

Bienvenidos



LET'S TALK HARBOR

LOCAL LIKE YOU.

“Our passion is to serve and support the small businesses in the communities where we live and raise our families. It’s about the people who put it on the line everyday to feed, sustain and entertain their community.”

4th Generation CEO,
Justin Erickson
Harbor Foods Group



NEIGHBOR TO NEIGHBOR

FAMILY-OWNED AND OPERATED
BOUTIQUE BROADLINER

WE BECOME YOUR LOCAL HUB
DEDICATED TO THE NORTHWEST

35 YRS FSA > 100 YRS HARBOR
AVG 26 YEARS TENURE

WAREHOUSES IN KENT & LACEY WA
7,000+ CUSTOMERS

500+ TEAM MEMBERS

OBSESSED WITH YOUR SUCCESS



CUSTOM PROGRAM
DESIGNED FOR INDEPENDENT OPERATORS

The core items you need.
The specialty items that
set you apart.

Core

PURCHASE LIKE
THE CHAINS

Bringing group buying
power to independent
operators.

Specialty

CUSTOM
ARTISANAL
PREMIUM INGREDIENTS

Everything you need to
create and differentiate
your menu.

THE BEST OF THE NORTHWEST

Stock your kitchen with
the finest local suppliers
and brands.



LET'S TALK

CHEESE

TRANSPARENT PRICING FOR
BLOCK MARKET

BRICKS
SHREDDED
WHEELS
BLENDS
ARTISANAL
IMPORTS

A WHOLE WIDE WORLD OF POSSIBILITY

QUESO FRESCO
CHEDDAR
COTIJA
MONTEREY JACK
OAXACA



LET'S TALK

PROTEINS

BEEF

CHICKEN

PORK

SEAFOOD

WE HAVE YOU COVERED

WHAT'S IMPORTANT TO YOU?



LET'S TALK

TORTILLAS

WHITE MASA

YELLOW MASA

FLOUR

ULTIMATE VERSATILITY

Tlayudas

Sopapillas

Tacos

Flautas

Gorditas

Quesadillas

Taquitos

Nachos

Chilaquiles

Enchiladas

Burritos

Tostadas

Chimichanga

Tortilla chips



LET'S TALK

SALSA

CASCABEL

CHIPOTLE

CHILE DE ARBOL

TOMATILLO

GUAJILLO

ANCHO

WHAT MAKES IT YOURS?



LET'S TALK

PRODUCE

FRESH

LOCAL

PRECUT

ORGANIC

BULK

ARTISANAL SPECIALTY

YOUR LOCAL HUB

Connecting local farmers
and suppliers to bring you the
freshest produce available.



DESIGNED FOR YOU

ARTISANAL

“Having been born and raised into the Latin community of the Pacific Northwest, authenticity and purity of products are of the utmost importance when it comes to maintaining the standards of my cultural cuisine. I’m fortunate to work for a company that shares my passion for quality and has created partnerships that focus on procuring only the best ingredients that give Latin cuisine the respect that all ethnic dishes deserve.”

Derek J. Bugge

MEET OUR CHEF

DEREK LUIS BUGGE

Seattle native

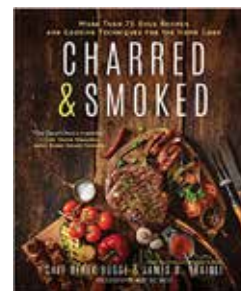
Le Cordon Bleu graduate

Executive Chef of 2120 from the 99 Park Group

Executive Sous Chef of Ascend in Bellevue

Award-winning cookbook, “Charred & Smoked”

Multiple appearances on the Food Network



CHEF FAVORITES

LAMB

While not exclusive to Latin Cuisine, lamb is prominent throughout our countries, and it seems every Hispanic chef has their own proprietary method of working with it. I like to use it for traditional Barbacoa, but I've seen it all from Carnitas to Pastor. We have various cuts, including bone-in and bone-out, for everything from soups to smoking.

Barbacoa
Sopas
Carnitas
Tacos



CHEF FAVORITES



SQUASH BLOSSOMS

The exclusivity equivalent of Foie Gras, few products are more closely associated to Latin cuisine than squash blossoms. For those lucky enough to get their hands on them due to their short season and high demand, the dishes that come from these delicacies are often memorable. Whether it's quesadillas, soups, or stuffed and fried, quality and freshness of the blossoms are important. We make sure the blossoms you order are picked and delivered as quickly, locally, and as fresh as if you picked them yourself.



