

BREAKFAST

1. BURRITOS BREAKFAST 15.00

Tortilla bread, eggs, cheddar cheese, avocado served with fresh tomato, sweet chili Thai sauce and fresh fruits



Calories: 936 Protein: 30g
Fat:: 52g Carbohydrate: 88g
Sodium: 4446mg

2. ALL DAY BREAKFAST 15.00

Sausages, beef bacon, potato cakes, baked beans mushroom, grilled tomatoes, fried egg, toast, butter and orange juice



Calories: 1352 Protein: 49g
Fat:: 112g Carbohydrate: 42g
Sodium: 3264mg

3. FRIED EGG AND ASPARAGUS 17.00

Sunny side up fried egg with gratinated grilled asparagus and ricotta cheese



Calories: 650 Protein: 28g
Fat: 41g Carbohydrate: 50g
Sodium: 2525 mg

4. OPENED OMELETTE 13.00

Omelette with mushroom, ricotta cheese and topped with Parmesan, served with toasted bread & butter



Calories: 643 Protein: 37g
Fat:: 36g Carbohydrate: 45g
Sodium: 2753mg

5. ARABIC BREAKFAST 10.00

Feta white cheese, fowl medames, boiled eggs, Arabic bread, olives, juice ,tea or coffee



Calories: 659 Protein: 27g
Fat:: 36g Carbohydrate: 57g
Sodium: 5282 mg

6. SPANISH OMELETTE 9.00

Omelette with dill leaves, spinach, sweet potato and leeks, served with toasted sliced bread



Calories: 524 Protein: 28 g
Fat: 26g Carbohydrate: 47g
Sodium: 3222 mg

7. SCRAMBLED EGGS 13.00

Served with baked mushroom, melted ricotta cheese and . toasted sliced brown bread



Calories: 578 Protein: 33g
Fat: 32g Carbohydrate: 43g
Sodium: 2586mg

8. SCRAMBLED EGGS -PLAIN 4.00



Calories: 492 Protein: 30g
Fat:: 23g Carbohydrate: 42g
Sodium: 1406mg

9. FULL BREAKFAST 17.00

Choice of egg with spinach, chicken sausage, mashed potato, grilled tomato, mushroom and toast



Calories: 689 Protein: 37g
Fat:: 38g Carbohydrate: 57g
Sodium: 3877mg

SOUPS

10. LENTIL AND CHICKEN SOUP 6.00

A delicious hearty soup made with lentil, chicken, vegetables and spices



Calories: 476 Protein: 28g
Fat: 12g Carbohydrate: 65g
Sodium: 4229 mg

11. MUSSELS CHOWDER 10.00

Creamy soup with mussels and vegetables



Calories: 376 Protein: 22g
Fat: 12g Carbohydrate: 45g
Sodium: 4383 mg

12. SMOKED ASPARAGUS SOUP 13.00

Beef bacon and asparagus broth



Calories: 440 Protein: 14g
Fat: 30g Carbohydrate: 34g
Sodium: 1784 mg

13. SHRIMPS CHIPOTLE TORTILLA SOUP 8.00

Mexican flavored spicy clear soup



Calories: 433 Protein: 20g
Fat: 13g Carbohydrate: 61g
Sodium: 4399 mg

14. ROAST BELL PEPPER TOMATO SOUP 11.00

Roast bell pepper and tomato with fresh basil leaves



Calories: 304 Protein: 7g
Fat: 13g Carbohydrate: 42g
Sodium: 3413 mg

SALADS

15. BROCOLLI, AVOCADO, BEEF BACON SALAD 13.00

Marinated steamed broccoli, avocado, mango and beef bacon with thyme balsamic vinaigrette

Calories: 410 Protein: 17g
Fat: 25g Carbohydrate: 35g
Sodium: 674 mg

16. CARAMELISED PEAR and PRAWNS SALAD 16.00

Honey caramelized pears, grilled prawns, lentil and crushed walnut on top



Calories: 526 Protein: 27g
Fat: 18g Carbohydrate: 66g
Sodium: 640 mg

17. GRILLED TUNA NICOISE SALAD 18.00

Grilled tuna fish, boiled potato, green beans, three pepper on iceberg lettuce with boiled egg and anchovies



Calories: 610 Protein: 38g
Fat: 35g Carbohydrate: 37g
Sodium: 3313 mg

18. TACO SALAD 15.00

Ground beef, taco seasoning, lettuce, cherry tomato in sweet chili sauce with tortilla chips



