



**АГРОТЕК**

КАЖДЫЙ  
ДЕНЬ  
СВЕЖЕЕ

# MODERN TOURIST NUTRITION

**in Kamchatka region on the route**



The group of companies "Agrotek" offers a new level of service in organizing of quality food for tourists in Kamchatka region.

The complex (lunch-box) includes a good nutrition: meat or fish cooking, side dishes, salad and dessert.

6 variants of complex lunch-boxes for every taste.

## BENEFITS:

- ✓ Delicious
- ✓ Profitable
- ✓ Guaranteed quality
- ✓ Shelf life
- ✓ Convenient and reliable packaging
- ✓ Delivering to your office
- ✓ Determent of payment

**We are ready to organise an individual presentation and tasting, as well as answer any questions:**



**Alexandra**  
8 914 788 6219

**Hotline:**  
8 800 200 8887





## COMPLEX № 1

Chicken cutlet "Yummy" fried, "Chateau" potatoes,  
salad of sea kale with squid, pancake, jam

**Chicken cutlet "Yummy":** chicken filet, pork, onion, drinking water, sunflower oil, soy flour, egg mixture powder, salt.

**Nutrition value of 100 g of the product, g (on the average):** protein - 12,5, fat - 19,7, carbohydrates - 8,0.

**Caloric value** - 259 kcal/1084 kJ.

**"Chateau" potatoes:** potatoes, sunflower oil, garlic, salt, red pepper, paprika, sugar.

**Nutrition value of 100 g of the product, g (on the average):** protein - 2,0, fat - 2,5, carbohydrates - 16,0.

**Caloric value** - 94,5 kcal/398,5 kJ.

**Salad of sea kale with squid:** sea kale, squid tentacles, pickled carrots (carrot, vegetable oil, salt, garlic, sugar, vinegar, red pepper, black pepper, coriander).

**Nutrition value of 100 g of the product, g (on the average):** protein - 6,9, fat - 11,8, carbohydrates - 2,5.

**Caloric value** - 143,0 kcal/600,0 kJ.

**Pancake:** milk whey, high-quality wheat flour, egg, sunflower oil, sugar, cooking salt, baking soda.

**Nutrition value of 100 g of the product, g (on the average):** protein - 4,3, fat - 12,5, carbohydrates - 22,3.

**Caloric value** - 219,0 kcal/915,0 kJ.

**Apricot jam:** apricots, sugar syrup, syrup, natural thickener (pectin).

**Nutrition value of 100 g of the product, g (on the average):** protein - 0,0, fat - 0,0, carbohydrates - 60,0.

**Caloric value** - 240,0 kcal/1000,0 kJ.

STO 22909030-008-2016, STO 22909030-012-2018

**Shelf life:** store at temperature 2°C-6°C within not more 5 days (keep after opening at a temperature within not more 12 hours, use by: see shelf life of pack).

THE PRODUCT IS READY TO BE USED. BEFORE USING MAIN LUNCH DISHES ARE TO BE HEATED.

Heat meals in the MW for 2-3 min., power 700 W. (cut the edge of the pack in 2-3 cm). **Net weight** - 500 g

**Hotline (free): 8 800 200 8887**



## COMPLEX № 2

### Fish minced cutlet (cod) with broccoli, boiled wild rice, broccoli, salad "Lagoon", curd cakes, jam

**Fish minced cutlet (cod) with broccoli:** Pacific cod fillet, broccoli, egg, mayonnaise, onion, drinking water, vegetable oil, potato starch, rice flour, semolina, salt, spices and dried vegetables (ground black pepper, onion, paprika, dill seeds, garlic, allspice, dill greens).  
**Nutrition value of 100 g of the product, g (on the average):** protein - 7,7, fat - 12,3, carbohydrates - 7,4.  
**Caloric value** - 172,0 kcal/712,0 kJ.

**Wild rice boiled:** wild rice, drinking water, sunflower oil, cooking salt.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 4,0, fat - 2,3, carbohydrates - 20,5.  
**Caloric value** - 116 kcal/485 kJ.

**Boiled broccoli:** broccoli, drinking water, salt.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 3,0, fat - 0,4, carbohydrates - 5,2.  
**Caloric value** - 28,0 kcal/117,2 kJ.

