



> **Sysco Brand**
frozen fruits & vegetables catalog

welcome.



The Benefits of Fresh Frozen Fruits and Vegetables

Sysco proudly presents Fresh Frozen Fruits and Vegetables. Exceptional in appearance and value, Sysco Brand Frozen Fruits & Vegetables are picked at the peak of freshness and quickly frozen to lock in the highest nutritional value and excellent taste. Eliminate yield loss, reduce prep time and ensure consistency year-round with 100% usable, quality products in every case. With Sysco Frozen Fruits & Vegetables, all of the cleaning, trimming, dicing, and chopping have been done for you – just prepare, serve, and enjoy!

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NEW! Sysco Supreme Vegetable Blends

Upgrade your menu with new and on-trend Sysco Supreme Frozen Vegetable Blends. Choose from four exciting ready-to-use blends to save on prep time in the back of the house, enhancing buffets to à la carte service.



Chipotle Lime, Red Quinoa Pilaf with Fire Roasted Vegetables

A blend of red quinoa, Jasmine rice, fire roasted corn and diced peppers combine for great texture and color, resulting in an impressive presentation. Plus, the chipotle lime seasoning and garlic meet the trends of diners seeking bolder flavors to complement their healthier menu selections.

Menu Inspiration:

- Chipotle-Red Quinoa Pilaf-Stuffed Boneless Chicken Breast
- Roasted Chipotle-Red Quinoa Pilaf-Stuffed Chorizo-Wrapped Pork Loin

VEG BLEND RSTD VEG, RED QUINOA

Supreme	6/2.5 lb	3617588
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Ingredients: Red Quinoa, Jasmine Rice, Corn, Red Pepper, Poblano Pepper, Cilantro, Chipotle Lime Seasoning, Olive Oil



Citrus Glazed Green Beans with Brown Rice and Apples

This high-end side dish features a sweet and savory profile that complements any protein. Upgrade your menu today with this delicious blend of seasoned cut green beans and brown rice accented by roasted Fuji apples and sliced cranberries.

Menu Inspiration:

- Citrus Glazed Green Beans, Brown Rice and Apple-Stuffed Boneless Pork Chop
- Grilled Halibut Medallions with Citrus Glazed Green Beans with Brown Rice and Apples

VEG BLEND GRNBEAN, BRN RICE, APL

Supreme	6/2.5 lb	3617562
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Ingredients: Brown Rice, Green Bean, Fuji Apples, Cranberry, Olive Oil, Citrus Brown Sugar Seasoning



Roasted Sweet Potato, Root Vegetable & Kale Blend

This convenient, ready-to-use combination of flavorful vegetables saves time in the back of the house and reduces labor costs. Complement meats, seafood and chicken dishes with the slow-roasted taste, perfectly seasoned for versatility.

Menu Inspiration:

- Moroccan Chicken & Vegetable Stew with Couscous
- Roasted Root Vegetable Hash, Arugula & Chèvre Salad
- Root Vegetable & White Bean Chili (vegan)

VEG BLEND SWT POT, RSTD ROOTVEG

Supreme	6/2.5 lb	3617531
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Ingredients: Sweet Potato, Yellow Carrot, Parsnip, Red Pepper, Red Onion, Kale, Olive Oil, Sea Salt



Flame Roasted White Corn with Poblano Peppers

Complement your entrées with a splash of color and a smoky/sweet flavor! Sysco's Flame Roasted White Corn and Poblano Peppers fulfill operators' needs from buffet to fine dining service. This versatile, ready-to-cook mixed vegetables blend saves prep time in the back of the house, and provides your chef the ingredients to create exciting dishes.

Menu Inspiration:

- White Corn & Shrimp Chowder
- Chicken, White Corn, Poblano & Black Bean Quesadillas

VEG BLEND RSTD WHT CORN, PEPPERS

Supreme	6/2.5 lb	3617549
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Ingredients: White Corn, Onion, Poblano Pepper, Red Pepper, Chipotle Lime Seasoning, Olive Oil

Sysco Brand Vegetable Blends

Sysco proudly presents unique vegetable combinations designed specifically for extensive menu applications.

Served as an appetizer, side dish, main entrée or even on salad bars, Sysco offers **Vegetable Blends** for every foodservice budget, preparation style, and serving condition.

Exceptional in appearance and value, Sysco **Vegetable Blends** are delicious, colorful vegetable combinations which are fresh packed and quickly frozen to lock in 100% nutritional value, excellent taste, and exceptional plate appeal.



