

SEPTEMBER/OCTOBER 2019

# AT THE PASS



PRIME CUTS  
CAFÉ DELIGHTS  
SEASONAL STAPLES



# SERVING UP THE INDUSTRY'S MOST EXCITING REWARDS

Relish Rewards offer such a great value that one customer has even earned enough points to drive away in a brand new Mini Cooper One.

What are you driving towards?

[RELISHREWARDS.IE](http://RELISHREWARDS.IE)



  
**Relish**  
- REWARDS -



For the inside scoop on all things Pallas, check out our brand new Instagram channel @pallasfoods!

**PLEASE NOTE**  
Alcohol is available in the Republic of Ireland only



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## Welcome

to the September/October edition of At The Pass, giving you all the inspiration you and your business need to make the transition into the cooler months. In this issue, you'll find award-winning beef, flavoursome wild game and the best ways to make ever-popular chicken shine on your menu. You'll also find ways to bring your breakfast offering to the next level, tips on keeping up with time-pressed customers by utilising convenient grab-and-go options, as well as expert advice and delicious recipe suggestions to help you rethink how you use traditional ingredients. Along the way, we're introducing you to even more of our local suppliers, growers and producers and explaining why provenance is a key consideration when writing your menu.

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# Prime Cuts

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# CHICKEN OUT

Keep your menu innovative and fresh by adding a bit of zest and flavour to your dishes, with variations such as hot and spicy, lemon and Italian cheese, or mustard and herb chicken fillets.



<b>CC650Z</b>	Hot n Spicy Chicken Fillet Case 30 x 140-160g IQF	
<b>491149</b>	Lemon & Italian Cheese Chicken Breast 4 X2.4KG	
<b>491148</b>	Lemon & Italian Cheese Chicken Goujons 1Kg	
<b>491147</b>	Mustard & Herb Chicken Fillet 150g	
<b>491139</b>	Mustard & Herb Chicken Goujons 1Kg	

**TIP** If you want to include something fun for little hands and mouths, the bacon popcorn is a must-have.

<b>BC902Z</b>	Bacon Popcorn Diced 2.5kg Fzn	
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The latest fast food item to receive a modern makeover, this year has seen the rise of the elevated fried chicken sandwich, with dedicated eateries springing up around the country. Hop on board by creating your own mouthwatering flavour combination: trendy toppings include melting cheese sauces, fermented vegetables like kimchi and sauerkraut, fiery chilli sauces, crispy candied bacon and vinegary pickles, pairing these crave-worthy toppings with ready-to-cook breaded chicken fillets. Why not take inspiration from the Southern States with gravy and scone-like biscuits, or match Ireland's increasing appetite for spicy food by creating your own secret recipe in-house hot sauce?



<b>491143</b>	Buttermilk Chicken Breast Fillet 4X2.4KG FZN	
<b>CC994Z</b>	Breaded Chicken Schnitzel 260G x 10PTN FZN	

### Hereford Prime

Our award-winning certified Hereford Prime Beef consistently delivers traditional quality and flavour. Hereford beef is defined by its finely grained marbling and characteristic taste and tenderness. Irish Hereford Prime teamed up with ABP to form a dedicated supply chain, working with Irish beef farmers raising Hereford cattle on Ireland's lush green grass..

## DID YOU KNOW?

Because Irish beef is mainly grass-fed, it has evenly distributed fat and marbling and a deep burgundy colour. It also has higher levels of vitamins and omega-3 fatty acids, which can help to lower cholesterol and reduce cancer risks – a good marketing tool for today's health-conscious consumer.

<b>BF1227</b>	Certified Irish Hereford Prime Beef Housekeepers Cut R&T 5kg	
<b>490791</b>	Certified Irish Hereford Prime Beef C-Cut Striploin Steaks - 10X227g	
<b>490812</b>	Certified Irish Hereford Prime Beef Rib Eye Steaks Wrapped 10X227g	
<b>BF663</b>	Certified Irish Hereford Prime Beef Fillet Steaks Standard 12 x 227g	

## Award-winning Beef

Good quality meat should always be a top priority for every kitchen. And what is better than getting a perfect piece of beef for an even more perfect price? Irish beef production is some of the best in the world, with a rich, deep flavour. Serve it with a beautiful deep red wine, and you're good to go.

ABP has a proven track record in providing and managing total beef solutions. They even won the title of "World's Best Fillet" at the recent World Steak Challenge, this year held in Dublin – a contest that considers steaks from around the globe. The winning steak, from grass-fed Angus cross reared in Limerick, was described by the judges as a "picture-perfect fillet with all the flavour to back it up."



<b>BF628</b>	Irish Nature Beef Fillet Steaks - Pack 12x227g	
<b>BF603</b>	Irish Nature Beef Fillet Chain On - 3.17 - 3.7kg	
<b>BF203</b>	Irish Nature Beef Striploin 7 - 7.9kg	
<b>BF403</b>	Irish Nature Beef Cube Roll (Rib Eye) 2.6 - 3.9kg	

## DRY AGED BEEF

New to the market, ABP's range of Tipperary Dry Aged Beef has been making a real impact, winning numerous awards in the past year. The rib-eye even took home the prestigious Crystal award at the International Taste Institute Awards in Brussels, the first Irish product ever to be granted this coveted Crystal status. This feat can only be achieved by picking up the judges' maximum three-star rating for three years in a row.



<b>BF405</b>	Tipperary Dry Aged Beef Rib Eye 2.3 - 3.4kg app	
<b>BFC573</b>	Tipperary Dry Aged Beef Striploin 5-7.5kg	

### Hereford Beef Fillet with a rich red wine sauce

Serves 4

- 50g shallots VW8014
- 2 knobs of butter DY517
- Cracked black pepper, to taste SP294
- 50ml balsamic vinegar 127137
- 250ml red cooking wine AL410
- 1 bay leaf HB575
- Some fresh thyme HB554
- 220ml demi-glace, or cooking juices G129
- Irish Hereford Prime Beef Fillet Steaks 490801
- Salt, to taste SP148

- 1 In a saucepan, sauté the chopped shallots with a little butter until golden. Season first with cracked pepper.
- 2 Add the balsamic and reduce. Add the red wine, bay leaf and thyme and reduce by half. Add the demi-glace or the cooking juice. Simmer again until reduced by half.
- 3 The sauce can wait a few minutes in a warm place. Before serving, thicken with Beurre Monté.
- 4 Pan-fry or grill the fillet steaks and leave to rest.
- 5 Serve on a hot plate with some rich red wine sauce.
- 6 Garnish with a vegetable bouquet and potato gratin.

Watch our recipe video on YouTube!

<b>491902</b>	Hereford Reserva Malbec 12 x 750ml
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County Wicklow is the home of Wild Irish Game. Three generations of Irish butchers show a deeply rooted love and passion for wild Irish food, making Wild Irish Game Ireland's longest established game processing company, dedicated to supporting, educating and sharing our knowledge about these delicious, traditional foods.

This year, we have built a custom-made, state of the art factory for our business in Clane with a 40-45 strong loyal workforce. We pride ourselves in reducing waste on our venison, and with the exception of approx. .25kg of bone trim, we use every bit of the venison that we receive from our hunters.

Throughout our years of specialising in wild Irish game, our customers have been reassured by our professional ethics and judgement when it comes to sourcing and producing consistent high quality and high value products. We have acquired consistent BRC AA grade accreditation annually to date for game and meat, currently the only game dealer in Ireland to have this. We are also a member of Origin Green.

All of our wild Irish game is hunted in a responsible, sustainable manner. All our hunters are licensed and trained in food handling hygiene in compliance with Irish and EU legislation. We ourselves organise a course for our hunters annually to ensure their training is kept up to date. We do not condone illegal hunting practices. Our reputation for integrity and transparency will stand any scrutiny in this sector of the food industry. Standards are validated with unannounced FSAI traceability audits and daily sign-off of wild game by a Kildare county council vet, together with unannounced audits by the Department of Heritage, Parks and Wildlife Rangers.

## GAME ON

Irish venison is deep red in colour and has a rich flavour ideal for autumn and winter, pairing well with other seasonal foods such as squashes, cabbages and kale. As a more unusual option - and one with a limited season - wild game can command a premium price point on your menu.

