

BioAgros

Organic Greek Products





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BioAgros



# BioAgros

BIOAGROS was founded in 1990 by the agronomist - organic farmer Kostas Papadopoulos. For 29 years we are one of the largest and leading Greek organic food companies offering consumers high quality products.

We have considerable experience in the sector of organic food products and are constantly evolving through research and development of our new products.

We study the new trends and we have a strict policy, in choosing our raw materials. The goal of our products is to meet the needs of modern lifestyle, offer natural and beneficial effects on the human body and improve the life quality of consumers.



“Our main priority is to produce new products with excellent organoleptic characteristics, excellent nutritional value and Greek flavor.”

Kostas Papadopoulos, CEO - Founder



# Quality Assurance

We apply ISO 22000 and we are certified by TUV HELLAS member of TUV NORD. Standard Agricultural Production and Rural Environment.

We are certified with the system GLOBALGAP Good Agricultural Practice for all production processes of our fruit and vegetables.

Our company is a member of the HE.R.R.Co (Hellenic Recovery Recycling Corporation).

We are certified with the IFS Food, which is an integrated security and quality management system for high demand foods.

We are certified for our gluten free products from the Coeliac organization since 2014, whose mission is to improve the lives of people with coeliac disease.

*BioAgros*



*BioAgros*



# BioAgros

We constantly ensure the sustainability of the planet's prosperity by using methods of production that respect the environment and by reducing our ecological footprint.

DAI  
RY

## Organic Greek Strained Goat's Yoghurt

**Ingredients:** Greek organic full fat pasteurized goat's milk, yoghurt culture

**Origin:** Pella, Greece

**Net Weight:** 150g, 170g

### Nutrition Facts per 100gr

Energy (kJ/kcal)	553/133
Fats	9,0g
of which Saturates	7,4g
Carbohydrates	2,1g
of which Sugars	0,1g
Protein	8,2g
Salt	0,13g

bio



«βελούδο» in greek means velvet, such as the Velvet texture of our products



## Where & How

The organic milk, used in the production of Veloudo yoghurt, comes from goats that browse freely in the dense forests of mountain Paiko in Pella region of Greece. Every day, the farmers collect the milk with their own hands. We process the yogurt with the traditional way of

drainage using a cloth, named «tsanila». This procedure gives our yogurt its velvety texture and incomparable taste. Recently, Veloudo yogurt has been awarded by the Great Taste Awards, which indicates the uniqueness of our product.

Health x 2! Veloudo offers the new yoghurt desserts Cereals on top! Original desserts for anytime of the day! Three tasty and healthy combinations with high nutritional value are waiting for you!

**Veloudo Yoghurt Desserts Cereals on top Origin:**  
Pella, Greece

## Veloudo with Protein Muesli

**Ingredients:** 83% strained goat milk yoghurt\* (Greek pasteurized full fat goat milk\*, yoghurt culture\*).  
**Seperate part ingredients:** 17% protein muesli\* (soy flakes\* 35%, oat flakes\* 30%, buckwheat flakes\*, hemp seeds\* (Cannabis sativa L.), sunflower seeds\*, chia seeds\*, aronia berries\*, sultana raisins\*, roasted coconut chips\*, almonds\*). \*Organic farming product. **Net Weight:** 180g

Nutrition Information per 100g	
Energy (kJ/kcal)	744/178
Fat	10.4g
Saturated	6.8g
Carbohydrates	5.8g
Sugars	0.9g
Protein	10.9g
Dietary Fiber	2.3g
Salt	0.11g

DAI  
RY

bio

*Your Velvet Snack!  
Crispy & tasty cereals  
combined with yoghurt  
for a balanced diet!*

## Veloudo with Fruit and Nut Muesli

**Ingredients:** 83% strained goat milk yoghurt\* (Greek pasteurized full fat goat milk\*, yoghurt culture\*).

**Seperate part ingredients:** 17% fruit and nut muesli\* (oat flakes\*, rye flakes\*, sultana raisins\*, corn flakes\* (corn\*), sunflower seeds\*, flaxseed\*, pumpkin seeds\*, coconut\*, hazelnut\*, almonds\*, yeast flakes 0.2%). \*Organic farming product

**Net Weight:** 180g

Nutrition Information per 100g	
Energy (kJ/kcal)	717/171
Fat	8.8g
Saturated	6.4g
Carbohydrates	11.2g
Sugars	1.2g
Protein	9.2g
Dietary Fiber	1.7g
Salt	0.13g

## Veloudo with Chocolate Granola

**Ingredients:** 83% pasteurized Greek goat milk\*, yoghurt\* culture.  
**Seperate part Ingredients:** 17% chocolate granola {cereals\* 59.5% [oat flakes\* 69.4%, wheat flakes\* 10.1%), thermotreated spelt flour\* 8.4%, puffed wheat\* 6.4%, extruded quinoa\* 3.4% (quinoa flour\* 43%, rice flour\*, corn flour\*, cane sugar\*, salt), puffed millet\* 2.3%], cane sugar\*, chocolate drops\* 10% (cane sugar\*, cocoa paste\*, cocoa butter\*, vanilla extract\*), sunflower oil\*, burnt sugar\*, salt}. \*Organic farming product.

**Net Weight:** 180g

Nutrition Information per 100g	
Energy (kJ/kcal)	776/184
Fats	10.4g
of which Saturates	7.0g
Carbohydrates	11.6g
of which Sugars	3.7g
Protein	8.5g
Fibers	1.3g
Salt	0.12g

## Healthy Combinations

Bioagros in the context of continuous search and new product development that combine the characteristics of modern balanced diet with consumer needs, presents a new series with crisp cereals for each moment of the day, «Veloudo Cereals On Top».

The awarded organic strained goat yoghurt Veloudo is combined with nutritious cereals and nuts, offering enjoyment and health for every moment of the day! Three tasty and healthy combinations with high nutritional value are waiting for you to try them out.



# BioAgros

We respect the consumer and try to constantly monitor and improve our food quality assurance systems.



