

"Your success is our success – we're not just suppliers but partners in your journey."





There are things from home that will always put a *smile* on our faces.





COMPANY BIO



We are a wholesale distributor of ethnic foods, with a strong emphasis on consistency and authenticity. Our primary goal is to connect customers with genuine brands and products that encapsulate the true essence of diverse culinary traditions.

At Central Foods and Trading, we recognize the significance of food in **preserving cultural heritage**.

We firmly believe that each dish tells a compelling story and has the power to forge connections between people from different backgrounds. That's why we meticulously source and supply the highest quality products, ensuring that our customers can experience

the authentic flavors and culinary traditions from around the world.

With years of expertise in the industry and a robust network of trusted suppliers, Central Foods and Trading has established itself as a reliable partner for both customers and brands. We work closely with renowned international producers, carefully selecting products that reflect the unique values and flavors of their respective cultures. Our comprehensive range of offerings caters to the diverse tastes and preferences of our discerning clientele.



Quality is our top priority, and we employ stringent criteria to assess each brand and product before adding it to our portfolio. Our dedicated team of experts conducts thorough research and personally visits the regions of origin to ensure that the products meet our exacting standards. By doing so, we guarantee an unparalleled level of authenticity and excellence that our customers can depend on.

At Central Foods and Trading, we go beyond being a wholesale distributor. We actively foster meaningful connections between customers and the brands they love, facilitating a deeper understanding and appreciation of diverse cultures. Our knowledgeable staff is

always available to provide expert guidance, share recipes, and recommend products that perfectly align with our customers' needs. We take pride in delivering a truly immersive culinary experience for our valued clients.

Whether you are a restaurant owner, a food retailer, or a catering business looking to source exceptional ethnic products, Central Foods and Trading is your trusted partner. Join us on this delightful journey of discovery and let us bring the authentic flavors of the world to your establishment.

We are your gateway to authentic ethnic cuisine, wholesale distribution, and culinary excellence.



Our Team Leaders

Jermaine Marshall

over a decade of trade experience.



Tresha Marshall over a decade of Finance.



Our Promise

Easy Communication: Reliable and responsive communication throughout the entire sale process.

Constant Improvements: Ongoing observation of processes with a commitment to continual improvement.

To Be Your Biggest Supporter: Striving to be consistent in supply, working closely with you, and sharing our industry expertise.







PRODUCE

Roots / Frozen / Fruits / Vegetables / Leaves and Herbs



ROOTS

Sweet Potato

Yellow Yam

Dasheen

Sweet Yam

Casava

Coco

Ginger

Tumeric



FROZEN

Frozen Bammy Frozen Bredfruit Frozen Calalloo Frozen Ackee



FRUITS

JP Green Plantain

JP Green Banana

Pumpkin

Breadfruit

Sugar Cane

Orange

Julie Mango

East Indian Mango

Sorrel

Sour Sop

Sweet Sop

June Plumb





VEGETABLES

Thyme

Scallion

Scotch Bonnet Pepper



LEAVES AND HERBS

Sousop leave

Lime leave

Cinnemon leave

Guinean weed

Spurlina

Chainy root

Strong Back root

Sea moss

Pimento leaf

Pimento



Coconut Water / **Tropical Drink** / **Soft Drinks** / Milk Base / Syrups / Beer and Shandy Tonics and Bitters / Teas, Coffee and Hot Beverage Mixes, Sweeteners



COCONUT WATER

Sizes

Grace

Grace Coconut Water

With Pieces 310 ml Without Pieces 310 ml



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Sizes

Grace

Grace Tropical Rhythms

Reggae Medley 475ml Fruit Punch 475ml Pineapple Ginger 475ml Sorrel Ginger 475ml Mango Carrot 475ml



