

Top Quality Products



PRODUCT OF CYPRUS  
صنع في قبرص



# CATALOGUE



**M.G. CHRISTODOULOU EXPORTS LTD**

43 Homer str., 2121 Nicosia Cyprus

Mob.: +357 99 722796, Fax: +357 22260389

Email: marios@mgc.com.cy - marios.christo@me.com

www.mgc.com.cy



Top Quality Products

The Original Brand

**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



Top Quality Products

## 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 $\alpha\alpha\alpha$ /per 100g

| معلومات التغذية ، التركيب النموذجي لكل ١٠٠ غم |                     |                       |
|-----------------------------------------------|---------------------|-----------------------|
| Energy                                        | 284 Kcal/1193 KJoul | طاقة                  |
| Protein                                       | 8.1%                | بروتين                |
| Carbohydrates:                                | 58.4%               | كاربوهيدرات           |
| Of which sugars                               | 1.2%                | لتي السكريات          |
| Fat:                                          | 1.3%                | الدهون                |
| Of which saturates                            | 0.4%                | لتي لتربع             |
| Of which monounsaturates                      | 0.3%                | من الذي مونونستوراتي  |
| Of which polyunsaturates                      | 0.6%                | من الذي بوليونستوراتي |
| Salt:                                         | 0.84%               | المالح                |

المكونات: دقيق القمح المخصب ، الماء ، نشاء الذرة ، الملح ، زيت الذرة ، آ ٢٠ ٢ - 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

### STORAGE INSTRUCTIONS

Keep frozen (-18°C). Once thawed, do not refreeze.

For production and expiry date: See on pack

Appr.Weight 450g<sup>e</sup>

الوزن التقريبي ٣٥٠ غم

PRODUCT OF CYPRUS

إنتاج قبرصي.







Top Quality Products

## 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 QVÁ/per 100g

معلومات التغذية، التركيب النموذجي لكل ١٠٠ غم

|                          |                     |                        |
|--------------------------|---------------------|------------------------|
| Energy                   | 284 Kcal/1193 KJoul | طاقة                   |
| Protein                  | 8.1%                | بروتين                 |
| Carbohydrates:           | 58.4%               | كربوهيدرات             |
| Of which sugars          | 1.2%                | التي سكريات            |
| Fat:                     | 1.3%                | الدهون                 |
| 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                  |

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

### 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.





Top Quality Products

## 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 $\alpha\alpha\alpha$ /per 100g

| معلومات التغذية ، التركيب النموذجي لكل 100 غم |                        |                       |
|-----------------------------------------------|------------------------|-----------------------|
| Energy                                        | 305 Kcal / 1280 Kjoule | طاقة                  |
| Protein                                       | 3.5%                   | بروتين                |
| Carbohydrates:                                | 65.6 %                 | كربوهيدرات            |
| Of which sugars                               | 1.5 %                  | التي السكريات         |
| Fat:                                          | 1.6 %                  | الدهون                |
| Of which saturates                            | 0.5 %                  | التي تشبع             |
| Of which monounsaturates                      | 0.3 %                  | من الذي مونونستوراتي  |
| Of which polyunsaturates                      | 0.7 %                  | من الذي بوليونستوراتي |
| Salt:                                         | 0.82 %                 | الملح                 |

**المكونات:** دقيق القمح المخصب ، الماء ، نشاء الذرة ، الملح ، زيت الذرة ، ٢٨٢٢  
- خالي من الدهون الحيوانية والمشتقات.  
• لا النكهات الاصطناعية • لا المكونات المعدلة مدنها.

### 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

**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.







Top Quality Products

## SPRING ROLL LEAVES



| NUTRITION INFORMATION<br>TYPICAL COMPOSITION PER 100 g<br>معلو مات التغذية ، التركيب النموذجي لكل ١٠٠ غم |                     |                        |
|----------------------------------------------------------------------------------------------------------|---------------------|------------------------|
| Energy                                                                                                   | 284 Kcal/1193 KJoul | طاقة                   |
| Protein                                                                                                  | 8.1%                | بروتين                 |
| Carbohydrates:                                                                                           | 58.4%               | كاربوهيدرات            |
| Of which sugars                                                                                          | 1.2%                | التي السكريات          |
| Fat:                                                                                                     | 1.3%                | الدهن                  |
| Of which saturates                                                                                       | 0.4%                | التي تشبع              |
| Of which monounsaturates                                                                                 | 0.3%                | من التي مونوساتورات    |
| Of which polyunsaturates                                                                                 | 0.6%                | من التي بوليونوساتورات |
| Salt:                                                                                                    | 0.84%               | السلطاني               |

### STORAGE INSTRUCTIONS

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

### PRODUCT OF CYPRUS

إنتاج قبرصي.

