



**Castell  
Howell**

**GREAT FOOD  
AT GREAT PRICES**

Follow us on social media...

 @chccashandcarry

 @CHCash\_Carry

1<sup>ST</sup> October- 31<sup>ST</sup> October

**CASH & CARRY**

**PROMOTIONS**



**CHEFS  
SELECTIONS**

GREAT TASTE · RIGHT PRICE



See page 11

See page 9



See page 12



See page 15





Kerrymaid Whipping

1 x 1ltr  
81972



£2.00

Kerrymaid Single

1 x 1ltr  
23582



£1.55

SAVE 28%

Kerrymaid Double

1 x 1ltr  
99437



£1.95

SAVE 11%

Chefs' Selections Aerosol Cream

1 x 500g  
86654



£2.00

SAVE 24%

Chefs' Selections Soft Spread

1 x 2kg  
39863



£2.35

SAVE 27%

Chefs' Selections Cocoa Powder

1 x 1kg  
60132



£8.25

SAVE 16%

Chefs' Selections Drinking Chocolate (add milk)

1 x 2kg  
36694



£7.85

SAVE 24%

Drench Peach & Mango

12 x 500ml  
55648



£8.50

71p each

Philadelphia Cheese

1 x 180g  
3092



£1.70

SAVE 30%

Light Philadelphia Cheese

1 x 180g  
56558




£1.70

SAVE 30%

Applewood Cheese Slices

1 x 500g  
30716



£4.05

Drench Pear & Blueberry

12 x 500ml  
16864



£8.50

71p each

Lipton Lemon Iced Tea

12 x 500ml  
24589



£6.95

58p each

Purdey's Blackcurrant Cans

12 x 500ml  
67061



£6.75

56p each

SAVE 34%

Purdey's Rejuvenate Cans

12 x 500ml  
97992




£6.55

55p each

SAVE 19%

Mexicana Cheese Slices

1 x 500g  
97621



£4.05

Applewood Cheese Half Wheel

1 x 1.5kg  
4961



£12.25

SAVE 18%

McVities Mini Cheddars Original Grab Bags

30 x 50g  
9592



£12.75

43p each

SAVE 15%

McVities Mini Cheddars BBQ Grab Bags

30 x 50g  
34467



£12.75

43p each

SAVE 15%

McVities Mini Cheddars Cheese & Onion Grab Bags

30 x 50g  
43926



£12.75

43p each

SAVE 21%

McV Jaffa Snack Pack

20 x 48.8g  
90797



£8.50

43p each

SAVE 19%



BUY 4  
WALKERS AND  
GET BACON OR  
SCAMPI FRIES  
FREE!

