

Updated September 2015

COLESLAW SALADS				
CODE	PRODUCT	SIZE	\$ PRICE	USE BY
COLDRY	Coleslaw (Dry)	2kg	12.40	VG 7 days
COLBLE	Coleslaw (Blend)	2.5kg	16.00	10 days
COLDDR	Coleslaw Deluxe (Dry)	2kg	13.90	VG 7 days
COUS COUS SALADS				
ISRCOU	Israeli Cous Cous	2.5kg	27.50	V 10 days
MORCOU	Moroccan Cous Cous	2.5kg	20.50	V 7 days
PUMCOU	Pumpkin Cous Cous	2.5kg	28.00	V 10 days
ROATOM	Roasted Tomato Cous Cous ✓	2.5kg	28.00	10 days
FREEKAH/KALE SALADS				
CYPGRA	Cyprus Grain Salad	2.5kg	23.00	10 days
EDAFRE	Edamame, Freekah & Kale	2.5kg	23.60	10 days
FREKAL	Feelgood Freekah	2.5kg	25.00	10 days
KALQUI	Kale & Quinoa with Tahini	2.5kg	26.25	10 days
KALCAE	Kale Chicken Caesar Salad	2kg	29.00	10 days
KALSOY	Kale & Soybeans	2.5kg	24.25	10 days
KALPUM	Kale, Chicken & Pumpkin	2.5kg	27.00	10 days
LEMFRE	Lemon Freekah	2.5kg	19.00	10 days
PUMFRE	Pumpkin Freekah with Tahini	2.5kg	24.50	10 days
GOURMET SALADS				
ARTBRO	Artichoke & Broad Bean	2.5kg	34.25	VG10 days
BEEBAL	Beetroot & Balsamic ✓	2.5kg	30.00	VG 10 days
BEEPUM	Beetroot Pumpkin & Chickpea	2.5kg	31.25	G 10 days
BESPI	Beetroot, Spinach & Feta	2.5kg	33.75	G 7 days
PUMPIN	Butternut Pumpkin, Pinenuts & Feta	2.5kg	36.25	G 7 days
GOUTOM	Gourmet Tomato (Dry)	2kg	29.00	VG 7 days
GREDRY	Greek Salad with Cherry Tomatoes (Dry)	2kg	25.00	G 7 days
INCBEE	Incaberries with Beetroot	2.5kg	37.00	G 7 days
NICOIS	Nicoise Salad	2.5kg	36.25	G 7 days
PUMGRE	Pumpkin & Green Bean	2.5kg	30.75	VG 7 days
SEASAL	Seafood Salad	2.5kg	30.75	10 days
SUMBEE	Summer Beetroot	2.5kg	34.00	VG 10 days
SWEPIN	Sweet Potato & Pinenuts ✓	2.5kg	35.50	V 10 days
THABEE	Thai Beef	2.5kg	31.25	G 7 days
TOFVEG	Tofu & Vegetables w Chilli Sesame	2.5kg	26.25	10 days

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LENTIL / CHICKPEA SALADS				
CODE	PRODUCT	SIZE	\$ PRICE	USE BY
CHITOM	Chickpea & Tomato Salsa	2.5kg	24.50	VG 5 days
CHIPUM	Chickpeas w Roast Pumpkin ✓	2.5kg	23.50	V 10 days
LENTIL	Lebanese Lentil	2.5kg	19.00	V 10 days
LENWAL	Lentil & Walnut	2.5kg	25.00	G 10 days
LENPUM	Lentils w Roast Pumpkin ✓	2.5kg	24.50	VG 7 days
MEDCHI	Mediterranean Chickpea	2.5kg	24.50	G 10 days
SPILEN	Spiced Lentil ✓	2.5kg	21.75	V 10 days
PASTA & NOODLE SALADS				
CHIBAS	Chicken Basil Penne	2.5kg	25.25	10 days
CHIMUS	Chicken Pasta in Grain Mustard Mayonnaise	2.5kg	24.25	10 days
CRENOO	Creamy Noodle	2.5kg	18.50	10 days
FETBAS	Fettuccine Basil Mayonnaise	2.5kg	24.00	7 days
GLANOO	Glass Noodles w Asian Vegetables ✓	2.5kg	26.25	V 7 days
GOUTHA	Gourmet Thai Noodle ✓	2.5kg	24.50	10 days
ITAPEN	Italian Penne ✓	2.5kg	24.50	10 days
PESPAS	Pesto Pasta	2.5kg	22.75	10 days
RAVEGG	Ravioli Eggplant ✓	2.5kg	29.00	7 days
SHANOO	Shanghai Noodle	2.5kg	24.50	V 7 days
SWECHI	Sweet Chilli Noodle ✓	2.5kg	23.00	V 10 days
SWEPOT	Sweet Potato Noodle	2.5kg	25.25	7 days
TOMPAP	Tomato Chicken Penne	2.5kg	27.00	10 days
TORPES	Tortellini Pesto Pumpkin ✓	2.5kg	27.50	10 days
TUNPAS	Tuna Pasta	2.5kg	23.00	10 days
VEGPAS	Vegetable Pasta	2.5kg	20.50	V 10 days
POTATO SALADS				
AUSPOT	Australian Potato	2.5kg	17.25	7 days
BABPOT	Baby Potato in Basil Mayonnaise	2.5kg	25.25	G 10 days
POTGRA	Potato in Grain Mustard Mayo	2.5kg	19.00	10 days
CREGER	Creamy German Potato	2.5kg	19.50	G 10 days
KIPBAC	Kipfler Potato, Bacon & Shallots	2.5kg	32.00	G 10 days
POTSOU	Potato in Sour Cream & Herbs	2.5kg	19.25	7 days
POTBAC	Potato, Bacon & Egg	2.5kg	22.25	10 days
QUINOA SALADS				
BLAQUI	Black Quinoa w Sweet Potato	2.5kg	29.00	10 days
BRORIC	Brown Rice w Red Quinoa	2.5kg	23.50	VG 10 days
COCCOR	Coconut & Coriander Quinoa	2.5kg	27.50	G 12 days
GREQUI	Greek Quinoa	2.5kg	26.25	G 12 days
KALQUI	Kale & Quinoa with Tahini	2.5kg	26.25	VG 12 days
KASQUI	Kasoundi Quinoa ✓	2.5kg	31.25	VG 10 days

