# Pick 'n' Mix <br> Healthier Ghoice List 

NUTS AND DRIED FRUIT
Almonds 1 kg
Pecan Nuts 1 kg
Walnut Pieces 1 kg
Walnut Halves 1 kg
Hazlenuts 1 kg
Cashews 1 kg
Raisins 2kg
Sultanas 2kg
Dried Cranberries 2kg
Currants 2kg
Dried Mixed Fruit 2kg
Chopped Dates 2kg
Chopped Apricots 2 kg
Pitted Prunes 2kg

This would leave 6 empty bins. These can be filled with extras of the above at an extra cost. The above quantity would have 22 kg stock. Assuming 75 g per person that's around 300 portions.

If your personal favourite is not on this list, please contact us and we'll try to source it for your event.
All sweets are subject to availability.
Due to the variety available the sweets are supplied in different weights/quantity per manufacturer.

