CROSS-CONTAMINATION MAY OCCUR DURING THE PRODUCTION PROCESS.
ABOUT

Founded in 2003

Purpose:
Be recognized for high quality innovation and be a leader in the food service industry

SQF Certified
Watchful and committed to staying on top of current and upcoming trends

**Fresh**
Traditional and gourmet products

**Purpose:**
CREATE and LAUNCH a full line of products or ASSEMBLE products for

We are sensitive to our customer’s dietary restrictions and offer a range of vegetarian, vegan, keto, gluten free and halal options

Our fleet of refrigerated trucks provide safe distribution for your products
CONTACT US FOR MORE INFORMATION:
416-244-8436
CUSTOMERSERVICE@EATINGNEWCREATIONS.COM
WHAT WE Bring

CO-PACKING
PRIVATE LABELLING
PRODUCT ASSEMBLY

MEAL KITS
DELI SALAD KITS
SANDWICHES & WRAPS
LEAF SALADS (ENTREE AND SIDE)
COMPOSED SALADS (BULK AND RETAIL)
BENTO BOXES
SNACK BOWLS & CUPS
FRUIT & YOGURT PARFAITS

*Products are produced in a facility where a variety of gluten and meat products are handled. Please be aware that cross-contamination may occur in the production process.
Incoming material inspections are conducted at the point of receiving and again prior to processing. Multiple quality assurance testing is completed at various stages at scheduled intervals within our facility. Documented cleaning and sanitizing procedures are in place and are maintained and monitored daily by 3rd party companies and on-site QA personnel. By choosing us as your foodservice distributor, you can be absolutely confident knowing that a team of dedicated, highly-trained quality professionals ensure you receive safe, consistent, and quality products every time.

Our cold channel distribution ensures that your products remain at a safe temperature, from leaving our facility to entering yours.

*Products are produced in a facility where a variety of gluten and meat products are handled. Please be aware that cross-contamination may occur in the production process.
Sandwiches

TRADITIONAL. GOURMET. PREMIUM
Types of Bread

CIABATTA: a type of flat, open-textured Italian bread with a floury crust, made with olive oil

MULTIGRAIN: a type of bread prepared with two or more types of grain, such as barley, flax, millet, oats, wheat, and whole-wheat flour, among others

FOCCACIA: a type of flat Italian bread made with yeast and olive oil and flavored with herbs

GLUTEN FREE: gluten-free bread excludes the protein gluten

WHITE: white bread refers to breads made from wheat flour from which the bran and the germ layers have been removed from the whole wheatberry as part of the flour grinding or milling process, producing a light-coloured flour

WHOLE WHEAT: whole wheat bread or wholemeal bread is a type of bread made using flour that is partly or entirely milled from whole or almost-whole wheat grains

TRADITIONAL SANDWICHES

TUNA SALAD WHITE WEDGE SANDWICH

ITEM #: 5300
PACK SIZE: 3 x 163g
• classic tuna salad with tender green leaf lettuce on sliced white bread

SHELF LIFE: 3 DAYS

TUNA SALAD WHOLE WHEAT WEDGE SANDWICH

ITEM #: 8080
PACK SIZE: 3 x 167g
• classic tuna salad with tender green leaf lettuce on sliced whole wheat bread

SHELF LIFE: 3 DAYS
**TUNA SALAD MULTIGRAIN SANDWICH**

*Item #: 5301*

**PACK SIZE:** 3 x 190g

- Classic tuna salad with tender green leaf lettuce on sliced multigrain bread

**SHELF LIFE:** 3 days

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**EGG SALAD WHITE WEDGE SANDWICH**

*Item #: 5302*

**PACK SIZE:** 3 x 168g

- Classic egg salad with tender green leaf lettuce on sliced white bread

**SHELF LIFE:** 3 days

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**EGG SALAD MULTIGRAIN SANDWICH**

*Item #: 5339*

**PACK SIZE:** 3 x 193g

- Classic egg salad with tender green leaf lettuce on sliced multigrain bread

**SHELF LIFE:** 3 days

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**EGG SALAD WHOLE WHEAT WEDGE SANDWICH**

*Item #: 8079*

**PACK SIZE:** 3 x 168g

- Classic egg salad with tender green leaf lettuce on sliced whole wheat bread

**SHELF LIFE:** 3 days
TRADITIONAL SANDWICHES

HAM & SWISS WHITE WEDGE SANDWICH

ITEM #: 5303
PACK SIZE: 3 x 152g
- black forest ham and tangy swiss cheese with tender green leaf lettuce on sliced white bread

