



since 1992

**Mediterranea Foods®**  
*organic passion*

COMPANY PROFILE



“

My father has taught me  
to believe that if we treat  
nature with love and respect,  
then it offers us, with equal  
passion, its best fruits.

founder  
*A. Anastasi*







## Vision& Mission

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# Our Vision and Mission

We have chosen organic farming as an ethical path, being aware of the fragile balance between us and Mother Earth: we cultivate and produce without synthetic chemicals, as it strongly contributes to a symbiotic coexistence between human beings and nature for the well-being of both.

## A path towards excellence



We are aware that following organic and biodynamic procedures means adopting a sustainable, transparent, and ethical system running through the entire production chain, starting from the fields to the finished product on store shelves. We embrace these values to guarantee an attentive and efficient service through the whole production chain, until our products reach their final consumers.

The high quality of the company's products is the result of the harmonious interaction of different elements peculiar to the territory in which we operate.

To guarantee such a safety system, every single product, starting from its raw materials, is checked and analysed several times during the production phases.

Thanks to our know-how and the scrupulous work, we currently produce an excellent range of organic and biodynamic speciality products, made with raw materials, almost exclusively produced by us and free of any preservative and additive, enhancing their taste and quality.







## Our history

“Every time I look at the luxuriant splendour of our olive groves, I smell their scent, I caress their silvery leaves, I think of my father who with his dedication to these centuries-old trees has taught me to believe that if we treat nature with love and respect, then it offers us, with equal passion, its best fruits. Perhaps this is why we have been producing extra virgin olive oil for over three generations.”



1950

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## Our path

The family's agricultural and olive-growing culture finds its roots in history, thanks to which ancient wisdom has laid the foundations for a healthy growth of values and know-how.

1992

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## Mediterranea Foods foundation

After a long history of hard work supported by his father Domenico, Antonino Anastasi founded Mediterranea Foods in the early 90s. Thus, he begins an important path founded no longer only on the experience in agriculture but aimed at innovation, progress and commercialization of the company products in the international scenario.

1993

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## The organic World

Immediately Antonino feels a strong impulse towards change and thus decides to convert the family business into a totally organic production, strongly believing in an approach to agriculture attentive to the anthropic and ethical aspects of production. It was the natural path to follow as the family guidelines and philosophy were already in line with natural production.

2011

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## Towards biodynamic farming

Established in the international organic sector, the time has come for the company to take another fundamental step towards evolution. Thus began the process of converting to biodynamic which in 2011 saw the entire company certified by Demeter.

2021

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## Our family is our strength

As history teaches, the family has always represented a fundamental strength for this company, in fact, since 1999 Antonello and his wife Marilena have crossed this path together, involving through the years also their young daughters in the company philosophy and choices.



## Our know-how

"We work every day on our mission with enthusiasm, planning every new strategy of the company, sharing in a deep communion of intent every step of Mediterranea Foods growth."

**Antonello Anastasi**  
CEO

**Marilena Massara**  
Export Manager



PRINCIPE  
DI GERACE

**OLIO  
EXTRA VERGINE  
DI OLIVA**

*da  
Agricoltura Biologica*

*Estratto a freddo  
Prodotto Italiano*

Prodotto da  
**Azienda Agricola Anastasi**

e 500 ml



# Our production

Our production program aimed towards excellence is based on total respect for human beings and the environment. Our primary goal is producing organic food with the highest quality standards.

## Sustainably, quality and transparency



The history of the company, currently run by the Anastasi family's third generation, boasting thirty years of experience in the organic sector and for over ten years in the biodynamic sector, is rooted in the love for the land and tradition.

Our daily production is based on tradition and respect for our history, using the most modern production processes and

the most selected raw materials, always caring for the fields and the people who collaborate for the harvest success.

Respect for each other is the fundamental principle on which our work is based: respect for nature and its inhabitants.







