

# Guinea Fresh



**100%**  
Natural

African

# Food Catalogue

MKF Guinea Fresh The Netherlands +31 (0)6 862 375 78 [www.GuineaFresh.com](http://www.GuineaFresh.com)

From the  
West Coast of Africa  
to your doorstep



## **MKF Guinea Fresh**

Van IJsendijkstraat 403A

1442 LB Purmerend

The Netherlands

[www.GuineaFresh.com](http://www.GuineaFresh.com)

## ***Please contact us***

WhatsApp +31 (0)6 862 375 78

TEL +31 (0)299 769 209

MAIL [info@guineafresh.com](mailto:info@guineafresh.com)

## ***Ready to order?***

See tips and info on page 31.

# Guinea Fresh

## Whole Sale African Food Catalogue



*Oils* ..... 4



*Dried* ..... 8



*Herbs & Spices* ..... 16



*Cooled & Frozen* ..... 22



*Fish* ..... 26

How to place an order ..... 31

About Guinea Fresh ..... 32

Meet your contacts ..... 33

Product index ..... 34



# Oils

*100% natural Palm Oil*

*Also known as · Huile de palme*

- Palmolie · Palmöl · Aceite de palma · Olio di palma*
- Natural Red Palm Oil · Toborgee Oil*







**Palm Oil 0.5L**  
OIL1001 · 24x



**Palm Oil 1L**  
OIL1003 · 12x



**Palm Oil 1L jar**  
OIL1002 · 12x



**Palm Oil 3L**  
OIL1004 · 4x



**Palm Oil 3L jar**  
OIL1009 · 4x



**Palm Oil 4.5L**  
OIL1005 · 4x



**Palm Oil 5L**  
OIL1006 · 4x



**Toborgee Oil 3L**  
OIL1007 · 4x



**Shea Butter 10kg**  
OIL1008 · 1x



**Shea Butter 250g**  
OIL1010 · 30x

**Ready to order?**

See tips and info  
on page 31

**Order your desired quantity**

**Product 1kg - content**

PC0000 · 4x

product code    per box

## Palm Oil

One of the most desired oils in the world, palm oil is a vegetable oil extracted from the fruits of the oil palm.

This versatile oil is a key ingredient in many delicious foods.

Our Guinea Fresh palm oil is ethically sourced, fresh from the palm trees of West Africa to the palm of your hand.



# SS

# Dried



### *Natural dried African foods*

- Fonio • Thiakry • Bissap Hibiscus • Potato • Baobab
- Cassava • Bouillie de Mais Porridge
- Bouillie de Sorgho Porridge • Bouillie de Riz Rice Porridge
- Rice Powder • Egusi • Peanut Butter • Peanut Powder
- Attieke • Banku Mix • Plantain Fufu • Gari
- Pounded Yam Fufu • Cocoyam • Palm Cream
- Pearl Millet Flour • Tamarind







