for 18–20mins or deep fry in hot oil at 170°C for 4–5mins Weight 1.7 kg approx 10 servings Only £3.89 per serving	£ 38.97
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 preheated oven 200°C for 18–20mins. Ideally on a trivet or rack so base cooks evenly. Products may contain wheat-based ingredients. Weight 1.9 kg 10 servings	£ 39.97
680	PAELLA	Fish Specialities	Welcome to our brand new Paella. A quality mix of seasoned rice, seafoods, meats and vegetables. This is already a winner with DSD costumers. An amazing dish for busy people and those who like that little something special and different for a fraction of the price at the restaurant. Instructions: Cook from frozen. Stir fry in a heated pan till nice and warm. Weight 3.0 kg approx 40 servings.	£ 36.97
527	SALMON & MOZZARELLA FISH CAKES	Fish Specialities	A lightly-dusted fishcake with 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 200°C for 15–18mins. Weight 1.8kg 15 servings	£ 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 preheated oven 220°C for 25–30mins. Products may contain wheat-based ingredients. Weight 2.2 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 preheated	£ 45.97

			oven 200°C for approx 20mins. Weight 1.7 kg 12 servings	
640	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 preheated oven 220°C for 20–24mins, can be deep fried for approx 15mins, turning frequently. Weight 2.0 kg 12 large shantis Only £3.00 per serving	£ 36.97
646	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. Instructions: Cook from frozen, oven bake at 200°C for 15–18mins. Weight 1.6 kg 15 servings Only £2.59 per serving	£ 38.97
539	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 preheated oven 200°C for 30–35mins. Weight 1.8 kg 8 servings	£ 40.97
651	SMOKED HADDOCK AND APPLEWOOD CHEDDAR FISHCAKES	Fish Specialities	Smoked haddock, blended with potato and applewood cheese sauce, coated in natural crispy breadcrumbs with oats. Instructions: Cook from frozen in preheated oven and on a pre-heated tray at 200°C for 20–30mins. Weight 2.1 kg 15 servings Only £2.66 per serving	£ 39.97
649	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 200°C for 15–18mins. Weight 1.8kg 15 servings Only £2.66 per serving	£ 39.97
538	SMOKED HADDOCK AND GRUYÈRE FISHCAKES	Fish Specialities	Breaded, prime smoked haddock and Gruyère fishcakes. These fishcakes extend the flavour experience even further, no more will bland fishcakes be accepted. Full of smoked haddock and light Gruyère cheese truly a match made in heaven. Instructions: Cook from frozen in hot oven 200°C for 15–18mins. Weight 1.7kg 15 servings	£ 39.97
642	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. Products contain wheat-based ingredients. Instructions: Cook from frozen in a preheated oven 220°C for 25–30mins. Weight 1.8 kg 14 servings Only £2.78 per serving	£ 38.97
330	SMOKED HADDOCK WELLINGTON	Fish Specialities	Skinless, boneless Scottish smoked haddock in a rich cheese sauce with spinach and 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 preheated oven 200°C for 30–35mins. Weight 2.5 kg 12 servings	£ 41.97
454	CANAPÉS	Hors D'oeuvres	The perfect finger food Chicago style canapés featuring Artichoke tomato on white bread, apple and foie gras on sweet chestnut bread, prawn and basil-flavoured cheese on 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 and availability.) Weight 480 g 48 pieces	£ 42.97

