

Introducing Main Meals

TO A DRINKS-LED PUB



MEDIUM
RISK

HIGH
RISK

VERY HIGH
RISK



With the Government's recent announcement regarding Covid-19 risk tiering for hospitality, should your area be in or move into **Tier 3: Very High Risk**, substantial meals must be served to remain open and operating.

Here are a selection of **simple to deliver familiar favourite dishes** you could introduce to your business **without the need of a chef or a cook**. We can also suggest the right equipment, crockery and cutlery to get you started.

You're #StongerwithBrakes

Dishes AT A GLANCE

Combine these mains with the suggested accompaniment for simple, quick service meals.

- 1 Choose your mains
- 2 Pair with the accompaniments
- 3 Serve using the crockery and cutlery suggested
- 4 Add the condiments
- 5 Pick storage and heating equipment if needed

1. Choose your Mains			2. Pair with these Accompaniments			3. Easy service with our Crockery, Cutlery & Napkins			
CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE	
Curries & World Flavours	F32884	Brakes Beef Madras	12 x 350g			A 101384	Wide Rim Plate 27cm/10.6"	1 x 6	
	F34361	Brake Chicken Tikka Masala	12 x 300g	F3795	Brakes Long Grain Rice (ve)	36 x 167g	A 89260	Economy Table Knives	1 x 12
	F114831	Brakes Panang Chicken Curry	12 x 300g	F4198	La Boulangerie Chota Naan (v)	30 x 40g	A 89261	Economy Table Forks	1 x 12
	F129070	Brakes Goan Fish Curry	12 x 350g	A114844	Geeta's Premium Mango Chutney (ve)	1 x 1.5kg	A 89262	Economy Dessert Spoon	1 x 12
	F34362	Brakes Chickpea, Sweet Potato & Spinach Curry (v)	12 x 300g				A 88289	Brakes White 2ply Napkin 33cm	2 x 300
	F127590	The Authentic Food Co. Singapore Noodles (v)	18 x 350g	F32031	Brakes Cooked Chicken Kebabs	40x100g			
Classic	F32618	Brakes Fully Baked Steak Square Pies	12 x 300g	F31559	Brakes Mashed Potato with Cracked Black Pepper (v)	1 x 2.5kg			
	F31848	Brakes Cooked Pork Sausage Sixes	30 x 70g	F32910	Brakes Roast Onion Gravy (v)	24 x 150g	A 89408	Brakes Black Pepper Sachets	1 x 2000
				F3205	Brakes Choice Garden Peas (ve)	1 x 1kg	A 89409	Brakes Salt Sachets	1 x 2000
	F119626	Brakes Cottage Pie		F3205	Brakes Choice Garden Peas (ve)	1 x 1kg	A 3849	Brakes English Mustard Sachets	1 x 200
	F124128	Brakes Fish Pie		F3795	Brakes Long Grain Rice (ve)	36 x 167g	A 3848	Brakes Brown Sauce Sachets	1 x 200
	F1561	Brakes Chilli Con Carne					A 3853	Brakes Tomato Ketchup Sachets	1 x 200
Pasta & Risotto	F118321	Brakes Beef Lasagne	12 x 400g			A 10408	Brakes Mayonnaise Sachets	1 x 200	
	F 32928	Brakes Roasted Vegetable Lasagne (v)	12 x 400g						
	F 32693	Brakes Spinach & Ricotta Cannelloni (v)	12 x 400g	F32000	La Boulangerie Garlic & Parsley Bread Slices (v)	85 x 24g			
	F 32725	Brakes Macaroni Cheese (v)	12 x 400g						
	F 33647	Brakes Asparagus, Broad Bean & Roasted Garlic Risotto (v)	12 x 350g						
Vegan	F126222	Brakes Jackfruit Balti (ve)	12 x 350g	F3795	Brakes Long Grain Rice (ve)	36 x 167g			
	F126221	Brakes Butternut Gobi Dhansak (ve)	12 x 350g	A114844	Geeta's Premium Mango Chutney (ve)	1 x 1.5kg			

