

HEALTHY EATS

NOURISHING MENU IDEAS & INSPIRATION



VEGAN CUISINE
DAIRY ALTERNATIVES
GLUTEN-FREE SNACKS



EST. 1975
LOUGHNANE'S
FAMILY BUTCHERS

VEEF Burger

*A delicious, Plant-Based meat
alternative made in Ireland*

20 x 170g

Product code 493002



VEGAN

✓ Weight: 6oz Patty

✓ 31g Protein per Burger

✓ Small batch production

✓ Lower in fat than market competitors

100% Irish Made



WELCOME

With increased demand for health-focused offerings, the need to deliver exciting and satisfying food options has never been more important. So, why not jump in with some fresh ingredient inspiration that will make your menu shine? Read on for some of the newest offerings for plant-based cooking, from vegan alternatives for dairy staples to meat-free makeovers that deliver hearty and comforting meals. The shift to green eating includes meat and non-food items too, so check out the ranges of organic beef and compostable products to truly embrace sustainable dining. Tackle trendy menu fixtures like the Buddha bowl or a vegan spice bag with just a few simple ingredient swaps, and learn some easy ways to improve your vegan or vegetarian offering. From coconut cappuccinos to pulled oat curries, this is an exciting time to reinvent your menu and make the most of healthy, sustainable and nourishing ingredients.

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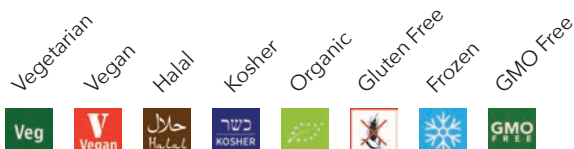
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2020 Edition 1





FLEXIBLE EATING

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GET TO KNOW YOUR VEGAN ALTERNATIVES

Sky-rocketing demand for vegan-friendly foods has seen a vast increase in the number of plant-based products available on the market, making it easier than ever before to provide delicious and inventive dishes to customers who avoid animal-based eating.



Milk

There has never been such a wide variety of plant-based milk alternatives available, and many of them can be simply used to replace regular milk in a one-to-one ratio. Flip to p.10 for a wide range of options.



Yoghurt

Similar to the milk alternatives out there, there are plenty of options here, whether you're serving a sweeter yoghurt with a dessert or using a plain one to create a dip or sauce.



Cheese

Nutritional yeast has a flavour that has been described as cheesy, nutty and savoury. Adding a tablespoon or two to soups, gravies and other sauces can add umami notes, but used in larger amounts it can make "cheese" sauces and eggless scrambles taste more cheesy and eggy.



Meat

- Faux meat is a good option for vegans and vegetarians who do miss the taste and texture of real meat, or for those following more of a flexitarian lifestyle. (Find some fantastic imitation-meat products starting from p.40.)

- Tofu can provide ample protein and — when treated right — can take on plenty of flavour. Turn to p.38 for some tips on making tofu shine.
- Jackfruit is another food taking the meat-free world by storm; with a texture similar to pulled pork, it can be married with a variety of flavours to create stunning vegan dishes from BBQ baps to chillies.
- Used in creative ways, vegetables like aubergine, cauliflower and mushrooms can replace meat with equally delicious results; think aubergine parmigiana, cauliflower piccata or mushroom pâté.



Eggs

There are several egg replacers on the market nowadays. For purely binding purposes, ground flaxseeds mixed with a little water will do the job; for filling the role of egg whites, try experimenting with aquafaba, the liquid from a tin of chickpeas.



Worcestershire sauce, fish sauce, oyster sauce

Many chefs and cooks swear by the deep savouriness of Worcestershire sauce, but the anchovies used to make it render it a no-go for vegan dishes — just like fish and oyster sauce. Swap these common ingredients out for soy sauce or miso to add that umami flavour.

Head to pallasfoods.com to find all of the produce you need for creative vegan cooking.

CHEESY DOES IT

One of the most common reasons consumers give for not being able to stick to a plant-based diet is their love of cheese. However, a growing number of standard cheese alternatives are becoming readily available.

Being able to offer products for which consumers are looking will provide a competitive edge and an opportunity to widen your customer base. Get ahead of the curve by incorporating vegan, organic or kosher-certified cheese into your menu.

Vegan or kosher?

In terms of ingredients, vegan and kosher food are one in the same, as all products that grow in the soil or on plants, bushes or trees are kosher. However, these products must be prepared in a kosher manner; it's essential to keep all dairy and meat completely separate.










According to recent market research carried out by Euromonitor International, the dairy alternatives trend is set to stay and grow, despite confidence that dairy will also remain relevant for Irish consumers.

3 WAYS WITH GOAT'S CHEESE

1. Whip it with a little olive oil, salt and pepper and serve with crispbread crackers or toasted rye.
2. Add it to mashed potato for a fresh, yet sharp twist.
3. Beat it with mascarpone, honey, cinnamon and nutmeg for a creamy dessert topping.



1209	Bergerie Sheep Fresh Cheese Mild Organic 6x100g	
CH1315	Cashel Blue Organic Whole Cheese 1.5kg	
1150	Mozzarella 6x190g	
1151	Red Cheddar Style Cheese Vegan 6x190g	
1152	White Cheddar Style Cheese Vegan 6x190g	
1155	Hard Italian Style Cheezly Vegan 6x190g (Parmy)	
122001	Violife Vegan Cheese Alternative Slices 1x200g (10 Slices)	

PERFECT PROTEIN

Eggs are an excellent source of protein, in addition to a wealth of vitamins, minerals and other nutrients. For many health-conscious consumers, eggs are a central component of their everyday diet.

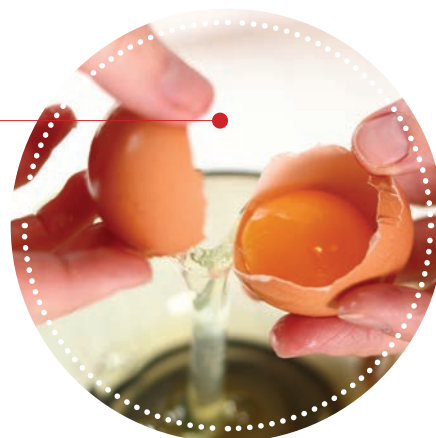


Fine lines.

For both organic and free-range labelling, laying hens must have access to the outdoors and cannot be raised in cages; for an egg to be deemed 'organic,' however, there must also be no chemicals, antibiotics or artificial fertilisers used in the birds' diet or pastures.

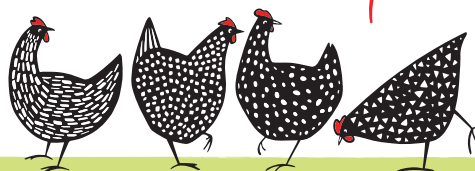
Weigh in.

When it comes to baking, weight is key. If you're using fresh eggs, remember that large ones weigh between 63 and 73g with shells on, while medium eggs are between 53 and 63g. It's always best to pop them on the scales once cracked.



A lease of new life.

Adding a spring onion and a handful of sugar snap peas to scrambled egg can bring a fresh taste to your breakfast menu. Roughly chop both and add before cooking.



According to Bord Bia, the average consumer in Ireland eats 169 eggs a year!



1300 Organic Medium Eggs 8 Dozen 16x6 retail packs

1304 Organic Large Eggs 8 Dozen 16x6 retail packs

EG090 Eggs Small Fresh Organic Case of 15 Dozen

FEELING PERKY

Know a latte

Coffee has become an essential part of daily life in Ireland, with one in three Irish people purchasing a coffee at least once a day in 2018. Revenue in the coffee segment is expected to be €634m in 2020, with a projected annual growth of 1.3% between 2020 and 2023 (Statista, 2020).

492353	Rebel Kitchen Iced Latte Case Of 12x330ml	Veg	Vegan	
492349	Rebel Kitchen Chai Latte Case Of 12x330ml	Veg	Vegan	
492355	Rebel Kitchen Matcha Latte Case Of 12x330ml	Veg	Vegan	

Spruce up your offering



On the rocks... Add iced or cold brew coffee to your menu to stay on-trend.



Going green... Join the eco-conscious movement by serving takeaway food and drink in biodegradable containers. You could even make a point of discounting customers who use glass travel mugs to join the conversation around waste reduction.

Cups & Lids

PD1249	Green Tree Double Wall Cup 8oz 1x500
PD1250	Green Tree Double Wall Hot Cup 12oz 1x500
PD1233	Slim Compostable Cold Cup 7oz 1x1,000
PD1234	Slim Compostable Cold Cup 9oz 1x1,000
PD1235	Slim Compostable Cold Cup Lid W/ Straw Hole 1x1,000

Coffee Pods & Beans

493017	Lavazza Cremoso Compostable Coffee Pods 1x16 piece
493018	Lavazza Qualita Rossa Compostable Coffee Pods 1x16 piece
493019	Lavazza Dolce Lungo Compostable Coffee Pods 1x16 piece
493138	Lavazza Alteco Organic Coffee Bean 6x1kg





COLD BREW TIPS

- 1 Grind the beans right
- 2 Use filtered water
- 3 Soak overnight
- 4 Strain slowly
- 5 Store in an airtight container
- 6 Dilute before serving

Iced coffee

Feeling chilly

The iced coffee boom presents cafés with a strong offering for reaching younger coffee drinkers; recent research shows that 66% prefer chilled coffee to sugary drinks, and that one in five new global coffee launches was iced. Cold brew, in particular, has emerged as one of the most popular offerings within the chilled coffee category.

What's the difference between cold brew and iced coffee?

Iced coffee is brewed hot and served cold, whereas cold brew is made by steeping coarsely ground coffee beans in room-temperature water for 6-12 hours. This creates a coffee concentrate that can be mixed with cold water or milk. Because it takes longer to prepare, cold brew coffee demands a higher mark-up compared to quick-brew hot coffee.



PINT OF INFORMATION

Fuelled by health and eco-conscious motives, the use of plant milks has exploded. Dairy alternatives like almond, rice and oat milk are on the rise, and according to figures published by Kantar, Irish sales of such products have increased by 40% since 2018.



What's what?

Soy milk

The original dairy alternative for lactose-free recipes.

5350	Sojade Soya Milk Natural Green Unsweetened 6x1Lt	Veg	Vegan	EU Organic	Non-GMO
5351	Sojade Soya Milk Natural Green Unsweetened 6x1Lt	Veg	Vegan	EU Organic	Non-GMO
5352	Sojade Soya Milk Vanilla and Calcium+ 6x1Lt	Veg	Vegan	EU Organic	Non-GMO
5353	Sojade Soya Cream for Cooking 24x200ml	Veg	Vegan	EU Organic	Non-GMO
9925	Alpro Soya Original UHT 5x3x250ml	Veg	Vegan	EU Organic	Non-GMO
9927	Alpro Soya For Professionals 12x1Lt UHT	Veg	Vegan	EU Organic	Non-GMO
491981	Alpro Soya Organic Unsweetened 1Lt	Veg	Vegan	EU Organic	Non-GMO



Lactose-free milk

Lactose-free milk is a milk product that contains lactase, an enzyme that helps break down lactose. You can use lactose-free milk in place of regular milk in any recipe, as it has nearly the same taste, texture and nutrient profile.

492285	Connacht Gold Lactose Free Milk Case Of 10x1Lt				Non-GMO
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Going organic

Organic milk offers the same nutrient profile as non-organic milk and comes from cows that have been exclusively fed organic feed.

492682	Organic For Us Whole Milk 6x1.75Lt	Veg	EU Organic	Non-GMO
492683	Organic For Us Low Fat Milk 6x1.75Lt	Veg	EU Organic	Non-GMO
DY476	Milk Organic Low Fat 2Lt	Veg	EU Organic	Non-GMO
DY477	Milk Organic Whole 2Lt	Veg	EU Organic	Non-GMO



Coconut milk

Coconut milk is ideal for adding a sweet twist to coffees; coconut cappuccinos are one of the trendiest offerings in cafés today.

113655	Alpro Coconut for Professionals UHT 12x1Lt	Veg	EU Organic	Non-GMO
491377	Rude Health Coconut Drink Case Of 6x1Lt	Veg	Vegan	EU Organic





Rice milk

A nut-free option that's light and ideal for cooking.

5355

Sojade Rice Milk Enriched with Calcium Case 6x1Lt Organic



Oat milk

Creamy and naturally sweet, oat milk is a barista's go-to for milky cappuccinos and iced coffees.

492052

Alpro Oatmilk For Professionals 8x1Lt



DY519

Alpro Oat Milk 8x1Lt



491399

Rude Health Oat Drink 6x1Lt



Nut milk

A nutty favourite. Makes for tasty hot chocolate, porridge or overnight oats.

491881

Rude Health Almond Drink 6x1Lt



DY522

Alpro Almond Milk for Professionals 12x1Lt



1009922

Alpro Almond Milk Unsweetened 8x1Lt



9921

Alpro Almond Original 8x1Lt UHT



491378

Rude Health Cashew Drink Case Of 6x1 Lt



Sweet treats

Chocolate or fruit-flavoured milk alternatives can be a handy grab-and-go treat.

