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**MARKWELL
FOODS**

FRUIT & VEGETABLE Range





1018

BLANCHED



Broccoli Florets

Handpick broccoli florets, individually frozen.

Serves:
15 x 100 g

Inner:
6 x 1.5 kg

Outer:
9 kg



1019

BLANCHED



Cauliflower Florets

Premium fresh frozen cauliflower florets, specially selected for optimum quality and flavour.

Serves:
20 x 100 g

Inner:
6 x 2 kg

Outer:
12 kg



1051

BLANCHED



Green Peas

Carefully harvested to maximise the sweetness and tenderness.

Serves:
20 x 100 g

Inner:
6 x 2 kg

Outer:
12 kg



1050

BLANCHED



Corn Kernels

Carefully harvested to maximise the sweetness and tenderness.

Serves:
20 x 100 g

Inner:
6 x 2 kg

Outer:
12 kg



4220

BLANCHED



Baby Carrots

Premium quality for superior convenience, consistency and flavour.

Serves:
25 x 100 g

Inner:
4 x 2.5 kg

Outer:
10 kg



4281

BLANCHED



Broccoli Florets 20/40

Vibrant green florets freshly picked and frozen fresh for optimum taste.

Serves:
25 x 100 g

Inner:
4 x 2.5 kg

Outer:
10kg



4282

BLANCHED



Brussel Sprouts 25/30

Premium quality for superior convenience, consistency and flavour.

Serves:	Inner:	Outer:
25 x 100 g	10 x 1 kg	10 kg



4230

BLANCHED



Carrot Sliced - Crinkle Cut

Carefully processed to maximise sweetness and tenderness.

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg



4240

BLANCHED



Carrots Diced - 10 x 10 x 10

Diced carrots that are carefully processed to maximise the sweetness and tenderness.

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg



4290

BLANCHED



Cauliflower Florets 15/35

Premium quality Cauliflower florets for convenience.

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg



4275

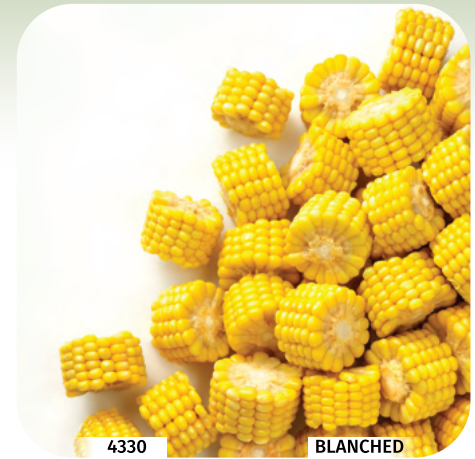
BLANCHED



Green Beans - Sliced

Consistent length and shape, perfect for portion and profit control.

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg



4330

BLANCHED



Corn Cobs 1/4

Delicious and sophisticated small quarter-sized corn cobs;

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg



4274

BLANCHED



Green Beans - Cross Cut

Carefully harvested to maximise the sweetness and tenderness.

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg



4301

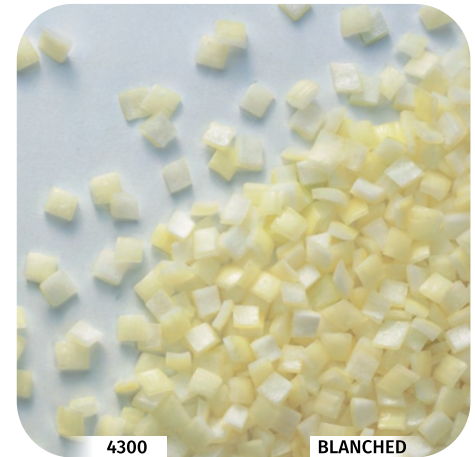
BLANCHED



Onion Sliced

Premium quality sliced onions, frozen fresh for superior consistency and flavour.

Serves:	Inner:	Outer:
15 x 100 g	6 x 1.5 kg	9 kg



4300

BLANCHED



Onion Diced 10mm

Premium quality diced onions, frozen fresh for superior consistency and flavour.

Serves:	Inner:	Outer:
20 x 100 g	6 x 2 kg	12 kg



4270

BLANCHED



Green Beans (Whole) Medium Fine

Fresh and crisp with excellent taste, the perfect addition to any dish.

Serves:	Inner:	Outer:
25 x 100g	4 x 2.5kg	10kg



4334

BLANCHED



Sweet Corn Ribs

Cut into quarters, sweet and crunchy. The perfect pair for BBQ, Salads.

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg



4030

PAR CKD



Broccoli Puree Portions

Superior quality, easy to use
100% broccoli puree, 5g.

Serves:	Inner:	Outer:
10 x 100 g	10 x 1 kg	10 kg



4040

PAR CKD



Carrot Puree Portions

Premium quality, easy to use
100% carrot puree, 5g.

Serves:	Inner:	Outer:
10 x 100 g	10 x 1 kg	10 kg



4020

PAR CKD



Green Bean Puree Portions

Premium quality, easy to use
100% green bean puree, 5g.

