



MED CUISINE

DISCOVER NEW HEIGHTS OF TASTE









Med Cuisine (EU/UK) LTD

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ABOUT MED CUISINE

Med Cuisine is a leading supplier of the most delicious, highest quality Mediterranean and Middle Eastern food products. These two cuisines are celebrated for their timeless and iconic tastes, channelling delectable spices, herbs, beans and grains into uniquely adaptable and incredibly flavourful ingredients, which have brought life for millennia to dinner tables across the Mediterranean and Middle East – as well as all around the world!

The tastes of these exotic cuisines are as evocative for the mind as for your meals, filling the imagination with dreamy thoughts of ancient cities and awe-inspiring landscapes rich with history and culture. We produce and source the many delicacies of these celebrated cuisines and make them more accessible than ever for all to enjoy outside their native lands. We have curated a fantastic range of products for professional kitchens and home cooks alike to enjoy and further their culinary offerings and dining experiences.

WHO ARE WE?

Med Cuisine's founder hails from the Middle East and loves Mediterranean cuisine – tahini in particular! Yet as a Londoner, he found it surprisingly hard to find his beloved ingredients at the right quality, price and accessibility – so, Med Cuisine was born. Today, Med Cuisine is run by a passionate group of foodies with a shared vision of what good food should be: a harmony of tastes and textures bursting with flavours that make you savour every bite and wish each dish will never end!

Great dishes are born from great ingredients and so, we are on a neverending quest to explore, discover and share the finest foods as we celebrate Mediterranean and Middle Eastern cuisine.

OUR VALUES

Quality – We work closely with our partners to create only the finest products using 100% fresh ingredients and zero preservatives or additives. After all, there is no need to alter something nature has already made so delicious.

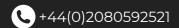
<u>Enthusiasm</u> – We bring real energy and passion to every aspect of our business and truly love what we do. We're all in – we wouldn't want it any other way, and know our customers wouldn't, either!

<u>Personal Service</u> – Every member of the Med Cuisine family prides themselves on being as friendly and warm, welcoming and informative as possible. We won't stop short of providing premier standards and exceeding expectations – it's simply the Med Cuisine way!

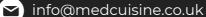
Sustainability – At Med Cuisine, we care deeply about preserving this beautiful world of ours. We support sustainable initiatives within the food industry and all our packaging is 100% recyclable as we do our little bit to help this big planet continue to thrive.

CONTACT US

We would love to hear from you. For queries please contact us on:





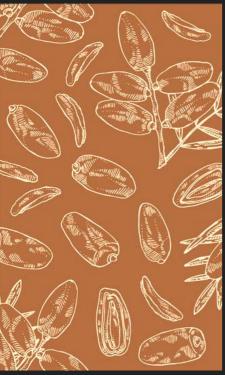














PRODUCT LIST

TAHINI

Natural Tahini	200g / 454g / 800g / 2.5kg / 18.14kg
Organic Natural Tahini	200g / 310g/ 18.14kg
Black Tahini	200g / 310g
Chocolate Tahini	200g
Sweet Butter Tahini Sauce	310g
Organic Zaatar Tahini	200g
Organic Chilli Tahini	200g
Organic Garlic Tahini	200g

SPICES

Zaatar Spice Blend	226g / 500g
Sumac Spice	226g / 500g
"Shaata" Aleppo Pepper	226g / 400g
Dukkha Spice Blend	226g / 500g
Ras El-Hanout Spice Blend	226g / 500g
Baharat Spice Blend	226g / 500g
Harissa Spice Blend	226g / 500g
Schug Spice Blend	226g
Shawarma Spice Blend	500g
Hawaij Spice Blend	500g
Amba Spice Blend	500g
Sweet Moroccan Paprika in Oil	500g
Black Cumin "Nigella Seeds"	500g
White Persian Lemon	500g
Black Persian Lemon	500g

SPECIALITIES

Silan Medjool Date Syrup	350g / 840g
Organic Silan Medjool Date Syrup	350g
Medjool Date Spread	440g
Medjool Dates & Cacao Spread	440g
Smoked Freekeh	300g / 800g / 25kg
Falafel Mix	180g / 600g / 1kg
Amba Sauce	500g
Roasted Eggplant Puree	2.8kg
Pearl Couscous	1.8kg / 5kg
Tri-Colour Couscous	1.3kg
Maftoul Baladi	1.4kg
Sourdough White Pita Bread	5.5kg
Sourdough Mini Pita Bread	4.2kg
Sourdough Cocktail Pita Bread	4kg
Sourdough Oval Pita Bread	4.5kg
Sourdough Wholewheat Pita Bread	5.5kg

WE LOVE TAHINI

AND WE BET YOU DO, TOO!



