



HELLENIC FARMS

PRODUCTS OF EXCELLENCE

www.hellenicfarms.com

Importers of Specialty Greek Foods
2024 Wholesale Product Catalog

**WOMEN[®]
OWNED**



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FIG SALAMI



- FIG, ALEPPO PEPPER & SMOKED PAPRIKA (RED)
- FIG, ALEPPO PEPPER & ORANGE ZEST (ORANGE)
- FIG, CINNAMON & PISTACHIO (GREEN)
- FIG, ALMONDS & BLACK PEPPER (PURPLE)
- FIG, PISTACHIO & ALEPPO PEPPER (OFF-WHITE)
- FIG, TIKKA MASALA & ONION (YELLOW)



THESE VEGAN SALAMIS ARE MADE WITH 100% GREEK FIGS, NO ADDED SUGARS. CERTIFIED GMO & GLUTEN FREE. THE PERFECT CHEESE COMPANION!

CODE	DESCRIPTION	UNIT	UNITS/CS	PRICE/UNIT/CASE	CS/PALLET
HF174	GREEN FIG SALAMI	180gr/6.4oz	12	\$5.45/ \$65.40	203
HF181	RED FIG SALAMI	180gr/6.4oz	12	\$5.45/ \$65.40	203
HF198	ORANGE FIG SALAMI	180gr/6.4oz	12	\$5.45/ \$65.40	203
HF204	PURPLE FIG SALAMI	180gr/6.4oz	12	\$5.45/ \$65.40	203
HF211	WHITE FIG SALAMI	180gr/6.4oz	12	\$5.45/ \$65.40	203
HF266	YELLOW FIG SALAMI	180gr/6.4oz	12	\$5.45/ \$65.40	203

(Allergens: Tree nuts, or produced in a facility that also processes nuts)

EXTRA VIRGIN OLIVE OILS



MITIRA ORGANIC EXTRA VIRGIN OLIVE OIL From Lesvos Island

“Mitira” means mother in the local dialect of Lesvos. This family estate organic evoo pays homage to mother earth. What makes this oil so unique is its indigenous olive varieties, Kolovi & Andramitiani, making for a balanced taste with a slightly bitter aftertaste.

Packaging: 500ml dark glass bottle, or 250mL/1L tin
Best before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
MIT250	250mL/8.5oz	24	\$7.40	\$177.60	120
MIT500	500mL/16.9oz	6	\$15.50	\$93.00	140
MIT01	1L/33.8oz.	6	\$22.90	\$137.40	144

LIA EXTRA VIRGIN OLIVE OIL



Lia is an extraordinary extra virgin olive oil that comes from a small family estate in Filiatra, a picturesque provincial town in Messenia, Greece. This family still picks their olives by hand making sure that the fruit nor the tree is damaged. The fruit is pressed within hours of picking. They exclusively use cold extraction method to make sure they are getting the very best. 100% koroneiki variety. Harvested Nov-Dec of each year.

Special features: fruity, bitter, pungent taste and flavor, low acidity

Packaging: White glass bottle

Best before: 18 mths

Awards: Flos Olei, Olive Oil Japan, Athena, Domina, Terra Olivo, Olivinus, NYIOOC, Great Taste Awards

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
LIA500	500mL/16.9oz	12	\$19.50	\$234.00	66

EXTRA VIRGIN OLIVE OILS

ELEIA KOSHER EXTRA VIRGIN OLIVE OIL



An extraordinary extra virgin olive oil produced on the largest privately owned olive grove, 45,000 olive trees in Lechaina, West Peloponnese.

Early harvest, hand-picked, cold extraction, first press. 100% koroneiki variety. Fruity, aromatic, peppery. Low acidity. High polyphenols.

Kosher certified.

Packaging: 200mL glass, 500mL glass, 1L or 3L tin

Best Before: 18 mths

Awards: LAIOOC, Great Taste, TerraOlivo, NYIOOC Gold, Olive Oil Award Zurich

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
EL200	200mL/6.8oz Pre-order	6	\$13.50	\$81.00	192
EL500	500mL/16.9oz	6	\$17.50	\$105.00	140
EL01	1L/33oz Pre-order	6	\$24.00	\$144.00	120



MELIES EXTRA VIRGIN OLIVE OIL

Mildly fruity - Balanced taste - Smooth aftertaste - Aromas of fresh green - Ideal for everyday use - Made of handpicked olives - Blend of Koroneiki and Arbequina cultivars

