www.bulgarian-nuts.com
Bulgarian Nuts Ltd. is a food manufacturer, importer, exporter and distributor of bulk and packaged snacks & specialty foods. We are supplying the highest quality Nuts, Seeds, Kernels, Dried Fruit, Cereals, Health Foods, Confectionery, Snack Foods, Nut Butters & Bee Honey from Bulgaria to our international clients all over the world.

The products are based on two production lines – Natural and Organic products.
We have integrated quality control systems and management which guarantee the highest quality in our products at any stage of processing.

Our fascination for delicious flavours, distinctive aromas, exotic tastes and unique textures is what drives us along with our commitment to outstanding quality and innovative culinary ideas.
Our team has been bringing you our extensive array of products since 2000. With long years experience in the industry, we are ready and willing to share our knowledge and passion for food with you!
Our company is involved in every aspect of our daily operations from ordering to delivery, ensuring a hands-on and personalized touch for an exemplary level of service to you, our valued customer.
Our vision is to be Bulgaria’s most unique manufacturer, processor and exporter of the finest quality products, bringing health and happiness to Your life!

We pride ourselves on prioritising Bulgarian made products and supporting local Bulgarian farmers. We also carefully select the finest ingredients from all over the world, supplying more than 80 product lines to the domestic market.
Our products are available in packages of all sizes, weight and with custom labels.
We hope to satisfy you with fresh, delicious and healthy organic ingredients.
You will find our product gamma in the markets with the brands:
Bulgarian Nuts ®, Bulgarian Fruits ®, Bulgarian Green ®, Bulgarian Bee.®
Walnut Kernels and Walnuts in Shell

We are producing, packing and exporting Bulgarian origin walnut kernels and walnuts in shell. The product is 100% natural, and it ranks as one of the top nuts, providing the highest level of quality antioxidants. For maximum shelf life, store at refrigerated temperatures below 2°C and maximum relative humidity of 5.5%.

**Annual Production capacity:** 100 mt of walnut kernels / 1000 tons of walnuts in shell.

**Packing:** Bulk in 10 kg carton boxes, 250 g PET tray, Customer choice packing.

**Notes:**

Almond Kernels and Almonds in Shell

We are producing, packing and exporting Bulgarian origin almond kernels and almonds in shell. The almonds are 100% natural and of the highest quality. They are best known for their antioxidant properties as they are extremely rich in Vitamin E.

Store them in a cool and dry place as when exposed to light and heat, the health benefits of the almonds can turn into toxins.

**Annual Production capacity:** 10 mt of almond kernels / 80 tons of almonds in shell.

**Packing:** Bulk in 10 kg carton boxes, 250 g PET tray, Customer choice packing.

**Notes:**

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Nuts & Seeds

Hazelnut Kernels and Hazelnuts in Shell

We are producing, packing and exporting Bulgarian origin hazelnut kernels and hazelnut in shell. The product is 100% natural and is available as hazelnut kernels and hazelnuts in shell. Hazelnuts are one of the healthiest nuts out there as they are rich in protein, Vitamin B6, E, unsaturated fat, and at the same time are low in carbohydrates.

Annual Production capacity: 40 mt of Hazelnut kernels / 300 tons of Hazelnut in shell

Packing: Bulk in 10 kg carton boxes, 250 g PET tray, Customer choice packing.

Notes: 

Apricot Kernels

We are producing, packing and exporting Bulgarian origin pumpkin seeds of the type Lady Nails and pumpkin kernels (GWS). Pumpkin kernels are extremely healthy as they are rich in zinc, Vitamin C, B, calcium, magnesium, potassium and other. You can order pumpkin kernels and/or pumpkin seeds in bulk in any package size and private label.

Annual Production capacity: 2000 mt of Pumpkin seeds Lady Nails in shell / 70 tons of Pumpkin kernels

Packing: Bulk in 10 kg carton boxes, 250 g PET tray, Customer choice packing.

