



# Stay Young

with the Mediterranean Diet

Sicilian Nero d'Avola  
Wine 750mL

**\$14<sup>95</sup>**

Capriccio  
Passata 700g

**\$2<sup>29</sup>**

Sicily Sparkling  
Mineral Water

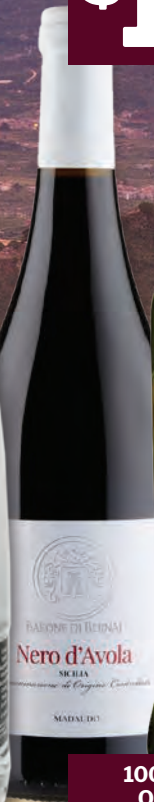
**\$2<sup>45</sup>**

Peroni 330mL  
3-Pack

**\$10<sup>95</sup>**



Sicilian Etna  
Pasta from  
**\$2<sup>75</sup>**



100% Italiano  
Olive Oil 1L  
**\$14<sup>95</sup>**



San Pellegrino  
750mL  
**\$2<sup>15</sup>**



Espresso  
Superior 1kg  
**\$12<sup>95</sup>**

Bringing the passion of Italian food and beverages to you

**Pickup In-Store:**  
2/9 Hannabus Pl  
Mulgrave, NSW

**Open Mon-Fri:**  
8:30am to 5:00pm  
(excl. public holidays)

**Shop Online:**  
ferraraitalian.com.au  
(02) 4561 1067

**Free Delivery:**  
On orders over \$250  
to Sydney Metro

I am deeply passionate about Italian food and wine and believe that the diet and lifestyle of my homeland is the key to a long, healthy and prosperous life.



Italy is rich with natural beauty. The volcanic forces that shaped the peninsula and its islands have enriched the landscape. The soils are young and mineral rich, replenished regularly by active volcanoes, including Mt Vesuvius and Mt. Etna, the most active volcano in all of Europe.

The best, authentic Italian food is grown in these volcanic soils. This special environment gives Italian grown produce the incredible taste you don't get anywhere else in the world.

## Frank Ferrara

Founder, Ferrara Italian



# The Mediterranean Diet

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The Mediterranean diet is based on the diets of people from Southern Italy. The diet focuses on whole grains, good fats (fish, olive oil, etc.), legumes, vegetables, fruits, and low consumption of any non-fish meat. This diet has become popular because individuals show:

- Lower rates of heart disease and chronic disease
- Improved weight loss, better control of blood sugar
- Reduced risk of depression and mental illness
- Reduced levels of inflammation, a risk factor for heart attack, stroke and Alzheimer's disease

However, following the diet is only one contributor to Mediterranean long living. The key to a longer, healthier life from the Mediterranean diet comes from the mineral rich volcanic soils in which the food is grown. These unique volcanic ecosystems have a profound beneficial impact on the produce grown and the people that call it home.

Our goal is to bring you exquisite elements of this amazing diet into your home, so you can not only enjoy the immaculate taste of Italian cuisine but also feel healthier, happier and fulfilled with the benefits of a Mediterranean diet in your lifestyle.

## Why Volcanic Soil?

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Contrary to popular belief, volcanic soils are not always easy to cultivate. The terrain is challenging and the nutrients of the rocky, mineral-dense soil are difficult to access for plants' root systems. Surviving and growing is a stressful experience.

It is this development under stress that may explain why the Mediterranean diet is famously linked to healthy living and a longer lifespan. Plants that are grown in volcanic soils are high in polyphenols, unique molecules produced by plants under stress. When animals or humans consume plants rich in these molecules, their stress-defense pathways are activated. This fortifies the body to protect against the stresses that lead to aging & disease.

This principle, that environmentally stressed plants produce molecules that confer stress resistance and survival benefits to animals that consume them, is known as xenohormesis.

By choosing our produce grown in the volcanic soils of Southern Italy, you are consuming foods rich in plant polyphenols. They are the secret to the health benefits of the Mediterranean diet and fantastic quality food, found nowhere else in the world. We have sourced the very best of these foods and beverages to bring these benefits and enjoyment to you.

# Pasta

The beloved Italian staple, traditionally grown and produced by skilled hands.



## Wheat grown in the volcanic soils of Sicily, Italy.

Made using Sicilian wheat & water from Mt Etna springs. Eight distinct pasta shapes, traditionally bronze die drawn, for superior quality and texture.



### 500g Sicily Etna Pasta varieties

Casarecce (twists), Farfalle (butterflies), Fusilli (spirals), Penne (spears), Rigatoni (tubes), Gnocchi Sardi (small gnocchi), Spaghetti, Linguine

Etna Pasta 500g  
**\$275** EA

# Famous and authentic.

San Marzano D.O.P tomatoes, grown on the slopes of Mt Vesuvius.

