

THE GOURMET SHOP, INC.

THE CHATEL VILLAGE # 5 HOLETOWN, BARBADOS ph: 246-432-7711

We are dedicated to providing the finest products & service in Barbados.

Please ask our trained staff for any assistance you might require.

November 2016

CAVIARS, GOLD LEAF & TRUFFLES

GOLD LEAF - EDIBLE	2" x 2"
LUMPFISH - BLACK OR RED	56 g
KAULGA RIVER CAVIAR (FARMED BELUGA)	28.5g & 56g
OESTRA 'GOLD' CAVIAR (BAE FARMED)	
OSETRA 000 'MALOSSOL' CAVIAR (BAE FARMED)	28.5 g, 56 g, 113 g
SALMON KETA CAVIAR (USA)	57 g, 113 g
TOBIKKO CAVIAR - WASABI, GINGER OR RED	56 g
TRUFFLES BLACK OR WHITE SUMMER - BRUSHED ITALIAN & BLACK PEELINGS	various sizes

PÂTÉ: FRESH, FROZEN & TINNED

BLOC DE FOIE GRAS DE CANARD OR GRAS D'OIE - (TINNED) 'ROUGIE'	various
FOIE GRAS DE CANARD ENTIER - FRESH / FROZEN (RAW)	special order
MINI MOUSSES & TERRINES - CHICKEN LIVER, COUNTRY, MUSHROOM, TRUFFLE, SALMON, ETC.	7 oz
MOUSSE DE CANARD WITH PORT - PORK FREE	per lb
MOUSSE D'OIE WITH SAUTERNE - PORK FREE	per lb
MOUSSE OF CHICKEN LIVERS WITH TRUFFLE 3% - PORK FREE	per lb
PÂTÉ DE CAMPAGNE - GREEN PEPPER, CORNS & GARLIC	per lb

MEATS: FRESH, FROZEN & SAUSAGES

BACON - IRISH BACK & UNSMOKED STREAKY	1 lb
BEEF FRANKS - CERTIFIED ANGUS	4 ct
BEEF FRANKS - HEBREW NATIONAL (K)	7 ct
BEEF RIBEYE STEAK - GLATT (K)	12 oz
BEEF SALISBURY STEAK DINNER - GLATT (K)	
BEEF GROUND - 93% LEAN CERTIFIED BLACK ANGUS	per lb
BEEF HAMBURGERS - US CERTIFIED BLACK ANGUS OR KOBI BEEF	8 oz
BEEF ROASTS - EYE OF ROUND, PRIME RIB, RIBEYE, TENDERLOIN, ETC - US CERTIFIED BLACK ANGUS	per lb
BEEF STEAKS - FILLET MIGNON, FLANK, PORTERHOUSE, RIBEYE, STRIPLOIN (AKA SIRLOIN) & T-BONE	
CHICKEN BREASTS - SKINLESS/BONELESS OR "SUPREMES" (SPECIAL ORDER - LOCAL	per lb
CHICKEN WHOLE - EMPIRE KOSHER -	per lb
CHICKEN WHOLE - ORGANIC OR ALMOST FREE RANGE - LOCAL	per lb
CORNISH GAME HENS	1 lb average
DUCK - BREASTS OR WHOLE - LONG ISLAND OR MOSCOVY OR FRENCH STYLE MAGRET	per lb
GOOSE - WHOLE - US	special order
HAM - SMOKED OR UNSMOKED GAMMON - LOCAL	per lb
LAMB - FRENCH TRIMMED CHOPS/CUTLETS, LEGS, RACKS, SHANKS & TENDERLOIN - NZ	per lb
OSSO BUCCO - US	per lb
PORK - CHOPS, LEGS, BABY BACK RIBS, ROAST, TENDERLOIN	special order
QUAIL - 'SEMI BONED' - 6 PER PACK	special order
SAUSAGE - CHORIZO STYLE (RAW)	per lb
SAUSAGE - 'PIER' (ALL PORK NO FILLERS) - US	per lb
SAUSAGE - 'ROBINSON'S' CHIPOTATTA, COCKTAIL & 8s - UK	227g / 454 g
SAUSAGE - ANDOUILLE, BISTRO W/ HERB DE PROVENCE, CHORIZO, MERGUES - US	500g
TURKEY - IMPORTED US CROWN ROAST OR LOCAL BREAST OR WHOLE	special order
VEAL - FRENCH TRIMMED CHOPS, CUTLETS (AKA SCALLOP), LIVER, PORTERHOUSE STEAK	Per lb
VENISON - STRIPLOIN WHOLE (AKA SIRLOIN) OR TENDERLOINS	per lb
KOBI BEEF & OTHER CUTS - SPECIAL ORDER - PLEASE ASK	

