



FROZEN

Fruits

Fresh / healthy / natural



Strawberries

1 KG -> Carton Contains 10 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	37 kcal	37 كالوري	طاقة
Fat	0.5 gm	0.5 غم	دهون
Of which Saturated	0 gm	0 غم	دهون مشبعة
Carbohydrate	8.3 gm	8.3 غم	كربوهيدرات
Of which sugars	4.5 gm	4.5 غم	دهون سكر
Fibre	0.3 gm	0.3 غم	الياف
Protein	0.8 gm	0.8 غم	بروتين
Sodium	0.2 mg	0.2 مغ	صوديوم

Expiry Date:

12 Months from Production



Mango

1 KG -> Carton Contains 10 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	94 kcal	94 ك.كالوري	طاقة
Fat	0.4 gm	0.4 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	15 gm	15 غم	كربوهيدرات
Of which sugars	14 gm	14 غم	منها سكر
Fibre	1.6 gm	1.6 غم	ألياف
Protein	0.8 gm	0.8 غم	بروتين
Sodium	1 mg	1 غم	صوديوم

Expiry Date:

12 Months from Production



Pomegranate

1 KG -> Carton Contains 10 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	35 kcal	35 ك. كالوري	طاقة
Fat	0.4 gm	0.4 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	7.3 gm	7.3 غم	كربوهيدرات
Of which sugars	1.4 gm	1.4 غم	منها سكر
Fibre	3.2 gm	3.2 غم	ألياف
Protein	2.4 gm	2.4 غم	بروتين
Sodium	40.5 mg	40.5 غم	صوديوم

Expiry Date:

12 Months from Production

FROZEN

Vegetables

fresh / healthy / natural



Okra Zero

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 85 gm		معلومات غذائية لكل 85 غم	
Energy	26 kcal	26 ك. كالوري	طاقة
Fat	0 gm	0 غم	دهون
Of which Satarates	0 gm	0 غم	منها دهون مشبعة
Carbohydrate	6 gm	6 غم	كربوهيدرات
Of which sugars	1.6 gm	1.6 غم	منها سكر
Fibre	1.7 gm	1.7 غم	ألياف
Protein	2 gm	2 غم	بروتين
Sodium	0 mg	0 م.غ	صوديوم

Expiry Date:

18 Months from Production



Okra One

400 GM -> Carton Contains 20 Units
10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	35 kcal	35 ك. كالوري	طاقة
Fat	0.4 gm	0.4 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	7.3 gm	7.3 غم	كربوهيدرات
Of which sugars	1.4 gm	1.4 غم	منها سكر
Fibre	3.2 gm	3.2 غم	ألياف
Protein	2.4 gm	2.4 غم	بروتين
Sodium	40.5 mg	40.5 م.غ	صوديوم

Expiry Date:
18 Months from Production



Artichoke

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	53.1 kcal	53.1 ك. كالوري	طاقة
Fat	0.3 gm	0.3 غم	دهون
Of which Satarates	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	11.6 gm	11.6 غم	كربوهيدرات
Of which sugars	1 gm	1 غم	منها سكر
Fibre	5.6 gm	5.6 غم	ألياف
Protein	2.9 gm	2.9 غم	بروتين
Sodium	59.8 mg	59.8 م.غ	صوديوم

Expiry Date:

18 Months from Production

Size:

5-7

7-9



Green Peas

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	81 kcal	81 ك. كالوري	طاقة
Fat	0.4 gm	0.4 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	15.4 gm	15.4 غم	كربوهيدرات
Of which sugars	5.7 gm	5.7 غم	منها سكر
Fibre	5.7 gm	5.7 غم	ألياف
Protein	5.4 gm	5.4 غم	بروتين
Sodium	5 mg	5 غم	صوديوم

Expiry Date:

18 Months from Production

Kind:

Dry - Fresh



Green Peas And Carrots

400 GM -> Carton Contains 20 Units
10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	50 kcal	50 ك. كالوري	طاقة
Fat	1.34 gm	1.34 غم	دهون
Of which Saturated	0 gm	0 غم	منها دهون مشبعة
Carbohydrate	13.67 gm	13.67 غم	كربوهيدرات
Of which sugars	1 gm	1 غم	منها سكر
Fibre	2.6 gm	2.6 غم	ألياف
Protein	9.66 gm	9.66 غم	بروتين
Sodium	224.4 mg	224.4 م.غ	صوديوم

Expiry Date:
18 Months from Production



Green Beans

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 80 gm		معلومات غذائية لكل ٨٠ غم	
Energy	30 kcal	30 ك. كالوري	طاقة
Fat	0 gm	0 غم	دهون
Of which Saturated	0 gm	0 غم	منها دهون مشبعة
Carbohydrate	7 gm	7 غم	كربوهيدرات
Of which sugars	2 gm	2 غم	منها سكر
Fibre	3 gm	3 غم	ألياف
Protein	2 gm	2 غم	بروتين
Sodium	200 mg	200 مغ	صوديوم

Expiry Date:

18 Months from Production



Mixed Vegetables

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	45 kcal	45 ك.كالوري	طاقة
Fat	0 gm	0 غم	دهون
Of which Satarates	0 gm	0 غم	منها دهون مشبعة
Carbohydrate	10 gm	10 غم	كربوهيدرات
Of which sugars	2 gm	2 غم	منها سكر
Fibre	2 gm	2 غم	ألياف
Protein	1 gm	1 غم	بروتين
Sodium	200 mg	200 م.غ	صوديوم

Expiry Date:

18 Months from Production



Taro

400 GM -> Carton Contains 20 Units
10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	49 kcal	49 ك.كالوري	طاقة
Fat	0.2 gm	0.2 غم	دهون
Of which Saturated	0 gm	0 غم	منها دهون مشبعة
Carbohydrate	26 gm	26 غم	كربوهيدرات
Of which sugars	0.8 gm	0.8 غم	منها سكر
Fibre	4.1 gm	4.1 غم	ألياف
Protein	1.5 gm	1.5 غم	بروتين
Sodium	11 mg	11 مغ	صوديوم

Expiry Date:
18 Months from Production



Molokhia

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 85 gm		معلومات غذائية لكل 85 غم	
Energy	72 kcal	72 ك. كالوري	طاقة
Fat	1 gm	1 غم	دهون
Of which Saturated	0 gm	0 غم	منها دهون مشبعة
Carbohydrate	3 gm	3 غم	كربوهيدرات
Of which sugars	1 gm	1 غم	منها سكر
Fibre	2.6 gm	2.6 غم	ألياف
Protein	3 gm	3 غم	بروتين
Sodium	64 mg	64 م.غ	صوديوم

Expiry Date:

18 Months from Production



Qualiflower

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 80 gm		معلومات غذائية لكل ٨٠ غم	
Energy	23.8 kcal	23.8 ك. كالوري	طاقة
Fat	0.5 gm	0.5 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	4.3 gm	4.3 غم	كربوهيدرات
Of which sugars	2.2 gm	2.2 غم	منها سكر
Fibre	2.3 gm	2.3 غم	ألياف
Protein	2 gm	2 غم	بروتين
Sodium	15.5 mg	15.5 مغ	صوديوم

Expiry Date:

18 Months from Production

Size:

20-40

40-60



Spinach

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 85 gm		معلومات غذائية لكل 85 غم	
Energy	72 kcal	72 ك. كالوري	طاقة
Fat	1 gm	1 غم	دهون
Of which Saturated	0 gm	0 غم	منها دهون مشبعة
Carbohydrate	3 gm	3 غم	كربوهيدرات
Of which sugars	1 gm	1 غم	منها سكر
Fibre	2.5 gm	2.5 غم	ألياف
Protein	3 gm	3 غم	بروتين
Sodium	64 mg	64 م.غ	صوديوم

Expiry Date:

18 Months from Production



Sweet Corn

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 85 gm		معلومات غذائية لكل 85 غم	
Energy	94 kcal	94 ك. كالوري	طاقة
Fat	0.3 gm	0.3 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	17 gm	17 غم	كربوهيدرات
Of which sugars	1.5 gm	1.5 غم	منها سكر
Fibre	4.6 gm	4.6 غم	ألياف
Protein	6.5 gm	6.5 غم	بروتين
Sodium	205 mg	205 م.غ	صوديوم

Expiry Date:

18 Months from Production



Broccoli

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	35 kcal	35 ك. كالوري	طاقة
Fat	0.4 gm	0.4 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	7.3 gm	7.3 غم	كربوهيدرات
Of which sugars	1.4 gm	1.4 غم	منها سكر
Fibre	3.2 gm	3.2 غم	ألياف
Protein	2.4 gm	2.4 غم	بروتين
Sodium	40.5 mg	40.5 غ.م	صوديوم

Expiry Date:

18 Months from Production



Broad Beans

400 GM -> Carton Contains 20 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 85 gm		معلومات غذائية لكل 85 غم	
Energy	94 kcal	94 ك. كالوري	طاقة
Fat	0.3 gm	0.3 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	17 gm	17 غم	كربوهيدرات
Of which sugars	1.5 gm	1.5 غم	منها سكر
Fibre	4.6 gm	4.6 غم	ألياف
Protein	6.5 gm	6.5 غم	بروتين
Sodium	205 mg	205 م.غ	صوديوم

Expiry Date:

18 Months from Production



French Fries

2.5 KG -> Carton Contains 4 Units

10 KG -> Carton Contains 1 Units

Nutritional Information Per 100 gm		معلومات غذائية لكل 100 غم	
Energy	35 kcal	35 ك. كالوري	طاقة
Fat	0.4 gm	0.4 غم	دهون
Of which Saturated	0.1 gm	0.1 غم	منها دهون مشبعة
Carbohydrate	7.3 gm	7.3 غم	كربوهيدرات
Of which sugars	1.4 gm	1.4 غم	منها سكر
Fibre	3.2 gm	3.2 غم	ألياف
Protein	2.4 gm	2.4 غم	بروتين
Sodium	40.5 mg	40.5 مغ	صوديوم

