



**Castell
Howell**

**GREAT FOOD
AT GREAT PRICES**

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1st September - 30th September

CASH & CARRY

PROMOTIONS

*Heartsease
Farm* See page 17



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Chefs' Selections
Premium Teabags

£9.25
1p EACH

1 x 1100
32410



SAVE 29%

Nescafé Original
Coffee Sticks

£13.60
7p EACH

200 x 1.8g
2804



SAVE 20%

Nescafé Decaff
Coffee Sticks

£14.65
7p EACH

200 x 1.8g
9267



SAVE 28%

Nescafé Gold Blend
Coffee Granules

£22.30

1 x 750g
55293



SAVE 14%

Cadbury Fairtrade
Drinking Hot
Chocolate

£9.75

1 x 2kg
5043



SAVE 29%

Cadbury Fairtrade
Instant Hot Chocolate

£13.25

1 x 2kg
3169



SAVE 27%

Pringles Original

£5.10
43p EACH

12 x 40g
4155



SAVE 22%

Pringles Sour Cream
& Onion

£5.10
43p EACH

12 x 40g
4156



SAVE 22%

Kenco Westminster
Rainforest Alliance
Roast Coffee

£35.55
71p EACH

50 x 60g
88869

SAVE 43%

Kenco Westminster
Rainforest Alliance
Cafetiere Coffee

£10.15

1 x 1kg
72068

SAVE 43%

Kenco Westminster
Rainforest Alliance
Roast Coffee

£10.15

1 x 1kg
3015

SAVE 48%



Nescafé & Go Gold
Blend Black Coffee
Cups

£4.15
52p EACH

1 x 8
41334



SAVE 21%

Nescafé & Go
Cappuccino Coffee
Cups

£4.15
52p EACH

1 x 8
81540



SAVE 17%

Alpen Fruit & Nut
Cereal Bars

£6.90
29p EACH

24 x 28g
545

Alpen Strawberry &
Yoghurt Cereal Bars

£6.90
29p EACH

24 x 29g
561

Alpen Light Salted
Caramel Cereal Bar

£6.90
29p EACH

24 x 19g
49564

Alpen Light Jaffa Cake
Cereal Bar

£6.90
29p EACH

24 x 19g
24086

Alpen Fruit, Nut &
Chocolate Cereal Bars

£6.90
29p EACH

24 x 29g
530

Alpen Light Double
Chocolate Cereal Bar

£6.90
29p EACH

24 x 19g
87899



SAVE 14%

Kelloggs Totally
Chocolate Squares

£11.65
39p EACH

30 x 36g
86118



SAVE 20%

Nescafé & Go Gold
Blend White Coffee
Cups

£4.15
52p EACH

1 x 8
58063



SAVE 17%

Nescafé & Go Aero
Hot Chocolate Cups

£4.15
52p EACH

1 x 8
74409



SAVE 17%

Tetley Black Tea Cups

£7.45
47p EACH

1 x 16
29233



SAVE 17%

Chefs' Selections
Drinking Chocolate
(add milk)