SOFT DRINKS

	Sizes
TING	
Pink Bottle	300ml
Original Bottle	330ml
Original Can	330ml
D&G	
Pineapple Soda Glass Bottle	354ml
Cream Soda Glass Bottle	354ml
Grape Soda Glass Bottle	354ml
Kola Soda Glass Bottle	354ml
Solo	
Apple J	355ml
Pear J	355ml
Sorrel	355ml
Cream Soda	355ml
Grape	355ml
Kola Champagne	355ml
BIGGA	
Ginger Beer	600ml
Fruit Punch	600ml
Grape	600ml
Jamaican Kola	600ml
Pineapple	600ml
CHUBBY	
Berryblast	250ml
Grape	250ml

Green Punch

Pineapple

Cola

250ml 250ml

250ml



Coconut Water / Tropical Drink / Soft Drinks / Milk Base / Syrups / Beer and Shandy Tonics and Bitters / Teas, Coffee and Hot Beverage Mixes, Sweeteners / Malts



MILK BASE Sizes Miracle Peanut Punch 250ml Egg Nog 250ml **Big Bamboo** Irish Moss Oats 284ml Irish Moss Peanut 284ml Irish Moss Original 284ml Irish Moss Strawberry 284ml **Strong Back** Vanilla 305g Vanilla 1lt Peanut 305g **Supligen** Irish Moss 290g Irish Peanut 290g Irish Chocolate 290g Irish Vanilla 290g

Irish Cookie And Cream

Black Stallion



SYRUPS

Sizes **Pure** Fruit Punch Syrup 11 11 Bulk Kola Syrup Bulk Pineapple Ginger Syrup 11 Bulk Pineapple Syrup 11 Bulk Strawberry Syrup 11 11 Bulk Mango Syrup Bulk Sorrel Ginger Syrup 11 Bulk Cherry Syrup 11 Bulk Grape Syrup 11 Bulk Ginger Syrup 11 Bulk Plain Syrup (Liquid Syrup) 11 Grace Cherry Syrup 750ml Strawberry Syrup 750ml



BEER AND SHANDY

290g



Coconut Water / Tropical Drink / Soft Drinks / Milk Base / Syrups / Beer and Shandy

Tonics and Bitters / Teas, Coffee and Hot Beverage Mixes, Sweeteners / Malts





TEAS, COFFEE AND HOT BEVERAGE MIXES, SWEETENERS

TONICS AND BITTERS	
	Sizes
Magnum	
Tonic Wine (Jamaican)	
Mandingo	
Tonic Wine	240ml
Baba Roots	
Herbal Beverage (Jamaica)	
Zion	
Ginseng Energiser	207ml
Tiger Herbal Tonic	207ml
Soo Natural	
Moringa Cinnamon Drink	200ml
Noni Sorrel Drink	200ml
Moringa Drink	200ml
Noni Roots Drink	200ml
Cerassie Drink	200ml
Hard Stone Roots Drink	200ml
Intense Roots Drink	200ml
Moringa Soursop Drink	200ml
Guinea Hen Drink	200ml
Hi-Grade Staminizer Drink	200ml

	Sizes
Jablum	
Blue Mountain Coffee Gold Bean	8oz
Blue Mountain Coffee Gold Ground	8oz
Coffee Beans	8oz
Coffee Ground	8oz
Instant Coffee	56.702
Jamaica Mountain Peak	
Coffee Jars	6oz
Mountain Peak	

Coffee Sachet	
Tea Bags	
Caribbean Dreams	
Bissy Tea Bag	24ct
Cerasee Tea Bag	20ct
Cerasee Tea Bag	24ct
Cinnamon Tea Bag	24ct
Cinnamon Tea Bag	24ct
Green Tea & Mint	24ct
Peppermint Tea Bag	24ct
Sorrel Ginger Tea Bag	24ct
Soursop With Honey Tea Bag	20ct
Tumeric Tea	20ct

11



Coconut Water / Tropical Drink / Soft Drinks / Milk Base / Syrups / Beer and Shandy

120g

500g

120g

500g

120g

500g

120g

500g

120g

500g

Teas, Coffee and Hot Beverage Mixes, Sweeteners / Malts

TEAS, COFFEE AND HOT BEVERAGE MIXES, **SWEETENERS**

Tops Cerassie 24ct Classic Jamaicn Peppermint 24ct Ginger Fever Grass 24ct Ginger Mint 24ct Lemon Grass 24ct Cinnamon 24ct 24ct

Hot Tea/Beverages Mixes

Creamy Malt

Peanut

Peanut

Ginger

Lasco Food Drink Vanilla Vanilla Chocolate Chocolate Strawberry Strawberry Creamy Malt



MALTS	
	Sizes
Vitamalt	
Vitamalt	330ml
Vitamalt Ginger	330ml
Maltina Nigeria	
Bottle	330ml
Can	330ml
Malta Guiness (Nigerian)	
Bottle	330ml
Bottle Multi Pack	330ml
Can	330ml
Grace	
Might Malt	330ml



Coconut Products / Flour and Powders / Sugars / Butters and Margarines / Honey Spreads / Canned Milk Canned Beans and Pulses / Canned Meats / Canned Fruits and Vegetables / Canned Fish





FLOUR AND POWDERS

Sizes

JF Mills

All Purpose Flour lkg Counter Flour lkg

Powders

Cornmeal

Bulk

Self Rising Flour Per kg Baking Flour Per kg

COCONUT PRODUCTS

Sizes

Grace

Coconut Milk Powder lkg Coconut Milk Powder 12 X 50g Canned Coconut Milk 400ml

Maggie

Coconut Milk Powder 6 X 300g Coconut Milk Powder 6 X lkg

Delect

Coconut Milk Powder 50g Coconut Milk Powder Canned



SUGARS

Brown Sugar



Coconut Products / Flour and Powders / Sugars / Butters and Margarines / Honey Spreads / Canned Milk
Canned Beans and Pulses / Canned Meats / Canned Fruits and Vegetables / Canned Fish / Cake Mixes / Festival Mixes
Food Flavorings / Extract / Dried Fruits / Cornstarch



Sizes Chiffon Soft Margarine (Jamaica) 12 x 454g Soft Margarine (Jamaica) 12 x 227g Goldseal Margarine (Jamaica) 12 x 227g Reduced Fat Margarine 12 x 227g (Jamaica) 12 x 227g Vegan Margarine (Jamaica) 12 x 227g





HONEY SPREADS	
	Sizes
Tropical Sun	
Natural Molasses	6 x 454g
Black Strap	
Jamaican Molasses	6 x 200g
Tru Jamaica	
Molasses	6 x 340g
Burnt Sugar	6 x 340g

CANNED MILK	
	Sizes
Betty	
Sweetened Condensed Milk	395g
Sweetened Condensed Milk	180g
Sweetened Condensed Milk Cinnamon, Vanilla Nutmeg	395g
Sweetened Condenced Milk Creamer	395g
Sweetened Condenced Milk	395g



Coconut Products / Flour and Powders / Sugars / Butters and Margarines / Honey Spreads / Canned Milk

Canned Beans and Pulses / Canned Meats / Canned Fruits and Vegetables / Canned Fish / Cake Mixes / Festival Mixes Food Flavorings / Extract / Dried Fruits / Cornstarch



CANNED BEANS AND PULSES

	Sizes
Grace	
Baked Beans	300g
Black Beans	400g
Blackeye Peas	400g
Broad Beans	48 x 300g
Butter Beans	48 x 300g
C/Beef Low Salt	198g (7 oz)
C/Beef Low Salt	340g (12 oz)



CARRED MEATS	
	Sizes
Grace	
Corned Beef Halal	6 x 340g
Chicken Viennas Hot & Spicy	24 x 200g
Chicken Viennas Original	24 x 200g

Vegan Margarine (Jamaica) 12 x 227g



CANNED FRUITS AND VEGETABLES

Sizes

Sizes

Juliana

Canned Ackee
Canned Callaloo



CANNED FISH

200g
200g
425g (15oz)
142g
142g
425g (15oz)
425g (15oz)
200g



Coconut Products / Flour and Powders / Sugars / Butters and Margarines / Honey Spreads / Canned Milk Canned Beans and Pulses / Canned Meats / Canned Fruits and Vegetables / Canned Fish / Cake Mixes / Festival Mixes Food Flavorings / Extract / Dried Fruits / Cornstarch





CAKE MIXES Sizes **Annilu** Jamaican Fruit Cake Mix 774.7g **Bob's Red Mill** Corn Bread Mix 20oz J.F. Mills Chocolate Cake Mix 500g Lux Chocolate Cake Mix 500g Lux Yellow Cake Mix 500g Sweet Potato Pudding Mix 500g White Cake Mix 500g White Cake Mix lkg Yellow Cake Mix



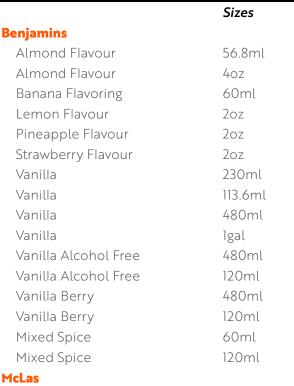
Vanilla

Vanilla

Vanilla

Clear Vanilla

Clear Vanilla





FESTIVAL MIXES	
	Sizes
Gold Seal	
Festival Mix	454g
J.F. Mills	
Festival Mix	lkg
Festival Mix	454g

12 x 60ml

12 x 120ml

6 x 480ml

6 x 480ml

24 x 480ml



Coconut Products / Flour and Powders / Sugars / Butters and Margarines / Honey Spreads / Canned Milk
Canned Beans and Pulses / Canned Meats / Canned Fruits and Vegetables / Canned Fish / Cake Mixes / Festival Mixes
Food Flavorings / Extract / Dried Fruits / Cornstarch

Sizes



EXTRACT

Sizes

Benjamins

Cinnamon Extract 56.8ml
Ginger Extract 4oz
Nutmeg Extract 60ml



CORNSTARCH

Cornstarch 454g Cornstarch 226g

Sizes



DRIED FRUITS

Bulk

utk	
Cherries	Per kg
Currants	Per kg
Dried Coconut Flakes	Per kg
Dried Cranberry	Per kg
Papaya Chunks	Per kg
Pecan Pieces	Per kg
Prune	Per kg



SAUCES, OILS AND VINEGARS

Sauces / Browning / Marinades / Seasonings / Cooking Oils / Specialty Oils / Vinegars / Lemon and Lime Juice



SAUCES

Sizes **Pickapeppa** Original Sauce 148ml Gingery Mango Sauce 142ml Hot Mango Sauce 142ml Hot Pepper Sauce 148ml Grace Hot Pepper Sauce 85ml Fish & Meat Sauce 142ml Scotch Bonnet Hot Pepper 142ml Sauce (Green) Grace Scotch Bonnet Hot 142ml Pepper Sauce (Yellow) Sweet & Spicy Hot Pepper 253ml Sauce Jerk Bbq Sauce 375ml **Spur Tree** Crushed Red Pepper Sauce 148ml Crushed Scotch Bonnet 148ml Pepper Sauce Mango Scotch Bonnet Pepper 148ml Sauce Pineapple Scotch Bonnet 148ml Pepper Sauce BBQ Sauce 335ml Reggae Table Sauce 335ml Spice It Up Sauce 335ml

SAUCES

Eaton's	
Scotch Bonnet Pepper	5oz
Crushed Pepper Sauce	5oz
Hot Pepper Sauce	5oz
Jerk Sauce	5oz
West Indian Hot Mustard Sauce	5oz
Original Jerk Barbeque Sauce	19.5oz
Jamaican Rum Barbeque Sauce	19.5oz

Sizes



BROWNING

Grace	
Browning	142ml
Juliana	
Browning	142ml

Sizes



SAUCES, OILS AND VINEGARS

Sauces / Browning / Marinades / Seasonings / Cooking Oils / Specialty Oils / Vinegars / Lemon and Lime Juice



MARINADES Sizes **Walkerswood** Jerk Seasoning 280ml Jerk Seasoning Mild 280ml **Grace** Jerk Seasonings Hot & Spicy 312g Juliana lerk Marinade 507 Eaton's Boston Bay Style Jerk 12oz Seasoning Jamaican Jerk Seasoning lloz Jamaica Mild Jerk Seasoning lloz Jamaican Scotch Bonnet Jerk lloz Seasoning **Spur Tree** 13.9oz Jerk Wing Marinade Chicken Marinade 13 907 Pork Marinade 13.9oz Beef Marinade 13.9oz



