



Menu Matters

Food solutions & inspiring ideas

INSIDE THIS ISSUE:

Premium products and useful tips to update your menu for Easter! This month, we bring you great options for vegan substitutes, the best of Irish lamb, all you need to know about chocolate and a focus on tapas and small plates.

Add a vegan dish to your menu with our range of falafels... see page 13!

Vegan Heroes



- R E W A R D S -

REDEEM YOUR RELISH REWARDS POINTS
ONLINE TODAY, VISIT WWW.RELISHREWARDS.IE



ENJOY A LITTLE EXTRA ON THE SIDE.

A 12 night safari adventure in Tanzania.
Just one of the many exciting rewards
you can enjoy with Relish.


Relish
- REWARDS -

Contents

- 4 The lamb we love...
- 6 Versatile seafood options
- 6 Family favourites
- 7 Irish Nature beef
- 8 Pizza Si
- 10 McCains
- 12 Trendy tapas
- 13 Go veg, or go home!
- 13 Special offers
- 14 Knorr, j'adore!
- 16 Folláin
- 16 The Codd family
- 17 Easter around the world
- 18 Naturally gluten-free
- 19 Eat the trend : vegan baking
- 20 Springtime cheeses
- 21 Glenisk, on the ball with nutrition
- 22 In vino veritas
- 23 Broderick's, a tasty family affair
- 24 Attyflin: All you need is apples
- 25 Chocolate 1.0.1
- 26 Plate it right
- 27 A sustainable coffee break

KEEP AN EYE OUT FOR OUR



ONLINE
DISCOUNT PRICE

€33.00/ **€32.85** per Case



Welcome!

After a few months of comfort food, spring is the season for new beginnings! It is time to rediscover some favourites, such as lamb, mussels and chips, or some yummy treats coming from the Brodericks, a funny pair of brothers. With Easter just around the corner, we bring you the best chocolate for your sweet creations, as well as some useful tips to bake for your vegan customers. Also, our focus on tapas will give you inspiration to introduce small plates to your menu; perfect to share, they will be the ideal option alongside a glass of wine from our selection!

PLEASE NOTE
All prices in Menu Matters are subject to change and stock availability.
This applies to all products



Download Edition 15 of THE FOODBOOK

OR REQUEST A COPY WITH YOUR NEXT ORDER

Available to download at the link below:

<http://www.pallasfoods.com/foodbook/>



GLUTEN FREE



THAW AND SERVE



PRE-PORTIONED



OVEN BAKE



FROZEN



PRE-SLICED



BORD BIA QUALITY ASSURED
MEMBER PLANTS & FARMS



MANUFACTURED ON THE
ISLAND OF IRELAND

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JOIN OUR
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MenuMatters



The lamb we love...

Spring is the season to rediscover lamb! This tasty meat has been a staple in Irish cuisine for decades and chefs have been loving reinventing it in recent years. Our premium range Slaney Valley has been helping them deliver some classic lamb dishes or come up with creative plates to spice up their menu.



LM529
Slaney Valley Lamb Leg Carvery B/R/T 2.4 - 3 kg
€9.55/ €9.50 per kg



LM502
Slaney Valley Lamb Leg Boneless 2.2 - 2.6 kg
€9.75/ €9.70 per kg



LM539Z
Slaney Valley Lamb Leg B&R Meat Only - Fzn 4 x 2 Pack
€9.20/ €9.10 per kg



LM504
Slaney Valley Lamb Leg B&R 2 x 2.2 - 2.6 kg
€9.45/ €9.40 per kg



LM524
Slaney Valley Ready to Cook Lamb Rump 4 x 275 g approx
€15.30/ €14.95 per kg



LM524ZP
Slaney Valley Ready to Cook Lamb Rump - 4 x 275 g approx
€12.95/ €12.90 per kg



The best of Irish lamb!

Selected among the best Irish farms, the Slaney Valley range of premium lamb is bred and prepared with care and expertise in the South East of Ireland. It is the Irish land that gives the lamb its distinctive taste and makes it a highly reputable and popular meat not only in Ireland but on the whole European market. From the welfare of the animal until the meat is delivered to your customers, Slaney Valley pays rigorous attention to detail and respect of best practice to protect and enhance in a natural way the quality Irish lamb supplied by their farmers.

Why do we eat lamb for Easter?

Roast lamb has been the traditional meal of Easter Sunday for centuries in the Christian world, but this custom is actually the heritage of early Passover observances. Also, across history, lambs were the most readily-available livestock at that time of the year, after a long winter where a lot of animals were eaten.



We were delighted to return to Catex to showcase our supplier and producer partners who bring the best in Irish and international food innovation to our customer base. We believe in developing partnerships with our customers, and CATEX 2019 was the perfect platform to do this.



See you at our next foodshows



Killarney

Great Southern Hotel
26th March 2019



Galway

Salthill Hotel
2nd April 2019



Cork

Rochestown Park Hotel
16th April 2019



Register for our upcoming local foodshows at
www.pallasfoods.com/shows

Scan the QR code to
re-visit our Stand at Catex



Versatile seafood options

Incredibly versatile and full of flavours, mussels are rich in protein and low in calories, which makes them the perfect ingredient for a healthy balanced meal. You can offer to serve them in small portion as an entree or a more generous serving as a main, alongside a nice bucket of chips - and maybe a few salad leaves!



Did you know?

As well as being nutritious and healthy, mussels are also a sustainable product due to their low impact on the environment. These sedentary animals simply feed on whatever flows in the water around them, mostly phytoplankton.



FS213Z
Mussels in White Wine Sauce
Case 10 x 450 g
€20.99/ **€20.80** per Case



FS1203Z
Wild Atlantic Prawns IQF HOSO
10/20 2 kg Sea Frozen
€25.85/ **€25.70** per Unit



FS764Z
Cod Fillet 170 - 200 g
(Skinned & P) Case 4.54 kg
€29.35/ **€29.20** per Case

Family favourites

As a starter or a main, Irish customers always expect to find great quality meat on your menu. While chicken can be a great option for children, a chicken supreme is a versatile cut that will be tempting for their parents all year long.

