

# Lampeter Bakehouse

## FRESH BREAD & BAKED GOODIES FROM OUR BAKERY

### BREAD

Country Loaf (O)	£3.10	
White Sourdough (O)	£3.10	
Seeded Spelt (O)	£3.50	
Rye Caraway (O)	£3.00	
Baguette (O)	£1.65	
Malted Wheat Loaf (O)	£3.10	
Hazelnut & Raisin Loaf (O)	£4.50	
Milk Buns (O)	55p	
Milk Loaf (O)	£1.95	

### PASTRIES

Available from Monday 21st December

Croissant	£1.30	
Pain au chocolat	£1.40	
Almond Croissant	£2.40	
Danish Pastry	£2.20	
Cheese Straws	£1.00	

### BUNS & CAKES

Spiced Buns	£1.10	
Chocolate Brownie	£2.10	
Flapjack	£2.10	
Coffee Cake	£2.40	
Carrot Cake	£2.40	
Lemon Drizzle slice	£2.10	
Mince Pie	£1.00	

### EGGS, MILK, CREAM?

½ dozen	Eggs (O)	£2.25	
1 litre	Semi-skimmed Milk (O)	£1.17	
2 litre	Semi-skimmed Milk (O)	£2.10	
1 litre	Whole Milk (O)	£1.17	
2 litre	Whole Milk (O)	£2.10	
250ml	Double Cream (O)	£2.50	
250g	Butter – Lightly Salted (O)	£2.70	
250g	Butter – Unsalted (O)	£2.70	
140g	NYC Crème Fraiche	£1.95	
340g	NYC Crème Fraiche	£4.10	

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## CHRISTMAS 2020



### ORGANIC TURKEY

Capestone Organics, Pembrokeshire

4.0kg – 6kg	Whole Turkey (O) Serves 6–9	£15.35/kg	Approx. £61 – £92	
6kg – 7kg	Whole Turkey (O) Serves 9–12	£15.35/kg	Approx. £92 – £107	
7kg – 9kg	Whole Turkey (O) Serves 12+	£15.35/kg	Approx. £107 – £138	
1.9kg – 2.5kg	Turkey Crown (O) Serves 6–8	£27.95/kg	Approx. £60 – £70	

### FREE-RANGE BRONZE TURKEY

Brynblodau Farm, near Lampeter, Ceredigion

5kg – 6kg	Whole Turkey Serves 6–8	£9.25/kg	Approx. £46 – £55	
6kg – 7kg	Whole Turkey Serves 8–10	£9.25/kg	Approx. £55 – £64	
7kg – 8kg	Whole Turkey Serves 10–12	£9.25/kg	Approx. £64 – £74	
8kg – 9kg	Whole Turkey Serves 12–14	£9.25/kg	Approx. £74 – £83	
9kg+	Whole Turkey Serves 14+	£9.25/kg	Approx. £83+	
1.4kg – 1.9kg	Turkey Crown Serves 4–6	£14.25/kg	Approx. £19 – £27	

### SAUSAGES & STUFFING

Myrddin Heritage, Llandysul

400g (5 pack)	Classic Pork Sausages	£9.75/kg (£3.90 approx.)	
400g (5 pack)	Pork & Herb	£9.95/kg (£3.98 approx.)	
400g (5 pack)	Toulouse Sausages (gluten-free)	£10.50/kg (£4.20 approx.)	
400g (5 pack)	Faggot Sausages	£9.95/kg (£3.98 approx.)	
200g (8 pack)	Chipolatas	£9.95/kg (£1.99 approx.)	
300g pack	Traditional Stuffing	£12.15/kg (£2.98 approx.)	
200g pack	Back Bacon	£4.25 pack	
200g pack	Streacle Bacon	£4.25 pack	

### ORGANIC CHICKEN

Capestone Organics, Pembrokeshire  
or Springfield Organic Farm, Herefordshire

1.6kg	Whole Chicken (O)	£10.25/kg	Approx. £16.80	
300g (2 pack)	Chicken Breast fillet (O)	£22.50/kg	Approx. £6.75	
400g (2 pack)	Chicken Leg (O)	£13.50/kg	Approx. £5.40	
500g (2 pack)	Chicken Thigh & Drumstick (O)	£13.50/kg	Approx £6.75	
200g	Chicken Liver (O)	£10.25/kg	Approx. £2.05	
2 pack	Chicken Carcass (O) for soups and stocks	£5.60/kg	various	

# ORGANIC PORK

Graig Farm Organics, Powys

1.5–5kg (specify)	Gammon (boneless) unsmoked & uncooked (O)	£26.50/kg Pack: £36–£122	
1.5–5kg (specify)	Gammon (boneless) smoked & uncooked (O)	£30.25/kg Pack: £42–£140	
450g	Cocktail sausages (O) (frozen only)	£16.20/kg Pack: £7.20	
450g	All meat pork sausage (gluten free) (O) (frozen only)	£15.95/kg Pack: £7.15	
450g	Plain pork sausage meat (O) (frozen only)	£14.80/kg Pack: £6.30	

