

# Bread, Cakes & Pastries

## FRESH BREAD & BAKED GOODIES FROM OUR BAKERY

### BREAD

Country Loaf (0)	£3.25	<input checked="" type="checkbox"/>
White Sourdough (0)	£3.25	<input type="checkbox"/>
Seeded Spelt (0)	£3.75	<input type="checkbox"/>
Rye Caraway (0)	£3.10	<input type="checkbox"/>
Baguette (0)	£1.70	<input type="checkbox"/>
Malted Wheat Loaf (0)	£3.25	<input type="checkbox"/>
Hazelnut & Raisin Loaf (0)	£4.65	<input type="checkbox"/>
Milk Buns (0)	60p	<input type="checkbox"/>
Milk Loaf (0)	£2.10	<input type="checkbox"/>

### PASTRIES

Available from Wednesday 22nd December

Croissant	£1.40	<input checked="" type="checkbox"/>
Pain au chocolat	£1.50	<input type="checkbox"/>
Almond Croissant	£2.50	<input type="checkbox"/>
Danish Pastry	£2.30	<input type="checkbox"/>
Cheese Straws	£1.05	<input type="checkbox"/>

### BUNS & CAKES

Spiced Buns	£1.15	<input checked="" type="checkbox"/>
Chocolate Brownie	£2.20	<input type="checkbox"/>
Flapjack	£2.20	<input type="checkbox"/>
Coffee Cake	£2.40	<input type="checkbox"/>
Carrot Cake	£2.40	<input type="checkbox"/>
Lemon Drizzle slice	£2.20	<input type="checkbox"/>
Mince Pie	£1.10	<input type="checkbox"/>

### EGGS, MILK, CREAM

½ dozen	Eggs (0)	£2.25	<input checked="" type="checkbox"/>
1 litre	Semi-skimmed Milk (0)	£1.17	<input type="checkbox"/>
2 litre	Semi-skimmed Milk (0)	£2.10	<input type="checkbox"/>
1 litre	Whole Milk (0)	£1.17	<input type="checkbox"/>
2 litre	Whole Milk (0)	£2.10	<input type="checkbox"/>
250ml	Double Cream (0)	£2.50	<input type="checkbox"/>
250g	Butter – Lightly Salted (0)	£2.70	<input type="checkbox"/>
250g	Butter – Unsalted (0)	£2.70	<input type="checkbox"/>
140g	NYC Crème Fraiche	£2.00	<input type="checkbox"/>
340g	NYC Crème Fraiche	£4.25	<input type="checkbox"/>

### Please note:

Credit card details will be required when you place your order. This card will be charged just prior to collection of goods. If you don't show up to collect or cancel at late notice, and we can't rehome your order, you will still be charged.

Lampeter - Unit 23-24, Lampeter Industrial Est, Tregaron Rd, Lampeter, Wales SA48 8LT | 01570 423 099

Aberaeron - Anchor House, 5A Bridge Street, Aberaeron, Wales SA46 0AP | 01570 424400

Email us at: [enquiries@watsonandpratts.co.uk](mailto:enquiries@watsonandpratts.co.uk)

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# CHRISTMAS 2021

## ORGANIC TURKEY

Capestone Organics, Pembrokeshire

4.0 - 6kg	Whole Turkey (0) Serves 6-9	£15.95/kg	Approx. £64 - £95	<input checked="" type="checkbox"/>
6 - 7kg	Whole Turkey (0) Serves 9-12	£15.95/kg	Approx. £95 - £111	<input type="checkbox"/>
7 - 9kg	Whole Turkey (0) Serves 12+	£15.95/kg	Approx. £111 - £143	<input type="checkbox"/>
1.9 - 2.5kg	Turkey Crown (0) Serves 6-8	£8.95/kg	Approx. £60 - £70	<input type="checkbox"/>

## SAUSAGES & STUFFING

Myrddin Heritage, Llandysul (Frozen Only)