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QUINOA SALADS (cont.)				
CODE	PRODUCT	SIZE	\$ PRICE	USE BY
MORQUI	Moroccan Quinoa	2.5kg	25.25	G 10 days
PUMQUI	Pumpkin Quinoa	2.5kg	26.25	12 days
REDQUI	Red Quinoa w Tomato	2.5kg	27.50	G 10 days
RICE SALADS				
BLARAC	Black Rice w Apple Cider Vinaigrette	2.5kg	25.00	10 days
BLARCC	Black Rice w Coconut & Cranberry	2.5kg	25.00	10 days
HEAKIC	Health Kick Rice	2.5kg	25.25	7 days
INDRIC	Indian Rice ✓	2.5kg	22.75	VG 10 days
KASRIC	Tandoori Chicken Rice ✓	2.5kg	31.25	G 10 days
NUTRIC	Nutty Brown Rice	2.5kg	25.00	7 days
PERRIC	Persian Rice	2.5kg	27.25	VG 10 days
WILCHI	Wild Rice & Chickpea	2.5kg	25.75	VG 7 days
TOSSED SALADS				
CAEDRY	Caesar Salad (Dry)	2kg	32.00	7 days
GARDRY	Garden Salad (Dry)	2kg	27.60	VG 5 days
ROCAPP	Rocket, Apple & Parmesan	2kg	48.00	G 7 days

VEGETABLE SALADS				
BEAMED	Bean Medley	2.5kg	21.75	VG 10 days
GREBEA	Green Bean & Corn	2.5kg	27.50	VG 7 days
SOYCAN	Soy & Cannellini Bean	2.5kg	24.00	G 10 days
TABBLE	Tabbouleh Blend	2.5kg	29.25	V 7 days
TABDRY	Tabbouleh Dry (dressing packed separate)	2.5kg	29.25	V 5 days
WALDOR	Waldorf Salad	2.5kg	29.00	5 days

DRESSINGS & MAYONNAISE				
CODE	PRODUCT	\$ PRICE	USE BY	
400ml				
DREASIS	Asian Lime Dressing	3.80	6 months	
DREBALS	Balsamic Dressing	3.40	6 months	
DRECAES	Caesar Dressing	3.80	6 months	
DREFRES	French Dressing	2.60	6 months	
DREFUMS	Full Egg Mayonnaise	4.20	6 months	
DREGADS	Garlic Italian Dressing	2.70	6 months	

