

	<b>SNACK MENU</b>	
<b>PRODUCT NAME</b>	<b>INGREDIENTS</b>	<b>SERVING SIZE (g/ml)</b>
<b>Fresh Pre-packed Salads : Vegetable / Cereals / Chicken / Lean Beef</b>		
Caesar Salad	Romaine Lettuce, Green Leaves, Parmesan Cheese Low Fat, Chicken Breast, Croutons, Caesar Dressing.	200g
Greek Salad	Local And Iceberg Lettuce, Cucumber, Tomato, Kalamata Olive, Bell Pepper, Feta Cheese Low Fat, Oregano, Garlic Bread, Onion, Lemon & Olive Oil Dressing.	200g
Tuna Salad	Canned Tuna In Water, Lettuce, Tomato, Green Beans, Capers, Olive Oil.	200g
Sweet Corn Salad	Peas, Corn, Capsicum, Local Lettuce, Olive Oil, Salt, Pepper.	200g
Pasta Salad	Penne Pasta, Capsicum, Tomato, Black Olives, Cocktail Dressing, Parmesan Cheese Low Fat.	200g
Quinoa Salad	Quinoa, Red Bell Pepper, Sweet Corn, Parsley, Lemon Juie, Olive Oil, Salt, Pepper.	200g
Couscous Salad	Couscous, Cucumber, Tomato, Parsley, Bell Pepper, Lemon, Olive Oil, Salt.	200g
Vegetable Salad	Tomato, Cucumber, Green Capsicum, Lettuce, Carrot	200g
Rocca Salad	Rocca Leaves, Mushrooms, Parmesan Cheese Low Fat, Salad Dressing.	200g
Taboullah	Fresh Parsley, Bulgur, Tomato, Cucumber, Lemon Juice, Olive Oil, Lemon, Salt.	200g
Fattoush Salad	Local Lettuce, Bell Pepper, Cucumber, Tomato, Coriander Leaves, Mint Leaves, Red Radish, Lemon Juice, Arabic Bread, Croutons, Olives Oil, Salt, White Pepper.	200g
Artichoke & Avocado Salad	Artichoke, Lettuce, Avocado, Tomato, Parsley, Vinaigrette, Seasoning.	200g
Hommous	Chickpeas, Extra Virgin Olive Oil, Garlic, Lemon Juice, Sweet Paprika For Garnishing, Salt.	120g
Hommous With Sun Dried Tomatoes	Chickpeas, Extra Virgin Olive Oil, Garlic, Lemon Juice, Sundried Tomatoes, Salt.	120g
Mutabal With Pita Bread	Eggplant, Low Fat Yogurt, Olive Oil, Lemon Juice, Lemon Salt, Ice Cube, Mint Leaves, Pomegranate Seed.	120g
Three Melon Salad	Rock Melon, Honey Melon, Water Melon, Orange, Celery, Lettuce, Citrus Dressing (Orange, Lemon, Grapefruit, Olive Oil, Mustard Light).	200g
Potato Salad	Potato, Lemon, Scallion, Parsley, Olive Oil Seasoning.	200g
Nicoise Salad	Lettuce, Tuna Canned In Water, Potato, Egg, Green Beans, Tomato, Olives, Mustard Light Lemon Olive Oil Dressing.	200g
Orange Salad	Orange, Green Beans, Capsicum, Lettuce, Parsley, Dressing.	200g
Beetroot Salad	Beetroot, Lettuce, Sweetcorn, Cucumber, Capsicum	200g
<b>Fresh Pre-packed Fruit Salads / Crudites / Whole Fruit</b>		
Mixed Fruit Salad Small	Sweet Melon, Rock Melon, Pineapple, Grapes, Orange.	120g
Mixed Fruit Salad Big	Sweet Melon, Rock Melon, Pineapple, Grapes, Orange.	270g
Crudites - Fresh Pineapple	Fresh Pineapple	150g
Crudites - Fresh Sweet Melon	Fresh Sweet Melon	150g
Crudites - Fresh Watermelon	Fresh Watermelon	150g
Whole Fruits - Apple Red	Apple Red	150g
Whole Fruits - Apple Green	Apple Green	150g
Whole Fruits - Orange	Orange	150g
