



# **Mary's Harvest Fresh Foods**

**A Branch of United Salad**

# Offering fresh pre-cut fruits & vegetables and made to order prepared foods



\*All items require a two-day lead time, except for polenta requiring a three-day lead time. All items must be entered by 10:00am on the day of ordering.

- Fruits
- Vegetables
- Sandwiches
- Wraps
- Salads
- Breakfast
- Desserts
- Snack Trays
- \* Salsa
- \* Dips
- \* Soups
- \* Polenta
- \* Hummus

# The Sandwich Stop



CRANBERRY CHICKEN SALAD  
ITEM #19157  
6/7oz.



EGG SALAD WEDGE  
ITEM #17529  
6/6oz.



ROAST BEEF ONION ROLL  
ITEM #17533  
6/6oz.



ROAST BEEF & TURKEY SUB  
ITEM #17600  
6/6.5oz.



HAM & TURKEY CLUB  
ITEM #17599  
6/7oz.



ITALIAN SUB  
ITEM #17596  
6/7oz.



TUNA SALAD WEDGE  
ITEM #19163  
6/6oz.



TURKEY & SWISS CROISSANT  
ITEM #17595  
6/5.5oz.

# Greens To Go



CAESAR SALAD WITH CHICKEN  
ITEM #14364  
6/10oz.



CHEF SALAD WITH CHICKEN & HAM  
ITEM #14363  
6/10oz.



SOUTHWEST w/CHICKEN SALAD  
ITEM #31690  
6/9.5oz.



SPINACH BERRY SALAD  
ITEM #27566  
6/9.25oz.



COBB SALAD WITH CHICKEN & BACON  
ITEM #20227  
6/10oz.

NOT PICTURED

KALE CRANBERRY SALAD  
6/9.25 OZ - ITEM # 31686



DELUXE SALAD W/RANCH  
ITEM #5198  
6/12oz.

# Wrap it Up!



**BBQ CHICKEN RANCH WRAP**  
ITEM #33348  
6/11oz.



**CHICKEN CAESAR WRAP**  
ITEM #33229  
6/11oz.



**CHICKEN BURRITO**  
ITEM #31611  
6/9oz.



**BACON BREAKFAST BURRITO**  
ITEM #24232  
6/8.5oz.



**SOUTHWEST CHICKEN WRAP**  
ITEM #33349  
6/11oz.



**TURKEY BACON CLUB WRAP**  
ITEM #33350  
6/11oz.



**SAUSAGE BREAKFAST BURRITO**  
ITEM #24167  
6/9oz.



**PARFAIT VANILLA YOGURT,  
GRANOLA, AND  
STRAWBERRIES**  
6/8 OZ - ITEM # 19175

# The Snack Shack



APPLE, CHEESE, ALMOND &  
CRANBERRIES SNACK TRAY  
ITEM #20181  
6/5.5oz.



EGG, CARROT, GRAPE, CHEESE  
SNACK TRAY  
ITEM #20183  
6/8oz.



VEGGIE & CHEESE SNACK TRAY  
ITEM #24817  
6/6oz.



VEGETABLE SNACK PACK  
ITEM #2350  
6/12oz.



HUMMUS & VEGGIE SNACK TRAY  
ITEM #24819  
6/7oz.



SALAMI, CHEESE, APPLE, GRAPE  
SNACK TRAY  
ITEM #20847  
6/7oz.



VEGGIE CUP w/RANCH DRESSING  
ITEM #17744  
6/8oz.



BERRIES & MANGO  
ITEM #34072  
6/9oz.



ASSORTED BERRY TRAY  
ITEM #33450  
6/9oz.



MIXED BERRIES  
ITEM #34073  
6/8.5oz.



GOURMET MIXED FRUIT CUP  
ITEM #34079  
6/10oz.



CANTALOUPE CHUNKS  
ITEM #30874  
6/6oz.



MELON MEDLEY w/GRAPE CUP  
ITEM #30875  
6/6oz.



MIXED FRUIT CUP  
ITEM #30876  
6/6oz.



