



## GENERAL FACTS ABOUT OUR KETO-GLUTEN-YEAST FREE-VEGAN BREAD:

- 1) Help maintain acceptable blood sugar levels. Excellent for Diabetes!
- 2) Assist in weight loss for people following a low carbohydrate diet (keto or high protein).
- 3) It keeps you full longer and helps maintain weight loss.
- 4) Perfect alternative for those who are going gluten-free.
- 5) Suitable for yeast free diet and often better tolerated with IBS (Irritable bowel syndrome).

- **Freeze:** Up to 6 months. Refrigerate: up to 10 days.
- **Heating Instructions:** For the best taste and experience, heat it in a pan over medium heat, keeping the pan lid closed. Alternatively, you can use an electric grill.
- **Usage:** This flatbread can be used for making pizza, mankouch, or similar dishes. Alternatively, it can be used as a wrap for sandwiches.
- **Preordering:** You have the option to preorder the bread already opened into two halves, like Arabic bread, making it easier to use.

Enjoy your keto bread!



+961 71 760 160

# BREAD KETO

38G (1PC) 161 CAL, 14G FAT, 3G CARB, 3G FIBER, 6G PROTEIN



*These items are crafted with keto bread; for optimal taste we recommend reheating on a grill or in the oven.*

## MANKOUCH ZAATAR 2\$

342 CAL, 34G FAT, 3G NET CARB, 3G FIBER, 6G PROTEIN

## MANKOUCH JEBNEH 3\$

245 CAL, 21G FAT, 3G NET CARB, 3G FIBER, 11G PROTEIN

## TURKEY&CHEESE 5\$

235 CAL, 19G FAT, 3G NET CARB, 3G FIBER, 13G PROTEIN

## MARGUERITA PIZZA 5\$

250 CAL, 21G FAT, 4G NET CARB, 3G FIBER, 11G PROTEIN

## GOAT CHEESE 6\$

342 CAL, 34G FAT, 3G NET CARB, 3G FIBER, 6G PROTEIN

## HALLOUMI PESTO 5\$

342 CAL, 34G FAT, 3G NET CARB, 3G FIBER, 6G PROTEIN

## ADD GUACAMOLE CUP 5 \$

Avocado, coriander, tomatoes, onions & extra virgin olive oil  
200g, 330 Cal, 10 g net carbs, 15g fiber, 4 g protein, 30 g fat



GLUTEN  
FREE



# SANDWICH



*These items are crafted with keto bread; for optimal taste we recommend reheating on a grill or in the oven.*

## **TANDOORI CHICKEN 5\$**

Grilled chicken, Tandouri spicy sauce & iceberg.  
399 Cal, 3g carbs, 27g protein, 31 fat.

## **CHICKEN CEASER 5\$**

Grilled chicken, parmesan, mustard mayo, iceberg .  
371 Cal, 3g carbs, 29g protein, 27g fat.

## **FAJITA CHICKEN 5\$**

Chicken, avocado, red pepper, onions, & light mozzarella.  
335 Cal, 3g carbs, 29g protein, g fat.

## **CREAMY CHICKEN 5\$**

Grilled chicken, cream, red pepper, onions & rocca.  
336 Cal, 3g carbs, 27g protein, 24g fat.

## **AVOCADO CHICKEN 5\$**

Grilled chicken, avocado, & iceberg.  
318 Cal, 3g carbs, 27g protein, 22g fat.

## **CREAMY BEEF 6\$**

Steak, cream, red pepper, onions & rocca.  
384 Cal, 3g carbs, 30g protein, 28g fat.

## **TUNA 5\$**

Tuna, rocca, lemon slice & mayo sauce.  
469 Cal, 3g carbs, 31g protein, 37 g fat.

## **SMOKED SALMON 7\$**

Smoked Salmon, curly endive lemon slice and avocado creamy sauce.  
327 Cal, 3g carbs, 18g protein, 27g fat.

## **ADD GUACAMOLE CUP 5 \$**



Avocado, coriander, tomatoes, onions & extra virgin olive oil  
200g, 330 Cal, 10 g net carbs, 15g fiber, 4 g protein, 30 g fat







## GENERAL FACTS ABOUT OUR KETO SNACKS:

- 1) Help maintain acceptable blood sugar levels. Excellent for Diabetes!
- 2) Assist in weight loss for people following a low carbohydrate diet (keto or high protein).
- 3) It keeps you full longer and avoid eating a huge amount of sugar.
- 4) Perfect alternative for those who are going gluten-free.
- 5) Best dessert to consume when you're having sugar cravings.



