



www.caribbeandreamsja.com

Caribbean Dreams Foods
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PRODUCT CATALOG



Naturally Good!

Caribbean Dreams proudly produces products that not only taste good, but are good for you!

We offer more than 20 high quality products which include herbal teas and delicious quick mix beverages. We continue to improve and expand our product line with your health in mind at competitive prices.

We are so confident in the quality of our products and know that they will be enjoyed by many.

**NOT ONLY TASTES GOOD...
...IT'S GOOD FOR YOU!**

OUR CERTIFICATIONS



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PANTRY PRODUCTS



Jamaica Blue Spring Water

Naturally alkaline

Jamaica Blue Water is produced from natural aquifers, located around rock-beds, percolating naturally to the surface. It is naturally rich in trace minerals and is considered better for health and re-hydration.

24 x 500ml 12 x 1.5L 3 x 5L



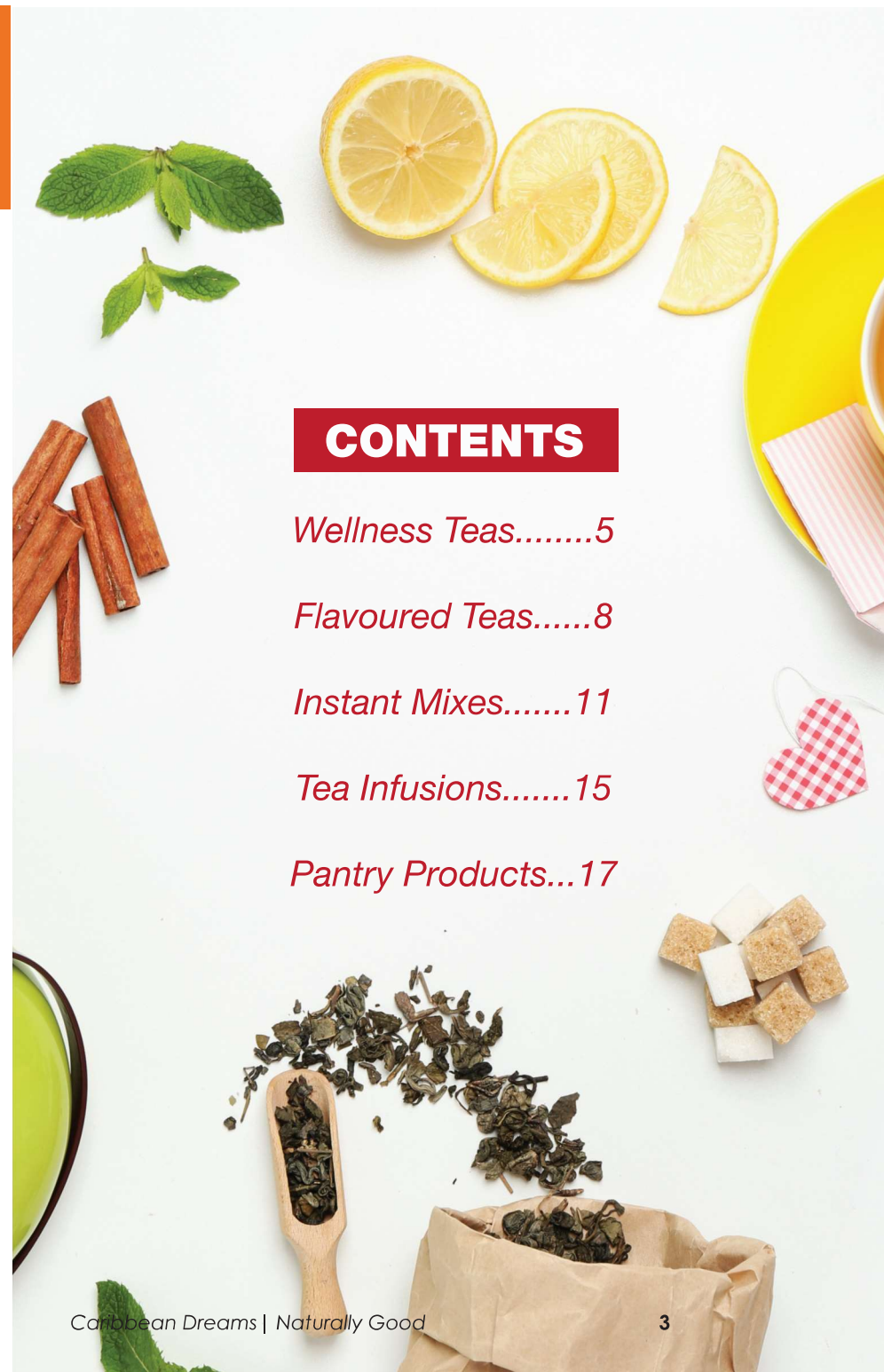
Macaroni & Cheese
24 x 205g



Quick Oats
24 x 200g
24 x 400g



Sea Salt
25 x 400g



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Wellness Teas

Made to help support a healthy lifestyle.

