



Wholesalers & Distributors Chyfanwerthwyr & Dosbarthwyr

A J Carrington & Sons Ltd

Contact Name: Tom Carrington
Solbury Mountain Farm, Solbury, Dale Road,
Haverfordwest, Pembrokeshire SA62 3SB

T 07768 100159

F 01437 768943

Potato merchants, haulage contractors. Potatoes grown in partnership with local farmers. Supplying fresh raw potatoes to the wholesale, retail and catering trades.

Business Hours: 8am-5pm, Monday to Saturday

Deliveries: Pembrokeshire and South Wales

Main Supply Market: Wholesalers, retailers and fish and chip shops.

Masnachwyr tatws, cludwyr nwyddau. Tyfir y tatws mewn partneriaeth â ffermwyr lleol. Cyflenwi tatws amrwd ffres i fasnachau cyfanwerthu, manwerthu ac arlwyio.

Oriau Busnes: 8am-5pm, dydd Llun i ddydd Sadwrn

Danfoniadau: Sir Benfro a De Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Cyfanwerthwyr, manwerthwyr a siopau pysgod a sglodion.

Black Mountain Foods Ltd

Contact Name: Mr Peter Mitchell

Cwmcochied, Cwmdu, Llandeilo, Carmarthenshire CA19 7EE

T 01558 685018

F 01558 685185

e mynyddu@aol.com

w www.blackmountainfoods.co.uk

Specialising in distribution of organic and free-range meats and poultry.

Refrigerated distribution of all fresh organic meat and poultry.

Business Hours: Normal office hours, 24hr answerphone

Deliveries: London, South England and M4 corridor

Main Supply Market: Independent retailer and specialist shops.

Yn arbenigo mewn dosbarthu cigoedd a dofednod buarth ac organig. Mae'r holl gig a dofednod organig ffres yn cael eu dosbarthu mewn oergell.

Oriau Busnes: Oriau swyddfa arferol, peiriant ateb 24 awr

Danfoniadau: Llundain, De Lloegr a choridor yr M4

Marchnadoedd a Gyflenwir yn Bennaf: Manwerthwyr annibynnol a siopau arbenigol.

Brombys

Contact Name: Dan Voaden

Old RAF bunker, Templeton Airfield, Narberth, SA67 8SR

T 01834 862957

e info@brombys.com

w www.brombys.com

Sandwich manufacturer and distributor to retail establishments and petrol stations.

Business Hours: 8am-4pm

Deliveries: South Wales & Mid Wales

Main Supply Market: Retail.

Gwneuthurwr brechdanau a dosbarthwr i sefydliadau manwerthu a gorsafoedd petrol.

Oriau Busnes: 8am-4pm

Danfoniadau: De Cymru a'r Canolbarth

Marchnad a Gyflenwir yn Bennaf: Manwerthu.

Brooksgrove Farm

Contact Name: Gary Rees

Church Cottage, Spittal, Haverfordwest, Pembrokeshire, SA62 5QP

T 01437741236

e garyrees@brooksgrove.co.uk

w www.brooksgrove.co.uk

f Brooksgrove Farm

t Brooksgrove Farm

Growers of fresh produce, including soft fruit, cut flower and pumpkins.

Available for pick your own, farm gate, retail and wholesale.

Business Hours: Seasonal- check website and social media

Main Supply Market: Pick Your Own, Farm Gate to wholesale.

Tyfwr cynnyrch ffres, sy'n cynnwys ffrwythau meddal, blodau wedi eu torri a phwmpenni. Ar gael ar gyfer hunangasglu, prynu wrth gât y fferm, manwerthu a chyfanwerthu.

Oriau Busnes: Tymhorol – cofiwch fwrw golwg ar y wefan a'r cyfryngau cymdeithasol.

Marchnad a Gyflenwir yn Bennaf: Hunangasglu, Prynwr wrth Gât y Fferm hyd at Gyfanwerthu.

Calon Wen Co-Operative

Contact Name: Harriet Rogers

West Wales Business Park, Redstone Road, Narberth, SA67 7ES

m 07879640577 / 07977094581

e moo@calonwen-cymru.com

w www.calonwen-cymru.com

f Calonwen/ Moula the cow

t Calonwen/ Moula the cow

Calon Wen dairy Co-operative of Welsh family farms. Producing milk, butter and cheese. Providing wholesale delivery across Wales and further afield.