DAI  
RY

bio

## Organic Kefir 100% goat's milk

**Ingredients:** Greek organic full fat pasteurized goat's milk, kefir culture

**Origin:** Pella, Greece

**Net Weight:** 250ml

Nutrition Facts	per 100ml
Energy (kJ/kcal)	321/77
Fats	4,4g
of which Saturated	2,1g
Carbohydrates	2,1g
of which Sugars	0,1g
Protein	8,2g
Salt	0,13g



WITH  
FRESH  
MILK



The wonderful traditional Kefir drink has many beneficial effects and great taste.

## Where & How

The goats that produce the pure organic milk, used in the production of «Veloudo» yogurt, browse in the dense forests of mountain Paiko, in Pella, Greece. Every day, the farmers collect the milk with their own hands and process the yogurt with the traditional way of

drainage using a cloth, named «tsanila». This procedure gives our yogurt its velvety texture and incomparable taste. Recently, Veloudo yogurt has been awarded by the Great Taste Awards, which indicates the uniqueness of our product.

## Tips!

1. Add your favorite fruits and cereals in your yoghurt, for a healthy and tasty breakfast.
2. Mix one tablespoon of linseed in your kefir and enjoy a refreshing and healthy beverage.



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
221020938	Goat Yoghurt Veloudo	12x170g	12	8	23
221020953	Goat yoghurt Veloudo	12X150g	12	8	23
221005007	Goat Milk Kefir Veloudo	35x250ml	35	8	9
221020950	Goat Yoghurt Veloudo with Chocolate Granola	12x180gr	12	8	23
221020951	Goat Yoghurt Veloudo with Protein Muesli	12x180gr	12	8	23
221020952	Goat Yoghurt Veloudo with Fruit and Nut Muesli	12x180gr	12	8	23

[www.veloudodairy.gr](http://www.veloudodairy.gr)  
[www.bioagros.gr](http://www.bioagros.gr)

# POME GRA NATE



*BioAgros*



# BioAgros

We educate and inform producers. More than one hundred (100) lectures throughout Greece were given last year, aiming the turn to quality and well organized farming, always focusing on the consumer.

## Organic Pomegranate Natural Juice "Rodi"

Our organic pomegranate juice is produced with Greek pomegranates that are cultivated in the Mediterranean climate of Greece. There are 9000 acres -900 organic farmers that ensures the high quality of pomegranates. Produced only with the fruit seeds using clear juice technology, peeling off the external and inside skin. In this way the organic pomegranate juice Bioagros, keeps all the fruit's nutritional values and comes freshly pressed and 100% natural in our glass.



*the ally of human organism!*

## Organic Pomegranate Natural Juice "Rodi"

**Ingredients:** 100% organic Greek Pomegranates  
**Origin:** Agios Athanasios, Drama, Greece

Nutrition Facts	per 100ml
Energy	228kJ/54kcal
Fat	0.3g
Saturated	<0.1g
Carbohydrates	13.0g
Sugar	12.0g
Fibers	0.1g
Protein	0.15g
Salt	1.023g

Net  
Weights  
200ml  
1L



# rodi

- low in calories
- without sucrose & additives
- without coloring & preservatives

bio



## You should Know

"Rodi" is the Greek translation of pomegranate. It derives from the Greek words "Ροή" (roi) and "Δύναμη" (thinami), meaning "flow" and "power". Pomegranate is a well-known fruit from the ancient times until today for its

beneficial ingredients. It is rich in antioxidants (phenol, emulsifiable acid), natural with a slight sweet and sour taste and 100% pure, low in calories, with no sugars, additives, food coloring and preservatives.

Ask us!

You can also  
find the **best**  
fresh organic  
Greek  
**pomegra-  
nates!**



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
221050013	Pomegranate juice	20x200ml	20	12	11
221050012	Pomegranate juice	6x1lt	6	16	9

[www.bioagros.gr](http://www.bioagros.gr)



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# BioAgros

We constantly inform consumers through articles, speeches and presentations. We want to raise awareness for the importance of organic farming and the uniqueness of organic products, as well as the protection of the environment.

## Semi Dried olives (Throumpa) no added salt

Widely grown all over the Mediterranean, where they've been cultivated since biblical ages, olives are mainly green and black, but can also come in many different shades in between. The difference in color reflects not their variety, but the stage of ripening when picked. Black olives are picked when they have matured and are fully ripe and have also a higher oil content, which gives them a milder flavor and softer texture.

*semi dried black unique taste & aroma!*

OLIVES

Without added salt or preservatives, we dry the olives preserving at the same time all its phenolic compounds while keeping the oleuropein on the highest levels possible! Ideal for consumers that cannot or do not want to consume salt, with ingredients that help lower cholesterol levels and blood circulation.



- No sugars
- No added salt

bio

## Semi Dried Black date olives (Throumpa)

Net Weight 200g

Ingredients: 100% organic Greek olives

Origin: Kiato, Korinthos, Greece

Nutrition Facts	per 100g
Energy	2414kJ/583kcal
Fat	50,8g
of which Saturated	7,1g
Carbohydrates	28,2g
of which Sugar	0,0g
Protein	3,3g
Salt	0,72g



## Greek Cuisine

Greek cuisine goes way back in time, approximately in 2000 BC. It was Archestratos in 320 BC. who wrote the first cookbook in history. It is considered as an irreplaceable part of Greek culture and history, since it carries a plethora of traditional characteristics.

Its flavors change with the season and its geography. It has many influences from other cultures, with whom Greeks have interacted over the centuries. Through the ancient Rome, Greek cookery, spread throughout the European continent.

## Throumpa Olives PDO

from selected organic olive groves in Thasos island

Thoumpa Thassou is a traditional greek olive, which is part of the Mediterranean diet. The olive shrivels and gets bitter on the tree. Sea salt stratifies the collected olives, giving them a naturally pleasant taste.

### Olive tree cultivation in Thasos

Olive producers in Thasos use irrigating systems to water their trees, especially in summer, while in other regions they don't water their olive trees. So, we have the "wrinkled" olives that called Throumpa olives.

