

DISCOVER THE TRUE NATURE OF BEST QUALITY GREEK FOOD PRODUCTS.



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f/z
εf z'ín
"εϋ ζήν"

ABOUT US



WHO WE ARE

Ef Zin Greece Company was founded in 2012, in Athens by a group of people who live by the essence of the Mediterranean diet and decided to bring it around the world.

Carrying on the tradition of our ancestors throughout the centuries and by ensuring the best quality standards, we can now offer over 1.000 different products around the Globe.

WHY COOPERATE WITH US

What make us unique as a company is the professionalism and flexibility to cover the needs of our clients.

We can:

- Deliver either in small or big quantities for over 1.000 different products.
- Deliver in many different packaging sizes for all our product categories.
- Deliver EX WORK, FOB, CIF or DDP. Design and deliver Private Label products.



CERTIFICATIONS

ISO 22000:2018 is an internationally recognised standard that combines the ISO9001 approach to food safety management and HACCP for the assurance of food safety at all levels. The standard maps out how an organisation can demonstrate its ability to control safety hazards to ensure that food is safe.



CO NT EN TS

CHEESE

COLD CUTS & SAUSAGES

MEAT

FISH & SEAFOOD

OLIVE OIL

TABLE OLIVES

VINEGAR

BRINE PRODUCTS

SALADS

LEGUMES

PASTA

RUSKS

READY MEALS

PITA BREAD

BAKERY

BUTTER

SALT & SPICES

HERBS

HONEY, TAHINI & HALVAS

MARMALADE & SPOON SWEETS

NUTS

WINE & SPIRITS

PORTIONS & PRIVATE LABEL

CHEESE



FE TA P.D.O.



CONTAINERS

in metal tin 14kg
in vacuum 1kg
in vacuum 400g

PRE SLICED

in plastic tray 8kg

BARREL AGED

in plastic tray 12kg

12 MONTH AGED

in vacuum 3kg

How is Feta PDO made?

PDO Feta, the authentic Greek cheese, is made out of fresh or pasteurized sheep's milk or a mixture of sheep and up to 30% goat's milk. Next come the stages of milk curding, straining, salting, after which feta is placed in wooden barrels or special metallic tins with brine and is left to mature for a period of at least two months. During maturation period the cheese acquires its unique aromas and distinctive flavour variations.



Why choose Feta?

The production of Feta PDO follows the strict European quality and safety specifications under which a product can be certified as PDO.

Feta PDO is produced in the geographical area of mainland Greece (Macedonia, Thrace, Epirus, Thessaly, Mainland Greece, Peloponnesus) and the department of Lesvos (Lesvos, Limnos, Agios Efstratios)

The milk comes from sheep and goat breeds that graze freely in specific geographical areas in Greece, which stand out for their high biodiversity and special soil and weather conditions.

No powdered milk, colourants or preservatives are used for the production of Feta PDO which is free of antibiotic substances as well.

The milk, as well as the production and maturation process that must last for at least 2 months, give Feta PDO a unique taste profile, with exquisite characteristics such as full flavour, rich aromas, white colouring and a consistent but wonderfully soft structure.

Feta is a cheese of high nutritional value relatively low in fat and calories. It also contains B complex vitamins and calcium.

FETA P.D.O. LOCATION



History & Mythology of Feta

According to Homer's epic poems Cyclops Polyphemus, son of the god of sea Poseidon, was the first cheese, and in particular feta, maker in the world 3.000 years ago. As he used every day to carry the milk he collected from his sheep in his cave he noticed that a few days later the milk would thicken becoming solid, tasty and edible.

Feta was an essential component of the ancient Greeks' diet. Its special characteristics, which have remained intact through time, were handed down from one generation to the other and feta has become a symbol of local cultural heritage and a synonym of the Mediterranean diet.

GRAVIERA



Gruyère is made exclusively with sheep's or goat's milk. In our country we have a wonderful fauna of around 6,000 types of herbs which means that in every part of our country the goats and sheep produce different milk and consequently a different variety of cheese flavors.



KRITIS P.D.O.

whole, in half or quarter
in vacuum of 1.5kg
SLICE
in vacuum 250g

KRITIS SMOKED

whole, half or quarter
in vacuum of 9kg
SLICE
in vacuum 250g

WITH TRUFFLE

in vacuum a quarter of 10kg

WITH CHILI

in vacuum a quarter of 10kg

WITH PEPPER

in vacuum a quarter of 10kg

SYROS P.D.O.

6 MONTH MATURITY
in vacuum a quarter of 10kg
SLICE
in vacuum 250g

NAXOS P.D.O.

in vacuum a quarter of
9kg
SLICE
in vacuum 250g

SELECTIONS



SAN MICHALI P.D.O. SYROS

in vacuum a quarter of

10kg

SLICE

in vacuum 300g

San Michali is produced only from cow's milk one of the rarest cheese, has a spicy taste and golden skin and is aged for 8 months. Its mass is solid, with irregular holes and a crumbly cut like parmesan.

ARSENIKO NAXOS

price per kilo of 7kg

Arseniko is produced in the highlands of Naxos at an altitude of 700m and above, from sheep's and goat's milk. It matures in natural cellars and is seasoned with olive oil during its three-month maturation.



KASERI MYTILENE

price per kilo of 7kg

Kaseri is a semi-hard cheese with a slightly spicy taste. It has a solid mass, without holes in its body. It is produced in specific areas of Lesbos by sheep and goat milk. Kaseri matures for at least three months.



