



HARLECH

EST **FOODSERVICE** 1972

GWASANAETH BWYD

FRUIT & VEG

FFRWYTHAU & LLYSIAU

WINTER/SPRING 2026

VISIT OUR WEBSITE TO VIEW OUR FRESH INSIGHTS

Phone 01766 810 810 **Email** service@harlech.lls.com **Website** www.harlech.co.uk



Fresh Produce for Professional Kitchens

Our Fruit & Veg range has been developed to deliver consistent quality, dependable supply and competitive pricing for foodservice operators across North Wales and beyond.

Backed by an experienced fresh produce team and supported by our distribution network, we monitor seasonality, market movement and availability daily — helping you plan with confidence in a category where weather and global supply can influence pricing and quality.

From everyday essentials to premium seasonal lines, our range is built to support busy kitchens, protect margins and maintain standards.

Our Core Stocked Range

Within this brochure you'll find our regularly stocked fruit, vegetables, salads, herbs and prepared lines — available for order via our website or telesales team.

Products are listed by category and can be searched easily online using the "Search by Description" function or the product code if provided.

Our stocked range focuses on:

- Everyday staples and core lines
- Consistent sizing and specification
- Reliable shelf life

We continually review our range based on customer demand and seasonal opportunity. If you cannot find a product you regularly use, please speak with our team — we are always looking to expand where it adds value.

Specialist Pre-Order Range (BTO)

In addition to our stocked lines, we offer an extended Specialist Pre-Order Range (Bought To Order – BTO), clearly marked within this brochure.

These products:

- Are not held in daily stock
- Are supplied subject to seasonal and daily availability
- Require a minimum 2 working day lead time (1pm cut-off)
- Must be ordered via telephone
- Are not available to order online

Our BTO range allows you access to premium, niche and seasonal items without increasing unnecessary stockholding — giving flexibility for menu development, events and speciality dishes.

For availability, pricing and guidance, please contact our Telesales Team.

Pricing & Market Conditions

Fresh produce pricing can fluctuate due to weather, crop yields and global supply conditions.

We aim to provide competitive and transparent pricing at all times, while also offering guidance on seasonal alternatives that may offer better value or improved consistency.

For regular updates on market trends, seasonal highlights and supply considerations, please scan the QR code within this brochure to access our Fresh Insights – Monthly Market Report.

Here to Support Your Kitchen

Whether you require core lines, specialist ingredients or prepared options to save labour, our team is here to help.

At Harlech Foodservice, fresh produce is more than just supply — it's partnership, communication and reliability.



FRUIT - APPLES & PEARS

SEARCH BY DESCRIPTION	Apples Braeburn Large	1x12kg / each
SEARCH BY DESCRIPTION	Apples Cooking/Bramley	1x12-13kg / each
SEARCH BY DESCRIPTION	Apples Golden Delicious Large	1x12kg / each
SEARCH BY DESCRIPTION	Apples Granny Smith LRG	1x12kg / each
SEARCH BY DESCRIPTION	Apples Granny Smith Sml App	1x18kg / each
SEARCH BY DESCRIPTION	Apples Pink Lady Large	1x12kg / each
SEARCH BY DESCRIPTION	Apples Royal Gala Large	1x12kg / each
SEARCH BY DESCRIPTION	Apples Royal Gala Small	1x18kg / each
26167 / 44799	Pears Conference	1x12kg / each



FRUIT - BANANAS

53073 / 33195	Bananas Box / Bunch	1x18kg / 1x1kg
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FRUIT - BERRIES

74335	Blackberries Punnet	1x125g
86561	Blueberries Punnet	1x125g
67607	Raspberries Punnet	1x125g
15969	Strawberries LRG Punnet	1x500g



FRUIT - GRAPES

75355/84854	Grapes Green	Box / Each
59411/30532	Grapes Red	Box / Each

FRUIT - CITRUS



SEARCH BY DESCRIPTION	Easy Peel Oranges	Box / Each
SEARCH BY DESCRIPTION	Lemons	Box / Each
SEARCH BY DESCRIPTION	Limes	Box / Each
SEARCH BY DESCRIPTION	Oranges Large	1x40-55 Box / Each
SEARCH BY DESCRIPTION	Oranges Small	1x80-110 Box / Each

