



Monte Carlo Fine Taste Ltd  
info orders management@mcfinetaste.com

**ORGANIC  
TOMATOES LEGUMES**

**TOMATOES**



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*food rich in vitamins,  
antioxidants,  
eaten raw or cooked  
they keep everything  
the taste and the scent of the south*



**LENTILS**

*ideal food to improve  
heart health, rich in iron, combined  
with pasta and with aromatic herbs*



**WHITE BEANS**

*ideal food for reduce blood sugar,  
contain lecithin for rapid emulsion  
of fat*



**RED KIDNEY BEANS**

*food rich in minerals,  
ideal for soups and seasoned with chili  
and sausages*



**CHICK PEAS**

*protein-rich food, source of mineral salts,  
also recommended raw with  
of fresh lemon juice*



**BUTTER BEANS**

*food with a delicate flavor, low fat,  
recommended with fresh onion and a  
drizzle of extra virgin olive oil*



**BORLOTTI BEANS**

*food with an intense flavor,  
particularly suitable for soups,  
soups and tasty salads*

**LEGUMES**

Format	Net weight for cardboard	Pieces	Units per pallet
400g	240g	24	72
800g	480g	12	72
2550g	1530g	6	55
3000g	/	6	63