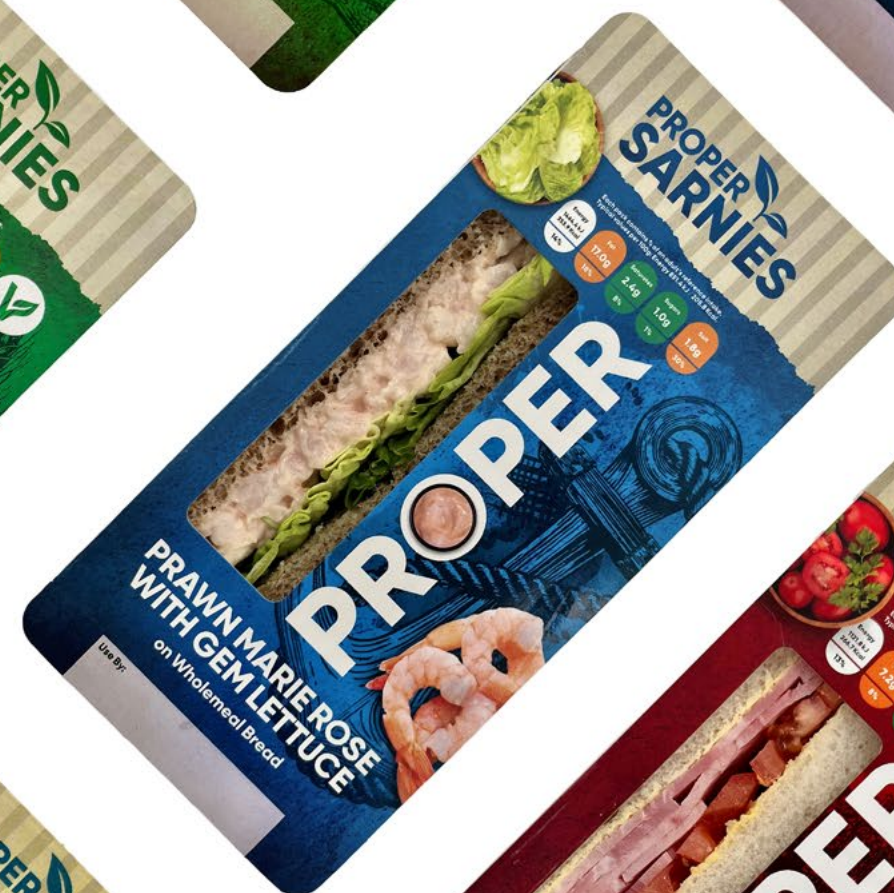


PROPER SARNIES



Proper Range



Proper Pastries



Proper Simple Sandwiches



Proper Sandwiches



Proper Vegan



Proper Dairy & Gluten Free



Proper Toasties



Proper Wraps



Proper Paninis



Proper Rolls



Proper Breakfast Rolls



Proper Pasta Salad Pots



Proper Retail Salad Bowls



Proper Fillings



Proper Fruit Pots



Proper Platters



Proper Cream Teas

Proper Facility / Geography

Proper Sarnies have a purpose-built sandwich and salad production unit producing locally made, fresh grab and go products for:

- Education
- Health
- Entertainment
- Retail

SALSA demonstrates that Proper Sarnies work to the highest food safety standards with a commitment to constantly improve. We are pleased this offers confidence, reassurance and back-up in all food safety matters. Our product range through internal and external testing also offers full traceability.

We are proud that our site is Micron 2 and SALSA accredited.



Proper Difference

Our sandwich boxes are 100% recyclable, compostable, printed on FSC certified board and supplied carbon neutral. The clear film window is made from wood pulp. The wood is sourced from FSC sustainably managed certified forests. Cellulose fibres in wood pulp goes through a casting process and regenerates into a certified industrial and home compostable film called NatureFlex. Used for our clear windows, it is greaseproof and suitable for hot and cold food products.



Our vehicle fleet use EURO 6 engines
– The most CO2 efficient engine available



In our warehouse, we eradicated plastic bags and replaced with paper bags saving 2 tonnes of plastic-use per annum



We collect fresh product locally, direct from farmers and growers within 60 miles of our depot



Sandwich & Wrap packaging is all plastic free



Biodegradable



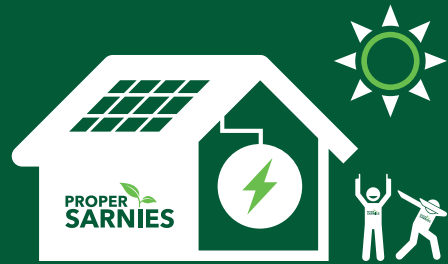
100% recyclable into mixed and card recycling



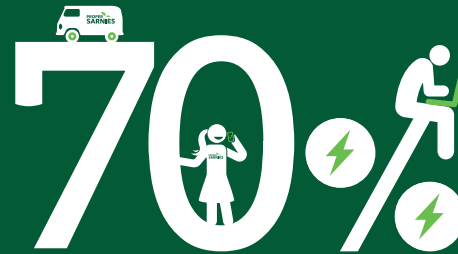
Carbon Capture partnership with our printer to ensure trees are planted

Proper Eco-Warriors!

