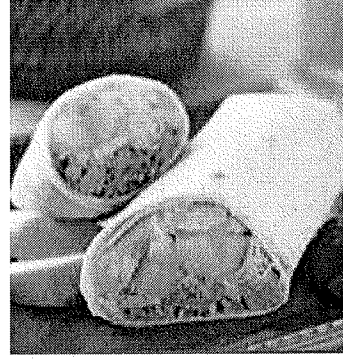
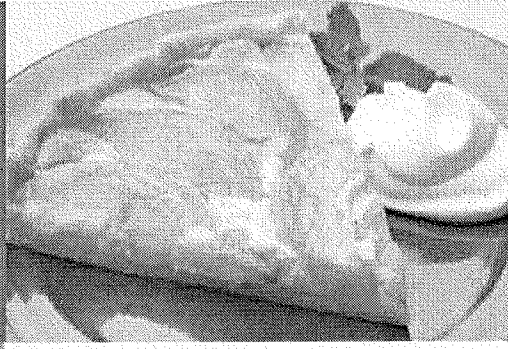


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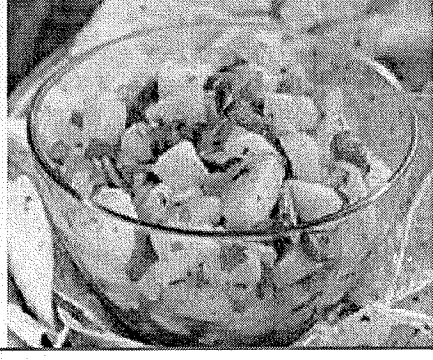
All Natural Fruit.
All Ready.
All Year.



Fresh Frozen Fruits

Are ready when you are.

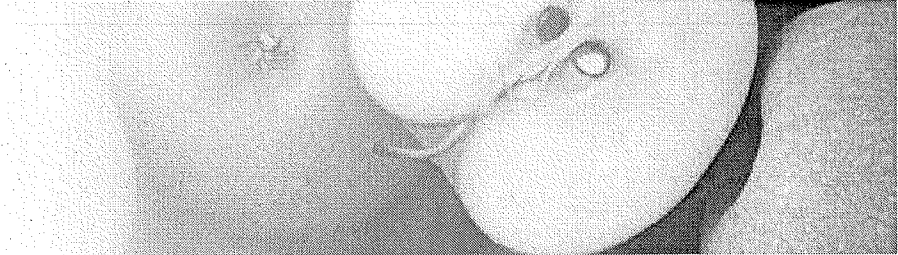
Washed, ready and packed, our fruits are designed with convenience in mind to open a window of healthful menu opportunities year round.



Apples

Dole flash-freezes Granny Smith apples straight from the tree to keep their characteristic crispness and fresh, clean taste.

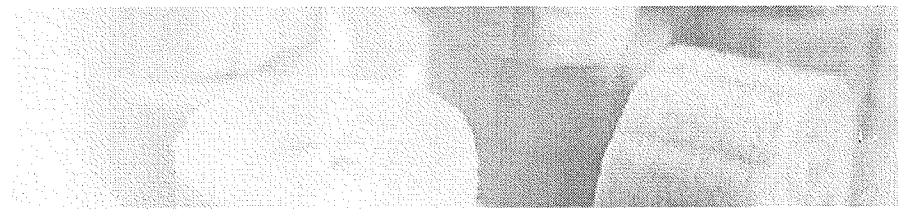
- IQF Sliced - 2/5 lbs. 15111
- IQF Sliced - 1/30 lbs. 15119
- IQF Chef-Ready Cuts Diced - 2/5 lbs. 15122



Bananas

Dole ensures one of America's favorite fruits is quick, easy and convenient to serve. Will anyone miss the peels?

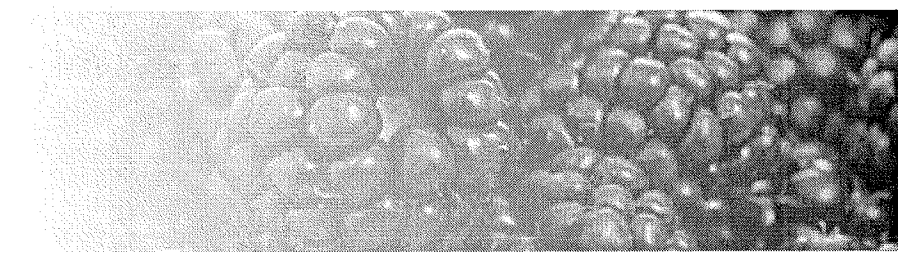
- IQF Sliced - 1/20 lbs. 16117



Blackberries

Only the best blackberries are selected to be Dole. Blackberries add superb taste and color to a range of foodservice dishes.

- IQF Whole* - 2/5 lbs. 18711
- IQF Whole* - 1/30 lbs. 18719



Blueberries

DOLE plump, juicy, sweet blueberries are packed with antioxidants and other nutrients that provide important health benefits. You'll enjoy their "just picked" flavor too.

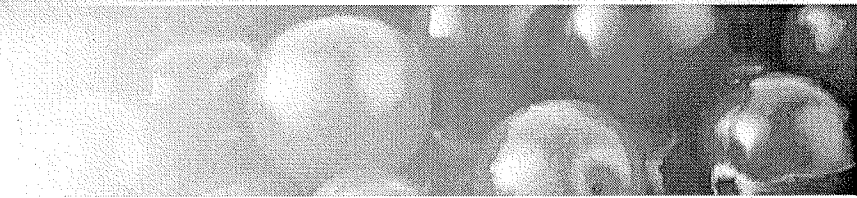
- IQF Whole - 2/5 lbs. 11711
- IQF Whole - 1/30 lbs. 11719



Cranberries

A good source of fiber and Vitamin C, stir tangy, colorful DOLE Cranberries into condiments and sauces, side dishes, salads and desserts.

- IQF Whole - 2/5 lbs. 60711



Freestone Peaches

Grown, harvested and processed in prime peach regions in California, ensuring the highest quality.

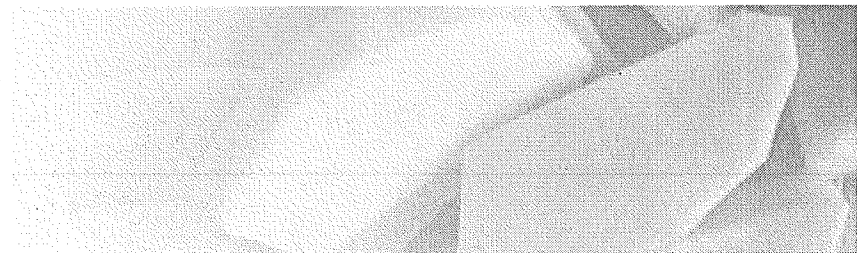
- IQF Sliced - 2/5 lbs. 26111
- IQF Sliced - 1/30 lbs. 26119
- IQF Sliced in Syrup 5+1 - 1/10 lbs. 27151
- IQF Chef-Ready Cuts Diced - 2/5 lbs. 27600
- IQF Bits & Pieces - 1/20 lbs. 27917



Mangos

This tropical fruit known for its juicy and aromatic qualities enhances recipe development for any operation.

- IQF Chunks - 2/5 lbs. 10511
- IQF Chunks - 1/20 lbs. 10517
- IQF Halves - 2/12 ct. 06511
- IQF Chef-Ready Cuts Cubes - 2/5 lbs. 10550



Mixed Berries

Dole designed a colorful and tasty blend of strawberries, red raspberries, blackberries and blueberries.

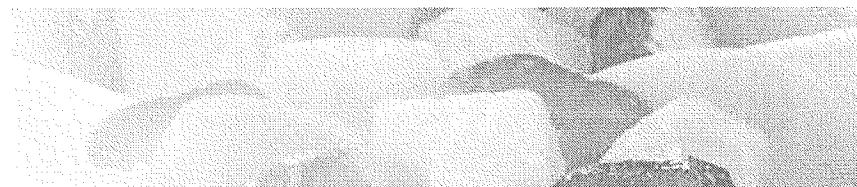
- IQF Whole* - 2/5 lbs. 06411



Mixed Fruit

Apply a splash of color and complementary taste to your menu with this combination of pineapples, sliced strawberries, mangos and peaches.

- IQF - 2/5 lbs. 16511



Pitted Dark Sweet Cherries

Plump, sweet and juicy jewels harvested and quick-frozen to ensure quality.

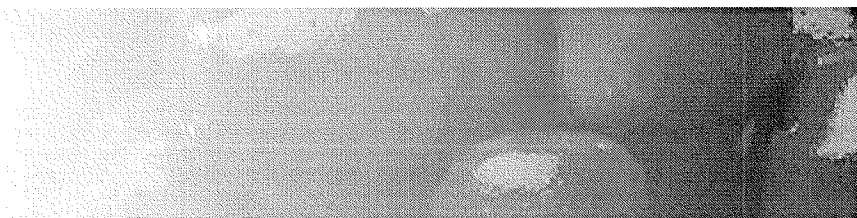
- IQF Whole, Pitted - 2/5 lbs. 13711



Pitted Red Tart Cherries

Colorful bursts of sour or tart flavor ideal for baked goods, toppings or mixes.

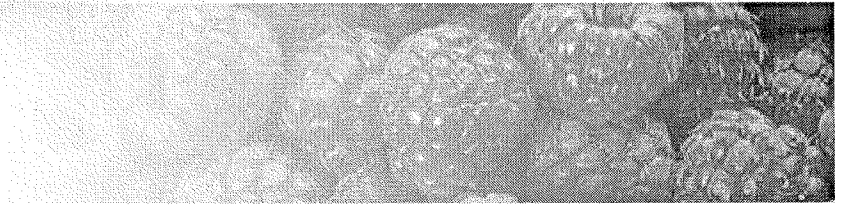
- IQF Whole, Pitted - 2/5 lbs. 13411



Raspberries

Picked at the peak of ripeness and quick-frozen to ensure premium quality, vivid color and delectable sweetness.

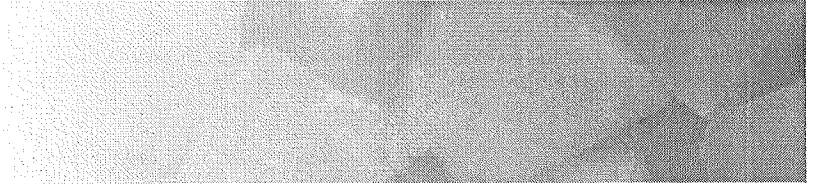
- IQF Whole* - 2/5 lbs. 22711
- IQF Crumbles* - 4/2.5 lbs. 22910



Red Papayas

Customers can't resist the rosy goodness and tropical appeal of papaya. Use Dole's frozen chunks to infuse beverages, salsas and desserts with island flavor.

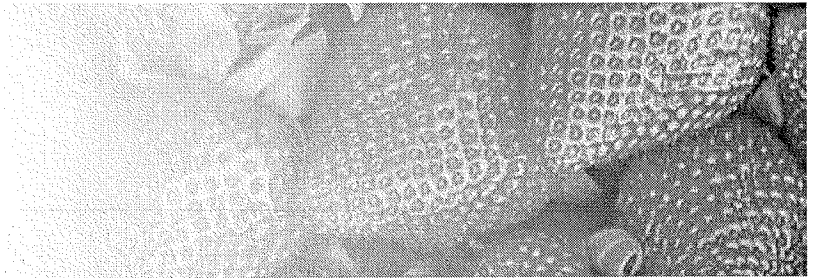
- IQF Chunks - 1/30 lbs. 10526



Strawberries

Hand picked and quick frozen within hours, Dole ensures these berries keep their peak season goodness.

- IQF Whole - 2/5 lbs. 17711
- IQF Whole - 1/30 lbs. 17719
- IQF Chef-Ready Cuts Diced - 2/5 lbs. 17951
- IQF Chef-Ready Cuts Sliced - 2/5 lbs. 17930
- IQF Sliced 4+1 Dry Sugar - 6/6.5 lbs. 17140
- IQF Sliced 4+1 Dry Sugar - 1/30 lbs. 17146
- IQF Bits & Pieces - 2/5 lbs. 17925



Tropical Gold® Pineapple

Naturally sweeter and juicier than regular pineapple.

- IQF Chunks - 2/5 lbs. 28511
- IQF Chunks - 1/20 lbs. 28518
- IQF Chef-Ready Cuts Spears - 2/5 lbs. 28319
- IQF Chef-Ready Cuts Cubes - 2/5 lbs. 28317
- IQF Tidbits - 1/20 lbs. 28920

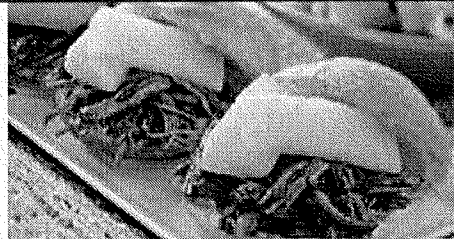
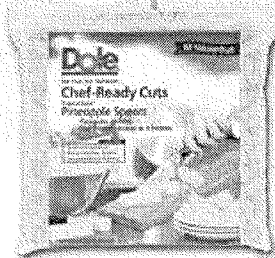


Chef-Ready Cuts

Washed, Cut & Ready to Use.

Perfect for salsas, sauces, toppings, garnishes, salads, pastries, beverages and more!

- **7 Varieties -**
Pineapple Spears, Pineapple Cubes, Mango Cubes, Diced Apples, Diced Peaches, Diced Strawberries and Sliced Strawberries
- Washed, Cut & Ready to Use
- Consistent Quality
- Labor Savings
- Resealable Pouches
- **100% Real Fruit** - No Peels, No Cores
- Cubes and Diced IQF Fruit - 1/2" and 3/8" in Size
- IQF Pineapple Spears - Approximately 2-1/2" in Length; about 75 spears per package



Pineapple Spears



Pineapple Cubes



Mango Cubes



Diced Apples



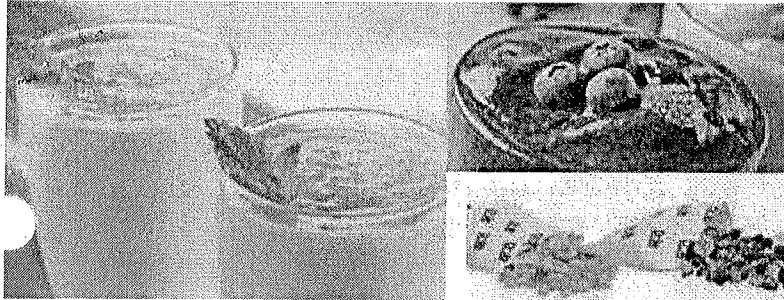
Diced Peaches



Diced Strawberries



Sliced Strawberries



DOLE Smoothie Starters®

Our Fruit. Your Signature.®

3 Varieties of 100% Real Fruit
 Portion control single serve pouches with pre-mixed frozen diced fruit that easily blends without ice.

Mango Peach Mixed Berry Strawberry Banana

Nutrition Information

DOLE Smoothie Starters®	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Sodium	Potassium	Total Carb	Dietary Fiber	Sugars	Protein	Vitamin A**	Vitamin C**	Calcium	Iron
Strawberry Banana	7 oz.	100	0g	0g	0g	0mg	390mg	24g	4g	12g	1g	0%	110%	2%	8%
Ingredients: Strawberries, Banana, Ascorbic Acid and Citric Acid to Promote Color Retention.															
Mixed Berry*	7 oz.	120	0.5g	0g	0g	0mg	320mg	27g	5g	15g	1g	0%	60%	2%	4%
Ingredients: Strawberries, Blueberries, Banana, Ascorbic Acid and Citric Acid to Promote Color Retention.															
Mango Peach	7 oz.	130	0.5g	0g	0g	0mg	430mg	29g	3g	21g	2g	25%	200%	0%	2%
Ingredients: Mango, Peach, Banana, Ascorbic Acid, Citric Acid and Malic Acid to Promote Color Retention.															

**Percentages based on the daily value of a 2,000 calorie diet.

Specifications

DOLE Smoothie Starters®	Case Code	Pack/Size	Net Weight	Gross Weight	Case Dimensions (LxWxH)	Case Cube	Cases per Pallet
Strawberry Banana	100-71202-09420-0	24/7oz.	10.5 lbs.	11.4 lbs.	12.88" x 8.31" x 7.5"	0.46	160
Mixed Berry*	100-71202-09422-4	24/7oz.	10.5 lbs.	11.4 lbs.	12.88" x 8.31" x 7.5"	0.46	160
Mango Peach	100-71202-09421-7	24/7oz.	10.5 lbs.	11.4 lbs.	12.88" x 8.31" x 7.5"	0.46	160

*DOLE Fresh Frozen Fruits have 2-year shelf life with the "Best By" date printed on each case box and individual bag.

Recommended Thawing Instructions

PRODUCT	WEIGHT	MEASURE	MICROWAVE*	ROOM TEMPERATURE	NOTES
Apple Slices	14 oz.	3 cups	3 to 3-1/2 min.	70 to 75 min.	Slices should bend, but still be slightly firm to touch
Blackberries*	12 oz.	2.5 cups	50 to 60 sec.	20 to 25 min.	Glistening with some juice
Blueberries	12 oz.	2.5 cups	3 to 3-1/2 min.	40 to 45 min.	Soft to touch, some frost
Cranberries	12 oz.	3 cups	3-1/2 to 4 min.	40 to 45 min.	Slightly soft to touch, no frost or juice
Mango Chunks	14 oz.	3 cups	2-1/2 to 3 min.	40 to 45 min.	Slightly soft when pressed between 2 fingers, thicker halves take longer
Mixed Berries*	12 oz.	2.5 cups	2-1/2 to 3 min.	35 to 40 min.	Blueberries soft to touch, some frost
Mixed Fruit	12 oz.	3 cups	3 to 3-1/2 min.	55 to 60 min.	Peaches & grapes soft to touch, pineapple juicy
Pineapple Chunks	14 oz.	3 cups	3 to 3-1/2 min.	60 to 65 min.	Glistening with juice, soft to touch
Raspberries*	12 oz.	2.5 cups	2 to 2-1/2 min.	40 to 45 min.	Slightly soft to touch, some frost
Sliced Peaches	16 oz.	4 cups	2-1/2 to 3 min.	50 to 55 min.	Glistening, no frost, slightly soft to touch
Sweet Cherries	12 oz.	2.5 cups	50 to 60 sec.	20 to 25 min.	Slightly soft to touch, some juice
Tart Cherries	12 oz.	2.5 cups	50 to 60 sec.	20 to 25 min.	Slightly soft to touch, some juice
Whole Strawberries	16 oz.	3 cups	2-1/2 to 3 min.	55 to 60 min.	Soft to touch, some frost

*Microwave — 1000 - 1200 watts. Heating times may vary due to differences in microwave ovens. For best flavor and texture, serve fruit while still slightly frozen.

Thawing in Microwave

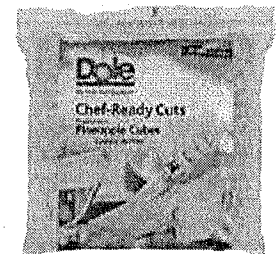
- Set power level to Low or Defrost. Consult chart for recommended thawing time.
- Place measured product in 1-gallon resealable plastic bag. Do not seal completely; lock two thirds way.
- Place bag on paper plate; arrange product in a single, flat layer. Separate any large clumps.
- Defrost according to Dole product chart.* At halfway point, carefully turn bag over (note the seal is open), and check that the product is again evenly distributed in a single layer.