## San Marzano DOP Peeled Tomatoes

2.55kg Orto d'Oro Whole-Peeled Tomatoes  
400g Agri Genus Whole-Peeled Tomatoes



VP Low Price  
**\$19<sup>95</sup>**



VP Low Price  
**\$3<sup>55</sup>**



**Capriccio**  
400g Whole-Peeled Italian Tomatoes **\$1<sup>75</sup>**

400g Diced Italian Tomatoes **\$1<sup>75</sup>**



**Squisito**  
400g Italian Cherry Tomatoes **\$2<sup>25</sup>**

400g Whole-Peeled Italian Tomatoes **\$1<sup>95</sup>**



**Ciao**  
2.55kg Whole-Peeled Italian Tomatoes **\$8<sup>45</sup>**

140g Tomato Double Concentrate **\$1<sup>65</sup>**

**Capriccio**  
**COLAVITA**

Tomato Passata **\$2<sup>29</sup>**

Tomato & Basil **\$3<sup>85</sup>**

Tomato Paste **\$3<sup>95</sup>**

**Colavita Pesto Sauces**  
135g Sundried Tomatoes Red Pesto & Basil Green Pesto in Extra Virgin Olive Oil **\$6<sup>49</sup> EA**

Wholesome & high quality ingredients you can trust time and time again.

**Capriccio Passata & Tomato Paste**  
200g Organic Concentrated Tomato Paste  
700g Buon Appetito Tomato Passata  
700g Tomato Passata with Basil

# Produce

Authentic Italian olives, vegetables & legumes that are the cornerstones of the Mediterranean diet.

## Delicious antipasti.

Marinated in Italian extra virgin olive oil.

### Colavita Varieties in Extra Virgin Olive Oil

135g Black & Green Olive Tapenades  
280g Artichoke Hearts & Sun-dried Tomatoes



Olive Tapenades  
**\$6<sup>49</sup>**

Artichoke Hearts  
**\$13<sup>25</sup>**

Tomatoes  
**\$9<sup>95</sup>**

## ZUCCATO

A rich history of preserving olives & vegetables since 1884.



### Zuccato Pickled Olives & Vegetables

1650g Belle di Cerignola Whole Olives

1000g Belle di Cerignola Pitted Olives

360g Green Giant Olives

180g Salt-Dried Black Olives

650g Natural Bio Organic Sauerkraut

330g Sweet 'n' Sour Gherkins in Vinegar

**\$30<sup>50</sup>**

**\$13<sup>25</sup>**

**\$4<sup>95</sup>**

**\$4<sup>15</sup>**

**\$5<sup>95</sup>**

**\$4<sup>25</sup>**

A highly nutritious accompaniment to any Italian salad, soup, pasta or meat dish.

Capriccio®



**400g Capriccio Legumes**

Red Kidney Beans, Cannellini Beans, Butter Beans, Borlotti Beans, Chick Peas & Lentils

Capriccio Varieties  
**\$1.99** EA



Jams from Modena, just the way nonna used to make.

**330g Le Conserve della Nonna Preserves**

Fig Jam, Sour Cherry Spread, Strawberry Jam, Apricot Spread

Made in Italy, from  
**\$6.45** EA



Capriccio®

Sourced from the fishing port of Cefalù, Sicily.



**Capriccio Fish in Olive Oil**

90g Anchovy Fillets in Olive Oil

3-Pack 80g Tuna in Oliva Oil

**\$5.95**

**\$7.95**



VP Low Price  
**\$7.25** EA

For the perfect Italian Risotto.  
**1kg Riso Principe Arborio Rice**

# Olive Oil

Italian extra virgin olive oil is widely known for the best flavour, but also for numerous beneficial health effects.

## Finest quality extra virgin olive oil.

Superb flavour, perfect enjoyed raw or in cooking.

1L 100% Italiano Extra Virgin Olive Oil  
1L Classico EU Extra Virgin Olive Oil

**DESANTIS**

GROWN IN ITALY

100% Italiano 1L **\$14<sup>95</sup>**

Classico EU 1L **\$9<sup>95</sup>**

ORGANIC PRODUCT

GROWN IN ITALY

High in Polyphenol Phytochemicals for longevity 324mg/kg

TERRALCANTARA  
ITALIAN PRODUCT 100%  
EXTRA VIRGIN OLIVE OIL  
organic  
Campaign 2017/2018  
COLD EXTRACTION

TERRALCANTARA Bio

Made with Sicilian Nocellara Etnea cultivar olives.

