

Discover:

New Products:

- **Colomba**
- **Chocolate Eggs**
- **Jams & Spreads**

AND MORE!

- Our BRCGS AA+ Certification: How We Got There
- 1 Year with Our Ecommerce
- Warehouse Operations: Behind The Scenes

Hopping into EASTER



Sweet Almonds and Treats for every Customer



Why Fish Rules Easter & Lent



2025 Trends to Improve Your Business



Premium Meats to Celebrate Easter



in season Hopping Into Easter

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A Special Message

An Easter full of Growth, Renewal & Milestones!

Easter is a time of **renewal and transformation** — a moment to reflect, evolve, and embrace new beginnings. Just as nature awakens with the season, we take this opportunity to reaffirm our **commitment to progress, innovation, and excellence**. Growth comes with challenges, but each one brings us closer to something greater— a **stronger foundation, new opportunities, and a future full of possibilities**.

From achieving an **AA+ in our BRCGS Certification** for the third consecutive year, reinforcing our commitment to **quality, safety, and reliability**, to celebrating **30 years of Atlantico UK**, 2024 has been a year of milestones. This Easter also marks one year of our **e-commerce** platform, giving our clients **greater independence, efficiency, and seamless access to our full range of products**.

But that's not all — **exciting changes are on the horizon!** As we continue to grow, something new is taking shape— **a fresh look** that reflects our journey and unwavering dedication to excellence. **Stay tuned for what's coming next!**

Beyond these achievements, what truly drives us is the **strong relationships we've built over the years** — with our **clients, partners, and the incredible team** that makes it all possible.

Your trust and support inspire us to keep innovating, improving, and delivering the best service possible.

Happy Easter!
The Atlantico Team





Hoping with Safety Our BRCGS Certification

By Ana Cartaxo and Shahrzad Ghanizadeh

When we set out to achieve **BRCGS Certification for Storage and Distribution**, we knew it would be a challenge. But ensuring the highest standards in safety, quality, and efficiency was essential to **building trust with clients** and opening new **opportunities in the market**.

A Challenging but Rewarding Process

The certification process was long and, at times, stressful, requiring months of preparation, detailed audits, and strict compliance checks. However, all the hard work paid off when we achieved an **AA+** rating in our most recent and unannounced audit, proving our commitment to excellence.

An Ongoing Commitment to BRCGS Standards

Achieving this certification was

just the **first step** - maintaining our rating is an ongoing challenge. Regular inspections keep us accountable, and every 3 years, we face surprise audits, ensuring we never let our standards slip.

A Team Effort

This success was only possible thanks to the dedication of our **entire team** - from the office handling compliance to the warehouse ensuring best

practices daily. Everyone played a key role in reaching this milestone.

Looking back, BRCGS certification isn't just an achievement—it's a **commitment** we uphold every day, **ensuring we deliver the best service to our clients**.





EASTER CAKES



OCA-EST5575

Folar de Chaves DOP

Easter Cake *Folar Chaves* PDO

600G x1

OCA-EST5587

Folar de Chaves DOP

Easter Cake *Folar Chaves* PDO

1KG x 1

New

OCA-EST5588

Folar de Chaves sem carne

Easter Cake *Folar Chaves* without Meat

1KG x 1

Savoury Easter Cake

FOLAR DE CHAVES

Folar de Chaves is traditional from Trás-os-Montes and is especially popular during Easter. This round, soft bread is usually **filled with pork, chorizo, ham**, and, in some versions, boiled eggs. Its smooth texture and rich flavour make it a unique and beloved dish, symbolising celebration and togetherness.

In addition to being a delicious treat, the folar is a gesture of good luck and prosperity, often given to family and friends.

At every Easter gathering, *Folar de Chaves* stands out as an essential item!

OCA-EST5529

Folar da Páscoa 4 Ovos Flor do Vouga

Easter Cake *Folar* 4 Eggs Flor do Vouga

1.1Kg x 1

OCA-EST5530

Folar Da Pascoa sem Ovos Flor do Vouga

Easter Cake *Folar* Without Eggs Flor do Vouga

1 Kg x 1



The Sweetness Portuguese Easter

FOLAR DOCE

Easter in Portugal is a time of faith, family, and tradition, and few treats capture its spirit like **Folar Doce**. This sweet, spiced bread symbolizes renewal and the bond between godparents and godchildren, who have long exchanged it as a gesture of good fortune.

A Tradition Rooted in History

The tradition of *Folar* dates back centuries, with origins deeply connected to Portuguese Easter customs. **In the past, it was common for godparents to gift a *Folar* to their godchildren as a gesture of good fortune and prosperity.** This practice continues

today, reinforcing family ties and the spirit of giving.

Though modern versions vary from region to region, the essence remains the same: **a soft, lightly sweetened bread infused with warm spices like cinnamon and anise.** Some variations, especially in the north, feature **whole boiled eggs nestled into the dough** — an

ancient symbol of rebirth and new beginnings.

More Than Just a Sweet Treat

Folar Doce is more than just a delicious Easter dessert; it is an expression of love and a tradition that has been passed down through generations.

Sweet Easter Cake

FOLAR DOCE



OCA-EST5540

Folar de Páscoa (Ambiente)

Tradicional - Confeitaria do Vale

Traditional Easter Cake - Confeitaria do Vale

500Gr x 8



OCA-EST5543

Folar de Páscoa Pepitas de Chocolate (Ambiente) - Confeitaria do Vale

Easter Cake with Chocolate Chips (Ambient) - Confeitaria do Vale

500Gr x 8



OCA-EST5579

Folar da Páscoa com Sultanas (Ambiente) - Confeitaria do Vale

Easter Cake with Raisins (Ambient) - Confeitaria do Vale

500Gr x 8



OCA-EST5541

Folar de Páscoa Fruta Cristalizada (Ambiente) - Confeitaria do Vale

Candied Fruit Easter Cake (Ambient) - Confeitaria do Vale

500Gr x 8



OCA-EST5542

Folar de Páscoa Noz (Ambiente) - Confeitaria do Vale

Easter Cake with Walnuts (Ambient) - Confeitaria do Vale

500Gr x 8



Portuguese Sponge Cake

PÃO DE LÓ

Pão de Ló is one of the **most traditional Easter** cakes in Portugal, particularly cherished for its simplicity and unmistakable flavour. Made with eggs, sugar, and flour, this soft, airy cake is a true symbol of the holiday, often served at family tables during Easter celebrations. Its recipe varies from region to region, with the **traditional version being light, fluffy, and delicately golden**. However, the famous **Pão de Ló de Ovar** stands out with its **rich, moist, almost creamy centre**, thanks to a higher egg content and shorter baking time.

