

Only
Fresh
Food

Catalogue

CATALOG

Produits alimentaires de qualité
supérieure sélectionnés pour
vous à travers le monde.

Authentic, high-quality food
products from across the world.







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Notre histoire

OUR STORY

Amoureux des épices et de la cuisine indienne depuis toujours, Devin Chauhan a fait ses premiers pas dans le commerce familial d'alimentation il y a 20 ans, se consacrant avec fierté à servir la communauté indienne de Montréal ainsi que tous les gourmets de la ville.

Aujourd'hui, avec un bagage d'expérience et une passion toujours ardente, Devin importe lui-même des produits de qualité en provenance du monde entier.

Conscient des enjeux liés à la gestion d'une petite entreprise de détail, il est fier de fournir à ses clients la qualité, la fiabilité et le rapport qualité-prix qu'ils méritent.

A lifelong lover of spices and Indian cooking, Devin Chauhan grew up in his family's grocery business 20 years ago, proudly serving Montreal's Indian community and the wider population.

Today, armed with heaps of experience and passion, Devin directly sources and imports quality products from across the world.

Knowing firsthand the challenges of running a small retail business, Devin takes pride in offering his customers the quality, reliability, and value they need.



Notre mission

OUR MISSION

Only Fresh Food a pour mission d'apporter sur les marchés canadiens les saveurs indiennes authentiques et éclatantes que nous aimons tant.

Only Fresh Food exists to bring the vibrant, authentic Indian flavours we love to Canadian markets.



UNE QUALITÉ DIGNE DE CONFIANCE.

A QUALITY WORTHY OF TRUST.

De par notre expérience en tant que détaillant alimentaire nous comprenons et valorisons ce qui compte pour nos clients : la qualité, la fiabilité et un service impeccable.

Our own experience as grocery retailers means we care about and understand what our customers need: quality, reliability, and great service. These are the not-so-secret ingredients that make Only Fresh Food refreshingly different.



Nos formats

OUR FORMATS

Soucieux de répondre aux besoins d'un maximum de clients, nous offrons nos produits dans des formats variés.

Keen to meet the needs of as many customers as possible, we offer our products in a variety of formats.



UNE QUESTION SUR NOS PRODUITS? CONTACTEZ NOUS!

ANY QUESTION ABOUT OUR PRODUCTS? CONTACT US!

514-733-5166 • info@onlyfreshfood.ca



Lentilles

LENTILS

Lentilles

LENTILS



PRODUIT PRODUCT	FORMATS	CODE
 HARICOTS PAPILLON MOTH BEANS	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570611 628233570635 628233570642
 MOONG FENDU MOONG SPLIT	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570581 628233570604 628233570628
 MOONG DAL LAVÉ MOONG DAL WASHED	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570567 628233570598 628233570574
 HARICOTS VELUS ENTIERS MOONG WHOLE	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570536 628233570543 628233570550
 POIS CAJAN CASSÉS TOOR DAL	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570765 628233570789 628233570772
 POIS CHICHE CASSÉS CHANA DAL	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570178 628233570130 628233570093
 POIS CHICHE NOIRS PETITS BLACK CHANA SMALL	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570284 628233570277 628233570260
 HARICOTS MUNGO CASSÉS AVEC ENVELOPPE URAD SPLIT WITH HUSK	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570918 628233570963 628233570956
 HARICOTS MUNGO NOIRS SANS ENVELOPPE URAD GOTA	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570925 628233570932 628233570949



PRODUIT PRODUCT	FORMATS	CODE
 HARICOTS MAPTE CASSÉS SANS ENVELOPPE URAD DAL WASHED	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570871 628233570864 628233570901
 HARICOTS MAPTE ENTIERS URAD WHOLE	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233570857 628233570895 628233570888
 POIS CHICHES KABULI KABULI CHICKPEAS	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233571939 628233571953 628233571984
 LENTILLES ROUGES FENDUES RED SPLIT LENTILS	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233571946 628233571908 628233571922
 LENTILLES ROUGES RED LENTILS	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 7 LBS CONSUMER UNIT	628233571885 628233571892 628233571915
 HARICOT ROUGE FONCÉ DARK RED KIDNEY BEANS	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT	628233572356 628233572363
 HARICOT ROUGE CLAIR LIGHT RED KIDNEY BEANS	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT	628233572332 628233572349
 LENTILLE ROUGE EN FORME DE BALLON RED LENTIL FOOTBALL	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT	628233573117 628233573094
 POIS JAUNES ENTIERS YELLOW WHOLE PEAS	2 LBS CONSUMER UNIT 20 X 2 LBS = 40 LBS	628233572233 628233572240
 POIS VERTS ENTIERS GREEN WHOLE PEAS	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 20 X 2 LBS = 40 LBS 10 X 4 LBS = 40 LBS	628233572288 628233572257 628233572264 628233572271



