



**BEIRUT**

Lebanese Foods

**CATALOGUE**

Flagship



# LITTLE STORY

**Where** every flavor tells a story  
**From** vibrant streets of **Beirut** to the towering  
cedars of **Lebanon**, Lebanese products is a riot-  
ous blend of **Middle Eastern** flavors, exotic  
spices, and **Mediterranean** charm



*Adding Lebanese Flavors to Your Life*



# OUR GOAL IS TO BECOME A “ RESPECTED LEADER IN MEDITERRANEAN FOOD PRODUCTION ”

Beirut Lebanese Foods aspires to become a respected leader in Mediterranean food production, offering high-quality, all-natural products that celebrate the region's vibrant flavors and prioritize health.

## EXPERTISE

### Lebanese

with a long legacy in the Lebanese Market.  
Today, our name has become synonymous with  
Lebanese cuisine.

### Experts In Lebanese Specialties

Born out of a love for our culinary heritage,  
we have established ourselves as experts in the Lebanese table.

### Quality and Safety

Our products are prepared using the finest ingredients, the highest food standards, and the best and latest technologies to ensure top quality and safety.

### Brand Equity and Loyalty

As a fierce leader in the Lebanese market, we aim to gain equity strength and more recognition within the food industry regionally and internationally.

WE STRIVE TO USE FRESH, LOCAL INGREDIENTS, MINIMIZE PROCESSING FOR  
MAXIMUM TASTE, AND OFFER NATURALLY HEALTHY OPTIONS, ALL WHILE  
MAINTAINING UNWAVERING QUALITY STANDARDS IN EVERY BITE.

# LEADING IN **QUALITY**



Continuously emphasize  
our products quality and  
safety

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Meet our customer's  
expectations and satisfactions

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Exceed national and  
international requirements

## “Beirut Lebanese Foods”

# GUARANTEE

### Quality Assurance

Ensure that our products adhere to a set of local and international quality standards.

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All products undergo all required physical, chemical, microbiological and organoleptic tests before any release to the market.

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Monitor productions run at our production unit's premises.

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Audit and monitor productions run at our production unit's premises.

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Ensure that all labels comply with international labeling regulations.





# DIPS & BEANS

## COLLECTION

Lebanese gastronomy is considered to be the most popular of all Middle Eastern cuisine. Beirut Lebanese Foods offers you a complete and varied range of Lebanese specialties that represent the famous and authentic mezze, including the star Hummus and Baba Ghannouge dishes.

Also we offers a full line of canned beans to suit consumers wide-ranging needs and variable regional tastes. We have developed a full line of ready-to-eat Fava bean recipes to suit the local taste of the many Countries we serve.





## HUMMUS TAHINA

ready to eat

Hummus Tahina is undoubtedly the best mezze dish in Lebanese cookery.

This ready to eat Lebanese recipe offers you all the taste of chickpeas mixed with tahina, lemon juice and garlic. Just drizzle olive oil and savor it.

**Lebanese traditional recipe**

Origin: Lebanon | Net Weight: 180 g, 400 g, 850 g

## BABA GHANNOUGE MOUTABBAL BATENJEN EGGPLANT DIP

ready to eat

The authentic charm of our Baba Ghannouge – a true taste of the Mediterranean. Crafted from perfectly roasted or grilled eggplants, blended to velvety perfection with tahini, olive oil, lemon juice, garlic, and seasonings. True Lebanese recipe and ready to eat!

**Authentic flavor of Roasted eggplant**

Origin: Lebanon | Net Weight: 180 g, 400 g, 850 g



## FOUL MOUDAMMAS COOKED FAVA BEANS

in brine

A famous dish in Middle Eastern cuisine, Foul Moudammas is traditionally savored for breakfast. Just season these carefully-cooked fava beans with lemon juice, olive oil, and crushed garlic. Serve hot with Arabic bread.

**Lebanese traditional recipe**

Origin: Lebanon, UAE, Egypt | Net Weight: 400 g, 860 g





## FOUL MOUDAMMAS LEBANESE RECIPE

ready to serve

Foul Moudammas is a delicious typical Lebanese dish, prepared using fava beans and chickpeas. Just season these carefully-cooked fava beans and chickpeas with lemon juice, olive oil, and crushed garlic, and serve warm with Arabic bread.

