

LOOK OUT

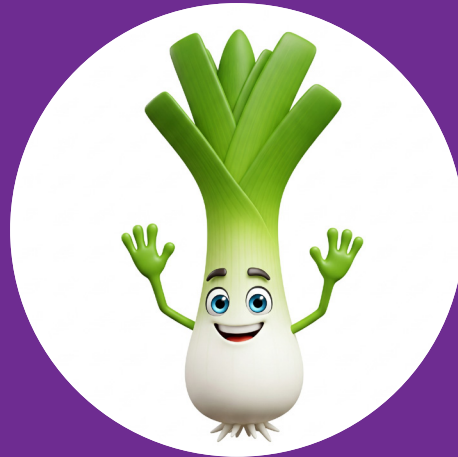
FOR OUR INGREDIENT OF THE MONTH!



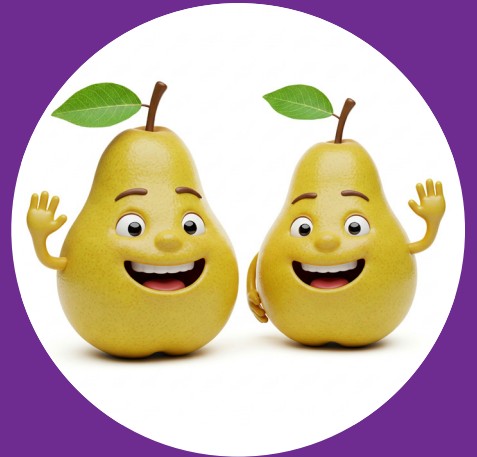
SEPTEMBER
BUTTERNUT SQUASH



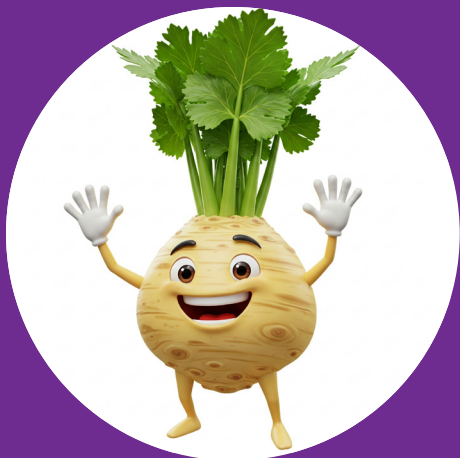
OCTOBER
APPLES



NOVEMBER
LEEKS



DECEMBER
PEARS



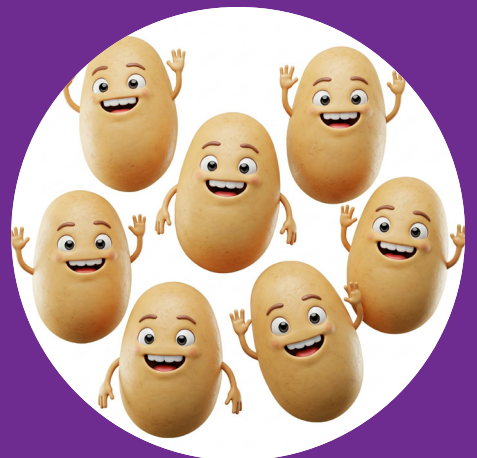
JANUARY
CELERIAC



FEBRUARY
CARROTS



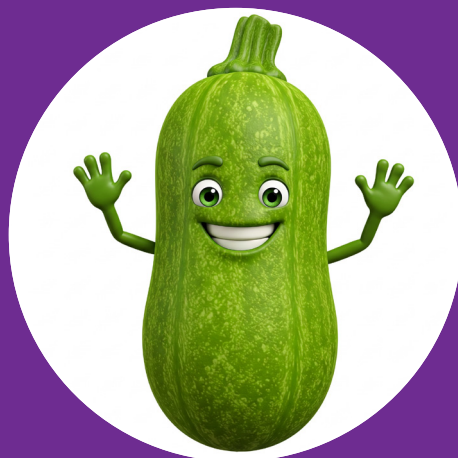
MARCH
BROCCOLI



APRIL
NEW POTATOES



MAY
STRAWBERRIES



JUNE
COURGETTES



JULY
MIXED BERRIES
Blackberries, blueberries
and blackcurrants

**KEEP AN EYE OUT FOR DELICIOUS DISHES FEATURING
THESE INGREDIENTS ACROSS OUR MENUS!**

WE ONLY USE



FRESHUK BEEF



FRESHUK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLE MEAL PASTA

freshingredients  **freshfood**