

*Sweet Goodness*

# PLANTAIN SLICES

MICfood®

• *Deli Menu* •

• HEAT & SERVE •



BAKED PLANTAIN SLICES

Authentic Latin-Caribbean flavors  
Give your deli menu  
a tropical flare.



### **SWEET PLANTAINS**

Our ripe plantain slices are sweet, filling, and rich in potassium. Available in multiple presentations (whole, slices, rounds, or tidbits), and can be baked or fried to address the needs of your customers.



### **GREEN PLANTAINS (tostones)**

Versatile, tender and crunchy, the plantain in its green state is mashed and fried to form a crispy "toston" or patty.



### **YUCA (cassava/manioc)**

A root vegetable similar to a potato, it is one of the world's most popular and versatile vegetable. Available in multiple presentations, including baked, boiled, or fried.



### **BONIATO (sweet potato)**

It is a member of the sweet potato family, similar in color, flavor and texture and is also known as *camote* or *batata* in some Caribbean countries. It will add variety, color and flavor to your deli menu and earn you new fans for its great taste and versatility.

## **Looking to add appeal and traffic to your deli?**

Introduce excitement, flavor and variety to your deli with MIC Food's authentic, Latin-Caribbean and Tropical deli options that all your customers will love. Address your customer needs for new culinary experiences, ethnic flavors and expanded menu options.

Our products are delicious, satisfying and versatile. They are great accompaniments to pork, steak, chicken, fish and other entrées. Also great in appetizers, small plates, and even desserts.

- Consistent, great quality and taste
- Gluten-free and 100% natural
- Pre-cooked and frozen; easy to use
- Ready to heat-and-serve in minutes
- Long hold time on steam table

### **About MIC Food®**

Leaders in frozen tropical products, MIC Food is the company behind BIG BANANA® and TIO JORGE® branded products. For nearly 30 years we have brought value-added tropical fruits and vegetables to restaurants, delis, industrial kitchens and retail brands.

All of our plants are GFSI-certified and third-party audited. We guarantee consistent supply capability through multiple distributors nationwide. We offer full and partial load services from our warehouses strategically located throughout the U.S.



**Bringing cultures together through  
extraordinary flavors™**

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