All Natural Fruit.
All Ready.
All Year.

Fresh Frozen Fruits

Ready when you are.

Washed and ready, 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*
- IQF Chef-Ready Cuts - 2/5 lbs. *16118*

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

DOLE Peaches are 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*

Mandarin Oranges

DOLE Mandarin Oranges add sweet citrus flavors to your favorite menu creations.

- IQF Chef-Ready Cuts - 2/5 lbs. *10707*

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, dark cherries are harvested and quick-frozen to ensure quality.

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

Pitted Red Tart Cherries

These colorful bursts of sour or tart flavored cherries are ideal for baked goods, toppings or mixes.

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

Raspberries

DOLE Raspberries are 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

DOLE Pineapple is naturally sweeter and juicier than regular pineapple.

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

Chef-Ready Frozen Fruit Purées

NEW!

Thaw and create your own signature recipes

AVAILABLE IN THESE 5 VARIETIES:

Strawberry

Blackberry

Mango

Peach *Coming Soon!*

Pineapple *Coming Soon!*

Nutrition Information

DOLE Chef-Ready Frozen Fruit Purées - 30 oz.	Serving Size*	Calories	Total Fat	Saturated Fat	Trans Fat	Sodium	Potassium	Total Carb	Dietary Fiber	Sugars	Protein	Vitamin A**	Vitamin D**	Iron**
Blackberry	55g	50	0g	0g	0g	10mg	80mg	11g	3g	8g	<1g	0%	0%	2%
Mango	55g	45	0g	0g	0g	5mg	10mg	10g	1g	9g	0g	10%	0%	0%
Strawberry	55g	25	0g	0g	0g	0mg	85mg	7g	1g	4g	0g	0%	0%	2%
Peach *Coming Soon!*	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
Pineapple *Coming Soon!*	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD

Specifications

DOLE Chef-Ready Frozen Fruit Purées - 30 oz.	Case Code	Pack/Size	Net Weight	Gross Weight	Case Dimensions (LxWxH)	Case Cube	Cases per Pallet
Blackberry	100-71202-18714-8	8/30 oz.	15 lbs.	16 lbs.	19.18" x 9.813" x 6.125"	0.667	96
Mango	100-71202-10502-9	8/30 oz.	15 lbs.	16 lbs.	19.18" x 9.813" x 6.125"	0.667	96
Strawberry	100-71202-17139-0	8/30 oz.	15 lbs.	16 lbs.	19.18" x 9.813" x 6.125"	0.667	96
Peach *Coming Soon!*	TBD	TBD	TBD	TBD	TBD	TBD	TBD
Pineapple *Coming Soon!*	TBD	TBD	TBD	TBD	TBD	TBD	TBD

Dole Smoothie Starters®

Our Fruit. Your Signature.®

3 Varieties of 100% Real Fruit

Portion controlled 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
Mandarin Oranges	13 oz.	3 cups	1 min.	30 min.	Slightly soft to touch, some frost, some 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. DO NOT REFREEZE FRUIT.

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. DO NOT REFREEZE FRUIT.

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*	¾ 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%
Mandarin Oranges*	1 cup	80	0g	0g	0g	0mg	230mg	19g	3g	15g	1g	20%	60%	0%
Mangos*	⅔ 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	270mg	13g	2g	9g	1g	10%	280%	0%
Peaches *Sliced in Syrup 5+1*	1 cup	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*	½ cup	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. + K KOSHER Ⓤ

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
Bananas *Sliced Chef-Ready Cuts*	100-71202-16118-6	2/5#	10.0 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160
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
Mandarin Oranges *Chef-Ready Cuts*	100-71202-10707-8	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"	0.46	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"	0.46	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"	0.46	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

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Fresh Frozen IQF

Chef-Ready Frozen Fruit Purées

Chef-Ready Cuts

Smoothie Starters®

Packaged Frozen Fruits

Seasons Change. We Don't.™

Dole Delivers Peak Season Flavor and Quality All Year Long.