

## Our Suppliers

Away from the spin and the current press  
obsession with carbon footprints, we choose to  
invest in the best British suppliers using local wherever possible.

Big shouts go out to:

- AB Fruit of Bedford our fruit and veg man
  
- Our organically farmed salmon is delivered by John from M and J seafood who ensure that we only use fish from sustainable resources. We also receive freshly caught trout & salmon from one of our regulars Leon.  
  
(if you're concerned about sustainable fish stock and dolphin friendly nets, follow us and don't purchase fish on the marine conservation society's list [www.fishonline.org](http://www.fishonline.org))
  
- All our meats are sourced and supplied by The Best Butchers of Little Brickhill and Woburn Country Food. So if you fancy cooking a Swan Inn cut at home, pop just pop in and ask.
  
- Abbey Cheese from Leighton Buzzard for a great selection of British cheese.
  
- Keith & other local residents contribute to our dishes with fresh produce dug up from their allotments.

- Herbs from our own herb garden (follow your nose and have a look in the garden).

- Our Head Chef Ben makes the organic bread, home - made pasta, pickles, and pates.

..... Oh, and if you know of a local supplier that you think we should be using please let us know .