709	CRISPY DUCK SPRING ROLLS	Hors D'oeuvres	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 moreish. Instructions: Cook from frozen in preheated oven 200°C for 15–17mins. Products may contain wheat-based ingredients. Weight 1.9 kg 8 packs (10 spring rolls per pack) plus 8 sachets of sauce	£ 42.97
386	PETIT CROLINES	Hors D'oeuvres	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 Serve hot or cold. Instructions: Cook from frozen in preheated oven 220°C for 10–12mins. Products may contain wheat-based ingredients. Weight 1.9 kg approx 90 pieces	£ 41.97
699	ROYAL THAI DIM SUM	Hors D'oeuvres	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 preheated oven 160°C for 4–6mins until brown for that fresh-from-the-Orient taste. Products may contain wheat-based ingredients. Weight 2.0 kg approx 100 assorted dim sum	£ 46.97
681	BEER-BATTERED COD GOUJONS	Kids	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. Products may contain wheat-based ingredients. Weight 2.0 kg approx 30 pieces Only £1.29 per serving	£ 38.97
639	BREADED CHICKEN GOUJONS	Kids	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! Weight 1.6 kg	£ 40.97
635	BREADED HADDOCK FISH FINGERS	Kids	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! Weight 3.2 kg 120 fish fingers Only £0.31 per finger	£ 36.97
662	CHICKEN CHUNKS	Kids	Tender pieces of moist, full-flavour, prime breast meat (not minced) in a natural breadcrumb. Instructions: Cook from frozen in preheated oven 210°C for approx 15mins (can be deep fried). Ordinary High Street outlet nuggets just don't have a chance against our chunks! Weight 1.8 kg approx 80 pieces	£ 37.97
672	CHICKEN JAMAICAN	Kids	Chicken breast in a spicy citrus crust. Not spicy, but tasty. Instructions: Cook from frozen on a baking tray in a preheated oven 200°C for 25–30mins. Weight 1.9 kg 17–19 servings Only £2.00 per serving	£ 40.97
636	COD AND PANCETTA FISHCAKES	Kids	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. Products may contain wheat-based ingredients. Instructions: Cook from frozen in a preheated oven at 200°C for 12–15mins. Weight 2.1 kg 25 servings Only £1.55 per serving	£ 38.97
190	HADDOCK NUGGETS	Kids	Prime haddock pieces, totally skinless and boneless, coated in golden breadcrumbs (proper fish, not minced nuggets, so the kids eat good food as well). Instructions: For best results cook	£ 38.97

			from frozen in preheated oven 200°C for 15–20mins or can be deep fried at 180°C for 4–5mins. Weight 2.0 kg approx 80 nuggets	
638	JUMBO COD FISH FINGERS	Kids	Superb cod fillet fish fingers, coated in a light batter. Perfect way for the children to get some omega-3! Weight 2.5kg approx 36 pieces. Only £1.16 per piece	£ 41.97
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 preheated oven 200°C for 20mins, can be grilled. Weight 2.9 approx 60 fishcakes	£ 32.97
679	SALMON SHANTIS	Kids	Prime salmon pieces with broccoli florets in a creamy dill sauce, encased in golden breadcrumbs. Instructions: Cook from frozen in a preheated oven 220°C for 20–24mins, can be deep fried for approx 15mins turning frequently Weight 2.0 kg 12 large shantis Only £3.00 per serving	£ 36.97
682	SMOKED HADDOCK FISHCAKES	Kids	Pieces of smoked haddock, spring onion, with mashed potato and herbs. Hand-shaped and floured, a real tasty variation on the traditional fishcake. Products contain wheat-based ingredients. Instructions: Cook from frozen in a preheated oven 220°C for 25–30mins. Weight 1.8 kg 14 servings Only £2.78 per serving	£ 38.97
670	SOUTHERN FRIED CHICKEN FILLETS	Kids	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
625	ABERDEEN ANGUS BEEF BURGERS	Meat	Fantastic prime Aberdeen Angus beef burgers. 4oz burgers, 98% Aberdeen Angus beef, perfect on the BBQ, griddle, grill or in the oven. Enjoy the taste of a quality non additive burger, make your barbie very special, if you're looking for the wow factor on something simple, these will do just that. Weight 2.7 kg. 24 burgers. Only £1.58 per burger	£ 37.97
624	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 preheated oven 220°C for 20mins or grill to taste. It's so tender that you can cut it with a plastic knife. Weight 2.0 kg 12 servings £20.48 per kg, only £3.41 per steak	£ 40.97
627	BRITISH BEEF STEAK MINCE	Meat	Our minced and diced steak is made from real, grass-fed, fully matured steak, so you get a much richer flavour than using normal mince. It is hygienically vacuum packed, so it takes up the minimum amount of space in your freezer. You will never buy mince beef from any other place ever again. Weight 2.7 kg 14 servings/packs £15.17 per kg, only £2.93 per pack	£ 40.97
619	CORN FED CHICKEN BREASTS	Meat	Prime French free range, non GM corn-fed, skin-on, 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 per kg, only £4.40 per breast	£ 43.97

