

Introducing Main Meals

TO A DRINKS-LED PUB

brakes
a Sysco company



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

You're #Stongerwith **Brakes**

Dishes AT A GLANCE

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

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

1. Choose your Mains			2. Pair with these Accompaniments			3. Easy service with our Crockery, Cutlery & Napkins		
CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE
F32884	Brakes Beef Madras	12 x 350g				A 101384	Wide Rim Plate 27cm/10.6"	1 x 6
F34361	Brake Chicken Tikka Masala	12 x 300g	F3795	Brakes Long Grain Rice (ve)	36 x 167g	A 89260	Economy Table Knives	1 x 12
F114831	Brakes Panang Chicken Curry	12 x 300g	F4198	La Boulangerie Chota Naan (v)	30 x 40g	A 89261	Economy Table Forks	1 x 12
F129070	Brakes Goan Fish Curry	12 x 350g	A114844	Geeta's Premium Mango Chutney (ve)	1 x 1.5kg	A 89262	Economy Dessert Spoon	1 x 12
F34362	Brakes Chickpea, Sweet Potato & Spinach Curry (v)	12 x 300g				A 88289	Brakes White 2ply Napkin 33cm	2 x 300
F127590	The Authentic Food Co. Singapore Noodles (v)	18 x 350g	F32031	Brakes Cooked Chicken Kebabs	40x100g			
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F32618	Brakes Fully Baked Steak Square Pies	12 x 300g	F31559	Brakes Mashed Potato with Cracked Black Pepper (v)	1 x 2.5kg			
F31848	Brakes Cooked Pork Sausage Sixes	30 x 70g	F133898	Brakes Roast Onion Gravy (v)	24 x 150g	A 89408	Brakes Black Pepper Sachets	1 x 2000
F34418	Brakes Fully Baked Chicken, Leek & Ham Pie		F3205	Brakes Choice Garden Peas (ve)	1 x 1kg	A 89409	Brakes Salt Sachets	1 x 2000
F124128	Brakes Fish Pie		F3205	Brakes Choice Garden Peas (ve)	1 x 1kg	A 3849	Brakes English Mustard Sachets	1 x 200
F134112	Brakes Chilli Con Carne		F3795	Brakes Long Grain Rice (ve)	36 x 167g	A 3848	Brakes Brown Sauce Sachets	1 x 200
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F32927	Brakes Beef Lasagne	12 x 400g				A 3853	Brakes Tomato Ketchup Sachets	1 x 200
F 32928	Brakes Roasted Vegetable Lasagne (v)	12 x 400g				A 10408	Brakes Mayonnaise Sachets	1 x 200
F 32693	Brakes Spinach & Ricotta Cannelloni (v)	12 x 400g	F32000	La Boulangerie Garlic & Parsley Bread Slices (v)	85 x 24g			
F 32725	Brakes Macaroni Cheese (v)	12 x 400g						
F 33647	Brakes Asparagus, Broad Bean & Roasted Garlic Risotto (v)	12 x 350g						
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F126222	Brakes Jackfruit Balti (ve)	12 x 350g	F3795	Brakes Long Grain Rice (ve)	36 x 167g			
F126221	Brakes Butternut Gobi Dhansak (ve)	12 x 350g	A114844	Geeta's Premium Mango Chutney (ve)	1 x 1.5kg			

4. Add the Condiments

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

Code	Product
529151	Blizzard Light Duty Commercial Microwave, 1000W
577307	Panasonic Medium Duty Commercial Microwave, 1000W
529167	Blizzard Heavy Duty Commercial Microwave, 1800W
511869	Polar CD611 Undercounter Freezer 140 litre
585130	Vestfrost SZ248C Chest Freezer 255 litre
511738	Polar CD613 Upright Freezer 375 litre

*Please ensure to carefully follow on pack cooking and handling guidance

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

GUIDANCE & REGISTRATION

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TRAINING

Ensure staff are trained adequately on food handling and food hygiene. Go online at [food.gov.uk/business-guidance/food-hygiene-for-your-business#staff-training](https://www.food.gov.uk/business-guidance/food-hygiene-for-your-business#staff-training)

EQUIPMENT

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

brake.co.uk/news/covid-19/cleaning-products-and-equipment

Dish Allergen & lifestyle information AT A GLANCE

Simple dish detail to include on your menu.



<i>Dish</i>	<i>Vegan or Vegetarian</i>	<i>Allergens Contains:</i>	<i>Allergens May contain traces of:</i>
Curry Beef Madras, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts: [Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Curry Chicken Tikka Masala, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts: [Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Curry Penang Chicken, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts: [Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Curry Goan Fish, Rice, Naan & Chutney		Fish, Milk, Wheat & Gluten	Sesame, Nuts: [Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pistachio & Walnut]
Curry Chickpea, Sweet Potato & Spinach, Rice, Naan & Chutney	Vegetarian	Milk, Mustard, Wheat & Gluten	Nuts: [Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Singapore Noodles with Chicken		Celery, Egg, Sesame, Soya, Wheat & Gluten	
Steak Pie Mash Peas Gravy		Milk, Wheat & Gluten	Sesame, Nuts: [Peanut, Almond, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Sausage Mash Peas & Gravy		Milk, Wheat & Gluten	Sesame, Nuts: [Peanut, Almond, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Chicken, Leek & Ham Pie, Mash, Peas & Gravy		Milk, Wheat & Gluten	Sesame, Nuts: [Peanut, Almond, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Fish Pie & Peas		Fish, Milk & Sulphites	Nuts: [Almond & Cashew]
Beef Chilli Con Carne with Rice		None of the 14 Allergens	Sesame, Nuts: [Peanut, Almond, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Lasagne Beef with Garlic Bread		Milk, Wheat & Gluten	Sesame, Nuts: [Peanut, Almond, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Lasagne Roast Vegetables with Garlic Bread	Vegetarian	Celery, Egg, Milk, Mustard, Wheat & Gluten	Milk & Soya
Cannelloni Spinach & Rocotta with Garlic Bread	Vegetarian	Egg, Milk, Wheat & Gluten	Milk & Soya
Mac And Cheese with Garlic Bread	Vegetarian	Milk, Mustard, Wheat & Gluten	Milk & Soya
Risotto Asparagus & Broad Bean with Garlic Bread	Vegetarian	Milk, Wheat & Gluten	Celery, Egg, Milk, Mustard, Sesame, Soya, Nuts: [Almond, Hazelnut, Pistachio], Rye, Barley, Wheat & Gluten
Jackfruit Balti, Rice & Chutney	Vegan	Mustard	Sesame, Nuts: [Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut]
Butternut Gobi Dhansak, Rice & Chutney	Vegan	Mustard	Sesame, Nuts: [Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut]

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

Christmas Dinner AT A GLANCE

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

- 1 Choose the cooking method you have available 2 Add some festive tableware

1. Pick your cooking method

CODE	PRODUCT	PACK SIZE
F131224	Green Gourmet Cooked Turkey Breast Roast Dinner 250g	10 x 250g
A128741	Brakes Chicken Gravy	24 x 75g
F4353	Brakes Sage & Onion Stuffing Balls	160 x 25g

ALLERGENS: CONTAINS CONTAINS WHEAT & GLUTEN**

F34325	Brakes British Cooked Sliced Turkey Breast	5 x 1kg
F128741	Brakes Chicken Gravy	24 x 75g
F120502	Brakes Crispy Coated Roasting Potatoes	1 x 2.5kg
F123456	Aunt Bessie's Carvery Yorkshire Pudding	8 x 10
F3564	Brakes Gluten Free Cooked Pigs in Blankets	100 x 14g (av)
F4353	Brakes Sage & Onion Stuffing Balls	160 x 25g
F124560	Ardo Honey Roast Parsnips	1 x 2.5kg
F4766	Brakes Medium Brussels sprouts	1 x 2.5kg
F111085	Crops Cauliflower Cheese	1 x 2.5kg
F3205	Brakes Choice Garden Peas	1 x 1kg

ALLERGENS: CONTAINS CELERY, EGG, MILK, SULPHITES, BARLEY, WHEAT & GLUTEN**

2. Add some festive cheer

CODE	PRODUCT	PACK SIZE
A131657	Duni Cozy Winter Napkins 3ply 33x33cm	1 x 250
A128089	Tom Smith Red & White Spots & Stripe Crackers 12"	1 x 50
A128060	Duni Red Star Stories Napkins 3ply 33x33cm	1 x 250
A128094	Tom Smith Red & White Trad Flittered Crackers (holly) 14"	1 x 25

Straight from the microwave*

Hot from the oven*



Images for illustrative purposes only and may not reflect actual products.

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Christmas 2021

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