Serves:	Inner:	Outer:
10 x 100 g	10 x 1 kg	10 kg



4060

PAR CKD



Pea Puree Portions

Premium quality, easy to use
100% garden pea puree, 5g.

Serves:	Inner:	Outer:
10 x 100 g	10 x 1 kg	10 kg



4210

BLANCHED



Spinach Chopped Portion

Premium quality chopped
spinach for superior flavour,
convenience and consistency.

Serves:	Inner:	Outer:
20 x 100 g	4 x 2.5 kg	10 kg



1052

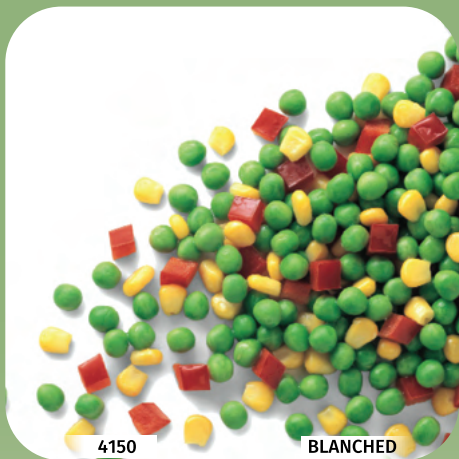
BLANCHED



Mixed Veggies

Delicious vegetables, harvested
fresh and snap-frozen for
superior flavour.

Serves:	Inner:	Outer:
20 x 100 g	6 x 2 kg	12 kg



4150

BLANCHED



Peas, Corn & Pepper Mix

Vibrant mix of delicious vegetables that will enhance every dish.



4120

BLANCHED



Wok Mix

Vibrant mix of yellow carrots, sugar snap peas, mini corn cobs and flat sliced carrots.



1016

BLANCHED



Cauliflower, Carrot & Broccoli

Premium quality vegetable mix great for stir fry and more!

Serves:	Inner:	Outer:
25 x 100 g	4 x 2.5 kg	10 kg

Serves:	Inner:	Outer:
10 x 100 g	10 x 1 kg	10 kg

Serves:	Inner:	Outer:
20 x 100 g	6 x 2 kg	12 kg



1014

BLANCHED



Vegetable Melange

Premium vegetable mix of broccoli, cauliflower, carrot, green beans, yellow beans and red capsicum.

Serves:	Inner:	Outer:
15 x 100 g	6 x 1.5 kg	9 kg



1015

BLANCHED



Vegetable Medley

Premium vegetable mix of carrot, broccoli, cauliflower, sugar snap peas, and baby corn.

Serves:	Inner:	Outer:
15 x 100 g	6 x 1.5 kg	9 kg



Smoothies



9652

RAW



Avo Go Go

Blend of Avocado, Spinach, Mango, Coconut, Ginger & Lime.



9662

RAW



Berry Go Round

Blend of whole Blackberries, Strawberries and Raspberries.



9663

RAW



Big 5

Blend of Pineapple, Mango, Kiwi and Strawberry.



9664

RAW



Coco Loco

Blend of Coconut, Pineapple and Mango



9660

RAW



Pash N Shoot

Tropical blend of Passion fruit, Pineapple and Mango.



9661

RAW



Strawberry Split

A classic blend of strawberries and banana.

Serves: 15 smoothies Inner: 15 x 140 g Outer: 2.1 kg

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WITH 100% NATURAL FRUIT & VEGE
SMOOTHIES MADE EASY



NO GM



GLUTEN FREE



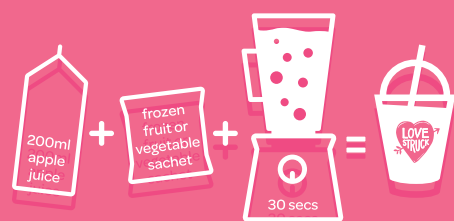
PLANT BASED



VEGAN



FROZEN TO 'Fresh' IN A FLASH™



Simply blend one of our 140g frozen fruit or vegetable sachets with 200ml of apple juice to make the perfect smoothie in 30 seconds...

Avocado



RTE



Avocado Pulp -Chunky Style

Ready-to-eat, chunky avocado pulp. Gluten and dairy free. Suitable for vegans. Great for toast, for guacamole, smoothies and more!

	Serves:	Inner:	Outer:
1220	19 x 100 g	4 x 1.9 kg	7.6 kg
1240	5 x 100 g	12 x 500 g	6 kg

