## THISTE COD

Keeping it foodie for the residents of Eaton Ford, Eaton Socon, Eynesbury, Little Paxton, Loves Farm, Priory Park, Wintringham Park and St Neots.

# SUMMER FOOD AND DRINK GUIDE 2022



## foodbank

#### SUPPORTING ST NEOTS FOODBANK

Providing emergency food parcels to people experiencing food shortages in the St Neots area.

stneots.foodbank.org.uk/ give-help/donate-food/



#### SUPPORTING ST NEOTS FOODBANK

#### Thinklocal will be donating £50 to St Neots foodbank.

t Neots Foodbank provides emergency food parcels to people experiencing food shortages in the St Neots area. Hopefully, our donation will go a little way to help local people in crisis. If you would like to donate any foods (please take a look at their website for the currently needed food items - <a href="https://stneots.foodbank.org.uk/give-help/donate-food/">https://stneots.foodbank.org.uk/give-help/donate-food/</a>) feel free to drop off at Realfit Centre Ltd, Unit 2 19 Little End Road, Eaton Socon, St Neots, Cambs, PE19 8JH (the last unit on the left hand side of Little End Road) by 15th May 2022.

Joanne, Lorraine & Amy
Joanne, Lorraine & Amy

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#### ST NEOTS FOODBANK

t Neots Foodbank is part of the Trussell Trust, providing emergency food for local people in crisis and is run entirely by volunteers. In addition to a longlife box of food people who use the foodbank are given a box of fruit, vegetables and eggs, giving them about a week of food for themselves and their family.

The longlife boxes are made from donations made by members of the local community at our dropboxes in Tesco, Waitrose, the Coop and library and at some businesses and schools. In addition many businesses, churches, groups and schools do collections for us. The veg boxes are paid for by the financial donations we receive from the public.

Our food boxes are often a sticking plaster for an underlying difficulty which might include debt, illness and housing. Through a grant we have been able to fund our own Citizen's Advice worker for the past 18 months, which means people can have their benefits checked, help with debt or other issues and to know they are receiving the best possible information. We will be increasing this offer with other local support to do our very best to help those in need in St Neots and surrounding villages. We also help people to access support grants from Hunts District Council to provide energy and supermarket vouchers.

A huge thank you to local people who have donated so generously with food and money. Without your help we wouldn't exist. The items we most need at the moment are tinned tomatoes, rice pudding, fruit, jam and pasta sauce.

If you are struggling to make ends meet give us a ring on **01480 475426** or email **info@stneots.foodbank.org.uk** 

You can find out more about us on our website – www.stneots.foodbank.org.uk



#### **MONTHLY RECIPE**

#### Thai Red Curry with Prawns

#### **Ingredients**

- 2 packets of lime & coriander rice
- Raw tiger Prawns 400 g
- Lemongrass 2 sticks
- Tomato puree 1 teaspoon
- 4 roast red peppers
- Fresh coriander 40 g
- 1 chilli
- 2 cloves of garlic
- Ginger 20 g
- 4 kaffir lime leaves
- Soy sauce 2 tablespoons
- Fish sauce 1 teaspoon
- Sesame oil 1 teaspoon
- Sugar snap peas 200 g
- Coconut milk 400 g
- Lime juice 2 tablespoons
- Olive oil
- Thai prawn crackers to serve

Note: this is a quick recipe so we have chosen to use microwave rice (sharwoods lime and coriander being our first choice)

#### Method

To start, take 2 sticks of lemongrass and roughly chop them. Then, place into the food processor. At the same time add 1 teaspoon of tomato puree, along with 4 tinned peeled roast red peppers.



Then, add 20 g of fresh coriander. Also, add 1 chilli and 2 cloves of garlic. Then, add 20 g of peeled ginger and 4 kaffir lime leaves. Crush all the ingredients.

Then, add 2 tablespoons of olive oil and 2 tablespoons of soy sauce into the food processor. Next, add 1 teaspoon of fish sauce and 1 teaspoon of sesame oil. Give that a good mix.

Heat the pan, add 1 teaspoon of olive oil. Get all the paste right into the pan. Then, add 400 g of prawns. Give the pan a little shake to make sure that all prawns are covered with the paste.

Next, add 200 g of sugar snap peas and 400 g of coconut milk. Bring it to the boil, then, simmer for 3 minutes.

