

Food & Drink

Get inspired and transform your eating habits with our selection of the finest gourmet goods, health foods, tantalising tipples and food services on offer

The wine company with a difference

HOW CAN YOU be sure every bottle of wine you open is up to scratch? It's not an easy task, but it is one of the key motivations behind Rude Wines. Frustrated at the quality of wines being offered on the shelves, it was time to find some wines that really delivered great tasting bottles, as well as terrific value.

Along the way, we picked up some surprises, with wines from Peru and Uruguay among them. Just as a one-off, you can taste some of our discoveries and save £55 off the case's full value (new customers only).

Choose red, white, or mixed, and each case comes with a pair of Riedel glasses, too. Just use the code **GDN9** at checkout.

There's no commitment to join any sort of club, and certainly no hard-sell. They're called 'Rude Awakening' cases because we're



£55 OFF

convinced that once you've tasted them, you'll see our off-the-beaten-track finds are wine rack essentials.

rudewines.co.uk/GDN9



Nutritious grains and tasty superfoods

ADD A BURST of flavour to meals with the new delicious Tilda® Super Grains range – available in five fab flavours. Ready-to-invigorate dishes in just two minutes, they're gluten free, vegetarian and vegan.

Tilda® introduces the natural healthy goodness of ancient grains to mealtimes, combining a variety of super foods with carefully selected wholesome grains – a great addition for salads, stir fries and soups. Tilda®



Super Grains Lime & Herb with Quinoa, Brown Basmati & Wild Rice is a zingy and fresh variant with healthy grains, combined with omega-3 rich

flax seeds making the perfect pairing with chicken, fish and prawns. The other four variants are: Coconut with Quinoa, Brown Basmati & Wild Rice; Sweet Potato, Chilli & Coconut with Quinoa, Brown Basmati & Sorghum; Cranberries & Pumpkin Seeds with Pure & Brown Basmati & Millet, as well as Garlic & Ginger with Brown Basmati, Red & Black Rice.

Tilda® Super Grains are available in supermarkets nationwide. Visit online for recipe inspiration: **tilda.com**

Premium preserves full of flavour

FRUITY KITCHEN, based just eight miles from the city centre of York, is an artisan preserve producer for the food industry's elite.

Celebrating 10 years, their passionate team focuses on perfecting flavour with traditional open pan cooking. You'll find their exquisite products on the afternoon tea stands of the Firmdale Hotels in London and the shelves of Yorkshire's best-loved delis, including the infamous Hunters of Helmsley.

Their emphasis has been on wholesale to the food industry's finest, but now they are looking to stock the cupboards of the nation's homes.

As a limited offer to Guardian readers, the Fruity Kitchen is offering free delivery on all consumer orders placed direct between September 22nd and September 29th, 2018. Just use offer code: **GUARDIAN**.



Email orders@thefruitykitchen.co.uk

for details. Terms & conditions apply.
thefruitykitchen.co.uk



Indulgent biscuit treats

AS THE NIGHTS are drawing in and the kids are back to school, it is time to put your feet up and relax with a luxurious treat. Elizabeth Shaw's chocolate biscuits are crumbly yet gooey, crunchy yet creamy, and they are perfect with a cup of tea.

Choose from three irresistible flavours: Coconut & Hazelnut - an exotic and yummy blend of chocolate and nuts; Mint & Cocoa - the timeless classic, re-imagined with a biscuity twist; or Raisin & Hazelnut - a nutty mix of raisins, hazelnuts and creamy milk chocolate.

With over 130 years of chocolate-making experience, Elizabeth Shaw continues to create chocolate with a luxurious twist.

The only question is, how many will you try? Elizabeth Shaw Luxury Biscuits are available at Sainsbury's (only £1, offer ends 9th October) and Tesco (2 for £3, offer ends 25th September). Each 140g pack contains 9 biscuits. **elizabethshaw.co.uk**



Perfect protein shake for vegans

FOR GOODNESS SHAKES, the UK's best-selling ready-to-drink protein shake brand, are introducing the nation to For Goodness Shakes Plant Protein, a 100% dairy-free, ready-to-drink protein shake, which is perfect for vegans and flexitarians alike.

The new For Goodness Shakes Plant Protein 330ml shakes deliver 20g of soya protein in three delicious flavours – Smooth Chocolate, Strawberry and Vanilla Chai. As well as delivering excellent taste, the nutritionals are also impressive. Strawberry & Vanilla Chai contain less than 100 calories, and Chocolate is only 111 calories. Each flavour has no added sugar, is low in fat and contains no artificial flavours, colours or carrageenan. Vitamins B12 and D are also included, which is particularly beneficial



because they are typically low in vegan diets.

For Goodness Shakes Plant Protein is now available from Sainsbury's, Waitrose, Amazon, and Ocado as well as Convenience & Independent stores.

Prices range from £1.85-£2.29, depending on retailer.

forgoodnessshakes.com



The UK's first Cannabidiol soft drink

THE FIRST SOFT drink in the UK to contain Cannabidiol, from the Cannabis Sativa plant, has finally arrived.