## Our certifications and control systems

Our production is a path towards traceability and our final aim is quality and excellence. Our national and international certifications, represent the guarantee of innovative and controlled process standards.

## OUR QUALITY CERTIFICATION



### ICEA

For our organic  
agriculture



### Demeter

For our biodynamic  
agriculture



### IGP

For our Oil  
from Calabria







FOS

For our seafood  
from sustainable  
fishing



USDA/NOP

For the US  
market



BRC e IFS

For the quality  
standards in  
our production  
process





①

Adelaide

Spices  
process  
responsible

②

Francesca

Sales  
Manager

③

Antonietta

Specialties  
responsible

④

Marilena

Export  
Manager

⑤

Antonello

CEO





⑥

Valentina

Flavored oils  
production  
responsible

⑦

Alessandro

Quality  
Manager

⑧

Valentina

Accounting  
manager

⑨

Giuseppe

Production  
process  
responsible

# Our products

The natural, pure and exclusive taste of our product range, represents the rich tradition of Mediterranean style.



\*SAVE THE WORLD

We are environmentally conscious; we have reduced 25% of plastic on our packaging, limited CO2 production and planted more than 1250 trees on Italian soil.

The bottles of our oils  
are **98% plastic free**

The bags of our legumes  
are **100% plastic free**



# 1 Extra virgin olive oil Millenarium limited edition

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demeter

MILLENARIUM



MILLENARIUM

OLIO EXTRA VERGINE D'OLIVA BIO  
DA AGRICOLTURA BIODINAMICA

**GRAND CRU**

*Limited edition*

DA ULIVI MILLENARI

50cl

MILLENARIUM

*Limited edition*  
2000



# 1

## MILLENARIUM

Millenarium Biodynamic extra virgin  
olive oil grand cru  
**Limited Edition**

Produced exclusively from our millennial  
olive trees that have dominated our farm  
estate since ancient times.



MILLENARIUM



MILLENARIUM

OLIO EXTRA VERGINE D'OLIVA BIO  
DA AGRICOLTURA BIODINAMICA

**GRAND CRU**

*Limited edition*

DA ULIVI MILLENARI

50cl



# MILLENARIUM

*Limited edition*

Our Millenarium extra virgin olive oil is unique and special because it is produced from the millennial olive trees that have dominated our “Cannavà” estate since ancient times. They belong to that place, where they express the profound essence of a story told by the wind blowing through their silver leaves as early as the eighth century BC. Our olive culture has its roots in a millennial history that has come down to us through plants that have lived for centuries and millennia.

This is our MILLENARIUM Biodynamic Extra Virgin Olive Oil: Each bottle contains the ancestral energy of an experience that has left its mark.

Producing this millennial oil means to us saving and safeguarding over a hundred millennial olive trees that are difficult to care for and protect.

Producing this biodynamic oil has meant to us seeing our land and our trees as part of a complex universe, understanding the cosmic laws and influences, stories and forces that govern all living beings, planets and moons, trying to create the right interconnection among land, history and sky.

Each bottle is unique, marked with a distinctive number, and is the result of a sensory research as this oil is produced exclusively with Ottobratica olives, a native variety. Its medium-intense fruity profile of green-picked olives has a perfect balance. The characteristic scent of the Ottobratica variety has accents of field grass, golden apple and unripe tomato with distant hints of wild thistle. It has an enveloping and vegetal taste, with a harmonious bitter and spicy aftertaste.

SCHEDA PRODOTTO



# 2

## **Organic and biodynamic extra virgin olive oils**

Our oils are an exclusive product coming from  
our ancient organic and biodynamic farm.





SCHEDA PRODOTTO

## Principe di Gerace

Delicately fruity organic extra virgin olive oil coming from the Anastasi family farm. Appreciated for its distinctive characteristics the blend is largely made of the "ottobratica" and "sinopolese" cultivars. Its medium-intense fruity sensory profile, typical of green-picked olives, is the result of a perfect balance between the characteristic scent of the two varieties. Enveloping and vegetal taste, with a harmonious bitter and spicy aftertaste, it has hints of grass, golden apples, and unripe tomatoes with notes of wild thistle.

