

Prepared Meals & Hampers Prydau Bwyd Parod & Basgedi

Bwyd Y Byd Organic Wholefoods and Hampers

Contact Name: Suzanne Jones

Bwyd Y Byd, 1 Prospect Place, Crymymch, SA41 3QQ

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w www.healthfoodswales.co.uk

Hampers of Welsh products or individually tailored, speciality hampers e.g. gluten free, vegan etc. Coming soon, homemade speciality breads and preserves.

Business Hours: Mon – Fri: 7.30-5.30pm Sat: 7.30am-5pm

Deliveries: By arrangement

Main Supply Market: Independent.

Basgedi bwyd o gynhyrchion Cymreig neu fasgedi bwyd arbenigol wedi'u llunio'n unigol e.e. heb glewten, figan ac ati. Yn dod cyn bo hir, bara a chyffeithiau cartref arbenigol.

Oriau Busnes: Mon – Fri: 7.30am- 5.30pm Sat: 7.30am-5pm

Danfoniadau: Trwy drefnu

Marchnad a Gyflenwir yn Bennaf: Annibynnol.

Cegin Dan-y-Mynydd Vegetarian Cuisine

Contact Name: Ros McGarry

Dan-y-Mynydd, Bentinch, Newport, Pembrokeshire, SA42 0PU

T 01239 821129

e rosmcgarry@aol.com

Vegetarian cuisine offering vegan, wheat and dairy-free options produced using wholesome, healthy ingredients. Home/hand-made dishes made in small batches using locally bought produce to reheat at home. Our food is produced with an emphasis on low-fat, free-range eggs, no artificial flavours or colourings, packing in minimal and recyclable packaging. From a simple tasty sauce to one of our delicious nut roasts or generously filled pies, we have a dish for every occasion.

Business Hours: 10.30am – 6.30pm, please check for Winter hours

Deliveries: Yes, within 3 miles of Newport – further afield for larger orders

Main Supply Market: Retail.

Bwyd llysieuol sy'n cynnig dewisiadau figanaidd, di-wenith a di-laeth sy'n cael eu gwneud â chynhwysion maethlon, iach. Byddwn yn defnyddio cynnyrch lleol i wneud seigiau cartref/o waith llaw, er mwyn i gwsmeriaid eu haildwymo gartref. I wneud ein bwyd byddwn yn rhoi pwys mawr ar ddefnyddio wyau maes, braster isel, dim cyfflasynnau na defnyddio lliwio artiffisial a chaiff popeth ei lapio mewn pecyn ailgylchedig, diwastraff. O saws syml a blasus hyd at un o'n prydau rhost a chnau neu'n pasteiod sy'n llawn hyd y fyl o faeth, mae gyda ni saig ar gyfer pob achlysur.

Oriau Busnes: 10.30am – 6.30pm, holwch ar gyfer oriau'r Gaeaf

Danfoniadau: Ie, o fewn 3 milltir o Drefdraeth – bellach i ffwrdd ar gyfer archebion mawr

Marchnadoedd a Gyflenwir yn Bennaf: Manwerthu.

Cottage Caterers

Contact Name: Alan/Olwen Davis

Min-yr-Afon, Jordanston Bridge, Castle Morris, Pembrokeshire SA62 5UP

T 01348 891296

An extensive range of home-prepared meals and pastries all carefully designed for re-heating at home. A good choice always available or pre-order for exact requirements.

Business Hours: Any reasonable time – closed Sundays

Deliveries: No – collection only

Main Supply Market: Direct sale.

Amrywiaeth eang o brydau a phastai cartref wedi'u llunio'n ofalus i'w haildwymo yn eich cartref. Dewis da bob amser ar gael neu archebwch ymlaen llaw gyda gofynion penodol.

Oriau Busnes: Unrhyw amser rhesymol – ar gau ar Ddyddiau Sul

Danfoniadau: Na – moy'n yn unig

Marchnadoedd a Gyflenwir yn Bennaf: Gwerthu'n uniongyrchol.