£7.85

1 x 2kg
36694



SAVE 24%

Kelloggs Nutri Grain
Apple

£10.70
36p EACH

30 x 36g
57299



SAVE 21%

Kelloggs Nutri Grain
Strawberry

£10.70
36p EACH

30 x 36g
7903



SAVE 21%

Midland Snacks Pork
Scratchings Pub Card

£5.75
48p EACH

12 x 40g
53715



SAVE 19%

Golden Wonder Animal
Adventures

£8.15
23p EACH

36 x 18.9g
62424



SAVE 32%

Café Brontë All Butter Shortbread Dunkers **£14.45**
60p EACH
24 x 2 x 30g
73824



SAVE 13%

Café Brontë Oat & Raisin Dunkers **£14.45**
60p EACH
24 x 2 x 30g
41779



SAVE 13%

Café Brontë Ginger Snap Dunkers **£14.45**
60p EACH
24 x 2 x 30g
54588



SAVE 13%

Café Brontë Choc Chip & Orange Dunkers **£14.45**
60p EACH
24 x 2 x 30g
78596



SAVE 13%

Café Brontë Fruit Shrewsbury Dunkers **£14.45**
60p EACH
24 x 2 x 30g
45619



SAVE 13%

Café Brontë Double Choc Chip Dunkers **£14.45**
60p EACH
24 x 2 x 30g
29457



SAVE 13%

Birds Custard Powder **£7.20**
1 x 3kg
80382



SAVE 32%

Essential Cuisine Crème Anglaise Mix **£10.95**
1.02kg
48555



SAVE 30%

Angel Delight Strawberry Mousse Mix **£4.75**
1 x 600g
63903



SAVE 37%

Angel Delight Chocolate Mousse Mix **£4.75**
1 x 600g
79016



SAVE 37%

Angel Delight Banana Mousse Mix **£4.75**
1 x 600g
44959



SAVE 37%

Maggi Béchamel Sauce Mix Makes 13ltr **£11.55**
1 x 2kg
9738



SAVE 15%

Maggi Gravy Original Gravy Mix Makes 26ltr **£7.80**
1 x 1.8kg
5810



SAVE 20%

Maggi Gluten Free Original Gravy Mix Makes 26ltr **£7.80**
1 x 1.7kg
62326



SAVE 29%

Maggi Golden Gravy Mix Makes 26ltr **£7.80**
1 x 2kg
7475



SAVE 29%

Maggi Demi-Glace Rich Brown Sauce Makes 16ltr **£14.45**
1 x 1.52kg
9905



SAVE 15%

McDougalls Vegetarian Strawberry Jelly Crystals **£9.80**
1 x 3.5kg
55913

SAVE 36%

McDougalls Vegetarian Raspberry Jelly Crystals **£9.80**
1 x 3.5kg
98121

SAVE 34%

McDougalls Raspberry Jelly Crystals **£9.80**
1 x 3.5kg
42931

SAVE 39%

McDougalls Vegetarian Orange Jelly Crystals **£9.80**
1 x 3.5kg
25449

SAVE 36%

McDougalls Strawberryberry Jelly Crystals **£9.80**
1 x 3.5kg
43934

SAVE 39%

McDougalls Orange Jelly Crystals **£9.80**
1 x 3.5kg
46890

SAVE 39%

McDougalls Blackcurrant Jelly Crystals **£9.80**
1 x 3.5kg
35113

SAVE 39%

McDougalls Lime Jelly Crystals **£9.80**
1 x 3.5kg
88014

SAVE 39%



Bisto Original Gravy Granules Makes 25ltr **£9.05**
1 x 1.9kg
6876



SAVE 33%

Bisto Chicken Gravy Granules Makes 25ltr **£9.05**
