

Order by 6pm

FOR NEXT DAY DELIVERY



First Choice  
FOODSERVICE



*Fresh Fruit & Vegetables*

delivered direct to your kitchen



[www.firstchoicefs.co.uk](http://www.firstchoicefs.co.uk)

# Fresh Fruit & Vegetables

Delivered direct to your kitchen 6 days a week



The PREMIUM QUALITY FRESH FRUIT AND VEGETABLES range from First Choice Foodservice represents the freshest produce at hard-to-beat prices. Each order is carefully packed by hand and can either form part of your regular foodservice delivery or be sent separately to suit your needs. The advantage of having just one order means you can reduce multiple orders and drops—and receive fresh produce in one reliable consignment.



To place an order, or for further information please call telesales  
—or speak with your sales representative today.

Telesales **01283 741630**

Online **firstchoicefs.co.uk**



Asparagus • Aubergine • Beansprouts • Beetroot • Broccoli • Brussel Sprouts • Cabbage • Carrots • Cauliflower

051220	Asparagus	250g Bunch	1-250g
051221	Asparagus	Box 20 bunches	
051222	Aubergine		1-1kg
051223	Aubergines	Box	1-5kg
051224	Baby Carrots*		6-200g
051225	Baby Fennel*		6-200g
051226	Baby Leeks*		6-200g
051227	Baby Squash (Patty Pan)*	Box	6-200g
051228	Baby Sweetcorn		Single unit
051229	Baby Turnips*		6-200g
051232	Beansprouts		250g
051233	Beansprouts	Case	6-250g
051235	Beetroot	Cooked Long-Life Pre-pack	Single unit
051236	Beetroot (Raw)	Bunch	1 bunch
051237	Beetroot (Raw)	Box	12 bunches
051238	Broccoli	Box	1-6kg
051239	Broccoli		1-1kg
051240	Brussel Sprouts	Box	1-9kg

051241	Brussel Sprouts		1-1kg
051242	Butternut Squash		Single unit
051243	Butternut Squash	Box	1-10kg
051244	Cabbages - Green Savoy	Box	1-12
051245	Cabbage - Green Savoy		Single unit
051246	Cabbage - Hispi		Single unit
051252	Cabbages - Hispi	Box	1-15
051247	Cabbage - Red		Single unit
051253	Cabbages - Red	Box	1-10kg
051248	Cabbage - Spring	Pre-pack	Single unit
051249	Cabbages - Spring	Pre-pack	1-12
051250	Cabbage - Tundra		Single unit
051254	Cabbages - Tundra	Box	1-12
051251	Cabbage - White		Single unit
051255	Cabbages - White	Box	1-10kg
051256	Carrots - Chantenay		1-5kg
051257	Carrots (Large)		1-1kg
051258	Carrots (Large)	Bag	1-12kg

\* Please allow 2 days notice for delivery

Freshly prepared salad and vegetables - carefully packed and delivered ready-to-use

for more  
fresh Salad  
see back page

# Salad

## PREPARED & READY TO USE

051147	Baby Leaf Salad	Bag	1-500g
051148	Coleslaw Mix*		1-2.5kg
051149	Mixed Leaf Salad	Bag	1-500g
051150	Mixed Leaf Salad	Box	5-500g

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# Vegetables

## PREPARED & READY TO USE

051199	Beetroot Julienne*		1-500g
051200	Broccoli Florets*		1-2.5kg
051201	Cabbage - Green*	Shredded	1-2.5kg
051202	Cabbage - Red*	Shredded	1-2.5kg
051203	Cabbage - White*	Shredded	1-2.5kg
051204	Carrots*	Batons	1-2.5kg
051205	Carrots*	Julienne	1-2.5kg
051206	Carrots*	Sliced	1-2.5kg
051207	Cauliflower Florets*		1-2.5kg
051208	Chestnuts	Pre-pack 2-200g	1-12

