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## MASTER SERIES

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# Hand Finished Professional Meals

We don't just sell food.  
We deliver control.





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MASTER SERIES

# gemista

**Tomatoes and peppers filled with aromatic rice, crafted with authentic Greek character.**

- Clean, well-balanced flavour profile
- Consistent bake and finish
- Reliable food cost control
- 90 days shelf life
- Made with extra virgin olive oil
- No preservatives
- Ready to eat. Simply heat & serve.



Serving suggestion

## INGREDIENTS

56% cooked rice (water, rice), 17% tomato and pepper in variable proportions, eggplant, potato, onion, 6% virgin olive oil, parsley, sunflower oil, double concentrated tomato paste, salt, garlic, spices.

*May contain traces of milk, wheat, sesame, mustard, egg, celery, soy, sulphites, fish, shrimp and crab.*

## HEATING INSTRUCTIONS

1. Pierce the sealing film in two spots with a fork.
2. Heat in a preheated conventional oven at 180°C for 23–25 minutes for the 2.5 kg package / 13–15 minutes for the individual portion or in the microwave for 3–4 minutes at 800W. (Heating temperature and time may vary depending on the type of oven).
3. Remove the film. The product is ready to consume.

## NUTRITION FACTS

per 100g: Energy 124Kcal/518kJ, Fat 6,7g, of which saturates 1,0g, Carbohydrate 12,8g, of which sugars 2,8g, Fibre 2,3g, Protein 2,0g, Salt 0,61g

## STORAGE INSTRUCTIONS

Keep refrigerated at a temperature below +7°C. Packaged in a protective atmosphere. Once opened, consume within 48 hours and before the use-by date.



Produced and packaged in the E.U. for 3P SALADS S.A. 6th km Karditsa–Athens National Road, 43100 Karditsa, Greece



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MASTER SERIES

# pastitsio

Layers of pasta, rich meat sauce and silky béchamel with flawless texture consistency.

- Controlled portion yield
- Stable structure after reheating
- Ideal for buffet and à la carte service
- 90 days shelf life
- Made with extra virgin olive oil
- No preservatives
- Ready to eat. Simply heat & serve.



Serving suggestion

## INGREDIENTS

32% cooked **pasta** (water, durum wheat **semolina**), **milk**, 16,1% minced meat (EU origin) (50% beef, 50% pork), tomato, béchamel powder (modified starch, wheat flour, palm oil, salt, glucose syrup solids, **milk** proteins, colour: carotenes), onion, 1,1% virgin olive oil, double concentrated tomato paste, sunflower oil, salt, parsley, **egg** yolk, modified starch, spices.

*May contain traces of **nuts (peanuts) and other nuts, sesame, mustard, celery, soy, sulphites, fish, lupin, shrimp and crab.***

## HEATING INSTRUCTIONS

1. Pierce the sealing film in two spots with a fork.
2. Heat in a preheated conventional oven at 180°C for 23–25 minutes for the 2.5 kg package / 13–15 minutes for the individual portion or in the microwave for 3–4 minutes at 800W. (Heating temperature and time may vary depending on the type of oven).
3. Remove the film. The product is ready to consume.

## NUTRITION FACTS

per 100g: Energy 153kcal/643kJ, Fat 6,0g of which saturates 1,8g, Carbohydrate 16,5g of which sugars 1,9g, Fibre 1,5g, Protein 7,1g, Salt 0,85g

## STORAGE INSTRUCTIONS

Keep refrigerated at a temperature below +7°C. Packaged in a protective atmosphere. Once opened, consume within 48 hours and before the use-by date.



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## MASTER SERIES

# Cabbage Rolls

**Traditional recipe with precise rice-to-meat ratio, maintaining texture integrity.**

- Excellent plating appearance
- Ideal for themed buffets
- Labour-saving solution
- 90 days shelf life
- Made with extra virgin olive oil
- No preservatives
- Ready to eat. Simply heat & serve.



*Serving suggestion*

### INGREDIENTS

47% cabbage, 12% cooked rice (water, rice), 10% minced meat (EU origin) (50% beef, 50% pork), carrot, water, onion, wheat flour, modified starch, 1,2% virgin olive oil, sunflower oil, egg yolk, salt, concentrated lemon juice, garlic, parsley, mint, dill, spices.

*May contain traces of milk, mustard, celery, soy, sesame, fish, shrimp and crab.*

### HEATING INSTRUCTIONS

1. Pierce the sealing film in two spots with a fork.
2. Heat in a preheated conventional oven at 180°C for 23–25 minutes for the 2.5 kg package / 13–15 minutes for the individual portion or in the microwave for 3–4 minutes at 800W. (Heating temperature and time may vary depending on the type of oven).
3. Remove the film. The product is ready to consume.

