

BREAKFAST

TURKEY & CHEESE 4\$

Smoked turkey, light kashkawan with mayo sauce and iceberg.
430 Cal, 38g net carb, 21g protein, 22g fat

HALLOUMI 4\$

Grilled Halloumi with tomatoes, cucumber & rocca .
490 Cal, 38g net carb, 21g protein, 17g fat

FETTA 3\$

Fetta, fresh thym, rocca, cucumber, cherry tomatoes & olive oil.
367 Cal, 39g net carb, 19g protein, 15g fat

LABNEH 3\$

Labneh, mint, olives, cucumber, tomatoes and olive oil.
352 Cal, 41g net carb, 10g protein, 16g fat

MANKOUCHE ZAATAR 1\$

Thin layer of dough, thym and olive oil.
315 Cal, 39g carb, 6g protein, 15g fat

MANKOUCHE CHEESE 2\$

Thin layer of dough & Low fat mozzarella
267 Cal, 39g carb, 12g protein, 7g fat

CROISSANT ZAATAR, CHEESE OR CHOCOLATE 1\$

50% reduced in fat doug
348 Cal, 30g carb, 5g protein, 12g fat

OATMEAL 4\$

Oat, sucralose with fruit & nuts
310 Cal, 40g nets carbs, 6g protein, 14g fat



SANDWICH

TANDOORI CHICKEN 4\$

Grilled chicken, Tandouri spicy sauce & iceberg.
409 Cal, 37g carbs, 27g protein, 17g fat.

CHICKEN CEASER 4\$

Grilled chicken, parmesan, mustard mayo, iceberg .
381 Cal, 37g carbs, 29g protein, 13g fat.

FAJITA CHICKEN 4\$

Chicken, avocado, red pepper, onions, & light mozzarella.
345 Cal, 38g carbs, 29g protein, 9g fat.

CREAMY CHICKEN 4\$

Grilled chicken, cream, red pepper, onions & rocca.
350 Cal, 38g carbs, 27g protein, 10g fat.

AVOCADO CHICKEN 4\$

Grilled chicken, avocado, & iceberg.
328 Cal, 37g carbs, 27g protein, 8g fat.

CREAMY BEEF 5\$

Steak, cream, red pepper, onions & rocca.
398 Cal, 38g carbs, 30g protein, 14g fat.

TUNA 4\$

Tuna, rocca, lemon slice & mayo sauce.
479 Cal, 37g carbs, 31g protein, 23g fat.

CRAB 4 \$

Shredded crab sticks, carrots, sesame & mayo sauce.
401 Cal, 49g carbs, 13g protein, 17g fat.

SMOKED SALMON 7\$

Smoked Salmon, curly endive lemon slice and avocado creamy sauce.
329 Cal, 35g carbs, 18g protein, 13g fat.



BURGER

CHICKEN 4\$

Grilled chicken breast, topped with tomato, lettuce & garlic mayo.
409 Cal, 37g carbs, 27g protein, 17g fat.

MEAT 4\$

Grilled lean meat , topped with tomato, lettuce & cocktail sauce.
398 Cal, 38g carbs, 30g protein, 14g fat.

VEGAN 4\$

Hommos patty, topped with lettuce, tomato, pickles & tahini .
405 Cal, 54g carbs, 18g protein, 13g fat.

PIZZA

TURKEY & CHEESE 4\$

Our special tomato sauce topped with turkey, light mozzarella cheese, fresh mushrooms & black olives.
393 Cal, 42g carbs, 27g protein, 13g fat

MARGHERITA 4\$

Our special tomato sauce topped with light mozzarella cheese, fresh mushrooms & black olives.
401 Cal, 42g carbs, 20g protein, 17g fat

VEGETERIAN 4\$

Our special tomato sauce topped with broccoli, carrot, fresh mushrooms, black olives & light mozzarella cheese.
394 Cal, 47g carbs, 20g protein, 14g fat



SALAD

CHICKEN CAESER 6\$

Chicken and parmesan and iceberg.

320 Cal, 43g protein, 3.4g net carbs, 15g fat

CHEF 6\$

Boiled egg, chicken, turkey, kashkaval and iceberg.

348 Cal, 43g protein, 2.4g net carb, 18.5g Fat

TUNA PASTA 6\$

Tuna, pasta, carrot, peas, pickles and black olives.

338 Cal, 30g protein, 25 g net carb, 13g Fat

PARMESAN KALE 6\$

Parmesan, roasted almond, mushroom, cucumber, cherry tomatoes and kale.

424 Cal, 24g protein, 10g net carb, 32g fat

HALLOUMI SALAD 6\$

Halloumi, cherry tomatoes, cucumber, iceberg and avocado .

451 cal, 27 g protein, 7g net carb, 35g fat.

CRAB SALAD 6\$

Crab, orange, sesame and iceberg

202 Cal, 11g protein, 26g net carb, 6 g fat.

CHICKEN KALE QUINOA 7\$

Chicken, quinoa, strawberry, kiwi ,mushroom and kale

287 cal, 29g protein, 23g net carb,25g protein, 9g fat.