Deliveries: Wales Main Supply Market: Independent retailers, restaurants

Calon Wen – partneriaeth gydweithredol o ffermydd llaeth teuluol Cymreig.

Yn cynhyrchu llaeth, menyng a chaws a danfon i gyfanwerthwyr ledled Cymru a thu hwnt.

Danfoniadau: Cymru

Marchnad a Gyflenwir yn Bennaf: manwerthwyr annibynnol, bwytai

Capital Roasters

Contact Name: Phil Smith

Unit 8 Kingswood Industrial Estate, London Road,

Pembroke Dock, SA72 4RS

T 01646 621096

m 07882281642

e capitalroasters@gmail.com

w www.capitalroasters.co.uk

Coffee roasters and packers supplying markets, restaurants, cafes and delicatessens. All our coffee is roasted to order and delivered within 3 days.

Business Hours: 8.30am-4pm Mon-Fri

Deliveries: Pembrokeshire

Main Supply Market: Hotels, Restaurants, Cafés, Retail.

Cwmni rhostio a phecynnu coffi sy'n cyflenwi marchnadoedd, bwytai, caffis a siopau danteithion tramor. Rydym yn rhostio ein coffi i gyd ar gyfer archebion a'i ddanfon o fewn 3 diwrnod.

Oriau Busnes: 8.30am-4pm Dydd Llun - Dydd Gwener

Danfoniadau: Sir Benfro

Marchnad a Gyflenwir yn Bennaf: Gwestai, Bwytai, Caffis, Manwerthu.



Castell Howell Foods Limited

Contact Name: Kathryn Jones

Carmarthen Cash and Carry, Stephens Way, Pensarn, Carmarthen, SA31 2BG

T 01267 222022

F 01267 220967

e enquiries@castellhowellfoods.co.uk

w www.castellhowellfoods.co.uk

Frozen Food Department at Crosshands –

T 01269 846060

Distributor of foods to the catering trade. One-stop-shop with large stock of Welsh produce including meats, dairy, preserves etc.

Business Hours: 7 days a week

Deliveries: North, South and West Wales and outskirts of Wales

Main Supply Market: Catering trade & hospitality.

Dosbarthwr bwydydd i fusnesau arlwydo. Siop un stop gyda stoc fawr o gynnyrch Cymreig gan gynnwys cigoedd, cynnyrch llaeth, cyffeithiau, ayb.

Oriau Busnes: 7 diwrnod yr wythnos

Danfoniadau: Gogledd, De a Gorllewin Cymru ac ychydig dros y ffin

Marchnad a Gyflenwir yn Bennaf: Busnesau arlwydo a lletygarwch.

Caws Cymru

Contact Name: Richard or Theo

Unit 1, Wervil Grange, Pentregat, Llandysul, Ceredigion SA44 6HW

T 01239 654800

e caws.cymru@virgin.net

Wholesalers of Welsh dairy and other food produce, including bacon, preserves, waffles, paté.

Business Hours: 24hr answerphone

Deliveries: North, Mid and West Wales

Main Supply Market: Delicatessans, specialist retail and catering.

Cyfanwerthwyr cynnyrch llaeth Cymreig a bwydydd eraill, gan gynnwys bacwn, cyffeithiau, wafflau, paté.

Oriau Busnes: Peiriant ateb 24 awr

Danfoniadau: Gogledd, Canolbarth a Gorllewin Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Siopau danteithion tramor, manwerthu arbenigol ac arlwydo.

Celtic Sea Products

Contact Name: Caroline Morris

22 Neptune House, Milford Marina, Milford Haven, SA73 3BH

T 01646 698279

F 01646 699537

e caroline@celticseaproducts.co.uk

Seafood processor and wholesale/retail outlet. Specialise in seafood. The highest quality products from environmentally friendly sources.

Business Hours: Monday to Saturday 8am-5pm

Deliveries: Nationally

Main Supply Market: All major fish wholesale markets. Also local restaurants and catering establishments.

Cwmni prosesu a chyfanwerthu/manwerthu bwyd môr, sy'n arbenigo mewn bwyd môr. Cynhyrchion o'r safon uchaf o fannau sy'n gydnaws â'r amgylchedd.

