



MENU

Delivery Fees

FREE for orders above 1250_{EGP}

20_{EGP} for orders above 1000_{EGP}

35_{EGP} for order above 800_{EGP}

50_{EGP} for orders above 500_{EGP}

80_{EGP} for order below 500_{EGP}



Delivery Schedule

- All following locations within 3 working days: Heliopolis, Sheraton, Nasr City, El Zeitun, El Nozha El Gedeeda, New Cairo, Rehab, Madinaty, Sherouk, Zamalek, Downtown, Mohandessein, Dokki, Agouza, Sheikh Zayed, 6th of October, Hadayek El Ahram, Hadayek El Kobba
- TUESDAYS: Maadi, Mokattam
- Alex: currently, every 2-3 weeks

We collect & prepare orders one day ahead of delivery, so kindly place your order before 2PM the day before delivery.

BABY LED-WEANING



Suitable for Babies 6+ months

Kindly consult your pediatrician

(Easily Chewable, NO Egg, NO Dairy, NO Salt, NO Honey, NO Sugar)

Protein



Baby Chicken Patties ... 400grams
Chicken, Burghul & V-licious 7 Hidden Veggies Mix.

210
12 Pieces



Baby Beef Patties ... 400grams
Beef Meat, Burghul & V-licious 7 Hidden Veggies Mix.

290
12 Pieces

Fish Patties ... 250grams
Fish, Burghul & V-licious 7 Hidden Veggies Mix.

187
7 Pieces

TRY ME

Baby Bundle

Baby Chicken Patties
Baby Beef Patties
Fruits Cake
Teething Biscuits **EGP 625 +**

Baby Bundle
With fish

Baby Chicken Patties
Baby Beef Patties
Fish Patties
Fruits Cake
Teething Biscuits **EGP 769 +**



Bakery



Red Cake ... 30grams each
Beetroot, Dates, Zucchini & Unsweetened Cocoa Powder.

6PIECES	12PIECES	24PIECES
125	245	416 490 (74 Off)



Green Cake ... 30grams each
Sweet Potato, Spinach, Dates & Apple.

130	255	433 510 (77 Off)
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Yellow Cake ... 30grams each
Pumpkin, Carrots, Zucchini & Dates.

125	245	416 490 (74 Off)
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Fruits Cake ... 30grams each
Mix of Red, Green & Yellow Cakes.

5PIECES	12PIECES	
115	250	425 500 (75 Off)

Teething Biscuits ... 80grams
Zucchini, Apple & Dates.

14PIECES	42PIECES	140PIECES
63	170	585 630 (125 Off)



V-licious 7 Veggies Mix

Zucchini, Carrots, Spinach, Broccoli, Mulukheya, Green Pepper, Leafy Greens (Celery, Parsley & Coriander)

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Bakery



"ALL PRODUCTS HAVE HIDDEN FRUITS & VEGGIES"



Veggie Muffins *

Zucchini, Carrots, Apple, Orange, Dates, Eggs & Honey

6PIECES	9PIECES	18PIECES
120	168	286 336 (50 Off)

Pumpkin & Sweet Potato Muffins *

Sweet Potato, Pumpkin, Chia Seeds, Eggs & Molasses

6PIECES	9PIECES	18PIECES
120	168	286 336 (50 Off)



Dried Fruit Muffins *

Dates, Fig, Dried Apricots, Prunes, Raisins, Coconut Flax & Molasses

6PIECES	9PIECES	18PIECES
126	178	303 356 (53 Off)

Mix of All Muffins *

Mix of Veggie, Pumpkin & Dry Fruit Muffins

6PIECES	9PIECES	18PIECES
122	171	291 342 (51 Off)

* 6-pcs pack come in a tray; 9-pcs pack come in a box with each muffin packed individually.
* Upon customer request, muffins in 6pcs pack may be topped with honey & colored or chocolate sprinkles (May include sugar and artificial colors)