SALAD

GREEK 7\$

Fetta, cucumber, cherry tomatoes, onion and olives.

262 Cal, 14g protein, 6.5g net carbs, 20g fat.

NINJA FRUITS 7\$

Green Apple, pomoleo, pomegranate, kiwi, fraise, nuts and greens.

305 Cal, 8g protein, 30g net carb, 17g fat.

SHRIMPS EXOTIC CURLY ENDIVE 7\$

Shrimps, avocado, cashew, sesame pomoleo and curly endive.

329 Cal, 22g protein, 12g net carbs, 21g fat.

GOAT CHEESE 7\$

Goat cheese, walnuts, pomegranate, granny smith apple and iceberg.

426 Cal, 18g protein, 21g net carbs, 30g fat.

FRIKEH SMOKED SALMON 10\$

Smoked Salmon, edamame, mango, freekeh and curly endive.

333 Cal, 26g protein, 33g net carbs, 10g fat.



DRESSING



LEMON



Freshly squeezed lemon, extra virgin olive oil, salt, and water.

70 ml, 42 Cal, 0.66 g carbs, 0.02 g protein, 4.4 g fat

100 ml, 217 Cal, 0.66 g carbs, 0.02 g protein, 19 g fat

BALSAMIC



Balsamic vinegar, extra virgin olive oil, salt, and water.

70 ml 82 Cal, 5 g carbs, 0.11 g protein, 6 g fat

100 ml 217 Cal, 5 g carbs, 0.11 g protein, 21 g fat

APPLE CIDER



Apple cider vinegar, extra virgin olive oil, salt, and water.

70 ml 54 Cal, 0.36 g carbs, 0g protein, 5 g fat

100 ml 189 Cal, 0.36 g carbs, 0g protein, 20 g fat

MUSTARD



Mustard, freshly squeezed lemon, extra virgin olive oil, salt, and water.

70 ml 48 Cal, 1.12 g carbs, 1.2 g protein, 4.5 g fat

100 ml 183 Cal, 1.12 g carbs, 1.2 g protein, 19.5 g fat

MAYONNAISE



Mayonaise, freshly squeezed lemon, salt, and water.

70 ml 229 Cal, 0.2 g carbs, 0.5 g protein, 25 g fat

100 ml 324 Cal, 0.4 g carbs, 0.7 g protein, 36g fat

TAHINI



Tahini, freshly squeezed lemon, salt and water

70 ml 140 Cal, 0.5 g carbs, 4 g protein, 12 g fat

100 ml 200 Cal, 0.8 g carbs, 6 g protein, 18 g fat

2\$ 100 ml dressing



ANIS

28G (2PC) 102 CAL, 7G FAT, 9G CARB, 2G FIBER, 0.8G PROTEIN



CHOCOLATE

30G (2PC) 120 CAL, 8G FAT, 7G CARB, 2.7G FIBER, 1.4G PROTEIN



SABLÉ VANILLA

30G (1PC) 116 CAL, 7G FAT, 9G CARB, 2G FIBER, 0.6G PROTEIN



SABLÉ CHOCOLATE

30G (1PC) 117 CAL, 7G FAT, 9G CARB, 2.4G FIBER, 1G PROTEIN



DATES

30G (2PC) 111 CAL, 5G FAT, 15G CARB, 2G FIBER, 0.6G PROTEIN



RAISIN & CINNAMON

28G (2PC) 98 CAL, 6G FAT, 10G CARB, 2G FIBER, 1G PROTEIN



PETIT FOUR VANILLA

30G (5PC) 116 CAL, 7G FAT, 9G CARB, 2G FIBER, 0.6G PROTEIN



PETIT FOUR CHOCOLATE

30G (5PC) 117 CAL, 7G FAT, 9G CARB, 2.4G FIBER, 1G PROTEIN



1 PORTION FOR 1\$ 250G (18 PC) 5\$ 500G (36 PC) 10\$
BUY 6 OF ANY SNACKS FOR 5\$ INSTEAD OF 6\$

Savor guilt-free delight with our sugar-free, low-calorie cookies! Made with flour, erythritol, sucralose, butter, eggs, and spices, each bite is a perfect balance of flavor and health-conscious indulgence.



CAKE APPLE CINNAMON 8\$

63G (1PC) 100 CAL, 4G FAT, 13G CARB, 1G FIBER, 3G PROTEIN



CAKE ORANGE ALMOND 8\$

63G (1PC) 122 CAL, 6G FAT, 13G CARB, 1G FIBER, 4G PROTEIN



CAKE BANANA NUTS 8\$

65G (1PC) 135 CAL, 7G FAT, 14G CARB, 1 G FIBER, 4G PROTEIN



CAKE CHOCOLATE 8\$

63G (1PC) 113 CAL, 5G FAT, 13G CARB, 2G FIBER, 4G PROTEIN



BROWNIES 10 PC 10\$

85G (1PC) 187 CAL, 12G FAT, 13G CARB, 3G FIBER, 4G PROTEIN



CHOCOLATE OR VANILLA TART

FOR 16 PERS 35\$

40G(1 PC) 85 CAL, 5G FAT, 8G CARB, 1G FIBER, 2G PROTEIN



Each cake is divided into 10 portions, with each portion containing the nutritional information mentioned above. Made with flour, erythritol, sucralose, butter, yogurt, eggs, fruits and spices, each bite is a perfect balance of flavor and health-conscious indulgence.



