

Retailers Adwerthwyr

Andrew Rees & Sons Ltd

Contact Name: Andrew Rees

29 High Street, Narberth, Pembrokeshire SA67 7AR

T: 01834 861892

E: admin@andrewreesbutchers.co.uk

W: www.andrewreesbutchers.co.uk

Our retail shop provides a full range of fresh and frozen meat and poultry products, all locally sourced where possible. Home-cooked pies and pasties and a large range of own recipe sausages, burgers and cooked meats. Hot carvery and a fresh fish counter available daily. Pre-bookable mobile pig roasts available for parties, weddings and other functions.

Business Hours: 7.30am-6pm

Deliveries: Pembrokeshire and West Carmarthenshire

Main Supply Market: Public, local residents, visitors.

Mae ein siop adwerthu'n cynnig ystod lawn o gynnyrch cig a dofednod ffres ac wedi eu rhewi, y cyfan wedi eu cynhyrchu'n lleol lle bynnag bo'n bosibl. Peis a phastai wedi eu pobi gartref ac amrywiaeth eang o selsig, byrgys a chigoedd wedi eu coginio i'n rysetiau ein hunain. Cownter o gigoedd poeth wedi eu tafellu a chownter o bysgod ffres ar gael bob dydd. Gellir archebu mochyn rhost ar glud o flaen llaw ar gyfer partïon, priodasau ac achlysuron eraill.

Oriau Busnes: 7.30am-6pm

Dosbarthu: Sir Benfro a Gorllewin Sir Gaerfyrddin

Marchnadoedd a Gyflenwir yn Bennaif: Y cyhoedd, trigolion lleol, ymwelwyr



Bethesda Farmshop

Contact Name: Geraint & Sian Bowen

Rose Villa, Bethesda, Narberth, Pembrokeshire, SA67 8HF

T: 01437 563124/563090

E: bethesdameats@talk21.com

W: www.fresh-welsh-meat.co.uk

A farmshop with in-shop butchery selling home reared meats and locally sourced poultry with full traceability. Silver "True Taste Award" for home cured bacon, gammon steak, pies and pasties. Also new cooked meat range, including turkey, ham and beef. A large range of Welsh dairy products, seasonal vegetables, preserves, baked goods, Welsh wines and beers. Also supply Christmas hampers.

Mail Order: Yes

Business Hours: 8am-6pm Monday to Saturday

Deliveries: Local and UK (next day delivery chilled boxes)

Main Supply Market: Wholesale, catering, direct sales, and Haverfordwest Farmers Market

Busnes sy'n gwerthu cigoedd wedi'u cynhyrchu yn yr ardal - cig eidion, porc a chig oen gwarantir y gellir olrhain eu tarddiad. Caiff y cynnyrch ei dorri a'i bacio i ateb gofynion personol y cwsmer. Gwobr arian "Gwir Flas" am facwn a stêcs gamwn wedi'u halltu gartref. Hefyd amrediad newydd o gigoedd wedi'u coginio, gan gynnwys twrcïod, ham a chig eidion.

Archebu Trwy'r Post: Ie

Oriau busnes: 8am-6pm Dydd Llun i Ddydd Sadwrn

Dosbarthu: y DU (dosbarthir blychau oer y diwrnod wedyn)

Marchnadoedd a Gyflenwir yn Bennaif: Cyfanwerthu, arlwy, gwerthu'n uniongyrchol, a Marchnad Ffermwyr Hwlfordd



Bwyd-y-byd Organic Wholefoods

Contact Name: Suzanne Jones

Crymych, Pembrokeshire SA41 3QQ

T&F: 01239 831537

E: malcolm378@aol.com

W: www.healthfoodshopswestwales.co.uk

We sell mainly wholefood and local produce such as cheese, yoghurts, cakes, bread, honey, fruit and vegetables, butter, pickles and chutneys. We also stock vitamins and supplements and homeopathic remedies. We have a wide range of foods to suit exclusion diets. Licenced to sell alcohol.

Business Hours: 9am-5pm, Monday to Saturday

Deliveries: By arrangement

Main Supply Market: Independent

Mae gennyam amrywiaeth eany o fwydydd addas ar gyfer dietau eithrio bwydydd. Trwydded I werthu alcohol.