Sweet Potato Brownies

Sweet Potato, Zucchini, Carrots, Dates, Unsweetened Cocoa Powder, Eggs & Honey

5PIECES	12PIECES	24PIECES
108	235	383 450 (67 Off)



Iron Brownies

Dates, Spinach, Tahini, Molasses & Unsweetened Cocoa Powder

5PIECES	12PIECES	24PIECES
108	235	383 450 (67 Off)



Veggie Biscuits

Carrots, Zucchini & Honey

40PIECES	120PIECES	400PIECES
63	170 189 (19 Off)	585 630 (125 Off)



Fruits Biscuits

Apple, Orange & Honey

40PIECES	120PIECES	400PIECES
63	170 189 (19 Off)	585 630 (125 Off)



Iron Biscuits

Spinach, Molasses, Cinnamon & Unsweetened Cocoa Powder

40PIECES	120PIECES	400PIECES
63	170 189 (19 Off)	585 630 (125 Off)



Mix of All Biscuits

1 pack of each of the 3 flavors

40PIECES	120PIECES	400PIECES
63	170 189 (19 Off)	585 630 (125 Off)

TRY ME

Bakery Bundle

Iron Brownies 5pcs
Mix of all Muffins 6pcs
Sweet Potato Brownies 5pcs
Fruits, Iron & Veggie Biscuits 3packs

497^{EGP}

FREE DELIVERY

No Honey, No Eggs & No Dairy



Red Cake

Beetroot, Dates, Zucchini & Unsweetened Cocoa Powder.

6PIECES	12PIECES	24PIECES
125	245	416 490 (74 Off)

Green Cake

Sweet Potato, Spinach, Dates & Apple.

6PIECES	12PIECES	24PIECES
130	255	433 510 (77 Off)

Yellow Cake

Pumpkin, Carrots, Zucchini & Dates.

6PIECES	12PIECES	24PIECES
125	245	416 490 (74 Off)

Fruits Cake

Mix of Red, Green & Yellow Cakes.

5PIECES	12PIECES	24PIECES
115	250	425 500 (75 Off)



Teething Biscuits

Zucchini, Apple & Dates.

14PIECES	42PIECES	140PIECES
63	170 189 (19 Off)	585 630 (125 Off)

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Savory



"ALL PRODUCTS HAVE HIDDEN VEGGIES"

TRY ME

Savory Bundle

Beef Kofta
Green Patties
Veggie Nuggets
Chicken Nuggets

EGP **492 +**



SMALL LARGE

Chicken Nuggets

Chicken, Eggs, Burghul & V-licious 7 Hidden Veggies Mix coated with corn flour
Dinosaur Nuggets Shapes | Crunchy Coat

147 215
8 Pieces 12 Pieces
~250g ~360g

LARGE x2
365
24 Pieces
430 (65 Off)



Chicken Pops

Chicken, Mozzarella Cheese, Eggs, Burghul, V-licious 7 Hidden Veggies Mix coated with Corn Flour
Ball Shape on wooden stick | Crunchy Coat | Cheesy Inside

165 240
12 Pieces 18 Pieces
~250g ~360g

408
36 Pieces
480 (72 Off)



Beef Kofta

Beef Meat, Burghul & V-licious 7 Hidden Veggies Mix.
Fingers Shape

195 370
10 Pieces 20 Pieces
~250g ~500g

629
40 Pieces
740 (111 Off)

Mini-Burger

Beef Meat, Eggs, Burghul & V-licious 7 Hidden Veggies Mix
Mini-Burger Shape

195 370
7 Pieces 14 Pieces
~250g ~460g

629
28 Pieces
740 (111 Off)



Meat Balls

Beef Meat, Burghul & V-licious 7 Hidden Veggies Mix
Balls Shape

190 370
16 Pieces 32 Pieces
~240g ~480g

629
64 Pieces
740 (111 Off)

Veggie Nuggets

Potatoes, Eggs, Burghul & V-licious 7 Hidden Veggies Mix coated with corn flour
Fingers Shape | Crunchy Coat