Vegetable Blend Bean Medley

Imperial	6/4 lb	1359520
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Ingredients: Green Bean, Wax Bean, Carrot, Dark Red Kidney Bean, Lima Bean, Pea, Salt



Vegetable Blend Chuckwagon

Classic	12/2 lb	1474972
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Imperial	6/4 lb	1333194
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Ingredients: Corn, Onion, Red Pepper, Green Pepper



Vegetable Blend Francais

Imperial	6/4 lb	1191444
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Ingredients: Whole Green Bean, Carrot Tip, Slivered Almonds



Vegetable Blend California

Imperial	1/30 lb	3891132
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Imperial	6/4 lb	1333178
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Classic	12/2 lb	1474964
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Classic	3/10 lb	3840212
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Classic	1/30 lb	3831542
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Reliance	1/30 lb	3831575
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Imperial Calif Deluxe	6/4 lb	1831130
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Imperial Calif Dlx Pars	6/4 lb	8750648
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Ingredients: Broccoli, Carrot, Cauliflower



Vegetable Blend Country

Imperial	1/30 lb	3960325
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Imperial	6/4 lb	2146918
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Ingredients: Corn, Carrot, Green Bean



Vegetable Blend Garden

Imperial	6/4 lb	1682095
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Ingredients: Broccoli, Cauliflower, Italian Green Bean, Carrot, Zucchini, Yellow Squash, Red Pepper



Vegetable Blend California Tipper

Imperial	6/4 lb	2473130
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Ingredients: Broccoli, Cauliflower, Carrot



Vegetable Blend Fajita Bcs

Imperial	6/4 lb	2182665
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Ingredients: Onion, Green Bell Pepper, Red Bell Pepper, Yellow Bell Pepper



Vegetable Blend Garden Trio

Imperial	6/4 lb	2537629
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Ingredients: Carrot, Broccoli, Sugar Snap Pea



Vegetable Blend Capri

Imperial	6/4 lb	1333186
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Imperial	1/30 lb	3960333
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Classic	12/2 lb	1528769
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Classic	1/30 lb	3982360
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Ingredients: Carrot, Green Bean, Zucchini, Squash



Vegetable Blend Fiesta

Imperial	6/4 lb	8446007
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Ingredients: Broccoli, Carrot, White Bean, Red Kidney Bean, Italian Bean, Garbanzo Bean, Red Pepper



Vegetable Blend Germany

Imperial	6/4 lb	1171776
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Ingredients: Green Bean, Carrot, Wax Bean



Vegetable Blend Italian

Imperial	6/4 lb	1333202
Imperial	1/30 lb	3959285
Classic	1/30 lb	3982345
Classic	12/2 lb	1474998
Classic	3/10 lb	3840824
Reliance	1/30 lb	3960317

Ingredients: Zucchini, Carrot, Cauliflower, Italian Bean, Lima Bean, Salt



Vegetable Blend Japanese

Imperial	6/4 lb	1333210
Classic	1/30 lb	3982220
Classic	12/2 lb	1475003

Ingredients: Green Bean, Broccoli, Onion, Mushroom, Red Pepper



Vegetable Blend Mexicali

Imperial	6/4 lb	1682087
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Ingredients: Corn, Red Kidney Bean, Onion, Green Pepper, Red Pepper



Vegetable Blend Mirepoix

Classic	12/2.5 lb	9359456
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Ingredients: Carrot, Celery, Onion



Vegetable Blend Oregon

Imperial	1/30 lb	3959871
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Ingredients: Green Bean, Onion, Red Pepper



Vegetable Blend Oriental Sugar Snap

Imperial	6/4 lb	1491000
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Ingredients: Broccoli, Sugar Snap Pea, Red Pepper, Bean Sprout, Water Chestnut



Vegetable Blend Prince Edward Island

Classic	12/2 lb	2618346
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Ingredients: Green Bean, Wax Bean, Carrot



Vegetable Blend Sicilian

Imperial	1/30 lb	3982790
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Ingredients: Zucchini, Carrot, Cauliflower, Italian Green Bean, Red Pepper



Vegetable Blend Scandinavian

Imperial	6/4 lb	1333228
Classic	1/30 lb	3982352
Reliance	12/2 lb	1474980

Ingredients: Green Pea, Zucchini, Green Bean, Carrot, Onion, Salt



Vegetable Blend Stir Fry

Imperial	1/30 lb	1874817
Classic	12/2 lb	2560480

Ingredients: Broccoli, Carrot, Pea Pod, Red Pepper, Mushroom, Water Chestnut, Onion



