

The background is a vibrant green with various organic, leaf-like shapes in different shades of green. There are also circular patterns, some solid and some with a dotted texture, scattered across the design.

# **HEALTHY** **SAL** **MEALS**

## **OUR MENU**

**PRICES INCLUDE 10% VAT**

# SALAD BOWLS



## السلطة الخضراء

### LUSH GREEN

Mixed greens, rocca leaves, mixed herbs, cucumber, carrot, tomato mix, radish, avocado, feta cheese, lemon-herb dressing.

2.950 — 439kcal



## مكس عربي

### MIX-ARABIA

Mixed greens, taboule, cucumber, tomato mix, pickled red onion, mixed olives, hummus, vine leaves, za'atar, tahini dressing.

2.950 — 547kcal



## سلطة حارة

### THE SPICY SALAD

Mixed greens, mixed herbs, spicy izma salsa, seasoned corn, spiced chickpeas, labneh, crispy onions, spicy Turkish dressing.

3.100 — 523kcal



## سوبر فيت

### SUPER FIT

Shredded kale, turmeric cauliflower rice, quinoa, beetroot, roasted vegetables, green peas, sundried tomato, boiled egg, lemon-herb dressing.

3.500 — 649kcal

# SALAD BOWLS



## میداترانیان

### MEDITERRANEAN

Mixed greens, tomato mix, cucumber, pickled red onion, feta cheese, olives, balsamic dressing.

2.950 — 439kcal



## قیصر سال

### SAL'S CAESAR

Mixed greens, shredded kale, parmesan cheese, brown bread croutons, light caesar dressing.

2.950 — 406kcal



## رمان و تمر

### POMEGRANATE & DATES

Taboule, rocca leaves, mixed greens, tomato mix, pomegranate seeds, dates, sesame seeds, pomegranate dressing

3.500 — 484kcal



## أفوكادو كینوا

### AVOCADO QUINOA

Quinoa, mixed greens, mixed tomatoes, cucumber, avocado, labnah, crisp bread, lemon-herb dressing.

3.500 — 503kcal

# SALAD BOWLS



إيت يور جرينز

## EAT YOUR GREENS

Taboule, mixed greens, cucumber, beetroot, green peas, roasted vegetables, savoury granola, garlic yogurt dressing.

2.950 — 473kcal



ديجون الفرنسية

## FRENCH DIJON SALAD

Mixed greens, rocca leaves, tomato mix, boiled egg, roasted potato, mixed olives, green peas, French dressing.

3.250 — 435kcal



بريما فيرا الايطالية

## ITALIAN PRIMAVERA

Rocca leaves, mixed greens, tomato mix, sun-dried tomato, basil, mixed olives, crisp bread, parmesan cheese, basil pesto dressing.

3.500 — 489kcal

# SALAD BOWLS

ANY OPTIONAL  
PROTEIN?  
(CHOOSE UP TO 2)  
priced individually

شيش طاووق (صدر دجاج)

**SHEESH TAWOOK (CHICKEN BREAST)**

80g chicken — 127kcal

0.900

دجاج تندوري (صدر دجاج)

**TANDOORI CHICKEN TIKKA (CHICKEN BREAST)**

80g chicken — 128kcal

0.900

بيستو

صدر دجاج

**PESTO  
CHICKEN BREAST**

100g chicken — 151kcal

1.200

صدر دجاج

حار

**SPICY  
CHICKEN BREAST**

100g chicken — 130kcal

1.200

فلافل

**FALAFIL**

160kcal

0.500

بيضة مسلوقة

**BOILED EGG**

74kcal

0.350

# SALAD BOWLS

**ADDITIONAL  
DRESSINGS?  
(CHOOSE UP TO 2)**  
priced individually

الليمون والأعشاب

**LEMON-HERB**

0.400

طحينة

**TAHINI**

0.400

بلسميك

**BALSAMIC**

0.600

تركي حار

**SPICY TURKISH**

0.600

زعتر

**ZA'ATAR**

0.500

قيصر خفيف

**LIGHT CAESAR**

0.600

الرمان

**POMEGRANATE**

0.600

فرنسية

**FRENCH**

0.600

بيستو الريحان

**BASIL PESTO**

0.600

زبادي بالثوم

**GARLIC YOGURT**

0.400

# RICE BOWLS



طبق الرز مع صدر  
دجاج بصلصة البيستو

## PESTO CHICKEN BREAST RICE BOWL

100g Chicken / 200g Rice. Choice of white, brown, or saffron rice. Served with roasted vegetables and basil pesto dressing.