PINEAPPLE CHUNKS  
ITEM #30877  
6/6oz.



STRAWBERRY & BLUEBERRY  
MIX

ITEM #34087

6/8.5oz.



WATERMELON CHUNKS

ITEM #14334

6/6oz.



STRAWBERRY HALVES

ITEM #30878

6/5.5oz.

# Platefuls of Joy





WATERMELON SPEARS  
ITEM #34090  
4/14oz.



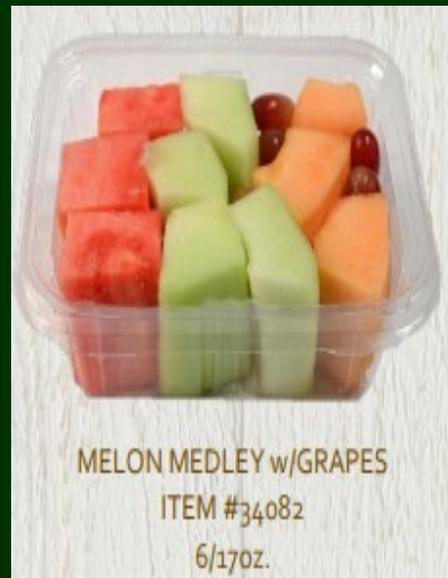
CANTALOUPE CHUNKS  
ITEM #34074  
6/17oz.



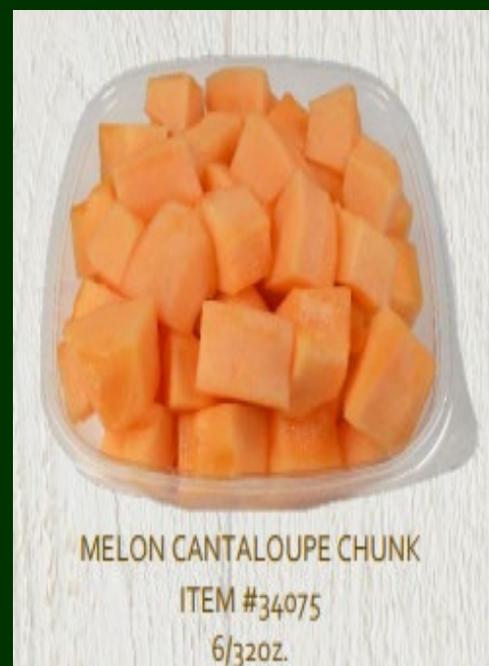
PINEAPPLE CHUNKS  
ITEM #34084  
6/17oz.



WATERMELON CHUNKS  
ITEM #34088  
6/17oz.



MELON MEDLEY w/GRAPES  
ITEM #34082  
6/17oz.



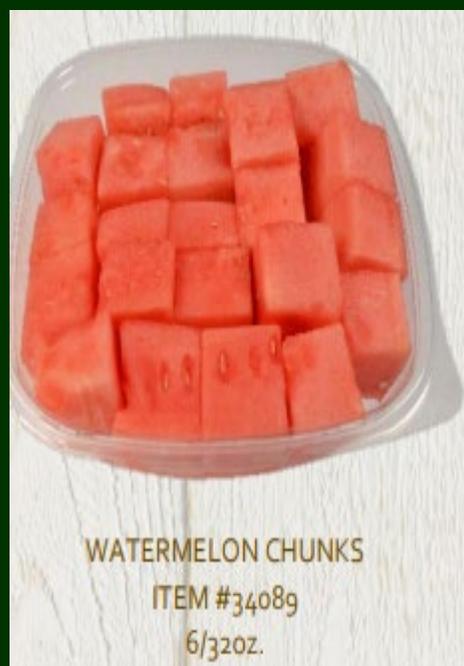
MELON CANTALOUPE CHUNK  
ITEM #34075  
6/32oz.



