



October 1, 2024 Tuesday

Daily Menu

SOUP

BEEF VEGETABLE SOUP *24 calories *soup for pre-order only*
(Beef, Carrot, Potato, Celery, Cabbage, Garlic, Onion, Salt, Pepper, Vegetable Stock)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



PASTA DAY

PASTA

MAC N' CHEESE *249 calories*
(Macaroni, Cheddar Cheese, Garlic, Onion, Salt, Pepper, Mozzarella Cheese, Parmesan Cheese, Oregano, Pepper)

PASTA WITH WHITE SAUCE W/ GRILLED CHICKEN *266 calories*
(Pasta, Milk, Cream, Salt, Pepper, Butter, Flour, Oregano, Celery, Garlic, Onion, Parmesan)

PASTA WITH RED SAUCE W/ GRILLED CHICKEN *181 calories*
(Penne Pasta, Tomato Sauce, Tomato Paste, Onion, Garlic, Celery, Leeks, Carrot, Vegetable Oil)

SIDE DISH

ROAST VEGETABLE *40 calories*
(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

VEGETABLE JALFREZI *73 calories*
(Capsicum, White Onion, Garlic, Carrot, Tomato, Coriander, Cauliflower, Broccoli, Marrow, Tomato Paste, Turmeric Powder, Masala, Salt, Pepper, Oil)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 2, 2024 Wednesday

Daily Menu

SOUP

TOMYUM SOUP 27 calories *soup for pre-order only

(Chicken Stock, Lemon Grass, Lemon Juice, Tom Yum paste, Mushroom, Tomato, Sugar, Salt, Pepper, Lemon Grass)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (PASTA DAY)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

GRILLED CHICKEN IN CAJUN SAUCE 121 calories

(Chicken, Lemon, Flour, Cajun Spice, Salt, Pepper)

FISH IN LEMON BUTTER SAUCE 139 calories

(Fish, Lemon, Butter, Garlic, Salt, Pepper, Parsley)

WHITE RICE 100 calories

SIDE DISH

GRILLED VEGETABLE 48 calories

(Capsicum, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce, Balsamic)

VEGETARIAN

ZUCCHINI BAKED CASSEROLE 66 calories

(Marrow, Red Sauce Salt, Pepper, Mozzarella, Oregano, Onion, Garlic)

PASTA

CREAMY CHICKEN CARBONARA 122 calories

(Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 3, 2024 Thursday

Daily Menu

SOUP

CHICKEN CLEAR SOUP 49 calories *soup for pre-order only
(Chicken, Carrot, Potato, Leek, Chicken Stock, Garlic, Onion, Parsley)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

BUTTER CHICKEN 146 calories
(Chicken, Butter, Garlic, Onion, Cream, Yoghurt, Honey)

WHITE RICE 100 calories

SIDE DISH

STEAMED VEGETABLE 40 calories
(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

BAMIA 40 calories
(Lady Finger, Ginger, Garlic, Peeled Tomato, White Onion, Salt, Tomato Paste)

PASTA

CHERIE TOMATO SAUCE PASTA 242 calories
(Red Sauce, White Sauce Cherry Tomato, Oregano, Parsley, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 6, 2024 Sunday

Daily Menu

SOUP

CREAM OF PUMPKIN SOUP 49 calories *soup for pre-order only
(Pumpkin, Garlic, Onion, Flour, Butter, Vegetable Stock, Cream)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

BEEF STROGANOFF 147 calories

(Beef, Onion, Garlic, Salt, Pepper, Demi-Glace, Cooking Cream, Capsicum, Mushroom)

WHITE RICE 100 calories

SIDE DISH

MASHED POTATO 229 calories

(Potato, Butter, Milk, Salt, Sugar, Cream)

VEGETARIAN

CHICKPEAS CURRY 157 calories

(Chickpeas, Onion, Garlic Paste, Tomato, Salt, Pepper, Turmeric, Coriander, Cumin)

