

WORLD FOODS

BLUE DRAGON



SWEET & SOUR COOKING SAUCE

6 x 425g
Code: **BLU020**



CHINESE CURRY COOKING SAUCE

6 x 425g
Code: **BLU021**



CHOW MEIN COOKING SAUCE

6 x 425g
Code: **BLU180**



THAI RED CURRY PASTE

6 x 285g
Code: **BLU202**



THAI GREEN CURRY PASTE

6 x 285g
Code: **BLU203**



LIGHT SOY SAUCE

12 x 150ml
Code: **BLU157**



DARK SOY SAUCE

12 x 150ml
Code: **BLU158**



SESAME OIL

12 x 150ml
Code: **BLU108**



OYSTER SAUCE

12 x 150ml
Code: **BLU133**



FISH SAUCE

12 x 150ml
Code: **BLU168**



WHITE RICE VINEGAR

12 x 150ml
Code: **BLU107**



TERIYAKI MARINADE

12 x 150ml
Code: **BLU036**



SWEET CHILI DIPPING SAUCE

12 x 190ml
Code: **BLU001**



STICKY PLUM SAUCE

6 x 190g
Code: **BLU019**



RICH HOISIN SAUCE

6 x 190g
Code: **BLU032**

BLUE DRAGON



OYSTER & SPRING ONION STIR FRY SACHETS

12 x 120g
Code: **BLU004**



SWEET CHILLI & GARLIC STIR FRY SACHETS

12 x 120g
Code: **BLU181**



HOISIN & GARLIC STIR FRY SACHETS

12 x 120g
Code: **BLU135**



COCONUT MILK

12 x 400ml
Code: **BLU002**



CREAMED COCONUT BLOCK

12 x 200g
Code: **BLU166**



EXTRA FIRM SILKEN TOFU

12 x 349g
Code: **BLU028**

JAPANESE RANGE



SPRING ROLL WRAPPERS

12 x 134g
Code: **BLU026**



PANKO BREADCRUMBS

6 x 120g
Code: **BLU025**



TEMPURA BATTER MIX

12 x 150g
Code: **BLU112**



SUSHI RICE

12 x 500g
Code: **BLU033**



SUSHI NORI

15 x 11g
Code: **BLU034**



WASABI PASTE

10 x 45g
Code: **BLU035**

WORLD FOODS

BLUE DRAGON



FINE EGG NOODLES

8 x 300g
Code: **BLU170**



MEDIUM EGG NOODLES

8 x 300g
Code: **BLU011**



SPICY THAI NOODLE WOK

6 x 67g
Code: **BLU030**



SWEET CHILLI CHICKEN NOODLE WOK

6 x 76g
Code: **BLU031**



ORIENTAL CHICKEN NOODLE WOK

6 x 65g
Code: **BLU029**

COOKS & CO. Risotto, Polenta & Paella, these provide an extremely convenient, simple and yet tasty meal.



LEMON & PEA RISOTTO

6 x 190g
Code: **COK009**



MEDITERRANEAN RISOTTO

6 x 190g
Code: **COK010**



SEAFOOD PABELLA

6 x 190g
Code: **COK011**



COUNTRYMAN'S PONENTA

6 x 190g
Code: **COK012**



PORCINI PONENTA

6 x 190g
Code: **COK013**

THE COCONUT KITCHEN Restaurant quality Thai curry pastes and sauces all developed by Wales's most talented Thai chef in her restaurant in Abersoch. With these sauces you can easily re-create amazingly delicious restaurant dishes at home.



EASY THAI YELLOW CURRY PASTE
6 x 130g
Code: **TCK005**



EASY THAI RED CURRY PASTE
6 x 130g
Code: **TCK006**



EASY THAI GREEN CURRY PASTE
6 x 130g
Code: **TCK007**



EASY THAI MASSAMAN CURRY PASTE
6 x 130g
Code: **TCK008**



HONEY, GARLIC & PEPPER SAUCE
6 x 250ml
Code: **TCK001**



PAD THAI SAUCE
6 x 250ml
Code: **TCK003**



TIGER TIGER



WHOLE WATER CHESTNUTS
12 x 227g
Code: **TIG001**



SLICED BAMBOO SHOOTS
12 x 227g
Code: **TIG002**



STIR FRY VEGETABLES
12 x 425g
Code: **TIG003**



BEAN SPROUTS
12 x 410 g
Code: **BLU012**

WORLD FOODS

GEETA'S



PREMIUM MANGO CHUTNEY

6 x 320g
Code: **GEE001**



PREMIUM ONION CHUTNEY

6 x 230g
Code: **GEE002**



PREMIUM LIME & CHILLI CHUTNEY

6 x 230g
Code: **GEE004**



MANGO & CHILLI CHUTNEY

6 x 230g
Code: **GEE016**

NEW



POMEGRANATE & MANGO CHUTNEY

6 x 230g
Code: **GEE017**

NEW



MANGO & GINGER CHUTNEY

6 x 230g
Code: **GEE018**

NEW



LIME PICKLE

6 x 230g
Code: **GEE019**

NEW



KORMA CURRY PASTE

12 x 80g
Code: **GEE009**



MADRAS CURRY PASTE

12 x 80g
Code: **GEE010**



TIKKA CURRY PASTE

12 x 80g
Code: **GEE011**

PATAKS



**PLAIN PAPPADUMS
READY TO COOK**

12 x 100g
Code: **ZPAT09**

AL'FEZ At the heart of every Al'Fez product lies the promise of discovery; and we have put together a delightful selection of North African and Middle Eastern inspired products for you to enjoy.



HARISSA PASTE
6 x 100g
Code: **ALF009**



GREEN HARISSA
6 x 100g
Code: **ALF010**



**RAS EL HANOUT
SPICE MIX**
6 x 42g
Code: **ALF006**



PRESERVED LEMONS
6 x 140g
Code: **ALF011**



HOUMOUS DIP
6 x 160g
Code: **ALF003**



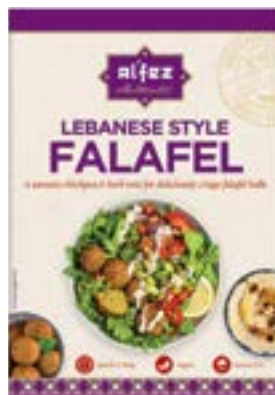
NATURAL TAHINI
6 x 160g
Code: **ALF012**



**MOROCCAN
MEATBALL
TAGINE SAUCE**
6 x 350g
Code: **ALF008**



**APRICOT & CORIANDER
TAGINE SAUCE**
6 x 350g
Code: **ALF002**



FALAFEL
12 x 150g
Code: **ALF007**



**MOROCCAN STYLE
COUSCOUS**
12 x 200g
Code: **ALF001**



PEARL COUSCOUS
12 x 200g
Code: **ALF015**

WORLD FOODS

DELVERDE Only the best durum wheat semolina and the purest spring water, direct from the source of the Verde River in southern Italy, are used to make this fine quality pasta.



.....
FUSILLI
 20 x 500g
 Code: **DVE002**



.....
PENNE RIGATE
 20 x 500g
 Code: **DVE003**



.....
FARFALLE
 20 x 500g
 Code: **DVE004**



.....
LASAGNE EGG
 12 x 500g
 Code: **DVE006**



.....
SPAGHETTI
 24 x 500g
 Code: **DVE001**



.....
TAGLIATELLE NESTS
 12 x 250g
 Code: **DVE005**

FILIPPO BERIO Have been creating the finest products since 1867 and is the UK's most popular olive oil brand. The company is passionately committed to the very best of Italy's culinary heritage.



.....
CLASSIC PESTO
 6 x 190g
 Code: **FIL006**



.....
SUNDRIED TOMATO PESTO
 6 x 190g
 Code: **FIL007**



.....
HOT CHILLI PESTO
 6 x 190g
 Code: **FIL008**



.....
TOMATO & RICOTTA PESTO
 6 x 190g
 Code: **FIL009**



.....
SPRAY EXTRA VIRGIN OLIVE OIL
 6 x 200ml
 Code: **FIL003**



.....
SPRAY MILD & LIGHT OLIVE OIL
 6 x 200ml
 Code: **FIL004**



.....
BALSAMIC VINEGAR
 6 x 250ml
 Code: **FIL005**



.....
EXTRA VIRGIN OLIVE OIL
 6 x 500ml
 Code: **FIL001**



.....
OLIVE OIL
 6 x 500ml
 Code: **FIL002**



NEW GAROFALO



MACARONI
16 x 500g
Code: **GAR101**

DELI-ITALIA Italian-made, produced in small batches for a truly authentic quality.



TOMATO & BASIL PASTA SAUCE GLUTEN FREE
6 x 350g
Code: **EPI084**



TOMATO & CHILLI PASTA SAUCE GLUTEN FREE
6 x 350g
Code: **EPI085**

VERY LAZY Essential, quality cooking ingredients in their most convenient form.



CHOPPED RED CHILLIES
6 x 190g
Code: **SEA007**



CHOPPED GARLIC
6 x 200g
Code: **SEA008**



CHOPPED GINGER
6 x 190g
Code: **SEA009**

NEW SACLA



WHOLE CHERRY TOMATO & BASIL PASTA SAUCE
6 x 350g
Code: **SAC006**



WHOLE CHERRY TOMATO & CHILLI PASTA SAUCE
6 x 350g
Code: **SAC007**



WHOLE CHERRY TOMATO & PARMESAN PASTA SAUCE
6 x 350g
Code: **SAC008**



MAC 'N' CHEESE CLASSIC SAUCE
6 x 350g
Code: **SAC009**