

# THE MEDITERRANEAN PANTRY



## HERBS & SPICES



Oregano  
Parsley  
Mint  
Basil  
Dill Weed  
Thyme  
Rosemary

Sage  
Bay Leaves  
Smoked Paprika  
Cumin  
Cinnamon  
Cloves  
Red Pepper Flakes

Turmeric  
Allspice  
Nutmeg  
Coriander  
Sumac  
Garlic Powder  
Onion Powder

Extra Virgin Olive Oil  
Red Wine Vinegar  
Balsamic Vinegar  
Red Wine  
White Wine



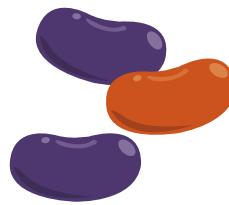
## OIL, VINEGAR, COOKING WINE

## CANNED/JARRED FRUITS & VEGETABLES



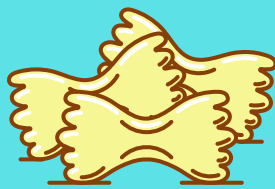
Artichokes  
Capers  
Olives  
Crushed & Diced Tomatoes  
Tomato Paste

Lentils  
Yellow Split Peas  
Navy Beans  
Chickpeas  
Black-eyed Peas  
Pinto Beans  
Cannellini Beans  
Black Beans



## BEANS & LEGUMES

## GRAINS



White Rice  
Brown Rice  
Couscous  
Bulgur Wheat  
Quinoa  
Barley  
Buckwheat  
Polenta  
Pasta

Pine Nuts  
Walnuts  
Almonds  
Sesame Seeds



## NUTS & SEEDS

## CONDIMENTS



Tahini  
Honey  
Dijon Mustard