SELECTIONS

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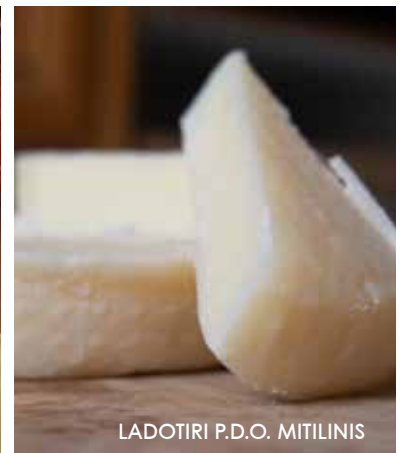


DRY MIZITHRA

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KRASOTIRI KOS



LADOTIRI P.D.O. MITILINIS

KEFALOTIRI

price per kilo 9kg

SFELLA P.D.O. SPARTI KALAMATA

price per kilo 8kg

PECORINO

in vacuum a quarter of 10kg

DRY MIZITHRA PELOPONESSE

in vacuum 500g

KRASOTIRI KOS

price per kilo 3kg

LADOTIRI P.D.O. MITILINIS

price per kilo 1.2kg

Kefalotyri is a very hard cheese, can be consumed as is, fried in olive oil for a dish called “saganaki” or added to foods such as pasta dishes, meat, or cooked vegetables, and is especially suited for grating.

Sfella is a spicy, salty cheese with a rich, acidic flavor. Its production is only allowed in the southern Peloponnese and can be used as an appetizer raw, baked or fried.

Greek Pecorino is made exclusively from goat and sheep milk. During its maturation, it acquires a strongly aromatic character and a spicy, salty taste with a characteristic pungency. Dry Mizythra with a rock-hard texture and salty taste from sheep/goat milk. It is usually savoured as a grating or cooking cheese over spaghetti for traditional Greek dishes. Krasotiri is a mainly a table cheese, it accompanies salads, oils, but also fruits. It is preserved and matured in wine, but mainly in its lees thus it is totally white inside but with a red coating outside.

Ladotyri Mytilinis is a traditionally prepared cheese from Greece, preserved in extra virgin olive oil. It is made on the island of Lesbos in the Northern Aegean Islands, and has been produced since ancient times.

SELECTIONS

Manouri is a semi-soft, fresh white cheese made from goat/sheep milk, creamier than feta, with only 0.8% salt content. It is used in salads, pastries, or as a dessert cheese.

Volaki gets its name comes from its shape, as it takes the shape of a ball. It is made from cow's milk. When fresh, it is used like feta, while whendried, its taste is reminiscent of spicy parmesan.

Xinotiri is a soft white cheese, made from local cow's milk, with a firm structure and a slightly acidic, full flavor. It is particularly aromatic and goes well with olive oil and fresh tomato.

Xinomizithra is a medium-soft fresh cheese that has been made in Crete for thousands of years. It has a slightly sour taste with a light texture, it contains less than 30% fat.

Talagani is a unique cheese made from sheep's milk. It is easily and quickly baked plain, without any substance. When cooked, it releases the rich aromas and special flavor. During baking it does not melt, it keeps its shape, while at the same time it acquires a chewy texture.

Haloumi is a cheese made from sheep/goat milk. Its texture is described as squeaky. It has a high melting point and so can easily be fried or grilled.

MANOURI

price per kilo 2kg

VOLAKI FROM ANDROS ISLAND

250g

XINOTIRI FROM SYROS ISLAND

250g

XINOTIRI SOFT COW MILK CHEESE FROM ANDROS ISLAND

with thyme and oregano 250g

XINOMIZITHRA P.D.O. IRAKLIO CRETE

350g

TALAGANI

price per kilo 700g

HALOUMI

price per kilo 250g/750g



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SELECTIONS

SPR EAD

KATIKI P.D.O. DOMOKOU

price per kilo 2.5kg

KOPANISTI P.D.O SYROS

price per kilo 2kg & 250g

KARIKI TINOS ISLAND

price per kilo 300g

CH EE SE

PICHTOGALO P.D.O. CHANIA CRETE

tupper 1kg

XIGALO P.D.O. SITEIA CRETE

tupper 1.1kg



Katiki is a fresh, traditional light cheese with only 13% fat, with an excellent taste, unique texture, and pleasant aroma.

Kopanisti is a salty, spicy cheese produced in Cyclades, for over 300 years. It owes its special flavor to the growth of fungi and is sometimes also called the "Greek Roquefort".

Kariki from Tinos is a rare and special ripening cheese, produced from local cow's milk. It matures naturally, in water pumpkins and has a full bodied aroma and taste.

Pichtogalo has the texture of thick yogurt and the "lively" smell of fresh milk. Its taste is full, buttery, with a subtle acidity, enough to give it intensity.

Xigalo is a soft, spreadable cheese that has been produced in Siteia for over 50 years from goat or sheep milk. Its taste is fresh, acidic, and slightly salty.



HALOUMI



KOPANISTI



DRY MIZITHRA

COLD CUTS



SAUSAGES



SAUSAGE WITH SWEET PEPPERS

SAUSAGES WITH LEEKS FROM THESSALIA

price per kilo 300g/1.2kg

SAUSAGES WITH ORANGE FROM PELOPONNESE

price per kilo 300g/1.2kg

SAUSAGES WITH RED SWEET PEPPERS FROM MACEDONIA

price per kilo 300g/1.2kg

SAUSAGES WITH FENNEL FROM AEGEAN ISLANDS

price per kilo 300g/1.2kg

SAUSAGES WITH STAMNAGATHI

price per kilo 300g

“PASTO” SAUSAGE WITH ORANGE FROM KALAMATA

price per kilo 300g/1.2kg

Sausages with leeks n ideal combination of fresh pork with fresh leeks, that provides a sweet but savory after taste.

Sausages with orange have a slightly acidic and highly aromatic taste of the orange in perfect balance with the full flavor of the meat and spices.

Sausages with sweet red peppers combine the spice and sweetness of both ingredients. Increased with light herb flavors create a mouthfull.

Sausages with fennel are traditional in the Aegean Islands as fennel is high in aromas in these areas with a mild anise aftertaste.

Sausages with stamnagathi provide an excellent bitter-sweet combination along with the pork meat and spices.

Pasto Sausage with orange from Kalamata has a unique form of making, as first it is smoked and then boiled with herbs and spices, providing a very different texture and taste.



SAUSAGE WITH LEEKS

COLD CUTS

BEEF PASTRAMI FROM KARPENISI

price per kilo 300g/1.5kg

PROSCIUTTO FROM KARPENISI

price per kilo 5kg

APAKI FROM CRETE

price per kilo 250g

SIGLINO FROM PELOPONNESE

price per kilo 250g

NOUBOULO FROM KERKIRA

price per kilo 500g



Apaki is a traditional cured meat from Crete. It is made from pork, which is cut into pieces marinated in vinegar with spices, including herbs and spices. It is then hung and smoked on sprigs of sage and thyme.