**Authentic flavor of Lebanese Foul**

Origin: Lebanon, UAE, Egypt | Net Weight: 400 g

## FOUL MOUDAMMAS EGYPTIAN RECIPE

ready to serve

Foul Moudammas, an Egyptian recipe, is delicately spiced with cumin, ready to serve, just season these carefully cooked fava beans with lemon juice, olive oil, and crushed garlic. Serve hot.

**Authentic flavor of Egyptian Foul**

Origin: Lebanon, UAE, Egypt | Net Weight: 400 g



## FAVA BEANS WITH CHICKPEAS

in brine

Carefully-selected cooked Fava Beans with Chickpeas. Just season with lemon juice, olive oil, and crushed garlic. Serve warm with Arabic bread. For a distinctive flavor, sprinkle a pinch of cumin.

**Lebanese traditional recipe**

Origin: Lebanon, UAE, Egypt | Net Weight: 400 g



## FOUL MOUDAMMAS HOT RECIPE

in brine

A hot and spicy Foul Moudammas dish that will leave you longing for more. Just season these carefully cooked fava beans with lemon juice, olive oil, and crushed garlic. Serve warm with Arabic bread.

**Lebanese traditional recipe**

Origin: Lebanon | Net Weight: 400 g

## WHITE BEANS

ready to eat

White Beans are one of those invigorating vegetables packed with nutrients. They can be boiled in soups and stews or mixed with rice or other grains. White beans make for nutritious, wholesome and exquisite Middle Eastern meals. Just add olive oil, lemon juice, crushed garlic and a pinch of salt and enjoy it warm.

**Authentic flavor**

Origin: Lebanon | Net Weight: 400 g



## RED KIDNEY BEANS

in brine

Rich in protein, Red Kidney Beans are well-liked for their sweet flavor and light texture. These dried beans are some of the most frequently eaten types of beans in the world. They are perfect in salads and a variety of Mexican dishes. Just drain and use it as part of your favorite recipes.

**Lebanese traditional recipe**

Origin: Lebanon | Net Weight: 400 g







## BROAD FAVA BEANS BAJELLA

in brine

Carefully cooked Broad Fava Beans in brine seasoned with lemon juice, salt, crushed garlic, and olive oil. Enjoyed with Arabic bread.

**Lebanese traditional recipe**

Origin: Lebanon | Net Weight: 400 g

## CHICKPEAS

In Brine

High in fiber and protein, Chickpeas, also known as garbanzo beans, are ideal for cooking the famous Lebanese Fatteh or the Chickpea salad known as Balila, or enjoy it as is by adding olive oil, lemon juice, salt, cumin and crushed garlic. The seeds are a good source of iron, phosphorus, and folic acid.

**Authentic flavor**

Origin: Lebanon | Net Weight: 400 g



## PEELED FAVA BEANS

in brine

Peeled Fava Beans is a stew of cooked fava beans served with vegetable oil, cumin, and optionally with chopped parsley, garlic, onion, lemon juice, chili pepper, other vegetables, herbs, and spices.

**Lebanese traditional recipe**

Origin: Lebanon | Net Weight: 400 g







# HALAWA & TAHINI

## COLLECTION

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Tahina, or sesame paste, a major ingredient in Lebanese cuisine, is a main component used to prepare the famous Lebanese and Mediterranean dishes.

Mix it with Carob molasses for a delicious and healthy lebanese villages dessert. Tahini is also used it to make your favorite hummus, mutabbal, baba ganouj, etc.. or to prepare tarator sauce for the falafel, shararma, or fried fish sandwiches.

also offers you a range of specialty sweets for anyone with a sweet tooth. Tahini Halva is a sweet confection that is wildly popular across the Middle East. It's is made from sesame paste (tahini) and has a distinctively flaky, crumbly texture and sweet nutty flavor that is just a delight to eat.



## LEBANESE TAHINA

Major ingredient in Lebanese cuisine, is a main component used to prepare the famous Hummus.