617	DEVON 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 per kg, only £4.99 per duck breast	£ 49.97
711	DEVON SAUSAGE SELECTION	Meat	A beautiful combination of 45 prime quality Devon sausages. 15 chilli and coriander, 15 pork and herbs and 15 honey roast pork. Instructions: Defrost in the fridge, shallowfry for 10–12mins, turning regularly, grill or BBQ for 20–25mins, turning regularly. These are some of the most amazing tasty sausages you will ever try. 3.3 kg 45 sausages	£ 39.97
616	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: 1.7 kg 10 servings £32.92 per kg, only £5.99 per steak	£ 59.97
622	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 per kg, only £7.29 per steak	£ 72.97
621	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 per kg, only £4.70 per portion	£ 46.97
626	LAMB KOFTAS	Meat	Quality grass fed lamb combined with our special fresh, sweet mint, marinade, is used to produce this exceptional DSD Lamb Kofta. This product is so good and popular that we even have costumers that don't like lamb saying that it is AMAZING! What are you waiting for? Try it yourself and give us your feedback. Instructions: Cook from frozen in a preheated oven on a preheated tray at 200°C for 20–25mins, can be grilled and barbequed as well Weight 2 kg 18 servings £20.48 per kg, only £2.27 per serving	£ 40.97
610	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. Products may contain wheat-based ingredients. 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 £26.65 per kg, only £4.99 per serving	£ 49.97
613	OSTRICH TENDERLOIN STEAKS	Meat	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! Weight 1.5 kg 10 steaks £40.64 per kg, only £6.00 per steak	£ 60.97
623	PORK IN AN ORANGE & BASIL MARINADE	Meat	Prime, boneless, loin chops marinated in our special orange and basil sauce. Simply the best tasting most succulent pork possible. Heavenly! Instructions: Defrost prior to cooking, remove from vacuum pack and cook in a preheated oven 220°C for 20mins. Products may contain wheat-based ingredients.	£ 40.97

			Weight 2.0 kg 12 large steaks £20.48 per kg, only £3.41 per steak	
618	PRIME LAMB CHUMP CHOPS	Meat	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. Weight 2.0 kg 10 large servings £23.98 per kg, only £4.99 per serving	£ 49.97
541	PRIME MINTED LAMB BURGERS	Meat	Massive burgers made with prime English lamb, sprinkled with a few herbs. Each burger is a full 226g/8oz (with zero rusk). A fabulous alternative to a beefburger. Instructions: Defrost prior to cooking, cook thoroughly until juices run clear. Weight 2.5 kg 12 burgers £14.38 per kg	£ 37.97
611	RIB EYE STEAKS	Meat	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. Weight 2.7 kg 10 steaks £20.72 per kg, only £5.99 per steak	£ 59.97
612	ROSEMARY & GARLIC PORK	Meat	Beautiful, tenderloin 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. Weight 2.0 kg 12 large steaks £20.48 per kg, only £3.41 per steak	£ 40.97
237	ROSEMARY AND GARLIC LAMB	Meat	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. Weight 2.2 kg 10 good servings £21.80 per kg	£ 49.97
614	T-BONE STEAK	Meat	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: Defrost and remove packaging prior to cooking. Weight 2.7 kg 8 large steaks £22.58 per kg, only £7.62 per steak	£ 60.97
620	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 per kg, only £7.00 per steak	£ 70.97
631	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! It is hygienically vacuum packed, so it takes up the minimum amount of space in your freezer. Instructions: reheat from frozen in a preheated oven (200°C) for 10-15mins. Products may contain wheat-based ingredients. Weight 2.5 kg 6 full racks Only £7.66 per rack	£ 45.97
633	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	£ 54.97

