

Fresh-Cut Catalogue







#707251

Beets Red Shredded

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Beets











#707212

Cabbage White sale Fruit **Shredded**

Pack Size: 10lbs

4oz Portions = 40

Fresh White Cabbage

















24 Hours notice



#707206

Broccoli Mini **Florets**

Pack Size: 2x5lbs

4oz Portions = 40

Fresh Broccoli







Fresh-Cut Daily

#707210

Broccoli Florets

Pack Size: 2x5lbs

4oz Portions = 40

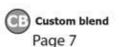
Fresh Broccoli



















#707443

Cabbage Savoy **Diced**

Pack Size: 10lbs

4oz Portions = 40

Fresh Savoy Cabbage

SL





Fresh-Cut Daily

#707218

Cabbage Red **Shredded**

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Cabbage

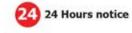




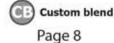












#707100

California Mixed Veg

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots Fresh Broccoli Fresh Cauliflower



Fresh-Cut Daily









#606243

Cantaloupe Chunks

Pack Size: 11Lt

4oz Portions = 56

Fresh Cantaloupe Net weight 14 lbs

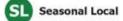














24 Hours notice



#707306

Carrots Diced

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots

QO SL



Fresh-Cut Daily

#707320

Carrots Shredded

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots

You may also enjoy #707315 Carrots Julienne 5lbs











Seasonal Local



24 Hours notice

#606320

Carrots Lrg Peeled

Pack Size: 22lbs

4oz Portions = 88

Fresh Carrots







#707344

Carrots Peeled **Tri- Colour**

Pack Size: 22lbs

4oz Portions = 88

Fresh Carrots













#707325

Carrots Sliced (Coins)

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots







#707329

Carrots Spears

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots











24 Hours notice







#707340

Carrot Sticks

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots Carrots Sticks Sizes 2" #707330 3" #707335





#707345

Carrot Stick Tri-Colour

Pack Size: 5lbs

4oz Portions = 20

Fresh Tri-Colour Carrots



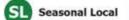














#606305

Carrots Baby Peeled

Pack Size: 5lbs 4oz Portions = 20 Fresh Carrots

You may also enjoy

#606305 Baby Peeled 200x1.3oz #606315 Mini Peeled 5 lbs #606330 Carrot Baby Rainbow Peeled







Fresh-Cut Daily

#707530

Celery Sliced

Pack Size: 5lbs

4oz Portions =20

Fresh Celery













Seasonal Local



24 Hours notice

#707220

Cauliflower Florets

Pack Size: 5lbs

4oz Portions = 20

Fresh Cauliflower







Fresh-Cut Daily

#707216

Cauliflower Mini **Florets**

Pack Size: 5lbs

4oz Portions = 20

Fresh Cauliflower















Custom blend Page 15





Direct Advantages of Fresh Cut Produce

- · Higher profit margins
- · Longer shelf life
- Stabilized Food Cost
- Much tighter and consistent portion control
- 100% Yield which increases order accuracy of what is needed and inventory levels
- Increased product uniformity and consistency for customer satisfaction
- Better control of food safety and less likelihood of cross contamination in the kitchen
- Eliminates the need for purchasing various kitchen equipment and clean them
- Less employee training needed, just open the bag, portion and serve
- · Consistent look and cooking times regardless of who is in the kitchen on any given shift of the day
- · Lower risk of employee injuries by not needing to handle knives and kitchen equipment

Indirect Advantages of Fresh Cut Produce

- Labour Savings including reduced receiving and preparation times
- Health and Safety (WSIB Claims), less likelihood of employee injuries and time off work due to injuries that could result in a poorer WSIB rating which may lead to higher premiums
- Controlled Food Costs-Both yield and price of fresh cut are much more stable than cutting whole case product in house.
- Proven in the long term that that customers can't tell the difference between in house cutting VS. Fresh Cut value added product
- Less storage space for Fresh Cut vs whole product thereby maximizing cooler space and having less cardboard to dispose of which saves money

