

QATAR NATIONAL SPORTS DAY

Healthy Corner Salad Selection



Chicken Caesar Salad
QR 15.00



Greek Salad
QR 8.00



**Assorted Crudites
with Hummus**
QR 6.00



Hummus
QR 5.00



ALLERGENS GUIDE

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|--------------|-------------|----------|---------|--------|------|
| Gluten Wheat | Crustaceans | Mollusks | Nuts | Fish | |
| Mustard | Soya | Sesame | Lactose | Celery | Eggs |

QATAR NATIONAL SPORTS DAY

Healthy Corner Sandwiches Selection



Cheese Sandwich
QR 5.00



Chicken Sandwich
QR 5.00



Turkey Sandwich
QR 5.00



Vegetable Sandwich
QR 5.00



ALLERGENS GUIDE

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|--------------|-------------|----------|---------|--------|------|
| Gluten Wheat | Crustaceans | Mollusks | Nuts | Fish | |
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QATAR NATIONAL SPORTS DAY

Healthy Corner Breakfast & Snacks



Idli
QR 5.00



Sweet Corn
with butter & salt
QR 6.00



Sweet Potato Fries
QR 6.00



ALLERGENS GUIDE

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|--------------|-------------|----------|---------|--------|------|
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QATAR NATIONAL SPORTS DAY

Smoothies



Green Detox Smoothie
spinach, peaches, green
apple, avocado & broccoli
QR 12.00



Berry-Licious Smoothie
strawberry, banana & kiwi
QR 14.00



Fruity Smoothie
orange, mango, peaches,
banana & strawberry
QR 14.00

QATAR NATIONAL SPORTS DAY

Fruit Salad



platter of grapes, kiwi,
papaya, pineapple,
strawberry, sweet melon
& watermelon

QR 8.00

Beverages

Fresh Orange Juice	QR 8.00
Fresh Carrot Juice	QR 6.00
Fresh Lemon & Mint Juice	QR 7.00
Fresh Watermelon Juice	QR 6.00
Mineral Water <i>big</i>	QR 3.00
<i>small</i>	QR 2.00
Green or Regular Tea	QR 3.00
Brewed Coffee	QR 5.00
Nescafe	QR 3.00



RULES OF TRAFFIC LIGHT EATING

GO FOODS

- Healthiest choice
- Include fruits & veggies that are nutrient dense
- Foods you need to eat everyday



CAUTION

- Healthy choice but to be eaten in moderation
- They are high in calories & slightly more processed



STOP

- Lack of control will make you gain weight
- Includes high fats, carbohydrates & sugars

