



Mediterranean specialties direct from the source...

- Olives •Peppers •Tomatoes •Dried Fruits
- Antipasti •Mezes •Olive Oil •Spreads & Toppings...



Milas Foods, LLC Saddle Brook, NJ 07663
www.milasfood.com



SALADWORKS

SUN DRIED TOMATOES



Nutrition Facts	
Serving Size 2oz (56g)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	2%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	4%
Sugar	0%
Protein	0%
Vitamin A	3%
Vitamin C	13%
Calcium	2%

CAPERS NON PAREILLES



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 6	
Amount Per Serving	
Total Fat	2%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	30%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%
Vitamin A	5%
Vitamin C	5%
Calcium	2%

PEPPERONCINI



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	3%
Dietary Fiber	0%
Sugar	0%
Protein	0%
Vitamin A	0%
Vitamin C	2%
Calcium	0%

GIARDINIERA



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	20%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%
Vitamin A	3%
Vitamin C	2%
Calcium	2%

NACHO SLICED JALAPENO PEPPERS



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	20%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%
Vitamin A	3%
Vitamin C	2%
Calcium	2%

ROASTED RED PEPPERS



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	450%
Total Carbohydrate	5.5%
Dietary Fiber	0.5%
Sugar	0%
Protein	0.5%
Vitamin A	100%
Vitamin C	90%
Calcium	10%

CORNISHON PICKLES



Nutrition Facts	
Serving Size 1oz (30g)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	0.2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	0mg
Total Carbohydrate	3.5g
Dietary Fiber	0g
Sugar	1g
Protein	0.7g

STUFFED VINE LEAVES DOLMAS



Nutrition Facts	
Serving Size 4oz (112g)	
Servings Per Container 3	
Amount Per Serving	
Total Fat	12%
Saturated Fat	5%
Trans Fat	0%
Cholesterol	0%
Sodium	37%
Total Carbohydrate	3%
Dietary Fiber	0%
Sugar	1%
Protein	2%
Vitamin A	3%
Vitamin C	2%
Calcium	1%

SLICED DILL PICKLES



Nutrition Facts	
Serving Size 1oz (30g)	
Servings Per Container 11	
Amount Per Serving	
Total Fat	0.2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	0%
Total Carbohydrate	3.5g
Dietary Fiber	0g
Sugar	1g
Protein	0.7g

DILL CHIP PICKLES



Nutrition Facts	
Serving Size 1oz (30g)	
Servings Per Container 11	
Amount Per Serving	
Total Fat	0.2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	0mg
Total Carbohydrate	3.5g
Dietary Fiber	0g
Sugar	1g
Protein	0.7g

OLIVEWORKS

ORGANIC EXTRA VIRGIN OLIVE OIL



Nutrition Facts	
Serving Size 1oz (30ml)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	100%
Saturated Fat	10%
Polysaturated Fat	80%
Monounsaturated Fat	10%
Trans Fat	0%
Cholesterol	0%
Sodium	0%
Total Carbohydrate	0%
Dietary Fiber	0%
Sugar	0%
Protein	0%

EXTRA VIRGIN OLIVE OIL



Nutrition Facts	
Serving Size 1oz (30ml)	
Servings Per Container 10	
Amount Per Serving	
Total Fat	100%
Saturated Fat	10%
Polysaturated Fat	80%
Monounsaturated Fat	10%
Trans Fat	0%
Cholesterol	0%
Sodium	0%
Total Carbohydrate	0%
Dietary Fiber	0%
Sugar	0%
Protein	0%

PIMENTO STUFFED GREEN OLIVES



Nutrition Facts	
Serving Size 4 Olives (11g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	2%
Saturated Fat	4%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Protein	0%
Vitamin A	3%
Vitamin C	2%
Calcium	1%

GARLIC STUFFED GREEN OLIVES



Nutrition Facts	
Serving Size 4 Olives (11g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	2%
Saturated Fat	4%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Protein	0%
Vitamin A	3%
Vitamin C	2%
Calcium	1%

PITTED GREEN OLIVES



Nutrition Facts	
Serving Size 4 Olives (11g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	2%
Saturated Fat	4%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Protein	0%
Vitamin A	3%
Vitamin C	2%
Calcium	1%

PASTAWORKS

HOMEMADE NAPOLITANA PASTA SAUCE



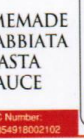
Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	1%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%

HOMEMADE TOMATO BASIL PASTA SAUCE



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	1%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%

HOMEMADE ARRABBIATA PASTA SAUCE



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	1%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%

TOPPINGWORKS

MIXED OLIVE BRUCHETTA



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	1%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%

TOMATO BRUSCHETTA



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	1%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%

GREEN OLIVE TAPENADE



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	1%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%

ROASTED RED PEPPER TAPENADE



Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container 14	
Amount Per Serving	
Total Fat	1%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	1%
Total Carbohydrate	1%
Dietary Fiber	0%
Sugar	0%
Protein	0%



- Food service sizes available
- Over 100 varieties of antipasti available
- Please contact us for private label inquiries
- Organic available for most products

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*Just ask Milas what
Mediterranean can offer you...*

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ORGANIC PRODUCTS

- Organic Olive Oil
- Organic Whole Black Olives
- Organic Jumbo Green Olives
- Organic Mixed Olives-Black and Green
- Organic Red Pepper Stuffed Green Olives
- Organic Roasted Pepper
- Organic Sun dried Tomato in Oil
- Organic Capers Non Pareils

Everyday organic food, organic food for everyday!

ORGANIC AND LOW CARB PASTA SAUCES

- Organic Napoletana Sauce
- Organic Arabiatta Sauce
- Organic Tomato Basil Sauce

Eating pasta has never been healthier!

- ➔ **One stop shopping for your Mediterranean specialties**
- ➔ **Leading producer in its niche**
- ➔ **Custom packaging solutions**
- ➔ **Yearly supply contracts for your private label**
- ➔ **Total traceability and farming control**

SPECIALTY PICKLES AND PEPPERS

- Greek Pepperoncini
- Nacho Sliced Jalapeno Peppers
- Mild Banana Peppers
- Giardiniera-Mix Vegetable Pickles
- Cornichon Pickles
- Fire Roasted Peppers

Add the real zest to your subs and salad!

GOURMET CANNED PRODUCTS

- Stuffed Grape Leaves
- Stuffed Zucchini
- Stuffed Cabbage
- Beans in Tomato Sauce

Homemade tastes canned for your convenience!

GOURMET SPREADS AND DIPS

- Hummus Classic
- Hummus w/ Sun Dried Tomato
- Hummus w/ Chili Pepper
- Tapenade Artichoke
- Tapenade Sun Dried Tomato
- Babaganoush Eggplant Dip
- Bruschetta Fresh Tomato
- Bruschetta Mixed Vegetable
- Bruschetta Sun Dried Tomato
- Bruschetta Pepper & Artichoke
- Semi Fresh Tomato in Extra Virgin Olive Oil
- Roasted Pepper Salad

Tapas, Mezes and Dips in their freshest form

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