As a very lean meat rich in protein, venison is appealing to more health-conscious customers. It also contains all 10 of the essential amino acids - the proteins that our bodies cannot synthesise alone and must source from food.

492521	Woodpigeon Fillets 12 x 40- 50g Pack	
492522	Woodpigeon Crowns 6 x 90 - 110g Pack	
VN307	Venison Wild Irish Shanks 340g x 6	
VN635	Venison Rump 1.5-2kg Approx.	

## Getting your ducks in a row

The distinctive, earthy flavour of duck meat is a must-have dish on everyone's menu. Not only is the meat itself intensely delicious, but using duck fat in your cooking adds incredible flavour and results in the crispiest chips and roast potatoes. Duck is also extremely versatile. Whether it is using the breasts for a delicious sauté, the legs for a confit or leveraging the carcass and giblets to make a savoury soup stock, the possibilities are almost endless, cutting down on kitchen waste.



D1  
Silver Hill Duck Oven Ready Fresh Case  
6 x 1900g



SILVER HILL FARM  
ESTABLISHED 1962

D79	Silver Hill Duck Oven Ready Fresh Case 6 x 2200g	
DU143Z	Silver Hill Oven Ready Duck Case 6 x 2kg Frozen	
DU145Z	Silver Hill Oven Ready Duck Case 6 x 2.2kg Frozen	
DU146Z	Silver Hill Oven Ready Duck Case 6 x 2.3kg Frozen	
D7Z	Silver Hill Honey Roast Half Duck Case 10 x 250g Frozen	
D8Z	Silver Hill Honey Roast Half Duck Case 10 x 300g Frozen	
D120	Duck Wing Confit Unit of 1.3kg - Vac Pac	

## TIP

The "wild" flavour of game is directly related to what the animal eats. The "gamey" flavour is more prevalent in the animal's fat, and can be lessened by trimming this away.

Wild Irish Game's meat is all sourced exclusively from approved Irish hunting grounds, and is fully traceable by date, location and all information on the hunter.

Watch our recipe video on YouTube!



### Pan-fried breast of Wild Irish Game woodpigeon, candied beets, squash purée, tart apple, port jus

Serves 4

**8 Wild Irish Game woodpigeon fillets 492521**  
**Black pepper whole SP293**  
**Maldon sea salt SP148**  
**20ml cold pressed rapeseed oil OL323**

*For the purée*  
**1 butternut squash, diced VW719**  
**2 banana shallots, finely diced VW810**  
**1 garlic clove, crushed VW733**  
**700ml chicken stock, hot G57**  
**50g Glenilen Farm Country Butter DY116**  
**4 pieces baby beetroot candy VW217**  
**1 Granny Smith apple FW591**

*For the jus:*

**2 banana shallots, finely diced VW810**  
**1 garlic clove, crushed VW733**  
**2 sprigs fresh thyme 491013**  
**400ml port, pre-seasoned AL304**  
**1l game stock (or veal stock)**  
**30g BRAKES redcurrant jelly 100311**

**1** First, make the purée. Sweat off the shallot and garlic in the butter and add the diced butternut squash. Cook for five minutes, then add the hot stock and poach until the squash is tender. Strain, then purée until smooth. Strain again, season and reserve.

**2** Meanwhile, poach the beetroot until al dente, then remove the skin. Slice each beet into four slices, revealing the candy pattern, and reserve.

**3** To make the jus, sweat off the shallot, garlic and thyme. Add the port and reduce to a syrup. Add the game stock (veal stock is a good alternative) and reduce to a sauce consistency, then add the jelly. Pass through a fine sieve and keep warm.

**4** Peel the apple and use a small Parisienne cutter to cut the flesh of the apple into spheres.

**5** Season the pigeon breasts and pan fry until warmed through but still rare.

**6** Heat the beetroot in a pan.

**7** Smear some of the purée onto a plate, topped by two pigeon breasts per portion. Put the sliced candied beetroot onto the plate followed by some apple Parisienne. Finish with the jus and some watercress and serve.

# HAM IT UP



**What are the advantages of boned and rolled joints?**  
 Boned and rolled joints cook more quickly than those with the bone in, and they're easier to carve. You're also not paying for the bone as part of the weight of the joint, so you're getting more meat per euro.

Because of its overwhelming popularity, good quality Irish ham is a must on every menu. Despite its traditional associations with Christmas, its versatility means that there are endless ways to use it throughout the year, whether in pasta dishes, soups, salads, sandwiches, bakes, stews, quiches or frittatas. A creamy ham risotto or hearty pie makes a wonderfully warming option on autumn menus.

Baked hams come ready to use on your deli counter or on your lunch or dinner menu, making them a time-efficient choice.

<b>PK441</b>	Clonakilty Loose Traditional Sausages 6's 5kg	
<b>BC504</b>	Mccarens Bacon Gammon Horseshoe 4.5-6kg	
<b>BC543</b>	Mccarrens Bacon Gammon Log 5.8 - 6.8kg	
<b>CM314</b>	Cooked Ham Netted Halved 2.5kg Block & Barrel	
<b>CM510</b>	Ham- Baked- Honey Roast	
<b>CM517</b>	Ham Half- Beachwood Smoked	



**At Farney Foods**, we specialise in traditional Irish cooked ham, sourcing the leanest pork legs from reputable Irish suppliers and curing, cooking and packaging them on our premises. Our hams can be boiled, baked or crumbed depending on customers' needs. All of our hams are cured on-site using our traditional Irish recipe, and are hand-boned and crafted by our own team of specialist butchers.

Following an increase in production, Farney Foods re-located to a 6,500 sq. ft. premises in the Cloughvalley Industrial Estate in 1991. This facility is finished to the very highest standards, offering the most hygienic conditions possible through intake, production, storage and dispatch. Our business has grown steadily over the last two decades and we're now proud to employ 20 people. In 2009, we added a new state-of-the-art extension to accommodate the growing demand for our sliced ham.

**Farney Foods** is registered with Monaghan County Council (EC 2315) and approved by the Department of Agriculture and Food under the European Communities Regulations. We also rely on the H.A.C.C.P. system, which ensures we control our production flow in addition to safety and quality, and gives us full traceability. We hold a Grade AA BRC (issue 8) Certificate and Bord Bia certification.

**Farney Foods** is committed to producing a traditional, wholesome Irish product that contains no colourings and no artificial additives, as well as being truly delicious.



# ARE YOU ROAST READY?



Beef Top Rib Roast  
**BF100**  
 single unit

Z414445  
 case of 2

Z414440  
 case of 2

Z414442  
 case of 2

Makes  
**40**  
 litres

## Get 100 extra Chef Rewards Points AND 100 extra Relish Rewards Points

when you buy a case or two units of Knorr Bouillon Paste (Beef, Chicken or Vegetable) 880g **AND** one Beef Top Rib Roast (Housekeeper's Cut variable weight 4.5-7kg, approx. 5kg)



- Z414440** Knorr Veg Paste Bouillon 880g GF- Makes 40 Litres
- Z414442** Knorr Beef Bouillon Paste 880g GF- Makes 40 Litres
- Z414445** Knorr Chicken Bouillon Paste 880g GF- Makes 40 Litres
- Z414437** Knorr Fish Bouillon Paste 880g Gluten Free- Makes 40 Litres



Sign up now at  
[UFSChefRewards.com](http://UFSChefRewards.com)



Open to residents of the Island of Ireland aged 18+ who are members of the UFS Chef Rewards programme. To receive 100 extra Chef rewards points and 100 extra Relish rewards points, purchase one case or two units of Knorr Bouillon Paste (beef, chicken or vegetable) 880g and one unit of Beef Top Rib Roast (Housekeepers Cut). Opens 1st of September 2019 and closes 31st October 2019. Available from PALLAS only. See [www.ufschefrewards.com/bouillon](http://www.ufschefrewards.com/bouillon) for full terms.

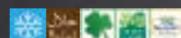
# CUTS OF IRISH LAMB

## Lamb rump

Pot roast or slow-cook to medium.

### LM524ZP

Slaney Valley Ready to Cook Lamb Rump-Pack 4 x 275g

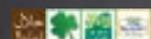


## Lamb centreloin chops

Sear quickly to medium-rare.

### LM220

Slaney Valley Lamb Centreloin Chops 10x110g



## Lamb fillet

Pan-sear to rare, being sure not to over-cook, and rest well. Try thinly slicing for salads.