Appr. Weight 250g e

الوزن التقريبي ٢٥٠ غم

or

Appr. Weight 450g e

الوزن التقريبي ٤٥٠ غم

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

للكونات: دقيق القمح للحسن ماء، نشاء، ملح، زيت الذرة ، اي ٢٠٢ ، نخالي من اية شحوم حيوانية و  
لا تكهات مصنعية ولا تكتوي على مواد معالة 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







Top Quality Products

The Original Brand

## POUREKIA WITH FRESH ANARI CHEESE



### INGREDIENTS

Wheat flour (**WHEAT, GLUTEN**), Fresh anari cheese (pasteurized whey from blend of cow's, goat's and sheep's milk, pasteurized cow's milk) (40%) (**MILK**), Water, Sugar, Sunflower oil, Blossom water (water, rose aroma, sodium benzoate), Salt, Cinnamon.

**ALLERGENS** See ingredients in bold capital letters.

May also contain traces of **egg** and **milk**.

### COOKING INSTRUCTIONS

Deep fry directly from freezer in adequate oil until golden, at 190°C for about 2 minutes.

Keep frozen -18°C

**Best before date:** See package

Once thawed do not refreeze

One piece (22g) contains:

| CALORIES     | FAT  | SATURATED | SUGAR | SALT |
|--------------|------|-----------|-------|------|
| 224KJ/53Kcal | 1.6g | 0.8g      | 10g   | 0.0g |
| *1%          | *2%  | *4%       | *1%   | *0%  |

\*Reference intake of an average adult (8400KJ/2000Kcal)



### INGREDIENTS

Wheat flour (**WHEAT, GLUTEN**), Halloumi cheese (cow's & goat-sheep's milk, salt, rennet) (35%) (**MILK**), Anari cheese (pasteurized whey from blend of cow's, goat's and sheep's milk, pasteurized cow's milk) (**MILK**), Sunflower oil, Pasteurized eggs (**EGG**), Sugar, Salt, Mint.

**ALLERGENS** See ingredients in bold capital letters.

May also contain traces of **egg** and **milk**.

### COOKING INSTRUCTIONS

Deep fry directly from freezer in adequate oil until golden, at 190°C for about 2 minutes.

Keep frozen -18°C

**Best before date:** See package

Once thawed do not refreeze

One piece (22g) contains:

| CALORIES     | FAT  | SATURATED | SUGAR | SALT |
|--------------|------|-----------|-------|------|
| 298KJ/71Kcal | 3.1g | 1.5g      | 0.1g  | 0.4g |
| *4%          | *4%  | *8%       | *0%   | *7%  |

\*Reference intake of an average adult (8400KJ/2000Kcal)

Appr. Weight 500g e  
الوزن التقريبي: ٥٠٠ غم

PRODUCT OF CYPRUS  
إنتاج قبرصي





Top Quality Products

The Original Brand

## KOUPES WITH MINCED MEAT



### INGREDIENTS

Bulgur wheat (**WHEAT, GLUTEN**), Pork minced meat (25%), Onions, Water, Wheat flour (**WHEAT, GLUTEN**), Parsley, Sunflower oil, Breadcrumbs (**WHEAT, GLUTEN**), Salt, Spices.

**ALLERGENS** See ingredients in bold capital letters.

May also contain traces of egg and milk.

### COOKING INSTRUCTIONS

Deep fry directly from freezer in adequate oil until golden, at 190°C for about 4 minutes.

Keep frozen -18°C

Best before date: See package

Once thawed do not refreeze

One piece (30g) contains:

| CALORIES     | FAT  | SATURATED | SUGAR | SALT |
|--------------|------|-----------|-------|------|
| 262KJ/62Kcal | 1.8g | 0.6g      | 0.3g  | 0.2g |
| *13%         | *1%  | *1%       | *1%   | *1%  |

\* Reference intake of an average adult (8400KJ/2000Kcal)



### INGREDIENTS

Bulgur wheat (**WHEAT, GLUTEN**), Mushrooms (mushrooms, water, salt, citric acid, ascorbic acid) (25%), Onions, Water, Wheat flour (**WHEAT, GLUTEN**), Parsley, Sunflower oil, Breadcrumbs (**WHEAT, GLUTEN**), Salt, Spices.

**ALLERGENS** See ingredients in bold capital letters.

May also contain traces of egg and milk.

### COOKING INSTRUCTIONS

Deep fry directly from freezer in adequate oil until golden, at 190°C for about 4 minutes.

Keep frozen -18°C

Best before date: See package

Once thawed do not refreeze

One piece (30g) contains:

| CALORIES     | FAT  | SATURATED | SUGAR | SALT |
|--------------|------|-----------|-------|------|
| 227KJ/53Kcal | 0.1g | 0.0g      | 0.2g  | 0.2g |
| *1%          | *0%  | *0%       | *0%   | *1%  |

\* Reference intake of an average adult (8400KJ/2000Kcal)

Appr. Weight 500g e  
الوزن التقريبي ٥٠٠ غم

PRODUCT OF CYPRUS  
إنتاج قبرصي





Top Quality Products

The Original Brand

## RED PUMPKIN BALLS



### INGREDIENTS

Red pumpkin (40%), Breadcrumbs (**WHEAT, GLUTEN**), Potatoes, Carrots, Cabbage, Salt, Baking soda (sodium bicarbonate), Baking powder (wheat flour, disodium pyrophosphate, sodium bicarbonate) (**WHEAT, GLUTEN**), Mint, Mixed herbs, Cinnamon, Pepper.