1 x 1.9kg
3093



SAVE 33%

Bisto Reduced Salt Gravy Granules Makes 25ltr **£9.05**
1 x 1.9kg
22732



SAVE 35%

Bisto Vegetarian Gravy Granules Makes 25ltr **£9.05**
1 x 1.9kg
5233



SAVE 33%

Bisto Gluten Free
Fine Gravy Granules
Makes 25ltr
1 x 1.9kg
61041



SAVE 47%

Chefs' Selections
Fusilli
1 x 3kg
80781



SAVE 24%

Chefs' Selections
Spaghetti
1 x 3kg
78431



SAVE 23%

Dolmio Tomato & Basil
Sauce
1 x 2.27kg
8675



SAVE 30%

Knorr Garde D'Or
White Wine Sauce
1 x 1ltr
8087



SAVE 22%

Knorr Garde D'Or
Hollandaise Sauce
1 x 1ltr
8083



SAVE 22%

Knorr RTU Arrabbiata
Sauce
1 x 2.2ltr
4312



SAVE 49%

Knorr RTU Bolognese
Sauce
1 x 2.2ltr
4166



SAVE 43%

Dolmio Bolognese
Sauce
1 x 2.28kg
2494



SAVE 11%

Dolmio Arrabbiata
Sauce
1 x 2.23kg
85211



SAVE 30%

Dolmio Creamy
Tomato & Pesto Sauce
1 x 2.27kg
46249



SAVE 30%

Maggi Rich & Rustic
Tomato Sauce
1 x 3kg
1748



SAVE 24%

Knorr RTU Napoli
Tomato & Basil Sauce
1 x 2.2ltr
689



SAVE 39%

Knorr RTU BBQ Sauce
1 x 2.2ltr
6599



SAVE 40%

Knorr RTU Salsa
Sauce
1 x 2.2ltr
2188



SAVE 38%

Knorr RTU Tikka
Masala Sauce
1 x 2.2ltr
4165



SAVE 39%

Maggi Rich & Rustic
Tomato Sauce
1 x 800g
817



SAVE 33%

Knorr Garde D'Or
Bechamel Sauce
1 x 1ltr
82343



SAVE 24%

Knorr Garde D'Or
Pepper Sauce
1 x 1ltr
8082



SAVE 22%

Knorr Garde D'Or Red
Wine Sauce
1 x 1ltr
8088



SAVE 22%

Knorr RTU Balti Sauce
1 x 2.2ltr
4360



SAVE 39%

Knorr RTU Jalfrezi
Sauce
1 x 2.2ltr
9182



SAVE 39%

Knorr RTU Korma
Sauce
1 x 2.2ltr
9183



SAVE 22%

Knorr RTU Madras
Sauce
1 x 2.2ltr
4612



SAVE 39%

Knorr RTU Chunky Sweet & Sour Sauce **£5.30**
1 x 2.2ltr
6595



SAVE 33%

Knorr RTU Black Bean Sauce **£4.75**
1 x 2.2ltr
3827



SAVE 40%

Knorr RTU Thai Chilli Dipping Sauce **£6.05**
1 x 2.2ltr
63810



SAVE 38%

Knorr RTU Katsu Curry Sauce **£6.30**
1 x 2.2ltr
48433



SAVE 35%

Chefs' Selections Ground Paprika **£2.50**
1 x 550g
67166

SAVE 37%

Chefs' Selections Garlic Granulated **£3.95**
1 x 700g
36214

SAVE 48%



Garlic Granules

Branston Baked Beans **£2.25**
1 x 2.65kg
29297



SAVE 40%

Maggi Sri Lankan Coconut Milk Powder **£8.95**
Mix Yield 5ltr
1 x 1kg
62286



SAVE 33%

Rich Sauces Vegan Mayonnaise **£8.90**
1 x 4.5ltr
32110



SAVE 33%

Alfees Peri Peri Sauce **£6.10**
1 x 2.5kg
66587



SAVE 33%

Alfees Sriracha Sauce **£8.25**
1 x 2.5kg
25861



