



Order Form

Filos Essentials – Retails Products & Frozen Foods

Chocolate wafers	Selling price	QTY
Koukouroukou wafer with cocoa cream 25gm	R8,00	
Chocofreta White chocolate 38gm	R8,00	
Chocofreta Hazelnut 38gm	R8,00	
Chocofreta Dark Chocolate 38gm	R8,00	
Caprice Wafer Sticks Hazelnut 115gm	R55,00	
Caprice Wafer Sticks Hazelnut 250gm	R75,00	
Chocolate Slabs	Selling price	QTY
ION Milk Chocolate with Almonds Praline 100gm	R45,00	
ION Milk Chocolate with Whole Hazelnut 100gm	R45,00	
ION Milk Chocolate with Whole Almonds 100gm	R45,00	
ION Milk Chocolate with Almonds 100gm	R45,00	
Biscuits & Rusks	Selling price	QTY
Biscotello Vanilla 200gm	R35,00	
Biscotello Vanilla 200gm	R35,00	
Petit Beurre Wholegrain Digestive Biscuits 100gm	R30,00	
Petit Beurre Normal Digestive Biscuits 100gm	R30,00	
Digestive with Wholegrain flour 167gm	R30,00	
Homemade Koulourakia 500gm	R70,00	
Homemade Melomakarona 500gm	R90,00	
Homemade Kourabiedes(Greek Short bread) 500gm	R70,00	
Homemade Kourabiedes with nuts 500gm	R75,00	
Homemade Kourabiedes with dates 500gm	R80,00	
Homemade Health Rusks with Peacan nuts & Almonds 500gm	R50,00	
Sweet side	Selling price	QTY
Makethoniko Sesame Seeds Snack bar	R9,00	
Kandys Sweet Pistacchio Flavour	R70,00	
Kandys Sweet Vanilla with chocolate Syrup	R50,00	
Kandys Sweet Vanilla with Strawberry Syrup	R50,00	
Kandys Sweet Vanilla with caramel Syrup	R50,00	
Kandys Sweet Chocolate	R50,00	
Kandylas Glucose Syrup	R50,00	
Macedonian Halva Almond 400gm	R75,00	
Macedonian Halva Pistacchio	R75,00	
Macedonian Halva Chocolate 400gm	R75,00	
Macedonian Halva Almond 400gm	R75,00	
Macedonian Halva with Fructose 400gm	R90,00	
Halva Stevia Almond 200gm	R50,00	
Halva Stevia Vanilla 200gm	R50,00	
Halva Stevia Cocoa 200gm	R50,00	



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Loukoumi Cocktail (Turkish Delight) 200gm	R45,00	
Loukoumi Mastic (Turkish Delight) 200gm	R45,00	
Loukoumi Ouzo (Turkish Delight) 200gm	R45,00	
Loukoumi Coconut (Turkish Delight) 200gm	R45,00	
Loukoumi Rose (Turkish Delight) 200gm	R45,00	
Preserves 400gm Sour Cherry	R85,00	
Preserves 400gm Orange	R85,00	
Preserves 400gm Fig	R85,00	
Preserves 400gm Red Cherry	R85,00	
Preserves 400gm Chestnut	R85,00	
Preserves 400gm Walnut	R85,00	
<u>Greek Toasties</u>	Selling price	QTY
Elite Rye 180gm	R25,00	
Elite Brown 250gm	R25,00	
Elite Classic White 250gm	R25,00	
<u>Jams</u>	Selling price	QTY
370gm 6 Fruits	R65,00	
370gm Fig	R65,00	
370gm Cherry	R65,00	
370gm Apricot	R65,00	
370gm Orange	R65,00	
<u>Imported Olive Oil</u>		
Altis Extra Virgin O/O 1lt	R160,00	
Altis Extra Virgin O/O 4lt	R650,00	
Aegean Extra Virgin O/O 750ml	R130,00	
Aegean Extra Virgin O/O 1lt	R160,00	
Aegean Extra Virgin O/O 5lt	R650,00	
Karpea Extra Virgin O/O 1lt	R180,00	
Orino Extra Virgin O/O 1lt	R140,00	
Orino Extra Virgin O/O 5lt	R650,00	
<u>Spreads</u>	Selling price	QTY
Nucrema Cocoa spread with hazelnuts	R55,00	
Tahini cocoa & hazelnut 300gm	R55,00	
Tahini Honey 300gm	R65,00	
Tahini Orange 300gm	R55,00	
Tahini Chocolate 300gm	R55,00	
<u>PAN Dressing Products</u>	Selling price	QTY
250ml Balsamic Cream with fig	R70,00	
390ml Red Vinegar Glass	R20,00	
500ml Balsamic Vinegar Glass	R25,00	
250ml Apple Vinegar Glass	R25,00	



