

The UK's leading care home food specialist

Your essential guide to

# CARE HOME CATERING

Support and guidance to help  
you meet your residents' needs



## HOW TO...

- › Save money
- › Manage skill shortages
- › Develop your kitchen team
- › Reduce waste
- › Plan & develop your menus
- › Boost resident wellbeing

PLUS Product guides across 14 categories

We care, because you do.

 **brakes**  
a Sysco company

# WELCOME

**Products, guidance, expert advice and support to help caterers in the care sector save money, manage skills shortages and reduce kitchen waste.**

We've worked with care homes across the UK for over 40 years. This Showcase introduces our expert nutritional and menu support, and features products across all categories selected by our specialist care development chefs.

## Shop our full range at [brake.co.uk](http://brake.co.uk)

You can shop our full range of over 9,000 products, view your own prices and benefit from all our latest offers at

**[brake.co.uk](http://brake.co.uk)**

or call **0344 873 0736**

## Your essential online resource

This Showcase offers just a taste of the full range of support and guidance available at [brake.co.uk](http://brake.co.uk)

On the homepage, scroll down to the 'Care & Hospitals' section, click through to 'Care Homes' and select 'Find out more' to go to the main sector landing page, which has links to all our Care Homes content.



# CONTENTS

The following information and product guides are a great introduction to all the ways in which we can help and support you, and the benefits you can enjoy as a Brakes customer over and above our food and drink offer.



## Products with purpose

To help you find products to meet your specific challenges, just look for these icons throughout this Showcase:



<b>CARE SUPPORT</b>	<b>4-27</b>	Bakery	38
Experience and expertise you can trust	4	Desserts	39
How to ...		Delicatessen	41
... Save money	6	Dairy	43
... Manage skill shortages	10	Vegetarian & vegan	46
... Develop your kitchen team	14	Free from	47
... Reduce waste	18	Meal solutions	48
... Plan and develop your menus	20	Drinks & snacks	51
... Bring a smile to residents' faces	22	Alcohol, low alcohol and alcohol free	55-56
A single, safe, reliable source	24	Catering supplies & equipment	58-61
Our own-brand ranges	26		
<b>RANGE HIGHLIGHTS</b>	<b>28-61</b>	<b>SERVICE &amp; SUSTAINABILITY</b>	<b>62-70</b>
Produce	28	The benefits of your online account	62
Dry store	29	Brakes Virtual Chef	64
Meat & poultry	34	Acting today for a better tomorrow	66
Fish & seafood	36	All the right ingredients	68
		Brakes – a Sysco company	70



For further help and guidance on anything in this brochure please speak to your usual Sales Contact or visit

**[brake.co.uk/carehomes](http://brake.co.uk/carehomes)**

# EXPERIENCE AND EXPERTISE YOU CAN TRUST

Working with care homes for over 40 years

Our Care team includes specialist development chefs and nutritionists led by an expert customer marketing team with decades of experience working in the sector.

## The understanding, credibility and reassurance you need

As a Premier Partner of the NACC, and sponsor of The Outstanding Society, we're at the heart of the care food agenda. We're committed to raising standards of care catering, and championing the positive impact of nutrition, hydration and mealtimes on people's health and wellbeing in care settings.

“After being with another supplier for many years, we felt our loyalty wasn't always reciprocated. When we met Cathy and the Brakes team, they actually listened to us and our preferences, rather than imposing processes on us. We're delighted with Brakes' service and communication and their positive impact on our food provision and outcomes for our residents.”

Rishi Jawaheer - Director, Care Vision



# MEET THE BRAKES CARE SPECIALISTS



## CATHY AMOS – Head of Customer Marketing, Care

Cathy has spent over 30 years in the food service industry, specialising in care and public sector catering. Holding a British Nutrition qualification, she's served as Deputy Chair for the NACC South East Region, and is an enthusiastic ambassador for Love British Food.



## DANNY SILCOCK – Brakes Development Chef, Care

A highly experienced chef, Danny worked for a major regional food group before joining Brakes eight years ago. As well as developing recipes and menus, Danny provides practical training for kitchen staff, with a particular interest and expertise in texture modification to IDDSI standards.



## OLI SMITH – Care Development Chef

Oli's broad catering experience includes almost a decade in the care sector. A past winner of the NACC Care Chef of the Year award, he works with care caterers up and down the country, sharing his detailed knowledge of IDDSI modified meals and kitchen care home management.



## RUTH O'SULLIVAN – RNutr Nutritionist

Ruth worked at Leatherhead Food Research before moving to Brakes, Unilever then Starbucks. She re-joined Brakes in 2023 and is responsible for all company nutrition and health policies. A former Food Industry Nutritionist of the Year, she is Secretary of the 'Nutritionists in Industry' group.



## VICKY CROUCH – Corporate Account Director

Vicky brings over 20 years' professional procurement experience and a fresh, dynamic perspective to her new role at Brakes. She leads a specialist account management team responsible for building strong, long-term partnerships with our care customers around the UK.

# HOW TO SAVE MONEY

Money saving measures and products to help you cut costs while meeting your residents' needs.

With over 40 years' experience working with care home owners, managers, chefs and cooks, we understand what you're up against. So, we've created measures and guidance to help you cut your food and drink costs without cutting corners.



**Chicken Thighs - C 16792**  
British Red Tractor farm-assured, with extra flavour and succulence at lower cost than breast fillets, in consistent sizes for easy prep and cooking.

To find out more, please visit the 'How to Save Money' page on our care hub [brake.co.uk/wecare](http://brake.co.uk/wecare)



The easiest way to save is by consolidating as much of your food, drink and supplies spend as possible. With Brakes, the bigger the range of products you buy, the more we can help maximise your trade discount across your entire shop. And with the widest range in UK foodservice, all available on one order with one delivery and one invoice, you can save valuable administration time, too.



## PROMOTIONS & OFFERS

### Monthly promotions

Over 14,000 customers enjoy regular savings on hundreds of products across all categories with promotions updated monthly, plus online-exclusive offers and reduced-to-clear lines.

### Mega deals

Save over 35% off list price on our chefs' top picks, updated every month.




You can earn 10% cashback on everything you buy online for your first 10 weeks,\* then receive regular personalised offers to boost your balance, which you can redeem at any time to use as Brakes credit, in the mybrakes rewards store or donate to charity.

A key benefit is that your balance is shown in £s not points, so you always know exactly what you can redeem or spend. We already have over 10,000 customers benefiting every day: it's easy to register when you become a customer.

\*Ts & Cs apply. Visit [brake.co.uk](http://brake.co.uk) for details.

# HOW TO SAVE MONEY

## Practical hints and tips on how to save money with products from across our range.

Our specialist care chefs have put together guidance across all key categories to help you save money by shopping effectively. Look out for their hints and tips, and the  icon against specific products throughout this Showcase.



### Meat and poultry

- Pre-cooked joints and meats reduce cooking time and energy costs
- Choose cheaper cuts of meat for low-and-slow cooked dishes
- Most care homes serve a roast at least once a week. Our range helps you offer your residents variety as part of your regular menu cycle
- Individually quick-frozen (IQF) free-flow products to suit your care home size and residents' requirements

### Lower costs with own-brand

- Brakes own-brand lines, offer huge savings over branded alternatives without compromising on quality

### Base mixes – ideal for customising

- Base mixes allow you to add your own flavours, offering residents excellent choice without having to buy separate products. Home-baked cookies anyone?

### Fewer ingredients

- Ready-made products and components reduce the need to buy multiple ingredients simplifying storage

### Order the correct size pack

- All the pack sizes you need to match your resident numbers, from small right through to bulk packs. Choosing the right size reduces spoilage

### Fish and seafood

- Choose lower-cost species such as whiting for breading and battering
- Smoked salmon trimmings let you add a premium touch at a low cost
- Smoked fish has strong flavours that go a long way, so you can buy smaller quantities



### Frozen produce and accompaniments

- Frozen free-flow vegetables and fruit combine maximum flavour with the convenience of cooking only as much as you need
- Frozen rice and pasta mixes make great bases for a range of dishes
- Frozen vegetable mixes avoid buying and preparing lots of individual items, saving money, time and wastage



### Fresh produce

- Buying Class 2 produce in bulk to cook down in soups, casseroles and other dishes is a great way to save money without compromising on nutritional value or flavour – simply search for 'Class 2' on our Fresh Produce category page
- Bigger value pack sizes and small count packs enable you to buy the best size to suit your care home



### Alcohol

- Pre-mixed cocktails are a great-value way to add fun to an occasion without the cost of buying separate drinks (or employing a mixologist!)
- No minimum order quantity when bought with your regular order
- One order, one delivery, saving you time and money



### Dairy

- Mature cheddar has a strong flavour, so you need less of it
- Buy bulk yogurt to save money
- We supply milk in various sizes from a single 500ml pack through to 3 gallon pergal (13.6ltr) making it easy to order the amount needed to match your resident numbers



### Dry store

- Brakes Essentials and Brakes own-brand products offer great cost savings without comprising on quality
- Use packet mixes to turn out consistent, great-tasting cakes and batters without having to buy lots of individual ingredients



### Bakery

- Bulk packs of part-baked bread, croissants and other products offer great savings over buying fresh
- Frozen sliced bread lets you thaw and serve only as much as you need each time, saving you money by avoiding waste



# HOW TO MANAGE SKILL SHORTAGES

From menu cycles to dish ideas and meal solutions – suitable for all skill levels to help you maintain a safe, consistent service.



“ We understand the difficulties in recruiting and retaining kitchen staff, particularly those with relevant skills. So, we’ve created simplified menu plans, and dish ideas anyone can use, whatever their skill level.

We also have multi-portion solutions, including a new range of meals for residents with dysphagia, texture-modified to IDDSI level 4. These require no prep or specialist skills, so if necessary, someone from the care team could step in and help get a meal out.

Danny Silcock, Senior Care Development Chef, Brakes



To find out more, please visit the ‘How to Manage Skill Shortages’ page on our care hub [brake.co.uk/wecare](http://brake.co.uk/wecare)



## Simplified Menu Cycle

Designed by our specialist Care development chefs, with dishes based on meal solutions and prepared ingredients.

As well as breakfast, lunch and dinner, it covers early and mid-morning, afternoon, supper time and late-evening snacks and drinks, for all seven days. Main meal ideas include pork, poultry, red meat and fish, plus a daily vegetarian option, to give variety, choice and nutritional balance. Accompanying product listings make planning and ordering even simpler.

## Dish ideas

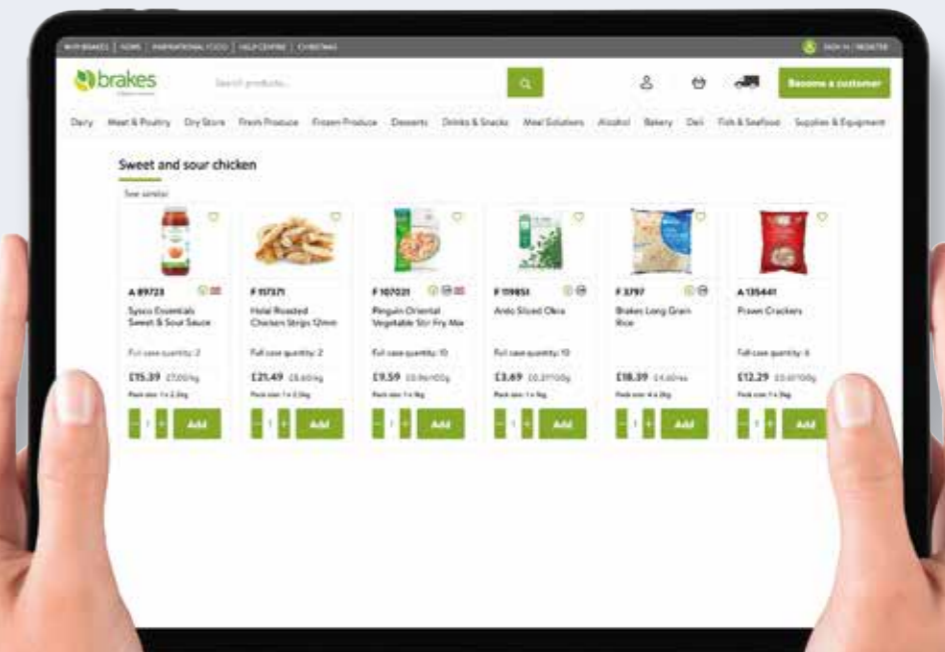
Simple product listings for eight proven care home favourites, created by our specialist Care development chefs.