*Stone ground (the traditional way)*

*No whitening agent*

*Made from 100% Gadaref sesame seeds*

Origin: Lebanon | Net Weight: 227 g, 454 g, 908 g, 4.5 kg, 7 kg, 18kg







# TRADITIONAL HALAWA

Helva

A rich dessert made with tahini, sugar and halawa extract. Made with 100% pure sesame seeds tahini Traditional Recipe

Traditional Lebanese dessert

Origin: Lebanon

Net Weight: 454 g, 908 g, 400g, 800g, 2.5kg, 5kg

# PISTACHIO HALAWA

Helva

Delicious traditional Halawa prepared with Pistachios. Made with 100% pure sesame seeds tahini Traditional Recipe

Traditional Lebanese dessert

Origin: Lebanon

Net Weight: 454 g, 908 g, 400g, 800g, 2.5kg, 5kg



# CHOCOLATE HALAWA

Helva

Delicious traditional Halawa prepared with Chocolate powder. Made with 100% pure sesame seeds tahini Traditional Recipe

Traditional Lebanese dessert

Origin: Lebanon

Net Weight: 454 g, 908 g, 400g, 800g, 2.5kg, 5kg



# Experience The Oriental Taste Of Lebanese Butter Halva Delicious Spread

## ORIENTAL DELICACY MADE IN LEBANON

Peanut butter, cocoa butter, almond butter, step aside! Make room for a sublime delicacy, super famous in Balkans, Middle Eastern, and Mediterranean countries!

Relish the real taste of Lebanese tahini halva in your mouth, now with an innovative touch brought by

“Beirut Lebanese Foods” a super creamy tahini paste, fun, and super easy to spread. Straight from the jar or on a slice of bread, the Halva’s dense yet healthy sweetness is excellent for snacks, dessert or breakfast!

## UNIQUE, CREAMY TEXTURE – GET DIPPING!

While the Halva’s consistency is usually hard & brittle – a bit difficult to handle, "Beirut Lebanese foods" challenged its granular crumbliness - we turned it into a super soft, creamier yet dense and smoothly spreadable butter while preserving its potent tastiness.

Origin: Lebanon | Net Weight: 300g. 400g







# MOLASSES

## COLLECTION

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Grape, Carob, and Date molasses are savored in Middle Eastern cuisine either as a natural sweetener or as a dip with sesame paste also known as Tahina.

Pomegranate, Sumac and Sour Grape Molasses is a premium molasses from Lebanon that is used primarily in Mediterranean and Middle Eastern cooking. Molasses is often used to add complexity to the flavors of meats such as chicken or lamb.

Our molasses is a unique combination of sweet and sour that can also be used to flavor grains and salads. You can even drizzle this thick syrup over French toast or a bowl of ice cream for a luxurious dessert dish.





## POMEGRANATE MOLASSES

Our world famous concentrated pomegranate molasses. Make your salad and cuisine taste delicious with our freshly harvested Lebanese pomegranate. Can be used in dressings, marinades, dips, soups, stews, stir fries, and much more

**Traditional Lebanese Molasses**  
Vegan and Gluten free.

Origin: Lebanon

Net Weight: 250ml, 300ml, 500ml, 500ml (squeeze), 3000ml

## SUMAC MOLASSES

Our all new concentrated and luxurious sumac molasses. Give a new dimension to your cuisine by adding it to savory and sweet dishes. Can be used in fattoush, kebabs, dressings, marinades, meat and chicken accompaniment, and desserts...

**Traditional Lebanese Molasses**  
Vegan and Gluten free.

Origin: Lebanon

Net Weight: 250ml, 300ml, 500ml, 500ml (squeeze), 3000ml



## SOUR GRAPE MOLASSES

Sour grape molasses, also known as verjuice, used in Middle Eastern cuisine is a syrup made from unripe or underripe grapes. It's the perfect ingredient that adds flavor to your sauces, marinades, and stews.

**Traditional Lebanese Molasses**  
Vegan and Gluten free.

Origin: Lebanon

Net Weight: 250ml, 300ml, 500ml, 500ml (squeeze), 3000ml





## CAROB MOLASSES

Carob molasses is a sweet syrup made from the pulp of the carob tree's pods. It is used as a natural sweetener and has a mild, slightly sweet flavor. You can substitute Tahini with carob molasses for a healthier meal!

**Traditional Lebanese Molasses**  
Vegan and Gluten free.

Origin: Lebanon  
Net Weight: 330g, 800g, 450g

## DATE MOLASSES

Date molasses is a traditional staple ingredient in the Lebanese pantry, that has been traditionally used as a healthy and delicious ingredient. Date molasses has become very popular worldwide and has been used as an alternative to processed and refined sugars.