Did you know?

Making your restaurant child-friendly can drastically increase traffic so it's worth making an effort on the kids menu. Try offering healthy and tasty food options for younger customers, such as grilled cauliflower with cheese, roasted sweet potatoes, chicken bites, broccoli tater tots or fruit smoothies in small servings.



C204
Chicken Crowns
1100 g - 15 Per Case
€37.35/ **€37.30** per Case



C225
Chicken Breastmeat Diced
2.5 kg Pack App
€13.85/ **€13.80** per Case



CC393
Chicken Supreme Skin On
200 - 230 x 25 Per Pack
€31.25/ **€31.20** per Unit



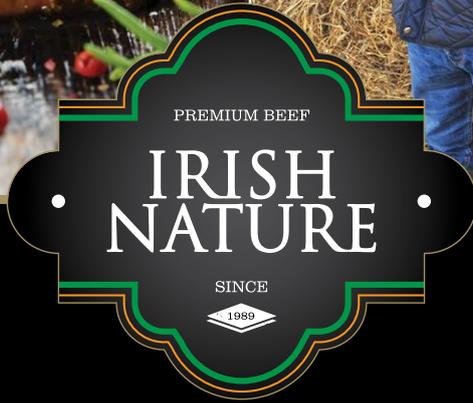
BC200
Bacon Loin Rindless
4.8 - 6.5 kg
€3.15/ **€3.10** per kg



PK900
Pork Loin Boneless
4.5 - 6 kg
€3.79/ **€3.70** per kg



VISIT WWW.RELISHREWARDS.IE TO REDEEM YOUR RELISH REWARDS TODAY!



YOUR CUSTOMERS DESERVE THE BEST OF IRELAND'S BEEF

Irish Nature has been providing premium quality grass-fed Irish beef for over a quarter of a century. They are proud to be able to guarantee the quality of their beef - 100% of the time. The consistency and tenderness of the Irish Nature beef will ensure your customers enjoy a superior eating experience in your establishment.

Pallas *a partnership in beef* **abp**



BF201Z
Beef Striploin - Irish Nature
5 - 5.9 kg
€8.55/ €8.50 per kg



BF202Z
Beef Striploin - Irish Nature
Frozen 6 - 6.9 kg
€8.55/ €8.50 per kg



BF223
Irish Striploin - Irish Nature
9 - 11 kg
€11.59/ €11.50 per kg



BF100
Beef Housekeepers Cut Rolled & Tied - Case 4 x 5 kg approx
€5.30/ €5.20 per kg



BUY or RENT

- No need for a Pizza Chef
- All equipment provided
- Handmade Fresh Italian Pizza Bases
- Trial Period

MADE IN ITALY



H51cm, W34cm, D 54cm

Rental **ONLY €15** per week* excluding VAT

*first 3 months under a trial period for a total of €180

PIZZA SI SERVICE

- Stone Bake Oven • Utensils
- Marketing Support • Staff Training
- Free Installation & more

Contact your local Pallas Foods Representative or Pizza Si for more details.

MADE IN ITALY



**IT'S FAST.
IT'S GOOD.
IT'S FRESH**



PZ178Z
Pizza Si 12" Pepperoni
12 x 400 g per Case
€36.00/ €35.80 per Case



PZ180Z
Pizza Si 12" Hawaiian
10 x 500 g per Case
€31.85/ €31.60 per Case



S1111
Pizza Margherita 12" Pizzazi
12 x 400 g Frozen
€38.00/ €37.80 per Case



PZ151
Pizza Base x 2
Retail
€27.15/ €26.90 per Case



PZ137
Pizza Si Branded 12 Inch
Boxes 100 per Case
€35.70/ €35.50 per Case



PZ192
Pizza Si Sourdough Flat Bread Alla
Pala 15 x 30 cm (28 bases)
€51.20/ €51.00 per Case



PZ182Z
Pizza Si Premium Italian
Dough Balls 50 x 220 g
€32.15/ €31.90 per Case



PZ136
Pizza Si 54 Pizza Bases &
3 kg Tomato Sauce 11 inch
€74.95/ €74.70 per Case



PZ152
Pizza Si Premium Seasoned
Pizza Sauce
€32.50/ €32.30 per Case



Contact your local Pallas Foods Representative or Pizza Si for more details.

CREATING GREAT TALKING POINTS

WITH



(Z16987Z) OUR MENU SIGNATURES
**STAYCRISP JULIENNE
SKIN-ON FRIES 4 x 2.5kg**
€15.75/ €15.60 per Case



(Z16988Z) OUR MENU SIGNATURES
**STAYCRISP MEDIUM
SKIN-ON FRIES 4 x 2.5kg**
€15.75/ €15.60 per Case



(VP786Z) OUR MENU SIGNATURES
**STAYCRISP THIN CUT
SKIN-ON FRIES 4 x 2.27kg**
€15.85/ €15.70 per Case



(VG933Z) OUR MENU SIGNATURES
ROASTS 4 x 2.5kg
€19.49/ €19.30 per Case





ENJOY A LITTLE EXTRA ON THE SIDE.

A week's holiday in the Maldives.
Just one of the many exciting rewards
you can enjoy with Relish.


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- R E W A R D S -

Trendy tapas

In restaurants in Ireland or across the globe, small plates are having a moment on the food scene. Easy to share, they are a great way to experiment different types of food. In Spanish cuisine, sharing small bites is anything but new: they are called tapas and have become the symbol of Spanish culture.

If you have ever traveled to Spain, you have come across a delicious Spanish custom: the tapas. Traditionally, a tapa is an appetiser or a snack, but by extension, the word is now used to qualify any small portion of a certain dish or type of food.

Usually, tapas are enjoyed with a drink. Many Spanish bars actually serve tapas for free if you order a glass of wine or a beer. Tapas may be cold, such as cheese, cured meat and olives, or hot, such as tortilla, patatas bravas or croquettes. In some restaurants in Spain and abroad, tapas have evolved into a more sophisticated cuisine.