### NUTRITION FACTS

per 100g: Energy 84kcal/354kJ, Fat 4,4g of which saturates 1,1g, Carbohydrate 7,0g of which sugars 1,6g, Fibre 2,2g, Protein 3,5g, Salt 1,10g

### STORAGE INSTRUCTIONS

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# Soutzoukakia

**Juicy minced meat with warm spice notes and stable structure.**

- Reliable execution in every service
- Tender and juicy after reheating
- Uniform sizing for precise portioning
- 90 days shelf life
- Made with extra virgin olive oil
- No preservatives
- Ready to eat. Simply heat & serve.



Serving suggestion

## INGREDIENTS

72% soutzoukakia [78% minced meat (EU) 80% pork, 20% beef), water, wheat breadcrumbs, onion, salt, spices], tomato juice, water, sunflower oil, 2,5% virgin olive oil, sugar, salt.

*May contain traces of milk, sesame, mustard, egg, celery, soy, fish, shrimp and crab.*

## HEATING INSTRUCTIONS

1. Pierce the sealing film in two spots with a fork.
2. Heat in a preheated conventional oven at 180°C for 23–25 minutes for the 2.5 kg package / 13–15 minutes for the individual portion or in the microwave for 3–4 minutes at 800W. (Heating temperature and time may vary depending on the type of oven).
3. Remove the film. The product is ready to consume.

## NUTRITION FACTS

per 100g: Energy 230Kcal/962kJ, Fat 16,0g, of which saturates 3,5g, Carbohydrate 6,0g of which sugars 3,0g, Fibre 1,8g, Protein 14,5g, Salt 0,9g

## STORAGE INSTRUCTIONS

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# Moussaka

**Classic Greek moussaka with aubergine, rich meat layer and velvety béchamel.**

- Clean portion cutting
- Holds structure during service
- Designed for high-volume kitchens
- 90 days shelf life
- Made with extra virgin olive oil
- No preservatives
- Ready to eat. Simply heat & serve.



Serving suggestion

## INGREDIENTS

24% milk, 21% aubergine, 20% potato, tomato, 15% minced meat (EU origin) (50% beef, 50% pork), béchamel powder (modified starch, wheat flour, palm oil, salt, glucose syrup solids, milk proteins, colour: carotenes), onion, 1,1% virgin olive oil, double concentrated tomato paste, sunflower oil, salt, parsley, egg yolk, corn starch, spices.

*May contain traces of nuts (peanuts) and other nuts, sesame, mustard, celery, soy, sulphites, fish, lupin, shrimp and crab.*

## HEATING INSTRUCTIONS

1. Pierce the sealing film in two spots with a fork.
2. Heat in a preheated conventional oven at 180°C for 23–25 minutes for the 2.5 kg package / 13–15 minutes for the individual portion or in the microwave for 3–4 minutes at 800W. (Heating temperature and time may vary depending on the type of oven).
3. Remove the film. The product is ready to consume.

## NUTRITION FACTS

per 100g: 24% milk, 21% aubergine, 20% potato, tomato, 15% minced meat (EU origin) (50% beef, 50% pork), béchamel powder (modified starch, wheat flour, palm oil, salt, glucose syrup solids, milk proteins, colour: carotenes), onion, 1,1% virgin olive oil, double concentrated tomato paste, sunflower oil, salt, parsley, egg yolk, corn starch, spices.

## STORAGE INSTRUCTIONS

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# Vegetable Rice

**Fluffy rice with vegetables, ideal as a versatile menu base.**

- Flexible application
- Excellent texture retention
- Time-saving kitchen solution
- 90 days shelf life
- Made with extra virgin olive oil
- No preservatives
- Ready to eat. Simply heat & serve.



*Serving suggestion*

### INGREDIENTS

92,5% cooked rice (water, rice, salt), 2,5% carrot, 1,5% peas, 1,2% sweet corn, sunflower oil, 0,5% virgin olive oil, salt, spices.  
*May contain traces of milk, wheat, sesame, mustard, egg, celery, soy, fish, shrimp and crab.*

### HEATING INSTRUCTIONS

1. Pierce the sealing film in two spots with a fork.
2. Heat in a preheated conventional oven at 180°C for 23–25 minutes for the 2.5 kg package / 13–15 minutes for the individual portion or in the microwave for 3–4 minutes at 800W. (Heating temperature and time may vary depending on the type of oven).
3. Remove the film. The product is ready to consume.

### NUTRITION FACTS

per 100g: Nutrition Facts per 100g, Energy 141Kcal/591kJ, Fat 2,0g of which saturates 0,3g, Carbohydrate 28,0g of which sugars 1,0g, Fibre 1,2g, Protein 2,9g, Salt 1,07g

### STORAGE INSTRUCTIONS

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**Consistency you can rely on.  
Every day.  
In every professional kitchen.**



SCAN  
FOR MORE



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