Vegetable Blend Summer

Imperial	1/30 lb	3960382
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Ingredients: Pea, Cauliflower, Carrot, Salt



Vegetable Blend Winter

Imperial	6/4 lb	1333251
Imperial	1/30 lb	3891710
Classic	1/30 lb	3890969
Classic	12/2 lb	1475011
Reliance	1/30 lb	3891561

Ingredients: Broccoli, Cauliflower



Vegetable Blend Wisconsin

Classic	12/2 lb	2020782
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Ingredients: Corn, Carrot, Green Bean

What is Chef Cut?

Chef Cut Blends are Sysco Vegetable Blends with a difference. The large size pieces make it appear as if you prepared the items on-site. Products hold well on a steam table and make great plate presentations. The versatility of this product appeals to every customer from upscale to family dining.

Sysco Classic Chef Cut Vegetable Blends are Sysco's Blends that make a difference.



Vegetable Blend Chfcut Asian

Imperial	6/4 lb	3533551
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Ingredients: Broccoli, Green Bean, Mushroom, Red Pepper, Onion



Vegetable Blend Chfcut Harvest

Classic	6/4 lb	9787573
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Ingredients: Green Bean, Carrot, Red Potato, Yellow Pepper, Onion



Vegetable Blend Chfcut Prince William

Classic	6/4 lb	3533155
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Ingredients: Broccoli, Carrot, Green Bean, Red Pepper, Yellow Pepper



Vegetable Blend Chfcut Bahama

Classic	6/4 lb	5545801
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Ingredients: Broccoli, Green Bean, Yellow Carrot, Red Pepper



Vegetable Blend Chfcut Key Largo

Classic	6/4 lb	9810599
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Ingredients: Green Bean, Carrot, Yellow Carrot, Red Pepper



Vegetable Blend Chfcut San Francisco

Classic	6/4 lb	5549480
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Ingredients: Broccoli, Carrot, Yellow Carrot, Red Pepper



Vegetable Blend Chfcut California Gold

Classic	6/4 lb	4742540
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Ingredients: Broccoli, Cauliflower, Carrot, Yellow Carrot



Vegetable Blend Chfcut Mediterranean

Classic	6/4 lb	3533429
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Ingredients: Green Bean, Carrot, Cauliflower, Red Pepper, Onion, Yellow Pepper



Vegetable Blend Chfcut Spring

Classic	6/4 lb	3533585
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Ingredients: Broccoli, Cauliflower, Carrot, Zucchini, Yellow Squash



Vegetable Blend Chfcut Germany

Classic	6/4 lb	3533544
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Ingredients: Green Bean, Carrot, Wax Bean



Vegetable Blend Chfcut Pacific

Classic	6/4 lb	4742599
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Ingredients: Broccoli, Carrot, Sugar Snap Pea, Yellow Carrot



Vegetable Blend Chfcut Tuscany

Classic	6/4 lb	6453658
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Ingredients: Wax Bean, Carrot, Zucchini, Broccoli, Olives



Asparagus Cuts & Tips IQF

Imperial	6/2.5 lb	2161727
Classic	12/2.5 lb	2250835



Asparagus Spear Medium IQF

Imperial	6/2.5 lb	2161735
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Bean Garbanzo Green IQF

Supreme	12/2.5 lb	2705745
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Bean Green Cut IQF

Imperial	1/30 lb	3959111
Imperial	6/4 lb	1699081
Classic	12/2 lb	1435197
Classic	1/30 lb	3533056
Classic	3/10 lb	3832193
Reliance	1/30 lb	3533064
Reliance	3/10 lb	3831880
Reliance	12/2 lb	1051697



Bean Green French Cut IQF

Imperial	12/2 lb	1725506
Classic	12/2 lb	2266294



Bean Green Italian Cut IQF

Imperial	12/2 lb	6409577
Classic	12/2 lb	1389931



Bean Green Whole IQF

Classic	1/15 lb	1927730
Imperial	12/2 lb	2101855
Imperial	1/15	1024827
Classic	1/12 lb	1054733
Whole Petite		
Classic	12/2 lb	2282283
Whole Poly Frozen		
Classic	12/2 lb	1877034



Bean Green Whole Haricot Vert IQF

Supreme	12/2 lb	9491010
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Bean Lima Baby IQF

