

CATALOG 2025



About Us

Reliable Food and Logistics (RFL) is a leading food trading and distribution company serving the **Middle East and East Africa**. Since our incorporation on 2 February 2011, we've built a reputation for reliability, consistency, and quality — proudly certified under ISO 22000:2018 for food safety.

Our mission is simple:

To be the region's one-stop partner for all culinary and hospitality needs.

We supply everything from kitchen staples to hospitality essentials, ensuring that *hypermarkets, supermarkets, hotels, restaurants, caterers, and bakeries* are always equipped to serve their customers.

Exclusive Imports

We bring world-class quality to the region through our strong partnerships with global brands:

- **American Gourmet (AG):** Premium sauces, condiments, and pantry essentials.
- **Virginia Green Garden (VGG):** Authentic flavors and everyday staples.
- **Fresco:** Fresh, versatile, high-quality products for modern consumers.
- And other world leading brands.

Local & Regional Brands

Alongside imports, we proudly distribute trusted household names that define kitchens across East Africa:

Clovers, Chain Kwo, Santa Maria, Ketepa, Kenylon, Morning Harvest, TeePee, Kellogg's, Dormans, Peptang, Kol, Zesta, Hanan, Brookside, Kericho Gold, Salit, Golden Fry, Exe, Soko, Pembe, Kakira — and many more.

Culinary Essentials We Supply

Cooking Oils & Fats

Elianto, Golden Fry, Salit, Rina, Rinsun — Kenya's most trusted oils.

Staples & Ingredients

Flours, rice, sugar, pulses, cereals, spices, sauces, condiments, canned goods.

Beverages

Teas, coffees, juices, and soft drink ranges.

Bakery & Confectionery

Cake mixes, baking powders, syrups, cherries, sultanas, cooking chocolates, whipping cream, cake boxes, and other packaging solutions.

Hospitality & Everyday Essentials

Serviettes, tissues, foil, cling film, cleaning, and catering supplies.

Why Choose RFL?

- Certified food safety & handling (ISO 22000:2018)
- A balance of global excellence & local relevance
- Complete product portfolio — from pantry to packaging
- Efficient logistics across Middle East & East Africa

From pantry to plate, from kitchen to counter — RFL delivers it all.

Dressings



AG 237ml Mayonnaise
8oz(237ml)|Pet Jar/Glass Jar
24pcs/Carton|Halal Certified



AG 473ml Mayonnaise
16oz(473ml)|Pet Jar/Glass Jar
12pcs/Carton|Halal Certified



AG 946ml Mayonnaise
32oz(946ml)|Pet Jar/Glass Jar
12pcs/Carton|Halal Certified



VGG 237ml Mayonnaise
8oz(237ml)|Glass Jar
24pcs/Carton|Halal Certified



VGG 473ml Mayonnaise
16oz(473ml)|Glass Jar
12pcs/Carton|Halal Certified



VGG 946ml Mayonnaise
32oz(946ml)|Glass Jar
12pcs/Carton|Halal Certified



**VGG Mayonnaise
Lemon With Olive Oil**
500ml|Pet Jar
12pcs/Carton|Halal Certified



AG Yellow Mustard
8oz(237ml)|Pet Bottle
12pcs/Carton|Halal Certified



VGG Yellow Mustard
8oz(237ml)|Pet Bottle
12pcs/Carton|Halal Certified



AG Mayonnaise
3.78L(1 Gallon)|Pet Jar
4pcs/Carton|Halal Certified



AG Caesar Dressing
8oz(237ml)|Pet Bottle
12pcs/Carton|Halal Certified



AG French Dressing
8oz(237ml)|Pet Bottle
12pcs/Carton|Halal Certified



AG Italian Dressing
8oz(237ml)|Pet Bottle
12pcs/Carton|Halal Certified



AG Ranch Dressing
8oz(237ml)|Pet Bottle
12pcs/Carton|Halal Certified



AG Thousand Island Dressing
8oz(237ml)|Pet Bottle
12pcs/Carton|Halal Certified

Sauces



AG BBQ Sauce
510g/3.78L (1 Gallon)|HDPE Bottle
12pcs/Carton|4pcs/Carton (Gallon)