**Fonio 400g**  
DRD6001 · 40x



**Fonio 400g jar**  
DRD6002 · 24x



**Fonio 850g**  
DRD6003 · 12x



**Fonio 2.5kg**  
DRD6004 · 4x

**Pre-Cooked**



**Fonio Pre-cooked 500g**  
DRD6053 · 24x

**Pre-Cooked**



**Fonio Pre-cooked 780g**  
DRD6059 · 12x



**Thiakry 350g**  
DRD6005 · 24x



**Thiakry 700g**  
DRD6006 · 12x



**Thiakry 1.5kg**  
DRD6007 · 6x



**Bissap Hibiscus 100g**  
DRD6008 · 40x



**White Hibiscus Bissap Wonjo 80g**  
DRD6055 · 40x



**Baobab Fruit 300g**  
DRD6010 · 12x



**Baobab Powder 200g**  
DRD6011 · 24x



**Cassava Flour 800g**  
DRD6012 · 20x



**Pearl Millet Flour 500g**  
DRD6051 · 40x



**Rice Powder 500g**  
DRD6024 · 30x



**Bouillie de Mais Porridge 350g**  
DRD6014 · 24x



**Bouillie de Mais Porridge 650g**  
DRD6015 · 12x



**Bouillie de Mais Porridge 1.5kg**  
DRD6016 · 6x



**Bouillie de Sorgho Porridge 350g**  
DRD6018 · 24x



**Bouillie de Sorgho Porridge 650g**  
DRD6019 · 12x



**Bouillie de Sorgho Porridge 1.5kg**  
DRD6020 · 6x



**Bouillie de Riz Rice Porridge 350g**  
DRD6021 · 24x



**Bouillie de Riz Rice Porridge 650g**  
DRD6022 · 12x



**Bouillie de Riz Rice Porridge 1.5kg**  
DRD6023 · 6x



Dried, Ground & Whole Egusi seeds



**Egusi Whole**

100g

**Egusi Whole 100g**  
DRD6025 · 100x



**Egusi Whole 250g**  
DRD6026 · 24x



**Egusi Whole 400g**  
DRD6027 · 12x



**Egusi Ground 100g**  
DRD6028 · 100x



**Egusi Ground 250g**  
DRD6029 · 24x



**Egusi Ground 400g**  
DRD6030 · 12x



**Peanut Powder 400g**  
DRD6031 · 12x



**Peanut Butter 500g**  
DRD6032 · 24x



**Peanut Butter 1kg**  
DRD6033 · 12x



**Peanut Butter 2kg**  
DRD6034 · 6x



**Peanut Grilled 350g**  
DRD6035 · 24x

*Fine & Sugar Free*

- Peanut Butter · Pâte D'arachide Naturelle
- Natuurlijke Pindakaas · Natürliches Erdnussbutter
- Pasta De Maní Natural · Arachidi Naturale Pasta
- Peanut Powder · Grilled Peanuts

**100% Natural**



**Banku Mix**



1kg

**Banku Mix 1kg**  
DRD6040 · 20x



**Plantain Fufu**



700g

**Plantain Fufu 700g**  
DRD6041 · 12x

**Plantain Fufu**



1.5kg

**Plantain Fufu 1.5kg**  
DRD6042 · 6x

**Gari**



1kg

**Gari 1kg**  
DRD6043 · 20x

**Gari**



2kg

**Gari 2kg**  
DRD6044 · 10x

**Yam Flour**



700g

**Yam Flour 700g**  
DRD6045 · 12x

**Yam Flour**



1.5kg

**Yam Flour 1.5kg**  
DRD6046 · 6x

**Cocoyam Flour**



700g

**Cocoyam Flour 700g**  
DRD6047 · 12x

**Cocoyam Flour**



1.5kg

**Cocoyam Flour 1.5kg**  
DRD6048 · 6x

**Palm Cream**



400g

**Palm Cream 400g**  
DRD6049 · 24x

**Palm Cream**



800g

**Palm Cream 800g**  
DRD6050 · 12x



**Potato Leaves Dried 80g**  
DRD6009 · 24x



**Cassava Leaves Powder 80g**  
DRD6013 · 100x



**Attiéké Dried 400g**  
DRD6038 · 24x



**Attiéké Dried 800g**  
DRD6039 · 12x



**Tamarind 200g**  
DRD6052 · 40x



**Annatto 250g**  
DRD6054 · 24x



**Tola Powder 50g**  
DRD6017 · 100x



**Tola Powder 340g**  
DRD6056 · 24x



**Tola Whole 340g**  
DRD6057 · 24x



**Dried Snail 100g**  
DRD6058 · 100x





# Herbs



# & Spices

- Dried, powdered or whole spices*
- Chilli Pepper · Sumbala Dawadawa
- Aubergine Ketele · Selim Pepper
- Okra Powder







**Chilli Pepper Dried Whole** 100g  
HAS4001 · 24x



**Chilli Pepper Dried Powder** 100g  
HAS4002 · 50x



**Chilli Pepper Dried Powder** 240g  
HAS4010 · 24x



**Sumbala Dawadawa Powder** 80g  
HAS4003 · 100x



**Sumbala Dawadawa Powder** 270g  
HAS4004 · 24x



**Sumbala Dawadawa Whole** 100g  
HAS4005 · 100x



**Sumbala Dawadawa Whole** 270g  
HAS4006 · 24x



**Dried Aubergine Ketele** 100g  
HAS4007 · 24x



**Dried Aubergine Ketele** 160g  
HAS4009 · 24x



**Selim Pepper** 200g  
HAS4008 · 24x



**Sesame Seed** 350g  
HAS4011 · 24x



**Dried Ginger** 100g  
HAS4012 · 100x



**Okra Powder** 80g  
HAS4013 · 100x



**Okra Powder** 160g  
HAS4014 · 24x

# Add a little spice to your life

## *Cayenne peppers*

A fairly hot pepper with a slight citrus twist, these dried **chilli peppers** are the perfect addition to make a meal POP with flavor. This chilli is used in hot sauces and soups but is also a key ingredient in Piri Piri sauce.

## *Sumbala seeds*

**Sumbala** (a.k.a dawadawa) is an aromatic seasoning widely used in soups and stews across West Africa. This flavor enhancer is made from seeds extracted from the African locust bean.

## *Bitter aubergine*

**Ketele**, also known as dried aubergine, is dried to perfection. It is highly absorbant and gives food a little bite. Ketele is a versatile ingredient, used in fried rice, baked goods, stews, and soups. When preparing it with a meal, it can also be steamed or grilled.

## *Selim peppers*

A popular ingredient to season fish and peppery soups and stews, the **Selim pepper** is a cherished spice in West Africa. It's used in a similar way to black pepper. It boasts a distinct smoky and musky taste, which makes it a great seasoning to add a little heat.







# Cooled

Cooled or frozen -18°C \*\*\*

- Attieke • Cassava Leaves • Ginger • Placari
- Potato Leaves • Molokhia • Ngai Ngai • Cassava Dough
- Corn Dough Paste • Banku Mix • Snail • Sliced Okra
- Habanero Pepper • Palm Cream