492352

Rebel Kitchen Chocolate Orange Mylk Case Of 12x250ml



492351

Rebel Kitchen Chocolate Mylk Case Of 12x330ml



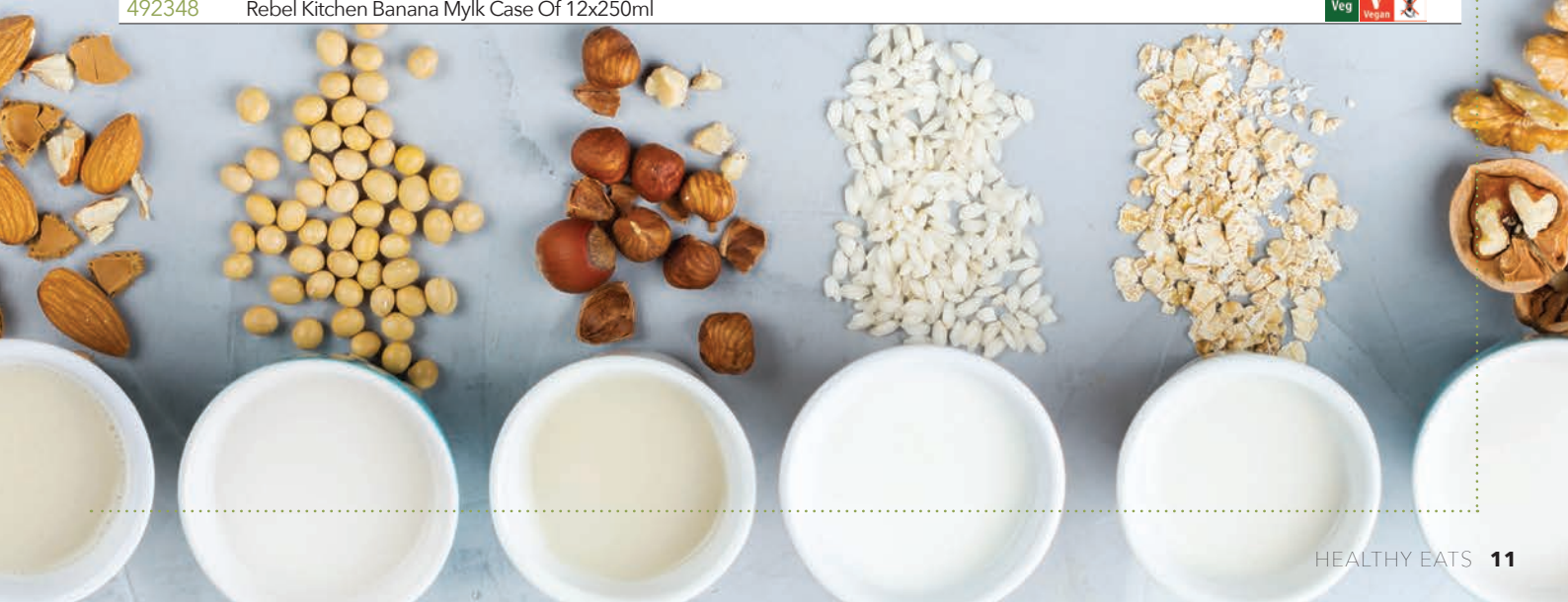
492350

Rebel Kitchen Chocolate Mylk Case Of 12x250ml



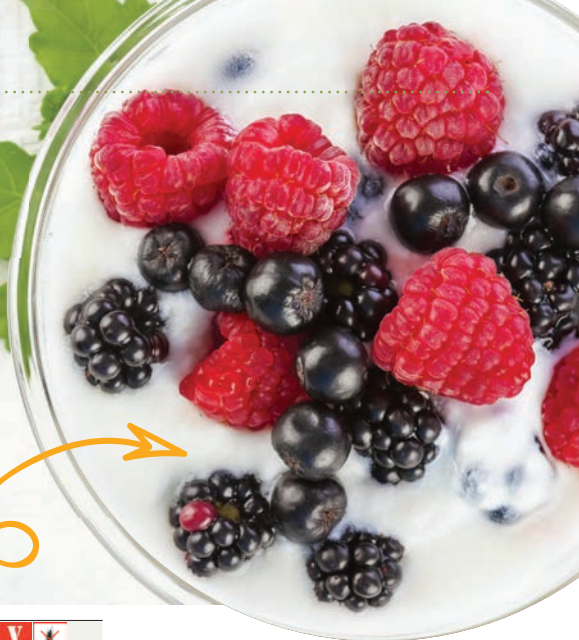
492348

Rebel Kitchen Banana Mylk Case Of 12x250ml



GET CULTURED

The range of yoghurts available is more expansive than ever, which should come as good news for restaurant owners; this grab-and-go item is as popular as ever for diners looking for convenient and healthy options, and it doubles as a cost-effective and versatile ingredient for chefs when crafting menus.



492599	Coconut Collaborative Natural Coconut Yoghurt Alternative 6x350g	Veg	Vegan	K
YT434	Glenisk Organic Wholemilk Yogurt Case 6x500g	Veg		K
YT219	Yoghurt Organic Greek Natural 6x500g	Veg		K

Va-va-vanilla!



Save time and put some extra tangy flavour in your desserts with vanilla yoghurt. Because it's already flavoured, it's ideal for use in desserts, smoothies and frozen yoghurts — a health food that feels like a treat.

Feel like adding a fruity fix to your yoghurt? Visit pallasfoods.com for all of your fresh fruit needs!

492602	Coconut Collaborative Vanilla Coconut Yoghurt Alternative 6x350g	Veg	Vegan	K
YT531	Glenisk Vanilla 0% fat Protein Yoghurt Case 12x150g	Veg		K
YT495	Glenisk Organic Vanilla Yogurt Low Fat Case 6x450g	Veg		K

Top tips for cooking with yoghurt

1. Over-stirring yoghurt may cause it to break down and thin out. Never vigorously stir, whisk or beat yoghurt. Instead, fold it into your recipes to maintain its rich and creamy consistency.
2. If you heat yoghurt too quickly, it will separate into curds and whey. Avoid this by

making sure yoghurt is at room temperature before adding it to a hot dish.

3. Speaking of heating, don't forget that when yoghurt is heated above 48°C, it loses its beneficial bacteria.
4. The acidity in yoghurt can react negatively to aluminium, so avoid using tin foil or aluminium baking dishes when using it in cooking or baking.

Very, berry delicious



For something a bit more tangy, go for berry flavoured yoghurt — a great addition to any dessert, breakfast, smoothie or snack.

1205	Bergerie Organic Sheep's Milk Yoghurt Blueberry 8x125g	Veg		K
492598	Coconut Collaborative Blueberry Coconut Yoghurt Alternative 6x350g	Veg	Vegan	K
YT526	Glenisk Greek 0% Fat Blueberry Protein Yogurt 12x150g	Veg		K



Tutti fruity

If you'd like to serve something sweeter with your menu's fruit bowl, fruity yoghurt is the perfect companion. Combining fruit and yoghurt can provide your customers with probiotics, prebiotics, high-quality protein, important fatty acids and a mixture of vitamins and minerals.

1206	Bergerie Semi Skimmed Sheep's Yoghurt-Lemon 8x125g Organic	Veg		
492600	Coconut Collaborative Mango & Passionfruit Coconut Yoghurt Alternative 6x350g	Veg		
YT525	Mango & Passion High Protein Yoghurt 12x150g	Veg		
YT539	GO20 Fat Free Yoghurt Fruit & Seed Granola 6x170g	Veg		

4 ways to cook with yoghurt

1. Cook with natural full-fat or 2% Greek yoghurt.

Unless you're making a sweet dessert where vanilla yoghurt adds a little something extra, the only kind of Greek yoghurt you should go for when cooking is plain. It's also wise to go with whole milk, full-fat Greek yoghurt for the best flavour and texture, but 2% can be used if you prefer. Avoid non-fat yoghurt; not only can it contain fillers and stabilisers that can alter the taste and texture of what you're cooking, but it also doesn't have the same rich flavour and mouthfeel as varieties with fat in them.

2. Use instead of mayo in salads and dressings.

The easiest way to start using yoghurt in your cooking is to swap it for other types of dairy or mayo. Lighten up chicken, tuna, egg, or potato salad by swapping some or all of the mayonnaise called for in a recipe with Greek yoghurt. It will make for a finished product with a pleasant tang.

3. Try it as a marinade for meat or fish.

Greek yoghurt makes for a great marinade base, as it clings to the meat while tenderising it and ensures it cooks up to be moist and flavourful.

4. Soups and pastas that are enriched with heavy cream are indeed decadent, but they can be a little too rich for modern tastes. Try using yoghurt for a lighter approach.



Something different

Yoghurt doubles as a guilt-free dessert, especially for grab-and-go cafés.

1001202	Bergerie Organic Sheep's Milk Yoghurt Chestnut 8x125g	Veg		
1391	Provamel Soya Almond Yoghurt 6x500g Organic	Veg		
1393	Provamel Soya Coconut Yoghurt 6x500g Organic	Veg		
492603	Coconut Collaborative Dairy Free Little Choc Pots Case 6x4x45g	Veg		
492605	Coconut Collaborative Dairy Free Little Salted Caramel Pots 6x4x45g	Veg		
YT530	Glenisk Coconut 0% fat Protein Yoghurt 12x150g	Veg		
YT538	GO20 High Protein Yoghurt Dark Chocolate Granola 6x170g	Veg		



Cooking with goat and sheep's milk yoghurt

The fat content and taste of goat or sheep's milk yoghurt is different to yoghurt made with cow's milk. They are higher in solid content than cow's milk, which makes them thicker and creamier. They can suit people who have reactions and a sensitivity to cow dairy, as the molecular structure of goat or sheep's milk means they are digested more quickly, causing less of a reaction.

1201	Bergerie Organic Sheep's Milk Yoghurt 8x125g	Veg		
1212	Bergerie Goat's Milk Yoghurt Organic Natural 8x125g	Veg		
1200	Bergerie Sheep Yoghurt Greek Style Case 6x250g	Veg		
1217	Vanilla Goat's Milk Yoghurt Organic 8x125g	Veg		

PLANT-BASED POWER

Vegan yoghurt isn't made from cow's milk, but that doesn't mean it's less nutritious. Vegan yoghurts are full of probiotic bacteria, which is great for the digestive system. Yoghurts made from nut milk are rich in healthy fats, antioxidants, protein, fibre, calcium, vitamins C and E, zinc, iron and magnesium. Soya yoghurt can help in blood sugar regulation and is suitable for people with diabetes. Coconut-based yoghurts can also decrease levels of bad cholesterol while raising good cholesterol.

Natural

Use vegan natural yoghurt as a replacement for sour cream or crème fraîche in plant-based cooking.



492356	Rebel Kitchen Original Mylk Yoghurt Case 6x125g	Veg	Vegan	
1168	Sojade Soya Yoghurt Natural 8x125g	Veg	Vegan	
1180	Sojade Soya Yoghurt- Natural Organic Case 6x250g	Veg	Vegan	
1183	Sojade Soya Yoghurt-Natural Organic Case 6x400g	Veg	Vegan	
1370	Provamel Soya Dairy Free Yoghurt Natural Yofu 6x500g	Veg	Vegan	
492704	Alpro Soya Yoghurt 4pk Plain 6x4x125g	Veg	Vegan	



Vanilla

Plant-based vanilla yoghurt is ideal for vegan desserts or overnight oats.

492358	Rebel Kitchen Vanilla Yoghurt Case 6x125g	Veg	Vegan	
1195	Sojade Soya Yoghurt Vanilla Organic 6x400g	Veg	Vegan	
1378	Provamel Soya Dairy Free Yoghurt Vanilla Yofu 6x500g	Veg	Vegan	
1370	Provamel Soya Dairy Free Yoghurt Natural Yofu 6x500g	Veg	Vegan	
492703	Alpro Soya Vanilla Yoghurt 6x500g	Veg	Vegan	

Alternative flavours

Exotic flavours are a welcome addition to any yoghurt range.

492706	Alpro Soya Plain with Almond Yoghurt 6x500g	Veg	Vegan	
492707	Alpro Soya Plain with Coconut Yoghurt 6x500g	Veg	Vegan	
492600	Coconut Collaborative Mango & Passionfruit Coconut Yoghurt Alternative 6x350g	Veg	Vegan	
492599	Coconut Collaborative Natural Coconut Yoghurt Alternative 6x350g	Veg	Vegan	
492602	Coconut Collaborative Vanilla Coconut Yoghurt Alternative 6x350g	Veg	Vegan	
492598	Coconut Collaborative Blueberry Coconut Yoghurt Alternative 6x350g	Veg	Vegan	
492603	Coconut Collaborative Dairy Free Little Chocolate Pots 6x4x45g	Veg		
492605	Coconut Collaborative Dairy Free Little Salted Caramel Pots 6x4x45g	Veg		

Fruity

Plant-based vanilla yoghurt is ideal for vegan desserts or overnight oats.

1185	Sojade Soya Yoghurt-Banana Organic 6x400g	Veg	Vegan	Organic	Non-GMO
490750	Sojade Soya Yoghurt Mango-Peach Organic 6x400g	Veg	Vegan	Organic	Non-GMO
1373	Provamel Forest Fruits Yofu Organic 6x500g	Veg	Vegan	Organic	Non-GMO
1184	Sojade Soya Yoghurt-Blueberry Organic 6x400g	Veg	Vegan	Organic	Non-GMO
1186	Sojade Soya Yoghurt-Cherry Organic 6x400g	Veg	Vegan	Organic	Non-GMO
492702	Alpro Yofu Strawberry 6x500g	Veg	Vegan	Organic	Non-GMO
492710	Alpro Soya Blueberry 6x500g	Veg	Vegan	Organic	Non-GMO

Flying solo

Individual pots are ideal for healthy grab-and-go options.

492354	Rebel Kitchen Mylk Yoghurt Mango & Passionfruit Case 6x125g	Veg	Vegan	Organic	Non-GMO
1173	Sojade Apricot Guava Soya Yoghurt 8x125g	Veg	Vegan	Organic	Non-GMO
1176	Sojade Lemon Soya Yoghurt 8x125g Organic	Veg	Vegan	Organic	Non-GMO
1177	Sojade Mango Peach Soya Yoghurt 8x125ml Organic	Veg	Vegan	Organic	Non-GMO
492357	Rebel Kitchen Strawberry & Raspberry Yoghurt Case 6x125g	Veg	Vegan	Organic	Non-GMO
1001178	Sojade Raspberry Passion Soya Yoghurt 8x125g Organic	Veg	Vegan	Organic	Non-GMO
1169	Sojade Soya Yoghurt Strawberry 8x125g Organic	Veg	Vegan	Organic	Non-GMO
1174	Sojade Blueberry Soya Yoghurt 8x125g Organic	Veg	Vegan	Organic	Non-GMO
1199	Sojade Raspberry & Passion Yogurt Organic 6x400g	Veg	Vegan	Organic	Non-GMO
1372	Provamel Blueberry Yofu Organic 4x125g	Veg	Vegan	Organic	Non-GMO
1377	Provamel Raspberry and Vanilla Yofu 4x125g	Veg	Vegan	Organic	Non-GMO

What's next?

Recent research has shown that sales of plant-based dairy products have increased 50% from 2018 to 2019, and a U.S. study showed that plant-based alternatives are now in 53% of households — a trend that is predicted to grow due to younger consumers' appetites for the health benefits of plant-based diets.



OVERNIGHT OATS

Overnight oats is an Instagram star that shows little sign of decreasing in popularity. Packed with fibre, low in sugar and suitable for both sweet and savoury flavours, porridge oats answer many of the calls of a changing breakfast market. The trend is particularly popular amongst Gen Z consumers; match this with the same generation's demand for plant-based eating, and you have a superstar dish for your morning menu.

OVERNIGHT OATS BOWL

Serves 2-3

200g rolled oats
1 tsp chia seeds
600ml oat milk, unsweetened
2 tsp maple syrup
1 tsp vanilla extract

For the berry compote:
100g mixed frozen berries
Splash of water
1 tbsp maple syrup

To serve:
4 tbsp smooth almond butter
Small tub Sojade raspberry & passion fruit yoghurt

100g organic granola
2 tbsp pomegranate seeds
Fresh raspberries
Chopped nuts, to garnish
Chia seeds to garnish, optional

1. Combine the oats and chia seeds in a large bowl. In a jug, combine the oat milk, maple syrup and vanilla extract, then pour over the oats and chia seeds. Cover and place in the fridge overnight.

2. For the compote, place the frozen berries in a small pot with the water and maple syrup. Bring to the boil, then lower the heat and allow to

simmer for 3-4 minutes. Remove from the heat, strain and allow to cool.

3. To serve, top each portion with some almond butter, soya yoghurt, organic granola, pomegranate seeds, fresh raspberries, chopped nuts and chia seeds.

TOP WITH
GRANOLA!

492227

Lizi's Organic Granola
10x400g







REBIRTH OF COOL

Customer demand for alternative ice cream has soared in recent years, with low-calorie or dairy-free options providing a welcome guilt-free indulgence to those following a special diet or choosing to avoid dairy. With the shift toward healthier, plant-based eating expected to continue, a new report claims that dairy-free ice cream sales are expected to surpass €1 billion worldwide by 2024 as consumers continue to reduce dairy. Make the most of your ice cream offering with trendy indulgent, DIY or nostalgic menu items: over-the-top "freak shakes" are still Instagram-worthy options; try "Build it Yourself" ice cream sundaes where customers are served their choice of ice cream with a range of toppings to fix at the table, or reinvent classic ice cream bars using plant-based ingredients.



Stock up!