### LM600

Slaney Valley Lamb Fillet Chain&Head Off 5x70g

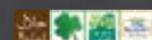


## Lambs' livers

Pan-fry with butter and onions for a traditional Irish classic, or add wild mushrooms for an elevated touch.

### LM131

Slaney Valley Lamb Liver - 3/pack of approx 2kg



## Lamb leg

Perfect for carvery stations. Baste with pan juices during roasting time and be sure to rest well to guarantee juicy, tender meat.

### LM529

Slaney Valley Lamb Leg Carvery B/R/T 2.4-3kg



### LM502

Slaney Valley Lamb Leg Boneless 2.2-2.6kg

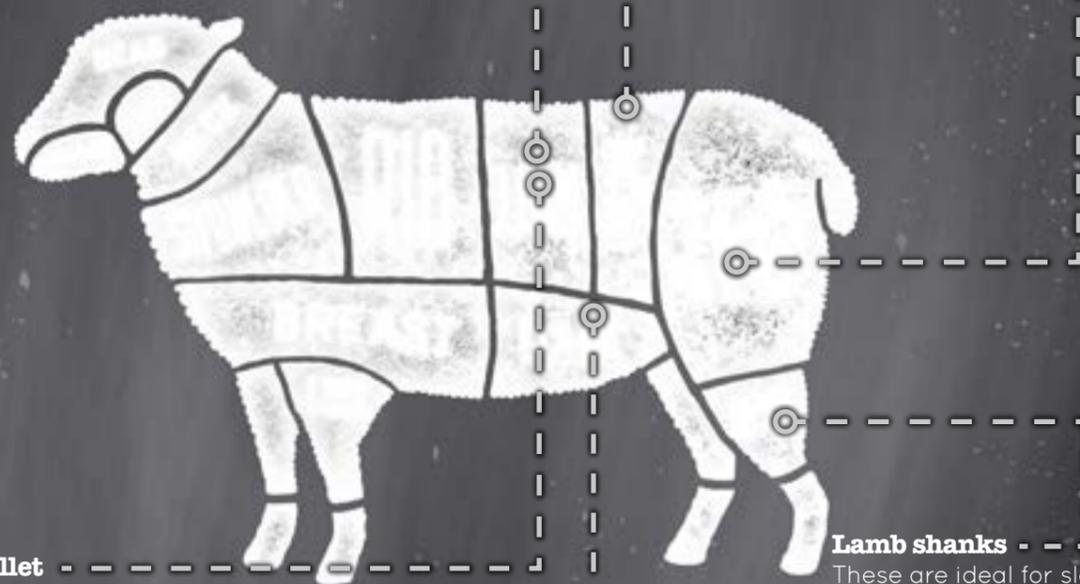


## Lamb shanks

These are ideal for slow-cooking methods like braising and stewing. Ever-popular on Irish menus, serve over creamy mash for the perfect autumnal fare.

### LM532Z

Slaney Valley Lamb Hind Shanks 2 x 375-500g app



## Slaney Valley Irish Lamb Rump and chorizo casserole

Serves 4

- 15ml olive oil OL101
- 2 pieces lamb rump 275gr approx. LM524ZP
- 60g chorizo sausage PK015
- 2 sticks celery, chopped VW809
- 2 shallots VW801
- 1 large carrots, diced VG878
- 2 garlic cloves, crushed VP351
- 3 tomatoes, seeds removed, quartered TM192
- 20g tomato purée 28326
- 30g flour Z353507
- 220ml red wine AL410
- 250ml lamb jus G36
- 2 sprigs thyme HB556
- 6 leaves rosemary HB559
- 1 bay leaf HB554
- 300g cannellini beans, soaked PU104
- Salt, to taste SP148
- Pepper, to taste SP293

- 1 Preheat the oven to 160°C.
- 2 Heat the olive oil in a casserole or deep ovenproof sauté pan. Pan-fry the lamb rump and chorizo sausage. Remove from pan and reserve.
- 3 Sweat the celery, shallots, carrots and garlic for five minutes. Add the tomatoes and tomato purée and cook slowly to get a little caramelisation. Add the flour.
- 4 Deglaze with red wine and reduce. Add the lamb stock.
- 5 Add the thyme, rosemary and bay leaves. Add the presoaked cannellini beans. Bring to the boil, skim off the scum, then add salt and pepper.
- 6 Return the lamb rump and chorizo to the pan, cover with foil and place in the oven.
- 7 Cook for 20 minutes until the lamb is pink and the chorizo is cooked.
- 8 Serve in a deep plate with some rustic bread.

Watch our recipe video on YouTube!





**glenisk**  
naturally from Ireland

For over 30 years, Glenisk - 'The Good Yogurt' - has been producing premium and organic Irish milk and yogurt from its Co. Offaly base. Today, the company employs over 75 people and produces over 120 million servings of yogurt per year using fresh Irish milk.

Glenisk remains one of Ireland's fastest-growing brands and this year became Ireland's #1 yogurt brand. Food-first nutrition is at the heart of the Glenisk ethos - with nothing artificial. Ever.

As well as leading in the organic dairy space (including the kids and baby category), Glenisk has recently grown its share of the protein yogurt category with its Irish Strained Protein Yogurt range and new range of high-protein granola & yogurt pots, GO20. These ranges are supported through Glenisk's IRFU sponsorship as "Official Yogurt of Irish Rugby", fuelling the performance of the Senior, Under 20s and Rugby 7s teams since 2016.

Innovation has been a key driver in Glenisk's continued success as the brand adapts and grows to meet changing consumer demands. The new GO20 range, which delivers the "magic" 20g protein per serving, is particularly targeted at the health-conscious, high-protein consumer, fulfilling their need for tasty, healthy and nutritious food on the go.

Glenisk gives Irish children 'The Good Start' with its range of organic yogurts made using fresh Irish organic milk and fruit. For over a decade, Glenisk has been reducing or eliminating sugar across all ranges, and its kids' range is no exception. Glenisk has three ranges for kids and babies, each with no added sugar options: Bio Kids Pots, Bio Baby Pots and GO-YOs Yogurt Tubes, which come with exclusive Irish Rugby Trading Cards!

