



**THE**  **FRESH CHIP CO.**

## **FRESH** PRODUCT LIST

Importers, Processors & Distributors of Quality  
Local Fresh Produce

01592 724465

[orders@freshexpressproduce.co.uk](mailto:orders@freshexpressproduce.co.uk)  
[www.freshexpressproduce.co.uk](http://www.freshexpressproduce.co.uk)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

PRODUCT	QTY	PRODUCT	QTY	PRODUCT	QTY	PRODUCT	QTY
POTATOES		CELERIAC		PAPAYA		WEDGES	
B/ROAST		CHILLIES		PLUMS		CHIPPY CHIPS	
BAKERS 40/50		B/NUT SQUASH		PEACH		10MM CHIPS	
BAKERS p/COOK		GINGER		NECTARINE		14MM CHIPS	
ROOSTER POTS		ASPARAGUS		FIGS		20MM CHIPS	
ROOS BAKER		MUSHROOMS		RHUBARB		ROASTER	
SWEET POTS		BROWN MUSH		PHYSALIS		5KG CHIPS	
CARROTS		MUSH B/FAST		STAR FRUIT		M/P PEELED	
CABB RED		MUSH WILD		COCONUT		DICED POTS	
CABB WHITE		CUCUMBER		PINEAPPLE		SLICED POTS	
SAVOY GRN		TOMATOES		GIF WHITE			
TURNIP		TOMS PLUM		G/R RUBY		SLICED ONION	
LEEKS		TOMS VINE		W MELON		DICED ONION	
PARSNIPS		TOMS BEEF		GALA MELON		PEELED ONION	
MOOLI		TOMS CHERRY		CANTALOPE		PEEL RED ONION	
BROCCOLI		TOMS CH VINE		HONEYDEW		RED SLC DICE	
BEETROOT P/C		SUN BLUSH TOM		AVOCADO			
BEETROOR		CH. LEAF		STRAWBS		PEELED CARROT	
B/ROOT G=		PL LETTUCE		RASPS		BATON CARROT	
CAULIFLOWER		ICEBERG		BLUE/B		GRATED CARROT	
CAPS RED		RIDDICHIO		BLACK/B		CARROT SL/DI	
CAPS GREEN		LOLA ROSSO		REDCURRANTS			
CAPS YELLOW		OAK LEAF		JUICE ORANGES		GOURMET	
RADISH P/P		FRIZZIE		MICRO HERBS		SHRED ICEBERG	
C/GETTE GRN		COS LETTUCE		PEASHOOTS			
ONIONS LGE		LITTLE GEM		CURLY KALE		DICED SQUASH	
ONIONS RED		MACHE		BASIL			
ONIONS BUTT		SPINNACH		CHERVIL		RATATOUILLE	
SYBOES		PAC CHOI		CHIVES		STIR FRY	
SHALLOTS		CHICORY		CORRIANDER		SANDWICH MIX	
ARTICHOKE		APPLES GREEN		MINT		SLICE LEEK	
AUBERGINES		APPLES RED		OREGANO		FRUIT SALAD	
GARLIC		APPLES COOK		LEMON GRASS		DICE PINEAPPLE	
GARLIC PUREE		ORANGES		FLAT PARSLEY		MELON BALLS	
CELERY		SATS/CLEM		SAGE			
BEANSPROUT		LEMONS		TARRAGON		COLESAW	
PARSLEY BAGS		LIMES		THYME		RED COLESLAW	
CRESS M		BANANAS		DILL		SOUP MIX	
WATERCRESS		PEARS		ROSEMARY		CASSEROLE MIX	
FINE BEANS		GRAPES BL		SORREL		LEEK N POT MIX	
MANGETOUT		GRAPES GR		ROCKETTE		BROCC FLORET	
SUGAR SNAPS		KIWI FRUIT		RED CHARD		CAULI FLORRET	
BABYCORN P/P		PASSION FRUIT		MIX LEAF			
FENNEL		KUMQUAT				PEELED TURNIP	
VEG OIL 20LTR		MANGOES				BATON TURNIP	
EGGS		POMEGRANATE				SLIC / DIC TURNIP	



## **FRESH EXPRESS PRODUCE**

Unit22, Fife Food Centre, Faraday Road  
Glenrothes KY6 2RU

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We are importers, processors and distributors of quality fresh produce in and around central Scotland. Fresh Express Produce also has a bespoke preparation unit for the production of high quality freshly pre-prepared fruit, vegetables, salads and potato products including our own in-house Real fresh hand cut chip range. These products are prepared daily by our fully trained team with the onus being on fresh and high quality to meet our customer's requirements and expectations.