CNF-CKE994

Pão de Ló Alvorada Tradicional (Ambiente) com Caixa

Sponge Cake Alvorada with Box
600G X 4

CNF-CKE986

Pão de Ló Conventual de Ovar Fabridoce (6 un)

Chilled Ovar Sponge Cake Fabridoce (6un)
500G X 1

OCA-CAK2012

Pão de Ló Panike

Panike Sponge Cake
1 X 650G

FRZB-CKS2737

Pão de Ló Artesanal Flor do Vouga

Sponge Cake Artesanal Flor do Vouga
700G X 1

FRZB-PAT2916

Pão de Ló Conventual de Ovar Fabridoce (Mini)

Ovar Sponge Cake Fabridoce (Mini)
75G X 6

FRZB-PAT2922

Pão de Ló de Ovar de Chocolate Fabridoce (Mini)

Ovar Sponge Cake Fabridoce (Mini)
1 X 75G

New

COLOMBA

Colomba is a traditional Italian Easter cake, similar in texture to panettone but shaped like a dove ("Colomba" in Italian), symbolising **peace and renewal**. It is typically made with a **rich, buttery dough that contains candied peel, almonds, and a light touch of citrus flavour**, making it a fragrant and delicious treat. The cake is often **topped with sugar and almonds** before baking, giving it a slightly crunchy and sweet finish. **They are often gifted to friends and family during the holiday festivities.**

OCA-EST5595 Colomba Tradicional Traditional Colomba

The refreshing aroma of orange essential oil blends harmoniously with the rich, delicate dough. This naturally leavened dough, studded with candied orange peel, is topped with a handmade glaze.

4 X 1KG



OCA-EST5596 Colomba Clásica Classic Colomba

The fresh, sweet aroma of candied orange blends with the flavour of soft, naturally leavened dough, topped with a crunchy handmade glaze.

8 X 500G



OCA-EST5592
Colomba Clássica
 Classic Colomba

Naturally leavened Easter cake in the shape of a dove, filled with candied orange peel, and topped with sugar frosting and almonds.

4 X 750G



New



OCA-EST5591
Colomba Clássica com Flor
 Classic Colomba with Flower

Naturally leavened Easter cake in the shape of a dove with candied orange peel and topped with a crunchy glaze. Packaged in cellophane, and adorned with a fabric rose and gold ribbon.

6 X 750G

COLOMBA KIDS



OCA-EST5593
Mini Torta com Pepitas de Chocolate coberta com Chocolate e Drageias

Chocolate Chip Tart Covered with Chocolate Glaze & Sprinkles

A naturally leavened mini egg-shaped Easter cake filled with dark chocolate chips, covered in a smooth milk chocolate glaze, and topped with colourful sugar-coated chocolate candies.

34 X 110G



OCA-EST5594
Mini Colomba com Creme de Chocolate e Pacote de Haribo
 Mini Colomba with Chocolate Cream and Haribo

Naturally leavened mini Easter cake in the shape of a dove, filled with chocolate cream. Also includes a Haribo sweet surprise.

34 X 100G





Getting Ready for Easter: Frozen Desserts for Stress-Free Celebrations

With Easter just around the corner, preparations can get hectic — but stocking up on frozen desserts makes celebrations so much easier!

By buying ahead, you can save time and avoid last-minute shopping while ensuring you have delicious, high-quality treats ready to serve. Frozen desserts are preserved at peak freshness, keeping their flavour and texture intact for the perfect Easter indulgence. **Plus, you can buy in bulk and use only what you need, helping to reduce waste.**

At Atlantico, you'll find not only foodservice options in bulk sizes perfect for restaurants, catering services, and bakeries, but also smaller portions ideal for selling directly to your customers.

Whether you're looking to stock up for large-scale events or offer convenient, ready-to-serve treats in your store or deli, Atlantico has the perfect solution to meet your needs.




**Perfect for
RESTAURANTS!**

FRZB-DSS2782 | FRZB-DSS2795 | FRZB-DSS2807
Sobremesas Nutriva: Mousse de Chocolate | Baba de Camelo | Natas do Céu
Nutriva Desserts: Chocolate Mousse | Caramel Dessert | Heavenly Cream
90G per unit

Getting Ready for Easter:

Frozen Desserts for Stress-Free Celebrations

Nutriva, established in 2005, blends the concepts of Nutrition and Life to create high-quality products. By using advanced manufacturing processes and carefully selecting ingredients, they guarantee balanced nutrition and delicious flavours. The brand combines deep-freezing technology with traditional recipes to preserve the essence of its offerings. Nutriva is a leading company in its sector, known for its commitment to quality and customer satisfaction.



FRZB-DSS2810

Placa Brigadeiro Nutriva

Nutriva Chocolate Cake 'Brigadeiro' Sliced
1 X 2.3KG



FRZB-DSS2788

Tranche de Bolacha Crocante Nutriva

Nutriva Crunch Cookie Dessert
1 x 1KG



FRZB-DSS2817

Cheesecake de Frutos Silvestres Nutriva

Nutriva Wild Berries Cheesecake
1 X 1.5KG



FRZB-DSS2819

Placa de Bolacha com Leite Condensado Nutriva

Nutriva Cookie & Condensed Milk Dessert
1 X 2.3KG



FRZB-DSS2825

Torta de Laranja Nutriva

Orange Roll Nutriva
1 X 1.3KG



FRZB-DSS2785

Tarte de Amêndoa Nutriva

Almond Pie Nutriva
1 X 800G

Getting Ready for Easter: Bake Your Perfect Easter Treats

Get ready for Easter by baking delicious festive treats for your customers! We have all the ingredients you need to create these classic Easter recipes!



A round, soft cake with a hollow centre, decorated with egg threads and chocolate eggs or sweet almond, resembling a bird's nest to symbolize Easter.

Star Ingredients:

FLR-CMX2417 - Dona Benta Cake Mixture
GRO-COK4231 - Pantagrul Chocolate Tablet
CNF-CHO1003 - Vieira Almonds "Romanas"
FRZB-PAT2933 - Fabridoce Egg Threads



Easter Nest Cake

Sericaia



Sericaia is an Alentejo dessert made with eggs and milk, baked and sprinkled with cinnamon, traditionally served with Elvas plums.



