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# OLYMPIAN DELIGHTS

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MEDITERRANEAN DIET

Catalogue

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Our Greek culinary treasure

## SIMPLY REQUEST IT!

The culinary richness of the Mediterranean is unparalleled and inexhaustible. In this catalog, we offer you a taste, a note of Greece and the Mediterranean. There are numerous beautiful and flavorful journeys we can deliver right to your doorstep.



# Vice President's Note

**Olympian Delights** | Mediterranean Diet company, member of ISIGONIS Group, proudly presents a delectable array of Greek food and beverage products that embody the rich flavors and traditions of Greece and Mediterranean culinary.

At Olympian Delights, we believe that food tells a story. We strive to distribute not just exceptional products but also an immersive experience.

From the delectable flavors of Greek and Mediterranean cuisines to the masterful creations of artisans, our products represent the heart and soul of region's gastronomy, offering a delightful taste of the most-known culinary traditions and cultural heritage.

As part of the Mediterranean region, Greece has fostered a rich tapestry of goods, each offering a unique reflection of the Greek and Mediterranean way of life.

The Olympian Delights reflects region's history, culture, and traditions.

Sincerely,

Nick Isigonis, Vice-Chairman of ISIGONIS Group

A handwritten signature in dark ink, appearing to read 'Nick Isigonis', with a long horizontal flourish extending to the right.



## ENJOY A WIDE SELECTION OF AUTHENTIC FAMOUS GREEK CHEESES!

Most products are awarded Protected Designation of Origin (P.D.O.) status, defining their areas of origin and methods of production. Produced all over Greece, made from fresh goat's, sheep's or cow's milk, our fine selection of cheeses can compliment any meal.

# White cheeses Hard cheeses & Yogurt



# white cheeses



**Anthotyro white soft Cheese  
"Arvanitis" wheel  
aprox 2.8kg**  
Code: R1309  
Unit of Measurement: Kg  
Packaging: 4PCS/CARTON



**Sour myzithra "Vogatzidakis"  
500g**  
Code: R1617  
Unit of Measurement: Piece  
Packaging: 50PCS/CARTON



**Myzithra cheese "Arvanitis"  
taper 600g**  
Code: R3631  
Unit of Measurement: Piece  
Packaging: 8PCS/CARTON



**Gais cheese "Arvanitis"  
vaccum aprox 500g**  
Code: R3632  
Unit of Measurement: Kg  
Packaging: 12PCS/CARTON



**Feta cheese "Arvanitis" tin  
aprx 15kg**  
Code: R3145  
Unit of Measurement: Kg  
Packaging: 15KG/TIN



**Feta Cheese Mevgal PDO  
from 100% sheep's and  
goat's milk tin aprox 15kg**  
Code: R3629  
Unit of Measurement: Kg  
Packaging: 15KG/TIN



**Barrel Feta "Arvanitis" vacum  
approx.500g**  
Code: R1033  
Unit of Measurement: Kg  
Packaging: APPROX 10KG/  
CARTON



**Manouri Cheese "Parnassos"  
200g**  
Code: R3056  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON

# white cheeses



**Feta Cheese PDO  
IL.VI.GAL. tuper 1kg**

Code: R3146

Unit of Measurment: Piece

Packaging: 8PCS/CARTON



**Feta Cheese "Parnassos" PDO  
From 100% Sheep's & Goat's  
milk tin approx. 15kg**

Code: R2207

Unit of Measurment: Kg

Packaging: APPROX 15KG/TIN



**Goat Cheese "Miltisopoulos"  
tuper 400g**

Code: R3046

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



**Anthotyro soft white cheese  
"Arvanitis" from sheep's and  
goat's milk, wheel approx 300g**

Code: R3058

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



**Feta Cheese PDO IL.VI.GAL.  
"Kalomoiris" tin approx 15kg**

Code: R3077

Unit of Measurment: Kg

Packaging: APPROX 15KG/  
TIN



**Mastello cheese from cow's  
milk, wheel aprox 400g**

Code: R1616

Unit of Measurment: Kg

Packaging: 35-40PCS/CARTON



**Soft feta Kostarelos vaccum  
aprox 1kg**

Code: R1689

Unit of Measurment: Kg

Packaging: APPROX 12KG/  
CARTON



**Myzithra dry "Miltisopoulos"  
wheel approx 1kg**

Code: R1609

Unit of Measurment: Kg

Packaging: 14PCS/CARTON

## white cheeses



### Goat Cheese "Miltsoopoulos" tin approx 16kg

Code: R1607

Unit of Measurement: Kg

Packaging: APPROX 16KG/  
TIN



### Barrel Feta cheese "Parnassos" vacuum approx 500g

Code: R2173

Unit of Measurement: Kg

Packaging: APPROX 10KG/  
CARTON



### Manouri Cheese "Hotos" loaf 2kg

Code: R3232

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



### Halloumi cheese from Cyprus 1kg

Code: R3607

Unit of Measurement: Kg

Packaging: 10PCS/CARTON

## yellow cheeses



### Halloumi Cheese Sthrouthos Farms 250g

Code: R1610

Unit of Measurement: Piece

Packaging: 40PCS/CARTON



### Graviera Crete Island "Xylouris" wheel approx 3kg

Code: R1293

Unit of Measurement: Kg

Packaging: 6PCS/CARTON



### Kefalotyri Yellow Hard Cheese "Arvanitis" from cow's milk 1/2 wheel approx 4kg

Code: R1575

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



### Graviera cheese with black truffle "Souliotis" half wheel

Code: R2165

Unit of Measurement: Kg

Packaging: 6PCS/CARTON



## yellow cheeses



**'Kefalotyri Yellow Hard Cheese From Amfilohia "Makris" half wheel aprox 5kg**

Code: R3334

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



**Graviera "EAS Naxou Island" PDO wheel cow's milk approx. 1,2kg**

Code: R1313

Unit of Measurement: Kg

Packaging: 12PCS/CARTON



**Saganotyri Hard yellow Cheese "Militisopoulos" wheel approx 500g)**

Code: R3269

Unit of Measurement: Kg

Packaging: 30PCS/CARTON



**Kaskavali Limnou Cheese "Xrysafis", from sheep's and goat's pasteurized milk, wheel approx 700g**

Code: R1015

Unit of Measurement: Kg

Packaging: 12PCS/CARTON



**Semi hard Yellow Cheese (Kaseri) "Arvanitis" wheel approx 4kg**

Code: R3008

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



**Metsovone cheese loaf approx 1,5kg or 4kg**

Code: R1620

Unit of Measurement: Kg

Packaging: 4PCS/CARTON FOR 4KG



**Semi hard Yellow Cheese (Kaseri) "Arvanitis" wheel piece 220g**

Code: R3057

Unit of Measurement: Piece

Packaging: 20PCS/CARTON



**Ladotyri Cheese from Mytilinis Island wheel approx 1kg**

Code: R3233

Unit of Measurement: Kg

Packaging: 9PCS/CARTON



## yellow cheeses



**Cheese Graviera with Turmeric "Kostarellos" 250g**  
Code: R3107  
Unit of Measurement: Piece  
Packaging: 50PCS/CARTON



**Melipasto cheese "Kostarellos" approx 400g**  
Code: R3086  
Unit of Measurement: Kg  
Packaging: 30PCS/CARTON



**Vetouli cheese "Zozefinos" wheel approx 300g**  
Code: R3349  
Unit of Measurement: Kg  
Packaging: 20PCS/CARTON



**Butter from sheep's & goat's milk "Militsopoulos" jar 500g**  
Code: R1608  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON

## yogurt



**"Mevgal" Greek strained cow's yogurt 10% fat 900g**  
Code: R3422  
Unit of Measurement: Piece  
Packaging: 6PCS/CARTON



**"Mevgal" Greek strained cow's yogurt 10% fat 5KG**  
Code: R3637  
Unit of Measurement: Piece  
Packaging: 5KG

A still life composition featuring a bottle of olive oil, a small bowl of olives, and wooden spoons. The bottle is tilted, showing the golden-green oil. The bowl contains several dark olives with a light-colored pitting. The wooden spoons are arranged diagonally across the frame. The background is a plain, light color.