Taking great pride in being a local Scottish family company, we source when in season as much of our product range from local growers and businesses, giving us the freshest product possible with the lightest environmental footprint resulting in reduced food miles. We understand our customer's needs and the importance of quality products with a consistent, friendly service.

# THE **REAL** FRESH CHIP CO.

Real fresh hand cut chips, wedges and roast potatoes. Our freshly prepared chips are available in different size cuts: regular, steak cut, skinny and chippy style. Try the potato wedges with skin on for extra taste. Our roasties are all hand cut for the perfect size for any plate and a nice crispy edge for a great tasting flavour.

## ORDERING TIMES

*\* For Next Day Delivery\**

Order by 1pm Mon - Fri for prep orders

Order by 4pm Mon - Fri for fresh produce

Office Hours: 6am - 4pm Monday to Friday

please note for delivery of prepared produce on Monday am, orders must be placed by Friday 1pm

## CONTACT US

01592 724465

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# FRESH VEGETABLES

# 1

## - POTATOES -

Code	Description	Pack
0101	Potatoes – Loose	25kg
0102	Potatoes – Scotch Washed	2kg
0103	Potatoes – English Frying	25kg
0104	Pre-Pack Potatoes	10 x 2kg
0105	Baking Potatoes	40
0106	Baking Potatoes	50
0108	Baking Potatoes – Jumbo	50
0109	Baby Roast – Charlotte	10kg
0110	Baby Roast – Rosevaal	10kg
0113	Bakers – Red Rooster	15kg
0118	Sweet Potatoes	1kg (For box order 0119)
0130	Large Peeled Potatoes	10kg
0133	Small Peeled Potatoes	10kg
0141	Chateau Potatoes	40

## - CARROTS -

Code	Description	Pack
0201	Carrots	12.5kg (For 2.5kg order 0202)
0204	Baby Carrots	Bunch
0230	Peeled Carrots	1kg
0233	Sliced Carrots	1kg
0236	Diced Carrots	1kg
0239	Julienne Carrots	1kg
0242	Grated Carrots	1kg
0245	Baton Carrots	1kg
0248	Turned Carrots	Each

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

## - CABBAGE -

Code	Description	Pack
0301	White Cabbage	25kg (For 1kg order0303)
0302	White Cabbage	Each
0304	Red Cabbage	25kg (For 1kg order0306)
0305	Red Cabbage	Each
0307	GreenCabbage	Box (For each order0308)
0309	Savoy Cabbage	Box (For each order 0310)
0330	Shredded White Cabbage	1kg
0332	ShreddedRedCabbage	1kg
0334	ShreddedGreenCabbage	1kg
0336	ShreddedSavoyCabbage	1kg
0338	ShreddedSpringCabbage	1kg

## - TURNIP -

Code	Description	Pack
0401	Turnip	12.5kg (For 1kg order0403)
0406	BabyTurnip	Bunch
0430	PeeledTurnip	1kg
0433	DicedTurnip	1kg
0439	BatonTurnip	1kg
0442	TurnedTurnip	Each

## - PARSNIPS -

Code	Description	Pack
0501	Parsnips	10kg (For Kgs order 0502)
0530	Peeled Parsnips	1kg
0532	Baton Parsnips	1kg
0534	Sliced Parsnips	1kg
0534	Diced Parsnips	1kg

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

## - MOOLI -

Code	Description	Pack
0601	Mooli	13kg (For 1kg order0602)

## - LEEKS -

Code	Description	Pack
0701	Leeks	1kg (For Box order 0702)
0704	Whole Washed Leeks	1kg
0706	Sliced Leeks	1kg
0712	Baby Leeks	Bunch

## - BROCCOLI -

Code	Description	Pack
0801	Broccoli	Box (Available in 5kg &6kg)
0806	Broccoli	1kg
0830	BroccoliFlorette	1kg

