

The logo for Exciting Foods features three stylized, flame-like shapes in shades of blue and orange, positioned behind the company name.

# ***Exciting Foods***

[www.excitingfoods.co.uk](http://www.excitingfoods.co.uk)

*Just the way you'd make it*



October 2017

## Dear Customer

Our range of handmade prepared foods includes: fish, seafood, meats, poultry and vegetarian products. We have dishes to fit both the catering sector and specialist food retailers.

Our prepared dishes are imaginative products for people just like you - food professionals looking for prepared high quality foods with that "from scratch" look. All our products are carefully produced from only the finest ingredients and the majority are prepared by hand.

We make our products just like you would expect, with larger ingredients and avoiding artificial additives. So if you are a restauranter and don't have time to make your own dishes or you can use your time more profitably, we can help you.

Our aim is to make you and your business a success - by making products that will give you a menu which is easy and quick to prepare with that from scratch look, taste great and then all importantly - profitable.

Quite simply both you and your business are at the heart of our thinking.

Yours

*Graham Keegan*

Graham Keegan  
Proprietor & MD



**Exciting Foods**

[www.excitingfoods.co.uk](http://www.excitingfoods.co.uk)



**Breaded Tropical Torpedo Prawns**

*Premium large prawns in unique bubbly crisp Japanese style tempura coating.*

**CASE:** 10 x 500g

- > Large tropical prawns 21 - 25's
- > 3 way cook, including oven bake from frozen
- > Tempura crispy coating

**Deep Fry   Oven Bake**

**New 1100**

**Christmas**



**Butterfly Marinated Prawns Garlic and Herb**

*Headless shell on butterfly cut fresh water prawns marinated in garlic and herbs.*

**CASE:** 10 x 500g

- > Large tropical butterflyed prawns - 16/20's
- > Oven bake from frozen
- > Rich garlic and herb marinade

**Deep Fry   Oven Bake**

**New 1051**

**Christmas**



**Chilli Mango Prawns 16/20s**

*Butterflied prawns spread with a spicy mango chilli jam and hand crumbed.*

**CASE:** 10 x 500g

- > Large butterflyed tropical prawns with the tail on
- > Can be oven baked or deep fried
- > Spicy mango jam and crispy crumb

**Deep Fry   Oven Bake**

**New 1049**

**Christmas**



**Coquille St Jacques**

*Queen Scallops in a creamy white wine sauce with chopped onion and mushrooms. Served in a large natural Scallop Shell. Finished with hand piped potato, parmesan and a dusting of paprika.*

**CASE:** 8 x 240g

- > Shells filled and garnished by hand
- > Rich sauce with white wine (no flavouring added)
- > Large scallop shell for great presentation
- > Quick and easy preparation back of house
- > Popular dish which is time consuming to make

**Oven Bake   Micro**

**0496**

**Christmas**



## Crab and Cod Gratin

*A combination of white and brown crab meat, and Atlantic Cod with white wine and mature cheddar. All topped with a parsley and Parmesan natural toasted crumb. Finished with a lemon slice garnish.*

**CASE:** 8 x 130g

- > Generous amounts of Crab meat and Atlantic Cod fillet pieces
- > Bound in a rich sauce of white wine and Cheddar cheese
- > Crunchy topping of toasted crumb, parsley and Parmesan
- > All presented in a natural scallop
- > Cook from frozen - oven or micro

Oven Bake Micro

0089

Christmas



## Garlic Lollipop Prawns 16/20s

*2 pieces of raw peeled deveined tropical prawns marinated with garlic and placed on a skewer.*

**CASE:** 10 x 500g

- > Large tropical prawns
- > Raw peeled deveined
- > Interlocking presentation
- > 4" teppo gushi bamboo skewer

Oven Bake Grill

1102

Christmas



## Goujons - Breaded Chicken Fillet

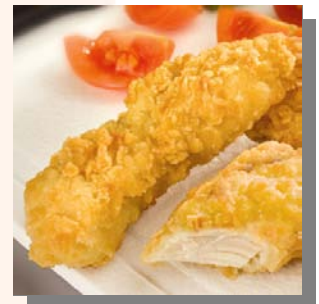
*Inner fillet goujons (fully cooked), no skin, bone or gristle, in a 3 way cook breadcrumb. Perfect for starters and buffets.*

**CASE:** 1.5Kg Pack

- > Proper whole muscle chicken - Inner Fillets
- > 3 way cook coating - light and crispy
- > Fully cooked product - simply reheat from frozen
- > High chicken content

Deep Fry Oven Bake Grill

0280



## Goujons - Southern Fried Chicken Fillet

*Inner fillet Goujons, no skin bone or gristle, three way cook in a Southern Fried Breadcrumb.*

**CASE:** 1.5Kg Pack

- > Proper Inner Fillet goujons in a spicy coater
- > 3 way cook coating, light and crispy
- > Fully cooked product - simply reheat from frozen
- > Great for buffets / starters
- > High chicken content

Deep Fry Oven Bake Grill

0282



## Gourmet Shell Selection Pack

*A combination pack of three great products, all presented in a natural scallop shell and hand garnished. Contains: Coquille St Jacques, Smoked Haddock Rarebit Shell, Crab & Cod Gratin.*

**CASE:** 12 x Shells

- > Individually flow wrapped
- > All presented in a natural scallop shell
- > Cook from frozen - oven or micro
- > Shells filled and garnished by hand
- > Individually wrapped

Oven Bake Micro

0222

Christmas



## Haddock Bites

*Prime Atlantic Fillet pieces in a natural breadcrumb coater. Oven or fry.*

**CASE:** 8 \* 500g

- > Prime Haddock fillet - skinless and boned
- > Natural breadcrumb - free of additives
- > Ovenable for healthy cooking
- > High Haddock fillet content

Deep Fry Oven Bake

0116



## IQF Chicken Goujons

*Premium quality inner breast fillets of British Chicken individually frozen. Excellent for stir fries, salads and many other occasions.*

**CASE:** 2kg

- > Proper Inner Fillet - skinless and boneless
- > Raw and IQF without glaze
- > Immense cooking flexibility

Pan Fry Oven Bake

0330



GLUTEN FREE

## King Prawns in Filo Pastry

*Crisp pastry rolls wrapped with marinated peeled tail on torpedo prawns in garlic & pepper flavour.*

**CASE:** 10 x 500g

- > Oven bake
- > Exposed tail presentation
- > Large tropical peeled tail on: 21-25's

Deep Fry Oven Bake

1101

Christmas



## Mixed Cocktail Sausage Rolls Pack

*A combination pack of cocktail sized sausage rolls: Traditional, Chorizo, Turkey with Sage & Onion. Made with handmade pastry and Nottinghamshire Pork and Turkey.*

**CASE:** 48 x Cocktail Rolls

- > Just cook from frozen
- > Handmade pastry
- > Nottinghamshire Red Tractor Pork & Turkey
- > 48 pieces in the pack

Oven Bake

0394

Christmas



## Smoked Haddock Rarebit Shell

*Atlantic Haddock in a rich Cheddar sauce with mustard and then finished with Cheddar and toasted crumb. All served in a large natural scallop shell.*

**CASE:** 8 x 100g

- This is a spin on a traditional favourite...
- > Generous amount of diced Atlantic Haddock
  - > Cheddar sauce with mustard and Worcestershire Sauce
  - > Finished with a Cheddar and Samuri natural crumb topping
  - > Oven or microwave and then grill to bubble the

Oven Bake Micro

0261

Christmas



## Spicy Lime Cod Goujons

*Atlantic Cod Fillet goujons in a lime and chilli coating ready for the oven or fryer.*

**CASE:** 2 x 1Kg

Deep Fry Oven Bake

New 0054

Christmas



## Tempura Battered Torpedo Prawns Japanese Style 21/25s

*Large tempura battered prawns - deep fry or ovenbake.*

**CASE:** 10 x 500g

- > Large tropical prawns
- > Tail exposed
- > Deep fry or ovenbake
- > Crispy tempura batter

