

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



Teas in plastic-free new-look packaging

AWARD-WINNING SHIBUI TEA has launched its plastic-free packaging across its entire tea range. All teas are now available in compostable pouches and stylish, reusable cardboard tubes, while the whole leaf pyramid tea bags are biodegradable and can be put into your food waste bin.

Best selling blends include the Chocolate & Ginger herbal infusion and fruit-flavoured Tropical Green tea which have both won Great Taste Awards.

Sampler packs are available online for those wanting to try out their different blends and which also make a great gift for a tea lover.

If you've not tried Shibui teas then now is the perfect time. Guardian readers can get free delivery on their first order. Simply enter the coupon code GUARDIAN at checkout.



Offer expires 10 May so be quick – it's just one voucher per customer.

shibui-tea.co.uk
0131 448 1598

shibui leaf tea

We've made Karma Cola & Friends to look good, taste good and do good too

WITH FIVE DRINKS in the range, including Karma Cola, Sugar Free Karma Cola, Gingerella Ginger Ale, Lemony Lemonade and Summer Orangeade, they're a firm favourite of Michelin-starred chefs and restaurateurs.

Each drink contains the best organic and Fairtrade natural ingredients sourced from around the world, including cola nut from Sierra Leone, ginger from Sri Lanka, lemons from Sicily and oranges from Mexico.

Money from the sale of every bottle of



Karma Cola goes back to the people who grow the cola and our Karma Cola Foundation guarantees the funds make a proper contribution towards the growers' social and economic development.

This direct connection between the people who drink the drink and the people who grow the cola is how we live up to the name on our label: karma.

Buy Karma Cola & Friends from Waitrose, Amazon, Wholefoods and Ocado.

karmacola.co.uk | @karmacolauk



Surprise goodies to your door monthly

DEGUSTA BOX IS a monthly subscription box, containing up to 15 surprise goodies, many of which are new to the market.

Every month Degusta Box put together a new selection of treats for you and deliver them straight to your doorstep.

In your box you'll find a variety of different food and drink products, created with the curious foodie in mind. If you're someone who enjoys trying new products and saving money along the way, then Degusta Box could be the perfect subscription for you.

We're delighted to offer new users a chance to purchase their first Degusta Box for just £7.99 by using discount code GUARDIAN during the checkout process. You'll also receive free delivery and a free bonus item. Offer expires 31 May 2019



Each box you'll receive will contain products with a combined RRP of around £25, saving you money and time away from the supermarket.

degustabox.com/en
020 3514 8966
:Degusta Box

Cider at Glastonbury and new fruit flavours

MALLETS CIDER has been announced as the latest addition to Glastonbury Festival's 2019 line up. Having signed an exclusive partnership, the mainstream premium cider brand will headline the event's cider offering at Worthy Farm from 26-30 June.

Mallets Original, from Showerings Cider Mill in Somerset, is a medium-dry cider created with the juice of freshly pressed bittersweet apples from local award-winning orchards. It will be available at 110 bars on site for revellers to quench their thirst during the famous festival.

Michael Eavis, creator of Glastonbury Festival, commented: "It's very important to have a local cider producer at the festival, showcasing some of the best cider Somerset has to offer. Mallets is produced just a stone's throw from the festival, it tastes great and I'm sure our cider drinkers will love it."

Also available at Tesco stores nationwide, Mallets are offering the chance to win tickets to the festival via their on-pack promotion, which runs until 7 June.

Matthew Showering, managing director of Showerings Cider Mill, said: "We are honoured to return to Glastonbury once again with our 'Cider for Gods', Mallets. We have worked extremely hard perfecting Mallets and this partnership is testament to its quality; we can't wait for the Glastonbury community to try it!"

malletscider.co.uk
@MalletsCider



to think outside the bottle and resonate with our curious-minded audience.

"With fruit cider's huge growth in the last year, and millennials constantly demanding new and exciting flavours, these latest additions are perfect addition to our range."

brotherscider.co.uk
@BrothersCider

Pizza – but without the carbohydrates!

LOVED BY HEALTH FANATICS Chloe Madeley, Catherine Tyldesley and celeb chef Nadia Sawalha, Lo-Dough is your low-carb high-fibre dietary saviour.

When pizza is life, choose this bread and pastry alternative to cut carbohydrates and calories without missing out on that takeaway Friday feeling.

Each piece is only 39 calories and is gluten-free, fat-free, sugar-free and is so low in carbs it's even suitable for keto dieters. Make a whole 9-inch pizza for under 300 calories, use as a pastry alternative in quiche and even make sumptuous cakes by whizzing the product around in a food processor.

With over 200 recipes online, Lo-Dough lets you boost fibre, cut calories and enjoy a whole range of meals that taste much more indulgent



than the calorie-count might suggest. Available online from our website: **lodough.co** – use code GUARDIAN10 for 10% off all orders.



A refreshing taste of the coast

ADNAMS – WE'RE LIKE a big breath of fresh, sea air. We've been making award-winning beers for nearly 150 years and, more recently, handcrafted spirits from our east coast home in Southwold, Suffolk. Innovation and sustainability are at the heart of what we do, and we source and use the very best ingredients to make a range of characterful drinks.