Excellent for raw use and for preparations that require short cooking. It enriches every dish, enhancing its taste and organoleptic properties.

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Capacity **750ml, 500ml, 250ml**







SCHEDA PRODOTTO

## Mediterraneò

Cold extracted **delicately fruity** organic extra virgin olive oil, obtained from a selection of organic extra virgin olive oils produced in Calabria (southern Italy). The regional cultivars used are mainly Carolea, Cassanese and Rogianella. The oil obtained has a gold colour with green reflections and a sweet and delicate scent. It presents accents of sweet almond, golden apple with distant hints of wild grass. The taste is enveloping and delicate, with a harmonious slightly spicy aftertaste.

Mediterraneò is appreciated by adults and children who love the refined taste of a delicately fruity and light oil. Excellent for raw use, thanks to its delicacy it is excellent for preparations that also require long cooking.

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Capacity 750ml, 1l, 3l, 5l



SCHEDA PRODOTTO





### **Bio Oleificio San Francesco**

Biodynamic Extra Virgin Olive Oil from Calabria, cold extracted, medium intense fruity.

Produced with the native cultivars "Carolea" and "Ottobratica" has elegant characteristics with a balanced sensory profile between the notes of green-picked olives of the fruity Ottobratica, with hints of almond and light notes of grass, artichoke and green fruit. The Carolea cultivar, balances its taste by giving it a very light and spicy aftertaste, and clear and persistent hints of fresh grass.

This extra virgin olive oil with a refined and delicate taste, rich in biodynamic energy and the Southern Italy's sun is dedicated to those who believe in the ancestral poetry of the biodynamic method.

Excellent for raw use in all kinds of dishes and for preparations that require very short cooking. It enriches every dish, enhancing its taste and organoleptic properties.

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Capacity **500ml**



# 3

## Flavored oils

Extra virgin olive oil and spices are combined to create flavoured specialties prepared by infusion according to ancient recipes and family traditions







#### SCHEDA PRODOTTO

### Organic seasoning based on extra virgin olive oil flavoured with Habanero chili

Our Habanero chili, which have found in our farm a rich and fertile soil to grow, is dried and infused to enrich our extra virgin olive oil with its aroma and intense taste. The result of this combination is a naturally spicy condiment, with an intense aroma and strong taste, ideal for giving character to all dishes of the Mediterranean diet: legume soups, quick first courses and full-bodied sauces or to be enjoyed on toasted bread.

**Ingredients:**  
100% Italian organic extra virgin olive oil,  
dried organic Habanero peppers.

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Capacity 250ml, 100ml





#### SCHEDA PRODOTTO

### Organic seasoning based on extra virgin olive oil flavoured with Lemon

Lemon and extra virgin olive oil combine in an excellent condiment typical of the Mediterranean culinary art. Its warm and spicy notes with a citrus touch, create a balanced fragrance rich in summer and fresh tones. It is ideal for enhancing both sweet and savoury dishes: from fresh green salads, steamed vegetables, grilled aubergines and courgettes, fruit salads, especially with apples and citrus fruits, to grilled fish and meat.

The distinctive feature of our lemon oil is its exceptional versatility in sweet recipes: cakes, cookies, ice creams and fruit salads, and as an excellent substitute for butter in all preparations with shortcrust pastry.

**Ingredients:**  
100% Italian organic extra virgin olive oil,  
organic lemon essential oil.

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Capacity **250ml, 100ml**





#### SCHEDA PRODOTTO

### Organic seasoning based on extra virgin olive oil flavoured with garlic

Garlic, with its distinctive and beneficial immunostimulatory, antibiotic and purifying characteristics known since ancient times, and extra virgin olive oil, are the simple ingredients of this flavourful condiment. The entire production is done by hand at our company, where garlic is harvested, peeled, dried and placed to macerate in organic extra virgin olive oil. Its balanced intense aroma and strong taste add flavour to all the dishes of the Mediterranean cuisine. Excellent to enhance legume soups, potato salads, pizzas and focaccia, first courses and sauces made with fish or to be enjoyed on toasted bread.