HAM & SWISS WHOLE WHEAT WEDGE SANDWICH

ITEM #: 5304
PACK SIZE: 3 x 156g
- black forest ham and tangy swiss cheese with tender green leaf lettuce on sliced whole wheat bread

HAM & SWISS MULTIGRAIN SANDWICH

ITEM #: 5305
PACK SIZE: 3 x 174g
- black forest ham and tangy swiss cheese with tender green leaf lettuce on sliced multigrain bread

TUNA SALAD GLUTEN FREE SANDWICH

ITEM #: 5306
PACK SIZE: 3 x 157g
- classic tuna salad with tender green leaf lettuce on sliced gluten free bread

SHELF LIFE 3 DAYS

SHELF LIFE 3 DAYS

SHELF LIFE 3 DAYS

SHELF LIFE 3 DAYS
CHICK PEA SALAD GLUTEN FREE SANDWICH

**ITEM #: 5308**

**PACK SIZE:** 3 x 161g

- creamy chickpea salad with crisp tomato slices and tender green leaf lettuce on sliced gluten free bread

SHELF LIFE 3 DAYS

ROAST BEEF & CHEDDAR MULTIGRAIN SANDWICH

**ITEM #: 5309**

**PACK SIZE:** 3 x 179g

- tender roast beef and sharp cheddar cheese with green leaf lettuce on sliced multigrain bread

SHELF LIFE 3 DAYS
GOURMET SANDWICHES

**TURKEY DIJON**
**SOFT WHITE CIABATTA (3” X 6”)**

*Item #: 5311*
*Pack Size: 3 x 236g*
- Tender turkey breast with crisp cucumber, tomato slices, romaine lettuce and grainy dijon mustard on a soft white ciabatta bun

**TURKEY DIJON**
**MULTIGRAIN CIABATTA (3” X 6”)**

*Item #: 8070*
*Pack Size: 3 x 236g*
- Tender turkey breast with crisp cucumber, tomato slices, romaine lettuce and grainy dijon mustard on a multigrain ciabatta bun

**TURKEY CLUB**
**SOFT WHITE CIABATTA (3” X 6”)**

*Item #: 5312*
*Pack Size: 3 x 226g*
- Tender turkey breast and crispy bacon with romaine lettuce and mayo on a soft white ciabatta bun

**CHICKEN SALAD**
**SOFT WHITE CIABATTA (3” X 6”)**

*Item #: 8067*
*Pack Size: 3 x 254g*
- Creamy chicken salad with crisp romaine lettuce on a soft white ciabatta bun
HAM & SWISS
SOFT WHITE CIABATTA (3” X 6”)

ITEM #: 8068
PACK SIZE: 3 x 229g
- black forest ham and tangy swiss cheese with crisp romaine lettuce on a soft white ciabatta bun

ROAST BEEF
SOFT WHITE CIABATTA (3” X 6”)

ITEM #: 8069
PACK SIZE: 3 x 205g
- tender roast beef and sharp cheddar cheese with crisp romaine lettuce and spicy horseradish mayo on a soft white ciabatta bun

ITALIAN DELI
6” FOCCACIA SANDWICH

ITEM #: 5314
PACK SIZE: 3 x 255g
- tender smoked turkey and genoa salami with tangy arugula and tomato pesto on a folded foccacia bread

CHICKEN TOSCA
6” FOCCACIA SANDWICH

ITEM #: 5313
PACK SIZE: 3 x 292g
- tender grilled chicken breast with oven roasted red peppers and tangy pesto on a folded foccacia bread
GOURMET SANDWICHES

ROASTED VEGETABLE & HUMMUS MULTIGRAIN CIABATTA (3” X 6”)

**ITEM #: 8078**
**PACK SIZE:** 3 x 272g

- a delicious blend of roasted vegetables with hummus on a multigrain ciabatta

**SHELF LIFE:** 3 DAYS

PREMIUM SANDWICHES

BLACK FOREST HAM WITH PEAR COMPOTE

**ITEM #: 15103**
**PACK SIZE:** 15 x 290g

- peterborough red fife bun, smoked black forest ham, shaved oka cheese, pear compote, dijon basil mayo, spicy sprouts

