



01/07/2025 to 31/07/2025

B&E FOODS / NSW

# MONTHLY MENU

*Where Quality Counts!*



## OAT MILK

No.16768 UHT - OAT MILK 8X1LT MILK LAB



# HOW TO MAKE

# FEATURED INGREDIENTS

## Prepare Ingredients (1 servings)

|                      |         |
|----------------------|---------|
| Pork Belly Skin-on   | 300g    |
| Cooking Oil          | 2tbsp   |
| Chilli Bean Sauce    | 1tbsp   |
| Light Soy Sauce      | 1tbsp   |
| Chinese Cooking Wine | 1/2tbsp |
| Sugar                | 1/2tbsp |
| Green Garlic         | 40g     |
| Onion / Chilli       | 30g     |

### Step 1: Boil the Pork

- Place the pork belly in a pot of cold water. Add a few slices of ginger and bring to a boil. Simmer for about 15 minutes until just cooked. Remove and let cool. Once cooled, slice the pork thinly (about 3–5mm thick).

### Step 2: Stir-Fry the Pork

- Heat a wok over medium-high heat (no oil yet). Add the sliced pork directly to the dry wok and let the fat render out. Stir-fry until lightly golden and some fat has released, about 5–7 minutes.

### Step 3: Add Seasonings

- Push the pork to the side of the wok. Add 2 tbsp of oil and the chilli bean sauce. Stir-fry for 30 seconds to release aroma, then mix with the pork. Add soy sauce, cooking wine, sugar, and optional black bean paste. Stir well to coat.

### Step 4: Add Vegetables

- Toss in the green garlic or leek (and optional vegetables). Stir-fry briefly until the greens are just wilted but still crisp, about 1–2 minutes.



No. 17748  
Fresh Pork Belly B/L  
R/On 5kg (3) Vac R/W

-----  
**\$17.90/KG**



No. 16832  
Sauce - Pi Xian  
Chilli Bean Sauce  
1.2kg(8) Dan Dan

-----  
**\$4.00/UNIT**



No. 18964  
Sauce - Light Soy Sauce  
Golden Label 1.9l (6) Haday

-----  
**\$5.50/UNIT**



No. 16805  
Oil - Rice Bran Oil 20l  
Jerrycan Simply

-----  
**\$80.00/DRUM**



No. 16209  
Sugar Raw 15kg

-----  
**\$32.00/BAG**



# Twice Cooked Pork

回  
锅  
肉



Twice-Cooked Pork, or Huí Guō Ròu, is one of the most beloved dishes in Sichuan cuisine. Made with tender slices of pork belly that are first simmered, then stir-fried with spicy doubanjiang, fragrant leeks, and savory seasonings, this dish delivers a perfect balance of heat, umami, and richness. Every bite offers crispy edges, bold flavor, and just the right amount of spice — perfect with a bowl of steamed rice.

All key ingredients are available at **B&E Foods** your trusted one-stop partner to boost your business with taste, efficiency, and profit.

approx.  
**\$5<sup>.72</sup>**  
of finished dish

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



# TASTE THE GOOD LIFE

天味食品  
TEWAY FOOD

Experience Authentic Spicy Sichuan Flavors - Effortlessly!

三步成菜，正宗川味，如此简单！

大红袍

DA HONG PAO

Spicy Hot Pot  
Soup Base  
400g



\$3.<sup>30</sup>  
PKT

大红袍  
DA HONG PAO

No. 28238  
HOT POT SOUP  
BASE - SPICY 400G (30)  
DA HONG PAO



\$10.<sup>00</sup>  
CAN

No. 21344  
PASTE CHILLI PASTE IN OIL  
FOR TOM YUM (GF) 3KG(6)  
MAE PRANOM

50%  
HALF PRICE



# BENCHTOP ROLL

Our commercial-grade benchtop rolls are sturdy and thick, offered in multiple sizes. Our foil rolls, cling wraps, and baking papers are designed for both strength and convenience