Notes: 

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Sunflower Seeds/Kernels

/for birds

Striped Sunflower seeds 20/64
Striped Sunflower seeds 22/64
Striped Sunflower seeds 24/64
Striped Sunflower Jaguar XL
Sunflower Bakery Kernels
Sunflower Confectionery Kernels
Striped Oil Sunflower Seeds
Black Oil Sunflower Seeds
Bird feeding Sunflower Seeds

**Annual Production capacity:** 5000 mt of Sunflower seeds in shell / 1000 tons of hulled sunflower kernels

**Packing:** Bulk in 20, 25 kg PP/Paper bags, Customer choice packing.

**Notes:**

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Watermelon Seeds

The seeds of the watermelon are indeed quite healthy. They are a good source of dietary fibre, and are rich in magnesium. We supply watermelon seeds straight from Bulgarian producers. You can order watermelon seeds in bulk and in various packaging and private labels.

Notes:

Pumpkin Seeds in shell and Pumpkin GWS

We are producing, packing and exporting Bulgarian origin pumpkin seeds of the type Lady Nails and pumpkin kernels (GWS). Pumpkin kernels are extremely healthy as they are rich in zinc, Vitamin C, B, calcium, magnesium, potassium and other. You can order pumpkin kernels and/or pumpkin seeds in bulk in any package size and private label.

Annual Production capacity: 2000 mt of Pumpkin seeds Lady Nails in shell / 70 tons of Pumpkin kernels

Packing: Bulk in 10 kg carton boxes, 250 g PET tray, Customer choice packing.

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Flax Seeds (Brown / White)

Flax seeds are a rich source of nutrients and trace elements, dietary fibre, omega-3 and antioxidants. Flax seeds are good for the digestive system and also help lower the risk of developing diabetes. We supply 100% natural flax seeds, and you can order in bulk and in various packaging and with private labels.

Coriander seeds are one of the most popular spices in the world, especially in India and Arab countries. It contains antioxidants, which can delay or prevent spoilage of food seasoned with coriander.

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Dry Fruits
**Dried Pitted Cherries**

We offer premium quality dried pitted Cherries selected from the best orchards in Bulgaria, carefully grown under the sun which keeps their juicy and irresistible taste. Big, ripe and very sweet cherries are dried in a way that preserves the natural qualities and sweet taste of cherries. Dried cherries contain fibers, calcium, iron, potassium, copper and are powerful antioxidants. They stimulate the secretion of gastric juices, and assist purification of the kidneys and liver. We distribute dried cherries from Bulgarian producers and you can order in bulk and various packaging.

**Annual Production capacity:** 300 mt of Dried Cherries  
**Packing:** Bulk in 10 kg carton boxes, 250 g & 400 g PET tray, Customer choice packing.

**Notes:**

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**Dried Pitted Prunes**

We offer premium quality dried pitted Prunes selected from the best orchards in Bulgaria, carefully grown under the sun which keeps their juicy and irresistible taste. Prunes are the best sources of antioxidants, and contain large quantities of Vitamins A and K and also contain sorbitol and fiber. Sorbitol speeds up digestion and is then recommended for constipation. Dried prunes are available in packages of all sizes.

**Annual Production capacity:** 300 mt of Dried Prunes  
**Packing:** Bulk in 10 kg carton boxes, 250 g & 400 g PET tray, Customer choice packing.

**Notes:**

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Dry Fruits

Dried Pitted Apricots

We offer premium quality dried pitted apricots selected from the best orchards in Bulgaria, carefully grown under the sun which keeps their juicy and irresistible taste. Dried apricots are a good source of fiber, iron, copper and more, which all help against cardiovascular diseases, cancer, digestive problems and others. Vitamin A contained in dried apricots is also good for the eyesight.

**Annual Production capacity:** 10 mt of Dried Apricots

**Packing:** Bulk in 5, 12.5 kg carton boxes, 300 g PET tray, Customer choice packing.

**Notes:**

Dried Pitted Yellow Prunes

We offer premium quality dried pitted Prunes selected from the best orchards in Bulgaria, carefully grown under the sun which keeps their juicy and irresistible taste. Prunes are the best sources of antioxidants, and contain large quantities of Vitamins A and K and also contain sorbitol and fiber. Sorbitol speeds up digestion and is then recommended for constipation. Dried prunes are available in packages of all sizes.