Calories: 632 Protein: 31g
Fat: 30g Carbohydrate: 63g
Sodium: 839 mg

19. CRAB, CORN,CHERRY TOMATO SALAD 13.00

Crabmeat, corn kernels, cherry tomato, red and yellow pepper, basil leaves with honey and lemon mustard dressing



Calories: 287 Protein: 13g
Fat: 8g Carbohydrate: 49g
Sodium: 1625 mg

20. CHICKEN COBB SALAD 15.00

Iceberg and lollo rosso tossed with chicken, smoked turkey, beef bacon, avocado and honey mustard dressing



Calories: 562 Protein: 46g
Fat: 34g Carbohydrate: 15g
Sodium: 2230 mg

21. CAESAR SALAD 13.00

Iceberg, lollo rosso, local lettuce served with classic Caesar dressing, Parmesan cheese and bread croutons.



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

22. ROASTED PUMPKIN SALAD 16.00

Pan roasted red pumpkin, ricotta cheese, fresh grapefruit on crispy with balsamic vinaigrette







Calories: 354 Protein: 15g
Fat: 6g Carbohydrate: 65g
Sodium: 527 mg

SANDWICHES

23. FAJITAS TORTILLAS WRAPS




Traditional fajita wrapped in tortilla with shredded cheese, tomato salsa, guacamole and sour cream

	CHICKEN	16.00
	BEEF	20.00
	SHRIMP	23.00
	VEGETABLES	16.00

Calories: **762, 776, 725, 594** Protein: **43g, 42g, 36g, 18g**
 Fat: **27g, 29g, 25g, 20g** Carbohydrate: **90g, 90g, 91g, 92g**
 Sodium: **3641 mg, 3765mg, 4547mg, 5670mg**




24. CAPRESE OPEN SANDWICH 14.00

Slices of tomato and mozzarella cheese with pesto on French baguette, served with French Fries

			Calories: 810 Protein: 22g Fat: 47g Carbohydrate: 80g Sodium: 957mg
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25. OPEN FACE STEAK SANDWICH 24.00

Grilled beef striploin with mozzarella cheese and rocket leaves on toasted bread, served with French Fries

			Calories: 1091 Protein: 55g Fat: 63g Carbohydrate: 80g Sodium: 2873 mg
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26. CALIFORNIA OPEN VEGGIE SANDWICH 16.00

Grilled vegetables, feta cheese with tapenade on pita bread served with French Fries

			Calories: 1040 Protein: 21g Fat: 64g Carbohydrate: 175g Sodium: 914 mg
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27. GRILLED CHEESE SANDWICH 12.00

Grilled cheddar sandwich with peanut butter sauce served with French Fries

			Calories: 966 Protein: 25g Fat: 68g Carbohydrate: 67g Sodium: 1130 mg
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28. MOJITO SANDWICH 13.00

Mexican spiced grilled chicken sandwich with mozzarella cheese and French fries

			Calories: 1004 Protein: 47 g Fat: 60g Carbohydrate: 70g Sodium: 1416 mg
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29. TUNA, AVOCADO AND BACON SANDWICH 15.00

Mixed tuna, avocado and bacon sandwich with grated cheese

			Calories: 1181 Protein: 41 g Fat: 85 g Carbohydrate: 68g Sodium: 1682 mg
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30. CRISPY FRIED FISH SANDWICH 18.00

Fried crumbed haddock and jalapeno salsa on French baguette served with French fries and coleslaw

			Calories: 1267 Protein: 40g Fat: 75g Carbohydrate: 108g Sodium: 1523 mg
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31. TURKEY AND CHEESE PANINI 13.00

Smoked turkey breast and mozzarella cheese in brown bread with French Fries

			Calories: 851 Protein: 36 g Fat: 44 g Carbohydrate: 65g Sodium: 1825 mg
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32. MONTE CRISTO SANDWICH 14.00

A delicious hot sandwich with smoked turkey ham, mozzarella cheese on fried sliced white bread and served with currant cream sauce.

