



Weekly
INSIDE SPECIALS

Monday 3rd - Sunday 9th April, 2017





T811Z
Croissant (Butter) Ready to Bake
60 x 70g,
€19.95 Per CASE



FU129
Miller's Best Plain (Pastry) Flour
16kg,
€10.95 Per UNIT



SG179
Caster Sugar - 25kg Bag,
€21.95 Per CASE



O35Z
PUFF Pastry -16 sheets x 680g
approx/Case RTU,
€23.95 Per CASE



FU131
Miller's Best Self Raising Flour
16kg,
€10.95 Per UNIT



NU103
Ground Almonds 1kg Bag,
€13.50 Per UNIT



T380Z
Deep Apple Tart 12 Portion,
€10.95 Per UNIT



T812Z
Mixed Breakfast Selection -
Case 135 x 32g,
€29.95 Per CASE



NU111
WALNUTS (HALVES)
1kg Unit Bag,
€11.50 Per UNIT



NU102
Almond Flaked 1kg Bag,
€14.50 Per UNIT



FS762Z
FAS Cod Fillets 450 - 900g
(Skinned) 16/32 6.8kg Pk,
€57.00 Per UNIT



FS222
Smoked Salmon Sliced -
Vac Pac unit of 1.25g,
€22.50 Per UNIT



FS239Z
Atlantic Prawns 90/120 -
2.5kg Pack,
€95.00 Per CASE



FS105
Fresh Seafood Chowder,
€7.59 Per kg
€15.00 Per CASE



FS842Z
Beer Battered Cod Fillets
170 - 200g Case 3.4k,
€39.00 Per CASE



FS185Z
Squid Tubes U5 10x 1kg,
€45.00 Per CASE



FS953Z
IQF Mediterranean Sea Bass
Fillets 120-140g 5kg C,
€64.95 Per CASE



FS626Z
Hake Fillets 110 - 170g (Skinned)
5kg Case,
€34.95 Per CASE



FS800
Salmon Supremes Skinless,
S & P 10x200g E,
€38.00 Per UNIT



FS124Z
Breaded Cod Goujons (Par Fried)
Case 5 x 1kg,
€35.00 Per CASE



1015
Florentin Organic Falafel
Case 6 x 240g Tray,
€16.84 Per CASE



5350
GREEN Soya Milk-Natural
Case 6 x 1Lt Org,
€8.60 Per CASE



5461
Marigold Org Veg Bouillon Red
900g MSG Free GF,
€8.68 Per UNIT



6211
Quinoa 1Kg Organic,
€49.06 Per CASE



6213
Quinoa Trio White Red Black
Case 6 x 500g Organic,
€26.52 Per CASE



FU124
Gluten Free Plain White Flour
Case 5 x 1KG,
€11.72 Per CASE



T459
Maple Syrup 250g (189ml),
€87.43 Per CASE (12)
€7.29 Per UNIT



T460
Maple Syrup 2 Ltr Jar,
€31.71 Per UNIT



OR371
Meridian Tahini Light Paste
270g,
€13.93 Per CASE



5225
Meridian Org Peanut Butter
Crunchy No Salt 6x1kg,
€35.63 Per CASE



Z413
Chopped Tomatoes Tins
6x 2.5kg,
€12.15 Per CASE



MS135
Kenny's Free Range Real
