



PRODUCT OF CYPRUS
صنع في قبرص



PRODUCTS CATALOGUE



M.G. CHRISTODOULOU EXPORTS LTD

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M.G. CHRISTODOULOU, established in 1972, is worldwide reliable exporting company specializing in Foodstuffs, Ethnic food and any other traditional products, mainly to Middle East, Europe, USA and Australia. This Company has been awarded four times by the "*Cyprus Export Award for Trading Enterprises*" by the Ministry of Commerce, Industry, and Tourism as the best Cypriot Exporting Company for the years 1990, 1999, 2001 and 2005.

M.G. Christodoulou has a Marketing Consulting division.

The Managing Director of the company, Marios Christodoulou, is an Economist, Chartered Marketer and a fellow of the British Chartered Institute of Marketing. The company ever since its establishment has undertaken many marketing projects including the consultancy for the promotion of the Cyprus Intercommunal Trade (E.U. regulation) with the International Executive Service Corps. (USA) who were the contractors for the project with the USAID (USA).

The Cyprus Export Awards



1990



1999



2001



2005



FILLO PASTRY LEAVES



INGREDIENTS: Enriched Wheat Flour, Water, Corn Starch, Salt, Corn Oil, E202 - Free from Animal Fat and Derivative.

- No Artificial Flavours
- No Genetically Modified Ingredients.

NUTRITION INFORMATION

TYPICAL VALUES *avg/per 100g*

معلومات التغذية. التركيب النموذجي لكل 100 غم		
Energy	284 Kcal/1193 KJoul	طاقة
Protein	8.1%	بروتين
Carbohydrates:	58.4%	كربوهيدرات
Of which sugars	1.2%	لذي السكريات
Fat:	1.3%	دهون
Of which saturates	0.4%	التي تشبع
Of which monounsaturates	0.3%	من الذي مونوساتوراتي
Of which polyunsaturates	0.6%	من الذي بوليونساتوراتي
Salt:	0.84%	الملح

STORAGE INSTRUCTIONS

Keep frozen (-18°C). Once thawed, do not refreeze.
For production and expiry date: See on pack

Appr. Weight **450g^e**

الوزن التقريبي ٣٥٠ غم

PRODUCT OF CYPRUS

إنتاج قبرصي



المكونات: دقيق القمح المخصب، الماء، نشاء الذرة، الملح، زيت الذرة، ٢٠٢ - خالي من الدهون الحيوانية ومشتق.
• لا للنكهات الاصطناعية • لا المكونات المعدلة وراثيا.

FROZEN PASTRY LEAVES:

PACKING: 24x450g

1x20" FCL: ABOUT 1100 CARTONS LOOSE

1x40" FCL: ABOUT 1800 IN 23 EURO PALLETS

FROZEN CATERING PASTRY LEAVES:

CATERING PACKING:

4 PACKETS OF 5 KILOS EACH, 20 KILOS PER CARTON

1x20" FCL: ABOUT 900 CARTONS LOOSE





SAMBUSAK PASTRY LEAVES



INGREDIENTS: Enriched Wheat Flour, Water, Corn Starch, Salt, Corn Oil, E202 - Free from Animal Fat and Derivative.

- No Artificial Flavours
- No Genetically Modified Ingredients.

NUTRITION INFORMATION

TYPICAL VALUES QVQ/per 100g

معلومات التغذية، التركيب النموذجي لكل 100 غم		
Energy	284 Kcal/1193 KJoul	طاقة
Protein	8.1%	بروتين
Carbohydrates:	58.4%	كاربوهيدرات
Of which sugars	1.2%	التي سكريات
Fat:	1.3%	الدهون
Of which saturates	0.4%	التي تشبع
Of which monounsaturates	0.3%	من التي مونوساتوراتي
Of which polyunsaturates	0.6%	من التي بوليونساتوراتي
Salt:	0.84%	الملح



المكونات: دقيق القمح المخصب، الماء، نشاء الذرة، الملح، زيت الذرة، ٢٠٢ - خالي من الدهون الحيوانية ومشتق.
• لا النكهات الاصطناعية • لا المكونات المعدلة وراثيا.

