



**NATURAL SOURCE**  
*of energy!*

PRODUCT CATALOGUE

# SESAME BARS

*Tasty as... health!*

- High fiber
- ◆
- Source of protein
- ◆
- Gluten free
- ◆
- Suitable for Vegetarians
- ◆
- Low salt
- ◆
- Lactose free
- ◆
- No preservatives



Want to fill your day with energy and feel the benefits of a real super food?  
Try our sesame bars and everyday snacking will never be the same again!  
Sesame seeds contribute to strengthening health, containing plant-based proteins of high biological value, while also being a rich source of amino acids. And on top of it all, sesame tastes really good! No wonder everyone loves Jannis Sesame Bars for what they are, irresistibly yummy and unbelievably healthy!

**Sesame Bar** 30g, 40g, 70g, 100g, 140g

# SESAME BARS

*Tasty as... health!*



**Sesame Bar with Dark Chocolate 30g**  
**3 Bar 45g | Sesame Bar 30g**

**Sesame Bar with Honey 70g, 30g**  
**Sesame Honey Bar with Carob & Ginger, Orange, Almonds 40g**

# SESAME BARS

*Tasty as... health!*



**Bio Sesame Bar 40g**



**Sesame Bar 0% Sugar added 40g**

# NUT BARS

*Nut an ordinary snack!*

Source of fiber

◆  
Gluten free

◆  
Suitable for Vegans

◆  
Low salt

◆  
Lactose free

◆  
Dairy free

◆  
No preservatives

◆  
No additives

We all know that nuts are the kind of food that we just can't do without, if we are after a well-balanced diet. These Nut bars are really awesome in terms of flavor and nutritional value, while they are available in a wide variety to choose from! Peanuts, rich in protein and biotin. Delicious almonds, that have long been considered the secret of well-being and health. Hazelnuts, a very good source of soluble fiber and manganese with high content of calcium and B-complex vitamins. Pecans, rich in antioxidant polyphenols. Altogether they make Jannis nut bars what they really are, a real treat for the taste buds and the human body just as well.



Mixed Nuts Bar 40g

# NUT BARS

*Nut an ordinary snack!*



Cashew Bar 40g | Pecan Bar 40g

Hazelnut Bar 40g | Almond Bar 40g

# NUT BARS

*Nut an ordinary snack!*



**Peanut Sesame Bar** 40g, 70g | **Peanut Bar** 40g, 70g



**Pistachio Bar** 40g

# HIGH PROTEIN

## NUT BARS

*Owl about healthy snacking!*

29% Protein

◆  
21% Fibers

◆  
0% sugar added

◆  
No Preservatives

◆  
Palm oil free

◆  
Lactose free

◆  
Dairy free

◆  
Low salt

◆  
Suitable for vegans



Mad about nuts? The Smart Owl bar loves roasted nuts as much as you do, and comes packed with protein and fibers, for that everyday extra power boost!

**Nut Bar Roasted Nuts 28g**  
**0% Sugar added**



# HIGH PROTEIN

## NUT BARS

*Owl about healthy snacking!*

25% Protein

◆  
24% Fibers

◆  
0% sugar added

◆  
No Preservatives

◆  
Palm oil free

◆  
Lactose free

◆  
Dairy free

◆  
Low salt

◆  
Suitable for vegans



No better way to kick off your day, than this super tasty, super healthy, super... powered protein snack with strawberry and raspberry!

**Nut Bar with Strawberry & Raspberry 28g**  
**0% Sugar added**

# HIGH PROTEIN Nut Bars



Nut Bars with Strawberry & Raspberry 3x28g  
Nut Bars with Banana 3x28g



Nut Bars with Roasted Nuts 3x28g  
Nut Bars with Apricot 3x28g

# HIGH FIBER

## NUT BARS

*All the taste you  
can bear!*

- High fiber
- ◆
- Source of protein
- ◆
- No preservatives
- ◆
- Suitable for vegetarians
- ◆
- Palm oil free
- ◆
- Gluten free
- ◆
- Dairy free
- ◆
- Lactose free
- ◆
- Low salt

The crispy cereals used in these bars are made from rice flour and were specially selected so that they do not contain gluten. Honey is a natural sweetener; it is rich in vitamin B6, thiamine, niacin, riboflavin, pantothenic acid and certain amino acids. This natural sweetener is antioxidant and is free of fat and cholesterol.

