

THE BEST OF BRITISH

in season with Brakes

SPRING

- Rhubarb
- GOOSEBERRIES**
- Jersey Royals
- Rocket
- ASPARAGUS**
- Purple Sprouting Broccoli
- RADISH**
- Watercress
- Wood Pigeon
- Lamb
- Mackerel
- Haddock
- Sea Trout
- Rainbow Trout

SUMMER

- Courgettes
- Blueberries
- LETTUCE**
- Broad Beans
- CUCUMBER**
- PEAS
- BURGERS**
- TOMATOES
- Raspberries
- Mange Tout
- STRAWBERRIES**
- Runner Beans
- BLACKCURRANTS
- CRAB
- CHARD
- French Beans
- Chicken
- Fennel
- PORK RIBS

AUTUMN

- White Cabbage
- Salsify
- RED CABBAGE**
- Leeks
- Pears
- QUINCE
- Apples
- Celeriac
- PARSNIP
- Turnips**
- SPROUTS
- SWEDE
- Turkey**
- Goose
- Duck
- COD**
- FIGS
- Kale
- Damsons
- PLUMS
- Venison
- MARROW**
- Guinea Fowl
- Butternut Squash
- Carrots**
- APPLES
- Game
- Pears**
- Pumpkin
- Blackberries**
- MUSHROOMS**
- Leg of Mutton
- Braising Steak
- Plaice**

WINTER