Deep Fry Oven Bake

0395

Christmas





## Wholetail Breaded Scampi

0239

*2-3 prime whole tails of Scampi hand formed into a cluster then enrobed in a premium Japanese style natural breadcrumb. Specially designed to be ovenbaked. Count: 20-30 / lb.*

**CASE:** 10 x 454g

- > Large wholetails of Scampi with low water addition
- > Unique natural ovenable crumb for best results when ovenbaked
- > Large consistent piece size

Deep Fry Oven Bake Grill



## B: Prepared Red Meats

### Beef & Horseradish Roulade

0335

Christmas

*Nottinghamshire Beef with piquant horseradish, Cheddar and red onion rolled in handmade puff pastry.*

**CASE:** 6 x 200g

- > Large 200g serving
- > Full of Nottinghamshire beef
- > Simply cook from frozen

Oven Bake



### Beef en Croute

0032

*A tender piece of prime Blade of Beef with Chicken Liver Pate and sauteed Mushrooms all wrapped in puff pastry and garnished with mushrooms.*

**CASE:** 6 \* 225g

- > Prime English blade of beef - flavoursome and succulent
- > Handmade puff pastry and pate
- > Open pastry fold with fresh Rosemary sprig
- > Large 225g portion for good plate presentation
- > Prime ingredients will command a premium menu pricing
- > UK sourced

Oven Bake



### Beef Mushroom Truffle

0346

Christmas

*Seasoned prime lean beef mince formed into a pot shape and filled with red onion and a mushroom sauce. Simply cook from frozen.*

**CASE:** 6 x 200g

- > Large 200g serving
- > Simply cook from frozen
- > Lean Nottinghamshire beef

Oven Bake



## Beef Wellington

*Grass Fed Nottinghamshire Fillet of Beef with a mushroom duxelle and a handmade chicken liver pate with brandy. All wrapped in a handmade puff pastry and garnished with olive and cherry tomato.*

**CASE:** 6 x 255g

- > Prime Grass Fed Nottinghamshire Fillet of beef
- > Fillet is raw - oven cook from frozen
- > Rich handmade mushroom duxelle and pastry
- > Handmade chicken liver pate with brandy
- > Attractively garnished with olives and cherry tomato

Oven Bake

0256

Christmas



## Lamb Shank

*Slow cooked so the lamb falls from the bone and is steeped in the rich flavours of the red wine and juniper sauce. Simply reheat the shank either in its pouch or microwave.*

**CASE:** 6 x 600g

- > Large individual 600g portion (450g shank + sauce)
- > Rich sauce of red wine and juniper
- > Pre cooked and frozen so simple re-heat in the pouch in a pan of boiling water

Oven Bake Micro Simmer in Pouch

0150

GLUTEN FREE



## Minted Lamb Purse (Classic Pastry Fold) 270g

*Lean New Zealand Lamb slowly cooked in a mint gravy all enveloped in a handmade pastry purse garnished with mint and egg wash.*

**CASE:** 8 \* 270g

- > Our top selling purse classic pastry fold
- > Lean New Zealand Lamb pieces
- > Rich minted gravy and handmade pastry - no additives
- > Large on plate presentation

Oven Bake

0009



## Pork & Apple en Croute

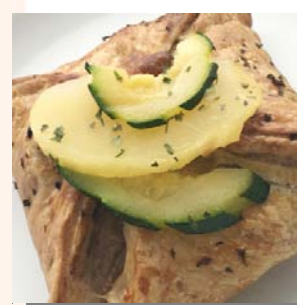
*Roasted Pork mixed with apple, encased in a handmade puff pastry and garnished with courgette, apple slices & french herbs.*

**CASE:** 6 x 270g

- > Handmade puff pastry
- > Oven from frozen
- > Large main course portion

Oven Bake

New 0218





## Pork & Caramelised Red Onion Roulade

0208

*Nottinghamshire Pork with caramelised red onion rolled in handmade puff pastry.*

**CASE:** 6 x 200g

- > Large 200g serving
- > Full of Nottinghamshire Red Tractor and outdoor reared pork
- > Mildly spiced with caramelised red onion.
- > Simply cook from frozen

Oven Bake



## Pork & Cider en Croute

New 0334

Christmas

*A large en croute filled with lean pork in an apple and cider sauce all in handmade puff pastry then finished with an apple and thyme garnish.*

**CASE:** 6 x 270g

- > Large 270g en croute
- > British Red Tractor accredited pork
- > Attractively garnished for impactful frozen presentation
- > Simple oven bake cooking from frozen

Oven Bake



## Sherwood Stuffed Pork

0090

*British Red Tractor pork tenderloin, stuffed with a farmhouse sage & onion stuffing, all wrapped in a prime back bacon and garnished with a bay leaf.*

**CASE:** 8 x 235g

- > Vac Packed
- > Garnished with Bay Leaf
- > Large 235g portion
- > Portions individually flow wrapped

Oven Bake



## Steak & Guinness Purse (Classic Pastry Fold) 270g

0015

*Prime naturally grass reared beef steak in a rich Guinness gravy all enclosed in a handmade puff pastry purse and finished with parsley, paprika and egg wash.*

**CASE:** 8 \* 270g

- > Our top selling purse classic pastry fold
- > Lean natural grass fed beef steak
- > Real Guinness and handmade pastry purse
- > Great on plate presentation
- > Easy prep from frozen

Oven Bake



## Wild Mushroom Stuffed Pork Loin Roulade

*Nottinghamshire Pork Loin filled with a wild mushroom sauce and savoury sausage meat. All brushed with sesame seed oil.*

**CASE:** 6 x 230g

- > Generous pork loin from Nottinghamshire
- > Wild mushrooms with cream and white wine sauce stuffing
- > Savoury sausage meat to seal in the sauce
- > Brushed with oil and finished with a skewer

Oven Bake

New 0291

Christmas



## C: Prepared Game Meats

### Game Purse (Classic Pastry Fold) 270g

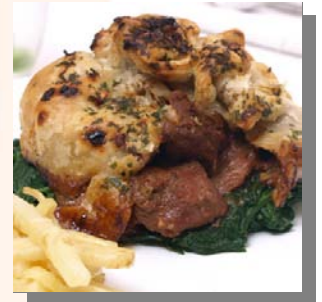
*A combination of venison, rabbit, partridge and pheasant in a red wine and juniper gravy all enclosed in a handmade puff pastry purse garnished with egg wash and herbs.*

**CASE:** 8 \* 270g

- > Our top selling purse classic pastry fold
- > Generous combination of game meats (seasonal variation)
- > Handmade puff pastry
- > Large plate filling portion
- > Easy preparation from frozen
- > Free from artificial additives and ingredients

Oven Bake

0010



### Rabbit & Cider Purse

*Richly filled with pieces of lean rabbit in a sauce of wholegrain mustard, cider and leeks.*

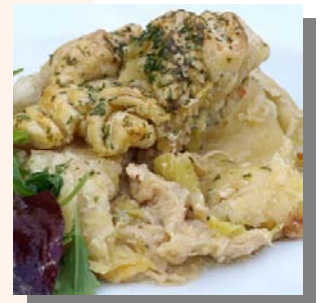
**CASE:** 6 x 270g

- > Large 270g en crouete
- > Made by hand in our renowned puff pastry folded as a purse
- > Generous quantity of lean rabbit in a cider, wholegrain mustard and leek sauce
- > Attractively garnished for impactful frozen presentation
- > Simple oven bake cooking

Oven Bake

New 0333

Christmas



### Venison en Crouete

*Slow cooked lean venison in a rich red wine sauce with mushrooms, all encased in handmade puff pastry.*

**CASE:** 6 x 270g

- > Diced lean venison
- > Rich red wine
- > Handmade pastry
- > Large wholesome portion

Oven Bake

0485

Christmas



**Brandy and Cranberry Chicken**

*British chicken fillet in a cranberry cream and brandy sauce all wrapped in handmade pastry purse finished with fresh thyme and egg wash.*

**CASE:** 6 \* 270g

- > British chicken fillet
- > Rich sauce of cream, brandy and cranberries
- > Handmade puff pastry
- > Easy preparation - oven cook from frozen

