

BARAN CO.
FOOD SERVICES

Freshness Delivered. Quality Guaranteed.

Fresh Produce Catalogue 2026

Erbil, Kurdistan, Iraq

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About Baran Co

- Established in 2020, proudly serving HoReCa and premium supermarkets.
- Trusted for **quality, reliability, and consistency**.
- Strong sourcing network from **Alwa Market and international imports**.
- Dedicated to **early-morning delivery, strict quality checks, and hassle-free replacement.**



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Understanding Your Needs

We recognize your dedication to offering an exceptional dining experience as a **Premium restaurant** committed to quality and consistency.

- **Daily supply** of the freshest, high-quality fruits, vegetables, and essential ingredients.
- **Consistent availability** with premium packaging, hygiene, and presentation standards.
- **Timely, reliable deliveries** coordinated with your kitchen operations and preparation schedules.
- **Flexible sourcing solutions** for both local and imported premium products tailored to your menu requirements.



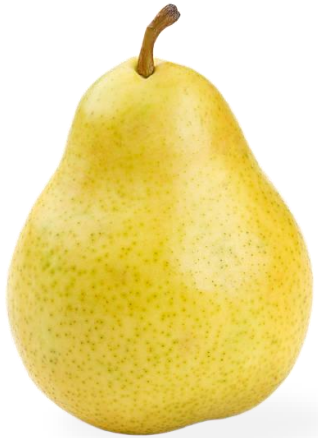
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Why Baran Co?

- Reliability: A dedicated daily supply chain tailored exclusively for premium customers.
- Freshness: Hand-picked produce with strict quality checks.
- Flexibility: Transparent pricing – fixed weekly or market-based.
- Experience: Proven track record of fruitful collaborations in the HoReCa industry.
- Commitment: Devoted to protecting and enhancing the reputation of your brand.

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Apples & Pears



Pear



Quince



Red Apple



Green Apple



Royal Gala Apple



Golden Apple

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Citrus



Lemon



Lime



Grapefruit



Orange



Orange Mandarin



Pomelo

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Grapes & Berries



Red Grapes



Green Grapes



Black Grapes



Strawberry



Blueberry



Blackberry



Red Currant

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Stone Fruits



Apricot



Cherry



Peach



Plum Red



Plum Yellow



Plum Black

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Melons & Pomegranate



Pomegranate



Watermelon



Sweetmelon



Honeydew

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Core Fruits



Banana



Avocado



Pineapple



Kiwi



Mango

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Premium Imports & Exotics



Dragon Fruit



Mangosteen



Passion fruit



Rambutan



Goldenberry



Raspberry

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Vegetables Section

- Staples



Tomato VIP



Tomato Imported



Tomato Local Soft



Cherry Tomatoes



Red Onion



White Onion



Brown Onion



Onion Dolma

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Vegetables Section

- Staples & Roots & Bulb



Cucumber



Potato



Carrot



Ginger



Turnip



Sweet Potato



Beetroot



Garlic

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Crucifers & Celery



Broccoli



Red Cabbage



White Cabbage



Cauliflowers



Celery Stem

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Peppers & Chilies



Green Bell Pepper



Assorted Bell Pepper



Long Chilli Red Pepper



Hot Green Chilli Pepper



Red Hot Chilli Thailand



Sweet Chilli Pepper

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Eggplants & Squash



Eggplant Round (Bell)



Eggplant



Zucchini



Pumpkin

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Specialty Vegetables



Mushrooms



Sweet Corn



Asparagus



Fava Beans



Green Beans

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Leafy & Herbs Section



Lettuce



Iceberg



Lollo Rosso Red



Lollo Rosso Green



Chinese Cabbage

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Fresh Herbs



Parsley



Mint



Rocca



Dil



Coriander



Rosemary



Thyme



Chard

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Fresh Herbs



Basil



Celery Leaves



Caper



Spring Onion



Garden Cress



Purslane



Spinach



Pink Raddish

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Supply & Logistics

- **Delivery Schedule:** Early morning or as per store requirement.
- **Quality Control:** Rigorous sorting, grading, and packaging before dispatch.
- **Returns Policy:** Hassle-free replacement for any rejections.
- **Dedicated Team:** Driver, sourcing manager, and warehouse coordination.



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Pricing Approach

We provide two transparent pricing models:

- **Market-Based Pricing** – aligned with daily Alwa market trends.
- **Fixed Weekly Pricing** – ensures stability and easier planning.
  (Both options designed to suit your operational strategy.)



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Partnership Terms

- **Trial Period**: 2–3 weeks of supply during your store launch.
- **Payment Flexibility**: COD, weekly, or monthly credit.
- **Long-Term Partnership**: Open to exclusivity and tailored agreements.



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How to Order

- **Ordering**: WhatsApp • Phone • Email
  📞 +964 751 822 8474
  📧 frishta.awara@gmail.com
- **Cut-off times**: Orders by evening for next-morning delivery.
- **Delivery**: Daily, early morning to align with store operations.
- **Policy**: Hassle-free replacement for rejections.



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Thank you

Let’s Build a Premium Fresh Food Partnership Together

“Baran Co – Freshness Delivered. Quality Guaranteed.”

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