

Tropical HEAT[®]

PRODUCT CATALOGUE



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TROPICAL HEAT FACTS

- ✓ Established in 1973
- ✓ FSSC 22000 certified
- ✓ Global presence
- ✓ East Africa's leading brand for Snacks, Spices, Seasonings and Herbs

OUR VALUES

HEART & HONESTY
ENERGY & PASSION
ATTENTION TO DETAIL
TEAM SPIRIT



DID YOU KNOW...?

- All our spices are pure and natural, containing no artificial colours, preservatives or additives.
- We source every single spice from the region it is best grown, from all over the world!
- Our products are Halal certified.
- We have a total focus on quality and continuous improvement.
- Tropical Heat products are suitable for vegetarians.
- We are HACCP certified.

SNACKS

HEROES CRISPS

Available in: 40g & 110g

Thin, crunchy potato crisps, packed with flavour!

- BENEFITS:**
- Gluten free.
 - Fried in healthy vegetable oil.
 - Suitable for vegetarians.

Flavours: Salted, Tomato Ketchup, Sweet Chilli, Fruit Chutney, Salt & Vinegar and Cheese & Onion



WAVES CRISPS

Available in: 30g & 125g

Thick, crunchy, wavy potato crisps, packed with flavour!

- BENEFITS:**
- Gluten free.
 - Fried in healthy vegetable oil.
 - Suitable for vegetarians.

Key: Salted, Tomato, Chilli Lemon, Salt & Vinegar: Available in 30g & 125g
Cheese & Onion, Masala, Nyama Choma: Available in 30g



POTATO CRISPS

Available in: 25g, 50g, 100g, 200g & 400g

Thin & crispy potato crisps, flavoured to perfection in order to satisfy your taste buds!

- BENEFITS:**
- Gluten free.
 - Suitable for vegetarians.
 - Fried in healthy vegetable oil.



Flavours: Salted, Tomato, Salt & Vinegar, Chilli Lemon, Cheese & Onion, Nyama Choma

CHEVDA

Available in: 50g, 150g, 340g & 1000g

A savoury snack - mix processed primarily from Kenyan potatoes which are reputed to be the sweetest in the world.

- BENEFITS:**
- Gluten free.
 - Fried in healthy corn oil.
 - Suitable for vegetarians.



Key: Chilli Lemon: Available in 50g and 340g Original: Available in 50g, 150g, 340g & 1000g Hot, Masala, No Sugar: Available in 340g

POTATO STICKS

Available in: 50g



Flavours: Salted, Tomato, Salt & Vinegar

Crispy Potato Sticks, flavoured to perfection in order to satisfy your taste buds!

- BENEFITS:**
- Gluten free.
 - Suitable for vegetarians.
 - Fried in healthy vegetable oil.

MASALA STICKS

Available in: 70g & 200g



Crispy Potato Sticks seasoned with a delicious Masala mix.

- BENEFITS:**
- Gluten free.
 - Suitable for vegetarians.
 - Fried in healthy vegetable oil.

FRIED - PEAS

Available in: 50g & 150g



Fried Peas are a great snack to munch on and to keep hunger at bay!

- BENEFITS:**
- Green peas are a very good source of vitamin K, manganese, dietary fiber, vitamin B1, copper, vitamin C, phosphorus and folate.

PEANUTS

Available in: 50g & 150g

Our range of high quality peanuts are carefully sourced and selected before either roasting or frying and seasoning.

- BENEFITS:**
- Rich source of energy, protein and fibre. Contains health benefiting nutrients, minerals, antioxidants and vitamins.



Variants: Fried Peanuts, Roasted Peanuts, Masala Bhajia Peanuts, Chilli Lemon Peanuts, Roasted Salted Peanuts.

EXOTIC SNACKS

Available in: 70g

A crunchy & spicy mix of Cashew Nuts, Peanuts, Green Peas and Chickpeas.

- BENEFITS:**
- Good source of protein & dietary fibre.



SAFARI PUFFS

Available in: 20g & 100g

PAW shaped Puffs packed in exciting animal design packs!