Did you know?

The word "tapa" comes from the Spanish verb "tapar", which means to cover. Originally, tapas were thin slices of bread or meat which sherry drinkers in Andalusian taverns used to cover their glasses between sips. It was supposed to prevent fruit flies from hovering over the sweet drink.

Tapas have evolved through Spanish history thanks to new ingredients and influences. The discovery of the New World brought the introduction of tomatoes, sweet and chili peppers, corn and potatoes, which were easily grown on Spanish soil.

You don't have to be an expert in Spanish cuisine to incorporate the idea of tapas to your menu. Think of easily shareable food, like chicken goujons, spring rolls, falafels, or even a cheese or charcuterie board. Alongside a nice drink, these tasty bites will be a hit on your menu!



24
POINTS
PER CASE



FF313Z

Tempura Shrimp
56 x 18 g - Case of 12
€24.75/ €24.50 per Unit



14
POINTS
PER CASE



FF682Z

Veg & Spinach Pakora
56 x 27 g - Case of 6
€11.85/ €11.60 per Unit



10
POINTS
PER CASE



FF683Z

Thai Mini Vegetable Spring Rolls
50 x 20 g Pack - Case of 6
€8.65/ €8.40 per Unit



24
POINTS
PER CASE



FF314Z

Duck Spring Rolls
Pack 50 x 20 g - Case of 12
€13.10/ €12.90 per Unit



4
POINTS
PER CASE



CC688Z

Breaded Chicken Goujons
5 kg Case - 125 Pieces
€28.55/ €28.50 per Case



2
POINTS
PER UNIT



490664

Deli Cottage Pie 2.6 kg
12 Portions Approx
€12.99/ €12.80 per Unit



6
POINTS
PER CASE



CM315

Cooked Ham Crumbed Half
2.5 kg Block & Barrel
€7.15/ €6.90 per Unit



2
POINTS
PER UNIT



CM611

Chorizo Extra Sarta Spicy
225 g Unit
€2.05/ €1.80 per Unit



2
POINTS
PER UNIT



CM613

Chorizo Extra Vela Mild
225 g Unit
€2.15/ €1.90 per Unit





Did you know?

Bord Bia estimates that 8% of the Irish population are now vegetarian, and 2% claim to follow a strict vegan diet. While the interest for plant-based food keeps growing, an increasing number of people embrace a "flexitarian" way of life, meaning that they limit the amount of meat or dairy products in their diet. To cater for all dietary preferences, don't forget to include some vegan items on your menu.

Go veg, or go home!

1042	Sweet Potato Falafel - Yummy Yams Nuggets 240 g	€16.70/ €16.50 per Case	2 POINTS PER CASE			
1035	Florentin Tamruc Falafel 240 g	€19.00/ €18.80 per Case	4 POINTS PER CASE			
5320	Florentin Pitta Bread Whole Wheat Brown 280g Organic	€27.75/ €27.50 per Case	2 POINTS PER CASE			

Special offers

Because we know that running a food business is challenging, listed is a selection of special offers on everyday products for your customers to enjoy.



MS147
Kenny's Mayonnaise
Case 2 x 2.27 Ltr
€10.95/ €10.70 per Case

2 POINTS PER CASE

I.Q.F.
CC650Z
Hot n Spicy Chicken Fillet
Case 30 x 140 - 160 g
€35.00/ €34.90 per Case

4 POINTS PER CASE

RM265Z
Chilli Con Carne
Case 2 x 2.5 kg
€32.00/ €31.80 per Case

4 POINTS PER CASE

BR731Z
Multicereal Demi Baguette
70 x 130 g Per Case
€23.00/ €22.80 per Case

4 POINTS PER CASE

CE1301Z
Custard Diamonds
Case 35 x 100 g
€13.50/ €13.30 per Case

2 POINTS PER CASE

Knorr, j'adore!



Since the first bouillon cube was introduced in 1912, Knorr has been a firm favourite in every household. Experts in drying vegetables and seasoning to preserve nutrition and flavour, Knorr also helps professional chefs to save time thanks to their wide range of tasty sauces for Indian, Italian, Mexican or Thai inspired recipes.





Veg






Z414402
Knorr Korma Sauce RTU
Case 2 x 2.2 Ltr (GF)
€15.99/ €15.80 per Case



Veg






Z414371
Knorr Blue Dragon Tikka Masala
Sauce RTU Case 2 x 2.2 Ltr (GF)
€15.99/ €15.80 per Case



Veg






Z414423
Knorr Sauce Jalfrezi RTU
Case 2 x 2.2 Ltr
€15.99/ €15.80 per Case

Z414346	Knorr Cajun Sauce RTU Case 2 x 2.25 Ltr	€15.99/ €15.80 per Case
Z414347	Knorr Salsa Sauce RTU Case 2 x 2.25 Ltr RTU (GF)	€15.99/ €15.80 per Case
Z414379	Knorr Fajita Sauce RTU Case 2 x 2.25 Ltr RTU (GF)	€15.99/ €15.80 per Case
Z414373	Knorr Medium Curry Sauce RTU Case 2 x 2.25 Ltr (GF)	€15.99/ €15.80 per Case
Z414375	Knorr Bolognese Sauce RTU Case 2 x 2.25 Ltr (GF)	€12.99/ €12.80 per Case



Z414382	Knorr Blue Dragon Black Bean Sauce RTU Case 2 x 2.2 Ltr	€12.99/ €12.80 per Case
Z414420	Knorr Blue Dragon Sweet Chilli Sauce RTU Case 2 x 2.2 Ltr (GF)	€15.99/ €15.80 per Case
Z414370	Knorr Blue Dragon Sweet & Sour Sauce RTU Case 2 x 2.2 Ltr	€15.99/ €15.80 per Case
Z414450	Knorr Blue Dragon Thai Red Curry Sauce RTU Case 2 x 2.2 Ltr	€15.99/ €15.80 per Case
Z414424	Knorr Blue Dragon Thai Green Curry Sauce RTU Case 2 x 2.2 Ltr	€15.99/ €15.80 per Case