**Salad «Lagoon»:** sea kale, mayonnaise, crab sticks, onion, vegetable oil, salt.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 6,1, fat - 28,1, carbohydrates - 6,7.  
**Caloric value** - 304,0 kcal/1001 kJ.

**Curd cakes:** cottage cheese, drinking water, sugar, high-quality wheat flour, semolina, egg, potato starch, vanillin.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 16,9, fat - 7,2, carbohydrates - 12,5.  
**Caloric value** - 182,0 kcal/762,0 kJ.

**Apricot jam:** apricots, sugar syrup, syrup, natural thickener (pectin).  
**Nutrition value of 100 g of the product, g (on the average):** protein - 0,0, fat - 0,0, carbohydrates - 60,0.  
**Caloric value** - 240,0 kcal/1000,0 kJ.

STO 22909030-008-2016, STO 22909030-012-2018

**Shelf life:** store at temperature 2°C-6°C within not more 5 days (keep after opening at a temperature within not more 12 hours, use by: see shelf life of pack).  
 THE PRODUCT IS READY TO BE USED. BEFORE USING MAIN LUNCH DISHES ARE TO BE HEATED.  
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## COMPLEX № 3

### Battered fish (salmon), quinoa with vegetables, broccoli, Korean snack of carrots (spicy), pancake, jam

**Battered fish (salmon):** salmon fillet (coho salmon, chum), mayonnaise, onion, salt, ground black pepper; batter (high-quality wheat flour, pasteurized cow's milk, egg, salt, spices and dried vegetables (onion, paprika, dill seeds, garlic, black pepper, allspice, dill greens)).  
**Nutrition value of 100 g of the product, g** (on the average): protein - 14,3, fat - 8,3, carbohydrates - 12,1.  
**Caloric value** - 180,5 kcal/756,0 kJ.

**Quinoa with vegetables:** boiled quinoa, carrot, green peas, canned corn, vegetable oil, cooking salt.  
**Nutrition value of 100 g of the product, g** (on the average): protein - 8,2, fat - 7,1, carbohydrates - 33,2.  
**Caloric value** - 243,6 kcal/1019,2 kJ.

**Boiled broccoli:** broccoli, drinking water, salt.  
**Nutrition value of 100 g of the product, g** (on the average): protein - 3,0, fat - 0,4, carbohydrates - 5,2.  
**Caloric value** - 28,0 kcal/117,2 kJ.

**Korean snack of carrots (spicy):** carrots, vegetable oil, salt, garlic, sugar, vinegar, ground red pepper, ground black pepper, coriander, paprika extract.  
**Nutrition value of 100 g of the product, g** (on the average): protein -1,7, fat -13,1, carbohydrates - 13,7.  
**Caloric value** - 179,0 kcal/746,0 kJ.

**Pancake:** milk whey, high-quality wheat flour, egg, sunflower oil, sugar, cooking salt, baking soda.  
**Nutrition value of 100 g of the product, g** (on the average): protein - 4,3, fat - 12,5, carbohydrates - 22,3.  
**Caloric value** - 219,0 kcal/915,0 kJ.

**Apricot jam:** apricots, sugar syrup, syrup, natural thickener (pectin).  
**Nutrition value of 100 g of the product, g** (on the average): protein - 0,0, fat - 0,0, carbohydrates - 60,0.  
**Caloric value** - 240,0 kcal/1000,0 kJ.

STO 22909030-008-2016, STO 22909030-012-2018

**Shelf life:** store at temperature 2°C-6°C within not more 5 days (keep after opening at a temperature within not more 12 hours, use by: see shelf life of pack).  
THE PRODUCT IS READY TO BE USED. BEFORE USING MAIN LUNCH DISHES ARE TO BE HEATED.  
Heat meals in the MW for 2-3 min., power 700 W. (cut the edge of the pack in 2-3 cm). **Net weight** - 500 g

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## COMPLEX № 4

Fish minced cutlet (salmon, cod), rice with vegetables, Korean snack of fern with mushrooms, curd cakes, jam

**Fish minced cutlet (salmon, cod):** fillet of salmon (coho salmon, chum), Pacific cod fillet, egg, onion, mayonnaise, vegetable oil, potatoes starch, salt, vinegar, spices and dried vegetables (ground black pepper, onion, paprika, dill seeds, garlic, allspice, dill greens).  
**Nutrition value of 100 g of the product, g (on the average):** protein - 13,3, fat - 18,5, carbohydrates - 4,2.  
**Caloric value** - 236,5 kcal/982,0 kJ.