Oven Bake

0188

Christmas



**Chicken Wellington**

*A tender piece of British chicken with garlic mushrooms all enclosed in handmade lattice pastry.*

**CASE:** 6 \* 250g

- > Fine quality succulent British chicken
- > Handmade lattice puff pastry
- > Wholesome 250g portion
- > Artificial additive and ingredient free
- > Easy preparation - oven from frozen

Oven Bake

0076



**Chicken with Wild Mushrooms En Croute**

*Chicken with cream, red wine and wild mushrooms, garnish with mushroom slices with French herbs*

**CASE:** 6 x 270g

- > Large 270g en croute
- > Made by hand in our renowned puff pastry folded as a purse
- > Ample quantity of diced chicken breast with wild mushrooms and in a rich cream and white wine sauce
- > Attractively garnished with sliced mushrooms and decorative Fren

Oven Bake

0451

Christmas



**Cotswold Chicken**

*A whole breast of British chicken filled with Stilton, wrapped in bacon and then all encased in a light lattice puff pastry.*

**CASE:** 6 x 225g

- > Additive free
- > Prime quality British chicken
- > Good sized centre on plate presentation
- > Wholesome additive free dish
- > Easy preparation with that 'from scratch' presentation

Oven Bake

0041





## Roast Chicken en Croute

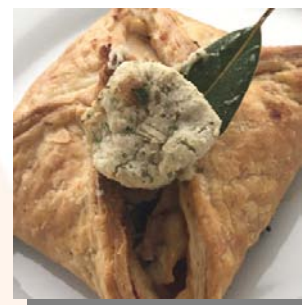
New 0217

*Pulled roasted chicken in a rich gravy and a classic sage & onion stuffing, all encased in a handmade puff pastry and garnished with stuffing ball and bay leaf.*

**CASE:** 6 x 270g

- > Attractive pastry fold with a garnish of stuffing and a bay leaf
- > Handmade puff pastry
- > Oven from frozen
- > Large main course portion

Oven Bake



## E: Coated Poultry

### Chicken Fillet Kiev

New 0975

*A whole muscle chicken breast fillet Kiev filled with garlic butter and enrobed in an oven bake breadcrumb.*

**CASE:** 8 x 165g

- > Whole muscle chicken breast fillet
- > Generously filled
- > Oven bake from frozen

Oven Bake



### Chicken Kiev with Sprig Bone

New 0022

*This is a whole muscle Chicken Kiev with Sprig Bone. The chicken breast is filled with garlic butter and then enrobed in a three way cook natural breadcrumb. Simply ovenbake from frozen.*

**CASE:** 20 x 220g

- > Proper whole muscle chicken fillet
- > Oven from frozen
- > Natural crispy breadcrumb
- > Weight tolerance 220g +/- 20g

Oven Bake



### Popcorn Chicken 5 x 1Kg Pack

0265

*Whole chunks of chicken breast in a light bubbly batter - hence the name!*

**CASE:** 5 x 1Kg

- > Chicken breast fillet pieces
- > Light bubbly "popcorn" style batter coating
- > Simply oven from frozen in just 10-15 mins

Oven Bake



**Cheddar & Ham Chicken Melt**

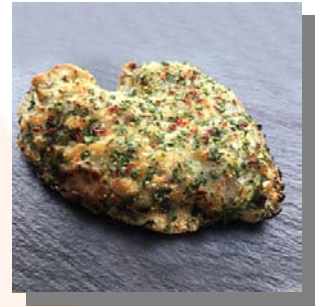
**New** 0189

*Prime chicken breast topped with a cheddar and ham sauce.*

**CASE:** 6 x 225g

- > Large premium quality Chicken breast
- > Attractive garnish for great plate presentation
- > Oven cook from frozen

Oven Bake



**Cheddar & Spring Onion Chicken**

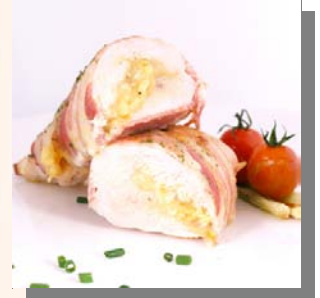
0042

*A whole breast of British chicken wrapped in bacon and filled with a sauce of cheddar and spring onions, all then basted in butter.*

**CASE:** 6 x 200g

- > Whole British chicken breast with Red Tractor bacon
- > Rich Cheddar and spring onion sauce
- > Excellent on plate presentation
- > Additive free

Oven Bake



GLUTEN FREE

**Chicken & Mushrooms wrapped in Prosciutto**

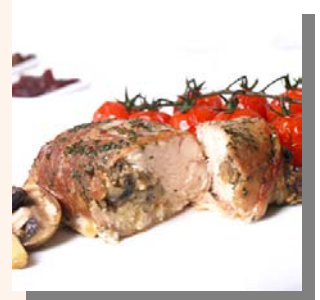
0458

*Breast of chicken fillet filled with a selection of wild mushrooms then all wrapped in Prosciutto.*

**CASE:** 6 x 200g

- > A breast of British chicken filled with mushrooms including wild Porcini
- > Wrapped in Prosciutto
- > Generous 200g portion
- > Roast in the oven from frozen or from defrost

Oven Bake



GLUTEN FREE

**Chicken Acapulco**

0082

*A large chicken breast fillet rolled in a cajun glaze then topped with red peppers, red beans, cheese and crushed tortilla.*

**CASE:** 8 x 200g

- > Large British chicken breast
- > Rich in flavour and attractive visual presentation
- > Ovenbake from frozen
- > Individually flow wrapped

Oven Bake



## Chicken Corsica

0180

*Butterfly fillet of British Chicken glazed in herbs and garlic topped with a sauce of mozzarella, bacon and spring onion all finished with a tomato garnish.*

**CASE:** 6 x 160g

- > Butterfly fillet of British chicken
- > Dusted in herbs and spices with garlic
- > Finished with a sauce of mozzarella, bacon and spring onion
- > Oven from frozen or defrost and microwave

Oven Bake



## Chicken Supreme with Port & Stilton

0490

*Prime British chicken breast stuffed with Port & Stilton and wrapped in streaky bacon and basted with butter and herbs.*

**CASE:** 6 x 200g

- > British chicken breast
- > Filled with port and stilton
- > Wrapped in British bacon and basted in butter
- > Roast in the oven

Oven Bake



GLUTEN FREE

## Chicken Tuscany

0083

*A large chicken breast fillet rolled in a sundried tomato and herb glaze then topped with Mozzarella, ham, spinach and bell peppers.*

**CASE:** 8 x 200g

- > Large British chicken breast
- > Rich in flavour and attractive visual presentation
- > Ovenbake from frozen
- > Individually flow wrapped

Oven Bake



## Mozzerella & Chorizo Chicken Melt

New 0187

*Prime chicken breast topped with a mozzarella and chorizo sauce, sprinkled with paprika.*

**CASE:** 6 \* 225g

- > Large premium quality Chicken breast
- > Attractive garnish for great plate presentation
- > Oven cook from frozen

Oven Bake





## Wholegrain Mustard Chicken Melt

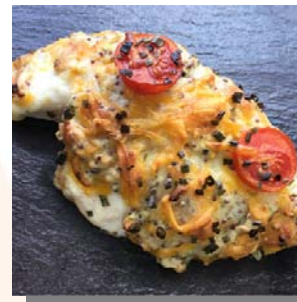
New 0186

*Prime chicken breast topped with a cheesy wholegrain mustard sauce, finished with a tomato and a sprinkle of chives.*

**CASE:** 6 x 225g

- > Large premium quality Chicken breast
- > Attractive garnish for great plate presentation
- > Oven cook from frozen

Oven Bake



## H: Marinaded Poultry

### Chicken Grills - Mixed Box

New 0011

*Prime Chicken Breast with no skin or bone. Rich in flavour and can be ovenbaked, grilled or BBQ'd.*