DELI MEATS: CHUBBS & SLICED PACKS

CHORIZO - DRY CURED - SLICED OR. WHOLE - SEVERAL BRANDS/STYLES	4 oz/7 oz
HAM - SLICED DELI STYLE SMOKED OR. UNSMOKED & FRENCH 'BUFFET STYLE' BOILED	per lb
MORTADELLA W/ PEPPER CORNS - SLICED	4 oz
PANCETTA - DICED OR. SLICED	3 oz
PROSCIUTTO DE PARMA - SLICED - ITALIAN OR. USA	per lb
SALAMI - CHUBBS - DRY CURED BLACK PEPPER, GREEN PEPPER CORN OR. ROSETTE DE LYON	10 oz
SALAMI - CHUBBS - DRY CURED ARTESIAN ROSETTE DE LYON & SAUCISSON SEC	8 oz
SALAMI - SLICED - CHORIZO, GENOA, MILANO, PEPPERONI & SOPRESATTA	4 oz
SERANO HAM - SLIVED	3 oz
TURKEY BREAST - SLICED - OVEN ROASTED OR. SMOKED - US	per lb

SEAFOOD: FRESH, FROZEN & PRESERVED

ALECI FRESCHE - WHITE ANCHOVIES IN OIL - FORMAN & SONS	
ANCHOVIES IN OIL - FLAT IN JAR OR. TIN	4.25 oz
BARRACUDA - FILLETS, SIDE OR. WHOLE	per lb
CALAMARI / SQUID - TUBES & TENTICLES CLEANED	2.5 lb
COD FISH FILLETS & SMOKED COD'S ROE (TARAMASALATA)	per lb
CRAB MEAT CLAW - 'PRIMA STAR' (PASTEURIZED / CHILLED)	1 lb
DOLPHIN (MAHI MAHI / DORADO) - FILLETS, SIDE OR. WHOLE	per lb
KING FISH - FILLETS, SIDE OR. WHOLE	per lb
KIPPERS - BONELESS - 'FORMAN & SON'	per lb
LOBSTER - TAILS OR. WHOLE LIVE IN SEASON - LOCAL	per lb
MUSSELS - BLACK SHELL FROZEN IN JUICES	per lb
OYSTERS IN THE SHELL - ALL VARIETIES	special order
RED SNAPPER - FILLETS, SIDE OR. WHOLE	per lb
SALMON - FRESH FILLETS, SIDE, OR. WHOLE 'HEAD ON'	per lb
SCALLOPS U 10 LARGE	per lb
SEAFOOD SALAD - 'FORMAN & SON'	200 g
SHRIMP - COOKED & CLEANED 51-60	1 lb
SHRIMP - FRESH WATER. HEAD ON 4 PIECES	2 lb
SHRIMP - TIGER. PRAWN 16-20 OR. 21-25 (EASY PEEL OR. TAIL ON)	per lb
SMOKED FISH - DOLPHIN, FLYING FISH, HADDOCK, MARLIN, TROUT	per lb
SMOKED SALMON SCOTTISH D SLICED / UNSLICED - (K)	per lb
SOLE 'DOVER' - FILLETS OR. WHOLE	special order
SUSHI TUNA - YELLOW FIN TUNA GRADE A+	per lb
SWORD FISH - FILLETS	per lb
TUNA IN OIL OR. SPRING WATER - <i>DOLPHIN FRIENDLY</i>	185 g
UNAGI - SMOKED EEL	9 oz

OTHER SEAFOODS AVAILABLE- SPECIAL ORDER

HERBS & PRODUCE: IMPORTED & LOCAL

BASIL, CHIVES, CORIANDER, DILL, KAFFIR LIME LEAVES, MINT, PARSLEY, ROSEMARY, SAGE, TARRAGON	
ASPARAGUS - WHITE & GREEN	Each
BABY / MINI VEGETABLE SELECTION (SEASONAL) - LEEKS, CAULIFLOWER, SAVOY CABBAGE, ETC	
BEANS & PEAS (SEASONAL)	
BERRIES - BLUEBERRIES, BLACKBERRIES, RASPBERRIES, STRAWBERRIES	punnets
CITRUS - BLOOD ORANGES, NAVEL ORANGES, PINK GRAPEFRUIT	Each
FENNEL BULB - ITALIAN	Per lb
FIGS - 'MISSION'	Each
FRESH GALANGAL, GINGER ROOT & HORSERADDISH	per lb
LETTUCES - ARUGULA, EXOTIC HEADS, MACHE, MESCULIN MIX, MICRO GREENS	Per lb
MELONS - CANTALOUPE, HONEYDEW, ETC.	Each
ONIONS - RED OR. WHITE PEARL & RED SHALLOTS	Per bag
POTATOES - LA RATTE DU TOUQUET & BABY NEW	Per bag
POUSSE - BABY SPINACH	per lb
TOMATOES - CHERRY & ON THE VINE - RED OR. YELLOW	Per lb
<i>SPECIALTY PRODUCE AVAILABLE IN SEASON & SPECIAL ORDER</i>	<i>please ask</i>

DAIRY

BUTTER & PURE BUTTER GHEE	
CLOTTED CREAM - DEVONSHIRE	
CREAM – HEAVY FOR COOKING & WHIPPING	1 ltr
CRÈME FRAÎCHE	
MASCARPONE	500 g
MILK - FARM FRESH PASTURIZED COW'S OR ORGANIC RAW GOATS	1/2 gal
YOGURT – GOAT, GREEK & ORGANIC PLAIN	500 g

