



# Trazza Fine Lebanese Food

TRADITIONAL. FRESH. FAMILY. LOCAL.

Created in 2011, Trazza Fine Lebanese Food is a family owned and operated company founded on the tradition of service to others. We are just as passionate about our customers as we are about the food we produce, and we are committed to creating food that is as good for you as it is good to eat!



**Our Vision** has always been to enable shoppers and food enthusiasts to buy fresh, all natural, authentic Lebanese cuisine at their local grocery store, and to supply local universities, hospitals and companies with healthy options for their cafeterias.




**Our Mission** is to delight our customers with unparalleled taste and the highest quality of products, delivered with a sense of warmth, friendliness, individual pride, passion and company spirit.

**Our Promise** is to provide our customers with only healthy, fresh 100% natural ingredients without any added artificial flavors or preservatives, so they can experience the rich flavors of authentic Lebanese food the way it was meant to be tasted.

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# Bulk




	<p><b>Flavored Hummus</b></p> <p>A smooth and creamy blend of garbanzo beans, tahini, garlic, and lemon. Flavors Available: Original, Cilantro Lime, Dill, Kalamata Olive, Cilantro/Jalapeno, Pesto, Roasted Garlic /Chive, Roasted Red Pepper Chipotle, Pomegranate Molasses, Spinach Artichoke, and Sundried Tomato Basil.</p>	<p><b>Ingredients</b></p> <p>Ingredients vary by flavor.</p>	<p><b>Nutritional Facts</b></p> <p>Nutrition values vary by flavor.</p>
	<p><b>Falafel with Garlic Tahini</b></p> <p>Falafel is a deep fried vegetarian “fritter” often served along with garlic tahini sauce or hummus.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Fava Beans, Cilantro, Parsley, Onion, Potato, Garlic, Sea Salt, Spices, Baking Powder, Non-GMO Rice Oil), Tahini Sauce (Ground Sesame, Garlic, Water, Non-GMO Citric Acid, Sea Salt)</p>	<p><b>Nutritional Facts</b></p> <p>Size 1 piece (35g) and 1 oz. (28g), Servings: 4/2.5, Amount per serving:          Calories 205, Fat Cal. 117, Total Fat 16g (19%DV), Sat. Fat 2g (10%DV), Trans Fat 0g, Cholest. 0mg, Sodium 75mg (31%DV), Total Carb. 20g (7%DV), Fiber 4g (16%DV), Sugars 1g, Protein 8g (16%DV), Vitamin A (11%DV), Vitamin C (11%DV), Calcium (7%DV), Iron (14%DV).          Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Pomegranate Mint Mihshi</b></p> <p>In Greece, stuffed grape leaves are often referred to as dolmas. In Lebanon they are called mihshi, which literally means “stuffed”. Our pomegranate mint mihshi are unique and delectable vine leaves stuffed with pomegranate molasses imported from Lebanon, and lots of fresh ingredients. They are also vegan and gluten free.</p>	<p><b>Ingredients</b></p> <p>Grape Leaves, Rice, Tomato, Onion, Green Bell Pepper, Red Bell Pepper, Parsley, Mint, Non-GMO Rice Oil, Lemon, Pomegranate Molasses, Tomato Paste (Organic Tomatoes), Spice, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 3.5 pieces (113g), Servings: 2, Amount per serving:          Calories 167, Fat Cal. 153, Total Fat 17g (26%DV), Sat. Fat 3g (15%DV), Trans Fat 0g, Cholest. 0mg, Sodium 373mg (16%DV), Total Carb. 4g (1%DV), Fiber 2g (8%DV), Sugars 3g, Protein 1g (2%DV), Vitamin A (8%DV), Vitamin C (8%DV), Calcium (3%DV), Iron (5%DV).          Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>