**“EVERY OLIVE LEAF DRIPPED...LIGHT”**

**NIKOS KAZANTZAKIS**

The sacred olive tree and the precious oil of its fruit are inseparable from Greek civilization. It was a particularly important symbol for ancient Greeks connected to their diet and religion and considered a symbol of peace, wisdom and victory. Nowadays, the vigor of the golden-green olive oil offers Greek cuisine worldwide acceptance and keeps Greeks robust health and longevity.

# Olive oil & Truffle oil

# olive oil



## Extra Virgin Olive Oil "Theo" glass bottle 250ml

Code: D2178

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Extra Virgin Olive Oil "Theo" glass bottle 500ml

Code: D2123

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## "Hermione" Ultra Premium EVOO 500ml

Code: D3103

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Kalamata BIO Extra Virgin Olive Oil "Aenaon" glass bottle 1lt

Code: D2192

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## "Hrysos" Extra Premium EVOO 500ml

Code: D3104

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Extra Virgin Olive Oil "Esti" glass bottle 1lt

Code: D1230

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Kalamata Extra Virgin Olive Oil "Aenaon" glass bottle 1lt

Code: D1057

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Extra Virgin Olive Oil "Esti" tin 5lt

Code: D1226

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



# olive oil



## **"Hermione" Ultra Premium EVOO tin 4lt**

Code: D3437

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



## **Extra Virgin Olive Oil "Theo" tin 5lt**

Code: D2121

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



## **Kalamata Extra Virgin Olive Oil "Aenaon" tin**

Code: D1038

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



## **Extra Virgin Olive Oil Premium "Avalis" 500ml**

Code: D2204

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **Extra virgin Cretan Olive oil "Liokarpi" 0,2 acidity, tin 5 lt**

Code: D1414

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



## **Cretan Virgin Olive Oil "Mesogeiakos Geyseis" pet 1lt**

Code: D3611

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **Cretan Virgin Olive Oil "Mesogeiakos Geyseis" tin 5lt**

Code: D3060

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



## **EVOO Garlic and Chilli "Elaia&Co" 250ml**

Code: D3324

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

# olive oil



**Premium "Avalis" 250ml**  
Code: D2189  
Unit of Measurement: Piece  
Packaging: 24PCS/CARTON



**EVOO Cretan Flavors  
"Elaia&Co" 250ml**  
Code: D3328  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON



**EVOO Mediterranean  
Flavors "Elaia&Co" 250ml**  
Code: D3327  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON



**EVOO Greek Flavors  
"Elaia&Co" 250ml**  
Code: D3329  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON



**EVOO Chilli Pepper Flavors  
"Elaia&Co" 250ml**  
Code: D3330  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON



**EVOO Rosemary, Chilli & Garlic  
"Elaia&Co" 250ml**  
Code: D3325  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON



**EVOO Herbs De Provence  
"Elaia&Co" 250ml**  
Code: D3326  
Unit of Measurement: Piece  
Packaging: 12PCS/CARTON

## truffle oil



### **EVOO Black Truffle "Elaia&Co" 100ml**

Code: D3322

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **EVOO white truffle "Elaia&Co" 100ml**

Code: D3323

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **White Truffle Oil "Forest Garden" 100ml**

Code: D2174

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Black Truffle Oil "Forest Garden" 100ml**

Code: D2175

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **White Truffle Oil "Forest Garden" 250ml**

Code: D2183

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Black Truffle Oil "Forest Garden" 250ml**

Code: D2184

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET





## UNIQUE FLAVOR!

Fossil records indicate that olives were growing in the Mediterranean region at least as early as the Oligocene Epoch, which is a time period in Ancient Greek history. When human populations developed their first societies there, the olive became an all-purpose plant. Through centuries of plant husbandry, the Greeks have developed cultivation methods that have spread throughout the world. The olive tree now grows on continents where it never existed before.

# Olives

# olives



## Green olives stuffed with pepper "Alea" 200g DW

Code: D2120

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Kalamon Olive Tapenade "Alea" jar 950g

Code: D3142

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Organic Green Olive tapenade "Ffarms" jar 180g

Code: D3017

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Green Halkidikis olives pitted "Alea" tin 10kg D.W

Code: D1641

Unit of Measurement: Kg

Packaging: 10KG/TIN



## Organic Kalamon Olive tapenade "Ffarms" jar 180g

Code: D3016

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Green olives stuffed with almond Alea 200g DW

Code: D3388

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Green Olive Tapenade "Alea" jar 950g

Code: D3442

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Black Kalamata olives whole "ALEA" tin 12kg D.W

Code: D1978

Unit of Measurement: Kg

Packaging: 12KG/TIN



# olives



## Kalamata olives sliced "ALEA" tin 10kg D.W

Code: D1035

Unit of Measurement: Kg

Packaging: 10KG/TIN



## Green Halkidikis olives "ALEA" tin 12kg D.W

Code: D2035

Unit of Measurement: Kg

Packaging: 12KG/TIN



## Kalamata olives sliced "Master Chef" barrel 2.5kg D.W

Code: D3335

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Kalamata Olives whole "ALEA" jar 520g

Code: D3593

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Kalamata olives pitted "ALEA" tin 10kg DW

Code: D2034

Unit of Measurement: KG

Packaging: 10KG/TIN



## Black Kalamata olives whole "XENIA" barrel 12kg D.W

Code: D3430

Unit of Measurement: KG

Packaging: 12KG/TIN



## Stafidolies (Throubes) from Crete Island plastic vaccum 6kg

Code: D1577

Unit of Measurement: Kg

Packaging: 2PCS/CARTON



## Kalamata Olives whole "ALEA" barrel 5kg DW

Code: D3589

Unit of Measurement: Piece

Packaging: 2PCS/CARTON



## olives



**Kalamata olives sliced  
"XENIA" barrel 12kg D.W**

Code: D3432

Unit of Measurement: Kg

Packaging: 12KG/TIN



**Kalamata olives pitted  
"XENIA" barrel 12kg D.W**

Code: D3431

Unit of Measurement: Kg

Packaging: 12KG/TIN



**Green Halkidiki olives "XENIA"  
barrel 12kg D.W**

Code: D3428

Unit of Measurement: Packaging:  
ing: 12KG/TIN



**Green Halkidiki olives  
"XENIA" pitted barrel 12kg  
D.W**

Code: D3429

Unit of Measurement: Kg

Packaging: 12KG/TIN

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET

## NUTRITIONAL AND THERAPEUTIC

Kritamo (*Crithmum maritimum*) is an ancient and valuable component of the diet of coastal populations in the Mediterranean. It grows wild and solitary on the rocky shores, next to the sea, and combines it all: taste and multiple culinary uses, a unique history and tradition, as well as amazing properties, as part of a modern, healthy diet.



Capar, Kritamo,  
Vine leaves & Peppers

## capar & kritamos



### **Capers jar 180 g**

Code: R3063

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



### **Caper leaves "Simply Delicious" 180 ml**

Code: R3064

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



### **Caper Berries bucket 1kg (with 600gr D.W.)**

Code: R1741

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Caper berries jar 212 ml**

Code: R3065

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



### **Caper leaves jar 3kg**

Code: R1612

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



### **Syros Island Kritamos bucket 3 kg**

Code: R3630

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



### **Capers 1,8kg D.W**

Code: R1027

Unit of Measurement: Kg

Packaging: 6PCS/CARTON



### **Kritamos bucket 2.5kg**

Code: R1709

Unit of Measurement: Piece

Packaging: 4PCS/CARTON



## capar & kritamos

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### **Kritamos jar small 250g**

Code: R3094

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Capers Tinos Island jar 3 kg**

Code: R2179

Unit of Measurement: Kg

Packaging: 4PCS/CARTON

## vine leaves

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### **Vine Leaves 'Ktima Diamanti ' 550g G.W**

Code: R3279

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Vine Leaves "Almopia" 640g G.W**

Code: R1992

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

MEDITERRANEAN DIET

# peppers



## Peppers red baked "Gaia" tin 5kg (2.2kg DW)

Code: R2025

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Sundried tomato "Gaia" 160g DW

Code: D2191

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Sundried tomato "Gaia" 650g DW

Code: D2190

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Sweet Sour chili pepper stuffed with cheese "Naoumidis" jar 260g

Code: R3293

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Pepper Red Florinis baked jar 500gr D.W

Code: R2064

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

OLYMPIAN DELIGHTS  
MEDITERRANEAN DIET



## EXQUISITE VINEGAR & BALSAMICS

The story of it begins about 10,000 years ago, almost from the time when people started making wine. Aromatic vinegars appeared about 5,000 years later. The ancient Greeks used vinegar extensively in their cooking, especially in early antiquity when lemons were not yet available.

