



MANFOOD

is just that: the kind of

SIMPLE, GREAT-TASTING FOOD

that you can grab out of the cupboard and enjoy with cheeses, cold cuts, pies or meat.



ABOUT US

**MANFOOD WAS STARTED BY TWO MEN—
JON HONEYBALL AND ANDRE DANG FROM
THEIR KITCHEN IN WARBOYS, CAMBRIDGESHIRE.**

Andre, a former buyer for Harrods and Selfridges, was inspired by his own (and Jon's) behaviour: coming home, they would raid the cupboards and fridge looking for snacks or something to munch.

The Manfood recipes came about as a direct result of Jon complaining about a lack of properly crisp, chunky pickles. He was fed up of buying jars only to find bland, wet mush inside. And so, Andre took up the challenge to make the perfect pickle. Beginning with piccalilli, he then developed recipes for Bread and Butter Pickles and Smokey Tomato Sauce.

Today, the range has grown from the initial pickle selection to over twenty-four different products. We are proud to be stocked in farm shops, independents and food halls both in the UK and abroad.

The range is the perfect accompaniment to a fridge buffet, a cheese platter and a must-have for your barbecue.



PICKLE RANGE

BREAD & BUTTER PICKLE 300g

An American-inspired pickle with an Asian twist. Sliced cucumbers and shallots in a sweet and sour spiced marinade with a hint of cinnamon and star anise.

INGREDIENTS: Cucumber, shallots, sugar, cider vinegar, salt, ground turmeric, coriander seed, black peppercorns, yellow mustard seed, red chilli flakes, ground cinnamon, star anise.

NUTRITION PER 100g: Energy 522KJ/ 123kcal, Fat 0.5g (<0.1g saturates), Carbohydrate 28g (28g sugar), Protein 1.1g, Salt 1.2g

PEAR, APPLE, FIG & PLUM CHUTNEY 300g

A sweet and fruity chutney scented with cardamom and the warmth of ginger. Works extremely well with cheese.

INGREDIENTS: Pear (21%), plum (21%), apple (15.5%), fig (11%), cider vinegar, onion, sultanas, dark brown sugar, cardamom, ginger powder, salt

NUTRITION PER 100g: Energy 507KJ/ 120kcal, Fat 0.3g (0g saturates), Carbohydrate 27g (25.8g sugar), Protein 1.0g, Salt 0.1g

PICCALILLI 300g

The first recipe we ever made when we developed the brand! A chunky mix of crisp garden vegetables in a mustard sauce. Lightly sweetened with honey. Enjoy with cheese and some thick-sliced ham.

INGREDIENTS: Cider vinegar, Mixed peppers, cucumbers, carrots, cauliflower, green beans, sugar, radishes, shallots, honey, cornflour, mustard seeds, mustard powder, turmeric, ground cumin, ground coriander, salt.

NUTRITION PER 100g: Energy 267KJ/ 63kcal, Fat 0.7g (<0.1g saturates), Carbohydrate 12g (11g sugar), Protein 1g, Salt 2g

ALE CHUTNEY 300g

A seasonal spiced chutney made from plums, sultanas and apples. The secret ingredient is a dark ale with chocolate notes.

INGREDIENTS: Plums (35%), red wine vinegar (sulphites), apples, dark brown sugar, onion, ale (5.5%) (contains malted barley), dates, sultanas, carrots, swede, salt, yellow mustard seeds, cloves, cinnamon, ginger powder, ground allspice

NUTRITION PER 100g: Energy 513KJ/ 121kcal, Fat 0.54g (0g saturates), Carbohydrate 26.4g (25.7g sugar), Protein 1.0g, Salt 1.44g

SAUCE RANGE

BEER BARBECUE SAUCE 300g

A tangy glossy sauce ideal for use as a marinade or for brushing on to your choice of meat or fish.