	<p><b>Mjadra</b></p> <p>Traditional rice and beans. Made with lentils, basmati rice, caramelized onion and spices. Now packaged in grab and go size.</p>	<p><b>Ingredients</b></p> <p>Non-GMO Basmati Rice, Non-GMO Lentil, Water, Onions, Sea Salt, Spices, Non-GMO Canela Oil</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 1 container (227g), Servings: 1, Amount per serving: Calories 300, Total Fat 5g (7%DV), Sat. Fat 1 g (4%DV), Trans Fat 0g, Cholest. 0mg, Sodium 970mg (40%DV), Total Carb. 52g (19%DV), Fiber 9g (33%DV), Sugars 6g, Protein 12g, Vitamin D (0%DV), Calcium 50mg (4%DV), Iron 20mg (0.6%DV), Potassium 550mg (10%DV).</p>
	<p><b>Sliced Pita – Fresh, Baked or Fried</b></p> <p>White pita bread is a great compliment for any meal, containing only four ingredients it makes the perfect bread.</p>	<p><b>Ingredients</b></p> <p>Ingredients vary by variety.</p>	<p><b>Nutritional Facts</b></p> <p>Nutritional values vary by variety.</p>
	<p><b>Tabouleh</b></p> <p>Tabouleh is an authentic blend of fresh parsley, tomato, bulgur, and onions – drizzled to perfection with lemon juice and olive oil. Gluten free version available.</p>	<p><b>Ingredients</b></p> <p>Parsley, Tomato, Onion, Bulgur (Wheat), Fresh Mint, Lemon (Lemon Juice), Olive Oil, Sea Salt, Spice</p>	<p><b>Nutritional Facts</b></p> <p>Size 3.75 oz. (112g), Servings: 2, Amount per serving: Calories 95, Fat Cal. 54, Total Fat 6g (9%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (8%DV), Total Carb. 7g (2%DV), Fiber 0g, Sugars 0g, Protein 2g (4%DV), Vitamin A (45%DV), Vitamin C (73%DV), Calcium (3%DV), Iron (9%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Gluten Free Tabouleh</b></p> <p>Tabouleh is an authentic blend of fresh parsley, tomato, quinoa, and onions – drizzled to perfection with lemon juice and olive oil.</p>	<p><b>Ingredients</b></p> <p>Parsley, Tomato, Onion, Quinoa, Lemon (Lemon Juice), Fresh Mint, Olive Oil, Sea Salt, Spice</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 3.75 oz. (112g), Servings: 2, Amount per serving: Calories 95, Fat Cal. 54, Total Fat 6g (9%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (8%DV), Total Carb. 7g (2%DV), Fiber 0g, Sugars 0g, Protein 1g (2%DV), Vitamin A (45%DV), Vitamin C (73%DV), Calcium (3%DV), Iron (9%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>