			Calories: 1212 Protein: 44g Fat: 55g Carbohydrate: 129g Sodium: 1868 mg
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33. AL WAHA CLUB SANDWICH 13.00

Triple decker sandwich with beef striploin, smoked turkey, cheese, fried egg, lettuce, tomatoes and mayonnaise

			Calories: 1063 Protein: 33g Fat: 67g Carbohydrate: 122g Sodium: 1584 mg
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34. AL WAHA BURGER WITH FRENCH FRIES

Chicken Burger	10.00
Beef Burger	14.00
Double Chicken Burger	12.00
Double Beef Burger	19.00

			Calories: 843, 989, 1147, 1169 Protein: 38g, 37g, 66g, 65g Fat: 46g, 61g, 62g, 67g Carbohydrate: 71g, 77g, 81g, 81g Sodium: 2606mg, 8535mg, 8840mg, 5006mg
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35. CHILI BURGER 14.00

1/2 lb. beef burger topped with chili salsa and cheese, served with French fries

			Calories: 1208 Protein: 44g Fat: 66g Carbohydrate: 111g Sodium: 5567 mg
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36. VEGGIE BURGER 9.00





Vegetables and beans patties on a bun with tomato, onion, cucumber and sliced cheese, served with French fries

			Calories: 964 Protein: 21g Fat: 57g Carbohydrate: 98g Sodium: 2779 mg
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PASTA



37. TAGLIATELLE MUSHROOM PESCATORE 16.00

Tagliatelle with mushroom, mussels, shrimps and squid in tomato sauce with mascarpone cheese

				Calories: 792 Protein: 28g Fat: 37g Carbohydrate: 86g Sodium: 2292 mg
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38. PENNE BOSCAIOLA 14.00

Penne pasta with onion, bacon, ricotta cheese and mushroom in creamy basil sauce. Served with Parmesan cheese.

		Calories: 906 Protein: 36g Fat: 51g Carbohydrate: 79g Sodium: 2769 mg
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39. FETTUCCINE AND SWEET POTATO 13.00

Fettuccini cook in ricotta cheese with sweet potato.

		Calories: 771 Protein: 24g Fat: 34g Carbohydrate: 97g Sodium: 310 mg
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40. PAPPARDELLE MAESTOSA 14.00

Pappardelle cooked in bacon, mushroom cream sauce with pumpkin and served with mascarpone cheese

		Calories: 888 Protein: 58g Fat: 50g Carbohydrate: 78g Sodium: 4615 mg
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41. SPAGHETTI PUTTANESCA 12.00

Spaghetti cooked in anchovy flavored tomato sauce with olive, garlic, capers and mushroom

			Calories: 632 Protein: 17g Fat: 29g Carbohydrate: 80g Sodium: 5491 mg
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42. PENNE WITH CHICKEN SAUTE **20.00**

Sautéed chicken breast with penne and mascarpone cheese

Calories: **671** Protein: **37g**
Fat: **24 g** Carbohydrate: **76g**
Sodium: **2007 mg****43. SPAGHETTI BOLOGNESE** **15.00**

Cooked in traditional Bolognese sauce topped with Parmesan cheese and served with garlic cheese bread

Calories: **971** Protein: **54 g**
Fat: **37g** Carbohydrate: **117g**
Sodium: **2744mg****44. MACARONI CHEESE** **9.00**

Macaroni cooked in creamy cheese sauce and topped with Parmesan cheese

Calories: **1102** Protein: **26 g**
Fat: **67g** Carbohydrate: **102g**
Sodium: **4268 mg****TERRACE SPECIALS****45. ROAST RACK OF LAMB** **23.00**

Roast rack of lamb with caramelized baby onion, roast potato and served with mint sauce

Calories: **1035** Protein: **62g**
Fat: **77g** Carbohydrate: **31g**
Sodium: **4224 mg****46. HERBS CRUSTED HAMMOUR** **48.00**

Baked herbs crusted hamour fillet with basil salsa, served with mushy green peas and balsamic beetroot vinegar

Calories: **652** Protein: **52g**
Fat: **25g** Carbohydrate: **54g**
Sodium: **3272 mg****47. RED PEPPER STEAK** **39.00**

Grilled beef tenderloin served with chili roasted onion, smoked asparagus and red pepper sauce

Calories: **602** Protein: **50g**
Fat: **18g** Carbohydrate: **39g**
Sodium: **3053 mg****48. RIB EYE STEAK** **28.00**

Grilled rib eye steak on creamed horseradish potato, served with green beans, quail eggs and raspberry sauce

Calories: **853** Protein: **53g**
Fat: **56g** Carbohydrate: **37g**
Sodium: **3498 mg****49. SALMON ALA GRECQUE** **28.00**

