

RUCHI FOODS

Wholesale Product Catalog

Rich Taste · Quality You Can Trust

HOW TO USE THIS CATALOG

1. This catalog is divided into 8 sections — one for each product category
2. Each row shows the product name, origin (Indian / African / Both), and available sizes
3. Indian products are highlighted in amber, African in green, Both in purple
4. Use the page numbers to jump to the section you need
5. To place a wholesale order, contact us at the details on the last page

COLOUR KEY — What the colours mean

INDIAN PRODUCT	Items from Indian cuisine
AFRICAN PRODUCT	Items commonly used in African cooking
BOTH / SHARED	Popular in both Indian & African cooking

SECTIONS IN THIS CATALOG

Spices & Powders	Chilli, turmeric, cumin, masalas & more
Dals & Lentils	Toor, chana, masoor, moong, urad & beans
Rice & Grains	Basmati, parboiled, poha, sago & grains
Flours	Wheat, gram, rice, ragi & specialty flours
Nuts & Dried Fruits	Almonds, cashews, pistachios, raisins, dates
African Items	Fufu, gari, palm oil, fish & provisions
Frozen & Snacks	Chapati, samosa, parota & packaged snacks
Drinks, Oils & Pantry	Ghee, tea, juices, tamarind & more

SPICES & POWDERS

Whole spices, ground powders and blended masalas

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
CHILLI & PEPPER		
Chilli Whole	Indian	100g · 200g · 400g · 5 lb · 22 lb
Chilli Crushed	Indian	100g · 200g · 400g · 5 lb · 44 lb · 50 lb
Chilli Powder — Hot	Indian	200g · 400g · 800g · 5 lb · 55 lb
Chilli Powder — Mild	Indian	200g · 400g · 800g · 5 lb · 55 lb
Kashmiri Chilli Powder	Indian	200g · 400g
Black Pepper — Whole	Both	100g · 200g · 400g · 5 lb · 50 lb
Black Pepper — Fine	Both	100g · 200g · 400g · 5 lb · 50 lb
Black Pepper — Coarse	Both	5 lb · 50 lb
Paprika	Both	200g · 400g · 800g · 5 lb · 50 lb
TURMERIC & CORIANDER		
Turmeric Powder	Indian	100g · 200g · 400g · 2 lb · 5 lb · 10 lb · 55 lb
Coriander Powder	Indian	100g · 200g · 400g · 2 lb · 5 lb · 55 lb
Coriander Seeds	Indian	100g · 200g · 400g · 5 lb · 44 lb
Coriander & Cumin Mix	Indian	200g · 400g
CUMIN		
Cumin Seeds	Indian	200g · 400g · 800g · 5 lb · 55 lb
Cumin Powder	Indian	200g · 400g · 2 lb · 5 lb · 50 lb

CARDAMOM & WARM SPICES		
Cardamom Green — Whole	Indian	100g · 200g · 400g · 5 lb · 11 lb · 55 lb
Cardamom Black — Whole	Indian	100g · 200g · 400g · 5 lb
Cardamom Powder	Indian	100g · 200g · 5 lb
Cardamom Seeds	Indian	100g · 200g · 400g · 5 lb · 11 lb
Cinnamon Sticks	Both	100g · 200g · 400g · 5 lb · 10 kg
Cinnamon Powder	Both	100g · 200g · 5 lb
Cloves — Whole	Both	100g · 200g · 400g · 5 lb · 10 lb · 25 lb
Cloves — Powder	Both	100g · 200g · 5 lb
Nutmeg — Whole	Both	100g · 200g · 5 lb
Nutmeg — Powder	Both	100g · 200g · 5 lb
SEEDS & AROMATICS		
Ajwain Seeds	Indian	100g · 200g · 500g · 1 kg · 5 lb
Methi (Fenugreek) Seeds	Indian	200g · 400g · 5 lb · 55 lb
Methi Powder	Indian	200g · 400g
Fennel Seeds	Indian	200g · 400g · 5 lb · 55 lb
Fennel Seeds — Roasted	Indian	200g · 400g · 55 lb
Mustard Seeds	Indian	100g · 200g · 400g · 2 lb · 5 lb · 55 lb
Aniseeds	Both	100g · 200g · 5 lb · 10 lb
Bay Leaves	Both	50g · 100g · 2 lb · 5 lb
Poppy Seeds	Both	100g · 200g · 400g · 5 lb · 55 lb
Kalonji (Nigella Seeds)	Indian	100g · 200g

