

SAHA HEALTHY MENU



Fontainebleau & La Veranda



Roasted Corn Pepper Chowder Soup

*Healthy corn kernel soup with pepper
jalapeno served with sour cream*

Cal: 209 Pro: 8g Fat: 6g Carb: 17g
Fiber: 3g Sodium: 457mg Cholest: 2mg

QR 6.00



Roasted Carrots & Avocado Salad with Orange Lime Dressing

Cal: 393 Pro: 10g Fat: 22g Carb: 45g
Fiber: 10g Sodium: 299mg Cholest: 2mg

QR 9.00

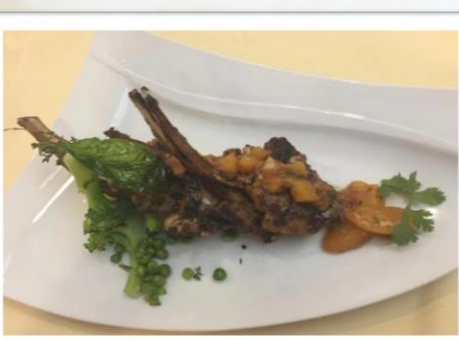


Grilled Asparagus & Shiitake Tacos

*Tacos filled with grilled asparagus &
vegetables with hot sauce & cheese*

Cal: 364 Pro: 11g Fat: 25g Carb: 30g
Fiber: 8g Sodium: 811mg Cholest: 15mg

QR 14.00



Chipotle Grilled Lamb Chops with Grilled Apricot Salsa

*Marinated grilled lamb chops with chipotle
flavor served with grilled apricot salsa*

Cal: 681 Pro: 61g Fat: 19g Carb: 72g
Fiber: 12g Sodium: 941mg Cholest: 160mg

QR 36.00



Celebrating a healthier living

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Broiled Hammour with Scallion Onions & Sesame
Honey & soya marinated hammour cooked with spring onion & chili topped with sesame seeds

Cal: 333 Pro: 39g Fat: 9g Carb: 26g
 Fiber: 5g Sodium: 421mg Cholest: 67mg

QR 27.00



Smokey Aubergine Tagine with Lemon Apricot
Smokey stew aubergine cooked slightly in tomato lemon apricot

Cal: 446 Pro: 12g Fat: 11g Carb: 88g
 Fiber: 19g Sodium: 42mg Cholest: 3mg

QR 15.00



Caramelized Apple Wedges & Low Fat Yoghurt

Cal: 282 Pro: 9g Fat: 2g Carb: 58g
 Fiber: 5g Sodium: 105mg Cholest: 0

QR 8.00



Mango Gelatin

Cal: 147 Pro: 2g Fat: 6g Carb: 25g
 Fiber: 2g Sodium: 3mg Cholest: 0

QR 5.00

Allergens Guide

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

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