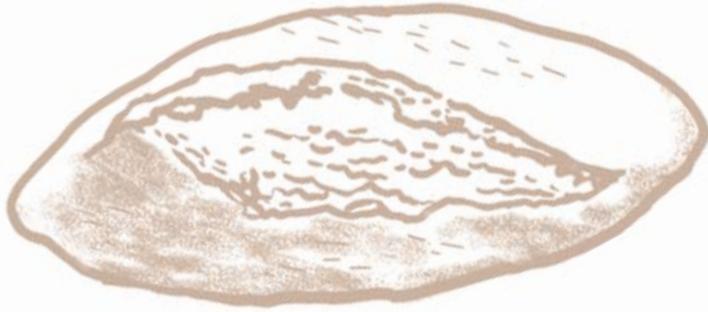


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**BREAD &  
READYMADE  
SOLUTIONS**





## BREAD

Central Spain is a large cereal producer. Galician bread is famous within Spain so its Coca Bread from Barcelona, key part of the “pan tumaca”.

Traditional bread sticks are as well part of the national landscape. “Picos” from Antequera, Málaga inland, are among the most appreciated ones, and are served with any cured meats, cheeses or “ensaladilla rusa”.

**PICOS (ARTISANAL BREAD STICKS) 140G/BAG** BS10010  
Made following a strict artisanal process with 100% natural ingredients, without any added preservatives. Due to its fabulous crunchy texture, it goes well with any traditional Spanish tapa. **(30 BAGS/CASE)**

**GALICIAN BREAD ROLL 75G/UNIT** FROPAN1000  
Artisanal bread. Crispy crust and light, fluffy crumb. Made using long-fermentation sourdough to give this bread its characteristic flavour. **(90 UNITS/CASE)**

**GALICIAN BREAD BAGUETTE 280G/UNIT** FROPAN1010  
Artisanal bread. The genuine taste of Galician bread made in Galicia. **(28 UNITS/CASE)**

FROPAN1020  
**COCA DEL MOSSÉN (CRYSTAL BREAD)600G/UNIT**  
Very distinctive taste: savoury and sweet. It has a crispy crust and a very fluffy centre, and is the perfect bread for pan con tomate. **(10 UNITS/CASE)**

## CROQUETTES

Our croquettes has the taste of homemade, the way of always, of the authentic. The legacy of doing things right, the craftsman proud of their work and the responsibility of a job well done. You will love them!

Just heat the oil at 160 °C. Deep fry until golden.  
Remove the excess of oil with kitchen paper

**JAMÓN IBÉRICO 1.5KG/TRAY** FROCOOK1002  
(IBERIAN HAM) FROM GUIJUELO

**WILD MUSHROOM 1.5KG/TRAY** FROCOOK1003  
(BOLETUS EDULIS)

**CUTTLEFISH IN THEIR INK 1.5KG/TRAY** FROCOOK1004

**CECINA 1.5KG/TRAY** FROCOOK1012

(AIR CURED BEEF) FROM LEÓN

**COD, LEEK AND PIQUILLO PEPPER 1.5KG/ TRAY** FROCOOK1013

**SPIDER CRAB WITH SAFFRON 1.5KG/TRAY** FROCOOK1009

**OX TAIL 1.5KG/TRAY** FROCOOK1011





Chicken & Mushroom Empanada.

# EMPANADA

Delicious handmade Galician pie made with bread dough and olive oil. We have three traditional fillings that are 100% natural. Produced in a bakery in Pontevedra (Galicia), heart of empanada tradition, with no artificial colouring or preservatives.

**They are perfect for any occasion.**

Easy to prepare and eat! These empanadas don't need thawing. Baking temperature: 210°C Baking time: 30' - 35'. Better served at room temperature.

## SALT COD AND RAISINS

**1.6kg** Square pie. **500g** Round pie.

FROCOOK1007

FROCOOK1022

## TUNA.

**1.6kg** Square pie. **500gr** Round pie.

FROCOOK1008

FROCOOK1023

## CHICKEN AND MUSHROOMS

**1.6kg** Square pie. **500gr** Round pie.

FROCOOK1018

FROCOOK1024

# CONFECTIONARY

## CHOCOLATE A LA TAZA 1KG MAESTRO CHURRERO

CF10010

We bring right from Madrid this chocolate from a family owned artisanal "chocolatería". Perfect with churros.

## FROZEN CHURROS 1/2KG

FROREP1000

Deep fry in hot pipping oil.

## FRIED FROZEN CHURROS 1/2KG

FROREP1050

Just wheat flour, Virgin Olive Oil and salt. No additives or preservatives. These churros must be cooked from frozen on high heat for a few minutes only. Toaster – Heat for approx. 5-7 minutes. Oven – Heat on 220 for 5-7 minutes. Grill – Heat on high for 5-7 minutes. Churros are best served sprinkled with sugar and/or cinnamon and dipped in hot chocolate.

## HANDMADE ALMOND CAKE 650G

FROREP

Tarta de Santiago. Made with cow's milk and top-quality flour to give this pastry its unique texture and creaminess. Ideal with some cream, custard or ice-cream. Thawing time: 20'. Once defrosted consume within 17 days.



Setenil de  
la Frontera, Andalucía.