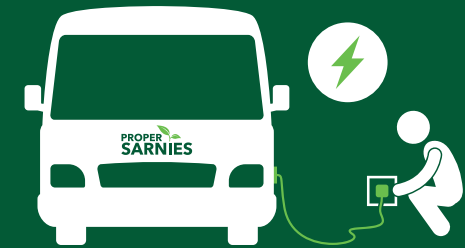
At Proper Sarnies, we are dedicated to reducing our carbon footprint. In 2023, we took the decision to turn our workforce into Eco-Warriors by making sure we can reduce our energy usage where ever possible. From installing solar panels on our factories, all the way to purchasing all electric vehicles, we are doing our best to save the planet (while still making yummy food).



100Kw of Solar Panels installed



Generating 70% of electricity we use in the business able to run fridges, freezers, pump trucks, lighting, PC's, phone systems etc



Purchase of new All Electric E-Transit



Lighting in the business moved to LED



Lights on sensors as opposed to switch, designed to switch off when not in use

NEW COOKED FROM FROZEN



Proper Pasties and Sausage Rolls

Made in Cornwall



Proper Cornish Pasty
x 30

Code: 28371



Proper Cheese
and Onion Pasty x 30

Code: 4352



Proper Cocktail
Cornish Pasty x 50

Code: 28372



Proper Cocktail Cheese
and Onion Pasty x 50

Code: 28373



Proper Sausage Roll
x 70

Code: 33053

Next day delivery for all orders placed before 11am.
Orders for Monday deliveries to be placed on Friday prior.

T: 01752 848738 | **E:** proper@tamarfresh.co.uk | **W:** tamarfresh.co.uk

Proper Simple Sandwiches



Plain Ham

Code: 20070

Bread type: White



Plain Cheese

Code: 20082

Bread type: White



Plain Tuna Mayo

Code: 20071

Bread type: Wholemeal



Plain Egg Mayo

Code: 20076

Bread type: White

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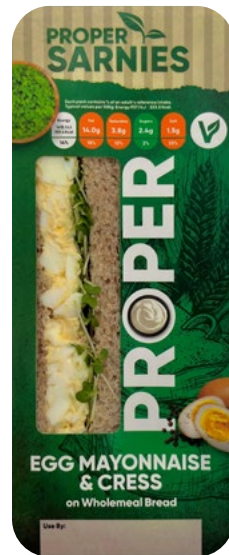
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Proper Sandwiches



Cheddar Cheese
& Pickle

Code: 23266
Bread type: White



Egg Mayo
& Salad Cress

Code: 35150
Bread type: Wholemeal



Tuna Mayo
& Cucumber

Code: 17127
Bread type: Wholemeal



Three Cheese
& Onion

Code: 38059
Bread type: White



Chicken
Mayo

Code: 20041
Bread type: Wholemeal



Ham
& Tomato

Code: 35151
Bread type: White

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Proper Sandwiches



Mature Cheddar
Ploughman's

Code: 35163

Bread type: Malted



Bacon, Lettuce
& Tomato (BLT)

Code: 23262

Bread type: Malted



Chicken Mayo, Bacon
& Mixed Leaf

Code: 31266

Bread type: Malted



Coronation Chicken
& Rocket

Code: 28324

Bread type: White



Prawn Marie Rose
& Baby Gem Salad

Code: 36028

Bread type: Wholemeal

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Proper Vegan



Houmous
& Roast Vegetables

Code: 37027

Requirement: Vegan
Bread type: Malted



Vegan Tikka
& Rocket

Code: 37030

Requirement: Vegan
Bread type: Malted



Vegan Cheese
& Pickle

Code: 15094

Requirement: Vegan
Bread type: Malted



Vegan Cheese
& Pickle Toastie

Code: 15071

Requirement: Vegan
Bread type: Malted



Vegan Cheese
& Onion Panini

Code: 11100

Requirement: Vegan
Bread type: Ciabatta



Vegan Houmous &
Roasted Vegetables

Code: 36032

Requirement: Vegan
Bread type: Tortilla Wrap



Vegan Tikka
& Rocket

Code: 37032

Requirement: Vegan
Bread type: Tortilla Wrap

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Proper Dairy & Gluten Free



Ham Salad

Code: 7066

Requirement: Dairy Free

Bread type: Malted



Egg & Cress

Code: 7053

Requirement: Dairy Free

Bread type: Malted



Egg Mayo & Cress

Code: 15118

Requirement: Gluten Free



Ham Salad

Code: 15113

Requirement: Gluten Free



Tuna Mayonnaise
& Cucumber

Code: 35125

Requirement: Gluten Free



Gluten Free Platter (x3)

