



**2017 Guide**

# **SALADS**



# Salad Greens Guide

- Arugula** - medium green leaves; pungent flavor
- Endive, Belgian** - tight, elongated head, slightly bitter flavor
- Endive, Curly** - thick, narrow leaves with curly edges; bitter flavor
- Escarole** - flat, curly-edged leaves in a loose head, bitter flavor
- Butter Lettuce** - tender, loose round head of leaves, mild flavor
- Iceberg Lettuce** - crisp, pale-green leaves, compact head, very mild flavor

- Leaf Lettuce** - crisp, tender, curly leaves loose cluster, red or green, mild flavor
- Romaine Lettuce** - elongated head, crisp leaves, fairly mild flavor
- Radicchio** - fairly tender, red-purple leaves, cabbage-like head, slightly bitter flavor
- Spinach** - tender, deep green leaves, rigid stems should be removed before serving, fairly mild flavor
- Watercress** - small, round leaves on slender stalks, delicate texture, peppery pungent flavor

## FRESH PRODUCE

### Salad Mixes

- 72198 Arcadian Harvest Salad..... 1/3 lb  
*Combines the beauty of petite whole lettuce leaves, grown to full maturity and offers 30% more yield than Spring Mix. It also has a superior shelf life, and a sweet crisp lettuce flavor bite.*
- 72250 Coleslaw Mix ..... 4/5 lb  
*Within each bag of shredded green cabbage is a smaller bag of shredded carrot and a bag of shredded red cabbage.*
- 72253 Coleslaw Mix ..... 4/5 lb
- 72274 Hearts & Hearts Salad Blend ..... 4/2 lb  
*Mesclun mix, radicchio, green leaf hearts and romaine hearts*
- 72109 Shredded Kale Salad..... 4/1.5 lb  
*Separate bags of shredded carrot and red cabbage*
- 71421 Mesclun Spring Mix..... 1/3 lb
- 72264 Chopped Iceberg/Romaine Blend .. 4/5 lb  
*60/40 blend*
- 72266 Tossed Salad Mix ..... 4/5 lb  
*Iceberg lettuce and separate bags of shredded carrots and red cabbage*

### Lettuces

- 71218 Baby Arugula ..... 1/3 lb
- 71378 Kale washed & trimmed ..... 4/2.5 lb
- 71992 Baby Kale ..... 1/3 lb
- 71353 Escarole Lettuce ..... 1/16 ct
- 71394 Iceberg Lettuce ..... 1/24 ct
- 72269 Shredded Lettuce ..... 4/5 lb  
*Iceberg trimmed to 1/8 inch cut*
- 71402 Iceberg Lettuce Cello wrapped ..... 24 hd
- 71404 Green Leaf Lettuce Leaves washed .. 1/10 lb
- 71406 Green Leaf Lettuce ..... 1/24 ct
- 71410 Red Leaf Lettuce ..... 1/24 ct
- 71587 Radicchio..... 1/9 ct
- 72278 Romaine Chopped..... 6/2 lb
- 71593 Romaine Hearts..... 12/3 ct
- 71596 Romaine Leaves Washed..... 2/5 lb
- 71598 Romaine Lettuce..... 1/24 ct

- 71613 Spinach Baby ..... 1/3 lb
- 71615 Spinach Flat Triple-Washed..... 4/2.5 lb

### Vegetables

- 71790 Haas Avocados - firm ..... 1/48 ct
- 71791 Haas Avocados - ripe ..... 1/48 ct
- 71240 Beets..... 1/25 lb
- 71255 Broccoli Crowns..... 1/20 lb
- 71268 Cabbage Red..... 1/40 lb
- 71276 Carrots - jumbo ..... 1/50 lb
- 71282 Carrots - baby peeled ..... 30/1 lb
- 71300 Celery sleeved ..... 24 ct
- 71333 Cucumbers - seedless..... 1/12 ct
- 71372 Ginger..... 1/5 lb
- 71432 Mushrooms - large NY Local..... 1/3 lb
- 71431 Mushrooms - medium NY Local ..... 1/3 lb
- 71433 Mushrooms - foodservice NY Local . 1/10 lb
- 71442 Crimini Mushrooms NY Local..... 1/5 lb
- 71445 Portabello Mushroom Caps NY Local 1/5 lb
- 71881 Cipollini Onion peeled..... 4/5 lb
- 71470 Red Onions - medium..... 1/25 lb
- 71473 Red Onions - jumbo..... 1/25 lb
- 71485 Snow Pea Pods ..... 1/10 lb
- 71486 Sugar Snap Peas ..... 1/10 lb
- 71487 Green Peppers - medium ..... 1/25 lb
- 71489 Green Peppers - jumbo ..... 1/25 lb
- 71491 Red Peppers - large ..... 1/11 lb
- 71495 Choice Or Suntan Peppers ..... 1/25 lb
- 71508 Yellow Peppers ..... 1/11 lb
- 71523 Jumbo Chef Potatoes..... 10/5 lb
- 71525 Burbank Idaho #2 Potatoes ..... 1/50 lb
- 71559 Idaho Potatoes ..... 1/5 lb
- 71562 Red Potatoes A Size ..... 1/50 lb
- 71564 Red Potatoes B Size ..... 1/50 lb

- 71565 Red Potatoes - large ..... 10/5 lb
- 71572 Sweet Potato (Yams) - medium .... 1/40 lb
- 71569 Yukon Gold Potatoes A Size ..... 1/50 lb
- 71530 Yukon Gold Potatoes B Size ..... 1/50 lb
- 71522 Yukon Gold Chef Potatoes ..... 1/50 lb
- 71590 Radishes ..... 30/6 oz
- 71605 Scallions - iceless ..... 4/2 lb
- 71608 Shallots whole peeled ..... 4/5 lb
- 71659 Tomatoes Single Layer ..... 1/10 lb
- 71663 5X6 Tomatoes ..... 1/25 lb
- 71667 Hot House Tomatoes Vine Ripened... 1/15 lb
- 71679 Roma Tomatoes ..... 1/25 lb
- 71682 Cherry Tomato..... 12 pint
- 71686 Grape Tomatoes ..... 12 pkg
- 71688 Grape Tomatoes Foodservice ..... 1/8 lb

