

Product	\$\$\$	Product	\$\$\$
<b>Breast Fillet</b>		<b>Corn-fed</b>	
Breast Fillet Skin Off/On Half & Doubles		Corn-fed Kiev/ Supreme Skin Off/ On Portion Controlled	
Breast Fillet Skin Off Trim Half & Doubles		Corn-fed Breast Fillet Skin Off/ On	
Breast Fillet Skin Off/On Half & Doubles No Tenderloin		Corn-fed charcoals Size 12 – 16 (1.2kg – 1.6kg)	
Breast Fillet Skin Off /On Portion Controlled		Corn-fed Maryland	
Breast Fillet Skin Off Half Butterfly			
Breast Fillet Skin Off Scaloppini		<b>Birds</b>	
Breast Fillet Skin Off Sliced		Poly Size 9 – 20 (900gr – 2kg)	
Breast Fillet Skin Off Strips		Charcoal Size 9 – 17 (900gr – 1.7kg)	
Breast Fillet Skin Off Diced		No Necks Size 9 – 20+ (900gr – 2kg+)	
Frozen Breast Fillet Skin Off		Frozen Size 9 – 20 (900gr – 2kg)	
Breast Fillet Mince		Boilers Size 12 – 15 (1.2kg – 1.5kg)	
Breast Fillet Off Cuts		Tandoori (Skin off charcoal Birds) Size 10 & 12 (1kg & 1.2kg) ** These birds can be cut into 1/2, 1/4's, 1/8's	
Smoked Breast Fillet Skin On		Fully Deboned Birds Skin On	
<b>Kiev/Supreme</b>		Barrel Deboned Birds	
Kiev/ Supreme Skin Off Portion Controlled		Splits / Portuguese	
Kiev/ Supreme Skin On Portion Controlled		Smoked Chickens Size 11 (1.1Kg)	
Kiev/ Supreme Skin Off Portion Controlled Wing Bone Clean			
Kiev/ Supreme Skin On Portion Controlled Wing Bone Clean		<b>Portions</b>	
		Wings	
<b>Thigh Fillet</b>		Drumsticks	
Thigh Fillet Skin Off/ On		Whole Thighs	
Thigh Fillet Trim Skin Off		Whole Maryland's	
Thigh Cutlet Skin Off/ On		Whole Breast Back On/Off	
Thigh Fillet Skin Off Diced		Drummetts	
Thigh fillet Skin Off Strips		Mid Wings Tip Off/ On	
		Casseroles	
<b>Maryland Fillet</b>		Lovely Legs Skin Off/ On	
Maryland Fillet Skin Off/ On		Skinless Drumsticks	
Maryland Cutlet Skin Off/ On		<b>Others</b>	
Maryland Fillet Skin Off Diced		Chicken Feet 5Kg Minimum	
Maryland Fillet Skin Off Strips		Liver/ Giblet/ Hearts 2Kg	
		Bones	
<b>Other Fillets</b>		Mince Skin On/Off	
Drumstick Fillet Skin Off/ On		Pet Mince	
Diced Drumstick Fillet Skin Off		Eggs (15 Dozen Per Box 700gr)	
Tenderloins		Necks Skin Off	
Diced Tenderloins		Spare Ribs	