Quickly heat the rice in the microwave as per instructions

Sprinkle 20 g of chopped coriander and cook literally for more 30 seconds. Then, add 2 tablespoons of lime juice.

**Enjoy with some Thai prawn crackers** 



Recipes supplied by **Badgers Chilli Kitchen**, visit **badgerschillikitchen.co.uk** for a great range of sauces, relishes, seasonings and events.



Picnic in the Park

REGATTA MEADOW, ST NEOTS

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### PLATINUM JUBILEE PICNIC IN THE PARK

Local residents of St Neots are being invited to enjoy an afternoon of music, food & celebration in honour of Her Majesty The Queen's 70 Years of service to the United Kingdom & Commonwealth.

Street Food; Pizza, fish & chips, cream teas, burgers and hotdogs, ice cream, crepes and cakes!

Children's entertainment; face painting and music.



A full line up of live performers including Rockola Rockets, Caxton swing, Amy Bird and Sam Neighbour. As well as a fantastic Headline Act to be announced SOON!

A chance to get together with family and friends, put together a picnic, bring some outdoor games and enjoy a fantastic event to celebrate our Queen.

For more information please contact enquiries@stneots-tc.gov.uk











#### Why your diet sucks

Diets are a wonderful waste of time for almost 99.9% of the population and yet it's by far the biggest money-making scheme in the fitness industry. An estimated £2bn a year is made from this magically underachieving sector and yet its only growing stronger.

That's because it's an industry mostly built on failure. The more you fail the more desperate you become to find the next "magic diet" and so the industry will trawl around and find the next big fad to sell you and make even more dough.

But I'm here to tell you that you are amazing! Not only do you want to make a change for better health, but you also keep getting back up and trying again, that shows great resilience and the exact reason you will succeed at this diet thing.

You are not the failure at all, know that most diets fail because:

- 1) It's too advanced That diet you read about XYZ celebrity or sportsperson doing to stay in shape was made specifically for them to look and perform for them and their JOB. So, unless you're getting paid to fit into your bathing suit this summer, you're better off avoiding following their or their coach's advice.
- 2) It's too restrictive for your lifestyle You live a full life, and you want to enjoy the little pleasures life gives you, good food and drink is a huge provider of that. To help you achieve most of your goals it is simply a case of understanding balance and control of the things you like to consume. You don't need to live and die by numbers or weights, and you certainly don't need to stop eating or drinking things you enjoy. Life is for living!
- 3) You are not seeing the bigger picture No matter if your 18 or 80 the goal of your nutrition should be this easy does it make you look, feel and perform at YOUR best? If you start this journey to lose a few pounds

of fat to be healthier to enjoy your life rather than don't get swung by the hot celeb with Abs telling you what to do. This is your journey, and you should be the one who calls the shots.

Almost no one I speak to on a regular basis about nutrition have ambitions of stepping on stage or the arena, and yet set those same standards and restrictions on themselves, this builds massive pressure and expectations on the results they think they will get.

What really wins the race in this game called health and fitness is your efforts and the consistency of those effort over the years. You may be able to do it on your own, or you may need some help. Whatever it is we at Realfit can help you find the path to a fitter, healthier and more productive you.

We will be providing Nutritional Coaching very soon, so if you are interested to find out more, then contact us at Info@realfitcentre.co.uk to be put on our waiting list for further details.

Now go get the day!

Coach Kev





#### TIME TO TRY SMALLER AND GREENER

rom now on, we will have to get used to being told that our restaurant or takeaway meals have a calorie number attached. A burger with cheese, bacon and fries may well be over 1000 calories. Sunday roast with trimmings could exceed 1500. Those of us that use the coffee chains will know already that our favourite large latte with a dash of syrup accompanied by a cinnamon bun might be close to 30% of our recommended daily calorie intake. This might make some of us think again, and if we do, why not go smaller and greener for a change. You'll be surprised.

The days when vegan food consisted of a stuffed red pepper followed by some slices of apple are long gone. In our Art and Soul Vegan Taster Nights we have sampled some fabulous flavours from around the world – Japan, Spain, Mexico, Italy, Africa and of course, the UK. We have been blown away with the possibility of making

a chocolate mousse from just vegan chocolate and chick pea water. Who knew that chick peas were so versatile? In fact, who knew so many ingredients we take for granted can be used in so many creative ways. Whether that is exotic fruits such as avocados for a creamy substitute for mousse, pomegranates that add a burst of flavour, cashew nuts instead of cheese and the humble beetroot that is so versatile for use in desserts or cakes, and fabulous when roasted as a vegetable.

