



Product catalogue

EXPLORE OUR RANGES

Fresh fruit & vegetables

DUN! ready meals

Sandwiches

Kitchen-ready produce

Steamed fruit & vegetables



FARMER'S FRESH

INTRODUCTION

From produce to plate

An overview of FFH ranges. Product specifications and availability can be confirmed with our team.

01 Fresh fruit & vegetables

Whole produce and convenient small packs.

02 Kitchen-ready produce

Washed and cut vegetables, leafy products and prepared fruit.

03 DUN! ready meals

Individual meals and larger professional formats.

04 Steamed fruit & vegetables

Convenient, ready-to-use packs.

05 Sandwiches

Sandwiches, wraps and bagels for food on the go.

Photographs show examples. Please confirm the current selection, cut dimensions, pack formats and availability with FFH.



FARMER'S FRESH

01 / FRESH PRODUCE

Fresh fruit & vegetables

Whole fruit and vegetables, sourced from certified suppliers in Cyprus and abroad. From loose produce to convenient small packs.





FARMER'S FRESH

01 / FRESH PRODUCE

Fresh produce examples

A selection of whole produce and small packs. Other products and formats are available on request.



Vine cherry tomatoes · 500 g



Avocados · 750 g



Oranges · 1.5 kg



White onions · 1.5 kg



Carrots · 1 kg



White grapes · 500 g

Range and origin vary with season and availability.



FARMER'S FRESH

01 / FRESH PRODUCE

Fresh produce examples - continued

A selection of whole produce and small packs. Other products and formats are available on request.



Red seedless grapes • 500 g



Blueberries • 125 g



Pomegranates • 4 pieces



Kiwi fruit • 500 g



Cucumbers • 500 g



Aubergines • 1 kg

Range and origin vary with season and availability.



FARMER'S FRESH

01 / FRESH PRODUCE

Fresh produce examples - continued

A selection of whole produce and small packs. Other products and formats are available on request.



Button mushrooms · 250 g



Pineapple · 1 piece



Apples · 1 kg



Peaches · 1 kg



Potatoes · 3 kg



Plum cherry tomatoes · 250 g

Range and origin vary with season and availability.



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Prepared for the kitchen

Washed, peeled and cut produce across practical kitchen preparations. Prepared fruit sits alongside the vegetable cuts.





Vegetable cuts

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Potatoes



Whole · peeled



Fries / chips



Slices



Wedges · peeled



Diced · peeled



Wedges · skin-on



Diced · skin-on

Sweet potatoes



Whole · peeled



Fries · skin-on



Slices



Diced



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Yellow onions



Whole · peeled



Diced



Julienne



Sliced



Rings



Chopped



Finely shredded



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Red onions



Whole · peeled



Diced



Julienne



Sliced



Rings



Chopped



Finely shredded

Shallots



Whole · peeled



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Garlic



Whole peeled cloves

Carrots



Whole · peeled



Slices



Angle cut



Diced



Julienne / matchsticks



Shredded

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Beetroot



Whole · peeled



Wedges



Diced



Shredded

Bell peppers



Julienne



Diced

Tomatoes



Sliced



Wedges



Diced



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Zucchini



Slices



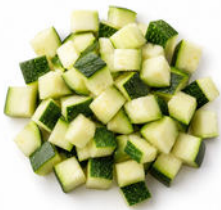
Angle cut



Half-moon



Matchsticks



Diced

Eggplant



Slices



Diced



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Butternut squash



Diced



Matchsticks

Broccoli & cauliflower



Broccoli · florets



Cauliflower · florets

Cabbage



White · shredded



White · diced



Red · shredded



Red · diced



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Celery



Chopped



Sticks

Leek



Chopped



Julienne

Radish



Trimmed



Sliced



Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Kohlrabi



Sticks



Diced

Romaine lettuce



Hearts



Whole leaves



Chopped



Shredded

Iceberg lettuce



Whole leaves



Chopped



Shredded



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Vegetable cuts - continued

Visual examples of each preparation. Confirm cut dimensions and pack formats with FFH.

Leafy products



Lollo Biondo leaves



Lollo Rosso leaves



Baby spinach



Baby arugula / rocket

Herbs & spring onions



**Spring onions ·
chopped**



**Parsley · finely
chopped**



**Coriander · finely
chopped**



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Prepared fruit

Cut fruit preparations within our kitchen-ready produce range.



Pineapple chunks



Pomegranate arils



Mango cubes



Melon cubes



Watermelon cubes



Apple wedges

Images illustrate cuts; confirm the current selection and pack formats with FFH.



FARMER'S FRESH

02 / KITCHEN-READY PRODUCE

Prepared fruit - continued

Cut fruit preparations within our kitchen-ready produce range.



Kiwi slices



Mixed prepared fruit

Images illustrate cuts; confirm the current selection and pack formats with FFH.



FARMER'S FRESH

03 / DUN! READY MEALS

Delicious food for busy days

DUN!

DUN! brings familiar favourites into convenient formats for everyday meals and professional service.

Created for days when time is short but a satisfying meal still matters. Explore individual dishes and larger trays for kitchens, catering and hospitality.





Individual meals

Each dish is shown in its current DUN! pack and without the sleeve. Follow the final pack for storage, ingredients, allergens and heating.