Based on components, they make it quick and easy for anyone, including those with lower kitchen skill levels, to place an order and prepare:

- Fish, chips and mushy peas
- Pulled ham hock, spinach and pea cheesy pasta
- Fish Pie with carrots and broccoli
- Sweet and sour chicken
- Beef cannelloni
- Sausage casserole with roast and Yorkshire pudding
- Quiche with coleslaw and potato croquettes
- Meat-free mince chilli with rice

### Sweet and sour chicken

A recipe easily cooked from just six components (pictured left)



# HOW TO MANAGE SKILL SHORTAGES

An extensive range of frozen, multi portion dishes you can cook straight from the freezer, plus fresh, ready made components, suitable for all kitchen skill levels, resident needs and meal occasions.



## Salads

- Pre-made compound salads provide a quick, simple tea with the addition of a cooked protein
- Easy to serve regardless of skill levels, with no prepping or mixing of individual ingredients, saving time and avoiding wastage
- Frozen, free-flow salads can be served hot or cold; simply decant as much as you need. Mixed beans are a good source of protein, which aids muscle repair and skin conditions



## Multi-portion meal solutions

- Meal solutions are ideal for residents who can't or don't want to eat at regular times, or miss a meal owing to a medical or other appointment
- Classic dishes, simple to cook and serve, whatever your skill level
- Individual portions are ideal for out of hours service

## Fillings and toppings

- Highly versatile, fully prepped products; Ideal for sandwiches, wraps or jacket potatoes
- Supplied in resealable bulk tubs for easy serving, reduced waste and accurate portion control

## Texture-modified meal solutions

- A range of fully prepared meals made by a small, specialist company to IDDSI Level 4 standards
- Although the reheating instructions are simple, it's extremely important to follow them fully and precisely to maintain the correct modified texture
- Make sure all your kitchen and dining team are aware of the importance of individual resident needs in relation to texture modification and IDDSI levels
- All meals are halal-certified and fortified to ensure optimum nutritional value for residents with dysphagia, who often struggle to consume enough calories and protein. There are two options available, packed with two each of five flavours (meat & fish and vegetarian) – minimising storage requirements and wastage



## Quiche

- Great basis for a quick, simple meal when served with a side salad or other accompaniment
- Classic, nostalgic flavours such as quiche Lorraine will appeal to many care home residents
- Contemporary ingredients and flavours bring a modern twist to your menu, adding variety and interest



# HOW TO DEVELOP YOUR KITCHEN TEAM

Meeting your residents' individual, often complex nutritional needs is a daily challenge.



“ We're here to support your kitchen team with practical guidance, training and other resources. It's all been created by our in-house team of experts, including nutritionists, category managers and our specialist healthcare development chefs – and it's completely FREE for you to use.

Simply visit the 'Hungry for knowledge?' page on our care hub at [brake.co.uk/wecare](http://brake.co.uk/wecare)

Ruth O'Sullivan RNutr, Nutritionist, Brakes

“The need for training for the layman and basic chef in the care industry has never been greater. Product knowledge and processes desperately need to be focused on to raise the standard of foods in the care sector. Brakes and its team of care experts is clearly leading the way.”

Richard Edwards, Non-Clinical General Manager, The Close Care Home, Oxfordshire

## ALL THE SUPPORT YOU NEED

### Free accredited online nutrition training

Exclusive to Brakes and designed specifically for care settings, this is the only course of its kind in the UK to be accredited by the Association for Nutrition (AfN), the national regulator for nutritionists.

### IDDSI guidance video

A simple, step-by-step guide to texture modification for residents with dysphagia presented by Brakes Healthcare Development Chef Danny Silcock. Please also see [iddsi.org/framework](http://iddsi.org/framework) to learn more about the IDDSI standards.



### Nutritional guide factsheets

We've created a set of easy-to-read factsheets covering all the most important dietary and health conditions affecting care home residents, including:

- Dementia
- Diabetes
- Coeliac Disease
- Fibre
- Malnutrition
- Eating well
- Salt
- Bone health
- Iron
- Allergies
- 5-a-day

### Menu checking service

Our nutritionist Ruth O'Sullivan also offers a menu checking service for customers. Please email: [nutrition@brake.co.uk](mailto:nutrition@brake.co.uk) and include your customer account number.

[brake.co.uk/why-brakes/care/training](http://brake.co.uk/why-brakes/care/training)



To find out more, please visit the 'Hungry for knowledge?' page on our care hub [brake.co.uk/wecare](http://brake.co.uk/wecare)

# HOW TO DEVELOP YOUR KITCHEN TEAM

## Texture-modified meal solutions.

Dysphagia is very common in older residents, especially stroke survivors and dementia patients, but can affect all ages. Residents with dysphagia may be prescribed a texture-modified diet by a speech and language therapist (SALT).

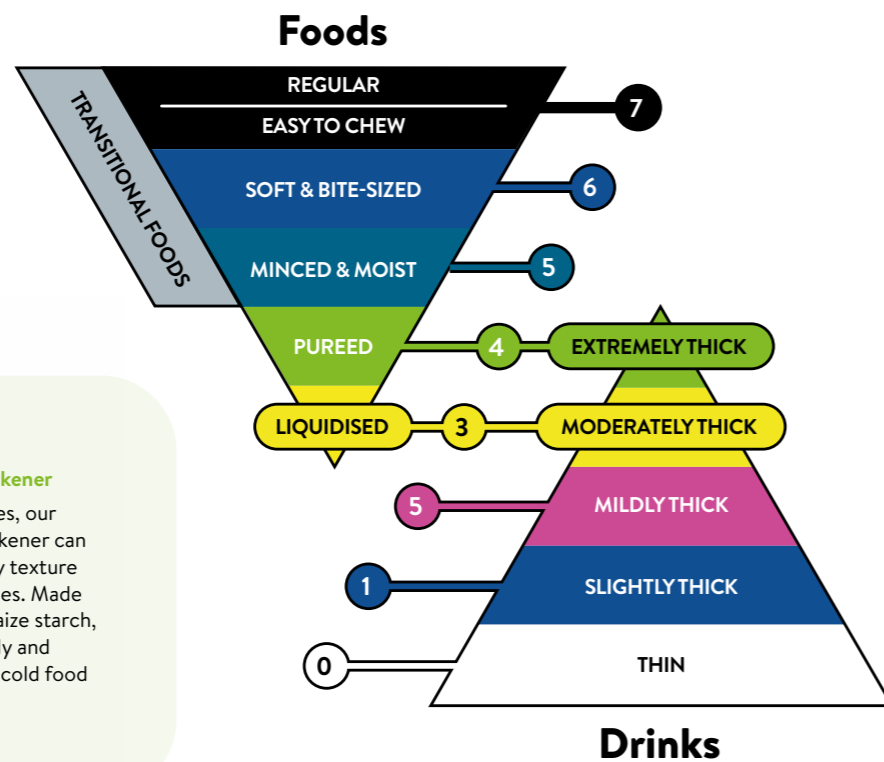
## The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



### Instant Food Thickener

Exclusive to Brakes, our Instant Food Thickener can be used to modify texture in all kinds of dishes. Made from modified maize starch, it disperses quickly and evenly in hot and cold food and drink.



## How we can help

- Brakes own-brand Instant Food Thickener, flavour-neutral, suitable for hot, cold, sweet and savoury foods
- FREE video guide to testing texture modification to IDDSI standards
- Equipment to help with puréeing, blending and other texture modification

## New range of ready meals texture-modified to IDDSI level 4

**Meat & Fish** including Chicken Casserole, Chilli Con Carne, Beef in Bolognese Sauce, Shepherd's Pie, Fish and Potato Pie.

**Vegetarian** including Lentil Bolognese, Vegetable Curry, Moroccan Chickpea Stew, Vegetable Casserole, Creamy Cauliflower Florets.

## Nutritional guidance factsheets

We've created a set of easy-to-read factsheets covering all the most important dietary and health conditions affecting care home residents. All of these factsheets are available to download FREE in PDF format from [brake.co.uk/why-brakes/care/training/factsheets](http://brake.co.uk/why-brakes/care/training/factsheets)



Dementia



Diabetes



Coeliac Disease



Fibre



Malnutrition



Eating Well



Salt



Bone Health



Iron



Allergies



5-a-day



All Guides

Please note, these fact sheets are regularly updated in line with new legislation and guidance.

“I'm truly impressed with your product knowledge and the possible applications into IDDSI. You clearly have a fantastic grasp of the texture modification processes and your ideas have inspired a new perspective on making the food we serve even better.”

Richard Edwards, Non-Clinical General Manager, The Close Care Home, Oxfordshire

# HOW TO REDUCE WASTE

Guidance to help you reduce wastage, cut costs and make your kitchen more sustainable.



“By reducing food waste, you can cut costs, protect budgets and make your kitchen more sustainable. Waste caused by excess prep, cooking and ordering, and through incorrect storage, are all avoidable if you shop carefully. We’ve put together product listings, plus hints and tips, to help you manage your kitchen more effectively, reduce food waste and get the best possible value from the food, drink and supplies you buy from us.”

Oli Smith, Care Development Chef, Brakes

“With Brakes as our main supplier, we’ve benefited from greater savings, new ideas and solutions, regular updates on equipment, product lines and added-value products and services.”

Chris Burdett, Head of Food & Beverage, Signature Senior Lifestyle Ltd

To find out more, please visit the ‘How to reduce waste’ page on our care hub [brake.co.uk/wecare](https://brake.co.uk/wecare)

## Fish & seafood

- Smaller pack sizes and free-flow products give you complete control over quantities
- Strongly flavoured products such as smoked fish are great for diminishing buds – plus a little goes a long way, so you need less of them!



## Meat & poultry

- A great range of pack sizes and formats including individually quick-frozen (IQF) free-flow products to suit your care home size and residents’ requirements
- Pre-cooked joints and meats reduce cooking time and energy costs
- Choose cheaper cuts of meat for low-and-slow cooked dishes



## Dry store & deli

- In care homes, matching pack sizes to resident numbers is vital to reducing food waste. Our extensive range makes that job a lot easier
- We also have simple solutions to the problem of wastage through spills and contamination of shared condiments, which is a particular issue in care homes



## Bakery

- Use part-baked bread and cook only the number of items required for each meal
- Individual items such as pasties and rolls can be baked from frozen almost to order, bringing residents that appealing fresh-baked aroma, taste and texture
- Our thaw-and-serve frozen cakes and gluten-free lines make it easy to manage portion control and dietary needs at an individual level
- Buy frozen bread and only defrost as many slices as you need



## Dairy

- Skimmed milk powder allows you to make up exactly as much as you need, and also saves on fridge space
- Good-value source of calories compared to perishable products like cream or cheese
- Using liquid egg reduces the amount of waste going into your bins, reduces prep time and eliminates possible contamination with eggshell



# HOW TO PLAN AND DEVELOP YOUR MENUS

Menu and dish ideas to provide choice, variety, nutritional value and pleasure for all your residents.



“ We understand the importance of giving your residents the variety and nutritional balance they need for health and wellbeing. ”

To help you, we've created menu plans and recipes with input from our development chefs and nutritionist. You can be confident these menus and dishes will work consistently and reliably and can easily be modified to meet your residents' varying needs. ”

Cathy Amos, Head of Customer Marketing, Care, Brakes



To find out more, please visit the 'Menus Made Easy' page on our care hub [brake.co.uk/wecare](http://brake.co.uk/wecare)

We understand the importance of giving your residents the variety and nutritional balance they need for health and wellbeing. We're here to help with menu ideas and recipes, specially prepared by our healthcare lead development chef, Danny Silcock, and our in-house nutrition and category team.

## Simplified one-week menu cycle

Designed to help you manage reduced numbers and/or lower skill levels due to staff shortages. Dishes are based on meal solutions and prepared ingredients that require minimal skills to prepare and serve. The guide includes the one-week plan plus all the products and ingredients you need.



## Complete four-week menu cycle

Designed for kitchens operating at full capacity and cooking from scratch, this includes nutritionally-balanced dish recommendations for breakfast, lunch, dinner and snacks, across all seven days for each of the four weeks. We've also produced recipe spec sheets for all Week Two dishes, all of which are free to download from our website.