			Only £4.58 each	
629	BRITISH ORANGE & BASIL DUCK	Meat Specialities	Large, boneless breasts in our own special orange and basil marinade. It is hygienically vacuum packed, so it takes up the minimum amount of space in your freezer. 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 Only £4.9 per breast	£ 48.97
628	BRITISH ROSEMARY AND GARLIC DUCK	Meat Specialities	Large, boneless, prime duck breasts in a delicious rosemary and garlic marinade. It is hygienically vacuum packed, so it takes up the minimum amount of space in your freezer. Instructions: Defrost and remove from pouch before cooking in a preheated oven 200°C for 20–25mins. Weight 1.8 kg 10–20 servings Only £4.9 per breast	£ 48.97
632	DUCK CONFIT	Meat Specialities	This delightful confit (which is French for preserved) is fully cured in salt then poached in duck fat. It is hygienically vacuum packed, so it takes up the minimum amount of space in your freezer. 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 Only £4.99 per serving	£ 49.97
652	GLAZED GAMMON HOCK	Meat Specialities	Quality smoked gammon hock, glazed in honey and mustard for 24 hours to give you the best taste and most tender meat you can have, and, most important, is not salty at all. Cook from frozen in the microwave, just give a few piercings to the bag so it can breathe, full power for 10mins and stand for 2mins or oven bake (defrost product first) in a casserole dish with lid on for 25-30mins at 220°C. Weight 3.6 kg 6 gammon hocks 1 serves 2 people so works out only £3.33 per serving	£ 39.97
634	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 Only £5.50 per rack	£ 54.97
573	INDIAN MEAT SELECTION	Meat Specialities	A top-quality selection of lamb samoza, chicken tikka samoza, chicken pakoras and onion bhajis, together with hot pakora sauce sachets. Instructions: Cook from frozen by either deep frying or oven bake until golden brown. Products may contain wheat-based ingredients. 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
497	LAMB SHANKS	Meat Specialities	Prime lamb shanks in our beautiful mint and rosemary flavoured gravy. It is hygienically vacuum packed, so it takes up the minimum amount of space in your freezer. 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 receive the plaudits. Instructions: Defrost before reheating to a core temperature of 75°C. Weight 3.7 kg 8 large lamb shanks Only £5.87 per shank	£ 46.97

630	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 Only £ 6.00 per serving	£ 60.97
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
715	WILD BOAR STEAKS	Meat Specialities	You haven't tasted pork till you've tried our Wild Boar Steaks, as the name suggests these are not farm reared. These are seriously tasty pork tenderloin steaks, perfect oven baked or grilled for that meal that just has to be different.	£ 65.97
673	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 a preheated oven 220°C for 15mins, serve with a light, warm salad. Very popular with the children! Weight 1.6 kg	£ 40.97
655	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. Serving suggestion: Slice the chicken and simply serve on top of a salad, simple and tasty! Weight 2.0kg 10–20 servings Only £2.00 per serving	£ 39.97
499	CAYENNE CHICKEN	Poultry Specialities	Tender chicken breast with leeks, chorizo sausage and thyme in a cream sauce, encased in delicate puff pastry. Instruction: Cook on a baking tray in a preheated oven 180°C for 30 mins. Weight 2.0 kg 12 servings Only £3.50 per serving	£ 41.97
338	CHEESE AND SPRING ONION CHICKEN	Poultry Specialities	A chicken 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 Only £3.30 per serving	£ 43.97
657	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 200°C for 40mins. Ideal for those busy days or if you have some visitors. Weight 2.6 kg 12 servings Only £3.75 per serving	£ 44.97
528	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 preheated oven 200°C for approx 40mins. Weight 2.0 kg 10 servings Only £4.50 per serving	£ 45.97
656	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. A very traditional Scottish dish. Instructions: Cook from frozen in a preheated oven 200°C for 25–30mins. Products may contain wheat-based ingredients.	£ 44.97