400g (5 pack)	Classic Pork Sausages	£9.75/kg (£3.90 approx.)	<input checked="" type="checkbox"/>
400g (5 pack)	Pork & Herb Sausages	£9.95/kg (£3.98 approx.)	<input type="checkbox"/>
200g (8 pack)	Chipolatas	£9.95/kg (£1.99 approx.)	<input type="checkbox"/>
300g pack	Traditional Stuffing	£12.15/kg (£2.98 approx.)	<input type="checkbox"/>

## FREE-RANGE BRONZE TURKEY (LIMITED AVAILABILITY)

Brynblodau Farm, nr Lampeter, Ceredigion

6kg	Whole Turkey Serves 6-8	£9.75/kg	Approx. £49 - £58	<input checked="" type="checkbox"/>
6 - 7kg	Whole Turkey Serves 8-10	£9.75/kg	Approx. £58 - £68	<input type="checkbox"/>
7 - 8kg	Whole Turkey Serves 10-12	£9.75/kg	Approx. £68 - £78	<input type="checkbox"/>
9kg	Whole Turkey Serves 12-14	£9.75/kg	Approx. £78 - £87	<input type="checkbox"/>
9kg+	Whole Turkey Serves 14+	£9.75/kg	Approx. £87+	<input type="checkbox"/>
2.5kg+	Turkey Crown Serves 4-6	£15.20/kg	Approx. £35 - £50	<input type="checkbox"/>

## ORGANIC CHICKEN

Capestone Organics, Pembrokeshire

1.6kg	Whole Chicken (0)	£8.70/kg	Approx. £13.90	<input checked="" type="checkbox"/>
300g (2 pack)	Chicken Breast fillet (0)	£23.50/kg	Approx. £7.05	<input type="checkbox"/>
400g (2 pack)	Chicken Leg (0)	£10.20/kg	Approx. £4.08	<input type="checkbox"/>
500g (2 pack)	Chicken Thigh & Drumstick (0)	£12.95/kg	Approx. £6.47	<input type="checkbox"/>
200g	Chicken Liver (0)	£5.25/kg	Approx. £1.05	<input type="checkbox"/>

## ORGANIC PORK

Graig Farm Organics, Powys

1.5 - 5kg (specify)	Gammon (boneless) unsmoked & uncooked (0)	£26.95/kg Pack: £40 - £134	<input checked="" type="checkbox"/>
450g	Cocktail sausages (0) (frozen)	£16.20/kg Pack: £7.20	<input type="checkbox"/>
450g	All meat pork sausage (gluten free) (0) (frozen)	£16.20/kg Pack: £7.20	<input type="checkbox"/>
450g	Plain pork sausage meat (0) (frozen)	£14.80/kg Pack: £6.30	<input type="checkbox"/>

## FREE-RANGE DUCK & GOOSE

Graig Farm Organics, Powys

Pack size approx		Price/kg	Approx.	<input checked="" type="checkbox"/>
1.8 - 2.5kg	Whole Duck Serves 4	£12.95	£23 - £32	<input type="checkbox"/>
4 - 5.5kg	Whole Goose Serves 4-6	£20.15	£86 - £110	<input type="checkbox"/>
5.5 - 6.5kg	Whole Goose Serves 6-10	£20.15	£110 - £130	<input type="checkbox"/>

## NUT ROASTS

The Parsnip Ship, Bridgend

400g	Mushroom & Peanut Roast	£8.50 each	<input checked="" type="checkbox"/>
400g	Moroccan cashews & walnuts	£8.50 each	<input type="checkbox"/>

PLEASE ALSO SEE OUR  
WINE & BEER LEAFLET

### A Note on Supply Shortages

There is a lot in the news at the moment about CO2 shortages, packaging shortages, and disruption to transport and supply chains throughout the country. We have very short supply chains, buying direct from producers, using our own vans for collection, and only working with local and smaller producers, further reducing our exposure to the problems faced by the 'supermarket' food systems.

We hope that by the time Christmas comes things may have settled. As I write this, there is a still a lot of uncertainty as to how it will impact meat production, and packaged foods in general. I'm sure we will be affected in some way or other but please be assured that we and our producers are going to do everything we can to get this right. Packaging of meat feels like the main exposure so it may be the case that some orders are vac-packed (as opposed to gas flushed in a tray). Or some products may be frozen. Or maybe something might need to be substituted.