**Rice with vegetables:** boiled rice, carrots, green peas, canned corn, vegetable oil, salt.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 2,4, fat - 5,2, carbohydrates - 23,3.  
**Caloric value** - 149 kcal/624 kJ.

**Boiled broccoli:** broccoli, drinking water, salt.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 3,0, fat - 0,4, carbohydrates - 5,2.  
**Caloric value** - 28,0 kcal/117,2 kJ.

**Korean snack of fern with mushrooms:** fern, carrots, canned champignons, onions, soy sauce, garlic, vinegar, sugar, ground coriander, ground red pepper, ground black pepper, paprika extract, ground wheat germ, pepper peas, white spicy pepper, ground longan.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 4,1, fat - 5,4, carbohydrates - 5,9.  
**Caloric value** - 89,0 kcal/371,0 kJ.  
Net weight: 150 g.

**Curd cakes:** cottage cheese, drinking water, sugar, high-quality wheat flour, semolina, egg, potato starch, vanillin.  
**Nutrition value of 100 g of the product, g (on the average):** protein - 16,9, fat - 7,2, carbohydrates - 12,5.  
**Caloric value** - 182,0 kcal/762,0 kJ.

**Apricot jam:** apricots, sugar syrup, syrup, natural thickener (pectin).  
**Nutrition value of 100 g of the product, g (on the average):** protein - 0,0, fat - 0,0, carbohydrates - 60,0.

STO 22909030-008-2016, STO 22909030-012-2018

**Shelf life:** store at temperature 2°C-6°C within not more 5 days (keep after opening at a temperature within not more 12 hours, use by: see shelf life of pack).  
THE PRODUCT IS READY TO BE USED. BEFORE USING MAIN LUNCH DISHES ARE TO BE HEATED.  
Heat meals in the MW for 2-3 min., power 700 W. (cut the edge of the pack in 2-3 cm). **Net weight** - 520 g

**Hotline (free): 8 800 200 8887**



## COMPLEX № 5

Fried "Homemade" kupaty, "Chateau" potatoes, snack of soy sprouts, pepper sauce, boiled broccoli, curd cakes, jam

**Fried "Homemade" kupaty:** pork, pork fat, beef, chicken fillet, drinking water, salt, garlic, caraway seeds, mustard.

**Nutrition value of 100 g of the product, g (on the average):** protein - 7,9, fat - 38,2, carbohydrates - 4,8.

**Caloric value** - 395,0 kcal/1654,0 kJ.

**"Chateau" potatoes:** potatoes, sunflower oil, garlic, salt, red pepper, paprika, sugar.

**Nutrition value of 100 g of the product, g (on the average):** protein - 2,0, fat - 2,5, carbohydrates - 16,0.

**Caloric value** - 94,5 kcal/398,5 kJ.

**Boiled broccoli:** broccoli, drinking water, salt.

**Nutrition value of 100 g of the product, g (on the average):** protein - 3,0, fat - 0,4, carbohydrates - 5,2.

**Caloric value** - 28,0 kcal/117,2 kJ.

**"Pepper" sauce:** drinking water, onions, butter, pasteurized cow's milk, soy sauce, potato starch, black peppercorns, cognac.

**Nutrition value of 100 g of the product, g (on the average):** protein - 3,2, fat - 26,9, carbohydrates - 11,1.

**Caloric value** - 304,0 kcal/1272,0 kJ.

**Snack of soy sprouts:** soy sprouts, carrots, sunflower oil, salt, vinegar, garlic, sugar, ground red pepper, ground black pepper, coriander, ground wheat germ, peppercorns, ground white hot pepper, ground longan.

**Nutrition value of 100 g of the product, g (on the average):** protein - 9,8, fat - 19,5, carbohydrates - 19,3.

**Caloric value** - 292,0 kcal/1216,0 kJ.

**Curd cakes:** cottage cheese, drinking water, sugar, high-quality wheat flour, semolina, egg, potato starch, vanillin.

**Nutrition value of 100 g of the product, g (on the average):** protein - 16,9, fat - 7,2, carbohydrates - 12,5.

**Caloric value** - 182,0 kcal/762,0 kJ.

**Apricot jam:** apricots, sugar syrup, syrup, natural thickener (pectin).

**Nutrition value of 100 g of the product, g (on the average):** protein - 0,0, fat - 0,0, carbohydrates - 60,0.

**Caloric value** - 240,0 kcal/1000,0 kJ.

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**Shelf life:** store at temperature 2°C-6°C within not more 5 days (keep after opening at a temperature within not more 12 hours, use by: see shelf life of pack).