Oriau Busnes: Dydd Llun i Sadwrn 8am-5pm

Danfoniadau: Ledled y wlad

Marchnadoedd a Gyflenwir yn Bennaf: Pob un o'r prif farchnadoedd pysgod. Bwytai a busnesau arlwydo lleol hefyd.

Evan Rees Dyfed Ltd

Contact Name: Mr Russell Bush
Parc Owen Industrial Estate, Station Road,
St Clears, Pembrokeshire

T 01994 230511

F 01994 230511

e sales@evanreesdyfed.co.uk

Butter, cheese and egg merchants. Welsh butter and cheese. Also milk, cream and yoghurts. Now available Sir Gâr Welsh Salted Butter.

Business Hours: 7.30am-5pm

Deliveries: Pembrokeshire, Carmarthenshire, Ceredigion

Main Supply Market: Independent stores, caterers, colleges and smaller wholesalers.

Gwerthwyr meny, caws ac wyau. Menyn a chaws Cymreig. Hefyd, llaeth, hufen ac iogwrt. Ar gael nawr Menyn Hallt Cymreig Sir Gâr.

Oriau Busnes: 7.30am-5pm

Danfoniadau: Sir Benfro, Sir Gâr, Ceredigion

Marchnad a Gyflenwir yn Bennaf: Siopau annibynnol, arlwywyr, colegau a chyfanwerthwyr llai.

Glyn Thomas (Wholesale Fruit & Veg)

Contact Name: Glyn Thomas

Chapel Farm, Newgale, Haverfordwest, Pembrokeshire, SA62 6BD

m 07866 070521

Suppliers of fresh fruit and vegetables, delivered daily to the retail and catering trade. Local produce supplied when possible. Also exotic fruit and vegetables available.

Business Hours: Dawn to dusk and beyond. Answer phone – I will call you back!

Deliveries: Pembrokeshire

Main Supply Market: Retail and catering trade.

Cyflenwyr ffrwythau a llysiau ffres a ddsberthir yn ddyddiol i fusnesau manwerthu ac arlwy. Cyflenwir cynnyrch lleol lle bo modd. Ffrwythau a llysiau egsotig ar gael hefyd.

Oriau Busnes: O doriad gwawr i fachlud haul a thu hwnt. Peiriant ateb – fe alwaf i chi'n ôl!

Danfoniadau: Sir Benfro

Marchnadoedd a Gyflenwir yn Bennaf: Busnesau manwerthu ac arlwy.

JK Lewis a'i Fab cyf

Contact Name: Mr Robert Williams

Pontwelly, Llandysul, Carmarthenshire SA44 4AJ

T 01559 363281

F 01559 363591

e robwilliams@jonesanddavies.co.uk

Wholesale distribution of fresh fruit and vegetables, ready prepared vegetables. Lord par-fried chips. Also exotic fruit and vegetables to retail and catering outlets. Daily deliveries 6 days a week. Using local produce where possible.

Business Hours: 6am-4pm Monday-Friday, 6pm-11am Saturday. 24hr answerphone

Deliveries: South & West Wales

Main Supply Market: Retail, Catering establishments, local authorities and general catering trade.

Dosbarthu cyfanwerth - ffrwythau a llysiau ffres a llysiau wedi'u paratoi'n barod. Sglodion wedi'u ffrio'n rhannol mewn lard. Hefyd ffrwythau a llysiau i fusnesau manwerthu ac arlwy. Dosbarthu'n ddyddiol 6 diwrnod yr wythnos. Defnyddir cynnyrch lleol lle bynnag y bo modd.

Oriau Busnes: 6am-4pm Dydd Llun-Dydd Gwener, 6pm-11am Dydd Sadwrn. Peiriant ateb 24 awr

Danfoniadau: De a Gorllewin Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Busnesau manwerthu ac arlwy, awdurdodau lleol a'r fasnach arlwy yn gyffredinol.

Jones and Davies (Fruit) Ltd

Contact Name: Mr Robert Williams

Pontwelly, Llandysul, Carmarthenshire SA44 4AJ

T 01559 363281

F 01559 363591

e robwilliams@jonesanddavies.co.uk

Wholesale distribution of fresh fruit and vegetables, ready prepared vegetables. Lord par-fried chips. Also exotic fruit and vegetables to retail and catering outlets. Daily deliveries 6 days a week. Using local produce where possible.