Oriau busnes: 9am-5pm, Dydd Llun i Ddydd Sadwrn

Dosbarthu: Drwy drefniant

Marchnadoedd a Gyflenwir yn Bennaf: Annibynnol

Calon Wen Organic Foods Ltd

Soil Association: PI6WW

Contact Name: Maxime Taylor

Unit 4, Whitland Industrial Estate, Spring Gardens, Whitland, Carmarthenshire SA34 0HR

T: 01994 241368

F: 01994 241063

E: info@calonwen.co.uk

W: www.calonwen.co.uk

Organic one-stop-shop. Wholesale/retailer and home deliveries for full range of organic fruit, vegetables and dairy products from leading Welsh growers and brands. Official distributors for Rachels Organic yoghurts. Official distributor for Calon Wen Dairy Products.

Business Hours: 8am-6pm, and 24 hour answer machine

Deliveries: Mid and South-West Wales

Main Supply Market: Shops, restaurants, box schemes and individuals

Siop organig un stop. Cyfanwerthu/adwerthu a dosbarthu amrediad llawn o ffrwythau, llyisiau, bwydydd cyflawn a nwyddau llaeth organig gan brif gynhyrchwyr a brandiau Cymru i gartrefi. Dosbarthwr swyddogol Cynnyrch Llaeth Calon Wen.

Oriau busnes: 8am-6pm, a pheiriant ateb 24 awr

Dosbarthu: ar draws Cymru

Marchnadoedd a Gyflenwir yn Bennaf: Siopau, bwytai, cynlluniau blychau ac unigolion.



Crops & Chops

Contact Name: Rob Penfold

3 Wayside Close, Simpsons Cross, Haverfordwest, Pembrokeshire SA62 6EP

T: 01437 710918

E: cropsandchops@hotmail.co.uk

Farmshop specialising in local meats sourced from local producers, Fresh fruit and veg, free-range eggs, fresh bread delivered every day. Selection of homemade jams, preserves and cakes including a range of jams and cakes suitable for diabetics.

Mailorder: Yes

E-Commerce: Yes

Business Hours: Sunday 9am -12 noon, Monday 8am -1pm, Rest of week 8am -6pm

Deliveries: National

Main Supply Market: Retail sales

Siop fferm sy'n arbenigo mewn cigoedd lleol gan gynhyrchwyr lleol. Ffrwythau a llysiau ffres, wyau buarth, cyflenwad o fara ffres bob dydd, dewis o jamiau a chyffrwyth a chacennau wedi'u gwneud gartref gan gynnwys amrywiaeth o jamiau a chacennau addas ar gyfer rhai diabetig.

Archebu Trwy'r Post: Ie E-fasnach: Ie

Oriau busnes: dydd Sul 9-12, dydd Llun 8-1, Gweddill yr Wythnos 8-6

Dosbarthu: Cenedlaethol

Marchnadoedd a Gyflenwir yn Bennaaf: Adwerthu

Ffynnon Organics

Contact Name: Emma Emberson

Ffynnon, Samson, Llangolman, Clynderwen, Pembrokeshire SA66 7QL

T: 01437 532542

E: info@enjoypreseli.co.uk

W: www.enjoypreseli.co.uk

Organic box scheme including our own grown vegetables and eggs plus fruit and wholefoods.

Business Hours: 9am-8pm

Deliveries: Pembrokeshire

Main Supply Market: Box scheme

Cynllun blychau organig yn cynnwys llysiau a dyfwyd gennym ni ein hunain, a'n hwyau cartref. Ffrwythau a bwydydd cyflawn hefyd

Oriau busnes: 9am-8pm

Dosbarthu: Sir Benfro

Marchnadoedd a Gyflenwir yn Bennaaf: Cynllun blychau

Four Seasons

Contact Name: Mr Hugh Scale

Upper Park Road, Tenby, SA70 7LT & Four Seasons Farmshop, Bethesda Cross, Saundersfoot, Pembrokeshire SA69 9DS

T: 01834 842591/812911

F: 01834 849004

E: hugh4seasons@googlemail.com

Both shops stock a high quality of fruit and vegetables sourced locally when in season. The award-winning farmshop has a large selection of local, Welsh and continental cheeses, hams and charcutiere, olives, pates, freshly baked instore bread, organic flour, preserves, pickles, chutneys, on-tap oils and flavoured vinegars. Fresh game, organic meat and free-range chickens are also available. Also locally produced pies, pasties and baked goods. The farmshop prides itself on stocking as much local produce as possible.