At Art and Soul, we're passionate about doing our best to save the planet and eat healthily. We're not all vegans and don't want to ram that particular message down peoples' throats. But we do know that eating 'green' can be fun, tasty, healthy, and that when we eat in smaller portions that focus on flavour rather than volume, we feel great and want to come back for more.

www.artandsoul.cafe











#### **Vegan Tasting Nights**

Original & healthy menu first Saturday of each month Vegetarian and vegan menu available every day



Since 2018, Art & Soul has been providing different and flavoursome grub that's made by us in our kitchens and won't cost the earth.

Look us up for all our food and drink offerings as well as all our events, exhibitions, workshops and concerts in The Gallery. We're at 7 New Street, St Neots (just along Priory Lane from Waitrose).

www.artandsoul.cafe 01480 216167



#### TOP TIPS FOR MAKING A LOAF BREAD

Over the years, I've tried lots of different ways to make bread, some successful & some less so! Here are a few of my top tips for how to make a perfect loaf:

#### Use good quality ingredients

The quality of ingredients really does make a big difference when making bread. The majority of Elsie May's sourdoughs contain just three ingredients - flour, fine sea salt and water so the quality of ingredients are very important in terms of both structure and flavour of the bread.

#### **Knead by hand**

If you're new to making bread, I would always recommend kneading the dough by hand so you can feel the texture of the dough and how it changes as you knead it. Kneading the dough helps develop the gluten which gives the dough it's strength and structure as well.

#### Keep your yeast cold

Whether you like working with fresh or dried yeast, keep yeast in an airtight container in the fridge so it lasts longer - yeast gets less active with age which will effect the rise of your loaf.

#### Use timings as a guide

Many recipes give specific timings on how long it takes for your perfect loaf to prove and rise. Use these timings more as a guide as air temperature



can effect how long it takes for your dough to rise. Use your own instincts and regularly check your dough to monitor how it's changing.

#### If it at first you don't succeed, try again

Sometimes the loaves don't work! If that happens to you, don't get disheartened as you

are working with ingredients that change over time and can be effected by many factors. If your loaves don't seem to work, try a slightly different method or changing the quality of your ingredients.

#### Take your time

There are many recipes out there for making quick breads and some of them work really well. However, I've always found that the best loaves are the ones made over a longer period of time. If allow your dough to rise at a cooler temperature (you don't need to put it in the airing cupboard) or even in the fridge overnight, then this can help to develop both the structure and flavour. The sourdoughs at Elsie May's take two days to make!

#### Use a temperature probe

The temperature of your water will effect how quickly your dough rises - the colder the liquid is, the longer it will take to rise. By measuring your water temperature, you'll be able to have a more consistent loaf every time you bake. For a



traditional sandwich loaf or sourdough, the water temperature I would usually use is around 27 degrees Celsius.

Elsie May's Bakery School will be opening in June 2022. Classes will be available to book online at www.elsiemays.co.uk.



#### Café, bar & bakery

Sourdough bread
Focaccia
Pastries, cakes & scones
Breakfast
Lunch
Afternoon tea
Locally roasted coffee
Loose leaf tea
Cocktails





Café & bakery opening times
9am - 3.30pm Tuesday to Friday & 9am - 4pm Saturdays

<u>Bar opening times</u> 6.30pm - midnight, Fridays & Saturdays

58 Market Square, St Neots PE19 2AA 01480 472683 | www.elsiemays.co.uk | info@elsiemays.co.uk



#### ROBERTO'S DELI

Newly opened in Church Walk, Roberto's Deli is an independent Italian delicatessen and the brainchild of Roberto Sanna and Yen Siow. The couple have established themselves as a firm favourite at Cambridge Market, where they have been selling their produce for the last 10 years, but now have decided to expand to a new audience, opening their St. Neots store on 11th March.