### ALLERGENS

See ingredients in **bold capital** letters.

May also contain traces of milk.

### COOKING INSTRUCTIONS

Deep fry directly from freezer in adequate oil until golden, at 190°C for about 4 minutes.

Keep frozen -18°C

**Best before date:** See package

Once thawed do not refreeze

### NUTRITIONAL INFORMATION PER 100g

|                    |               |
|--------------------|---------------|
| Energy             | 527KJ/135Kcal |
| Fat                | 0.2g          |
| Of which saturated | 0.1g          |
| Carbohydrates      | 27.4g         |
| Of which sugars    | 1.2g          |
| Proteins           | 5.4g          |
| Salt               | 0.5g          |



FROZEN  
FOOD  
PRODUCT

### One piece (25g) contains:

| CALORIES     | FAT  | SATURATED | SUGAR | SALT |
|--------------|------|-----------|-------|------|
| 143KJ/34Kcal | 0.1g | 0.0g      | 0.3g  | 0.1g |
| *2%          | *<1% | *0%       | *<1%  | *2%  |

\* Reference intake of an average adult (8400KJ/2000Kcal)



Appr. Weight 500g e  
الوزن التقريبي ٥٠٠ غم

PRODUCT OF CYPRUS  
إنتاج قبرصي



Top Quality Products

The Original Brand

## CROQUETTES WITH HALLOUMI



### INGREDIENTS

Halloumi cheese 60% (cow's milk, goat-sheep's milk, rennet, salt) (MILK), Anari cheese (pasteurized whey, pasteurized cow's milk) (MILK), Edam cheese (pasteurized cow's milk, salt, starter culture, calcium chloride, rennet) (MILK), Semolina (WHEAT, GLUTEN), Pasteurized egg (EGG), Mint.

### ALLERGENS

See ingredients in **bold capital letters**.

May also contain traces of milk.

### COOKING INSTRUCTIONS

Deep fry directly from freezer in adequate oil until golden, at 190°C for about 4 minutes.

Keep frozen -18°C

**Best before date:** See package

Once thawed do not refreeze

### NUTRITIONAL INFORMATION PER 100g

|                    |                |
|--------------------|----------------|
| Energy             | 1126KJ/270Kcal |
| Fat                | 17.2g          |
| Of which saturated | 10.3g          |
| Carbohydrates      | 12.9g          |
| Of which sugars    | 1.2g           |
| Proteins           | 15.9g          |
| Salt               | 1.0g           |



FROZEN  
FOOD  
PRODUCT

### One piece (22g) contains:

| CALORIES     | FAT  | SATURATED | SUGAR | SALT |
|--------------|------|-----------|-------|------|
| 248KJ/59Kcal | 3.8g | 2.3g      | 0.3g  | 0.2g |
| *3%          | *5%  | *12%      | *0%   | *3%  |

\*Reference intake of an average adult (8400KJ/2000Kcal)



Appr. Weight **500g e**  
الوزن التقريبي ٥٠٠ غم

**PRODUCT OF CYPRUS**  
إنتاج قبرصي





Top Quality Products

The Original Brand

## FALAFEL



### INGREDIENTS

Chickpeas (35%), Broad beans (30%), Breadcrumbs (**WHEAT, GLUTEN**), Onions, Potatoes, Parsley, Coriander, Lemon juice, Salt, Baking soda, Baking powder (wheat flour, disodium pyrophosphate, sodium bicarbonate) (**WHEAT, GLUTEN**), Spices.

### ALLERGENS

See ingredients in **bold capital letters**.

May also contain traces of **milk**.

### COOKING INSTRUCTIONS

Deep fry directly from freezer in adequate oil until golden, at 190°C for about 4 minutes.

Keep frozen -18°C

**Best before date:** See package

Once thawed do not refreeze

### NUTRITIONAL INFORMATION PER 100g

|                    |               |
|--------------------|---------------|
| Energy             | 740KJ/175Kcal |
| Fat                | 2.8g          |
| Of which saturated | 0.4g          |
| Carbohydrates      | 27.3g         |
| Of which sugars    | 0.0g          |
| Proteins           | 10.1g         |
| Salt               | 0.1g          |



FROZEN  
FOOD  
PRODUCT

### One piece (25g) contains:

| CALORIES     | FAT  | SATURATED | SUGAR | SALT  |
|--------------|------|-----------|-------|-------|
| 185KJ/44Kcal | 0.7g | 0.1g      | 0.0g  | 0.0g  |
| *2%          | *1%  | *1%       | *0%   | *0.1% |

\*Reference intake of an average adult (8400KJ/2000Kcal)



Appr. Weight 500g e  
الوزن التقريبي ٥٠٠ غم

PRODUCT OF CYPRUS  
إنتاج قبرصي



Top Quality Products



The Original Brand