**Annual Production capacity:** 300 mt of Dried Prunes

**Packing:** Bulk in 10 kg carton boxes, 250 g & 400 g PET tray, Customer choice packing.

**Notes:**

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Packaging
Bulgarian Chickpeas

Chickpeas is an annual plant of the legume family. Chickpeas (Cicer arietinum) is considered to be one of the previously cultivated human cultures. Chickpeas contains lecithin, vitamins B1, B2, B6, B9, C, PP, A, more fat and protein, less amino acids, as well as the following minerals: iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese and selenium.

Notes:

Green Peas

We are producing, packing and exporting 100% natural Bulgarian origin peas. Peas is loaded with minerals, antioxidants, vitamins and phytonutrients. Compared to beans, green peas contain far fewer calories, but it offers you a great way to get the necessary amounts of folic acid, vitamin C, vitamin K and more.

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Legumes

Green Lentils

Green lentils is considered the most delicate kind of lens. Unlike the traditional red and brown, green lentils is slightly harder, the grains retain their shape, and their taste is not as “earthy” as the other lentil types. Like all legumes, lentils are a good source of protein. In fact, they are the third most abundant protein plant food after soybeans and hemp. We supply 100% natural green lentils.

Notes:

White beans

Kidney beans are a very good source of cholesterol-lowering fiber, as are most other beans. In addition to lowering cholesterol, kidney beans’ high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. When combined with whole grains such as rice, kidney beans provide virtually fat-free high quality protein.

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Legumes
Tahini (Nut Butters)
Our Almond Tahini is organic certified, produced by 100% Bulgarian bio almond kernels. One tablespoon of almond tahini contains 7 grams of protein, 18 grams of fat, and according to dietary experts, almond butter is a dieter’s best friend due to its lack of carbs and its abundance of protein and healthy fat. We are producing, packing and exporting organic almond tahini in bulk and with private labels.

Notes:

Our Coconut Oil is organic certified, produced by 100% bio virgin coconut oil. It's extremely healthy for the skin, and it helps regulate the weight, treat yeast infections, improve digestion, and the immune system, support dental care and more. We are producing, packing and exporting organic coconut oil in bulk and with private labels.

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Organic Hazelnut Tahini

Our Hazelnut Tahini is organic, produced by 100% bio hazelnut kernels. Hazelnuts are loaded with health-benefiting nutrients essential for our health. They are rich in dietary fiber, vitamins such as riboflavin, niacin, thiamin, vitamin B6, minerals such as manganese, potassium, calcium, copper, iron, magnesium, zinc. We are producing, packing and exporting organic coconut oil in bulk and with private labels.

Notes:

Organic Peanut Butter

Our Peanut Butter is organic, produced by 100% bio peeled peanuts. Peanut butter is good for weight loss. It’s rich in fiber, vitamin E, magnesium, potassium, sodium, vitamin B6. Peanut butter also helps against heart disease, diabetes, and other chronic health conditions. We are producing, packing and exporting organic peanut butter in bulk and with private labels.

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Organic Sesame Tahini

Our Sesame Tahini is organic and produced from 100% bio whole sesame seeds. Sesame tahini is rich in minerals such as phosphorus, lecithin, magnesium, potassium and iron, and in vitamins such as E, B1, B2, B3, B5 and B15. It’s also a good source of calcium and methionine, which helps in liver detoxification. We are producing, packing and exporting organic sesame tahini in bulk and with private labels.

Notes:

Organic Walnut Tahini

Our Walnut Tahini is organic, produced by 100% bio walnut kernels. Walnuts help regulate cholesterol levels, contain antioxidants, support brain health, and are beneficial against aging, heart disease, cancer and other health problems. We are producing, packing and exporting organic walnut tahini in bulk and with private labels.