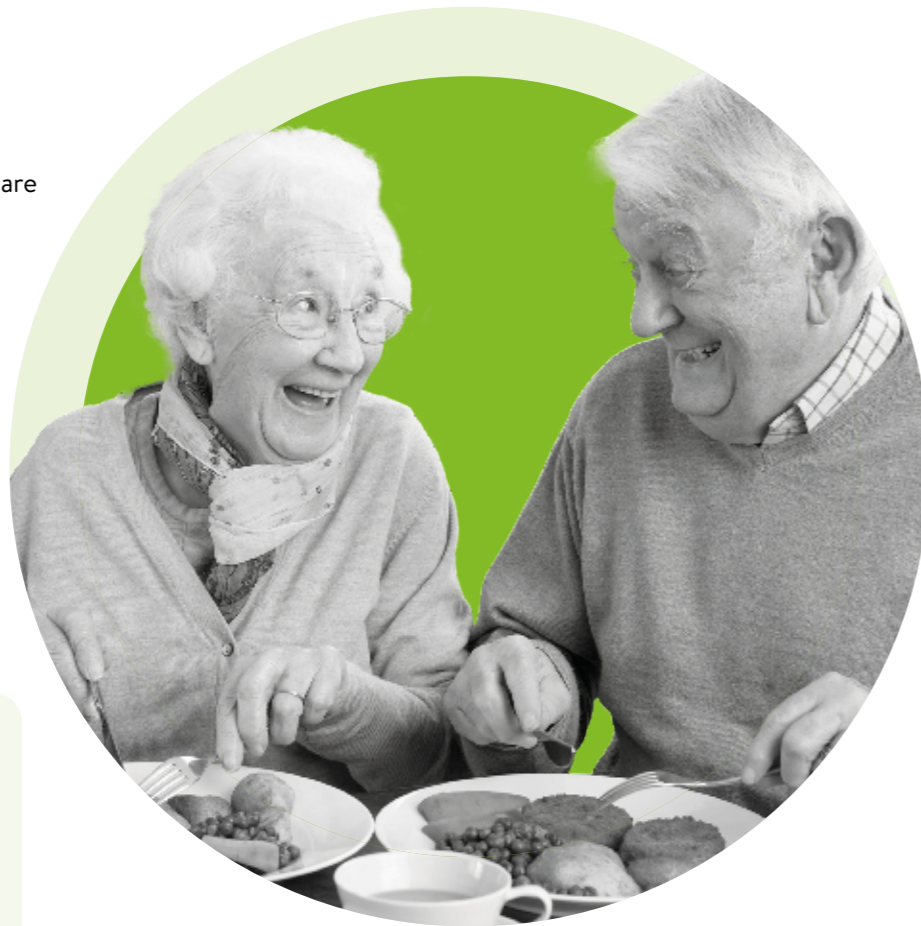
You can be confident these menu ideas and dishes will work consistently and reliably, and can easily be modified to meet your residents' varying needs.

# HOW TO BRING A SMILE TO RESIDENTS' FACES

Simple ways to boost health, morale and general well-being through great food and drink.

The link between good food and good mood is well established – and themed events are a great way to boost morale and general wellbeing. Our themed menus and activities include:

- Menu ideas plus blank templates to create your own menus
- Product guides for simplified menu solutions
- Quizzes, colouring-in and other activities to enjoy together
- All available to download from the care hub at [brake.co.uk/wecare](http://brake.co.uk/wecare) – follow the 'Good food, good mood' link



To find out more, please visit the 'Good Food, Good Mood' page on our care hub [brake.co.uk/wecare](http://brake.co.uk/wecare)

## Our current selection includes:

- **Afternoon Tea:** Always popular in care settings and a great way for residents, staff and guests to celebrate birthdays and other occasions together
- **A taste of India:** Strong yet familiar flavours make Indian an ideal choice for older residents whose taste buds may be diminished
- **The Best of British:** Classic recipes, nostalgic dishes and much-loved comfort foods celebrating the best in seasonal produce
- **All American:** Traditional and on-trend flavours from the USA, reimagined for the care home setting
- **Care at Christmas:** Everyone can enjoy a merry Christmas with our carefully curated seasonal selection

## Theme Day Calendar

We've also created a theme day calendar to provide inspiration for other themes throughout the year.



# A SINGLE, SAFE, RELIABLE SOURCE

A range of multi-award-winning products, specifically selected by our experienced chefs, with the reassurance of Brakes quality, consistency and technical safety.

## Our food range

- Over 9,000 products available from stock
- All your fresh and chilled needs, including meat, fish, produce, deli and dairy
- Pack sizes and formats to match your storage and kitchen facilities
- Everyday and premium products from big names and niche suppliers

## Supplies and equipment

- Over 800 equipment lines available on your food order plus access to over 5,000 more products through our sister company Brakes Catering Equipment
- Essential supplies for food packaging, preparation, storage and table service
- Cleaning, janitorial and personal protective equipment



“Our residents are our number one priority, so we really have to have the best ingredients, quality, value and consistency. We love working with Brakes because we know we’re getting the very best.”

Sanjay Dhrona, Owner of The Close Care Home, Oxfordshire and Director of The Outstanding Society

# OUR OWN BRAND RANGES

Find the quality, consistency, value and range you need with our traditional and speciality brands, all delivered to the highest levels of product integrity and backed by Sysco 'Quality Assurance'.

## Sysco Essentials

An easy, everyday way to control costs with our lowest everyday prices, without compromises.



Vegan, vegetarian, and plant-based protein options to meet dietary and lifestyle requirements.



Affordable, everyday disposable non-food essentials.

## Sysco Classic

More quality for the price, with quality equal to or better than other national or leading brands.



A wide variety of frozen fish and seafood products delivered to industry-leading standards.




Delivering fresh dairy staples to your kitchen that offer the best taste and quality.


## Sysco Premium

Exact specifications, quality ingredients, premium performance, exceptional value.



A complete bread and bakery offering, with traditional patisserie and artisan loaves.

 Our quality assured mark represents quality, integrity and consistency. To find out more visit [brake.co.uk/shop-our-brands/sysco-quality-assurance](http://brake.co.uk/shop-our-brands/sysco-quality-assurance)



### Our speciality businesses



Fresh fruit and vegetables from Britain's leading wholesale greengrocer.



Everything your business needs to store, prepare, cook and serve meals, at everyday low prices.

# ASSURANCE & CREDIBILITY

Our independent accreditations mean you can be confident you're buying safe, consistent, technically compliant products – and safeguarding your customers, business and reputation.



Meat & poultry



Fruit & vegetables



Dairy



Fish & seafood



Desserts



Free from



### Winning awards across our range...



### and proud to be part of the movement



Please note, product tiles online will show which accreditations apply to which products.

# PRODUCE

Over 400 fresh produce lines through our partnership with freshdirect, the UK's No.1 greengrocer, plus a complete range of frozen options

Fruit and vegetables are essential to providing a varied, balanced diet for your residents.

300+ FRESH PRODUCE products

250+ FROZEN PRODUCE products

## HOW WE CAN HELP

- More than 300 products across fruit, vegetables, salads, potatoes and herbs
- Focus on British seasonal produce, plus worldwide sourcing for year-round availability
- Extensive range of pre-prepped vegetables for easy service and minimal waste
- 250+ frozen options for budget and portion control

## HINTS & TIPS

- Prepared produce can save time, wastage and money over buying and prepping from scratch
- Buying 'Class 2' produce in bulk for soups, casseroles and other dishes helps you save money with no loss of nutritional value or flavour. Simply search for 'Class 2' on our Fresh Produce category page
- Bigger value pack sizes and small count packs enable you to buy the best size to suit your storage capacity and resident numbers

C 150517 1 X 2.5KG

### Diced Root Vegetable Mix

Supplied pre-chopped saving prep time and labour; simply pour out the amount required



C 16176 3 X 4KG

### Peka Chilled Mash Potato with Margarine

Mash made using margarine, vacuum packed and pasteurised for a longer life



C 450665 1 X 1KG

### Chunky Roasting Vegetable Mix

Roughly chopped carrot, parsnip, diced swede and onion wedges



C 10416 1 X 1KG

### Prepared Grated Carrot

Simple to use straight from the pack with no prep time or waste



C 105129 1 X 500G

### Cooked Beetroots

Red beetroot, peeled, vacuum packed and steam cooked



C 136850 1 X 1KG

### Rainbow Slaw

Ready to eat slaw with shredded red & green cabbage, carrots, turnips and savoy cabbage



# DRY STORE

1,000+ DRY STORE products

Over 600 everyday and specialist products, offering choice, flexibility and cost-effectiveness

Store-cupboard essentials to help add colour, flavour and choice to your dishes, and cater for a new generation of residents' increasingly diverse tastes and preferences.

A 13609 1 X 800G

### Brakes Chickpeas in Water

A great way boost protein when added to tagine, blended into houmous or soups, or formed into small patties for finger food



A 120872 21 X 47G

### Angel Delight Strawberry Flavour No Added Sugar

A simple dessert mix that is easy to make, soft in texture and with a pleasing nostalgic flavour with no added sugar



A 115043 12 X 800G

### Maggi Rich & Rustic Tomato Sauce

Chopped tomatoes with onion, garlic and herbs already mixed – great on its own or added as a base flavour



A 85842 1 X 3.5KG

### Sysco Classic Custard Powder

A staple menu item that is also easy to fortify. Serve hot or cold, on its own or in a trifle



A 122858 4 X 3.1KG

### Caterers Pride Pouch Tuna in Brine

This pouch is ready drained, so is less bulky and takes up less storage space than equivalent tins



A 103171 1 X 1KG

### Maggi Coconut Milk Powder Mix

Coconut powder mix for multiple uses in your menus



## HOW WE CAN HELP

- Older residents often have a reduced sense of taste. Sauces, stocks and bouillon pastes draw out and enhance flavours without requiring high skill levels
- Add Sysco Classic Instant Food Thickener to hot and cold sweet or savoury dishes for simple, reliable texture modification
- Ready-made sauces save time without compromising on flavour
- Wide choice of sweet and savoury products for snacking throughout the day, helping maintain food intake and energy levels

## HINTS & TIPS

- Brakes Essentials and Brakes own-brand products offer great cost savings without compromising on quality
- Use packet mixes for consistent, great-tasting cakes and batters without buying lots of individual ingredients
- Smaller pack sizes and free-flow products give you complete control over quantities
- Strongly flavoured products such as smoked fish are great for diminishing taste buds – a little goes a long way, so you need less of them!
- Replacing shared condiments with individual portions can help reduce the waste caused by part-use and contamination



**Our** time-saving range  
**your** cost-saving solution

High quality ingredients you can rely on, saving you time and resources

With rising energy prices; resource issues, and supply challenges causing pressures for the working kitchen - we're here to support you with high quality, easy-to-use stocks; gravies, jus and sauce bases.



2x1.5kg A 29709    2x1.5kg A 85595    1kg A 151087    2x600g A 151086    2x800g A 151085

# THE NO.1 BEST SELLING GRAVY GRANULES WITHIN FOODSERVICE\*

Code	Product Description	Pack Size
A136761	Bisto Vegetable Gravy Granules	1x1.8kg
A135052	Bisto Poultry Gravy Granules	1x1.8kg
A5895	Bisto Gravy Granules	1x1.8kg
A114480	Bisto GF Gravy Granules	1x1.9kg
A111651	Bisto Reduced Salt Gravy Granules	1x1.8kg
A136854	Bisto Southern Style Gravy Granules	1x1.8kg

*Always on hand to help.*

[www.premierfoodservice.co.uk](http://www.premierfoodservice.co.uk)

\*Source: Circana Foodservice data (c.38% Coverage) : 52we 5.4.24 : Value sales



# PROFESSIONAL MAYONNAISE DESIGNED FOR YOUR KITCHEN

**NEW**



A 150187

Tailored to meet the unique demands of care home kitchens

From creating the perfect bind to coating textures for easy consumption and enhancing flavours. Our new format enables you to consistently deliver exceptional dining experiences for residents.



**Scan to buy**  
or visit [UFS.COM/HELLMANN'S](https://UFS.COM/HELLMANN'S)



## CATER FOR CARE WITH MAGGI®



*Assisting the amazing.*

EASY-TO-USE SAVES TIME VERSATILE

Serving Suggestion

Each serving provides 1 of 5 a day

Meets PHE Salt Reduction Targets for 2024

Code	Product	Pack Size
A114103	Maggi Gluten Free Vegetarian Gravy	1 x 1.7kg
A35946	Maggi Original Gravy	1 x 1.8kg
A115043	Maggi Rich & Rustic Tomato Sauce	12 x 800g
A117525	Maggi Rich & Rustic Tomato Sauce	1 x 3kg
A103171	Maggi Coconut Milk Powder Mix	1 x 1kg
A1361	Maggi Béchamel Sauce	1 x 2kg

To find out more visit [www.brake.co.uk](https://www.brake.co.uk)  
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PLANT-BASED

A delicious, cost effective and healthier alternative to butter!

