Breakfast

Fruit Cup Low-Fat Yogurt  LE 110
Nutrition information per serving:
Calories 81, Carbohydrate 19g, Total Fat 0g, Protein 2g, Cholesterol 1mg

Apple Oatmeal  LE 110
Nutrition information per serving:
Calories 157, Carbohydrate 34g, Total Fat 1g, Protein 3g, Cholesterol 0mg

Salads

Corn & Green Chili Salad  LE 135
Nutrition information per serving:
Calories 94, Carbohydrate 19g, Total Fat 2g, Protein 3g, Cholesterol 0mg

Avocado Garden Salad  LE 145
Nutrition information per serving:
Calories 78, Carbohydrate 9g, Total Fat 5g, Protein 2g, Cholesterol 0mg

Tuna Apple Salad  LE 150
Nutrition information per serving:
Calories 216, Carbohydrate 27g, Total Fat 2g, Protein 25g, Cholesterol 26mg

Fresh Vegetable with Chickpea Dip  LE 135
Nutrition information per serving:
Calories 211, Carbohydrate 34g, Total Fat 4g, Protein 11g, Cholesterol 1mg

For those with special dietary requirements or allergies who may wish to know about the food ingredients used, please ask a member of the staff.

All prices are in Egyptian Pounds and subject to 12% service charge, 14% VAT & 1% city taxes.

Food will be served only at the Jannah Bar area.
<table>
<thead>
<tr>
<th>Mains</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Zucchini Noodles with Avocado Pesto &amp; Shrimp</td>
<td>LE 170</td>
</tr>
<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 125, Carbohydrate 16g, Total Fat 52g, Protein 1.5g, Cholesterol 1mg</td>
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<tr>
<td>Oven Fresh Salmon, Shrimp &amp; Chickpea Salad &amp; Light Soy Sauce</td>
<td>LE 250</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 459, Carbohydrate 43g, Total Fat 16g, Protein 36g, Cholesterol 44mg</td>
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<tr>
<td>Cherry Tomatoes Spaghetti</td>
<td>LE 150</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 125, Carbohydrate 53g, Total Fat 22g, Protein 27g, Cholesterol 69mg</td>
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</tr>
<tr>
<td>Seared White Tuna &amp; Mixed Leaves</td>
<td>LE 175</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 114, Carbohydrate 11g, Total Fat 16g, Protein 9g, Cholesterol 12mg</td>
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</tr>
<tr>
<td>Roast Chicken &amp; Boiled Potatoes</td>
<td>LE 175</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 408, Carbohydrate 34g, Total Fat 17g, Protein 27g, Cholesterol 86mg</td>
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<tr>
<td>Steak with Charred Onion Vinaigrette &amp; Garlic-Cumin Yogurt</td>
<td>LE 255</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 237, Carbohydrate 12g, Total Fat 10g, Protein 25g, Cholesterol 59mg</td>
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<table>
<thead>
<tr>
<th>Light Desserts</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Kiwi, Banana &amp; Lime Fruit Salad</td>
<td>LE 130</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 140, Carbohydrate 32g, Total Fat 1g, Protein 4g, Cholesterol 3mg</td>
<td></td>
</tr>
<tr>
<td>Freshly Cut Fruit with Yogurt &amp; Honey Dressing</td>
<td>LE 125</td>
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<tr>
<td>Nutrition information per serving:</td>
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</tr>
<tr>
<td>Calories 140, Carbohydrate 32g, Total Fat 1g, Protein 4g, Cholesterol 3mg</td>
<td></td>
</tr>
<tr>
<td>Peach Crumble</td>
<td>LE 120</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 139, Carbohydrate 28g, Total Fat 3g, Protein 2g, Cholesterol 6mg</td>
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</tr>
<tr>
<td>Grilled Pineapple</td>
<td>LE 140</td>
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<tr>
<td>Nutrition information per serving:</td>
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<tr>
<td>Calories 99, Carbohydrate 21g, Total Fat 2g, Protein 1g, Cholesterol 5mg</td>
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</tbody>
</table>

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Gluten Free Item are available upon request.
Mocktails

Go Banana Smoothie
Low Fat Yoghurt, Wild Bee Honey & Bananas
LE 75

Citrus Cucumber Cooler
Cucumber, Mineral Water, Lemon Juice, Sugar
LE 70

Grapefruit & Lime Morning Energize
Grapefruit Juice, Lime Juice, Honey
LE 75

Sunshine
Carrot Juice, Pineapple, Bananas, Ginger, Cashew Nuts & Juice Lime
LE 75

Strawberry & Kiwi
Apple Juice, Banana, Kiwi fruit, Strawberries & Honey
LE 75

Mango Madness
Pineapple, Fat-free Yogurt, Ripe Mango, Banana
LE 75

Juices

Freshly Squeezed Juices:
Orange, Grapefruit, Tomato, Lemon with Mint & Mango
LE 65

Wine Menu

Egyptian White Wines
Omar Khayyam
LE 105
LE 580
Chateau Grand Marquis
LE 160
LE 650
Cape Bay, Oaky
LE 750

Egyptian Rosé Wines
Omar Khayyam
LE 105
LE 580

Egyptian Red Wines
Omar Khayyam
LE 105
LE 580
Chateau Grand Marquis
LE 160
LE 650
Cape Bay Merlot
LE 750
Cape Bay, Oaky
LE 750

Champagne & Sparkling Wines
Moët & Chandon, Brut Imperial, French
LE 12,000
Valmont Cuvee White, Egypt
LE 700
Valmont Cuvee Rose, Egypt
LE 700

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