Star Ingredients:

DAIR-MLK1846 - Nova Açores Semi-Skimmed Milk
SEA-SPI7240 - Margão Ground Cinnamon
OCA-NUT5598 - Elvas Plums (To Serve)



Borrachões de Idanha are crunchy biscuits from Beira Baixa, made with olive oil, Jeropiga and Spirit, sugar, and spices.

Star Ingredients:

SPI-LIQ7502 - Albergaria Jeropiga
SPI-AGU7370 - São Domingos Velha Sugarcane Spirit



Borrachões de Idanha



1 Year of E-Commerce

A Faster Way to Shop

By Eloyse Rua, Marketing Manager

As a **leading food and beverage wholesaler**, we are always looking for ways to **improve our service and help our clients run their businesses more efficiently**. That's why we transformed our website into a **fully functional e-commerce platform a year ago**, making it easier than ever to browse our range, place orders, and manage your stock — all in one place.

More Independence, More Control

One of the biggest advantages of our new online ordering system is the independence it offers. Clients can now place orders at any time, 24/7, without relying on the sales team's availability. Whether you need to check stock levels, compare products, or review your past orders, everything is at your fingertips, making stock management more efficient and hassle-free.

A Wide Selection with Real-Time Availability

Our extensive range of products, from groceries and charcuterie

to frozen goods and beverages, is now easier to navigate.

Unlike traditional ordering methods, you can now see what's in stock and what's not, ensuring a smoother and faster purchasing process. No more back-and-forth to confirm availability — everything is updated in real time.

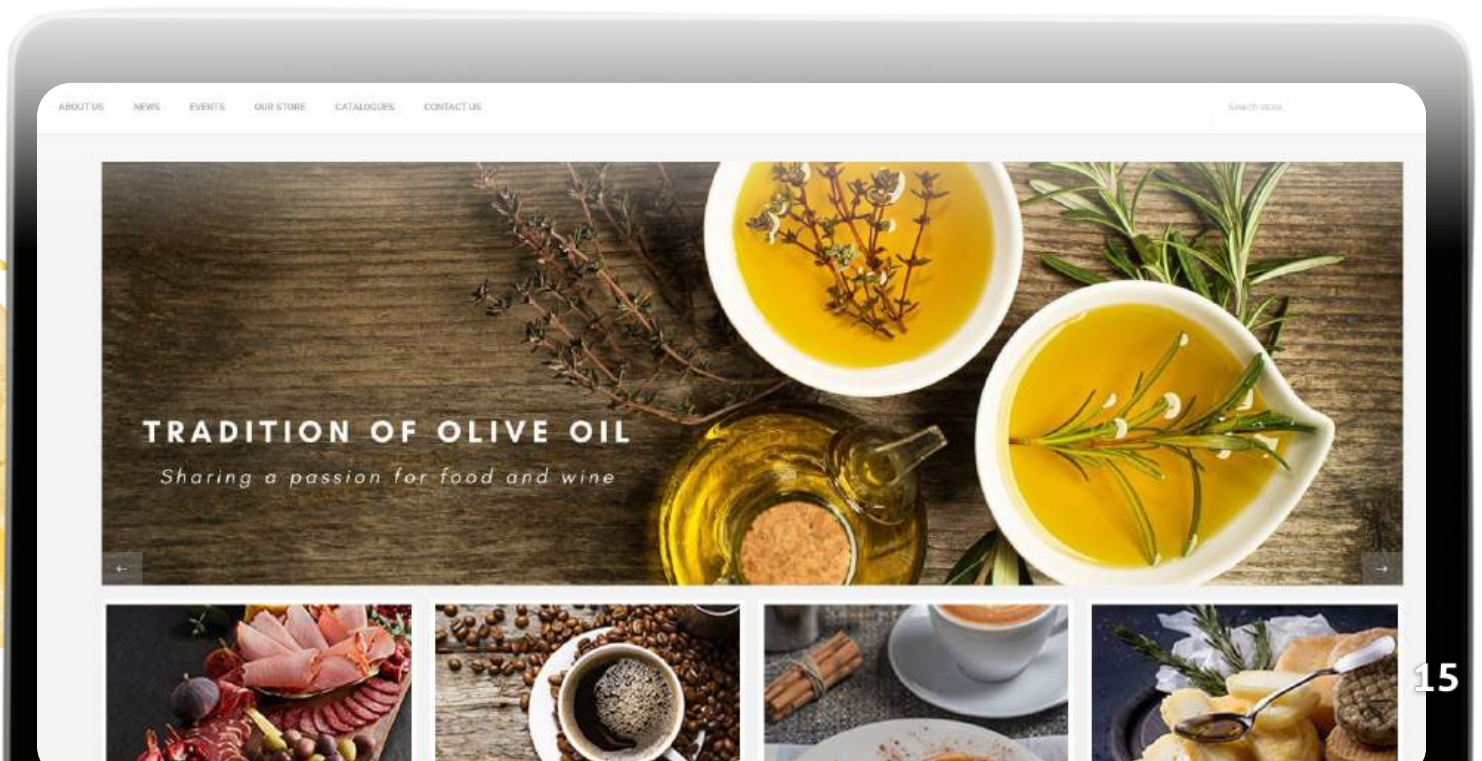
Fast & Reliable Service


With our BRC-certified operations ensuring the highest quality and safety standards, we are committed to providing fast delivery and a seamless shopping experience. The new e-commerce platform allows you to order quickly and efficiently, so **you can focus on what truly matters—running your business.**

Ready to Experience the Future of Wholesale?

Our e-commerce is designed to save you time, improve efficiency, and simplify your purchasing process. **If you don't have an account yet, get in touch with our team to get started and explore a better way to order.**

Start shopping today — anytime, anywhere!





SWEET ALMONDS

Sweet almonds are a popular Easter treat perfect for bakeries, cafés, and catering services. Whether used in gift baskets, sprinkled on pastries, or sold as snacks, they offer a versatile product to meet customer demand and enhance your holiday offerings.



Sweet Almonds

Founded in 1927, it was on Sá de Miranda Street in Lisbon that Regina began its journey in the delicious world of chocolates. With more than nine decades of existence, Regina has charted a rich and innovative path in the world of chocolates, remaining today the largest Portuguese chocolate brand.