FROZEN PASTRY LEAVES FOR SAMBUSAK:

PACKING: 24x450g

1x20" FCL: ABOUT 1100 CARTONS LOOSE

1x40" FCL: ABOUT 1800 IN 23 EURO PALLETS

FROZEN CATERING PASTRY LEAVES FOR SAMBUSAK:

CATERING PACKING:

4 PACKETS OF 5 KILOS EACH, 20 KILOS PER CARTON

1x20" FCL: ABOUT 900 CARTONS LOOSE

Appr. Weight 450g e

الوزن التقريبي ٣٥٠ غم

PRODUCT OF CYPRUS

إنتاج قبرصي





KUNAFI - KATAIFI



INGREDIENTS: Enriched Wheat Flour, Water, Corn Starch, Salt, Corn Oil, E282
- Free from Animal Fat and Derivative.
• **No Artificial Flavours**
• **No Genetically Modified Ingredients.**

NUTRITION INFORMATION

TYPICAL VALUES gVd/per 100g

معلومات التغذية، التركيب النموذجي لكل ١٠٠ غم		
Energy	305 Kcal / 1280 KJoul	طاقة
Protein	3.5%	بروتين
Carbohydrates:	65.6 %	كربوهيدرات
Of which sugars	1.5 %	لذي السكريات
Fat:	1.6 %	دهون
Of which saturates	0.5 %	التي تشبع
Of which monounsaturates	0.3 %	من الذي مونوساتوراتي
Of which polyunsaturates	0.7 %	من الذي بوليونستوراتي
Salt:	0.82 %	الملح



المكونات: دقيق القمح المخصب، الماء، نشاء الذرة، الملح، زيت الذرة، E282
- خالي من الدهون الحيوانية والمشتقات.
• لا النكهات الاصطناعية • لا المكونات المعدلة بدورها.

FROZEN SHREDDED DOUGH (KUNAFI):

PACKING: 12x450g / 24x250gr
1x20" FCL: ABOUT 1100 CARTONS LOOSE
1x40" FCL: ABOUT 1800 IN 23 EURO PALLETS

CATERING PACKING ALSO AVAILABLE:

CATERING PACKING:
5 PACKETS OF 3 KILOS EACH, 15 KILOS PER CARTON
1x20" FCL: ABOUT 900 CARTONS LOOSE

Appr. Weight **450g e**

الوزن التقريبي ٣٥٠ غم

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SPRING ROLL LEAVES



NUTRITION INFORMATION TYPICAL COMPOSITION PER 100g	
معلومات التغذية: القيمة النموذجية لكل 100 غم	
Energy	284 Kcal/1183 KJoule
Protein	8.1%
Carbohydrates:	55.4%
Of which sugars	1.2%
Fat:	1.3%
Of which saturated	0.4%
Of which monounsaturated	0.3%
Of which polyunsaturated	0.6%
Salt:	0.84%

STORAGE INFORMATION	
Refrigerate at -10°C	
تجميد على درجة حرارة -10°C	
ONLY DEFOSTED DO NOT RE-FROST	
فقط لتذويب بعد أن يتم إذابة المنتج	

Appr. Weight 250g e
الوزن التقريبي ٢٥٠ غم
or

Appr. Weight 450g e
الوزن التقريبي ٣٥٠ غم

PRODUCT OF CYPRUS
إنتاج قبرصي



INGREDIENTS: Enriched Wheat Flour, Water, Maize Starch, Salt, Corn Oil, E202 - Free from Animal Fat and Derivative.
- No Artificial Flavours - No Genetically Modified Ingredients.

For Allergies see ingredients in bold

المكونات: دقيق القمح المعزز، ماء، نشاء ذرة، ملح، زيت الذرة، E202 - خالي من دهون حيوانية و
لا تكافئ صناعية ولا تحتوي على مواد معاللة وراثيا. للحساسية انظر للمكونات بالخط العريض

FROZEN PASTRY LEAVES FOR SPRING ROLLS:

PACKING: 24x450g

1x20" FCL: ABOUT 1100 CARTONS LOOSE

1x40" FCL: ABOUT 1800 IN 23 EURO PALLETS

FROZEN CATERING PASTRY LEAVES FOR SPRING ROLLS:

CATERING PACKING:

4 PACKETS OF 5 KILOS EACH, 20 KILOS PER CARTON





PUFF PASTRY



Ingredients

Wheat flour (gluten), margarine ([palm, rapeseed, coconut, sunflower in varying proportions], water, salt, emulsifier: mono and diglycerides of fatty acids, flavouring, acidity regulator: citric acid, colour: carotenes), water, salt, dextrose monohydrate, vinegar, enzymes: fungal α -amylase and bacterial protease.

Instructions for Allergens For Allergens see ingredients in **bold**

Baking Instructions • Take the puff pastry out of the freezer and leave it in its packaging until it completely defrost at room temperature (around half an hour).

- Prepare your filling.
 - Unfold the puff pastry.
 - Preheat your oven to 190°C (380°F).
 - Make your product and lightly brush the puff pastry with a well beaten egg or milk (optional).
 - Bake your product for approximately 25-30 minutes or until golden brown.
 - Adjust the baking time and temperature according to your oven type.
- Note: If baking more than one tray at a time, an oven fan should be used.