CHEESES - ALL ORIGINAL LABELS FROM WHERE THEY SHOULD BE FROM

BEL PAESE BUTTONS	each
BOURSIN – FINES HERBES & GARLIC OR PEPPER	each
BRIE – PASTURIZED 60% FAT OR UNPASTURIZED 60% BRIE DE MEAUX DE PAYS	per lb
CAMBOZOLA	per lb
CAMEMBERT – INDIVIDUAL MINIS - RUSTIQUE, PRESIDENT, ETC	200 g - 250 g
CHAUMES	per lb
CHEDDAR EXTRA MATURE - ENGLISH	each & per lb
CHÈVRE – ASSORTED PLAIN OR HERB, SOFT OR FIRM (GOAT)	various
FETA (SHEEP/GOAT)	200 g
GORGONZOLA DOLCELATTE	per lb
GRUYÈRE	per lb
HALOUMI (SHEEP/GOAT)	250 g
MANCHEGO (SHEEP)	per lb
MOZZARELLA DI BUFALA (WATER BUFFALO)	200 g
PARMIGIANO REGGIANO - WHOLE OR GRATED	per lb
PECORINO ROMANO (SHEEP)	per lb
PETTIT LIVAROT, PETTIT PONT L'EVEQUE & PETTIT REBLOCHON	250 g
ROQUEFORT (SHEEP)	100 g
STILTON	per lb
VACHERIN MONT D'OR	500 g

BAKERY & PASTRY: HOMEMADE & IMPORTED

BAGELS - PLAIN OR SESAME - KOSHER	
BAGUETTE - PARISETTE HALF BAKED - 1/2 SIZE BAGUETTE BAKE 10 MIN	Each
BLINI - MINI OR COCKTAIL SIZE	
BREAD – MINI COCKTAIL – PUMPERNICKEL OR RYE	16 oz
BREAD – ORGANIC - GLUTEN/YEAST FREE BUCKWHEAT, PUMPERNICKEL OR RYE	Various
CROISSANTS - FRESH	Each
CRUMPETS 'ENGLISH STYLE'	8 ct
DUCK PANCAKES FOR PEKING DUCK – FROZEN	100ct / 10 ct
EGG ROLL OR WANTON SKINS - FROZEN	10 ct
ENGLISH MUFFINS – 'THOMAS'	6 ct
PANKO BREAD CRUMBS & GLUTEN FREE PANKO	200 g / 1 kg
PAPPADUMS - (GLUTEN FREE)	200 g
PUFF PASTRY – FROZEN SHEETS 12" X 18"	Per sheet
RICE PAPER - DRY	pack
SPRING ROLL SKINS – FROZEN	20 ct

CHIPS, CRACKERS & SAVORY BISCUITS, SNACKS

BREADSTICKS – PLAIN, ROSEMARY OR SESAME	4.4 oz
CARR'S WATER CRACKERS – BLACK PEPPER, PLAIN, SESAME, ETC.	250 g
DEVONSHEER MELBA TOASTS – PLAIN, SESAME OR UNSALTED (K)	5.25 oz
DOCTOR SCHAR ENTERTAINMENT CRACKERS - GLUTEN FREE	
EAT QUINOA CHIPS - W/ SWEET CHILI & CHIVES OR W/ CHILI (GLUTEN FREE)	
EDAMAME SNACK - LIGHT SALT - 'SEAPoint' (GLUTEN FREE)	3.52oz / 4 oz
FINN CRISPS – ORIGINAL RYE - (WHEAT FREE) (K)	200 g
KETTLE ORGANIC POTATO CHIPS – LIGHT SALT, BASALMIC & SALT, SWEET CHILI, ETC	40 g
LUNDBERG ORGANIC RICE CHIPS – LIGHT SALT OR SESAME SEAWEEED (GLUTEN FREE)	5 oz
MANISCHEWITZ MATZOS 'NO SALT' (K)	10 oz