CNF-CHO0996 | CNF-CHO0997 | CNF-CHO0959
Amêndoa Sortidas com Cobertura de Chocolate

Assorted Almonds Covered in Chocolate
14 X 200G | 6 X 300G | 180 gr x 8



CNF-CHO922
Amêndoa Regina com Cobertura de Chocolate e Açúcar em Pó Saqueta

Chocolate and powdered Sugar covered Almonds
Regina
150 gr x 12



CNF-CHO0994
Amêndoa Regina com Cobertura de Chocolate e Canela em Pó

Regina Chocolate and Cinnamon Powder Covered Almonds
150 gr x 12



OCA-EST5586
Amêndoa Regina Tipo Francesa

Sugar Coated Almonds
Regina
150 gr x 12



CNF-CHO922
Amêndoa Regina com Cobertura de Chocolate e Açúcar em Pó Saqueta

Chocolate and powdered Sugar covered Almonds
Regina
150 gr x 12



CNF-CHO0998
Amêndoas com cobertura de Chocolate de Leite Sem Açúcar Adicionado

Almonds Covered with Milk Chocolate, No Sugar Added
150 gr x 12



Sweet Almonds

With over 75 years of experience, Vieira has become a leading name in Portuguese confectionery, recognised for its commitment to quality and tradition. Known for combining time-honoured recipes with innovation, the brand offers a variety of sweet almonds, a beloved Easter treat that delights generations.



OCA-EST5576
Amêndoas Sortidas "Belinhas" Caixa Acetato
 Assorted Almonds "Belinhas" Box
 200g x 12



OCA-EST5567
Amêndoas Sortidas com Chocolate "Belinhas" Caixa Rectangular Vieira
 Assorted Almonds "Belinhas" Squared Box Vieira
 400G X 6



OCA-NUT5616
Amêndoas com Chocolate de Leite "Cláudias" Cone Vieira Gift Pack
 Milk Chocolate Covered Almonds "Cláudias" Cone Vieira Gift Pack
 180g X 12



OCA-NUT5617
Amêndoas com Chocolate Sortidas "Damadas" Cone Vieira Gift Pack
 Assorted Chocolate Covered Almonds "Damadas" Cone Vieira Gift Pack
 180g X 12



OCA-NUT5619
Amêndoas "Paris" Cone Vieira Gift Pack
 Sugar Coated Almonds "Paris" Cone Vieira Gift Pack
 180g X 12



OCA-NUT5618
Amêndoas "Napolitanas" Cone Vieira Gift Pack
 Sugar Coated and Chocolate covered Almonds "Napolitanas" Cone Vieira Gift Pack
 180g X 12



New

CNF-CHO1004
Amêndoas Vieira Cobertas com Chocolate Premium Gold
 Vieira Almonds Covered in Premium Gold Chocolate
 12 X 160G



New

CNF-CHO1000
Amêndoas Vieira Cobertas com Chocolate Ruby e Ginja
 Vieira Almonds Covered in Ruby Chocolate and Sour Cherry
 12 X 160G



New

CNF-CHO1001
Amêndoas Vieira Cobertas com Chocolate Negro e Pistácio
 Vieira Almonds Covered in Dark Chocolate and Pistachio
 12 X 160G



OCA-NUT5610
Amêndoas Vieira Cobertas com Chocolate Branco e Café
 Vieira Almonds Covered in White Chocolate and Coffee
 160gr x 12



OCA-NUT5634
Amêndoas Vieira de Chocolate Negro com Caramelo e Flor de Sal
 Vieira Dark Chocolate Almonds with Caramel and Salt Flakes
 160gr x 12



OCA-NUT5615
Amêndoas Vieira Cobertas com Chocolate Negro e Laranja
 Vieira Almonds Covered in Dark Chocolate and Orange
 160gr x 12



OCA-NUT5595
Amêndoas Vieira Cobertas com Chocolate Branco e Flocos de Framboesa
 Vieira Almonds Covered in White Chocolate and Raspberry Flakes
 160G X 12

New



OCA-EST5556
Amêndoas Vieira Cobertas com Chocolate Plant-Based e Kiwi
 Vieira Almonds Covered in Plant-Based Chocolate and Kiwi
 160G X 12





OCA-EST5569
Amêndoas Exóticas com
Cobertura de Chocolate de Leite e
Coco Vieira
 Vieira Exotic Almonds with Milk
 Chocolate and Coconut Coat
 180G X 12



New 🚀

CNF-CHO1003
Amêndoas Romanas Vieira
 Vieira Chocolate Coated in Sugar
 'Almonds'
 180G X 12



New 🚀

OCA-EST5569
Amêndoas Diana Chocolate
Branco Vieira
 Vieira White Chocolate Coated
 Almonds
 180G X 12



OCA-EST5570
Amêndoas Torradas Vieira
 Sugar Coated Roasted Almonds
 Vieira
 12X180G



OCA-EST5573
Amêndoas Lisas Coloridas Vieira
 Colourful Sugar Coated Almonds
 Vieira
 15X180G



OCA-EST5574
Amêndoas Tipo Francês
 Coated Almonds French Style Vieira
 15X180G

CNF-CHO1006 | CNF-CHO1008 | CNF-CHO1007
Amêndoas em Tubo: Exotic | Ceilão | Margaridas
 Almonds in Tubes: Exotic | Ceilão | Daisies
 180G x 15

New 🚀





Sweet Almonds



OCA-NUT5592

Amêndoas Ferbar Receita Caseira Saqueta

Homemade Recipe Almonds Ferbar Sachet
180 gr x 12



OCA-NUT5591

Amêndoas Francesas Sortidas Ferbar

Ferbar Assorted Coated Almonds French Style
250 gr x 12



OCA-EST5521

Amêndoas Ferbar Lisa Cores Ferbar

Assorted Colourful Sugar Coated Almonds
180 gr x 16



Sweet Almonds

CNF-CHO907

Jubileu Mix de Amêndoas com cobertura de Chocolate Preto, Leite e Branco

Mix Almonds covered in Milk, Dark & White Chocolate
180G X 12





EASTER CHOCOLATE

A staple of Easter celebrations, chocolate is a must-have. Perfect for gift hampers, dessert decorations, or indulgent standalone treats, it's a versatile product that enhances holiday offerings and meets customer demand for seasonal sweetness.

Chocolate

Easter is all about fun, surprises, and, of course, chocolate!

From playful chocolate figures to the exciting Kit Chocolate Eggs, there's something to delight everyone. Whether for gifting, egg hunts, or simply enjoying, these treats bring joy and indulgence to the season!