Business Hours: March to October 7am-7pm seven days a week; October to February 7.30am-5.30pm Monday to Saturday. Farmshop open Sundays throughout Winter

Deliveries: Yes

Main Supply Market: Catering trade, retail and own shop

Mae'r ddwy siop yn cadw cyflenwad o ffrwythau a llysiau o ansawdd uchel, wedi eu tyfu'n lleol pan maent yn eu tymor. Mae gan y Siop Fferm, sydd wedi ennill gwobrau, ddewis helaeth o gaws lleol, caws o Gymru a'r cyfandir, cig mochyn a chig parod ac olewydd, pate, bara wedi ei bobï yn y siop, blawd organig, cyffrwyth, picls, siytni, olew o'r tap a finegr â blas iddo. Ceir cig helwriaeth ffres, cig organig a dofednod rhyddion hefyd. Yn ogystal â pheis, pastai a nwyddau wedi eu bobï'n lleol. Mae'r siop fferm yn ymfalchïo mewn cadw mewn stoc gymaint o gynnyrch lleol ag sydd yn bosibl.

Oriau Busnes: Mawrth hyd Hydref 7am-7pm saith niwrnod yr wythnos; Hydref hyd Chwefror 7.30am-5.30pm o ddydd Llun hyd ddydd Sadwrn. Mae'r Siop Fferm ar agor ar ddyddiau Sul gydol y gaeaf.

Dosbarthu: le

Marchnadoedd a Gyflenwir yn Bennaf: Busnesau arlwy, a siop y busnes



Gate 2 Plate Farmshop

Contact Name: Anna Llewellyn or Vicky James

Mayfield Golf Centre, Lower Freystrop, Haverfordwest, Pembrokeshire

T: 01437 779451

W: www.gate2platefarmshop.co.uk

At our farmshop we sell our own beef, rare breed pork and source local lamb. Our butchery section also makes homemade sausages, burgers and faggots. We also produce homemade pies, pasties and cakes. Local produce includes cheese, eggs, jam, bread, milk, veg, ice-cream and much more.

Business Hours: Mon-Fri 8.30am – 5.30pm. Sat 8.30am – 4.00pm

Main Supply Market: Retail

Yn ein siop fferm rydym yn gwerthu ein cig eidion ein hun, cig mochyn brîd prin a chig oen o ffynonell leol. Yn ogystal, mae ein hadran bwtsiera yn gwneud selsig cartref, byrgys a ffagots. Rydym hefyd yn cynhyrchu pastai, pastenni a chacennau wedi eu gwneud gartref. Mae'r cynnyrch lleol yn cynnwys caws, wyau, jam, bara, llaeth, llysiau, hufen iâ a llawer mwy.

Oriau Busnes: Llun-Gwener 8.30 – 5.30. Sadwrn 8.30 – 4.00

Marchnadoedd a Gyflenwir yn Bennaf: Adwerthu



Gwaun Valley Meats

Contact Name: William Evans

3 St David's Road, Letterston, Haverfordwest, Pembrokeshire SA62 5SF, also: 36 West Street, Fishguard.

T&F: 01348 840838

E: gwaun@btinternet.com

Retail and catering butchers selling locally farmed beef, lamb, pork and chicken, also specialising in award-winning, own cured bacon, gammon and cooked meats, sausages and faggots. Local bread, vegetables, eggs, jams, chutneys and homemade cakes.

Mail Order: Yes

Business Hours: 9.30am – 5pm, Monday to Friday. 9am – 3pm Saturday

Deliveries: Pembrokeshire

Main Supply Market: Direct from shop, retail and catering establishments.

Cygyddion adwerthu ac arlwy yn gwerthu cig eidion, cig oen, porc a dofednod a fagwyd yn lleol, gan arbenigo mewn cig moch cartref, gamwn a chigoedd wedi eu coginio, selsig a ffagots, sydd wedi ennill gwobrau. Bara, llysiâu, wyau, jamiau, siytnis a chacennau cartref lleol.

Archebu Trwy'r Post: Ie

Oriau Busnes: 9.30am – 5pm, dydd Llun i ddydd Gwener. 9-3 dydd Sadwrn

Dosbarthu: Sir Benfro

Marchnadoedd a Gyflenwir yn Bennaf: Yn uniongyrchol o'r siop, manau adwerthu ac arlwyo.