Don't panic though.... I think we can get this right for everyone and we will be in communication with everyone who placed pre-orders and keep you updated on how we are dealing with shortages. This is the benefit of being small, we can deal with each and every issue individually.



(0) = CERTIFIED ORGANIC

## ORGANIC LAMB

Hazelwell Organic Farm, Carmarthenshire

Pack size approx		Price/kg	Approx.	<input checked="" type="checkbox"/>
1.8kg	Leg of Lamb (0)	£15.75	£28.35	<input type="checkbox"/>
900g	½ leg of Lamb (0)	£15.75	£14.17	<input type="checkbox"/>
1.6kg	Shoulder of Lamb (0)	£13.75	£22.00	<input type="checkbox"/>
800g	½ Shoulder of Lamb (0)	£13.75	£11.00	<input type="checkbox"/>
250g	Lamb Loin Chops (0)	£19.50	£4.88	<input type="checkbox"/>
275g	Lamb Cutlet Chops (0)	£21.75	£5.38	<input type="checkbox"/>
350g	Lamb Chump Steaks (0)	£23.95	£8.38	<input type="checkbox"/>
300g	Lamb Mince (0)	£12.95	£3.88	<input type="checkbox"/>
400g	Diced Lamb (0)	£18.25	£7.30	<input type="checkbox"/>

## ORGANIC BEEF

Hazelwell Organic Farm, Carmarthenshire

Pack size approx		Price/kg	Approx.	<input checked="" type="checkbox"/>
450g	Beef Mince (0)	£12.50	£5.62	<input type="checkbox"/>
450g	Diced Beef (0)	£14.50	£6.62	<input type="checkbox"/>
1 to 5 Ribs (please spec)	Rib of Beef on the bone (0)	£21.50	£21 - £110	<input type="checkbox"/>
150g	Fillet Steak (0)	£47.20	£7.08	<input type="checkbox"/>
200g	Sirloin Steak (0)	£29.25	£5.85	<input type="checkbox"/>
220g	Rump Steak (0)	£25.70	£5.65	<input type="checkbox"/>

## SMOKED FISH & MEAT

Black Mountain Smokery, Powys

### OAK SMOKED SALMON (COLD-SMOKED)

Pack size approx		Price/kg	Approx.	<input checked="" type="checkbox"/>
100g	Traditional Premier Smoked Salmon Sliced	—	£7.00	<input type="checkbox"/>
200g	Traditional Premier Smoked Salmon Sliced	—	£12.95	<input type="checkbox"/>
400g	Traditional Premier Smoked Salmon Sliced	£49.00	£19.60	<input type="checkbox"/>
1kg	Traditional Premier Smoked Salmon Unsliced Side	£37.00	£37.00	<input type="checkbox"/>
650g - 1kg	Traditional Premier Smoked Salmon Sliced D-cut	£39.00	£25.35 - £39	<input type="checkbox"/>

### OAK ROASTED SALMON (HOT-SMOKED)

100g	Oak Roasted Salmon Steak	—	£5.00	<input type="checkbox"/>
900g	Oak Roasted Salmon Steak whole side	£41.50	£37.35	<input type="checkbox"/>
100g	Peppered Oak Roasted Salmon Steak	—	£5.00	<input type="checkbox"/>
1kg	Peppered Oak Roasted Salmon Steak whole side	£37.50	£37.50	<input type="checkbox"/>

### OTHER SMOKED FISH

300g	Natural Smoked Haddock	£21.95	£6.30	<input type="checkbox"/>
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### SMOKED MEAT

180g	Smoked Duck Breast	—	£8.95	<input type="checkbox"/>
180g	Smoked Chicken Breast	—	£5.50	<input type="checkbox"/>
250g	Smoked Dry-cured Back Bacon	—	£6.95	<input type="checkbox"/>
250g	Smoked Dry-cured Streaky Bacon	—	£6.95	<input type="checkbox"/>
250g	Honey Mustard cooked Ham	—	£6.75	<input type="checkbox"/>