Walkers Scampi Fries  
Card  
24 x 27g  
3322

**£9.66**  
40p each

Walkers Bacon Fries  
Card  
24 x 25g  
3323

**£10.25**  
43p each



Walkers Salt & Vinegar Crisps  
32 x 32.5g  
24841

**£12.29**  
38p each



Walkers Roast Chicken Crisps  
32 x 32.5g  
45830

**£12.29**  
38p each



Walkers Prawn Cocktail Crisps  
32 x 32.5g  
50918

**£12.29**  
38p each



Walkers Smoky Bacon Crisps  
32 x 32.5g  
7424

**£12.29**  
38p each



Walkers Cheese & Onion Crisps  
32 x 32.5g  
53689

**£12.29**  
38p each



Walkers Ready Salted Crisps  
32 x 32.5g  
60048

**£12.29**  
38p each



Café Brontë Fruit Shrewsbury Dunkers  
24 x 2 x 30g  
45619

**£14.45**  
60p each



**SAVE 13%**

Café Brontë Ginger Snap Dunkers  
24 x 2 x 30g  
54588

**£14.45**  
60p each



**SAVE 13%**

Café Brontë Choc Chip & Orange Dunkers  
24 x 2 x 30g  
78596

**£14.45**  
60p each



**SAVE 13%**

Café Brontë Double Choc Chip Dunkers  
24 x 2 x 30g  
29457

**£14.45**  
60p each



**SAVE 13%**

Café Brontë Oat & Raisin Dunkers  
24 x 2 x 30g  
41779

**£14.45**  
60p each



**SAVE 13%**

Pidy 11cm Quiche Cases  
1 x 42  
94614

**£21.15**  
50p each

**SAVE 14%**

Pidy 11cm Sweet Tartlets  
1 x 72  
78172

**£16.85**  
23p each

**SAVE 33%**



Carnation Evaporated Milk  
12 x 410g  
8855

**£11.50**  
96p each



**SAVE 24%**

Carnation Sweet Condensed Milk  
12 x 397g  
735

**£18.25**  
£1.52 each



Hartleys Strawberry Table Jelly  
12 x 135g  
6604

**£5.85**  
49p each



**SAVE 25%**

Hartleys Lemon Table Jelly  
12 x 135g  
38011

**£5.75**  
48p each



**SAVE 27%**

Hartleys Orange Table Jelly  
12 x 135g  
5444

**£5.85**  
49p each



**SAVE 26%**

Hartleys Raspberry Table Jelly  
12 x 135g  
2018

**£5.75**  
48p each

**SAVE 26%**

Hartleys Assorted Table Jelly  
12 x 135g  
6295

**£5.95**  
48p each

**SAVE 26%**



Kerrymaid RTS Custard  
1 x 1ltr  
8335

**£1.10**



Alpen Muesli No Added Sugar Sachets  
30 x 45g  
42514

**£6.55**  
22p each



**SAVE 29%**

Ready Brek Smooth Porridge Oats Bulk Pack  
10 x 750g  
54872

**£25.35**  
£2.54 each



Maggi Béchamel Sauce Mix  
1 x 2kg  
9738

**£11.55**



**SAVE 15%**





# SACHET RANGE FROM THE NATION'S FAVOURITE MAYO BRAND<sup>1</sup>



INCLUDING  
UK'S NO.1<sup>2</sup>  
VEGAN  
MAYO

## 35 % OFF DURING OCTOBER

49362	HELLMANN'S BBQ SAUCE STICK SACHETS	198 X 10ML	£7.35	4P
69532	HELLMANN'S BROWN SAUCE SACHETS	198 X 10ML	£9.25	6P
59083	HELLMANN'S MALT VINEGAR SACHETS	198 X 7ML	£6.85	4P
76327	HELLMANN'S YELLOW MUSTARD STICK SACHETS	198 X 10ML	£6.25	4P
24789	HELLMANN'S MAYONNAISE STICK SACHETS	198 X 10ML	£9.75	5P
44355	HELLMANN'S SALAD CREAM SACHETS	198 X 10ML	£9.65	6P
23312	HELLMANN'S TARTARE SAUCE SACHETS	198 X 10ML	£9.65	6P
89850	HELLMANN'S TOMATO KETCHUP STICK SACHETS	198 X 10ML	£7.10	4P
41914	HELLMANN'S VEGAN MAYONNAISE STICK SACHETS	200 X 10ML	£11.95	7P



KEEP THE GOOD REVIEWS COMING WITH  
THE NATION'S FAVOURITE MAYO BRAND



Support. Inspire. Progress.