			Weight 2.0 kg 10 large breasts Only £4.49 per serving	
664	CHICKEN CHAMPIGNON	Poultry Specialities	Whole skinless, grade A, boneless chicken breasts, filled with a cream, mushroom, brandy and peppercorn sauce, coated in golden breadcrumbs. Instructions: Cook from frozen in a preheated oven 200°C for 30mins. When serving on the plate, cut them in half so all that lovely sauce runs out, mmmm so so tasty! Weight 2.0 kg 12 servings Only £3.75 per serving	£ 44.97
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 Only £3.75 per serving	£ 44.97
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 preheated oven at 180°C on a baking tray for roughly 30mins. Weight 2.0 kg 12 servings Only £3.50 per serving	£ 41.97
674	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 preheated oven 160°C for 30–35mins. Weight 2.2 kg 12 servings Only £3.74 per serving	£ 44.97
668	CHICKEN ITALIANO	Poultry Specialities	Large chicken 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 preheated 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. You will feel like you are in your very own Italian restaurant. Weight 2.0 kg 10 servings Only £4.20 per serving	£ 42.97
671	CHICKEN JAMAICAN	Poultry Specialities	Chicken breast in a spicy citrus crust. Not spicy but tasty. Instructions: Cook from frozen on a baking tray in a preheated oven 200°C for 25–30mins. Weight 1.9 kg 17–19 servings Only £2.00 per serving	£ 40.97
667	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 Only £2.14 per kebab	£ 42.97
665	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 200°C for 30–35mins. When on the plate, cut them in half so that lovely sauce runs out, mmmm so so tasty! Weight 1.8 kg 10 servings Only £4.29 per serving	£ 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 Only £4.10 per serving	£ 41.97

653	CHICKEN TENDERLOINS	Poultry Specialities	Prime quality, grade A, 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. Weight 2.4 kg 20–25 servings £16.23 per kg, only £0.50 per serving	£ 39.97
659	CHICKEN TIKKA KEBABS	Poultry Specialities	Large, boneless, skinless chunks of delicious pre-cooked breasts with green peppers and onion. Presented on wooden skewers with a subtle tikka 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 Only £2.14 per kebab	£ 42.97
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 Only £3.66 per serving	£ 43.97
663	COQ AU VIN	Poultry Specialities	Whole, boneless, skinless chicken breasts stuffed with red wine, fresh mushrooms and onions, wrapped in smoked streaky bacon. Instructions: Remove packaging and cook from frozen in a preheated oven 190°C for approx 40mins. Cut them in half on the plate and you will see all that lovely red wine sauce running out, mmmmm, amazing! Weight 2.2 kg 10 servings Only £4.19 per serving	£ 41.97
675	GARLIC AND HERBS CHICKEN	Poultry Specialities	Skinless, boneless, butterflied double chicken breasts marinated with fresh garlic and herbs. 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 Only £2.15 per serving	£ 42.97
654	HONEY AND MUSTARD CHICKEN	Poultry Specialities	Skinless, boneless, double butterfly 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. Serving suggestion: Sliced and served on top of a salad, or mix with some pasta so all that lovely sauce mix together, mmmm, very nice. Weight 2.0 kg 10–20 servings	£ 41.97
658	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	£ 42.97
666	LIME AND CHILLI CHICKEN	Poultry Specialities	Skinless, boneless, double butterfly 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 Only £2.00 per serving	£ 41.97
676	ROQUEFORT CHICKEN	Poultry Specialities	Skinless, boneless, butterflied double chicken breasts coated in a delicious Roquefort cheese and sour cream sauce. 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 Only £2.15 per serving	£ 44.97
669	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	£ 41.97