Whole Fruits - Banana	Banana	150g
<b>Bakery Items</b>		
Croissant - Plain	Refined Flour, Low Fat Milk, Egg, Butter Low Fat, Sugar, Yeast, Salt, Water .	65g
Croissant - Cheese	Refined Flour, Low Fat Milk, Egg, Butter Low Fat, Sugar, Yeast, Cheese Low Fat, Salt, Water .	70g
Cupcake - Cocoa With Whole Grain Wheat Flour	Whole Grain Wheat Flour, Eggs, Vegetable Oil, Caster Sugar, Cocoa, Bicarbonate Of Soda, Baking Powder, Salt.	70g
Cupcake - Carob	Flour, Caster Sugar, Milk, Ripe Bananas, Eggs, Carob Powder, Low Fat Yogurt, Vanilla Extract, Mixed Spice, Cinnamon, Bicarbonate Of Soda, Butter Low Fat.	70g
Cupcake - Vanilla	Plain Flour, Eggs, Vegetable Oil, Caster Sugar, Vanilla Extract, Bicarbonate Of Soda, Baking Powder, Icing Sugar, Salt.	70g
Cupcake - Apple	Plain Flour, Eggs, Vegetable Oil, Caster Sugar, Vanilla Extract, Bicarbonate Of Soda, Baking Powder, Icing Sugar, Apple Pie Filling, Salt.	70g
Cupcake - Blueberry	Plain Flour, Eggs, Vegetable Oil, Caster Sugar, Vanilla Extract, Bicarbonate Of Soda, Baking Powder, Icing Sugar, Blueberry Pie Filling, Salt.	70g
Cupcake - Red Cherry	Plain Flour, Eggs, Vegetable Oil, Caster Sugar, Vanilla Extract, Bicarbonate Of Soda, Baking Powder, Icing Sugar, Red Cherry Pie Filling, Salt.	70g
Danish Pastry - Apple	Puff Pastry, Canned Fruits.	70g
Danish Pastry - Blueberry	Puff Pastry, Blueberry Pie Filling..	70g
Banana Strudel	Puff Pastry, Mashed Banana With Sugar And Cinnamon Powder, Butter Low Fat.	80g
Apple Strudel	Puff Pastry, Mashed Apple With Sugar And Cinnamon Powder, Butter Low Fat.	80g

Cake Banana	Ripe Bananas, Eggs, Vegetable Oil, Caster Sugar, Vanilla Extract, Refined Flour, Bicarbonate Of Soda, Baking Powder, Salt.	80g
Cake Carrot	Plain Flour, Eggs, Vegetable Oil, Caster Sugar, Vanilla Extract, Bicarbonate Of Soda, Baking Powder, Ground Cinnamon, Grated Carrots, Salt.	80g
Cake Date	Flour, Butter Low Fat, Sugar, Eggs, Dates, Baking Powder.	80g
Cake Marble	Plain Flour, Eggs, Vegetable Oil, Caster Sugar, Vanilla Extract, Bicarbonate Of Soda, Baking Powder, Chocolate, Salt.	80g
Cinnamon Roll	Flour, Yeast, Salt, Sugar, Butter Low Fat, Cinnamon Powder, Bread Improver, Eggs	65g
<b>Puffs</b>		
Puff - Vegetarian	Puff Pastry, Assorted Vegetables, Spices, Butter Low Fat, Milk, Salt.	80g
Puff - Chicken	Puff Pastry, Chicken, Spices, Butter Low Fat, Milk, Salt.	80g
<b>Pizza Variety - Thin Crust With Reduced Fat Cheese</b>		
Pizza - Neapolitan	Tomato Sauce, Cheese Low Fat, Oregano, Olives Sliced.	120g
Bbq Chicken Pizza	Tomato Sauce + Bbq Sauce, Roasted Chicken, Cheese Low Fat, Oregano.	120g
Sicilian Pizza	Tomato Sauce, Oregano, Marrow, Thyme, Cheese Low Fat.	120g
Hawaiian Pizza	Tomato Sauce, Shredded Chicken, Pineapple, Cheese Low Fat.	120g
Tandoori Paneer	Paneer, Onion, Capsicum, Red Paprika, Tomato In A Tandoori Sauce	120g
