



FONTAINE BLEAU RESTAURANT

A place where food, design, and ambiance come together to
create a memorable experience.






Fontainebleau Restaurant:

4473-3615



Menu

APPETIZER

Smoked Salmon      **QR 26.00**




Served with onion ring, capers and toasted brown bread

Calories: **411** Protein: **29g** Fat: **18g** Carbohydrate: **30g** Sodium: **1290mg**

Shrimp Cocktail      **QR 29.00**

With Marie Sauce


Calories: **554** Protein: **35g** Fat: **18.7g** Carbohydrate: **69g** Sodium: **2734mg**

Mezzeh Plate    **QR 14.00**

Assorted Cold Lebanese Appetizer

Calories: **451** Protein: **12g** Fat: **32g** Carbohydrate: **39g** Sodium: **2753mg**

SOUP

Prawn & Coriander Soup   **QR 15.00**

Thyme flavored fresh prawn and coriander soup

Calories: **161** Protein: **18g** Fat: **6g** Carbohydrate: **7g** Sodium: **2357mg**

Pumpkin & Chicken Soup      **QR 10.00**

Mildly spiced roasted pumpkin and chicken soup

Calories: **278** Protein: **23g** Fat: **6g** Carbohydrate: **40g** Sodium: **2258mg**

Carrot & Ginger Soup      **QR 10.00**






Ginger and carrot soup topped with whipped cream

Calories: **323** Protein: **7g** Fat: **21g** Carbohydrate: **33g** Sodium: **2578mg**

Mushroom & Walnut Soup       **QR 14.00**

Creamy Mushroom Soup with roasted walnut

Calories: **376** Protein: **12g** Fat: **33g** Carbohydrate: **16g** Sodium: **2460mg**

Broccoli Soup      **QR 10.00**

Fresh Broccoli soup with whipped cream dumpling

Calories: **242** Protein: **6g** Fat: **20g** Carbohydrate: **14g** Sodium: **2489mg**

Lentil Soup   **QR 7.00**

A delicious hearty soup made with lentil

Calories: **157** Protein: **3g** Fat: **7g** Carbohydrate: **22g** Sodium: **1013mg**

Menu

ASSORTED COLD MEZZAH

Greek Salad

QR 12.00

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

Calories: **452** Protein: **11g** Fat: **30g** Carbohydrate: **42g** Sodium: **2265mg**

Caesar Salad

QR 16.00

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

Calories: **380** Protein: **29g** Fat: **21g** Carbohydrate: **16g** Sodium: **1631mg**

Tabouleh

QR 10.00

Parsley, spring Onion, white Bural, Tomato Chopped, Olive oil, Lemon Juice, Mint leaves, lettuce

Calories: **447** Protein: **9g** Fat: **35g** Carbohydrate: **34g** Sodium: **2049mg**

Hummus

QR 7.00

Chickpeas, Tahina, Lemon Juice, Garlic, Olive Oil, Salt.

Calories: **433** Protein: **12g** Fat: **29g** Carbohydrate: **39g** Sodium: **3085mg**

Moutabel

QR 8.00

Middle eastern dip made using eggplant and olive oil, tahina, lemon juice.

Calories: **643** Protein: **5g** Fat: **62g** Carbohydrate: **22g** Sodium: **2850mg**

Seafood Salad

QR 20.00

combination of crab meat, celery, red onion and dill toasted in a salad dressing mad with mayonnaise.

Calories: **257** Protein: **15g** Fat: **14g** Carbohydrate: **13g** Sodium: **352mg**

Green Salad

QR 7.00

This tasty tossed salad is combined with mixed greens, red/green leaf lettuce, cucumber, spinach

Calories: **41** Protein: **2g** Fat: **0.3g** Carbohydrate: **10g** Sodium: **39mg**

Menu

MAIN COURSES

Grilled Chicken Caponata **QR 22.00**

Italian style grilled chicken dish with sauteed capsicum, olives, eggplant and capers
Calories: **689g** Protein: **65g** Fat: **31g** Carbohydrate: **37g** Sodium: **2760mg**

Lamb Chops with Mushroom **QR 36.00**

Grilled lamb chops with gratinated mushroom duxelles served with crushed potato, steamed vegetables and mint sauce
Calories: **690** Protein: **53g** Fat: **42g** Carbohydrate: **28g** Sodium: **1776mg**

Hammour in a Parmesan & Herb Crust **QR 45.00**

Basil & Parmesan crusted grilled fresh hammour, served with cherry tomatoes & vegetable garnish
Calories: **674** Protein: **56g** Fat: **36g** Carbohydrate: **33g** Sodium: **2500mg**

Arabic Style Grilled Chicken **QR 16.00**

Marinated half grilled chicken served with rice and vegetablesalona
Calories: **1343** Protein: **98g** Fat: **89g** Carbohydrate: **38g** Sodium: **4281mg**

