



Performance Report for: <http://www.cooknsaj.com/>

Report generated: Sun, Dec 10, 2023 1:00 AM +0100 (via API)
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0
 Analysis options: Adblock Plus

D	Performance 63%	Structure 69%	L. Contentful Paint 2.8s	T. Blocking Time 161ms	C. Layout Shift 0
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Top Issues

IMPACT	AUDIT	
High	Avoid enormous network payloads <small>LCP</small>	Total size was 22.2MB
High	Reduce initial server response time <small>FCP LCP</small>	Root document took 718ms
Med-High	Combine images using CSS sprites <small>FCP LCP</small>	12 images found
Med	Use explicit width and height on image elements <small>CLS</small>	1 image found
Med	Serve static assets with an efficient cache policy	Potential savings of 19.6MB

Page Details



Total Page Size - 22.3MB



Total Page Requests - 108



HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

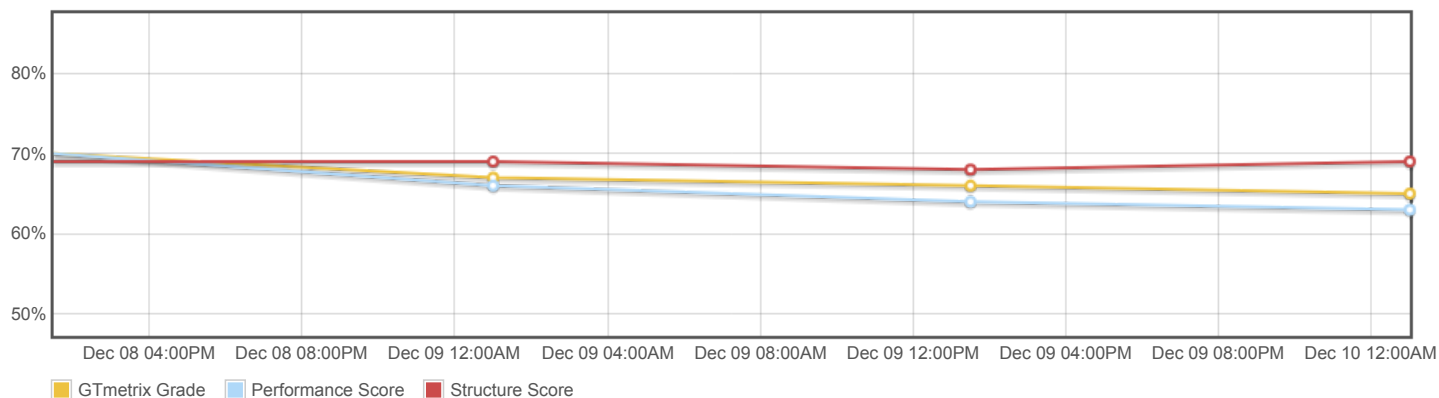
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

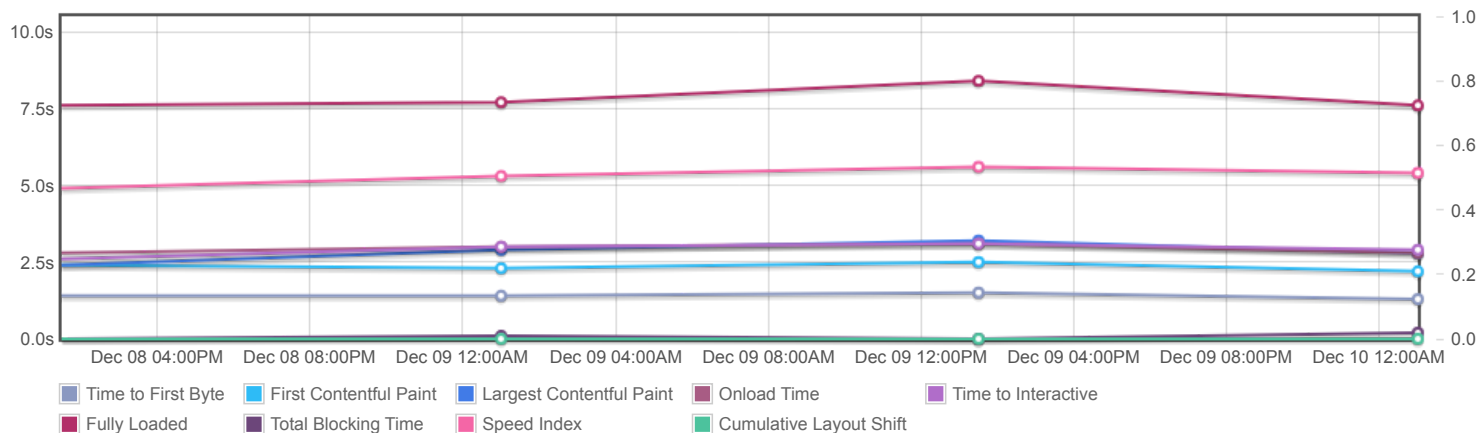
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

