

A close-up photograph of organic figs. In the foreground, two slices of a reddish-orange fig are prominently displayed, showing their textured, bumpy surface. Behind them, a whole green fig is visible, slightly out of focus. The figs are resting on a light-colored wooden surface. The background is a soft, blurred mix of light and dark tones.

# ORGANIC FIG

Mother Nature  
Approved

cro  gourmet



## FIGOS CRANBERRY 40 g

For a nutritionally worthwhile snack, taking only minutes away, it's enough to choose an energetic plate of an exquisitely balanced sweet-sour taste based on dry figs, cranberries and almonds.

### COMPOSITION:

90% dry fig\*, 8% dry cranberry\* and 2% almond\*

### AVERAGE CURRENT VALUES ON 100 g PRODUCT:

Energy value 1192 kJ / 305 kcal

- Fats 9 g of which saturates 0.1 g
- Carbohydrates 62 g of which sugar 62 g
- Fiber 14 g
- Proteins 36 g
- Salt 0.1 g
- Potassium 340 mg / 17% PU

\*ecological farming



## FIGOS CITRUS 40 g

The energy-efficient tile on the basis of dried figs enriched with almond, lemon and orange, and as such is an excellent choice for healthy snacks for children and adults.

### COMPOSITION:

97% dry fig\*, 2% almond\*, 0,5% orange juice\* and 0,5% lemon juice\*

### AVERAGE CURRENT VALUES ON 100 g PRODUCT:

Energy value 1192 kJ / 305 kcal

- Fats 9 g of which saturates 0.1 g
- Carbohydrates 62 g of which sugar 62 g
- Fiber 14 g
- Proteins 36 g
- Salt 0.1 g
- Potassium 340 mg / 17% PU

\*ecological farming





## FIGOS QUINOA 40 g

The energy-efficient tile made an excellent combination of dry figs rich in fiber and carbohydrates, almonds, oranges and a large percentage of plant protein contained in quinoa. It is surely a favorite of a healthy bitch for big and small.

### COMPOSITION:

80% dry fig\*, 18% quinoa\*,  
1% almond\*, 1% orange juice\*

### AVERAGE CURRENT VALUES ON 100 g PRODUCT:

Energy value 1192 kJ / 305 kcal

- Fats 8 g of which saturates 0.1 g
- Carbohydrates 68,4 g of which sugar 63 g
- Fiber 12 g
- Proteins 32 g
- Salt 0.1 g
- Potassium 340 mg / 17% PU

\*ecological farming



## FIGOS FIGWHEY 40 g

Fiber-rich, fibrous and carbohydrate-rich dry figs, and dehydrated whey as the highest-quality natural protein. An ideal meal after training.

### COMPOSITION:

48% dry fig\*, 2% milk chocolate\* and 50% protein

### AVERAGE CURRENT VALUES ON 100 g PRODUCT:

Energy value 1685 kJ / 392 kcal

- Fats 8 g of which saturates 4,75 g and monounsaturated fatty acids 1.75 g
- Trans fatty acids 0.25 g of which saturates 2.25 g
- cholesterol 0.20 g
- Carbohydrates 32 g of which sugars 32 g
- Fibers 14 g
- Protein 50 g
- Salt 0.1 g
- Potassium 140 mg / 17% PU

\*ecological farming





## DRIED FIGS

Soft and succulent eco delicacies of the well-known ECO FIG'O brand have been dried with traditional recipes under controlled conditions.

- PACKING: 100 g, 200 g & 300 g
- SORTS: bijelica i zamorcica
- SERVING TEMPERATURE: 18°C
- RECOMMENDATION FOR GASTRO:

Serve with red and white wine, brandy, coffee, tea or as a dessert.

Dried figs go well with extra virgin olive oil, goat cheese, blue cheese, bacon, prosciutto, pears, oranges, peaches, raspberries, balsamic vinegar, honey, caramel, vanilla, black pepper, rosemary, cinnamon, cardamom, almonds, hazelnuts and walnuts...

### ENERGY VALUE ON 100 G DRIED FIGS:

1041 kJ / 249 kcal

- FROM THAT CONTAINS: Carbohydrates 64%, Proteins 3,3%
- Fat 0.9 g • DRY FIG CONTAINS MINERALS: Potassium 680 mg
- Calcium 162 mg • Magnesium 68 mg • Phosphorus 67 mg
- Manganese 0.5 mg • Iron 2 mg
- DRY FIG CONTAINS VITAMINS: Vitamin B complex
- Vitamin E and K • 100 g OF DRIED FRUIT CONTAINS: 9.8 g of Fiber

Best method to eat figs:

1. Early in the morning
  2. As a mid - time snack between breakfast and lunch
  3. As a mid afternoon snack between lunch and dinner
- Eat one at a time. Eat slowly and mindfully, chew thoroughly.



