



ITALIAN
FOOD



**HEALTHY
FOOD**



Flavour and wellbeing Bene .sì: delicious to eat and good for your health

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Delicious to eat: good for your health

Flavour and wellbeing join together in Bene.sì products line, a broad range of tasty products that are free from certain ingredients or that contain certain functional ingredients. More than 100 items in three main product lines, each characterized by a different packaging colour, in line with modern healthy eating habits, to meet the most specific demands:

■ **FUNCTIONAL PRODUCTS** purple packaging.

- There are foods that help us take care of ourselves, like for example those containing substances that contribute to the proper functioning of our body.

■ **GLUTEN-FREE PRODUCTS** green/blue packaging.

- Gluten-free products are intended for those who are intolerant to the gluten normally contained in most of the food we eat every day. Bene.sì line proposes many varieties of gluten-free foods, from pasta to biscuits, developed keeping in mind that doing without gluten should not mean doing without goodness.

■ **LACTOSE AND YEAST FREE PRODUCTS** ochre yellow packaging.

- These products are free from certain ingredients that you may wish to remove from your diet, for various reasons such as food intolerance or allergy, or just for a dietary change.

Functional products



There are foods that help us take care of ourselves, like for example those containing substances that contribute to the proper functioning of our body. The regular consumption of these foods can help you feel better and prevent possible disorders. The packaging of each of these products shows nutritional data and recommended intake, for greater consumer awareness.

The line includes:

- **MOZZARELLA LIGHT**
- **PROCESSED CHEESE SLICES**
- **CRESCENZA CHEESE, LIGHT**
- **FERMENTED MILK, VARIOUS FLAVOURS**
- **PROBIOTIC YOGURT, VARIOUS FLAVOURS**
- **DRINKABLE PROBIOTIC YOGURT, VARIOUS FLAVOURS**
- **ICE-CREAMS WITH ONLY VEGETABLE INGREDIENTS**
- **FRUIT BEVERAGES**
- **SOY YOGURT, VARIOUS FLAVOURS**
- **HERBAL TEA**
- **IODIZED SALT**
- **NUT MIX, 4 VARIANTS**
- **SLICED COLD CUTS**
- **BISCUITS**
- **BRAN STICKS**



Fruit & Nut Snacks

A wholesome and tasty snack, low in calories and sugars. Nuts and dried fruits, without preservatives and colourings and low in fat. No sugars added. An alternative to conventional sweet snacks, more in line with modern healthy eating habits.

They are quick snacks, the right choice for those who are always in a hurry but care about their health and seek quality products. Excellent for sportspeople. Each product is a mix of 3 different ingredients, where the classic taste of nuts like hazelnuts, almonds, peanuts or cashews meets the more exotic taste of dried fruits like coconut, mango or raisins.

There are four mix varieties available, all in 40g pack.



MIX ENERGY

Dried mango, shelled almonds, husked pumpkin seeds: **a source of phosphorus**, that supports normal energy metabolism.

MIX HEART

Corinth raisins, dried pineapple, shelled pistachios: **a source of potassium**, that helps maintaining normal blood pressure.

MIX BALANCE

Toasted peanuts, shelled almonds, dried coconut: **a source of magnesium**, that supports normal psychological functions.

MIX PROTECTION

Raisins, shelled hazelnuts, toasted cashews: **a source of copper**, that supports normal immune system functioning.



Cold cuts

The Bene.sì line offers three varieties of cold cuts for those who are on a low-calorie and low-fat diet. They all come in resealable trays. Our cold cuts line includes:

- **High quality ham**, obtained from pigs raised without antibiotics. The fat is entirely trimmed off during the processing. Free from gluten and milk (and milk derivatives);
- **Roasted chicken breast**, from 100% Italian poultry farms that do not use antibiotics and whose supply chains are entirely traceable. Low in fat, free from gluten and milk;
- **Roasted turkey breast**, with only 0.4% fat content, from 100% Italian poultry farms. High in iodine, free from gluten and milk proteins.



Crescenza light

Bene.sì crescenza light, now even tastier and creamier! Thanks to its new recipe it is healthier without giving up on flavour. Made with 100% Italian milk, it has 50% less fat and 30% less salt compared to the average of best-selling crescenza cheeses.