Tahini is every bit as nutritious as it is delicious, it's a great and powerful addition to hot and cold, savoury and sweet dish alike – because everything tastes better with a little Tahini!

Whether you're swirling, drizzling, mixing, or dipping it, tahini can be a perfect ingredient in your kitchen for many delicious recipes.





NATURAL TAHINI PASTE



A sensational roasted sesame paste made from 100% Ethiopian Humera sesame seeds. 1 star Great Taste Award Winner 2020











In the gorgeous green lands of Ethiopia, you will find the world's finest Humera sesame seeds. Our Tahini features these sumptuous seeds roasted traditionally to create a magnificently moreish and versatile smooth paste. From bread bases to butter and hummus recipes, this is a divine addition to sweetand savoury meal alike.

100% soy-free, nut-free, vegan, gluten-free, kosher and BRC certificated, with zero additives, preservatives, or GMO ingredients.

Ingredients: 100% roasted Humera sesame seeds Shelf life: 24 months from production date





BLACK TAHINI PASTE



An incredibly nutty and smooth black sesame paste made from 100% black sesame seeds.

1 star Great Taste Award Winner 2020





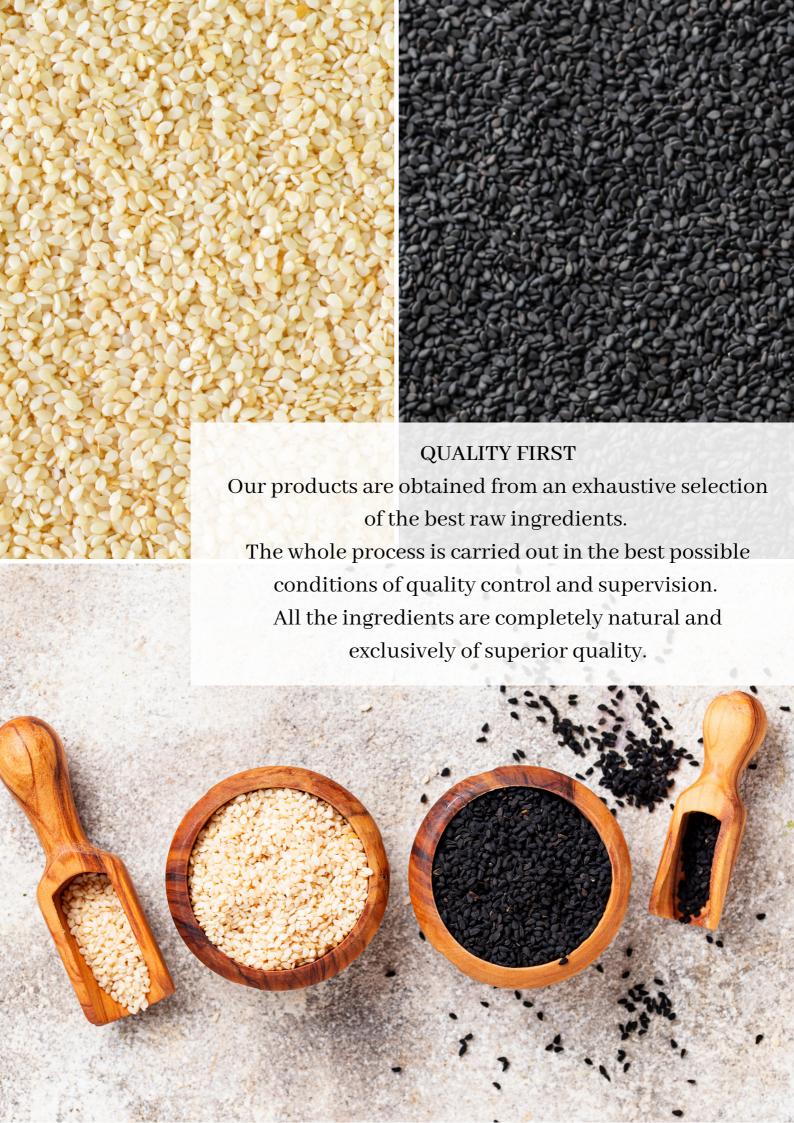
Our Black Tahini embodies the incredible nutty taste these special seeds produce. Their incredible culinary versatility is matched by nutritional strength, w ith just 1/3 cup containing your daily calcium intake.