MARMITE RICE CAKES	110g
MARY'S GONE CRACKERS ORIGINAL (GLUTEN FREE)	
MINI CANAPE CUPS OR CRUSTADES & MINI TOASTS	
PASKESZ ULTRA THIN RICE CAKES (K)	140 g
STACEY'S - BAGEL OR PITA CRISPS (K)	4.25 oz
WALKERS HIGHLAND OATCAKES (K)	300g
WASABI BROAD BEANS, PEANUTS OR PEAS IN TIN - 'KHAO SHONG'	140 g / 280 g
WATERWHEEL ORGANIC CRISPBREADS - ORIGINAL - FROM AUSTRALIA	100 g
<u>COOKIES & SWEET BISCUITS</u>	
AMARETTI - LAZZARONI LARGE BAG OR WINDOW GIFT BOX	2 lb / 7.05 oz
BORDER SWEET BISCUITS - LOTS OF YUMMY FLAVORS	
DOVE FARMS - LEMON ZEST - (GLUTEN FREE)	
FORTUNE COOKIES (K)	18ct
MRS.CRIMBLES COOKIES - CHOC MACAROONS OR JAM RINGS (GLUTEN FREE)	various
PIROULINE ROLLED WAFERS - DOUBLE CHOCOLATE , HAZELNUT OR VANILLA (K)	6 oz /14 oz
SAVOIARDI LADY FINGERS / CHAMPAGNE BISCUITS	200 g / 500 g
TATE'S GLUTEN FREE CHOCOLATE CHIP	
WALKER'S GINGER COOKIES & VARIOUS SHORTBREADS (K)	various
<u>CHOCOLATE: BAKING, BARS & TRUFFLES</u>	
AFTER EIGHTS - CHOCOLATE MINTS	box
BEECH'S CHOCOLATE GIFT BOXES	100 g
BENDICK'S CHOCOLATE BOXES	
DIVINE CHOCOLATE COINS	75 g
GODIVA - GIFT BOXES	
LINDT BARS - BITTERSWEET, DARK W ORANGE, MILK, WHITE, ETC	100 g
LINDT LINDOR TRUFFLES - GIFT BOXES OR SINGLES IN DARK, HAZELNUT, MILK, WHITE	each
MENIER 70% DARK CHOC BAKING BARS (K)	100g
TOBLERONE TRADITIONAL - BITTERSWEET, MILK, WHITE (K)	3.5 oz
VALRHONA BAKING CHOCOS - DARK, MILK, WHITE (K)	per lb
VALRHONA MINI 'HOSTESS / TURN DOWN'S' (K)	each
<i>OTHER BARS & BOXED 'HOSTESS GIFT' CHOCOLATES AVAILABLE IN SHOP</i>	
<u>CANDIES, TORRONE, TURKISH DELIGHT, ETC.</u>	
BURNDT SUGAR FUDGE - CHOC, GINGER & SEA SALT	150 g
GINGER CRYSTALLIZED (K)	125 g
JELLY BELLIES	3.25 oz
JORDAN ALMONDS	1 lb
LICORICE - BASSET'S ALL SORTS, HENRY GOODE'S, OR PANDA BRAND	1.13 oz - 7 oz
LOLLIPOPS LINDA'S GOURMET - 50 ALL NATURAL FLAVORS	Each
TORRONE - ALMOND OR PISTACHIO - HARD OR SOFT - ITALIAN	5.30 oz
TURKISH DELIGHT - ASSORTED - 'HAZER BABA'	250 g / 454 g
<u>COFFEE & TEA</u>	
BLIE MOUNTAIN - BEANS & GROUND	250g
DOUWE EGBERTS INSTANT CAFÉ	100 g
HAWIIAN GOLD KONA BLEND - BEANS & GROUND	250g
ILLY ESPRESSO - BEANS, GROUND, DECAF & PODS	250 g
MEDAGLIA DORO - INSTANT ESPRESSO (K)	2 oz / 57 g
NESCAFÉ - 100% ARIBICA INSTANT ESPRESSO	100g
TEA - OOLONG BAGS - CHINA	100 ct
TWININGS TEA BAGS OR LOOSE LEAF - LARGE VARIETY - DECAF, GREEN, HERBAL & REGULARS	20 - 50 bags
<u>HONEY, SUGARS & SYRUPS</u>	
AGAVE SYRUP	17 oz
HIBISCUS FLOWERS IN SYRUP - 'WILD HYBISCUS'	50 ct / 11 ct
HONEY - LAVENDER, TUPELO, OR SUMMER FLOWERS	17.8 oz
HONEY MANUKA ACTIVE 16+ - NZ	340 g
MAPLE SYRUP - ORGANIC - CANADIAN	266 ml

MOLASSAS - BARBADOS	
POMEGRANATE MOLASSES	
SUGAR - BROWN OR WHITE CUBES – ‘A LA PERRUCHE’	17 oz / 1 kg
SUGAR - PALM SUGAR	18.5 oz
SUGAR - ROCK SWIZZLE STICKS - WHITE	each / 6 pk / 16 pk
SYRUPS - LAVENDER, POMEGRANATE & ROSE	

JAMS, JELLY, PEANUT BUTTER & PRESERVES

ATKINS & POTTS - BASALMIC JELLY OR PORT JELLY	200 g
BONNE MAMAN - BLUEBERRY, ORANGE, GRAPE, STRAWBERRY OR WILD FRUIT - (K)	13 oz
BUDERIM - GINGER OR GINGER & MANGO CONSERVE (K)	17 oz
DALMATIA FIG SPREAD	8.5 oz
FRANK COOPER'S ORIGINAL BITTER ORANGE MARMALADE	16 oz
HERO PRESERVES – FAMOUS THROUGHOUT EUROPE – VARIOUS - (K)	12 oz
PEANUT BUTTER - BIONA ORGANIC	250 g
QUINCE PASTE FROM SPAIN	290 g
ST. DALFOUR CONSERVE – GINGER/ORANGE, MANGO/PINEAPPLE OR ROYAL FIG PRESERVES	10 oz
TIPTREE - LEMON, LITTLE SCARLET STRAWBERRY, SEEDLESS RASPBERRY, RED CURRANT JELLY, ETC - (K)	12 oz