NUTRITION INFORMATION / ΘΡΕΠΤΙΚΗ ΑΞΙΑ

TYPICAL VALUES	ΕΝΔΕΙΚΤΙΚΕΣ ΤΙΜΕΣ	ανά/ per 100g
Energy	Ενέργεια	1494/357 kcal
Fat	Λιπαρά	17.7 g
of which saturated	εκ των οποίων κορεσμένα	9.2 g
Carbohydrate	Υδατάνθρακες	42.1 g
of which sugars	εκ των οποίων σάκχαρα	0.3 g
Protein	Πρωτεΐνες	7.3 g
Salt	Αλάτι	1.1 g

CATERING PACKING ALSO AVAILABLE

5 Kilos (2X2.5 Kilos)

10 Kilos (4X2.5 Kilos)

Appr. Weight **900** (2X450g)

الوزن التقريبي ٣٥٠ غم



Συστατικά Αλεύρι σίτου (γλουτένη), μαργαρίνη ([φοινικέλαιο, κραμβέλαιο, κακοφοινικέλαιο, ηλιέλαιο σε ποικίλες αναλογίες], νερό, αλάτι, γαλακτωματοποιητής: μονο- και διγλυκερίδια λιπαρών οξέων, αρώματά, ρυθμιστής οξύτητας: κιτρικό οξύ, χρώμα: καροτίνες], νερό, αλάτι, δεξτρόζη, ξύδι, ένζυμα: αμυλάση, πρωτεάση.

Οδηγίες για Αλλεργιογόνα Για Αλλεργιογόνα βλέπε συστατικά με έντονο πράσινο

Οδηγίες Ψησίματος • Βγάλτε τη σφολιάδα από την κατάψυξη και αφήστε την στην συσκευασία της σε θερμοκρασία δωματίου, μέχρι να ξεπαγώσει τελείως (μισή ώρα περίπου).

- Ετοιμάζετε την γέμιση
- Ξετυλίξετε την σφολιάδα
- Προθερμάνετε τον φούρνο σας στους: 190°C (380°F).
- Ετοιμάστε το προϊόν σας και αλείψτε ελαφρώς την σφολιάδα με κτυπημένο αυγό ή γάλα (προαιρετικά).
- Ψήστε το προϊόν σας για περίπου 25-30 λεπτά ή μέχρι να ροδοκοκκινίσει.

• Προσαρμόστε τη διάρκεια ψησίματος και θερμοκρασίας ανάλογα με τον φούρνο σας. Σημείωση: Για ταυτόχρονο ψήσιμο άνω του ενός ταψιού, ο φούρνος πρέπει να έχει σύστημα θερμού αέρα!

ΔΕΝ ΨΗΝΟΝΤΑΙ ΣΕ ΦΟΥΡΝΟ ΜΙΚΡΟΚΥΜΑΤΩΝ

Οδηγίες Φύλαξης Βάλεται παγωμένο (-18°C).

Το προϊόν αφού αποψυχθεί, δεν πρέπει να ξανακαταψυχθεί!

UNSUITABLE FOR MICROWAVE OVEN Storage

e Instructions: Keep frozen (-18°C).

Once thawed, do not refreeze.

Διατηρείται παγωμένο / Keep frozen

Προϊόν βαθιάς κατάψυξης / Deep frozen product

One 40g pastry contains / uno 40g pasta ha

Calories Ενέργεια	Fat Λιπαρά	Saturated Κορεσμένα	Sugar Σάκχαρα	Salt Αλάτι
357	17.7g	9.2g	0.3g	1.1g
18%	25%	46%	0%	18%

Reference intake of an average adult (8400kJ/2000 kcal)
(Μοντέλο διατροφής 2000 / kJ 8400) مرجع الاستهلاك المتوسط البالغين

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TRADITIONAL CYPRUS RAVIOLI

with halloumi or with spinach and ricotta or with chicken or 4 cheeses (Ricotta, Mazzarella, Emental, Parmezana). Same specifications we produce Tortellini.



INGREDIENTS:

Dough 55%: **Wheat Flour**, Water, **Milk Powder**, Salt.
Filling 45%: Halloumi Cheese 15% (Combination of Cow, Goat, Sheep **Milk**, Microbial Rennet, Mint), Fresh Anari Cheese (**Milk**) 15%, Dry Anari Cheese (**Milk**) 10%, **Eggs**, Mint.
Allergens in **Bold**.

COOKING INSTRUCTIONS:

Cook Ravioli in hot water with added stock for about 12 minutes.
Serve with grated halloumi cheese or dry anari cheese.

