

PRODUCT CATALOG



About Us

Australian Foods (I) Pvt. Ltd., the makers of Cookie Man cookies commenced its business operations in India in January 2000. The lack of recognized cookie plavers in India motivated Australian Foods to enter the market and open its first store in Chennai in January 2000. Cookie Man cookies have rapidly grown to become synonymous with international quality and are today the #1 brand of fresh baked cookies in the country.Currently, Cookie Man operates 50 outlets in 17 cities in NCR, Gurgaon, Delhi, Ahmedabad, Surat, Mumbai, Pune, Chennai, Bangalore, Coimbatore, Hyderabad, Kolkata, Mangalore, Chandigarh, Trichy, Udaipur and Port Blair

The Cookie Man product line is unique, of high quality and good value for money. In India too, the cookies are made from the finest ingredients available, ensuring that the products meet stringent global quality and consistency guidelines. All cookie dough, toppings and related materials are produced in the Cookie Man Commissary in Chennai.

Cookie Man markets a diverse line of fresh baked Australian cookies in India. There are more than fifty varieties of cookies available. The flavours include Choc Chip, Coffee Walnut, Brandy Snap, Honey and Oats, Coconut Macaroon, Shortbread, Peanut, Ginger and many, many more. Even the famous Australian "Anzac" cookie is available right here in India.







Choose from our range of Indulgence Cookies



Double Choc Chip Cookies

Incorporating some dark chocolate into your diet may also be helpful for easing anxiety. Dark chocolate contains flavonols, which are antioxidants that may benefit brain function. They do this by improving blood flow to the brain and promoting its ability to adapt to stressful situations



one of the best sources of monounsaturated fatty acids, essential amino acids, and magnesium. These nutrients are beneficial for blood pressure, sugar and cholesterol control, bone health, the immune system, and your metabolism



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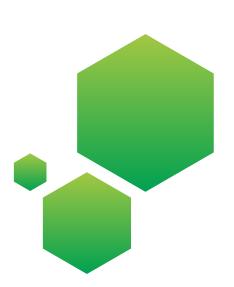
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one of the best sources of monounsaturated fatty acids, essential amino acids, and magnesium. These nutrients are beneficial for blood pressure, sugar and cholesterol control, bone health, the immune system, and your metabolism



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Choose from our range of Healthy Cookies



Oat With Multigrain Cookies

Oatmeal a breakfast favorite, is a whole grain, and an excellent source of fiber. Oatmeal can absorb acid in the stomach and reduce symptoms of reflux. Other fiber options include whole-grain and whole-grain rice.



A handful of almonds, a heap of rewards Unsaturated fats aren't just good for your heart, they boost serotonin levels during the day, which in turn help you sleep better at night. Almonds are also high in vitamin E, which helps to stave off infection and boost your immune system



Cranberries are rich in antioxidants, which the American Cancer Society notes protects lungs. Blueberry and cranberry are two of the top sources of Vitamin C, a potent antioxidant, prevalent in may alleviate inflammation in your respiratory system.



Strawberries which contain about 85 mg per cup won't just give you a healthy boost of antioxidants, but they'll also help reduce your symptoms in the process. Bonus: Strawberries are also one of the 50 Foods That Make You Look Younger.



Choose from our range of Healthy Cookies



Oranges are especially rich in folate. Just one orange holds between 40 and 50 mcg, about ten percent of your daily value. A glass of orange juice can contain even more, especially if it has been fortified with folic acid.



They are very good sources of B-complex vitamins such as niacin, folic acid, thiamin (vitamin B1), pyridoxine (vitamin B6), and riboflavin. 100 g of sesame contains 97 µg of folic acid, about 25% of recommended daily intake. Folic acid is essential for DNA synthesis.





Tomatoes are rich in lycopene, which has been shown to help reduce blood pressure. An Australian study found that by getting at least 25 mg of lycopene in your diet every day, you can lower your LDL (the 'bad' cholesterol) by up to 10 percent. Researchers say that's as much a difference as a low dose statin.





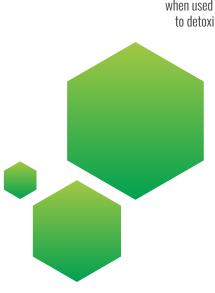
Lemons are rich in vitamin C and citric acid, so they help to brighten and lighten your skin when used over time. Citrus fruits help to detoxify and exfoliate your skin.



