



Product List



EAST MEDITERRANEAN SPECIALTIES

Hummus Tahina

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-20219-9	Hummus Tahina RTS 270g	24	jar	6.50	0.0056
52-83003-20200-7	Hummus Tahina 180g	24	can	5.30	0.0069
52-83003-20203-8	Hummus Tahina 380g	24	can	10.68	0.0150
52-83003-20206-9	Hummus Tahina 850g	12	can	11.73	0.0152
52-83003-20213-7	Hummus Tahina w/ Cumin 380g	24	can	10.68	0.0150
52-83003-20214-4	Hummus Tahina w/ Pepper 380g	24	can	10.68	0.0150
52-83003-20215-1	Hummus Tahina w/ Garlic 380g	24	can	10.68	0.0150
52-83003-20358-5	Hummus Tahina w/ Chick Peas (Mousabbaha) 380g	24	can	10.68	0.0150

Roasted Eggplant & Dips

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-20100-0	BabaGhannouj - Roasted Eggplant Dip 175g	24	can	5.21	0.0070
52-83003-20101-7	BabaGhannouj - Roasted Eggplant Dip 370g	24	can	10.00	0.0150
52-83003-20102-4	BabaGhannouj - Roasted Eggplant Dip 850g	12	can	11.73	0.0152
52-83003-20113-0	Grilled Eggplant 560g	12	glass jar	11.68	0.0149

Notes:

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- 2- Shelf life is of 24 months .
- 3- The products origin is Lebanon unless otherwise stated.
- 4- Other weights can be provided upon request.

Low in saturated fat & dense in nutrients, there are many reasons why the Lebanese diet is said to be amongst the world's healthiest.



The benefits of its staple ingredients, such as chickpeas and tahini have been well known since ancient times. Classic dishes such as hummus and falafel showcase their qualities to the fullest.

EAST MEDITERRANEAN SPECIALTIES

Foul Moudamas Recipes

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-20021-8	F.M. Lebanese Mix 400g	24	can	11.22	0.0150
52-83003-20015-7	F.M. Palestinian Mix 400g	24	can	11.22	0.0150
52-83003-20018-8	F.M. Egyptian Mix 400g	24	can	11.22	0.0150
52-83003-20026-3	F.M. Kurdish Mix 400g	24	can	11.22	0.0150
52-83003-20043-0	F.M. Syrian Mix 400g	24	can	11.22	0.0150
52-83003-20012-6	F.M. Armenian Mix 400g	24	can	11.22	0.0150
52-83003-20007-2	F.M. with Bitter Orange 400g	24	can	11.22	0.0150
52-83003-20005-8	F.M. with Tahini 400g	24	can	11.22	0.0150
52-83003-20008-9	F.M. with Cumin 400g	24	can	11.22	0.0150
52-83003-20009-6	F.M. with Peppers 400g	24	can	11.22	0.0150

Pulses

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-20001-0	Foul Moudamas 400g	24	can	11.22	0.0150
52-83003-20002-7	Foul Moudamas 850g	12	can	11.73	0.0152
52-83003-20209-0	Chickpeas 400	24	can	11.22	0.0150
52-83003-20212-0	Chickpeas 850g	12	can	11.73	0.0152
52-83003-20029-4	F.M. with Chickpeas 400g	24	can	11.22	0.0150
52-83003-20031-7	Foul Bajela 400g	24	can	11.22	0.0150
52-83003-20032-4	Foul Bajela 850g	12	can	11.73	0.0152

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All our products, including ten exclusive Foul Moudamas recipes are vegan and GMO free.

