





NEW

Appetizers

Smoked Salmon




Served with onion rings, capers and toasted brown bread

Calories: 318 Protein: 37g Fat: 12g Carbs: 14g Sodium: 1292mg |    

QR 21.00

Shrimp Cocktail




Served with Marie-Rose sauce

Calories: 345 Protein: 28g Fat: 19g Carbs: 14g Sodium: 3101mg |   

QR 24.00

Mezzeh Plate

Assorted cold Lebanese appetizers

Calories: 411 Protein: 16g Fat: 22g Carbs: 40g Sodium: 851mg |   

QR 11.00

Greek Salad






Combination of lettuce, tomato, olive, feta cheese with vinaigrette dressing

Calories: 436 Protein: 11g Fat: 31g Carbs: 20g Sodium: 1103mg |  

QR 8.00

Caesar Salad

Bed of lettuce tossed with traditional Caesar dressing, topped with parmesan cheese, anchovies and croutons



Calories: 284 Protein: 16g Fat: 18g Carbs: 14g Sodium: 574mg |     

QR 13.00

Soups

Prawn & Coriander Soup


Thyme flavored fresh prawn and coriander soup

Calories: 146 Protein: 14g Fat: 6g Carbs: 8g Sodium: 2519mg |  

QR 11.00

Pumpkin & Chicken Soup



Mildly spiced roasted pumpkin and chicken soup

Calories: 233 Protein: 18g Fat: 5g Carbs: 36g Sodium: 2679mg | 

QR 6.00

Carrots & Ginger Soup




Ginger and carrot soup topped with whipped cream

Calories: 339 Protein: 5g Fat: 21g Carbs: 38g Sodium: 2086mg |  

QR 6.00

Mushroom & Walnut Soup



Creamy mushroom soup with roasted walnuts

Calories: 373 Protein: 9g Fat: 33g Carbs: 17g Sodium: 1963mg |   

QR 10.00

Broccoli Soup






Fresh broccoli soup with whipped cream dumpling

Calories: 250 Protein: 4g Fat: 20g Carbs: 16g Sodium: 1994mg |  




QR 7.00

NEW**Beef Tournedos served with Onion Marmalade** **QR 35.00**





Grilled beef tournedos served with onion marmalade, oriental vegetables and black pepper sauce

Calories: 1138 Protein: 64g Fat: 76g Carbs: 54g Sodium: 2339mg |     **Stuffed Chicken with Apricot** **QR 21.00**




Grilled chicken breast stuffed with apricot and sundried tomato served with semolina fritters, sautéed vegetables on a brown apricot sauce.

Calories: 1417 Protein: 78g Fat: 86g Carbs: 88g Sodium: 2866mg |   **Fish****Hammour in a Parmesan & Herb Crust** **QR 50.00**





Basil & Parmesan crusted grilled fresh hammour, served with cherry tomatoes & vegetable garnish

Calories: 1071 Protein: 56g Fat: 69g Carbs: 61g Sodium: 5800mg |    **Hammour with Artichoke Mousseline** **QR 50.00**




Grilled fresh hammour served with artichoke mousseline and Antiboise sauce

Calories: 1130 Protein: 49g Fat: 98g Carbs: 16g Sodium: 3787mg |   **Fritto Misto Di Mare** **QR 40.00**





Italian style deep-fried sea food and vegetable served with tartar sauce

Calories: 1373 Protein: 46g Fat: 118g Carbs: 38g Sodium: 1935mg |    **Grilled Salmon with Green Pesto** **QR 35.00**

Grilled salmon served with fresh vegetable and pesto sauce

Calories: 466 Protein: 44g Fat: 24g Carbs: 107g Sodium: 1426mg |   **Grilled Marinated Jumbo Prawns** **QR 26.00**

Served in puff pastry with tapenade, accompanied by arugula leaves, pesto and potatoes

Calories: 977 Protein: 45g Fat: 74g Carbs: 32g Sodium: 6123mg |    **Grilled Marinated Lobster**With lemon butter & caper sauce, mashed potatoes and vegetables   