SALAD DRESSINGS

BRIANNA'S – HONEY MUSTARD, LEMON TARRAGON, POPPYSEED, OR VINAIGRETTE	12 oz
HEINZ SALAD CREAM - THE CLASSIC VARIETY	285 g

OILS

ALMOND OIL - LA TOURANGELLE	250 ml
AVOCADO OIL - EXTRA VIRGIN - LA TOURANGELLE	250 ml
COCONUT OIL - EXTRA VIRGIN - 4 ORGANIC VARIETIES	500 ml
GRAPESEED OIL - LA TOURANGELLE	250 ml
HAZELNUT OIL	250 ml
MACADAMIA NUT OIL	250 ml
MUSTARD OIL	10 oz
OLIVE OIL EXTRA VIRGIN – SELECTION OF REGULAR, ORGANIC & SELECT ESTATE	17 oz
PEANUT OIL ROASTED – ‘LORIVA’ (K)	325 g
PUMPKIN SEED OIL - LA TOURANGELLE	
SESAME OIL 100% PURE - JAPANESE - TOASTED OR NOT	5.5 oz / 11 oz
TRUFFLE OIL - BLACK OR WHITE - ‘BREZZI’ ITALIAN	55 ml / 250 ml
WALNUT OIL - LA TOURANGELLE	250 ml
WOK OIL	10 oz

VINEGARS

APPLE CIDER VINEGAR – ‘BRAGGS’	250 ml
BALSAMIC GLAZES - BLAZE, BLAZE W FIG, WHITE REDUCTION, WHITE W/ RASPBERRY & WHITE W/ TRUFFLE	7.3 oz
BALSAMIC VINEGAR - ‘FINI’	8.45 oz
BALSAMIC VINEGAR - WHITE - BASALMICO VIGNOLA’	17 oz
BALSAMIC VINEGAR 12 OR 25 YR – ‘DE NIGRIS’ MODENA	100 ml
BALSAMIC VINEGAR 25 YR - ‘BANFI’ & OTHERS	150 ml
CHAMPAGNE VINEGAR	16.9 oz
CHINESE CHINKIANG BLACK RICE VINEGAR - ‘RED PLUM’	21 oz
MIRIN SWEET OR HONTERI OR AJI MIRIN	12oz - 24 oz
RASPBERRY VINEGAR	500 ml
RICE VINEGAR REGULAR - NOT SEASONED	700 ml / 300 ml
TARRAGON VINEGAR	16.9oz
WINE VINEGARS - CHAMPAGNE, RED, SHERRY & WHITE WINE VINEGAR	500 ml

CONDIMENTS, MAYONNAISE & MUSTARD

BRUSCETTA - ARTICHOKE, OLIVE, MUSHROOM OR ROASTED PEPPER	
CARAMELISED RED ONION MARMALADE	330 g
COLEMAN'S - DRY OR PREPARED MUSTARDS	various
DIJONNAISE - MAILLE (K)	8oz

