




Heemskerk
fresh & easy

YOUR FRESH CONVENIENCE PARTNER IN **FOOD RETAIL**



We chop, wash, and pack with care, while you sell and share!

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LETTUCE

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Babyleaves lamb's lettuce		Lamb's lettuce, babyleaves red	100	50081	✓	✓	A
Babyleaves rocket		Babyleaves green, babyleaves red, babyleaves red chard, rocket	100	50080	✓	✓	A
Basic saladmix		Escarole, carrot, white cabbage, Chinese cabbage, radicchio	150 300	50325 50340	✓	✓	A
Butterhead lettuce		Salanova green	100	50066	✓	✓	A
Butterhead mix		Rocket, salanova butterhead green, salanova butterhead red	100	51425	✓	✓	A
Iceberg lettuce		Iceberg lettuce	100 200 400	50965 50985 51005	✓	✓	A
Iceberg mix		Iceberg, carrot, white cabbage, radicchio	100 200 400	50705 50725 50070	✓	✓	A
Lamb's lettuce		Lamb's Lettuce	85 150	50082 11354	✓	✓	A
Mixed salad		Frisee multileaf, radicchio, lollo rosso, lollo bionda	150 300	12482 50111	✓	✓	A
Oak leaf mix		Red oak leaf lettuce, green oak leaf lettuce, frisee, arugula, red onion	100	19006	✓	✓	A



LETTUCE

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Rocket		Rocket	85 150	50083 50075	✓	✓	A
Rocket mix		Lollo rosso, babyleaves red chard, rocket	75 100	51865 51845	✓	✓	A
Rocket organic		Rocket organic	40	50038	✓	✓	A

COOKING VEGETABLES

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Broccoli		Broccoli	400	50032	✓	✓	A
Cauliflower		Cauliflower	400	50031	✓	✓	A
Cauliflower rice		Cauliflower	400	12359	✓	✓	A
Endive		Endive, fine cut	250 500	50025 50045	✓	✓	A
Endive		Endive	400	50065	✓	✓	A
Grated beetroot Organic		Beetroot grated	400	50128	✓	✓	A
Green beans		Green beans	200 400 600	52125 50019 50076	✓	✓	A
Leek		Leek	200	51645	✓	✓	A
Oven vegetables		Pumpkin, Brussel sprouts, red onion	600	12327	✓	✓	A
Oven vegetables		Red pepper, yellow carrot, courgette	600	12351	✓	✓	A

COOKING VEGETABLES

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Pointed cabbage		Pointed cabbage	200 400	50108 50029	✓	✓	A
Pumpkin		Pumpkin	400	51625	✓	✓	A
Scraped carrots		Carrots	300 500	52485 52505	✓	✓	B
Spinach		Spinach	200 400 600	50060 50061 50062	✓	✓	B
String beans		String beans	200 400 600	51965 51985 12324	✓	✓	A
Sweet potato		Sweet potato cubes	400	12307	✓	✓	A
Sweet potato		Sweet potato fries	400	11166	✓	✓	A
Vegetable mix		Broccoli, carrots, cauliflower	400	50014	✓	✓	A
White cabbage		White cabbage	400	50030	✓	✓	A

SALADS

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Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Snack salad Couscous, hummus		Couscous, grilled vegetable mix (courgette, aubergine, half-dried tomato, red pepper, yellow pepper), red pepper, scallion, spring onion, parsley, mint, plain hummus, white cheese	200	12305	✓		C
Snack salad Quinoa nuts		Quinoa red, carrot, broccoli, coriander, soybeans, peas, pumpkin seeds, soy ginger dressing, pistachio nuts, almonds	205	12301	✓	✓	A
Lunch salad Caesar chicken		Romaine lettuce, egg, cheese, croutons, chicken thigh fillet, dressing	225	12294			B
Lunch salad Mozzarella tomato		Lamb's lettuce, rocket, cherry tomatoes, parsley, mozzarella, vinaigrette pesto, pumpkin seeds	250	12296	✓		C
Meal salad Caesar		Potato slices, romaine lettuce, iceberg, chicken, egg, cheese, Caesar dressing, croutons	450	50087			C
Meal salad Chicken		Pasta penne, iceberg, white cabbage, carrot, lollo bionda, spinach, red pepper, yoghurt dressing, egg, chicken thigh	450	50086			B
Meal salad Chicken soy		Noodles, cucumber, fried onions, Ketjap dressing, chicken thigh, radicchio, carrot, white cabbage, escarole, Chinese cabbage	450	50052			B
Meal salad Chicken, bacon, guacamole		Tomatoes, pasta penne, romaine lettuce, rocket, radicchio, chicken, bacon, egg, guacamole	400	12073			B
Meal salad Goat cheese		Pasta gramigna, semi dried tomatoes, spinach, lamb's lettuce, cucumber, apple, honey thyme dressing, goats cheese, walnuts	450	50093	✓		C
Meal salad Mozzarella		Pasta gramigna with pesto herbs, cucumber, rocket, radicchio, romaine lettuce, cherry tomatoes, mozzarella, almond sticks, vinaigrette balsamico	450	50092	✓	✓	B