These tea blends are made with a variety of herbs and spices that contain many health benefits.



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PANTRY PRODUCTS



100% Dried Sorrel (24 x 100g)

Sorrel is the most popular Jamaican holiday drink during the Christmas and New Year season. It has now become a year round drink and to some, a candy treat. The drink has many health benefits including, controlling high cholesterol levels, managing high blood pressure, enhancing the functions of the liver and a high source of Vitamin C.



Ginger Flavouring (24 x 473ml)



Real Jamaican Browning (24 x 142ml)



WELLNESS TEAS



Moringa(12x20) Moringa Mint (12x20)

Moringa increase energy naturally, helps manage weight, detoxifies body and nourishes your body's immune system.



Soursop(12x20) Soursop with Honey (12x20)

Soursop tea is an herbal tea that is made from the leaves of the soursop fruit tree. Soursop tea is also called graviola tea and is said to have significant powers to prevent or treat cancer.



Cinnamon Mint (12x20)

This is a unique blend of cinnamon peppermint and stevia leaves which together increases the body's ability to regulate blood sugar. Stevia is a naturally grown sweetener that contains zero calories and zero carbohydrates -no sugar necessary.

WELLNESS TEAS



REVIVE (12x20)

A combination of Noni leaves and ginger root flavoured with strawberries and cherries. Noni is widely known to strengthen and revitalize cells.



Slim Active (12x20)

Contains ingredients well known to increase metabolism, therefore aids in burning calories.



DETOX (12x20)

Contains: peppermint, bearberry and senna leaves, burdock and sarsaparilla roots and buckthorn bark.

Helps with waste matter elimination and gently fights constipation.



Turmeric with Ginger (12x20)

Turmeric contains a wide range of antioxidant antiviral, antibacterial, anti fungal, anti-carcinogenic, antimutagenic and anti-inflammatory properties.



Tulsi (12x20)

Tulsi (Holy Basil) is used to many ailments. Modern research has found that Tulsi has many constituents, including those with antioxidant and anti-inflammatory properties.

PANTRY PRODUCTS



Caribbean Dreams Soup mixes are delicious seasonings to give your soup dishes that traditional flavour. Each flavour is unique and versatile and can be used as base for favourite soups, appetizers and warm snacks.

Product	Size
Cock Soup	10 x 10 x 50g
Chicken Noodle	10 x 10 x 50g
Pumpkin Soup	10 x 10 x 50g
Ram Goat	10 x 10 x 50g
Vegetable Soup	10 x 10 x 50g
Fish Soup	10 x 10 x 50g

PANTRY PRODUCTS



Product	Size
Penne Pasta	24 x 350g
Macaroni Elbows	24 x 400g
Veggie Spirals	32 x 200g
Macaroni Shells	32 x 200g
Spaghetti	24 x 400g



Sardines 24x106g

Product	Size
In Tomato Sauce	24 x 106g
In Oil	24 x 106g
In Water	24 x 106g
In Hot Sauce	24 x 106g



Herbal Teas | Naturally Good

18



Made with the finest ginger root.



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FLAVOURED TEAS



Ginger (24x24)

Contains 100% ginger root and carries a rich tradition of usage both in the Caribbean and the far east. It is served either hot or cold and is used both as a traditional drink or for light medicinal purposes.



Peppermint (24x24)

Contains 100% peppermint leaves. It is now one of the fastest growing products. It is particularly useful at soothing the stomach.



Sorrel Ginger (24x24)

Contains sorrel and ginger. Sorrel is a popular product that is consumed throughout the Caribbean and Central America and is rich in flavonoids and antioxidants. It has also been found to have anti-cancer properties.



Honey Ginger (24x24)

A combination of ginger root, chamomile, natural flavours and stevia leaves. Enjoyed best at nights after a hard day's work for a more comfortable sleep.



Lemongrass (24x24)

Contains 100% lemongrass. While pleasant tasting, it's also known to relieve stomach aches.



Green tea Mint (24x24)

A combination of green tea and peppermint. Green tea is known for its rich source of antioxidants.

PANTRY PRODUCTS



Caribbean Dreams Coconut Milk is used in many Jamaican recipes, such as 'Rice and Peas' and 'Mackerel Rundown'. Coconuts are plentiful in Jamaica, but if you don't have a tree near to where you live, this is a perfect alternative.