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250ml Pure Grape Syrup	R95,00	
250ml White Vinegar	R25,00	
250ml Pomagranite Balsamic Vinegar	R55,00	
General	Selling price	QTY
500gm Agrino Wheat Dry	R80,00	
500gm Agrino Lentils Dry	R15,00	
500gm Agrino Chickpeas Dry	R15,00	
500gm Agrino Fava Dry	R45,00	
425gm Castello Black Eyed Beans	R15,00	
425gm Castello Lentils in light tomato	R15,00	
425gm Castello Chickpeas	R15,00	
350gm Palirria Hellenic Cuisine Dolmades		
350gm Palirria Hellenic Cuisine Giant Beans Tomato		
150gm Tub Greek Oreganum	R20,00	
2000gm Giant Beans in Tomato	R150,00	
440gm Palirria Vine Leaves	R50,00	
420gm Palirria Bean Soup	R50,00	
118gm Gabriel Sardines Tomato	R25,00	
118gm Gabriel Sardines Chilli	R25,00	
118gm Gabriel Sardines Veggie Oil	R25,00	
70gm Kyknos Tomato Paste	R8,00	
212gm Kyknos Tomato Paste	R15,00	
200gm Greek Coffee Bravo	R55,00	
200gm Greek Coffee Loumides	R60,00	
Imported Pasta	Selling price	QTY
500gm Simolina Fine	R25,00	
500gm Simolina Coarse	R25,00	
500gm Pasta Helios Macaroni	R15,00	
500gm Pasta Helios Spaghetti No.6	R15,00	
500gm Pasta Helios Elbows	R15,00	
500gm Pasta Helios Twist	R15,00	
500gm Pasta Helios Shell	R15,00	
500gm Pasta Helios Penne	R15,00	
500gm Pasta Helios Penne Rigate	R15,00	
500gm Pasta Helios Lasagne	R15,00	
500gm Pasta Helios Letters & Numbers	R15,00	
500gm Pasta Helios Gnocchi	R15,00	
500gm Pasta Helios Rice Orzo Medium	R15,00	
500gm Pasta Helios Rice Orzo Large	R15,00	
500gm Pasta Rice Vegetable Orzo Large	R25,00	
500gm Pasta Helios Linguine	R15,00	



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500gm Helios Egg Noodle With Milk (35)	R25,00	
500gm Pasta Helios Tagliatelle	R25,00	
500gm Helios Noodles With Milk Roumeliotiko	R25,00	
250gm Helios Caneloni	R30,00	
500gm Helios Trahana	R25,00	
500gm Pasta Helios Vegetable Twist	R25,00	
500gm Pasta Whole Wheat Spaghetti	R25,00	
500gm Pasta Helios Gluten Free Spaghetti	R40,00	
500gm Pasta Helio Gluten Free Penne	R42,00	
500gm Pasta Melissa Gnocchi	R16,00	
500gm Pasta Melissa Stelline	R16,00	
500gm Pasta Melissa Fusili	R16,00	
500gm Pasta Melissa Conchigliatte	R16,00	
500gm Pasta Melissa Corals	R16,00	
500gm Pasta Melissa Lasagne Sheets	R40,00	
500gm Pasta Melissa Vermicelli	R16,00	
500gm Pasta Melissa Spaghetti no.6	R16,00	
500gm Pasta Melissa Kiddies Words	R16,00	
500gm Pasta Melissa Kiddies Numbers	R16,00	
500gm Pasta Melissa Kiddies Cars	R16,00	
Imported Drinks		
330ml Epsa 4pkt Lemonade	R50,00	
330ml Epsa 4pkt Pink Lemonade	R50,00	
330ml Epsa 4pkt Soda	R50,00	
330ml Epsa 4pkt Green Tea	R50,00	
232ml Epsa x6 Lemonade	R80,00	
232ml Epsa x6 Pink Lemonade	R80,00	
232ml Epsa x6 Non Carbonaded Orangeade	R80,00	
232ml Epsa x6 Orangeade	R80,00	
232ml Epsa x6 Soda	R80,00	
232ml Epsa x6 Non Carbonaded Sour Cherry	R80,00	
232ml Epsa x6 Blood Orange	R80,00	
232ml Epsa ea Lemonade	R15,00	
232ml Epsa ea Pink Lemonade	R15,00	
232ml Epsa ea Non Carbonaded Orangeade	R15,00	
232ml Epsa ea Orangeade	R15,00	
232ml Epsa ea Soda	R15,00	
232ml Epsa ea Non Carbonaded Sour Cherry	R15,00	
232ml Epsa ea Blood Orange	R15,00	
355ml Yamas Ice Tea Glass Green Tea Lemon & Honey	R25,00	
355ml Yamas Ice Tea Glass White Tea Pomegranate & Honey	R25,00	
355ml Yamas Ice Tea Glass Green Tea Blueberry & Honey	R25,00	