### Fruits

- 71758 Apples - Fuji..... 80 ct
- 71729 Apples - Granny Smith..... 110 ct
- 71819 Blueberries ..... 12 pints
- 71910 Green Seedless Grapes ..... 1/16 lb
- 71908 Red Seedless Grapes ..... 1/18 lb
- 71871 Red Grapefruit..... 1/6 ct
- 71927 Kiwi..... 33-39 ct
- 71936 Lemons..... 140 ct
- 71964 Limes ..... 48 ct
- 71967 Mangoes..... 10-12 ct
- 71971 Cantaloupe Melons ..... 12-15 ct
- 71991 Honeydew Melons ..... 1/6 ct
- 72054 Valencia Oranges..... 88 ct
- 72110 Pears..... 100 ct
- 72148 Pineapples golden ripe ..... 1/6-7 ct
- 72205 Strawberries ..... 8/1 lb

Ask your Sales Consultant about the line of Vegetable Noodles available from FreshLine



New York's Hudson Valley region and the surrounding valleys are filled with rich fertile soil farmed for generations. 1909™ Heritage Farms partners with these local farms for their quality of produce and for their strict adherence to food safety guidelines.

ITEMS	AVAILABILITY	LOCAL FARM	LOCATION
Apples	August - June	Yonder Farms	Valatie/Hudson, NY
Cider	Sept - Jan	Eger Bros.	Livingston/Hudson, NY
Corn	July - Oct	Kinderhook Creek Farms	Stephentown, NY
Cut Vegetables	year round	Capital City Produce	Albany, NY
Herbs	year round	Rockhedge Farms	Pleasant Valley, NY
Lettuce	June - Sept	A. Gurda Farms	Pine Island, NY
Mushrooms	year round	Bulich Mushroom Farms	Catskill, NY
Onions	July - March	A. Gurda Farms	Pine Island, NY
Potatoes	July - March	Swartz Farms Story Farms	Amherst, MA Catskill, NY

Availability of local produce is dependent on the growing seasons/weather conditions

# PROTEINS

Salads can pack in plenty of nutritious vegetables without a ton of calories. Sometimes they just don't seem to satisfy the hunger. Adding a lean protein, the right amount of heart-healthy fat, and fiber-filled toppings can keep the hunger at bay.



## Beef

57753	1909 Select Boneless Beef Ribeye Steak	12/8 oz avg
59502	Beef Teres Major	1/10 lb avg
59360	Choice Beef Inside Top Round	3/24 lb avg
59459	Choice Beef Outside Skirt Steak	6/13 lb avg

## Deli Meats

55545	Carando Imported Whole Prosciutto	1/18 lb avg
56543	Carando Sandwich Style Pepperoni	4/2 lb avg
57042	Carando Centurion Genoa Salami	3/6 lb avg
57043	Carando Genoa Salami	3/6 lb avg

## Chicken

54566	Brandywine Breaded Chicken Tender Bites	1/10 lb
53926	Dutch Quality Grill Marked Chicken Breast Fillet	40/4 oz
54101	Dutch Quality IQF Chicken Breast Fillet	40/4 oz
54102	Dutch Quality Naturelle Chicken Breast	40/4 oz
54106	Dutch Quality Naturelle Chicken Breast	32/5 oz
54108	Dutch Quality Naturelle Chicken Breast	26/6 oz
53923	Koch Grill Marked Chicken Breast Fillet	43/4.5 oz
54623	Koch Fully Cooked 1/2" Diced White & Dark Chicken	1/10 lb
54625	Koch Fully Cooked 1/2" Diced White Chicken	1/10 lb
53927	Red Label Grill Marked Chicken Breast Fillet	40/4 oz
54609	Pierce Breaded Buttermilk Chicken Tender Fritter RTC	2/5 lb
54568	Pierce Tempura Battered Chicken Breast Chunks RTC	2/5 lb
53920	Pierce Speed Grill Chicken Breast RTC	40/4 oz
54626	Pierce Fully Cooked 1/2" Diced White Chicken	2/5 lb
54634	Tyson Fully Cooked 1/2" Diced White Chicken	2/5 lb

## Eggs

24852	Davidson Medium White Eggs Pasteurized	15 doz
24860	Esbensshade Medium White Eggs Grade AA	30 doz
24873	Esbensshade Large White Eggs Grade A Carton	30 doz
24870	Esbensshade Large White Eggs Grade AA	30 doz
24882	Esbensshade Xlarge White Eggs Grade A Carton	30 doz
24880	Esbensshade Xlarge White Eggs Grade AA	30 doz
24898	Esbensshade Jumbo White Eggs Grade A	30 doz
24896	Esbensshade Jumbo White Eggs Grade A Carton	24 doz
25048	Papetti's Hard Cooked Diced Eggs	4/5 lb

## Pork

53303	Farmland Precooked Bacon	1/300 ct
53311	Farmland Heat & Serve Thick Sliced Bacon	2/150 sl
53308	Superior Precooked Xtra Thick Sliced Bacon	8/150 sl

