



Edition 1

Fresh Produce

Fresh Fruit & Vegetables

At Wilson's Country we grow, select, peel, slice, dice, chip, wedge and deliver...

the rest is up to your culinary imagination.



Quick chilled for better quality.

At Wilson's Country, our production process has been perfected over the years to ensure that our customers get only the best. Our potatoes are quick chilled for better quality, keep their colour, their integrity, and can be used for a variety of purposes in any kitchen. And as well as peeled, sliced, diced, wedged and chipped, we also offer specialist potato cuts such as Chateau and Parisienne.



The pick of Irish potatoes



At **Pallas Green** we believe in supporting local and sourcing the best and freshest of produce from our local suppliers throughout the country.

Pallas Green is dedicated to sourcing and supplying the widest range of produce from dedicated producers and growers in Ireland and beyond. With Pallas Green our customers get best in class buying, produce knowledge, logistics and service coupled with competitive market pricing available throughout the seasons

Our team of buyers and produce specialists are dedicated to servicing the ever changing needs of our customer base to bring the widest range of staple and new innovative products to meet the requirements of our customer base. This ensures that our customers can provide their customers with the finest and freshest produce throughout the seasons.

Our state of the art warehousing and distribution network ensures that product is managed to that highest standards with freshness and flavour guaranteed with every delivery. Coupled with this our dedicated buying, quality control and sales specialists ensure that the product delivered is of the highest quality.

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Where possible and where product is available and to the required standard we buy Irish product. The Irish flag denotes an Irish product sourced during the Irish growing season.

Introducing some of our Local Growers



Stephen Mc Cormack & Family

McCormack's Family Farms

McCormack's business started in 1984 growing and selling of vegetables directly to food markets in the Dublin area and Food Service customers. They are specialists in micro herbs and micro salads. They have perfected the art of growing these difficult products all year round. Both products bring an exciting option to dishes as a garnish and also as ingredient in salads. All of their baby leaves go direct from the field to the consumer unwashed and with as little handling as possible.

This process provides the following benefits:

- Quality and flavour is not comprised.
- There are no added chemicals used post-harvest.
- Unwashed bagged salad has a longer natural shelf life.
- Farm to fork in 36 hours – when Irish season.

They also offer a comprehensive range of culinary herbs in a variety of weights and packaging formats such as Basil, Rocket, Sage, Mint and Oregano. They grow a wide range of patted herbs including: basil, parsley, coriander and chive.

Hugh Clarke

The business was started by Hugh's dad in Kinsealy, North county Dublin in the 1960's, growing mostly tomatoes. In 1979, Hugh joined and began growing lettuce. Since then they have been supplying both the catering trade and supermarkets. In the mid '80's the business started producing continental salads such as lollo rossa, oakleaf, frisee and endvine. This is a specialist market,

in which they are one of a few growers in this country.

Now the family tradition is being carried on by Hugh's son Stephen, who has also joined the company.

Robert Carrick

Robert is a 4th generation grower. He was raised on the family farm and saw crops being set from the age of 4. His father and late mother started to grow tomatoes and other greenhouse crops from the early 1980's. Broccoli is freshly picked each morning, and as the orders come in it is then packed to order. Each delivery is made that day and hopefully in the chef's kitchen that same evening or next day depending on customer requirements.

Mark Taylor & Sons

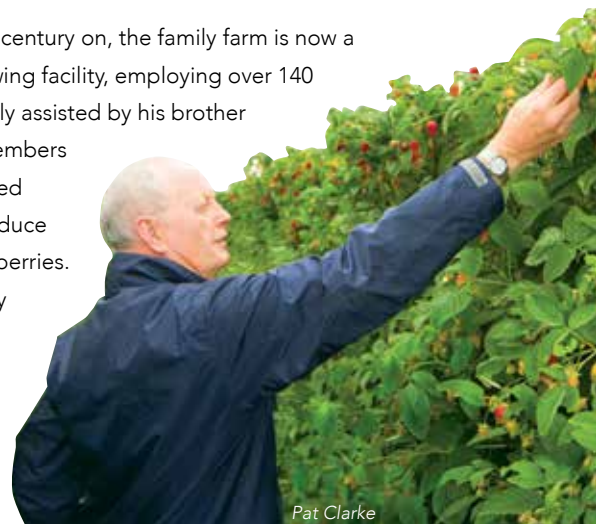
Based in Lusk, Co. Dublin they supply Irish grown turnips.

Clarke's Fresh Fruit

Clarke's is a family run business in Stamullen, County Meath currently growing 60 acres of strawberries, raspberries, blackberries and blueberries.

Owner and Director Pat Clarke is a Bord Bia quality assured soft fruit producer who has established a reputation for the production of quality fresh fruit over the past 50 years. With their excellent flavour, from texture and lengthy shelflife, approximately 80% of the strawberries grown in Ireland today are Pat's Elsanta variety.

More than half a century on, the family farm is now a commercial growing facility, employing over 140 people. Pat is ably assisted by his brother James, family members and a highly skilled workforce to produce tons of superior berries. The fruit is freshly picked, packed and dispatched daily from April to November.



Pat Clarke





local produce • supporting Irish



Mary & Paudie Hanafin



Mark Archer & Son

Mark Archer

Mark Archer Rush, Co Dublin local supplier for Cos lettuce and Baby Gem Lettuce.

Gold Circle Mushrooms Ltd.

Gold Circle Mushrooms is a family owned business, established in 1999 and based in Tienaneill, County Monaghan. Gold Circle Mushrooms is comprised of four modern mushroom farms and a BRC accredited packhouse; growing, packing and marketing 8,000 tons of fresh mushrooms every year

GDL Harford

Situated in the heart of North County Dublin in Lusk G D L Harford supplies Cabbage, Cauliflower, Beetroot, Parsnips, Celeriac & Leeks throughout the Irish season.

Ballygarron Farm

Ballygarron Farm is a family owned and run business based in The Spa Tralee Co. Kerry.

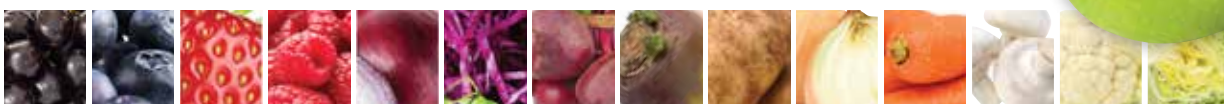
For three generations the Hanafin Family have worked the rich fertile land of The Spa and surrounding areas producing high quality freshly home-grown vegetables for their customers to enjoy. They strive to offer a high quality of produce fresh from the field. They supply cauliflower, broccoli, turnips and cabbage throughout the Irish season.

Denise Buckley




Located in Swords, Co. Dublin they supply Irish courgettes, bramley cooking apples and pumpkins throughout the Irish season.



Denise Buckley



Potatoes

CODE	DESCRIPTION		CODE	DESCRIPTION
VW773	Chipping Potato 25kg		VW709	Potatoes Mini 10kg Case
VW779	Irish Potatoes Queens 10kg		VW748	Potato Pre Pack Roosters 2.5kg
VW431	Potato Keoghs Bakers 10kg		VW550	Potato Golden Wonder 10kg
VW434	Potato Mini Premium 10kg		VW778	Purple Potatoes 5kg
VW708	Potato Baker 10kg Case		VW796	Sweet Potato 1kg pack
VW780	Ratte Potatoes Case 5kg		VW626	Potato Markies Washed (SoMa) 25kg
VW781	Potatoes Roosters 10kg Case		VW434	Potato Mini Premium 10kg

Don't expose potatoes to extremes of cold or light conditions. For best results store in darkness.





Prepared potatoes should be refrigerated (0-5c) and once opened they should be placed in cool water until ready to cook. This reduces the risk of discolouration through oxidation.

Prepared Potatoes

CODE	DESCRIPTION		CODE	DESCRIPTION	
VG701	Potato Prepared 10kg		VP686	Potato Mini W/p Case 5kg	
VG703	Potato Medium Prepared 5kg (Premier Potato)		VP417	Sweet Potato Chunky 2kg	
VG713	Potato Mini Roaster Prepared 5kg		VP726	Potatoes W/P 5kg	
VG721	Bakers in Foil 5kg		VP727	Potatoes W/P In Carton 9kg	
VG732	Potato Chateaux 5kg approx 70 pcs		VP725	Potato Sliced 5kg	
VP138	Potato Diced 5kg Case		VP741	Potato Baby Fondant Each Pack Size 10s	
VP140	Potato Sliced 5kg		VP740	Potatoes W/P Baby 9kg	
VP167	Chipping Piper Whole Peeled 5kg		VP743	Potato Fondant Pre Order Pack Size 10 Pieces	
VP409	Potato Rooster Wafer Sliced 5kg		VP742	Potato Oval Fondants Each pack size 10s	
VP712	Sweet Pot Diced 2kg		VP420	Sweet Potato Wafer Sliced 1.5mm 5kg	
VP411	Potato W/P No Dip Large 9kg		VP716	Potatoes Chunky 5kg	
VP413	Pots NVP W/P 9kg		VP717	Sweet Potato W/P 2kg	
VP698	Potato W/P 9kg		VP138	Potato Diced 5kg Case	
VP697	Potatoes Diced 5kg				

Chilled Chips

CODE	DESCRIPTION		CODE	DESCRIPTION	
VP729	Potato Wedges With Skin 5kg		VP450	Chips Fresh SK on 17x17ml 5kg	
VP167	Chipping Piper Whole Peeled 5kg		VP452	Chips Fresh (70x20x20)Hand Cut 5kg pont neuf	
VP224	Hand Cut Superb Chips 20 x 20 5kg Case		VP453	Chips Fresh 15ml Skin On 5kg	
VP249	Chips Chilled 9/16 Case 2 x 5kg		VP455	Chips Hand Select Chunky 5kg	
VP383	Chips Fresh (20x20) Marquise 5kg		VP658	Chips Fresh 20ml Skin On 5KG	
VP384	Chips Fresh (25x25MM) 5kg		VP687	Chips Fresh Chunky 5kg	
VP385	Chips Fresh Baton No Skin 5kg		VP702	Chips Fresh Marquise Skin On 10kg	
VP386	Chips Fresh Baton Skin On 5kg		VP734	Par Fried Chips (Bravi Gold Rush)2x5kg	

