

HEALTHY MENU



Cold Capsicum and Tomato Gaspacho

Cold Spanish Soup

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

QR 5



Beetroot & Orange Salad with Feta Cheese

Cold mixed salad

Cal: 160 Pro: 11g Fat: 11g Carb: 40g
Fiber: 9g Sodium: 1315 mg Cholest: 44mg

QR 5



Oriental Vegetable Tajine

Oriental vegetable dish

Cal: 522 Pro: 17g Fat: 16g Carb: 88g Fiber: 19g
Sodium: 1997mg Cholest: 0

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 raw dill cucumber salad

A grilled fish with cucumber pesto

Cal: 315 Pro: 33g Fat: 17g Carb: 7g Fiber: 2g
Sodium: 907mg Cholest: 69mg

QR 32



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Poached chicken with green salsa

Poached chicken served with bulgur and vegetable

Cal: 458 Pro: 41g Fat: 10g Carb: 53g
Fiber: 9g Sodium: 913 mg Cholest: 110mg

QR 15



Grilled Chicken Mouhammara

Grilled chicken served with semolina and vegetable

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

QR 15



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: 5 Sodium: 73mg Cholest: 27 mg

QR 4



ALLERGENS GUIDE:



Gluten Wheat



Molluscs



Crustaceans



Eggs



Fish



Peanuts



Nuts



Celery



Lactose



Mustard



Soya



Sesame



Lupin



Sulphur dioxide