Nuts, on the other hand, provide our body with energy and the necessary nutrients, such as unsaturated fatty acids ( $\Omega 3$  and  $\Omega 6$ ), vegetable proteins, antioxidants ( $\alpha$ -tocopherol), B vitamins, minerals, fibers, and so much more.

An excellent snacking choice of energy booster for any time of the day!



**Nut Bar with Honey, Dark Chocolate  
& Sour Cherry 30g**

# HIGH FIBER Nut Bars



**Nut Bars with Honey & Mediterranean Sea Salt 3x30g**  
**Nut Bars with Honey, Greek Yoghurt Dessert & Cranberry 3x30g**



**Nut Bars with Honey, Dark Chocolate & Sour Cherry 3x30g**  
**Nut Bars with Honey, Apple & Cinnamon 3x30g**

# MINI BITES

*Bite it, anytime!*

- High fiber
- Natural source of protein
- Suitable for vegetarians
- Very low salt
- Lactose free
- Dairy free
- No preservatives



Big surprises await you in every bite! Jannis Mini Sesame bites are exactly the kind of snack that will give you the energy boost you need, served in the ideal size of single bites. Sesame is flirting with dried fruits and chocolate, rich in B-complex vitamins, vitamin E, phosphorus, calcium, potassium, magnesium, zinc, selenium and lignans. These small bites will benefit your body and mind, big time!

**Mini Sesame Bites 150g**

# MINI BITES

*Bite it, anytime!*



**Mini Sesame Bites with Dark Chocolate 150g**  
**0% Sugar added**



**Sesame Bites with Hippophae, Goji Berry & Aronia 150g**  
**0% Sugar added**

# MINI BITES

*Bite it, anytime!*



**Mini Peanut Bars 150g | Mini Mixed Nut Bars 150g**  
**Mini Hazelnut Bars 150g**



**Mini Pistachio Bars 150g | Mini Almond Bars 150g**

# SESAME STICKS

*Full of flavour!*



- Sesame Sticks with Dark Chocolate 48g
- Sesame Sticks with Lime & White Chocolate 48g
- Sesame Sticks with Hippophae, Goji Berry & Aronia 48g



Sesame Sticks 125g



# SOFT NOUGAT

*Hard to resist!*

- Low salt
- ◆
- No preservatives
- ◆
- Dairy free
- ◆
- High energy
- ◆
- Whole nut
- ◆
- Real fruit
- ◆
- Essential nutrient
- Suitable for Vegetarian

There is something really special in the way a soft nougat melts in the mouth! Its velvety, chewy texture, along with the intense flavours of nuts and fruits, make it really hard to resist. Almonds and peanuts are the core ingredients, making a nutritious statement in each bite! And then, there are also the juicy parts of the dried fruits; cranberries, a rich source of antioxidants, apple, again extremely rich in antioxidants, flavonoids and fiber, strawberry and orange purees, containing a significant amount of calcium. What's not to love in this amazing, energy-packed snack?



**Soft Nougat with Almonds 50g**  
**Soft Nougat with Peanuts 70g, 130g, 150g & 55g**  
**Soft Nougat with Cranberries & Almonds 35g**

# SOFT NOUGAT

*Hard to resist!*



**Soft Nougat with Hazelnuts & Caramel 60g**  
**Soft Nougat with Apple, Peanuts & Cinnamon 60g**  
**Soft Nougat with Peanuts 60g**

**Soft Nougat with Strawberries & Almonds 60g**  
**Soft Nougat with Orange & Peanuts 60g**  
**Soft Nougat with Cranberries & Almonds 60g**

# SOFT NOUGAT

*Hard to resist!*



**Soft Nougat with Espresso, Almonds & Caramel 75g**  
**Soft Nougat with Pistachio 75g**  
**Soft Nougat With Strawberries & Almonds 75g**



**Soft Nougat With Blueberries & Almonds 75g**  
**Soft Nougat With Kiwi, Lime & Peanuts 75g**  
**Soft Nougat with Orange & Dark Chocolate 75g**

# SUPER MANDOLATAKIA!

*It's super good!*

Suitable for Vegetarian

◆  
Very low salt

◆  
Low fat

◆  
Low saturated fat

◆  
Source of fiber

Small size wise, yet grand in flavor, the mantolataki is the fail-safe choice, to fill up your energy levels in the most enjoyable way! Nuts, dried fruits and famous super foods, join nutritional powers and amazing flavors, and the result is so good, you simply can't get enough of it!  
Did you pick your favorite?



