

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

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

SOUPS & SALADS

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

Grilled Cheese Sandwich ^{NEW}	3.75
buttered white toast with mozzarella and cheddar cheese served with crudités and tomato dip	
Spaghetti	4.50
with homemade bolognese or cream sauce	
Breaded Grilled Chicken Tenders	3.95
served with grilled wedged potatoes and mixed salad	
Mini-Lean Burger	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

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

WHOLESOME MAINS

Azraq Grilled Lamb Chops ^{NEW}	12.50	Grilled Chicken Vegetable Skewers	6.95
onions, mushrooms, zucchini and eggplant served with grilled potato wedges and honey mint sauce		^(myskinnyseasons) served on a bed of sautéed spinach with grilled potato wedges and hummus	
Shamari Clay Pot Spicy Chicken	7.50	Grilled Sea Bass	13.50
marinated spicy chicken with coriander and curry served with basmati rice		with sautéed spinach, bell peppers, grilled potato wedges and lemon sauce	
Ajloun Grilled Circassian Chicken	7.95	VV Super Grains ^{NEW}	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	
Umm Qais Grilled Chicken	7.95	GFV No Pasta Lasagna Bake ^{NEW}	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	
Grilled Chicken Platter ^{NEW}	6.75	GFVV Vegetable Zoodles	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

V Penne Pasta	5.95
homemade tomato sauce, homemade pesto sauce, cream sauce or aglio e olio	
Spaghetti Bolognese	5.95
bolognese with homemade tomato sauce or cream sauce	

HOMEMADE DESSERTS

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

STILL & SPARKLING WATER

1L Filtered Water	0.50
Hildon Still Water (large)	3.50
Hildon Still Water (small)	1.75
Hildon Sparkling (large)	4.25
Hildon Sparkling (small)	2.50
Infused Water	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** ^{NEW}

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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