



Your guests want real food made from real ingredients they can trust – and you can depend on. With products that offer fresh-made flavor, an extended shelf life, and formats that save your restaurants time and money, Good Foods is a win-win-win. We pride ourselves on being dependable and problem-free.

## PARTNER WITH US AND YOU'LL REALIZE HOW EASY GOOD CAN BE.



### CONTINUITY

With a 125,000 ft<sup>2</sup> facility in Southeast Wisconsin and a 120,000 ft<sup>2</sup> plant in the Mexican avocado groves, we have built-in continuity plans and scale to support large chains.



### R&D EXPERTISE

*Food Processing Magazine* awarded us "R&D Team of the Year" in 2020, in recognition of our team's commitment to flavor innovation, food safety, and customer support.



### DELICIOUS

Good Foods won "2021 Best Guacamole Brand" from *Taste of Home Magazine* and "2021 Best Vegan Food Product" from *Good Housekeeping* for our Plant-Based Queso. Partner with us and offer your guests the award-winning flavor they crave.



### SAFETY

Food safety is the #1 priority at Good Foods. Both production facilities are SQF Level 3 Certified, with our US plant scoring 100% the past two years and our Mexico plant scoring 96%.



### TECHNOLOGY

We are the largest fully-integrated food manufacturer utilizing high pressure processing (HPP) and believe so strongly in it that we're a founding member of the Cold Pressure Council.



### CUSTOMIZATION

For high-volume applications, our custom solutions can deliver the right product at the right price in a format that drives BOH efficiency. Put us to work for you.



### Manufacturing Facilities in the US and Mexico

• **Pleasant Prairie, Wisconsin:** It's where we call home. It's where we create all of our delicious dips, dressings, and salads. Simply put, it's where the goodness happens.

• **Tacámbaro, Michoacán, Mexico:** That's our second home. In the groves and sunshine where we are closest to the avocados. It's where we can easily compost the avocado pits and skins back into the earth. It's where all the avocado-based goodness happens.

## HIGH PRESSURE PROCESSING - HPP



At our core, we're as much a technology company as we are a food company. Everything we make centers around the harnessing of cold water pressure to make safe products with fresh-made flavor, an extended shelf life and no preservatives.

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# OUR PORTFOLIO



## AVOCADO BASED

We use high-pressure processing to create unbelievably flavorful hand-scooped Hass avocado products without the metallic taste. Cut your labor costs and get maximum yield with our fresh-made flavor Guacamole, Avocado Pulp, and Avocado Mash.



## ROTISSERIE CHICKEN SALADS

For increased shelf life, enhanced food safety and operational efficiencies, look to our Rotisserie Chicken Salads that provide the comfort of homemade flavor with instant labor savings and clean labels you can trust.



## DAIRY BASED

Take a dip into our better-for-you versions of your customer's favorite flavor profiles with zero added sugar and no artificial ingredients. From starters to dressings to sides, we've got you covered. Creamy Ranch, Feta Cucumber Tzatziki and Spinach Artichoke Parmesan Dips.



## PLANT BASED

Let our plant-based dips and spreads (dairy-free and nut-free) pull double duty in dishes across your menu, from pastas to sides to apps and sandwiches. Versatility is the name of the game with these better-for-you options; Queso Style, Buffalo Style, Tzatziki Style, and Cilantro Dips.



## SINGLE SERVES

One is the tastiest number with these perfectly portioned singles. Safely sealed for maximum portability and freshness, our single-serve cups are the easy solution for take-out and grab-and-go. Guacamole, Avocado Mash, Plant Based Queso or Buffalo, and Chicken Salad singles.



## COLD PRESSED JUICES

These cold pressed juices bring better-for-you specs with a full dose of fresh-picked flavor. High-pressure processing provides an elevated level of safety while maintaining consistent flavor and texture for use on their own or as the base for smoothies and other beverages.





## Nutrition Facts

1 servings per container  
Serving size 2.0 OZ (56g)

Amount per serving

**Calories 90**

% Daily Value\*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 5g 2%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.3mg 2%

Potassium 260mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



UCC# 10736798903762

### Ingredients:

Hass Avocados,  
Lemon Juice,  
Sea Salt,  
Black Pepper.

