



FRUIT & VEGETABLES

CONTENTS

FRESH FRUIT

Berries	47
Citrus	47
Exotic	47
Hard	48
Prepared	48
Soft	48

FRESH VEGETABLES

Baby	48
Beans & Peas	49
Leaf	49
Mushrooms	51
Onions & Bulbs	50
Peppers & Chillies	51
Potatoes	51
Prepared	52-53
Root	49
Salad Leaves & Cress	52
Speciality	50
Squash	49
Stem & Floral	50
Tomatoes	51

HERBS	53-54
-------	-------

MICRO HERBS	54
-------------	----

FRESH FRUIT

Please note seasonal availability on fruit & vegetables

BERRIES

B705	Blackberries	1x125g	A
B244	Blueberries	1x113g	A
B891	Cranberries	1x340g	A
B904	Gooseberries	1x125g	A
B1722	Raspberries	1x125g	A
B175	Redcurrants	punnet	A
B152	Strawberries	1x500g	A



CITRUS

B193B	Clementines	1x150	A
B706	Clementines Leafy	1x98	A
B069B	Pink Grapefruit	1x56	A
B079C	Lemons	1x35	A
B087C	Limes	1x54	A
B106C	Juicing Oranges	1x88	A
B108B	Large Oranges	1x40	A
B110B	Seville Oranges	1x18kg	A
B106B	Small Oranges	1x72	A
B147B	Satsumas	1x98	A



EXOTIC

B303B	Coconuts	1x25	A
B313	Dates	per kg	A
B137	Dragon Fruit	1x3.5kg	A
B075B	Kiwi Fruit	1x27	A
B196B	Kumquats	1x2kg	A
B088B	Lychees	1x2kg	A
B119C	Mangoes	1x10	A
B111B	Passion Fruit	1x40	A
B134	Paw Paw	each	A
B195	Physalis	punnet	A
B174	Large Pineapples	each	A
B136	Pomegranates	each	A
B203B	Sharon Fruit	1x22	A
B1662	Star Fruit	each	A



HARD

B621B	Braeburn Apples	1x12kg	A
B011B	Bramley Apples	1x12kg	A
B005B	Cox's Apples	1x12kg	A
B003B	Golden Delicious Apples	1x12kg	A
B009B	Granny Smiths Apples	1x12kg	A
B007B	Red Delicious Apples	1x13kg	A
B122B	Conference Pears	1x12kg	A
B780B	Williams Pears	1x9kg	A

**SOFT**

B017B	Apricots	1x3.5kg	A
B156B	Avocados "Ripe & Ready"	1x18	A
B020B	Bananas	1x18kg	A
B046	Cherries	per kg	A
B258B	Damsons	1x5kg	A
B164	Figs	each	A
B1831	Seedless Black Grapes	1x5kg	A
B183B	Seedless Green Grapes	1x5kg	A
B361	Cantaloupe Melon	each	A
B097	Galia Melon	each	A
B093	Honeydew Melon	each	A
B118B	Nectarines	1x16	A
B116B	Peaches	1x18	A
B132B	Plums	1x5kg	A
B145B	Rhubarb	1x6kg	A
B100	Watermelon	each	A

**PREPARED**

C05373	Fruit Salad	1x5ltr	A
B05373	Fruit Salad	1x2.5ltr	A
C01582	Grapefruit Segments	1x5ltr	A
C1998	Melon Pearls	1x2.5ltr	A
C1999	Orange Segments	1x5ltr	A
C1997	Orange & Grapefruit Segments	1x5ltr	A
C05375	Tropical Fruit Salad	1x2.5ltr	A

FRESH VEGETABLES**BABY**

B30631	Baby Beetroot	1x200g	A
B3401	Baby Carrots	1x150g	A
B30632	Baby Rainbow Carrots	1x200g	A
B054B	Baby Courgettes	1x200g	A
B796	Baby Fennel	1x200g	A
B4012	Baby Leeks	1x200g	A

BEANS & PEAS

B420B	Broad Beans	1x4kg	A
B021B	Kenya Beans	1x1.5kg	A
B169B	Mangetout	1x1.5kg	A
B291	Sugar Snap Peas	1x1.5kg	A