INGREDIENTS: Beer (barley, malt, hops, water) (34%), passata, tomato paste, brown sugar, molasses, English mustard (water, mustard flour, salt, turmeric, pimiento), cider vinegar, orange juice, salt, worcestershire sauce (malt vinegar (barley), spirit vinegar, molasses, sugar, salt, anchovies (fish), tamarind extract, onions, garlic, spice, flavourings), garlic, onion powder, paprika, mustard powder, cornflour, black pepper, cayenne pepper, ginger powder, orange zest

NUTRITION PER 100g: Energy 496KJ/ 135kcal, Fat 1.1g (0.1g saturates), Carbohydrate 24g (15.1g sugar), Protein 2.4g, Salt 1.6g

PEANUT SATAY SAUCE 300g

A Malaysian recipe ideal to serve with meat or fish. Can also be used as a stir fry sauce.

INGREDIENTS: Peanuts, (33%), water, sunflower oil, red chillies, shallots, garlic, galangal, lemongrass, brown sugar, tamarind concentrate, salt, lime juice

NUTRITION PER 100g: Energy 1550KJ/ 375kcal, Fat 31g (4.3g saturates), Carbohydrate 18g (11g sugar), Protein 9.9g, Salt 0.9g

CHIP SHOP CURRY SAUCE 300g

A traditional favourite. This mild curry sauce is best served warm, and can also be used as a cooking sauce.

INGREDIENTS: Apple, water, fried onion (onion, sunflower oil), sugar, tomato paste, medium curry powder (coriander, turmeric, yellow mustard powder, gram flour, chilli powder, garlic powder, fenugreek, black pepper, salt, cumin, fennel, star anise) (2.05%), sunflower oil, salt, garlic powder, ginger powder, turmeric (0.34%), cumin, coriander, cinnamon, black pepper

NUTRITION PER 100g: Energy 374KJ/ 89kcal, Fat 4.3g (0.2g saturates), Carbohydrate 11.2g (9.2g sugar), Protein 1.0g, Salt 1.27g

SMOKY TOMATO SAUCE 300g

A thick piquant sauce that is ideal for slathering on burgers. Can also be used as a cooking sauce.

INGREDIENTS: Tomatoes (53.5%), tomato paste (18%), onion, red peppers, sunflower oil, cider vinegar, chilli, sugar, all spice, cumin, garlic powder, salt, nutmeg, black pepper, smoked water (0.19%)

NUTRITION PER 100g: Energy 347KJ/ 83kcal, Fat 3.8g (0.4g saturates), Carbohydrate 9.5g (7.5g sugar), Protein 1.7g, Salt 0.3g

SPICED MANGO CHUTNEY 350g

A zingy mix of sweet and sour, this spiced mango chutney is thick and packed with fruit.

INGREDIENTS: Mango puree (72.6%) (mango (46.5%), sugar, salt, acidity regulator: acetic acid, ginger, spices), water, sugar, tomato paste, modified maize starch, fenugreek seed, cumin, black onion seed, ginger, turmeric, black peppercorns, clove, cardamom, acidity regulator: acetic acid, salt

NUTRITION PER 100g: Energy 843KJ/ 199kcal, Fat 0.5g (0g saturates), Carbohydrate 45g (42g sugar), Protein 1.7g, Salt 2.9g

SPICED DRIED FRUIT CHUTNEY 300g

A sweet, fruity chutney spiced with cardamom and the warmth of chilli. An unusual compliment to curry.

INGREDIENTS: Carrot, dried apricots (11%), (apricots, preservative: sulphur dioxide), dates, (6.3%) (dates, rice flour), raisins (6.3%) (raisins, sunflower oil), cider vinegar, sugar, chilli powder, garam masala powder (coriander, cumin, ginger, cassia, black pepper, cloves), cardamom powder, mustard seed, garlic powder.

NUTRITION PER 100g: Energy 921KJ/ 217kcal, Fat 0.8g (0.2g saturates), Carbohydrate 50.6 (45g sugar), Protein 0.4g, Salt 0.9g

SPICED TOMATO CHUTNEY 300g

A thick spiced tomato chutney that works well as an Indian food accompaniment or use to liven up a cheese sandwich.