**CASE:** 6 x Ptns

- > 3 flavours. 2 of each flavour: Cajun, BBQ and Hot 'n Spicy
- > 6 oz fillets (170g)
- > Individually vacuum packed
- > Glazes that give both rich flavours and aroma.
- > Designed to be: pan fried, grilled, BBQ'd or roasted.
- > See individual labels for ingr

Oven Bake Grill



### Marinaded Chicken Breast - Cajun

New 0234

*Prime British Chicken butterfly breast in a rich oil based marinade.*

**CASE:** 8 x 150g

- > Prime British chicken butterfly fillet
- > Marinades that are oil based and richly flavoured with natural ingredients
- > Chicken is marinated over night to enhance the flavour
- > Cook in the oven, grill, BBQ or microwave
- > Each fillet is average 150g

Oven Bake Grill



### Marinaded Chicken Breast - Ginger, Chilli & Lime

New 0235

*Prime British Chicken butterfly breast in a rich oil based marinade of ginger, chilli and lime.*

**CASE:** 8 x 150g

- > Prime British chicken butterfly fillet
- > Marinades that are oil based and richly flavoured with natural ingredients
- > Chicken is marinated over night to enhance the flavour
- > Cook in the oven, grill, BBQ or microwave
- > Each fillet is average 150g

Oven Bake Grill



## Marinated Chicken Breast - Rosemary & Garlic

New 0236

*Prime British Butterfly chicken breast in a rich oil based garlic and rosemary marinade.*

**CASE:** 8 x 150g

- > Prime British chicken butterfly fillet
- > Marinades that are oil based and richly flavoured with natural ingredients
- > Chicken is marinated over night to enhance the flavour
- > Cook in the oven, grill, BBQ or microwave
- > Each fillet is average 150g

Oven Bake Grill



## Marinated Chicken Goujons

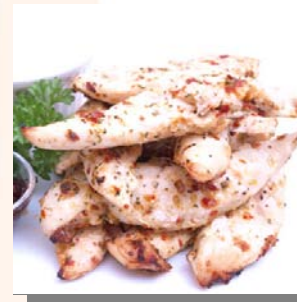
0388

*Rich marinades on inner fillet chicken goujons. A selection pack of three flavours: 1 Ginger Chilli and Lime; 2 Cajun and 3 Garlic & Herb. Use in buffets, as starters and more - very versatile!*

**CASE:** 3 x 500g

- > Individually bagged
- > Rich oil based marinades
- > British Chicken
- > Cook from frozen or from chilled

Pan Fry Oven Bake Micro Grill



## I: Chicken - Other Recipes

### Louisiana Chicken & Pork Bake

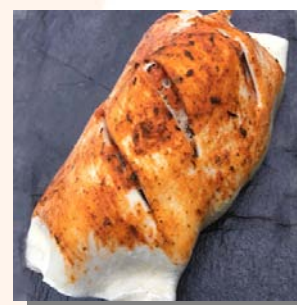
New 0292

*Fillet of chicken breast, pork sausage meat with a cajun marinade enveloped in puff pastry.*

**CASE:** 6 x 270g

- > Skinless and boneless prime chicken breast
- > Rich cajun marinade and pork sausage meat
- > Wrapped with puff pastry and garnish
- > Oven from frozen

Oven Bake



### Norfolk Chicken & Pork Bake

New 0294

*Fillet of chicken breast, pork sausage meat with a rosemary marinade enveloped in puff pastry.*

**CASE:** 6 x 270g

- > Skinless and boneless prime chicken breast
- > Rich rosemary marinade and pork sausage meat
- > Wrapped with puff pastry and garnish
- > Oven from frozen

Oven Bake



## Russian Chicken & Pork Bake

New 0293

*Fillet of chicken breast, pork sausage meat with a kiev marinade enveloped in puff pastry.*

**CASE:** 6 x 270g

- > Skinless and boneless prime chicken breast
- > Rich kiev marinade and pork sausage meat
- > Wrapped with puff pastry and garnish
- > Oven from frozen

Oven Bake



## J: Duck & Turkey

### Cognac and Cranberry Turkey

*British turkey breast in a cranberry, cream and brandy sauce all in handmade puff pastry finished with thyme and egg wash.*

**CASE:** 6 \* 270g

- > British turkey fillet
- > Rich sauce of cream, brandy and cranberries
- > Handmade puff pastry
- > Large plate filling portion

Oven Bake

0019

Christmas



### Duck Breast

*A whole duck breast, boneless, raw with skin on and individually vacuum packed.*

**CASE:** 8 x 180-200g

- > Individually vacuum packed
- > Boneless
- > Large consistent portions

Pan Fry Oven Bake Grill

0240

GLUTEN FREE



### Nottinghamshire Turkey Melt en Croute

*Nottinghamshire Turkey breast in a rich cheddar, cranberry and Nottinghamshire ham sauce all wrapped in handmade puff pastry and finished with a herb sprinkle.*

**CASE:** 6 x 225g

- > A large breast portion of Nottinghamshire turkey
- > The turkey is topped with a Cheddar, cranberry and ham sauce
- > All is enveloped in a open topped en croute of handmade puff pastry
- > Finished with Cheddar and herb sprinkle
- > Simply oven from frozen

Oven Bake

0473

Christmas





## Tandoori Turkey Tart

*Diced turkey thigh meat in tandoori spices all presented in a puff pastry tart. Simply oven from frozen.*

**CASE:** 6 x 240g

- > Tasty and succulent thigh meat
- > Spicy tandoori flavour
- > Handmade puff pastry
- > Easy cook from frozen

Oven Bake

New 0287

Christmas



## Turkey Cushion

*A skinless and boneless Nottinghamshire turkey breast fillet portion wrapped around handmade sage and onion stuffing centre. Roast from frozen or defrost.*

**CASE:** 6 x 220g

- > Nottinghamshire turkey - skinless and boneless
- > Handmade sage & onion stuffing
- > Held in an attractive cushion shape with butcher string
- > Generous 220g serving

Oven Bake

0325

Christmas



## Turkey Lattice en Croute

*Nottinghamshire Turkey breast and Ham, sage and onion stuffing and a rich gravy all enclosed in a handmade lattice pastry.*

**CASE:** 6 x 215g

- > Nottinghamshire Turkey Breast
- > Nottinghamshire Ham
- > Handmade traditional sage and onion stuffing
- > Handmade puff pastry lattice
- > Simply oven from frozen

Oven Bake

0329

Christmas



## Turkey Roulade

*A prime turkey breast portion filled with a cranberry stuffing and wrapped in streaky bacon.*

**CASE:** 15 x 240g

- > Large 240g portion size
- > Prime British turkey breast
- > Simply oven from frozen

Oven Bake

New 0157

Christmas



## Turkey Tournedos - Sage and Onion

*British prime turkey medallion topped with sage & onion stuffing all wrapped in rashers of bacon.*

**CASE:** 6 \* 240g

- > Prime British Turkey breast
- > Rich handmade stuffing
- > From scratch look presentation
- > Large 240g portion
- > Oven from frozen or chilled

Oven Bake

0316

Christmas



## Turkey Wellington

*British turkey breast portion filled with cranberry jelly and thyme, with a coarse pate of rosemary, mushroom and bacon.*

**CASE:** 6 x 230g

- > Nottinghamshire prime turkey and Red Tractor ham
- > All natural ingredients - handmade additive free pastry
- > Large 230g portion for good plate coverage
- > Cook from frozen

Oven Bake

0108

Christmas



## Woodland Duck

*A whole duck breast, boneless, raw with skin on in an orange glaze with a fruit garnish.*

**CASE:** 6 x 240g Ptns

- > Individually vacuum packed
- > Boneless
- > Large consistent portions
- > Attractive garnish

Oven Bake    Simmer in Pouch

0243

Christmas



## K: en Croute Seafood

### Cod Wellington

*A skinless and boned prime Cod in a rich cheese, prawn & mushroom sauce wrapped in a pastry purse finished with a sliced mushroom and parsley.*

**CASE:** 6 x 215g

- > Prime Atlantic Cod Fillet Portion, skinless and boneless
- > Rich sauce made with cream
- > All made and garnished by hand
- > Puffs to be a very good sized centre of plate presentation

