SAHA HEALTHY MENU

Fontainebleau & La Veranda

Curried Chicken & Noodles Soup
Curry chicken noodles soup with vegetable stock

Cal: 394 Pro: 11g Fat: 14g Carb: 40g
Fiber: 7g Sodium: 624mg Cholest: 84mg

QR 8.00

Baked Sweet Potato with Grated Salad & Roasted Almond
Sweet potato baked in oven served with grated salad and topped with almond

Cal: 479 Pro: 7g Fat: 14g Carb: 87g
Fiber: 9g Sodium: 295mg Cholest: 3mg

QR 10.00

Burrito Zucchini Boats
Open stuffed zucchini with ground beef, corn & cheddar cheese

Cal: 503 Pro: 38g Fat: 24g Carb: 41g
Fiber: 11g Sodium: 967mg Cholest: 61mg

QR 16.00

Roasted Salmon with Salsa Bean Ragout
Marinated roasted salmon served with salsa bean ragout

Cal: 533 Pro: 48g Fat: 19g Carb: 44g
Fiber: 17g Sodium: 859mg Cholest: 76mg

QR 28.00

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Fontainebleau & La Veranda

Creamy Walnut Fettuccine Pasta with Roman Style Chicken

Fettuccine pasta cooked with creamy walnut sauce topped with chicken baked in tomato sauce

Cal: 744 Pro: 57g Fat: 26g Carb: 70g
Fiber: 4g Sodium: 1004mg Cholest: 132mg

QR 17.00

Seven Vegetables Couscous Tagine with Dry Prunes & Almond

Delighted couscous vegetable tagine cooked in almond & cinnamon prunes

Cal: 684 Pro: 21g Fat: 15g Carb:127g
Fiber: 24g Sodium: 677mg Cholest: 0

QR 15.00

Dates Bar

Cal: 449 Pro: 4g Fat: 18g Carb: 68g
Fiber: 6g Sodium: 147mg Cholest: 31mg

QR 8.00

Waffle with Mix Fruits & Low Fat Yoghurt

Cal: 262 Pro: 11g Fat: 12g Carb: 28g
Fiber: 0 Sodium: 177mg Cholest: 204

QR 5.00

Allergens Guide

Sulphur Dioxide, Gluten Wheat, Soya, Nuts, Celery, Lactose, Peanuts, Mollusks, Sesame, Lupin, Fish, Crustacean, Eggs, Mustard

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Jasmine Garden

Minty Vegetable & Oat Soup
A healthy load of fresh mixed vegetables soup with oats & flavored with mint

Cal: 90 Pro: 1g Fat: 5g Carb: 10g
Fiber: 2g Sodium: 174mg Cholest: 0

QR 6.00

Spicy Chickpea & Cucumber Salad
Asian style boiled chickpeas salad tossed with cucumber, cherry tomato & white onion in olive oil

Cal: 216 Pro: 9g Fat: 9g Carb: 29g
Fiber: 8g Sodium: 322mg Cholest: 0

QR 7.00

Paatrani Machi
Persian influenced Indian style steamed hammour spiced with coriander, mint & green chillis & wrapped in banana leaves served with green salad

Cal: 410 Pro: 43g Fat: 18g Carb: 22g
Fiber: 7g Sodium: 730mg Cholest: 74mg

QR 24.00

Grilled Chicken Breast served with Coconut Sauce
skinless chicken breast grilled & topped with spicy Indian coconut sauce served with green salad

Cal: 515 Pro: 44g Fat: 27g Carb: 26g
Fiber: 9g Sodium: 425mg Cholest: 74mg

QR 15.00

Allergens Guide

Sulphur Dioxide · Gluten Wheat · Soya · Nuts · Celery · Lactose · Peanuts · Mollusks · Sesame · Lupin · Fish · Crustacean · Eggs · Mustard

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Birds of Paradise

Spinach & Chicken Pasta Soup
Clear vegetable soup with chicken & pasta

Cal: 88 Pro: 3g Fat: 3g Carb: 15g
Fiber: 2g Sodium: 205mg Cholest: 0

QR 6.00

Asian Cucumber Salad
Cucumber, onion, capsicum with vinegar

Cal: 111 Pro: 2g Fat: 6g Carb: 15g
Fiber: 3g Sodium: 388mg Cholest: 0

QR 6.00

Steamed Roll Hammour with Garlic Oyster Sauce
Steamed stuffed hammour with vegetables

Cal: 277 Pro: 42g Fat: 3g Carb: 21g
Fiber: 5g Sodium: 586mg Cholest: 74mg

QR 23.00

Ayam Pang Pang Madu
Grilled chicken breast served with baked potato & sambal

Cal: 404 Pro: 49g Fat: 6g Carb: 38g
Fiber: 5g Sodium: 687mg Cholest: 146mg

QR 13.00

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