PASTA

CHICKEN PRIMAVERA PASTA 235 calories

(Chicken, Onion, Garlic, Milk, Cream, Pasta, Carrot, Beans, Capsicum, Parmesan)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 7, 2024 Monday

Daily Menu

SOUP

CHICKEN N SWEETCORN SOUP 40 calories *soup for pre-order only
(Chicken, Sweet Corn, Onion, Garlic, Salt, Pepper)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN CASSEROLE 173 calories
(Chicken, Tomato, Tomato Paste, Onion, Garlic, Cream, Mozzarella, Oregano, Basil)

CARROT RICE 344 calories
(Rice, Onion, Turmeric Powder, Cinnamon Stick, Cardamom, Cloves, Salt, Oil)

SIDE DISH

ROAST VEGETABLE 40 calories
(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

DAL FRY 167 calories
(Dal, Tomato, Onion, Garlic Paste, Cumin, Coriander, Turmeric, Salt, Pepper, Corn Oil)

PASTA

CHICKEN PENNE ARABIATTA 219 calories
(Penne Pasta, Tomato Paste, Basil, Peeled Tomato, Parsley, Capsicum, Eggplant, Red Sauce, Chicken)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 8, 2024 Tuesday

Daily Menu

SOUP

CREAM OF MUSHROOM SOUP 72 calories *soup for pre-order only
(Mushroom, Cream, Salt, Pepper, Onion, Garlic, Butter, Flour, Vegetable Stock, Celery)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

BEEF MONGOLIAN 96 calories
(Beef, Onion, Garlic, Capsicum, Soya Sauce, Oyster Sauce, Corn Flour)

WHITE RICE 100 calories

SIDE DISH

BUTTERED VEGETABLE 57 calories
(Carrot, Cauliflower, Broccoli, Marrow, Garlic, Onion, Butter)

VEGETARIAN

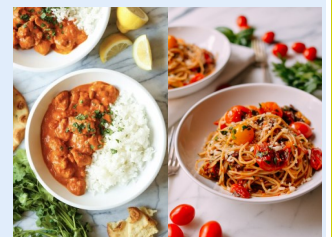
VEGETABLE CHOPSEUY 39 calories
(Capsicum, Carrot, Cabbage, Onion, Garlic, Broccoli, Cauliflower, Soya Sauce, Oyster Sauce)

PASTA

BAKE MACARONI 290 calories
(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 9, 2024 Wednesday

Daily Menu

SOUP

CHICKEN MANCHOW SOUP 141 calories *soup for pre-order only
(Chicken, Capsicum, Cabbage, Carrot, Pasta, Soya Sauce, Garlic, Onion)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**

BUFFET STYLE

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**



MAIN DISH OPTION 1

GRILLED CHICKEN WITH PEPPER SAUCE 138 calories
(Chicken, Butter, Garlic, Parsley, Salt, Pepper, Cooking Cream)

MAIN DISH OPTION 2

FISH IN GOURMET SAUCE 139 calories
(Fish, Onion, Garlic, Carrot, Mushroom, Marrow, Cooking Cream, Coriander Powder, Cumin Powder, Butter, Flour)

WHITE RICE 100 calories

SIDE DISH

GRILLED VEGETABLE 48 calories
(Capsicum, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce, Balsamic)

VEGETARIAN

VEGETALE AU GRATIN 161 calories
(Mix vegetable, cream, salt, pepper, flour, mozzarella cheese, sweetcorn, garlic, onion)

PASTA

CHICKEN ALFREDO PASTA 242 calories
(Chicken, Penne Pasta, Milk, Cream, Oregano, Parsley, Onion, Garlic)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 10, 2024 Thursday

Daily Menu

SOUP

CHICKEN NOODLE SOUP 78 calories *soup for pre-order only
(Chicken, Noodles, Onion, Garlic, Chicken Stock, Carrot)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN BIRYANI 173 calories