A joint venture of the 13 most important producers of West Peloponnese - Greece's most fertile piece of land – Embracing the local community - Kosher Certified

Packaging: Available in 500mL or 1L dark green glass bottle, 5L tin

Best Before: 18 mths

Awards: TerraOlivo, Great Taste, NYIOOC Silver

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
MEL500	500mL/16.9oz	6	\$12.56	\$75.36	180
MEL01	1L/33oz	6	\$17.30	\$103.80	100
MEL5L	5L/169oz	4	\$96.00	\$384.00	44

EXTRA VIRGIN OLIVE OILS



HF GREEK EXTRA VIRGIN OLIVE OIL P.D.O. SITIA, CRETE

Cretan olive oil is known worldwide for its health benefits, high quality and for being an important factor in the Mediterranean diet. It is a very natural product that comes from the simple crushing of the olive, without extracts and additives. Cultivated with care, we pay great respect towards the product, environment and customer using eco-friendly packaging. Did you know that 80-90% of the oil produced on the island of Crete is extra virgin?!

100% Koroneiki variety

Packaging: Dark green glass bottle

Best before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UN	PRICE/CS	CS/PALLET
HF068	500mL/16.9oz	12	\$13.75	\$165.00	72



NAVARINO ICONS EXTRA VIRGIN OLIVE OIL

Produced from the acclaimed Koroneiki variety olives and from centuries-old trees grown within the Costa Navarino estate. The olives are handpicked in early (October). They are immediately first cold pressed to maintain their distinct nutritional characteristics giving the oil a fruity and spicy flavor with distinct aroma.

Packaging: Dark green glass bottle/1L tin

Best Before: 18 mths

Awards: EVOOWR – EVOO of the Year, Olivinus – Gold, Terraolivo – Gold, Domina – Gold, Athena Int’l – Bronze, London IOOC, Athena

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV22	500mL/16.9oz	6	\$16.50	\$99.00	138
NAV01	1L/33.8oz	6	\$23.00	\$138.00	180

EXTRA VIRGIN OLIVE OILS



YIAYIA & FRIENDS EXTRA VIRGIN OLIVE OIL

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. This mono-varietal, Koroneiki, olive oil is a product of Crete Island. A perfect balance between fruity and earthy notes, making it the ideal oil for seasoning your favorite salads or high-temperature cooking.

Packaging: Dark glass bottle

Best Before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
YIA500	500mL/16.9oz	12	\$23.00	\$276.00	90



YIAYIA & FRIENDS EXTRA VIRGIN OLIVE OIL w/ CHILI PEPPER

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. Premium quality extra virgin olive oil, cold-pressed, flavored w/ chili peppers for added spiciness and piquant savor!

Packaging: Dark glass bottle

Best Before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
YIACH	200mL/6.8oz	6	\$14.90	\$89.40	450



YIAYIA & FRIENDS EXTRA VIRGIN OLIVE OIL w/ BASIL

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. Premium quality extra virgin olive oil, cold-pressed, flavored w/ basil, for a true taste of the Mediterranean.

Packaging: Dark glass bottle

Best Before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
YIAB	200mL/6.8oz	6	\$14.90	\$89.40	450

EXTRA VIRGIN OLIVE OILS



YIAYIA & FRIENDS EXTRA VIRGIN OLIVE OIL w/ GARLIC

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. Premium quality extra virgin olive oil, cold-pressed, flavored w/ garlic, for a savory, nutty taste.

Packaging: Dark glass bottle

Best Before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
YIAG	200mL/6.8oz	6	\$14.90	\$89.40	450



NEW: YIAYIA & FRIENDS EXTRA VIRGIN OLIVE OIL w/ LEMON

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. Premium quality extra virgin olive oil, cold-pressed, flavored w/ lemon, for a tangy taste.

Packaging: Dark glass bottle

Best Before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
YIAL	200mL/6.8oz	6	\$14.90	\$89.40	450



NEW: YIAYIA & FRIENDS EXTRA VIRGIN OLIVE OIL w/ BLACK TRUFFLE

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. Premium quality extra virgin olive oil, cold-pressed, flavored w/ black truffle, for a fragrant, delicious flavor.

Packaging: Dark glass bottle

Best Before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
YIAT	200mL/6.8oz	6	\$14.90	\$89.40	450

VINEGARS

WHITE BALSAMIC VINEGAR



This vinegar is produced from a superior local variety of sun-dried grapes. Only the finest grapes are selected from each young crop and traditionally fermented without additives or preservatives.