Flavours: Tomato, Pizza, Cheese & Chilli Lemon

- ← **BENEFITS:**
- Baked, Not Fried!
 - Gluten free.
 - Trans fat free.
 - Only 108 calories per 20g pack.

CHOOZE PUFFS



Key: Cheese, Tomato: Available in 20g & 100g
Chilli Lemon, Tutti Fruity, BBQ: Available in 20g
Corn Puffs treat - Your perfect value snack pack!

CEREALS

Available in: 100g & 400g

Cereals available in an exciting range of flavours. Add milk to this snack to get a great tasting and healthy breakfast for the whole family!

- BENEFITS:**
- Cholesterol free.
 - A good source of fibre and wholegrain.
 - Lower in sugar than other breakfast alternatives.



Flavours: Honey Balls, Honey Wheat, Choco Rice & Corn Flakes

RICE CAKES

Available in: 100g

These light and crispy Rice Cakes can be used either as a snack, on its own or with any of your favourite sweet or savoury toppings to satisfy any craving.

- BENEFITS:**
- Only 22 calories per Rice Cake.
 - Gluten free.
 - Trans fat & cholesterol free.
 - Low in sodium.
 - No artificial additives, preservatives or colours.
 - Made in Kenya using local Pishori rice.



Flavours: Brown Rice, Salted & Unsalted

FLAVOURED RICE CAKES

Flavoured Rice Cakes with an exciting range of flavours, which can be snacked on at any time of the day.

- BENEFITS:**
- Less than 50 calories per Rice Cake.
 - Gluten free.
 - Trans fat & cholesterol free.
 - Made in Kenya using local Pishori rice.



Fruit Chutney Flavour
150g

Salt & Vinegar Flavour
155g

Cheese Flavour
165g

Pizza Flavour
165g

CHOCOLATE RICE CAKES

Available in: 30g & 150g

Treat yourself to the health benefits of Rice Cakes, topped with indulgent chocolate!

- BENEFITS:**
- Gluten free.
 - Trans fat free.
 - Less than 100 calories per Rice Cake.



Variants: Chocolate Rice Cakes, Dark Chocolate Rice Cakes & White Chocolate Rice Cakes



HERBS & SPICES

CURRY POWDER & MASALAS



Curry Powder / Binzari
Available in: 10g & 100g

Use in vegetables, meat and poultry dishes.
It thickens soup and makes it more appetising.



Pilau Masala / Masala ya Pilau
Available in: 10g, 50g & 100g

Use in preparing traditional pilau, chicken biriani,
coconut rice and other rice dishes.



Pilau Masala Whole / Masala ya Pilau Mzima
Available in: 100g

Use in preparing traditional pilau, chicken
biriani, coconut rice and other rice dishes.



Tea Masala / Masala ya Chai
Available in: 10g, 45g & 100g

Adds warmth and aroma to tea.



Chicken Masala / Masala ya Kuku
Available in: 100g

Add to chicken curries and stews.



Beef Masala / Masala ya Nyama
Available in: 100g

Use in beef and other meat stews
and curries.



Fish Masala / Masala ya Samaki
Available in: 100g

Use in fish stews and fish curry.



Githeri Masala / Masala ya Githeri
Available in: 100g

Use to flavour traditional Kenyan Githeri.

SEASONINGS



Onion Powder / Poda ya vitunguu
Available in: 100g

Onions are rich in Potassium, Magnesium, Calcium &
Sodium. It is low in Fat and Calories.

Soups and stews are perfect candidates for onion powder.
From vegetable, meat and bean soups to any style of chili or
beef stew to gumbo or chowder, pure onion powder delivers
bold onion flavor and aroma. Onion powder is an essential
seasoning for ground meat for burgers, meatloaf, chili and
skillet suppers.



Dhana Jeera / Dhania na Jira
Available in: 50g & 100g

Use to thicken vegetable soups,
garnish egg and cheese dishes, in
soups, salads, lettuce, dressings
and to make pickles.