#### Ingredients:

100% Italian organic extra virgin olive oil,  
dried organic garlic.

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Capacity **250ml**





#### SCHEDA PRODOTTO

### Organic seasoning based on extra virgin olive oil flavoured with oregano

Origanum Vulgare Hirtum, characterised by intense aroma and antiseptic properties, is the oregano variety grown on our farm. It is harvested, dried and placed to macerate in organic extra virgin olive oil.

The result of this union is our flavoured oil, delicate and healthy. Thanks to its mild aroma, it is a versatile ingredient for the preparation of special recipes. Ideal for adding flavour to tomato salads, pizzas, boiled and baked potatoes, and for the preparation of Mediterranean sauces. Excellent to enhance focaccia breads' flavour or to be enjoyed on toasted bread.

#### Ingredients:

100% Italian organic extra virgin olive oil,  
dried organic oregano.

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Capacity **250ml**



#### SCHEDA PRODOTTO

##### **Organic seasoning based on extra virgin olive oil flavoured with bergamot**

The fruity scents of our extra virgin olive oil are enhanced thanks to bergamot, an exclusive and ancient citrus fruit of our Calabria region, rich in vitamins and boasting energizing properties.

The result of this union is our flavoured oil, whose aroma, both intense and delicate, makes it a refined ingredient for the preparation of special sweet and savoury recipes. Suggested for risottos, fresh salads, fish and vegetables, it is also special for the preparation of desserts, cakes, cookies and fruit salads.

##### **Ingredients:**

100% Italian organic extra virgin olive oil,  
organic bergamot essential oil.

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Capacity **250ml**







#### SCHEDA PRODOTTO

**Organic seasoning  
based on extra virgin olive oil  
flavoured with rosemary**

Our rosemary is harvested fresh, then dried and placed to macerate in organic extra virgin olive oil. The resulting product is a delicate and flavourful condiment, ideal for enhancing any dish with light intensity.

Ideal for adding flavour to roasts, legume and vegetable soups, boiled and baked potatoes, and for the preparation of focaccia breads or being enjoyed on toasted bread.

**Ingredients:**  
100% Italian organic extra virgin olive oil,  
dried organic rosemary.

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Capacity **250ml**



SCHEDA PRODOTTO

**Organic seasoning  
based on extra virgin olive oil  
flavoured with basil**

The freshly harvested basil coming from our farm, where in the mild climate between the coast and the hinterland, grows luxuriant and fragrant, is dried and macerated in the organic extra virgin olive oil to make a flavourful oil.

From this union comes a light and tasty condiment, a refined and versatile ingredient for the preparation of special recipes from tomato and caprese salads, to pizzas, any kind of potato preparations, and Mediterranean sauces. Excellent also for enhancing the flavour of focaccia breads or for being enjoyed on toasted bread.

**Ingredients:**

100% Italian organic extra virgin olive oil, organic basil.

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Capacity **250ml**



SCHEDA PRODOTTO

**Organic seasoning  
based on extra virgin olive oil  
flavoured with white truffle**

Our truffle flavoured oil is made with organic white truffle, one of the most precious fruits of the earth, infused in our extra virgin olive oil. Its refined taste makes it a gourmet condiment with a delicate flavour and an exhilarating fragrance.

The result of this union is our flavoured oil, whose aroma, both intense and delicate, makes it a distinctive ingredient for the preparation of special recipes.

It's ideal for giving a delicious, refined, and decisive taste to risottos, soups, bruschetta and to add a gourmet touch to any dish you can imagine.

**Ingredients:**

100% Italian organic extra virgin olive oil, natural organic white truffle flavour.