Ingredients: Vinegar from sun dried grapes, - Sultanina is a "white" (pale green) oval seedless grape variety also called Thomson seedless in the USA.

Allergens: sulfites, grape must

Packaging: Clear glass bottle

Best Before: Indefinite

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV24WO	250mL/8.5oz	12	\$4.00	\$48.00	165



YIAYIA AND FRIENDS VINEGARS

CODE	UNIT	UNITS/CS	PRICE/UNIT / T/CASE	CS/PALLET
YIAFV – YELLOW FRUIT VINEGAR (orange, mandarin, lemon, grapefruit)	200mL/6.8oz	6	\$21.00 / \$126.00	450
YIAVIN – ORGANIC BALSAMIC VINEGAR	200mL/6.8oz	6	\$17.45 / \$104.70	450
YIARV – RED FRUIT VINEGAR (plum, cranberry, strawberry, pomegranate)	200mL/6.8oz	6	\$21.00 / \$126.00	450

EVERYTHING OLIVES



HF GREEK KALAMATA OLIVES PITTED

Our all-natural gourmet olives in vinegar brine are the large Kalamata olives without pit. Harvested by hand, the olives are picked in late fall and naturally cured to keep their exceptional taste and premium quality.

Ingredients: Kalamata olives, water, salt, wine vinegar

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF037	360g/12.7oz	6	\$4.25	\$25.50	324



HF GREEK KALAMATA OLIVES WHOLE

Our all-natural gourmet olives in vinegar brine are the extra-large Kalamata olives with pit. Harvested by hand, the olives are picked in late fall and naturally cured to keep their exceptional taste and premium quality.

Ingredients: Kalamata olives, water, salt, wine vinegar

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF020	360g/12.7oz	6	\$4.25	\$25.50	324

EVERYTHING OLIVES



HF GREEK GREEN OLIVES PITTED

Our gourmet Chalkidiki variety olives in brine are extra jumbo green olives without a pit. These premium quality olives from olive groves in Northern Greece are harvested by hand and carefully processed to maintain their nutritional value and distinctive taste. Firm in texture and mild in flavor.

Ingredients: Green olives, water, salt, citric acid

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF051	360g/12.7oz	6	\$4.00	\$24.00	324



HF GREEK GREEN OLIVES WHOLE

Our gourmet Chalkidiki variety olives in brine are colossal green olives with a pit. These premium quality olives from olive groves in Northern Greece are harvested by hand and carefully processed to maintain their nutritional value and distinctive taste. Firm in texture and mild in flavor.

Ingredients: Green olives, water, salt, citric acid

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF044	360g/12.7oz	6	\$4.00	\$24.00	324

EVERYTHING OLIVES



THE MAGNIFICENT FIVE Gourmet Olives in Extra Virgin Olive Oil

A selection of 5 delicious Greek olive varieties, in Greek extra virgin olive oil with basil and thyme. Kalamata, Chalkidiki, Nafpliou, Amfissa and Thassos are all ancient Greek olive varieties.

Ingredients: olives (Kalamata, Chalkidiki, Nafplion, Amfissa, Thassos) in variable proportion 52.3%, salt, Greek extra virgin olive oil 45%, vinegar, thyme 0.1%, basil 0.1% acidity regulator: citric acid.

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF082	310g/10.9oz	6	\$6.00	\$36.00	330



NAVARINO ICONS SWEET OLIVE TOPPING

A traditional welcome treat of Kalamata olives stuffed w/ almonds and sweetened. Produced in a local Messenian workshop by gently boiling the olives in a syrup made of fresh orange juice, wine, honey, herbs and spices. 100% natural ingredients, no preservatives, gluten-free.

Ingredients: Kalamata olives, sugar, almonds, honey, spices

Allergens: Contains nuts (almonds)

Packaging: Clear glass jar

Best Before: 11 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV17	330g/11.6oz	12	\$10.00	\$120.00	80

NAVARINO ICONS OLIVE TAPENADE



Pungent and savory, this authentic gourmet bruschetta is produced according to a local recipe using only the finest of ingredients. All natural, gluten-free, no added preservatives or colorings.