PREMIUM AUTHENTIC SAUCES

THE CHOICE OF MICHELIN-STARRED CHINESE RESTAURANTS AND CHEFS



KUNG PAO CHICKEN (Serves 2)

Ingredients

250g chicken thigh (for a better texture), cut into small bite sized pieces **CC355**
 1 celery sticks, cut into 2cm sections **VW809**
 1/2 green pepper, diced into 3cm sections **VW745**
 1/2 red pepper, diced into 3cm sections **VW745**
 1 tbsp Lee Kum Kee Premium Oyster Sauce **OR315**
 1 tbsp vegetable oil **OL211**
 25g roasted cashew nuts **NU105**
 2 cloves of garlic, sliced **VP351**
 2 tbsp Lee Kum Kee Hoisin Sauce **OR313**
 1 tbsp Lee Kum Kee Sweet Chilli Sauce **OR309**
 1 tsp water

Method

- 1 Marinate chicken in the Lee Kum Kee Premium Oyster Sauce and set aside.
- 2 Mix the Lee Kum Kee Hoisin Sauce, Lee Kum Kee Sweet Chilli Sauce and water together, set aside.
- 3 Heat the wok with 1 tbsp of oil. Sauté garlic in hot oil.
- 4 Stir-fry chicken for 5 minutes in medium heat.
- 5 Add all the vegetables and stir-fry for a further 3 mins before adding the sauce mix.
- 6 Heat through before serving with roasted cashew nuts on top.

GLUTEN FREE



STOCK UP NOW

OR316 - LKK DARK SOY SAUCE 2X1.9LTR **vegan friendly**
 OR317 - LKK LIGHT SOY SAUCE 2X1.9LTR **vegan friendly**
 OR367 - LKK BLACK BEAN SAUCE 2X2.40KG **vegan friendly**
 OR313 - LKK HOISIN SAUCE 2X2.45KG **vegan friendly**
 OR309 - LKK CANTONESE SWEET CHILLI SAUCE 2x2.35KG **vegan friendly**

OR311 - LKK PEKING STYLE SAUCE 2X2.49KG **vegan friendly**
 OR312 - LKK PLUM SAUCE 2X2.6KG **vegan friendly**
 OR310 - LKK SWEET & SOUR SAUCE 2X2.3KG **vegan friendly**
 OR561 - LKK THAI SWEET CHILLI SAUCE 2.35KG **vegan friendly**
 OR315 - LKK GLUTEN FREE OYSTER SAUCE 2X2.31KG **gluten free**



FOLLÁIN

FOLLÁIN		JM416	No Added Sugar Blackcurrant Jam 1.25 kg x 4	€7.00/ €6.80 per Unit
FOLLÁIN		JM417	No Added Sugar Orange Marmalade 1.25 kg x 4	€7.00/ €6.80 per Unit
FOLLÁIN		JM418	No Added Sugar Raspberry Jam 1.25 kg x 4	€7.00/ €6.80 per Unit
FOLLÁIN		JM419	No Added Sugar Strawberry Jam 1.25 kg x 4	€7.00/ €6.80 per Unit
FOLLÁIN		2 POINTS PER UNIT 490717	Seville Orange Marmalade 3.5 kg	€10.20/ €10.00 per Unit
FOLLÁIN		2 POINTS PER UNIT 490095	Blackcurrant Jam 3.5kg	€11.20/ €11.00 per Unit
FOLLÁIN		2 POINTS PER UNIT 490081	Strawberry Jam 3.5kg	€11.20/ €11.00 per Unit
FOLLÁIN		2 POINTS PER UNIT 490053	Raspberry Jam 3.5kg Bucket	€11.20/ €11.00 per Unit



The Codd Family

County Carlow, Grower of Irish Mushrooms

The Codd Family have been growing the finest quality mushrooms from their farm located in Tullow, Co. Carlow, since 1989. Starting from a small growing shed, they now have progressed to a modern, purpose built mushroom production and packing facility - one of the most innovative and environmentally friendly in Europe. The mushrooms are grown on aluminium shelving, in climate controlled rooms. Each of the growing rooms are equipped with automated watering systems and a dedicated computerised harvesting IT management system which details yields, assists in forecasting and ensures traceability back to harvester. After vacuum cooling the product, it is wrapped, weighed and labelled in a packhouse based on site. Every year, these growing rooms produce an impressive total of 5000 tons of mushrooms!

Offering the very popular button, portobello or chestnut varieties, the Codd Family are the largest supplier of mushrooms into the Irish market, supplying the major retailers and food service sector. Back in 1989, they started with just two staff, a small growing shed and loads of enthusiasm. They now are a family of 250 staff and still growing!



Easter... around the world

In Ireland, we are all about the chocolate and the hot cross buns but around the world, Easter comes with other sweet traditions.

Italy: Colomba di Pasqua

Shaped like a dove, a symbol for peace, the colomba di pasqua is a sweet bread served at Easter time in Italy. Stuffed with candied fruit and sprinkled with almonds and pearl sugar, the dough for the colomba is made in a similar manner to panettone, with flour, eggs, sugar, natural yeast and butter, but doesn't contain raisins.

Mexico: Capirotada

Served on Good Friday, the capirotada is a bread pudding usually made from bolillo, which is similar to a baguette. The bread is soaked in a mulled syrup made from sugar, cinnamon and cloves, then topped with nuts, dried fruit and sprinkles. This dessert symbolises the crucifixion, the cinnamon sticks for the cross, the cloves for the nails, and the bread for Christ's Body.

Russia: Pashka

Made with curdled cheese, honey, almonds and dried fruits, this Russian dessert can either be eaten alone or with bread. With a texture reminding of a cheesecake or a blancmange, a pashka is traditionally made in a mould in the shape of a truncated pyramid, which is said to represent the tomb of Christ.