## Foil Roll



**\$13<sup>.75\*</sup>**  
Roll

**No. 19622**  
FOIL ROLL - ALL PURPOSE  
30CM X 150M



**\$19<sup>.05\*</sup>**  
Roll

**No. 19621**  
FOIL ROLL - ALL PURPOSE 44CM X  
150M



**\$23<sup>.65\*</sup>**  
Roll

**No. 13432**  
FOIL ROLL - PREMIUM HEAVY  
DUTY 45CM

\* GST NOT INCLUDED





# INTRODUCING B&E PRIME'S NEW RAW STEAK RANGE

Crafted for those who demand only the best in quality and flavor. B&E Prime, your trusted brand, brings you expertly portioned, premium beef that promises an exceptional dining experience. Our dedication to quality means partnering exclusively with KILCOY BEEF and AUSTRALIAN COUNTRY CHOICE, renowned for their exceptional marbling, tenderness, and rich taste. With B&E Prime, you're assured top-tier beef that meets the highest standards, from paddock to plate, thanks to our commitment and our esteemed partners.

## PREMIUM 120 DAY GRAIN FEED MSA GRADED BEEF



| No.   | BEEF STEAK - EYE FILLET        | PRICE             |
|-------|--------------------------------|-------------------|
| 27850 | YG GRASSFED 250G 6P/PK VAC R/W | <b>\$44.50 KG</b> |
| 18305 | YG GRASSFED 300G 6P/PK VAC R/W | <b>\$44.50 KG</b> |



| No.   | BEEF STEAK - OP RIB BONE IN | PRICE             |
|-------|-----------------------------|-------------------|
| 28166 | YG 400G R/W 2PC/VAC R/W     | <b>\$33.90 KG</b> |



| No.   | BEEF STEAK - RUMP CAP OFF     | PRICE             |
|-------|-------------------------------|-------------------|
| 17467 | 150G YG GRAINFED 12PC/VAC R/W | <b>\$22.90 KG</b> |
| 18161 | 200G YG GRAINFED 5PC/VAC R/W  | <b>\$22.90 KG</b> |
| 17441 | 250G YG GRAINFED 5PC/VAC R/W  | <b>\$22.90 KG</b> |
| 27569 | 300G YG GRAINFED 4PC/VAC R/W  | <b>\$22.90 KG</b> |
| 16163 | 350G YG GRAINFED 4PC/VAC R/W  | <b>\$22.90 KG</b> |
| 18180 | 450G YG GRAINFED 2PC/VAC R/W  | <b>\$22.90 KG</b> |





| No.   | BEEF STEAK - RUMP CAP ON     | PRICE      |
|-------|------------------------------|------------|
| 16158 | 200G YG GRAINFED 5PC/VAC R/W | \$20.45 KG |
| 16159 | 250G YG GRAINFED 5PC/VAC R/W | \$20.45 KG |
| 16160 | 300G YG GRAINFED 4PC/VAC R/W | \$20.45 KG |
| 16161 | 350G YG GRAINFED 6PC/VAC R/W | \$20.45 KG |
| 16162 | 400G YG GRAINFED 2PC/VAC R/W | \$20.45 KG |
| 17489 | 500G YG GRAINFED 2PC/VAC R/W | \$20.45 KG |



| No.   | BEEF STEAK - SCOTCH FILLET    | PRICE      |
|-------|-------------------------------|------------|
| 17452 | 100G YG GRAINFED 10PC/VAC R/W | \$36.90 KG |
| 17468 | 150G YG GRAINFED 8PC/VAC R/W  | \$36.90 KG |
| 17460 | 200G YG GRAINFED 8PCS/VAC R/W | \$36.90 KG |
| 17451 | 250G YG GRAINFED 6PCS/VAC R/W | \$36.90 KG |
| 17469 | 300G YG GRAINFED 6PC/VAC R/W  | \$36.90 KG |
| 17484 | 350G YG GRAINFED 6PC/VAC R/W  | \$36.90 KG |



| No.   | BEEF STEAK - STRIPLOIN PORTION | PRICE      |
|-------|--------------------------------|------------|
| 17446 | 150G YG GRAINFED 8PC/VAC R/W   | \$27.90 KG |
| 18182 | 200G YG GRAINFED 8PC/VAC R/W   | \$27.90 KG |
| 17447 | 250G YG GRAINFED 8PC/VAC R/W   | \$27.90 KG |
| 17449 | 280G YG GRAINFED 6PC/VAC R/W   | \$27.90 KG |
| 16157 | 300G YG GRAINFED 6PC/VAC R/W   | \$27.90 KG |
| 15306 | 350G YG GRAINFED 6P/VAC R/W    | \$27.90 KG |