Mixed Grill with Basmati Rice **QR 35.00**

Beef steak, shish taouk, lamb chop, with grilled tomatoes, mushrooms, beef bacon served with rice and garnish
Calories: **907** Protein: **100g** Fat: **30g** Carbohydrate: **56g** Sodium: **4265mg**

Grilled Tiger Prawns **QR 51.00**

Grilled tiger prawns with buttered creamy mushroom, vegetables and saffron green Pepper sauce
Calories: **700** Protein: **48g** Fat: **46g** Carbohydrate: **22g** Sodium: **3057mg**

Shish Taouk with Basmati Rice **QR 15.00**

Arabic style marinated grilled chicken skewer served with basmati rice and garnish
Calories: **1001** Protein: **73g** Fat: **41g** Carbohydrate: **92g** Sodium: **4077mg**

Lamb Chops A La Pesto **QR 32.00**

Grilled Lamb Chops served with pesto sauce
Calories: **980** Protein: **67g** Fat: **67g** Carbohydrate: **23g** Sodium: **2479mg**

Grilled Salmon With Green Pesto **QR 42.00**

Grilled salmon served with fresh vegetable and pesto sauce
Calories: **980** Protein: **67g** Fat: **67g** Carbohydrate: **23g** Sodium: **2479mg**

Menu

HEALTHY CORNER

Orange Flavored Chicken Breast

QR 20.00

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

Calories: 563 Protein: 70g Fat: 19g Carbohydrate: 31g Sodium: 2229mg

Thai Style Beef

QR 30.00

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

Calories: 602 Protein: 33g Fat: 38g Carbohydrate: 32g Sodium: 3051mg

SIDEDISH

Fish Finger

QR16.00

Processed food made using whitefish i.e., hammour fish which has been battered or breaded.

Calories: 2066 Protein: 36g Fat: 154g Carbohydrate: 135g Sodium: 3355mg

French Fries

QR 6.00

Creamy sweet Fried Potato Chips

Calories: 1037 Protein: 7g Fat: 76g Carbohydrate: 83g Sodium: 420mg

Mashed Potato

QR 6.00

Potato, Butter, full cream

Calories: 416 Protein: 7g Fat: 26g Carbohydrate: 50g Sodium: 1506mg

Arabic Rice

QR 4.00

Rice and Saffron

Calories: 1146 Protein: 19g Fat: 34g Carbohydrate: 191g Sodium: 1940mg

White Rice

QR 4.00

White rice, finely chopped parsley

Calories: 711 Protein: 13g Fat: 2g Carbohydrate: 160g Sodium: 1938mg

Menu

MEXICAN SPECIALS

CHOICE OF FAJITA WRAPS

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

Beef Fajitas

QR 24.00

Calories: 714 Protein: 50g Fat: 31g Carbohydrate: 70g Sodium: 3262mg

Chicken Fajitas

QR 16.00

Calories: 700 Protein: 50g Fat: 25g Carbohydrate: 69g Sodium: 3205mg

Vegetable Fajitas

QR 15.00

Calories: 492 Protein: 14g Fat: 18g Carbohydrate: 74g Sodium: 5167mg

Enchilada Pollo Mexican

QR 20.00

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

Calories: 1193 Protein: 72g Fat: 79g Carbohydrate: 50g Sodium: 2850mg

PASTA

Spaghetti with Sundried Tomato Pesto

QR 20.00

Spaghetti con pesto di pomodori Secchi

Calories: 820 Protein: 32g Fat: 42g Carbohydrate: 88g Sodium: 528mg

Fettuccini Alfredo

QR 16.00

Italian pasta dish of fresh fettuccini tossed with butter and parmesan cheese

Calories: 923 Protein: 53g Fat: 65g Carbohydrate: 48g Sodium: 1562mg

Menu

DESSERT

French Apple Pie     **QR 14.00**


Apple, Brown sugar. Butter, Raisins, Egg, Flour.

Calories: **680** Protein: **15g** Fat: **33g** Carbohydrate: **83g** Sodium: **1226mg**

Fruit Salad **QR 12.00**

Assorted fruits served as appetizer or dessert

Calories: **104** Protein: **1g** Fat: **0g** Carbohydrates: **26g** Sodium: **9mg**

Umm Ali    **QR 12.00**

Puff dough with mixed nuts & full fat milk

Calories: **420** Protein: **7g** Fat: **24g** Carbohydrates: **47g** Sodium: **106mg**

Cake of The Day **QR 8.00**



GLUTEN WHEAT



SULPHITES



NUTS / PEANUTS



MOLLUSCS



CRUSTACEANS



CELERY



LACTOSE



FISH



SOYA



SESAME



EGGS



MUSTARD