Calories: 1199 Protein: 68g Fat: 85g Carbs: 41g Sodium: 5696mg

Half **QR 54.00**

Calories: 1535 Protein: 130g Fat: 89g Carbohydrate: 48g Sodium: 6227mg

Full **QR 100.00****Mix Grilled Seafood** **QR 28.00**

Grilled tiger prawns, hammour and squid served with steamed vegetable and lemon butter sauce

Calories: 566 Protein: 60g Fat: 28g Carbs: 15g Sodium: 2718mg |   



NEW

Salads & Starters

Spanish Salad

QR 10.00

Marinated south vegetable salad with pesto

Calories:480 Protein:11 g Fat : 38 g Carbs: 29 g Sodium: 1341 mg |  

Vegetable Parmesan Tartlet

QR19.00




Combination of vegetable and beef bacon presented in a tartlet served with pesto sauce

Calories: 952 Protein: 43g Fat: 72 g Carbs: 37g Sodium: 2613 mg |   

Lyonnaise Salad

QR 13.00




Assorted fresh garden leaves with poached egg/beef bacon and croutons served with balsamic vinaigrette dressing

Calories: 661 Protein: 33g Fat: 49g Carbs: 23g Sodium: 3228mg |   

Smoked Stuffed Salmon

QR 22.00

Smoked salmon & artichoke served with cold ratatouille on parmesan short bread and pesto sauce

Calories: 836 Protein: 33g Fat: 65g Carbs: 78g Sodium: 2232 mg |   

Main Courses - Meat

Grilled Chicken Caponata

QR 15.00

Italian style grilled chicken dish with sautéed capsicum, olives, eggplant and capers

Calories: 852 Protein: 54g Fat: 51g Carbs: 49g Sodium: 3548mg |   

Lamb Chops with Mushroom Topping

QR 30.00

Grilled lamb chops with gratinated mushroom duxelle served with crushed potato, teamed vegetables and mint sauce

Calories: 1522 Protein:95g Fat: 114g Carbs: 34g Sodium: 2906 mg |   

Lamb Rack served with Garlic Cream and Pesto

QR 31.00


Roasted lamb rack served with south vegetable ,crushed potato and garlic pesto sauce

Calories: 1520 Protein: 70g Fat: 130g Carbs: 25g Sodium: 1436mg |   

Stuffed Chicken with Tiger Prawn

QR 24.00

Poached tender chicken breast stuffed with tiger prawn and spinach, served with tangy seafood bisque and steamed vegetables

Calories: 1015 Protein: 64g Fat: 78g Carbs: 15g Sodium: 2699 mg |  

Tenderloin Steak Gremolata

QR 39.00

Grilled beef tenderloin served with vegetables, potatoes and Citrus Gremolata sauce

Calories: 820 Protein: 50g Fat: 54g Carbs: 39g Sodium: 6291mg |   


NEW

Arabian Specials

Shish Taouk

QR 12.00

Arabic style marinated grilled chicken skewer served with Oriental rice and garnish

Calories: 961 Protein: 57g Fat: 39g Carbs: 95g Sodium: 4010mg | 

Mixed Grill

QR 29.00

Beef steak, shish taouk, lamb chop, with grilled tomatoes, mushrooms, beef bacon served with Oriental rice and garnish

Calories: 1089 Protein: 80g Fat: 47g Carbs: 87g Sodium: 4833mg |  

Arabic Style Grilled Chicken

QR 13.00

Marinated half grilled chicken served with Oriental rice and vegetable salona

Calories: 1638 Protein: 105g Fat: 90g Carbs: 97g Sodium: 4301mg |  




Mexican Specials

Choice of Fajita Wraps

Traditional fajitas wrapped in tortilla bread with shredded cheese, served with tomato salsa, guacamole and sour cream




Beef Fajita

QR 20.00

Calories: 776 Protein: 42g Fat: 29g Carbs: 90g Sodium: 3765mg |   




Chicken Fajita

QR 16.00

Calories: 762 Protein: 43g Fat: 27g Carbs: 90g Sodium: 3641mg |   

Vegetable Fajita




QR 16.00

Calories: 594 Protein: 18g Fat: 20g Carbs: 92g Sodium: 5670mg |   

Enchilada Pollo Mexican

QR 16.00




Chicken tortilla with coleslaw & diced tomatoes served with guacamole, salsa and sour cream

