

Introducing Main Meals

TO A DRINKS-LED PUB

brakes
a Sysco company



Here are a selection of **simple to deliver familiar favourite dishes** you could introduce to your business **without the need of a chef or a cook**. We can also suggest the right equipment, crockery and cutlery to get you started.

You're #StongerwithBrakes

Dishes AT A GLANCE

Combine these mains with the suggested accompaniment for simple, quick service meals.

- 1 Choose your mains
- 2 Pair with the accompaniments
- 3 Serve using the crockery and cutlery suggested
- 4 Add the condiments
- 5 Pick storage and heating equipment if needed

1. Choose your Mains			2. Pair with these Accompaniments			3. Easy service with our Crockery, Cutlery & Napkins			
CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE	
Curries & World Flavours	F 32884	Brakes Beef Madras	12 x 350g			A 101384	Wide Rim Plate 27cm/10.6"	1 x 6	
	F 34361	Brakes Chicken Tikka Masala	12 x 300g	F 3795	Brakes Long Grain Rice	36 x 167g	A 89260	Economy Table Knives	1 x 12
	F 114831	Brakes Panang Chicken Curry	12 x 300g	F 4198	La Boulangerie Chota Naan	30 x 40g	A 89261	Economy Table Forks	1 x 12
	F 32887	Brakes Red Thai Vegetable Curry	12 x 350g	A 114844	Geeta's Premium Mango Chutney	1 x 1.5kg	A 89262	Economy Dessert Spoon	1 x 12
	F 34362	Brakes Chickpea, Sweet Potato & Spinach Curry	12 x 300g				A 88289	Brakes White 2ply Napkin 33cm	2 x 300
F 127590	The Authentic Food Co. Singapore Noodles	18 x 350g	F 32031	Brakes Cooked Chicken Kebabs	40 x 100g				
Classic	F 32446	Brakes Fully Baked Steak, Mushroom and Irish Stout Square Pies	6 x 380g	F 3945	Brakes Mashed Potato	1 x 2.5kg			
	F 31848	Brakes Cooked Pork Sausage Sixes	30 x 70g	F 134342	Brakes Onion Gravy	24 x 150g			
	F 32401	Brakes Roast Chicken Fillets	18 x 125g (av)	F 3205	Brakes Choice Garden Peas	1 x 1kg			
	F 134603	Brakes Chilli Con Carne	12 x 320g	F 3795	Brakes Long Grain Rice	36 x 167g			
Pasta	F 32927	Brakes Beef Lasagne	12 x 400g						
	F 32928	Brakes Roasted Vegetable Lasagne	12 x 400g						
	F 32693	Brakes Spinach & Ricotta Cannelloni	12 x 400g	F 32000	La Boulangerie Garlic & Parsley Bread Slices	85 x 24g			
	F 32725	Brakes Macaroni Cheese	12 x 400g						
F 131603	Brakes Essentials Spaghetti Bolognese	12 x 400g							
Vegan	F 126222	KK Jackfruit Balti	12 x 350g	F 3795	Brakes Long Grain Rice	36 x 167g			
	F 126221	Brakes Butternut Gobi Dhansak	12 x 350g	A 114844	Geeta's Premium Mango Chutney	1 x 1.5kg			

CODE	PRODUCT	PACK SIZE
A 89408	Brakes Black Pepper Sachets	1 x 2000
A 89409	Brakes Salt Sachets	1 x 2000
A 3849	Brakes English Mustard Sachets	1 x 200
A 3848	Brakes Brown Sauce Sachets	1 x 200
A 3853	Brakes Tomato Ketchup Sachets	1 x 200
A 10408	Brakes Mayonnaise Sachets	1 x 200

4. Add the Condiments

5. Simple to Store & Heat Click below for more information

Code	Product
529151	Blizzard Light Duty Commercial Microwave, 1000W
577307	Panasonic Medium Duty Commercial Microwave, 1000W
529167	Blizzard Heavy Duty Commercial Microwave, 1800W
511869	Polar CD611 Undercounter Freezer 140 litre
580604	Gram CF35S Chest Freezer 347 litre
511738	Polar CD613 Upright Freezer 375 litre

Ensure to carefully follow on-pack cooking and handling guidance

Is there anything I need to do before I start serving food?

GUIDANCE & REGISTRATION

For the latest government guidance go to [food.gov.uk/business-guidance/setting-up-a-food-business](https://www.food.gov.uk/business-guidance/setting-up-a-food-business)

Register free online at www.gov.uk/food-business-registration

Any questions or queries? Please contact your local authority

TRAINING

Ensure staff are trained adequately on food handling and food hygiene. Go online at

[food.gov.uk/business-guidance/food-hygiene-for-your-business#staff-training](https://www.food.gov.uk/business-guidance/food-hygiene-for-your-business#staff-training)

EQUIPMENT

We have a wide range of cleaning and other essential products to help you prepare your premises

brake.co.uk/news/cleaning-products-and-equipment

Dish Allergen & lifestyle information AT A GLANCE

Simple dish detail to include on your menu.



<i>Dish</i>	<i>Vegan or Vegetarian</i>	<i>Allergens Contains:</i>	<i>Allergens May contain traces of:</i>
Beef Madras, rice, naan & chutney		Gluten, Wheat, Milk	Tree nuts
Chicken Tikka Masala, rice, naan & chutney		Gluten, Wheat, Milk	Tree nuts
Penang Chicken Curry, rice, naan & chutney		Gluten, Wheat, Milk	Tree nuts
Red Thai Vegetable Curry, rice, naan & chutney	Vegetarian	Gluten, Wheat, Milk	Tree nuts
Chickpea, Sweet Potato & Spinach Curry, rice, naan & chutney	Vegetarian	Gluten, Wheat, Milk, Mustard	Tree nuts
Singapore Noodles	Vegetarian	Gluten, Wheat, Eggs, Sesame, Soya	
Singapore Noodles with Chicken		Gluten, Wheat, Eggs, Celery, Sesame, Soya	
Steak, Mushroom and Irish Stout Pie, mash, peas & gravy		Gluten, Wheat, Barley, Milk	
Pork Sausages, mash, peas & gravy		Gluten, Wheat, Milk	
Chicken Fillet, mash, peas & gravy		Milk	
Beef Chilli Con Carne with rice		No allergens	
Beef Lasagne with garlic bread		Gluten, Wheat, Eggs, Milk	Soya
Roasted Vegetable Lasagne with garlic bread	Vegetarian	Gluten, Wheat, Eggs, Milk, Celery, Mustard	Soya
Spinach & Ricotta Cannelloni with garlic bread	Vegetarian	Gluten, Wheat, Eggs, Milk	Soya
Macaroni Cheese with garlic bread	Vegetarian	Gluten, Wheat, Milk, Mustard	Soya
Spaghetti Bolognese with garlic bread		Gluten, Wheat	Soya, Tree nuts, Peanuts, Milk, Sesame
Jackfruit Balti, rice and chutney	Vegan	Mustard	Tree nuts, Peanuts, Sesame
Butternut Gobi Dhansak, rice and chutney	Vegan	Mustard	Tree nuts, Peanuts, Sesame

Disclaimer: This information is illustrative of the dish selections on the previous page. This information can form part of your site specific allergen risk analysis, but does not does not replace your own allergen audit. Existing onsite allergens and controls need to be considered. [food.gov.uk/business-guidance/allergen-guidance-for-food-businesses](https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses)