

FOOD

Trends

Last month I took a short trip to Amsterdam to attend a trade show and do a food safari. I love travelling and getting to check out new places to eat. A couple of things struck me about the food scene there. Firstly, for the most part, it's totally cashless, with most places only accepting card - this works for me as I never have cash! The second thing was how many great little independent food outlets are open there, really focusing on quality local ingredients but using modern cooking techniques and influences from all over the world to create some pretty tasty food. I had some really great coffee and, in a nod to the classics, a Dutch pancake (or two!). I also had some really good sushi and my first ever batch of vegan wings, made from cauliflower. In this month's update, we have some good news for busy NYC shoppers, veggie burgers that bleed and the latest Instagram trend of "Food Jenga".

Have a great month!

Dr. Deirdre Moriarty MUSGRAVE MARKETPLACE TRENDS EXPERT

Concierge in the City

Busy New Yorkers can now avail of Walmarts new concierge service. It's a step change for the company, offering same day deliveries and giving its customers more flexibility and choice. I'm a fan of online shopping so will be watching how this trial goes.

Food Jenga

Does your Instagram feed need a shakeup? Why not try a game of food Jenga? Instagramers are stacking everything from donuts to traybakes and more to create these cool pics. I'm going to give it a go. #foodienga

Are you sure this is a veggie burger???



chef NETWORK —×— Master*class*

By Product Cooking with Maurice McGeehan 13th November in Musgrave MarketPlace Duncrue More details coming soon! musgravemarketplace.co.uk

MUSGRAVE EXCELLENCE**

Traybakes

Musgrave Excellence Brownie Rockyroad Traybake

> 57.651 | 18 x 80g £12.29 68p per portion

Musgrave Excellence Caramel Square Traybake 570661 | 18 x 80g £11.05 61p per portion

Musgrave Excellence Brownie Traybake

570669 | 18 x 80g £11.05 61p per portion

Musgrave Excellence Raspberry Bakewell Traybake 570679 | 18 x 80g £11.05 61p per portion

Musgrave Excellence Chocolate Biscuit Traybake

> 570689 | 18 x 80g £12.29 68p per portion

61p per portion FROM £11.05

Musgrave Excellence Cherry Rocky Road Traybake

> 573769 | 18 x 80g £12.29 68p per portion

Musgrave
Excellence
products
are at least
15% cheaper
than branded
products*

MUSGRAVE EXCELLENCE





Musgrave Excellence Muffins

Salted Caramel
468432 | 24 x 122g
£16.39
68p per portion
Strawberry & Vanilla
468462 | 24 x 118g
£18.45
77p per portion



Musgrave Excellence Scones

Fruit
485545 | 30 x 150g
£15.39
51p per portion
White
485546 | 30 x 150g
£14.45
48p per portion
Brown
485547 | 30 x 150g
£13.95
47p per portion

Musgrave Excellence Butter Croissant



Musgrave Excellence Pain au Chocolate

448754 | 70 x 75g £19.05

Musgrave Excellence Jam Portions

Strawberry
714372 | 100 x 20g
Blackcurrant
714370 | 100 x 20g
Assorted
714371 | 100 x 20g
Raspberry
714373 | 100 x 20g
£7.49
7p per portion





Demi Baguette 125g

442419 | 1 X 16 pce **£3.99**



Brown Demi Baguette

442523 | 1 x 16 pce **£4.25**



Musgrave Excellence Demi Baguette

785925 | 66 x 125g **£9.99**



Musgrave Excellence Plain Panini

785927 | 77 x 125g **£10.99**



Musgrave Excellence Part Baked Ciabatta

458592 | 50 x 110g **£14.35**



Musgrave Excellence Brioche Style Bun

570691 | 40 x 85g **£9.49**



Mission Plain Frozen Wraps

12" 546328 | 18 x 4 pce £9.99 56p per portion 10" 546330 | 18 x 4 pce £7.99 44p per portion



Sourdough Hoagie

741289 | 1 x 20 pce **£7.89**

39P
per portion





Rocket 178460 | 1 x 500g | £3.20

Sandwich Fillers...

Chicken & Meat

Robinson's Pulled Ham Hock Cooked 674970 | 1 x 500g | £2.95

Musgrave Excellence Cooked Meats:
Roast Chicken Strips | 140711 | 1 x 2.5kg | £17.75
Steamed Chicken Fillets | 172128 | 1 x 2.5kg | £15.35
Crumbed Ham | 551506 | 1 x 1kg | £8.09
Honey Baked Ham | 683718 | 1 x 1kg | £8.59
Traditional Sliced Ham | 705721 | 1 x 1kg | £7.89
Sliced Roast Beef | 181586 | 1 x 750g | £7.79
Sliced Turkey Breast | 181591 | 1 x 750g | £7.15
Streaky Bacon | 495484 | 1 x 1kg | £14.85

Charcuterie

German Classic Salami Slices 747641 | 1 x 500g | £4.09

Smoked Pancetta Slices 746464 | 1 x 500g | £6.15

Chorizo Extra Slices

746466 | 1 x 500g | £5.15

Love Olive Basil Pesto 426879 | 1 x 1kg | £14.45

Dairy

French Brie Cheese

USA Style Creamed Cheese

784380 | 1 x 2kg | **£7.49**

Musgrave Excellence White Cheddar Slices 699002 | 1 x 1kg | £5.99

Kerrymaid White Grated Cheese

Musgrave Excellence Golden Buttery Spread 694894 | 1 x 2kg | £2.99



McCaugheys Chicken | 1 x 1k Roast Garlic Fillet | 637329 Grilled Breast | 637339 Tikka Fillet | 637381 Mediterranean | 637391

Avocado Slices 696879 | 1 x 500g | **£3.15**

Mixed Salad Catering 177392 | 1 x 500g | £2.69

Tomatoes Loose 177583 | 1 x 6kg | **£5.99**

Ardo IQF Cooked Quinoa 534116 | 1 x 1kg | £4.15

Musgrave Excellence Long Grain Easy Cook Rice 485769 | 1 x 5kg | £4.89

Fairway Silverskin Onions 557285 | 1 x 2.2kg | £5.15

Fairway Red Cabbage in Vinegar 557356 | 1 x 2.2kg | **£3.99**

Fairway Dressing
Caesar | 498259 | 1 x 2.2ltr | £5.99

French | 498265 | 1 x 2.2ltr | £4.29

NEW Honey & Mustard | 740968 | 1 x 2.2ltr | **£5.99**



NEW Black Base

750CC | 740862 | 1 x 300 pce | £22.35 600CC | 740883 | 1 x 600 pce | £21.95 500CC | 740868 | 1 x 600 pce | £20.85 *NEW* Clear Lid

750CC | 740863 | 1 x 300 pce | £17.75 500-600CC | 740902 | 1 x 600 pce | £17.49 Kraft Food Box Window

Small | 546594 | 1 x 360 pce | £61.49 Large | 546591 | 1 x 360 pce | £85.49

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MUSGRAVE EXCELLENCE

Musgrave Excellence

Rindless Rasher 455851 | 1 x 2.27kg | £8.29

Sausages 8's 699177 | 1 X 2.5 kg | £6.45

Pudding Chubb Black | 117067 | 1 x 1.36kg | £3.35 White | 117068 | 1 x 1.36kg | £3.35

Hash Brown 727876 | 1 x 2.5 kg | £3.49

Fairway

Baked Beans in Tomato Sauce 486436 | 1 x 2.6 kg | £2.39

Tomato Ketchup 498255 | 1 x 4.5 kg | £4.99

Brown Sauce 450404 | 1 x 4.3 kg | £3.99 Mushrooms Loose

177692 | 1 x 2.7kg | £5...

Kulana Orange

663659 | 27X200ml | £5.49

To Go...



Compartment Meal Box

HB1 | 180778 | 2 x 100 pce | £16.95 HB2 | 178759 | 1 x 200 pce | £16.95

HB3 | 178760 | 1 x 200 pce | £16.95



Musgrave Professional Plastic Cutlery Forks | 656101 | 1 x 100 pce | £1.99

Knives | 656102 | 1 x 100 pce | £1.99



Selpak Napkins White 30cm 674451 | 10 x 500 pce | £14.49

Above!

Partnering with kepak, we can guarentee the quality of our meats because of the rigerous selection, ageing and butchering standards in place.

Butcher's Select is cut by Master Butchers from carefully selected 100% Irish steers and heifers and matured for a minimum of 21 days.

Butcher's Select Steaks

Fillet 6oz | **£6 per steak** 660944 | 1 x 5 pce | **£30**

Mohawk 650-750g | **Average £9 per steak** 579051 | £14 **per kg**

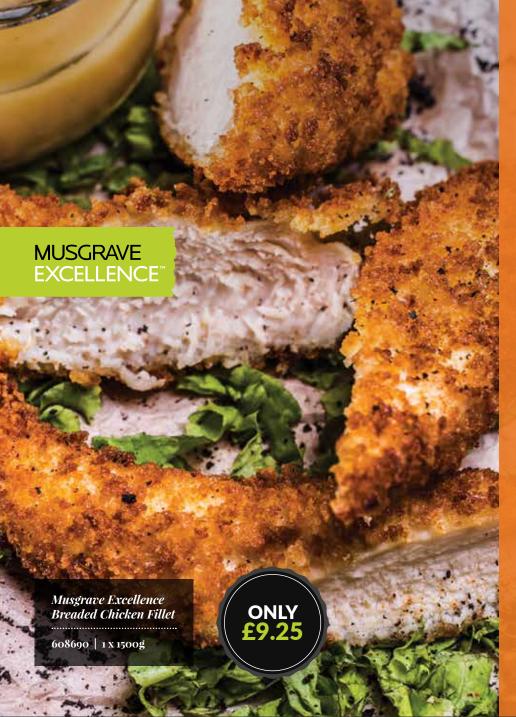
Striploin 80z | **£4 per steak** 660784 | 1 x 5 pce | **£20**

Rib Eye 80z | **£4 per steak** 110074 | 1 x 5 pce | **£20**









Meat

Musgrave Excellence Slow Cooked Pulled Pork 540151 | 1 x 1kg | £6.99

McCaughey Cooked Chicken

Plain Goujons | 677732 | 1 x 1 kg | £7.55

Bites | 677736 | 1 x 1 kg | £7.55

Southern Fried Goujons | 677743 | 1 x 1 kg | £7.55

Roast Chicken Kebabs

BBQ | 414701 | 1 x 1kg | £8.19

Hot N Spicy | 414716 | 1 x 1kg | £8.10

Sides & Vegetables

Musgrave Excellence Seasonaed Wedges 538876 | 1 x 2.5kg | £2.29

Musgrave Excellence Sweet Potato Fries 575459 | 1 x 2.5 kg | £7.15

Musgrave Excellence Fries Shoestring 7mm | 661569 | 1 x 2.5kg | £2.15 Skin On 9mm | 661560 | 1 x 2.5kg | £2.45 Farmhouse Jacket Potato 280g-340g 448447 | 3 x 10 pce | £14.99

Potato Washed & Peeled Bag 584068 | 1 x 9kg | £5.29

Ardo Precooked White Rice 449003 | 1 x 2.5kg | £3.69

White Onions Peeled 177367 | 1 x 2.5kg | £4.49

Soup Vegetables 177709 | 1 x 2.5kg | £3.99



Savoury Pastries & Mains

SmartBuy Sausage Roll

4 inch | 129303 | 1 x 80 pce | £11.25 6 inch | 170691 | 1 x 60 pce | £12.29 8 inch | 129299 | 1 x 40 pce | **£11.25**

Ashers Frozen Sausage Rolls 6os 590769 | 1 x 100g | **£19.99**

SmartBuy Ham & Cheese Jambon 129306 | 36 x 110g | **£14.35**

Baker's Best Pie 6 Pack

Mince & Onion | 543597 | 1 x 230g | **£5.95** Steak & Gravy Pie | 547723 | 1 x 230g | £8.15 Chicken & Mushroom | 547725 | 1 x 230g | £7.15

Baker's Best Quiche Lorraine 627890 | 1 X 1.2kg | £5.45

To Go...

Snack Box

Junior | 404344 | 1 x 400 pce | £22.85 Medium | 404350 | 1 x 400 pce | £24.55 Dinner Large | 404352 | 1 x 300 pce | **£23.89**

Super Sandwiches & Salads Pages 6-7

Christmas ______

Ingredients | MAKES 10 x 1lb

691055 500g Musgrave Excellence Sultanas 393623 350ml Whiskey 691057 445949 500g Musgrave Excellence Raisins 150ml Rum 624839 1.25 kg Currants 347564 350ml Guinness 624999 130g Mixed Peel 284497 9 Large Eggs 448650 12g Musgrave Excellence Mixed Spices 520035 500g Unsalted Butter 640501 3g Musgrave Excellence Ground Cinnamon 492156 1kg Dark Brown Sugar 158171 3g Ground Nutmeg 555784 250g Musgrave Excellence Self Raising Flour 2 Grated Oranges Zest 452767 500g Fresh Bread Crumbs 2 Grated Lemons Zest **Cooking Apples Grated**

TOTAL FOOD COST EX.VAT

£29.14

PORTION COST EX.VAT

£2.91



Check out full recipe on our blog: musgravemarketplace.co.uk/news-events/inspiration





Sidoli create a vast assortment of desserts, hand finished cakes and puddings to suit every palette, including a range of gluten free options too.

Products are made using the highest quality ingredients to ensure you get the most delicious desserts every time.



NEW Angel Sparkle Cake 14ptn 745363 | 1 x 1.6kg | £11.09

A Victorian sponge cake with a twist; three layers of pink sponge with a soft yellow middle layer, all sandwiched together with buttercream and jam. It's then steeped in buttercream and surrounded by natural coloured hundreds and thousands.



NEW Sticky Chocolate & Orange Cake 14ptn

745364 | 1 x 1.9kg | **£11.99**

A gooey orange sponge with pockets of sticky orange curd, smothered with rich chocolate ganache, finished with a zig zag of orange icing



NEW Sticky Salted Caramel Cake 14ptn 745362 | 1 X 14 pce | £13.99

A real wow factor cake for all good coffee shops, pubs & restaurants. Layers of dark toffee cake, sandwiched together with a rich salted caramel buttercream, dripping in thick caramel sauce piled high with toffee cake cubes, all finished with a glossy salted caramel drizzle and a sprinkling of salted caramel crispy pearls.



NEW Lemon Meringue Bar 18ptn

745626 | 1 x 2.2kg | £11.99

A digestive biscuit base with a zesty lemon filling, topped with a generous helping of meringue and baked to perfection



Cookie Dough Caramel Cheesecake 14ptn

745629 | 1 x 1.4kg | £11.45

Dark chocolate biscuit pastry case filled with creamy thick coldset cheesecake flavoured with mascarpone cream and mixed with chocolate and cream biscuits. It's then topped with more biscuits, chocolate chunks and dark chocolate sauce.



Gluten Free Carrot Cake

414458 | 1 X 1.7kg | £11.55

A moist carrot cake made with pineapple carrots and coconut, with a combination of mixed spices, filled with cream cheese frosting and finished with nibbed hazelnuts



Gluten Free New York Style Cheesecake

414460 | 1 x 1.55kg | **£12.85**

13



725712 | 1 X 14 ptn | £10.79



The Importance of

Portion Control

by Gilliam McConnell

Why is Portion Control So Important?

Growing concerns about the effect of portion size on overall calorific intake and health is causing customers to reconsider what and how much they eat so as they can lead healthier lifestyles. These concerns are also prompting restaurants to re-evaluate how they serve their food and with a few thoughtful adjustments, restauranteurs can remain profitable while at the same time streamline portion sizes, reduce waste and waistlines!

Portion Distortion & Health Consequences:

Overeating is a common tendency today and although reasons for this are multifactorial, over 60% of our Northern Irish population are now overweight or obese. Continually eating large portion sizes have many negative health consequences from increasing the risk of weight gain to diabetes.

What are Portion Control Tools?

Portion control tools come in many shapes and sizes. Using some of these devices available in Musgrave Marketplace – colour-coded scoops & ladles, as well as a commercial kitchen scales – are critical elements to help correct portion sizes. Using portion control tools as standard practice in your industry will not only keep your food costs in line but you'll also ensure that your customers will receive consistency when they order their favourite meals.

No matter the kind or size of catering business you operate, chances are you'll benefit from implementing some portion control tools so next time you're re-stocking your kitchen supplies have a look at our range in Musgrave MarketPlace.

"Once a dish is costed and you know how much food you need to put on the plate then it makes it easy, it's all about consistency. Ensuring standardised methods will secure the profit margin on each dish."

- Chef Joseph Roche

Gillian Helomell

Registered Dietitian, DI019371 B.Sc (Hons) Dietetics, MINDI



Drinks Smacks



Adez | 8 x 250ml Coconut | 696856 Almond & Mango | 607607 Oat, Strawberry & Banana | 697608

£1.42 per unit incl. VAT



Kulana | 27 x 200 ml Apple | 663651 Orange | 663659 £0.24 per unit incl. VAT



Mooies Milk | 27 x 200 ml Chocolate | 663308 Strawberry | 663307 £0.26 per unit



So Clear | 684116 | 24 x 500ml **£0.13 per unit incl. VAT**

Only

£7.49



San Pellegrino Range 24 x 330ml **£0.50 per unit incl. VAT**



Barrs | 24 x 330ml Irn Bru | 548248 Irn Bru Extra | 554165 £0.38 per unit incl. VAT



Orangina | 453143 | 12 x 420ml **£0.75 per unit incl. VAT**



O'Donnell's Crisps | 24 x 50g Cheese & Onion | 692983 Salt & Vinegar | 692985 £0.48 per unit incl. VAT



Perri Catering Crisps 172146 | 9 x 200g £0.94 per unit incl. VAT





Only

Verquin Drops Mint | 688770 | 1 x 2kg Fruit | 688819 | 1 x 2kg



Chupa Chups Refill Bag 742557 | 120 x 12g





Fairway Sauces & Condiments

Coarsegrain Mustard 450428 | 1 x 2.2lt

Dijon Mustard 450475 | 1 X 2.2lt

English Mustard

450411 | 1 X 2.2lt

French Mustard

450487 | 1 x 2.2lt

Mint

450415 | 1 X 2.2lt

Tartare

450425 | 1 X 2.2lt

Horseradish 450413 | 1 x 2.2lt

Sticky BBQ Sauce

450419 | 1 X 2.2lt

Prawn Cocktail Dressing

450489 | 1 x 2.2lt

Piri Piri

498275 | 1 x 2.2lt

Thai Sweet Chilli 450423 | 1 X 2.2lt



Fairway Garlic Mayonnaise

740966 | 1 X 2.2lt



Ambient Catering Essentials



















- 1. Lyons Rich Roast Coffee Granules 633279 | 1 x 750g
- 2. Fairway One Cup Tea Bags 495278 | 1 X 1100 pce
- 3. Monin Matcha Green Tea Syrup 674609 | 1 x 700ml
- 4. Monin Peach Tea Syrup 674291 | 1 X 1lt

- 5. Tate & Lyle Sugar Sticks White | 491998 | 1 x 100 pce Brown | 493714 | 1 x 100 pce
- 6. Dolmio Sauces Arrabbiata | 348608 | 1 x 2.23kg Tomato & Pesto | 348622 | 1 x 2.27kg Tomato & Basil | 348625 | 1 x 2.27kg Bolognese | 567309 | 1 x 2.28kg
- 7. Uncle Bens Sauces Balti | 166984 | 1 x 2.24kg Tikka Masala | 567289 | 1 x 2.24kg Korma | 567249 | 1 x 2.23kg Madras | 567229 | 1 x 2.27kg Rogan Josh | 567239 | 1 x 2.25kg
- 8. Mexican Salsa | 792719 | 1 x 2.29kg Chilli Con Carne | 567299 | 1 x 2.3kg Hickory Smoked BBQ | 348613 | 1 x 2.49kg Texan BBQ | 567279 | 1 x 2.51kg

Eco

DISPOSABLES

Over the last number of months, you have probably heard a lot about single-use plastics & packaging in the media and how certain disposable products are impacting the environment. This is creating an increase in demand for disposable tableware and food packaging products that are made from renewable, compostable raw materials. Now more and more outlets are looking to move all their disposable packaging lines to an Eco-Friendly solution and this is only set to continue. Consumers are also driving this trend as they are more aware of the products they use. There are even several festivals that are going down this route of Eco-Friendly Packaging. In some cases, only vendors using Eco-Friendly Packaging are permitted to supply the event.

Sugar cane

This residual material arises in large quantities from sugar extraction in the production of cane sugar. Tableware made from sugar cane is stylish, light and very stable. It is also water-resistant, and is suitable for use in the microwave.

PLA (Polylactic Acid is derived from renewable resources like corn starch or sugar cane)

It is produced from natural starch, which can be moulded into almost any shape, and can also be produced as a film. It is taste–neutral and heat-resistant up to approx. $40^{\circ}\mathrm{C}$.

In Musgrave Marketplace we offer a full environmentally friendly solution to all your packaging needs whether you are a retailer that offers Food to Go or a vendor who supplies festivals & concerts.



Bagasse Bowl 90Z 494228 | 1 x 50 Pce | £3.75



Leaf Double Wall Compostable Cup 120Z 750264 | 1 X 25 Pce | £2.69



Biodegradable Super Rigid Plate 18cm | 329907 | 1 x 50 Pce | £3.25 23cm | 329912 | 1 x 50 Pce | £4.99



Kraft Biodegradable Paper Tray
3lb | 508575 | 1 x 250 Pce | £21.15
2.5lb | 508544 | 1 x 250 Pce | £20.65
1lb | 508351 | 1 x 250 Pce | £12.95



Hot Cup Clear Compostable Lid 120z 674122 | 1 x 50 Pce | £2.99



Compostable Paper Straws 689499 | 1 x 150 Pce | **£2.49**

Cleaning Hygiene



Deepio Degreaser Spray 101169 | 1 x 750ml



Deepio Washing Up Liquid 172615 | 1 x 5lt



Lenor Concentrate
Spring Awakening | 441232 | 1 x 3.8lt
Odour Elimination | 444399 | 1 x 3.8lt
Moonlight Harmony | 496404 | 1 x 4lt
Summer Breeze | 496211 | 1 x 4lt



Bold Professional Powder 90 Scoop Lotus Flower | 550458 | 1 x 5.8kg Lavender & Camomile | 550454 | 1 x 5.8kg



Domestos Professional



Finesse All Purpose Cloths
Blue | 632301 | 1 x 100 pce
Red | 632411 | 1 x 100 pce
Green | 632471 | 1 x 100 pce
Yellow | 632501 | 1 x 100 pce



Finesse All Purpose Professional Cloths 635539 | 1 x 50 pce







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Musgrave MarketPlace website
to shop online or keep on top of all
the latest news or get inspured by
all the latest trends in our new
'News & Inspiration' section.