**Traditional Lebanese Molasses**  
Vegan and Gluten free.

Origin: Lebanon  
Net Weight: 330g, 800g, 450g



## GRAPE MOLASSES

Grape Molasses is an ancient food made with reduced grape must that can be mixed with tahina and served with Arabic bread. It is thought to be one of the first sweeteners before cane sugar and honey were introduced in the Middle East and Mediterranean regions.

**Traditional Lebanese Molasses**  
Vegan and Gluten free.

Origin: Lebanon  
Net Weight: 330g, 800g, 450g







# FLORAL WATERS

## COLLECTION

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Discover the enchanting essence of premium Floral Water, your multipurpose solution to culinary and cosmetic needs.

Perfect for adding a delicate floral touch to drinks, desserts, and dishes, this high-quality floral water also serves as a natural skincare elixir. Soothe skin irritations, reduce redness, and enhance your mood with just a few drops.

Dive into the world of health and beauty benefits with Our Floral Water.





## ROSE WATER

Traditionally made by steeping rose petals in water, Rose Water has been used for centuries to flavor many desserts and dishes.

It is also used outside the kitchen, as a natural facial toner. Use rose water to flavor your dairy-based desserts (panna cotta, rice pudding, etc.), oriental sugar syrup (qater), ice creams/sorbets, cakes, drinks and fruit salad.

**Traditional Lebanese flavors**

**Preservatives free**

**Origin:** Lebanon

**Net Weight:** 250ml, 300ml, 500ml

## ORANGE BLOSSOM WATER

Blossom Water offers a unique blend of subtle fragrance and tangy taste, making it an exceptional addition to pastries, sweets, and your daily breakfast..

Orange blossom is exactly how the Lebanese coast smells during spring time.

Upgrade your fruit salads with a couple of drops.

**Traditional Lebanese flavors**

**Preservatives free**

**Origin:** Lebanon

**Net Weight:** 250ml, 300ml, 500ml





# JAMS

## COLLECTION

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From the lush and rich lands of Lebanon, ideally harvested for an ideal flavor profile





## MULBERRY JAM

Using only the best quality of fresh black mulberries harvested at full maturity, our mulberry jam is traditionally prepared in a way to ensure the best home-made taste you can get. It has a sweet and slightly tangy taste, It is perfect to spread on breads, in sandwiches, as a topping or in preparing desserts.

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

Origin: Lebanon

Net Weight: 370g, 800g, 5kg

## STRAWBERRY JAM

Our strawberry jam has a sweet, bright tangy and beautifully aromatic taste. It is the quintessential accompaniment to a delicious breakfast. Spread with some butter on warm crispy bread, this jam is a sweet reminder of our childhood memories.

Our strawberries have a strong balance of tartness and mouth-watering sweetness.

Strawberry Jam is ideal for home-made cheesecakes, apple crumb pies, tarts...

**Traditional Lebanese Jams**

**Freshly Packed**

Origin: Lebanon

Net Weight: 370g, 800g, 5kg



## APRICOT JAM

This jam is made with one of the most popular summer fruits, apricot. Apricot boasts the perfect balance of tartness and sweetness, wrapped in its characteristic velvety skin. The most obvious place for apricot jam is with toast for a tasty breakfast, but it is also the perfect complement for white cheese, yogurts and brioche, or can be used in desserts and pastries

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

Origin: Lebanon

Net Weight: 370g, 800g, 5kg







## FIG JAM WITH SESAME

Fig Jam is one of our all-time favorites! Prepared with sesame seeds that give it a mouth-watering flavor, this jam is best Enjoy it on toast, in smoothies, cheese and crackers or add it as a topping over ice cream or your favorite dessert.

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

**Origin:** Lebanon

**Net Weight:** 370g, 800g, 5kg

## MASHED FIG JAM

Our Mashed fig jam is made using traditional techniques that elevate the flavors of figs. Indulging in this jam takes you to a trip to the Northern Lebanese mountains. It is raw, authentic and fulfilling.

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

**Origin:** Lebanon

**Net Weight:** 370g, 800g, 5kg



## CHERRY JAM

Our cherry jam is made with locally sourced fruit that captures the taste of summer in a jar. Enjoy it on toast, in smoothies, cheese and crackers or add it as a topping over ice cream or your favorite dessert.