	<p><b>Baba Ghanooj</b></p> <p>Dip it, spread it, spoon it – however you eat it, our Baba Ghanooj is tasty and versatile. It’s also full of good nutrients, so you can eat guilt free!</p>	<p><b>Ingredients</b></p> <p>Eggplant, Tahini (Ground Sesame), Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 4 oz. (113g), Servings: 2, Amount per serving: Calories 142, Fat Cal. 82, Total Fat 9g (14%DV), Sat. Fat 1g (6% DV), Trans Fat 0g, Cholest. 0mg,</p> <p>Sodium 352mg (14%DV), Total Carb. 14g (5%DV), Fiber 6g (24%DV), Sugars 3g, Protein 5g (10%DV), Vitamin A (0%DV), Vitamin C (8%DV), Calcium (3%DV), Iron (7%DV).</p> <p>Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Garlic Sauce (Toum)</b></p> <p>Garlic Sauce is a creamy, whipped garlic compliment to roasted chicken, beef, or lamb. Excellent as a topping on already cooked meats or even roasted vegetables. It also a healthy condiment, has a refrigerated shelf life of several weeks, is naturally gluten free, and vegan.</p>	<p><b>Ingredients</b></p> <p>Garlic, Non-GMO Canola Oil, 100% Lemon Juice, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 38, Fat cal. 14, Total Fat 2g (11%dv), Sat. Fat &lt;1g (2%DV), Trans Fat 0g, Cholest. 0mg, Sodium 4mg (1%DV), Potassium 3g (1%DV), Total Carb. 0g, Fiber 0g, Sugars 0g, Protein 1g, Vitamin A (0%DV), Vitamin C (1%DV), Calcium (0%DV), Iron (0%DV)</p>
	<p><b>Garlic Tahini Sauce</b></p> <p>This. This is the magic sauce. Great on grilled fish, chicken, beef or lamb; and roasted vegetables. It’s also naturally low in fat with no added oils and nothing artificial!</p>	<p><b>Ingredients</b></p> <p>Tahini (Ground Sesame), Garlic, Water, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 1 oz. (28g), Servings: 8, Amount per serving: Calories 73, Fat Cal. 63, Total Fat 7g (10%DV), Sat. Fat 1g (5%DV), Trans Fat 0g, Cholest. 0mg, Sodium 121mg (5%DV), Total Carb. 3g (1%DV), Fiber 1g (4%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (2%DV), Calcium (5%DV), Iron (6%DV).</p> <p>Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Tzatziki Sauce</b></p> <p>Tzatziki is a simple sauce made from yogurt, cucumber, garlic and salt. It is a delicious topping originating from the Mediterranean.</p>	<p><b>Ingredients</b></p> <p>Yogurt (Skim Milk, L. acidophilus, S. thermophiles, L. bulgaricus, L. casei, L. rhamnosus, B. bifidum cultures), Cucumber, Garlic, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 1 oz. (28g), Servings: 8, Amount per serving: Calories 16, Fat Cal. 0, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholest. 1mg, Sodium 58mg (2%DV), Total Carb. 2g (1%DV), Fiber 0g, Sugars 2g, Protein 6g (12%DV), Vitamin A (1%DV), Vitamin C (1%DV), Calcium (6%DV), Iron (0%DV).</p> <p>Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>











# Grab and Go

	<p><b>Falafel Wrap</b></p> <p>You may have noticed that a <b>Trazza Falafel Wrap</b> is a little different. Yes, it's delicious, but where are the falafels? Trust us, they are in there! We've just taken the traditional falafel wrap and given it a new twist by blending Trazza's moist and crispy falafels with other fresh ingredients before gently enfolding them in layers of lettuce and soft pita.</p>	<p><b>Ingredients</b></p> <p>Pita Bread (Whole Wheat Flour, Water, Yeast, Sugar, Salt), Falafel (Non-GMO Garbanzo Beans, Non-GMO Fava Beans, Cilantro, Parsley, Onion, Potato, Garlic, Salt, Spices, Baking Powder, Non-GMO Rice Oil), Garlic Tahini sauce (Ground Sesame, Garlic, Water, Non-GMO Citric Acid, Salt), Hummus (Non-GMO Garbanzo Beans, Tahini (Ground Sesame), Garlic, Non-GMO Citric Acid, Salt), Lettuce, Tomatoes, Cucumber</p>	<p><b>Nutritional Facts</b></p> <p>Nutrition Facts Serv. Size 1 Wrap (311.8g), Servings: 1, Amount per serving: Calories 709, Total Fat 26g, Sat. Fat 4.2g, Trans Fat Og, Cholest. 0mg, Sodium 941 mg (40%DV), Total Carb. 98g (36%DV), Fiber 17g, Sugars 9g, Protein 28g, Vitamin D (0%DV), Calcium (18%DV), Iron (5 5%DV), Potassium (18%DV).</p>
	<p><b>Hummus Wrap</b></p> <p>One thing we love about our customers is their passion for food, which we see daily in the many creative ways they enjoy Trazza hummus and sauces. The Trazza Hummus Wrap is one such customer inspired creation. This wrap is a delicious combination of Trazza Hummus (original flavor), lettuce, cucumber and tomato all wrapped up in hearty pita bread. Satisfying and healthy!</p>	<p><b>Ingredients</b></p> <p>Pita Bread (Whole Wheat Flour, Water, Yeast, Sugar, Salt), Hummus (Non-GMO Garbanzo Beans, Tahini (Ground Sesame), Garlic, Non-GMO Citric Acid, Salt), Lettuce, Tomatoes, Cucumber</p>	<p><b>Nutritional Facts</b></p> <p>Servings: 1, Serv. Size 1 Wrap (258g), Amount per serving: Calories 510, Total Fat 16g (21% DV), Sat. Fat 2g (10% DV), Trans Fat Og, Cholest. 0mg (0% DV), Sodium 850mg (37% DV), Total Carb. 74g (27% DV), Fiber 11g (41% DV), Total Sugars 7g (Incl. 2g Added Sugars (4% DV), Protein 20g, Vitamin D (0% DV), Calcium (15% DV), Iron 50%0 Potassium (10%DV).</p>
	<p><b>Lebanese Meza Box Purple</b></p>	<p><b>Ingredients</b></p> <p>Carrots, Falafel, Garlic Tahini Sauce, Baba Ghanooj</p>	<p><b>Nutritional Facts</b></p> <p>Nutritional Facts found with each item.</p>
	<p><b>Lebanese Meza Box Orange</b></p>	<p><b>Ingredients</b></p> <p>Pita Chips, Hummus, Carrots, Bell Pepper</p>	<p><b>Nutritional Facts</b></p> <p>Nutritional Facts found with each item.</p>
	<p><b>Lebanese Meza Box Rose</b></p>	<p><b>Ingredients</b></p> <p>Pita Bread, Hummus, Bell Pepper, Cauliflower</p>	<p><b>Nutritional Facts</b></p> <p>Nutritional Facts found with each item.</p>