Designed with multi-use in mind, Whirl can be used across your entire menu. Whirl costs up to 72% less than butter and contains up to 82% less saturated fats.



Product code: A 100261  
Pack size: 1 x 4ltr  
Case quantity: 3



Scan to buy now



For a butter alternative Give it a Whirl!



Since 1967

Specialist in Ready to Fill pastry

Designed to bring quality and consistency, Pidy's ready-to-fill range offers plenty of opportunity for creativity.



Assortment Veggie Cups  
ø 3.2cm  
4x24  
code A134441



Gluten Free Neutral  
ø 4cm  
1x96  
code A150918



Mini Trendy Round Sweet Butt  
ø 4cm  
1x96  
code A150921



Neutral Gluten Free Tart  
ø 5cm  
1x70  
code A114521



Neutral Gluten Free Tart  
ø 8.5cm  
1x27  
code A114522



Round Sweet Butter Tartlet  
ø 7cm  
1x36  
code A150919



Soft Sponge Fingers  
10cm  
1x128  
code A130322

shop the full range on [brake.co.uk](https://www.brake.co.uk)

[pidy.co.uk](https://www.pidy.co.uk)

# MEAT & POULTRY

700+  
MEAT &  
POULTRY  
products

Complete ranges of fresh and frozen products to meet your budget, storage, skill levels, head office policies/ guidelines and other priorities

Meat and poultry are popular centre-of-plate items: most care homes serve a roast at least once a week.

## HOW WE CAN HELP

- All the meat and poultry products needed for your menu cycle
- Small pack sizes for easier storage when chiller/ freezer space is limited
- Formats including cooked and uncooked for different skill levels
- Fully traceable to ensure quality, flavour, consistency and welfare standards

## HINTS & TIPS

- Choose pack sizes and formats to suit your care home size and residents' requirements
- Individually quick-frozen (IQF) free-flow products let you defrost and cook only what you need
- Pre-cooked joints and meats reduce cooking time and energy costs
- Choose cheaper cuts of meat for low-and-slow cooked dishes

C 16792 1 X 2.5KG

### Prime Meats British Chicken Thighs

These great-value thighs are tender and full of flavour. Serve stuffed, braised, fried or breaded



C 116558 1 X 5.5-7KG

### Prime Meats Rindless Unsliced Whole Bacon Loin

A whole loin of bacon ideal for roasting that's easy to cook and portion



C 107523 1 X 2.5KG

### British Red Tractor 20% Fat Beef Mince

This mince's higher fat content will help add calories to burgers, lasagnes and cottage pies



C 15916 2 X 1.6-2.1KG

### West Country Lamb Shoulder

Cooked low-and-slow, this succulent lamb will break down and simply melt in the mouth



C 133998 4 X 454G

### British Sausagemeat

Ideal for making sausage rolls, terrines, meat balls, pork burgers and other dishes



C 71535 2 X 1.2-2.0KG

### Prime Meats British Pork Belly

Lovely and tender, perfect for low-and-slow cooking with fruit and spice



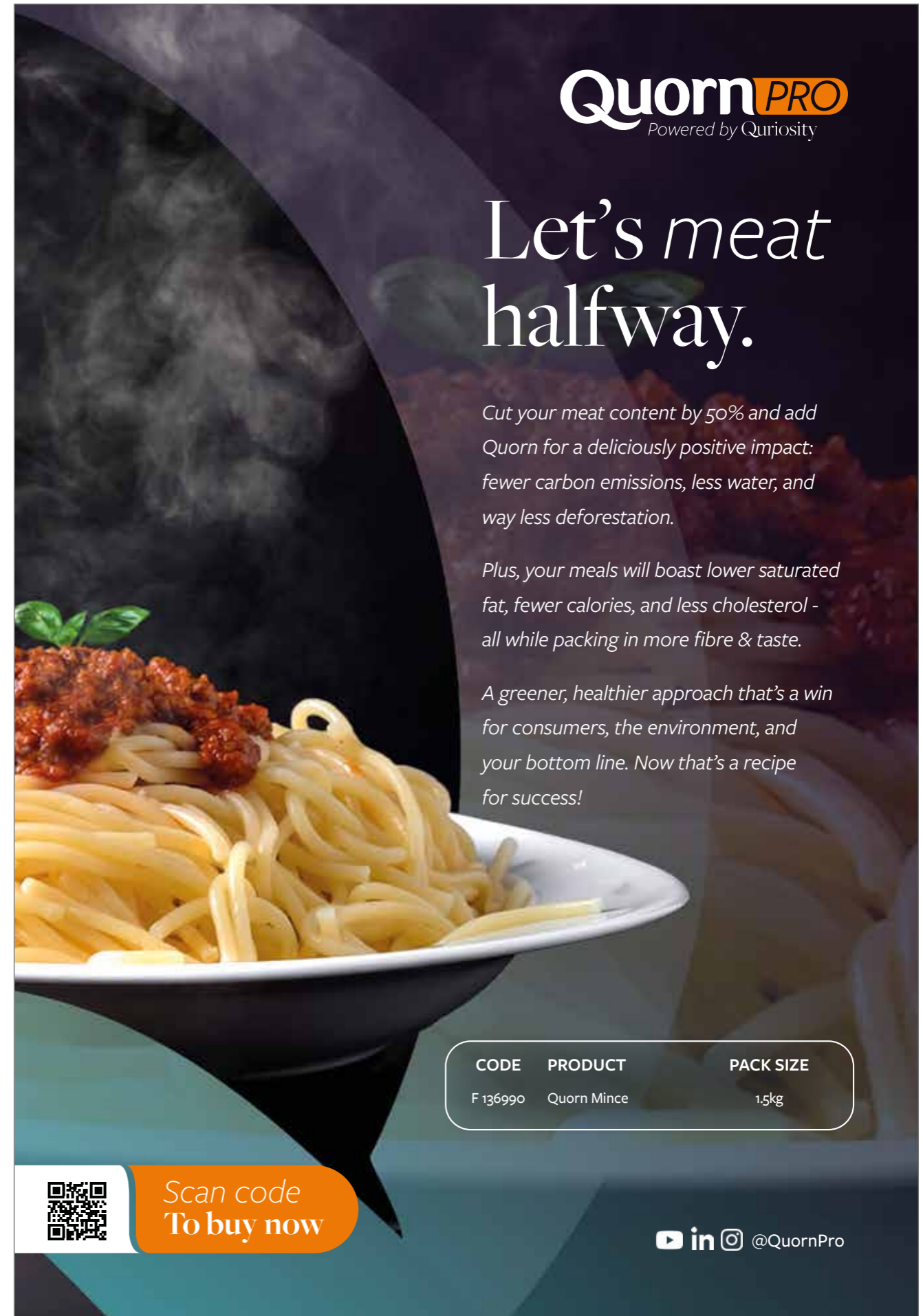
**Quorn** PRO  
Powered by Curiosity

## Let's meat halfway.

Cut your meat content by 50% and add Quorn for a deliciously positive impact: fewer carbon emissions, less water, and way less deforestation.

Plus, your meals will boast lower saturated fat, fewer calories, and less cholesterol - all while packing in more fibre & taste.

A greener, healthier approach that's a win for consumers, the environment, and your bottom line. Now that's a recipe for success!



CODE	PRODUCT	PACK SIZE
F 136990	Quorn Mince	1.5kg



Scan code  
To buy now

in @QuornPro

# FISH & SEAFOOD

350+  
FISH &  
SEAFOOD  
products

Versatile, cost-effective and perfect for texture modification, fish is central to care home catering

Its naturally soft, flaky texture makes fish ideal for modification, while 'Fish & Chips Night' is always popular with residents.

## HOW WE CAN HELP

- Market leaders in sustainable fish, with over 150 MSC and ASC accredited products
- Widest range in UK foodservice, suitable for all meal occasions
- Great choice of oily fish including pilchards, salmon, sardines, trout and mackerel
- Nostalgic favourites like fish fingers, and battered products for Fish & Chips Night

## HINTS & TIPS

- Choose lower-cost species such as whiting for breaching and battering
- Smoked salmon trimmings let you add a premium touch at a low cost
- Smoked fish has strong flavours that go a long way, so you can buy smaller quantities

F 129337 1 X 1.5KG

### M&J Seafood Omega 3 Scottish Hot Smoked Mackerel Fillet Flakes

These skinless, boneless fillets are quick and easy to prepare. Just tear and add to pasta with sauce to create an oily fish meal



F 33273 1 X 500G

### M&J Seafood Oak Smoked Salmon Trimmings (skinless, boneless)

Great product to add to fish pies, or to make fishcakes and pasta dishes



F 33190 1 X 910G NETT

### M&J Seafood MSC Fish Pie Mix

Packed with pollack, salmon and hake. Try baking in a rich tomato sauce, or as the base for a fish pie or curry



F 125334 1 X 1KG

### M&J Seafood Diced MSC Natural Smoked Haddock Fillet

A great product for fishcakes, fish pies and other dishes; the 15mm dice is perfect for IDDSI level 6



F 132511 1 X 1KG

### Dockside Diced MSC Alaska Pollock 15x15mm

Ready to cook from frozen. 15mm dice ensures even distribution through pies and fishcakes and is perfect for IDDSI level 6



F 136896 1 X 1KG

### Alfrio MSC Hake Bites

A simple oven-to-plate solution with great flavour and a crispy shell – a good money-saving alternative to scampi



## WOWING THE CARE SECTOR WITH WHITBY

F 118717 Whitby Battered Cod Goujons 1 x 450g

F 30331 Whitby Wholetail Scampi 1 x 450g

F 136554 Whitby Gluten Free Wholetail Scampi 1 x 600g

- Flexible portion control
- Nostalgic/familiar products & flavours
- Frozen products - reducing cost & waste
- Multi-way cook option
- Versatile menu offerings

SCAN ME FOR FREE POINT OF SALE AND TOP-NOTCH RECIPE INSPIRATION

## ARE HOT DOGS ON YOUR MENU?

Healthcare is Westlers fastest growing category.

NO MRM

90% pork

Ambient & pre-cooked  
Easy to prepare  
Cost effective  
High in protein  
Perfect for theme days  
Meaty texture

## Serve up smiles!

Make dessert delicious

- Drive incremental spend with the perfect finishing touches
- Premium from-scratch ingredients
- Pre-mixed and reduced sugar solutions to cater to a range of dietary requirements

Discover our baking and pizza ranges to make the occasion next level

For more information on products & inspirational recipes, scan the QR code

# BAKERY

450+  
BAKERY  
products

Bread and baked goods are basic staples of care home catering. We make it easy to bring great taste, choice and quality to all meal occasions

Sweet favourites and nostalgic flavours to enhance the daily menu; high-sugar products can help maintain weight and energy levels for residents with smaller appetites.

## HOW WE CAN HELP

- Full range of over 500 breads, baps, baguettes and sweet baked goods
- Flow-wrapped cake slices ideal for all-day snacking and portion control
- Branded and Sysco own-brand bread is ideal for front-of-house display
- Jam doughnuts, eclairs and other traditional products provide nostalgic flavours

## HINTS & TIPS

- Bulk packs of part-baked bread, croissants and other products offer great savings over buying fresh
- Frozen and part-baked bread let you cook exactly the amount required for each meal
- Individual pasties and rolls baked to order from frozen add tempting aromas, tastes and textures to mealtimes
- Thaw-and-serve cakes and gluten-free lines help manage individual portion control and dietary needs
- Frozen sliced breads have a minimum five-day shelf life once defrosted, so no need to overload your freezer!

<p><b>F 118429</b> 1 X 19 PTN</p> <p><b>Brakes Lemon &amp; Poppy Seed Loaf Cake</b></p> <p>A pre-portioned loaf cake with slices that can be cut in half for residents with a smaller appetite</p>	<p><b>F 4660</b> 75 X 24G</p> <p><b>La Boulangerie Garlic &amp; Herb Slices</b></p> <p>Pre-spread with garlic butter and herbs for a filling, tasty side with pasta dishes; top with cheese for even more flavour</p>
<p><b>F 102444</b> 8 X 800G</p> <p><b>Brakes Essentials Thick Square Sliced White Loaves</b></p> <p>Square-shaped tin loaves with a five-day shelf life once defrosted. Fully baked, just thaw and serve.</p>	<p><b>F 134063</b> 50 X 57G</p> <p><b>La Boulangerie Fully Baked Sultana Scones</b></p> <p>Simply thaw and serve with butter, jam and cream</p>
<p><b>F 58606</b> 1 X 140</p> <p><b>Bridor Mini Gourmandises</b></p> <p>A great addition to breakfast, baked in house. Small size helps to minimise wastage</p>	<p><b>F 33040</b> 6 X 6 X 50G</p> <p><b>Luxury Baked Sourdough Crumpets</b></p> <p>Simple to prepare and tasty at any time of the day served with plenty of real butter</p>

# DESSERTS

400+  
DESSERT  
products

A wide range of frozen desserts, including classics and nostalgic flavours that will appeal to older residents

Ice cream is extremely popular as an accompaniment and in its own right; small pre-packed desserts support independent eating and portion control.