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Honey
Acacia Honey

Our bees collect Acacia honey from hundreds of hectares of Acacia forests located in a protected for its biodiversity area. This premium quality product tastes like White ball acacia. It does not affect allergies and hay fever due to its low pollen content.
Recommended for:
• Hemoglobin increase
• Stress relief
• Brain activity boost

Notes:

Lavender Honey

Lavender Honey is extracted from 200 hectares of bio-certified lavender fields located near Zagoriche, Northeastern Bulgaria. This gold-coloured honey is characterized by slow crystallization, rich taste and sensational aroma.
Recommended for:
• Gastrointestinal tract problems
• Migraine relief
• Neurological conditions

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Wildflower Honey

Our wildflower honey is one of a kind as the bees are provided with over 3600 plant species to collect nectar from. One third of these species is used as herbs in the medicine (Thistle, Thyme, Oregano, Camomile, Hawthorn, Melissa, etc). It has a distinctive dark amber or red colour.

Recommended for:
- Respiratory tract problems
- Gastrointestinal tract problems
- Immune system boost

Black Forest Honey

Black Forest is honeydew honey, which the bees collect from a liquid secreted by specific insects while absorbing sap from the plant. It has less aroma compared to blossom honey, and it’s far richer in water (about 60%), minerals, amino acids, sucrose and fructose. It is a nutritious elixir with limitless health benefits: it serves as prebiotic, has antibacterial properties, helps eliminate free radicals, nourishes the nerve system, and much more.

Used for:
- Conditions lacking prebiotics
- Conditions requiring antibacterial treatment
- Free radicals elimination
- Nervous system nourishment
- Overall immune system boost

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Linden Honey

Lime honey (or Linden honey in the US) is collected from Linden trees in the largest Linden forest in Bulgaria. This type of honey has a very distinctive lime (linden) flavor and a light amber colour - with a tint of green sometimes.
Recommended for:
• Eyesight problems
• Respiratory tract problems
• Immune system boost

Notes:

Bee Polen

Bee Pollen is an amazing, naturally occurring supplement and is among the most nutritious foods on the Planet as it contains every essential nutrient needed for perfect health. Bulgarian Bee Pollen is collected from the richest wild flora in the world and contains no pesticides or chemicals. Bee pollen is rich in Vitamin B Complex (which gives energy) and carotenes, including vitamins C and E (potent antioxidants).
Recommended for:
• Immune system boost • Allergies • Acne
• Digestion • Depression • High blood pressure
• Diabetes • Skin problems

Notes:

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Honey

Creamed Honey

Creamed honey is honey that has been processed to control crystallization. Creamed honey contains a large number of small crystals, which prevent the formation of larger crystals that can occur in unprocessed honey. The processing also produces a honey with a smooth spreadable consistency. Creamed honey also known as whipped honey, honey butter, or spun honey is a type of crystallized honey. Creamed honey has a silky smooth texture making it easy to use and spread!

Our creamed honey is raw honey which simply means we have not heated the honey at any time to achieve creamed honey, we simply strain honey from the hives thru a large screen to remove bee parts and the creamed honey will still contain bits of wax, pollen, and propolis.

**Packing:** 250, 400, 450, 900 g Glass Jar

**Notes:**

Royal Jelly in Forest Honey

Royal Jelly, or bee’s milk, is a creamy product secreted by the hypopharyngeal glands in the head of the young nurse worker bees primarily for developing and maintaining the queen bee. RJ is a nutritive secretion produced by the worker bees, rich in proteins, carbohydrates, vitamins. It is also rich in minerals, especially in potassium, magnesium, calcium, iron, phosphorus, sulfur, manganese, silicon, lead and others.

**Benefits of the Royal Jelly:** Antioxidant Power, Immune Modulator, Liver Protection, Inflammation, Skin Healing, Diabetes, Osteoporosis, Breast Cancer, Cholesterol Control.

**Ingredients:** 98% Pure Forest Honey & 2% Pure Royal Jelly

**Packing:** 250 g Glass Jar

**Notes:**

For specification & bulk purchases, contact us at sales@bulgarian-nuts.com
Packing: 250, 275, 400, 450, 900 g, 25 kg Bucket, 280 kg Drums.