

# Lampeter Bakehouse

## FRESH BREAD & BAKED GOODIES FROM OUR BAKERY

### BREAD

£3.10	Country Loaf (O)	
£2.85	White Batard (O)	
£3.50	Seeded Spelt (O)	
£3.00	Rye Caraway (O)	
£1.65	Baguette (O)	
£3.10	Granary Loaf (O)	
£4.25	Hazelnut & Raisin Loaf (O)	
55p	Milk Buns (O)	
£1.95	Milk Loaf (O)	

### BUNS & CAKES

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

### PASTRIES

Available 19th to 24th December

£1.30	Croissant	
£1.40	Pain au chocolat	
£2.40	Almond Croissant	
£2.20	Danish Pastry	
£1.00	Cheese Straws	
£1.80	Chocolate Brioche	

### EGGS, MILK, CREAM

½ dozen	Eggs (O)	£2.25	
1 litre	Semi-skimmed Milk (O)	£1.15	
2 litre	Semi-skimmed Milk (O)	£2.05	
1 litre	Whole Milk (O)	£1.15	
2 litre	Whole Milk (O)	£2.05	
1 pint	Whole milk (glass bottle) (O)	75p	
1 pint	Semi-skimmed milk (glass bottle) (O)	75p	
250ml	Double Cream (O)	£2.50	
250g	Butter – Lightly Salted (O)	£2.70	
250g	Butter – Unsalted (O)	£2.50	
140g	NYC Crème Fraiche	£1.70	
340g	NYC Crème Fraiche	£3.60	

Watson & Pratt's Unit 23-24, Lampeter Industrial Estate, Tregaron Road, Lampeter, Wales SA48 8LT

Email us at: enquiries@watsonandpratts.co.uk

Call us on: 01570 423 099

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# CHRISTMAS 2019

*Watson & Pratt's*

## ORGANIC TURKEY

Capestone Organics, Pembrokeshire

2.5–4.0kg	Whole Turkey (O) Serves 4–6	£14.35/kg	Approx. £35–£57	
4.0–5.5kg	Whole Turkey (O) Serves 6–9	£14.35/kg	Approx. £57–£78	
5.5–7kg	Whole Turkey (O) Serves 9–12	£14.35/kg	Approx. £78–£100	
7.0–9.0kg	Whole Turkey (O) Serves 12+	£14.35/kg	Approx. £100–£129	
1.4–1.9kg	Turkey Crown (O) Serves 4–6	£26.25/kg	Approx. £36–£50	
1.9–2.5kg	Turkey Crown (O) Serves 6–8	£26.25/kg	Approx. £50–£65	

## FREE-RANGE TURKEY

Brynblodau Farm, near Lampeter, Ceredigion  
Both white and bronze birds available, please specify

2.5–4.0kg	Whole Turkey Serves 4–6	£8.75/kg	Approx. £21–£35	
4.0–5.5kg	Whole Turkey Serves 6–9	£8.75/kg	Approx. £35–£48	
5.5–7kg	Whole Turkey Serves 9–12	£8.75/kg	Approx. £48–£61	
7.0–9.0kg	Whole Turkey Serves 12+	£8.75/kg	Approx. £61–£78	
1.4–1.9kg	Turkey Crown Serves 4–6	£13.50/kg	Approx. £19–£25	

## SAUSAGES & STUFFING

Myrddin Heritage, Llandysul

400g (5 pack)	Classic Pork Sausages	£9.45/kg (£3.75 approx)	
400g approx. (5 pack)	Pork & Leek Sausages	£9.60/kg (£3.85 approx)	
400g approx. (5 pack)	Pork & Herb Sausages	£9.60/kg (£3.85 approx)	
400g approx. (5 pack)	Toulouse Sausages (Gluten-free)	£10.20/kg (£4.10 approx)	
400g (5 pack)	Faggot Sausages	£9.75 (£3.90 approx)	
150g approx.	Chipolatas	£9.60/kg (£3.00 approx)	
300g pack	Stuffing	£9.45/kg (£2.85 approx)	

## ORGANIC CHICKEN

Springfield Farm, Herefordshire

1.6kg	Whole Chicken (O)	£9.75/kg	Approx. £15.60	
300g (2 pack)	Chicken Breast fillet (O)	£21.70/kg	Approx. £6.50	
400g (2 pack)	Chicken Leg (O)	£12.95/kg	Approx. £5.20	
400g (2 pack)	Chicken Thigh & Drumstick (O)	£12.95/kg	Approx. £5.20	
200g	Chicken Liver (O)	£9.75/kg	Approx. £1.95	
2 pack	Chicken Carcass (O) for soups and stocks	£5.35/kg	various	

## ORGANIC PORK

Graig Farm Organics, Powys

1.5-5kg (specify)	Gammon (boneless) unsmoked & uncooked (O)	£24.55 Pack: £36-£122	
1.5-5kg (specify)	Gammon (boneless) smoked & uncooked (O)	£28.00/kg Pack: £42-£140	
450g	Cocktail Sausages (O) (frozen only)	£14.95/kg Pack: £6.72	
450g	All meat pork sausage (gluten free) (O) (frozen only)	£14.85/kg Pack: £6.68	
450g	Plain pork sausage meat (O) (frozen only)	£13.85/kg Pack: £6.23	

