



**SET MENU SUPPORT
FOR DRIVING FOOTFALL**

Fixed price menu ideas designed for ease of service, driving margins whilst boosting revenue and attracting customers through the door.

INTRODUCTION

CLASSIC SET MENU	WINE MENU A - FAMILIAR FAVOURITES
GASTRO SET MENU	WINE MENU B - EVERYDAY TREATS



DRIVING FOOTFALL WITH EASY OFFERS

As we start the journey to re-opening the hospitality industry, businesses are starting to look towards recovery and growth.

The key elements to driving footfall will be a combination of attention grabbing deals, especially early week, early evening and lunchtimes and really attractive offers for peak trading and special occasions.

This will be more important than ever before with consumers looking for value for money as they feel that money will be tighter in 2021**

IDEAS, SUGGESTIONS & INSPIRATION

As you review your overall offer to help drive footfall there are many considerations.

Our set menus, included here, are just one of many solutions for you.

We have a number of additional ideas, product, dish and menu suggestions on our website: <https://www.brakes.co.uk/news/covid-19/hospitality/menu-support>



MOST POPULAR DEALS

Consumers became familiar with Eat Out to Help Out (EOTHO) from 2020 and discounts off the bill will remain one of the top five offers in the market.

Across pubs and restaurants the most popular offer is a fixed price menu (55% pubs/31% branded restaurants) that offers value either all week, part week or timeslots during the day. The other key deals are: Discounts off food, drink or both, loyalty schemes (via Apps) and family offers such as kids eat for free*.

A set price menu works perfectly to drive volume during traditionally quiet periods. In the current environment those timeslot may be more crucial than before for you to prosper.

BENEFITS

- Attractive price point to promote to customers
- Encourage people to come early week, lunch or early evening
- Constructed with dishes for ease of service in the kitchen to help manage resource levels
- Multiple courses and price points may encourage additional drinks

CONSIDERATIONS

- Ensure range of dishes provides suitable choice rather than an offer that over promises but may under-deliver
- Create dishes mostly using ingredients already in the kitchen or those with a long shelf-life
- Margin of dishes should be clear so you do not compromise your business – whilst margins may be lower than normal, with a small volume increase these will benefit your P&L
- Either avoid or minimise “supplement” pricing for dishes with higher cost prices – these can annoy customers attracted to the headline price point

We have created these two menus to deliver a healthy margin, by running them through a menu margin model. Portion sizes have been tailored to suit two or three courses.

Simply click on the dish you are interested in and it will take you to the associated recipe. You can click the ‘return to menu’ button to take you back home at any point.

These menus have been designed to work as a whole – with cost prices within a tolerance to help you deliver your margins. If you are looking to add to your existing ideas then use the selling prices as a guide for which dishes to pick and use.



CLASSIC MENU

A collection of familiar dishes that we believe you can sell for £10.95 for two courses depending on your market and margin aspirations.



GASTRO MENU

A collection of dishes that are slightly more aspirational to sell for £12.95 for two courses depending on your market and margin aspirations.



WINE MENU A
WINE FOR EVERYONE
TO ENJOY

WINE MENU B
WINE FOR
EVERYDAY TREATS

**Tiers, fears & the road to recovery, Phil Tate, CGA, Nov 2020

Delicious Menus
CRAFTED WITH
60 YEARS EXPERIENCE

Classic

Two Courses

FOR
£10.95*

Full Recipes
SIMPLY CLICK ON
YOUR CHOSEN DISH

M E N U

Starters & Light Bites

HEARTY LEEK & POTATO SOUP

Chunky leek and potato soup with diced potato and sliced leeks

BEETROOT & GOATS CHEESE SALAD

Crumbly goats cheese and earthy beetroot, with spinach, walnuts and dressed in a honey mustard dressing

DEEP FRIED WHITEBAIT WITH SRIRACHA MAYO

Golden breaded whitebait with a spicy sriracha mayonnaise dip

SOUTHERN FRIED CHICKEN GOUJONS

Served with a buttermilk ranch dip

BRUSSELS PATÉ WITH TOMATO CHUTNEY & TOASTED RYE COB

Smooth Brussels paté with rye bread toast, rich chutney and salad

THOUSAND ISLAND PRAWN COCKTAIL

Classic prawn cocktail with a tomato mayonnaise sauce

* Dishes designed to sell two courses for roughly this price and deliver a good margin – please choose an appropriate price for your business.

Mains

MUSHROOM RAVIOLI

Porcini mushrooms, mozzarella and ricotta cheese filled pasta, served with wild mushrooms and micro herbs

HOMEMADE FISH CAKE WITH SPINACH & HOLLANDAISE

MSC Fish bound together with fluffy mash, lemon zest and parsley coated in panko breadcrumbs. Served with rich hollandaise sauce and chips

KATSU CHICKEN

Crispy breaded coated chicken breast topped with a Japanese fusion curry sauce

CREAMY VEGETABLE KIEV

Crispy and creamy vegetarian kiev of potato, onion, sweetcorn, broccoli, green peppers, red peppers, and served with mash potato and garden peas

BEEF LASAGNE

Sheets of durum wheat pasta layered with rich beef and red wine ragu, finished with creamy bechamel sauce and mature cheddar cheese. Served with garlic bread

BACON CHOP WITH PINEAPPLE

Bacon chop with grilled pineapple, chips and peas

CHICKEN CAESAR SALAD

Crisp salad with a creamy Caesar dressing topped with warm chicken breast, croutons and parmigiano cheese shavings

BUTTERMILK CHICKEN BURGER

A buttermilk marinated, crumbed chicken breast in a soft brioche style bun served with chips

CUMBERLAND SAUSAGE & MASH WITH ONION GRAVY

Peppery pork sausages with cracked black pepper mash, served with onion gravy and petit pois

VEGAN COTTAGE PIE

Cottage pie made with a rich compote of tomato, lentils, sweet potato, carrot and swede topped with crushed new potatoes. Served with broccoli

Desserts

LEMON SPONGE PUDDING

Served warm with custard

WILD FRUIT CRÈME BRULEE

Crème brulee on a bed of fruits of the forest compote

SORBET SELECTION

Choice of mango, raspberry and lemon sorbets

PROFITEROLES

Five cream filled profiteroles covered in a warm chocolate sauce


DAIRY ICE CREAM SELECTION

Choice of vanilla, chocolate and strawberry ice creams, served with a wafer

CHOCOLATE FUDGE CAKE

Rich chocolate fudge cake sandwiched with chocolate icing, served warm with vegan vanilla ice cream


a Sysco company

 Vegetarian

 Vegan

Delicious Menus
CRAFTED WITH
60 YEARS EXPERIENCE

Gastro

Two
Courses

FOR
£12.95*

Full Recipes
SIMPLY CLICK ON
YOUR CHOSEN DISH

M E N U

Starters & Light Bites

BACALAO COD BALLS WITH AIOLI

Spanish salted cod balls with a garlic aioli

CHILLI & GARLIC SQUID

Squid cooked with capers, red chilli, paprika and garlic herbs

KOREAN STYLE PORK BITES

Spicy chunks of marinated belly pork tossed in a Korean style dressing

BEETROOT BITES

Beetroot, quinoa and red pepper bites with a coriander, lime and mint dressing

HALLOUMI FRIES WITH YOGHURT DRESSING

Breaded halloumi cheese fried until crisp, served with a fragrant yoghurt dressing

CHICKEN & DUCK TERRINE


Pressed terrine of British chicken thigh and duck leg with red onion marmalade and herbs, served with oat crackers

BUFFALO WINGS

Spicy buffalo wings served with creamy blue cheese dip and crisp celery

* Dishes designed to sell two courses for roughly this price and deliver a good margin – please choose an appropriate price for your business.


a Sysco company

 Vegetarian

 Vegan

Mains

CHICKEN NASI GORENG

A spicy Indonesian dish with stir fried rice, egg, peas, beans and served with prawn crackers

ABERDEEN ANGUS BEEF BURGER

A classic 4oz Aberdeen Angus beef patty in a soft brioche style bun served with chips

SPICY JAPANESE PRAWN UDON NOODLES

Stir fried spicy Japanese prawns with udon noodles, bean sprouts, egg and shredded carrot

BEEF CASSEROLE WITH RED WINE, ROOT VEGETABLES & MASH

Hearty beef casserole with a red wine jus, root vegetables and mashed potato

MOROCCAN CHICKEN TAGINE

Aromatic Moroccan chicken tagine with tabbouleh, peppers, apricots and chickpeas

COD & CHIPS WITH MUSHY PEAS

Atlantic cod in a golden crisp gluten free batter and chunky cut chips, with mushy peas and tartare sauce

CREAMY MUSHROOM RISOTTO

Creamy mushroom risotto with champignons and ceps, topped with vegan cheese

CARROT & CASHEW WELLINGTON WITH CRUSHED NEW POTATOES

Carrots, mushrooms, spinach and cashew nuts with a carrot, orange and ginger spiced marmalade wrapped in a puff pastry, with crushed parsley new potatoes and peas

SLOW COOKED SPICY SAUSAGE PENNE

Handmade sausage ragu with crushed chillies, mixed with a penne pasta

ROASTED RED PESTO COD

Roasted cod loin topped with red pesto, and served with a tasty tabbouleh, lemon and rocket leaves

Desserts

CHOCOLATE & ORANGE INDULGENCE

Chocolate brownie base with chocolate mousse, orange sauce and topped with chocolate crumb

RASPBERRY FRANGIPANE TART

Crisp pastry filled with raspberry jam and almond frangipane, topped with raspberries and almond flakes. Served with vegan vanilla ice cream

APPLE & DAMSON LATTICE PIE

Bramley apple and damson filling in a sweet shortcrust pastry case, served warm with custard

LEMON TART

Buttery shortcrust pastry filled with a zesty Sicilian lemon custard and dusted with icing sugar, served with double cream

BAKED NY VANILLA CHEESECAKE

New York style vanilla cheesecake served with fresh raspberries and a red berry coulis

STICKY TOFFEE PUDDING

Toffee sponge packed with dates and sultanas, topped with a sticky toffee sauce, served warm with custard

WINE MENU A

BEAUTIFUL WINES IN
PARTNERSHIP WITH

BIBENDUM

Wine List



A SELECTION OF GREAT WINES
for Everyday Treats

ALL AVAILABLE TO ORDER
WITH YOUR FOOD FROM



White

EL MURO BLANCO SPAIN

Fresh and easy-drinking with peach and apple fruit flavours.

CHENIN BLANC, ACACIA TREE SOUTH AFRICA

This easy-drinking wine has fresh citrus and peach flavours with a zippy, refreshing finish.

SAUVIGNON BLANC, SAN ABELLO CHILE

Dry and crisp with flavours of gooseberry and lime with grassy, herbaceous notes.

PINOT GRIGIO, IL CONTO VECCHIO ITALY

Dry and crisp on the palate with an elegant, light body.

CHARDONNAY, VALDIVIESO CHILE

Elegant and soft, with flavours of peach and honey, with some mineral overtones. The texture is creamy and the finish is refreshing.

PICPOUL DE PINET, CAP CETTE FRANCE

Medium-bodied with summery flavours of lemon zest with hints of aniseed and flowers.

Rosé

EL MURO ROSADO SPAIN

Bright strawberry-pink colour. Floral and red fruit aromas dominate the nose.