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# ANIS

Almond flour, erythritol, monk fruit, butter, eggs, and anis.

30G (2PC) 152 CAL, 14.4G FAT, 1.8G CARB, 2G FIBER, 4G PROTEIN



# CINNAMON

Almond flour, erythritol, monk fruit, butter, eggs, and cinnamon.

30G (2PC) 152 CAL, 14.4G FAT, 1.8G CARB, 2G FIBER, 4G PROTEIN



# CHOC ORANGE CHIPS

Almond flour, erythritol, monk fruit, butter, eggs, 85% dark chocolate, gluten free no added sugar cacao and orange zest.

30G (2PC) 143 CAL, 13.4G FAT, 2G CARB, 2.5G FIBER, 3.7G PROTEIN



# SABLÉ VANILLA

Almond flour, erythritol, monkfruit, butter and eggs.

30G (2PC) 137 CAL, 12.7G FAT, 1.9G CARB, 2G FIBER, 4G PROTEIN



# SABLÉ CHOCOLATE

Almond flour, erythritol, monk fruit, butter, eggs, and gluten free no added sugar cacao.

30G (2PC) 137 CAL, 12.7G FAT, 1.9G FAT, 2G FIBER, 4G PROTEIN



# MAAKROUN

Almond flour, erythritol, monkfruit, butter, eggs, orange blossom water and rose water.

30G (2PC) 137 CAL, 12.7G FAT, 1.9G CARB, 2G FIBER, 4G PROTEIN



# COCONUT BITES

Shredded coconut, erythritol, monkfruit, white eggs and lemon zest.

30G (1PC) 78 CAL, 7.6G FAT, 1G CARB, 1.8 G FIBER, 1.4G PROTEIN



# CHOCO BITES

Almond flour, erythritol, monk fruit, butter, eggs, and gluten free no added sugar cacao.

30G (2PC) 156 CAL, 15G FAT, 1.5G CARB, 2G FIBER, 3.7G PROTEIN



# GHRAYBIYYE

Almond flour, erythritol, monkfruit and margarine.

30G (2PC) 270 CAL, 25.6G FAT, 3G CARB, 3G FIBER, 7G PROTEIN



1 bag 3PC 2\$ 250g 10\$ 500g 18\$

OFFER: BUY 6 bags FOR 10\$ INSTEAD OF 12\$



GLUTEN  
FREE



# CREAMY CHOCO CAKE 2\$

Almond flour, erythritol, monk fruit, butter, eggs, and gluten free no added sugar cacao.

1 PC (70G) 186 cal, 18G FAT, 2G CARB, 1G FIBER, 1.5G PROTEIN



# CREAMY VANILLA CAKE 2\$

Almond flour, erythritol, monk fruit, butter, eggs,

1 PC (70G) 186 cal, 18G FAT, 2G CARB, 1G FIBER, 1.5G PROTEIN



# MUFFINS CHOCOLATE 2\$

Almond flour, erythritol, monk fruit, butter, yogurt, eggs, almond and gluten free no added sugar cacao.

1 PC (45G) 155 CAL, 13G FAT, 2.5G CARB, 2G FIBER, 5.6G PROTEIN



# MUFFINS VANILLA 2\$

Almond flour, erythritol, monk fruit, butter, yogurt, eggs and almond.

1 PC (45G) 163 CAL, 15G FAT, 2.8G CARB, 2G FIBER, 5.7G PROTEIN



# MUFFINS COCONUT 2\$

Coconut flour, shredded coconut, erythritol, monk fruit, coconut oil and eggs,

1 PC (47G) 108 CAL, 9G FAT, 1.4G CARB, 2.6G FIBER, 4.2G PROTEIN



# BROWNIES 2\$

Almond flour, erythritol, monk fruit, butter, eggs, and gluten free no added sugar cacao.

1 PC (62G) 204 cal, 17.8g Fat, 3.8g carb, 3.5g fiber, 6.4g protein



# INTENSE CHOCOLATE 2\$



Almond flour, erythritol, monk fruit, coconut oil and gluten free no added sugar cacao.