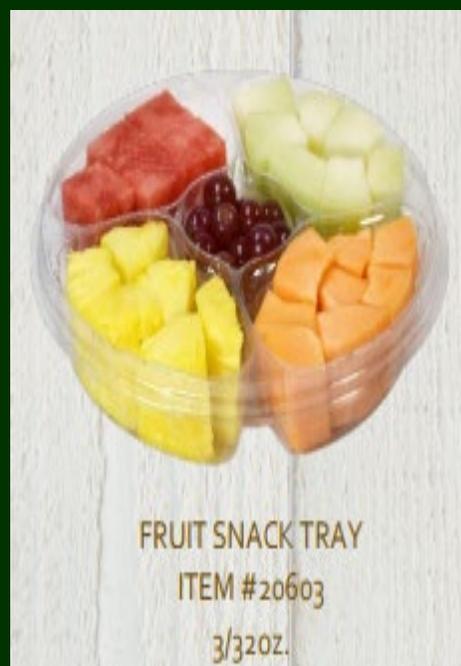
MELON MEDLEY w/GRAPE  
ITEM #34083  
6/32oz.



PINEAPPLE CHUNKS  
ITEM #34085  
6/32oz.



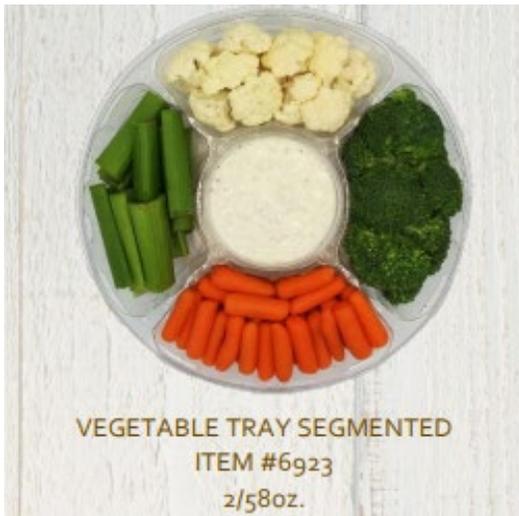
WATERMELON CHUNKS  
ITEM #34089  
6/32oz.



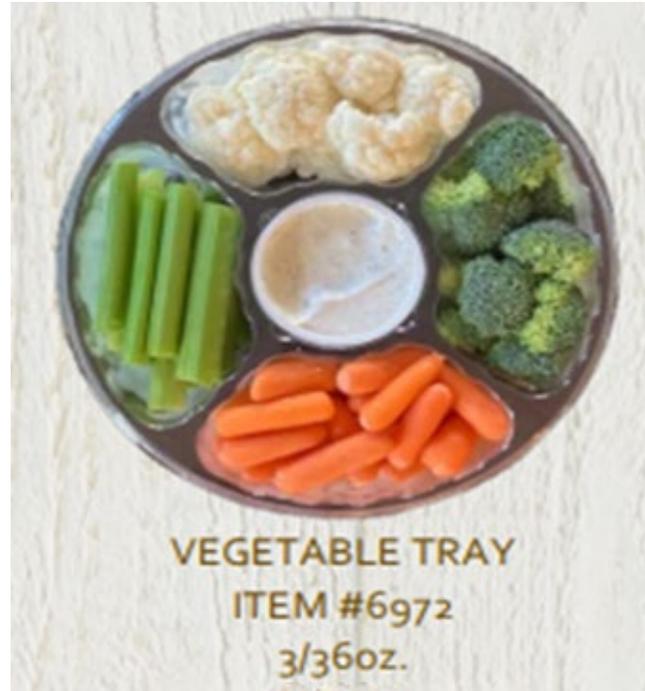
FRUIT SNACK TRAY  
ITEM #20603  
3/32oz.



FRUIT PARTY PLATTER  
ITEM #7081  
3/4lb



VEGETABLE TRAY SEGMENTED  
ITEM #6923  
2/58oz.



VEGETABLE TRAY  
ITEM #6972  
3/36oz.



FRUIT CUT TRAY  
ITEM #6971  
3/40oz.