**SHELF LIFE:** 3 DAYS
**PREMIUM SANDWICHES**

**SMOKED TURKEY WITH CRANBERRY MASCARPONE**

**ITEM #: 15102**

**PACK SIZE:** 15 x 289g

- rosemary focaccia, shaved smoked turkey breast, cranberry mascarpone spread, sage mayo, romaine fillet, mixed micro greens

**SHELF LIFE:** 3 DAYS

**SEARED CHICKEN BREAST**

**ITEM #: 15100**

**PACK SIZE:** 15 x 281g

- potato roll, chicken breast, dijon basil mayo, balsamic glaze, smoked cheddar, roasted red & yellow peppers and arugula

**SHELF LIFE:** 3 DAYS

**SWEET & SPICY CHICKEN**

**ITEM #: 15101**

**PACK SIZE:** 15 x 250g

- brioche bun, shaved chicken breast, sweet chili coleslaw, sriracha mayo, and spicy sprouts

**SHELF LIFE:** 3 DAYS

**ROAST BEEF WITH BLUE CHEESE**

**ITEM #: 15104**

**PACK SIZE:** 15 x 306g

- everything bun, shaved roast beef, caramelized onions, smoked cheddar, blue cheese mayo, mixed micro greens

**SHELF LIFE:** 3 DAYS
**PREMIUM SANDWICHES**

**TUNA PROVENCAL**

**ITEM #: 15105**

**PACK SIZE:** 15 x 230g

- wholegrain panini, tuna salad, fennel citrus dill mayo, kalamata olive tapenade, spring mix, pea tendrils

**SHELF LIFE:** 3 DAYS

**ROASTED VEGETABLE PANINI - GLUTEN FREE**

**ITEM #: 15106**

**PACK SIZE:** 15 x 275g

- GF keto bun, roasted eggplant, roasted zucchini, roasted red & yellow peppers, caramelized onion & thyme mayo

**SHELF LIFE:** 3 DAYS

**ROASTED VEGETABLE PANINI**

**ITEM #: 15107**

**PACK SIZE:** 15 x 394g

- black olive panini, roasted eggplant, roasted zucchini, roasted red & yellow peppers, bocconcini, caramelized onion & thyme mayo

**SHELF LIFE:** 3 DAYS

**SWEET POTATO PANINI**

**ITEM #: 15108**

**PACK SIZE:** 15 x 250g

- bianca panini, herbed goat cheese spread, roasted sweet potatoes, beet & fennel slaw, fig jam and pea sprouts

**SHELF LIFE:** 3 DAYS
Wraps
WRAPS

TUNA SALAD WHOLE WHEAT WRAP

ITEM #: 5318  
PACK SIZE: 3 x 232g
- tuna salad with light weight spring mix lettuces, crunchy carrots, fresh cilantro and cream cheese wrapped in a whole wheat tortilla

EGG SALAD WHOLE WHEAT WRAP

ITEM #: 5321  
PACK SIZE: 3 x 202g
- classic egg salad with light weight spring mix lettuces and cream cheese on a whole wheat tortilla

CHICKEN CAESAR WHOLE WHEAT WRAP

ITEM #: 5319  
PACK SIZE: 3 x 315g
- tender grilled chicken breast with sharp shredded parmesan cheese, crisp romaine lettuce and a creamy asiago caesar dressing wrapped in a whole wheat tortilla

THAI CHICKEN WHOLE WHEAT WRAP

ITEM #: 5320  
PACK SIZE: 3 x 251g
- tender chicken breast with a cabbage and pepper mix, cream cheese, fresh coriander, spring mix and a sweet chili sauce wrapped in a whole wheat tortilla
**CHICKEN TANDOORI WHOLE WHEAT WRAP**

ITEM #: 5315

PACK SIZE: 3 x 243g

- Exotic flavours of chicken tandoori sauce covered chicken breast, fresh cilantro, sweet tomato chutney, light weight spring mix lettuces and cream cheese wrapped in a whole wheat tortilla

**SHELF LIFE 3 DAYS**

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**POTATO KATI WHOLE WHEAT WRAP**

ITEM #: 5317

PACK SIZE: 3 x 291g

- Vegan Indian filling with creamy hummus, fresh vegetables and baby spinach wrapped in a whole wheat tortilla

**SHELF LIFE 3 DAYS**

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**CHICKPEA & COUSCOUS WHOLE WHEAT WRAP**