Business Hours: 6am-4pm Monday-Friday, 6pm-11am Saturday. 24hr answerphone

Deliveries: South & West Wales

Main Supply Market: Retail, Catering establishments, local authorities and general catering trade.

Dosbarthu cyfanwerth - ffrwythau a llysiau ffres a llysiau wedi'u paratoi'n barod. Sglodion wedi'u ffrio'n rhannol mewn lard. Hefyd ffrwythau a llysiau i fusnesau adwerthu ac arlwyo. Dosbarthu'n ddyddiol ar 6 diwrnod yr wythnos. Defnyddir cynnyrch lleol lle bynnag y bo modd.

Oriau busnes: 6am-4pm Dydd Llun-Dydd Gwener, 6pm-11am Dydd Sadwrn. Peiriant ateb 24 awr

Dosbarthu: De a Gorllewin Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Busnesau adwerthu ac arlwyo, awdurdodau lleol a'r fasnach arlwyo yn gyffredinol.

Mark Hunter Ltd

Contact Name: Sian Hunter/ Graham James

The Fresh Produce Centre, East Estate, Withybush Business Park, Haverfordwest, Pembrokeshire, SA62 4BW

T 01437 760166

F 01437 764539

e freshproduce@hotmail.co.uk

Milk buyers, milk processing and bottling, milk wholesalers and distribution.

Business Hours: 8am-5pm

Deliveries: Pembrokeshire, Carmarthenshire, Ceredigion and West Glamorgan

E-Commerce facilities: Yes.

Prynwyr llaeth, prosesu a photelu llaeth, chyfanwerthwyr llaeth a dosbarthwyr.

Oriau Busnes: 8am-5pm

Danfoniadau: Sir Benfro, Sir Gaerfyrddin, Ceredigion a Gorllewin Morgannwg Cyfleusterau E-Fasnach: Oes.



Mary's Farmhouse Ltd

Contact Name: Robert Hursey

Unit 1 & 2, The Fairfield, Crymch, Pembrokeshire, SA41 3QE

T 01239 831440

F 01239 831636

e hq@marys-farmhouse.co.uk

w www.marys-farmhouse.co.uk

Manufacturer and distributor of dairy Ice-cream, sorbet and meringues, that includes a full range of non-additive produce. Own distribution throughout Wales, with wholesalers covering many parts of the UK.

Business Hours: 8am -5pm

Deliveries: Wales

Main Supply Market: Independent, Retail, catering and multinational.

Cwmni sy'n gwneud a dosbarthu hufen iâ llaethdy, sorbed a merangau, sy'n cynnwys dewis llawn o gynhyrchion heb ychwanegion. Dosbarthu ein hunain ledled Cymru, gyda chyfanwerthwyr dros rannau helaeth o'r DU.

Oriau Busnes: 8am -5pm

Danfoniadau: Cymru

Marchnad a Gyflenwir yn Bennaf: Manwerthwyr annibynnol, arlwyo a rhyngwladol.



Nervous Nigel's Relishes, Marinades, Herbs and Spices



Contact Name: Chris

Talbot Timber, The Old Station Yard, Lower Park Road, Tenby SA70 7NG

m 07787018788

e nervousnigel@outlook.com

w www.nervousnigels.co.uk

Producer and distributor of relishes, chilli sauces, marinades, herbs and over fifty different spices and seasonings.

Business Hours: 9am-5.30pm

Deliveries: Pembrokeshire

Mail Order: Yes

E-Commerce Facilities: yes.

Cynhyrchwyr a dosbarthwyr enllyn, sawsiau tsili, marinadau, perlysiau a mwy na hanner cant o sbeisys a sesnin gwahanol.

Oriau Busnes: 9am-5.30pm

Danfoniadau: Sir Benfro

Archebu Trwy'r Post: Ie

Cyfleusterau E-Fasnach: Oes.

Nigel Davies (Little Bens Produce)



Contact Name: Nigel Davies and Michelle Hawkins

The Old Nursery, Robeston West, Milford Haven,

Pembrokeshire SA73 3TL

T 01646 697988

e benjake05@yahoo.co.uk

m 07766 258558

Growers of brassicas, potatoes, beans, squashes and salads. Wholesalers of all fruit and vegetables, salads, exotics. Prepared salads and vegetables.

