

Discover:

- **Traditional Easter Cakes**
- **Sweet Almonds**
- **Chocolate**

AND MORE!

- Seasonal Flavours
- High-Quality Fish for Lent
- Premium Meats

**Easter Flavours:
Nesting. Revealing. Sharing.**



in season

Easter Flavours: Nesting. Revealing. Sharing.

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A Special Message

An Easter full of Growth, Renewal & Milestones!

Easter is a season that brings people closer — through tradition, flavour, and shared experiences.

This year, at Atlantico, we celebrate **Easter Flavours: Nesting. Revealing. Sharing:** a reflection of how food connects us to our roots while opening doors to new opportunities.

As our journey continues, we remain focused on **broadening experiences and expanding the market we proudly serve.** We are constantly exploring new flavours, new products, and new ways to **support the growth of the communities and businesses that have trusted us over the years.**

Your loyalty has been fundamental to our path, and we are committed to **growing** alongside you, helping you bring authentic and meaningful experiences to your customers.

Easter reminds us that food is more than tradition — it is discovery, connection, and union. It is about creating spaces where flavours are shared, cultures are celebrated, and partnerships are strengthened. We remain dedicated to **delivering quality, authenticity, and reliability,** ensuring that every product helps tell a story and create moments that matter.

Thank you for being part of our journey and for allowing us to be part of yours.

**Happy Easter,
The Atlantico Team**

4 Years of BRCGS Certification

Marking **four years of BRCGS Certification for Storage and Distribution** is a proud milestone for Atlantico. Achieving and maintaining our AA+ rating, including in unannounced audits, **reflects our ongoing commitment to the highest standards of safety, quality, and efficiency.** This accomplishment is the result of the dedication and teamwork across our entire business. More than a certification, **BRCGS represents our daily promise to deliver reliability and excellence to our clients and partners.**