#707510

Celery **Diced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Celery

QO SI





Fresh-Cut Daily

#707500

Celery Chunky Chop

Pack Size: 5lbs

4oz Portions = 20

Fresh Celery









SL Seasonal Local



24 Hours notice

Special Order





Page 16

#707283

Celery Root Peeled

Pack Size: 20lbs

4oz Portions = 80

Fresh Celery Roots





Fresh-Cut Daily

#707550

Celery Root Julienne

Pack Size: 5lbs

4oz Portions = 20

Fresh Celery Root

















Page 17

#707570

Celery **Sticks**

Pack Size: 5lbs 4oz Portions =20

Fresh Celery You may also enjoy

> 4" #707570 3" Split #707560







#707227

Squash **Butternut Peeled**

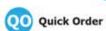
Fresh-Cut Daily

Pack Size: 22 lbs

4oz Portions = 88

Fresh Butternut Squash















#707221

Cucumbers Half Moon

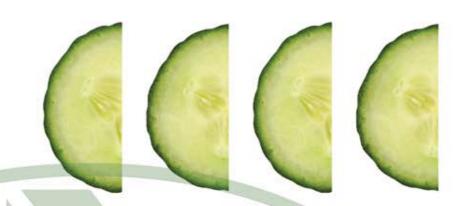
Pack Size: 5lbs

4oz Portions = 20

Fresh Cucumbers









Fresh-Cut Daily

#707361

Cucumbers Slice ale Fruit on Bias

Pack Size: 5lbs

4oz Portions = 20

Fresh Cucumbers

















Storage Suggestions

- Always refrigerate your Fresh-Cut produce as soon as possible.
- Keep your Fresh-Cut produce at the back of your Fridge on the lower shelves away from the door which will always be the coolest part of the walk-in.
- Leave in it's original packaging? Yes. Saving space with fewer boxes may be your only choice but Fresh-Cut produce packaging is designed to protect your produce and enhance the shelf life.
- if you open a package of fresh cut produce and don't use the full bag, be sure to remove as much air as posssible, then re-seal it tightly and refrigerate it as soon as possible.
- Always rotate your fresh cut produce; first in, first out.
- be Use your judgement with best before dates; they should be used as a guide.





#707231

Eggplant Diced

Pack Size: 5lbs

4oz Portions = 20

Fresh Eggplant







#707233

Eggplant Sliced

Pack Size: 5lbs

4oz Portions = 20

Fresh Eggplant







Fresh-Cut Daily

#606254

Fruit Tray

Pack Size: 6lbs

4oz Portions = 24

Fresh Honeydew Fresh Pineapple Fresh Cantaloupe

You may also enjoy #707233 Fresh Fruit Tray 10lbs





Special Order



Page 21



SI Seasonal Local



24 Hours notice





#606180

Fruit Kabob

Pack Size: Each

4oz Portions = 1 Fresh Strawberries Fresh Pineapple Fresh Honeydew Fresh Cantaloupe You may also enjoy Large Kabob #606181









