FROZEN • READY-TO-HEAT & SERVE

100% NATURAL
TROPICAL
FOOD PRODUCTS

ALL NATURAL • NO PRESERVATIVES

Big Banana® | TIO JORGE® | pure & simple by micfood®

Shown above: Yuca Steak Fries / Yuca Thin Fries / Yuca Croutons

ALL NATURAL • NO PRESERVATIVES

NON GMO OIL FREE

SMART SNACK OPTION

MICfood®

MICFOOD.COM
Contact us at info@micfood.com
1.800. 788. 9335 / 786. 507. 0540
13595 SW 134 Ave, Suite 201, Miami, FL 33186

STEAMED
SWEET PLANTAIN ROUNDS
Simple Ingredients • **Simply** Steamed

pure & simple by micfood®

100% NATURAL
PLANTAINS & YUCA

What is Plantain?

Commonly referred to as "cooking banana" or "platano" in Spanish, a plantain can easily be mistaken for a banana. Plantains are a fruit consumed as a vegetable and are a good source of Potassium and Vitamin A. Plantains can be grown year-round which makes them a valuable, reliable food source in countries across the globe from Central and South America to the Caribbean, India, Africa and Asia.

What is Yuca?

Yuca, commonly known as cassava, tapioca or manioc (not to be confused with yucca), is one of the world's most versatile root vegetables. Yuca is a nutty-flavored starch white tuber native to South America. It is widely-used in South American, Caribbean, Asian and African meals. Together with other tropical root vegetables like yam, taro, and most notably the potato, it is an indispensable part of the carbohydrate diet for many and is considered a main food staple for millions.

Frozen • Ready-to-Heat & Serve

MIC Food® provides a variety of tropical products that come peeled and cut, ready-to-heat and serve saving you hours of prep time so you can focus on what matters the most: **making every meal memorable.**

AVAILABLE IN:

Yuca Fries Steak Cut	Yuca Fries Thin Cut	Yuca Puffs	*Steamed* Sweet Plantain Rounds
Boniato Fries	Sweet Potato Fries	Sweet Plantain Slices	*Steamed* Sweet Plantain Slices

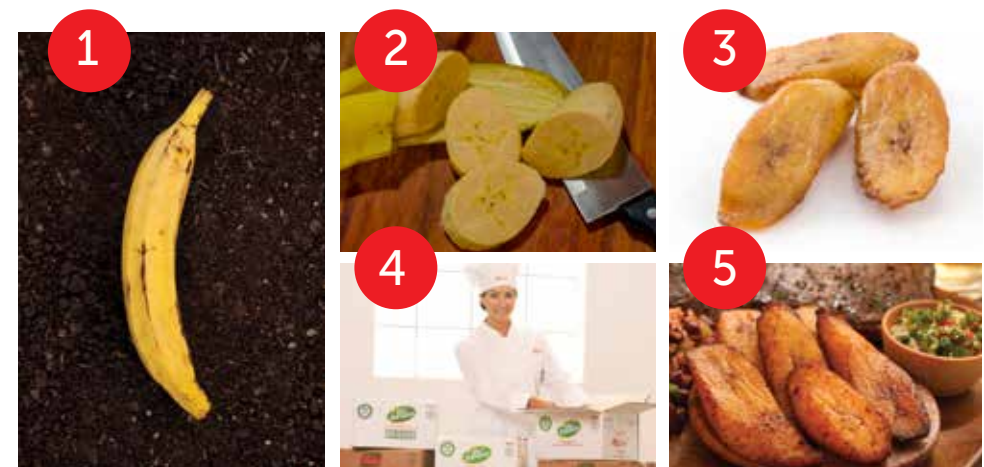Long Shelf-Life | No Preservatives | 100% Yield | Plant Based | Gluten Free | Kosher

We are helping chefs, restaurants, industrial kitchens, retail brands, delis and others in the industry rethink their menus and increase appeal among ethnic and mainstream consumers alike.