FRUIT - MELONS



82652	Melons Canteloupe Each	Each
45815	Melons Galia Each	Each
SEARCH BY DESCRIPTION	Melons Honeydews Case	Box / Each
84067	Melons Watermelons	Each

FRUIT - OTHER



SEARCH BY DESCRIPTION	Kiwifruit Box 28-66	1x28-66 Box/Each
36123	Mangoes Each	Each
58286/55942	Passion Fruit	Box / Each
83815	Physalis	Punnet
76297	Pineapples	Each
83162	Pink Grapefruit	Each
31340/17301	Plums	1x5kg/1x10kg Box/Each
80237	Pomegranates Each	Each

VEG - CAULIFLOWERS



19090 / 33819	Cauliflowers	Box / Each
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VEG - BEANS, SUGAR SNAPS & BABY VEG



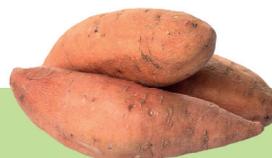
25412 / 22552	Baby Veg - Baby Corn 80g Pack	12x80g / Each
44882 / 59333	Baby Veg - Carrots Pack 200g	?x200g / Each
45169 / 32059	Beans Fine Beans Box - 10x150g	10x150g / Each
30036	Fine Bean 1.5kg Loose Box	1x1.5kg
88286 / 23055	Mange-Tout Box - 10x125g	10x125g / Each
18935 / 78662	Sugar Snap Box - 10x125g	10x125g / Each
45046	Sugar Snap LOOSE Box 1.5kg	1x1.5kg

VEG - CABBAGE & BRASSICAS



22005 / 53252	Broccoli Box	1x6kg / 1x375g
SEARCH BY DESCRIPTION	Broccoli Tenderstem	1x2kg / 1x200g
SEARCH BY DESCRIPTION	Cab Savoy	1x10-12 / Each
SEARCH BY DESCRIPTION	Cab Spring	Box / Each
SEARCH BY DESCRIPTION	Cab Sweet Heart	1x10-15 / Each
59065/61349	Cabbage Red	1x12 / Each
SEARCH BY DESCRIPTION	Cabbage White (Drumheads)	1x10kg / Each
15343 / 12976	Cavalo Nero Box	10x200g / 1x200g
34749	Kale Bag	1x200g

VEG - SQUASH, PUMPKINS, COURGETTES & SWEET POTATOES



SEARCH BY DESCRIPTION	Butternut Squash	1x10kg / Each
84006 / 31738	Courgettes	1x5kg / 1x500g
41425 / 36233	Sweet Potatoes	1x6kg / 1x900g



VEG - CARROTS & ROOT VEG

73851 / 69091	Beetroot Bunches	1x12 / Each
73709 / 29028	Beetroot Long Life	1x18 / 1x250g
56369	Car Chantenay Orange	1x5kg
12447 / 29055	Carrots	1x10kg / 1x1kg
21187 / 43842	Celeriac	1x10kg / 1x1.125kg
58064 / 42692	Parsnips	1x5kg / 1x450g-550g
74780	Swedes	1x12.5kg / Each



VEG - MUSHROOMS

34181	Mushrooms Button 2.27kg	1x2.27kg
22667 / 68422	Mushrooms Chestnut Box 2.27kg	1x2.27kg / 1x250g
37484 / 42416	Mushrooms Closed Cup 2.27kg	1x2.27kg / 1x250g
21026	Mushrooms Exotic Mix 1kg	1x1kg
31743	Mushrooms Flat/Breakfast 1.5kg	1x1.5kg
22306	Mushrooms Portobello 1.8kg	1x1.8kg
12582	Oyster Mushrooms Box	Box



VEG - ONIONS, LEEKS & GARLIC

19591 / 50201	Garlic Loose Net 4kg	1x4kg / Each
15868	Garlic Peeled 1kg	1x1kg
SEARCH BY DESCRIPTION	Leeks Net 4.5kg	1x4.5kg / 1x500g
59542 / 78058	Onions Large Spanish 20kg	1x20kg / 1x2.2kg
44383 / 23412 / 46085	Onions Red Net 9/10kg	1x9/10kg/1x2kg/1x500g
32362 / 89676	Onions Shallots Banana Net 4kg	1x4kg / 1x500g
69176 / 15349 / 78615	Onions Small Net 20kg	1x20kg/1x2.5kg/1x550g