The deli offers a wide selection of treats, from Italian high-cured meats and cheeses, to Roberto's homemade pesto, which is fast becoming famous in St. Neots in its own right (the secret being the large chunks of parmesan hidden inside). With a background in food and wine, it is no surprise that Roberto's expertise is already proving a hit with St. Neots locals.

Whether you're searching for the authentic ingredients that you might require for a delicious Italian meal – such as fresh pasta, delicious sauces and cheeses – or looking for snacks to enjoy on a picnic in the sunshine, Roberto's Deli has plenty of high-quality options available. Plus, they have a healthy selection of Italian wines to pair with their produce!

"We love what we do" Roberto says. "We take remarkable pleasure out of running our deli, and are glad that others do too."

Roberto's Deli can be found in Church Walk, St. Neots, and is open Monday – Saturday 9:30am to 4pm, and Sunday 11am to 4pm. Check out their products on social media, by heading to Roberto's Deli on Facebook and @robertosdeli on Instagram.



01480 474 799 info@lacucinastneots.co.uk www.lacucinastneots.co.uk

# Contemporary Italian cuisine in St Neots La Cucina, is a small family run business that prides itself on providing its guest with a unique and memorable Italian dining experience. Situated in the historical market square of St Neots, La Cucina offers its guests a modern and contemporary style of restaurant with an abundance of warmth and charm.

20% OFF\*

\*Present this advert to receive 20% off food only on Mondays and Tuesdays during May and June 2022 – booking required