Adnams Ghost Ship Pale Ale 4.5% is made using East Anglian malted barley and has hauntingly good citrus flavours from bold US hop varieties citra, chinook and cascade. For mindful drinkers, we've invested in dealcoholisation equipment to

create Ghost Ship Pale Ale 0.5%. It's 100% Ghost Ship at just 0.5% abv – now that's spooky!

Our distillery, the Copper House, sits within the Adnams brewery. It's one of the most water and energy-

*2013 Gin Trophy, 2014 & 2018 Vodka Trophy awarded by the International Wine & Spirits Competition.

Outrageously good olives from Olly

OLLY'S OLIVES HAVE TAKEN the olive world by storm, with the introduction of their range of award-winning snack olive pouches and chilled pots.

"The best olives ever!" and "Abso-blummin'-lutely lovely" are just two chosen sentiments that the olive community have been shouting out about these Greek gems, which have already claimed a 2-star Great Taste Award.

With spring having sprung and summer just around the corner, there could not be a better time to stock up on Olly's juicy green Halkidiki olive varieties, each coming dressed to impress with a uniquely mouthwatering marinade. They are the perfect on-the-go healthy snack; are lovely in a lunchbox, great after the gym and wonderful when enjoyed with a glass of wine.

What's more, Olly has made it his mission to make sure that his olives not only put smiles



On all the lucky people who try them, but also that they contribute to the wider community. Having recently partnered with the charity, Nest, every one of his olive pouches or pots now goes towards supporting female startups in underprivileged parts of the world.



So, where can you get some of Olly's outrageously good olives for yourself?

Having hand-marinated everything from his kitchen in London only 18 months ago, Olly and his wonderful olives are now stocked nationwide with Sainsbury's, Holland & Barrett and, next month, in WHSmith. His olive pouches can also be ordered online from Amazon, Ocado and Musclefood. In Olly's words, "It's time for the world to 'olive' the dream!"

ollysolives.com
07956 363318

Spice up your next event with classic Indian cooking

FOR A LONG TIME INDIAN FOOD was associated with takeaways on a Friday night, but now experiencing Indian cuisine has become so much more than something bought in foil trays from a local restaurant.

One thing that hasn't changed is how it brings people together to share and sample different dishes, and this has led to Indian food becoming the perfect choice for all types of catering events.

Indian food catering specialist Heena's Kitchen is leading the way by offering a mix of classic dishes and fusion Indian cooking that boast vibrancy, colour and big flavours. Heena's Kitchen offers a formal dining experience, perfect for an elegant wedding breakfast. Heena's Kitchen also offers a more traditional buffet for birthday parties and other celebrations. Visit **heenaskitchen.co.uk** to see sample menus and to discover catering opportunities.

Gourmet cookie dough – it's healthy-ish too!

DOUGHLICIOUS IS THE PERFECT ready-to-bake gourmet cookie dough. It is for those that are health conscious but not obsessed. Our cookies are always made with quality, natural ingredients but never compromise taste. We have worked particularly hard to produce gluten-free and vegan cookies that taste better than your classic cookie. We offer flavours such as original Chocolate Chip, smooth Peanut Butter, exotic Matcha and Vegan Carrot Cake. We are also extremely mindful of minimising food waste. Doughlicious enables you to conveniently bake the exact number and flavours of cookies to enjoy in one sitting. We challenge you to the taste test! Stockists: Whole Foods Markets, Selfridges, Amazon Fresh & Farm Drop



doughlicious.co.uk
contact@ doughlicious.co.uk
07817 589583

British-made tempeh – meat-free protein

TEMPEH IS A TRADITIONAL Indonesian fermented food usually made from soya beans that makes a fantastic nutritious alternative to meat in many recipes.

Impulse are a small company passionate about tempeh that have been making it in the heart of Somerset since 1989. All our tempeh is made by hand in small batches using the traditional method using only 100% organic ingredients.

As well as having a delicious savoury flavour tempeh is high in protein, low in fat, gluten- and dairy-free, and a rich source of riboflavin, calcium and zinc.

Tempeh is incredibly versatile and can be sliced, diced or crumbled for use in curries, stews, stir-fries or sandwiches. It's a firm favourite with vegans, veggies and more recently with people wanting to add a high protein meat

alternative into their diet.

Impulse tempeh is now increasingly available both via national delivery services, and in many good independent health food shops.

impulsetempeh.co.uk
@impulsetempeh



Halo coffee – the world's first fully home compostable Nespresso-compatible capsules

DID YOU KNOW that in 2018 alone, roughly 59 billion capsules went into the oceans and landfill? These bio-plastic, oil-based plastic and aluminium capsules can take up to 500 years to degrade. This is why Halo exists.

The Solution

Halo coffee capsules are made from waste sugarcane fibre and degrade in 90 days or less. Halo's capsules and packaging are fully home compostable and will return to the earth as fertile soil – that's zero waste and contribute to the circular economy.

For those without home composts, Halo capsules can also go into any waste stream. So whether capsules are disposed of in general waste, food waste, mixed recycling or in the garden, they will disappear without any hassle.



To top it all off Halo capsules are filled with speciality grade coffee, which equates to only 3% of global production due to the strict criteria that must be met. Consumers now have an easy choice for guilt-free coffee because with Halo coffee there is no need to compromise between planet and palate.

The world's best coffees, in a way that's best for the world. No waste, no hassle, just delicious guilt-free coffee. Visit our website at **Halo.Coffee**