Coconut Milk Powder

10 x 10 x 50g

12 x 1Kg

Canned Coconut Milk

24 x 400ml

Canned Lite Coconut Milk

24 x 400ml

Sweetened Condensed
Coconut Milk
(24x330g)

Evaporated Coconut Milk
(24x400ml)





ALL
NEW

*We have Sweetened
the Deal!*

Non-dairy & Gluten Free



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FLAVOURED TEAS



Ginger Mint (24 x 24)

A combination of ginger root and peppermint.



Ginger Lemon (24 x 24)

A combination of ginger root and lemon grass.



Cinnamon (24 x 24)

Contains 100% cinnamon bark. This product has a long tradition of consumption in the Caribbean. Cinnamon is said to be an energizer and is especially beneficial to diabetics.



Chamomile (24 x 24)

Contains 100% Chamomile. Chamomile is great for relieving stress and is sometimes used as a natural sleep aid.



Cerasee (24 x 20)

Cerasee tea is made from the leaves of the bitter melon plant which usually has a very bitter taste. Taste aside, Cerasee tea is rich in a large number of phenols and natural antioxidants, which can help with high cholesterol and inflammation.



Bissy (Kola Nut) (24 x 24)

The kola nut, also known as bissy, is the fruit of the kola tree, native to the tropics of Africa. Bissy shows antioxidant properties and is also used to treat fever, relieve inflammation and diarrhea. The bissy powder and leaf can also be put onto cuts to promote quicker healing.



COCOA-NUT

COCONUT FLAVOURED COCOA

Just ADD some WARM Water
Then COOL it DOWN
with some ICE
Enjoy!



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TEA INFUSIONS



TEA INFUSIONS

Tropical Flavourful Aromatic



Each flavour contains a fun and cheeky note to lift your mood!

Caribbean Dreams Select Infusions offer premium quality products that are expertly blended with the consumer in mind. We carefully select ingredients that evoke feelings of warmth & comfort while balancing consumers' need for uniqueness, wellness, delectable flavours and fulfillment.



LYCHEE GINGER (12 x 20)

Green tea leaves, orange peels, apple fruit, rosehips, ginger root, natural flavours.



PINEAPPLE COCONUT (12 x 20)

Apple fruit, lemon grass, orange leaves, natural flavours.



CHOCOLATE MINT TRUFFLE (12 x 20)

Peppermint leaves, cocoa shells, black tea leaves, natural flavours, carob, roasted chicory root, spearmint leaves, licorice root.



APRICOT PASSION FRUIT (12 x 20)

Rosehips, hibiscus flowers, sweet orange peels, apple fruit, natural flavours, natural apricot and passion fruit flavours with other natural flavours, roasted chicory root, lemon grass herb.



Tropically Inspired
Tea Infusions



Tropical Flavourful Aromatic

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INSTANT MIXES



Cocoa-nut
Coconut Flavoured
Cocoa
Just add hot water

(BOX) 8 X 20 X 28g
SACHET 12 X 20 X 28g

Jamaican Old Style Chocolate



Product	Size
Box	8 x 20 x 28g
Sachet	12 x 20 x 28g
Tin	12 x 340g
Tin	24 x 170g

INSTANT MIXES



Instant Ginger

Product	Size
Sweetened	24 x 10 x 18g 12 x 10 x 18g
Unsweetened	24 x 10 x 3g 12 x 14 x 3g



Instant Turmeric with Ginger

Product	Size
Sweetened	24 x 10 x 18g 12 x 10 x 18g
Unsweetened	24 x 10 x 3g 12 x 14 x 3g



COCONUT CURRY CHICKEN

INGREDIENTS

- 1 tbsp. vegetable oil
- 1 tbsp. butter
- 2 medium onion, chopped
- salt
- 2 cloves garlic, minced
- 3 sachets Caribbean Dreams unsweetened Instant Ginger
- 1 1/2 tbsp. curry powder
- 2 plummy tomatos
- 1 (13-oz.) Caribbean Dreams' coconut milk powder
- 1 cup water
- 1 1/2 lb. chicken breast, cut into 1 inch pieces
- Juice of lime
- Lime wedges, for serving
- Cilantro leaves, torn, for serving
- Cooked rice, for serving

DIRECTIONS

1. In a large pot or high-sided skillet over medium heat, heat oil and butter. When butter is melted, add onions and cook until tender and translucent, 6 to 8 minutes.
2. Add garlic, instant ginger and curry powder then cook until fragrant, 1 minute more. Add tomato and cook until darkened slightly, 1 to 2 minutes more.
3. Add coconut milk powder and water and bring to a simmer. Add chicken and cook, stirring occasionally, until chicken is cooked through, 6 to 8 minutes.
4. Stir in lime juice and garnish and cilantro. Serve hot with rice.

Serving Size: 5 | Cook Time: 35 min

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