



HMS Foods

Trading Private Limited

HMS Foods Trading, a leading name in the international food export scene, proudly operates from Pakistan.

About Us

Welcome to HMS Foods Trading, where we take pride in connecting the world through the richness of Pakistani culinary treasures. Our journey is flavored with a commitment to exporting a diverse array of premium food products. From the aromatic Basmati rice to the hearty goodness of wheat, the succulence of meats, the purity of pink salt, and the bounty of seafood, our offerings are a celebration of quality, authenticity, and nutritional excellence



Our Mission

Committed to delivering excellence, our mission is to be a global culinary ambassador, offering a diverse array of superior quality food products that resonate with the distinct tastes of each region we serve.

Our Vision

We envision creating a legacy where the flavors of Pakistan transcend borders, enriching global palates, and fostering enduring relationships with our partners worldwide.



Governance

Message Of Chairman



Rana Muhammad Saleem

At HMS Foods Trading, we transcend the realms of mere exports. We are architects of culinary connections, exporting not just products but the essence of Pakistani culture. Join us in a journey where every Basmati grain, every Sella rice kernel, and every cut of meat is a symphony of taste and tradition.

Message Of CEO



Rana Muhammad Junaid

Welcome to HMS Foods Trading Pvt. Ltd. As CEO, I am delighted to lead our journey in providing top-quality, diverse food products. Our commitment to excellence, integrity, and customer satisfaction drives us. Together, let's embark on a culinary adventure, ensuring your dining experiences are nothing short of extraordinary.

Message Of Director



Shehnaz Parveen

From HMS Foods Trading Pvt. Ltd.! As the Director, I am honored to guide our team in delivering the finest food products. With a passion for quality and innovation, we are dedicated to exceeding your expectations. Join us on this flavorful expedition, where excellence meets culinary delight.

Message Of Director



Masooma

Welcome to HMS Foods Trading Pvt. Ltd.! I am Masooma, the Director, and it's a pleasure to embark on this culinary journey with you. Our commitment to excellence and your satisfaction is unwavering. Together, let's savor the taste of success and create lasting partnerships.

Meet the team

These dedicated individuals form the backbone of HMS Foods Trading, collectively steering the company towards its mission of delivering top-quality food products to the world.

Adil Mehmood Arain **Business Head**

Our Business Head, is the driving force behind our strategic direction. With a keen eye for market trends and a wealth of experience in international trade, he ensures that HMS Foods Trading remains at the forefront of the food export industry

Zohaib Mukhtiar Channa **Country Head**

Zohaib Mukhtiar Channa, our Country Head, oversees the seamless execution of operations in diverse regions. His in-depth understanding of local markets ensures that our products meet the unique preferences and regulations of each country we serve.

Masooma Nadeem **Finance Manager**

Masooma Nadeem, our Finance Manager, is the guardian of our fiscal health. Her meticulous financial management ensures the stability and growth of HMS Foods Trading, enabling us to invest in quality and innovation

Rabab Ahmad **Marketing Manager**

Rabab Ahmad, our Marketing Manager, is the creative mind behind our brand presence. Through innovative marketing strategies, she effectively communicates the value of our products, fostering strong connections with clients and partners worldwide.

Yousuf Ilyas **HR Manager**

Yousuf Ilyas, our HR Manager, is pivotal in nurturing a positive and productive work environment. With a focus on talent acquisition and employee development, he ensures that our team remains motivated and aligned with the company's goals.

Tahir Mehmood Arain **Legal Advisor**

Tahir Mehmood Arain, our Legal Advisor, safeguards our operations with legal expertise. His counsel ensures that HMS Foods Trading operates within the bounds of the law, providing a solid foundation for our global success.

Why Choose Us

Elevate your culinary experience with HMS Foods Trading, a beacon of excellence. Immerse yourself in unparalleled quality and authentic Pakistani flavors, establishing a cultural connection that transcends borders. Rely on our steadfast commitment to reliability and appreciate our customer-centric approach. At HMS Foods Trading, satisfaction is not just promised; it's guaranteed, ensuring each bite is a delightful journey through the rich tapestry of Pakistani cuisine.