Oven Bake

0100



## Cod Wellington 700g

*A Multi portion sized Cod Wellington*

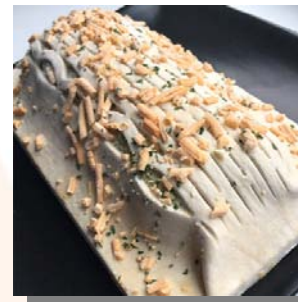
**CASE:** 2 x 700g

- > Centre of table multi portion wellington
- > Skinless and boneless smoked Atlantic Cod fillet
- > Butter and prawn sauce
- > Attractively garnished with parsley
- > Individually wrapped
- > The wellington is approximately 23 cms in length.
- > Cook from froze

Oven Bake

0322

Christmas



## Festive Wellington Twin Pack

*A combination pack of multi portion wellingtons: Salmon Wellington and Smoked Haddock Imperial*

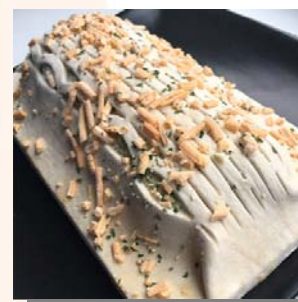
**CASE:** 2 x 700g Wellington

- > Centre of table multi portion wellington
- > Skinless and boneless North Atlantic Salmon, attractively garnished with dill and lemon slices
- > Skinless and boneless smoked Atlantic Haddock fillet in our ever popular florentine sauce, and attractively gar

Oven Bake

0328

Christmas



## King Prawn Wellington

*Handmade puff pastry filled with large Tropical Prawns in a spicy Chilli and Red Pepper sauce.*

**CASE:** 6 x 210g

- > Full of large tropical prawns
- > Rich moderately spiced chilli sauce
- > Handmade puff pastry

Oven Bake

New 0080



## Lobster Thermidor en Croute

*Lobster with skinless and boned Cod in a rich and creamy white wine, cheese, mustard and garlic sauce, wrapped in a light puff pastry and topped with a lemon slice and dill.*

**CASE:** 6 x 215g

- > Pieces of lobster with Atlantic Cod
- > Light puff pastry
- > Attractive garnish
- > Easy cooking - oven from frozen

Oven Bake

0103





## Salmon & Lobster en Croute

0104

*Atlantic Salmon fillet portion in a lobster sauce with tomato, basil and crème fresh all enveloped in puff pastry crusted with parmesan and salad prawns.*

**CASE:** 6 x 225g

- > Hand prepared and attractively garnished
- > Generous 225g portion
- > Large Atlantic Salmon fillet portion
- > Lobster sauce with Parmesan crust finish
- > Simply cook from frozen

Oven Bake



## Salmon Cointreau Classic

0476

*Skinless and boneless prime salmon fillet smothered in Cointreau and prawn sauce, then cradled in puff pastry. Finished with a twist of lemon, a sprinkle of fresh orange zest and chopped chives.*

**CASE:** 6 x 230g

- > Handmade and visually attractive - both frozen and cooked
- > Proper fine ingredients - not flavourings
- > Puffs to give very good plate coverage
- > Quality ingredients will command good profitable menu pricing

Oven Bake



## Salmon Wellington

0101

*Prime skinless and boned Salmon in a rich butter and prawn sauce wrapped in a puff pastry purse finished with asparagus and chopped parsley.*

**CASE:** 6 x 215g

- > Good sized portion of Atlantic Salmon
- > Rich sauce of butter with Atlantic prawns
- > Puffs to give very good plate coverage
- > Handmade en croute with asparagus garnish
- > Prime ingredients will allow the caterer to charge a good profitable menu price

Oven Bake



## Salmon Wellington 700g

0107

Christmas

*Prime Salmon fillet in a rich butter sauce all wrapped in fine puff pastry and finished with an egg glaze, lemon slice and herb decoration.*

**CASE:** 2 x 700g

- > Centre of table multi portion wellington
- > Skinless and boneless North Atlantic Salmon
- > Attractively garnished with dill and lemon slices
- > Individually wrapped
- > The wellington is approximately 26 cms in length.
- > Cook from frozen

Oven Bake



## Seafood en Croute

*A combination of Scallops, Atlantic Cod and Icelandic in a creamy dill sauce with mushrooms and a touch of garlic and mustard. Finished with half slice of lemon and prawns.*

**CASE:** 6 x 215g

- > Attractively garnished with lemon and prawns
- > Handmade
- > Combination of seafood in a rich cream and dill sauce
- > Oven cook from frozen

Oven Bake

0102

Christmas



## Smoked Haddock Imperial

*Smoked Haddock in a rich florentine sauce of spinach and cheese, encased in puff pastry finished with cheddar, red currents and egg glaze.*

**CASE:** 6 x 215g

- > Rich sauce of cheddar and hint of mustard that complements the prime Haddock
- > Handmade puff pastry that swells to give good plate coverage
- > Impactful centre of plate presentation

Oven Bake

0105



## Smoked Haddock Imperial 700g

*Prime smoked Haddock fillet in a rich florentine sauce with spinach and Cheddar, all wrapped in fine puff pastry and finished with an egg glaze and Cheddar and herb decoration.*

**CASE:** 700g x 2

- > Centre of table multi portion wellington
- > Skinless and boneless smoked Atlantic Haddock fillet
- > Our ever popular florentine sauce
- > Attractively garnished with red Cheddar and parsley
- > Individually wrapped
- > The wellington is approximately 26 cm

Oven Bake

0324

Christmas



## L: Coated Fish Fillets & Shanty

### Aegean Fillet

*Fillet of Dab folded around a cream, spinach and Feta Cheese filling, all enrobed in a parfried rustic breadcrumb with cracked black pepper.*

**CASE:** 35ptns approx @ 130-160g

- > The Dab Fillet is over 45% of the product
- > Dab fillet is a very nice white fish without bone with a nice sweet taste
- > Dab is skinless, 130-160g serving
- > Breadcrumb cooks up really well whether oven baked or deep fried

Deep Fry Oven Bake

0095



## Athena Plaice

0408

*Paired Plaice fillets stuffed with a Feta, Spinach and cream sauce all enrobed in a parfried natural breadcrumb - oven or deep fry.*

**CASE:** 6 x 160-180g

- > Plaice is over 45% of the product
- > Plaice is skinless
- > Breadcrumb cooks up really well whether oven baked or deep fried
- > The stuffing is spinach, feta, cream and a touch of garlic.
- > Product is a 160-180g serving



## Breaded Cod Loins

0374

*Skinless and boneless Atlantic Cod Loin rolled by hand in a natural crunchy golden breadcrumb for oven or deep frying.*

**CASE:** 10 x 200-220g

- > 60% prime cod loin
- > New oven optimised crispy coating
- > Larger portion size
- > Prime skinless and boneless Atlantic Cod

Deep Fry Oven Bake



## Breaded Haddock with Broccoli, Leek and Cheddar

New 0295

*A skinless & boneless fillet of haddock in a 3 way cooked breadcrumb topped with a rich sauce of broccoli, leeks & cheddar.*

**CASE:** 6 x 220g

- > Skinless and boneless fillet of North Atlantic Haddock
- > Topped with a rich sauce of broccoli, leeks and Cheddar
- > 3 way cook crispy breadcrumb coating
- > Cook from frozen in the oven or deep fry

Deep Fry Oven Bake Grill



## Breaded Haddock with Prawn, Mushroom and Cheddar Melt

New 0298

*A fillet of haddock in a 3 way cooked breadcrumb topped with an Atlantic prawn, cheddar cheese and mushroom sauce.*

**CASE:** 6 x 220g

- > Skinless and boneless fillet of North Atlantic Haddock
- > Rich Cheddar sauce with Icelandic Prawns and sliced mushrooms
- > 3 way cook crispy breadcrumb coating
- > Cook from frozen in the oven or deep fry

Deep Fry Oven Bake Grill





## Garlic Cod Fillets

0461

*Skinless and boneless Atlantic Cod Fillet rolled in a natural crumb with herbs and garlic.*