SAVE 32%

Alfees Bourbon BBQ Sauce **£7.75**
1 x 2.5kg
38348



SAVE 0%

Maggi Chicken Soup **£10.25**
1 x 2kg
51975

Maggi Thick Country Vegetable Soup **£10.25**
1 x 2kg
39903

Maggi Potato & Leek Soup **£10.25**
1 x 2kg
57773

Maggi Tomato Soup **£10.25**
1 x 2kg
15909

Maggi Minestrone Soup **£10.25**
1 x 2kg
73136

Maggi Wild Mushroom Soup **£10.25**
1 x 2kg
20958



SAVE 30%

Rich Sauce Chipotle Sauce **£17.25**
£8.63 EACH
2 x 2.25ltr
52537



SAVE 25%

Chefs' Selections Crushed Chillies **£1.80**
1 x 300g
65031



SAVE 13%

Chefs' Selections Dried Oregano **£1.40**
1 x 150g
34421



SAVE 20%

Chefs' Selections Dried Parsley **£1.40**
1 x 100g
51001



SAVE 20%

Cooks & Co Sweetly Drop Red Peppers **£1.95**
1 x 235g
33131



SAVE 15%

Crespo Pitted Black Olives **£4.95**
1 x 2.26kg
6577



SAVE 17%

Crespo Green Olives stuffed with Pimiento **£5.60**
1 x 2.26kg
6592



SAVE 38%

Crespo Pitted Green Olives **£4.75**
1 x 2.26kg
6586



SAVE 49%

CHILLED, STARTERS & MAIN COURSE

Dairylea Triangles
1 x 125g
26352

Dairylea Light Triangles
1 x 125g
25390



SAVE 17%

Dairylea Spread
1 x 270g
62830



SAVE 22%

Frank Dale Foods Mini Quiche Selection
4 x 12 x 18g
51616



SAVE 27%

Frank Dale Great British Mini Cake Selection
4 x 12
26925



SAVE 34%

Whitby Seafoods Breaded Endeavour Scampi Approx 30 pieces per pack
1 x 450g
69491



SAVE 45%

Whitby Seafoods Bengali Breaded King Prawns Approx 18-28 pieces per pack
1 x 450g
91240



SAVE 33%

Whitby Seafoods Bubble Bobble Argentine Red Shrimps Approx 14-24 pieces per pack
1 x 450g
25282



SAVE 41%

Paramount Florentine Fishcakes
24 x 114g
77076



SAVE 29%

Innovate Foods Breaded Brie Wedges
24 x 36g
83286



SAVE 38%

Innovate Foods Mozzarella Sticks
Approx 29 pieces per pack
1 x 1kg
52919



SAVE 30%

Harvest Farm Hot & Crunchy Chicken Wings
Approx 20 pieces per pack
1 x 1kg
84629



SAVE 19%

KaterVeg Vegan Meatballs
Approx 105 pieces per pack
1 x 1.5kg
80173



SAVE 35%

Scheff Foods Moroccan Nut Roasts
12 x 300g
46246



SAVE 33%

Scheff Foods Squash & Cranberry Tagine
12 x 350g
85417



SAVE 23%

Harvest Farm Lightly Roasted Chicken Wings
Approx 25 pieces per pack
1 x 1kg
94704



SAVE 30%

Pan Euro Crispy Shredded Chicken
Approx 12 pieces per pack
1 x 1kg
13580



SAVE 30%

Pan Euro Crispy Salt & Chilli Shredded Chicken
Approx 12 pieces per pack
1 x 1kg
86550