## - BEETROOT -

Code	Description	Pack
0901	PreCookedBeetroot	18 x 250g (For 250g order 0902)
0903	RawBeetroot	1kg

## - CAULIFLOWER -

Code	Description	Pack
1001	Cauliflower	Box (For each order 1002)
1030	Cauliflower Florette	1kg

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg



## - CAPSICUMS-

Code	Description	Pack
1103	Red Capsicums	Each (Available in 5 kgboxes)
1106	Green Capsicums	Each (Available in 5 kgboxes)
1109	Yellow Capsicums	Each (Available in 5 kgboxes)
1110	Mixed Capsicums	6
1130	Sliced Capsicums	Kg
1131	Diced Capsicums	Kg
1132	Halved Capsicums	Kg
1133	Julienne Capsicums	Kg

## - COURGETTE-

Code	Description	Pack
1201	Green Courgette	5 Kg (For Kg order 1202)
1203	Yellow Courgette	5 Kg (For Kg order 1204)
1230	Sliced Green Courgette	Kg
1231	Baton Green Courgette	Kg
1232	Sliced Yellow Courgette	Kg
1233	Baton Yellow Courgette	Kg
1234	Turned Green Courgette	Each

## - RADDISH -

Code	Description	Pack
1301	Radish	125g
1302	Horse Radish	1 Kg

## - ARTICHOKEs -

Code	Description	Pack
1501	Jerusalem Artichokes	5 Kg (Also available in Kgs)
1502	Globe Artichokes	18

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

## - ONIONS -

Code	Description	Pack
1401	Onions	20Kg
1402	Onions	2.5Kg
1407	Button Onions	1 Kg (Available in 5 Kg nets)
1409	Red Onions	1 Kg (Available in 10 Kg nets)
1412	Spring Onions	Bunch
1414	Prepared Spring Onions	500g
1415	Shallots	1 Kg (Available in 5 Kg nets)
1417	Peeled Shallots	1Kg
1430	Sliced Onions	1Kg
1431	Diced Onions	1Kg
1432	Whole Peeled Onions	1Kg
1433	Whole Peeled Red Onions	1Kg
1434	Sliced Red Onions	1Kg
1435	Diced Red Onions	1Kg
1436	Whole Peeled Button Onions	1Kg

## - AUBERGINES -

Code	Description	Pack
1601	Aubergines	5 Kg
1603	Aubergines	Single

## - PAC CHOI -

Code	Description	Pack
1701	Pac Choi	2 Kg
1703	Pac Choi	Single

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

## - GARLIC -

Code	Description	Pack
1801	Garlic	String
1802	Loose Garlic	5 Kg net
1804	Loose Garlic	Bulb
1830	Garlic Puree	1 Kg
1831	Peeled Garlic	1 Kg

## - CELERY -

Code	Description	Pack
1901	Celery	Box
1930	Chopped Celery	1Kg
1931	Diced Celery	1Kg
1932	Sliced Celery	1Kg

## - BEANSPROUTS -

Code	Description	Pack
2001	Beansprouts	250g

## - CRESS -

Code	Description	Pack
2101	Water Cress	Box
2102	Water Cress	Bunch (Available in 125g pack)
2201	Mustard Cress	12

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

# FRESH VEGETABLES

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## - BEANS -

Code	Description	Pack
2301	Fine Beans	1.5kg
2330	Fine Beans T&T and Halved	1kg

## - MANGE TOUT -

Code	Description	Pack
2401	Mange Tout	1.5kg

## - SUGAR SNAP -

Code	Description	Pack
2501	Sugar Snap	1.5kg

## - OKRA -

Code	Description	Pack
2601	Okra	2kg

## - BABY CORN -

Code	Description	Pack
2701	Baby Corn	12 x125g

## - SWEET CORN -

Code	Description	Pack
2801	Sweet Corn	Single and pack of 2

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

## - FENNEL -

Code	Description	Pack
2901	Fennel	4kg
2903	Fennel	Each
2904	Baby Fennel	Bunch

## - SPINACH -

Code	Description	Pack
3001	Spinach	5kg
3030	Picked Spinach	1kg

## - CELERIAC -

Code	Description	Pack
3101	Celeriac	5kg
3103	Celeriac	Each

## - CHILLIES -

Code	Description	Pack
3201	Red Chilli Peppers	1kg (Also sold separately)
3202	Green Chilli Peppers	1kg (Also sold separately)
3204	Mixed Chilli Peppers	1kg (Also sold separately)