STORAGE: Keep frozen at -18°C

CAUTION: Do not freeze the product after defrosting it.

Catering Available- Packing: Packs per Carton: 12X250 - Cartons / Pallet: 80
Packing in trays or in flowbag: Packs per Carton: 12X500 - Cartons / Pallet: 40

For production and expiry date: See on pack

Net Weight 250g e الوزن الصافي: ٢٥٠ غم

Net Weight 500g e الوزن الصافي: ٥٠٠ غم



NUTRITION INFORMATION

TYPICAL VALUES ανά/per 100g

Energy: 1091 kJ/261 kcal

Fat: 13.6 g

of which saturates: 7.8 g

Carbohydrates: 22.3 g

of which sugars: 1.4 g

Protein: 12.3 g

Salt: 0.9 g

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إنتاج قبرصي.



TRADITIONAL CYPRUS TRACHANA STICKS or GROUNDED



30'

baking time
وقت الخبز

INGREDIENTS: Sheep and Goat **Milk**, Crushed **Wheat**, **Gluten**, Salt. Allergens in **Bold**.

COOKING INSTRUCTIONS:

Add Tarhanas in cold water and allow to swell for 30 minutes. Heat for 30 minutes and add Halloumi cubes for a delicious soup.

STORAGE: Keep in a dry and cool place away from direct sunlight.

Catering Available - Packing: Packs per Carton: 12x400g - Cartons / Pallet: 72
Catering Available - Packing: Packs per Carton: 10x500g - Cartons / Pallet: 70
Catering Available - Packing: Packs per Carton: 5x1.000g - Cartons / Pallet: 35



NUTRITION INFORMATION

TYPICAL VALUES ανά/per 100g

Energy:	1738kJ/411kcal
Fat:	8.8 g
of which saturates:	5.7 g
Carbohydrates:	68.7 g
of which sugars:	2.0 g
Protein:	14.4 g
Salt:	1.45g

For production and expiry date: See on pack

Net Weight 400ge الوزن الصافي: ٤٠٠ غم

Net Weight 500ge الوزن الصافي: ٥٠٠ غم

Net Weight 1000ge الوزن الصافي: ١٠٠٠ غم

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TRADITIONAL CYPRUS GROATS- BULGUR



INGREDIENTS: Wheat

Allergens in Bold.

High Groats (Special for Pilaf, Salads, Mugs, Stuffing)

in a package of 500g, 1,000g, 25Kg

Medium Groats (Special for Pilaf, Salads, Stuffing)

in a package of 500g, 1,000g, 5Kg, 25Kg

Thick Groats (Special for Pilaf, Salads, Stuffing)

in a package of 500g, 25Kg,

Coarsely Ground Wheat - Medium

(Raw material for making trachana)

in 5Kg, 10Kg, 25Kg packaging

Coarsely Ground Wheat - Thick

(Raw material for making trachana)

in a package of 10Kg, 25Kg

Recipe for pilaff:

2 glasses of bulgar wheat	1/2 tablespoon salt
6 glasses water or meat stock	2 ripe tomatoes
3/4 of glass vermicelli	1 finely chopped onion
4 tablespoon olive oil	

Way of preparation

Boil the oil, fry the onion and then add the vermicelli to cooked. After add the tomatoes, the water or meat stock and salt. When boiled add the bulgur wheat and leave to cooked.

Served after 20 minutes with meat and yoghurt.



NUTRITION INFORMATION

TYPICAL VALUES ανά/per 100g

Energy: 1490kJ/352kcal

Fat: 1.3 g

of which saturates: 0.5 g

Carbohydrates: 67.5 g

of which sugars: 2.3 g

Fibre: 9.2g

Protein: 12.0g

Salt: <0.02g

STORAGE: Keep in a dry and cool place away from direct sunlight.