J K Lewis & Son Ltd

Contact Name: Carwyn and Sian James

Preseli Stores & Bakery, Crymych, SA41 3QG

T: 01239 831288

F: 01239 831288

E: jklewis@btconnect.com

Glandy Cross Ltd, Efailwen, Clunderwen, SA66 7XB

T: 01994 419230

F: 01239 831874

E: glandycross@btinternet.com

Retail grocer supplying whole range of groceries, fruit and veg and fresh bakery products made from scratch.

Mail Order: Yes

Business Hours: JK Lewis 7.30am – 8pm Mon-Sat. 8.15am – 3pm Sun

Glandy Cross: 6am – 9pm Mon-Sat. 6am – 6pm Sun

Deliveries: Yes, free within 10 miles

Main Supply Market: Local area

Grosor manwerthol sy'n cyflenwi amrywiaeth lawn o fwydydd, ffrwythau a llysiâu a nwyddau pob ffres, wedi eu creu o'r cychwyn cyntaf.

Archebu Trwy'r Post: Ie

Oriau Busnes: JK Lewis 7.30am – 8pm Dydd Llun-Sadwrn. 8.15am – 3pm Sun

Glandy Cross: 6am – 9pm Dydd Llun-Sadwrn. 6am – 6pm Dydd Sul

Dosbarthu: Ie, am ddim o fewn 10 milltir

Marchnadoedd a Gyflenwir yn Bennaf: Yr ardal lleol



Jon James Convenience Shop

Contact Name: Mr Jon James

64 Portfield, Haverfordwest, Pembrokeshire SA61 1BW

☎: 01437 763376

Butchery counter selling only local meat, variety of homemade sausages and burgers, barbecue packs of meat available. Also sell local milk, butter, cream, honey, eggs, vegetables, fruits and soft drinks.

Business Hours: 6.30am-10pm daily

Deliveries: Local

Main Supply Market: Direct sales and catering with the meat, and own shop

Cownter cig yn gwerthu cig lleol yn unig, amrywiaeth o selsig a byrgys cartref, paciau o gig barbeciw ar gael. Hefyd yn gwerthu llaeth, menyf, hufen, mêl, wyau, llysiau lleol, ffrwythau a diodydd meddal.

Oriau busnes: 6.30am-10pm yn ddyddiol

Dosbarthu: Lleol

Marchnadoedd a Gyflenwir yn Bennaf: Gwerthu'r cig i fusnesau arlwyo ac yn uniongyrchol, a siop y busnes.

Milton Farmshop

Contact Name: Justin Thomas and Lynn Christopher

Milton Farmshop, Tenby, Pembrokeshire

☎: 01646 651373

Own butchery specialising in Pembrokeshire reared Welsh Black beef, lamb, pork and poultry. Own recipe faggots, sausages and burgers. Also a large range of locally produced eggs, cheeses, milk, cakes, honey, vegetables, bread and ice-cream.

Business Hours: 7am-6pm, Monday to Saturday, 8am-12noon Sunday.

Deliveries: No

Main Supply Market: Retail, direct sale

Llaeth, bara, hufen iâ, cyffeithiau, mêl a llysiau a gynhyrchir yn lleol, wyau fferm a buarth.

Oriau busnes: 9am-5pm

Dosbarthu: De Sir Benfro

Marchnadoedd a Gyflenwir yn Bennaf: Busnesau arlwyo, adwerthwyr annibynnol a siop y busnes.



Morgan-Foley's Deli

Contact Name: Janette Morgan-Foley

22 High Street, Tenby, Pembrokeshire, SA70 7HD

☎: 01834 843996

✉: janette.morgan-foley@btconnect.com

Delicatessen selling charcuterie meats, Welsh, British and French cheeses, organic produce, local produce, gluten-free organic wines.

Mail Order: No

Business Hours: 9am – 5.30pm

Deliveries: No

Delicatessen sy'n gwerthu 'charcuterie' wedi'u coginio, cawsiau o Gymru, Prydain a Ffrainc, cynnyrch organig, cynnyrch lleol, gwinoedd organig di-glwten.

Archebu Trwy'r Post: Na

Oriau Busnes: 9am – 5.30pm

Dosbarthu: Na

Number 20

Contact Name: Tracey Bucknell

20 Market Street, Haverfordwest, Pembrokeshire

T: 01437 763794

E: traceykb@tiscali.co.uk

Delicatessen and dining accessories specialising in local cheese and other food. Wine, coffee, freshly made sandwiches. Gift hampers and other 'foody' gifts.