Cooked Potato


CODE	DESCRIPTION		CODE	DESCRIPTION	
VG140	Mashed Potato 2kg		VP753	Roast Sweet Potato Cooked 2kg Tray	



Carrot Bunch Case 5kg 

VW331



Celery Each 

VW269



Mooli White Radish Each


VW698



Radish Bunch Each

VW496



Carrots Medium 10kg Case 

VW702



Beetroot Fresh 5kg 

VW717



Beetroot Fresh 2kg 

VW718



Carrots Large 10kg Case 

VW723



Carrots Pre Pack 1kg unit 

VW724



Carrots Rainbow Large box 5kg Case

VW725



Kohl Rabbi Each

VW385



Horseradish Each

VW734



Parsnips 5kg Case 

VW742



Parsnips Pre Pack 500g 

VW743



Radish Bunched 125g

VW750



Salsify Unit 1kg

VW751



Turnips/Swede Each 


VW756



Celeriac Each

VW786







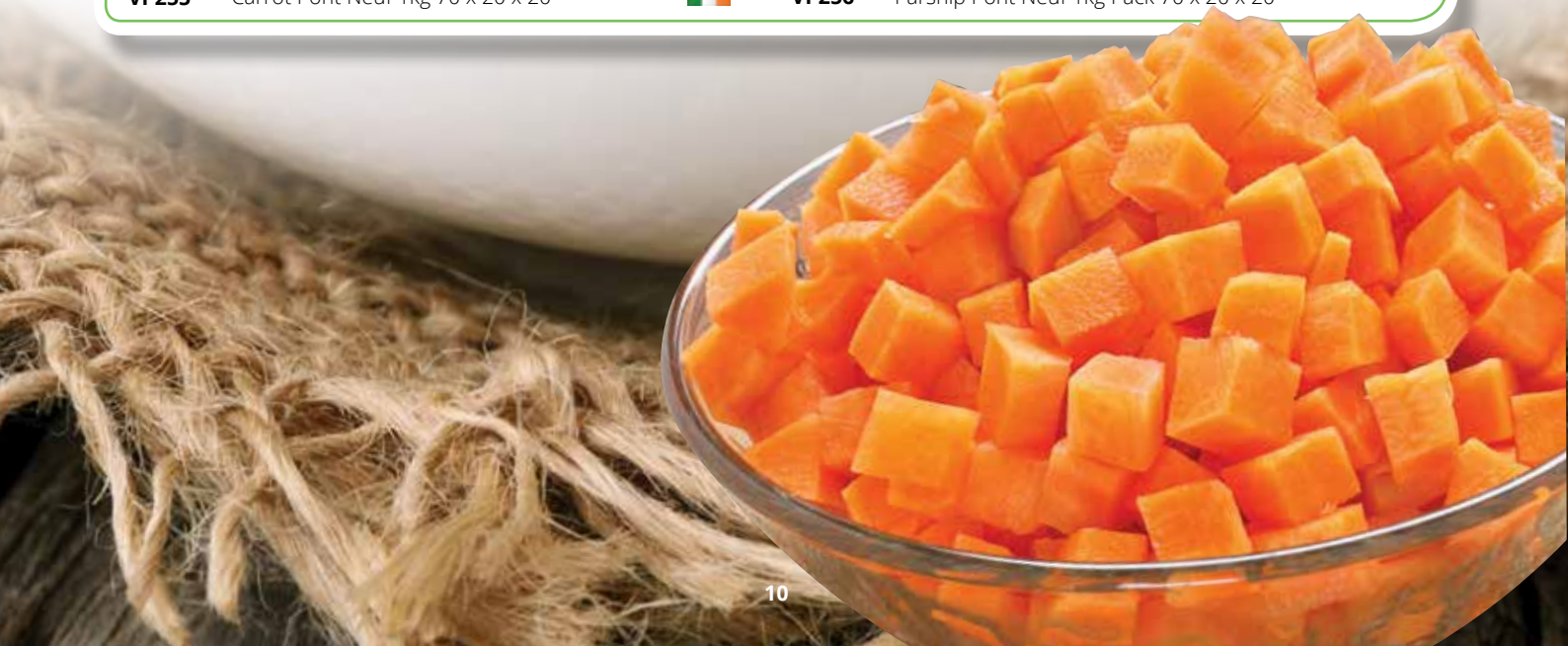
Celery each (16)s 

VW809



Root Vegetables Prepared

CODE	DESCRIPTION		CODE	DESCRIPTION	
VG716	Carrot Baton Prepared 5kg Pack		VP598	Carrot & Parsnip Diced 2kg	
VP706	Carrots Baton 5kg		VG722	Carrot & Parsnip Mix 5kg	
VP691	Carrots Chunky 2kg		VP416	Ratatouille Chunky 2kg	
VP708	Carrots Grated 1kg		VP196	Turnip Chunky Hand Cut 5kg	
VP705	Carrots Baton 2kg		VP704	Car/ Tur Diced Mix 2kg	
VP733	Veg Roast 5kg		VG711	Carrot Diced 5kg Pack	
VP739	Turnip/ Swede Baton 5kg Box		VP254	Turnip Pont Neuf 1kg pack 70 x 20 x 20	
VP596	Carrot & Parsnip Chunky Mix 2kg		VP150	Turnip Diced 5kg Pack	
VP158	Carrot Sliced 5kg		VP692	Carrots Julienne 2kg	
VG715	Carrot & Turnip Mix Prepared 5kg Pack		VP157	Parsnip Baton 5kg	
VP718	Turnip/Swede Chunky 2kg		VP194	Parsnip Chunky Hand Cut 5kg	
VP690	Car/Tur Chunky Mix 2kg		VP370	Carrot Wedged 5kg	
VP707	Carrots Diced Bag 2kg		VP146	Turnip Baton 2kg Pack	
VP746	Parsnip Chunky 2kg		VP572	Parsnip Wedged 5kg	
VP756	Roast Beetroot Cooked 2kg Tray		VP748	Carrot Chateau Banqueting 20's	
VP693	Carrots Sliced 2kg Box		VP423	Turnip Chateau Banqueting Each pack of 20s	
VP616	Parsnip Baton 2kg		VP586	Beetroot Shredded 1kg	
VP732	Turnip/Swede Diced 2kg		VP534	Turnip Grated 5kg	
VP132	Carrots Peeled T & T 5kg Case		VP202	Carrot & Parsnip Mix Chunky Hand Cut 5kg	
VP750	Parsnip Diced 2kg		VP201	Carrot & Parsnip Mix Baton 5kg	
VP199	Carrots Chunky Hand Cut 5kg		VP719	Turnip/Swede Peeled 2kg	
VP619	Parsnip T/T 2kg		VP571	Parsnip Wafer Sliced 1.5mm 5kg	
VP255	Carrot Pont Neuf 1kg 70 x 20 x 20		VP256	Parsnip Pont Neuf 1kg Pack 70 x 20 x 20	



ROOT VEGETABLES PREPARED



Milnes is a midland based company from Birr, in Co. Offaly supplying the local and national food industry since the 1970's. Milne Foods Limited was established in 1992 to focus on the area of prepared vegetables to complement its thriving wholesale business. Milne Foods commenced with a staff of five people preparing, packaging and delivering product to just a few customers back in 1992 and find ourselves today;

- supplying fresh product daily nationwide in our own fleet
- supporting 120 local jobs
- buying where possible from local farmers
- supporting our local community
- Members of BRC, Bord Bia, Origin Green





Prepared Vegetables

CODE	DESCRIPTION		CODE	DESCRIPTION	
VG706	Coleslaw Dry Mix 2kg		VP713	Onion Red Peeled 2kg Box	
VP688	Green Chopped Cabbage 2kg		VP694	Celery Diced / Sliced 1kg Box	
VP731	Ratatouille Mix 2kg		VP736	Onion Red Diced 1kg	
VP711	Stirfry Mix 2kg		VP710	Soup Mix 2kg	
VW767	Broccoli Prep 2kg		VP305	Onion White Peeled 2.5 kg	
VP689	Cabbage Red Shredded 1kg		VP703	Cabbage D Shredded 1kg Box	
VP695	Coleslaw Mix 1kg		RM593	Quiche 20mm Mix 2kg	
VG720	Soup Mix Prepared 2kg		VP699	Veg Mix Chunky 2kg	
VG880	Cauliflower Florets 2kg		VP165	Mediterranean Roast Vegetables 1.5kg	
VP715	Peppers Mixed Sliced 1kg		VP218	Diced Mixed Peppers 500g	
VP720	Onion White Diced 2kg		VP429	Butternut Squash (20x20) Chunky 2kg	
VP735	Leeks Chopped 1kg		VG702	Ratatouille Mix Prepared 2kg	
VP723	Onion White Sliced 2kg		VG717	Leek Sliced 2kg Pack	
VP714	Onion Red Sliced 1kg Box		VP737	Peppers Mixed Diced 1kg	
VP164	Rustic Roast Vegetables 1.5kg		VP142	Sliced Mixed Peppers 2kg	
VP722	Onion White Peeled 2kg				