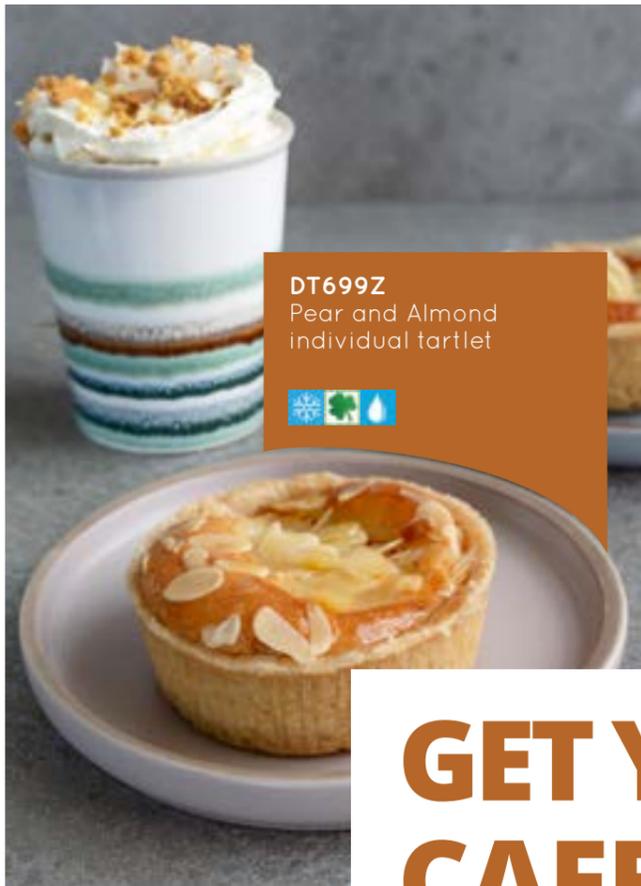


# Café Delights

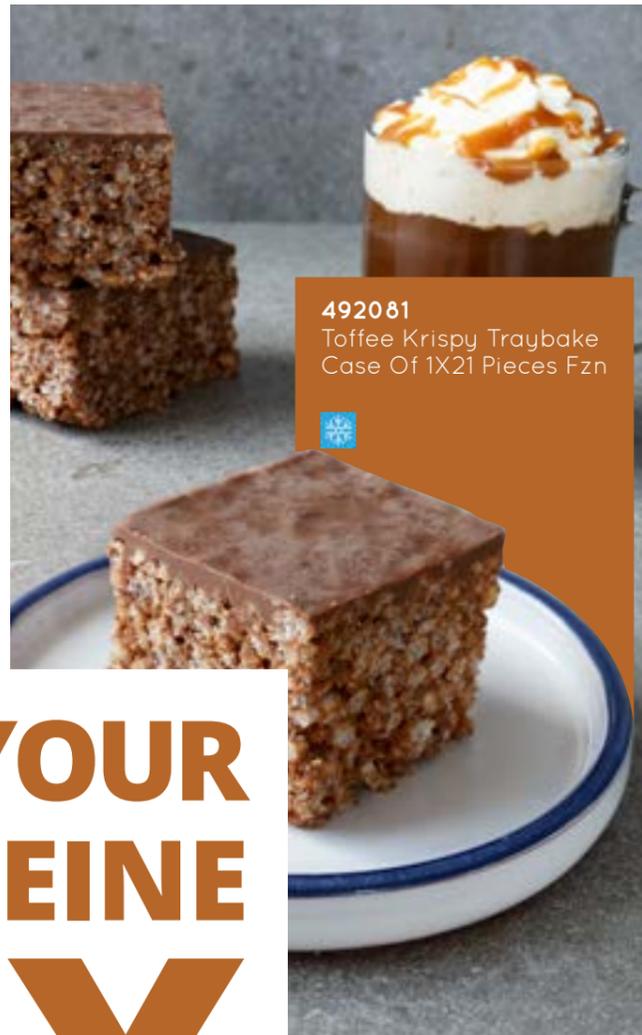
16 Get your caffeine fix   20 Grab-and-go   22 Early bird

25 Healthy alternatives   26 Keep it crafty   27 Build your mezze board

YT429	Glenisk Strawberry 0% Fat Irish Strained Protein Yogurt 12x150g	
YT430	Glenisk Natural 0% Fat Irish Strained Protein Yogurt 12x150g	
YT531	Glenisk Vanilla 0% Fat Irish Strained Protein Yogurt 12x150g	
YT526	Glenisk Blueberry 0% Fat Irish Strained Protein Yogurt 12x150g	
YT525	Glenisk Mango Passionfruit 0% Fat Irish Strained Protein Yogurt 12x150g	
TY530	Glenisk Coconut 0% Fat Irish Strained Protein Yogurt 12x150g	
YT428	Glenisk Raspberry 0% Fat Irish Strained Protein Yogurt 12x150g	



**DT699Z**  
Pear and Almond individual tartlet



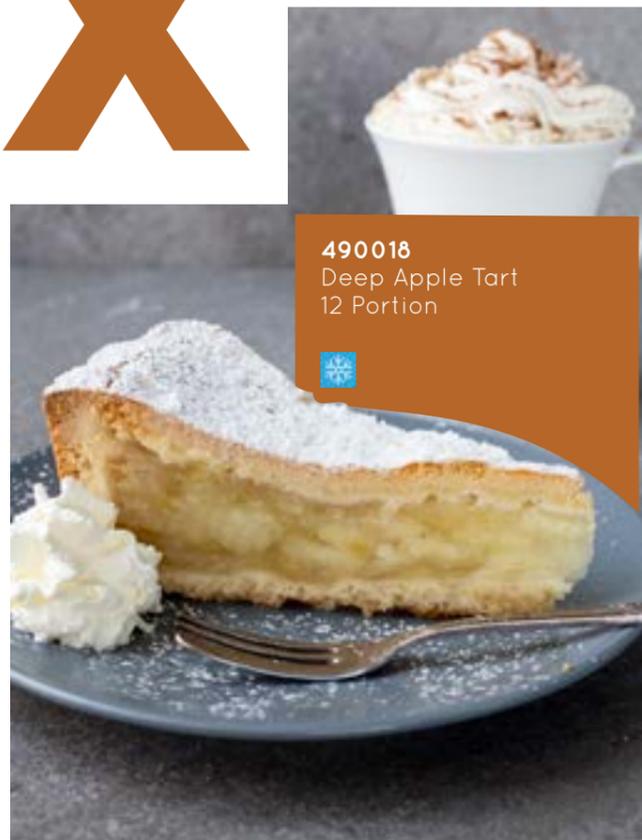
**492081**  
Toffee Krispy Traybake Case Of 1X21 Pieces Fzn



# GET YOUR CAFFEINE FIX



**CE1183Z**  
Carrot Gateau 1 x 14 portion pre sliced



**490018**  
Deep Apple Tart 12 Portion



Coffee has become an essential part of daily life in Ireland. In 2018, one in three Irish people purchased a coffee at least once a day – this is an increase of 10% on 2017's survey of 1,011 people by Allegra World.

70% of Irish people now drink more than one cup a day. A majority of Irish consumers said that they were willing to spend €3.08 on a great cup of coffee, while one in 10 would be happy to pay more than €5 for a single cup of great coffee – making it crucial to feature quality coffee on your menu.

Aside from its obvious popularity as a hot beverage, coffee can also be useful in the kitchen. Add a teaspoon or two to chocolate baked goods to give the cocoa flavour an added 'oomph'. To give your winter stews a beautiful dark colour and boost flavour, add a cup of black coffee to the pot about halfway through cooking. You can also use coffee as a dry rub for steaks, lamb chops, pork fillets and other meats.

**Something sweet**

Whether it's just something sweet to fix that craving, or something to have a quick celebration it's essential to have delicious sweet cakes on your menu to go with your coffee offering.

Ready-to slice traybakes save plenty of time in the kitchen, with perennial favourites like rocky road and raspberry Bakewells guaranteed to keep your customers satisfied.

- 491995** Coolhull Farm Rocky Road Traybake 1X21 Fzn
- 491994** Coolhullfarm Raspberry Bakewell Traybake 1X21 Fzn
- Z935008** Nescafe Gold Blend 750g
- 87465** Brakes 1 Cup Teabags 1x1100'S

# DESSERT DECADENCE



A menu is not complete without at least one rich and decadent dessert. The classics, such as lemon meringue or a creamy roulade, are always crowd pleasers and sure to be a hit with your consumers.

492151	Banoffee dessert 12x110g frozen	
490023	Lemon Meringue Pie 12 Portions Unsliced	
DT707Z	Raspberry & White Choc Roulade (Individual) 20 pcs	
DT239Z	Sticky Toffee Pudding Case 16 x 110g	

## Fruity bakes

Greet the mid-morning coffee rush with tempting sweet treats made for impulse purchases. Sweet treats are especially tempting around 11am and 3pm, as patrons feel the effects of the mid-morning and-afternoon energy slumps. An apple pie or strawberry rhubarb crumble with a cup of coffee will quickly satisfy those intense sugar cravings.

DT279Z	Individual Rustic Apple Pie Case 40 x 110g	
CE1014Z	Coolhullfarm Strawberry & Rhubarb Crumble(21 Ptns)	

## Chocolaty goodness

Chocolate has always been a crowd pleaser, but – as health-conscious decisions remain more relevant than ever – cocoa is also being recognised as a superfood. Because of this, chocolate is performing better, with an increase in sales value of 20% in the past five years. According to Bord Bia, per capita consumption of chocolate is noticeably higher in Ireland than other European markets (8kg compared to 4.9kg in Western Europe). Be sure to meet this demand by including some chocolaty goodness on your menu.

492149	Belgian Choc Mousse Torte 12X110g Frozen	
491292	Chocolate Assortment Lollipops Case Of 1X24 Pops	
114854	Brioche Pasq. Petit Fours Black & White Fzn 1x48	



# CREAMY CHEESECAKES

A tasty cheesecake is a must-have on your menu as it goes well with a mid-day coffee, or a sweet dessert after dinner. Why not break away from the classics and opt for something with a bit more oomph and imagination? Whether it's fruity, crunchy or boozy, a creamy cheesecake is an ever-popular choice.