ITEM #: 5316

PACK SIZE: 3 x 219g

- Our chickpea and couscous salad with hummus and tender baby spinach wrapped in a whole wheat tortilla

**SHELF LIFE 3 DAYS**

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**CURRY QUINOA TOFU WHITE WRAP**

ITEM #: 5322

PACK SIZE: 3 x 267g

- Curry quinoa salad with fresh tofu, creamy hummus and a sweet bermuda onion chutney wrapped in a white flour tortilla

**SHELF LIFE 3 DAYS**
**WRAPS**

**SEVEN GRAIN EDAMAME WHOLE WHEAT WRAP**
- Item #: 5323
- Pack Size: 3 x 219g
- Seven grain rice with edamame and a mix of vegetables with an oriental sesame dressing, spring mix lettuces wrapped in a whole wheat tortilla

**FALAFEL & TOMATO WHOLE WHEAT WRAP**
- Item #: 5324
- Pack Size: 3 x 359g
- Falafel with green zucchini, crisp tomato, feta cheese, tender baby spinach and tzatziki sauce wrapped in a whole wheat tortilla

**VEGETABLE WHITE WRAP**
- Item #: 5340
- Pack Size: 3 x 313g
- For the herbivore; cucumber, tomato slices, carrots, red peppers, red onion, baby spinach, tangy feta cheese and guacamole wrapped in a white flour tortilla

Benefits of Wraps

Wraps are portable, handle-held and offer a variety of healthy options. They are available with protein and loaded with vegetables to suit any craving. Wraps offer a light but very filling alternative to fast food.
Green Leaf
ENTREE. SIDE. BOWL.
ENTREE SALADS

CHICKEN CAESAR ENTRÉE SALAD

ITEM #: 5328
PACK SIZE: 3 x 358g
- crisp romaine lettuce, parmesan cheese, croutons and chicken strips served with a creamy asiago caesar dressing

SHELF LIFE 3 DAYS

MANDARIN CHICKEN ENTRÉE SALAD

ITEM #: 5329
PACK SIZE: 3 x 428g
- a mix of romaine and iceberg lettuces, red bell peppers, almond slivers, mandarin oranges and chicken strips served with asian sesame dressing

SHELF LIFE 3 DAYS

CHICKEN BLT ENTRÉE SALAD

ITEM #: 5332
PACK SIZE: 3 x 397g
- a mix of romaine and iceberg lettuces, sharp cheddar, bacon, cherry tomatoes and chicken strips served with ranch dressing

SHELF LIFE 3 DAYS

SOUTHWEST COBB ENTRÉE SALAD

ITEM #: 5331
PACK SIZE: 3 x 423g
- mix of romaine and iceberg lettuces, corn, red onion, spicy jalapeño, cherry tomatoes, half a hardboiled egg and ham served with ranch dressing

SHELF LIFE 3 DAYS
JULIENNE ENTRÉE SALAD

ITEM #: 5330
PACK SIZE: 3 x 432g

- mix of romaine and iceberg lettuces, sharp cheddar cheese, cucumber, cherry tomatoes, half a hardboiled egg, ham and turkey served with ranch dressing

SHELF LIFE
3 DAYS
SIDE SALADS

PECAN & FETA SIDE SALAD

Item #: 5327
Pack Size: 3 x 155g
- spring mix lettuces, spicy red onion, sweet pecans and salty feta served with a balsamic vinaigrette dressing

GARDEN TOSSED SIDE SALAD

Item #: 8066
Pack Size: 3 x 197g
- mix of romaine and iceberg lettuces, crunchy carrots, cucumbers and cherry tomatoes served with a balsamic vinaigrette dressing

CAESAR SIDE SALAD

Item #: 8065
Pack Size: 3 x 102g
- crisp romaine lettuce, parmesan cheese and croutons served with a creamy asiago caesar dressing

APPLE WALNUT & CHEDDAR SIDE SALAD

Item #: 5326
Pack Size: 3 x 207g
- spring mix lettuces, spicy red onion, sharp cheddar cheese, walnuts and tart green apple wedges served with a balsamic vinaigrette dressing

SheLF LIFE
- 8 DAYS
CAESAR SALAD BOWL

ITEM #: 1545
PACK SIZE: 6 x 219g
- crisp romaine lettuce and crunchy croutons served with creamy caesar salad dressing