Prepared Vegetables

CODE	DESCRIPTION		CODE	DESCRIPTION	
VP220	Diced Red Onion 500g		VP368	Butternut Squash(20x20) Chunky 5kg	
VG712	Celery Sliced 2kg		VP421	Tomato Diced 1kg	
VP683	Pepper green Diced 1kg		VP701	Celeriac Grated 1kg	
VP174	Peppers Mixed Diced 2kg		VP134	Onions Whole Peeled 1kg	
RM594	Quiche 15mm Mix 2kg		VP674	Minestrone 10mm Mix 2kg	
VP676	Casserole 20mm Mix 2kg		VP129	Cabbage White Sliced 2kg	
VP613	Mushroom Sliced 1kg		VP128	Cabbage Red Sliced 2kg	
VP365	Butternut Diced 2kg		VP755	Roast Tomatoe Cooked 2kg Tray	
VP614	Onion Red Peeled 2.5 kg		VP519	Shallot Thin Sliced 1kg	
VG735	Minestrone Soup Mix 2kg		VP462	Leek Diamond Sliced 1kg	
VP143	Sliced Red Onions 2kg		VP696	Peppers Red Sliced 1kg	
VG700	Stew Mix Prepared 2kg		VP564	Onion Ring 1.5cm 5kg	
VP172	Red Onion Diced 2kg		VP518	Scallion Sliced 250g	
VP176	Butternut Squash Chunky Hand Cut 5kg		VP490	Pepper Green Sliced 1kg	
VP135	Red Onions Whole Peeled 1kg		VP374	Celeriac Chunky 2kg	
VP376	Celeriac Diced 2kg		VP295	Coleslaw Mix 1kg Box	
VP190	Potato & Leek Mix 2kg		VP700	Brussel Sprout Prep 5kg	



Mushrooms

CODE	DESCRIPTION		CODE	DESCRIPTION	
VW241	Mushroom Girolles 1kg		VW769	Mushroom Wild Mix 1kg	
VW246	Mushroom Trumpette 1kg		VW775	Mushrooms Button Small & Tight 2.27kg Case	
VW640	Mushroom Paris Brown 2.27kg		VW776	Mushrooms Flat 1.8kg Case	
VW642	Mushroom Shimeji Brown 150g		VW777	Mushroom Tray Un Graded 2.27kg	
VW643	Mushroom Shimeji White 150g		VW784	Mushrooms Portabello 1.5kg Case	
VW668	MUSHROOM TRAY 2.27kg		VW668	Mushroom Tray 2.27kg	
VW754	Mushrooms Button 2.27kg Case		VW240	Mushroom Enochi 1kg	
VW758	Mushroom Chip 3lb		VW242	Mushroom King Oysters 1kg	
VW759	Mushroom Oyster 1kg Case		VW454	Mushroom Chantrelle 1kg	
VW760	Whole Mushrooms x 250g		VW605	Mushroom Pied Du Mountain 1kg	
VW768	Mushroom Shitake 1kg				

To prolong the life of mushrooms keep them in the refrigerator. You don't always have to slice mushrooms. Quarter button mushrooms, leave the tiny shiitakes and chanterelles whole, and tear the wild looking ones like maitakes and oyster.





Gold Circle Mushrooms Ltd. is a family owned business, established in 1999 and based in Tiernaneill, County Monaghan.

Gold Circle Mushrooms is comprised of four modern mushroom farms and a BRC accredited packhouse; growing, packing and marketing 8,000 tons of fresh mushrooms every year.

Gold Circle Mushrooms grow white and brown mushroom products, including buttons, closed cup, large flats and portabello mushrooms, along with some exotic mushroom species.

We are proud to be one of the largest flat mushroom growers in Europe, supplying all food trades in Ireland and the UK, 7 days per week.



Baby Vegetables

CODE	DESCRIPTION	CODE	DESCRIPTION
VG883	Aubergine Baby Case 6 x 200g	VW715	Baby Corn 80gm Pack
VW283	Artichoke Baby 5kg	VW722	Carrots Baby 200g
VW573	Carrot Baby Rainbow 200g	VW727	Courgette Baby 200g
VW631	Turnip Baby 200g	VW735	Leek Baby 200g
VW670	Artichoke Baby Bunched 12 bnch		

Rainbow Carrots come in 6 different colors: purple, red, orange, tangerine, yellow, and white. They are a delicious way to add color and crunch to appetizers, salads and entrees.





Onion Roscoff 1kg

VW403



Onion White Skinned Case 10kg

VW404



Onions Large 20kg Case

VW707



Onion Scallion Bunch

VW710



Cipolleni Onions 5kg

VW736



Onions Medium 20kg

VW737



Onion Red 10kg

VW739



Onions Red 1kg

VW740



Onion Pearl 1kg

VW800



Onion Med 1kg (Net of 3)

VW810



Leek Whole Case 1kg 

VW655





Leek Baby 200g 

VW735



Leeks 5kg Bag 

VW787



Shallot Banana 500g

VW801



Shallot Banana 4kg

VW806



Shallot Round 500g

VW802



Shallot Round 4kg

VW807



Garlic Purple Case 7kg

VW375



Garlic Bulb 4kg Case

VW785



Garlic Black 100g Punnet

VW695



Garlic Smoked By String 1kg

VW732



Garlic String 500g

















VW733

Prepared Alliums

CODE	DESCRIPTION	CODE	DESCRIPTION
VP134	Onions Whole Peeled 1kg	VP722	Onion White Peeled 2kg
VP135	Red Onions Whole Peeled 1kg	VP736	Onion Red Diced 1kg
VP143	Sliced Red Onions 2kg	VG717	Leek Sliced 2kg Pack 
VP172	Red Onion Diced 2kg	VP190	Potato & Leek Mix 2kg
VP220	Diced Red Onion 500g	VP462	Leek Diamond Sliced 1kg 
VP465	Onion Red Chunky 2kg	VP735	Leeks Chopped 1kg 
VP469	Onion Red Diced 15ml 1kg	VP519	Shallot Thin Sliced 1kg
VP564	Onion Ring 1.5cm 5kg	VP709	Shallot Banana Peeled 1kg
VP713	Onion Red Peeled 2kg Box	VP518	Scallion Sliced 250g
VP714	Onion Red Sliced 1kg Box	VW274	Garlic Peeled 1kg
VP720	Onion White Diced 2kg		



Herbs

CODE	DESCRIPTION		CODE	DESCRIPTION	
HB100	Fresh Herb - Mint 100g		HB563	Coriander Bag x 50g	
HB101	Fresh Herb - Tarragon 100g		HB564	Dill Bag x 50g	
HB102	Fresh Herb - Thyme 100g		HB565	Marjoram Bag x 50g	
HB103	Fresh Herb - Rosemary 100g		HB568	Samphire 1kg	
HB104	Fresh Herb - Chervil 100g		HB569	Sage 1kg	
HB105	Fresh Herb - Chives 100g		HB571	Fennel Herb Bag x 50g	
HB106	Fresh Herb - Coriander 100g		HB572	Lemon Grass Bunch 80g	
HB107	Fresh Herb - Basil 100g		HB573	Sorrel x 50g	
HB108	Fresh Herb - Dill 100g		HB575	Thyme 1kg	
HB109	Parsley Flat Leaf 100g		HB576	Basil 1kg	
HB312	Lemon Balm Bag x50g		HB577	Chives 1kg	
HB316	Lovage Bag x 50g		HB578	Coriander 1kg	
HB385	Chevril 1Kg		HB579	Rosemary 1kg	
HB425	Parsley Curly 1kg		HB580	Sage Bag 50g	
HB426	Mint Spanish 1kg		HB581	Taragon 1kg	
HB552	Edible Flowers Assorted 30g		HB582	Oregano 1kg	
HB553	Parsley Flat Bag x 50g		HB583	Parsley Flat 1kg	
HB554	Bay Leaf Bag x 50g		HB584	Dill 1kg	
HB555	Basil Bag x 50g		HB585	Mint 1kg	
HB556	Thyme Bag x 50g		HB593	Parsley Curly Bag X 50G	
HB557	Tarragon Bag x 50g		HB594	Potted Herbs Mixed 6 Per Case	
HB558	Oregano Bag x 50g		HB595	Spinach Baby 500g	
HB559	Rosemary Bag x 50g		HB599	Rocket 100g	
HB560	Mint Bag x 50g		SL341	Mizuna 1kg	
HB561	Chervil Bag x 50g		SL347	Red Chard 1kg	
HB562	Chives Bag x 50g				



















QUALITY HERBS

Our story started over 30 years ago when in 1984, after many years working in vegetable sales, Edward McCormack began his own family farming business in Kiltale, County Meath. From 1984 to 1998 the main focus of the McCormack business was the growing and selling of vegetables directly to foodmarkets in the Dublin area as well as other Food Service customers. As the years passed and the business grew, Edward was joined by his son Stephen, who had recently graduated from Warrenstown Horticultural College and both began working side by side on the farm.