## Seafood

41930	Duet Anchovies	12/13 oz
39837	Handy Backfin Crab Meat	6/1 lb
39836	Handy Backfin Lump Crab Meat	6/1 lb
39838	Handy Special Crab Meat	6/1 lb
39851	Handy Crab Cake Combo Blend	6/1 lb
41236	Mrs Friday Jumbo Crab Sensations	6/2 lb
41234	Enterprise Imitation Crab Whiting	12/2.5 lb
41171	Icelandic IVP Salmon Fillet	26/6 oz
41170	Icelandic IVP Salmon Fillet	20/8 oz
41176	Trident Redi Grilled Salmon Fillet	40/4 oz
41148	FPI Mediterranean Style Salmon Fillet	29/5.5 oz
41173	FPI IVP Skinless Boneless Salmon Fillet	26/6 oz
41545	Censea 71-90 T/Off P&D Raw White Shrimp	5/2 lb
41479	FPI Cooked Salad Shrimp 150-250	4/2.5 lb
41486	FPI 26/30 Shrimp on Skewer (5 pcs)	1/10 lb
41767	Asian Cold Smoked Ahi Tuna Steak	26/6 oz
41254	Louis Kemp Choice Flake & Chunk Surimi	4/2.5 lb
41258	Louis Kemp Super Easy Shred Surimi	12/2.5 lb
41252	Louis Kemp Super Flake & Chunk Surimi	4/2.5 lb
42597	Scheiber White Albacore Tuna Pouch	6/43 oz
42601	Ambrosia Light Skip Jack Chunk Tuna Pouch	6/43 oz
42600	P.L. Chunk Tongul Tuna K	6/66.5 oz
42705	Star Kist Albacore Chunk Tuna in Pouch	6/43 oz

## Turkey

58672	Carolina Diced White Turkey	2/5 lb
58800	Carolina All Natural Ground Turkey	2/10 lb
58675	Butterball Turkey Breast Cutlets	36/4 oz
58536	Butterball Cooked Roast & Serve Turkey Breast	2/10 lb avg
58565	Butterball Ckd Golden Brown Skinless Turkey Breast	2/8.5 lb avg

# CHEESE



**Asiago** - Firm to hard texture with buttery, nutty flavor similar to parmesan

**Cheddar** - Smooth, firm, becomes more granular and crumbly as ages; rich, nutty, creamy flavor increasingly sharp with age

**Feta** - semi-firm, crumbly texture, tart, salty, tangy flavor

**Goat** - soft with mild tangy flavor

**Gorgonzola** - semi-firm, crumbly, earthy bold flavor

**Mozzarella** - smooth texture, mild, milky delicate flavor

**Parmesan** - granular texture, buttery, sweet, nutty flavor

**Provolone** - firm texture, full flavor intensifies with age

**Romano** - hard, granular cheese; sharp, piquant flavor

23146	Cucina Shredded Asiago Cheese	4/5 lb
24579	Danesland Danish Blue Cheese - wheel	1/6 lb avg
23353	Cabot White Shredded Cheddar Cheese	4/5 lb
24576	Belton Farm Derby Sage Cheese	2/4.4 lb avg
24577	Belton Farm Derby Port Wine Cheese	2/4.4 lb avg
23880	Stella Feta Cheese Crumbles	4/2.5 lb
23890	Treasure Feta Cheese in Tub	2/9 lb
23895	Euphrates Feta Cheese in Pail K	1/27 lb
23897	Euphrates Feta Cheese Vacuum Packed K	4/9 lb avg
24637	Capra Goat Cheese Crumbles	2/2 lb

24623	Stella Gorgonzola Cheese Crumbles	1/5 lb avg
23966	Cucina Fresh Mozzarella Cheese Balls-Perlini	2/3 lb
23970	Cucina Fresh Mozzarella Cheese Log Sliced	6/1 lb
24455	Sorrento Provolone Cheese	3/12 lb avg
24470	Sorrento Provolone Cheese	6/6 lb avg
24323	Cucina Shaved Caesar Blend Cheese	2/5 lb
24332	Mamafran Grated Parmesan Cheese Imported	4/5 lb
24339	Cucina Fresh Shredded Parmesan Cheese	2/5 lb
24578	Wensleydale w/Cranberry Cheese	4/2.7 lb avg
24580	Wensleydale w/Caramelized Onion Cheese	2/2.4 lb avg

# DRESSINGS

Customers love choices and a diverse dressing selection give customers countless ways to customize their salad. It's important to have both vinaigrette and creamy dressing choices. A unique house dressing can set your restaurant apart. Here are some suggestions on making a house dressing, starting with one of Ken's as a base.

## Strawberry Basil Slaw Dressing

Coleslaw dressing with strawberries, basil, salt & pepper.

## Lemon Dill 1000 Island Dressing

1000 Island dressing with dill, lemon juice, salt & pepper.

## Avocado Scallion Italian Vinaigrette

Italian dressing with avocado puree, scallions, garlic, water, salt & pepper

## Very Berry Cranberry Bleu

Bleu cheese dressing with dried cranberries, cranberry sauce, apple cider vinegar, onions, salt & pepper

## Sesame Ginger Caesar Dressing

Caesar dressing with sesame oil, ginger, black & white sesame seeds, parsley, soy sauce, rice wine vinegar and pepper



### Ken's 1 gallon

29550	Balsamic Vinaigrette Dressing	4/1 gal
29590	Chunky Bleu Cheese Dressing	4/1 gal
29750	Deluxe Bleu Cheese Dressing	4/1 gal
29800	Lite Olive Oil Vinaigrette Dressing	4/1 gal
29820	Creamy Caesar Dressing	4/1 gal
29830	Tableside Caesar Dressing	4/1 gal
29821	Metropolitan Roman Caesar Dressing	4/1 gal
29835	Lite Caesar Dressing	4/1 gal
30035	Magic Blend Coleslaw Dressing K	4/1 gal
30929	Cucumber Wasabi Dressing	2/1 gal
30120	Deluxe French Dressing K	4/1 gal
30419	Olives & Feta Greek Vinaigrette Dressing	4/1 gal
30420	Fat Free Honey Dijon Dressing K	4/1 gal
30421	Honey Mustard Dressing K	4/1 gal
30422	Supreme Honey Mustard Dressing	4/1 gal
30500	Creamy Italian Dressing K	4/1 gal
30750	Lite Italian Dressing K	4/1 gal
30760	Fat Free Italian Dressing K	4/1 gal
30830	Golden Italian Dressing K	4/1 gal
30925	Separating Italian Dressing K	4/1 gal
30927	Lemon Vinaigrette Dressing	2/1 gal
30930	Parmesan Peppercorn Dressing	4/1 gal
30945	Lite Ranch Dressing K	4/1 gal
30947	Fat Free Ranch Dressing K	4/1 gal
30978	Ranch Dressing K	4/1 gal
30980	Buttermilk Ranch Dressing K	4/1 gal
31010	Deluxe Russian Dressing K	4/1 gal
31040	Oriental Sesame Dressing	4/1 gal
31200	1000 Island Dressing K	4/1 gal