# & Frozen





**Attieke 500g**  
CAF0001 · 20x



**Attieke 1kg**  
CAF0002 · 10x



**Cassava Leaves 500g**  
CAF0003 · 30x



**Cassava Leaves 1kg**  
CAF0004 · 15x



**Ginger 500g**  
CAF0005 · 30x



**Placari 500g**  
CAF0006 · 30x



**Placari 1kg**  
CAF0007 · 15x



**Potato Leaves 500g**  
CAF0008 · 24x



**Molokhia 500g**  
CAF0009 · 24x



**Ngai Ngai 500g**  
CAF0010 · 30x



**Cassava Dough 1kg**  
CAF0011 · 24x



**Cassava Dough 2kg**  
CAF0012 · 12x



**Corn Dough Paste 1kg**  
CAF0013 · 24x



**Corn Dough Paste 2kg**  
CAF0014 · 12x



**Banku Mix 1kg**  
CAF0015 · 24x



**Banku Mix 2kg**  
CAF0016 · 12x



**Giant African Snail with shell**

10kg

**Snail with shell 10kg**  
CAF0017 · 1x



**Giant African Snail without shell**

10kg

**Snail without shell 10kg**  
CAF0018 · 1x



**Sliced Okra Fresh Frozen**

500g

**Sliced Okra 500g**  
CAF0019 · 24x



**Sliced Okra Fresh Frozen**

1kg

**Sliced Okra 1kg**  
CAF0020 · 12x



**Habanero Pepper**

200g

**Habanero Pepper 200g**  
CAF0021 · 30x



**Habanero Pepper**

400g

**Habanero Pepper 400g**  
CAF0022 · 24x



**Palm Cream 1kg**  
CAF0023 · 10x



**Bitter Leaves**

500g

**Bitter Leaves 500g**  
CAF0024 · 24x



**Aubergine**

500g

**Aubergine 500g**  
CAF0025 · 24x





# Fish

*Freezer fresh or dried fish & seafood*

- *Krofish Sanfi* • *Bonga* • *Mackerel Atlantic* • *Mackerel Shortbodied*  
• *Blue Mackerel* • *Talapia Black* • *Talapia Red*
- *Catfish Fresh* • *Hardhead Catfish* • *Catfish* • *Snapper Red*
- *Prawn* • *Cassava Fish* • *Barracuda* • *Giant Mud Crab* • *Sea Snail*





**Dried Powder**  
**Krofish Sanfi**  
*prawn*



**Krofish Sanfi Dried Powder 50g**  
FIS3001 · 100x

**Dried Whole**  
**Krofish Sanfi**  
*prawn*



**Krofish Sanfi Dried Whole 50g**  
FIS3002 · 100x



**Bonga Dried Fillet 100g**  
FIS3003 · 100x



**Bonga Dried Fillet 6kg**  
FIS3004 · 1x



**Bonga Dried Powder 50g**  
FIS3005 · 100x



**Bonga Dried Powder 215g**  
FIS3006 · 24x



**Mackerel Atlantic 5kg**  
FIS3007 · 1x



**Mackerel Shortbodied 5kg**  
FIS3008 · 1x



**Blue Mackerel 5kg**  
FIS3009 · 1x



**Tilapia Black 5kg**  
FIS3010 · 1x



**Tilapia Red 5kg**  
FIS3011 · 1x



**Catfish Fresh 5kg**  
FIS3012 · 1x



**Hardhead Catfish Dried 5kg**  
FIS3013 · 1x



**Catfish Dried 5kg**  
FIS3018 · 1x



**Snapper Red 5kg**  
FIS3014 · 1x



**Prawn 5kg**  
FIS3015 · 1x



**Cassava Fish 5kg**  
FIS3016 · 1x



**Barracuda 5kg**  
FIS3017 · 1x



**Giant Mud Crab 5kg**  
FIS3019 · 1x

## *Dried* **Sea Snail**

240g

**Sea Snail Dried 240g**  
FIS3020 · 24x



**100%**  
*Natural*

*Products from  
the West coast of Africa  
to your doorstep*



# How to place an order

## 1. Select the products you want

Browse through this brochure or our website [GuineaFresh.com](http://GuineaFresh.com) to find the products that you want to order.  
Choose your desired quantities. You can call or email us to request an order, or request an order directly from our website.

## 2. Request a proforma invoice

Once you request for a proforma invoice, we will evaluate your order.

## 3. We email you the proforma invoice

We will make a proforma invoice with prices and delivery details and email it to you within 1 or 2 working days.

## 4. Review and approve the order

You can view your proforma invoice in your email. From here, you can approve it or ask us to adjust it.

## 5. We make an invoice and plan delivery

Once you're happy and approve the proforma, we send an invoice and your order and delivery is planned.

## 6. You get notified of delivery

You will be notified once the delivery is planned and on the way.

See all our products in this brochure or listed online.  
All pictures are examples, packaging may vary.

[www.GuineaFresh.com](http://www.GuineaFresh.com)

## Order your desired quantity

Product 1kg – content

PC0000 · 4x

product code per box

## How long are the delivery times?

Delivery time is largely dependent on where you are and how much you order. On average, it can take between 1-2 weeks. Our goal is to prioritize deliveries for large orders as soon as possible. For smaller orders, we may batch your order with other orders to be delivered nearby. Of course, if you need your order delivered urgently, please let us know and we can make an arrangement.

## What are the delivery fees?

The delivery fees vary based on several factors including order value, order size, and your location. They may be subject to change over time due to changes in costs of fuel and transport.

We will inform you about the delivery fees in the proforma invoice after you request an order.

If you prefer to pick up your order, please let us know.

You're also always welcome to pick up your orders from our warehouse in Purmerend, the Netherlands at your convenience.





# Guinea Fresh

## About Guinea Fresh

We bring delicious, exotic flavors from West Africa to Europe and North America. MKF Guinea Fresh is a wholesaler based in Purmerend, the Netherlands. F. Sheriff Import was founded in 2008 by Fatu Sheriff, a woman of West African descent, to share the flavors of her homeland with Europe. As a family owned business our compagny values take great inspiration from our cultural background.

Over the years the company has blossomed with the support of friends, family, and mentors. We believe in the importance of relationships and community. We aim to build strong, long-lasting relationships with our partners and customers.

Our purpose is to share our food and culture with everyone interested in West African cuisine, regardless of their background. After all, food is one of the best ways we can learn from other cultures.

The kitchen and dining habits of a culture contain rich insights about how people survive, manifest their creativity, and show affection. We want to contribute to this global journey by bringing West African cuisine to the forefront of the world.

Our products have become an integral part of everyday life. Some products, like palm oil and shea butter, are ingredients that make up a large portion of consumables we've come to know, love, and use all the time. Their quality and versatility make these products the real good stuff.

## The future is red, yellow, and green

MKF Guinea Fresh is expanding. With a growing team, we are ready to increase our presence in Europe, North America, and beyond. We currently supply products to more than 200 businesses of all sizes. MKF Guinea Fresh is the proud owner of the brand Guinea Fresh. Under this brand, we source the best quality products from local African farmers – including dried products, oils, frozen products and fish.

# Meet the Guinea Fresh Family

Our brand is deeply rooted in the power of family. MKF Guinea Fresh was named after **Mussa, Kande**, and their daughter, **Fatu**. As her husband's health was declining, Kande encouraged Fatu to start a business to support her family. Kande loved her country and dearly wished to express her gratitude by elevating its status in the world. Fortunately, Fatu is a determined, intelligent, and hard working force of nature. With the little capital they had, they worked hard to build trust within the community, to grow the business, and to support the family. It is thanks to them that we are here today.

Family and community are important in our culture. We want to make everyone feel welcome and supported, and give back to others when we can. Today, we are active in our community in Guinea by building homes and factories, not only providing jobs but also empowering women to work. Our team has grown tremendously over the years but we are always grateful to our roots. Thank you for everything, **Mussa and Kande**. Rest in peace. We miss you and hope to make you proud.



Meet your  
contacts



## **Fatu Sheriff**

**Owner & Founder**

*The Commander & Chief*

Nederlands, English,  
Madingo, WA dialects

+31 (0)6-862 375 78

[info@guineafresh.com](mailto:info@guineafresh.com)



## **Verkeh Sahnoh**

**Sales & Logistics**

*The Resourceful Gatherer*

Nederlands, English, French,  
Madingo, WA dialects

[v.sahnoh@guineafresh.com](mailto:v.sahnoh@guineafresh.com)



## **Tata Sheriff**

**General Manager**

*The Fearless Leader*

Nederlands, English, Madingo

+31 (0)6-844 673 37

[t.sheriff@guineafresh.com](mailto:t.sheriff@guineafresh.com)



## **Hagi Mussa Sahnoh**

**Sales & Logistics**

*The Cool Collector*

Nederlands, English, Madingo

[h.m.sahnoh@guineafresh.com](mailto:h.m.sahnoh@guineafresh.com)



## **Mandy V. Sahnoh**

**Administrative Assistant**

*The Organized Multi-tasker*

Nederlands, English, Madingo

+31 (0)6-342 478 06

[m.v.sahnoh@guineafresh.com](mailto:m.v.sahnoh@guineafresh.com)