Oxymel, a mixture of vinegar and honey considered the precursor to balsamic vinegar, was very common among the Greeks and the Romans.

# Vinegars & Balsamics



## vinegars & balsamics



### **Oxos Vinegar 5 years old 250ml**

Code: D1064

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Petimezi (Molasses) glass bottle 250ml**

Code: D2193

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Carob syrup glass bottle 250ml**

Code: D1619

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Balsamic Cream Vinegar Black Truffle "Elaia&Co" 100ml**

Code: D3331

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Balsamic Cream Vinegar Fig "Elaia&Co" 100ml**

Code: D3332

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Balsamic Cream Vinegar Wild Fruits "Elaia&Co" 100ml**

Code: D3333

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

MEDITERRANEAN DIET

A bowl of vibrant red tomato soup is the central focus, garnished with a swirl of white cream and fresh green herbs. The bowl sits on a rustic wooden surface. Surrounding the bowl are fresh ingredients: a whole red tomato, a sliced tomato showing its seeds, and a piece of golden-brown bread. In the background, a small white bowl contains a green herb mixture, and a sprig of thyme is visible. The overall scene is bright and appetizing, set against a clean white background.

## ALL NATURAL, HIGH QUALITY SAUCES STRAIGHT FROM THE GREEK COUNTRYSIDE

Traditional home-making techniques with the use of advanced modern technological equipment, result in preserving all the freshness and nutrients of fresh fruits and vegetables. In cooking, sauces add flavor, moisture and visual appeal to any dish. They are essential elements in cuisines worldwide.

# Traditional sauces

## sauc



### Tomato paste "KYKNOS" tin 4,55kg

Code: D1998

Unit of Measurment: Piece

Packaging: 6PCS/CARTON



### Tomato paste "KYKNOS" tin 410g

Code: D2208

Unit of Measurment: Piece

Packaging: 24PCS/CARTON



### Basil sauce Bio "Naoumidis" 260g

Code: D2113

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



### Pepper pesto Bio "Naoumidis" 260g

Code: D2111

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



### Caramelized pepper with onion Bio "Naoumidis" 260g

Code: D2112

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



### Pepper Caviar Bio "Naoumidis" 260g

Code: D3291

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



### Pepper Jam Bio "Naoumidis" jar 260g

Code: D3292

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



## MAYOS

Mayonnaise is one of the oldest and most fundamental sauces in gastronomy.

It owes its existence and name to two accidents.

Mayonnaise is an “emulsion” of oil with vinegar, where the egg yolk serves as an emulsifier, and additionally, mustard plays a role.



# Mayos



## **Smokey Mayonnaise 270ml**

Code: D3373

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **Vegan Mayo egg free 270 ml**

Code: D3375

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **Mayonnaise Truffle flavored 210 ml**

Code: D3374

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **Vegan Mayo with mustard 270ml**

Code: D3376

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

OLYMPIAN DELIGHTS

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## GREEK PASTA

Take a trip to the unforgettable taste of the original Greek pasta products. Thanks to its traditional preparation and recipe, all of our pasta are so delicious they can be eaten even... without sauce or cheese. Enjoy!



# Pasta & Orzo



## pasta & orzo



**Pearl barley medium (Greek orzo "kritahraki" (vegetarian) "Melissa" 3kg)**

Code: D1669

Unit of Measurement: Piece

Packaging: 3PCS/CARTON



**Greek orzo "kritahraki" (vegetarian) "Melissa" 500g**

Code: D2150

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Greek orzo "kritharaki" "Adamantina" THICK 500g**

Code: D3006

Unit of Measurement: Piece

Packaging: 16PCS/CARTON



**Pasta with Saffron (chylopites) BIO 400g**

Code: D3015

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Greek orzo "kritharaki" "Adamantina" THIN 500g**

Code: D2180

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Small taghliatelle (Chylopites) "Dyas" 500g**

Code: D1069

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Pasta Makaroni "Adamantina" No3 500g**

Code: D1174

Unit of Measurement: Piece

Packaging: 18PCS/CARTON



**Traditional Sour frumenty "Kalavrita" 500g**

Code: D2161

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## pasta & orzo



### **Skioufixta pasta "Melko" 1kg**

Code: D1536

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



### **Sour frumenty "Maggiri" 400g**

Code: D1642

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



### **Couscous "Maggiri" 400g**

Code: D2209

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



### **Handmade pumkin sour frumenty "Agrozymi" 500g**

Code: D3085

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Sweet frumenty "Maggiri" 400g**

Code: D3160

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



### **Traditional Chylopitas small square size "Kalavrita" 500g**

Code: D2162

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



### **Chylopites with squid ink "Agrozymi" 500g**

Code: D3079

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Spaghetti No6 "Agrozymi" 500g**

Code: D3080

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

## pasta & orzo



### Handmade politikos sour frumenty "Agrozymi" 500g

Code: D3084

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### Handmade vegetable sour frumenty "Agrozymi" 500g

Code: D3083

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### Handmade sour frumenty "Agrozymi" 500g

Code: D3081

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### Penne "Agrozymi" 500g

Code: D3082

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### Traditional Chylopitas small square size "Kalavrita" 1kg

Code: D1742

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET



## HEALTHY LEGUMES

In the region of Kastoria and Prespes pulses have been grown since the end of the 17th century. The altitude, soil components and abundance of water, combined with the micro climate of the region, create the perfect conditions for growing excellent quality pulses. The cultivation of such products in regions close to lakes is especially favorable due to the atmospheric humidity. The secrets of this traditional cultivation pass from generation to generation.

# Legumes



# legumes



## **“Arosis” Organic Greek small lentils 400g**

Code: D1097

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **“Arosis” Organic Greek small lentils 5kg**

Code: D1278

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## **“Salamousas” Limnos Island lentils 500g**

Code: D3288

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **“Salamousas” Limnos Island Medium beans Aspromytiko 500g**

Code: D3287

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **Black Lentils Belunga “Batavia” 1kg**

Code: D2094

Unit of Measurement: Kg

Packaging: 20PCS/CARTON



## **“Arosis” Organic Greek giant coloured beans 400g**

Code: D1099

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **“Arosis” Organic Greek colored Giant Beans sacket 5kg**

Code: D1671

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## **“Salamousas” Limnos Island Fava Beans 500g**

Code: D3285

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



# legumes



## **"Arosis" organic Greek medium beans 400g**

Code: D1098

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Arosis" Organic Greek fava beans from Feneos 400g**

Code: D1170

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Arosis" organic Greek medium beans sack 5kg**

Code: D1509

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## **"Arosis" Greek fava beans sack 5kg**

Code: D1279

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## **"Agrifarm" organic Greek giant beans 500g**

Code: D3021

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Arosis" Organic Greek long grain parboiled rice sack 5kg**

Code: D1281

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## **"Arosis" Greek glase rice sack 5Kg**

Code: D1662

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## **"Arosis" Greek small chickpeas sack 5Kg**

Code: D1603

Unit of Measurement: Kg

Packaging: 5KG/SACKET

# legumes



## **"Salamousas" Limnos Island Chickpeas bag 400g**

Code: D3295

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Salamousas" Limnos Island Chickpeas 500g**

Code: D3286

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Arosis" Greek small chickpeas 400g**

Code: D1602

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Salamousas" Limnos Island Bulgur 500g**

Code: D3289

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Arosis" Greek Bulgur 400g**

Code: D1604

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **"Arosis" Greek Bulgur sacket 5 Kg**

Code: D1605

Unit of Measurement: Kg

Packaging: 5KG/SACKET

MEDITERRANEAN DIET

# legumes



## **"Salamousas" Limnos Island Wheat 500g**

Code: D3290

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## **Extra Long Basmati Rice 5kg**

Code: D3591

Unit of Measurement: Piece

Packaging: 5KG/SACKET



## **"Arosis" Greek Black Eyed beans sacket 5kg**

Code: D1670

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## **Freeken Green wheat 500 g**

Code: D3594

Unit of Measurement: Piece

Packaging: 24PCS/CARTON

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET

## CRETAN RUSK AND HEALTH

It is an essential component of the famous Cretan diet. Cretan rusks can be considered one of the oldest “standardized” food products. Its preparation techniques constitute an exceptional blend of popular experience, as preserved by the women of Crete, and professional involvement in the field.