Business Hours: Monday, 9.30am-2pm. Other days 9.30am-5.30pm

Deliveries: Please phone for local deliveries

Main Supply Market: Retail

Delicatessen ac ategolion bwyta, yn arbenigo mewn cawsiau a bwydydd eraill lleol. Gwin, coffi, brechdanau a wneir yn ffres. Basgedi rhodd a rhoddion 'bwyd' eraill.

Oriau busnes: Dydd Llun, 9.30am-2pm. Dyddiau eraill 9.30am-5.30pm

Dosbarthu: Ffoniwch ar gyfer dosbarthu lleol

Marchnadoedd a Gyflenwir yn Bennaf: Busnesau adwerthu



Organics To Go

Contact Name: Mr Roger Hallam

Werndolau, Gelli Aur, Carmarthen, Carmarthenshire SA32 8NE

T&F: 01558 668088

E: organics2go@ukonline.co.uk

W: www.organicstogo.info

Organic fresh fruit and vegetables, organic wholefoods, organic and fresh bread delivered, sold by weight in a mobile shop environment.

Business Hours: Monday to Wednesday, 9am-1pm manned telephones or 24hour answerphone.

Deliveries: Pembrokeshire, West Carmarthenshire

Main Supply Market: Direct sale from van - retail/wholesale

Ffrwythau a llysiau organig ffres, cyfanfwydydd organig, bara ffres ac organig yn cael ei ddosbarthu, gwerthu yn ôl pwysau o siop deithiol.

Oriau busnes: Dydd Llun I Mercher, 9am-1pm ffonau â phobl yn ateb neu beiriant ateb 24 awr.

Dosbarthu: Sir Benfro, Gorllewin Sir Gaerfyrddin

Marchnadoedd a Gyflenwir yn Bennaf: Gwerthu'n uniongyrchol o fan - adwerthu/cyfanwerthu.

Pembrokeshire Produce Direct

Contact Name: James Ross

Sarngwmm, Bethesda, Narberth, Pembrokeshire, SA67 8HG

T: 01437 563035

F: 01437 562063

E: info@pembrokeshireproducedirect.co.uk

W: www.pembrokeshireproducedirect.co.uk

Pembrokeshire Produce Direct is a cooperative of around 70 West Wales Food Producers who have got together to offer a completely new way of buying local food. With an exciting website at www.pembrokeshireproducedirect.co.uk or telephone ordering on 01437 563035 and a central delivery hub you can buy whatever you want from as many producers as you like and receive a single delivery direct to your home, workplace or holiday destination. We can also provide a bespoke "Welcome Pack" service for your holiday cottages. Let us know what you would like and we will do the rest! A weekly order cycle means that the majority of your order will have been specially produced for you – it doesn't get more fresh and fun than that! Take a look at our website – you'll be surprised at what's on offer.

Mail Order: Yes

Business Hours: 24 hours a day, 365 days a year

Deliveries: Yes, West Wales and beyond

Main Supply Market: Domestic, catering and tourism

Cwmni cydweithredol yw Cynnyrch Sir Benfro / Pembrokeshire Produce Direct. Mae'n cynnwys oddeutu 70 o Gynhyrchwyr Bwyd Gorllewin Cymru sydd wedi dod at ei gilydd er mwyn cynnig ffordd hollol newydd o brynu bwyd lleol. Gallwch brynu beth bynnag yr hoffech gan faint fynwch o gynhyrchwyr, trwy ddefnyddio gwefan gyffrous yn www.pembrokeshireproducedirect.co.uk neu archebu dros y ffôn ar 01437 563035 neu drwy ganolfan ddanfon ganolog. Ac fe gewch un danfoniad yn syth i'ch cartref, gweithle neu gyrchfan gwyliau. Ar ben hynny gallwn ni ddarparu gwasanaeth "Pecyn Croeso" pwrpasol ar gyfer eich bythynnod gwyliau. Rhwch wybod inni beth yr hoffech ei gael ac fe wnawn ni bopeth arall! Bydd cylch archebion bob wythnos yn golygu y bydd y rhan fwyaf o'ch archeb wedi'i chynhyrchu'n arbennig i chi - ffresni diddwl i yng ngwir ystyr y gair! Beth am fwrw golwg ar ein gwefan - fe synnech beth sydd ar gynnig yno!