Business Hours: 7am-9pm, otherwise answerphone or fax.

Deliveries: Milford Haven, Burton, Haverfordwest, Pembroke and all west.

Main Supply Market: Retail, wholesale and box schemes.

Busnes sy'n tyfu cnydau bresych, tatws, ffa, pwmpenni a saladau. Mae hefyd yn cyfanwerthu pob ffrwyth a llysieuyn, saladau a chynnyrch egsotig. Saladau a llysiau wedi'u paratoi.

Oriau Busnes: 7am-9pm. Fel arall mae gennym beiriant ateb neu ffacs.

Danfoniadau: Aberdaugleddau, Burton, Hwlfordd, Penfro a'r gorllewin i gyd.

Marchnadoedd a Gyflenwir yn Bennaf: Manwerthu, cyfanwerthu a chynlluniau blwch.

Organic Fresh Food Company Ltd

Contact Name: Miss Lucy Watson

Llambled Estate, Lampeter, Ceredigion SA48 8LT

T 01570 423099

F 01570 423280

e enquiries@organicfreshfoodcompany.co.uk

w www.organicfreshfoodcompany.co.uk

f Organic Fresh Food Co

t @Organiclampeter

Wholesale, retail, home delivery and distribution of organic fruit and vegetables, British grown where possible.

Business Hours: 9am-5pm 6 days a week

Deliveries: UK & Northern Ireland. Home deliveries in Wales.

Main Supply Market: Wholesale and own organic farmshop.

Cyfanwerthu, manwerthu, danfon i'r cartref a dosbarthu ffrwythau a llysiau organig, a dyfwyd ym Mhrydain lle bo'n bosibl.

Oriau Busnes: 9am-5pm 6 diwrnod yr wythnos

Danfoniadau: DU a Gogledd Iwerddon. Danfon i'r cartref yng Nghymru

Marchnadoedd a Gyflenwir yn Bennaf: Cyfanwerthwyr a'n siop fferm organig ein hunain.

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/ llinell Aberafan

Marchnadoedd a Gyflenwir yn Bennaf: Bwytai, gwestyau, tafarndai a gwneuthurwyr brechdanau.

Pembrokeshire Foods Ltd

Contact Name: Steffi & Angela George

Hasgaurd Cross, Haverfordwest, Pembrokeshire SA62 3UX

T 01437 781888

F 01437 781128

m 07917 773985

e info@pembrokeshirefoods.co.uk

w www.pembrokeshirefoods.co.uk

Frozen food wholesalers supplying South-West Wales with quality local, Welsh and worldwide foods to the Catering hospitality trade. Most areas are daily deliveries.

Business hours: Monday-Friday 7:30am-5pm. Saturday seasonal

Deliveries: South-West Wales

Main Supply Market: Hospitality, catering, retail and other food service.

Cyfanwerthwyr bwyd wedi'i rewi sy'n cyflenwi de orllewin Cymru â bwydydd wedi'u rhewi lleol, Cymreig a byd eang o safon i'r fasnach letygarwch.

Dosbarthu dyddiol yn bennaf

Oriau Busnes: dydd Llun – dydd Gwener 7:30am-5pm. Dydd Sadwrn yn ystod y tymor.

Danfoniadau: De-orllewin Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Maes lletygarwch, arlwyyo, manwerthu a gwasanaethau bwyd eraill.



Preseli Bluestone Meats Ltd

Contact Name: Llew Rees

Royal Oak Meadows, Old St. Clears Rd, Johnstown, Carmarthen, SA31 3HL

T 01267 221374

m 07831125497

e preselibluestone@btconnect.com

w www.preselibluestonemeats.co.uk

Preseli Bluestone Meats is a catering butchery business that delivers directly to restaurants, hotels, butchers shops and caterers using their fleet of refrigerated vans. Other Pembrokeshire products include local poultry.

The business was set up by Pembrokeshire farmer Llew Rees who, with his extended family, farm the Preseli Mountains of North Pembrokeshire.

Business Hours: For Direct orders Mon-Fri 7am – 6pm

Deliveries: Pembrokeshire, Carmarthenshire and across South Wales

E-Commerce Facilities: Will be introduced in 2014

Main Supply Market: Retail and catering. Shop open to public, ample free parking.