### Ken's 32 oz pourables

29543	Balsamic Vinaigrette Dressing	6/32 oz
29763	Bleu Cheese Dressing	6/32 oz
29808	Creamy Caesar Dressing	6/32 oz
30278	Country Honey French Dressing	6/32 oz
30457	Honey Mustard Dressing	6/32 oz
30778	Low Calorie Italian Dressing	6/32 oz
30920	Lite Olive Oil Vinaigrette Dressing	6/32 oz
30952	Lite Ranch Dressing K	6/32 oz
30960	Ranch Dressing	6/32 oz
31193	1000 Island Dressing	6/32 oz

### Ken's pcs

29560	Balsamic Vinaigrette Dressing PC	60/1.5 oz
29757	Bleu Cheese Dressing PC	60/1.5 oz
29626	Bleu Cheese Dressing PC	72/1.75 oz
29810	Caesar Dressing PC	60/1.5 oz
30275	Country Honey French Dressing PC	60/1.5 oz
30300	Fat Free French Dressing PC K	60/1.5 oz
30425	Fat Free Honey Dijon Dressing PC K	60/1.5 oz
30740	Fat Free Italian Dressing PC K	60/1.5 oz
30835	Dressing Italian Golden PC K	60/1.5 oz
30895	Lite Italian Dressing PC K	60/1.5 oz
30935	Parmesan Peppercorn Dressing PC	60/1.5 oz
30942	Fat Free Ranch Dressing PC K	60/1.5 oz
30950	Lite Ranch Dressing PC	60/1.5 oz
30959	Buttermilk Ranch Dressing Cup K	72/2 oz
30990	Ranch Dressing PC K	60/1.5 oz
31003	Fat Free Raspberry Vinaigrette Dressing PC K	60/1.5 oz
31325	1000 Island Dressing PC K	60/1.5 oz

### Cain's 1 gallon

29610	Chunky Bleu Cheese Dressing	4/1 gal
29620	Buffalo Bleu Cheese Dressing	4/1 gal
30770	Lite Italian Dressing K	4/1 gal
30938	Cracked Parmesan Peppercorn Dressing	4/1 gal
30985	Gourmet Buttermilk Ranch Dressing K	4/1 gal
30986	Chipotle Ranch Dressing	4/1 gal
30987	Lite Buttermilk Ranch Dressing	4/1 gal
31031	Supreme Russian Dressing	4/1 gal
29549	Balsamic Vinaigrette Dressing	4/1 gal
29530	Raspberry Vinaigrette Dressing Fat Free K	4/1 gal

### Hellmann's 1 gallon

29595	Chunky Bleu Cheese Dressing	4/1 gal
29815	Creamy Caesar Dressing	4/1 gal
29818	Creamy Caesar Dressing Refrigerated	2/1 gal
30360	Greek Vinaigrette Dressing	4/1 gal

### Kraft 1 gallon

29545	Dressing Balsamic Vinaigrette	4/1 gal
29582	Bleu Cheese Crumble Dressing	4/1 gal
29585	Pourable Bleu Cheese Dressing	4/1 gal

### Kraft 1 gallon - continued

30020	Coleslaw Dressing.....	4/1 gal
30110	Creamy French Dressing.....	4/1 gal
30467	Honey Dijon Dressing.....	4/1 gal
30485	Zesty Italian Dressing.....	4/1 gal
30510	Creamy Italian Dressing.....	4/1 gal
30820	Golden Italian Dressing.....	4/1 gal
30962	Ranch Dressing.....	4/1 gal
30992	Buttermilk Ranch Dressing K.....	4/1 gal
31005	Fat Free Raspberry Vinaigrette Dressing.....	4/1 gal
31035	Creamy Russian Dressing.....	4/1 gal
31190	1000 Island Dressing.....	4/1 gal

### Ventura 1 gallon

29551	Marie's White Balsamic Shallot Vinaigrette.....	2/1 gal
29751	Marie's Premium Bleu Cheese Dressing.....	2/1 gal
29807	Marie's Creamy Caesar Dressing.....	2/1 gal
30466	Country Honey Dijon Dressing.....	4/1 gal
30953	Hidden Valley Ranch Dressing K.....	4/1 gal

### Additional Dressing options

29809	Saratoga Great Caesar Dressing GF.....	2/1 gal
30461	Saratoga Honey Dijon Mustard Dressing GF.....	2/1 gal
30380	Babs Herb Dressing.....	4/1 gal
30480	Wishbone Italian Dressing.....	4/1 gal
29541	Saratoga Zinfandel Vinaigrette Dressing GF.....	2/1 gal

# Add Eye Appeal

- Color** - Include ingredients of different colors for eye appeal and different nutrients
- Flavor** - Balance strong and mild flavors
- Texture** - Balance soft with crisp ingredients, juicy with crunchy, fibrous with smooth
- Shape** - Cut ingredients in different shapes, like cubes, julienne, slices, shredded bits & wedges

**Citrus, Fig and Prosciutto Salad with Honey Thyme Vinaigrette** Romaine and leaf lettuce topped with orange segments, figs, prosciutto, sliced almonds topped with a sweet dressing

**Athenian Salad** Romaine and spring mix, with chicken breast, tomatoes, zucchini, red onion, kalamata olives, feta, with Italian dressing

**Caribbean Shrimp Salad** Assorted lettuces topped with shrimp, mango, cucumbers, carrots, garnished with cilantro, limes, fried banana chips, and raspberry vinaigrette.

