

Hart and Soul

fine foods wholesale catalogue 2018

Welcome. At Hart and Soul we believe in pure, simple pleasures everyday. Our distinct range of gourmet foods including natural cordials, salad dressings, dukkah & co and Pure Bliss Balls are all handmade in Melbourne using the finest ingredients and packaging.

We're proud to be 100% natural with absolutely nothing artificial added and all products are gluten free.

Enjoy!

Lemon Squash Cordial 750 ml

A refreshing, tangy cordial concentrate; 750mls diluted makes about 7 litres of cordial. Fabulous for kids and adults alike, mix with gin or vodka, soda water or with hot water and honey for a delicious hot lemon drink. \$10.00



Orange/Lemon Squash Cordial 750 ml

Slightly sweeter than the lemon squash and very popular with kids. This one also makes about 7 litres of cordial when mixed. \$10.00

Lime Cordial 750 ml

A delicious lime cordial concentrate which is fabulous on its own, in LLBs or mixed with gin, vodka or soda water. As we only use fresh fruit, lime cordial is occasionally unavailable. Makes about 7 litres. \$10.00





Pink Grapefruit Cordial 750 ml

The subtle flavour of ruby grapefruit makes this cordial Concentrate fabulous with soda water or your favorite spirit over crushed ice. \$10.00

Raspberry Cordial 750 ml

A sweet, tangy cordial concentrate made with fresh frozen raspberries, 750mls makes around 6 litres of cordial. This syrup is also delicious used undiluted over desserts, on ice-cream or in smoothies. Gorgeous with champagne and other alcoholic mixers. Available all year round! \$10.00



Boysenberry Cordial 750 ml

Fresh frozen boysenberries make this decadent cordial concentrate a rich syrup, available all year round. A sweet, tangy cordial; 750mls makes around 6 litres of cordial. Fantastic undiluted over desserts, on ice-cream and in smoothies. \$10.00



Passionfruit/Orange Cordial 750 ml

The combination of fresh frozen passion fruit pulp with freshly squeezed orange juice make this one a tropical treat! Available all year round! \$10.00



Black Currant Cordial 750 ml

For those who enjoy the distinct flavour of black currant, this cordial made with fresh frozen berries is delicious either diluted as a refreshing drink, blended into smoothies or poured undiluted over desserts as a syrup. Available all year round! \$10.00



Blood Orange Cordial 750 ml

For lovers of the intense flavor of blood orange, this cordial made with the fresh juice of blood oranges is only available for a limited time each year. Available summer! \$10.00

Salad Dressings...

Classic Salad Dressing 375 ml

Classic, French style vinaigrette with a hint of cream; delicious over any summer or winter salad. \$9.50

Aged Balsamic Vinaigrette 375 ml

Italian style vinaigrette with aged balsamic vinegar, olive & canola oils. Fabulous on a cold green salad or poured over roasted vegetables. \$9.50

Smoked Paprika Vinaigrette 375 ml

A distinctly smoky vinaigrette made with red wine vinegar and canola oil, this is delicious tossed with your favourite salad greens or roasted vegetables and doubles as a fabulous marinade for meat and chicken. \$9.50



Preserves...

Mango Chutney 250gm

Mildly spicy and delicious with cold meat, focaccias or curry. \$6.50



Fruit Salad in Port and Brandy 300gm

Eat alone as a pure indulgence or serve with cream or ice-cream for an instant and very alcoholic dessert! Fabulous in the company of pastries, pancakes, and cheese...the possibilities are limitless! \$7.50



Middle Eastern Dukkah 150gm

Delicious with fresh cob or Turkish bread dipped in olive oil; sprinkle over chicken, beef or lamb to roast and add to any salad. \$6.50



Pure Bliss Balls...

Hart and Soul Pure Bliss Balls are handmade balls of only dried fruit, nuts & seeds. Using figs rather than dates reduces the sugar content and there are no sugars of any description added, no added fats, oils or protein powders and absolutely nothing artificial.

Five delicious flavours to choose from:

Chocolate fudge:

A dense chocolate truffle of hazelnuts, raisins, figs, prunes, goji berries, cacao powder, coconut and vanilla, rolled in coconut. Rich in flavour and antioxidants, they are a delicious and very healthy alternative to traditional chocolate truffles.

Cranberry Orange

Almonds, figs, prunes, cranberries, pistachios and orange zest. These Pure Bliss Balls leave behind a hint of toasted orange zest and cranberry inside a coating of pistachio dust.

Apricot Chia

A lighter truffle of apricots, pears, almonds, coconut and chia seeds for those who enjoy the distinct flavour of apricot with the crunchiness of the superfood chia, all in a coconut coating.

Peppermint Chocolate:

A dense chocolate truffle of hazelnuts, raisins, figs, prunes, cacao powder, coconut and vanilla with a hit of peppermint essential oil. Rich in flavour and antioxidants, they are a delicious and very healthy alternative to traditional after dinner mints.

Pear and Raspberry:

A delicious blend of pear, dried raspberry, almond, coconut and pepita make this our new fave!

Wholesale cost: \$1.20 each 20 gram ball, supplied in round plastic containers of 7 balls or catering packs.
Suggested retail: 7 for \$12.50 (per container).



Soy Wax Candles 150gm

Natural 100% vegetable soy wax candles are biodegradable, non-toxic, burn longer than other waxes and promote a healthier environment for our world, both inside and out. Set in aluminium canisters with a delicious coconut/lime fragrance, they're sure to de-light! \$10.00

For all enquiries contact:

Sarah Hart Owner/Director

Tel: 0414 943 365

Email: sarah@hartandsoul.com.au