

MAY BLOCKBUSTERS









Plough to Plate



Local Produce

Cornwall

Cornwall Micro Greens

Peashoots & Micro Coriander, Garlic Chives and Radish

Dowstall Farm

Peashoots

F.G Pryor

Duchy Fries, Washed Ware, Salad Mids & Local New Potatoes

Fox Farm

Rainbow Chard & Rhubarb

Good Earth Growers

Mixed Edible & Viola Flowers

Goonown Growers

Various Market Garden

Kneebone

Swede & Leeks

Meadowside Nursery

Courgettes

Mitchell Fruit Farm

Strawberries

W.R Skewes

Cauliflower





















Devon, Somerset & Dorset

Terawhiti Farm

Cauliflower

Martin Horn

Swede

Anthony Thorne

Strawberry & Cauliflower

Lidstone A.J & Sons

Washed Larnorma & Bakers 40s, 50s & 60s

The Watercress Co.

Watercress

Forest Fungi Mushrooms

Mixed Gourmet, Shitake, Shiro & Buna Shimeji & Oyster Mushrooms

Supplier Map

Cornwall & Devon



Fox Farm, Gulval. Chard, Courgette, Kale, Purple Sprouting Broccoli & Squash.

Trevaskis Farm, Connor Downs. Apple, Strawberry & Soft Fruit.

W.R Skewes, Perranuthnoe. Cabbage, Cauliflower, Kale & Potato.

Brian Roissetter, Camborne Jerusalem Artichoke

Mitchell Fruit Garden, Mitchell. Blackcurrant, Gooseberry, Raspberry Redcurrant, Rhubarb & Strawberry.

Hazelton Farm, Perranwell Station Eggs.

St Ewe Free Range Eggs, Tregony

Alex Cole, St Columb. Cabbage, Calabrese & Cauliflower Rosedown Eggs, St Wenn.

Cornish Mushroom Co, Summercourt. Speciality Mushroom.

Tregassow Farm, St Erme.

The Husbandry, Bickington.
Berries, Cucumber, Tangerine,
Peas, Beans, Herbs & Tomato.

Old Park Farm, Liskeard. Potatoes.

West Trecott Farm, Okehampton

Newlands Farm, Liskeard. Eggs.

F. Clarke & Sons, Kentisbeare. Parsnip

Balls Farm, Cross Hill. Rhubarb, Squash & Strawberry.

Lower Henland Farm, Cullompton Asparagus & Quail Eggs.

Sky Sprouts, Harberton. Pulses & Sprouting Bean

Nest Market Garden, Kingsbridge. Potatoes.

Our Growers



Hawthorne Gardens

Anthony Thorne and his small team grow a wide range of soft fruit and vegetables from Hawthorn Gardens in the Village of Stockleigh Pomeroy located in the mid Devon district. They also breed pedigree beef shorthorn cattle on a small scale to sell for breeding.

Ant has been a soft fruit and vegetable grower for over 35 years and was awarded the John Neason Progressive Farming Award by the Devon County Agricultural Association in 2013. Ant endeavours to project a positive role model by working alongside his small team and they like collaborating with WestCountry because we have an ethos of sourcing the finest local produce.

New Produce

Bar Buoy Cocktail Cans

Coastal Paloma

Salcombe Gin Start Point, Grapefruit, Lime, Agave Nectar & Soda

Long Isles Iced Tea

Tors Vodka, Salcombe Gin Start Point, Two Drifters Pure White Rum, Tequila, Triple Sec, Lemon, Lime & Iced Tea

Island Daiquiri

Two Drifter Pure White Rum, Passion Fruit, Pineapple & Lime

Wood Fired Margarita

Tequila, Triple Sec, Smoked Hickory, Lime, Agave Nectar & Sea Salt

Release dates due 1st May 2024













Buttermilk

Coconut Choccy Bar

Creamy & fluffy coconut centre encased with thick plant-based chocolate. Vegan & GF

24 x 40g £26.60

Fowey Valley

Smoked Chorizo Oil

Cold pressed, single estate, West Country Rapeseed oil infused with Smoked Chorizo flavour

Hot Chilli Oil

Cold pressed, single estate, West Country Rapeseed oil infused with Hot Chilli

12 x 250ml £56.00 / £4.70 each





New Produce





Furniss Sugar Free Biscuits

Sweet Oat

Perfectly delicious, crunchy & moreish, made with sweeteners.

