

Arctic Gardens®

Frozen mixed vegetables



4 Bean Salad

58701 6 X 2 kg

Cut green beans, cut wax beans, dark red kidney beans, chick peas, diced onions, diced red peppers



Asian

25518 6 X 1.75 kg

Whole green beans, broccoli florets, julienne carrots, sugar snap peas, diced onions, red pepper strips, sliced water chestnuts, sliced mushrooms



California

50119 6 X 2 kg

Sliced carrots, broccoli, cauliflower



Cocktail

58700 6 X 2 kg

Cut green beans, sliced carrots, cut wax beans



Fajita

50410 6 X 2 kg

Red, green and yellow pepper strips, onion strips



Florentine

58800 6 X 2 kg

Cauliflower, peas, cut green beans, cut wax beans, red pepper strips



Italian

58300 6 X 2 kg

Crinkle sliced carrots, green zucchini, cauliflower, romano beans, yellow zucchini, Lima beans, red pepper strips



Mexican

58625 6 X 2 kg

Super sweet corn, broccoli florets, julienne carrots, red pepper strips, crinkle zucchini quarters, diced onions, green pepper strips



Minestrone

30001 6 X 2 kg

Diced carrots, diced celery, cut green beans, dark red kidney beans, peas, diced onions, diced green peppers



Mirepoix

58950 6 X 2 kg

Diced carrots, diced celery, diced onions



Mixed Vegetables (4)

57400 6 X 2 kg

Crinkle sliced carrots/diced carrots, cut green beans, peas, super sweet corn



Mixed Vegetables (5)

25502 6 X 2 kg
25503 2 X 10 lb

Crinkle sliced carrots/diced carrots, peas, super sweet corn, cut green beans, cut wax beans



Montego

54702 6 X 2 kg

Cauliflower florets, broccoli florets, yellow sliced carrots, orange sliced carrots



Moroccan

58650 6 X 2 kg

Chunky potatoes, chunky carrots, cut green beans, chunky turnips/rutabagas, diced onions



Old Fashioned

16003 6 X 2 kg

Yellow diced carrots, orange diced carrots, diced celery, cut green beans, diced onions



Oriental

58400 6 X 2 kg

Broccoli, french cut green beans, julienne carrots, diced onions, red pepper strips, sliced mushrooms



Pacific Garden

25915 6 X 2 kg

Broccoli florets, julienne carrots, sugar snap peas, cauliflower, red pepper strips, sliced water chestnuts, yellow pepper strips



Parisian

58600 6 X 2 kg

Julienne carrots, cauliflower, cut green beans, diced onions



Pearl Harvest

25914 6 X 2 kg

Whole wax beans, romano beans, whole baby carrots, pearl onions, diced red peppers



Peas & Diced Carrots

56050 6 X 2 kg



Peas & Pearl Onions

01423 6 X 2 kg



Peas & Sliced Carrots

56000 6 X 2 kg (Qc. only)



Pizza

30005 6 X 2 kg

Cauliflower florets, broccoli florets, diced onions, red pepper strips, french cut green beans



Prince Edward

25912 12 X 1 kg
25913 6 X 2 kg

Whole green beans, whole wax beans, whole baby carrots



Romanesco

59000 6 X 2 kg

Romanesco florets, fine whole green beans, julienne orange carrots, julienne yellow carrots



San Francisco

30011 6 X 2 kg

Broccoli, cauliflower, whole baby carrots, whole green beans



Scandinavian

58702 6 X 2 kg

Peas, crinkle zucchini quarters, cut green beans, julienne carrots, diced onions



Spaghetti

58900 6 X 2 kg
25519 6 X 1.75 kg (Qc. only)

Diced onions, diced celery, diced carrots, diced green peppers, diced red peppers



Stew

30003 6 X 2 kg

Potatoes, carrots, turnips/rutabagas, onions, home-style cut



Sunrise

54703 6 X 2 kg

Cut green beans, sliced orange carrots, sliced yellow carrots



Thai

Zip 25514 6 X 1.75 kg

Broccoli florets, julienne carrots, whole green beans, whole baby corn, diced onions, sugar snap peas, red pepper strips, sliced mushrooms



Veggies Pick Of The Day

01428 6 X 2 kg

Extra fine green beans, julienne orange carrots, julienne yellow carrots



Winter

58100 6 X 2 kg

Broccoli, cauliflower



Yin Yang

21019 12 X 750 g

Broccoli, sugar snap peas, whole baby corn, sliced water chestnuts, julienne carrots, bean sprouts, bamboo shoots, red pepper strips



Bonduelle

BLENDS



7-Bean Salad

10709 4 X 2 kg

White great northern beans, black turtle beans, chick peas, navy beans, red kidney beans, pinto beans, black eyed peas



Bistro

10717 4 X 2 kg

Whole green beans, whole wax beans, bias cut orange carrots, bias cut yellow carrots



Fall Medley

10719 4 X 2 kg

Bias cut carrots, chunky turnips, chunky squash, chunky sweet potatoes, chunky red onions



Fusion

10720 4 X 2 kg

Super sweet corn, black beans, edamame beans



Harvest Medley

10708 4 X 2 kg

Broccoli florets, cauliflower, whole green beans, whole wax beans, whole baby carrots



Niagara

10716 4 X 2 kg

Whole baby carrots, whole green beans, water chestnuts, whole baby corn



Paradisio

10718 4 X 2 kg

Whole green beans, whole wax beans, bias cut orange carrots, bias cut yellow carrots, broccoli florets



Pasta & Vegetables

10707 4 X 2 kg

Pre-cooked pasta, broccoli, zucchini, mini peas, julienne carrots, onion strips, diced red peppers



Rice Pilaf

10706 4 X 2 kg

Pre-cooked rice, mini peas, sliced mushrooms, diced carrots, diced red peppers

PURÉES



Green Bean Purée

Nuggets (35g) 01624 4 X 2.5 kg



Broccoli Purée

Nuggets (35g) 01600 4 X 2.5 kg



Carrot Purée

Nuggets (35g) 01686 4 X 2.5 kg



Cauliflower Purée

Nuggets (35g) 01747 4 X 2.5 kg



Green Pea Purée

Nuggets (35g) 01662 4 X 2.5 kg

GOURMETS



Eggplant Grilled

91175 7 X 1 kg



**Grilled Trio
Zucchini / Eggplant / Peppers**

03901 6 X 1 kg



Red And Yellow Peppers Grilled

00464 7 X 1 kg



Zucchini Grilled

70391 7 X 1 kg



**Gourmet Stir Fry
With Grilled Vegetables**

00582 6 X 1 kg

Grilled zucchini, sugar snap peas, pre-fried eggplant, grilled red peppers, grilled yellow peppers, sunflower oil



Mediterranean World Mix

97100 4 X 2.5 kg

Pre-fried green zucchini, pre-fried eggplant, pre-fried red peppers, sunflower oil



Potato Gratin

68297 4 X 2.5 kg

Potatoes with béchamel sauce