Mango Cookies

Mango is a low-calorie fruit that is high in fibre, and is a great source of vitamins A and C. It also contains folate, B6, iron and a little calcium, zinc and vitamin E. Mangoes are a good source of antioxidants, containing certain phytochemicals such as gallotannins and mangiferin which have been studied for their health benefits.





DENTAL Teeth

Varients

Health Benefits

Fiber Orange Flavour, Orange Cookie , Orange Sugar Free & Blackcurrant Cookies.

Milk Cookies

Almond Cookies

milk can actually promote healthy

Vitamin C in Orange and Blackcur-

rant promotes gum health.

teeth and bones.

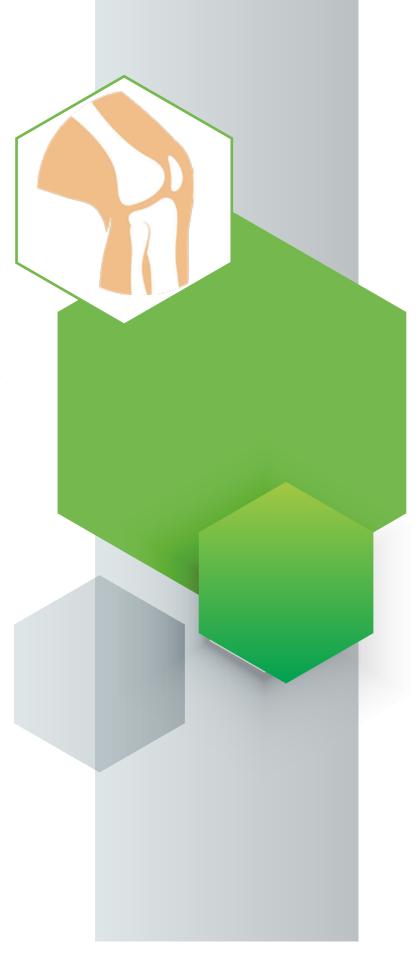
Almonds are great for your teeth because they are a good source of calcium and protein while being low in sugar.

Fiber Orange Flavour, Orange Cookie & Orange Sugar Free The vitamin C in citrus strengthens blood vessels and connective tissue and slows down the progression of gum disease by reducing inflammation



ORTHOPAEDIC

Varients	Health Benefits
Dates Sugar Free	Dates cookies contain several minerals, including phosphorus, potassium, calcium and magne- sium. All of these are potential to prevent bone-related conditions like osteoporosis.
Butter Cashew	cashews provide an excellent source of protein. Protein is one of three macronutrients your body uses for energy, and it is particularly important for rebuilding muscle tissue and creating new cellular
Almond Cookies	compounds Almonds are great for your Bones because they are a good source of calcium and protein while being low in sugar.



CARDIOLOGY Heart

Varients

Fiber Orange Flavour, Orange Cookie & Orange Sugar Free

Dates Sugar Free

Oats With Antioxidant, Oats Sugar Free, Oats Cookie with Multivitamins & Minerals No Added Sugar, Oats Low Sugar, Oats Banana Flavour No Added Sugar, Oats Cookie with Antioxident & Multivitamins, Oats With Cranberry Flavour Low Sugar & Oats No added Sugar

Digestive cookies Digestive Low Sugar Digestive Black Currant Flavour Low Sugar

Multigrain no added sugar Multigrain Low sugar

Choc Chip Double Choc Chip Choc Chip no added sugar Wheat Honey Choc Chip Kidney Shaped Choc Chip

Cranberry, Oats with Cranberry flavor low sugar

Sesame Low Sugar

Butter Cashew

Health Benefits

Oranges are a good source of fiber and potassium, both of which can support heart health.

Carotenoids are proven to promote heart health.

Protect the heart from cardiovascular diseases such as hypertension. Oats helps in lowering cholesterol levels. And can help improving the overall health.

Fiber plays a part in healthy elimination and a high-fiber diet can help you avoid the risk of heart attack, stroke and certain types of cancer.