SAVE 32%

Paramount BBQ Jack Fruit Bites
70 x 30g
76147



SAVE 36%

Scheff Foods Vegan Shepherd's Pie with Bubble & Squeak Cakes
12 x 400g
76997



SAVE 33%

Harvest Farm 170-200g Cajun Butterfly Chicken Breasts
1 x 10
41606



SAVE 27%

Harvest Farm 170-200g Plain Butterfly Chicken Breasts
1 x 10
21327



SAVE 29%

MAIN COURSE

BAKERY

Bagel Nash Poppy Seed Traditional Bagels
24 x 115g
96869

£5.90
25p EACH



SAVE 39%

Planète Pain Sourdough Rolls
50 x 110g
26014

£11.70
23p EACH



SAVE 17%

Planète Pain White Tartuga Rolls
60 x 80g
80322

£10.25
17p EACH



SAVE 41%

Planète Pain Seeded Brown Tartuga Rolls
60 x 80g
61249

£10.95
18p EACH



SAVE 42%

Chefs' Selections White Half Baguettes
1 x 50 x 135g
18932

£6.50
13p EACH



SAVE 49%

Chefs' Selections Wholemeal Half Baguettes
1 x 50 x 135g
36260

£7.80
16p EACH



SAVE 41%

Chefs' Selections Ciabattas
1 x 50 x 120g
28421

£11.05
22p EACH



SAVE 37%

Panesco Tuscan Flat Bread
36 x 80g
87640

£16.25
45p EACH



SAVE 31%

Panesco Multigrain Round Brioche
50 x 85g
31491

£17.25
35p EACH



SAVE 32%

Panesco Pre Sliced Focaccia Paninis
42 x 80g
6988

£13.75
33p EACH



SAVE 43%

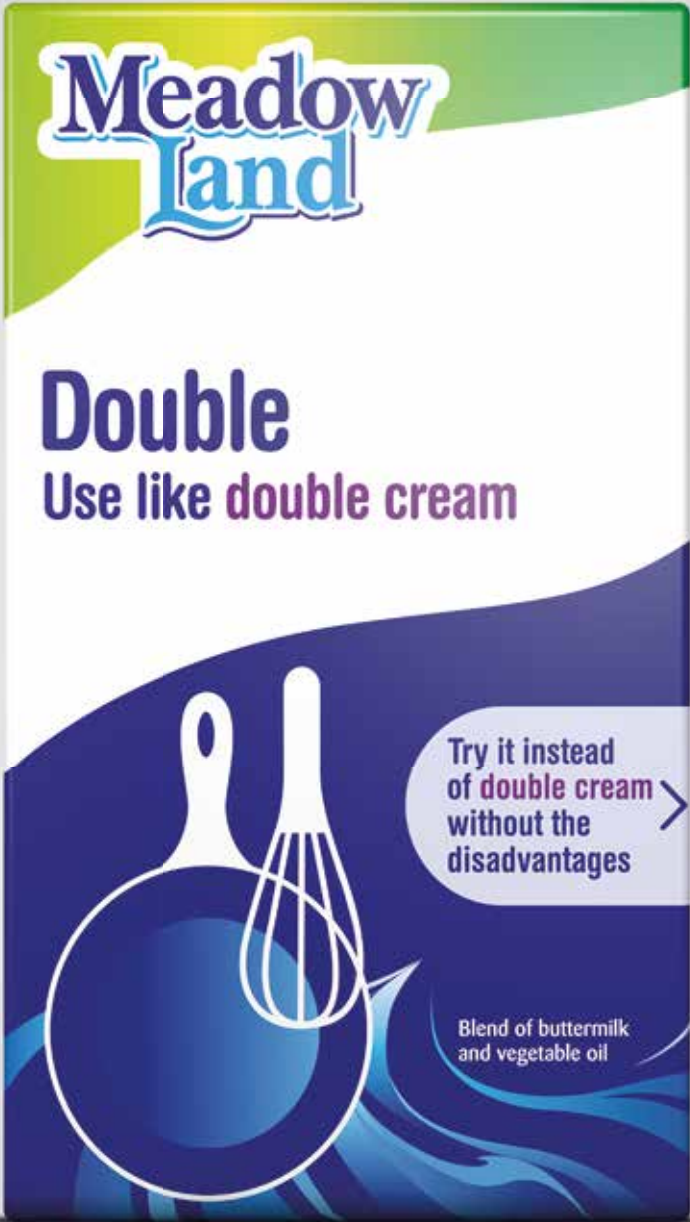
Panesco Flaguette Demi Lune
48 x 100g
72365

£16.95
35p EACH



SAVE 42%

MEADOWLAND STAYS STABLE UNDER THE TOUGHEST CONDITIONS
STANDS UP TO HEAT, ACIDITY AND ALCOHOL



OFFER PRICE
£2.45

66575



- Suitable for hot and cold applications
- Easy open and resealable packaging
- Suitable for vegetarians

