

# Fresh Produce List



*for week commencing*

*Monday 30th January 2012*

*If you have any questions about the products in this list, or if you would like us to source a product for you, please contact us and we will endeavour to help.*

*Our Top Ten Products This week:*

- 1 *Purple Sprouting Broccoli*
- 2 *Jerusalem Artichokes*
- 3 *Shin of Beef (boneless)*
- 4 *Fillet of Pork*
- 5 *Ox Tail*
- 6 *Spring Greens*
- 7 *Blood Oranges*
- 8 *Seville Oranges*
- 9 *Venison Haunch*
- 10 *Venison Saddle*

*January Offers :*

*Spring Greens 5 kg £10.50*

*Red Cabbages 10kg £6.00*

*Haggis Log 1.36kg £7.75 each*

*Kentish Snails x12 £5.50*

# Meat...

Order Tuesday by 12am for Friday delivery

Meat market prices seem to of eased a little this coming week making prices a little better! Some of the Game is coming to an end at the end of this month, the Pheasant and wild Duck will be available for another week and that is going to be it for this season, so if you want some please let us know! After that Venison, Pigeon and Rabbits will be available along with Hare in limited numbers when available! The Special price on smoked Ham Hocks has now finished but we will have a special on free range British Pork fillet next week, please phone in and ask for Howie!

## Game Birds:

Whole Pigeon	each	£1.80 / ea
Pigeon Breast	500g	£9.00
Hare	each	£6.75

## Guinea Fowl and Free Range Chicken

Whole Guinea Fowl	kg	£5.25 / kg
Supreme, Guinea Fowl	x 2	£4.65
Legs, Guinea Fowl	x 8	£8.50 / kg
Whole Chicken (Box of 6)	kg	£5.00 / kg
Supreme, Chicken	each	£1.60
Breast Chicken (skinless)	5kg	£25.50

## Duck:

Breasts (Barbary Female)	200 g	£13.30 / kg
Breasts (Barbary Male)	350 g	£12.95 / kg
Whole Gressingham	1.9 kg	£6.60 / kg
Legs, (Barbary Male)	320 g	£5.75 / kg

## Milk Fed Pyrenees Lamb:

Whole	6 kg	£14.00 / kg
Pair of Legs	2.5 kg	£19.50 / kg
Shoulder x2	1.5 kg	£15.25 / kg

## Suckling Pig

Whole Pig	kg	£9.75 / kg
Saddle	kg	£12.75 / kg
Belly	kg	£5.95 / kg
Shoulder	kg	£9.75 / kg

## Rabbit:

Saddles French	x 4	£8.25 / kg
Whole French	x 6	£6.75 / kg
Whole, British	each	£2.65 / kg
Legs French	x 6	£10.50 / kg

## Snails:

Snails, Kent	x 12	£5.50
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## Venison, Sika:

Saddle on the bone 6-8 kg	kg	£14.25
Haunch 3-4 kg	kg	£8.30
Steaks 180g	kg	£17.50
Shoulder 2.5-3 kg	kg	£7.95
Diced Meat 1kg pack	kg	£8.75
Pave 700g	kg	£17.70
Rolled Roast 1.5kg	kg	£17.95

## Lamb British:

Shank x 5 pack	Kg	£8.10 / kg
Shoulder, single	Kg	£6.60 / kg
Best End, Pair	Kg	£7.50 / kg
Legs, Pair	Kg	£6.60 / kg
Breast	Kg	£3.50 / kg

## Pure Nature British Beef:

Brisket Rolled 3+	kg	£6.80
Rump 9+	kg	£8.50
Shin boneless 4+	kg	£5.25
Striploin 7 +	kg	£15.00

## Ox:

Tail (Cut)	1Kg	£6.75 / kg
Cheeks	1Kg	£7.95 / kg

## Pork: UK

Belly	kg	£4.95 / kg
Hock cured	kg	£2.70
Hock cured, smoked	kg	£3.10
Fillet	kg	£P.O.A / kg
Shoulder, boned and rolled	kg	£4.25 / kg
Pigs Cheeks - French	2.5kg	£7.60 / kg

## Fresh Produce...

Order Tuesday by 12am for Friday delivery

So what's good to eat in February! Well we think the best vegetable at the moment is surely purple sprouting Broccoli, closely followed by Jerusalem Artichokes, also good at this time of year are Cabbages, Kale, Leeks, spring Greens, Parsnips and forced Rhubarb. Micro WOW cresses will rise in price slightly next week, they have increased from £2.35 to £2.45 per punnet. Blood Oranges are lovely at the moment and have their full blood coloured flesh, If you are a marmalade maker then the Seville Oranges have fallen in price slightly.