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Capacity **100ml**



#### SCHEDA PRODOTTO

### **Balsamic vinegar of Modena from organic farming**

Produced in the Emilia Romagna region according to the ancient methods of production and ageing in casks according to the PGI guidelines

Such high-quality balsamic vinegar is the perfect addition to the "Principe di Gerace" line and our selection of Mediterranean condiments. Aged for at least three years, the bitter-sweet viscosity of our balsamic vinegar adds an intense touch to delicate Gourmet recipes and adds flavour to raw or cooked side dishes.


#### **Ingredients:**

Cooked must and wine vinegar.

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Capacity **250ml**





4

## Vegetable specialties

From the uncontaminated nature  
our vegan organic and Demeter specialties







#### SCHEDA PRODOTTO

### **Dried lentils from Biodynamic Farming**

Principe di Gerace biodynamic lentils are grown in our farm in the green hills of Abruzzo. Thanks to the biodynamic method and the respect of the natural cycles of the plants, we preserve the freshness and goodness of the product and make the soils more fertile. Lentils, in fact, are an extraordinary legume, not only for their organoleptic properties, but also for their ability to improve the fertility of the soil.

Important food for a Vegan and Vegetarian diet thanks to its very high protein content, lentils have been consumed since the prehistoric age, and have always been considered the meat of the poor. Rich in iron and antioxidants, it is a legume suitable for the most varied recipes: from soups to pasta or as a special ingredient for the preparation of salads, flans or delicious meatballs.

**Ingredients:**  
**Dried lentils.**

Packaging **400g**





#### SCHEDA PRODOTTO

### Dried "Sultano" chickpeas from Biodynamic Farming gluten free

Demeter-certified "Principe di Gerace" chickpeas are grown on our farm located in Abruzzo, an area dedicated to the cultivation of this legume since medieval times. In the smooth Sultano variety, it stands out because it has the peculiarity of remaining intact during cooking and has a thin skin that makes it the most digestible among legumes.

Ingredients:  
Chickpeas.

Packaging 400g



#### SCHEDA PRODOTTO

### Boiled "Sultano" chickpeas from Biodynamic Farming gluten free

Important for the supply of proteins with high nutritional value, our chickpeas are very tasty in their preparation boiled au naturel and above all are produced in a certified 100% gluten free supply chain with no risk of contamination. Very important ingredient for a vegan diet.

Ingredients:  
Chickpeas, water, sea salt.

Packaging 300g





#### SCHEDA PRODOTTO

### **Capers in salt from organic farming**

The Caper is a small shrub with white and pink flowers. Its flower buds are harvested between May and September and preserved in salt. Rich in aromatic and medicinal properties, the caper is a typically Mediterranean fruit widely used in cooking, which adds flavour and taste, enhancing the most different dishes. Its savoury and "sunny" taste is ideal for sauces, fillings, and salads, on pizza or as an ingredient for the preparation of first courses. Capers preserved in salt should be rinsed thoroughly before use, drained and squeezed.

**Ingredients:**  
Organic capers, salt.

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Capacity **130g**





#### SCHEDA PRODOTTO

### **Artichokes cream from organic farming**

“Principe di Gerace” Artichoke Cream is a light organic speciality whose main ingredients, fresh artichokes with a delicate taste and natural aroma, and organic extra virgin olive oil, make it a flavourful and simple preparation.

Artichokes consists of water and vegetable fibres, essential elements for regulating intestine functions. Besides, they are rich in mineral salts, including sodium and potassium.

The entirely vegetable recipe, therefore vegan, is excellent for the preparation of appetizers and delicious snacks. Excellent on toast, on boiled meats, or to season pasta.

#### **Ingredients:**

Artichokes, 100% Italian organic extra virgin olive oil, wine vinegar, sea salt, organic bay leaf.

