



Who we are?

We are a group of like-minded people from Lithuania, who started the first cooperative activity in the Baltic states to grow and provide crickets as food for human consumption and feed for animals around the world.





Dried crickets with different spices

Having a healthy snack has never been so easy and delicious!

Dried crickets covered with all favorite spices are here to enrich your diet and snack assortment. You can choose from 6 different tastes:

CORIANDER AND LIME

Dried crickets with a taste of coriander and lime will appeal to lovers of fresh flavors. The freshness of lime perfectly supports coriander and allows you to enjoy a fresh, spring like taste.

CHILI AND LIME

Lightly hot taste lovers will enjoy this delightful hot pepper and lime combination. Lime freshens lightly hot pepper taste brings the best experience.

BACON AND MUSTARD

Savoury taste lovers will enjoy this delightful taste of bacon and mustard. The mild spiciness of mustard beautifully pairs with a baked bacon taste.

Crispy, spicy, fresh snack full of the best nutrients for your body! Taste straight from the package, sprinkle on salads, enrich other snacks.

Nutritional facts (amount per 100 g):

Energy, kj / kcal – 1895.8/453.1

Protein (g) – 60

Fat (g) – 19.83

of which saturated fatty acids (g) – 8.46

Carbohydrates (g) – 12.2

of which sugars (g) – 3.9

Salt (g) – 3.1

Fiber (g) – 4.1

Iron (mg). – 4.6

About this item:

- **60% protein**
- **Lactose free**
- **Gluten free**
- **No GMO**

Amount:

25g., 50g.

Possibility of different packages according to your personal needs

A great choice for a snack with your favorite series, on a trip or just as a healthy treat. It is perfect to have on hand after workout -beat your hunger with a nutritious, healthy and delicious snack. Dried crickets contain 60% protein, especially important for your muscles!

*Allergy warning to those allergic to shellfish, molluscs, gluten.



LACTOSE
FREE



NO
GMO



READY
TO EAT



DRIED



RICH IN
VITAMIN B12, OMEGA 3
AND OMEGA 6 FATTY ACIDS



NO REFRIGERATION
REQUIRED



**BALTIC
INSECTS**



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TOMATO AND BASIL

Tomato and basil taste dried crickets will remind you the glory of Mediterranean region. Crispy dried crickets, juicy tomato, and the freshness of basil will take your mind to wave-washed seashore.

HONEY AND MUSTARD

Sweet and sour taste lovers will enjoy honey and mustard taste dried crickets. Honey perfectly compliments the mildly spicy mustard taste.

SOUR CREAM AND ONION

Sour cream and onion taste lovers will enjoy this classic taste. Well known taste of your favorite potato chips on a new – guilt-free role.

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www.balticinsects.eu



**BALTIC
INSECTS**



NATURAL
100%

Crispbread with sea salt

The crispy snack is flavored with high quality sea salt, pumpkin and sunflower seeds. Crispbread is enriched with dried cricket flour, giving it 25% of protein. Nutritious, healthy, delicious! Ideal for tasting with humus, guacamole, other beloved spread or alone. A great choice for a snack with your favorite series, when visiting guests, on a trip or just when you feel hungry. It is perfect to have on hand after workout – beat your hunger with a nutritious, healthy and delicious snack. 25% of protein, especially important for your muscles!



Nutritional facts (amount per 100 g):

Energy, kj/kcal – 2063/495
Protein (g) – 25.4
Fats (g) – 28
of which saturates (g) – 6.3
Carbohydrates (g) – 32.7
of which sugars (g) – 3.2
Salt (g) – 2.02
Fiber (g) – 6.7

About this item:

- **25% of protein**
- **Fiber source**
- **Gluten free**
- **Lactose free**
- **No GMO**
- **Low in sugar**

Amount: 70g.



**GLUTEN
FREE**



**LACTOSE
FREE**



**NO
GMO**



**25 G OF
PROTEIN**



**LOW
SUGAR**

*Allergy warning to those allergic to shellfish, molluscs, gluten.

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**BALTIC
INSECTS**



NATURAL
100%

Dried pork sausages with dried cricket flour

The highest quality dried pork sausages are enriched with dried cricket flour, giving the product the best properties. The high-protein sausages are made using only the highest quality pork ham, with no food additives! Enjoy high quality, super nutritious product!

A great choice for a snack with your favorite series, when visiting guests, on a trip or just when you feel hungry. It is perfect to have on hand after workout – beat your hunger with a nutritious, healthy and delicious snack. 63% of protein especially important for your muscles!

Nutritional facts (amount per 100 g):

Energy, kj / kcal – 1856/444
Protein (g) – 63.9
Fat (g) – 18.3
of which saturated fatty acids (g) – 5.6
Carbohydrates (g) – 4.7
of which sugars (g) – 0
Salt (g) – 6.66
Fiber (g) – 0.1

About this item:

- **63% of protein**
- **Lactose free**
- **Gluten free**
- **Sugar free**
- **No GMO**

Amount: 90g



**GLUTEN
FREE**



**LACTOSE
FREE**



**NO
GMO**



**63 G OF
PROTEIN**



**SUGAR
FREE**

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BALTIC
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