Sesame Seeds — Brown	Both	200g · 400g · 5 lb · 50 lb
Sesame Seeds — Hulled	Both	200g · 400g · 5 lb · 50 lb
Sesame Seeds — Black	Both	100g · 200g · 400g · 5 lb · 50 lb
GINGER & GARLIC		
Ginger Powder	Both	100g · 200g · 5 lb · 50 lb
Garlic Powder	Both	100g · 200g · 5 lb · 50 lb
Ginger Paste	Indian	26 oz x 12
Garlic Paste	Indian	26 oz x 12
Garlic & Ginger Paste	Indian	26 oz x 12
BLENDED MASALAS		
Garam Masala	Indian	200g · 400g · 5 lb · 55 lb
Garam Masala — Whole	Indian	100g · 200g · 400g
Amchoor (Dry Mango) Powder	Indian	200g · 5 lb · 55 lb
Chat Masala (MDH)	Indian	100g
Chana Masala (MDH)	Indian	100g
Garam Masala (MDH)	Indian	100g
Sambar Powder (MDH / MTR)	Indian	100g · 200g
Pavbhaji Masala (MDH)	Indian	100g
Kasturi Methi Leaves (MDH)	Indian	100g · 500g · 1 kg
Biryani Masala (Rani)	Indian	100g
Curry Powder	Both	200g · 400g · 5 lb
Hing / Asafoetida Powder	Indian	50g · 100g

DALS & LENTILS

Split lentils, whole pulses and dried beans

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
TOOR / ARHAR DAL		
Toor Dal	Indian	2 lb · 4 lb · 8 lb · 10 lb · 55 lb
Toor Dal — Oily	Indian	2 lb · 4 lb · 8 lb · 10 lb · 55 lb
CHANA DAL & CHANA		
Chana Dal	Indian	2 lb · 4 lb · 8 lb · 10 lb · 55 lb
Kabuli Chana	Indian	2 lb · 4 lb · 8 lb · 50 lb · 55 lb
Kala Chana	Indian	2 lb · 4 lb · 8 lb · 55 lb
Green Chana	Indian	2 lb · 4 lb · 55 lb
MASOOR DAL		
Masoor Dal — Split Red	Indian	2 lb · 4 lb · 8 lb · 10 lb · 55 lb
Masoor Dal — Malka	Indian	2 lb · 4 lb · 50 lb
Masoor Dal — Gota	Indian	2 lb · 4 lb · 50 lb
Masoor Whole — Small	Indian	2 lb · 4 lb · 50 lb
Masoor Whole — Large	Indian	2 lb · 4 lb · 55 lb
MOONG DAL		
Moong Whole	Indian	2 lb · 4 lb · 8 lb · 5 lb · 10 lb · 55 lb
Moong Washed — Yellow	Indian	2 lb · 4 lb · 8 lb · 10 lb · 55 lb
Moong Chilka	Indian	2 lb · 4 lb · 55 lb
URAD DAL		
Urad Dal — Washed	Indian	2 lb · 4 lb · 8 lb · 10 lb · 55 lb

Urad Dal — Chilka	Indian	2 lb · 4 lb · 8 lb · 55 lb
Urad Dal — Whole Black	Indian	2 lb · 4 lb · 10 lb · 55 lb
Urad Dal — Gota	Indian	2 lb · 4 lb · 55 lb
PEAS & BEANS		
Green Peas — Vatana	Both	2 lb · 4 lb · 50 lb · 55 lb
Green Peas — Split	Both	50 lb · 55 lb
Yellow Split Peas	Both	2 lb · 4 lb · 50 lb
Yellow Vatana Peas	Both	2 lb · 4 lb · 10 lb · 55 lb
Kidney Beans — Red	Both	2 lb · 4 lb · 5 lb · 10 lb · 25 lb · 50 lb
Black Eye Peas	African	2 lb · 4 lb · 50 lb · 100 lb
Brown Beans — African	African	2 lb · 4 lb · 20 lb · 25 lb · 50 lb