CT129
Dark Couverture Chocolate Dome
Case of 140 Pieces
€74.99/ €74.80 per Case



CT952
Chocolate Easter Lollipop
24 x 35 g
€25.50/ €25.30 per Case



4
POINTS
PER CASE



BR738Z
Hot Cross Buns
Case of 72 x 70 g
€24.95/ €24.70 per Case



CT488
Chocolate Cake Decor 50 mm
350 Pieces - Case of 12
€35.85/ €35.60 per Case



CE232Z
Easter Double Chocolate Muffin
Case 28 x 120 g
€19.95/ €19.70 per Case



Veg



CE239Z
Sticky Toffee Salted Caramel
Cake 1 x 14 Portion
€17.40/ €17.20 per Case



CT130
Bubbly Gold Cup Decorated
Chocolate 140 Pieces
€74.99/ €74.80 per Case



Veg



BR999Z
Potato Bun 53 g Frozen
Case of 48
€18.99/ €18.80 per case



€33.00/ €32.85 per case



Naturally gluten-free!

Because many customers are coeliac, gluten intolerant, or simply don't want to eat gluten, it is important to have some GF dishes on your menu, including some yummy desserts that everyone will love.

Did you know?

You probably wouldn't expect it, but all of the following products contain gluten:

Soy sauce, Worcestershire sauce, chewing gums, baking powder, salad dressings, canned food, processed meat and beer.



While you can now find some delicious gluten-free versions of the most popular foods, including some yummy desserts, some foods are naturally GF. Fresh fruits and vegetables, meat, fish, nuts, seeds, eggs, milk, cheese, yoghurt, butter, quinoa, polenta, buckwheat, rice : all of those cupboard staples are safe to use if you want to cook a gluten-free dish for your customers. Traditional cakes using wheat flour are of course banned from a GF menu, but pavlova, chocolate mousse, panna cotta, macarons, baked apples are all naturally gluten-free.

Eat the trend: Vegan baking

Being vegan doesn't mean that one only survives on steamed greens and bananas. Like every other customer, vegan eaters want to indulge in some tasty pastries, cakes and sweets! Vegan baking has never been trendier, so why don't you try and give it a go? We have some tips to help you get started.

The perfect vegan substitute

1 Replacing the eggs is probably the most challenging part of vegan baking. While you probably won't achieve the exact same texture, some ingredients can replace eggs in baked goods, from ground flax seeds or chia seeds mixed with water to a mashed-up banana. For the "flax egg", the basic ratio is one tablespoon of seeds and three tablespoons of water to replace one egg.

2 Margarine has been the traditional substitute for butter, and even the great Mary Berry says she uses Stork margarine instead of butter in many of her trusted recipes. For vegan baking, you could also use coconut butter or a plain oil like sunflower depending on the texture you are trying to achieve.

3 While it is okay to use it for vegetarian recipes, honey is a big no no for vegan baking. If a recipe require it, just swap it out for an equal amount of another liquid sweetener such as maple syrup or agave.

4 Milk substitutes are now ubiquitous on the market so whatever you use to replace dairy milk is up to your preference. Almond, soy, coconut or oat milk can all work, but try and use plain, unsweetened varieties to prevent your baked goods from being overly sweet.

5 One of the hardest elements of baking to replace is probably whipped egg whites and their airy texture. Enters aquafaba. This fancy word only describes the liquid that comes in cans of chickpeas. If you whip it long enough, the liquid turns into a thick white foam similar to egg whites, which can be used in recipes like chocolate mousse or meringue. And don't worry, no chickpea flavour comes with it.



All vegan!

CE234Z	Chocolate Fudge Cake	€19.50/ €19.30 per Case
CE235Z	Carrot Cake Traybake	€18.75/ €18.50 per Case
CE238Z	Chocolate Chip & Orange Pudding	€16.10/ €15.90 per Case
CE233Z	Caramel Apple Pie	€10.55/ €10.30 per Case

Quick tip!

One classic dessert is rather easy to "veganise": it's the humble apple crumble! Simply use a vegan margarine or a dairy-free spread instead of butter to make the topping, and serve with a nice scoop of vegan ice cream.

For the filling: 3 medium Bramley apples, peeled, cored and diced - 2 Tbsp caster sugar

For the topping: 175 g plain flour - 125 g golden caster sugar - 125 g vegan margarine - 1 Tsp cinnamon

Heat the oven to 190°C. Toss the apples with the caster sugar and put in a 23cm round baking dish. For the topping, mix the flour, sugar and cinnamon in a bowl with a pinch of salt. Rub the margarine in with your fingertips until the mixture looks like breadcrumbs. Pour the crumble mix over the apples, spread evenly, and bake for 35 to 40 minutes.



ONLINE
DISCOUNT PRICE

€33.00/€32.85 per case





Springtime cheeses

Seasonality in menus is a trend that has been growing in the restaurant industry for a while, and for good reason. Chefs and restaurateurs have embraced the challenge of creating their menu depending on the calendar and using products when they are at their best. Like fruits and vegetables, cheeses have a seasonality and some varieties will be at their peaks at different times of the year. Use it to your advantage and your cheeseboard will be more appealing than ever!



Veg

4 POINTS PER CASE
CH1647
 Bluebell Falls Goat Log Original Cygnus 500 g
€7.05/ €7.00 per Unit



CH4417
 Goats Cheese Pearls with Garlic in Oil 1 kg
€7.85/ €7.80 per Unit



490753
 Goats Brie Natural Cheese 1 x 1.5 kg Case
€12.90/ €12.80 per kg



CH4401
 Buffalo Mozzarella Pearls 15 g Each 2 x 1 kg Case
€22.30/ €22.20 per Case



CH4418
 Goat Cheese Log with Honey 8 x 125 g Case
€13.15/ €13.10 per Case

Compsey cheese

Compsey Creamery was set up in 1985 with the main objective being to add value to the milk supplied by the local farmer shareholders. That first week's production run consisted of a 500 gallon vat of milk being converted into Cottage Cheese. Over the following years, Cream Cheese & Yogurt was added, and so began the Compsey Creamery journey.