57G (1PC) 220 CAL, 20.5G FAT, 2.6G CARB, 2G FIBER, 5.4G PROTEIN



# BERRIES CAKE 2\$



Almond flour, coconut flour, erythritol, monk fruit, strawberry, lemon juice and coconut oil.

48G (1PC) 198 CAL, 19G FAT, 3G CARB, 2G FIBER, 4G PROTEIN



OFFER: BUY 5 AND GET 1 FOR FREE



## ALMOND CHOCOLATE 20\$

Cake For 8-10 pers.

Almond flour, erythritol, monk fruit, butter, yogurt, eggs, and gluten free no added sugar cacao.

1 PC (45g) 155 cal, 13g fat, 2.5g carb, 2g fiber, 5.6g protein



## ALMOND VANILLA 20\$

Cake For 8-10 pers.

Almond flour, erythritol, monk fruit, yogurt, butter and eggs,

1 PC (45g) 163 cal, 15g fat, 2.8g carb, 2g fiber, 5.7g protein



## COCONUT 20\$

Cake For 8-10 pers.

Coconut flour, erythritol, monk fruit, coconut oil, eggs,

1 PC (47G) 108 cal, 9g Fat, 1.4g carb, 2.6g fiber, 4.2g protein



## LAZY CAKE 3\$



Almond flour, erythritol, monk fruit, hazelnut, 85% dark chocolate, coconut milk, cacao gluten free unsweetened and coconut oil.

50G (1PC) 197 CAL, 19G FAT, 2G CARB, 3G FIBER, 4G PROTEIN



## KETO CAKE OF YOUR CHOICE

FOR 16 PERS 35\$



**GLUTEN  
FREE**





## CHIA COCONUT 4\$



Chia, erythritol, monk fruit, coconut milk, orange blossom water and rose water.

214g (1pc) 295 cal, 27G FAT, 5G CARB, 8G FIBER, 8G PROTEIN



## CHIA CHOCOLATE 4\$



Chia, erythritol, monk fruit, cacao gluten free unsweetened and 85% dark chocolate

192g (1pc) 172 cal, 11G FAT, 10G CARB, 7G FIBER, 4G PROTEIN

## CHEESE CAKE 4\$



Heavy cream, monkfruit, cream cheese, almond and our cinnamon keto cookies mixed with butter.

85g (1pc) 210cal, 21g fat, 2.4g carbohydrate, 1.8g fiber, 3g protein

## TIRAMISU 4\$



Heavy cream, monkfruit, cream cheese, gluten free cacao, coffee and our chocolate cake.

85g (1pc) 179 cal, 18g fat, 2.2g carbohydrate, 1g fiber, 2g protein







# GENERAL FACTS ABOUT OUR PURE & NATURAL NUT BUTTERS:

Our nut butters are made from **\*\*100% pure nuts\*\***, with no unnecessary additives. We use a special machine to grind the nuts until they naturally become buttery and smooth, releasing their oils. The only thing we add is a pinch of salt. For those who prefer a bit of sweetness, we offer the option of adding erythritol or monk fruit sweetener that won't spike blood sugar levels.

## What's Not in Our Nut Butter?

Unlike many store-bought nut butters, our product is free from harmful, processed ingredients:

- No Sugar syrup: don't have to worry about added carbs.
- No Palm Oil: which is commonly used in processed foods.
- No Ultra-Processed Ingredients: Our butters are free from colorants, preservatives, emulsifiers, and artificial flavors.

## The Benefits of our pure and natural Nut Butters:

- Rich in Healthy Fats
- High in Protein
- Packed with Nutrients/no empty calories
- Low in Carbs
- Good for Digestion



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# NUT BUTTERS



## NUTELLA 1KG 16\$

Hazelnut, cacao nibs, erythritol and gluten-free cacao unsweetened, 85% dark chocolate.