Mae Preseli Bluestone Meats yn fusnes cigydda ar gyfer arlwyyo sy'n danfon yn uniongyrchol i fwytai, gwestai, siopau cigyddion ac arlwywyr gyda'u fflyd o faniau rhewiddiedig. Ymysg y cynhyrchion eraill o Sir Benfro mae dofednod lleol. Sefydlwyd y busnes gan y ffermwr o Sir Benfro, Llew Rees sydd, gyda'i deulu estynedig, yn ffermio ar y Preseli yng Ngogledd Sir Benfro.

Oriau Busnes: Ar gyfer archebion uniongyrchol Dydd Llun - Dydd Gwener 7am – 6pm

Danfoniadau: Pembrokeshire, Carmarthenshire and across South Wales

Cyfleusterau E-Fasnach: Dechrau yn 2014

Marchnad a Gyflenwir yn Bennaf: Manwerthu ac arlwyyo. Siop ar agor i'r cyhoedd, digonedd o le i barcio am ddim.

Robert Griffiths Foods

Contact Name: Mr Robert Griffiths

Carn-Nwchwn Farm, St. Davids, Haverfordwest, Pembrokeshire SA62 6QN

T 01437 720288

Ducks, geese, guinea fowl, chicken and game products, portioned and delivered.

Business Hours: 9am-5pm Monday to Friday

Deliveries: South-West Wales

Main Supply Market: Butchers and catering.

Hwyaid, gwyddau, ieir gini, ieir a gêm wedi'u torri'n ddarnau a'u dosbarthu.

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

Danfoniadau: De-Orllewin Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Cigyddion a busnesau arlwyyo.

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.

Templeton Beer, Wine & Spirit Co

Contact Name: Lyndon Belt

Goose Green, Templeton, Pembrokeshire SA67 8SD

T 01834 860992

F 01834 860561

e sales@templeton-drinks.co.uk

w www.templeton-drinks.co.uk

Wholesale drinks, cash and carry, supplying keg and cask beers, wines, spirits, soft drinks, mineral waters etc. Open 7 days a week. Daily delivery service. Public welcome.

E-commerce: Yes

Business Hours: 8am-5pm Mon-Fri. 9am-12pm Sat & Sun

Deliveries: Pembrokeshire, Carmarthenshire, Ceredigion

Main Supply Market: Pubs, clubs, hotels, restaurants, cafes, shops, petrol forecourts (customer collections welcome).

Cyfanwerthwyr talu a chario diodydd, yn cyflenwi cwrw casgen a baril, gwinoedd, gwirodydd, diodydd ysgafn, dŵr mwynol ac ati. Agored 7 diwrnod yr wythnos. Gwasanaeth danfon bob dydd. Croeso i'r cyhoedd.

E-fasnach: Oes

Oriau Busnes: 8am-5pm Dydd Llun - Dydd Gwener. 9am-12pm Sadwrn a Sul

Danfoniadau: Sir Benfro, Sir Gaerfyrddin, Ceredigion

Marchnad a Gyflenwir yn Bennaf: Tafarnau, Clybiau, Gwestai, Bwytai, Caffis, siopau, blaengyrtiau petrol (croeso i gasgliadau gan gwsmeriaid).

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, llyisiau, 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: Ardaloedd Arberth a Dinbych-y-pysgod

Archebu Trwy'r Post: Ie.



Total Produce

Contact Name: Mr Gareth Davies

Wern Road, Goodwick, Fishguard, Pembrokeshire SA64 0AA

T 01348 872287

F 01348 873872

m 07917847933

e Gd Davies@totalproduce.com

w www.totalproduce.co.uk

Wholesale fresh produce, dairy and bread. Dried goods e.g. flour, pasta and herbs, aimed at the caterer. Small range of cleaning products. Check out our catalogue for more details.

Business Hours: 06.00 – 16.00

Deliveries: Pembrokeshire, Ceredigion, Carmarthenshire

E-commerce Facilities: Yes

Main Supply Market: Catering, retail.

Cynnyrch cyfanwerthu ffres, cynnyrch llaeth a bara. Nwyddau sych e.e.

blawd, pasta a pherlysiâu, yn arbennig ar gyfer yr arlwywr. Amrywiaeth fach o nwyddau glanhau. Gwelwch ein catalog am ragor o fanylion.