MHALLABIYYE 2\$

WITHOUT PISTACHIOS

120G (1PC) 109 CAL, 3G FAT, 16G CARBS, 0G FIBER, 5G PROTEIN

WITH PISTACHIOS

130G (1PC) 152 CAL, 8G FAT, 15G CARBS, 1G FIBER, 5G PRO



CUSTARD 2\$

WITHOUT DIGESTIVE

120G (1PC) 109 CAL, 3G FAT, 16G CARBS, 1G FIBER, 5G PROTEIN

WITH DIGESTIVE **LOW SUGAR**

140G (1PC) 160 CAL, 4G FAT, 26G CARBS, 1G FIBER, 5G PRO



CHEESE CAKE 3\$ **LOW SUGAR**

85G (1PC) 272 CAL, 24G FAT, 12G CARBOHYDRATE, 1G FIBER, 2G PROTEIN



TIRAMISU 3\$ **LOW SUGAR**

85G (1PC) 182 CAL, 14G FAT, 12G CARBOHYDRATE, 1G FIBER, 2G PROTEIN



TARTE CHOCOLAT OR VANILLE

2PC 3\$ 6PC 8\$

40G(1 PC) 85 CAL, 5G FAT, 8G CARB, 1G FIBER, 2G PROTEIN



ECLAIRE

2 PC 2\$ 8PC 5\$

34G(1PC) 83 CAL, 3.7G FAT, 9G CARB, 0G FIBER, 3.5 G PROTEIN



This collection of puddings and pastries is primarily made from milk, cream cheese, heavy cream, erythritol, sucralose, flour, cornflour, eggs, unsweetened cocoa, and dark chocolate (85%).





135 cal
3g fat
24g net carb
3g protein
2g fiber

DATE



153 cal
9g fat
13g net carb
5g protein
2g fiber

JOZZ W LOZZ



148 cal
8g fat
13g net carb
6g protein
2g fiber

PEANUTS



148 cal
8g fat
13g net carb
5g protein
2g fiber

PISTACHIO



MAAMOUL DATES	1 PC 1 \$	12 PC 10\$
MAAMOUL JOZZ	1 PC 1.5 \$	12 PC 12\$
MAAMOUL PEANUT	1 PC 1.5 \$	12 PC 10\$
MAAMOUL HALABI	1 PC 2 \$	12 PC 15\$

MAAKROUN

37 Cal/6g Net Carb/0.1g Pro/1.4gfat/0.7g fiber
4 pc 1\$-----250g 3\$-----500g 5\$



PUMPKIN MUFFINS

111 Cal/20g Net Carb/1.1g Pro/3g fat/1.1g fiber
6 pc 6\$

AM7IYYE + NUTS

188 Cal/32g Net Carb/6g Pro/4g fat/6.3g fiber
1.5\$/pc

1 Atayef dough

40 Cal/7g Net Carb/0.7g Pro/0.5gfat/1g fiber
DOZEN= 12 pc 4\$

1 Atayef Jozz w Lozz

110 Cal/12g Net Carb/2g Pro/6gfat/5g fibre
DOZEN= 12 pc 12\$-----1 pc 1.2\$

1 Atayef Ashta

66 Cal/10g Net Carb/2g Pro/2g fat/2g fiber
DOZEN= 12 pc 10\$----- 1pc 1\$

1 Atayef Peanut Butter Cream

99Cal/9g Net Carb/3g Pro/5.7g fat/2g fiber
DOZEN= 12 pc 10\$----- 1pc 1\$



1 portion Atayef Knefe bi Jebneh

73 Cal/11g Net Carb/2.3g Pro/2.2g fat/1.2g fiber
DOZEN= 12 pc 10\$----- 1pc 1\$



1 portion 65g
2.5 cm
2\$

LOW
CAL

SUGAR
FREE



85 kcal
8g Carb
5g Fat
2g Pro
1.8g Fiber

BUCHE DE NOEL
CHOCOLATE 30 CM
25\$



133 kcal
8g Carb
9g Fat
5g Pro
1.5g Fiber

BUCHE DE NOEL
PEANUTS 30 CM
25\$



1 portion 65g
2.5 cm

LOW
CAL

SUGAR
FREE



Galette des Rois

12 pc(62g /pc)
30 CM 27\$ OR 1 PC 3\$

167 cal
12g net carb
5g pro
11g fat
2g fiber



50%
REDUCED
IN FAT