

STV *foods*
modern. flexible. quality.

<http://stvfoods.ro>
Caloian Județul Nr.12, Sec 3,
Bucharest, Romania
T: +40213138243
e: stvfoods@stvfoods.ro



as Cretan...as it gets!

◆ www.kritonartos.gr ◆

MEDITERRANEAN DIET

HISTORY

The Rusk has been identified with the Cretan diet. Being known since the Minoan era as a double-baked bread, because it was baked twice, it has marked the Greek food culture. Experts of the famous Minoan civilization even claim that the Minoans used the rusk in their diet as it was the only way to have food that was maintained during their long journeys.

Crete has one of the most delicious culinary traditions since antiquity. A tradition of perfumes, materials, flavors and styles that begins from prehistoric times to the present day. The most important nutritional element is olive oil, which is the main source of fat both for Cretans and the peoples of the Mediterranean.

It is certain that the excellent health and longevity of the Cretans is due to their traditional diet, which undoubtedly deserves to be followed, as also to the quality of the products they usually produce.

The secret of good health and longevity is simple for the Cretans who eat what their rich land produces. Fruits, vegetables, fresh greens, garden vegetables, legumes, cheeses & bread. They aromatize the flavor with wonderful aromatic plants, they prepare sweets with honey and grape syrup (petimezi).

The Cretans eat the most vegetables and greens in the Western world with yet one more secret of good health, since by this way they ingest fibers, vitamins and nutritional values, necessary for human.

THE CRETAN MUSIC....

In Crete, music and dance are directly linked to the psychosynthesis and social life of the Cretans, from antiquity until today! The combination with the products of the Cretan Land brings Crete on the top position worldwide!



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PRINCIPLES OF COMPANY'S PHILOSOPHY

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Kriton Artos is a modern production unit of Traditional Cretan bakery products and high quality snacks, based on the Cretan & Mediterranean diet.

It uses only 100% natural raw material, wholemeal flour and extra virgin olive oil of Crete.

Innovation, in combination with the natural raw materials of each product, make Kriton Artos the only company of bakery products that remains faithful to tradition creating flavors harmonized to its philosophy.

Important raw materials: Honey, Extra virgin olive oil, Olives, Carob, Graviera cheese, Feta cheese, Oranges, Tomatos, Peppers, Aromatic plants, Wine and much more stamp Kriton Artos' products from nature directly to our dish, with no preservatives. The certification, in combination with the Management's philosophy to have as a first priority the safe quality products, guarantee the high and stable quality.



Mini Rusks with flavors

- ✓ Mini wheat toasts with Graviera & Feta Cheese, 250gr
- ✓ Cretan mini rusks with Cretan Olive Oil & thyme, 300gr





“MIKIO” brand!!!

Kriton Artos SA, following the trends and needs of the consumers , has created the brand “MIKIO” under which 3 series of products are being appertained.

- ❑ Mikio mini breadstick in 3 flavors
- ❑ Mikio Sesame bars in 4 flavors
- ❑ Mikio Mediterranean Cereal bars in 3 flavors





MIKIO MINI BREADSTICKS

- FIG AND RAISIN 90gr
- GRAVIERA & FETA CHEESE 90gr
- SUNDRIED TOMATO & OLIVES 90gr





MIKIO SESAME BARS 60gr

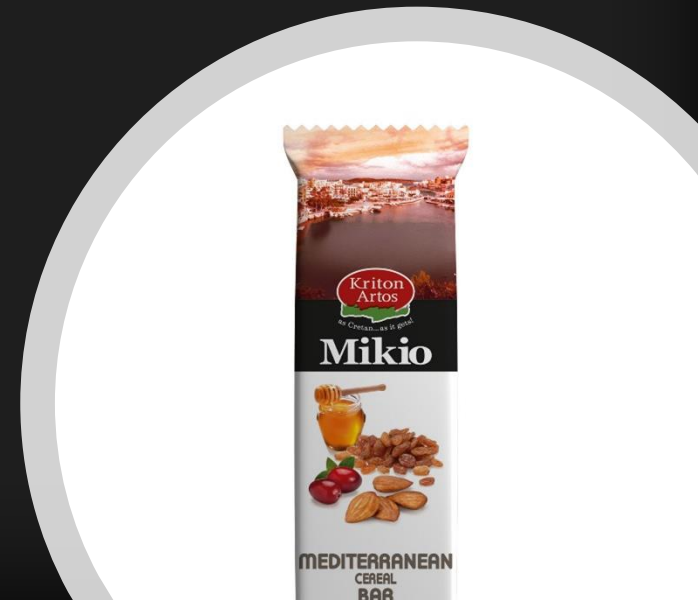
- SESAME BAR
- SESAME BAR WITH PEANUTS
- SESAME BAR WITH ALMONDS
- BAR WITH SUNFLOWER SEEDS





MIKIO MEDITERRANEAN CEREAL BARS, 30gr

- Cereal bar with pistachio, raspberry, blueberry, Cretan thyme honey, dark chocolate.
- Cereal bar with Cretan thyme honey, raisin, cranberry, almond.
- Cereal bar with Cretan thyme honey, dark chocolate, carob, cocoa spread, orange.