## THE GOOD STUFF

- Hand-Scooped Hass Avocados
- Fresh Lemon Juice
- Gluten Free
- No Sugar Added
- No Artificial Anything
- Vegetarian / Vegan

**STORAGE:** Keep Refrigerated.

Perfectly ripe. Perfectly portioned. Perfectly tasty. Our convenient single-serve avocado mash cups are made with four simple ingredients: Hass avocados, fresh lemon juice, sea salt and cracked black pepper. Add it to veggies or chips, or use it as a spread for toast.

AVOCADO Bulk Bag & Single Serve			UPC	UCC	Units Per Case	Unit Weight	Case Weight	Unit Packaging	Case Dimensions	Pallet TI/Hi	Cases Per Pallet	Shelf Life from DOM	Shelf Life 1st Receiver
F080009	STK21181	Hand-scooped - Avocado Mash - singles	736798903765	10736798903762	50	2 oz	6.25 lbs	Cup	5.984" x 15" x 4.72"	19/9	171	75	55





# AVOCADO MASH



## SERVING IDEAS:

- on toast
- with chips
- in a salad
- with eggs
- nachos/tacos/burritos
- as a burger topping
- in a wrap
- chili topping
- sandwich spread





Nutrition Facts	
About 27 servings per container	
<b>Serving size</b>	<b>2 Tbsp (34g)</b>
Amount per serving	
<b>Calories</b>	<b>50</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	2%
Potassium 160mg	4%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.



UCC# 10736798800412

## Ingredients:

Hass Avocados,  
Lime Juice,  
Sea Salt.

**STORAGE:** Keep Refrigerated.

## THE GOOD STUFF

- Hand-Scooped Hass Avocados
- Fresh Lime Juice
- Gluten Free
- No Sugar Added
- No Artificial Anything
- Vegetarian / Vegan

Perfectly ripe, nothing beats the clean flavor of pure hand-scooped Hass avocados accented with lime juice and sea salt. This pulp is the perfect better-for-you avocado-based solution that will cut your labor cost and get maximum yield every time.

AVOCADO Bulk Bag & Single Serve			UPC	UCC	Units Per Case	Unit Weight	Case Weight	Unit Packaging	Case Dimensions	Pallet T/H	Cases Per Pallet	Shelf Life from DOM	Shelf Life 1st Receiver
F010041	STK21222	Hand-scooped - Avocado Pulp	736798800415	10736798800412	6	2 lbs	12 lbs	Bag	10.83" x 6.10" x 7.28"	31/5	155	75	55



## FEATURES AND BENEFITS

- Made with hand-scooped Hass avocados – No metallic taste when compared with other brands that use mechanical separation.
- Fresh, clean flavor - Cold-pressed lime juice and sea salt naturally brighten the avocado flavor without citric acid or ascorbic acid.
- Multiple menu application opportunities – Use as a base for house-made guacamole or on its own as a "smashed avocado" spread on burgers, wraps, sandwiches, or avocado toast.

## STORAGE AND HANDLING

- Store refrigerated and use or freeze within 75 days from date of manufacture.
- Store covered in cold well to maintain optimal color and flavor.
- If stored frozen, use within 6 months and thaw refrigerated – use within 24 hours of thawing. Do not refreeze.

## LABOR SAVINGS AND YIELD

- 100% yield and significantly longer shelf life than using whole avocados.
- Minimal labor needed – No slicing, pitting, scooping or avocado waste.
- Each 6 / 2lb case equals the yield from 36-40 avocados.





# CHUNKY GUACAMOLE



## Nutrition Facts

1 servings per container  
Serving size  
2.0 OZ (56g)

Calories  
per serving

**70**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carbohydrate</b> 4g	<b>1%</b>
Saturated Fat 1g	5%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>	<b>Protein</b> 1g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0.3mg 2%			
Potassium 220mg 4%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Ingredients:

Hass Avocados, Tomatoes (tomatoes, tomato juice, salt), Onions, Red Onions, Cilantro, Lime Juice, Sea Salt, Jalapeno Peppers, Garlic.

**STORAGE: Keep Refrigerated.**

## THE GOOD STUFF

- Hand-Scooped Hass Avocados
- No Sugar Added
- Fresh Lime Juice
- No Artificial Anything
- Gluten Free
- Vegetarian / Vegan



UCC# 10736798904295



UCC# 10736798202032

## Nutrition Facts

About 27 servings per container  
Serving size **2 Tbsp (33g)**

Amount per serving  
**Calories 40**

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 130mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.