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PREPARED FRUIT & VEGETABLES				
CODE	PRODUCT	SIZE	\$ PRICE	USE BY
BEETROOT				
BEEPIC	Pickled	2.5kg	18.00	45 days
CAPSICUM				
GRCDIC	Green Dice 10mm	2.5kg	22.50	4 days
GRCSLI	Green Slice	2.5kg	22.00	4 days
RECDIC	Red Dice 10mm	2.5kg	28.75	4 days
RECSLI	Red Slice	2.5kg	27.50	4 days
CARROTS				
CARDIC10	Dice 10mm	2.5kg	10.25	7 days
CARDIC20	Dice 20mm	2.5kg	10.25	7 days
CARJULF	Julienne Fine	2.5kg	10.75	7 days
CARSHR	Shredded	2.5kg	10.25	7 days
CARSLI	Sliced in rings	2.5kg	10.25	7 days
CELERY				
CELDIC	Dice	2.5kg	17.50	7 days
CELSLI	Slice	2.5kg	17.00	7 days
GREEN CABBAGE				
CABSHR	Shredded	2kg	7.40	7 days
LETTUCE				
COSLET1	Cos Chopped	1kg	9.90	7 days
LETSHR1	Iceberg Shredded	1kg	8.50	7 days
MESMIX	Mesclun Mix	1kg	16.50	5 days
ROCGAR	Rocket Garnish	1kg	17.50	7 days
ONIONS (white & brown)				
ONIDIC10	Dice 10mm	2.5kg	11.50	7 days
ONISLI	Slice	2.5kg	11.00	7 days
PARSLEY				
PARCHO	Continental Parsley Chopped	2kg	26.00	7 days
POTATO				
POTDIC10	Dice 10mm	2.5kg	6.00	5 days
POTDIC20	Dice 20mm	2.5kg	6.25	5 days
POTSLI	Sliced	2.5kg	8.00	5 days
PUMPKIN				
PUMDIC20	Dice 20mm	2.5kg	13.00	7 days
SHALLOTS				
SHACHO1	Chopped 1kg	1kg	8.90	7 days
SHACHO	Chopped 2.5kg	2.5kg	22.25	7 days
SPINACH				
SPIGAR	Baby Spinach	1kg	16.80	5 days
RED ONIONS (Spanish)				
RONDIC	Dice 10mm	2.5kg	17.50	7 days
RONSLI	Slice	2.5kg	16.75	7 days
STIRFRYS				
CHISTI	Chinese Stir fry	2kg	19.00	7 days

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PREPARED FRUIT & VEGETABLES (cont.)

CODE	DESCRIPTION	SIZE	\$ PRICE	USE BY
ZUCCHINI				
ZUCJUL	Julienne	2.5kg	15.00	7 days
ZUCSLI	Slice	2.5kg	15.00	7 days

FRUIT				
FRUSPE	Seasonal Fruit Salad (Hand Cut)	4kg	40.80	6 days
FRUTRA	Seasonal Fruit Salad (Hand Cut) Tray	2kg	20.40	6 days

ROASTED VEGETABLES				
BUTPUM	Roast Butternut Pumpkin ✓	2.5kg	23.00	G 5 days
ROAPUM	Pumpkin Roast Dice ✓	2.5kg	17.00	VG 5 days
ROAPUM1	Pumpkin Roast Dice ✓	1kg	9.00	VG 5 days

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WINTER WARMERS

WINTER PRODUCTS ARE AVAILABLE APRIL – SEPTEMBER

BAKES (*Winter Only)				
CODE	DESCRIPTION	SIZE	\$ PRICE	Use By
BAKSPI	*Spinach Potato Bake	2.5kg	24.00	5 days
BAKPOT	*Potato Bake	2.5kg	20.50	5 days

CURRIES & SAUCES (*Winter Only)				
BOLSAU	Bolognese Sauce ✓	2ltr	22.40	>14 days
CHICON	Chilli Con Carne ✓	2kg	22.40	>14 days
CARCOC	Caribbean Coconut Chicken Curry ✓	2kg	26.50	>14 days
POTPUM	*Potato & Pumpkin Curry ✓	2kg	23.00	>14 days

RISOTTOS (*Winter Only)				
RISPUM	*Pumpkin Risotto ✓	2kg	21.00	G >14 days
RISMUS	*Mushroom Risotto ✓	2kg	21.00	>14 days

SOUPS				
SOUACF	Arabian Chicken Freekah Soup	3ltr	25.00	>14 days
SOUBRO	Broccoli Soup	3ltr	23.40	>14 days
SOUCLS	Cauliflower Leek & Parmesan Soup <i>NEW</i>	3ltr	19.80	>14 days
SOUCHC	Chicken & Corn Soup	3ltr	23.40	G >14 days
SOUVEG	Chicken & Vegetable Soup	3ltr	24.30	G >14 days
SoucNS	Chicken Noodle Soup	3ltr	25.00	>14 days
SouGRE	Greens with Envy Soup	3ltr	19.80	VG>14 days
SouKBG	Kale Broccoli Ginger Miso Soup	3ltr	24.30	>14 days
SouMIN	Minestrone Soup	3ltr	19.80	>14 days
SouMUS	Mushroom Soup	3ltr	22.50	>14 days
SouNEP	Nepalese Lentil Soup	3ltr	19.80	VG>14 days
SouPEA	Pea & Ham Soup <i>NEW</i>	3ltr	22.50	G >14 days
SouPOT	Potato & Leek Soup	3ltr	19.80	>14 days
SouPUM	Pumpkin Soup	3ltr	19.80	G >14 days
SouTHA	Thai Creamy Chicken Soup	3ltr	24.30	G >14 days
SouTPS	Thai Pumpkin Soup	3ltr	23.40	>14 days
SouTOY	Tom Yum Soup	3ltr	24.30	>14 days
SouTOM	Creamy Tomato & Basil Soup <i>NEW</i>	3ltr	19.80	V >14 days
WE HAVE A LIMITED RANGE OF SOUPS AVAILABLE DURING SUMMER PLEASE CONTACT OUR OFFICES TO CHECK AVAILABILITY				

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