OCA-EST5526
Figuras de Chocolate -
Quinta da Regina
Chocolates Figures - Regina's
Farm
128G X 12



OCA-EST5527
Regina Kit Ovos de
Chocolate
Kit Chocolate Eggs Regina
12 X 72Gr X 12



New

OCA-EST5582
Sombrinhas de Chocolate
Regina
Regina Easter Chocolate
Umbrellas
35G X 30



New

Caneca de Páscoa Regina
Easter Mug Regina
128G X 12



New

OCA-EST5581
Coelhos de Chocolate Regina
Regina Easter Bunny
100G X 15



OCA-EST5523
Ovo de Chocolate Regina com Brinde
Chocolate Egg Regina with Surprise
100G X 28

New

Chocolate

New

Easter isn't complete without **Chocolate Eggs!**

From smooth milk chocolate to **surprise-filled delights**, there's a perfect egg for everyone to enjoy.

Add fun and excitement to your customers' Easter celebrations with these seasonal favourites!



OCA-EST5601
**Ovo de Chocolate de Leite
com caixa**
Milk Chocolate Egg
1KG

Milk chocolate egg containing a surprise sold individually in a box.



OCA-EST5600
**Ovo de Chocolate Negro
com caixa**
Extra Dark Chocolate Egg
1KG

Extra dark chocolate egg containing a surprise sold individually in a box. Suitable for vegans.



OCA-EST5597
Ovo de Chocolate com Avelã
Chocolate Egg With
Hazelnut
20 x 350g

Milk chocolate egg with chopped hazelnuts containing a surprise.



OCA-EST5598
**Ovo de Chocolate Negro
com Avelã**
Dark Chocolate Egg With
Hazelnut
20 x 350g

Dark chocolate egg with chopped hazelnuts containing a surprise.



OCA-EST5599
**Ovo de Chocolate com
Pistácio**
Chocolate Egg With Pistachio
20 x 350g

Finest milk chocolate egg with chopped pistachios containing a surprise.

Did You KNOW?

PISTACHIO
is the must-have flavour
trend for Easter 2025!

With rising consumer demand for premium, nut-infused confections, pistachio is leading the way in seasonal treats.

Ensure your Easter collection stands out with this sought-after flavour—perfect for luxury chocolate eggs and gourmet assortments.

Chocolate

New

For those who prefer a simple yet delicious treat, mini chocolate eggs are a great option. These bite-sized delights offer the same rich chocolate flavour without the surprises of traditional eggs!



Ovo de Chocolate de Leite Recheados com Creme de Pistácio

Chocolate Egg With Pistachio Cream
18 x 128g

Milk chocolate eggs filled with pistachio cream.



Ovo de Chocolate de Leite Recheados com Creme de Gianduia

Chocolate Egg With Gianduja Hazelnut Cream.
18 x 155g

Milk chocolate eggs filled with gianduja hazelnut cream.



OCA-EST5589

Ovo de Chocolate Recheados com Creme de Gianduia e Avelã

Chocolate Egg With Gianduja Cream and Hazelnuts

18 x 142g

Milk chocolate eggs filled with gianduja hazelnut cream and chopped hazelnuts.



OCA-EST5590

Ovos de Chocolate Sortidos com Creme de Gianduia

Assorted Chocolate Eggs With Gianduja Cream
18 x 155g

Assorted chocolate eggs (with milk and dark) filled with gianduja hazelnut cream.

Brazilian Favourites



CNF-CHO893
Bombons Sonho de Valsa
 Sonho de Valsa Chocolate Bonbons
 1 KG X 10



CNF-CHO892
Bombons Ouro Branco
 Ouro Branco Chocolate Bonbons
 1 KG X 10



CNF-CHO896
Bombons Serenata
 Serenata Chocolate Bonbons
 1 X 50 X 16G



CNF-CHO891
Chocolates Sortidos
Lacta Grandes Sucessos
 Grandes Sucessos Lacta Chocolate Assortment Box
 30 X 250G

Behind the Scenes

A Look at Our Warehouse Operations

By Nelson Luís, Warehouse Manager



Warehouse operations require precision, efficiency, and teamwork to ensure orders are fulfilled accurately and on time. From receiving pick lists to loading vans, every step is crucial in maintaining the high standards our customers expect.

1. From Pick List to Dispatch

The process begins with the pick list, guiding our team to collect, check, and pack items accurately. Once confirmed, orders are securely loaded into vans for delivery across the country.

2. Keeping the Standards High

We uphold strict storage and handling standards, ensuring proper temperature control and secure packaging. Regular inspections and training help maintain top-quality deliveries every day.

3. The Importance of Placing Orders on Time

Efficient stock management is a key challenge in warehouses. Advance orders help with planning and avoiding delays, while last-minute orders may

cause disruptions.

4. How We Handle Mistakes

Despite our best efforts, mistakes happen. When they do, we focus on quick, fair solutions, arranging a collection and replacement or issuing a credit note. Our goal is always to resolve problems efficiently, ensuring customer satisfaction.

5. Teamwork Makes It Happen

None of this is possible without our dedicated warehouse team. Every role—from picking to loading—is crucial to keeping operations smooth. Often behind the scenes, the warehouse is the heartbeat of our business, ensuring speed, accuracy, and care in every delivery.



SPRINGTIME FLAVOURS

Easter is a time of togetherness, and no celebration is complete without a table filled with seasonal treats. From rich charcuterie and golden honey to sweet jams and flavourful snacks, these small delights bring warmth and tradition to every gathering. Whether spread on fresh bread or paired with cheese, each bite captures the essence of Easter—a feast of sharing, indulgence, and renewal.

New

PRE-JAM6238

**Homemade
ROMEO & JULIET JAM**



2.

DAIC-SHE1742

**Prisca
Serra da Estrela Cheese**

1.

PRE-HON6156

**Serramel
HONEY WITH RASPBERRY**

1.



PRE-JAM6238

**Casa do Porco Preto
BLACK PORK SLICED
CURED LOIN**

The Barrancos Loin is a **premium product**, alongside the Ham, featuring an **intense aroma**, a smooth, slightly fibrous texture, and a **marbling of intramuscular fat connected to the meat**, which results in a mildly salty and slightly **tangy flavour**.

2.



New

CON-PTS1374

**Homemade
ANTIPASTI SPREAD BLACK
OLIVES**

A **rich, velvety black olive spread** with deep umami flavours, blended with olive oil, garlic, and herbs. Perfect for bread, cheese, or enhancing dishes.

DID YOU KNOW?

Serra da Estrela cheese is a traditional Portuguese cheese made from **raw sheep's milk, produced in the Serra da Estrela region**. Known for its creamy, semi-soft texture and **rich, tangy flavour**, it's coagulated using thistle, which adds to its unique character. Typically aged for several weeks, it has a thin, reddish rind and is often enjoyed on its own, paired with bread, or used in Portuguese dishes. **The cheese has Protected Designation of Origin (PDO) status**, ensuring it's made using traditional methods. **It was considered one of the best cheeses in the world!**



Discover Springtime Flavours

Celebrate Easter with a delicious selection of cheeses, cured meats, jams, honey, and seasonal treats, perfect for sharing. From rich and creamy flavours to sweet and savoury pairings, these carefully chosen delights bring the perfect touch to your festive table, making every gathering even more special.