Biscuits



SHORTBREAD WITH POMEGRANATE AND LOW-FAT YOGURT

They combine the goodness of yoghurt with the properties of the pomegranate, containing polyphenols.

SHORTBREAD BISCUITS WITH BARLEY FLAKES AND OATMEAL

Rich in fiber, they contain beta-glucans, which contribute to the maintenance of normal levels of cholesterol in the blood.

SHORTBREAD WITH APPLE AND FIBER

High natural content of fibers, which contribute to intestinal wellbeing.

For breakfast in the morning or an afternoon break, we recommend the new Bene.sì biscuits, which combine taste and well-being. Good and light, they have a fat content of 45% less than the average of the best-selling biscuits.

SHORTBREAD BISCUITS WITH CHIA SEEDS AND FLAX SEEDS

Naturally rich in wheat fiber and omega 3 essential polyunsaturated fatty acids.



Functional products

Fruit beverage

Rich in dietary fiber, ideal for a varied and balanced diet.

- Fruit drink with apple, red grapes and blueberry
- Fruit drink with apricot, orange and peach
- Fruit drink with pineapple, orange and mango



Herbal Teas

The proposed mixes are three, produced by selecting the best parts of the plants.

- **Herbal tea with linden, lemon balm and chamomile:** contributes to mental relaxation and helps you to sleep. The addition of mallow and rose gives the tea a pleasant and delicate taste.
- **Herbal tea based on lemon balm, mint, nettle, elderberry and horsetail:** it helps the digestive and intestinal activity, promoting diuresis and contributing to the purifying and draining action of the organism.
- **Herbal tea with fennel, licorice and lemon balm:** a fresh and pleasant taste that helps digestion.





Soy ice creams

A special combination of flavour and health, our ice creams are made with vegetable ingredients, including 100% Italian GMO-free soy, and are the right choice for vegetarians and lactose intolerants. Made with vegetable ingredients, including 100% Italian GMO-free soy, our ice creams are the right choice for vegetarians and lactose intolerants.

They come in 250g recyclable paper cups, in three flavours:

- Sweet milk with sour cherry swirls
- Sweet milk with cocoa swirls
- Cocoa with bittersweet chocolate swirls



Chocolate and hazelnut ice cream cups

Made with vegetable ingredients and lupine seeds, that are naturally lactose free, and therefore suitable for a vegetarian diet.

Vanilla and chocolate mini ice cream

Bars dipped in bittersweet chocolate, in six-piece boxes. Suitable for a vegetarian diet, they are made with vegetable ingredients like soybeans, which are naturally lactose free.



Gluten free products



Bene.sì gluten-free products are intended for those who are intolerant to the gluten normally contained in much of the food we eat every day. Gluten intolerance is a concern in Italy, home of the Mediterranean diet, that is based on vegetables and fish but also on pasta and bread. Bene.sì line proposes many varieties of gluten-free foods, from pasta to biscuits, developed keeping in mind that doing without gluten should not mean doing without goodness.

The line includes:

- CORN AND RICE PASTA
- MULTI-CEREAL PASTA
- CRACKERS
- RUSK BREAD
- MINI BREADSTICKS
- PLUM CAKE
- BUTTER BISCUITS
- FROZEN ROLLS AND FLATBREAD
- RICE CAKES BREADCRUMBS
- ITALIAN PALE LAGER BEER
- CUSTARD AND HAZELNUT CAKE
- HAZELNUT WAFERS

FROZEN READY MEALS:

- LASAGNE BOLOGNESE WITH BECHAMEL
- RICOTTA AND SPINACH RAVIOLI WITH TOMATO AND BASIL SAUCE
- TORTELLINI WITH HAM FILLING AND CHEESE SAUCE
- CRISPY CHICKEN FILLETS
- MOZZARELLA STUFFED POTATO CROQUETTES
- PIZZA MARGHERITA





Gluten free pasta

⋮ All our gluten free pasta line is thought especially for gluten intolerants.

CORN AND RICE PASTA

Made with 100% Italian rice and corn, it now contains a higher percentage of corn in both varieties, white and yellow. The high quality standard of this product is clearly reflected in its flavour, texture and firmness in cooking. It comes in 500g paper boxes.

