



cooper foods

Specialist wholesaler  
to the catering trade

SPRING  
SUMMER  
2023

Meat, Fish, Deli  
and a lot more  
from one supplier

01264 321 050

Please click on our web site to  
download our brochure and see the  
range that Cooper Foods can offer

[cooperfoods.co.uk](http://cooperfoods.co.uk)



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## SPRING SUMMER 2023

Prime south coast fish and quality meat from our butchery and essential ingredients are all available with just one order.

Price increases over the last year in all areas of industry haven't been easy especially for the hospitality sector.

Our aim at Cooper Foods is to help all our customers as much as we can by keeping food costs down and also sourcing cost effective easy to use ingredients that will help with staffing shortages that some of you are experiencing. Please make sure you are receiving our weekly emails to benefit from these deals. Send your email address to [sales@cooperfoods.co.uk](mailto:sales@cooperfoods.co.uk) requesting that you would like adding to our weekly email specials.

*The Sales Team*

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### NEW IN: PACIFIC WEST FOODS



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### MENU ALTERNATIVES

Alternative menu suggestions that can help with day to day food costs.

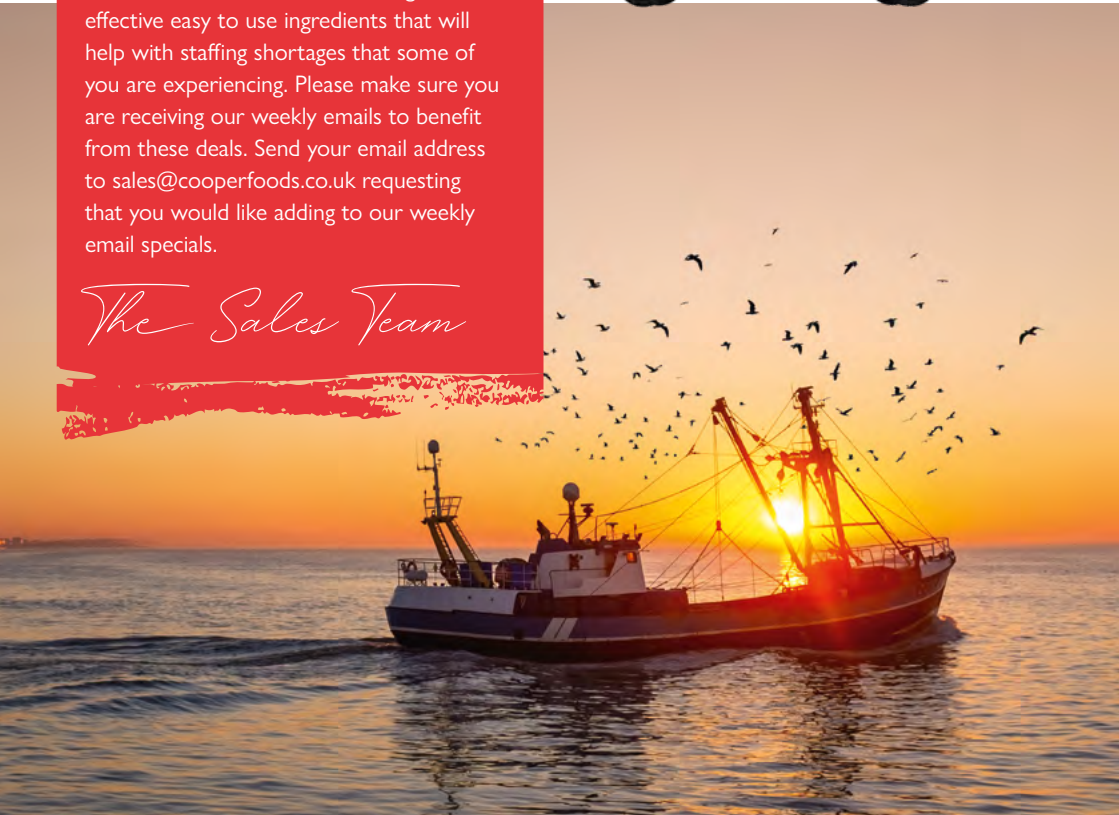
Coming SOON

### NEW FOREST ICE CREAM

Details to follow.

### DELIVERY DAYS

Tuesdays to Saturdays, 5 days a week  
(limited delivery days in some areas)



# PACIFIC WEST SEAFOODS



Pacific West Foods has been at the forefront of quality and innovation in frozen seafood for the last two decades. Here are some new easy to use products to try and are suitable for any menu or buffet.



FRFFIS16	Seafood Basket – panko squid, butterfly prawn, cod bites, salt & pepper squid (12 x 200g) /box
FRFPRA28	<b>Prawn Skewer</b> – coconut coated 500g/Box *(Frozen)* 8–12 Skewer Pack
FRFPRA29	<b>Filo Wrapped Prawns</b> (21–25) 500g /Box *(Frozen)*



## GLUTEN-FREE SCAMPI

Made by the best scampi processor in the UK. Made with whole langoustine tails caught in the waters around the British Isles, and covered in a crisp golden gluten free crumb, this is ideal for all menus giving a gluten free choice without compromise.



