

SAHA HEALTHY MENU



Jasmine Garden



Minty Vegetable & Oat Soup

A healthy load of fresh mixed vegetables soup with oats & flavored with mint

Cal: 90 Pro: 1g Fat: 5g Carb: 10g
Fiber: 2g Sodium: 174mg Cholest: 0

QR 6.00



Spicy Chickpea & Cucumber Salad

Asian style boiled chickpeas salad tossed with cucumber, cherry tomato & white onion in olive oil

Cal: 216 Pro: 9g Fat: 9g Carb: 29g
Fiber: 8g Sodium: 322mg Cholest: 0

QR 7.00



Paatrani Machi

Persian influenced Indian style steamed hammour spiced with coriander, mint & green chillis & wrapped in banana leaves served with green salad

Cal: 410 Pro: 43g Fat: 18g Carb: 22g
Fiber: 7g Sodium: 730mg Cholest: 74mg

QR 24.00



Grilled Chicken Breast served with Coconut Sauce

skinless chicken breast grilled & topped with spicy Indian coconut sauce served with green salad

Cal: 515 Pro: 44g Fat: 27g Carb: 26g
Fiber: 9g Sodium: 425mg Cholest: 74mg

QR 15.00



Allergens Guide

Sulphur Dioxide	Gluten Wheat	Soya	Nuts	Celery	Lactose
Peanuts	Mollusks	Sesame	Crustacean	Lupin	Fish
				Eggs	Mustard

Celebrating a healthier living