491244 Ice Cream Spoons Plastic Tutti Frutti 3in 2,000x4g



Chocolate and vanilla

491438	Chocolate Dairy Free Ice Cream 6x900ml	Veg	Vegan	Kosher	Halal
491448	Vanilla Dairy Free Ice Cream 6x900ml	Veg	Vegan	Kosher	Halal
492314	Alpro Soya Vanilla Ice Cream 6x500ml	Veg	Vegan	Kosher	Halal
492315	Alpro Hazelnut & Chocolate Ice Cream 6x500ml	Veg	Vegan	Kosher	Halal
492316	Alpro Almond Salted Caramel Ice Cream 6x500ml	Veg	Vegan	Kosher	Halal
492311	Alpro 360 Chocolate Swirl Ice Cream 6x450ml	Veg	Vegan	Kosher	Halal
492312	Alpro 360 Caramel Machiato Swirl Ice Cream 6x450ml	Veg	Vegan	Kosher	Halal
492978	Glenown Vegan Chocolate & Coconut Ice Cream 2x2.5Lt	Veg	Vegan	Kosher	Halal

Fruit flavours

491447	Blueberry Dairy Free Ice Cream 6x900ml	Veg	Vegan	Kosher	Halal
491449	Raspberry Dairy Free Ice Cream 6x900ml	Veg	Vegan	Kosher	Halal
492313	Alpro 360 Mango Passionfruit Swirl Ice Cream 6x450ml	Veg	Vegan	Kosher	Halal





We chat to **David Jiscoot,**
Marketing Director for
Alpro UK & Ireland.

Tell us about Alpro's ice cream offering.

Alpro added a 100% plant-based ice cream range, Alpro 360, to its popular plant-based line-up in May 2019 — offering customers a lower-calorie ice cream option to tap into growing demand for great-tasting, 'indulgent' plant-based products that also tick the box when it comes to health.

What makes Alpro 360 ice cream unique?

Made using a soft and creamy soya base combined with delicious swirls, there are three flavours in the Alpro 360 range: Caramel Macchiato, Velvety Chocolate and Passionate Mango. Each variant has a light texture, and only 360 calories per tub — as well as the added benefit of containing no sweeteners at all.

How is market demand evolving?

The ice cream category is without doubt one of the most prevalent in frozen desserts, and with more and more customers on the lookout for luxury products that they can enjoy as part of a 'balanced' diet — as well as demand for plant-based food and drink continuing to soar — now is the time for convenience stores owners to capitalise on this trend. Valued at €31.4 million (+8%)*, the plant-based category continues to provide retailers with one of the fastest and biggest growth opportunities in food and drink.

Why choose Alpro 360?

As the plant-based sector's biggest brand, Alpro is leading the way with sales of €20.5 million to account for €6.50 out of every €10 spent on plant-based food today**, making it clear that customers should stock Alpro's 360 to drive sales growth in ice cream.

"Alpro is leading the way with sales of €20.5 million to account for €6.50 out of every €10 spent on plant-based food today"



* and ** Source: Nielsen, 2019

FEELING FLEXIBLE

When those on a flexitarian diet do choose to deviate from vegetarian eating, they're often on the hunt for ethically sourced options. Sustainability is key, and organic meat and fish are considered best.













WHAT'S THE DIFFERENCE?

While Irish beef is already pasture-reared or grass-fed, an organic certification means higher standards of animal welfare and no chemical fertilisers in the grass grazed.



Choose steak






Perennially popular and appealing to even fussy eaters, the steak dinner shows no sign of losing its status as a menu staple. Raise the stakes with organic options that make quality the priority.

491257	Goodherdsmen Beef Organic Striploin 5.5-7kg	 
491258	Goodherdsmen Beef Organic Full Fillet Chain On 2-3kg	 
9033	Goodherdsmen Organic Diced Beef Case 6x380g	 
9041	Goodherdsmen Organic Rib Eye Steak Case 6x200g	 
9047	Goodherdsmen Organic Striploin Steak Case 6x200g	 



Choose diced

Pre-diced beef is ready for you to put your own stamp on it, whether in a hearty steak and kidney pie with rich gravy and a pastry lid, a fiery, flavoursome curry or simple marinated skewers.

9033	Organic Diced Beef Case 6x380g	 
9053Z	Goodherdsmen Organic Diced Beef Case 10x400g	  



Choose mince

Versatile beef mince is ideal for use in everything from classic lasagne and chilli con carne to inspired dishes from Lao larb to Middle Eastern kofte. Ramping up the flavour and including exotic ingredients justifies a premium price point for this kitchen staple.













9031	Goodherdsmen Organic Mince Beef Case 6x380g	 
9051Z	Goodherdsmen Frozen Organic Mince Beef Case 10x400g	  



Choose burgers

Opting for top-quality pre-prepared burgers allows you to keep your focus on creating unique, luxurious and mouth-watering topping combinations, keeping this menu staple interesting and resulting in tempting photos on your social media — and your customers'.


- **Satay burgers:** Creamy coconut and peanut sauce, fresh chillies, fresh coriander, crispy fried rice noodles
- **Korean burgers:** Kimchi, gochujang, cheese sauce, runny fried egg
- **Surf 'n' turf burgers:** Sautéed prawns, garlic butter, battered onion rings, crispy bacon
- **Poutine burgers:** Thick-cut chips, gravy, cheese curds
- **Reuben burgers:** Russian dressing, sauerkraut, slaw, sliced gherkins, Swiss cheese
- **Mac 'n' cheese burgers:** Blue cheese, Cheddar and Mozzarella mac 'n' cheese, Buffalo sauce and fried pickles

9035	Goodherdsmen Organic Beef Burgers Case 6x227g	 
9037	Goodherdsmen Organic Beef Burgers Case 6x400g	 
9055Z	Goodherdsmen Frozen Organic Beef Burgers Case 10x400g	  
BF809	Goodherdsmen Organic Beef Burger Unseasoned Case 20x170g	 
LM613Z	Slaney Valley Organic Lamb Burger 5x4x200g	  



Plenty of fish

High in protein, fish and seafood speak to health-conscious customers for many reasons, so it's smart to include a range of options on the menu. White fish is particularly low in fat, while oily fish is high in essential omega-3 fatty acids.

FS988	Salmon Sides x 4 Skin On Pinned 1.4-1.7kg per side	
FS222	Portico Smoked Salmon Sliced Vac Pac 1.25kg	
FS185Z	Squid Tubes Frozen 1kg	
FS978Z	Vannamei Prawn Peeled Tail Off 13/15 P&D 1kg	
FS1090Z	Seafood Chowder Mix 1kg	
FS194	Tuna Chunks in Brine Pouch 1.025kg	
FS998	Anchovy Fillets in Sunflower Oil 720g	
9009	Pan Do Mar Mackerel in Organic Marinade 120g Tin	 





HEALTHY SNACKING

23 Snack for Good **24** Protein Power **26** Healthy Drinks **28** Virtuous Snacks
30 Gluten-Free Baking **32** Grab-and-Go Baked Goods **35** Free-From Treats **36** Vegan Baking

SNACK FOR GOOD

Snackability is one of the major trends tipped to make 2020 its year.

The “snackification” of food is rising to meet the demands of a culture that’s increasingly flexible and individual, and has been identified as one of 2020’s major food trends. (Hanni Ruetzler, 2020 Food Report.)

The traditional ‘three square meals’ no longer structure our day-to-day lives, and we adapt our eating habits more and more to flexible living. Snacks are increasingly relevant and are no longer tied to the idea of unhealthy eating. New concepts for healthy, high-quality snacks are emerging and demand from customers continues to grow.

Modern consumers demand on-the-go options that aren’t simply convenient and healthy, but actively functional — high-protein and low-sugar are two of the biggest drivers. Fibre-rich grains such as buckwheat and barley, fermented foods like kefir and kombucha and probiotic yoghurts will all feature more prominently, and plant-based options are set to dominate the sector. This year, more grab-and-go snacks will feature fresh ingredients: think hard-boiled eggs, pickled vegetables and the addition of fresh produce to nutrition bars.

[According to the Specialty Food Association’s annual State of the Specialty Food Industry research (2019-2020), everyday snacking appeals to close to half (47%) of consumers.]



PROTEIN POWER




Protein is a popular buzzword these days, whether amongst vegetarians and vegans who want to ensure they're getting enough, customers who work out regularly, or simply those who give consideration to the ratio of macronutrients in their diets. Viewed as a virtuous inclusion, protein works well in appealing to the health-conscious.









Temptation at the tills

"Treat" products that include a mention of protein in their names help impulse buys feel guilt-free.















479443	Cranberry & Coconut Protein Bar Assiette 60 pieces	Veg
479442	Coolhullfarm Pistachio Protein Bar Assiette 60 pieces	Veg
6415	Maple and Peanut Protein Disc Case 18x50g	Veg  
88571	Green And Black Chocolate Dark Organic 30x35g	Veg 










Fulfil bars

Z990201	Fulfil Peanut & Caramel Protein Bar 15x55g	Veg 
Z990250	Fulfil Dark Chocolate & Mint Protein Bar 15x55g	Veg 
Z990251	Fulfil Choc Caramel Cookie Dough Protein Bar 15x55g	Veg 
Z990252	Fulfil White Chocolate Cookie Dough Protein Bar 15x55g	Veg 
Z990253	Fulfil Milk Chocolate & Mint Protein Bar 15x55g	Veg 
492581	Fulfil Chocolate Brownie Protein Bar 15x55g	Veg 
Z990515	Fulfil Chocolate Orange Protein Bar 15x55g	GMO

Pulsin snacks

492984	Pulsin Cashew & Maca Raw Chocolate Brownie 18x35g	Veg  
492985	Pulsin Super Berry & Cashew Chocolate Brownie 18x35g	Veg  
492986	Pulsin Almond & Raisin Raw Chocolate Brownie 18x35g	Veg  
6414	Pulsin Super Berry Raw Chocolate Brownie 18x50g	Veg  
6419	Pulsin Vanilla Chocolate Chip Protein Booster Bar 18x50g	Veg  
6421	Pulsin Mint Choc Chip Protein Snack 18x50g	Veg  

YES bars

Z990430	YES Sea Salt & Dark Chocolate Almond Nut Bar 24x32g	Veg   
Z990429	YES Cranberry & Dark Chocolate Almond Nut Bar 24x32g	Veg   
Z990428	YES Beetroot & Apple Fruit Bar 24x32g	Veg   

What does protein do for our bodies?

1. Curbs hunger levels

The three macronutrients – fats, carbs, and protein – affect your body in different ways. Studies show that protein provides high levels of satiety, helping our bodies feel and stay full with less food.

2. Increases muscle mass

Protein is the building block of your muscles. Eating adequate amounts of protein helps maintain muscle mass and promotes muscle growth and repair during strength training.

3. Good for your bones

Protein has major benefits for bone health. People who eat more protein tend to maintain bone mass better as they age.



SO SMOOTH

Try marketing protein-packed menus to gym-going clientele; be sure to highlight protein shakes, smoothies or even pancakes to the fitness niche who will view these as providing a creative, delicious and beneficial meal solution.



Protein power!

Adding protein powders to smoothies increases their appeal, as customers know they'll be kept satisfied for longer.

9101	Pulsin Pea Protein Isolate Powder 6x250g	Veg	Vegan	No Eggs
9102	Pulsin Hemp Protein Powder Unsweetened 250g	Veg	Vegan	No Eggs
9103	Pulsin Pea Protein Isolate Powder 6x1kg	Veg	Vegan	No Eggs
9104	Pulsin Hemp Protein Powder 6x1kg	Veg	Vegan	No Eggs
9105	Pulsin Soya Protein Isolate Powder 6x250g	Veg	Vegan	No Eggs
9107	Pulsin Soya Protein Isolate Powder 6x1kg	Veg	Vegan	No Eggs
9108	Pulsin Whey Protein Isolate Powder 6x250g	Veg	No Eggs	No Eggs
9109	Pulsin Whey Protein Isolate Powder 6x1kg	Veg	No Eggs	No Eggs
9112	Pulsin Sprouted Rice Protein Powder 6x250g	Veg	Vegan	No Eggs
9114	Pulsin Sprouted Rice Protein Powder 6x1kg	Veg	Vegan	No Eggs

4-INGREDIENT PROTEIN PANCAKES

Whisk 2 eggs, 2 scoops of protein powder, 1 teaspoon of baking powder and 6 tablespoons of water or protein milk until smooth. Cook on a medium-hot pan until light and fluffy, then serve with honey and fresh fruit.

492427

Connacht Gold Protein Milk
Case Of 12x500ml



GUILT-FREE GULPS

With more customers actively pursuing a low-sugar lifestyle, it's smart to offer healthier ready-to-drink alternatives that stand out from the sweet, carbonated crowd. Fruit and vegetable-based options are ideal for appealing to today's health-conscious consumer from breakfast time right through the day.

Juices vs. smoothies

The difference between the two lies in the preparation. Juicing involves extracting the water and nutrients from vegetables and fruits, separating the indigestible fibre from the juices. On the other side, smoothies are prepared using blenders which pulverise the fruits and vegetables as a whole. The entire vegetable or fruit skin with all the fibre is included, keeping blood sugar levels more stable.

**100% PURE
JUICE. CERTIFIED
ORGANIC.**

These juices can be added to smoothies or combined with water. A little drop goes a long way.

We're dedicated to sourcing and supplying our customers with a wide range of produce from Ireland and beyond – perfect for making smoothies or juices from scratch.

Juices

Biona Juices

6506	Biona Organic Beetroot Juice 12x500ml	Veg	Vegan	EU	Non-GMO
6531	Biona Apple Juice Organic 6x1Lt Glass	Veg	Vegan	EU	Non-GMO
6533	Biona Carrot Juice Organic 6x1Lt Glass	Veg	Vegan	EU	Non-GMO
6536	Biona Red Grape Juice Organic 6x1Lt Glass	Veg	Vegan	EU	Non-GMO
6507	Biona Organic Pomegranate Juice 6x1Lt Glass	Veg	Vegan	EU	Non-GMO
6508	Biona Organic Cherry Juice 6x1Lt Glass	Veg	Vegan	EU	Non-GMO
6515	Biona Organic Pomegranate Juice 6x200ml Glass	Veg	Vegan	EU	Non-GMO
6523	Biona Organic Cranberry Juice 6x330ml	Veg	Vegan	EU	Non-GMO
6524	Biona Elderberry Juice 6x330ml	Veg	Vegan	EU	Non-GMO
6534	Biona Organic Cranberry Juice 6x750ml Glass	Veg	Vegan	EU	Non-GMO
6536	Biona Red Grape Juice 6x1Lt Glass	Veg	Vegan	EU	Non-GMO

Innocent Juices

491861	Innocent Juice Plus Wonder Green 8x330ml	Veg	Vegan	Non-GMO
491862	Innocent Juice Plus Bolt From The Blue 8x330ml	Veg	Vegan	Non-GMO
491864	Innocent Juice Plus Berry Set Go 8x330ml	Veg	Vegan	Non-GMO







Smoothies

JU912	Innocent Berry Protein Super Smoothie 8x360ml	Veg	Vegan	Non-GMO
JU343	Innocent Super Smoothie Invigorate 8x360ml	Veg	Vegan	Non-GMO
JU344	Innocent Super Smoothie Energise 8x360ml	Veg	Vegan	Non-GMO
JU345	Innocent Super Smoothie Recharge 8x360ml	Veg	Vegan	Non-GMO
JU913	Innocent Super Smoothie Uplift 8x360ml	Veg	Vegan	Non-GMO



Coconut water

6450	Biona Coconut Water Organic Case 12x330ml (Can)	Veg	Vegan	EU	Non-GMO
JU513	Innocent Coconut Water 8x500ml	Veg	Vegan	Non-GMO	
492548	Innocent Water With Lemon Apple & Ginger 8x400ml	Veg	Vegan	Non-GMO	
6452	Vita Coco 100% Pure Coconut Water 12x330ml	Veg	Vegan	Non-GMO	













Shakes

Z213713	Kinetica Protein Shake Vanilla Caramel 12x330ml	Veg		
Z990202	Kinetica Milk Protein RTD Strawberry 12x330ml	Veg		
Z990203	Kinetica Milk Protein RTD Chocolate 12x330ml	Veg		

Water

491440	Smart Water Still 24x600ml	Veg		
492757	Ishka Sparkling Spring Water 24x500ml			
492928	Ishka Still Spring Water 24x500ml			
492803	Ishka Sports Cap Still Spring Water 24x500ml			
492802	Iskha Still Spring Water 24x250ml			
492804	Ishka Still Spring Water 12x750ml			
492805	Ishka Still Spring Water 12x1Lt			
492506	Ishka Still Spring Water 8x2Lt			
492807	Ishka Still Spring Water 2x5Lt			
















Vitamin Water

JU291	Vit Hit Citrus Revive 12x500ml	Veg		
JU292	Vit Hit Mandarin & Green Tea Detox 12x500ml	Veg		
JU293	Vit Hit Berry Boost 12x500ml	Veg		
JU327	Vit Hit Lean & Green 12x500ml	Veg		
JU341	Vit Hit Immunita Dragonfruit 12x500ml	Veg		
JU479	Vit Hit Perform Mango & Passionfruit 12x500ml	Veg		



FABULOUS FERMENTS

Kombucha is enjoying a moment in the spotlight as a health-focused grab-and-go beverage. Fat-free and a natural probiotic, it's a fantastic alternative to soft drinks and — when stocked behind a bar — even alcoholic options.

