

Fresh Produce List



for week commencing

Monday 28th February 2011

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:

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|----|-----------------------------|
| 1 | Mixed Leaf Salad |
| 2 | Pork Belly Free Range |
| 3 | Ham Hocks Free Range |
| 4 | Large Leaf Spinach |
| 5 | Savoy Cabbage |
| 6 | Jerusalem Artichokes |
| 7 | Chicken Supremes - Corn Fed |
| 8 | Suckling Pig Belly |
| 9 | Guinea Fowl Legs - Corn Fed |
| 10 | Suckling Pig Saddle |

Special offers this week:

Corn Fed Chicken Supremes £9.25 per kg

Guinea Fowl Legs £8.75 per kg

Suckling Pig belly £5.95 per kg

Frozen Duck Breasts £4.25 per kg

Meat...

Order Tuesday by 12am for Friday delivery

We have a couple of new products to offer you this week in the form of Pork, the Pork is British, Free Range and reared in an outdoor environment and is additive free, they are fed on a cereal diet and left to roam free as nature intended! The Pork belly is great quality and not excessively fatty and crisps up very well, both the Hocks are cured, and are available smoked or unsmoked and all three products come Vac packed. Suckling Pig belly and Pigs Cheeks are now part of our stock items and available for you to order through Howie during the week! please phone in and ask for Howie.

Poultry

Whole Black leg	x 4	£5.85 / kg
Whole Blue leg	x 3	£6.45 / kg
Whole Label Rouge	x 8	£5.85 / kg
Supremes Label Rouge	x 5	£14.75/ kg
Supremes Corn Fed	x 5	£9.25 / kg
Smoked Whole	1.2 kg	£4.35 / ea
Whole Poussin	x 6	£6.00 / kg

Duck:

Breasts (Barbary Female)	200 g	£12.75 / kg
Foie Gras (fresh)	600g	£31.50 / kg
Legs, Confit x 6	1.8 kg	£9.50 / kg
Legs, Large to confit	350 g	£5.70 / kg
Smoked Breast	225 g	£19.50 / kg
Whole Challan	x 3	£6.50 / kg

Pork UK Free Range:

Belly	kg	£4.95 / kg
Hock cured	kg	£2.70 / kg
Hock cured, smoked	kg	£3.05 / kg

Suckling Pig

Whole Pig	kg	£8.50 / kg
Shoulder (Half Boned)	kg	£9.75 / kg
Saddle	kg	£12.75 / kg
Belly	kg	£5.95 / kg

Ox:

Cheeks	10kg	£8.50 / kg
Tail (Cut)	1Kg	£6.30 / kg

Pig

Pigs Cheeks	kg	£7.60 / kg
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Rabbit:

Saddles large French	x 4	£10.50 / kg
Whole French	x 6	£6.90 / kg
Legs	x 6	£12.15/ kg

Lamb Pyrenees (Suckling)

Whole Lamb	Kg	£14.95
Saddle	Kg	£22.50
Shoulder (pair)	Kg	£16.75
Rack	Kg	£22.50
Legs (pair)	Kg	£23.80

Pigeon:

Whole Pigeon (Squab)	x 4	£9.75 / ea
Kent Whole Frozen	x 1	£2.00 / ea

Quail:

Whole Bone in	x 4	£10.30 box
Whole Boneless	x 6	£13.50 box

Venison: Sika

Saddle on the bone 7-9 kg	kg	£15.00
Haunch 3-4 kg	kg	£8.60
Steaks 180g	kg	£18.50
Shoulder 1.5-2 kg	kg	£7.95
Diced Meat 1kg pack	kg	£9.00
Pave 600g	kg	£18.50
Bones 5kg *Frozen	Box	£3.75

Guinea Fowl:

Whole Label Rouge	kg	£6.95 / kg
Supremes Label Rouge	kg	£14.50 / kg
Legs, Corn Fed	kg	£8.75 / kg

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We have been lucky enough to have had a couple of warmer days lately, so hopefully spring is not far away now, and along with it a fuller market with all the new summer crops and cheaper summer prices! In the mean time a few items have fallen in price, the good old large leaf Spinach, Savoy Cabbage, Jerusalem Artichokes, Broccoli and Swiss Chard. The fruit list is a bit limited at the moment but that will soon grow as the weather warms! If there is a product not on the list that you are after, please phone in to ask for Howie!

Fruit

Apples, Cox orange	1 kg	£1.60 p/kg
Apples, Delicious	1 kg	£2.25 p/kg
Apples, Gala	1 kg	£1.60 p/kg
Apples, Granny smith	4.5 kg	£9.95
Clementine's	12kg	£27.95box
Kiwi	x 25	£11.25box
Lemons	5 kg	£9.90 box
Limes	4 kg	£22.50 box
Orange, Blood	11 kg	£24.75 box
Orange, Navel	10 kg	£11.50 box
Pears Conference	4.5 kg	£9.45 box
Pineapple, Victoria	per kg	£6.50
Rhubarb	6 kg	£P.O.A

Herbs from France:

Parsley, flat	x 5	£2.85 each
Rosemary	x 5	£3.20 each
Sage	x 5	£3.75 each
Tarragon	x 5	£2.85 each
Thyme	x 5	£4.10 each