VEG - POTATOES

34645	Potatoes Baking Box 40's	1x40s
12518 / 82725	Potatoes Baking Box 50's	1x50s / 1x4x50s
21942	Potatoes Baking Box 60's	1x60s
83177 / 12170	Potatoes General Sack 25kg	1x25kg / 1x2kg
80445	Potatoes Koffmans 20kg	1x20kg
32849	Potatoes Roosters Sack 20kg	1x20kg
17970	Potatoes Washed Chipping 20kg	1x20kg
47619 / 71992	Potatoes Washed Mids 10kg	1x10kg / 1x1kg
78151	Potatoes Washed Whites 25kg	1x25kg
12837 / 44954	Pots Pre-Pack 10 x 2kg	10x2kg / 1x2kg



VEG - CHILLIES, AUBERGINES, AVOCADOS & MORE

40171	Asparagus Green	1x225g
SEARCH BY DESCRIPTION	Aubergine	1x5kg / Each
SEARCH BY DESCRIPTION	Avocados Ripe and Ready 18-22	Box / Each
83688 / 49876	Chillies Green	1x3kg / 1x250g
66457 / 5118	Chillies Red	1x3kg / 1x250g
19117	Corn On The Cob (Long Life)	1x2
SEARCH BY DESCRIPTION	Fennel MED	1x4kg / Each
17532 / 83251	Ginger	1x10kg / 1x250g
62925	Lemongrass Bunch	1x100g



**SCAN THE QR CODE FOR
OUR FRESH INSIGHTS**



SALADS - LETTUCE & SALAD BAGS



53679	Lettuce Bionda	Each
88194	Lettuce Cos	Each
78164	Lettuce Endive	Each
35077	Lettuce Flat	Each
SEARCH BY DESCRIPTION	Lettuce Icebergs	Box / Each
27607	Lettuce Little Gem	Each
87327	Lettuce Oakleaf	Each
80587	Lettuce Radicchio	Each
60916	Lettuce Rosso	Each
37865 / 67597 / 14232	Salad Bags Baby leaf	1x100g/1x500g/6x500g
58095 / 68466	Salad Bags Joe's Pride	1x500g/5x500g
69927 / 56181 / 69373	Salad Bags Rocket	1x100g/1x500g/6x500g
54811	Spinach	1x200g
65045	Watercress	1x100g

SALADS - PEPPERS, RADISH & SALAD ONIONS



SEARCH BY DESCRIPTION	Peppers Green	1x5kg / Each
SEARCH BY DESCRIPTION	Peppers Orange	1x5kg / Each
SEARCH BY DESCRIPTION	Peppers Red	1x5kg / Each
83131 / 39669	Peppers Trio	10x3 / 1x3
SEARCH BY DESCRIPTION	Peppers Yellow	1x5kg / Each
56715	Radish Cone	1x125g
SEARCH BY DESCRIPTION	Spring Onions	12x125g/20x125g/1x125g

SALADS - OTHER



59535 / 83043	Pak Choi (Twin Pack) Box x10	1x10 / Each
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SALADS - CELERY, CUCUMBER & CRESS



75193	Celery Single	Each
SEARCH BY DESCRIPTION	Cress Salad	Box / Punnet
SEARCH BY DESCRIPTION	Cucumbers	Box / Each

SALADS - TOMATOES



SEARCH BY DESCRIPTION	Tomatoes Beef Box 7kg	1x7kg / Each
36094 / 28424	Tomatoes Cherry Box 9x250g	9x250g / 1x250g
40946	Tomatoes Cherry Vine Box 3kg	1x3kg
60835	Tomatoes on the Vine Box 5kg	1x5kg
41297 / 69690	Tomatoes Salad Box 6kg	1x6kg / 1x500g
73782	Toms Heritage 3kg Box	1x3kg
64248	Toms Plum 5kg Box	1x5kg