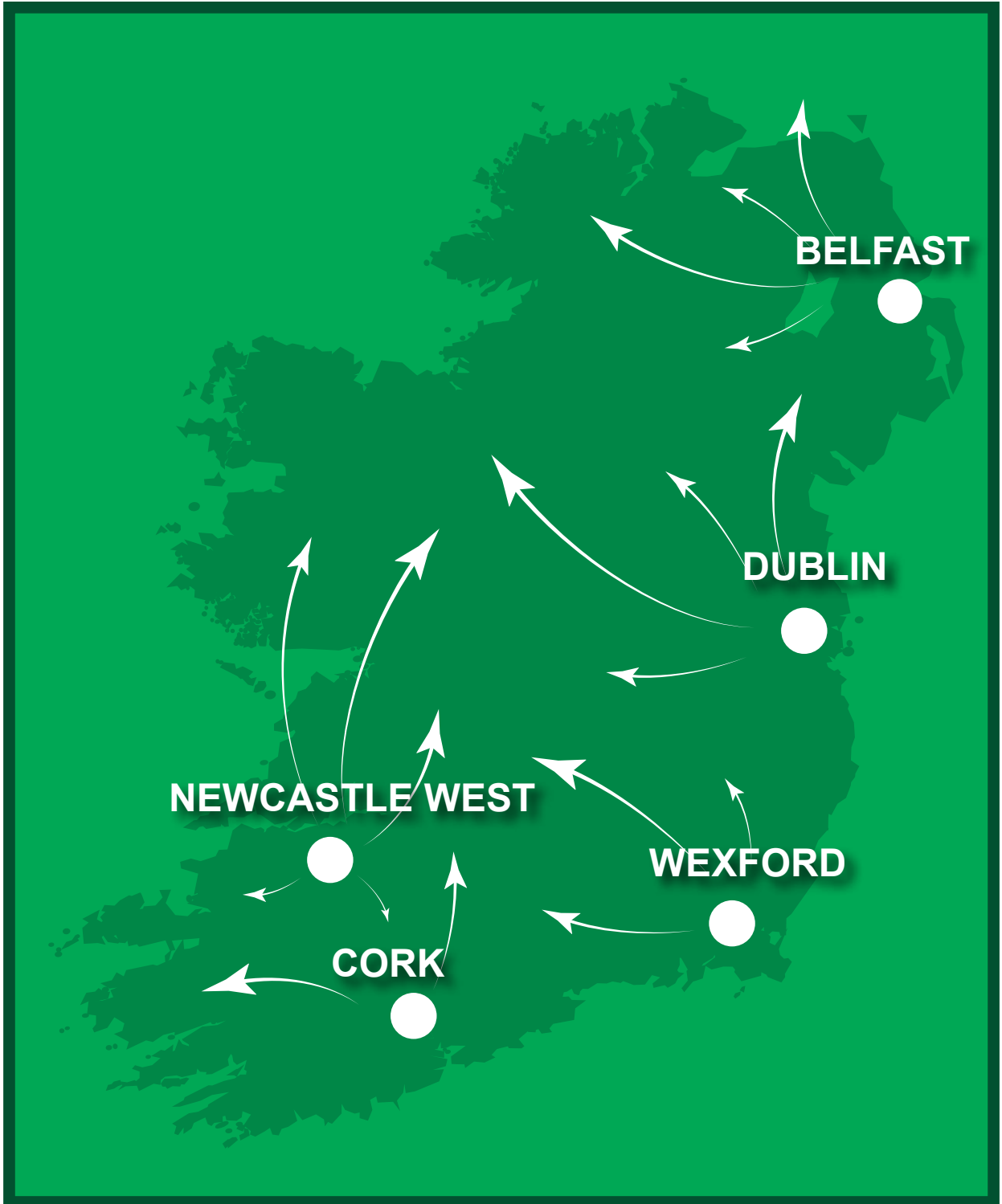


Micro Greens

CODE	DESCRIPTION		CODE	DESCRIPTION	
HB282	M-Leaf Alaskan Nasturtium 30g		HB596	M-Leaf Chard Red 30g	
HB295	M-Leaf Red Mustard Frill 30g		HB597	M-Leaf Parsley 30g	
HB423	M-Leaf Rocket 30g		HB598	M-Leaf Red Vein Sorrel 30g	
HB424	M-Leaf Fennel Green 30g		HB586	M- Leaf Basil 30g	
HB538	M-Leaf Greek Cress 30g		HB587	M- Leaf Celery 30g	
HB539	M-Leaf Kale 30g		HB588	M- Leaf Coriander 30g	
HB541	M-Leaf Radish 30g		HB590	M- Leaf Red Amarath 30g	
HB546	M-Leaf Mixed Micro Leaf 30g		HB591	M- Leaf Watercress 30g	
HB570	M-Leaf Red Shiso 30g				

Microgreens are widely used to add "zing" to a main course or salad, the most popular varieties are the spicy ones- mustard frill/radish.





**Servicing the Island of Ireland with
the Freshest Produce from Farm to Fork**



Potatoes

Queens

Bakers

JAN

FEB

MARCH

APRIL

MAY

					Irish
Irish	Irish	Irish	Irish	Irish	Irish



Root Vegetables

Carrots

Celeriac

Parsnips

JAN

FEB

MARCH

APRIL

MAY

Irish	Irish	Irish	Irish	Irish
UK	UK	UK	UK	Irish
Irish	Irish	Irish	Irish	Irish



Mushrooms

Button Mushrooms

Large Flat Mushrooms

JAN

FEB

MARCH

APRIL

MAY

Irish	Irish	Irish	Irish	Irish
Irish	Irish	Irish	Irish	Irish



Brassicas

Broccoli

Savoy Cabbage

Red & White Cabbage

Cauliflower

JAN

FEB

MARCH

APRIL

MAY

Spain	Spain	Spain	Spain	Spain
Irish	Irish	Irish	Irish	Irish
Irish	Irish	Irish	Irish	Irish
Irish	Irish	Irish	Irish	Irish



Squash

Butternut Squash

Courgettes

JAN

FEB

MARCH

APRIL

MAY

Holland	Holland	Holland	Holland	Holland
Spain	Spain	Spain	Spain	Spain



Alliums

Onions

Red Onions

Leeks

JAN

FEB

MARCH

APRIL

MAY

UK	UK	UK	UK	UK
UK	UK	UK	UK	UK
Irish	Irish	Irish	Irish	Irish



Speciality Vegetables

Fine Beans

Sugar Snap Peas

JAN

FEB

MARCH

APRIL

MAY

Kenya/Guatemala	Kenya/Guatemala	Kenya/Guatemala	Guatemala	Guatemala
Kenya/Guatemala Kenya	Kenya/Guatemala Kenya	Kenya/Guatemala Kenya	Kenya/Guatemala Kenya	Kenya Guatemala/Kenya



Salad Lettuce

Iceberg

Lollo Rosso

JAN

FEB

MARCH

APRIL

MAY

Spain	Spain	Spain	Spain	Irish
Spain	Spain	Spain	Spain	Spain



Salad

Celery

Cucumber

JAN

FEB

MARCH

APRIL

MAY

Spain	Spain	Spain	Spain	Spain
Spain	Spain	Spain	Spain	Holland



Capsicums

Yellow, Red&Green Peppers

Red&Green Chilli Peppers

JAN

FEB

MARCH

APRIL

MAY

Spain	Spain	Spain	Spain	Holland
Mexico/USA/Kenya	Mexico/USA/Kenya	Mexico/USA/Kenya	Mexico/USA/Kenya	Kenya/Jordan



SEASONALITY CALENDAR



Excellent Seasonal Period



Good Seasonal Period



Challenging Seasonal Period

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Irish	Irish	Irish	Irish			
Irish		Irish	Irish	Irish	Irish	Irish

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
French	French	Irish	Irish	Irish	Irish	Irish
Irish	Irish	Irish	Irish	Irish	UK	UK
UK	UK	Spain	Irish	Irish	Irish	Irish

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Irish	Irish	Irish	Irish	Irish	Irish	Irish
Irish	Irish	Irish	Irish	Irish	Irish	Irish

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Irish	Irish	Irish	Irish	Irish	Spain	Spain
Spain	Spain	Irish	Irish	Irish	Irish	Irish
Irish	Holland	Holland	Irish	Irish	Irish	Irish
Irish	Holland	Holland	Irish	Irish	Irish	Irish

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Holland	Holland	Holland	Holland	Holland	Holland	Holland
Spain	Irish	Irish	Irish	Irish	Irish	Spain

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
UK	UK	UK	UK	UK	UK	UK
UK	UK	UK	UK	UK	UK	UK
Holland	Holland	Irish	Irish	Irish	Irish	Irish

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Kenya Guatemala	Kenya/Guatemala	Kenya/Guatemala	Kenya/Guatemala	Guatemala	Guatemala	Kenya/Guatemala
Kenya Peru	Kenya/Peru/Zambia	Kenya/Peru/Zambia	Kenya/Peru/Zambia	Kenya/Peru/Zambia	Kenya/Peru/Zambia	Kenya

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Irish	Irish	Irish	Irish	Irish	Spain	Spain
Irish	Irish	Irish	Irish	Irish	Spain	Spain

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
UK	UK	UK	UK	UK	UK	Spain
Holland	Holland	Holland	Holland	Holland	Spain	Spain

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Holland	Holland	Holland	Holland	Holland	Spain	Spain
Kenya/Jordan	Kenya/Jordan	Kenya/Jordan	Kenya/Jordan	Mexico/USA/Kenya	Mexico/USA/Kenya	Mexico/USA/Kenya



Herbs

	JAN	FEB	MARCH	APRIL	MAY
Curly Parsley	Spain/Italy	Spain/Italy	Spain/Italy	Irish	Irish
Coriander	Spain/Israel/Kenya	Spain/Israel/Kenya	Spain/Israel/Kenya	Irish	Irish
Mint	Spain/Israel/Kenya	Spain/Israel/Kenya	Spain/Israel/Kenya	Spain/Israel/Kenya	Irish
Micro Greens	Spain/Italy	Spain/Italy	Spain/Italy	Spain/Italy	Spain/Italy



Tomatoes

	JAN	FEB	MARCH	APRIL	MAY
Beef Tomatoes	Spain	Spain	Spain	Holland	Holland
Tomatoes M	Spain	Spain	Spain	Holland	Holland
Cherry Tomatoes on the vine	Spain	Spain	Spain	Holland	Holland



Apples & Pears

	JAN	FEB	MARCH	APRIL	MAY
Granny Smith Apples	France	France	France	France	France/ South Africa
Pears	Holland/Belgium	Holland/Belgium	Holland/Belgium	Holland/Belgium	Holland/Belgium