### Fruit

Apples, Pink Lady	each	£0.28
Apples, Royal Gala	each	£0.28
Clementine's	10 kg	£16.50
Kumquat	1.8kg	£16.50
Lemons	5 kg	£12.50
Lemons un-waxed	8 kg	£27.50
Limes	Box	£12.50
Nectarines, (Cape)	x 22	£9.00
Orange Blood	10 kg	£17.50
Orange Seville	10 kg	£13.95
Passion fruit	1.8kg	£11.75
Peaches, (Cape)	x 22	£9.00
Pear, Conference	4.5kg	£10.45
Pear, Williams	5kg	£15.50
Pomegranate	each	£1.80
Rhubarb, thick	6 kg	£32.00
Rhubarb, thin	6 kg	£19.95

### WOW Micro Cresses

Baby Watercress	x 100g	£2.45 each
Borage	x 30g	£2.45 each
Broccoli	x 30g	£2.45 each
Coriander	x 30g	£2.45 each
Golden Pea shoots	x 30g	£2.45 each
Greek Basil	x 30g	£2.45 each
Mizuna	x 30g	£2.45 each
Parsley	x 30g	£2.45 each
Pea Shoots	x 100g	£2.45 each
Pink Stem Radish	x 30g	£2.45 each
Purple Shiso	x 30g	£2.45 each
Red Amaranth	x 30g	£2.45 each
Red Mustard Frills	x 30g	£2.45 each
Red Vein Sorrel	x 30g	£2.45 each
Thai Basil	x 30g	£2.45 each

### Herbs from France:

Basil	x 5	£4.50 each
Chervil	x 5	£3.75 each
Chives	x 5	£3.75 each
Coriander	x 5	£3.75 each
Dill	x 5	£4.50 each
Mint	x 5	£3.75 each
Oregano	x 5	£6.00 each
Parsley, Curly	x 5	£4.50 each
Parsley, Flat	x 5	£4.50 each
Rosemary	x 5	£3.75 each
Sage	x 5	£6.00 each
Tarragon	x 5	£4.50 each
Thyme	x 5	£5.75 each

### Salad Leaf:

\* In stock through the week

Baby Spinach*	4 x 250	£9.45 / kg
Curly Endive	x 10	£17.50
Little Gem	each	£0.65
Mixed Leaf*	4 x 250	£9.45 / kg
Mizuna	5 x 200	£13.00 /kg
Rocket*	4 x 250	£9.45 / kg
Watercress, bunches	125g	£1.80

### Baby Vegetables:

Beetroot , mixed colours	x 12	£19.50 box
Beetroot, red	x 12	£19.50 box
Carrots, mixed colours	x 12	£19.50 box
Carrots, orange	x 12	£19.50 box
Courgette	x 6	£3.25 each
Fennel	400g	£8.50 each
Leeks	x 12	£19.50 each
Turnips	x 12	£19.50 box

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### Vegetables

Artichoke, Jerusalem	5 kg	£7.75 box
Beetroot red	per kg	£1.50
Beetroot, Chioggia	5 kg	£12.00 box
Beetroot, white	5 kg	£12.00 box
Beetroot, yellow	5 kg	£12.00 box
Butternut Squash	each	£1.35
Cabbage Savoy	x 6	£6.00 box
Carrots	12.5 kg	£9.00 box
Carrots mixed Colours	5 kg	£16.50 box
Carrots, purple	5 kg	£12.00 box
Carrots, white	5 kg	£12.00 box
Carrots, yellow	5 kg	£12.00 box
Cauliflower	x 6	£8.50 box
Cavolo Nero	5 kg	£11.75
Celeriac	x 8	£8.75 box
Curly Kale	5 kg	£9.90 box
Fennel	6 kg	£9.95 box
Kohl Rabi	5 kg	£11.25
Leeks	10kg	£11.50 box
Onions, yellow	20 kg	£6.00
Parsnips	5 kg	£11.25 box
Pont Neuf Chips	1 kg	£2.00
Purple Sprout Broccoli	5 kg	£12.50 box
Romanesco	x 8	£19.00 box
Salsify	2.2 kg	£10.25 box
Shallots banana	5 kg	£5.60
Spinach	5 kg	£17.75 box
Spring Greens	5 kg	£10.50

### Mushrooms:

Chanterelle, Grey	1 kg	£18.00
Chanterelle, Yellow	1 kg	£23.00
Chestnut cup	3 kg	£9.00
Cultivated/Wild mix	1 kg	£21.00
Cup, large	2 kg	£6.60
Enoki x 10 Sachets	10 scht	£9.00
Girolles	1 kg	£P.O.A
Grey Oyster	1 kg	£9.00
Shiitake	1 kg	£12.00