Grilled salmon served with artichoke, potato and caper sautéed quail eggs

Calories: **417** Protein: **40g**
Fat: **16g** Carbohydrate: **30g**
Sodium: **2489 mg****50. GRILLED TIGER PRAWNS** **42.00**

Grilled tiger prawns with buttered creamy mushroom, vegetables and saffron green pepper sauce

Calories: **669** Protein: **49g**
Fat: **42g** Carbohydrate: **27g**
Sodium: **2444 mg****51. STIR FRIED CHICKEN** **13.00**

Stir Fried Chicken sautéed with vegetables, served with steamed rice

Calories: **719** Protein: **49g**
Fat: **17g** Carbohydrate: **94g**
Sodium: **3234 mg****52. PAN FRIED CHICKEN FINGER WITH SPICY** **15.00****DIPPING SAUCE**

Pan fried chicken finger, served with special spicy sauce

Calories: **2019** Protein: **73g**
Fat: **136g** Carbohydrate: **126g**
Sodium: **4023 mg****53. FISH AND CHIPS** **21.00**

Battered fried hamour fish, served with French fries and tartar sauce

Calories: **1322** Protein: **25g**
Fat: **84g** Carbohydrate: **88g**
Sodium: **3604 mg****54. SHRIMPS FRIED RICE** **19.00**

Fried rice with prawns and egg, served with prawn crackers

Calories: **750** Protein: **32g**
Fat: **30g** Carbohydrate: **85g**
Sodium: **3645 mg****55. BAMI GORENG** **15.00**

Indonesian fried noodles with chicken satay, fried egg, prawn crackers and peanut butter sauce

Calories: **1081** Protein: **42g**
Fat: **61g** Carbohydrate: **87g**
Sodium: **7910 mg****56. NASI GORENG** **15.00**

Indonesian fried rice with chicken satay and fried egg, prawn crackers and peanut butter sauce

Calories: **1059** Protein: **42g**
Fat: **49g** Carbohydrate: **112g**
Sodium: **4490 mg****57. AL WAHA FRIED CHICKEN** **13.00**

Fried chicken Al Waha style served with French fries or white rice and coleslaw

Calories: **2679** Protein: **80g**
Fat: **232 g** Carbohydrate: **73g**
Sodium: **2662 mg****58. CHICKEN SATAY KEBAB** **11.00**

Marinated grilled chicken satay kebab served with peanut butter sauce, steamed rice and vegetables

Calories: **794** Protein: **56g**
Fat: **32 g** Carbohydrate: **65g**
Sodium: **2631 mg****59. CHICKEN LOLLIPOP** **11.00**

Deep fried chicken wings, served with French Fries

Calories: **1822** Protein: **43g**
Fat: **135 g** Carbohydrate: **109g**
Sodium: **4972 mg****60. CHICKEN NUGGETS** **9.00**

Deep fried chicken nuggets, served with French fries

Calories: **1368** Protein: **23g**
Fat: **126g** Carbohydrate: **38g**
Sodium: **200 mg****61. CHICKEN SHAWARMA WRAP** **8.00**


Arabic style marinated roasted chicken sandwich with gherkins and vegetables in Lebanese bread. Served with garlic sauce and French fries.

Calories: **707** Protein: **25g**
Fat: **38 g** Carbohydrate: **97g**
Sodium: **2452 mg**