Black Pepper Oat

Beautifully fragrant, crunchy & moreish, made with sweeteners.

12 x 180g £23.10 / £1.95 each

Mr Filbert's Gifting Tins

It's Snack Time

Contains 40g each of Rosemary Almonds, Salt & Pepper Cashews, Sea Salt & Herb Mixed Nuts and Black Truffle & Sea Salt Mixed Nuts

Jolly Good Snacks

Contains 38g Snack Salami Chorizo, 40g Barbecue Crunchy Corn, 30g Green Olives with Basil & Coriander and 40g Sea Salt & Herb Mixed Nuts

The Snack Caddy

Contains 30g Biltong Original, 40g Chilli Rice Crackers, 30g Green Olives with Basil & Coriander and 40g Simply Sea Salt Crunchy Corn

6 x 1 Tin £32.47











The Classics by Sharpham



Nestled in a South Devon valley on the banks of the River Dart, Sharpham Dairy has crafted the finest artisan cheeses for over 40 years. Handmade using rich milk from our Jersey herd and neighbours' goats.

The first dairy cheesemaker to be B Corp certified, we meet the highest standards of social and environmental impact. Explore our full range of ten delicious cheeses, plus our own chutneys and sourdough crackers.

Certified

Corporation

Follow us @sharphamcheese | www.sharphamcheese.co.uk

New Produce

Sharpham Cheese

Brie

Firm, rich & creamy, with savoury mushroom & chicory notes

1.2kg £22.00 per kg

Camembert

Moist, soft & creamy cheese with savoury brassica notes, perfect for dipping when heated

315g £23.00 per kg

Cremet

Soft cheese with a mousse like texture & rich earthiness

450g £31.00 per kg

Elmhirst

Triple cream soft cheese, which is clean, fresh, rich & buttery

750g £32.00 per kg

Rushmore

A mixed milk cheese with rich & creamy flavour & subtle floral sweetness

1.7kg £22.00 per kg

Rustic Dulse & Sea Lettuce

Fresh, rich & crumbly cheese with a subtle salty finish

1kg £19.00 per kg

Rustic Garlic & Chive

Fresh, rich & crumbly semi-soft cheese with savoury chives & garlic

1.7kg £17.50 per kg

Ticklemore

Crumbly & delicate stark white cheese with herbaceous notes

1.7kg £28.00 per kg

Savour

Semi-hard cheese with a sweet, mellow flavour and smooth texture

1kg £24.00 per kg



















Cornish Orchards Cider Dry

1 x 12x500ml

Only £23.10 £23.10 per 12x500ml

CODC



Cornish Orchards Cider Heritage

1 x 12x500ml

Only £22.95

£22.95 per 12x500ml

CORNISH

Cornish Orchards Cider Pear 5%

1 x 12x500ml

Only £22.95

£22.95 per 12x500ml



Biopak Bio Cup Carrier x4

1 x 300

Only £47.50 BIOCC



BioPak Ice Cream Spade

10 x 100



BioPak Wooden TeaSpoons

10 x 200



Knorr Tikka Masala Curry Paste

1 x 1.1kg

Only £14.29 £14.29 per 1.1kg



Knorr Madras Curry Paste

1 x 1.1kg

Only £14.29 £14.29 per 1.1kg



Knorr Korma Curry Paste

1 x 1.1kg

Only £14.29 £14.29 per 1.1kg



Knorr Balti Curry Paste

1 x 1.1kg

Only £14.29 £14.29 per 1.1kg



Knorr Jalfrezi Curry Paste

1 x 1.1kg

Only £14.29 £14.29 per 1.1kg



Knorr Tandoori Curry Paste

1 x 1.1kg

Only £14.29 £14.29 per 1.1kg

























BLOCKBUSTERSAmbient Range



Putting the chef firmly in control of all the kitchen staples, consumables and cleaning products. Whether you need a sack of flour, a drum of oil or a catering size washing up liquid, our huge stockholding ensures that you get all the essential products, every day.

