

Guinea Fresh

100%
Natural

From the
West Coast of Africa
to your doorstep



African
Food

MKF Guinea Fresh Multiservices International B.V.
Van IJsendijkstraat 403A
1442 LB Purmerend
The Netherlands

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info@guineafresh.com
www.guineafresh.com



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We bring delicious, exotic flavors from West Africa to Europe and North America. MKF Guinea Fresh is a wholesaler based in Purmerend, the Netherlands. We were founded in 2008 by Fatu Sheriff, a woman of West African descent, to share the flavors of her homeland with Europe.

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 Guinea Fresh Family

MKF Guinea Fresh is proudly family owned. Fatu Sheriff's partner, Verkeh Sahnoh, and three children – Tata Sheriff, Hagi M. Sahnoh, and Manduyen V. Sahnoh – are excited to build on her foundations to scale the company even further.

Our family and company values take great inspiration from our cultural background.

*Family is important
Work hard and smart*

Appreciate the good things of your roots

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.

Dried



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

Oils



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



Order your desired quantity

Product

PC0000 400g 12x

product code content per box



Order direct

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Please call or email us. Once you request for a proforma invoice, we will evaluate your order and contact you as soon as possible.

Fatu Sheriff +31 (0)6 862 375 78
Mandy V. Sahnoh +31 (0)6 342 478 06

Herbs & Spices

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



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



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