# Rusks



## rusks



**Barley rusks "XANIOTIKA"**  
**700g (kritharokouloura)**  
Code: D1040  
Unit of Measurment: Piece  
Packaging: 12PCS/CARTON



**Wholegrain Barley Bites**  
**"Xaniotika" 300g (dakakia)**  
Code: D1072  
Unit of Measurment: Piece  
Packaging: 30PCS/CARTON



**Mini olive oil rusks**  
**"Xaniotika" 300g**  
Code: D1073  
Unit of Measurment: Piece  
Packaging: 15PCS/CARTON



**Carob rusks "Erofilii" 200g**  
Code: D1265  
Unit of Measurment: Piece  
Packaging: 35PCS/CARTON



**Barley rusks**  
**(Kritharokouloura) "Erofilii"**  
**600 g**  
Code: D2157  
Unit of Measurment: Piece  
Packaging: 15PCS/CARTON



**Rusks t. Kythiron "Erofilii" 400g**  
Code: D2158  
Unit of Measurment: Piece  
Packaging: 15PCS/CARTON

## HONEY... THE SWEET GOLD!

In Greece, 12,000 tones of honey are produced annually. The vast majority of forest honey production involves pine honey, fir honey and oak honey. The uniqueness of it derives from the rich Greek flora, wich comprises numerus wild flowers and herbs. Honey was the firt sweetener Greeks had in their diet and even now, it remains the most prestigious one.



# Honey

# honey



## Honey Flower "Kipseli" jar 920g glass

Code: D1052

Unit of Measurement: Piece

Packaging: 15PCS/CARTON



## Honey portions 30g glass

Code: D1746

Unit of Measurement: Piece

Packaging: 60PCS/CARTON



## Cretan Wildwood Honey "Meligyris" 2020 Lim.Edition 550g

Code: D2151

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Cretan Mountain Tea Malotira Honey "Meligyris" jar 500g

Code: D1252

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Cretan Thyme honey "Meligyris" jar 800g

Code: D1262

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Cretan Thyme honey "Meligyris" jar 300g

Code: D1673

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

# honey



## **Cretan Bio Woodland honey with thyme and wild herbs "Meligyris" jar 800g**

Code: D1261

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## **Cretan Honey with wild herbs and white thyme "Meligyris" 800g**

Code: D1263

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## **Chestnut Honey Organic "Axion Esti" jar 800g**

Code: D1197

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## **Cretan Honey with wild herbs and white thyme "Meligyris" jar 300g**

Code: D1637

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET



The background of the slide features a close-up of a glass jar filled with vibrant red raspberry jam. The jar is partially open, and the jam is visible inside. To the right, a slice of white bread is shown with a thick spread of the same red jam. The overall image is bright and appetizing, with a soft focus on the bread and jam.

## TASTEFUL JAMS & SPREADS

Find a great variety of jams which combine full taste and aroma due to their high content of fruit. Using home-making techniques and meeting the strictest hygiene requirements these jams preserve most of the freshness and nutrients of fresh fruits and offer high nutritional value, without any additives or preservatives. Jams which contain stevia sweetener instead of sugar have low calorific value ideal for those who look after their daily nutrition. Alternatively, the low-fat chocolate spreads satisfy chocolate fans, offering a tasteful choice at all times. Fully conformed to the latest trends in healthy eating, these delicious spreads combine novel taste experience with chocolate properties.

# Jams & Spreads

## spreads



### **Tahini “Olympos” cocoa jar 300g**

Code: D2091

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **“Olympos” Plain Tahini jar 300g**

Code: D2092

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **“Olympos” Tahini with Honey jar 300g**

Code: D2114

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **“Olympos” Protein Tahini jar 300g**

Code: D2115

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **“Olympos” tahini plastic container 3kg**

Code: D3147

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

MEDITERRANEAN DIET

# jams



## Fig marmelade "Mastos" 450g

Code: D1503

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Fig marmelade "Mastos" 900g

Code: D1769

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Orange marmelade "Mastos" 450g

Code: D1307

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## "Merenda" Chocolate spread 570 g

Code: D1528

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Chocolate Pistacio spread 'Lenas Gourmet' jar 190g

Code: D3018

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Pistacio spread "Lenas Gourmet" jar 190g

Code: D1535

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Chocolate Pistacio spread "Lenas Gourmet" 1 Kg

Code: D2156

Unit of Measurement: Piece

Packaging: 8PCS/CARTON



## "Merenda" Chocolate spread 1 Kg

Code: D3416

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## **SWEET, GREEK HOSPITALITY**

Greek traditional sweets date back centuries. They mainly consist of products found in the Greek nature. Fresh fruit, spices and natural sugar, all combine to indulge you with sweetness. They are a symbol of Greek hospitality and can be consumed on their own, or used in numerous recipes.



# **Preserves & Traditional**



## spoon sweets



### **Fruit Preserves Cherry (Roupla) 350g**

Code: D3367

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Fruit Preserves Orange 350g**

Code: D3370

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Fruit Preserves Sour Cherry 350g**

Code: D3368

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Fruit Preserves Chestnut 350g**

Code: D3371

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Fruit Preserves Wild Fig 350g**

Code: D3369

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Fruit Preserves Grape 350g**

Code: D3372

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

## spoon sweets & traditional



**Spoon sweet Black Cherry  
"Gennimata Fysis" jar 450g**

Code: D1065

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Spoon sweet Wild Sour Cherry  
"Gennimata Fysis" jar 450g**

Code: D1066

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Spoon sweet Wild Fig  
"Mastos" 460g**

Code: D1304

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Spoon sweet Wild Fig  
"Mastos" 900g**

Code: D1976

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Submarine with vanilla  
flavour 700g**

Code: D1109

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Submarine with masticha  
flavour 700g**

Code: D1110

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



**Loukoumi in various flavors  
"Loukoumiland" 400g**

Code: D1108

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



**Rose Loukoumi "Vomvylas"  
per kg ( 5-6KG)**

Code: D1728

Unit of Measurement: Kg

Packaging: 1 BOX 5-6 KG

# traditional



## Halva Vanilla "Olympos" loaf 2,5kg

Code: D2119

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



## Traditional Greek sweets Melomakarona 3kg

Code: D1521

Unit of Measurement: Kg

Packaging: 3KG/BOX



## Halva Cocoa "Olympos" loaf 2,5kg

Code: D2118

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



## Traditional Greek sweets Kourabiedes 3kg

Code: D1522

Unit of Measurement: Kg

Packaging: 3KG/BOX



## Halva Vanilla "Olympos" tuper 800g

Code: D2117

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## "Lombardini" greek coffee grounded 500g

Code: D1022

Unit of Measurement: Piece

Packaging: 30PCS/CARTON



## Halva Cocoa "Olympos" tuper 800g

Code: D2116

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## "Loumidis" Greek coffee grounded 490g

Code: D1750

Unit of Measurement: Piece

Packaging: 24PCS/CARTON





## SAVOR THE FLAVOR. REAP THE REWARDS

Greece is blessed with fertile lands and year around sunshine, making it a great place for herbs and spices to grow. Both may help protect against certain chronic conditions, such as cancer, diabetes and heart disease. Herbs come from plants and plant parts. Spices often come from seeds, berries, bark or roots of plants.