It can be used the same way as standard tahini but offers a richer, deeper flavour – not to mention its stunning colour.

100% soy-free, nut-free, vegan, gluten-free, kosher and BRC certificated, with zero additives, preservatives, or GMO ingredients.

Ingredients: 100% Black sesame seeds Shelf life: 24 months from production date







SWEET SESAME BUTTER TAHINI SAUCE



A delicious, creamy Humera sesame sauce with evocative vanilla accents.

3 star Great Taste Award Winner 2021



Combining the finest Ethiopia-sourced, passionately roasted Humera sesame seeds with divine vanilla flavours, our Sweet Sesame Butter Tahini Sauce is a fresh spin on the beloved tahini. From pancake topping to smoothie's highlight, its aromatic nutty, vanilla taste is a wonderful addition to every sweet treat.

The well balanced sweetness of this sauce makes it a perfect match for enhancing your dessert treats.

Ingredients: Roasted and ground sesame seeds, nutriose fiber, demerara sugar, vanilla extract, salt.

Shelf life: 24 months from production date





CHOCOLATE TAHINI

taste

A decadent and delicious sweetened sesame & cocoa spread made with
Ethiopian Humera sesame seeds.

1 star Great Taste Award Winner 2020



Deep in the beautiful land of Ethiopia, the world's finest Humera sesame seeds are gathered.

Our Chocolate Tahini combines this wonderful ingredient with premium quality raw cocoa and cane sugar for an insatiable and unique flavour, loved by all ages as a spread,

milkshake topping or final touch to desserts.

Ingredients: Roasted and ground sesame seeds, powdered sugar, cocoa powder.

Shelf life: 24 months from production date









A delicious, nutty and creamy organic Humera sesame seeds spread with delectable za'atar spicing.

Having gathered and roasted the world's finest organic sesame seeds, we add a generous dash of aromatic za'atar spices. Our Za'atar Tahini provides an unforgettably unique, nutty and fragrant herb-driven taste sensation that perfectly matches each and every savoury meal. Drizzle on roasted veggies, mix in your salad or simply spread it on your toast.

Ingredients: Roasted and ground sesame seeds, Za'atar mix (za'atar, white sesame seeds)

Shelf life: 24 months from production date

ORGANIC GARLIC TAHINI

A delicious and creamy organic Humera sesame spread accented by rich roasted garlic.

Once we have roasted the world's finest organic Humera sesame seeds exclusively from Ethiopia, we combine them with a delicate touch of roasted garlic. Our Garlic Tahini is an flavorful addition to savoury dishes – just a small amount will bring an incredible Mediterranean flair to your cooking.

Ingredients: Roasted and ground sesame seeds, dehydrated garlic powder **Shelf life:** 24 months from production date