### Oils



See page 6

#### Palm Oil

OIL1001	0.5L	24x
OIL1002	1L jar	12x
OIL1003	1L	12x
OIL1004	3L	4x
OIL1009	3L jar	4x
OIL1005	4.5L	4x
OIL1006	5L	4x

#### Toborgee Oil

OIL1007	3L	4x
---------	----	----

#### Shea Butter

OIL1008	10kg	1x
OIL1010	250g	30x

### Dried



See page 10-15

#### Fonio

DRD6001	400g	40x
DRD6002	400g jar	24x
DRD6003	850g	12x
DRD6004	2.5kg	4x

#### Fonio Pre-cooked

DRD6053	500g	24x
DRD6059	780g	12x

#### Thiakry

DRD6005	350g	24x
DRD6006	700g	12x
DRD6007	1.5kg	6x

#### Bissap Hibiscus

DRD6008	100g	40x
---------	------	-----

#### White Hibiscus Bissap Wonjo

DRD6055	80g	40x
---------	-----	-----

#### Potato Leaves Dried

DRD6009	80g	24x
---------	-----	-----

#### Baobab Fruit

DRD6010	300g	12x
---------	------	-----

#### Baobab Powder

DRD6011	200g	24x
---------	------	-----

#### Cassava Flour

DRD6012	800g	20x
---------	------	-----

#### Cassava Leaves Powder

DRD6013	80g	100x
---------	-----	------

#### Bouillie de Mais Porridge

DRD6014	350g	24x
DRD6015	650g	12x
DRD6016	1.5kg	6x

#### Bouillie de Sorgho Porridge

DRD6018	350g	24x
DRD6019	650g	12x
DRD6020	1.5kg	6x

#### Bouillie de Riz Rice Porridge

DRD6021	350g	24x
DRD6022	650g	12x
DRD6023	1.5kg	6x

#### Rice Powder

DRD6024	500g	30x
---------	------	-----

#### Egusi Whole

DRD6025	100g	100x
DRD6026	250g	24x
DRD6027	400g	12x

#### Egusi Ground

DRD6028	100g	100x
DRD6029	250g	24x
DRD6030	400g	12x

#### Peanut Powder

DRD6031	400g	12x
---------	------	-----

#### Peanut Butter

DRD6032	500g	24x
DRD6033	1kg	12x
DRD6034	2kg	6x

#### Peanut Grilled

DRD6035	350g	24x
---------	------	-----

#### Attieke Dried

DRD6038	400g	24x
DRD6039	800g	12x

#### Banku Mix

DRD6040	1kg	20x
---------	-----	-----

#### Plantain Fufu

DRD6041	700g	12x
DRD6042	1.5kg	6x

#### Gari

DRD6043	1kg	20x
DRD6044	2kg	10x

#### Yam Flour

DRD6045	700g	12x
DRD6046	1.5kg	6x

#### Cocoyam Flour

DRD6047	700g	12x
DRD6048	1.5kg	6x

#### Palm Cream

DRD6049	400g	24x
DRD6050	800g	12x

#### Pearl Millet Flour

DRD6051	500g	40x
---------	------	-----

#### Tamarind

DRD6052	200g	40x
---------	------	-----

#### Annatto

DRD6054	250g	24x
---------	------	-----

#### Tola Powder

DRD6017	50g	100x
DRD6056	340g	24x

#### Tola Whole

DRD6057	340g	24x
---------	------	-----

#### Dried Snail

DRD6058	100g	100x
---------	------	------

### Herbs & Spices



See page 19

#### Chilli Pepper Dried Whole

HAS4001	100g	24x
---------	------	-----

#### Chilli Pepper Dried Powder

HAS4002	100g	50x
HAS4010	240g	24x

#### Sumbala Dawadawa Powder

HAS4003	80g	100x
HAS4004	270g	24x

#### Sumbala Dawadawa Whole

HAS4005	100g	100x
HAS4006	270g	24x

#### Dried Aubergine Ketele

HAS4007	100g	24x
HAS4009	160g	24x

#### Selim Pepper

HAS4008	200g	24x