1006472	SynerChi Kombucha Pear And Matcha Tea 12x330ml	Veg			
1006473	SynerChi Kombucha Oranges & Lemon 12x330ml	Veg			
6471	SynerChi Kombucha Ginger & Lemongrass 12x330ml	Veg			
6475	SynerChi Kombucha Raspberry & Rosehip 12x330ml	Veg			
6477	SynerChi Kombucha Sencha Tea 12x330ml	Veg			







VIRTUOUS SNACKS

Snacks have become more than a quick way to beat hunger or an impulse treat on the run, and are now viewed as a valuable contribution towards a holistic, nutritious diet. Consumers are on the hunt for whole food items with recognisable signals for health benefits; terms like wholegrain, high-fibre and high-protein are attractive, as are superfood ingredients ranging from seaweed to turmeric.





Sweet Bars

Z495341	Kind Dark Chocolate & Sea Salt Bar 12x40g	Veg	
Z495342	Kind Peanut Butter & Dark Chocolate Bar 12x40g	Veg	
Z495343	Kind Caramel & Almond & Sea Salt Bar 12x40g	Veg	
Z495344	Kind Maple Glazed Pecan & Sea Salt Bar 12x40g	Veg	
Z495345	Kind Almond & Coconut Bar 12x40g	Veg	





Popcorn

Z990204	Propercorn Lightly Sea Salted 24x20g	Veg		
Z990205	Propercorn Sweet & Salty 24x30g	Veg		

Crispbreads

6193	LPDF Organic Coconut Crispbread 6x125g		
6205	LPDF Organic Multigrain Crispbread 6x125g		
6207	LPDF Organic Chestnut Crispbread 8x300g		
6195	LPDF Organic Fig Crispbread 6x125g	Veg	

Crisps

492610	Cali Cali Tijuana Hot Sauce Crisps 21x28g	Veg	
492611	Cali Cali Thai Town Sweet Chilli Crisps 21x43g	Veg	
492613	Cali Cali Golden State Tangy Cheese & Onion Crisps 21x28g	Veg	
492617	Cali Cali Baja Buffalo Cipotle Crisps 21x28g	Veg	

NUTS & FRUITS

Healthy snacks are a crucial part of your grab and go offering. Positioned at the till, they can inspire impulse buys amongst would-be snackers. Shoppers are also increasingly looking for ways to be healthy without giving up great taste, and packaged nuts and dried fruit fall neatly into the category of healthier choices.

Fruit is an important part of a nutritious diet, and dried fruit products such as apricots provide a convenient and fibre-dense delicious way to consume more fruit.

Nuts are good sources of healthy fats, fibre and protein. Repeated studies have shown that nuts provide a number of health benefits, including reducing the risk of heart disease.

Dried Fruit

4501	Crazy Jack Soft Dried Apricots Case 6x250g Organic	Veg	Vegan		
4505	Crazy Jack Soft Dates Case 6x250g Organic	Veg	Vegan		
4511	Crazy Jack Soft Dried Figs Case 6x250g Bag Organic	Veg	Vegan		
4521	Crazy Jack Soft Dried Prunes CS 6x250g Bag Organic	Veg	Vegan		

Snack Mixes

492636	Good Snack Company Protein Nut Mix 18x50g	Veg	Vegan		
492643	Good Snack Company Almond Pecan Cranberry Mix 18x50g	Veg	Vegan		
492636	Cranberry Goji Berry Seed Mix 18x50g				

Nuts

492642	Good Snack Company Cashew Nuts 18x45g	Veg	Vegan		
492641	Good Snack Company Brazil Nuts 18x45g	Veg	Vegan		
492637	Good Snack Company Smoked Almonds 18x45g	Veg	Vegan		
492635	Good Snack Company Chilli Cashews 18x45g	Veg	Vegan		
492633	Good Snack Company Honey Cashews 18x45g	Veg	Vegan		
492634	Good Snack Company Salted Cashews 18x50g	Veg	Vegan		

Coated Nuts & Raisins

492640	Good Snack Company Yoghurt Raisins 18x50g	Veg			
492639	Good Snack Company Chocolate Raisins 18x45g	Veg			
492638	Good Snack Company Chocolate Peanuts 18x50g	Veg			

BAKE IT BEST

These handy tips will ensure that your bakes can be enjoyed by all.

GLUTEN-FREE BAKING 101

Careful now

One of the biggest concerns with gluten-free baking is cross-contamination and the use of ingredients with hidden gluten. If you are using a stand mixer that has had gluten-containing flours in it, be sure to properly wash and sanitise the machine's entire interior and exterior before you use it. The same goes for measuring cups, baking pans and cooling racks. If your utensils are wooden or plastic and are well-worn, consider buying new ones to use specifically for gluten-free baking.

Separate storage

Gluten-free baked goods should be stored and served separately from biscuits containing gluten. Some people are less sensitive than others, but people with coeliac disease can become very ill if their food comes into any contact with gluten.



Free to fill

Keep your options open with these gluten-free tartlet cases, ready to fill with anything you like.

DT724	Gluten Free Neutral Tartlet 5cm 70x24g	Veg	Halal
DT726	Gluten Free Neutral Tartlet 8.5cm Butter 27x27g	Veg	Halal

Always read labels

There can be hidden gluten in things you would never expect. Some of the most surprising culprits include flavouring extracts, cooking oil sprays and even some types of chocolate chips and sprinkles. Be sure to check that the icing you're using is are gluten-free, too; these can sometimes contain flour to keep the icing from becoming too sticky.

Tried and tested

Use a good flour blend or follow a recipe that has been tested when baking. It can take a while to adjust to gluten-free baking, so take the time to experiment and find your groove.

Take the cake

Whether as part of a dessert menu or as stand-alone options ready to accompany that afternoon coffee, pre-prepared and pre-sliced cakes take the stress out of providing gluten-free alternatives to your customers.



CE976Z

Gluten Free Lemon Cheesecake Presliced 14 Portions



CE975Z

Gluten Free Rhubarb & Strawberry Cheesecake Presliced 14 Portions



CE236Z

Gluten Free Raspberry & Gin Cheesecake 12 Portions





CE1369Z
Gluten Free Carrot Cake
Case 1x14 Portions



CE1370Z
Gluten Free Chocolate Fudge
Cake Case 1x14 Portions



CE980Z
Toblerone Cake Gluten Free
1x12 Portions



CE996Z
Apple Pie Gluten Free Case
1x750g



T485Z
Peanut & Caramel Cake
Gluten Free 1x12 Portions



CE240Z
Gluten Free Sticky Toffee
Pudding 1x12 Portions



T485Z
Peanut & Caramel Cake
Gluten Free 1x12 Portions



CE241Z
Gluten Free Blackcurrant &
Prosecco Cheesecake 1x12
Portions



















CE1399Z
Gluten Free Strawberry
Cheesecake 1x12 Portions



















GLUTEN-FREE GRAB-AND-GO

Market innovations mean that modern gluten-free options make no compromise on flavour.



1 CE1329Z	Gluten Free Caramel Squares Case 12x80g	 
2 CE1350Z	Gluten Free Fruit Scone Case 30x85g Individually Wrapped	 
3 CE1349Z	Gluten Free Chocolate Brownie Case 36x55g	 
4 479476	Gluten Free Danish Apple & Cinnamon 24x90g Individually Wrapped	 
5 CE235Z	Vegan Crazy Carrot Traybake 1x18 Portions	 
6 CE1328Z	Gluten Free Rocky Road Indivd Wrap Case 12x80g Individually Wrapped	 
7 CE237Z	Vegan Flapjack 1x12 Portions	 
8 CE1352Z	Gluten Free Lemon Slice Case 36x55g Individually Wrapped	 



CE1351Z	Gluten Free Blueberry Muffin Case 24x110g Individually Wrapped	 
CE1461Z	Gluten Free Chocolate Chip Muffin 24x110g	 
CE2045Z	Gluten Free Croissant 24x70g Individually Wrapped	 
479475	Gluten Free Chocolate Croissant 24x75g Individually Wrapped	
CE963	Gluten Free Macaroon Individually Wrapped 24x70g	
CE966	Gluten Free Chocolate Brownie Wrapped 18x60g	
CE193	Gluten Free Broderick's Rocky Road 20x50g	
7040	Gluten Free Lemon Zest Cookies 12x150g Organic	  
7041	Gluten Free Stem Ginger Cookies 12x150g Organic	  



Stephen McCormack and family
McCormack's Family Farms, Co. Meath

Our suppliers

At Pallas, we believe in supporting Irish and buying local as much as possible. We do this to support Irish jobs, Irish growers and Irish producers, and to ensure we get the freshest of produce to your door.

We have long-established relationships with our produce partners and continue to work with them to ensure that produce from Pallas is always market fresh.

www.pallasfoods.com



FREE-FROM TREATS

There's no reason to leave those following special diets out of the mix when it comes to sweet things.

Everyone deserves to treat themselves sometimes, and making sure you're catering to gluten-free and vegan eaters carries several benefits:



Generates sales on which you might otherwise miss out.



Helps to inspire repeat business, as these customers know your establishment is one in which they can find what they need.



Attracts new customers — happy clientele are likely to tell others with the same dietary requirements where they can find that croissant or slice of cake.



Coffee companions

Pastries are an easy sell with the tea and coffee offering in any café or coffee shop.

CE2045Z	Gluten Free Croissant 24x70g	 
479475	Gluten Free Chocolate Croissant 24x75g	 
479476	Gluten Free Danish Apple & Cinnamon 24x90g	 

CE1161Z

Fruit Scone (Gluten Free & Wheat Free)
12x95g Case



VEGAN BAKING

Egg replacements

There are a few ingredients out there that can replace eggs in baked goods, including mashed banana and ground flax seeds mixed with a little water. Take the time to experiment and find a replacement that gives you the results you're looking for.

All for aquafaba

Aquafaba is the name given to the liquid in a tin of chickpeas, and using it in your baked goods is a great way to repurpose kitchen waste. Aquafaba is a lifesaver when it comes to vegan bakes because it behaves almost exactly like egg whites — it can be whipped to fluffy peaks and used to make meringues. Just like when making regular meringue, make sure your bowl is spotlessly clean. You can add 1-2 drops

of vanilla extract to mask any lingering chickpea aroma, and adding a stabiliser like xanthan gum will help the finished product to hold together.

Think about fats

Vegan margarine is an excellent substitute for butter that provides good value for money. You can also use coconut oil in place of butter, at a one-to-one ratio. Some recipes call for oil instead of solid fat, so look for a neutral option such as Irish rapeseed oil, as stronger ones like olive will add a strange flavour to your baking.

No honey, honey

It's easy to forget that honey is not considered vegan. Swap it out for an equal amount of maple syrup or agave.

Sweet enough

Opt for plain, unsweetened non-dairy milk alternatives to give you more control in your baking. Soy and nut milks can almost always be swapped for regular milk in a one-to-one ratio. Tinned coconut milk, however, has too high a fat content to work in the same way.

Yeasty does it

Yeast is a fungus, like mushrooms, and as such is suitable for vegans. As long as the yeast has not been prepared using animals or animal products, the yeast itself is perfectly fine.



Vegan-friendly

Tasty treats made without dairy.



CE233Z
Vegan Caramel Apple Pie
1x14 Portions



CE234Z
Vegan Chocolate Fudge
Cake 1x14 Portions



CE235Z
Vegan Crazy Carrot Traybake
1x18 Portions



CE237Z
Gluten Free Vegan Flapjack
1x12 Portions



CE238Z
Vegan Chocolate Chip
Orange Pudding 1x12 Portions



121161
Vegan & Gluten Free Chocolate
& Coconut Tart 1x14 Portions



121612
Lactose & Gluten Free Vegan
Raspberry Almond Tart



T484Z
Almond Almond Cake with
Daim Gluten Free 1x12 Portions



Try serving vegan cakes with dairy-free ice cream, fresh fruit, fruit coulis or whipped coconut cream. To make whipped coconut cream, chill it first, then whip to soft peaks as you would regular cream and add flavourings and/or sweeteners as desired.



GOING MEAT-FREE

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IN THE KNOW

These healthy eating trends are here to stay. Be sure you know them inside and out to understand the needs and wants of the modern consumer.

Vegan

The vegan diet includes no animal products whatsoever, ruling out meat, fish, eggs and dairy. The no-go area also encompasses foods that are produced by or with disruption to the animal's natural life, such as honey. Vegans also avoid any foods containing animal by-products, such as whey protein or casein, so be sure to double-check ingredient lists.



Vegetarian

A vegetarian regime means eating no meat or fish, but can include foods like dairy, eggs and honey. Watch out for hidden problems in common cooking ingredients like Worcestershire sauce, which contains anchovies.



Pescatarian

Pescatarian eating is similar to vegetarianism, but includes fish and seafood.



Flexitarian

A flexitarian diet, also known as semi-vegetarianism, is one that is predominantly plant-based, but occasionally includes meat or fish. It's a way of eating that shifts the focus towards vegetables, fruits, legumes, whole grains and sometimes dairy and eggs, and in which meat and fish are viewed more as an infrequent indulgence or even an occasional side dish. Depending on the individual approach, it might mean eating meat or fish only on the weekends, only for one or two meals a week, only on special occasions or simply whenever the person is really craving it. In addition, it often means only ethically sourced meat and fish (e.g. organic or wild) are included on those occasions.



MEZZE, MEAT-FREE

In establishments offering antipasti platters and boards, it pays to offer vegetarian versions to cater for those who want the option of enjoying a casual sharing plate without consuming animal products. Not only can this appeal to groups that include a mixture of omnivores, vegans and vegetarians — with everyone at the table able to share the same selection — but it's easy to incorporate into your offering, as many of the options can feature across several different platters.