ORGANIC CHILLI TAHINI

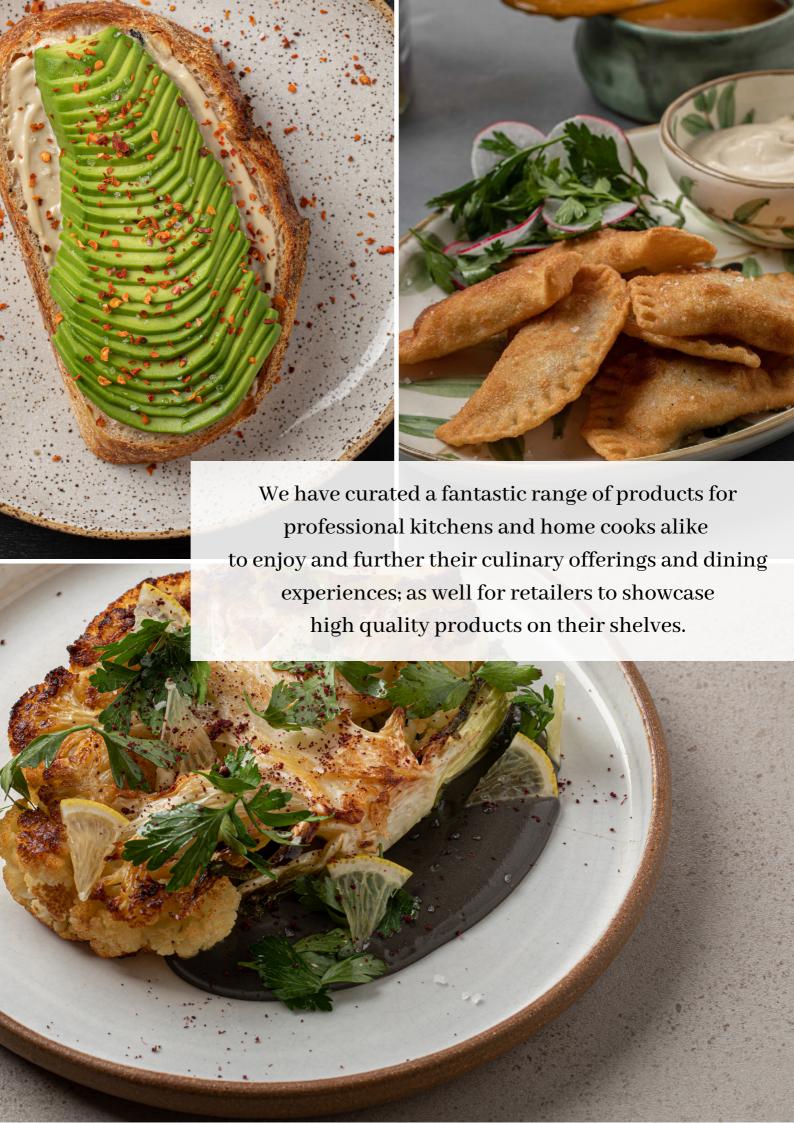


A dreamy nutty sesame spread with playful chilli and spice kick made with organic Humera sesame seeds.

Crafted with passion using only the finest roasted Ethiopian organic Humera sesame seeds, our chilli tahini adds a vitalising yet never overpowering heat for those who love hotter culinary sensations. A sublime addition to savoury dishs alike, hummus, dips and spreads.

Ingredients: Roasted and ground sesame seeds, red chilli peppers, paprika oleoresin, coriander, dehydrated garlic powder.

Shelf life: 24 months from production date



MED WORLD

When you daydream of Mediterranean magic and Middle Eastern mystique, what comes to your mind?



Serene beaches, bright skies, heartwarming weather?
Or is it the bustling markets serving magnificent food with bold flavours, that you fancy about?

Did you know? This part of the world with its rich climate and unique desert soil sources some of the world's finest dates, including Medjool dates.

And we are so thrilled to produce out of them the best quality products for you to savour a bit of the Mediterranean palate.

SILAN MEDJOOL DATE SYRUP A delicious caramel-coloured, intensely fruity natural sweetener made of 100% steamed and pressed premium quality dates. The Middle East's rich climate and fertile deserts are perfect for growing dates. Their deep flavour is captured perfectly in our silan date syrup, a healthier alternative to syrups and honey. Accent sweet and savoury dishes, sweeten your coffee and milkshakes, make dips, marinades and so much more. Ingredients: 100% Medjool Dates Squeezy Bottle Sku: EU-036/350

SKU: EU-036/840

Pack size:6

Pack size: 12





ORGANIC SILAN MEDJOOL DATE SYRUP

A delicious caramel-coloured, intensely fruity natural sweetener made of 100% steamed and pressed organic premium quality dates. The Middle East's rich climate and fertile deserts are perfect for growing dates. Their deep flavour is captured perfectly in our organic silan date syrup, a healthier alternative to syrups and honey.

Accent sweet and savoury dishes, sweeten your coffee and milkshakes, make dips, marinades and so much more.

Ingredients: 100% Organic Medjool Dates Shelf life: 18 months from production date

MEDJOOL DATE PASTE

A delicious, rich vegan paste made from 100% pitted, pressed Medjool dates.

This thick and creamy paste celebrates the unparalleled sweetness and caramel texture of Medjool dates, an incredibly nutritious raw superfood with Paleo qualities. Our 100% vegan date paste is the perfect ingredient for bringing new heights of flavour and richness to your home baking, as well as creating your own version of the beloved babka!

Ingredients: 100% Medjool Dates

Shelf life: 18 months from production date





MEDJOOL DATES & CACAO SPREAD

A delicious, rich vegan paste of 100% pitted, pressed Medjool dates and cacao.