Syglino is a cured meat made from pork. The preparation starts with cutting the meat into strips and then it is placed in salt to dry, it is then smoked for up to a full day in wood, along with sage sprigs. Finally it is simmered with various spices and herbs, such as orange, allspice, pepper, cloves, cinnamon and rosemary and as soon as it is ready, it is placed in olive oil.



Nouboulo is made from strips of pork, which is first salted and then marinated in wine. Afterwards it is covered in pepper and oregano where it is smoked and remains to dry out in the open.

Beef Pastrami is produced from whole veal cuts from the leg. They are marinated, and covered with whole grains of spices and peppers. They are smoked and slowly baked in beech wood. The result is a mesmerizing flavor of juicy charcuterie that combines the taste of beef with the intensity of herbs.



Prosciutto is produced from specially selected pork leg following the tradition of Karpensi. Product of natural maturation of at least 12 months. A truly wonderful traditional cold meat, offering aromas of the fir forest.

MEAT DELICACIES

SALAMI FROM LEFKADA

price per kilo 250g

SALADO FROM KERKIRA

price per kilo 250g

SOUNTZOUKI

price per kilo 250g

PASTOURMAS

price per kilo 250g

KAVOURMAS

price per kilo 250g

PICHTI

price per kilo 250g

PROVATINA SMOKED

price per kilo 250g



The salami is made from fresh minced pork meat. Special pork lard then is cut into cubes along with the meat, salt, ground pepper, garlic are well mixed. Then it is placed in natural gut, hung for ripening process.

Salado is made from pork, pepper, garlic, sea salt, Kerkira (Corfu) herbs and aromatic plants. It then matures and smoked in oak wood and aromatic plants.

Soutzouki is a type of traditional type of sausage. In essence, it is a type of salami since it is made in a similar way, but also firmer and spicier because it contains cumin, black pepper etc.

Pastourmas is dehydrated and cooked with coarse salt under pressure while in the final stage the cured meat is covered on the outside with a layer of spices, a reddish ointment composed of cumin, garlic and paprika, and dries by hanging in the air.

Kavourmas meat is first salted to dry. Then it is simmered with spices such as nutmeg, cinnamon, cloves, allspice. It is available in a cylinder shape which is cut into slices ready to eat.

Pichti delicacy is made from pork meat, known since ancient times, especially loved during Byzantine times. The meat is slow boiled along with herbs, spices and vinegar creating a gel effect all over to keep it firm as a shape.

Smoked provatina is made only from matured female sheep meat. It is smoked with herbs and spices which adds a freshness to the already very dense taste of this special meat.

MEAT



FROZEN



MEAT SELECTIONS



CHICKEN



GOAT



KOKORETSI



LAMB



KONTOSOUBLI

WHOLE CHICKEN

CHICKEN WINGS OR THIGHS

WHOLE GOAT
6 CUT GOAT

WHOLE LAMB
6 CUT LAMB

KOKORETSI

KONTOSOUBLI

Whole roasted chicken with lemon and oregano is a traditional dish in Greece that is used for a Sunday family gathering. Many recipes use also chicken.

Greek goat is mainly made with rosemary or thyme covered in the oven slow cooked for hours or in the stove with potatoes.

Lamb can be made with a lot of variations but a very delicious one is a lamb tomato stew with kritharaki pasta.

Kokoretsi is very complex to make as it contains many parts of the lamb and is it then covered in its intestines to hold all the ingredients. All parts are thoroughly cleaned and slow roasted in large barbeques.

Kontosouvli is made of marinated pork meat and in between has slices of onions and colorful peppers.

GYROS & SOUVLAKI ❄️ FROZEN



WHOLE GYROS PORK
price per kilo 7-130kg

WHOLE GYROS CHICKEN
price per kilo 7-130kg

WHOLE GYROS BEEF
price per kilo 7-30kg

WHOLE GYROS DONER
price per kilo 7-30kg

HANDMADE PORK SKEWER
price per kilo 90-100g

HANDMADE BEEF SKEWER
price per kilo 90-100g

HANDMADE CHICKEN FILLET SKEWER
price per kilo 90-100g

HANDMADE CHICKEN LEGS SKEWER
price per kilo 90-100g

HANDMADE KEBAB SKEWER
price per kilo 90-100g

GRILLED PORK FLAKES GYROS
price per kilo 800g

GRILLED CHICKEN FLAKES GYROS
price per kilo 800g



The beauty of souvlaki, Greece's most popular street food, is its simplicity. Its name is a diminutive of the Greek word *souvla*, which means skewer. Essentially, it's meat on a skewer, grilled over charcoal and served in various ways, most commonly wrapped in pita bread along with sliced tomatoes, onions and yoghurt.

But souvlaki has infinite variations and a rich history that goes back centuries. Initially referred to as *obeliscos* (or 'spit') this classic Greek dish is described in several ancient texts, including Homer's *Iliad* and Athenaeus' *Deipnosophists*. *Obeliscoi* were sold at *thermopolia*, places that sold hot food and wine.

Back then, meat skewers were grilled on beautifully crafted stone or ceramic sets with fitted skewers known as *krattefes*. Some of these barbecues were unearthed recently at Akrotiri on Santorini, proving that souvlaki was popular even back in the 17th century BC.

The meat filling of souvlaki nowadays can be of various meat selections or can be consumed on their own with some roasted bread slices.

This is the most delicate street food of Greece, rich in flavors and ingredients that can keep you full.

FROZEN



HALAL CERTIFIED

Halal is a Food Safety Management System in compliance with the Law of Sharia (Muslim Holy Law).

In Arabic the word Halal means “lawful or permissible” and does not apply only to food and drinks, but also many other products of daily life.

The Standards Halal Quality Control Standard 1001, Halal Products - General Requirements for Halal Food 1002 and the Guideline HAS 23103 set out the requirements for a HALAL Food Management System, which is based on ISO 22000:2005 Standard and on the principles of HACCP.