## PREPARED & READY TO USE

051209	Chestnuts	Pre-pack 2-200g	Single unit
051210	Onions*	Sliced	1-2.5kg
051211	Onions*	Whole Peeled	1-2.5kg
051212	Parsnips*	Eights	1-2.5kg
051213	Parsnips*	Quartered	1-2.5kg
051214	Stew Pack Vegetables*		1-2.5kg
051215	Swede*	Diced	1-2.5kg
051216	Minestrone Mix*		1-2.5kg
051217	Stir Fry Mix*		1-2.5kg

\* Please allow 2 days notice for delivery



flower • Chillies • Corn-on-the-cob • Courgettes • Fennel • Garlic • Green Pak Choi • Leeks • Mange Tout • M

051259	Cauliflower		Single unit
051260	Cauliflowers	Box	1-8
051261	Celeriac		Single unit
051263	Chillies - Green		1-500g
051264	Chillies - Red		1-500g
051218	Corn-on-the-cob	Pre-pack 2s	1-12
051219	Corn-on-the-cob	Pre-pack 2s	Single unit
051265	Courgettes		1-1kg
051266	Courgettes	Box	1-5kg
051267	Fennel		1-1kg
051268	Fennel	Box	1-5kg
051269	Garlic	Bulbs-Box	1-4.5kg
051270	Garlic	Bulb	Single unit
051298	Garlic	Peeled	1-1kg
051271	Garlic	String	1-1kg
051273	Green Beans Fine	Loose	1-1.5kg
051274	Green Beans Fine	Pre-pack	10 packets
051275	Green Beans Fine	Pre-pack	1 packet

051276	Green Pak Choi		Single unit
051277	Green Pak Choi	Box	10 units
051278	Leeks	Box	1-5kg
051279	Leeks		1-1kg
051280	Mange Tout		1-1.5kg
051282	Mushrooms - Button		2.27kg
051281	Mushrooms - Chanterelle*		1-1kg
051283	Mushrooms - Flat 60-90mm		1-1.8kg
051272	Mushrooms - Girolle		1-1kg
051284	Mushrooms - Mixed Exotic		1-1.2kg
051285	Mushrooms - Oyster*		1-1.5kg
051286	Mushrooms - Portobello*		1-1.5kg
051314	Mushrooms - Shitake*		1-1.25kg
051287	Onions	Cooking	1-1kg
051288	Onions	Cooking-Box	1-20kg
051289	Onions - Red 65-80mm		1-1kg
051290	Onions - Red 65-80mm	Box	1-10kg
051291	Onions - Spanish		Single unit

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# Potatoes

Unprepared • Prepared & Ready-to-use

From sweet-to-baking-to-washed or prepared hand-cut chips – the humble potato provides the core ingredient for any good menu. Order any time up to 6pm for next day delivery and receive fresh produce at its absolute best.



## PREPARED & READY TO USE

051132	Chips Jenga*		1-5kg
051133	Hand-cut Chips 15-25mm*	Rustic Cut	1-5kg
051134	Potato - Fondant*		Single unit
051135	Potatoes - Chateau 60g*		20-60g
051136	Potatoes*	Quartered	1-5kg
051137	Potatoes	Whole Peeled	1-5kg

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## UNPREPARED

051138	Baking Potatoes	Approx. 40 per Box	1-15kg
051139	Baking Potatoes	Approx. 50 per Box	1-15kg
051140	Baking Potatoes	Approx. 60 per Box	1-15kg
051141	Potatoes - Maris Piper		1-25kg
051142	Potatoes - Scotch		1-25kg
051143	Potatoes - Sweet	Box	1-6kg
051144	Potatoes - Sweet		1-1kg
051146	Potatoes - Red	Washed	1-25kg
051145	Potatoes - White	Washed	1-25kg