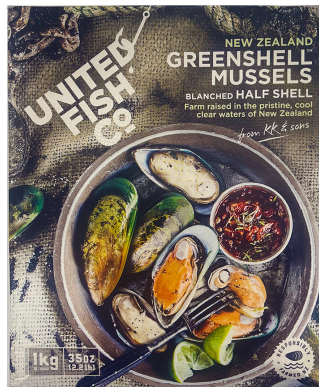


# B&E FOOD'S SEAFOOD HIGHLIGHTS



No. 10994  
FZ ORANGE ROUGHY FILLET  
SKINLESS 6-8 OZ 10KG /CAR-  
TON SEALORD MSC

**\$190.00/CTN**



No. 11021  
FZ MUSSELS  
1/2 SHELL (MED)  
1KG (12) NEW ZEALAND

**\$14.30/KG**



No. 15753  
FZ PRAWN - MEAT 90/120  
VANN PEELED & COOKED  
700GM (10)

**\$11.50/PKT**



No. 27584  
FZ WHOLE PRAWN - AUSTRA-  
LIAN RAW KING PRAWN  
U/8 5KG ONWP

**\$155.00/CTN**



No. 12071  
FZ PRAWN - RAW CUTLET  
VANN 21/25 700GM(10)

**\$15.75/PKT**



No. 11008  
FZ PRAWN - MEAT 100/200  
VANN PEELED & COOKED  
700GM (10)

**\$11.25/PKT**



# Korean Sliced Meat



No. 10689  
FZ WAGYU - SLICED MB 4-5  
2MM KNUCKLE 2KG(3)

**\$22<sup>.00</sup>**  
KG

**\$132<sup>.00</sup>**  
CTN



No. 16534  
FZ WAGYU - SLICED MB8+ 2MM KNUCKLE  
KOREAN STYLE 2KG(3)

**\$24<sup>.00</sup>**  
KG

**\$144<sup>.00</sup>**  
CTN



No. 16535  
FZ WAGYU - BRISKET SLICED MB3+ 2MM  
KOREAN STYLE 2KG(3)

**\$21<sup>.50</sup>**  
KG

**\$129<sup>.00</sup>**  
CTN



No. 16766  
FZ WAGYU - SLICED BOLAR MB4-5 2MM  
KOREAN STYLE 1KG (6)

**\$18<sup>.50</sup>**  
KG

**\$111<sup>.00</sup>**  
CTN



No. 16764  
FZ WAGYU - SLICED OUTSIDE FLAP MB9+ 2MM  
KOREAN STYLE 2KG(3)

**\$29<sup>.00</sup>**  
KG

**\$174<sup>.00</sup>**  
CTN



No. 16532  
FZ BEEF - ANGUS BRISKET SLICED 2MM  
KOREAN STYLE 2KG(3)