---------	------	-----

#### Sesame Seed

HAS4011	350g	24x
---------	------	-----

#### Dried Ginger

HAS4012	100g	100x
---------	------	------

#### Okra Powder

HAS4013	80g	100x
HAS4014	160g	24x

### Cooled & Frozen



See page 24-25

#### Attieke

CAF0001	500g	20x
CAF0002	1kg	10x

#### Cassava Leaves

CAF0003	500g	30x
CAF0004	1kg	15x

#### Ginger

CAF0005	500g	30x
---------	------	-----

#### Placari

CAF0006	500g	30x
CAF0007	1kg	15x

#### Potato Leaves

CAF0008	500g	24x
---------	------	-----

#### Molokhia

CAF0009	500g	24x
---------	------	-----

#### Ngai Ngai

CAF0010	500g	30x
---------	------	-----

#### Cassava Dough

CAF0011	1kg	14x
CAF0012	2kg	7x

#### Corn Dough Paste

CAF0013	1kg	14x
CAF0014	2kg	7x

#### Banku Mix

CAF0015	1kg	14x
CAF0016	2kg	7x

#### Snail with shell

CAF0017	10kg	1x
---------	------	----

#### Snail without shell

CAF0018	10kg	1x
---------	------	----

#### Sliced Okra

CAF0019	500g	24x
CAF0020	1kg	12x

#### Habanero Pepper

CAF0021	200g	30x
CAF0022	400g	24x

#### Palm Cream

CAF0023	1kg	10x
---------	-----	-----

#### Bitter Leaves

CAF0024	500g	24x
---------	------	-----

#### Aubergine

CAF0025	500g	24x
---------	------	-----

### Fish



See page 28-29

#### Krofish Sanfi Dried Powder

FIS3001	50g	100x
---------	-----	------

#### Krofish Sanfi Dried Whole

FIS3002	50g	100x
---------	-----	------

#### Bonga Dried Fillet

FIS3003	100g	100x
FIS3004	6kg	1x

#### Bonga Dried Powder

FIS3005	50g	100x
FIS3006	215g	24x

#### Mackerel Atlantic

FIS3007	5kg	1x
---------	-----	----

#### Mackerel Shortbodied

FIS3008	5kg	1x
---------	-----	----

#### Blue Mackerel

FIS3009	5kg	1x
---------	-----	----

#### Talapia Black

FIS3010	5kg	1x
---------	-----	----

#### Talapia Red

FIS3011	5kg	1x
---------	-----	----

#### Catfish Fresh

FIS3012	5kg	1x
---------	-----	----

#### Hardhead Catfish Dried

FIS3013	5kg	1x
---------	-----	----

#### Catfish Dried

FIS3018	5kg	1x
---------	-----	----

#### Snapper Red

FIS3014	5kg	1x
---------	-----	----

#### Prawn

FIS3015	5kg	1x
---------	-----	----

#### Cassava Fish

FIS3016	5kg	1x
---------	-----	----

#### Barracuda

FIS3017	5kg	1x
---------	-----	----

#### Giant Mud Crab

FIS3019	5kg	1x
---------	-----	----

#### Sea Snail Dried

FIS3020	240g	24x
---------	------	-----



*Family is  
important*

*Work hard  
and smart*

*Appreciate  
the good things  
of your roots*

**Guinea  
Fresh**

**MKF Guinea Fresh Multiservices International B.V.**

Van IJsendijkstraat 403A

1442 LB Purmerend

The Netherlands

**[www.GuineaFresh.com](http://www.GuineaFresh.com)**

***Order direct***

WhatsApp +31 (0)6 862 375 78

TEL +31 (0)299 769 209

MAIL [info@guineafresh.com](mailto:info@guineafresh.com)



# Guinea Fresh