Ingredients: Kalamata olives, green olives, EVOO, red peppers, capers, carrots, grape must & herbs

Allergens: Produced in a facility that handles tree nuts

Packaging: Clear glass jar

Best Before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV02	190g/6.7oz	6	\$7.00	\$42.00	510

PICKLED VEGGIES



HF GREEK RED ROASTED PEPPERS

Our all-natural sweet peppers in vinegar brine are a superior quality sweet pepper grown in fields of Northern Greece. Following centuries old tradition, the peppers are harvested by hand and picked at peak ripeness. They are immediately fire roasted to preserve their high nutritional value and gently packed by hand with all-natural ingredients. They are a versatile ingredient in the Mediterranean Diet.

Ingredients: Red peppers, water, salt, wine vinegar, sugar

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF006	465g/16.4oz	6	\$4.40	\$26.40	264



HF GREEK GREEN PEPPERS

Our mild pepperoncini peppers in vinegar brine are an all-natural superior quality mild pepper grown in fields of Northern Greece. The ideal pepper for sandwiches, in salads, with grains, in salsas and so much more! No artificial colors.

Ingredients: Green peppers, water, salt, wine vinegar, citric acid, sodium benzoate, potassium metabisulfite

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF013	440g/15.5oz	6	\$3.00	\$18.00	264

SAUCES, SPREADS & DIPS

NAVARINO ICONS

ALL-NATURAL ROASTED CRUSHED EGGPLANT DIP



This authentic eggplant puree is prepared from only the finest quality ingredients. The eggplants are handpicked when ripened to perfection and processed the same day to retain their freshness and nutritional value. Free of preservatives, additives and colorings.

Ingredients: Pulp of roasted eggplant, salt, citric acid

Packaging: Clear glass jar

Best Before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV12	500g/17.6oz	12	\$6.50	\$82.20	119

NAVARINO ICONS

ALL-NATURAL ROASTED RED PEPPER & TOMATO DIP



This authentic dip is prepared from only the finest quality ingredients by local farmers with a passion for the land. The vegetables are handpicked and delivered for processing within hours from harvesting to preserve their freshness, natural goodness and nutritional value. Low in sugar and free from preservatives.

Ingredients: Pulp of red roasted peppers, tomato paste, pulp of Greek golden peppers, olive oil, garlic, citric acid, sugar, salt, vinegar

Packaging: Clear glass jar

Best Before: 24 mths

Awards: Great Taste Awards

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV14	500g/17.6oz	12	\$6.50	\$82.20	119

TOMATO SAUCE W/ FETA CHEESE



This authentic tomato & feta cheese sauce is prepared from perfectly ripe tomatoes and traditional feta cheese. Ideal to savor over bread and crisps, cooked w/ pasta or used as a base sauce for pizza.

Ingredients: Tomatoes (79%), Feta cheese (11%), onion (6%), extra virgin olive oil (3%), sugar, savory, pepper

Packaging: Clear glass jar

Best before: 18 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAVTF	360g/12.6oz	6	\$7.25	\$43.50	368

SAUCES, SPREADS & DIPS



SWEET RED PEPPER & GRAVIERA CHEESE SPREAD

A spread of sweet red roasted peppers w/ PDO Cretan graviera cheese made from sheep & goat's milk, with capers, herbs & spices in Greek extra virgin olive oil. Unique & amazing taste!

Ingredients: Red roasted pepper 74.3%, P.D.O. Cretan graviera cheese (sheep & goat's milk) 12%, Greek extra virgin olive oil, capers, vinegar, salt, herbs and spices, antioxidant agent: ascorbic acid.

Allergens: Contains dairy

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF112	200g/7.05oz	6	\$5.00	\$30.00	396



ROASTED AUBERGINE & RED PEPPER SPREAD

With garlic, parsley and extra virgin olive oil, for an authentic Greek summer taste!

Ingredients: Roasted aubergines 83.9%, Greek extra virgin olive oil, red roasted peppers 2.6%, vinegar, salt, garlic 1.3%, parsley 1.1%, antioxidant agent: ascorbic acid, acidity regulator: citric acid.

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF129	200g/7.05oz	6	\$4.25	\$25.50	396



KALAMATA OLIVE & OREGANO SPREAD

Our fresh approach to this classic black olive spread recipe.

Ingredients: Kalamata olives 96.6%, Greek extra virgin olive oil 1%, salt, vinegar, herbs (oregano 0,2%).