Terralcantara Organic Extra Virgin Olive Oil  
500mL Extra Virgin Olive Oil

Organic 500mL **\$16<sup>95</sup>**

COLAVITA

100% Italian olives from the Puglia region.

500mL Colavita Extra Virgin Olive Oil

500mL Premium Extra Virgin Olive Oil **\$12<sup>95</sup>**

500mL Organic Extra Virgin Olive Oil **\$16<sup>25</sup>**

GROWN IN ITALY

ORGANIC PRODUCT

COLAVITA  
Extra Virgin Olive Oil  
First Cold Pressed  
Premium Italian  
17 fl oz (500ml)

COLAVITA  
Organic  
EXTRA VIRGIN OLIVE OIL  
First Cold Pressed  
17 fl oz (500ml)



# Vinegars

Italian red wine, white wine and balsamic vinegars to add incredible flavour to your cooking & in salad dressings.



## Organic and 100% Italian.

Grown & harvested without using herbicides or pesticides.

### 250mL Capriccio Organic Vinegar Varieties

- Organic Balsamic Vinegar of Modena
- Organic White Wine Vinegar
- Organic Red Wine Vinegar

Balsamic  
**\$5<sup>75</sup>**



Capriccio®



Red & White Wine  
**\$4<sup>95</sup> EA**



Red Wine Vinegar

White Wine Vinegar

Cabernet Wine Vinegar

Prosecco Wine Vinegar

Balsamic of Modena

White Balsamic

**\$3<sup>95</sup>**

**\$3<sup>95</sup>**

**\$5<sup>85</sup>**

**\$7<sup>55</sup>**

**\$5<sup>25</sup>**

**\$5<sup>25</sup>**

Unique wine vinegars and balsamics, aged traditionally in wooden barrels.

**COLAVITA**

500mL Colavita Vinegar Varieties

# Coffee

Imported from Sicily, our range of coffee is authentically Italian and represents the true taste of Italian coffee.



1kg Gran Crema  
**\$25<sup>95</sup>**

1kg Espresso  
**\$12<sup>95</sup>**

## Coffee the Italian way.

The warmth & intensity of the volcanic landscape in each cup.

### 1kg Espresso Superior Coffee Beans

Powerfully aromatic espresso (20% Arabica 80% Robusta)

### 1kg Gran Crema Coffee Beans

Perfect cappuccino & macchiato (60% Arabica, 40% Robusta)



High quality capsule coffee for Nespresso™ or Lavazza™ Modo Mio.

### Espresso Capsules for Nespresso™ & Lavazza™

10 Capsules  
'100% Arabica' for Nespresso™

**\$4<sup>95</sup>**

10 Capsules  
'Gran Crema' for Nespresso™

**\$4<sup>49</sup>**

16 Capsules 'Crema Bar'  
Espresso for Lavazza  
Modo Mio™

**\$8<sup>95</sup>**

For intense, full bodied & traditional Italian espresso.

### 250g Superior Ground Coffee

Oro Superior 'Gold'  
Ground Coffee (30% Arabica, 70% Robusta)

**\$5<sup>55</sup>**

Argento Superior 'Silver'  
Ground Coffee (10% Arabica, 90% Robusta)

**\$4<sup>95</sup>**

# Snacks

Discover our beautiful range of delicious chocolates, sweets & biscuits, perfect for that special occasion



**172g Ferrero Collection**

Ferrero Rocher,  
Rondnoir, Raffaello

**\$13<sup>50</sup>**

**172g Baci Original Dark**

12pcs Original  
Dark Pack

**\$12<sup>95</sup>**



**120g Grissini Torinesi**

Light Piemontese breadsticks,  
cooked in sunflower oil

**\$3<sup>95</sup>**



**1kg Nutella  
Hazelnut Spread**

**\$9<sup>95</sup>**



**100g Baby  
Profiterole Cases**

Great for cream puffs  
& cake decorations

**\$5<sup>45</sup>**

## Italian delights.

Sweet, light and delicate,  
perfect with tea or espresso.

**Forno Bonomi Puff Pastry Varieties**

200g Italian Amaretti Biscuits

135g Sugar Topped Puff Pastry Biscuits

135g Apricot Glazed Puff Pastry Biscuits



Biscuit Varieties

**\$4<sup>25</sup> EA**

# Beverages

Stay healthy and refreshed with our world renowned Italian mineral water and beverages.

## Tastefully Italian.

Make everyday moments special with the authentic Italian mineral water.