Épices

SPICES



Épices

SPICES



PRODUIT PRODUCT	FORMATS	CODE
 FEUILLES DE MENTHE MINT LEAVES	100 G CONSUMER UNIT 200 G CONSUMER UNIT 15 X 100 G = 3.3 LBS	628233570505 628233570512 628233571618
 CARDAMOME VERTE GREEN CARDAMOM	100 G CONSUMER UNIT 150 G CONSUMER UNIT 200 G CONSUMER UNIT 300 G CONSUMER UNIT 40 X 100 G = 8.81 LBS 30 X 150 G = 9.92 LBS 40 X 100 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570482 628233571830 628233570499 628233570529 628233571816 628233571847 628233571601 628233571632
 POUDRE DE GINGEMBRE GINGER POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570468 628233570475 628233571595 628233571588
 GRAINES DE FENUGREC FENUGREEK SEEDS	200 G CONSUMER UNIT 400 G CONSUMER UNIT 800 G CONSUMER UNIT 10 X 800 G = 17.6 LBS 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570376 628233570406 628233570390 628233571540 628233571526 628233571533
 POUDRE DE FENUGREC FENUGREEK POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 800 G CONSUMER UNIT 10 X 800 G = 17.6 LBS 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570352 628233570369 628233570383 628233571519 628233571502 628233571472
 POUDRE D'AIL GARLIC POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570437 628233570451 628233571779 628233571786

PRODUIT PRODUCT	FORMATS	CODE
 GARAM MASALA GARAM MASALA	200 G CONSUMER UNIT 400 G CONSUMER UNIT 800 G CONSUMER UNIT 10 X 800 G = 17.6 LBS 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570413 628233570420 628233570444 628233571564 628233571557 628233571571
 CUMIN CUMIN	200 G CONSUMER UNIT 400 G CONSUMER UNIT 800 G CONSUMER UNIT 10 X 800 G = 17.6 LBS	628233570055 628233570024 628233570031 628233571465
 POUDRE DE CUMIN CUMIN POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 800 G CONSUMER UNIT 10 X 800 G = 17.6 LBS 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570000 628233570345 628233570017 628233571489 628233571458 628233571496
 GRAINES DE CUMIN CUMIN SEEDS	20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233571236 628233571229
 CORIANDRE ENTIÈRE CORIANDER WHOLE	300 G CONSUMER UNIT 600 G CONSUMER UNIT 10 X 600 G = 13.2 LBS 20 X 300 G = 13.2 LBS	628233570116 628233570048 628233571823 628233571809
 POUDRE DE CORIANDRE CORIANDER POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 800 G CONSUMER UNIT 10 X 800 G = 17.6 LBS 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570086 628233570079 628233570062 628233571434 628233571410 628233571441
 POUDRE DE CANNELLE CINNAMON POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570109 628233570123 628233571427 628233571403
 ÉCORCE DE CANNELLE CINNAMON BARK	100 G CONSUMER UNIT 200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233572202 628233572110 628233572134



PRODUIT PRODUCT	FORMATS	CODE
 BÂTONNETS DE CANNELLE CINNAMON STICK	200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233572127 628233572141
 POUDRE DE SEL NOIR BLACK SALT POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570154 628233570147 628233571397 628233571366
 POIVRE NOIR ENTIER BLACK PEPPER WHOLE	200 G CONSUMER UNIT 400 G CONSUMER UNIT 20 X 400 G = 17.6 LBS 40 X 200 G = 17.6 LBS	628233570161 628233570185 628233571380 628233571373
 POIVRE NOIR MOULU ÉPAIS PEPPER POWDER COARSE	100 G CONSUMER UNIT 200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233570253 628233570246 628233570192
 POIVRE NOIR MOULU FIN PEPPER POWDER FINE	100 G CONSUMER UNIT 200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233570239 628233570208 628233570215
 GRAINES DE CAROM AJWAIN	200 G CONSUMER UNIT 400 G CONSUMER UNIT 800 G CONSUMER UNIT	628233570338 628233570291 628233570314
 POUDRE DE MANGUE SÉCHÉE AMCHOOR POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT 20 X 400 G = 17.6 LBS	628233570321 628233570307 628233571298
 NOIX DE MUSCADE NUTMEG	100 G CONSUMER UNIT 200 G CONSUMER UNIT	628233570697 628233570703
 GRAINES DE MOUTARDE JAUNE MUSTARD YELLOW	200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233570673 628233570680
 GRAINES DE MOUTARDE NOIRE MUSTARD BLACK	200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233570659 628233570666