DAIC-SHE1759
Damar
DOP SHEEP CHEESE
CASTELO BRANCO

A **cured cheese with a semi-hard or semi-soft texture**, slightly yellowed with irregular holes. The paste is made by draining curds from raw sheep's milk **from Estremadura** or a mix of sheep and goat milk, using rennet. It has an **intense aroma** and a clean, slightly tangy flavour.



GRO-SNK5147
Tendilla
CLASSIC
PORK CRACKLINGS

Torresmos are a traditional Portuguese and Brazilian snack consisting of **deep-fried or roasted pork belly or pork rinds**. They are crispy, golden-brown, and often seasoned with salt, garlic, or other spices.



PRE-HON6115
Serramel
ORANGE BLOSSOM CREAMY
HONEY

A **light** and **smooth** honey, gathered by bees in the fragrant orange groves of Algarve, Portugal. With its delicate **floral notes** and creamy texture, it is elegant and perfect for drizzling over cheeses, yogurt, or pancakes.



PRE-JAM6319
Beirabaga
APRICOT & MINT

This Apricot and Mint Jam follows an **authentic recipe** with no artificial ingredients, using only apricot, mint, and sugar. Produced with traditional methods, it features carefully selected apricots and fresh mint. **The blend of sweet apricot and refreshing mint makes it a perfect match for pork or lamb dishes.**



CHA-TRA0700 | CHA-TRA618 | CHA-TRA633
Prisca
TRILOGY OF TRADITIONAL
SAUSAGES

Create your own perfect trilogy of traditional sausages: **Traditional Chorizo**, a bold, cured classic; **Farinheira**, with its smoky, spiced flavour; and **Rice Black Pudding**, a rich blood sausage with rice. Roast them and bring authentic tradition to your customer.



CON-PTS1367
Nuri
SPICY SARDINE PATE

This is a **rich and flavourful** spread that captures the essence of premium **sardines combined with a zesty kick**. Packaged in a convenient tin, it features a smooth texture, perfect for enhancing crackers, or charcuterie boards. The authentic sea taste.



CHA-TRA0671

D'Chaves SALPICÃO DO CACHAÇO

A perfect tasting experience between the flavor of wine and garlic in the meat, alongside the noble cuts of pork.



The Essence of Chaves: D'Chaves and Its Rich Flavours

D'Chaves is a proud brand from **Chaves**, a city in northern Portugal known for its **rich history** and **gastronomy**. Specializing in **traditional smoked meats** and the **famous Pastéis de Chaves**, the company honours the region's culinary heritage with carefully selected ingredients and time-honoured recipes. **Blending the best of the past with modern touches, D'Chaves offers an authentic taste of Trás-os-Montes.**



CHA-TRA651

D'Chaves

LINGUIÇA TRADICIONAL

With a characteristic flavour derived from selected pork meats, *Linguíça*, whether raw or grilled, brings to the table stories and memories from generations.



FRZ-SAV3446 | FRZ-SAV3475

D'Chaves

CHAVES PASTRIES

With a characteristic flavour derived from selected pork meats, *Linguíça*, whether raw or grilled, brings to the table stories and memories from generations.



CHA-PRE435 | CHA-PRE0458

D'Chaves

TRADITIONAL CURED HAM WHOLE | PIECES

With a unique and distinct flavor resulting from the natural and traditional curing method, using smoke and heat from oak wood, which makes it one of the region's signature products, the Ham is enjoyed in countless ways, limited only by creativity.

1 X 80G | 1X320G/4UN

Key Trends 2025

SHAPING THE FOOD BUSINESS

As we step into 2025, the food industry continues to evolve, driven by changing consumer preferences, shifting values, and **new ways of engaging with food**. This year, retail food businesses will need to be more **agile and innovative** than ever before to meet the growing demands of today's discerning shoppers. According to Artisan Essentials, here are the **key trends that will define the food business landscape in 2025**:

1. Experience Retail: Beyond the Product

In 2025, food retailers are focusing on **creating memorable experiences** through events like **tastings, chef collaborations, and immersive storytelling**. These experiences engage customers emotionally, turning a routine shopping trip into a social and memorable event that drives foot traffic and loyalty.

2. Sustainability-Driven Spending: More Than a Buzzword

Consumers are now prioritizing **sustainability, with a growing demand for products with eco-friendly packaging, ethical sourcing, and transparent practices**. Retailers embracing these values will attract more loyal customers who are keen on making environmentally responsible choices.

3. Premiumisation in Every Purchase: Small Indulgences, Big Rewards

Shoppers are increasingly **seeking small indulgences** and trading up for premium products, even in uncertain times. Fine food retailers have the opportunity to cater to this demand for affordable luxuries, **offering high-quality items that make everyday moments feel special**.

4. Local-First Loyalty: The Support for Independent Businesses

The preference for **supporting local businesses continues to grow**. Consumers are **seeking products with local origins, valuing authenticity and community impact**. Retailers that focus on sourcing locally can build strong customer loyalty by aligning with these values.

FRZ-SAV3424

Bola com Fiambre, Queijo, Bacon e Chouriço

Savoury Bread with Ham, Cheese, Bacon and Chorizo

1 X 1.2KG



Savoury Suggestion!



EASTER MEATS

Roasted lamb and goat are cherished Easter traditions in Portugal, symbolizing renewal, family, and festivity.

Easter Meats

Lamb & Goat

Roasted lamb and goatling hold deep significance during Easter, symbolizing sacrifice and tradition. Rooted in religious heritage, these meats have long been at the heart of Easter feasts, bringing families together to share in a meal that **transcends generations.** Whether slow-roasted to perfection or prepared with time-honoured recipes, lamb and goatling offer rich flavours that honour the spirit of the season.



FRZM-GOA3171

Borrego Congelado Alentejano 1/2

Lamb Alentejano Frozen 1/2
KG

FRZM-GOA3170

Borrego Congelado Inteiro 4-7 S/Cabeça Gelcentro

Whole Lamb Without Head 4-7 Gelcentro
Frozen
KG

FRZM-GOA3151

Cabrito Congelado Inteiro Sem Cabeça

Whole Goat Without Head Frozen
KG

The Perfect Side!