**Cow-Poke Fajita Salad** A flavorful salad mixed with tasty peppers, avocado, tortilla strips, beef and topped with ranch dressing mixed with salsa



# Make Your Own Dressings!

### Dressing Mixes

30660	Good Seasons Italian Dressing Mix K.....	12/7.6 oz
30655	Foothill Italian Dressin gmlx No MSG.....	12/7.6 oz
30665	Foothill Ranch Dressing Mix No MSG GF.....	18/3.2 oz
30955	Good Seasons Ranch Dressing Mix.....	20/3.35 oz
30965	Hidden Valley Original Ranch Dressing Mix GF.....	18/3.2 oz

### Dairy

24671	Garelick Reduced Fat Buttermilk.....	12/32 oz
24642	40% Heavy Cream UHT.....	12/32 oz
24647	36% Heavy Cream UHT.....	12/32 oz
25574	Cabot Sour Cream K.....	6/5 lb
26046	Kontos Greek Yogurt.....	1/11 lb
26048	Cabot Greek Style Yogurt.....	6/32 oz

### Mayonnaise

31750	Admiration Heavy Duty Mayonnaise K.....	4/1 gal
31752	Admiration Heavy Duty Mayonnaise Red Label.....	4/1 gal
31738	Cain's Light Mayonnaise.....	4/1 gal
31740	Cain's Deli Mayonnaise.....	4/1 gal
31835	Cain's Extra Heavy Mayonnaise K.....	4/1 gal
31810	Cain's Mastermixt Mayonnaise.....	4/1 gal
31735	Ken's Chipotle Mayonnaise.....	2/1 gal
31825	Ken's Extra Heavy Mayonnaise K.....	4/1 gal
31830	Ken's Premium Mayonnaise K.....	4/1 gal
31755	Kraft Extra Heavy Mayonnaise K.....	4/1 gal
31765	Kraft Light Mayonnaise K.....	4/1 gal
31780	Ventura Extra Heavy Mayonnaise.....	4/1 gal
31815	Hellmann's Xtra Heavy Mayonnaise K.....	4/1 gal
31779	Ventura Heavy Mayonnaiase.....	4/1 gal

### Mustard & Honey

59755	Groeb Honey.....	4/6 lb
32175	Admiration Deli Mustard.....	4/1 gal

32403	Esprit Grain Dijon Mustard K.....	6/8.6 lb
32400	Esprit Smooth Dijon Mustard K.....	6/8.8 lb
32450	Grey Poupon Classic Dijon Mustard K.....	2/1 gal
32445	Grey Poupon Classic Dijon Mustard K.....	6/24 oz
32390	Gulden Country Style Dijon Mustard.....	4/1 gal

### Oils

63280	Admiration Soybean Vegetable Oil K.....	6/1 gal
62780	Admiration Canola Salad Oil.....	6/1 gal
62785	Admiration Canola Salad Oil.....	1/35 lb
63310	Soybean Salad Oil K.....	1/35 lb
63045	Corto Extra Virgin Olive Oil bag in box.....	1/10 ltr
63075	Olisur Extra Virgin Olive Oil.....	2/5 ltr
63077	Petria Extra Virgin Olive Oil.....	4/3 ltr
63090	Santiago Premium Extra Virgin Olive Oil.....	6/16.9 oz
63091	Santiago Limited Extra Virgin Olive Oil.....	6/16.9 oz

### Vinegars

33619	De Nigris Basic Balsamic Vinegar.....	2/ 5 ltr
33621	De Nigris Balsamic Vinegar.....	12/16.9 oz
33618	De Nigris 4 Star Italian Balsamic Vinegar.....	2/5 ltr
33612	Roland White Balsamic Vinegar.....	2/5 ltr
33608	Don Marcello White Balsmaic Vinegar.....	2/ 5 ltr
33861	Roland Special Reserve Champagne Vinegar.....	4/5 ltr
33775	Heinz White Vinegar.....	6/1 gal
33810	Adirmation 5% White Vinegar.....	4/1 gal
33880	Adirmation 5% Red Wine Vinegar.....	4/1 gal
33860	Heinz Red Wine Vinegar K.....	4/1 Gal
33890	Regina Red Wine Vinegar.....	4/1 Gal
33895	Ambrosia Rice Wine Vinegar.....	4/1 gal
33896	Roland Sherry Wine Vinegar.....	12/12.7 oz



Special add-ins can make your salad a tantalizing signature creation!

# INGREDIENTS

## CROUTONS & BREAD

4399	Rich's Parbaked French Breadstick K	120/1.5 oz
6864	Sugar Foods Seasoned Croutons	4/2.5 lb
6865	Sugar Foods Seasoned Croutons PC	1/250 ct
6872	Sugar Foods Large Seasoned Croutons	8/2.5 lb
6893	Sugar Foods Garlic/Pumpernickel Deli Croutons	4/2.5 lb
6900	Sugar Foods Plain Croutons	4/2.5 lb
24376	Musso's Parmesan Cheese Crisp Topping	6/200 grm
6481	French's Gourmet Crispy Jalapenos	6/20 oz
91970	Sugar Foods Crispy Onion Topping	6/24 oz
62080	Sugar Foods Tri Color Tortilla Strips	10/1 lb

## FRUITS

45475	Fresh Gourmet Dried Infused Cherries	1/5 lb
45480	Fresh Gourmet Dried Infused Cranberries	1/5 lb
45485	Ocean Spray Dried Sweetened Cranberries	2/48 oz
45582	Ocean Spray Strawberry Craisins	200/1.16 oz
43920	Dole Tropical Fruit Salad <i>lite syrup</i>	6/#10
43925	Dole Tropical Fruit Salad <i>in juice</i>	6/#10
45580	Sugar Foods Select Raisins K	1/10 lb
45585	Sugar Foods Golden Raisins	1/10 lb

## GRAINS

94730	Ambrosia Arborio Rice Italy GF	12/35 oz
94740	Ambrosia Basmati Rice	4/5 KG
94750	Ambrosia Israel Toasted Couscous	4/5 lb
94765	Ambrosia Jasmine Rice	1/25 lb
94925	Ambrosia Red Quinoa K	2/5 lb
94929	Ambrosia White Quinoa	2/5 lb