Halal Food Safety Management System is based on the following principles:

- Company vision and responsibility
- Sanitary System
- Traceability of the product from the first processing stage to the consumer's table
- Hazard assessment
- Marking
- Continuous monitoring and improvement

HALAL WHOLE GYROS CHICKEN

price per kilo 7-130kg

HALAL WHOLE GYROS BEEF

price per kilo 7-30kg

HALA WHOLE GYROS DONER

price per kilo 7-30kg

HALAL HANDMADE BEEF SKEWER

price per kilo 90-100g

HALAL HANDMADE CHICKEN FILLET SKEWER

price per kilo 90-100g

HALAL HANDMADE CHICKEN LEGS SKEWER

price per kilo 90-100g

HALAL HANDMADE KEBAB SKEWER

price per kilo 90-100g

HALAL GRILLED CHICKEN FLAKES GYROS

price per kilo 800g



KEBAB



CHICKEN SKEWER



CHICKEN GYROS



DONER

FISH & SEAFOOD



SALTED SEAFOOD & FISH

MARINATED ANCHOVY FILLET

2kg in plastic tray/180g in glass vase

MARINATED GAVROS FILLET

2kg in plastic tray/ 180g in glass vase

MARINATED SARDINES FILLET

2kg in plastic tray/ 180g in glass vase

ANCHOVY WHOLE IN SALT

5,5kg in tin

SARDINES WHOLES IN SALT

5,5kg in tin

TONOLAKERDA SLICES

2kg in plastic tray

TSIROBALATA

2kg in plastic tray

MACKEREL

2kg in plastic tray

MARINATED BROAD TAIL SHORT FIN SQUID SLICES

2kg in plastic tray

SMOKED EEL

500g in plastic vacuum

SMOKED TROUT

100g in plastic vacuum

MARINATED SHRIMPS

2kg in plastic tray

MARINATED SMOKED MUSSELS

2kg in plastic tray

MARINATED OCTOPUS SLICES IN VINEGAR

2kg in plastic tray/180g in glass vase

RED TARAMOPOLTOS 10% COD EGG

3kg in plastic tupper

WHITE TARAMAS 100%

2kg in pet

GREY MULLET BOTTARGA

price per kilo

GREY MULLET BOTTARGA GRATED

75g vase



FRESH FISH

SEABASS WHOLE *Dicentrarchus labrax*
price per kilo
sizes 300-400g/400-600g/600-800g/
800-1kg/1kg-1.5kg/1.5kg-2kg/2kg-3kg

SEABASS CLEANED UNGUTTED
sizes 300-400g/400-600g/600-800g

SEABREAM WHOLE *Sparus aurata*
sizes 300-400g/400-600g/
600-800g/800-1kg

SEABREAM CLEANED UNGUTTED
sizes 300-400g/400-600g/600-800g

SEABASS FILLET CUT
sizes 90-140g/140g-180g

RED PORGY "FAGRI" WHOLE
sizes 400-600g/600-800g/800-1kg/ 1kg-1.5kg

RED PORGY "FAGRI" CLEANED UNGUTTED
sizes 300-400g/400-600g/600-800g

RED PORGY "FAGRI" FILLET CUT
sizes 90-140g/140g-180g

MAEGRE "MILOKOPI" WHOLE *Argyrosomus Regi-*
us
sizes 500-800g/800-1kg/1kg-1.5kg
1.5kg-2kg/2kg-3kg/3kg-4kg

MAEGRE "MILOKOPI" FILLET CUT
sizes 90-140g/140g-180g



The seabream and seabass are two distinct fish of Greece with a delicate taste. Both of them can be enjoyed either roasted as a whole or sauted with their fillets. A traditional Greek recipe is to combine them with a mixture of fresh extra virgin olive oil, some lemon and oregano.

Red Porgy or Fagri is an excellent firm fish with reddish skin. Its meat is very hearty and can be cooked in the grill or be transformed in a very rich fish soup with herbs, tomato and vegetables.

Milokopi a mild, sweet flavor with firm flesh and large, moist flakes. It is comparable to Red Snapper. This exquisite fish is a rare delicacy which most of the times is cooked either grilled or baked in large pots with Greek vegetables.

FROZEN



FISH & SEAFOOD



BLUE SHARK STEAK

SEABASS HEAD ON GUTTED SCALED

price per kilo size 400-600g

SEABREAM HEAD ON GUTTED SCALED

price per kilo size 200-300g

SARDINE WHOLE ROUND

IQF FAO37 price per riklo

ANCHOVY IQF FAO37

approx 80Ppcs/kg price per kilo

BLUE SHARK STEAKS SKINLESS

price per kilo 12/20kg

OCTOPUS IQF FLOWERED

price per kilo

OCTOPUS TENTACLES

(LARGE) I.Q.F price per kilo

PEELED SHRIMPS LARGE

40/80pcs/500g price per item

SQUID TUBES HEAD ON CLEANED IQF

400/600g price per kilo

SQUID RINGS PACKED

1 kg price per kilo

CUTTLEFISH WHOLE CLEANED U1

price per kilo



SQUID RINGS

OLIVE OIL





EXTRA VIRGIN



CONTAINERS

- in metal tin 5lt
- in pet 1lt
- in glass bottle
- 50ml/250ml/500ml/750ml/lt
- in pet bottle 20ml

MIXED SALAD OIL

- in pet 5lt

THE PREMIUM SIDE

EXTRA VIRGIN OLIVE OIL

- in glass bottle 50ml/250ml
- in wooden engraved box
- with 250ml

Extra virgin olive oil is the purest form of oil that comes straight from the olive trees, without having undergone industrial processing. It has a strong fruity taste and the distinct aroma of freshly cut olives. A pleasant bitterness and a short-term burning sensation can be present. Extra Virgin Olive oil is the olive oil whose acidity does not exceed 0.8%.