RICE & GRAINS

Basmati, parboiled, specialty rice and whole grains

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
BASMATI RICE		
Basmati — Ruchi	Indian	10 lb x 4 · 40 lb
Basmati — India's Choice	Indian	10 lb x 4 · 40 lb
Basmati — Dawat	Indian	11 lb x 4
Basmati — Tiger	Indian	10 lb x 4
PARBOILED & SPECIALTY RICE		
Parboiled Rice — Ruchi	Both	4 lb x 12 · 25 lb
Parboiled Rice — Gold	Both	25 lb
Matta Parboiled Rice	Indian	2 lb · 4 lb · 10 lb · 20 lb
Jasmine Rice	Both	20 lb · 25 lb
Sonamasuri Rice	Indian	10 lb · 20 lb
Long Grain Rice	Both	2 lb · 4 lb
Idli Rice	Indian	2 lb · 4 lb · 10 lb · 20 lb · 44 lb · 55 lb
Broken Red Rice	Indian	2 lb · 4 lb · 55 lb
FLATTENED RICE & SEMOLINA		
Poha — Thick	Indian	200g · 400g · 2 lb · 4 lb · 55 lb
Poha — Thin	Indian	200g · 400g · 2 lb · 4 lb · 55 lb
Dalia — Split Cracked Wheat	Indian	200g · 400g · 2 lb · 5 lb · 10 lb · 55 lb
Suji / Semolina / Farina	Both	2 lb · 4 lb · 10 lb · 20 lb · 50 lb

Suji — Roasted Rava	Indian	2 lb · 4 lb · 55 lb
Sabudana / Sago	Indian	200g · 400g · 2 lb · 4 lb · 5 lb · 55 lb
OTHER GRAINS & AFRICAN STAPLES		
Barley	Both	200g · 400g · 2 lb · 4 lb · 55 lb
Corn Flour — Yellow	African	2 lb · 4 lb · 8 lb · 10 lb · 50 lb
Corn Flour — White	African	2 lb · 4 lb · 50 lb
Corn Meal	African	2 lb · 4 lb · 50 lb
Gari — White	African	2 lb · 4 lb · 5 lb · 10 lb · 20 lb · 50 lb
Gari — Yellow	African	20 lb
Somalina	African	2 lb · 4 lb · 10 lb · 20 lb · 50 lb

FLOURS

Wheat, gram, rice, lentil and specialty flours

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
WHEAT FLOURS		
Wheat Flour — Atta White	Indian	2 lb · 4 lb · 10 lb · 20 lb
Wheat Flour — Brown	Indian	2 lb · 4 lb · 10 lb · 50 lb
Wheat Flour — Asirwath	Indian	5 kg x 6
Wheat Haleem — Whole	Indian	200g · 400g · 2 lb · 4 lb · 50 lb
Maida Flour — All Purpose	Indian	2 lb · 4 lb · 50 lb
Wheat Flour — Durum	Indian	55 lb
GRAM & LENTIL FLOURS		
Besan / Gram Flour	Indian	2 lb · 4 lb · 8 lb · 10 kg · 20 lb · 44 lb
Urad Flour	Indian	2 lb · 4 lb · 44 lb · 55 lb
RICE & SPECIALTY FLOURS		
Rice Flour	Indian	2 lb · 4 lb · 10 lb · 25 lb · 50 lb
Idiyappa / Rice Flour Fine	Indian	2 lb
Idli Rava / Cream of Rice	Indian	2 lb · 4 lb · 10 lb · 55 lb
Ragi / Finger Millet Flour	Indian	2 lb · 4 lb · 400g
Jowar Flour	Indian	4 lb · 8 lb
Bajri Flour	Indian	2 lb · 1 kg
Barley Flour	Both	200g · 400g · 2 lb · 4 lb
Plantain / Fufu Flour	African	2 lb

Oats Fufu Flour	African	2 lb · 4 lb · 10 lb · 50 lb
Yam Flour — Ola	African	4 lb · 5 lb · 10 lb · 20 lb
Maize Powder	African	5 lb

NUTS & DRIED FRUITS

Almonds, cashews, pistachios, raisins and dates

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
ALMONDS		
Almonds — Whole	Both	200g · 400g · 2 lb · 4 lb · 5 lb · 50 lb
Almonds — Slivered	Both	25 lb
Almonds — Sliced	Both	25 lb
CASHEWS		
Cashew Whole — Grade 320	Both	100g · 200g · 400g · 2 lb · 4 lb · 5 lb · 10 lb · 25 lb
Cashew Whole — Grade 240	Both	200g · 400g · 2 lb · 4 lb · 5 lb · 10 lb · 25 lb
Cashew Pieces / LP	Both	200g · 400g · 2 lb · 5 lb · 10 lb · 25 lb
PISTACHIOS		
Pistachio — Whole	Both	100g · 200g · 400g · 5 lb · 25 lb
Pistachio — Split	Both	5 lb · 25 lb
PEANUTS		
Peanuts	Both	200g · 400g · 2 lb · 4 lb · 5 lb · 10 lb · 25 lb · 50 lb
Peanut Balls	Both	200g x 50
Peanut Slab	Both	200g x 25
RAISINS		
Raisins — Golden	Both	200g · 400g · 2 lb · 5 lb · 27.5 lb