*Quinoa contains protein, fiber, plus beneficial phytonutrients.*

## NUTS

60924	Azar Sliced Blanched Almonds	1/5 lb
61192	Azar Pecan Pieces	1/5 lb
71484	Fresh Pine Nuts	1/5 lb
61203	Azar Pistachios <i>shelled</i>	3/2 lb
61206	Azar Sunflower Kernels No Salt	3/2 lb
61213	Azar Walnut Pieces	3/2 lb
61214	Azar Walnut Halves And Pieces	1/5 lb
61220	Azar Walnuts Candied Halves & Pieces	1/5 lb

## PASTA

52372	Zerega Bowtie Farfalle K	2/10 lb
52380	Zerega Cavatappi	2/10 lb
34011	Carla's Cavatelli w/Ricotta Cheese	4/3 lb
52395	Zerega Ditalini K	1/20 lb
52535	Zerega Elbows K	2/10 lb
52782	Zerega Orzo	2/10 lb
34483	Carla's Precooked Penne GF	20/8 oz
52801	Barilla Penne	12/1 lb
52902	Zerega Rainbow Rotini K	2/10 lb
53095	Zerega Rotini Twist K	2/10 lb
52915	Zerega Small Shells PK	2/10 lb
52792	Zerega Pastina	2/10 lb
35152	Carla's Cooked Six Cheese Sacchetti	2/2.5 lb
35273	Dominic Pre-cooked Cheese Tortellini	4/3 lb
35262	Dominic Tri-color Cheese Tortellini	4/3 lb

## VEGETABLES

89318	Ambrosia Artichoke Hearts 30/40 ct	6/3 kilo
89325	Ambrosia Marinated Artichoke Hearts	6/3 kg
13098	Calavo Avocado Halves	48/2 oz

# Think beyond the ordinary

**Charred lettuce** - Typically the base of weeknight salads, lettuce is slowly moving from side act to star performer. Charring the leaves on the barbecue adds a new complexity of flavor to this humble veggie.

**Kimchi** - As the health benefits of fermented ingredients are becoming more apparent, more people are turning to the East for inspiration. Kimchi is a Korean salad made from fermented cabbage and is delicious served with everything from fried rice to roast meats.

**Pickled!** - Pickled ingredients are topping the charts of what's in fashion this year, but don't limit yourself to cucumber and beetroot. Try pickled fruits too.

**Zucchini noodles** - As people are becoming more health conscious, there has been a steady move away from white carbs like pasta towards a variety of alternatives. Try adding the the 'zoodle', which is made from thin ribbons of zucchini, into a salad.



Source: [www.taste.com.au](http://www.taste.com.au)

**Lettuce** - Choosing the base of the salad also depends on what type of salad you're trying to make. For a lighter meal, stick to the sweeter greens, such as butter lettuce and red leaf. Dandelion greens, pea shoots and mâche are other great alternatives for a delicate dish. If you want something heartier and more substantial, try bok choy or kale. These greens will also pack a punch when it comes to flavor.



**Beyond Lettuce** - Grains, such as farro, quinoa or wheat berry, can be the base, as can lentils and pasta. This is a great option if you're craving a salad with a little more substance.

**Different Proteins** - Instead of adding animal proteins to salad, try things like tofu and tempeh (an Indonesian dish made by deep-frying fermented soybeans), or legumes like black beans, garbanzo beans and lentils, they lend a nutty taste. And don't forget cheese! Harder cheeses, like parmesan, have more protein.

Source: [wtop.com/think-outside-bowl-5-ways-to-build-a-better-salad](http://wtop.com/think-outside-bowl-5-ways-to-build-a-better-salad)

72321	<b>Ambrosia</b> Capote Capers K.....	6/32 oz
72326	<b>Ambrosia</b> Non-Pareille Capers K.....	12/32 oz
95735	<b>Classic</b> Simply Sweet Corn K.....	12/2.5 lb
91375	Hanover Cannellini Beans.....	6/10
95775	<b>Simplot</b> Edamame Beans .....	6/2.5 lb
82193	Anchor Crispy Battered Green Beans .....	4/2 lb
91385	Sunny Farm Garbanzo Chick Pea Beans Domestic K.....	6/10
13071	<b>Calavo</b> Supreme Guacamole .....	12/1 lb
13072	<b>Calavo</b> Western Guacamole .....	12/1 lb
75656	Kronos Classic Hummus .....	2/4 lb
72340	<b>Ambrosia</b> Pitted Spanish Green Olives Green - Queen .....	4/1 gal
72415	<b>Ambrosia</b> Manzanilla Green Olives - stuffed K.....	4/1 gal
72520	Lindsay Pitted Ripe Olives - medium K .....	6/10
72540	Duet Pitted Ripe Olives - medium K .....	6/10
72580	World Horizon Ripe Olives - sliced .....	6/10
72600	Kontos Kalamata Olives - pitted K.....	1/8 lb

6227	<b>Ambrosia</b> Greek Country Olives Mix - pitted .....	6/4.4 lb
72677	<b>La Casita</b> Hot Yellow Pepper Rings .....	4/1 gal
72829	<b>Ambrosia</b> Mild Banana Peppers - sliced.....	4/1 gal
13115	<b>Ambrosia</b> Jalapeno Peppers - sliced K.....	4/1 gal
13110	<b>Ambrosia</b> Jalapeno Peppers - sliced K.....	6/10
72730	<b>Ambrosia</b> Pepperoncini Peppers.....	4/1 gal
72860	<b>Ambrosia</b> Fire Roasted Yellow Peppers K.....	12/28 oz
72882	Roland Whole Sweet Peppadews Red Peppers K.....	2/#10
72881	Roland Whole Red Sweetie Peppers K .....	12/10 oz
72870	<b>Ambrosia</b> Fire Roasted Red Peppers K .....	12/28 oz
72875	<b>Ambrosia</b> Fire Roasted Red Peppers K .....	6/10
72878	<b>Ambrosia</b> Roasted Red Peppers Strips K .....	6/10
73190	PickPack Gherkin Sweet Pickles 150/175 .....	4/1 gal
89275	<b>Ambrosia</b> Sun Dried Tomato - halves K.....	1/5 lb
89280	<b>Ambrosia</b> Sun Dried Tomato - julienned K .....	1/5 lb
93901	<b>Ambrosia</b> Sliced Water Chestnuts .....	6/10



# PREPARED SALADS



**75578 Resers American Harvest BBQ Beans .....** 2/8 lb  
Navy, kidney, garbanzo, and butter beans are combined and dressed with an old-fashioned brown sugar and spice dressing.