# Knife Work Magic



BUTTERNUT SQUASH CUBED  $\frac{3}{4}$ "-1"  
ITEM #15133  
5lb



DICED CELERY  
ITEM # 1370 - 5 LBS  
ITEM # 12842 - 3 LBS



PEELED ORANGE CHUNKS  
ITEM #7759  
5lb



CHOPPED GREEN ONIONS  
ITEM #14383 - 5lb  
ITEM #12875 - 2/1.5lb  
ITEM #1387 - 1lb



MANGO DICED  $\frac{3}{8}$ "  
ITEM #30030  
2/3lb



DICED JALAPENO  
ITEM #12858  
3lb



BUTTERNUT SQUASH NOODLES  
ITEM #25736  
2/5lb



DICED RED ONIONS  
ITEM #7354 - 4/5lb  
ITEM #12475 - 5lb



NAPALITO DICED  
ITEM # 10166 - 10/1 LBS.  
ITEM # 20154 - 4/5 LBS.



CUBED RED BELL PEPPERS  
ITEM #12876  
2/3lb



DICED YELLOW ONIONS  
ITEM #3723 - 4/5lb  
ITEM #2206 - 5lb



CUBED GREEN BELL PEPPERS  
ITEM #9623  
2/3lb



DICED GREEN BELL PEPPERS  
ITEM #12855  
3lb



DICED WHITE ONIONS  
ITEM #1415  
5lb



DICED RED BELL PEPPERS  
ITEM #12857  
3lb



PEELED BAKER POTATO  
ITEM #1435  
10lb



QUARTER CUT RED "B" POTATOES  
ITEM #7943  
10lb



SWEET POTATOES DICED 1/2"  
ITEM #2601  
5lb



YELLOW POTATO PEELED &  
QUARTERED  
ITEM #3181  
5lb



DICED TOMATOES  
ITEM #16777  
4/5lb



DICED ROMA TOMATOES  
ITEM #1459  
5lb



SLICED TOMATOES  
ITEM #5365 - 4/5lb  
ITEM #6210 - 5lb



VEGETABLE KABOB MIX  
ITEM #5009  
5lb



STIR FRY VEGETABLES  
ITEM #1464  
5lb



ZUCCHINI SQUASH COINS  
ITEM #7030  
5lb



ZUCCHINI SQUASH NOODLES  
ITEM #27562  
2/5lb



BUTTERNUT SQUASH PEELED &  
DICED w/ROSEMARY  
ITEM #20566  
4/16oz.



DICED YAMS  
ITEM #21431 - 4/5lb  
ITEM #3640 - 5lb



BUTTERNUT SQUASH PEELED & DICED  
ITEM #9765  
6/2lb



BRUSSEL SPROUTS SEASONED  
ITEM #20559  
4/110Z.

# Super Salsa!



FIESTA CORN SALSA  
ITEM #17358  
6/16oz.



MANGO FRESH SALSA  
ITEM #11234  
6/12oz.



PICO DE GALLO  
ITEM #7362  
6/16oz.



MEDIUM SALSA  
ITEM #17357  
6/16oz.



PICO DE GALLO  
ITEM #7361  
6/7oz.



TROPICAL FRESH SALSA  
ITEM # 35170  
6/12 OZ

# Dip It Real Good



MARY'S FRESH GUACAMOLE  
ITEM #19327  
6/9oz.



MARY'S FRESH GUACAMOLE  
ITEM #20624  
4/18oz.



SPINACH DIP  
ITEM #20738  
6/9oz.



SEVEN LAYER BEAN DIP  
ITEM #9683  
6/8oz.



ARTICHOKE DIP  
ITEM #21490  
8lb.