This delectable spread combines the unique earthiness of raw cacao with the unparalleled sweetness and caramel texture of Medjool dates, an incredibly nutritious raw superfood with Paleo qualities. With its distinct chocolatey cacao and date flavours, this 100% vegan spread is the perfect ingredient for bringing new heights to your home baking.

Ingredients: Medjool Dates(94%), cacao powder(6%), natural vanilla extract.

Shelf life: 18 months from production date



FALAFEL MIX

A chickpea and herb mix for authentic crispy falafel balls - ready to fry falafel mix.

It is a very famous Middle Eastern dish and on top of the list of the most popular street foods. Falafel is one of the healthiest "fast food" options, made out only from vegetables. Once fried, this completely vegan and high in protein mix has a crunchy texture and a perfectly balanced herby taste.

Ingredients: Chickpeas, dehydrated onion, coriander, salt, dehydrated garlic, cumin, black pepper, parsely, turmeric, baking powder, potato starch, sweet paprika.

Shelf life: 24 months from production date







AMBA SAUCE



A tantalising and fresh tangy spiced condiment with pickled mango chuncks. Celebrated across the Middle East for its distinct, vibrant zing. A traditional blend of mango, chilli, salt and spices like turmeric and fenugreek, our amba sauce is essential for flavour lovers. The perfect partner for eggplant, tahini and any other meal you wish to enliven.

Ingredients: Mango, water, spices, salt, citric acid, xanthan gum, sodium benzoate.

May contain: traces of peanuts, soy, gluten (wheat, oatmeal), eggs, nuts (almond, walnut, pine nut, pistachio, cashew, and coconut), and sesame.

Shelf life: 12 months from production date

ROASTED EGGPLANT PUREE

A premium ready-to-eat quality fire roasted eggplant puree. Superb vegan all-purpose vegetable widely used in Middle Eastern cuisine.

Roasted traditionally on fire, the smoky flavour is enhanced - adding an extra touch to your dish. The pureed eggplant carries all the tastiness and richness of this vegetable, perfect for preparing Baba Ganoush, Mutabbal or simply used as a spread on a toast or as a dip.

Ingredients: Roasted eggplant, salt, citric acid Shelf life: 36 months from production date







PEARL COUSCOUS

A delicate, delicious toasted pasta balls with nutty nuances made from 100% Wheat flour.

This unique pasta hails from the Middle East, where for centuries it has delighted families. Our Pearl Couscous is made from 100% Wheat flour with its renowned al dente texture and gorgeous nutty taste. A versatile grain perfect for hot and cold creation alike, from fresh salads to intense curries.

Ingredients: 100% Wheat flour Shelf life: 12 months from production date

TRI-COLOUR COUSCOUS

A brightly colourful, lightly toasted round pasta of subtle, nutty flavour.

This Tri-Colour Israeli Couscous is made of 100% Durum wheat flour. It is a rich carbohydrate known for its large grain size, al dente texture and incredible range. Used just like pasta, rice or quinoa, this Tri-Colour Israeli Couscous is perfect for both hot and cold meals, with three grain colours making it the perfect choice when cooking to impress guests – and children love it, too.

Ingredients: Wheat flour, paprika oleoresin, spinach powder Shelf life: 12 months from production date





MAFTOUL BALADI

Deeply flavourful balls of crushed durum wheat flour and bulgur.

This premium Maftoul has been made from crushed durum wheat flour and bulgur. It is a famous large-grain couscous, traditionally hand-rolled and featuring in countless Eastern and African dishes. Cook with onion and clarified butter, and try serving with a flavourful broth, to make the most of Maftoul's historic taste and enjoy its recognisable flavours in your home cooking.

Ingredients: Wheat flour (88%), bulgur (12%) Shelf life: 12 months from production date





THE PERFECT SIZE FOR RETAIL SHELVES



Ingredients: 100% pure Sumac Shelf life: 24 months from production date

226G CANISTER KU: EU-064/226 Pack size: 12

ZA'ATAR SPICE BLEND

Ingredients: Herbs (Hyssop, Oregano, Thyme), Sesame, Sumac, Vegetable Oil, Salt, Citric Acid Shelf life: 18 months from production date

226G **CANISTER** SKU: EU-063/226 Pack size: 12



Ingredients: Peanuts, sesame, coriander, cumin, black pepper, salt. Shelf life: 18 months from production date