### 750mL San Pellegrino Sparkling Mineral Water

Sparkling Mineral Water Glass Bottle

**\$2<sup>20</sup>**

12 Bottle Sparkling Mineral Water Case

**\$25<sup>95</sup>**



6 x 200mL Pack  
**\$8<sup>45</sup>**

Traditional Chinotto with refreshing citrus flavours.

### 6 x 200mL Stappi Chinotto

Six-Pack Stappi Chinotto Glass Bottles



4 x 330mL Packs  
**\$7<sup>95</sup> EA**

Live the Life Deliziosa with all the flavours of San Pellegrino.

### 4 x 330mL San Pellegrino Sparkling Fruit Drinks

Case: Blood Orange, Pomegranate & Orange, Clementine



# Drink the good life of the Mediterranean.

Mineral-rich water from the Nebrodi mountains of the Sicilian Apennines.

## 750mL Sicily Acqua Minerale

- Still Mineral Water Glass Bottle
- Sparkling Mineral Water Glass Bottle
- 12 Bottle Still Mineral Water Case
- 12 Bottle Sparkling Mineral Water Case



1 x 750mL Bottle  
**\$245** EA



12 x Bottle Case  
**\$2940** EA



Sicily Acqua Minerale undergoes no artificial treatments, only carbonation.

## 500mL Sicily Acqua Minerale

- Sparkling Mineral Water Plastic Bottle
- 12 Bottle Sparkling Mineral Water Pack

1 x 500mL Bottle  
**\$095**

12 x 500mL Pack  
**\$795**

# Beer

Our beer comes from passionate breweries who love the art of craft beer and sharing it with the world.



Crisp lager with a hint of Sicilian orange blossom.

**500mL Birra Moretti Alla Siciliana**

Available in single bottle or 4-pack

**\$10<sup>95</sup>** EA

4 x 500mL Bottles  
**\$28<sup>95</sup>**



**Sicilian  
Craft  
Beer**

1 x 375mL Bottle  
**\$11<sup>95</sup>**

4 x 375mL Bottles  
**\$34<sup>95</sup>**

Unique beers brewed at the foot of Europe's most active volcano.

**375mL Birrificio Dell'Etna Craft Beer varieties**

Ulysses American Pale Ale, Juno Wheat Beer



**Imported  
from Italy**



The true taste of Italy - authentic imported Peroni Nastro Azzurro.

**330mL Peroni Nastro Azzurro**

3 Bottle Peroni Nastro Azzurro Pack  
24 Bottle Peroni Nastro Azzurro Case

3 x 330mL Pack  
**\$10<sup>95</sup>**

24 x 330mL Case  
**\$64<sup>95</sup>**

# Wine

Our unique and complex wines are cultivated from grapes only grown in the mineral rich, volcanic regions of Italy.

## Unique Italian grape varieties.

Unmistakable taste & quality.

### Luce di Lava Bianco - Carricante/Cataratto (2016)

Straw yellow, tropical full-bodied flavour with mineral notes

### Luce di Lava Rosso - Nerello Mascalese/Cappuccio (2016)

Brilliant ruby red, fruity, full-bodied with great freshness

### Barone di Bernaj - Nero d'Avola (2018)

Deep red, intense fruit flavours & hints of aromatic herbs

750mL Luce di Lava  
**\$27<sup>95</sup>** EA

750mL Nero d'Avola  
**\$14<sup>95</sup>**



Special wines born of the volcanic soils of Sicily, Italy.

### 750mL Barone di Bernaj Red & White Varieties (2018)

**Frappato:**  
Fresh, light, juicy berry flavours & purple hues

**\$17**

**Etna Rosso:**  
Light-medium body, balanced, ruby-red colour.

**\$26**

**Nerello Mascalese:**  
Medium bodied, bright, fruity.

**\$17**

**Inzolia:**  
Medium body, floral, dry with nutty aromas.

**\$17**

**Etna Bianco:**  
Lively with floral, citrus & mineral notes.

**\$21**



### 500mL ZIZ Malvasia

Sicilian Sweet Dessert Wine

**\$32**

### 500mL Fratelli Limoncello

Smooth lemon Italian liqueur

**\$35**





# Warehouse & bulk pickup

Click & collect your orders from our warehouse in Western Sydney

- Open 5 days from 8:30am~5:00pm\*
- Unit 2/9 Hannabus PI Mulgrave NSW
- \*Excludes public holidays

## Italian food & drinks to you

Save on time - We deliver directly to your Sydney metro home or business

- \$15 for standard delivery\*
- Free delivery for orders over \$250 Delivery Sydney Metropolitan only\*



## More great deals online

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- Visit [www.ferraraitalian.com.au](http://www.ferraraitalian.com.au)
- Call our warehouse (02) 4561 1067
- Follow our socials @ferrara.italian

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