





Whether it's chopped, peeled, sliced, shredded, or diced, we've got you covered! This is just a small selection of the range available, all items are pre-order only, please contact #teamforest for more info 01884 849274

Root Vegetables:

- Carrots
- Butternut Squash
 - Beetroot
 - Swede
 - Potatoes

Leafy & Salad Veg:

- Spinach
- Lettuce
- Cabbage
- **Spring Onions**

Cruciferous Veg:

- Broccoli
- Cauliflower
- **Brussel Sprouts**

Alliums:

- Onions
- Shallots
 - Garlic



PREPPED FRUIT & VEG RANGE



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Nightshades:

Aubergines

Tomatoes

Peppers

Cucumbers

Seasonal & Mixed veg:

Asparagus

Spring Mix Veg

Mediterranean Mix

Time-saving extras:

- **Coleslaw Mixes**
 - Stew Pack
- **Prepped Chips**

Diced Fruit

Fruit:

Mixed Berries

Citrus Range

Melons