# FREE-RANGE DUCK & GOOSE

Graig Farm Organics, Powys

Pack size approx		Price/kg	Approx.	
1.8 –2.5kg	Whole Duck (free-range) Serves 4	£12.60	£22–£31	
4 – 5.5kg	Whole Goose (free-range) Serves 4–6	£19.15	£76–£105	
5.5 – 6.5kg	Whole Goose (free-range) Serves 6–10	£19.15	£105–£124	

# WINE & BEER

4 Welsh beers for £10.50, mix & match any

Sparkling Montalbano Prosecco, £12.50 each or 2 for £23

(O) = CERTIFIED ORGANIC

# FREE-RANGE PORK

Ty Siriol 100% Welsh outdoor-reared pork, Pontarddulais

Pack size approx		Price/kg	Approx.	
250g (2 slice pack)	Collar Bacon	£16.75	£4.18	
300g	Bacon Lardons	£12.25	£3.67	
700g	Ham Hock	£7.15	£500	
350g	Gammon Slice	£11.90	£4.16	
800g – 2kg	Whole Gammon	£11.70	£9.35 –£24	
500g	Pork Mince	£9.85	£4.92	
500g	Diced Pork	£9.85	£4.92	
600g	Belly Pork	£11.40	£6.84	
500g	Loin Chops	£10.10	£5.05	

# NUT ROASTS

The Parsnip Ship, Bridgend

400g	Mushroom & Peanut Roast	£8.50 each	
400g	St. Nick's Nuts with cashew & walnuts	£8.50 each	

**CHEESE, CONDIMENTS & CRACKERS**

Please see our Christmas 2020 Cheese leaflet for the full selection of cheeses, condiments and crackers

# ORGANIC LAMB

Hazelwell Organic Farm, Carmarthenshire

Pack size approx		Price/kg	Approx.	
1.8kg	Leg of Lamb (O)	£13.50	£24.30	
900g	Half leg of Lamb (O)	£13.50	£12.15	
1.6kg	Shoulder of Lamb (O)	£11.95	£19.12	
800g	Half shoulder of Lamb (O)	£11.95	£9.56	
250g	Lamb Loin Chops (O)	£17.50	£4.37	
275g	Lamb Cutlet Chops (O)	£19.20	£5.28	
350g	Lamb Chump Steaks (O)	£20.50	£7.17	
300g	Lamb Mince (O)	£11.50	£3.45	
400g	Diced Lamb (O)	£15.95	£6.38	

# ORGANIC BEEF

Hazelwell Organic Farm, Carmarthenshire

Pack size approx		Price/kg	Approx.	
450g	Beef Mince (O)	£10.40	£4.68	
450g	Diced Beef (O)	£12.50	£5.62	
1 to 5 Ribs (please spec)	Rib of Beef on the bone (O)	£21.50	£21 to £110	
150g	Fillet Steak (O)	£39.95	£5.99	
200g	Sirloin Steak (O)	£26.95	£5.39	
220g	Rump Steak (O)	£21.65	£4.76	



# SMOKED FISH & MEAT

Black Mountain Smokery, Powys

## OAK SMOKED SALMON (COLD-SMOKED)

Pack size approx		Price/kg	Approx.	
100g	Traditional Premier Smoked Salmon Sliced	–	£7.00	
200g	Traditional Premier Smoked Salmon Sliced	–	£12.95	
400g	Traditional Premier Smoked Salmon Sliced	£49.00	£19.60	
1kg	Traditional Premier Smoked Salmon unsliced side	£37.00	£37.00	
650g – 1kg	Traditional Premier Smoked Salmon Sliced side D-cut	£39.00	£25.35 –£39	

## OAK ROASTED SALMON (HOT-SMOKED)

100g	Oak Roasted Salmon Steak	–	£5.00	
1kg	Oak Roasted Salmon Steak whole side	–	£41.50	
100g	Peppered Oak Roasted Salmon Steak	–	£5.00	
1kg	Peppered Oak Roasted Salmon Steak whole side	–	£37.50	

## OTHER SMOKED FISH

300g	Natural Smoked Haddock	£21.95	£6.30	
160g (2 pack)	Peppered Trout Fillets	–	£5.95	

## SMOKED MEAT

180g	Smoked Duck Breast	–	£8.95	
180g	Smoked Chicken Breast	–	£5.50	
250g	Smoked Dry-cured Back Bacon	–	£6.95	
250g	Smoked Dry-cured Streaky Bacon	–	£6.95	
250g	Honey Mustard cooked Ham	–	£6.75	