## GROCERY

Sharwood's Medium  
Egg Noodles  
1 x 3kg  
55462

£11.25



SAVE 16%

Sharwood's Chow  
Mein & Chinese  
Mushroom Sauce  
1 x 2kg  
71472

£4.95



SAVE 46%

Hellmann's Squeezy  
Real Mayonnaise  
8 x 430ml  
30158

£14.75  
£1.84 each



SAVE 16%

Hellmann's Squeezy  
Smokey BBQ Sauce  
8 x 430ml  
45053

£12.10  
£1.51 each



SAVE 38%

Hellmann's Squeezy  
Tomato Ketchup  
8 x 430ml  
19903

£11.30  
£1.41 each



SAVE 39%

Knorr 100%  
Highland Vegetable  
Soup  
4 x 2.4ltr  
8249

£27.85  
£6.96 each

Knorr 100% Cream  
of Tomato Soup  
4 x 2.4ltr  
2549

£27.85  
£6.96 each

Knorr 100% Leek  
& Potato Soup  
4 x 2.4ltr  
64397

£27.85  
£6.96 each

Knorr 100% Red  
Pepper & Tomato  
Soup  
4 x 2.4ltr  
2584

£27.85  
£6.96 each

Knorr 100% Carrot  
& Coriander Soup  
4 x 2.4ltr  
8624

£27.85  
£6.96 each

Knorr 100% Country Chicken  
& Vegetable Soup  
4 x 2.4ltr  
27035

£27.85  
£6.96 each

Lo Salt Drums  
1 x 3kg  
52777

£8.75



SAVE 14%

Lo Salt Sachets  
1 x 1000  
30870

£5.25



SAVE 30%



SAVE 18%

Call 01267 222 022 or visit [www.chfoods.co.uk](http://www.chfoods.co.uk)

<sup>1</sup>UK Nielsen & Kantar Retail Grocery Value Sales MAT 28/11/2020. <sup>2</sup>UK Nielsen Retail Grocery Value Sales MAT 10/11/2020.