GUACAMOLE - Bulk Bag & Single Serve			UPC	UCC	Units Per Case	Unit Weight	Case Weight	Unit Packaging	Case Dimensions	Pallet TI/Hi	Cases Per Pallet	Shelf Life from DOM	Shelf Life 1st Receiver
F080101	STK21375	Hand-scooped Tableside® Chunky Guacamole - singles	736798903741	10736798202032	50	2 oz	6.25 lbs	Cup	5.984" x 15" x 4.72"	19/9	171	75	55
F080105	STK21180	Hand-scooped Tableside® Chunky Guacamole	736798904298	10736798904295	6	2 lbs	12 lbs	Bag	10.83" x 6.10" x 7.28"	31/5	155	75	55





# CHUNKY GUACAMOLE



## SERVING IDEAS:

- taco/burrito/nachos
- with chips
- fajitas
- with eggs
- as a burger topping
- sandwich spread
- in a wrap
- loaded potatoes
- with veggies





# NUT-FREE PLANT-BASED QUESO STYLE DIP



## Nutrition Facts

1 servings per container  
Serving size 1.75 OZ (49g)

Amount per serving  
**Calories 70**

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 93mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



UCC# 10736798904219



UCC# 10736798904240

## Nutrition Facts

About 31 servings per container  
Serving size 2 Tbsp (29g)

Amount per serving  
**Calories 40**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 55mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.

## Ingredients:

Cauliflower, Water, Olive Oil, Red Bell Peppers, Pumpkin Seed Kernels, Red Onions, Apple Cider Vinegar, Garlic, Lemon Juice, Nutritional Yeast, Sea Salt, Xanthan Gum, Ground Cumin, Ground Turmeric, Cayenne Pepper.

## THE GOOD STUFF

- Nut Free
- Gluten Free
- Dairy Free
- No Sugar Added
- No Artificial Anything
- Vegetarian / Vegan

When we decided to create a dairy-free queso, we knew we had to get it right! With high-quality ingredients, our queso dip provides an incredible cheesy flavor profile that would make any cheese head proud.

## HEATING INSTRUCTIONS

### MICROWAVE



#### 2oz portion

Put in a microwave safe container, 3X - 20 second intervals, stirring after each 20 seconds.

#### 2 lb bag portion

Put in a microwave safe container, 4x - 30 second intervals, stirring after each 30 seconds.



### STOVE TOP:

2 lb bag portion – in a small sauce pan, medium to high heat, stir constantly until product reaches desired temperature.



### HOLDING IN HOT WELL:

2 lb bag portion - In a Bain Marie or steam table, hold at desired temperature for up to 1 hour, stirring frequently and adding water as the product becomes too thick.

**STORAGE: Keep Refrigerated.**

PLANT BASED DIPS - Bulk Bag & Single Serve			UPC	UCC	Units Per Case	Unit Weight	Case Weight	Unit Packaging	Case Dimensions	Pallet TI/Hi	Cases Per Pallet	Shelf Life from DOM	Shelf Life 1st Receiver
F020077	STK21467	Plant-Based Nut-Free Queso Style Dip - singles	736798904212	10736798904219	50	1.75 oz	5.46 lbs	Cup	15" x 6" x 5"	18/9	162	75	55
F020080	STK21343	Plant-Based Nut-Free Queso Style Dip	736798904243	10736798904240	6	2 lbs	12 lbs	Bag	9.07" x 7.32" x 7.39"	26/6	156	90	70





NUT-FREE PLANT-BASED  
**QUESO STYLE DIP**



## SERVING IDEAS:

- taco/burrito/nachos
- baked potato
- steamed broccoli
- eggs
- mac & cheese
- fries
- pretzel bites
- burger
- mashed cauliflower





# NUT-FREE PLANT-BASED SPICY QUESO STYLE DIP



## Nutrition Facts

1 servings per container  
Serving size 1.75 OZ (49g)

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 89mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



UCC# 10736798904226



UCC# 10736798904257

## Nutrition Facts

About 31 servings per container  
Serving size 2 Tbsp (29g)

Amount per serving  
**Calories 40**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 53mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.

## Ingredients:

Cauliflower, Water, Red Bell Peppers, Olive Oil, Pumpkin Seed Kernels, Red Onions, Apple Cider Vinegar, Lemon Juice, Garlic, Jalapeno Peppers, Nutritional Yeast, Sea Salt, Serrano Peppers, Xanthan Gum, Ground Cumin, Ground Turmeric, Cayenne Pepper.

