

# Summer Lunch and Dinner Menu

Breakfast menu served separately

Daily Breakfast: 9:00 a.m. – 12:00 p.m. | Weekends: 9:00 a.m. – 1:00 p.m.

## BITES TO SHARE

<b>Mezze Sampler</b> .....	4.50
hummus, moutabal, baked falafel balls served with pita or whole wheat taboun bread	
<b>Grilled Barbeque Chicken Skewers</b> <sup>NEW</sup> .....	4.75
grilled barbeque chicken breast with sweet and sour dressing on the side	
<b>VV Avocado Bites</b> <sup>NEW</sup> .....	4.75
wholegrain toast topped with mashed avocados, cherry tomatoes and black olives	
<b>V Pita Crackers</b> <sup>NEW</sup> .....	3.50
toasted arabic bread with labneh and fresh mint	

## SOUPS & SALADS

<b>VV Traditional Lentil Soup</b> .....	3.50		
served with toasted pita bread			
<b>VV Quinoa Salad</b> .....	5.50		
white and red quinoa mixed with rocca, cherry tomatoes and orange infused raisins, topped with orange citrus vinaigrette			
<b>V Walnut Apple Flax Salad</b> .....	4.75		
chunks of apples, mixed greens, walnuts and flax seeds with dijon honey dressing			
<b>V Watermelon &amp; Halloumi Salad</b> <sup>NEW</sup> .....	4.50		
mixed greens with grilled diced halloumi cheese, cubed watermelon, toasted walnuts and pomegranate sauce			
<b>VV Baked Falafel Salad</b> <sup>NEW</sup> .....	4.50		
baked falafel balls, mixed greens, avocados, cherry tomatoes, toasted pine nuts with thyme tahini dressing			
<b>VV Fatoush Za'atar Salad</b> .....	4.50		
fresh za'atar, tomatoes, cucumbers, green onions, lettuce, colored bell peppers, toasted pita bread with pomegranate molasses dressing			
<b>VV Strawberry Avocado Salad</b> .....	4.75		
freekeh with mixed greens, avocados and strawberries, with an orange balsamic vinaigrette sauce and a sprinkle of grilled pine nuts			
<b>V Power Bowl</b> (myskinnyseasons) .....	6.95		
avocado, mixed greens, quinoa, sweet peppers, roasted broccoli, chickpeas with honey mustard dressing			
<b>Chicken Avocado Salad</b> .....	5.75		
a mix of local lettuce, avocados, spring onions, grilled chicken breast and crumbled white feta cheese with citrus dressing			
<b>Shawerma Salad</b> .....	5.50		
shredded chicken shawerma, mixed greens, tomatoes, pitted local olives and grilled eggplant bites topped with a tahini and thyme dressing			
<b>Salad add on</b>			
avocado .....	1.50	beef strips .....	3.00
baked falafel balls .....	0.50	grilled chicken breast .....	2.00
feta cheese .....	1.50	grilled chicken skewers .....	3.00
2 boiled eggs .....	1.50	smoked salmon .....	3.00

V Vegetarian VV Vegan GF gluten free \*no added sugar

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## KIDS' CORNER

<b>Grilled Cheese Sandwich</b> <sup>NEW</sup> .....	3.75
buttered white toast with mozzarella and cheddar cheese served with crudités and tomato dip	
<b>Spaghetti</b> .....	4.50
with homemade bolognese or cream sauce	
<b>Breaded Grilled Chicken Tenders</b> .....	3.95
served with grilled wedged potatoes and mixed salad	
<b>Mini-Lean Burger</b> .....	4.95
with grilled wedged potatoes and mixed salad	

## TRADITIONAL MEAL FOR 4

32.00

hummus, moutabal, potato mofarakah with mushrooms, fatoush salad, grilled halloumi, qalaya, chicken shawerma platter, meat shawerma platter, tahini dip, garlic dip, green and black olives, mixed pickles with seasonal mixed vegetables.