THE PRODUCT IS READY TO BE USED. BEFORE USING MAIN LUNCH DISHES ARE TO BE HEATED.

Heat meals in the MW for 2-3 min., power 700 W. (cut the edge of the pack in 2-3 cm). **Net weight** - 520 g

**Hotline (free): 8 800 200 8887**





## COMPLEX № 6

Pork steak, grilled vegetables, Russian salad, spicy sauce, pancake, jam

**Pork steak:** pork, drinking water, food salt, paprika, coriander, tomato powder, sugar.

**Nutrition value of 100 g of the product, g (on the average):** protein - 22,0, fat - 59,0, carbohydrates - 0,5.

**Caloric value** - 610,0 kcal/2554,0 kJ.

**Grilled vegetables:** zucchini, paprika, broccoli, carrots, sunflower oil, onions, garlic, cooking salt, dried basil, ground black pepper.

**Nutrition value of 100 g of the product, g (on the average):** protein - 1,5, fat - 3,5, carbohydrates - 5,7.

**Caloric value** - 60,2 kcal/252 kJ.

**Spicy sauce:** drinking water, paprika, cherry tomatoes, garlic, chilli peppers, potato starch, sugar, apple cider vinegar, salt.

**Nutrition value of 100 g of the product, g (on the average):** protein - 4,7, fat - 6,8, carbohydrates - 0,6.

**Caloric value** - 104,1 kcal/436,0 kJ.

**Russian salad:** pickled cucumbers, potatoes, beets, carrots, canned peas, vegetable oil, salt, ground black pepper.

**Nutrition value of 100 g of the product, g (on the average):** protein - 2,3, fat - 5,6, carbohydrates - 9,7.

**Caloric value** - 98,0 kcal/411,0 kJ.

**Pancake:** milk whey, high-quality wheat flour, egg, sunflower oil, sugar, cooking salt, baking soda.

**Nutrition value of 100 g of the product, g (on the average):** protein - 4,3, fat - 12,5, carbohydrates - 22,3.

**Caloric value** - 219,0 kcal/915,0 kJ.

**Apricot jam:** apricots, sugar syrup, syrup, natural thickener (pectin).

**Nutrition value of 100 g of the product, g (on the average):** protein - 0,0, fat - 0,0, carbohydrates - 60,0.

**Caloric value** - 240,0 kcal/1000,0 kJ.

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**Shelf life:** store at temperature 2°C-6°C within not more 5 days (keep after opening at a temperature within not more 12 hours, use by: see shelf life of pack).

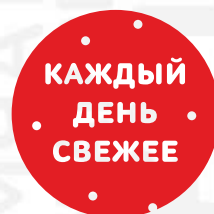
THE PRODUCT IS READY TO BE USED. BEFORE USING MAIN LUNCH DISHES ARE TO BE HEATED.

Heat meals in the MW for 2-3 min., power 700 W. (cut the edge of the pack in 2-3 cm). **Net weight** - 470 g

**Hotline (free): 8 800 200 8887**



**АГРОТЕК**



# THE COMMERCIAL OFFER

## For tour operators of Kamchatka region

The group of companies "Agrotek" - a leading, dynamically developing company in Kamchatka region. All products are made using chilled pork from the Sokoch Eco-Farm, which guarantees: freshness, quality and stability of the taste of products.

A wide range of sausages, meat delicacies and semi-finished products can satisfy the most exquisite taste. In addition, we also offer an exclusive assortment of sausage products made of salmon and venison.

Agrotek-Trading House Ltd. offers you to think about the possibility of cooperation in the supply of complex food for tourist companies. The complex includes complete nutrition which consists of meat or fish cooking, side dishes, salad and dessert. The necessary amount of energy value is calculated in the complex for the one-day route.

A wide range of complex lunch-boxes will satisfy taste preferences of even the most exquisite tourists.



**#ПутешествуйсАгротек**