## - RHUBARB -

Code	Description	Pack
3302	Rhubarb	1kg (Available in 9kgbox)

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

**- GINGER -**

Code	Description	Pack
3402	Ginger	1kg

**- KOHL RHABI -**

Code	Description	Pack
3502	Green Kohl Rhabi	5kg
3504	Red Kohl Rhabi	5kg

**- ASPARAGUS -**

Code	Description	Pack
3402	Ginger	1kg

**- MUSHROOMS -**

Code	Description	Pack
3701	Closed Cup Mushrooms	3lb
3702	Closed Cup Mushrooms	3kg
3704	Open Cup Mushrooms	1.3kg
3705	Breakfast Flat Mushrooms	2kg
3706	Paris Brown Mushrooms	3lb
3710	Plain Oyster Mushrooms	2kg
3712	Mixed Oyster Mushrooms	1.5kg
3715	Shitake Mushrooms	2kg
3730	Sliced Mushrooms	1kg

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

**- CUCUMBER -**

Code	Description	Pack
3801	Cucumber	12
3830	Baton Cucumber	1kg

**- TOMATOES -**

Code	Description	Pack
3901	Tomatoes	6kg
3902	Tomatoes	1.5kg
3903	Red Cherry Tomatoes	250g
3904	Yellow Cherry Tomatoes	250g
3905	Plum Tomatoes	6kg
3907	Beef Tomatoes	7kg
3909	Vine Tomatoes	6kg
3930	Sliced Tomatoes	1kg

**- LETTUCE-**

Code	Description	Pack
4001	Iceberg Lettuce	10/12
4003	Flat Lettuce	12
4005	Lola Rosso Lettuce	12
4007	Lola Bionda Lettuce	12
4009	Oak Leaf Lettuce	12
4011	Frisee Lettuce	12
4013	Cos Lettuce	12
4016	Little Gem Lettuce	2
4017	Mache	125g
4018	Chinese Leaf Lettuce	10/12
4020	Raddichio Lettuce	12
4101	Chicory	2kg/5kg
4030	Continental Prepared Lettuce	1kg
4031	Continental Prep Lettuce with Herbs	1kg
4032	Shredded Iceberg Lettuce	1kg

All lettuce also sold separately

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

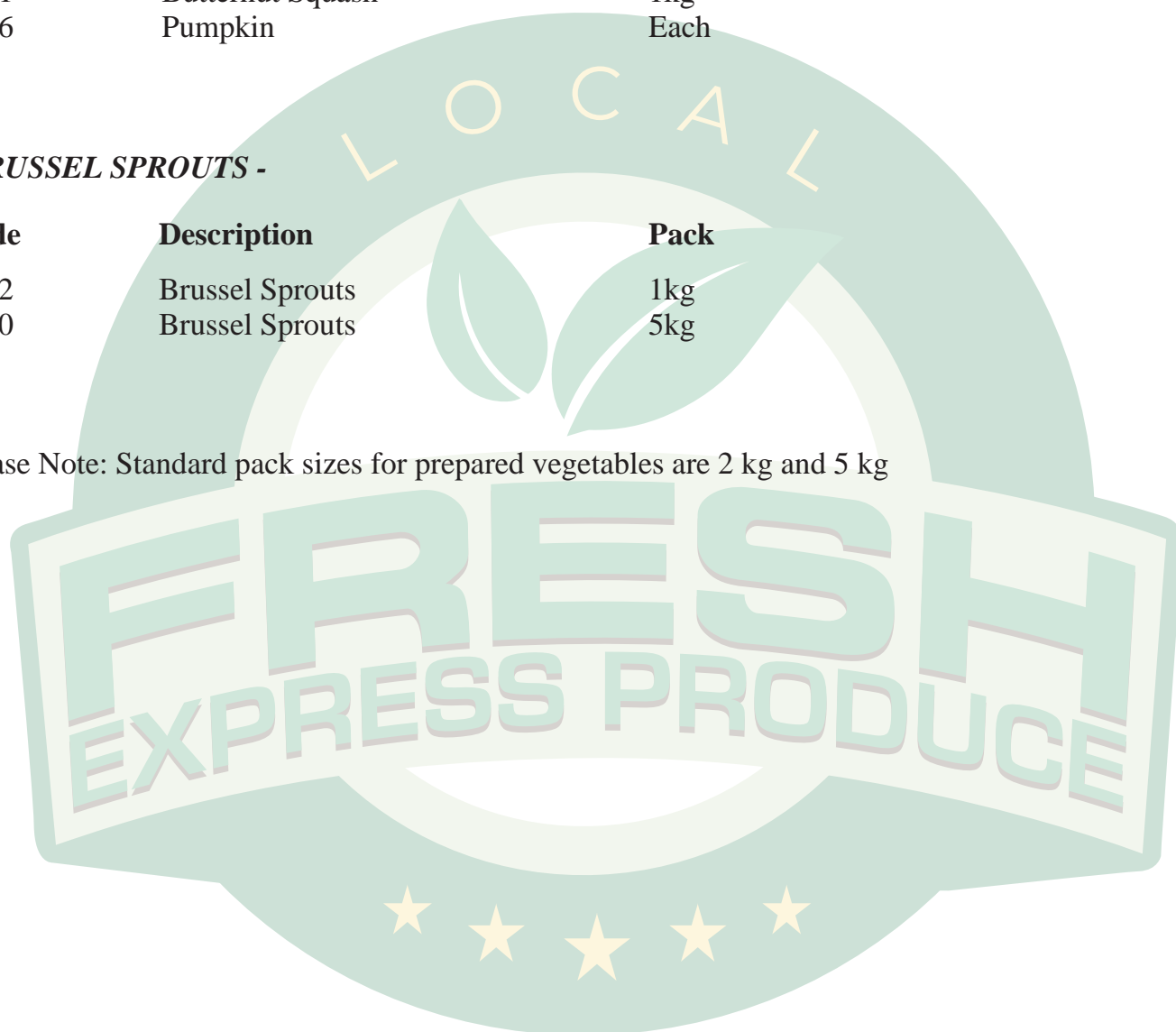
## - SQUASH -

Code	Description	Pack
7101	Butternut Squash	1kg
7106	Pumpkin	Each

## - BRUSSEL SPROUTS -

Code	Description	Pack
7202	Brussel Sprouts	1kg
7230	Brussel Sprouts	5kg

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg





## - PREPARED VEGETABLE MIXES-

Code	Description	Pack
7401	Coleslaw Mix	1kg
7402	Soup Mix	1kg
7403	Stew Pack	1kg
7404	Collop Greens	1kg
7411	Stir Fry Mix	1kg

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg



## - APPLES-

Code	Description	Pack
4201	Golden Delicious Apples	1 box 138
4202	Golden Delicious Apples	6
4214	MacIntosh Red Apples	40lb
4215	MacIntosh Red Apples	6
4216	Royal Gala Apples	40lb
4218	Royal Gala Apples	6
4219	RedDelicious Apples	40lb
4220	Red Delicious Apples	6
4221	Granny Smith Apples	40lb
4222	Granny Smith Apples	6
4224	Cooking Apples	30lb
4225	Cooking Apples	1kg

## - ORANGES-

Code	Description	Pack
4301	Oranges	Box 70>
4302	Oranges	6
4304	Satsumas	Box
4305	Satsumas	Each
4308	Minneolas	Box
4309	Minneolas	Each
4331	Orange Segments	1kg/5kg
4332	Fresh Orange Juice	2ltr

## - APRICOTS-

Code	Description	Pack
4401	Apricots	5kg

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

## - LEMONS-

Code	Description	Pack
4501	Lemons	Box 72
4502	Lemons	6

## - LIMES-

Code	Description	Pack
4602	Limes	Each

## - PEARS-

Code	Description	Pack
4701	Conference Pears	12.5kg
4703	Conference Pears	Each
4704	B/HardyPears	12.5kg
4706	B/HardyPears	Each
4730	PreparedPears	1kg

## - GRAPES-

Code	Description	Pack
4801	Green Grapes	5kg
4810	Green Grapes	500g
4803	Black Grapes	5kg
4809	Black Grapes	500g

## - KIWI FRUIT-

Code	Description	Pack
4901	Kiwi Fruit	39
4902	Kiwi Fruit	6

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

**- PASSION FRUIT-**

Code	Description	Pack
5001	Passion Fruit	Box
5002	Passion Fruit	Each

**- KUMQUAT-**

Code	Description	Pack
5101	Kumquat	2kg

**- LYCHEES-**

Code	Description	Pack
5201	Lychees	2kg

**- MANGO-**

Code	Description	Pack
5302	Mango	Each

**- PAPAYA-**

Code	Description	Pack
5402	Papaya	Each

**- NUTS-**

Code	Description	Pack
5501	Chestnuts	5kg
5530	Precooked Chestnuts	500g
5601	Monkey Nuts	Net
5602	Mixed Nuts	1kg

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

**- PLUMS-**

Code	Description	Pack
5701	Plums	5kg
5703	Yellow Plums	5kg

**- AVOCADOS-**

Code	Description	Pack
5801	Avocados	Box

**- PEACHES-**

Code	Description	Pack
5901	Peaches	18

**- NECTARINES-**

Code	Description	Pack
6001	Nectarines	28

**- CHERRIES-**

Code	Description	Pack
6101	Cherries	20lb
6102	Cherries	1kg

**- FIGS-**

Code	Description	Pack
6202	Figs	Each

**- PHYSALLIS-**

Code	Description	Pack
6301	Physallis	250g