There are four pasta shapes available:

- Penne Rigate
- Fusilli
- Ditali Rigati
- Spaghetti

ORGANIC MULTI-CEREAL CORN, RICE, BUCKWHEAT AND QUINOA PASTA

This pasta is made with a wise mix of organic, gluten-free corn, rice, buckwheat and quinoa flours.

A tasty and original staple for your first courses and your daily wellbeing, it comes in three shapes:

- Maniche
- Mezze Penne
- Caserecce



Gluten free products



Frozen gluten-free ready meals

Traditional Italian specialties.
Totally gluten free... yet delicious
and ready in few minutes.

- **Lasagne Bolognese with béchamel.** A scrumptious mix of egg pasta, bolognese sauce and béchamel, entirely gluten free. Just bake them in a conventional oven (25 minutes) or in a microwave oven (8 minutes) and serve them directly in the tray.
- **Ricotta and spinach ravioli with tomato and basil sauce.** Ravioli topped with a delicate tomato and basil sauce, ideal for pan cooking or microwave.
- **Tortellini with ham filling and cheese sauce.** Made with plain ingredients: egg pasta, prosciutto and mortadella, and topped with a delicate cheese sauce. They will be ready in minutes from your pan or microwave.

GLUTEN FREE CRISPY CHICKEN FILLETS

Real chicken fillets, cut in slices and rolled in a fragrant, crispy breading. Gluten free and palm oil free.
Easy and quick to prepare, excellent as starters, appetizers or second course.



GLUTEN FREE MOZZARELLA-STUFFED POTATO CROQUETTES

A fancy snack that combines a crunchy, golden, gluten free breading with a soft and tasty mozzarella filling. Palm oil free.



Gluten free Pizza Margherita

Bene.sì gluten free pizza Margherita will impress you with its balanced flavour of tomato and mozzarella cheese and with the fragrance of its crust. Ready in minutes, you can add your favourite ingredients before enjoying it.

The mix of flours improves dough quality and a special rising and flattening process gives this pizza a chewy and fragrant crust.



Gluten free products

Gluten free biscuits

Bene.sì gluten free biscuits are ideal for breakfast as well as for your afternoon break. All the varieties in the line are made with corn and rice flour. The recipes have been carefully studied to obtain biscuits as similar as possible to normal biscuits with gluten.

There are five varieties available:

- Buckwheat biscuits
- Cereal & fruit biscuits
- Cocoa & hazelnut biscuits
- Chocolate chip biscuits
- Classic cream biscuits



Gluten free crackers

Bene.sì gluten free crackers are ideal for a snack or for your *aperitivos*, lunches and dinners. Their recipe is based on a noble fat, **extra-virgin olive oil**, combined with sunflower oil. **Palm oil free**. Six convenient single-serving packs in each package.



Gluten-free sweet milk ice cream cones

Gluten-free sweet milk ice cream cones in four-piece boxes. Suitable for gluten intolerants, they are made with fresh cream.



Lactose and yeast free products



These products do not contain certain ingredients, like lactose or yeast, that you may wish to remove from your diet, for various reasons such as food intolerance or allergy, or just for a dietary change. Lactose, for instance, an element contained in many dairy products, causes digestive difficulties to many people, who are therefore forced to avoid protein-rich foods like milk or cheese. The same happens with yeast, which is found in many foods that we eat every day.

The line includes:

- YEAST FREE BISCUITS
- YEAST FREE CRACKERS
- LACTOSE FREE DESSERTS
- LACTOSE FREE PLANT-BASED BEVERAGES:
 - ORGANIC SOY DRINK
 - ORGANIC RICE DRINK
 - RICE DRINK WITH CALCIUM AND VITAMIN D
 - SOY DRINK WITH CALCIUM AND VITAMINS B2, B12
 - ORGANIC COCONUT AND RICE DRINK
 - ORGANIC OAT DRINK
 - ORGANIC ALMOND DRINK
 - ORGANIC HAZELNUT DRINK
- LACTOSE FREE MICROFILTERED MILK
- LACTOSE FREE MOZZARELLA
- LACTOSE FREE SMALL-SIZE RICOTTA
- LACTOSE FREE MASCARPONE
- LACTOSE FREE PROCESSED CHEESE SLICES
- LACTOSE FREE COOKING CREAM
- LACTOSE FREE BUTTER
- LACTOSE FREE SOY YOGURT
- LACTOSE FREE CHEESE SPREAD
- LACTOSE FREE SCAMORZA



Plant-based beverages

An excellent alternative to milk: plant-based beverages, where the main ingredients are all 100% Italian.