## Throumpa Thassou PDO

**Ingredients:** throumpa olives\*, olive oil\*, sea salt. \*Organic ingredients.

**Origin:** Kalliraxi, Thassos, Greece

**Net Weights 250g, 500g**

Nutrition Facts	per 100g
Energy	2193kj/532kcal
Fat	54,8g
of which Saturated	10,7g
Carbohydrates	6,9g
of which Sugars	0g
Fibers	7,6g
Protein	2,8g
Salt	1,5g

*pleasant taste  
& greek aroma!*

bio

raw



POC/3057-211266



Thasos island is known as the "Emerald Island" of Greece because of its rich vegetation and lush forests. It is surrounded by Aegean blue sea and has benign climate.

Thasos island is full of olive groves and olive production is one of the basic agricultural occupations of its residents.

- No sugars
- Low Carbohydrates



BioAgros



# BioAgros

Bioagros olives come from the regions of "Kavalari" and "Telethron" in Evia Island.



## OLIVES

### Kalamon olives in brine

**Ingredients:** Kalamon olives\*, water, salt, white vinegar\*, acidity regulator: lactic acid. \*Organic ingredients.

**Origin:** Evia, Greece  
**Net Weight** 220g

Nutrition Information per 100g	
Energy (kJ/kcal)	994/242
Fat	24.28g
Saturated	3.0g
Carbohydrates	1.0g
Sugars	<0.5g
Fiber	0.0g
Protein	1.6g
Salt	4.5g



### Green olives in brine

**Ingredients:** green olives\*, water, salt, white vinegar\*, acidity regulator: lactic acid. \*Organic ingredients.

**Origin:** Evia, Greece  
**Net Weight** 210g

Nutrition Information per 100g	
Energy (kJ/kcal)	568/138
Fat	13.4g
Saturated	2.2g
Carbohydrates	1.3g
Sugars	<0.5g
Fiber	0.0g
Protein	1.3g
Salt	3.8g



### Green olives stuffed with almonds in brine

**Ingredients:** green olives\*, water, almonds\*, salt, white vinegar\*, acidity regulator: lactic acid. \*Organic ingredients.

**Origin:** Evia, Greece  
**Net Weight** 200g

Nutrition Information per 100g	
Energy (kJ/kcal)	894/217
Fat	20.8g
Saturated	2.9g
Carbohydrates	1.4g
Sugars	<0.5g
Fiber	0.0g
Protein	3.8g
Salt	4.5g



### Green olives stuffed with red pepper in brine

**Ingredients:** green olives\*, water, red peppers\*, salt, white vinegar\*, acidity regulator: lactic acid. \*Organic ingredients.

**Origin:** Evia, Greece  
**Net Weight** 200g

Nutrition Information per 100g	
Energy (kJ/kcal)	589/141
Fat	13.8g
Saturated	1.6g
Carbohydrates	1.6g
Sugars	<0.5g
Fiber	0.0g
Protein	1.1g
Salt	4.5g



## You should know

The olives were considered by the ancient Greeks as the fruit of abundance, power and beauty. With significant health and longevity benefits, olives and their derived products are a reference point

for the Mediterranean diet! Bioagros olives are natural products of organic cultivation, processed with the natural and traditional Greek method retaining most of its natural substances.

## Golden Bio

cold extraction extra virgin olive oil

For thousands of years, Greeks have been harvesting olives to produce olive oil, the essence of the Mediterranean diet.

The methods used in the cultivation and gathering of the olives are in line with our efforts to protect, support and sustain the environment and its resources. Bioagros' olive oil, Golden BIO, is ideal for Greek salad dressings and cooking. Enjoy it!

BioAgros

OLIVE OIL

extra virgin  
cold extraction

## Golden Bio Olive Oil

### Ingredients:

Organic extra virgin olive oil

**Origin:** Crete, Greece

**Net Weights** 250g, 500g, 1kg

### Nutrition Facts per 100ml

Energy	3389kj/824kcal
Fat	92g
of which Saturated	13g
Carbohydrates	0.0g
of which Sugars	0.0g
Protein	0.0g
Salt	0.0g

## About Oil

The Olive oil, the «liquid gold» according to Homer, is the protagonist of the Mediterranean diet and it is an important nutritional treasure.

The Olive oil is the fatty substance we get from the fruit of the olive

Superior category olive oil from Crete, obtained directly from the olives and solely by mechanical means.

bio



tree which traditionally grows in the Mediterranean region and every corner of Greece. Since ancient times, Hippocrates, Diocles and Dioscorides have recognized the nutritional and beneficial properties of olive oil.



1. Add semi dried olives or throumpa olives, olive oil & vinegar, for great taste in your fresh green salad.
2. Make Greek Salad with tomatoes, cucumber, feta cheese, onion and add some Throumpes olives.
3. Make your pasta delicious by adding semi dried olives or throumpa olives, tomatoes and feta cheese.



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
221020940	Semi dried Throumpa olives, no added salt	20x150g	20	8	7
221021305	PDO Throumba olives vacuum packed	28x250g	28	8	7
221021304	PDO Throumba olives vacuum packed	21x500g	21	8	7
221020947	Olive oil in glass bottle	12x250ml	12	26	7
221020707	Olive oil in glass bottle	12x500ml	12	16	5
221020946	Olive oil in glass bottle	12x750ml	12	13	5
221021308	Kalamon olives in brine	220g	Packaging according to customers' needs		
221021309	Green olives in brine	210g			
221021310	Green olives stuffed with almonds in brine	200g			
221021307	Green olives stuffed with red pepper in brine	200g			

TOMA  
TOES



BioAgros

# BioAgros

There is minimal soil, air and water pollution, since no harmful chemicals are used in organic farming. In this way, we ensure a safer and healthier world for future generations to live in.

## Semi Dried Tomatoes no added salt

The aromatic, juicy and tasteful semi dried tomatoes is the evolution of sundried quality. Humidity levels reach 33% instead of 15% found in common sundried tomatoes. Our tomatoes are dried without any additives and are preserved with thermal pasteurizing. No added salt or oil. The taste and the aroma are unique and has been highly loved by consumers and professionals.



*semi dried with  
unique taste & aroma!*



Ask us!



bio

You can also find the best greek fresh organic tomatoes!