Olives

are the backbone of any mezze or antipasti platter and are also valuable vegan-friendly source of healthy fats.

Black Olives

492442	Pitted Kalamata Olives Black 2x2.5kg	Veg	Vegan	✗
492432	Whole Kalamata Olives In Sunflower Oil 2kg	Veg	Vegan	✗
492426	Volo Whole Black Olives in Sunflower Oil 2x2kg	Veg	Vegan	✗
492483	Pitted Sundried Moroccan Olives 2x1kg	Veg	Vegan	✗
492509	Unpitted Sundried Moroccan Olives 2x1kg	Veg	Vegan	✗
492505	Pitted Kalamata Olives 3x150g & Unpitted Kalamata Olives 3x150g	Veg	Vegan	✗

Green Olives

492500	Mammoth Pitted Green Olives 2x2kg	Veg	Vegan	✗
492433	Mammoth Whole Green Olives 2x2kg	Veg	Vegan	✗
492507	Pitted Green Olives 3x150g & Unpitted Green Olives 3x150g	Veg	Vegan	✗
492777	Double Stuffed Green Olives Garlic & Jalapeno 2x1kg	Veg	Vegan	✗

Stuffed Olives

492500	Greek Olives Stuffed With Garlic 2x2kg Unit	Veg	Vegan	✗
492433	Green Olives Stuffed With Pimento 2.5kg & Red peppers 2x2kg Unit	Veg	Vegan	✗
492445	Green Olives Stuffed With Almonds 2x2kg Unit	Veg	Vegan	✗
OV267	White Cheese Stuffed Olives 2kg Unit	Veg	Vegan	✗
OV268	Sundried Tomato Stuffed Olives 2kg Unit	Veg	Vegan	✗
492504	Mixed Stuffed Olives Garlic 2x150g & Almond 2x150g & Red Pepper 2x150g	Veg	Vegan	✗




Olive Mix

OV271	Taste of Sicily Olives Unit 4x2.15kg	Veg	Vegan	✗
492444	Mixed Garden Herbed Olives 2.2kg	Veg	Vegan	✗
492502	European Antipasti Mix 2.2kg	Veg	Vegan	✗
492428	Tuscan Sun Olive Mix 2.2kg	Veg	Vegan	✗
492443	Pitted Mediterranean Olive & Feta Mix 6x150g	Veg	✗	✗
92508	Pitted Mediterranean Olive & Feta Mix Unit 2x2kg	Veg	✗	✗
492778	House Mix 2x1kg	Veg	Vegan	✗
492781	While Sicilian Nocellara Olives 2kg Unit	Veg	Vegan	✗
492777	Double Stuffed Green Olives Garlic & Jalapeno 2kg Unit	Veg	Vegan	✗




Dips & Spreads

492506	Mixed Pastes & Pesto - Sundried Tomato Pesto 2x150g & Black Tapenade 2x150g & Smoked Semi Dried Tomato Pesto 2x150g	Veg	
1044	Florentin Tzatziki Organic 6x170g	Veg	
1049	Hummus Trio (3x80g) 6 per Case Organic	Veg	
492779	Luxury Beetroot Hummus 6x1kg	Veg	
490756	Florentin Wasabi Hummus 170g Organic	Veg	
490755	Florentin Baba Ganoush Organic 6x200g	Veg	
1121	Vegi Deli Beanfeast Paté 6x150g	Veg	
YT149	Glenisk Organic Creme Fraiche 6x250g	Veg	
492614	Florentin Hummus Jalapeno 6x170g	Veg	
492615	Florentin Hummus Coriander 6x170g	Veg	
492616	Florentin Hummus Avocado 6x170g	Veg	
492616	Florentin Hummus Plus 6x170g	Veg	
PE116	Basil Pesto 6x1kg	Veg	
VG174	Traditional Hummus 6x1kg	Veg	
VG176	Chilli Basil Garlic Hummus 6x1kg	Veg	
PE114	Sundried Tomato Pesto 6x1kg	Veg	
PE115	Smoked Semi Dried Tomato Pesto 6x1kg	Veg	




Falafel

1015	Florentin Organic Falafel Case 6x280g Tray	Veg	
1016	Florentin Falafel Nuggets Organic 6x280g	Veg	
492585	Florentin Mini Falafel 8x150g	Veg	

Sun-Dried & Roasted Tomatoes

TM180	Oven Roasted Semi Dried Tomatoes 2x1,150g	Veg	
492482	Slow Roasted Tomatos Segments 3x200g & Cherry 3x200g	Veg	
TM181	Semi Dry Cherry Tomatoes In Sunflower Oil 2x1,150g	Veg	
TM186	Semi Dried Tomatoes 1kg Vac Pack Unit	Veg	
TM187	Semi Dried Cherry Tomatoes 1kg Vac Pack Unit	Veg	
TM188	Semi Dried Sliced Tomatoes 1kg Vac Pack Unit	Veg	

Vegetable Accompaniments

492503	Pepper Drops Mixed Case Red & Yellow 2x1kg of each	Veg	
492501	Garlic & Shallots 2kg Unit	Veg	
VG326	Peppalicious Peppers Stuffed with Cheese 2kg Unit	Veg	

READY, STEADY, EAT!

66% OF VEGANS, 63% OF VEGETARIANS
AND 48% OF FLEXITARIANS LISTED FINDING
CONVENIENCE FOOD AS ONE OF THE TOP CHALLENGES
THEY FACE AS A RESULT OF THEIR CHOSEN DIET.

(Bord Bia, 2018)



Ready to go

2003Z	Clive's Arabian Chickpea Pie Organic 6x235g	Veg	Vegan				
2007Z	Clive's Creamy Mushroom Pie Organic 6x260g	Veg	Vegan				
2021Z	Clive's Aloo Gobi Gluten Free Pie Organic 6x260g	Veg	Vegan				
2025Z	Clive's Lentil & Olive Gluten Free Pie Organic 6x260g	Veg	Vegan				



On the deli counter

1141	Vegetarian Turkey Style Roast 6x390g	Veg	Vegan	Halal			
1142	Vegetarian Beef Style Roast 6x390g	Veg	Vegan	Halal			
1140	Cheatin Gammon Style Roast Case 6x390g	Veg	Vegan				
1114	Vegi Deli Beef Style Slices 100g Case 6x100g	Veg	Vegan	Halal	Kosher		
1115	Cheatin Ham Style Slices 100g Case 6x100g	Veg	Vegan				
1136	Cheatin Streaky Style Rashers 6x115g	Veg	Vegan				
1118	Vegi Deli Sage and Onion Slices Tray 6x100g	Veg	Vegan	Halal	Kosher		
2515Z	FRY'S Vegetarian Polony (Slicing Sausage) 10x500g	Veg	Vegan	Halal	Kosher		
1135	Cheatin Turkey Style Slices 6x100g	Veg	Vegan	Halal	Kosher		
1131	Cheatin Chicken Style Slices 6x100g	Veg	Vegan	Halal	Kosher		

MEET THE SUPPLIER

We chat to **Tanja Diemer,**
Key Account Manager for **Florentin.**



What kind of products do you supply?

We are Florentin and we are passionate about good, wholesome real food. The Mediterranean, where mezze is a way of life, is our endless source of inspiration. The region's moderate climate, fertile soil and culinary traditions produce exceptional ingredients bursting with freshness, rich in flavour and vibrant in colour. We are always on the search for the finest ingredients and are constantly developing and refining our recipes to combine traditional flavours and authentic recipes with culinary innovation.

How would you describe your products?

Our organic kitchen provides a growing selection of sun-kissed dishes bursting with flavour, best enjoyed around the table with good company, as if you were under the sun and by the sea.

What makes your products unique?

We believe organic food is food as it should be. The equation is simple: food that is ethically and sustainably sourced not only tastes better, but *is* better — for us, for the soil and for the environment. By working closely with organic suppliers, we support sustainable practices that work in harmony with nature to produce good, honest and wholesome food. We use no artificial ingredients and we never add flavours, colours and aromas that do not belong in our food, whether artificial or natural. We believe you can taste the difference.

Tell us more about your ingredients.

We are committed to producing tasty and nutritious food the right way, while making a positive impact. Our recipes contain high-quality natural organic ingredients that are:

- Bursting with flavour, nutrients and goodness
- Free from chemicals and pesticides
- Non-GO
- Cultivated sustainably
- Ethically sourced
- Mindful of the environment
- Transparent and traceable
- Quality assured

"By working closely with organic suppliers, we support sustainable practices that work in harmony with nature to produce good, honest and wholesome food."



To ensure all of our organic products are as nourishing as they are delicious, we keep the production process as natural as possible. We offer wholesome organic foods free from chemical fertilisers, herbicides and pesticides, and full of goodness. Our products also contain few to no allergens, meaning that everyone can enjoy them, from omnivores to flexitarians, vegetarians and vegans.

Why did you choose to work with organic produce?

Good food begins in the soil, which is why we like to know everything about our ingredients all the way back to when they were wee seedlings. Organic farming requires intensive care and dedication but in turn, it promises to protect the soil and the environment — and it tastes better. We work closely with local suppliers that are involved in the entire cultivation process, from seed to the final product. This way, we can guarantee the superior quality of our organic ingredients.

How else do you focus on quality?

In order to guarantee quality and food safety standards as well as to ensure the complete traceability of all of our products, our batches in the field and in the factory are controlled and monitored by our managers in collaboration with our suppliers. All of our products undergo the strictest quality control procedures by both our own laboratories and an external laboratory service, constantly monitoring the products from source to table.

QUALITY PRODUCE YOU CAN TRUST

SUPPORTING IRISH



A champion of Irish suppliers, we will always source locally where possible and where the product is available to our standards.

INNOVATION



Our buyers and produce specialists are dedicated to serving the ever-changing needs of our customers to supply the widest possible range of both staple and new innovative products.

QUALITY FIRST



Our strong relationship with suppliers both in Ireland and abroad means we deliver the highest quality fresh produce to our customers throughout the year.

Chill factor

Flash-frozen and packed, frozen produce is often as nutritious as fresh and is an ideal way to keep fruits and vegetables ready for smoothies, bakes or mix-ins.

2211Z	Natural Cool Leaf Spinach Portions Organic 8x450g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2213Z	Natural Cool Peas Box Organic 8x450g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2217Z	Natural Cool Summer Veg Mix Box Organic 8x450g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2219Z	Natural Cool Sweet Corn Box Organic 8x450g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2251Z	Natural Cool Berry Mix Bag Organic 10x300g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2253Z	Natural Cool Blueberries Bag Organic 10x300g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2255Z	Natural Cool Raspberries Organic 10x300g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2257Z	Natural Cool Sour Cherries Organic 10x300g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2259Z	Natural Cool Strawberries Bag Organic 10x300g	Veg	Vegan	Organic	Flash-frozen	Ready to eat
2372Z	Natural Cool Peas Organic 8x450g	Veg	Vegan	Organic	Flash-frozen	Ready to eat

HOW TO EAT GREEN

Millennial and Gen Z consumers are more concerned with sustainable eating than any previous generation. Meet them where they are with the green options they demand.

What does eating green mean?

By eating green, you're eating whole, nutritious, minimally-processed foods that are healthy for you and the environment. By doing so, you can help to reduce carbon emissions and lower our dependence on fossil fuels.

Does this mean we all have to become vegans or vegetarians?

No, not at all. But it does mean that your meaty choice would often be bumped from the hero place on your plate to a side dish, or "accompaniment".

If you're a meat-eater and still want to enjoy it, make sure that the animal products you choose to eat are raised ethically and sustainably. Look out for labels and certifications to look for when purchasing animal products that

distinguish how the animals were raised, slaughtered and processed:

So how do you eat green exactly?



Stay in season

Eating green doesn't just mean cutting down on animal products, but also focusing on veggies and fruit that are in season and grown locally.



Cut back on waste

Average organic waste — the majority of which is food waste — is about 40% (StopFoodWaste.ie). Cutting back on waste can help save the environment, but can also appeal to waste-conscious consumers when communicated efficiently to them.

We ensure that our customers receive the finest and freshest produce throughout the seasons.



HOW TO BUILD A BUDDHA BOWL

Buddha bowls are at peak popularity: healthy, highly versatile and easy to tailor to all tastes and dietary restrictions. They also can be made ahead and are easily transportable, making them an ideal candidate for a takeaway lunch offering during the working week.

What is a Buddha bowl?

Similar to macro bowls, Buddha bowls are made up of whole grains, vegetables, lean protein and healthy fats such as avocado, nuts and seeds.

It is said that Buddha carried a bowl with him on his journeys and accepted food as donations, which he would eat at the end of the day; this is where they got their name.

Follow these easy steps to create a perfect bowl...

Start with whole grains.

Build your bowl on a base of brown or wild rice, quinoa, farro, buckwheat, millet, spelt berries or bulgur.

Add veggies.

A combination of both cooked and raw veggies is optimal for providing a mixture of nutrients and textures. For the cooked component, try broccoli, cauliflower, mushrooms, peppers, beetroot, carrots, courgettes, peppers or onions; for the raw, crunchy veg, chop or grate carrots, cucumbers, cabbage, tomatoes, radishes or spring onions.

Dress it up.

Your dressing should add serious interest and be appealing enough to call out on the menu; more than a finishing touch, it's a vital component of the bowl. Creamy plant-based options go down well — think tahini or avocado-based dressings. Add a touch of acidity with chimichurri, or some heat with a sesame-chilli oil.

Add protein.

Buddha bowls are generally vegetarian, leaning heavily on beans or tofu for protein. However, feel free to pump up the protein by adding lean fish or chicken. Tofu can be baked in a marinade of equal parts olive oil and low-sodium soy sauce for added flavour and improved texture.

The perfect finish.

Sprinkle over toasted seeds or nuts: pumpkin seeds, sunflower seeds, sesame seeds, toasted almonds, walnuts or pine nuts work well. Add some chopped fresh herbs — like basil, mint, dill and/or coriander — and finally top with fresh sprouts, such as sunflower sprouts, radish sprouts or pea shoots.

When product is available and to the required standard, we buy Irish. It is that simple.



VEGAN BUDDHA BOWLS

Serves 2

For the sautéed kale:

200g curly kale
2 tbsp olive oil
2 garlic cloves, crushed
Sesame seeds
Sea salt and black pepper, to taste

For the roast chickpeas:

200g chickpeas
4 tbsp olive oil
2 tbsp cumin

For the dressing:

1 tbsp wholegrain mustard
1 tbsp honey
1 garlic clove, peeled and crushed
1 tsp balsamic vinegar
2 tbsp cider vinegar
6 tbsp olive oil
Salt and black pepper

For the bowls:

1 avocado
½ heads of red cabbage, shredded

300g red quinoa, cooked
1 small carrot, cut into matchsticks
60g sprouted seeds
6 radishes, sliced

1. Blanch the kale in boiling water for five minutes, then drain. Heat some olive oil in a frying pan and sauté the garlic for one minute. Add the kale and cook for 4-5 minutes. Season well and sprinkle with sesame seeds

2. Drain and rinse the chickpeas, pat dry and place on a baking tray. Drizzle over the olive oil and sprinkle over the ground cumin. Toss to combine and roast for 15 minutes or until golden brown and crispy. Season with salt and pepper to taste.

3. For the dressing, whisk together the mustard, honey, crushed garlic, balsamic and cider vinegar in a large bowl. Slowly add in the oil while still whisking. Season to taste.