STARTERS & MAIN COURSE

Frank Dale Mini Victoria Sponges

48 x 20g  
73318

£16.85

35p each

SAVE 33%

Golden Crumb Camembert Rounds

10 x 50g  
55184

£4.85

49p each

SAVE 38%

Harvest Farm Karaagi Chicken Bites

approx 40 pieces per pack  
1 x 1kg  
59634

£6.35

16p each

SAVE 27%

Paramount Vegan Chilli

15 x 300g  
68758

£23.35

£1.56 each

SAVE 26%

Authentic Curry Co. Vegetable Tagine

4 x 1.5kg  
16854

£33.75

£8.44 each

SAVE 19%

Quorn Roast

approx 8 portions per joint  
8 x 454g  
47020

£23.20

36p each

SAVE 20%

Harvest Farm Crispy Beef Strips

1 x 1kg  
13515

£12.75

SAVE 28%

KK Fine Foods Squash Brie & Beetroot Tarts

18 x 220g  
18781

£34.85

£1.94 each

SAVE 20%

Plus Foods Hot 'n' Kickin' Chicken Wings

approx 50 pieces per pack  
1 x 2.27kg  
2081

£8.75

18p each

SAVE 39%

Pacific West Crouton Coated Crab Bites

approx 55 pieces per pack  
1 x 1kg  
76383

£18.55

34p each

SAVE 29%

Harvest Farm Skin-on Roasted Chicken Fillets

approx 25 pieces per pack  
1 x 2.5kg  
82167

£13.80

55p each

SAVE 14%

Harvest Farm Louisiana Chicken Burgers

approx 22 per pack  
1 x 2.5kg  
32840

£12.45

24p each

SAVE 21%

Harvest Farm Breaded Chicken Strips

approx 84 pieces per pack  
3 x 1kg  
28065

£15.00

18p each

SAVE 27%

Chefs' Selections Wholetail Breaded Scampi

approx 30 pieces per pack  
1 x 450g  
49150

£3.30

11p each

SAVE 24%

Pacific West Breaded Mackerel Goujons

approx 20-33 pieces per pack  
1 x 1kg  
94081

£10.25

51p each

SAVE 29%

Havelok Breaded Fish Stars

60 x 50g  
17864

£6.90

12p each

SAVE 40%

Chefs' Selection Cooked Diced Chicken Meat

1 x 2.5kg  
96624

£12.50

£5.00 kg

SAVE 39%

Harvest Farm Battered Chicken Fingers

approx 30 pieces per pack  
1 x 1kg  
96306

£5.00

17p each

SAVE 25%

KK Fine Foods Glamorgan Sausages

24 x 80g  
6443

£13.15

55p each

SAVE 19%

MAIN COURSE



ACCOMPANIMENTS

McCain Original Thick Cut Chips

1 x 9.08kg  
75136

£8.99

99p kg



SAVE 38%

McCain Original Choice Steak Cut Chips

1 x 9.08kg  
29087

£9.99

£1.10 kg



SAVE 31%

McCain Surecrisp Thin Skin-On Fries

1 x 9.08kg  
23800

£13.99

£1.54 kg




SAVE 44%

McCain Surecrisp Thin Cut Fries

1 x 9.08kg  
48435

£13.99

£1.54 kg



SAVE 49%

McCain Surecrisp Medium Skin-On Fries

1 x 9.08kg  
50762

£13.99

£1.54 kg



SAVE 40%

McCain Surecrisp Traditional Thick Cut Chips

1 x 2.27kg  
42953

£3.49

£1.54 kg



SAVE 25%

McCain Surecrisp Gourmet Chunky Cut Chips

1 x 9.085kg  
23102

£13.99

£1.54 kg



SAVE 25%

McCain Signatures Crispers

1 x 2.27kg  
85181

£3.50

£1.54 kg



SAVE 47%

McCain Original Choice Hash Browns

1 x 1kg  
34708

£1.91



SAVE 32%

BAKERY

Coopers Pork Shropshire & Onion Sausage Rolls

12 x 185g  
41232

£11.90

99p each



SAVE 29%

Coopers Pork Leek & Sage Sausage Rolls

