

SPEED FOOD LIST



FRUIT

Apples	Grapefruit	Papaya	Rhubarb
Apricots	Guava	Passion fruit	Satsumas
Blackberries	Lemons	Pineberries	Strasberries
Blackcurrants	Lime	Peaches	Star fruit
Clementines	Loganberries	Pears	Strawberries
Cranberries	Mandarins	Plums	Tangerines
Damsons	Melon	Pomelo	Ugli fruit
Gooseberries	Nectarines	Raspberries	Whitecurrants
	Oranges	Redcurrant's	

VEGETABLES

Acorn squash	Capers	Garlic	Rocket
Alfalfa sprouts	Carrots	Gherkins	Runner beans
Amaranth	Cauliflower	Kale	Shallots
Artichokes	Celeriac	Leeks	Spinach
Asparagus	Celery	Lettuce	Spring greens
Aubergine	Chard	Mangetout	Spring onions
Baby sweetcorn	Chicory	Marrow	Sugar snap peas
Bamboo shoots	Chilli	Mushrooms	Swede
Bean sprouts	Chinese leaf	Onion	Tomatoes
Beetroot	Courgettes	Pak choi	Turnip
Broccoli	Cucumber	Peppers	Vine leaves
Brussels sprouts	Endive	Pumpkin	Watercress
Butternut squash	Fennel	Radicchio	Water chestnuts
Cabbage	Green beans	Radishes	

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