INGREDIENTS: Chopped tomatoes (68%), onion, rapeseed oil, sugar, cider vinegar, salt, yellow mustard seeds, ginger powder (0.3%), garlic powder (0.3%), chilli powder (0.3%), ground coriander (0.3%), curry leaves (0.25%), garlic puree, ground cumin (0.1%)

NUTRITION PER 100g: Energy 297KJ/ 71kcal, Fat 3.4g (0.3g saturates), Carbohydrate 8.1g (6.1g sugar), Protein 1.3g, Salt 0.6g

SPICY CHILLI SAUCE 300g

A very spicy alternative to ketchup, this aromatic sauce adds a zing to a bacon sandwich.

INGREDIENTS: Jalapeno chillies (35%), habanero chillies (35%), onion, thickener: potato starch, tinned tomatoes, (tomatoes, tomato juice, acidity regulator: citric acid), sunflower oil, cider vinegar, cumin, coriander, salt, sugar

NUTRITION PER 100g: Energy 437KJ/ 104kcal, Fat 4.6g (0.5g saturates), Carbohydrate 13.2g (9.9g sugar), Protein 1.8g, Salt 4.46g

INDIAN RANGE



ASIAN FUSION RANGE



KOREAN TACO SAUCE 300g

Inspired by the food trucks of Los Angeles where they serve Korean beef in a taco, this sauce is a great marinade and stir fry sauce or just use for drizzling.

INGREDIENTS: Gochujang (51%) (corn syrup, water, brown rice, red pepper powder, sea salt, ethyl alcohol, garlic, soybean, fermented soybean, roasted soybean powder, onion, yeast extracts, dextrin, seed malt (soya, wheat), sugar, soy sauce (water, soybeans, wheat, salt), rice wine vinegar, roasted sesame seed (4%), sesame oil (4%), garlic.

NUTRITION PER 100g: Energy 1188KJ/ 286kcal, Fat 6.7g (1.0g saturates), Carbohydrate 49g (49g sugar), Protein 4.4g, Salt 7.3g

WASABI MAYONNAISE 250g

The heat of Wasabi paired with creamy mayonnaise makes this perfect for fish.

INGREDIENTS: Rapeseed oil, miso paste (water, soy beans, rice, salt, yeast), pasteurised free range egg yolk (11%), horseradish (horseradish, rapeseed oil, acidity regulator: citric acid, antioxidant: sodium metabisulphite) mirin (glucose syrup, fermented rice extract, sucrose, rice vinegar, acidity regulator: phosphoric acid, cane molasses) rice vinegar, lime juice, wasabi powder (2.4%) (horseradish powder, mustard, corn starch, wasabi japonica, acidity regulator: citric acid, antioxidant: ascorbic acid, colours E100, E133) honey, egg powder, sugar, salt, lemon juice from concentrate, mustard powder, preservative: potassium sorbate.

NUTRITION PER 100g: Energy 2241KJ/ 543kcal, Fat 53g (4.3g saturates), Carbohydrate 12.3g (8.5g sugar), Protein 3.1g, Salt 2.7g

ADOBO WING SAUCE 300g

Inspired by Filipino Adobo sauce, which is soy, vinegar and garlic based, this wing sauce is the perfect marinade for chicken, but you can also use to stir fry.

INGREDIENTS: Cider vinegar (30%), brown sugar, tomato paste, garlic puree (9%) (garlic powder, acidity regulator: citric acid), soy sauce (7%) (water, soy beans, salt, sugar, wheat flour), ginger puree (ginger powder, acidity regulator: citric acid), chilli puree (cayenne peppers, salt, acidity regulator: acetic acid), rapeseed oil, cornflour, bayleaf, black pepper.

