



01/03/2025 to 30/03/2025

B&E FOODS /QLD

# MONTHLY MENU

*Where Quality Counts!*



BUTCHER  
AND  
Cook



\$124.<sup>00</sup>

CTN

\$15.<sup>50</sup>

KG

## PORK SPAREERIBS

No.14046 CHILLED - COOKED 8KG BUTCHER & COOK

# NEW ORLEANS CHICKEN DRUMS

 **Flame Grill** 

Seasoned with a rich blend of classic New Orleans sauce, these chicken ribs are a flavorful journey to the heart of Southern cuisine. Perfectly tender and bursting with a mix of smoky, savory, and slight sweetness, they're a soul-satisfying addition to any meal.

## PREPARATION SUGGESTION



### AIR FRYER:

1. Preheat air fryer to 180°C.
2. Shake pack before opening.
3. Place chicken in air fryer from pack.
4. Cook for 10 mins or until done.



### OVEN (Preheated) :

1. Preheat fan oven to 180°C (200°C for conventional ovens).
2. Shake the pack well before opening.
3. Take chicken out, put on oiled tray, and set on oven's middle rack.
4. Bake for 12 mins or until done.



**No. 15721**  
**FZ COOKED NEW ORLEANS**  
**CHICKEN WINGS 2 X 2.5KG**  
**MELCO**

**\$13.40/KG**

# OVEN ROASTED CHICKEN DRUMS

New Orlean Flavour



approx.  
**\$0<sup>.94</sup>**

per pieces (70g)

**Cost per pieces (70g) when  
purchased from B&E Foods**

# HOW TO MAKE

## Step 1: Prepare Ingredients

- Chop bell peppers and onions into bite-sized chunks.
- Open **Melco Crispy Pork Bites**, take 200g and set aside.
- Open **Twin Pine Pineapple**, measure 50g, and keep it ready.

## Step 2: Prepare the Sweet and Sour Sauce

- In a bowl, mix:
- 1 tbsp tomato ketchup
- 1 tbsp sugar
- 1 tbsp vinegar
- 1 tbsp soy sauce
- Cornstarch slurry (to thicken the sauce)
- Stir well until fully combined.

## Step 3: Stir-fry and Combine

- Heat a little oil in a pan over medium heat.
- Stir-fry the bell peppers, onions, and pineapple until slightly softened.
- Add the crispy pork bites and pour in the sweet and sour sauce.
- Stir well over high heat, ensuring everything is evenly coated in the sauce.

## Step 4: Serve and Enjoy

- Plate and serve! Enjoy the crispy, tangy, and delicious Sweet and Sour Pork!

# FEATURED INGREDIENTS



No. 10995  
Fz Cooked Tempura Pork  
Bites 2.5kg (4) Melco

-----  
**\$17.50/KG**



No. 18310  
Canned - Pineapple  
Pizza Cut A10 (6)

-----  
**\$7.50/UNIT**



No. 18970  
Sauce - Light Soy Sauce  
Delicious Value Drum  
10.5l (2) Haday

-----  
**\$16.00/UNIT**



No. 26494  
Sauce - Tomato Ketchup  
(Gf) 4ltr(3) Heinz

-----  
**\$17.00/UNIT**



No. 28366  
Oil - Vegetable  
20L Simply

-----  
**\$60.00/DRUM**

# SWEET AND SOUR PORK

Authentic Chinese cuisine

Sweet and Sour Pork is a classic Chinese dish featuring crispy, **MELCO deep-fried pork pieces** coated in a tangy and flavorful **sweet-and-sour sauce**. The dish is typically made with bite-sized pork chunks, marinated and battered before being fried to golden perfection. The sauce, a perfect balance of sweetness from sugar and sourness from vinegar, enhances the dish's appeal, making it a favorite in Chinese cuisine worldwide.



**Cost per dish when  
purchased from B&E Foods**

approx.  
**\$3<sup>.20</sup>**  
of finished  
dish

# NATURAL WOODEN CUTLERY



COMPOSTABLE

Our natural wooden cutlery range are made from premium quality wood, blending functionality with sustainability. Perfect for serving your grab-and-go meals.



**\$38<sup>.80\*</sup>**  
CTN



**No.27576**  
SPOON - WOODEN  
160X34X1.5MM 2000'S

**\$38<sup>.21\*</sup>**  
CTN



**No. 27577**  
FORK - WOODEN  
160X26X1.5MM 2000'S

**\$30<sup>.23\*</sup>**  
CTN



**No. 27578**  
KNIVES - WOODEN  
165X22X1.5MM 2000'S

**\$56<sup>.75\*</sup>**  
CTN



**No. 27936**  
SPORK - WOODEN  
165X34X1.5MM 2000'S

**\$33<sup>.56\*</sup>**  
CTN



**No. 16489**  
WOODEN CUTLERY SET - FORK /  
KNIFE / NAPKIN 400'S EJ ECO

**\$42<sup>.32\*</sup>**  
CTN



**No. 16490**  
WOODEN CUTLERY SET - FORK / KNIFE /  
NAPKIN / SPOON 400'S EJ ECO

\* GST NOT INCLUDED



**\$7.20**  
**UNIT**

**No.12218**  
**Sauce - Sriracha Chilli Sauce**  
**Mild (GF/VEGAN) 12x810g**  
**Healthy Boy**



- ✓ Gluten-Free
- ✓ Non-GMO Soybeans
- ✓ 100% Vegan

**No. 11154**  
**SOY SAUCE - GLUTEN FREE**  
**4.5L(3) HEALTHY BOY**

**\$22.50/DRUM**



- ✓ Gluten-Free
- ✓ No Artificial Flavour
- ✓ No Sweetener

**No. 11155**  
**OYSTER SAUCE - GLUTEN**  
**FREE 5KG (3) HEALTHY BOY**

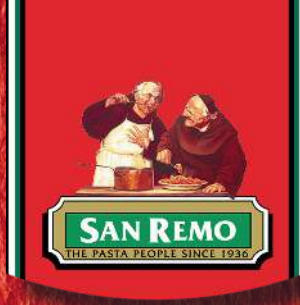
**\$22.00/DRUM**



- ✓ Gluten-Free
- ✓ No Color Added
- ✓ No MSG
- ✓ No Preservative

**No. 11157**  
**FISH SAUCE - GLUTEN FREE**  
**4.5L(3) HEALTHY BOY**

**\$13.50/DRUM**



No. 12697  
PASTA - SPAGHETTI # 5  
2x5KG SAN REMO

**\$25.00/CTN**



No. 19200  
PASTA - LINGUINE  
2\*5KG SAN REMO

**\$25.00/CTN**



No. 12698  
PASTA - FETTUCCINE # 12  
2x5KG SAN REMO

**\$25.00/CTN**



No. 12699  
PASTA - ELBOWS # 35  
2\*5KG SAN REMO

**\$25.00/CTN**



No. 12701  
PASTA - SPIRALS/ TRIVELLE # 17  
2\*5KG SAN REMO

**\$25.00/CTN**



No. 12696  
PASTA - PENNE # 18  
2x5KG SAN REMO

**\$25.00/CTN**



# QLD MONTHLY PROMOTION



01/03/2025 to 31/03/2025

## Korean BBQ meat

\$30<sup>84</sup>  
KG



10732

Frozen Wagyu Chuck Sliced 2mm  
MB 4-5 1kg X6 Korean Style F

NEW ARRIVALS

\$185<sup>00</sup>  
CTN

\$165<sup>00</sup>  
CTN



16764

Frozen Wagyu Outside Flap Sliced 2mm  
MB 8-9 2kg X3 Korean Style F

\$27<sup>50</sup>  
KG

\$25<sup>84</sup>  
KG



16534

Frozen Wagyu Knuckle Sliced 2mm  
MB8+ 2kg X3 Korean Style F

NEW ARRIVALS

\$155<sup>00</sup>  
CTN

F - FROZEN PACK AND STORAGE



15065  
Bread - White Sliced 700g X6 F



13570  
Bread - Super Thick White 700g X6 F



14898  
Bread - Super Thick Raisin 650g X6 F



17318  
Bread - Sourdough Cafe Sliced Loaf 900g X 4 F



13685  
Bread - 8" Brioche Style Gourmet Hot Dog 115g/Pc 55 Pcs/Ctn F



18652  
Brioche Burger Bun Sliced Fb 4.5" 100g X 48 F



\$8.80 KG



10761  
Traditional Half Leg Ham B/less 2.5kg (5) Pendle

\$6.50 KG



10767  
Sandwich Ham 4 X 4kg (5) R/W Pendle



\$7.80 KG

19733  
Soccerball Ham 4kg (4) R/W Pendle



\$11.10 KG

19739  
Slice Prager Ham 1kg (8) Pendle

**\$80<sup>00</sup>**  
**CTN**

13542

Barramundi Fillet Trimmed **skin on** 200/300 5kg Ctn **F**



12916 Barramundi Fillet 100/200 5kg Ctn **F**

27511 Barramundi Fillet 200/300 5kg Ctn **F**

27513 Barramundi Fillet 300/500 5kg Ctn **F**

**\$78<sup>00</sup>**  
**CTN**



10821

Salmon - Portions Skin On 25 X 200g **F**

**\$140<sup>00</sup>**  
**CTN**

16876  
Salmon - Smoked Slice 1kg  
Ocean King **F**

OCEAN KING



**\$32<sup>50</sup>**  
**CTN**



70970

Whole Pipi Clam 40/60 1kg (10) **F**

**\$6<sup>00</sup>**  
**PK**

**\$16<sup>00</sup>**  
**KG**



70875

Scallops -Half Shell Roe On  
U10/12 1KG (10) **F**

**\$11<sup>50</sup>**  
**UNIT**



11020 Octopus - Baby IQF  
16/25 1kg (10) **F**



13481

Clam Meat 300/500 1kg (10) **F**

**\$7<sup>00</sup>**  
**PK**



71084 Mussel Cooked Meat  
100/200 1kg(10) **F**

**\$9<sup>00</sup>**  
**PK**

**F - FROZEN PACK AND STORAGE**



# Wombat Valley

# \$8<sup>80</sup> UNIT



## Proudly Australian Made and Owned



70623  
Whole Egg Mayo  
1kg (6)

13616  
Fiery Chipotle Mayo  
1kg (6)

71150  
Sriracha Mayo  
1kg (6)

70622  
Aioli 1kg (6)

70626  
Vegan Aioli  
1kg (6)

71045  
Roasted Garlic Aioli  
1kg (6)



**\$8<sup>80</sup> UNIT**  
70627  
Tartare Sauce  
1kg (6)



**\$8<sup>80</sup> UNIT**  
70628  
Hollandaise  
1kg (6)



**\$8<sup>80</sup> UNIT**  
70621  
Ranch Dressing  
1kg (6)



**\$8<sup>80</sup> UNIT**  
70620  
Caesar Dressing  
1kg (6)

**\$10<sup>80</sup> UNIT**  
18523  
Nam Jim 1kg (6)



**\$9<sup>20</sup> UNIT**  
70631  
Burger Sauce  
1kg (6)



**\$8<sup>80</sup> UNIT**  
70625  
Tzatziki Sauce  
1kg (6)



**\$10<sup>80</sup> UNIT**  
14233  
Blue Cheese  
Sauce 1kg (6)



**\$7<sup>30</sup>**  
UNIT

16531

Bread & Butter Cucumber 2kg (6)



**\$8<sup>80</sup>**  
UNIT

19729

Sliced Gherkin Sandwich Stackers 2kg (6)



16059

Dill Cucumber Pickled 2Kg (6)

**\$7<sup>30</sup>**  
UNIT



16806

Capers - Whole in Vinegar 2kg (6)

**\$13<sup>70</sup>**  
UNIT



14128

Truffle Paste 500g (6)

**\$17<sup>90</sup>**  
UNIT



15443

Balsamic Vinegar Glaze 500ml (6)

**\$6<sup>95</sup>**  
UNIT



15209

Tomato Puree A10 3kg

**\$7<sup>50</sup>**  
TIN



18809

Tomato Paste A10 3kg

**\$9<sup>50</sup>**  
TIN



13186

Tomato Whole Peeled Italian 2.5kg

**\$7<sup>00</sup>**  
TIN



19157

Tomatoes Chunky Crushed 3kg (6)

**\$7<sup>00</sup>**  
TIN



14067

Pizza Sauce - Pulpy Tomatoes 10kg Tomato Farm



**\$24<sup>00</sup>**  
CTN



18286

Oil - Olive Extra Virgin 4ltr (4) Palermo

**\$56<sup>00</sup>**  
UNIT

# SPICES

## MAR SPECIAL



**\$9<sup>00</sup>**  
UNIT

27924  
Garlic Powder 1kg



**\$9<sup>00</sup>**  
UNIT

31009  
Onion Powder 1kg



**\$9<sup>00</sup>**  
UNIT

17035  
Turmeric Powder 1kg



**\$13<sup>50</sup>**  
UNIT

18124  
Smoke Paprika 1kg



**\$13<sup>50</sup>**  
UNIT

15049  
Sweet Paprika 1kg



**\$10<sup>00</sup>**  
UNIT

12178  
Chilli Powder / Ground 1kg



**\$13<sup>00</sup>**  
UNIT

28087  
Chilli Flake / Crushed 1kg



**\$11<sup>00</sup>**  
UNIT

12170  
Chilli Ring / Cut Dried Hot 1kg



**\$12<sup>00</sup>**  
UNIT

15905  
Large Whole Dried Mild Hot 1kg

*Spice up Your Life*





# Dry Goods



**\$24<sup>00</sup>**  
CTN

**12<sup>c</sup>**  
each



13408

White Sugar Stick Sachet  
2000\*3g Bungaberg

13407

Raw Sugar Stick Sachet  
2000\*3g Bundaberg

**\$11<sup>00</sup>**  
UNIT



14001

Syrup - Liquid Sugar 1.5l (6) Raw

**\$31<sup>00</sup>**  
CTN

**6.20<sup>c</sup>**  
EACH



15970

Sugar Pencil Stick 500'S Equal

**\$57<sup>00</sup>**  
BAG



19156

Basmati Rice Special Biryani 20kg Fortune

**\$45<sup>00</sup>**  
BAG



30581

Arborio Rice 10kg Selesta



**\$13<sup>50</sup>**  
KG

**\$6<sup>80</sup>**  
KG

**Primo**



17042

16935

Pork Belly Cooked Roast 4KG(3) Primo

Bacon - Diced 2KG (7) Pendle

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