ZINFANDEL ROSÉ, THE BULLETIN USA

Juicy and light with plenty of raspberry and watermelon fruit flavours.

Red

EL MURO TINTO SPAIN

Soft, fruity, easy-going red with bags of dark berry fruit and a twist of pepper on the finish.

PINOTAGE, ACACIA TREE SOUTH AFRICA

A soft, easy-drinking red wine, with flavours of blackcurrants, cherries and plums.

MERLOT, SAN ABELLO CHILE

Intense aromas and flavours of ripe plums, sweet spices, coffee and chocolate.

SHIRAZ, THE PADDOCK AUSTRALIA

Rich plummy and red berry aromas and flavours, along with a bit of spice and pepper.

MALBEC, EL COLECTIVO ARGENTINA

The nose offers intense aromas of black stone fruit interwoven with notes of chocolate and sweet spice. A delicious long, velvety finish.

CÔTES DU RHÔNE, HUBERT ET FILS FRANCE

Full bodied with warm fruits and spice from this well known appellation.

Sparkling

VITELLI PROSECCO SPUMANTE BRUT NV ITALY

Fruity and fragrant with clean notes of citrus, pears and elderflower.

LAURENT-PERRIER LA CUVÉE NV BRUT FRANCE

Dry and lemony with a crisp, biscuity finish.

WINE MENU B

BEAUTIFUL WINES IN
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Wine List



A SELECTION OF GREAT WINES
for Everyday Treats

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White

TERRE FORTI TREBBIANO ITALY

Light with apples, pears and some citrus fruit.

CHARDONNAY, LA SERRE FRANCE

A light and refreshing Chardonnay with flavours of lemons and crisp, green apples.

SAUVIGNON BLANC, TOKOMARU NEW ZEALAND

A fresh white wine with aromas and flavours of fresh cut grass, ripe tropical fruit & gooseberries.

GAVI TUFFOLO ITALY

Delicate with pronounced fruit and lemon characteristics. Clean & fresh with a citrusy finish.

ALBARIÑO, DOMINGO MARTIN SPAIN

Rich and generous flavours of ripe peaches and pears, backed by vivid lemon and mineral acidity.

SANCERRE, DOMAINE LA CHEZATTE FRANCE

Bright and refreshing, with aromas and flavours of lemon, lime and apple, with subtle mineral notes.

CHABLIS, LE FINAGE LA CHABLISIENNE FRANCE

Dry with citrus and apple notes and a delicious minerality.

Rosé

PINOT GRIGIO BLUSH, IL CONTO VECCHIO ITALY

Easy drinking with flavours of raspberry and strawberry.

CÔTES DES PROVENCE ROSÉ, DOMAINE PASTOURE FRANCE

Bursting with bright peachy fruit with a faint strawberry note and a crisp dry finish.

Red

MONTEPULCIANO, VILLA DEI FIORI ITALY

Big and bold, bursting with red berry flavours.

MERLOT, LA SERRE FRANCE

Young, juicy and full of soft easy-going fruit.

CABERNET SAUVIGNON, VALDIVIESO CHILE

Full bodied. Rich berry fruit aromas, blackberries, and sweet spices, coffee, chocolate and vanilla.

RIOJA CRIANZA CASTILLO CLAVIJO SPAIN

Aromas and flavours of bright red berry fruit balanced by vanilla and spice.

MALBEC, ARGENTO ARGENTINA

This medium-bodied red wine has aromas and flavours of plums, black cherries and hints of violet. Velvety smooth texture and a soft finish.

PINOT NOIR, ARA NEW ZEALAND

A fruit-driven, lively and supple Pinot, majoring on juicy boysenberry and plum flavours

ST EMILION, CHATEAU LA CROIX FERRANDAT FRANCE

Medium bodied with soft tannins and a long, fresh finish.

Sparkling

FITZ SPARKLING, BRUT NV ENGLAND

Light bodied and dry. Fruity with notes of pears and golden apples.

CHAMPAGNE, TAITTINGER, BRUT NV FRANCE

Light, delicate and elegant with a green fruit and citrus character.

WINE MENU A – FAMILIAR FAVOURITES

WHITE



EL MURO BLANCO

A 114031

Pronounced: El Mooro Blonk-oh

📍 Aragon, Spain

Macabeo



Fresh and easy-drinking with peach and apple fruit flavours

12 x 75cl



ACACIA TREE CHENIN BLANC

A 121339

Pronounced: Uh-kei-shuh Tree Sheneen Blong 📍 Western Cape, South Africa

Chenin Blanc



This easy-drinking wine has fresh citrus and peach flavours with a zippy, refreshing finish

12 x 75cl



SAN ABELLO SAUVIGNON BLANC

A 118788

Pronounced: San Abeh-lo Soeveenyon Blong

📍 Central Valley, Chile

Sauvignon Blanc



Dry and crisp with flavours of gooseberry and lime with grassy, herbaceous notes

12 x 75cl



CONTO VECCHIO PINOT GRIGIO

A 130867

Pronounced: Il Conto Vek-iy-o Peenoh Gree-jee-o

📍 Veneto, Italy

Pinot Grigio



Dry and crisp on the palate with an elegant, light body

12 x 75cl



VALDIVIESO CHARDONNAY

A 130844

Pronounced: Valdee-va-zeo Shardonay

📍 Curico Valley, Chile

Chardonnay



Elegant and soft, with flavours of peach and honey, with some mineral overtones. The texture is creamy and the finish is refreshing

6 x 75cl



CAP CETTE PICPOUL DE PINET

A 130850

Pronounced: Kap Set Pikpool deh Peeneh 📍 Languedoc-Roussillon, France

Picpoul



Medium-bodied with summery flavours of lemon zest with hints of aniseed and flowers

6 x 75cl

ROSÉ



EL MURO ROSADO

A 114032

Pronounced: El Mooro Ro-saa-doh

📍 Aragon, Spain

Garnacha



Bright strawberry-pink in colour. Floral and red fruit aromas dominate the nose

12 x 75cl



THE BULLETIN ZINFANDEL ROSÉ

A 130886

Pronounced: The Bulletin Zinfandel Rosay

📍 California, USA

Zinfandel



Juicy and light with plenty of raspberry and watermelon fruit flavours

12 x 75cl

RED



EL MURO TINTO

A 114033

Pronounced: El Mooro Teent-oh

📍 Aragon, Spain

Garnacha



Soft, fruity, easy-going red with bags of dark berry fruit and a twist of pepper on the finish

12 x 75cl



ACACIA TREE PINOTAGE

A 130876

Pronounced: Uh-kei-shuh Tree Peenoh-tahj

📍 Western Cape, South Africa

Pinotage



A soft, easy-drinking red wine, with flavours of blackcurrants, cherries and plums

12 x 75cl



SAN ABELLO MERLOT

A 118793

Pronounced: San Abeh-lo Merloh

📍 Central Valley, Chile

Merlot



Intense aromas and flavours of ripe plums, sweet spices, coffee and chocolate

12 x 75cl



THE PADDOCK SHIRAZ

A 131068

Pronounced: The Paddock Shur-ahz

📍 South East, Australia

Shiraz



Rich plummy and red berry aromas and flavours, along with a bit of spice and pepper. Full bodied and rich

12 x 75cl



EL COLECTIVO MALBEC

A 130838

Pronounced: El Colect-ee-vo Molbek

📍 Mendoza, Argentina

Malbec



The nose offers intense aromas of black stone fruit interwoven with notes of chocolate and sweet spice. A delicious long, velvety finish

12 x 75cl



HUBERT ET FILS CÔTES DU RHÔNE ROUGE

A 121347

Pronounced: Oo-bare eh Fiy Kot du Ron Roojh

📍 Rhône, France

Grenache, Syrah, Mourvedre

Full bodied with warm fruits and spice

6 x 75cl

SPARKLING



VITELLI PROSECCO SPUMANTE BRUT NV

A 130863

Pronounced: Veetelee Prosekoh Spoomanteh Broot

📍 Veneto, Italy

Glera

Fruity and fragrant with clean notes of citrus, pears and elderflower

12 x 75cl



LAURENT-PERRIER LA CUVÉE NV BRUT

A 130836

Pronounced: Llorent Peree-er La Cooveh Broot

📍 Champagne, France

Chardonnay, Pinot Noir, Pinot Meunier



A popular Grande Marque. Dry and lemony with a crisp, biscuit finish

6 x 75cl

FOR OUR FULL RANGE
CLICK HERE

BIBENDUM

WINE MENU B – EVERYDAY TREATS

WHITE



TERRE FORTI TREBBIANO A 130865

Pronounced: Terreh Fortee Trebbeanoh Emilia-Romagna, Italy

Trebbiano

Light with apples, pears and some citrus fruit

12 x 75cl



LA SERRE CHARDONNAY A 121350

Pronounced: La Serre Shardonay Languedoc-Roussillon, France

Chardonnay

A light and refreshing Chardonnay with flavours of lemons and crisp, green apples

6 x 75cl



TOKOMARU SAUVIGNON BLANC A 130875

Pronounced: Toko-maroo Soevenyon Blong Marlborough, New Zealand

Sauvignon Blanc

A fresh white wine with aromas and flavours of fresh cut grass, ripe peaches, ripe tropical fruit and gooseberries

12 x 75cl



TUFFOLO GAVI A 130872

Pronounced: Toofoh-lo Gavee Piedmont, Italy

Cortese

Delicate with pronounced fruit and lemon characteristics. Clean and fresh with a long, lingering citrusy finish

6 x 75cl



ALBARINO DOMINGO MARTIN A 130883

Pronounced: Toofoh-lo Gavee Rias Baixas, Spain

Albarino

Rich and generous flavours of ripe peaches and pears, backed by vivid lemon and mineral acidity

6 x 75cl



DOMAINE DE LA CHÉZATTE SANCERRE A 130857

Pronounced: Domain deh La Shezat Sanseh-r Loire, France

Sauvignon Blanc

Bright and refreshing, with aromas and flavours of lemon, lime and apple, with a subtle mineral note and a mouth-watering finish

6 x 75cl



LA CHABLISIENNE CHABLIS LE FINAGE A 130859

Pronounced: La Shablee-zee-n Shablee Le Fin-arge Burgundy, France

Chardonnay

Dry with citrus and apple notes and a delicious minerality

6 x 75cl



CONTO VECCHIO PINOT GRIGIO BLUSH A 118791

Pronounced: Il Conto Vek-iyo Peenoh Gree-jee-o Blush Veneto, Italy

Pinot Grigio

Easy drinking with flavours of raspberry and strawberry

12 x 75cl



DOMAINE DE LA PASTOURE CÔTES DE PROVENCE A 130847

Pronounced: Doh-main Deh La Pastoor Coat deh Prov-ahnce Provence, France

Cinsault

Bursting with bright peachy fruit with a faint strawberry note and a crisp dry finish

6 x 75cl



VILLA DEI FIORI MONTEPULCIANO A 130870

Pronounced: Veella day Feeoree Montepoolcjano Abruzzo, Italy

Montepulciano

Big and bold, bursting with red berry flavours

6 x 75cl



LA SERRE MERLOT A 130213

Pronounced: La Serre Mer-loh Languedoc-Roussillon, France

Merlot

Young, juicy and full of soft easy-going plum and blackberry fruit

6 x 75cl



VALDIVIESO CABERNET SAUVIGNON A 121346

Pronounced: Valdee-v-aze-o Kaberneh Soevenyon Rapel Valley, Chile

Cabernet Sauvignon

Rich berry fruit aromas, blackberries, and sweet spices, coffee, chocolate and vanilla. Full bodied, very flavoursome, with a round soft structure

6 x 75cl

ROSÉ

RED



CASTILLO CLAVIJO RIOJA CRIANZA A 130319

Pronounced: Cash-sti-yo Claveeho Reeoha Creeanza Rioja, Spain

Tempranillo

Aromas and flavours of bright red berry fruit balanced by vanilla and spice that add richness and body

6 x 75cl



ARGENTO MALBEC A 121345

Pronounced: Ah-jento Molbek Mendoza, Argentina

Malbec

This medium bodied red wine has aromas and flavours of plums, black cherries and hints of violet. It has a velvety smooth texture and a soft lingering finish

6 x 75cl



ARA PINOT NOIR A 127920

Pronounced: Ara Peenoh New-oir Marlborough, New Zealand

Pinot Noir

A fruit-driven, lively and supple Pinot, majoring on juicy boysenberry and plum flavours

6 x 75cl



CHÂTEAU LA CROIX FERRANDAT SAINT EMILION A 130858

Pronounced: Shatoh La Croo Ferrandah Sant E-mee-lee-on Bordeaux, France

Merlot

Ripe and rounded with plum, bramble fruit and blackcurrant flavours. Medium bodied with soft tannins and a long, fresh finish

6 x 75cl



FITZ SPARKLING WHITE A 130833

Pronounced: Fitz Sparkling White Sussex, England

Seyval Blanc, Reichensteiner, Madeline Angevine

Light bodied and dry. Fruity with notes of pears and golden apples

6 x 75cl



TAITTINGER NV BRUT A 123064

Pronounced: Tateenger Broot Champagne, France

Chardonnay, Pinot Noir, Pinot Meunier

Light, delicate and elegant with a green fruit and citrus character

6 x 75cl

FOR OUR FULL RANGE
CLICK HERE

BIBENDUM

SERVES

1

CLASSIC STARTERS

Beetroot & Goats Cheese Salad

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
23198 Capricorn Somerset Goats Cheese 100g	20g	
10428 Baby Leaf Spinach	20g	
105129 Cooked Beetroots	60g	
2926 Brakes Walnut Pieces	10g	
29934 Hellmann's Honey & Mustard Style Dressing 1L	5g	

Cooking Instructions & Notes

Prep:

- Capricorn Somerset Goats Cheese 100g - Crumble the cheese
- Baby Leaf Spinach - Wash and dry
- Cooked Beetroots - Dice into chunks

Method:

- Place the spinach in a mixing bowl
- Drizzle with the honey mustard dressing and toss thoroughly
- Arrange the dressed spinach onto your chosen serving dish
- Place the beetroot chunks on the spinach, followed by the walnuts
- Sprinkle over the goats cheese
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 115G SERVING	%RI
Energy(KJ)	653 kJ	8%	751 kJ	9%
Energy(Kcal)	158 kcal	8%	181 kcal	9%
Fat	13 g	19%	15 g	21%
<i>of which saturates</i>	4.1 g	21%	4.7 g	24%
Carbohydrate	4.2 g	2%	4.8 g	2%
<i>of which sugars</i>	4 g	4%	4.6 g	5%
Fibre	1.7 g	7%	1.9 g	8%
Protein	5.7 g	11%	6.6 g	13%
Salt	0.47 g	8%	0.54 g	9%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

1

CLASSIC STARTERS

Brussels Pate with Tomato Chutney & Toasted Rye Cob

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
70044 Brakes Brussels Pâté with Chicken Livers	50g	1x Each
100284 Brakes Tomato Chutney	35g	
125669 La Boulangerie Part Baked Rye Cob	15g	1 Slice
20063 Salad Mix	20g	
89727 Brakes Reduced Fat French Dressing	5g	

Cooking Instructions & Notes

Prep:

- Brakes Brussels Pâté with Chicken Livers - Defrost
- La Boulangerie Part Baked Rye Cob - Defrost & slice
- Salad Mix - Wash & dry

Method:

- Toast the bread either under a hot grill or in a hot oven
- Place the pate onto your chosen plate
- Dress the salad mix with the French dressing & place alongside the pate
- Serve the chutney in a dip to on the side
- Place the warm toasted bread on the side of the pate

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(KJ)	905 kJ	11%	1132 kJ	13%
Energy(Kcal)	218 kcal	11%	272 kcal	14%
Fat	15 g	21%	19 g	27%
of which saturates	5.6 g	28%	7 g	35%
Carbohydrate	15 g	6%	19 g	7%
of which sugars	7.8 g	9%	9.8 g	11%
Fibre	1.5 g	6%	1.9 g	8%
Protein	5 g	10%	6.2 g	12%
Salt	1.2 g	20%	1.5 g	25%

CONTAINS:



MAY CONTAIN:



SERVES

1

CLASSIC STARTERS

Deep Fried Whitebait with Sriracha Mayo

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
3236 M&J Seafood Breaded MSC Whitebait	150g	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml	10g	
89703 Brakes Real Mayonnaise	20g	
114218 Lemons	16g	Wedge
10481 Curly Parsley	1g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Blue Dragon Sriracha Hot Chilli Sauce 700ml - Mix with Mayo pre-staged in Ramekin
- Lemons - Cut into 6 wedges
- Curly Parsley - Chopped

Method:

- Cook the whitebait by following the manufacturers cooking guidelines to core temp
- Place fish into a greaseproof paper lined bowl and add lemon wedge
- Place bowl onto a underplate with ramekin of sauce, sprinkle with parsley and serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 197G SERVING	%RI
Energy(KJ)	795 kJ	9%	1565 kJ	19%
Energy(Kcal)	190 kcal	10%	374 kcal	19%
Fat	9.7 g	14%	19 g	27%
<i>of which saturates</i>	1.4 g	7%	2.8 g	14%
Carbohydrate	18 g	7%	35 g	13%
<i>of which sugars</i>	4 g	4%	7.8 g	9%
Fibre	0.6 g	2%	1.2 g	5%
Protein	7.8 g	16%	15 g	30%
Salt	0.87 g	15%	1.7 g	28%

CONTAINS:



MAY CONTAIN:



SERVES

1

CLASSIC STARTERS

Hearty Leek & Potato Soup

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
132531 Little & Cull Chunky Leek and Potato Soup	200g	1x Each
113880 Premium Large Chives Bunch	1g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Premium Large Chives Bunch - Finely chopped

Method:

- Heat the soup by following the manufacturers cooking guidelines to reach core temp
- Sprinkle the chives over soup and serve on selected crockery

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(KJ)	141 kJ	2%	276 kJ	3%
Energy(Kcal)	33 kcal	2%	65 kcal	3%
Fat	0.5 g	1%	0.8 g	1%
<i>of which saturates</i>	0.1 g	1%	0.2 g	1%
Carbohydrate	6.1 g	2%	12 g	5%
<i>of which sugars</i>	1.3 g	1%	2.6 g	3%
Fibre	0.9 g	4%	1.8 g	7%
Protein	0.9 g	2%	1.8 g	4%
Salt	0.92 g	15%	1.8 g	30%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

1

CLASSIC STARTERS

Southern Fried Chicken Goujons

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
34054 Brakes Southern Fried Chicken Inner Fillets	89g	2x Each
450250 Mixed Salad Leaves	10g	
113120 Lion Buttermilk Ranch Dressing	50g	

Cooking Instructions & Notes

Prep:

- Mixed Salad Leaves - Wash
- Lion Buttermilk Ranch Dressing - Decant into dip pot

Method:

- Deep fry the chicken for approx. 5 mins - ensure core temperature is achieved
- Arrange the salad leaves onto your chosen serving dish
- Arrange the chicken fillets on top
- Add pot of buttermilk dressing
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 149G SERVING	%RI
Energy(KJ)	1165 kJ	14%	1736 kJ	21%
Energy(Kcal)	280 kcal	14%	418 kcal	21%
Fat	21 g	30%	32 g	46%
of which saturates	4.5 g	23%	6.7 g	34%
Carbohydrate	12 g	5%	18 g	7%
of which sugars	2.8 g	3%	4.1 g	5%
Fibre	0.5 g	2%	0.6 g	2%
Protein	9.9 g	20%	15 g	30%
Salt	1.3 g	22%	2 g	33%

CONTAINS:



WHEAT



EGGS



MILK

SERVES

1

CLASSIC STARTERS

Thousand Island Prawn Cocktail

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
36193 Cooked Cold Water North Atlantic Prawns (cooked & peeled)	70g	
450250 Mixed Salad Leaves	25g	
114218 Lemons	15g	0.6x Each
89715 Brakes Thousand Island Dressing	50g	

Cooking Instructions & Notes

Prep:

- Cooked Cold Water North Atlantic Prawns (cooked & peeled) - Defrost and drain
- Mixed Salad Leaves - Wash and dry
- Lemons - Cut into 6

Method:

- Arrange the salad leaves onto your chosen serving dish
- Top with prawns
- Spoon over the thousand island dressing
- Garnish with the lemon wedge
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 160G SERVING	%RI
Energy(KJ)	422 kJ	5%	675 kJ	8%
Energy(Kcal)	101 kcal	5%	162 kcal	8%
Fat	6.3 g	9%	10 g	14%
<i>of which saturates</i>	0.7 g	4%	1.2 g	6%
Carbohydrate	4.3 g	2%	6.8 g	3%
<i>of which sugars</i>	3.3 g	4%	5.3 g	6%
Fibre	0.5 g	2%	0.6 g	2%
Protein	6.7 g	13%	11 g	22%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:



MUSTARD



EGGS



CRUSTACEANS

SERVES

1

CLASSIC MAINS

Bacon Chop with Pineapple

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
107520 Prime Meats Bacon Chop	170g	1x Each
33846 8 Pineapple Slices in Light Syrup	80g	
3897 Brakes Thick Cut Chips 9/16	200g	
3205 Brakes Choice Garden Peas	100g	

Cooking Instructions & Notes

Prep:

- Brakes 8 Pineapple Slices in Light Syrup - Drain

Method:

- Pre-heat the grill to a high temperature
- Grill the bacon chop for approx. 8 mins each side until core temperature is achieved
- Pre-heat the fryer to 175°C
- Cook the chips until golden brown and core temperature as been achieved - drain
- Bring a small pan of water to the boil, add the peas and simmer until tender - drain
- Under a hot grill, lightly char the pineapple
- Place the bacon chop on to your chosen serving dish
- Top the bacon chop with the grilled pineapple
- Add the chips and peas to the dish
- Serve

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 550G SERVING	%RI
Energy(KJ)	545 kJ	6%	2998 kJ	36%
Energy(Kcal)	130 kcal	7%	716 kcal	36%
Fat	5.6 g	8%	31 g	44%
<i>of which saturates</i>	1.9 g	10%	11 g	55%
Carbohydrate	12 g	5%	65 g	25%
<i>of which sugars</i>	2.7 g	3%	15 g	17%
Fibre	1.8 g	7%	9.7 g	39%
Protein	7.2 g	14%	40 g	80%
Salt	0.83 g	14%	4.6 g	77%

SERVES

1

CLASSIC MAINS
Beef Lasagne

BACK TO
MENU



Recipe Ingredients ...	Quantity:	Description:
34256 Brakes Baked Beef Lasagne	390g	1x Each
32000 La Boulangerie Garlic & Parsley Bread Slices	48g	2x Each

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Baked Beef Lasagne - Defrost in chosen serving dish

Method:

- Place the lasagne into a microwave for approx. 4 mins on high power or until core temperature is reached
- Place the garlic bread on a baking tray and put in an oven @170°C for approx. 4-5 mins
- Put the lasagne & garlic bread onto a serving plate

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 438G SERVING	%RI
Energy(KJ)	606 kJ	7%	2654 kJ	32%
Energy(Kcal)	145 kcal	7%	634 kcal	32%
Fat	6.6 g	9%	29 g	41%
<i>of which saturates</i>	2.1 g	11%	9.1 g	46%
Carbohydrate	13 g	5%	58 g	22%
<i>of which sugars</i>	2.4 g	3%	10 g	11%
Fibre	1.5 g	6%	6.5 g	26%
Protein	7.4 g	15%	33 g	66%
Salt	0.74 g	12%	3.2 g	53%

CONTAINS:



WHEAT,
BARLEY

MILK

MAY CONTAIN:



SOYA

SERVES

1

CLASSIC MAINS

Buttermilk Chicken Burger

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
129454 La Boulangerie 4" Vegan Sliced Brioche Style Bun	90g	1x Each
109441 Brakes Real Mayonnaise	20g	
119712 Brakes Cooked Buttermilk Breaded Chicken Fillets	100g	1x Each
110934 Brakes Random Cut Skin-on Chips	200g	
71199 Brakes Coleslaw	50g	
10332 Little Gem Lettuces	30g	
10224 Red Onions	10g	
450672 Tomatoes MM	30g	

Cooking Instructions & Notes

Mis en Place / Prep:

- La Boulangerie Vegan Sliced Brioche Style Bun - Toast
- Little Gem Lettuces - Wash
- Red Onions - Slice into disks
- Tomatoes MM - Slice
- Brakes Coleslaw - Spoon into a Ramekin

Method:

- Pre-heat fryer to 180°C
- Fry the chicken fillet for approx. 6 mins until golden brown and core temperature has been achieved
- Fry the chips for approx. 4 mins until golden brown and core temperature has been achieved
- Squeeze mayonnaise on both sides of tasted bun
- Place buttermilk chicken on the base bun
- Top burger with lettuce, tomato and red onions
- Place lid of bun on top and transfer to plate
- Serve with chips and coleslaw

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 376G SERVING	%RI
Energy(kJ)	1107 kJ	13%	4162 kJ	50%
Energy(Kcal)	264 kcal	13%	994 kcal	50%
Fat	12 g	17%	45 g	64%
of which saturates	2.2 g	11%	8.4 g	42%
Carbohydrate	31 g	12%	116 g	45%
of which sugars	3.2 g	4%	12 g	13%
Fibre	2.3 g	9%	8.5 g	34%
Protein	7 g	14%	26 g	52%
Salt	0.54 g	9%	2 g	33%

CONTAINS:



MAY CONTAIN:



SERVES

1

CLASSIC MAINS

Chicken Caesar Salad

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
10401 Cos Lettuce	100g	
10332 Little Gem Lettuces	25g	
89713 Brakes Caesar Dressing	50g	
32396 Brakes Cooked Chicken Breast Fillets	55g	1x Each
87188 Brakes Oven Baked Garlic & Herb Croutons	20g	
71017 Parmigiano Reggiano Shavings	10g	

Cooking Instructions & Notes

Prep:

- Cos Lettuce - Wash and shred
- Little Gem Lettuces - Wash and pick leaves
- Brakes Cooked Chicken Breast Fillets - Pre-cook as per guidelines - keep warm

Method:

- Place salad leaves in a clean mixing bowl
- Add the caesar dressing and mix thoroughly
- Decant into your chosen serving dish
- Slice chicken and place on top of salad
- Sprinkle with croutons and parmigiano shavings
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 260G SERVING	%RI
Energy(kJ)	644 kJ	8%	1674 kJ	20%
Energy(Kcal)	155 kcal	8%	402 kcal	20%
Fat	10 g	14%	27 g	39%
of which saturates	1.8 g	9%	4.7 g	24%
Carbohydrate	7.8 g	3%	20 g	8%
of which sugars	2.3 g	3%	5.9 g	7%
Fibre	0.7 g	3%	1.9 g	8%
Protein	7.4 g	15%	19 g	38%
Salt	0.66 g	11%	1.7 g	28%

CONTAINS:



SERVES

1

CLASSIC MAINS

Creamy Vegetable Kiev

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
4060 Brakes Creamy Vegetable Kievs	125g	1x Each
31559 Brakes Mashed Potato with Cracked Black Pepper	150g	
4599 Brakes Essentials Garden Peas	100g	

Cooking Instructions & Notes

Prep:

No prep required

Method:

- Pre-heat the fryer to 180°C
- Cook the kiev for 10-12 mins until golden brown and core temperature has been achieved - drain
- Meanwhile microwave the mashed potato by following the manufactures guidelines
- Bring a small pan of water to the boil, add the peas and simmer until tender - drain
- Place the kiev onto your chosen serving dish and spoon the mash and peas alongside
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 375G SERVING	%RI
Energy(KJ)	585 kJ	7%	2196 kJ	26%
Energy(Kcal)	140 kcal	7%	525 kcal	26%
Fat	6.7 g	10%	25 g	36%
of which saturates	2.7 g	14%	10 g	50%
Carbohydrate	15 g	6%	55 g	21%
of which sugars	1.6 g	2%	5.9 g	7%
Fibre	2.8 g	11%	10 g	40%
Protein	3.9 g	8%	14 g	28%
Salt	0.37 g	6%	1.4 g	23%

CONTAINS:



WHEAT

MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

CLASSIC MAINS

Cumberland Sausage & Mash with Onion Gravy

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
122655 Prime Meats Gluten Free British Pork Cumberland Sausage Eights	171g	3x Each
31559 Brakes Mashed Potato with Cracked Black Pepper	150g	
33831 Brakes Gluten Free Fine Gravy Granules	5g	
1 Tap Water (for VC recipes)	100g	
33947 Brakes Petits Pois	100g	
106521 Royal Crown Sliced Onions	25g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Mashed Potato with Cracked Black Pepper - Defrost
- Brakes Gluten Free Fine Gravy Granules - Add 5g of mix to 100ml of hot water
- Brakes Petits Pois - Defrost

Method:

- Pre-heat an oven to 180°C
- Cook sausages as per manufactures cooking guidelines
- Heat the mash as per manufactures cooking guidelines and place into a piping bag
- Pour the gravy into a pan, bring to a simmer and add the onion
- In a pan of boiling salted water heat the peas until tender
- Pipe the mash neatly onto the plate
- Arrange 3 sausages on top
- Drain the peas and add to the dish
- Spoon the onion gravy over and around

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 551G SERVING	%RI
Energy(KJ)	611 kJ	7%	3366 kJ	40%
Energy(Kcal)	147 kcal	7%	810 kcal	41%
Fat	10 g	14%	57 g	81%
of which saturates	4.2 g	21%	23 g	115%
Carbohydrate	7.1 g	3%	39 g	15%
of which sugars	1 g	1%	5.3 g	6%
Fibre	1.4 g	6%	7.9 g	32%
Protein	5.5 g	11%	30 g	60%
Salt	0.66 g	11%	3.7 g	62%

CONTAINS:



MILK



SOYA



SULPHITES

SERVES

23

CLASSIC MAINS
Homemade Fish Cake with Spinach & Hollandaise

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
33190 M&J Seafood MSC Fish Pie Mix (skinless, boneless)	910g	1x Each
3945 Brakes Mashed Potato	2.5kg	1x Each
114218 Lemons	500g	5x Each
113881 Herb Bunched Flat Leaf Parsley	200g	2x Each
286 Saxa Table Salt 750g	30g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	556g	10x Each
470703 Plain Flour	600g	
107231 Brakes Panko Breadcrumbs	600g	
114840 Ardo Loose Leaf Spinach	75g	
10156 Brakes Hollandaise Sauce	100g	
3897 Brakes Thick Cut Chips 9/16	4.6kg	1.8x Each

Cooking Instructions & Notes

Prep:

- Brakes Mashed Potato - Defrost
- Lemons - Zest
- Herb Bunched Flat Leaf Parsley - Chop
- Brakes 18 British Free Range Fresh Medium Eggs - Whisk

Method:

- Pre-heat oven to 180°C
- Place fish on a baking tray, season with salt and cover with foil
- Bake in oven for approx. 10 mins until core temperature is reached - allow to cool
- Place mash into a large mixing bowl, add fish, lemon zest and parsley
- Mix thoroughly and shape into 200g pucks
- Coat with flour, egg & breadcrumbs and refrigerate
- For service - pre-heat the fryer to 180°C
- Fry the fishcakes for approx. 4 mins until golden brown and core temperature is reached - keep warm
- Fry the chips for approx. 4 mins until golden brown - drain
- Reheat spinach and hollandaise sauce separately in the microwave as per manufacturers guidelines
- Place the fishcake, chips and spinach onto your chosen serving dish
- Spoon the hollandaise sauce over the fishcakes, or serve in a small jug if preferred

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 464G SERVING	%RI
Energy(KJ)	609 kJ	7%	2825 kJ	34%
Energy(Kcal)	145 kcal	7%	671 kcal	34%
Fat	3.8 g	5%	18 g	26%
of which saturates	1 g	5%	4.7 g	24%
Carbohydrate	22 g	8%	100 g	38%
of which sugars	0.8 g	1%	3.8 g	4%
Fibre	1.8 g	7%	8.5 g	34%
Protein	5.2 g	10%	24 g	48%
Salt	0.54 g	9%	2.5 g	42%

CONTAINS:



WHEAT

EGGS

MILK

FISH

SERVES

1

CLASSIC MAINS
Katsu Chicken

BACK TO
MENU



Recipe Ingredients ...	Quantity:	Description:
109909 Brakes Breaded Chicken Fillets Katsu Style	98g	1x Each
3795 Brakes Long Grain Rice Portions	167g	1x Each
109271 Brakes Katsu Curry Sauce	100g	
10230 Cucumber	30g	
114212 Chillies Red	3g	

Cooking Instructions & Notes

Prep:

- Cucumber - Peel into ribbons
- Chillies Red - Slice into thin strips

Method:

- Pre-heat the fryer to 180°C
- Fry the katsu fillet for approx. 5 mins until golden brown and core temperature has been achieved - drain
- Heat the rice in the microwave as per the cooking instructions
- Heat the katsu sauce in a pan until steaming
- Decant the rice onto your chosen serving dish
- Top with the chicken fillet
- Add the cucumber ribbons to the side of the chicken
- Sprinkle the cucumber with the chilli strips
- Pour the warm katsu sauce over the chicken
- Serve

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 397G SERVING	%RI
Energy(KJ)	609 kJ	7%	2418 kJ	29%
Energy(Kcal)	145 kcal	7%	575 kcal	29%
Fat	5.3 g	8%	21 g	30%
of which saturates	1.6 g	8%	6.2 g	31%
Carbohydrate	19 g	7%	74 g	28%
of which sugars	1.9 g	2%	7.7 g	9%
Fibre	0.5 g	2%	1.8 g	7%
Protein	5.3 g	11%	21 g	42%
Salt	0.26 g	4%	1 g	17%

CONTAINS:



SERVES

1

CLASSIC MAINS

Mushroom Ravioli

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
31781 Brakes Mushroom Ravioli	100g	
89773 Prep Premium Lemon Infused Oil 1 Litre	5g	
102655 Micro Garlic Chives	2g	
102660 Micro Red Mustard Frills	2g	
119656 Marinated & Seasoned Exotic Mushroom Mix (800g drained weight)	20g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Marinated & Seasoned Wild Mushroom Mix (800g drained weight) - Drain

Method:

- Bring a pan of water to the boil. Add the pasta and cook for approx. 3 mins
- Meanwhile put a shallow pan on a low heat, add the mushrooms and warm gently
- Drain the pasta and place onto your chosen dish. Spoon over the warmed mushrooms
- Finish with the micro herbs and lemon oil

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Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 129G SERVING	%RI
Energy(KJ)	865 kJ	10%	1115 kJ	13%
Energy(Kcal)	206 kcal	10%	266 kcal	13%
Fat	8.9 g	13%	11 g	16%
<i>of which saturates</i>	3.1 g	16%	3.9 g	20%
Carbohydrate	25 g	10%	32 g	12%
<i>of which sugars</i>	0.6 g	1%	0.8 g	1%
Fibre	0.5 g	2%	0.6 g	2%
Protein	6.3 g	13%	8.1 g	16%
Salt	0.67 g	11%	0.87 g	15%

CONTAINS:



OTHER PROPERTIES:



VEGETARIAN

SERVES

1

CLASSIC MAINS

Vegan Cottage Pie

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
128406 Brakes Vegan Cottage Pie	350g	1x Each
10213 Broccoli	150g	
130609 Brakes Toasted Seeds & Grains Topper	5g	

Cooking Instructions & Notes

Prep:

- Brakes Vegan Cottage Pie - Defrost
- Broccoli - Remove florets for use

Method:

- Pre-heat oven to 180°C
- Cook the cottage pie for approx. 18 mins and core temperature has been achieved
- Cook the broccoli in a pan of boiling water until tender
- Decant the pie onto your chosen serving dish and add the broccoli alongside
- Sprinkle the broccoli with the toasted seeds
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 505G SERVING	%RI
Energy(Kj)	304 kJ	4%	1534 kJ	18%
Energy(Kcal)	73 kcal	4%	367 kcal	18%
Fat	2.3 g	3%	12 g	17%
of which saturates	0.3 g	2%	1.7 g	9%
Carbohydrate	7.6 g	3%	39 g	15%
of which sugars	2.8 g	3%	14 g	16%
Fibre	3.5 g	14%	18 g	72%
Protein	3.5 g	7%	17 g	34%
Salt	0.36 g	6%	1.8 g	30%

CONTAINS:



CELERY

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
CASHEWS,
WALNUTS,
PECANS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS



MILK

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

1

CLASSIC DESSERTS

Chocolate Fudge Cake

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
130803 Brakes Vegan Chocolate Fudge Cake	94g	1x Each
125069 Jude's Vegan Vanilla Ice Cream	40g	

Cooking Instructions & Notes

Prep:

- Brakes Vegan Chocolate Fudge Cake - Defrost

Method:

- Warm the slice of chocolate fudge cake in the microwave - only to soften
- Place onto your chosen serving dish
- Place a scoop of ice cream along side the fudge cake
- Serve

Generated by Nutritics v5.63 on 1st Mar. 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 134G SERVING	%RI
Energy(KJ)	1370 kJ	16%	1836 kJ	22%
Energy(Kcal)	327 kcal	16%	438 kcal	22%
Fat	15 g	21%	20 g	29%
of which saturates	4.4 g	22%	5.8 g	29%
Carbohydrate	44 g	17%	59 g	23%
of which sugars	27 g	30%	37 g	41%
Fibre	1.9 g	8%	2.5 g	10%
Protein	2.9 g	6%	3.9 g	8%
Salt	0.13 g	2%	0.18 g	3%

CONTAINS:



WHEAT

SOYA

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
WALNUTS,
PECANS,
PISTACHIOS

PEANUTS

EGGS

MILK

OTHER PROPERTIES:



VEGETARIAN

VEGAN

SERVES

1

CLASSIC DESSERTS

Dairy Ice Cream Selection

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
32200 Brakes Vanilla Dairy Ice Cream with Pods	40g	
32203 Brakes Strawberry Dairy Ice Cream	40g	
32202 Brakes Chocolate Dairy Ice Cream with Chocolate Chips	40g	
16541 Marcantonio Florentine Wafers (Tin)	3.8g	1x Each

Cooking Instructions & Notes

Prep:

No prep required

Method:

- Add three scoop of each requested flavour(s) into your chosen serving dish
- Garnish with wafer
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 124G SERVING	%RI
Energy(KJ)	836 kJ	10%	1037 kJ	12%
Energy(Kcal)	200 kcal	10%	248 kcal	12%
Fat	9.4 g	13%	12 g	17%
of which saturates	5.9 g	30%	7.3 g	37%
Carbohydrate	25 g	10%	31 g	12%
of which sugars	22 g	24%	28 g	31%
Fibre	0.5 g	2%	0.5 g	2%
Protein	3.4 g	7%	4.2 g	8%
Salt	0.18 g	3%	0.22 g	4%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

CLASSIC DESSERTS

Lemon Sponge Pudding

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
4200 Brakes Lemon Sponge Pudding	54g	1 Slice
15126 Brakes Ready to Serve Custard	100g	

Cooking Instructions & Notes

Prep:

- Brakes Lemon Sponge Pudding - Pre-cook as per manufacturers guidelines

Method:

- Re-heat the pudding in the microwave for approx. 2 mins or until core temperature has been achieved
- Heat the custard in the microwave as per manufacturers guidelines
- Alternatively heat the custard in a pan until steaming
- Place the pudding onto your chosen serving dish and serve with the custard

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

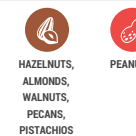
EU Label values per 100g

	PER 100G	%RI	PER 154G SERVING	%RI
Energy(Kj)	713 kJ	8%	1098 kJ	13%
Energy(Kcal)	170 kcal	9%	261 kcal	13%
Fat	6.2 g	9%	9.6 g	14%
<i>of which saturates</i>	2.3 g	12%	3.5 g	18%
Carbohydrate	25 g	10%	38 g	15%
<i>of which sugars</i>	13 g	14%	20 g	22%
Fibre	0.5 g	2%	0.8 g	3%
Protein	3.5 g	7%	5.4 g	11%
Salt	0.18 g	3%	0.28 g	5%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

1

CLASSIC DESSERTS
Profiteroles

BACK TO
MENU



Recipe Ingredients ...	Quantity:	Description:
33346 Brakes Profiteroles with Chocolate Sauce	89g	5x Each

Cooking Instructions & Notes

Prep:

- Brakes Profiteroles with Chocolate Sauce - Defrost

Method:

- Place 5 profiteroles into your chosen serving dish
- Heat the chocolate sauce as per the manufacturers guidelines
- Pour the chocolate sauce over the profiteroles
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 89G SERVING	%RI
Energy(KJ)	1209 kJ	14%	1076 kJ	13%
Energy(Kcal)	289 kcal	14%	257 kcal	13%
Fat	14 g	20%	12 g	17%
of which saturates	6 g	30%	5.3 g	27%
Carbohydrate	37 g	14%	33 g	13%
of which sugars	25 g	28%	22 g	24%
Fibre	0.7 g	3%	0.6 g	2%
Protein	3.3 g	7%	2.9 g	6%
Salt	0.41 g	7%	0.36 g	6%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

1

CLASSIC DESSERTS
Sorbet Selection

BACK TO
MENU



Recipe Ingredients ...	Quantity:	Description:
33608 Brakes Mango Sorbet	40g	
33600 Brakes Raspberry Sorbet	40g	
33609 Brakes Lemon Sorbet with Zest	40g	

Cooking Instructions & Notes

Prep:

No prep required

Method:

- Add three scoop of each requested flavour(s) into your chosen serving dish
- Serve

Generated by Nutriics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(Kj)	516 kJ	6%	619 kJ	7%
Energy(Kcal)	122 kcal	6%	146 kcal	7%
Fat	0.5 g	1%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	28 g	11%	34 g	13%
of which sugars	27 g	30%	33 g	37%
Fibre	0.9 g	4%	1 g	4%
Protein	1.2 g	2%	1.4 g	3%
Salt	0.08 g	1%	0.1 g	2%

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

CLASSIC DESSERTS

Wild Fruit Crème Brulee

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
86080 Brakes Crème Brûlée Base Mix	70g	
32815 Brakes Fruits of the Forest Berry Compotes	25g	

Cooking Instructions & Notes

Prep:

- Brakes Fruits of the Forest Berry Compotes - Defrost

Method:

- Place the compote in the bottom of a ramekin
- Decant brulee mix into pan and slowly bring to the boil, stirring continuously
- Allow the brulee mixture to cool to room temperature
- Pour the brulee mixture gently on top of the fruit
- Place into refrigerator to set
- Serve on your chosen serving dish
- *Tip - Dust brulee with caster sugar and melt with a blow torch or under a hot grill for a caramelised finish*

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 95G SERVING	%RI
Energy(KJ)	693 kJ	8%	659 kJ	8%
Energy(Kcal)	166 kcal	8%	157 kcal	8%
Fat	8.1 g	12%	7.7 g	11%
of which saturates	4.8 g	24%	4.5 g	23%
Carbohydrate	21 g	8%	20 g	8%
of which sugars	16 g	18%	15 g	17%
Fibre	0 g	0%	0 g	0%
Protein	2.3 g	5%	2.2 g	4%
Salt	0.21 g	4%	0.2 g	3%

CONTAINS:



EGGS

MILK

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

GASTRO STARTERS

Bacalao Cod Balls with Aioli

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
131141 Docksider Bacalao Style Cod Fish Balls	75g	5x Each
129213 Brakes Garlic Aioli	50g	
74818 Pea Shoots	5g	
89773 Prep Premium Lemon Infused Oil 1 Litre	5g	

Cooking Instructions & Notes

Prep:

- Brakes Garlic Aioli - Decant into dip pot

Method:

- Cook the cod balls by following the manufacturers cooking guidelines to reach core temp
- Arrange the cod balls onto your chosen serving dish
- Garnish with pea shoots and drizzle with oil
- Serve alongside the pot of aioli for dipping

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	1186 kJ	14%	1601 kJ	19%
Energy(Kcal)	287 kcal	14%	387 kcal	19%
Fat	27 g	39%	37 g	53%
of which saturates	2.4 g	12%	3.3 g	17%
Carbohydrate	5.2 g	2%	7 g	3%
of which sugars	1.3 g	1%	1.8 g	2%
Fibre	0.5 g	2%	0.5 g	2%
Protein	5.2 g	10%	7 g	14%
Salt	1.4 g	23%	1.9 g	32%

CONTAINS:



MAY CONTAIN:



SERVES

1

GASTRO STARTERS

Beetroot Bites

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
122506 Brakes Beetroot Red Pepper & Quinoa Burger	130g	1x Each
74818 Pea Shoots	2g	
116334 BD Foods Green Chilli, Coriander, Lime & Mint	30g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Beetroot Red Pepper & Quinoa Burger - Defrost - Cut into 6

Method:

- Pre-heat the fryer to 180°C
- Roll the 6 pieces or burger into even sized balls, then roll in the panko crumbs to cover
- Place in the fryer and cook for approx. 2 mins or until core temperature is reached - drain on kitchen paper
- Place on your chosen dish, finish with the dressing and peashoots - serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 162G SERVING	%RI
Energy(Kj)	538 kJ	6%	872 kJ	10%
Energy(Kcal)	129 kcal	6%	208 kcal	10%
Fat	5.6 g	8%	9 g	13%
of which saturates	0.7 g	4%	1.1 g	6%
Carbohydrate	15 g	6%	24 g	9%
of which sugars	5 g	6%	8.2 g	9%
Fibre	2.9 g	12%	4.6 g	18%
Protein	3.3 g	7%	5.3 g	11%
Salt	1.3 g	22%	2.1 g	35%

CONTAINS:



WHEAT SESAME

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
CASHEWS,
WALNUTS,
PISTACHIOS

PEANUTS

OTHER PROPERTIES:



VEGETARIAN VEGAN

SERVES

1

GASTRO STARTERS

Buffalo Wings

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
5946 Brakes Cornflour	5g	
111842 Frank's RedHot Buffalo Wing Sauce	56g	
89714 Brakes Blue Cheese Dressing	56g	
10228 Celery	20g	
105625 Steam Cooked 2 Joint Wings	221g	3x Each

Cooking Instructions & Notes

Mis en Place / Prep:

- Cooked Two Joint Chicken Wings - Defrost
- Brakes Blue Cheese Dressing - Decant into dip pot
- Celery - Cut into batons

Method:

- Dust wings with cornflour, and deep fry until golden brown
- Toss in the buffalo sauce
- Serve with a pot of blue cheese dressing & celery batons

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(KJ)	1762 kJ	21%	3347 kJ	40%
Energy(Kcal)	424 kcal	21%	805 kcal	40%
Fat	31 g	44%	58 g	83%
of which saturates	6.2 g	31%	12 g	60%
Carbohydrate	8 g	3%	15 g	6%
of which sugars	3.9 g	4%	7.5 g	8%
Fibre	1.5 g	6%	2.9 g	12%
Protein	28 g	56%	53 g	106%
Salt	3.2 g	53%	6 g	100%

CONTAINS:



CELERY



MUSTARD



EGGS



MILK

SERVES

1

GASTRO STARTERS

Chicken & Duck Terrine

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
114464 Little & Cull Chicken & Duck with Red Onion Marmalade Terrine	50g	
116227 Nairns Gluten Free Portion Pack Oat Cracker	11g	1x Each
86274 Brakes Caramelised Red Onion Chutney	20g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Little & Cull Chicken & Duck with Red Onion Marmalade Terrine - Defrost terrine

Method:

- Cut terrine into approx. 10 equal portions with a sharp knife
- Arrange on plate with oat crackers and chutney
- Garnish as desired

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 81G SERVING	%RI
Energy(Kj)	944 kJ	11%	765 kJ	9%
Energy(Kcal)	225 kcal	11%	182 kcal	9%
Fat	8 g	11%	6.4 g	9%
of which saturates	2.8 g	14%	2.3 g	12%
Carbohydrate	22 g	8%	18 g	7%
of which sugars	13 g	14%	10 g	11%
Fibre	1.4 g	6%	1.1 g	4%
Protein	16 g	32%	13 g	26%
Salt	1.2 g	20%	0.93 g	16%

CONTAINS:



OATS



SULPHITES

SERVES

1

GASTRO STARTERS

Chilli & Garlic Squid

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
34300 Squid Tubes U5s	120g	
36037 Brakes Capers in Brine	20g	
110718 Greens Garlic Herbs 250g	5g	
103350 Brakes Smoked Paprika	1g	
114212 Chillies Red	10g	
114218 Lemons	25g	0.4x Each
33591 Brakes Parsley	1g	

Cooking Instructions & Notes

Prep:

- Squid Tubes U5s - Defrost and pat dry - cut into rings
- Brakes Capers in Brine - Drain
- Chillies Red - Finely chop
- Lemons - Cut into wedges
- Brakes Parsley - Pick and chop

Method:

- Fry capers until crispy in a hot pan, then remove from pan and sprinkle with paprika
- Clean the pan and fry the garlic and chilli over a high heat (do not burn)
- Add the squid and cook for approx. 8 mins until golden and tender
- Arrange onto your chosen serving dish
- Top with the caper mix, chopped parsley and lemon wedge
- Serve

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 182G SERVING	%RI
Energy(KJ)	259 kJ	3%	471 kJ	6%
Energy(Kcal)	61 kcal	3%	112 kcal	6%
Fat	1.3 g	2%	2.3 g	3%
of which saturates	0.3 g	2%	0.5 g	3%
Carbohydrate	2.6 g	1%	4.7 g	2%
of which sugars	1.4 g	2%	2.6 g	3%
Fibre	0.7 g	3%	1.3 g	5%
Protein	9.6 g	19%	17 g	34%
Salt	0.98 g	16%	1.8 g	30%

CONTAINS:



MOLLUSCS

SERVES

1

GASTRO STARTERS

Korean Style Pork Bites

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
58336 Brakes Cooked Pork Belly Bites	100g	
114869 Heinz Sticky Korean Barbecue Sauce	15g	

Cooking Instructions & Notes

Mis en Place / Prep:

No prep required

Method:

- Pre-heat the oven to 180°C
- Place the belly bites onto a baking tray lined with parchment
- Cook for approx. 8 mins or until core temperature is reached
- Remove from the oven and decant into a bowl, whilst still hot add the Korean sauce & toss to coat
- Serve straight away, garnish as desired

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 115G SERVING	%RI
Energy(Kj)	1381 kJ	16%	1588 kJ	19%
Energy(Kcal)	332 kcal	17%	382 kcal	19%
Fat	23 g	33%	27 g	39%
of which saturates	8.8 g	44%	10 g	50%
Carbohydrate	9.4 g	4%	11 g	4%
of which sugars	7.4 g	8%	8.5 g	9%
Fibre	0.5 g	2%	0.5 g	2%
Protein	21 g	42%	25 g	50%
Salt	1.3 g	22%	1.5 g	25%

CONTAINS:



WHEAT



SOYA

SERVES

1

GASTRO STARTERS

Halloumi Fries with Yoghurt Dressing

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
130260 Innovate Breaded Halloumi Fries	100g	0.1x Each
74550 Brakes Low Fat Natural Yogurt	30g	0x Each
113112 Spicentice Ras El Hanout Rub	2g	0x Each
131420 Brakes Sumac	2g	0x Each
113882 Premium Large Mint Bunch	2g	0x Each

Cooking Instructions & Notes

Prep:

- Mix yoghurt with Ras el Hanout spice mix
- Chop mint leaves

Method:

- Deep fry the halloumi sticks for approx. 2 mins until golden brown - ensure core temperature is achieved
- Arrange on your chosen serving dish
- Drizzle with yoghurt dressing
- Sprinkle with sumac and chopped mint leaves
- Serve

Generated by Nutritics v5.64 on 15th Apr 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 136G SERVING	%RI
Energy(KJ)	974 kJ	12%	1325 kJ	16%
Energy(Kcal)	233 kcal	12%	317 kcal	16%
Fat	12 g	17%	17 g	24%
of which saturates	5.5 g	28%	7.5 g	38%
Carbohydrate	20 g	8%	27 g	10%
of which sugars	3.4 g	4%	4.6 g	5%
Fibre	1.6 g	6%	2.1 g	8%
Protein	11 g	22%	14 g	28%
Salt	1.1 g	18%	1.5 g	25%

CONTAINS:



WHEAT

MILK

SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

GASTRO MAINS

Aberdeen Angus Beef Burger

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
32568 Birchstead Rustic Style Quarter Pound Aberdeen Angus Beef Burgers	113g	1x Each
129454 La Boulangerie 4" Vegan Sliced Brioche Style Bun	90g	1x Each
110934 Brakes Random Cut Skin-on Chips	200g	
86274 Brakes Caramelised Red Onion Chutney	20g	
109442 Brakes Burger Sauce	20g	
71199 Brakes Coleslaw	50g	
10332 Little Gem Lettuces	20g	
450672 Tomatoes MM	20g	
10224 Red Onions	10g	

Cooking Instructions & Notes

Mis en Place / Prep:

- La Boulangerie Vegan Sliced Brioche Style Bun - Defrost

Method:

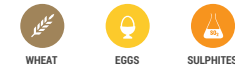
- Cook burger on chargrill or flattop ensuring core temp greater than 75°C
- Fry the chips as per the manufactures instructions until golden and core temperature has been achieved
- Squeeze burger sauce on both sides of toasted bun
- Place burger on the base bun
- Top burger with chutney, lettuce, tomato and red onions
- Place lid of bun on top and transfer to plate
- Serve with chips and coleslaw

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 386G SERVING	%RI
Energy(Kj)	1190 kJ	14%	4593 kJ	55%
Energy(Kcal)	285 kcal	14%	1099 kcal	55%
Fat	15 g	21%	59 g	84%
of which saturates	4 g	20%	16 g	80%
Carbohydrate	28 g	11%	107 g	41%
of which sugars	6.1 g	7%	23 g	26%
Fibre	2.2 g	9%	8.3 g	33%
Protein	7.9 g	16%	31 g	62%
Salt	0.54 g	9%	2.1 g	35%

CONTAINS:



MAY CONTAIN:



SERVES

1

GASTRO MAINS

Beef Casserole with Red Wine Root Vegetables & Mash

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
10291 Large Onions 2.5kg	15g	
10415 Prepared Whole Carrots	25g	
4777 Brakes Diced Swede	25g	
10343 Parsnips	20g	
10228 Celery	20g	
111785 Brakes British Cooked Diced Beef	125g	
119441 Essential Cuisine Red Wine Jus	25g	
3945 Brakes Mashed Potato	150g	

Cooking Instructions & Notes

Prep:

- Large Onions - Peel and dice
- Prepared Whole Carrots - Peel and dice
- Brakes Diced Swede - Defrost
- Parsnips - Peel and dice
- Celery - Dice
- Brakes British Cooked Diced Beef - Defrost
- Essential Cuisine Red Wine Jus - Make up sauce to 250ml as per instructions

Method:

- In a large pan fry the onions, carrots, swede, parsnips & celery for approx. 15 mins or until soft
- Add the diced beef and mix in well
- Add the sauce stir in well simmer for approx. 10 mins until sauce has thickened and core temperature has been achieved
- Heat the mashed potato in the microwave as per the manufacturers guidelines
- Decant mash onto your chosen serving dish and add the stew
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 405G SERVING	%RI
Energy(KJ)	557 kJ	7%	2256 kJ	27%
Energy(Kcal)	133 kcal	7%	537 kcal	27%
Fat	4.8 g	7%	19 g	27%
of which saturates	1.6 g	8%	6.4 g	32%
Carbohydrate	10 g	4%	41 g	16%
of which sugars	2.4 g	3%	9.7 g	11%
Fibre	1.6 g	6%	6.3 g	25%
Protein	11 g	22%	46 g	92%
Salt	0.8 g	13%	3.3 g	55%

CONTAINS:



CELERY



MILK



SULPHITES

SERVES

1

GASTRO MAINS

Carrot & Cashew Wellington with Crushed New Potatoes

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
128411 Brakes Carrot & Cashew Wellington with Spiced Marmalade	214g	1x Each
10420 Potatoes Baby 25-35mm Washed	120g	
89773 Prep Premium Lemon Infused Oil 1 Litre	10g	
10481 Curly Parsley	3g	
29709 Essential Cuisine No1 Savoury Gravy	17g	
3205 Brakes Choice Garden Peas	50g	

Cooking Instructions & Notes

Prep:

- Brakes Carrot & Cashew Sauce Wellington - Defrost in fridge
- Curly Parsley - Wash and chop
- Essential Cuisine No1 Savoury Gravy - Make up with 250ml boiling water

Method:

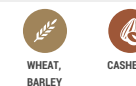
- Pre-heat oven to 180°C
- Cook the Wellington in the oven for 20-25 mins or until core temp achieved
- Meanwhile boil the new potatoes for approx. 20 mins until tender - drain
- Crush the potatoes with the oil and parsley whilst still hot - keep warm
- Bring a small pan of salted water to the boil, add the peas and simmer until tender - drain
- In a separate pan heat the gravy until steaming, then decant into a gravy boat or serving jug
- Place the wellington onto your chosen serving dish with the crushed potatoes alongside
- Add the peas and serve with the gravy

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 414G SERVING	%RI
Energy(KJ)	694 kJ	8%	2872 kJ	34%
Energy(Kcal)	166 kcal	8%	687 kcal	34%
Fat	8.2 g	12%	34 g	49%
of which saturates	2.8 g	14%	12 g	60%
Carbohydrate	19 g	7%	77 g	30%
of which sugars	3.5 g	4%	14 g	16%
Fibre	2.3 g	9%	9.4 g	38%
Protein	3.3 g	7%	14 g	28%
Salt	0.97 g	16%	4 g	67%

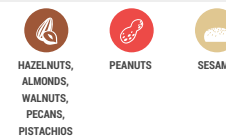
CONTAINS:



WHEAT, BARLEY

CASHEWS

MAY CONTAIN:



HAZELNUTS, ALMONDS, WALNUTS, PECANS, PISTACHIOS

PEANUTS

SESAME

OTHER PROPERTIES:



VEGETARIAN

VEGAN

SERVES

1

GASTRO MAINS

Chicken Nasi Goreng

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
16804 Brakes Easy Cook Long Grain Rice	50g	
3140 Brakes Whole Liquid Egg	30g	
450514 Fine Beans	25g	
4753 Brakes Choice Garden Peas	25g	
10291 Large Onions 2.5kg	25g	
16792 Prime Meats British Boneless and Skin Less Chicken Thighs	75g	
113307 Nasi Goreng Paste	75g	
10473 Spring Onions Bunch	5g	
121014 Sharwood's Prawn Crackers	10g	
10478 Limes	10g	0.6x Each

Cooking Instructions & Notes

Prep:

- Brakes Easy Cook Long Grain Rice - Cook rice as per instructions - chill
- Fine Beans - Dice into 1 inch pieces, blanch and refresh
- Large Onions - Small dice
- Prime Meats British Boneless and Skin Less Chicken Thighs - Dice into small chunks
- Spring Onions Bunch - Shred
- Sharwood's Prawn Crackers - Deep fry and drain
- Limes - Cut into 6 wedges

Method:

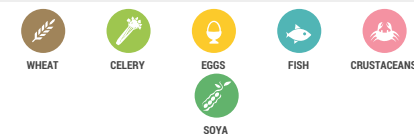
- Use the liquid egg to make an omelette. Shred and keep warm until required
- In a non stick pan, fry the onions until soft
- Add the chicken and fry for approx. 15 mins or until cooked through and core temperature has been achieved
- Add the beans and peas and mix well
- Add the cooked rice and nasi sauce. Mix well and continue to fry for a further 4 mins
- Fold in the shredded omelette
- Spoon onto your chosen serving dish, and sprinkle over the spring onions
- Serve alongside the prawn crackers and a wedge of lime

Food Labelling ...

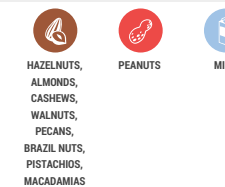
EU Label values per 100g

	PER 100G	%RI	PER 330G SERVING	%RI
Energy(KJ)	749 kJ	9%	2471 kJ	29%
Energy(Kcal)	178 kcal	9%	588 kcal	29%
Fat	5.9 g	8%	19 g	27%
of which saturates	1.2 g	6%	3.8 g	19%
Carbohydrate	22 g	8%	73 g	28%
of which sugars	3 g	3%	9.8 g	11%
Fibre	1.2 g	5%	4 g	16%
Protein	8.6 g	17%	28 g	56%
Salt	1.1 g	18%	3.6 g	60%

CONTAINS:



MAY CONTAIN:



SERVES

1

GASTRO MAINS

Cod & Chips with Mushy Peas

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
129320 M&J Seafood Gluten-Free Battered MSC Atlantic Cod Fillet	185g	1x Each
111374 Brakes Gourmet Chunky Cut Chips	200g	
28979 Brakes Mushy Processed Peas	75g	
89732 Brakes Tartare Sauce	25g	
114218 Lemons	16g	Wedge
10481 Curly Parsley	1g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Tartare Sauce - Place in a ramekin
- Lemons - Cut a lemon into 6 wedges
- Curly Parsley - Chopped

Method:

- Cook the cod by following the manufacturers cooking guidelines to core temp
- Oven bake or deep-fry the chips as per the manufacturers cooking guidelines to core temp
- Heat the peas as per the manufacturers cooking guidelines to core temp
- Arrange the chips in the centre of the plate and place the cod on top
- Add the lemon, mushy peas and ramekin of tartare sauce to the plate. Sprinkle with parsley and serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 356G SERVING	%RI
Energy(Kj)	908 kJ	11%	3233 kJ	38%
Energy(Kcal)	217 kcal	11%	771 kcal	39%
Fat	9.2 g	13%	33 g	47%
of which saturates	0.8 g	4%	3 g	15%
Carbohydrate	24 g	9%	87 g	33%
of which sugars	2 g	2%	7.1 g	8%
Fibre	2.4 g	10%	8.5 g	34%
Protein	7.9 g	16%	28 g	56%
Salt	0.85 g	14%	3 g	50%

CONTAINS:



SERVES

1

GASTRO MAINS

Creamy Mushroom Risotto

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
126216 Brakes Mushroom Risotto	350g	1x Each
127211 Violife Prosociano Wedge 150g	10g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Violife Prosociano Wedge 150g - Cut shavings

Method:

- Cook the risotto by following the manufacturers cooking guide
- Garnish with the prosociano shavings and serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 360G SERVING	%RI
Energy(Kj)	508 kJ	6%	1827 kJ	22%
Energy(Kcal)	121 kcal	6%	436 kcal	22%
Fat	5.7 g	8%	21 g	30%
of which saturates	1 g	5%	3.7 g	19%
Carbohydrate	15 g	6%	56 g	22%
of which sugars	1 g	1%	3.5 g	4%
Fibre	0 g	0%	0 g	0%
Protein	2 g	4%	7.2 g	14%
Salt	0.6 g	10%	2.2 g	37%

MAY CONTAIN:



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

1

GASTRO MAINS

Moroccan Chicken Tagine

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
128595 Brakes Tagine Paste	50g	
117818 Ardo Chopped Red Chili	2g	
10224 Red Onions	50g	
89780 Brakes Chopped Dried Apricots	15g	
13609 Chickpeas in Water	40g	
74733 Prime Meats British Chicken Oyster Cut Thighs	240g	2x Each
114218 Lemons	33g	0.3x Each
105597 Micro Coriander BB	1g	
4793 Brakes Sliced Mixed Peppers	50g	
121197 Crops Tabbouleh 2.5kg	100g	
84891 Brakes Multi-Use Tomato Sauce	100g	
113113 Spicentice Harissa Rub	2g	
33956 Veraneo Olive Oil	15g	

Cooking Instructions & Notes

Prep:

- Red Onions - Peel and slice
- Brakes Chopped Dried Apricots - Halve
- Brakes Chickpeas in Water - Drain
- Prime Meats British Chicken Oyster Cut Thighs - Marinade in half the oil and the harissa
- Lemons - Juice
- Brakes Sliced Mixed Peppers - Defrost

Method:

- Grill the marinated chicken thighs on a medium-high heat for 5 mins each side
- Fry the onions in a large pan until coloured
- Add the paste, peppers and apricots and fry for a further 3 mins
- Add the tomato, chilli, half the lemon juice and chickpeas and bring to a simmer
- Now add the chicken with the juices and 500ml of water and continue to simmer for approx. 15 mins
- Before serving, ensure the chicken has reached core temperature and is not pink inside
- Microwave the tabbouleh as per the manufacturers guidelines, and fork with the remaining lemon juice
- Spoon the tagine into your chosen serving dish. Add the tabbouleh alongside
- Sprinkle with the coriander and serve

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 698G SERVING	%RI
Energy(KJ)	653 kJ	8%	4559 kJ	54%
Energy(Kcal)	157 kcal	8%	1095 kcal	55%
Fat	10 g	14%	73 g	104%
of which saturates	2.4 g	12%	17 g	85%
Carbohydrate	7.8 g	3%	54 g	21%
of which sugars	4.3 g	5%	30 g	33%
Fibre	1.4 g	6%	9.7 g	39%
Protein	7.4 g	15%	52 g	104%
Salt	0.4 g	7%	2.8 g	47%

CONTAINS:



WHEAT



SULPHITES

SERVES

1

GASTRO MAINS

Roasted Red Pesto Cod

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
31909 M&J Seafood Medium MSC Cod Loins (skin on, boneless)	155g	1x Each
121197 Crops Tabbouleh 2.5kg	100g	
119688 Cooks & Co Red Pesto Alla Siciliana	20g	
114218 Lemons	12.5g	0.8x Each
10527 Roquette	10g	

Cooking Instructions & Notes

Prep:

- M&J Seafood Medium MSC Cod Loins (skin on, boneless) - Defrost
- Lemons - Cut into 8 pieces
- Roquette - Wash

Method:

- Pre-heat oven to 180°C
- Spoon the pesto evenly over the cod
- Place the cod on to a baking tray and roast in oven for approx. 8 mins until core temperature is reached
- Heat the tabbouleh in the microwave as per the manufacturers guidelines
- Decant the tabbouleh onto your chosen serving dish and place the roasted cod on the top
- Scatter around the roquette and serve with a lemon wedge

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 298G SERVING	%RI
Energy(Kj)	445 kJ	5%	1325 kJ	16%
Energy(Kcal)	106 kcal	5%	315 kcal	16%
Fat	3.5 g	5%	10 g	14%
of which saturates	0.5 g	3%	1.4 g	7%
Carbohydrate	7.7 g	3%	23 g	9%
of which sugars	2.7 g	3%	8.1 g	9%
Fibre	1.1 g	4%	3.3 g	13%
Protein	10 g	20%	31 g	62%
Salt	0.48 g	8%	1.4 g	23%

CONTAINS:

WHEAT

MILK

FISH

SERVES

1

GASTRO MAINS

Slow Cooked Spicy Sausage Penne

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
89774 Prep Premium Garlic Infused Oil	5g	
105864 Gluten Free British Pork Sausage Eights	120g	2x Each
85288 Brakes Crushed Chillies	2g	
33588 Brakes Bay Leaves	2g	
85286 Brakes Whole Fennel Seeds	5g	
25690 Brakes Dry Red Cooking Wine	50g	
84891 Brakes Multi-Use Tomato Sauce	25g	
70215 Brakes Fresh Double Cream	20g	
71015 Grana Padano	25g	
126919 Brakes Gluten Free Penne Pasta	180g	
10224 Red Onions	50g	
113874 Herb Bunched Thyme	2g	
100262 Veraneo Extra Virgin Olive Oil	25g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Gluten Free British Pork Sausage Eights - Meat removed from skins & crumbled
- Red Onions - Peeled & finely chopped
- Herb Bunched Thyme - Washed, stripped & chopped
- Brakes Whole Fennel Seeds - Crushed
- Grana Padano - Finely grated

Method:

- Fry the sausage meat in the oil, breaking up until juice evaporates and fat begins to run
- Add the onion, crushed chillies, chopped thyme, bay leaves and fennel seeds. Cook gently until onions are golden brown
- Add the wine, turn the heat back up and cook until it evaporates
- Next add the tomatoes, reduce the heat and cook to a thick sauce
- Season to taste with salt & pepper then add the cream and parmesan. Stir well and turn the heat down to low
- Heat the pasta in a microwave according to the pack instructions
- Tip the pasta into the sauce and mix well
- Pour into your chosen dish/bowl - drizzle with oil and serve

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 347G SERVING	%RI
Energy(KJ)	1367 kJ	16%	4745 kJ	56%
Energy(Kcal)	328 kcal	16%	1138 kcal	57%
Fat	20 g	29%	70 g	100%
of which saturates	6.4 g	32%	22 g	110%
Carbohydrate	27 g	10%	95 g	37%
of which sugars	2 g	2%	6.9 g	8%
Fibre	1.9 g	8%	6.7 g	27%
Protein	8.6 g	17%	30 g	60%
Salt	0.58 g	10%	2 g	33%

CONTAINS:



EGGS



MILK



SULPHITES

SERVES

1

GASTRO MAINS

Spicy Japanese Prawn Udon Noodles

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
113307 Nasi Goreng Paste	50g	
132573 Wing's Udon Noodles	200g	1x Each
10473 Spring Onions Bunch	10g	
114205 Beanshoots	10g	
10415 Prepared Whole Carrots	10g	
30247 King Prawns (raw, peeled, deveined, tail off)	100g	
3140 Brakes Whole Liquid Egg	20g	

Cooking Instructions & Notes

Prep:

- Wing's Udon Noodles - Cook noodles as per instructions - refresh
- Spring Onions Bunch - Slice
- Prepared Whole Carrots - Peel and shred

Method:

- In a non stick pan, fry the spring onions, carrots and beanshoots for 30 secs
- Add noodles and prawns, and fry for a further 2-3 mins until cooked
- Add the egg and mix well
- Add the nasi goreng paste and stir through until well mixed
- Ensure the egg is fully cooked and core temperature has been achieved
- Decant into your chosen serving dish and serve

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Food Labelling ...

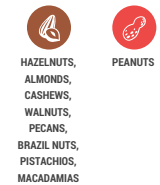
EU Label values per 100g

	PER 100G	%RI	PER 400G SERVING	%RI
Energy(KJ)	532 kJ	6%	2128 kJ	25%
Energy(Kcal)	126 kcal	6%	503 kcal	25%
Fat	1.6 g	2%	6.5 g	9%
of which saturates	0.2 g	1%	1 g	5%
Carbohydrate	20 g	8%	79 g	30%
of which sugars	1.3 g	1%	5.3 g	6%
Fibre	1.9 g	8%	7.4 g	30%
Protein	7.1 g	14%	29 g	58%
Salt	1.2 g	20%	4.8 g	80%

CONTAINS:



MAY CONTAIN:



SERVES

1

GASTRO DESSERTS

Apple & Damson Lattice Pie

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
113107 Brakes Bramley Apple & Damson Lattice Pie	157g	1x Each
15126 Brakes Ready to Serve Custard	100g	

Cooking Instructions & Notes

Prep:

- Brakes Bramley Apple & Damson Lattice Pie - Defrost

Method:

- Pre-heat the oven to 180°C
- Heat the pie in the oven for approx. 6-8 mins, the pastry is golden and core temperature has been achieved
- Heat the custard in the microwave as per manufacturers guidelines
- Alternatively heat the custard in a pan until steaming
- Place the pie onto your chosen serving dish and serve with the custard

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 257G SERVING	%RI
Energy(Kj)	619 kJ	7%	1592 kJ	19%
Energy(Kcal)	147 kcal	7%	378 kcal	19%
Fat	4.4 g	6%	11 g	16%
of which saturates	1.5 g	8%	3.9 g	20%
Carbohydrate	24 g	9%	63 g	24%
of which sugars	15 g	17%	38 g	42%
Fibre	1 g	4%	2.7 g	11%
Protein	2 g	4%	5 g	10%
Salt	0.16 g	3%	0.4 g	7%

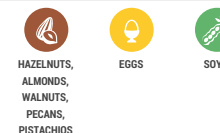
CONTAINS:



WHEAT

MILK

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
WALNUTS,
PECANS,
PISTACHIOS

EGGS

SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

GASTRO DESSERTS

Baked NY Vanilla Cheesecake

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
32054 Brakes Baked New York Style Vanilla Cheesecake	129g	1x Each
89229 Red Berry Decorating Coulis	10g	
131293 Raspberries	10g	

Cooking Instructions & Notes

Prep:

- Brakes Baked New York Style Vanilla Cheesecake - Defrost

Method:

- Place a slice of cheesecake on your chosen serving dish
- Drizzle the coulis around/over the cheesecake as desired
- Scatter the raspberries alongside the cheesecake and serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 149G SERVING	%RI
Energy(Kj)	1300 kJ	15%	1937 kJ	23%
Energy(Kcal)	312 kcal	16%	464 kcal	23%
Fat	20 g	29%	29 g	41%
of which saturates	13 g	65%	19 g	95%
Carbohydrate	30 g	12%	44 g	17%
of which sugars	22 g	24%	33 g	37%
Fibre	0.8 g	3%	1.1 g	4%
Protein	3.7 g	7%	5.5 g	11%
Salt	0.32 g	5%	0.47 g	8%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, ALMONDS, WALNUTS, PECANS, PISTACHIOS PEANUTS

OTHER PROPERTIES:

VEGETARIAN

SERVES

1

GASTRO DESSERTS

Chocolate & Orange Indulgence

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
123224 Brakes Chocolate Orange Dessert	94g	1x Each
130638 Food Heaven Heavenly Whipped Vegan UHT Aerosol 200ml	20g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Chocolate Orange Dessert - Defrost

Method:

- Serve the dessert on your chosen serving dish with a rosette of vegan "cream"
- Garnish as desired

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Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 114G SERVING	%RI
Energy(KJ)	1318 kJ	16%	1503 kJ	18%
Energy(Kcal)	316 kcal	16%	360 kcal	18%
Fat	18 g	26%	20 g	29%
of which saturates	11 g	55%	13 g	65%
Carbohydrate	35 g	13%	40 g	15%
of which sugars	24 g	27%	27 g	30%
Fibre	2.9 g	12%	3.3 g	13%
Protein	3 g	6%	3.4 g	7%
Salt	0.25 g	4%	0.29 g	5%

CONTAINS:



OATS

SOYA

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
WALNUTS,
PECANS,
PISTACHIOS

PEANUTS

OTHER PROPERTIES:



VEGETARIAN

VEGAN

SERVES

1

GASTRO DESSERTS

Lemon Tart

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
114805 Brakes Gluten Free Lemon Tart	108g	1x Each
70215 Brakes Fresh Double Cream	40g	

Cooking Instructions & Notes

Prep:

- Brakes Gluten Free Lemon Tart - Defrost
- Brakes Fresh Double Cream - Pour into jug

Method:

- Place a slice of lemon tart on your serving dish
- Place your jug of cream alongside the lemon tart
- Serve

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 148G SERVING	%RI
Energy(KJ)	1358 kJ	16%	2009 kJ	24%
Energy(Kcal)	326 kcal	16%	482 kcal	24%
Fat	22 g	31%	32 g	46%
of which saturates	12 g	60%	18 g	90%
Carbohydrate	30 g	12%	44 g	17%
of which sugars	20 g	22%	29 g	32%
Fibre	0.5 g	2%	0.5 g	2%
Protein	2.5 g	5%	3.7 g	7%
Salt	0.32 g	5%	0.47 g	8%

CONTAINS:



EGGS

MILK

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
WALNUTS,
PECANS,
PISTACHIOS

SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

GASTRO DESSERTS

Raspberry Frangipane Tart

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
121612 Brakes Vegan & Gluten Free Raspberry Frangipane Tart	83g	1x Each
125069 Jude's Vegan Vanilla Ice Cream	40g	

Cooking Instructions & Notes

Prep:

- Brakes Vegan & Gluten Free Raspberry Frangipane Tart - Defrost

Method:

- Pre-heat the oven to 180°C
- Warm the tart in the oven for approx. 4-5 mins and core temperature has been achieved
- Place onto your chosen serving dish
- Place a scoop of ice cream along side the tart
- Serve

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Food Labelling ...

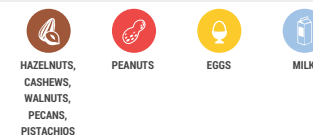
EU Label values per 100g

	PER 100G	%RI	PER 123G SERVING	%RI
Energy(KJ)	1100 kJ	13%	1354 kJ	16%
Energy(Kcal)	263 kcal	13%	324 kcal	16%
Fat	13 g	19%	17 g	24%
of which saturates	3 g	15%	3.7 g	19%
Carbohydrate	31 g	12%	39 g	15%
of which sugars	17 g	19%	21 g	23%
Fibre	2.1 g	8%	2.6 g	10%
Protein	3.1 g	6%	3.9 g	8%
Salt	0.24 g	4%	0.3 g	5%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

1

GASTRO DESSERTS

Sticky Toffee Pudding

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
4225 Brakes Sticky Toffee Pudding Squares	59g	1x Each
15126 Brakes Ready to Serve Custard	100g	

Cooking Instructions & Notes

Prep:

No prep required

Method:

- Heat the pudding in the microwave as per the manufactures guidelines
- Heat the custard in the microwave as per manufacturers guidelines
- Alternatively heat the custard in a pan until steaming
- Place the pudding onto your chosen serving dish and serve with the custard

Generated by Nutritics v5.63 on 1st Mar 2021

Food Labelling ...

EU Label values per 100g

	PER 100G	%RI	PER 159G SERVING	%RI
Energy(KJ)	752 kJ	9%	1195 kJ	14%
Energy(Kcal)	179 kcal	9%	285 kcal	14%
Fat	6.9 g	10%	11 g	16%
of which saturates	3.6 g	18%	5.7 g	29%
Carbohydrate	26 g	10%	41 g	16%
of which sugars	19 g	21%	31 g	34%
Fibre	0.6 g	2%	0.9 g	4%
Protein	3.1 g	6%	4.9 g	10%
Salt	0.15 g	3%	0.24 g	4%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:

