



FOR THOSE WHO  
SHARE OUR  
**PASSION**  
**FOR FOOD**

*Food Services*



For over 40 years, the Parsram Group has led the way in transforming the Australian grain and food industry. Since planting the first pulse food crops in the 1970s, we have remained true to our vision of realising the 'Farm Gate to Plate' story. Parsram Group trades in excess of 200,000 tonnes of agricultural goods per year; and offers end-to-end services in food production and manufacturing, distribution, agri-commodities, importing and exporting, trading and logistics. Our plants are renowned for producing the best quality Chana Dhal in the market..

Today, Parsram Foods retails its frozen meals in supermarket chains like Woolworths and Coles throughout Australia. Parsram Foods is also Australia's leading distributor for Indian Ethnic Foods with exclusive distribution of Companies and Brands like Nestle India, ITC, Tilda Riceland, ADF foods ltd, Gits Foods, Eastern Condiments, Kawan Foods, Catch Spices, Nanak's (Canada) and many more.

We have worked with leading chefs to deliver a premium range that satisfies the discerning modern diner.

We now offer probably the best sauces and cooking pastes restaurants can get. Shelf Stable and Frozen, convenient and easy to use.

From Raw ingredients like Lentils, Pulses, Spices & Basmati Rice to accompaniments and frozen Desserts, Parsram Foods, offers the HORECA and Foodservice segment a range of products for all commercial kitchen needs.



## Rice



*Rice as it should be;  
the best collection of Basmati Rice for all your  
Commercial Kitchen needs, Indian, Thai and  
Pakistan origin*

Indian Basmati	5kg	10kg	20kg
Thai Jasmine	5kg	10kg	25kg
Pakistan Super Kernel	5kg	10kg	20Kg

## Pulses



*A quality offering collection of Australian  
grown and imported Lentils & Pulses*

Indian Toor Dal	1Kg	2Kg	5Kg
Myanmar Toor Dal	1Kg	2Kg	5Kg
Australian Toor Dal	1Kg	2Kg	5Kg
Haricot Bean (Moth) Without Skin	1Kg	2Kg	5Kg
Australian Nipper Lentils	1Kg	2Kg	5Kg
Australian Whole Lentil (Nf)	1Kg	2Kg	5Kg
Red Spilt Lentil / Masoor Dal	1Kg	2Kg	5Kg
Red Lentils Whole (Gota) Without Skin	1Kg	2Kg	5Kg
Green Lentils	1Kg	2Kg	5Kg
Black Mapte (Urid Dal) Split Without Skin	1Kg	2Kg	5Kg
Black Mapte (Urid Whole) Without Skin	1Kg	2Kg	5Kg
Black Mapte (Urid Chilka) Split With Skin	1Kg	2Kg	5Kg
Australian Mung Beans (Moong Dal) Split Without Skin	1Kg	2Kg	5Kg
Australian Mung Beans (Moong Dal Chilka) With Skin	1Kg	2Kg	5Kg
Myanmar Mung Beans (Moong Dal) Split Without Skin	1Kg	2Kg	5Kg
Thailand Mung Beans (Moong Dal Chilka) With Skin	1Kg	2Kg	5Kg
Black Eye Beans	1Kg	2Kg	5Kg
Light Red Kidney Beans ( Argentine )	1Kg	2Kg	5Kg
Light Red Kidney Beans (USA)	1Kg	2Kg	5Kg
Dark Red Kidney Beans (USA)	1Kg	2Kg	5Kg
Dark Red Kidney Beans (China)	1Kg	2Kg	5Kg
Light Speckled Kidney Beans (Borlotti Beans)	1Kg	2Kg	5Kg
Channa Dhall (Split Chick Peas)	1Kg	2Kg	5Kg
Yellow Spilt Peas	1Kg	2Kg	5Kg
Blue Peas	1Kg	2Kg	5Kg
Red Moong Whole (Cow Peas)	1Kg	2Kg	5Kg
Buff Caloona Cowpeas	1Kg	2Kg	5Kg
Tyson Chick Peas	1Kg	2Kg	5Kg
Moong Berken	1Kg	2Kg	5Kg
Moong Celera	1Kg	2Kg	5Kg
Kabuli Channa 9mm	1Kg	2Kg	5Kg
Kabuli Channa 10mm	1Kg	2Kg	5Kg
Kabuli Channa 8mm	1Kg	2Kg	5Kg
Navy Beans	1Kg	2Kg	5Kg

## Oil



*A Range of 3 oils in attractive packing*

Vegetable	5ltr	20ltr
Canola	2ltr	20ltr
Sunflower	2ltr	20ltr

## Ghee



*Pure clarified butter from Canada and India, aromatic & multipurpose*

White Ghee (Buffalo)	2 Kg	5kg
Yellow Ghee (Cow)	2 Kg	5kg

## Spices



*Vast range of spices sourced from the best known sources*

Chilli Powder - Medium	1kg	25kg
Chilli Powder - Hot	1kg	25kg
Chilli Powder - Mild	1kg	25kg
Coriander Seeds (Indian)	1kg	25kg
Fennel Seed Green (Indian)	1kg	25kg
Fennel Seed Lucknowi	1kg	25kg
Black Mustard Seed	1kg	25kg
Yellow Mustard Seed	1kg	25kg
Niger Seeds	1kg	25kg
Fenugreek Seed	1kg	25kg
Cumin Seed Pure (Indian)	1kg	25kg
Crushed Chilli Medium Heat	1kg	25kg
Crushed Chilli High Heat (IPM)	1kg	25kg
Coriander Powder	1kg	25kg
Cumin Powder	1kg	25kg
Madras Curry Powder	1kg	25kg
Turmeric Powder Pure (Indian)	1kg	25kg
Star Ani Seeds	1kg	25kg
Cassia China Cinamon Bark	1kg	25kg
Cassia Vera 3 Inches	1kg	25kg
Garam Masala Powder	1kg	25kg
Star Ani Seeds	1kg	25kg
Amchur Powder	1kg	25kg
Red Chilly Whole Stemless High Heat	1kg	25kg
Fenugreek Powder	1kg	25kg
Cardamom	1kg	25kg
Black Pepper	1kg	25kg
Cloves	1kg	25kg

## Sauces

*Ready to go gourmet Indian sauces...  
add protien and create a complt dish to serve  
convenience and authenticity assured*

### *Indian : Frozen : Ready to Go*

Makhani Sauce	2kg-Tray	2.5 kg
Tikka Sauce	2kg-Tray	2.5 kg
Korma Sauce	2kg-Tray	2.5 kg
Jalfrezi Sauce	2kg-Tray	2.5 kg
Biryani Sauce	2kg-Tray	2.5 kg
Roganjosh Sauce	2kg-Tray	2.5 kg
Vindaloo Sauce	2kg-Tray	2.5 kg
Spinach Sauce	2kg-Tray	2.5 kg

*Ready to go SEA gourmet sauces .....  
add protien with our expert suggestion  
and create a complete meal*

### *Thai : Frozen : Ready to Go*

Green Curry	2kg-Tray	2.5 kg
Red Curry	2kg-Tray	2.5 kg
Yellow Curry	2kg-Tray	2.5 kg
Panaeng Curry	2kg-Tray	2.5 kg
Massaman Curry	2kg-Tray	2.5 kg
Thai Mango	2kg-Tray	2.5 kg
Thai Pineapple	2kg-Tray	2.5 kg
Satay Sauce	2kg-Tray	2.5 kg