Chicken Tikka Pizza	Chicken Tikka, Onion, Tomato In A Tandoori Sauce	120g
Double Cheese	Tomato Sauce, Mozzarella Cheese Low Fat, Cheddar Cheese Low Fat, Oregano	120g
<b>Triangle Sandwiches, Filled Croissant, Manakish, Fatayer, Panini, Wraps, Baguette, Focaccia</b>		
Triangle Sliced Bread Sandwich - Vegetable	Sliced Bread White / Brown, Tomato, Cucumber, Cheese Low Fat.	150g
Triangle Sliced Bread Sandwich - Chicken	Sliced Bread White / Brown, Chicken, Cheese Low Fat, Lettuce, Tomato.	150g
Triangle Sandwich - Smoked Turkey Ham, Tomato And Lettuce Sandwich	Sliced Bread White/Brown, Smoked Turkey, Tomato, Iceberg Lettuce, Mayonnaise Light.	150g
Triangle Sliced Bread Sandwich - Tuna	Tuna Canned In Water, Lemon Juice, Mayonnaise Light, Brown Bread Sliced.	150g
Triangle Sliced Bread Sandwich - Egg	Sliced Bread White/Brown, Boiled Eggs, Mayonnaise Light, Parsley, Lemon Juice.	150g
Triangle Coronation Chicken Sandwich With Mango	Sliced Bread White/Brown, Chicken Breast, Mayonnaise Light, Curry Powder, Lettuce, Mango, Olive Oil.	150g
Triangle Sandwich - Double Cheese And Caramelised Onion	Slice Bread White/Brown, Cheddar Cheese Low Fat, Mozzarella Cheese Low Fat, Iceberg Lettuce, Caramelized Onion, Tomato, Mayonnaise Light.	150g
Keita Caprese	Tomato Ciabatta, Black Olive Tapenade, Mozzarella Buffalo Light, Tomato.	275g
Tandoori Chicken Panini	Panini Bread, Tandoori Chicken, Oil, Mint Chutney, Salt. Egg, Olive Oil, Bread, Salt.	225g
Egg Muffin		125g
Bresaola Focaccia	Focaccia Bread, Mustard Mayo Light, Rocket Leaves, Sliced Tomatoes, Bresaola.	220g
Tuna Sweet Corn, Rustic Bread	Tuna Canned In Water, Mayo Light, Sweet Corn, Lemon Juice, Parsley, Rustic Bread.	150g
English Beef Sandwich	Focaccia Bread, Coleslaw Salad, Roasted Beef Lean, Horseradish Sauce, Olive Oil, Salt.	250g
Filled Croissant - Cheese & Vegetable	Croissant, Low Fat Cheese, Fresh Vegetables, Mayo Light.	180g
Filled Croissant - Feta, Tomato, Olive & Cucumber	Croissant, Low Fat Feta Cheese, Olives And Cucumber, Low Fat Labneh.	180g
Filled Croissant - Turkey Ham & Cheese	Croissant, Turkey Ham, Low Fat Cheese, Lettuce, Mayo Light.	180g
Manakish - Cheese	Flour, Yeast Dry, Sugar, Olive Oil, Akawi Cheese, Mozzarella Low Fat Grated, Salt.	120g
Manakish - Chicken	Flour, Yeast Dry, Sugar, Olive Oil, Chicken, Salt.	120g
Fatayer - Meat	Flour, Yeast Dry, Sugar, Olive Oil, Chicken, Onion, Pepper, Garlic, Arabic Spice, Bay Leaves, Salt.	120g
Fatayer Spinach	Flour, Yeast Dry, Sugar, Olive Oil, Onion, Pepper, Garlic, Arabic Spice, Spinach, Lemon Juice, Salt.	120g

Panini - Chicken And Cheese	Panini Bread, Chicken Breast, Tomato, Iceberg Lettuce, Cheddar Cheese Low Fat, Cajun Spice, Olive Oil.	220g
Panini - Cheese & Tomato	Cheddar Cheese Low Fat, Tomato, Panini Bread, Mayonnaise Light.	220g