SALADS

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Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Meal salad Salmon 		Pasta conchiglie, capers, celery, radish, red onion, iceberg, frisee multileaf, radicchio, dill horseradish dressing, smoked salmon	450	50091			B
Meal salad Smoked chicken		Pasta fusili, iceberg, lollo bionda, oak leaf, carrot, apple, croutons, dressing, smoked chicken	450	50088			C
Meal salad Tuna 		Potato slices, black olives, iceberg, batavia green, carrot, egg, tuna, haricot verts, vinaigrette dressing	450	50090			A
Pasta salad Pesto		Pasta penne with pesto, tomatoes, black olives, sun dried tomato, courgette, rocket, pine nuts, cheese	350	12300	✓		C
Pasta salad Tuna 		Pasta trulli, salad sauce, tomatoes, tuna, red onion, apple, sundried tomato, black olives, capers, parsley, egg	350	12299			C
Side salad Batavia, tomato		Tomatoes, green batavia lettuce, pointed cabbage, cucumber, egg, honey mustard dressing	340	50098			A
Side salad Caesar		Romaine lettuce, cucumber, egg, cheese, croutons, Caesar dressing	285	50096			C
Side salad Chicory apple		Chicory, spring onion, apple, salad dressing, raisin walnut mix	335	11912	✓		A
Side salad Farmer's		Iceberg, red pepper, red onion, cheese, farmers mix sachet (bacon, walnuts, raisins), yoghurt dressing	295	50095			C
Side salad Iceberg		Iceberg, frisee multileaf, radicchio, cucumber salad in cream sauce, farmer salad	275	50099	✓		B

SALADS

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Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Side salad Italian		Oak leaf red, oak leaf green, rocket, red pepper, cucumber, cheese, Italian mix sachet (tomato granulate, croutons, sunflower seeds, pumpkin seeds), Italian dressing	240	50097	✓		B
Apple celery salad		Red apple, celery, broccoli, yellow pepper, white cabbage, apricot pieces, salad sauce	200	50073	✓		A
Carrot julienne		Carrot	150	52525	✓	✓	A
Coleslaw		White cabbage, carrot, dressing	300				
Cucumber salad		Celery, leek, white cabbage, red pepper, cucumber	150	51365	✓	✓	A
Italian salad		Mozzarella, semi dried tomatoes, rocket, red pepper, courgette, cucumber, white onion	175	51185	✓		A
Pepper corn salad		Red pepper, broccoli, courgette, white cabbage, red onion, leek, corn, salad sauce, raisins	225	50074	✓		A
Spicy radish salad		White cabbage, celery, radish, leek, red onion	150	51685	✓	✓	A
Waldorf salad		Celery salad, raisins, celery, white cabbage, mandarin wedges	200	12087	✓		C
Snack carrots		Snack carrots	150 300	50117 50118	✓	✓	A

STIR-FRY VEGETABLES

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Bean sprouts		Bean sprouts	125 250	50078 50079	✓	✓	A
Chinese stir-fry		Soy sprouts, leek, white cabbage, red peppers, green beans	250 400 600	50445 50465 50485			
Diced onions		White onions	150	50102	✓	✓	A
Dutch stir-fry		Carrot, celery, green beans, red pepper, green pepper, yellow pepper, cauliflower, broccoli	400	50915	✓	✓	A
Fried rice stir-fry		Peppers (chilies), red onion, leek, carrot, bean sprouts, pointed cabbage	250 400	15733 50132	✓	✓	A
Italian stir-fry		Leek, carrot, red pepper, courgette, white onion	250 400 600	51045 51065 51085	✓	✓	A
Japanese stir-fry		Pak choi, leek, yellow carrot, pods, red onion, chestnut mushrooms	400	50020	✓	✓	A
Mexican stir-fry		Corn, kidney beans, red pepper, white cabbage, green beans, leek	400	50024	✓	✓	A
Mushroom stir-fry		Leek, red onion, curled parsley, chestnut mushrooms	250 400 600	50405 50425 12312	✓	✓	A
Onion rings		White onions	300	50845	✓	✓	A