TABLE OLIVES



TABLE OLIVES VARIETIES

VARIETY	KALAMATA	QUEEN	HALKIDIKIS	AMFISSIS
WHOLE	SUPERIOR (261-290) JUMBO (181-200) COLOSSAL (121-140) Barrel 13kg/PET 2kg	COLOSSAL (121-140) Barrel 13kg/PET 2kg	COLOSSAL (121-140) Barrel 13kg/PET 2kg	COLOSSAL (121-140) Barrel 13kg/PET 2kg
PITTED	JUMBO (181-200) Barrel 10kg/PET 2kg	COLOSSAL (121-140) Barrel 13kg/PET 2kg	COLOSSAL (121-140) Barrel 13kg/PET 2kg COLOSSAL WITH ALMOND COLLOSAL WITH GARLIC COLLOSAL WITH NATURAL PEPPER	COLOSSAL (121-140) Barrel 13kg/PET 2kg COLOSSAL WITH ALMOND COLLOSAL WITH GARLIC COLLOSAL WITH NATURAL PEPPER
SLICED	PET 2kg	PET 2kg	PET 2kg	PET 2kg

BLACK OLIVES KALAMATA VARIETY

The Kalamata olive is a large, dark purple olive with a smooth, meaty texture named after the city of Kalamata in the southern Peloponnese, Greece. They are a part of the human diet since their earliest cultivation probably over five thousand years ago, since Ancient Greek times.

GREEN OLIVES QUEEN VARIETY

Rich, bold and silky smooth, the Queen Olive is the flamboyant member of the olive family. It's larger than most olives and boasts a wider taste profile. Its unique processing produces an olive with a slightly drier texture and a nutty, spicy flavor, that is grown all over Peloponnese.

GREEN OLIVES CHALKIDIKIS VARIETY

This famous Greek olive is plump with a meaty bite and tremendous fruity, briny, buttery and pleasantly sour flavor. This beloved olive shares its birthplace with famous philosopher, Aristotle. The Chalkidiki is grown and harvested on the Chalkidiki Peninsula of Northern Greece.

BLACK OLIVES AMFISSIS VARIETY

The olives from Amfissa are amongst the most widespread table olives in Greece. Amfissis olives are cultivated almost exclusively in Central Greece. Unlike olives that shrivel up after curing, these are fully mature olives that are not picked, they ripen and shrivel on the tree.

GREEN OLIVES NAFLPION VARIETY

Produced mainly in the area of Nafplion, they are small green olives and have a salty and slightly spicy taste. They mature within each other and have a slit to allow herbs to penetrate.

TABLE OLIVES VARIETIES



SENSATIONS LINE



MARINATED OLIVES

- KALAMATA OLIVES** with Extra Virgin Olive Oil
- MIXED OLIVES** with Chili and Oregano
- GREEN OLIVES CRACKED** with Lemon, garlic and oregano
- GREEN OLIVES** with Thyme and Basil
- GREEN OLIVES** with Oregano and Paprika
- ROASTED QUEEN OLIVES**



INFUSED

- BASIL**
- ORANGE**
- CHILI**
- ROSEMARY**
- CHOCOLATE**
- BLACK TRUFFLE**

OLIVE OIL

VINEGAR



VINEGAR & LEMON



RED WINE VINEGAR 6°

50ml in transparent glass bottle
400ml in pet plastic bottle
5lt in pet plastic bottle

WHITE WINE VINEGAR 6°

50ml in transparent glass bottle
400ml in pet plastic bottle
5lt in pet plastic bottle

APPLE VINEGAR 6°

5lt in pet plastic bottle

LEMON JUICE (70%)

350ml/5lt in plastic bottle

LEMON SAUCE (20%)

350ml/5lt in plastic bottle

BLACK BALSAMIC VINEGAR 6°

20ml in plastic pet bottle
5lt in pet plastic bottle

WHITE BALSAMIC VINEGAR 6°

5lt in pet plastic bottle

BLACK BALSAMIC CREAM VINEGAR

500ml in pet plastic bottle

WHITE BALSAMIC CREAM VINEGAR

500ml in pet plastic bottle

BLACK BALSAMIC CREAM VINEGAR

with fig or pomegranate 250ml in plastic bottle

GRAPE SYRUP

500ml in plastic bottle

BRINE PRODUCTS



BRINE PRODUCTS



CAPER



RED ROASTED FLORINA PEPPERS

CAPER

370ml in glass vase/3kg in plastic tupper

CAPER APPLE

1kg in plastic tupper

CAPER LEAVES

1kg in plastic tupper

ROCK SAMPHIRE

370ml in glass vase/3kg in plastic tupper

BABY GHERKINS

370ml in glass vase/5kg in plastic tupper

GHERKINS 6-9

4,4kg in tinplate

RED ROASTED FLORINA PEPPERS

500ml in glass vase/4,2kg in plastic tupper

GREEN AND RED CHILI PEPPERS

370ml in glass vase

GREEN PEPPER MACEDONIAN

370ml in glass vase/4,8kg in tinplate

SUNDRIED TOMATO

300ml in glass vase/2,6kg in plastic tupper

MIXED PICKLED VEGETABLES

5kg in tinplate

BEETROOTS SLICED

4,3kg in tinplate

ROASTED EGGPLANT PUREE

4,2kg in plastic tupper

VINE LEAVES

48g in glass vase/3,8kg in plastic tupper

STUFFED VINE LEAVES WITH RICE

2kg in plastic tupper



SUNDRIED TOMATOES



GREEN PEPPERS MAKEDONIKO

SALADS





EGGPANT SALAD

TZATZIKI

5kg in plastic tupper

TIROKAFTERI SPICY CHEESE SALAD

5kg in plastic tupper

EGGPLANT SALAD

2kg in plastic tupper

KIPOUROU SALAD

5kg in plastic tupper

OUGAREZA SALAD

5kg in plastic tupper

TIROSALATA CHEESE SALAD

5kg in plastic tupper



TIROKAFTERI SALAD

Tzatziki is a salted yogurt and cucumber dip that's made of strained yogurt, shredded cucumber, olive oil, garlic, lemon juice, salt, and herbs. It is used to accompany any traditional meat Greek food.

Tirokafteri is a spicy appetizer which consists of feta cheese, olive oil, hot green pepper, vinegar and salt. It is a great company to all Greek meals.