CH1192	Compsey Mascarpone 12 x 1 kg	€5.00/ €4.90 per Unit
CH1144	Compsey Cottage Cheese 2 kg	€6.15/ €6.10 per Unit
CH1150	Compsey Full Fat Cream Cheese 2 kg	€9.45/ €9.40 per Unit
CH1145	Compsey Light Soft Cheese 2 kg	€6.15/ €6.10 per Unit





on the ball with nutrition

While customers are becoming more and more concerned with their diet, food businesses must provide them with healthy products that they can eat on-the-go, such as yoghurt.



YT430	Glenisk Natural 0% Fat Irish Strained Protein Yogurt 12 x 150 g						€6.75/ €6.70 per Case
YT428	Glenisk Raspberry 0% Fat Irish Strained Protein Yogurt 12 x 150 g						€6.75/ €6.70 per Case
YT429	Glenisk Strawberry 0% Fat Irish Strained Protein Yogurt 12 x 150 g						€6.75/ €6.70 per Case
YT525	Glenisk Mango & Passion 0% Fat Irish Strained Protein Yogurt 12 x 150 g						€6.75/ €6.70 per Case
YT526	Glenisk Blueberry 0% Fat Irish Strained Protein Yogurt 12 x 150 g						€6.75/ €6.70 per Case
YT530	Glenisk Coconut 0% Fat Irish Strained Protein Yogurt 12 x 150 g						€6.75/ €6.70 per Case
YT531	Glenisk Vanilla 0% Fat Irish Strained Protein Yogurt 12 x 150 g						€6.75/ €6.70 per Case

YT539
GO20 0% Fat High Protein Yogurt
Fruit + Seed Granola 6 x 170 g
€8.50/ €8.40 per Case

YT538
GO20 0% Fat High Protein Yogurt
Dark Choc Granola 6 x 170 g
€8.50/ €8.40 per Case

It's this need for healthier and readily available options that has made Glenisk come up with their new range of yoghurt, the GO20. Low in calories and high in nutrients, it is the result of extensive research. With 20g of protein per 170g serving, the GO20 contains the optimum protein intake suggested by dieticians. "It's particularly recommended in that 20 to 30 minutes window post workout, or first thing in the morning as a high-protein breakfast", Denise Sheridan of Glenisk explains. The combination of yoghurt and granola is also a good source of fibre, essential for gut health.

It is recommended that adults consume three servings of dairy per day. This includes milk, cheese, and of course, yoghurt. "Yoghurt is packed with nutrition", says Denise Sheridan, Marketing & Communications Manager for Glenisk. "It is an excellent source of calcium and contains probiotics which promote healthy digestion." Yoghurt is also high in B vitamins, particularly vitamin B12 and riboflavin, and is a good source of phosphorus, magnesium and potassium. While it has been around for centuries, the result of milk fermentation has gathered a lot of interest lately thanks to the global healthy food craze. "I think people are moving towards more wholesome food, products that are better for them", says Denise Sheridan. "They are very conscious about what they are putting into their body and want the best quality produce."

In vino veritas

Are you more of a Sauvignon blanc type of person or a fan of Chardonnay? Whatever you need for your wine menu, we have some affordable options that will complement your food menu perfectly. A medium-bodied Merlot tends to pair well with tomato based Italian dishes, while a Cabernet Sauvignon will work wonders alongside a big, juicy steak!



WR242
Alto Plano Cabernet Sauvignon 6 x 75 cl
€37.00/ €36.80 per Case

WR239
Alto Plano Merlot 6 x 75 cl
€37.00/ €36.80 per Case



WW573
Paul de Montaigne Sauvignon Blanc 12x75cl
€80.00/ €79.80 per Case

WR562
Paul de Montaigne Merlot 12x75cl
€80.00/ €79.80 per Case



WW231
Alto Plano Sauvignon Blanc 6 x 75 cl
€37.00/ €36.80 per Case

WW936
Alto Plano Chardonnay 6 x 75 cl
€37.00/ €36.80 per Case

Refreshing energy



6 POINTS PER CASE
Z916101
Lucozade Original
Case 24 x 380 ml Plastic
€13.99/ €13.80 per Case

6 POINTS PER CASE
Z916106
Lucozade Orange
24 x 380 ml Plastic
€13.99/ €13.80 per Case





a tasty family affair

"It used to be absolutely hell! We used to fight all the time!" This is how Bernard Broderick, co-founder of Broderick's, describes working with his brother, Barry. A good dose of humour, a classic Irish tendency for self deprecation and obviously, a love for tasty food is the secret recipe of their successful brand of cakes and sweet treats. The family business started in 1983 with the boys' mother Ina baking cheesecakes in the family kitchen. In 2009, the brothers launched their own brand with the aim of bringing a premium handmade product to a wide audience at a price everyone can enjoy. "My mother is still involved and she is very much a calming influence", Bernie laughs. But don't think that the Broderick Brothers joke all the time. When it comes to their food, they take it very seriously: "The business is all about what tastes good", Bernard says. Their creations are made using Belgian chocolate and Irish butter.