3.500 — 652kcal



طبق الرز مع  
صدر دجاج حار

## SPICY CHICKEN BREAST RICE BOWL

100g Chicken / 200g Rice. Choice of white, brown, or saffron rice. Served with roasted vegetables and spicy Turkish dressing.

3.500 — 576kcal



طبق الرز مع دجاج  
تندوري (صدر دجاج)

## TANDOORI CHICKEN TIKKA RICE BOWL (CHICKEN BREAST)

120g Chicken / 200g Rice. Choice of white, brown, or saffron rice. Served with roasted vegetables and garlic yogurt.

3.250 — 549kcal

# RICE BOWLS



طبق الرز مع شيش طاووق (صدر دجاج)

## SHEESH TAWOOK RICE BOWL (CHICKEN BREAST)

120g Chicken / 200g Rice. Choice of white, brown, or saffron rice. Served with roasted vegetables and garlic yogurt.

3.250 — 547kcal



طبق الرز مع ستروجانوف دجاج (صدر دجاج)

## CHICKEN STROGANOFF RICE BOWL (CHICKEN BREAST)

100g Chicken / 200g Rice. Made with a light white sauce using olive oil and skimmed milk. Choice of white, brown, or saffron rice.

3.500 — 632kcal



طبق الرز مع ستروجانوف اللحم (لحم تندرلوين)

## BEEF STROGANOFF RICE BOWL (BEEF TENDERLOIN)

100g Beef / 200g Rice. Made with a light white sauce using olive oil and skimmed milk. Choice of white, brown, or saffron rice.

4.000 — 653kcal



# CAULIFLOWER RICE BOWLS



رز القرنبيط مع صدر  
دجاج بصلصة البيستو

## PESTO CHICKEN BREAST CAULIFLOWER RICE

100g Chicken. Served with turmeric cauliflower rice, roasted vegetables and basil pesto dressing.

3.500 — 442kcal



رز القرنبيط مع  
صدر دجاج حار

## SPICY CHICKEN BREAST CAULIFLOWER RICE

100g Chicken. Served with turmeric cauliflower rice, roasted vegetables and spicy Turkish dressing.

3.500 — 366kcal



رز القرنبيط مع دجاج  
تندوري (صدر دجاج)

## TANDOORI CHICKEN TIKKA CAULIFLOWER RICE (CHICKEN BREAST)

120g Chicken. Served with turmeric cauliflower rice, roasted vegetables, and garlic yogurt.

3.250 — 339kcal

# CAULIFLOWER RICE BOWLS



رز القرنبيط مع شيش طاووق (صدر دجاج)

**SHEESH TAWOOK  
CAULIFLOWER RICE  
(CHICKEN BREAST)**

120g Chicken. Served with turmeric cauliflower rice, roasted vegetables, and garlic yogurt.

3.250 — 337kcal



رز القرنبيط مع ستروجانوف (صدر دجاج)

**CHICKEN STROGANOFF  
CAULIFLOWER RICE  
(CHICKEN BREAST)**

100g Chicken. Made with a light white sauce using olive oil and skimmed milk. Served with turmeric cauliflower rice.

3.500 — 422kcal



رز القرنبيط مع ستروجانوف اللحم (لحم تندرلوين)

**BEEF STROGANOFF  
CAULIFLOWER RICE  
(BEEF TENDERLOIN)**

100g Beef. Made with a light white sauce using olive oil and skimmed milk. Served with turmeric cauliflower rice.

4.000 — 443kcal

# GRILLS

## صدر دجاج بصلصة البيستو



### GRILLED PESTO CHICKEN BREAST

100g Chicken. With light mash made using olive oil and skimmed milk. Served with roasted vegetables and basil pesto dressing.

3.350 — 644kcal

## صدر دجاج حار



### GRILLED SPICY CHICKEN BREAST

100g Chicken. With light mash made using olive oil and skimmed milk. Served with roasted vegetables and spicy Turkish dressing.

3.350 — 568kcal

## شيش طاووق (صدر دجاج)



### GRILLED SHEESH TAWOOK (CHICKEN BREAST)

120g Chicken. With light mash made using olive oil and skimmed milk. Served with roasted vegetables and garlic yogurt.