PRODUIT	PRODUCT	FORMATS	CODE
	GRAINES DE MAKHANA PHOOL MAKHANA	100 G CONSUMER UNIT	628233570734
		200 G CONSUMER UNIT	628233570710
	PIGMENT ROUGE AVEC TIGE RED CHILLI WITH STEM	100 G CONSUMER UNIT	628233570758
		150 G CONSUMER UNIT	628233571854
		200 G CONSUMER UNIT	628233570796
	GRAINES DE MOUTARDE RAI	200 G CONSUMER UNIT	628233570727
		400 G CONSUMER UNIT	628233570741
	CURCUMA ENTIER TURMERIC WHOLE	100 G CONSUMER UNIT	628233570802
		200 G CONSUMER UNIT	628233570819
	POUDRE DE CURCUMA TURMERIC POWDER	200 G CONSUMER UNIT	628233570826
		400 G CONSUMER UNIT	628233570840
		800 G CONSUMER UNIT	628233570833
	POUDRE DE PIMENT ROUGE RED CHILLI POWDER	200 G CONSUMER UNIT	628233572554
		400 G CONSUMER UNIT	628233572578
		800 G CONSUMER UNIT	628233572592
	GRAINES DE SÉSAME BLANC WHITE SESAME SEEDS	200 G CONSUMER UNIT	628233572448
		400 G CONSUMER UNIT	628233572417
	GRAINES DE SÉSAME NOIR BLACK SESAME SEEDS	200 G CONSUMER UNIT	628233572424
		400 G CONSUMER UNIT	628233572455
	GRAINES D'ANIS ÉTOILÉ ENTIÈRES WHOLE STAR ANISE SEEDS	100 G CONSUMER UNIT	628233573285
		200 G CONSUMER UNIT	628233573711
	CLOUS DE GIROFLE ENTIERS CLOVES WHOLE	100 G CONSUMER UNIT	628233573308
		200 G CONSUMER UNIT	628233573322



PRODUIT PRODUCT	FORMATS	CODE
 POUDRE D'OIGNON ONION POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233573407 628233573421
 POUDRE DE CURRY DOUX CURRY MILD POWDER	200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233573247 628233573261
 GRAINES DE LIN ENTIER BRUN BROWN FLAXSEEDS	20 X 400 G = 17.6 LBS	628233573391
 CITRONNELLE SÉCHÉE DRIED LEMONGRASS	100 G CONSUMER UNIT 200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233573810 628233573445 628233573797



Farines

FLOURS



Farines

FLOURS



PRODUIT PRODUCT	FORMATS	CODE
 FARINE DE POIS CHICHE BESAN FLOUR	4 LBS CONSUMER UNIT	628233571960
 FÉCULE DE MAÏS CORN STARCH	200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233573346 628233573360
 FARINE DE SOJA SOYA FLOUR	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 8 LBS CONSUMER UNIT	628233574664 628233574688 628233574701
 FARINE DE MILLET BAJRA FLOUR	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 8 LBS CONSUMER UNIT	628233574725 628233574749 628233574763
 FARINE DE RAGI RAGI FLOUR	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 8 LBS CONSUMER UNIT	628233574787 628233574800 628233574824



Riz
RICE



Riz

RICE

**PRODUIT** PRODUCT**FORMATS****CODE****1121 RIZ BASMATI VAPEUR**

1121 STEAM BASMATI RICE

10 LBS CONSUMER UNIT

628233574640

**1121 RIZ BASMATI CRÈME SELLA**

1121 CREAM SELLA BASMATI RICE

10 LBS CONSUMER UNIT

628233574602

**1121 RIZ BASMATI DORÉ SELLA**

1121 GOLDEN SELLA BASMATI RICE

10 LBS CONSUMER UNIT

628233574220

**RIZ VAPEUR SONA MANSOORI**

SONA MANSOORI STEAM RICE

10 LBS CONSUMER UNIT

628233574275

**RIZ SELLA ÉTUVÉ**

PARBOILED SELLA RICE

10 LBS CONSUMER UNIT

628233574213

**FLOCONS DE RIZ FINS
(POHA)**

RICE FLAKES THIN

200 G CONSUMER UNIT

628233573582

400 G CONSUMER UNIT

628233573544

800 G CONSUMER UNIT

628233573568



Sucre
SUGAR



Sucre

SUGAR



PRODUIT PRODUCT	FORMATS	CODE
 SUCRE BLANC WHITE SUGAR	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 10 LBS CONSUMER UNIT	628233573636 628233572158 628233573162
 SUCRE BRUN BROWN SUGAR	2 LBS CONSUMER UNIT 4 LBS CONSUMER UNIT 10 LBS CONSUMER UNIT	628233573605 628233573148 628233573186



