



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

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

BREAD KETO



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



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



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

SANDWICH



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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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, 2PROTEIN

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) 90CAL, 7G FAT, 3G CARB, 2G FIBER, 3G PROTEIN



GLUTEN
FREE



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 CAESER 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



Savor our delicious juices with customizable dressings to suit any diet. Whether you prefer low-carb, high-fat, or another option, we have something for everyone's taste and health goals.

LEMON 1\$



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 1\$



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 1\$



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 1\$



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 2\$



Mayonnaise, 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

TTAHINI 2\$



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





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

MAAMOUL DATES 1 PC 1.2\$
MAAMOUL JOZZ 1 PC 2 \$
MAAMOUL PEANUT 1 PC 1.5 \$
MAAMOUL HALABI 1 PC 2.5 \$

12 PC 13\$
12 PC 19\$
12 PC 15\$
12 PC 24\$



**GLUTEN
FREE**



1 portion

65g

2.5 cm

3\$

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

MERRY
CHRISTMAS



BUCHE DE NOEL VANILLE KETO 30 CM 30\$

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

MERRY
CHRISTMAS



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

