

TRATA

THE GREEK SEAFOOD EXPERT

WILD CAUGHT FISH FROM THE AEGEAN SEA



NATURAL
SOURCE
OF CALCIUM
& OMEGA -3
FATTY ACIDS



ANCHOVIES



SARDINES

TRATA

WILD-CAUGHT FISH FROM THE AEGEAN SEA

Bring a rich Greek summer flavor to your table
all year round

There is surely something special about a fish that is only caught in a particular place, in a particular way and at specific times of year.

TRATA WILD SARDINES and **ANCHOVIES** are small wild fish caught in the crystal blue waters of the Aegean. These waters provide the best environment for fish to grow, thanks to their temperature and unique flora, helping fish grow full of taste and nutritional value.



*Salad with zucchini,
cucumber and
sardines in olive oil*



Easy snacks with sardines

In Greece, sardines and anchovies are most commonly enjoyed plain, as a starter or “meze”, but they are also ideal for a quick and healthy take-away meal or as an ingredient in salads and lots of standalone main courses.

Visit www.tratagreece.gr for more quick and easy recipes.



*Pasta with white wine,
dill and anchovies*



Tomato fritters with sardines



In Olive Oil_
Piquant in Vegetable Oil_
In Vegetable Oil_
In Tomato Sauce_

SARDINES

For **TRATA WILD SARDINES** we only use the species *Sardina Pilchardus*, which is the only species that is characterized as "sardine" and not as "sardine-type". The unique conditions, the biodiversity present in their natural habitat, and their diet are the reasons behind their superior quality, light, tender and flavorful flesh without scales.

CAREFUL
SELECTION

FRESHLY
CAUGHT
FISH



_Marinated with onion and parsley
_In Olive Oil
_Piquant in Vegetable Oil
_With oregano in Vegetable Oil

ANCHOVIES

TRATA WILD ANCHOVIES, carefully selected from fresh catch in the Aegean Sea, is the only product of anchovy that comes canned. Free of scales, our anchovies are carefully placed in the can one by one by our expert staff, and they offer great taste and nutritional value, as they are also a great source of calcium and Omega 3.



BENEFICIAL EFFECTS

- Omega-3 Fatty acids comprise the dominant category of sardine's and anchovie's fat. In particular, it is scientifically proven that Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) contribute to maintain a healthy function of the heart where as the Docosahexaenoic acid (DHA) contributes to maintain a normal function of the brain and vision.
- Calcium contributes to maintain a normal function and condition of the muscles, bones and teeth.

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SEAFOOD SUGGESTIONS PRODUCED IN GREECE

The benefits of eating fish are plentiful. It tastes great; it's quick and easy to prepare delicious recipes everyday, and as part of a balanced diet, is good for you as well. However, it's not always easy to have access to good fish.

**OUR COMMITMENT TO QUALITY GUARANTEES THAT
YOU ONLY GET THE BEST SEAFOOD**



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