6
POINTS
PER CASE

CE1064Z

Broderick's Mixed Tray Bake
Case 36 x 85g

€24.75/ €24.50 per Case



4
POINTS
PER CASE

CE1135

Broderick's Granola Bar - Case 25 x 60 g

€14.95/ €14.70 per Case



2
POINTS
PER CASE

CE190

Broderick's Crunchy Slam Dunk
Peanut Chunk 20 x 50 g

€11.99/ €11.80 per Case



2
POINTS
PER CASE

CE193

Broderick's Gluten Free Road
Rocking Choc Block 20 x 50 g

€11.99/ €11.80 per Case



CE192

Broderick's
Caramental 20 x 50 g

€11.99/ €11.80 per Case

2
POINTS
PER CASE



2
POINTS
PER CASE

CE191

Broderick's Solid Brick Belgian
Chocolate Brownie 20 x 50 g

€11.99/ €11.80 per Case



CE194

Broderick's Road Rocking
Choc Block 20 x 50 g

€11.99/ €11.80 per Case

2
POINTS
PER CASE



CE195

Broderick's Tiff Toff
in the Tuffen 20 x 50 g

€11.99/ €11.80 per Case

2
POINTS
PER CASE

With a range available in 30 countries, more than 10 million bars sold and a new facility of 55,000 sq ft, Bernard and Barry's brand has grown to a real success - and they are still fond of their own treats. "My personal favourite is the Crunchy Slam-Dunk Peanut Choc, and my brother's is Tiff Toff in the Tuffen!" Really, they can never agree!

All you need is apples...

The Attyflin Estate is a unique 250 acre demesne, established hundreds of years ago. Today, it focuses on growing wonderful fruits, including apples which are used in a tasty range of juices. "Making good quality natural artisan products while keeping things simple, without adding unnecessary flavours, sweeteners or colours, is at the core of what we do", Paul Mordaunt, General Manager at Attyflin Estate, explains.

By encouraging the biodiversity, the brand can minimise any intervention on the orchard. For example, ladybugs or natural predatory birds are allowed to exist on the estate because they are very likely to scare away other insects or birds that could potentially cause damage to the apples. "We wanted to be able to use the land as it would have been used 10, 20, or 100 years ago to grow fruits, and we wanted to employ simple practice to turn that fruit into a drink."

In Attyflin, the orchards are only a few hundred metres away from the pressing facilities. "We handpick the fruit, we press it and we bottle it. There is nothing added in the middle - bar a bit of vitamin C to help maintain the colour of the product", he adds.

To stay in line with this eco friendly ethos, Attyflin Estate only uses glass bottles. "They are the easiest way for us to make sure that our packaging can be easily recycled", the manager says. While it slightly increases the price of the product, it can also be a selling point for some customers. "I think Irish people are becoming more aware of the impact of what they consume on the environment and it's reflecting in the choices that they are making", he says. And there is no doubt the number of conscious buyers will keep growing, one bottle at a time.



Z990509

Attyflin Irish Apple & Blackcurrant Juice 24x250ml
 €37.00/ €36.80 per Case

Z990513

Attyflin Sparkling Irish Apple Juice 24x250ml
 €37.00/ €36.80 per Case



Z990510

Attyflin Apple & Elderflower Infusion 24 x 250ml
 €37.00/ €36.80 per Case



Z990511

Attyflin Apple & Hibiscus Infusion 24 x 250ml
 €37.00/ €36.80 per Case



Z990512

Attyflin Irish Apple Juice 24x250ml
 €37.00/ €36.80 per Case



ONLINE
DISCOUNT PRICE

€33.00/€32.85 per case



Chocolate 1.0.1.

Whether it is in a crunchy cookie, as a smooth ganache in a macaron or as a cheeky bar nibbled on the go, chocolate is everyone's guilty pleasure. But do you know all the secrets of Easter's MVP?



What is chocolate?

Chocolate comes from the beans of the cocoa tree that are harvested and left to ferment before being dried and processed. It is the fermentation that develops the flavour and determines the quality of the chocolate. After being dried, the beans are roasted to enhance the flavours. They are then transformed in cocoa solids, which are the basic ingredient of all chocolate products.

Dark, milk or white?

Before choosing a chocolate to work with, you need to check the percentage of cocoa solids. The higher the percentage of solids, the purer and stronger in taste the chocolate. Dark chocolate contains as much as 80% cocoa solids, and has an intense taste. About 60-70% solids are slightly sweeter with a dense chocolate flavour and are often used for cooking and baking. Milk chocolate has a low percentage of cocoa solids, usually around 40%, with added milk, sugar and flavourings. White chocolate isn't actually a real "chocolate" as it does not contain cocoa solids. It is made with cocoa butter, the fat extracted from the beans.

How to handle chocolate?

Chocolate is an amazing substance that can be turned into the most delicious creations but it must be treated carefully. It is very sensitive to temperature variations and the melting process is crucial to ensure the best texture and taste is achieved in the finish product. It shouldn't be put in contact with water as it will cause it to seize and turn into a hard lump. Similarly, overheating it will simply burn the chocolate and ruin its taste and texture. To preserve the properties of your chocolate, always melt it over indirect heat, like in a bain-marie, or by 20 to 30 seconds bursts in a microwave.



CT965	DGF Royal 'Le Blanc' White Chocolate 30% 3 kg	€23.99/ €23.80 per Unit
CT966	DGF Royal 'Le Mara' Milk Chocolate 41% 3 kg	€23.99/ €23.80 per Unit
CT967	DGF Royal 'Le Cara' 70% Dark Chocolate 3 kg	€26.99/ €26.80 per Unit
CT968	DGF Royal 'Le Guaya' 64% Dark Chocolate 3 kg	€23.99/ €23.80 per Unit
CT971	DGF Royal 'L'Ambre' Caramelised White Chocolate 3 kg	€29.99/ €29.80 per Unit

CT969
Cocoa Butter in Drops
3 kg DGF Service
€41.99/ €41.80 per Unit



€33.00/ **€32.85** per case



Plate it right

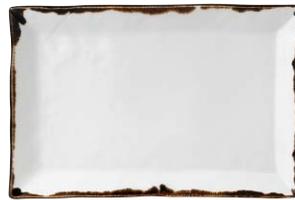
Several studies have shown that cutlery and plateware influence the way we taste food. The colour, the shape, the style of your plates all have a role to play in your customer's experience. A rustic look for example usually works well with comfort food, such as stews or pies, while elegant cutlery would be expected for more contemporary and creative dishes.