(Chicken, Rice, Onion, Garlic, Biryani Masala, Tomato, Yoghurt, Garam Masala, Turmeric, Cumin, Coriander Powder)

SIDE DISH

STEAMED VEGETABLE 40 calories

(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

VEGETABLE BIRYANI 172 calories

(Carrot, Potato, Green Beans, Peas, Tomato, Rice, Garam Masala, Cumin, Coriander, Turmeric Powder, Biryani Masala, Yoghurt)

PASTA

SPAGHETTI BOLOGNESE 260 calories

(Spaghetti, Mince Beef, Onion, Garlic, Celery, Carrot, Tomato Paste, Demi-Glace)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 13, 2024 Sunday

Daily Menu

SOUP

CREAM OF CARROT SOUP 68 calories *soup for pre-order only
(Carrot, Butter, Onion, Garlic, Celery, Cream, Flour, Vegetable Stock)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

BEEF GOULASH 105 calories
(Beef, Honey, Tomato Paste, Potato, Carrot, Capsicum, Thyme, Cumin Powder, Cream)

WHITE RICE 100 calories

SIDE DISH

MASHED POTATO 229 calories
(Potato, Butter, Milk, Salt, Sugar, Cream)

VEGETARIAN

PUMPKIN CURRY 84 calories
(Pumpkin, Ginger, Garlic, Indian Spices, Onion, Tomato, Salt, Pepper)

PASTA

CREAMY CHICKEN CARBONARA 122 calories
(Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 14, 2024 Monday

Daily Menu

SOUP

CHICKEN MACARONI SOUP 92 calories *soup for pre-order only
(Pumpkin, Veg Stock, Butter, Flour, Cream, Salt, Pepper, Garlic, Onion)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

BUTTER CHICKEN 146 calories
(Chicken, Butter, Garlic, Onion, Cream, Yoghurt, Honey)

WHITE RICE 100 calories

SIDE DISH

ROAST VEGETABLE 40 calories
(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

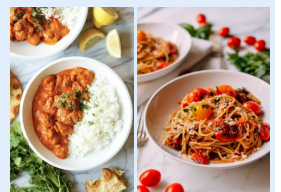
EGGPLANT PARMIGIANA 52 calories
(Eggplant, Indian Spices, Parsley, Mozzarella Cheese, Parmesan Cheese, Red Sauce, White Sauce, Salt, Pepper)

PASTA

CHERIE TOMATO SAUCE PASTA 242 calories
(Red Sauce, White Sauce Cherry Tomato, Oregano, Parsley, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 15, 2024 Tuesday

Daily Menu

SOUP

CREAM OF TOMATO SOUP *72 calories* *soup for pre-order only
(Tomato, Cream, tomato Paste, Vegetable Stock, Flour, Butter, Onion, Garlic)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN CAFREAL *135 calories*
(Chicken, Onion, Garlic, Ginger, Green Chili, Coriander Leaves, Mint, Coriander Powder, Tamarind, Cardamom)

WHITE RICE *100 calories*

SIDE DISH

STEAMED VEGETABLE *40 calories*
(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

VEGETABLE KORMA *73 calories*
(Carrot, Cauliflower, Potato, Beans, Onion, Garlic, Coriander, Cumin, Coconut Milk)

PASTA

MEAT LASGANA *249 calories*
(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 16, 2024 Wednesday

Daily Menu

SOUP

CREAM OF BROCCOLI SOUP 50 calories *soup for pre-order only
(Broccoli, Butter, Fresh Cream, Garlic, Onion, Flour)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (PASTA DAY)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH OPTION 1

CHICKEN AFRITADA 163 calories
(Chicken, Bell Pepper, Green peas, Carrot, Potato, Cheese, Tomato Sauce. Salt, Pepper)

MAIN DISH OPTION 2

FISH IN CAJUN SAUCE 121 calories
(Chicken, Lemon, Flour, Cajun Spice, Salt, Pepper)