4. Halve, pit and peel the avocado. Place one half of the avocado cut side down and slice the flesh as thinly as

possible. Thinner slices will be easier to bend into shape.

5. Fan out the avocado slices so that they form a long line with the slices overlapping each other. Starting from one end, curl the avocado slices toward the centre. Continue curling the slices to form a rose shape. Sprinkle with lemon juice to avoid discoloration if not using straight away. Repeat with the second avocado half.

6. Dress the shredded cabbage with two tablespoons of the dressing.

7. Place the red quinoa as the base layer in two bowls. Dress the top with the sautéed kale, roasted chickpeas, shredded cabbage, carrot sticks, sprouted seeds, sliced radishes and avocado roses. Dress with more honey mustard dressing to serve.

Customise this to your own preferences using our wide array of fresh, healthy produce. Swap the kale for our fresh baby spinach, choose carrots in a rainbow of colours or finish with a sprinkle of shiny pomegranate seeds.

MEAT-FREE MAKEOVERS: SAUSAGES

Whether served as part of a classic comfort food dish such as bangers and mash, as a crucial component of a breakfast roll or as a crowd-pleasing barbecue option during the summer months, sausages are always a popular (and cost-friendly) centre plate item.

With many retailers hopping on the trend for vegan alternatives to sausages — and making headlines on social media for doing so — it's important not to get left behind.



Keep it classic

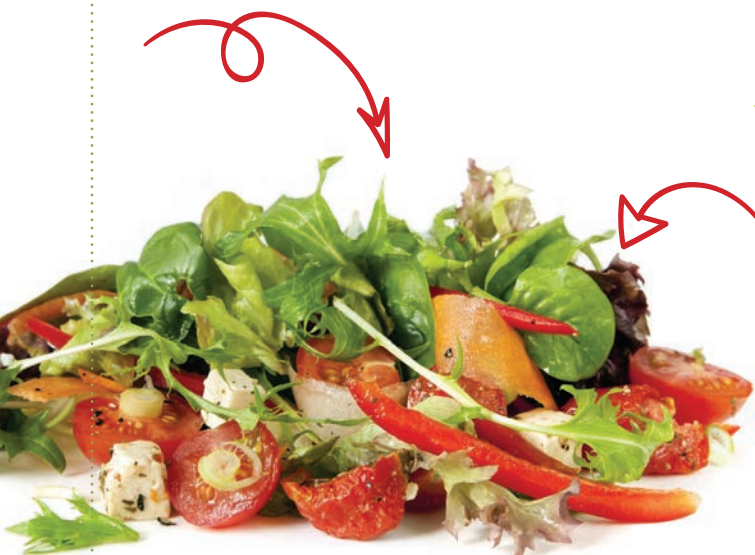
Herby sausages are perfect for creating meat-free versions of warming winter fare like bangers and mash or traditional hotpots.

1124	Lincolnshire Style Sausages 6x8x36.88g	Veg	Vegan	Halal	Kosher	Gluten Free
1119	Vegi Deli Sage and Marjoram Sausages 6x295g	Veg	Vegan	Halal	Kosher	Gluten Free
2519Z	FRY'S Vegetarian Traditional Sausages 10x8x47.5g	Veg	Vegan	Halal	Kosher	Gluten Free

Ingredient inspo

Experiment with using flavoursome vegan sausages in curries, stews or hearty pasta dishes.

491317	Eden Vegan Sausage 40x50g	Veg	Vegan	Halal	Kosher	Gluten Free
1120	Vegi Deli Gourmet Sausage Oregano and Basil 6x300g	Veg	Vegan	Halal	Kosher	Gluten Free
2504Z	FRY'S Vegetarian Braai Flavour Sausages 10x8x47.5g	Veg	Vegan	Halal	Kosher	Gluten Free



Super sambos

Get inventive with your sausage sandwiches at breakfast and brunch, elevating them to a gourmet level and allowing for a higher profit margin. Experiment with different breads, toppings and sauces. Try:

- Sun-blushed tomatoes, whole-grain mustard mayo, rocket
- Apricot jam, melted Gruyère
- Thyme compound butter, caramelised onions, watercress
- Mozzarella, pesto, roasted cherry tomatoes
- Sauerkraut, stewed apple and Dijon mustard
- Philly-style roasted peppers and onions, melting cheese sauce
- Veggie bean chilli, grated Cheddar, sour cream, spring onions
- Tomato relish, soft-fried egg, house-made potato rösti, sautéed mushrooms
- Hoisin sauce, spicy pineapple salsa, mixed leaves

1449	Taifun Wiener Frankfurters Organic Case 6x300g	Veg	Vegan	Halal	Kosher	Gluten Free
1451	Taifun Organic Grill Sausage Case 6x250g	Veg	Vegan	Halal	Kosher	Gluten Free
112484	Quorn Sausage Pattie 5x2kg		Veg	Halal	Kosher	Gluten Free
2511Z	FRY'S Vegetarian Hot Dogs 10x8x47.5g	Veg	Vegan	Halal	Kosher	Gluten Free
492577	Vegan Sausage Roll 100x55g	Veg	Vegan	Halal	Kosher	Gluten Free
492578	Mini Vegan Jambon 100x35g	Veg	Vegan	Halal	Kosher	Gluten Free
492481	Premium Vegan Sausage Roll 55x150g	Veg	Vegan	Halal	Kosher	Gluten Free



Rolling out

Many retail and restaurant outlets are introducing vegan sausage rolls and they have continued to take the marketplace by storm to keep up with customer demand. Whether part of your party platter offering or a staple on your deli counter, these meat-free marvels look like they're here to stay.

2520Z Frys Vegetarian Cocktail Sausage Rolls 10x4x400g



MEAT-FREE MAKEOVERS: CHICKEN

Meat substitute products are an easy way to offer menu items that are adaptable for vegetarian or flexitarian eating, doubling the choice on your menu without twice the work. Simply offer that curry with either chicken or chicken-style pieces!

Fillets

Fillets and schnitzels are ideal to serve as is or in chicken sandwiches, burgers or a decadent parmigiana. Experiment with a veggie-friendly katsu curry or a hearty cacciatore-style stew.

55748	Quorn Plain Fillets 1x72x52g							
2522Z	FRY'S Vegetarian Crumbed Schnitzels 6x320g Case	Veg	Vegan	Halal	Kosher			
1427	Biona Spelt & Almond Cutlets Organic Case 6x200g	Veg						

Dippers

Serve chicken-style dippers as you would chicken nuggets, with creative dipping sauces or in wraps with salad. Sweet, sticky sauces have infinite craveability; try a soy and honey glaze, or a fiery mango-chilli option.

1096	Vegi Deli Chicken Style Pieces Case 6x150g	Veg	Vegan	Halal	Kosher			
118851	Quorn Southern Fried Bites 5x2kg	Veg	Vegan					
2513Z	FRY'S Vegetarian Chicken Style Nuggets 380g	Veg	Vegan	Halal	Kosher			
118850	Quorn Vegan Nuggets 5x2kg	Vegan		Halal				

Strips

Chicken or beef style strips make a simple substitute for the meat in fajitas, curries, salads, pasta dishes, stir fries or on pizzas or flatbreads.

2502Z	FRY'S Vegetarian Beef Style Strips 10x380g	Veg	Vegan	Halal	Kosher			
2509Z	FRY'S Vegetarian Chicken Style Strips 10x380g	Veg	Vegan	Halal	Kosher			



VEGETARIAN SPICE BAG

Serves 2-3

1 pack Quorn dippers or nuggets
Vegetable oil, for cooking
1 red pepper, sliced
1 green pepper, sliced
1 large onion, sliced
500g Lamb Weston Skin-On Fries
1-2 mixed chillies, sliced
1 tbsp of spice bag seasoning
Fresh parsley, chopped

1. Cook the Quorn dippers or nuggets according to package instructions.
2. Heat some oil in a frying pan, sauté the peppers, onions and chilli and set aside.
3. Deep-fry the fries until golden and crispy, then transfer to a large bowl. Add the Quorn with the pepper and onion mixture. Add the spice bag seasoning and toss to combine. Garnish with extra chilli and fresh parsley, to serve.



RE-INVENT THE CHIPPER

Try some of these plant-based alternatives to the chipper favourites!

1117	Vegi Deli Fish Style Fingers 8x26.88g	Veg	Vegan	Free from	Gluten free
2523Z	FRY'S Vegetarian Spiced Burgers 4x80g	Veg	Vegan	Free from	Gluten free
123480	Quorn Vegan Fishless Fingers 80x20g	Veg	Vegan	Free from	Gluten free
128244	Quorn Vegan Salt & Vinegar Fishless Fillets 200g	Veg	Vegan	Free from	Gluten free



MEAT-FREE MAKEOVERS: BURGERS

It's worth considering whether the meat-free burger you offer should be imitation meat, or stand proud as visibly veggie; both carry appeal for different types of eaters. Lifelong vegetarians may be more likely to plump for a patty that shouts about its vegetable base, while flexitarians may prefer a meatier meat-free option.



Veg-heavy

VG966Z	Vegan Pulled Oats Veggie Burger 4x1.6kg	Veg	Vegan	כשר	Kosher	
VG967Z	Vegan Pulled Oats Veggie Natural Mince 4x1.5kg	Veg	Vegan	כשר	Kosher	
1097Z	Eden Beetroot Premium Veg Burger 20x120g	Veg	Vegan	כשר	Kosher	
1099Z	Eden Spinach & Feta Slider 4x60g	Veg		כשר	Kosher	
491316	Eden Curried Cauliflower Burger 20x120g	Veg		כשר	Kosher	
1010Z	Eden Garden Premium Vegetable Burger 20x120g	Veg	Vegan	כשר	Kosher	
492632	Eden Beetroot & Kale Bites 120x20g	Veg	Vegan	כשר	Kosher	

Meaty yet meatless

VG967Z	Vegan Pulled Oats Veggie Natural Mince 4x1.5kg	Veg	Vegan	כשר	Kosher	
1130	Vegi Deli Meat Free Quarterpound Burger 42x2x114g	Veg	Vegan	כשר	Kosher	
2505Z	FRY'S Vegetarian Traditional Burgers 4x80g	Veg	Vegan	כשר	Kosher	
2507Z	FRY'S Vegetarian Chicken Style Burgers 4x80g	Veg	Vegan	כשר	Kosher	
490934	Biona Energy Burgers Case 4x250g Organic	Veg		כשר	Kosher	
30116	L Mc Vegetarian Quarter Pounder Burger 24x113g	Veg	Vegan	כשר	Kosher	
491090	Beyond Burger 42x113.5g	Veg	Vegan	כשר	Kosher	
109371	Quorn Southern Style Burger 5x1kg	Veg		כשר	Kosher	
128417	Quorn Ultimate Burger 5x2kg	Veg	Vegan	כשר	Kosher	
493002	Loughnanes Veef Burger 20x170g	Veg	Vegan	כשר	Kosher	
492971	Loughnanes Veef Mince 4x500g	Veg	Vegan	כשר	Kosher	

TOP TIP



Any truly desirable burger is much more than the patty. To make yours as mouthwatering as possible – whether classic meat or plant-based – put ample thought into buns, toppings and sauces, considering factors like flavour contrasts and crunch.

Beautiful buns

114262	9" Gluten Free Sub Rolls Mixed Case, White & Multigrain 15x85g				
P228Z	Bread Breakfast Rolls Gluten Free Case 30x80g				
BR353Z	Burger Buns Gluten Free Case 27x80g	Veg	Vegan	כשר	Kosher
BR783Z	Gluten Free Burger Bun with Sesame seed 20x90g	Veg	Vegan	כשר	Kosher
492537	Vegan Burger Bun 48x70g	Veg	Vegan	כשר	Kosher

ULTIMATE VEGAN BURGER

Serves 2

For the curried mayonnaise:

4 tbsp vegan mayonnaise
1 tsp curry powder
½ tsp honey

For the slaw:

2 tbsp cider vinegar
1 tbsp Dijon mustard
3 tbsp olive oil
¼ head of red cabbage, finely sliced
¼ head of white cabbage, finely sliced
1 carrot, grated
Salt and black pepper

For the burgers:

2 Eden curried cauliflower burgers

Vegan burger buns

½ tub of hummus

Lettuce

Tomato, sliced

1 avocado, sliced

Red onion, sliced

1. Combine the mayonnaise, honey and curry powder and set aside for a minimum of 30 minutes to allow the spices to infuse into the mayonnaise.

2. Whisk the vinegar, mustard and oil in a large bowl, then add the cabbage and carrots. Toss to combine and season to taste.

3. Cook the vegan burgers according to the package instructions.

4. To assemble, spread curried mayonnaise on the bottom half of toasted buns and hummus on the tops. Top with lettuce, sliced tomato, the cauliflower patties, avocado, red onion and some of the slaw. Close over with the top buns.

5. Serve with sweet potato fries and extra curried mayonnaise.



We chat to **Eimear Owens,** Sales Manager for **Santa Maria**

Tell us about your exciting new offering!

We're thrilled to introduce Pulled Oats by Gold & Green, on the market in Ireland since January 2019. We've created a new revolutionary plant-based protein simply by mixing oats, broad beans and peas. That's it. Oats are the vegetarian game changer that have been in your kitchen all along!

What makes your pulled oats so special?

We make them without using soy, lactose, preservatives or any other additives. This is a complete meat alternative that will make your flexitarian meat-loving customers just as happy as your full-blown vegans. Adding greener, healthier food to the menu doesn't get any easier or any better.

What are the health benefits?

Our Pulled Oats products are naturally packed with fibre, minerals and antioxidants, giving it a higher nutritional value than any other protein in the market. This is good food, clean and simple, with more protein and less fat than chicken, beef or pork. Our Pulled Oats products are super versatile and absorb flavour well. They're also pre-cooked, making them fast and easy to use.

What are the other advantages?

Pulled Oats promote sustainability. Not only is this a cleaner product, it is also a greener one. Oats provide a wealth of nutrition and are one of the most ecologically sustainable crops you can grow. It is the perfect choice on the menu for guests who are just as conscious about their health as about our planet.

What products are available in Ireland?

We supply three pulled oats products in Ireland:

- Pulled Oats Veggie Mince Natural
- Pulled Oats Veggie Balls Classic
- Pulled Oats Veggie Burgers



"Oats are the vegetarian game changer that have been in your kitchen all along!"



MAKE IT SHINE

There are plenty of ways to make your meat-free menu offerings tempting for both vegetarians and carnivores alike!

- Develop menus to provide a greater choice, including fewer meat-focused options and more plant-based dishes.
- Put as much thought into the composition of a plant-based meal as you would any other, considering texture and appearance as well as balance of flavours.
- Ensure chefs are trained in plant-based cooking and recipe development.
- Turn to global flavours and in-season vegetables for inspiration. Many Asian cuisines are rich and varied in their vegetarian and vegan options, with zero sacrifice of flavour or interest.
- Add layers of umami flavour using vegan-friendly foods like soy sauce, mushrooms, seaweed and miso.

We love serving the island of Ireland the freshest produce, from farm to fork.

DID YOU KNOW?

Language matters! Research from the World Resources Institute (WRI, 2017) suggests that the language used on a menu affects the degree of uptake on any given dish. Rather than explicitly stating that a dish is meat-free, vegetarian, vegan or calling out 'healthy restrictive' attributes (such as low-fat) — all of which were shown in this study to *reduce* appeal — focus instead on emphasising the provenance, flavour and the look and feel of a dish.

