



February 2, 2025 Sunday

Daily Menu

SOUP

VEGETABLE SWEET CORN SOUP 40 calories *soup for pre-order only
(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**

3 HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

Beef Stroganoff 147 calories

(Beef, Onion, Garlic, Salt, Pepper, 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 CHOPSEUY 39 calories

(Capsicum, Carrot, Cabbage, Onion, Garlic, Broccoli, Cauliflower, Soya Sauce, Oyster Sauce)

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**





February 3, 2025 Monday

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**

3 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

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





February 4, 2025 Tuesday

Daily Menu

SOUP

FRENCH ONION SOUP *20 calories *soup for pre-order only*
(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**

3 HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN TERIYAKI *249 calories*
(Chicken, Teriyaki Sauce, Soy Sauce, Ginger, Onion, Garlic, Corn Flour, Salt, Pepper)

WHITE RICE *100 calories*

SIDE DISH

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

VEGETARIAN

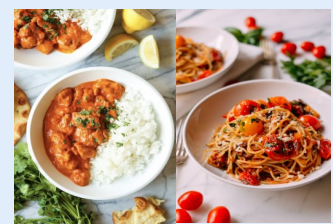
VEGETABLE KORMA *73 calories*
(Carrot, Cauliflower, Potato, Beans, Onion, Garlic, Coriander, Cumin, Coconut Milk)

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**





February 5, 2025 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 (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

3 HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

**MAIN DISH
OPTION 1**

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

**MAIN DISH
OPTION 2**

FISH IN LEMON BUTTER SAUCE 139 calories
(Fish, Lemon, Butter, Garlic, Salt, Pepper, Parsley)

WHITE 100 calories

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

VEGETABLE AU GRATIN 133 calories
(Mix Vegetable, Cream, Salt, Pepper, Flour, Mozzarella Cheese, Sweetcorn, Garlic, Onion)

PASTA

CHICKEN AND MUSHROOM PASTA 235 calories
(Chicken, Pasta, Mushroom, Butter, Onion, Garlic, Milk, Cream)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





February 6, 2025 Thursday

Daily Menu

SOUP

HOT N' SOUR SOUP 49 calories *soup for pre-order only
(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**

3 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

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**





February 9, 2025 Sunday

Daily Menu

SOUP

PUMPKIN SOUP 28 calories *soup for pre-order only
(Pumpkin, Garlic, Onion, Flour, Butter, 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**

3 HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

GRILLED BEEF WITH PEPPER SAUCE 138 calories
(Beef, Onion, Garlic, Soya Sauce, Demi-Glace)

WHITE 100 calories

SIDE DISH

MASHED POTATO 229 calories
(Beef, Onion, Garlic, Soya Sauce, Demi-Glace)

VEGETARIAN

ZUCCHINI BAKED CASSEROLE 95 calories
(Eggplant, Zucchini, Capsicum, Squash, Olive Oil, Onion, Garlic, Thyme, Tomato, Basil, Salt, Pepper)

PASTA

CHICKEN ALFREDO PASTA 122 calories
(Pasta , Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Corn Flour)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





February 10, 2025 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

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

3 HOT FOOD AND VEGETARIAN COMBO QAR 27.00



MAIN DISH

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

WHITE 100 calories

SIDE DISH

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

VEGETARIAN

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

PASTA

CHERRY 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





February 16, 2025 Sunday

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 (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

3 HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

BEEF IN BROWN GRAVY *154 calories*

(Beef, Salt, Pepper, Garlic, Onion, Demi-Glace, Cooking Cream, Rosemary, Corn Oil)

WHITE *100 calories*

SIDE DISH

LAYONNAISE POTATO *72 calories*

(Potato, Onion, Bay Leaves, Vinegar, Parsley)

VEGETARIAN

THAI RED VEGETABLE CURRY *95 calories*

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

PASTA

CHICKEN AND MUSHROOM PASTA *235 calories*

(Chicken, Pasta, Mushroom, Butter, Onion, Garlic, Milk, Cream)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





February 17, 2025 Monday

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**

3 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
(Basmati Rice, Salt, Corn Oil)

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

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

PASTA

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

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





February 18, 2025 Tuesday

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 BBQ 117 calories
(Chicken, Onion, Garlic, BBQ Sauce, Tomato Ketchup)