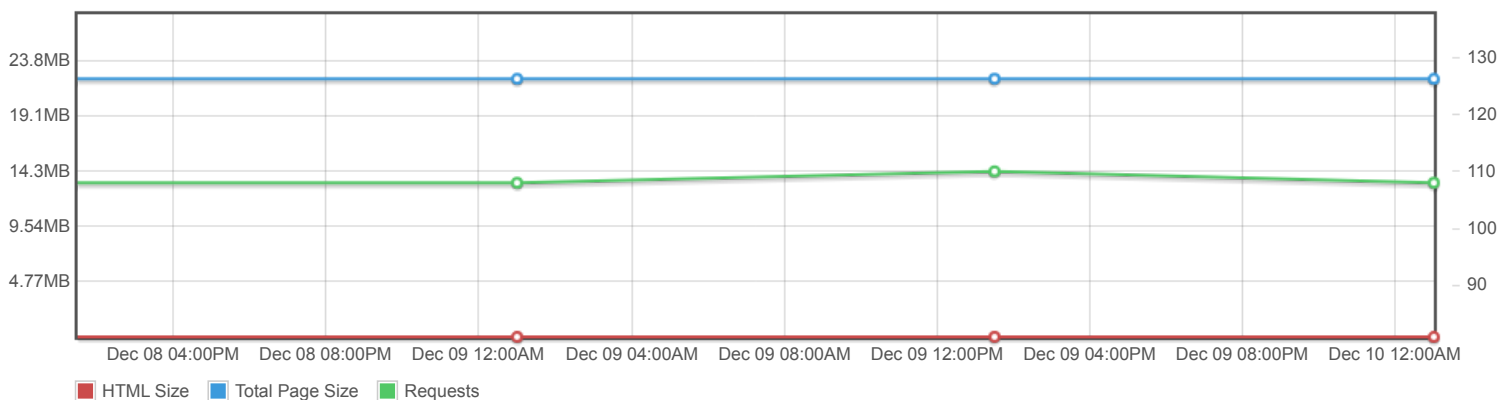
Page scores



Page metrics



Page sizes and request counts

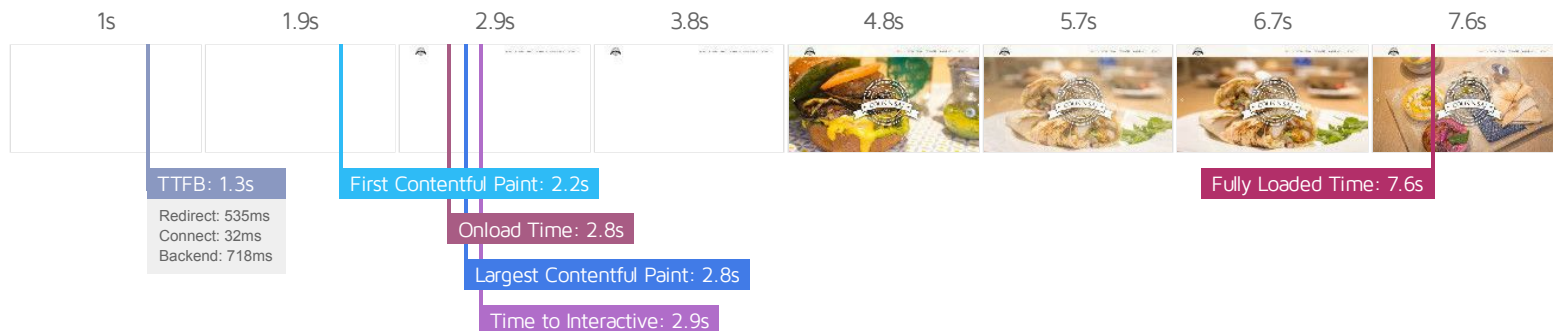


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Cook'n Saj | Salon de thé · Sandwicherie · Restaurant végétarien et végétalien