VGG BBQ Sauce
510g|HDPE Bottle
12pcs/Carton|Halal Certified



Fresco Dark Soy Sauce
625ml|Glass Bottle
12pcs/Carton|Halal Certified



Fresco Sweet Chilli Sauce
625ml|Glass Bottle
12pcs/Carton|Halal Certified



Fresco Oyster Sauce
710ml|Glass Bottle
12pcs/Carton|Halal Certified



VGG Dark Soy Sauce
300ml|Glass Bottle
12pcs/Carton|Halal Certified



VGG Light Soy Sauce
300ml|Glass Bottle
12pcs/Carton|Halal Certified



VGG Fish Sauce
500ml/625ml|Glass Bottle
12pcs/Carton|Halal Certified



VGG Hot Sauce
88ml|Glass Bottle
36pcs/Carton|Halal Certified



Vgg Oyster Sauce
710ml|Glass Bottle
12pcs/Carton|Halal Certified



Vgg Sweet Chilly Sauce
710ml|Glass Bottle
12pcs/Carton|Halal Certified

Honey & Peanut Butter



AG Honey 3Kg
3Kg|HDPE Bottle
4pcs/Carton|Halal Certified



AG Honey Pet 500g
500g|Plastic Bottle
12pcs/Carton||Halal Certified



VGG Natural Honey Squeeze
400g|Glass Bottle
12pcs/Carton|Halal Certified



VGG Australian Honey
500ml|Glass Bottle/HDPE Bottle
12pcs/Carton|Halal Certified



VGG Honey Jar
1Kg|Glass Bottle
6pcs/Carton|Halal Certified



VGG Peanut Butter Crunchy
340g/510g|Plastic Bottle
12pcs/Carton|Halal Certified



VGG Peanut Butter Creamy
340g/510g|Plastic Bottle
12pcs/Carton|Halal Certified

Syrups & Sweeteners



AG Chocolate Syrup
22oz(624ml)|HDPE Bottle
12pcs/Carton|Halal Certified



AG Strawberry Syrup
22oz(624ml)|HDPE Bottle
12pcs/Carton|Halal Certified



AG Pancake Syrup
710ml|HDPE Bottle
12pcs/Carton|Halal Certified



VGG Chocolate Syrup
22oz(624ml)|HDPE Bottle
12pcs/Carton|Halal Certified



VGG Strawberry Syrup
22oz(624ml)|HDPE Bottle
12pcs/Carton|Halal Certified



VGG Pancake Syrup
710ml|HDPE Bottle
12pcs/Carton|Halal Certified



VGG Caramel Syrup
22oz(624ml)|HDPE Bottle
12pcs/Carton|Halal Certified



VGG Maple Syrup
22oz(624ml)|HDPE Bottle
12pcs/Carton|Halal Certified

Canned & Packaged Foods



AG Baked Beans
400gm|Metal Can
24pcs/Carton|Halal Certified



AG Chick Peas
400gm|Metal Can
24pcs/Carton|Halal Certified



AG Red Kidney Beans
400gm|Metal Can
24pcs/Carton|Halal Certified



AG Foul Madames
400gm|Metal Can
24pcs/Carton|Halal Certified



AG Mushroom Whole
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Red Kidney Beans
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Baked Beans
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Chick Peas
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Mushroom Whole
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Foul Medames
400gm|Metal Can
24pcs/Carton|Halal Certified



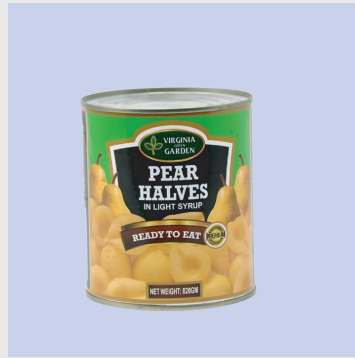
AG Sweet Corn Kernel
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Sweet Corn Kernel
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Peach Halves
425gm/820gm|Metal Can
24pcs/Carton/12pcs/Carton