Archebu Trwy'r Post: Ie

Oriau Busnes: 24 awr y dydd, 365 dydd y flwyddyn

Dosbarthu: Ie, Gorllewin Cymru ac ymhellach

Marchnadoedd a Gyflenwir yn Bennaf: Domestig, arlwyo a thwristiaeth



The Pembrokeshire Smokery LLP (Vicar's Mill Trout Farm LLP)

Contact Names: Lucy Strand and Clair Stevens

Vicar's Mill Trout Farm, Llandissilio, Pembrokeshire, SA66 7LS

T: 01437 563553

Fresh trout and other fish hot and cold smoked using locally and responsibly sourced wood. Business is due to open early 2010 with plans to expand into smoking meat and cheese etc at a later date. Please ring for details.

Mail Order: Yes

Business Hours: 9am to 5pm Monday to Friday.

Deliveries: Yes, within Pembrokeshire – on request

Main Supply Market: Local farmers' markets, retail, wholesale and caterers

Byddwn yn cael gafael, mewn modd cyfrifol, ar bren lleol i gochi ein brithyllod ffres a'r pysgod eraill sy'n cael eu sychu mewn mwg twym ac oer. Mae'r busnes i fod i agor yn nechrau 2010 ac rydym yn bwriadu ehangu yn nes ymlaen er mwyn sychu cig a chaws ac ati mewn mwg. Cofiwch ffonio am y manylion.

Oriau Busnes: 9am to 5pm Dydd Llun i Gwener.

Dosbarthu: Ie, o fewn Sir Benfro – ar gais

Marchnadoedd a Gyflenwir yn Bennaf: Marchnadoedd ffermwyr lleol, manwerthu, cyfanwerthu ac arlwywyr

Priory Farmshop

Contact Name: Mr & Mrs A P Brace

Priory Farm, New Hedges, Tenby, Pembrokeshire SA70 8TN

T&F: 01834 844662

Locally produced fruit and Home-grown vegetables in season. Homemade cakes, tarts, jam, preserves etc, free-range eggs, local bakery bread. Also stocking low sugar preserves, suitable for diabetics. Business Hours: Summer 8.30am-late 7 days. Low Season 9am-5.30pm Monday to Friday, 9am-3pm Saturday, 9am-1pm Sunday

Deliveries: Local

Main Supply Market: Guest houses, restaurants, own farmshop

Ffrwythau a gynhyrchir yn lleol a llysiau cartref yn eu tymor. Cacennau, tartenni, jamiau, cyffeithiau cartref ayb, wyau buarth, bara popty lleol.

Oriau busnes: Haf 8.30am- tan yn hwyr 7 diwrnod. Tymor distaw 9am-5.30pm Dydd Llun i Ddydd Gwener, 9am-3pm Dydd Sadwrn, 9am-1pm Dydd Sul

Dosbarthu: Lleol

Marchnadoedd a Gyflenwir yn Bennaif: Gwestyau, bwytai, siop y fferm.



The Really Wild Farmshop

Contact Name: Katie Kerpner (Adam Vincent)

Nant Y Coy Mill, Treffgarne Gorge, Haverfordwest, Pembrokeshire, SA62 5LR

T: 01437 741520

E: reallywildfarmshop.co.uk

A new and exciting farmshop stocking the most local produce available of the highest quality and much, much more.

Mail Order: Yes, by order

Business Hours: Mon – Sat 9am – 7pm. Sun 10am- 5pm

Deliveries: Yes

Main Supply Market: Public

Siop fferm newydd a chyffrous sy'n llawn o'r cynnyrch mwyaf lleol, uchaf ei safon, sydd ar gael – a llawer rhagor.

Archebu trwy'r Post: Ie, trwy archebu

Oriau Busnes: Dydd Llun - Sadwrn 9am – 7pm. Dydd Sul 10am- 5pm.

Deliveries: Ie

Marchnadoedd a Gyflenwir yn Bennaif: Y cyhoedd



Roch James & Son Butchers

Contact Name: David Roch James

5 Market Street, Haverfordwest, Pembrokeshire SA61 1NF

T: 01437 763676

Delicastessen selling farmhouse cheeses, butter, honey, preserves, cooked meats and local eggs. Also retail butchers selling locally reared meats, poultry and bacon products, own recipe sausages and burgers.

Business Hours: 8am-5pm

Deliveries: No

Main Supply Market: Direct sales from shop

Cigyddion adwerthu yn gwerthu cigoedd a dofednod a gynhyrchwyd yn lleol, cigoedd cartref wedi'u coginio a nwyddau bacwn, selsig a byrgyrs o'n ryseitiau ni ein hunain. Delicastessen yn gwerthu cawsiau, menyyn, mêl a chyffeithiau tŷ fferm, a wyau lleol.