Our Products

Introducing our diverse range of premium quality products that promise to elevate your culinary experience to new heights. From the finest grains and rice varieties to a delectable selection of meats and seafood, our collection ensures that every meal is a celebration of flavor and nutrition. Elevate your dishes with our handpicked spices and exotic seasonings, bringing a burst of aromatic delight to your kitchen. Sourced from the best regions, our pulses provide a healthy foundation to your meals. Enhance your cooking with the purity of pink salt, and revel in the freshness of our carefully selected fruits and vegetables. Immerse yourself in a world of culinary excellence with our wide array of ingredients, thoughtfully curated to meet the highest standards of quality and taste.

Rice

Rice is a staple food grain cultivated from the *Oryza sativa* or *Oryza glaberrima* plants, depending on the variety. This versatile cereal grain is a primary dietary staple for a significant portion of the global population. Available in various varieties, rice is characterized by its small, elongated, or round grains, each containing an endosperm, germ

Types Of Rice



Basmati Rice

Celebrated for its long grains and distinct aroma, Basmati rice is a premium variety popular for biryanis, pilafs, and special occasions, providing a fragrant and flavorful dining experience.



Sella Rice

Sella rice undergoes a parboiling process before milling, resulting in grains that are more robust and less prone to breaking. This makes it a preferred choice for dishes requiring longer cooking times.



IRRI-6 Rice

Known for its versatility and affordability, IRRI-6 rice is a widely cultivated variety in Pakistan, often used for everyday meals due to its excellent cooking properties.



Grains

Grains refer to the edible seeds of various grass plants, belonging to the Poaceae family. These seeds are commonly used as staple foods and are integral components of human diets around the world. Examples of grains include wheat, rice, barley, oats, corn, and quinoa. Grains are rich in carbohydrates, providing a primary source of energy

Types Of Grains



Wheat Berries

Wheat berries are whole, unprocessed wheat kernels that pack a nutritional punch with fiber, protein, and essential nutrients.



Oats

Oats are a nutritious whole grain, rich in fiber and essential nutrients, promoting heart health and providing sustained energy.



Quinoa

Quinoa is a protein-packed ancient grain known for its nutty taste, versatility, and gluten-free qualities, making it a popular and nutritious choice in various culinary applications.



Brown Rice

Brown rice is a whole grain rice variety, rich in fiber, vitamins, and minerals, offering a nutty flavor and chewy texture, while providing essential nutrients and promoting digestive health.



BuckWheat

Buckwheat is a gluten-free whole grain known for its unique triangular seeds. It's rich in nutrients like fiber and antioxidants, offering a nutty flavor. Used in various dishes, from pancakes to soba noodles, buckwheat contributes to a wholesome diet with potential health benefits.



Corn

Corn, a versatile cereal grain, is enjoyed globally for its sweet taste and diverse uses. Whether eaten on the cob, as popcorn, or processed into various products, corn is a staple in many cuisines, providing carbohydrates, fiber, and essential vitamins.



Barley

Barley, a versatile cereal grain, boasts a chewy texture and nutty flavor. Packed with fiber, vitamins, and minerals, barley is not only a nutritious addition to soups and stews but also promotes heart health and supports a balanced diet.



Amaranth

Amaranth, a nutrient-dense ancient grain, is prized for its high protein content, essential amino acids, and gluten-free nature. With a mild, nutty taste, amaranth is a versatile addition to both sweet and savory dishes, contributing to a well-rounded and wholesome diet.



Kaniwa

Kaniwa, a small, nutrient-dense grain, is a close relative to quinoa. Packed with protein, fiber, and essential nutrients, kaniwa is gluten-free and has a slightly sweet, nutty flavor, making it a versatile and nutritious choice in various culinary applications.



Freekeh

Freekeh, a roasted green wheat, is a nutrient-rich whole grain with a distinct smoky flavor and chewy texture. Packed with protein, fiber, and essential minerals, freekeh is a versatile ingredient, offering a unique and wholesome addition to salads, soups, and other dishes.



Wild Rice

Wild rice, not technically a true rice but a grass seed, is known for its distinct nutty flavor and chewy texture. Rich in antioxidants, protein, and essential minerals, wild rice adds a wholesome and flavorful element to a variety of dishes, contributing to a nutritious diet.