Citrus

	JAN	FEB	MARCH	APRIL	MAY
Easy Peelers	Spain	Spain	Spain	Argentina	South Africa
Lemons	Spain/Turkey	Spain/Turkey	Spain/Turkey	Spain/Turkey Uruguay	Uruguay
Limes	Brazil	Brazil	Brazil	Brazil	Brazil



Melons

	JAN	FEB	MARCH	APRIL	MAY
Galia Melons	Brazil	Brazil	Guatemala Honduras	Guatemala Honduras	Spain
Honeydew Melons	Brazil	Brazil	Panama	Panama	Spain



Bananas

	JAN	FEB	MARCH	APRIL	MAY
Bananas	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica



Exotic Fruit

	JAN	FEB	MARCH	APRIL	MAY
Medium Pineapples	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica
Passion Fruit	South Africa/Kenya/ Zimbabwe	South Africa/Kenya/ Zimbabwe	South Africa/Kenya/ Zimbabwe	South Africa/Kenya/ Zimbabwe	South Africa/Kenya Zimbabwe



Soft Fruit

	JAN	FEB	MARCH	APRIL	MAY
Strawberries	Spain	Spain	Spain	Spain	Irish
Raspberries	Spain	Spain	Spain	Spain	Spain



Stone Fruit

	JAN	FEB	MARCH	APRIL	MAY
Peaches	South Africa	South Africa	South Africa	Chile	Chile
Plums	South Africa	South Africa	South Africa	Chile	Chile



Grapes

	JAN	FEB	MARCH	APRIL	MAY
Red Grapes	Brazil	Brazil	Chile	South Africa	South Africa
White Grapes	Brazil	Brazil	Chile	South Africa	South Africa



SEASONALITY CALENDAR



Excellent Seasonal Period



Good Seasonal Period



Challenging Seasonal Period

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Irish	Irish	Irish	Irish	Spain/Italy	Spain/Italy	Spain/Italy
Irish	Irish	Irish	Irish	Irish	Irish	Spain/Isreal/Kenya
Irish	Irish	Irish	Irish	Irish	Spain/Isreal/Kenya	Spain/Isreal/Kenya
Irish	Irish	Irish	Spain/Italy	Spain/Italy	Spain/Italy	Spain/Italy

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Holland	Holland	Holland	Holland	Holland	Spain	Spain
Holland	Holland	Holland	Holland	Holland	Spain	Spain
Holland	Holland	Holland	Holland	Holland	Spain	Spain

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
South Africa	South Africa	South Africa	France/ South Africa	France	France	France
Holland/Belgium	Holland/Belgium	Holland/Belgium	Holland/Belgium	Holland/Belgium	Holland/Belgium	Holland/Belgium

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
South Africa	Uruguay	Peru	Peru	Peru/Spain	Spain	Spain
Uruguay	Uruguay	Uruguay	Uruguay	Spain/Turkey Uruguay	Spain/Turkey	Spain/Turkey
Brazil	Brazil	Brazil	Brazil	Brazil	Mexico/Brazil	Mexico/Brazil

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Spain	Spain	Spain	Brazil	Brazil	Brazil	Brazil
Spain	Spain	Spain	Brazil	Brazil	Brazil	Brazil

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica
South Africa/Kenya Zimbabwe	South Africa/Kenya/ Zimbabwe	South Africa/Kenya/ Zimbabwe	South Africa/Kenya/ Zimbabwe	kenya	kenya	kenya

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Irish	Irish	Irish	Irish	Irish	Irish	Spain
Irish	Irish	Irish	Irish	Irish	Irish	Spain

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Spain	Spain	Spain	Spain	Spain	Spain	
Spain	Spain	Spain	Spain	Spain	Spain	

JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Spain	Spain	Spain	Spain	Spain	Brazil	Africa/Namibia
Spain	Spain	Spain	Spain	Spain	Brazil	Africa/Namibia



Fresh - Quality - Excellent Service

Bagged Salads

Mash Products

Cooked Potato Products

Ready to Use Prepared Vegetables

Lunchtime Solutions

Pasta & Couscous

Coleslaws

Deli Salads

Sandwich Fillers

Deli Bar Products

Meal Accompaniments



WILLOWBROOK
Fine Foods



50a Whiterock Road, Killinchy, Co Down, BT23 6PT

www.willowbrookfoods.co.uk

www.willowbrookfinefoods.co.uk | www.willowbrookfoodinnovation.co.uk

Prepared Leaf

CODE	DESCRIPTION	CODE	DESCRIPTION
FW642	Italian Mixed Lettuce 500g	SL332	Lettuce Lambs 100g
SL148	Lettuce Iceberg Prepared 500g	SL153	Premium Mixed Leaf Salad 500g
SL151	Prepared Cos Lettuce Leaves 500g	SL279	Baby Mixed Oriental Leaf 1Kg
SL209	Lettuce Babyleaf Mix Washed Case 6x150g	SL316	Salad Leaves Valeriana Case 4x150g (Lambs Leaf)
SL213	Lettuce Washed Rocket Case 6x150g	SL151	Prepared Cos Lettuce Leaves 500g
SL268	Lettuce Washed COS Case 4x250g	SL315	Salad Leaves Mesclin Case 4 x 150g
SL309	Lettuce Iceberg Prepared 500g	SL316	Salad Leaves Valeriana Case 4 x 150g (Lambs Leaf)
SL312	Lettuce Washed Iceberg 40mm Case 6 x 500g	SL318	Salad Leaves Lollo Rossa Case 4 x 150g
SL313	Lettuce Washed Catering 50mm Case 6 x 500g	SL319	Salad Leaves Red Chard Case 4 x 150g
SL314	Lettuce Washed COS 50mm Case 6 x 500g	SL343	Catering Mixed Salad 500g
SL320	Lettuce Baby Mix Case 4x150g	SL327	Lettuce Baby Mix Leaf 500g

Whole Head

CODE	DESCRIPTION	CODE	DESCRIPTION
SL336	Lettuce Lollo Rosso Head 	SL331	Lettuce Chicory 500g
SL338	Lettuce Mixed Box 12 per Case 	SL342	Mustard Cress 16 Per Case
SL340	Lettuce Butterhead Soft Head 	SL333	Lettuce Cos Approx 10 heads per Case 
SL339	Lettuce Raddicho Head	SL335	Lettuce Baby Gem Head twin pack 
SL330	Lettuce Chinese Leaf Head	SL334	Lettuce Iceberg Head
SL337	Lettuce Oak Leaf Head 	SL446	Fine Frisee 450g Case of 6
SL215	Chicory Red x 500g	SL325	Lettuce Affilia Irish (Pea Shoot) Case 9 
HB566	Lettuce Sakura Mix 9 Punnets Per Case 		

Ensure they are not next to any ethylene emitting fruit like apples, as this will increase the brown spots.



Cranberries 340g

FW112



Blackberries 6 x 125g per Case 

FW592



Strawberries 227g 

FW589



Raspberries 125g Pack 

FW600



Blueberries 125g Pack 

FW603



Bananas



CODE	DESCRIPTION
FW357	Banana Leaf 2kg
FW593	Banana Case 28lbs/12.72kg
FW607	Bananas Pre Pack 1kg

CODE	DESCRIPTION
FW608	Banana 3kg
FW614	Banana Case 40lbs



Keep bananas at room temperature to avoid discolouration. Black spots indicate high sugar levels which is a result of the natural ripening process. Bananas absorb and produce high levels of ethylene so always store separately from other produce.

Green Cook Book

Water Melon & Goat Cheese and Pomegranate Balsamic reduction



Ingredients

- Water Melon
- Young Goats Cheese Crottin Style
- 250 ml Pomegranate Juice
- 100 ml Balsamic Cream
- 1 Tea Spoon Honey
- 300g Flour
- 3 Eggs, beaten
- Bread Crumbs
- Paprika
- Salt & Pepper
- Mixed Micro herbs
- Addible Flowers



A healthy vegetarian appetizer

Pomegranate Balsamic Reduction

In a medium sized saucepan that is nonreactive, add the Pomegranate juice, honey and balsamic Cream vinegar. Bring to a simmer over medium-high heat, and then turn down heat, keep at a low simmer to thicken and reduce. When the reduction coats a spoon, it is thick enough. Keep aside to cool down.

Goat Cheese

Mix the breadcrumbs with some paprika and salt & pepper. Dip the goats Cheese in flour and egg and then coat with the bread crumbs mix. Keep aside in a cool place.

Water Melon

Slice the Melon 1.5cm thick and with 3 different size cutters cut 3 Disc repeat this as many times as needed. Keep in a cool place.

Assemble dish

Pan-fry the goats cheese on both sides in a non-stick pan until golden on both sides and place in a hot Oven for 2 minutes. Center of the Goat cheese should be warm. Keep it aside warm place.