Oriau busnes: 8am-5pm

Dosbarthu: Na

Marchnadoedd a Gyflenwir yn Bennaif: Gwerthu'n uniongyrchol o'r siop.



St. Davids Food & Wine Ltd

Contact Name: Mr Peter Harrison & Mrs Sian Walker

High Street, St. Davids, Pembrokeshire SA62 6SB

T&F: 01437 721948

E: info@stdavidsfood&wine.co.uk

W: www.stdavidsfood&wine.co.uk

Delicatessen selling locally produced cheese, wine, olives, honey, preserves, oils and sauces, smoked salmon and trout. Highly commended retailer in the Welsh True Taste Awards 2005.

Business Hours: 8.30am-5.30pm. High season 8.30am – 7.30pm

Deliveries: Local

Main Supply Market: Retail

Delicatessen yn gwerthu caws, gwin, menyn, mêl, cyffeithiau, olew a sawsiau, eog a brithyll mwg a gynhyrchir yn lleol. Manwerthwr â chanmoliaeth uchel yng Ngwobrau Gwir Flas Cymru 2005.

Oriau busnes: 8.30am-5.30pm. Brig y tymor 8.30am-7.30pm

Dosbarthu: Lleol

Marchnadoedd a Gyflenwir yn Bennaf: Manwerthu



Summerhill Farmshop

Contact Name: Phillip & Angela Rogers

Cwmrath Farm, Stepaside, Narberth, Pembrokeshire SA67 8LU

T: 01834 813239

E: info@pembrokeshirecoastorganicmeat.co.uk

W: www.Pembrokeshirecoastorganicmeat.co.uk

Summerhill Farmshop specialists in organic and local produce. Organic lamb and beef reared at Cwmrath Farm within the National Trust Colby Estate. Boxes of lamb and beef delivered anywhere in the country via 24 hour courier. Hampers also available.

Mail Order: Yes

Business Hours: Winter 10am - 4.30pm. Summer 9am – 5pm. Check website or telephone.

Deliveries: Tenby – Narberth

Main Supply Market: On farmshop and box scheme.

Mae Siop Fferm Summerhill yn arbenigo mewn cynnyrch organig a lleol. Cig oen a chig eidion organig wedi eu magu ar Fferm Cwmrath o fewn Ystâd Ymddiriedolaeth Cenedlaethol Colby. Dosberthir blychau o gig oen a chig eidion unrhyw le yn y wlad drwy wasanaeth negesydd 24 awr. Hamperi hefyd ar gael.

Archebu Trwy'r Post: Ie

Oriau Busnes: Gaeaf 10-4.30, Haf 9-5. Ewch i'r wefan neu ffoniwch.

Dosbarthu: Dinbych-y-pysgod – Arberth

Marchnadoedd a Gyflenwir yn Bennaf: Siop ar Fferm a Chynllun Blychau



Trafalgar Stores

Contact Name: Mr Darcy Price

Trafalgar Road, Tenby, Pembrokeshire

T&F: 01834 842555

Convenience store selling a variety of locally produced cheeses, locally baked bread, cakes and savoury items. Home produced pork products, locally produced seasonal fruit and vegetables, and bedding plants. Daily deliveries locally.

Business Hours: 8.30am-10pm daily. Closed Christmas Day

Deliveries: Tenby and Penally

Main Supply Market: Store and deliveries

Siop fwydydd cyfleus yn gwerthu amrediad o gawsiau lleol, bara, cacennau ac eitemau sawrus a bobir yn lleol. Cynnyrch porc lleol, ffrwythau a llysiau tymhorol lleol, a phlanhigion ar gyfer gwelyau blodau. Dosbarthir yn ddyddiol yn lleol.

Oriau busnes: 8.30am-10pm bob dydd. Ar gau dydd Nadolig

Dosbarthu: Dinbych y Pysgod a Phenally

Marchnadoedd a Gyflenwir yn Bennaf: Storfeydd a dosbarthu

Ultracomida

Contact Name: Paul Grimwood and Shumana Palit
7 High Street, Narberth, Pembrokeshire SA67 7AR
T: 01834 861491

Artisan cheeses from Wales, France and Spain. Various deli products from Wales and Spain including oils, preserves, Welsh beers, wines and charcuterie. True Taste Gold Retail Award Winner 2005/06.

