



GENERAL FACTS ABOUT NUTRITAS 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 helps maintain weight loss.
- 4) Perfect alternative for those who are going gluten-free.
- 5) Best dessert to consume when you're having sugar cravings.



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



OFFER: BUY 5 AND GET 1 FOR 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



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\$



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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



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



GLUTEN
FREE





GENERAL FACTS ABOUT NUTRITAS 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: Flatbread for making pizza, mankouch, or other similar dishes. Alternatively, you can use it as wrap as sandwich.
- Preordering: You have the option to preorder the bread already opened from the kitchen, making it easier to use.

Enjoy your keto bread!

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 TO YOUR SANDWICH 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



SALAD

CHICKEN CAESER 6\$

Chicken and parmesan, are all placed upon a bed of iceberg served with lemon mayo sauce

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

CHEF 6\$

Boiled egg, chicken, turkey, and light kashkawan cheese, all placed upon a bed of rocca and iceberg served with lemon mustard sauce.

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

FETTA GREEK SALAD 7\$

Fetta, cucumber, cherry tomatoes, onion and olives served with balsamic sauce.

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

PARMESAN KALE 6\$

Parmesan, roasted almond, cucumber, cherry tomatoes all placed upon a bed of kale served with light lemon olive oil sauce.

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

HALLOUMI SALAD 6\$

Halloumi, cherry tomatoes, cucumber and avocado are all placed upon a bed of lolo verde and rocca served with light mustard sauce.

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



GLUTEN
FREE



SALAD

AVONUTS CURLY ENDIVE

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

AVONUTS CABBAGE

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

AVONUTS KALE

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

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

AVONUTS TABBOULEH

Parsley, tomatoes, onion avocado and pumpkin seeds.

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

AVONUTS ROCCA

Rocca, cherry tomatoes, onion, avocado and walnuts.

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

AVONUTS FATTOUCH

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

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

8\$ a salad



GLUTEN
FREE



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

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

MAYONNAISE

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

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



SANDWICH

TANDOORI CHICKEN 5\$

Grilled chicken, Tandoori 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.



**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



**GLUTEN
FREE**



NUTELLA 1KG 16\$

Hazelnut, cacao nibs, erythritol and GLUTEN-FREE cacao UNSWEETENED
15G (1 TBSP) 90 CAL, 8G FAT, 3G CARB, 2G FIBER, 2PROTEIN

PEANUT BUTTER 10\$

Peanut roasted (salted or sweetened with erythritol)
15G (1 TBSP) 176 CAL, 8G FAT, 23G CARB, 2G FIBER, 3G PROTEIN

CAJOU BUTTER 13\$

100% CAJOU (with or without erythritol)
15G (1 TBSP) 85 CAL, 6G FAT, 4G CARB, 1G FIBER, 2G PROTEIN

ALMOND BUTTER 14\$

100% ALMOND (with or without erythritol)
15G (1 TBSP) 85 CAL, 7G FAT, 2G CARB, 1.5G FIBER, 3G PROTEIN

PISTACHIOS BUTTER 30\$

100% PISTACHIOS (with or whitout erythritol)
15G (1 TBSP) 90CAL, 7G FAT, 3G CARB, 2G FIBER, 3G PROTEIN



GLUTEN
FREE





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**