- Low fat
- High in fiber
- Protein source
- No added salt

## Semi Dried Tomatoes

Net Weight 150g

Ingredients: 100% organic Greek Tomatoes

Origin: Kiato, Korinthos, Greece

Nutrition Facts	per 100g
Energy	676kJ/162kcal
Fat	1,0g
Carbohydrates	16,1g
Fiber	19,7g
Protein	12,2g
Salt	0,72g



## Greek Cuisine

Ancient Greek cuisine was characterized by its frugality and was founded on the "Mediterranean triad": wheat, olive oil, and wine, with meat being rarely eaten and fish being more common. Wine

and olive oil have always been a central part of it and the spread of grapes and olive trees in the Mediterranean and further afield is correlated with Greek colonization.



# BioAgros

Bioagros Sundried Tomatoes  
made from organic tomatoes of  
the Greek countryside.  
They are ideal for your salads!

## Sundried Tomato

Sundried tomato is produced from  
firm tomatoes that are dried under the  
sun until their water evaporates. The  
tomatoes lose 88% of their weight after  
the drainage procedure, while the bigger  
ones the 93%. Sundried tomatoes  
have the same nutritional value  
as the fresh ones.

TOMA  
TOES

*unique taste & aroma!*

bio



## Sundried Tomatoes

Net Weight 150g

### Ingredients:

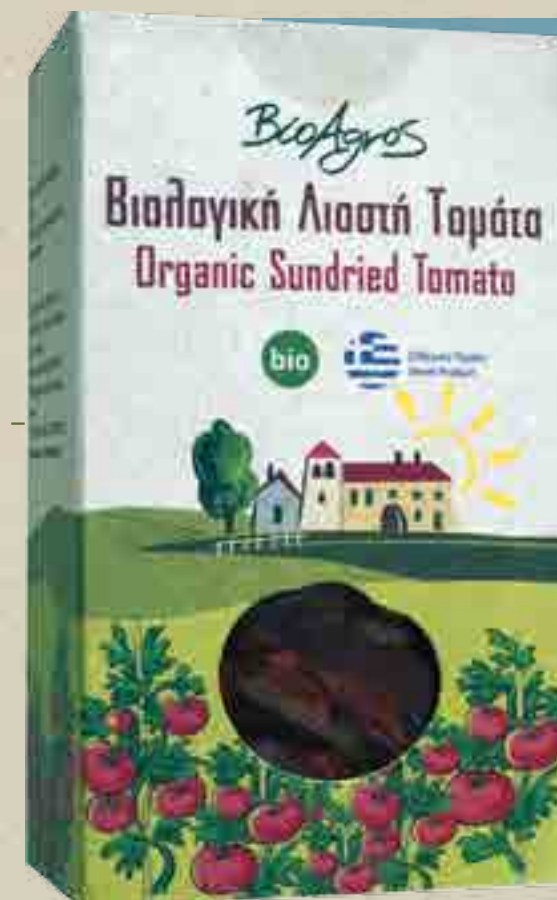
Sundried tomato\*,  
sunflower oil\*, caper\*,  
parsley\*, garlic\*, salt.  
\*Organic farming product

Origin: Atalanti, Lamia, Greece

### Nutrition Facts per 100g

Energy	1104kJ/264kcal
Fat	2,1g
of which Saturated	2,1g
Carbohydrates	1,9g
of which Sugars	1,9g
Protein	2,8g
Salt	0,02g

- Low fat
- Low sugars
- High in fiber





# BioAgros

Enjoy the Greek organic ketchup of Bioagros. Organic ketchup for kids and regular organic ketchup, without added sugar, are made from Greek ripe tomatoes. They blend wonderfully with meat and fries.



KIDS



Irresistible taste!

bio



Greek Organic Ketchups  
no Sugar added



Nutrition Facts	per 100g
Energy	410kJ/97kcal
Fat	<0.2g
Saturated	0.0g
Carbohydrates	19.0g
Sugar	17.8g
Fiber	4.4g
Protein	2.6g
Salt	1.0g

**Ingredients:** tomato paste double concentrated\* (50%), water, apple puree\*, white grape juice concentrated\*, white vinegar from grapes\*, spices (paprika\*, onion powder\*, cinammon\*), salt. \*Organic farming product.

## Characteristics

**Bioagros' Homemade organic ketchup** without added sugar from Bioagros is made from Greek ripe tomatoes and is made with a recipe of Greek traditional cuisine, using pure organic ingredients.

The delicious organic ketchup is ideally combined with sausages, roasted meats, hamburger, meatballs, souvlaki, sandwiches and French fries. It is also offered in a kid's version, to our beloved little friends.



## Tips!

1. Add semi dried tomatoes, olive oil & vinegar, for great taste in your fresh green salad.
2. Put semi dried tomatoes, semi dried olives and mozzarella cheese on your bruschetta.



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
121049014	Semi dried Tomatoes no added salt	20x150g	20	8	7
221010618	Sundried Tomatoes	22x150g	22	8	7
221020709	Ketchup no added sugar	12x320g	12	21	8
221031016	Ketchup Kids no added sugar	12x280g	12	19	12

[www.bioagros.gr](http://www.bioagros.gr)



DELICA  
TESSEN



bio

BioAgros

# BioAgros

We always pay attention to the excellence of our products' quality, in order to offer unique gastronomic choices, especially for people who follow a healthy diet and seek great taste.



**Organic  
Vine Leaves  
Stuffed with Rice  
The original Greek plate!**

Bioagros offers consumers an easy way to try the most original dish of the tasty Greek cuisine. The most internationally well-known Greek dish is "Dolmadakia" or "Vine leaves stuffed with rice. A delicious vegan dish for those who follow vegetarian diet and can be served either as a starter or as a main dish.

Packaged in easy opening tins and according to the stricter food safety standards, organic "Dolmadakia" are produced with carefully selected natural ingredients, with no preservatives and they are characterized not only by the taste, but also by their high nutritional value.

## Vine leaves & Rice

The main ingredient of «Dolmadakia» are the organic vine leaves that have special nutritional value, because they are low in calories and high in fiber contributing to proper bowel function and in one nutrition plan for weight loss. They are high in antioxidants such as lutein and zeaxanthin (1747 mcg/100g), which protect our shells from Free Radicals and they have high Vitamin A (27520 IU/100g), which improves eyesight and bones and skin care. The other ingredients of «Dolmadakia» are: rice, anise, mint and onion.