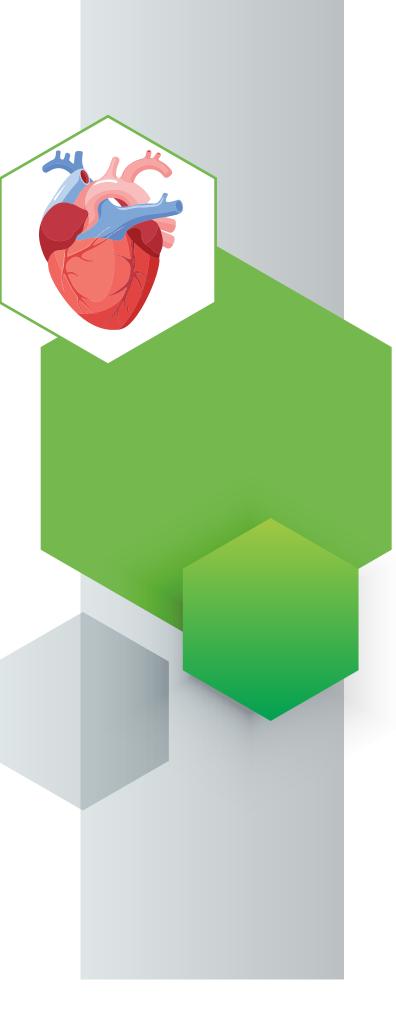
Eating whole grains lower risk of diabetes, heart disease, and high blood pressure.

Eating chocolate may have the benefit of reducing the risk of cardiovascular problems .

Cranberries are a rich source of several vitamins and minerals, especially vitamin C, reduce the risk of cardiovascular disease

protein, fiber and omega-3 fatty acids, in addition to being a rich source of some vitamins and minerals, which reduces Blood pressure

Cashews contain heart-healthy monounsaturated fats, including oleic and palmitoleic acids. Decreased risk of cardiovascular disease



KIDNEY

Varients	
Fiber Orange Flavour, Orange Cookie & Orange S Free	Sugar

Health Benefits

Oranges are a good source of vitamin C, as well as several other vitamins, minerals, and antioxidants. For this reason, they may lower your risk of kidney stones.

Blackcurrant Cookies

Vitamin C in blackcurrant increased the urinary pH, excretion of citric acid and excretion of oxalic acid.

Cranberry Cookies

protect against bladder infections by preventing bacteria from sticking to the bladder wall.

We are ready to customize or develop any Variants as per your requirement...



GASTRONOMY Stomach

Varients

Dry Fruit Sugar Free

Oats With Antioxidant, Oats Sugar Free, Oats Cookie with Multivitamins & Minerals No Added Sugar, Oats Low Sugar, Oats Banana Flavour No Added Sugar, Oats Cookie with Antioxident & Multivitamins, Oats With Cranberry Flavour Low Sugar & Oats No added Sugar

Digestive cookies Digestive Low Sugar Digestive Black Currant Flavour Low Sugar

Multigrain no added sugar Multigrain Low sugar

Support healthy digestion

Blackcurrant Cookies

Vitamin C, blackcurrants have plenty of antioxidants and anthocyanins. These can help strength your immune system, soothe sore throats, and ease flu symptoms.

We are ready to customize or develop any Variants as per your requirement...

Health Benefits

they are rich in fibres make your bowel more flexible and, therefore, relieve constipation, which improve digestion and keep your stomach and gut healthy.

High fiber content, thereby aiding in better digestion, make your bowel more flexible and, therefore, relieve constipation.

Our high-fiber digestive biscuit may

cookie made with processed white

flour and refined sugar. Fiber also plays a part in healthy elimination, and a high-fiber diet can help you avoid the risk of heart attack, stroke and certain types of cancer.

help you feel full longer than a

DERMETOLOGY Skin

Varients

Fiber Orange Flavour, Orange Cookie & Orange Sugar Free

Health Benefits

Consuming enough vitamin C can help a person maintain skin health and even delays signs of ageing . Vitamin C contributes to collagen production. Collagen supports the skin, promotes wound healing, and improves skin strength. It has been found effective for treating severe skin cancer as well.

Oats With Antioxidant, Oats Sugar Free, Oats Cookie with Multivitamins & Minerals No Added Sugar, Oats Low Sugar, Oats Banana Flavour No Added Sugar, Oats Cookie with Antioxident & Multivitamins, Oats With Cranberry Flavour Low Sugar & Oats No added Sugar Acts as a natural cleanser for healthy and glowing skin. It may help relieve symptoms of various skin conditions, including eczema.