	<p>Lebanese Meza Box Green</p>	<p>Ingredients</p> <p>Kalamata Olves, Feta Cheese, GF Tabouleh, Mihshi</p>	<p>Nutritional Facts</p> <p>Nutritional Facts found with each item.</p>
	<p>Lebanese Lunchbox</p>	<p>Ingredients</p> <p>Ingredients found with each item.</p>	<p>Nutritional Facts</p> <p>Nutritional Facts found with each item.</p>
	<p>Hummus Veggie Cup</p>	<p>Ingredients</p> <p>Organic Carrots, Garbanzo Beans, Tahini (ground sesame), Garlic, Sea Salt, Non-GMO Citric Acid</p>	<p>Nutritional Facts</p> <p>Nutritional Facts found with each item.</p>
	<p>Hummus Pita Cups</p>	<p>Ingredients</p> <p>Pita (Wheat Flour, Water, Sugar, Salt, Non-GMO rice oil, Yeast), Garbanzo Beans, Tahini (ground sesame), Garlic, Sea Salt, Non-GMO Citric Acid</p>	<p>Nutritional Facts</p> <p>Nutritional Facts found with each item.</p>
	<p>Falafel with Garlic Tahini</p> <p>Falafel is a deep fried vegetarian “fritter” often served along with garlic tahini sauce or hummus.</p>	<p>Ingredients</p> <p>Garbanzo Beans, Fava Beans, Cilantro, Parsley, Onion, Potato, Garlic, Sea Salt, Spices, Baking Powder, Non-GMO Rice Oil), Tahini Sauce (Ground Sesame, Garlic, Water, Non-GMO Citric Acid, Sea Salt)</p>	<p>Nutritional Facts</p> <p>Size 1 piece (35g) and 1 oz. (28g), Servings: 4/2.5, Amount per serving: Calories 205, Fat Cal. 117, Total Fat 16g (19%DV), Sat. Fat 2g (10%DV), Trans Fat 0g, Cholest. 0mg, Sodium 75mg (31%DV), Total Carb. 20g (7%DV), Fiber 4g (16%DV), Sugars 1g, Protein 8g (16%DV), Vitamin A (11%DV), Vitamin C (11%DV), Calcium (7%DV), Iron (14%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>

# Hummus

	<p><b>Original Hummus</b></p> <p>Our original hummus offers the perfect balance of natural flavor and smooth texture. An authentic classic hummus you can feel good about eating with a taste that never grows old!</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:          Calories 48, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (4%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (3%DV), Calcium (2%DV), Iron (3%DV).          Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Cilantro Jalapeno Hummus</b></p> <p>Ever popular, this hummus is a fan favorite that delivers on the promise of cool cilantro flavor, followed by unmistakable Jalapeno heat.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Garlic, Jalapeño Pepper (Vinegar), Cilantro, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:          Calories 48, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 7g (2%DV), Fiber 6g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (8%DV), Calcium (4%DV), Iron (39%DV).          Percent Daily Values (DV) are based on a 2,000 calorie diet</p>
	<p><b>Cilantro Lime Hummus</b></p> <p>Cilantro and lime are blended together for a fresh and tangy twist on our original hummus.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Garlic, Cilantro, 100% Lime Juice, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:          Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (5% DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (3%DV), Calcium (2%DV), Iron (3%DV).          Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Cranberry Walnut Hummus</b></p>	<p><b>Ingredients</b></p> <p>Non-GMO Garbanzo Beans, Tahini (Ground Sesame), Vincent Cranberry, Fresh Garlic, Walnuts, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 2 oz. (28g), Servings: 5, Amount per serving: Calories 134, Total Fat 3.4g (2%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 362.5mg (16%DV), Total Carb. 19.8g (7%DV), Fiber 5g (25%DV), Protein 5g (9%DV), Vitamin A (0%DV), Vitamin C (0.3%DV), Calcium (4.3%DV), Iron (8%DV).</p>

	<p><b>Dill Hummus</b></p> <p>Garden fresh dill is blended into our original hummus for a clean and classic taste.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Dill, Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:  Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (4%DV), Calcium (2%DV), Iron (3%DV).  Percent Daily Values (DV) are based on a 2,000 calorie diet</p>
	<p><b>Fire Roasted Red Pepper &amp; Chipotle Hummus</b></p> <p>Full of spice and a little heat, this smoky hummus kicks things up a notch for a satisfyingly bold flavor.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Roasted Red Pepper, Chipotle (Chipotle Pepper, Tomato Purée, Vinegar), Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:  Calories 55, Fat Cal. 33, Total Fat 4g (5%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 247mg (12%DV), Total Carb. 16g (5%DV), Fiber 4g (16%DV), Sugars 3g, Protein 5g (10%DV), Vitamin A (13%DV), Vitamin C (23%DV), Calcium (1%DV), Iron (4%DV).  Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Kalamata Olive Hummus</b></p> <p>This hummus captures the true essence of kalamata olives and delivers an authentic full-bodied Mediterranean flavor.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Kalamata Olives, Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:  Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 215mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (3%DV), Calcium (2%DV), Iron (3%DV).  Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Oven Roasted Garlic &amp; Chive Hummus</b></p> <p>Roasted garlic and fresh chives are blended into our original hummus for a smooth and rich taste.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Roasted Garlic, Chives, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:  Calories 54, Fat Cal. 18, Total Fat 3g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 7g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (4%DV), Calcium (3%DV), Iron (3%DV).  Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>






	<p><b>Pesto Hummus</b></p> <p>The natural pesto flavor highlighted by basil and garlic with fresh citrus undertones make this hummus a delicious and versatile dip or spread.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Basil, Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:</p> <p>Calories 53, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 239mg (9%DV), Total Carb. 7g (2%DV), Fiber 2g (5%DV), Sugars 1g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (5%DV), Calcium (3%DV), Iron (4%DV).</p> <p>Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Pomegranate &amp; Mint Hummus</b></p> <p>Looking for a taste of spring on this fine rainy day? How about some fresh Pomegranate Mint Hummus? Only available for a limited time!</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Fresh Mint, Pomegranate Molasses, Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:</p> <p>Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 167mg (9%DV), Total Carb. 7g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (2%DV), Calcium (2%DV), Iron (4%DV).</p> <p>Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Spinach &amp; Artichoke Hummus</b></p> <p>A classic pairing, our naturally fresh spinach and artichoke hummus goes beyond the ordinary with fresh taste and smooth texture.</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Fresh Spinach, Artichoke, Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:</p> <p>Calories 50, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 214mg (9%DV), Total Carb. 7g (2%DV), Fiber 7g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (4%DV), Calcium (2%DV), Iron (4%DV).</p> <p>Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Sun-Dried Tomato &amp; Basil Hummus</b></p> <p>With a fresh from the garden taste, this Mediterranean classic is full of flavor!</p>	<p><b>Ingredients</b></p> <p>Garbanzo Beans, Tahini (Ground Sesame), Sun-Dried Tomato, Basil, Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 2 oz. (56g), Servings: 4, Amount per serving:</p> <p>Calories 53, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 239mg (9%DV), Total Carb. 7g (2%DV), Fiber 2g (5%DV), Sugars 1g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (5%DV), Calcium (3%DV), Iron (4%DV).</p> <p>Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>

# Sauces and Spreads

	<p><b>Baba Ghanooj</b></p> <p>Dip it, spread it, spoon it – however you eat it, our Baba Ghanooj is tasty and versatile. It's also full of good nutrients, so you can eat guilt free!</p>	<p><b>Ingredients</b></p> <p>Eggplant, Tahini (Ground Sesame), Garlic, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 4 oz. (113g), Servings: 2, Amount per serving:            Calories 142, Fat Cal. 82, Total Fat 9g (14%DV), Sat. Fat 1g (6% DV), Trans Fat 0g, Cholest. 0mg, Sodium 352mg (14%DV), Total Carb. 14g (5%DV), Fiber 6g (24%DV), Sugars 3g, Protein 5g (10%DV), Vitamin A (0%DV), Vitamin C (8%DV), Calcium (3%DV), Iron (7%DV).            Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Garlic Sauce (Toum)</b></p> <p>Garlic Sauce is a creamy, whipped garlic compliment to roasted chicken, beef, or lamb. Excellent as a topping on already cooked meats or even roasted vegetables. It also a healthy condiment, has a refrigerated shelf life of several weeks, is naturally gluten free, and vegan.</p>	<p><b>Ingredients</b></p> <p>Garlic, Non-GMO Canola Oil, 100% Lemon Juice, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 38, Fat cal. 14, Total Fat 2g (11%dv), Sat. Fat &lt;1g (2%DV), Trans Fat 0g, Cholest. 0mg, Sodium 4mg (1%DV), Potassium 3g (1%DV), Total Carb. 0g, Fiber 0g, Sugars 0g, Protein 1g, Vitamin A (0%DV), Vitamin C (1%DV), Calcium (0%DV), Iron (0%DV)</p>
	<p><b>Garlic Tahini Sauce</b></p> <p>This. This is the magic sauce. Great on grilled fish, chicken, beef or lamb; and roasted vegetables. It's also naturally low in fat with no added oils and nothing artificial!</p>	<p><b>Ingredients</b></p> <p>Tahini (Ground Sesame), Garlic, Water, Non-GMO Citric Acid, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 1 oz. (28g), Servings: 8, Amount per serving:            Calories 73, Fat Cal. 63, Total Fat 7g (10%DV), Sat. Fat 1g (5%DV), Trans Fat 0g, Cholest. 0mg, Sodium 121mg (5%DV), Total Carb. 3g (1%DV), Fiber 1g (4%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (2%DV), Calcium (5%DV), Iron (6%DV).            Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Tzatziki Sauce</b></p> <p>Tzatziki is a simple sauce made from yogurt, cucumber, garlic and salt. It is a delicious topping originating from the Mediterranean.</p>	<p><b>Ingredients</b></p> <p>Yogurt (Skim Milk, L. acidophilus, S. thermophiles, L. bulgaricus, L. casei, L. rhamnosus, B. bifidum cultures), Cucumber, Garlic, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 1 oz. (28g), Servings: 8, Amount per serving:            Calories 16, Fat Cal. 0, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholest. 1mg, Sodium 58mg (2%DV), Total Carb. 2g (1%DV), Fiber 0g, Sugars 2g, Protein 6g (12%DV), Vitamin A (1%DV), Vitamin C (1%DV), Calcium (6%DV), Iron (0%DV).            Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>