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355ml Yamas Ice Tea Glass Green Tea Mango & Honey	R25,00	
355ml Yamas Ice Tea Glass Black Tea Peach & Honey	R25,00	
355ml Yamas Ice Tea Glass Camomile Honey & Tyme	R25,00	
Frozen Food range		
Pastry - Ready to Oven Bake	Selling price	QTY
Homemage Spanakopita Triangles x12 (Spinach & Cheese Pies)	60	
Homemage Tiropita Triangles x12 (Cheese Pies)	60	
Homemage Spanakopita 325x263 Tray	280	
Homemage Tiropita 325x263 Tray	320	
Eliopites (Olive Pies) x12	110	
Halloumopites (Halloumi Pies) x12	110	
Flaounes With Raisins ea	35	
Falaffel Balls x12	110	
Dips	Selling price	QTY
500gm Tarama	60	
500gm Tzatziki	60	
500gm Hummus	60	
500gm Skordalia (Potato Garlic Dip)	50	
500gm Htipiti (Feta Chilli Dip)	80	
Meals - Ready to Oven Bake	Selling price	QTY
600gm Mousaka	60	
Mousaka 325x263 Tray	320	
600gm Passtcchio	60	
Pasticchio 325x263 Tray	360	
500gm Vegetarian Mousaka	60	
Vegetarian Mousaka 325x263 Tray	320	
500gm Mac & Cheese	45	
Mac & Cheese 325x263 Tray	240	
500gm Chicken Pie	50	
Chicken Pie 325x263 Tray	280	
500gm Cottage Pie	60	
Cottage Pie 325x263 Tray	300	
500gm Beef Lasagne	50	
Beef Lasagne 325x263 Tray	360	
500gm Chicken Lasagne	40	
Chicken Lasagne 325x263 Tray	240	
500gm Chicken Broccoli Bake	40	
Chicken Broccoli Bake 325x263 Tray	240	
Desserts - Ready to Oven Bake	Selling price	QTY
Kateifi ea	20	
Baklava Sticks x12	190	



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Baklava 325x263 tray	480	
Greek Milktart ea	18	
Greek milktart 325x263 Tray	400	
Meats	Selling price	QTY
Lamb Kebabs x10 (150gm ea)	320	
Chicken Kebabs x10 (150gm ea)	120	
Pork Kebabs x10 (150gm ea)	180	
Beef Fillet Kebabs x10(150gm ea)	280	
Baby Chickens 500gm x2	130	
Meat Balls x12	75	
Sheftalia x12	120	
Loukaniko x4	50	
Frozen General - Ready to Bake		
Pies x6 Chicken & Mushroom	108	
Pies x6 Chicken Mayo	108	
Pies x6 Chicken peri Peri	108	
Pies x6 Cornish	108	
Pies x6 Steak & Onion	108	
Pies x6 Steak & Mushroom	108	
Pies x6 Pepper Steak	108	
Pies x6 Spinach & feta	108	
Pies x6 Cheese burger	150	
Pies x6 Russian Roll	150	
Pies x6 Sausage roll	108	
Samoosas Chicken x12	90	
Samoosas Beef x12	90	
10mm Fries 2.5kg	50	
Fresh Fruit & Vegetables - Prices Accordingly to daily market	Selling price	QTY
Artichoke		
Asparagus Green Packet		
Beetroot /kg		
Brinjals /kg		
White cabbage ea		
Red cabbage ea		
Carrots 1kg		
Carrots 5kg		
Baby Corn Pkt		
Baby Marrow /kg		
Baby Potatoes /kg		
Baby Spinach /kg		
Beans /kg		



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Broccoli ea		
Butternut /kg		
Cauliflower ea		
Chillies Green /gm		
Chillies Red /gm		
Cucumber English ea		
Garlic Fresh /gm		
Kale /kg		
Leeks /kg		
Lettuce Butter		
Lettuce Iceberg		
Mushroom White /kg		
Onion Red /kg		
Onion White /kg		
Peppers Green /kg		
Peppers Red /kg		
Peppers Rainbow /pkt		
Potatoes /kg		
Spinach Bunch		
Spring Onion ea		
Sweet Corn Pkt		
Sweet Potato /kg		
Tomato /kg		
Tomato Cocktail /pkt		
Apples red /pkt		
Apples Green /pkt		
Avocado ea		
Banana /kg		
Blueberries /kg		
Figs /kg		
White Grapes /pkt		
White Grapes /box		
Red Grapes /pkt		
Red Frapes /box		
Grenadilla ea		
Lemons /kg		
Naartjies		
Nectarines		
Paw Paw		
Peaches		
Pears		
Pineapple		



Order Form

Strawberry		
Sweet Melon		
Herb - Basil		
Herb - Bay Leaves		
Herb - Chives		
Herb - Dill		
Herb - Italian Parsley		
Herb - Mint		
Herb - Micro Herbs		
Herb - Origanum		
Herb - Parsley		
Herb - Rocket		
Herb - Rosemary		
Herb - Sage		
Herb - Thyme		
Cut Mixed Vegetables /kg		
Stir fry cut /kg		
Cut Fresh Potatoes Chips /kg		

Do require anything that is not on this list? Please comment below and let us know

Please send your order thru to orders@filos.co.za or contact us on 012 346 2382

Filos Essentials
 37 Lynwood Street
 Brooklyn, Pretoria