# Herbs & Spices



# salt



## Salt Foam - Fleur de sel "Chion" 125g

Code: D1172

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Mix salts "Cretan Life" 240g

Code: D1280

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Fler de sel black truffle "Forest Garden" 40g

Code: D2176

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Coarse Salt "Chion" 850g

Code: D1173

Unit of Measurement: Piece

Packaging: 8PCS/CARTON



## Fine Salt "Chion" sacket 5kg

Code: D2087

Unit of Measurement: Kg

Packaging: 5KG/SACKET



## Semi Coarse "Chion" Salt sacket 5kg

Code: D3599

Unit of Measurement: Piece

Packaging: 5KG/SACKET

MEDITERRANEAN DIET

# salt



## Natural Flakes salt "Elaia&Co" glass jar 70g

Code: D3296

Unit of Measurement: Piece

Packaging: 48PCS/CARTON



## Flake Salt Flavors Santorini "Elaia&Co" glass jar 70g

Code: D3299

Unit of Measurement: Piece

Packaging: 48PCS/CARTON



## Flake Salt smoked "Elaia&Co" glass jar 70g

Code: D3297

Unit of Measurement: Piece

Packaging: 48PCS/CARTON



## Fleur del sel natural "Elaia&Co" glass jar 120g

Code: D3300

Unit of Measurement: Piece

Packaging: 48PCS/CARTON



## Flake Salt 1000 and 1 nights "Elaia&Co" glass jar 70g

Code: D3298

Unit of Measurement: Piece

Packaging: 48PCS/CARTON



## Fleur del sel smoked "Elaia&Co" glass jar 120g

Code: D3301

Unit of Measurement: Piece

Packaging: 48PCS/CARTON



## Fleur de sel saffron "Elaia&Co" glass jar 120g

Code: D3303

Unit of Measurement: Piece

Packaging: 48PCS/CARTON



## Fleur de sel pink dreams "Elaia&Co" glass jar 120g

Code: D3302

Unit of Measurement: Piece

Packaging: 48PCS/CARTON

## spices



### Grinder Mill Sea salt Greek Village salad "Elaia&Co" 150g

Code: D3304

Unit of Measurment: Piece

Packaging: 6PCS/CARTON



### Grinder Mill Sea Salt Oriental flavors "Elaia&Co" 190g

Code: D3305

Unit of Measurment: Piece

Packaging: 6PCS/CARTON



### Grinder Mill Sea Salt BBQ "Elaia&Co" 175g

Code: D3306

Unit of Measurment: Piece

Packaging: 12PCS/CARTON



### Dip Wild Garlic "Elaia&Co" metal tin 70g

Code: D3312

Unit of Measurment: Piece

Packaging: 24PCS/CARTON



### Dip Eat Greek "Elaia&Co" metal tin 70g

Code: D3307

Unit of Measurment: Piece

Packaging: 24PCS/CARTON



### Dip Tzatziki "Elaia&Co" metal tin 70g

Code: D3309

Unit of Measurment: Piece

Packaging: 24PCS/CARTON



### Dip Mykonos herbs "Elaia&Co" metal tin 70g

Code: D3310

Unit of Measurment: Piece

Packaging: 24PCS/CARTON



### Dip Cretan Herbs "Elaia&Co" metal tin 70g

Code: D3311

Unit of Measurment: Piece

Packaging: 24PCS/CARTON

# spices



## Dip ZA'ATAR "Elaia&Co" metal tin 60g

Code: D3313

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Seasoning Mamas Flavors "Elaia&Co" black metal tin 60g

Code: D3314

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Seasoning for lamb "Elaia&Co" black metal tin 60g

Code: D3315

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Seasoning for Spaghetti "Elaia&Co" black metal tin 40g

Code: D3320

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Seasoning for Greek Feta "Elaia&Co" black metal tin 60g

Code: D3316

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Seasoning Meatballs "Elaia&Co" black metal tin 40g

Code: D3317

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Seasoning for Musaka "Elaia&Co" black metal tin 60g

Code: D3318

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Seasoning for Roasted Potatoes "Elaia&Co" black metal tin 40g

Code: D3319

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



# spices



## Seasoning for Fish "Elaia&Co" black metal tin 40g

Code: D3321

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Chios mastic gum medium tears 50g

Code: D1194

Unit of Measurement: Piece

Packaging: 10PCS/CARTON



## Chios mastic gum small tears 50g

Code: D3020

Unit of Measurement: Piece

Packaging: 10PCS/CARTON



## Crocus Kozanis 4g

Code: D1684

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Mix for chicken folder 50g

Code: D1275

Unit of Measurement: Piece

Packaging: 10PCS/PACKET



## Mix for BBQ folder 50g

Code: D1276

Unit of Measurement: Piece

Packaging: 10PCS/PACKET



## Mix for tzatziki folder 50g

Code: D1273

Unit of Measurement: Piece

Packaging: 10PCS/PACKET



## Mix for Greek salad 50g

Code: D1274

Unit of Measurement: Piece

Packaging: 10PCS/PACKET

# spices



## Thyme "verum" 25g

Code: D1650

Unit of Measurement: Piece

Packaging: 10PCS/PACKET



## Sweet Paprika powder "Naoumidis" 40g

Code: D3294

Unit of Measurement: Piece

Packaging: 24PCS/PACKET



## Pepper seeds Setsovan "Batavia" 1kg

Code: D3044

Unit of Measurement: Kg

Packaging: DEPENDS ON THE ORDER



## Sumac Ground "Batavia" 1kg

Code: D2122

Unit of Measurement: Piece

Packaging: DEPENDS ON THE ORDER



## Chilli powder "Cretan Life" 50g

Code: D1539

Unit of Measurement: Piece

Packaging: 10PCS/PACKET



## Sumac ungrounded "Apostolou" 1kg

Code: D2219

Unit of Measurement: Kg

Packaging: DEPENDS ON THE ORDER



## Pull Biber pepper "Apostolou" 1kg

Code: D3434

Unit of Measurement: Piece

Packaging: DEPENDS ON THE ORDER



## Allspice (Bahari) ungrounded sacket 500g "Batavia"

Code: D1979

Unit of Measurement: Piece

Packaging: DEPENDS ON THE ORDER

# herbs



## Oregano Ground "Gaia" 100g

Code: D3194

Unit of Measurement: Piece

Packaging: 10PCS/CARTON



## Oregano grounded "ManiAnthos" 200g

Code: D2079

Unit of Measurement: Piece

Packaging: 2PCS/CARTON



## Chamomile "Verum" 20g

Code: D1708

Unit of Measurement: Piece

Packaging: 10PCS/PACKET



## Lavender bunch "Verum" 25g

Code: D1721

Unit of Measurement: Piece

Packaging: 30PCS/PACKET



## Mountain Tea Sideritis "Verum" 20g

Code: D1714

Unit of Measurement: Piece

Packaging: 20PCS/CARTON



## Mountain Tea Bunch "Verum" 20g

Code: D1705

Unit of Measurement: Piece

Packaging: 50PCS/CARTON



## Mountain Tea Bouquet Bulk "Batavia" packet of 500g

Code: D1683

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



## Bay Leaf "Verum" 20g

Code: D1654

Unit of Measurement: Piece

Packaging: 20PCS/CARTON

# herbs



## Chamomile "Cretan Life" 20g

Code: D1272

Unit of Measurement: Piece

Packaging: 10PCS/PACKET



## Mahleb ungrounded "Batavia" 500g

Code: D1682

Unit of Measurement: Kg

Packaging: DEPENDS ON THE ORDER



## Vanilla Madagascar sticks 1kg

Code: D3423

Unit of Measurement: Kg

Packaging: DEPENDS ON THE ORDER



## Bio Oregano Ground "Verum" 30g

Code: D1707

Unit of Measurement: Piece

Packaging: 40PCS/CARTON



## Cinnamon grounded "Batavia" 65g

Code: D1557

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Cinammon sticks "Batavia" 60g

Code: D1379

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Oregano bulk "Provil" 1kg

Code: D1058

Unit of Measurement: Kg

Packaging: 12KG/BAG



## Bio Oregano Bunch "Verum" 30g

Code: D1706

Unit of Measurement: Piece

Packaging: 120PCS/CARTON





## PITA BREAD

Pita can be used to scoop sauces or dips such as hummus and taramosalata, or to wrap kebabs, gyros or falafel in the manner of sandwiches. It can also be cut and accompany several dishes replacing bread.