ALEPPO PEPPER "SHAATA"

Ingredients: Red Jericho pepper, vegetable oil Shelf life: 24 months from production date

> 226G CANISTER SKII: FII-065/226 Pack size: 12



SCHUG SPICE BLEND

Ingredients: Oriental spices 88% (hot chilli pepper, dehydrated garlic, coriander, cumin, cardamom, cloves), herbs 2% (parsley, coriander), salt 10% Shelf life: 24 months from production date

226G CANISTER SKU: FU-068/226 Pack size: 12



HARISSA SPICE BLEND

Ingredients: Sweet paprika, dehydrated garlic, caraway, cumin, hot chilli pepper, vegetable oil, salt Shelf life: 24 months from production date

226G CANISTER SKU: FU-067/226 Pack size: 12

BAHARAT SPICE BLEND

Ingredients: Allspice, sweet paprika, black pepper, dehydrated garlic, coriander, cumin, cinnamon, ginger, nutmeg, cardamom, cloves, salt Shelf life: 24 months from production date

> 226G CANISTER SKU: EU-062/226 Pack size: 12

RAS EL HANOUT SPICE BLEND

Ingredients: Allspice, sweet paprika, black pepper, dehydrated garlic, coriander, hot chilli pepper, cumin, cinnamon, ginger, nutmeg, cardamom, cloves, salt

Shelf life: 24 months from production date

226G **CANISTER** SKU: EU-069/226 Pack size: 12



THE SIZE FOR PROFESSIONAL KITCHENS













AMBA SPICE BLEND

Ingredients: Fenugreek, turmeric, sweet paprika, hot chilli pepper, salt, citric acid.

Shelf life: 24 months from production date

500G CANISTER SKU: EU-062/500 Pack size: 12

RAS EL HANOUT SPICE BLEND

Pack size: 12

Ingredients: Allspice, sweet paprika, black pepper, dehydrated garlic, coriander, hot chilli pepper, cumin, cinnamon, ginger, nutmeg, cardamom, cloves, salt Shelf life: 24 months from

Shelf life: 24 months from production date





BAHARAT SPICE BLEND

Ingredients: Allspice, sweet paprika, black pepper, dehydrated garlic, coriander, cumin, cinnamon, ginger, nutmeg, cardamom, cloves, salt Shelf life: 24 months from production date



HARISSA SPICE BLEND

Ingredients: Sweet paprika, dehydrated garlic, caraway, cumin, hot chilli pepper, vegetable oil, salt Shelf life: 24 months from production date







WHITE PERSIAN LEMON

Ingredients: Dried white Persian lemon (100%)
Shelf life: 24 months from production date





BLACK PERSIAN LEMON

Ingredients: Dried black Persian lemon (100%) Shelf life: 24 months from production date





FREEKEH - THE GRAIN THAT WAS BORN FROM THE FIRE

One of the world's most ancient grain with a distinct nutty, smoky flavor. 2 star Great Taste Award Winner 2019

Freekeh is a popular Middle Eastern grain, gathered and brought to you straight from the Galilee Hills. Since 2000 years the Galilean locals produce Freekeh the authentic way, tending the same fields and then burning the green wheat and rubbing it clean just as their ancestors did, to bring the amazing health benefits and delicious taste of this ancient grain to kitchens everywhere.



ROASTED WHOLEGRAIN FREEKEH

Ingredients: 100% roasted green wheat Shelf life: 18 months from production date

THE ORIGINAL FREEKEH WITH A SMOKY, SAVORY AROMA

Ingredients: 100% roasted green wheat Shelf life: 18 months from production date





FREEKEH WITH A MIX OF FRESH LOCAL SPICES

Ingredients: 1) 100% roasted green wheat
2) separate sachet with spice mix: maltodextrin, dried vegetable (onion),
spices, salt, citric acid, vegetable oil (rapessed), lemon extract.
Shelf life: 18 months from production date