### The Gourmet Potato Co. Potatoes:

Charlotte	10 kg	£16.00 box
Desiree	25 kg	£15.75 sack
Estima	25 kg	£13.20 sack
Highland Burgundy Red	10 kg	£25.50 box
King Edward Red	25 kg	£15.90 sack
Maris Peer	25 kg	£13.90 sack
Nicola - 20 - 40mm	10 kg	£15.90 box
Pink Fir Apple	5 kg	£13.00 box
Ratte	10 kg	£28.00 box
Rumbled Potatoes	1 kg	£1.50
Salad Blue	5 kg	£12.25 box
Shetland Black	5 kg	£12.25 box
Vitelotte	5 kg	£15.95 box
Wilja	25 kg	£13.75 box
Wilja, bakers	15 kg	£17.50 box
Yukon gold	25 kg	£20.00 sack
Belle de Fontenay	15 kg	£22.50 box



# Gourmet Salt and Peppers



along with Pate and Charcuterie

## Salt, Peppers and more ...

### Salt

Smoked Viking Norway	1 kg	£15.75
Very fine golden yellow grain with a strong taste of smoke.		
Miroir Bolivia	1 kg	£15.80
very fine pale pink coloured grains.		
Maras Peru	1 kg	£18.25
Large coarse grains of rock salt, pale pink in colour.		
Murray River Flakes	500g	£29.50
Medium size flakes with a peach/light pink colour.		
Salish Washington	1 kg	£16.50
Small grains with a dark brown almost black colour.		
Red Alae Hawaii	1 kg	£15.50
Very fine dark blood red grains with a small number of bright silver grains mixed in.		
Palm Island Black Lava	1 kg	£16.80
Medium size rock grains in a mix of matt and gloss black		
Pink Diamond Kashmir	500g	£5.90
Small peach colour flakes		

### Charcuterie

Napoli, Whole	1.5 kg	£9.40 p/kg
Napoli, Sliced	1 kg	£12.40 p/kg
Milano, Whole	1.5 kg	£10.11 p/kg
Milano, Sliced	1 kg	£12.53 p/kg
Danish, Whole	1.7 kg	£8.95 p/kg
Danish, Sliced	1 kg	£9.25 p/kg
Jesus, Whole	3 kg	£22.95 p/kg
Jesus, Sliced	1 kg	£25.00 p/kg
Hungarian, Whole	2 kg	£16.95 p/kg
Rosette De Lyon, Whole	2.5 kg	£14.16 p/kg
Rosette De Lyon, Sliced	1 kg	£16.26 p/kg
Saucisson Sec, Whole	1 kg	£9.95 p/kg
Saucisson Sec, Whole	250g	£3.99 each
Bayonne Ham, Whole	6 kg	£18.68 p/kg
Bayonne Ham, Sliced	1 kg	£21.87 p/kg

### Rillettes

Rillettes are a French speciality, they are prepared using the whole carcass, which are cooked until the meat fall off the bone, seasoning in added and that is it, what you are left with is a very rich, delicious, course textured, spreadable Rilette!

Goose	1 kg	£12.75	Duck	1 kg	£13.75
Pork	1 kg	£10.83			

### Pepper

Penja Smoked white	1 kg	£41.30
Medium size pepper corn smoked with Beech wood.		
Penja, white	500g	£31.60
A medium size pepper corn from Cameroon with a subtle flavour.		
Tellicherry Black	1 kg	£17.90
A small pepper corn from India which is one of the top vintages of pepper with hints of spice and wood.		
Voatsiperifery	500g	£30.00
A small wild pepper from Madagascar with its stalk still attached, it s has a tangy wood and spice flavour.		
Penja Black	500g	£15.80
This is a mild pepper that will enhance your Pork, Beef and many more meat dishes.		

### Pate

Forestiere	1.4 kg	£15.11
A rich creamy texture with subtle flavour of wild mushrooms.		
Duck and Armagnac	1.6 kg	£21.95
A coarse texture pate made with 100% Duck and a little Armagnac to bring the flavour of the duck out, this slices very well.		
Pheasant and Foie Gras	1.4 kg	£32.50
This is a very fine terrine with Pheasant meat, truffles and goose Foie gras running through the middle of the pate, this is a coarse texture and slices well		
Salmon	1.4 kg	£16.85
A smooth texture terrine that can be easily sliced with a rich flavour of Salmon and a subtle taste of smoked langoustine		