



JUST BARS FRUIT & NUTS BARS

A DELICIOUS EVERY DAY, ALL-DAY NUTRITIOUS SNACK!



Simply made with love and care in small batches, with the finest fruits and nuts. Fruit & Nuts Bars are the ideal kick-start for your body, the healthy break between meals or the perfect snack on the go!

Free from:

GMO
Gluten
Dairy
Trans fat
Hydrogenated fats
Preservatives

- Made in Greece
- Low glycemic index
- Good source of fiber



DAIRY FREE



NO ARTIFICIAL
COLORS



NO ARTIFICIAL
FLAVORS

JUST BARS FRUIT & NUTS BARS

A DELICIOUS EVERY DAY, ALL-DAY NUTRITIOUS SNACK!

HAITOGLOU BROS. S.A
PACKAGED FOODS

Cashews, Almonds & Cranberries

Ingredients: Cashews, almonds, cranberries, honey, glucose syrup, crisp rice, coconut oil.
Contains cashews and almonds.
May contain traces of soy, peanuts or other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 7g Added Sugars	14%
Protein 3g	
Vit. D 0.0mcg 0%	Calcium 20mg 2%
Iron 1.0mg 6%	Potas. 110mg 2%

* 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.

Peanuts, Almonds, Chocolate & Sultanas

Ingredients: Peanuts, almonds, honey, glucose syrup, pecan, dark chocolate (cocoa mass, sugar, cocoa butter, soy lecithin), plums, sultanas, crisp rice, coconut oil. Contains peanuts, almonds, pecan and soy.
May contain traces of other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 4g	
Vit. D 0.0mcg 0%	Calcium 30mg 2%
Iron 0.8mg 4%	Potas. 140mg 2%

* 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.

Almonds, Apple, Cinnamon & Sultanas

Ingredients: Almonds, honey, glucose syrup, cashews, apples, walnuts, sultanas, crisp rice, coconut oil, cinnamon powder. Contains almonds, cashews and walnuts.
May contain traces of soy, peanuts or other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	8%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 4g	
Vit. D 0.0mcg 0%	Calcium 40mg 4%
Iron 0.9mg 6%	Potas. 130mg 2%

* 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.

Almonds, Cranberries & Peanuts

Ingredients: Almonds, cranberries, honey, glucose syrup, hazelnuts, peanuts, crisp rice, coconut oil.
Contains almonds, hazelnuts and peanuts.
May contain traces of soy or other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 7g Added Sugars	14%
Protein 4g	
Vit. D 0.0mcg 0%	Calcium 30mg 2%
Iron 0.8mg 4%	Potas. 150mg 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.

Peanuts, Almonds & Orange

Ingredients: Peanuts, honey, glucose syrup, almonds, Brazil nuts, pecan, orange peels, sunflower seeds, crisp rice, coconut oil. Contains peanuts, almonds, Brazil nuts and pecan.
May contain traces of soy or other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 4g	
Vit. D 0.0mcg 0%	Calcium 40mg 4%
Iron 1.0mg 6%	Potas. 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.

Peanuts, Almonds, Blueberries & Apricot

Ingredients: Peanuts, honey, glucose syrup, almonds, pistachios, blueberries, apricots, crisp rice, coconut oil, sea salt. Contains peanuts, almonds and pistachios.
May contain traces of soy or other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 5g	
Vit. D 0.0mcg 0%	Calcium 40mg 4%
Iron 0.8mg 4%	Potas. 180mg 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.

Almonds, Walnuts & Raisins

Ingredients: Almonds, walnuts, honey, glucose syrup, apricots, raisins, crisp rice, coconut oil.
Contains almonds and walnuts.
May contain traces of soy, peanuts or other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 4g	
Vit. D 0.0mcg 0%	Calcium 40mg 4%
Iron 0.9mg 6%	Potas. 170mg 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.

Peanuts, Almonds & Sea Salt

Ingredients: Peanuts, honey, glucose syrup, almonds, Brazil nuts, pecan, sunflower seeds, crisp rice, coconut oil, sea salt. Contains peanuts, almonds, Brazil nuts and pecan.
May contain traces of soy or other tree nuts.



Nutrition Facts	
Serving size	1 bar (40g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 16g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 7g Added Sugars	14%
Protein 5g	
Vit. D 0.0mcg 0%	Calcium 30mg 2%
Iron 0.8mg 4%	Potas. 180mg 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.



BAR WEIGHT	1.4oz (40g)	CASE CUBE	0.706ft ³
BOX PACK	12 bars	CASES PER PALLET	72
BOX NET WEIGHT	16.8oz (480g)	PALLET CONFIGURATION	9 x 8
BOX DIMENSIONS	5,90" x 6,70" x 2,24"	PALLET HEIGHT	68.11"
CASE PACK	12	PALLET WEIGHT	1.108lbs. (503kg) Gross
CASE WEIGHT	14.77lbs. (6.7kg) Gross	PRODUCT HANDLING	59° - 77°F
CASE DIMENSIONS	13.77" x 12.40" x 7.28"	SHELF LIFE	14 Months

570 09 Kalochori
Thessaloniki - Greece

Tel: +30 2310 389700
Fax: +30 2310 751747

info@haifoods.com
www.haifoods.com



ISO 9001

ISO 14001