CS5719
Plate - 10⁵/₈ Inch / 27 cm
Harvest Natural - Case of 12
€74.00/ €73.80 per Case



CS5717
Plate - 9 Inch / 22.9 cm
Harvest Natural - Case of 12
€55.00/ €54.80 per Case



CS5723
Rect Tray - Harvest Natural
11¹/₄ x 7¹/₂ Inch
€73.00/ €72.80 per Case



CS5727
Deep Bowl - Harvest Natural
7⁷/₈ x 6⁵/₈ Inch - Case of 6
€39.00/ €38.80 per Case



- | | | |
|---------------|---|-------------------------|
| CS9590 | Turin Tea/Coffee Spoon - 5 1/2 Inch - 12 Per Case | €15.00/ €14.80 per Case |
| CS9587 | Turin Dessert Fork - 7 1/8 Inch 18.1cm - 12 Per Case | €22.00/ €21.80 per Case |
| CS9586 | Turin Dessert Knife Solid Handle - 12 Per Case | €22.00/ €21.80 per Case |
| CS9585 | Turin Table Fork - 8 1/8 Inch 21cm - 12 Per Case | €28.00/ €27.80 per Case |
| CS9584 | Turin Table Knife Solid Handle - 12 Per Case | €28.00/ €27.80 per Case |
| CS9589 | Turin Soup Spoon - 7 1/8 Inch 18.9cm - 12 Per Case | €19.00/ €18.80 per Case |
| CS9588 | Turin Dessert Spoon - 7 1/8 Inch 18.2cm - 12 Per Case | €19.00/ €18.80 per Case |



CS10125
Deep Plate - 26.7 cm
Harvest Natural Case of 6
€69.00/ €68.80 per Case



CS5731
Wobbly Bowl - 11³/₈ x 10⁵/₈
Harvest Natural - Case of 6
€69.00/ €68.80 per Case





10
POINTS
PER CASE

PD9916

12 oz White Embossed
Compostable Hot Cup
500 per Case

€58.75/ €58.50 per Case

14
POINTS
PER CASE

PD9917

8 oz White Embossed
Compostable Hot Cup
1000 per Case

€100.20/ €100.00 per Case

10
POINTS
PER CASE

PD1250

Green Tree Double Wall
Hot Cup 12 oz - 1 x 500

€47.00/ €46.80 per Case

10
POINTS
PER CASE

PD1249

Green Tree Double Wall
Hot Cup 8 oz - 1 x 500

€41.00/ €40.80 per Case

Always ask your customers if they want their coffee served in a mug or in a takeaway cup. It might tempt them to enjoy their beverage in your establishment and get a proper coffee break instead of running back to their desk. It also prevents the unnecessary use of disposable cups.



10
POINTS
PER CASE

PD1231

Black CPLA Hot Cup Lid 79mm (fits 8oz cup) 1x1000

€49.00/ €48.80 per Case

10
POINTS
PER CASE

PD1232

Black Hot Cup Lid 89mm (fits 10-20oz cups) 1x1000

€54.00/ €53.80 per Case

Offer a sustainable coffee break

We throw out about 530,000 disposable coffee cups every single day in Ireland. This is more than 200 million in a year. Offering compostable cups is a first step towards less waste.

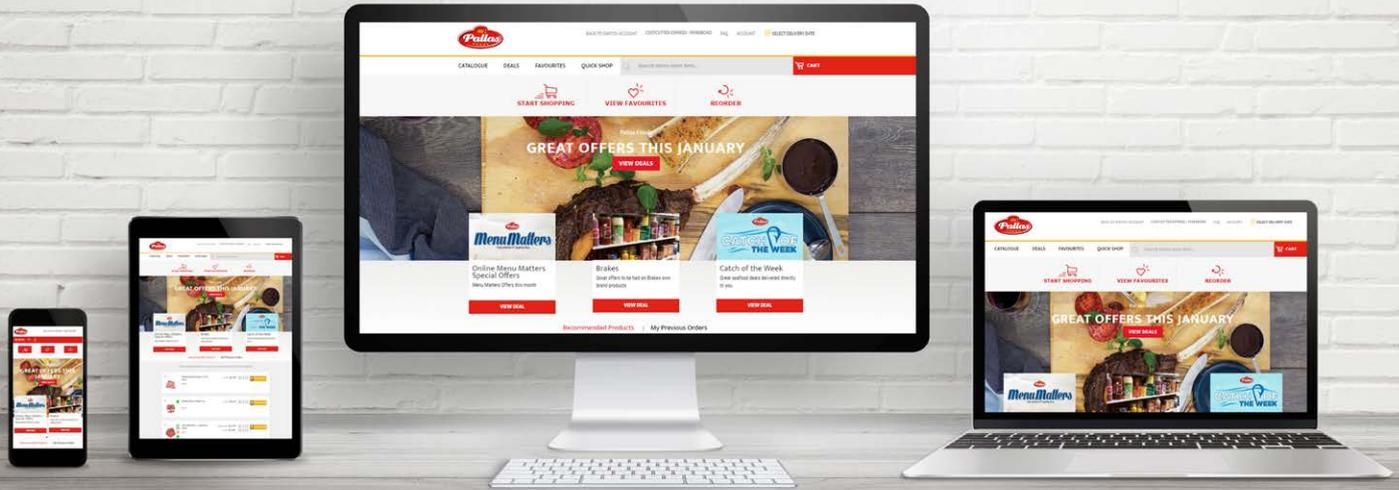
Available in different sizes, the Green Tree collection is an award-winning compostable packaging that your customers will love using for their daily takeaway coffee. Dressed up in elegant greens and white, with a stylish logo in the shape of a tree, these sustainable cups don't compromise on design while keeping the drink warm. Made from plants, not plastic, the range comes at an affordable price so you can keep your prices fair and your customers happy.



ONLINE
DISCOUNT PRICE

€33.00/€32.85 per case





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We have created an *Online Ordering* website that adapts and responds to whichever device you are most comfortable with. If you prefer to create your order on a desktop PC or laptop, then edit it later using a smartphone or tablet, either at home or on the move, then rest assured that *Online Ordering* from Pallas Foods makes it a user-friendly and convenient experience.

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