**24 Hour  
Ordering  
Service  
(02) 9790 6474**











25 Warren Avenue Bankstown NSW 2220 Telephone (02) 9790 6474 Facsimile (02) 9796 3735



Product	\$\$\$	Product	\$\$\$
<b>Ingham's &amp; Bannoockburn Free Range Products</b>		<b>La Ionica Kiev</b>	
<i>Ingham's</i> Free Range Breast Fillet Skin Off Trim		Kiev/ Supreme Skin Off Portion Controlled	
<i>Ingham's</i> Free Range Breast Fillet Skin Off Strips		Kiev/ Supreme Skin On Portion Controlled	
<i>Ingham's</i> Free Range Thigh Fillet Skin Off Trim		Kiev/ Supreme Skin Off Portion Controlled Wing Bone Clean	
<i>Ingham's &amp; Bannoockburn</i> Free Range Poly's (Random Sizes from 1.2kg – 1.9kg)		Kiev/ Supreme Skin On Portion Controlled Wing Bone Clean	
<i>Ingham's &amp; Bannoockburn</i> Free Range Charcoal's Size (1.5kg)			
<i>Ingham's</i> Free Range Wings		<b>La Ionica Portions</b>	
<i>Ingham's</i> Free Range Drumsticks		Wings	
		Drumsticks	
<b>La Ionica Breast Fillets</b>		Whole Thighs	
Breast Fillet Skin Off/On Half & Doubles		Whole Maryland's	
Breast Fillet Skin Off Trim Half & Doubles		Whole Breast Back On/Off	
Breast Fillet Skin Off/On Half & Doubles No Tenderloin		Drummetts	
Breast Fillet Skin Off /On Portion Controlled		Mid Wings Tip Off/ On	
Breast Fillet Skin Off Half Butterfly Slice		Casseroles	
Breast Fillet Skin Off Scaloppini		Lovely Legs Skin Off/ On	
Breast Fillet Skin Off Sliced		Skinless Drumsticks	
Breast Filled Skin Off Strips			
Breast Fillet Skin Off Diced		<b>La Ionica Birds</b>	
Frozen Breast Fillet Skin Off		Poly Size 10 – 20 (1kg – 2kg)	
Breast Fillet Mince		Charcoal Size 10 – 20+ (1kg – 2kg+)	
Breast Fillet Off Cuts		No Neck 10 – 20+ (1kg – 2kg+)	
<b>La Ionica Thigh Fillets</b>		<b>Kebabs Chicken/Lamb/Beef</b>	
Thigh Fillet Skin Off/ On		Large Chicken Skin Off 48pce	
Thigh Fillet Trim Skin Off		Mini Chicken Skin Off 96pce	
Thigh Cutlet Skin Off/ On		Large Chicken Skin On 48pce	
Thigh Fillet Skin Off Diced		Mini Chicken Skin On 96pce	
Thigh fillet Skin Off Strips		Large Lamb/Beef/Pork 48pce	
		Mini Lamb/Beef/Pork 96pce	
<b>La Ionica Maryland Fillets</b>			
Maryland Fillet Skin Off/ On		<b>Flavours available:</b>	
Maryland Cutlet Skin Off/ On		Plain	
Maryland Fillet Skin Off Diced		Satay	
Maryland Fillet Skin Off Strips		Lemon Pepper	
		Special Spice	
<b>La Ionica Other Fillets</b>		Mediterranean	
Drumstick Fillet Skin Off/ On			
Tenderloins			



Product	\$\$\$	Product	\$\$\$
 <b>Ingham's Turkeys</b>		<b>Game</b>	
Whole Turkey 1.8kg – 7kg+		Spatchcock (Poussin) size 5-6 (500gr – 600gr)	
Turkey Buffet 4kg – 9kg		Spatchcock (Poussin) deboned/ split/ tunnel deboned	
Turkey Breast Fillet Skin On Half		Quails 6 per pack (150gr – 170gr each)	
Turkey Drumsticks/wings/tails/Thighs		Quails Tunnel deboned/ split	
Turkey Tenderloins		Duck Breast Fillet Skin On 4 Piece per tray	
Deboned whole/ buffet Turkey		Ducks size 16, 18 & 20 (1.6kg, 1.8kg & 2kg)	
Turkey Roast Roll 1kg & 2kg		Duck Whole Maryland	
		Duck Whole Maryland Tail Bone out	
		Duck Liver	
 <b>Red Lea Processed Chicken Range</b>		Peking Roasted Duck Breast Fillet 2kg Packs	
Gourmet Sausages 5kg per box		Peking Roasted Duck Whole Maryland 6pce per tray 1.1 - 1.4 kg	
Thin Sausages 5kg per box		Rendered Duck Fat 1kg	
Herb & Garlic Sausages 5kg per box		Duck Fat 1kg	
Chicken Roll 2kg			
Chicken Hot Dogs/ Frankfurt's 5kg per box		<b>Antipasto Range</b>	
Chicken Rissoles 5kg per box			
Chicken Meats Balls 5kg per box		Char grilled Artichoke 5kg tub	
		Australian Semidried Tomato 5kg tub	
 <b>Red Lea Gourmet Chicken Range</b>		Semidried Tomato paste 2kg tub	
Crumbed Kiev's 20pce per box			
Chicken Mignon 20pce per box		<b>Pre Cooked Chicken</b>	
Chicken Delights 20pce per box		Free Flow Breast Sliced and Diced 2.5kg bags Plain Flavour \$12.00 per kilo	
Chicken Orientals 20pce per box		Char grilled Breast fillets 15pce per bag 140gr-170gr per pce	
Seafood Melodies 20pce per box		Cooked 'Sou Vide' Kievs 250gr each 6pce per pack	
Continental's 20pce per box			
Corden-Blu 20pce per box			