Calories: 1194 Protein: 57g Fat: 78g Carbs: 70g Sodium: 3359mg |   

Pescado a la Veracruz

QR 20.00




Strips of fish with diced cucumbers, pimienta and tomatoes, wrapped in tortilla bread with guacamole, salsa and sour cream

Calories: 661 Protein: 39g Fat: 34g Carbs: 53g Sodium: 2832mg |   

Pasta

Spaghetti with Sundried Tomato Pesto

QR 17.00

Calories: 820 Protein: 33g Fat: 36g Carbs: 93g Sodium: 588mg |   

Fettuccini Alfredo

QR 14.00

Calories: 991 Protein: 29g Fat: 62g Carbs: 79g Sodium: 1498mg |  

NEW

Healthy Corner

Orange Flavored Chicken Breast

QR 16.00

Grilled chicken breast served with green asparagus, broccoli and orange sauce

Calories: 472 Protein: 53g Fat: 17g Carbs: 31g Sodium: 2166mg

Vegetable Tagine

QR 7.00

Vegetables cooked Moroccan style with oriental spices and coriander

Calories: 531 Protein: 17g Fat: 16g Carbs: 91g Sodium: 1998mg | 

Thai Style Beef

QR 25.00



Stir-fried beef strips with soya sauce and ginger served with asparagus, green peas and rice

Calories: 633 Protein: 47g Fat: 9g Carbs: 87g Sodium: 3328mg

Side Orders

Fish Fingers

QR 13.00

Calories: 1888 Protein: 41g Fat: 142g Carbs: 111g Sodium: 3198mg |  


Chicken Nuggets

QR 9.00

Calories: 1368 Protein: 23g Fat: 126g Carbs: 38g Sodium: 200mg |   

Chicken Lollipop

QR 11.00

Calories: 1822 Protein: 43g Fat: 135g Carbs: 109g Sodium: 4972mg | 

Garden Salad

QR 5.00

Calories: 156 Protein: 3g Fat: 11g Carbs: 13g Sodium: 132mg |  


French Fries

QR 3.00

Calories: 739 Protein: 4g Fat: 65g Carbs: 34g Sodium: 300mg


Mashed Potatoes

QR 5.00

Calories: 341 Protein: 3g Fat: 43g Carbs: 11g Sodium: 1503mg | 

Arabic Rice

QR 4.00

Calories: 425 Protein: 7g Fat: 17g Carbs: 62g Sodium: 1942mg | 

White Rice

QR 3.00

Calories: 292 Protein: 6g Fat: 1g Carbs: 64g Sodium: 1942mg |  

NEW

Desserts

Healthy Fresh Fruit Platter

Calories: 109 Protein: 2g Fat: 1g Carbs: 28g Sodium: 27mg |





QR 10.00

French Apple Pie

Calories: 1008 Protein: 16g Fat: 68g Carbs: 88g Sodium: 167mg |   





QR 13.00

Chocolate Dumpling with Vanilla Sauce

Calories: 188 Protein: 3g Fat: 9g Carbs: 25g Sodium: 51mg |    

QR 14.00

White Chocolate and Caramel Parfait

Calories: 553 Protein: 6g Fat: 34g Carbs: 57g Sodium: 62mg |    



QR 12.00

Fruit Pavlova

Calories: 352 Protein: 3g Fat: 23g Carbs: 115g Sodium: 52mg |  

QR 4.00

Red Berry Crème Brulee

Calories: 1134 Protein: 17g Fat: 86g Carbs: 75g Sodium: 239mg |  

QR 14.00

Crepe Suzette in Orange & Lemon Sauce

Calories: 803 Protein: 21g Fat: 32g Carbs: 69g Sodium: 147mg |   

QR 8.00

Beverages

Green / Regular Tea

QR 3.00

Nescafe

QR 4.00

Cappuccino, Espresso, Latte, Turkish

Small

QR 6.00

Big

QR 7.00

Fresh Orange Juice

QR 8.00

Soft drinks***QR 4.00**

Bottled Mineral Water

Small

QR 2.00

Big

QR 3.00

*new price for soft drinks effective 10 Jan 2019

ALLERGENS GUIDE:



Gluten Wheat



Mollusk



Crustaceans



Celery



Fish



Eggs



Soya



Nuts



Sesame



Peanuts



Lactose



Mustard