

afia FALAFEL

PRE-COOKED FALAFEL PUCKS



3lb
Resealable
Bag

Quick to prepare and packed with flavor, Afia Falafel provide variety and versatility to any menu.

HOT BAR READY FOR WRAPS, SALADS AND BOWLS

Nutrition Facts

About 16 servings per container

Serving size 4 pieces (88g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 700mg **30%**

Total Carbohydrate 27g **10%**

Dietary Fiber 5g **18%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 9g **18%**

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.2mg 10%

Potassium 400mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Soaked Garbanzo Beans, Water, Sunflower Oil, Onion, Baking Soda, Salt, Coriander, Cumin, Parsley, Garlic, Cayenne Pepper

Produced in a facility that may process wheat and sesame.

COOKING INSTRUCTIONS

BAKING (Oven, toaster convection): Heat the oven to 425°F, bake for 10-12min

CONVEYOR OVEN/TURBO CHEF: Heat to 375°F, bake for 8min

AIR FRYER: Heat at 375°F for 8-10 min

FRYER: Thaw Falafel from frozen in cooler, fry at 375°F for 2min

MICROWAVE: Microwave on high for 20-30sec

Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving.

SPECIFICATIONS

INDIVIDUAL PUCK WEIGHT: 25g

UNIT WEIGHT: 3lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 6lbs

CASES PER PALLET: 224

SHELF LIFE (FROZEN): 24mo from production

SHELF LIFE (THAWED FROM FROZEN): 10 days

 **STORAGE:** Keep Frozen



afia FALAFEL

UN-COOKED FALAFEL DOUGH



5lb
Resealable
Bag

Quick to prepare and packed with flavor, Afia Falafel provide variety and versatility to any menu.

HOT BAR READY FOR WRAPS, SALADS AND BOWLS

Nutrition Facts

About 26 servings per container

Serving size 4 pieces (88g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 700mg **30%**

Total Carbohydrate 30g **11%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.9mg 15%

Potassium 350mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Soaked Garbanzo Beans, Water, Salt, Coriander, Cumin, Baking Soda, Parsley, Garlic, Cayenne Pepper

Produced in a facility that may process wheat and sesame.

COOKING INSTRUCTIONS

1. Thaw dough in cooler
2. Form desired puck size and shape
3. Fry at 340-375°F for 4-6 min

Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving.

SPECIFICATIONS

UNIT WEIGHT: 5lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 10lbs

CASES PER PALLET: 176

SHELF LIFE (FROZEN): 24mo from production

SHELF LIFE (THAWED FROM FROZEN): 10 days

 **STORAGE:** Keep Frozen



afia KIBBEH

PRE-COOKED KIBBEH



3lb
Resealable
Bag

A beef croquette that is quick to prepare and made with halal beef. Afia Kibbeh make a delicious savory addition to any meal.

BANQUETS • TAPAS • HOT & COLD BARS • PLATTERS

Nutrition Facts

About 11 servings per container
Serving size 4 Kibbehs (128g)

Amount Per Serving
Calories 290

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 620mg **27%**

Total Carbohydrate 35g **13%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 12g **24%**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.8mg 15%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Halal Ground Beef, Onions, Bulgur, Water, All Purpose Flour (Unbleached White Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Sunflower Oil, Salt, Black Pepper, Cayenne Pepper
CONTAINS WHEAT

Produced in a facility that may process wheat and sesame.

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COOKING INSTRUCTIONS

BAKING (Oven, toaster convection): Heat the oven to 425°F, bake for 10-12min

CONVEYOR OVEN/TURBO CHEF: Heat to 400°, bake for 12-14 minutes until golden brown

FRYER: Thaw Kibbeh from frozen in cooler, fry at 375°F for 2 minutes

AIR FRYER: Heat at 400°F for 12-14 min

Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving.

SPECIFICATIONS

INDIVIDUAL KIBBEH WEIGHT: 32g

UNIT WEIGHT: 3lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 6lbs

CASES PER PALLET: 224

SHELF LIFE (FROZEN): 24mo from production



STORAGE: Keep Frozen

PRESERVATIVE
FREE

EXCELLENT
SOURCE OF
PROTEIN

NUT
FREE

HALAL
BEEF

U.S.
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE
EST48225

afia MEDITERRANEAN FALAFEL BOWL

CRISPY ONION & LENTIL



10oz Recycleable Bowl

A signature Middle Eastern dish of lentils, rice, and deeply caramelized onions - a comfort classic!