Fairway Prawn Cocktail Sauce

1 x 2.27ltr

was £8.50 Only £7.28 £7.28 per 2.27ltr



Fairway English Mustard

1 x 2.27ltr

was £10.40
Only £9.15
£9.15 per 2.27ltr



Fairway Coarse Grain Mustard

1 x 2.27ltr

was £9.50 Only £8.80 £8.80 per 2.27ltr SA18



Fairway Salad Cream

1 x 2.27ltr

was £6.78
Only £5.55
£5.55 per 2.27ltr
SALA



Heinz Baked Beans

6 x 2.62kg

was £38.75

Only £35.99

£6.00 per 2.62kg

TI56



Heinz Tomato Salsa

1 x 2.15ltr

was £11.83
Only £9.18
£9.18 per 2.15ltr
MEXS



Heinz Vinegar Sachets

1 x 200x7ml

was £16.50

Only £12.30 £12.30 per 200x7ml

£12.30 per 200x/r



Heinz Tartare Sauce Sachets

1 x 200x10ml

was £21.00

Only £12.65

£12.65 per 200x10ml sa12



Heinz English Mustard Sachets

1 x 250x7ml

was £19.40

Only £12.55

£12.55 per 250x7ml



Rose Water

1 x 300ml

was £4.00

Only £2.95

£2.95 per 300ml



Golden Palace Pappadums

1 x 1kg

was £6.55

Only £6.20

£6.20 per 1kg

PPDA



Green Split Peas

1 x 3kg

was £4.86

Only £4.63 £4.63 per 3kg

GSP3







Plate, featuring soft and carbonated tonic, soda and bottled water, drinks, milkshakes, alcohol-free brews, award-winning spirits and ales.

Nescafe Gold Blend

1 x 750g

was £40.23

Only £33.34

£33.34 per 750g

COFG



Nescafe Azera Americano

1 x 500g

was £35.40

Only £29.33

£29.33 per 500g

AZER



DOCG Rose Prosecco

6 x 75cl

was £89.94 Only £86.00

£14.34 per 75cl

DVRP6



DOCG Superior Prosecco

6 x 75cl

DVSP6

was £89.94 Only £86.00 £14.34 per 75cl



Cornish Tea Bags Bulk

1 x 1040

was £19.50 Only £18.88 £18.88 per 1040 c001



Cornish Orchards Apple & Rhubarb

1 x 24x330ml

was £19.75 Only £19.00

£19.00 per 24x330ml



Fanta Fruit Twist Cans

1 x 24x330ml

was £11.99

Only £10.99

£10.99 per 24x330ml



Fanta Lemon Cans

1 x 24x330ml

was £11.50

Only £10.99

£10.99 per 24x330ml



Sunpride Tomato Juice

12 x 1lt

was £13.40
Only £12.30
£1.03 per 1lt
JU01



Grapefruit Juice

12 x 1lt

was £14.99
Only £13.99
£1.17 per 11t
JU51



Calypso Apple Juice

1 x 30x150ml

was £9.25

Only £8.75

£8.75 per 30x150ml

JU31



Calypso Orange Juice

1 x 24x200ml

was £10.50

Only £9.50 £9.50 per 24x200ml

JU30





BLOCKBUSTERS Chilled Range



Putting the chef firmly in control of all the kitchen staples, consumables and cleaning products. Whether you need a sack of flour, a drum of oil or a catering size washing up liquid, our huge stockholding ensures that you get all the essential products, every day.

Stork Margarine

1 x 2kg

was £8.33

Only £7.84

£7.84 per 2kg

MAST



Castelli Gruyere Cheese

was £19.20 Only £17.49 £17.49 per 1kg GRUY



Tims Natural Greek Yoghurt

1 x 500g

was £2.37

Only £1.34

£1.34 per 500g



Burger Cheese Slices

1 x 1.4kg

was £10.37

Only £9.75

£9.75 per 1.4kg

CHBS



Grated Mild Cheese

1 x 1kg

was £7.00

Only £6.60

£6.60 per 1kg

CHED



Violife Vegan Cheese Slices

was £13.07

Only £12.00

£12.00 per 1kg



Ghidetti Ricotta Cheese

1 x 1.65kg

was £8.25

Only £7.99

£7.99 per 1.65kg

CHRC



Alpro Soya Plain Yoghurt

1 x 500g

was £2.00

Only £1.92

£1.92 per 500g

yoso



Trewithen Dairy Cornish Spreadable Butter

16 x 250g

was £45.60

Only £43.99

£2.75 per 250g



Violife Vegan Grated Cheese

was £6.50

Only £4.80

£4.80 per 500g



Philadelphia Soft Cheese

1 x 1.65kg

was £17.25

Only £16.50

£16.50 per 1.65kg

PHIL6



Chorizo Picante

1 x 1.7kg was £21.99 Only £20.99 £20.99 per 1.7kg CHOR

Violife

GO PLANT BASED

STAY CHEESY

Free From DAIRY
SOYA · GLUTEN · LACTOSE
NUTS · PRESERVATIVES

Less than half the climate footprint compared to the same amount of dairy cheese





liquid, our huge stockholding ensures that you get all the essential products, every day.