**- TAMARILLOES-**

Code	Description	Pack
6400	Tamarilloes	Box

**- STARFRUIT-**

Code	Description	Pack
6401	Star Fruit	Box
6402	Star Fruit	Each

**- SHARON FRUIT-**

Code	Description	Pack
6403	Sharon Fruit	Each

**- COCONUT-**

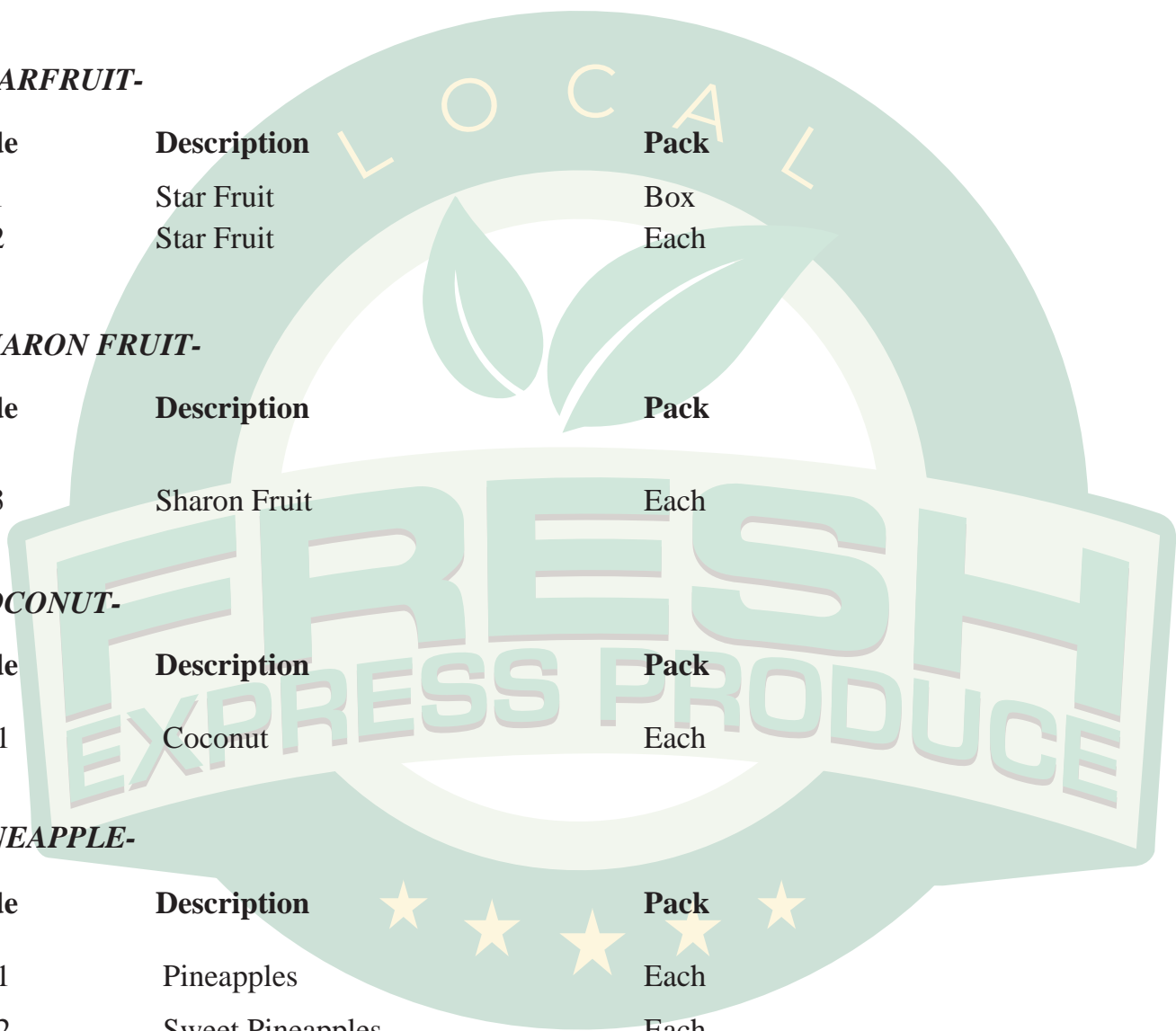
Code	Description	Pack
6501	Coconut	Each

**-PINEAPPLE-**

Code	Description	Pack
6601	Pineapples	Each
6602	Sweet Pineapples	Each
6630	Sliced Pineapples	1kg

**-GRAPEFRUIT-**

Code	Description	Pack
6702	White Grapefruit	Each
6704	Ruby Grapefruit	Each
6734	White Grapefruit Segments	1kg
6732	Ruby Grapefruit Segments	1kg



## **-MELON-**

<b>Code</b>	<b>Description</b>	<b>Pack</b>
6802	Honey Dew Melon	Each
6804	Galia Melon	Each
6806	Canteloupe Melon	Each
6808	Water Melon	Each
6830	Colup Melon	Each
6831	Parisienne Honey Dew Melon	1kg
6832	Parisienne Galia Melon	1kg

## **-SEASONAL BERRIES-**

<b>Code</b>	<b>Description</b>	<b>Pack</b>
6902	Strawberries	500g
6903	Strawberries	250g
6905	Raspberries	125g
6907	Blueberries	150g
6909	Red Currants	150g
6911	Blackberries	150g