UNIVERSITIES • MINI MARTS • WORKPLACE KITCHENS

Nutrition Facts

1 serving per container
Serving size 1 bowl (283g)

Amount per serving
Calories 460

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 60g	22%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3.3mg	20%
Potassium 490mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, lentils (lentils, water, salt, calcium chloride), afia traditional falafel (soaked garbanzo beans, water, sunflower oil, onion, salt, coriander, cumin, baking soda, parsley, garlic, cayenne pepper), pomegranate dressing (water, sunflower oil, pomegranate juice concentrate, garlic, extra virgin olive oil, yeast extract, salt, citric acid, cardamon, cloves), red quinoa (red quinoa, water, salt), crispy onions (onions, sunflower oil), parsley, sunflower oil, yeast extract, salt

COOKING INSTRUCTIONS

MICROWAVE:

Remove tamperband seal. Heat container with the lid on. Microwave on high for 3.5 to 4.5 minutes, and mix. Caution: container will be hot.

STOVE TOP:

Remove contents from packaging into a skillet. Break up rice and vegetables, cook over medium heat for 5 minutes. Cook falafel for another 3 minutes until heated through. Mix and enjoy!

ADDED CRUNCH:

Remove frozen falafel from container and place falafel in air fryer at 375° for 8 to 10 minutes until crispy.

CHEF TIP:

After cooking, crumble falafel, mix and enjoy!

Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving.

SPECIFICATIONS

UNIT WEIGHT: 10oz

UNITS PER CASE: 6

CASE TOTAL WEIGHT: 3.8lbs

CASES PER PALLET: 200

SHELF LIFE (FROZEN): 24mo from production

Produced in a facility that may process wheat and sesame.

☀️ **STORAGE:** Keep Frozen



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afia MEDITERRANEAN FALAFEL BOWL

SWEET POTATO & KALE



10oz Recycleable Bowl

A warm, vibrant popular dish
consumed in most areas of the
Arabian Peninsula.

UNIVERSITIES • MINI MARTS • WORKPLACE KITCHENS

Nutrition Facts

1 serving per container
Serving size 1 container (283g)

Amount per serving
Calories 460

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	30%
Total Carbohydrate 69g	25%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3.5mg	20%
Potassium 660mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, afia traditional falafel (soaked garbanzo beans, water, sunflower oil, onion, salt, coriander, cumin, baking soda, parsley, garlic, cayenne pepper), kale, sweet potatoes, lemon vinaigrette (water, sunflower oil, natural flavor, extra virgin olive oil, lemon juice concentrate, turmeric), sweetcorn, chickpeas (chickpeas, water, salt), raisins (raisins, vegetable or sunflower oil), dried cranberries (cranberries, sugar, sunflower oil), roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), yeast extract, smoked sea salt

COOKING INSTRUCTIONS

MICROWAVE:

Remove tamperband seal. Heat container with the lid on. Microwave on high for 3.5 to 4.5 minutes, and mix. Caution: container will be hot.

STOVE TOP:

Remove contents from packaging into a skillet. Break up rice and vegetables, cook over medium heat for 5 minutes. Cook falafel for another 3 minutes until heated through. Mix and enjoy!

ADDED CRUNCH:

Remove frozen falafel from container and place falafel in air fryer at 375° for 8 to 10 minutes until crispy.

CHEF TIP:

After cooking, crumble falafel, mix and enjoy!

Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving.

SPECIFICATIONS

UNIT WEIGHT: 10oz

UNITS PER CASE: 6

CASE TOTAL WEIGHT: 3.8lbs

CASES PER PALLET: 200

SHELF LIFE (FROZEN): 24mo from production

Produced in a facility that may process wheat and sesame.

