

## SPECIALS

# MARKET UPDATES

April 25th-1st May, 2023

- Sea Vegetable, Beach Banana \$5.80  
(Karkalla) Punnet
- Corn Box \$14.80
- Pomegranate Tray \$29.80
- Lettuce, Cos Baby Green Twin \$24.00  
Pack Box
- Capsicum, Baby Mix Colour \$24.00  
Tray
- Tomato, Large Black Kumato \$24.00  
Tray



**Beach Banana  
(Karkalla)**



**Corn  
Cut & Mixed**



**Pomegranate**



**Cos Baby Green  
Lettuce**



**Capsicum**



**Tomato  
Large Black Kumato**



**FOLLOW US**

@probrosprovidore

P: 1800 PRO BROS

order@probrosprovidore.com.au

[www.probrosprovidore.com.au](http://www.probrosprovidore.com.au)

## Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- Baby Cos Lettuce
- Hydro Lettuce
- Silverbeet
- Green Cabbage
- Red Cabbage
- Green Kale
- Tuscan Kale
- Green Oak Lettuce
- Flat/Field Mushroom
- Button Mushroom
- Cherry Tomato
- Cherry Medley Tomato
- Big Truss Tomato
- Cherry Truss Tomato
- Bok Choy
- Chinese Broccoli
- Choy Sum
- Green Shallots
- Lebanese Eggplant
- Zucchini
- Broccoli
- Red, Green and Black Grapes
- Rockmelon
- Honeydew
- Green Pear
- Red Papaya
- Thai Eggplant
- Brussel Sprouts
- Premium and Juicing Green Apples

## Expensive/Finishing for Season/Short in Supply

- **Cherry Eggplant** – short in supply due to inconsistent weather.
- **Betel Leaves** – expensive.
- **Yellow & White Peach** – end of season.
- **Yellow & White Nectarines** – end of season.
- **Cherries** – now coming to end of season.
- **Queen Garnet** – now coming to end of season.
- **Sugar Plum** – stone fruits now coming to end of season.
- **Edible Flowers** – short in supply due to weather condition.
- **Green Sour Mango** – stock now is imported from Vietnam, meaning increase in price.
- **Yellow Mango** – season coming to an end, now is ideal to remove from menu.
- **Pink Lady Apples** – short in supply.
- **Round and Roma Tomatoes** – short in supply due to poor weather, meaning prices will increase.
- **White Dragon Fruit** – experiencing increase in price, due to weather and logistics.

## Products of Interest/In Season

- **Currant Grape** – comes in 5kg box, sold by box only and currently AUS season.
- **Finger Limes** – AUS season, its fresh citrus flavour is great for dressings, garnishes, sauces and jams.
- **Dried Assorted Japanese Seaweed** – mixed of Wakame, Agar, Suginori, Tsunomata, and Mafunori.
- **Frozen Seasoned Seaweed** – used in plenty of Japanese/Asian styled salads.
- **Vanilla Bean** – shipment has arrived from Papua New Guinea.
- **Sea Grapes** – comes in 100gr pack, often referred to as green caviar for its fish roe like appearance, but is part of the seaweed variety.
- **Mixed Colour Jessica Pumpkin** – sold only by the tray.
- **Australian Grapes** – available in green, black and red. Quality and price is getting better.
- **Dried Seedless Grapes** – in good quality, comes in a 5kg box.
- **Fioretto** – *sold by the box only.*
- **Figs** – price starting to decrease as quality is getting much better.
- **Quince** – sold by the box only.
- **Cumquats** – locally grown in Queensland.
- **Artichoke Jerusalem** – season starting, great quality and great supply.
- **Green and Brown Pears** – new season and in good quality.
- **Chestnut** – new season coming and good quality.
- **Sea Vegetable Karkalla** – specially grown in VIC for us. Great for garnishes.
- **Sea Vegetable Wild Samphire** – sourced from VIC.
- **Pine Mushrooms** – sourced from VIC.
- **Hass Avocados** – season starting, going strong till next year. Good in flavour and quality.