Mixed Spices / Mchanganyiko wa Viungo
Available in: 50g & 100g

Use in seasoning curries, casseroles,
garnishing pasta dishes, barbecued
meat dishes, vegetables and most
Indian dishes. It's also used in cakes,
especially fruit cakes, buns, biscuits
and cookies.



Garam Masala / Mchanganyiko wa Viungo
Available in: 50g & 100g

Use in meat and vegetable curries,
lentils, savoury rice and garnishing
cream soup. It also makes a good
flavouring for spiced bean or lentil
soup.



Salad Seasoning / Saladi Kitoweo
Available in: 50g

Sprinkle liberally on all types of salads
for a delicious and great taste.

SPICE GRINDERS



Black Pepper
Available in: 100ml

Use as a table condiment for
freshly ground black pepper.



Pepper Medley
Available in: 55g

Grind over food for a fresh, peppery
taste. It can also be used as a light
seasoning on fresh fruits.



Fireball
Available in: 50g

Use to spice up any dish, including
pizzas, sauces, soups and stews.



Mixed Spices
Available in: 55g

Grind over soups, stews, salads,
poultry, pancakes, cookies and
fruit salads.



Himalayan Pink Salt
Available in: 120g

Bitterman uses salt blocks to sauté,
grill, chill, cure, bake, and even as
a platter to serve.



Sea Salt
Available in: 50g

Use as a table condiment to
enhance flavour.

PURE SPICES



Paprika / Pilipili Hoho
Available in: 50g & 100g

A source of vitamins A, E, B6 and Iron.
Use as a garnish on dishes including casseroles, dips, salads, omelettes, potatoes and cream soups. Use to flavour soups, egg dishes, stews, chicken, coleslaw, tomato and meat sauces, stuffing, vegetables and rice dishes.



Peri Peri / Piri Piri
Available in: 100g

Improves cell metabolism and brain function. It also aids in growth, development and repair of all body tissues.
Used for marination and can be sprinkled on chips/fries, pasta, noodles, curries, rice, meat, vegetable dishes and casseroles.



Black Pepper / Pilipili Manga
Available in: 50g & 100g

It is a rich source of manganese, iron, potassium, vitamin C, vitamin K and dietary fibre. It is also a very good anti-inflammatory agent.
Use in beef, fish, poultry dishes, creamy soup, white sauce, cheese dishes and salad dressings. Also serve as a light seasoning on fresh fruits.



Cardamom / Iliki
Available in: 50g & 100g

Use it to combat nausea, acidity, bloating, gas, heartburn, loss of appetite and constipation.
Use in cakes, sweet breads, fruit salads, curry, fruit pies, cookies, pickles, ginger bread, custards, puddings, sweet potatoes, barbecue sauce, rice puddings, curries, stews, cardamom-flavoured coffee and tea.



Chillies / Pilipili
Available in: 50g & 100g

Chillies contain antioxidants, including vitamin C and carotenoids, which might also help improve insulin regulation.
Use in meat and vegetable dishes, seasoning curries, casseroles, garnishing pasta dishes, cream soups, omelettes, barbecued meat dishes, seasoning blends, cheese dishes, salad dressings and for most Indian dishes.



Cinnamon / Mdalasini
Available in: 50g & 100g

It can lower blood sugar levels and reduce heart disease risk factors.
Use in pickling, stews, hot chocolate, coffee, milk shakes, mulled wine, pastries and baked foods, toast, chocolate fudge, sweet potatoes, stuffing, meat dishes and soups.



Garlic powder / Kitunguu Saumu
Available in: 50g & 100g

It contains manganese, vitamin B6, vitamin C, selenium and fibre. It also contains decent amounts of calcium, copper, potassium, phosphorus, iron and vitamin B1.
Use in flavouring eggs, soups, sauces, butter, gravies, salads, salad dressing, meat, cheese dishes, coleslaw, stews, pasta, marinades, bread, rice and vegetables.