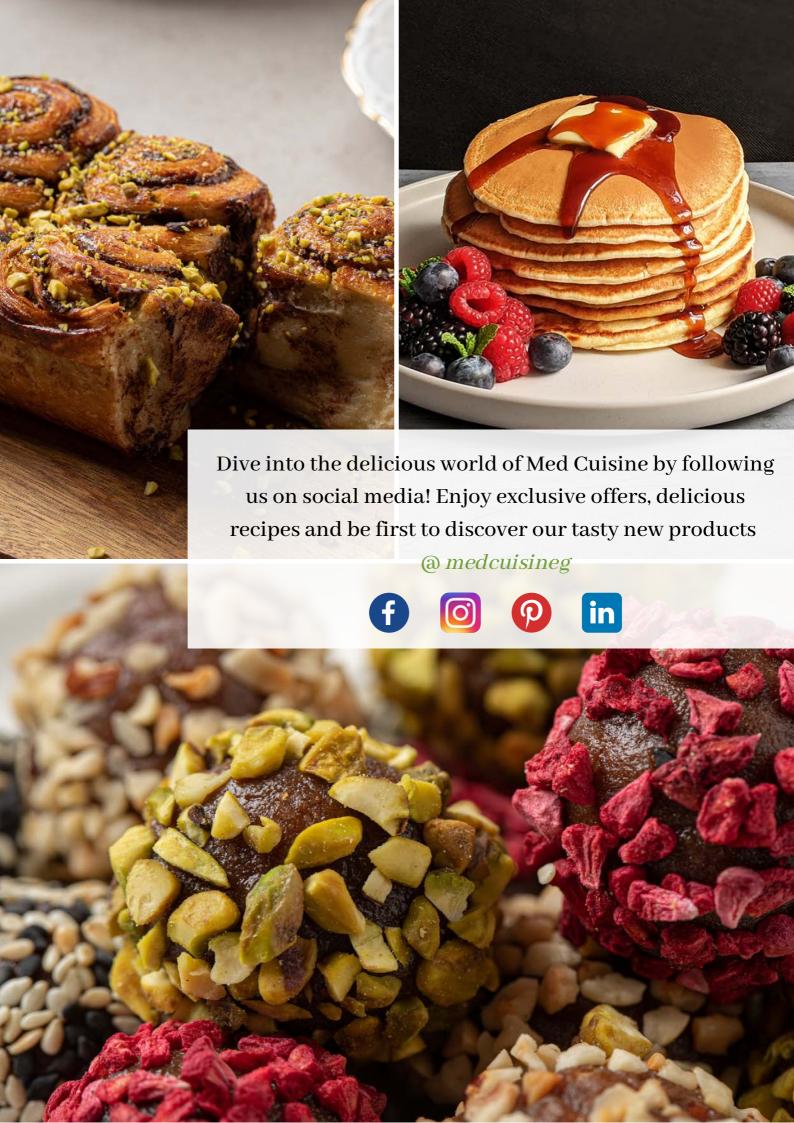
FREEKEH WITH A BLEND OF SLIGHTLY SPICY SEASONING

Ingredients: 1) 100% roasted green wheat

2) separate sachet with spice mix: dried vegetable (red pepper, tomato), spices, salt.

Shelf life: 18 months from production date





MIDDLE EASTERN SOURDOUGH PITA BREAD

Med Cuisine proudly presents the Med pita bread range, produced in collaboration with Angel Bakery.

Their unique recipe and production process give Angel's pita its special taste, texture, thickness, and strength for holding those delicious fillings.

Med Cuisine & Angel pita bread is made from the best ingredients in a unique sourdough process.

Only 2-4 minutes in the oven and the tantalizing smell will tempt you to enjoy fresh warm pita bread.

The entire process is short and easy to operate, requiring a minimal amount of employee training and a relatively small investment in equipment.



SOURDOUGH WHITE PITA BREAD - 14.5CM

Ingredients: Wheat flour (60%), water, sugar, yeast, salt Shelf life: 18 months from production date

SOURDOUGH MINI PITA BREAD - 10.5-11.5CM

Ingredients: Wheat flour (60%), water, sugar, yeast, salt Shelf life: 18 months from production date



COLUMN COLUMN

SOURDOUGH COCKTAIL PITA BREAD - 5-7 CM

Ingredients: Wheat flour (60%), water, sugar, yeast, salt Shelf life: 18 months from production date

SOURDOUGH OVAL PITA BREAD - 17 X 10 CM

Ingredients: Wheat flour (60%), water, sugar, yeast, salt

Shelf life: 18 months from production date





SOURDOUGH WHOLEWHEAT PITA BREAD - 13-14 CM

Ingredients: Whole-wheat flour, water, wheat – gluten, yeast, sugar, salt, emulsifier (E471), flour treatment (E920)

Shelf life: 18 months from production date