DILL MUSTARD SAUCE - 'A & P'	200 g
GREY POUPON DIJON	8 / 16 / 24 oz
CHUTNEY - APPLE, FIG, PLOUGHMANS, TOMATO & OTHERS	
CHUTNEY - MANGO - SEVERAL BRANDS, STYLES & SIZES	
HORSERADDISH - FRESH - 'BA'TEMPE' (K) & SAUCES	8 oz
MAILLE MUSTARDS - COARSE OR DIJON (K)	7.5 oz
MARMITE YEAST EXTRACT	57 g - 250 g
MAYONNAISE - 'HELLMAN'S' (K)	8 oz
TAMARIND PASTE - TAMARIND & WATER OR A SEEDLESS BLOCKS	227 g x 500 g
TOMATO KETCHUP ORGANIC - HEINZ	
VIDALIA ONION RELISH - 'BRASWELL'	9.5pz
WASABI PASTE IN TUBE OR POWDER TO BLEND - SEVERAL BRANDS & SIZES	various
<u>OLIVES, CAPERS, PICKLES & TAPENADE</u>	
ANCHOVY - WHOLE FLAT & PASTE	
ARNAUD - GREEN POVENÇAL AND PROVENÇAL MELANGE OLIVES	14.7oz
CAPERS - NONPAREILLE & CAPER BERRIES - 'DELICIA'S' (K)	7.5 oz
CORNICHON EXTRA SMALL - 'DIVINA' & 'MAILLE' (K)	3.5 oz
DILL PICKLES HALVES & WHOLE - BA-TAMPTE, MEZZETTA, OSEM & SECHLER'S BRANDS	7 oz / 14 oz
DIVINA - ORGANIC CASTELVETRANO, GREEK MIX, PITTED GREEN & KALAMATA	
GENTLEMAN'S RELISH - PATUM PEPPERUM	
GINGER - FRESH PICKLED FOR SUSHI	
KRINOS - CRACKED GREEN, KALAMATA, KALAMATA PITTED, BLK GREEK & BLK OIL CURED (K)	375 g / 125 g
KHUNE - BARREL PICKLES W OR W/O GARLIC	
MEZETTA - CASTELVETRANO & COLOSSAL GREEN	6.5 oz
ONIONS COCKTAIL - 'SANTA BARBARA'	various
PICCALILLI - OPIES	
SANTA BARBARA - OLIVES STUFFED WITH ANCHOVY, GARLIC OR PIMENTO	8 oz
SAUERKRAUT - KUNE BARREL CURED	24 oz
SUN DRIED TOMATOES - DRIED, IN OIL, PESTO & SEMI-DRIED	5 oz - 6.2 oz
WALNUTS PICKLED IN PORT - 'OPIES'	130 g
<u>DIPS & SALSAS</u>	
EGGPLANT CAPONATA - GIOVANNI'S	2.75 oz
HUMMUS DIP - 3 VARIETIES - 'WILD GARDEN' (K)	13.5 oz
HUMMUS DIP - 'ZYIAD' (K)	6 oz
SALSA - 7 VARIETIES - 'DESERT PEPPER'	16 oz
TAHINI - 'KRINOS' OR 'ZYIAD' (K)	16 oz
VEGGIE ANTIPASTO DIP - 'SABLE & ROSENFELD'	4 oz
<u>CURRIES & SAUCES</u>	
AROY-D CURRIED SAUCES - GREEN, RED & YELLOW - MAKES A GREAT EASY SAUCE	8.5 oz
A-1 STEAK SAUCE	5 oz
BBQ SAUCE - REGULAR OR HOT - 'BONE SUCKIN' (K)	16 oz
BEARNAISE SAUCE - 'MAILLE' (K)	200 g
BLACK BEAN & GARLIC SAUCE - 'LEE KUM KEE'	360 g
COCONUT MILK, CREAM OR POWDER - 'CHAOKOH' & 'AROY-D'	various
CRANBERRY SAUCE, CHUTNEY OR RELISH - SEVERAL BRANDS & STYLES	
CURRY SAUCES - BUTTER CHICKEN, CHICKEN TIKKA, KORMA, ROGANJOSH, TANDOORI, VINDALOO	375 ml
FISH SAUCE - 'TIPEROS'	300 / 750 ml
H. P. 'ORIGINAL' SAUCE	255 g
HARISSA - TINNED	380g / 135 g
HOISIN SAUCE - 'LEE KUM KEE' ETC	397 g
HOLLANDAISE SAUCE - 'MAILLE' (K)	200 ml
HORSERADISH SAUCE - FRESH CHILLED OR HOT ENGLISH	250 g
KECAP MANIS SWEET SOY SAUCE - 'ABC'	625 ml
MINT JELLY & SAUCES - SEVERAL BRANDS & STYLES	
MOROCCAN TAGINE (APRICOT & CORIANDER) - COOKING SAUCE	350 g
PAD THAI SAUCE - 'MAESRI' OR 'TASTE OF THAI'	255 g