FRZV-VGT3895

**Grelos de Nabo
Congelados Greens**
Frozen Turnip Tops Greens
1X1KG





A Tradition from Bairrada

Leitão à Bairrada is a celebrated Portuguese dish from the Bairrada region, and it makes a perfect **centerpiece** for your Easter feast. This traditional delicacy features a **suckling pig**, typically less than a month old, seasoned with salt,

garlic, pepper, and sometimes lard. **The pig is then slow-roasted in a wood-fired oven, resulting in tender meat and crispy, golden skin with a delightful smoky flavour.** Often served alongside crispy fries, fresh orange slices, and

a vibrant salad, *Leitão à Bairrada* brings both flavour and festivity to your Easter table. It's a dish that **embodies the spirit of family, celebration, and Portuguese culinary tradition**, making it an ideal choice for this special time of year.

FRZR-MET3346

Leitão Assado Bisaro Em Forno De Lenha Inteiro Ne Chef (+/-4.6KG)

Roast Bisaro Piglet Ne Chef Whole (+/-4.6KG)
1 X 1

FRZR-MET3347

Leitão Assado Bisaro Em Forno De Lenha Ne Chef Cv

Roast Bisaro Piglet Ne Chef Cv
350G X 6

FRZR-MET3348

Leitão Assado Bisaro Em Forno De Lenha Ne Chef Cv

Roast Bisaro Piglet Ne Chef Cv
800G X 5

FRZR-MET3340

Leitão Assado Forno Lenha Com Molho Congelado Negraís

Roast Piglet Negraís Wood Oven Baked With Sauce
750G X 5

FRZM-POR3318

Leitão Cong. Inteiro Cru Afonso D. Leitoes (5-6KG) PT

Afonso D. Leitoes Raw Piglet (5-6KG) PT
+/-6KG X 1

FRZM-POR3320

Leitão Cong. Inteiro Cru Bairrada Ne Chef (5-6KG) PT

Ne Chef Raw Piglet Bairrada (5-6KG) PT
1 X 1

WRE-PTBA0490

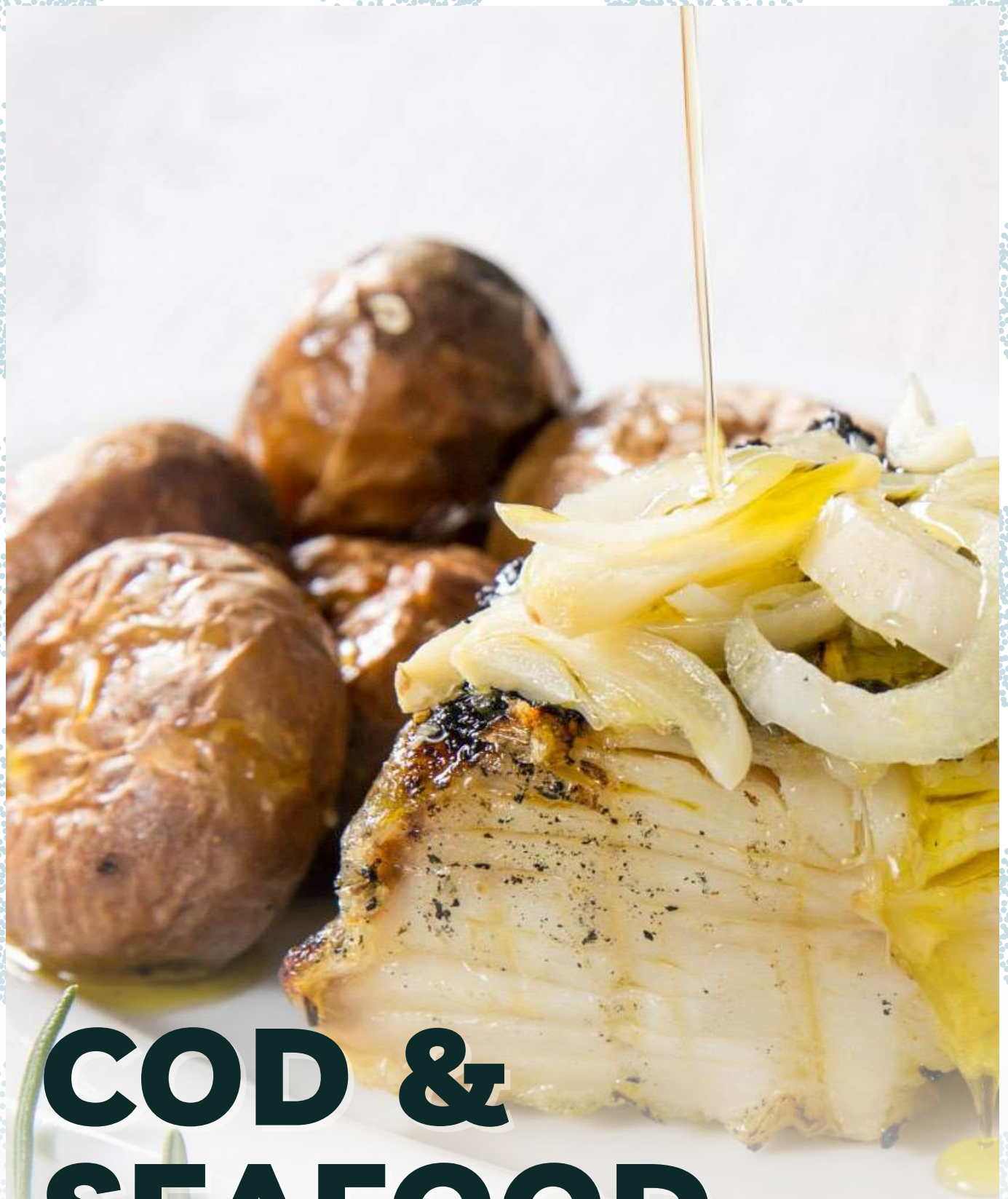
**Red Wine Quinta do Ortigão
Reserve
75CL X 3**



WRE-PTBA0480

**Red Wine Quinta das
Bageiras Garrafeira
75CL X 3**





COD & SEAFOOD

During Lent, cod and other seafood take centre stage as traditional choices for those observing meat-free meals. Rich in flavour and versatility, these ocean delicacies are perfect for Easter gatherings, from classic salted cod dishes to fresh seafood feasts. Explore our selection and bring the taste of the sea to your table this season!



Dry Salted Cod

Salted cod is at the heart of Easter traditions, bringing generations together through food. From classic bacalhau recipes, like Bacalhau à Brás and Bacalhau com Natas, to modern interpretations, this beloved ingredient offers endless possibilities.