Mayonnaise 10Ltr,
€19.99 Per UNIT



Z414440
Knorr Veg Paste Bouillon 880g
GF,
€13.15 Per UNIT



Z414445
Knorr Chicken Bouillon Paste
880g GF,
€13.15 Per UNIT



O141
Baked Beans -
Case 6 x 2.7kg Tins,
€14.45 Per CASE



JM197
Raspberry Jam
3.5kg Bucket - Follain,
€14.75 Per UNIT



T767
Chick Peas Canned 2.5kg,
€2.40 Per UNIT



JM334
Honey Pure Clear 1kg,
€5.99 Per UNIT



MS300
Heinz Tomato Ketchup Sachets
200 x 12ml,
€14.99 Per CASE



Z418101
Heinz Tomato Ketchup
Case 2 x 4.5kg,
€25.99 Per CASE



2 POINTS PER CASE

FF167

Perri Cheese & Onion Crisps 9 x 200g Per CS, €11.99 Per CASE



2 POINTS PER CASE

T622

Salamander Biscuits Wrapped x1 300 pieces, €16.99 Per CASE



2 POINTS PER CASE

WT619

Celtic pure Spring Water Still 24 x 500ml, €3.99 Per CASE



2 POINTS PER CASE

JU311

Innocent Orange Juice Smooth Case 8 x 330ml, €9.60 Per CASE



2 POINTS PER CASE

JU292

Vit Hit Mandarin & Green tea Detox Case 12 x 500ml, €12.50 Per CASE



2 POINTS PER CASE

JU293

Vit Hit Berry Boost Case 12 x 500ml, €12.50 Per CASE



2 POINTS PER CASE

JU327

Vit Hit Lean & Green Case 12 x 500ml, €12.50 Per CASE



2 POINTS PER CASE

JU341

Vit Hit Immunea Dragonfruit 12x500ml, €12.50 Per CASE



CT440

Terrys Twilight After Dinner Mints- 250/Case, €17.99 Per CASE

4 POINTS PER CASE

Z915904

7Up Case 24 x 330ml, €9.20 Per CASE



10 POINTS PER CASE

CH1070

Grated Red Cheddar 2kg Bag, €9.50 Per UNIT



14 POINTS PER CASE

CH1625

Red Cheddar Sliced 1Kg Pack, €6.15 Per UNIT



10 POINTS PER CASE

DY213

Kerrymaid Whipping Cream Case 12 x 1Ltr, €23.00 Per CASE



12 POINTS PER CASE

DY133

Kerrymaid - 2kg Tub, €4.25 Per UNIT



10 POINTS PER CASE

DY278

Butter 82% Salted Case 40 x 250g, €55.00 Per CASE



4 POINTS PER CASE

DY333

Dromona Butter Mini Portions Case 200 x 7g, €7.95 Per CASE



6 POINTS PER CASE

EG109

Eggs Fresh Mixed 15 Dozen per Case, €18.75 Per CASE



6 POINTS PER UNIT

EG077

Pasteurised Whole Liquid Egg 10kg, €18.75 Per UNIT



4 POINTS PER UNIT

EG061

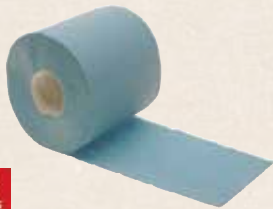
Eggs Cooked & Peeled 6kg, €17.50 Per UNIT



