





Publican's information

What is Soul Food? The product is pre prepared high quality vac pac portioned food designed to ensure low risk to the vendor and ease of service, while ensuring a healthy profit margin in line with current enticements

Traditionally it has been difficult for pubs to serve food unless there was a food producing persona already in the family or company, such as a fisherman, farmer or gardener, never mind a chef or wife; and these benefactors can rarely be pressed upon now, leaving thriving hostelrys in prime locations unable to invest in the technologies and machinery of serving food in a safe and profitable manner. The smoking ban has not only exacerbated this situation, closing many pubs in the daytime, but has left a surplus of fine establishments ideal for the business of restauration.

Séamus O'Connell's **Soulfood™** is the solution to this. A **Soulfood™** pub can serve any dish at any time giving them near fast food or convenience shop status, which value is beyond proven in Ireland today.

Client pubs will be carefully chosen by Seamus for their cultural prominence and long standing relationship with the community in a mutual branding of reputations conducive to both parties. They will be pubs which have normally concentrated on music and atmosphere instead of food, and their agency in the product will be respected in a geographical way in that no pub near them will be allowed to also serve the product.

They will also benefit from our endorsement by exhibiting our branding on the façade of the business, alerting customers that indeed they can experience Seamus O'Connell's **Soulfood™** creations herein, and at a reasonable cost, commendable speed and consistency.



Sample retail menu

Our guarantee of quality

MENU

Soups

Carrot, duck & orange soup	€5.00
Mediterranean fish soup	€6.00
Mushroom soup Romanov	€5.00
Smoked red pepper & cumin soup	€5.00
Leek, celeriac, potato & truffle soup	€5.00

Main Courses

Beef braised in beer with pearl onions and mashed potatoes	€10.50
Chicken breast stuffed with mushrooms, Morel sauce and Tagliatelle	€10.20
Vegetarian lasagne of aubergine, peppers, courgette, fennel and spinach	€10.10
Irish stew with pearl barley and mashed potatoes	€11.98
Hake with lobster sauce, green beans and wild & white rice pilaf	€10.50
Lamb shank Provençale with potato purée	€10.60
Grilled Salmon with mussels and cepes	€10.40
Thai chicken curry with coriander, cepes, lime and white rice	€10.20
Tagliatelle of Queen scallops and Mussels, chanterelles and Spinach	€10.30
Traditional french veal blanquette with pasta	€10.80
Aromatic duck confit with Cassoulet beans and roast carrots	€10.20
Guinea Fowl with foie gras and potato purée	€13.00
Bacon & cabbage with leeks and thyme mash	€12.00

Desserts

Warm chocolate & Bailey's	
Raspberry & saffron crème brûlée	
Iced tira misu parfait	
Apple tart tatin & spiced ice cream	
Selection of the coolest ice cream & soebet in a chocolate tulip	



Available to be personalised with your establishment's logo

Prices are for illustration only and are subject to change



Wholesale pricing

DESCRIPTION	WEIGHT	PORTIONS PER PACK	PRICE PER UNIT
Carbonade of beef	290g	12	
Mashed potato	200g	12	€5.25
Stuffed chicken	190g	12	
Tagliatelle	140g	12	
Morel sauce	80g	12	€5.10
Vegetarian lasagna	300g	15	
spinach fondue	120g	15	€5.05
Irish stew	400g	16	€5.99
Hake and mussels	190g	10	
Rice duo	130g	10	
Green beans	100g	10	€5.25
Lamb shank	310g	12	
Provencale sauce	80g	12	€5.30
Grilled Salmon	130g	30	
Mussels and Porcini	190g	30	€5.20
Chicken curry	190g	10	
White rice	120g	10	
Courgette tartare	80g	10	€5.10
Bay scallops and Mussels	200g	10	
Tagliatelle	140g	10	
Spinach	120g	10	€5.15
Blanquette of veal	250g	12	€5.40
Fresh tagliatelle	140g	12	
Duck leg confit	250g	12	
Cassoulet beans	120g	12	
Carrots	80g	12	€5.10

Soups

335ml per portion. 6 portions per bag. 10 bags per case

Carrot, duck & orange soup	€5.00
Mediterranean fish soup	€6.00
Mushroom soup Russian	€5.00
Smoked red pepper & cumin soup	€5.00
Leek, celeriac, potato & truffle soup	€5.00



Wholesale pricing

DESCRIPTION

PRICE PER UNIT

Desserts

Warm chocolate & Bailey's	€tbc
Raspberry & saffron crème brûlée	€tbc
Iced tira misu parfait	€tbc
Apple tart tatin & spiced ice cream	€tbc
Selection of the coolest ice cream & soebet in a chocolate tulip	€tbc

ICE CREAMS

Arrabica Coffee
Pistachio
Caramel
Spice Cream
Milk Chocolate
Dark Chocolate
Cinnamon
Vanilla

SORBETS

Apricot
Wild Blueberry
Raspberry
Strawberry
Chestnut
White Peach
Mango
Coconut
Passion Fruit
Mint Chocolate
Griotte Cherry
Wild Fig