Live Music
Last Friday Of The Month



La Cucina St Neots, 42 Market Square, St Neots PE19 2AF

#### **LOCAL FOOD AND DRINK SUPPLIERS**

Cafes		
Art & Soul Café	01480 216167	7 New Street, St Neots, PE19 1AE
Costa Coffee	01480 404196	9 High Street, St Neots, PE19 1BU
Kwellers Café	07904 089286	Spa House, Cambridge Street, St Neots, PE19 1JL
Market Café	01480 216116	48 Market Square, St Neots, PE19 2AA
Moores Walk Café	01480 700405	20 Moore's Walk, St Neots, PE19 1AG
Platters	01480 218888	44 High Street, St Neots, PE19 1JG
Shakie Jakes	07894 238782	48 High Street, St Neots, PE19 1JG
The Refill Shop	07985 937882	40 St Mary's Street, St Neots, PE19 2TA
Ambiance Cafe	01480 219999	The Paddock, St Neots,
Betty Bumbles Vintage Tea Room	01480 211496	30 Market Square, St Neots, PE19 2AF
Deli/Shop		
Roberto's Deli	07465 989810	Church Walk, St Neots
Shume	07967 172922	Church Walk, St Neots
	01001 112022	onaron many octroots
Pubs		
Brook & Barter	01480 404252	7-9 Market Square, St Neots, PE19 2AR
Coach House	01480 386451	18 High Street, St Neots, PE19 1JA
Pig n Falcon	07951 785678	9 New Street, St Neots, PE19 1AE
The Ale Taster	01480 581368	Russell Street, St Neots, PE19 1BA
The Anchor	01480 473199	High Street, Little Paxton, St Neots, PE19 6HA
The Barlow mow	01480 474435	27 Crosshall Rd, Eaton Ford, St Neots, PE19 7AB
The Bell Great Paxton	01480 700107	The Bell, 50 High Street, Great Paxton, PE19 6RF
The Bridge House	01480 472044	1 Market Square, St Neots, PE19 2AP
The Bulls Head	01480 731162	96 Cambridge Street, St Neots, PE19 1PJ
The Cambridgeshire Hunter	01480 216824	Berkley Street, Eynesbury, St Neots, PE19 2NF
The Corner House	01480 509366	54 Market PI, St Neots, PE19 2AA
The George and Dragon	01480 474108	267 Great North Rd, Eaton Socon, St Neots, PE19 8BL
The Hare and Hounds	01480 356075	Eynesbury, St Neots, PE19 2TX
The Hyde Park	01480 351629	46 New Street, St Neots, PE19 1AJ
The Millers Arms	01480 716989	38 Ackerman Street, Eaton Socon, St Neots, PE19 8HR
The Weeping Ash	01480 408330	15 New Street, St Neots, PE19 1AE
Ye Olde Sun	01480 216863	11 Huntingdon Street, St Neots, PE19 1BL
Restaurants		
Akbar	01480 472815	99 Great N Rd, Eaton Socon, St Neots, PE19 8EL
Aunties Thai Restaurant	01480 217113	35 Cambridge Street, St Neots, PE19 1JP
Bodrum	01480 477777	40 Cambridge Street, St Neots, PE19 1JP
Bohemia St Neots,	01480 716265	16, Cross Keys Mews, St Neots, PE19 2AR
Bosphorus Meze & Mangal	01480 471181	46 Market Square, St Neots, PE19 2AF
Buffalo Mediterranean Restaurant	01480 477000	20, 22 Huntingdon Street, St Neots, PE19 1BB
Elsie Mays Electric Lounge	01480 472683	Ground Floor, 58 Market Square, St Neots, PE19 2AA
Ferro Lounge	01480 213172	21 Market Square, St Neots, PE19 2AR
Griddle & Grind	01733 215546	40 High Street, St Neots, PE19 1JA
II Girasole	01480 211211	13 South Street, St Neots, PE19 2BW
La Cucina	01480 474799	42 Market Square, St Neots, PE19 2AF
Nawab Lounge	01480 473473	3 South Street, St Neots, PE19 2BW
New Bodrum Turkish Restaurant	01480 477777	40 Cambridge Street, PE19 1JP
Olive Naturally Indian St Neots	01480 812768	Montagu Street, St Neots, PE19 2TD
Pizza Express	01480 473388	Unit 1, Leisure Park, St Neots, PE19 1BG
Poppy's Vintage Tea Room	01480 215932	17 Church Walk, St Neots, PE19 1JH
Rose & Mango St Neots, The Crown	01480 475767	12 High Street, St Neots, PE19 1JA 1 Great N Rd. Eaton Socon, Wyboston, PE19 8EN
	01480 212232	
the Eaton Oak	01480 219555	Crosshall Rd, Eaton Ford, St Neots, PE19 7DB Colmworth Business Park, Eaton Socon, PE19 8YP
The Highwayman Cookhouse & pub The River Mill	01480 408540	
The Royal Oak	01480 219612 01480 716712	School Ln, Eaton Socon, St Neots, PE19 8GW 79 High Street, Hail Weston, St Neots, PE19 5JW
The Whitehorse	01480 716712	103 Great N Rd, Eaton Socon, St Neots, PE19 SJW
Victor Chan Oriental Cuisine	01480 470853	77 Huntingdon Street, St Neots, PE19 1DU
Waggon and horses	01480 581866	184 Great N Rd, Eaton Socon, St Neots, PE19 8EF
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Tane Tivays		
Burger King	01480 213040	37 Great N Rd, Eaton Socon, St Neots, PE19 8EN
China Dragon	01480 218882	31-33 Huntingdon Street, St Neots, PE19 1BG
Cox's at the Lighthouse	01480 216599	3 Kester Way Loves Farm, St Neots, PE19 6SL
Cross Keys Kebabs	01480 214081	CROSS KEYS MEWS, 18 Market Square, PE19 2AR
Domino's Pizza - St Neots,	01480 473773	13 Huntingdon Street, St Neots, PE19 1BL
Eaton Plaice	01480 477100	66 St Neots, Rd, St Neots, PE19 7BD
Favorite Chicken & Ribs St Neots,	01733 860029	14 Nelson Rd, Eaton Socon, St Neots, PE19 8PX
Fish Face	01480 477144	1 Bishops Rd, Eynesbury, St Neots, PE19 2QA
Forno Rosso	01480 700350	19 Huntingdon Street, St Neots, PE19 1BL
Hong Kong	01480 473158	16 Market Square, St Neots, PE19 2AF
Istanbul Meze BBQ Kebab	01480 477199	50 High Street, St Neots, PE19 1JG
Jamaican Grill House	07960 982365	Conservatory Village, Little Paxton, St Neots PE19 6EN
Kaaizans	01480 475995	1 Longsands Parade, St Neots, PE19 1SU
KFC	01480 471619	37 Great North Road Eaton Socon Street, PE19 8EN
Lotus House	01480 474376	27 St Mary's Street, St Neots, PE19 2TA
Market Kebab Van	07440 048651	High Street, St Neots, PE19 2BQ
Methi Indian Takeaway	01480 471156	29 Huntingdon Street, St Neots, PE19 1BG
Mexica	01480 477639	25 Huntingdon Street, St Neots, PE19 1BG
Perizone	01480 211771	1 Kester Way, St Neots, PE19 6SL
Pizza Hut Delivery	01480 211486	21 Huntingdon Street, St Neots, PE19 1BL
Queens Fish N Tikka	01480 405959	18 Queens Gardens, Eaton Socon, St Neots, PE19 8BY
Seashell	01480 212844	46 High Street, St Neots, PE19 1JG
Spice Merchants	01480 406611	86 Cambridge Street, St Neots, PE19 1PJ
St Neots, Grill House	01480 403009	2 Longsands Parade, St Neots, PE19 1SU
Sub way St Neots,	01480 470030	32 High Street, St Neots, PE19 1JA
The Spice Village St Neots,	01480 212767	174 St Neots, Rd, Eaton Ford, St Neots, PE19 7AD
Traditional Fish & Chips	01480 216608	Steeple Court, Cambridge Street, St Neots, PE19 1QB
USA Chicken	01480 404646	36 Cambridge Street, St Neots, PE19 1JP
Yumi Yumi Chinese	01480 476377	Yumi Yumi Fish, Montagu Street, St Neots, PE19 2TD