GARDEN SALAD BOWL

ITEM #: 1546
PACK SIZE: 6 x 265g
- crisp iceberg lettuce, shredded red cabbage and crunchy shredded carrot served with a balsamic vinaigrette dressing

GREEK SALAD BOWL

ITEM #: 1643
PACK SIZE: 6 x 342g
- crisp iceberg lettuce, shredded red cabbage, carrots, spicy red onion, grape tomatoes and tangy olives served with a greek feta vinaigrette dressing

CRANBERRY SPRING MIX SALAD

ITEM #: 1644
PACK SIZE: 6 x 170g
- tender spring mix lettuces, spicy red onion and sweet dried cranberries served with a balsamic vinaigrette dressing

SHELF LIFE 8 DAYS
GREEN GODDESS SALAD

ITEM #: 5372
PACK SIZE: 6 x 190g
- crunchy leaf blend of both red & green kale, cabbage, brussel Sprouts with savoury blueberries, pumpkin seeds, & juicy red grapes served with green goddess salad dressing

SHELF LIFE: 3 DAYS

SPINACH SALAD BOWL

ITEM #: 5581
PACK SIZE: 6 x 140g
- tender baby spinach leaves, spicy red onion and grape tomatoes served with a balsamic vinaigrette dressing

SHELF LIFE: 8 DAYS

CHEF SALAD BOWL

ITEM #: 5582
PACK SIZE: 6 x 185g
- chopped red leaf lettuce, crisp english cucumber, red cabbage and grape tomatoes served with a balsamic vinaigrette dressing

SHELF LIFE: 8 DAYS

SUPERFOOD BERRY SALAD

ITEM #: 5373
PACK SIZE: 6 x 159g
- tender baby spinach leaves, spicy red onion, sweet cranberries & savory walnuts served with a balsamic vinaigrette dressing

SHELF LIFE: 3 DAYS
Shakers

Salads
SHAKER SALADS

SUPERFOOD MIX SHAKER SALAD CUP

ITEM #: 5362
PACK SIZE: 6 x 266g
- couscous, chickpeas, diced cucumber, tomato, spicy red onion, salty feta and baby kale with a greek feta oregano vinaigrette dressing

SHELF LIFE 3 DAYS

FIESTA MIX SHAKER SALAD CUP

ITEM #: 5363
PACK SIZE: 6 x 180g
- a medley of chickpeas, black beans, mukimame, corn, grape tomatoes and baby kale with a classic herb vinaigrette dressing

SHELF LIFE 3 DAYS

VEGGIE QUINOA MIX SHAKER SALAD CUP

ITEM #: 5365
PACK SIZE: 6 x 228g
- a medley of quinoa, corn, black beans, mukimame, red peppers, red cabbage, green onions and baby kale with a classic herb vinaigrette dressing

SHELF LIFE 3 DAYS
Composed

BULK. INDIVIDUALLY PORTIONS.
**BULK PORTIONS**

**ASIAN FUSION COMPOSED SALAD**

- Item #: 5508
- Pack Size: 5lb bag
- VG, GF

- Crisp nappa cabbage, mixed vegetables, edamame tossed in a oriental sesame dressing and sprinkled with white sesame seeds

**SHELF LIFE**

5 DAYS

**CANADIAN BEAN & BELL PEPPER COMPOSED SALAD**

- Item #: 5503
- Pack Size: 5lb bag
- VG, GF

- A medley of beans, fresh sweet bell peppers, red onions and corn tossed in a grainy dijon mustard apple cider dressing

**SHELF LIFE**

5 DAYS

**SUNFLOWER PESTO AND POTATO COMPOSED SALAD**

- Item #: 5507
- Pack Size: 5lb bag
- V, GF

- Red skin potatoes, sweet red bell peppers, garlic and sunflower seeds tossed in a basil pesto

**SHELF LIFE**

5 DAYS

**SEVEN GRAIN EDAMAME COMPOSED SALAD**

- Item #: 5500
- Pack Size: 5lb bag
- V, GF

- Seven grain rice with edamame, sweet bell peppers, red onions, celery and carrots tossed in an oriental sesame dressing

**SHELF LIFE**

5 DAYS
MEDITERRANEAN GRAIN STYLE COMPOSED SALAD

ITEM #: 5501
PACK SIZE: 5lb bag
- brown rice, protein rich chickpeas, freshly diced cucumbers and sweet bell peppers tossed with spicy oregano and tangy dill