DELICIA  
TESSEN

*nutritional and tasty  
plates full of "Greece"*

bio

**Organic Vine Leaves  
stuffed with rice  
Net Weights 280g, 2Kg**

**Ingredients:** Rice\* (cooked)  
60%, water, vine leaves\* 10%,  
sunflower oil\*, onions\*, Spices\*  
(dill\*, mint\*, black pepper\*),  
acid: citric acid, sea salt.  
\*Organic ingredients.

Nutrition Facts	per 100g
Energy	644kJ/154kcal
Fat	8,0g
Saturated	1,0g
Carbohydrates	17,3g
Sugar	1,0g
Fiber	2,5g
Protein	1,8g
Salt	1,09g

NO PRESERVATIVES



Rice is part of the Mediterranean Diet. Its daily consumption is recommended, since it contains 90% of the carbohydrates needed for the human organism. Onion is responsible for the reduction of sugars in our blood, while it contains flavonoids that protect the shell of colon. Anise improves our metabolism, contributes to the proper functioning of digestive system and reduces blood pressure. Finally, mint has many beneficial effects for our digestive and nervous system.



BioAgros

DELICA  
TESSEN

nutritional and tasty  
plates full of "Greece"



## Organic Baked Giant Beans

One traditional Greek dish in your kitchen!

Selected giant beans and chopped tomatoes which are cooked together with fresh dill and parsley create a delicious appetizer.

Baked giant beans is one of the most authentic dishes of delicious Greek cuisine, in cans easy to open. It is made with carefully selected natural ingredients and is free of preservatives according to stricter food safety standards.

## Giant Beans

Giant Beans (gigantes in greek) have high nutritional value because they have about 300kcal per 100gr. They have high protein, carbohydrates, fibers, Vitamin B, C and E and minerals. Giant Beans have almost zero content in sugars and help intestines' fat reduction.

Nutrition Facts	per 100g
Energy	623kJ/149kcal
Fat	7,2g
Saturated	0,8g
Carbohydrates	13,0g
Sugar	3,3g
Fiber	5,8g
Protein	5,0g
Salt	0,96g

bio

NO ALLERGENS



## Organic Baked Giant Beans

Net Weight 280g

**Ingredients:** giant beans\* 65% (cooked), sunflower oil\*, onions\*, tomato paste\* 6,1%, peeled tomatoes\* 4,4%, water, sea salt, sugar\*, parsley\*, dill\*, red pepper\*, black pepper\*. \*Organic ingredients.

# BioAgros



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## Organic Greek Asparagus in brine

Bioagros offers gourmet gastronomic choices with organic asparagus. They are delicious and rich in nutrients. Asparagus can be eaten as a salad, soup or accompaniment to your dishes.

**Net Weight 450g**

**Ingredients:** asparagus\*, water, white vinegar\*, cane sugar\*, mustard seeds\*.

\*Organic farming product.

DELICATESSEN

nutritional and tasty delicacies full of "Greece"

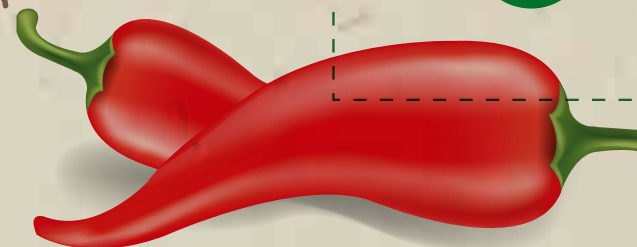
Nutrition Facts	per 100g
Energy	111kJ/26kcal
Fat	0.4g
Saturated	0.1g
Carbohydrates	2.5g
Sugar	1.7g
Fiber	2.3g
Protein	2.1g
Salt	0.02g



## Asparagus

Asparagus have rich antioxidant action, so they rank high on the list of most antioxidant fruits and vegetables. They are rich in fiber, which contributes to the reduction of cholesterol and help in the diet. Like most vegetables, act as a natural diuretic that helps our body remove toxins and «get rid» of excess sodium. Add this super vegetable to your spring routine and taste what it has to offer you!

Nutrition Facts	per 100g
Energy	126kJ/30kcal
Fat	0.0g
Saturated	0.0g
Carbohydrates	8.0g
Sugar	5.5g
Fiber	2.3g
Protein	1.0g
Salt	143mg



bio

## Organic Greek Roasted Red Peppers

Bioagros delicious roasted red peppers are well-known in Greece for their sweet flavor and natural scent.

## Red Peppers

The red peppers cultivated in the northern Greek region of Western Macedonia and specifically in the wider area of Florina, where it adapted to the Greek Mediterranean climate and soil. It has a deep red color, and is shaped like a cow's horn. They are exported in various canned forms usually hand-stripped, keeping the natural scents of pepper and topped with extra virgin olive oil, salt and vinegar.

## Organic Greek Roasted Red Peppers Net Weight 450g

**Ingredients:** red roasted peppers\* 80%, water, vinegar\*, sea salt, sugar\*.  
\*Organic farming product

No preservatives  
Pasteurized product





# BioAgros

No preservatives  
Pasteurized product



DELICATESSEN

nutritional and  
tasty delicacies  
full of "Greece"

bio

## Organic Greek Eggplant Salad

Bioagros' organic eggplant salad is another delicacy of the Greek cuisine. Perfect dip for roasted bread or chips and ideal for healthy sandwiches.

**Net Weight 330g**

**Ingredients:** eggplant\* 94%, vinegar\*, olive oil\*, salt, garlic\*.

\*Organic farming product

Nutrition Facts	per 100g
Energy	288kJ/68.9kcal
Fat	2.5g
Saturated	0.2g
Carbohydrates	9.0g
Sugar	4.0g
Fiber	3.0g
Protein	1.1g
Salt	600mg

## Eggplant

Even though eggplant has been cultivated in Asia since prehistory and introduced throughout the Mediterranean area by the Arabs in the early middle ages, eggplant became through the years one of the most favored vegetable in Greece. Eggplant salad is essential in the Greek cuisine and you can find it in all Greek taverns.