Fresh-Cut Daily

#606110

Pack Size: 11 Lt **4oz Portions** 56

> Fresh Honeydew Fresh Cantaloupe Fresh Pineapple Fresh Grapes Fresh Oranges



Net weight 14 lbs













#606620

Garlic **Peeled**

Pack Size: 3lbs

4oz Portions = 12

Fresh Garlic

QO SL





Fresh-Cut Daily

#707222

Corn

Peaches & Cream Husked

Pack Size: Each 4oz Portions = 3 Fresh Corn















#606259

Pineapple Chunks

Pack Size: 11Lt

4oz Portions = 56

Fresh Pineapple

Net Weight 14Lbs











Fresh-Cut Daily

#606205

Grapefruit Sections

00 Quick Order

Pack Size: 11Lt

4oz Portions = 56

Fresh Grapefruit

Net Weight 14Lbs

















#606241

Honeydew Chunks

Pack Size: 11Lt

4oz Portions = 56

Fresh Honeydew

Net Weight 14Lbs





Fresh-Cut Daily

#101973

Mango Chunks

Pack Size: 5lbs

4oz Portions = 20

Fresh Mango











Slassonal Local



24 Hours notice

Table of Fresh-Cut

- Page 1 Asian Mix & Asian Coleslaw
- Page 2 Beans Green & Fine Snipped
- Page 3 Beans Yellow Snipped & Candy Cane Beets
- Page 4 Beets Golden Diced & Peeled
- Page 5 Beets Red Cube & Peeled
- Page 6 Beets Red Peeled & Cabbage White Shredded
- Page 7 Broccoli Florets
- Page 8 Cabbage Savoy Diced & Red Shredded
- Page 9 California Mix & Cantaloupe Chunky
- Page 10 Carrot Diced and Shredded
- Page 11 Carrot Lrg Peeled & Carrots Peeled Tri Colour
- Page 12 Carrot Slices & Spears
- Page 13 Carrot Sticks and Tri Color
- Page 14 Carrots Baby & Celery Sliced
- Page 15 Cauliflower Florets & Mini Florets
- Page 16 Celery Diced & Chunky
- Page 17 Celery Root Peeled & Julienne
- Page 18 Celery Stick & Squash Butternut
- Page 19 Cucumber Half Moon & Sliced
- Page 20 Storage Suggestions & Eggplant Diced
- Page 21 Eggplant Sliced & Fruit Tray
- Page 22 Fruit Kabob & Fruit Salad
- Page 23 Garlic Peeled & Corn P&C Husked
- Page 24 Grapefruit Sections & Pineapple Chunks
- Page 25 Honeydew Chunk & Mango Chunks
- Page 26 Iceberg Chopped & Shredded
- Page 27 Leeks Diced and Julienne
- Page 28 Mushroom Mixed & Siced
- Page 29 Napa Slaw & Stir Fry
- Page 30 Omelette Mix & Root Veg Jul
- Page 31 Onions Green Chopped & Onions Peeled
- Page 32 Onions Red Diced & White Sliced
- Page 33 Onions Red Peeled & Sliced
- Page 34 Onions White Diced & Shallots Peeled
- Page 35 Onions Spanish Thick & Orange Sections
- Page 36 Parsnips Peeled & Rough
- Page 37 AJ Brand Slaw & Fajita
- Page 38 Peas Snow & Peas Sugar Snipped
- Page 39 Pepper Mix J & Prima Veg
- Page 40 Peppers Diced Red & Yellow
- Page 41 Peppers Green Chunky & Diced
- Page 42 Peppers Green Jul
- Page 43 Peppers Red Chunky & Julienne
- Page 44 Peppers RGY Mixed & Chunky
- Page 45 Peppers Yellow Julienne & Chunky
- Page 46 Potatoes Peeled & Yukon Diced
- Page 47 Radicchio & Radishes
- Page 48 Romaine Chopped Salad Mix 80-20
- Page 49 Spring Mix & Separate Salad
- Page 50 Tomatoes Diced & Turnip Wax
- Page 51 Tomatoes Slice & Wedge
- Page 52 Turnips Peeled & Diced
- Page 53 Yams Peeled & Diced
- Page 54 Zucchini Green Half & Yellow Wheel
- Page 55 Zucchini Wedges & Kebab



#606454

Chopped **Iceberg**

Pack Size: 4X5lbs

4oz Portions = 80

Fresh Iceberg Lettuce







Fresh-Cut Daily

#707421

Iceberg Shredded

Pack Size: 4x5lbs

4oz Portions = 80

Fresh Iceberg Lettuce



















#707228

Leeks Diced 1/4

Pack Size: 5lbs

4oz Portions = 20

Fresh Leeks

SL



#707230

Leeks Julienne

Pack Size: 5lbs

4oz Portions = 20

Fresh Leeks















#202348

Mushroom **Chef Mix**

Pack Size: 6lbs

4oz Portions = 24

Fresh Shitake Fresh Cremini Fresh Hedgehog Fresh Oyster Fresh Honey Fresh Shimeji Fresh Maitake





#707232

Mushrooms Sliced

Pack Size: 5lbs

4oz Portions = 20

Fresh Button Mushrooms













Sla Seasonal Local



24 Hours notice

#707168

Napa Slaw

Pack Size: 5lbs 4oz Portions = 20 Fresh Napa Cabbage Fresh Red Cabbage Fresh Carrot You may also enjoy

#707412 Coleslaw #707214 Cabbage Savoy Coleslaw #707413 Coleslaw Carrot/Red Cabbage





#707140

Stir Fry Vegetables

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots Fresh Broccoli Fresh Onions Fresh Celery Fresh Red Peppers



















#707108

Omelette Mix

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Pepper Fresh Yellow Pepper Fresh Green Pepper Fresh Red Onion Fresh Zucchini











Fresh-Cut Daily

#707105

Root Veg Julienne

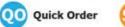
Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots Fresh Beets Fresh Radish













Sl Seasonal Local



24 Hours notice

#707760

Onions Green Chopped

Pack Size: 5lbs

4oz Portions = 20

Fresh Green Onions







Fresh-Cut Daily

#707715

Onions Spanish Wholesale Fruit & Vegetables **Peeled**

Pack Size: 22lbs

4oz Portions = 88

Fresh Spanish Onions











.ANZAROTTA

SI Seasonal Local



24 Hours notice

#707710

Onions White **Sliced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Spanish Onion