STIR-FRY VEGETABLES

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Oriental stir-fry		Leek, bean sprouts, white cabbage, red pepper	400	51275	✓	✓	A
Provençal stir-fry		Courgette, red pepper, green pepper, parsley, red onion, carrots	400	50034	✓	✓	A
Spaghetti stir-fry		Leek, red onion, red pepper, yellow pepper, green pepper	250 450	12446 15732	✓	✓	A
Thai stir-fry		Leek, white cabbage, red onion, red pepper, green pepper	250 400	50035 52345	✓	✓	A



SOUP VEGETABLES

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Farmer's soup vegetables		Celery, leek, carrot, cauliflower, celery, red pepper	350	50107	✓	✓	A
Finely chopped soup vegetables		Leek, carrot, cauliflower, celery	150 250 400	52085 50001 50002	✓	✓	A
Soup vegetables		Leek, carrot, cauliflower, celery	400	50106	✓	✓	A

VEGETABLES (SEASON)

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
(Dutch) stew		Carrot, white onion	500 1000	50945 50925	✓	✓	A
Kale		Kale, fine cut	500	50245	✓	✓	A
Kale		Kale	150 300	1248 50265			A
Kohlrabi		Kohlrabi	400	51405	✓	✓	A
Peeled Brussels sprouts		Peeled Brussels sprouts	200 350	12365 52265	✓	✓	A
Sauerkraut		Sauerkraut	250 500	52593 52625			A



FRESH-CUT MEAL KITS

Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Meal kit Beef Teriyaki		White rice, fried onions, soy sprouts, Chinese cabbage, Pak choi, yellow pepper, chestnut mushrooms, Teriyaki sauce	12530	✓	✓	A
Meal kit Flammkuchen		Flammkuchen dough, red onion, red pepper, cherry tomatoes, spring onion, rocket, thyme	12321	✓	✓	D
Meal kit Fried rice Bumbu		White rice, peanut sauce, fried onions, fried rice bumbu, soy sprouts, leek, white cabbage, red pepper, green beans	12424	✓		C
Meal kit Gado Gado		Mini cucumbers, fried onions, white rice, peanut sauce, soy sprouts, broccoli, yellow carrot, pointed cabbage, red pepper	12596	✓		B
Meal kit Gnocchi Bolognese		Leek, carrot, red pepper, courgette, white onion, gnocchi, tomato sauce, cherry tomatoes, Provencal herb mix	12564	✓	✓	C
Meal kit Indian Chicken Madras		Wholegrain rice, spice paste madras, yellow pepper, pumpkin, red onion, sweet potato, cauliflower, spinach	12565	✓		B
Meal kit Pita Gyros		Wholegrain pita buns, iceberg, white cabbage, broccoli, courgette, red pepper, red onion, mini cucumber, garlic sauce, herb mix gyros, white cheese	12513	✓		B
Meal kit Risotto mushrooms		Leek, red onion, curled parsley, chestnut mushrooms, risotto rice, cherry tomatoes, cheese, mushroom bouillon	11835	✓		C
Meal kit Sweet potato traybake		Sweet potato, iceberg lettuce, cucumber, red onion, white cabbage, red/yellow/green pepper, garlic sauce	12595	✓		C
Meal kit (Dutch) kebab chicken		Carrot, potato, sweet potato, red onion, little gem, tomatoes, mini cucumber, lime, herb mix, garlic sauce, herb mix Kapsalon	12568	✓	✓	B

MEAL KITS

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Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Meal kit Cauliflower casserole		Cauliflower, red pepper, leek, white onion, pommes rouge, cajun herb mix	12471	✓	✓	C
Meal kit Chicken curry		Green beans, red pepper, white onion, lime, garlic, coconut milk, herb mix curry, vegetable stock cube	12524	✓	✓	B
Meal kit Chicken Piri Piri		Tomatoes, courgette, yellow pepper, red pepper, white onion, lime, garlic, peppers, herb mix piri piri	12469	✓	✓	A
Meal kit Chicken Rendang		White onion, green beans, ginger, red pepper, spice paste rendang, coconut milk	12472	✓	✓	B
Meal kit Chicken Siam		Red pepper, green pepper, white onion, peppers, garlic, green beans, cashews, chicken siam sauce	12090	✓	✓	A
Meal kit Chili con carne		Chili beans, plum tomatoes, green pepper, white onion, red onion, peppers, pointed red pepper, garlic, herb mix chili con carne	12545	✓	✓	B
Meal kit Couscous		Red pepper, couscous, raisin apricot mix, garlic, aubergine, white onion, courgette, herb mix couscous	12555	✓	✓	B
Meal kit Dahl Indian style		Sweet potato, tomatoes, carrot, white onion, red pepper, ginger, garlic, red lentils, herb mix Indian, vegetable stock cube	12594	✓	✓	B
Meal kit Indian Curry Madras		Cauliflower, red onion, tomatoes, lime, red pepper, peppers, coconut milk, Indian curry madras	12406	✓	✓	B
Meal kit Indian Tikka Masala		Coconut milk, white onion, aubergine, tomatoes, red pepper, tomato puree, garlic, ginger, spice paste tikka masala	12567	✓	✓	C

MEAL KITS

Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Meal kit Italian quiche		Red pepper, garlic, bottom mix savory tart, herb mix savory tart, leek, white onion, carrot, curled parsley	11391	✓		C
Meal kit Leek curry casserole		Potato, leek, red apple, red pepper, parsnip, red onion, garlic, spice paste curry	12439	✓	✓	B
Meal kit Mexican wraps		Red pepper, green pepper, red onion, corn can, fajita sauce, wrapped tortillas, garlic	11387	✓	✓	C
Meal kit Noodles soy		Green beans, red onion, red pepper, green pepper, carrot, leek, peppers, garlic, spice paste ketjap	12459	✓	✓	B
Meal kit Risotto		Risotto rice, fennel, vegetable stock cube, garlic, rosemary, thyme, courgette, white onion, lemon	11627	✓	✓	C
Meal kit Tagliatelle Pomodoro		Courgette, plum tomatoes, yellow pepper, white onion, garlic, tomato cream sauce	12470	✓		A
Meal kit Teriyaki		Carrot, red pepper, green pepper, white onion, leek, mini cucumber, garlic, ginger, wok sauce teriyaki, sesame seeds	12442	✓	✓	A
Meal kit Thai green curry		Courgette, aubergine, tomatoes, red onion, green pepper, coconut milk, mini cucumber, Thai green curry	12556	✓	✓	B
Meal kit Traybake sweet potatoes		Baby potatoes, tomatoes, courgette, sweet potato, red pepper, white onion, garlic, rosemary, herb mix traybake	12540	✓	✓	C

SOUP KITS

Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Soup kit Indian carrot soup		Carrot, sweet potato, white onion, coconut milk, lime, vegetable stock cube, peppers, celery, herb mix carrot soup	12566	✓	✓	C
Soup kit Leek curry soup		Parsnip, apple, white onion, leek, potato, vegetable stock cube, garlic, cooking cream, herb mix curry	12383	✓	✓	C
Soup kit Mustard soup		Celeriac, carrot, white onion, leek, potato, vegetable stock cube, garlic, mustard sauce	12538	✓		C
Soup kit Red Lentils soup		Red onion, vegetable stock cube, red pepper, red lentils, bay leave, garlic, carrot, tomatoes, thyme, ginger, celery	18014	✓	✓	A
Soup kit Tomato soup		Plum tomatoes, white onion, carrot, garlic, thyme, tomato puree, vegetable stock cube	12404	✓	✓	B
Soup kit Tomato vegetable soup		Tomatoes, red pepper, carrot, leek, white onion, celery, vegetable stock cube, garlic, rosemary	12456	✓	✓	A
Soup kit Vegetable soup		Cauliflower, leek, white onion, carrot, vegetable stock cube, celery, curled parsley	11389	✓	✓	C