LEAF

B149B	Brussel Sprouts	1x9kg	A
B032D	Cavolo Nero Black Cabbage	10x250g	A
B101	Hispi Cabbage	1x15	A
B036	Red Cabbage	per kg	A
B031B	Savoy Cabbage	1x12	A
B0034	Spring Cabbage	each	A
B030	White Cabbage	per kg	A
B8271	Curly Kale	per kg	A
B264B	Pak Choi	1x10	A
B861	Rainbow Swiss Chard	1x10	A

SQUASH

B278B	Butternut Squash	1x10kg	A
-------	------------------	--------	---



ROOT

B0242	Candy Beetroot	per kg	A
B024B	Cooked Beetroot	1x18	A
B0244	Golden Beetroot	per kg	A
B023B	Raw Beetroot	1x10kg	A
B039B	Carrots	1x10kg	A
B038B	Chantenay Carrots	1x5kg	A
B044B	Mixed Chantenay Carrots	1x5kg	A
B3062	Purple Chantenay Carrots	1x5kg	A
B199B	White Chantenay Carrots	1x5kg	A
B250	Donkey Carrots	1x10kg	A
B148B	Large Prepping Carrots	1x10kg	A
B036B	Purple Carrots	1x5kg	A
B044	Celeriac	per kg	A
B242	Horseradish	per kg	A
B113B	Parsnips	1x5kg	A
B266	Salsify	per kg	A
B158	Swedes	per kg	A
B159B	White Turnips	1x5kg	A



STEM & FLORAL

B0021	Asparagus	bunch	A
B027B	Broccoli	1x4.5kg	A
B0283	Purple Broccoli	1x3.6kg	A
B1222B	Tenderstem Broccoli	4x500g	A
B042H	Cauliflower	1x8	A
B041B	Romanesco Cauliflower	1x8	A
B050B	Courgettes	1x5kg	A
B900B	Yellow Courgettes	1x5kg	A
B060B	Fennel	1x5kg	A

**SPECIALITY**

B286B	Baby Globe Artichokes	1x54	A
B166B	Jerusalem Artichokes	1x5kg	A
B013B	Aubergines	1x5kg	A
B168B	Bean Sprouts	1x12	A
B283B	Fresh Chestnuts	1x5kg	A
B167B	Baby Corn	1x12	A
B400B	Corn on the Cob (Vac Pac)	12x2	A
B066	Ginger	per kg	A
B1893	Kohlrabi	each	A
B162B	Okra	1x1.5kg	A
B2722	Samphire	1x100g	A

**ONIONS & BULBS**

B072B	Garlic	1x4kg	A
B071	Garlic Rope	each	A
B075	Smoked Garlic Rope	each	A
B077B	Leeks	1x4.5kg	A
B101C	Large Onions	1x20kg	A
B700B	Pickling Onions	1x10kg	A
B124	Red Onions	per kg	A
B080	Roscoff Pink Onions	1x1kg	A
B101B	Small Onions	1x18kg	A
B095B	Shallots	1x4kg	A
B094B	Banana Shallots	1x4kg	A
B104	Spring Onions	bunch	A



POTATOES

B138B	Potatoes	1x25kg	A
D015	Baking Potatoes	1x50	A
D013	Baking Potatoes	1x40	A
B140C	Mid Potatoes	1x10kg	A
B750B	Ratte Potatoes	1x5kg	A
B311B	Red Skin Potatoes	1x25kg	A
B188B	Sweet Potatoes	1x6kg	A
B751B	Uncle David's Potatoes	1x25kg	A
B051B	Vitelotte Potatoes	1x5kg	A
B140B	Washed White Potatoes	1x20kg	A



MUSHROOMS

B238B	Breakfast Mushrooms	1x1.8kg	A
B052	Brown Cap Chestnut Mushrooms	1x2.27kg	A
B249B	Button Mushrooms	1x2.27kg	A
B299	Girrolle Mushrooms	per kg	A
B234B	Grey Oyster Mushrooms	1x1.5kg	A
B307B	Portobello Mushrooms	1x1.5kg	A
B303	Shitake Mushrooms	per kg	A
B211B	Mixed Wild Mushrooms	1x1kg	A

PEPPERS & CHILLIES

B1891	Green Chilli Peppers	1x3kg	A
B189B	Red Chilli Peppers	1x3kg	A
B404	Naga Chillies	1x1kg	A
B191	Scotch Bonnet Chillies	per kg	A
B126B	Green Peppers	1x5kg	A
B128B	Red Peppers	1x5kg	A
B130B	Yellow Peppers	1x5kg	A



