

TINY BUT MIGHTY CATERS REAL FOOD

"It is a big challenge," said Roula Rizk, founder and general manager of Tiny but Mighty, a catering company in Bayada that provides healthy, organic and balanced meals for schools, companies, homes and private events.

Rizk wants to see a move towards healthier eating, accompanied with an awareness of its importance. The result is Tiny but Mighty, a new-concept catering service that offers "real food" that is healthy, organic and prepared from scratch with the highest standards of safety and quality. **In an interview in Tiny but Mighty's bright eat-in space, Rizk's green eyes sparked as she exclaimed, "I felt I was the right person to do this."** I have a vision about a healthier future. I truly believe in Mahatma Gandhi's quote: "Be the change you want to see in the world."

Meticulous to a fault, food manifests itself in service, from the staff, to the use of only ingredients, to a spotless, to support the high international requirements of-the-art standard in process is designed for receiving and cooking to with separate isolated meat, poultry and fish to



Tiny but Mighty offers a priced, organic, nutritious eat-in and delivery to home

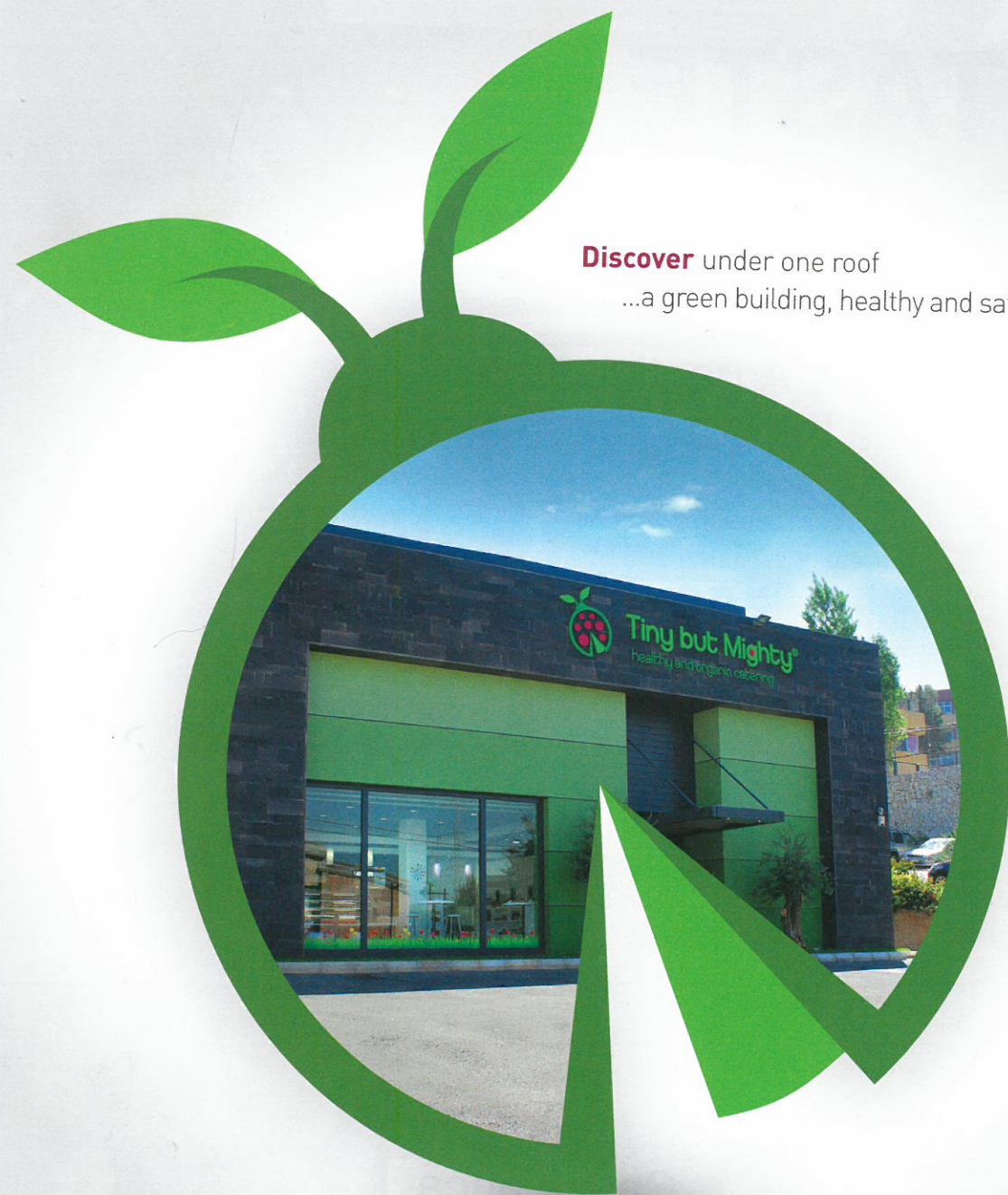
Tiny but Mighty makes - including bread, cakes, snack foods like baked potato chips, homemade ice cream and light pastries to nutritionally balanced daily dishes - is good for you. Even the food packaging is eco-friendly and non-toxic. Tiny but Mighty's building itself is green, based on ecological construction principles.

"Why choose organic?" Rizk asked rhetorically. "Organic food is not a luxury; it is how food is supposed to be."

"Whatever we offer, I have applied in my own home, with my own children," said Rizk. "I thought through each and every detail. I am offering exactly what I would want my own family to eat - organic, well-balanced, homemade meals."

her passion for healthy all aspects of the catering selection of top chefs and certified organic and natural clinically clean facility built sanitation and food handling of ISO 22000, the state-food safety. The production a unidirectional flow from packaging and dispatching, preparation rooms for prevent cross-contamination.

diverse menu of reasonably food for pick-up, and workplaces. Everything



Discover under one roof
...a green building, healthy and safe organic catering

Discover the real food.



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