/	301	cooknsaj.com	0	530ms					
/	200	cooknsaj.com	19.0KB	761ms					
flexslider.css?ver=4.9.24	200	cooknsaj.com	1.89KB	105ms					
ut.portfolio.style.css?ver=...	200	cooknsaj.com	3.24KB	105ms					
prettyPhoto.css?ver=4.9.24	200	cooknsaj.com	3.10KB	105ms					
font-awesome.css?ver=4.9.24	200	cooknsaj.com	5.36KB	105ms					
ut-responsive-grid.css?v=...	200	cooknsaj.com	3.90KB	125ms					
ut.table.style.css?ver=4.9.24	200	cooknsaj.com	1.32KB	122ms					
ut.animate.css?ver=4.9.24	200	cooknsaj.com	4.67KB	129ms					
ut.elastislide.css?ver=4.9.24	200	cooknsaj.com	1.16KB	120ms					
ut.fancyrotator.css?ver=4.9.24	200	cooknsaj.com	2.19KB	122ms					
ut.shortcode.css?ver=4.9.24	200	cooknsaj.com	5.30KB	124ms					
ut.twitter.css?ver=4.9.24	200	cooknsaj.com	690B	140ms					
styles.css?ver=5.0.1	200	cooknsaj.com	1.02KB	140ms					
sb-instagram.min.css?ver=...	200	cooknsaj.com	1.96KB	139ms					
font-awesome.min.css?v=...	200	maxcdn.bootstrapcdn.com	7.02KB	150ms					
settings.css?rev=4.3.8&v=...	200	cooknsaj.com	6.47KB	150ms					
captions.php?rev=4.3.8&v=...	200	cooknsaj.com	1.72KB	621ms					
font-awesome.min.css?v=...	200	cooknsaj.com	4.66KB	150ms					
font-awesome-ie7.min.css?v=...	200	cooknsaj.com	3.63KB	152ms					
public.css?ver=1.0.0	200	cooknsaj.com	519B	152ms					
ut-fontface.css?ver=4.9.24	200	cooknsaj.com	780B	152ms					
ut-superfish.css?ver=4.9.24	200	cooknsaj.com	831B	164ms					
style.css?ver=2.5.2	200	cooknsaj.com	13.9KB	197ms					
jquery.js?ver=1.12.4	200	cooknsaj.com	33.4KB	199ms					
jquery-migrate.min.js?ver=...	200	cooknsaj.com	4.32KB	197ms					
jquery.themepunch.plugins.min.js	200	cooknsaj.com	28.5KB	198ms					
jquery.themepunch.revolution.min.js	200	cooknsaj.com	24.1KB	197ms					
jquery.isotope.min.js?ver=...	200	cooknsaj.com	5.34KB	245ms					
jquery.lazyload.js?ver=1.9.4	200	cooknsaj.com	1.67KB	241ms					
modernizr.min.js?ver=2.6.2	200	cooknsaj.com	6.50KB	245ms					
jquery.flexslider-min.js?v=...	200	cooknsaj.com	6.58KB	245ms					
jquery.elastislide.js?ver=...	200	cooknsaj.com	5.95KB	245ms					
text-slider.min.js?ver=1.0.0	200	cooknsaj.com	1.34KB	256ms					
logo_menu.png	200	cooknsaj.com	8.40KB	766ms					
map_cnjv2.png	200	cooknsaj.com	37.8KB	797ms					
menu.jpg	200	cooknsaj.com	559KB	825ms					
i?w=800&h=800	200	cooknsaj.com	489B	814ms					
icon-car.png	200	cooknsaj.com	774B	790ms					
icon-kml.png	200	cooknsaj.com	977B	790ms					
icon-fullscreen.png	200	cooknsaj.com	614B	791ms					
icon-qr-code.png	200	cooknsaj.com	469B	804ms					
icon-json.png	200	cooknsaj.com	908B	803ms					
icon-georss.png	200	cooknsaj.com	1.03KB	809ms					
icon-wikitude.png	200	cooknsaj.com	1.09KB	809ms					
wp-emoji-release.min.js?ver=...	200	cooknsaj.com	4.64KB	687ms					
leaflet.css?ver=3.12.1	200	cooknsaj.com	3.46KB	171ms					
scripts.js?ver=5.0.1	200	cooknsaj.com	4.34KB	189ms					
sb-instagram.min.js?ver=...	200	cooknsaj.com	6.99KB	207ms					
jquery.prettyPhoto.min.js?ver=...	200	cooknsaj.com	6.28KB	226ms					
jquery.scrollTo.min.js?ver=...	200	cooknsaj.com	3.40KB	243ms					
tabs.collapse.min.js?ver=...	200	cooknsaj.com	2.96KB	251ms					
jquery.visible.min.js?ver=...	200	cooknsaj.com	657B	267ms					