IC150Z

Vanilla Ice Cream (Easy Scoop) 2 x 4Ltr, €9.00 Per CASE





4
POINTS
PER CASE

PD9018

Blue Roll Centrefeed 2 Ply 150m
6 Case 1kg Roll,
€9.90 Per CASE



6
POINTS
PER CASE

PD8731

Premier Cling Film
18 Inch x 300m,
€5.85 Per UNIT



2
POINTS
PER CASE

119028

Quix Washing Up Liquid
Case 2 x 5Ltr (CHEMICAL),
€13.90 Per CASE



2
POINTS
PER CASE

PD8733

Premier Tin Foil
18 Inch x 90m,
€6.70 Per UNIT



10
POINTS
PER CASE

PD1072

12oz Mixed Colours Cross Ripple
Hot Paper Cups,
€47.00 Per CASE



4
POINTS
PER CASE

PD9089

Lotus Napkins Polar White
32 x 32cm 2ply 2000 Pcs,
€23.00 Per CASE



10
POINTS
PER CASE

PD9028

Waiter Pad 2 Ply with 10 Lines
CS 50,
€59.90 Per CASE



4
POINTS
PER CASE

PD8730

Premier Baking Parchment
18 Inch x 50m,
€4.97 Per UNIT



4
POINTS
PER CASE

PD1518

12oz/16oz White Sip Through
Lids 1000 Per Case,
€24.00 Per CASE



2
POINTS
PER CASE

PD9016

Mini Jumbo Toilet Roll 2 Ply
420gm 150m 12 Per CS,
€10.71 Per CASE



24
POINTS
PER CASE

BF223

Beef Striploin
9 - 11 kg- Irish Nature,
€13.95 Per kg



2
POINTS
PER CASE

BC040

Rashers Back Rindless
2.27kg Pack,
€8.50 Per UNIT



24
POINTS
PER CASE

BF203

Beef Striploin 7 - 7.9kg
- Irish Nature,
€16.25 Per kg



24
POINTS
PER CASE

BF100

Beef Top Rib R/Tied Beef
Hkeepers Cut 4.5-7kg - IN,
€5.30 Per kg



24
POINTS
PER CASE

LM529

Slaney Valley Lamb Leg Carvery
B/R/T 2.4-3kg,
€9.75 Per kg



24
POINTS
PER CASE

BF304

Beef Sirloin Rump 5 - 7.5kg -
Irish Nature,
€8.85 Per kg



2
POINTS
PER CASE

PK004

Tournafulla Sausages Pork-
Jumbo(8s) - Cs 4.54kg,
€11.95 Per CASE



4
POINTS
PER CASE

PK478Z

Pork Loin Rib
Case 8 x 600g App Frozen,
€21.50 Per CASE



24
POINTS
PER CASE

LM507

Slaney Valley Lamb Hind Shank
Large 2 x 560g app,
€8.45 Per CASE



10
POINTS
PER CASE

BF118

Beef Burgers Case 36 x 227g,
€38.00 Per CASE



Tel 069-20200

Email sales@pallasfoods.com

Online order.pallasfoods.com

Freefax 1800 20 20 10



BC125

Streaky Bacon Cooked 1kg,
€15.50 Per CASE



CM536

Ham Sliced 1kg Unit,
€8.90 Per CASE



TM186

Semi Dried Tomatoes 1kg Vac
Pack Unit,
€6.50 Per CASE



Z555

Roast Sweet Red Peppers 4.2kg
Tin,
€12.60 Per CASE



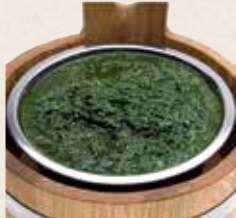
CM102

Prosciutto Ham Aged Sliced
250g Pack,
€8.50 Per CASE



PE116

PE116-Basil Pesto 1kg,
€16.80 Per UNIT



CM542

Irish Roast Beef Sliced Unit of
1kg Pack,
€13.60 Per CASE



SU125

Cream of Vegetable Soup 2 Ltr
B&B,
€6.50 Per UNIT



O337Z

Cocktail Vegetarian Spring Rolls-
1KG PACK(67),
€10.10 Per CASE



RM160Z

Ham & Cheese Jambon Unbaked
Case 36 x 110g,
€17.95 Per CASE



CC750

Roast Chicken Strips 7mm 2.5kg
Block & Barrel,
€17.50 Per UNIT



C28

Chicken Fillets Whole Cooked -
2.5kg Bag,
€16.65 Per UNIT



TY113

Turkey Butterfly - Skin on 4.5-6.5
kg,
€4.35 Per UNIT



C290

Chicken Irish Supreme Skin
On(220g app)50 per Case,
€70.10 Per CASE



D75Z

Crispy Roast Boneless Duck
Cooked - Case 10 x 600g,
€90.25 Per CASE



C216

Chicken Fillets Smoked 8 x 110 -
130g App Pack,
€10.40 Per CASE



C124Z

Chicken Hot Wings Cooked -
BBQ - 115 app- 5kg Case,
€20.80 Per CASE



D16

Barbarie Duck Breast 2 x 200-
250g per Pack GSA,
€10.80 Per kg



CC241

Chicken Fillets 50 x 170g-190g,
€41.00 Per CASE



D8Z

Silver Hill Honey Roast Half Duck
Case 10 x 300g,
€39.70 Per CASE