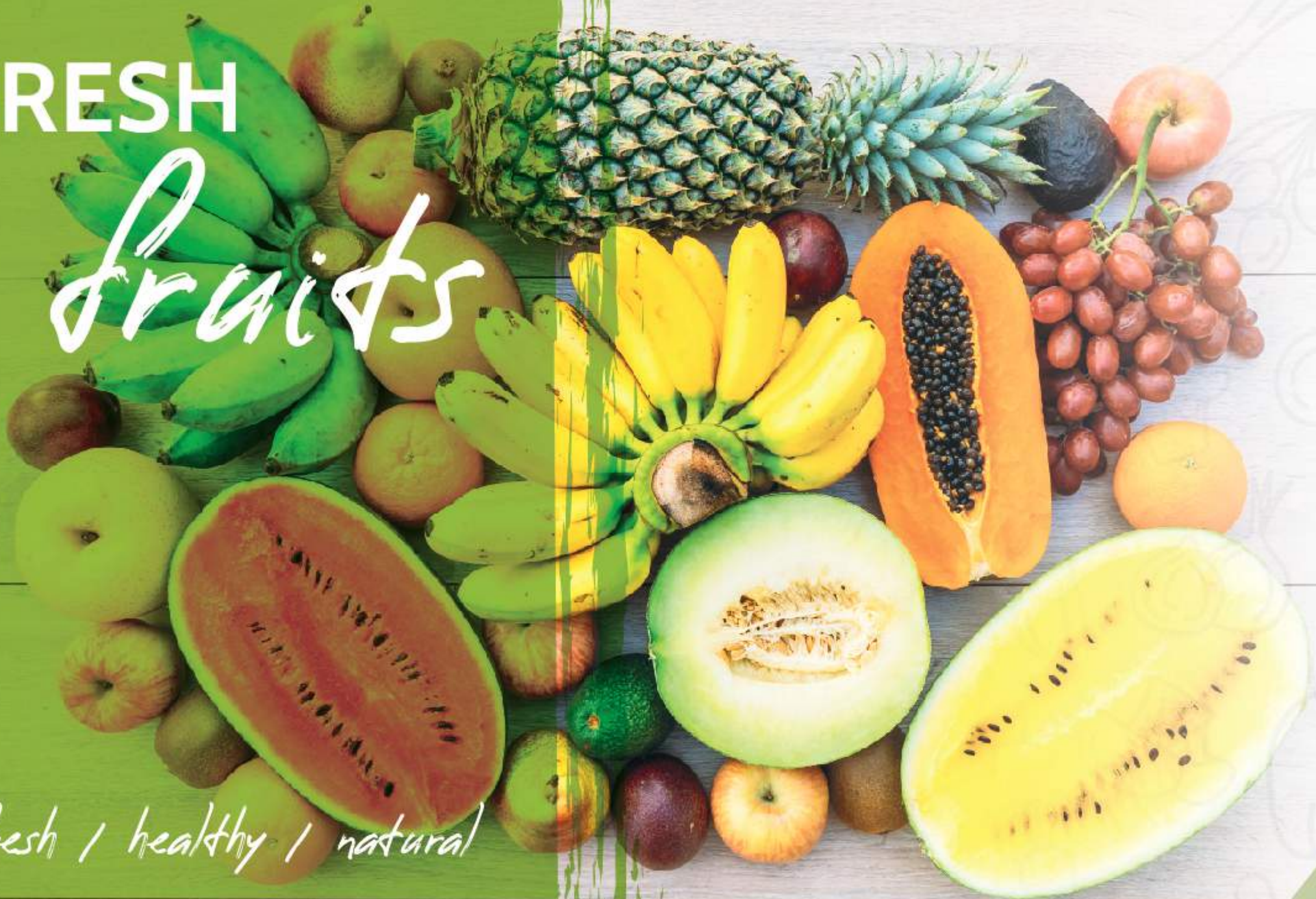
Expiry Date:

18 Months from Production

FRESH

Fruits

Fresh / healthy / natural



Strawberry

Temperature:

0°C to 2°C Relative

Humidity:

90% to 95%

Storage Period:

2 Weeks

Availability:

November to March

Packing:

Carton Contains 8 Punnets
(2 KG)

Carton Contains 10 Punnets
(2.5 KG)



Pomegranate

Temperature:

5°C to 9°C Relative

Humidity:

90% to 95%

Storage Period:

2 to 3 Months

Availability:

June to October

Packing:

Plastic Basket Contains 10 KG

Plastic Basket Contains 5 KG

Carton Contains 5 KG



Mango

Temperature:

8°C to 14°C Relative

Humidity:

58% to 95%

Storage Period:

2 to 4 Weeks

Availability:

June to October

Packing:

Plastic Basket Contains 10 KG

Plastic Basket Contains 5 KG

Carton Contains 5 KG



Guava

Temperature:

5°C to 9°C Relative

Humidity:

90% to 95%

Storage Period:

2 to 3 Months

Availability:

June to October

Packing:

Carton Contains 2 KG



Grapes

Temperature:

-1°C Relative

Humidity:

90% to 95%

Storage Period:

2 to 3 Weeks

Availability:

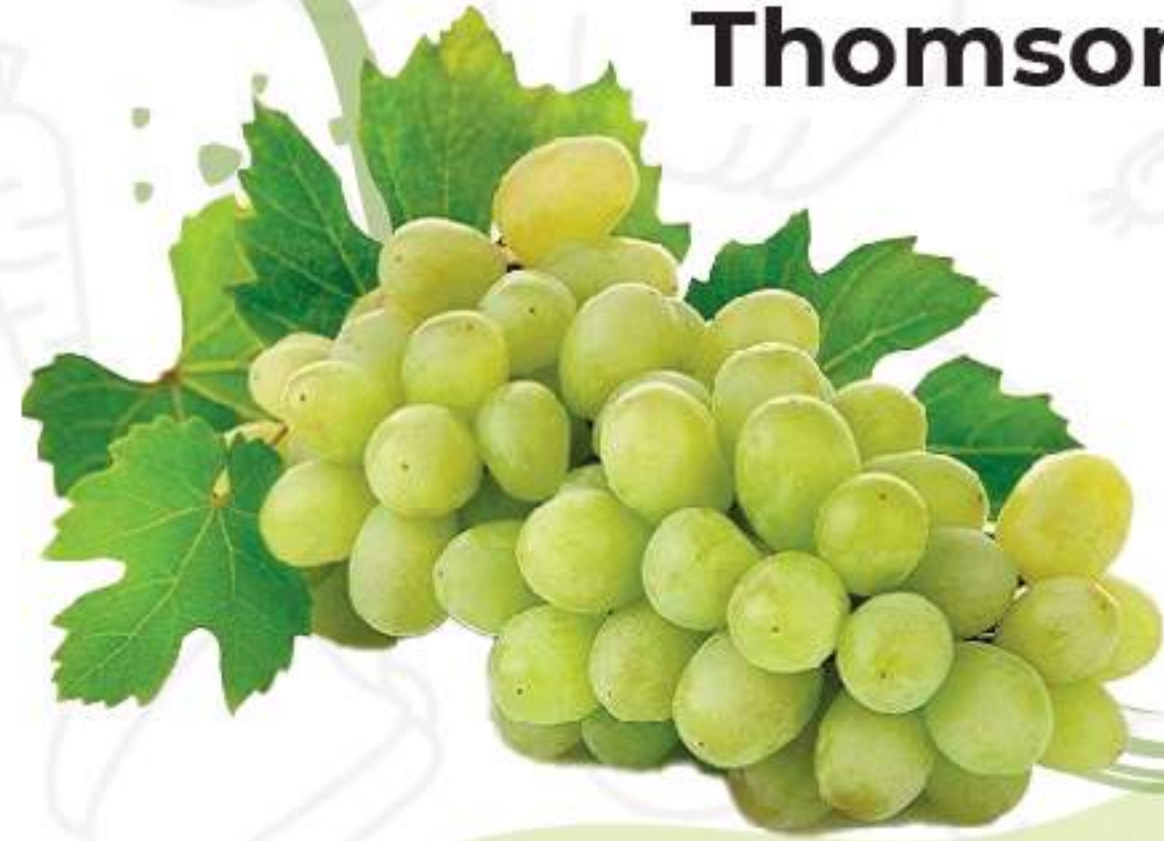
May to July

Packing:

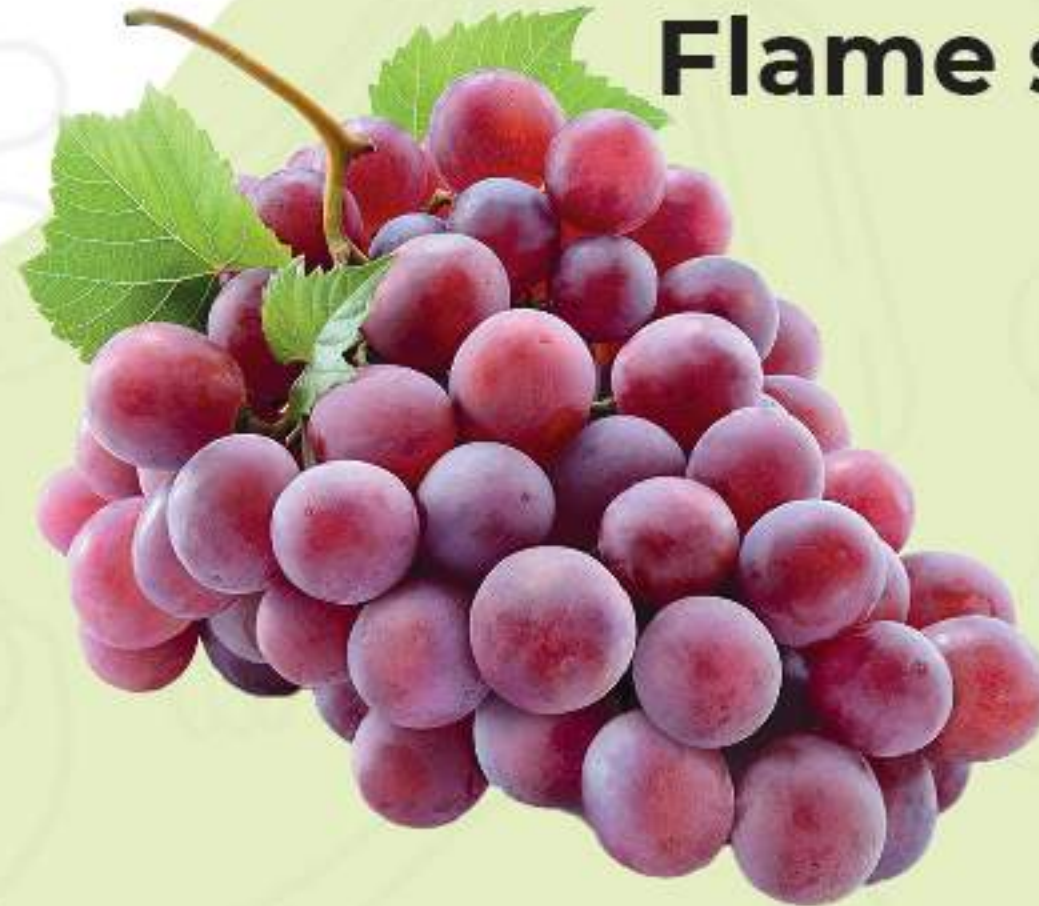
Carton Contains 10 Bags
(5 KG)

Carton Contains 10 punnets
(5 KG)

Thomson



Flame seedless



Water Melon

Temperature:

10°C Relative

Humidity:

90%

Storage Period:

2 to 3 Weeks

Availability:

June to October

Packing:

Carton Contains 2 Fruits

(10-12 KG)

Jumbo Wooden Box

(1 Ton)



Gallia Melon

Temperature:

2°C to 5°C Relative

Humidity:

90% to 95%

Storage Period:

1 to 2 Weeks

Availability:

June to October

Packing:

Plastic Basket Contains 10 KG

Plastic Basket Contains 5 KG

Carton Contains 5 KG



Citrus



Egyptian Lemon:

Temperature:

0°C to 8°C Relative

Humidity:

85% to 90%

Storage Period:

2 to 4 Months

Availability:

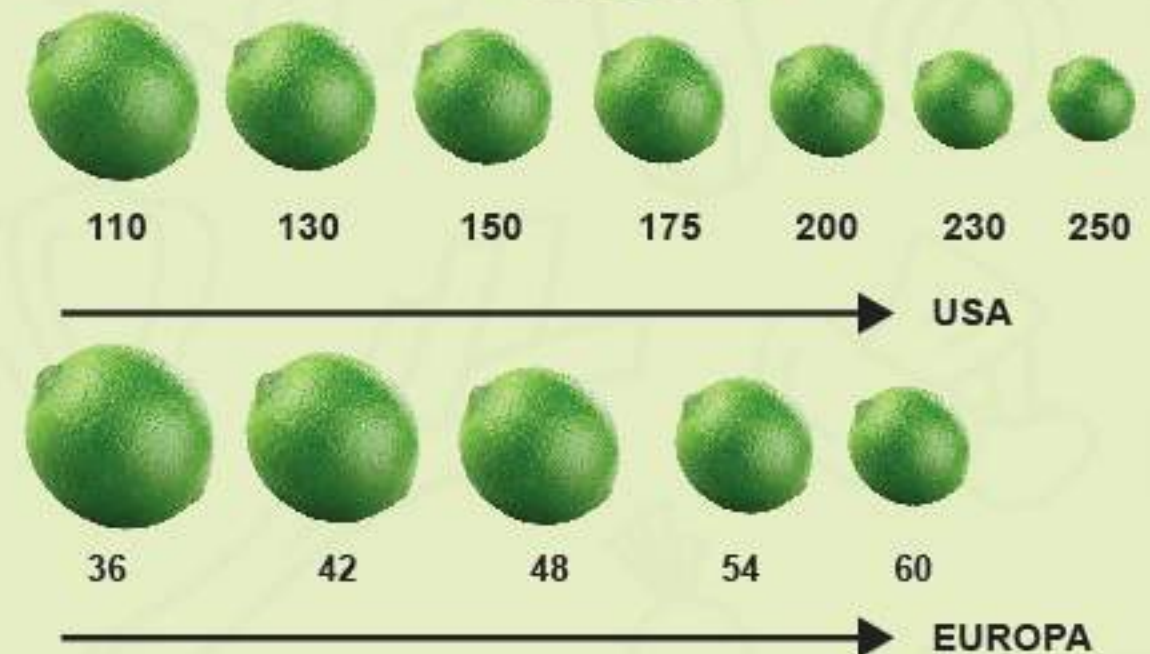
All Year

Packing:

Carton Contains 15 KG

Plastic Basket Contains 10 KG

Wooden Box Contains 4 KG



Navel Orange

Temperature:

0°C to 8°C Relative

Humidity:

85% to 95%

Storage Period:

2 to 4 Months

Availability:

January to April

Packing:

Carton Contains 15 KG

Size:

40, 42, 46, 56, 64, 72



Valencia Orange:

Temperature:

0°C to 8°C Relative

Humidity:

85% to 95%

Storage Period:

2 to 4 Months

Availability:

February to May

Packing:

Carton Contains 15 KG

Size:

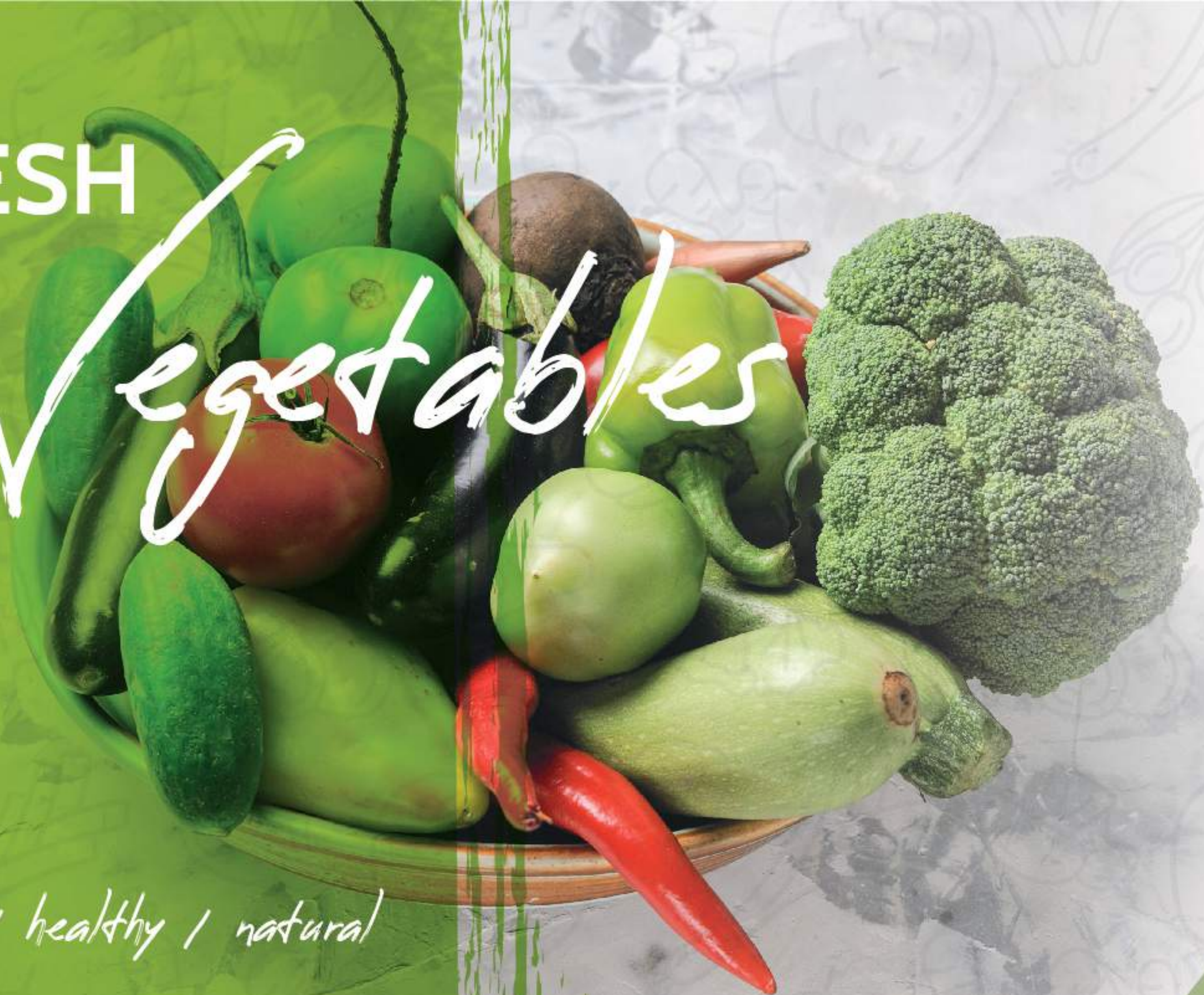
46, 56, 64, 72, 80, 88, 100, 113



FRESH

Vegetables

fresh / healthy / natural



Capsicum

Temperature:

3°C to 5°C Relative

Humidity:

90% to 95%

Storage Period:

15 to 21 Days

Availability:

All Year

Packing:

Carton Contains 5 KG

Color:

Green-Yellow-Red



Hot Chilli

Temperature:

3°C to 5°C Relative

Humidity:

90% to 95%

Storage Period:

15 to 21 Days

Availability:

All Year

Packing:

Carton Contains 2-4.5 KG

Color:

Green-Red



Red Onion

Temperature:

0°C to 5°C Relative

Humidity:

65% to 75%

Storage Period:

2 to 9 Months

Availability:

All Year

Packing:

P.P Bag Contains

5-10-25 KG

Size:

5, 6, 7, 8



Golden Onion

Temperature:

0°C to 5°C Relative

Humidity:

65% to 75%

Storage Period:

2 to 9 Months

Availability:

All Year

Packing:

P.P Bag Contains

5-10-25 KG

Size:

5, 6, 7, 8



Garlic

Temperature:

5°C Relative

Humidity:

85% to 90%

Storage Period:

3 to 7 Weeks

Availability:

February to June

Packing:

Carton Contains 5 KG

Basket Contains 10 KG



Potatoes

Temperature:

5°C Relative

Humidity:

85% to 95%

Storage Period:

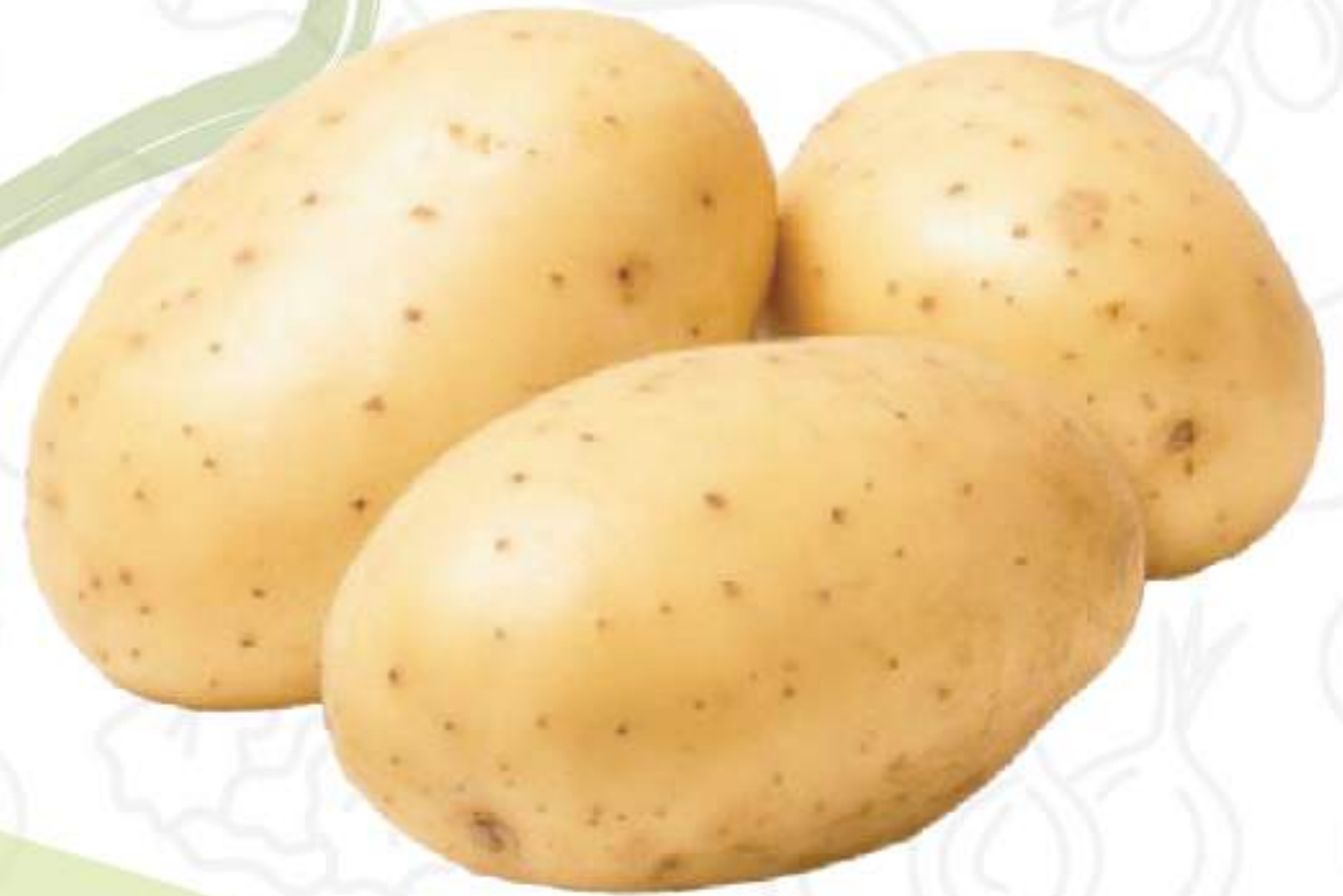
2 to 12 Months

Availability:

All Year

Packing:

P.P Bag Contains
5-10-25 KG



Sweet Potatoes

Temperature:

5°C Relative

Humidity:

85% to 90%

Storage Period:

6 to 10 Months

Availability:

July to November

Packing:

Carton Contains 5 KG

P.P Bag Contains 25 KG



Taro

Temperature:

5°C Relative

Humidity:

85% to 90%

Storage Period:

5 Months

Availability:

July to November

Packing:

Plastic Basket Contains 5 KG



Tomatoes

Temperature:

5°C Relative

Humidity:

85% to 90%

Storage Period:

1 to 2 Weeks

Availability:

All Year

Packing:

Plastic Basket Contains 5 KG



Eggplant

Temperature:

5°C Relative

Humidity:

15%

Storage Period:

7 to 10 Days

Availability:

All Year

Packing:

Carton Contains 2 KG

Color:

White-Black



Lettuce

Temperature:

5°C to 7.5°C Relative

Humidity:

90% to 95%

Storage Period:

15 to 21 Days

Availability:

November to May

Packing:

Carton Contains 6.5 KG

8-10 Flowers



Carrot

Temperature:

0°C Relative

Humidity:

95% to 100%

Storage Period:

2 Weeks

Availability:

All Year

Packing:

Carton Contains 7 KG

Carton Contains 10 KG



Broccoli

Temperature:

0°C Relative

Humidity:

90% to 95%

Storage Period:

2 to 3 Weeks

Availability:

November to April

Packing:

Plastic Basket Contains

5 KG

Sealed Foam Box

6 KG + (2-3 KG) Ice



Artichoke

Temperature:

0°C Relative

Humidity:

90% to 95%

Storage Period:

3 to 7 Weeks

Availability:

December to May

Packing:

Plastic Basket Contains
30 Flowers



Cucumber

Temperature:

10°C Relative

Humidity:

95%

Storage Period:

2 Weeks

Availability:

All Year

Packing:

Carton Contains 4.5 KG



Dehydrated

Legumes

Fresh / healthy / natural



Egyptian White Kidney

Packing	Size	Number of Beads	Weight/Grams	Weight/Ounce
Paper Bag 25 KG	1	180:200	100	
	1	200:220	100	
Paper Bag 50 KG	1	220:280	100	
	1	280:330	100	



Shelled Peanut

Packing	Size	Number of Beads	Weight/Grams	Weight/Ounce
Paper Bag 25 KG	7/9	85:95	284	10
	8/10	95:105	284	10
Paper Bag 50 KG	9/11	105:115	284	10
	10/12	115:120	284	10
	11/13	Average 130	284	10



Peeled Peanut

Packing:

Carton Contains 10 KG



Dehydrated

Flakes / powder /

sun dried

fresh / healthy / natural



Garlic

Flakes

Packing:

Paper Bag Contains 10 KG

Paper Bag Contains 25 KG



Powder

Packing:

Paper Bag Contains 10 KG

Paper Bag Contains 25 KG



Onion

Flakes

Packing:

Paper Bag Contains 10 KG

Paper Bag Contains 25 KG



Powder

Packing:

Paper Bag Contains 10 KG

Paper Bag Contains 25 KG



Raisin

Dark

Packing:
Carton Contains 10 KG



Golden

Packing:
Carton Contains 10 KG



Extra Golden

Packing:
Carton Contains 10 KG



Hibiscus

Flakes

Packing:

Carton Contains 10 KG

Carton Contains 25 KG



Powder

Packing:

Carton Contains 10 KG

Carton Contains 25 KG



Molokia

Dried Molokia Leaves

Packing:

Carton Contains 10 KG

Carton Contains 25 KG



A glass bowl filled with thick, dark red tomato paste sits on a white surface. In the background, several fresh red tomatoes with green stems are visible. A green onion stalk is placed diagonally across the bowl. The background is a mix of a green and red plaid pattern on the left and a white surface with faint vegetable line art on the right.

Tomato Paste

fresh / healthy / natural

Sachet 70 Gm

Packing:

Carton contains
4 Boxes Each Box 25 Sachet

Concentration: 28 - 30



Tin 400 Gm

Packing:

Carton contains
4 Boxes Each Box 24 Tins

Concentration: 28 - 30



Tin 800 Gm

Packing:

Carton contains 12 Tins

Concentration: 28 - 30





Olive Oil

Fresh / healthy / natural

*Extra
Virgin*
OLIVE OIL

PREMIUM



Olive Oil

Extra Virgin

250 ML

Packing:

Carton contains
24 Glass Bottles

Full Container Load:
1920 Cartons

500 ML

Packing:

Carton contains
12 Glass Bottles

Full Container Load:
1140 Cartons

750 ML

Packing:

Carton contains
12 Glass Bottles

Full Container Load:
950 Cartons

1000 ML

Packing:

Carton contains
12 Glass Bottles

Full Container Load:
900 Cartons

Acidity: -0.80



Olive Oil

Virgin

250 ML

Packing:

Carton contains
24 Glass Bottles

Full Container Load:
1920 Cartons

500 ML

Packing:

Carton contains
12 Glass Bottles

Full Container Load:
1140 Cartons

750 ML

Packing:

Carton contains
12 Glass Bottles

Full Container Load:
950 Cartons

1000 ML

Packing:

Carton contains
12 Glass Bottles

Full Container Load:
900 Cartons

Acidity: -2.00



Juice



fresh / healthy / natural

Mango

250 ML

Concentration:
25 %

Packing:

Shrink contains
24 Glass Bottles

1 L

Concentration:
50 %

Packing:

Shrink contains
6 Glass Bottles



Guava

250 ML

Concentration:
25 %

Packing:

Shrink contains
24 Glass Bottles

1 L

Concentration:
50 %

Packing:

Shrink contains
6 Glass Bottles



Cocktail

250 ML

Concentration:
25 %

Packing:

Shrink contains
24 Glass Bottles

1 L

Concentration:
50 %

Packing:

Shrink contains
6 Glass Bottles



Jam



fresh / healthy / natural

Every one needs a

Sweet
start for the day



Strawberry

330 Grams

Packing:

Shrink contains
12 Glass Jars

380 Grams

Packing:

Shrink contains
6 Glass Jars

Concentration: 45 %



Apricot

330 Grams

Packing:

Shrink contains
12 Glass Jars

380 Grams

Packing:

Shrink contains
6 Glass Jars

Concentration: 45 %



Figs

330 Grams

Packing:

Shrink contains
12 Glass Jars

380 Grams

Packing:

Shrink contains
6 Glass Jars

Concentration: 45 %



Date

330 Grams

Packing:

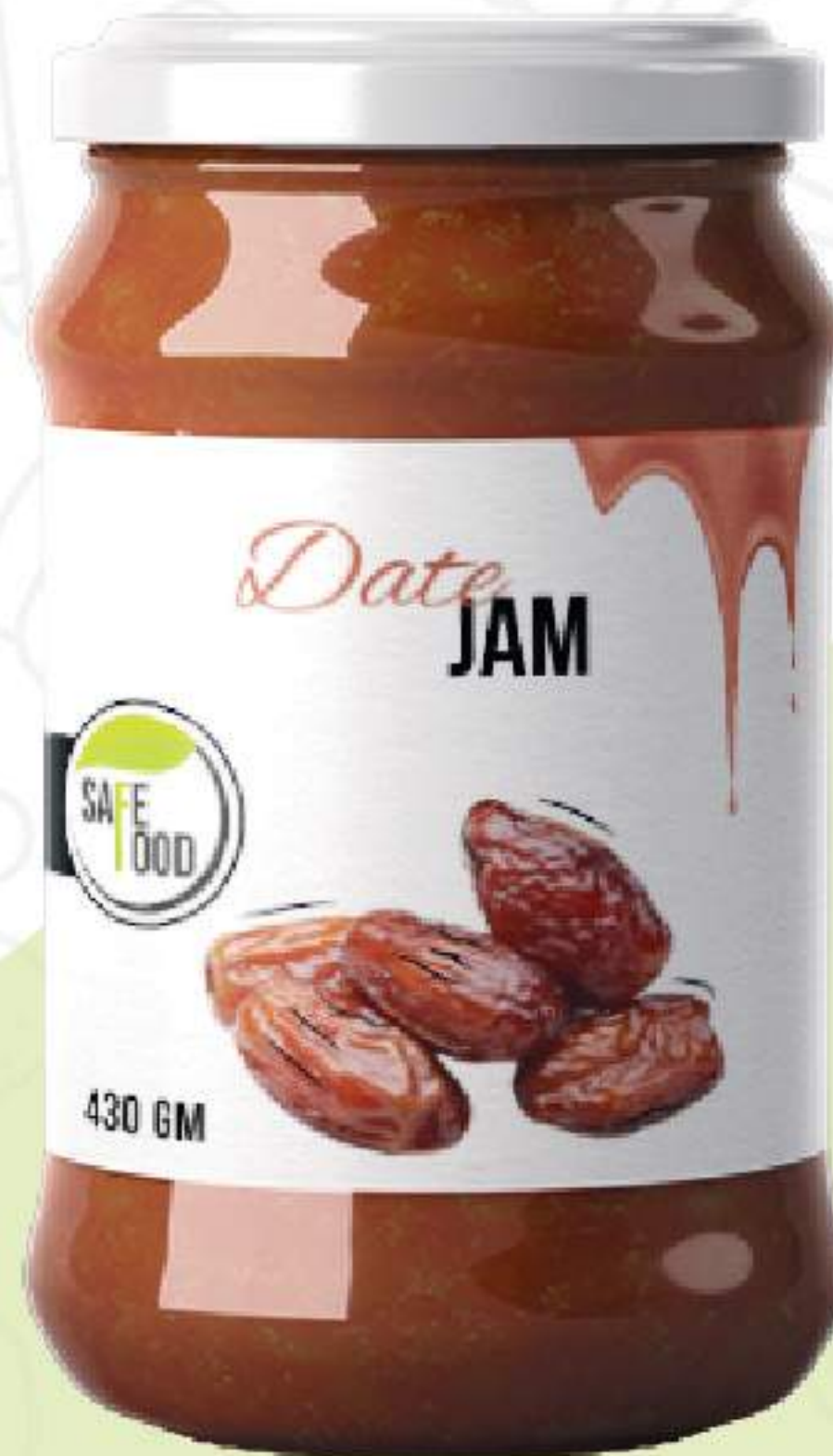
Shrink contains
12 Glass Jars

380 Grams

Packing:

Shrink contains
6 Glass Jars

Concentration: 45 %



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