

field doctor.

NUTRITIONALLY
SUPERCHARGED MEALS

Nutritionally Supercharged Meals

Field Doctor food is so cleverly packed with nutrition and knowledge, you fear it might outdo you on the IQ front. Meet co-founder Martin Dewey, an experienced entrepreneur with a passion for healthy, amazing tasting food that's sustainably sourced, easy to cook and totally delicious.

Are you really a Field Doctor?

"Not in the literal sense, no," says Martin, "though I'm fascinated by how specific foods can benefit people's health. Our meals are created in a unique way. Sasha Watkins, our dietitian and co-founder, works with our Michelin-trained head chef, Matt Williamson, to create nutrient-packed meals that benefit your body, taste amazing and are firmly rooted in science.



The goodness is locked in through flash-freezing so they're as delicious when enjoyed at home as the day we created them. Popular dishes include British Fish Pie, with sustainably sourced hake and salmon, white-bean Bechamel sauce, spinach and walnuts topped with sweet potato mash; and our Field Green Risotto, with naked barley, peas, broad beans, asparagus and pecorino.

Health-Boosting Bundles

Matt, Field Doctor's innovative head chef, has run Michelin-starred kitchens. He's an ambassador for developing lifelong positive eating habits. "Plant proteins form the backbone of many Field Doctor meals, for your health and for that of the planet. When we use meat and poultry it's from award-winning organic farms, and our fish is all British-landed and RSPCA approved. Apart from being stand-alone delicious thanks to seasonal products cooked in small batches, our meals can provide vitamin and nutrient boosts to target specific functions such as the immune system, the brain or heart health."

What drew you to The Food Works^{SW}?

"I heard about The Food Works^{SW} from a business contact in Bath, who knew I was looking for a food production unit for our start-up. We arranged a visit and it was absolutely great – the spaces were ready to go and completely fitted out as food-grade production spaces. I'm experienced in finding and kitting out my own kitchen units so I really appreciated not having to do that this time. The build quality is excellent and BRC compliant so we were able to move in and get on with business."

What type of unit does Field Doctor occupy?

"We have a lease on a 1,500 square-foot unit. This comprises a well-equipped, industry standard production kitchen, plus office space for the back-office operations that support the food production. We also take advantage of the facility's shared meeting rooms and hold meetings in the stylish Business Lounge. Everything has been crafted to a really high standard; the whole set-up is very well designed."

Expertise on tap at The Food Works^{SW}

“As a company we already have considerable knowledge and industry experience between us, but we’ve found the on-site expertise invaluable nonetheless. We’ve gone to the in-house team for technical support and insight on themes such as food development, food production safety systems, R&D and product testing and creating instructions for retail packs.

“ **For a growing business, it’s very useful to have access not just to the Food Works team based on site, but to the wider food industry experts and networks they are plugged into. We’ve had ready access to very specialist advice whenever we’ve needed it.** ”

What’s next for Field Doctor?

“In 2021 we expanded home delivery of our frozen meals to cover the whole UK, with products available to order from our website. People have had a very positive reaction to our low-FODMAP range – which is gluten-free by nature as well as being free from many other allergens and irritants.



There is a huge market for high-end and high quality gluten-free food and we know that people are buying our low-FODMAP products because they know they’ll also be gluten-free. As a result, next on the horizon is a plan to expand our low-FODMAP range and therefore our gluten-free offering.”



The Field Doctor Ethos

Martin explains, “Our suppliers echo our commitment to sustainable farming, biodiversity and soil restoration – without the use of harmful chemicals. We may be a small start-up but we have a big mission to encourage better agricultural practices, counter climate change and help regenerate our planet. Wellbeing ultimately starts in the soil.”

Sasha is a highly experienced nutritional scientist. She says, “I advocate a balanced diet of natural, unprocessed foods. I’ve published research on food intolerances and Field Doctor is the first UK company to offer certified low-FODMAP meals – a diet proven to ease IBS symptoms – direct to your door. We don’t go in for hype or over-promising. We simply create superb food with ingredients informed by honest, validated science.”



Get in touch with Field Doctor

Martin and the team welcome business enquiries. To enjoy Field Doctor’s health-boosting meals at home, order online at www.fielddoctor.co.uk or call 01225 941141.