CODE	PRODUCT	PACK SIZE
529151	Blizzard Light Duty Commercial Microwave, 1000W	
577307	Panasonic Medium Duty Commercial Microwave, 1000W	
529167	Blizzard Heavy Duty Commercial Microwave, 1800W	
511869	Polar CD611 Undercounter Freezer 140 litre	
585130	Vestfrost SZ248C Chest Freezer 255 litre	
511738	Polar CD613 Upright Freezer 375 litre	

4. Add the Condiments

5. Simple to Store & Heat

Click below for more information

Is there anything I need to do before I start serving food?

GUIDANCE & REGISTRATION

For the latest government guidance go to [food.gov.uk/business-guidance/setting-up-a-food-business](https://www.food.gov.uk/business-guidance/setting-up-a-food-business)

Register free online at www.gov.uk/food-business-registration

Any questions or queries? Please contact your local authority

TRAINING

Ensure staff are trained adequately on food handling and food hygiene. Go online at

[food.gov.uk/business-guidance/food-hygiene-for-your-business#staff-training](https://www.food.gov.uk/business-guidance/food-hygiene-for-your-business#staff-training)

EQUIPMENT

We have a wide range of cleaning and other essential products to help you prepare your premises

brake.co.uk/news/covid-19/cleaning-products-and-equipment

Dish Allergen & lifestyle information AT A GLANCE

Simple dish detail to include on your menu.



Dish	Vegan or Vegetarian	Allergens Contains:	Allergens May contain traces of:
Curry Beef Madras, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Curry Chicken Tikka Masala, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Curry Penang Chicken, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Curry Goan Fish, Rice, Naan & Chutney		Fish, Milk, Wheat & Gluten	Nuts, Peanuts, Sesame, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pistachio & Walnut
Curry Chickpea, Sweet Potato & Spinach, Rice, Naan & Chutney	Vegetarian	Milk, Mustard, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Singapore Noodles with Chicken		Celery, Egg, Sesame, Soya, Wheat & Gluten	
Steak Pie Mash Peas Gravy		Celery, Milk, Barley, Wheat & Gluten	
Sausage Mash Peas & Gravy		Celery, Milk, Barley, Wheat & Gluten	
Cottage Pie & Peas		Celery, Milk, Barley & Gluten	
Fish Pie & Peas		Fish, Milk & Sulphites	Nuts, Almond & Cashew
Beef Chilli Con Carne with Rice		None of the 14 Allergens	
Lasagne Beef with Garlic Bread		Egg, Milk, Wheat & Gluten	Milk & Soya
Lasagne Roast Vegetables with Garlic Bread	Vegetarian	Celery, Egg, Milk, Mustard, Wheat & Gluten	Milk & Soya
Cannelloni Spinach & Rocotta with Garlic Bread	Vegetarian	Egg, Milk, Wheat & Gluten	Milk & Soya
Mac And Cheese with Garlic Bread	Vegetarian	Milk, Mustard, Wheat & Gluten	Milk & Soya
Risotto Asparagus & Broad Bean with Garlic Bread	Vegetarian	Milk, Wheat & Gluten	Celery, Egg, Milk, Mustard, Sesame, Soya, Almond, Hazelnut, Pistachio, Rye, Barley, Wheat & Gluten
Jackfruit Balti, Rice & Chutney	Vegan	Mustard	Nuts, Peanuts, Sesame, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Butternut Gobi Dhansak, Rice & Chutney	Vegan	Mustard	Nuts, Peanuts, Sesame, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut

Disclaimer: This information is illustrative of the dish selections on the previous page. This information can form part of your site specific allergen risk analysis, but does not does not replace your own allergen audit. Existing onsite allergens and controls need to be considered. [food.gov.uk/business-guidance/allergen-guidance-for-food-businesses](https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses)