






FIJI STYLE® - CATALOGUE

Spicing up 5-star hotel's food in Fiji for the last 14 years





FRIEND Fiji Style® products are taste of tradition and 100% free of any artificial preservatives and additives. All ingredients have been sourced from local farmers who use sustainable agriculture practices. These products are made in HACCP certified quality controlled kitchen.

Pickles

Product Name	Product Display	Description	Carton size	Product Code
Mango Pickle		A mild tasting spicy pickle and an all-time favourite for pickle lovers. Made with fresh green mangoes and mixed with an assortment of roasted spices.	15 x 150g	FP101
			12 x 330g	FP102
Lime Pickle		Is a juicy combination of limes with authentic spices to tease and tantalize your taste buds with each bite The tangy lime declare a war on senses.Great for salads, grills and condiment.	15 x 150g	FP104
			12 x 330g	FP105
Chilli Pickle		A fiery pickle that's not for the faint hearted! Chilli Pickle can be enjoyed as an accompaniment to any kind of dish. It also makes an excellent marinade for chicken, lamb or beef.	15 x 200g	FP107
			12 x 400g	FP108



Chutneys

Product Name	Product Display	Description	Carton size	Product Code
Tamarind Chutney		Tangy and spicy, this is our signature chutney and most popular product in the range. It can be enjoyed with savoury snacks, as a dip or as a flavourful accompaniment to any vegetarian Indian dish or as a great marinade or sauce for any meat dish.	15 x 200g	FC100
			12 x 450g	FC112
Sweet Mango Chutney		A sweet & mildly spicy treat flavoured with cardamoms and cloves. Grated Mango with a fresh pulpy taste. Ideal for your sandwiches, wraps and tapas.	15 x 200g	FC103
			12 x 450g	FC113
Chilli Chutney		A hot and spicy treat. This much-loved chutney has a taste that is both hot and sweet. It can be enjoyed with savoury snacks, as a dip or accompaniment and it makes an excellent marinade for meats and grilled vegetables. It can be used as a tasty alternative to chilli sauce.	15 x 200g	FC107
			12 x 450g	FC108
Ambarella Chutney		Tender grated flesh of 'Wi apple' mixed with freshly roasted Indian pickle spices. Has a mild, tangy flavour to wake up your taste buds.	15 x 160g	FO156
			12 x 360g	FO194





Jams



Product Name	Product Display	Description	Carton size	Product Code
Pineapple Jam		This delicious jam is perfect for spreading on toast and can also be used as the foundation for sweet-and-sour sauce or a glaze for roasted meats	15 x 200g	FJ104
			12 x 450g	FJ120
Mango Jam		Mango jam is sweet and delicious. It can be eaten with bread at breakfast, as a snack, or as a dessert. Fresh mangoes cooked to perfection with raw Fiji Sugar for a luscious spread that sweetens the hearts. Adds a bright, tropical sweetness to a variety of dishes and desserts	15 x 200g	FJ105
			12 x 450g	FJ122
Guava Jam		Guavas in Fiji grow in the wild. This organic fruit is a delight for man and birds alike. Guava Jam is made from ripened fruits collected from rural communities around Viti Levu and cooked into a sweet treat. A smooth spread for your bread, biscuits and tarts. Can be used as flavouring for milkshakes.	15 x 200g	FJ107
Marmalade		A tropical tasting classic. The finest Fiji lemons give this marmalade a delicious tropical taste. Spread it onto freshly buttered toast for a delicious zingy taste. A versatile ingredient for sweet and sour recipes	15 x 200g	FJ108
			12 x 450g	FJ118
Pawpaw Jam		Pawpaw Jam is made from 100% local ingredients in a clean and hygienic environment. A delicious pure fruit spread.	15 x 200g	FJ110
			12 x 450g	FJ119



Teas

Product Name	Product Display	Description	Carton size	Product Code
Hibiscus Tea		Handpicked from locally grown gardens, Hibiscus tea is made from the petals of the <i>Hibiscus Sabdariffa</i> flower. Hibiscus tea is high in anti-oxidants.	10 x 25 tea bags	FO191
Organic Lemongrass Tea		Farmers around Fiji have organic certified farms where they grow Lemon Grass that is dried and packaged in tea bags. Rich in oxidants, lemony flavour rejuvenates with every cup.	10 x 25 tea bags	FO221
Star Apple Tea		Star Apple Tea is made from an exotic fruit which is high in vitamin A and Vitamin C. It is also a rich source of iron. Star Apple Tea is made from a true wonder fruit which offers medicinal remedies.	10 x 25 tea bags	FO220
Cinnamon Tea		Cinnamon Tea has all the goodness of the long popular spice. It is grown organically in the forests on the Island of Vanua Levu.	10 x 25 tea bags	FO219
Layalaya & Cinnamon Tea		Layalaya Tea with Cinnamon is made from “ginger-like root” also known as Cogolaya or Drove organically grown in our lush tropical forests. Local Cinnamon adds to taste and aroma. Layalaya has been used for generations to boost immune system of children and helps in management of digestive and respiratory ailments.	10 x 25 tea bags	FO240