## ORGANIC BACON

Eversfield Farm, Devon

184g	Unsmoked Back Bacon (O)	£4.95	
184g	Smoked Back Bacon (O)	£4.95	
184g	Unsmoked Streaky Bacon (O)	£4.95	
184g	Smoked Streaky Bacon (O)	£4.95	

## WINE & BEER

4 Welsh beers for £10, mix & match any

Sparkling Montalbano Prosecco, £12 each or 2 for £22

Adobe range of organic wines, £9.45 each or any 4 for £35

(O) = CERTIFIED ORGANIC

## ORGANIC BEEF

Hazelwell Organic Farm, Carmarthenshire

		Price/kg	Approx.
450g	Beef Mince (O)	£9.50/kg	£4.30
450g	Diced Beef (O)	£10.95/kg	£4.90
1 to 5 Ribs (please spec)	Rib of Beef on the bone (O)	£18.95/kg	£18 to £80
150g	Fillet Steak (O)	£35.95/kg	£3.60
200g	Sirloin Steak (O)	£24.95/kg	£4.90
220g	Rump Steak (O)	£19.95/kg	£4.35

## FREE-RANGE DUCK & GOOSE

Graig Farm Organics, Powys

		Price/kg	Approx.
1.8-2.5kg	Whole duck (free-range) Serves 4	£11.70	£21-£29
4-5.5kg	Whole Goose (free-range) Serves 4-6	£18.15	£72-£99
5.5-6.5kg	Whole Goose (free-range) Serves 6-10	£18.15	£99-£118

## 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 2019 Cheese leaflet for the full selection of cheeses, condiments and crackers

## ORGANIC LAMB & HOGGET

Hazelwell Organic Farm, Carmarthenshire

& from our own organic animals, Llangeitho, Ceredigion (Hogget may be frozen)

		Price/kg	Approx.
1.8kg	Leg of Lamb (O)	£12.50	£22.50
900g	Half leg of Lamb (O)	£12.50	£11.25
1.6kg	Shoulder of Lamb (O)	£11.05	£17.70
800g	Half shoulder of Lamb (O)	£11.05	£8.85
250g	Lamb Loin Chops (O)	£16.25	£4.05
275g	Lamb Cutlet Chops (O)	£17.50	£4.80
350g	Lamb Chump Steaks (O)	£18.85	£6.60
300g	Lamb Mince (O)	£10.50	£3.15
400g	Diced Lamb (O)	£14.50	£5.80
3kg	Hogget Leg (O)	£12.50	£25.00
1.5kg	Hogget half Leg (O)	£12.50	£12.50
3kg	Hogget Shoulder (O)	£11.05	£19.90
1.5kg	Hogget half Shoulder (O)	£11.05	£9.95

## VENISON & GAME

(Frozen only available)

The Wild Meat Company, Suffolk

350g	Diced Venison	£15.95/kg	
1 whole	Pheasant - oven ready	£5.50 each	
350g	Venison sausages	£14.50/kg	
350g	Wild Boar sausages	£14.60/kg	

## FRESH FISH

Sole of Discretion, Devon

(may be freshly frozen) \*prices are a guide and subject to change

600g	Whole Mackerel	£7.10*	
260g	Organic salmon fillet (O)	£9.20*	
300g	Squid	£8.45*	
300g	Plaice fillet	£6.95*	
300g	Whiting fillet	£5.75*	

## SMOKED FISH & MEAT

Black Mountain Smokery, Powys

### OAK SMOKED SALMON (COLD-SMOKED)

		Price/kg	Approx.
100g	Traditional Premier Smoked Salmon Sliced	£56.00	£5.60
200g	Traditional Premier Smoked Salmon Sliced	£49.00	£9.80
400g	Traditional Premier Smoked Salmon Sliced	£49.00	£19.60
1kg	Traditional Premier Smoked Salmon unsliced side	£35.70	£35.70
650g - 1kg	Traditional Premier Smoked Salmon Sliced side D-cut	£37.50	£24.35-£37.50

### OAK ROASTED SALMON (HOT-SMOKED)

100g	Oak Roasted Salmon Steak	£36.50	£3.65
1kg	Oak Roasted Salmon Steak whole side	£35.00	£35.00
100g	Peppered Oak Roasted Salmon Steak	£37.50	£3.75
1kg	Peppered Oak Roasted Salmon Steak whole side	£35.70	£35.70

### OTHER SMOKED FISH

200g (2 pack)	Smoked Mackerel Fillets	£19.60	£3.92
300g	Natural Smoked Haddock	£21.00	£6.30
180g (whole split)	Whole smoked kippers	£14.00	£2.52
160g (2 fillets)	Peppered Trout Fillets	£29.95	£4.75
80g (1 fillet)	Smoked Sea Bass Fillets	n/a	£4.75 each

### OTHER SMOKED MEAT

180g	Smoked Duck Breast	£35.00	£6.30
180g	Smoked Chicken Breast	£21.50	£3.85
250g	Smoked Dry-cured Back Bacon	£19.95	£4.95
250g	Smoked Dry-cured Streaky Bacon	£18.95	£4.75
250g	Honey Mustard cooked Ham	£21.00	£5.25
2-3kg	Honey Mustard cooked Ham	£18.00	£36-£54