## Mushrooms • Onions • Parsnips • Pumpkin • Peppers • Root Ginger • Shallots • Spinach • Swede • Tomatoes

051293	Onions - Spanish		1-20kg
051294	Onions - Spring		1 bunch
051295	Onions - Spring	Box	12 bunches
051296	Parsnips		1-1kg
051297	Parsnips	Box	1-5kg
051299	Pepper - Green		Single unit
051303	Peppers - Green	Box	1-5kg
051300	Pepper - Orange		Single unit
051304	Peppers - Orange	Box	1-5kg
051301	Pepper - Red		Single unit
051305	Peppers - Red	Box	1-5kg
051302	Pepper - Yellow		Single unit
051306	Peppers - Yellow	Box	1-5kg
051308	Pumpkin - Muscat*	Approx. 8kg	Single unit
051309	Purple Sprouting Broccoli	Box	1-4kg
051310	Root Ginger		1-1kg
051311	Samphire*		1-1kg
051312	Shallots	Box	1-4.5kg

051313	Shallots		1-1kg
051230	Shallots - Banana	Box	1-4.5kg
051231	Shallots - Banana		1-1kg
051315	Spinach		1-200g
051316	Spinach	Box	10-200g
051317	Sugar Snap Peas		1-150g
051318	Sugar Snap Peas	Box	10-150g
051319	Swede		1-1kg
051321	Swede	Box	1-12kg
051262	Swiss Chard		1-500g
051322	Tomatoes 47-55mm	Box	1-6kg
051323	Tomatoes 47-55mm		1-1kg
051324	Tomatoes - Beef		1-7kg
051325	Tomatoes - Cherry (Vine)		1-3kg
051326	Tomatoes - Cherry Red	250g Punnets	9 punnets
051327	Tomatoes - Cherry Red	250g Punnet	1 punnet
051328	Tomatoes - Heritage*		1-3kg
051329	Tomatoes - Red (Plum)	Box	1-5kg
051330	Tomatoes (Vine)	Box	1-5kg

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## APPLES

051061	Bramley		1-13kg
051062	Bramley		1-1kg
051063	Cox		1-13kg
051064	Cox		1-1kg
051053	Golden Delicious	Schools	Single fruit
051065	Golden Delicious	Small Green	1-18kg
051066	Golden Delicious	Green	1-12kg
051067	Golden Delicious	Green	1-1kg
051068	Granny Smith		1-12kg
051069	Granny Smith		1-1kg
051054	Pink Lady	Box	1-12kg



051075	Banana	Schools	Single fruit
051076	Bananas		1-18kg
051077	Bananas		1-1kg
051078	Blackberries	125g Punnets	8-125g
051079	Blackberries	125g Punnet	1-125g
051080	Blueberries	125g Punnets	12-125g
051081	Blueberries	125g Punnet	1-125g
051082	Cherries	Box	1-5kg
051083	Clementine		Single fruit
051084	Clementines	Box	1-15kg
051085	Clementines		1-1kg
051131	Dates - Medjool	Box	1-5kg
051051	Dates	Pre-pack Box	1-24
051052	Dates	Pre-pack	Single unit
051086	Figs	Case	1-24
051087	Figs		1 unit
051088	Grapefruit - Pink		Single fruit
051089	Grapefruit - Yellow		Single fruit
051090	Grapes - Black (Seedless)	Box	1-4.5kg
051091	Grapes - Black (Seedless)		1-1kg
051092	Grapes - Green (Seedless)		1-4.5kg
051093	Grapes - Green (Seedless)		1-1kg
051094	Kiwi Fruit		Single fruit
051095	Kiwi Fruits		1-27
051096	Lemon		Single fruit
051097	Lemons		1-100
051098	Lime		Single fruit
051099	Limes		1-60
051100	Mango		Single fruit
051101	Melon - Cantaloupe	Size 7	Single fruit

## APPLES

051055	Pink Lady		1-1kg
051056	Pink Lady		Single fruit
051070	Red Braeburn	Small Red	1-18kg
051071	Red Braeburn	Box	1-12kg
051072	Red Braeburn		1-1kg
051057	Red Braeburn	Extra Select	Single fruit
051058	Royal Gala	Extra Select	Single fruit
051059	Royal Gala	Extra Select	1-12kg
051060	Royal Gala	Extra Select	1-1kg
051073	Russet		1-13kg
051074	Russet		1-1kg

