

The Avocado Revolution:

SLICED & DICED without THE KNIFE



Don't let seasonal variability dictate your menu.

Skip the knife with ripe & ready DOLE Chef-Ready Cuts Diced Avocados available year-round.



Why Frozen Avocado?

- Pre-cut diced, no labor required
- Rich & creamy texture
- 2-year shelf-life with no browning
- Quick-frozen to lock in nutrients

DARE TO Compare?

Prep Time/5 lbs. Fruit Fruit Yield

Fresh 26 MINS 45% 6

Frozen >30 (1-) 100% 6

Try For Yourself!

FREE CHEF-READY CUTS DICED AVOCADOS SAMPLE OFFER



*Source: Datassential, 2024.







SMOOTHIES

AVOCADO IN SMOOTHIES

+24.6%

MENU GROWTH*

The Secret to Superior Smoothies is **Avocado**.

Avocados give smoothies a rich & creamy texture without the need for dairy.

BREAKFAST

AVOCADO TOAST
+71%

MENU GROWTH*

Avocado Smash Toast

Known by Australians as "Smash Avo Toast," sourdough bread is topped with mashed avocado, seasonings, watermelon radish, and mango cubes. VIEW FULL RECIPE

*Source: Datassential, 2024.

ENTREES



AVOCADO IN QUESADILLAS

+21.3%

MENU GROWTH*

Sculpting delicious Flavor without the Knife.

SALADS

AVOCADO IS THE
1

MOST POPULAR
FRUIT ON
SALAD MENUS*







To learn more, visit **WWW.DOLEFOODSERVICE.COM** or call 800-723-9868 to contact a Dole Representative.