VEGETABLES

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21603-5	Tomato Paste 28-30 brix 300g	12	glass jar	6.20	0.0115
52-83003-21330-0	Tomato Paste 28-30 brix 660g	12	glass jar	11.67	0.0160
52-83003-20418-6	Okra In Brine 400g	24	can	11.22	0.0150
52-83003-20408-7	Okra In Brine 800g	12	can	11.73	0.0152
52-83003-20409-4	Okra In Tomato Sauce 825g	12	can	11.73	0.0152
52-83003-20413-1	Green Broad Beans 400g	24	can	11.22	0.0150
52-83003-20414-8	Green Broad Beans 850g	12	can	11.73	0.0152
52-83003-20417-9	Mouloukhieh Leaves 800g	12	can	11.00	0.0152
52-83003-20416-2	Mouloukhieh Chopped 800g	12	can	11.00	0.0152
52-83003-20405-6	Mixed Vegetables 825g	12	can	11.73	0.0152
52-83003-20404-9	Mixed Vegetables 400g	24	can	11.22	0.0150
52-83003-20419-3	Green Peas Fresh 400g	24	can	11.22	0.0150
52-83003-20400-1	Green Peas Fresh 825g	12	can	11.73	0.0152
52-83003-20402-5	Green Peas & Carrots 400g	24	can	11.22	0.0150
52-83003-20403-2	Green Peas & Carrots 825g	12	can	11.73	0.0152
52-83003-20420-9	Processed Green Peas 400g	24	can	11.22	0.0150
52-83003-20401-8	Processed Green Peas 825g	12	can	11.73	0.0152
52-83003-20421-8	Processed Green Peas & Carrots 400g	24	can	11.22	0.0150
52-83003-20423-0	Processed Green Peas & Carrots 825g	12	can	11.73	0.0152



Not only do we use premium quality raw ingredients for our line of vegetables, we also use state of the art processing techniques to retain a maximum of their nutritional values.

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PICKLES & OLIVES

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-20723-1	Pickled Wild Cucumbers 600g	12	glass jar	11.52	0.0149
52-83003-20724-8	Pickled Wild Cucumbers 1Kg	12	glass jar	17.54	0.0230
52-83003-20718-7	Pickled Cucumbers 600g	12	glass jar	11.52	0.0149
52-83003-20719-4	Pickled Cucumbers 1Kg	12	glass jar	17.54	0.0230
52-83003-20701-9	Pickled Grape Leaves 950g	12	glass jar	16.84	0.0222
52-83003-20703-3	Mixed Pickles 350g	12	glass jar	6.72	0.0088
52-83003-20704-0	Mixed Pickles 600g	12	glass jar	11.52	0.0149
52-83003-20705-7	Mixed Pickles 1Kg	12	glass jar	17.54	0.0230
52-83003-20709-5	Pickled Hot Peppers 550g	12	glass jar	10.40	0.0149
52-83003-20710-1	Pickled Hot Peppers 850g	12	glass jar	16.50	0.0230
52-83003-20715-6	Pickled Turnips 600g [Cubes/Slices]	12	glass jar	11.52	0.0149
52-83003-20757-6	Pickled Turnips 1Kg [Cubes/Slices]	12	glass jar	17.54	0.0230
52-83003-20352-3	Makdous - Eggplants with walnuts 590g	12	glass jar	11.28	0.0149
52-83003-20360-8	Makdous - Eggplants with walnuts 950g	12	glass jar	17.54	0.0229
52-83003-20359-2	Makdous - Eggplants with walnuts 2.8Kg	4	glass jar	17.50	0.0242
52-83003-20756-9	Green Olives in brine 600g	12	glass jar	11.52	0.0149
52-83003-20729-3	Black Olives in brine 600g	12	glass jar	11.52	0.0149

Our crunchy & juicy pickles are a must in a Falafel sandwich!



Try some Pickled Wild Cucumbers in a salad or as a side dish.