HERBS



33065	Basil	1x100g
63370	Chives	1x100g
79578	Coriander	1x150g
68361	Coriander Loose	1x20
15855	Dill	1x100g
38515	Mint	1x150g
18987	Oregano	1x100g
41444	Parsley Curly	1x120-150g
50008	Parsley Flat	1x150-200g
54831	Rosemary	1x100g
43485	Sage	1x100g
32448	Tarragon	1x100g
35178	Thyme	1x100g



MICRO HERBS

33015	Micro Basil Green
29621	Micro Basil Purple
89770	Micro Coriander
66153	Micro Dill
88483	Micro Lemon Balm
80989	Micro Mint
47877	Micro Mixed Herbs
37502	Micro Parsley
48582	Micro Peashoots Tendril
66006	Micro Radish
55206	Micro Red Amaranth
53055	Micro Red Vein Sorrel
13178	Micro Viola Flowers

NEXT DAY PREPARED VEG

44871	Prep Baton Carrots	1x1kg
52251	Prep Sliced Carrots 10mm	1x1kg
71064	Prep Coleslaw Mix	1x1kg
61915	Prep Whole Peeled Potatoes	1x5kg

SPECIALIST PRE-ORDER RANGE (BOUGHT TO ORDER BTO)

- Available To Pre-Order Only - These products are not stocked and are supplied subject to daily and seasonal availability.
- A minimum 2 working day lead time applies - 1pm order cut off.
- Telephone Ordering Only - these products are not available to order via our website or app.
- For specific product information, availability, and lead times, please contact our Telesales Team.

FRUIT - APPLES & PEARS

53545	Apples Coxes Box	1x12kg
18354	Apples Quince Box	1x4kg
79311	Pears Asian 12-14	Box

FRUIT - BERRIES

79893	Red Currant Punnet	1x125g
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FRUIT - OTHER

30963	Dates Medjoul	1x5kg
SEARCH BY DESCRIPTION	Figs 18-30	1xBox
28640	Lychees Box	1x2kg
31100	Kumquats Box	1x6kg
52978	Rhubarb - Forced	1x6kg

VEG - BEANS, SUGAR SNAPS & BABY VEG

21695	Baby Veg - Beetroot	6x200g
67638	Baby Veg - Candy Beetroot	6x200g
69468	Baby Veg - Courgette	6x200g
46653	Baby Veg - Fennel	6x200g
46978	Baby Veg - Golden Beet	6x200g
41965	Baby Veg - Leeks	1x200g
61526	Baby Veg - Turnips	6x200g

VEG - CARROTS & ROOT VEG

48899	Beetroot Purple	1x10kg
65218	Beetroot Candy Loose Net	1x5kg
48540	Beetroot Golden Loose Net	1x5kg
15150	Car Chantenay Rainbow	1x5kg
15734	Carrot Bunches Clean	1x12
43568	Carrots Heritage Mix	1x5kg
61322	Carrots Horse/Pony	1x10kg
79751	Parsnips PICCOLO	1x4kg
54337	Turnips	1x5kg

VEG - CABBAGE & BRASSICAS

17038	Broccoli Purple Sprouting	1x3kg
68215	Brussel Sprouts Sack	1x9kg

VEG - CAULIFLOWERS

13050	Cauliflowers Purple Case	1xCase
79264	Cauliflowers Romanesco Case	1xCase
25224	Cauliflowers Orange Case	1xCase

VEG - MUSHROOMS

76723	King Oyster Mushrooms Box	1xBox
70328	Shiitake Mushrooms Box	1xBox

VEG - ONIONS, LEEKS & GARLIC

60334	Garlic Rope Smoked 1kg	1x1kg
61663	Onions Pickling Small Cocktail Net 5kg	1x5kg
88142	Onions Shallots Round Net 4kg	1x4kg

VEG - SQUASH, PUMPKINS, COURGETTES & SWEET POTATOES

55885	Muscat Pumpkins Box	1x3kg
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VEG - POTATOES

35066	Potatoes Cyprus Sack 20kg	1x20kg
76247	Potatoes Purple Box 5kg	1x5kg
43784	Potatoes Rattes Box 5kg	1x5kg
31453	Potatoes King Edwards Sack 20kg	1x20kg
75609	Potatoes Washed Mini Mids Box	1x10kg