Nutrition Facts	per 100g
Energy	992kJ/237kcal
Fat	15.0g
Carbohydrates	21.0g
Protein	7.0g
Salt	1724mg



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## Organic Greek Hummus

Who doesn't love hummus? Bioagros offers you delicious Hummus from high quality organic chickpeas, tahini, lemon and garlic. The taste is great and it's ideal for your gourmet dishes!

## Hummus

Chickpeas are staples of Greek, Italian, Spanish and Portuguese cooking and can be beige, green, black, and red. One of the most common recipes with chickpeas is hummus. It is a dip or spread, in which tahini, lemon juice, olive oil, salt and garlic are also added for flavor. Our traditional hummus is low in fat, typically contains no sugar and is low in calories. It is also high in protein, so it provides energy!

## Organic Greek Hummus Net Weight 200g

**Ingredients:** chickpeas\*, lemon juice\*, virgin olive oil\*, tahini (sesame paste)\*, garlic\*, sea salt, parsley\*, pepper\*.

\*Organic farming product

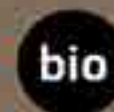
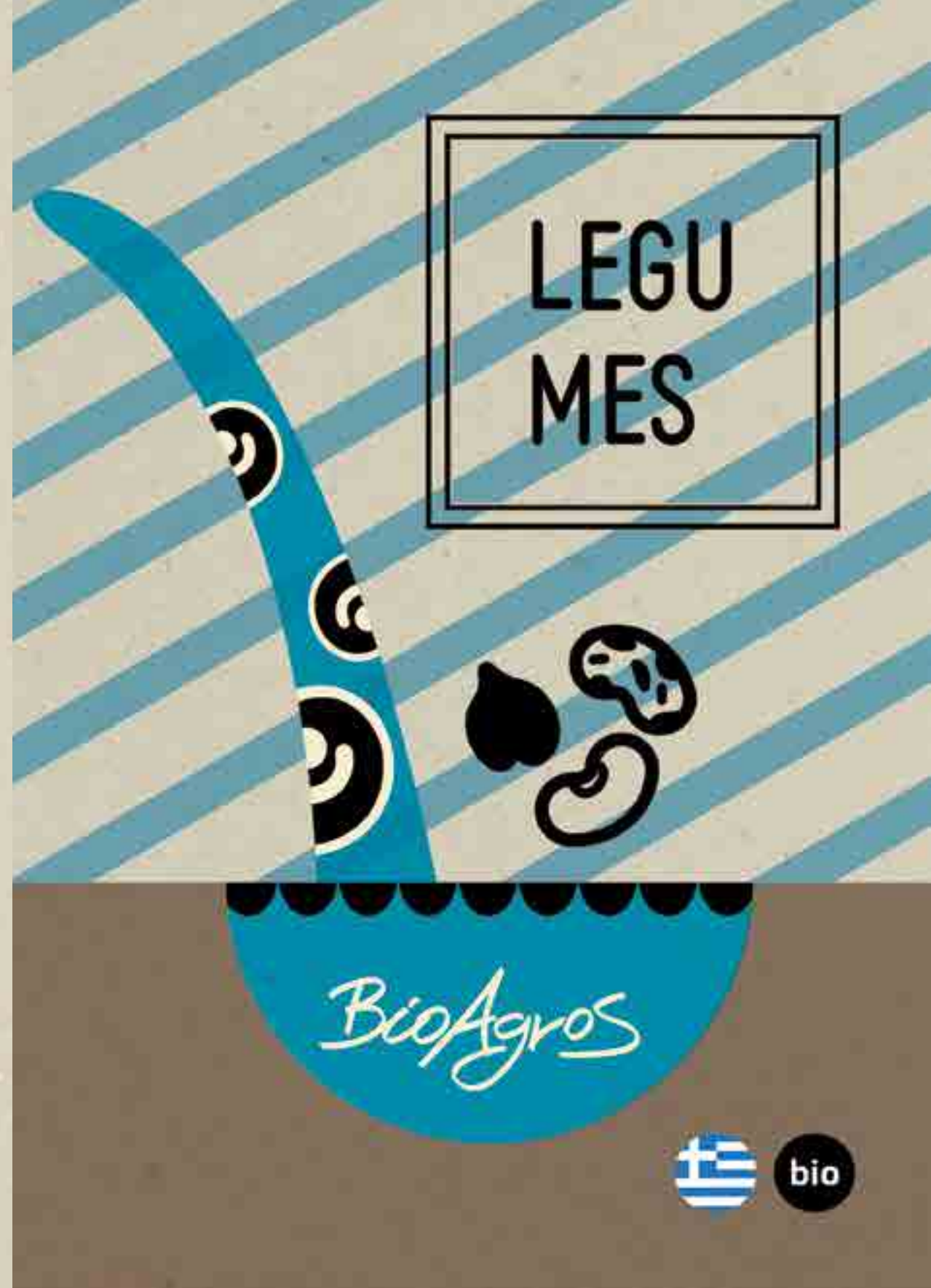
No preservatives  
Pasteurized product





Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
221010619	Dolmades vine leaves stuffed with rice	6x2kg	6	5	6
221010620	Dolmades vine leaves stuffed with rice	12x280g	16	9	13
221010621	Baked Giant Beans	12x280g	12	6	28
211011620	Asparagus in brine	12x450g	12	14	10
221991209	Hummus	12x180g	12	16	17
221991210	Red Roasted Peppers	12x450g	12	14	10
221991211	Eggplant dip	12x330g	12	13	13

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BioAgros



LEGU  
MES

From Greece with  
high nutritional  
value!

bio

BioAgros



Bioagros' organic legumes boil easily without losing their shape, keeping their taste, offering the ability from cooking nutritional traditional plates such as Greek Bean Soup to gourmet plates! They stand out for their taste, shape and organoleptic characteristics due to microclimate areas, rich soil, abundant water, rich flora and producers' care.

bio

Organic Greek Legumes

Origin: Prespa and Viotia, Greece



For 10.000 years, people have consumed legumes and they are inseparably connected with our civilization. Umberto Eco told "Without legumes mankind would not have reached the Middle Ages".