Triticale

Triticale, a hybrid grain derived from wheat and rye, combines the best qualities of both. With a high protein content and a nutty flavor, triticale is a versatile grain used in various culinary applications, providing essential nutrients and contributing to a balanced and wholesome diet.



Sorghum

Sorghum, a gluten-free ancient grain, is valued for its versatility and nutritional benefits. With a mild, slightly sweet taste, sorghum is rich in fiber, antioxidants, and essential minerals. Used in both traditional and modern cuisines, sorghum contributes to a diverse and nutritious diet.



Bulgur

Bulgur, a form of whole wheat that has been partially cooked and dried, is prized for its quick preparation and nutty flavor. High in fiber, protein, and essential nutrients, bulgur is a versatile grain used in salads, pilafs, and various dishes, adding both nutrition and texture to meals.



Spelt

Spelt, an ancient whole grain, is known for its nutty flavor and versatility. With a rich nutritional profile containing protein, fiber, and essential minerals, spelt is used in various culinary applications, from bread and pasta to salads, offering a wholesome and flavorful addition to a balanced diet.

Nutrient-Rich Grains.

Whole grains, comprising the bran, germ, and endosperm, are a nutritional treasure trove. Rich in fiber, vitamins, and minerals, they promote heart health, aid digestion, and provide sustained energy. Embrace these grains for a balanced diet, contributing to overall well-being and a healthy lifestyle.

Meat

Halal meat refers to meat that adheres to Islamic dietary laws as prescribed in the Quran. In Arabic, "halal" translates to "permissible" or "lawful," and when applied to meat, it signifies that the animal has been slaughtered in accordance with specific Islamic principles. Halal meat must come from animals that are healthy at the time of slaughter.



HALAL

Pakistan is an agri-based country with 70% of its population acquiring sustenance through agriculture and 25% of the land is under cultivation and is supported by one of the biggest irrigation systems in the world.

With the Indus River transcending through Pakistan, it supports much of the agriculture. Almost every constituency in Pakistan has animal husbandries due to the locally produced grain and wheat straw that is easily available. This has allowed the growth of the 8th largest naturally grown livestock herd in the world and has empowered the country to be a proud grower of Halal Organic Grass fed Red Meat, developed in natural and stress free environments.



LAIRAGE / LIVESTOCK

At HMS Foods, the health and welfare of our livestock is one of our top priorities. Everything from their living condition to their nutrition is carefully monitored. Our animals receive the best balanced diet, selected from the leading suppliers that are engaged in 100% natural processes.

Our lairage pens are designed to meet international standards for optimal comfort to reduce stress and provide safety to the livestock. The lairage pens have a capacity of 750 cattles, 3,000 goats / lambs. Our pens have 24 hour pre-slaughter observation. All livestock are regularly observed by experienced DVM veterinary doctors. Moreover, the lairage pens have separate areas for quarantine and detention



GROWERS

HMS Foods is well-known for maintaining the best cattle and farms in the country. The meat and food products are supplied from the GROWERS established by the group only. Our objective is to sustain stability in price, supply and quality as a Grower. We have the capacity to accommodate sufficient number of cattle to supply red meat to our meat food line. We take pride to stand as one of the finest quality grower in the country.



HIGHLIGHTS – LIVESTOCK

- Pre-buying Livestock surveys
- Back End Farm Contracting for specialized requests
- Buffer Stock availability for:
 - Price stability in volatile Market Days
 - Supply stability in Off Season Weeks
 - Quality Stability
- Livestock collection center for easy "Direct to Market" facilitation of livestock farmer
- Model Calf/Goat Fattening Farms
- Facilitation of financing of livestock growers
- All live stock checked by experienced DVM veterinary doctors.

Spices

Spices, derived from plants, are culinary alchemists, enriching dishes with their aromatic symphony. From the comforting allure of cinnamon to the bold kick of black pepper, these tiny powerhouses elevate the taste experience. Steeped in history and cultural significance, spices remain the heart and soul of diverse cuisines worldwide.



Red Chilli Powder

Most Pakistani dishes are incomplete without spiciness or the deep red color. Eastern Spices combine the finest red chillies and grind them finely to give your dishes perfect seasoning and a beautiful rich color.