jquery.appear.js?ver=1.0	200	cooknsaj.com	1.73KB		283ms			
jquery.fitvids.js?ver=1.0.3	200	cooknsaj.com	1.69KB		298ms			
ut.scplugin.js?ver=1.0	200	cooknsaj.com	2.10KB		314ms			
public.js?ver=1.0.0	200	cooknsaj.com	591B		330ms			
toucheffects.min.js?ver=1.0	200	cooknsaj.com	1.28KB		346ms			
jquery.easing.min.js?ver=...	200	cooknsaj.com	1.19KB		362ms			
superfish.min.js?ver=1.7.4	200	cooknsaj.com	1.99KB		380ms			
retina.min.js?ver=1.1	200	cooknsaj.com	1.58KB		396ms			
jquery.mb.YTPlayer.min.j...	200	cooknsaj.com	8.46KB		415ms			
jquery.parallax.min.js?ver=...	200	cooknsaj.com	746B		432ms			
jquery.waypoints.min.js?...	200	cooknsaj.com	2.94KB		448ms			
jquery.fittxt.min.js?ver=1.1	200	cooknsaj.com	666B		465ms			
ut-init.js?ver=2.5.2	200	cooknsaj.com	4.36KB		486ms			
wp-embed.min.js?ver=4.9...	200	cooknsaj.com	1.16KB		496ms			
jsapi?ver=3.7	301	google.com	245B		634ms			
leaflet.js?ver=3.12.1	200	cooknsaj.com	35.2KB		620ms			
show_map.js?ver=3.12.1	200	cooknsaj.com	373B		618ms			
jquery.isotope.perfectma...	200	cooknsaj.com	3.32KB		611ms			
jquery.utmasonry.js?ver=...	200	cooknsaj.com	968B		609ms			
ut.effects.js?ver=4.9.24	200	cooknsaj.com	2.65KB		609ms			
raleway-regular-webfont....	200	cooknsaj.com	24.7KB		93ms			
IMG_8195_processed.jpg	200	cooknsaj.com	2.18MB		229ms			
overlay-pattern.png	200	cooknsaj.com	3.08KB		95ms			
divider.png	200	cooknsaj.com	1.26KB		95ms			
FullSizeRender.jpg	200	cooknsaj.com	182KB		121ms			
Cookn-Saj-4.jpg	200	cooknsaj.com	273KB		119ms			
loader.png	200	cooknsaj.com	1.33KB		98ms			
raleway-semibold-webfon...	200	cooknsaj.com	24.4KB		179ms			
fontawesome-webfont.wo...	200	cooknsaj.com	42.8KB		173ms			
raleway-medium-webfont....	200	cooknsaj.com	24.3KB		173ms			
loader.js?ver=3.7	200	gstatic.com	18.1KB		39ms			
js?jsapiRedirect=true&ke...	200	maps.googleapis.com	60.1KB		83ms			
layers.png	200	cooknsaj.com	4.19KB		35ms			
22546.png	200	b.tile.openstreetmap....	32.2KB		66ms			
22547.png	200	c.tile.openstreetmap....	34.1KB		70ms			
22546.png	200	a.tile.openstreetmap....	30.9KB		91ms			
22546.png	200	c.tile.openstreetmap....	33.6KB		80ms			
22547.png	200	b.tile.openstreetmap....	29.8KB		79ms			
22547.png	200	a.tile.openstreetmap....	34.2KB		90ms			
marker.png	200	cooknsaj.com	1.25KB		41ms			
marker-shadow.png	200	cooknsaj.com	1.92KB		45ms			
1631200130?access_toke...	(canceled)	api.instagram.com	20.5KB		225ms			
recent?access_token=16...	(canceled)	api.instagram.com	20.5KB		235ms			
gen_204?csp_test=true	200	maps.googleapis.com	45B		39ms			
1.jpg	200	cooknsaj.com	2.44MB		106ms			
2.jpg	200	cooknsaj.com	2.17MB		177ms			
3.jpg	200	cooknsaj.com	2.25MB		189ms			
4.jpg	200	cooknsaj.com	2.80MB		205ms			
5.jpg	200	cooknsaj.com	1.80MB		144ms			
6.jpg	200	cooknsaj.com	2.13MB		196ms			
7.jpg	200	cooknsaj.com	2.29MB		210ms			
9.jpg	200	cooknsaj.com	2.31MB		217ms			
favicon.ico	200	cooknsaj.com	328B		185ms			
common.js	200	maps.googleapis.com	56.2KB					37ms
util.js	200	maps.googleapis.com	53.9KB					37ms
108 Requests 22.3MB (23.6MB Uncompressed) 7.6s (Onload 2.8s)								



Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Much longer than recommended 2.2s	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	OK, but consider improvement 2.9s
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Much longer than recommended 5.4s	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	OK, but consider improvement 161ms
Largest Contentful Paint How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.	Much longer than recommended 2.8s	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	Good - Nothing to do here 0

Browser Timings

Redirect	535ms	Connect	32ms	Backend	718ms
TTFB	1.3s	First Paint	2.2s	DOM Int.	2.4s
DOM Loaded	2.5s	Onload	2.8s	Fully Loaded	7.6s

IMPACT	AUDIT	
High	Avoid enormous network payloads <small>LCP</small>	Total size was 22.2MB
High	Reduce initial server response time <small>FCP LCP</small>	Root document took 718ms
Med-High	Combine images using CSS sprites <small>FCP LCP</small>	12 images found
Med	Use explicit width and height on image elements <small>CLS</small>	1 image found
Med	Serve static assets with an efficient cache policy	Potential savings of 19.6MB
Med	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 421ms
Med	Use a Content Delivery Network (CDN)	86 resources found
Low	Use passive listeners to improve scrolling performance	3 event listeners not passive
Low	Avoid long main-thread tasks <small>TBT</small>	7 long tasks found
Low	Avoid chaining critical requests <small>FCP LCP</small>	61 chains found
Low	Avoid an excessive DOM size <small>TBT</small>	578 elements
Low	Ensure text remains visible during webfont load <small>FCP LCP</small>	4 fonts found
Low	Reduce JavaScript execution time <small>TBT</small>	475ms spent executing JavaScript
Low	Serve images in next-gen formats	Potential savings of 6.14MB
Low	Use HTTP/2 for all resources	Potential savings of 70ms
Low	Properly size images	Potential savings of 271KB
Low	Avoid multiple page redirects <small>FCP LCP</small>	Potential savings of 533ms
Low	Efficiently encode images	Potential savings of 512KB
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 10.6KB
Low	Defer offscreen images	Potential savings of 887KB
Low	Minify CSS <small>FCP LCP</small>	Potential savings of 2.45KB
Low	Avoid non-composited animations <small>CLS</small>	1 animated element found
Low	Minify JavaScript <small>FCP LCP</small>	Potential savings of 14.3KB

Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 126KB
N/A	Largest Contentful Paint element <small>LCP</small>	2,850 ms
N/A	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 8.46KB
N/A	Avoid large layout shifts <small>CLS</small>	3 elements found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 2.0s
N/A	Reduce the impact of third-party code <small>TBT</small>	Total size was 398KB
N/A	User Timing marks and measures	