NUTRITION PER 100g: Energy 764KJ/ 207kcal, Fat 2.7g (0.2g saturates), Carbohydrate 37.8g (32.1g sugar), Protein 1.9g, Salt 2.62g

VIETNAMESE PICKLED ONIONS 300g

Sliced red onions in a spiced red wine vinegar—perfect for a Banh Mi sandwich.

INGREDIENTS: Red wine vinegar (contains sulphites), red onion, sugar, star anise, salt, Sichuan peppercorns, coriander seed, red chilli.

NUTRITION PER 100g: Energy 379KJ/ 89.4kcal, Fat 0.47g (0.2g saturates), Carbohydrate 19.7g (15.8g sugar), Protein 0.74g, Salt 3.3g

SMOKY RANGE

BEER & SMOKE PICKLE 300g (120g drained weight)

Thickly sliced gherkins in a piquant marinade of beer, vinegar and smoked sugar. Ideal for burgers.

INGREDIENTS: Gherkins (40%) (gherkins, acidity regulators: acetic acid, sodium hydroxide, firming agent: calcium chloride), cider vinegar, ale (20.9%) (contains **barley**), sugar, **mustard** seed, fennel seed, coriander seed, black peppercorns, dill extract, dried chillies, smoked sugar (0.9%)

NUTRITION PER 100g: Energy 429KJ/ 101kcal, Fat 0g (0g saturates), Carbohydrate 21g (21g sugar), Protein 0.5g, Salt 0.9g

SMOKY GARLIC MAYONNAISE 250g

One of our best sellers. A rich and creamy mayonnaise with a light smoke and the bite of garlic. Use as a dip or in sandwiches.

INGREDIENTS: Rapeseed oil, water, olive oil, cider vinegar, pasteurised free range **egg** powder (8.2%), garlic (6.9%), sugar, garlic powder (0.7%), **mustard** powder, cracked black pepper, salt, smoked water (0.07%)

NUTRITION PER 100g: Energy 2406KJ/ 583kcal, Fat 61.2g (6.1g saturates), Carbohydrate 4.3g (2.2g sugar), Protein 3.4g, Salt 1.15g

SMOKY ONION RELISH 300g

A sweet and sticky relish with the addition of smoke to give it a more savoury note. Try in sausage rolls or with cheese.

INGREDIENTS: Sugar, red onion (25.8%), white onion (25.8%), white wine vinegar, kibbled onions (3.9%), balsamic vinegar, salt, smoked water (0.17%), fennel seed, black pepper.

NUTRITION PER 100g: Energy 1028KJ/ 242kcal, Fat 0g (0g saturates), Carbohydrate 57g (54g sugar), Protein 1.5g, Salt 0.5g

SMOKY CORN RELISH 300g

A classic relish updated with a hint of smoke. Stir into macaroni cheese or top burgers and hot dogs.

INGREDIENTS: Cider vinegar, sweetcorn (28.8%), diced cucumbers, sugar, mixed peppers, radish, shallots, honey, salt, thickener: modified maize starch, **mustard** seed, turmeric, **mustard** powder, smoked sugar (2.6%).

NUTRITION PER 100g: Energy 361KJ/ 85kcal, Fat 1.0g (0.1g saturates), Carbohydrate 16g (12g sugar), Protein 1.4g, Salt 2.1g

BUFFALO SAUCE 190g

BUTTER FLAVOURED CHILLI AND ONION SAUCE

A vegan alternative to traditional Buffalo sauce. Use as a marinade and or basting sauce.

INGREDIENTS: Red jalapeno mash (43%) (red jalapeno peppers, salt, acetic acid), rapeseed oil, fried onion (19%) (onions, sunflower oil), sugar, garlic, paprika, porcini powder, cumin, coriander, preservative: potassium sorbate, butter oil flavouring (0.02%)

NUTRITION PER 100g: Energy 1356KJ/ 328kcal, Fat 29g (1.8g saturates), Carbohydrate 13.3g (10.6g sugar), Protein 1.9g, Salt 6.8g

EGG FREE MAYONNAISE 165g

CREAMY LEMON AND MUSTARD EMULSION OF OIL AND VINEGAR

A vegan alternative to mayonnaise. Use as a condiment or a base for making dressings. Works well in sandwiches.