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FALAFEL & OTHER SPECIALTIES

Falafel Mixes & Cereals

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21503-8	Falafel Mix 200g	24	carton box	5.90	0.0211
52-83003-21504-5	Falafel Mix with Extra Garlic 200g	24	carton box	5.90	0.0211
52-83003-21505-2	Falafel Mix Spicy 200g	24	carton box	5.90	0.0211
52-83003-21506-9	Couscous (Medium) 450g	24	carton box	12.00	0.0211
52-83003-21502-1	Moghrabieh 950g	12	carton box	12.70	0.0211

Middle Eastern Herbs

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21517-5	Summac 100g	12	plastic jar	5.57	0.022
52-83003-21518-2	Summac 400g	6	plastic jar	11.92	0.0336
52-83003-21519-9	Zaatar Mankoucheh 400g	6	plastic jar	11.92	0.0336
52-83003-21520-5	Zaatar Extra 400g	6	plastic jar	11.92	0.0336



Our Falafel are flavorful and easy to prepare whilst preserving authentic Middle Eastern flavors.

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CATERING - READY TO SERVE

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-20102-4	Baba Ghannouj - Roasted Eggplant Dip 850g	12	can	11.73	0.0152
52-83003-20206-9	Hummus Tahina 850g	12	can	11.73	0.0152
52-83003-20044-7	Foul Moudamas 2Kg	6	can	14.90	0.0197
52-83003-20725-5	Pickled Wild Cucumbers 3Kg	4	glass jar	17.50	0.0220
52-83003-20720-0	Pickled Cucumbers 3Kg	4	glass jar	17.50	0.0220
52-83003-20706-4	Mixed Pickles 3Kg	4	glass jar	17.50	0.0220
52-83003-20758-3	Pickled Turnips 3Kg	4	glass jar	17.50	0.0220
52-83003-20103-1	Grilled Eggplant 2.9Kg	6	can	14.90	0.0284
52-83003-20302-8	Stuffed Grape Leaves 2Kg	6	can	14.90	0.0197
52-83003-20425-4	Giant Beans in Tomato Sauce 1.8Kg	6	can	14.90	0.0197
52-83003-20341-7	Okra In Tomato Sauce 1.85Kg	6	can	14.90	0.0197
52-83003-20216-8	Chick Peas In Brine 3Kg	6	can	20.50	0.0284
52-83003-20339-4	Stuffed Zucchini 1.8Kg	6	can	14.94	0.0197
52-83003-20340-0	Stuffed Eggplant 1.8Kg	6	can	14.94	0.0197
52-83003-21713-1	Maghmour (Moussakaa) 1.8Kg	6	can	14.94	0.0197

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Our Ready-to-Eat appetizers line includes favorites such as our Stuffed Grape Leaves and Giant Beans in Tomato Sauce, along with other original recipes, such as Hummus Tahina and Babaghannouj.



JAMS & MARMALADES

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-20813-9	Red Cherry Jam 450g	12	glass jar	8.03	0.0099
52-83003-20814-6	Red Cherry Jam 1Kg	12	can	13.40	0.0152
52-83003-20808-5	Black Cherry Jam 450g	12	glass jar	8.03	0.0099
52-83003-20809-2	Black Cherry Jam 1Kg	12	can	13.40	0.0152
52-83003-20838-2	Quince Jam 450g	12	glass jar	8.03	0.0099
52-83003-20839-9	Quince Jam 1Kg	12	can	13.40	0.0152
52-83003-20800-9	Apricot Jam 450g	12	glass jar	8.03	0.0099
52-83003-20801-6	Apricot Jam 1Kg	12	can	13.40	0.0152
52-83003-20818-4	Strawberry Jam 450g	12	glass jar	8.03	0.0099
52-83003-20819-1	Strawberry Jam 1Kg	12	can	13.40	0.0152
52-83003-20845-0	White Fig Jam 450g	12	glass jar	8.03	0.0099
52-83003-20846-7	White Fig Jam 1KG	12	can	13.40	0.0152
52-83003-20852-8	Mixed Fruits Jam 450g	12	glass jar	8.03	0.0099
52-83003-20853-5	Mixed Fruits Jam 1Kg	12	can	13.40	0.0152
52-83003-20831-3	Apple Jam 450g	12	glass jar	8.03	0.0099
52-83003-20832-0	Apple Jam 1Kg	12	can	13.40	0.0152
52-83003-20823-8	Orange Marmalade 450g	12	glass jar	8.03	0.0099

Our Celebrated Line of Jams!