Thawing in the Refrigerator

- Thawing: Place unopened bag on shelf rack in refrigerator (36-38°F) for 3 to 4 hours, turning over occasionally until desired firmness or partially thawed. Serve slightly frozen for best results. Refrigerate any unused fruit in airtight container. **DO NOT REFREEZE FRUIT.**

Thawing at Room Temperature

- Reduced ambient temperature is 68-70°F. In warmer conditions, check product every 10 minutes.
- Place measured product in 1-gallon resealable plastic bag. Seal completely.
- Place bag on paper plate or tray; arrange product in a single, flat layer. Separate any large clumps.
- Consult Dole product chart for thawing times. At halfway point, turn bag over, and check that the product is again evenly distributed in a single layer.



The Convenient Resealable
DOLE Frozen Fruit Pouch
 Keep Frozen. Washed and Ready to Eat.



To learn more about innovative recipes, see a product video overview and product offers, visit www.dolefoodservice.com or call 1-800-723-9868.



Scan me with your smartphone to learn about DOLE Frozen Fruit Products.

Nutrition Information

Product Category	Serving Size*	Calories	Total Fat	Saturated Fat	Trans Fat	Sodium	Potassium	Total Carb	Dietary Fiber	Sugars	Protein	Vitamin A**	Vitamin C**	Iron**
Apples	½ cup	70	0g	0g	0g	240mg	110mg	18g	2g	14g	0g	0%	170%	0%
Bananas	1 cup	140	0g	0g	0g	0mg	500mg	32g	4g	17g	2g	2%	20%	2%
Blackberries*	1 cup	100	0.5g	0g	0g	0mg	200mg	22g	7g	15g	2g	4%	8%	6%
Blueberries	1 cup	80	1g	0g	0g	0mg	75mg	17g	4g	12g	<1g	0%	6%	0%
Dark Sweet Cherries	1 cup	90	0g	0g	0g	0mg	310mg	22g	3g	18g	2g	2%	15%	2%
Red Tart Cherries	1 cup	70	0.5g	0g	0g	0mg	170mg	15g	2g	13g	1g	25%	4%	4%
Cranberries	½ cup	25	0g	0g	0g	0mg	45mg	7g	3g	2g	0g	0%	10%	0%
Mangos	1 cup	90	0.5g	0g	0g	0mg	240mg	21g	2g	19g	1g	30%	80%	0%
Mixed Berries*	1 cup	80	0.5g	0g	0g	0mg	180mg	17g	5g	10g	1g	0%	50%	4%
Mixed Fruit	1 cup	70	0g	0g	0g	0mg	210mg	16g	2g	12g	<1g	8%	130%	2%
Papayas	1 cup	70	0g	0g	0g	10mg	250mg	15g	2g	11g	<1g	25%	140%	0%
Peaches	1 cup	60	0g	0g	0g	0mg	260mg	13g	2g	9g	1g	10%	280%	2%
Peaches Sliced in Syrup 5+1	140g	110	0g	0g	0g	0mg	220mg	25g	2g	24g	1g	8%	180%	0%
Pineapples	1 cup	100	0g	0g	0g	0mg	190mg	22g	2g	18g	<1g	0%	260%	2%
Raspberries*	1 cup	80	1g	0g	0g	0mg	210mg	17g	9g	6g	2g	0%	60%	6%
Strawberries	1 cup	50	0g	0g	0g	0mg	210mg	13g	3g	6g	<1g	0%	100%	6%
Strawberries Sliced 4+1 Dry Sugar	140g	150	0g	0g	0g	0mg	170mg	37mg	2g	33g	<1g	0%	110%	2%

*Based on USDA serving size of 140 grams. **Percentages based on the daily value of a 2,000 calorie diet.