**CASE:** 8 x 170 - 200g

- > Skinless and boneless cod fillet
- > Hand rolled in a herb and garlic breadcrumb
- > Light and low coating
- > High fish content

Oven Bake

*New Recipe*



## Salmon Shanty

0121

*Pieces of Atlantic salmon fillet and broccoli florets in a rich sauce of cheese and all enrobed in a crispy breadcrumb.*

**CASE:** 6 \* 170g

- > Pieces of prime Atlantic Salmon fillet
- > Broccoli florets in a rich cheese sauce
- > Crispy natural breadcrumb coating
- > Oven bake or Deep fry
- > Artificial additive and ingredient free

Deep Fry Pan Fry Oven Bake



## Shanty - Haddock, Ham & Cheese 12s

0112

*A combination of haddock, ham and cheddar in a crispy natural breadcrumb.*

**CASE:** 12 \* 170g

- > Pieces of prime Atlantic Haddock fillet
- > Smoked Ham in a rich cheese sauce
- > Crispy natural breadcrumb coating
- > Artificial additive and ingredient free

Deep Fry Pan Fry Oven Bake

*New Recipe*



## M: Fish Cakes

### Batter Dusted Fishcakes: Cod & Chorizo

*New* 0988

*Atlantic Cod with lardons of Chorizo. Large main course sized fishcakes with the thinnest of batter dusting.*

**CASE:** 12 x 150g

- > High fish content
- > Wafer thin batter dusting that gives the fishcakes a crisp and browned coating
- > Simply oven or pan fry from frozen
- > Image: Salmon product shown cut through and Cod product shown complete

Pan Fry Oven Bake



### 60g Batter Dusted Fishcakes - Prawn, Hake & Chilli

0077

*A fishcake of Cape Hake fillet, North Atlantic Prawns, potato, onions, garlic and a touch of red chilli, all in a light and crispy batter dusting.*

**CASE:** 24 x 60g

- > High fish fillet content
- > Light batter dusted coating
- > 3 way cook. Will deep fry from frozen in 7 mins
- > Flexible and fast cooking
- > Use as both starter and a main course

Deep Fry Pan Fry Oven Bake Grill



### 60g Batter Dusted Fishcakes - Smoked Haddock & Spg Onion

0078

*A fishcake of Natural Smoked Haddock Fillet, potato, spring onions, gruyere cheese, red cheddar and Parmesan in a light and crispy batter dusting.*

**CASE:** 24 x 60g

- > High fish fillet content
- > Light batter dusted coating
- > 3 way cook. Will deep fry from frozen in 7 mins
- > Flexible and fast cooking
- > Use as both starter and a main course

Deep Fry Pan Fry Oven Bake Grill



### Batter Dusted Fishcakes: Salmon, Lemon & Dill

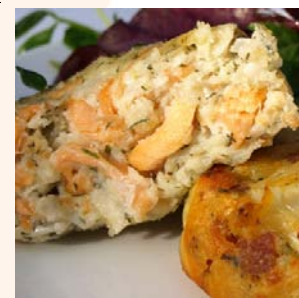
New 0987

*Atlantic Salmon with dill and lemon. Large main course sized fishcakes with the thinnest of batter dusting.*

**CASE:** 12 x 150g

- > High fish content
- > Wafer thin batter dusting that gives the fishcakes a crisp and browned coating
- > Simply oven or pan fry from frozen
- > Image: Salmon product shown cut through and Cod product shown complete

Pan Fry Oven Bake



### Batter Dusted Fishcakes: Smoked Haddock Cheddar & Dijon

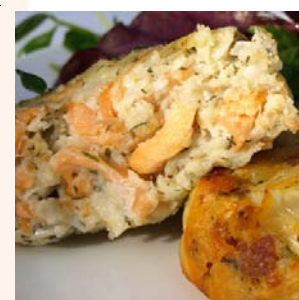
New 0989

*Atlantic Smoked Haddock with Cheddar, Dijon Mustard and Spring Onions. Large main course sized fishcakes with the thinnest of batter dusting.*

**CASE:** 12 x 150g

- > High fish content
- > Wafer thin batter dusting that gives the fishcakes a crisp and browned coating
- > Simply oven or pan fry from frozen
- > Image: Salmon product shown cut through and Cod product shown complete

Pan Fry Oven Bake



### Breaded Smoked Cod, Bacon & Brie Fishcakes

0455

*Skinless and boneless smoked cod fillet pieces with potato, brie and crispy bacon, all enrobed in a crispy natural breadcrumb.*

**CASE:** 18 x 130g

- > High fish content
- > Full of flavour
- > Flexible cooking options - 3 way cook
- > Use as a starter or main course

Deep Fry Oven Bake Grill



### Breaded Smoked Haddock Mozzarella & Spg Onion Fishcake

0456

*Smoked haddock pieces with potato, mozzarella and spring onion all enrobed in a crispy natural breadcrumb.*

**CASE:** 18 x 130g

- > High fish content
- > Full of flavour
- > Flexible cooking options - 3 way cook
- > Use as a starter or main course

Deep Fry Oven Bake Grill



## N: Fish Bakes

### Great Grimsby Fish Pie

0141

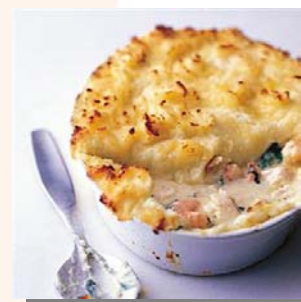
*Filletts of Salmon, Cod and Haddock with North Atlantic Prawns in a creamy cheese, wine, mustard, garlic & tarragon sauce. Topped with crushed Lincolnshire potatoes and a sprinkle of Cheddar cheese.*

**CASE:** 4 x 400g

- > Full of fish and seafood
- > High quality crushed Lincolnshire potato topping
- > Large 400g portion
- > Simply oven from frozen!

Oven Bake

*New Recipe*



### Pasta Bake - Salmon in Neapolitan Sauce

0143

*Atlantic Salmon with plain fusilli in a rich Neapolitan sauce garnished and finished with grated Cheddar.*

**CASE:** 6 x 400g

- > Large 400g portion
- > Prime Atlantic Salmon fillet pieces
- > Easy and quick prep from frozen or chilled

Oven Bake Micro





## Smoked Haddock Florentine

0007

*Oak Smoked fillet of Haddock (skinless and boneless) on a bed of spinach leaf topped with a piquant cheddar sauce. Comes in a tray ready for the microwave.*

**CASE:** 10 \* 300g

- > Fillet of oak smoked haddock
- > Rich cheddar sauce
- > Bed of whole leaf spinach
- > Skinless and boneless - a big plus to your customers

Oven Bake Micro



## O: Recipe Seafood

### Butter Wrapped Cod

0160

*A loin of Atlantic Cod, skinless and boned, wrapped in smoked salmon with herb butter.*

**CASE:** 6 x 200g

- > Atlantic Cod Loin
- > Simply oven from frozen or chilled
- > Best cooked in a ceramic dish so the herb butter can be basted over the top.