492148	Ruby Choc Layered Cheesecake 12X110g Frozen	
492150	Mango & Passionfruit Cheesecake 12X110g Fzn	
Z2108	Irish Cream Liqueur&Almond Praline Cheesecake 18Ptn	

All of these pies are sourced from an Irish supplier.



## TIP

Extra fresh fruit is the perfect pairing for rich desserts like lemon meringue, banoffee pie and raspberry roulade and adds a thoughtful touch.

Watch our recipe video on YouTube!

## Spiced apple frangipane tartlet

Serves 2

For the spiced frangipane:

- 150g butter DY425
- 150g caster sugar Z494019
- 3 medium eggs EG211
- 50g self-raising flour 490050
- 150g ground almonds NU103
- 1 tsp ground mixed spice
- 1 tsp vanilla extract with seed T964

For the tartlet filling:

- 1 sweet pastry shell 9.5cm PS608
- Light layer of apple pie and tart filling T139
- 3 mini apples in light syrup FR345
- 1 tbsp apricot nappage glaze 490814

To serve:

- Dulce de leche caramel DT693
- Glenown Farm salted caramel ice cream IC315Z
- Isomalt 490979
- Biscuit crumb 490231

- 1 Beat the butter and sugar together until soft and fluffy.
- 2 Add the eggs one at a time along with the vanilla, mixing continuously.
- 3 Fold in the flour, ground almonds and spice.
- 4 Pipe a light layer of the apple tart filling in the base of the shell.

- 5 Pipe a layer of the spiced frangipane on top and smooth out using a palette knife. Chill in the fridge for 20 minutes.
- 6 Place the mini apples on top.
- 7 Bake at 170 °C for 15-20 minutes.
- 8 Allow to cool. Glaze with the apricot glaze.
- 9 Spread some caramel on two serving plates and add a scoop of the salted caramel ice cream to the side. Splash a drop of food colour over the isomalt before baking to create a coloured glass effect, then use to garnish.



## THE PERFECT BITE

These clever one-bite canapé cases are easy for customers to enjoy with one hand - keeping the other for a drink, of course! Make sure your canapé selection is visually interesting by including different shapes, from pastry shells to colourful cones. Edible spoons add a novel touch that patrons will appreciate.

<b>PS135</b>	Pastry Shell Assortment ( 326 Pieces)
<b>PS608</b>	Sweet Pastry Shell 9.5 Cm X 108 Pieces
<b>492058</b>	Veggie Cup Assortment Case Of 96X4g
<b>492021</b>	Mini Cone Assortment+Coating+Palette Cs 180 Pieces
<b>PS482</b>	Amusetes Canape Spoon 252 Piece

### Creative canapés

<b>FF507Z</b>	Premium Sushi Pack 760g	
<b>491493</b>	Potato shrimp skewer 40x25g frozen	

## QUICHE IT CLEVER



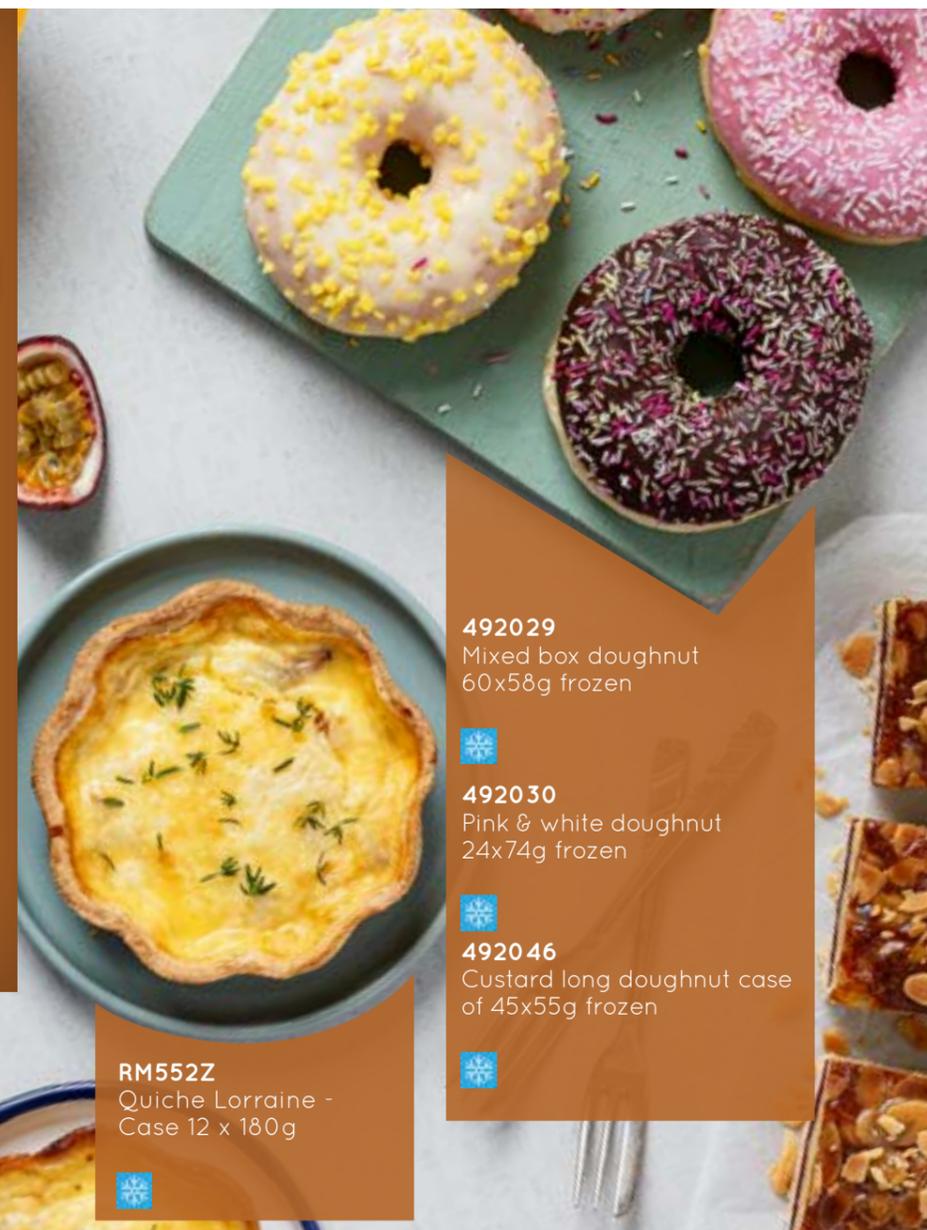
Ready-to-fill quiche bases make it easier than ever to create your own custom fillings, providing a popular option that's perfect for brunch, lunch, buffets or party food. Eggs and cream match well with a myriad of flavour combinations, so it's easy to craft bespoke quiche fillings to suit different seasons, times of day or special occasions. Include a classic quiche Lorraine or a roasted vegetable and goat's cheese version as part of your lunch offering, or try adding a touch of luxury to an upscale event with elevated filling options like crab and leek, or smoked salmon and chive.

Similarly, vol au vent cases lend themselves to a wide range of flavours. Chicken and mushroom will always be popular, but it's just as easy to take advantage of the versatility of puff pastry and offer some filling ideas unique to your establishment: why not try a cheesy Bolognese sauce, a spicy Asian-inspired prawn cocktail or succulent barbecue pulled pork?

<b>PS129</b>	Quiche Base 18cm 36 Per Case
<b>PS472</b>	Vol Au Vent 4.5cms 96 Per Case

# GRAB-AND-GO

Convenience is king, with consumers looking to source food anytime and anywhere, and traditional mealtimes increasingly replaced by grab-and-go dining at any hour - so it can be well worth offering meal alternatives that can be eaten on the go. Hand-held options like savoury pastries and sausage rolls make great impulse purchases when offered alongside the teas and coffees that draw customers over the threshold.



