



NUTRITION INFORMATION

المحتويات الغذائية

@js_bakery

+965 22280303

www.jsbakery.com

love@jsbakery.com

Chocolate

CHOCOLATE
كاكاه

PRODUCT NAME (1 PIECE/SERVING)

	CALS (Kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
Classic Love Bite	82	9.9	4.3	1	0.1
Low Sugar Love Bite	72	8.7	4.1	0.9	0.9
Salted Caramel Love Bite	83	9.9	4.4	1.1	0.1
Salted Almond Love Bite	94	8.5	6	1.4	0.1
Oreo Ball	75	8.2	4.3	1	0.2
Chocolate Brownie Ball	43	7	1.5	0.6	0.4
Brownie Biscuit Ball	41	6.4	1.5	0.6	0.4
Chocolate Clusters	30	3.5	1.5	0.5	0.2
Raspberry Chocolate Balls	39	4.5	2.0	0.5	0.02
Salted Caramel Balls	35	4.1	1.9	0.4	0.01
Toasted Coconut Chocolate Balls	33	3.9	1.8	0.4	0.02
Praline Chocolate hearts	31	3.3		0.6	0.2

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Vegan

VEGAN
نباتي

PRODUCT NAME (1 PIECE/SERVING)

	CALS (Kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
Peanut Butter Chocolate Bar	120	18.6	5.3	4	2.4
Date Loaf	312.5	51.6	9.3	5.6	3.9
Almond Date Protein Bomb	31	1	2.1	1.8	0.3
Protein Pancake	71.5	9.4	1.5	5.1	1.6
KETO Toasted Almond Butter (15g)	87	1.4	7.6	3.2	1.6
LOW CARB Espresso Almond Butter (15g)	80.4	3	6.4	2.7	1.4
KETO Peanut Butter (15g)	91	2	7.5	4	1.5
Almond Butter Dates	57.3	8.4	2.1	2.1	1.5
Espresso Almond Butter Dates	62	8.9	8.9	1.2	0.8
Arabic Coffee AB Dates (Seasonal)	42	5.4	1.9	0.8	1.5
Chocolate Peanut Butter Dates	88	11.3	4	1.8	2.3
Chocolate Cupcake w/ Icing	207	30.7	7.7	3.7	1.6
Chocolate Cupcakes w/out Icing	149	26	3.8	3.1	1.5
Vegan Baklava (Seasonal)	148	12.4	9.4	3.4	0
Sunflower Seed Butter Stuffed Dates	69	8.9	3.0	1.5	0.4
Sunflower Butter	87	3	8	3	1.8

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Low Cal

LOW CAL
قليل السعرات

PRODUCT NAME (1 PIECE/SERVING)	CALS (Kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
Labneh & Zaatar Wrap	71	11.2	2.1	2.2	0.6
Zaatar Wrap	105	13.2	4.6	2.7	1.4
Cheese Wrap	79.2	11.3	2.4	3.1	0.6
Zaatar & Labneh Croissant	335	37.4	14.5	4.8	2
Turkey & Cheese Croissant	429	39.4	23	18.5	1.6
Egg & Cheese Croissant	432	33	27	15.5	0.8
Brownie Cookie	159	2.9	21.8	2.9	1.6
Birthday Cookie	153	28	3.7	1.9	0.5
Chocolate Chip Cookie	153	26.3	4.5	2.1	0.5
Blueberry Spirulina Granola Parfait	146	17.5	7	3	1.7
Greek Yogurt Granola Cup	146	17.5	7	3	1.7
VEGAN Acai Granola Cup	234	44	5.4	1.3	7.5
Brownies	192.4	25.1	7.1	2.8	2
Paleo Almond Florentine	96	7.6	6.1	2.6	0.7
Signature Granola (65g)	284	25.1	17.3	7.4	4.7
Granola Bar	227	26	11	4.35	2.75



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PRODUCT NAME (1 PIECE/SERVING)

	CALS (Kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
VEGAN Espresso Almond Butter	80.4	3.0	6.4	2.7	1.4
VEGAN Toasted Almond Butter	87	1.4	7.6	3.2	1.6
VEGAN Peanut Butter	91	2	7.5	4	1.5
VEGAN Sunflower Butter	87	3	8	3	1.8



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PRODUCT NAME (1 PIECE/SERVING)

	CALS (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
Mini Chocolate Fudge Cupcake	107	13	5.8	1.4	1
LOW CAL Mini Red Velvet Cupcake	90	12	4.2	0.9	0.3
Flourless Chocolate Bundt Cake	489	30	37.7	10	5.5
LOW CAL Lemon Olive Oil Bundt Cake	315	50		4	0.3

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Protein

PROTEIN
بروتين

PRODUCT NAME (1 PIECE/SERVING)

	CALS (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
Peanut Butter Protein Bomb	42	4.6	1.2	3.1	0.3
Dark Chocolate Protein Bomb	52	5.8	1.7	3.2	0.3
Milk Chocolate Dipped Protein Bomb	54	5.7	1.9	3.3	0.3
Protein Yoghurt Cup	200	13	11.3	10	1.4
Choco PB Protein Shake	257	24	5.2	28.5	3.7
Acai Berry Protein Smoothie	289	27.7	6.2	28	4.4
Iced Protein Latte (Whey)	192	5.6	4.6	30.3	0
VEGAN Iced Protein Latte (Vegan)	117	6.7	2.3	17.8	0.3

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	CALS (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
PROTEIN Iced Protein Latte (Whey)	192	5.6	4.6	30.3	0
VEGAN PROTEIN Iced Protein Latte (Vegan)	117	6.7	2.3	17.8	0.3
Iced Spanish Latte	210	33	5.3	7.3	0
Hot Spanish Latte	157	24	4.1	6.9	0
VEGAN Vegan Hot Chocolate	170	18	10	2.3	3.8
Sugar Free Hot Chocolate	247	23.2	16	7.3	3.1
Skinny Hot Chocolate	280	27.4	15	7.6	0
PROTEIN Acai Berry Protein Smoothie	289	27.7	6.2	28	4.4
Super Green Juice	114	27	0.3	0.9	0.8
Super Beet Juice	120	28	0	0.9	0.7
Iced Matcha	154	9.7	9.5	7.5	1.5
PROTEIN Choco PB Protein Shake	257	24	5.2	28.5	3.7

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Keto & Low Carb

KETO
كيٲو

PRODUCT NAME (1 PIECE/SERVING)

	CALS (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	FIBER (g)
Keto Cake (110g Slice)	340	1.6	33	9	2.5
Girs Keto Cake Bars	241	1.3	23	7.2	2.7
Keto Cake Bars	233.5	1.2	22.3	7	2.6
Keto Basboosa Cup	269	3	25	8	2
Keto Protein Bar	225	6.7	13.6	19	2.9
Low Carb Protein Bar	73	2.6	4.3	4.3	1
Keto Ice Cream Bar	106	3.2	3.2	1	0.5
Keto Pb Ice Cream Bar	87	4	7.2	1.6	0
Mini Sugar Free Choco. P.B Cups	71.6	3.9	6	0.5	0.8
Mini Sugar Free Choco. Almond & Jam Cups	81.7	3.8	6.5	0.2	0.9
Girs Cakette	90.6	0.9	8.2	3.3	1.1
Cheese Rolls	90	1.1	7.6	4.4	0.5
Zaater Roll	93	1.7	7.6	4.5	0.7

PROTEIN

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VEGAN

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