CARROT RICE 344 calories
(Rice, Onion, Turmeric Powder, Cinnamon Stick, Cardamom, Cloves, Salt, Oil)

SIDE DISH

BUTTERED VEGETABLE 57 calories
(Carrot, Cauliflower, Broccoli, Marrow, Garlic, Onion, Butter)

VEGETARIAN

3 BEANS CASSEROLE 257 calories
(Red Beans, White Beans, Chickpeas, Red Sauce, Onion, Garlic, Celery, Oregano)

PASTA

CHICKEN PRIMAVERA PASTA 219 calories
(Chicken, Onion, Garlic, Milk, Cream, Pasta, Carrot, Capsicum, Parmesan)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 17, 2024 Thursday

Daily Menu

SOUP

CHICKEN MEXICAN SOUP 30 calories *soup for pre-order only
(Butter, Milk, Cream, Capsicum, Tomato, Red Kidney beans, Corn, Paprika)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**

BUFFET STYLE (PASTA DAY)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**



MAIN DISH

CHICKEN FAJITA 120 calories
(Chicken, Capsicum, Onion, Garlic, Coriander Powder, Cumin, Olive Oil, Garlic Paste, Red Sauce)

YELLOW RICE 344 calories
(Rice, Onion, Turmeric Powder, Cinnamon Stick, Cardamom, Cloves, Salt, Oil)

SIDE DISH

GRILLED VEGETABLE 48 calories
(Capsicum, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce, Balsamic)

VEGETARIAN

CAULIFLOWER, CARROT CURRY 40 calories
(Cauliflower, Carrot, Onion, Garlic, Cinnamon Stick, Cardamom, Cloves, Coriander, Cumin, Turmeric Powder)

PASTA

CHICKEN PENNE ARABIATTA 219 calories
(Penne Pasta, Tomato Paste, Basil, Peeled Tomato, Parsley, Capsicum, Red Sauce, Chicken)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 20, 2024 Sunday

Daily Menu

SOUP

FRENCH ONION SOUP 20 calories

(Onion, Beef Stock, Soya Sauce, Salt, Garlic, Pepper, Ginger)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

GRILLED BEEF IN MUSHROOM SAUCE 154 calories

(Beef, Demi-Glace, Rosemary, Garlic, Onion, Cream, Olive Oil, Mushroom)

WHITE RICE 100 calories

SIDE DISH

MASHED POTATO 229 calories

(Potato, Butter, Milk, Salt, Sugar, Cream)

VEGETARIAN

CREAMY BAKED VEGETABLE 75 calories

(Carrot, Cauliflower, Broccoli, Marrow, Onion, Garlic, Cooking Cream, Mozzarella, Butter, Flour, Milk)

PASTA

CHICKEN ALFREDO PASTA 242 calories

(Chicken, Penne Pasta, Milk, Cream, Oregano, Parsley, Onion, Garlic)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 21, 2024 Monday

Daily Menu

SOUP

HOT N' SOUR SOUP 72 calories
(Cabbage, Leeks, Carrot, Lemon Grass, Soya Sauce)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN IN LEMON BUTTER SAUCE 147 calories
(Chicken, Lemon, Butter, Garlic, Salt, Pepper, Parsley, Chicken Stock)

CORN N' PEPPER RICE 332 calories
(Rice, Capsicum, Corn, Oil, Salt, Cinnamon Stick, Bay Leaves, Cardamom, Cloves)

SIDE DISH

ROAST VEGETABLE 40 calories
(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

DAL MAHKNI 133 calories
(Green Dal, Onion, Garlic, Salt, Pepper, Tomato, Coriander, Cumin, Turmeric, Corn Oil)

PASTA

SPAGHETTI BOLOGNESE 260 calories
(Spaghetti, Mince Beef, Onion, Garlic, Celery, Carrot, Tomato Paste, Demi-Glace)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 22, 2024 Tuesday