**\$17<sup>.50</sup>**  
KG

**\$105<sup>.00</sup>**  
CTN





**SANDHURST**

EST. 1988

# EOFY SALE: WINTER WARMERS & PANTRY ESSENTIALS



No. 13836  
CANNED - ITALIAN BLACK  
BEANS 2.5KG (6) SAND-  
HURST

**\$7.50/UNIT**



No. 16804  
CANNED - CHICKPEAS IN  
BRINE A9(6) SANDHURST

**\$6.95/UNIT**



No. 17249  
CANNED - RED KIDNEY  
BEANS A9(6) SANDHURST

**\$7.50/UNIT**



No. 14234  
CANNED - LENTILS 2.5KG (6)  
SANDHURST

**\$6.25/UNIT**



No. 18476  
CANNED - CANNELLINI BEAN  
2.5KG (6) SANDHURST

**\$6.75/UNIT**



No. 15212  
CANNED - CORN CREAMED  
410G(24) SANDHURST

**\$1.60/UNIT  
\$38.40/CTN**



No. 11603  
ANTIPASTO - SUNDRIED TO-  
MATO JULIENNE STRIPS 5KG  
SANDHURST

**\$39.90/DRUM**



No. 18264  
OIL - CANOLA OIL SPRAY  
450G(12) SANDHURST

**\$4.20/UNIT**



No. 11613  
OLIVES - KALAMATA PITTED  
2KG (6) SANDHURST

**\$15.00/UNIT**



No. 19764  
OLIVES - KALAMATA SLICED  
2KG (6) SANDHURST

**\$15.00/UNIT**





# NEW HADAY PRODUCT



**\$22.<sup>00</sup>**  
**UNIT**

**No. 10896**  
**SEASONING OIL - SESAME OIL**  
**BLENDED 5L (4) HADAY**



**\$8.<sup>20</sup>**  
**UNIT**

**No. 18283**  
**SAUCE - SOY SAUCE GLUTEN**  
**FREE (GF) 1.9L (6) HADAY**



**\$2.<sup>50</sup>**  
**UNIT**

**No. 18953**  
**SAUCE - CHILLI GARLIC SAUCE**  
**230G (15) HADAY**



**No. 28469**  
**JASMINE RICE 20KG**  
**FLOATING MARKET**

**\$34.50/BAG**



**No. 18286**  
**OIL - OLIVE EXTRA VIRGIN**  
**4LTR (4) PALERMO**

**\$44.00/DRUM**



**No. 15355**  
**OIL - SPANISH POMACE OLIVE**  
**4LTR (3) BON CHEF**

**\$33.00/DRUM**



**No. 13833**  
**CHEESE - GREEK STYLE FETTA**  
**13KG PENDLE DAIRY**

**\$130.00/DRUM**



**No. 17928**  
**NATURAL SEA SALT FLAKES**  
**1.7KG (3) SAXA**

**\$31.00/UNIT**



# VARIETY OF SPICES

Everyday Low Price!