62. CHICKEN SHAWARMA PLATE	8.00	76. UMM ALI	7.00
Arabic style marinated roasted chicken with gherkins and vegetables in Lebanese bread. Served with garlic sauce and French fries.			Calories: 420 Protein: 7g Fat: 24g Carbohydrate: 47g Sodium: 106mg
		77. STRAWBERRY CHEESE CAKE	7.00
Calories: 1203 Protein: 43g Fat: 73g Carbohydrate: 154g Sodium: 3426 mg			Calories: 638 Protein: 9g Fat: 36g Carbohydrate: 72g Sodium: 333 mg
63. SHISH KEBAB	20.00	BEVERAGES	
Grilled marinated lamb cubes on skewer with vegetables, served with Arabic rice and garlic sauce		78. COCONUT CREAM SMOOTHIE	9.00
		Blended pineapple, coconut milk, vanilla ice cream and pineapple juice 	
Calories: 806 Protein: 46g Fat: 39g Carbohydrate: 69g Sodium: 2204mg		79. MELON REFRESHER	5.00
64. SHISH TAOUK	12.00	Blended yogurt, watermelon, sweet melon and crushed ice 	
Grilled marinated chicken cubes on skewer with vegetables, served with Arabic rice and garlic sauce		80. MANGO TANGO	8.00
		Blended mango, banana, mango juice and ice	
Calories: 937 Protein: 55g Fat: 38g Carbohydrate: 94g Sodium: 3998 mg		81. COFFEE BANANA COOLER	10.00
65. MIXED GRILLED KEBABS	29.00	Blended banana, coffee, ice cream and milk 	
Grilled marinated lamb chop, mini beef steak, chicken cube, bacon, tomato and mushrooms, Served with BBQ sauce and rice or potato chips		82. AL WAHA BREEZE	8.00
 		Carrot juice, orange juice and soda	
Calories: 999 Protein: 78g Fat: 46g Carbohydrate: 68g Sodium: 4868 mg		83. PINK LAZZI	3.00
DESSERTS			
66. ICE CREAM PER SCOOP (2 scoops)	4.00	Yogurt, sugar, grenadine and ice 	
Baskin Robbins (1 scoop) 	6.00	84. VIRGIN COLADA	6.00
67. BANANA SPLIT	20.00	Blended Pineapple juice, coconut cream and ice	
 		85. TROPICAL HEAT	6.00
Calories: 551 Protein: 10 g Fat: 19g Carbohydrate: 93g Sodium: 95mg		Mango juice, orange juice, soda, grenadine and ice	
68. LEMON MERINGUE PIE	4.00	86. SHIRLEY TEMPLE	5.00
  		7-up, grenadine and ice	
Calories: 658 Protein: 7g Fat: 38 g Carbohydrate: 78g Sodium: 31 mg		87. FRESHLY SQUEEZED ORANGE JUICE	8.00
69. CRÈME CARAMEL WITH TOASTED CASHEW	6.00	88. FRESHLY SQUEEZED CARROT JUICE	6.00
  		89. FRESHLY SQUEEZED LEMON JUICE	6.00
Calories: 798 Protein: 24 g Fat: 22g Carbohydrate: 130g Sodium: 282 mg		90. FRESHLY SQUEEZED LEMON W/MINT	7.00
70. FRESH FRUIT SALAD	9.00	91. BOTTLED WATER	
  		Big	3.00
Calories: 109 Protein: 2 g Fat: 1 g Carbohydrate: 28g Sodium: 27 mg		Small	2.00
71. FRESH FRUIT PLATTER	10.00	92. CLUB SODA	3.00
  		93. ICED TEA	3.00
Calories: 124 Protein: 2g Fat: 1g Carbohydrate: 32g Sodium: 29 mg		94. ICED COFFEE	5.00
72. CHOCOLATE TART with CHOCOLATE SAUCE	5.00	95. ICE CHOCOLATE	4.00
  		96. REGULAR COFFEE	4.00
Calories: 788 Protein: 14g Fat: 37g Carbohydrate: 102g Sodium: 57 mg		97. AMERICAN COFFEE	
73. APPLE STRUDEL WITH VANILLA SAUCE	4.00	small	*New Special Price! 5.00
   		big	*New Special Price! 7.00
Calories: 943 Protein: 15g Fat: 13g Carbohydrate: 203 g Sodium: 1060 mg		small	*New Special Price! 6.00
74 TROPICAL FRUIT COCKTAIL L	6.00	big	*New Special Price! 7.00
With Lychees, Honey & Yogurt 		99. CAPPUCCINO	
Calories: 368 Protein: 4 g Fat: 2g Carbohydrate: 93g Sodium: 49 mg		small	*New Special Price! 6.00
75. BANANA TOFFEE SUNDAE	17.00	big	*New Special Price! 7.00
with vanilla and caramel ice cream, whipped cream and toasted almonds  		100. ESPRESSO	
Calories: 528 Protein: 10 g Fat: 24 g Carbohydrate: 74 g Sodium: 9 mg		small	5.00
		big	7.00
		101. TURKISH COFFEE	4.00
		102. HOT CHOCOLATE	4.00
		103. HOT TEA	3.00

New price effective 10 January 2019

ALLERGENS GUIDE

	Gluten Wheat		Crustaceans		Mollusks		Nuts
	Fish		Eggs		Mustard		Lactose
	Soya		Lactose		Celery		