Packaging: Clear glass jar

Best before: 24 mths

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
HF099	210g/7.4oz	6	\$4.25	\$25.50	396

HONEY



NAVARINO ICONS PURE GREEK HONEY W/ FRESH HONEYCOMB

100% raw, unheated, unfiltered Greek honey, single sourced from a local Messenian beekeeper. Thick and luminously golden with a piece of fresh honeycomb straight from the hives. No preservatives, no additives, gluten-free.

Ingredients: Honey, natural honeycomb

Packaging: Clear glass jar

Best Before: 35 mths

Awards: Great Taste Awards

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV23	400g/14oz	12	\$15.00	\$180.00	120



SYMBEOSIS GREEK ORGANIC THYME HONEY

Raw Cretan thyme honey has a high degree of valuable ingredients, such as polyphenols & phenolic acids. A wonderful, sweet taste with a unique aroma of thyme. Produced with care for people and respect for the planet. Employment of woman farmers & beekeepers.

Ingredients: 100% Organic Greek Honey

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2661	280g/9.9oz	6	\$13.30	\$79.80	250



SYMBEOSIS GREEK ORGANIC ERICA (HEATHER) HONEY

Pure for you, it contributes to good internal health thanks to its antioxidant function. Pure for the planet, from beehives placed in remote, pristine areas of the Cyclades islands. Produced with care for people and respect for the planet. Employment of woman farmers & beekeepers.

Ingredients: 100% Organic Greek Honey

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2662	280g/9.9oz	6	\$11.00	\$66.00	250

HONEY



SYMBEEOISIS GREEK ORGANIC OAK HONEY

Organic oak honey is ideal for energy at the start of the day, or a healthy treat at any time of the day. Rich in polyphenols and phenolic acids, demonstrating significant antioxidant, antimicrobial, and anti-inflammatory properties. Produced with care for people and respect for the planet. Employment of woman farmers & beekeepers.

Ingredients: 100% Organic Greek Honey

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2663	280g/9.9oz	6	\$11.00	\$66.00	250



SYMBEEOISIS ORGANIC FIR HONEY

Fir honey with a low glucose content, offers advantages in glycemic control while at the same time it is rich in trace elements such as potassium, magnesium, phosphorus, and iron. Produced with care for people and respect for the planet. Employment of woman farmers & beekeepers.

Ingredients: 100% Organic Greek Honey

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2664	280g/9.9oz	6	\$11.00	\$66.00	250



SYMBEEOISIS ORGANIC HONEY W/ GINGER

This organic honey offers an energy boost and aids digestion. Precious for the planet, as the producer shares the honey with the bees, to ensure healthy and thriving populations. Fortified w/ ginger active dry extract to enhance its action. Warm and peppery aroma, w/ sweet & spicy flavor.

Ingredients: 100% organic Greek honey, organic dry ginger extract

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2651	280g/9.9oz	6	\$13.80	\$82.80	250

HONEY



SYMBEEOSIS ORGANIC GREEK HONEY w/ TURMERIC

With antioxidant and anti-inflammatory action. Precious for the planet, thanks to organic beekeeping without over-exploitation of bees. Fortified with turmeric active dry extract to enhance its actions. Warm, earthy flavor w/ discreet aroma.

Ingredients: 100% organic Greek honey, organic dry turmeric extract.

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2653	280g/9.9oz	6	\$13.80	\$82.80	250



SYMBEEOSIS ORGANIC GREEK HONEY w/ PROPOLIS

Precious for you as it strengthens the immune system for greater protection. Precious for the bees, since propolis is a natural antiseptic that protects their hives. Fortified w/ propolis active dry extract to enhance its action. Intense aroma & distinctive flavor.

Ingredients: 100% organic Greek honey, organic dry propolis extract

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2652	280g/9.9oz	6	\$13.80	\$82.80	250

JAMS & SWEET TOPPINGS

SYMBEEOSIS ORGANIC FIG JAM w/ PROPOLIS



100% natural, organic fig marmalade, without sugar, with a rich taste and aromas of Greek nature, enhanced with active dry propolis extract. Produced with care for people and respect for the planet. Careful sourcing and traceability of raw ingredients. Antibacterial & antioxidant action of propolis polyphenols. Employment of woman farmers & beekeepers.

Ingredients: Organic Greek fig jam, organic dry active propolis extract.

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2659	240g/8.5oz	12	\$8.00	\$96.00	130



SYMBEEOSIS ORGANIC ORANGE MARMALADE w/ GINGER

100% natural, organic orange marmalade, without sugar, with a rich taste and aromas of Greek nature, enhanced with active dry ginger extract.