# Pita, Doughs & Sweets

# pita breads



## **Greek Pita Bread 10cm (120pcs/box)**

Code: F1523

Unit of Measurement: BOX

Packaging: 12PCS/CARTON



## **Greek pita bread "Axaiki Pita" 15cm packet (180pc/ carton)**

Code: F3283

Unit of Measurement: BOX

Packaging: 12PCS/CARTON



## **Greek Pita Bread 15cm (120pcs/box)**

Code: F1123

Unit of Measurement: BOX

Packaging: 12PCS/CARTON



## **Greek Pita Bread 17cm THIN (120pcs/box)**

Code: F2201

Unit of Measurement: BOX

Packaging: 12PCS/CARTON



## **Greek Pita Bread 18cm (120pcs/box)**

Code: F1586

Unit of Measurement: BOX

Packaging: 12PCS/CARTON



## **Lagana Traditional Bread 500g**

Code: F1418

Unit of Measurement: Piece

Packaging: 15PCS/CARTON

## FROZEN DOUGHS

Made with pure ingredients based on old traditional recipes. Ideal for impressing your guests or attending your family, serving them as an appetizer or main course. Ideal for professional use as well.





# frozen doughs



## Politiko Pastry Sheet 470g (12pcs/carton)

Code: F1189

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Kantaifi Sheet "Nineli" 470g

Code: F1419

Unit of Measurement: Piece

Packaging: 22PCS/CARTON



## Viritou (Beirut) Pastry Sheet 470gr (12pcs/carton)

Code: F1661

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



## Greek Handmade cheese pie with cheese 1,8kg

Code: F1314

Unit of Measurement: Piece

Packaging: 5PCS/CARTON



## Phyllo pastry "Rodoula" (thick for pies) 750g

Code: F3029

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



## Greek handmade pie with spinach and cheese 1,8kg

Code: F1315

Unit of Measurement: Piece

Packaging: 5PCS/CARTON



## Traditional Pie Crete (spin- ach-greens-mizithra) rectangular 6pcs

Code: F2127

Unit of Measurement: Piece

Packaging: 6PCS/CARTON



## Snail pie with cheese 220gr (40pcs/carton)

Code: F1184

Unit of Measurement: Piece

Packaging: 40PCS/CARTON



# frozen doughs



**Traditional Pie Santorini (to-  
mato-feta-olives)  
rectangular 6pcs**

Code: F2128

Unit of Measurment: Piece

Packaging: 6PCS/CARTON



**Snail pie with spinach &  
cheese 220gr (40pcs/carton)**

Code: F1185

Unit of Measurment: Piece

Packaging: 40PCS/CARTON



**Traditional Pie Naxos (gravi-  
era-feta-mizithra)  
rectangular 6pcs**

Code: F2129

Unit of Measurment: Piece

Packaging: 6PCS/CARTON



**Greek handmade pie with  
green herbs 1,8kg**

Code: F1316

Unit of Measurment: Piece

Packaging: 5PCS/CARTON



**Cheese pie mini triangular  
cheese 6kg**

Code: F1363

Unit of Measurment: Kg

Packaging: 6KG/BOX



**Spinach cheese pie mini  
triangular 6kg**

Code: F1366

Unit of Measurment: Kg

Packaging: 6KG/BOX



**Kalitsouni Lychnaraki 6kg**

Code: F1337

Unit of Measurment: Kg

Packaging: 6KG/BOX



**Breadstick koulouri  
Thessalonikis 80gr**

Code: F1420

Unit of Measurment: Piece

Packaging: 40PCS/CARTON

## frozen doughs

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### **Mini cheese pies Anogeion "Rodoula" 650g**

Code: F3030

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Vegetarian green herbs pie "Rodoula" 650g**

Code: F3027

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Mini cheese pies Naxos Island "Rodoula" 650g**

Code: F3031

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Vegan cheese pie "Rodou- la" 650g**

Code: F3028

Unit of Measurement: Piece

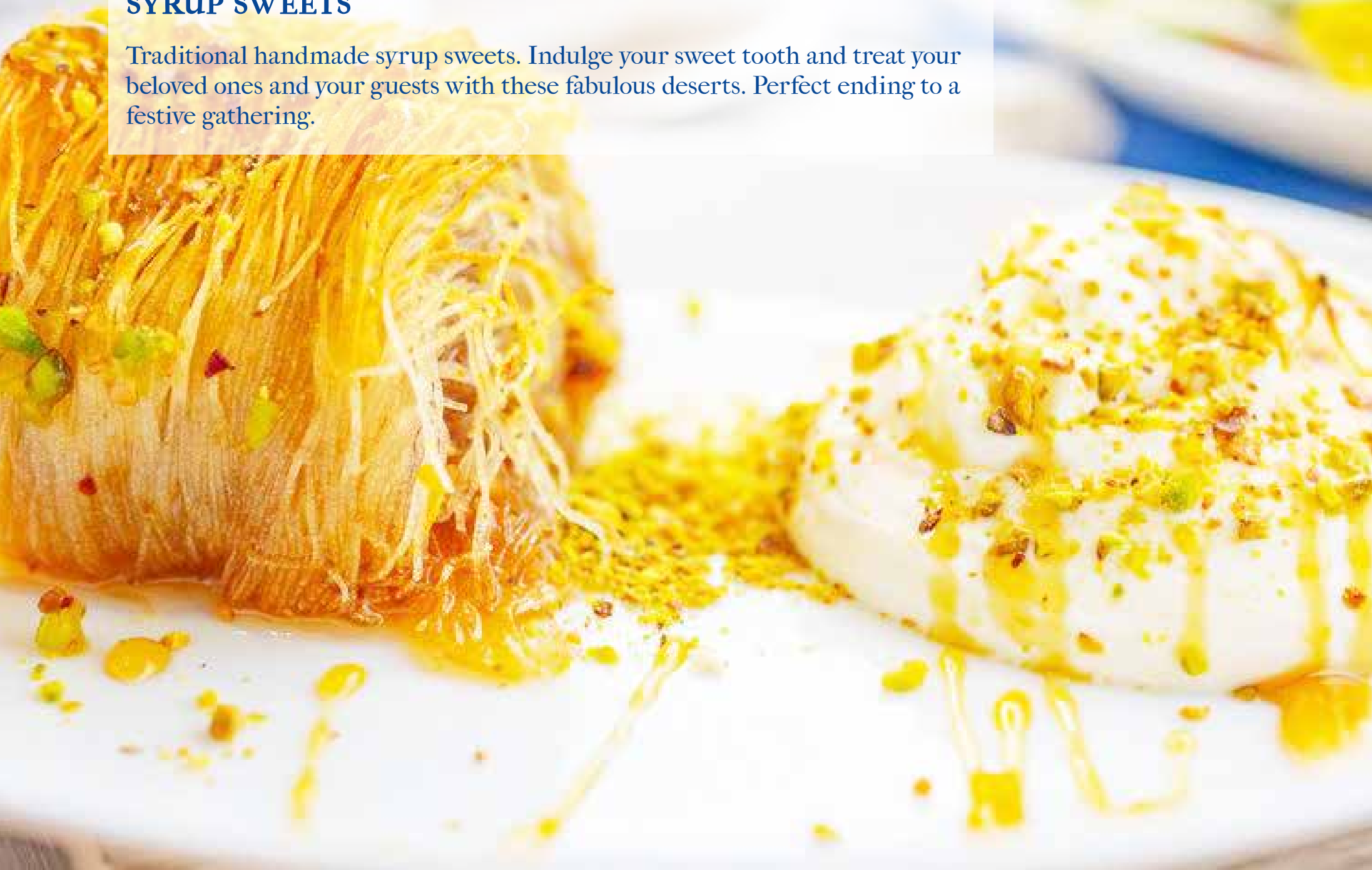
Packaging: 12PCS/CARTON

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET

## SYRUP SWEETS

Traditional handmade syrup sweets. Indulge your sweet tooth and treat your beloved ones and your guests with these fabulous deserts. Perfect ending to a festive gathering.