## HOW WE CAN HELP

- Over 400 products, most from UK-based, BRC-accredited suppliers
- Thaw-and-serve and prepacked individual for easy handling and serving
- Traditional and nostalgic recipes and flavours
- Core favourites available in whole desserts and pre-portioned formats, including single-tub ice cream

## HINTS & TIPS

- Frozen, pre-portioned desserts are easy for all staff to serve and avoid waste
- Add ice cream to smoothies to boost calories and help soothe sore throats (where people have been intubated, for example)
- Individual tubs of ice cream tiramisu and trifle are perfect for out-of-hours
- Frozen Black Forest and Coffee & Walnut gateaux are often preferred to scratch-made because residents nostalgically remember them as the 'real' taste they grew up with!

<p><b>F 123053</b> 1 X 24 PTN</p> <p><b>Brakes Blackcurrant Dessert</b></p> <p>This light and fruity bar-shaped desert has a pleasing soft texture</p>	<p><b>F 149837</b> 2 X 36</p> <p><b>Profiteroles with Chocolate Sauce</b></p> <p>Choux buns filled with cream - perfect as a pudding but could also be served on afternoon tea trolleys as a snack</p>	<p><b>F 4196</b> 4 X 14 PTN</p> <p><b>Sysco Essentials Spotted Dick Roly Poly Pudding</b></p> <p>A real traditional favourite, perfect served with hot custard</p>
<p><b>F 4195</b> 6 X 6 X 50G</p> <p><b>Sysco Essentials Treacle Roly Poly Pudding</b></p> <p>Supplied pre-marked for portion control, and can be oven-reheated from frozen</p>	<p><b>F 4343</b> 1 X 1</p> <p><b>Brakes Black Forest Gateau</b></p> <p>A nostalgic favourite with classic flavours of chocolate and cherries</p>	<p><b>F 119880</b> 2 X 35 X 40G</p> <p><b>Brakes Raspberry Mousse Slice</b></p> <p>This smaller individual square is light and fresh in flavour</p>

# Sweet Treats To Brighten Every Day



F 136483  
Sysco Essentials Vegan  
Chocolate Fudge Cake  
1 x 1



F 136482  
Sysco Essentials  
Raspberry Bakewell  
2 x 15 ptn



F 149810  
Sysco Classic S'mores  
Loaf Cake 2 x 11 ptn



F 149812  
Sysco Classic Mango & Yuzu Loaf  
Cake 2 x 11 ptn



F 149811  
Sysco Classic Passion Fruit  
& Lime Loaf Cake 2 x 11 ptn



F 136479  
Sysco Essentials Raspberry & White  
Chocolate Flavour Cheesecake  
1 x 1 (recommended 16 ptn)



F 136478  
Sysco Essentials Vegan  
Chocolate Orange Dessert  
1 x 14 ptn

Shop the full range at [brake.co.uk](http://brake.co.uk)



# DELICATESSEN

250+  
DELI  
products

A huge choice of flavours, colours and textures to incorporate into your dishes and menus

Our range includes simple, ready-made products that allow any member of your team, including care staff, to step in and help get a meal out if necessary.

## HOW WE CAN HELP

- Around 450 products across speciality cheeses, pâtés, quiches, ready-made savoury fillings, salads and dips
- Cost-effective Sysco and Brakes own-brand products to match your price point
- Versatile, ready-made products in practical packaging and sizes for easy prep, storage and serving
- Branded and specialist products with authentic provenance

## HINTS & TIPS

- Ready-made salads supplied in 2kg resealable tubs make it easy to decant precise portions without wastage: add a cooked protein for a quick, simple tea
- Mixed beans are a good source of protein, which aids muscle repair and skin conditions
- Individual pâté portions are ideal as starters or a light evening snack
- Quiche is a great basis for a quick, simple meal when served with a side salad or other accompaniment, or as finger food

C 133911

1 X 1KG

### Gran Bosco Cooking Chorizo

Use a flavour enhancer; when gently fried it will release lots of smoky, garlicky flavours that will give a dish plenty of body



C 11213

1 X 1KG

### Sysco Classic Houmous

Chickpeas are packed with protein to aid muscle and skin repair. Houmous served with pitta bread makes an ideal light meal



F 133563

4 X 1KG

### Brakes Essentials Fully Baked Four Cheese Quiche Slab

Ideal for a light lunch or buffet, served hot or cold in traditional wedges or bite-sized portions. Other flavours available.



C 70045

1 X 1KG (20 PTN)

### Brakes Ardennes Pâté

A perfect starter or snack that naturally contains lots of iron, which helps prevent anaemia



C 111366

1 X 454G

### Sysco Premium Sliced Wiltshire Cured British Ham

A more premium ham with a recognised name, ideal for sandwiches and salads



C 71495

1 X 1KG (20 PTN)

### Fridays Tuna & Sweetcorn Mayonnaise Savoury Filling

A ready-made filling perfect for sandwiches or jacket potatoes, saving time and labour



# DAIRY

Essential ingredients for scratch cooking, dairy-free alternatives, plus prepared options helping save time, labour and cost

Dairy products are important sources of calcium, essential for good bone health and basic ingredients in a 'food first' approach to fortification. Use non-dairy alternatives for residents with lactose intolerance, allergies and other dietary needs.

**“Looks, tastes & performs just like cream”**

- Use like double cream
- Perfect for cooking, pouring and whipping
- 2.5 x volume when whipped versus dairy
- 4hrs whipped stability
- Does not split when exposed to heat and acidic juices
- Bain marie stable
- Freeze thaw stable



C149957 Meadowland Double 8 X 1L

Learn more at [violifeprofessional.com/en-gb](http://violifeprofessional.com/en-gb)

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## HOW WE CAN HELP

- Nearly 400 products to meet residents' needs and your practical, commercial and budgetary requirements
- Eggs, milk and other products that support British farmers, produced to the highest welfare standards
- Dairy-free alternatives including spreads, cheeses and nut and soya milk products

## HINTS & TIPS

- Mature cheddar has a strong flavour, so you use less
- Save money on yogurt by buying in bulk
- Order the amount of milk you need to match your resident numbers. We supply various sizes up to 3 gallon pergals (13.6ltr)
- Skimmed milk powder lets you make up exactly what you need and saves on fridge space
- Liquid egg reduces waste and prep time and eliminates possible contamination with eggshell

C 18421

1 X 2KG

**Green Valley Dairy Full Fat Soft Cheese**

Use as a spread, or to add calories in hot, cold, sweet and savoury dishes, including cheesecakes, soups and pasta sauces



C 70202

1 X 3 GALLS (13.64L)

**Brakes Fresh Whole Milk Pergal**

A great option for large-volume users, and produces far less waste than lots of smaller plastic bottles



C 113653

1 X 1LTR

**Alpro Roasted Almond Unsweetened U.H.T.**

A non-dairy alternative with a well-rounded nutty flavour. Try using it instead of milk to make rice pudding or custard



A 112159

1 X 1LTR

**Kerrymaid Double**

Ultra heat-treated whipping cream alternative ideal for pouring, cooking and whipping



A 4515

1 X 397G

**Brakes Full Cream Sweetened Condensed Milk**

Ideal for making sweet creamy desserts – and even better when boiled up as caramel for banoffee pie



C 129803

8 X 1LTR

**Flora Professional Plant**

Use this versatile plant-based product as an exact substitute for conventional dairy cream



ESTD 1989  
**KERRYMAID**  
*The Smooth Finish*

**50% LESS WASTE\***  
COMPARED TO FRESH CREAM

**A FRESH PERSPECTIVE**

UNCOMPROMISING TEXTURE AND PERFORMANCE, THE BEST TASTING LONG LIFE CREAMS THAT YOU CAN TRUST.

HEAT STABLE   AMBIENT STORED   WON'T SPLIT

SCAN TO BUY NOW

\*At least 50% longer life vs fresh cream

**Ubley** BRITISH FAMILY OWNED DAIRY

LUSH YOGURT, straight from Somerset

- WHOLESOME FRUITED WHOLEMILK
- ONLY HIGH QUALITY INGREDIENTS
- SMALL POTS FOR EASY SERVING

Proudly British

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**PHILADELPHIA PROFESSIONAL**

**FORTIFY with PHILLY**

Cater with care for special dietary requirements

Sweet or savoury, an added spoonful of Philly can help provide those all-important added calories

For recipe inspiration, hacks, hints & tips, enrol at The Philly Academy today for free  
[www.philadelphiaprofessional.co.uk](http://www.philadelphiaprofessional.co.uk)

BUY NOW WITH BRAKES C 71130 1 x 1.65kg

**müller**

**NO BITS, NO BOTHER**

BRAKES CODE	PRODUCT	IDDSI LEVEL
C151157	Müller Plant Based Thick & Creamy 1x3kg	4
C151155	Müller Thick & Creamy Plain Yog 1x3kg	4
C151154	Müller Healthy Balance Straw Yog 1x3kg (liquidised/pureed)	3-4
C74746	Thick & Creamy Mixed Case 12x1x110	4

The IDDSI Framework  
Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.

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Derivative works extending beyond language translation are NOT PERMITTED.

Shop now at [brake.co.uk](http://brake.co.uk)

# VEGETARIAN & VEGAN

600+  
VEGETARIAN  
& VEGAN  
products

Our range makes it easy to provide nutritious, enjoyable meat-free and plant-based food

New 'baby boomer' residents and sustainability concerns around meat and dairy are driving demand for vegetarian and vegan food, with memory pledges for dietary preferences also becoming more common in care homes.



## HOW WE CAN HELP

- Wide choice of products from leading brands to suit your kitchen skill levels and price point
- Brakes and Sysco own-brand lines offer cost-effective alternatives, without compromising on quality, consistency, technical assurance or taste
- Innovative products from leading brands
- Helps you keep up with changes in residents' lifestyle preferences and priorities, as well as dietary requirements


## HINTS & TIPS

- Use Meat-Free Monday as an opportunity to introduce new plant-based products, flavours and textures, as well as making your home more sustainable
- Offer a vegetarian/vegan in a different style from your meat option to give real choice - for example, a plant-based curry and a beef lasagne
- Ensure your plant-based dishes have real nutritional value: beans, lentils and pulses are important sources of protein



**F 132494** 1 X 1KG

**Katerveg! Meat Free Mince**  


Decant exactly what you need from the freezer, then use as you would beef mince for lasagne, cottage pies or chilli





**A 114480** 1 X 1.9KG (MAKES 25LTR)

**Bisto Gluten Free Gravy Granules**  


This gluten-free and vegan gravy is super-tasty and suitable for everyone



**C 118561** 1 X 500G

**Alpro Plain Yoghurt Alternative**  

Serve with fruits for breakfast, use as a base for smoothies or stir into a vegan curry for a creamy taste and texture





**A 126924** 1 X 1LTR

**Sysco Classic Vegan Mayo**  


Stir in chopped parsley and garlic for a great dip to serve with fishless fingers





**C 126489** 4 X 500G

**Violife Original Flavour Vegan Grated**  


Good strong flavour; use in the same way as grated dairy cheddar



**F 135893** 1 X 1KG

**Fable Plant Based Meaty Pulled Mushrooms**  

Super-versatile product with fantastic flavour and texture



# FREE FROM

750+  
FREE-FROM  
products

A complete range of products to meet the needs of residents with gluten and dairy intolerances, or eating a meat-free diet

Food intolerances and allergies can affect anyone of any age. Care homes must offer gluten-free and dairy-free items, but branded products tend to be expensive.