#### Street Food Fest Returns In 2022





Thank you to our headline sponsors









But what if no one comes? Of course they will come, it's St Neots, and it's food. People are going to love it! And boy did St Neots love it and they did come; in their droves..

On a scorching Saturday in May 2021, the jewel in the Cambridgeshire crown, St Neots, welcomed in one of the first releases from lock-down with open arms. As with many market towns during the pandemic, St Neots had seen it's fair share of struggles. On the day of the Street Food Fest, the town was ignited once again; with the vibrant chatter of families echoing around the bustling Market Square. With the Street Food theme, came an array of traders, sharing their delicacies with the eager (and hungry!) people of St Neots. The sizzle of freshly prepared gourmet chicken on the griddle, was met by sweet, finger-licking sticky churros, washed down with an ice cold beer. There was truly something for all tastes and appetites.

As a pilot event, organised by Shifties, and the mastermind team behind Bohemia, the Street Food Fest was more successful than we could have ever imagined. In fact, it was too successful, with the queues of people desperate to spend their lock-down savings, winding around the square in eager anticipation of the delicious treats to be tasted.

We knew the pilot event worked. We knew we needed to bring a follow-up event to our wonderful town. And we needed to do it quickly. St Neots was desperate to come together again, but this time in a venue with more spaaaace!

The Rugby Club, just outside the main town centre, was a perfect choice. A short stroll from local car parks and transport links, and a gentle swagger back home after a fun-filled day, the venue was ready to welcome thousands of people for Street Food Fest #2!

Following the sell-out success of #1, we were proud to bring many returning and new stall-holders to showcase to the St Neots community.

On the morning of the event, the excitement and anticipation was palpable. After so many months of cancelled events across the country, you could feel the relief from the stall-holders, to be back doing what they do best. But what if no one comes? Our worries echoed once again. But we're human, it's normal to worry about the success of something that has been a labour of love for months.

As the hoards of people started to arrive; people coming from all directions to the free event, the festival-spirit kicked off. Little ones' faces lit up on the fairground, families danced together to the live, soulful music, and friends enjoyed a long-awaited catch up over a cocktail. It was like a little nugget of Glastonbury, St Neots style. The stalls were busy all day, with customers relishing the opportunity to spend their hard earned money on the varied cuisines, products, drinks, and not forgetting the enormous desserts. When St Neots comes together, we come alive again. Our town has so much to offer, and fully independent events like the Street Food Fest give us all a chance to enjoy the beauty of our home-town and our raging community spirit.

This year, we are proud to bring the Street Food Fest to St Neots once again. Taking place on 29th May, at the St Neots Rugby Club, 12pm-8pm. There will be double the space, double the vendors and double the fun!

With a huge selection of cuisines to choose from, two stages with fantastic line ups and plenty of entertainment for the kids this is the perfect family day out to kick off the summer!

Appy Days 
Mobi Pizza Ovens 
Bagel Box 
Clucking Good Chicken 
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Badgers Chilli Kitchen
Health Galery 
The Horsebox 
Baxters Food Truck 
Nanna Mexico 
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Nick
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