**492029**  
Mixed box doughnut  
60x58g frozen



**492030**  
Pink & white doughnut  
24x74g frozen



**492046**  
Custard long doughnut case  
of 45x55g frozen



**RM552Z**  
Quiche Lorraine -  
Case 12 x 180g



<b>Z990364</b>	Kit Kat 4 Finger Milk 24x41.5g Case	
<b>RM169Z</b>	Sausage Rolls Case 32 x 130g	
<b>RM772Z</b>	Minced Beef & Onion Slice 30x158g Per Case	
<b>RM773Z</b>	Steak Pastry Slice 30x160g Per Case	
<b>490665</b>	Deli Chicken & Broccoli Bake 2.4Kg	
<b>RM774Z</b>	Chicken & Mushroom Slice 30x158g Per Case	
<b>RM877Z</b>	Chicken Curry Slice 160g Case of 30	
<b>492025</b>	Fruits of the forest doughnut 36x90g frozen	
<b>492026</b>	Custard & cocoa ball doughnut 36x100g frozen	
<b>492027</b>	Dark drizzle dots 36x63g frozen	
<b>492028</b>	Tutti colour doughnut 24x75g frozen	

# HAPPY HALLOWEEN!

**492282** Halloween choc filled ring doughnut 36x72g

Don't forget to be prepared for October 31st!



# EARLY BIRD



## Serve a sambo

Breakfast baps are a superb alternative to the full fry-up, and a bacon butty or sausage sandwich will never fall out of favour. Make yours shine by building them on croissants or artisan bread, and adding thoughtful extra touches like fancy mustard, slow-roasted cherry tomatoes, chilli jam, caramelised onions or ever-popular avocado.



**BC076** Oakpark Bacon Rashers Back Smkd Rindless 2kg

**BC865** Oakpark Smoked Maple American Style Streaky Bacon 510g

## Pudding perfection

A warm breakfast salad is a tempting twist on the classic morning fare, and has the added appeal of seeming like a healthier option. Try pairing dark leafy greens like spinach or kale with black or white pudding, poached eggs and grilled tomato halves, then drizzle with a simple vinaigrette for a striking alternative to regular breakfast dishes.



**PK054** Clonakilty Black Pudding Catering 1Kg

**PK048Z** Loughnanes Pudding Black Sliced 2.5kg Frozen

**PK049Z** Loughnanes Pudding White Sliced 2.5kg Frozen

## The full Irish

The full Irish breakfast is a safe option on your menu, ever-popular and recognisable even to tourists. The flip side of this is that it can be difficult to differentiate your offering from everyone else's. Developing your own elevated, 'posh' breakfast plate is a clever way to impress patrons where they least expect it, while simultaneously justifying a higher price point. Using sausages with distinctive flavours is an easy way to add interest; be sure to mention these on your menu.

**PK055**  
Clonakilty White Pudding  
Catering 1Kg



**BC047**  
Mccarrens IRISH Rashers  
Streaky Bacon 2.27kg



**PK037**  
Loughnanes Pork & Apple  
Sausages Jumbo 2 x 1kg

**EG211**  
Eggs

**15136**  
Baked beans  
in tomato sauce



**PK085** Loughnanes Black Pudding & Thyme Sausage Jumbo 2x 1kg

**PK871** Loughnanes Guinness and Leek Sausages Jumbo 2x 1kg

**PK441** Clonakilty Loose Traditional Sausages 6's 5kg

## Seared Clonakilty Black Pudding with pear fritters and honey

Serves 4

4 x 80g slices Clonakilty Blackpudding Chubb PK054  
 20ml cold pressed rapeseed oil OL32  
 1 pear FW583  
 50g Odlums Cream Flour Z353507  
 40g rocket SL326  
 100ml Mileeven Pure Honey Raw & Unblended JM332  
 Edible flowers HB55

For the batter:

150g Odlums Cream Flour Z353507  
 270ml Ballygowan Sparkling Water Z918805

- 1 Make the batter for the pears. Whisk the sparkling water into the flour until the mix is smooth, then set it aside to rest.
- 2 To make the fritters, cut each pear into eight segments, allowing two per portion.
- 3 Core and peel each piece. Dip the pears into flour, followed by the batter, and deep-fry at 180°C until golden.
- 4 Meanwhile, pan-fry the pudding slices.
- 5 To serve, place the pudding onto the centre of the plate. Top with the two pear fritters followed by a little rocket on top and some edible flowers. Drizzle with honey and serve.



Watch our recipe video on YouTube!

## Good for your gut

Gut health is one of the most talked-about topics of 2019, with continuing research indicating that the digestive system plays a pivotal role in overall health. With digestive health of increasing concern to consumers, fermented foods are one of this year's biggest trends.

Offering probiotics, or 'good' bacteria purported to improve the balance of micro-organisms in the gut, fermented foods have garnered serious attention over the past 12 months. Kombucha is one of the most on-trend options, a fermented, sweetened black or green tea drink that's lightly effervescent. Not only does it meet modern consumers' demand for functional foods, but it's also ideal as a grab-and-go option, making it an easy addition to busy, time-poor lifestyles.

Get ahead of the gut health game by incorporating fermented foods like kombucha into your own recipes, using them as an ingredient to create unique menu options. Kombucha's bright, tart notes make it a fantastic substitute for vinegar in salad dressings, adding something special to call out on your menu. Why not add kombucha to juices for your breakfast offering, or include it in a custom cocktail? If it works with your ethos and theme, you could even offer a fermented foods plate, featuring pickled vegetables, sauerkraut or kimchi, live yoghurt and/or sourdough bread, and served with a glass of kombucha.



- |         |  |
|---------|--|
| 6475    | SynerChi Kombucha Raspberry & Rosehip          |
| 6471    | SynerChi Kombucha Ginger & Lemongrass 12x330ml |
| 1006473 | SynerChi Kombucha Oranges & Lemon 12x330ml     |
| 6477    | SynerChi Kombucha Sencha Tea 12 x 330ml        |



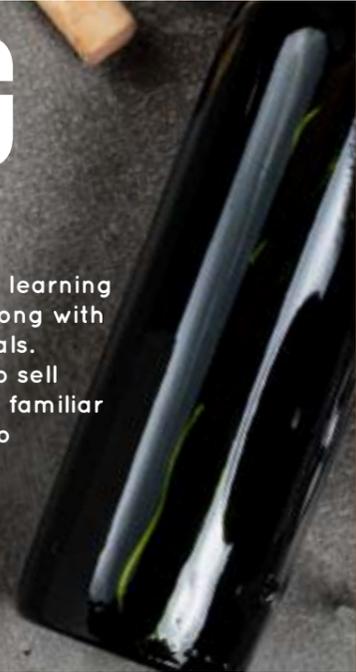
# HEALTHY ALTERNATIVES

Low- and no-alcohol options continue to grow in popularity, and today's customer wants offerings that are just as interesting as those with alcohol. Make the most of health-conscious ordering by providing flavoursome juices, smoothies, mocktails or other thoughtful drinks.

- |       |  |
|-------|--|
| JU291 | Vit Hit Citrus Revive Case 12 x 500ml              |
| JU292 | Vit Hit Mandarin & Green tea Detox Case 12 x 500ml |
| JU293 | Vit Hit Berry Boost Case 12 x 500ml                |
| JU327 | Vit Hit Lean & Green Case 12 x 500ml               |
| JU341 | Vit Hit Immuntea Dragonfruit 12x500ml              |
| JU479 | Vit Hit Perform Mango & Passionfruit CS 12 x 500ml |

# ENDURING FAVOURITES

While Irish consumers are interested in learning about new wine styles, you can't go wrong with offering the most popular grape varietals. Sauvignon Blanc and Merlot continue to sell consistently well and offer reassuringly familiar options for patrons who are reluctant to spend money on a bottle they may not enjoy, making these stalwarts ideal for use as house wines. Meanwhile, after years of being dubbed unfashionable, Chardonnay has finally made a comeback, and clean, crisp New World styles with minimal oak are in vogue.



Otra Tierra was established with the primary aim of showing the world the tremendous diversity of terroirs and varieties that Chile can produce, always with a view to offering excellent value for money and with a strong commitment to sustainability.

Chile's Mediterranean-style climate with warm, dry summers creates the ideal conditions for grape growing and fine wine production. Otra Tierra wines come from different valleys located around the country, from the cool-climate coastal zones to the foothills of the Andes, covering diverse types of soil and climate - all of this in order to showcase the best and most varied terroir that truly reflects Chile.