## syrup sweets



### **Kataifi mini nest tray 1 Kg**

Code: F1356

Unit of Measurement: Piece

Packaging: 2PCS/CARTON



### **"Rodoula" Orange cake 12pcs**

Code: F1767

Unit of Measurement: Piece

Packaging: 4CARTON/BOX



### **Baklava mini tray 1kg**

Code: F1357

Unit of Measurement: Piece

Packaging: 2PCS/CARTON



### **Baklava mini nest with chocolate , 70pcs ,3,5kgs**

Code: F1489

Unit of Measurement: Piece

Packaging: 4CARTON/BOX



### **Galaktoboureko tray 1kg**

Code: F1424

Unit of Measurement: Piece

Packaging: 2PCS/CARTON



### **Ekmek kataifi indiv (12pcs/ carton)**

Code: F1352

Unit of Measurement: Piece

Packaging: 4CARTON/BOX



### **Bougatsa with cream filling frozen 500g (20pcs/carton)**

Code: F1188

Unit of Measurement: Piece

Packaging: 20PCS/CARTON



### **Bougatsa with cheese filling frozen 500g (20pcs/carton)**

Code: F3118

Unit of Measurement: Piece

Packaging: 20PCS/CARTON



## syrup sweets



### **“Rodoula” walnuts chocolate nest 150g 12pcs**

Code: F1766

Unit of Measurment: Piece

Packaging: 4CARTON/BOX



### **Milk Chocolate 'ION' 200g**

Code: D2216

Unit of Measurment: Piece

Packaging: 10PCS/CARTON



### **“Rodoula” Baked Politiko Tsoureki 500g**

Code: F3024

Unit of Measurment: Piece

Packaging: 4PCS/CARTON



### **Chocolate with almond 'ION' 200g**

Code: D1748

Unit of Measurment: Piece

Packaging: 10PCS/CARTON



### **Tsoureki Praline “Rodoula” 500g**

Code: F3278

Unit of Measurment: Piece

Packaging: 8PCS/CARTON



### **Tsoureki Praline biscuit “Rodoula” 500g**

Code: F3282

Unit of Measurment: Piece

Packaging: 8PCS/CARTON

## **A FINE POWDER**

Flour is a fine powder produced from grains, most commonly wheat, but also from corn, barley, rice, and rye. In recent years, however, and depending on human needs, flours are also produced from legumes, soybeans, potatoes, oats, brown rice, carob, chickpeas, and even nuts. Differences between types of flour arise when discussing the quality of the wheat or other raw materials, the degree of milling, and the milling process.

# Flour & Semolina

## flour & semolina



### Flour "Campaillou" sack 25kg

Code: D3435

Unit of Measurement: Piece

Packaging: 25KG/SACKET



### Maize (Corn) Flour powder sack 25kg

Code: D3612

Unit of Measurement: Piece

Packaging: 25KG/SACKET



### Flour for Tsoureki 1kg

Code: D3011

Unit of Measurement: Piece

Packaging: 8PCS/CARTON



### Fine semolina 500g

Code: D1433

Unit of Measurement: Piece

Packaging: 10PCS/CARTON



### Carob flour powder "Batavia" 1kg

Code: D3613

Unit of Measurement: Kg

Packaging: 10PCS/CARTON



### Coarse semolina 500g

Code: D1425

Unit of Measurement: Piece

Packaging: 10PCS/CARTON



## THE NUTS OF LIFE

Nuts compete effectively with olive oil, the best sources of calcium, fresh vegetables, and lean meat. They are a healthy, nutritious, and tasty dietary choice, and for this reason, they should not be missing from our diet, not only during holidays and special occasions but also in our breakfast, snacks, or meals.

# Nuts & Dried fruits



## nuts & dried fruits



**Pistachios slices raw  
"Batavia" 1kg**

Code: D2001

Unit of Measurement: Piece

Packaging: 20PCS/CARTON



**Dried Figs "Mageiras" 250g**

Code: D1665

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



**Walnuts Kernel Without Shell  
from Amaliada 1kg**

Code: D3096

Unit of Measurement: Piece

Packaging: 10PCS/CARTON



**Black Raisins "Gargaronis"  
1Kg**

Code: D3427

Unit of Measurement: Kg

Packaging: 9PCS/CARTON



**Pine Nuts "Batavia" 1kg**

Code: D2096

Unit of Measurement: Kg

Packaging: 12PCS/CARTON

MEDITERRANEAN DIET



## FRESH AND HEALTHY

Fruits and vegetables contain important vitamins, minerals and plant chemicals. They also contain fibre. There are many varieties of fruit and vegetables available and many ways to prepare, cook and serve them.

A diet high in fruit and vegetables can help protect you against cancer, diabetes and heart disease.

# Fruits, Vegetables & Water

## fruits & vegetables

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**Greek Fresh potatoes "ARGIA"**  
**sacket 25 kg**

Code: V1664

Unit of Measurment: Kg

Packaging: 25KG/SACKET



**Greek fresh vegies and fruits**

Code: V3186

Unit of Measurment: Kg

Packaging: -



**Greek Fresh Oranges box 10 kg**

Code: V3581

Unit of Measurment: Kg

Packaging: 25KG/SACKET

## water

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### **Sparkling water with "Mastiqua" 330ml**

Code: W1152

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Sparkling water "Zagori" glass bottle 750ml**

Code: W2031

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Mineral water "Zagori" glass bottle 1lt**

Code: W2030

Unit of Measurement: Piece

Packaging: 12PCS/CARTON



### **Sparkling water "Zagori" glass bottle 330ml**

Code: W2135

Unit of Measurement: Piece

Packaging: 24PCS/CARTON



### **Mineral water "Zagori" glass bottle 500ml**

Code: W2134

Unit of Measurement: Piece

Packaging: 12PCS/CARTON

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET



## VITAMINS AND MINERALS

Fish have levels of B vitamins that are similar to many other protein-rich foods. Fattier fish like mackerel and herring can be a good source of Vitamin D and Vitamin A. Most types of seafood are a reasonable source of minerals such as phosphorus, potassium, and selenium.