No. 15905  
CHILLI - LARGE WHOLE DRIED  
MILD HOT CHINA 1KG CSI

**\$11.50/UNIT**



No. 15808  
CHILLI - SMALL WHOLE DRIED  
EXTRA HOT INDIA 1KG

**\$11.00/UNIT**



No. 12170  
CHILLI - RING / CUT DRIED  
HOT 1KG CSI

**\$10.50/UNIT**



No. 28087  
CHILLI - FLAKE / CRUSHED  
1KG CSI

**\$10.80/UNIT**



No. 12178  
CHILLI - POWDER / GROUND  
1KG CSI

**\$9.50/UNIT**



No. 13391  
SPICE - RED SICHUANG PEP-  
PER RED 500G CSI

**\$14.50/UNIT**



No. 13392  
SPICE - GREEN SICHUAN PEP-  
PERCORN 500G CSI

**\$15.50/UNIT**



No. 18456  
SPICE - CRUSHED RED SICH-  
UANG PEPPER 1KG CSI

**\$15.50/UNIT**





No. 12318  
DRIED SHITAKE MUSHROOMS  
1KG CSI

**\$23.50/UNIT**



No. 12381  
BLACK FUNGUS WHOLE  
LARGE 1KG CSI

**\$14.80/UNIT**



No. 17034  
BLACK FUNGUS STRIPS 1KG  
CSI

**\$17.50/UNIT**



No. 18371  
SPICE - STAR ANISE WHOLE  
1KG CSI

**\$25.00/UNIT**



No. 12175  
CINNAMON STICKS 1KG CSI

**\$15.00/UNIT**



No. 18430  
DRY HERBS - BAY LEAVES  
200G

**\$5.00/UNIT**



No. 13454  
DRY MUSHROOM SLICE  
1KG(12) CSI

**\$23.00/UNIT**



No. 31018  
SPICE - CHINESE FIVE SPICE  
1KG (12) CSI

**\$13.00/UNIT**



No. 17400  
PEPPER - WHOLE BLACK 1KG  
CSI

**\$21.00/UNIT**



No. 19588  
PEPPER BLACK CRACKED SS  
1KG CSI

**\$20.30/UNIT**



No. 21356  
WHITE FUNGUS 400G CSI

**\$10.90/UNIT**



# FROZEN VEGE



No. 12426  
FZ VEGETABLES - IQF BROCCOLI FLORETS 1.5KG (6)  
BIG COUNTRY

**\$7.30/PKT**



No. 19940  
FZ VEGETABLES - IQF CAULIFLOWER FLORETS 2KG (6)  
BIG COUNTRY

**\$9.20/PKT**



No. 19938  
FZ VEGETABLES - CARROT, CAULIFLOWER & BROCCOLI 2KG (6) BIG COUNTRY

**\$8.50/PKT**



No. 28411  
FZ MASH POTATO - PLAIN  
4 x 2.5KG FARM FRITES

**\$37.50/CTN**



# TOP WINTER SELLERS



No. 10261  
FZ DUCK HALVES AROMATIC  
18 X 560G CP (18)

**\$13.50/UNIT**



No. 12467  
FZ DUCK LEG ROASTED  
1.6KG(7) R/W LUV-A-DUCK  
#321399R

**\$18.00/KG**



No. 13303  
FZ DUCK - WHOLE BIRD  
NO.18(8) PEPE

**\$15.50/PKT**



No. 14146  
TOFU - FIVE SPICE FIRM TOFU  
225G FORTUNE

**\$4.10/PKT**



No. 28782  
TOFU - EXTRA FIRM 900G  
FORTUNE

**\$4.20/PKT**



No. 28783  
TOFU - FRESH PRESS SILKEN  
900G FORTUNE

**\$4.20/PKT**



# Sanitisers



**\$12.80/UNIT**

**RTU  
Sanitiser 5L**

**No.12957**

Ready to use food grade sanitiser,  
kill 99.99% bacteria



**\$18.20/UNIT**

**All Purpose  
Sanitiser 5L**

**No.13006**

# Multipurpose Degreasers



**\$55.60/DRUM**

**Multi Purpose  
Degreaser 20L**

**No.12958**

Water based with rich blend of  
caustic, solvents and surfactants.  
Designed for tough areas and heavy  
grease build-ups in kitchen areas.



**\$16.90/UNIT**

**Multi Purpose  
Degreaser 5L**

**No.12959**

Water based with rich blend of  
caustic, solvents and surfactants.  
Designed for tough areas and heavy  
grease build-ups in kitchen areas.

# Oven Cleaners



**\$47.40/DRUM**

**Oven Cleaner 20L**

**No.12962**

Concentrated, economical, contains  
a rich blend of caustic and emulsifi-  
ers. Foamy liquid.



**\$16.15/UNIT**

**Oven Cleaner 5L**

**No.12963**

Concentrated, economical, contains  
a rich blend of caustic and emulsifi-  
ers. Foamy liquid.



**\$64.00/DRUM**

**Oven & Grill Cleaner  
Premium 20L**

**No.17939**

Highly concentrated and solvent free  
cleaner for ovens, hot plates and  
filters. Clear, non foamy liquid.



**\$20.15/UNIT**

**Oven & Grill Cleaner  
Premium 5L**

**No.12971**

Highly concentrated and solvent free  
cleaner for ovens, hot plates and  
filters. Clear, non foamy liquid.



# Automatic Dishwashing



**\$42.80/DRUM**

## Machine Dishwash Liquid 20L

No.12964

Concentrated detergent with destainer, descaler and hard water softeners. Suitable for commercial and domestic use.



**\$16.00/UNIT**

## Machine Dishwash Liquid 5L

No.12965

Concentrated detergent with destainer, descaler and hard water softeners. Suitable for commercial and domestic use.



**\$51.20/DRUM**

## Rinse Aid 20L

No.12966

A blend of surfactants and drying agents. Leaves plates, crockery and cutlery spotless.



