



**bofrost\***

**The fresh approach  
to frozen food enjoyment  
- direct to your door  
*Without delivery fee!***

Esta traducción se ha realizado como servicio para nuestros clientes.

Vigencia a efectos legales tiene sola y exclusivamente el catálogo oficial en español. Precios válidos para Islas.

## 608 Ice-Cream Confectionary

### Vanilla-Bourbon

Tiny little ice-cream bits. Vanilla Bourbon icecream wrapped in a cocoa fat glaze. Ideal to offer, refreshing for in between.  
(piece € 1,38 / 1.000 ml = € 13,83)  
6 boxes = 600 ml

€ 8,30

## 609 Marbesa

Spoil yourself with this delicious ice-cream wafer: Marbesa is a tender creamy ice-cream vanilla taste, half covered with a crispy cocoa fat glaze. With these two golden-yellow wafers you have got your ice-cream pleasure down pat.  
(piece € 0,60 / 1.000 ml = € 6,06)  
20 pieces = 1.980 ml

€ 12,00

## 120 Frutis

Children will especially enjoy these fruit ice lollies. They're healthy and very refreshing! Five fruit-flavoured lollies: orange, apple, lemon, strawberry and lemon-cola.  
(piece € 0,32 / 1.000 ml = € 8,37)  
22 pieces = 836 ml

€ 7,00

## 155 Kunterbunt

A marvellous explosion of flavours! Five fruit-flavoured segments in one ice lolly: blackcurrant, lemon-lime, orange, strawberry and lemon.  
(piece € 0,68 / 1.000 ml = € 10,51)  
12 pieces = 780 ml

€ 8,20

## 207 Meat Balls in Mushroom Cream Sauce

The creamy classic. Light meat balls of lean pork in a mild, creamy sauce, with cut mushrooms, aromatic herbs and fine tomato pieces. Easily prepared in the cooking bag.  
(piece € 2,35)  
4 pieces x 250 g = 1.000 g

€ 9,20

## 258 Tortellini in Cream Sauce

Not only a speciality in Italy. Noodle pastry with meat-containing filling in cream sauce and juicy ham. Prepared in the pot or microwave within 8 minutes. To be portioned according to demand.  
1.000 g

€ 9,40

## 316 Mini Cordon Bleu

The classic dish in mini size: tender pork filled with a spicy melting-cheese mixture and boiled ham. Always madly loved - whether as main course, small snack or delicious party food.  
(1.000 g = € 17,87)  
Appr. 16 pieces = 750 g

€ 13,40

## 336 Salami-Pizzettis

The small pizza pleasure to bite in. Crunchy baked and crispy topped with selected salami slices of pork and rounded off with a spicyaromatic tomato sauce, cheese and herbs. A popular party snack! Quickly prepared in the oven within appr. 10 minutes. To be taken out separately. Now new only at bofrostr\*!  
(piece € 0,56 / 1.000 g = € 18,70)  
18 pieces = 540 g

€ 10,10

## 338 Cheese-Pizzettis

Small in size, big in taste. Hearty pizza snack with a spicy cheese mixture of Provolone, Mozzarella, Edamer and Parmesan. Ideal for in between. Quickly and easily prepared in the oven.  
(piece € 0,56 / 1.000 g = € 18,70)  
18 pieces = 540 g

€ 10,10

## 347 Trattoria Mini

Ham, Mushroom, Spinach something for everyone. Three delicious tastes in one: 2 x pizza "Ham", 2 x pizza "Mushroom", 1 x pizza "Spinach".  
(piece € 2,60 / 1.000 g = € 17,33)  
5 pieces = 750 g

€ 13,00

## 349 Piadina

Truly different. A fine dough filled with Mozzarella cheese, cooked ham and tomato sauce. Easy to prepare, put in the oven for 8 minutes.  
(piece € 2,53 / 1.000 g = € 19,42)  
4 pieces = 520 g

€ 10,10

## 401 Wiener Schnitzel of Pork

Crispily coated with breadcrumbs, tastily served: Wiener schnitzel of lean pork, cut into extra thin slices. Quickly prepared and a pleasure for any occasion, whether warm or cold. To be taken out separately.  
7-9 pieces = 1000 g

€ 14,40

## 468 Saithe Fillets

A fresh, sea flavour with an extraordinary texture. Previously frozen aboard, it is undercooked to ensure utmost freshness, so you can savour its delicious natural flavour, whether grilled or boiled.  
(1.000 g = € 19,79)  
7 - 9 pieces = 950 g

€ 18,80

## 477 Natural Cod Fillets (MSC)

Select cod fillets (Gadus Morhua) from sustainable fishing in the Barents Sea and the Norwegian Sea. This fish is extraordinarily tender. It has not been salted yet, so its natural, versatile taste is excellent for any balanced diet.  
5 - 11 pieces = 1.000 g

€ 24,10

## 482 Pangasius

Our normal exceptional quality now certified with the ASC eco-label! Since 2002 we have continued to be innovative in our approach to Pangasius breeding, farming and processing in the Mekong River in Vietnam, to ensure the best quality and to offer the perfect flavours of a freshwater fish without the use of fattening phosphates. Try the firm texture of the white meat and you will notice the difference!  
(1.000 g = € 20,15)  
5 - 8 pieces = 675 g

€ 13,60

## 485 Pollack and broccoli

Juicy pieces of white cod with virtually no bones, covered with delicious broccoli and fresh cream. Easy to prepare in the oven.  
(piece € 2,98)  
5 pieces = 1.000 g

€ 14,90

## 544 Authentic Norwegian salmon

Give yourself the pleasure and enjoy this authentic Norwegian smoked salmon, carefully cut and ready to be served.  
(1.000 g = € 62,00)  
200 g

€ 12,40

## 601 Extra fine Potatoes

Everyone's favourite. Tasty and crunchy. Made from the best quality potatoes, specially selected for bofrostr\*. Suitable for the oven, deep-fryer or frying pan.  
(1.000 g = € 2,92)  
1.200 g

€ 3,50

## 602 Ruffled Chips

The original chip on your table. Crunchy ruffle cut potatoes made from the best quality potatoes, specially selected for bofrostr\*. Suitable for the oven, deep-fryer or frying pan.  
(1.000 g = € 3,08)  
1.200 g

€ 3,70

## 603 Classic Potatoes

Traditional Quality. Enjoy these classic cut potatoes made from the best quality potatoes, specially selected for bofrostr\*. Suitable for the oven, deep-fryer or frying pan.  
(1.000 g = € 3,08)  
1.200 g

€ 3,70

## 610 Pre-cooked Potatoes

Delightfully crunchy! One of our favourite fries. Select raw material, suitable for both the oven and the deep-fryer. Served in a practical format to create your own assortment of potatoes.  
(1.000 g = € 5,80)  
500 g

€ 2,90

## 611 Potato Rosti

One of our specialities. Inspired by a Swiss recipe that is becoming more and more popular. Quick and easy to prepare in the oven, the deep-fryer or the frying pan. Try them in combination with others!  
(1.000 g = € 7,44)  
Appr. 7 pieces = 390 g

€ 2,90

## 614 Potato Pancakes

Discover this traditional German recipe made with select grated potato, egg, flour, onion and turmeric. Ready to be quickly prepared in both the frying pan and the deep-fryer. A perfect dish for children.  
(1.000 g = € 6,04)  
Appr. 8 pieces = 480 g

€ 2,90

## 618 Sliced Potatoes

Enjoyable. prebaked sliced potatoes. Ready to cook in a few minutes, in both the frying pan and the deep-fryer. Perfect to be served with any dish as an alternative to the traditional cut.  
(1.000 g = € 5,80)  
500 g

€ 2,90

## 640 Microwave French Fries

There is no quicker way: crispy-thin French fries out of the microwave. Simply put the handy snack box into the microwave, prepare them, salt them according to your taste, shake them well for a short time and enjoy.  
(piece € 1,55 / 1.000 g = € 10,33)  
4 pieces = 600 g

€ 6,20

## 646 Mediterranean Potatoes

Fries with a Mediterranean touch, delicately seasoned with rosemary, thyme, oregano, parsley and basil. Ideal to be served with meat or as an appetiser for dipping in yogurt sauce. Suitable for the oven.  
1.000 g

€ 4,90

### 647 Ruffled Chips

The original chip on your table. Crunchy ruffle cut potatoes made from the best quality potatoes, specially selected for bofrost\*. Suitable for the oven, deep-fryer or frying pan.

(1.000 g = € 2,60)

2.000 g

€ 5,20

### 649 Oven-French-Fries

French fries the way everyone likes them. Simply of best potatoes. Quickly and easily prepared in the oven. To be portioned according to demand.

(1.000 g = € 2,60)

2.000 g

€ 5,20

### 655 Country Fries

An original way of presenting tasty potatoes. An ideal accompaniment for fish or meat for dipping in a sauce of your choice. Can be fried or cooked in the oven.

1.000 g

€ 4,10

### 659 Oven Crunch-French-Fries

Long and crunchy: French fries extra thin of best potatoes - the favourite among all "friesspecialists". To be prepared in the oven or the deep fat fryer. To be portioned according to demand.

(1.000 g = € 2,60)

2.000 g

€ 5,20

### 667 Rösti Pan

A tasty meal of potato rasps, ham stripes, onions, cheese and spices. As side-dish, for in between or as complete meal. To be portioned according to demand.

1.000 g

€ 7,30

### 681 Broccoli-Cream-Gratin

Enjoy as exquisite side-dish to extraordinary meals or as vegetarian snack served, for example, with a salad: tender broccoli sprouts with cream and sour cream, sprinkled with tenderly melting cheese. Easily to prepare and to be portioned according to demand.

(piece € 1,57 / 1.000 g = € 13,06)

6 pieces = 720 g

€ 9,41

### 691 Sweet Potato Strips

Thanks to these tender sweet potatoes you will be able to enjoy and eat healthy at the same time. They are perfect to be served as a garnish for meat and fish, as well as to add a special touch to salads.

(1.000 g = € 9,67)

600 g

€ 5,80

### 705 Sprout Trio

The ideal side dish to all main courses: broccoli, cauliflower and romanesco sprouts. Harvested in the best growing areas in the world and hand-sorted for you. Easily and quickly prepared. To be portioned according to demand.

1.000 g

€ 6,90

### 708 bo\*peas Extra Tender

The extra tender temptation. Peas in first class quality with a slight sweet taste. Especially grown for frozen food. To be portioned according to demand.

(1.000 g = € 4,75)

1.200 g

€ 5,70

### 719 Princess Beans

Extra tender quality, extra fine taste. Long, green beans, hand-graded and string-free. To be portioned according to demand.

1.000 g

€ 5,50

### 732 Extra-tender Brussels Sprouts

Create your own recipes with ingredients of the finest quality. These Brussels Sprouts stand out for their regular size, marvellous texture and subtle flavour.

1.000 g

€ 4,50

### 733 Romanesco-Vegetable-Mix

Something quite special: a high quality vegetable composition of princess beans, baby carrots, mushrooms, corn and romanesco - a new type of vegetable tasting as good as it looks. Quickly and easily prepared.

1.000 g

€ 6,20

### 738 Baby Carrots

Tender to bite, fine in taste. Little carrots, an eye-catching side-dish to all main courses.

1.000 g

€ 4,50

### 762 Ratatouille

Something delicious out of the French kitchen. A popular, typical southern speciality of tomatos, aubergines, zucchini, pepper, onions and a tasty garlic sauce. Served with rice dishes or as complete meal. To be portioned according to demand. Preparation in the cooking bag.

(1.000 g = € 7,25)

2 pieces = 800 g

€ 6,60

### 776 Soup Vegetable, 10 Types

Really versatile and especially good: broken beans, cubes of celeriac, kohlrabi, leek, celery, cauliflower, cubes of carrots, peas, parsley and Brussels sprouts. To be portioned according to demand.

(1.000 g = € 3,42)

1.200 g

€ 4,10

### 793 Basmati-Vegetable Rice

Mmh... smelling Basmati rice with a delicious vegetable mix of yellow and red carrots, peas, corn, leek and onions. This vegetable rice, nicely sophisticated with butter, is the perfect side dish to all fish and meat meals, to Asian dishes or pure as delicious, vegetarian main course. To be portioned according to demand.

1.000 g

€ 6,60

### 800 Wild Fruits and Nuts

The perfect blend of wild fruits and nuts, made of redcurrants, blackberries, raspberries and ripe cherries. Perfect for making jam with yogurt or preparing your own cakes. Easy to portion.

6 portions = 1.000 g

€ 8,60

### 803 Blueberries

Add a touch of nature to your table. Aromatic wild blueberries that can be easily portioned. Perfect to be served with cereals at breakfast, enjoyed as an afternoon snack or used in desserts.

(1.000 g = € 9,73)

6 portions = 750 g

€ 7,30

### 819 Raspberries

MCarefully harvested and deep-frozen, our raspberries are to be eaten fresh, with ice creams, sugar, cream, yoghurts, cakes... There are endless combinations!

(1.000 g = € 11,07)

750 g

€ 8,30

### 853 Fruit tart

Refresh your palate with a very special dessert. Fabulous choice of 6 fruits: Tropical, Fruits of the Forest, Blackcurrant and Cranberry, Peach and Cherry, on a soft, light sponge base with vanilla cream. Pre-sliced to give you the amount and variety you need.

(piece € 1,34 / 1.000 g = € 10,73)

12 pieces = 1.500 g

€ 16,10

### 862 Butter Apple Pie Ø 22 cm

Discover a classic a different way. Best ingredients like apple cubes of fresh apples and raisins on short pastry with butter. It tastes like self-baked. Ideal for your coffee table or just for inbetween. Pre-cut, to be taken out separately.

(piece € 1,30)

8 pieces = 1.000 g

€ 10,40

### 904 Small Profiterole

Filled with Cream Real, fresh whipped cream! Profiterole made with a light choux pastry, decorated with a thin layer of powdered sugar, which is included. Perfect for having with coffee and tea, or in a birthday party of any age.

(1.000 g = € 14,60)

30-35 pieces + 10 g sugar = 500g

€ 7,30

### 905 Mini-Eclairs

Tempting cover, tasty pleasure. Little eclairs of choux pastry with a chocolate fat glaze, with a light-creamy vanilla-cream inside. Quickly defrosted, to be taken out separately in reusable box.

(1.000 g = € 16,51)

Appr. 24 pieces = 430 g

€ 7,10

### 918 Orig. French Butter-Croissants

-for self-baking-What about a French breakfast: butter-fine, lightcroissants, very little in the deep-freezer, quite big after baking and best in taste.

(piece € 0,69 / 1.000 g = € 12,58)

12 pieces = 660 g

€ 8,30

### 983 Permanent Baking-Foil

It keeps on holding... The alternative to baking paper. To be used more than 500 times. No fattening is needed because of its anti-adhesion coating. Products don't stick any more. The foil is easily to clean, even in the dish-washer. Convince yourself!

1 piece = 40 x 35 cm

€ 4,50

### 1123 Vanilla and Chocolate Tom

#### Thumb

A classic in miniature, 30 portions of this traditional desert! Magically simple, it will delight young and old alike. Vanilla flavour icecream with a chocolate coating.

(piece € 0,35 / 1.000 ml = € 8,02)

30 pieces = 1.260 ml

€ 10,10

### 1189 Spinach and Grana Padano cheese pizza

A delicious combination of spinach, tomato cherries and GRANA PADANO cheese. A thin and crispy crust.  
(piece € 4,85 / 1.000 g = € 12,60)  
2 pieces = 770 g

€ 9,70

### 1192 Tuna Pizza

Topped with tuna, red onion, Mozzarella cheese and caper sauce.  
(piece € 4,85 / 1.000 g = € 12,60)  
2 pieces = 770 g

€ 9,70

### 1211 Vegetable Burgers

Delicious rissoles of carrots, parsnips, peas, romanesco, corn and onions. A vegetarian alternative, quickly and easily prepared in the oven or pan. Serve these hearty, spicy bofrost\* vegetable rissoles as snack for in between or as cunning main course, for example together with a tasty salad.

(piece € 1,27 / 1.000 g = € 10,56)  
6 pieces = 720 g

€ 7,60

### 1243 "Lombardy" Tagliatelle

Tender tagliatelle served with delicious pork meat and big pieces of mushrooms in a soft cream and Gorgonzola sauce. Easy to portion and perfect for giving yourself a treat at any day of the week.

(1.000 g = € 14,60)  
750 g

€ 11,50

### 1252 Teriyaki Stir Fry

Traditional Asian stir fry with noodles, strips of chicken breast, vegetables and mushrooms. An exotic and delicious dish that captures the essence of Asian flavours and which is sure to become one of your favourite dishes.

1.000 g

€ 10,20

### 1270 Sautéed Chinese noodles

Authentic Chinese noodles with a combination of traditional vegetables: carrots, cabbage, shiitake mushrooms, mangetout and peppers. Pre-cooked and tastily dressed with soy sauce and sesame oil.

1.000 g

€ 8,30

### 1271 Camembert, coated with breadcrumbs

Cheese in a crunchy way: camembert coated with breadcrumbs, pre-baked and quickly prepared in the oven, pan or deep fat fryer. To be taken out separately. Fruity wild cranberries for the classic camembert pleasure are packed aside.

(6 portions = 1.000 g)

6 pieces = 525 g

€ 9,40

### 1300 Chicken Filetinis

Very light, very tasty, very trendy: tender inner fillets of chicken breast, thinly cut, already spiced and fried and therefore prepared within minutes in the pan or on the grill. They can be used in many ways: as snack with dip or as main course with side dishes, cold with bread or cut into stripes on a varied salad.

(1.000 g = € 17,33)

Appr. 14 pieces = 750 g

€ 13,00

### 1307 Chicken Brochettes

Practical, flavourful chicken brochettes, slightly marinated to enhance their unique flavour. Perfect to grill, roast or cook on the barbecue with friends, watching a match or at any family gathering. It includes sweet-spicy sauces.

(1.000 g = € 23,20)

13-19 pieces = 750 g

€ 17,40

### 1314 Mini chicken breasts with herbs

No cutlet fan will do without them: small cutlets of tender chicken breast fillet, crispy and spicy, breaded with a delicious herb breading. Completely cooked, to be taken out separately and perfect for a quick preparation. Simply ideal for many occasions.

(1.000 g = € 16,00)

13 - 18 pieces = 750 g

€ 12,00

### 1347 Chicken Nachos

Chicken in its crunchiest and tastiest form! Tender chicken breast in a Tex-Mex marinade coated in crunchy nacho crumbs, to taste with the Mexican and Cheddar sauces that come with it.

(1.000 g = € 20,20)

20 - 30 pieces = 500 g

€ 10,10

### 1352 Turkey Medallions

Tender and select turkey fillets slightly marinated, ready to be defrosted and grilled. Perfect to be served with a green salad or roasted vegetables. Try this healthy, balanced recipe!

(1.000 g = € 23,00)

5 - 8 pieces = 500 g

€ 11,50

### 1428 Homemade meatballs "Frikadelle"

Tasty and succulent meatballs made of minced pork and beef, cooked with onions in the best German style. Individual portions to be served in a baguette, with a salad or crunchy chips.

(piece € 1,34 / 1.000 g = € 14,14)

7 pieces = 700 g

€ 9,90

### 1463 XXL Steakhouse Burger

Great Taste! With almost half a pound of beef and a diameter of around 13cm, you can make the kind of big premium hamburger you'd find in an American restaurant in your home. With 99% coarse-grained ground beef and a pinch of salt, you'll enjoy a juicy and tasty piece of meat. Irresistible!

(piece € 4,70 / 1.000 g = € 18,80)

2 pieces = 500 g

€ 9,40

### 1594 "Low in sugar" cream and chocolate ice cream sundae

Creamy chocolate ice cream combined with cream and decorated with chocolate shavings. A convenient and practical ice cream sundae, in a format which is perfect for any occasion. (\*30% lower in sugar than other similar products).

(piece € 1,02 / 1.000 ml = € 10,17)

12 pieces = 1.200 ml

€ 12,20

### 1595 "Low in sugar" Neapolitan ice cream

A traditional ice cream which combines the most popular flavours, Chocolate, Strawberry and Bourbon Vanilla, between two wafers. (\*30% lower in sugar than other similar products).

(piece € 0,84 / 1.000 ml = € 5,61)

12 pieces = 1.800 ml

€ 10,10

### 1606 Chicken and vegetable stir fry

A delicious combination of diced chicken breast with roasted courgette, wedge potatoes, carrots, green beans and red peppers.

1000 g

€ 9,40

### 1618 Broccoli-Noodle-Gratin

A gratin full of good ingredients. A complete meal of noodles and broccoli-sprouts with a piquant cheese sauce and ham pieces, sophisticated with fine vegetables. Also a pleasure as side-dish.

(piece € 3,65 / 1.000 g = € 9,13)

2 pieces = 800 g

€ 7,30

### 1630 Linguini Gamberetti

A very Mediterranean recipe with little nests of pasta, prawns, cherry tomatoes, tomato sauce and a delicious touch of Pecorino Romano cheese with basil and pumpkin seeds. Pasta is a must for a balanced diet!

(1.000 g = € 13,87)

750 g

€ 10,40

### 1649 Ravioli Ricotta e Spinaci

Tender ravioli filled with creamy Ricotta cheese and seasoned spinach, both of which are mixed with butter and refined cream. Easy to divide into servings.

(1.000 g = € 15,60)

500 g

€ 7,80

### 1699 Creamed broccoli

Save time and enjoy the creaminess! The taste is brought out with cream and small pieces of broccoli. It comes in small portions so you can use this cream simply, serving just the right amount and without wasting a drop.

(piece € 2,08 / 1.000 g = € 6,92)

4 pieces = 1200 g

€ 8,30

### 1771 "Fresh and Crunchy"

#### Provolone-Mozzarella Pizza

Try our delicious pizza made with a fresh, crunchy dough, combining the mild flavour of white pizza with provolone and Mozzarella cheese. An amazing taste to be shared with your most beloved friends and family.

(piece € 5,75 / 1.000 ml = € 15,97)

2 pieces = 720 g

€ 11,50

### 1772 "Fresh and Crunchy" Hawaii

#### Pizza

Enjoy our pizza recipe, made with a fresh, crunchy dough, juicy pineapple and boiled ham. You will taste the flavour of tradition. Perfect for both young people and adults.

(piece € 5,75 / 1.000 g = € 145,54)

2 pieces = 740 g

€ 11,50

### 1774 Pizza 4 Formaggi

Topped with Gorgonzola, Mozzarella, Emmental and Parmigiano Reggiano Cheese.

(piece € 4,85 / 1.000 g = € 14,10)

2 pieces = 688 g

€ 9,70

### 1782 Speciale Pizza

Topped with pork salami and pepperoni, ham, mushrooms and Mozzarella cheese.

(piece € 4,85 / 1.000 g = € 11,41)

2 pieces = 850 g

€ 9,70

### 1882 Baker Rolls

They are back again, the good old baker rolls of the past! Our bakers prepared these rolls with yeast and natural sour dough according to an old traditional recipe for you. Now you can enjoy your rolls fresh and crispy like you formerly did in your little neighbourhood bakery.  
(piece 0,36 / 1.000 g = € 6,00)  
10 pieces = 600 g

**€ 3,60**

### 2043 Liegeois Cup of Coffee

A creamy ice cream with coffee sauce and Belgian chocolate chips, all served in an elegant, convenient cup. The perfect dessert for the older family members!  
(piece € 1,36 / 1.000 ml = € 9,08)  
8 pieces = 1.200 ml

**€ 10,90**

### 2388 Quinoa

Quinoa provides a great kick of plant proteins and a lot of flavour. Our recipe combines quinoa with soy broad beans, diced tomatoes, red onion, cabbage, leek and soy sauce. Suitable for vegetarians and vegans.  
(1.000 ml = € 11,75)  
2 pieces = 800 g

**€ 9,40**

### 2564 Salmon pastry with spinach

A creative recipe made with delicious salmon with virtually no bones, covered with spinach in a fine cheese sauce, all wrapped up in pastry. Perfect as a starter or a main dish.  
(piece € 3,90 / 1.000 g = € 24,38)  
2 pieces = 320 g

**€ 7,80**

### 2590 Marinated salmon

The best part of salmon, served in a delicious and easy-to-prepare recipe, even in the microwave. Succulent portions of Norwegian salmon marinated in garlic and onion oil, seasoned with fine herbs. A delight for those who love fish.  
(1.000 g = € 30,31)  
4 - 6 pieces = 650 g

**€ 19,70**

### 2686 Selection of Asian appetisers

With this selection, you won't lack the inspiration to create a special Asian menu. Includes 4 types of crunchy appetisers, including battered prawns, mini vegetable spring rolls, chicken wan tans and vegetable samosas, as well as two sachets of sauce.  
(piece € 0,48 / 1.000 g = € 26,87)  
24 pieces = 428 g

**€ 11,50**

### 2852 Plain crepes

These sweet crepes can quickly and easily be turned into a breakfast or a snack. They are made mainly from milk, flour, sugar and eggs with a hint of vanilla. They are ready to be heated in a frying pan or in the microwave.  
(piece € 0,56)  
16 pieces = 1.000 g

**€ 8,90**

### 3428 Vegetable and ham Rösti

Crunchy potato Rösti with ham and leeks is a perfect appetiser and ideal entrée to serve with your main dishes, giving your meals a touch of traditional Austrian flavour.  
Appr. 20 pieces = 1000 g

**€ 9,40**

### 3548 Turkey Brochette

Whether barbecued or grilled, these succulent, flavourful brochettes made with turkey, pepper and onion, already seasoned, will make you enjoy an easy-to-prepare delicacy at any time throughout the year.  
(piece € 2,73 / 1.000 g = € 21,80)  
4 pieces = 500 g

**€ 10,90**

### 3634 Trio of Wholegrain Rolls

To meet the needs of all, we present this assortment of rolls composed of natural cereal rolls, cereal rolls with poppy seeds and cereal rolls with sesame seeds.  
(Piece € 0,99 / 1.000 g = € 14,13)  
9 Pieces = 630 g

**€ 8,90**

### 3870 Ladybird Cake

A special nibbling pleasure for big and little kids: light strawberry and chocolate cream between dark chocolate biscuit, decorated with cake glaze, chocolate pieces and chocolate cream. That's the way luck comes to your house!  
(1.000 g = € 24,00)  
Appr. 8 portions = 500 g

**€ 12,00**

### 4415 Bite-Sized Focaccia Pieces

Delicious bite-sized focaccia pieces filled with Gouda cheese, roasted red peppers and a bit of serrano pepper (not too spicy). A pleasant snack to be enjoyed with friends.  
(piece € 0,65 / 1.000 g = € 24,07)  
8 pieces = 216 g

**€ 5,20**

### 4603 Chocolate & Vanilla Ice Cream Cones

Crispy cones filled with Vanilla-Bourbon ice cream and chocolate ice cream dipped in chocolate sauce, decorated with shaved milk chocolate.  
(piece € 1,04 / 1.000 ml = € 8,67)  
10 pieces = 1.200 ml

**€ 10,40**

### 4604 Cone Mix

Fabulous assortment for the whole family, including the best and most popular flavours. Includes 4 Vanilla-Chocolate Cones, 2 Vanilla-Strawberry Cones and 4 Vanilla-Hazelnut Cones, the latter with Vanilla ice cream, hazelnut ice cream with hazelnut sauce and sprinkled with hazelnut flakes.  
(piece € 1,11 / 1.000 ml = € 9,25)  
10 pieces = 1.200 ml

**€ 11,10**

### 5047 Black & White Mini Cones

Ten delicious vanilla ice cream cones with cream covered in cocoa glazing plus ten chocolate ice cream cones covered in white cocoa glazing.  
(piece € 0,47 / 1.000 ml = € 18,80)  
20 pieces = 500 ml

**€ 9,40**

### 5050 Choco Bon

Exquisite Straciatella ice cream with sweet and crispy biscuits covered with cocoa and little pieces of hazelnut. The mix of textures makes them irresistible!  
(piece € 1,01 / 1.000 ml = € 8,44)  
8 pieces = 960 ml

**€ 8,10**

### 5053 Mini Cones

Crispy mini cones, filled with Vanilla-Bourbon ice cream then dipped in a chocolate glaze.  
(piece € 0,46 / 1.000 ml = € 18,40)  
20 pieces = 500 ml

**€ 9,20**

### 5077 Mini Choco Selection

Small Vanilla-Bourbon Ice creams covered with crunchy chocolates: Almond, milk chocolate and black and white chocolate. The mini with the most!  
(piece € 0,77 / 1.000 ml = € 15,53)  
12 pieces = 600 ml

**€ 9,20**

### 5079 Frutino

Refreshing, creamy and with plenty of fruit! Thanks to our Frutinos, you will be able to taste the pleasure of fruit in a very refreshing way. A creamy apricot and red fruits ice cream with a layer of fruit juice, which leaves a lasting flavour and a refreshing taste to be enjoyed by all the family.  
(piece € 0,78 / 1.000 ml = € 12,05)  
12 pieces = 780 ml

**€ 9,40**

### 5081 Almond Ice-Lolly

Creamy ice cream covered with exquisite milk chocolate covered with crunchy almond flakes. One is never enough!  
(piece € 1,50 / 1.000 ml = € 12,50)  
6 pieces = 720 ml

**€ 9,00**

### 5152 Pesto alla Genovese

Aromatic and delicious sauce with basil, extra virgin olive oil, cheese and pine nuts. If you close your eyes and smell the basil, you'll find yourself in front of a fine bowl of pesto pasta. Mmm...  
(1.000 g = € 26,00)  
200 g

**€ 5,20**

### 5160 Ragù alla bolognese

Beef ragu made according to the traditional recipe, with a light sauté and a splash of white wine. 40% meat. You'll have a hard time controlling the urge to gulp it down!  
(1.000 g = € 18,25)  
400 g

**€ 7,30**

### 5218 Crunchy Potatoes with Cheese and Spinach

A crunchy, tasty combination of flavours that will make you enjoy a very special snack made of potato, cream cheese and spinach. It can be an option for children's menu.  
(piece € 0,52 / 1.000 g = € 8,61)  
12 pieces = 720 g

**€ 6,20**

### 5245 Family Lasagne

Delicious and huge family-size lasagne, served on 2x1kg trays for the whole family to enjoy. Made in true Italian style, with a generous Bolognese filling (beef and pork). An unmistakable taste.  
(1.000 g = € 8,70)  
2 pieces = 2.000 g

**€ 17,40**

### 5313 Chicken fillets with spinach

Delicious chicken with cheese and spinach in crispy breadcrumb. Ideal for family meals. A smooth flavour and soft texture, these fillets are great for kids as well.  
(1.000 g = € 14,16)  
6 - 7 pieces = 770 g

**€ 10,90**

### 5315 Chicken Breasts

Select, slightly-marinated chicken breasts, perfect to be eaten at any time of the week, served with salad, our vegetables or baked potatoes. Simple, natural and easy to prepare.  
(1.000 g = € 22,43)  
7 - 8 pieces = 700 g

**€ 15,70**

### 5392 Beef and Mozzarella Burger

Tender select beef hamburgers with the addition of Mozzarella and spinach.

(piece € 1,73 / 1.000 g = € 21,67)

6 pieces = 480 g

€ 10,40

### 5407 Small Bags Filled with Bacon and Courgette

Genuine Italian egg-based pasta stuffed with a delicious cheese filling, all seasoned with sauce, bacon chunks and diced courgette. A big pasta dish that can be prepared within minutes in the microwave.

(1.000 g = € 15,67)

300 g

€ 4,70

### 5410 Spinach Cannelloni

Soft cannelloni made from fresh egg-based pasta stuffed with a delicate and smooth Ricotta cheese and spinach filling. A healthy and delightful recipe.

(1.000 g = € 15,67)

300 g

€ 4,70

### 5415 Macaroni "Garganelli" with Salmon

In Italy, Garganelli is a really appreciated type of pasta since it can be easily combined with fish. This time we recommend you to try it with salmon. It is perfect if you have no time to cook or want to give yourself a treat at any day of the week.

(1.000 g = € 15,67)

300 g

€ 4,70

### 5417 Tagliatelle alla Bolognese

Straight from Italy, we offer you one of their most traditional dishes. An easy but complete recipe! Authentic Italian egg pasta with an extraordinary ragout made of beef and pork, tomato pulp and delicious minced vegetables.

(1.000 g = € 15,67)

300 g

€ 4,70

### 5418 Ravioli with Tomato and Basil

As an easy choice for the youngsters, we recommend this ravioli stuffed with soft Ricotta cheese. The best example of Mediterranean tomato flavour. It is the perfect option if you have no time nor wish to cook.

(1.000 g = € 15,67)

300 g

€ 4,70

### 5437 Paella

Quick, tasty and easy. There's no need to waste time in cooking, just enjoy this special paella that can be prepared within minutes in the microwave. It is made from shrimps, mussels, calamari, roasted red pepper and peas.

(1.000 g = € 15,67)

300 g

€ 4,70

### 5475 Sea Bass Fillets

"Large sea bass fillets (*Dicentrarchus labrax*) from aquaculture, natural and practically boneless. You can prepare a large, delicious and healthy dish by adding a seasoning either of Mediterranean herbs (art. 11016) or black or green pepper to fennel or tarragon."

(1.000 g = € 40,74)

5 -7 pieces = 540 g

€ 22,00

### 5486 Alaska Pollock Fillets

Try this mild pollock from the depths of North Pacific! It can be used in numerous recipes! Its firm texture, like cod, and regular cut will allow you to make a huge number of recipes and use cooking techniques such as en Papillote, either au gratin or in sauce. You won't regret it.

(1.000 g = € 15,86)

4 -7 pieces = 700 g

€ 11,10

### 5490 Hake pieces

Exquisite and healthy as well. bofrost\* brings you these hake fillets directly from the Atlantic, they have been thoroughly cleaned, skinned and boned. For those who enjoy the more flavoursome central section of hake fillet.

(1.000 g = € 21,83)

Appr. 12 pieces = 600 g

€ 13,10

### 5517 Swordfish

Select swordfish fillets (*Xiphias gladius*), from extractive fishing with fishing line and hooks in the best fishing grounds. The size of the portions is perfect for grilling with a bit of olive oil, minced garlic (art. 8771) and parsley (art.11012). Soft texture and impeccable flavour.

(1.000 g = € 28,67)

3 - 4 pieces = 600 g

€ 17,20

### 5530 Gilthead Bream Fillets

For the most demanding palates. These select gilthead bream fillets (*Sparus aurata*) from aquaculture retain their skin, since it lends them a naturally delicious taste and texture. Clean and practically boneless. Cut in portions of equal size to be served as needed. Perfect for eating a light diet and providing your menu with a special value.

(1.000 g = € 38,70)

Appr. 6 pieces = 540 g

€ 20,90

### 5534 Moules Marinières

Easy, quick and natural. This fantastic classic recipe is made of select mussels and an excellent omato sauce spiced with Mediterranean herbs, such as basil and parsley. Ready to be heated on the frying pan in just seven minutes.

(piece € 5,75 / 1.000 g = € 12,78)

2 pieces = 900 g

€ 11,50

### 5539 Happy Fish

Fish pieces shaped in the form of sea creatures will captivate the kids.

(1.000 g = € 14,50)

18 - 22 pieces = 600 g

€ 8,70

### 5557 Lemon Tilapia

Select, aquacultured fillets of Tilapia, a fish with very delicate white flesh and excellent flavour. Breaded with a delicious hint of lemon, it retains all of its juiciness when cooked. An excellent quality alternative to traditional fish varieties.

(1.000 g = € 24,86)

6-7 pieces = 700 g

€ 17,40

### 5660 American Stick

We recommend these thick-cut homemade chips made to complement your favourite dishes. They are perfect to be served with our wide range of hamburgers or just eaten with ketchup or mayonnaise.

1.000 g

€ 3,10

### 5669 Mini Potato "Tortillitas"

(fritters)

Crunchy mini potato "tortillitas" with all the flavours of homemade recipes. A perfect potato side dish that can be easily baked in the oven. Discover the world of potatoes!

(piece € 0,43 / 1.000 g = € 8,67)

12 pieces = 600 g

€ 5,20

### 5696 Mini ham and mozzarella

croquettes

Try our assortment of mini croquettes, a speciality made with potato with Mozzarella and ham. A perfect accompaniment for any fish or meat dish.

(piece € 0,37 / 1.000 g = € 10,43)

20 pieces = 700 g

€ 7,30

### 5730 Scrambled Mushrooms

Specially-selected mushrooms ready to be sautéed and served as a side dish for meat, or used in scrambled eggs. This product contains shiitake, cultivated mushroom, oyster mushroom, slippery Jack and sheathed woodtuft. An intense and unbeatable flavour.

(1.000 g = € 12,17)

600 g

€ 7,30

### 6062 Coffee-Flavoured Cones

(seasonal)

A delicious temptation that simulates a coffee with milk. A creamy ice cream with coffee sauce, decorated with cocoa and chocolate chips. An iced coffee served in a very practical way.

(piece € 1,11 / 1.000 ml = € 9,25)

10 pieces = 1.200 ml

€ 11,10

### 6063 Double Chocolate Cones

Enjoy a double chocolate tasty treat with this crunchy and refreshing cone wafer filled with creamy chocolate ice-cream with milk chocolate flakes and sprinkled with cocoa-covered cereal crispies. The ideal flavour to share with all the family.

(piece € 1,15 / 1.000 ml = € 9,58)

10 pieces = 1.200 ml

€ 11,50

### 6082 Chocolate Mousse Cup

A creamy ice cream whose sauce and chips are made with Belgian chocolate. An overpowering temptation!

(piece € 1,36 / 1.000 ml = € 10,09)

8 pieces = 1.080 ml

€ 10,90

### 6138 Crêpes champignons

Mushroom crêpes are an authentic French delicacy. Enjoy this marvel of French gastronomy with a cream of Paris mushrooms, fresh cheese, garlic and parsley and let it take you way to France.

(piece € 0,62 / 1.000 g = € 12,40)

10 pieces = 500 g

€ 6,20

### 6206 Ham and Cheese Crepes

Delicate crepes filled with a wonderful combination of ham and Emmental cheese. Easy to prepare in a frying pan. Fantastic for the whole family.

(piece € 0,67 / 1.000 g = € 13,40)

10 pieces = 500 g

€ 6,70

### 6606 Au Gratin Potatoes with

#### Spinach

Delicious spinach and potato gratin with cream, au gratin with light Emmental cheese. Perfect to be served not only as a side dish, but also as a light, easy dinner.

(piece € 1,73 / 1.000 g = € 14,44)

7 pieces = 720 g

€ 10,40

### 6694 Prosciutto & Funghi Pizza

The traditional tomato and Mozzarella base topped with extra cooked ham and mushrooms. Perfect for those who love classic tastes..

(piece € 4,85 / 1.000 g = € 14,83)

2 pieces = 654 g

€ 9,70

### 6857 Pancakes

What to have for breakfast tomorrow? Pancakes are a popular Russian recipe that has spread throughout the world. Easy to prepare in the frying pan or microwave, they are irresistible with honey, jam, butter or chocolate spread.

(piece € 0,65 / 1.000 g = € 16,25)

6 pieces = 240 g

€ 3,90

### 7966 Chicken nuggets

Delicious, tasty and crunchy strips of chicken. Made from fillets of chicken breadcrumbed with cereal flakes for the whole family to enjoy. Can be oven-baked!

21 - 35 pieces = 750 g

€ 13,90

### 8009 Supreme Turrón Cones

Taste the traditional flavour of soft nougat in a delicious large cone. Creamy ice cream with pieces of almond. Unforgettable flavour, even for the most demanding palette.

(piece € 1,39 / 1.000 ml = € 9,57)

8 pieces = 1.160 ml

€ 11,10

### 8044 "Jijona" Nougat Cone

"low sugar content"

With this delicious, special cone, we expand our range of ice creams with low sugar content, preserving the flavour of our traditional nougat ice cream. Served in small packages for a specific consumption.

(piece € 1,73 / 1.000 ml = € 20,29)

4 pieces = 340 ml

€ 6,90

### 8045 Milk Meringue ice cream

Milk meringue made by craftsmen using the best milk in the country, with lemon and cinnamon. A refreshing and exciting sensation!

(bowl € 0,28 / 1.000 ml = € 5,53)

Appr. 30 bowls = 1.500 ml

€ 8,30

### 8047 Turrón ice cream

Made using the highest quality nougat from Jijona! Ideal to enjoy at any time of the year.

(bowl € 0,40 / 1.000 ml = € 8,00)

Appr. 30 bowls = 1.500 ml

€ 12,00

### 8048 Ice Cream Slicing Block

This traditional white vanilla block with plenty of layers of chocolate is always a good choice in an unexpected event or if you just want to enjoy a timeless classic.

1.000 g

€ 4,50

### 8049 Croccantino

A mouth-watering biscuit cone filled with white vanilla ice cream and thin layers of crunchy chocolate, and decorated with pieces of crispy biscuits. A surprising texture that will have you enjoying every bite.

(piece € 1,04 / 1.000 ml = 8,67)

10 pieces = 1.200 ml

€ 10,40

### 8052 Cream Sandwich

The perfect ice-cream for a snack or after-dinner treat, it combines the classic soft biscuit taste with creamy, jersey cream-flavoured ice cream. The ideal size for all the family to enjoy.

(piece € 0,78 / 1.000 ml = € 6,53)

12 pieces = 1440 ml

€ 9,40

### 8054 Crisp&Pix

With lots of chocolate and creamy vanilla. Crunchy sweets with a double layer of milk chocolate and crunchy cereals on the outside, with a sweet vanilla filling. They come in a handy and fun box so that you can enjoy them whenever you like, with whoever you like.

(1.000 ml = € 23,70)

26 - 30 pieces = 308 ml

€ 7,30

### 8059 Milk Chocolate

So simple but so delicious! Without chips and extraordinarily creamy. Perfect to be enjoyed when you want and how you want, thus turning every moment into a precious one.

(piece € 0,30 / 1.000 ml = € 5,93)

Appr. 30 pieces = 1.500 ml

€ 8,90

### 8062 Chocolate & Almond Combo (with no added sugar)

With no added sugar. We suggest these small vanilla ice creams coated with the two ingredients you like the most: milk chocolate and chocolate with almonds. They are the perfect size for your hand!

(piece € 0,98 / 1.000 ml = € 16,25)

8 pieces = 480 ml

€ 7,80

### 8063 Vanilla & Macadamia

Delicious vanilla with a great many Macadamia nuts so that those who love nuts and dried fruit might give themselves a creamy treat throughout the year.

(bowl € 0,40 / 1.000 ml = € 8,00)

Appr. 30 bowls = 1.500 ml

€ 12,00

### 8065 boNuss

The crunchy, milk chocolate topping and the delicious hazelnut are the secrets of this delightful, creamy frozen dessert. Served in a convenient size to everyone's taste.

(piece € 0,67 / 1.000 ml = € 9,73)

14 pieces = 966 ml

€ 9,40

### 8106 Supreme Hake Croquettes

If you want to create your own assortment of croquettes, we suggest this flavourful recipe made with hake and shrimp. It has an intense flavour on the palate and an excellent creaminess. Perfect to make children eat fish by turning the daily menu into a special delicacy.

(1.000 g = € 12,40)

13 - 15 pieces = 500 g

€ 6,20

### 8122 Tuna Cannelloni

Our recipe was created in Italy specially for you. We suggest these cannelloni made with egg roll wrappers, stuffed with tuna, tomato and red pepper, and topped with a soft béchamel and Mozzarella cheese.

(1.000 g = € 15,67)

300 g

€ 4,70

### 8140 Premium Burger with Free-Range Chicken

Our premium burger, made with free-range chicken, is a tasty, juicy alternative to traditional hamburgers.

(piece € 2,35 / 1.000 g = € 18,08)

4 pieces = 520 g

€ 9,40

### 8141 Homemade Flamenquín with Pork Loin and Cured Ham

We bring you this traditional specialty from the cradle of salmorejo. The flamenquín consists of slices of cured ham wrapped in pieces of pork loin. A tasty delicacy for the whole family.

(piece € 2,60 / 1.000 g = € 23,64)

4 pieces = 440 g

€ 10,40

### 8144 Spanish Salmorejo from Córdoba

Join us in our culinary journey and try this traditional dish from Córdoba, one of the most popular Spanish summer recipes. It is made with natural tomato, extra virgin olive oil, bread, sherry, garlic and salt. A delicious starter which can be served with our flamenquín, another dish typical of the cuisine of Córdoba.

(piece € 3,10 / 1.000 g = € 12,92)

2 pieces = 480 g

€ 6,20

### 8148 BBQ Pizza

Inspired by American cuisine, we recommend this thin-crust but raised-edge pizza, made of tasty barbecue sauce, beef, bacon and cheese.

(piece € 5,10 / 1.000 g = € 13,25)

2 pieces = 770 g

€ 10,20

### 8149 Chicken Pops

Enjoyable, tasty and succulent! Crunchy outside, succulent inside. Made with small pieces of chicken breast, previously cooked in breadcrumbs and fried. Perfect for sharing with your family or friends. Served with sauces for dipping.

(1.000 g = € 14,86)

Appr. 70 pieces = 700 g

€ 10,40

### 8155 Mexican Bombs

A traditional Mexican dish, perfect to be served as an appetizer or starter at a meeting with friends or an informal dinner. Made of potatoes stuffed with amazing beef, pork and chicken, and a light spicy touch (not too hot).

(piece € 0,90 / 1.000 g = € 22,38)

10 pieces = 400 g

€ 8,95

### 8156 Spanish Spinach Croquettes with Pine Nuts

Don't miss these croquettes made of spinach and pine nuts. Simply amazing! This finger-licking-good recipe enhances the delicate taste of spinach as well as the distinctive taste of pine nuts and vegetables such as onions, leeks and courgettes.

(1.000 g = € 14,76)

420 g

€ 6,20

### 8158 Tigres (Stuffed Mussels)

A traditional Mediterranean appetizer made of *Mytilus galloprovincialis*, a mussel from Galicia, the north-west corner of Spain, with a light spicy touch that reminds us of the sea.

(1.000 g = € 18,80)  
6 - 8 pieces = 700 g

€ 9,40

### 8159 Beef Burger from the Pyrenees

Made with the best beef from the Pyrenees slope with a coarse-grained, premium texture and a unique taste. 100-percent beef meat! Not seasoned.

(piece € 2,88 / 1.000 g = € 22,12)  
4 pieces = 520 g

€ 11,50

### 8162 Aubergine Parmigiana

Rediscover one of the most popular dishes from the south of Italy. It is made with layers of roasted aubergine slices, mixed with tomato sauce, olive oil, mozzarella and Grana Padano cheese. With the taste of homemade dishes, it is easy to prepare in the oven without getting the kitchen dirty. A Boffrost's exclusive recipe.

(1.000 g = € 19,17)  
600 g

€ 11,50

### 8166 Falafel Medallions

Inspired by a traditional recipe from Middle East made with chickpeas, onion, carrot, courgette, coriander, garlic, parsley, mint and spices, such as cumin and pepper, which transport us to remote places. Ready to be heated and blended in many ways.

(piece € 0,43 / 1.000 ml = € 13,50)  
19 pieces = 600 g

€ 8,10

### 8167 Lentil Soup with Spicy Pork Sausage

Don't waste your time in the kitchen and discover our new lentil soup, one of the cornerstones of the Mediterranean diet and a source of iron. Prepared in the most homemade style with 46% lentils, vegetables, potatoes and spicy pork sauce. Ready in five minutes in the microwave, as freshly made at home.

(1.000 g = € 15,67)  
300 g

€ 4,70

### 8168 Meatballs with Sauce

The whole family will love this popular recipe! We serve these meatballs with a smooth tomato sauce and vegetables. The best choice if you have no time to cook.

(1.000 g = € 15,67)  
300 g

€ 4,70

### 8169 Premium Salt Cod Fritters

Taste these salt cod fritters, made from a traditional dough stuffed with crumbled cod, seasoned with salt to taste. A tasty, light and irresistible appetiser!

(1.000 g = € 14,75)  
21 - 26 pieces = 400 g

€ 5,90

### 8172 Premium Tuna Pies

As a premium alternative to our traditional tuna pie, we recommend this generous recipe made with a large amount of tuna, boiled egg and a delicious onion and tomato sauce used as a base, all wrapped up in a crispy pastry dough. Perfect for appetizers or tapas!

(1.000 g = € 15,50)  
8 pieces = 400 g

€ 6,20

### 8173 Premium Meat Pies

Discover this new amazing premium pie stuffed with a tasty filling of meat, onion, pepper, carrot and tomato, all wrapped up in a crispy pastry dough. An excellent quality choice!

(1.000 g = € 15,50)  
8 pieces = 400 g

€ 6,20

### 8174 Premium Brandade Croquettes

Delicious brandade croquettes filled with 32% cod, coated in a browned, crunchy batter. Irresistible even for those who have never tried brandade croquettes before!

(1.000 g = € 12,40)  
13 - 15 pieces = 500 g

€ 6,20

### 8175 Mini Premium Iberian Croquettes

Enjoy these delightful mini croquettes made artisanally with 19% Serrano ham. Perfect to be served with a salad as a starter or a light dinner. Easily prepared in only 3 or 4 minutes. An exquisite delicacy that will delight young and old alike.

(1.000 g = € 10,40)  
Appr. 45 pieces = 500 g

€ 5,20

### 8176 Mozzarella Fingers

Let yourself be surprised by our new lightlyseasoned recipe with a more intense flavour. Creamy mozzarella cheese coated in extra tasty and crunchy batter. The perfect starter for the whole family. Easy to prepare, even in the oven.

(1.000 g = € 16,00)  
14 - 16 pieces = 500 g

€ 8,00

### 8177 Homemade Cannelloni

According to the traditional original recipe, we have carefully made our homemade cannelloni with the best veal, pork and chicken meat, topped with béchamel sauce and melting cheese. Irresistible. Finger-licking good!

(1.000 g = € 8,45)  
550 g

€ 5,20

### 8182 Piffero 4 Formaggi

Due to the success of the promotion, you can enjoy Piffero (flauta in Italian) throughout the year. This is a kind of calzone pizza with a very creamy filling made up of 4 cheeses: Mozzarella, Emmental, blue cheese and Gorgonzola. Crispy, funny and creamy! Perfect to be shared between four people.

(piece € 3,65 = 1.000 g = € 19,73)  
2 pieces = 370 g

€ 7,30

### 8186 Mini spinach omelettes

Tasty and healthy mini Spanish omelettes with spinach. Perfect to share with your friends or family or to eat individually, thanks to their handy 3-unit format. A healthy and delicious way to eat your greens!

(piece € 1,90 / 1.000 g = € 8,64)  
3 pieces = 660 g

€ 5,70

### 8187 Mini pepper omelettes

Tasty and colourful mini Spanish omelettes with red and green peppers. Perfect to share with your friends or family or to eat individually, thanks to their handy 3-unit format. A healthy and delicious way to eat your greens!

(piece € 1,90 / 1.000 g = € 8,64)  
3 pieces = 660 g

€ 5,20

### 8188 Homemade-style Spanish

#### omelette

A succulent and tasty Spanish omelette that will impress thanks to its taste of home cooking, like its freshly made, thanks to the use of selected potatoes, a little onion and a pinch of salt. Impress your family with this delicious recipe which you can now prepare quickly and conveniently.

(1.000 g = € 7,17)  
1.200 g

€ 8,60

### 8210 Spring rolls

Rolls filled with chicken breast, onion, carrots, pepper, bean sprouts, white cabbage and leek.

(piece € 1,46 / 1.000 g = € 13,58)  
10 pieces = 1.075 g

€ 14,60

### 8218 Bolognese Pizza

The traditional Bolognese pizza with crispy dough, previously baked in a wood stove, topped with Bolognese sauce, fried onion and Mozzarella cheese.

(piece € 4,85 / 1.000 g = € 13,59)  
2 pieces = 714 g

€ 9,70

### 8221 Prosciutto Pizza

Topped with ham and Mozzarella cheese.

(piece € 4,85 / 1.000 g = € 13,53)  
2 pieces = 632 g

€ 9,70

### 8233 Pizza Trio

Special selection of authentic Italian Pizzas: Prosciutto Pizza, Four Cheese Pizza and Tuna Pizza.

(piece € 4,87 / 1.000 g = € 13,97)  
3 pieces = 1.045 g

€ 14,60

### 8255 Veal Carpaccio

A carpaccio made of veal, marinated in olive oil and accompanied by two small bags of Parmigiano-Reggiano cheese, which will give the final touch and provide the perfect flavour balance.

(1.000 g = € 58,75)  
2 portions = 160 g

€ 9,40

### 8267 Garlic baguettes

Crispy baguettes filled with herb and garlic butter, heat in the oven for just a few minutes.

(piece € 1,55 / 1.000 g = € 8,86)  
4 pieces = 700 g

€ 6,20

### 8273 Special fried rice

Five delights but seven ingredients! A combination of rice, corn, prawns, ham, sliced mushrooms, peas and red pepper. Easy to serve.

1.000 g

€ 6,20

### 8278 Chicken with wild rice

An exquisite mix of rice (white rice and wild rice) with chicken, mushrooms and soya spice. A new recipe which can be eaten at any time of the day, light but complete. Enjoy the flavours of an original dish and save time. Can be eaten in portions.

(1.000 g = € 8,80)  
750 g

€ 6,60

### 8301 Chicken croquettes

Traditionally-made croquettes with delicious béchamel and specially-selected chicken.

33 - 38 pieces = 1.000 g

€ 6,70

### 8302 Ham croquettes

Traditionally-made croquettes with delicious béchamel and tasty ham.

33 - 38 pieces = 1.000 g

€ 6,70

### 8307 Tuna pastries

Tasty, a delicious tuna, tomato and pepper filling covered with pastry and layered.

Appr. 30 pieces = 1.000 g

€ 8,20

### 8324 Barbecued chicken wings

Do you fancy some chicken wings? Deliciously tasty, pre-cooked chicken wings with authentic barbecue flavour. Can be prepared in the fryer, frying pan, oven or microwave.

11 - 15 pieces = 1.000 g

€ 11,50

### 8326 Turkey and Chicken Kebab

Now you can prepare your favourite dish with this delicious juicy kebab made with turkey and chicken. For a healthy alternative, combine it with a mixed salad or if you want the authentic kebab style, serve it in a pitta bread with yoghurt laced with olive oil for an unforgettable taste sensation.

(1.000 g = € 19,20)

750 g

€ 14,40

### 8330 Chicken Zoo

Great fun and great nutrition all-in-one. Tender chicken fillets shaped like animals and covered with a crispy cereal batter. Can be baked or fried.

25 - 30 pieces = 1.000 g

€ 14,30

### 8338 Small Beef Burgers

Perfect to be served as an occasional snack or at a party with friends. We recommend our select beef from Extremadura, a wide region located in western Spain, which, despite its size, has an extraordinary taste. 100-percent beef! Not seasoned.

(piece € 1,04 / 1.000 g = € 20,80)

10 pieces = 500 g

€ 10,40

### 8340 Seafood noodles

A delicious recipe which is made in a traditional manner, can be prepared in 10 minutes using just water. Contains noodles, prawns, muscles, squid, pepper and peas.

(1.000 g = € 19,76)

420 g

€ 8,30

### 8343 Scrambled prawns, spring onions and asparagus

A delicious combination of green asparagus, spring onions and prawns which can be easily combined with egg, or eat it however you like it. Can be cooked in portions.

1.000 g

€ 9,40

### 8344 Scrambled mushrooms, prawns and asparagus

Delicious traditional scrambled eggs with mushrooms, prawns and green asparagus. Can be served as required.

1.000 g

€ 9,40

### 8351 Chicken "Supreme" nuggets

High-quality chicken breast with our classic breadcrumb coating, everyone will love it. Made using lightly-seasoned chicken breast fillets, to be enjoyed by old and young alike.

(1.000 g = € 16,00)

20 - 46 pieces = 750 g

€ 12,00

### 8373 American Style Chicken Fingers

Discover our new recipe for tender strips of chicken breast, covered in American style breadcrumbs, with a slightly spicy and pleasant taste. Prepare them in a frying pan/deep fryer for a crunchier taste, or in the oven if you want to highlight their subtle flavours.

(1.000 g = € 16,43)

Appr. 35 pieces = 700 g

€ 11,50

### 8382 Cod in Batter

Try our new, juicier recipe! Delicious cod portions (Gadus Morhua) from Iceland, coated in tasty, crunchy batter, ideal as an appetizer or main dish for sharing.

(1.000 g = € 19,43)

45 - 58 pieces = 700 g

€ 13,60

### 8387 Risotto ai Funghi

Among Italian risotto recipes, we recommend mushroom and Boletus Edulis risotto due to its unique flavour and suitability to be served as a starter or a side dish for meat. Easy to serve and prepare, it will be ready in only 5 minutes.

(1.000 g = € 12,67)

600 g

€ 7,60

### 8388 Rice with Curry Chicken

Discover this new cutting-edge recipe that combines Indian curry with Arabian ingredients, such as apples and raisins. The roasted chicken completes the dish, which offers a well-balanced meal with the sweet touch of Arabian aromas. A non-spicy option!

(1.000 g = € 15,67)

300 g

€ 4,70

### 8389 Chickpeas with Spinach

If you prefer a more light, homemade recipe, we recommend you to try this starter, whether at home or at work. Chickpeas with spinach that taste like home. Authentic homemade flavour!

(1.000 g = € 15,67)

300 g

€ 4,70

### 8391 Cocido Stew Croquettes

Creamy and soft texture with authentic homemade flavour. Our cocido stew croquettes are made from chicken and pork stew meat and ham cured in its own juices.

(1.000 g = € 12,40)

13 - 15 pieces = 500 g

€ 6,20

### 8403 Hake fillets

Skinless fillets. These are ideal for a balanced meal as they are low in calories and high in nutrition.

(1.000 g = € 16,40)

5 - 7 pieces = 850 g

€ 16,40

### 8410 Belly of Hake

We have selected the best belly of Cape hake which is truly exquisite. Eat is easy to prepare, it comes uncooked and has virtually no bones.

(1.000 g = € 14,11)

12 - 20 pieces = 950 g

€ 13,40

### 8411 Seafood mix

Includes unpeeled king prawns and prawns, mussels and clams, sword fish cubes, shortfin squid and hake.

2 pieces = 1.000 g

€ 15,70

### 8421 Fish fingers

Exquisite fingers of fish, can be served as a canapé or in a fresh salad. Individually packaged. Easy to serve.

(1.000 g = € 13,80)

2 pieces = 500 g

€ 6,90

### 8439 Breaded squid

Tender strips of breaded shortfin squid, made without egg. Excellent texture and a handy size, sure to be successful.

50 - 70 pieces = 1.000 g

€ 13,10

### 8468 Dried cod

Enjoy the authentic taste and give your recipes a touch of class. Select strips of desalted cod (Gadus morhua), line-caught in Island. Ideal for sautéing with vegetables, preparing omelettes or combining with salads.

(1.000 g = € 24,75)

400 g

€ 9,90

### 8469 Small cod fillets, au naturel

Discover the genuine flavour of natural cod, low in salt because it has been in brine during its preparation. Filleted at source, on an Icelandic boat. We provide cod which is extremely high in quality, with a truly amazing taste and a delicately juicy texture.

(1.000 g = € 33,17)

6 - 9 pieces = 630 g

€ 20,90

### 8471 Calamari rings in batter

Choice squid rings in batter, tender on the inside and crunchy on the outside. So you can enjoy them at their freshest whenever it suits you.

(1.000 g = € 15,33)

50 - 70 pieces = 750 g

€ 11,50

### 8472 Battered Hake Fillets

Practical and delicious Juicy Hake fillets in a lightly peppered batter, perfect everyday fare or as an alternative to the family meal.

(1.000 g = € 20,50)

5 - 7 pieces = 600 g

€ 12,30

### 8476 Fillets of hake

Select Argentine Hake (Merluccius hubbsi) from the Southeast Atlantic caught using commercial fishing methods, cut from the central portion and with an ideal thickness for use in stews or grilled and served with one of our stir fry or sauté dishes.

(1.000 g = € 20,70)

5-7 pieces = 630 g

€ 14,30

### 8477 Cod loins

Discover the freshness of the sea. Exquisite cod fillet pieces, large portions which have been lightly salted, they have virtually no bones.

(1.000 g = € 38,81)

4 - 5 pieces = 675 g

€ 26,20

### 8504 Hake Strips

The best dish for children! Hike strips with an unmistakable taste and texture. Economy size. Almost boneless.

(1.000 g = € 9,95)

Ca. 35 pieces = 1000 g

€ 10,40

### 8508 Classic cod fillets

Exquisite pieces of cod fillet. We have extended our cod range by adding fillets with a different cut. Ideal to prepare Biscayan style, Pil-Pil style, battered, grilled... Enjoy it however you like.

(1.000 g = € 31,72)

3-4 pieces = 640 g

€ 20,30

### 8514 Prawn Tails

Delightful shelled and deveined prawn tails (Pleoticus muelleri), from extractive fishing in the Southwest Atlantic (FAO 41). Perfect for eating them grilled, cooked with garlic or boiled in combination with soups, stews, rice and salads. Supreme quality!

(1.000 g = € 52,33)

300 g

€ 15,70

### 8519 Cod with brown butter, parsley and lemon

Quick preparation and delicious taste. Discover this recipe of natural cod, conveniently steamed in a special bag, all you have to do is microwave it for a few minutes, with a sauce included. The result is surprisingly good.

(piece € 4,15 / 1.000 g = € 27,67)

2 pieces = 300 g

€ 8,30

### 8522 Cod Ventresca \*Boneless portions from the belly fillet

Succulent portions from the cod's (Gadus morhua) belly, from extractive fishing in the coast of Iceland. This big, well-salted fish may be cut either into portions to be cooked in stews or into strips to be floured and fried. Its delicious texture and rich flavour will turn any recipe into a tasty morsel.

(1.000 g = € 18,15)

3 - 4 pieces = 650 g

€ 11,80

### 8525 Monkfish Tails

Select, skinless monkfish tails (Lophius vomerinus) from South Africa that offer white meat and a marvellous texture. This high-quality fish will give your recipes a touch of class.

(1.000 g = € 28,75)

800 g

€ 23,00

### 8526 Cape Hake Fillets

Succulent Cape hake fillets (Merluccius Capensis) with a firm texture and a very pleasant flavour. They can be used in a wide range of recipes: in sauce, fried or oven-cooked.

(1.000 g = 15,00)

5 - 9 pieces = 800 g

€ 12,00

### 8527 Hake Pieces

Easy-to-eat, succulent hake pieces coated in browned batter to be enjoyed by the whole family, especially by youngsters! Easy to prepare, even in the oven. Perfect for a healthy and tasty diet.

(1.000 g = € 11,75)

11-13 pieces = 800 g

€ 9,40

### 8528 Extra Hake Fillets

With these new fillets (Merluccius capensis) from South Africa, we offer different sizes at a more affordable price in order to meet your needs. Firm texture and impeccable taste. The perfect size for preparing a multitude of recipes as you please.

4-9 pieces = 1000 g

€ 17,80

### 8530 Supreme Canneloni

Family-sized format! A traditional recipe to enjoy an exquisite dish made with select beef, pork and poultry, topped with béchamel sauce and grated Emmental cheese. It has the traditional flavour of the ragù.

(1.000 g = € 12,82)

1.100 g

€ 14,10

### 8535 Chicken Nuggets

Browned pieces, directly cut from the chicken breast and rolled in an original corn mix suitable for the oven. The crispiest choice for those who love nuggets.

(1.000 g = € 14,67)

750 g

€ 11,00

### 8542 Ready-to-eat Fish Soup

A succulent and delightful starter that will be ready in only 20 minutes. A piece of the best fish soup with bits of cuttlefish, clam, Cape hake, prawn and mussel in fish stock. Alternatively, you can use it to marinate pasta. 4-6 portions.

(1.000 g = € 13,90)

500 g

€ 6,95

### 8543 Fine Peas

Fine peas with a mild flavour. Their small size makes them ideal to be stewed or served as a garnish.

(1.000 g = € 4,17)

1.200 g

€ 5,00

### 8544 Spinach Leaves

With no blocks and deep-frozen to preserve the properties of spinach, this product is presented in a new format that is easier to serve. Due to its excellent taste and nutritional value, spinach is a healthy dish that can be also used in many different recipes.

1.000 g

€ 4,30

### 8545 Sautéed Broad Beans

Healthy and ready in just 6 minutes. Enjoy this sauté made from baby broad beans, fine peas, potatoes, onions and natural bacon. Ideal to be served as a starter or a light dinner at any time of the week.

(1.000 g = € 9,73)

750 g

€ 7,30

### 8546 Vegetable Stew

Our nourishing and colourful vegetable stew offer an amazing assortment of tastes and soft and crunchy textures that turn artichokes, peas, beans, broad beans and Brussels sprout into a tasty morsel.

1.000 g

€ 3,70

### 8551 Boiled Peeled Shrimps

Select boiled rose shrimp (Parapenaeus longirostris), captured in the Mediterranean Sea and Aegean Sea. Their size makes them perfect to be blended in countless recipes, such as scrambled eggs, soups, salads or omelets. Easy to portion.

(1.000 g = € 27,20)

500 g

€ 13,60

### 8552 Raw Mediterranean Prawn

Select uncooked Mediterranean prawns (Penaeus kerathurus), captured in the Mediterranean Sea. You can either grill them or serve them with stew or rice. Just how you like it! Their medium size (60/80 units per kilo) makes them perfect for multiple uses. An amazing taste and texture experience.

(1.000 g = € 26,13)

800 g

€ 20,90

### 8555 Prawn

A wild and very special crustacean (Pleoticus muelleri) captured near the coast of Argentina and especially selected for being eaten the whole year. Its beautiful aspect, delicious taste and firm texture provide an unique touch.

(1.000 g = € 23,50)

16 - 24 pieces = 800 g

€ 18,80

### 8557 Clean Argentine Shortfin Squid

A tender, clean squid (sheaths and tentacles) that can be grilled or stewed. Grilled squid is especially delicious.

(1.000 g = € 20,75)

400 g

€ 8,30

### 8562 Hot-Smoked Salmon

Try this different but juicy texture. Hot-smoked salmon has an intense taste, so you can have it just defrosted or slightly heated. It is thicker than cold-smoked salmon, which makes eating it an unforgettable sensory experience.

(1.000 g = € 85,45)

2 pieces = 220 g

€ 18,80

### 8564 Piffero Prosciutto

Our successful piffero is now filled with boiled ham, tomato and Mozzarella cheese. We use traditional Calzone dough (folded by hand) to serve you the genuine Italian taste.

(piece € 3,65 / 1.000 g = € 18,72)

2 pieces = 390 g

€ 7,30

### 8567 Mixed Sauté

A crunchy, tasty combination of seafood flavours, combining squid rings, hake fingers, mussels and prawns, all lightly and tastily fried in batter. Perfect to be shared with your whole family.

(1.000 g = € 15,07)

750 g

€ 11,30

### 8589 Beans with Bacon

Filling and very tasty. These tender beans with bacon and homemade sauté can be heated within minutes, either you are at home or at work..

(1.000 g = € 15,67)

300 g

€ 4,70

### 8600 Guacamole

Try our delicious guacamole made with 88% Hass avocado from Peru, tomato, onion, jalapeño chilli, garlic and salt. The perfect sauce to dip some nachos, to fill burritos or to serve as a side dish. You will love this healthy, additive-free product. (pieces € 4,15 / 1.000 g = € 20,75)  
2 pieces = 400 g

€ 8,30

### 8652 Patatas Bravas (potatoes in Brava sauce)

Small diced potatoes, ideal for preparing Patatas Bravas. Enjoy them with spicy brava sauce, garlic mayonnaise, ketchup... Very tasty and with excellent culinary possibilities. (1.000 g = € 3,93)  
750 g

€ 3,10

### 8657 Potato Timbale with Roasted Ribs

Surprise and delight your guests with this mouth-watering appetizer made of diced potatoes and roasted pork ribs in a light touch of barbecue sauce. Its amazing flavour and home-made appearance make it an excellent starter or garnish. (piece € 1,56 / 1.000 g = € 26,04)  
2 pieces = 480 g

€ 12,50

### 8695 Salmon Mixed with Vegetables

We suggest this combination of natural salmon (more than 40%) with broccoli, onion, red pepper, green pepper, courgette and carrot, so you always have a tasty, healthy dish within reach. A flavourful, well-balanced ingredient selection that fills your table with colour and flavour. (1.000 g = € 15,33)  
750 g

€ 11,50

### 8700 Vegetable Tempura

Having fun eating vegetables is easy with bofrost\*. Courgettes, aubergines, peppers and cauliflower, cut and battered. For non-stop snacking! (1.000 g = € 10,13)  
750 g

€ 7,60

### 8703 Salad vegetables

A mixture of diced vegetables including potatoes, carrots, beans, diced greens and peas. Easy to serve. 1.000 g

€ 2,90

### 8704 Navarra mix of legumes

Made up of peas, flat green beans, sliced carrot, whole mushrooms, split artichoke hearts, beetroot and white asparagus. 1.000 g

€ 4,10

### 8705 Special mix of vegetables

A traditional combination of peas, flat green beans, sliced carrot, whole mushrooms, diced artichoke, coli flour and white asparagus. 1.000 g

€ 4,10

### 8706 Mediterranean Stir-fry

Perfect to sauté over a slow heat for a homemade stir-fry to fill your dishes with colour and flavour. Ideal to accompany fish, meat, or even paella or seafood salad. An essential part of your repertoire for creating your own recipes and accompanying your dishes on a daily basis! 1.000 g

€ 4,10

### 8710 Vegetable stir-fry

A tasty stir-fry of roasted aubergine, tomato, chopped onion, sliced mushrooms and red and yellow peppers. Easy to prepare and serve. 1.000 g

€ 5,50

### 8711 Rice with six ingredients

Enjoy this light and flavoursome recipe, ideal as a main course. It includes white rice, peas, strips of carrot, cooked ham, peeled prawns and French omelette. Can be cooked in portions. 1.000 g

€ 6,50

### 8714 Mushroom, prawn and roast onion stir-fry

Delicious and natural combination of sliced oyster mushrooms, prawns and onion. It can be served conveniently as a traditional stir-fry to accompany dishes or as a base to create your own personalised meals. 750 g = € 8,27

€ 6,20

### 8716 Sliced flat beans

(1.000 g = € 4,33)  
600 g

€ 2,60

### 8717 Diced artichoke

Impeccable taste and appearance. Ready to be cooked however you like. A high fibre content aids digestion. 1.000 g

€ 8,30

### 8718 Sliced flat beans

Exquisite flat green beans ready for cooking. Ideal for stir-frying or stews. They have been cleaned and are well-sized. Easy to serve. 1.000 g

€ 3,40

### 8721 Sliced green beans

Delicious green beans ready to cook as they have already been cleaned and cut. Easy to serve. 1.000 g

€ 3,40

### 8722 Artichoke hearts

The best part of the artichoke, ready to hand. Specially-selected artichoke hearts, give them your own choice of filling. (1.000 g = € 12,53)  
750 g

€ 9,40

### 8723 Spinach leaves

(piece € 1,30 / 1.000 g = € 4,33)  
2 pieces = 600 g

€ 2,60

### 8735 Green Asparagus

The choicest quality for you to enjoy your favourite way: on the griddle, stir-fried, boiled... It makes a delicious dish, light yet full of flavour. (1.000 g = € 18,25)  
400 g

€ 7,30

### 8736 Sliced mushroom

(1.000 g = € 6,50)  
400 g

€ 2,60

### 8737 Cauliflower

(1.000 g = € 5,20)  
500 g

€ 2,60

### 8738 Broccoli

(1.000 g = € 5,20)  
500 g

€ 2,60

### 8739 Cauliflower

Easier. Tender Cauliflower florets. Gathered in carefully chosen fields where the climate and the soil are ideal to guarantee the best quality. 1.000 g

€ 3,90

### 8743 Pepper strips

Red, green and yellow peppers cut into practical strips with a very pleasant flavour. Ideal as a garnish or for use in stir-frys. 1.000 g

€ 3,80

### 8745 Broccoli

A new format for an excellent product. Selected broccoli florets. Source of vitamin C, folic acid and carotene. Low in calories. 1.000 g

€ 4,10

### 8750 Spinach leaves

Enjoy cooking with these practical portions of spinach leaf, create your own dishes. (piece € 1,03 / 1.000 g = € 3,42)  
4 pieces = 1.200 g

€ 4,10

### 8754 Diced tomato

Our diced tomatoes will give your dishes natural flavour, forget about having to peel and dice them yourself. (1.000 g = € 4,13)  
750 g

€ 3,10

### 8762 Aubergines in batter

Delicious sliced aubergines coated in a crispy batter without egg, so preserving the whole flavour. A great canapé or garnish, easy to serve. We recommend drizzling some syrup on top. (1.000 g = € 8,93)  
750 g

€ 6,70

### 8767 Chopped onion

No need to waste time cleaning, peeling and cutting. Ready to prepare stir-frys, sauces, salads etc. Enjoy cooking with bofrost\*. 1.000 g

€ 3,40

### 8768 Riverbank vegetable stew

Our novel combination that includes all the main vegetables grown in the Spanish region of Navarra, such as flat green beans, baby carrots, broccoli, cauliflower, whole mushrooms and baby artichoke to serve with your daily meat or fish dishes. 1.000 g

€ 5,20

### 8769 Extra sweet corn

Firm but with a pleasurable sweetness. This corn stands out from the rest. bofrost\* makes it easy for you to prepare your favourite salads, stir-frys and stews at home. (1.000 g = € 5,47)  
750 g

€ 4,10

### 8770 Braised vegetables with chicken

Healthy and balanced main meal with juicy chicken breast and delicious braised vegetables, including courgette, aubergines, onion and red capsicum.

(1.000 g = € 9,07)

750 g

€ 6,80

### 8771 Minced Garlic

Our minced garlic is perfect for seasoning and spicing your dishes in an easy and fast way without getting your hands dirty.

(1.000 g = € 26,00)

100 g

€ 2,60

### 8772 Onion Rings

The traditional American starter comes into our hands with a crunchy texture and a surprising sweet taste! It is ideal to be served either fried in light batter or in combination with meat or fish.

(1.000 g = € 10,33)

300 g

€ 3,10

### 8773 Roasted Vegetables for

#### Microwave

A quickly prepared dish. In only 3 minutes, you'll enjoy this nourishing and colourful dish made of aubergine, roast courgette, red pepper, green pepper and onion. It is ideal to be served in combination with our white rice and enjoy a nourishing main dish.

(piece € 1,03 / 1.000 g = € 6,83)

4 pieces = 600 g

€ 4,10

### 8774 White Rice for Microwave

Agreeable and quickly prepared! This white rice always comes out great. Try it, either alone or in combination with a salad or our roasted vegetables. With a little imagination you will be able to prepare many dishes in just 3 minutes. Save time in the kitchen!

(piece € 0,65 / 1.000 g = € 4,33)

4 pieces = 600 g

€ 2,60

### 8782 Fall Sauté

Enjoy this complete and easy-to-prepare dish – either as a main course or a light dinner. Made of iconic fall ingredients, such as spinaches, cultivated mushrooms, champignon mushrooms or leaf cabbage, and a great many previously-roasted chicken cuts. It is seasoned with parsley.

1.000 g

€ 9,40

### 8783 Diced Pumpkin

A traditional but trendy vegetable! It is diced so it is easier for you to portion and use it in a number of recipes. It has a natural, traditionally sweet taste.

1.000 g

€ 4,10

### 8784 Sautéed Vegetables with Pumpkin and Chicken

This special recipe is made of a wide range of vegetables, besides 15-percent pumpkin, which adds a sweet hint to the sauté, and 13-percent tender, juicy roasted chicken. A healthy, nutritious and light dish.

1.000 g

€ 9,40

### 8785 Vegetables for Paella

It is a must-have in your kitchen to make one of the most typical Spanish dishes. French beans, lima beans and white beans are included.

(1.000 g = € 4,86)

700 g

€ 3,60

### 8786 Sliced mushroom

Specially selected mushrooms cut into slices. With a very natural flavour and appearance. Easy to serve.

1.000 g

€ 5,20

### 8787 Sautéed Spinach with Raisins and Pine Nuts

Delicious, portioned sautéed spinach, served with raisins, pine nuts, fried onion and a hint of chopped garlic. Perfecto to have as a light dinner, serve as a tastily sweet garnish or spread on open sandwiches and have as an appetizer.

1000 g

€ 9,40

### 8788 Microwave Quinoa

Our natural microwave quinoa will help you to save time and effort in the kitchen. It can be used in a wide variety of recipes and garnishes. Just heat it and eat it!

(pieces € 1,53 / 1.000 g = € 12,20)

4 pieces = 500 g

€ 6,10

### 8789 Piquillo Peppers (Stuffed with Cod)

There is no nouvelle cuisine without real tradition. That's why we present these Piquillo peppers stuffed with delicate brandade that will enhance meals with colour and flavour thanks to their excellent traditional taste, cooked in wood stove.

(1.000 g = €16,60)

500 g

€ 8,30

### 8799 Artichoke Medallions

A different and original way to eat vegetables! Made with plenty of natural artichoke, flour, mashed potatoes and cheese. We recommend this recipe for a controlled diet due to its natural diuretic properties, which benefit our organism, and its high fibre content. Ready to eat in just five minutes in the deep-fryer or in ten minutes in the oven.

(piece € 0,91 / 1.000 g = € 18,25)

8 pieces = 400 g

€ 7,30

### 8801 Churros

A fun breakfast for the whole family. Crunchy on the outside and smooth in the middle.

(1.000 g = € 6,20)

14 - 18 pieces = 500 g

€ 3,10

### 8806 Waffles with cocoa sauce

Extra large spongy waffles. Best eaten with cocoa sauce at tea time or breakfast, or simply as a snack. Includes eight 20 g sachets of chocolate sauce.

(piece € 1,44 / 1.000 g = € 11,98)

8 pieces + 120 ml creme = 960 g

€ 11,50

### 8809 Diced Hass Avocado

100-percent natural Hass avocado harvested at optimum maturity. This type of avocado is known for its high quality. Already clean and diced so food is not wasted, and you save time when cooking.

(1.000 g = € 17,71)

350 g

€ 6,20

### 8836 Belgian Bonbon Crêpe

Our Belgian bonbon crepes are pure pleasure for all chocolate lovers. A recipe that will have you licking your lips!

(piece € 1,04 / 1.000 g = € 13,00)

10 pieces = 800 g

€ 10,40

### 8840 Grandmother's Cake

It will send you into an immediate nostalgia. Inspired by one of the most traditional recipes consisting of Bofrost's exclusive biscuits and a sponge cake made with select ingredients, such as olive oil and fresh eggs, intertwined with delicious layers of chocolate mousse. There is no dessert as traditional and delightful as this cake! It has the perfect size so no food is left over and it does not take up too much space. A Bofrost's exclusive recipe.

(1.000 g = € 28,75)

400 g

€ 11,50

### 8841 Carrot Cake

If I had to choose, I would undoubtedly try the carrot cake. It faithfully follows the original recipe, which consists of a homemade, spongy sponge cake made with natural ingredients, such as carrots and chopped walnuts, and topped with a delicious cheese cream and butter. It has the perfect size so no food is left over and it does not take up too much space. A Bofrost's exclusive recipe.

(1.000 g = € 28,75)

400 g

€ 11,50

### 8901 Gluten-Free Churros

Try our delightful, traditional recipe for loop-shaped churros, made with gluten-free cornflour. Crunchy and delicious.

(piece € 0,52 / 1000 g = € 27,37)

10 pieces = 190 g

€ 5,20

### 8920 Chocolate Sponge Cake

The traditional chocolate sponge cake recipe. Its succulent, spongy dough and the chocolate chips inside and outside the sponge cake enhance the chocolate flavour. And best of all... It is gluten-free!

(1.000 g = € 31,33)

300 g

€ 9,40

### 8950 Gluten-Free Ham Croquettes

Simply amazing. Perfect for those who are intolerant to gluten, but suitable for the whole family due to their delicious taste and slightly crunchy topping. Gluten-free.

(1.000 g = € 18,25)

400g

€ 7,30

### 9012 Cream and Cocoa Sandwich

Simple, but very sweet! Try our soft vanilla- and cocoa- flavoured ice cream between tender cocoa biscuits. Perfect for all ages!

(piece € 0,72 / 1.000 ml = € 8,46)

16 pieces = 1360 ml

€ 11,50

### 9061 Glass of Iced Coffee

The traditional creamy coffee ice cream directly served in a lovely cup. A real delicacy to enjoy this strong and extraordinary scent at any time of the day.

(piece € 1,57 / 1.000 ml = € 12,05)

6 pieces = 780 ml

€ 9,40

### 9064 Chocolate Tom Thumbs

Passion for chocolate. Our classic Tom Thumbs now come in a purer chocolate variation. The whole family will love them for their delicious flavour, practical size and crunchy texture. Try them and you'll be surprised!

(piece € 0,41 / 1.000 ml = € 9,76)

20 pieces = 840 ml

€ 8,20

### 9075 Cremosini Tiramisu

Inspired by the famous Italian recipe and presented in a handy miniature format! This creamy ice-cream with lashings of chocolate and coffee sauce, chocolate-coated hazelnuts and cocoa powder is truly a taste sensation. Perfect to be enjoyed individually.

(piece € 1,57 / 1.000 ml = € 12,05)

3 pieces = 390 ml

€ 4,70

### 9076 Yoghurt Cremosini & Wild

#### Berries

Yoghurt with fruit! A delicious combination of frozen yoghurt streaked with a wild berry sauce (blueberries, raspberries, blackberries and strawberries) so that you can enjoy a refreshing and nutritious snack in individual format.

(piece € 1,57 / 1.000 ml = € 12,05)

3 pieces = 390 ml

€ 4,70

### 9091 Potato Purée

A creamy and practical potato purée, perfect to serve as the basis for many recipes such as meat loaf, duchess potatoes and spicy potato balls, or simply to be served with meats and fishes. Ready in only 3 minutes. Easy to serve since it's divided into small parts to use only the necessary quantities.

(1.000 g = € 6,44)

450 g

€ 2,90

### 9146 Pizza "La Margherita"

So simple, so good, so irresistible! Genuine Italian Margherita pizza baked in a traditional wood stove on natural stone. The perfect pizza base for children. As this is the basic preparation, you can top it with your favourite flavour: shellfish, vegetables or meat. Available in a value pack of 3!

(piece € 3,93 / 1.000 g = € 11,57)

3 pieces = 1020 g

€ 11,80

### 10002 Fish Sticks

A popular recipe with juicy portions of Alaskan haddock from sustainable MSC fishing, breaded without gluten and can be cooked in the oven. Contains no wheat or lactose.

(1.000 g = € 17,80)

Appr. 16 pieces = 500 g

€ 8,90

### 10004 Rolls

Whether for breakfast, snack or dinner, now you can enjoy these crunchy, gluten- and lactose-free rolls at home, your office or school.

(piece € 1,22 / 1.000 g = € 15,21)

6 pieces = 480 g

€ 7,30

### 10010 Chicken nuggets

The chicken nibbles that are just as appealing as a main dish, in a juicy oven-ready recipe, made with breaded chicken breast, gluten and lactose-free.

(1.000 g = € 20,00)

Appr. 25 pieces = 500 g

€ 10,00

### 10011 Chicken cordon bleu

The secret's in the filling! With tender cooked ham and special Emmental cheese, producing a dish that's crispy on the outside and extratasty on the inside. Gluten and lactose - free. It is also oven-ready.

(piece € 4,10 / 1.000 g = € 24,60)

3 pieces = 500 g

€ 12,30

### 10034 Tortelli Ricotta and Spinach

We offer the Italian traditional recipe made from the best quality spinach, specially selected for bofrost\*, and delicious Ricotta cheese. Taste the most natural flavour in the most special way. Gluten-, wheat- and lactose-free.

(1.000 g = € 20,80)

330 g

€ 10,40

### 10036 Vegetable Lasagne

You have never seen such a surprising vegetable lasagne! An amazing recipe made with glutenfree pasta filled with aubergine, courgette and roasted tomato, coated with cheese sauce and grated cheese. Lactose- and gluten-free!

(1.000 g = € 13,75)

400 g

€ 5,50

### 10056 Margherita Pizza

The authentic Italian pizza! Simply superb! Only the best ingredients from the best places in the world leave us with good impression. With tomato sauce, a crispy, gluten-free pizza base and plenty of lactose-free mozzarella. Gluten-, wheat- and lactose-free.

(1.000 g = € 20,30)

330 g

€ 6,70

### 10091 Chocolate Crêpes

Soft crêpes filled with delicious chocolate and hazelnut creamy filling, to enjoy the sweetest moments of the day. Gluten-free, contains no wheat or lactose.

(piece € 1,66 / 1.000 g = € 19,53)

5 pieces = 425 g

€ 8,30

### 10104 Chocolate Ice Cream

Enjoy the pleasure of a lactose-free ice cream. The traditional flavour in a creamy recipe, perfect for those who love chocolate with crunchy cocoa bits.

(1.000 ml = € 7,68)

950 ml

€ 7,30

### 10112 Lactose-Free Big Almond

Don't be left without ice-cream! Try our gluten- and lactose-free recipe, made of select Bourbon vanilla and topped with milk chocolate and almonds.

(piece € 1,68 / 1000 ml = € 14,03)

6 pieces = 720 ml

€ 10,10

### 10130 Dame Blanche

A wonderful combination of Bourbon vanilla ice-cream with plenty of chocolate sauce, elegantly served. Lactose-free.

(piece € 1,88 / 1.000 ml = € 13,45)

6 pieces = 840 ml

€ 11,30

### 10500 Viennese Escalope

A crispy soy Viennese escalope cooked in breadcrumbs. It is ideal to turn your vegetarian diet into a tasty and quick menu, ready in only 4 minutes.

(piece € 1,12 / 1.000 g = € 13,40)

6 pieces = 500 g

€ 6,70

### 10506 Mini Burgers

A tasty, vegetarian alternative. Soy burgers delicately blended with fried onion and seasoned with the classic spices of meatballs. They can be quickly cooked on the frying pan or in the oven. A healthy and tasty recipe!

(piece € 1,15 / 1.000 g = € 13,80)

6 pieces = 500 g

€ 6,90

### 10523 Lasagne Bolognese

The classic recipe has been reinvented so that you can include it in your ovo-lacto vegetarian diet. We offer our traditional recipe with Italian fresh pasta, substantial amounts of soy protein, a tasty bolognese sauce and a creamy béchamel sauce, sprinkled with a lot of grated cheese. It is the perfect flavour for those who are looking for an alternative to meat!

(piece € 4,15 / 1.000 g = € 10,38)

2 pieces = 800 g

€ 8,30

### 11006 Mystery Vanilla & Chocolate

This ice cream is like a hurricane full of mysterious layers of vanilla and chocolate, coated with a crispy layer of cocoa. Discover an unique experience thanks to our wide range of cones, perfect for all ages.

(piece € 1,22 / 1.000 ml = € 11,06)

6 pieces = 660 ml

€ 7,30

### 11011 Basil

Basil 100%, ideal to season dishes such as tomato with Mozzarella cheese, pizzas and pasta, or prepare a delicious and aromatic Pesto sauce. This basil stays as fresh as the day it was picked.

(1.000 g = € 36,00)

50 g

€ 1,80

### 11012 Parsley

Parsley that has been washed, cut and deep frozen right after the harvest, easy to ration out thanks to its practical "open and pour" container: straight from the freezer to your dishes.

(1.000 g = € 36,00)

50 g

€ 1,80

### 11013 Chives

Minced chives, ready to dress any salad or season soups and omelettes. Oven-baked meat and fish can also be dusted with chives. Besides, it is used to garnish and spice purées, such as pumpkin or vichyssoise. Just open and serve!

(1.000 g = € 36,00)

50 g

€ 1,80

### 11016 Mediterranean

It is a mix of different aromatic herbs that includes equal parts of basil, oregano, garlic, rosemary and thyme. It is perfect for seasoning dishes and making salads, meats and fishes more tasty.

(1.000 g = € 36,00)

50 g

€ 1,80

### 11052 Big-Box

The complete assortment for chocolate lovers and the whole family. An excellent assortment, including 2 Big Cocoa: a chocolate ice cream covered in milk chocolate. 2 Big Almond: a Vanilla-Bourbon ice cream covered in milk chocolate and almonds. 2 Big White: a Vanilla- Bourbon ice cream covered in white chocolate. And 2 Big Choc: a Vanilla-Bourbon ice cream covered in milk chocolate.

(piece € 1,36 / 1.000 ml = € 11,33)

10 pieces = 1.200 ml

€ 13,60

### 11070 Vanilla ice cream

By a master hand... with real Bourbon vanilla of Madagascar.

(bowl € 0,28 / 1.000 ml = € 5,53)

Appr. 30 bowls = 1.500 ml

€ 8,30

### 11071 Chocolate Splitters ice cream

By a master hand... with fine chocolate splitters and noble cocoa of Western Africa.

(bowl € 0,28 / 1.000 ml = € 5,53)

Appr. 30 bowls = 1.500 ml

€ 8,30

### 11072 Rum and Raisin

The boldest suggestion is this classic ice cream with the delicious flavour of authentic Jamaican rum with raisins. An irresistible creaminess that is completely unique!

(bowl € 0,30 / 1.000 ml = € 5,93)

Appr. 30 bowls = 1.500 ml

€ 8,90

### 11073 Walnuts

We are pleased to welcome back the queen of ice creams with this sensationally successful recipe. We have made our famous ice cream containing real maple syrup and delicious candied walnuts even creamier so you can enjoy its original delicious flavour.

(bowl € 0,30 / 1.000 ml = € 5,93)

Appr. 30 bowls = 1.500 ml

€ 8,90

### 11074 Big Exotic

As a refreshing, fruity and creamy alternative, we suggest the flavour of vanilla and tropical fruits (peach, passion fruit, pineapple and mango) in the shape of an ice lolly to be enjoyed both home and away.

piece € 1,15 / 1.000 ml = € 10,45)

6 pieces = 660 ml

€ 6,90

### 11086 boMystery Box

An enjoyable combination of flavours that mixes vanilla & chocolate, vanilla & strawberry and, for the first time, milk & lemon. Its appearance and texture are just wonderful.

(piece € 1,38 / 1.000 ml = € 12,58)

6 pieces = 660 ml

€ 8,30

### 11103 Classic Trio

The most traditional, creamy ice cream with classic flavours, such as chocolate, strawberry and vanilla. Perfect for having at a birthday party and enjoying a unique moment with your whole family.)

(piece € 0,96 / 1.000 ml = € 14,74)

12 pieces = 780 ml

€ 11,50

### 11106 Big Almond

The ice cream classic. Almonds are coated with chocolate and combined with our vanilla ice cream. Served in practical and small portions.)

(piece € 1,57 / 1.000 ml = € 13,06)

3 pieces = 360 ml

€ 4,70

### 11109 Kids-Box – RELAUNCHING

A funny and refreshing ice cream combination: 3 strawberry and vanilla lollipops, 3 orange sherbets, 3 bo\*Charly, 3 apple Frutis and 3 Kunterbunt. The perfect assortment for the whole family.

(piece € 0,81 / 1.000 ml = € 12,21)

15 pieces = 999 ml

€ 12,20

### 11117 Big White Almond

There is nothing more delightful than a delicious, refreshing ice cream made of real ground Bourbon vanilla, topped with extra crunchy white chocolate and chopped almonds. Just excellent!

(piece € 1,38 / 1.000 ml = € 11,53)

6 pieces = 720 ml

€ 8,30

### 11118 Hazelnut-Chocolate Sandwich

A crunchy, tasty and irresistible pleasure! Try this delicious ice sandwich, filled with authentic Bourbon-vanilla ice cream mixed together with hazelnut and cocoa cream, and topped with delicious milk chocolate and crunchy hazelnuts.

(piece = € 1,73 / 1000ml = € 20,39)

6 pieces = 510 ml

€ 10,40

### 11128 Big Cake Sacher-Style

Inspired by one of the world's top cakes, we offer a more creamy, frozen version of the Sachertorte, made with chocolate ice-cream, apricot sauce and an exquisite topping made from biscuits and cocoa. It promises pure chocolate pleasure!

(piece = € 1,22 / 1000ml = € 13,52)

6 pieces = 540 ml

€ 7,30

### 11130 Big Cake Apple Pie-Style

Try our special, apple-flavoured cake, made of vanilla ice cream with apple, apple sauce and small pieces of almond and biscuits, all topped with delicious white chocolate.

(piece = € 1,22 / 1000ml = € 13,52)

6 pieces = 540 ml

€ 7,30

### 11136 Crispy Pomegranate Yoghurt

We strive for surprising you with nutritious ice creams made from special ingredients. This one is made with skyr, pomegranate and freeze-dried strawberry pieces, all topped with excellent milk chocolate, pumpkin seeds and wheat flakes. It is so healthy that you will feel no remorse!

(piece = € 1,38 / 1000ml = € 11,53)

6 pieces = 720 ml

€ 8,30

### 11140 Flip - Flap

They are funny cones containing cooling ice creams made with fruit preparations, such as lemon-lime juice or orange juice. It also includes a special cola-flavoured ice-cream.

(piece = € 1,04 / 1000ml = € 9,49)

9 pieces = 990 ml

€ 9,40

### 11181 Cookie & Caramel American Ice Cream

We suggest this genuine American-style Bourbon-vanilla ice cream, combining salted caramel sauce with plenty of cookie pieces and chocolate chips. This filling, surprising dessert is ideal for ending an American meal.

(1000ml = € 14,60)

500 ml

€ 7,30

### 11183 Brownie & Chocolate American Ice Cream

For a unique chocolate experience, we recommend this genuine American-style chocolate ice cream, combining hazelnut-nougat sauce, pieces of brownie-style biscuits and hazelnuts. This satiating, delicious dessert is ideal for ending an American meal.

(1000ml = € 14,60)

500 ml

€ 7,30

### 11193 boCharly

The best dessert for children is our Bourbon vanilla, chocolate and strawberry ice cream, with a nose made of gum and a head topped with milk chocolate. It will get a smile out of them at first sight!

(piece € 0,78 / 1000ml = € 8,61)

16 pieces = 500 ml

€ 12,40

### 11308 Turkey or Chicken Escalopes

("Cordon Bleu")

This improved recipe with turkey ham and Gouda cheese allows us to rediscover a classic recipe with a tender texture and a perfect flavour.

6-8 pieces = 1.000 g

€ 15,10

### 11314 Chicken Escallops with Pumpkin Seeds

If you want to cook chicken in a healthy way, be sure to try our chicken breasts rolled in pumpkin seeds. This surprising dish will give you a lot of energy!

(piece = € 2,50 / 1.000 = € 19,23)

5 pieces = 650 g

€ 12,50

### 11328 Kentucky Fried Chicken Strips

Enjoy the most crispy, tasty chicken strips, previously marinated in flavourful spices. These ready-cooked, pre-fried strips are ready to be heated even in the oven, although they become especially crispy when fried. A sweet and spicy sauce is also included.

1000g = € 22,50

500 g

€ 11,80

### 11422 Texas-Style BBQ Ribs

The traditional Texas recipe for individually-served ribs marinated in BBQ sauce. Ribs have been roasted on a slow burn for longer. Easy and quick to prepare in the oven or the barbecue.

1000g = € 19,47

4 - 5 portions = 750 g

€ 14,60

### 11483 Roasted Pork Knuckle

We bring the most popular German dish directly to your home. Two delicious, rind-free roasted pork knuckles, served in special 600g-portions and slightly seasoned, according to the most natural recipe from Bavaria. Ready to be heated in the oven.

(piece € 8,35 / 1.000 g = € 13,92)

2 pieces = 1.200 g

€ 16,70

### 11504 Pink Salmon Fillets

Select, skinless pink salmon fillets (Oncorhynchus gorbuscha) from sustainable fishing in the north-eastern Pacific Ocean. They have been individually wrapped to ensure maximum freshness. Ideal to be grilled or made with scrambled eggs.

(piece € 4,35 / 1.000 g = € 34,80)

4 pieces = 500 g

€ 17,40

### 11506 Hake Fillets

Select, pleasing Cape hake fillets (Merluccius capensis/paradoxus), fished through sustainable fishing methods in the South East Atlantic Ocean. They have a firm, fine texture. Perfect to be steamed or grilled.

(1.000 g = € 23,90)

Appr. 5 - 6 pieces = 525 g

€ 15,70

### 11545 Crunchy Saithe

Saithe fillets (*Pollachius virens*) from sustainable fishing in the north-eastern Atlantic Ocean, fried in crunchy breadcrumbs with a light touch of pepper and parsley. Perfect to add a special flavour to your weekly menu.

(1.000 g = € 19,17)  
4 - 6 Stücke = 600 g

€ 11,50

### 11547 Fish Snacks with Quinoa

Succulent bite-sized pieces of Alaska pollock (*Theragra chalcogramma*) from sustainable fishing (MSC) in the north-western Pacific Ocean. These firm-textured snacks are coated with red quinoa and a mix of seasonings with red pepper, which brings a very special taste.

(1.000 g = € 17,33)  
4 - 6 Stücke = 600 g

€ 10,40

### 11626 Mandus Korea

It includes two tasty varieties of Korean-style dumplings: traditional dumplings are filled with beef and Korean barbeque sauce, while crescent-shaped dumplings are filled with pork and kimchi. An Asian exotic appetiser that will awaken the 'wow' factor in your taste buds.

(piece = € 0,65 / 1.000 g = € 21,67)  
16 Stücke = 480 g

€ 10,40

### 11704 Crunchy Broccoli

Eating healthy is a way of life! As a new suggestion, we recommend you this new, special recipe for broccoli, potato and Gouda cheese, coated with muesli. Eat healthy in a way that is both fun and tasty.

(1.000 g = € 11,81)  
Appr. 15 pieces = 525g

€ 6,20

### 11705 Sweet Potato and Quinoa Nuggets

Our sweet potato and quinoa nuggets are the perfect and healthiest snack. They have been classified as a "superfood" due to their ingredients. Tasty, nutritious and full of properties.

(1.000 g = € 12,17)  
46 - 54 pieces = 600g

€ 7,30

### 11769 Asian Cauliflower Rice

A witty alternative to traditional rice. The catch is that cauliflower is cut in small pieces that look like rice grains. It is accompanied by peas, corn, carrots and onions with a slightly spicy sauce. Perfect to be served with meats and fishes or as a main meal for a light dinner. Easy to portion.

(1000 g = € 8,27)  
750 g

€ 6,20

### 11770 Italian Broccoli Rice

An original recipe on the basis of broccoli chopped in small pieces that look like rice grains. The Italian touch is the combination of oven-dried tomatoes, basil and olive oil. Perfect to be served with meats and fishes or as a main meal. Easy to portion.

(1000 g = € 8,27)  
750 g

€ 6,20

### 11871 Protean Rolls

We are aware of the importance of bread in our daily diet. Thus, our protean rolls will help you to include that key element in your diet, so that your everyday life will be much more bearable.

(piece = € 0,73 / 1000 g = € 12,17)  
10 pieces = 600 g

€ 7,30

### 11888 Brioche for Hamburgers

Taste the real pleasure of eating a hamburger specifically designed to make you enjoy a meal.

(piece = € 1,03 / 1000 g = € 14,76)  
6 pieces = 420 g

€ 6,20

### 11894 Spelt Bread with Wolfberry

You don't have to stop eating bread to be healthy. Just try our delicious bread rolls made with spelt flour, dry wolfberries, sunflower seeds and chia.

(piece € 0,91 / 1.000 g = € 11,41)  
8 pieces = 640 g

€ 7,30

### 15002 Choco Mint Cremosini

Creamy mint-flavoured ice-cream with delicious chocolate sauce and sweet mint-filled chocolate chips. A superior recipe that combines freshness with sweetness in handy mini tubs.

(piece € 1,57 / 1.000 ml = € 12,05)  
3 pieces = 390 ml

€ 4,70

### 15007 Chocolate & Soybean Flower

A creamy vegetarian soy ice cream coated with a crunchy dark chocolate topping. Gluten-free. Delight yourself with this sweet pleasure from the first bite!

(piece € 1,15 / 1.000 ml = € 10,00)  
4 pieces = 460 ml

€ 4,60

### 15010 Sorbetto Limone

The most irresistible and fresh fragrance of summer in a Sicilian lemon sorbet ideal to be served either as an starter or a refreshing dessert, and create a perfect moment.

(bowl € 0,44 / 1.000 ml = € 8,27)  
Appr. 15 bowls = 750 ml

€ 6,20

### 15060 Cocoa & Cream Cones

The classic chocolate and cream-flavoured ice cream cones, decorated with cocoa sauce and hazelnuts. Served in a practical format so you always have it to hand, irrespective of the season.

(piece € 1,18 / 1.000 ml = € 9,79)  
4 pieces = 480 ml

€ 4,70

### 15087 Cappuccino Puffed Pastry

Crispy layers of cocoa, alternating with creamy layers of cream- and coffee-flavoured ice cream. Decorated with exquisite cocoa, which turns it into a fine, appealing dessert. Family-sized format!

1.000 ml

€ 4,50

### 15101 Choco Bon Coffee

A delicious coffee-flavoured ice cream covered with a tender biscuit and crunchy white chocolate with coffee-flavoured cookie pieces. An enjoyable, sweet way to have a coffee.

(piece € 1,03 / 1.000 ml = € 8,99)  
6 pieces = 690 ml

€ 6,20

### 15102 Crunchy Nociolate

A pleasure for those who love chocolate and dried fruits and nuts! Filled with abundant cocoa sauce and topped with delicious cocoa and many hazelnut pieces. Irresistible!

(piece € 1,00 / 1.000 ml = € 12,50)  
8 pieces = 640 ml

€ 8,00

### 15163 Vegetarian Pizza

Topped with grilled vegetables: peppers, aubergine, courgette, broccoli, asparagus and Mozzarella cheese.

(piece € 4,85 / 1.000 g = € 11,41)  
2 pieces = 850 g

€ 9,70

### 15193 Brie & Bacon Pizza

Try our gourmet pizza! Its rarefied ingredients, such as Brie cheese or smoked bacon, which is served in a separate container to retain its freshness, give it the perfect flavour.

(piece = € 5,75 / 1.000 g = € 17,97)  
2 pieces = 640 g

€ 11,50

### 15202 Salty Cake with Stracchino Cheese and Courgette

Try this novel, delicious rustic bread filled with Stracchino hard cheese and courgette. The perfect appetiser to share.

(1.000 g = € 22,60)  
500 g

€ 11,30

### 15213 Multigrain Margherita Pizza

The perfect pizza for a vegan diet. A delicious pizza Margherita made with multigrain flour and "MozzaRisella", a vegetable tasty aliment based on germinated whole rice and tomato. Also great for non-vegetarians who want to enjoy the multigrain dough!

(piece € 5,75 / 1.000 g = € 14,74)  
2 pieces = 780 g

€ 11,50

### 15279 Whole-Wheat Flour Pizza with Kale

Imagination and well-being cooperate in the creation of this thin-crust pizza, made with whole-wheat flour and topped with light hummus (chickpea puree), cherry tomatoes, kale and Mozzarella. The trendiest flavours in the market today!

(piece € 5,10 / 1.000g = € 15,00)  
2 pieces = 680 g

€ 10,20

### 15301 Spaghetti with Cheese and Pepper

We seamlessly fuse tradition and innovation. A traditional recipe typical of the Italian countryside cuisine made from Pecorino Romano cheese and high-quality black pepper. It is served on a practical tray to be heated in the microwave for a few minutes. This dish seems to be simple, but it has a special touch that makes it unique.

(1.000 g = € 15,67)  
300 g

€ 4,70

### 15303 Mushroom Lasagne

These delicious egg pasta sheets are filled with an aromatic mushroom sauce with bits of mushrooms. The lasagne is coated with a mild béchamel sauce. A perfect starter that will be ready to eat after 5 minutes in the microwave.

(1.000 g = € 13,43)  
350 g

€ 4,70

### 15361 Chicken Burger

A delicious hamburger made from tender chicken breast covered with a crispy cereal batter. Suitable for the oven. Serve it with lettuce and your choice of sauce on a hamburger bun accompanied by our American Stick chips. A real American menu!

(piece € 1,73 / 1.000 g = € 15,76)  
6 pieces = 660 g

€ 10,40

### 15363 Black Angus Burgers

Unique burgers made using beef from the prestigious Black Angus cattle, renowned due to its extraordinary tenderness and juiciness. Made with an appetising average-sized grain. Ideal for enjoying an American-style menu in the highest quality. All-natural beef.

(piece € 2,83 / 1.000 g = € 22,60)

4 x 125 g = 500 g

**€ 11,30**

### 15377 Multiseed Chicken Fingers

This is the most balanced way to try some crunchy chicken fingers in a slightly-spiced mixed seed crumb made of sesame and sunflower seeds. Perfect for dipping in your favourite sauce.

(1.000 g = € 19,17)

600 g

**€ 11,50**

### 15460 Crispy Alaska Pollock Fillets (MSC)

Succulent Alaska pollock fillets (MSC) rolled in crunchy, light bread-crumbs and seasoned with a hint of lemon. These special breadcrumb fillets will become the focus of the meal that both children and adults will love.

(1.000 g = € 17,33)

Appr. 10 pieces = 600 g

**€ 10,40**

### 15493 Salmon Fillet

A piece of the best. Of fine salmon sides, cleanly filleted and cut into portions, almost free of bones.

(piece € 5,23 / 1.000 g = € 43,54)

4 pieces = 480 g

**€ 20,90**

### 15735 Quinoa Medallions

Quinoa and delicious vegetables served in the shape of marvellous medallions that are a real treat for the palate. An original snack that brings a novel taste to the table.

(1.000 g = € 11,56)

450 g

**€ 5,20**

### 15756 Veggie Burger with Quinoa

You will realize how truly delicious a veggie burger can be! We recommend our new recipe made with French beans, chickpeas, potatoes, quinoa and turmeric.

(piece € 2,08 / 1.000 g = € 27,67)

4 pieces = 300 g

**€ 8,30**

### 15802 Meringue Cake

This cake will surprise your taste buds! Give yourself the pleasure and enjoy these layers of caramelized meringue stuffed with a cream semifreddo filling and attractively decorated with cream and meringue. The product is presented in a 14-cm format for sharing between 6-8 people. Straight from the freezer to the plate.

(1.000 g = € 34,85)

330 g

**€ 11,50**

### 16102 Leek Tart with Bacon

Taste this exquisite tart made from short pastry, stuffed with a flavourful leek filling with diced smoked bacon and fresh cream, and cooked au gratin with Emmental cheese. A traditional French appetiser, the perfect choice to surprise your guests.

(1.000 g = € 15,50)

400 g

**€ 6,20**

### 16103 Goat Cheese Tartlets

Taste our tartlets made from short pastry and filled with cherry tomatoes, red and yellow pepper, courgette and broiled onion. All decorated with a delightful goat cheese. Perfect for dinner or just nibbling with friends.

(1.000 g = € 15,50)

400 g

**€ 6,20**

### 16130 Basket Made of Cheese and Spinach

We have improved our recipe by providing the filling with greater creaminess to enjoy even more this traditional French recipe, which consists of a thin puff pastry filled with goat cheese and select spinach.

(piece € 2,35 / 1.000 g = € 23,50)

4 pieces = 400 g

**€ 9,40**

### 16302 Grilled Piglet Sliced into

#### Medallions

A succulent, boneless grilled piglet, already seasoned and cooked to perfection. Ready to be heated and cut just like you want it! Perfect for a special menu.

(1.000g = € 44,00)

300 g

**€ 13,20**

### 16315 Veal Steak from South America

Select beef cuts from South America, portioned in convenient, individually-wrapped pieces. Their taste and texture are unique. Perfect for those who love red meat and want to give themselves a little treat.

(piece = € 4,98 / 1.000g = € 39,80)

4 pieces = 500 g

**€ 19,90**

### 19166 Lasagne Bolognese

The traditional homemade lasagne Bolognese consisting of four layers of fresh egg pasta, filled with a soft béchamel sauce, beef and pork. It will become the favourite dish for young and old alike.

(piece € 4,70)

2 pieces = 1 kg

**€ 9,40**

### 19181 Spinach, Kale and Ricotta di Bufala Campana PDO Lasagna

An Italian main course coloured with elegance. It is made with fresh egg pasta sheets, filled with abundant kale and 'ricotta di bufala campana PDO'. Perfect to be baked. Better than restaurants!

(1.000 g = € 13,00)

500 g

**€ 6,50**