SALADS - LETTUCE & SALAD BAGS

24012	Chicory	1xBox
54916	Chicory Red	1xBox
71037	Lambs Lettuce	1x100g

SALADS - PEPPERS, RADISH & SALAD ONIONS

31273	Padron Pepper	1xBox
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SALADS - TOMATOES

13690	Tomatoes Cherry Yellow	9x250g
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SALADS - OTHER

23843	Bean Sprouts	1x4kg
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HERBS

56277	Basil *Thai*	1xBunch
62883	Bay Leaf	1x100g
43300	Chervil	1x100g
22582	Lemon Verbena	1x100g
81420	Sage	1x1kg

MICRO HERBS

78929	Micro Basil (Thai)	
14620	Micro Watercress	
20983	Sekura mix Cress	

VEG - CHILLIES, AUBERGINES, AVOCADOS & MORE

31203	Banana Leaf	1x1kg
84453	Chillies Birds Eye	1x150g
57018	Chillies Birds Eye	1x1.5kg
63698	Chillies Jalapeno	1x1.5kg
61192	Galangal	1x1.5kg
15702	Horseradish	Each
23630	Jerusalem Artichokes	1x5kg
86209	Globe Artichokes	1x6kg
17673	Kohlrabi	1x9kg
39487	Molokai/Purple Sweet	1x6kg
74387	Mooli (Daikon)	1x10kg
51422	Mooli (Daikon)	Each
34861	Salsify Box	1x5kg
36357	Samphire	1x1kg
64371	Swiss Chard Rainbow	1x4kg

PREPARED VEG

29672	Prep Chips 15mm	1x5kg
41386	Prep Chips 20mm	1x5kg
27553	Prep Potatoes 1/2 Cut	1x1kg
89541	Prep Potatoes 1/2 Cut	1x5kg
70508	Prep Potatoes 1/4 Cut	1x1kg
56418	Prep Potatoes 1/4 Cut	1x5kg
54222	Prep Potatoes Diced *10mm	1xNRM
20808	Prep Potatoes Fondant Oval	1xLRG
13531	Prep Potatoes Fondant Puck	1xLRG
45616	Prep Potatoes Fondant Puck	1xSML
20846	Prep Potatoes Thin Sliced 2mm	1x5kg
23525	Prep Potatoes Whole Peeled	1x1kg

16232	Prep Aubergines Diced	1x1kg
23543	Prep Broccoli Florettes	1x1kg
75746	Prep Butternut Squash	1x1kg
58881	Prep Cabbage Green Shredded	1x1kg
87848	Prep Cabbage Red Shredded	1x1kg
34875	Prep Cabbage Red Shredded	1x5kg
66529	Prep Cabbage White Shredded	1x1kg
78478	Prep Cabbage White Shredded	1x5kg
79931	Prep Carrot & Swede Diced	1x1kg
73072	Prep Carrots Chunky Baton	1x1kg
69264	Prep Carrots Diced	1x1kg
66877	Prep Carrots Grated	1x1kg
88207	Prep Carrots Whole Peeled	1x1kg
29672	Prep Chips 15mm	1x5kg
41386	Prep Chips 20mm	1x5kg
82547	Prep Coleslaw Mix W R Cab	1x1kg
46658	Prep Coleslaw Mix W R On	1x1kg
75400	Prep Courgettes Diced	1x1kg
23332	Prep Leeks Sliced	1x1kg
18289	Prep Mix Veg Diced LRG	1xLRG
33936	Prep Mixed Peppers Diced	1x1kg
11115	Prep Onion Diced 10mm	1x1kg
16524	Prep Onions Red Diced	1x1kg
34849	Prep Onions Red Sliced	1x1kg
29083	Prep Onions Sliced	1x1kg
26863	Prep Parsnips Whole Peeled	1x1kg
27317	Prep Peppers Mixed Sliced	1x1kg
39659	Prep Stir Fry Mix	1x1kg
25795	Prep Swede Chunky Baton	1x1kg
76815	Prep Swede Diced	1x1kg



Distribution centres in Criccieth, Chester, Telford, Carmarthen & Aberbargoed

Phone 01766 810 810 **Email** service@harlech.lls.com **Website** www.harlech.co.uk