TOMATOES

B153B	Tomatoes 57/67	1x6kg	A
B412B	Tomatoes on the Vine	1x5kg	A
B185B	Beef Tomatoes	1x7kg	A
B193	Red Cherry Tomatoes	punnet	A
B243B	Heirloom Tomatoes	1x3kg	A
B087B	Mini Heirloom Tomatoes	1x300g	A
B413B	Pearl Tomatoes on the Vine	1x3kg	A
B251B	Plum Tomatoes	1x6kg	A



SALAD LEAVES & CRESS

B037B	Celery	1x12	A
B047B	Chicory	1x5kg	A
B186B	Red Chicory	1x3kg	A
B063B	Mixed Sakura Cress	1x16	A
B056B	Salad Cress	1x12	A
B054C	Cucumbers	1x12	A
B052B	Curly Endives	1x10	A
B250B	Baby Gem Lettuce	10x2	A
B265B	Cos Lettuce	1x12	A
B085B	Flat Lettuce	1x12	A
B083B	Iceberg Lettuce	1x12	A
B190B	Lollo Rosso	1x12	A
B086B	Oak Leaf	1x12	A
D3071	Bryans Mixed Salad Leaves	1x500g	A
D3073	Zenith Mixed Salad Leaves	1x500g	A
B1173	Pea Shoots	punnet	A
B064	Aflia Living Pea Shoots	1x16	A
B141B	Radish	1x20	A
B2912	Red Chard	1x500g	A
B814	Wild Rocket	1x100g	A
B406	Baby Spinach	1x200g	A
B155B	Watercress	6x80g	A



PREPARED

D096	Lutosa Chilled Straight Cut Chips 14mm	2x5kg	A
D080	Prepared Beet Slaw	1x1kg	A
D072	Prepared Cannon Beetroot (30x40mm)	each	A
D062V	Prepared Broccoli Florets	1x5kg	A
D057	Prepared Diced Butternut	1x5kg	A
D055V	Prepared Shredded Green Cabbage	1x5kg	A
D055	Prepared Shredded Green Cabbage	1x2.5kg	A
D056	Prepared Shredded Red Cabbage	1x2.5kg	A
D045	Prepared Shredded White Cabbage	1x2.5kg	A
D024V	Prepared Baton Carrots	1x5kg	A
D024	Prepared Baton Carrots	1x2.5kg	A
D025V	Prepared Chunky Carrots	1x5kg	A
D022V	Prepared Diced Carrots	1x5kg	A
D022	Prepared Diced Carrots	1x2.5kg	A
D052	Prepared Grated Carrots	1x2.5kg	A
D020V	Prepared Sliced Carrots	1x5kg	A
D020	Prepared Sliced Carrots	1x2.5kg	A
D023	Prepared Turned Carrots	each	A
D018V	Prepared Whole Carrots	1x5kg	A
D018	Prepared Whole Carrots	1x2.5kg	A