## HOW WE CAN HELP

- Complete solution across all categories and meal occasions
- Brakes own-brand alternatives reduce costs without compromise
- Gluten-free desserts developed in-house, and in partnership with trusted suppliers and the Vegan Society
- All GF and dairy-free products are clearly labelled, making it easy to keep them separate


## HINTS & TIPS

- Consider using gluten-free ingredients for all dishes to avoid cross-contamination and possible errors, especially in lower-skill settings
- Our gluten-free batter mix, made from rice flour, stays crisper for longer – great for dishes on serving trolleys
- When you drain chickpeas, use the water (aquafaba) to make egg-free meringues and panné




**A 130491** 1 X 2.5KG

**Brakes Gluten Free Batter Mix**   


Make Fish Friday an occasion everyone can enjoy – plus this rice-flour batter stays crisper for longer





**A 130493** 1 X 3KG

**Brakes Gluten Free Flapjack Mix**   


Add dried fruits and bake for a sweet treat with consistent results



**A 124868** 1 X 400G

**Garofalo Gluten Free Spaghetti Pasta**  

No need for anyone to miss out on Bolognese; small pack sizes makes this a cost-effective option




**A 130999** 1 X 1.5KG

**Brakes Gluten Free Breadcrumbs**   


Use to coat chicken or fish, or mix with cheese for a crunchy topping on traybakes and fish pies





**A 124867** 1 X 1LTR

**Kikkoman Tamari Gluten Free Soy Sauce** 


Great for Asian cooking and creating a themed menu; also ideal as a seasoning to enhance flavours



**F 135096** 24 X 58G

**Schär Gluten Free Part Baked White Roll**  

Delicious crusty white rolls cooked in their packaging, so safe for everyone and no possibility of mistakes



# MEAL SOLUTIONS

600+ MEAL SOLUTIONS products

Prepared meal solutions are an important and flexible option for care homes

A simple way for caterers of all skill levels to provide food for residents who miss meals for appointments and visits, or wish to eat outside regular mealtimes and locations.

## HOW WE CAN HELP

- A complete range of frozen prepared meals that can be cooked by anyone, saving time and labour
- Wide range of flavours and styles to suit all tastes, including vegetarian and halal options
- NEW meat and vegetarian ranges texture-modified to IDDSI level 4
- Supplied in trays for simple handling and storage and zero prep

## HINTS & TIPS

- Individual portions are ideal for out-of-hours service
- Keep some multi-portion ready meals in the freezer so that anyone can get a meal out if necessary
- Choose meat-free options that everyone can eat and enjoy to reduce storage requirements, complexity and the possibility of mistakes, particularly for staff with lower skill levels

**F 149770** 10 X 355G

**Maple Foods Meat Puree L4 Selection Pack** easy

A selection of meat meals that meet the Level 4 IDDSI guidelines: chicken casserole, chilli con carne, beef in bolognese sauce, shepherd's pie, fish and potato pie



IDDSI LEVEL 4

**F 149771** 12 X 400G

**Maple foods ICM Halal Selection Pack** easy

Mixed Halal Selection Box: mutton & tarka black eyed beans, chicken korma & masoor dal, chicken sag & whole moong dal, lamb masala & chana dal, all served with rice



**F 30283** 2 X 1.36KG

**Brakes Macaroni Cheese** easy

A traditional favourite: macaroni pasta topped with a rich cheese sauce



**F 149769** 10 X 355G

**Maple Foods Vegetarian Puree L4 Selection Pack** easy

A selection that meets the Level 4 IDDSI guidelines: lentil bolognese, mix vegetable curry, Moroccan chick pea stew, vegetable casserole and creamy cauliflower florets




IDDSI LEVEL 4

**F 30267** 2 X 1.36KG

**Brakes Chicken Casserole** easy


Tender chicken breast pieces and vegetables in a tomato-based gravy



**F 30276** 2 X 1.36KG

**Brakes Meatballs in Tomato Sauce** easy

Cooked pork and beef meatballs in tomato sauce



## Sugar Free Fruity Flavours



**Radnor splash**  
SUGAR & SERVATIVE FREE  
Apple & Raspberry  
STILL FLAVOURED SPRING WATER  
Low Calorie

24 x 250ml pk Still  
A133697 Watermelon  
A133696 Orange & Passion Fruit  
A133695 Apple & Raspberry

## REFRESHING BOOST WITH BRITVIC SENSATIONAL DRINKS



A84906 A150143 A150142 A84908  
A135845 A149589 A121354 A4843 A5933 A149615 A135843

## GREAT BRANDS AT GREAT PRICES!




✓ GLUTEN FREE ✓ C-QUIN COMPLIANT ✓ NON-HFSS ✓ GLUTEN FREE ✓ FREE FROM ADDITIVES ✓ NON-HFSS

**STOCK UP NOW!**

KP Snacks

## Snacks done Properly



CODE	DESCRIPTION	✓ NATURAL FLAVOURING
A 104378	Propercorn Sweet & Salty Popcorn	✓ GLUTEN FREE
A 128929	PROPER Chips BBQ	✓ VEGAN

# DRINKS & SNACKS

A key health consideration for all residents, particularly those living with dementia

All residents need access to drinks throughout the day. Having snacks available is essential for those who miss meals, need extra calories or keep irregular hours.

## HOW WE CAN HELP

- Extensive range of all-day and out-of-hours snack products
- Individually wrapped biscuits and cakes help reduce waste and manage portion control
- Gluten-free, low-sugar and other options to meet a range of dietary and health needs

## HINTS & TIPS

- Set up drink stations in various locations, and encourage residents to drink at every opportunity
- Nostalgic flavours and packaging can tempt reluctant eaters and evoke positive memories
- Be aware of the sugar content of drinks and snacks for residents with diabetes, and texture for those with dysphagia

**McVitie's**

## Tasties biscuits at a tasty price.

Healthcare and Education catering. A wide range of favourite biscuits, ideal for bringing residents and staff together for a McVitie's biscuit break.

Product Code	Product Description	Pack Size
A133537	McVitie's Tasties Milk Choc Digs	12 x 300g
A134533	McVitie's Tasties Pink Wafer	12 x 100g
A134535	McVitie's Tasties Nice	12 x 250g
A125302	McVitie's Tasties Custard Creams	12 x 150g
A135303	McVitie's Tasties Bourbon Creams	12 x 150g
A135304	McVitie's Tasties Digestives	12 x 300g

A 129304

12 X 1LTR

**Ocean Spray Cranberry Classic Juice Drink**



Good source of vitamin C and highly regarded for its many health benefits. 1ltr carton with swift cap



A 136701

20 X 50G

**Schär Wafer Pockets**



Gluten-free individually wrapped delicious wafers with chocolate



A 29859

48 X 32G

**Tunnock's Caramel Log Wafers with Roasted Coconut**



Wafer and caramel biscuit fully coated in chocolate flavour coating sprinkled with roasted chocolate in a display box



A 122877

100 X 2.5G

**Twinings English Breakfast String & Tag Tea Bags**



Bright, full bodied and full of flavour, perfect at any time of the day or night



A 108981

1 X 1.357KG

**Nestlé Big Biscuit Box**



An assortment of 69 chocolate biscuit bars including Kit Kat, Blue Riband and Toffee Crisp



A 135339

256 X 25G

**Lyons Chocolate Sandwich Bar**



Milk chocolate biscuit bars with a chocolate flavoured filling. Great value with great taste



**NO.1 BRAND IN OUT OF HOME\***  
Shop the range at [brake.co.uk](http://brake.co.uk)

A121168 A28625 A110293 A28626 A28624

Certified B  
CGA OPM Data MAT 07/10/2023

**HARROGATE**  
SPRING WATER

**Cadbury**  
YOURS FOR **200** YEARS  
SINCE 1824

**COME TOGETHER FOR A TREAT**

A 509 6 X 2KG  
A 145941 1 X 1790G  
A 512 50 X 28G  
A 5596 6 X 2KG

Subject to availability.

**Cadbury**  
IS PROUD TO SUPPORT  
**ALZHEIMER'S RESEARCH UK**

SCAN HERE TO FIND OUT MORE

To mark Cadbury's 200<sup>th</sup> anniversary, Mondelez Europe Services GmbH – UK Branch is donating £200,000 to Alzheimer's Research UK (charity no: 1077089) to support research towards finding a cure.

**HELPING CARE PROVIDERS SERVE A BETTER BREAKFAST**

Weetabix and Ready brek have been trusted for generations to serve up a perfect tasty breakfast, lovingly made with all the goodness of 100% wholegrain wheat and oats. Available in a range of convenient pack sizes.

**THE UK'S No.1 CEREAL\***

**A 102616**  
Weetabix Bulk Pack A 6 x 48

**A 84729**  
Weetabix Twin Portion Pack B 48 x 2

**A 84730**  
Weetabix Single Portion Pack C 96 x 1

**A 132337**  
Ready brek Original 4 x 8 x 30g

**A 111239**  
Ready brek Original 6 x 450g

- High in fibre and low in fat, salt & sugar for a balanced diet
- Fortified with vitamins & minerals
- CQUIN compliant

- Easy to prepare, nutritious & warming porridge made with 100% wholegrain oats
- Super smooth texture
- CQUIN compliant

\*Nielsen 52 w/e 17.03.24 – Total Coverage.

**Nestlé**

**BETTER BEYOND BREAKFASTS**

PROVIDE COMFORT FOR ALL CARE RESIDENTS WITH A WIDE RANGE OF TASTY, TRADITIONAL CEREALS THAT CAN BE ENJOYED AS PART OF A BALANCED DIET WHILE WE DELIVER ON OUR BETTER PROMISES.

**NON HFSS CEREALS**

BRAKES CODE	PRODUCT DESCRIPTION
A 151207	Shredded Wheat Cereal 5x16b
A 133555	Shreddies Original Cereal 12x720g
A 136912	Go Free Honey Cornflakes Cereal 5x350g
A 136913	Go Free Cornflakes Cereal 4x375g
A 136911	Harvest Home Cornflakes Cereal 14x500g
A 136152	Harvest Home Crisp Rice Cereal 7x440g
A 103272	Harvest Home Crisp Rice Cereal 1x7kg
A 103270	Harvest Home Cornflakes Cereal 1x7kg
A 105953	Brakes OL Cornflakes 8x500g
A 105956	Brakes OL Crisp Rice 8x600g
A 149867	KitKat Cereal 7x330g
A 149868	Nesquik Cereal 9x375g
A 149869	GoFree Crisp Rice 4x350g

FOR JOYFUL BREAKFASTS STARTING TODAY. GET IN TOUCH: [OUTOFHOME@CPUK.NESTLE.COM](mailto:OUTOFHOME@CPUK.NESTLE.COM)

TO FIND OUT MORE ABOUT OUR BETTER PROMISES, VISIT [NESTLE-CEREALS.COM/UK/OUR-PROMISES](http://NESTLE-CEREALS.COM/UK/OUR-PROMISES)

© REG. TRADEMARK OF SOCIÉTÉ DES PRODUITS NESTLÉ S.A.

**Kellogg's®**

Make every day **better**

- From the UK's no.1 cereal manufacturer\*
- Bag pack is more flexible for all business types and sizes
- Fortified with vitamin D

CODE	PRODUCT	PACK SIZE
A 102606	Corn Flakes	4 x 500g
A 102610	Corn Flakes	8 x 500g
A 102615	Rice Krispies	4 x 400g
A 102608	Bran Flakes	4 x 500g
A 102607	Special K	4 x 500g

Find out more, explore our brands and order **free POS** at [kelloggsvantage.co.uk](http://kelloggsvantage.co.uk)

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\*Circana | Total Cereal | Total Market | Value Sales | 52we 20 May 2023.

**Kellogg's®**

# THE PERFECT RANGE OF WINES TO CATER FOR ALL YOUR RESIDENTS!



## Jack Rabbit Pinot Grigio

VENETO, ITALY  
Light, fresh, citrus and pear flavours.

**12** A 150785 x187ml **6** A 150786 x750ml

## Jack Rabbit White Zinfandel

CALIFORNIA, USA  
Fresh, sweet, flavours of strawberry.

**12** A 150783 x187ml **6** A 150784 x750ml

## Jack Rabbit Merlot

CALIFORNIA, USA  
Rich, fruity, full of blackcurrant flavours.

**12** A 150777 x187ml **6** A 150778 x750ml

## Jack Rabbit Sauvignon Blanc

CENTRAL VALLEY, CHILE  
Fresh, flavours of lime and peach.

**12** A 150780 x187ml **6** A 150779 x750ml



Shop the full range at [brake.co.uk](http://brake.co.uk).  
JACK RABBIT WINES

## Jack Rabbit Shiraz

CENTRAL VALLEY, CHILE  
Spicy, flavours of berries and sweet vanilla.

**12** A 150781 x187ml **6** A 150782 x750ml

# ALCOHOL

200+  
ALCOHOL  
products

A huge choice to meet all tastes and preferences, at prices to suit your budget

Almost half of UK care homes have a dedicated facility serving alcohol; research shows socialising over a drink can have great benefits for residents' well-being.

