



From the ocean

Seagreens Limited have developed three original food products: a fresh-ground table condiment, a granulated culinary ingredient for cooking, baking, and seasoning, and vegetable food capsules. Seagreens® harvest the most nutritious wild seaweeds, cutting the plants every few years so they grow again to nutritional maturity.

'Where the larger amounts of vitamins and minerals in conventional supplements compensate for known, specific deficiencies, Seagreens® are a natural whole food which contributes directly to the broader and more complex nutritional balance on which our long-term health depends', says Simon Ranger, Managing Director of Seagreens Limited. All of the products are approved by The Vegetarian Society and The Soil Association, and they are suitable for vegans. For further information telephone 01444 400403, email post@seagreens.com or visit www.seagreens.com.



Taste the sunshine

Pâtés are so convenient for snacking, lunches or starters, and these days there are so many exotic and flavoursome varieties, such as the new Sun Dried Tomato and Basil Pâté, or Mexican Bean Pâté both from Cauldron Foods.

You can almost taste the sunshine in these vibrant, zingy pâtés packed with the natural ingredients and passions for sunnier climes.

Both pâtés are part of an extensive range from Cauldron, the UK's leading chilled vegetarian food specialist. Look out for the tasty pair in the chiller cabinets of major supermarkets and independent grocers throughout the UK. The rrp is £1.25 for a 115g tub.

For further information on the Cauldron range telephone 01275 818448 or visit www.cauldronfoods.co.uk.



Smooth and fruity

Tom Soya Limited of Deeside have launched an exciting range of soya products promoting the healthier aspects of soya milk in conjunction with pure fruit purées and concentrates.

Soya Smoothies are a delicious creamy blend of natural fruit and soya milk produced from whole 100% GM-free soya beans. They are an ideal drink for vegetarians, providing all the nutritional benefits of soya protein plus a part of the recommended daily intake of fruit.

Soya Smoothies are available in two flavours, Wild Berry and Tropical.

Alongside the smoothies the company also offers a rich and creamy chocolate flavour soy drink and natural organic soy drink.

Tom's Shakes are another great product from Tom Soya Limited. These delicious single-serve drinks are ideal for children's snacks and lunchboxes. Tom's Shakes come in Strawberry, Chocolate and Banana flavour.

For further information telephone 01244 289001, email enquiries@tomsoya.com or visit their website www.tomsoya.com.



Taste test a Lagonda by Ray O'Leary

Yes please! Well, I had been invited down to The Marble Brewery's bash to sample a Lagonda IPA. Is that the 2 litre or 3 litre turbo, I wondered? Never mind, I thought, this is a dream come true — an Aston Martin! Stylish, full of character, good taste, and oh... what a body! Strange, though, I still couldn't understand why they would want me to actually taste the thing — what was I supposed to do, lick the bonnet?

I arrived at The Knott public house in downtown Manchester to be greeted by my host James Campbell. I was ready! James steered me towards the little beauty. 'What's this?' I cried! 'Enjoy', said James, and as the pure organic vegetarian ale speeded over my taste buds, those old thoughts came flooding back: stylish, full of character, good taste, and oh... what a body!

The Marble Beers range now consists of Lagonda Indian Pale Ale, Cloudy Marble, Amber Kitchen Ale, Manchester Bitter, Chorlton N4, Ginger Marble and Chocolate Heavy. Telephone 0161 832 5914 for further details.



A Dutch Delight

Frico Organic Edam is original Dutch cheese, with a pure creamy flavour, and is made from 100% fresh organic milk. For all you Edam fans out there this is the perfect cheese for those summer picnics. For further information visit www.khdejong.com.



It's time to spice things up

Dalepak has spiced up the meat-free frozen food sector with an exciting new range of products that looks set to make a 'world of difference' to both the category and consumers.

Dalepak's new Vegetable Escalopes are available in three 'World' flavours — Indian style, Italian style and Chinese style.

They are attractively packaged and come in 320g packs of two, retailing at £1.79.

For further information about the products telephone 01677 424111 or visit www.dalepak.co.uk.



A spot of afternoon tea

Beanie's Health Foods have recently introduced African Bush Teas, a range of top quality organic Rooibos-based teas.

The Rooibos plant (*Aspalathus linearis*) is indigenous to the Cedarberg Mountains near Cape Town in South Africa. Its leaves are used for the manufacture of Rooibos tea in a process similar to that for black or oolong tea. It is a unique beverage with a characteristic sweet flavour that is rich in minerals and ascorbic acid. It is caffeine-free, with a low tannin content, and it is also claimed to have antioxidant properties. The range of African Bush Teas presently consists of Rooibos, Honeybush, Rooibos and Lemongrass and Rooibos with African Spices.

For more information contact Beanie's Health Foods on 01489 574593 or email info@beanieshealthfoods.co.uk.