# Sides and Desserts

	<p><b>Pomegranate Mint Mihshi</b></p> <p>In Greece, stuffed grape leaves are often referred to as dolmas. In Lebanon they are called mihshi, which literally means “stuffed”. Our pomegranate mint mihshi are unique and delectable vine leaves stuffed with pomegranate molasses imported from Lebanon, and lots of fresh ingredients. They are also vegan and gluten free.</p>	<p><b>Ingredients</b></p> <p>Grape Leaves, Rice, Tomato, Onion, Green Bell Pepper, Red Bell Pepper, Parsley, Mint, Non-GMO Rice Oil, Lemon, Pomegranate Molasses, Tomato Paste (Organic Tomatoes), Spice, Sea Salt</p>	<p><b>Nutritional Facts</b></p> <p>Size 3.5 pieces (113g), Servings: 2, Amount per serving: Calories 167, Fat Cal. 153, Total Fat 17g (26%DV), Sat. Fat 3g (15%DV), Trans Fat 0g, Cholest. 0mg, Sodium 373mg (16%DV), Total Carb. 4g (1%DV), Fiber 2g (8%DV), Sugars 3g, Protein 1g (2%DV), Vitamin A (8%DV), Vitamin C (8%DV), Calcium (3%DV), Iron (5%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
	<p><b>Mjadra</b></p> <p>Traditional rice and beans. Made with lentils, basmati rice, caramelized onion and spices. Now packaged in grab and go size.</p>	<p><b>Ingredients</b></p> <p>Non-GMO Basmati Rice, Non-GMO Lentil, Water, Onions, Sea Salt, Spices, Non-GMO Canela Oil</p>	<p><b>Nutritional Facts</b></p> <p>Serv. Size 1 container (227g), Servings: 1, Amount per serving: Calories 300, Total Fat 5g (7%DV), Sat. Fat 1 g (4%DV), Trans Fat 0g, Cholest. 0mg, Sodium 970mg (40%DV), Total Carb. 52g (19%DV), Fiber 9g (33%DV), Sugars 6g, Protein 12g, Vitamin D (0%DV), Calcium 50mg (4%DV), Iron 20mg (0.6%DV), Potassium 550mg (10%DV).</p>
	<p><b>Tabouleh</b></p> <p>Tabouleh is an authentic blend of fresh parsley, tomato, bulgur, and onions – drizzled to perfection with lemon juice and olive oil. Gluten free version available.</p>	<p><b>Ingredients</b></p> <p>Parsley, Tomato, Onion, Bulgur (Wheat), Fresh Mint, Lemon (Lemon Juice), Olive Oil, Sea Salt, Spice</p>	<p><b>Nutritional Facts</b></p> <p>Size 3.75 oz. (112g), Servings: 2, Amount per serving: Calories 95, Fat Cal. 54, Total Fat 6g (9%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (8%DV), Total Carb. 7g (2%DV), Fiber 0g, Sugars 0g, Protein 2g (4%DV), Vitamin A (45%DV), Vitamin C (73%DV), Calcium (3%DV), Iron (9%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>



### Gluten Free Tabouleh

Tabouleh is an authentic blend of fresh parsley, tomato, quinoa, and onions – drizzled to perfection with lemon juice and olive oil.

### Ingredients

Parsley, Tomato, Onion, Quinoa, Lemon (Lemon Juice), Fresh Mint, Olive Oil, Sea Salt, Spice

### Nutritional Facts

Serv. Size 3.75 oz. (112g), Servings: 2, Amount per serving:  
Calories 95, Fat Cal. 54, Total Fat 6g (9%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (8%DV), Total Carb. 7g (2%DV), Fiber 0g, Sugars 0g, Protein 1g (2%DV), Vitamin A (45%DV), Vitamin C (73%DV), Calcium (3%DV), Iron (9%DV).  
Percent Daily Values (DV) are based on a 2,000 calorie diet.