Specifications

Product Category	Case Code	Pack/Size	Net Weight	Gross Weight	Case Dimensions (LxWxH)	Case Cube	Cases per Pallet
Apples Diced Chef-Ready Cuts	100-71202-15122-4	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Apples Sliced	100-71202-15111-8	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Apples Sliced	0-71202-15119-7	1/30#	30.0 lbs.	32.0 lbs.	19.625" x 11.625" x 9.750"	1.29	49
Bananas Sliced	100-71202-16117-9	1/20#	20.0 lbs.	21.75 lbs.	16.625" x 9.125" x 8.750"	0.77	90
Blackberries Whole*	100-71202-18711-7	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Blackberries Whole*	0-71202-18719-6	1/30#	30.0 lbs.	32.0 lbs.	15.875" x 12.500" x 9.750"	1.12	56
Blueberries Whole	100-71202-11711-4	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Blueberries Whole	0-71202-11719-3	1/30#	30.0 lbs.	32.0 lbs.	15.875" x 12.500" x 9.250"	1.12	56
Cherries Dark Sweet Whole Pitted	100-71202-13711-2	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Cherries Red Tart Whole Pitted	100-71202-13411-1	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Cranberries Whole	100-71202-60711-0	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Mango Chunks	100-71202-10511-1	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Mango Chunks	100-71202-10517-3	1/20#	20.0 lbs.	21.75 lbs.	16.625" x 9.125" x 8.750"	0.77	90
Mango Cubes Chef-Ready Cuts	100-71202-10550-0	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Mango Halves	100-71202-06511-8	2/12 ct.	6.5 lbs.	7.5 lbs.	16.500" x 10.000" x 3.000"	0.29	210
Mixed Berries*	100-71202-06411-1	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Mixed Fruit	100-71202-16511-5	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Papaya Chunks	100-71202-10526-5	1/30#	30.0 lbs.	32.0 lbs.	16.551" x 13.551" x 10.051"	1.305	64
Peaches Bits and Pieces	0-71202-27917-4	1/20#	20.0 lbs.	21.50 lbs.	16.625" x 9.125" x 8.750"	0.77	90
Peaches Diced Chef-Ready Cuts	100-71202-27600-2	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Peaches Sliced	100-71202-26111-4	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Peaches Sliced	100-71202-26119-0	1/30#	30.0 lbs.	32.0 lbs.	15.875" x 12.500" x 9.750"	1.12	56
Peaches in Syrup Sliced 5+1	100-71202-27151-9	1/10#	10.0 lbs.	11.0 lbs.	11.250" x 5.875" x 6.250"	0.24	175
Pineapple Chunks	100-71202-28511-0	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Pineapple Chunks	100-71202-28518-9	1/20#	20.0 lbs.	21.50 lbs.	16.625" x 9.125" x 8.750"	0.77	90
Pineapple Cubes Chef-Ready Cuts	100-71202-28317-8	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.47	160
Pineapple Spears Chef-Ready Cuts	100-71202-28319-2	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.47	160
Pineapple Tidbits	100-71202-28920-0	1/20#	20.0 lbs.	22.0 lbs.	16.625" x 9.125" x 8.750"	0.77	56
Raspberry Crumbles*	100-71202-22910-7	4/2.5#	10.0 lbs.	11.0 lbs.	12.875" x 8.313" x 7.500"	0.47	160
Raspberries Whole*	100-71202-22711-0	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 7.250"	0.50	160
Strawberries Bits and Pieces	100-71202-17925-9	2/5#	10.0 lbs.	11.0 lbs.	12.875" x 8.312" x 7.500"	0.46	160
Strawberries Diced Chef-Ready Cuts	100-71202-17951-8	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.47	160
Strawberries Sliced Chef-Ready Cuts	100-71202-17930-3	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.47	160
Strawberries Whole	100-71202-17711-8	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
Strawberries Whole	0-71202-17719-7	1/30#	30.0 lbs.	32.0 lbs.	15.875" x 12.500" x 9.750"	1.12	56
Strawberries Sliced 4+1 Dry Sugar	0-71202-17146-1	1/30#	30.0 lbs.	31.8 lbs.	15.875" x 12.500" x 9.750"	1.12	64
Strawberries Sliced 4+1 Dry Sugar	100-71202-17140-6	6/6.5#	39.0 lbs.	44.0 lbs.	19.438" x 13.000" x 9.188"	1.34	42