



The Natural Choice For Vegetables

Love your greens. We do. In fact, we love them so much, we like to keep them as fresh as possible. Which is why our vegetables are quick frozen shortly after picking to lock in their freshness.

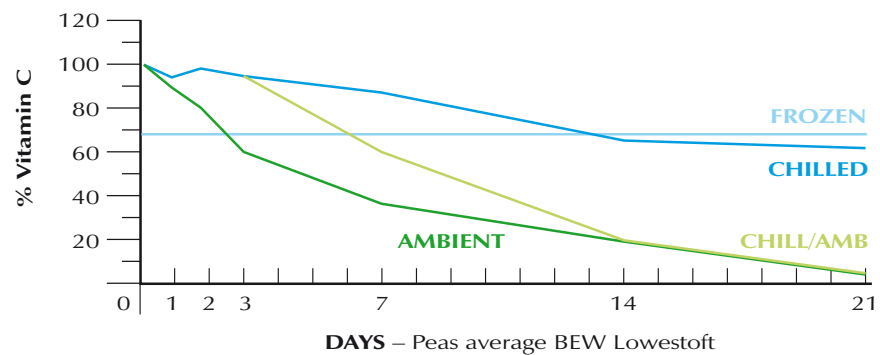
And not only do they taste great, they also deliver vital nutrients. As an essential part of a **balanced diet** for children and adults, they're bursting with **natural goodness** making them ideal for caterers everywhere.

Field Innovation

Sustainable farming – now there's a good idea. It's a principle we're committed to, having developed Sustainable Agriculture Guidelines, which are continually reviewed.

It ties in with our **field innovation** – the fact that all our vegetables are harvested at their peak, optimising freshness, and kept at that peak through a fast-freezing process (our peas are frozen within just 2½ hours of picking).

Our pick of the crop includes tender Soya Beans, and two variants of our unique Steam Bag Vegetables.



Scientific evidence shows levels of Vitamin C in frozen vegetables (e.g. peas, broccoli and green beans) are higher than vegetables stored for a few days at chilled/ambient.*

*Source: Favell, DJ (1988). A comparison of the vitamin C content of fresh and frozen vegetables. Food Chemistry, Vol.62, No.1, pp.59-64.



a fresh approach

Range Benefits

The result is a full range of **great tasting** vegetables, suitable for use in dishes or as side of plate servings, that are easy to portion, quick to cook, and bursting with **natural goodness**.

- Vegetables that can be boiled, steamed or microwaved in minutes
- Cook from frozen
- Steam bags deliver portion control and convenience
- Suitable for all **foodservice channels**



Soya Beans

8 x 1kg

Soya Beans are a tender and succulent superfood. They make a great addition to menus, whether served in a salad, soup, frittata or tapas dish.

- Helps lower cholesterol naturally*
- Great for maintaining a Healthy Heart
- Naturally low in saturated fat
- An 80g serving is 1 of a 5-a-day vegetable recommendation

**The inclusion of at least 25g soya protein per day as part of a diet low in saturated fat can help reduce blood cholesterol.*

Steam Bags

- Kids – Carrot Batons, Sweetcorn Kernal & Peas 48 x 80g (3.84kg)
- Carrots, Broccoli & Sweetcorn 48 x 115g (5.52kg)

Our unique Steam Bags contain single portions of a variety of mixed vegetables, and can be microwaved in minutes.

- Portion controlled pouches custom-made for catering outlets
- Ultimate in convenience – microwave in minutes, from frozen
- Delivers cost-efficiencies for side-of-plate servings
- Each pouch contains a single-serving portion
- Delivers at least 1 of 5-a-day

Peas

Only the smallest and sweetest peas are good enough for us. Available products are **Garden Peas (8 x 1.52kg)** and **Petit Pois (10 x 1.2kg)**.

- Picked from the biggest pea vining operation in the world
- Only use specific varieties – some of which are unique
- Established pea breeding programme
- Naturally low in fat and saturated fat
- Natural source of Fibre, Vitamin C and Folic Acid
- Dedication to sustainable farming practices
- Total menu versatility – use in recipes from soups and stews through to stir-fries

picked & frozen within
2½ hours



HELPS LOWER
CHOLESTEROL
NATURALLY

HEALTHY
HEART

EDUCATION
PUBS & RESTAURANTS
TRAVEL & LEISURE



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