## HOW WE CAN HELP

- Range created in partnership with Bibendum
- Over 100 international red and white wines, including still, sparkling, sweet and fortified wines
- 50 favourite spirits available as single bottles or mix-your-own cases
- Wide selection of beers and ciders

## HINTS & TIPS

- Serve pre-mixed cocktails to add fun to an occasion without the cost of buying separate drinks (or employing a mixologist!)
- No minimum order quantity when bought with your regular order
- One order, one delivery, saving you time and money

A 135416 1 X 1.5LTR

### Soho Street Espresso Martini

Ready-mixed cocktail reducing the need for separate bottles, helping reduce prep time, cost and storage



A 150786 6 X 75CL

### Jack Rabbit Pinot Grigio

Winemakers behind Jack Rabbit passionately believe in producing wines of consistent high quality



A 113849 6 X 750ML

### Prosecco Frizzante Extra Dry DOC

Light soft Frizzante. Pale straw colour with delicate flavours of Williams pear and stone fruit



A 121345 6 X 75CL

### Argento Malbec

Medium bodied red wine with aromas and flavours of plums and black cherries, great with beef



A 128228 6 X 70CL

### Harveys The Bristol Cream Solera Sherry

Full bodied with rich but mellow notes. Enjoy chilled at 12°C in a wine glass or mix over ice with a slice of orange



A 115550 24 X 275ML

### Beck's German Pilsner Beer Bottles

Mild herbaceous and floral hoppiness with a crisp finish



# LOW ALCOHOL AND ALCOHOL-FREE

12+  
LOW & ALCOHOL FREE products

Alcohol-free wines and beers carefully selected for care homes

If your care home is one of the increasing number with a bar or other drinking area, having a selection of low alcohol and alcohol-free drinks available helps make it a safe, welcoming space for all your residents, whatever their personal preferences and health considerations.

## HOW WE CAN HELP

- Red and white wines made from authentic French Merlot and Chardonnay with the alcohol removed
- Alcohol-free versions of familiar, popular beers including IPA and continental lagers
- A great way to enable all your residents to enjoy a sociable drink, while meeting their individual needs and preferences

## HINTS & TIPS

- A resident may be advised to avoid alcohol while taking certain medications – always check if you're not sure
- Just like regular beer, alcohol-free beers are high in carbs and may lead to weight gain and other health-related issues
- De-alcoholised wines retain the polyphenols found in regular wines, which have beneficial antioxidant properties


**A 133989** 6 X 75CL

**Artis Merlot 0%**  
French Merlot matured in oak before the alcohol is carefully removed. Smooth and rounded with berry fruit flavours and light tannins




**A 115549** 24 X 275ML

**Beck's Blue Alcohol Free German Beer Bottles**  
A light crisp and refreshing non-alcoholic beer



**A 151122** 12 X 250ML

**Daymer Bay Passionfruit Martini**  
A premium, artisan single-serve mocktail. Perfect for enjoying alone, or mixing with your favourite alcohol to create a cocktail!




**A 133988** 6 X 75CL

**Artis Chardonnay 0%**  
Chardonnay wine from France, de-alcoholised but retaining its oaky aroma and prolonged oak aftertaste




**A 528794** 12 X 330ML

**Days Lager Alcohol Free**  
Brewed in North Berwick with Hallertau hops, lightly malted with well-balanced floral and citrus notes



**A 135360** 24 X 330ML

**Heineken 0.0% Alcohol Free**  
A refreshing alcohol-free beer characterised by fruity and fresh malt notes and a light body




## Which bin bag is for me?

Cedo are a recycler as well as a manufacturer, we collate post-consumer waste from around Europe and process it in our recycling centre in Geleen, processing over 80,000 tonnes of waste per year.



Code	Description	Case Quantity	Duty	Areas to use
A89917	White Swing Bin Liner	10	Light	Paper and general office waste
A89918	White Pedal Bin Liner	5	Light	Paper and general office waste
A104000	Black Refuse Sack	200	Light	General office waste
A28991	Black Refuse Sack	200	Medium	General domestic/Office waste
A87872	Clear Refuse Sack	200	Medium	General domestic/Office waste
A26088	Red Refuse Sack	200	Medium	Recycling/General waste /Waste segregation
A26802	Green Refuse Sack	200	Medium	Recycling/General waste /Waste segregation
A148645	Clear Compactor Sack	150	Medium	Extra wide Compactor/Catering/ Kitchen/Trade waste
A28990	Black Refuse Sack	200	Heavy	Catering/Kitchen/Trade waste
A86905	Black Refuse Sack	200	Heavy	Catering/Kitchen/Trade waste
A124230	Black Refuse Sack	100	Heavy	Catering/Kitchen/Trade waste
A21512	Clear Refuse Sack	200	Heavy	Recycling /Catering/Kitchen /Trade waste
A559543	Clear Compactor Sack	100	Heavy	Extra wide Compactor/Catering/ Kitchen/Trade waste
A87722	Black Compactor Sack	100	Extra Heavy	Extra wide Compactor/Catering/ Kitchen/Trade waste
A21361	Blue Refuse Sack	100	Extra Heavy	Catering/Kitchen/Trade waste/ Waste segregation



# CATERING SUPPLIES & EQUIPMENT

1,000+  
SUPPLIES &  
EQUIPMENT  
products

Everything you need to maintain a safe, healthy and hygienic environment in your kitchen and throughout your care home

Our range also includes products that address sustainability and environmental issues that matter to your residents and stakeholders.

## HOW WE CAN HELP

- Complete product ranges across food preparation, paper hygiene, chemicals, food packaging and disposables, janitorial supplies and PPE
- All your favourite branded products, plus Brakes own-brand products for wider choice and value options
- Recycled/recyclable products support your own sustainability/CSR policies and credentials
- Delivered with your Brakes food order, saving you time and money

**A 10515** **1 X 6**

**Sysco Classic 2 Ply Blue Centrefeed Embossed Kitchen Wipes**

Ideal for wiping surfaces dry after being cleaned and sanitised



**A 86520** **1 X 100**

**Extra Large Blue Vinyl Gloves Powdered**

Latex free: reducing the risk of hypersensitivity and allergic reactions Rolled Cuff: For additional strength, easier donning and prevention of liquid roll back Lightly powdered: to ease donning and absorb perspiration Smooth finish blue glove: offering traceability for the food industry



**A 86406** **1 X 100**

**Blue Piping Bag 18"**

Single-use disposable bags suitable for hold or cold foods including cream, mousse and mash



**A 133283** **1 X 1**

**ETI White Pocket Digital Thermometer**


Pocket sized with hold function. Temp range -39.9°C to 149.9°C



**A 28990** **1 X 200**

**Heavy Duty Refuse Sacks 457x737x838mm**

Big and strong, perfect for kitchen waste



**A 89245** **1 X 1**

**High Density Chopping Board Set**

Includes 6 colour chopping boards; red, yellow, green, brown, white and blue



**A 132940** **1 X 1**

**Harfield Clear Polycarbonate Jug with Blue Lid 1.1ltr (38.7oz)**

Polycarbonate is a superior quality plastic with high impact strength toughness and heat resistant



EST 1970  
**BAYLIS & HARDING**  
ENGLAND

Our luxury 5 litre refills are the perfect eco-friendly solution for businesses. Available in both the iconic Sweet Mandarin & Grapefruit fragrance or top selling antibacterial Jasmine and Apple Blossom fragrance.



\*refers to a total of 10 x 500ml bottles and pumps

Description	Brakes Code	Pack Size
Baylis & Harding Jasmine & Apple Blossom Anti Bacterial 500ml Hand Wash	A146274	3x500ml
Baylis & Harding Sweet Mandarin & Grapefruit 500ml Hand Wash	A146275	3x500ml
Baylis & Harding Wild Rhubarb & Pink Pepper Anti Bacterial 500ml Hand Wash	A133730	6x500ml
Baylis & Harding Aloe Tea Tree & Lime Anti Bacterial 500ml Hand Wash	A146276	3x500ml
Baylis & Harding Jasmine & Apple Blossom 5 Litre Hand Wash	A133732	1x5ltr
Baylis & Harding Sweet Mandarin & Grapefruit 5 Litre Hand Wash	A133733	1x5ltr

**HARRISON'S**  
WIPE IT RIGHT

Innovating for a sustainable future

By replacing one pack of lightweight polyester cloths with one pack of the **J Cloth Compostable**, you save the equivalent of twelve 500ml plastic bottles in plastic waste.

1 PACK OF LIGHTWEIGHT POLYESTER\* → Replaced with → 1 PACK OF J CLOTH COMPOSTABLE

REDUCTION IN PET TO THE EQUIVALENT OF **12** 500ML PLASTIC BOTTLES

● A103858 ● A103857 ● A103855 ● A103856

\*35gsm, 38x38cm sheet size

Shop the range at [brake.co.uk](http://brake.co.uk)

## PRICE'S CANDLES

<b>A86632</b> Altar candle 150h x 80d mm Case size: 1 x 6 pcs	<b>A86633</b> Altar candle 200h x 80d mm Case size: 1 x 6 pcs
<b>A555148</b> 50pk Sentinel Nightlights +/- 8 hrs Case size: 1 x 12 pcs	<b>A135528</b> 50pk Tealights +/- 4 hrs Case size: 1 x 18 pcs
<b>A105526</b> Ivory 50pk Dinner Candles Case size: 1 x 1 pcs	<b>A86626</b> White 50pk Dinner Candles Case size: 1 x 1 pcs

Shop now at [brake.co.uk](http://brake.co.uk)

**BRAKES CATERING EQUIPMENT WEBSITE IS NOW LIVE**



**OVER 12,000 PRODUCTS**

**PRICE MATCH PROMISE**  
£££

[brakesce.co.uk](http://brakesce.co.uk)

**brakes** catering equipment  
a Sysco company

10,000+  
BRAKES  
CATERING  
EQUIPMENT  
products

# CATERING EQUIPMENT

The UK's leading experts in catering equipment and supplies

Part of the wider Sysco family, Brakes Catering Equipment (BCE) is a separate, specialist catering equipment company supplying thousands of products from over 170 industry-leading brands, in addition to those core lines you can buy direct from Brakes.

## CROCKERY 1,100 PRODUCTS

Crockery from leading brands for everyday casual dining, fine dining, banqueting or afternoon tea and coffee



## WAREWASHING 80+ PRODUCTS

Dishwashers, glasswashers, utensil washers and warewashing accessories



## REFRIGERATION 200+ PRODUCTS

Commercial fridges/freezers, bottle coolers, multidecks, ice machines & blast chillers



## CUTLERY 240 PRODUCTS

Complement your tableware with our collection of 18/0 and 18/10 cutlery to suit every dining occasion



## COOKING EQUIPMENT 340 PRODUCTS

Fryers, grills, griddles, barbecues, steamers, ovens, microwaves & toasters



## FOOD PREP & STORAGE 1,200+ PRODUCTS

All your back of house needs from chopping boards, chef's knives, kitchen utensils to gastronorms and food storage



## HOW WE CAN HELP

- Commercial catering equipment and smaller electrical items, plus other front- and back-of-house essentials
- Next-day delivery as standard\*
- 30-day money-back guarantee\*
- Price match promise ensuring the best value for money\*

## HINTS & TIPS

- Our experienced, knowledgeable specialists can advise and guide you so you get exactly the right product to meet your needs
- As a Brakes customer, you can login to the BCE website using your existing Brakes username and password
- For larger capital items, leasing may be more cost-effective than outright purchase – call 0344 725 9494 for more details

## FOOD PREP MACHINES 130 PRODUCTS

Food processors, mixers, blenders, slicers, mincers, chippers, peelers & juicers



# KITCHEN HYGIENE

## ALL WRAPPED UP

93% of chefs think Wrapmaster® dispensers are safer and more hygienic than cardboard cutter boxes\*



Easy to Clean & Sanitise    Dishwasher Safe    Safe to Use

Reduces the risk of cross-contamination from bacteria and viruses



With improved hygiene and safety, isn't it time your kitchen started using Wrapmaster®?

