

## **FOOD MAP**

Find out more about where all our breakfast produce is from on the Island so you can go and visit them yourselves and help support our hardworking local businesses. We also have most of the produce we use available to buy at The Caledon.

## **WHO WE USE**

### **BROWNRIGG POULTRY**

Poached, scrambled, boiled or fried, we love our eggs!

The lovely Richard Brownrigg delivers around 150 eggs a week to The Caledon. They are Free Range, laid and packaged at Sheepwash Farm and delicious! Brownrigg Poultry is a family run business, specialising in fresh, free range chickens and ducks. The birds are free to roam in grassy paddocks and fields around the farm, enjoying a completely natural diet. Why not buy some eggs from us to take home with you.

### **HAMILTON'S BUTCHERS**

No fry up would be complete without our wonderful English smoked back bacon and made to order traditional pork sausages, which are just delicious! Not to mention our award winning Oakwell black pudding. We source our meat from the lovely people at Hamilton's Fine Foods on the Isle of Wight. They are a family run butchers with shops in Cowes, Wootton Bridge and Newport.

### **THE TOMATO STALL**

Honestly the juiciest, most delicious tomatoes you'll ever taste! Each week we take delivery of a lovely big box of The Tomato Stall tomatoes, fresh from their greenhouses in the Arreton Valley. Tomatoes have been grown in the Arreton Valley, nestled in the heart of the Isle of Wight, for over 20 years. The Tomato Stall bring the freshest, ripest and tastiest organic and conventional tomatoes to Farmers' Markets on the island, across the South and in London. They also produce an amazing tomato ketchup which you will find in our dining room, you've got to try it!

### **GRACES BAKERY**

THE best multi seed batch loaf you'll ever taste, without doubt! All our guests comment on it; deliciously nutty and almost chewy, it's just gorgeous. Our white loaf is equally delicious; with british butter and local jam the result is mouth watering. Grace's Bakery are based in Ryde and have shops dotted around the Island including one in Cowes. They are a hard working family business with a passion for their trade.

## **SHARON ORCHARD**

I never knew that apple juice could taste just like biting into a fresh apple until I tried Sharon Orchard's apple juice. Each variety is stunningly different and delicious. We serve Cox and Bramley at The Caledon at the moment, and once picked, pressed and bottled later on in the year we are keen to get Braeburn in, our favourite! Run by Sharon McNally, who kindly delivers to us personally, the Orchard boasts over 4,000 apple trees, growing 20 different kinds of apple. They are pressed within a week of being picked and you can even go and watch the whole process at the Orchard if you are lucky enough to be on the Island on a pressing day.

## **THE FRUIT BOWL**

Made by Barbara and Alistair Jupe, The Fruit Bowl jams are simply delicious. Raspberry & Loganberry, Gooseberry & Elderflower and Tayberry & Redcurrant are just a few of their flavours (and my favourites I might add). They are so good, that whatever fruits they have in season, and therefore jams, we buy in to offer our lovely guests.

Absolutely nothing nasty in them - no preservatives used in making the jams and no insecticides used to grow their fruit, just lovingly home made fruity goodness. Until 2012, Barbara and Alistair made all their jams in their kitchen, but have since had an eco friendly factory built in their back garden, the first of its kind on the Island, using the latest green technology, they aim to be self sufficient in energy with solar PV and solar thermal hot water, a heat pump and rainwater harvesting.

## **CALBOURNE WATER MILL**

We source our yummy muesli and porridge oats from Calbourne Water Mill. Set in 35 acres of beautiful countryside it is one of the oldest water mills in the UK, with a history that can be traced right back to the 11th Century. Everything is milled and packaged onsite, the oats are deliciously creamy. The muesli comes in amazing varieties such as Blissful Blueberry, Cheerful Cherry and Millers Mix. It contains no added salt, sugar or preservatives making it one very healthy breakfast option! I really love the stuff, pretty addicted to Cheerful Cherry at the moment. You can go and visit the mill and see it in action most days in the summer season, and you can even take a milling course.

## **WIGHT CRYSTAL**

We are really pleased to be able to offer our guests Wight Crystal Still Spring Water, collected from Knighton Spring and treated and bottled here in Newport on the Island.

Wight Crystal is a charity, and all proceeds from its sales are solely used to provide training and employment of people with a disability on the Isle of Wight.