- **Organic soy drink:** nutritious and rich in proteins is obtained from the processing of Italian soybeans.
- **Organic rice drink:** rice drink with calcium and vitamin D: the delicate taste of rice with the nutritional benefits of calcium and vitamin D.
- **Soy drink with calcium and vitamins B2 and B12:** a balanced drink where the taste of soy meets the nutritional benefits of calcium and vitamins.
- **Organic rice and coconut drink:** its fresh and delicate flavour is the perfect balance between the exotic taste of coconut and the sweet taste of 100% Italian rice. For a pleasant refreshment during the day. Also ideal to prepare smoothies or desserts.
- **Organic oat drink made with 100% Italian oat:** it has a delicate, full-bodied taste and is good both cold and hot. Is excellent for breakfast, and also ideal for preparing custards, flans and desserts.
- **Organic almond drink made of 100% Italian almonds:** italian almonds, slightly toasted to give it a delicate flavour. Ideal as an addition to coffee and in the preparation of smoothies, desserts, sweet and savoury dishes.
- **Organic hazelnut drink:** it has a full-bodied flavour and is good both cold and hot. Made from Italian hazelnuts, in 3x200 ml packs.



Lactose-free microfiltered UHT milk

Easier to digest compared to conventional milk, it is recommended for lactose intolerants.

Available in the 1-litre pack and in the 3-pack format (250ml each). Our milk is 100% Italian.



Lactose free yogurt

Our Bene.sì lactose-free yogurt is highly digestible, ideal for breakfast or for a pleasant break during the day.

If you care about your silhouette, you can choose our low-fat yogurt (0% fat) in four flavours: **vanilla**, **sweet white**, **coffee** and **strawberry**.

If you are a sweet tooth instead, you can choose from two variants:

- **sweet milk with cereals and chocolate cookie crunchies**
- **vanilla with raspberry sauce**

All the yogurts in the line are made **with 100% Italian milk**.



SojaYo yogurt

SojaYo is a valid alternative to yogurt, it is also suitable for vegetarians, lactose intolerant and for those who do not want to consume animal protein. SojaYo, made with Italian soy no GMO, is:

- source of calcium;
- source of vitamins B2, B12, D;
- low in saturated fats;
- naturally without lactose
- a jar contains at least a billion beneficial ferments Bifidobacterium lactis.



- **SojaYo cherry**
- **SojaYo fruit and cereals**
- **SojaYo white and creamy**



Lactose free scamorza

Our Bene.sì scamorza cheese comes readily sliced in a resealable 120g tray. Made with 100% Italian milk and lactose free, it is ideal to prepare roulades, sandwiches or rarebits. Available in two variants, plain and smoked.



Bene.sì lactose free butter

With a **lactose content below 0.01%**, this butter can be easily digested even by lactose intolerants.

Made with **100% Italian milk**, it lends itself to any use in cooking, from cake baking to adding an extra touch to your main courses.



Lactose free fresh cheeses

LACTOSE FREE CHEESE SPREAD

Developed for lactose intolerants, it is a tasty, creamy cheese spread that can be used in many ways: for a quick snack, as an ingredient for main courses or to make delicious appetizers.

LACTOSE FREE MASCARPONE

Our lactose free mascarpone creams easily and is a versatile ingredient that will help you in preparing desserts, first courses or fancy canapés. Both these highly digestible products are made **with 100% Italian milk**.

Bene.sì lactose free cooking cream

Our Bene.sì lactose free cooking cream is **easier to digest** compared to conventional cream and is particularly recommended for lactose intolerants.

It is made **with 100% Italian milk** and **without carrageenans**. Carrageenans are thickening agents, very widely used in the food industry. However, as new scientific studies have cast some doubt about their safety, Coop has chosen not to use it in any of its own branded products.

The cream comes in a convenient format of three single-serving 100ml packs.





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