## THE GOOD STUFF

- Nut Free
- Gluten Free
- Dairy Free
- No Sugar Added
- No Artificial Anything
- Vegetarian / Vegan

When we decided to create a dairy-free queso, we knew we had to get it right! With high-quality ingredients, our spicy queso dip provides an incredible cheesy flavor with just the right amount of kick!

## HEATING INSTRUCTIONS

### MICROWAVE



#### 2oz portion

Put in a microwave safe container, 3X - 20 second intervals, stirring after each 20 seconds.

#### 2 lb bag portion

Put in a microwave safe container, 4x - 30 second intervals, stirring after each 30 seconds.



### STOVE TOP:

2 lb bag portion – in a small sauce pan, medium to high heat, stir constantly until product reaches desired temperature.



### HOLDING IN HOT WELL:

2 lb bag portion - In a Bain Marie or steam table, hold at desired temperature for up to 1 hour, stirring frequently and adding water as the product becomes too thick.

**STORAGE: Keep Refrigerated.**

PLANT BASED DIPS - Bulk Bag & Single Serve			UPC	UCC	Units Per Case	Unit Weight	Case Weight	Unit Packaging	Case Dimensions	Pallet T/H/I	Cases Per Pallet	Shelf Life from DOM	Shelf Life 1st Receiver
F020078	STK21466	Plant-Based Nut-Free Spicy Queso Style Dip - singles	736798904229	10736798904226	50	1.75 oz	5.46 lbs	Cup	15" x 6" x 5"	18/9	162	75	55
F020081	STK21340	Plant-Based Nut-Free Spicy Queso Style Dip	736798904250	10736798904257	6	2 lbs	12 lbs	Bag	9.07" x 7.32" x 7.39"	26/6	156	90	70







## SERVING IDEAS:

- taco/burrito/nachos
- baked potato
- steamed broccoli
- eggs
- mac & cheese
- fries
- pretzel bites
- burger
- mashed cauliflower







# NUT-FREE PLANT-BASED TZATZIKI STYLE DIP



## Nutrition Facts

1 servings per container  
Serving size 1.75 OZ (49g)

Amount per serving  
**Calories 70**

% Daily Value\*

Total Fat 8g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 280mg

Total Carbohydrate 2g

Dietary Fiber 1g

Total Sugars 1g

Includes 0g Added Sugars

Protein 2g

Vitamin D 0mcg

Calcium 10mg

Iron 0mg

Potassium 64mg

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



UCC# 10736798904233



UCC# 10736798904264

## Nutrition Facts

About 32 servings per container  
Serving size 2 Tbsp (28g)

Amount per serving  
**Calories 40**

% Daily Value\*

Total Fat 3.5g

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 160mg

Total Carbohydrate 1g

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars

Protein 1g

Vitamin D 0mcg

Calcium 7mg

Iron 0mg

Potassium 53mg

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.

## Ingredients:

Cauliflower, Water, Cucumber, Olive Oil, Pumpkin Seed Kernels, Lemon Juice, Garlic, Apple Cider Vinegar, Dill, Sea Salt, Mint, Xanthan Gum.

## THE GOOD STUFF

- Nut Free
- Gluten Free
- Dairy Free
- No Sugar Added
- No Artificial Anything
- Vegetarian / Vegan

STORAGE: Keep Refrigerated.



When we decided to create a dairy-free tzatziki, we knew we had to get it right! With high-quality ingredients, our tzatziki dip provides a Mediterranean flavor profile that pairs with virtually anything you can think of!

PLANT BASED DIPS - Bulk Bag & Single Serve			UPC	UCC	Units Per Case	Unit Weight	Case Weight	Unit Packaging	Case Dimensions	Pallet T/H/I	Cases Per Pallet	Shelf Life from DOM	Shelf Life 1st Receiver
F020079	STK21469	Plant-Based Nut-Free Tzatziki Style Dip - singles	736798904236	10736798904233	50	1.75 oz	5.46 lbs	Cup	15" x 6" x 5"	18/9	162	75	55
F020082	STK21346	Plant-Based Nut-Free Tzatziki Style Dip	736798904267	10736798904264	6	2 lbs	12 lbs	Bag	9.07" x 7.32" x 7.39"	26/6	156	90	70



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NUT-FREE PLANT-BASED  
**TZATZIKI STYLE DIP**



## SERVING IDEAS:

- gyros
- greek bowls
- with pita
- chicken/lamb/steak kebabs
- falafel
- chicken souvlaki
- as a salad dressing
- with salmon
- pasta salad