Eggplant Salad is said to have originated in Greek monasteries. Grilled eggplant puree with fresh tomatoes, herbs, onions, bell peppers tossed with olive oil, lemon juice are some of its basic ingredients that make it fresh and smoky.



OUGAREZA SALAD

Kipourou salad or else "Gardener's" salad is made of fresh carrots, gabbage, mayonnesse and often vinegar salt. It is ideal for some dip choices or as an appetizer to your dishes.

Ougareza salad is a type of salad that belongs to the category of salves. This is a very tasty spread made with ham and mayonnaise, but it can also contain other ingredients such as onion, yellow cheese, peppers, eggs, pickled cucumber, etc.

Tirosalata is also made of cheese as feta but in spread form. It can contain herbs or milk & yogurt. This is similar to Tirokafteri but without the spicy essence!

LEGUMES



LEGUMES

SPLIT PEAS FAVA

500g/2kg/25kg in plastic bag

VANILLA BEANS

2kg/25kg in plastic bag

MEDIUM BEANS

2kg/25kg in plastic bag

BIG BEANS

2kg/25kg in plastic bag

GIANT BEANS

500g/2kg/25kg in plastic bag

ELEPHANT BEANS

500g/2kg/25kg in plastic bag

BLACK EYED PEAS

500g/2kg/25kg in plastic bag

CHIK PEAS

500g/2kg/25kg in plastic bag

SMALL LENTILS

2kg/25kg in plastic bag

BIG LENTILS

500g/2kg/25kg in plastic bag

MIXED LENTILS

500g in plastic bag

MIXED PULSES

500g in plastic bag

MEDIUM BEANS

500g in plastic bag



PASTA



TRADITIONAL

HILOPITES

500g in plastic bag

SWEET FRUMENTY TRAHANAS

500g in plastic bag

SOUR FRUMENTY TRAHANAS

500g in plastic bag

SOUR THICK FRUMENTY XINOHONDROS TRAHANAS

500g in plastic bag



HILOPITES STEW WITH CHICKEN



TRAHANOTTO

Hilopites are a traditional Greek pasta made from flour, eggs, milk, and salt. They take the form of small squares. The pasta is traditionally made by rolling the dough out into a thin sheet, dusting with flour, and slicing twice: first into thin fettuccine like strips, then again into small squares. Some common dishes made with hilopites are chicken noodle soups, baked chicken with red sauce, or simple boiled pasta dish with oil and cheese.

Trachanas is a pasta made from flour and milk and has a granular and irregular shape. The grains are about 2-3 millimeters in diameter. It comes in different varieties: sour and sweet, thick and fine. Sour trachanas is fermented with yogurt or sour milk giving an extra aftertaste. Trachana is arguably the world's oldest fast food and certainly one of its oldest comfort foods. In Greece it is made in soups with just a little butter or in tomato sauce and of course a greek version of risotto which is cold "trahanotto" for some rare delicacy.

Xinohondros Trachanas is also made from sour milk but not from flour, but rather smashed wheat. It is more rustic and keeps the flavor of the original grain before it becomes flour. It is used with many recipes as soup, with vegetables such as eggplants but also as a great company to meat stews.

FRESH PASTA

NATURALLY AIR DRIED PASTA

This pasta is made from durum wheat varieties cultivated in high altitudes & grinded under low temperatures between the round stones of the stone mill. They are hand shaped without preservatives. They are dried at room temperature for 4 to 6 days, and not in a heat dryer, in order to preserve all the vitamins and flavor of the Greek countryside. For this they only need 2 minutes time to boil.

PAPPARDELLE

1 kg in plastic bag

TAGLIATELLE

1 kg in plastic bag

TAGLIATELLE WITH SAFFRON

1 kg in plastic bag

TAGLIATELLE WITH SQUID INK

1 kg in plastic bag

TAGLIOLINI

1 kg in plastic bag

TAGLIOLINI WITH GARLIC

1 kg in plastic bag

STRIFTARIA

1 kg in plastic bag

ORZO

1 kg in plastic bag

ORZO WITH SAFFRON

1 kg in plastic bag

TRAHANAS

1 kg in plastic bag

TRAHANAS WITH SAFFRON

1 kg in plastic bag



Pappardelle, tagliatelle or tagliolini are long pasta strips that are from thick to thin size. When the thickness is bigger so is the sauce too! For example you begin with a beef ragu for pappardelle, a mild tomato prawn sauce for tagliatelle and a refined lemon garlic sauce for the tagliolini. Special flavors are added to this pasta such as garlic, saffron or even squid ink (which makes them really black to provide more flavor depth).

Striftaria is a traditional pasta, short around 5 cm and on one side it is grooved, i.e. what it needs to stick to any sauce, whether red or white.

Orzo is a small pasta that resembles the grains of rice. In traditional Greek recipes it accompanies meat in the oven often with tomato sauce which is slowly cooked. Apart from that the modern version is "kritharotto" from the Greek name of this pasta kritharaki.

FROZEN



FROZEN PASTA



RAVIOLI STUFFED WITH FETA & RED FLORINA PEPPER

RAVIOLI 7cm x 8cm

STUFFED WITH ANTOTIRO & SPINACH
500g in plastic bag

RAVIOLI 7cm x 8cm

STUFFED WITH SUNDRIED TOMATO
& MANOURI
500g in plastic bag

RAVIOLI 7cm x 8cm

STUFFED WITH FETA
& RED FLORINA PEPPER
500g in plastic bag

RAVIOLI 7cm x 8cm

WITH APAKI
& CRETAN GRUYERE
500g in plastic bag

RAVIOLI 7cm x 8cm

ANTHOTIRO
& TRUFFLE MOUSSE
500g in plastic bag



RAVIOLI STUFFED WITH ANTHOTIRO & TRUFFLE MOUSSE

RUSKS





CAROB RUSKS

CAROB RUSK BITES

300g in plastic bag

BARLEY RUSKS NTAPOS

2Kg in plastic bag

OLIVE OIL RUSKS

400g in plastic bag

BARLEY CUP SMALL

40g/4 pieces in plastic bag

BARLEY CUP BIG

140g/4 pieces in plastic bag







PASTITSIO

2,5kg in tray 6 portions/item

MOUSAKA

2,5kg in tray 6 portions/item

SOUTZOUKAKIA WITH RICE

1,6kg in tray 3 portions/item

PAPOUTSAKIA

1,8kg in tray 4 portions/item

IMAM

1,8kg in tray 4 portions/item

LAHANODOLMADES

2,5kg in tray 5 portions/item



Traditional Greek food with pasta, minced meat in red sauce and bechamel. It is a hit in every Sunday lunch with all the members of the family.