SPINACH DIP  
ITEM #21489  
8lb

# Hummus a Tune



**CLASSIC HUMMUS**  
ITEM #33869  
8/9oz.



**EVERYTHING BAGEL HUMMUS**  
ITEM #33870  
8/9oz.



**ROASTED GARLIC HUMMUS**  
ITEM #34099  
8/9oz.



**SMOKEY CHIPOTLE HUMMUS**  
ITEM #33873  
8/9oz.



**KALAMATA OLIVE & CAPER HUMMUS**  
ITEM #33871  
8/9oz.



**PERUVIAN RED PEPPER HUMMUS**  
ITEM #33872  
8/9oz

# Warmth by the Spoonful



THREE BEAN CHILI  
4/4 LB- ITEM # 33143



ANGUS STEAK CHILI  
WITH BEANS  
4/4LB - ITEM # 33102



NEW ENGLAND CLAM  
CHOWDER  
4/4 LB - ITEM # 33275



TOMATO BISQUE  
4/4 LB - ITEM # 33276



WHITE BEAN CHICKEN  
CHILI  
4/4 LB - ITEM 33103



CHICKEN AND  
DUMPLING  
4/4 LB - ITEM # 33138



CHICKEN NOODLE  
4/4 LB - ITEM # 33277



ITALIAN WEDDING  
4/4 LB - ITEM # 34761



HUNGARIAN MUSHROOM  
4/4 LB- ITEM # 33139



BROCCOLI CHEDDAR  
4/4 LB - ITEM # 33153



TOMATO WITH GARDEN  
VEGETABLE  
4/4 LB - ITEM # 34039



LOADED POTATO  
4/4 LB - ITEM # 34041



CHICKEN TORTILLA  
4/4 LB - ITEM # 34042



COCONUT CURRY CHICKEN  
4/4 LB - ITEM # 34043



MOROCCAN LENTIL  
4/4 LB - ITEM # 34045



SHRIMP AND SAUSAGE GUMBO  
4/4 LB - ITEM# 34046



MINISTRONE  
4/4 LB - ITEM # 34047



CHICKEN VEGETABLE WITH RICE  
4/4 LB - ITEM # 34048

# Leafy Legends





SPINACH BOWTIE SALAD  
KIT  
6 LBS – ITEM # 35965



POWER SPINACH SALAD KIT  
ITEM #19287  
7lb.



SMOKED MOZZARELLA KIT  
10 LB – ITEM # 32854



SUMMER BERRY AMBROSIA  
KIT  
5LB – ITEM # 35934



TORTELLINI SPINACH SALAD KIT  
ITEM #23071  
2/6lb



WALDORF SALAD KIT  
ITEM #17553  
7.1lb



MEXICAN STREET CORN  
2/5 LB – ITEM # 35003

# A Second Helping of Happiness



ORGANIC ORIGINAL POLENTA  
12/16 OZ - ITEM # 28854



ORGANIC ITALIAN HERB  
POLENTA  
12/16 OZ- ITEM # 28856



MINI NACHO TRAY  
ITEM #3547  
6/1lb



MASHED POTATOES  
ITEM #20996  
2/5lb



ORGANIC SUN- DRIED  
TOMATO POLENTA  
12/16 OZ- ITEM # 28855



TWICE BAKED POTATOES  
ITEM #20376  
6/12OZ.

# A Bonus Bite of Delight



BUTTERSCOTCH PUDDING  
ITEM #20347  
6/9.5oz.



TAPIOCA PUDDING  
ITEM #17743  
6/9.5oz.



STRAWBERRY SHORTCAKE  
ITEM #5002  
6/8oz.



CHOCOLATE PUDDING  
ITEM #17742  
6/9.5oz.



VANILLA PUDDING  
ITEM #17741  
6/9.5oz.



BERRY AMBROSIA  
CUP  
6/5 OZ - ITEM #36348

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<u>ITEM</u>	<u>ITEM #</u>	<u>EA</u>	<u>WT</u>
Brussel Sprouts Seasoned		20559	4 11oz
Chopped, Green Onions		14383	15lb
Chopped, Green Onions		12875	21.5lb
Chopped, Green Onions		1387	11lb
Coins, Zucchini Squash		7030	15lb
Cubed, Butternut Squash 3/4-1"		15133	15lb
Cubed, Green Bell Peppers		9623	23lb
Cubed, Red Bell Peppers		12876	23lb
Cup, Berries and Mango		34072	6 9oz
Cup, Cantaloupe Chunks		30874	6 6oz
Cup, Gourmet Mixed Fruit		34079	6 100oz
Cup, Melon Medley With Grape		30875	6 6oz
Cup, Mixed Berries		34073	6 8oz
Cup, Mixed Fruit		30876	6 6oz
Cup, Pineapple Chunks		30877	6 6oz
Cup, Strawberry and Blueberry Mix		34087	6 8.5 oz
Cup, Strawberry Halves		30878	6 6.5oz
Cup, Veggie with Ranch Dressing		17744	6 8oz
Cup, Watermelon Chunks		14334	6 6oz
Cut Fruit Large Plate, Melon Cantaloupe Chunk		34075	6 32oz
Cut Fruit Large Plate, Melon Medley With Grape		34083	6 32oz
Cut Fruit Large Plate, Pineapple Chunks		34085	6 32oz
Cut Fruit Large Plate, Watermelon Chunks		34089	6 32oz
Cut Fruit Plate, Cantaloupe Chunks		34074	6 17oz