Daily Menu

SOUP

MEXICAN BEANS SOUP *82 calories*

(Red Beans, White Beans, Sweet Corn, Carrot, Marrow, Leeks, Vegetable Stock, Potato)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN TERIYAKI *136 calories*

(Chicken, Teriyaki Sauce, Soy Sauce, Ginger, Onion, Garlic, Corn Flour, Salt, Pepper)

WHITE RICE *100 calories*

VEGETARIAN

RED BEANS CURRY *321 calories*

(Red Beans, Salt, Pepper, Coriander, Turmeric, Cumin, Onion, Garlic, Tomato, Oil)

SIDE DISH

BUTTERED VEGETABLE *57 calories*

(Carrot, Cauliflower, Broccoli, Marrow, Garlic, Onion, Butter)

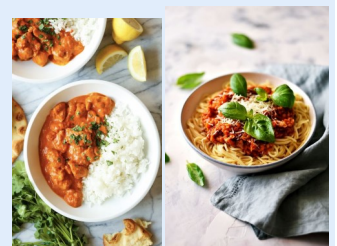
PASTA

MAC N' CHEESE *316 calories*

(Macaroni, Cheddar Cheese, Garlic, Onion, Salt, Pepper, Mozzarella Cheese, Parmesan Cheese, Oregano, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 23, 2024 Wednesday

Daily Menu

SOUP

VEGETABLE SWEET CORN SOUP *40 calories*

(Sweet Corn, Onion Spring, Carrots, Beans, Garlic, Salt, Pepper, Leeks)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH OPTION 1

BEEF STEW *134 calories*

(Beef, Potato, Onion, Garlic, Ginger, Celery, Bay Leaves, Tomato Paste Demi-Glace, Carrot)

MAIN DISH OPTION 2

FISH IN DILL CREAMY SAUCE *149 calories*

(Fish, Onion, Garlic, Coriander Powder, Cumin Powder, Dill, Fresh Cream, Corn Oil, Butter, Flour)

WHITE RICE *100 calories*

SIDE DISH

STEAMED VEGETABLE *40 calories*

(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

THAI RED CURRY VEGETABLE *95 calories*

(Thai Red Curry Paste, Onion, Tomato, Mixed Vegetable, Cauliflower, Cumin, Turmeric, Coriander, Oil)

PASTA

CREAMY CHICKEN CARBONARA *122 calories*

(Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 24, 2024 Thursday

Daily Menu

SOUP

LENTIL SOUP 50 calories *soup for pre-order only
(Dal, Butter, Flour, Cream, Celery, Garlic, Onion)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

BUTTER CHICKEN 146 calories
(Chicken, Butter, Garlic, Onion, Cream, Yoghurt, Honey)

WHITE RICE 100 calories

SIDE DISH

GRILLED VEGETABLE 48 calories
(Capsicum, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce, Balsamic)

VEGETARIAN

POTATO AND CARROT CURRY 133 calories
(Potato, Carrot, Ginger, Garlic, Indian Spices, Onion, Tomato, Salt, Pepper)

PASTA

CHERIE TOMATO PASTA 242 calories
(Red Sauce, White Sauce Cherry Tomato, Oregano, Parsley, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 27, 2024 Sunday

Daily Menu

SOUP

CREAM OF SPINACH SOUP 49 calories *soup for pre-order only
(Spinach, Cream, Salt, Pepper, Onion, Garlic, Butter, Flour, Vegetable Stock)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**

BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**



MAIN DISH

BEEF IN BROWN GRAVY 163 calories
(Beef, Salt, Pepper, Garlic, Onion, Demi-Glace, Cooking Cream, Rosemary, Corn Oil)

WHITE RICE 100 calories

SIDE DISH

MASHED POTATO 229 calories
(Potato, Butter, Milk, Salt, Sugar, Cream)

VEGETARIAN

VEGETABLE AU GRATIN 133 calories
(Mix vegetable, cream, salt, pepper, flour, mozzarella cheese, sweetcorn, garlic, Onion)