			oven 200°C for 25mins Weight 2.0 kg 15–20 servings	
231	STILTON AND PORT CHICKEN	Poultry Specialities	Whole, 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 Only £4.30 per serving	£ 43.97
677	SUNDRIED TOMATO AND BASIL CHICKEN	Poultry Specialities	Skinless, boneless, butterflied double chicken breasts marinated in sun-dried tomato and basil. 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 Only £2.15 per serving	£ 41.97
660	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). Great for Christmas, individual and no wastage. Weight 2.5 kg 12 servings Only £3.9 per serving	£ 46.97
678	VENETIAN CHICKEN	Poultry Specialities	Whole, boneless, skinless breast fillets filled with sun-dried tomato and basil, then wrapped in bacon in a sun-dried tomato and basil glaze. Instructions: Remove packaging and cook from frozen in preheated oven 200°C for approx 40mins. Weight 2.1 kg 10 servings Only £4.69 per serving	£ 46.97
661	WOODLAND MUSHROOM CHICKEN WELLINGTON	Poultry Specialities	Chicken breast fillets in a creamy woodland mushroom and cider sauce wrapped in flaky puff pastry. Instructions: Cook from frozen in a preheated oven at 200°C for 40mins. Weight 2.0 kg 8 large servings Only £4.87 per serving	£ 38.97
609	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 1.6 kg approx 45-57 prawns £24.98 per kg	£ 39.97
716	BABY OCTOPUS	Shellfish	Perfect for the individual meal. Baby octopus, all the flavour, all the juiciness, of a beautifully tender and succulent shellfish already cooked so just heat them through and serve.	£ 31.97
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 per kg	£ 40.97
713	BROWN SHRIMPS	Shellfish	Pre-cooked at sea, de-shelled, de-veined, fantastically sweet tasting brown shrimps. A box crammed full of truly un-putdownable shellfish, ideal for just sitting down and pigging out or, if you want, cooking with.	£ 49.97
517	CANADIAN ROELESS KING SCALLOPS	Shellfish	Sustainably sourced large wild Canadian king scallops, specially selected for their succulent flavour. Weight 1.6 kg approx 30 servings £28.73 per kg	£ 49.97
603	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 per kg	£ 42.97
423	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. Weight 1.95 kg approx 55 prawns in every box £24.60 per kg	£ 47.97

719	GAMBAS	Shellfish	Beautiful un-cooked large whole shellfish not as big as our giants, but all the taste and flavour, ideal for the barbeque or for that special occasion (when the boat just has to be pushed out).	£ 50.97
605	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! Products may contain wheat-based ingredients. Weight 1.5 kg approx 120 pieces £29.31 per kg	£ 45.97
358	GIANT RAW GAMBAS	Shellfish	Excellent, giant, shell-on, raw black tiger prawns (commonly called gambas). 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 per kg	£ 59.97
721	GIANT RAW KING PRAWNS	Shellfish	No need to travel to yonder climes to get really large shellfish, we have brought the best in the world to you Truly eye-bogglingly large, uncooked king prawns. Defrost, then cook till pink, then serve (perhaps with a garlic sauce for that truly mouth-watering delicacy).	£ 47.97
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 per kg	£ 45.97
604	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 per kg	£ 49.97
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 per kg	£ 39.97
530	LIME & 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 per 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 £57.83 per kg	£ 80.97
607	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. Eat them as they are, or ideal for a refreshingly cold salad on a hot day. Weight 1.9 kg approx 40 servings £21.10 per kg	£ 40.97
589	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	£ 35.97

			and crumbled stilton on top, place under a hot grill and wait for stilton to melt, then enjoy! Reputed to be beneficial to ease the effects of rheumatism. Weight 2.0 kg approx 90–120 mussels £17.98 per kg	
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 per kg	£ 37.97
608	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 per kg	£ 40.97
562	SCALLOP AND CRAB COQUILLE	Shellfish	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 preheated oven 200°C for 30–35mins. Weight 1.8 kg 8 servings	£ 40.97
121	SCOTTISH LANGOUSTINES	Shellfish	Whole, cooked, Scottish langoustines. Simply defrost, split from head to tail with a sharp knife, and serve. Alternatively serve warm by basting flesh with garlic butter and grill gently flesh side up. Weight 1.9 kg approx 30–40 pieces £21.56 per kg	£ 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 1.8 kg 25 servings £22.20 per kg	£ 39.97
123	WHOLE COOKED LOBSTER	Shellfish	Cold-water, whole lobsters. Pre-cooked, so simply defrost and serve. A succulent, tasty prime lobster delicacy Weight 1.2 kg 4 whole lobsters £35.80 per kg	£ 43.97
606	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 per kg	£ 31.97
706	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	£ 37.97
705	INDIAN SELECTION (VEGETARIAN)	Vegetarian	A selection of vegetable and spinach pakoras, vegetable samosas and onion bhajis. Comes with sachets of hot pakora sauce. Instructions: Cook from frozen by deep frying 170°C for 3–4mins until golden brown. Onion bhaji and pakora can be microwaved (600w) for 20–30secs each. Products may contain wheat-based ingredients. 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	£ 43.97

			products. Weight 1.4 kg 12 servings	
704	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. Products may contain wheat-based ingredients. Weight 1.9 kg approx 72 rolls	£ 34.97
707	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