SHELF LIFE 5 DAYS

PASTA FUSION

ITEM #: 5502
PACK SIZE: 5lb bag
- tender gemelli pasta with mixed vegetables, edamame and cilantro, tossed in tangy lime juice with a touch of chili powder

SHELF LIFE 5 DAYS

WHOLE GRAIN GREEK PASTA

ITEM #: 5504
PACK SIZE: 5lb bag
- whole wheat rotini pasta with fresh cucumber, red bell peppers, grape tomatoes, parsley, spicy oregano and crumbled feta with a sweet red wine vinegar dressing

SHELF LIFE 5 DAYS

GREEK PASTA

ITEM #: 5505
PACK SIZE: 5lb bag
- rotini pasta with fresh vegetables, parsley, spicy oregano and crumbled feta with a sweet red wine vinegar dressing

SHELF LIFE 5 DAYS
BULK PORTIONS

CANADIAN BEAN & BELL PEPPER COMPOSED SALAD

a medley of beans, fresh sweet bell peppers, red onions and corn tossed in a grainy dijon mustard apple cider dressing

PACK SIZE: 3 x 233g

SHELF LIFE: 4 DAYS

INDIVIDUAL PORTIONS

CURRY APPLE QUINOA

Item #: 5506

Pack size: 5lb bag

- quinoa, fresh diced apples, sweet raisins and almonds tossed with tangy lemon juice, rich indian curry and a touch of cinnamon

SHELF LIFE: 5 DAYS

Item #: 8061

Pack size: 3 x 233g

- a medley of beans, fresh sweet bell peppers, red onions and corn tossed in a grainy dijon mustard apple cider dressing

SHELF LIFE: 4 DAYS
**MEDITERRANEAN GRAIN STYLE COMPOSED SALAD**

- Item #: 8059
- Pack Size: 3 x 180g
- brown rice, protein rich chickpeas, freshly diced cucumbers and sweet bell peppers tossed with spicy oregano and tangy dill

**SHELF LIFE**

**GREEK WHOLE GRAIN PASTA COMPOSED SALAD**

- Item #: 8062
- Pack Size: 3 x 180g
- whole wheat rotini pasta with fresh cucumber, red bell peppers, grape tomatoes, parsley, spicy oregano and crumbled feta with a sweet red wine vinegar dressing

**SHELF LIFE**

**SUNFLOWER PESTO AND POTATO COMPOSED SALAD**

- Item #: 5325
- Pack Size: 3 x 208g
- red skin potatoes, sweet red bell peppers, garlic and sunflower seeds tossed in a basil pesto

**SHELF LIFE**

**CURRY APPLE QUINOA COMPOSED SALAD**

- Item #: 8058
- Pack Size: 3 x 176g
- quinoa, fresh diced apples, sweet raisins and almonds tossed with tangy lemon juice, rich indian curry and a touch of cinnamon

**SHELF LIFE**
**ASIAN FUSION SALAD**

**ITEM #: 8063**
**PACK SIZE:** 3 x 145g
- brown rice, protein rich chickpeas, freshly diced cucumbers and sweet bell peppers tossed with spicy oregano and tangy dill

**SHELF LIFE:** 4 DAYS

**SEVEN GRAIN EDAMAME**

**ITEM #: 8077**
**PACK SIZE:** 3 x 183g
- whole wheat rotini pasta with fresh cucumber, red bell peppers, grape tomatoes, parsley, spicy oregano and crumbled feta with a sweet red wine vinegar dressing

**SHELF LIFE:** 4 DAYS

**PASTA FUSION COMPOSED SALAD**

**ITEM #: 8064**
**PACK SIZE:** 3 x 130g
- tender gemelli pasta with mixed vegetables, edamame and cilantro, tossed in tangy lime juice with a touch of chili powder

**SHELF LIFE:** 4 DAYS
Deli Salad
KITS
DELİ SALAD KİTS

THAI SPICED BROCCOLİ & CAULIFLOWER SALAD

ITEM #: 33709
PACK SIZE: 2.23 KG, 20 - 4oz portions
- Diced Broccoli & Cauliflower - 1.65 KG
- Thai Peanut Dressing - 300 GM
- Sesame Seeds - 25 GM
- Diced Red Peppers - 260 GM

