

NOEMA

Mediterranean Pantry Guide



THE ESSENTIAL INGREDIENTS TO BUILD
A SIMPLE, HEALTHY MEDITERRANEAN PANTRY
FOR EVERYDAY FAMILY COOKING.



NOEMA

The Mediterranean Pantry

A simple guide to building a healthy, flavourful Mediterranean kitchen.

Olive oil — Extra virgin, for cooking and finishing.

Tomatoes — Canned, sun-dried and fresh in season.

Garlic & onions — The base of almost every dish.

Lemons — For brightness in dressings, sauces and water.

Olives & capers — Salty, briny depth.

Dried herbs — Oregano, rosemary, thyme and bay leaves.

Legumes — Chickpeas, lentils and white beans.

Whole grains — Brown rice, farro, couscous and whole-wheat pasta.

Nuts & seeds — Almonds, pine nuts, sesame and walnuts.

Fresh vegetables — Peppers, courgettes, aubergines and leafy greens.

Fish — Canned tuna, sardines and anchovies for quick meals.

Cheese — Feta, manchego and fresh cheeses in moderation.

Yoghurt — Plain, full-fat, for sauces, breakfast and baking.

Honey — For natural sweetness in dressings and desserts.

Keep it simple. Cook with the seasons. Share the table.



Pantry Essentials



OLIVE OILS & VINEGARS

- ☐ Extra Virgin Olive Oil
- ☐ Red Wine Vinegar
- ☐ Balsamic Vinegar



GRAINS & PASTA

- ☐ Rice
- ☐ Pasta
- ☐ Couscous
- ☐ Oats



LEGUMES

- ☐ Chickpeas
- ☐ Lentils
- ☐ White Beans



CANNED ESSENTIALS

- ☐ Chopped Tomatoes
- ☐ Tomato Passata
- ☐ Tuna
- ☐ Roasted Peppers



HERBS & SPICES

- ☐ Oregano
- ☐ Rosemary
- ☐ Thyme
- ☐ Basil
- ☐ Paprika
- ☐ Cinnamon
- ☐ Black Pepper
- ☐ Sea Salt



NUTS & SEEDS

- ☐ Almonds
- ☐ Walnuts
- ☐ Pine Nuts



FRIDGE STAPLES

- ☐ Greek Yogurt
- ☐ Feta Cheese
- ☐ Parmesan
- ☐ Eggs