Frozen Range	\$\$\$	Frozen Range	\$\$\$
 <b>Cavos</b>		 <b>Baiada</b>	
Cavos Breast Schnitzel 25pce per box (200gr – 220gr per piece)		Baiada Breast Schnitzel Tru Cut 30pce per box (190gr per piece)	
Cavos Perfecto Breast Schnitzel 25pce per box (200gr per piece)		Baiada Breast Schnitzel Butterfly 30pce per box (190gr per piece)	
Cavos Thigh Schnitzel 30pce per box (150gr per piece)		Baiada Spicy Breast Burger Royales 50pce per box (125gr per piece)	
Cavos Crumbed Tenderloin 4kg per box		Baiada Tempura Breast Nuggets 6kg per box	
Cavos Breast Burgers / Nuggets 5kg per box		Baiada Lemon Flavour Chicken Tender Bites 6kg per box	
Cavos Chicken Burgers/ Nuggets 5kg per Box		Baiada Southern Style Natural Tender Bites 6kg per box	
		Baiada Salt 'n' Vinegar Tender Bites 6kg per box	
<b>Exotic Cuisine</b>		Baiada Breast Goujons 6kg per box	
Exotic Cuisine Breast Schnitzel 120gr – 150gr (50pce per box)		Baiada Flaming Chicken Wing Nibbles 6kg per box	
Exotic Cuisine Breast Schnitzel 220gr – 250gr (25pce per box)		Baiada Breast Wedges 6kg per box	
		Baiada Breast Single Premium Schnitzel 12kg per box	
<b>Sydney Poultry</b>		Baiada Crumbed Burgers 6pkts (950gr per/pkt)	
Breast Schnitzel 25pce/ 5kg box Yellow Label 200gr		Steggles Stay crisp Breast Nuggets 6kg	
Breast Schnitzel 25pce/5kg box Black Label 300gr			
 <b>YCC</b>		 <b>Ingham's</b>	
YCC Chicken Chippies 5kg (110gr per pce)		Ingham's Devil Wings 5kg per box	
YCC Chicken Chilli Chippies 5kg (110gr per pce)		Ingham's Chicken Corn Roll 5kg per box	
		Ingham's Salt & Vinegar Tenderloin 5kg box	
 <b>Alpini</b>		Ingham's Chicken Meat Diced 6kg box	
Alpini Breast Schnitzel 220gr (25pce) 5.5kg box		Ingham's Sweet Chilli Tenderloin 5kg Box	
		Ingham's Downgrade Breast Patties 3kg box	
<b>Lamb's A-Grade Frozen Chips</b>		Ingham's Pop Corn Chicken	
Straight Cut 10mm (6x2.5kg)			
Straight Cut 13mm (6x2.5kg)		<b>Chef Zesty</b>	
		Tempura Breast Strips 5x1kg	
		Breast Nuggets 5x1kg	

Product	\$\$\$	Product	\$\$\$
<b>Frozen Seafood</b>		<b>Miscellaneous Seafood</b>	
<b>Fish Fillets</b>		Seafood Extender 10 x 1kg	
Barramundi – Imported 5kg 300/500gr		Seafood Sticks 10 x 1kg	
Basa 2 x 5kg 175/225gr		Marinara Mix 10 x 1kg	
Nile Perch 6kg Box 300/500gr			
<b>Octopus</b>		<b>Crumbed &amp; Battered Products</b>	
16/25 (IQF Baby Octopus 10 x 1kg		Squid Rings Nat – Golden Crumb 5 x 1kg	
		Squid Salt and Pepper 30gr 10 x 500gr	
<b>Squid – Tubes and Whole</b>		Tempura Fish Cocktail 30gr 5kg	
Squid Tubes Illex U/5 1 x 5kg		Tempura Fish Fillets 30 x 145gr 4.35kg	
<b>Prawn Culets – 12% Garlic Marinade</b>		<b>Smoked Products – Norway</b>	
16/20 Black Tiger – Green 10 x 1kg		Salmon A Grade-Sliced	
21/25 Black Tiger – Green 10 x 1kg			
26/30 Black Tiger – Green 10 x 1kg			
<b>Prawn Meat – Garlic Marinated</b>			
26/30 Black Tiger – Green 10 x 1kg			
41/50 Black Tiger – Green 10 x 1kg			
<b>Cooked &amp; Peeled Prawns</b>			
100/200 Vannamei 10 x 1kg			

Smallgoods Range	\$\$\$	Red Meats	\$\$\$
 <b>Pendle Ham &amp; Bacon</b>		Budget Cube Roll 3.1+	
Pendle Ham Rindless Bacon 5kg per box		'YG' Cube Roll 1.8kg - 2.2kg	
Pendle Ham Rindless Short Cut Eyes Bacon 5kg per box		Angel Bay Beef Burgers 20pce per pack 110gr each (frozen)	
Pendle Ham Soccer ball Leg Ham r/w		'YG' Whole Rump	
		'YG' Tenderloin (Eye Fillet)	
 <b>Hans</b>		'YG' Whole Topside	
Hans Rindless Bacon 5kg (2x2.5kg)			
Frozen Hans Economy Bacon 12kg (12x1kg)		<i>All carton meats. Available per piece.</i>	
Frozen Hans Economy Eye Bacon 9kg (12x750gr)		<i>R/W = Random Weight</i>	
Hans Sliced Leg Ham 8x1kg			
Hans Shaved Leg Ham 4x1kg			
Hans Sliced Pepperoni 8x1kg			
Hans Spanish Chorizo 3x2kg			
<b>Other</b>			
Kransky 2kg			
Ingham's Oven Roasted Turkey Breast r/w			
Sunshine Chilli Chicken R/W			