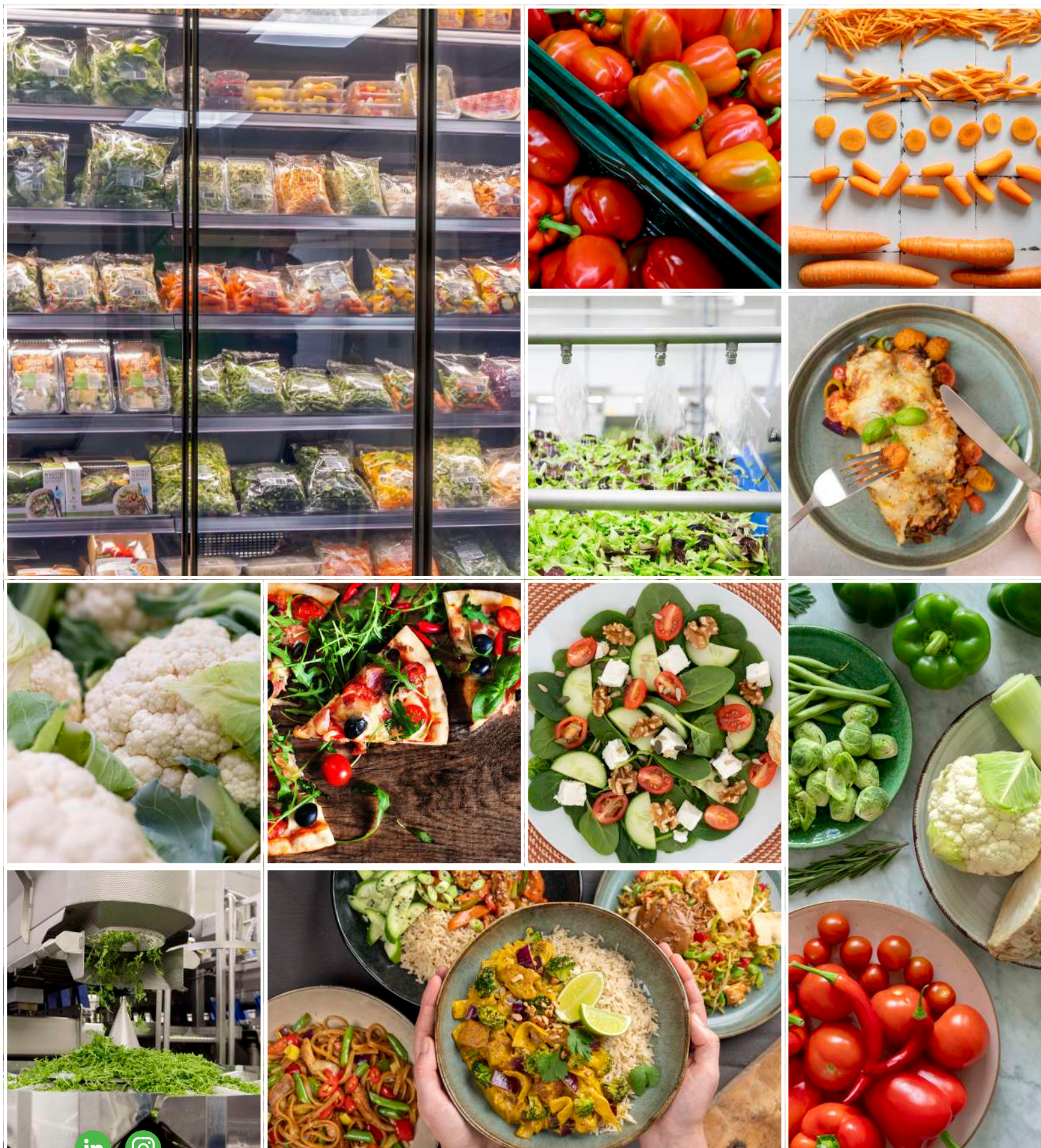
SOUP KITS (SEASON)

Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Soup kit Asparagus soup		White asparagus, cooking cream, potato, shallot onion, vegetable stock cube, curled parsley	12400	✓		B
Soup kit Courgette soup		Courgette, lemon, shallot onion, garlic, vegetable stock cube thyme	11512	✓	✓	B
Soup kit Goulash soup		Green pepper, red pepper, carrot, white onion, garlic, plum tomatoes, potato, tomato puree, vegetable stock cube, herb mix goulash	12099	✓	✓	C
Soup kit Pea soup		Carrot, bay leaf, split peas, leek, celeriac, white onion, celery	11476	✓	✓	A
Soup kit Pumpkin soup		Pumpkin, carrot, ginger, garlic, orange, apple, vegetable stock cube, red onion	11475	✓	✓	A



FRESH CUT FRUIT

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Fruitsalad		Pineapple, honeydew melon, Cantaloup melon, grape, apple	150	82608	✓	✓	A
Fruitsalad		Pineapple, apple, grape, honeydew melon, Cantaloup melon	250 400	82615 82622	✓	✓	A
Pineapple		Pineapple	250	82578	✓	✓	A
Pineapple cylinder		Pineapple	1 stuks	71886	✓	✓	A
Pomegranate		Pomegranate seeds	100	82639	✓	✓	A
Mango		Mango	175	82684	✓	✓	A
Melonmix		Watermelon, honeydew melon, Cantaloup melon	250	82653	✓	✓	A
Watermelon		Watermelon	250 400	62660 82691	✓	✓	A



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