PASTA SAUCES – AFREDO, ARRIBBIATA, MARINARA (K) , OLIVE/CAPER, PORCINI, PUTANESCA, TOMATO/RICOTTA	
PESTO SAUCE - 'BELLINO' OR 'DECECCO' OR 'SACLA' OR 'MANTOVA'	
PICKAPEPPER JAMAICAN SAUCES - ORIGINAL, GINGER/MANGO, & HOT PEPPER	5 oz
PLUM SAUCE - 'LEE KUM KEE' (K) & 'ROSE FARMS'	260 g / 7 oz
PONZU SAUCE – 'KIKKOMAN'	15 oz
SAMBAL OELEK HOT CHILI SAUCE - 'HUY FONG'	8 oz / 18 oz
SHOYU - ORGANIC - 'SAN J' (GLUTEN FREE)	10 oz
SOY SAUCE - ALL TYPES & SIZES - LARGE VARIETY & GLUTEN FREE & LOW SALT	
SRIRAJA MEDIUM HOT CHILI SAUCE - 'AROY-D'	8 OZ / 20.5 OZ
SWEET & SOUR SAUCE - 'KIKKOMAN' ETC	10 oz
SWEET CHILI SAUCE - 'AROY-D'	32 oz
TABASCO SAUCE – ORIGINAL, W GARLIC (NEW) OR MILDER JALAPEÑO (GREEN) (K)	2 oz / 5 oz
TAMARI - ORGANIC – SAN-J (WHEAT FREE)	10 oz
TERIYAKI SAUCE – 'KIKKOMAN'	12 oz
THAI CURRY PASTE - 'AROY-D' – GREEN, RED, YELLOW & SOUR YELLOW	113g/400g/1 kg
TOMATO PASTE DOUBLE CONCENTRATE	140 g
<u>PRESERVED VEGETABLES & FRUITS</u>	
ARTICHOKE HEARTS IN OIL OR LONG STEMMED W/ HERBS	285 g
BABY CORN – WHOLE - 'AROY-D'	15 oz
BLACK BEANS DRY PRESERVED WITH GINGER – CHINESE	500 g
CHERRIES IN BRANDY OR KIRSCH – 'LES PARISIENNES' & 'WOODEN SPOON'	1050 g / 425 g
FIGS W COURVOISIER - 'OPIES'	460 g
GINGER STEM IN SYRUP - 'BUIDERIM'	300 g
HEARTS OF PALM - 'H H'	
LYCHEES WHOLE PITTED – 'AROY-D'	15 oz
MUSHROOMS STRAW IN WATER - 'TASTY JOY'	15 oz
PEACHES W BRANDY - 'WOODEN SPOON'	425 g
PEARS W CALVADOS - 'WOODEN SPOON'	425 g
PEPPERONCINI - 'KRINOS'	16 oz
PEPPERS - CHIPOTLE IN ADOBO SAUCE (K) & JALAPENO SLICED	7 oz
PEPPERS - MILD PIQUANT – 'PEPPADEW' (K)	14.75 oz
PEPPERS - ROASTED SWEET RED OR YELLOW - 'KRINOS'	16 oz
TOMATOES ORGANIC FIRE ROASTED - 'MUIR GLEN' (K)	28 oz
TOMATOES WHOLE PEELED ITALIAN PLUM - 'CENTO'	400 g
WATER CHESTNUTS - 'ASIAN GOURMET'	5 oz
<u>FLOUR, GRAINS, LEGUMES, RICE & TEMPURA</u>	
BEANS - CANNELLINI & GIANT PERUVIAN LIMA – DRIED (GLUTEN FREE)	500 g
BULGAR WHEAT - 'ZYIAD'	1 lb
CHIA & FLAX SEEDS	
FLOUR - GLUTEN FREE - SELF RAISING & PLAIN - DOVES FARM	1 kg
FLOUR - SEMOLINA	500 g
LENTILS – DRIED - RED & LENTIL DE PUY (GLUTEN FREE)	500 g
OATMEAL - IRISH STEEL CUT – 'JOHN MCCANN'S' (K)	28 oz
POLENTA – QUICK COOKING - 'COLAVITA'	500 g
QUINOA GRAIN - WHITE, RED OR BLACK - (GLUTEN FREE) (K)	1 lb
RICE - ARBORIO & CARNAROLI – 'GALLO' ORGANIC	1 lb
RICE - BASMATI – WHITE & BROWN – 'TILDA' (K)	14 oz
RICE - BLACK FORBIDDEN - LOTUS ORGANIC (K)	15 oz
RICE - BROWN LONG GRAIN ORGANIC - 'LUNDBURG'	32 oz
RICE - GLUTENOUS STICKY RICE - BLACK OR WHITE THAI	1 kg
RICE - JADE PEARL - LOTUS ORGANIC (K)	15 oz
RICE - JASMINE - BROWN OR WHITE	various
RICE - RED BUTANESE - LOTUS ORGANIC (K)	15 oz
RICE - SUSHI SHORT GRAIN - KUKOHO ROSE	5lb & 15lb
RICE - WILD LONG GRAIN - EXTRA FANCY - 'GOURMET VALLEY' (K)	500 g
TEMPURA BATTER - 'GOGI' THAILAND	500 g

NOODLES & PASTA

ANCIENT HARVEST QUINOA - LINGUINE & SPAGHETTI (GLUTEN FREE) (K)	250 g
BARILLA PASTAS - LARGE SELECTION (K) & GLUTEN FREE	100 g
CHINESE STYLE - YELLOW	
COUS COUS - REGULAR OR TOASTED ISRAELI (K)	400 g
DE CECCO PASTAS - LARGE SELECTION	390 g
GLASS NOODLES - BEAN VERMICELLI - THAILAND (GLUTEN FREE)	500 g
JAPANESE STYLE - MENDAKE	
MIRACLE NOODLES - SHIRATAKI PASTA - FETTUCCINI	7 oz
RICE NOODLES - VERMICELLI, SMALL, MEDIUM & WIDE - THAILAND (GLUTEN FREE)	
SOBA BUCKWHEAT NOODLES	400 g
SOMEN NOODLES	10 oz / 50 oz
UDON NOODLES	8 oz
<u>SOUPS & STOCKS</u>	2.29 oz

BEEF CONSOMMÉ	each
BOUILLON BASES - BEEF (LOW SALT), CHICKEN, CLAM, FISH, HAM & VEG - NO MSG	1 kg/14 g
HONDASHI - AJINOMOTO	24 g
KITCHEN BASIC STOCKS - BEEF, CHICKEN & VEGETABLE	
KNORR STOCK CUBES - BEEF, CHICKEN, FISH & VEGETABLE (K)	6 oz
MISO PASTE, SOUP MIX OR 'MINUTE MISO'	
TOM YUM CUBES - 'MAESRI'	500 g
<u>DRIED FRUIT, NUTS, MUSHROOMS, ETC.</u>	1/4 lb

ALMONDS DRY ROASTED - 'BLUE DIAMOND'	1/4 lb
CHESTNUTS - PUREE & WHOLE - 'C. FAUGIER'	1.5 oz
DRIED FRUIT - APRICOTS, BLUEBERRIES, CHERRIES, CRANBERRIES, FIGS, PRUNES	
DRIED MUSHROOMS - FOREST MIXED, MOREL, PORCINI & SHITAKE - FRENCH	10 sheets
GOJI BERRIES	150 - 180 g
KONBU (GIANT SEAWEED)	12 oz
NATURAL NUTS - ALMOND, CASHEW, MACADAMIA, PECAN, PINENUT, PISTACHIO, PUMPKIN & WALNUT	4 oz / 1 lb
NORI - DRIED TOASTED SEAWEED FOR SUSHI ROLLS (GLUTEN FREE)	each
PEANUTS - WASABI - 'KHAO SHONG'	
PEANUTS - HANDCOOKED VIRGINIA W LIGHT SALT - 'THE PEANUT SHOP'	4 oz
PUMPKIN SEEDS - NATURAL	
SESAME SEEDS - BLACK, TOASTED & WHITE	50 g
SOYBEAN WRAPPERS - 5 COLORS - SUSHI WRAPS, APPETIZERS, DESERTS (GLUTEN FREE)	
SUNFLOWER SEEDS - NATURAL	12oz

FLAVORINGS, SPICES, VANILLA, ETC.