*The above is served with pita or whole wheat tabboun and filtered water*



## LIGHT WRAPS & SANDWICHES

all sandwiches and light wraps are served with a side salad

<b>V Grilled Halloumi</b> .....	4.50
halloumi, tomatoes, sun-dried tomato paste with homemade pesto in multigrain bread	
<b>V Open-Faced Smoked Salmon and Avocado</b> .....	8.25
avocado mousse with salmon, rocca, green onions, capers on multigrain bread	
<b>Dibeen Chicken Shawerma</b> .....	4.95
shrak bread with chicken shawerma, tahini sauce and pickles served with roasted potato wedges	
<b>Dana Oriental Burger</b> .....	4.95
kofta burger, with roasted tomato, tahini sauce with roasted potato wedges (may be served with lettuce only)	
<b>Chicken Wrap</b> .....	5.95
sautéed chicken breast with bell peppers, white onions, cajun sauce, soy sauce and melted cheese wrapped in shrak bread served with hummus (may be served with lettuce only)	
<b>Steak Sandwich</b> <sup>NEW</sup> .....	6.95
grilled tenderloin steak sautéed with onions and mushrooms with gravy sauce in multigrain bread	
add on: melted cheese	
<b>VV Grilled Vegetable Wrap</b> .....	3.50
cauliflower, potatoes, eggplants and tahini sauce in shrak bread, served with a tahini dip	
Gluten-free bread available upon request.....	
	2.00

## WHOLE SOME MAINS

<b>Azraq Grilled Lamb Chops</b> <sup>NEW</sup> .....	12.50	<b>Grilled Chicken Vegetable Skewers</b> .....	6.95
onions, mushrooms, zucchini and eggplant served with grilled potato wedges and honey mint sauce		<sup>(myskinnyseasons)</sup> served on a bed of sautéed spinach with grilled potato wedges and hummus	
<b>Shamari Clay Pot Spicy Chicken</b> .....	7.50	<b>Grilled Sea Bass</b> .....	13.50
marinated spicy chicken with coriander and curry served with basmati rice		with sautéed spinach, bell peppers, grilled potato wedges and lemon sauce	
<b>Ajloun Grilled Circassian Chicken</b> .....	7.95	<b>VV Super Grains</b> <sup>NEW</sup> .....	7.25
grilled chicken breast stuffed with circassian white cheese, served with grilled potato wedges, grilled vegetables with a homemade tomato parmesan sauce		freekeh and quinoa mixed with sautéed vegetables with pomegranate sauce and grilled pine nuts	
<b>Umm Qais Grilled Chicken</b> .....	7.95	<b>GFV No Pasta Lasagna Bake</b> <sup>NEW</sup> .....	4.25
marinated in fresh garden herbs, served with black olive sauce, grilled potato wedges and vegetables		layered zucchini and spinach with parmesan cheese and white béchamel sauce	
<b>Grilled Chicken Platter</b> <sup>NEW</sup> .....	6.75	<b>GFVV Vegetable Zoodles</b> .....	5.95
grilled chicken breast with sautéed vegetables and diced herb roasted potatoes with lemon and fresh tomato sauce		zucchini spirals, carrots and potatoes served with herbed sauce, sun dried tomatoes and pine nuts	

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## PASTA

<b>V Penne Pasta</b> .....	5.95
homemade tomato sauce, homemade pesto sauce, cream sauce or aglio e olio	
<b>Spaghetti Bolognese</b> .....	5.95
bolognese with homemade tomato sauce or cream sauce	

## HOMEMADE DESSERTS

<b>Warm Mixed Berries Crumble</b> .....	3.95
mixed berries in fresh orange sauce served with vanilla ice cream	
<b>Apple Pie</b> .....	3.95
served with vanilla ice cream	
<b>Chocolate Cake</b> .....	3.95
<b>Choco Banana Crepe</b> .....	3.90
<b>*GFV Sugar Free Carob Bar</b> .....	3.50
WJC garden picked fresh carob, coconut flakes, dark chocolate (with no added sugar), coconut oil	
<b>VV Date Molasses</b> served with tahini sauce .....	1.95
<b>Ice cream</b> (per scoop) .....	1.95
<b>Watermelon &amp; Kiwi Breeze</b> <sup>NEW</sup> .....	3.50
vanilla ice cream with cubed watermelon and kiwi slices with a drizzle of honey	
<b>*GFV Strawberry Parfait</b> <sup>NEW</sup> .....	2.95
yoghurt mixed with fresh berry sauce layered with strawberry slices, mixed berries, toasted almonds and a drizzle of honey	
<b>*V Banana Oatmeal Parfait</b> .....	2.75
yoghurt mixed with cocoa powder topped with oatmeal, sliced bananas, walnuts and a drizzle of honey	
<b>*V Guilt Free Date Bars</b> (myskinnyseasons) .....	3.50
oatmeal, dates, shredded coconut, ground flaxseed, walnuts, served with yoghurt	
<b>*V Oatmeal Pancakes</b> (myskinnyseasons) .....	3.75
oatmeal, eggs, banana, vanilla extract topped with honey and seasonal fruits	

## STILL & SPARKLING WATER

<b>1L Filtered Water</b> .....	0.50
<b>Hildon Still Water</b> (large) .....	3.50
<b>Hildon Still Water</b> (small) .....	1.75
<b>Hildon Sparkling</b> (large) .....	4.25
<b>Hildon Sparkling</b> (small) .....	2.50
<b>Infused Water</b> .....	1.50
Detox Water	
Energizing Fruity Water	



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## FRESH JUICES, GREEN COCKTAILS & SMOOTHIES COFFEE

Fresh seasonal fruits are used in all our juices, smoothies and cocktails  
(all fresh juices and smoothies available for takeaway)

### Juices 3.75

**Fresh Juice** orange, carrot, strawberry, apple, banana, kiwi, lemon, tomato

**Fresh Juice Cocktail** choose your own combination from any of the fruits available

### Green Cocktails 3.25

**V Romaine Apple Mint** apple, head of romaine lettuce, mint, lemon

**V Cucumber Ginger** apple, fresh cucumber, ginger, mint

**V Green Detox** apple, kiwi, celery, honey, spinach leaves, lime juice

### Smoothies 3.75

**\*VV Pink Watermelon Smoothie** <sup>NEW</sup>

watermelon, mint, lemon

**V Frozen Lemonade Smoothie**

lemon, zest of lime, mint

**V Orange Lemonade Smoothie**

slices of orange and lemon blended with orange and lemon juice

**V Freshness Smoothie**

strawberry, mint, lime

**Wild Smoothie**

orange, strawberry, banana, vanilla ice cream

**Purple Rain Smoothie**

strawberry, yoghurt, blueberry ice cream

**\* Date Smoothie**

dates, mint, milk

**\*V Cinnamon Mocha** (myskinnyseasons)

coffee, almond milk, medjool dates, walnuts, cinnamon

### Immunity Boosting 3.75

**\*V Aloe Vera Goodness**

organic aloe vera gel from RSCN reserves, cucumber, ginger, honey, lemon juice

**\*V Orange Warrior**

blended orange, carrots, ginger (optional: honey)

**\*V Apple Strength**

apple, cucumbers, ginger with a dash of cinnamon powder and honey

**Turkish Coffee** ..... 1.75

**Organic Italian Coffee** ..... 3.95

### Nespresso Coffee

**Ristretto** (espresso) ..... 2.95

**Lungo** (american coffee) ..... 2.95

**Decaffeinated** (nespresso) ..... 2.95

**Leggero** (cappuccino) ..... 3.25

**Latte Macchiato** ..... 3.25

### Nespresso Coffee Cocktails

**Chocolate Dream** ..... 3.95

nespresso ristretto, chocolate ice cream, whipped cream, chocolate chip and mint

**Almond Coffee** ..... 3.95

nespresso lungo, almond syrup, hot milk, whipped cream

**Vanilla Cappuccino** ..... 3.95

nespresso leggero, vanilla ice cream, whipped cream, chocolate chip

**Iced Hazelnut Macchiato** ..... 3.95

nespresso decaffeinated, hazelnut syrup, crushed ice

## TCHABA ICE TEA COCKTAILS 3.75

### Iced Peach

peach syrup, brown sugar, fresh lemon juice with royal breakfast tea

### Iced Berry

cranberry juice, grenadine syrup with ginger calm tea

### Masala Tea

## SIGNATURE RESERVE TEAS 2.75

### Sage Herbal Tea

### Rosemary Herbal Tea

### Thyme Herbal Tea

### Verbena Herbs (malleeseh)

## TCHABA TEA SELECTION 3.25

### Royal Breakfast

blend of black tea leaves

### Green Tea Curls

green tea leaves rich in antioxidants

### Earl Grey Flora

black tea, bergamot oil, violets

### Moroccan Nights

green tea and mint

### Masala Chai

black tea, black pepper, cardamom, ginger, star anise

### Jasmine Haze

white tea and jasmine blossom

### Rosa

white tea, green tea, rose petals

### Chamomile Breeze

chamomile, mint, hibiscus, lemongrass, orange peel

### Ginger Calm

ginger, lemon, orange peels, licorice, mint, lemongrass

Add almond milk ..... 1.00

### Ask your server for

**A selection of our homemade ice tea flavors** ..... 1.95

**\* A selection of garden grown herbs** with boiled water ..... 1.75

**\* Cinnamon sticks** boiled with coconut flakes and walnuts ..... 2.25

**\* Hot chocolate** sweetened with honey ..... 3.25

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