Countrywide Hampers of Tenby

Contact Name: Mark Griffiths

1 Sea Vista, Penally, nr Tenby, Pembrokeshire, SA70 7PD

T 01834 844922

m 07503131599

e goodfood@countrywidehampers.co.uk **w** www.countrywidehampers.co.uk

A web-based company supplying Welsh and British food hampers to the general public and shops and hotels in Pembrokeshire.

Mail Order: Yes

Business Hours: Mon – Fri 9am – 6pm. Sat & Sun 9am – 1pm

Deliveries: UK and Europe

Main Supply Market: General public and corporate business.

Cwmni ar y we sy'n darparu basgedi bwyd Cymreig a Phrydeinig i'r cyhoedd ac i siopau a gwestai yn Sir Benfro. Archebu trwy'r post: le

Oriau Busnes: Dydd Llun – Dydd Gwener 9am – 6pm. Dydd Sadwrn a dydd Sul 9am – 1pm. Danfoniadau: DU a Ewrop

Marchnadoedd a gyflenwir yn Bennaf: Y cyhoedd a busnes corfforaethol.

East/West Cuisine

Contact Name: Mrs Jackie Palit

Hillside, Cox Hill, Narberth, Pembrokeshire SA67 8EH

T 01834 860268

e eastwestcuisine@aol.com

Speciality breads, quiches, savoury items, puddings, cakes, Indian snacks, finger buffets and parties. Private dining room also available.

Business Hours: 9am-11.30pm. Deliveries: South-West Wales

Main Supply Market: Catering establishments, independent retailers, outside catering.

Bara arbennig, tartenni sawrus, eitemau sawrus, pwdinau, cacennau, byrbrydau Indiaidd, bwffes bys a bawd a phartis, ystafell fwyta breifat hefyd ar gael. Oriau Busnes: 9am-11.30pm. Danfoniadau: De-Orllewin Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Busnesau arlwy, manwerthwyr annibynnol, arlwyo allanol.

Haverfordwest Country Market

Contact Name: Helen Cecil

Popehill Villa, Popehill, Johnston, Haverfordwest, SA62 3NX

T 01437 890032

e h.cecil8@btinternet.com

Extensive range of homemade traditional baked products. Bread, cakes, savouries, preserves, honey, eggs (duck, turkey, bantam, quail, pheasant) and seasonal garden produce. Celebration cakes made to order and a range of dietary requirements made to order, Using local produce where possible.

Business Hours: Contact local market or phone/e-mail.

Deliveries: Within Pembrokeshire. Mail Order: Yes

Main Supply Market: Direct sales at weekly markets held throughout Pembrokeshire, catering establishments and cafes.

Dewis mawr o nwyddau traddodiadol wedi'u pobi gartref. Bara, cacennau, nwyddau sawrus, cyffeithiau, mêl, wyau (hwyaden, twrci, bantam, sofrliar a ffesant) a chynnyrch tymhorol o'r ardd. Cacennau dathlu wedi eu gwneud ar gyfer archebion ac amrywiaeth o ofynion dietegol ar gyfer archebion hefyd, gyda chynnyrch lleol lle bynnag y bo modd.

Oriau Busnes: Cysylltwch â'r farchnad leol neu ffôn/e-bost.

Danfoniadau: yn Sir Benfro. Archebu Trwy'r Post: le

Marchnad a Gyflenwir yn Bennaf: Gwerthu'n uniongyrchol mewn marchnadoedd lleol a gynhelir ym mhob rhan o Sir Benfro, busnesau arlwyo a chaffis.

Nash Farm Shop and Corn Mill Café

Contact Name: Kate Allen

Lower Nash Farm, Pembroke Dock, SA72 4SU

T 01646 682445

m 07812021185

e kate@lowernashfarm.co.uk

w www.lowernashfarm.co.uk

f Nash Farm shop

t @Nashfarmshop

A family run business where we are selling meat and vegetables grown on our farms, along with traditional home baking.

Business Hours: 9am-5pm Monday til Saturday

Deliveries: South Pembrokeshire. Mail Order: Soon

E-Commerce Facilities: Yes. Main Supply Market: Public.

Busnes teuluol yn gwerthu cig a llysiau wedi'u tyfu ar ein ffermydd ein hunain, ynghyd â phobi cartref traddodiadol.