Ingredients: Orange, concentrated grape juice, lemon juice, ginger extract (0.5%), citrus pectin

Packaging: Clear glass jar

Best before: 24 months

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
2660	240g/8.5oz	12	\$8.00	\$96.00	130



NAVARINO ICONS SWEET TOMATO TOPPING

This tomato spoon sweet is prepared in the traditional Messinian way with 100% natural, locally grown ingredients. The sweet tomatoes are picked in August, they are gently simmered in water and sugar for 2-3 days until the syrup sets. No artificial flavorings, colorings or preservatives.

Ingredients: tomatoes, sugar, lemon juice

Packaging: Clear glass jar

Best Before: 22 mths

Serving suggestions: dessert, paired w/ a soft white cheese, as a topping for Greek yogurt.

CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
NAV56	330g/11.6oz	12	\$9.00	\$108.00	80

CONFECTIONERY



NAVARINO ICONS SESAME SEED BAR (PASTELI) The Ancient Greek Energy Snack

This Messenian confectionery is made of the best quality sesame seeds and the region's finest pure honey. Gluten-free, sugar-free.

Ingredients: sesame seeds, honey. Rich in vitamin E, calcium, phosphorus, potassium, magnesium and iron

Allergens: Contains sesame seeds

Available sizes: 40g

Best Before: 47 mths

Awards: SOFI Finalist 2015



CODE	UNIT	UNITS/CASE	PRICE/UNIT	PRICE/CASE	CS/PALLET
SS40 – colorful bar	40g	24	\$2.00	\$48.00	588

SEA SALTS



SEA SALT FLAKES

CODE	DESCRIPTION	UNIT	UNITS/CS	PRICE/UNIT/CASE	CS/PALLET
SFP100	SEA SALT FLAKES SMOKED & SPICY (RED)	100g/3.5oz	12	\$3.50/ \$42.00	112
SFL100	SEA SALT FLAKES W/ LEMON (BROWN)	100g/3.5oz	12	\$3.50/ \$42.00	112
SFO100	SEA SALT FLAKES W/ ORGANIC OREGANO (GREEN)	100g/3.5oz	12	\$3.50/ \$42.00	112
SFBL100	SEA SALT FLAKES W/ CUTTLE FISH INK (BLACK)	100g/3.5oz	12	\$3.50/ \$42.00	112
SSF100	ALL-NATURAL SEA SALT FLAKES (BLUE)	100g/3.5oz	12	\$3.50/ \$42.00	112
SFB100	SEA SALT FLAKES W/ BASIL & GARLIC (PURPLE)	100g/3.5oz	12	\$3.50/ \$42.00	112

Awards: Olymp, Great Taste Awards

RUSKS & BREADSTICKS



CARROT BREADSTICKS

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. The carrot sticks are made using a simple, traditional recipe with high quality ingredients.

Ingredients: Wheat Flour, extra virgin olive oil, 4% carrot, sugar, Salt, raising agent (baking powder: sodium pyrophosphate, sodium bicarbonate, wheat flour).

Allergens: Contains wheat. May contain traces of almond, sesame and egg.

Packaging: Carton Box w/ bag – 120g

Best before: 8 mths

CODE	UNIT	UN/CS	PRICE/UN	PRICE/CS	CS/PALLET
YIA109	120g/4.23oz	15	\$4.50	\$67.50	135



SUNDRIED TOMATO & ONION RUSKS FROM CRETE

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. This simple recipe uses the highest quality local ingredients to offer an infused Mediterranean taste!

Ingredients: Wheat Flour, extra virgin olive oil, pomace olive oil, 2% sun dried tomato, 2% onion, sugar, salt, yeast

Allergens: Contains wheat. May contain traces of almond, milk, sesame and egg.

Packaging: Carton Box w/ bag – 60g

Best before: 8 mths

CODE	UNIT	UN/CS	PRICE/UN	PRICE/CS	CS/PALLET
YIA215	60g/2.12oz	15	\$4.50	\$67.50	135

RUSKS & BREADSTICKS



GRAVIERA RUSKS FROM CRETE

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. Infused with the distinct flavor of the spicy graviera cheese made in Crete, they can be served as appetizers with dips, or as a super-healthy and delicious alternative to croutons in salads.