90 170
10 Pieces 20 Pieces
~250g ~500G

290
40 Pieces
340 (51 Off)



Green Patties

Hummus, Fava Beans, Spinach, Leafy Greens, Garlic & Onions.
Burger Shape

90
16 Pieces
~450g

153
32 Pieces
180 (27 Off)

V-licious 7 Hidden Veggies Mix

Zucchini, Carrots, Spinach, Broccoli, Mulukheya, Bell Pepper, Leafy Greens (Celery + Parsley)

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Fish Menu



"ALL PRODUCTS HAVE HIDDEN VEGGIES"

TRY ME

Fish Bundle

Fish Kofta
Fish Nuggets
Fish Bombs
Fish Croquette

EGP **699+**



Fish Nuggets

Fish, Burghul, & V-licious 7 Hidden Veggies Mix coated with Corn Flour
Dinosaur Shaped Nuggets | Crunchy Coat | Less Fish Taste

197
8 Pieces
~250g



Fish Bombs

Fish, Mozzarella Cheese, Burghul, Potatoes & V-licious 7 Hidden Veggies Mix coated with Corn Flour
Ball Shapes | Crunchy Coat | Cheesy Inside | Less Fish Taste

197
7 Pieces
~250g



Fish Kofta

Fish, Burghul & V-licious 7 Hidden Veggies Mix.
Fingers Shape | More Fish Taste

200
10 Pieces
~250g



Fish Croquette

Fish, Burghul, Potatoes & V-licious 7 Hidden Veggies Mix coated with Corn Flour
Fingers Shape | Crunchy Coat | Less Fish Taste

190
10 Pieces
~250g



Fish Patties for BLW (6+ months)*

Fish, Burghul, Potatoes & V-licious 7 Hidden Veggies Mix
Burger Shape | Salt Free | Less Fish Taste

187
7 Pieces
~250g

* It is always recommended to consult your pediatrician before any intake

V-licious 7 Hidden Veggies Mix

Zucchini, Carrots, Spinach, Broccoli, Mulukheya, Bell Pepper, Leafy Greens (Celery + Parsley)



BIG ME



"ALL PRODUCTS HAVE 7 HIDDEN VEGGIES"

TRY ME

Big ME Bundle

Big Kofta
Big Burger
Chicken Panee
Cheesy Meat Balls

EGP **1149+**



Chicken Panee (~490 grams)

Chicken, Eggs, Burghul, Breadcrumbs & V-licious 7 Veggies Mix.

245
7 Pieces

x2
417
14 Pieces
~~490~~ (73 Off)

Escalope Panee (~500 grams)

Beef Meat, Eggs, Burghul, Breadcrumbs & V-licious 7 Hidden Veggies Mix.

370
7 Pieces

629
14 Pieces
~~740~~ (111 Off)



Big Kofta (~480 grams)

Beef Meat, Burghul & V-licious 7 Hidden Veggies Mix.

370
12 Pieces

629
24 Pieces
~~740~~ (111 Off)

Big Burger (~480 grams)

Beef Meat, Eggs, Burghul & V-licious 7 Hidden Veggies Mix

370
6 Pieces

629
12 Pieces
~~740~~ (111 Off)



Big Cheesy Burger (~570 grams)

Beef Meat, Eggs, Mozzarella Cheese, Burghul & V-licious 7 Hidden Veggies Mix

385
6 Pieces

655
12 Pieces
~~770~~ (115 Off)



Cheesy Meat Balls (~500 grams)

Beef Meat, Mozzarella Cheese, Burghul & V-licious 7 Hidden Veggies Mix

370
15 Pieces

629
30 Pieces
~~740~~ (111 Off)



V-licious 7 Hidden Veggies Mix

Zucchini, Carrots, Spinach, Broccoli, Mulukheya, Bell Pepper, Leafy Greens (Celery + Parsley)

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