Dry Fruit Sugar Free,

Help remove dead skin cells and walnuts prevent dry skin

We are ready to customize or develop any Variants as per your requirement...

LIVER

Varients

Blackcurrant & Cranberry Cookies

Oats Banana Flavour No Added Sugar, Oats Cookie with Antioxident & Multivitamins, Oats With Cranberry Flavour Low Sugar & Oats No added Sugar

Oats With Antioxidant, Oats Sugar Free, Oats Cookie with Multivitamins & Minerals No Added Sugar, Oats Low Sugar, Oats Cookie with Antioxident & Multivitamins & Oats No added Sugar

Health Benefits

contain antioxidants called polyphenols, which may help protect the liver from damage

keep the liver healthy and protect against NAFLD, as well as reduce inflammation and oxidative stress.

The specific fibers in oats may be especially helpful for the liver. Oats and oatmeal are high in compounds called beta-glucans.



RESPIRATORY LUNGS

Varients	Health Benefits
Coffee Walnut Cookies	Walnuts are a vegetarian source of omega-3 fatty acids. walnuts help fight asthma and other respiratory ailments.
Flax seed Cookies	provides a good amount of protein, fiber and omega-3 fatty acids, in addition to being a rich source of some vitamins and minerals.
Cranberry Flavour Low Sugar, Cranberry Super Cookies & Blackcurrant Cookies.	berries help keep your lungs healthy. They are rich in antioxidants like vitamin C, which help fight cell damaging free radicals.
Tomato Cookies.	containing high levels of antioxi- dants, can help in Lung conditions like Bronchitis, Asthma, COPD, Enphysema and Sleep Apnea.

NEURO

Varients

Health Benefits

Dates Sugar Free

Dates may be helpful for lowering inflammation and preventing plaques from forming in the brain, which is important for preventing Alzheimer's disease.

Choc Chip Double Choc Chip Choc Chip no added sugar Wheat Honey Choc Chip Kidney Shaped Choc Chip

Cranberry Flavour Low Sugar, Cranberry Super Cookies & Blackcurrant Cookies. Eating chocolate help keep the brain healthy and reduce memory decline. It improve blood flow to parts of the brain where it was needed.

The antioxidants in berries include anthocyanin, caffeic acid, catechin, and quercetin. Antioxidants help by reducing inflammation and oxidative stress. And improving communication

between brain cells.



GYNAC

Varients

Health Benefits

Dates Sugar Free

Dates cookies may promote and ease natural labor for pregnant women when consumed during the last few weeks of pregnancy

Reduce chronic inflammation

Multigrain no added sugar Multigrain Low sugar

Cranberry, Cranberry Super Cookies, Oats with Cranberry flavor low sugar Their antioxidant content, cranberries may help reduce risk of chronic

disease by reducing oxidative stress by way of chronic inflammation

We are ready to customize or develop any Variants as per your requirement...



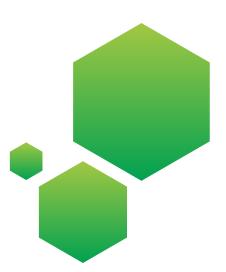
EYES

Varients	Health Benefits	
Dates Sugar Free	Carotenoids in Dates reduce the risk of eye-related disorders, such as macular degeneration	
Blackcurrant Cookies	Vitamin C in blackcurrant implroves the eyes' ability to adapt to the dark , blood flow to the eyes slowed progression of visual field deterioration in people with glaucoma and symptoms of visual fatigue	
Coffee Walnut & Flax seed Cookies	provides a good amount of protein, fiber and omega-3 fatty acids, which help to reduce the risk of AMD.	