PASTA

CHICKEN PRIMAVERA PASTA 290 calories
(Chicken, Onion, Garlic, Milk, Cream, Pasta, Carrot, Capsicum, Parmesan)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 28, 2024 Monday

Daily Menu

SOUP

CREAM OF ASPARAGUS SOUP 49 calories *soup for pre-order only
(Asparagus, Butter, Onion, Garlic, Celery, Cream, Corn Flour, Vegetable Stock)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN PARMIGIANA 135 calories
(Chicken, Cream, Red Sauce, Parmesan Cheese, Salt, Pepper, Onion, Garlic)

WHITE RICE 100 calories

SIDE DISH

ROAST VEGETABLE 40 calories
(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

VEGETABLE JALFREZI 161 calories
(Capsicum, White Onion, Garlic, Carrot, Tomato, Coriander, Cauliflower, Broccoli, Marrow, Tomato Paste, Turmeric Powder, Masala, Salt, Pepper, Oil)

PASTA

CHICKEN PENNE ARRABIATTA calories
(Penne Pasta, Tomato Paste, Basil, Peeled Tomato, Parsley, Capsicum, Red Sauce, Chicken)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 29, 2024 Tuesday

Daily Menu

SOUP

CHICKEN CLEAR SOUP 49 calories *soup for pre-order only
(Chicken, Carrot, Potato, Leek, Chicken Stock, Garlic, Onion, Parsley)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

HONEY BEEF GARLIC BITES 136 calories
(Beef, Honey, Onion, Garlic, Soya Sauce, Oyster Sauce)

WHITE RICE 100 calories

VEGETARIAN

PUMPKIN CURRY 321 calories
(Pumpkin, Salt, Pepper, Coriander, Turmeric, Cumin, Onion, Garlic, Tomato, Oil)

SIDE DISH

SAUTEED CARROT, CAULIFLOWER 48 calories
(Cauliflower, Carrot, Salt, Pepper)

PASTA

MEAT LASAGNA 290 calories
(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 30, 2024 Wednesday

Daily Menu

SOUP

TOMATO SOUP 33 calories *soup for pre-order only
(Tomato, Salt, Pepper, Onion, Garlic, Tomato Paste, Celery)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN STROGANOFF 121 calories
(Chicken, Capsicum, Celery, Mushroom, Butter, Demi- Glace, Cream)

BAKED FISH WITH TARTAR SAUCE 123 calories
(Fish, Salt, Pepper, Lime Juice, Flour, Breadcrumbs,)

WHITE RICE 100 calories

SIDE DISH

GRILLED VEGETABLE 48 calories
(Capsicum, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce, Balsamic)

VEGETARIAN

ZUCCHINI BAKED CASSEROLE 66 calories
(Marrow, Red Sauce Salt, Pepper, Mozzarella, Oregano, Onion, Garlic)

PASTA

SPAGHETTI BOLOGNESE 242 calories
(Spaghetti, Mince Beef, Onion, Garlic, Celery, Carrot, Tomato Paste, Demi-Glace)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





October 31, 2024 Thursday

Daily Menu

SOUP

CREAM OF PUMPKIN SOUP 49 calories *soup for pre-order only
(Pumpkin, Garlic, Onion, Flour, Butter, Vegetable Stock, Cream)

1 SMALL BOWL **QAR 7.75**

2 BIG BOWL **QAR 14.00**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN BIRYANI 173 calories

(Chicken, Rice, Onion, Garlic, Biryani Masala, Tomato, Yoghurt, Garam Masala, Turmeric, Cumin, Coriander Powder)

SIDE DISH

STEAMED VEGETABLE 40 calories

(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

VEGETABLE BIRYANI 73 calories

(Carrot, Potato, Green Beans, Peas, Tomato, Rice, Garam Masala, Cumin, Coriander, Turmeric Powder, Biryani Masala, Yoghurt)

PASTA

CREAMY CHICKEN CARBONARA 122 calories

(Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**