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

**Origin:** Lebanon

**Net Weight:** 370g, 800g, 5kg





## PUMPKIN JAM

Using only the best quality of fruits to produce our jams, Our homemade pumpkin jam is made of fresh homegrown pumpkins, water and sugar.

It's sweet and has a golden color and a thick texture.

It is perfect to spread on breads, in sandwiches, as a topping or in preparing desserts

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

**Origin:** Lebanon

**Net Weight:** 370g, 800g, 5kg

## ROSE JAM

Rose petals are carefully hand-picked to produce this intensely aromatic and floral rose jam.

The rose petals is the base of this gourmet jam.

Its fine sweet fragrance is perfectly captured in this product. Rose petal jam pairs perfectly well with oriental sweets or drizzled on top of yoghurts, ice-creams and milk puddings.

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

**Origin:** Lebanon

**Net Weight:** 370g, 800g, 5kg



## ORANGE BLOSSOM JAM ZAHRA AL LAYMOUN

Orange blossom flower are carefully hand-picked to produce this intensely aromatic jam.

Its fine sweet fragrance is perfectly captured in this product.

Candied petals of orange flowers to decorate the oriental sweet, or drizzled on top of yoghurts, ice-creams and milk puddings.

**Traditional Lebanese Jams**

**Freshly Packed**

100% natural, free from artificial colorings, preservatives and flavors.

**Origin:** Lebanon

**Net Weight:** 370g, 800g, 5kg







# PICKLES

## COLLECTION

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From the lush and rich lands of Lebanon, ideally harvested for an ideal flavor profile

Beirut Lebanese Foods pickles category are made using premium quality vegetables and conserved with the best processing techniques to ensure their freshness and natural taste.

Different types of pickles as cucumbers, mixed pickles, hot pepper... are chosen to marry deliciously with types of Lebanese dishes as falafel, kebbe... And perfect In Lebanese sandwiches like shawerma, tawook, sausages...



## PICKLED WILD CUCUMBER

mokti

Crunchy Pickled Wild Cucumbers, also referred to as Mokti, are perfect in sandwiches, salads, and side dishes.

Traditional Lebanese pickles

Freshly Packed

*Natural ingredient (vinegar instead to acetic acid)*

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.

## PICKLED CUCUMBER

Crunchy Pickled Cucumbers are perfect in sandwiches, salads, and side dishes.

Traditional Lebanese pickles

Freshly Packed

*Natural ingredient (vinegar instead to acetic acid)*

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.



## Pickles Mixed

A mix of pickled wild cucumbers, cucumbers, carrots, cauliflower, and sweet pepper. A diverse and flavorful side dish!

Traditional Lebanese pickles

Freshly Packed

*Natural ingredient (vinegar instead to acetic acid)*

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.







## PICKLED PEPPER PEPERONCINI

Peperoncini are milder than other chili pepper varieties; they carry a slight heat and pleasing sweetness with a hint of bitterness.

Commonly pickled, peperoncini makes an essential addition to traditional antipasti platters with pickles, olives...

They're the perfect way to add delicious, peppery flavor to your signature dishes without overpowering your other ingredients!

**Traditional Italy and Greece pickles**

**Freshly Packed**

**Natural ingredient**

**Vegan and Gluten free.**

**Origin:** Lebanon (Italy and Greece Seeds)

**Net Weight:** 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.

## PICKLED PEPPER CASCABELLA

Cascabella peppers are hot wax-type pods with a conical. These thick walled peppers mature in color from yellow to orange, then red when fully ripe.

Most cascabellas are consumed when they are yellow, and often pickled. You'll often find them in homemade hot sauces and salsas.

The flavor profile of Cascabella peppers is fruity with a hint of sweetness, with a subtle aroma and flavor, similar to sweeter bell peppers with some spicy heat.

**Traditional Mexico pickles**

**Freshly Packed**

**Natural ingredient**

**Vegan and Gluten free.**

**Origin:** Lebanon (Seeds of Cascabella Chili originates from Mexico)

**Net Weight:** 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.



## PICKLED PEPPER JALAPEÑO

Pickled Pepper is a perfect ingredient that accompanies your sandwiches, salads, and side dishes.

It can be consumed alone or as a side meal.

**Traditional Lebanese pickles**

**Freshly Packed**

**Natural ingredient (vinegar instead to acetic acid)**

**Vegan and Gluten free.**

**Origin:** Lebanon (Seeds of jalapeño Chili originates from Mexico)

**Net Weight:** 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.





## PICKLED PEPPER HORN DE GAZELLE

Pickled Pepper is a perfect ingredient that accompanies your sandwiches, salads, and side dishes.