Black Pepper Powder

Hand-picked peppercorns are ground to perfection, retaining their sharp, biting, and fiery taste. Sprinkle it any day on breakfast eggs or add it to your sauces for its impressive zest.



Coriander Powder

The flavors and aromas of classic traditional Pakistani curries are enhanced by freshly procured and ground Coriander Powder. It is the key ingredient which makes them irresistible and unforgettable.



Fenugreek Leaves

Fenugreek leaves add their unique taste and aroma to your regular recipe. Make finest Karahis with our first-rate fenugreek leaves obtained from the heart of Qasoor and carefully processed for a prolonged shelf-life.



Turmeric Powder

Pure, preservative-free turmeric powder is an essential ingredient in all the desi cuisines. Our premium quality turmeric powder is prepared with farm-fresh turmeric roots, which is why it holds its distinctive bitter and pungent yet warm flavor with the signature floral, ginger notes.



Ginger Powder

Star of most of the South Asian dishes, ginger powder brings with it a pungent, spicy, and fresh smell with its signature spicy bite, warmth, and a bit of sweetness. It gives your dishes a cherishable aroma.



Garlic Powder

Prepared with dehydrated garlic cloves, this powder gives a sweeter and less assertive taste than freshly-chopped garlic. It has delicious caramelly undertones, reminding you of sautéed or roasted garlic and enhancing your foods with nostalgic aromas.



Cumin Seed Powder

Cumin seeds add a traditional warm, earthy aroma with a unique combination of sweet and bitter flavors. It is a staple in Paksitani foods for all the right reasons. Let our fresh cumin seed powder enhance your everyday stews and curries and make your meals special.



Savorite (MSG Replacer)

Chinese salt or Monosodium Glutamate (MSG), albeit a great flavor enhancer, has various adverse effects on health. Eastern Spices brings Savorite which is an MSG-free alternative. It boosts the flavors of your foods without any side effects!



Garam Masala

Aasan Garam Masala is a traditional blend of different spices, enhances the taste and aroma of food.



Pulses

Pulses, humble yet potent, are nutritional powerhouses that have sustained civilizations for centuries. From the creamy comfort of lentils to the versatile protein in chickpeas, pulses are culinary gems. Packed with fiber, vitamins, and minerals, they not only nourish but also form the heart of diverse global cuisines, promoting health and sustainability.



Lentils

Lentils are a versatile pulse available in various colors, including green, brown, and red. They cook quickly and offer a rich source of protein, fiber, and essential nutrients.



Chickpea Flour

Ground chickpeas used as a gluten-free flour alternative, perfect for making savory dishes like pakoras and pancakes.



Fava Beans

Large, flat legumes with a buttery texture, often used in Mediterranean and Middle Eastern dishes, high in protein and fiber.



Adzuki Beans

Small, red legumes popular in Asian cuisines, sweet in flavor, used in desserts, soups, and sweet bean pastes.



Chickpeas



Black Beans



Split Peas



Peas



Kidney Beans



Mung Beans

Pink Salt

Pink salt, a captivating culinary marvel, is derived from ancient sea deposits, adding a subtle and unique flavor to dishes. Mined from Himalayan salt beds, its rosy hues come from trace minerals. Beyond its aesthetic appeal, pink salt is cherished for its perceived health benefits, making it a sought-after choice among discerning chefs and health-conscious individuals.

Types Of Pink Salt



Edible Salt

Edible salt is a kitchen essential, enhancing flavors and balancing tastes. Mined from deposits or harvested from seawater, it transforms ordinary dishes into culinary delights, satisfying palates universally.



Non-Edible Salt

Non-edible salt serves industrial purposes, employed in de-icing, water softening, and various manufacturing processes. Extracted from mines and brine wells, it plays a crucial role in applications beyond culinary realms.



Shelf Ready Salt

Shelf-ready salt, a convenient and accessible kitchen essential, awaits in ready-to-use packaging. Whether for seasoning or cooking, it offers a quick and hassle-free solution, ensuring culinary ease for busy households.



Vegetables

Vegetables, nature's nutritional gems, bring a burst of color and vitality to our plates. From the earthy sweetness of carrots to the robust flavors of leafy greens, they offer a symphony of tastes and textures, contributing to a wholesome and balanced diet that fuels our well-being and supports a healthy lifestyle.



