



Full Name:
Date:

To Serve you better, We kindly ask, To Write your name, Mark the convenient choice and
SEND THE PAPER WITH THE BOX BY TOMORROW OR ELSE THE CHOICE WILL BE RANDOM.

MONDAY

- ☐ Peppered Steak with French Herb Dip and Rosemary Baked Baby Potatoes
- ☐ Lentils Italiano (Vegan)

-Green Salad with Avocado and Grapefruit (Grapefruit Vinaigrette Dressing)
-Coconut Macaroon

- **BREAKFAST:** Manakish
- **DINNER:** Chef Salad (Mayo Dressing)

HEALTH BENEFITS

☐ In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Meat is full of Zinc, Iron and Vitamin B12.
Potato is a good source of Potassium and Vitamin C. Potassium is important for blood pressure.
Avocados are full of vitamin E, vitamin B7 (Biotin), omega 3 and helps for hair loss.
Coconut in the dessert is a good source of thiamin, Vitamin B1 and zinc.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

WEDNESDAY

- ☐ Spinach Lasagne with Walnut Pesto (Vegan option available)
- ☐ Gouda Mashed Potato Casserole with Grilled Halloumi

-Tuna Niçoise Salad (Niçoise Dressing)
-Fruit Salad with Nuts

- **BREAKFAST:** Muffin Fritas
- **DINNER:** Chicken Kievs with Russian Salad (Salade Russe)

HEALTH BENEFITS

☐ In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Pasta is the fuel of the muscles with glycemic index lower than the sweets & sugar.
Spinach is full of vitamin E and iodine.
Tuna is a good source of selenium, niacin, and Vitamin B6 but its high in mercury.
Fruits in the dessert are Vitamins A, C and E... which boosts the immunity.

FRIDAY

- ☐ Grilled Seabass with Sweet Potato Chips
- ☐ Chicken Kebbé Krass Stuffed with Cheese and Mushroom

-Beetslaw
-Moughli

- **BREAKFAST:** Foul with Veggies (Vegan)
- **DINNER:** Hummus Dip with Chickpea Crackers (Vegan)
-Salad: Cup Veggies

HEALTH BENEFITS

☐ In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Fish is full of Omega-3 which lowers TGD (Triglycerides).
Sweet potato is full of beta carotene, vitamin A and low GI value
Beets are full of vitamin B9 & folic acid & are good for constipation.
Cinnamon in the dessert regulates blood sugar.

TUESDAY

- ☐ Chicken Mloukchieh with Rice Pilaf and Vinegar Onion Sauce
- ☐ Baked Salmon Parmesan with Quinoa Mix

-No Salad
-Armenian Cookies

- **BREAKFAST:** Flavoured Labné with Quinoa Bagel
- **DINNER:** Vegetable Chowder with Minted Kofta Krass

HEALTH BENEFITS

☐ In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Chicken is a good source of Protein and vitamin B6.
Rice is a fuel for the muscle and full of Vitamin B6, selenium and zinc.
Mloukchieh is full of Phosphorus, Potassium, Vitamin A, B2, B6, Vitamin C, folic acid, iron, calcium, magnesium and Fiber.
Almond flour in the dessert provides us with Vitamin E, Omega-3 and is good for cancer.

THURSDAY

- ☐ Manté (Armenian Shish Barak) with Red Sauce and Yogurt
- ☐ Fresh Bean Ragout with Rice (Fasoulia Bel Zeit ou Riz) (Vegan)

-Griddled Aubergine with Yogurt Sauce
-Almond Choco Clusters

- **BREAKFAST:** Roasted Veggie Sandwich with Cottage Cheese
- **DINNER:** Tuna Balls
-Salad: Iceberg and Fresh Corn (Cocktail Dressing)

HEALTH BENEFITS

☐ In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Meat in Manté is full of Protein, Zinc and Iron.
Yogurt is full of Protein and Calcium. In addition to lactobacillus Probiotics which helps for the intestinal flora.
Eggplant is a good source of Potassium and Fiber which is suitable for constipation.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

SATURDAY

- ☐ Italian Cheese Burger with Pesto

-Coleslaw
-Anzac Cookies

- **BREAKFAST:** Coconut Muesli with Berries and Chia Seeds (Vegan)
- **DINNER:** Fatayer Meat/Cheese/Vegan
-Salad: Fattouche (Debs el Remane Dressing)

HEALTH BENEFITS

☐ In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Meat is full of Zinc, Iron and Vitamin B12.
Cheese is full of Calcium and Turkey is full of Protein.
Cabbage in the salad is full of vitamin C, K and folate.
Oats in the dessert are good for digestive system and give satiety.

Please notify that the dessert is subject to change without further notice, thank you.

Other Choice of Dessert Upon Availability

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