Les Pommes Frites 10mm Koffmanns

1 x 9.08kg

KFRI1



Mashed Pommes De Terre With Butter

1 x 9.08kg

KFRI4



Silverskin Onions Pearl Bako

1 x 1kg

was £2.40

Only £2.21

£2.21 per 1kg

FRPO



Gluten Free Quiche Red Pepper Pesto & Cheddar

8 x 155g

was £21.70

Only £18.99

£2.38 per 155g

RPTA



Les Pommes Frites Moyennes 14mm Koffmanns

1 x 9.08kg

KFRI2



Frozen Brussels Sprouts

1 x 2.5kg

was £4.46

Only £4.00

£4.00 per 2.5kg

FRBS



Frozen Spinach D'arta

1 x 2.25kg

was £4.06

Only £3.88

£3.88 per 2.25kg

FRSP



Gluten Free Steak, Ale & Chestnut Mushroom Pie

8 x 220g

was £27.95

Only £24.99

£3.13 per 220g

PISG



Les Pommes Frites 19mm Koffmanns

1 x 9.08kg

KFRI3



Frozen Honey Roasted Parsnips

1 x 1kg

was £3.08 Only £2.85

£2.85 per 1kg



Gluten Free Sausage rolls

8 x 2x100g

was £22.70

Only £20.99

£2.63 per 2x100g

SA43



Gluten Free Veggie Tagine Pie

8 x 220g

was £27.95

Only £24.99

£3.13 per 220g

МССР





Gluten Free Lemon Drizzle

12 x 75g

was £17.05

Only £15.49

£1.30 per 75g

LEDC



Filberts Chilli Rice Crackers 40g & 150g

20% OFF



Filberts Indulgence Range 75g

Gluten Free Bakewell Slices

20% OFF

12 x 75g

BWSI

was £17.05

Only £15.49

£1.30 per 75g



Filberts Biltong 30g Range

Gluten Free Millionaire

Shortbread 12 x 75g

Only £15.49

£1.30 per 75g

was £17.45

GFMS

20% OFF



Filberts Crunchy Corn 40g Range

20% OFF



Filberts Chorizo Sticks

1 x 15x38g

was £22.50 Only £17.99

£17.99 per 15x38g FIC1



Smoke Squad The Mexican One

6 x 150ml

was £22.50

Only £17.30 £2.89 per 150ml SMKE1



Smoke Squad The Smoky One

6 x 150ml

was £22.50 Only £17.30 £2.89 per 150ml SMKE2



Smoke Squad The Fruity One

6 x 150ml

was £22.50 Only £17.30 £2.89 per 150ml SMKE3



Smoke Squad The Peri Peri One

6 x 150ml

SMKE4

was £22.50 Only £17.30 £2.89 per 150ml



Smoke Squad The F'ing Hot One

6 x 150ml

was £22.50 Only £17.30 £2.89 per 150ml SMKE5



Smoke Squad The Sweet One

6 x 150ml

was £22.50 Only £17.30 £2.89 per 150ml SMKE6



Truffle Hunter Single Black Truffle

Oil 1 x 100ml

was £6.55

Only £5.25 £5.25 per 100ml 01066









MF Filbert's

SNACKS BEYOND EXPECTATION

20% off

Chilli Rice Crackers, Crunchy Corn, Indulgence Range and Charcuterie in MAY*

Excludes Loose Serve

SCAN HERE for full listing on promotion



Handmade for incredible taste

100% Natural 45+ taste awards mrfilberts.com

Truffle Hunter Double Black

Truffle Oil

1 x 250ml

was £12.30 Only £9.85

£9.85 per 250ml



Truffle Hunter English Truffle Oil

1 x 100ml

was £6.40
Only £5.15
£5.15 per 100ml



Truffle Hunter English Truffle Oil

1 x 250ml

was £11.65 Only £9.35 £9.35 per 250ml



Truffle Hunter Single White Truffle Oil

1 x 100ml

was £6.55

Only £5.25 £5.25 per 100ml



Truffle Hunter Double White Truffle Oil

1 x 250ml

was £12.30

Only £9.85 £9.85 per 250ml



Truffle Hunter Black Truffle Dust

1 x 15g

was £2.55
Only £2.05
£2.05 per 15g
TFRD1



Truffle Hunter Black Truffle Slices

1 x 50g

was £15.80 Only £12.65 £12.65 per 50g BLTR