EPAZOTE

Few flavors fire off those nostalgic triggers in the brain like epazote. Another herb that is available year round through our Charlies Produce partnership, epazote adds that flavor profile to almost any dish that will leave your guests wondering how you made it! While usually used to season frijoles, try using it to freshen up a salad, sauce, or even a braise and see how it changes the complexity of the dish!

CHEF FAVORITES



LINGUICA

When it comes to sausages in Latin cuisine, we're somewhat limited in our options, aren't we? I suppose that's why we had to steal one from Portugal! While similar to chorizo, it varies in both its heat and density. I use it to substitute wherever chorizo is present, such as nachos, soups, or brunch items. Rolled into 4 ounce sausages, the applications are vast, depending only on how far you're willing to take it!



HONEYCOMB TRIPE

I'll admit that Honeycomb tripe isn't for everyone. If you didn't grow up eating menudo, the visual shock alone can be overwhelming. For those that do eat it, it's a lifelong loyalty, and we will go far and wide to get our fix. Our fresh tripe can be applied for all purposes, including soups, tacos, or even fried for a unique bar or happy hour appetizer. If you find yourself curious, but don't quite know how to go about it, please reach out to me and I'd be glad to help you create a menu option you'll be satisfied with.

CHEF FAVORITES



COW TONGUE

You either grew up with it, or you didn't. Not a lot of people make the jump to all of a sudden eating cow tongue later on in life. For those who dare eat a taco de lengua, they'll be rewarded with a tasty flavor/texture combination unlike any other. At Harbor we stock fresh tongue, which won't leave that "gamey" taste that can overpower your seasoning.



PEPITAS

Often described as the "Latin sunflower seed", pepitas are the epitome of versatility. Roasted whole as a walking about snack, hulled and seasoned as a bar app, folded into desserts for a crunch, pureed for a garnish, mole, pepitas butter, bread, cookies, the possibilities of pumpkin seeds are limitless. Having minimal flavor on their own, they absorb perfectly any flavor which you are imparting. Consider pumpkin seeds as the duct tape of your culinary tool belt; they can be used for just about anything.

CHEF FAVORITES

POBLANO

A staple in Latin cuisine, poblano peppers are the big boy version of bell peppers. We all know to stuff them for chile relleno, but have you tried grilling, peeling, then marinating them? The heat, along with the bold flavor makes for an adult version of a pickle! Use to spice up or add more palate variety to those dishes that might need a little sprucing up. Poblanos also puree really well, making them an excellent garnish that can be added to almost any entrée.

Salsa
Chile Relleno
Pesto
Guacamole

CHEF FAVORITES



NOPALES

Who else remembers their abuelita making nopales when you were young? Through our partnership with Charlie's Produce, we are able to offer you fresh, still rigid and thorn free (if you know, you know!) cactus by the pound. One of those rare products that is enjoyed both hot and cold, nopales is another item that I think is far too underutilized and sure to give your guests a memorable experience.



OCTOPUS

Whether your preference is fresh or pre-cooked, we have multiple options sure to fit your needs. We stock both large and small raw Spanish Octo's, perfect for Ceviche's and Campechana's, as well as Pre-cooked tentacles, excellent for grilling and sautés. If you find yourself intimidated by cooking from raw (like I do sometimes), our pre-cooked octopus tentacles which come in two sizes, are something I would be proud to serve in my restaurant.

LET'S TALK SERVICES

MARKETING & SOLUTIONS GROUP

OPERATIONAL AND DIGITAL REVIEW

STAFF TRAINING

MENU INNOVATIONS

ONLINE ORDERING

TECHNOLOGY COUNSEL

BRANDING

MARKETING

SOCIAL MEDIA

GRAPHIC DESIGN

MENU DESIGN

SIGNAGE

SUPPORT YOU CAN REALLY USE

TESTIMONIALS

“Chef Derek saved my business. I literally don’t know where we would be without his help.”

Michael Brown, Founder, Egghole

“Andy Cook has been an incredible resource for my small business. His business savvy coupled with his genuine desire to help is a powerful combination.”

Brenda Yates, Tizley's



NATHAN STROMBERG
Director of Business Resources
25 years



JOE BLUMENZWEIG
Director of Marketing
27 years



DEREK BUGGE
Harbor Foodservice Chef
18 years



ANDY COOK
Restaurant Consultant
26 years



WAYNE SCHWISOW
Communications Specialist
26 years

Life happens
around the table.



SUCCESSFUL CUSTOMERS & FRIENDS

We are proud to **support local** (and dine with friends) throughout the NW.





www.harborfoodservice.com

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