 **STORAGE:** Keep Frozen

12g
PROTEIN

TOP
8
ALLERGEN FREE

PLANT
POWERED

GLUTEN
FREE

CLEAN
INGREDIENTS

NON-GMO
PROJECT
VERIFIED

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MEDITERRANEAN FALAFEL BOWL

ROASTED PEPPERS & TOMATO



10oz Recycleable Bowl

A classic dish that has both
Lebanese and Turkish roots, full of
tomato flavor & garden vegetables.

UNIVERSITIES • MINI MARTS • WORKPLACE KITCHENS

Nutrition Facts

1 serving per container
Serving size 1 bowl (283g)

Amount per serving
Calories 390

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	29%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 1.2mcg	6%
Calcium 70mg	6%
Iron 3.9mg	20%
Potassium 750mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, afia traditional falafel (soaked garbanzo beans, water, sunflower oil, onion, salt, coriander, cumin, baking soda, parsley, garlic, cayenne pepper), za'atar dressing (tomato concentrate [water, tomato paste, citric acid], za'atar [oregano, thyme, sesame seeds, sumac, salt], sunflower oil, extra virgin olive oil, aleppo pepper, garlic, onion, yeast extract, salt), roasted peppers, zucchini, pearl onions, kale, roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), sunflower oil, yeast extract, salt

CONTAINS: Sesame

COOKING INSTRUCTIONS

MICROWAVE:

Remove tamperband seal. Heat container with the lid on. Microwave on high for 3.5 to 4.5 minutes, and mix. Caution: container will be hot.

STOVE TOP:

Remove contents from packaging into a skillet. Break up rice and vegetables, cook over medium heat for 5 minutes. Cook falafel for another 3 minutes until heated through. Mix and enjoy!

ADDED CRUNCH:

Remove frozen falafel from container and place falafel in air fryer at 375° for 8 to 10 minutes until crispy.

CHEF TIP:

After cooking, crumble falafel, mix and enjoy!

Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving.

SPECIFICATIONS

UNIT WEIGHT: 10oz

UNITS PER CASE: 6

CASE TOTAL WEIGHT: 3.8lbs

CASES PER PALLET: 200

SHELF LIFE (FROZEN): 24mo from production

Produced in a facility that may process wheat and sesame.

STORAGE: Keep Frozen



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afia MEDITERRANEAN FALAFEL BOWL

ZESTY ARTICHOKE & QUINOA



10oz Recycleable Bowl

A bright, citrusy plant-forward bowl inspired by Palestinian cuisines by the Mediterranean Sea.

UNIVERSITIES • MINI MARTS • WORKPLACE KITCHENS

Nutrition Facts

1 serving per container
Serving size 1 container (283g)

Amount per serving
Calories 440

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 54g	20%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3.8mg	20%
Potassium 580mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, afia traditional falafel (soaked garbanzo beans, water, sunflower oil, onion, salt, coriander, cumin, baking soda, parsley, garlic, cayenne pepper), lemon dill dressing (water, sunflower oil, lemon juice concentrate, sumac, extra virgin olive oil, dill, yeast extract, parsley, garlic, salt, natural flavor, ground mustard), fava beans, artichoke, red quinoa (red quinoa, water, salt), roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), yeast extract, salt

COOKING INSTRUCTIONS

MICROWAVE:

Remove tamperband seal. Heat container with the lid on. Microwave on high for 3.5 to 4.5 minutes, and mix. Caution: container will be hot.

STOVE TOP:

Remove contents from packaging into a skillet. Break up rice and vegetables, cook over medium heat for 5 minutes. Cook falafel for another 3 minutes until heated through. Mix and enjoy!

ADDED CRUNCH:

Remove frozen falafel from container and place falafel in air fryer at 375° for 8 to 10 minutes until crispy.

CHEF TIP:

After cooking, crumble falafel, mix and enjoy!

Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving.

SPECIFICATIONS

UNIT WEIGHT: 10oz

UNITS PER CASE: 6

CASE TOTAL WEIGHT: 3.8lbs

CASES PER PALLET: 200

SHELF LIFE (FROZEN): 24mo from production

Produced in a facility that may process wheat and sesame.

