

# Skinny deLITES

by:  
RightBite





**Skinny deLITES** is just one of the many different services offered by **Right Bite**. Its specialties are low fat, low sugar, low calorie sweets, desserts and bakery items. We offer a range of mouth-watering treats that satisfy your taste buds without adding to your waistline.

All our products are prepared in house fresh upon request.  
We do not use any artificial sweeteners or preservatives.  
All our desserts are suitable for diabetics.

Call 04 3388763 to place your order and enjoy great tasting bakery and pastry items...

*guilt free!*

**Right Bite**, delivering the bite that's right for you!



Nutrition and Catering Services

# Skinny deLITES Items



## 1. Muffins, Tarts & Mini Cakes

No.	Item(Pieces)	Price	Calories/piece
1	Whole-wheat blueberry muffin (12)	36	72
2	Whole-wheat cherry coconut muffin (12)	30	58
3	Whole-wheat cherry, walnut & chocolate chip muffin (12)	32	76
4	Whole-wheat chocolate muffin (12)	30	66
5	Whole-wheat chocolate, pear & almond muffin (12)	35	77
6	Whole-wheat cranberry muffin (12)	25	57
7	Whole-wheat double chocolate chip muffin (12)	32	77
8	Whole-wheat lemon-scented muffin (12)	30	73
9	Whole-wheat oat-bran muffin (12)	25	57
10	Apple tartlets (12)	36	54
11	Chocolate & caramelized nut tartlets (12)	36	100
12	Pecan pie (12)	36	73
13	Strawberry tart (12)	36	54
14	Walnut pie (12)	36	80
15	Chocolate brownie (12)	26	50
16	English chocolate cake (12)	30	50
17	Raspberry cheese cake (12)	48	50
18	Chocolate cheese cake (12)	32	55
19	Orange coconut cake (12)	38	50
20	Chocolate fudge cake (12)	38	62



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## II. Whole Cakes

No.	Item(Slices)	Price	Calories/piece
1	Apple tart tatin (12 slices)	75	150
2	Carrot cake (16 slices)	125	150
3	Chocolate fudge cake (16 slices)	80	100
4	Marble cake (16 slices)	75	150
5	Orange cake (16 slices)	75	100

## III. Cookies & Biscotti

No.	Item(Pieces)	Price	Calories/piece
1	Almond coffee cookies (12)	20	49
2	Black & white chocolate centered sable (12)	20	50
3	Crunch bran cookies (12)	20	50
4	Double chocolate cookies (12)	20	50
5	Jelly centered sable (12)	20	50
6	Peanut butter cookies (12)	20	50
7	Almond biscotti (12)	16	50
8	Chocolate chip biscotti (12)	16	50
9	Cinnamon, raisin & ginger biscotti (12)	16	50
10	Oat & apricot biscotti (12)	20	50



## IV. Pudding

No.	Item(Pieces)	Price	Calories/piece
1	Coffee tiramisu (6 pieces)	56	150
2	Strawberry tiramisu (6 pieces)	55	150
3	Velvety fudge pudding with crunchy brownies (6 pieces)	48	150

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## V. Bars & Bites

No.	Item(Pieces)	Price	Calories/piece
1	Chocolate strawberry bite (16)	36	53
2	Chocolate éclairs (16)	36	50
3	Chocolate hazelnut macaroons (12)	20	50
4	Chocolate Madeleine (12)	20	50
5	Date bar (12)	28	50
6	Fresh lemon bars (12)	28	100
7	Fruit & nut chocolate balls (16)	38	50
8	Ginger almond bite (12)	28	50
9	Hazelnut-chocolate squares (16)	30	50
10	Spicy summer cocktail nuts (6 servings)	48	100

## VI. Arabic Sweets

No.	Item(Pieces)	Price	Calories/piece
1	Ashtaliya (12)	55	50
2	Assortment of mixed atayef (12)	36	50
3	Assortment of mixed maamoul (16)	30	50
4	Assortment of stuffed dates (16)	35	46
5	Halawet el jibn (16)	32	54
6	Ousmaliyyah	36	50



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## VII. Bakery Items

No.	Item(Pieces)	Price	Calories/pieces
1	Assorted bakery (24 pieces) <small>[Spinach fatayer, cheese &amp; zaatar manakish, meat sambousek, chicken sausage roll, marguerita pizza]</small>	42	56
2	Cheese croissant, mini, whole-wheat (12)	35	100
3	Chocolate croissant, mini, whole-wheat (12)	32	100
4	Zaatar croissant, mini, whole-wheat (12)	32	100
5	Signature Right Bite dried fruit, honey & nut bread (1loaf: 16 slices)	25	92
6	Signature Right Bite multi-grain bread (1loaf:16 slices)	28	87
7	Whole-wheat cheese fatayer (12)	36	50
8	Whole-wheat chicken sausage roll (12)	36	60
9	Whole-wheat kishk fatayer (12)	30	50
10	Whole-wheat labneh fatayer (12)	30	50
11	Whole-wheat margarita pizza (12)	30	50
12	Whole-wheat meat sambousek (12)	36	50
13	Whole-wheat spinach fatayer (12)	36	50

## VIII. Wheat-free Cakes & Bread

No.	Item(Pieces)	Price	Calories/pieces
1	Wheat-free chocolate cake (16)	75	100
2	Wheat-free dark ginger cake (12)	75	142
3	Wheat-free chocolate cookies (12)	25	50
4	Wheat-free sunflower seed bread (1loaf:17 slices)	30	84
5	Wheat-free flaxseed bread (1loaf: 17 slices)	30	88