On a plate put the Pomegranate reduction add the 3 size water melon Disc

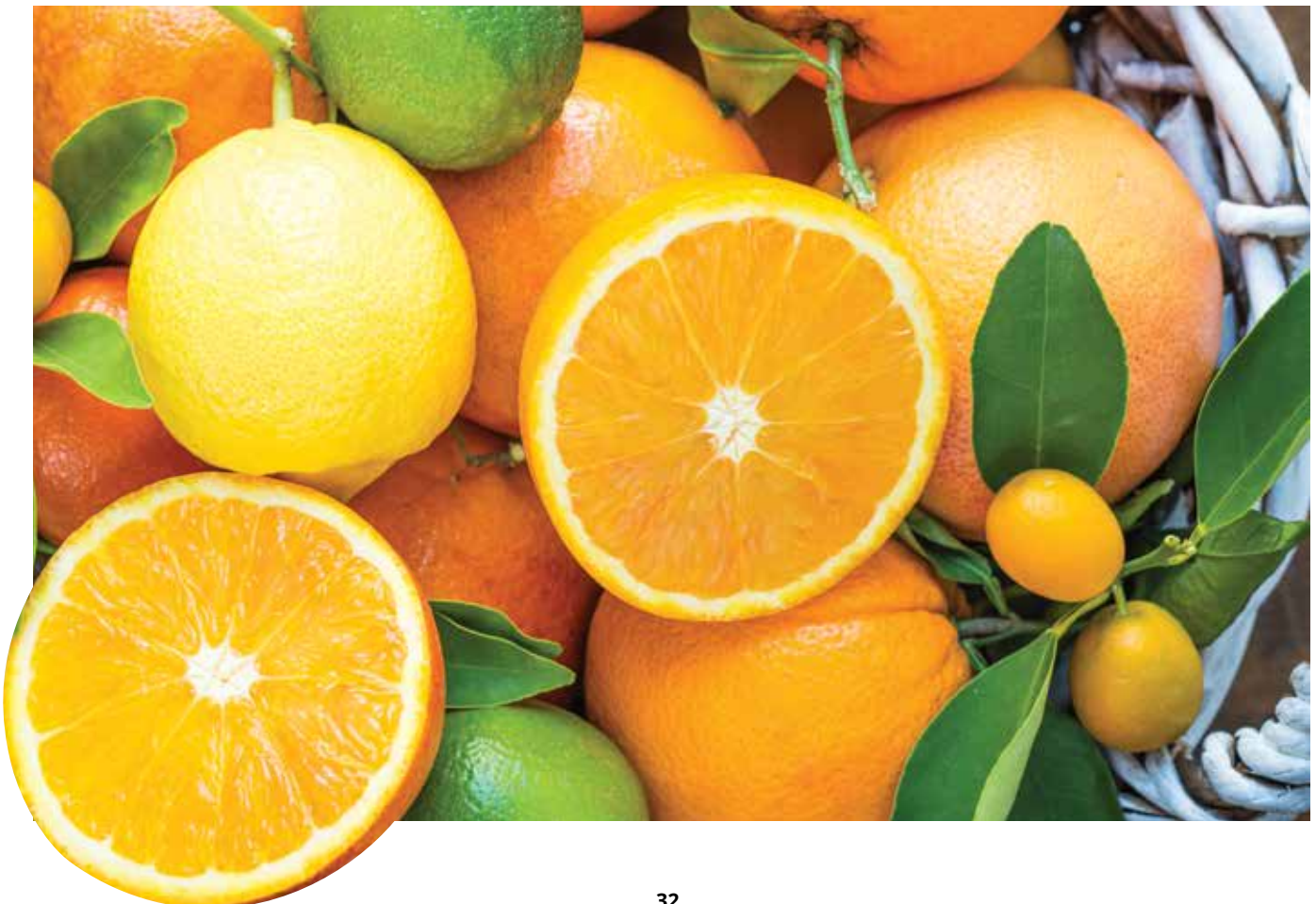
Add the Goat Cheese and garnish with some addible flowers and micro herbs.

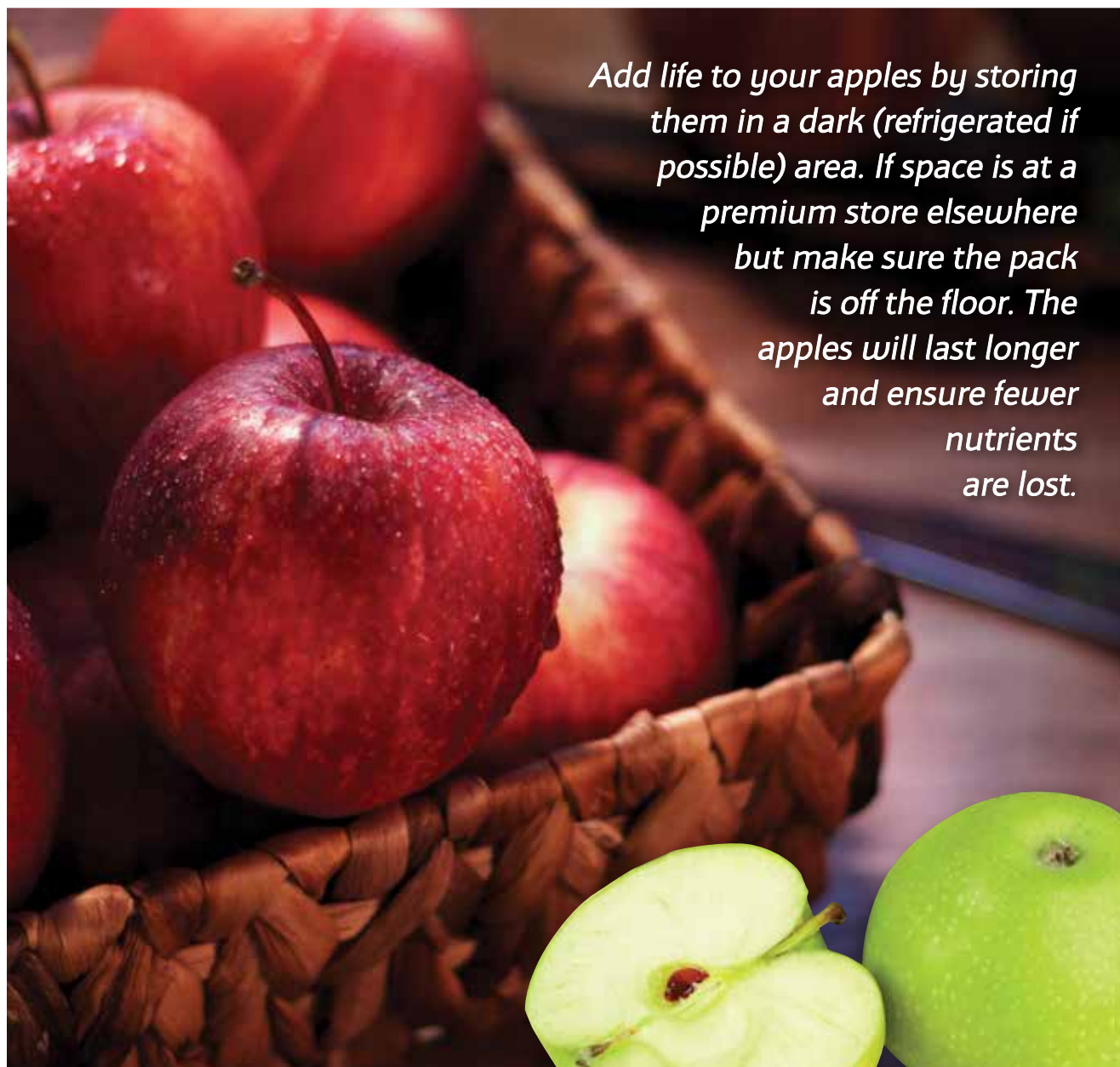


Citrus

CODE	DESCRIPTION	CODE	DESCRIPTION
FW595	Lemons 100 Per Case	FW620	Melon Canteloupe
FW611	Lemons Net 6 Per Pack	FW621	Melon Gaila
FW496	Orange Blood Each	FW622	Melon Honeydew Single
FW582	Orange Juicing 100 Case	FW638	Melon Honeydew
FW597	Oranges 48 per Case	FW576	Grapes Black Seedless
FW598	Oranges Navel 60 Per Case	FW577	Grapes Green Seedless
FW605	Orange Net 6 Per Pack	FW351	Apricot
FW580	Limes Net 6 Per Pack	FW573	Cherries Red
FW596	Lime Case 4kg	FW472	Nectarine
FW627	Grapefruit Ruby Each	FW475	Peach
FW628	Grapefruit White Each	FW586	Plums Punnet Red
FW581	Water Melon		

To add a longer shelf life store your lemons and limes in a cool area (ideally refrigerated). When cutting for wedges in drinks, do not cut the entire fruit. Instead cut off the end and take the slice needed, placing the end back on and returning to the fridge.





Add life to your apples by storing them in a dark (refrigerated if possible) area. If space is at a premium store elsewhere but make sure the pack is off the floor. The apples will last longer and ensure fewer nutrients are lost.

Top Fruit

CODE	DESCRIPTION	CODE	DESCRIPTION
FW346	Apple Pink Lady 6 per pack	FW616	Apple Red 150 per box
FW469	Apple G. Del Case 125	FW630	Apple G Del 6 per Tray
FW570	Apples Cooking 13kg Case	FW631	Apple G Smith 6 per Tray
FW571	Apples Red 100 Per Case	FW632	Apples Red 6 per Tray
FW590	Apples Golden Delicious 100 Per Case	FW633	Apples Cooking Prep 10kg Box
FW591	Apples Granny Smith 100 per Case	FW645	Red Apples 4 pack
FW606	Pink Lady Apples 72 Per Case	FW583	Pears Tray Ready to Eat 4 Pieces Pack
FW613	Apple Cookers 4 Per Tray	FW599	Pear Loose Case 13kg



Tomatoes Cherry Vine Small 3kg Case

SL291



Tomato Green 6kg

TM157



Tomato Datterino Cherry Vine 3Kg

TM182



Tomato Santos 250g Per Pack

TM183



Tomatoes Cherry Red 250g Per Pack

TM189



Tomatoes Cherry Vine 3kg Case

TM190



Tomatoes Cherry Yellow 250g Pack

TM191



Tomatoes Plum Vine Case 5kg

TM192



Tomatoes M (57-67) 6kg Case

TM193



Tomatoes Vine Case 5kg

TM194



Tomatoes Heirloom Inca 3kg

TM195



Tomatoes Beef 7kg Case

TM196



Tomatoes 1kg

TM197



Beef Tomatoes 4 pack

TM198



Tomato Cherry Vine 300g Per Pack

TM199



Tomato Vine 500g Per Pack

TM201



Tomato Cooking Tips

A good serrated knife is far superior to a flat-edged knife for slicing tomatoes.