491892	Otra Tierra Sauvignon Blanc 6 X 750MI
491891	Otra Tierra Merlot 6 X 750MI
491900	Fonte Della Vigna Pinot Grigio 12 x 750ml
491901	Fonte Della Vigna Sangiovese Merlot 6x 750ml
491905	Gravel & Loam Sauvignon Blanc 6x 750ml
491902	Hereford Reserva Malbec 12 x 750ml

## KEEP IT CRAFTY

Customers are more educated about beer than ever before and demand a varied offering. While core options like lager and stout will always be in demand, offering craft beers in these styles alongside the typical brands will ensure there's something for everyone. Meanwhile, more unusual creations provide opportunities for adventurous palates to experiment. IPAs are having a moment in the spotlight, and gluten-free options are more important than ever.



## Tell the story...

Including a little information on your drinks list can help drive sales. Modern consumers are interested in the stories behind their drinks, including where they were brewed and what makes them unique, while adding sensory descriptors aids in their decision making process.

**Stag Saor Kolsch Style** has a gentle hop and malt character in a classic German style. This gluten-free beer sees extended cold lagering resulting in a crisp, refreshing beer.

**491941**  
Saor Kolsch Lager Style 12 x 50cl

**Stag Saor** is a gluten-free version of a classic IPA - hitting two big trends in one - and uses plenty of new-age hops to provide big flavours and aroma without a strong bitterness.

**491940**  
Saor IPA 12 x 50cl

**Wicklow Brewery Gingerknot** is a light to medium-bodied beer combining crisp, clean lemon with warm ginger and spicy notes, finishing with a slight malty sweetness.

**492034**  
Wicklow Brewery Gingerknot Craft Beer 12 X 500ml

**Wicklow Brewery Helles** craft lager is golden in colour and offers sweet, malty notes balanced beautifully with a soft, hoppy bitterness.

**492035**  
Wicklow Helles Craft Lager 12 x 500ml 4.3%

**Wicklow Brewery Weiss** is a cloudy, golden beer with a creamy white head. With notes of clove and banana on the nose, this medium-bodied option offers a slight honey aftertaste.

**Z990371**  
Wicklow Weiss (Wheat Beer) 12x500ml

# BUILD YOUR MEZZE BOARD

## Sharing is caring

The Mediterranean diet was ranked the healthiest in the world this year by US News. With healthy eating a key priority for many consumers - and small plates and sharing platters consistently popular - why not offer a mezze platter that includes heart-healthy olives, hummus and roasted vegetables? Provide an option of added cured meats and cheeses at an additional surcharge for a more substantial meal. Not only will this work at lunchtime or as a casual starter, but it's also perfect for offering as part of a wine bar nibbles menu.

### Healthy choices

OV105	Black Olives Large Pitted & Marinated 1.9kg Unit	
OV108	Pitted Black Olives with Garlic 1.9kg Tray	
1019	Florentin Hummus Case 6 x 200g Tray Org	
1023	Florentin Hummus Extra (with Pinenut)200g Org	

### Added extras

CH1100	Knockanore Blackpepper & Chives 150grm	
CM163	Sliced Pepper Salami - Unit of 500g Pack	
490753	Brie Natural Cheese 1x1.5kg Case	

## MIX IT UP

Sour cream is the perfect base for creating your own custom creamy dips. Try the following combinations or invent your own.

- Sour cream + Cheddar + crispy bacon + spring onions
- Sour cream + salsa + jalapeños + cumin
- Sour cream + Parmesan + sun-dried tomatoes
- Sour cream + artichokes + spinach + Feta
- Sour cream + cannellini beans + garlic
- Sour cream + roasted red peppers + oregano
- Sour cream + caramelised onions + Worcestershire sauce + thyme

**CH1152** Set Sour Cream 6 x 2kg



## Get your goat

Goat's cheese remains a much-loved ingredient across lunch and starter menus, but has been arguably over-used in particular combinations - think of the ubiquitous goat's cheese and beetroot salad. The key to making goat's cheese work for you is to leverage new pairings that will pique customers' interest: bake the cheese in ramekins with a sweet tomato sauce and serve as a lunch option with thin, crispy garlic toasts; create a goat's cheese, potato and root vegetable gratin as a veggie main course; or top halved pears with goat's cheese and pine nuts and bake until golden, an exceptional starter when paired with peppery rocket.



CH4416	Goats Cheese Natural log 8x125g Case	
CH4417	Goats Cheese Pearls with garlic in oil 1kg	
CH4419	Brie Mini Natural Goats cheese 150g	



# FOLLÁIN



Folláin is the Irish word for wholesome, which is at the core of Folláin's commitment to honest food made with the purest ingredients to hand. Folláin really believe that preserves have the power to capture nature at its very best and that's what we want to share with the world.

Back in 1984, Mairin and Peadar O'Lionaird branched out from their kitchen in Cuil Aodha, West Cork, in the Muscraí Gaeltacht, making use of the delicious gooseberries, strawberries and raspberries that were available locally. Today, Folláin produces a large variety of fruit preserves, chutneys, relishes, sauces and condiments in both retail and foodservice formats. Mairin and Peadar's love of good food and eating well makes home-cooking essential in their approach in producing the best products available in Ireland today, and that home cooking comfort and care is at the essence of everything that Folláin makes.

Building on the company's modest beginning, preparing the fruit and cooking in kitchen-style conditions, Folláin has grown steadily, increasing its range and expanding to what is now a modern food factory, built and fully equipped to the highest of standards. Traditional home-cooked methods are still at the heart of the unique Folláin taste.

Folláin's commitment to wholesome food led to the introduction of a retail range of "No Added Sugar" preserves in 2007; just as sweet as the traditional recipe taste that Folláin lovers are used to, these do not contain any refined sugars, just the natural fruit sugars that nature provides. These products are now available in a foodservice format.

Folláin has always traded on the quality of its products, and by working in close partnership with Pallas Foods its range and portfolio of products have grown from strength to strength, by offering culinary solutions to catering and foodservice customers nationwide.

The Folláin foodservice range of products hold true to the core values of Folláin, which is wholesome products free from artificial ingredients. The range includes Traditional Recipe Irish jams and marmalades, No Added Sugar jams and marmalades and a highly regarded range of chutneys, relishes and sauces.



## Seasonal Staples

30 Fresh produce

32 Kitchen Innovation Solutions 33 Non-food

490053	Raspberry Jam 3.5Kg Bucket - Follain	
490081	Strawberry Jam 3.5Kg Bucket - Follain	
490095	Blackcurrant Jam 3.5Kg Bucket - Follain	
490122	Redcurrant Preserve 3.5Kg Bucket Follain (Gf)	
490717	Seville Orange Marmalade 3.5Kg Bucket-Follain	

## Roasted baby beet salad with ricotta cheese, basil oil dressing and a sea salt & garlic crouton

Serves 2

200g Beetroot Baby Irish and Beetroot Baby Candy Irish, leaves removed FW618 and VW217  
 100ml olive oil, plus extra for roasting OL101  
 25g fresh basil HB576  
 20g baby leaves SL327  
 100g ricotta cheese CH4391  
 1 garlic clove, halved VP351  
 2 thin slices baguette bread BR712Z  
 Sea salt, to taste SP148

- 1 Remove the leaves from the baby beetroots. Cut the beetroots in half. Mix with olive oil and season well.
- 2 Roast in a preheated oven at 180°C for 15 minutes.
- 3 For the dressing, blend the basil and olive oil together until smooth.
- 4 In a large bowl, combine the baby leaves and beets and together with the basil dressing.
- 5 Arrange in two large wide salad bowls and crumble the ricotta cheese on top
- 6 For the croutons, rub the garlic clove onto the bread. Sprinkle with sea salt and drizzle with olive oil. Bake at 180°C for a few minutes until lightly toasted. Arrange the croutons on the side of the salad bowls and serve.

Watch our recipe video on YouTube!



# IT'S HARVEST SEASON!

## What's in season...

**Vegetables:** Beetroot, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celeriac, celery, fennel, leeks, kale, marrows, mushrooms, onions, pak choi, parsnips, rhubarb, swedes, turnips  
**Fruit:** Strawberries, raspberries  
**Fresh herbs:** Basil, chives, coriander, dill, mint, parsley, sage, thyme

## A TASTE OF HISTORY

Lughnasadh, usually celebrated on August 1st, was the ancient Celtic festival marking the beginning of the harvest season - a time of plenty. Samhain, on October 31st, was its opposite, the end of harvest time and the advent of winter.