AGAR AGAR - VEGETARIAN SEAWEED GELATINE	100 g
ALWADI ORANGE BLOSSOM OR ROSE WATER	various
BARBADOS MOLASSES	each / 16 oz
BLACKENED RED FISH SEASONING - 'MAGIC' (K)	.81 oz
CARDAMOM PODS	20 g
CHILI PEPPERS - EVERY WHICH WAY	40 g
CHINESE 5 SPICE POWDER	5g
CINNAMON SPICE MILL - 'D & A'	Each / 4.4 oz tin
CORIANDER GROUND OR SEED	
CUMIN SEED - GROUND OR SEED	30 g
CURRY LEAVES	each
CURRY POWDERS - GARAM MASALA, HOT, MILD, TANDOORI MASALA & TIKKA MASALA,	each
FENNEL SEED	17 g
FENUGREEK - GROUND, LEAF & SEED	48 oz
GELATINE LEAF OR POWDER	28 g
HERBES DE PROVENCE -	2.46oz
KAFFIR LIME LEAVES	various
NUTMEG - WHOLE OR IN A MILL - WITH OR WITHOUT MACE	1 oz
PAPRIKA - SWEET SMOKED OR HOT SMOKED	50 / 400 gg

PEPPER CORNS – BLACK, GREEN, PINK, MIXED, SZECHUAN OR WHITE (K)	37 g
QUATRE ÉPICES	
SAFFRON THREADS – ‘LA MANCHA’	
SALT - MORTON KOSHER - COARSE (K)	various
SALTS - HAWAIIAN BLACK LAVA SALT - HIMALAYAN PINK SALT - PERSIAN BLUE - ETC	1 kg
SALTS - INFUSED WITH TRUFFLES - BLACK OR WHITE	6 oz
SEA SALT – FLEUR DE CAMARGUE, LA BALEINE, LE TENNIER W/ SEAWEEDS, MALDON, MEDITERRANEAN	2.64 oz
SEL ROSE - FRENCH PINK - IDEAL FOR THE CHEF'S PATE'S & TERRINES	75 g
STAR ANISE	each
SUSHI SEASONING ‘TAMANOI SUSHINOKO’	
TARRAGON	
VANILLA - BEANS, EXTRACT, PASTE OR POWDER	
<u>KNIVES, HANDTOOLS, HOUSEWARES & WINE ACCESSORIES</u>	
BUNMEI JAPANESE KNIVES – BUTCHER'S, CHEF'S, FISH, ETC.	
CAN OPENERS ‘SWINGAWAY’ OR ‘KHUN RIKON’	
CAVIAR SERVERS – MOTHER OF PEARL & STERLING SILVER	
CHEESE BOARDS, KNIVES, PLANE, STILTON SCOOP	
CHEF'S COOKING TORCH	
CHOPSTICKS – EVERYTHING FROM DISPOSABLE JAPANESE TO STERLING SILVER	
CUTTERS FOR HORS D'OEUVRES, ETC. – FLUTED OR STRAIGHT EDGE	
CUTTING BOARDS - ALL SIZES - MARBLE, RESIN OR WOOD	
ESPRESSO POTS – VARIOUS SIZES & GASKETS AVAILABLE	
FRENCH PRESS CAFETIÈRES – VARIOUS SIZES & STYLES & REPLACEMENT BEAKERS	
MANDOLINES - SEVERAL TYPES	
MORTAR & PESTLE - SMALL, MEDIUM, LARGE – STONE OR COCONUT WOOD	
MOUSSE RINGS – SEVERAL SIZES AVAILABLE	
SPRING FORM PANS – FRENCH TIN - 4", 8" & 10"	
SERVING PIECES – POLISHED STAINLESS STEEL OR WOODEN	
SUSHI MATS	
TART PANS – FRENCH TIN – FLUTED 4" TO 12"	
TRIDENT KNIVES – BONING, BREAD, CARVING, CHEF'S, PARING, TOMATO ETC.	
WINE OPENERS, PORERS, SAVERS & STOPPERS	
VARIOUS- GARLIC PRESSES, MEASURING SPOONS & CUPS, PASTRY BRUSHES, PEELERS, PITTERS, SPATULAS, SS STRAINERS, KITCHEN TIMERS, THERMOMETERS, TRUSSING NEEDLES, WHISKS, WOODEN SPOONS, ZESTERS, ETC,	

We are dedicated to providing the finest products & service in Barbados.
Please ask our trained staff for any assistance you might require.