Oriau Busnes: 9am-5pm Dydd Llun I Ddydd Sadwrn

Danfoniadau: De Sir Benfro. Archebu Trwy'r Post: Cyn bo hir

Cyfleusterau E-Fasnach: Oes Marchnad a Gyflenwir yn Bennaf: Y Cyhoedd.

Number 20

Contact Name: Andrew Humble

20 Market Street, Haverfordwest, Pembrokeshire, SA61 1NH

T 01437 763794

m 07778323232

e andrew.number20@gmail.com

Delicatessen, foody gifts, hampers, vintage and antique china.

Business Hours: Tuesday to Saturday 10.30am – 4pm

Main Supply Market: Direct Sales.

Danteithion tramor, anrhegion bwyd, basgedi bwyd, llestri hen ffasiwn a hynafol.

Oriau Busnes: Dydd Mawrth i Ddydd Sadwrn 10.30am – 4pm

Marchnad a Gyflenwir yn Bennaf: Gwerthu uniongyrchol.



Our Two Acres

Contact Name: Jennifer Goss

Cippyn Cottage, Cippyn, SA43 3LT

T 01239621592

m 07970782857

e gossifer@hotmail.com

w www.jengoss.wordpress.com

f Our Two Acres

t Our Two Acres

Catering, small holding, local market stall, events

Deliveries: Pembrokeshire/ Ceredigion

Main Supply Market: St.Dogmaels Producers Market

Arlwyo, tyddyn, stondin mewn marchnad leol, digwyddiadau

Danfoniadau: Sir Benfro/ Ceredigion

Marchnad a Gyflenwir yn Bennaf: Marchnad Cynhychwyr Llandudoch

Pembroke Sea

Contact Name: Nigel & Mary Richards

Mill House, Fishguard Road, Haverfordwest,

Pembrokeshire SA62 4BP

T 01437 769292

At Pembroke Sea we produce our own range of Pembrokeshire Pantry Foods, (chef-produced dishes such as curries, lasagne and stroganoff) together with top-quality desserts from Mill House Foods, from cheesecakes and scones to Tortes and Gateaux, all kitchen produced of homemade quality. We also have a range of comfort food – apple pies, sticky toffee pudding and apple crumble.

Business Hours: Anytime - phone to check we're here

Deliveries: South-West of Aberystwyth/Port Talbot line

Main Supply Market: Restaurants, hotels, pubs and sandwich makers.

Yn Pembroke Sea rydym yn gwneud ein hamrywiaeth ein hunain o Fwydydd

Pantri Sir Benfro (fel cyriau, lasagne a stroganoff wedi eu gwneud gan

ben-cogyddion). Hefyd, mae gennym bwdinau o'r safon uchaf gan Mill

House Foods, fel teisennau caws a sgons hyd at 'Tortes' a 'Gateaux'. Mae

popeth wedi'i wneud yn y gegin – ac mae safon bwyd cartref iddo. Ac ar

ben hynny mae gyda ni amrywiaeth o fwyd cysur – teisennau afal, pwdin

taffi steics a phwdin briwsion afalau.

Oriau Busnes: Unrhyw adeg – ffoniwch i weld a ydym i mewn

Danfoniadau: I'r De-Orllewin o Aberystwyth/ Ilinell Aberafan

Marchnadoedd a Gyflenwir yn Bennaf: Bwytai, gwestyau, tafarndai a

gwneuthurwyr brechdanau.



South and West Wales Fishing Communities Ltd

Contact Name: Marion Warlow

1 Victory House, Nelson Quay, Milford Marina, Milford Haven, Pembrokeshire, SA73 3AA

T 01646 699127

F 01646 699178

e marion@swwfc.org

w www.swwfc.org.uk

Fishermen's Association covering geographic area from Cardiff to Cardigan representing the sustainable interests of the inshore fishing fleet. Wet fish and shellfish sourced from local fishermen and details passed on for sale of catch to retail and wholesale.

Business Hours: Mon – Fri 9am – 5pm

Cymdeithas Pysgotwyr tros ardal ddaearyddol o Gaerdydd i Aberteifi, yn

cynrychioli buddiannau cynaliadwy fflyd bysgota'r glannau. Pysgod gwlyb a

physgod cregyn wedi'u dal gan bysgotwyr lleol gan basio'r manylion ar gyfer

gwerthu'r ddalfa i fanwerthwyr a chyfanwerthwyr.