WHITE RICE 100 calories

SIDE DISH

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

VEGETARIAN

ALOO GOBI 73 calories
(Cauliflower, Potato, Cumin, Coriander, Turmeric, Chili, Garlic, Onion, Ginger)

PASTA

BAKED BOLOGNESE 266 calories
(Pasta, Mince Beef, Onion, Garlic, Celery, Carrot, Tomato Paste, Demi-Glace, Melted Cheese, Cheddar Cheese, Parmesan Cheese)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





February 19, 2025 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 (MAIN COURSE)

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

3 HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH OPTION 1

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

MAIN DISH OPTION 2

FISH IN DILL CREAMY SAUCE 139 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

RED BEANS CURRY 321 calories
(Red Beans, Salt, Pepper, Coriander, Turmeric, Cumin, Onion, Garlic, Tomato, 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





February 20, 2025 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

3 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
(Basmati Rice, Salt, Corn Oil)

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

BAKED VEGETABLE 75 calories
(Carrot, Cauliflower, Broccoli, Marrow, Onion, Garlic, Cooking Cream, Mozzarella, Butter, Flour)

PASTA

CHERRY 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





February 23, 2025 Sunday

Daily Menu

SOUP

AMERICAN CORN CHOWDER SOUP 126 calories *soup for pre-o
(Corn, Vegetable Stock, Cream, Milk, Butter, Flour, Celery, 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**

3 HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

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
(Beef, Onion, Garlic, Soya Sauce, Demi-Glace)

VEGETARIAN

CARROT AND CAULIFLOWER CURRY 84 calories
(Cauliflower, Carrot, Onion, Garlic, Cinnamon Stick, Cardamom, Cloves, Coriander, Cumin, Turmeric Powder)

PASTA

CREAMY CHICKEN CARBONARA 121 calories
(Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





February 24, 2025 Monday

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**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

3 HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

MAIN DISH

CHICKEN CASSEROLE *117 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

GRILLED VEGETABLE *47 calories*
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

VEGETABLE AU GRATIN *133 calories*
(Mix Vegetable, Cream, Salt, Pepper, Flour, Mozzarella Cheese, Sweetcorn, Garlic, Onion)

PASTA

CHERRY 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**





February 25, 2025 Tuesday

Daily Menu

SOUP

MINISTRONE SOUP 24 calories *soup for pre-order only
(Tomate Paste, Pasta, Carrot, Potato, Leeks, Celery, Onion, Cabbage)

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

3 HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH

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

WHITE RICE 100 calories

SIDE DISH

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

VEGETARIAN

COCONUT DAL 144 calories
(Dal, Onion, Tomato, Garlic, Coconut Milk, Corn Oil, Curry Powder, Curry Leaves, Turmeric Powder)

PASTA

SPAGHETTI MIX SAUCE 144 calories
((Red Sauce, White Sauce Chicken, Oregano, Parsley, Salt, Pepper)

1 SMALL PORTION QAR 19.00

2 BIG PORTION QAR 23.00





February 26, 2025 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 (MAIN COURSE)

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

3 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

HERB GRILLED FISH 132 calories
(Fish, Garlic, Oregano, Parsley, Salt, Pepper, Butter, Flour)

WHITE RICE 100 calories

SIDE DISH

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

VEGETARIAN

CHICKPEAS CURRY 157 calories
(Chickpeas, Onion, Garlic Paste, Tomato, Salt, Pepper, Turmeric, Coriander, Cumin)

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





February 27, 2025 Thursday

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 (MAIN COURSE)

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

3 HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH

CHICKEN TIKKA MASALA 173 calories

(Chicken, Yogurt, Garlic, Lemon Juice, Salt, Pepper, Cumin, Masala, Paprika, Tomato Sauce, Heavy Cream, Turmeric)

WHITE RICE 100 calories

SIDE DISH

STEAMED VEGETABLE 46 calories

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

VEGETARIAN

VEGETABLE BIRYANI 75 calories

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

PASTA

CHICKEN PENNE ARABIATTA 260 calories

(Rigatoni, Minced Beef, Demi-Glace, Garlic, Tomato Paste, Celery)

1 SMALL PORTION QAR 19.00

2 BIG PORTION QAR 23.00