APPEALING LANGUAGE CAN BOOST MAINSTREAM DINERS' APPETITE FOR PLANT-RICH FOODS

DON'T USE

- Meat-free
- Vegan
- Vegetarian
- Healthy restrictive

DO USE

- Provenance
- Flavour
- Look and feel

WHAT ARE PULLED OATS?

Pulled oats are the latest trend in vegan meat replacements, joining jackfruit amongst the ranks of plant-based alternatives to classic dishes such as pulled pork and barbacoa. Incorporate convenient pulled oat products into your tacos, curries, chillies, over nachos or piled into floury baps or ciabattas for luxurious meat-free sandwich options.

Not only are pulled oats a great way to replace meat in a vegan diet, but they're also loaded with fibre, protein, vitamins and minerals, making them a nutritionally sound part of any eating regimen.



PULLED OAT CURRY

Serves 2-4

2 tbsp coconut oil
1 onion, diced
1 tsp fresh chilli, chopped
1 x thumb-sized piece of fresh ginger, grated
4 garlic cloves, crushed
1 tbsp ground coriander
2 tbsp ground cumin
2 tbsp garam masala
2 tbsp Madras curry powder
2 tbsp tomato purée
1 x 400g tin of chopped tomatoes
100g creamed coconut
1 can coconut milk
800g pulled oat mince
100g ground almonds
2 tbsp mango chutney
Fresh coriander, chopped

1. Melt the coconut oil in a pot over a medium heat. Add the onion and chilli and cook for 5-6 minutes until softened. Add the ginger and garlic and continue to cook for 3-4 minutes.
2. Add the ground coriander, cumin, garam masala and curry powder and fry for five minutes before adding the tomato purée. Fry for one minute longer.
3. Add the chopped tomatoes, creamed coconut and coconut milk and simmer for 15 minutes until reduced.
4. Blend sauce until smooth, taste and season accordingly.
5. Add the pulled oat mince, ground almonds and mango chutney and cook until piping hot.
6. Garnish with chopped coriander and serve with rice.

**Try this with pulled oat
veggie balls!**

VG968Z

Vegan Pulled Oats Veggie Balls
Classic 1.5kg



VEGAN SAAG WITH TOFU

Serves 2-4

1 block of tofu, cubed
1 tsp cumin seeds
1 onion, diced
2 tomatoes, diced
6 garlic cloves, crushed
5-6cm piece of fresh ginger, peeled and grated
2 tsp garam masala
½ tsp ground turmeric
450g spinach
1 x 400g tin of coconut milk
Sea salt and black pepper

To serve:

Basmati rice

1. Preheat the oven to 190°C. Place the tofu on a baking tray and bake for 20 minutes until it is browning on the outside.
2. In a pot, dry-roast the cumin seeds over medium heat for 2-3 minutes. Add the onion and cook for 5-6 minutes until soft and translucent.
3. Add the tomatoes, garlic, ginger, garam masala and turmeric and cook for roughly five minutes. Add spinach and allow to wilt.
4. Add the coconut milk and season well with salt and pepper. Simmer for 15 minutes. Pour into a blender and blitz until smooth. Return to the pot, add the baked tofu and keep warm until ready to serve.
5. Serve with basmati rice.



ALL ABOUT TOFU



Which type is right?

- **Silken tofu** is undrained and unpressed, and has a custardy texture. Silken tofu can have different consistencies depending on how much soy protein it contains, and works well in creamy and blended foods like smoothies, desserts, puddings, salad dressings, sauces and dips. It can also be used as an egg substitute in baking.
- **Soft tofu** is similar to silken tofu. It is slightly less smooth but can be used in the same ways.
- **Medium tofu** is denser than silken and soft but still fairly delicate. It can work well in gently simmered soups and stews like miso or sundubu-jjigae. Depending on the brand, it may be interchangeable with firm tofu.
- **Firm tofu** absorbs flavours well and can be stir-fried and pan-fried (how well it will hold together depends on the brand). It's also great crumbled and used as an alternative to scrambled eggs.
- **Extra-firm** tofu holds its shape well and is excellent for slicing, cubing and all kinds of frying. It can also be baked, grilled or crumbled and used in a similar manner to mince.
- **Super-firm tofu** is very dense with a high protein content. It won't fall apart and there is less water to cook out, so it can be a good choice when you're in a hurry. However, it can also dry out during dry cooking methods like baking.

Get pressed

Pressing vastly improves the texture of tofu and is particularly important in recipes where the tofu will be fried. Even firm and extra-firm tofu require some pressing in order to be effective in most recipes.



If you don't have a specialised tofu press, simply use this easy method:

1. Fold a length of kitchen paper into quarters, or use a clean tea towel.
2. Place on a plate, then place the block of tofu on top.
3. Place another layer of folded kitchen paper or a clean tea towel on top of the block of tofu.
4. Place a heavy cutting board on top.
5. Place a weight on top of the cutting board, such as tins of beans or a cast iron pan.
6. Let the tofu sit for at least 30 minutes. The weight will gradually squeeze the moisture out of the tofu. If the paper becomes fully saturated, you may need to replace it with fresh sheets and continue pressing until the paper stops absorbing moisture.
7. Continue with your tofu recipe.

1051	Lord of Tofu Italiano (Basil) Tofu Organic 5x160g	Veg	Vegan	EU	UK
1065	Lord of Tofu Natural Tofu Case 5x200g Organic	Veg	Vegan	EU	UK
1083	Lord of Tofu Smokies Tofu Sausages Organic 5x3x40g	Veg	Vegan	EU	UK
1456	Taifun Organic Tofu Rosso Demeter Case 6x200g	Veg	Vegan	EU	
1457	Taifun Organic Tofu Olive Demeter Case 6x200g	Veg	Vegan	EU	
1001069	Lord of Tofu Philosophers Tofu 5x170g Organic	Veg	Vegan	EU	UK
1001085	Lord of Tofu Tofu Burger Organic 5x120g	Veg	Vegan	EU	UK



VEGAN RAMEN

Serves 2

2 garlic cloves, roughly chopped
1 x 6cm piece of fresh ginger, sliced
4 tbsp brown rice miso paste
1l good-quality vegan stock
2 tbsp soy sauce, plus a splash extra
1 tbsp veg or sunflower oil
150g mushrooms, sliced
100g ramen or rice noodles
100g broccoli
1 head pak choi, halved
25g beansprouts
1 carrot, peeled and cut into fine matchsticks

2 radishes, sliced
60g cannellini beans
1 spring onion, sliced

To garnish:
Sesame seeds
Sesame oil
Soy sauce
Kimchi

1. Place the garlic in a saucepan with the ginger, miso, stock and soy. Simmer, cover and bubble for five minutes until the ginger is soft. Strain into a clean pan.
2. Meanwhile, sauté the mushrooms in the oil until

golden brown. Deglaze with a dash of soy sauce and set aside.

3. Cook the noodles for one minute less than package instructions, so they retain a little bite. Drain and leave in the pan with a little cooking water so they don't stick together.

4. Charrill the broccoli and pak choi and set aside.

5. Divide the noodles between two deep bowls, and ladle over the broth and vegetables. Top with the beansprouts, carrot, sliced radishes, beans and spring onions and add any garnishes of choice.

We source only the best and freshest produce from our local Irish growers. Come to us for all of your fruit and vegetable needs.

Pair it with vegetarian spring rolls!

O337Z

Cocktail Vegetarian Spring Rolls -
1kg 67 per pack





60





FROM THE STORE ROOM

Loving legumes

Beans, chickpeas and lentils are a nutritious and inexpensive source of protein, and form the bedrock of many meat-free meals. Experiment with bean burgers, pâtés, salads or dips.

5 HEALTH BENEFITS OF BEANS AND LENTILS

Packed
with
protein

Prevent
fatty
liver

Anti-
oxidant-
rich

Promote
heart
health

Help
control
metabolism

3981	Biona Aduki Beans Organic Case 6x420g	Veg	Vegan	
3982	Biona Baked Beans Organic Case 6x420g	Veg	Vegan	
3984	Biona Black Beans Organic Case 6x400g	Veg	Vegan	
3985	Biona Blackeye Beans Organic Case 6x400g	Veg	Vegan	
3986	Biona Butter Beans Organic Case 6x400g	Veg	Vegan	
3988	Biona Chick Peas Organic Case 6x400g	Veg	Vegan	
3990	Biona Haricot Beans (White) Organic Case 6x400g	Veg	Vegan	
3992	Biona Mixed Beans Organic Case 6x400g	Veg	Vegan	
3993	Biona Pinto Beans Organic Case 6x400g	Veg	Vegan	
3994	Biona Lentils Vert Organic Case 6x400g (Puy)	Veg	Vegan	
1003987	Biona Cannellini Beans Organic Case 6x400g	Veg	Vegan	
1003991	Biona Lentils Organic Case 6x400g	Veg	Vegan	
1003995	Biona Red Kidney Beans Organic Case 6x400g	Veg	Vegan	
1003998	Biona Organic Borlotti Beans 6x400g	Veg	Vegan	
1003999	Biona Organic Black Chick Peas 6x400g	Veg	Vegan	
3397	Biona Sweetcorn Organic Case 6x340g	Veg	Vegan	

Go nuts

Nut butters are valuable sources of protein for vegans and vegetarians, and make delicious additions to baked goods or savoury meals. Use peanut butter to create a satay sauce, or pair with dark chocolate for healthy yet tempting treats. Almond butter can add texture and flavour to veggie burgers, or can be paired with mascarpone and fresh berries in a decadent stuffed French toast brunch option. Try using tahini to make creamy vegan salad dressings, falafels or a dip for your mezze platter.



5225	Meridian Organic Peanut Butter Crunchy No Salt 6x1kg	Veg	Vegan	EU	Non-GMO
5224	Meridian Organic Peanut Butter Smooth No Salt 6x280g	Veg	Vegan	EU	Non-GMO
5219	Meridian Organic Tahini Dark Case 6x270g	Veg	Vegan	EU	Non-GMO
5227	Meridian Organic Almond Butter Case 6x170g	Veg	Vegan	EU	Non-GMO
5231	Meridian Organic Crunchy Peanut Butter 6x280g	Veg	Vegan	EU	Non-GMO



Stock up

Bouillons and stocks are a fundamental item in every commercial kitchen, and their longevity makes them ideal items for buying in bulk. Always be sure to use vegetarian products in meat-free dishes.

5462	Marigold Organic Vegetable Bouillon Red Pot 6x500g	Veg	Vegan	EU	Non-GMO
5471	Marigold Vegetable Bouillon Powder Green Pot 6x500g	Veg	Vegan	EU	Non-GMO
5463	Marigold Organic Vegetable Bouillon Powder Red Pot 6x150g	Veg	Vegan	EU	Non-GMO
5494	Marigold Vegetable Bouillon Powder Green Pot 6x150g	Veg	Vegan	EU	Non-GMO



Make the switch

Consider using only gluten-free stocks across your menu to avoid risk of cross-contamination to coeliac customers, with no sacrifice to quality or flavour.

Z180	Lucul Vegetable Bouillon Gluten Free & Lactose Free 1kg Tub	Veg	Vegan	EU	Non-GMO
Z250	Lucul Chicken Bouillon Gluten Free & Lactose Free 1kg Tub				
Z179	Lucul Beef Bouillon Gluten Free & Lactose Free 1kg Tub				
5461	Marigold Organic Vegetable Bouillon Red MSG Free Gluten Free 900g	Veg	Vegan	EU	Non-GMO
5470	Marigold Vegetable Bouillon Powder Green MSG Free Gluten Free 1kg	Veg	Vegan	EU	Non-GMO
MS413	Fish Bouillon Lucul 12x800g				






Cut the salt

Modern customers are increasingly watchful of sodium levels. Reduced-salt stocks and bouillons make it easier to control seasoning, so that you can make sure every dish has just enough to enhance those flavours.

5466	Reduced Salt Vegetable Bouillon Purple MSG Free Gluten Free 8x1kg	Veg	Vegan	EU	Non-GMO
5467	Marigold Reduced Salt Vegetable Bouillon Purple 6x500g	Veg	Vegan	EU	Non-GMO
5464	Marigold Organic Reduced Salt Vegetable Bouillon Powder 6x140g	Veg	Vegan	EU	Non-GMO
5496	Marigold Reduced Salt Vegetable Powder 6x150g	Veg	Vegan	EU	Non-GMO

Corners worth cutting

Making demi-glace may not be difficult, but it is time-consuming. Save your precious kitchen time for creativity where it counts by turning to pre-prepared options.


MS412	Demi Glaze Powder Lucul 12x500g	
5460	Marigold Gravy Mix Powder Organic no MSG 6x110g	   



A note on nutritional yeast



























Nutritional yeast is a fantastic way to add a cheesy flavour to vegan-friendly meals, and happens to be naturally gluten-free, too. Make good use of it in vegan versions of:

- Savoury baked goods, such as cheese and jalapeño scones
- Sauces for mac 'n' cheese, lasagnes, gratins and similar dishes
- Fresh pestos, in place of Parmesan
- Queso dip, ideal for vegan nachos
- Cheesy soups, e.g. Cheddar and broccoli
- Salad dressings, such as a vegan Caesar
- Scrambled tofu, in place of scrambled eggs

5485	Marigold Engevita Yeast Flakes with Zinc 6x125g	  
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Safely saucy

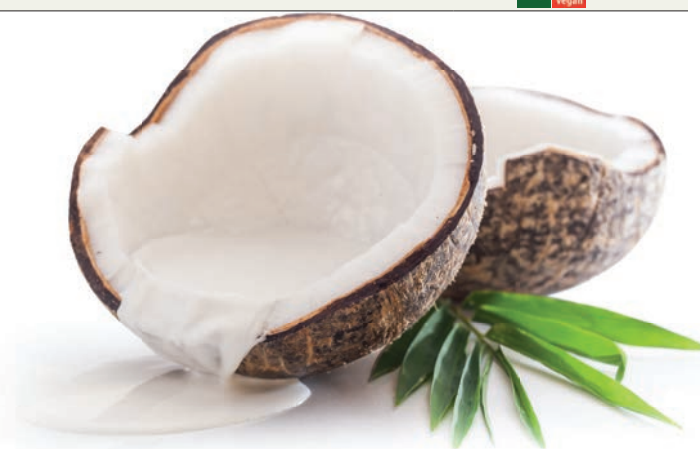
Be sure to know what's what when it comes to the suitability of common cooking ingredients for special diets — use maple syrup in place of honey for vegan-friendly options, and make sure the soy sauce you're using is gluten-free to cater for coeliacs and those with intolerances.











OR569	Kikkoman Gluten Free Soy Sauce 6x250ml	  
1005027	Biona Organic Virgin Coconut Oil Raw 6x800g	  
1005028	Biona Organic Virgin Coconut Oil Raw 6x400g	  
1005365	Passata Organic Jar 12x700g	   
JM333	Honey Pure Organic 1.5kg	  
T460	Maple Syrup Jar Organic 6x2Lt	   
MS637	Kenny's Vegan Mayonnaise 1Lt	  
OR302	LKK Vegetarian Stir Fry Sauce 12x510g	
492909	Hellmanns Vegan Mayonnaise 1x2.66Lt	 

What's the difference?

Creamed coconut consists of mature coconut flesh which has been ground up, dehydrated and compressed, and is ideal for adding a coconut flavour without extra liquid. It's also the basis for coconut milk and coconut cream, making it a versatile purchase; simply dissolve the creamed coconut in the right amount of hot water.