Oriau Busnes: Dydd Llun i ddydd Gwener 9am – 5pm.

Victoria's Kitchen at Ty Rhosyn

Contact Name: Victoria or Mark Jempson
Ty Rhosyn Guest House, Camrose, Haverfordwest,
Pembrokeshire, SA62 6JA

T 01437 711300

F 01437 839110

m 07816 639950

e tyrhosyn@btinternet.com

Quality outside caterers for small groups and parties of up to 50 guests – Taylor made menus to suit any occasion, all tastes catered for. Superb quality and professional friendly service, competitively priced.

Business Hours: 7 days a week

Deliveries: Pembrokeshire

Main Supply Market: Private and business.

Arlwywyr allanol o safon ar gyfer grwpiau bach a phartïon gyda hyd at 50 o wahoddedigion - Bwydlenni wedi'i llunio'n arbennig ar gyfer unrhyw achlysur gan ddarparu ar gyfer pob chwaeth. Ansawdd gwyach a gwasanaeth proffesiynol a chyfeillgar. Prisiau cystadleuol.

Oriau Busnes: 7 diwrnod yr wythnos

Danfoniadau: Sir Benfro

Marchnad a Gyflenwir yn Bennaf: Preifat a busnes.



Wisebuys Ltd

Contact Name: Anthony Ryan
18 High Street, Narberth, SA67 7AR

T 01834 861880

F 01834 861519

e info@wisebuys-wales.co.uk

w www.wisebuys-wales.co.uk

High class fruit, vegetables, delicatessen. We supply retail and wholesale and also stock a large range of speciality foods. We also supply speciality hampers for all occasions.

Business Hours: 8am–6pm

Deliveries: Narberth, Tenby areas

Mail Order: Yes.

Ffrwythau, llysiau, danteithion tramor o'r radd flaenaf. Rydym yn cyflenwi ar gyfer manwerthu a chyfanwerthu ac yn cadw amrywiaeth fawr o fwydydd arbenigol. Rydym hefyd yn darparu basgedi bwyd arbenigol ar gyfer pob achlysur.

Oriau Busnes: 8am–6pm

Danfoniadau: Ardal oedd Arberth a Dinbych-y-pysgod

Archebu Trwy'r Post: Ie.



Yerbeston Gate Farmshop

Contact Name: Andrew Eastwood
Yerbeston Gate Farm, Yerbeston, Cresselly,
Pembrokeshire SA68 0NS

T 01834 891637

m 07773 508032

e info@farmshopfood.co.uk

w www.farmshopfood.co.uk

f farmshopfood

t farmshopfood

Home reared and locally produced Pork, Lamb and Welsh Black Beef, which we use in our homemade sausages, burgers. Homemade Pies, Pasties, Oggies, Sausage Rolls and Pork Pies to die for. Home cooked meats and other savouries available for local and national delivery.

Mail Order: Ye

Business Hours: 9am–6pm Tuesday to Saturday

Deliveries: National

Main Supply Market: Currently supply a number of local delicatessens, tourist attractions, restaurants, cafés and bed and breakfasts.

Porc, cig oen a chig eidion gwartheg duon Cymreig wedi'u cynhyrchu'n lleol, ac y byddwn yn eu defnyddio i wneud ein selsig a byrgyrs cartref, pasteiod a phastenni cartref, 'ogis', rholiau selsig a phasteiod porc hollol fendigedig. Cigoedd wedi'u coginio gartref a bwydydd sawrus eraill ar gael i'w danfon yn lleol a thrwy'r wlad.

Archebu Trwy'r Post: Ie

Oriau Busnes: 9am–6pm Dydd Mawrth i Ddydd Sadwrn

Danfoniadau: Trwy'r wlad

Marchnad a Gyflenwir yn Bennaf: Cyflenwi ar hyn o bryd i nifer o siopau danteithion lleol, atyniadau ymwelwyr, bwytai, caffis a gwestai gwely a brechwast.