Imperial	6/4 lb	1055201
Classic	1/30 lb	3907201
Classic	12/2.5 lb	1440270
Classic	3/10 lb	3831765
Reliance	1/30 lb	3959129



Bean Wax Cut IQF

Imperial	12/2 lb	6409627
Classic	12/2 lb	1877026
Reliance	3/10 lb	3834736



Broccoli Chopped IQF

Classic	12/2.5 lb	6987796
Reliance	12/2.5 lb	6988315



Broccoli Cut IQF

Imperial	6/4 lb	8842064
Imperial	1/30 lb	3891058
Classic	12/2.5 lb	1618446
Classic	1/30 lb	3831153

Cut Broccoli Wet Pack

Classic	12/2.5 lb	6988166
Reliance	12/2.5 lb	6988265



Broccoli Floret IQF

Supreme Mini	4/2 lb	1719475
Imperial	12/2 lb	5773007

Broccoli Floret Wetpack

Classic	12/2 lb	6988158
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Broccoli Spear Poly

Classic	12/2.5 lb	6987796
Reliance	12/2.5 lb	6988315



Brussels Sprout Medium IQF

Imperial	6/4 lb	1480037
Imperial	12/2.5 lb	2567931
ClassicUSA	12/2.5 lb	1951490
Reliance	12/2 lb	6319552



Cauliflower IQF

Imperial	12/2 lb	2419380
Classic	12/2 lb	1628593
Reliance	12/2 lb	1629559



Collard Green Chopped

Imperial	12/3 lb	1025295
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Green Collard IQF

Imperial	12/3 lb	8425829
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Green Kale IQF

Imperial	12/3 lb	8425936
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Green Mustard Chopped Grade A

Imperial	12/3 lb	1025311
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Green Mustard IQF

Imperial	12/3 lb	8425886
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Green Turnip Chopped Grade A

Imperial	12/3 lb	1025337
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Green Turnip IQF

Imperial	12/3 lb	8426678
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Green Turnip w/Diced Grade A

Imperial	12/3 lb	1025352
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Green Turnip w/Diced Turnips IQF

Imperial	12/3 lb	8426686
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Corn Cob

Classic	48/5 inch	1025196
Reliance	48/5 inch	1054410

Corn Cob Petite

Imperial	96/each	1054402
Classic	96/each	1025162
Reliance	96/each	1055417

Cob Corn Super Sweet

Imperial	100/2 inch	3628880
Classic	96/each	7882285
Classic	48/5 inch	7882277



Corn Cream Style

Imperial	12/4 lb	9946831
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Corn Whole Kernel IQF

Classic	1/30 lb	3533486
Classic	1/30 lb	3837358
Classic	12/2.5 lb	1435221
Reliance	1/30 lb	3533494
Reliance	3/10 lb	3837051
Reliance	12/2.5 lb	1054618
Corn Cut Super Sweet		
Classic	1/30 lb	3984952
Corn Cut Super Sweet Bicolor		
Classic	12/2.5 lb	1577584



Corn Whole Kerne White Shoe Peg I IQF

Classic	1/20 lb	1653971
Classic	1/30 lb	3982386
Corn Whole Kernel White Super Sweet		
Imperial	12/2.5 lb	2510048
Imperial	1/30 lb	3983012
Classic	12/2.5 lb	8731697



Carrot Slice Crinkle Cut IQF

Classic	1/30 lb	3959327
Classic	12/2 lb	1038421
Classic	12/2 lb	1055045
Reliance	3/10 lb	3836376
Reliance	1/30 lb	3959160



Carrot Diced IQF

Classic	12/2 lb	1054964
Classic	1/30 lb	4075172
Reliance	3/10 lb	3835402
Reliance	1/30 lb	3960358
Reliance	12/2 lb	1054956
Imperial	1/30 lb	3959145
Imperial	12/2 lb	1025063



Carrot Sliced IQF

Imperial	12/2 lb	1025097
Classic	1/30 lb	3959335
Classic	12/2 lb	1038660
Reliance	3/10 lb	3835907
Reliance	1/30 lb	3960341
Reliance	12/2 lb	1054907



Carrot Slice Bias P IQF

Classic	12/2 lb	2430346
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Carrot Parison IQF

Classic	12/2 lb	2542207
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Carrot Whole Baby IQF

Imperial	12/2 lb	1025139
Imperial	12/2 lb	1055144
Imperial	1/30 lb	3862992
Classic	12/2 lb	1055508
Reliance	1/30 lb	3895554
Reliance	1/30 lb	3856655