Oriau Busnes: 06.00 – 16.00

Dosbarthu: Sir Benfro, Ceredigion, Sir Gaerfyrddin

Cyfleusterau E-fasnach: Oes

Marchnadoedd a Gyflenwir yn Bennaf: Arlwyro, manwerthu.

Upton Farm Frozen Foods Ltd

Contact Name: Keith Adie

Unit 5, Warrior Way, Pembroke Dock, Pembrokeshire SA72 6UB

T 01646 685777

F 01646 621152

e keith@uptonfarm.com

w www.uptonfarm.com

A wide range of frozen food and ice-cream produce delivered wholesale. Many Pembrokeshire and Welsh products available. Daily deliveries throughout most of Pembrokeshire.

Business Hours: 8am-5pm Monday to Friday, 8am-12pm Saturday

Deliveries: Pembrokeshire

Main Supply Market: Pubs, hotels, leisure sites, cafés.

Cyfanwerthwyr amrywiaeth fawr o gynnyrch bwyd wedi rhewi a hufen iâ.

Llawer o gynhyrchion o Sir Benfro a Chymru ar gael. Danfon bob dydd i'r rhan fwyaf o Sir Benfro.

Oriau Busnes: 8am-5pm Dydd Llun i Ddydd Gwener, 8am-12pm Dydd Sadwrn

Danfoniadau: Sir Benfro

Marchnad a Gyflenwir yn Bennaf: Tafarnau, Gwestai, safleoedd hamdden, caffis.



Vin Sullivan Foods Ltd

Contact Name: Mr J Sullivan

Unit 2 Gilchrist Thomas, Blaenavon, Gwent NP4 9RL

T 01495 792792

F 01495 792277

e sales@vin-sullivan.co.uk

w www.vin-sullivan.co.uk

Wholesale distribution of specialist food including dairy, cheese, all wet fish, shellfish, poultry, game, hams, charcuterie and dry goods. Over 5,000 lines distributed nationwide. Overnight service available.

Mail Order: Yes

Business Hours: 8am-6pm Monday to Friday. 24hr answerphone

Deliveries: Nationally

Main Supply Market: Wholesale hospitality and catering, and own shop.

Dosbarthu cyfanwerth - bwydydd arbenigol gan gynnwys cynnyrch llaeth,

caws, pysgod ffres, pysgod cregyn, dofednod, gêm, hamiau, charcuterie a

nwyddau sych. Dros 5,000 o wahanol nwyddau yn cael eu dosbarthu ledled y wlad. Gwasanaeth dros nos ar gael.

Archebu Trwy'r Post: Ie

Oriau Busnes: 8am-6pm Dydd Llun i ddydd Gwener. Peiriant ateb 24 awr

Danfoniadau: Yn Genedlaethol

Marchnadoedd a Gyflenwir yn Bennaf: Cyfanwerthu i fusnesau croesawu ac arlwyro, a siop y busnes.



Late Entry

Hideaway Farm Meats Ltd

Contact Name: Corrina Taylor

Hideaway Farm, Ludchurch, Narberth, SA67 8J

T 01834 831835

m 07805 398124

e hideawayfarmmeatsltd@yahoo.co.uk

w www.hideawayfarmmeatsltd@yahoo.co.uk

We produce quality bacon, sausages, burgers, ½ pig packs and whole pigs for hog roasts from our own home bred pedigree pigs.

Mail Order: Yes

Business Hours: Variable - 7Days

Deliveries: Nationwide Via Courier

Main Supply Market: Private Sales, restaurants.

Mae gennym ein moch pedigri ein hunain a faged gartref, ac felly gallwn gynhyrchu bwyd o safon uchel - cig moch, selsig, byrgyrs, pecynnau o ½ moch a moch cyfan ar gyfer coginio cig moch rhost.

Archebu Trwy'r Post: Ie

Oriau Busnes: Amrywiol - 7 Diwrnod

Danfoniadau: Ledled y wlad trwy gyfrwng Brys-gludwr

Marchnadoedd a Gyflenwir yn Bennaf: Trwy werthu'n breifat, gwerthu i fwytai

Notes