GIFT THE COOKIEMAN EXPERIENCE TO YOUR VALUED ASSOCIATES

IMMUNITY BOOST COOKIES

Enriched with Zinc Enzyme, Vitamin D, Vitamin C & Calcium

More Cookie Variety

VITAMIN C

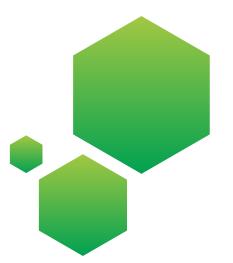
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ENRICHED

STATE OF A DOLLARS

Cookie[®]Man

Ashwagandha Cookies Multigrain Cookies Lemon / Orange Cookies Rasberry/ Cranberry/Seeds (Chia, Sunflower, Flax)Cookies Multimineral/ Multivitamin/Antioxident Cookies



Flavor as per your Choices



NEW COMBOS

IMMUNITY COOKIES



According to the European Journal of Immunology the human body needs zinc to activate T lymphocytes (T cells).T cells help the body in two ways: controlling and regulating immune responses attacking infected or cancerous cells

Zinc Cookies

Almond Cookies When it comes to preventing and fighting off colds, Vitamin E tends to take a backseat to vitamin C. However, this powerful antioxidant is key to a healthy immune system.

Almond Cookies

IMMUNITY COOKIES



Sunflower seeds are full of nutrients, including phosphorous, magnesium, and vitamins B-6 and E. Vitamin E is important in regulating and maintaining Immune system function.

Sunflower Seed Cookies

Vitamin D regulates insulin levels, supports our immune brain and nervous systems our genes, muscles (including the heart) and lungs to function well. Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

Vitamin C & D

Cookies

SPIRIT BOOSTING COOKIES



Avocados are a good source of folate, and research suggests that folate deficiency may be behind irrational fears and anxiety. Avocados are also rich in omega-3, which is also good for the mood and brain health.

Avocado Cookies

Millets are rich in protein, antioxidants, and nutrients. It has numerous health benefits, such as helping lower your blood sugar and cholesterol levels.

Millet Cookies

SPIRIT BOOSTING COOKIES

CookieMan

Walnut Cookies

Cookie Man

Coffee Cookies

Walnuts are an exceptionally nutritious nut. They have higher antioxidant activity and significantly more healthy omega-3 fats than any other common nut. This rich nutrient profile contributes to the many health benefits associated with walnuts, such as reduced inflammation and improved heart disease risk factors.

Walnut Cookies

Caffeine has been found to trigger the release of brain chemicals such as dopamine, which is important for performance and mood. Coffee consumption had a protective effect on the risk of depression.

Coffee Cookies

SPIRIT BOOSTING CHOCOLATES



WWW.COOKIEMANINDIA.COM

When it comes to preventing and fighting off colds, Vitamin E tends to take a backseat to vitamin C. However,this powerful antioxidant is key to a healthy immune system. Dark chocolate has plenty of health benefits, including easing emotional stress. Dark chocolate boosts mood because it raises endorphin levels.

Almond Chocolate

Caffeine has been found to trigger the release of brain chemicals such as dopamine, which is important for performance and mood. Dark chocolate has plenty of health benefits, including easing emotional stress. Dark chocolate boosts mood because it raises endorphin levels.

Coffee Chocolate

SPIRIT BOOSTING CHOCOLATES



Cranberry are rich in vitamin C and give your immune system a boost. Dark chocolate has plenty of health benefits, including easing emotional stress. Dark chocolate boosts mood because it raises endorphin levels.

> Cranberry Chocolate

Oranges are an excellent source of vitamin C. Which is also vital for the proper function of a healthy immune system, is good for preventing colds. Dark chocolate has plenty of health benefits, including easing emotional stress. Dark chocolate boosts mood because it raises endorphin levels.

Orange Chocolate





Immunity+Spirit Boosting Cookie

This Combo consist of 100g Immunity Cookie and 100g Spirit Boosting Cookie (Cookie Varients can be customised)

Immunity Cookie + Sanitizer

This Combo consist of 100g Immunity Cookie and a Hand Sanitizer. (Cookie Varients can be customised)

HULLBUS





Immunity Cookie + Hand Wash

This Combo consist of 100g Immunity Cookie and a Hand Wash. (Cookie Variants can be customised)

Immunity Cookie + Chocolate

This Combo consist of 100g Immunity Cookie and Immunity Dark Chocolate. (Cookie Variants and Dark Choclate Variants can be customised)

COMBOS



Immunity +Spirit Boosting Cookie, Mask

This Combo consist of 100g Immunity Cookie , 100g Spirit Boosting Cookie and a Face Mask. (Cookie Variants can be customised)



AUTHORISED INSTITUTIONAL SALES PARTNER



A Venture of A Square Technologies

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