Fresh-Cut Daily

#707735

Onions Red **Diced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Onions



















#707745

Onions Red **Peeled**

Pack Size: 3lbs

4oz Portions = 12

Fresh Red Onions





Fresh-Cut Daily

#707755

Onions Red **Sliced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Onions

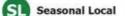














24 Hours notice

#707705

Onions Spanish White Diced

Pack Size: 5lbs

4oz Portions = 20 Fresh Spanish Onions





Fresh-Cut Daily

#707248

Onions **Shallots Peeled**

Pack Size: 3lbs

4oz Portions = 12

Fresh Shallots Onions















#707700

Onions Spanish Thick Cut

Pack Size: 5lbs

4oz Portions = 20

Fresh Spanish Onions







Fresh-Cut Daily

#606223

Orangesale Fruit & Vegetabl Sections

Pack Size: 11 Lt

4oz Portions = 56

Net weight 14Lbs

Fresh Oranges









LANZAROTT





24 Hours notice

A.J.LANZAROTTA

Quick Order

Fresh-Cut Team



Meet our Fresh Cut Team

Our team starts at 4am, 6 days a week to ensure your Fresh-Cut produce is the best, everytime.

From the left: Francine, Sandra and Marcello



#707236

Parsnips Peeled

Pack Size: 22lbs

4oz Portions = 88

Fresh Parsnips







Fresh-Cut Daily

#707239

Parsnips Rough Cut

Pack Size: 4x5lbs

4oz Portions = 80

Fresh Parsnips















#707412

A.J. Brand Coleslaw

Pack Size: 10lbs

4oz Portions = 40

Fresh Carrot Fresh Cabbage







#707170

Fajita Mix

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Onions Fresh Green Peppers Fresh Yellow Peppers Fresh Red Peppers











S Seasonal Local



24 Hours notice





#707258

Snow Peas Snipped

Pack Size: 10 lbs

4oz Portions = 40

Fresh Snow Peas









#707256

Sugar Snap **Peas Snipped**

Pack Size: 10 lbs

4oz Portions = 40

Fresh Sugar Snap Peas









Special Order





Seasonal Local



#707608

Peppers Mixed Julienne

Pack Size: 5lbs 4oz Portions = 20

Fresh Red Peppers Fresh Yellow Pepper Fresh Green Peppers







Fresh-Cut Daily

#707110

Prima **Veg Mix**

Pack Size: 5lbs 4oz Portions = 20

> Fresh Carrots Fresh Green Pepper Fresh Red Pepper Fresh Onion Fresh Zucchini















#707630

Peppers Yellow **Diced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Yellow Pepper







Fresh-Cut Daily

#707620

Peppers Red **Diced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Peppers





















#707614

Peppers Green Chunky

Pack Size: 5lbs

4oz Portions = 20

Fresh Green Peppers









Fresh-Cut Daily

#707610

Peppers Green **Diced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Green Peppers



















Seasonal Local

#Ontario

Whenever **Possible**

Pack Size: Travels Less

4oz Portions = Tastes Better

Fresher the better, Give your plates the Local flavour that yourguests are expecting.





Foodland ONTARIO



Fresh-Cut Daily

#707612

Peppers Green **Julienne**

Pack Size: 5lbs

4oz Portions = 20

Fresh Green Peppers















#707624

Peppers Red **Julienne**

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Peppers









Fresh-Cut Daily

#707622

Peppers Red Chunky

Pack Size: 5lbs

4oz Portions = 20 Fresh Red Peppers















#707600

Peppers Diced Mixed

Pack Size: 5lbs

4oz Portions = 20 Fresh Red Peppers Fresh Yellow Peppers Fresh Green Peppers









#707605

Peppers Chunky **Mixed**

Pack Size: 5lbs

4oz Portions = 20 Fresh Red Peppers Fresh Yellow Peppers Fresh Green Peppers











S Seasonal Local





#707634

Peppers Yellow **Julienne**

Pack Size: 5lbs

4oz Portions = 20

Fresh Yellow Pepper







Fresh-Cut Daily

#707632

Peppers Yellow Chunky

Pack Size: 5lbs

4oz Portions = 20

Fresh Yellow Peppers













SI Seasonal Local



#202797

Asian Mix

Pack Size: 3lbs

4oz Portions = 12

Fresh Red Peppers Fresh Yellow Pepper Fresh Red Onion Fresh Snow Peas Fresh Bean Sprout Fresh Cabbage











Fresh-Cut Daily

#707416

Asian ale Fruit Coleslaw

Pack Size: 5lbs

4oz Portions = 20

Fresh Carrots Fresh Cucumbers Fresh Radish



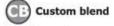




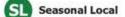


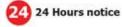












#707201

Potatoes White Peeled

Pack Size: 20 lbs

4oz Portions = 80

Fresh Potatoes

QO SI



Fresh-Cut Daily

#606509

Potatoes Yukon Wholesale Fruit & Vegetables **Diced**

Pack Size: 22 lbs

4oz Portions = 88

Fresh Yukon Potatoes















#707400

Radicchio Chopped

Pack Size: 5lbs

4oz Portions = 20

Fresh Radicchio





Fresh-Cut Daily

#707252

Radishes Sliced

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Radishes















#707440

Romaine **Hearts** Chopped

Pack Size: 12lbs

4oz Portions = 48

Fresh Romaine Hearts





Fresh-Cut Daily

#606453

Salad Mix 80/20

Pack Size: 10lbs 4oz Portions = 40 Fresh Iceberg Fresh Romaine

You may also enjoy

#707410 Continental Salad #707419 Greek Salad Mix #202691 Heritage Blend Spring #202698 Spring Mix Nordic Blend