Bioagros' Greek organic legumes are cultivated in the regions of Prespa and Viotia. They have qualitative characteristics and high nutritional value that make them exquisite.

## Legumes' Nutritional Value

Legumes have high nutritional value because they have about 300kcal per 100gr. They have high protein, carbohydrates, fibers, Vitamin B, C and E and minerals. Legumes have almost zero content in sugars and help intestines' fat reduction. They help cholesterol reduction

while they have low Glycemic Index (GI) which helps reduce the risk of diabetes. Chickpeas, lentils and beans are calcium sources, which is necessary for pregnant women and children. Lentils and black eyed beans are high in Iron.

Ask us!

You can also find  
Greek organic  
legumes in packs of  
1kg, 2kg and 5kg



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
212010062	White jumbo beans	12x500g	12	9	13
212010090	Medium beans	12x500g	12	9	13
212010110	Borlotti beans	18x350g	18	9	13
212011000	Plake dry beans	12x500g	12	9	13
221038002	Chick peas	12x500g	12	9	13
221038022	Yellow split fava	14x500g	14	9	13
221038074	Black eyed beans	12x500g	12	9	13
221038563	Green small lentils	14x500g	14	9	13
221039316	Scarlet runner beans	14x350g	14	9	13
221039339	Small dry beans	14x500g	14	9	13

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HERBS



BioAgros





Basil

Chamomile

Thyme

Lavender

BioAgros

HERBS

«Άρωμα Φύσης» (Aroma Fisis) in greek means Nature's aroma

Organic Herbs "Nature's Aroma"  
The treasures of Greek land!



Oregano



Mint



Rosemary



Sage



Calendula



Elderflower

## Herbs' Nutritional Value

Herbs are wild plants that grow in arid or cultivated areas at different times of the year. In ancient times all herbs called medical plants because of their healing properties. Greek ancient people used over 500 herbs for medical reasons.

Today, herbs are used not only as medicines but also as spices and cosmetics. Herbs contain antioxidants, essential oils and vitamins that boost our immunity system.



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
221121057	Lavender	8x30g	8	19	13
221121058	Oregano	10x40g	12	9	13
221121059	Rosemary	10x30g	10	19	13
221121060	Yarrow (Achillea millefolium)	10x40g	10	9	13
221121061	Sideritis scardica Greek mountain tea	10x20g	10	9	13
221121062	Sideritis glandestina Greek mountain tea	10x20g	10	9	13
221121063	Sage	8x30g	8	9	13
221121064	Lemon balm tea	8x30g	8	19	13
221121065	Lemon Verbena (Aloysia citrodora)	8x20g	8	9	13
221121066	Mint	8x20g	8	19	13
221121067	Dandelion	8x20g	8	19	13
221121068	St John's wort	10x30g	10	19	13
221121069	Artemisia absinthium / Wormwood	10x30g	10	19	13
221121070	Nettle	8x30g	8	9	13
221121071	Thyme	20x40g	20	9	13
221121079	Basil	18x60g	18	9	13
221121080	Chamomile	10x40g	10	9	13
221121091	Coltsfoot leaves	8x30g	8	19	13
221121092	Elderflower	14x20g	14	19	13
221121093	Calendula	8x30g	8	19	13
221121094	Hawthorn berries	14x30g	14	19	13

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SNA  
CKS



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# BioAgros

Nutritious seeds, precious cereals, pure honey, crispy nuts and wonderful fruits are combined to give you energy and power all day long.



## BITE ME!

organic energy bars

Choose the organic bar that suits you and the taste you like, and you will have a convenient and high quality snack with incomparable taste with you every moment of the day!

### SNA CKS

01.

**Ingredients:** oat bran\*, honey\*, almond\*, dates\*, cashew kernels, peanut butter\*, puffed quinoa\*.  
\*Organic farming product.



Nutrition Facts	per 100g
Energy	2030kJ/487kcal
Fat	27,4g
Saturated	3,1g
Carbohydrates	43,0g
Sugar	28,0g
Fiber	7,2g
Protein	13,4g
Salt	0,06g

Net Weights 40g

Nutrition Facts	per 100g
Energy	1821kJ/435kcal
Fat	20,4g
Saturated	3,1g
Carbohydrates	45,0g
Sugar	31,0g
Fiber	8,5g
Protein	15,2g
Salt	0,06g



02.

**Ingredients:** oat flakes\*, almond\*, honey\*, walnut\*, grape juice\*, peanut butter\*, puffed quinoa\*, dates\*.

03.

**Ingredients:** oat bran\*, sunflower seeds\*, honey\*, blonde raisins\*, grape juice\*, oat flakes\*, cocoa beans\*, flavoring.  
\*Organic farming product.



Nutrition Facts	per 100g
Energy	1821kJ/435kcal
Fat	19,0g
Saturated	3,3g
Carbohydrates	52,2g
Sugar	44,7g
Fiber	7,7g
Protein	10,2g
Salt	0,15g

## Bite Me Benefits

Organic energy bars "Bite Me" by Bioagros, are the ultimate healthy daily snacks! They give us energy and countless nutritional benefits such as high protein, high fiber and very low salt. The nutritious energy bars "Bite Me" have great taste and they can

give you the protein you need wherever you are, whether at home, at the gym, at work or at school. They can be used between meals or as an occasional meal replacement. Therefore, the cereal bars "Bite Me" are the ideal choice for a daily healthy, tasty and high-nutritious snack.



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
221101000	Protein & fiber bar	18x10x40g	18	8	7
221101002	Oat & cocoa bar	18x10x40g	18	8	7
221101001	Almond & honey bar	18x10x40g	18	8	7



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# DINKEL PASTA



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Bioagros' organic Dinkel Pasta series «Olira» is healthy and delicious. It is made from wheat dinkel (triticum spelta or spelt as it is called) an archetype of today's wheat, which is much easier to digest than common wheat.