PRODUCT SPECIFICATIONS

							Product Information		
	Code	Product	Status	Cooking Method	Serves	Inner	Outer	Barcodes EAN	TUN
VEGETABLES	1018A	BIG COUNTRY Broccoli Florets	BLANCHED	Boil	15 x 100 g	6 x 1.5 kg	9 kg	9310389010189	19310389010186
	1019	BIG COUNTRY Cauliflower Florets	BLANCHED	Boil	20 x 100 g	6 x 2 kg	12 kg	9310389010196	19310389010193
	1050	BIG COUNTRY Corn Kernels	BLANCHED	Boil	20 x 100 g	6 x 2 kg	12 kg	9310389329120	19310389329127
	1051	BIG COUNTRY Green Peas	BLANCHED	Boil	20 x 100 g	6 x 2 kg	12 kg	9310389329137	19310389329134
	4220	ARDO Baby Carrots	BLANCHED	Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361413708	05411361001745
	4281	ARDO Broccoli Florets 20/40	BLANCHED	Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361094709	05411361000373
	4282	ARDO Brussel Sprouts 25/30	BLANCHED	Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361341704	05411361601431
	4230	ARDO Carrots Sliced-Crinkle Cut	BLANCHED	Boil/Microwave/Pan Fry	25 x 100 g	4 x 2.5 kg	10 kg	5411361080030	05411361001905
	4240	ARDO Carrot Diced-10x10x10	BLANCHED	Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361431702	05411361001714
	4290	ARDO Cauliflower Florets 15/35	BLANCHED	Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361006535	05411361000342
	4330	ARDO Corn Cobs ¼	BLANCHED	Boil/Microwave/Grill	25 x 100 g	4 x 2.5 kg	10 kg	5411361084830	05411361084847
	4274	ARDO Green Beans-Cross Cut	BLANCHED	Boil	25 x 100 g	4 x 2.5 kg	10 kg	5411361072707	05411361000229
	4275	ARDO Green Beans-Sliced	BLANCHED	Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361081709	05411361000113
	4270	ARDO Green Beans (Whole)- Medium Fine	BLANCHED	Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361077702	05411361000281
	4300	ARDO Onion Diced 10mm	BLANCHED	Pan Fry/Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361012703	05411361012901
	4301	ARDO Onion Sliced	BLANCHED	Pan Fry/Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361400708	05411361000694
	4334	ARDO Sweet Corn Ribs	BLANCHED	Oven/Air Fry	25 x 100 g	4 x 2.5 kg	10 kg	5411361184622	05411361184639
	4030	ARDO Broccoli Puree Portion	PAR CKD	Stove Top	10 x 100 g	10 x 1 kg	10 kg	5411361091500	05411361004494
	4040	ARDO Carrot Puree Portion	PAR CKD	Stove Top	10 x 100 g	10 x 1 kg	10 kg	5411361416501	05411361004623
	4020	ARDO Green Bean Puree Portion	PAR CKD	Stove Top	10 x 100 g	10 x 1 kg	10 kg	5411361079508	05411361004470
	4060	ARDO Pea Puree Portion	PAR CKD	Stove Top	10 x 100 g	10 x 1 kg	10 kg	5411361146507	05411361004548
	4210	ARDO Spinach Chopped Portion	BLANCHED	Stove Top	25 x 100 g	4 x 2.5 kg	10 kg	5411361023396	05411361001608
	1052	BIG COUNTRY Mixed Veggies	BLANCHED	Boil	20 x 100 g	6 x 2 kg	12 kg	9310389329144	19310389329141
	1015	BIG COUNTRY Vegetable Medley	BLANCHED	Boil	10 x 100 g	6 x 1 kg	6 kg	9310389010158	19310389010155
	1014	BIG COUNTRY Vegetable Melange	BLANCHED	Microwave/Stove	15 x 100 g	6 x 1.5 kg	9 kg	9310389723362	19310389723369
	1016	BIG COUNTRY Cauliflower, Carrot & Broccoli	BLANCHED	Boil	20 x 100 g	6 x 2 kg	12 kg	9310389010165	19310389010162
	4150	ARDO Peas, Corn & Pepper Mix	BLANCHED	Pan Fry/Boil/Microwave	25 x 100 g	4 x 2.5 kg	10 kg	5411361666708	05411361000847
	4120	ARDO Wok Mix	BLANCHED	Pan Fry/Microwave	10 x 100 g	10 x 1 kg	10 kg	5411361009369	05411361009376
SMOOTHIES	9652	LOVE STRUCK Avo Go Go	RAW	Blend	1 x 140 g	15 x 140 g	2.1 kg	5060280582134	5060280582127
	9662	LOVE STRUCK Berry Go Round	RAW	Blend	1 x 140 g	15 x 140 g	2.1 kg	5060280581694	5060280581335
	9663	LOVE STRUCK Big 5	RAW	Blend	1 x 140 g	15 x 140 g	2.1 kg	5060280581731	5060280581366
	9664	LOVE STRUCK Coco Loco	RAW	Blend	1 x 140 g	15 x 140 g	2.1 kg	5060280582196	5060280582189
	9660	LOVE STRUCK Pash N Shoot	RAW	Blend	1 x 140 g	15 x 140 g	2.1 kg	5060280581687	5060280581328
	9661	LOVE STRUCK Strawberry Split	RAW	Blend	1 x 140 g	15 x 140 g	2.1 kg	5060280581700	5060280581342
AVO	1220	BIG COUNTRY Avocado Pulp - Chunk Style 1.9 kg	RTE	RTE	19 x 100 g	4 x 1.9 kg	7.6 kg	9310389723744	19310389723741
	1240	BIG COUNTRY Avocado Pulp - Chunky Style 500 g	RTE	RTE	5 x 100 g	12 x 500 g	6 kg	9310389723966	19310389723963