You can eat them with pretty much anything.

we love them with a falafel sandwich, a fuul (fava beans and chickpeas) breakfast.

Traditional Lebanese pickles

Freshly Packed

Natural ingredient

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.

## PICKLED PEPPER YELLOW AUSTRALIA

Pickled Pepper is a perfect ingredient that accompanies your sandwiches, salads, and side dishes.

It can be consumed alone or as a side meal.

Traditional Lebanese pickles

Freshly Packed

Natural ingredient (vinegar instead to acetic acid)

Vegan and Gluten free.

Origin: Lebanon (Australian Seeds)

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.



## PICKLED CORNISHON

French Gherkins

Experience the authentic taste of France with

our Pickled Cornichons. These tart French pickles, made

from crisp gherkins and seasoned with vinegar and tarragon,

are the ideal complement to pâtés and cold cuts.

Each bite brings a burst of flavor, enhancing your meal or snack time.

Traditional French pickles

Freshly Packed

Natural ingredient (vinegar instead to acetic acid)

Vegan and Gluten free.

Origin: Lebanon (Authentic French recipe)

Net Weight: 625g-22 oz, 1000g-35 oz







## PICKLED TURNIPS

### Lefet

Crunchy Pickled Turnips, also referred to as Lefet, are perfect in sandwiches, salads, and side dishes.

Traditional Lebanese pickles

Freshly Packed

*Natural ingredient (vinegar instead to acetic acid)*

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.

## PICKLED RED CABBAGE

Our pickled red cabbage is a crunchy and flavourful side dish that adds a pop of colour and taste to any meal. Made with fresh red cabbage, vinegar, sugar, and a blend of spices, this pickled cabbage is a classic recipe that has been enjoyed for generations

Traditional Lebanese pickles

Freshly Packed

*Natural ingredient (vinegar instead to acetic acid)*

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.



## PICKLES VINE LEAVES

These premium-grade Vine leaves are preserved in water with a hint of salt and citric acid for optimal freshness and flavor.

Can be added to soups, stews, rice dishes.

Can be stuffed with rice and meat or with rice and herbs for a vegan version.

Traditional Lebanese pickles

Freshly Packed

*Natural ingredient (vinegar instead to acetic acid)*

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.





## PICKLES AMBA MILD IRAQI STYLE

Amba or anba is a tangy mango pickle condiment of Baghdadi origin. It is typically made of pickled includes a variety of vegetables mixed with aromatic spices, vinegar, and amba (mango) spices. A delicious secret ingredient that can be used in sauces, stews, and more.

**Traditional Iraqi pickles**  
**Freshly Packed**  
*Natural ingredient*  
**Vegan and Gluten free.**

**Origin:** Lebanon (Iraq Najaf Pickles Recipe)

**Net Weight:** 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.

## PICKLED AMBA CHILI IRAQI STYLE

Amba or anba is a tangy mango pickle condiment of Baghdadi origin. It is typically made of pickled includes a variety of vegetables mixed with aromatic spices, vinegar, and amba (mango) hot spices. A delicious secret ingredient that can be used in sauces, stews, and more.

**Traditional Iraqi pickles**  
**Freshly Packed**  
*Natural ingredient*  
**Vegan and Gluten free.**

**Origin:** Lebanon (Iraq Najaf Pickles Recipe)

**Net Weight:** 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz



## PICKLES AMBA MOLASSES, IRAQI STYLE

Iraqi Najaf Pickles With Molasses is a blend of mixed vegetables that have been preserved in Date vinegar and molasses. It has been blended with aromatic and flavourful Iraqi spices, including garlic. this is a popular accompaniment to many Eastern cuisine dishes. Add a unique flavour and taste to your meals.

**Traditional Iraqi pickles**  
**Freshly Packed**  
*Natural ingredient (vinegar instead to acetic acid)*  
**Vegan and Gluten free.**

**Origin:** Lebanon (Iraq Najaf Pickles Recipe)

**Net Weight:** 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz







## LUPINE IN BRINE

### Tormos

Enjoy the legacy of Mediterranean snacking with Lupine in Brine. This traditional snack, now packed with convenience and quality, brings you a rich source of proteins and dietary fibers. Perfect for health-conscious individuals, it serves as a nutritious snack that can be enjoyed any time of the day.