Oven Bake

GLUTEN FREE



### Cape Hake - Cheddar Crust

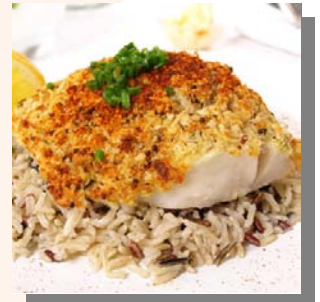
0056

*Skinless and boned Cape Hake, topped with a light cheese and mustard sauce, and a Cheddar, mustard and spring onion crumb crust, then sprinkled with Parmesan and Paprika.*

**CASE:** 6 x 210g

- > Cape Hake is the premium Hake caught in the South Atlantic
- > Garnished with Parmesan and Paprika - attractive presentation
- > Good sized 210g portion
- > Cook in the oven or microwave - then flash grill to crisp the crust

Oven Bake Micro



### Double Plaice with Prawn Supreme

0049

*Two prime Plaice fillets enclosing a light shrimp mousse topped with prawns.*

**CASE:** 18ptn approx @ 160-180g

- > Prime skinless and boned plaice fillets
- > Garnish of tropical prawns
- > Flexible cooking: micro or oven
- > Very good visual presentation - individually wrapped

Oven Bake Micro



## Double Plaice with Salmon Supreme

0050

*Two prime Plaice fillets enclosing a light salmon mousse topped with fresh Salmon.*

**CASE:** 18ptn approx @160-180g

- > Prime skinless and boned plaice fillets
- > Garnish of salmon
- > Flexible cooking: micro or oven
- > Very good visual presentation - individually wrapped

Oven Bake Micro



## Glazed Salmon Fillet - Garden Mint

New 0262

*Atlantic Salmon mid fillet portions in a piquant garden mint marinade*

**CASE:** 6 x 150-170g

- > Rich and flavoursome marinades
- > Mid fillet portions with skin on
- > Farmed North Atlantic Salmon
- > Oven, microwave or grill from frozen or defrosted

Oven Bake Micro Grill



## Glazed Salmon Fillet - Smokey Maple BBQ

New 0264

*Atlantic Salmon mid fillet portions in a maple marinade with the deep flavours of smokey BBQ*

**CASE:** 6 x 150-170g

- > Rich and flavoursome marinades
- > Mid fillet portions with skin on
- > Farmed North Atlantic Salmon
- > Oven, microwave or grill from frozen or defrosted

Oven Bake Micro Grill



## Glazed Salmon Fillet - Thai Spiced

New 0263

*Atlantic Salmon mid fillet portions in a Thai spiced marinade*

**CASE:** 6 x 150-170g

- > Rich and flavoursome marinades
- > Mid fillet portions with skin on
- > Farmed North Atlantic Salmon
- > Oven, microwave or grill from frozen or defrosted

Oven Bake Micro Grill



## Haddock Bacon & Cheddar Melt

New 0119

*Skinless and boned tails of Atlantic Haddock with a rich topping of Cheese, Mustard and Bacon, then sprinkled with bacon pieces.*

**CASE:** 8 x 200g

- > Large 200g portion size
- > Skinless and boned prime Atlantic Haddock
- > Simply oven from frozen, ready in 20-25 mins
- > Image: Product shown frozen

Oven Bake Micro



## Haddock Florentine Melt

New 0098

*Skinless and boned tails of Atlantic Haddock with a rich topping of Cheese, Mustard and Spinach and then sprinkled with a cheesy crumb.*

**CASE:** 8 x 200g

- > Large 200g portion size
- > Skinless and boned prime Atlantic Haddock
- > Simply oven from frozen, ready in 20-25 mins
- > Image: Product shown frozen

Oven Bake



## Mozzarella Crusted Cape Hake

0057

*Skinless and boned Cape Hake, topped with a light cheese and mustard sauce, and a Mozzarella, Parmesan and mustard crumb, then sprinkled with parsley.*

**CASE:** 6 x 210g

- > Cape Hake is the premium Hake caught in the South Atlantic
- > Good sized 210g portion
- > Cook in the oven or microwave (then flash grill to crisp the crust)

Oven Bake Micro



## Red Pesto Crusted Cape Hake

0035

*A skinless and boneless fillet of Cape Hake with a topping of red pesto, sundried tomato and oregano with a crisp samuri crumb and then all finished with grated Parmesan.*

**CASE:** 6 x 210g

- > Skinless and boned Cape Hake
- > Cape Hake is the premium Hake caught in the South Atlantic
- > Good sized 210g portion
- > Cook in the oven or microwave - then flash grill

Oven Bake



## Salmon Roulade

0096

Christmas

*Atlantic Salmon fillet rolled around a spinach and cream cheese filling then topped with puff pastry. Simply roast from frozen.*

**CASE:** 4 x 500g

- > 500g Roulade
- > Serves 3 - 4
- > Each Roulade is individually wrapped
- > Roast from frozen

Oven Bake





## Salmon Side with Crust - Lemon & Tarragon

*A side of Atlantic Salmon topped with a lemon and tarragon crust finished with lemon slices. Roast from frozen. Serves: 3-5.*

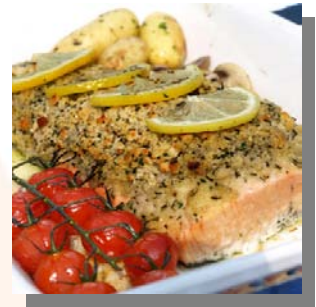
**CASE:** 3 x 600g

- > Atlantic Salmon Fillet boneless
- > Rich crust of breadcrumbs, lemon, cheddar and tarragon
- > Roast from frozen
- > Individually wrapped

Oven Bake Micro

0006

Christmas



## Salmon Side with Crust - Orange & Ginger

*A side of Atlantic Salmon topped with an orange and ginger crust finished with orange slices and cranberries. Roast from frozen. Serves: 3-5.*

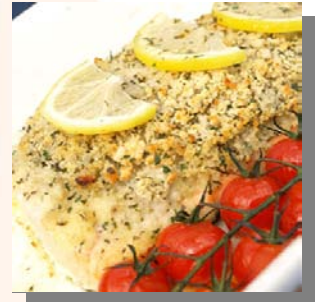
**CASE:** 3 x 600g

- > Atlantic Salmon Fillet boneless
- > Rich crust of breadcrumbs, orange and ginger
- > Roast from frozen
- > Individually wrapped

Oven Bake

0268

Christmas



## P: Fish & Seafood - Other Recipes

### Cream Cheese & Spinach Salmon Parcel

*Atlantic Salmon rolled around a spinach and cream cheese filling then topped with grated Parmesan and parsley.*

**CASE:** 6 x 160g

- > Thinly sliced Atlantic Salmon fillet, skinless and boneless
- > Filling of cheddar, cream cheese, spinach and seasoning
- > Finished with Parmesan and parsley
- > Roast from frozen

Oven Bake

New 0131

Christmas



### En Papilote - Atlantic Cod

*An Atlantic cod fillet, skinless and boneless, with a lemon & black pepper butter pat, topped with a red onion and red pepper garnish.*

**CASE:** 6 x 185g

- > Atlantic Cod Fillet
- > Wrapped in silicon paper
- > Generous 185g portion

Oven Bake Micro

New 0220

Christmas



## En Papilote - Atlantic Salmon

*A skinless and boneless fillet of prime Atlantic Salmon with a sundried tomato butter pat, topped with a basil and cherry tomato garnish.*

**CASE:** 6 x 185g

- > Atlantic Salmon Fillet
- > Wrapped in silicon paper
- > Generous 185g portion

Oven Bake Micro

New 0214

Christmas



## Lemon & Dill Salmon Roast

*A Salmon Roast to share - two salmon fillet tails, boned and filled with a rich lemon and dill butter. Ready for roasting!*

**CASE:** 3 x 400g

- > Boneless Atlantic Salmon tails
- > Roast or microwave from frozen in a ceramic dish and baste the butter
- > Each 400g Salmon Roast serves 2-3

Oven Bake

0349

Christmas



## Sole Roulade - Prawn & Garlic

*A skinless and boneless fillet of Yellow Fin Sole wrapped around a rich filling of Prawns and garlic then drizzled in butter.*

**CASE:** 32 \* 140g

- > Skinless and boneless fillet of Yellow Fin Sole
- > Rich filling of tropical prawn and garlic drizzled in butter
- > Easy one step cooking - micro or oven
- > Main course portion size

Oven Bake Micro

0047



## Sole Roulade - Scallop & Crab

*A skinless and boneless fillet of Yellow Fin Sole wrapped around a rich filling of scallops and Scottish Crab then drizzled in butter.*

**CASE:** 32 \* 140g

- > Skinless and boneless fillet of Yellow Fin Sole
- > Rich filling of scallops and Scottish Crab drizzled in butter
- > Easy one step cooking - micro or oven
- > Main course portion size

