

# **SANDWICH & SALAD**

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## **FALAFEL SALAD 5\$ 420 CAL**

Baked Falafel, tomatoes, cucumber, radish and pickles all placed upon a bed of iceberg with sauce tahini

## **LENTIL SALAD 6\$ 437 CAL**

Lentil, almond, baked sweet potatoes, red cabbage and coriander with pomegranate sauce

## **QUNIOA TABBOULEH 5\$ 200 CAL**

Quinoa, tomatoes and parsley with lemon oil sauce

## **FATTOUCH 4\$ 145 CAL**

Tomatoes, cucumber, radish, purslane, lettuce, mint and thym with pomegranate sauce. Add keto crackers 36g 1.5\$[200 cal]

## **HUMMUS KALE 6\$ 430 CAL**

Hummus, raisin, flaxseed, pumpkin and sunflower all placed upon a bed of kale served with lemon mustard sauce.

## **ROASTED CAULIFLOWER 5\$ 350 CAL**

Baked cauliflower, cherry tomatoes, pomegranate and roasted almond with sauce tahini.

## **NINJA FRUITS**

Green Apple, pomoleo, pomegranate, kiwi, fraise are all placed upon a bed of lolo rosso served with pomegranate sauce. 7\$

## **VEGAN BURGER**

Beans patty, topped with lettuce, tomato, pickles & tahini.



# PAIN BOULE DATES

NOT AVAILABLE STAY TUNED



# PAIN BOULE MOLASSES

NOT AVAILABLE STAY TUNED



# PAIN BOULE CHOCO BANANA

NOT AVAILABLE STAY TUNED



# CAKE BERRIES VEGAN 10\$

70G (1PC) 126CAL, 5G FAT, 16G CARB, 1G FIBER, 2G PROTEIN



# CAKE CHOCO VEGAN 10\$

70G (1PC) 155CAL, 9G FAT, 14G CARB, 3G FIBER, 4G PROTEIN



# PUMPKIN CAKE VEGAN 10\$

70G (1PC) 150 CAL, 8G FAT, 1.6G CARB, 1G FIBER, 4G PROTEIN



# NAMMOURA

NOT AVAILABLE STAY TUNED



# MAAKROUN GRILLED

1\$ FOR 4PC, 4\$ FOR 250G, 8\$ FOR 500G

30G (3PC) 109CAL, 4G FAT, 18G CARB, 1G FIBER, 0.3G PROTEIN



# CRACKERS ZAATAR

5 \$ FOR 250G

30G (5PC) 121 CAL, 5G FAT, 15G CARB, 2G FIBER, 4G PROTEIN



# CRACKERS SEEDS

5\$ FOR 250G

30G (5PC) 134 CAL, 6G FAT, 15G CARB, 2G FIBER, 5G PROTEIN



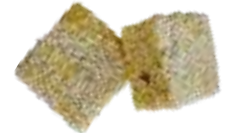
# SFOUF B DEBESS

8\$ FOR 12 PC



# SFOUF B3E2DE SAFRA

8\$ FOR 12 PC



# MEGHLE 2\$



*Savor guilt-free delight with our sugar-free, low-calorie, vegan cookies and cake ! Made with flour, erythritol, olive oil, and spices, each bite is a perfect balance of flavor and health-conscious indulgence.*



# VEGANTOX SOUP



## **PUPMPKIN SOUP**

Pumpkin, parsley, onion, hommos, carrot and tumeric.  
300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **BEETROOT SOUP**

Beetroot, celery, spinach and black beans.  
300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **CABBAGE SOUP**

Cabbage, tomatoes, coriander, onion, curry, ginger and red beans.  
300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **FLOWER SOUP**

Brocoli, cauliflower, onion, quinoa, pepper and parsley  
300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **ZUCCHINI SOUP**

Zucchini, onion, green, white beans, thyme and parsley.  
300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **AADAS BHAMOD SOUP**

Swiss chard, carrot, and lentil.  
300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

**4\$ A SOUP**



# 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

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



# GENERAL FACTS ABOUT OUR GLUTEN-FREE, VEGAN, ALL NATURAL MEALS:



Cold-pressed juices, energy balls, fruits cup and raw salads for those seeking to eat all-natural, plant-based foods without any processed ingredients. It's entirely vegan supporting the liver's natural cleansing processes. By focusing on raw fruits, vegetables, nuts, seeds, dried fruits and cold-pressed olive oil, you can help your body function better and feel more energized, all while avoiding additives, preservatives, and processed ingredients.