- To make coconut cream, add 1 part creamed coconut to 2½ parts hot water.
- To make coconut milk, add 1 part creamed coconut to 4-5 parts water.



5165	Biona Creamed Coconut Organic Case 12x200g	  
5161	Biona Coconut Milk Organic Case 6x400g	   
5162	Biona Coconut Milk Light Organic Case 6x400g	  

GOODNESS GRAINS



Is quinoa still trendy?

The simple answer is, yes! According to recent research by Kantar, quinoa sales first spiked in 2015 and sales remain strong with consumer spending in the UK and Ireland experiencing a 13.2% growth year on year.

Red quinoa is the preferred choice for cold salads. It has a richer, nuttier taste and slightly chewier texture compared to its white and black varieties, plus it holds its shape well when cooked and adds a vibrant splash of colour to dishes.



6211	Organic Quinoa 6x1kg	Veg	Vegan	
6212	Organic Red Quinoa 6x500g	Veg	Vegan	
6213	Organic Quinoa Trio White Red Black Case 6x500g	Veg	Vegan	
6214	Organic Quinoa Quinori 6x500g	Veg	Vegan	
6210	Organic Primeal White Real Quinoa 6x500g	Veg	Vegan	
6255	Quinoa Spaghetti Garlic and Parsley 500g Org 12x500g	Veg	Vegan	



Early bird

It's more important than ever to offer gluten-free options from early in the morning through to end of service. Customers will thank you for including free-from choices in your cereal selection. Bear in mind that, while oats are naturally gluten-free, they can easily suffer from cross-contamination, so only those certified free from gluten will be suitable for customers with coeliac disease.

Cereal

6250	Doves Farm Organic Gluten-Free Cereal Flakes 5x375g	Veg		
6251	Doves Farm Organic Gluten-Free Chocolate Stars 5x300g	Veg		
6252	Doves Farm Organic Gluten-Free Corn Flakes 5x325g	Veg		
6254	Doves Farm Organic Gluten-Free Fibre Flakes 5x375g	Veg		

Porridge

1006371	Organic Porridge Oats Gluten Free 6x325g	Veg	Vegan	
Z445	Organic Porridge Oatflakes 10x750g	Veg	Vegan	
Z990245	Flahavan's Organic Porridge Oats 1x4kg	Veg	Vegan	

TOP TIP

Be sure to build gluten-free risottos and pasta dishes using gluten-free stocks.



GLUTEN-FREE FAVOURITES

6253	Tomato and Quinoa Elbows Pasta 500g Organic 8x500g	Veg		
1006335	Doves Brown Rice Fusilli Pasta Organic Gluten Free 8x500g	Veg	Vegan	
5428	Girolomoni Carnaroli Risotto Rice Org Case 6x1kg	Veg	Vegan	
5425	Girolomoni Baldo Brown Rice 1kg Risotto 6x1kg	Veg	Vegan	

GET IN SHAPE



Pasta perfection

There is a reason for the wide variety in pasta shapes — different types of sauce will cling better to certain kinds of pasta. Be sure to match yours correctly to ensure the best possible pasta performance.

Light cream sauces work well with long pastas such as spaghetti or fettuccine, tagliatelle and pappardelle.

5405	Girolomoni Whole Wheat Spaghetti Organic 12x500g	Veg	Vegan	
5416	Girolomoni Spaghetti White Durum Semolina Organic 12x500g	Veg	Vegan	
5393	Girolomoni Emmer Spaghetti Organic 12x500g	Veg	Vegan	



Seafood sauces and lighter tomato-based sauces match well with fine strands like angel hair, vermicelli, and thinner spaghetti and linguine.

5373	Pasta Sauce with Basil 300g Jar Organic 12x300g	Veg	Vegan	
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Heavier cream-based or meaty sauces are better paired with conchiglie or similar shells. Larger shells can be stuffed and baked for a twist on the classic lasagne; mix up the fillings to provide interesting alternatives to the usual ragù and béchamel-based lasagne.

5414	Girolomoni Lasagne White Durum Wheat Semolina Organic 12x500g	Veg	Vegan	
5411	Girolomoni Conchiglie Shells White Pasta Organic 12x500g	Veg	Vegan	

Hearty vegetable or cheese-based sauces are best paired with tubes such as penne, rigatoni, macaroni or paccheri.

5403	Girolomoni Whole Wheat Penne Rigate Organic 12x500g	Veg	Vegan	
5415	Girolomoni White Wheat Penne Rigate Organic 12x500g	Veg	Vegan	
5391	Girolomoni Emmer Penne Organic 12x500g	Veg	Vegan	
1006336	Doves Brown Rice Penne Pasta Organic Gluten Free 8x500g	Veg	Vegan	כשר Kosher



The meaty chunks in **ragù-style sauces** are best carried by flat ribbons like tagliatelle or pappardelle. Tube-shaped pastas like penne and bucatini work, too.

Stuffed pastas such as ravioli and tortellini are the ideal choice for **oil or butter-based sauces**, with the sauce providing a perfect glaze of flavour to enhance the pasta filling.

For **pesto-style sauces**, choose fusilli, cavatappi or rotini, as the grooves and curves hold these sauces well and let the herb-based oil stick to the pasta.

5413	Girolomoni White Wheat Fusilli Organic 12x500g	Veg	Vegan	
490759	Girolomoni Whole Wheat Fusilli Organic 12x500g	Veg	Vegan	
5381	Girolomoni Senatore Fusilli Organic 12x500g	Veg	Vegan	

Thin broths won't stick well to any style of pasta, but adding tiny pasta such as orzo or ditalini will add texture and substance. These small styles also work well in soups, stews or pasta salads.

BREAKING BREAD

Customers are increasingly looking for foods that provide a clear benefit to their bodies. Tap into the trend for functional foods by offering sandwich fillings with specific health benefits attached and explicitly communicated, making your business the go-to local during the lunch rush – and be sure that gluten-free bread is always on the menu.



Gut-friendly

Fermented foods like sauerkraut and kimchi bring digestive benefits as well as a stand-out flavour profile, ideal for any on-trend sandwich selection.



Fibre-rich

Whole grains, grated vegetables, dark leafy greens and legumes like beans add fibre to any wrap, sandwich, bagel or baguette.



Protein-packed

Lean meat, poultry and eggs are perfect choices for customers looking for lunches that pack a protein punch.



Heavy on omega-3s

Essential for heart and brain health, make sure omega-3s are on your menu in the form of oily fish like salmon and tuna.



Plant power

Incorporate a rainbow of different coloured vegetables into your sandwiches for stunning, Insta-worthy meals that help customers reach their five-a-day.

Bread Loaves

BR781Z	Gluten Free White Loaf Case 6x400g	V	GF	GF
BR784Z	Gluten Free Multiseed Farmhouse Loaf Case 6x400g	V	GF	GF
BR1029Z	Gluten Free 2 Pack Sliced Multiseed Bread 36x70g	V	GF	GF
BR780Z	Gluten Free Farmhouse Loaf 2 Pack 36x70g	V	GF	GF
BR1032Z	Gluten Free Brown Multiseed Loaf (Long Slice) 6x400g	GF	GF	GF
BR1033Z	Gluten Free White Loaf (Long Slice) 6x400g	V	GF	GF

Bread Rolls & Bagels

BR1030Z	Bridor Gluten Free Seeded Small Bread Fully Baked 50x45g	GF	GF	GF
BR1031Z	Bridor Gluten Free Small Bread Fully Baked 50x45g	GF	GF	GF
BR782Z	Gluten Free Multiseed Bagel 20x90g	V	GF	GF

Spread it

Don't forget the vegan-friendly spread, a must-have inclusion on every menu now from restaurants to deli counters.

491863	Flora Dairy Free 6x2kg	Veg	V	GF
491865	Flora Dairy Free Portions 100x10g	Veg	V	GF

It's a wrap

Perceived as a healthy option, tortilla wraps continue to reign supreme on lunch menus across Ireland. A 2015 survey by safefood showed that the three most popular fillings for wraps are chicken salad, chicken Caesar salad and chicken tikka. Why not maximise appeal in today's marketplace — and keep your lunch offering unique — by creating healthier twists on these popular fillings? Incorporate plant-based meat substitutes such as Quorn in place of the chicken; switch iceberg or romaine lettuce for iron-rich dark leafy greens like kale or spinach; and base dressings and sauces on plain yoghurt in place of mayonnaise.

BR632Z	Bfree Multigrain Deli wrap 10.5" 72 pieces per case	V	GF	GF
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VEGAN BURRITO

Serves 4

2 tbsp vegetable oil
2 onions, diced
3 garlic cloves, crushed
2 peppers, diced
½ tsp chilli powder
2 tbsp smoked paprika
2 tbsp cumin
80g tomato purée
2 x 400g tins of chopped tomatoes
1 x 400g tin of pinto beans, drained and rinsed
1 x 400g tin of black beans, drained and rinsed
1 x 400g tin of kidney beans, drained and rinsed
Sea salt and black pepper

To serve:

4 wraps
300g cooked brown rice
Vegan cheese, grated
Iceberg lettuce, shredded
Tomato salsa
Guacamole
Vegan yoghurt (optional)

1. Heat the oil in a pot set over a medium heat. Add the onion and garlic and fry for two minutes until browned. Add the peppers and cook for another two minutes.
2. Add the chilli powder, smoked paprika and cumin and cook until the spices are aromatic.
3. Add the tomato purée and fry

for one minute, then stir in the chopped tomatoes. Bring to a boil, then reduce the heat and simmer for 10 minutes. Add the beans and stir to combine.

4. Toast the wraps on a flat-top or frying pan. Lay out the wraps and add the bean chilli with some warm brown rice, grated vegan cheese, shredded lettuce, salsa and guacamole. Add a dollop of vegan yoghurt if using. Fold the edges in, then roll up, slice in half and serve immediately.





WASTE NOT

Reducing food waste in your establishment can avoid wasting money as well as being more environmentally friendly. Be sure to communicate your efforts towards sustainability to your clientele, as this can make a significant contribution towards a positive public perception.





Track your stock.

Always know what you're purchasing and what you have on hand. Preventing over-purchasing will reduce the amount of food waste but also save on costs.



Understand your waste stream.

Review what your kitchen is throwing out and why. Are you making too many salads at a time, leaving them wilting before they can be sold? Are frequent mistakes on the part of your serving staff resulting in meals being sent back and wasted?



Educate your staff.

Making sure that your staff knows how to properly store and prepare food ensures you'll get the best use out of every order. Empower staff members to reduce waste actively wherever possible, and give them incentives to do so.



Reconsider your portions.

If your menu has items that are consistently left unfinished, then your portion sizes may need to be reduced to avoid uneaten food heading straight to the bin.



Think outside the box.

Repurpose trimmings, off-cuts and odds and ends as often as possible. Pickle or ferment the tough stems of kale or other greens, make pesto from carrot tops and use rendered fat to cook other items.

Where these items don't fit into your menu, use them to create inventive amuse bouches, adding value to the customer experience while avoiding waste.



Find alternatives to landfill.

Where possible, donate unused food to an organisation for people in need. Failing that, explore other options: can it be composted and used to grow vegetables, or sent to a nearby farm for feeding pigs or chickens?



...AND FINALLY

Measure and review often.

It's important to understand where you were, where you are and where you want to be. Establish a benchmark, and then track your waste reduction efforts against that standard to ensure that you're meeting your goals.

BAGS



Veg out!

Plant-based catering disposables are made from renewable, lower carbon or recycled materials, which means that they can be commercially composted with food waste where accepted. Inform your customers so they can dispose of them correctly.



492063
Vegware Window Bag
Compostable Kraft 10x10"
1x1,000



492064
Vegware Side Window
Baguette Bag Compostable
Kraft 4x6x14" 1x1,000



492062
Vegware Window Bag Kraft
Compostable 8.5"x8.5"
1x1,000



PD11140
Vegware Kraft Brown
SnackUp Chip Scoop
1x1,000

FOOD BOXES



Boxed up

These takeaway containers are ideal for delis, cafes or takeaways. Whether it's soup, salad or hot meals you're serving, we've got you covered. Restaurants can reduce food waste further by giving customers the option to bring leftovers home.



492065
Vegware Window
Box Medium 650ml
Compostable 1x300



492066
Vegware Window Box Large
1,100ml Compostable 1x300



PD1239
Vegware Bagasse Clamshell
Box 9x6in 1x200



PD1240
2 Comp Vegware Bagasse
Clamshell Box 9x6in 1x200

BAGASSE PLATES



PD1241
Vegware Bagasse Plate 7in
Source-Reduced 1x500



PD1245
Vegware Bagasse Plate
Source-Reduced 9in 1x500

HOT CUPS AND LIDS



492095
16oz Vegware White Embossed
Compostable Hot Cup 1x500



PD9916
12oz Vegware White Embossed
Compostable Hot Cup 1x500



PD9917
8oz Vegware White Embossed
Compostable Hot Cup 1x1,000



PD1249
8oz Vegware Green Tree
Double Wall Cup 1x500



PD1250
12oz Vegware Green Tree
Double Wall Hot Cup 1x500



PD1231
Vegware Black Cpla Hot Cup
Lid 79mm (fits 8oz cup) 1x1,000



PD1232
Vegware Black Hot Cup Lid
89mm (fits 10-20oz cups)
1x1,000

COLD CUPS AND LIDS



491190
16oz Vegware Cold Cup
Plain PLA, 96 Series 1x1,000



491188
12oz Vegware Cold Cup
Plain PLA, 96 Series 1x1,000



491185
3oz Vegware Cold Cup Insert
PLA, 96 Series 1x1,000



491140
Vegware Dome Lid 96 Series
PLA, Straw Hole 1x1,000



491141
Vegware Flat Lid 96 Series
PLA, No Hole 1x1,000

PORTION POTS



491145
4oz Vegware Portion Pot
Cold PLA 1x2,000 Case Qty



491184
2oz Vegware Portion Pot
Cold PLA 1x2,000 Case Qty



491144
Vegware Portion Pot Lid PLA (fits
2-4oz pots) 1x2,000 Case Qty

SOUP & ICE-CREAM CONTAINERS & LIDS



491255
6oz Vegware Container 90
Series 1x1,000



PD1246
12oz Vegware Container
1x500 compostable



PD1247
16oz Vegware Container
1x500 compostable



PD1248
Vegware Lid Container
12-32oz 1x500

GREAT NEW TASTE IN EVERY PORTION

TRY NEW
FLORA
TODAY!



100% PLANT GOODNESS

WITH 100% OF INGREDIENTS FROM NATURAL ORIGINS

Absolutely no preservatives,
artificial colours or flavours



70% vegetable fat spread
with 25% sunflower oil,
24% rapeseed oil



Fork out

Disposable cutlery is a must where takeaway offerings are concerned, making it possible for your busy customers to eat on the go. Do your bit to avoid single use plastics by choosing compostable options!



PD1236
Vegware Black PLA Spoon
6.5in Compostable 1x1,000



PD1237
Vegware Black PLA Fork
6.5in Compostable 1x1,000



PD1238
Vegware Black PLA Knife
6.5in Compostable 1x1,000



491244
Vegware Ice Cream Spoons
PLA Tutti Frutti
3in 2,000x4g



2.6L
NOW
AVAILABLE

THE TASTE YOUR CUSTOMERS LOVE, NOW VEGAN



VEGAN MAYO
WITH NO
COMPROMISE
ON TASTE

492909



WE'RE ON
THE SIDE
OF FOOD



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