Turmeric / Binzari ya Manjano
Available in: 50g & 100g

It has powerful anti-inflammatory effects and is a very strong antioxidant.
Use in curries, rice dishes, cream sauces, bread, soups, fish dishes, pickles, vegetable and lentil dishes. It imparts a warm flavour and yellow/orange colour to food.



Cayenne / Udaha
Available in: 50g & 100g
Ability to stimulate circulation and eliminate acidity. It also restores the circulatory system by opening the capillaries and regulating blood sugar; it also helps the digestive system that moves bacteria and toxins out of the body.
Use to season egg dishes, hot sauces, spiced oils, vinegars and savoury biscuits. Its a favourite addition to many staples such as rice, corn and soup. Cayenne goes well with other spices including cilantro, cinnamon, black pepper, fennel and cumin. Use alone or in combination with other spices to perk up a dish.



Cloves / Karafuu
Available in: 50g & 100g
Known for its antioxidant, antiseptic, local anesthetic, anti-inflammatory and anti-flatulent properties.
Use in flavouring rice dishes, cooking liquids for simmering fish, poultry, game and beef, in classic sauces and for baked dishes such as cakes, biscuits, ginger breads and puddings.



Ginger / Tangawizi
Available in: 10g, 45g & 100g
It is used to help digestion, reduce nausea and help fight flu and common cold.
Use in tea and coffee, sauces, appetisers, mulled wine, ginger bread, biscuits, milk puddings, desserts, meat marinades, brandy snaps, curries and flavouring of fish, seafood, poultry, beef, venison, veal and noodle dishes. Add ginger to lemonade or ginger ale. Sprinkle over apple or rhubarb crumble.



Cumin / Jira
Available in: 50g & 100g
Aids in digestion, improves immunity and treats insomnia, respiratory disorders, asthma, bronchitis, common cold, lactation, anaemia and skin disorders.
Use in cheese dishes, rice, eggs, hamburgers, meat dishes, soups, stews, sauces, salad dressings, potatoes, lentils, cabbage, cookies and bread.



Chilli Flakes / Vipande vya pilipili
Available in: 75g
Chilli Flakes contain antioxidants, including vitamin C and carotenoids, which might also help improve insulin regulation.
Sprinkle on savoury food, such as curries, stews, cream sauces, pastas, pizza, tomato dishes and salads.



Coriander / Dhania
Available in: 50g & 100g
Displays antioxidant properties and contains dietary fibre that promotes the healthy functioning of the liver and aids digestion.
Use in pastries for frying and baking, sauces, meat dishes, lentils, soups, stews, stuffing, beans, peas and other vegetables.



Nutmeg / Kungumanga
Available in: 50g & 100g
Relieves pain, soothes indigestion, detoxifies the body, boosts skin health and reduces insomnia.
Use in pork, beef, lamb, chicken, fish, creamed dishes, beans, sauces, apple dishes, pies, puddings, egg dishes, custards, cookies, pound cake, spice cake and devil's food cake. It combines well with cheese and is cooked with soufflés. In soup, it's good with tomatoes, split pea, chicken or black beans. It complements vegetables like cabbage, spinach, broccoli and eggplant.



White Pepper / Pilipili Nyeupe
Available in: 50g & 100g
It helps in digestion and may help with weight loss.
Use in meat and vegetable dishes, cream soups, omelettes, cheese dishes and for salad dressings. It is also used as a seasoning (table condiment).

SALTS



Meat Tenderiser

Available in: 50g & 100g

Use to make meat, such as beef, game and poultry tender. Rub well into meat after piercing with a fork and set aside for 30 minutes before cooking.



Citric Acid / Ndimu

Available in: 50g & 100g

Use in preparing porridge, vegetables, meat curries, salad dressing and marinades. It is particularly good with duck, chicken and rabbit stews.

HERBS



Mixed Herbs / Mimea iliyochanganywa

Available in: 20g

Use in pasta, pizza, Italian dishes and as a garnish in soups, stews and egg dishes.