FRFSCA22	<b>Wholetail Whitby Scampi</b> (Gluten Free Breaded) 1 X 600g *(Frozen)*
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To order and discuss any requirements please call **01264 321 050**



# INCREASE YOUR GROSS PROFIT MARGIN

## SEAFOOD ALTERNATIVES

Although Cod and Haddock are an essential ingredient for fish and chips, have you considered using alternative fish that could help save with your costs.

**HOKI** is wild caught and is from New Zealand and Australian waters. A cousin of Cod producing a medium flake with a Cod like flavour once cooked and is MSC certified.

**POLLOCK** is a good alternative to Cod or Haddock. Caught in the North Atlantic this fish is great for frying and has a firm large flaky texture.



Pollock fillet



Hoki fillets

### FROZEN POLLOCK AND HOKI

FRFHOK03	Hoki Fillets Skinless 175–225g Approx 21 Case/4.54kg
FRFPOL01	Pollock Fillet IQF Skinless Boneless Approx 20 x 198–227g Case
FRFPOL04	Pollock Fillet IQF Skinless Boneless 22 x 170–200g Case

Cooper Foods can supply these as frozen skinless boneless fillets.



Coley supremes

Other fish that can help with budgets are clams, mussels, coley supremes and frozen salmon supremes

### FROZEN SALMON SUPREMES

FFRSAL02	Salmon Supreme (30 x 160–180g)/Box
FFRSAL20	Salmon Supreme (20 x 140–160g)/Box

### FRESH SUPREMES

FFBAS21	Fresh Icelandic Dayboat Coley Supremes 160–180g /*Each*
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### GREAT QUALITY & VALUE

#### FROZEN SHELL FISH

FRFCLA01	Clams (Whole Shell) Blanched 40–80 1kg /Bag *(Frozen)* /Bag
FRFMUS06	Mussel (Wholeshell) Rope Grown (Vacpac)/Kg *(Frozen)* /Pack



# BUTCHERY JOINTS

All these roasting joints are off the bone which means the price you pay is for the net weight, giving you a higher yield and better gross profit margin.



## BUTCHERY GREAT VALUE ROASTING JOINTS

MFPOR36 Pork Loin Boneless Rind On  
4–5kg /Kg

MFGAM14 Gammon Log 4–6kg /Kg

MFTUR23 Turkey Breast Butterfly 4–6kg /Kg

# DELICIOUS VALUE ICE CREAM

At £6.99 for 4ltrs these ice-creams are a fantastic addition to any menu either served on the side with a hot pudding or in a dish on its own. These ice-creams are quite simply great profit makers.

FROICE16 Vanilla ice cream (Wiltshire Farm) (4ltr) /Tub

FROICE17 Strawberry ice cream (Wiltshire Farm) (4ltr) /Tub

FROICE18 Chocolate ice cream (Wiltshire Farm) (4ltr) /Tub



# NEW STORE CUPBOARD FAVOURITES



WWTOM03

Tomatoes Chopped (1 x 2.5kg) /Tin



WWTOM04

Tomato Paste (1 x 800g) /Tin



MDCRE03

Custard UHT Kerrymaid  
/\*Each\*



MDCRE02

Whipping Cream  
UHT Kerrymaid  
(12 x 1kg carton)



FROTAR12

Individual Tart Au Citron/  
Lemon (Gluten Free)  
(12 x 75g)/Box \*(Frozen)\*



Meatballs and tinned tomatoes available from Cooper Foods



# NEW DAIRY



MDBUT04  
**Golden Spread (Cooking & Baking)**  
\*Vegan\* (2kg) /Tub



MDCRE01  
**Clotted Cream**  
(1kg Tub) /\*Each\*



MDBUT01  
**Meadow Churn  
Butter Salted**  
40 x 250g



MDBUT02  
**Meadow Churn  
Butter Unsalted**  
40 x 250g



MDBUT03  
**Meadow Churn  
Butter Portions**  
5 x 100 x Size 7

# FROZEN VEG AND FRIES



FROLEG03  
**Peas (1kg) /Bag**  
\*(Frozen)\*



FROLEG03  
**Sweetcorn (1kg) /Bag**  
\*(Frozen)\*



FRPCHP01  
**Supercrunch Skinny Fries  
Skin On 6 x 2.5kg/Case**  
\*(Frozen)\*9.5mm

PLEASE CONTACT THE SALES OFFICE  
ON 01264 321 050 OR YOUR ACCOUNT  
MANAGER FOR SPECIALS

**CHILLED QUICHE SELECTION  
AVAILABLE WITH A PRE ORDER**

MDQUI01	Quiche Lorraine (10 Inch) /*Each*
MDQUI02	Quiche Broccoli & Stilton (10 Inch) /*Each*
MDQUI03	Quiche Cheese & Onion (10 Inch) /*Each*
MDQUI04	Quiche Mediterranean Veg (10 Inch) /*Each*
MDQUI05	Quiche Tomato & Herb (10 Inch) /*Each*



**DELIVERY DAYS**

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5 days a week (limited  
delivery days in some areas)



**COMING SOON:**



New Forest  
Ice Cream  
Selection



More Vegan  
and Gluten Free  
Desserts



A Selection of  
Condiments and  
Ready-To-Use  
Sauces