Oven Bake Micro

0048



**Atlantic Cod Loins**

*Premium quality Atlantic Cod loins, skinless and boneless. 4-5oz*

**CASE:** 2Kg Case

- > Prime Atlantic Cod Loin
- > 20% glaze
- > Uniform appearance
- > Skinless and boned

**Pan Fry Oven Bake Micro Grill**

0053



GLUTEN FREE

**Cold Water Prawns- Large Icelandic 50-150**

*Low glaze large and consistent sized salad prawns from Iceland.*

**CASE:** 4 x 2.5kg (10kg)

- > Large sized prawn
- > Low glaze level (8-10%)
- > Single frozen

**Defrost Only**

0204



GLUTEN FREE

**CPTO Black Tiger Prawn 21/25**

*Farmed Tropical Prawn, cooked, peeled, tail on, IQF and a size of 21-25s per lb.*

**CASE:** 10Kg

- > Large consistent size
- > Farmed
- > Vein removed by cutting
- > 20% glaze

**Pan Fry Grill**

0137

*Christmas*



GLUTEN FREE

**Faroe Salmon Fillets 4-5oz 10lb Bulk**

*Faroe branded salmon fillets - deep skinned and boned, individually vac packed.*

**CASE:** 10lb

- > Individually vacuum packed
- > Deep skinned
- > Very uniform presentation

**Pan Fry Oven Bake Micro Grill**

0286



GLUTEN FREE

**Natural Smoked Haddock**

*A prime tail fillet of Icelandic Oak Smoked Haddock, skin on and boned IQF with only a very low protective glaze (4%).*

**CASE:** 4.54Kg

- > Prime North Atlantic Haddock
- > Smoked over oak and beech
- > Low glaze (approx 4%)
- > Immensely flexible menu usage
- > No significant weight loss on defrosting

**Pan Fry Oven Bake Grill**

0244



GLUTEN FREE



## Scottish Smoked Salmon 200g

*Premium quality long Sliced Scottish Smoked Salmon smoked in Grimsby.*

**CASE:** 10 x 200g

- > Vacuum packed on a gold foil board
- > No labelling on the front (ingredients etc on the back)
- > Gold board 18cm x 11cm

Defrost Only

0086

Christmas



GLUTEN FREE

## Tropical Prawn 26-30s Raw Tail On

*Large tropical prawns, peeled, deveined, raw, with tail on 25% glaze, IQF.*

**CASE:** 10 x 1Kg

- > Large tropical prawns
- > IQF
- > Prawns are deveined and peeled
- > The prawns are raw

Pan Fry Oven Bake Grill

0074

Christmas



## S: Grill & BBQ Foods

### Farmhouse Burger Variety Pack

*This pack contains 18 Qtr lb'ers: 6 British 100% Beef Burgers, 6 British Pork & Apple Burgers, 6 British Lamb & Mint Burgers.*

**CASE:** 6 x 3 types

- > Made by hand with a high lean meat content
- > Pork is Nottinghamshire Red Tractor accredited
- > Low fat content

Pan Fry Oven Bake Grill

0205



### Gluten Free Pork Sausages

*Prime handmade pork sausages free from gluten and wheat.*

**CASE:** 1Kg (approx 18 sausages)

- > Handmade with a high lean pork content
- > No gluten or wheat
- > Sausages are approx 56g so 18 per Kg
- > Frozen individually so only use what you need
- > Grill, fry, BBQ etc from frozen or defrost

Pan Fry Oven Bake Grill

0200



GLUTEN FREE

## Mixed Pork Steaks Pack

New 0471

*Large 8oz Outdoor Reared Nottinghamshire Pork Steaks, two each of the following flavours: BBQ, Chinese and Sweet Chilli & Lime*

**CASE:** 6 x Steaks

- > 6 steaks in the box - 2 of each flavour: BBQ, Chinese and Sweet Chilli & Lime
- > Rich mouth watering flavours - large 8oz size
- > Nottinghamshire Red Tractor Pork
- > Individually packed
- > Defrost then cook in the oven or on the BBQ or grill
- > See labe

Oven Bake Grill



## Speciality Sausage Combo Pack

0198

*A combo pack of the 3 year round best selling recipes: Traditional pork, Lincolnshire and Cumberland.*

**CASE:** 15 x 3 types

- > A total of 45 x 56g sausages - IQF
- > 70% meat content
- > Recipes seperately bagged and labelled
- > Handmade
- > Lean British Red Tractor pork

Pan Fry Oven Bake Grill



## T: Traditional Pies

### Farmhouse Jumbo Sausage Rolls 6oz

*Lots of lean Red Tractor accredited pork in a handmade pastry. For buffets cut them into 3 or 4 - so over 50 portions.*

**CASE:** 18 x Jumbo per case

- > Handmade using lean Red Tractor Nottinghamshire pork
- > 3.2Kg of sausage rolls
- > Each one is 6oz (170g)
- > Cut into 3 or 4 for parties / buffets
- > Ready to cook and eat warm from the oven

Oven Bake

0393

Christmas



### Steak & Ale Suet Pudding

New 0227

*Nottinghamshire Steak in a rich ale gravy all in a handmade suet pastry. Simply microwave and serve in 5 mins.*

**CASE:** 8 x 140g

- > Individual suet pudding full of lean Nottinghamshire beef in a rich ale gravy
- > Handmade suet pastry
- > Pre cooked - simply heat through in the microwave
- > Ready to eat from frozen in 5 mins!
- > Each pud is presented in a microwavable pot which is the

Micro



## Traditional Short Crust Pastry Pies

0138

*4 x Trent Valley beef with Ale Pies; and, 4 x Chicken and Ham Pies, all in handmade shortcrust pastry.*

**CASE:** 8 x 270g

- > Large 270g serving, handmade additive free pastry
- > Nottinghamshire beef - lean and tender
- > British prime chicken chunks
- > Pre baked in a foil ready for re-heating
- > Attractive from scratch look to the product

Oven Bake



## V: Vegetarian

### Calabrian en Croute

0474

*A combination of goats cheese, olives and spinach, finished with crumbled goats cheese and olives. Roast from frozen.*

Christmas

**CASE:** 6 x 225g

- > This delightful looking vegetarian en croute packs a flavour punch!
- > The combination of goats cheese, olives and spinach works wonderfully well
- > Finished with crumbled goats cheese and olives.
- > Roast from frozen.

Oven Bake



### Caramelised Vegetable and Brie Tart

0192

*A combination of caramelised vegetables with brie on a puff pastry tart.*

**CASE:** 6 \* 240g

- > Generous portion of caramelised vegetables
- > Handmade puff pastry
- > Handmade appearance on plate
- > Large plate filling portion
- > Easy cook from frozen

Oven Bake



VEGETARIAN

### Caramelised Vegetable en Croute

0024

*A combination of caramelised vegetables - courgette, cabbage, onions and bell peppers - with brie all encased in a light puff pastry.*

**CASE:** 6 x 225g

- > Full of richly flavoured vegetables - Additive free
- > Large portion of brie
- > Attractive garnish of chopped spring onion
- > Light handmade puff pastry
- > Good portion size: plate filling

Oven Bake



VEGETARIAN



## Goats Cheese Sweet Potato & Spinach Tart

*Rich goats cheese with diced sweet potato and shredded spinach all presented in a puff pastry tart. Simply oven from frozen.*

**CASE:** 6 x 240g

- > Generous portion of goats cheese
- > Diced sweet potato and shredded spinach
- > Handmade puff pastry
- > Easy cook from frozen

Oven Bake

New 0288

Christmas



## **ORDERING**

Orders can be placed with us by:  
telephone, eMail or online

## **DELIVERY**

We deliver to most areas in the UK and Eire 5 days a week on a  
Day 1 for Day 3 schedule

Please see our site for min order size and delivery charges

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## **MISSION STATEMENT**

Our mission is to be regarded by our customers as the best in our market for product quality, customer service and innovation.

We will conduct our business with integrity, dealing with customers and suppliers alike; and, in a manner as we would expect to be treated.



***Exciting Foods***

[www.excitingfoods.co.uk](http://www.excitingfoods.co.uk)

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