## FIG CAKE classic & spicy

A traditional Dalmatian cake of minced dried figs and almonds. The famous Croatian FIG'O ECO brand products in the form of fruit and spicy. Exquisitely balanced combination of figs and ground pepper or citrus and figs, certainly anyone's taste buds will not leave you indifferent.

- PACKING: 125 g & 250 g
- SERVING TEMPERATURE: 10°C
- RECOMMENDATION FOR GASTRO:  
(classic): with an aperitif or dessert wine, coffee, tea or as a dessert  
(spicy): with cheese and extra virgin olive oil, red and white wine

### COMPOSITION:

97% dry fig\*, 2% almond\*, 0,5% orange juice\* and 0.5% lemon juice\*

### AVERAGE CURRENT VALUES ON 100 g PRODUCT:

Energy value 1192 kJ / 305 kcal

- Fats 9 g of which saturates 0.1 g
- Carbohydrates 62 g of which sugars 62 g
- Fibers 14 g • Proteins 36 g • Salt 0.1 g • Potassium 340 mg / 17% PU

ALERGIN: The product contains almonds and sulphites

\*ecological farmin





## FIG SAUCE

Created by a combination of fresh green figs, black wine and spicy Mediterranean herbs. It is unique in its composition and taste.



## EKSTRA SPREAD

Produced organic fig spread made after an old family recipe.

- PACKING: 200 g
- GASTRO RECOMMENDATION FOR SAUCE: additive in cooking or as a spread for meat
- GASTRO RECOMMENDATION FOR SPREAD: as a spread

AVERAGE NUTRITIONAL VALUE AT 100 g/ml:

Energy value 1210 kJ / 289 kcal

- Fat 3.69 g
- Carbohydrates 41.27 g
- Fiber 2,18 g
- Proteins 1.28 g
- Vitamin A 89.11 mg
- Vitamin C 4.12 mg
- Potassium 171.37 mg
- Calcium 26.21 mg
- Phosphorus 27.21 mg
- Magnesium 19.92 mg



A traditional way of cultivation, reliable family recipe, decades of love and hard work paved the way for a healthy and delicious fig treat, known today as ECO Fig'o brand. A fig, rich in minerals and fibers, very nutritious and of high-energy value, is exquisite when combined with other fruit flavors.

## The Story of the Fig'O

Fig is one of the most important fruit species of the Mediterranean countries. Coastal Dalmatia region in Croatia is full of fig trees. The fruit connected to the hard life of Dalmatia in the past is fig. Fresh in the summer months and used dried in all other months. In the mid-19th century, a Dalmatian peasant planted figs for refreshment. The main culture back then was wheat, olives, but to keep the figs fresh during the working season, he had hidden the dried ones in the rocky karst.

The story of the Ostojić family farm begins over a century ago. In the land in region Dalmatia, Croatia, grandpa Ivan had planted the first figs and thus started a tradition of a culture that would in the future become a trademark of the entire area. For nearly half a century the fig is chief culture grown by family Ostojić. Following the footsteps of grandpa Ivan, Tomo Ostojić preserves the family tradition, its experience and small secrets, but also facilitates the culture by using modern and expert knowledge. During those years he comes up with the idea how the family farm should be ran in the future, and that is to take to the traditional dried fig production and enrich it, making more new fig-based products.

By modernizing the processing factory, acquiring new machinery and applying modern fig production and process technology, Family Farm meets the standards of modern agricultural production. That's why the future of our Family Farm Ostojic is quite clear: maintaining the standard of highest quality and developing new products along with expanding production capacities.

### Organic Raw Sun Dried Croatian Figs 100% Natural & Healthy

- Superior source of nutrients
- No Sugar Added
- No Artificial Sweeteners
- Gluten Free
- Soy Free
- No artificial Anything



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CROATIAN NATURAL AND ORGANIC,  
GOURMET FOOD AND SKIN CARE  
PRODUCTS

CRO GOURMET Limited  
19/F Tai Yau Bldg,  
181 Johnston RD Wanchai,  
Hong Kong

Phone: +852 5492 2979  
Email: info@crogourmet.com

[www.crogourmet.com](http://www.crogourmet.com)