

Food & Drink *checklist*

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

Lowest-calorie alcoholic drink makes a splash!

BALANS HAS ARRIVED – and with it, the introduction of the 'Aqua Spritz' to the UK market. Having made a splash in the USA, the alcohol-infused sparkling water category has landed across the pond in the form of Balans, offering the lowest-calorie alcoholic beverage on the market.

This refreshing drink comes in two lightly natural flavours – Mandarin or Lime – giving a hint of fruit taste. The alcohol content is naturally formed from apples, fermented and filtered to ensure no additives or artificial flavours are present and importantly, resulting in a low-calorie and low-carb alcohol base. Balans is a drink that's also vegan-friendly, and gluten-free.

At only 60 calories per 250ml can, but maintaining a 4% ABV

content, Balans is a great choice for people who are looking for an alternative to traditional lower-calorie drinks such as vodka, lime & soda. Perfect for at the

bar or after the barre - whichever you prefer.

You can find both flavours in Asda and Tesco stores nationally. Find out more at balansdrinks.com

BALANS
AQUA SPRITZ
BY
KOPPARBERG

Filtered cold water at the touch of a button

DRINKING PLENTY OF WATER IS KEY to maintaining our health in summer, but many of us aren't too keen on the taste of tap water and buying bottled is bad news for our pockets and our planet.

With the lumi filtered water chiller you can have great tasting, cool water readily on hand in your home or workplace at the simple touch of a button.

The lumi, by Aqua Optima, is compact, stylish and efficient. It simply plugs in and can sit in your conservatory, on your kitchen or utility room worktop, on your desk, in your home office, by your bedside... or anywhere else you might want it.

In up to 30 minutes tap water will be refreshingly chilled to 12° C – that's half the time

it would take in a fridge. A blue light illuminates when the water is perfectly chilled.

Aqua Optima's superior five-step filter system significantly reduces levels of limescale, chlorine, heavy metals, herbicides and pesticides in tap water, providing purer water that tastes great and keeps you hydrated.

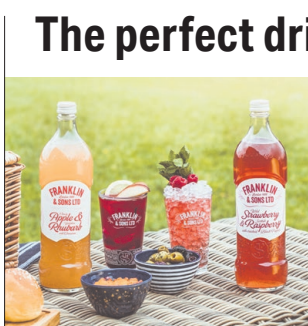
With its 8-litre capacity you can have chilled, pure water on hand all day making it so much easier to drink the recommended six to eight glasses a day.

And while many of us are trying to reduce our environmental impact, swapping plastic bottled water for filtered water in reusable bottles or glasses offers a more economical way to do our bit for the planet. All Aqua Optima filters are 100% recyclable through the Terracycle programme.

So, this summer, enjoy all the benefits of cold, filtered water at the touch of a button.

Look out for offers now by searching lumi filtered water chiller. Available from Amazon, Argos, Robert Dyas and aqua-optima.com

AQUA OPTIMA™
Purer water, fast



FRANKLIN & SONS award-winning range contains only natural flavours, extracts and colours, with absolutely no preservatives or sweeteners. Drink as a standalone soft drink or as a mixer for premium spirits. The collection includes, Cloudy Apple & Yorkshire Rhubarb with Cinnamon, Sicilian Lemonade & English Elderflower with Crushed Juniper, and Orange & Pink Grapefruit with Lemongrass.

Available to buy in Ocado, Tesco and franklinandsons.co.uk or find them in the finest restaurants and bars.



From grain to glass: The Great British Beer Festival is back!

THERE ARE LESS THAN FOUR WEEKS to go until The Great British Beer Festival returns for the ultimate Live Beer Experience! Now in its 42nd year, the Great British Beer Festival is one of the biggest, most exciting and well-known events in the beer and cider world.

Visit from 6-10 August at Olympia London and choose from over 1,000 British and international beers, ciders and perries, alongside a wine bar and a gin bar.

Explore four incredible festival zones packed full of bars, street food, music, fun and games. New for this year's festival, four innovative breweries – Magic Rock, Siren, Tiny Rebel and Wild Beer Co. – are taking over our Pioneer Pavilion to bring their exciting ranges of live craft keg beer to the party.



Don't miss the ever-popular international beer festival featuring beers from the US and all over Europe, including Germany, the Czech Republic, Belgium and Holland. Many of these beers can't be found anywhere in the UK!

Plus, experts will be running tastings throughout the week to help you learn more about the craft which goes into making the world's best beers.

Come and experience the natural magic of grain to glass, while enjoying live music, delicious street food and a brilliant selection of only the finest beers available. You won't find a bigger selection of the best quality beers anywhere else this summer.

Don't miss out! Book your tickets for this year's festival at gbbf.org.uk/tickets



Could these be the healthiest burgers known to humanity?