Do not use an aluminium pot, pan or utensil when cooking tomatoes.

The acid in the tomato reacts unfavourably with the aluminium. The dish will also absorb some of the aluminium.

If your tomatoes seem overly acidic, you can add a sprinkle of sugar and salt, both of which will bring out the flavour or a little baking soda.

Plum tomatoes are best used for sauces. Globe, cherry, and grape tomatoes are best for eating raw.



Proud to be working with Pallas Green.

HOW
fresh
CAN YOU
GET?

Quality Produce International



To provide high quality products for all the customers of Pallas Green, Quality Produce International is committed to supply the best and the freshest products 52 weeks of the year. QPI has a direct relationship with its growers all over the world, which gives visibility into the origin and growing of all products. The shortest possible distribution chain from the grower into the Pallas Green network give the end user the best possible experience of a wide range of fresh fruit and vegetables.

We operate from a modern warehouse with a BRC certified management system. Located in de Lier, at the centre of the main Dutch glasshouse production, and within easy reach of the Rotterdam Harbour and Schiphol airport.

Winter supply is largely based in Spain where, besides a large group of dedicated growers, we have our own office, specialized QC team on the ground, and our own growing facilities. With the use of our own transport hub, we are able to supply directly to Pallas Green, again establishing a short and reliable fresh chain for the Irish market.

We look forward to establishing a strong long-term relationship with Pallas Green and to explore together other business opportunities.



Quality Produce International

Peppers & Chillies

CODE	DESCRIPTION	CODE	DESCRIPTION
VP679	Chilli Serano Pepper Green 250G Pack	VW790	Peppers Red 5kg
VW657	Chilli Pepper Green 3kg	VW791	Peppers Yellow 1kg
VW658	Chilli Pepper Red 3 kg	VW803	Chilli Pepper Habanero (Scotch Bonnet) 500g
VW661	Pepper Habanero 4kg	VG879	Green Chillies 250g Pack
VW744	Peppers Green 5kg Case	VP679	Chilli Serano Pepper Green 250G Pack
VW745	Peppers Mixed 5kg Case	VW424	Pepper Thai Red Chilli Case 2kg
VW747	Pepper Traffic Light 3 pack 500g	VW544	Pepper Chilli Padrone 2kg
VW763	Peppers Yellow 5kg	VW746	Red Jalapeno (Serrano) Chillies 250g
VW771	Peppers Red 1kg	VW757	Red Chillies 250g Pack
VW789	Peppers Green 1kg	VW798	Chilli Indian 500g

We buy our peppers in the two key seasons. Summer season supply is direct from Holland and Winter season supply is direct from Spain.



Speciality Veg

CODE	DESCRIPTION	CODE	DESCRIPTION
VW714	Aubergines Each	FW572	Chestnuts Whole 5kg Case
VW706	Mangetout 1.5kg Case	FW512	Chestnuts (Maroons) 500g
VW711	Sugarsnap Peas 1.5kg Case	SL325	Lettuce Affilia Irish (Pea Shoot) Case 9 
FW617	Bean Extra Fine 1.5kg Case	VW700	Beans TT 1.5kg Case
VW312	Asparagus White Bunch	VW699	Asparagus Bunch
VW698	Mooli White Radish Each	VW730	Fennel Bulb 1kg
VW766	Artichokes Jerusalem 5kg Case	VW764	Ginger 500g
VW285	Asparagus Jumbo 11 x 450g	VW741	Pak Choi Each
VW385	Kohl Rabbi Each	SL329	Bean Sprouts 227g Pack
VW751	Salsify Unit 1kg	VW637	Dried Bean Mix 750g
VW295	Beans Broad 4kg	SL346	Loose Beansprout 4kg Bag
VW445	Runner Bean 4kg	VW650	Pak Choi Green Case 6kg
VG883	Aubergine Baby Case 6 x 200g	VW726	Corn on the Cob Vac Pac 480g
VW713	Artichokes Globe 18 per Case	VW729	Fennel Baby 200g
VW287	Asparagus Tips Case 12 x 80g	VW772	Pumpkin Large Each 
VW369	Garden Pea 4kg	VP730	Pumkin Meduim 
VW283	Artichoke Baby 5kg	VW348	Fresh Corn On The Cob Each
VW407	Pak Choi Mini 1kg	VW749	Pumpkin French
HB568	Samphire 1kg	SL200	Sprout Alfalfa 80g



Green Cook Book

ASPARAGUS PINK GRAPE FRUIT SALAD with a Citrus Yogurt Honey & Vanilla Dressing



A healthy
vegetarian appetizer

Lemon vinaigrette

In a small pot, combine the juice of two lemons, honey and the grated vanilla pod.

Over low heat, reduce the mixture by two-thirds.

Let cool and then add olive oil to create the vinaigrette.

Citrus sauce

Zest the peel of the lemons, the orange and the grapefruit and then chop finely.

In a bowl, mix the yogurt with the zests, then dilute with some of lemon juice and season with the fleur de sel.

Cooked asparagus

Peel the asparagus, removing the tough lower parts.

Blanch for 30 seconds in boiling, salted water.

The asparagus should remain very al dente.

Cool immediately in ice water.

Ingredients

- Green asparagus 12
- Purple asparagus 2,
- Lemons 3
- Honey 25 g
- Pink grapefruit 1
- Orange 1
- Green apple 1
- Yogurt 1, natural
- Vanilla pod 1
- Scallion 1
- Mint 4 leaves
- Fleur de Sel To taste
- Olive oil To taste
- Sakura Mix Leaves



Decorative elements

Prepare several small leaves of mint and Mixed Leaves.

Finely chop the spring onion.

Keep aside some of lemon zest.

Create purple asparagus shavings with a mandolin or a vegetable peeler.

Cut the green apple into thin slices.

Take four sections of the pink grapefruit and cut each section into three pieces.

Presentation

At the Centre of a round plate, place a spoonful of the yogurt sauce, arrange the asparagus cut into three pieces around it.

Add three apple slices, sprinkle with minced spring onion, some lemon zest and the four bits of pink grapefruit.


Arrange the blanched green asparagus, herbs and mixed leaves.

Season with olive oil and fleur de sel.

Add drizzle of the lemon vinaigrette around the plate. Serve immediately.