+961 71 760 160

# ALL NATURAL ENERGY BALLS



## RAW CACAO

CASHEWS, CACAO NIBS, DATES.

48G (2PC) 184 CAL, 8G FAT, 25G CARB, 4G FIBER, 3G PROTEIN



## RAW SESAME

SESAME, TAHINI, DATES

48G (2PC) 176 CAL, 8G FAT, 23G CARB, 2G FIBER, 3G PROTEIN



## RAW PEANUTS

PEANUTS, DATES

48G (2PC) 176 CAL, 8G FAT, 22G CARB, 2.5G FIBER, 4G PROTEIN



## RAW COCONUT

ALMOND, COCONUT, DATES

48G (2PC) 180 CAL, 8G FAT, 23G CARB, 2G FIBER, 4G PROTEIN



## RAW HAZELNUT

HAZELNUT, RAISINS, DRIED PLUMS

48G (2PC) 174 CAL, 10G FAT, 18G CARB, 2G FIBER, 3G PROTEIN



## RAW PISTACHIOS

PISTACHIO, DRIED APRICOT

48G (2PC) 187 CAL, 7G FAT, 27G CARB, 2G FIBER, 4G PROTEIN



2\$ FOR 2 PC

10\$ FOR 12 PC(1 BOX)





# COLD-PRESSED JUICES



## ORANGE RISE

Orange, tumeric and fresh giner

270 ml bottle, 116 Cal, 22 g carbs, 2 g protein, 0.54 g fat



## BEET BOOST

Orange, carrot or watermelon and beetroot

270 ml bottle, 112 Cal, 23 g carbs, 2.5g protein, 0.5 g fat



## SUPER KALE

Green Apple, Lettuce, Kale

270 ml bottle, 104 Cal, 25 g carbs, 1 g protein, 0.4 g fat



## KIWI SHOT

Kiwi, celery, cucumber and apple

270 ml bottle, 79.6 Cal, 18.73 g carbs, 0.98g protein, 0.37 g fat



## CITRUS BLISS

Orange, Ginger, Mint Leaves

270 ml bottle, 84 Cal, 18 g carbs, 2 g protein, 0.4 g fat



## LEAFY SHOT

melon, celery and cucumber

270 ml bottle, 79.6 Cal, 18.73 g carbs, 0.98g protein, 0.37 g fat

3.5\$ for a 270 ml bottle  
9\$ for 1 litre bottle



# RAWTOX SALAD



## **CURLY ENDIVE**

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

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **CABBAGE**

Red and green cabbage, shredded carrots, coriander and sesame seeds .

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **KALE**

Kale, cherry tomatoes, cucumber, onion and walnuts

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **TABBOULEH**

Parsley, tomatoes, onion and pumpkin seeds.

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **ROCCA & THYM**

Rocca, thym cherry tomatoes, onion and almond.

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

## **FATTOUCH**

Purslane, iceberg, mint leaves, thyme, tomatoes, cucumber, radish and cashew.

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

4\$ a salad



# FRUITS CUP



## POMEGRANATE CUP 2\$

200g, 132 Cal, 31 g net carbs, 11g fiber, 2 g protein, <1 g fat

## PINEAPPLE CUP 3\$

200g, 112 Cal, 29 g net carbs, 2g fiber, 1 g protein, <1 g fat

## MANGO CUP 3\$

200g, 120 Cal, 30 g net carbs, 3g fiber, 1 g protein, <1 g fat

## FRUIT SALAD 7\$

SEASONAL FRUITS

400 g, 224 Cal, 60 g net carbs, 4g fiber, 2 g protein, 1 g fat

## GUACAMOLE CUP 5\$

Avocado, coriander, tomatoes, onions and cold-pressed olive oil

200g, 330 Cal, 10 g net carbs, 15g fiber, 4 g protein, 30 g fat

# SMOOTHIES



COMING SOON....