

SAHA Third Month HEALTHY MENU



Cold Capsicum and Tomato Gaspacho

Cold Spanish soup

Cal: 154 Pro: 4g Fat: 8g Carb: 19g
Fiber: 6g Sodium: 810mg Cholest: 0mg

QR 7



Lentil and Taboulleh Salad

Taboulleh with boiled dark lentil

Cal: 391 Pro: 15g Fat: 16g Carb: 51g
Fiber: 7g Sodium: 815mg Cholest: 0mg

QR 7



Spicy Aubergine & Capsicum with Coriander & Mint Served with Rocket Salad

Sautéed vegetables with spices

Cal: 237 Pro: 4g Fat: 16g Carb: 23g
Fiber: 8g Sodium: 798mg Cholest: 0mg

QR 7



Poached Fish with Sweet Potato

Poached hammour fish served with apple and dry raisin chutney with sweet potato hash

Cal: 267 Pro: 31g Fat: 7g Carb: 20g
Fiber: 3g Sodium: 899mg Cholest: 56mg

QR 20



Grilled Salmon with Couscous

Grilled salmon steak served on a bed of raisin and mango couscous with basil pesto

Cal: 777 Pro: 41g Fat: 37g Carb: 74g
Fiber: 4g Sodium: 928mg Cholest: 69mg

QR 39



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Grilled Chicken Mouhammara

Grilled chicken served with
semolina and vegetable

Cal: 595 Pro: 51g Fat: 24g Carb: 41g
Fiber: 5g Sodium: 1388mg Cholest: 141mg

QR 15



Grilled Chicken Escalope with Gnocchi

Grilled chicken escalope served
with gremolata and milanese
gnocchi

Cal: 1186 Pro: 65g Fat: 68g Carb: 84g
Fiber: 7g Sodium: 1667mg Cholest: 144mg

QR 20



Honey Almond Cake

Flourless honey almond cake

Cal: 196 Pro: 7g Fat: 13g Carb: 15g
Fiber: 3g Sodium: 322mg Cholest: 74mg

QR 4



Apple Cinnamon Fruit Bar

Fruit cinnamon bar

Cal: 404 Pro: 8g Fat: 14g Carb: 65g
Fiber: 5g Sodium: 73mg Cholest: 27mg

QR 5



ALLERGENS GUIDE:

