

HEALTHY MENU

FRESH JUICE		
	CALORIES	PRICE (EGP)
Grapefruit	30	15
Grapes	75	20
Watermelon	42	13
Orange	70	10
Peach	38	15
Pineapple	41	25

SALADS		
	CALORIES	PRICE (EGP)
Chopped Caesar Organic lettuce, roasted chicken, chopped Caesar dressing	480	55
Mambo Italiano Organic lettuce, roasted chicken, avocado, cucumber, and red onion	440	65
Greek Salad Organic lettuce, feta cheese, cucumber, tomatoes, and red onion	280	45
Fresh Green Salad Organic lettuce, celery, cucumber, tomato, carrot and basil dressing	220	35
Quinoa Salad Quinoa, green pepper, red pepper, tomato, olives, and red onions	250	40
Mediterranean Salad Spinach Tomato, feta cheese, green pepper, olives, cucumber, balsamic vinegar	240	35

SANDWICHES		
	CALORIES	PRICE (EGP)
Vegan Supreme Brown bread, Vegan cheese, chopped 3 bean mixes, tomatoes chili dressing	320	30
Chicken and Bacon Multigrain bread, Roasted chicken, bacon, white onion, cherry tomatoes, low fat mayo	440	45
Falafel Wrap Chopped falafel, carrot, red onion, and cherry tomatoes	280	25
Healthy Sandwich Multigrain bread, white cottage cheese, tomatoes, and green onion	180	25
Vegetarian Wrap Hummus, cucumber, tomato, red onion, red pepper, balsamic and vinaigrette	200	25

MAIN DISH		
	CALORIES	PRICE (EGP)
Grilled Beef Fillet Grilled beef, sautéed vegetable, mashed potatoes, and corn	516	115
Beef Fajita Sautéed bell peppers and onion, grilled beef slices, mashed potatoes and sautéed rice	470	95
Grilled Chicken Grilled chicken, sautéed vegetable, mashed potatoes, and corn	420	85
Chicken Fajita Sautéed bell peppers and onion, grilled chicken slices, mashed potatoes and sautéed rice	430	75
Fish Fillet Fish fillet, brown pasta, and mixed salad	410	80
Salmon Fillet Baby spinach, cherry tomatoes, red onion	480	125
Spring Spaghetti Spaghetti, mushroom, green vegetables, and herbs	380	65
Vegetarian Lasagna Lasagna and mixed sauté vegetables	370	65

VEGETARIAN MEALS		
	CALORIES	PRICE (EGP)
Fresh Green Salad Organic lettuce, celery, cucumber, tomato, carrot, and basil dressing	220	35
Quinoa Salad Quinoa, green pepper, red pepper, tomato, olives, and red onions	250	40
Falafel Wrap Chopped falafel, carrot, red onion, and cherry tomatoes	280	25
Vegetarian Wrap Hummus, cucumber, tomato, red onion, red pepper, balsamic and vinaigrette	200	25
Spring Spaghetti Spaghetti, Mushroom, green vegetables, and herbs	380	65
Vegetarian Lasagna Lasagna and mixed sauté vegetables	370	65

DESSERTS		
	CALORIES	PRICE (EGP)
Oat Cookies Honey, coconut oil, oat, Kasher salt	56	35
Peach Sorbet Peach, lemon juice and yogurt	71	25
Vegan Chocolate Hummus Vegan dark chocolate, dates, unsalted chickpeas	75	30
Gluten free almond cookies Coconut oil, sugar, vanilla, egg, almond extract, and a pinch of salt	87	45
Fruit Salad Selected seasonal fruit, orange juice and honey	74	30