

TOP
Natura
fresh & healthy



TOP EXPORT
FAST ✦ ACCURACY ✦ SAFE

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Freshness Frozen in Time!

Top Natura frozen fruits and vegetables are an excellent product range from the house of Top Export. Top Export, based in the southern district of Tamil Nadu Nagercoil, is a prominent exporter of vegetables and fruits to several countries worldwide. At Top Export, we believe in the power of nature's bounty, captured at its freshest.



A healthier lifestyle with Top Natura

Whether you're looking to enhance your meals, create healthy fruit and vegetable snack options, or simplify your cooking routine, Top Natura is here to support your journey toward a healthier lifestyle. Discover the convenience and quality of our frozen offerings and experience the natural goodness that our brand stands for. We're sure our comprehensive range of frozen products, from frozen vegetables and fruits to readymade parottas, will pleasantly surprise you.

Join us in savoring the essence of nature—frozen in time!



Our Product Range

Frozen vegetables: green peas, coconut embryo, sliced coconut, grated coconut, tapioca sliced, jackfruit raw, jackfruit seed, cut mango, red onion, ginger, drumstick, green chillies, Chinese potato, gooseberry, bitter gourd, yam, avial mix, sambar mix.



Frozen fruits: jackfruit ripe, ice apple

Ready-to-cook: Parotta

Our mixed vegetables serve as a colorful blend ideal for soups, stir-fries, and traditional Indian dishes. Our frozen ripe jackfruit is ready to eat – just thaw and relish!

Why Choose Top Natura Frozen Foods?

- ✓ **Peak Freshness:** Our vegetables and fruits are picked at their peak ripeness and flash-frozen within hours to lock in nutrients and flavor.
- ✓ **Convenience:** Enjoy the ease of having ready-to-use produce at your fingertips. No washing, chopping, or prep required!
- ✓ **No Waste:** Only use what you need and keep the rest frozen for later, reducing spoilage and saving money.
- ✓ **Nutrient-rich:** Packed with antioxidants, vitamins, and minerals.
- ✓ **Cost-Effective:** Affordable and available year-round.
- ✓ **Environmentally Friendly:** Reduces food waste and supports sustainable farming.



Top Natura Frozen Foods Health Benefits

Well, did you know that contrary to popular opinion, there are numerous health benefits to consuming frozen vegetables and fruits?

Take a look at what these frozen veggies and fruits have in store for your health:

- **Nutrient-rich:** Frozen fruits and vegetables retain vitamins and minerals, making them a healthy choice.
- **Low Calorie:** Packed with flavor and low in calories, they're perfect for any diet.
- **Versatile:** Use in soups, salads, smoothies, and main dishes to add nutrition and taste.



Cooking Tips

- Steam or microwave for a quick and healthy side dish.
- Add frozen veggies to stir-fries, soups, and any dish you love.
- Blend frozen fruits into smoothies for a refreshing treat or use as a topping for yogurt and desserts.



About Us: In 2013, we started as a large-scale seller of fresh vegetables and fruits; in 2022, we decided to spread our horizons by stepping into the frozen food business.



What We Do

Our mission is to provide the highest quality frozen vegetables and fruits, ensuring every bite bursts with flavor and nutrition. We source our produce from trusted farms across South Tamil Nadu, including Madurai, Theni, Tirunelveli, Nagercoil, Kanyakumari, Tenkasi, and Marthandam.

We've been exporting our goods to a number of countries across the globe and take pride in having earned a bunch of satisfied clients in Canada, USA, Australia, the Middle East, and a few European countries.



Our promise to our clients

Our team ensures that only the finest fruits and vegetables at the peak of ripeness are procured and frozen under the ideal conditions, complying with all the rules and regulations of the health department.

Top Export's factory is in the Tirunelveli district of Tamil Nadu. With our state-of-the-art freezing process, we lock in the essential vitamins and minerals in the vegetables and fruits procured, ultimately delivering the freshest taste right to your table—year-round.



For more information, connect with us:

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Proprietor

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