Code: 5402

Requirement: Gluten Free

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Can be cooked
in the bag



Proper Toasties



Cheese
& Ham

Code: 35165
Bread type: White



Cheese
& Bacon

Code: 35164
Bread type: White



Cheese
& Tomato

Code: 35085
Bread type: White



3 Cheese
& Spring Onion

Code: 35166
Bread type: White



Cheese
& Mushroom

Code: 28427
Bread type: White

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Proper Wraps



Mature Cheddar
Ploughman's

Code: 38064

Bread type: Tortilla Wrap



Crumbled Feta
& Roasted Vegetable

Code: 38084

Bread type: Tortilla Wrap



Chicken Mayo, Sweetcorn
& Mixed Leaf

Code: 38069

Bread type: Tortilla Wrap



Coronation Chicken
& Rocket

Code: 20035

Bread type: Tortilla Wrap



Tuna Mayo, Sweetcorn
& Spring Onion

Code: 20038

Bread type: Tortilla Wrap

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Can be cooked
in the bag



Proper Paninis



Three Cheese
& Spring Onion

Code: 20044

Bread type:

Ciabatta



Crumbled Feta
& Roasted
Vegetable

Code: 20045

Bread type:

Ciabatta



Brie &
Cranberry Sauce

Code: 20050

Bread type:

Ciabatta



Cheese &
Tomato

Code: 28333

Bread type:

Ciabatta



Tuna Mayo
with Cheddar

Code: 20053

Bread type:

Ciabatta



Ham, Cheese
& Onion Chutney

Code: 20055

Bread type:

Ciabatta



BBQ Chicken
& Cheese

Code: 1080

Bread type:

Ciabatta



Cheese
& Mushroom

Code: 23229

Bread type:

Ciabatta

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Proper Rolls



Three Cheese
& Onion

Code: 31265
Bread type: White

Tuna &
Cucumber

Code: 36005
Bread type: White

Ham
Salad

Code: 31274
Bread type: White

Egg Mayo
& Cress

Code: 31259
Bread type: Malted

Chicken Mayo
& Bacon

Code: 31272
Bread type: Malted

Coronation Chicken
& Rocket

Code: 31271
Bread type: Malted

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Can be cooked
in the bag



Proper Breakfast Rolls



Bacon Roll

Code: 4058

Bread type: White



Sausage Roll

Code: 13095

Bread type: White

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Proper Pasta Salad Pots



Tomato Pasta Salad

250g Code: 35108

1kg Code: 33525

2kg Code: 33293



Tuna Pasta Salad

250g Code: 33392

2kg Code: 35068



Chicken & Bacon
Pasta Salad

250g Code: 35109

1.7kg Code: 33285



Sweet Chilli Noodle Salad

250g Code: 36009

950g Code: 35117

1.9kg Code: 33288



Fruity Rice Salad

1.75kg Code: 33295

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Proper Retail Salad Bowls



Chicken

Code: 1096



Ham

Code: 1095



Cheese

Code: 1097



Tuna Mayo

Code: 1094



Sundried Tomato
Hummus (Vegan)

Code: 4380



Greek Salad

Code: 17133



Chicken Ceasar Salad

Code: 17162

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Proper Fillings



Coleslaw

200g Code: 5495
1kg Code: 33283
2kg Code: 5254



Coronation Chicken

200g Code: 33405
1kg Code: 13143



Egg Mayonnaise

200g Code: 36008
1kg Code: 13171



Potato Salad

200g Code: 37036
900g Code: 33524
1.8kg Code: 28160



Tuna Mayonnaise

200g Code: 36006
1kg Code: 13166

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Proper Fillings



Chicken Mayo & Sweetcorn

1kg **Code:** 13167



Chicken & Bacon

1kg **Code:** 13125



Chicken Mayonnaise

1kg **Code:** 13127



Prawn Mayonnaise

1kg **Code:** 13140



Three Cheese & Onion

1kg **Code:** 13168

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Proper Fruit Pots



Fresh Fruit Salad

250g Code: 35106

1kg Code: 33239

2kg Code: 13079



Melon & Grape

190g Code: 36010

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Proper Platters



Fruit (small)*

Code: 33266



Fruit (large)*

Code: 33267



Mixed

Code: 33264



Vegetarian

Code: 33272



Vegan

Code: 4400

*Please note that the ingredients of our fruit platters may vary seasonally
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Proper Cream Tea



Proper Cream Tea in a Box

Code: 23177

Each Box contains: 1 x knife,
1 x Napkin, 1 x 80g Boddingtons
Strawberry jam, 1 x scone,
1 x 56g of clotted cream



Scone Platter (x8)

Code: 5412

Next day delivery for all or
Orders for Monday deliveries to be placed on Friday prior.

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Tamar Fresh Ltd
Head Office
Barrett House , Marjorie Court,
Burraton Road, Saltash,
Cornwall, PL12 6AY

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W: tamarfresh.co.uk