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Capacity **120g**







SCHEDA PRODOTTO



SCHEDA PRODOTTO

### **Black Olive Paté      Green Olive Paté** from organic farming

The best black and green olives are used for the preparation of our paté. Their ingredients are skilfully prepared with passion, following a traditional recipe handed down for generations. Delicious and refined, our pates, meet the taste of the most demanding palates and those who love simple flavours. Their delicate taste makes these specialties a versatile ingredient for different preparations: from appetizing canapés and aperitifs to the seasoning of first courses or rustic pizzas.

#### **Black olive paté Ingredients:**

Organic black olives, 100% Italian organic extra virgin olive oil, sea salt, organic bay leaf.

#### **Green olive paté Ingredients:**

Organic green olives, 100% Italian organic extra virgin olive oil, organic capers, organic oregano, organic hot peppers, sea salt.

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Capacity **135ml**



The background of the image shows a close-up of several bundles of long, thin, yellowish-orange dried pasta, likely spaghetti or linguine, arranged in a somewhat circular pattern. In the top left corner, a portion of a blue bowl with a textured, possibly metallic or ceramic, surface is visible. The overall lighting is soft and natural, highlighting the texture of the pasta.

5

## **Italian ancient grains**

We cultivate our ancient grains in the green hills of Abruzzo where they grow luxuriantly and ripen in the warm southern sun, from which we obtain our excellent flours in order to produce our Principe di Gerace top quality pasta



# LINEA MONOGRANO

Solo il nostro grano antico  
100% Italiano

*Paese di coltivazione del grano: Italia*  
*Paese di molitura: Italia*

500g e





SCHEDA PRODOTTO







**Italian durum  
wheat semolina pasta,  
Cappelli variety  
from organic and  
biodynamic Farming**

"Principe di Gerace" organic pasta is prepared with flours obtained from ancient grains grown and matured with love and passion in the sun of Southern Italy.

The Cappelli variety wheat flour, is an important element of the Mediterranean diet so much so that, in the early 1900s, it was defined as the poor man's meat for its high protein content, low gluten and sugar count. The whole process is based on the ancient Italian tradition: bronze die extrusion at low speed, slow drying at a low and constant temperature that reproduces the natural drying in the sun for about 30/35 hours, give our pasta high digestibility, and the typical porous and rough surface ideal for picking up any sauce.

Thanks to this care and attention, our pasta reaches its excellent nutritional and organoleptic characteristics.

**Ingredients:**

**Organic Italian durum wheat semolina of the Cappelli variety, water.**

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Capacity **500g**





#### SCHEDA PRODOTTO

**Italian durum wheat  
semolina FUSILLI  
Cappelli variety  
from Organic  
and Biodynamic Farming**

#### Ingredients:

Organic Italian durum wheat semolina  
Cappelli variety, water.

Capacity 400g





#### SCHEDA PRODOTTO

**Italian durum wheat  
semolina PENNE  
Cappelli variety  
from Organic  
and Biodynamic Farming**

Ingredients:  
Organic Italian durum wheat semolina  
Cappelli variety, water.

---

Capacity 400g





# 6

## **Fish specialties**

We support eco-sustainability choosing organic products. This is why in our fish line we only use fish caught with eco-sustainable ways respecting nature and marine ecosystems.



## Friends of the Sea

We chose for our brand only "Friend of the Sea" certified fish, to guarantee that the products come from sustainable fishing. "Principe di Gerace" anchovies are caught with a fishing technique typical of Southern Italy, the "Lampara", carried out only with small Italian boats, equipped with lamps that attract fish, then hoisted on board with a floating purse seine. Lampara fishing is selective and does not damage seabed. The fish do not undergo any mechanical stress and are not handled, thus obtaining a high-quality catch. The genuine and at the same time sophisticated taste of our anchovies is the result of a combination of excellent ingredients: the freshest FOS certified anchovies and our organic extra virgin olive oil.





#### SCHEDA PRODOTTO

### **FOS fillets of anchovies with Habanero chili in organic extra virgin olive oil**

The anchovy without the bone enhanced with the spicy Habanero pepper, grown in our fields, acquire an even more intense and enveloping taste.