Product Name	Product Display	Description	Carton size	Product Code
Yaqona Tea		Yaqona Tea is made from aromatic roots of the Kava Plant. Yaqona is considered a traditional drink that signifies the true spirit of Fiji. Yaqona calms and induces relaxation.	10 x 25 tea bags	FO241
Peppermint Tea	TBC	Peppermint tea is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain and eliminate inflammation.	10 x 25 tea bags	FO228
Tulsi Tea		Tulsi Tea is made from handpicked leaves of the Basil plant.	10 x 25 tea bags	FO239





Spices

Product Name	Product Display	Description	Carton size	Product Code
Ginger Powder		Fiji is known for growing good quality ginger worldwide. <i>FRIEND Fiji Style</i> ® Ginger Powder is a rich spice to add life to your dishes	24 x 55g	FO208
Curry Leaves		Curry Leaves is a free growing herb in gardens, backyards and forests. Mature leaves are selected for <i>Friend Fiji Style</i> ® Curry Leaves and sundried for a perfect touch to your curry dishes and savouries.	24 x 15g	FO221
Turmeric Powder		<i>Friend Fiji Style</i> ® Turmeric Powder is prepared from pure organically grown rhizomes harvested from the tropical forests around Fiji. Turmeric is well known for its antiseptic and healing properties and has been used for generations.	24 x 65g	FO220
Rosemary		Charmingly fragrant rosemary is the perfect herb to have in your kitchen. It is one of the most recognized herbs for its note-worthy health benefiting phyto-nutrients, anti-oxidants and essential acids.	24 x 15g	FO271
Kafir Lime Leaves		Kafir Lime Leaves are perfect for adding flavour to Asian cuisine. They are highly aromatic and add their own elegant flavour to stir-fry, curry, salad and fish cake dishes.	24 x 15g	FO272
Sweet Basil		Dried basil can be easily added to practically any dish. Basil is used around the world in many different cuisines with good reason. It adds a depth and flavour that is not rivalled by other herbs.	24 x 15g	FO273




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<p>Organic Lemongrass Powder</p>		<p>Lemongrass is widely used as a culinary herb in Asian cuisines and also as medicinal herb in India. It has a subtle citrus flavour and is used in soups and curries.</p>	<p>24 x 25g</p>	<p>FO200</p>
<p>Virgin Coconut Oil</p>		<p><i>FRIEND Fiji Style®</i> Virgin Coconut Oil smells and tastes of fresh Fiji coconuts. Made from organically grown coconuts around the Island, this product is pure and raw pressed that preserves all the goodness of this oil, including a high content of Vitamin E and minerals.</p>	<p>15 x 150ml</p>	<p>FO188</p>
<p>Sea Salt</p>		<p>Apart from sodium, which is the primary mineral of any salt, pure sea salt retains all essential natural elements from the sea which are good for human health.</p>	<p>24 x 80g</p>	<p>FO228</p>



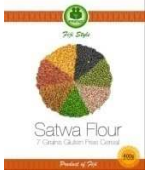
Flours

Our Gluten free flours can be used to substitute wheat flours

Product Name	Product Display	Description	Carton size	Product Code
Desiccated Coconut		A quality product made from Fiji Coconuts growing around coastal communities. <i>FRIEND Fiji Style®</i> Desiccated Coconut captures the best of the fresh taste of the tropics.	6 x 250g	FO195
Cassava Flour		<i>FRIEND Fiji Style</i> Cassava Flour is an amazing, grain-free replacement for wheat flour and can be used as a substitute in countless recipes. Adding cassava to your diet offers health benefits because of its high vitamin, mineral and dietary fibre content.	6 x 500g	FO170
Coconut Flour		<i>FRIEND Fiji Style</i> Coconut Flour is a delicious, healthy alternative to wheat flour that can be used in combination with other flours. It is high in fibre, lower in digestible carbohydrates and gluten free.	6 x 250g	FO273
Dalo Flour		<i>FRIEND Fiji Style</i> Dalo Flour is made from Taro that has been a staple of the Fijian diet for centuries. It is said Dalo Flour makes excellent pancakes when mixed with wheat or coconut flour.	6 x 500g	FO274
Breadfruit Flour		Breadfruit gluten-free flour is far superior in taste, nutrition and structure to any other GF flour alternative.	1 x 1kg	TBC
Grated Cassava		<i>FRIEND's Fiji Style®</i> Grated Cassava is a whole food. It can be used in recipes calling for fresh grated cassava.	6 x 300g	FO171








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7-Grains (Satwa)		<i>FRIEND's Fiji Style</i> ® 7 Grains or "Satwa" is prepared using generations old recipe using 7 grains roasted to perfection. Satwa is high in protein and can be used for baking or used as cereals and added to smoothies.	6 x 400g	FO235
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Handicrafts and Cards

The project provides a sustainable livelihood opportunity to unemployed youths and people with disabilities. Individually handcrafted cards are designed with a variety of skills by artisans for all your special occasion needs.

Product Name	Product Display	Product Code
Recycle Paper Card		CR100
Recycle Happy Birthday Quilling Card		CR100
Recycle Congratulations Quilling Card		CR100
Recycle Fiji Islands Quilling Card		CR100
Recycle Sympathy Quilling Card		CR100



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