SAL-COD6593

Bacalhau Salgado Seco Cortado Crescido Brites

Brites Salted Cod Fish Grown Sliced
KG

SAL-COD6644

Bacalhau Salgado Seco Caras Jumbo Brites

Brites Salted Cod Fish Faces Jumbo
KG

SAL-COD6629

Bacalhau Salgado Seco Graúdo Noruega Brites

Brites Salted Cod Fish Graúdo Norway
KG

SAL-COD6568

Bacalhau Salg. Desfiado Brites Saco 5KG

Brites Salted Cod Fish Shredded Bag 5KG
5KG

SAL-COD6590

Bacalhau Salgado Seco Especial Noruega Brites

Brites Salted Cod Fish Special Norway
KG

SAL-COD6637

Bacalhau Salgado Seco Graúdo Noruega AQ

Brites Salted Cod Fish Graúdo Norway AQ
KG

SAL-COD6570

Bacalhau Salgado Desfiado Brites CV 400G

Brites Salted Cod Fish Shredded CV 400G
1X400GR

SAL-COD6656

Bacalhau Salgado Seco Miúdo (500G+/-) Lugrade CX 25KG

Lugrade Salted Dry Cod Fish (500G+/-) Box 25KG
KG



Secrets for the Perfect Cod!

Cod should not be boiled unless the recipe specifically requires it. Boiling affects the flavour and dries out the fish. Cod pairs well with garlic, bay leaves, and olive oil (sweet, from ripe olives).

Frozen Cod

Frozen cod offers convenience without compromising quality, making it a perfect choice for Easter meals. Already soaked and ready to cook, it **saves time and effort** while ensuring consistent flavour and texture. With no waste from trimming or rehydration, it's also a cost-effective option.

FRZS-BAC3528

Bacalhau Congelado Sr. Bacalhau Caras Vacum

Cod Fish Frozen Sr. Bacalhau Faces In Vacum
1X850G

FRZS-BAC3517

Bacalhau Congelado Sr. Bacalhau Desfiado Saco

Cod Fish Frozen Sr. Bacalhau Shredded Pacific Bag
1X500G

FRZS-BAC3502

Bacalhau Congelado Brites Lombos Higienizado 300/400

Cod Fish Frozen Brites Loins 300/400 Hygienized
1X1KG

FRZS-BAC3519

Bacalhau Congelado Sr. Bacalhau Lombos Higienizado

Sr. Bacalhau Frozen Cod Fish Loins Hygienized
1X280G

FRZS-BAC3526

Bacalhau Congelado Lugrade Posta Tradicional (Calib.150G-200G)

Lugrade Frozen Cod Fish Chunk (Size 150G-200G)
1X800G

FRZS-BAC3540

Bacalhau Congelado Sr. Bacalhau Posta Tradicional Pack

Sr. Bacalhau Frozen Cod Fish Chunk Traditional Pack
1X500G

New

FRZS-BAC3554

Bacalhau Congelado Lombo Sem Espinha (Lingote) Lugrade

Frozen Boneless Cod Loin (Lingot)
Lugrade
1X600G





Why Fish Rules Easter & Lent

And How Your Business Can Cash In

For many cultures, **fish is essential during Easter and Lent**, shaping both religious traditions and dietary choices. As a result, this season represents a **key sales opportunity for businesses in the seafood industry**, from suppliers to retailers and foodservice providers. Understanding the demand for fish during this period can help businesses better serve their customers while honouring deep-rooted traditions.

Why Fish Dominates the Easter and Lent Market

Lent is observed by millions worldwide, traditionally involving **fasting and abstinence from meat**. **Fish, however, is widely accepted, making it the go-to protein for the season**. This religious custom directly impacts demand, with increased consumption of salted cod, fresh seafood, and frozen fish options.

Opportunities for Businesses

This seasonal demand creates significant commercial potential for

seafood suppliers, retailers, and restaurants:

- **Stocking and Promotions** – Supermarkets and specialty food stores can drive sales through promotions on traditional Easter fish products.
- **Foodservice Innovation** – Restaurants can capitalize on consumer interest by offering Lenten-friendly menus with creative seafood dishes.
- **Wholesale & Distribution** – Meeting the surge in demand for salted, fresh, and frozen fish requires efficient supply chain planning.

A Tradition That Drives Growth

Fish is more than just an Easter tradition — it's a **seasonal business driver** that continues to grow **as more consumers prioritize health-conscious and culturally significant meals**. By aligning product offerings with these traditions, businesses can not only respect cultural heritage but also maximize sales potential during this key period. For those in the food industry, Easter and Lent represent an **unmissable opportunity to deliver high-quality seafood** to a market that actively seeks it.

Key cultural influences on fish consumption:

- **Southern Europe (Portugal, Spain, Italy):** Salted cod (bacalhau/baccalà) is a staple, appearing in traditional Easter dishes.
- **Latin America & Brazil:** Seafood stews like *Moqueca* and ceviche are widely consumed.
- **North America & UK:** Good Friday sees a rise in fish-based meals, often featuring white fish like haddock or cod.



FRZS-FSH3648 | FRZS-FSH3649 | FRZS-FSH3602
Filetes de Robalo | Filetes de Tamboril | Tamboril em Cubos
 Seabass Filets | Monkfish Filets | Monkfish Cubes
 KG | 12 x 500GR



A Sophisticated Choice for Your Easter Feast

Octopus

This Easter, elevate your festive menu by incorporating Octopus, an ingredient that brings **sophistication** and a touch of the **extraordinary** to your holiday celebrations. With its unique flavour and tender texture, octopus transforms any meal into a **memorable experience**.

FRZS-OCT3672

Polvo Congelado Canosa Calibre 1-2

Octopus Canosa Size 1-2 Frozen
KG

FRZS-OCT3673

Polvo Congelado Canosa Calibre 2-3 (1C/C)

Octopus Canosa Size 2-3 (1C/C) Frozen
KG

FRZS-OCT3674

Polvo Congelado Canosa Calibre 3-4 (0 C/C)

Octopus Canosa Size 3-4 (0 C/C) Frozen
KG

FRZS-OCT3694

Tentáculos de Polvo Cozinhados Vácuo Camarinha

Octopus Tentacles Cooked Camarinha
Vacuum
600GR X 10

FRZS-OCT3694

Polvo Gelpeixe (2-3) Natural Flor KG

Gelpeixe Natural Flower Octopus (2-3) KG
KG

New 🎉





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