Cut Fruit Plate, Cantaloupe Spears	34076	4 14oz
Cut Fruit Plate, Honeydew Chunks	8350	6 12 oz
Cut Fruit Plate, Mango Spears	34081	4 14oz
Cut Fruit Plate, Melon Medley Chunks	8345	6 12oz
Cut Fruit Plate, Melon Medley With Grapes	34082	6 17oz
Cut Fruit Plate, Mixed Cut Fruit Chunks	8346	6 12oz
Cut Fruit Plate, Mixed Fruit Spears	34080	4 14oz
Cut Fruit Plate, Pineapple Chunks	8529	6 12oz
Cut Fruit Plate, Pineapple Chunks	34084	6 17oz
Cut Fruit Plate, Pineapple Spears	34086	4 14oz
Cut Fruit Plate, Watermelon Chunks	34088	6 17oz
Cut Fruit Plate, Watermelon Spears	34090	4 14oz
Cut Fruit Tray X-large	6971	3 40oz
Desert, Berry Ambrosia	36348	6 5oz
Desert, Butterscotch Pudding	20347	6 9.5oz
Desert, Chocolate Pudding	17742	6 9.5oz
Desert, Strawberry Shortcake	5002	6 8oz
Desert, Tapioca Pudding	17743	6 9.5oz
Desert, Vanilla Pudding	17741	6 9.5oz
Diced, Celery	12842	13lb
Diced, Celery	1370	15lb
Diced, Green Bell Peppers	12855	13lb
Diced, Jalapeno	12858	13lb
Diced, Mango 3/8'	30030	2 3lb
Diced, Napalito	10166	10 1lb

Mashed Potatoes	20996	25lb
Mini Nacho Tray	3547	6 1lb
Noodles, Butternut Squash	25736	25lb
Noodles, Zucchini Squash	27562	25lb
Parfait, Vanilla Yogart, Granola and Strawberries	19175	6 8oz
Peeled and Diced, Butternut Squash	9765	6 2lb
Peeled and Diced, Butternut Squash With Rosemary	20566	4 16oz
Peeled and Quarted, Yellow Potato	3181	15lb
Peeled, Baker Potato	1435	110lb
Peeled, Orange Chunks	7759	15lb
Polenta, Organic Italian Herb	28856	12 16oz
Polenta, Organic Original	28854	12 16oz
Polenta, Organic Sun-Dried Tomato	28855	12 16oz
Quarter Cut, Red "B" Potatoes	7943	110lb
Salad Kit, Asian Slaw	17659	16lb
Salad Kit, Bacon Pea	9450	17.25lb
Salad Kit, Broccoli Bacon	4707	16lb
Salad Kit, Chicken Fajita	26908	23.6lb
Salad Kit, Coleslaw	4709	114lb
Salad Kit, Fruit Salad	6070	110lb
Salad Kit, Greek	4710	15lb
Salad Kit, Mexican Street Corn	35003	25lb
Salad Kit, Power Spinach	19287	17lb
Salad Kit, Smoked Mozzarella	32854	110lb
Salad Kit, Spinach Bowtie	35965	16lbs