VGG Pear Halves
425gm|Metal Can
24pcs/Carton|Halal Certified



VGG Pineapple Sliced
565gm|Metal Can
24pcs/Carton|Halal Certified



VGG Light Meat Tuna Flakes In Sunflower Oil
185gm|Metal Can
48pcs/Carton|Halal Certified



VGG Light Meat Tuna Solid
185gm|Metal Can
48pcs/Carton|Halal Certified



VGG Beef Luncheon
340gm|Metal Can
24pcs/Carton|Halal Certified



VGG Fruit Cocktail
425gm/820gm|Metal Can
24pcs/Carton/12pcs/Carton

Dairy & Creams



AG Coconut Cream
400gm|Metal Can
24pcs/Carton|Halal Certified



AG Coconut Milk
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Coconut Cream
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Coconut Milk
400gm|Metal Can
24pcs/Carton|Halal Certified



VGG Coconut Milk Powder
150gm/300gm| Cardboard Box
48pcs/Carton|24pcs/carton



VGG Golden Cream
170gm|Metal Can
48pcs/Carton|Halal Certified



VGG Sweetened Condensed Milk
390gm|Metal Can
24pcs/Carton|Halal Certified



VGG Sterilized Cream
170gm|Metal Can
48pcs/Carton|Halal Certified

Ketchups



AG Tomato Ketchup
340g|Pet Bottle
12pcs/Carton|Halal Certified



AG Tomato Ketchup
5Kg|Pet Bottle
4pcs/Carton|Halal Certified



**AG Tomato Ketchup
Top Down**
340g|Pet Top-Down Bottle
12pcs/Carton|Halal Certified



**Vgg Americana Tomato
Ketchup**
710g|Pet Top-Down Bottle
12pcs/Carton|Halal Certified



VGG Hot Ketchup
340gm|Pet Bottle
24pcs/Carton|Halal Certified



VGG Tomato Ketchup
5kg|Pet Bottle
4pcs/Carton|Halal Certified

Condiments & Pickles



VGG Pitted Black Olives Jar
340g|Glass Jar
12pcs/Carton|Halal Certified



VGG Pitted Green Olives Jar
340g|Glass Jar
12pcs/Carton|Halal Certified



VGG Sliced Jalapeno Pepper Jar
680g|Glass Jar
12pcs/Carton|Halal Certified



VGG Tahina
400g|Pet Bottle
12pcs/Carton|Halal Certified



VGG Mix Pickle
400g|Glass Bottle
12pcs/Carton|Halal Certified



VGG Mango Pickle
400g|Glass Bottle
12pcs/Carton|Halal Certified



VGG Dill Pickle
680g|Glass Jar
12pcs/Carton|Halal Certified



VGG Green Chilli Pickle
400g|Glass Jar
12pcs/Carton|Halal Certified

Vinegars & Oils



AG Apple Cider Vinegar
473ml/946ml|Pet Bottle
24pcs/Carton|12pcs/Carton



VGG Extra Virgin Olive Oil
1L|Pet Bottle/Glass Jar
12pcs/Carton|Halal Certified



AG White Vinegar
946ml|Pet Bottle
12pcs/Carton|Halal Certified



VGG Aceto Balsamico
500ml|Pet Bottle
12pcs/Carton|Halal Certified



VGG Extra Virgin Olive Oil
500ml|Glass Jar
12pcs/Carton|Halal Certified



VGG Pomace Olive Oil
1L|Pet Bottle
12pcs/Carton|Halal Certified

Spices



VGG Biryani Powder
180g|HDPE Jar
24pcs/Carton|Halal Certified



VGG Black Pepper Powder
200g|HDPE Jar
24pcs/Carton|Halal Certified



VGG Cummin Powder
200g|HDPE Jar
24pcs/Carton|Halal Certified



VGG Curry Powder
200g|HDPE Jar
24pcs/Carton|Halal Certified



VGG Garlic Powder
200g|HDPE Jar
24pcs/Carton|Halal Certified



VGG Tumeric Powder
200g|HDPE Jar
24pcs/Carton|Halal Certified



VGG Corriander Powder
200g|HDPE Jar
24pcs/Carton|Halal Certified



GET IN TOUCH

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