SHELF LIFE 8 DAYS

GREEK ORZO PASTA SALAD

ITEM #: 33707
PACK SIZE: 2.09 KG, 20 - 4oz portions
- Diced Red Peppers - 260 GM
- Feta - 150 GM
- Orzo - 700 GM
- Greek dressing - 150 GM
- Grape Tomatoes - 150 GM
- Sliced Red Onions - 239 GM

SHELF LIFE 8 DAYS

PINEAPPLE CURRY QUINOA

ITEM #: 33708
PACK SIZE: 2.28 KG, 20 - 4oz portions
- Cabbage, Carrot & Kale Blend - 1.47 KG
- Quinoa - 500 GM
- Pineapple Curry - 300 GM

SHELF LIFE 8 DAYS

CREAMY CAESAR PASTA SALAD W/ KALE

ITEM #: 42359
PACK SIZE: 1.85 KG, 20 - 4oz portions
- Rotini - 1 KG
- Caesar Dressing - 600 GM
- Kale - 150 GM
- Grape Tomatoes - 150 GM
- Parmesan Cheese - 100 GM

SHELF LIFE 8 DAYS
TRADITIONAL GREEK SALAD

ITEM #: 33706
PACK SIZE: 2.87 KG, 25 - 4oz portions
- Cucumber Slice - 680 GM
- Pepper Blend - 674 GM
- Sliced Red Onions - 239 GM
- Grape Tomatoes - 677 GM
- Feta Cheese - 150 GM
- Greek Dressing - 300 GM
- Kalamata Olives - 150 GM

PACK SIZE: 1.8 KG, 15 - 4oz portions
- Superslaw - 1.25 KG
- Pumpkin Seeds - 250 GM
- Coleslaw Dressing - 510 GM

SHELF LIFE 8 DAYS

DELIVERY SCHEDULE

Always WASH YOUR HANDS before handling/preparing food. Always wear SINGLE-USE gloves while preparing food.

Confirm contents of Kit match the contents listed below. Wearing CUT-PROOF gloves, open all bags with a clean KNIFE.

Place all ingredients into large bowl.

Mix ingredients well. Place in display container, pile high in center of container.

DELIVERY SCHEDULE
**FRUIT & CHEESE BENTO BOX**

**ITEM #: 5336**

**PACK SIZE:** 3 x 146g

- crackers with Swiss and cheddar cheese, grapes and apples

**SHELF LIFE:** 3 DAYS

**BREAKFAST BAGEL BENTO BOX**

**ITEM #: 5334**

**PACK SIZE:** 3 x 236g

- morning starter kit; bagel with cream cheese, fresh mixed fruit and yogurt

**SHELF LIFE:** 3 DAYS

**VEGGIE & HUMMUS BENTO BOX**

**ITEM #: 5353**

**PACK SIZE:** 3 x 180g

- crackers with smooth hummus, carrot sticks, cucumber coins and grape tomatoes

**SHELF LIFE:** 3 DAYS

**PROTEIN BENTO BOX**

**ITEM #: 5355**

**PACK SIZE:** 3 x 198g

- crackers with Swiss and cheddar cheese, two boiled eggs and grapes

**SHELF LIFE:** 3 DAYS
Snack Bowls
RED APPLE WEDGE SNACK BOWL

ITEM #: 5015
PACK SIZE: 9 x 190g
- sweet Royal Gala apple wedges

SHELF LIFE 12 DAYS

MIXED APPLE WEDGE SNACK BOWL

ITEM #: 5016
PACK SIZE: 9 x 190g
- sweet Royal Gala and tart Granny Smith apple wedges

SHELF LIFE 12 DAYS

DELUXE FRUIT SNACK BOWL

ITEM #: 1541
PACK SIZE: 6 x 400g
- a medley of cantaloupe, pineapple, and honeydew chunks with orange sections and red grapes

SHELF LIFE 12 DAYS

Apples

Apples are high in fiber, vitamin C, and contain various antioxidants. They are small yet very filling, considering their low calorie count. Eating apples can have multiple benefits for your health so an apple a day really does keep the doctor away.
Snack Cups
**HUMMUS & PRETZEL CUP**

**ITEM #: 5375**  
PACK SIZE: 6 x 85g  
- salty pretzels paired with hummus

**SHELF LIFE: 8 DAYS**

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**GREEN APPLE & CARAMEL SNACK CUP**

**ITEM #: 5014**  
PACK SIZE: 6 x 216g  
- tart Granny Smith apple wedges paired with sweet caramel dipping sauce

**SHELF LIFE: 12 DAYS**

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**RED APPLE & CARAMEL SNACK CUP**