Salad Kit, Summer Berry Ambrosia	35934	15lb
Salad Kit, Summer Coleslaw	6127	16lb
Salad Kit, Tortellini Spinach	23071	26lb
Salad Kit, Waldorf	17553	17.1lb
Salads To Go, Caesar Salad With Chicken	14364	6 10oz
Salads To Go, Chef Salad With Chicken and Ham	14363	6 10oz
Salads To Go, Cobb Salad With Chicken and Bacon	20227	6 10oz
Salads To Go, Deluxe Salad With Ranch	5198	6 12oz
Salads To Go, Kale Cranberry	31686	6 9.25 oz
Salads To Go, Southwest Chicken With Corn and Black Bean	31690	6 9.25 oz
Salads To Go, Southwest With Chicken	31690	6 9.5oz
Salads To Go, Spinach Berry	27566	6 9.25 oz
Salsa, Fiesta Corn	17358	6 16oz
Salsa, Mango Fresh	11234	6 12oz
Salsa, Medium	17357	6 16oz
Salsa, Pico De Gallo	7362	6 16oz
Salsa, Pico De Gallo	7361	6 7oz
Salsa, Tropical Fresh	35170	6 12oz
Sandwich, Ham and Turkey Club	17599	6 7oz
Sandwich, Roast Beef Onion Roll	17533	6 6oz
Sandwich, Cranberry Chicken Salad	19157	6 7oz
Sandwich, Egg Salad Wedge	17529	6 6oz
Sandwich, Italian Sub	17596	6 7oz
Sandwich, Roast Beef and Turkey Sub	17600	6 6.5oz
Sandwich, Tuna Salad Wedge	19163	6 6oz

Sandwich, Turkey and Swiss Croissant	17595	6 5.5oz
Sliced, Tomatoes	5365	4 5lb
Sliced, Tomatoes	6210	1 5lb
Snack Pack, Vegetable	2350	6 12oz
Snack Tray Large, Fruit Mix	20603	3 32oz
Snack Tray, Apple, Cheese, Almond and Cranberries	20181	6 5.5oz
Snack Tray, Egg, Carrot, Grape , Cheese	20183	6 8oz
Snack Tray, Hummus and Veggie	24819	6 7oz
Snack Tray, Salami, Cheese, Apple and Grape	20847	6 7oz
Snack Tray, Veggie and Cheese	24817	6 6oz
Soup, Angus Steak Chili	33102	4 4lb
Soup, Broccoli Cheddar	33153	4 4lb
Soup, Chichen Vegetable With Rice	34048	4 4lb
Soup, Chicken and Dumpling	33138	4 4lb
Soup, Chicken Noodle	33277	4 4lb
Soup, Chicken Tortilla	34042	4 4lb
Soup, Coconut Curry Chicken	34043	4 4lb
Soup, Hungarian Mushroom	33139	4 4lb
Soup, Italian Wedding	34761	4 4lb
Soup, Loaded Potato	34041	4 4lb
Soup, Minestrone	34047	4 4lb
Soup, Moroccan Lentil	34045	4 4lb
Soup, New England Clam Chowder	33275	4 4lb
Soup, Shrimp and Sausage Gumbo	34046	4 4lb
Soup, Three Bean Chili	33143	4 4lb

Soup, Tomato Bisque	33276	4 4lb
Soup, Tomato With Garden Vegetable	34039	4 4lb
Soup, White Bean Chicken	33103	4 4lb
Stir Fry Vegetables	1464	15lb
Tray, Assorted Berry	33450	6 9oz
Twice Baked Potatoes	20376	6 12oz
Vegetable Kabob Mix	5009	15lb
Vegetable Tray X- Large	6972	3 36oz
Vegetable Tray X- Large Segmented	6923	2 58oz
Wrap, Bacon Breakfast Burrito	24232	6 8.5oz
Wrap, BBQ Chicken Ranch Wrap	33348	6 11oz
Wrap, Chichen Caesar Wrap	33229	6 11oz
Wrap, Chicken Burrito	31611	6 9oz
Wrap, Sausage Breakfast Burrito	24167	6 9oz
Wrap, Southwest Chicken	33349	6 11oz
Wrap, Turkey Bacon Club	33350	6 11oz