Business Hours: 9.30am-5pm, Monday to Saturday

Deliveries: No

Main Supply Market: Retail and wholesale to caterers.

Delicatessen yn gwerthu cawsiau, salamis, hamiau lleol a rhai wedi'u mewnforio, cigoedd ni ein hunain wedi'u coginio, siocledi, olew a phasta.

Oriau busnes: 9.30am-5pm

Dosbarthu: Canol a De Sir Benfro

Marchnadoedd a Gyflenwir yn Bennaf: Gwerthu'n uniongyrchol, arlwy, gwestyau, ayb

Wholefoods of Newport (Limited)

Contact Name: Lorna & Ian Hipkins
Yr Hen Bopty, East Street, Newport, Pembrokeshire SA42 0SY
T&F: 01239 820773

E: alinor@dial.pipex.com

Retailers of natural foods and remedies, selling a wide range of organic and local products including breads, cakes, cheeses, vegetables, salads, fruit, honeys and preserves. We also have an excellent range of organic and vegetarian wines, beers, champagnes and spirits. Bike hire available.

Business Hours: 8.30am-5.30pm Monday to Saturday

Deliveries: By arrangement

Main Supply Market: Retail

Adwerthwyr bwydydd naturiol a meddyginiaethau, yn gwerthu amrediad eang o gynnyrch organig a lleol gan gynnwys bara, cacennau, cawsiau, llysiau, saladau, ffrwythau, mêl a chyffeithiau. Mae gennym amrediad ardderchog o winoedd, cwrw a siampoen organig a llysieuol hefyd.

Oriau busnes: 8.30am-5.30pm Dydd Llun i Ddydd Sadwrn

Dosbarthu: Trwy drefniant

Marchnadoedd a Gyflenwir yn Bennaf: adwerth



Wisebuys

Contact Name: Mr Anthony Ryan
18 High Street, Narberth, Pembrokeshire SA67 7AR
T: 01834 861880

F: 01834 861519

Shop also at: 19 Main Street, Pembroke -

T: 01646 687046

F: 01646 621547

E: info@wisebuys.freeserve.co.uk

W: www.wisebuys-wales.co.uk

High class fruit and veg delicatessen. Also supplier to wholesale and retail trade. Wide range of local produce including bakery, preserves, dairy, fruit and vegetables. All-year round 'hampers to order' using Welsh and local produce where possible.

Mail Order: Yes

Business Hours: 8am-6pm

Deliveries: Pembrokeshire

Main Supply Market: Retail and wholesale

Delicatessen ffrwythau a llysiau o safon uchel. Hefyd yn cyflenwi busnesau cyfanwerthu ac adwerthu. Amrediad eang o gynnyrch lleol gan gynnwys cynnyrch popty, cyffeithiau, cynnyrch llaeth, ffrwythau a llysiau. Basgedi o gynnyrch lleol a Chymreig lle bynnag y bo modd i'w harchebu trwy gydol y flwyddyn.

Archebu Trwy'r Post: Ie

Oriau busnes: 8am-6pm

Dosbarthu: Sir Benfro

Marchnadoedd a Gyflenwir yn Bennaf: Y Cyhoedd a chyfanwerthu



Yerbeston Gate Farmshop

Contact Name: Andrew Eastwood

Yerbeston Gate Farm, Yerbeston, Cresselly, Pembrokeshire SA68 ONS

T: 01834 891637

E: info@farmshopfoods.co.uk

W: www.farmshopfoods.co.uk

Farmshop selling a range of local produce including baked goods, dairy produce, local beers and wines and daily newspapers. Locally produced Welsh Black beef, pork and lamb and free-range eggs. Homemade burgers and sausages.

Mail Order: Yes

Business Hours: 9am-6pm Tuesday to Saturday, 9am-12pm Sunday

Deliveries: UK

Main Supply Market: Direct sales from farmshop, via website and catering trade.

Cig eidion gwartheg duon Cymreig, porc, cig oen ac wyau buarth lleol. Byrgys a selsig cartref. Bara a llaeth ffres, papurau newydd dyddiol. Cacennau, fferins, hufen iâ ayb.

Archebu Trwy'r Post: Ie

Oriau busnes: 9am-6pm Dydd Llun i Ddydd Sadwrn, 9am-12pm Dydd Sul

Dosbarthu: y DU

Marchnadoedd a Gyflenwir yn Bennaf: Gwerthu'n uniongyrchol o siop y fferm.