Parsley / Kitimiri

Available in: 15g

An excellent source of vitamin K and vitamin C as well as a good source of vitamin A, folate and iron. Use as a garnish and to flavour soups, stews, egg dishes, vegetables, salads, coleslaw, breads, herb sauces, herb butters, tomato and meat sauces, stuffing, fish, meat, poultry, cheese dishes, mixed with ricotta or cottage cheese.



Bay Leaves / Mjani

Available in: 5g

Known for its ability to detoxify the body, slow the aging process and speed wound healing. Protects the body from bacterial infections, manage diabetes, improve heart health, reduce inflammation, alleviate respiratory issues and optimise digestion.

Use in soups, chowders, sauces, marinades, fish and shellfish dishes, pickling, tomato juice, custard sauce, French dressing, cooking vegetables, pot roast, stews and a variety of meats.



Mint / Nanaa

Available in: 20g

Mint is a great appetizer and palate cleanser, and it promotes digestion. It also soothes stomachs in cases of indigestion or inflammation. When you feel sick in your stomach, drinking a cup of mint tea can give you relief.

Use in sauces for desserts and for lamb, fruit soup, split pea soup, lamb stew and roast, fish, poultry, sweet dishes, vegetables, mint jelly, syrups, fruit compotes, devil's food cake, lemon based desserts such as tart and mousse, frosting, ice cream, sherbet, herbal tea and mint tea.



Oregano

Available in: 20g

Used to treat respiratory tract disorders, gastrointestinal disorders, menstrual cramps and urinary tract disorders. The herb is also applied topically to help treat a number of skin conditions, such as acne and dandruff.

Use in savoury dishes such as lamb, pork, beef, chicken, fish, vegetable dishes, soups, tomato dishes and sauces, pasta, spaghetti, pizza, stuffing, egg dishes, bread and green salads.



Basil / Mirihani

Available in: 20g

Contains disease-fighting antioxidants, acts as an anti-inflammatory and has antibacterial properties. Use as a companion herb with parsley, rosemary, oregano, sage, thyme and saffron. It is a staple ingredient in spaghetti sauce and on pizza. Basil is popular with fish, mushroom dishes, soups, stews, meat loaf, lobster, shrimp, veal, lamb, salad dressing, eggplant, potatoes, carrots, spinach, peas, chicken, eggs and rice dishes.



Marjoram

Available in: 10g

It increases the efficiency of digestion by increasing digestive enzymes and saliva; it also calms the stomach and digestive system.

Use in savoury dishes such as lamb, pork, beef, chicken, fish, vegetable dishes, tomato dishes and sauces, spaghetti sauce, pizza, pasta, stuffing, egg dishes, bread, green salads and vegetable soup.



Rosemary

Available in: 20g

A good source of iron, calcium and vitamin B6. Also, traditionally used to help alleviate muscle pain, improve memory, boost the immune and circulatory system, and promote hair growth.

Use in lamb dishes, liver paté, soups, stews, marinades, poached fish, seafood, in the preparation of various meats (veal, beef, pork, wild fowl and venison), tomato sauce, pizza, potatoes, cauliflower, spinach, mushrooms, turnip, fruit juices, apple jelly and breads.



Sage

Available in: 15g

Use for digestive problems, including loss of appetite, gas (flatulence), stomach pain (gastritis), diarrhoea, bloating and heartburn. It is also used for reducing overproduction of perspiration and saliva; and for depression and memory loss.

Use for stuffing in poultry, fish, game and other meats, sausages, soups, chowders, waffles, biscuits, lima beans, onions, eggplant, tomatoes, cheese, sauces, marinades, potatoes, salads, salad dressings and tea.



Thyme

Available in: 20g

Source of vitamins A and C. commonly taken by mouth for bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, stomach pain (gastritis), diarrhoea, bedwetting, intestinal gas (flatulence), parasitic worm infections and skin disorders.

Use in beef, poultry, fish, stuffing, vegetables, seafood, rice, casseroles, stews, soups, tomato sauces, breads and clam chowder. Sprinkle generously on a steak while cooking in butter for a wonderful flavour. It is also added in ground beef for burgers.



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