**75445 Resers White Chicken Salad .....** 2/5 lb  
Tender shreds of white meat chicken with a rich, creamy mayonnaise dressing for a simple, yet flavorful salad.

**75465 Resers Coleslaw Salad .....** 2/7 lb  
Creamy dressing with just the right touch of lemon coats fresh cabbage. Sweet and light with colorful bits of carrot.

**75530 Resers Classic Macaroni Salad K.....** 2/8 lb  
Tender cooked macaroni in a creamy mayonnaise based dressing with red onion, red and green bell pepper, and celery.

**75568 Resers Potato Salad.....** 2/8 lb  
Diced cooked potatoes in a creamy mayonnaise based dressing blended with celery, carrots, onion, dill, and chives.

**75571 Resers Diced Potato w/Egg Salad .....** 3/8 lb  
Old fashioned salad with diced potatoes, sweet pickles, crisp celery, chopped onion & hard cooked eggs in a rich, creamy mayonnaise dressing.

**75576 Sidari Antipasto Salad Mix.....** 1/6 lb  
Simple prep, you combine penne pasta, salami, pepperoni, Kalamata olives, provolone, and parmesan cheese with a zesty antipasto dressing.

**43943 Sunrich Deluxe Fruit Salad K.....** 1/8 lb  
Juicy orange sections, pineapple chunks, sweet honeydew and cantaloupe chunks, and crisp red seedless grapes.

**43947 Sunrich Deluxe Fruit Salad .....** 1/24 lb  
Juicy orange sections, pineapple chunks, sweet honeydew and cantaloupe chunks, and crisp red seedless grapes.

## Melon & Peach Salad with Prosciutto & Mozzarella

- |  |                                  |
|--|----------------------------------|
| 1 1/2 lb honeydew melon—seeded, peeled and thinly sliced | Salt and freshly ground pepper   |
| 1 peach, peeled and thinly sliced                        | 2 tbsp chopped basil             |
| 1 tbsp extra-virgin olive oil                            | 2 tbsp chopped marjoram          |
| 2 tsp balsamic vinegar                                   | 1/2 lb fresh mozzarella, chopped |
|  | 2 oz thin slices of prosciutto   |

In a bowl, toss the melon and peach with the oil and vinegar; season with salt and pepper. Let stand for 5 minutes. Stir in the herbs and cheese.

Source: foodandwine.com

## Chili Lime Chicken Caesar Salad

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 cup romaine lettuce                | 1/4 cup tortilla strips           |
| 1 cup arugula                        | 3 oz Chili Lime Caesar dressing   |
| 1/4 cup onion, grilled               | <b>Chili Lime Caesar Dressing</b> |
| 1/4 avocado, diced                   | 16 oz Ken's Caesar Dressing       |
| 3 oz chicken, cooked, diced 1/2 inch | 8 oz Ken's Chili Lime Dressing    |
| 2 tbsp Monterey jack cheese          |                                   |

For Chili Lime Caesar Dressing, combine and mix well. Label, date, and refrigerate. Place romaine lettuce, arugula, grilled onion, avocado, and chicken in a bowl. Toss with chili lime Caesar dressing. Place in a serving bowl and top with Jack cheese and tortilla strips.

Source: Ken's Foodservice

## Southwestern Chicken Salad with Creamy Green Chili Ranch Dressing

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 20 oz HVR Ranch Dressing          | 3 cups red kidney beans, drained |
| 20 oz prepared chicken breast     | 3 cups roasted yellow corn       |
| 10 oz iceberg lettuce, chopped    | 5 cups cheddar, mild, shredded   |
| 10 oz green leaf lettuce, chopped | 1 1/2 cups green chilies, diced  |

Place chopped iceberg and green leaf lettuce on plate. Top with roasted corn, kidney beans, roasted chicken. Combine ranch dressing and green chiles and then drizzle over salad.

Source: Ventura Foodservice

## Bean Salad

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 cup Ken's Italian Dressing      | 1/2 cup carrot, small dice    |
| 2 cup green beans, blanched       | 1/2 cup celery, small dice    |
| 2 cup garbanzo beans              | 1/2 cup red onion, small dice |
| 1 cup edamame, cooked             | 1 tbsp oregano, fresh, minced |
| 1 cup roasted corn                | 1 tbsp basil, chopped         |
| 1/2 cup red bell pepper, julienne | 1/2 tsp kosher salt           |
| 1/2 cup yellow pepper, julienne   | 1/2 tsp black pepper          |

Mix all ingredients well and serve.

Source: Ken's Foodservice

# Make Salads To Go

## Bags

68113	Royal Heavy Duty Plastic To Go Bags .....	500 ct
68115	Royal Thank You Plastic Bags .....	975 ct
68109	Duro Brown Paper Bag w/Rope Handle.....	200 ct

## Containers

### DART

#### TAMPER EVIDENT CONTAINERS

- 1. Leak-Resistant Perimeter Seal** - maximizes product freshness & prevent spills
- 2. Separation Lugs** - allows for easy separation of nested containers
- 3. Tamper-Resistant Locking Posts** on 24 oz-64 oz size - additional tamper-resistance
- 4. TamperAlert Hinge and "Do Not Purchase if Hinge is Torn" message** - alerts customer to signs of tampered container
- 5. Stacking Platform** - provides great stability for display
- 6. Clear Packaging with Minimal Sidewall Ribbing** - maximizes product visibility
- 7. Offset Opening Tabs with "Lift" and "Hold" embossing** - makes container easier to open



Specifically designed to inhibit tampering, the DART Tamper-Alert Hinge protrudes outward when torn. The containers function as an easy to re-close and re-open, leak resistant two piece container once the hinge is torn.