Micro Cresses:

Affila (Pea Shoots)	x 16	£19.25 tray
Basil	x 16	£18.75 tray
Rock Chives	x 16	£18.75 tray
Salicornia	x 10	£22.50 tray
Shiso Purple	x 12	£16.00 tray
Sakura Mix	x 18	£19.50 tray

French Mini Vegetables:

* Please phone in and check availability

Beetroot, Mixed, bunches	x 12	£ P.O.A
Carrots, Mixed, bunches	x 12	£ P.O.A
Carrots, Orange, bunches	x 12	£18.00
Carrots, Purple bunches	x 12	£ P.O.A
Carrots, White, bunches	x 12	£ P.O.A
Carrots, Yellow, bunches	x 12	£ P.O.A
Fennel, bunches	x 20	£ P.O.A
Leeks, bunches	x 12	£18.00
Turnip, bunches	x 20	£ P.O.A

Micro Greens: punnets

Mix A - Beetroot, Leek, Pea	x8	£3.00 each
Mix B - Radish, Leek, Mustard	x8	£3.00 each
Beetroot - for decorating	x8	£1.95 each
Fennel - strong aniseed taste	x8	£2.70 each
Leek - great colour & taste	x8	£1.80 each
Meli Melo - great spicy mix	x8	£1.95 each
Mustard - simple great taste	x8	£1.95 each
Peas - sweet taste	x8	£2.70 each

Salad Leaf:

* In stock through the week

Mixed Leaf*	4 x 250 g	£9.45 / kg
Rocket*	4 x 250 g	£9.45 / kg
Baby Spinach*	4 x 250 g	£9.45 / kg
Beet Leaves	5 x 200 g	£9.20 / kg
Mizuna	1 kg	£9.75 box
Chicory Endive	5 kg	£9.00 box
Chicory Endive Red	3 kg	£18.00 box
Watercress, bunches	x12	£21.60 box

Herbs from France:

Basil	x 5	£3.40 each
Coriander	x 5	£3.20 each
Chervil	x 5	£2.75 each
Chives	x 5	£3.00 each
Dill	x 5	£3.25 each
Mint	x 5	£2.50 each

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Vegetables

Artichoke, Jerusalem	5 kg	£7.50 box
Aubergine	5 kg	£15.00 box
Beetroot, Chioggia	5 kg	£13.50 box
Beetroot, Golden	5 kg	£13.50 box
Butternut Squash	per/ kg	£1.50 / kg
Broccoli	6 kg	£11.75 box
Cavolo Nero	3 kg	£13.50 box
Cabbage, Red	10 kg	£8.25 sack
Cabbage, Savoy	x 6	£7.50 box
Carrots, Orange	12 kg	£21.60 box
Carrots Yellow	5 kg	£12.00 sack
Carrots, Mixed Colours	5 kg	£13.50 sack
Cauliflower, White	x 6	£11.25 box
Celeriac	x 8	£12.00 box
Courgettes	9 kg	£13.50 box
Curly Kale	5 kg	£12.00 box
Fennel	6 kg	£15.30 box
Kohlrabi x25	Box	£22.50 box
Leeks	10 kg	£15.00 sack
Onions, red	10 kg	£18.75 sack
Parsley Root	5 kg	£16.95 box
Parsnips	5 kg	£12.75 box
Puntarella x 10	Box	£22.50 box
Romanesco x 8	Box	£15.00 box
Salsify	5 kg	£15.00 box
Sweet Potato	6 kg	£16.20 box
Spinach	5 kg	£15.00 box
Swiss Chard, white	x 10	£18.00 box
Turnips	12 kg	£18.00 box

Tomatoes

Tomatoes, Cherry vine	3 kg	£20.25 box
Tomatoes, Plum	6 kg	£12.60 box
Tomatoes, Datterino	3 kg	£22.50 box
Tomatoes, loose	6 kg	£9.00 box

Mushrooms:

Button	2.2 kg	£6.50 box
Cepes frozen	1 kg	£21.00/ kg
Chanterelle Yellow	1 kg	£18.00/ kg
Enoki x 10 Sachets	10 sch	£15.00
Girolle	1 kg	£28.00 / kg
Morel frozen	1 kg	£32.50/ kg
Pied Bleu	1 kg	£21.75 / kg
Pied De Mouton	1 kg	£10.50 / kg
Pleurote Grey	1 kg	£9.00 / kg
Trompettes, Black	1 kg	£28.95/ kg

The Gourmet Potato Co. Potatoes:

Charlotte	10 kg	£22.50 box
Cherrie Red	5 kg	£11.50 box
Desiree	25 kg	£14.25 sack
King Edward	25 kg	£14.50 sack
King Edward Reds	25kg	£15.00 sack
La Ratte	10 kg	£24.00 box
Maris Peer	25 kg	£14.25 sack
Nicola	10 kg	£18.50 sack
Pink Fir Apple	10 kg	£24.00 box
Salad Blue	10 kg	£20.00 box
Shetland Black	5 kg	£11.50 box
Vitelotte	10 kg	£15.00 sack
Yukon Gold	25 kg	£20.00 box