Traditional Lebanese pickles

Freshly Packed

Natural ingredient

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz

## GARLIC PICKLE

Discover the intriguing world of pickled garlic, where each jar promises a journey from sharpness to a mellow and even slightly sweet adventure. Unlike its raw counterpart, Pickled Garlic, preserved in vinegar, transforms your culinary experiences. Ideal for adding a burst of unique flavor to meals or savoring straight from the jar.

Traditional Lebanese pickles

Freshly Packed

Natural ingredient (vinegar instead to acetic acid)

Vegan and Gluten free.

Origin: Lebanon

Net Weight: 625g-22 oz, 1000g-35 oz, 3000g-6 lbs 10 oz, and 17kg-37 lbs.





# OLIVE OIL

## COLLECTION

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Olives, those little emerald (or sometimes black) gems, are a cornerstone of the Mediterranean diet and a versatile ingredient enjoyed worldwide. But beyond their simple appearance lies a world of variety, culinary uses, and health benefits waiting to be discovered.



## EXTRA VIRGIN OLIVE OIL

Cold pressed Extra-Virgin Olive Oil from the north of Lebanon  
Made from 100% Lebanese olives. Vegan, Gluten Free and Preservatives Free.

Freshly harvested and cold presses in the Northern region of Lebanon.

An unrivaled dietary staple in the Mediterranean region. A healthy oil for a healthier lifestyle. Ample benefits ranging from improving heart health to having anti-inflammatory properties

The delicious taste of the humble olive tree, for salad dressings, cooking, and endless other uses in your kitchen

**Traditional Lebanese Molasses**

**Vegan and Gluten free.**

**Origin:** Lebanon

**Net Weight:** 250ml, 500ml, 750ml, 1000ml (square Bottle)  
250ml, 500ml, 750ml, 1000ml (ALfiyi Bottle)







## THE LEBANESE CUISINE

A unique cultural history has helped to make Lebanese food the most popular of all Middle Eastern cuisines. For most of its past, Lebanon has been ruled by foreign powers that have influenced the types of food the Lebanese ate.

The Lebanese diet focuses on **herbs**, **spices**, and fresh ingredients, relying less on heavy sauces. Mint, parsley, oregano, garlic, allspice, nutmeg, and cinnamon are the most common seasonings. Bread, a staple food in Lebanon, is served with almost every meal, most often as a loaf of flat bread, or pita. It is so crucial to the Lebanese diet that some Arabic dialects refer to it as “esh”, meaning “life.”

The national dish, kibbeh, consists of a ground lamb and cracked wheat paste, similar to paté. Kibbeh was originally made by harshly pounding the lamb and kneading in the **spices** and wheat.

Mezze, a variety of flavorful hot and cold dishes, is another important part of the Lebanese diet.

As many as forty small dishes are presented at once as either appetizer or as a meal itself. **Hummus** (chickpea, sesame seed, and garlic paste), rice and meat wrapped in **grape leaves**, mashed **beans**, hot and cold salads, grilled seafood and meats (including kebabs, cooked cubes of lamb, peppers, and onions), and **pickled vegetables** are most popular. Lebanese meals are rarely served in courses but presented all at once. Tabbouleh (a salad made with cracked **wheat**) and mujaddara (a **lentil** and **rice** dish) are also widely consumed.





## Traditional Lebanese foods

**Hummus** is a popular creamy Lebanese dish made from chickpeas, tahini, lemon juice, olive oil, and garlic. It is nutritious, very much satisfying and remarkable in taste. It is a common home-made dip or appetizer, which is served with a platter of vegetables or bread such as pita in Lebanese cuisine. It is also served as an accompaniment along with grilled chicken, eggplant, fish, or falafel.

Tabbouleh is a wholesome vegetarian salad made by combining bulgur, tomatoes, onions, mint, parsley, and garlic and seasoned with olive oil, lemon juice, and salt. It was a part of the mezze palate traditionally, but now it has become a popular middle-eastern food representing their culture.

**Foul Moudammas** was originally a peasant food, but later developed into a national dish. Now, it is also a popular Lebanese street food and in restaurants it is served as a mezze. The fava beans used in the preparation is available in various types like small, large and middle-sized, which are all used to make Foul Moudammas.

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