- **Year-Round Availability** – No seasonal sourcing issues
- **Consistent** – Quality and taste you can depend on
- **Easy to Use** – Save on labor costs and prep time

Our Big Banana® & Tio Jorge® products are available nationwide through your local food distributor.
Contact us for ordering information: info@micfood.com / 1.800. 788. 9335

Asian veggie potsickers with brown rice

SWEET
PLANTAIN SLICES

PLANT-BASED

Mexican Chicken Enchiladas & Black Bean Corn Salsa

SWEET
PLANTAIN SLICES

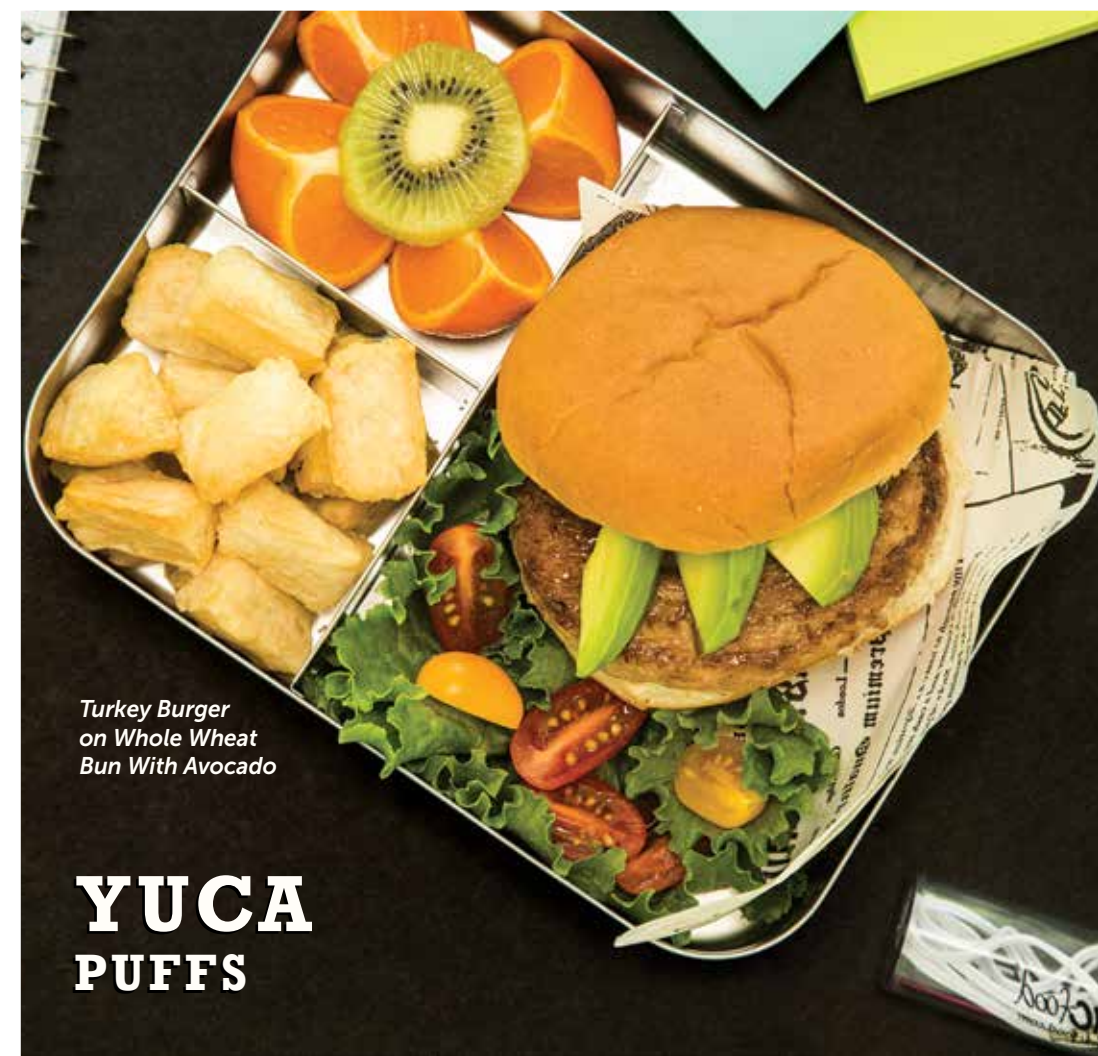Asian Teriyaki Chicken with Sweet Chili Sauce

SWEET
PLANTAIN SLICES

Tangu Shredded BBQ Chicken, Corn, Fruits & Vegetables

DICED
BONIATO

Southwestern Turkey Pinwheels & Guacamole

YUCA
STEAK FRIES

Turkey Burger on Whole Wheat Bun With Avocado

YUCA
PUFFS