15G (1 TBSP) 90 CAL, 8G FAT, 3G CARB, 2G FIBER, 2G PROTEIN

## PEANUT BUTTER 10\$

100% Peanut roasted (salted or sweetened with erythritol)

15G (1 TBSP) 176 CAL, 8G FAT, 23G CARB, 2G FIBER, 3G PROTEIN

## CASHEW BUTTER 13\$

100% Cashew (salted or sweetened with erythritol)

15G (1 TBSP) 85 CAL, 6G FAT, 4G CARB, 1G FIBER, 2G PROTEIN

## ALMOND BUTTER 14\$

100% Almond (salted or sweetened with erythritol)

15G (1 TBSP) 85 CAL, 7G FAT, 2G CARB, 1.5G FIBER, 3G PROTEIN

## PISTACHIOS BUTTER 30\$

100% Pistachios (salted or sweetened with erythritol)

15G (1 TBSP) 90 CAL, 7G FAT, 3G CARB, 2G FIBER, 3G PROTEIN



# CHEESE CRACKERS

7\$ 250G

Almond flour, olive oil, cheddar cheese and salt.

30G(5 PC) 145CAL, 13G FAT, 3G NET CARB, 1G FIBER, 4G PROTEIN



# ZAATAR CRACKERS



7\$ 250G

Almond flour, olive oil, sesame, thyme and salt.

30G(5 PC) 141CAL, 13G FAT, 2G CARB, 3G FIBER, 4G PROTEIN



# SEEDS CRACKERS



7\$ 250G

Almond flour, olive oil, chia seeds, sunflower seeds, pumpkin seeds flaxseeds and salt.

30G (5PC) 160CAL, 14G FAT, 2G CARB, 2G FIBER, 7G PROTEIN



**GLUTEN  
FREE**







## GENERAL FACTS ABOUT OUR KETO SALAD:

Our Keto Salad is a perfect blend of fresh ingredients designed to support a ketogenic lifestyle. We use nutrient-dense ingredients like avocado, nuts, seeds, and animal-based proteins such as eggs, salmon, shrimp, meat, and chicken, ensuring you get the right balance of fats, fibre and proteins. Topped with a delicious high-fat dressing, made from traditional or vegan mayonnaise (both all-natural) or olive oil, this salad is both flavorful and satisfying.

**Here's how it benefits your body:**

- 1)**Appetite Control:** The combination of healthy fats, fiber and proteins in this salad helps keep you full for longer, reducing hunger and unnecessary snacking.
- 2)**Stable Blood Sugar Levels:** Low in carbohydrates, this keto salad helps maintain stable glycemia (blood sugar levels), preventing spikes and crashes that can lead to fatigue and cravings.
- 3)**Gluten-Free:** Our salad is naturally gluten-free, making it suitable for those with gluten sensitivities or celiac disease.
- 4)**High in Fiber:** With ingredients like greens, avocado, nuts, and seeds, our salads are rich in fiber, which aids in digestion and helps maintain a healthy gut, further enhancing satiety.



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# SALAD



## CHICKEN CAESAR 6\$



Chicken and parmesan and iceberg.

320 Cal, 43g protein, 3.4g net carbs, 15g fat

## CHEF 6\$



Boiled egg, chicken, turkey, kashksaval and iceberg.

348 Cal, 43g protein, 2.4g net carb, 18.5g Fat

## GREEK 7\$

Fetta, cucumber, cherry tomatoes, onion and olives .

262 Cal, 14g protein, 6.5g net carbs, 20g fat.

## PARMESAN KALE 6\$

Parmesan, roasted almond, cucumber, mushroom, and cherry tomatoes

424 Cal, 24g protein, 10g net carb, 32g fat

## HALLOUMI SALAD 6\$

Halloumi, cherry tomatoes, cucumber, avocado, lolo verde and rocca.

451 cal, 27 g protein, 7g net carb, 35g fat.



# AVONUTS SALAD



## **CURLY ENDIVE 6\$**

Curly endive, cherry tomatoes, cucumber, red cabbage, shredded carrots, yellow pepper, avocado and sunflower seeds.

330g, 558 Cal, 15 g carbs, 12 g protein, 50 g fat

## **CABBAGE 6\$**

Red and green cabbage, shredded carrots, coriander, fresh mint avocado and sesame seeds.

330g, 558 Cal, 15 g carbs, 12 g protein, 50 g fat

## **KALE 6\$**

Kale, cherry tomatoes, cucumber, onion , avocado and sliced almond.

330g, 558 Cal, 15 g carbs, 12 g protein, 50 g fat

## **TABBOULEH 6\$**

Parsley, tomatoes, onion avocado and pumpkin seeds.

330g, 558 Cal, 15 g carbs, 12 g protein, 50 g fat

## **ROCCA 6\$**

Rocca, cherry tomatoes, onion, avocado and walnuts.