Traditional Greek food with potatoes, eggplant, minced meat in red sauce and bechamel. Maybe the most well known dish of Greek cuisine without any doubt.

Traditional Greek food of beef meatballs in red sauce and rice. This meat sauce is flavored with great herbs and spices such as cumin, garlic and of course fresh tomato sauce.

Traditional Greek food of stuffed eggplants with minced meat in red sauce and on top bechamel sauce. The name of the food means small shoes as they resemble the shape of the eggplants.

Traditional Greek food of stuffed eggplants red onions in red sauce. This slow cooked sauce with sauted onions is very sweet and also spicy at the same time, providing a great vegan dish.

Traditional Greek food of stuffed cabbage with rice & minced meat egg-lemon white sauce. Sometimes it is also often to add some fresh tomato in the sauce but most of the time this creamy essence is the best to savor this dish along with fresh dill on top.

PITA BREAD

 FROZEN





Pita bread is a special preparation of yeast-leavened round flatbreads baked from various flours, common in the Mediterranean.

It is widely used in Greek cuisine for wrapping souvlaki meat and all other ingredients or it can be a great company to barbecues or tzatziki and other dips.

PI TA FOR SOUVLAKI

WHEAT PITA

10cm/15cm/16cm
17cm/18cm/21cm/22cm
in plastic bag

CORN PITA

18cm in plastic bag

WHOLE GRAIN PITA

18cm in plastic bag

ZEAS FLOUR PITA

18cm in plastic bag

CAROB PITA

10cm/18cm in plastic bag

VOLCANO PITA

NATURAL ACTIVE CHARCOAL
18cm in plastic bag

BAKERY FROZEN



FILLO & PIES



FILLO KATAIFI

1 kg in plastic bag

FILO BAKLAVA

1 kg in plastic bag

FILO SFOLIATA

1 kg in plastic bag

TIROPITA CHEESE PIE

1 kg in plastic bag

SPANAKOPITA SPINACH PIE

1 kg in plastic bag

SPANAKOTIROPITA SPINACH PIE WITH CHEESE

1 kg in plastic bag

BOUGATSA SWEET CREAM PIE

1 kg in plastic bag

Kataifi fillo is a special filamentous dough. It consists of thin, long and elastic dough fibers that are essential for the preparation of traditional sweet as well as imaginative savory dishes.

Baklava filo is a very thin sheet almost clear that is used for savory pies such as spinach or the famous greek dessert baklava which has layers of filo and nuts dipped in golden syrup.

Sfoliata is a puff pastry fillo which consists of many layers combined together that make it puff once it is baked in the oven. In Greece it is used a lot for cheese pies but also some stuffed sweet ones such as apples and other recipes.

BUTTER



BUTTER



"TSOXTI" MAKARONADA (SPAGHETTI) WITH SHEEP GOAT BUTTER
PASTA DISH WITH BURNED BUTTER, FRIED EGGS AND MIZITHRA CHEESE

COW BUTTER

4,5kg in plastic tupper

SHEEP GOAT BUTTER

4,5kg in plastic tupper

GHEE BUTTER 99% COW MILK

750g in plastic tupper



KOURABIEDES WITH COW BUTTER
TRADITIONAL DESSERT FOR CHRISTMAS

SALT & SPICES



SALT

FLEUR DE SEL
AFRINA MESOLLOGI
in doypack 500g

SALT THIN & MEDIUM MESOLLOGI
in white tupper 25kg

REFINED SEA SALT
in white tupper 12,5kg

SMOKED SALT CYPRUS
in doypack 100g



KROKOS KOZANIS
in doypack 5g

MASTIHA CHIOS
in doypack 100g

MAHLEPI
in plastic bag 100g

KARDAMO
in plastic bag 500g

CHIA SEEDS
in plastic bag 100g

AMARANTHOS
in plastic bag 500g

STAR ANISE
in plastic bag 500g

ANISE
in plastic bag 500g

TURMERIC KOURKOUMAS
in plastic bag 500g

CUMIN
in plastic bag 500g

PARPIKA CRUSHED
in plastic bag 500g

SWEET PAPRIKA
CRUSHED BUKOVO SWEET
in plastic bag 500g

GREEK SALAD MIX
in plastic bag 500g

TZATZIKI MIX
in plastic bag 500g

GREEK MEAT MIX
in plastic bag 500g

GREEK FISH MIX
in plastic bag 500g

SPI CES

HERBS



OREGANO GRATED

30g in doypack/500g in plastic bag

OREGANO STICK

30g in doypack

ROSEMARY

30g in doypack/500g in plastic bag

THYME

30g in doypack/500g in plastic bag

SAGE

30g in doypack/100g in plastic bag

BASIL

30g in doypack/100g in plastic bag

DICTAMUS

30g in doypack/500g in plastic bag

SPEARMINT GRATED

30g in doypack/500g in plastic bag

SAVORY THROUBI

500g in plastic bag

LAUREL

500g in plastic bag

MANTZOURANA

500g in plastic bag

OLIVE LEAVES

500g in plastic bag

LAVENDER

30g in doypack/500g in plastic bag

VERBENA LOUIZA

30g in doypack/100g in plastic bag

ECHINAKEA

30g in doypack/500g in plastic bag

CHAMOMILE

30g in doypack/100g in plastic bag

TILIO

30g in doypack/100g in plastic bag

HYSSOP

30g in doypack/100g in plastic bag

ST JOHN'S WORTH VALSAMO

30g in doypack/100g in plastic bag

MOUNTAIN TEA

30g in doypack/100g in plastic bag

MOUNTAIN TEA WITH MINT

30g in doypack/100g in plastic bag

NETTLE

500g in plastic bag



OREGANO GRATED



CHAMOMILE TEA

HONEY, HALVAS & TAHINI



HONEY



THYME | BLOSSOM | HEATHER | ARBUTUS | CHESTNUT | FIR | FOREST

in glass jar 250g

FLOWERS | FOREST | THYME

in plastic tupper 5kg

HALVAS

VANILLA | ALMONDS | COCOA

2,5kg in plastic tupper



The tahini with which sesame halva is prepared is a food of exceptional nutritional value, with good biological value protein, beneficial fatty acids and minerals and trace elements necessary for the good health and balance of the body.