3.150 — 539kcal

## دجاج تندوري (صدر دجاج)



### GRILLED TANDOORI CHICKEN TIKKA (CHICKEN BREAST)

120g Chicken. With light mash made using olive oil and skimmed milk. Served with roasted vegetables and garlic yogurt.

3.150 — 541kcal

# SANDWICHES & WRAPS



صدر دجاج يصلصة البيستو  
مع الخبز الأسمر بالسمسم

## PESTO CHICKEN BREAST IN BROWN SEEDED BREAD

100g Chicken. Basil pesto, labneh,  
sun-dried tomatoes, rocca,  
parmesan cheese.

2.800 — 594kcal



صدر دجاج حار  
مع الخبز الأسمر بالسمسم

## SPICY CHICKEN BREAST IN BROWN SEEDED BREAD

100g Chicken. Labneh, mixed olives,  
pickled onions, tomato mix, rocca.

2.800 — 528kcal



راب فلافل  
مع خبز الحبوب

## FALAFEL MULTIGRAIN WRAP

Hummus, taboule, mixed greens,  
tomato mix, tahini.

2.100 — 587kcal

# SANDWICHES & WRAPS



راب دجاج تندوري  
مع خبز الحبوب (صدر دجاج)

**TANDOORI CHICKEN  
MULTIGRAIN WRAP  
(CHICKEN BREAST)**

80g Chicken. Labneh, mixed greens,  
spicy izma salsa, crispy onion.

2.500 — 401kcal



راب شيش طاووق  
مع خبز الحبوب (صدر دجاج)

**SHEESH TAWOOK  
MULTIGRAIN WRAP  
(CHICKEN BREAST)**

80g Chicken. Mutabal, mixed greens,  
tomato mix, za'atar.

2.500 — 393kcal

# SOUPS



شوربة العدس

**LENTIL**

300ml.

**1.900 — 92kcal**



شوربة  
الفطر الخفيفة

**LIGHT  
MUSHROOM**

300ml. Made with a light white sauce using olive oil and skimmed milk.

**2.400 — 138kcal**

# MEZZE DIPS



حمص

**HUMMUS**

With multigrain flatbread.

**1.700 — 349kcal**



متبل

**MUTABAL**

With multigrain flatbread.

**1.900 — 238kcal**



زاتزيكي

**TZATZIKI**

With multigrain flatbread.

**1.900 — 298kcal**

# BEVERAGES



عصير برتقال طازج

**FRESH ORANGE JUICE**

250ml. No sugar added.

**2.100 — 93kcal**



عصير ليمون طازج بالنعناع

**FRESH LEMON-MINT JUICE**

250ml. Sweetened with honey.

**1.900 — 174kcal**



عصير رمان طازج

**FRESH POMEGRANATE JUICE**

250ml. No sugar added.

**2.500 — 140kcal**



سموذي بروتين بالفانيليا

**VANILLA PROTEIN SMOOTHIE**

250ml. Made with skimmed milk.  
Each serving has 20g of protein.

**2.300 — 135kcal**



سموذي بروتين بالفراولة

**STRAWBERRY PROTEIN SMOOTHIE**

250ml. Made with skimmed milk.  
Each serving has 20g of protein.

**2.300 — 134kcal**



سموذي بروتين بالشكولاتة

**CHOCOLATE PROTEIN SMOOTHIE**

250ml. Made with skimmed milk.  
Each serving has 20g of protein.

**2.300 — 147kcal**

# BEVERAGES



سموذي بروتين بالأفوكادو

## AVOCADO PROTEIN SMOOTHIE

250ml. Made with skimmed milk.  
Each serving has 20g of protein.

2.300 — 137kcal



سموذي بروتين بالموز

## BANANA PROTEIN SMOOTHIE

250ml. Made with skimmed milk.  
Each serving has 20g of protein.

2.300 — 154kcal



قدح الزنجبيل الصحي

## GINGER HEALTH SHOT

75ml. Fresh ginger, green apple, lime.

0.900 — 33kcal



قدح الكركم الصحي

## TURMERIC HEALTH SHOT

75ml. Fresh turmeric, green apple, lime.

0.900 — 44kcal



قدح الشمندر الصحي

## BEETROOT HEALTH SHOT

75ml. Raw beetroot, green apple, lime.

1.200 — 35kcal

مشروبات  
غازية  
SOFT  
DRINKS

0.600

مياه معدنية  
صغيرة  
SMALL  
STILL  
WATER

0.450

مياه فوارة  
صغيرة  
SMALL  
SPARKLING  
WATER

1.600