Carrot Whole Baby Tips IQF

Imperial	1/30 lb	3891181
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Okra IQF

Okra Cut Grade A		
Imperial	1/30 lb	3958998
Okra Cut Grade A IQF		
Classic	1/30 lb	3982246
Okra Cut IQF		
Imperial	12/3 lb	1880905
Classic	12/3 lb	2352136
Okra Whole		
Imperial	12/2.5 lb	1880913
Imperial	1/30 lb	3960242



Onion IQF

Supreme	4/2 lb	1719517
Imperial	6/2 lb	6191712
Imperial	1/30 lb	3959194
Classic	12/2 lb	1966969
Classic	1/30 lb	3982865



Pea Green IQF

Imperial	6/4 lb	1699057
Imperial	12/2.5 lb	6409916
Classic	1/30 lb	3608353
Classic	3/10 lb	3840006
Classic	12/2.5 lb	1259530
Reliance	1/30 lb	3533528
Reliance	3/10 lb	3837994
Reliance	12/2.5 lb	1053826
Grade A Salt Free Pea		
Classic	12/2.5 lb	1951474
Petite Grade A Pea		
Imperial	12/2.5 lb	6409940



Pea & Carrot IQF

Classic	1/30 lb	3960093
Classic	3/10 lb	3837762
Classic	12/2.5 lb	1263615
Reliance	3/10 lb	3837556
Reliance	1/30 lb	3959277
Reliance	12/2.5 lb	1053735



Pea & Pearl Onion IQF

Imperial	12/2.5 lb	6410054
Classic	12/2.5 lb	1951482



Pepper Green IQF

Pepper Green Diced 3/8"		
Classic	12/2 lb	1876069
Pepper Green Diced Poly		
Imperial	6/2 lb	6191340



Pepper Mixed Strip Red Green Yellow IQF

Classic	12/2 lb	2183960
Classic	ONLY/2 lb	2181402
Pepper Green Diced 3/8"		
Classic	12/2 lb	1876069
Pepper Green Diced Poly		
Imperial	6/2 lb	6191340

Ingredients: Green Pepper, Red Pepper, Yellow Pepper



Soybean Whole Shelled Mukimame IQF

Classic	12/2 lb	9803883
Soybean Whole Edamame Pod USA		
Classic	6.4 lb	0412421
Soybean Whole In Pod Edamame		
Classic	6/4 lb	9803594



Spinach

Spinach Chopped Bag		
Imperial	12/3 lb	1025857
Classic	12/3 lb	2523833
Classic	12/3 lb	1038686
Chopped Spinach IQF		
Classic	12/2 lb	2282234
Spinach Chopped Poly		
Classic	12/3 lb	8555914
Reliance	12/3 lb	8556250
Spinach Leaf Bag		
Imperial	12/3 lb	2523858
Imperial	12/3 lb	1025873
Classic	12/3 lb	1038678



Vegetable Mix 5 Way IQF

Imperial	1/30 lb	3960192
Imperial	6/4 lb	1699107
Classic	1/30 lb	3532975
Classic	12/2.5 lb	1263623
Reliance	3/10 lb	3840642
Reliance	12/2.5 lb	1054493
Reliance	1/30 lb	3532991
Vegetable Mix 4 Way		
Classic	1/30 lb	3982881
Reliance	3/10 lb	3840899
Reliance	1/30 lb	3960200

Ingredients: Carrot, Corn, Pea, Green Bean, Lima Bean, Salt



Vegetable Mix For Stew IQF

Classic	1/30 lb	4826244
Vegetable Mix For Soup		
Classic	1/30 lb	4766242

Ingredients: Potato, Carrot, Onion, Celery



Zucchini Squash Sli IQF

Imperial	12/3 lb	1648369
Imperial	1/30 lb	3891348
Squash Butternut Ckd Boil/Bag		
Imperial	12/4 lb	0570481
Squash Yellow Sli IQF Grade A		
Imperial	1/30 lb	3891199
Imperial	12/3 lb	2509958



Sysco Brand Premium Frozen Fruit



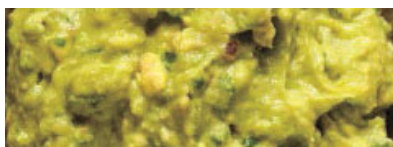
Apple Sliced IQF		
Classic	2/5 lb	1359488
Reliance	1/30 lb	8081267