COFFEE SHOP & DESSERTS

Menuserve Chocolate & Cherry Cheesecake

1 x 14ptn
58728

£13.25

00p PTN



SAVE 30%

Classic Desserts Individual Bread & Butter Puddings

12 x 220g
88063

£11.35

95p EACH



SAVE 30%

Chantilly Strawberry & Prosecco Charlotte

1 x 14ptn
21522

£13.85

99p PTN



SAVE 29%

Eatons Vanilla Bean Cheesecake

1 x 14ptn
54792

£11.75

84p PTN



SAVE 34%

Chefs' Selections Round Sticky Toffee Pudding

12 x 140g
40635

£6.90

58p EACH



SAVE 13%

Chefs' Selections Round Spotted Dick Pudding

12 x 130g
43556

£6.90

58p EACH



SAVE 18%

Chefs' Selections Round Syrup Sponge Pudding

12 x 140g
49990

£6.90

58p EACH



SAVE 3%

Chantilly Honeycomb Cheesecake

1 x 12ptn
67934

£13.85

£1.15 PTN



SAVE 32%

Eatons Chocolate St Honore Gateau

1 x 14ptn
52373

£13.25

95p PTN



SAVE 30%

Eatons Individual Red Berry & Gin Cheesecakes

1 x 10
93876

£10.95

£1.10 EACH



SAVE 30%

Eatons Chocolate Salted Caramel Slices

1 x 15
84420

£14.80

99p EACH



SAVE 32%

Sweet Street Desserts Bourbon Street Pecan Pie

1 x 14ptn
6742

£18.30

£1.31 PTN



SAVE 23%

Chantilly Individual Tarte au Citron

1 x 16
18795

£17.95

£1.12 EACH



SAVE 32%

Cooldelight Desserts Raspberry Ripple Ice Cream Sponge Rolls

3 x 500g
25838

£5.45

£1.82 EACH



SAVE 38%

Cooldelight Desserts Chocolate & Ripple Ice Cream Sponge Rolls

3 x 500g
96642

£5.65

£1.88 EACH



SAVE 33%

DESSERTS

Organic Month

FROM
£1.49

Eat & Drink
HEALTHIER
this September!



Rebel Kitchen

42625 Organic Chocolate Mylk Shake
12 x 250ml • £10.80 90p each

71778 Organic Banana Mylk Shake
12 x 250ml • £10.80 90p each

20727 Organic Whole Mylk
1 x 1ltr • £1.49

96782 Organic Semi-Skimmed Mylk
1 x 1ltr • £1.49

36070 Organic Barista Mylk
1 x 1ltr • £1.49



£20.95
£1.75 each

SAVE
39%

98719 Europastry Organic
Buckwheat Loaves
12 x 500g



£27.35
£1.71 each

SAVE
17%

29076 Europastry Organic
Round Bread
16 x 420g



£13.65
98p each

SAVE
37%

29402 DéliFrance Organic
Brown Bloomers
14 x 460g



£16.25
27p each

SAVE
28%

4256 DéliFrance Organic
White Half Baguettes
60 x 125g



£13.35
95p each

SAVE
23%

37487 DéliFrance Organic
White Half Bloomers
14 x 487g

You asked, we listened.

New this summer Heartsease Farm
will be saying goodbye to our 425ml plastic range,
and upgrading to 330ml Cans!



56361



39820



87410



68036

Heartsease Farm



heartsease_farm

Delicious... naturally

- Blended with our Welsh sparkling water
- Great to use as a mixer
- 4 Traditional British Recipes
- Fiery ginger beer
- Sun mellowed Sicilian lemons
- Handpicked wild British elderflower
- Red Tractor assured British raspberries
- To reduce our carbon footprint even more our can producer is based just 58 miles from our site

PRICE
£5.70
48p each



WELSH PRODUCE



Heartsease Farm
Raspberry
Lemonade Glass
Bottles
6 x 750ml
23791 **£8.30**
£1.38 EACH

Heartsease Farm
Traditional Lemonade
Glass Bottles
6 x 750ml
37443 **£8.30**
£1.38 EACH