Cherry Tomato

The cherry tomato, nature's bite-sized treasure, delights with its sweet, juicy essence. Bursting with flavor and vibrant hues, these petite tomatoes add a playful pop to salads, snacks, and culinary creations. Packed with antioxidants and nutrients, they're a delightful way to savor the goodness of nature in every bite.



Fresh potato

The potato, a culinary chameleon, is a beloved global staple. With its creamy texture and neutral taste, it transforms into comfort food classics or gourmet delights. Packed with essential nutrients, this versatile tuber not only satisfies the palate but also contributes to a wholesome, hearty diet. Embrace the endless possibilities of the potato!



Fresh onion

The humble onion, a culinary cornerstone, adds depth and flavor to dishes worldwide. Whether caramelized, sautéed, or raw, its versatile layers bring a savory richness to diverse cuisines. Beyond its culinary prowess, the onion offers a host of health benefits, making it an essential ingredient for both taste and wellness.



Lemon



Ginger



Spanish



Peas



Carrot



Garlic

Fruits

HMS Foods Trading invites you to savor the succulent world of fruits, each a vibrant burst of nature's sweetness and nutritional goodness. Juicy oranges, brimming with vitamin C, evoke a citrus symphony on the palate. Apples, with their crisp texture, offer a wholesome crunch alongside a rich source of fiber. Tropical delights like mangoes transport taste buds to exotic realms, combining sweetness with a tropical flair. The humble banana, a convenient on-the-go snack, packs potassium and energy in its yellow peel

Category of fresh fruits



Fresh Picks

Fresh Picks fruit: Bursting with natural sweetness and vibrant colors, these wholesome delights offer a crisp and juicy treat, elevating your taste experience.



Summer Fruits

Summer fruits, ripe and succulent, burst with sunshine flavors. Juicy watermelon, sweet berries, and refreshing citrus embody the vibrant essence of the season.



Bell Pepper Orange

Bell pepper orange: Vibrant and crisp, this pepper variety adds a sweet, tangy flavor and a pop of color to culinary creations.



Fruit Juice Package

Colorful fruit juice package: Fresh, wholesome goodness sealed within. Bursting with natural flavors, it promises a refreshing and delightful taste experience.



Seafoods

HMS Foods Seafood, stands as Pakistan's premier Processor, Packer, Wholesaler, and Exporter of Frozen and Fresh Seafood. Nestled in the heart of Asia's largest wholesale fish market in Karachi, our journey began with HMS food's extensive experience. Evolving into an export powerhouse, HMS Foods Seafood now proudly ships a diverse range of top-quality frozen seafood and freshwater fish worldwide, seamlessly delivering excellence by air and sea to destinations across the globe.



Leather Jacket Fish

The Leather Jacket Fish, a striking marine species, captivates with its distinctive appearance—smooth, leather-like skin and vibrant colors. Found in coastal waters, its mild, delicate flesh is prized for culinary excellence. Known for its unique texture and flavor, the Leather Jacket Fish offers a delectable seafood experience.



Conger Eel Fish

The Conger Eel Fish, an elongated marvel of the deep, boasts a slender body and a sinuous movement through ocean currents. With a rich, savory flavor and firm texture, it's a prized delicacy in seafood cuisine. Sourced from deep waters, the Conger Eel Fish elevates culinary experiences with its unique taste and versatility.



Sardine Fish

The Sardine Fish, a small but flavorful marvel, graces the seas with its abundance. Packed with omega-3 fatty acids and a distinctive, rich taste, sardines are a nutritional powerhouse. Whether grilled, canned, or fresh, they offer a delightful, health-conscious addition to various culinary creations, making them a beloved seafood choice.



Black Pomfret Fish

The Black Pomfret Fish, a culinary gem, enchants with its sleek, dark profile and mild, sweet taste. Found in coastal waters, its firm, white flesh is prized for its flakiness. Versatile in the kitchen, the Black Pomfret lends itself to various cooking styles, promising a delightful seafood experience for discerning palates.