**Ingredients:**  
Fillets of Anchovies (*Engraulis encrasicolus*), 100% Italian organic extra virgin olive oil, hot peppers, salt.

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Capacity **100g**



#### SCHEDA PRODOTTO

### **FOS fillets of anchovies in organic extra virgin olive oil**

The anchovies, from sustainable fisheries, are filleted and placed in the jar with our organic extra virgin olive oil to create a simple and unique product.

**Ingredients:**  
Fillets of Anchovies (*Engraulis encrasicolus*), 100% Italian organic extra virgin olive oil, salt.

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Capacity **100g**



#### SCHEDA PRODOTTO

### **Mediterranean FOS fillets of anchovies in organic extra virgin olive oil**

The anchovies without bones prepared with spices grown in our fields give life to our Mediterranean style fillets, a gourmet product with an enveloping and savoury taste.

#### **Ingredients:**

Fillets of anchovies (*Engraulis encrasicolus*), 100% Italian organic extra virgin olive oil, sea salt, parsley.

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Capacity **100g**



#### SCHEDA PRODOTTO

### **FOS anchovies with hot Habanero chili in organic extra virgin olive oil**

In the Habanero hot pepper recipe, the anchovies flavour is enhanced with hot peppers grown in our fields which make it a gourmet product with an intense and spicy aroma and taste.

#### **Ingredients:**

Anchovies (*Engraulis encrasicolus*), 100% Italian organic extra virgin olive oil, sea salt, hot peppers.

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Capacity **200g**







#### SCHEDA PRODOTTO

### **Mediterranean style FOS anchovies in organic extra virgin olive oil**

In the Mediterranean style recipe, the anchovies' flavour is enhanced with spices grown in our fields which make it a gourmet product with a distinctive taste.

#### **Ingredients:**

Anchovies (*Engraulis encrasicolus*), 100% Italian organic extra virgin olive oil, sea salt, parsley.

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Capacity **200g**





#### SCHEDA PRODOTTO

### White tuna fillets in organic extra virgin olive oil

The Albacore or White Tuna, one of the most prized species of tuna that lives in the Mediterranean Sea and has a white-pink, delicate meat with a unique and distinctive flavour, it is low in fat and has a high omega 3 content.

Our white tuna fillets are the result of a process carried out with attention and care. The exceptional quality of this product is guaranteed by the fish steam cooking, maintaining all its nutritional properties, the careful and skilful processing carried out entirely in Italy by local experts following an ancient tradition, and the organic extra virgin olive oil used to preserve the fillets.

#### Ingredients:

White tuna (*Thunnus alalunga*), organic extra virgin olive oil, sea salt.

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Capacity **105g**





#### SCHEDA PRODOTTO

### **Tuna fillets in organic extra virgin olive oil**

The selection of the best tuna fillets "Principe di Gerace" are preserved in our organic extra virgin olive oil which keeps them intact and meaty, adding to the delicate taste of the steamed fillets the intense and decisive flavour of a cold pressed olive oil, thus creating a unique recipe.

Few and simple ingredients: tuna, organic extra virgin olive oil and sea salt, make it a light and delicate food, ideal for the diet and appreciated by adults and children.

It can be enjoyed drained as is or in countless recipes, from salads to first-course sauces or for the preparation of appetizing canapes.

#### **Ingredients:**

Tuna fillets, 100% Italian organic extra virgin olive oil, sea salt.

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Capacity **150g**











The most precious thing for us is the family. Our thoughts are always turned to the children of the world and our goal is to leave them a better space for a better life. This is why we share every day with our daughters Elena, Sofia and Francesca our values and those of organic and biodynamic agriculture, to teach them that good food on the table starts from the Earth so that they can learn that knowledge and respect are HUMUS for the roots of their future.







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**[mediterraneafoods.it](http://mediterraneafoods.it)**