2 Years 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 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.

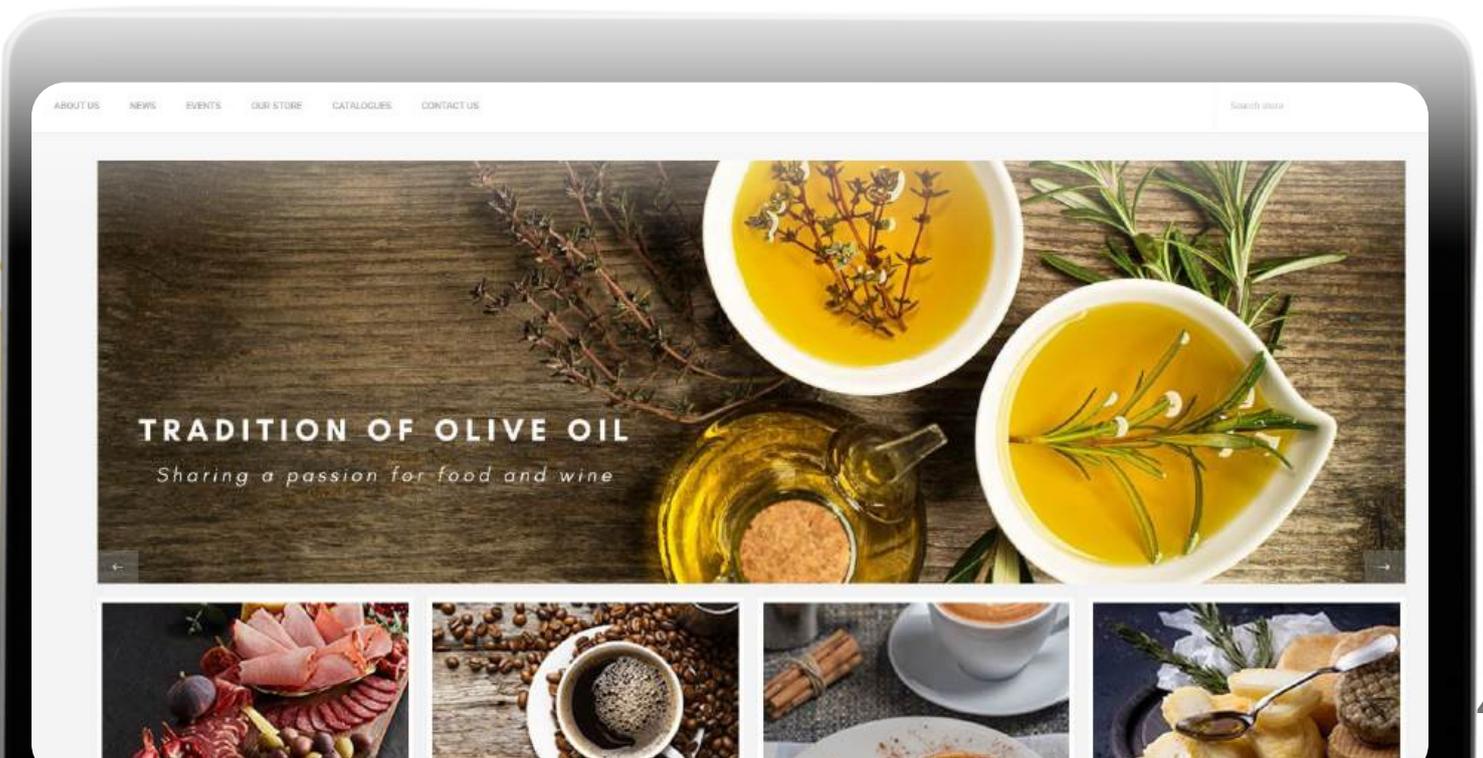
Fast & Reliable Service

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!





Easter Cakes

OCA-EST5575
Folar de Chaves DOP
Easter Cake *Folar* Chaves PDO
600G x1



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!



From Flor do Vouga

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

From Confeitaria do Vale

OCA-EST5540

Folar de Páscoa (Ambiente) Tradicional

Traditional Easter Cake

500Gr x 8

OCA-EST5543

Folar de Páscoa (Ambiente) Pepitas de Chocolate

Easter Cake with Chocolate Chips (Ambient)

500Gr x 8

The Sweetness of 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.

Chocolate Chips!

Traditional!





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



EASTER 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



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





Sweet Almonds & Chocolate



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-CHO996 | CNF-CHO997 | CNF-CHO959
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-CHO994
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-CHO998
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.



ASSORTMENT BOXES
Happiness Guaranteed!

OCA-EST5576 | OCA-NUT5620 | OCA-EST5553
Amêndoas Sortidas "Belinhas" | Amêndoas Sortidas "Sweet Emotions" | Amêndoas Sortidas "Rainbow"
 Assorted Almonds "Belinhas" | Assorted Almonds "Belinhas" | Assorted Almonds "Rainbow"
 200g x 12

OCA-EST5567
Amêndoas Sortidas com Chocolate "Belinhas" Caixa Rectangular Vieira
 Assorted Almonds "Belinhas" Squared Box Vieira
 400G X 8



OCA-NUT5616
Amêndoas com Chocolate de Leite "Cláudias"
 Milk Chocolate Covered Almonds "Cláudias"
 180g X 12 | Cone or Tube



OCA-NUT5618
Amêndoas "Napolitanas" Vieira
 Sugar Coated and Chocolate covered Almonds "Napolitanas" Vieira
 180g X 12 | Cone or Tube



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



OCA-NUT5619
Amêndoas "Paris" Vieira
 Sugar Coated Almonds "Paris" Vieira
 180g X 12 | Cone or Sachet



OCA-EST5569 | CNF-CHO1006
Amêndoas Exóticas com Cobertura de Chocolate de Leite e Coco Vieira
 Vieira Exotic Almonds with Milk Chocolate and Coconut Coat
 180G X 12 Sachet | 180G x 15 Tube



CNF-CHO1008
Amêndoas Ceilão com Chocolate de Leite e Canela
 Vieira Ceilão Almonds with Milk Chocolate and Cinnamon
 180G x 15 Tube



CNF-CHO1007
Amêndoas Margaridas com Cobertura de Chocolate Negro
 Vieira Margaridas Almonds with Dark Chocolate
 180G x 15 Tube



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



CNF-CHO1002
Amêndoas Diana Chocolate Branco Vieira
 Vieira White Chocolate Coated Almonds
 180G X 12



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



OCA-EST5568
Drageias de Chocolate Finas Vieira
 Thin Chocolate Dragees Vieira
 180G X 12



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



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



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



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



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 | OCA-NUT5613
Amêndoas Vieira de Chocolate Negro com Caramelo e Flor de Sal
 Vieira Dark Chocolate Almonds with Caramel and Salt Flakes
 160gr x 12 Sachet | 175Gx9 Tin