051102	Melons - Cantaloupe	Size 7	1-7
051103	Melon - Galia		Single fruit
051104	Melons - Galia	Size 7	1-7
051105	Melon - Honeydew		Single fruit
051107	Melons - Honeydew		1-10
051106	Melon - Watermelon	Size 5	Single fruit
051108	Minneolas		1-10kg
051109	Minneola		Single fruit
051110	Orange (Large)		Single fruit
051111	Oranges (Large)		1-48
051112	Oranges (Small)		Single fruit
051113	Oranges (Small)		1-90
051114	Papaya (Paw Paw)		1-8
051115	Passion Fruit		Single fruit
051116	Pears - Conference 60-70mm		1-12kg
051117	Pears - Conference 60-70mm		1-1kg
051118	Physalis	Punnet of 12	1 punnet
051119	Pineapple (Large)		Single fruit
051120	Pineapples (Large)		9 units
051121	Plums		1-1kg
051122	Plums		1-5kg
051123	Pomegranate		Single fruit
051124	Raspberries	125g Punnet	1-125g
051125	Raspberries	125g Punnets	8-125g
051126	Redcurrants	125g Punnet	1-125g
051127	Rhubarb	Box	1-6 kg
051128	Starfruit		Single fruit
051129	Strawberries	250g Punnet	1-250g
051130	Strawberries	250g Punnets	16-250g



# Salad

Our freshly delivered salad ingredients can provide a great addition to many popular dishes. Served with a simple Balsamic vinegar and olive oil dressing - intense bursts of authentic Mediterranean flavours are a treat for any menu!

051151	Avocado (RTE)	Single unit
051152	Avocados (RTE)	Box 1-20
051155	Celery	Box 1-16
051156	Celery	Single unit
051160	Cucumber 35-40mm	Single unit
051161	Cucumbers 35-40mm	Box 1-12
051164	Lettuce - Cos	Single unit
051175	Lettuces - Cos	Box 1-10
051165	Lettuce - Curly Endive	Single unit
051176	Lettuces - Curly Endive	Box 1-10
051166	Lettuce - Iceberg	Single unit
051177	Lettuces - Iceberg	Box 1-12
051167	Lettuce - Lambs	Single unit
051168	Lettuce - Little Gem	Twin-pack 1-1
051179	Lettuces - Little Gem	Twin-pack Box 1-10

051169	Lettuce - Lollo Rosso	Single unit
051180	Lettuces - Lollo Rosso	Box 1-12
051170	Lettuce - Mizuna*	1-500g
051171	Lettuce - Oakleaf	Single unit
051181	Lettuces - Oakleaf	Box 1-12
051172	Lettuce - Radicchio	Single unit
051182	Lettuces - Radicchio	Box 1-9
051173	Lettuce - Red Chard	1-500g
051174	Lettuce - Rocket	1-500g
051185	Mustard Cress	Box 12 punnets
051186	Mustard Cress	1 punnet
051189	Radishes	Bunch 15 bunches
051190	Radishes	Cone 1-125g
051197	Watercress	100g Punnets - Box 6 punnets
051198	Watercress	100g Punnet 1-100g

# Herbs



051153	Basil	1-50g
051154	Bay Leaves*	1-50g
051157	Chervil	1-50g
051158	Chives	1-50g
051159	Coriander	1-100g
051162	Dill	1-50g
051163	Lemongrass	1-80g
051183	Marjoram*	1-50g
051184	Mint	1-100g
051187	Parsley - Curly	1-100g
051188	Parsley - Flat Leaf	1-100g
051191	Rosemary	1-50g

051192	Sage	1-50g
051193	Sakura Mix Cress	1-16
051194	Sorrel*	1-50g
051195	Tarragon	1-50g
051196	Thyme	1-50g



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