Heartsease Farm
Ginger Beer
Glass Bottles
6 x 750ml
15836 **£8.30**
£1.38 EACH

Heartsease Farm
Elderflower Glass
Bottles
6 x 750ml
89722 **£8.30**
£1.38 EACH

SAVE 17%



Radnor Fruits
Still Apple
24 x 330ml
83771 **£8.50**
40p EACH



Radnor Fizz Apple
24 x 330ml
98747 **£6.55**
27p EACH

Radnor Fizz Forest
Fruits
24 x 330ml
77156 **£6.55**
27p EACH

Radnor Fizz Tropical
24 x 330ml
90137 **£6.55**
27p EACH



Radnor Splash
Apple & Raspberry
Bottles
24 x 500ml
40012 **£4.65**
17p EACH

Radnor Splash
Strawberry
Bottles
24 x 500ml
94479 **£4.65**
17p EACH

Radnor Splash
Forest Fruits
Bottles
24 x 500ml
42389 **£4.65**
17p EACH

Radnor Splash
Orange &
Passionfruit Bottles
24 x 500ml
16886 **£4.65**
17p EACH

SAVE 15%

Radnor Hydrate
Apple & Raspberry
24 x 250ml
75138 **£6.60**
28p EACH

Radnor Hydrate
Tropical
24 x 250ml
94365 **£6.60**
28p EACH

SAVE 41%



All offers subject to availability and may be withdrawn without notice. We reserve the right to substitute promotions shown for promotions of equal or improved value. Sorry, we can not accept any returned products which were accompanied by a free or discounted item unless ALL the items within the 'offer' are returned unopened. Any free of discounted products not returned will be charged at full cost. All the products are subject to availability whilst stocks last. All details and price are believed to be correct at time of going to print, however, no liability will be accepted for any errors, inaccuracies or omissions. **It is the customers's responsibility to check product specification or Erudis and product labelling before serving.** All photos used for illustrative purposes only and may be serving suggestions. Prices may be subject to VAT. Ewch i food.gov.uk/ratings i ganfod sgôr hyliendid bwyd ein busnes neu gofynnwch inni beth ve ein sgôr hyliendid bwyd wrth archebu. Go to food.gov.uk/ratings to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order.



**Castell
Howell**

Cash & Carry
Myrtle Hill
Carmarthen
SA31 2NG
Tel: 01267 222022

Kitchenmaster
Bathroom &
Washroom Cleaner

1 x 5ltr
58007

£7.80

SAVE 10%

Kitchenmaster
Bathroom Cleaner

1 x 750ml
33652

£2.25

SAVE 11%

Kitchenmaster Mould
& Mildew Cleaner

1 x 750ml
88056

£2.49

SAVE 11%

Kitchenmaster Odour
Sorb

1 x 750ml
18295

£3.07

SAVE 10%

Kitchenmaster Combi
Oven Cleaner

1 x 5ltr
17060

£10.55

SAVE 10%

Kitchenmaster
Bacterial Washing Up
Liquid

1 x 5ltr
42602

£8.91

SAVE 10%

Kitchenmaster
Laundry Medio
Liquid

1 x 5ltr
99030

£12.90

SAVE 10%

Kitchenmaster No 6
Reload Glass &
Stainless Steel Cleaner

1 x 2ltr
33670

£16.85

SAVE 10%

Kitchenmaster No 6
Reload Trigger Bottle

each
20950

£2.53

SAVE 10%

Cleaning & Hygiene



Caterforce
Professional Yellow
All Purpose Cloths

1 x 50
62832

£2.25

5p EACH

Caterforce
Professional Blue
All Purpose Cloths

1 x 50
22159

£2.25

5p EACH

Caterforce
Professional Green
All Purpose Cloths

1 x 50
94169

£2.25

5p EACH

Caterforce
Professional Red
All Purpose Cloths

1 x 50
33184

£2.25

5p EACH



SAVE 35%

Caterforce
Professional 16ply
Blue Mop Heads

1 x 10
67771

£8.25

83p EACH

Caterforce
Professional 16ply
Green Mop Heads

1 x 10
40089

£8.25

83p EACH

Caterforce
Professional 16ply Red
Mop Heads

1 x 10
78816

£8.25

83p EACH

Caterforce
Professional 16ply
Yellow Mop Heads

1 x 10
81728

£8.25

83p EACH



SAVE 33%