Featuring sour cherry, hibiscus, ginger and legal CBD hemp extract, Cannabidiol Botanical Tea could be the solution non-drinkers have been looking for. Dutch Courage with a Difference.

Botanic Lab are the pioneers of functional botanical drinks. With no added sugar or artificial ingredients, their formulas can make them an appealing choice for the health-conscious drinker. The full Botanical Tea Drink range is available to buy now at **botanic-lab.co.uk** and is coming soon to a premium bar near you.

Join the conversation **#BotanicLabCbd**

@botaniclab
f @botaniclabjuice
botanic-lab.co.uk



For great G&T's and adult soft drinks

JEFFREY'S TONIC LTD produces a range of delicious tonic waters and syrups, made only from natural ingredients, which, when added to soda water, make lovely adult soft drinks and superb mixers for gin connoisseurs.

Our range offers a sophisticated, multi-layered combination of flavours to lift your spirits or soft drinks. And for those on the go, Jeffrey's Tonic offer the same range of flavours, in a ready to drink tonic water.

Consumer choice within soft drinks is limited, as many tonic mixers on the shelves are very



Available in 4 varieties: 'Not-So-Plain', 'Lime, Galangal & Orange', 'Yarrow, Rosehip & Elderflower', and 'Original Recipe'

similar. But these wonderfully made, genuinely different artisanal tonics are for true gin lovers.

jeffreystonic.com
sales@jeffreystonic.com

Unfined, natural beer at its finest



A TRIP TO Lyme Regis would not be complete without a visit to Cellar 59 – the brewery tap and bottle shop for the Gyle 59 brewery. A subterranean gem in Broad Street, we offer Gyle 59 natural beers and guest beers in keg, cask, can and bottle, plus local ciders, wine and spirits.

Trip Advisor Reviews say:

"A great place for beer enthusiasts – they also have a very good gin infused with their own choice of botanicals"

"Nice laid back feel, lovely friendly, helpful staff."

gyle59.co.uk
cellar59.co.uk
01297 445086



Premium gin for the premium customer

WICKED WOLF EXMOOR GIN uses a combination of 11 botanicals producing complex layers of citrus and pepper notes, finely balanced with the distinct flavours of juniper and coriander, resulting in a mature, premium spirit. Hibiscus, cardamom and kaffir lime leaves are used with these traditional aromatics, creating a full-flavoured, smooth gin.

Each aromatic is prepared by hand and is infused and distilled separately, resulting in 11 individual distillates, which are then skillfully blended.

The goal is to produce maximum flavour and smoothness.

wickedwolfgin.com
01598 741357



Make your occasion truly unforgettable

FAMILY RUN BUSINESS Nelson + Pops Drinks Co. offers a lavish drinks van for hire with five-star service. Suitable for all occasions, this versatile drinks van allows you to create your own drinks menu, full of whatever tipples take your fancy. Delight your guests with this show-stopping vintage van, renovated from recycled materials, complete with a dark wood finish and copper detailing. Options include dry hire to fill with your own beverages or a full drinks package curated by you. Allow the Nelson + Pops team to take care of the drinks at your event.

nelsonandpops.co.uk
chloe@nelsonandpops.co.uk



The healthier snack alternative to crisps

WITH EAT REAL'S RANGE of healthier plant-based snacks, there's no need to compromise on crunch and flavour.

Made with all-natural ingredients, the innovative and delicious gluten-free and vegan-friendly Hummus, Lentil and Quinoa Chips, and Quinoa Puffs, are a great 'anytime' alternative to more conventional snacks.

Available at most major supermarkets and leading health food stores.

eatreal.co.uk
01162 340246



New flavours this autumn include:

- Mango & Mint
- Chilli Cheese
- Paprika
- Sour Cream & Chive
- Sweet Chilli
- Mediterranean

Personalised cards crafted in chocolate



THE PERSONALISED Godiva x Candy Mechanics collection gives chocolate lovers an exciting new way to gift their favourite luxury confectionery. Celebratory cards for all occasions, from birthdays, thank yous, anniversaries and festive greetings, can be created in delicious Godiva chocolate, with a custom message and design engraved directly into the chocolate using Candy Mechanics' innovative personalisation technology.

The range is created using Godiva's unique luxury Belgian recipe, specially developed by Godiva's Chief Chocolatiers, in milk, dark and white chocolate. You can even add extra sparkle to your gift with a dusting of gold lustre.

Available to personalise online:
candymechanics.com/godiva



CANDY MECHANICS

WIN



Get healthy with Acti-Labs kits and shakes using these vouchers*

Worth £150!

hurstmediacompany.co.uk/competitions/FAD229

AT ACTI-LABS, we're as passionate about our ingredients as we are about our finished products.

Throughout our nutritional range you will find an array of natural powerhouse ingredients that will leave you feeling as good on the inside as it leaves you looking on the outside.

From hidden treasures found in the south of France to pure natural plant extracts, we aim to get the best out of nature.

acti-labs.com