Raisins — Black	Both	200g · 400g · 30 lb
DATES		
Dates — Dried	Both	100g · 200g · 400g · 2 lb · 55 lb
Dates — In Cups	Both	10 oz x 24 · 2 lb x 12
Dates — Majool	Both	15 lb

AFRICAN ITEMS

Staple foods, oils, fish and provisions

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
FUFU & STAPLES		
Plantain Fufu — Ruchi	African	2 lb
Oats Fufu Flour	African	2 lb · 4 lb · 10 lb · 50 lb
Yam Flour — Ola	African	4 lb · 5 lb · 10 lb · 20 lb
Gari — White	African	2 lb · 4 lb · 5 lb · 10 lb · 20 lb · 50 lb
Gari — Yellow	African	20 lb
Somalina	African	2 lb · 4 lb · 10 lb · 20 lb · 50 lb
Corn Flour — Yellow	African	2 lb · 4 lb · 8 lb · 10 lb · 50 lb
Corn Flour — White	African	2 lb · 4 lb · 50 lb
VEGETABLES & YAM		
Garden Eggs	African	800g x 24
Yam Cuts	African	400g x 24
Cocoyam	African	14 oz x 24
Tapioca / Cassava — Sliced	African	2 lb x 12
Tapioca / Cassava — Fresh	African	2 lb x 12
Drumsticks — Frozen	African	400g x 24
PALM OIL & COOKING OILS		
Palm Oil — Royal	African	500 ml x 24 · 1 ltr x 12
Palm Oil — Nakoil	African	1 ltr x 12 · half gal x 8

Palm Oil — Carotina	African	500g x 12 · 1 kg x 12 · 3.3 ltr x 6
Palm Oil — Banga	African	4 lb x 6
Palm Nut Cream — Ghana	African	850g x 24
Palm Nut Cream — Liberia	African	850g x 24
FISH & PROTEIN		
Sardines — Titus	African	50 pc · 100 pc
Sardines — Laser	African	50 pc
Mackerel — Geisha	African	15 oz x 24
King Fish	African	60 lb
Fish — Indian Pearl / Parava	African	2 lb x 12
BEANS & PULSES		
Black Eye Peas	African	2 lb · 4 lb · 50 lb · 100 lb
Brown Beans — African	African	2 lb · 4 lb · 20 lb · 50 lb
DRINKS & SEASONINGS		
Malta — Regal	African	12 oz x 24
Malta — Vita	African	12 oz x 24
Malta — Power	African	12 oz x 24
Ginger Beer — DG Bottles	African	12 oz x 24
Ginger Beer — Royal Cans	African	300 ml x 24
Milo — Bottle	African	400g x 12
Milo — Drink Can	African	200 ml x 24
Royco Cubes	African	4g x 20
Maggi Cubes	African	4g x 20 x 100

Maggi Cubes — Shrimp	African	25 x 100 x 4
Maggi Masala Noodles	African	100g x 96 · 360g x 24

FROZEN & SNACKS

Ready-to-cook frozen items and packaged snacks

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
FROZEN BREADS & PASTRY		
Chapati — Fresh	Indian	10 pc x 10
Chapati — Brown	Indian	10 pc x 10
Chapati — Roti	Indian	10 pc x 10
Chapati — Methi	Indian	6 pc x 10
Chapati — Packaged Frozen	Indian	400g x 24
Parota Malabar — 7 pc	Indian	450g x 24
Parota Malabar — 10 pc	Indian	500g x 24
Parota Malabar — 20 pc	Indian	1 kg x 12
Parota — Kawan	Indian	400g x 24
FROZEN SAVOURIES		
Samosa Cocktail — Fried	Indian	400g x 24 · 2.5 kg x 8
Samosa Frozen — 18 pc	Indian	18 pc x 12
Samosa Frozen — Packaged	Indian	450g x 24
Spring Rolls — Veg	Both	400g x 24 · 18 pc x 12
Idiyappam — Frozen	Indian	400g x 12 · 400g x 24
SNACKS & NAMKEEN		
Mixture Hot	Indian	400g · 2 lb · 2 kg
Mixture — Navarathan	Indian	400g · 2.5 kg