PACK



MEAL

Pastitsio · 460 g



PACK



MEAL

Moussaka · 460 g



PACK



MEAL

Lasagna · 400 g



PACK



MEAL

Spaghetti bolognese · 380 g



FARMER'S FRESH

03 / DUN! READY MEALS

Individual meals - continued

Each dish is shown in its current DUN! pack and without the sleeve. Follow the final pack for storage, ingredients, allergens and heating.



PACK

MEAL

Black-eyed peas with zucchini · 360 g



PACK

MEAL

Chicken fillet with vegetable rice · 380 g



PACK

MEAL

Chicken burger patty with vegetable rice · 320 g



PACK

MEAL

Pork burger patty with vegetable rice · 320 g



FARMER'S FRESH

03 / DUN! READY MEALS

Individual meals - continued

Each dish is shown in its current DUN! pack and without the sleeve. Follow the final pack for storage, ingredients, allergens and heating.



PACK

MEAL

Stuffed vine leaves with pork · 360 g



PACK

MEAL

Meatballs with bulgur wheat · 360 g



PACK

MEAL

Chickpeas with spinach · 400 g



PACK

MEAL

Pork à la crème with rice · 400 g



Individual meals - continued

Each dish is shown in its current DUN! pack and without the sleeve. Follow the final pack for storage, ingredients, allergens and heating.



PACK



MEAL

Chicken curry with rice · 400 g



PACK



MEAL

Sweet & sour chicken with rice · 400 g



FARMER'S FRESH

03 / DUN! READY MEALS

Professional formats

Larger packs for service. Confirm product and pack specifications with FFH.



Pastitsio · 2.5 kg



Moussaka · 2.5 kg



Lasagna · 2.5 kg



Spaghetti bolognese · 2.5 kg



Black-eyed peas · 2.5 kg



Chicken fillets · 2 kg



Professional formats - continued

Larger packs for service. Confirm product and pack specifications with FFH.



Chicken burger patties · 2 kg



Pork burger patties · 2 kg



Stuffed vine leaves · 2.5 kg



Meatballs · 2.5 kg



Bulgur wheat · 2.5 kg



Vegetable rice · 2.5 kg



Professional formats - continued

Larger packs for service. Confirm product and pack specifications with FFH.



Chickpeas with spinach · 2.5 kg



Pork à la crème · 2.5 kg



Sweet & sour chicken · 2 kg



Chicken curry · 2 kg



FARMER'S FRESH

04 / STEAMED RANGE

More colour. Less preparation.

Add a colourful side or snack with the steamed fruit and vegetable range.





FARMER'S FRESH

04 / STEAMED RANGE

Steamed fruit & vegetables

Follow the storage and serving information on each pack.



Steamed beetroot • 400 g



Steamed beetroot cubes • 250 g



Steamed pumpkin cubes • 300 g



Steamed chickpeas • 300 g



Steamed sweet corn • 400 g



Steamed sweet potato cubes • 400 g



FARMER'S FRESH

04 / STEAMED RANGE

Steamed fruit & vegetables - continued

Follow the storage and serving information on each pack.



Steamed pineapple cubes
• 200 g



Steamed apple wedges •
200 g



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05 / SANDWICHES

Food on the go

Sandwiches, wraps and bagels with a range of breads and fillings for shops, catering, hospitality and travel.





FARMER'S FRESH

05 / SANDWICHES

Sandwiches & wraps

Product ingredients, allergens and storage conditions are shown on the final pack.



Chicken fajita brown wrap
• 250 g



**Feta, dried tomatoes &
olive paste multigrain** • 130 g



**Grilled cheese with Caesar
sauce multigrain** • 140 g



**Lountza & grilled cheese
brioche** • 130 g



**Luncheon meat & grilled
cheese brioche** • 140 g



**Pastrami beef & cream
cheese bagel** • 150 g



FARMER'S FRESH

05 / SANDWICHES

Sandwiches & wraps - continued

Product ingredients, allergens and storage conditions are shown on the final pack.



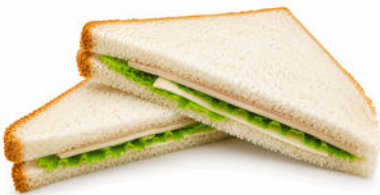
**Rosto & grilled cheese
brioche · 130 g**



**Smoked salmon & cream
cheese brown Pullman ·
150 g**



**Tuna mayonnaise brown
sandwich · 150 g**



**Turkey & cheese white
Pullman · 150 g**



**Vegetarian hummus green
tortilla · 220 g**



**Vegetarian mayonnaise
green tortilla · 220 g**



FARMER'S FRESH

05 / SANDWICHES

Sandwiches & wraps - continued

Product ingredients, allergens and storage conditions are shown on the final pack.



**Avocado, egg & cream
cheese bagel · 150 g**



**Chicken, Edam & honey
mustard tortilla · 220 g**



**Chicken, feta & pesto
country white · 160 g**



**Chicken, Emmental &
cranberry country white ·
160 g**



FARMER'S FRESH

CONTACT

Let's discuss your range

Tell us the products, cut sizes, pack formats and quantities that fit your operation.

FARMER'S FRESH & HEALTHY PRODUCTS

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Product range, weights and pack formats may change. Please contact our team to confirm current specifications, availability and quotation. This catalogue is for product discussion and does not replace individual pack labelling.