INGREDIENTS: Rapeseed oil (59%), olive oil (20%), water, cider vinegar (6%), sugar, salt, lemon juice concentrate (1%), **mustard** flour (0.5%), Dijon **mustard** (0.5%) (water, **mustard** seeds, vinegar, salt), potato starch, black pepper, thickeners: guar & xanthan gum, preservative: potassium sorbate.

NUTRITION PER 100g: Energy 2946KJ/ 713kcal, Fat 78.2g (6.7g saturates), Carbohydrate 2.0g (1.6g sugar), Protein 0.2g, Salt 1.0g

BURGER SAUCE 165g

CREAMY SAUCE WITH GHERKIN, KETCHUP AND SWEET CHILLI

Our vegan version of that 'special sauce' for burgers.

INGREDIENTS: Rapeseed oil, gherkin (17%), ketchup (16%) (tomatoes, spirit vinegar, sugar, salt, spice and herb extract (contains **celery**), chilli sauce (11%) (water, red chilli, sugar, fructose - glucose syrup) thickener: modified starch, acetic acid), olive oil, water, shallots, cider vinegar, Dijon **mustard** (water, **mustard** seeds, spirit vinegar, salt), salt, sugar, lemon concentrate, **mustard**, potato starch, black pepper, thickener: guar & xanthan gum, preservative: potassium sorbate

NUTRITION PER 100g: Energy 1640KJ/ 396kcal, Fat 38.4g (3.2g saturates), Carbohydrate 11.2g (10.8g sugar), Protein 0.8g, Salt 1.42g

FACON JAM 190g

SMOKEY TOMATO, MAPLE AND COCONUT RELISH

Our vegan alternative to bacon jam. Use as a burger topping, or spread it on crusty bread.

INGREDIENTS: Tomatoes (48%), onion, water, desiccated coconut (3.7%), garlic (water, garlic powder, acidity regulator: citric acid), sugar, maple syrup (1.2%), onion powder, salt, coffee, porcini powder, cumin seeds, ground coriander, smoked water, preservative: potassium sorbate

NUTRITION PER 100g: Energy 314KJ/ 75kcal, Fat 2.9g (2.2g saturates), Carbohydrate 9.5g (5.8g sugar), Protein 2.0g, Salt 1.1g

VEGAN RANGE

GIFT BOXES

ALL OUR RANGES ARE ALSO AVAILABLE AS GIFT BOXES.



SERVING SUGGESTIONS

The Manfood range is quite wide-ranging and versatile, so we encourage you to experiment and find your own flavour combinations and pairings. That said, here are a few ideas that we do at home:

PICKLES

These are excellent with cold cuts, pork pie and ploughman's lunch. Try making a quick canape by spreading either chutney on toasted baguette topped with your cheese of choice.

SAUCE RANGE

With all four sauces, you can add a little water to loosen, then use as a stir fry sauce, or warm and use from the jar as a dip for skewers or use as a cooking sauce.

INDIAN RANGE

Serve all four with poppadoms as an intro to an Indian feast.

SMOKY RANGE

Serve with a salad, top burgers, use in sandwiches or serve with your favourite barbecued meat and fish.

ASIAN FUSION RANGE

Create Asian-style wraps or use the two sauces as a marinade or stir fry sauce.

VEGAN RANGE

A new range ideal for making a fabulous burger, you can also use these as sandwich spreads.

WHERE TO BUY

THE FULL RANGE IS
AVAILABLE ONLINE FROM
WWW.MANFOOD.COM

Our full range of stockists are
available on our website.



CONTACT US

For any enquiries, wholesale
orders or feedback, please e-mail
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