PRODUCT OF CYPRUS

إنتاج قبرصي



OUR RANGE OF PRODUCTS

- "Choriatiko" (Half Moon Shape, or Square) Halloumi Cheese from 100% Sheep & Goat milk.
- Halloumi Cheese PDO Mixture of Milks. (200g - 225g - 250g - Block 750g, 800g, 1kg, Catering)
- Halloumi Cheese Mixture of Milks sliced. (200g - 225g - 250g - Block 750g, 800g, 1kg, Catering)
- Matured Halloumi Cheese PDO Sheep & Goat milk.
- Fresh Anari from Sheep, Goat & Cow milk. (200g, 250g, 500g)
- Dry Anari Cheese from 100% Sheep, Goat & Cow milk. (500g, 1kg)
- Fresh Ricotta Cheese from Sheep, Goat & Cow milk. (200g, 250g, 500g)
- "Village" Flaouna Cheese, from 100% Sheep & Goat Milk. (Apr. 500g, 1kg)
- Grounded Dry Anari Cheese & Halloumi (200g in plastic pot)
- Spinach & Cheese Puff pastry bites
- Apple Puff pastry bites
- Hallumi Puff pastry bites
- Zaatar Puff pastry bites
- Trachanas (Soup) (400g, 500g & 1kg in tray and plastic flow bag)
- Caper Leaves Pickled (1kg, 500g in glass bottles)
- Caper Pickled whole gorp (1kg, 500g in glass bottles)
- Different kinds of Jams and Marmalates from 100% natural fruits (Mosphillo Jelly, Quince Jam, Fig Jam, Apricot, walnut, eggplant, melon, Orange marmalate, Citrus marmalate e.t.c.) (1kg, 500g)
- Different kinds of 100% Cyprus whole sweets in syrup (same kinds of fruits as above (Jams & Marmalates) (500g, 1kg)
- 100 % Wine Red Vinegar and White in glass or plastic bottles (500 ml, 1.000 ml)
- Apple Vinegar, Balsamic Vinegar (packaging as above)
- 100% Carob Syrop, Pomegranate Syrop, Grape Syrop, Rose syrop, 100% Rose water. (in glass or plastic bottles 300cc, 500cc, 1ltr.
- Orange Squash, Lemon Squash, Cordian Lemon With Stevia, Cordian Orange With Stevia, Rose Squash, Almond Squash, Banana Squash, Black Cherry Gordial, Pomegranate Gordial, Lime Gordial, Strawberry Gordial, Mantarine Gordial, (in glass or plastic bottles 700ml, 1ltr, 3 ltr.)
- Cyprus Sweet (Siousioukos) from 100% Grape Juice (in trays and nylon bags, 400g, 500g, 1kg)
- Cyprus Delights in difference flavours. (160g, 330g, 250g, 500g, 1kg)
- Brittle with Carob honey (Pastellaki), Brittle with honey (200g, 35g, 55g, 100g, 270g, 350g, 500g).
- Coconut rolls & mouthful (160g, 250g)
- Pure Cyprus honey in plastic bottles (140g, 340g, 480g squiz, 1kg)
- Cyprus Coffee Gold or Silver quality (100g, 150g, 200g, 310g, 440g, 500g, 1kg, 2.5 kg)
- Cyprus Afroza Refreshing digestive soft drink (power 227g)
- Maize Powder Starge (Nishiasto) 20x500g, 20X400g
- Village Pasta, Linguini.
- Cyprus Makaroni pasta (Long Pasta, Nests, Fine Nests, Tagliatelle, Short Pasta, Special Pasta, Kids Pasta, Hole Wheat Pasta, Filled Pasta, Ravioli, Premium Pasta, Catering Pasta, Traditional Products (250g, 500g, 1kg)
- Origano Chips, Cheetos Drakoulina, Cheetos Pacotinia,
- Potato Chips salted, Potato Chips in Oven with different flavours.
- Traditional Aniseed, Mini cookies, Sesami Seeds, Raising Toast, Traditional round shape sesame Seeds (200g, 250g, 280, 300g)
- Cyprus made original Barbeques automatic for souvlaki kebabs, for whole cut peases (souvla) for Whole Lamb. All above complete with accessories big and small grills, small barberque grills and big and small souvlas ajustable with electrick and batteries motors)



Barberque set

All above products are produced under our & Private brands except Aunt Puffy



Olive Oil and Olives

Maybe the Finest Olive Oil and Olives from Cyprus



GREEN-BLACK-OLIVES

Cyprus olives are produced from the local Cypriot variety that is cultivated all over the island. Cyprus olives are used for everyday use as well as for the production of olive oil.

OLIVE OIL

Usually described as "pure" or "100 percent pure". Olive Oil is a blend of refined olive oil and extra virgin or virgin olive oil. Because the refined oil is neutral, it must be blended with extra virgin or virgin olive oil to enhance its flavor. Olive oil has an acidity level of less than 1,5 percent. It has good resistance to high temperatures and is better suited for heavy-duty, high-heat cooking.

SALAD DRESSINGS

Laser Blend of Olive Oil & Sunflower Oil is suitable for all cooking methods including deep pan frying, pan frying, stir-frying and baking. It is also great as part of a salad dressings. Consists of 80% Sunflower Oil and 20% Extra Virgin Olive Oil.

For production and expiry date: See on pack



PRODUCT OF CYPRUS

إنتاج قبرصي