## Eat your veggies

This is the best time of year to focus on Irish vegetables: think carrots, parsnips, leeks, celeriac and kale, all of which are newly in season. Emphasise their Irishness with traditional dishes such as colcannon, soups and stews; create familiar favourites like stir-fries or quiches; appeal to healthy eaters with juices, smoothies and salads; or leverage them in making more exotic fare such as okonomiyaki (Japanese savoury cabbage pancakes). As meat consumption experiences a period of unpopularity, more people are opting for menus rich in plant-based meal options; make sure you hop on trend.

VW723	Carrots, large
VW742	Parsnips
VW787	Leeks
VW326	Savoy cabbage
VW786	Celeriac
VW728	Kale

## Super spuds!

It may be a stereotype, but Irish consumers really do love their potatoes. The main crop of Irish spuds is being harvested right now and to date yields and quality are looking good.

VW781	Rooster potatoes
-------	------------------

## Squash it!

Don't miss out on pumpkins, gourds and squashes. Not only are pumpkins king of the crop at Halloween, but these robust vegetables make perfect menu additions as the weather grows colder. Roast them to bring out their sweetness; use them in soups as a natural way to add a thick, velvety texture; or incorporate them into hearty autumn-winter salads.

VW772	Pumpkins, large unit
VW730	Pumpkins, medium unit
VP638	Pumpkins, small unit
FW537	Mixed gourds
VW710	Butternut squash

## Berry good

Enjoy the last of the Irish summer fruit harvest: strawberries, raspberries and blueberries are begging to be incorporated into salads, desserts, preserves and seasonal bakes. Buying Irish helps support local growers and economies.

FW589	Strawberry
FW600	Raspberry
FW603	Blueberry





### WHAT IS KIS?

Kitchen Innovation Solutions is a service exclusive to Pallas Foods customers, assessing and invigorating your food offering with input from our team of culinary experts.

Take the time to come and experience the full range of products that Pallas Foods has to offer. At our Food Solutions Centres in Newcastle West and Dublin, we have state-of-the-art kitchens available, both built to replicate every style of cooking, enabling you to test and refine menus in a collaborative, supportive environment.

We are committed to supporting local producers and growers around the island of Ireland. We also source from suppliers throughout Europe and beyond. A visit to one of our kitchens will highlight the complete range of our capabilities, from sourcing and purchasing through to warehousing and delivery.

This is an excellent opportunity for Head Chefs, owner-operators and other key business decision makers to innovate and refine their food and beverage offering. Pallas Food strives to bring our customers not only the best products for their business needs, but also to build long-lasting relationships through our customer service. Part of this service is providing expert advice about your menu and food offering.

### TIPS FROM THE KITCHEN: PROVENANCE

One of the challenges that we help restaurateurs face is the way in which they write and style their menu. Of course, there is no set way to do this – everyone has their own idea of what a menu should look like – but a key ingredient that should be set in stone is provenance, that is, information on where your food has come from.

In any of life's endeavours, trust is paramount, and provenance helps build and strengthen relationships between restaurateurs, their customers and even their communities. Sometimes when we eat out, we don't even realise that we want provenance, but the impact when we see that our beef, cheese or chicken is from our area is powerful – even more so when we have a producer's name to go along with the geography of the food.

There are times when an ingredient might not be local, but it will be from Ireland: let people know that. On occasions where a chef's best option is to use an ingredient sourced from outside our island, this is fine too – just let the customer know. It will build confidence in the restaurant and show diners that the chef has pride in their work and sources the best, most authentic products available.

A well written menu, with provenance incorporated, shows off a restaurant's style, ethos and ambition. It's best to keep it short, simple and easy to understand... but don't skimp on the provenance.

To experience our complete offering with our Pallas Foods consultant chefs, contact your local area sales manager and book today.



# WIPE IT OFF

Napkins remain a fundamental part of any food offering. Look for those made from natural or recycled fibres to reap the following benefits:

- **Enhance your guest experience:** Natural napkins show that you care about the environment as much as your customers do.
- **Distinguish your restaurant:** The sustainable image helps your restaurant stand out from the crowd.
- **Improve your image:** Guests instantly recognise the recycled brown of a responsibly produced napkin.
- **Promote your offer:** Use custom printed napkins to get your message across.

### Tork natural napkins:

- 100% recycled tissue
- No bleaching or dyes
- Biodegradable & compostable EN13432
- FSC® and EU Ecolabel certified
- Custom print available. Promote your business to a captive audience
- Food contact approved for wiping



**PD9890**  
Tork XPN Disp Nap 2P 2F Nat  
Env (make a difference) 200/5/8



**PD9877**  
Tork LunchNap 2P 4F  
Natural Env 200/10



**PD9891**  
Tork DinnerNap 2P 8F  
Natural Env 150/12

# Souper solutions

Meet busy customers' needs on the go with containers ideal for takeaway soups or stews. Well-fitting lids add a level of convenience and minimise the risk of accidents with hot spills.

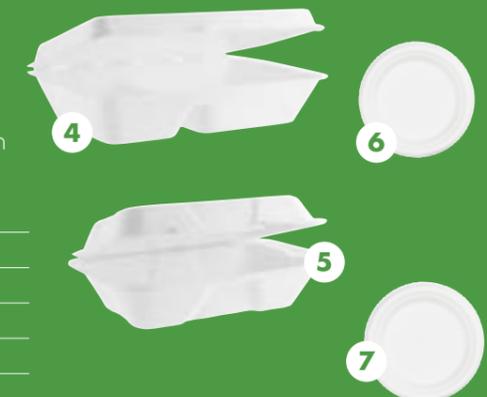
- 1 PD1246 12oz Soup Container
- 2 PD1247 16oz Soup Container
- 3 PD1248 12-32oz Soup Container CPLA Lid



# Box it up

These disposable storage items are ideal for delis or takeaways. Even in a restaurant setting, be seen to reduce food waste by offering the option of a "doggy bag" to customers who don't finish their meals.

- 4 PD1240 2 Comp Bagasse Clamshell Box 9x6in 1x200
- 5 PD1241 Bagasse Plate 7in Source-Reduced 1x500
- 6 PD1239 Bagasse Clamshell Box 9x6in 1x200
- 7 PD1245 9in source-reduced bagasse plate



# HOT AND STEAMIN'

Serve your coffee and other hot drinks in stylish yet practical hot cups. Sustainability is more relevant than ever, making these environment-friendly compostable hot cups ideal for modern service. Not only will you put a smile on your customers' faces, but Mother Nature will thank you too.

Vegware plant-based catering disposables are made from renewable, lower carbon or recycled materials, and can all be commercially composted with food waste where accepted. Be sure to communicate this to your consumers.



PD9917	8oz white embossed compostable hot cup 1000 per case
PD9916	12oz white embossed compostable hot cup 500 per case
492095	16oz white embossed compostable hot cup 500 per case
PD1231	Black CPLA Hot Cup Lid 79mm (fits 8oz cup) 1x1000
PD1232	Black Hot Cup Lid 89mm (fits 10-20oz cups) 1x1000



Make your customers' lives easier by offering disposable cutlery alongside your takeaway meals.

## Finishing touches

PD1236	Black RCPLA Spoon 6.5in 1x1000
PD1237	Black RCPLA Fork 6.5in 1x1000
PD1238	Black RCPLA Knife 6.5in 1x1000



## GET DISPLAY CRAFTY

The clever peekaboo windows in these takeaway bags and boxes add interest and help to make pre-packed items visually appealing, drawing your customers' attention.

492063	Window Bag Plastic Kraft 10 x 10"
492065	Window Box Medium 650ml (12 x 12 x 4.5cm)
492066	Window Box Large 1100ml (18 x 13.5 x 4.5cm)

## COLD portions on the go

Cool and cold items don't require heavy containers. These cold portion pots are perfect for salads or any other chilled items.



491184  
2oz PLA cold portion pot 2000 per case



491145  
4oz PLA cold portion pot 2000 per case



491144  
PLA Portion pot Lid (fits 2-4oz) 2000 per case



## 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.



- R E W A R D S -



# ONLINE ORDERING MADE EASY

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.

Visit [pallasfoods.com/online](http://pallasfoods.com/online) or talk to your Area Sales Manager.



ONLINE ORDERING