

Most companies don't tell the secrets to their success.

We're telling everyone... the freshest ingredients always have the best flavor.

THAT'S IT!

Good Neighbors Specialty Foods
100 Mathews Ave Utica NY 13502

www.goodneighborsfoods.com



Salads



Chickpea SALAD

Ingredients: Chickpeas, edamame beans, mixed green/red peppers, carrots, dried cranberries, canola/extra virgin oil blend, vinegar, garlic, sugar, cumin, Italian spices, sea salt.



Tabouli SALAD

Ingredients: Tomato, bulgur, wheat, parsley, lemon juice, blend of vegetable oils (canola, extra virgin olive), onion, sea salt.

Good Neighbors Specialty Foods Salads

ITEM DESCRIPTION	UNIT SIZE	PACK SIZE	SHELF LIFE
Chickpea	10 oz.	6	75 days
Tabouli	10 oz.	6	75 days

Good Neighbors salads are made with authentic ingredients in small batches to ensure the best flavor experience for you and your customers. You won't feel guilty with this healthy snack.

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Salads



Quinoa SALAD

Ingredients: Quinoa, red pepper, green pepper, dried cranberries, lemon juice, canola/extra virgin oil blend, parsley, garlic, mint, spice, sea salt.



Black Bean SALAD

Ingredients: Black bean, kidney bean, green pepper, onion, cucumber, corn, canola/extra virgin oil blend, vinegar, sugar, parsley, garlic, sea salt.

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ITEM DESCRIPTION	UNIT SIZE	PACK SIZE	SHELF LIFE
Quinoa	10 oz.	6	75 days
Black Bean	10 oz.	6	75 days