### *Indian and Thai simmered sauces*

#### *Indian : Ambient : Simmer Sauce*

Madras Curry Hot	5Kg Pet Jar
Tandoori Paste	5Kg Pet Jar
Vindaloo Paste	5Kg Pet Jar
Greent Masala Paste	5Kg Pet Jar
Biryani Paste	5Kg Pet Jar
Mild Curry Paste	5Kg Pet Jar
Tikka Paste	5Kg Pet Jar
Makhani Sauce	5Kg Pet Jar
Tikka Masala Sauce	5Kg Pet Jar
Roganjosh Sauce	5Kg Pet Jar
Kadhai Sauce	5Kg Pet Jar
Bhuna Sauce	5Kg Pet Jar

#### *Thai : Ambient : Simmer Sauce*

Green Curry Sauce	5Kg Pet Jar
Red Curry Sauce	5Kg Pet Jar
Penang Sauce	5Kg Pet Jar
Laksa Sauce	5Kg Pet Jar



## Chutney



*Delightful Accompaniments for all occasions  
( can be used as dips, sandwich spreads, fillings  
for bakery products, accompaniment for roasts )*

### *Indian : Frozen*

Mint Chutney	2kg
Sweet Mango Chutney	2kg
Tamarind Chutney	2kg

### *Indian : Ambient*

Hot Mango	5Kg Pet Jar
Sweet Mango	5Kg Pet Jar
Tamarind & Date	5Kg Pet Jar
Mango Ginger	5Kg Pet Jar

## Flour



*Pure Wheat Flour for all baking  
and bakery needs*

Stone Ground Flour (Atta)	5kg	10kg
Chick Pea Flour (Besan)	5kg	10kg

## Snacks



*Snacks for all occasions, Parties, Cocktails,  
Gala Dinners. Finger snacks, easy to heat*

### *Indian: Frozen*

Punjabi Samosa (Hand Made)	25pcs X 6packs in a carton
Punjabi Samosa (Home made pastry)	23g each piece
Nutri Samosa (Spring roll pastry)	60-70g each piece
Vegetable Pakora	23g each piece
Paneer Pakora with Mint Chutney	400gms x 10 pack
Paneer Pepper (Bread Crumbed & Mint Chutney)	400gms x 10 pack
Jalapeno Pepper (Cream Cheese)	400gms x 10 pack

## Paneer



*Frozen Indian cottage cheese for  
curry dishes, snacks & entrees*

*Frozen*

Paneer Block	1Kg x 10 pack
Paneer Cube	400gm x 20 pack
Paneer Cube Pre-Fried	1Kg x 10 pack

## Bread



*Frozen breads made from white flour &  
wheat, ideal for catering & gala feasts*

*Frozen*

Paratha - Kawan Brand	2 kg x 8 packs in a carton
Naan - Tandoor Made	5 pcs in a pack x 20

## Desserts



*A range of exotic Indian desert range  
made from pure Canadian dairy*

*Frozen*

Rasmalai - Canadian Origin	1 kg tray x 10
Gulab Jamun - Canadian Origin	1 kg tray x 10
	12.5kg bucket

## Frozen Thai & Indian Meals



### Red Pepper

Chicken Green Curry With Jasmine Rice	350gm
Chicken Red Curry With Jasmine Rice	350gm
Chicken Laksa With Noodles	350gm
Prawn Panaeng With Jasmine Rice	350gm

## Frozen Indian Meals



### Rang Mahal

Beef Vindaloo With Yellow Basmati Rice	350gm
Chicken Biryani	300gm
Lamb Roganjosh With Cumin Basmati Rice	350gm
Prawn Tikka Masala With Cumin Basmati Rice	350gm

## Frozen Thai Meals



### Royal Orchard

Beef Massaman With Jasmine Rice	350gm
Chicken Mango Curry With Jasmine Rice	350gm
Prawn Yellow Curry With Jasmine Rice	350gm
Vegetable Green Curry With Jasmine Rice	350gm

## Frozen Cantonese Meals



### Waang Waang

Chicken & Cashew With Rice	350gm
Mandarin Style Sweet & Sour Pork With Rice	350gm
Special Prawn Fried Rice	350gm
Prawn In Szechuan Chilli Sauce With Rice	350gm





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