 **STORAGE:** Keep Frozen



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afia MEDITERRANEAN SIDE DISH

CRISPY ONION & LENTIL



**5lb
Resealable
Bag**

A signature Middle Eastern dish of lentils, rice, and deeply caramelized onions - a comfort classic!

UNIVERSITIES • HOTELS, RESORTS & CRUISES • HOT BARS

Nutrition Facts

About 20 servings per container

Serving size (116g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes <1g Added Sugars **1%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.9mg 6%

Potassium 160mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, lentils (lentils, water, salt, calcium chloride), pomegranate dressing (water, sunflower oil, pomegranate juice concentrate, garlic, extra virgin olive oil, yeast extract, salt, citric acid, cardamon, cloves), red quinoa (red quinoa, water, salt), crispy onions (onions, sunflower oil), parsley, sunflower oil, yeast extract, salt

Produced in a facility that may process wheat and sesame.

SPECIFICATIONS

UNIT WEIGHT: 5lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 10lbs

CASES PER PALLET: 176

SHELF LIFE (FROZEN): 24mo from production

 **STORAGE:** Keep Frozen



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afia MEDITERRANEAN SIDE DISH

SWEET POTATO & KALE



5lb
Resealable
Bag

A warm, vibrant popular dish
consumed in most areas of the
Arabian Peninsula.

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Nutrition Facts

About 20 servings per container

Serving size (116g)

Amount per serving
Calories **170**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 28g **10%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 1mg 6%

Potassium 230mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, kale, sweet potatoes, lemon vinaigrette (water, sunflower oil, natural flavor, extra virgin olive oil, lemon juice concentrate, turmeric), sweetcorn, chickpeas (chickpeas, water, salt), raisins (raisins, vegetable or sunflower oil), dried cranberries (cranberries, sugar, sunflower oil), roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), yeast extract, smoked sea salt

Produced in a facility that may process wheat and sesame.

SPECIFICATIONS

UNIT WEIGHT: 5lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 10lbs

CASES PER PALLET: 176

SHELF LIFE (FROZEN): 24mo from production

 **STORAGE:** Keep Frozen



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afia MEDITERRANEAN SIDE DISH

ROASTED PEPPERS & TOMATO



5lb
Resealable
Bag

A classic dish that has both
Lebanese and Turkish roots, full of
tomato flavor & garden vegetables.

UNIVERSITIES • HOTELS, RESORTS & CRUISES • HOT BARS

Nutrition Facts

About 20 servings per container

Serving size (116g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0.6mcg 4%

Calcium 30mg 2%

Iron 1.2mg 6%

Potassium 300mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, za'atar dressing (tomato concentrate (water, tomato paste, citric acid), za'atar (oregano, thyme, sesame seeds, sumac, salt), sunflower oil, extra virgin olive oil, aleppo pepper, garlic, onion, yeast extract, salt), roasted peppers, zucchini, pearl onions, kale, roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), sunflower oil, yeast extract, salt

CONTAINS: Sesame

Produced in a facility that may process
wheat and sesame.

SPECIFICATIONS

UNIT WEIGHT: 5lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 10lbs

CASES PER PALLET: 176

SHELF LIFE (FROZEN): 24mo from production

 **STORAGE:** Keep Frozen



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afia MEDITERRANEAN SIDE DISH

ZESTY ARTICHOKE & QUINOA



5lb
Resealable
Bag

A bright, citrusy plant-forward bowl inspired by Palestinian cuisines by the Mediterranean Sea.

UNIVERSITIES • HOTELS, RESORTS & CRUISES • HOT BARS

Nutrition Facts

About 20 servings per container

Serving size (116g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 21g **8%**

Dietary Fiber 2g **7%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.2mg 6%

Potassium 210mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, lemon dill dressing (water, sunflower oil, lemon juice concentrate, sumac, extra virgin olive oil, dill, yeast extract, parsley, garlic, salt, natural flavor, ground mustard), fava beans, artichoke, red quinoa (red quinoa, water, salt), roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), yeast extract, salt

Produced in a facility that may process wheat and sesame.

SPECIFICATIONS

UNIT WEIGHT: 5lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 10lbs

CASES PER PALLET: 176

SHELF LIFE (FROZEN): 24mo from production

 **STORAGE:** Keep Frozen



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