# Fresh fish & Seafood

# caviar



## Beluga caviar malossol 30g

Code: R3605

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER



## Beluga caviar malossol 50g

Code: R3606

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER



## Beluga caviar malossol 100g

Code: R3623

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER



## Ossetra signature malossol 30g

Code: R3603

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER



## Ossetra signature malossol 50g

Code: R3604

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER



## Ossetra signature malossol 100g

Code: P3622

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER



## Caviar - Baerii sign - Malossol 30g

Code: R3601

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER



## Caviar - Baerii sign - Malossol 50g

Code: R3602

Unit of Measurement: Piece

Packaging: 3PCS MIN ORDER

OLYMPIAN DELIGHTS  
MEDITERRANEAN DIET

## taramas & bottarga



### **Taramas Sauce Islandic Royal 3 Kg (Raw material)**

Code: R3217

Unit of Measurement: Piece

Packaging: 3KG/BUCKET



### **Taramas cod fish roe-white original "Kalas" (raw material)**

Code: R1017

Unit of Measurement: Kg

Packaging: 2KG/BUCKET



### **Trikalinos Bottarga box bir**

Code: R1290

Unit of Measurement: Kg

Packaging: -

OLYMPIAN DELIGHTS

MEDITERRANEAN DIET

## wild fish & seafood



**Common Dentex (*Dentex dentex*) - Συναγριδα**

Code: R3171

Unit of Measurement: Kg

Packaging: -



**Pink Dentex (*Dentex gibbosus*) - Τσαούσης**

Code: R3196

Unit of Measurement: Kg

Packaging: -



**Red Seabream Pargus (*Pagrus major*) - Φαγγρι**

Code: R3440

Unit of Measurement: Kg

Packaging: -



**Golden Grouper (*Epinephelus costae*) - Στήφα**

Code: R3173

Unit of Measurement: Kg

Packaging: -



**White Grouper (*Epinephelus aeneus*) - Σφυριδα**

Code: R3176

Unit of Measurement: Kg

Packaging: -



**Dusky Grouper (*Epinephelus marginatus*) - Ροφός**

Code: R3177

Unit of Measurement: Kg

Packaging: -



**Bluefin Tuna (*Thunnus thynnus*) - Τόνος**

Code: R3178

Unit of Measurement: Kg

Packaging: -



**Sea Urchin Eggs jar - Αχιβοι**

Code: R3191

Unit of Measurement: Kg

Packaging: -



## wild fish & seafood



### **Wild Lobster (Homarus gammarus) - Αστακός**

Code: R3197

Unit of Measurement: Kg

Packaging: -



### **Stripped Red Mullet (Mullus surmuletus) - Μπαρμπούνι**

Code: R3202

Unit of Measurement: Kg

Packaging: -



### **White Sea Bream (Diplodus Sargus) - Σαργός**

Code: R3204

Unit of Measurement: Kg

Packaging: -



### **Wild Sea Bream (Sparus aurata) - Τσιπούρα**

Code: R3210

Unit of Measurement: Kg

Packaging: -



### **Scorpionfish (Scorpaena Scrofa) - Σκορπίνα**

Code: R3223

Unit of Measurement: Kg

Packaging: -



### **Piper Gurnard (Dactylopterus Lucerna) - Καπόνι**

Code: R3224

Unit of Measurement: Kg

Packaging: -



### **John Dory (Zeus faber) - Χριστόψαρο**

Code: R3231

Unit of Measurement: Kg

Packaging: -



### **Amberjack (Seriola Dumerili) - Μαγιάτικο**

Code: R3237

Unit of Measurement: Kg

Packaging: -

## wild fish & seafood



### **Mussels (*Mytilus edulis*) - Μύδι**

Code: R3363

Unit of Measurement: Kg

Packaging: -



### **Black Sea Bream WILD - Σκαθάρι**

Code: R3211

Unit of Measurement: Kg

Packaging: -



### **Anchovys (*Engraulidae*) - Γαύρος**

Code: R3396

Unit of Measurement: Kg

Packaging: -



### **Langoustine (*Nephrops norvegicus*) - Καραβίδα**

Code: R3433

Unit of Measurement: Kg

Packaging: -



### **Dover Sole (*Solea solea*) - Γλώσσα**

Code: R3366

Unit of Measurement: Kg

Packaging: -



### **Mackerel (*Scomber scombrus*) - Σκουμπρι**

Code: R3455

Unit of Measurement: Kg

Packaging: -



### **Sardines (*Sardina pilchardus*) - Σαρδέλα**

Code: R3395

Unit of Measurement: Kg

Packaging: -



### **Turbot (*Scophthalmus maximus*) - Καλκάνι**

Code: R3456

Unit of Measurement: Kg

Packaging: -

## wild fish & seafood



### **Cod (Gadus morhua) - Βακαλός**

Code: R3458

Unit of Measurement: Kg

Packaging: -



### **Oysters No2 France - Στρείδια No2**

Code: R3529

Unit of Measurement: Kg

Packaging: -



### **Monkfish (Lophius) WILD - Πεσκανδρίτσα**

Code: R3453

Unit of Measurement: Kg

Packaging: -



### **Black Tiger Shrimps (Penaeus monodon) - Καραβίδα**

Code: R3578

Unit of Measurement: Kg

Packaging: -



### **Wild Caught Fresh fish Pageot - Λιθρίνι**

Code: R3583

Unit of Measurement: Kg

Packaging: -



### **Wild Caught Fresh Cuttlefish - Σουπί**

Code: R3478

Unit of Measurement: Kg

Packaging: -



### **GR Wild Warty venus (Venus verrucosa) - Κυδώνια /M**

Code: R3491

Unit of Measurement: Kg

Packaging: -



### **Sand smelt (Atherina presbyter) WILD - Αθερίνα**

Code: R3621

Unit of Measurement: Kg

Packaging: -

## wild fish & seafood



### **Parrot fish (Scaridae) WILD - Σκάρος**

Code: R3622

Unit of Measurment: Kg

Packaging: -



### **Wild Caught Fresh Swordfish Greece - Ξιφίας**

Code: R3640

Unit of Measurment: Kg

Packaging: -



### **Wild Caught Fresh Crab meat 200g - Κάβουρας**

Code: R3483

Unit of Measurment: Kg

Packaging: -



### **Mackerel (scomber japonicus) - Κολιός**

Code: R3457

Unit of Measurment: Kg

Packaging: -



### **Bluefin Tuna Fillets - Φιλέτο τόνου**

Code: R3616

Unit of Measurment: Kg

Packaging: -



### **Wild Caught Fresh Calamari - Καλαμάρι**

Code: R3420

Unit of Measurment: Kg

Packaging: -



### **Wild Caught Fresh Comber\_Serranu cabrilla - Χτένια**

Code: R3900

Unit of Measurment: Kg

Packaging: -



## farmed fish



### **Sea Bream (Sparus aurata) | G (400-600) - Τσιπούρα**

Code: R3390

Unit of Measurement: Kg

Packaging: -



### **Sea Bream (Sparus aurata) | 5G (1500-2000) - Τσιπούρα**

Code: R3417

Unit of Measurement: Kg

Packaging: -



### **Sea Bream (Sparus aurata) | 2G (600-800) - Τσιπούρα**

Code: R3419

Unit of Measurement: Kg

Packaging: -



### **Sea Bream (Sparus aurata) | 6G (2000+) - Τσιπούρα**

Code: R3584

Unit of Measurement: Kg

Packaging: -



### **Sea Bream (Sparus aurata) | 3G (800-1000) - Τσιπούρα**

Code: R3392

Unit of Measurement: Kg

Packaging: -



### **Sea Bass (Dicentrarchus labrax) | G (400-600) - Λαυράκι**

Code: R3391

Unit of Measurement: Kg

Packaging: -



### **Sea Bream (Sparus aurata) | 4G (1000-1500) - Τσιπούρα**

Code: R3394

Unit of Measurement: Kg

Packaging: -



### **Sea Bass (Dicentrarchus labrax) | 2G (600-800) - Λαυράκι**

Code: R3418

Unit of Measurement: Kg

Packaging: -

## farmed fish



### Sea Bass (*Dicentrarchus labrax*)

| 3G (800-1000) - Λαυράκι

Code: R3234

Unit of Measurement: Kg

Packaging: -



### Meagre-Croaker

(*Micropogonias undulatus*) |

4G (1000-1500) - Kpaviai

Code: R3393

Unit of Measurement: Kg

Packaging: -



### Sea Bass (*Dicentrarchus labrax*)

| 4G (1000-1500) - Λαυράκι

Code: R3235

Unit of Measurement: Kg

Packaging: -



### Kingfish FARMED

(*Seriola lalandi*)

Code: R3617

Unit of Measurement: Kg

Packaging: -



### Sea Bass (*Dicentrarchus labrax*)

| 5G (1500-2000) -

Λαυράκι

Code: R3236

Unit of Measurement: Kg

Packaging: -



### Fagri Farmed (*Pagrus major*) -

Φαγγρι Φαρμας

Code: R3448

Unit of Measurement: Kg

Packaging: -



### Sea Bass (*Dicentrarchus labrax*)

| 6G (2000+) -

Λαυράκι

Code: R3436

Unit of Measurement: Kg

Packaging: -



# seafood



## **Octopus pulpo tray aprox 3.5kg**

Code: F3070

Unit of Measurement: Kg

Packaging: 4PCS/CARTON



## **Wild Frozen Squid 2S (200-300gr/unit) Loligo Vulgaris**

Code: F3379

Unit of Measurement: Kg

Packaging: 10KG/CARTON



## **Squid whole S\_cartoon 5kg**

Code: F3635

Unit of Measurement: Kg

Packaging: 5KG/CARTON



## **Black Tiger Shrimps (Penaeus monodon) WILD**

Code: F3578

Unit of Measurement: Kg

Packaging: 1KG/CARTON



## **Shrimps 20/30 Vanammei\_ carton 20kg**

Code: F3636

Unit of Measurement: Kg

Packaging: 20KG/CARTON



## **Carabineros 00(5-7)**

Code: F3487

Unit of Measurement: Kg

Packaging: APPROX 1KG/ CARTON



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