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TAHINI & MORE

Traditional Lebanese Tahini

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-2145-1	Tahina Paste 225g	24	plastic jar	6.14	0.0116
52-83003-21402-4	Tahina Paste 450g	24	plastic jar	12.28	0.0240
52-83003-21406-2	Tahina Paste 900g	12	plastic jar	12.07	0.0220
52-83003-21410-9	Tahina Paste 18Kg	1	Bucket or can	19.00	0.0190

Tahini Dressings

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21326-3	Tarator Dressing All Purpose 300g	12	Squeezable	4.55	0.0096
52-83003-21309-6	Tarator Dressing Falafel 300g	12	Squeezable	4.55	0.0096
52-83003-21322-5	Tarator Dressing Fish 300g	12	Squeezable	4.55	0.0096
52-83003-21323-2	Tarator Dressing Grills 300g	12	Squeezable	4.55	0.0096
52-83003-21309-6	Tarator Dressing Glass bottle 310g	24	Glass bottle	12.35	0.0300

Authentic Lebanese Halawa

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21412-3	Halawa Plain 454g	12	plastic	6.20	0.0060
52-83003-21414-7	Halawa Plain 907g	12	plastic	11.05	0.0201
52-83003-21417-8	Halawa with Pistachio 454g	12	plastic	6.20	0.0060
52-83003-21418-5	Halawa with Pistachio 908g	12	plastic	11.05	0.0201
52-83003-21421-5	Halawa with Chocolate 454g	12	plastic	6.20	0.0060
52-83003-21422-2	Halawa with Chocolate 908g	12	plastic	11.05	0.0201

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We produce our own Tahina using “Gadaref” Sudanese sesame seeds to give the sweetest sesame paste. It is %100 pure and free from any whitening agents.



Tahina is the main ingredient in Taratour, a creamy versatile dressing. Our Taratour comes in a convenient squeezable bottle, and has the perfect consistency. It can be used as a dressing over salads, drizzled in your Falafel sandwich or enjoyed as a sauce on Grilled Fish!

MOLASSES, ESSENCES & SYRUPS

Flower Essences

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21152-8	Rose Water 250ml	24	glass bottle	12.30	0.0150
52-83003-21153-5	Rose Water 500ml	12	glass bottle	11.26	0.0145
52-83003-21151-1	Orange Blossom Water 250ml	24	glass bottle	12.30	0.0150
52-83003-21154-2	Orange Blossom Water 500ml	12	glass bottle	11.26	0.0145

Molasses

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21156-6	Pomegrenate Molasses 150ml	24	plastic bottle	6.52	0.0090
52-83003-21149-8	Pomegrenate Molasses 250ml	24	glass bottle	14.52	0.0150
52-83003-21148-1	Pomegrenate Molasses 500ml	12	glass bottle	13.41	0.0145
52-83003-21145-0	Dates Molasses 450g	12	glass jar	8.03	0.0099

Syrups

EAN Barcode	Item	Packaging	Type	Carton GW	Cubic Meters
52-83003-21109-2	Blackberry Syrup 600ml	12	glass bottle	16.00	0.0253
52-83003-21110-8	Jallab Syrup 600ml	12	glass bottle	16.00	0.0253
52-83003-21102-3	Rose Syrup 600 ml	12	glass bottle	16.00	0.0253
52-83003-21108-5	Tamerhindi Syrup 600ml	12	glass bottle	16.00	0.0253
52-83003-21111-5	Strawberry Syrup 600ml	12	glass bottle	16.00	0.0253

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Date Molasses is the new superfood, with its countless health benefits!

It is high in vitamins, minerals and fibers, and has proven anti-oxident properties. Our Date Molasses can be used as a substitute to sugar, honey or maple syrup, and in baking recipes, for a caramel like flavor!