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



OCA-NUT5595 | OCA-NUT5612
Amêndoas Vieira Cobertas com Chocolate Branco e Flocos de Framboesa
 Vieira Almonds Covered in White Chocolate and Raspberry Flakes
 160gr x 12 Sachet | 175Gx9 Tin



CNF-CHO1005
Amêndoas Vieira Cobertas com Chocolate Plant-Based e Kiwi
 Vieira Almonds Covered in Plant-Based Chocolate and Kiwi
 160G X 12



OCA-NUT5611
Amêndoas Vieira Cobertas com Chocolate Branco e Raspas de Limão
 Vieira Almonds Covered in White Chocolate and Lemon Zest
 160G X 12



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



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



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



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

Chocolate

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.



OCA-EST5590 | OCA-EST5589
Ovos de Chocolate Sortidos com Creme de Gianduja | Ovo de Chocolate Recheados com Creme de Gianduja e Avelã
Assorted Chocolate Eggs With Gianduja Cream | Chocolate Egg With Gianduja Cream and Hazelnuts
18 x 155g | 18 x 142g



Easter Desserts



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.



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:

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.



Easter Nest Cake

Star Ingredients:

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

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.



Borrachões de Idanha

Star Ingredients:

SPI-LIQ7502 - Albergaria Jeropiga
SPI-AGU7370 - São Domingos Velha Sugar Cane Spirit



Getting Ready for Easter:
ORDER AND SAVE TIME



FRZB-DSS2834

Molotoff com Doce de Ovos EPA

EPA Portuguese Molotoff Meringue Pudding with Egg
1Kg



FRZB-DSS2781

Molotoff com Caramelo EPA

EPA Portuguese Molotoff Meringue Pudding with Caramel
1Kg



FRZB-DSS2835

Mousse de Pistachio EPA

EPA Pistachio Mousse Dessert
Glass Cup 90g



FRZB-DSS2824

Bolo de Cenoura 14 Fatias EPA

EPA Carrot Cake 14 slices
1.5Kg



New In:

Princesa Biscuits

The Princesa Assortment is a carefully curated selection of delicious biscuits designed to be savored slowly, little by little, with genuine pleasure. Each box offers **variety in texture and flavour** – perfect for family gatherings, afternoon tea, or simply a quiet treat.

A Varied Selection of Delicious Biscuits

The assortment includes an appealing mix of:

- Crisp butter biscuits
- Light, delicate cookies
- Rich chocolate-covered varieties
- Biscuits layered or drizzled with

smooth chocolate.

This diversity ensures that every bite feels different, making the experience both comforting and exciting.

Discover:



CNF-BSC767 | CNF-BSC0981 | CNF-BSC0980 | CNF-BSC0979
 Bolachas Princesa Sortido Vieira Chocolate Negro | Chocolate Leite | Coco
 Princesa Assorted Biscuits Vieira Dark Chocolate | Milk Chocolate | Coconut
 400g | 200g

More from Vieira!



Looking for a burst of fruity flavour?

Dive into Vieira biscuits range and discover options made to brighten every moment.



Springtime Flavours

FRZ-SAV3512

Golden Bites

CHEESE BALLS - AIR FRYER

New



Qampo
OLIVES & LUPIN BEANS

CON-PTS1366
Nuri
SARDINE PATE IN OLIVE OIL

Discover Springtime Flavours



FRZ-SAV3509

SEL
**VARANEGRA BLACK PORK
HAM CROQUETTES**

Crispy, golden croquettes filled with smooth béchamel and intense Varanegra black pork ham. A practical way to deliver authentic Alentejo flavour with premium quality and convenience.



DAIC-SHE1714

São Romão
BUTTERED SHEEP CHEESE

Traditional cured **sheep** cheese with a thin, **smooth rind and buttery, malleable texture**. Soft, clean bouquet with a slight acidity — ideal for premium cheese boards and gourmet menus.



FRZ-SAV3512

Golden Bites
AIRFRYER
CHEESE BALLS

Light, crispy coating with a creamy cheese centre, specially crafted for airfryer preparation. **Convenient** 25g portions, perfect for quick service, **sharing platters, and modern snacking concepts**.