**Mini Soft Nougat with Goji Berry, Cranberry & Aronia 80g**  
**Mini Soft Nougat with Almond, Cranberry & Hippophae 80g**  
**Mini Soft Nougat with Quinoa, Peanuts & Coconut 80g**

# DELUXE LINE

*Delicious, inside out.*

No preservatives

◆  
Low salt

◆  
Dairy free

◆  
Suitable for Vegetarians

When the occasion calls for it, your favorite Jannis flavours are diligently put in elegant cases and win the impressions both in quality and quantity! Honeyed, delicious sesame bars, crunchy nut bars and chewy nougats, are the valuable content of this Deluxe series, which can be a great treat for your loved ones – if only you manage not to keep it all to yourself.



**3 Nut Bars with Almonds, Hazelnuts  
& Mixed Nuts 3x40g**

# DELUXE LINE

*Delicious, inside out.*



**2 Sesame Bars 2×70g**  
**2 Honey Made Soft Sesame Bars 2×70g**



**3 Soft Nougat with Cranberries & Almonds 3×35g**  
**Soft Nougat with Peanuts 120g | Soft Nougat with Almonds 180g**

**DELUXE  
LINE**  
*Delicious, inside out.*



**Coconut Sticks 800g | Choco Coco Sticks 800g**



**Coconut Bites 200g | Choco Coco Bites 200g**

# DELUXE LINE

*Delicious, inside out.*



**Strawberry Delight** 150g | **Orange Delight** 150g  
**Rose Delight** 150g | **Cranberries Delight** 150g



**Chios Mastiha Delight** 150g | **Mixed Flavor Delight** 150g  
**Vanilla & Almond Delight** 150g | **Vanilla & Pistachio Delight** 150g



# DELUXE LINE

*Delicious, inside out.*



**Chios Mastiha Delight 290g**  
**Mixed Flavor Delight 290g | Ouzo Delight 290g**



**Rose Delight 290g | Vanilla & Almond Delight 290g**  
**Vanilla & Pistachio Delight 290g**

# about us

**JANNIS S.A.** was founded in **1965**, in **Thessaloniki**. Our company was one of the **first large scale producers of Sesame bars in Greece**. Jannis products were made in cauldrons by craftsmen with absolute care, as they embedded tradition in the manufacturing process.

Sesame bar, or **pasteli** as it is known in Greece, is a traditional Greek confection with documented origins in antiquity. Homer and Herodotus spoke of the snack in the Iliad and other scripts since the 8th and 5th centuries BC. Throughout the ages, our beloved sesame bar continues to be not only a sweet snack, but also a **natural source of energy**, due to the high-nutritional value of its two key ingredients: sesame and honey.

Since then, our company has grown its product range to meet our customers' changing tastes and lifestyles. We offer a **wide range of Sesame bars, Nut bars, Nougat bars, Greek style delights, and Coconut sticks**. With our clientele growing internationally, we adjusted to the international market dynamics and created **certified biological (organic) choices**.

Throughout all these years, the company has evolved by investing in technology and creating **state of the art manufacturing facilities**. Yet, Jannis still values the expertise of its personnel and highly invests in it. The secret behind our success remains the **product quality for the well-being of our customers**. We employ the best practice quality control measures, throughout the whole process, to ensure that our products are of the **highest standards**.

With more than **half a century** of dynamic and steadily growing presence, **Jannis** is the **market leader** in Greek traditional confectionery and our products are enjoyed by customers around the world. Jannis products are **much more than energy bars**, gluten free choices or options suitable for vegetarians. We use the **finest ingredients** that make a natural and healthy snack, yet they leave a delicious flavor in the mouth!

Our products are offered in a variety of packaging and they are ideal for snacking on the go. They are an excellent choice in **retail, hotels, coffee shops, vending machines, delicatessen shops, schools, airports and much more**.





**JANNIS S.A.**

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