Sev — Plain	Indian	400g · 1.5 kg
Sev — Nylon Fine	Indian	400g · 2 kg
Gatia — Bhavnagiri	Indian	400g · 1.5 kg
Gatia — Makania / Star	Indian	400g · 1.5 kg
Banana Chips — Yellow	Both	200g · 400g · 1 kg · 1.5 kg
Banana Chips — Masala	Both	1 kg
Jackfruit Chips	Indian	200g · 400g
Moong Dal — Fried	Indian	3 kg x 8
Chana Dal — Fried	Indian	400g · 3 kg
Chana — Roasted	Indian	200g · 400g · 500g · 55 lb

DRINKS, OILS & PANTRY

Ghee, cooking oils, teas, juices and pantry essentials

PRODUCT NAME	ORIGIN	SIZES AVAILABLE
GHEE		
Ghee — Ruchi	Indian	16 oz x 12 · 32 oz x 12
Ghee — Amul	Indian	1 kg x 12
COOKING OILS		
Coconut Oil — Parachute	Indian	100 ml · 200 ml · 500 ml · 1 ltr · 2 ltr
Sesame Oil — Idayam	Indian	200 ml · 500 ml · 1 ltr · 2 ltr · 5 ltr
Mustard Oil	Indian	250 ml · 500 ml · 750 ml
Canola Oil	Both	35 lb · 1 gal x 6
Corn Oil	Both	35 lb · 1 gal x 6
Vegetable Oil	Both	35 lb · 1 gal x 6
Palm Oil — Royal	African	500 ml x 24 · 1 ltr x 12
Palm Oil — Carotina	African	500g x 12 · 1 kg x 12 · 3.3 ltr x 6
TEA		
Tea — Ruchi	Indian	400g · 2 lb · 5 lb
Tea — Red Label	Indian	450g · 900g · 1.8 kg
Tea — Red Label Bags	Indian	100 bags x 12
Tea — Taj Mahal	Indian	225g · 450g · 900g
Tea — Taj Mahal Bags	Indian	100 bags x 12 · 100 bags x 36
Tea — Yellow Label	Indian	225g · 450g · 900g · 1.8 kg

Tea — Jivraj	Indian	500g x 48 · 1 kg x 24
Tea — Kannan Devan	Indian	500g x 24 · 500g x 48
Tea — PG Tips	Both	125g x 12 · 250g x 12
JUICES & DRINKS		
Mango Pulp — Ruchi	Indian	850g x 6
Maaza Mango Juice	Indian	300 ml x 24 · 1 ltr x 12
Maaza Lychee Juice	Indian	300 ml x 24
Maaza Guava Juice	Indian	300 ml x 24
Rooh Afza Syrup	Indian	700 ml x 12
Vimto	Both	300 ml x 24 · 725 ml x 12
Mango Frooty	Indian	200 ml x 27
WATERS & ESSENCES		
Rose Water	Both	200 ml x 24 · 600 ml x 12
Kewra Water	Indian	200 ml x 24 · 600 ml x 12
PANTRY ESSENTIALS		
Tamarind Slab — Thai	Indian	400g x 50
Tamarind Slab — India	Indian	200g x 48
Tamarind Paste	Indian	200g x 72 · 454g x 24 · 454g x 36
Jaggery Balls / Cube	Indian	400g · 2 lb · 4 lb · 55 lb
Jaggery Powder	Indian	400g · 2 lb
Honey — Dabur	Indian	100 ml · 250 ml · 500g
Mint Chutney	Indian	32 oz x 9
Mango Chutney	Indian	2 lb · 5 kg · 88 lb

Pickles — Patak	Indian	300g x 12
Pickles — Rani Mango	Indian	300g x 12
Pickles — Rani Lime	Indian	300g x 12
Pachrenga Pickle — Mixed	Indian	400g · 800g · 5 kg
Coconut Powder	Indian	200g · 400g · 2 lb · 4 lb · 25 lb · 55 lb

CONTACT US

To place a wholesale order or enquire about products

Phone	214-634-8722 / 214-634-8738
Email	info@ruchifoods.com
Address	Dallas, Texas
Hours	Orders fulfilled within 48 hours
Payment	Due upon delivery or pickup
Returns	7-day return policy on eligible items

Ruchi Foods · Rich Taste · Quality You Can Trust For guided walk-throughs and ordering assistance, please call us.