BREADSTICKS

THE ULTIMATE SNACKS FOR EVERY TIME OF THE DAY!

- MULTISEED BREADSTICK 240gr
- MEDITERRANEAN BREADSTICK 300gr
- BREADSTICK WITH ZEAS FLOUR & SEEDS, 300gr
- BREADSTICK WITH FRESH GREENS, 300gr
- BREADSTICK WITH POPPY SEEDS & OLIVES, 300gr





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«MEDITERRANEAN BREADSTICK 300gr.

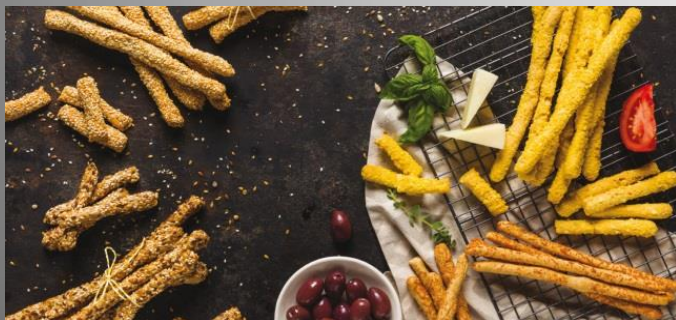
Ingredients: Wheat flour, Cretan Extra virgin olive oil, black olives, green pepper, red pepper, onions, sundried tomato, salt.



«BREADSTICK WITH ZEA FLOUR AND SEEDS 300gr.

The consumer is asking for quality products, and the Zea or Zeia flour in combination with the seeds, constitutes to an extremely tasteful breadstick, easily digestible and healthy product for any time of the day.

Ingredients: Wheat flour, Zea flour, sunflower oil, sunflower seeds, **black sesame**, salt



«BREADSTICK WITH POPPY SEEDS & OLIVES 300gr.

One of our innovative snacks for all hours, accompanying all meals. A special product of high nutritional values and major health benefits.

Ingredients: poppy seed, whole wheat flour, wine, olives, Cretan olive oil.



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«BREADSTICK WITH CORN 24ogr.

The corn flour is kneaded with the famous Cretan olive oil . The pure ingredients, as also the traditional way of production, result to a healthy snack with a rich taste and the health benefits of corn.

Ingredients: corn flakes, corn flour, whole wheat flour, Cretan olive oil, tomato, water, salt, sugar



«BREADSTICK WITH GREENS 30ogr.

Given that the fresh greens & vegetables constitute of the base of the healthy Cretan diet, they are mixed with the Cretan Extra virgin olive oil, the wheat and the corn flour, to create a truly unique product. A snack that reminds of the pies made from the women of the village or a snack similar to the fresh green salad, quite popular to the fans of the healthy diet.

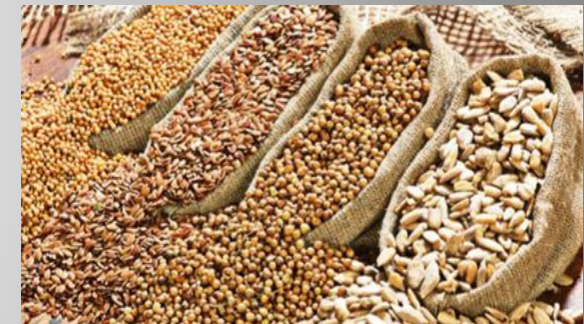
Ingredients: Wheat flour, Extra virgin olive oil, fresh leek, fresh spinach, marathos, stamnagathi, wine , pepper, salt.



«MULTISEED BREADSTICKS, 24ogr»

The properties of flaxseeds & sunflower seeds were well known to the Ancient Greeks for their minerals amino acids and Ω3 fats. An extremely nutritious breadstick even for people with cholesterol. It is an ideal choice to complete any meal.

Ingredients: flaxseeds, sunflower seeds, poppy seeds, sesame, black sesame, oat flakes, wine, Cretan olive oil.



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TRADITIONAL CRETAN BISCUITS

- **“CRETAN BISCUIT WITH CRETAN THYME HONEY WITH NO SUGAR 220GR”**

One of the most famous treats of Crete. Kneaded with pure ingredients of the Cretan land. The fresh orange juice, the cinnamon and the sesame create a delicious and fragrant result. It's very healthy, delicious and perfectly combined with coffee.

- **“CRETAN BISCUIT WITH CAROB AND ALMOND WITH NO SUGAR 220gr”**

According to the dietary habits of the Minoan Crete, carob was used to be consumed instead of chocolate. Its unique taste and the exceptional aroma constituted to the production of this special product of high nutritional value. The combination of the carob and the whole meal flour, it creates a delightful biscuit, which can be part of a balanced diet rich in fibers.