Apple Sliced Granny Smith IQF		
Classic	1/30 lb	9488990
Classic 7x1	1/30 lb	9488909
Apple Slices Jons 7x1		
Classic	1/30 lb	2542967



Avocado		
Hass Half Indw Hpp		
Casa Solana	64/1.5 oz	2752679



Guacamole		
California Hpp Frz		
Casa Solana	12/1 lb	0189318
Chunky Tmto Hpp Frzn		
Casa Solana	6/3 lb	2754291
Lime Blend Hpp Frz		
Casa Solana	4/3 lb	2754267
Lime Blend Hpp Frz		
Casa Solana	12/1 lb	2754277
Mild Tip Top Hpp Frzn		
Casa Solana	8/2 lb	2753520
Original Bln Hpp Frz		
Casa Solana	12/1 lb	1619469
Original Bln Hpp Frz		
Casa Solana	6/3 lb	1626530
Plain Blend Chunk Hpp		
Casa Solana	8/2 lb	2754248
Plain Blend Hpp Frz		
Casa Solana	6/3 lb	2754226
Plain Blend Hpp Frz		
Casa Solana	12/1 lb	2754218
Southwestern Hpp Frz		
Casa Solana	12/1 lb	1626605
Southwestern Hpp Frz		
Casa Solana	6/3 lb	1627256



Banana Sliced IQF		
Reliance	1/20 lb	7284664



Berry Blends IQF		
Imperial 4 pk	1/20 lb	6647606
Imperial	2/5 lb	1410976

Ingredients: Blackberry, Blueberry, Strawberry, Raspberry



Blackberry IQF		
Imperial	1/30 lb	2619249
Imperial	2/5 lb	7724933
Reliance	1/20 lb	7285067



Blueberry Cultivated IQF		
Classic	1/30 lb	1346279
Classic	2/5 lb	1359496
Reliance	1/20 lb	7285463



Blueberry Wild Maine IQF		
Imperial	2/5 lb	2527596
Imperial	1/30 lb	2527646



Boysenberry IQF		
Imperial	2/5 lb	8805608



Cherry Dark ST PTD IQF		
Classic	2/5 lb	1394428



Cherry Red Tart PTD IQF		
Classic	2/5 lb	1359504
Classic	1/30 lb	6189849



Cranberry Whole IQF		
Imperial	2/5 lb	2527653
Imperial	1/20 lb	2557486
Sliced Cranberry		
Classic	1/20 lb	8061764



Fruit Mix California IQF		
Imperial	2/5 lb	1024306

Ingredients: Peach, Cantaloupe, Honeydew, Red Seedless Grape, Ascorbic Acid, Citric Acid, Malic Acid



Mango Chunks IQF		
Reliance	1/20 lb	7285455



Mango Half IQF		
Imperial	2/12 pk	7258155



Peach Bit and Pieces IQF

Reliance	1/20 lb	7276983
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Peach Sliced IQF

Imperial	2/5 lb	1024348
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Pineapple Chunks IQF

Reliance	1/20 lb	7285109
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Raspberry Red Whole IQF

Classic	2/5 lb	1458595
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Strawberry Sliced 4 + 1

Classic	1/30 lb	1024355
Classic	6/6.5 lb	1024363



Strawberry Whole IQF

Classic	2/5 lb	2570463
Classic	1/30 lb	1024421
Classic	1/10 lb	1024454

Are You in the Smoothie Business Yet?

Smoothie popularity is on the rise. In recent years, the U.S. smoothie market has brought in **over \$2 billion in sales**. From a quick cold beverage to **a healthy meal replacement**, smoothies will positively expand your menu. And, as healthy food trends grow, so does the desire for **healthier alternatives** in the beverage category. Sysco frozen berries can be the main ingredient in your new smoothie enterprise!



Berry Medley Smoothie

Prep: 5 minutes • Serves: 2

- 1 cup apple juice
- ½ cup low fat vanilla yogurt
- 2 cups frozen **Berry Blends IQF**
- Fresh raspberries or blueberries for garnish (optional)

1. In blender, blend apple juice and yogurt 5 seconds. Add berries and blend 20 seconds or until smooth.

2. Pour into glasses and garnish with fresh berries, if desired.

Approximate nutritional values per serving: 188 Calories, 1g Fat (1g Saturated), 4mg Cholesterol, 39mg Sodium, 44g Carbohydrates, 9g Fiber, 3g Protein