Ingredients: Wheat Flour, extra virgin olive oil, pomace olive oil, 6% Cretan Graviera cheese, sugar, Salt, Yeast

Allergens: Contains wheat and milk. May contain traces of almond, sesame and egg.

Packaging: Carton Box w/ bag – 60g

Best before: 8 mths

CODE	UNIT	UN/CS	PRICE/UN	PRICE/CS	CS/PALLET
YIA222	60g/2.12oz	15	\$4.50	\$67.50	135



OLIVE OIL & OREGANO RUSKS FROM CRETE

This is a story about YIAYIA. A Greek granny together with her animal friends spreads the message of family values through food related stories and experiences conceptualized with a fresh perspective and a sense of humor. Infused with the distinctly Mediterranean flavors of olive oil and oregano, they can be served as appetizers with dips, or tossed with olive oil, tomato, and soft white cheese to make Yiayia's favorite "dakos" salad!

Ingredients: Wheat Flour, 10% extra virgin olive oil, pomace olive oil, 4% oregano, sugar, salt, yeast,

Allergens: Contains wheat. May contain traces of almond, milk, sesame and egg.

Packaging: Carton Box w/ bag – 60g

Best before: 8 mths

CODE	UNIT	UN/CS	PRICE/UN	PRICE/CS	CS/PALLET
YIA208	60g/2.12oz	15	\$4.50	\$67.50	135

APPETIZERS

MARIANNA'S DOLMADES



Stuffed vine leaves with rice and herbs, are the ultimate vegan appetizer! They are hand-rolled with tender care at the Kazakis family workshop in Halkidiki, Greece with organic Sultana leaves from Marianna's vineyards and 100% Greek ingredients.

Ingredients: Marianna's vine leaves, rice, spring onion, red onion, mint, dill, parsley, natural lemon juice, sunflower oil, salt, pepper, sugar.

Packaging: Clear glass jar

Best before: 14 mths

CODE	UNIT	UN/CS	PRICE/UN	PRICE/CS	CS/PALLET
MAR002	200g/7.1oz	12	\$4.90	\$58.80	171



MARIANNA'S ORGANIC VINE LEAVES

Marianna's organic vine leaves are produced in the Kazakis family's owned vineyards in Halkidiki, Greece. Each leaf is meticulously hand-picked when ready, and processed in a traditional method. Only the most tender leaves make it to a jar, so that you can roll your perfect dolmades!

Ingredients: Sultana vine leaves, water, sea salt, citric acid

Packaging: Clear glass jar

Best before: 36 mths

CODE	UNIT	UN/CS	PRICE/UN	PRICE/CS	CS/PALLET
MAR001	411g/14.5oz	12	\$6.50	\$78.00	112

ORGANIC TEA



SYMBEEOSIS Organic Mountain Teas –

- 100% natural and organic, functional tea, non-caffeinated
- Produced with care for people and respect for the planet
 - Careful sourcing and traceability of raw ingredients
- Modern green practices – minimum footprint from farm to cup
 - Vertically integrated supply chain
- Zero production of non-reusable waste. Plastic free production
 - Sustainable packaging: reusable, recyclable, compostable
- Composting 26,000 tea bags per year. Savings of up to 8000KWh per year, thanks to solar panels
Employment of woman farmers & beekeepers

CODE	DESCRIPTION	UNIT	UNITS/CS	PRICE/UN/ CASE	CS/PALLET
2642	Organic Mt. Tea – Trinity	10 bags	8	\$5.40/ \$43.20	132
2643	Organic Mt. Tea w/ Lavender	10 bags	8	\$5.40/ \$43.20	132
2644	Organic Mt. Tea w/ Mint	10 bags	8	\$5.40/ \$43.20	132
2645	Organic Mt. Tea w/ Ginger	10 bags	8	\$5.40/ \$43.20	132

Reimagining Greece

Our journey into all things Greek began when I decided to leave my hectic life in New York City and follow my heart to Greece.

Coming from a lineage of foodies: my paternal grandfather owned the only bodega in the village of Armolia, Xios where surrounding villagers would come to shop, and my maternal grandparents were and still are Mastic farmers, a unique natural resin that only grows on the island of Xios, I always knew that really good, all-natural, traditional food existed in Greece, after all it is where democracy, philosophy & the Olympics began!

I have always found it challenging to find great Greek foods at the local grocer, so in 2013 I decided that I would make it my mission to reintroduce the American table to Hellenic products of excellence!



Me agapi,
Vivianna Karamanis



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