**\$18.20/UNIT**

## Rinse Aid 5L

No.12967

A blend of surfactants and drying agents. Leaves plates, crockery and cutlery spotless.

# Floor Cleaners



**\$30.00/DRUM**

## Floor Cleaner 20L

No.28722

Ammoniated with lemon fragrance. Gentle pH to suit all types of surfaces. Excellent cleaner specially for greasy floors in kitchen areas.



**\$10.20/UNIT**

## Floor Cleaner 5L

No.28743

Ammoniated with lemon fragrance. Gentle pH to suit all types of surfaces. Excellent cleaner specially for greasy floors in kitchen areas.



# TOPPINGS AND SWEETENERS



No. 12354  
SPREAD - PISTACHIO SPREAD  
6KG BAKELS

**\$90.99/DRUM**



No. 18409  
HONEY 3KG (4) FOODOLOGY

**\$17.90/JAR**



No. 18413  
HONEY - AUSTRALIAN 1KG (8)  
FOODOLOGY

**\$8.00/UNIT**



No. 14001  
SYRUP - LIQUID SUGAR 1.5L  
(6) REAL

**\$10.80/UNIT**



No. 19143  
GREENSPOON SWEETENER  
100% NAT. 500x1.5G STEVIA

**\$27.50/CTN**



No. 17589  
WHITE SUGAR STICK (SILVER)  
2000\*3GISM

**\$29.99/CTN**



# TAKEAWAY PAPER CARRY BAG



RECYCLABLE



COMPOSTABLE



PREMIUM  
QUALITY



LOGO  
PRINTING

Our takeaway paper bags are robust, sturdy, and ideal for delivering your meals. Available in both Twisted and Flat Handle options, these premium-quality bags can support up to 8 to 10KG products, ensuring worry-free presentation of your takeaway meals.



**\$33<sup>.00</sup>**  
CTN



**No. 27572**  
SMALL  
TWIST HANDLE  
280X280X160MM 250'S

**\$35<sup>.00</sup>**  
CTN



**No. 17662**  
MEDIUM  
TWIST HANDLE  
305X305X175MM 250'S  
**BEST SELLER**

**\$39<sup>.00</sup>**  
CTN



**No. 27798**  
LARGE  
TWIST HANDLE  
350X330X230MM 150'S

**\$33<sup>.00</sup>**  
CTN



**No. 27429**  
SMALL  
FLAT HANDLE 250'S  
280X280X160MM

**\$35<sup>.00</sup>**  
CTN



**No. 19646**  
MEDIUM  
FLAT HANDLE 250'S  
305X305X175MM

\* GST NOT INCLUDED



# NATURAL WOODEN CUTLERY



COMPOSTABLE

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



**\$38<sup>.51</sup>**  
CTN



**No. 17896**  
CHOPSTICKS - BUDGET BAMBOO  
ROUND 200MM 3000'S

**\$47<sup>.44</sup>**  
CTN



**No. 17897**  
CHOPSTICKS - BAMBOO  
ROUND 220MM 3000'S

**\$56<sup>.80</sup>**  
CTN



**No. 18501**  
CHOPSTICKS BAMBOO  
210MM 3000'S

## WIPES

Our heavy-duty wipes are available in a wide range of colors, perfect for use in cafes, restaurants, and commercial kitchens

**\$35<sup>.52</sup>**  
CTN



**No. 16863**  
BLUE EXTRA HEAVY DUTY 90  
SHEETS 300X500MM  
4 ROLLS/CTN EJ ECO

**\$35<sup>.52</sup>**  
CTN



**No. 16868**  
GREEN EXTRA HEAVY DUTY 90  
SHEETS 300X530MM  
4ROLLS/CTN EJ ECO

**\$35<sup>.52</sup>**  
CTN



**No. 31271**  
RED EXTRA HEAVY DUTY 90  
SHEETS 300X530MM  
4ROLLS/CTN EJ ECO

**\$35<sup>.52</sup>**  
CTN



**No. 11105**  
BROWN EXTRA HEAVY DUTY 90  
SHEETS 300X530MM  
4 ROLLS/CTN EJ ECO

\* GST NOT INCLUDED