Sizes

SEASONINGS

	5,205
Island Spice	
Jerk Seasoning	32oz
All Purpose Seasoning	32oz
Jamaican Curry Powder	6oz
Chicken Seasoning	6oz
Fish Seasoning	6oz
Spur Tree	
Jerk Seasoning	13.9oz
Oxtail Seasoning	13.9oz
All Purpose Seasoning	13.9oz
Curry Seasoning	13.9oz
Brown Stew Seasoning	13.9oz
Roast Chicken Seasoning	13.9oz
Chicken Stew Seasoning	13.9oz
Pork Stew Seasoning	13.9oz
Beef Stew Seasoning	13.9oz
Dunstan	
Season to the Bone	8oz
Curry	8oz
Eaton's	
Dry Jerk Seasoning Rub	3.7oz
Dry Mild Jerk Seasoning Rub	3.7oz
Fish Seasoning	3.7oz
Jerk Barbeque	3.7oz
Jamaican Oxtail Seasoning	3.7oz
Jamaica Spicy Wings Seasonings	3.7oz



SAUCES, OILS AND VINEGARS

Sauces / Browning / Marinades / Seasonings / Cooking Oils / Specialty Oils / Vinegars / Lemon and Lime Juice



COOKING OILS

Sizes



VINEGARS

Pure

Jamaican Distilled Vinegar 500ml Jamaican Distilled Vinegar 1l Jamaican Distilled Vinegar 1.89l

Lasco

Distilled White Vinegar 3.8l



SPECIALTY OILS

	Sizes
Benjamins	
Castor Oil	120ml
Shavot	
Jamaican Black Castor Oil	118ml

LEMON AND LIME JUICE

	Sizes
Pure	
Jamaican Lime Juice	750ml
Home Choice	
Jamaican Lime Juice	750ml

Sizes



NOODLES

Noodles and cup soups



NOODLES AND CUP SOUPS	
	Sizes
Grace	
Pumpkin Soup	12 x 50g
Pumpkin Soup	144 x 50g
Cock Soup	12 x 50g
Cock Soup	144 x 50g
Chicken Noodle Soup	12 x 50g
Chicken Noodle Soup	144 x 50g
Cock Soup Spicy	50g
Cock Soup Spicy	600g
Cock Soup Spicy Mix 25% Less Sodium	
Spicy Hill Farms	
Ram Goat Soup	60g
Ram It Up Curry Goat Booster	20g
Scotch Bonnet Pepper	25g

	Sizes
ggi	
Soup It Up Chicken Noodle Soup Mix	50g
Soup It Up Cock Soup	50g
Soup It Up Thick and Spicy	50g
Soup It Up Vegetable	50g
Noodles Masala	70g
Noodles Chicken	75g
Noodles Curry	79g



SNACKS, BREADS AND BUNS

Snacks / Breads Buns And Cakes / Crackers



SNACKS		SNACKS	
	Sizes		Sizes
Butterkist		Chippies	
Sandwich Cookies Strawberry	55g	Banana Chips	70g
Sandwich Cookies Vanilla	55g	Banana Chips	142g
Sandwich Cookies Chocolate	55g	Onion Bits Chips	70g
St. Mary's		Onion Bits Chips	142g
Banana Chips Original	142g	Tiggaz	
Banana Chips Original	71g	Tiggaz	30g
Plantain Chips Extra Crunchy	142g	Goody Snacks	
Plantain Chips Extra Crunchy	71g		
Banana Chips Cheese and Onion	40g	HoMade	
Ripe Plantain Chips Natural Sweet	40g	Tea Biscuits	
Plantain Chips Lightly Salted Extra	40g	Scottie Biscuit	
Crunchy		Strawberry Cookies	
Cassava Chips Lightly Salted	40g	Chocolate Cookies	
Cassava Chips Sour Cream and Onion	40g	Duplex Cookies Peanut Butter Cookies	
Breadfruit Chips Lightly Salted	50g	Ginger Biscuit	
Plantain Strips With Sea Salt	140g	Royal Crackerst	
Ripe Plantain Chips Scotch	140g	Special Cream Crackers	
Bonnet Sweet		Salted Peanuts	
		Jatted Feathats	