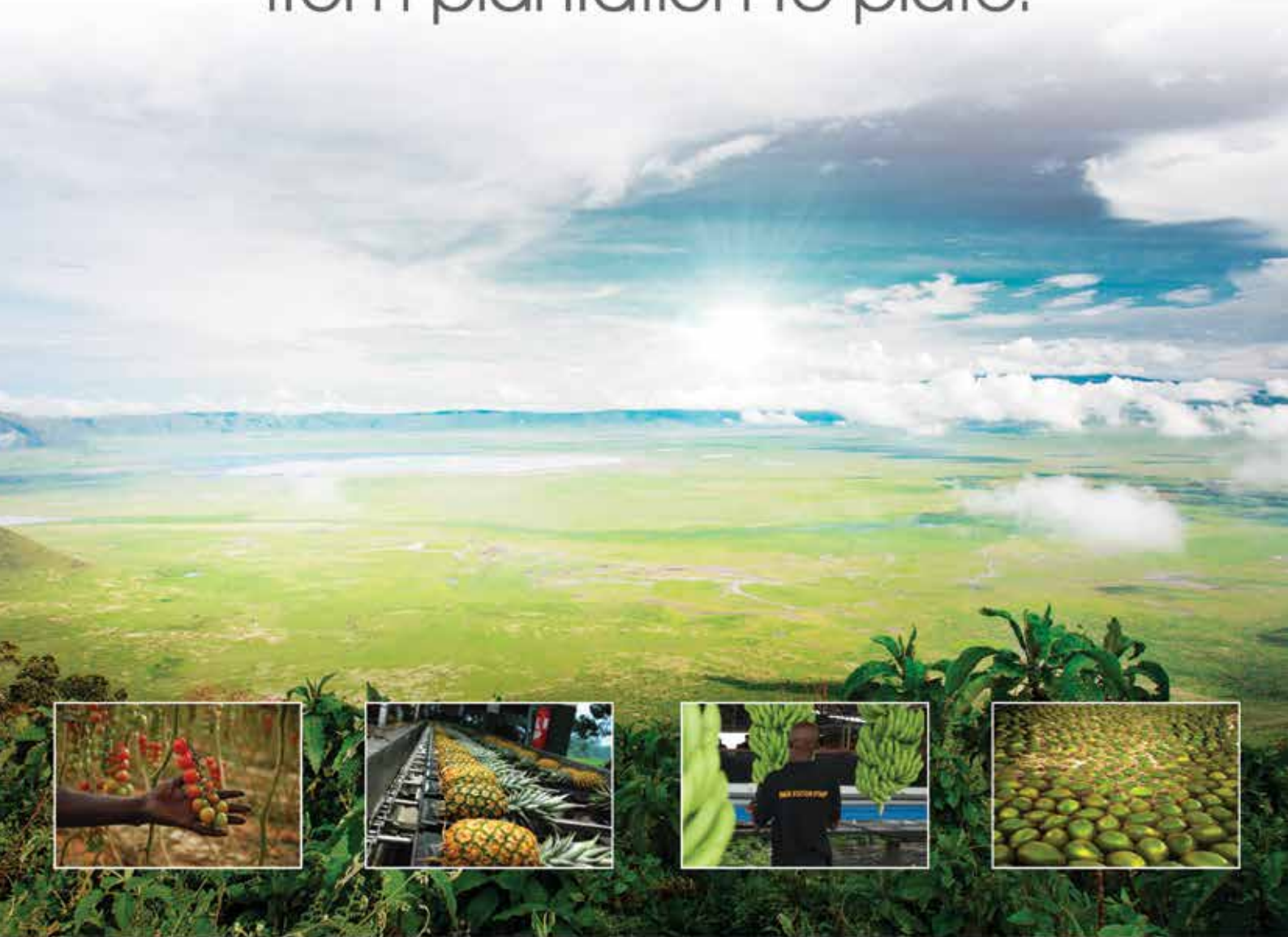
Other & Exotics

CODE	DESCRIPTION	CODE	DESCRIPTION
VW368	Galangal Thai Ginger 100g	FW619	Mango Each
FW585	Pineapple Standard Each	FW361	Dragon Fruit Each
FW610	Kiwi Net 6 Per Pack	FW635	Plantain 1kg
FW584	Pineapple Extra Sweet Each	FW579	Kumquat 2kg Case
FW615	Passion Fruit 6 per pack	FW625	Starfruit Each
FW575	Figs Black Case 24 Per box	FW612	Papaya Each
FW629	Apple Pomegranate Each	FW624	Rhubarb Dutch 500gms
FW377	Mango Ready To Eat Each	FW533	Quince 5Kg
FP151	POMMEGRANITE SEEDS 1KG	FW359	Coconut Each
FW587	Physallis Each	FW388	Patty Pan 1kg
FW636	Mango Each	FW482	Sharon Fruit Case 2kg
FW623	Rhubarb Bunch 500g 	FW609	Lime Leaves 50g
FW283	Dates 5kg	FW200	Monkey Nuts 170g
FW578	Kiwi 10kg Case		



Compagnie Fruitiere UK Limited.

Quality guaranteed from plantation to plate.



Since its creation in 1939, the Compagnie Fruitiere Group has specialised in the import and distribution of fruits and vegetables, including Fairtrade certified bananas.

Initially a trader of fruits from Africa, the group over time, has expanded its involvement to all sectors in order to guarantee the best quality of produce for its customers and its consumers.

At the Group's UK arm, Compagnie Fruitiere UK Limited, we specialise in the import and distribution of fruits and vegetables

of the highest quality, as well as having state-of-the-art banana ripening facilities in Wigan and Dartford.

Compagnie Fruitiere is justifiably proud of its complete fully integrated supply chain from growing, sourcing and marketing through to distribution.

This ensures complete traceability for quality of produce and food safety, whether for fruit grown on its own plantations in Africa or for those of partner producers' plantations throughout the world.



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UK

www.cfuklimited.com



Look for this Mark

GLOBAL G.A.P.





WHAT IS KIS?

Kitchen Innovation Solutions is a service exclusive to Pallas Green customers to invigorate and assess your food offering with input from our team of culinary experts.

Take the time out from your business and come to our kitchen to experience the full range of products available from Pallas Green. From chilled, frozen and ambient to the widest range of kitchen and non food items available on the island of Ireland. Pallas Green has an innovative solution for you to grow your business.



OUR KITCHENS

In our Food Solutions Centres in Newcastle West & Dublin, we have two state of the art kitchens available. Both of these kitchens are built to replicate every cooking type enabling you to test and refine menus in a collaborative environment.



SUPPORTING LOCAL

We are committed to supporting local producers and growers on the island of Ireland. We also source from suppliers and growers throughout Europe and beyond. A visit to one of our KIS centres will highlight the complete range of our capabilities from sourcing, purchasing, warehousing and delivery.

WHO SHOULD ATTEND?

This is an opportunity for Head Chefs, owner operators and key business decision makers to innovate and refine their food and beverage offering. Pallas Green always strives to bring our customers not only the best products for their business needs, but also to build long-lasting relationships through our customer service. Part of this service is by providing expert advice to you about your menu and food offering.



Pallasfoods.com/kis



TO EXPERIENCE A K.I.S COMPLETE OFFERING WITH OUR PALLAS GREEN' CONSULTANT CHEFS, SIMON HUDSON AND COLIN GREENSMITH, BOOK IT TODAY, CONTACT YOUR LOCAL AREA SALES MANAGER.



Courgette 5kg Per Case 

VW782



Butternut Squash Each

VW719



Courgette Prepack x 1kg 

VW783



Courgette Yellow Each

VW799



Courgette Baby 200g

VW727



Courgette Flower 1kg

VW354



Courgette Round 4kg

VW355












Courgette Flower Dutch Case 15s

VW660

"To keep Broccolis colour you need to cook in salty water for a few minutes. Strain and cool in Icey cold water. Drain and keep refrigerated before use."



Brassicas

CODE	DESCRIPTION		CODE	DESCRIPTION	
VW794	Broccoli 6kg		VW720	Cabbage Red Each	
VW703	Cauliflower Each		VW519	Brussels Sprout Prepack 450grams	
VW701	Broccoli Tender Stem 500g		VW721	Cabbage Green Each	
VW774	Broccoli 1kg Prepacks		VW221	Broccoli Purple Sprouting Case 3 - 4kg	
VW326	Cabbage Savoy Each		VW311	Broccoli Purple 5kg	
VW762	Cabbage White Each		VW315	Broccoli Tender Stem 200g	

SALAD ACCOMPANIMENTS



Salad Accompaniments

CODE	DESCRIPTION	CODE	DESCRIPTION
FW634	Avocados Ready to Eat 2 Pack	VW750	Radish Bunched 125g
VW705	Cucumber Each 12 Units	VG706	Coleslaw Dry Mix 2kg
VW269	Celery Each 	VP695	Coleslaw Mix 1kg
VW809	Celery each 14 Units 	VW496	Radish Bunch Each

"Store fully ripe avocados in the refrigerator. If you've got fully ripe avocados that you do not want to use right away, place them in the fridge in a plastic bag. There, they'll usually keep well for another three to five days."



Prepared Fruit

CODE	DESCRIPTION	CODE	DESCRIPTION
FR342	Diced Apple Pie Filling Case 1 x 10kg	FP129	Pineapple Chunks 5kg
T233	Apple SLICED - 10kg Bucket	FP162	Fresh Fruit Salad 2kg
FW154	Cooking Apples Peeled & Prepared 10kg Case	FP128	Orange Segments 5kg
T956	Kitchen Cut Bramley Apple Pie Filling 20kg Bucket	FW633	Apples Cooking Prep 10kg Box
FR308	Fresh Fruit Salad 1.5kg	FP135	Melon Galia Diced 5kg
F187	Melon Balls(Honeydew) 2Kg Tub (25% Syrup)	FP141	Grapefruit Pink Segments 5kg
F188	Melon Balls Honeydew Gallia & Water 2Kg Tub	FP134	Melon Canteloupe Chunks 5kg
FP120	Fresh Orange Segments in Syrup 2kg	FW287	Melon Medley 5kg
FP119	Fresh Grapefruit Segments 2kg	FP124	Grapefruit White Segments 5kg
FP163	Fresh Fruit Salad 5kg	FP139	Melon Balls Mixed 5kg
Z417	Rhubarb -10kg Bucket	FP136	Melon Water Chunky 5kg



Prepared Fruit

CODE	DESCRIPTION	CODE	DESCRIPTION
FW66	Strawberries 2kg *	FW662	Green Melon 2kg *
FW670	Blueberries 2kg *	FW663	Watermelon 2kg *
FW654	Apples 2kg *	FW655	Orange Segments 2kg *
FW653	Mango 2kg *	FW649	Grapefruit Segments 2kg *
FW660	Yellow Melon 2kg *	FW652	Sliced Lime 2kg *
FW661	Pineapple 2kg *	FW651	Sliced Kiwi 2kg *
FW657	Red Grapes 2kg *	FW659	Medjoul Dates 2kg *
FW656	Green Grapes 2kg *	FW650	Pomegranate Seeds 2kg *

Fruit Pots & Fruit Display

CODE	DESCRIPTION	CODE	DESCRIPTION
FW415	Fruit Basket *	FW667	Melon & Grapes 170g x 6 - Fresh Cut*
FW641	5 A Day Fruit Packs *	FW666	Tropical Fruit 270g x 6 - Fresh Cut*
FW664	Pineapple Chunks 170g x 6 - Fresh Cut *	FW668	Mixed Melon & Berries 270g x 6 - Fresh Cut*
FW665	Classic Fruit Salad 170g x 6 - Fresh Cut *		



* Lead Time Items Order Day 1 for Delivery Day 3



HB552 Edible Flowers Assorted 30g



Fruit Pots



- *FW664 Pineapple Chunks 170g X 6 - Fresh Cut
- *FW665 Classic Fruit Salad 170g X 6 - Fresh Cut
- *FW667 Melon & Grape 170g X 6 - Fresh Cut
- *FW666 Tropical Fruit 270g X 6 - Fresh Cut
- *FW668 Mixed Melon & Berries 270g X 6 - Fresh Cut



* Lead Time Items Order Day 1
for Delivery Day 3

*Fresh cuts,
ready to eat!*



PALLAS FOODS CUSTOMERS ORDER DETAILS

PHONE
(069) 20200
(028) 4481 1500

EMAIL
sales@pallasfoods.com
sales@crossgar.ie

ONLINE
order.pallasfoods.com

FAX
1800 20 20 10
(028) 4481 2500



PALLAS GREEN CUSTOMERS ORDER DETAILS

DUBLIN
1850 804166
sales@pallas-green.ie

CORK
(021) 496 8088
order-cork@pallas-green.ie

WEXFORD
(053) 914 7447
orderwexford@pallasgreen.ie



Fresh Produce from farm to fork

Pallas Green is dedicated to sourcing and supplying the widest range of produce from dedicated producers and growers in Ireland and beyond. With Pallas Green our customers get best in class buying, produce knowledge, logistics and service coupled with competitive market pricing available throughout the seasons.



DUBLIN

T: Callsave 1850 804166

E: sales@pallas-green.ie

CORK

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