**ITEM #: 5013**  
PACK SIZE: 6 x 148g  
- sweet Royal Gala apple wedges paired with sweet caramel dipping sauce

**SHELF LIFE: 12 DAYS**

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**MINI CARROTS & RANCH SNACK CUP**

**ITEM #: 1813**  
PACK SIZE: 6 x 160g  
- baby carrots paired with buttermilk ranch dip

**SHELF LIFE: 6 DAYS**
SNACK CUPS

CARROT CELERY & RANCH SNACK CUP

- Item #: 1815
- Pack Size: 6 x 155g
- Carrot sticks and celery sticks paired with buttermilk ranch dip

SHELF LIFE 6 DAYS

VEGGIE MEDLEY & RANCH SNACK CUP

- Item #: 1814
- Pack Size: 6 x 145g
- Carrot sticks, broccoli and cauliflower florettes paired with buttermilk ranch dip

SHELF LIFE 6 DAYS

MIXED VEGETABLE SNACK CUP

- Item #: 5333
- Pack Size: 6 x 238g
- Fresh broccoli, crunchy carrots, celery and cherry tomatoes with creamy ranch dressing

SHELF LIFE 8 DAYS

CARROT & CELERY CUP WITH HUMMUS

- Item #: 1812
- Pack Size: 6 x 165g
- Carrot sticks and celery sticks paired with hummus

SHELF LIFE 3 DAYS
SNACK CUPS

**DELUXE FRUIT SNACK CUP**

- **ITEM #: 1819**
- **PACK SIZE:** 6 x 190g
- **Vegan**, **Gluten Free**
- a medley of cantaloupe, pineapple, and honeydew chunks with orange sections and red grapes

**SHELF LIFE**

- 6 DAYS

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**MELON BERRY SNACK CUP**

- **ITEM #: 1908**
- **PACK SIZE:** 6 x 180g
- **Vegan**, **Gluten Free**
- refreshing watermelon paired with sweet strawberries

**SHELF LIFE**

- 8 DAYS

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**BERRY SNACK CUP**

- **ITEM #: 5583**
- **PACK SIZE:** 6 x 235g
- **Vegan**, **Gluten Free**
- a medley of sweet berries; strawberries, blueberries and blackberries

**SHELF LIFE**

- 6 DAYS

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**WATERMELON SNACK CUP**

- **ITEM #: 1825**
- **PACK SIZE:** 6 x 180g
- **Vegan**, **Gluten Free**
- sweet and refreshing watermelon chunks

**SHELF LIFE**

- 6 DAYS
Parfaits
**PINEAPPLE PINA COLADA PARFAIT CUP**

- Item #: 15957
- Pack Size: 6 x 143g
- Tart pineapple paired with crisp honey almond granola, toasted coconut and vanilla yogurt
- Shelf Life: 6 days

**APPLE CINNAMON CRUMBLE PARFAIT CUP**

- Item #: 15955
- Pack Size: 6 x 145g
- Sweet Royal Gala apples paired with crisp apple cinnamon granola and vanilla yogurt
- Shelf Life: 6 days

**BERRY BERRY PARFAIT CUP**

- Item #: 15956
- Pack Size: 6 x 143g
- Sweet strawberries and blueberries paired with crisp honey almond granola and vanilla yogurt
- Shelf Life: 6 days

**MANGO BERRY PARFAIT CUP**

- Item #: 5377
- Pack Size: 6 x 199g
- Sweet mangos paired with crisp honey almond granola, toasted coconut and berry vanilla yogurt
- Shelf Life: 6 days

**PINEAPPLE PINA COLADA PARFAIT CUP**

- Item #: 5376
- Pack Size: 6 x 310g
- Shelf Life: 6 days
Platters
FRUIT PLATTER WITH DIP

ITEM #: 1543
PACK SIZE: 4 x 1.62 kg
- fresh cantaloupe, honeydew, pineapple & watermelon with a delicious fruit dip.

SHELF LIFE
6 DAYS

VEGETABLE PLATTER WITH DIP

ITEM #: 1544
PACK SIZE: 4 x 1.52 kg
- fresh broccoli, carrots, celery & cauliflower with a tasty vegetable dip.

SHELF LIFE
6 DAYS
CONTACT US FOR MORE INFORMATION:
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