## Organic Dinkel Pasta series «Olira»

Nutrition Facts per 100g	
Energy	1485kJ/355kcal
Fat	1.3g
Carbohydrates	71.5g
Protein	11.7g



Kous-kous



Ditalini



Orzo



Penne



Long Tagliatelle

BioAgros

DINKEL PASTA

«ΟΛΥΡΑ» (olira) in greek means dinkel wheat, or else triticum dicocum

bio

Its total protein content is 10% to 25% higher than common wheat varieties, it has high levels of iron, magnesium, zinc, B1, B2 and beneficial fatty acids. We select fine dinkel flour to preserve its unique flavor and all its nutritional ingredients. Bioagros' dinkel pasta adjust to the need of modern life for healthy and delicious delights.

# Dinkel Pasta

Dinkel is a variety of wheat, rich in nutrients, with many beneficial properties, making it superior to other cereals. Dinkel is one of the oldest types of cereal in the world that was grown since 7000 BC and for which there are references even in the Bible. In recent years, there has been a revival in the popularity of

dinkel for those who apply a healthy diet, as it is rich in proteins, minerals and vitamins. Dinkel has an indisputable nutritional value and it is no coincidence that it is the preferred raw material for the production of high quality pasta and bakery products due to specific properties.



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet	
221039394	Emmer penne wholegrain	8x400g	8	9	13	
221039396	Emmer cous-cous wholegrain	14x400g	14	9	13	
221039397	Emmer Ditalini wholegrain	8x400g	8	9	13	
221039398	Emmer Vermicelli wholegrain	12x250g	12	8	7	
221039399	Emmer Orzo wholegrain	18x400g	18	9	13	
221039400	Emmer Long Tagliatelle wholegrain	9x400g	9	8	7	
221039954	Emmer Rotini wholegrain	12x400g	12	8	7	



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# GREEK DELIGHTS



BioAgros



# BioAgros

A flashback to history... Bioagros' organic delights products promise you tasty experiences and incomparable pleasures!



Net Weights  
100g, 200g



Bioagros cooperates with one of the oldest coffee companies in Greece, founded in 1893 in Thessaloniki, selecting ground fine coffee beans of high quality. The mixture is called Kaimaki.

## GREEK DELIGHTS

bio



Net Weight  
350g



Ingredients: 100% organic paddy sesame.

Tahini is among the most healthy and nutritious choices with high nutritional value and beneficial effects. It is an ideal substitute for animal proteins since it contains a significant amount of plant proteins of high biological value, which act refreshingly.

Nutrition Facts	per 100g
Energy	2642kj/629kcal
Fat	57.4g
of which Saturated	9.0g
Carbohydrates	8.9g
of which Sugars	0.7g
Protein	19.3g
Salt	0.1g

Bioagros' halva, is a nutritious pastry, which has as main component the whole-grain tahini, and is available in 3 delicious flavors, vanilla, cocoa and honey.



## You should know

«Kaimaki» greek coffee of Bioagros is one of the richest antioxidant beverages. With a rich aroma and intense flavor, the Greek coffee of Bioagros offers a unique coffee treat and stimulation of the senses. **Bioagros' Wholegrain Tahini** is the ultimate healthy choice for your daily diet and the the perfect way to benefit from all the nutrients of sesame and contributes to the good

functioning of the organism. Its rich and intense flavor is due to the defatted sesame seeds used for its production process. Halva has been consumed for many centuries. Over the years, it has traveled to various regions, from Eastern Mediterranean up to India. **Bioagros' Halva**, is handmade and produced in the town of Veria, with selected defatted organic sesame.



Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
221034008	Tahini wholegrain	6x350g	6	16	18
211010945	Halvas wholegrain, Vanilla	20x200g	20	19	13
211010946	Halvas wholegrain, Cocoa	20x200g	20	19	13
211010947	Halvas wholegrain, Honey	20x200g	20	19	13
221038601	Kaimaki Greek coffee	12x100g	12	19	13
221041003	Kaimaki Greek coffee	9x200g	9	19	13

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SEA  
TREA  
SURES



BioAgros



# BioAgros

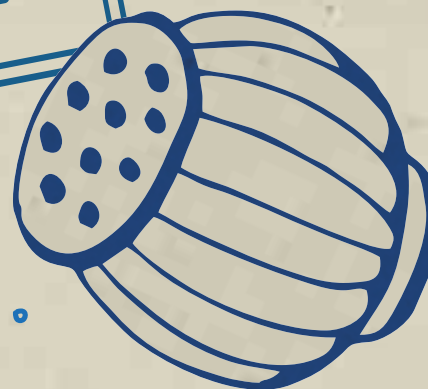


*The white treasure of Mesolongi*

Bioagros' Mesolongi salt is 100% Greek, natural salt, which is gathered with the process of evaporation of seawater in the sun. It is the least processed natural sea salt, since the only human interference is the washing to make it edible.

SEA  
TREA  
SURES

*Authentic  
taste  
of the  
Aegean Sea*



Bioagros' Sea Crystals are natural and unique. The pure raw materials and the unique method of gathering and processing Bioagros' Crystals of the Sea make these products a real ambassador for the authentic taste of the Aegean.

- High Magnesium content
- High Zinc content



**Bioagros' Mesolongi Salt** is the least processed sea salt that is ideal for human consumption and cooking. Washing, in order to make it edible, is the only human interference. Mesolongi salt comes from Alykes in Mesolongi and is 100% Greek without being mixed with other salts.

The process of **Bioagros' Sea Crystals** is 100% ecological. The conversion of the raw material into sea crystals, as well as the crystals' drying is done only by the power of sun or air. With a harmonious and perfect balance of fragrances and flavors they are here to satisfy your every sense.





Product code	Description	Packaging	Pieces per box	Box per layer	Layers per pallet
121040703	Sea cristals reduced sodium salt	9x200g	9	24	18
121040704	Sea cristals air dried salt	9x200g	9	24	18
121040705	Sea crystals wet salt	10x200g	10	24	18
121040706	Sea cristals sun dried salt	9x200g	9	24	18
121040980	Sea salt, fine	20x1kg	20	8	7
121040982	Sea salt, granulate	20x1kg	20	8	7
212010113	Saltshaker with fine salt	38x390g	38	8	7

[www.bioagros.gr](http://www.bioagros.gr)



**Greek Organic Fresh  
Fruit & Vegetables**

[www.bioagros.gr](http://www.bioagros.gr)





# BioAgros


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