12 x 185g  
91460

£11.90

99p each



SAVE 29%

Coopers Hickory Smoked BBQ Sausage Rolls

12 x 185g  
60434

£11.90

99p each




SAVE 29%

Coopers Hog Roast Sausage Rolls

12 x 185g  
60096

£11.90

99p each



SAVE 29%

Coopers Vegan Rolls

12 x 185g  
50309

£11.25

94p each



SAVE 28%

Coopers Spinach & Ricotta Rolls

12 x 175g  
67540

£9.85

82p each



SAVE 31%

Coopers Steak & Ale Square Pies

12 x 250g  
16547

£17.25

£1.44 each



SAVE 29%

Coopers Spinach & Ricotta Quiches

12 x 185g  
28548

£11.25

94p each




SAVE 28%

Coopers Bacon & Cheddar Quiches

12 x 185g  
19100

£11.25

94p each



SAVE 28%

Coopers Broccoli & Roasted Pepper Quiches

12 x 185g  
11965

£11.25

94p each



SAVE 28%



# NATIONAL CURRY WEEK

4TH - 10TH OCTOBER

**£17.50**  
£1.64 each



37119 Scheff Chicken Tikka Masala  
12 x 350g

SAVE  
**35%**

FROM  
**£4.99**

**CHEFS SELECTIONS**  
GREAT TASTE - RIGHT PRICE



Chefs' Selections  
68313 Easy Cook Long Grain Rice  
1 x 5kg • £4.99 £1.94 kg

38432 Easy Cook Basmati Rice  
1 x 5kg • £7.65 £2.29 kg

SAVE  
**30%**

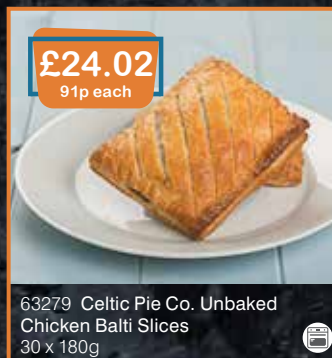
**£9.25**  
22p each



SAVE  
**35%**

3455 Scheff Mini Vegetable Samosas  
50 x 15g

**£24.02**  
91p each



63279 Celtic Pie Co. Unbaked Chicken Balti Slices  
30 x 180g

**£6.25**



SAVE  
**35%**

55158 Sharwood's Balti Sauce  
1 x 2kg

**£8.80**



SAVE  
**35%**

13282 Sharwood's Mango Chutney  
1 x 2.6kg

**£8.35**  
38p each



SAVE  
**35%**

80156 Scheff Large Onion Bhajees  
25 x 70g

**£17.50**  
10p each

Edna Bakery Baker's Roll Selection

175 x 38g  
12516



SAVE 43%

**£15.25**  
95p ptn

Chefs' Selections Rainbow Cake

1 x 16ptn  
15098



SAVE 25%

**£12.25**  
88p ptn

Chefs' Selections Raspberry Ripple Cake

1 x 14ptn  
31934



SAVE 26%

**£10.85**  
£1.06 ptn

Chefs' Selections Citrus Sunbeam Cake

1 x 14ptn  
63398



SAVE 36%

**£11.25**  
80p ptn

Chefs' Selections Victoria Cake

1 x 14ptn  
19017



SAVE 21%

Propermaid Apple & Gingerbread Cake

**£11.85**  
85p ptn

1 x 14ptn  
27649



SAVE 26%

Propermaid Caramel & Chocolate Cake

**£13.40**  
96p ptn

1 x 14ptn  
66929

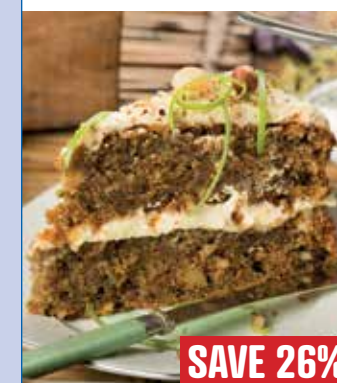


SAVE 25%

Propermaid Courgette & Lime Cake

**£13.40**  
96p ptn

1 x 14ptn  
21451



SAVE 26%



# BUILD YOUR SALES WITH SENSATIONAL DRINKS

WE'RE HERE TO SUPPORT YOU TO GROW YOUR BUSINESS WITH  
DEDICATED SUPPORT, DIGITAL TOOLS AND FREE SALES KITS  
REGISTER TODAY FOR ACCESS TO ALL OF THIS AND MORE

**FREE**  
PRODUCT TRIALS  
AND POS KITS

**FREE**  
MENU DESIGN  
AND PRINT

**FREE**  
GIFT WITH  
REGISTRATION



SUPPORTING OUR INDEPENDENT PUBS, BARS, RESTAURANTS, CAFES, TAKEAWAYS AND MANY MORE



REGISTER ONLINE TODAY

Scan the QR code or go  
to [www.sensationaldrinks.com](http://www.sensationaldrinks.com)