## **-BANANAS-**

<b>Code</b>	<b>Description</b>	<b>Pack</b>
7301	Bananas	40lb
7304	Bananas	1kg

## **-DATES-**

<b>Code</b>	<b>Description</b>	<b>Pack</b>
7505	Dates	Packet

## **-POMEGRANATE-**

<b>Code</b>	<b>Description</b>	<b>Pack</b>
7602	Pomegranate	Each

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg

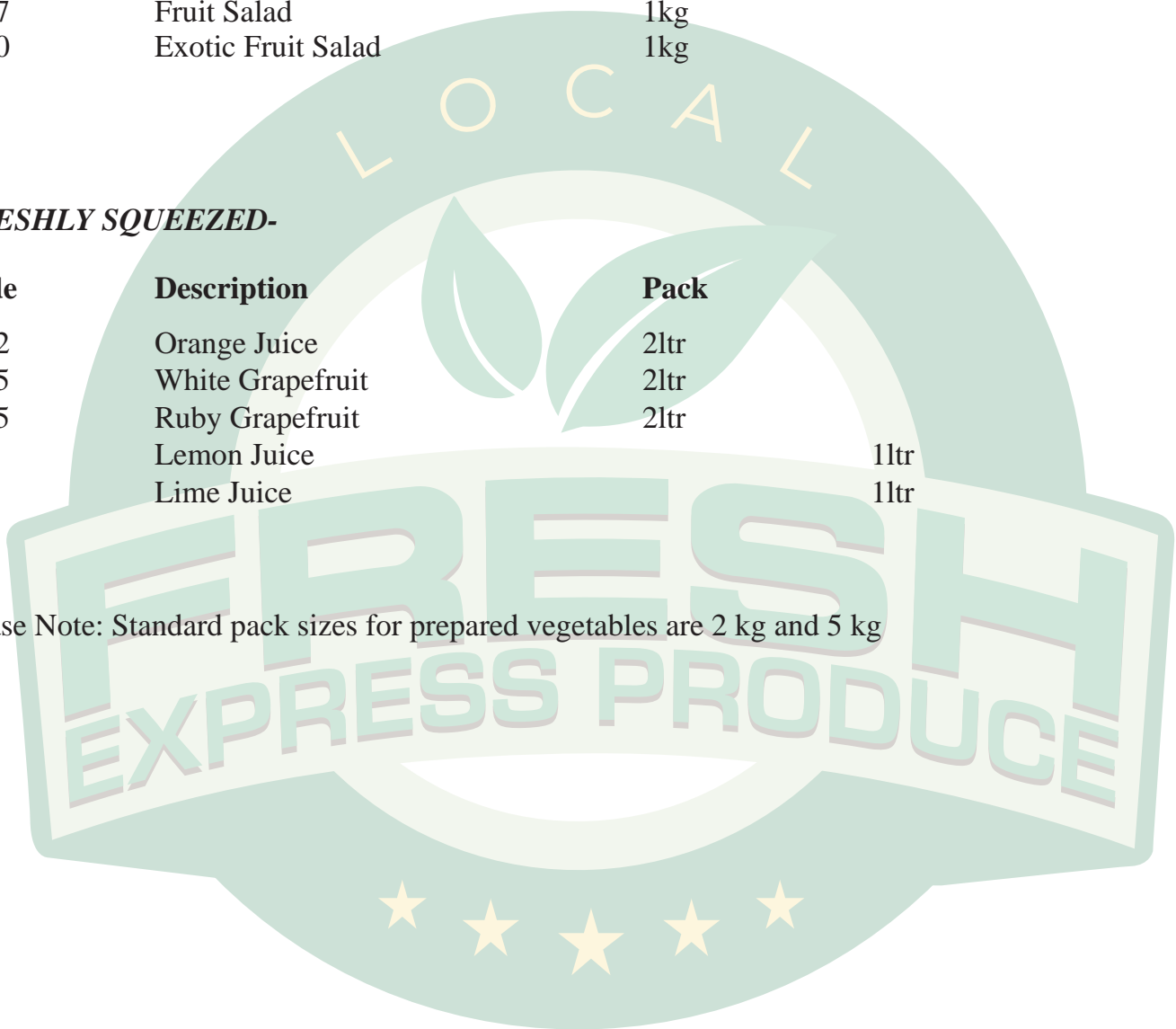
**-FRUIT SALADS-**

Code	Description	Pack
7407	Fruit Salad	1kg
7410	Exotic Fruit Salad	1kg

**-FRESHLY SQUEEZED-**

Code	Description	Pack
4332	Orange Juice	2ltr
6735	White Grapefruit	2ltr
6735	Ruby Grapefruit	2ltr
	Lemon Juice	1ltr
	Lime Juice	1ltr

Please Note: Standard pack sizes for prepared vegetables are 2 kg and 5 kg





**-HERBS-**

Code	Description	Pack
7001	Basil	50g
7002	Chervil	50g
7003	Chives	50g
7004	Coriander	50g
7005	Mint	50g
7006	Oregano	50g
7007	Lemon Grass	50g
7008	Flat Parsley	50g
7009	Sage	50g
7010	Tarragon	50g
7011	Thyme	50g
7012	Dill	50g
7013	Marjoram	50g
7014	Rosemary	50g
7015	Sorrel	50g
7016	Rockette	50g
7017	Curly Parsley	250g
7022	Edible Flowers	50g
7023	Bay Leaves	50g

All herbs are also available in 500g packs



# THE **REAL** FRESH CHIP CO.

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Code	Description	Pack
0156 -	10 mm Skinny cut	5kg soft pack - 25kg Crate
0156 -	14mm x 17 mm Regular cut	5kg soft pack - 25kg Crate
0156 -	17mm x 21mm Steak Cut	5kg soft pack - 25kg Crate
0168-	Roaster potatoes	5kg soft pack - 25kg Crate
0167 -	Wedges Skin on	5kg soft pack - 25kg Crate
0159 -	Peeled Potatoes	5kg Soft Pack