FRZB-BRD2769

Quitanda Real
FROZEN GARLIC BREAD

Soft, fluffy dough filled with **garlic butter, herbs, and melted mozzarella**. A **ready-to-bake** crowd-pleaser, ideal as a side dish, starter, or upsell item

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.



FRZ-SAV3500

Panike

SPINACH AND RICOTTA PUFF PASTRY

Flaky golden puff pastry filled with creamy **spinach and ricotta**.

Versatile and **ready-to-bake**, perfect for quick meals, cafés, and grab-and-go offerings.



FRZB-BRD2672

Delidu

YELLOW CORN BREAD

Traditional Portuguese corn bread with a **rustic texture and authentic flavour**. A versatile accompaniment for soups, grilled meats, and regional menus.



FRZB-BRD2730

Ilhopan

BOLO DO CACO FROM MADEIRA

Traditional Madeira flatbread with a **soft interior and lightly crisp crust**. Ideal for starters, sandwiches, or as a distinctive side offering.



PRE-JAM6268

Prisca

PEACH JAM

Natural peach jam with a balanced sweet flavour. Perfect for **breakfast service, pastry fillings, dessert toppings, and gourmet pairings**.



CHA-BISo238

Bísaro

MONTESINHO PORK SAUSAGE

Premium Bísaro pork sausage, **cured for 6 months** using traditional methods. Made from carefully **selected meat**, delivering authentic flavour and artisanal quality.



CHA-IBE362

SEL

SLICED VARANEGRA HAM

Thinly sliced, 30-month cured Varanegra ham with refined texture and deep aroma. **Ready-to-serve premium charcuterie** for high-end retail and foodservice.



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: Meet D'Chaves

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, *Linguiça*, 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, *Linguiça*, 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



Easter Meats

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.

Sukling Pig

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

Sukling Pig

Based References

FRZB-BRD2762

Pão Pré-cozido com Leitão Negraís

Pre-cooked Bread with Negraís Piglet
1X2X140G

FRZ-SAV3463

Rissoles de Leitão Negraís HM Caneira CV

HM Caneira Piglet Patties CV
1X4X100G



Quinta do Ortigão
White Arinto & Bical
WWW-PTBA1485

Quinta das Bageiras
Red Garrafeira
WRE-PTBA0480



Cod & Seafood



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.

Did You Know?

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.



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-COD6577

Cod Fish Dry Salted Loins Sr. Bacalhau Box
Bacalhau Salgado Lombos Sr. Bacalhau Caixa
2.5Kg

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-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

SAL-COD6661

Bacalhau Salgado Posta Corrente Lugrade Covete 1kg
(35165)
Lugrade Salted Codfish Posta Corrente 1kg (35165)
1X1KG



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-BAC3563

Bacalhau Congelado Lombo Lugrade – 600g

Cod Fish Loin Lugrade – 600g

1X600G

FRZS-BAC3517

Bacalhau Congelado Lugrade Cachaço Sem Espinha

(Seleção Chef Diogo) 600g

Cod Fish Cachaco Cut Boneless Selection by Chef Diogo

Lugrade 600g

1X600G

FRZS-BAC3554

Bacalhau Congelado Lombo Sem Espinha (Lingote) Lugrade

Frozen Boneless Cod Loin (Lingot) Lugrade

1X600G



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 Canosa (1-2 Zero Vidragem)

Octopus Canosa (1-2 Zero Glazing)

Kg

Frzs-Oct3673

Polvo Canosa (2-3-1c/c Zero Vidragem)

Canosa Octopus (2-3-1c/c Zero Glazing)

Kg

Frzs-Oct3674

Polvo Canosa (3-4-0 C/c Zero Vidragem)

Canosa Octopus (3-4-0 C/c Zero Glazing)

Kg

Frzs-Oct3692

Polvo Canosa (0.8-1.2 Zero Vidragem)

Canosa Octopus (0.8-1.2 Zero Glazing)

Kg

Frzs-Oct3695

Polvo Canosa (4-6 00 C/c Zero Vidragem)

Canosa Octopus (4-6 00 C/c Zero Glazing)

Kg

Frzs-Oct3696

Canosa Octopus (6+ 000 C/c Zero Glazing)

Polvo Canosa (6+ 000 C/c Zero Vidragem)

Kg

Frzs-Oct3678

Tentáculos De Polvo Cozinhados Vácuo Camarinha

Octopus Tentacles Cooked Camarinhas Vacum

600gr X 10





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