PREPARED - CONT

D027V	Prepared Carrot & Swede Mix	1x5kg	A
D027	Prepared Carrot & Swede Mix	1x2.5kg	A
D039V	Prepared Cauliflower	1x5kg	A
D051V	Prepared Coleslaw Mix	1x5kg	A
D051	Prepared Coleslaw Mix	1x2.5kg	A
D063	Prepared Red Coleslaw Mix	1x2.5kg	A
D056V	Prepared Garden Vegetable Mix	1x5kg	A
C0109	Prepared Peeled Garlic	1x1kg	A
D054V	Prepared Sliced Leeks	1x5kg	A
D054	Prepared Sliced Leeks	1x2.5kg	A
D041V	Prepared Diced Onions	1x5kg	A
D041	Prepared Diced Onions	1x2.5kg	A
D040V	Prepared Sliced Onions	1x5kg	A
D040	Prepared Sliced Onions	1x2.5kg	A
D047V	Prepared Whole Onions	1x5kg	A
D0404	Prepared Diced Red Onions	1x5kg	A
D0402V	Prepared Sliced Red Onions	1x5kg	A
D0402	Prepared Sliced Red Onions	1x2.5kg	A
D0403	Prepared Whole Red Onions	1x2.5kg	A
D036V	Prepared Baton Parsnips	1x5kg	A
D037V	Prepared Quarter Parsnips	1x5kg	A
D064	Prepared Sliced Peppers	1x2.5kg	A
D003V	Prepared 15mm Chipped Potatoes	1x5kg	A
D071	Prepared George & Dragon Chips (<i>Hand Cut Chunky Skin On</i>)	1x5kg	A
D006	Prepared Jenga Chips	1x5kg	A
D058	Prepared 20mm Machine Cut Chips	1x5kg	A
D001V	Prepared Baby Roast Potatoes	1x5kg	A
D015V	Prepared Cannon Potatoes (<i>80x40mm</i>)	each	A
D004V	Prepared Diced Potatoes (<i>15x15mm</i>)	1x5kg	A
D004	Prepared Diced Potatoes (<i>15x15mm</i>)	1x2.5kg	A
D012V	Prepared Flat Round Fondant Potatoes (<i>60x30mm</i>)	each	A
D011V	Prepared Pommes Chateau Potatoes (<i>Turned</i>) (<i>30mm Base x 75mm High</i>)	each	A
D010	Prepared Parisian Potatoes (<i>Spheres</i>)	1x2.5kg	A
D008V	Prepared Peeled Maris Piper Potatoes	1x5kg	A
D002V	Prepared Peeled Potatoes	1x5kg	A
D002	Prepared Peeled Potatoes	1x2.5kg	A
D086V	Prepared Peeled Quarter Cut Potatoes	1x5kg	A
D009V	Prepared Peeled Uncle David's Potatoes	1x5kg	A
D005V	Prepared Sliced Potatoes (<i>5mm Thickness</i>)	1x5kg	A
D005	Prepared Sliced Potatoes (<i>5mm Thickness</i>)	1x2.5kg	A
D003	Prepared Sweet Potatoes	1x5kg	A
D028	Prepared Ratatouille Mix	1x5kg	A
D0412V	Prepared Peeled Shallots	1x5kg	A
D059V	Prepared Soup Mix	1x5kg	A
D059	Prepared Soup Mix	1x2.5kg	A
D061V	Prepared Winter Soup Mix	1x5kg	A
D061	Prepared Winter Soup Mix	1x2.5kg	A
D066	Prepared Stir Fry Mix	1x2.5kg	A
D030	Prepared Diced Swede	1x2.5kg	A

HERBS

B815	Basil	1x100g	A
B826	Bay Leaves	pkt	A
B809	Chervil	pkt	A
B844	Chives	1x100g	A
B816	Coriander	1x100g	A
B804	Dill	pkt	A
B871	Lemon Grass	per kg	A
B825	Marjoram	pkt	A
B818	Mint	1x100g	A



B816 Coriander



B804 Dill



B841 Rosemary

HERBS - CONT

B811	Oregano	pkt	A
B115	Parsley	per kg	A
B8270	Flat Leaf Parsley	per kg	A
B841	Rosemary	1x100g	A
B840	Sage	pkt	A
B870	Tarragon	pkt	A
B817	Thyme	1x80g	A

MICRO HERBS

B808	Edible Flowers	punnet	A
B074	Micro Red Amaranth	punnet	A
B083	Micro Apple Blossom	punnet	A
B810	Micro Green Basil	punnet	A
B139B	Micro Celery	punnet	A
B065	Micro Coriander	punnet	A
B067	Micro Fennel	punnet	A
B173	Micro Ice Lettuce	punnet	A
B069	Micro Lemon Balm	punnet	A
B073	Micro Mixed Leaf	punnet	A
B133B	Micro Nasturtium Flowers	punnet	A
B908	Micro Nasturtium Leaf	punnet	A
B063	Micro Popcorn Shoots	punnet	A
B059	Micro Sea Rosemary	punnet	A
B091	Micro Salty Fingers	punnet	A
B113	Micro Marsh Samphire	punnet	A
B122	Micro Rock Samphire	punnet	A
B215	Micro Sea Purslane	punnet	A
B078	Micro Red Vein Sorrel	punnet	A
B085	Micro Taste of the Sea Mix	1x8	A
B079	Micro Viola Flowers	punnet	A
B081	Micro Watercress	punnet	A

Full range of micro herbs available to order. Please speak to your account manager for more details.



B074 Micro Red Amaranth



B067 Micro Fennel



B069 Micro Lemon Balm



B113 Micro Marsh Samphire



B215 Micro Sea Purslane



B081 Micro Watercress