66477	Dart 8 Oz Tamper Evident Hinged Plastic Container.....	200 ct
66479	Dart 12 Oz Tamper Evident Hinged Plastic Container.....	200 ct
66497	Dart 16 oz Tamper Evident Hinged Plastic Container .....	200 ct
66498	Dart 24 Oz Tamper Evident Hinged Plastic Container.....	200 ct
66499	Dart 32 Oz Tamper Evident Hinged Plastic Container.....	200 ct
66501	Dart 64 Oz Tamper Evident Hinged Plastic Container.....	200 ct
66458	Dart 9x9" Clear Plastic Hinged Container .....	2/125 ct
66568	Dart 8x8 Foam Hinged Container .....	2/100 ct
66571	Dart 8x8 Black Foam Hinged Container.....	2/100 ct
66618	Dart 9x9 Foam Hinged Container .....	2/100 ct
66620	Dart 9x9 Foam Hinged Container .....	2/100 ct
66622	Dart 9x9 Black Foam Hinged Container.....	2/100 ct
66470	Dart 24 oz Domed Clear Plastic Hinged Bowl .....	2/75 ct



97645	Yoshi 64 oz Black Oval Salad Bowl.....	50 ct
97647	Yoshi Lid for 64 Oz Oval Salad Bowl .....	50 ct
97649	Yoshi 80 oz Black PET Bowl .....	25 ct
97655	Yoshi Clear Dome Lid for 80 Oz Bowl .....	25 ct
97663	Yoshi 160 Oz Black PET Bowl.....	25 ct
97665	Yoshi Clear Dome Lid for 160 Oz Bowl .....	25 ct



Made from bamboo & sugar cane, excellent strength, appearance, 100% compostable and biodegradable

66615	Green Wave 9x9 Eco Hinged Container .....	300 ct
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Perforated hinged clear cover tears away. Vented, anti-fog lid. Channels in base drain moisture away to keep food from becoming soggy. Stackable design.

66573	Mullinix 8x8 Plastic Microwave Container.....	138 ct
66574	Mullinix 9x9 Black Plastic Microwave Container .....	112 ct
66576	Mullinix 10X10.25 Plastic Microwave Container .....	148 ct



One piece design; four flaps and a tab lock on top keeps product fresh. Poly-coated interior makes these boxes leak and grease resistant. Flaps open wide to allow easy access to the food.

66605	Kraft #4 Kraft Folded Box 7.75 x 5.5 x 3.5.....	4/40 ct
66608	Kraft #8 Kraft Folded Box 6 x 4.75 x 2.5.....	6/50 ct
66609	Royal #1 Kraft Folded Box 4.375 x 3.5 x 2.5 .....	9/50 ct
66613	Royal #3 Kraft Folded Box 7.75 x 5.5 x 2.5.....	4/50 ct

66557	Fabrikal 8 oz Round Clear Deli Plastic Container .....	10/50 ct
66561	Fabrikal 12 oz Round Clear Deli Plastic Container .....	10/50 ct
66582	Fabrikal 16 oz Round Clear Deli Plastic Container .....	10/50 ct
66584	Fabrikal 32 oz Round Clear Deli Plastic Container .....	20/25 ct
66555	Fabrikal Lid for 8-32 oz Deli Container.....	10/50 ct
66085	Fabrikal 12 oz Plastic Parfait Combo w/4 oz cup w/lid .....	500 ct

## Souffle Cups

65626	Fabrikal 2 Oz Black Plastic Souffle Cup .....	10/250 ct
65636	Fabrikal 2 Oz Plastic Souffle Cup.....	10/250 ct
65646	Fabrikal Clear Souffle Lid For 2 Oz Cup .....	20/125 ct
65705	Fabrikal 3.25 Oz Plastic Souffle Cup.....	20/125 ct
65708	Fabrikal 3.25 Oz Black Plastic Souffle Cup .....	20/125 ct
65812	Fabrikal 4 Oz Plastic Souffle Cup.....	20/125 ct
65814	Fabrikal 4 Oz Black Souffle Cup.....	20/125 ct
65848	Fabrikal 5.5 Oz Plastic Souffle Cup .....	20/125 ct
65860	Fabrikal Clear Souffle Lid For 3.25/4/5 Oz .....	20/125 ct

## Utensils

67622	Dart Black Medium Weight Plastic Fork .....	1000 ct
67657	Dart Black Medium Weight Plastic Knife .....	1000 ct
67692	Dart Black Medium Weight Plastic Teaspoon.....	1000 ct
99286	Yoshi 9" Clear Plastic Serving Fork .....	144 ct
99432	Yoshi 9" Clear Plastic Serving Spoon .....	144 ct
99499	Yoshi 9" Clear Plastic Tong .....	48 ct
99463	Yoshi 8.5" Black Plastic Serving Spoon.....	144 ct
99500	Yoshi 9" Black Plastic Tongs .....	48 ct

## Tips for Successful Takeout

**Make ordering easy** besides calling in, receive text-message orders, or through an app

**Put thought into the menu** easy-to-read and audience-centric menu, and should include all food choices that can be transported safely and easily

**Set up a takeout area** if possible, have a separate counter and parking area with proper signage

**Monitor accuracy** you have one chance to get the order right; otherwise, the customer might not return, whenever possible, go over the order with the customer at pick-up

**Use sturdy packaging** takeout packaging must maintain the quality and integrity of your restaurant's food and durable to avoid leaking or breaking

**Maintain food safety** hold food at safe temperatures until the customer picks it up, ensure food will remain at safe temperatures during transport too

**Assign the right personnel** schedule staff appropriately, customer-contact personnel should be prepared to address questions and concerns

Source: [www.restaurant.org](http://www.restaurant.org)