Shop the full range at [brake.co.uk](http://brake.co.uk)



\*Independent Chef Panel Research, 100 participants July 2020

# Whisper

## SUSTAINABLE LUXURY FOR EVERYDAY COMFORT



Find out more: [www.brake.co.uk](http://www.brake.co.uk)

# THE BENEFITS OF YOUR ONLINE ACCOUNT

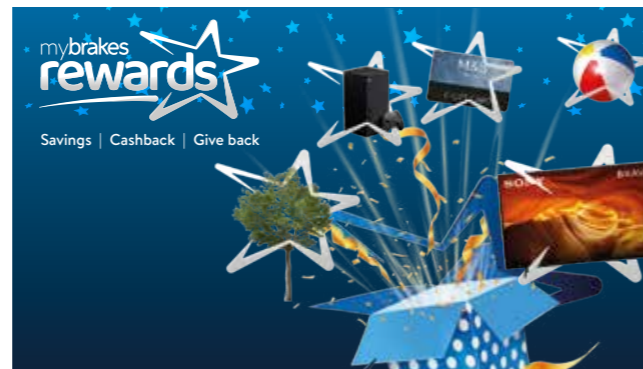


## IT'S TIME TO SWITCH

By shopping online using your mybrakes account, you can save money and earn cashback you can redeem for rewards. It'll also make running your business easier and more efficient. The simple, secure and reliable solution you need.

### MAKING FOOD MORE REWARDING

As a Brakes customer, you have exclusive access to mybrakes rewards which gives you personalised offers you can redeem for cashback, Brakes credit, gifts and much more when you shop online.



### YOUR PERSONALISED PRICES

When you log in, you'll see prices with your personalised trade discount applied across our range of over 10,000 products, plus all the latest promotions and other smart ways to save.



### MANAGING YOUR ORDERS

Use your mybrakes account to create, view and edit a new order; or simply repeat or modify a previous one. And if your order doesn't include something you usually buy, you'll receive a reminder in case you've forgotten it.



### SAFEGUARDING YOUR CUSTOMERS AND YOU

Just click on any product and you can view full allergen and nutritional information, making it easy to comply with Natasha's Law and provide essential information to your customers.



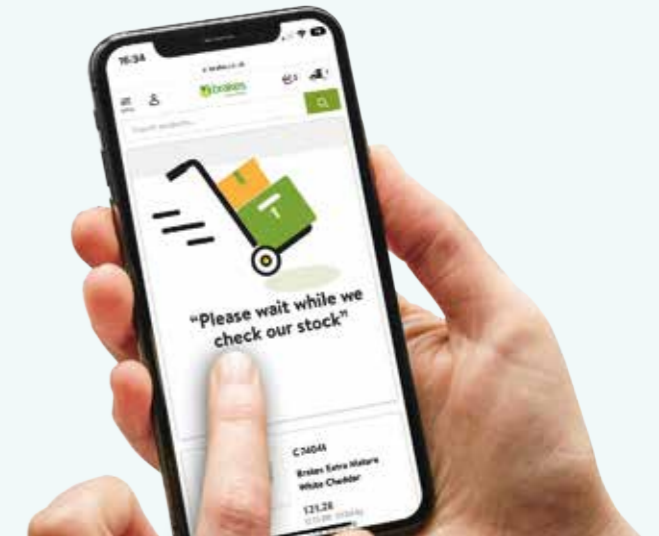
### KEEPING YOU POSTED

When you order online, you'll automatically receive an email at 06:00 on your delivery day to let you know exactly what's on the way, so you can plan your menu precisely and get ready for your day.



### SAFE, SECURE, SIMPLE

Your payment details are stored safely and securely, so you don't need to enter your card number every time, making shopping with us quicker and easier.

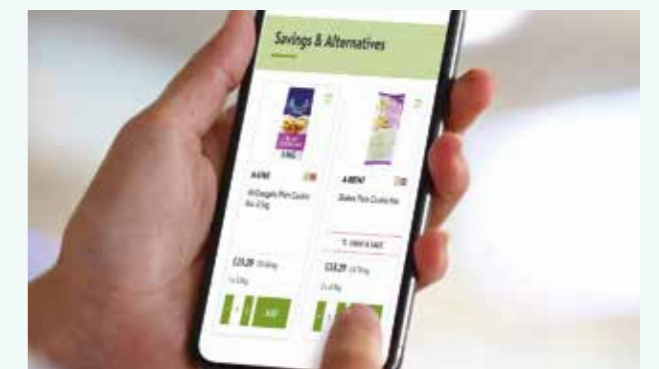


### LIVE STOCK CHECK

When you place an order for next day delivery, we'll run a live stock check: if an item is out of stock, you'll be offered alternatives to choose from. You'll also receive further updates in your regular delivery-day email.

### SAVING YOU MONEY EVERY SHOP

Using 'Swap & Save' links makes it easy to find alternative products offering significant savings. You'll also have access to our regular monthly promotions, Mega Deals, reduced-to-clear lines and other online-only Promotions.



# BRAKES VIRTUAL CHEF

Online nutritional analysis tool to help you meet your residents' needs simply and reliably.

## The challenges

As a care caterer, you need to measure all your dishes and menus against three vital criteria:

- Nutritional values and allergens – to meet a resident's individual needs while ensuring their health and safety
- Variety and choice – to stimulate appetites and encourage intakes
- Cost – managing your budget and cost per resident per day constraints

## HOW WE CAN HELP

Brakes Virtual Chef gives you all this information and more in one easy-to-use online tool. Powered by Nutritics professional nutrition analysis software, it's populated with all our products, with your prices preloaded in the background.

### Menu planning

- Automatically calculate nutrition, calories and allergens for every dish
- Groups recipes into categories so they're easy to find and adapt

### Meeting residents' needs

- Select dishes higher in calories for residents who require fortified food and drink
- Share menus digitally on a tablet, with images to help residents make their own choices

### Allergen catering

- Full allergen data for every dish, saving time and reducing risk

### Supporting your kitchen team

- Amend recipes easily if you need to add or remove products
- Full costings for every dish
- Recipe specs to ensure consistency and compliance
- Online platform allows groups to share best practice and drive efficiency

Please speak to your Brakes sales contact for more details

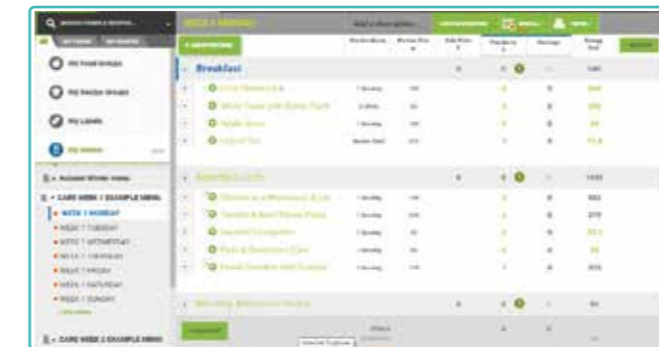


How virtual chef can help with budget control, individual resident needs, and compliance.

Below is as an indicative example of just one way Virtual Chef could help your care home. It demonstrates how a four-week menu cycle can be loaded with all relevant information available at the click of a button, including recipe details, costs per portion, and all nutritional and allergen data.

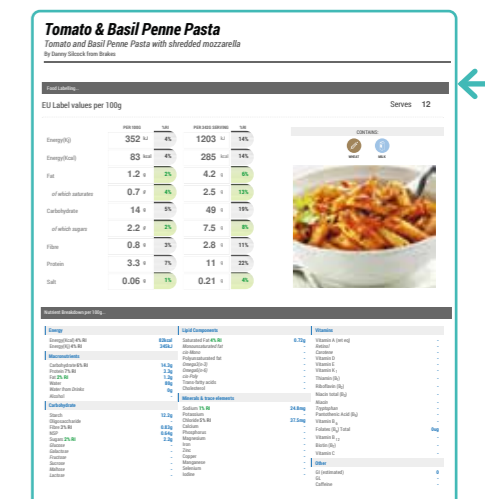


- 4-week menu cycle, daily recipes for each week



- Recipes listed for each meal occasion for each day

- Detailed online recipe for each dish
- PDF spec sheet output to e-mail or print, including ingredient list, methodology, nutritional and allergen information, plus costings if required



# ACTING TODAY FOR A BETTER TOMORROW

As a Brakes customer, you can be confident you're working with an industry leader in sustainable business practices, helping to support your own CSR and ESG policies and goals.

Our sustainability approach is underpinned by a set of robust policies covering responsible sourcing, packaging, carbon reduction and renewable energy. We're focusing on reducing our carbon footprint in two key areas:

## KEY AREA 1: FOOD

c. 85% of our total carbon footprint

### Our aims:

- To educate and inspire customers to build more sustainable menus that don't compromise on quality, nutrition, taste or cost
- To halve food waste in our systems by 2030

### What we're doing:

- Adding recipe carbon footprint calculator as part of our Virtual Chef package
- Strengthening our sourcing policies and standards across key commodities
- Using 100% reusable or recyclable packaging for our own-brand products
- Supporting FareShare, with over 12 million meals donated to 2023
- Providing product, menu and recipe guidance to help customers reduce waste
- Training our sales colleagues about healthy and sustainable food and diets

### WINNER

PSC Sustainability Award 2023

Footprint Stakeholder Engagement Award 2024

## KEY AREA 2: TRANSPORT

c.75% of our direct (Scope 1) and indirect (Scope 2) carbon emissions

### Our aims:

- To reduce our scope 1 and 2 emissions by 27.5% by 2030
- To stop buying new diesel vehicles by 2030
- To transform our fleet of 2,000 vehicles to zero emissions by 2040

### What we're doing:

- Trialling electric vehicles to understand their future role in our fleet
- Engaging with government departments and MPs to highlight infrastructure and investment challenges and identify policy solutions
- Working with manufacturers and partners to develop a first-of-its kind electric delivery vehicle



# ALL THE RIGHT INGREDIENTS

The fast, flexible, reliable service you need to support your catering team's needs, from the UK's leading care home food specialist.

## Shop with us your way

- Online 24/7 or by phone Monday-Saturday
- Choice of payment methods to suit you



## Flexible, reliable delivery

- Nationwide network, with consistent deliveries, on the days you need\*
- Single multi-temp drops available in more than 90% of mainland UK locations
- Over 98% of products ordered delivered first time

## Support for you and your business

- Single point of contact for all orders and issues, either in person or by phone\*
- Discover new products at Food Engagement Days
- Regular reviews with your account manager\*

\* Subject to spend. Please contact us to discuss the best service package for you.





# BRAKES – A SYSCO COMPANY

As a Brakes customer, you benefit from our scale and resources as part of Sysco, the world’s leading foodservice company.

- A stable, secure and reliable partner for your business, with the backing of a \$50bn company
- Choice, consistency and competitive prices through our global buying power
- No compromise on quality and technical assurance
- Improved services through continuous investment in our facilities, technology, network and processes
- Helping you meet your own CSR and sustainability goals through our ethical, responsible business practices

Open your Brakes account today: [brake.co.uk/register](http://brake.co.uk/register)



## CONTENTS

The following information and product guides are a great introduction to all the ways in which we can help and support you, and the benefits you can enjoy as a Brakes customer over and above our food and drink offer.



### Products with purpose

To help you find products to meet your specific challenges, just look for these icons throughout this Showcase:



MONEY SAVING



EASY TO PREP & COOK



LOW OR ZERO WASTE

<b>CARE SUPPORT</b>	<b>4-27</b>	Bakery	38
Experience and expertise you can trust	4	Desserts	39
How to ...		Delicatessen	41
... Save money	6	Dairy	43
... Manage skill shortages	10	Vegetarian & vegan	46
... Develop your kitchen team	14	Free from	47
... Reduce waste	18	Meal solutions	48
... Plan and develop your menus	20	Drinks & snacks	51
... Bring a smile to residents’ faces	22	Alcohol, low alcohol and alcohol free	55-56
A single, safe, reliable source	24	Catering supplies & equipment	58-61
Our own-brand ranges	26		
<b>RANGE HIGHLIGHTS</b>	<b>28-61</b>	<b>SERVICE &amp; SUSTAINABILITY</b>	<b>62-70</b>
Produce	28	The benefits of your online account	62
Dry store	29	Brakes Virtual Chef	64
Meat & poultry	34	Acting today for a better tomorrow	66
Fish & seafood	36	All the right ingredients	68
		Brakes – a Sysco company	70



For further help and guidance on anything in this brochure please speak to your usual Sales Contact or visit

[brake.co.uk/carehomes](http://brake.co.uk/carehomes)

“I have personally worked with Brakes for 10 years and have no hesitation in recommending them. It has been a pleasure to work with a company that really understands our business, and can therefore add real value.”

Allan Brazier, Former Director of Hotel Services, Four Seasons Health Care Group

## YOUR NEXT STEP

To enjoy all the benefits of working with the UK's leading care home food specialist:



- Scan the QR code or visit [brake.co.uk/wecare](https://brake.co.uk/wecare) and follow the links to 'Become a customer'
- Call us on 0344 873 0736
- Email us at [customer.services@brake.co.uk](mailto:customer.services@brake.co.uk)



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