TAHINI



TAHINI

1 kg in plastic tupper



WHOLE GRAIN TAHINI

1 kg in plastic tupper



PEANUT BUTTER

1 kg in plastic tupper



**HAZELNUT PRALINE
WITH COCOA**

1 kg in plastic tupper

MARMALADE & SPOON SWEETS



MARMALADE



FRUIT SPREAD 100% Fruit
 STRAWBERRY | ORANGE | CHERRY
 PEACH | APRICOT | APPLE | KIWI
 230g in glass vase



MARMALADE 55% Fruit
 CAROB | MELON | OLIVE | FIG | PRICKLY PEAR
 CARROT | WATERMELON | POMEGRANATE
 230g in glass vase

These marmalades have no added sugar but still maintain the sweetness from the grape syrup. Our marmalades are completely natural directly from Greek Fruits.

MARMALADE 85% Fruit
 OLIVE STRAWBERRY
 TOMATO ORANGE
 FIG CHERRY
 APPLE PEACH
 KIWI APRICOT



ORANGE MARMALADE



SOUR CHERRY SPOON SWEET

ORANGE
 BITTER ORANGE
 CHERRY
 SOUR CHERRY
 FIG
 BERGAMOT
 QUINCE
 CHESTNUT
 ROSE PETALS

250g in glass vase/5kg in plastic tupper

SPOON SWEETS



NUTS





ALMOND THICK RAW

1 kg in plastic bag

ALMOND THICK ROASTED & SALTED

1 kg in plastic bag

ALMOND SLICES

1 kg in plastic bag

ALMOND POWDER

1 kg in plastic bag

ALMOND BLANCHED RAW

1 kg in plastic bag

ALMOND BLANCHED ROASTED

1 kg in plastic bag

ALMOND CROCAN T WHITE

1 kg in plastic bag

WHOLE PISTACHIO AEGINA TYPE

RAW WITHOUT SHELL

1 kg in plastic bag

WHOLE PISTACHIO AEGINA TYPE

ROASTED & SALTED WITH SHELL

1 kg in plastic bag

WALNUTS 1/2 & 1/4

1 kg in plastic bag

PEANUT ROASTED & SALTED

1 kg in plastic bag

PEANUT BLANCHED ROASTED & SALTED

1 kg in plastic bag

HAZELNUT ROASTED

1 kg in plastic bag

SUNFLOWER SEEDS WITHOUT SHELL

1 kg in plastic bag

SUNFLOWER SEEDS WITH SHELL

1 kg in plastic bag

SUNFLOWER SEEDS WITH SHELL

ROASTED & SALTED

1 kg in plastic bag

PUMPKIN SEEDS WITHOUT SHELL

1 kg in plastic bag

PUMPKIN SEEDS WITH SHELL

ROASTED & SALTED

1 kg in plastic bag

BLACK RAISINS

1 kg in plastic bag

BLONDE RAISINS

1 kg in plastic bag

FIGS

1 kg in plastic bag

WINE & SPIRITS



WI NE

RED WINE DRY AGIORGITIKO | MERLOT
750ml in glass bottle/10lt in pouch

WHITE WINE DRY SAVVATIANO PGI
750ml in glass bottle/10lt in pouch

ROSE WINE DRY MOSCHATO
750ml in glass bottle/10lt in pouch

RED WINE SEMISWEET AGIORGITIKO | MERLOT
10lt in pouch

Savatiano is a breezy Mediterranean white wine has an intense freshness but a very wide aromatic spectrum. A long aftertaste with peppery acidity is sure surprising by any sip, accompanies light cheese, white meat and fish or seafood.

The Moscato variety gives here its wonderful floral aromas that are more reminiscent of a rose. In the mouth it has a subtle sweetness and can accompany fruits and generally light desserts with cream and fruit.

Blend of Agiorgitiko and Merlot with dark ruby color and very rich aromatic and tasty character. Its main aromatic characteristics are dark wood and sweet cherry which can accompany red meat plates, rich cheese, game and thick red sauces.



The basic ingredients for making ouzo are two: alcohol and aromatic seeds. like anise, fennel, Chios mastic, coriander and cardamom. Also, depending on the “recipe”, other herbs are added, such as cinnamon, mint, ginger, angelica root, cloves, linden, but even orange, bitter orange, tangerine or lemon peels! Tsi pouro is distilled from pressed grapes and grape residues, the production of which is said to have started on Mount Athos in the 14th century, their sugars to become alcohol.

OUZO 37,5%
50ml/200ml/
2lt in glass bottle

TSIPOURO 41%
50ml/
200ml in glass bottle

SPI RITS

PORTIONS & PRIVATE LABEL





INDIVIDUAL PORTIONS

MARMALADE

STRAWBERRY | PEACH | CHERRY
APRICOT | ORANGE

in glass jar 30g

HONEY

in glass jar 30g

HALELNUT PRALINE WITH COCOA

in glass jar 30g

TAHINI

in glass jar 25g

PEANUT BUTTER

in glass jar 30g

EXTRA VIRGIN OLIVE OIL | VINEGAR

in glass vase 50ml

PRIVATE LABEL

You can choose any product you want from the wide variety of high quality product we have and offer your customers a unique final products that will bear your corporate identity with a private label.


We can create for you the most elegant gift box with products from our wide collection, made of wood and with a special pyrographic application of your own logo engraved on premium wood.





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