330g, 558 Cal, 15 g carbs, 12 g protein, 50 g fat

## **FATTOUCH 6\$**

Purslane, iceberg, mint leaves, thyme, tomatoes, cucumber, radish, avocado and sliced almonds

330g, 558 Cal, 15 g carbs, 12 g protein, 50 g fat



# DRESSING



## LEMON



Freshly squeezed lemon, extra virgin olive oil, salt, and water.

70 ml, 42 Cal, 0.66 g carbs, 0.02 g protein, 4.4 g fat

100 ml, 217 Cal, 0.66 g carbs, 0.02 g protein, 19 g fat

## BALSAMIC



Balsamic vinegar, extra virgin olive oil, salt, and water.

70 ml 82 Cal, 5 g carbs, 0.11 g protein, 6 g fat

100 ml 217 Cal, 5 g carbs, 0.11 g protein, 21 g fat

## APPLE CIDER



Apple cider vinegar, extra virgin olive oil, salt, and water.

70 ml 54 Cal, 0.36 g carbs, 0g protein, 5 g fat

100 ml 189 Cal, 0.36 g carbs, 0g protein, 20 g fat

## MUSTARD



Mustard, freshly squeezed lemon, extra virgin olive oil, salt, and water.

70 ml 48 Cal, 1.12 g carbs, 1.2 g protein, 4.5 g fat

100 ml 183 Cal, 1.12 g carbs, 1.2 g protein, 19.5 g fat

## MAYONAISE



Mayonaise, freshly squeezed lemon, salt, and water.

70 ml 229 Cal, 0.2 g carbs, 0.5 g protein, 25 g fat

100 ml 324 Cal, 0.4 g carbs, 0.7 g protein, 36g fat

## TAHINI



Tahini, freshly squeezed lemon, salt and water

70 ml 140 Cal, 0.5 g carbs, 4 g protein, 12 g fat

100 ml 200 Cal, 0.8 g carbs, 6 g protein, 18 g fat

2\$ 100 ml dressing





**7g Net Carb**  
**437 kcal**  
**19g Pro**  
**37G Fat**  
**10g Fiber**

**ATAYEF**  
Peanut Butter



**6g Net Carb**  
**314 cal**  
**14g Pro**  
**26g Fat**  
**5g Fiber**

**ATAYEF**  
Knefe Bi Jebne



**7g Net Carb**  
**437 Cal**  
**12g Pro**  
**39g Fat**  
**10g Fiber**

**ATAYEF**  
Walnuts & Almonds



**GLUTEN  
FREE**

**KETO**

**NO  
SUGAR**







165 cal  
9g fat  
17g carb  
4g protein  
3g fiber

**DATE**



188 Cal  
16g fat  
3g Net carb  
8g protein  
4g fiber

**PEANUTS**



193 cal  
17g fat  
3g Net carb  
7g protein  
4g fiber

**JOZZ W LOZZ**

Almond flour,  
coconut flour,  
erythritol,  
monkfruit, butter,  
orange blossom water  
and rose water.



188 Cal  
16g fat  
3g net carb  
8g protein  
4g fiber

**PISTACHIO**

<b>MAAMOUL DATES</b>	<b>1 PC 1.2\$</b>
<b>MAAMOUL JOZZ</b>	<b>1 PC 2 \$</b>
<b>MAAMOUL PEANUT</b>	<b>1 PC 1.5 \$</b>
<b>MAAMOUL HALABI</b>	<b>1 PC 2.5 \$</b>

<b>12 PC 13\$</b>
<b>12 PC 19\$</b>
<b>12 PC 15\$</b>
<b>12 PC 24\$</b>



**GLUTEN  
FREE**



1 portion

65g

2.5 cm

3\$

1 g Net Carb  
183 kcal  
18 g Fat  
4 g Pro  
1 g Fiber



## BUCHE DE NOEL VANILLE KETO 30 CM 30\$

Almond flour, erythritol, monk fruit, butter, eggs, and peanuts.



1 g Net Carb  
183 kcal  
18 g Fat  
4 g Pro  
2 g Fiber

## BUCHE DE NOEL CHOCOLATE KETO 30 CM 30\$

Almond flour, erythritol, monk fruit, butter, eggs, and gluten free no added sugar cacao.



GLUTEN  
FREE