**BRITVIC**  
SENSATIONAL  
DRINKS

## COFFEE SHOP & DESSERTS

Propermaid  
Raspberry & White  
Chocolate Cake

**£13.40**  
96p ptn

1 x 14ptn  
91561



**SAVE 25%**

Mademoiselle  
Desserts Black Forest  
Gateau

**£5.25**  
29p ptn

1 x 18ptn  
30984



**SAVE 33%**

Cool Delights  
Individual Strawberry  
Cheesecakes

**£13.25**  
55p each

24 x 90g  
91818



**SAVE 39%**

Cool Delights Individual  
Blackcurrant  
Cheesecakes

**£13.95**  
58p each

24 x 90g  
98126



**SAVE 39%**

Cool Delights Individual  
Fruit Cocktail Dairy  
Trifles

**£14.75**  
61p each

24 x 105g  
50106



**SAVE 38%**

Cool Delights Individual  
Strawberry Dairy  
Trifles

**£15.25**  
64p each

24 x 105g  
61521



**SAVE 39%**

Eatons Black Forest  
Roulade

**£12.25**  
£1.23 ptn

1 x 10ptn  
89779



**SAVE 25%**

Eatons Individual  
White Chocolate &  
Pistachio Cheesecake

**£10.95**  
£1.10 each

1 x 10  
85530



**SAVE 32%**

Eatons Strawberry  
Cheesecake

**£12.30**  
88p ptn

1 x 14ptn  
54719



**SAVE 31%**

Sweet Street  
Rockslide Brownie

**£18.25**  
£1.14 ptn

1 x 16ptn  
64484



**SAVE 20%**

Sweet Street Molten  
Chocolate Cakes

**£14.65**  
£1.63 each

1 x 9  
46878



**SAVE 23%**



# NATASHA'S LAW COMES INTO EFFECT 1ST OCTOBER 2021

## ARE YOU READY?

### What is Natasha's Law?

As of 1st October 2021, any business based in the UK must clearly label all foods prepared and packed on their premises. The purpose of this new legislation is to give allergenic ingredients more prominence on product labels in order to protect hypersensitive consumers and give them greater confidence in the food they buy, following the tragic death of Natasha Ednan-Laperouse in 2016.

This is an important and welcome step towards our ambition for the UK to become the best place in the world for people who have food allergies and intolerances.

The Food Standards Agency  
Chair, Heather Hancock

All pre-packed for direct sale foods will now need to have labels showing:

- The name of the foods
- A full ingredients list with the 14 allergens required to be declared by food law emphasised on the ingredients list if present.
- Clearly label all foods prepared and pre-packed for direct sales (PPDS) on their premises.
- Food operators can get allergen information from Erudus <https://erudus.com>



Celery



Crustaceans



Egg



Fish



Lupin



Milk



Molluscs



Mustard



Peanuts



Sesame



Soya



Sulphur Dioxide



Treenut



Amber

Over 170 foods can cause allergic reactions according to statistics on food allergies.

(Research Gate)

The number of adult patients admitted to hospital because of allergies has more than doubled since 2013, reaching a record high of 27,172 in 2019/2020.

(Anaphylaxis.org.uk)

Anaphylaxis-type reactions occur in around one in 1,000 people worldwide.

(Allergy UK) (Mayo Clinic)

## NON FOOD



Kitchenmaster Floor Polish **£20.95**

1 x 5ltr  
41308



**SAVE 10%**

Kitchenmaster Purple Beerline Cleaner **£8.90**

1 x 5ltr  
52892



**SAVE 10%**

Kitchenmaster Glasswash Detergent 607 **£6.50**

1 x 5ltr  
16402



**SAVE 10%**

Kitchenmaster Dishwasher Detergent **£9.16**

1 x 5ltr  
84605



**SAVE 10%**

Kitchenmaster Machine Glass Renovive **£20.65**

1 x 5kg  
38165



**SAVE 10%**

Kitchenmaster Heavy Duty Degreaser 604 **£9.40**

1 x 5ltr  
82367



**SAVE 10%**

Kitchenmaster Rinse Aid **£8.90**

1 x 5ltr  
17920

**SAVE 10%**

Kitchenmaster Dishwasher Descaler **£6.25**

1 x 5ltr  
74886

**SAVE 10%**



Kitchenmaster Lemon Floor Gel **£7.55**

1 x 5ltr  
26005



**SAVE 10%**

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 Erudus 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](https://www.food.gov.uk/ratings) i ganfod sgôr hyllendid bywd ein busnes neu gofynnwch inni beth ve ein sgôr hyllendid bywd wrth archebu. Go to [food.gov.uk/ratings](https://www.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

For further information and to see how you will be affected please visit the Foods Standards Agency website: <https://www.food.gov.uk/>

Call 01267 222 022 or visit [www.chfoods.co.uk](https://www.chfoods.co.uk)