Seasonal Local



#202785

Spring Mix

Pack Size: 3lbs

4oz Portions = 12

Fresh Radicchio Fresh Spinach Fresh Arugula Fresh Frisee Seasonal mix may vary







#606460

Separate Salad Mix

Pack Size: 20lbs 4oz Portions = 80

Fresh Carrots Fresh Iceberg Lettuce Fresh Red Cabbage















#707275

Tomatoes Diced

Pack Size: 5lbs

4oz Portions = 20

Fresh Tomatoes







Fresh-Cut Daily

#707281

Turnip **Peeled**

Pack Size: 20lbs

4oz Portions = 80

Fresh Waxed Turnips









ale Fruit & Vegetables





24 Hours notice

Custom blend

#707279

Tomatoes Sliced

Pack Size: Sold by the per lb

4oz Portions = 4

Fresh Tomatoes

QO SL





Fresh-Cut Daily

#202990

Tomato Wedges

Pack Size: 5lbs

4oz Portions = 20

You may also enjoy #202992 Tomatoes Roma Wedges Fresh Tomatoes















#707298

Turnips Baby White **Peeled**

Pack Size: 1 lbs 4oz Portions = 4 Fresh Turnips Baby White









#707261

Wax Diced

Pack Size: 5 lbs 4oz Portions = 20 Fresh Waxed Turnips

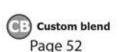
You may also enjoy #707265 Turnips White Diced #707262 Turnips Battonnets

















24 Hours notice



#707266

Yams Diced

Pack Size: 5 lbs

4oz Portions = 20

Fresh Yams





Fresh-Cut Daily

#707250

Yams **Peeled**

Pack Size: 22 lbs

4oz Portions = 88

Fresh Yams















A.J.LANZAROTTA

Sl Seasonal Local



#707244

Zucchini Yellow Wheels

Pack Size: 5 lbs

4oz Portions = 20

Fresh Yellow Zucchini







Fresh-Cut Daily

#707247

Zucchini Green **Half Moon**

Pack Size: 5 lbs 4oz Portions = 20 Fresh Green Zucchini

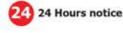
You may also enjoy #707272 Green Zucchini Wheels 5lbs

















#707175

Vegetable Kebab

Pack Size: 3lbs 4oz Portions = 12 Fresh Red Peppers Fresh Green Pepper Fresh Mushroom Fresh Yellow Zucchini Fresh Green Zucchini You may also enjoy #707176 Vegetables Kebab LRG







Fresh-Cut Daily

#707207

Zucchini Green Wedge

Pack Size: 5lbs

4oz Portions = 20

Fresh Green Zucchini



















#707203

Beans Fine French **Snipped**

Pack Size: by the per lb

4oz Portions = 4

Fresh French Fine Green Beans *Quick order up to 10lbs









Fresh-Cut Daily

#707200

Beans Green **Snipped**

Pack Size: by the per lb

4oz Portions = 4

Fresh Green Beans *Quick order up to 10lbs























905-891-0510

Fresh-Cut Catalogue

AJLanzarotta.com

1000 Lakeshore Rd E Mississauga,On. L5E 1E4

























#707202

Beans Yellow **Snipped**

Pack Size: by the per lb

4oz Portions = 4

Fresh Yellow Beans *Quick order up to 10lbs











#707282

Beets Candy Cane Peeled

Pack Size: 20lbs

4oz Portions = 80

Fresh Candy Cane Beets

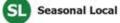
















#707328

Beets Golden **Diced**

Pack Size: 5lbs

4oz Portions = 20

Fresh Golden Beets

24 SL





Fresh-Cut Daily

#707253

Beets Gold Peeled

Pack Size: 20lbs

4oz Portions = 80

Fresh Golden Beets



















#707284

Beets Red Cubed

Pack Size: 5lbs

4oz Portions = 20

Fresh Red Beets







Fresh-Cut Daily

#707249

Beets Red Peeled

Pack Size: 20lbs

4oz Portions = 80

Fresh Red Beets