SNACKS, BREADS AND BUNS

Snacks / Breads Buns And Cakes / Crackers



BREADS, BUNS AND CAKES

Sizes

National

Giant White Hardo Giant White Hardo Sliced Giant Bran Hardo Sliced

Giant Bran Hardo Unsliced

Giant Whole Wheat

White Weekender

Healthy Start Line – 100% Whole Wheat Bread, Healthy Start Multi Grain, Healthy Start

Giant

Spice Penny Bun

Spice Loaf Bun Ginger Bulla

Honeybun

Spiced Bun Sliced $5 \times 795g$ Spiced Bun Sliced $1 \times 795g$ Penny Fruit Bun $16 \times 128g$

St. Mary's

Banana Bread with Rum 6 x 133g
Banana Bread with Rum 18 x 133g

Fruit Cake

Light Fruit Cake 40g

BREADS, BUNS AND CAKES

Sizes

Purity Miss Birdie

Jamaican Spiced Bun 1207 Amazin Cinnamon Raisin & Oats Bread Cinnamon Rolls 3oz Coconut Bread 156g Coconut Rolls 307 Corn Bread 110g Corn Bread 450g Spice Bun 110g Raisin Bread 98g



CRACKERS

Sizes

National

Cream Crackers
Golden Crackers
Crispy Crackers

Water Crackers Purity Miss Birdie

Wheat Crackers

113g



NON FOODS

Non Food Medical Rubs And Oils / Soap / Dutch Pots



MEDICAL RUBS AND OILS

Sizes

Benjamins	
Bay Rum Pimento	12 x 250ml
Bay Rum Pimento	24 x 250ml
Bay Rum Menthol	12 x 250ml
Bay Rum Menthol	24 x 250ml
Bay Rum	12 x 250ml
Bay Rum	24 x 250ml
Rubbing Alcohol	12 x 250ml
Rubbing Alcohol	24 x 250ml
Rubbing Alcohol	6 x 500ml
Rubbing Alcohol Wintergreen	12 x 250ml
Rubbing Alcohol Wintergreen	6 x 500ml
Florida Water	12 x 60ml
Florida Water	12 x 120ml
Florida Water	12 x 240ml
Kananga Water	12 x 60ml
Kananga Water	12 x 120ml
Kananga Water	12 x 240ml
Honey Time	6 x 140ml
Mineral Oil	12 x 120ml
Olive Oil	12 x 60ml
Olive Oil	12 x 120ml

MEDICAL RUBS AND OILS

Benjamins	
Healing Oil	12 x 120ml
Healing Oil	36 x 60ml
Castor Oil	12 x 120ml
Eucalyptus Oil	12 x 30ml
Rose Water	12 x 120ml
Rose Water with Almond	12 x 120ml

Sizes



SOAPS

Blue Power	
Carbolic Soap	12 x 125g
Carbolic Soap	72 x 125g
Castile Cocoa Butter	12 x 110g
Castile Olive Oil	12 x 110g
Castile Coconut Cream	12 x 110g
Laundry Soap	130g, 3pak

Sizes



NON FOODS

Non Food Medical Rubs And Oils / Soap / **Dutch Pots**



DUTCH POTS

Small	1 x 20cm
Small	4 x 20cm
Small	6 x 18cm
Medium	1 x 24cm
Medium	4 x 24cm
Medium	6 x 24cm
Large	1 x 28cm
Large	4 x 28cm
Large	1 x 30cm
Extra Large	1 x 32cm
Extra Large	4 x 32cm
Extra Large	6 x 32cm
King Size	1 x 36cm
King Size	4 x 36cm
King Size	4 x 42cm
Super King	1 x 40cm
Super King	2 x 40cm
Super King	4 x 50cm

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