PLANT-BASED HEALTH HACKERS Miami Burger declare they have created "probably the healthiest burgers in the world".

With their Classic imitation beef patty containing just a fraction of the saturated fat of other burgers (0.6 grams) and only 167 kcals, it's hard to argue with them.

Miami Burger's patties are also free from cholesterol, heme, palm oil, and coconut oil and unlike some other vegan burgers, they are made in Northern Europe, reducing their burgers' total carbon footprint.

The burger makers also offer a tasty plant-based Louisiana chick'n patty with a panko crumb. The Louisiana is wheat based and has 17 grams of protein while still only 0.7 grams of saturated fat. They chose to sell their patties in the frozen aisle to avoid plastic packaging and the waste that comes with selling chilled produce.

With 65% of the UK adult population overweight (and that number still rising), and just under one in three now clinically obese (and that number still growing too), Miami Burger's mission is to provide customers with super healthy but tasty food, for vegans and non-vegans alike.

Miami Burger's development chef Tom Halford (who is also vegan) used to work in Michelin starred kitchens in Paris and Monte Carlo but now has chosen to specialise in plant-based food.



Tom says: "Whether you're eating our patties at home, in a restaurant chain or bar we supply, we're making sure that taste isn't sacrificed at the health altar."

PLANT-BASED
Miami Burger
MADE GOOD

You can buy Miami Burger's burger patties in the frozen aisle in selected Morrisons and Morrisons online across the UK. Check out if they sell near you at miamiburger.co.uk/buy-us



Howlingly good gin!

WICKED WOLF Exmoor Gin (42%), Full Moon Gin (42%) and Silver Bullet Gin (57%) are all Taste of the West gold award-winning gins produced by Wicked Wolf. Distilled and blended on Exmoor, they are all juniper-led dry gins.

What makes Wicked Wolf gins different? They are pot-distilled in a copper alembic still

Twenty-five years of bubbles and fun: celebrate with the UK's No.1 wine-style drink

AS LAMBRINI CELEBRATE THEIR 25TH BIRTHDAY, we say cheers to their status as Britain's number one wine-style drink. Born in 1994, Lambrini shares their special birthday with the Spice Girls and *F.R.I.E.N.D.S* and they stand for everything 90s, fun and fabulous.

Throughout Lambrini's birthday year they're going to keep bringing the sparkle to every occasion by rewarding their loyal fans with even more amazing competition prizes than ever

Pick up our low-calorie Skinny Lambrini exclusively in Morrisons or try our Original, Strawberry and Cherry available in shops nationwide. Visit lambrini.co.uk for more information and follow [@Lambrini](https://www.facebook.com/Lambrini) and [@lambriniuk](https://www.instagram.com/lambriniuk)

before. Just follow their social media (below) and keep an eye out!

So, whether you're staying in or heading out, we're a part of your occasion and there's a Lambrini for every taste.

Lambrini



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.

We're the great supporter of all the world's wonderful flavours that we find on every

corner in Britain and around the world. From Jamaican to Pakistani, West African to Cantonese food. Bradford to Brick Lane and back again. Whether you're building up a biryani or smashing our a stir fry we're here to keep people inspired, trying new things, and enjoying life enriched by the cultures and flavours of the world.

Tilda

Tilda® Super Grains are available in Asda, Tesco, Morrisons and Sainsbury's supermarkets nationwide. Visit tilda.com for recipe inspiration.



then blended, filtered, bottled and labelled by hand in exclusive 100-litre batches.

Each aromatic is infused and distilled separately resulting in individual distillates which are then skillfully blended. This approach allows for complete

control over the strength of each flavour, and enables consistency across each batch. The gin is filtered at each stage of the production process, producing smooth, full-bodied and elegant spirits.



Shop for your wickedly perfect gin at wickedwolfgin.com

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.

Doughlicious's cookies are always made with quality, natural ingredients but never compromise taste. They have worked particularly hard to produce gluten-free and vegan cookies that taste better than your classic cookie. They offer flavours such as original Chocolate Chip, smooth Peanut Butter, exotic Matcha and Vegan Carrot Cake.

Doughlicious are also mindful of minimising food waste, and enable you to conveniently bake the exact number and flavours of cookies to enjoy in one sitting.



We challenge you to the taste test! Find Doughlicious at Whole Foods Markets, Selfridges, Amazon Fresh & Farm Drop or shop at doughlicious.co.uk

Surprise yummy 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! From savoury snacks and sweets, coffee and alcohol, to energy bars and breakfast items.

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

Checklist readers can purchase their first Degusta Box for just £7.99 by using discount code CHECKLIST during the checkout process at degustabox.com

:Degusta Box