Truffle Hunter White Truffle Honey

1 x 30g

was £2.60
Only £2.10
£2.10 per 30g
THO2



Truffle Hunter Truffle Mustard

1 x 1ltr

was £29.70
Only £23.75
£23.75 per 11tr
TRMC



Truffle Hunter Tartufata Truffle Paste

1 x 480g

was £22.40
Only £17.95

£17.95 per 480g



Truffle Hunter Flaked Black Truffle Salt

1 x 20g

was £2.05
Only £1.65
£1.65 per 20g
TRS137



Truffle Hunter Black Truffle Tagliatelle Pasta

1 x 250g

was £5.45

Only £4.35

£4.35 per 250g

TRPA



Homecraft Cornish Kea Plum Jam

1 x 1.4kg

was £13.60
Only £11.55
£11.55 per 1.4kg
HOKP2



Homecraft Red Onion Chutney

1 x 1.2kg

was £11.65
Only £9.90
£9.90 per 1.2kg
CHRE



Boddingtons Chilli Jam (Catering)

1 x 1.3kg

was £13.65 Only £12.30 £12.30 per 1.3kg JA24



Boddingtons Chilli Jam

6 x 227g

was £15.60
Only £15.05
£2.51 per 227g
JA21



Boddingtons Chilli Jam (Catering)

1 x 50x48g

was £43.50
Only £39.15
£39.15 per 50x48g
JA25



Furniss Simply Cornish Clotted

Cream Shortbread

12 x 200g

was £29.00 Only £25.70 £2.15 per 200g BI43F



THE BEST IN TRUFFLE



FOR HOME COOKS, HEAD CHEFS AND EVERYONE IN BETWEEN

Our Suppliers

Bar Buoy Cocktails

Small batch premium bottled and canned cocktails mixed by the sea in Devon. Bar Buoy is a family run business that produces award-winning handcrafted cocktails using local premium spirits and high quality ingredients.

Sold in farm shops and delis as well as served in a matter of seconds at hotels, restaurants and bars. The business is also built on sustainable ethics and 1% of all sales is donated to marine conservation charity Project Seagrass.





Gloves Vinyl (L)

1 x 100

was £2.49

Only £1.89

£1.89 per 100

GLOV



Ramon Hygiene Rubber Gloves (Pink) (M)

1 x 10

was £5.40

Only £5.00

£5.00 per pack of 10 RUB6



Ramon Hygiene Rubber Gloves

Ramon Hygiene Dishwashing

1 x 10

was £5.40

Brush

was £0.55

BRUS

Only £0.50

£0.50 per unit

Only £5.00

(Pink) (L)

£5.00 per pack of 10 RUB3



Ramon Hygiene Rubber Gloves (Blue) (M)

Ramon Hygiene Rubber Gloves

1 x 10

was £53.40

Only £5.00

(Yellow) (L)

Only £5.00

£5.00 per pack of 10

1 x 10

RUB2

was £5.40

£5.00 per pack of 10 GLBL



Ramon Hygiene Mop Head Kentucky

1 x 1

was £3.99
Only £2.50
£2.50 per unit



Ramon Hygiene Stainless Steel Scourers

10 x 10

was £31.99

Only £28.50

£2.85 per pack of 10

KKSC



Ramon Hygiene Wet Floor Sign

1 x 1

was £7.50
Only £7.25

£7.25 per 1.00 wfsi



Toilet Cleaner

12 x 750ml

was £18.90 Only £13.00

£1.09 per 750ml



Toilet Brush Sets

1 x 24

was £30.99

Only £29.20

£1.22 per Unit

тоно



Cleenol Soap Senses Hand Wash Pump

6 x 500ml

was £11.99

Only £10.20

£1.70 per 500ml



COLOUR CODED RUBBER GLOVES





Visit www.westcountry.co.uk/open-account





Falmouth

The Distribution Centre, Higher Argal, Budock, Falmouth, Cornwall, TR11 5PE Tel: 01326 372 304

St Austell
St Austell Bay Business Park,
Par Moor Road, St Austell, PL25 3RF
Tel: 01726 817 666

Devon

Unit 8A, Silverhills Road, Decoy Industrial Estate, Newton Abbot, TQ12 5LZ Tel: 01626 830 881





Plough to Plate