Panini - Smoked Turkey	White Baguette, Smoked Turkey, Cheddar Cheese Low Fat, Tomato, Iceberg Lettuce, Mayonnaise Light.	220g
Roasted Vegetable And Cheese Wrap	Tortilla Bread, Marrow, Bell Pepper, Onion, Carrot, Cheddar Cheese Low Fat, Mayonnaise Light.	200g
Chicken Shawarma Wrap	Chicken Breast, Low Fat Plain Yoghurt, Mayonnaise Light, Fresh Lemon Juice, Olive Oil, Pickles, Vegetable, Shawarma Spice Mix Arabic, Bread.	200g
Labneh, Olive And Cucumber Wrap	Arabic Bread, Tomato, Cucumber, Olive Black, Iceberg Lettuce, Labneh Low Fat.	180g
Halloumi Cheese Wrap	Pita Bread Whole Wheat, Halloumi Cheese Light, Lettuce, Tomato, Cucumber, Marrow.	180g
Emmental Cheese Wrap	Pita Bread Whole Wheat, Emmental Cheese Low Fat, Lettuce, Cucumber, Tomato.	180g
Baked Falafel And Labneh Low Fat Wrap	Tortilla Wrap, Baked Falafel, Mayonnaise Light, Labneh Low Fat, Cucumber, Lettuce.	180g
Chicken Caesar Wrap	Tortilla Bread, Chicken Breast, Lettuce, Parmesan Cheese Low Fat, Mayonnaise Light.	180g
Baguette - Grilled Chicken	White Baguette, Chicken Breast, Mustard Light, Tomato, Iceberg Lettuce, Mayonnaise Light.	120g
Baguette - Honey Galzed Roast Beef	Baguette Bread, Beef Tenderloin Lean, Honey, Mustard Light, Iceberg Lettuce, Tomato.	220g
Baguette - Beef & Caramelized Onion	Beef Lean, Bell Pepper, Lettuce, Onion, Tomato, Olive Oil, Low Fat Butter, Baguette Bread, Seasoning	220g
Baguette - Roasted Beef And Horseradish	Baguette Bread, Beef Tenderloin Lean, Mayonnaise Light, Horseradish Sauce, Lettuce.	220g
Bagel With Halloumi And Grilled Vegetables	Halloumi Cheese Light, Grilled Vegetables, Basil Pesto, Bagel Bread, Seasoning	200g
Focaccia With Mozzarella And Grilled Vegetables	Mozzarella Cheese Reduced Fat, Eggplant, Zucchini, Bell Pepper, Basil Pesto, Focaccia Bread, Seasoning	220g

Burger		
Burger - Chicken	Minced Chicken Breast, Chili Powder, Ginger Paste, Garlic Paste, Garam Masala, Mustard Oil, Salt & Pepper, Onion, Chutney Mint, Bread Crumbs, Yoghurt Low Fat, Lemon Juice, Burger Bun.	250g
Burger - Vegetable	Boiled Potatoes, Cooked Peas, Garlic Paste, Carrot, Chili Flakes, Corn, Turmeric, Coriander, Mayonnaise Light, Bread Crumbs, Lettuce, Tomato, Cheese Low Fat, Burger Buns, Grilled Marrow, Masala Indian Spice, Eggs, Salt	250g
Tacos, Quesadilla and nachos		
Tacos - Chicken	Taco Shell, Chicken Mince, Onion, Garlic, Peeled Tomato, Celery, Cumin Powder, Tobasco Sauce, Salt And Pepper, Cheddar Cheese Low Fat, Lettuce, Sour Cooking Cream.	280g
Tacos - Beef	Taco Shell, Beef Tenderloin Lean Mince, Onion, Garlic, Peeled Tomato, Celery, Cumin Powder, Tobasco Sauce, Salt And Pepper, Cheddar Cheese Low Fat, Lettuce, Sour Cooking Cream.	280g
Tacos - Vegetarian	Taco Shell, Red Kidney Beans, Onion, Garlic, Peeled Tomato, Celery, Cumin Powder, Tobasco Sauce, Salt And Pepper, Cheddar Cheese Low Fat, Lettuce, Sour Cooking Cream.	280g
Quesadilla - Chicken	Tortilla Bread, Boneless Chicken, Cheese Low Fat, Bell Pepper, Onion, Tomato, Lettuce, Salt.	200g
Quesadilla - Beef	Tortilla Bread, Roast Beef Lean, Lettuce, Tomato, Pickled Cucumber.	200g
Quesadilla - Vegetarian	Tortilla Bread, Bell Pepper; Red, Green, Yellow, Spring Onion, Coriander, Kidney Beans, Cajun Spice, Grated Low Fat Cheddar Cheese, Pepper.	200g
Baked Nachos With A Dip	Corn Tortilla, Low Fat Cheddar Cheese Sauce. Salsa - Tomato, Coriander, Olive Oil, Onion, Lemon Juice, Jalapeno, Salt.	150g
Cookies		
Cookies - Oats	Flour, Butter Low Fat, Sugar, Oats, Egg, Vanilla Essence, Salt.	20g per piece
Cookies - Coconut	Flour, Butter Low Fat, Sugar, Coconut, Egg, Vanilla Essence, Salt	20g per piece
Cookies - Semolina With Coconut	Butter Low Fat, Sugar, Egg, Desicated Coconut Powder, Semolina, Flour, Vanilla Essence, Salt.	20g per piece
Cookies - Ginger	Flour, Butter Low Fat, Sugar, Ginger Powder, Egg, Vanilla Essence, Salt.	20g per piece
Cookies - Butter	Flour, Butter, Sugar, Egg, Vanilla Essence, Salt.	20g per piece
Cookies - Chocolate Chip Cookies With Whole Wheat Flour And Oats	Flour, Butter, Sugar, Egg, Chocolate Chip, Salt.	20g per piece
Dates Pudding	Flour, Butter Low Fat, Eggs, Dates, Baking Powder, Low Fat Milk, Brown Sugar, Pandanus Leaves	100g
American Pancake With Honey/Jam Portion	White Flour, Milk, Baking Powder, Egg, Sugar, Vegetable Oil, Vanilla Essence.	100g
Cheese Omelet With Bread	Egg, Low Fat Milk, Salt, White Pepper, Low Fat Cheddar Cheese, Bread.	160g
American French Toast	Sliced Bread White / Brown, Egg, Milk, Sugar, Vanilla Essence, Cinnamon Powder.	100g
American French Oats Toast	Sliced Bread White / Brown, Egg, Oats, Milk, Sugar, Vanilla Essence, Cinnamon Powder.	100g
Oats Porridge	Oats, Low Fat Milk, Sugar, Raisins.	120g
Sun Bites - Bread Bites	Wheat Flour, Vegetable Oils, Cream And Onion Natural And Nature Identical Flavor [Onion Powder, Parsley, Garlic Powder, Cheese Powder, Whey Powder, Bread Powder, Salt, Soy Flour, Sugar, Maltodextrin, Flavor Enhancers (E621, E627 & E631), Coconut Oil, Hydrolyzed Soy Protein, Anti-Caking Agents (E551 & E341), Acidity Regulator (E330)], Natural Colors (E160C, E141 & E160A), Toasted Bread Natural And Nature Identical Flavors And Baking Powder. Contains Wheat (Gluten), Milk (Lactose) And Soy.	110g
Smoothies		
Mango Smoothie	Yogurt Low Fat, Honey, 100% Mango Puree, Low Fat Milk, Ice Cubes.	150ml
Strawberry Smoothie	Yogurt Low Fat, Honey, 100% Strawberry Puree, Low Fat Milk, Ice Cubes.	150ml
Banana Smoothie	Yogurt Low Fat, Honey, 100% Banana Puree, Low Fat Milk, Ice Cubes.	150ml
Peach Smoothie	Yogurt Low Fat, Honey, 100% Peach Puree, Low Fat Milk, Ice Cubes.	150ml
Dates Smoothie	Yogurt Low Fat, Honey, 100% Date Puree, Low Fat Milk, Ice Cubes.	150ml
Fresh Orange Juice	Fresh Oranges, No Sugar, No Water Added.	100ml