Arachides et raisins secs

PEANUTS & RAISINS



Arachides et raisins secs

PEANUTS & RAISINS



PRODUIT PRODUCT	FORMATS	CODE
 CACAHUÈTES CRUES JUMBO À PEAU ROUGE RAW REDSKIN JUMBO PEANUTS	200 G CONSUMER UNIT 400 G CONSUMER UNIT	628233573209 628233573223
 CACAHUÈTES GRILLÉES EN COQUE NON SALÉES UNSALTED ROASTED IN-SHELL PEANUTS	2 LBS CONSUMER UNIT	628233573834
 RAISINS JUMBO VERTS GREEN JUMBO RAISINS	300 G CONSUMER UNIT	628233573780
 RAISINS SULTANA SULTANA RAISINS	300 G CONSUMER UNIT	628233573759
 RAISINS DORÉS GOLDEN RAISINS	300 G CONSUMER UNIT	628233573735



Biscuits et prêt-à-manger

COOKIES & READY TO EAT



Biscuits et prêt-à-manger



COOKIES & READY TO EAT

PRODUIT PRODUCT	FORMATS	CODE
 COOKIE BESAN KHATAI BESAN KHATAI COOKIE	20 X 340 G = 15 LBS	628233573025
 COOKIE TUTTI FRUITTI TUTTI FRUITTI COOKIE	20 X 340 G = 15 LBS	628233573018
 COOKIE GUR GUR COOKIE	20 X 340 G = 15 LBS	628233573001
 COOKIE AUX PISTACHES PISTACHIO COOKIE	20 X 340 G = 15 LBS	628233572998
 COOKIE NAN KHATAI NAN KHATAI	20 X 340 G = 15 LBS	628233572981
 COOKIE AUX NOIX DE CAJOU CASHEW COOKIE	20 X 340 G = 15 LBS	628233572974
 COOKIE GUR SAUNF GUR SAUF COOKIE	340 G CONSUMER UNIT	628233572769
	20 X 340 G = 15 LBS	628233572967
 COOKIE AUX ZÉERA ZEERA COOKIE	20 X 340 G = 15 LBS	628233572943
 COOKIE AUX AMANDES ALMOND COOKIE	340 G CONSUMER UNIT	628233572752

PRODUIT PRODUCT	FORMATS	CODE
 CAKE SANS ŒUF EGGLESS CAKE RUSK	650 G CONSUMER UNIT	628233572721
 CAKE AUX RAISINS RAISIN CAKE RUSK	14 X 650 G = 20 LBS	628233572950
 CAKE À LA MALAI MALAI CAKE RUSK	650 G CONSUMER UNIT	628233572677
 CAKE AUX AMANDES ALMOND CAKE RUSK	650 G CONSUMER UNIT	628233572691
 CAKE À LA NOIX DE COCO COCONUT CAKE RUSK	650 G CONSUMER UNIT	628233572684
 CAKE RÉGULIER DORÉ GOLDEN REGULAR CAKE RUSK	650 G CONSUMER UNIT	628233572707
 BISCUIT ZEERA ZEERA BISCUITS	2.25 LBS CONSUMER UNIT	628233572530
 BISCUIT GUR GUR BISCUITS	2.25 LBS CONSUMER UNIT	628233572653
 BISCUIT AU LAIT PUNJABI MILK PUNJABI BISCUITS	2.25 LBS CONSUMER UNIT	628233572646
 BISCUIT SOOJI SOOJI BISCUITS	2.25 LBS CONSUMER UNIT	628233572660
 BISCUIT GUR SAUNF GUR SAUNF BISCUITS	2.25 LBS CONSUMER UNIT	628233572509



PRODUIT PRODUCT	FORMATS	CODE
 SUCETTES ASSORTIES AUX FRUITS ASSORTED FRUIT LOLLIPOPS	100 G CONSUMER UNIT	628233574237



CONTACT

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