Red Tongue Fish



Sea Bream Fish



Reef COD Fish



Indian Mackerel Fish



Lady Fish



Croaker Fish



Catfish



Ribbon Fish



Albacore Fish



Barracuda Fish



Bigeye Tuna Fish



Chinese Pomfret Fish



Giant Trevally Fish



Goatee Croaker Fish



Horse Mackerel Fish



Indian Salmon Fish



John Fish



Kawakawa Fish



Longtail Tuna Fish



Malabar Grouper Fish



Needle Scale



Queen Fish



Scad Fish



Sea Bass Fish



Seer Fish



Silver Croaker Fish



Silver Pomfret Fish



**Spotted Spanish
Mackerel Fish**



ThreadFin Bream Fish



Grey Mullet Fish



Crabs Export

Crab export is a vital aspect of the seafood industry, involving the capture, processing, and global shipment of live or processed crabs. This trade not only contributes to economic growth but also fosters culinary diversity, meeting international demand for high-quality seafood and supporting livelihoods in coastal communities.



Tiger Crab

The Tiger Crab, scientifically known as *Thalassidroma crenata*, is a striking crustacean characterized by its distinctive tiger-like striped carapace. Found in tropical coastal regions, these agile crabs exhibit remarkable adaptability to various habitats.



Blue Swimming Crab

The Blue Swimming Crab, scientifically known as *Portunus pelagicus*, is a widely distributed marine crustacean with a vibrant blue carapace and robust pincers. Thriving in coastal waters, these agile swimmers are highly prized in seafood markets for their sweet, succulent meat.



3-Spot Crab

The 3-Spot Crab, identified as *Neosarmatium meinerti*, is a distinctive mangrove-dwelling crustacean known for its eye-catching carapace adorned with three distinct spots.



Prawn Export

Prawn export is a multifaceted global industry encompassing the capture, processing, and distribution of these crustaceans. Integral to economic growth, it sustains livelihoods and meets diverse international culinary demands, playing a pivotal role in the global seafood trade and contributing to the prosperity of coastal communities and economies.



Shrimps

Shrimps, members of the decapod crustacean family, are characterized by their slender bodies and long antennae. Found in diverse aquatic environments, these small, flavorful creatures are a culinary delight

Flower Prawn

The Flower Prawn, scientifically identified as *Fenneropenaeus indicus*, captivates with its ornate pattern resembling a floral arrangement on its carapace. Inhabiting warm coastal waters, these prawns are coveted for their succulent, mildly sweet flesh.



Brown Prawn

The Brown Prawn, scientifically known as *Metapenaeus monoceros*, is a delectable crustacean with a distinctive brown coloration and a slightly curved body. Inhabiting coastal waters, these prawns are renowned for their tender, sweet meat



Lobster Export

Lobster export involves capturing, processing, and shipping these prized crustaceans worldwide. This global trade is economically significant, supporting coastal communities and meeting international gastronomic demand. Lobster's high market value and culinary appeal contribute to the thriving seafood industry, fostering economic growth and cross-border commerce.



Spiny Lobster

The Spiny Lobster, a marine delicacy, stands out with its spiky exterior and succulent, sweet meat. Found in warm waters, this crustacean is a culinary delight. Whether grilled, steamed, or served in various dishes, the Spiny Lobster promises a gourmet experi-



Mud Spiny Lobster

As of my last knowledge update in January 2022, there isn't a widely recognized species specifically referred to as the "Mud Spiny Lobster." It's possible that this term could be a local or less common name for a particular type of spiny lobster.



Ornate Spiny Lobster

The Ornate Spiny Lobster, an exquisite marine jewel, showcases intricate patterns on its shell and offers succulent, sweet meat. Flourishing in tropical waters, this crustacean elevates seafood dining.



Our Global Clients

Across the globe, our clients consistently express satisfaction through glowing reviews. They commend our unwavering commitment to excellence, innovative solutions, and dependable service. These positive testimonials underscore our dedication to exceeding expectations, fostering enduring partnerships. We take pride in being the preferred choice, delivering unparalleled value and client satisfaction on a global scale.



Feel free to reach out to us! Our dedicated team is ready to assist you. Whether you have inquiries, feedback, or collaboration opportunities, we value your communication. Connect with us through the provided contact details, and let's explore possibilities together. Your satisfaction is our priority.

Contact Us



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